

Spirit

fall • winter | volume two | issue two

A Century to Savor

*Home cooking served at Lanuti's
for nearly 100 years*

Into the Woods

*Foraging for mushrooms relieves
stress and refreshes the soul*

Testimony of Love

*Spirit of generosity thrives in the
Illinois Valley*

Stories *of the* Illinois Valley



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Enjoy Spirit



Spirit of Giving

At their heart, the fall and winter holidays celebrate generosity. On Thanksgiving, we recall how the Native Americans shared their knowledge of hunting, fishing and plant cultivation—a gift that enabled the Pilgrims to survive in a new land. And there is truly no greater gift than that given to us on Christmas Day, when we rejoice in the birth of our Lord and Savior, Jesus Christ.

In this issue of Spirit, we are celebrating the many ways we can share our gifts with others. From a composer whose work offers a message of hope and healing to victims of war and terrorism, to a father who is teaching his children to seek out the beauty in nature, you will find stories that will inspire you to share your time and talents.

There are also those who choose to give more tangible gifts, including a philanthropist who, inspired by his late wife, has made donations that support the arts, education and healthcare throughout the Illinois Valley. You will find his story within these pages as well as one that focuses on our “Leave Your Legacy” program, which offers assistance to those who wish to make a charitable gift to the St. Margaret’s Hospital Foundation.

While giving to others is important, we’d also like to remind you to give yourself a gift of wellness, so we’ve included information on how you can protect yourself and your family from the flu, keep your heart healthy and rejuvenate with a massage.

I invite you to revel in the spirit of this season—take stock, count your blessings and, above all, give from your heart.

A handwritten signature in black ink that reads "Tim Muntz".

Tim Muntz, *President/ CEO*



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Treat your Heart Right

Cardiovascular diseases, which affect the heart and blood vessels, are the nation's number-one killer. More women die from heart disease, stroke, and other cardiovascular diseases (CVD) than men, yet many women do not realize they are at risk. It's important to reduce your risk factors, know the warning signs, and react quickly if signs do appear.

Six Steps to Reduce Heart Attack Risk

- Stop smoking
- Lower high blood pressure
- Reduce high blood cholesterol
- Aim for a healthy weight
- Be physically active each day
- Manage diabetes

Heart Attack Warning Signs

- Chest discomfort
- Discomfort in other areas of the upper body
- Shortness of breath
- Cold sweat
- Nausea
- Light-headedness

Stroke Warning Signs

- Sudden numbness or weakness of the face, arm or leg
- Sudden confusion, difficulty speaking or understanding
- Sudden trouble seeing
- Sudden difficulty walking, dizziness, loss of balance
- Sudden, severe headache with no known cause

Cardiac Arrest Signs

- Unexpected loss of responsiveness
- Abnormal breathing

Heart attacks and strokes can be fatal, so if you display any of these symptoms, call 911 immediately. Rapid action could save your life.



Blood Pressure and Cholesterol—How High is Too High?

Under Pressure

Nearly one in three adults in the United States suffers from high blood pressure, sometimes called a “silent killer” due to its lack of symptoms. Uncontrolled high blood pressure can lead to some of the conditions described above, including stroke, heart attack, heart failure and kidney failure. In recent years, experts have revised the blood pressure guidelines, so check to make sure your pressure falls where it should. If it doesn’t, consult with your doctor.

Here are the current guidelines, according to The American Heart Association and The National Heart, Lungs and Blood Institute:

- Normal blood pressure: <120/80 mmHg
- Prehypertension: 120-138/80-89 mmHg
- Stage one hypertension: 140/90 mmHg and up
- Stage two hypertension: 160/100 mmHg and up

The Lowdown on High Cholesterol

Have a fasting lipoprotein profile to find out your total cholesterol, LDL cholesterol, HDL cholesterol, and triglyceride numbers. Total cholesterol is the sum of all the cholesterol in your blood. The higher your total cholesterol, the greater your risk for heart disease. HDL cholesterol is the “good” stuff that carries cholesterol in the blood to the liver, leading to its removal from the body, so the more you have of it, the better. If your numbers aren’t on target, consult with your doctor for treatment.

Total Cholesterol:

Desirable: <200 mg/dL

Borderline-high: 200 to 239 mg/dL

High: 240 mg/dL and above (A person with this level has more than twice the risk of heart disease compared to someone whose cholesterol is below 200 mg/dL.)

LDL Cholesterol:

Optimal: <100 mg/dL

Near-optimal: 100-129 mg/dL

Borderline-high: 130-159 mg/dL

High: 160-189 mg/dL

Very high: 190 mg/dL and above

HDL Cholesterol:

Risky: <40 mg/dL

Better: 40 to 59 mg/dL

Best protection: 60 mg/dL and above

Triglycerides:

Borderline: 159-199mg/dL

High: 200 mg/dL and above

(Source: The National Heart, Lungs and Blood Institute)



New Treatment Available for Those with Chronic Chest Pain

St. Margaret's Health now offers a new, noninvasive therapy to patients suffering from chronic stable angina and chronic heart failure for whom medications or surgeries would not be effective.

Called external counterpulsation, or ECP, the treatment involves the use of inflatable fabric cuffs that are placed on the lower body, including the calves, thighs and buttocks. The cuffs are inflated during the heart's resting period between beats, forcing blood up to the coronary arteries. The timing is coordinated by linking the ECP with cardiac monitors. Sometimes called a "natural bypass," ECP is believed to trigger the heart to develop new collateral blood vessels around blocked arteries.

ECP is not meant to replace bypass surgery or angioplasty, but is an additional treatment for those patients who can no longer benefit from additional surgery or angioplasty.

The process is nonsurgical and painless—patients can expect to feel the same discomfort they would with a blood pressure cuff. Craig Davis, RRT, Director of Cardiopulmonary Services at St. Margaret's Hospital, reports that some patients even fall asleep during the hour-long treatment.

Those who remain awake can watch television programs or bring in a video or DVD, if they like. The standard treatment regimen is 35 one-hour sessions, administered five days a week for seven weeks. If their

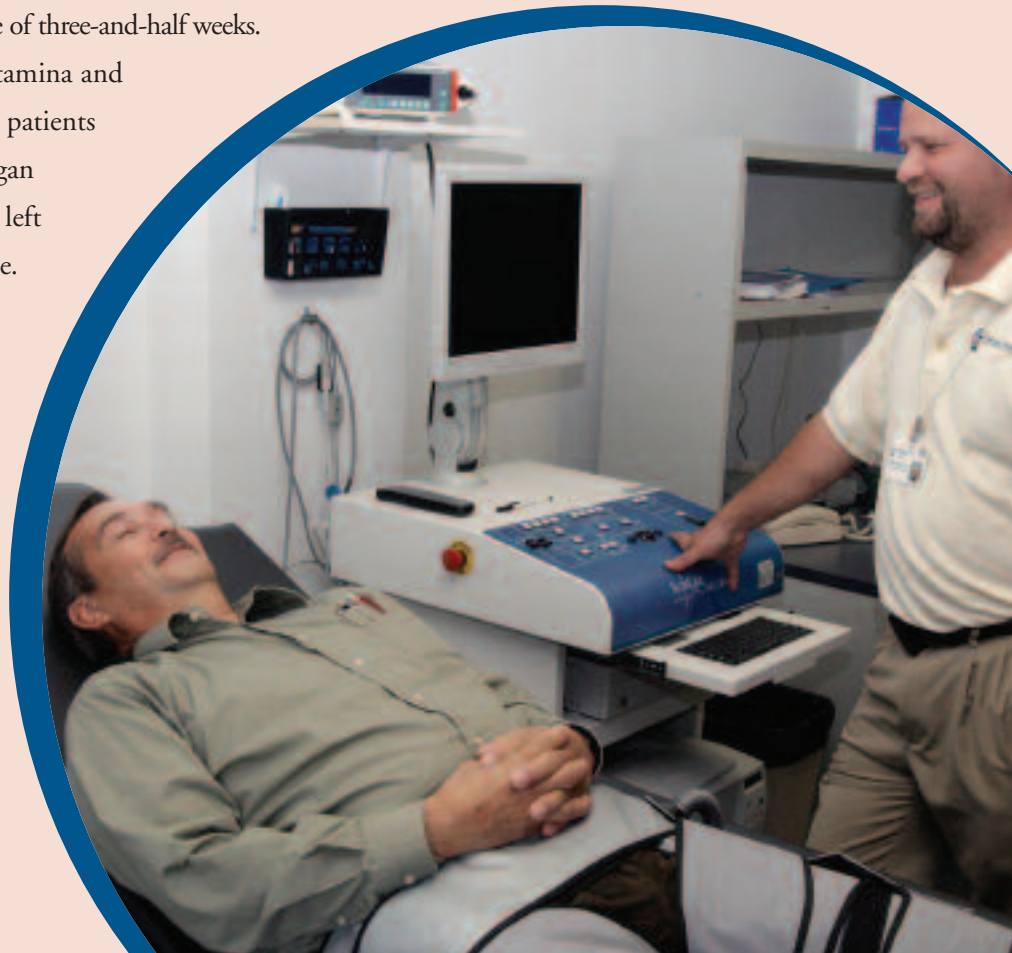
condition warrants it, some patients may opt for an accelerated

regimen, which involves two treatments a day over the course of three-and-half weeks.

