

# DONATE WHILE YOU DINE



**SHARE NIGHTS COMING SOON**  
 Feb. 19: Galena FFA  
 Feb. 26: Hazel Green Veterans Memorial  
 March 5: The Workshop  
 March 12: GMS Student Council  
 March 19: PEO

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# The Galena Gazette

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**GIFTS**

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## Daily Specials

**Monday**  
 Half Rack of Ribs, Fries & Slaw ..... \$9.95

**Tuesday**  
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**Wednesday**  
 Homemade Chicken Salad with Red Grapes, Onions, Celery, Walnuts & Cranberries, served with fresh seasonal Fruit and homemade Tea Bread ..... \$9.95

**Thursday**  
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**Friday**  
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## Father-daughter dance at new ARC building

GALENA—The Galena Art & Recreation Center's (ARC) annual father-daughter dance will be held at the new ARC building/gym, 11084 U.S. 20, on Sunday, Feb. 17. The dance runs from 6 to 8 p.m.

Cost is \$15 per couple, \$5 per additional child. The maximum the family will pay is \$25. There will be music, prizes, punch, and treats available for attendees. A photographer will be available, starting at 5:30 p.m. Photo packages are an additional cost.

Tickets are available at the door the night of the event.

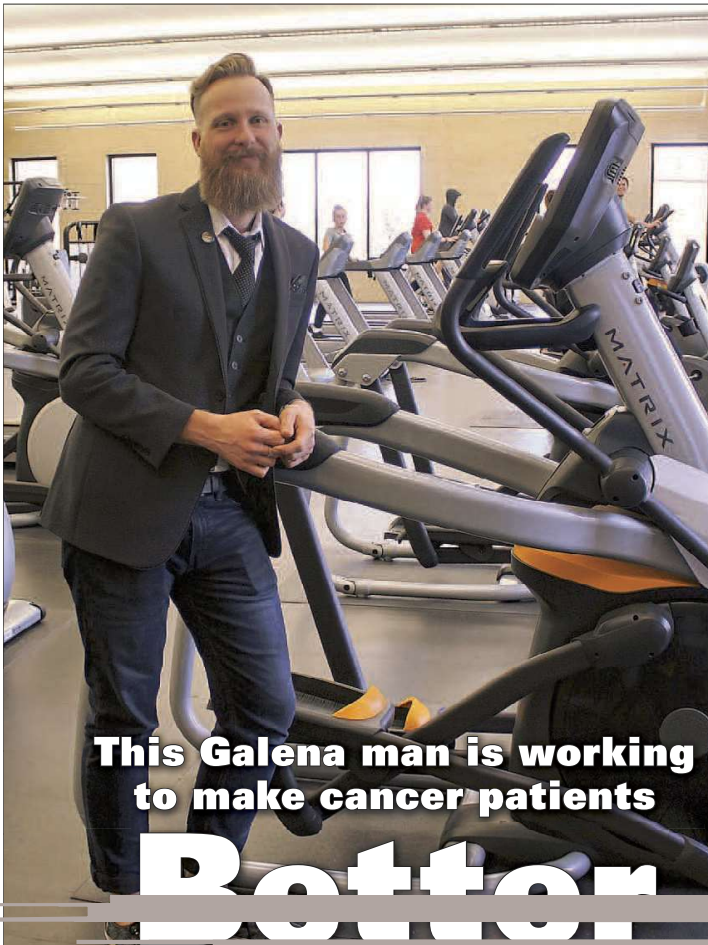
GALENA—Pulitzer Prize winning newspaper editor Art Cullen, Storm Lake, Iowa, will be the guest lecturer at the Galena Center for the Arts on Friday, Feb. 15.

During the 6 p.m. social hour, he will introduce his book, "Storm Lake." At 7 p.m., Cullen will present a case study of his work at The Storm Lake Times. Cullen's work has focused on water quality issues and the challenges related to agricultural pollution.

## Public notices

The following public notices appear on pages 6A this week:

- One proposed name change.
- One advertisement for bids, Scales Mound School District 211.
- Two assumed names.



**This Galena man is working to make cancer patients**  
**Bottom**

See page 10A

Dr. Keith Thraen-Borowski, assistant professor of kinesiology and biology at Loras College in Dubuque, Iowa, and a Galena resident, is running a clinical trial with cancer survivors. The focus of the program is on the role of physical activity in the health and quality of life of cancer survivors. After initial assessments, trial participants work for eight weeks with student researchers on a custom physical activity regime in the Loras College fitness center before another round of assessments are done to measure what the exercise has done for the survivor. See story, page 10A. *Hillary Dickerson photo*

GALENA—In honor of Black History Month, historian Scott Wolfe will conduct the Galena-Jo Daviess County Historical Society's free program, "History Deferred: The African American Heritage of Galena. The program starts at 3 p.m. on Sunday, Feb. 17 at the Galena Elks Lodge, 123 N. Main St.

