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*Oregon Chamber welcomes Alpine Chiropractic*

The Oregon Area Chamber of Commerce held a ribbon cutting to welcome Alpine Chiropractic to Oregon. Pictured in center are Doctors Seth and Carrie Anderson, owners, surrounded by staff, family and Chamber Board members and ambassadors.

## "Fill the Bus" Summer Campaign to Start

For so many children in our community, basic school supplies are a luxury. Many families are struggling for various reasons and parents are unable to provide the basic school supplies their children need to be effective and productive students.

This summer, Hand in Hand Ministry is asking for your help to "Fill the Bus" with school supplies for the children in the Meridian School District for the upcoming school year. No child should have to go without.

Donations of backpacks, 3-ring binders (1-1/2 in.),

pencils (regular and mechanical), pens, crayons, markers, glue sticks, filler paper, spiral notebooks (1 subject and 3 subject), folders, plastic accordion folders, scissors (blunt tip) and rulers are being accepted through August 9th at the following locations:

- Monroe Center Community Church
- Valley Covenant Church
- Stillman Valley
- Byron Bank - Davis Junction
- Stillman Bank - Stillman Valley
- Royal Blue Restaruant - Stillman Valley
- Collecting school sup-

plies can take as little as a few extra minutes during your weekly visit to the store. Feel great about ensuring that deserving children start the new school year with the tools they need to succeed.

Hand in Hand Ministry is a not-for-profit organization that serves the needs of our community with the tangible love of Christ by providing hope, practical help and encouragement through humility and servanthood. For more information about our ministry, please contact us at (815) 762-4112, (815) 985-4880 or (815) 262-3517.

**PUT WASTE IN ITS PLACE!  
 RECYCLE! RECYCLE!**

**We want to talk with you about a new transmission line.**

Please join us for an open house to discuss the Grand Prairie Gateway Project, a new electric transmission line proposed for construction in Ogle, DeKalb, Kane and DuPage Counties. Your input is an important part of the process to ensure that our transmission system meets our customers' needs.

For more information or to learn more about the project study area, please call the project hotline at 1-877-279-4732 or visit [ComEd.com/GrandPrairieGateway](http://ComEd.com/GrandPrairieGateway).

**Public Open Houses**

July 9, 2013 4 - 7 p.m. Kings Elementary School 100 First Street Kings, IL 61068	July 10, 2013 4 - 7 p.m. South Elgin Lions Club 500 Fulton Street South Elgin, IL 60177
July 11, 2013 4 - 7 p.m. Sycamore Veterans Association 121 S. California Street Sycamore, IL 60178	

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AFFIDAVIT OF PUBLICATION

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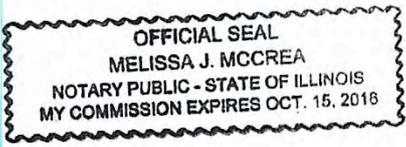
Date

Melissa J. McCrea

Notary Signature

7-3-13

Date



ANNIE'S MAILBOX

# Maintaining relationship with fathers important for kids

**DEAR READERS:** Happy Father's Day to all the men in our reading audience who have had the pleasures and responsibilities of raising children. This includes fathers, stepfathers, grandfathers and those who have stepped in as father figures for those who needed them. Bless you all. Having a caring father is not only one of life's great joys, but fathers also are tremendously important to a child's emotional, academic and moral development. Please take the time today to let yours know you are thinking of them.

**DEAR ANNIE:** Fathers love their children as much as mothers do. After a divorce, fathers want to be a part of their children's lives, but can find it incredibly difficult when they are viewed as deadbeats and potential abusers. But it's the children who lose when they are cut off from their fathers.

So to family court judges, law guardians, social workers: Please help the children. Don't automatically believe everything you hear. You owe it to the children to investigate and let the father tell his side of the story.

And to all those mothers who think it's a good idea to remove a father from a child's life or spread false stories about how bad he is: Think of your children. Please love them more than you hate their father. They need him as much as they need you. Allow them to love him. They take their cues from you, and if they see that you are upset when they show affection for Daddy, they will believe it is wrong and will stop in order to please you. You think you are punishing your ex, but



KATHY MITCHELL & MARCY SUGAR

you are actually punishing your children.

I've seen two boys cut off from their fathers and hurt by their mothers' hatred of the fathers, two boys who are growing up fatherless

and wondering why Dad isn't there for them, two boys whose Dads don't take them places, don't help with school work, aren't there for games, concerts and graduations, two boys with loving, responsible fathers who are missing so much. — Sad Grandma

**DEAR GRANDMA:** We have often said in this column that fathers are incredibly important for their children's development. Studies have shown that children who maintain close

relationships with loving fathers do better in school and are more likely to stay off drugs. Fathers need to remain in their children's lives, and it is sometimes up to the mother to bolster that relationship. Both parents are essential for a child's well-being. Please, folks, put your children first.

**DEAR ANNIE:** I was compelled to write after reading the sad letter from "Florida," but this is for anyone of retirement age looking to fill their days.

Most school districts are happy to have volunteers to work with children who need a little extra help or in the lunchroom. High schools often use volunteers with art and music programs or homework clinics. It's a great way to do something valuable, and it feels wonderful to help out a child.

A local animal shelter may also be looking for volunteers to walk dogs or play with the cats. Not only will it help the animals be more

sociable and, therefore, more likely to be adopted, but it is therapeutic for the volunteer, too.

Exercise is also a great way to get those good endorphins flowing and help relieve sadness. Water aerobics is low impact and easy on the joints, but even a nice walk around the neighborhood helps, and you might meet a friend along the way.

My heart goes out to people of any age who are longing for companionship or activities to fill empty hours.

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121 S. California Street  
Sycamore, IL 60178

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