

# Rolling With the Changes

As we all well know, the past two years have been full of changes in our lives. Since the pandemic began, nearly every way in which we live and work has been altered. It's been a mixed bag for sure.

All of us likely have been forced to make decisions or do things that we never considered possible. Did anyone ever think they would wipe down groceries before bringing them in the house? Or sit at home for a month, two months, six months or longer? How many people have large mask collections?

And, in business, economic reality has prompted many changes as well. Some retailers are now gone while others have flourished catering to new markets, delivery and pick up is now readily available and many



people now gladly work from home allowing them to strike a better work-life balance.

Technology makes it possible to access information, programs and appointments from home. If you do not want to go out, many times

you do not need to. Entertainment, meetings, friends and family can come to you virtually without you leaving your home.

The Senior Resource Center and the Rolling Stone have pivoted many times during the pandemic. During

an extended closure, we offered phone appointments and conducted Zoom activities. After reopening, both options remain in use.

The Senior Resource Center assumed full management of the Rolling Stone in July 2020 and began printing the publication in August 2020. The Senior Resource Center has changed since the pandemic and the Rolling Stone needs to change as well.

Rolling Stone production will be on hold until a redesign is completed. The Senior Resource Center is working as quickly as possible to deliver a product that is informative and user-friendly.

Current subscribers will be receiving updated information in the coming weeks.

## Senior Resource Center's Upcoming Activities

Contact Amanda Faivre at [afaivre@srcntr.org](mailto:afaivre@srcntr.org) for more information on the following activities.

### TAX-AIDE PROGRAM STARTING

The Senior Resource Center will begin accepting appointments for its AARP Tax-Aide Program on Feb. 1. Appointments, which are extremely limited in number, begin Feb. 14. See Page 7 for details.

### HOLIDAY CLOSINGS

The Senior Resource Center will be closed on President's Day, Feb. 21, 2022. Pretzel City Area Transit will be open that day.

### DRIVER SAFETY CLASS

An AARP Smart Driver Class will be held from 8:30 a.m. to 12:30 p.m. Thursday and Friday, March 24 and 25, at the Freeport Public Library, 100 E. Douglas St., Freeport. It is sponsored by the Senior Resource Center and the Freeport Public Library. Cost is \$20 for AARP members and \$25 for non-members. Payment will be collected at the class. To register, call the Senior Resource Center at (815) 235-9777. Details are on Page 11.



Senior Resource Center

Serving Stephenson & Jo Daviess Counties

Our mission is to grow by enhancing and developing services and programs that inspire community involvement, offer support and resources, and advocate independence and well-being of all seniors and disabled adults.

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FREEPORT • 815.235.9777  
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Contact us toll free at  
888-645-7150



Pretzel City  
AREA TRANSIT  
815-235-7433

Letter from the Director

Sonja Shoemaker, Executive Director

“A rolling stone gathers no moss.”

When The Rolling Stone first started, that well-known phrase appeared under the name of the publication. It means that a person who is always moving will never become stagnant and always remain active.

That’s the viewpoint I am taking as we begin the journey to reformat The Rolling Stone. First, let me thank you for your support of The Rolling Stone. The many kind words and compliments we receive about the publication are so heartening. It is time for the publication to evolve even more.

The Rolling Stone started as a multi-page handout that was copied, stapled together and handed out and/or mailed to friends of the organization and clients. Over time,

partnerships with local newspapers enabled us to print an actual newspaper like we have today. When our print partner pulled out in 2020, we were able to move forward thanks to advertiser support. Our formula has been unchanged for quite some time, and we must not become stagnant. We don’t want our Rolling Stone to gather moss.

I am excited about the changes ahead and look forward to bringing you a polished gem.

We are sharing information below from the Illinois Department of Public Health and Illinois Department on Aging regarding COVID-19 booster shots vs. third shots. There has been much confusion on this topic, and we want you to have accurate information. With the variants, you may want to



consider a booster shoot to decrease your risk of contracting the virus. If you have questions, call the COVID-19 hotline at 1-800-889-3931.

If you need ride to get a COVID-19 vaccine, please call Pretzel City Area Transit at (815) 235-7433.

The Senior Resource Center will be closed for Presidents’ Day on Monday, Feb. 21. Pretzel City Area Transit will operate that day.

As this will be my last column until the reformatted Rolling Stone debuts, I wish you good health and good times until then.

COVID-19 Booster Shots Vs. Third Dose  
What’s the Difference?

THIRD DOSE

- Available to Moderna and Pfizer recipients
- Can be received 28 days after second dose
- Given for people with moderate or severely weakened immune systems who cannot fight off infections well (people with cancer, organ transplants, etc)

BOOSTER SHOT

- Pfizer and Moderna boosters can be recorded 6 months after second dose. Johnson and Johnson can be given 2 months after the initial dose
- Available for fully-vaccinated adults 18 and older
- You have the choice to mix and match boosters with a single dose of any of the authorized COVID-19 vaccine boosters. Remember that mixing and matching vaccines may be considered for the booster dose only



WHERE CAN I RECEIVE A BOOSTER OR THIRD DOSE?

You can receive it at your local pharmacy, health department or your primary care physician.



WHERE CAN I GET MORE INFORMATION?

Call the COVID-19 Hotline 1-800-889-3931 or email DPH.SICK@Illinois.gov.



WHY SHOULD I RECEIVE A BOOSTER OR THIRD DOSE?

Protection against the virus may decrease over time and be less effective against variants.



# Benefits of a Long Life

Living alone gives my mind time to pull things out of the distant past. Memories complete with details of childhood, young adulthood, vacations, school, friendships and family rise to the top like cream.

Remembering the smell of summer heat before air conditioners, the sound of our black metal fan slowly moving side to side and coming home from church to the smell of Mom’s roasts for dinner are memories clear to me today.

When I became a grandmother, all the details of caring for my own two babies surfaced as if only a few weeks had passed. I recalled how to put on cloth diapers with large pins that had faces of pastel chicks

or bunnies. The scent of baby oil, formula and their sweet breath became real again. I remembered how best to burp, swaddle and get a baby to sleep. I also recollected how allergies can turn a toddler into an uncontrollable little beast and why it’s important to take in the full experience of your children, as they grow up so fast.

Perhaps listening to our adult children’s challenges and celebrating their accomplishments is one of the most important things we do as we grow old. We can lift them up with kind observations and show them our confidence in what they are doing well. You never stop being a parent.

Having lived in Freeport most of my life, I carry memories of how

it used to be and of the shakers and movers who guided us to start a senior center and build Highland Community College. People donated large amounts of time and money to improve parks, create an art museum and bring years and years of talent to the Consistory Auditorium in the Freeport Masonic Temple.

It doesn’t seem that long ago when we had a vibrant local newspaper and journalists with regular columns, even serious coverage of local government. Everyone got the paper to know what was happening, read obituaries, see wedding, engagement and anniversary pictures. We knew what was happening in town and the area



**TAIT WEIGEL**  
Country Lifestyle  
Enthusiast

just by reading the newspaper.  
I’ll close this column by saying how nice it is to be old in spite of world events, to having survived ups and downs, both self made and naturally occurring. I hope you take time to review your own life and forgive yourself any transgressions, celebrate your accomplishments and enjoy the happy details. It’s a gift to grow old.

## WISH LIST

The Senior Resource Center appreciates financial contributions, but also values the donation of supplies that keep our agency running smoothly. Please call Amanda at (815) 235-9777, ext. 236, if you would like to donate. Thank you so much!

**AA batteries • Post-It notes**  
**Reams of copy paper**  
**Paper towels • File folders**  
**No. 10 plain, peel and stick envelopes**

## Sudoku

**SOLUTION** ON PAGE 16

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

# Trim Trees, Shrubs in Dormant Season

SARAH VOGEL  
Horticulture Educator  
University of Illinois Extension

Throughout the growing season, gardeners and arborists talk about the benefits of pruning woody ornamentals while they are dormant, and that time is almost here.

