

Spirit

spring • summer | volume four | issue one



Branching Out
Meet artist and teacher
Julie Jenkins

Reeling Them In
Celebrate the 10th annual
Kids' Fishing Expo

Fun In the Sun
Tips for healthy summer skin

Stories *of the* Illinois Valley



St. Margaret's Health

SMP Health System

19 locations in 4 counties and growing!

Need a Physician?

Through its 19 locations, St. Margaret's Health provides highly qualified physicians unified in their commitment to convenient and responsive healthcare.

St. Margaret's Hospital

600 East First St., Spring Valley • (815) 664-5311

Center for Physical Rehab

1400 Midtown Road & Rte. 251, Peru • (815) 223-8600

Home Medical Equipment & Supplies

416 East Dakota St., Spring Valley • (815) 664-4663

Patient Accounts Center

221 West St. Paul St., Spring Valley • (815) 664-1575

Living Center

600 East First St., Spring Valley • (815) 664-1434

Ear, Nose & Throat Center

4040 Progress Blvd., Peru • (815) 224-3040
Dale Chilson, DO

Family Orthopedic Center

600 East First St., Spring Valley • (815) 663-8009
Paul Perona, MD
Jan Sears, RN, FNP-C
Carrie Lopez, PA-C

Hazel Marie Boyle Women's Health Center

600 East First St., Spring Valley
(815) 663-2300 or (815) 223-9351
Jennifer Maschmann, MD
Norah Orteza, MD
Craig Whatcott, MD

Family Health Center

415 East Second St., Spring Valley • (815) 663-2811
Louis R. Lukancic, MD
Michael Morrow, MD
Robert Morrow, MD
David Schlagheck, MD



Granville

309 South McCoy St. • (815) 339-6245
Shawn Bailey, MD
Damian Grivetti, MD

Hennepin

220 East High St. • (815) 925-7387
Shawn Bailey, MD
Carrie Lopez, PA-C

Henry

528 Edward St. • (309) 364-3088
Thaw Tun, MD

LaSalle

535 Third St.

Sellett Suite • (815) 223-2807
Shawn Bailey, MD
Damian Grivetti, MD

Stanmar Suite • (815) 223-0203
Ramon Inciong, MD
Richard Twanow, MD
Carrie Lopez, PA-C
Mike Miller, PA-C
Tamara Workman, PA-C

Oglesby

402 West Walnut St. • (815) 883-3241
Ramon Inciong, MD

Midtown Clinic

1400 Midtown Rd. & Rte. 251, Peru
(815) 220-1122
Jeffrey Tanzi, DO

Peru Mall

1515 36th St. • (815) 223-4550
Alex B. Bernal, MD

Spring Valley

1302 North Greenwood St. • (815) 663-5511
Richard Twanow, MD
Mike Miller, PA-C
Thaw Tun, MD • (815) 664-4308

Valley Orthopedics

600 East First St., Spring Valley • (815) 664-5343
Ram Pankaj, MD
Tamara Workman, PA-C

Spring Summer Spirit

8



Healthy Spirit

- 8 Dispensing Wisdom—St. Margaret's Pharmacists
- 26 Diabetes—What You Need to Know
- 38 Hospital Events

Renewing Your Spirit

- 16 Community Events
- 18 Honoring Old Glory
- 20 Flame-broiled Fun—Backyard Grilling

Living With Spirit

- 6 Berry Sweet—Caterer and Volunteer Sharon Damyen
- 22 Singing His Praises—Minister, Singer and Activity Director Bonnie Micheletti
- 36 The Blessing of Bees—Beekeeping at St. Bede's Abbey

10



34



Journeys of the Spirit

- 10 Growing Strong—Ottawa's Volunteer Gardeners
- 12 Storied Oratory—Anniversary of the Lincoln-Douglas Debates
- 14 In Good Taste—Georgetown Restaurant in Wenona
- 32 Blast from the Past—34 Drive-In

On the Cover

- 24 Branching Out—Art Teacher and Painter Julie Jenkins
- 34 Reeling Them In—Kids' Fishing Expo
- 30 Healthy Summer Skin

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



Our moral compass points to justice and equality for all . . . that includes health care.

Forty-seven million Americans are uninsured—nearly 9 million of them are children. They live next door. We see them at work every day. They are our friends, neighbors and coworkers—forced to gamble every day that they won't get sick or injured. Living without health insurance is a risk no one should have to take.

St. Margaret's Health has been providing health care to all in the Catholic Tradition for more than a century.



St. Margaret's Health

SMP Health System

Enjoy Spirit



New Beginnings

Four years ago, we introduced you to this new magazine and, two years ago, we introduced you to our new name when we became St. Margaret's Health. This year is another one of new beginnings, as we embark on the journey toward building a replacement hospital.

One hundred years ago, in August 1908, the Sisters broke ground for the oldest part of our existing hospital structure. As we mark the passage of a century, it is wonderful to be working on a new facility that will continue to provide Illinois Valley residents with access to the finest in medical care. We will keep you updated through Spirit, of course, but to check in more frequently on our progress, you'll want to visit our web site, www.aboutsmh.org.

In this issue, you'll find articles that celebrate the spirit of an American summer—watching a blockbuster at the drive-in, gathering at a backyard barbecue, glimpsing history at a local park, proudly displaying our country's flag or fishing with the kids. Also, meet local folks who use their talents to give back to others—whether their passion is art, music, ministry or cooking. Plus, stay safe and healthy with the latest news on summer skin safety, diabetes, and managing your medicine.

Enjoy all of the bountiful blessings of summer!

Tim Muntz, *President & CEO*



St. Margaret's Health

SMP Health System

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

Published by St. Margaret's Health, Spirit magazine was designed by MCS Advertising in collaboration with the marketing staff at St. Margaret's Health. For more information about Spirit, call us at (815) 664-1429, or e-mail us at spirit@aboutsmh.org. Photography: Joan Line of Einstein Photography.



Berry Sweet

Accomplished caterer Sharon Damylen uses her culinary talents to benefit others.

Some call Sharon Damylen the “strawberry lady,” in reference to the luscious chocolate-dipped confections she creates, some of which are coated with coconut, peanut butter, nuts, or crushed cookie or candy bar bits. These, and the many other treats Sharon concocts, are all the sweeter because of her generous nature—in many cases, this semi-retired caterer donates her homemade goodies to benefit local causes.

The 71-year-old Ottawa native traces her culinary interest to her years at St. Columba Grade School in the 1940s, when she had the opportunity to study cooking once a week. During her high school years, she began experimenting with preparing different dishes.

She recalls one instance when she and two friends volunteered to prepare food for an upcoming picnic with their dates. The girls made the coleslaw and potato salad, but, in order to make a good impression, they ordered chicken from a local restaurant. Years later, the same three couples ended up married.

Since then, she’s gone through four microwaves, six oven/ranges and 22 hand mixers. Sharon’s passion for cooking is evidenced not only by the amount of gadgets she has worn out, but also by the numerous catered affairs, weddings and charities her creations have benefitted.

Her career was launched in the early 1960s, when newlywed Sharon volunteered to work the concession stand at the Saturday auctions she attended with her husband, Jack. For each event, Sharon would make something special, from savory Italian beef to a selection of fresh-baked pies. Word soon started to spread about Sharon’s flair with food, and a friend hired her to cater her daughter’s wedding.

In the years that followed, Sharon worked as a cook in local restaurants and at the LaSalle County Jail, and ran her own catering business, Sharon’s Catering. During her more than three decades as a caterer, it was not uncommon for Sharon to prepare food for a crowd

as large as 1,200 or commit to three weddings in a single weekend. The menu often included desserts, such as homemade cookies and chocolate-dipped strawberries. "I would prepare all the food myself, but had help serving it," she says of those hectic days.

Though Sharon no longer advertises as a caterer, she remains busier than ever due to word-of-mouth referrals. Holidays are especially busy. A few years ago during the Christmas season, she whipped up 22 cookie platters, 35 pies and 22 cookie trays, in addition to her sought-after strawberry platters. Her strawberries have traveled as far as Iowa, Missouri and Virginia, packed in insulated cooler bags. "The amount of chocolate and strawberries I go through is amazing," she says. "When I clear the shelves at the grocery store, they know who's been around."

Sharon loves to experiment with new recipes and is constantly coming up with new concoctions. As the mother of five, the grandmother of six, and the great-grandmother of six, she always has new occasions to celebrate and more events that call for treats. She has particularly enjoyed creating baskets out of watermelons and customized candy bar wrappers for the baby showers in her family. When asked how she finds the time to do it all, Sharon says, "My lights burn all night long. I really don't like to go to bed. I don't know why. I just love doing these things."

Sharon also is an active participant in various fundraisers and donates her delicacies to benefit several charities. "I like to keep busy, and I like to help people," she explains.

Since Sharon lost her mom, sister and a close friend to cancer, the Relay for Life is one such event she holds dear to her heart. For the past three years, Sharon has generously prepared a table of goodies to be auctioned at the event. The table is laden with as many as 70 treats, including a variety of cookies, several flavors of caramels, turtle candies, pies, and, of course, chocolate dipped strawberries.

Sharon has also served as senior regent at the Moose Lodge, where her goody tables helped raise more than \$6,000 over an eight-month period. This past year, Sharon also donated trays of cookies and strawberries to be auctioned off at the St. Margaret's Foundation Annual Artisan Showcase. They were a crowd favorite, as bids came in as high as \$170 for one tray of cookies.

When asked what inspires her giving spirit, Sharon recalls a long-ago conversation with her late aunt. "She told me something I remember to this day—'Sharon, you're so kind. Don't ever change.' Those words stuck with me, and that is when I decided that a little kindness never hurt anyone."





Doctors of Pharmacy Chuck George, Lori Brophy and Chris Slingsby conduct the monthly medication review program for patients requesting an appointment.

Dispensing Wisdom

Pharmacists help keep patients healthy by providing information that ensures the safe and effective use of medication.

Whether you or a family member has been under the weather or your doctor has prescribed regular medication for a health condition, you've likely had some interactions with a pharmacist. What you might not realize is that these highly trained professionals do so much more than simply fill prescriptions—they are a vital part of your healthcare team.

In addition to dispensing prescription drugs, pharmacists advise patients, as well as physicians and other clinical staff, on the selection, dosages, interactions and side effects of medications. St. Margaret's pharmacists also monitor the health and progress of hospital inpatients to ensure medication is producing the desired effect, which may involve adjusting the dosage.