After the course of treatment, many report increased stamina and energy and a reduction in pain. Craig notes that the two patients who have completed the regimen since St. Margaret's began offering it in May have had very successful results. "One left free of chest pain and able to get back to an exercise routine. The other, who was a bit more debilitated, has shown significant improvement and reduced symptoms," he says.

Prospective ECP patients are thoroughly evaluated to make sure they do not have a condition that precludes using this form of treatment, such as aortic stenosis or an abdominal aneurysm.

As with other cardiac treatments, including stenting and angioplasty, it can be necessary to re-treat a few years down the road. If a patient begins to develop symptoms again, Craig advises that he or she be re-evaluated by a physician to determine the best course of treatment at that time. For more information about ECP, contact Craig Davis at 815-664-1152.



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Lanuti's restaurant in Ladd has served up home cooking and good company for nearly 100 years.

A Century to Savor

In 1907, Armondo “Pops” Lanuti and his wife, Maria, settled in Ladd, Illinois, where Armondo aimed to forge a career as a coal miner. Fortunately for Ladd and the rest of the Illinois Valley, it was a short-lived career. Later that same year, the Lanuti’s opened a saloon that catered to the miners, offering free lunches to their bar patrons. The young couple quickly realized serving food would be more profitable than serving drinks, so Lanuti’s restaurant was born.

Teamwork

Running a restaurant takes a lot of hard work—something the Lanuti family learned firsthand. From the time they were young, all eight of the Lanuti children, five boys and three girls, pitched in at the restaurant in one capacity or another. “Growing up in a restaurant family, we took a lot of orders,” reflects Dena Lanuti Bussa, now the sole proprietor of the restaurant. “And we did what we were told, never answered anybody back. We all learned the value of hard work, that’s for sure.”

As the children grew up, they took that work ethic with them. One son went on to be a doctor, one a lawyer, one an engineer, and one a CPA. But they never forgot the lessons they learned and the importance of their family. Growing up in this atmosphere provided all the Lanuti children the training and drive to become whatever they wanted to be through hard work and persistence.

These early lessons made such an impact on Dena that she decided to raise her own family within the same four walls of the restaurant. Dena and her husband, John, had three sons of their

own and raised her nephew from the age of 4, when his mother passed away. All four boys worked at the restaurant and still managed to be good students.

“One son went to the University of Illinois,” says Dena. “He came home to work weekends and would then head back to school, and he *still* made Dean’s List. All my children understood that you have to work to get what you want.”

She says she will never forget their dedication to the family business. “I still tell my boys, if you need help just let me know. You helped me when I needed it, I can help you if you need it; That’s just the way we do it.”

When Dena’s brother passed away in 1973, Dena and John bought out the remaining share in the restaurant and decided to keep the legacy going themselves, and they’ve never looked back. Dena and John, now 88 and 93, respectively, celebrated 62 years of marriage last June.

Dena credits the longevity of their union to an idea that is basic in theory, but can be difficult in practice. “You have to work together,” she says. “That is the most important thing. You have to learn to compromise. We’ve never had any problems, and that is something special. God has been good to us. I tell my husband that every day.”

Enduring Traditions

Lanuti’s recipe for a century of success has several key ingredients. For one, the menu has changed little over the years—they still serve good, fresh, home-cooked food day after day. Their seafood may be the most well-known menu item—especially the fresh turtle—but it’s the care they put into everything they make, whether it’s chicken, pasta, burgers, tacos or pizza, that sets them apart.

The other part of the equation? “The atmosphere,” answers Dena without hesitation. “Everybody’s well-liked here. The bartenders, the waitresses, and the busboys ... I can’t say enough about any of them. For our patrons, it’s like coming home for a good meal.”

And come home they do. Lanuti’s recently served diners from as far away as North Carolina and

California. Whether they are coming home to visit or strangers passing through, they all get treated like family.

Labor of Love

On their nights off, Dena and John like to dine out at other area restaurants and visit friends and family. John is a member of the Elks, the Knights of Columbus and the Lions Club. The couple spends every October visiting their boys and their eight grandchildren and two great-grandchildren. Two of their sons live in California, one in Chicago and one in Wisconsin, so Dena and John need the whole month to make sure they can see everyone. The traveling is no problem for them because they understand the importance of family.

Though many their age have long since retired, Dena says they still find joy in the work and will keep going as long as they are able. “I know people around here think I’m crazy because I’m still working, but this is what keeps me healthy,” she says. “I get my exercise and I use my head every day.”





Heart Strings

A musician retreats to the Illinois Valley to compose an ambitious piece for choir and orchestra that touches on themes of war and healing.

Last April, composer and musician Michael Hopkins saw the culmination of nearly a year's work when he attended the premiere of his piece "From Revenge to Forgiveness," which was performed by the Burlington (Vermont) Choral Society Chorus and Orchestra and the University of Vermont Concert Choir. His wife, Spring Valley native Carolyn Lukancic, was on stage, playing violin in the orchestra.

Much of the seven-part oratorio was composed in the summer of 2005 during a sabbatical spent at the Spring Valley home of his in-laws, retired Dr. Louis P. Lukancic and Barbara Lukancic. Away from the distractions of home (in Burlington, Vermont, where he is an associate professor of music at the University of Vermont), Michael could focus on his piece, which had its genesis in the terrorist attacks of September 11, 2001.

"I was moved deeply by what had happened in our country and the world, as all of us were," reflects Michael, who decided to respond to the tragedy by creating a piece to honor those who were lost in the attacks. "Music has this power," he explains. "It's a direct communication of emotions and feelings that helps people reflect on the world in a way that reading newspapers or watching television cannot."

As it evolved, however, the piece began to take on a wider scope, focusing on the range of human emotion evoked by war and its aftermath, including anger, anguish and acceptance.

Early on in the creative process, he spent a couple months poring over poems, trying to find ones with appropriate themes, cadence and length. After researching and selecting the text, he sketched out the movements and wrote a piano score. Then, he used a computer program to complete the instrumentation and made adjustments. Along the way, he sought feedback from colleagues at University of Michigan and the University of Vermont as well as his wife, Carolyn. He relies on Carolyn as his first sounding board. "When I am writing a piece, several times a week, I'll sit her down and have her listen," he says. "She is really good at constructive criticism."

The piece was ready for rehearsal in January and made its debut in April before an audience of more than 700. Michael was pleased with the performance. “The orchestra and choir did a great job, and the audience gave it a standing ovation,” he says.

Carolyn, too, was happy it went well. “I was a little nervous beforehand, but it was wonderful,” she says. “I was proud to be a part of it.”

While he’d like to see the piece performed again somewhere else and gain a wider audience, Michael acknowledges that it can be a challenge to pull together the large group of performers required—there were 200 people onstage during the performance. He also notes that, although choirs are a big New England tradition, they are not as prevalent in other parts of the country.

The finished piece contains seven movements: “Revenge,” “Vision of Armies,” “Suffering,” “Grief,” “Remembrance,” “Hope” and “Peace-Forgiveness.” The piece takes the listener from the beginnings of conflict to resolution. It opens with a poem by 19th-century poet Charles Henry Webb entitled “Revenge.” The next movement features a Walt Whitman poem about the Civil War. The third movement pairs a Wilfred Owen poem about World War I with a Stephen Crane poem, “War Is Kind,” penned during the Spanish-American conflict. For “Grief,” Michael used a text by the Roman poet Gaius Valerius Catullus that details his reaction to his brother’s death in a far-off war. “It was written 2,000 years ago, but it could have been yesterday,” says Michael.

The “Remembrance” portion, during which the piece reaches its crescendo, showcases a 1996 work by United States poet laureate Rita Dove. The soft intermezzo that follows introduces American poet Lucille Clifton’s “let there be new flowering.” The final section includes text from an Omaha Tribal Song and the Sermon on the Mount, wrapping up with “dona nobis pachem,” which, translated from the Latin means “grant us peace.”

While this was his first foray into composing a piece for choir and orchestra, Michael, who plays double-bass, guitar and piano, has been composing and arranging music for more than 20 years. His interest in music began much earlier, though. “My mother claims I was interested in music from the time I was a baby,” he says. “I remember trying to play the piano at age 5.”

His mom, a pianist, was his first instructor. He played trombone



in the municipal/parochial youth band, and at age 14, he discovered the guitar and bass guitar. While in high school, he played percussion in the concert band and sang in the choir. It wasn’t until his college days at Vanderbilt University in Tennessee, however, that he began to focus on classical music and composition. His first piece,

composed for his senior recital, was for two guitars and a cello.

After college, he taught band and orchestra in Colorado public schools before he headed to the University of Michigan to work on his master's and doctorate degrees. That's where he met Carolyn. He invited her to work with the youth orchestra he started in a neighboring town. The weekly drives to the orchestra location allowed them to get to know each other. They married in 2002.