This discussion, the second part of the History Matters Winter Program Series, uncovers the social, religious and political involvement of Galena's black population. Through extensive research, Wolfe, a Galena Public Library historian, will highlight lives such as Richard Henry Cain, a Galena barber who later became a Reconstruction Congressman from South Carolina. Wolfe will also discuss the attitudes of the dominant white population toward the black community. The culture in Galena varied from divisive to inclusive, Wolfe said, depending on whether people were students, visitors or well-to-do residents.



This image is an 1850s daguerreotype taken in Galena by Alexander Hessler, which shows Galena blacksmith Henry Park handing a horse-shoe to a young African American child. The picture was entitled: "Driving a Bargain."

In addition, Wolfe will share his own adventures, tracing the movements of Galena's African American residents in Mississippi and Tennessee. Illinois Bank & Trust is a premier sponsor of the History Matters Winter Program Series. Sponsorship for this presentation is also provided by the Grace Episcopal Church.

## More to come

Series continues on March 17 with "Regional Baseball History." This talk queues up the museum's special exhibit on early local baseball history, which opens to the public on March 30, just after major league baseball's opening day. The last program, "John Kinzie, The Last Silver Man" ends the History Matters Winter Program Series on April 7. Those events lead up to celebrations on U.S. Grant's Birthday Weekend, April 12 to 14.

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## INSIDE THE GAZETTE

Opinions ..... 4-6A  
 Public Notices ..... 7A  
 Sports ..... 10-11B  
 Obituaries ..... 12-13A  
 For the Record ..... 12-13A  
 Local Flavor ..... 2B  
 Senior Living ..... 4B



# 'Making cancer patients better'

Dr. Keith Thraen-Borowski's clinical trial at Loras College hopes to improve cancer survivorship

by Hillary Dickerson  
hdickerson@galgazette.com

DUBUQUE, Iowa—Dr. Keith Thraen-Borowski, an assistant professor of kinesiology and biology at Loras College, is well aware that everything that's known about the correlation between cancer and physical activity has come from major research institutions or cancer centers. He wants to change that.

**fyi**

For more information on Dr. Keith Thraen-Borowski's research and the on-going clinical trial on the role of physical activity in the health and quality of life of cancer survivors, visit careslab.org.

When Thraen-Borowski, a Galena resident, started at Loras in 2016, he knew cancer survivors from the tri-state area were traveling to either Madison, Wis., or Iowa City, Iowa, to participate in exercise and cancer research.

While he was a doctorate student at the University of Wisconsin-Madison, Thraen-Borowski had done that one-and-a-half-hour drive from his home in Galena many times. He knows it can wear on a person.

Thraen-Borowski's vision was to make such studies available closer to home, preferably right on the Loras Campus.

He knew there would be benefits for the patients and for undergraduate students who would basically be doing master's level research work, and that oncologists would appreciate having a cancer survivorship program to offer their patients.

All of the pieces started coming together. The Loras administration supported Thraen-Borowski's vision and have gone above and beyond to help make it reality, he said. Thraen-Borowski, who'd gotten into cancer research with exercise during his doctorate program as a fluke and opted to focus on it because it gave him "the ability to change the scope of cancer care," was immediately impressed by the sense of community at Loras.

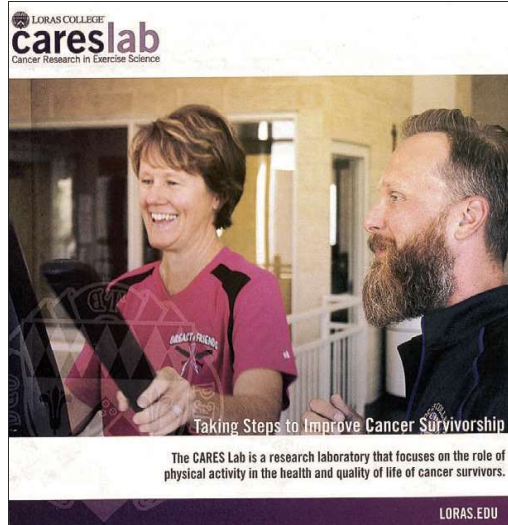
From 2016-2018, Thraen-Borowski worked in his lab and did other studies. Then, this past May, the first clinical trial launched in the Cancer Research in Exercise Science (CARES) Lab. He'd been working on the launch from day one, and it all came together two years earlier than he'd anticipated.

The goal is to take between 70 and 80 cancer survivors—anyone diagnosed with cancer and still alive—through the trial in two years, Thraen-Borowski explained. The trial is for all ages of survivors, those currently undergoing treatment, no longer in treatment, newly diagnosed, long-term survivors and with cancer at any stage.

