



**19 June  
2025**

Welcome to FREEPOD, a local news source for everyone in the Freeport area. This weekly podcast is brought to you by a large volunteer group dedicated to providing to objective, unbiased updates on what's happening in our community.

You can find us on Facebook as well as our website ([www.freepod.org](http://www.freepod.org)) and the website of our NPR partner WNJI Northern Public Radio ([www.northernpublicradio.org](http://www.northernpublicradio.org)), so please visit us there and continue to share about us on your own social media. Now let's see what's happening.

### **Work begins on Carroll Avenue**

Work has begun on Carroll Avenue in Freeport, making it necessary to close the street from Galena Avenue to Empire Street to through traffic. The work being done includes a variety of updates on water mains and sewer as well as a complete repaving of the street. Once this section of Carroll is complete the work will move to the north end of the street before the entire street is closed for final paving. Each section will take four weeks each before final paving begins.

Construction areas will be reopened at the end of each day so that residents in these areas are able to pull in and out of driveways during construction. Delays may occur and it may sometimes take longer to maneuver in the area. Signage gives crews the proper space and safety to work, and ignoring them could result in injury, project problems, and more. Please pay attention to and obey signs for everyone's safety.

### **Deer nuisance bill passed by Illinois General Assembly**

The Illinois House has unanimously approved Illinois legislation addressing deer overpopulation and sent the bill to Governor JB Pritzker's desk for his signature. The bill is backed by the Illinois Farm Bureau in support of farmers and others in the State's agriculture businesses who deal with potential financial loss to their crops as a result of nuisance deer and other wildlife.

The changes include requiring Illinois Department of Natural Resources biologists to respond to requests within a specific timeframe to help farmers address deer-related issues more quickly. The department must also publish clear information on its website about the process associated with the bill, including eligibility criteria and application instructions.

Another provision allows landowners to designate a hunter to receive one guest landowner permit that includes one either-sex permit and one antlerless permit for every 240 acres owned in Illinois. These

updates stem directly from farmer feedback and discussions with the Department of Natural Resources facilitated by county Farm Bureaus around the state.

Pending Pritzker's approval, the new bill will officially go into effect January 1st. For more details about the legislation, visit [bit.ly/DeerNuisanceBill](http://bit.ly/DeerNuisanceBill).

### **Tour for Cancer**

Just one more week until the Tour for Cancer annual fundraising event hosted by FHN and the Chainlink Cyclists on Saturday, June 28<sup>th</sup>. Dave Fonda, who loved cycling and his community, started this fundraiser in 2007 and while he lost his own battle with cancer, his spirit lives on in this annual event.

As a reminder, the ride begins at 8 a.m. at Tutty's Crossing Trailhead at 250 E. Stephenson Street in Freeport. There are 30, 50, and 75 mile paved routes to choose from, as well as 40 and 50 mile gravel routes. New this year the 40-mile, the 2 Brewery gravel ride has been changed to an unprecedented 3 Brewery gravel ride. This is the first one in the Nation and you can experience it yourself right here in Stephenson County. For more information on the route options and to sign up, head to [www.fhn.org](http://www.fhn.org).



### **Stephenson County Historical Society Annual Ice Cream Social**

Did you know Victorian era families once celebrated the end of school with elaborate ice cream socials, complete with games, lemonade, and mountains of homemade ice cream? These gatherings were more than dessert—they were memory-makers that brought the whole community together.



The Stephenson County Historical Society brings that same spirit to life this weekend at their annual ice cream social on Sunday, June 22nd from noon to 3:00 p.m. at the museum at 1440 South Carroll Avenue in Freeport. They're offering ice cream, of course, along with live music and fun with antique bicycles, jump rope making, and a DJ. Entry to the museum on Sunday is free.

Join them this Sunday to celebrate the summer like they did in the 1800s with joy, laughter, and a cold treat in hand. For more information, contact Museum Director Sharon Welton at 815-232-8419.

## Why are you still coughing?

Everyone hates colds, especially in the summer, and during warm months many people are also dealing with allergies, and asthma and acid reflux can cause coughing any time. One of the classic symptoms of these types of respiratory issues is a cough, and sometimes it seems like they just won't go away. Why?

Coughing is a protective reflex that helps us get rid of stuff that's clogging up our airways. We also cough to our airways so we don't choke, like when we swallow something and it accidentally "goes down the wrong pipe."

There are several reasons a cough could last longer than a week or two. It could be the result of inflammation from an upper respiratory tract infection, which can linger because there may still be some irritation in your lungs. Coughing can sometimes be worse at night or even only occur then, which is often because mucus drains the back of your throat when you lie down, affecting the upper airway and leading to coughing.