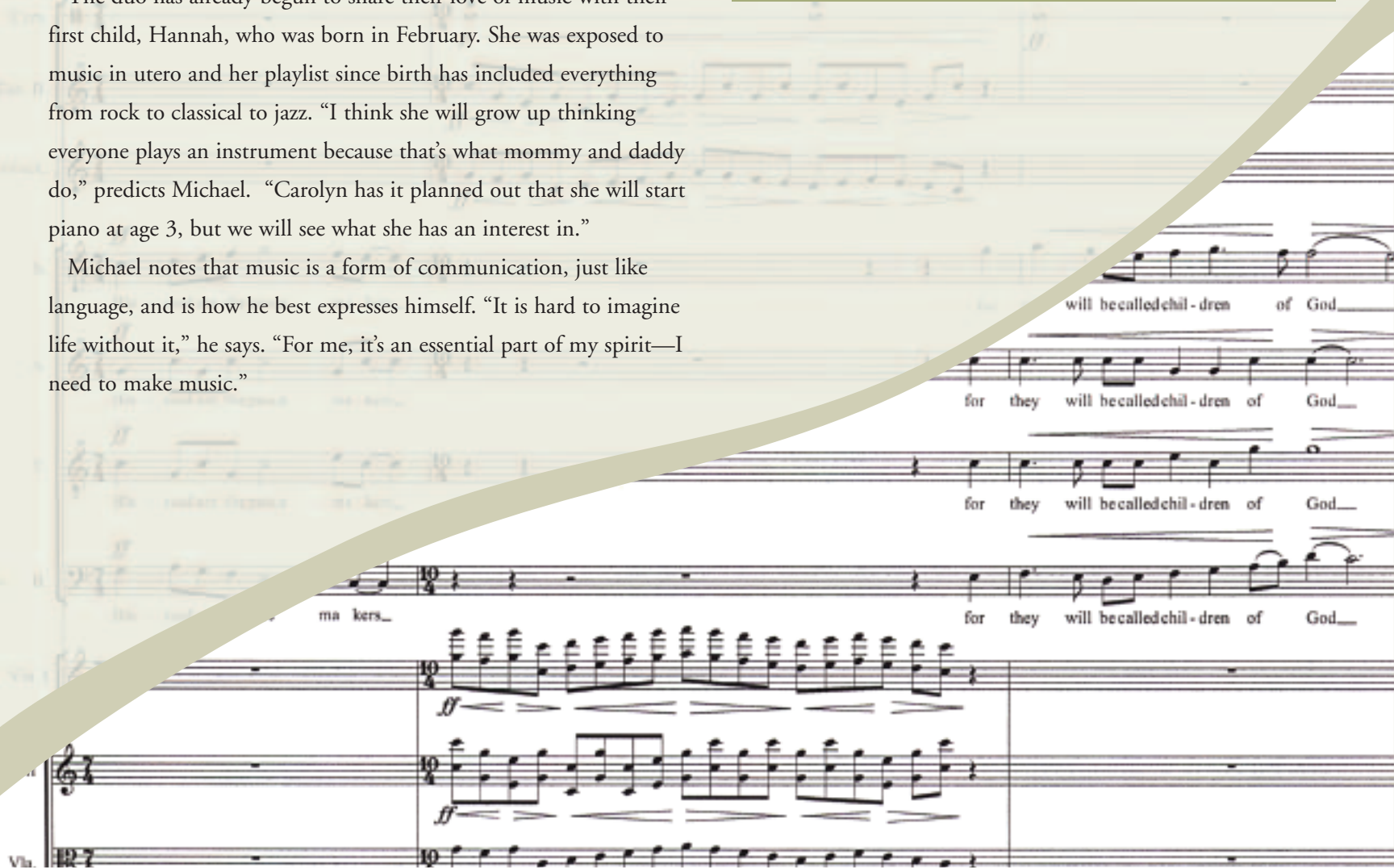
His work teaching children inspired him to compose pieces they could play and he's published 16 pieces for youth orchestra. He's currently at work on a chamber music composition for piano, violin and cello.


Carolyn plays violin and viola with the Vermont Symphony, the Hanover Chamber Orchestra and the Vermont Contemporary Ensemble, which has performed two of Michael's other works. She also has a private studio where she teaches about 30 students.

Their common passion for music "definitely helps us understand each other," he says. They often perform together, including a duet for violin and guitar at his sister's July wedding.

The duo has already begun to share their love of music with their first child, Hannah, who was born in February. She was exposed to music in utero and her playlist since birth has included everything from rock to classical to jazz. "I think she will grow up thinking everyone plays an instrument because that's what mommy and daddy do," predicts Michael. "Carolyn has it planned out that she will start piano at age 3, but we will see what she has an interest in."

Michael notes that music is a form of communication, just like language, and is how he best expresses himself. "It is hard to imagine life without it," he says. "For me, it's an essential part of my spirit—I need to make music."





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Get the Facts on Flu

'Tis the season for coughing, sniffing and aching, as influenza makes its annual appearance. Seasonal influenza epidemics occur every year, caused by a virus that's transmitted when people come into contact with the respiratory secretions of an infected person. Each year, a vaccine is developed to prevent the spread of the flu strain expected to be most prevalent. The height of the flu season is usually December through March. Arm yourself with information to keep yourself and your family safe and healthy this winter.

Stop the Spread

Here are some things you and your family can do to keep from catching or spreading the flu virus:

- Wash your hands regularly. Head for the sink and soapy water after coughing and sneezing, before and after preparing or eating food, and before and after contact with someone who is sick. If soap and water aren't available, use alcohol-based hand sanitizers.
- Cover coughs and sneezes using a tissue. If you don't have one handy, use your upper sleeve, not your hands.
- Stay at least three feet from others if you are coughing or sneezing (or if they are).
- Don't share personal items, such as cups, washcloths, lipstick, toothbrushes, etc.
- Practice safe food handling, especially when preparing raw eggs or meat.
- Stay educated about the flu, checking news sources regularly.

Vaccination Information

There are three ways to slash your flu risk—get a **flu shot**, receive an **intranasal vaccine**, or take **antiviral medications**. Check with your doctor to determine which option is right for you.

Flu shots have a long, safe history of providing a season of protection. They can reduce the risk of pneumonia and hospitalization in high-risk patients. They are also very economical. However, those who are allergic to eggs cannot receive the shot. In addition, the shot only offers protection against the strain expected for that year.

The **intranasal vaccine**, which doesn't involve an injection, also protects for the whole season, but can only be given to healthy persons between the ages of 5 and 49. This is because it contains a weakened form of the live virus and persons with weakened immune systems cannot receive this form of vaccine and neither can persons living in the same home. As with the shot, those who are allergic to eggs cannot receive the intranasal vaccine. It, too, only offers protection against the strain expected for that year.

Antiviral medication may reduce the duration of your illness by one to two days, but it must be given within 24 to 48 hours of the first symptoms, then daily thereafter. It doesn't reduce the risk of pneumonia or complications, but it is an option for high-risk persons who are allergic to eggs or have weakened immune systems.

Who Should Be Vaccinated?

The Centers for Disease Control target group includes pregnant women, people age 50 and up, people with certain chronic medical conditions, and residents of nursing homes and other long-term care facilities. This year, the CDC has expanded the high-risk flu group to include all children younger than age 5. Healthcare workers and those who care for others in high-risk groups, including the parents and siblings of young children, should also be vaccinated. If enough vaccine is available, anyone who wants to avoid the flu should consider getting a vaccination.



What You Need to Know About Bird Flu

With avian (bird) flu in the headlines, you might be wondering if the bug that's making the rounds is the same old flu or the beginnings of a pandemic.

Pandemic flu occurs when a new, dramatically different strain of virus spreads quickly from person to person around the world—more quickly than a new vaccine can be produced. This could sicken many people at once and affect the supply of food, goods and services if many workers stay home. Medical and government services could be overloaded and travel may be restricted.

Many are concerned that avian flu, a strain that affects mainly wild birds and poultry, may evolve into a virus that can spread easily from person to person. This could cause a pandemic because most people will not have been exposed to this virus and will have no immunity.

Communities and health care facilities are putting preparedness plans into place to respond if such a pandemic should occur. Right now, the best thing to do is to keep yourself healthy and stay informed. To learn more, visit www.pandemicflu.gov or www.cdc.gov/flu or call 800-CDC-INFO.

Cold or Flu? A Guide to Symptoms

If you're trying to figure out whether you've got a cold or something more serious, here's how the symptoms stack up. Of course, if you have any concerns, call your healthcare provider, clinic, or local flu hotline to find out whether you need to seek out testing or treatment.

Cold

Fever is rare
Headache is rare
Mild muscle aches
Mild fatigue
Often runny nose, sneezing,
sore throat
Mild, hacking cough

Flu

Fever is 102 degrees or higher
Severe headache
Muscle aches
Extreme exhaustion
Sometimes runny nose, sneezing,
sore throat
Severe cough

Note: What some people call the "stomach flu" is not really the flu at all, it's a gastrointestinal infection. Influenza is a respiratory disease and generally does not involve vomiting or diarrhea.

Flu Vaccination Schedule

This year, a good supply of the vaccine is expected to be available. Stop by one of the following Public Flu Shot Clinics:

Location: St. Margaret's Hospital

Date: Saturday, November 4, 8-10 a.m.

Location: Granville Bank

Date: Friday, November 3, 10 a.m.-12 p.m.

Location: HyVee

Date: Monday, November 6, 1-3 p.m.

Location: Oglesby Library

Date: Wednesday, November 1, 11 a.m.-1 p.m.

Location: Liberty Village, Peru

Date: Wednesday, November 15, 10:30 a.m.-12:30 p.m.

Location: Spring Valley High Rise

Date: Wednesday November 8, 2-3:30 p.m.