Pruning can seem like a daunting task, but it is an important cultural practice for the health and vigor of many trees and shrubs. Pruning is done to reduce the size and shape of the plant, increase flower or fruit production and promote sound structure. The correct time to prune deciduous shrubs and trees is determined by the plant's growth habit, bloom time, and health or condition. Timing will depend

on the species, but any time is a good time to remove dead, dying or broken branches. Be sure to sanitize tools between plants with a 10 percent bleach solution or undiluted 70 percent isopropyl alcohol. Sanitize between each cut if a disease is suspected.

Spring flowering shrubs, such as lilac or forsythia, will bloom on the growth from the previous last growing season, sometimes called "old wood." The best time to prune a healthy plant is immediately after flowering in spring. Overgrown shrubs may need more extensive pruning through rejuvenation or renewal methods in late winter or early spring. Heavy pruning methods may lead to fewer blooms for a few years but will improve the overall health of the shrub.

Summer blooming shrubs, or those that bloom after July 1, produce blooms on the current year's growth. These are best pruned in late winter or early spring.

Do not prune deciduous shrubs in late summer as that will encourage a flush of new growth that will not have the opportunity to harden off before winter, leaving the plant susceptible to frost damage and dieback.

Many of the same rules for shrubs also apply to deciduous trees. Most will respond well to late winter pruning, including fruit trees. Performing this task on trees in the dormant season gives the pruner an increased visibility of the tree's shape without any leaves and enough time for proper wound closure for the plant. When branches are cut correctly at a node or at the branch collar, the plant will seal wounds properly to prevent the spread of decay and entry for potential pests and pathogens.

There are some exceptions to early spring pruning. To reduce the spread of oak wilt disease, oaks should not be pruned from March through October. River birch will respond best to cuts made in late fall or early winter after leaves have fallen and when sap flow is reduced.

Pruning techniques on evergreens will vary depending on the species and desired effect. Fall pruning is not recommended for evergreens, as any new growth will be susceptible to winter injury. Evergreen shrubs such as juniper and yew can be pruned in March or April before new growth emerges. Evergreen trees such as pine,



Photo by Sarah Vogel

Rejuvenation method on spirea.

spruce and fir generally require very little pruning. Removing lower branches is not advisable as it compromises the structural integrity of the tree.

Spruce and fir trees have lateral buds on the newest growth. These are buds that grow from the sides of the branch, not the ends. To create a more dense form, prune back to these lateral buds in early spring. Pines only grow from terminal buds at the end of the branch. Pines are pruned in spring or early summer at the candle stage by removing two-thirds of the elongated bud. Do not cut branches back to older growth as they will not develop new growth from those areas.

Relieve the winter blues by choosing the next calm, sunny, 40-degree day to put on boots and get some sunshine. The improved health of your trees and shrubs will be worth it.

If you have questions about pruning or other home gardening questions, reach out to the local University of Illinois Extension office at (815) 235-4125.

## Medicare Questions?

**Ask Angie!**  
**815-232-7726**

Your local agent who has more than 13 years of experience helping people make sense of their Medicare.



Angela Damin

**JEWELL**

INSURANCE AND FINANCIAL SERVICES

OFFICES IN  
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ROCKFORD

## Risotto with Chicken and Mushrooms

- 1 carton (32 ounces) chicken broth
- 1 to 1-1/2 cups water
- 4 tablespoons unsalted butter, divided
- 2 tablespoons olive oil
- 1/2 pound baby portabella mushrooms, sliced
- 1 small onion, finely chopped
- 1-1/2 cups uncooked Arborio rice
- 1/2 cup dry white wine or chicken broth
- 1 tablespoon lemon juice
- 2 cups shredded rotisserie chicken
- 3 tablespoons grated parmesan cheese
- 2 tablespoons minced fresh parsley
- 1/2 teaspoon salt
- 1/4 teaspoon pepper

In a large saucepan, bring broth and water to a simmer; keep hot. In another large saucepan, heat two tablespoons butter and oil over medium heat. Add mushrooms and onion; cook and stir six to eight minutes or until tender. Add rice; cook and stir two to three minutes or until rice is coated.

Stir in wine and lemon juice. Reduce heat to maintain a simmer; cook and stir until wine mixture is absorbed. Add hot broth mixture, 1/2 cup at a time, cooking and stirring until broth has been absorbed after each addition, until rice is tender but firm to the bite and risotto is creamy. Stir in chicken, cheese, parsley, salt, pepper and remaining butter; heat through. Serve immediately. Total cooking time is about 50 minutes. Makes four servings.

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## Juicy Beef Roast

- 2 boneless beef chuck roasts (2-1/2 pounds each)
- 1 envelope ranch salad dressing mix
- 1 envelope Italian salad dressing mix
- 1 envelope brown gravy mix
- 1/2 cup water
- Chopped fresh parsley, optional

Place the chuck roasts in a five-quart slow cooker. In a small bowl, combine the salad dressings and gravy mix; stir in water. Pour over meat. Cover and cook on low for seven to eight hours or until tender. If desired, sprinkle with parsley and thicken cooking juices for gravy. Can serve with potatoes and vegetables of your choice. Recipe can be halved and save leftover mixes for another use. Makes 15 servings.

Nutrition Facts: 6 ounce-weight: 142 calories, 7g fat (3g saturated fat), 49mg cholesterol, 496mg sodium, 3g carbohydrate (1g sugars, 0 fiber), 15g protein.

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## Gluten-Free Peanut Butter Kiss Cookies

- 1/4 cup butter-flavored shortening
- 1-1/4 cups packed brown sugar
- 3/4 cup creamy peanut butter
- 1 large egg, room temperature
- 1/4 cup unsweetened applesauce
- 3 teaspoons vanilla extract
- 1 cup white rice flour
- 1/2 cup potato starch
- 1/4 cup tapioca flour
- 1 teaspoon baking powder
- 3/4 teaspoon baking soda
- 1/4 teaspoon salt
- 48 milk chocolate kisses, unwrapped

In a large bowl, beat shortening, brown sugar and peanut butter until blended. Beat in egg, applesauce and vanilla (mixture will appear curdled). In another bowl, whisk rice flour, potato starch, tapioca flour, baking powder, baking soda and salt; gradually beat into creamed mixture. Refrigerate, covered, 1 hour.

Preheat oven to 375 degrees. Shape dough into 48 one-inch balls; place two inches apart on ungreased baking sheets. Bake nine to 11 minutes or until slightly cracked. Immediately press a chocolate kiss into center of each cookie. Cool on pans two minutes. Remove to wire racks to cool. Makes 48 cookies.

1 cookie: 98 calories, 5g fat (2g saturated fat), 5mg cholesterol, 67mg sodium, 13g carbohydrate (8g sugars, 1g fiber), 2g protein.

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## Mixed Berry Sundaes for Two

- 1/4 cup halved fresh strawberries
- 1/4 cup each fresh raspberries, blueberries and blackberries
- 3 teaspoons honey, divided
- 1/2 cup fat-free plain Greek yogurt
- 2 tablespoons pomegranate juice
- 2 tablespoons chopped walnuts, toasted

In a small bowl, combine berries and one teaspoon honey; spoon berries into two dessert dishes.

Combine the yogurt, pomegranate juice and remaining honey; spoon over berries. Sprinkle with walnuts. Serves two.

Nutrition Facts: 1 sundae: 160 calories, 5g fat (0 saturated fat), 0 cholesterol, 33mg sodium, 22g carbohydrate (18g sugars, 3g fiber), 10g protein. Diabetic Exchanges: 1 starch, 1 fat, 1/2 fruit.

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FUNDING STATEMENT: The Senior Resource Center is a private not-for-profit organization with services made available, in part, with funds provided under Title III-B and Title III-E of the Older American Act, GAP Filing Funds and the Illinois General Revenue Funds through Northwestern Illinois Area Agency on Aging. Funding for transportation is provided under the State of Illinois Donated Initiative from Title XX of the Social Security Act, through the Illinois Department of Human Services and the Illinois Department of Transportation. Transportation equipment is provided through Section 5310 grant, awarded through the Illinois Department of Transportation. Reimbursement is received from the Illinois Department on Aging for services under the Community Care Program and the Adult Protective Services Program. Reimbursement for transportation services is provided by the City of Freeport. Funding is additionally provided by United Way of Northwest Illinois, First Lutheran Church of Freeport Endowment, Freeport Community Foundation and the Community Foundation of Northern Illinois. A significant portion of the budget is derived from townships, donations, bequests, memorials and fundraising.