St. Margaret's is proud to have experienced pharmacists on staff, including Director of Pharmacy, Terry Arkins, RPh (31 years, 14 as

director), Lori Brophy, PharmD (27 years), Chuck George, PharmD (19 years), and Chris Slingsby, PharmD (11 years).

Keeping Patients Informed

Safety is a top priority at St. Margaret's Health, and our pharmacists work hard to make sure medication errors do not occur. Because errors sometimes occur in patients' homes, it is especially important that patients are educated about whatever they are ingesting.

To help, St. Margaret's now offers a monthly Medication Review Service at the hospital. Anyone can bring in his or her prescriptions and over-the-counter medications and meet with a pharmacist to discuss side effects or potential interactions.

As Lori notes, many medications (over-the-counter, prescription, herbal, etc.), in addition to some foods and disease states, may

interact and cause serious adverse effects. “It is important to have a single health care provider review all medications, as well as dietary intake, to screen for such interactions,” she says. “People should always disclose everything they put into their bodies to a healthcare provider to ensure the proper results they need.”

According to WebMD statistics, more than one in five elderly Americans uses a medication that may be wrong for them. Keeping good personal medical records is an important step towards ensuring your safety. Toward that end, St. Margaret’s provides complimentary medical history cards in convenient purse or wallet sizes at health fairs and public screenings.

Contact your doctor or pharmacist if you have questions about your medication, if it doesn’t seem to be working, or if you’re worried about how it interacts with other medicines you are taking.

A Growing Profession

Interest in the field of pharmacy continues to grow. According to national labor statistics, the increasing number of middle-aged and elderly people will continue to provide demand for pharmacists throughout the years to come. The field will continue to evolve with advances in medicine and technology.

All pharmacists graduating today earn a Doctor of Pharmacy degree or “PharmD.” Previously, pharmacists graduated with a Bachelor of Science degree, and once they passed the board exam, became Registered Pharmacists or an “RPh.” A PharmD attends college two years longer than an “RPh” did. These extra years are spent primarily in clinical experience situations practicing direct patient care.

Terry notes that St. Margaret’s supported Chris and Lori when they undertook continuing education to receive PharmD status, while Chuck had obtained the degree prior to beginning work at the hospital. “We wanted all our pharmacy staff to be as highly trained as possible,” he says. “The patients are St. Margaret’s first priority, and they can rest assured they are getting the best pharmacy care this area can offer.”

St. Margaret’s pharmacists agree that helping patients is the most rewarding part of their job. Chris says it was more than an interest in science that led her to a career in pharmacy. “I wanted to get into a profession that allowed interaction with people and helping them understand their health-related problems,” she says.

And, as Chuck sums it up, “It never fails to amaze (us) how appreciative most people are as they depend on our knowledge to answer their questions and relieve their fears. The never-ending list of brand-name and generic drugs available and recent Medicare and third-party formulary restrictions has made it very difficult for most patients to fully understand the most effective treatment options available. Any question we can answer for a patient means they feel better about their health care, and that always feels good.”

How does clinical pharmacy differ from pharmacy?

The discipline of pharmacy embraces the knowledge of synthesis, chemistry, and preparation of drugs. In clinical pharmacy, the focus of attention moves from the drug to the patient or population receiving the drugs. A clinical pharmacist analyzes patient needs in regard to medicines, ways of administration, patterns of use and effects.

The overall goal of clinical pharmacy activities is to promote the correct and appropriate use of medicinal products and devices. Clinical pharmacists aim to maximize the clinical effect of medicines through offering the most effective treatment for each type of patient. They also seek to minimize the risk of treatment-induced adverse events, which involves monitoring the therapy course and the patient’s compliance with therapy. In addition, the clinical pharmacist monitors, detects and prevents harmful drug interactions, adverse reactions, and medication errors through evaluation of patient profiles.





Growing Strong

Volunteer gardeners

keep Ottawa's parks and public areas in full bloom.

Ottawa's Washington Square draws hundreds of people each year to walk the ground where Abraham Lincoln and Stephen Douglas trod. The park's lush, gorgeous plantings, including an estimated 50 perennials, were designed to recall its mid-19th century heyday.

The flowers win many admirers, thanks to the efforts of volunteer gardeners, whose green thumbs keep flower beds throughout the city bright and blooming, including those at the two La Salle County courthouses, the East Side neighborhood park, Kiwanis Park and Reddick Library.

Many of the volunteers are Master Gardeners, who are trained through the University of Illinois Extension Service. The extension service reports that more than 30 gardeners logged over 2,000 hours at sites in Illinois Valley communities—with more than half of those hours devoted to Ottawa, which has one of the largest volunteer gardening forces in the area.

Most days, visitors to Washington Square are likely to spot a silver-haired bud among the hues of gold, violet, rose and green that encircle the Lincoln-Douglas Debate Memorial Fountain. Volunteer gardener Anna Mattes is usually bustling around corralling stray blossoms, vanquishing weeds or nurturing a new sprout, but she always has time to greet visitors, and even keeps a journal recording her interactions.

While she's eager to offer information about plant varieties and the site's historic past, the lifelong Ottawa resident also enjoys sharing personal memories about some of the people honored by the park's other monuments. "I tell people about James Costello, the first name on the Korean War monument," she says. "His sister was in band with us in high school. When Jimmy would come with her to after-school dances, I would dance with him. He was killed in Korea."

Like Anna, Gail and Marv Graunke take pride in tending to their community's parks. Both were raised in families who grew garden vegetables and landscaped their homes with flowers.

“Flowers make things look pretty. They’re living things that you care for and hope they grow and hope they bring people joy,” says Gail, who cares for the Kiwanis Park beds on the city’s south side, and helped create a butterfly garden at Pleasant View Luther Home on the south side.

“You start something, it develops, you take care of it and all of a sudden it produces for you,” agrees Marv, a vegetable-grower who finds harvest the most satisfying time of all.

In addition to helping Gail tend to her garden plots, Marv has become involved in a new hybrid of community service and gardening. For the past four years, he has nurtured a Plant a Row for the Hungry program from a seedling to a sturdy perennial—last year, the program produced 18,000 pounds of fruits and vegetables for seven food pantries in the county. Marv, along with friend Les Wilder of Ottawa, produced nearly 11,000 pounds of that bounty. Marv says knowing that the needy will have access to fresh produce makes it all worthwhile.

As part of their training, Master Gardeners are expected to contribute 30 hours of volunteer time a year, but many range far beyond that, says Paul Barrett, Master Gardener Coordinator for the county. “They take ownership in what they do, no matter how much time it takes,” he says.

Anna agrees. “You can’t plant something and just forget about it,” she says. “You become its mother, and there you are looking after it.”

With their expert skills, loving care and some good fertilizer, the

gardeners create a canvas of color and texture. The city provides a \$6,000 budget for plant purchases and supplies mulch and water. Most gardeners select hardy, resurgent perennials that provide a dash of color, texture—and sometimes aroma—from spring clear through to fall. Bicycles, small children, pets and pests can also take their toll on a public garden, so they have to be taken into consideration when selecting plantings.

And some sites that formerly housed buildings, homes or schools require improved soil before a garden can be planted. Such was the case with Kiwanis Park, former site of Shabbona School, but today garden features coneflowers, black-eyed susans, daisies and roses. “The idea was color,” Gail says of plant varieties she selected. “And plants that could be seen easily from the highway,” adds Marv.

For Gail, the reward is not just a successful growing season. “It’s the enjoyment people get from it,” she says, noting that passersby in cars often honk and wave when they see her tending the Kiwanis Park site and visitors stop by to inquire about the plant varieties. She’s even received phone calls requesting a list of flowers and a layout of the garden.

Even Ottawa mayor, Robert Eschbach, is supportive of the gardeners’ efforts—he honored the group by seating them aboard their own float in last year’s Riverfest Parade.

The next time you’re out enjoying Ottawa’s parks, be on the lookout for volunteer gardeners—and let them know you appreciate the beautiful results of their hard work.



A photograph of a bronze statue depicting Abraham Lincoln and Stephen A. Douglas standing on a stone pedestal in a park. Lincoln is on the left, wearing a long coat and gesturing with his right hand. Douglas is on the right, also in a long coat, with his hands on his hips. The background shows green trees and a clear sky. The statue is set in a landscaped area with some plants in the foreground.

Storied Oratory

Celebrate the 150th anniversary of the
Lincoln-Douglas debate in Ottawa.

A charismatic political newcomer takes on a distinguished Washington insider and captures the attention of a nation. Sound familiar? But this isn't 2008, and the opponents aren't Barack Obama and Hillary Clinton.

On August 21, 1858, incumbent two-term United States Senator Stephen A. Douglas met challenger Abraham Lincoln in Ottawa's Washington Square for the first in a series of seven debates. Lincoln and Douglas would meet again in Freeport, Jonesboro, Charleston, Galesburg, Quincy and Alton.

It wasn't Lincoln's first try for Senate—in 1855 he'd narrowly failed to win the nomination. And it wasn't his first battle against Douglas, nor would it be his last. Douglas and Lincoln had vied for Mary Todd's hand in marriage (Lincoln won). They had argued court cases, and in one joint appearance before the state supreme court in Ottawa, both had been chastised from the bench for insufficient preparation. In Lincoln's 1860 bid for the presidency, Douglas again stood between him and the office.

Remarkably, this mere state contest received such national attention that major newspapers sent shorthand writers to capture every word for a breathless public. Yet, neither man could hope to win by swaying the popular vote because at that time, selection for Senator depended on the state legislature rather than the individual voter.

Thousands trudged the dirt roads into town, stirring up so much dust it hung over the Illinois Valley, while hundreds of others arrived by rail or canal barge. Hotels filled quickly and people camped on the edges of town. The population doubled as an estimated 14,000 people converged on Washington Square.

The standing-room-only crowd fanned out so far from the speaker's platform that Lincoln doubted that those on the fringes of that "vast concourse" of people could hear. Eager to secure the



best spot, some climbed to the roof of the speaker's platform, collapsing in a heap into the laps of dignitaries seated below and delaying opening remarks for 30 minutes.

Between descents into personal and political mudslinging, the speakers stuck to a single topic: Slavery. Lincoln reiterated the policy he had proposed in accepting his nomination in Springfield, the famous "a house divided" speech. The nation, he said, cannot exist as half slave, half free. Douglas advocated that states would determine slavery's limits.