"Autumn is a second spring, where the leaves imitate the flowers. Maybe it would be so too with human beings that you would see bloom if only you helped them with your patience."

—Albert Camus

Favorite Autumn Recipes

Chili

1 pound ground beef, browned with diced onions
3 cans of kidney beans (undrained)
1 can of diced tomatoes with juice (14 ½ ounces)
1 or 2 stalks of celery
1 can of mushrooms (drained)
Chopped green peppers to taste
1 bay leaf
Splash of Worcestershire sauce
2 tbsp. chili seasoning (more or less to taste)

Combine all ingredients in slow cooker.
Cover and cook on low for 6-8 hours.

Pumpkin Layer Cheesecake

2 pkg. (8 oz.) cream cheese, softened ½ cup canned pumpkin
½ cup sugar ½ tsp. ground cinnamon
2 eggs ½ tsp. vanilla
Dash each ground cloves and nutmeg
1 ready-to-use graham cracker crumb crust (6 oz. or 9 inch)

Mix cream cheese, sugar, and vanilla with electric mixer on medium speed until well blended. Add eggs; mix until blended. Stir pumpkin and spices into 1 cup of the batter; pour remaining plain batter into crust. Top with pumpkin batter. Bake at 350° for 35-40 minutes or until center is almost set. Cool. Refrigerate 3 hours or overnight. *Makes 8 servings.*





from Sister Francis Anne, Sister Ann Louise, Sister Dorothy and Sister Elaine

Apricot Bars

1½ cups sifted all-purpose flour	1 cup brown sugar
1 tsp. baking powder	¾ cup butter
¼ tsp. salt	¾ cup apricot preserves
1½ cups rolled oats	

Sift together flour, baking powder and salt. Stir in oats and sugar. Cut in butter as for pie crust. Press 2/3 of mixture in bottom of an jelly roll pan. Spread preserves on top. Cover with remaining mixture. Bake at 375° for 25 minutes. Cool and cut into bars.

Cowboy Breakfast Biscuits

3 pounds sifted flour	1½ pounds solid shortening
2 tsp. salt	1 quart milk
6 tbsp. baking powder	

Combine flour, salt and baking powder. Cut in shortening until consistency of coarse cornmeal. Add milk; mix until flour is moist. Knead 30 seconds and roll out on floured board to 1-inch thickness. Cut out biscuits with a biscuit cutter. Place on a greased baking sheet. Bake at 400°-425° for 20 minutes. Serve piping hot. *Makes 60 biscuits.*

"Delicious autumn! My very soul is wedded to it, and if I were a bird I would fly about the earth seeking the successive autumns."

—George Eliot

Community Calendar of Events



NOVEMBER

2 Illinois Valley Signature Chef's Auction
Celebrations 150, Utica

3 Benefit for Samantha Gaughn
Knight's of Columbus, LaSalle

4-5 Holiday Craft & Gift Show
Peru Mall, Peru

6 Free Speech, Language, Hearing,
Vision, & Readiness Development
Screening
Bethany 1st Step Preschool

6 Texas Hold 'em Tournament
Peru Eagles Club

9 Hollywood Scene in Chicago
Trip through Illinois Valley Community
College, Fee: \$75

10 Endowment Benefit Show
Stage 212, LaSalle

10 The 13th Annual Fall Festival of Wines
Eagles Lodge, Peru
Call 815-223-2351

10-12
The Last Five Years
Stage 212, LaSalle

11-12, 17-19
River Valley Community Dinner Theater
presents "Meshugga Nuns" Henry

16-19
Noveau- 1st Harvest Wine Weekend
Utica

18 Deck the Halls VII Home Tour
Ottawa
Call 815-431-0133
www.experienceottawa.com

18 St. Margaret's Foundation Gala
Celebrations 150, Utica

18 North Pole Express with Theater
Starved Rock Lodge, Utica, IL
Call (800) 868-7625 ext. 386

23 28th Annual Turkey Trot
Holy Family School - Oglesby, IL
Call 815-223-7922
www.starvedrockrunners.org

24 Ottawa Christmas Parade
Ottawa

24 Ottawa Festival of Lights Ceremony
Ottawa

25 North Pole Express
Starved Rock Lodge, Utica

26 Annual Christmas Parade
Oglesby

29 An Old Fashioned White Christmas
Trip through Illinois Valley Community
College, Fee: \$75

DECEMBER

1-31
Weber House and Garden
Streator
Call 815-672-8327

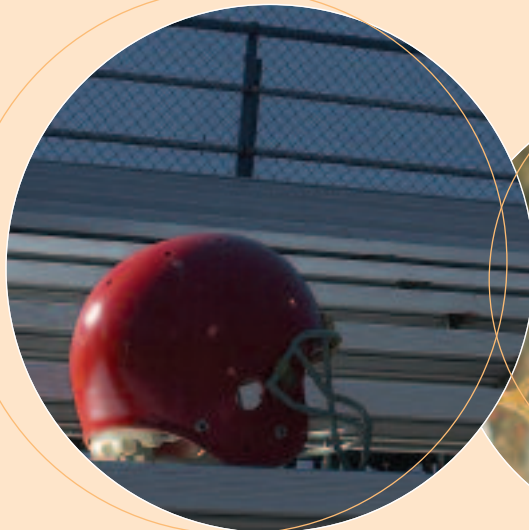
1 "Movies at the Mansion"
Hegeler Carus Mansion, LaSalle
Call 815-224-5891

2 Pearl Harbor Day Parade
Water Street, Peru, IL
Call 815-223-0061

2 Christmas Walk
Downtown Peru Merchants Association
Peru

2 Ringing in the Holiday
Ottawa High School Auditorium

2 Scouting Museum Activity
Ottawa Scouting Museum
Call 815-431-9353



2-3 Utica Christmas Walk Utica

2 & 16
North Pole Express
Starved Rock Lodge, Utica

3 **Christmas Walk**
Downtown LaSalle

3 **Progressive Dinner and Theatre**
Starved Rock Lodge, Utica

5 **Chicago at Holiday Time**
Trip through Illinois Valley Community
College, Fee: \$85

6 **Winter Musical Program**
Hall High School, Spring Valley

9 **North Pole Express with Theater**
Starved Rock Lodge, Utica

10 & 17
Holiday Progressive Dinners
Starved Rock Lodge, Utica, IL
Call 800-868-7625 ext. 386

10 **"The Windows of Christmas"**
Stained Glass Stories of LaSalle-Peru
Hegeler Carus Mansion, LaSalle
Call 815-224-5892

10 **Mendota Museum Event**
Mendota Museum Complex, Mendota
Call 815-539-3373
email: mendotamuseums@tsf.net

JANUARY

Discover the EaglesTour
3,8,10,17,22,24,29,31- 9am-12:30pm
6,7,13,14,20,21- 9am-12:30pm and
11am-2:30pm
Starved Rock Lodge, Utica

7 **Treasures of the Heart Bridal Expo**
Starved Rock Lodge, Utica

19- 20
One Night Only
Matthiessen Auditorium
LaSalle-Peru High School
24-28
WAJK's Winter Getaway
Wanna go to Mexico?
Call Travel West in Spring Valley now, or
go to TravelWest.com to join WAJK's
Winter Getaway!

FEBRUARY

2-4, 9-11
Quilters
Stage 212, LaSalle

Discover the EaglesTour
5,7,12,14,21,26,28- 9am-12:30pm
3,4,10,11,17,18,24,25- 9am-12:30pm and
11am-2:30pm
Starved Rock Lodge, Utica

10 **Valentine's Day Ball**
The Illinois Valley Chapter Red Cross will
host its first Valentine's Day Ball.

17 **Bald Eagle Day**
Henry

MARCH

11 **Where In The World Is The IVSO?**
Matthiessen Auditorium
LaSalle-Peru High School

APRIL

Waterfall & Canyon Tour
Saturdays & Mondays (Times vary)
7, 9, 14, 16, 21, 28
9:00am - 1:00pm and 11:00am - 3:00pm
2, 23, 30 11:00am - 3:00pm
Starved Rock Lodge, Utica
Call 800-868-7625 ext. 386

12- 14,
"Guys and Dolls"
Matthiessen Auditorium
LaSalle-Peru High School

20-22, 27-29
The Diary of Anne Frank
Stage 212, LaSalle

MAY

Waterfall and Canyon Tour
Saturdays & Mondays (Times vary)
5, 12, 19, 26, 28
9:00am - 1:00pm and 11:00am - 3:00pm
7, 14, 21
11:00am - 3:00pm
Starved Rock Lodge, Utica
Call 800-868-7625 ext. 386

A man with a mustache and goatee, wearing a white baseball cap with a logo, a dark plaid shirt over a grey t-shirt, and blue jeans, is crouching in a forest. He is smiling at the camera. To his right is a large tree trunk. In the foreground, there is a large pile of light-colored, gilled mushrooms. The background shows a grassy clearing with more trees.

Into the Woods

Foraging for mushrooms helps a doctor relax and strengthen family bonds.

An exhilarating chill in the morning air, the rumble of combines harvesting soybeans and corn, and leaves colored by nature's paintbrush—all signs that herald the arrival of autumn. For some outdoor enthusiasts, it's also the time of year to don hiking boots, grab a burlap bag, and seek out the various edible mushrooms to be found in the Illinois Valley area.