PHOTOGRAPHY POLICY: It is the policy of the Senior Resource Center that photographs of program participants will be used for marketing materials such as newsletters, website, bulletin boards, framed photos and newspapers. If a participant does not want their picture taken, they need to notify the photographer before the photo is taken. Children under 18 years old must have their parent or legal guardian's permission before their photograph can be used in marketing materials produced by the Senior Resource Center.

ADVERTISING POLICY: The Senior Resource Center does not assume any responsibility for advertisers' work performance. Remember to obtain references, determine work performance and fees involved. The Senior Resource Center does not favor or endorse any advertiser, political candidate or political party. The SRC considers itself politically independent. It follows long-held journalistic rules regarding political advertising. Any political advertising that is printed in The Rolling Stone is paid for by the candidate or their representative. The opposing party has been given the opportunity to place an ad as well. As a not-for-profit organization, the Senior Resource Center's first priority is to the people it serves. The issues that affect their lives are the ones the center represents.

# [ NICAA Golden Meals ]

Experience Golden Meals! Meals that taste as good as they look and are healthy too.  
Golden Meals offer a warm and caring atmosphere with friendship and fun. Come for a visit and see for yourself!  
Golden Meals is for persons 60 and older and their spouses. Everyone is welcome.

The congregate meal site is closed until further notice because of COVID-19 concerns.  
An announcement will be made when it reopens.  
Meals for home delivery are available with 24-hour notice. Call (815) 232-8896 to order a meal.

FEBRUARY				
	<b>1</b> Baked Chicken Mashed Potatoes & Gravy Carrots Wheat Bread	<b>2</b> Beef & Noodles Green Beans Fruit Wheat Bread	<b>3</b> Turkey Tetrzzini Italian Green Beans Applesauce Wheat Bread	<b>4</b> Tater Tot Casserole (Veggies in Casserole) Fruit Wheat Bread Bun
<b>7</b> Stuffed Green Peppers Carrots Fruit Wheat Bread	<b>8</b> Chicken Noodle Casserole Green Beans Fruit Wheat Bread	<b>9</b> Scalloped Potatoes & Ham Peas Fruit Wheat Bread	<b>10</b> Beef Stew Cornbread Applesauce Wheat Bread	<b>11</b> Italian Sausage Sauerkraut Fruit Bun
<b>14</b> Pulled Pork Mashed Potatoes Peas & Carrots Wheat Bread	<b>15</b> Chicken Alfredo Pasta Spinach Wheat Bread	<b>16</b> Ham Loaf Sweet Potatoes Mixed Vegetables Wheat Bread	<b>17</b> Tuna & Noodles Peas Fruit Wheat Bread	<b>18</b> Ham Steak Mac & Cheese Carrots Wheat Bread
<b>21</b> <b>Closed for Presidents Day</b>	<b>22</b> Spaghetti Peas Apricots Wheat Bread	<b>23</b> Salisbury Steak Mashed Potatoes Creamed Corn Wheat Bread	<b>24</b> Turkey Tetrzzini Italian Green Beans Applesauce Wheat Bread	<b>25</b> Swedish Meatballs Buttered Noodles Mixed Vegetables Wheat Bread
<b>28</b> Chili Dog Oven Potatoes Baked Beans Wheat Bread				

## How will you be remembered?

A planned gift to the Senior Resource Center is an opportunity to create a legacy benefiting seniors in our community.

*Be Remembered as GRATEFUL.*



**Senior Resource Center**

# Drop-Off Tax Program Starting This Month

The Senior Resource Center is officially proceeding with its AARP Tax-Aide Program this year but the 2022 version will be very different from the version available in past years. Through the program, trained volunteers prepare 1040 federal and state tax returns free for low-and middle-income taxpayers focusing on seniors in Stephenson and Jo Daviess counties.

“The program features two major changes this year,” said Sonja Shoemaker, Senior Resource Center executive director. “First, no in-person appointments will be available. Instead individuals will drop off their documents in advance and have a phone appointment with the volunteer tax preparer. And, second the number of appointments will be extremely limited this year. We encourage individuals to consider whether they truly

need this free service or can avail themselves of other tax preparation services.”

Despite the changes, Shoemaker said, the Senior Resource Center is so excited for the return of the AARP Tax-Aide Program. “We are so glad to be able to offer this program again and ask for everyone’s understanding as we work through this new format,” she said. “We also are thankful to our volunteers who manage and staff this program.”

Appointments will be accepted starting Feb. 1. To make an appointment, those who feel they need the service can call (815) 235-9777. Appointments will start Feb. 14.

People can begin gathering documents to prepare for tax season. Those who use the Tax-Aide program are encouraged to have all their documents in order, and bring

everything that is asked. A list of documents is found below. All tax preparers in the AARP Tax-Aide Program undergo training and are certified by the Internal Revenue Service.

The Tax-Aide Program’s certification does not allow it to prepare tax returns that include farm income (except if only land rental), military returns, ministerial income, cancellation of mortgage



debt, business income that involves depreciation, rental income, and K-1 forms with ANY other entries than interest, dividends, capital gains or royalties.

## AARP Tax-Aide Details

### ITEMS TO DROP OFF

- A photo ID (Copy will be made.)
- A Social Security card for each person on the return. (New Medicare cards do not have Social Security numbers. Copy will be made.)
- Proof of all income (including Social Security benefits)
- Proof of medical insurance coverage for each person on the return
- For joint returns — both persons must be present when called
- Your previous year’s return

### DISALLOWED RETURNS

Senior Resource Center tax aides are limited to specific types of tax forms which they are allowed to prepare by both the IRS and by the AARP Foundation, which sponsors the program. If your return falls outside the scope of our training, you will need to go to a professional tax preparer. Some of the returns we cannot prepare include:

- Farm income (except if only land rental)
- Military returns
- Ministerial income
- Cancellation of mortgage debt
- Business income that involves depreciation
- Rental income
- K-1 forms with any other entries than interest, dividends, capital gains or royalties

### BEFORE YOU DROP OFF

- Ensure you have all the required documents (see above). If not, reschedule your appointment.
- If you are on Medicare, you are considered to have coverage for the Affordable Care Act (ACA). If you have received a Premium Tax Credit for 2021, that requires us to fill out additional forms with your return. If you do not have a 1095-A, B, or C form, you can obtain one from your employer or from [healthcare.gov](https://www.healthcare.gov) before your appointment.
- When dropping off, allow 15 minutes to complete required IRS intake information forms. If you have itemized deductions, we ask that you summarize and list all deductions before dropping off, to optimize the 45- to 60-minute appointment schedules.



Comfortable, community living at affordable prices – all in a quiet, west-end location.

Housing is available for seniors who qualify under the federal government’s Department of Housing and Urban Development (HUD) guidelines.

300 N. Park Blvd, Freeport | 815-235-6060





# Remember When?

Hello again! Hope you have been enjoying these first weeks of 2022. It promises to again be a year unlike any other. So much is happening in our world that I am hoping for the best and keeping my fingers crossed as we watch history unfold.

With The Rolling Stone taking a short break, we did not want to leave you hanging, wondering about the answers to this month's questions until we resume distribution. So, you will find the answers to the February questions on Page 18 of this edition. I encourage you to at least try to think of the answer before flipping to see if you are right.

Conversations about local and area history are one of my favorite pastimes. You can reach me at (815) 232-3846 with your comments, questions, more information or just to chat. We are doing this for fun, and hopefully we can all learn from each other. I do ask that all conversations remain civil. Without further ado, here are the January answers, along with the questions to refresh your memory.