The square today is a serene gateway into downtown Ottawa, despite being bounded on two sides by busy Route 23. Strollers, dog-walkers, lunch-takers and book readers seek the park's tranquility and frequently outnumber the several monuments there, including a central monument to the Great Debaters—a fountain crowned by bronze statues. A depiction of the debate as envisioned by artist Don Gray is displayed vividly in a mural just south of the square.

Modern representatives from Ottawa and the other cities that hosted debates began meeting over a year ago to plan the 150th anniversary festivities. In Ottawa, city officials and the Ottawa Visitors Center will be commemorating that hot August day when "Lincoln's voice was first heard" in the Illinois Valley.

Lincoln and Douglas Reunion Tour 2008

Ottawa will host the Lincoln and Douglas Reunion Tour 2008 on August 22-24. Meet Lincoln and Douglas (as portrayed by George Buss and Tim Connors) and sample the 1850s Ottawa-style, with a fashion show, costume ball, storytelling festival and other activities. Details will be released as the schedule is finalized. Other events associated with the Sesquicentennial will take place throughout 2008—check the Ottawa Visitors Bureau web site (www.experienceottawa.com) or call 1-888-OTTAWA-IL for details.



In Good Taste

Homestyle meals, friendly service and marvelous melodies are on the menu at the Georgetown restaurant.

Saturday nights strike just the right note at the Georgetown restaurant in Wenona, where heaping plates of fried chicken are served up with a side of musical standards from the 1940s, 1950s and 1960s.

When George and Patty Hackleman took over the Georgetown Steak House and Lounge 25 years ago, they decided to stick with the restaurant's successful formula of hearty, affordable food and a welcoming environment. "We tried not to change too much," says George. "We wanted a homey, friendly atmosphere. Our prices are reasonable, and the food is wonderful."

Entertainer Dorothy "Sis" Pickard was already a Saturday-night fixture, so they kept her on. About 27 years ago, Sis went from

restaurant patron to featured attraction. "I used to come here to eat on Saturdays, and they got me to play the organ," she recalls. Now, each Saturday, from 5:30 to 8:30 p.m., she plays from her repertoire of 70-75 tunes, charming the diners and occasionally stumping those who seek to "name that tune."

"I can fool them once in a while, but not often," Sis says proudly, referring to customers who make a game out of identifying the songs she plays. They can't cheat by peeking over her shoulder at the sheet music because she doesn't use any—though she's been playing keyboard since age 4, she's never learned to read music. Her only reference is a little black notebook listing hundreds of golden oldies and the keys they're played in.

Her weekly sets at the Georgetown inevitably begin with something patriotic, in tribute to one of her four grown children in the military, and end with her signature, “I’ll See You in My Dreams.” She also tries to accommodate customer requests, if she can. “I like the slow, sentimental songs. No rock. No bebop. I play my feelings—and I play by the crowd,” she says, noting that she enjoys interacting with her audience.

That the clientele is so friendly is not surprising because the Georgetown is in every way a “family restaurant.” Not only will you sometimes find three generations of the Hackleman clan waiting or busing tables or serving drinks, but you’ll also encounter many others who consider the place a second home, including Sis, generations of local teens who worked their first jobs there, and folks who make a night (or two) at the Georgetown a weekly activity.

To spot George, just follow the cheery waves as patrons entering or leaving greet him. He usually tends bar, but he doesn’t let that keep him from his customers—he makes it a point to walk the dining room, stopping to chat with diners both familiar and new. “Some nights I know everybody in here. Other nights, I don’t know a face,” he says.

Patrons are drawn from the surrounding countryside or from as far away as Peoria, Washington or Eureka. George isn’t surprised that people travel far for his meals. For one thing, he believes in the quality of his menu. For another, he has noticed that dining out is part of today’s lifestyle. “If you didn’t drive somewhere, you wouldn’t eat!” he observes.

George and Patty have a long history here—it was the restaurant, in one of its earlier incarnations, which brought the couple together. Years ago, George was working at a nearby hardware store and Patty was a cook at the restaurant. One hot summer day, George installed an air-conditioning system in the restaurant. Patty supplied a lot of iced tea to the busy handyman, and “something just clicked” between them. They were married in 1979. Like the tea, their marriage was a special blend that combined George’s four children and Patty’s six into one family.

Four years after they were married, the Hacklemans learned that the Wenona restaurant was available and decided to purchase it. It was an adventure, George reflects, but “it was a good move.”

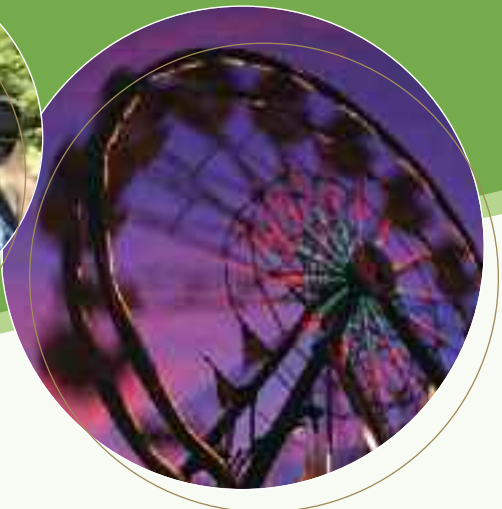
The Hacklemans’ restaurants in Lostant, the Georgetown Pub, and Wenona provided after-school jobs not only for their own children and grandchildren, but also for many local youth. For some, the restaurant was their first stable job—and, sometimes, only stable meal because Patty insists on making sure her employees, who she considers extended family, are well fed.

Today, George is pleased to see former employees, now grown, when they bring their families to the restaurant for a meal. He reflects on how they’ve grown and changed, and knows he helped bring about some of that maturity. “It makes me feel good to know that I did something good,” he says.

Patty still presides over the kitchen, turning out homemade soups, breads, mouthwatering appetizers and tempting entrees. The Georgetown’s signature item is fried chicken, which, George declares proudly, is “THE best!”

Prime rib is served nightly, as is a seafood selection. The restaurant offers Sunday specials of roast beef, meatloaf or baked chicken. And, on Saturdays, Sis Pickard’s homestyle harmonies add just the right zest to whatever is being served.





Community Calendar of Events

FINE ARTS

Festival 56 Summer Theatre Productions

I Love You, You're Perfect, Now Change – *Hamlet* – *Jesus Christ Superstar* – *Vanities* – *City of Angels* – *A Doll's House* – *The Odd Couple*
For ticket information and dates, call (815) 879-5656 or (866) 806-5656.

Stage 212 Theatre Productions

Spring – *Our Town*
Summer – *Disney's Beauty and the Beast*
For ticket information and dates, call (815) 224-3025

Music at the Mansion

Sept. 19 – *Broadway on the Balcony—Duets*
Hegeler Carus Mansion, LaSalle
(815) 224-6543

Artisan Showcase Weekend

Sept. 5-6
August Hill Winery, Utica
(815) 667-5211

Nature Art Show

May 17-18
Starved Rock State Park Visitors' Center, Utica
(815) 667-4906

Engle Lane Theater Productions

May 18-24 – *"Broadway Blast '08"*
Musical Review
June 15-21 – *Exit Who?*
July 13-19 – *Thoroughly Modern Millie*
Aug. 10-16 – *Guys and Dolls Jr.*
Sept. 7-13 – *Romance in D*
Oct. 5-11 – *Rumors*
Engle Lane Theater
(815) 672-3584

Maud Powell "Music Under the Stars"

June 6
Baker Lake Park, Peru
(815) 223-0061

Colgate Country Showdown

June 17-July 29
Starved Rock State Park Lodge, Utica
(800) 868-7625, ext. 386

Murder Mystery Matinees

June 30 – *The Killer Wore Red*
July 21 – *A Matter of Life and Death*
Sept. 4 – *Cereal Killer*
Sept. 15 – *The Butcher, the Baker, the Death Maker*
Starved Rock State Park Lodge, Utica
(800) 868-7625, ext. 386

Johnnie Kaye Orchestra in Centennial Park

July 19
Centennial Park, Peru
(815) 223-0061

Art on the Prairie

Sept. 27
Streator City Park
(815) 672-2055

Valley Carvers Woodcarving Expo

Sept. 28
Starved Rock State Park Lodge, Utica
(800) 868-7625, ext. 386

FESTIVALS

Heritage Days Celebration

May 23-26
Streator City Park
(815) 672-2443

Buffalo Days

June 6-8
LaMoille
(815) 638-2525

Railroad Crossing Days

June 14-15
Union Depot Railroad Museum, Mendota
(815) 539-3373

Maud Powell Festival

June 21
Maud Powell Plaza, Peru
(815) 223-0061

Morris Nostalgia Days

June 26-28
Downtown Morris
(815) 941-0245

4-H Fair

July 10-14
Bureau County Fairgrounds, Princeton
(815) 878-2878

Summerfest

July 11-12
Ladd
(815) 894-3009

Wyanet Summer Festival

July 11-13
Wyanet
(815) 699-7300

Beef and Ag Days

July 18-19
Princeton
(815) 875-2616

Riverfest Taste of Ottawa

July 30-Aug. 3
Ottawa Riverfront
(815) 433-0161, ext. 31

Pow-Wow Days

July 31-Aug. 2
Tiskilwa
(815) 646-4203

61st Annual Sweet Corn Festival

Aug. 7-10
Mendota
(815) 539-6507

Wagon Wheel Days

Aug. 8-10
Mineral
(309) 288-3170

153rd Annual Bureau County Fair

Aug. 20-24
Bureau County Fairgrounds, Princeton
(815) 875-2905

Mendota's Tri-County Fair

Aug. 28-Sept. 1

Tri-County Fairgrounds, Mendota

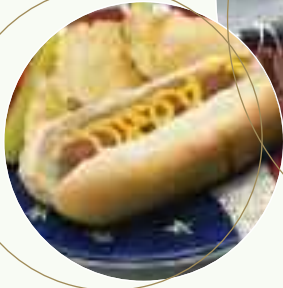
(815) 539-7974

Sandwich Fair

Sept. 3-7
Sandwich
(815) 786-2159

Homestead Festival

Sept. 12-14
Princeton
(877) 486-8244



60th Annual Grundy County Corn Festival

Sept. 24-28
Downtown Morris
(815) 941-0245

Alpaca Farm Days

Sept. 27-28
Apple Tree Acres, Utica
(815) 667-5100

TRIPS

Trips Through IVCC

June 3 – *Chicago Architecture*
June 25 – *Get Your Kicks on Route 66*

Overnight Paddlewheel Boat Excursion

May 12-13
June 9-10, June 16-17, June 23-24,
June 30-July 1
July 7-8, 14-15, 21-22
Aug. 4-5, 11-12, 18-19
Sept. 4-5, 8-9, 15-16
Spirit of Peoria
(800) 676-8988