Each fall, Dr. Paul Perona, board-certified Orthopedic Surgeon at St. Margaret's Family Orthopedic Center, fits a few mushroom forays into his busy schedule of clinic hours and surgeries.

"It really is one of my favorite times of the year," Paul enthuses. "During Indian summer, there is nothing like going out to the woods in the early morning. It's away from the stress of work. It allows me to clear my mind and be more receptive to God's greatness. You are there by yourself, with maybe only deer and other wildlife for company, and it is so quiet. It allows me time to think and reflect on life and what really matters," says Paul.

Family Tradition

One of his earliest memories is going mushroom hunting with his uncle, the late Charles Barnato, and his parents, Paul and Carol Perona. "Uncle Cuddles, as we called him, would take me with him to a friend's farm near Princeton to search for mushrooms," recalls Paul. "I was about 8 at the time."

These days, he's recreating those childhood jaunts with his own three children by taking them on mushroom hunts on property near Magnolia. "It is one of the many reasons I came back home after completing my fellowship in major joint revisions at Scripps Medical Center in San Diego, California," he says. "That area is also beautiful, but urban dwellers would have no experience like this. I even doubt if very many people living in Chicago or the suburbs would know about mushroom hunting."

Hen of the Woods

One of the edible mushrooms Paul and his family look for is called *grifola frondosa* also known as maitake mushrooms, these are

usually found at the base of an oak tree, and, unlike other mushrooms, can grow to be several feet in diameter and weigh many pounds. "Mushroom hunters call them Hen of the Woods, because they look just like a hen sitting at the base of a tree," notes Paul. "Locally they are called quarrines."

When he finds these delicacies, he either gives them to his mom or his wife, Joanne, who sautés them in olive oil and serves them with steak. They can also be added to stews or spaghetti sauce and some people pickle them and use them to dip in bagna calda. Other

edible mushrooms to be found this time of year, include stumpies (*armillaria mellea*), so named because they grow on tree stumps.

Exercise Caution

While foraging for mushrooms can be fun, it is important to be cautious because there are many poisonous varieties. Also, avoid mushrooms that grow in areas where herbicides, pesticides and chemicals are used because metals and toxins can easily become concentrated in the fungi.

"Never eat a mushroom that you find unless you know for sure it is not

poisonous," cautions Paul, who advises novices to go with an experienced mushroom hunter. "One bite of a bad mushroom can be fatal," he notes. "There are some highly toxic mushrooms that grow here. Be careful."

Small Wonders

Those who don't desire to collect mushrooms for eating can still enjoy the beauty of the quest. The idea is to slow down and take a closer look at the small wonders of life. Make time this autumn for a walk in the woods and commune with nature and your God.

"It really is a spiritual experience," says Paul. "When I am out there, there is no doubt in my mind that there is a supreme being who created the majesty that I am experiencing. If you find mushrooms, that's a bonus."





Leave Your Legacy

Make a mark on your community with a charitable gift that will benefit future generations.

High-profile celebrities, like Bono, the lead singer of U2, and high-powered business people, like Bill and Melinda Gates, often make the news for their contributions to various causes and work with charitable organizations. However, you don't have to be a billionaire or a rock star to make a difference. Ordinary folks can make an investment in the future of their community through a gift or bequest to a local nonprofit organization.

Perhaps you're compassionate and caring or feel spiritually committed to a cause, or maybe you have a passion for the arts or education or even healthcare. As an added bonus, charitable giving may provide you with tax savings as well as warm feelings.

For those who'd like to help St. Margaret's Health with our mission of providing excellent care to residents of the Illinois Valley in the tradition of our sponsors, The Sisters of Mary of the Presentation, we have created the Leave Your Legacy program within St. Margaret's Hospital Foundation.

A Tradition of Caring

Joe Dellatori, Foundation Director, notes that the close-knit Illinois Valley community "nurtures a giving-back spirit" that can trace its origins to the Mission of the Sisters. "We respond to patients holistically," says Joe. "We don't just minister to the body, but we minister to the spirit as well, and we couldn't do it without the people of the community and their generosity."

Since 1998, the Foundation has assisted in funding many items and projects to benefit the hospital, including the renovation of the hospital chapel, remodeling the Hazel Marie Boyle Women's Health Center, a hydraulic lift chair for aquatic therapy at Hennepin pool, a CAD/CAM system for mammography, grounds beautification and much more.

Donors are recognized on the Wall of Honor, which is located on the first floor of the hospital, across from the bank of elevators leading to the patient floors. Joe is quick to assert that all gifts, large and small, are welcomed. "While it's nice to get

\$50,000 from one donor, if 10 people give \$5,000 or 100 people give \$500, those gifts are equally appreciated."

Benefits of Giving

There are many strategies you can employ that will fulfill your desire to do something meaningful and sustaining for a nonprofit organization like St. Margaret's Hospital Foundation. As an added bonus, you may gain a tax advantage, such as an income-tax deduction.

If you are worried about your heirs facing high estate taxes, making a charitable gift is worth considering as a way to reduce the size of your taxable estate, as well as receive an income-tax deduction. Be sure to seek out the services of a qualified financial services representative, accountant, and attorney to help you come up with an overall estate plan that includes your charitable giving as a component.

Though some choose to bequeath a gift upon their deaths, there are many ways to give during your lifetime.



For example, you might have a highly leveraged asset, like a stock that's tripled in value. If you sell the stock, you'll be walloped with capital gains tax, but if you gift the stock to a charity, you can avoid that tax and possibly garner an income tax deduction. A tax-exempt charity won't have to pay taxes on the gain, so they'll receive the full value of the stock.

Or perhaps you've got a childhood insurance policy purchased for you by your parents. You might assign a charity as the owner and beneficiary of the policy or contract. If it's a cash-value policy, the charity may be able to cash it in and use the funds today or they might choose to hang onto it until your death for a greater tax-free benefit.

Another option is to retain part ownership interest in an asset during your lifetime. For example, an individual may choose to donate his house and land to charity, but retain a remainder interest that allows him to live in the property until he dies. Depending on tax circumstances, there could be a significant tax deduction, plus the charity will be responsible for real estate taxes and maintenance.

There are also ways to make a gift and to retain an income stream. You could donate

an annuity to charity, for example, and retain the interest income for yourself and perhaps even your spouse. Conversely, you could donate the annuity's interest income to charity and maintain the value of the annuity for yourself or your heirs.

Eyes on the Future

Joe says the Leave Your Legacy program, which was instituted in early 2006, takes a long-range view. "Most fundraisers live in the here and now, but we also need to think down the road a bit," he says. "We may receive gifts that will not actually come into our hands for 10 to 20 years."

The Foundation plans to hold informational seminars to make people aware of giving options. In the meantime, Joe is available to meet with interested donors. "We just want to get the word out that our Foundation would be honored to be considered for a gift," he says.

Joe advises potential donors to take the time to think about how they wish to be remembered. "Choose something that will reflect well on the life you've led here," he says. "We've all been really lucky and we should all give back."

Charitable Giving Terms to Know

Here's a quick rundown of some terms related to charitable giving. It is important that you meet with your attorney, tax advisor and/or estate planner to determine what is best for your situation.

Restricted donation—You specify how your gift is to be used. For example, in the case of a hospital, you may want to cover the cost of a certain piece of equipment or to benefit a specific department.

Unrestricted donation—You allow the charity to use your donation as they see fit.

Public charitable organization—A nonprofit organization supported by public gifts that qualifies for tax-deductible contributions under the Internal Revenue Code, such as a school, church, hospital or humanitarian charity.

Private charitable trust—A trust created by a donor that allows him to establish a gift while keeping some economic benefit from the donated asset, either for himself or an heir. Examples include a charitable remainder trust, in which the donor retains the interest income, while the charity receives the asset, and a charitable lead trust, in which the donor retains the asset, but assigns the interest income to the charity for a period of years.

Private foundation—A charitable organization created and funded by a donor to achieve one or more specific charitable purposes. It is managed by a board of directors or trustees. Private foundations are subject to more government regulations than a private charitable trust.



Testimony of Love

Throughout their 57 years of marriage, Walter Durley Boyle and Hazel Marie Boyle shared a common vision—to make the world a better place. Though Hazel Marie died 12 years ago, Durley has ensured her spirit of generosity is very much alive in the Illinois Valley through gifts that support the arts, education and healthcare.

“Her main goal in life was to help others,” explains Durley, a Hennepin native. “She taught me everything of importance that I know today.”

Throughout her life, Hazel Marie was known for her kindness to those who were sick—friends, family or acquaintances alike. She would often bring them meals and take time to visit with them.

To honor her, Durley helped establish the Hazel Marie Boyle Cardiac Rehab Center and the Hazel Marie Boyle Women’s Health Center at St. Margaret’s Hospital. He also had a fountain and plaza constructed in Hennepin in her memory.

Durley also saw to it that a bequest Hazel Marie made to the American Heart Association was used to fund a heart defibrillator for each school in the county as well as the training on how to use it.

The Women’s Health Center, which was dedicated in 2003, serves the needs of women in all stages of life, from maternal care to menopause and beyond. Durley says that it’s an especially fitting tribute to his wife because of her strong belief that all women and children should have access to good healthcare.

Durley first met Hazel Marie Doyle in 1930 during their freshman year at John Swaney High School in McNabb. They attended the University of Illinois together, where Durley graduated with a law degree and Hazel Marie with a degree in education. The couple was married in 1937.