**Remember when, on South Adams Avenue near Spring Street, there was a business that sold agricultural products? What was the name of this business and what was special about the lot adjacent to the facility?**

The business was John Knobel and Sons. The property is now occupied by liquor store at Spring Street and Adams Avenue. Saturday afternoons were special for some of us guys. After leaving the State Theater we would head up Adams Avenue with a lot of pent up energy. To relieve this energy we would climb to the top of the giant coal pile in the Knobel lot and play

king of the hill. If you think kids could get dirty, nothing could be worse for my friends and me. This was not a one-time occurrence. No matter how they tried, our parents could not keep us from climbing that hill. Lots of dirty clothes and lots of black bath water. I am surprised we never got grounded.

**Remember when a public cemetery in Freeport was still used that has the distinction of being the smallest cemetery in the area? What is the cemetery's name and where is it located?**

The cemetery is the Stephenson County Home (Poor Farm) Cemetery. It is located on the corner of Illinois 26 and Lamm Road, just south of Freeport. It has not taken any additional grave sites for a number of years. The remains of indigent and compromised residents are buried in the cemetery. Time has not been good to the grave markers. Some or most are lacking historical information. I believe it was last used in 1959.

**Remember when Freeport High School was not always located between Empire Street and Moseley Avenue? Where was its original location? When the new school was built what happened to the old structure?**

Freeport Senior High was at the corner of West Pleasant Street and North Galena Avenue, now occupied by St. Joseph Grade School. After a number of years, the building was converted to Freeport Junior High School and was eventually torn down. Volunteers from Winneshiek Playhouse decided they could use a number of bricks to help construct their new addition on the corner of Walnut Avenue and Clark Street. After carefully chipping off most

of the cement, the volunteers transported the cleaned bricks to the theater's location. It was quite a crew at the site chipping away at the cement.

**Remember when, on East Stephenson Street at the Illinois Central Railroad tracks, a structure stood that served a very important part in railroad safety? What was this structure and what was its purpose?**

The structure was a 35-foot-tall small building that served as the operation center for controlling the railroad gates. The structure had two levers, one for up and one for down. It was staffed 24 hours a day. No one but authorized staff were allowed in the structure. Way too many drivers would try to run the gates, which prompted some interesting push back from the operators. I wonder if the operators ever fell asleep.

**Remember when, in the 1950s, 1960s and 1970s, television actors and actresses reigned supreme? Just like last month, I will name eight actors or actresses and you name the shows they appeared on. This month's actors are: Jack Bailey, Ralph Edwards, Bill Cullen, Art Linkletter, Bert Parks, Zsa Zsa Gabor, Spring Byington and Mary Tyler Moore.**

Jack Bailey was the host of "Queen for a Day." Ralph Edwards presided over "This Is Your Life." Bill Cullen was a panelist on "To Tell the Truth." Art Linkletter hosted "Kids Say the Darndest Things." Bert Parks hosted the Miss America pageant for many years. Zsa Zsa Gabor starred on "Green Acres." Spring Byington starred in "December Bride." And, of course, Mary Tyler Moore is well-known for her roles on the "The Dick Van Dyke Show" and "The Mary Tyler Moore Show."



**CHUCK KLECKNER**

Chuck Kleckner loves the past, present, and future.

## FEBRUARY QUESTIONS

1. Remember when Freeport was fortunate to have two new high schools? What were the names of the schools and where were they located?
2. Remember when, in the 1930s, '40s and '50s, a strange voice was heard in many homes? Who did this voice belong to and what did it indicate?
3. Remember when a very popular business opened in Freeport that caters to those who love a particular snack? What is this business? Where was it first located and when did it open?
4. Remember when a federal government building in Freeport was used for another purpose than its current important mission? What is this building, where is it located and how was it used in the past?
5. Remember when, in the 1950s and 1960s, television actors and actresses reigned supreme? Just like last month, I will name eight actors or actresses or characters and you name the shows they appeared on. This month's actors or characters are: Ed Sullivan, Ernest Borgnine, Pernell Roberts, Snooky Lanson, William Boyd, Hal March and Lynn Dollar, Dr. Zorba and Jack Paar.

Take care and stay safe until we meet again!



# Keep Your Heart Healthy: Limit Added Sugar

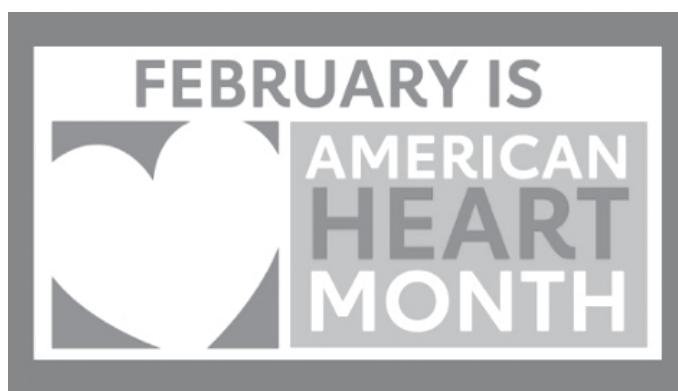
As we travel on our wellness journey, we will be pausing in February to celebrate American Heart Month. Heart disease continues to be the leading cause of death, not only in

Illinois but across the nation. Heart disease is a general term referring to any condition affecting the structure or function of the heart. Examples include high blood pressure or high cholesterol, an abnormal heart rhythm or a weak heart.

The good news is that heart disease is preventable in most people. You can take steps to decrease your risk of developing heart disease by increasing your physical activity, managing stress, getting adequate amounts of sleep and eating healthy.

Limiting the amount of added sugar in your diet is the healthy eating strategy we will focus on today. Significant research supports the need to limit the amount of added sugar in your diet. Consuming a diet high in added sugar is linked to many chronic health conditions such as obesity, diabetes, and liver and heart disease.

In a 2014 study published in the Journal of the American Medical Association, researchers noted that, over a 15-year study, people consuming more of their calories from added sugar had a higher risk of dying from cardiovascular disease than those who consumed less of their calories from sugar.



The association between a high-sugar diet and a greater risk of dying from heart disease has many factors. However, when you look at the multiple ways that sugar impacts your health, it is not a surprising conclusion.

In the short term, a diet high in sugar can affect your mood plus contribute to tooth decay and weight gain. However, in the long-term, it increases the risk of obesity, inflammation, diabetes, insulin resistance, fatty liver disease, and high cholesterol, triglycerides, and blood pressure -- all of which increase the risk of developing heart disease.

## LIMITING ADDED SUGAR

The Dietary Guidelines for Americans recommend limiting added sugar to no more than 10 percent of your total daily calories. However, if you already have heart disease, you may want to consider following the American Heart Association's stricter recommendations which limit added sugars to no more than six percent of your total daily calories.

Let's put it into more understandable numbers using the dietary guidelines:

- 1,800 calories a day, or about 180 calories, or 45 grams of added sugar.

- 2,000 calories a day, or about 200 calories, or 50 grams of added sugar.

## TIPS FOR LIMITING ADDED SUGAR

- Read the nutrition facts label. Added sugar is now included on the nutrition label to help you determine if the item is a good choice for you. You can locate "added sugar" underneath the total carbohydrate section of the nutrition fact label.
- Watch for hidden sugar. Many foods contain added sugar, such as beverages, desserts, snack foods and condiments. You may be surprised to see how much added sugar is in your favorite dressings and sauces. If you don't want to give up some of your favorite condiments, simply switch to one that has less added sugar.
- Limit sugar-sweetened beverages. Research shows liquid calories do not have strong satiety properties, nor do they suppress hunger. This is because the body does not detect liquid calories like it does solid foods. Therefore, use caution when consuming fruit drinks, sports drinks, energy drinks, sweetened waters, and coffee and tea beverages with added sugars because these beverages are the leading sources of added sugars in the American diet.
- Focus on whole foods. These are foods that have been minimally processed. Ways to include whole foods are to eat fruits and vegetables, consuming whole fruits instead of fruit juices, eating brown rice instead of white rice that has had the bran and germ removed, and using rolled or steel-cut oats versus instant or quick-cooking oats when making oatmeal.
- Skip the cookie. Instead, enjoy a refreshing piece of fruit for a snack or dessert. Fruit comes in a variety of textures and flavors. And best of all, they are generally low in calories and fat, which means you can enjoy them without worrying about the extra calories. They are also an excellent source of vitamins, minerals, antioxidants and they are high in fiber.