OUTDOOR FUN

Waterfall and Canyon Tour

Saturdays and Mondays
Starved Rock State Park Lodge, Utica
(800) 868-7625, ext. 386

Annual Mayor's Baseball Parade

May 13
Oglesby
(815) 883-3389

Kid's Fishing Expo

May 17
Baker Lake, Peru
(815) 223-0061

4th Annual Honor the Eagle Pow-Wow

May 17-18
Starved Rock State Park Boat Ramp Area, Utica
(800) 868-7625 ext. 386

Canal Boat and Trolley Tour

May 23, 30
Fridays in June-September
Starved Rock Lodge, Utica
(800) 868-7625, ext. 386

Casual Dinner and Evening Cruise

June 2, 5, 9, 12, 16, 19, 23, 26, 30
July 3, 7, 10, 14, 17, 21, 24, 28, 31
Aug. 4-5, 7, 11-12, 14, 18-19, 21, 25-26, 28
Sept. 1-2, 4, 8-9, 11, 15-16, 18, 22-23, 25, 29-30
Starved Rock State Park, Utica
(800) 868-7625, ext. 386

Land and Water Cruise

June 2, 7, 9, 14, 16, 21, 23, 28, 30
July 5, 7, 12, 14, 19, 21, 26, 28
Aug. 2, 4, 9, 11, 16, 18, 25, 30
Sept. 1, 6, 8, 13, 15, 20, 22, 27, 29
Starved Rock State Park, Utica
(800) 868-7625, ext. 386

Historic Trolley Ride

June 7-8, 14-15, 21-22, 28-29
July 5-6, 12-13, 19-20, 26-27
Aug. 2-3, 9-10, 16-17, 23-24, 30-31
Sept. 6-7, 13-14, 20-21, 27-28
Starved Rock State Park, Utica
(800) 868-7625, ext. 386

Lock 14 Kids' Fishing Tournament

June 7
LaSalle
(815) 223-2382

The Secret Gardens of Utica Garden Walk

June 7-8
Utica
Call (800) 868-7625, ext. 386 for tickets.

Montreal Canoe Weekend

June 14-15
Starved Rock State Park Lodge, Utica
(800) 868-7625, ext. 386

Roamer Cruise Night and Car Show

Aug. 24
Downtown Streator
(815) 672-2055

Homestead Flea Market

Sept. 14
Bureau County Fairgrounds, Princeton
(815) 875-2905

FIREWORKS

Hennepin – July 4
Henry – July 4
Mendota – July 4
Ottawa – July 4
Peru – July 3
Princeton – July 3
Spring Valley – July 4
Streator – July 5
Utica – July 6

COMMUNITY EVENTS

Peru CSO Picnic

Aug. 14
St. Bede, Peru
(815) 223-3140

Say No To Drugs Fun Day

Sept. 15
Oglesby Elks
(815) 883-3389

MORE FUN

Sandwich Antiques Market

May 18, June 22, July 27, Aug. 17, Sept. 28
Sandwich Fairgrounds
(815) 786-3337

Lincoln and Douglas Reunion Tour '08

Aug. 22-24
Downtown Ottawa
(815) 434-2737



Honoring Old Glory

As the summer holidays approach, take a moment to familiarize yourself with the proper ways to display the United States flag. Below are highlights taken from the U.S. flag code. For the complete code, visit www.usflag.org.

- Display the flag only from sunrise to sunset. However, when a patriotic effect is desired, the flag may be displayed 24 hours a day if properly illuminated during the hours of darkness.
- The flag should be hoisted briskly and lowered ceremoniously.
- Do not display the flag in bad weather, except when an all-weather flag is displayed.
- The flag, when flown at half-staff, should be first hoisted to the peak for an instant and then lowered to the half-staff position. The flag should again be raised to the peak before it is lowered for the day. On Memorial Day, the flag should be displayed at half-staff until noon only, then raised to the top of the staff.
- By order of the President, the flag shall be flown at half-staff upon the death of principal figures of the U.S. Government and the governor of a state, territory or possession, as a mark of respect to their memory. In the event of the death of other officials or foreign dignitaries, the flag is to be displayed at half-staff according to Presidential instructions or orders, or in accordance with recognized customs or practices not inconsistent with law.
- The flag should never be displayed with the union down, except as a signal of dire distress in instances of extreme danger to life or property.
- The flag should never touch anything beneath it, such as the ground, the floor, water or merchandise.
- The flag should never be carried flat or horizontally, but always aloft and free.
- The flag should never be used as wearing apparel, bedding or drapery. Bunting of blue, white and red, always arranged with the blue above, the white in the middle and the red below, should be used for covering a speaker's desk, draping the front of the platform and for decoration in general.
- The flag should never be used as a receptacle for receiving, holding, carrying or delivering anything.
- The flag should never be used for advertising purposes in any manner whatsoever. It should not be embroidered on such articles as cushions or handkerchiefs and the like, printed or otherwise impressed on paper napkins or boxes or anything that is designed for temporary use and to be discarded.
- The flag, when it is in such condition that it is no longer a fitting emblem for display, should be destroyed in a dignified way, preferably by burning.
- During the ceremony of hoisting or lowering the flag or when the flag is passing in a parade or in review, all persons present, except those in uniform, should face the flag and stand at attention with the right hand over the heart. Those present in uniform should render the military salute. Those not in uniform should remove their hats.



Flame-Broiled Fun

Backyard grilling remains a favorite summer pastime.

For most of us, watching Dad preside over the backyard grill is a summer tradition, and Americans are grilling more than ever. In annual surveys conducted for the Weber-Stephen Products Co., makers of the Weber line of charcoal and gas grills, most folks report they prefer cooking outdoors to cooking inside—the company estimates more than 85 million households own at least one outdoor grill.

A Tasty Tradition

Though flame-broiling has been around for eons, recreational backyard grilling is a product of the post-World War II years, when leisure time flourished, families grew and suburbs sprouted. A Mount Prospect, Illinois, father named George Stephen Sr. is credited for introducing “grilling” into the American landscape. In the early 1950s, Stephen, who was employed by the Weber Bros. Metal Works, developed the prototype of the iconic kettle-shaped Weber grill, motivated by his own frustration with cooking steaks over an open brazier.

Today, propane or natural gas-fueled grills are the top choice, likely because they’re easy to operate and quick to heat, but charcoal grills remain favorites for their economy—they cost less than their gas counterparts and burn hotter. Plus, many cooks simply favor the flavor produced by broiling food over open coals.

Meat continues to be a grilling favorite, with hamburgers topping the list, followed by steak, chicken and hot dogs. Some of today’s grill owners are even finding ways to prepare an entire meal outdoors, selecting grills with features like side burners to make this easier.

Healthful Choices

Some studies suggest there may be a cancer risk related to eating meat cooked by high-heat techniques such as grilling. However, the USDA Food Safety and Inspection Service says that, based on present research findings, occasionally eating moderate amounts of grilled meats like fish, meat, and poultry cooked to a safe temperature, without charring, does not pose a problem.

To prevent charring, remove visible fat that can cause a flare-up. Precook meat in the microwave immediately before placing it on the grill to release some of the juices that can drop on coals. Cook food in the center of the grill and move coals to the side to prevent fat and juices from dripping on them. Cut charred portions off the meat before serving.

Many of the chemicals created when meat is grilled are not formed during the grilling of vegetables or fruits, so they are a great grilling choice. Some that work well include onions, green and red bell peppers, zucchini, broccoli, carrots, potatoes, pineapple, papaya or mango. To maximize flavor and minimize unhealthy chemicals, fill a skewer by alternating small pieces of meat with chunks of fruit or vegetables.

As with any cooking method, you must exercise safety when preparing and serving grilled foods to avoid illness. Grill thawed food immediately. Don't put cooked foods back on the same platters that were used for raw foods, and don't reuse marinades as a sauce or glaze; set some aside beforehand. Cook meat to the proper internal temperature, and don't let cooked food sit out for more than an hour on days over 90 degrees.

Grill Safety

Before you crank up your grill this season, keep safety in mind:

- Don't wear loose-fitting clothes that can get caught in the flames.
- Set up your grill in open space on level ground; don't use a garage because hot grills give off carbon monoxide.
- Never leave a hot grill unattended, and always keep children and pets away.
- Use only lighter fluid to light a charcoal grill, never paint thinner or gasoline. Never add lighter fluid to coals that are already burning.

Grilled Chicken Breast

- 1/2 cup light soy sauce
- 1/2 cup apple cider vinegar
- 1/2 cup pineapple juice
- 1/4 cup olive or canola oil
- 4 Tbsp. honey
- 2 crushed garlic cloves
- 6 boneless, skinless chicken breasts

In a bowl, combine marinade ingredients. Place chicken breasts on cutting board and cover with plastic wrap. Pound chicken with a meat mallet until it is about 1/2-inch thick. Add chicken to marinade. Cover and refrigerate at least six hours or overnight. Remove chicken from marinade and discard marinade. Lightly oil grill and heat to medium-high. Place chicken on grill and cover. Cook about 10 minutes on each side or until chicken reaches an internal temperature of 165 degrees.

Fresh Grilled Vegetables

- 1 cup sliced yellow squash
- 1 cup broccoli florets
- 1 cup cauliflower, cut up
- 1 small red onion, sliced
- 1/2 cup whole baby carrots
- Seasoned Olive-Oil Mixture
- 3 Tbsp. olive oil
- 2 garlic cloves, crushed
- 1 1/2 tsp. fresh, chopped thyme or 1 tsp. dried thyme
- 1 1/2 tsp. fresh, chopped rosemary or 1 tsp. dried rosemary

Combine ingredients for seasoned olive-oil mixture. Wash and cut up vegetables. Spread vegetables on foil-lined baking sheet and brush with olive-oil mixture. Marinate in refrigerator at least two hours. Season vegetables with a pinch of salt and pepper to taste. Place vegetables in grilling basket and place on grill heated to medium-high. Grill vegetables on covered grill until tender when pierced with a knife tip, about 12-15 minutes. Turn vegetables halfway through grilling. Grilling time will vary depending on size of vegetables and desired tenderness.