“We just suited one another because we had the same ideas and grew up with the same background and values,” says Durley of their successful partnership.

He also notes that their personalities were complementary, with Hazel Marie’s gentle yet firm manner tempering his aggressiveness. He can’t recall ever arguing with her, which might seem surprising, given his career as a lawyer.

Durley holds the record as the longest-serving prosecutor in

Walter Durley Boyle honors his wife’s memory and makes a commitment to community through philanthropic works.

Illinois history—his 10 consecutive terms, interrupted only to serve in the Navy during World War II, landed him in a Ripley's "Believe It or Not" cartoon last January.

He became an attorney at the urging of his parents, Walter A. Boyle, a farmer, and Rae Durley Boyle, a schoolteacher. "Back then, you did what your parents told you to do, it wasn't a question of choice," he says.

That directive proved to be a good one, however, as Durley still enjoys practicing law some 70 years later, at age 92. He's been planning to retire for some time, but things just keep coming up. He recently won a class-action lawsuit on appeal to the Illinois Supreme Court, which resulted in the protection of the Old Catholic Cemetery in Henry from future development.

Family was also very important to Durley and Hazel Marie. Though they had no children of their own, they raised the son and daughter of Hazel Marie's cousin after his untimely death. Today, Jon Bumgartner lives in California and Marcy McGrady lives in Texas.

Throughout their lives together, Durley and Hazel Marie were ardent supporters of education and the arts in addition to healthcare and he continues to carry on that passion. "Arts, health and education are the basis for a civilized society," he explains.

Hazel Marie, a teacher, was the driving force behind the building of the education center for the United Methodist Church in Hennepin before she died. Some of the couple's other contributions include creating the Putnam County Educational Foundation, which supports arts education, classroom projects and educational technology. They also fund scholarships for local students to attend college as well as high school at St. Bede Academy. Durley has also served on the boards of directors of Illinois Valley Community College and St. Margaret's Hospital.

Durley also appreciates the natural beauty of the local landscape. He has contributed to the restoration of the Hennepin-Hopper Wetlands behind his home and has worked to restore some old Indian trails that lead to the wetlands.

He remains close to his only sibling, his brother, Francis, whose family still lives on and operates the family farm. The pair make a point to get together every Thursday for a dinner out.

Durley has been the recipient of dozens of awards for his civic



service and charitable actions, including the 2004 Studs Terkel Humanities Service Award from the Illinois Humanities Council. But, perhaps more significantly, his ideals have made a strong impression on those in his community. Last May, a Putnam County High School student, Abby Ladzinski, earned a \$1,500 scholarship in the Lincolnland Legends Essay Contest, for her piece about Durley, in which she referred to him as "a strong individual who shows that you can accomplish anything in life if you just apply yourself."

Though his accomplishments are many, Durley, like his beloved Hazel Marie, finds that the joy is in the giving and states that he's simply doing his part. "Everyone has to work to make a community strong," he says.



Spirit of a Woman Peg Schmitt

Meet a nurse and mother who has been instrumental in preserving Sheffield's past.

Sheffield native Peg Schmitt recognized the treasure in a shuttered church and helped turn it into a local landmark. For her efforts, she was rewarded with a royal commendation.

Sheffield was founded in 1852 and was named for railroad financier Joseph Earl Sheffield. Located along the railroad line connecting Chicago and Rock Island, the town drew settlers looking for employment and prosperity. Among them were many Danish immigrants, who organized St. Peter's Danish Lutheran Church in 1869, hoping to preserve their Old World heritage in a new land.

As the decades passed, the congregation grew smaller, but the church's impact on these immigrants and their descendants, as well as the community, did not. Nevertheless, services were discontinued in the 1950s and this historically invaluable building sat vacant.

Margaret "Peg" Barry grew up in Sheffield and remained there

following her high school graduation in 1946, when she began working for Dr. Giltner, the town doctor.

The job provided more than an income—it gave her an introduction to her future career as a nurse as well as to her future husband, Joe Schmitt, a local farmer she met when he came in for a doctor's visit. "Well, he wasn't married and I thought he was cute!" Peg reminisces. "He asked if Doc wanted to see him again and I said, 'Oh, I think so.' We started to date shortly thereafter."

The couple married in 1951 and had their first child, Mary, in 1955. The next eleven years were a whirlwind of diapers and bottles as they welcomed three more children—Ellen in 1956, Jean in 1958, and Patrick in 1966. Peg stayed in nursing all that time, at first bringing Mary to the doctor's office with her, but switching to weekend work at the hospital in Kewanee as the other children arrived. When Patrick entered kindergarten, Peg went back to run Dr. Giltner's office.

Then, while driving home one day in 1968, Peg noticed a "For Sale" sign in front of St. Peter's Church, and that's where these histories converge.

"This little church here, I'd never been in it," admits Peg, who is neither Danish or Lutheran, "but it just seemed a shame for a church to close, I don't care what denomination. I went up to Dr. Giltner and told him that church was for sale and I thought we



should to buy it. He said to me, ‘You get the wheels going and I’ll be right behind you, Peg.’”

Get the wheels going she did. The first thing Peg set in motion was the formation of the Sheffield Historical Society, which took over the lease on the church. Words cannot do justice to the amount of work that went in to restoring this church. The goal of all the restoration was to return the church to its appearance in the 1880’s.

“We had no money, but a lot of crazy ideas,” Peg says about the start of the restoration. “Everyone—the Historical Society members, the community—we all pitched in to restore that little church. It has been a labor of love of many people.”

Today, the church sits across from a museum dedicated to Sheffield’s history that offers resources for those researching family history, genealogy and local history. It is also available for weddings, anniversaries, funerals and baptisms, for a nominal fee. And community members gather there each year during Advent for an annual nondenominational Christmas service.

In 1975, Peg became aware that Queen Margrethe II of Denmark and her family would be visiting the United States, and so she called the Danish Consulate in Chicago and invited them to town to see the renovated building that housed the oldest organized Danish Evangelical Lutheran congregation in America. After dozens more phone calls, Peg’s persistence paid off and the Danish government

accepted the invitation on behalf of the queen. To Sheffield’s delight, the queen visited in 1976 and consecrated the restored church.

Nearly two decades later, on June 18, 1994, Sheffield again had visitors from Denmark. On this day, Peg was knighted, receiving the Royal Order of the Dannebrog. This is the second-highest honor bestowed by Denmark and can be held by only 50 individuals at any one time. Peg is one of only three women in the United States to ever be given this honor, and, upon her death, her family must return the award to the Danish government.

Despite the accolades, Peg remains modest. “I have always vowed I would never let my head get bigger than my shoulders,” Peg says. “I didn’t do this by myself.”

Peg brings tenacity, passion, and solid work ethic to every aspect of her life, including her marriage. She and Joe have been married 55 years and have five grandchildren in addition to their four children.

The key to her success? “I just say my prayers and ask God to help me,” she says. “It’s been a fantastic life. Every day is an adventure here and you never know what tomorrow’s going to bring. I’ve been blessed.”



Artist Suzanne Shafer-Wilson uses wire to portray lace in a new dimension.

Art in the Round

Rumplestiltskin has nothing on Suzanne Shafer-Wilson. Though she can't spin straw into gold, the Lostant artist can turn just about anything into a basket, from spaghetti to snakeskin. Her specialty, however, is creating intricate vessels of copper and silver wire using an ages-old needle lace technique.

"I am the only one doing this technique," she says. "Some crochet and knit and do bobbin lace in wire, but no one does needle lace. It is kind of a dying art."

Just as the artist Georgia O'Keefe painted apple blossoms many times larger than their original size to emphasize the shape and detail of the tiny flowers, Suzanne aims to call attention to needle lace. "These are fantastic, intricate, beautiful patterns, but when they are on a tablecloth, no one really looks at them," she explains.

Suzanne's interest in the technique began while she was still in college, when she started out stitching with thread and floss. However, she soon felt the constraints of two-dimensional work. When her mother presented her with some plastic-coated wire and animal bones she'd found on a hike, Suzanne decided to make them into a three-dimensional vessel.

One day, she started stripping the plastic off to reveal the copper wire inside, and the material inspired her to fashion a needle-lace container. She was pleased by the way the gleaming metal highlighted the design. Since then, she's played that up by displaying her pieces on motorized pedestals. "It is neat to see light reflecting off the wire and pattern, like looking at a multifaceted gem," she says.

Suzanne manipulates the wire with the help of wrenches and pliers. The length of time required to produce a basket varies, depending on the size of the piece and the complexity of the stitch, though it generally ranges from four to 30 hours. She's made them in every size—from no bigger than an inch to large enough for her children to sit inside.

Suzanne finds the creative process deeply satisfying. "When I embark on the creation of a vessel, I know what shape it will take on and what patterns I will set into it," she says. "It is the one thing I have complete control over in my life."