**DIANE REINHOLD**

University of Illinois Extension  
Nutrition and Wellness Educator  
and Registered Dietitian

Whatever step you choose to make on your wellness journey, I simply encourage you to keep moving forward. If you have taken time off because of the holidays or the cold weather, that's OK. However, now is the time to begin again. If you have been faithful in moving forward in your journey, I encourage and challenge you to limit the amount of added sugar in your diet this month.

If you want more information or this topic or any other nutrition and wellness subjects, contact me at [dreinhol@illinois.edu](mailto:dreinhol@illinois.edu). You can also reach our office at (815) 235-4125 or find out more on our website, [go.illinois.edu/jsw](http://go.illinois.edu/jsw).

# The Case of the Missing Coffee Mug (Part Two)

BUDDY T. SQUIRL

Resident Squirrel of  
Walker Mortuary



When we last met, I was hot on the case of the missing coffee mug. And, although she seemed mighty suspicious, after Michelle's gift of a hazelnut pastry, I crossed her right off my suspects' list. But now the question is, who did take Justin's mug?

Using my finely tuned deductive ability, I determine that if it isn't Michelle, it must be one of the other three. (Pretty brilliant, right?) So, I concentrate all of my squirrel suspicions on Sarah.

"Sarah," I say to myself as I nod my fuzzy head slowly up and down, "it's always those accountant types that come up with nefarious schemes like this."

Now, I don't know if that's

exactly true, but it sounded quite profound, didn't it?

Perched on the outside windowsill, dressed in my squirrel-sized Sherlock Holmes deerstalker cap and cape, I study Sarah's movements and take precise notes on her every movement. Let me share my notes with you.

Sarah sits down.

Sarah types on her keyboard.

Sarah gets up and walks over to the file cabinet.

Sarah sits down.

Sarah types on her keyboard.

Sarah sneezes. God bless you!

Sarah gets up again and walks over to the file cabinet.

For the sake of time and space, let me just condense my notes and tell you that Sarah does a whole lot of typing, filing and sitting. But so far, she's done nothing to make me

believe that she is, indeed, the culprit behind the missing coffee mug.

Then another ingenious idea pops into my fertile little squirrel mind! Perhaps Sarah realizes I'm watching her. Perhaps she knows I'm on the job and is being very careful. Perhaps she has stashed the coffee mug in her desk drawer and is just pretending to be really busy with work so she can protect it.

Oh, what a cunning plan, Sarah! What a cunning plan!

However, I will not be deterred. I scamper up the side of the building, up to the roof, and enter the attic space of Walker Mortuary and Cremation Services through my secret entrance. Then I scamper across the old, wooden floor to the ductwork and slip into the stainless steel tunnel. (I must confess that when I use the ductwork, I imagine

that I'm Bruce Willis in "Die Hard." Yippie-Ki-Yay!)

I scamper down to the cold air return grate in the office and peer at Sarah from behind the slats. She's at work again on her computer. No one works this hard – she must be the culprit!

Then, in a moment of sheer luck and destiny, Sarah gets up to go to lunch, leaving the entire office empty.

I carefully move the grate to the side and deftly jump onto the top of the file cabinet. However, I did not realize how slippery the tops of metal file cabinets can be, especially when you have little clawed feet. Frighteningly, I slid at an amazing velocity across the cabinet and flew across the room, landing, fortuitously, in Sarah's chair. (In further volumes of my exploits, this

**BUDDY** CONTINUED ON PAGE 13

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# AARP Driver Safety Class Ready to Roll

For more than two years, the brakes have been on the AARP Smart Driver course that was regularly offered at the Senior Resource Center in Freeport. Lack of an instructor paused classes, then, when a new instructor was found, the pandemic struck. AARP halted all classes nationwide.

Now, AARP Smart Driver classes again have the green light, and the first class in Freeport is set from 8:30 a.m. to 12:30 p.m. Thursday and Friday, March 24 and 25, at the Freeport Public Library, 100 E. Douglas St. The class is being held in partnership with the Senior Resource Center and the Freeport Public Library.

"We moved to the library to take advantage of their larger space and better accommodate social distancing required," said Julie

Hilliger, Senior Resource Center media and promotions coordinator. "This will enable us to host a larger group, and we are thankful to the library for their partnership on this project."

A total of 25 people will be able to attend the two-day class and a few spots remain. To register, people should call the Senior Resource Center at (815) 235-9777. The cost is \$20 for AARP members and \$25 for non-members. Payment will be collected at the class. Members should bring their AARP card to the class with them. Attendees also will be required to sign liability waivers at the class. Hilliger noted that the class is subject to cancellation by AARP dependent on county health conditions at the time of the event.

Teaching the class will be Larry Murphy. He earned a bachelor's

degree from Rockford College and a master's of science and education degree from Northern Illinois University. Murphy is a veteran of the U.S. Army Reserves, and worked for First National Bank early in his career before moving to higher education. He began working at Highland Community College in 1968 and spent 21 years there before ending his career with an 11-year stint at Rock Valley Community College. Since retiring, Murphy has been teaching AARP Smart Driver classes for six years in Stephenson, Boone, Whiteside, Carroll, Ogle, Lee and Winnebago counties.

Murphy said he will be teaching a new curriculum that has been completely updated and will feature new videos as well. Attendees will learn defensive driving techniques, proven safety strategies, new traffic

laws and rules of the road. Plus, there are no tests to pass. You sign up and learn. The course specifically covers the following:

- Important facts about the effects of medication on driving.
- How to reduce driver distractions.
- How to maintain the proper following distance behind another car.
- Proper use of safety belts, air bags, anti-lock brakes and new technology found in cars today.
- Techniques for handling left turns, right-of-way and roundabouts.
- Age-related physical changes and how to adjust your driving to compensate.

By taking the class, you may receive a discount on your auto insurance. Illinois has mandated an insurance premium discount for participants age 55 or older in a driver safety program.

The AARP Driver Safety

AARP CONTINUED ON PAGE 13

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- Do I need Prescription Drug Coverage?



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or healthcare coverage, give us  
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AUTHORS

ACROSS

- 1. Cause for a duel
- 5. Nelson Mandela’s org.
- 8. “\_\_\_\_\_ in the shade”
- 12. Andean people’s chew
- 13. “White Wedding” singer
- 14. Like a haunted mansion
- 15. South American tuber, pl.
- 16. Type of cotton fiber
- 17. Desired forecast?
- 18. \*”The Underground Railroad” author
- 20. Like West Wing office
- 21. Not silently
- 22. “When We Were Kings” subject
- 23. Hand over (2 words)
- 26. Barbecued
- 30. The Jackson 5 1970 hit
- 31. Repressed
- 34. “Alice Doesn’t \_\_\_\_\_ Here Anymore”
- 35. State of dishonor
- 37. Three, to Caesar
- 38. Brightest star in Cygnus
- 39. Performer’s time to shine

- 40. “No.1 Ladies Detective \_\_\_\_\_” book series
- 42. African migrator
- 43. \*”The Night Watchman” author
- 45. \*”Little Women” author
- 47. Poor man’s caviar
- 48. Analyze
- 50. Canter or gallop
- 52. \*”A Farewell to Arms” author
- 56. Latin dance
- 57. Club on the links
- 58. Kind or courteous
- 59. Los \_\_\_\_\_, CA
- 60. Round feed storage
- 61. Not odd
- 62. Colonial times laborer
- 63. Band performance
- 64. Theodores, to friends

DOWN

- 1. Flat-bottomed boat
- 2. Scottish lake
- 3. Antioxidants-rich berry
- 4. Popular primo dish in Italian restaurant, pl.
- 5. Bye, to Edith Piaf
- 6. Wanderer

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56						57				58		
59						60				61		
62						63				64		

SOLUTION ON PAGE 16

- 7. Garbed
- 8. \*”Moby Dick” author
- 9. Length times width
- 10. Call someone, in the olden days
- 11. Poetic “ever”
- 13. Apple invention
- 14. Food contaminant
- 19. Run off to wed
- 22. Jean of Dadaism
- 23. Out of style
- 24. Find repugnant
- 25. Burn with coffee, e.g.
- 26. \*Ursula K. Le \_\_\_\_\_
- 27. Jargon
- 28. It happens at a certain time and place
- 29. First novel, e.g.
- 32. Near in space or time
- 33. Not a win nor a loss
- 36. \*”Song of Solomon” author
- 38. \*”Chronicles” author and songwriter
- 40. \*NY Times bestselling author Atkins or playing card
- 41. Gambling venue
- 44. Smidgins
- 46. Young swan
- 48. Eagle’s nest
- 49. Young salmon
- 50. \*”Miss Lulu Bett” author
- 51. Highest adult male singing voice
- 52. Snake’s warning
- 53. Take as a wife
- 54. Got A+
- 55. Desires or cravings
- 56. Sticky substance

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- Drop off to the Senior Resource Center: 206 E. Stephenson St., Freeport

Thank you for supporting us with your stories!