Note: Any of your favorite vegetables may be added or substituted for above vegetables.





Singing His Praises

Bonnie Micheletti joyfully serves the Lord through her music and ministry.

Each morning, Bonnie Micheletti rises before dawn to pray, study Scripture and, sometimes, lift her voice in song. This early morning spiritual exercise helps prepare her for whatever the day brings. “It’s my fellowship time with the Lord,” she says.

And every day brings something new—Bonnie is not only activity coordinator for the skilled-care nursing unit at St. Margaret’s Hospital, but she is also a gifted vocalist and a Bible-school graduate who enjoys ministering to others. She and her husband, George, currently elders at Victory Worship Center in Princeton, are hoping to pastor their own church someday soon.

Bonnie has been at St. Margaret’s since 2001, when she replaced the previous coordinator, her daughter Connie Scaggs, who left to pursue her education. She enjoys contact with patients as she helps provide activities to suit their interests and aid their recovery, but she especially appreciates the opportunity to connect with them on a spiritual level during the Thursday worship services she leads. “People need to hear words of encouragement, to know that God is there with them,” she says.

Bonnie grew up in Magnolia with her parents and 11 siblings, where she began singing in the church choir during her early twenties. Today she performs at weddings, church services, banquets and other events throughout the Illinois Valley. Contemporary Christian music is her specialty, and she has between 70 and 80 songs in her repertoire.

Hoping to inspire others through her music, she recently recorded a compact disc. “Whether you minister behind the pulpit or in song, either way, you can touch someone’s heart,” she says.

The project had its genesis when a friend from church offered her the use of his in-home recording studio. Within the first six months since its completion, she's sold about 300 copies of the compilation, mostly to friends, co-workers and church members. Called "Psalms of the Heart," it contains a selection of 10 songs written by other artists, including "Draw Me Close to You," which is a personal favorite. The response has been so positive that she's begun work on a second CD.

Today, Bonnie's relationship with the Lord is central to her life, but that wasn't always the case. Though raised with faith, she drifted away from God during early adulthood. "I was a rebellious young person; I was not ready (for a relationship with God)," she says. "The more I did things my way, the worse things got. Eventually, the only way to look was up—up to the Father. I said, 'Lord, I give it all to you.' And in a short time, he put everything back together."

Bonnie and George have been involved in ministry in one way or another since 1986, but about two decades ago, they took a big leap of faith when they pulled up stakes in Illinois and relocated to Oklahoma for two years to complete their studies at Rhema Bible Training Center in Broken Arrow, Oklahoma. "We packed up our four children (those still living at home at the time) and sold everything we had but our car just to make our way there," she recalls. They graduated in 1990 and returned to the Illinois Valley.

Since then, they've been very active at their church, including the music ministry, Angel Food ministry and adult Bible school. In the future, they will be teaching those in their church's new discipleship program, which helps those who have recently completed drug or alcohol rehabilitation.

Still, the couple feels called to venture out on their own now that their seven children are grown. "It's been a desire in my heart for nearly 20 years," says Bonnie of her yearning to start a church. "I wish I could put it into words, but it's like a tugging in my heart to do it."

Their current pastor, John Paul Robbins, at the Victory Worship Center, has been encouraging. "He likes to see ministry grow and, when the foundation is good and strong, he sends you out," she says. "I was concerned about taking members from the church, but he said, 'I don't own the sheep, Bonnie.'"

Even though she's nervous about gathering a flock, finding funding and even a location—after all starting a new church is a big task—she's confident that's what she and George should do. "God wouldn't have put this in my heart if He didn't want me to do it," she says.

Bonnie plans to continue on her path of serving God, wherever that takes her. "It is an honor to be used by the Lord," she says. "It's awesome when the creator of all creation is your boss—what better boss can you have? He is flawless, He is love and His mercies endure forever."

If you are interested in purchasing a "Psalms of the Heart" CD, contact the Victory Worship Center at 815-915-2269.



Branching Out

Painter and art teacher Julie Jenkins finds inspiration in the local landscape.



Inspired by family jaunts along the woodsy trails in Starved Rock, Matthiessen and Shabbona Lake State Parks, artist Julie Jenkins has turned her focus to painting images of trees. The subjects that appear on her canvasses are not quiet landscapes, however. Her birches, oaks or sumacs are frenzied, emotional personalities: A stand of wiry birches “spoon” across the canvas, a lone tree’s gnarled limbs actively curl upon themselves, and yet another tree rises darkly against a fiery copper background.

Even though she grew up in Ottawa, Julie didn’t get to know the state parks in her backyard until she grew up. Now, along with husband, Mark, and kids Kendall, 6, and Karsten, 9, Jenkins trolls the canyons and woodlands frequently. “We’re fortunate to live in such beautiful landscape with all its nooks and crannies,” she says.

Julie’s art career began with a duck and disappointment, but that setback, instead of discouraging her, left her determined never to give up. Today, this Peru art teacher delivers that same valuable lesson to children in her own classroom.

A little more than two decades ago, when Julie was a seventh-grader, an art teacher scoffed at her drawing of a duck. Though the incident was upsetting, it proved to be a catalyst for the determined young artist. “I started practicing drawing and I enjoyed it on a

therapeutic level,” says Julie. “It was calming. I was in my own world and could focus.”

The enterprising student received a warmer reception in high school, where she was inspired by Ottawa Township High School art teacher Becky Aten, and from then on Julie enrolled in every art class and independent art study she could find, eventually earning a degree in art education. She explored many media, trying her hand at watercolors, pottery-throwing and even textiles and jewelry-making, but painting became her specialty.

In Julie’s oils and watercolors, it’s not just the primary subject that comes to life. The entire canvas thrums with vibrancy—for example, in her renderings of musicians, she employs colors and lines that seem to express the sounds of the instruments.

For her latest works, she begins by photographing likely scenes, then picks and chooses her subjects at will, sometimes changing a tree’s color or combining images from different photos. “I feel I can impose my feelings on to a tree and revive it with new energy,” she says. “A photograph represents what’s there, but I want the tree to be my interpretation.”

Early on in her career, she was encouraged by Dana Collins, her art instructor at Illinois Valley Community College, who invited Julie to



show her work at her former gallery and studio. Since then, Julie has joined the Prairie Arts Council and had her first solo exhibition last April at the Prairie Arts Center.

This year, she'll be a featured artist at the St. Margaret's Foundation Artisan Showcase in November. But first, she is looking forward to sharing her paintings of trees and canyons at the Starved Rock Illinois Nature Art Show/Sale May 17 and 18 and hopes they will resonate with viewers based on their own experiences. She's discovered that art speaks many languages, and the artist's is only one of the voices. "But that's OK. Art is seen so differently by each person," she says.

Whenever she can, Julie retreats to her basement studio, where, tuning her iPod to blues music, she immerses herself in artistic creation. Sometimes her daughter Kendall, an aspiring artist, works by her side.

Occasionally, Julie dabbles in pottery, which offers her a new range of expression. "It's such an emotional experience, but it's also physical," she says of throwing a pot. "You force it into the look you want but then it takes delicacy to bring it into shape. It's like a ballet."

Julie's eclectic artistic tastes led her into teaching. "I didn't feel I had one specific style, so the way to do all of it was to teach," she explains.

She feels that spreading her wings as an artist has added a new dimension to her work as a teacher. "I think I have brought so much more to my classroom because of my career as an artist," she says.

Perhaps because of her own early experience in art, she brings a fierce "you can do it" attitude into her classroom at Washington School, championing her students' efforts and delighting in their creativity. "Students come in telling me they can't draw," she says. "I tell them can't is not in my vocabulary. I will help you if you make the effort. I didn't just suddenly have this talent—it took a lot of hard work. You don't walk into a math class saying you know all about math. You learn it. You can do anything you put your mind to."





Diabetes: What you need to know

About 21 million Americans have diabetes—and nearly a third of them don't even realize it, according to the Centers for Disease Control. That's likely because symptoms of the most common type of diabetes can be subtle or nonexistent. "You can be diabetic for three to four years and not know it," says Pat Schummer RN, MS and Certified Diabetes Educator (CDE) at St. Margaret's Hospital.

What Is Diabetes?

Most of the food we eat is turned into glucose, which our bodies use for energy. The pancreas makes a hormone called insulin to help glucose get into the cells of our bodies. When your body either doesn't make enough insulin or can't use its own insulin as well as it should, you have diabetes.

Diabetes is a chronic and progressive metabolic disorder that can cause serious health complications including heart disease, blindness, kidney failure and lower-extremity amputations. It's the sixth leading cause of death in the United States.

A Tale of Two Types

There are two main types of diabetes. Type 1 is often referred to as juvenile diabetes or insulin-dependent diabetes. To survive, Type 1 diabetics need to have insulin delivered via injection or a pump. There is no known way to prevent Type 1 diabetes; risk factors may include family history, autoimmune disorders or environment.

In Type 2 diabetes, the body loses its ability to use insulin properly and may eventually lose its ability to produce it. In many cases, this type of diabetes can be controlled through diet, exercise and oral medication.

While aging, family history and ethnicity can all be risk factors for Type 2 diabetes, controllable factors, like high blood pressure, overweight/obesity and physical inactivity, can also contribute.

A Changing Population

In the past, Type 2 diabetes was considered an "adult-onset" disease, but that's no longer the case—younger adults and an increasing number of children are being diagnosed, perhaps because of sedentary lifestyles and diets heavy in processed foods.

"More and more people are being diagnosed, and 90 percent of them are Type 2," says Pat, who has been a nurse for nearly four decades. "And we're seeing it much younger—at 20, 30, 40 years old, even children."

Marilyn Csernus, MS, RD, CDE, clinical dietician at St. Margaret's Hospital, says that she, too, has noted an increase in the number of patients with diabetes. "It's been increasing each year. I spend about 75 percent of my time working with patients with diabetes," she says.

Subtle Signs

While symptoms of Type 1 diabetes may include excessive thirst, frequent urination, unexplained weight loss, sudden vision changes, tingling or numbness in hands or feet or extreme fatigue, those with Type 2 may or may not experience some or all of the same.