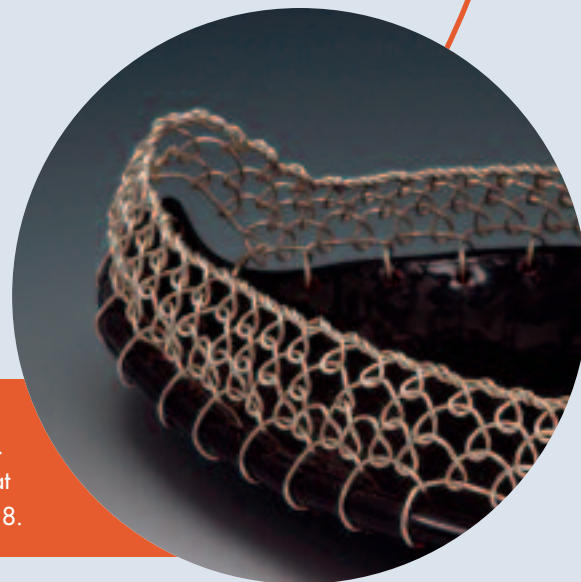
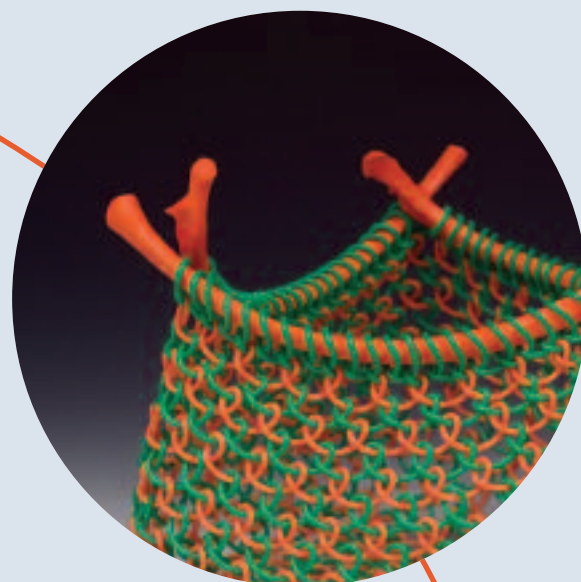
During her college years, Suzanne started out studying both commercial art and wildlife biology and zoology, but when she took a course on ceramics, her creativity was unleashed. “I couldn’t put it down,” she recalls. “I’d be up all hours of the night working on pieces. That’s when I knew art was just in me and I declared my major.”

She went on to earn a master of fine arts degree and a bachelor of science in art education, both from Northern Illinois University, and embarked on a 12-year career teaching art to high school students. Though she left full-time teaching a little more than two years ago to pursue her own art full time, she still leads workshops, including a recent one at the Illinois Valley Community College.

Suzanne has combined her love of ceramics and wire needle lace, creating some vessels that pair the two. She also works in mixed media and has crafted vessels in such unusual fibers as shed snakeskin, newspaper, strips of plastic milk jugs and fur. She’s driven to experiment and always seeks out new materials, lately working with baling twine, steel shims and more. “I like to recycle and reuse things,” she says. “I’m always playing around and experimenting with new fibers.”

As the at-home mother of two girls, Jody, 8, and Jackie, 6, Suzanne is careful to balance work and family time and enjoys creating with her kids, helping them craft things from wire, including bubble wands and god’s-eyes. “I want to encourage them to think of all the possibilities—which are endless with any material and are only limited by your imagination,” she says.

This upbeat attitude has served her well. Case in point—after photos of her work were rejected by the author of a book about baskets, she hired a professional photographer to showcase her vessels in a better light. The photographer ended up submitting some of the images to a magazine editor he knew, which resulted in one of her vessels appearing on the cover of a trade magazine for crafters, *The Crafts Report*, last March. “It’s funny how simple things open doors,” she notes. “You always have to have faith and keep doing what you love. If what you are doing is what you should be doing, it will all come together.”



Suzanne Shafer-Wilson’s work can be viewed and purchased through her web site (www.sswdesigns.com) and at the Vale Craft Gallery and Womanmade Gallery, both in Chicago. Her vessels have also been exhibited at the Illinois State Museum. Locally, her work can be seen at the Hegeler Carus Mansion in LaSalle and at the St. Margaret’s Foundation Gala on November 18.



Hands-on Healing

Mention massage and some might think of it as mere indulgence, something to savor on a spa getaway. However, it can be much more—therapeutic massage can aid in the healing of body and soul, when paired with proper medical attention.

At St. Margaret's Center for Physical Rehab in Peru, massage therapist Linda Andriotis offers a variety of massage therapy and reflexology services on an outpatient basis. Linda has been soothing the sore muscles of Illinois Valley residents since 1997, when she began working at St. Margaret's. She is certified in therapeutic massage, sports massage, reflexology, and upper and lower body myokinesthetic systems (this involves working with muscles along a particular nerve route).

Massage can help with many conditions, including sports injury, high blood pressure, and arthritis, among others. However, make sure to inform the massage therapist about any health problems you have or medications you are taking. If you are under a doctor's care, get his or her approval before scheduling a massage or bodywork session.

"There are so many benefits to massage," says Linda, who has worked with clients ranging from young children to the elderly. "It increases energy, relieves pain, and heightens your awareness of your body."

She's experienced those benefits firsthand—she says massage relieved some of her pain following a car accident and gives her an energy boost like nothing else. She makes a point to schedule a massage for herself at least twice a month.

Massage Options

There are several options for therapeutic massage available at the Rehab Center, including seated chair massage, during which the fully clothed client kneels into a specially designed chair and receives a partial massage to areas such as the neck and shoulders or legs and feet. Linda says this can be a good way to start out if you are new to the massage experience.

For muscular treatment, which involves range of motion movement with slight manipulation of soft tissue on the upper body only, the client remains fully clothed as well. In this case, the client lies on a table rather than being seated. Both of these treatments typically last about 30 minutes.

For maximum benefit, however, an hour-long session is best. While, many choose to have a full-body massage, Linda notes that some people opt to have her spend the full hour on a specific area, such as their upper back and neck.

Benefits of massage therapy go beyond relaxation.

What to Expect During a Massage

Traditionally, the client is unclothed and draped modestly with a sheet for warmth and comfort; however, you can decide what amount of clothing you prefer to wear. All massage treatment takes place in a private room or area at the Rehab Center. The therapist will leave the room while you undress, relax on the massage table and cover yourself with a clean sheet. During the massage, only the area being worked on will be exposed.

You and the therapist will determine which parts of your body require massage, which is typically the back, arms, legs, feet, hands, head neck, and shoulders. (Clients will not be touched on or near their genitals or breasts.)

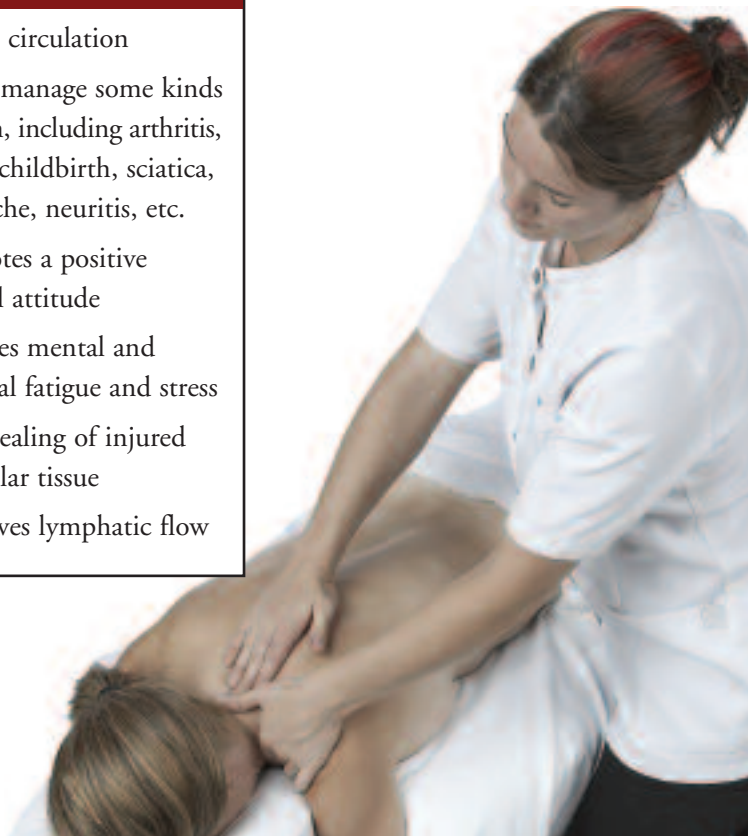
The therapist may use a light oil, cream, or lotion to reduce friction while working on your muscles. These should be readily absorbed by your skin during the course of the massage. There are many types of massage and techniques that utilize different strokes, rubbing, rocking, pressure to specific points, etc. Ask the therapist about the methods he or she will be using and what to expect.

The massage will usually begin with broad, flowing strokes to calm and relax before moving onto firmer pressure on specific areas to relieve muscular tension. Let the therapist know if you feel discomfort; if your body is resisting, the massage will not be as effective. Good communication with the therapist ensures a good outcome, so feel free to ask questions.

After the massage is over, many people experience a languid, relaxed feeling, followed by an increase in energy, a refreshed outlook and greater productivity, which can last for days. Linda advises drinking water afterward to flush out toxins released by the muscles during the massage.