# Survey: Most in US Not Ready for Disasters

## StatePoint

At a time when natural disasters are growing in frequency, most Americans are not physically or financially prepared to handle them. According to a new Wells Fargo & Company survey, 84 percent of Americans live in areas that have experienced some form of natural disaster in the past three years, and 54 percent live in areas that have experienced severe natural disasters, specifically hurricanes, tornadoes, floods, wildfires or earthquakes. Despite these sobering statistics, 71 percent admit they do not have a detailed emergency plan and 16 percent have not thought about emergency planning at all. Even those with some kind of plan seem anxious that it is inadequate. Indeed, 40 percent of those surveyed described their planning style as “barely covered.”

According to Rullah Price, head of Public Affairs Resiliency & Enterprise Incident Communications at Wells Fargo, these survey insights can help you tighten your emergency plan:

### Plans Often Incomplete

The 29 percent of Americans who do have an emergency plan prioritize having food and water supplies (78 percent), emergency cash (63 percent), access to important documents (61 percent)

and a planned transportation/evacuation route (59 percent). Items of slightly lower priority include a plan for medical needs (54 percent), a family communication plan (52 percent), a shelter plan (49 percent) or plan for pets (44 percent).

“Most people’s plans are lacking detail. For example, only a quarter of respondents have outlined specific plans for members in the household of different ages. This is incredibly important for vulnerable ones like children and seniors,” Price said.

Price points out that less than a third of respondents have a go-bag packed in case of natural disaster and many of those with cars do not keep their gas tanks filled halfway for emergency evacuation. Ensure your plan includes these details. You should also have an emergency kit containing supplies for several days.

### Most Not Financially Prepared

In addition to lacking a physical plan, most Americans are not financially prepared for disaster. Only 44 percent have started an emergency savings account and 39 percent say they have no emergency cash in the house.

“We’re evolving into a cashless society— but during an emergency, you may not have access to an ATM, and credit cards may not work if electricity is out. Be prepared for all possible events,” Price said. The study also found that only

43 percent of Americans have a consolidated file of important records and receipts safely stored digitally and in a waterproof, fireproof container. And only 55 percent have recently reviewed their insurance policies to ensure they have the right types and amounts of coverage.

“Contact a qualified financial counselor who can help organize your finances for an emergency,” says Price. “Less than a quarter of respondents have done this.”

### Communication is Key

Although most Americans are likely to be directly affected by natural disasters at some point in their lifetime, only 32 percent have had a conversation with family members about how they would locate each other if they were separated during such an event.

The survey revealed that only 37 percent of parents have discussed the possibility of disasters with their school-age children, only 36 percent of parents have made plans for school-age children in case they can’t get home, and just 13 percent have discussed disaster plans with their neighbors or community.

“Because a natural disaster can occur anywhere, any time, it’s crucial to have a detailed emergency plan and communicate with your family how you will protect one another,” Price said.

## BUDDY CONTINUED FROM PAGE 10

whole incident will be recalled as something I planned and did on purpose.)

I quickly scanned the top of Sarah’s desk – nothing except a bunch of paperwork. Then I opened the top drawer and was immediately assailed by the smell of ... chocolate. Heavenly, aromatic, rich, delicious chocolate. Feeling that it’s my duty to investigate further, I slip my chubby body into the drawer and look around. Laying on the floor of the desk drawer is a bar of German chocolate with hazelnut pieces.

Duty calls! Who knows what reprehensible deeds could be attached to this confection? I rip open the paper packaging, only to find foil packaging beneath. Tricky, but that won’t deter me. I pull the foil away and the chocolate bar in all its glory is within my reach.

My conscience pierces my heart for a moment, after all, I am a professional on a case. However, my overwhelming love for chocolate quickly overrules my conscience, and I bit into the bar. Just one bite, I promise myself. Just one bite.

Several minutes later, I dispose of the empty wrapper, somewhat ashamed of myself for my lack of control. But I am heartened to realize that once I find Justin’s coffee mug, I’m sure that Sarah will be delighted to hire me to solve “The Case of the Missing Candy Bar.”

And now, dear readers, I admit that I am somewhat chocolate drunk and need a nap. So, I will continue my exploits in search of Justin’s mug in the next edition.

Until then ... the game’s still afoot!

## AARP CONTINUED FROM PAGE 11

Program operates on various standards, which include the following:

**It is volunteer run.** The program is delivered, managed and promoted locally by AARP-trained volunteers.

**Course duration.** Depending on the state, courses must last a set time. In Illinois, that length is eight hours.

**Participant fees.** AARP Driver Safety program fees are set by the AARP national office. The intent is to make the course as financially

accessible as possible.

**Training.** Instructor candidates must have completed a classroom course within the past 12 months and must actively participate in and complete all steps within the Instructor Training System before teaching a course.

# Library History Lecture Series Starting Via Zoom

Topics ranging from firefighting to big band jazz to the abolitionist movement will be covered when the Freeport Public Library's 2022 American History Lecture Series kicks off in February. All lectures will be presented via Zoom.

No pre-registration is required. Those who are interested should check the library's website, [www.freeportpubliclibrary.org](http://www.freeportpubliclibrary.org), or Facebook page to find the link for a particular lecture.

The free series is presented by the library and the Freeport Public Library Foundation. Each installment in the series begins at 6:30 p.m.

The lectures are:  
**"Answering the Alarm: History of American Firefighting"**

**Thursday, Feb. 3**

**Presented by Dr. Martin Quirk**

The series begins with this presentation by Quirk, a professor of history at Rock Valley College. He will explore the development of American firefighting via major historical events.

**"The Story of Big Band Jazz"**

**Wednesday, Feb. 9**

**Presented by Bill Petersen**

Petersen is director of bands at Freeport High School and Highland Community College Big Band director. He will bring attendees through this genre of American music and its impact on American culture. His presentation will look back at the groundbreaking and greatest jazz orchestras, their

legends, leaders and music.

**"John Brown and the Abolitionist Movement"**

**Tuesday, Feb. 15**

**Presented by Josh Bost**

Bost, a Freeport High School U.S. history and sociology instructor, will discuss the life and work of John Brown and his significance in the abolitionist crusade of the 1850s.

**"The Challenge of the Great Lakes: How the Modern Transportation Revolution Brought Unintended Ecological Crises"**

**Thursday, Feb. 24**

**Presented by Dr. Andy Dvorak**

Dvorak will review how the Industrial Revolution created modern water engineering

projects that left the Great Lakes vulnerable to invasive species which dramatically altered its ecosystem. These projects included the Erie Canal, the Chicago Sanitary and Ship Canal and the St. Lawrence Seaway.

**"Who Owns Your DNA? The Supreme Court and DNA"**

**Thursday, March 3**

**Presented by Eric Welch**

Welch will give a short history of patent law and how businesses have used it to patent genes. He will discuss a landmark ruling, Association for Molecular Pathology v. Myriad Genetics Inc., and its implications for genetic research and human DNA ownership.