Because the symptoms of Type 2 diabetes can be hard to recognize, damage to the body can occur long before diagnosis. "With Type 1, the onset is usually very abrupt, with pronounced symptoms, but with Type 2, a lot of people are walking around and don't know it—they may have had pre-diabetes for years," notes Marilyn. "That's why people should be screened regularly."

The American Diabetes Association (ADA) now recommends screening for all adults who are overweight (body mass index (BMI) of 25 or higher) and have at least one additional risk factor, such as

high blood pressure, high cholesterol or family history of diabetes. A fasting blood sugar test is the most common diagnostic tool to determine whether you are diabetic or pre-diabetic. Here's what the numbers mean:

Normal: < 100 mg/dL

Pre-diabetes: 100-125 mg/dL

Diabetes: 126 mg/dL or higher

Though many with pre-diabetes will progress to diabetes, it is not inevitable. That's why it's so important for those with pre-diabetes to follow a healthy diet and get enough exercise. In fact, a recent study by the ADA showed that those who lose weight and add 30 minutes a day of moderate exercise, five days a week, can delay or prevent the onset of diabetes.

"If more of us are able to exercise on a regular basis, lose weight and change our eating habits, we would see a decrease in the diagnosis of diabetes," says Marilyn.

Living with Diabetes

The best way to keep both types of diabetes under control is through early detection and lifelong management. At St. Margaret's Health, we offer a number of opportunities each month for free blood sugar screenings (see the Hospital Events on page 38). Since 2004, the hospital has regularly offered a four-week series of free diabetes education classes. The classes, which are held every month except December, cover such topics as complications and monitoring, nutrition and diet, medications, stress management, exercise and activity, and foot, skin and oral care.

Products like the insulin pump have made it easier to live with the disease. "The insulin pump acts like an artificial pancreas," says Pat. "It's nice because you used to have to match your food intake to your insulin dose and now you can match your insulin dose to your food intake."

New monitoring tools help keep a handle on diabetes management. St. Margaret's recently purchased a new diagnostic tool that will give doctors

a more complete picture of a patient's glycemic profile. Patients wear the continuous glucose monitoring system (CGMS) monitor for three days. During this time, the monitor records 288 blood glucose readings per day. While wearing the monitor, the patient must manually enter four blood glucose readings per day, plus track food intake, medication and activity. The data from the monitor can be downloaded on computer to provide a detailed profile that helps doctors and patients assess current treatment and determine how to better control the disease and avoid complications.

Pat stresses that diabetes patients have to take charge of their own care, including daily blood sugar testing, checking feet for sores, keeping an eye on blood pressure and cholesterol levels, eating right and exercising. "Be knowledgeable about the disease and take on the responsibility—you can't put it in a closet and check on it one time a week," she advises. "You need to understand what the disease is and what it can do to your body."



*“Our baby’s ultrasounds were so clear,
we could see the family resemblance.”*



L-R Helen Petit, Sonographer; Karen Gress, MSN, RCMS, VP of Ancillary & Support Services; Tricia Baracani, Sonographer

“And my exam was fast—the new Philips machine was amazing.”



**Philips iU22
ultrasound system**

We have good news for patients—your ultrasound exams at **St. Margaret’s Hospital** will be quick and easy. Our new Philips iU22 ultrasound system contains state-of-the-art imaging technologies, an innovative design, and new levels of automation. You’ll appreciate seeing and understanding the amazingly clear images, including lifelike 3D and 4D views. Your exams will flow smoothly and you’ll leave knowing that your doctor has all the necessary information.

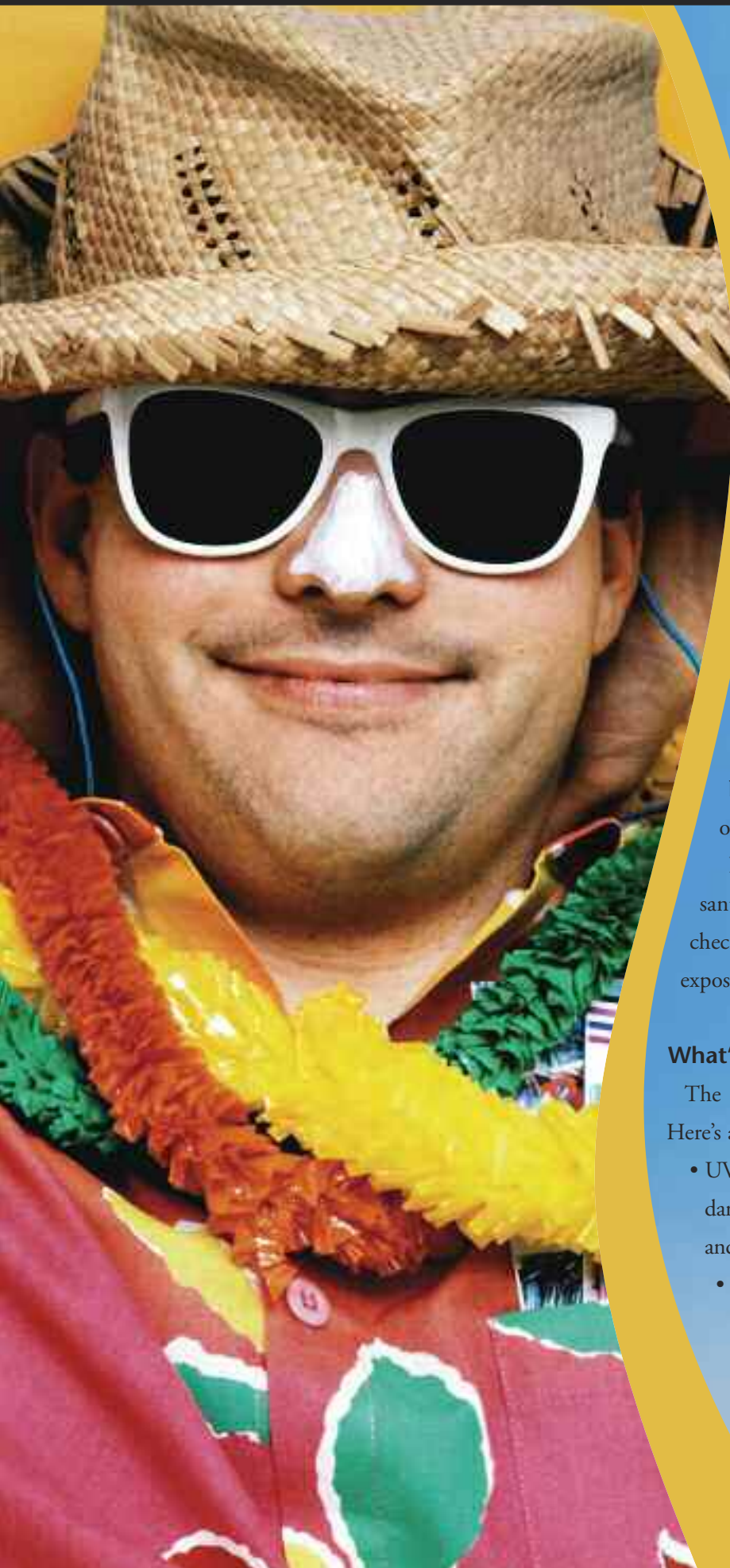
To learn more about how we’re improving patient care with ultrasound imaging, call **(815) 664-1468** or visit **www.aboutsmh.org**.



St. Margaret’s Health

St. Margaret’s Hospital

SMP Health System



Healthy Summer Skin

You may long to soak up the sun,
but don't forget to safeguard your skin.

While ancient Greeks believed sunbathing could cure illness, and deeply tanned skin was considered healthy as recently as the early 1970s, today we know that unprotected exposure to the sun can damage skin and cause cancer.

According to the National Cancer Institute, skin cancer is the most common form of cancer in the United States, with more than 1 million cases diagnosed each year. More than 90 percent of them are caused by sun exposure.

Although staying in the shade can cut exposure to harmful rays by 60 percent, you can still safely enjoy a sunny day at the beach or park if you take time to protect your skin beforehand.

Keep in mind that some drugs, including antibiotics, antidepressants and others, can make you super-sensitive to the sun—always check the labels of all medications for any warnings about sun exposure, and seek your doctor's advice.

What's in a Ray?

The ultraviolet rays in sunlight are an invisible form of radiation. Here's a guide to the three types:

- UVA rays are the most abundant. They penetrate the skin deeply and damage connective tissues, causing skin aging, wrinkling, brown spots and blotches—as well as increasing your risk of developing skin cancer.
- UVB rays are shorter and more intense. They are less abundant, because a significant portion of them are absorbed by the ozone layer. They can also cause skin damage and are thought to contribute to skin cancers.
- UVC rays are very intense and extremely hazardous, but, luckily, they are completely absorbed by the ozone layer.

Check It Out

At least once a year, examine your skin for signs of cancer or request an examination by your physician. Be on the lookout for moles that have changed color or size, moles that bleed or moles with irregular, spreading edges.

Sunscreen Savvy

There are many sunscreens to choose from, with varying SPFs and formulations that include stick, spray, foam and lotion. When choosing and using sunscreen, remember the following:

- Look for the words “broad-spectrum” on your sunscreen. This means it protects against both UVA and UVB rays.
- When it comes to SPF, choose at least 15. Sunscreen with SPF 15 will block 93 percent of UV rays; SPF 30 will block 97 percent.
- Steer clear of combo bug block/sunscreen products. The Centers for Disease Control recommends avoiding them because the ingredients often have conflicting reapplication needs. For example, while DEET lasts 6 to 8 hours, sunscreen must be reapplied more frequently.
- If your kids resist sunscreen, look for sprays, foams or disappearing-color products that make it fun to apply.
- Don't forget your lips—choose a balm with SPF 15.
- Start each summer with a fresh supply—though sunscreen is required by the FDA to remain stable and of its original strength for three years, it can lose potency much more quickly if stored in the heat.
- Apply sunscreen about 15 to 30 minutes before venturing into the sun so it has time to bond with your skin.
- Apply the proper amount—about one ounce or enough to fill a shot glass. And smooth it on, rather than rubbing vigorously. Be sure to remember those out-of-the-way areas like the ears, top of the head and backs of the knees.
- Don't consider it once and done—no sunscreen provides all-day protection. Reapply sunscreen about every two hours as well as after swimming or other activity. No sunscreen is truly waterproof, but some are water-resistant.