There's a difference between wet and dry coughs too. Wet coughs, also called "productive coughs," produce mucus and are usually related to infections of the upper respiratory tract or sinuses, including the common cold, that usually go away in 10 to 14 days. Dry coughs don't produce any mucus and some of the most common chronic coughs fall into this category, and they usually last more than three weeks. Allergies, asthma, and acid reflux are common causes of dry coughs, as well as some medications like those used to treat high blood pressure and even over-the-counter drugs like Advil, Motrin, and aspirin.

It's usually OK to try self-treatment of coughs first, including drinking plenty of fluids and giving over-the-counter medicines a shot. However, if your cough persists for more than three weeks, it's a good idea to visit your primary care provider and if you're showing any signs of highly contagious whooping cough – like nausea, vomiting, a persistent fever, and severe coughing – head to your provider right away. Other reasons to visit your provider as soon as possible include coughing up blood, spiking fevers, or significant shortness of breath.

So while coughs can help our bodies get rid of irritants, it's always good to pay attention to what else your body may be telling you. And don't forget to cough into your elbow to avoid sharing any germs with others! For more hints and tips on dealing with annoying coughs, visit

<https://health.osu.edu/health/virus-and-infection/persistent-cough>

## Northwest Illinois Bird and Nature Alliance Stewardship Days

The Northwest Illinois Bird and Nature Alliance has set their schedule for a number of Stewardship Days through the end of July. Depending upon the site or week, they will be doing a variety of tasks such as removing sweet clover, burdock, and wild parsnip, cutting brush, girdling saplings or otherwise reducing the competition to the region's native prairie, woodland and wetlands.



Times vary so be sure to check the schedule for details including what to wear and bring. More details and directions can be found on the Facebook page by searching on Facebook for Northwest Illinois Bird and Nature Alliance or visit

<https://www.facebook.com/photo/?fbid=1102102361949995&set=g>

### **The week ahead...**

As we look to the week ahead, don't forget that Highland Community College's Somerset Theatre production of *Cinderella* starts tomorrow night. Tickets are \$20 for adults, \$18 for seniors, and \$10 for students and children and can be purchased online at [www.Highland.edu](http://www.Highland.edu) or can be purchased in person at the theatre box office or by phone at 815-599-3718.

If you're hungry tomorrow or Saturday, the Cub Foods Brat Stand this weekend will be run by Freeport Phantoms Football and Cheer folks, who will be there both Friday and Saturday from 11:00 a.m. to 5:00 p.m. to serve brats, burgers, hot dogs, and ribeye sandwiches. Also on Saturday morning don't forget to see what's fresh and delicious at the two Farmers' Markets in Freeport as well as one in Lena.

Then on Sunday, don't miss the Freeport Concert Band performance at Krape Park, featuring Conductor Nick Martin, vocalist Derek Simons, and soloist Evon Sams on alto saxophone. It will also be family night, including fun attractions like Touch-a-Truck so be sure to bring the whole family along.

If you are looking for something to do this week or any week, visit the Greater Freeport Partnership website at [www.greaterfreeport.com](http://www.greaterfreeport.com) and click on "weekly events" for a comprehensive listing of many more entertainment and dining events and activities throughout Stephenson County. You can also subscribe to the City of Freeport's monthly newsletter at their website, [www.cityoffreeport.org](http://www.cityoffreeport.org). We have links to both in the print version of FREEPOD episodes.

### **In closing...**

In closing, if you haven't already done so, be sure to listen to this week's in-depth interview where guest FREEPOD host Shary Gibson visits with professional dog trainer Jan Carlson about ways to make sure your furry friends are comfortable and safe during hot weather as well as sharing information about therapy dogs. The interview is available online and can be listened to anytime.

Next Tuesday, Shary guest interviews for FREEPOD again, visiting with Aquin Principal Beth Heitkamp and Aquin student parent Blake Musser about the recent changes at Aquin. Their conversation will post at noon on Tuesday June 24th and be available to listen to then or at any time after that – just head to our website or your favorite podcast platform to select the programs of your choice.

As always, FREEPOD couldn't come to you without the Mass Communication Department at Highland Community College and our community liaisons and reporters. Thank you, Team FREEPOD! You can always find us on our Facebook page or the website of our National Public Radio partner, WNIJ in DeKalb, at [www.northernpublicradio.org](http://www.northernpublicradio.org). For more info, including how to make a tax-deductible contribution to support our work, visit our website at [www.freepod.org](http://www.freepod.org).

With that, time's up for this week. Tune in again next Thursday at noon – or any time after that on our website or your favorite podcast platform – for more about what's happening in Freeport, thank you for listening, and again, Happy Juneteenth!

***Listen next week for more about what's happening in the Freeport area!***

## LINKS TO OTHER COMMUNITY EVENTS NEWSLETTERS

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