Benefits of Therapeutic Massage

- Relieves fatigue
- Boosts circulation
- Diminishes tension and anxiety
- Helps manage some kinds of pain, including arthritis, sinus, childbirth, sciatica, headache, neuritis, etc.
- Calms nervous system
- Promotes a positive mental attitude
- Encourages relaxation
- Reduces mental and physical fatigue and stress
- Speeds up metabolism
- Aids healing of injured muscular tissue
- Prevents and relieves muscle spasms
- Improves lymphatic flow
- Can help improve bowel function
- Increases joint flexibility and mobility



Body and Sole— What is Reflexology?

Reflexology is the art and science of boosting the body's own healing ability by locating and stimulating certain reflex points on the foot that correlate to organs and functions in distant parts of the body. Forms of reflexology have been practiced for thousands of years. The therapy is based on the principal that if there is an energy obstruction within a system of the body, it needs to be worked out through the application of pressure to the corresponding points on the feet. Reflexology is primarily a way to relieve tension and stress, which, according to medical reports, have a hand in causing or exacerbating many of the illnesses people face today. For many, it's a comfortable introduction to massage since you need only to expose your feet to the therapist.

The cost is \$25 for a 30-minute session and \$40 for a 60-minute session. To schedule an appointment, contact the St. Margaret's Center for Physical Rehab at 815-223-8600, ext. 22.

St. Margaret's Hospital Events

Holly House

Wednesday, Nov. 8, St. Margaret's First Floor Presentation Room

Girl Talk

Thursday, Nov. 9, St. Margaret's First Floor Presentation Room

St. Margaret's Foundation Gala

Saturday, Nov. 18, at Celebrations 150 in Utica. All proceeds from this event will assist in purchasing capital equipment items for the hospital.

Jewelry Fair

Thursday, Nov. 30, 7 a.m.-4 p.m., St. Margaret's Lower Lobby

American Red Cross Bloodmobile

Tuesday, Dec. 5, 10 a.m.-7 p.m., St. Margaret's First Floor Presentation Room

Nut & Candy Sale

Tuesday, Dec. 12, 9 a.m.-4 p.m., St. Margaret's Lower Lobby

American Red Cross Bloodmobile

Wednesday, Jan. 31, 10 a.m.-6:30 p.m., St. Margaret's First Floor Presentation Room

Babysitting Clinic

Friday, Dec. 29, 8 a.m.-1 p.m., St. Margaret's First Floor Presentation Room

2006/07 Public Flu Shot Schedule:

St. Margaret's Health:

Saturday, November 4, 8 a.m.-10 a.m.

Granville Bank:

Friday, November 3, 10 a.m.-12 p.m.

Hyvee:

Monday, November 6, 1 p.m.-3 p.m.

Oglesby Library:

Wednesday, November 1, 11 a.m.-1 p.m.

Liberty Village- Peru:

Wednesday, November 15, 10:30 a.m.-12:30 p.m.

Spring Valley High Rise

Wednesday, November 8, 2 p.m.-3:30 p.m.

Diabetes Education Classes:

November 6, 13, 20, 27 & January 8, 15, 22, 29
These classes meet in St. Margaret's First Floor Presentation Room.

Week 1: Overview of Diabetes, Complications and Monitoring

Speaker: Pat Schummer, RN, MS

Week 2: Nutrition and Diet

Speaker: Marilyn Csernus, MS, RD, LDN

Week 3: Medications

Speaker: St. Margaret's Staff Pharmacist
Stress Management

Speaker: Jan Seaborn, LSW

Week 4: Exercise and Activity

Speaker: Candy Ference, Exercise Specialist

Foot, Skin and Oral Care

Speaker: Pat Schummer, RN, MS

Prenatal/Lamaze Classes:

Starts on the first Monday of November in the hospital's First Floor Presentation Room from 6:30-9:30 p.m. To register, call St. Margaret's Family Birthing Centre at (815) 664-1345 or (815) 223-5346, ext. 345.

Sibling Classes: (for 3-8 years olds whose Mom is expecting a new baby)

Held in Room 309 of the Hospital at 10 a.m. December 2nd. To register, call St. Margaret's Family Birthing Centre at (815) 664-1345 or (815) 223-5346, ext. 345.

ABC Prenatal Classes: (for pregnant women in their first and second trimester of their pregnancy)
Held in First Floor Presentation Room of the Hospital at 6:30 p.m. December 4th. To register, call St. Margaret's Family Birthing Centre at (815) 664-1345 or (815) 223-5346, ext. 345.

MONTHLY EVENTS

Cholesterol Screening

2nd Wednesday from 7-9 a.m. – St. Margaret's First Floor Outpatient Clinic

2nd Saturday in Oct., Jan., Apr., Jul., 7-9 a.m. – St. Margaret's First Floor Outpatient Clinic

Hennepin Clinic Cholesterol Screenings

2nd Monday from 7:30-9 a.m.- Sept., Dec., Mar., June

Blood Pressure-Blood Sugar Screening

- Depue NOA, 2nd Tuesday, 8:30-9:30 a.m.
- Hennepin Bank, 1st Thursday, 8:30-10 a.m.
- Liberty Village, 2nd Thursday, 9-10 a.m.
- YMCA, 4th Tuesday, 8-10 a.m.
- Peru Mall, 3rd Wednesday, Jan.-October, 9:30-10:30 a.m.
- Oglesby Library, 3rd Thursday of odd months, 10:30-11:30 a.m.
- St. Margaret's First Floor Outpatient Clinic: 1st Wednesday of odd months from 7-9 a.m.

Alzheimer's Support Group "Care Partners": 2nd

Tuesday, 5:30 p.m. - St. Margaret's First Floor Presentation Room

Behavior Disorders Support Group:

2nd Tuesday at 6:30 – 8 p.m. - St. Margaret's First Floor Presentation Room

Connections for Stroke Survivors:

2nd Thursday, 12:30 – 2:30 p.m., – St. Margaret's First Floor Presentation Room

Joint Replacement

1st and 3rd Wednesday from 11:30 a.m – 3:30 p.m. – St. Margaret's First Floor Presentation Room

Lunch and Learn:

- Friday, Nov. 10 from 11 a.m.-12:30 p.m., Dr. Dave Schlagheck speaking about "Flu & Flu Shots, Fact and Fiction" – St. Margaret's First Floor Presentation Room
- Friday, Jan. 12 from 10:30 a.m.-12:30 p.m., Topic: "Back Pain" – St. Margaret's First Floor Presentation Room
- Friday, Mar. 9 from 10:30 a.m. – 12:30 p.m., Topic: "Foot Pain" – St. Margaret's First Floor Presentation Room

Make Today Count

1st and 3rd Thursday 7 p.m. – St. Margaret's First Floor Family Room

Parkinson's Support Group

1st Monday 1:30-3:30 p.m. – St. Margaret's First Floor Presentation Room

Rebound (Breast Cancer Support)

3rd Monday 7-9 p.m. – St. Margaret's First Floor Presentation Room

SHIP (Senior Health Insurance Program) - Medicare Insurance Assistance

1st & 3rd Mondays by appointment – Patient Accounts Center 815-664-1575

Turning Point (HIV-AIDS Support Group)

3rd Wednesday, 6pm., Location not disclosed for confidentiality purposes. (815) 664-1613

Visions (Blind and Visually Impaired Support Group)

1st and 3rd Thursday 12:30-2:30 p.m. – St. Margaret's First Floor Presentation Room

Volunteer Orientation:

3rd Friday 9 a.m. - Noon – St. Margaret's First Floor Presentation Room

St. Margaret's Foundation **Gala & Artisan Showcase**

Celebrations 150, Utica, Illinois

Black Tie Optional

Saturday, November 18th, 2006

Art Preview & Tapas Dinner: 6:00 pm – 7:30 pm

Oral Auction of Unique Works of Art: 7:30 pm

Paul Windsor Orchestra: 9:00 pm

Donation: \$75.⁰⁰ per plate

R.S.V.P: 815.664.1329

The proceeds from this evening will be used to assist St. Margaret's in the purchase of a Central Archiving Fetal Monitoring System for the Family Birthing Centre. This system, costing in excess of \$150,000, offers the capability to monitor more closely a baby in distress and to simultaneously monitor all babies and mothers in the Family Birthing Centre. Using cutting-edge technology for patient care is a primary goal at St. Margaret's Health.

Suzanne Shafer-Wilson

Lostant, Illinois, Needle Lace

Chris Hunter

LaSalle, Illinois, Wood Turning

Diane Zera

Peru, Illinois, Oil Painting and Pencil Sketches

Paul Chase

Apple River, Illinois, Guitar Artist and Painter

Jane Johnson

Marengo, Illinois, Painter

Bill Naumann

Streator, Illinois, Landscape Watercolors

Hiram Toraason

Peoria, Illinois, Glass Blowing

Mark Wenzel & Sean Ginocchio

August Hill Winery, Utica, Illinois, Sommeliers

Joy Meyer

Dixon, Illinois, Silk Painting

Francie Skoflanc

Peru, Illinois, Photo Emulsion and Ceramics

Aaron Boyd

Milwaukee, Wisconsin, Illustrator

Carrie & Roman Gonzalez

Dalzell, Illinois, Wearable Art

Hugo Heredia

Spring Valley, Illinois, Original Fine Artwork

The number of artisans attending the Gala is subject to change.

Spirit

Stories *of the* Illinois Valley

fall · winter | volume two | issue two



Cover: Christine Perona of LaSalle hunting for mushrooms
Back Cover: Hen of the Woods mushroom



St. Margaret's Health

SMP Health System