What to Wear

Clothes can also help protect your skin against the UV rays. Not all clothing is created equal—the tightness of the weave, weight, type of fiber, color and amount of skin covered all affect the amount of protection an article of clothing provides.

For example, a long-sleeved dark denim shirt would provide much better protection than that plain-white T-shirt Mom advised you to slip on over your swimsuit. However, that's not always a practical solution in the summer months.

Today you can find hats, clothing and even swimwear with an ultraviolet protection factor (UPF). These products have been treated with a chemical sunblock during manufacturing. There are also fabric additives you can toss into your wash to give the clothes you already own UV protection.

UPF is not the same as SPF. The latter measures the amount of time before sun-exposed skin begins to redden, while the former measures how much of the UV rays can penetrate the fabric and reach the skin. Look for clothing with UPF 50 or higher. This means only 1/50 of the sun's UV rays will pass through the material.

However, like regular clothing, sun-protective clothing may lose effectiveness if pulled or stretched, if it becomes damp or wet, or if it is washed and worn repeatedly, so make sure to properly apply sunblock as well.

Keep your eyes under wraps, too—wearing wraparound sunglasses with 100 percent UV protection can cut your risk of cataracts, macular degeneration and eyelid cancer—not to mention wrinkles.

To find sunscreens, clothing and other products that are recommended by the Skin Cancer Foundation, check their website, www.skincancer.org.

Ouch! How to Soothe a Sunburn

If your skin starts to redden or you feel a tingling sensation, retreat to a shady area or indoors. For a mild sunburn, take away the sting by applying a cooling agent, such as aloe vera, or apply a washcloth soaked in cold, skim milk. Wear loose-fitting clothing made of natural fibers until the burn has healed. For a severe sunburn or blistering, you may need to consult your doctor.

Blast from the Past

At the 34 Drive-In, moviegoers experience summer blockbusters in a nostalgic setting.



Standing on the grassy plain that is the 34 Drive-In parking area, you might almost imagine yourself back in the 1950s—except for the SUVs and minivans that have replaced the sedans and station wagons of that era. Chrome speakers still rest on their poles. Juicy burgers and hot buttered popcorn are still on the menu in the squat concrete concession building. And the 60-by-90-foot screen still towers above the surrounding cornfields.

On a cool Saturday evening in September, owner Ron Magnoni Jr. peers from his darkened projection booth at the onscreen antics of Harry Potter while reminiscing about the outdoor theater that's been part of his life for more than two decades.

The 34 Drive-In, located west of Earlville, is a vanishing breed, one of only about a dozen drive-ins that still exist in the state. The original concession building and screen date from the drive-in's opening in 1954. The screen was built flat on the ground and erected on site. "On opening night, they were still putting the screen up," says Ron, who heard the story from the original owners, the Dyas family. "They didn't measure the projection window right and that night they were chiseling the concrete block because they were cutting the picture off."

Ron started out at the drive-in in 1987, working the concession counter and doing odd maintenance jobs for the Dyas family. In the late 1980s, he began leasing the theater, and by 1994, he was the owner. "But it was two summers before I could stand in the projection booth and realize it was mine," recalls Ron.

It was the culmination of a boyhood dream. While he was growing up, he often accompanied his father while he worked as a projectionist and manager of various theaters in Ottawa, Streator, LaSalle and Peru. "Theater gets in your blood," says Ron. "I remember watching 'The 10 Commandments' from the balcony at the LaSalle Theatre. I was the only one up there. I still love that movie!"

In addition to his interest in films, Ron has an aptitude for repairing machinery, which comes in handy in his line of work. "I could take anything apart and fix it," he says. "I get along with machines."

Back in the 1950s, 34 Drive-In (then named Dyas 34 after the first owners and the adjacent highway) wasn't a solitary outpost on the prairie. At a time when drive-in movie theaters numbered in the thousands nationwide, the mid-century Midwest landscape was dotted with Art Deco neon beckoning moviegoers to the Skylight, the Starlight, the Twilite, the Crystal, the Dixie, the Hilltop, the Bel Aire—or the less celestial but effective highway appellations such as the Route 66 Drive-In.

In their heyday of drawing families by the thousands, drive-ins became almost mini-amusement parks, with pre-movie entertainment, kiddie rides or miniature-golf courses. Changing recreational habits in the 1970s, along with the advent of cable television and pre-recorded movie tapes and VCRs in the 1980s, caused scores of drive-ins to fold. The remainder eked out an existence catering to teens and adults by offering a bill of "slasher" films, and families shied away in droves.



Ron weathered the slump, taking odd jobs or borrowing money when he had to make ends meet. Eventually, his effort to provide family-friendly fare began to pull in crowds. In 2007, he achieved an enviable position—not once, but twice—of having to turn patrons away because his 360-car lot was already filled with people waiting to see “Shrek the Third” and “The Simpsons Movie.”

His recipe for success: “I pick out movies I like and would want to see and I seem to do pretty good,” he explains. “People want to just go to the movies and get lost.”

Patrons like Bill and Dawn Hendrickson and their family are appreciative. The 34 Drive-In is a Saturday night staple for the Yorkville family. “I love this place!” Bill enthuses. “I hope America never gets rid of its drive-ins.” Though he concedes you might find better screen and movie print quality in indoor theaters, he says they can’t compete with the atmosphere.

Nearby, Rick Wicks gives his windshield a final polish before climbing in beside his wife, Linda. Within minutes, all you can see from outside the vehicle are the tops of their heads as they burrow cozily beneath coverlets and sip their sodas.

Drive-in regulars, the couple has traversed the 60-plus mile round-trip from their Streator home almost weekly some seasons. Linda says she likes the double-bill for one price and the freedom to stretch out in her own vehicle to watch the show.

While the concession-stand goodies have always been a draw, some patrons, like Dereke and Candita Gilbert, of Earlville, prefer to pack a picnic—serving home-grilled hot dogs to their three children who are stretched out in the pickup truck bed. “I grew up coming here,” says Candita, a Sandwich native. “I want to keep it in the family memories,” she adds, nodding at her three children, Cheyenne, Destiny and Jared, whose ages range from 5 to 10.

Though Ron doesn’t frown on imports of prepared food, he won’t

permit open grilling on site because he doesn’t want coals dumped in his parking area. Or anything else for that matter—one customer left behind a heavy sleeper sofa, prompting Ron to begin recording license plates of furniture-haulers to ensure that what comes in goes out.

Some traditions at the drive-in never change. People still try (and usually fail) to sneak their friends in without paying. An hour after the show, Ron still rousts out sleepy patrons with a knuckle-rap on the windows.

Despite adding a low-wattage radio transmission (87.9 FM) of the movie soundtrack, Ron refuses to relinquish the outdoor speakers, which he feels add auditory ambience. “Have you ever walked through a drive-in that doesn’t have speakers? It’s dead quiet. It’s weird,” he explains.

Over the years, Ron has learned a few drive-in truths. Patrons who find 40 degrees in April comfortable shudder at a 60-degree night in October. And while rain or light snow might dampen some patrons’ enthusiasm, the projector beam can penetrate just fine.

As he watches the numbers of other drive-ins dwindle, Ron has taken to reminding visitors to his web site, <http://www.rt34drivein.com>, that he is opening for another season of entertainment. In fact, 2008 will be his 14th season as owner of the drive-in, and he relishes the opportunity to keep this slice of vintage Americana alive.

And if the response of the younger set is any indication, the drive-in hasn’t lost any of its appeal. As 10-year-old Cheyenne Gilbert munches hot dogs in the back of her family’s pickup truck, she confides her favorite thing about the drive-in. “I like looking at the stars,” she says, glancing heavenward to show she’s not talking about the ones onscreen. An apt response, given the longtime slogan of the 34 Drive-In: “Where the stars always shine.”





Reeling Them In

Kids' Fishing Expo celebrates 10 years of hooking area youth on fishing.

Since its start 10 years ago, the annual Kids' Fishing Expo has managed to snag the interest of hundreds of young anglers throughout the Illinois Valley.

On Saturday, May 17, kids ages 6 and up will gather, poles in hand, at Peru's Baker Lake, which has been stocked with bass, bluegill, catfish and crappie by the Illinois Department of Natural Resources for the occasion. In addition to the lure of catching a live one, the expo provides hands-on activities that teach kids fishing techniques and safety.

In the early days, less than 100 kids showed up for the event, but the expo now attracts between 700 and 800 young participants. One of the expo organizers, R.J. Whitecotton, a member of the Illinois Valley Sunrise Rotary Club, credits that growth spurt to word of mouth, as kids tell their friends that fishing is fun. "A lot of kids want to do something besides play on the computer," he says.

During the expo, which runs from 9am to 2pm, participants rotate among nine "how-to" stations. Those that complete at least seven stations receive prizes. And this year, participants who finish all nine stations will receive tackle boxes. The presentations at each station last about 10 to 15 minutes and cover such topics as fishing safety, equipment, the aquatic environment, fish identification, knot tying, casting, cooking and cleaning your catch, and fly-tying.

One of the most popular attractions is the fish identification booth, which lets kids get up close and personal with different types of live fish. "They pull a huge catfish out of the tank and let the kids see," says R.J. "I remember one little boy, his eyes got big and round, and the fish kind of



slipped back in the water and splashed the whole front row, and they all screamed!”

After the demonstrations are over, kids can help themselves to free bait and borrow a pole and set to catching a live fish from the lake. If they snag one, they bring it to an adult to clean and cook for them. Participants can sample cooked fish right there on the spot.

The expo draws children from as near as Peru, Oglesby and Spring Valley and as far as Bloomington and Wisconsin, says R.J. Over the years, attractions have varied, at times including bass boat exhibitions or a U.S. Army display, and fishing games for the youngest participants are always a favorite, he says.

And for those that get hooked on angling, there’s another opportunity to put their newfound skills to the test. About a month later (June 7 this year) they can participate in annual Fishing Tourney at Lock 14 on the Illinois and Michigan Canal, La Salle. Children register by age and gender (boys ages 5-12 or 13-15 and girls ages 5-12 or 13-15) and vie to catch the biggest fish. Winners take home trophies and new rods/reels.

The IDNR stocks this section of the canal with fish for the event. Like the expo, the tournament also draws a crowd—about 500

children. Last year, rain delayed the tournament by a day, but about 300 participants were undeterred, showing up on Sunday in hopes of landing the big one.