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## Before You Apply for Retirement Benefits: What to Know

**CHRISTOPHER WITTKOPP**  
Freeport Social Security  
District Manager

Are you thinking about retiring and applying for Social Security retirement benefits? Our online tools can make your planning easier. Visit [www.ssa.gov/myaccount](http://www.ssa.gov/myaccount) to access your personal my Social Security account to get an instant and personalized estimate of your retirement benefits based on your earnings record.

It is important that your earnings record is correct because we base your benefit amount on the earnings reported to us. If you find an error, you will want to contact us to get your information corrected. Read our publication, *How to Correct Your Social Security Earnings Record*, at [www.ssa.gov/pubs/EN-05-10081.pdf](http://www.ssa.gov/pubs/EN-05-10081.pdf), to learn how.

You can also get benefit estimates based on different retirement ages, and choose the best retirement age for you. Don't have a personal my Social Security account? You can create one today at [www.ssa.gov/](http://www.ssa.gov/)

[myaccount](http://www.ssa.gov/myaccount).

When you're ready to apply for Social Security retirement benefits, you can complete your application online in as little as 15 minutes at [www.ssa.gov/retirement](http://www.ssa.gov/retirement). We will contact you if we need any more information. You can check the status of your application with your personal my Social Security account.

You can apply online for your Social Security retirement benefits, and for benefits as a spouse, if you meet all the following criteria:

- You must be at least age 62 for the entire month to be eligible to receive benefits.
- You are not currently receiving benefits on your own Social Security record.
- You have not already applied for retirement benefits.
- You want your benefits to start no later than four months in the future. (We cannot process your application if you apply for benefits more than four months in advance.)

Find more information about our online services at [www.ssa.gov/onlineservices](http://www.ssa.gov/onlineservices).

## Home Maintenance Program Grants Available

Thanks to grants from two different organizations, the Senior Resource Center has funds available to assist older individuals in Stephenson and Jo Daviess counties with home repair and maintenance projects.

The Senior Home Maintenance program was launched in late 2020 with a grant from the Freeport Township and received boosts in 2021 when the Freeport Community Foundation and the Freeport Township awarded additional grants to continue funding the project. The foundation grant extended eligibility to Jo Daviess County residents.

To be eligible for the program, applicants must meet income guidelines and apply for assistance through the Senior Resource Center.

"This program has been designed to assist our older residents with four potentially problematic areas of home maintenance for seniors," shared Patrick Sellers, Freeport Township supervisor. "Tasks such as landscaping, gutter cleaning, leaf and snow removal, along with the purchasing of fans/window air conditioner units are covered. Successful implementation of this program could result in fewer senior-related accidents involving such tasks while ensuring that properties occupied by seniors are well maintained. Last but not least, this program helps lift the burdens of such tasks off the minds of our older residents."

Home repairs are often low on the priority list for seniors, not by choice, but primarily due to issues with mobility, availability of assistance from family or friends, or lack of funds to complete needed maintenance. This can lead to unsafe conditions at home for the older homeowner, a scenario the program is seeking to eliminate. By disbursing funds to local seniors for such tasks as gutter cleaning, roof repair, heating and air conditioning, plumbing and other home maintenance items, the services provided by the Senior Home Maintenance Program aids older individuals in living independently in their homes.

"We are so pleased to partner with the Freeport Township and the Freeport Community Foundation for this program and thankful for these organizations' generosity and their dedication to the well-being of our local seniors," said Sonja Shoemaker, Senior Resource Center executive director. "We share that dedication and are committed to the health and safety of our older adults and appreciate the opportunity to help provide a much-needed service for those we serve."

For more information on the Senior Home Maintenance Program, to determine eligibility, or to apply for assistance with home repairs or maintenance, call the Senior Resource Center at (815) 235-9777 and ask for Information & Assistance.

# 65 Or Older? Assess Pneumonia Risk

StatePoint

Now, more than ever, you’re likely acutely aware of the importance of helping protect your lung health. It is essential to understand the risk for pneumococcal pneumonia, a potentially serious lung infection that can strike anyone at any time.

Older adults are at greater risk of serious illness and death resulting from pneumococcal pneumonia compared to younger adults, according to the Centers for Disease Control and Prevention.

To give you the facts you need to help protect yourself, the American Lung Association is partnering with Pfizer to raise awareness about the risk of pneumococcal pneumonia for adults 65 and older.

### An Overview

When words begin with “pneumo” it means related to the

lungs, and a pneumonia is an infection in one or both lungs, which you can get from bacteria, viruses or fungi. This infection causes the air sacs in your lungs to fill with fluid or pus, which makes the gas exchange that supplies your body with oxygen more difficult. It also can result in a host of uncomfortable and potentially serious symptoms.

Pneumococcal pneumonia, the most common type of bacterial pneumonia, is caused by bacteria that can be spread through coughing and close contact with an infected person. Common symptoms include high fever, excessive sweating, shaking chills, coughing, difficulty breathing, shortness of breath and chest pain. Certain symptoms, such as cough and fatigue, can appear quickly and without warning and severe cases can lead to hospitalization and even be potentially life threatening.

### Risk Factors and Protection

The immune system naturally weakens with age, making age a risk factor regardless of health status.

“Even healthy adults aged 65 and older are over 10 times more likely to be hospitalized with pneumococcal pneumonia than those aged 18-49,” says Albert Rizzo, MD, chief medical officer, American Lung Association. “If you also live with a chronic lung disease like COPD, asthma, diabetes or chronic heart disease, you face a greater risk.”

Rizzo speaks on behalf of the American Lung Association when he encourages all adults 65 and older to speak with their doctor about pneumococcal pneumonia vaccination. But he knows all too well that there are disparities among who is most likely to be protected against this potentially serious lung infection.

While the overall vaccination rate among adults 65 and older was 59 percent in 2017, only 42 percent of Latino/Hispanic individuals were vaccinated. And with only 45 percent of Black adults and 56 percent of Asian adults vaccinated, the gap in coverage has potentially serious consequences for communities of color.

Additionally, Latino and Black Americans are at greater risk of developing chronic health conditions such as asthma and diabetes compared to white Americans, which further increases their risk of getting pneumococcal pneumonia.

If you are 65 or older, Rizzo encourages you to talk to your healthcare provider about pneumococcal pneumonia vaccination, which is available at many doctor’s offices and local pharmacies. You can also learn more at Lung.org/pneumococcal, where you can take a free personal risk assessment quiz.

PUZZLE ON PAGE 12

S	L	A	P			A	N	C			M	A	D	E	
C	O	C	A			I	D	O	L		E	E	R	I	E
O	C	A	S			P	I	M	A		C	L	E	A	R
W	H	I	T	E	H	E	A	D			O	V	A	L	
			A	L	O	U	D			A	L	I			
P	A	S	S	O	N				G	R	I	L	L	E	D
A	B	C		P	E	N	T	U	P		L	I	V	E	
S	H	A	M	E		I	I	I		D	E	N	E	B	
S	O	L	O		A	G	E	N	C	Y		G	N	U	
E	R	D	R	I	C	H				A	L	C	O	T	T
			R	O	E			A	S	S	A	Y			
	G	A	I	T			H	E	M	I	N	G	W	A	Y
S	A	L	S	A			I	R	O	N		N	I	C	E
A	L	T	O	S			S	I	L	O		E	V	E	N
P	E	O	N				S	E	T			T	E	D	S