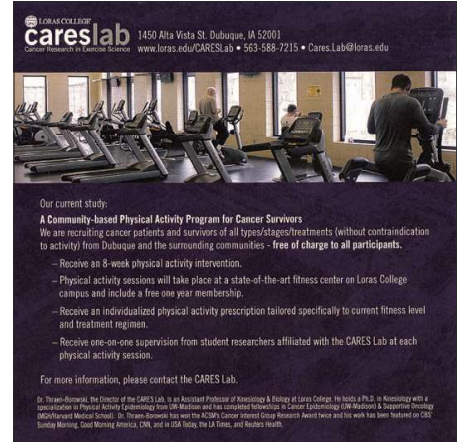
"I'm thrilled with the interest," he said of the people who have opted to be part of the trial up to this point.

Thraen-Borowski said there is a great deal of focus in the U.S. on improving the quantity of life, but there is a lot of work suggesting exercise and physical activity improve the physical, mental and social health of cancer survivors, resulting in a positive impact on the quality of life. So far in the trial, Thraen-Borowski said, the research has found physical activity results in better function and more energy in cancer survivors. Quality of life outcomes are the main focus of the study.

Working with Mercy Hospital and Medical Associates oncologists to get the trial off the ground,



**Taking Steps to Improve Cancer Survivorship**  
The CARES Lab is a research laboratory that focuses on the role of physical activity in the health and quality of life of cancer survivors.



The Loras College brochures for the CARES Lab explain the program and what participants will experience during the eight-week physical activity session with student researchers. At left, Dr. Keith Thraen-Borowski supervises Jen Nottrott, a cancer survivor from Scales Mound.



Dr. Keith Thraen-Borowski

Thraen-Borowski said patients accepted into the study go through assessments—including a two-hour baseline visit—and then spend eight weeks in the fitness center, working with CARES Lab students three days each week and on their own another two on individualized exercise programs, from walking on the track to resistance training and work on ellipticals, bikes and tread mills.

Since every survivor is different, the instruction and activity program is tailored for each individual, ensuring a safe and encouraging environment, he

said. Survivors—up to this point those with breast, lung, fallopian tube, colon and rectal cancers, stages one through four—are referred by their doctor or can self-refer.

The trial is open to as many survivors as there is space and student availability. There is no cost to those accepted to participate.

Once the eight weeks are up, another series of assessments are completed to see what the exercise regime has done. Trial participants then receive a one-year free membership to the Loras fitness cen-

## Thraen-Borowski honored by ISU

GALENA—Dr. Keith Thraen-Borowski, a 2000 graduate of Illinois State University (ISU), will be inducted in April into the College of Applied Science & Technology Academy of Achievement.

Thraen-Borowski, who went on to earn his doctorate in kinesiology with a specialization in physical activity epidemiology from the University of Wisconsin-Madison, is one of seven selected from over 47,000 names. He completed fellowships in cancer epidemiology at UW-Madison and supportive oncology at Massachusetts General Hospital/Harvard Medical School.

Those selected are considered to be "leaders in their fields & who, through their work, serve as an inspiration to others to pursue similar career paths."

Thraen-Borowski was nominated for the honor by faculty in the kinesiology department at ISU.

"I am incredibly thankful, not only to receive this honor, but to have been nominated by, and receive it from, those who have helped me get to where I am now," said Thraen-Borowski.

ter so they're able to continue the exercise program. "This is what I love to do. . .making cancer patients better," said Thraen-Borowski.

Thraen-Borowski said that the Loras research will show whether or not such trials and programming can be done anywhere other than a major research center or university.

So many cancer survivors live far from those places, so if his study indicates those places were preferable, then attention needs to turn to how to get people to those facilities. And if it's possible and effective at places such as Loras, he said, then why are public health dollars going only to major universities and hospitals?

After all, Thraen-Borowski is committed to changing the scope of cancer care.

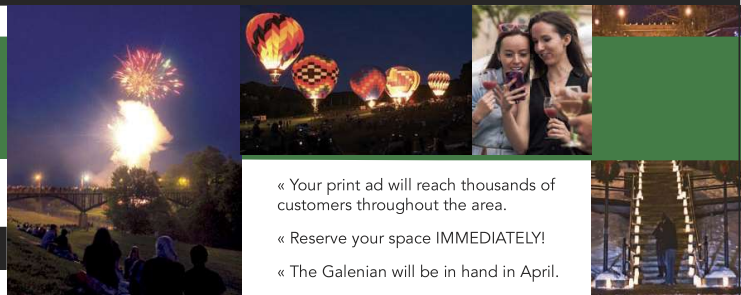
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