Between the Sunrise Rotary, La Salle Rotary, Peru Rescue Squad and the Better Fishing Association of Northern Illinois—all sponsors—about 175 adult volunteers pitch in to keep the event running smoothly. The groups raise about \$6,500 in donations from local organizations and businesses, and much of the fishing tackle and prizes are donated as well.

Even the volunteers who aren’t avid fishermen can’t help but catch the enthusiasm of the young participants, says R.J., who is not an angler himself. He recalls watching one little girl squealing with delight as she ran to show her parents her first catch. “I enjoy watching the enjoyment the kids get out of it,” he says. “This is something a lot of kids don’t get a chance to do.”

The expo is one of Sunrise Rotary’s biggest events of the year. “It’s a lot of work, and that day has a mind of its own. You hope it doesn’t rain, and that everybody has fun,” says R.J. For a decade now, the expo has delivered on that promise and organizers hope the tradition will continue to grow in years to come.



The Blessing of Bees

The bee colony at St. Bede Abbey provides the monks with honey, beeswax and, for those who tend it, prayerful work.

St. Bede Abbey is buzzing with activity. In addition to the endeavors of the 32 monks who live there, hundreds of honeybees are hard at work on the abbey's Peru property. The efforts of these industrious insects provide the raw material for the jars of golden honey and colorful beeswax candles that the monks sell at campus/abbey events.

This allows the community to continue its tradition, which is shared by many other religious orders, of living off the land, though on a much smaller scale than in decades past. Father Patrick Fennel, who joined the order in the 1960s, recalls a time when the Benedictines maintained a dairy, butchered their own cattle and hogs, tended a huge garden and cooked nearly everything from scratch. "Every monk was able to contribute to the order's welfare and to achieve the ultimate balance of prayer and work," he says.

Father Patrick, a St. Bede Academy graduate who has spent all but six years of his adult life with the order, recently became the abbey's resident chandler. During the warmer months, he tends the apple orchard, but has taken up candle making in the winter. He molds candles for the church and for sale to the public, using all of the local supply of beeswax, plus a large quantity purchased offsite.

In a room in the abbey's basement, Father Patrick breaks the 25-pound blocks of beeswax into quarters so they can be melted, dyed and poured into molds to make shapes such as smooth and spiraled tapers and three-

angel votives. He creates candles in 32 colors, such as Mahogany, Scarlet and Pumpkin Spice.

As he sorts molds at his worktable, Father Patrick contemplates the mystique of beeswax, which is both symbolic and practical. He observes that, as a natural product without chemical additives, beeswax symbolizes purity. The candles also are clean burning. “Candle making is relaxing,” he says. “It doesn’t call for concentration, and you can pray while you work.”

Father Patrick relies on the abbey’s bees for both of his jobs—the bees not only produce beeswax for the candles, they also pollinate the orchard’s apple trees.

And the bees couldn’t do their job, if not for Brother Gregory Jarzombek, the abbey’s apprentice beekeeper. From spring through early fall, Brother Gregory trades his black robes for a pith helmet, netting, long-sleeved shirts and heavy gloves. He departs the business office where he works and heads out beyond the apple orchard to tend to about 19 hives maintained by the abbey.

Since arriving at St. Bede in 2005, Brother Gregory has helped Father Arthur Schmidt wrangle the honeybee colony. The enterprise produces from 370 pounds (during one of the worst years) to over 1,400 pounds (the best year, in 1997) of pure honey, which the abbey sells in 12-ounce angel-shaped containers and 32-ounce jars.

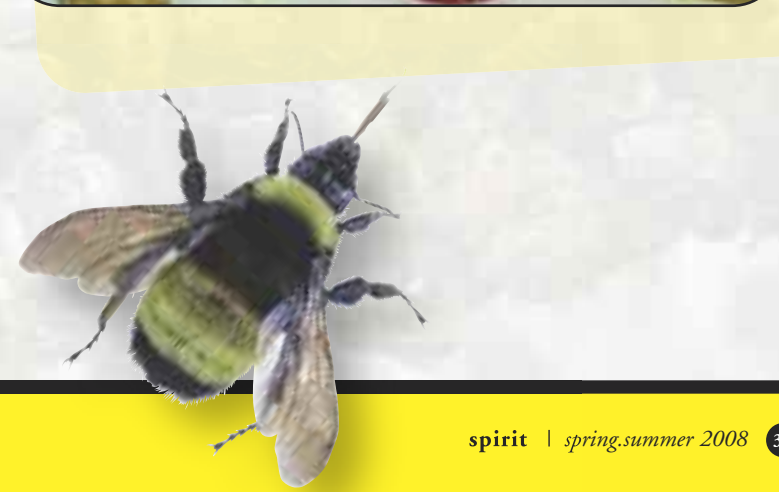
Before joining the order, Brother Gregory was a New York City financier. Also an avid outdoorsman, he loves hiking, cross-country skiing and biking, and used to spend his vacations staffing Outward Bound wilderness programs. “Even when it’s hot and humid, I just want to be outside,” he says.

Until Father Arthur’s invitation to join him at the hives, Brother Gregory hadn’t imagined himself as a beekeeper, but he was willing to try. He welcomed the chance to be out among nature’s creatures, even the stinging variety. And getting stung is a workday hazard—last year’s tally was 70 times.

Undeterred, Brother Gregory has been fascinated by his buzzing charges. He marvels at the bees’ industry and the meticulous construction of the combs where they produce their honey. Once a month during the summer, he collects honeycomb at the hives, then heads to the basement “bee room” to extract the honey from the combs and bottle it. The honey is then sold at various campus/abbey

events. Both the honey and the beeswax candles have been so popular that little marketing is necessary.

Brother Gregory sees a lot of parallels between a beehive and the Benedictine order, noting that the hive is led by a queen bee, just as the order is led by an abbot. The monks are like worker bees, and all have jobs and work as a team. Ultimately, he says, “The bees are guided by instinct, and the monks are guided by faith. The bees have a goal, to produce honey. The monks have a goal, to praise God.”



St. Margaret's Hospital Events



SCREENINGS/CLINICS

Cholesterol Screenings

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

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

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

CLASSES

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

Babysitting Clinic

Friday, June 13, 8 a.m.-1 p.m.
To register, please call 815-664-1613.

Diabetes Education Classes

Classes meet once a week for four weeks. Different topics will be covered each week. Classes will be held on May 5, 12, 19 and 27; June 2, 9, 16 and 23; July 7, 14, 21 and 28; Aug. 4, 11, 18 and 25; Sept. 8, 15, 22 and 29; Oct. 6, 13, 20 and 27.

Week 1: "Overview of Diabetes, Complications and Monitoring," presented by Pat Schummer, RN, MS

Week 2: "Nutrition and Diet," presented by Marilyn Csernus, MS, RD, CDE

Week 3: "Medications," presented by St. Margaret's staff pharmacist, and "Stress Management," presented by Jan Seaborn, LSW

Week 4: "Exercise and Activity," presented by Candy Ference, exercise specialist, and "Foot, Skin and Oral Care," presented by Pat Schummer, RN, MS

Medication Review Program

Discuss all types of medication with Doctors of Pharmacy.
Fourth Tuesday of every month, 11 a.m.-noon.

CHILDBIRTH EDUCATION

- **Prenatal/Lamaze Classes:** Classes meet for four consecutive weeks and start on April 28, July 7 and Sept. 8. They are held in the St. Margaret's First Floor Presentation Room, from 6:30-9:30 p.m.
- **Sibling Classes** (for 3-8 year-olds preparing to welcome a new baby into the family): Classes will be held on Saturdays, May 24, Aug. 2 and Oct. 4, at 10 a.m. in Room 309, St. Margaret's Hospital.
- **ABC Prenatal Classes** (for pregnant women in the first and second trimesters of their pregnancy): Classes will be held on Mondays, June 2, Aug. 4 and Oct. 6, at 6:30 p.m. in the St. Margaret's First Floor Presentation Room.

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

SUPPORT GROUPS

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

Alzheimer's Support Group "Care Partners"

Second Tuesday of each month, 5:30 p.m.

Behavior Disorders Support Group

Second Tuesday of each month, 6:30-8 p.m.

Grief Support Group

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

Parkinson's Support Group

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

Rebound (Breast Cancer Support)

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

Turning Point (HIV/AIDS Support Group)

Third Wednesday of each month, 6 p.m.
Location not disclosed for confidentiality purposes. For more information, please call 815-664-1613.

Visions (Blind and Visually Impaired Support Group)

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

SPECIAL EVENTS

St. Margaret's "Jimmy D" Golf Day

Sunday, July 13
Please call 815-664-1329 for details.

American Red Cross Bloodmobile

Tuesday, May 27, 11:30 a.m.-5:30 p.m.
Tuesday, July 22, 11:30 a.m.-5:30 p.m.
Tuesday, Sept. 16, 11:30 a.m.-5:30 p.m.
St. Margaret's First Floor Presentation Room

St. Margaret's Auxiliary Nut & Candy Sale

Tuesday, June 3, 8 a.m.-3 p.m.
St. Margaret's Lower Lobby

St. Margaret's Auxiliary Book Fair

Thursday, Oct. 23, 8 a.m.-5 p.m. and Friday, Oct. 24, 7 a.m.-2 p.m.
St. Margaret's Lower Lobby

St. Margaret's Auxiliary Purse and Accessories Sale

Tuesday, July 29, 7 a.m.-5 p.m.
St. Margaret's Lower Lobby

The Jimmy D Golf Day Committee Presents

26th Annual JIMMY D GOLF DAY

Sunday, July 13 • Spring Creek Golf Course & Senica's Oak Ridge Golf Club
Registration 10 am • Tee off 11 am

Advance registration \$80 • Registration day of tournament \$90 • Six players per group

Sponsorship Opportunities: Cart Sponsorship \$25 • Hole Sponsorship \$100

All funds from the past 25 golf days have been used for the diagnosis and treatment of cancer at St. Margaret's Hospital.

For advance registration or sponsorship information, contact Joe Dellatori,
St. Margaret's Foundation Director at **815.664.1329**



St. Margaret's Health

St. Margaret's Hospital

SMP Health System

Spirit

Stories *of the* Illinois Valley

spring • summer | volume four | issue one



Cover: Art teacher Julie Jenkins and a student at Washington School in Peru.
Back cover: Baiting a hook at the Kids' Fishing Expo.



St. Margaret's Health

SMP Health System