SUDOKU PUZZLE ON PAGE 3

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



## The Senior Resource Center will be closed on Presidents' Day, February 21.



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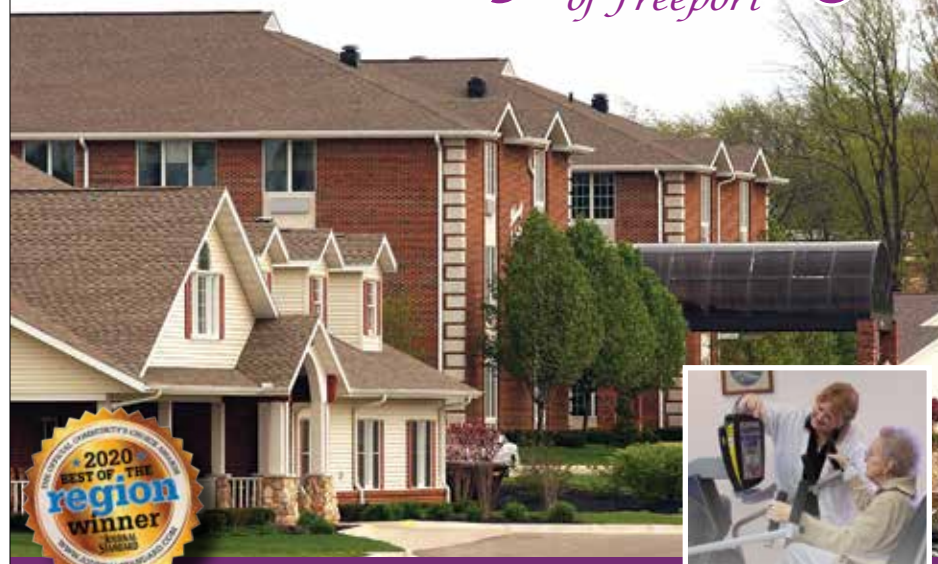
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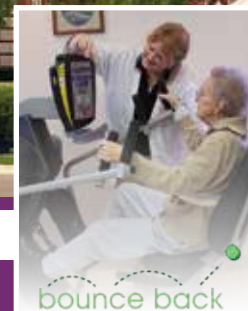
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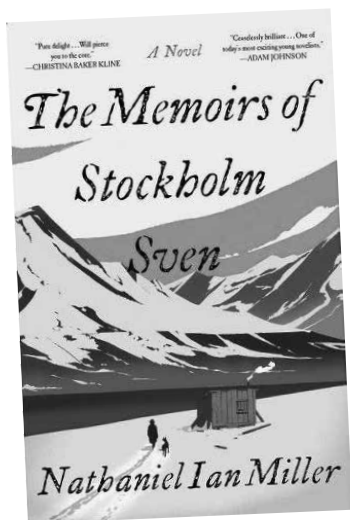


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In the United States when we think of days gone by and young, restless men with a sense of wanderlust, the phrase, “Go West, young man!” may pop into our heads. But what of young men in other countries? “The Memoirs of Stockholm Sven” by Nathaniel Ian Miller helps answer that question.

In the early 1900s, Sven Ormson is adrift in Stockholm, a city that to Sven is, “stifling – the stench, the incessant noise, the human interaction.” He escapes by reading about polar expedition, which at the time was an ongoing and exciting pursuit (Roald Amundsen reached the North Pole in 1918). Sven doesn’t long for fame or greatness, merely to be free of the city and the series of mind-numbing millwork jobs procured for him by his cold father. But Sven, it becomes obvious to the reader, is a bit melancholic, a bit pretentious, and lacking the motivation to make his life what he thinks he wants it to be. Fortunately the author provides a group of friends and family who provide Sven with impetus and bring out the better sides of his nature.

His sister, Olga, is the first of those who move him onto a different path. He finds a measure of contentedness after he moves in with his sister’s family and becomes the nanny to her children. It is a good arrangement for Sven, as he is freed from boring labor and the challenge of two “unempathetic tyrants” gives him something worth living for. When the

# The Book Lady

## Dianne Ludwig

children get old enough for school, Sven again finds himself at loose ends. His sister proposes Sven sign a two-year contract as a coal miner on Svalbard, an island far north of the top of Sweden and firmly in the Arctic Circle, with the idea that he might be able to do a bit of exploring while he’s up there. Sven surprises everyone, himself included, by agreeing. Mining is an unglamorous and brutal job and, before long, Sven is disfigured in an accident that makes him wish to avoid other people even more.

Because he cannot bear to return to Stockholm, Sven stays in the mining camp for the winter, after the mining operation has shut down for a few months, and falls in with a group of hunter-trappers. He meets Tapio, an experienced Finnish trapper who will become his most important friend. Tapio teaches Sven arctic survival skills and helps to set him up with a small homestead in the unoccupied wilderness of Svalbard.

Sven’s solitary life occupies most of the second half of the novel. It is surprisingly engaging and fast-paced as he learns to live alone, survive, avoid starvation and scurvy, and keep himself sane. Visits from various friends and animals prevent the plot from dwelling on Sven’s isolation and depression and instead allow the reader a sense of the wider world as Russia, Finland, Sweden, and – eventually – the Nazis change the world in which he lives.

“The Memoirs of Stockholm Sven” is ultimately a novel about the importance and power of friendship. Sven notes, “I wish I could say I parted from my dearest friends with a memorable gesture – an oath, a profession of my undying affection. But in my experience it’s rarely the parting that is memorable. ... You must trust that your feelings are known, and that you will be remembered as you were.”

REMEMBER CONTINUED FROM PAGE 8

## FEBRUARY ANSWERS

**Remember when Freeport was fortunate to have two new high schools? What were the names of the schools and where were they located?**

The schools were Freeport Senior High School located between Empire and Moseley streets and Aquin High School on South Galena Avenue. In 1926, both schools opened their doors to brand new buildings. Freeport High School relocated from a building at the corner of West Pleasant Street and North Galena Avenue. Aquin High School was established in 1923 and used the third floor of St. Mary’s Grade School but soon outgrew the facility. When the new building was completed, it welcomed more than 100 students. The Dominican Sisters of Sinsinawa served as the first teachers. Aquin’s football program started in the 1930s and they played their games on a field next to the building on Empire Street. It now serves as a parking lot.

**Remember when, in the 1930s, ‘40s and ‘50s, a strange voice was heard in many homes? Who did this voice belong to and what did it indicate?**

The strange voice announced the arrival of the meter man. He often entered through an unlocked basement door in the house. The reading of the gas, electric and water meters was his job. I have often wondered what interesting things he observed.

**Remember when a very popular business opened in Freeport that caters to those who love a particular snack? What is this business? Where was it first located and when did it open?**

The business is Mrs. Mike’s Potato Chips. It was first located on

Youngs Lane, next to the John Deere implement store. The business opened in 1945. Mike and Mabel Noe were the first couple to operate the business. The Noes were in business for 30 years, before selling out to Joe Tonni and Marv Lightsen. After seven years, it was sold to the Mordick family. Mrs. Mike’s is now located on Monterey Street. Mrs. Mike’s uses a half load of potatoes every two weeks and shares the load with Ole Salty’s in Rockford. Over the years, Mrs. Mike’s introduced pretzels, cheese corn and caramel corn. All are great sellers. A game changer for the Mordicks was the banning of trans fats to the food industry. Trans fats can cause an increase in cholesterol. When the oil changed, it also significantly changed the taste of the chips. Hydrogenated soybean oil is now used more in Mrs. Mike’s chips, and they still taste delicious while being better for you. On certain days with the wind conditions just right, the smell is wonderful. Thank you Bob Mordick for your help with this item.

**Remember when a federal government building in Freeport was used for another purpose than its current important mission? What is this building, where is it located and how was it used in the past?**

The building is the United States Post Office on Exchange Street. For a number of years, it also served as a U.S. Federal Courthouse. Now all federal court business takes place in Rockford.

**Remember when, in the 1950s and 1960s, television actors and actresses reigned supreme? Just like last month, I will name eight actors or actresses or characters and you name the shows they appeared on. This month’s actors or characters are: Ed Sullivan,**



# [Classifieds]

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## REMEMBER CONTINUED FROM PAGE 18

**Ernest Borgnine, Pernell Roberts, Snooky Lanson, William Boyd, Hal March and Lynn Dollar, Dr. Zorba and Jack Paar.**

Ed Sullivan hosted "Your Show of Shows" and "The Ed Sullivan Show." Ernest Borgnine appeared in "McHale's Navy." Pernell Roberts played one of the Cartwright brothers in "Bonanza." Snooky Lanson led the way in "Your Hit Parade." William Boyd played the title role in "Hopalong Cassidy." Hal Marks and Lynn Dollar were featured on the "\$64,000 Question." Dr. Zorba, played by Sam Jaffe, was a character on "Ben Casey." Jack Paar was the second host of "The Tonight Show."

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