FEBRUARY 2019

The COMMUNITY OCK

COMMUNITY CRIER CALENDAR

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- Park District Meeting 5 **Drainage Committee** Drainage District #1 Meeting 7 Lions Club Meeting 11 Plan Commission Meeting
- 12 Village Board Meeting
- 13 **TWP Board Meeting**
- 14 Historical Society Meeting
- 26 Village Board Meeting

- **Election Day** Park District Meeting **Drainage Committee** Drainage District #1 Meeting 4 Lions Club Meeting 8 **Plan Commission Meeting**
- 9
- Village Board Meeting 9
- Annual TWP Board Meeting
- 10 **TWP Board Meeting**
- 11 Historical Society Meeting
- 23 Village Board Meeting

2 Lions Club Meeting 7:30 @ Town Hall 7 Park District Meeting **Drainage Committee** 5:30 @ Town Hall Drainage District #1 Meeting 6:30 @ Town Hall 8 **TWP Board Meeting** 7:00 @ Town Hall 9 **Historical Society Meeting** 7:00 @ The Crib 13 Plan Commission Meeting 6:30 @ Fire Station 14 Village Board Meeting Village Board Meeting 28

7:00 @ Community Park 5:30 @ Town Hall 6:30 @ Town Hall 7:30 @ Town Hall 6:30 @ Fire Station 7:00 @ Community Park 7:00 @ Town Hall 7:00 @ The Crib 7:00 @ Community Park

- 6:00am 7:00pm Community Park 7:00 @ Community Park 5:30 @ Town Hall 6:30 @ Town Hall 7:30 @ Town Hall 6:30 @ Fire Station 6:30 @ Community Park 7:00 @ Town Hall 7:00 @ Town Hall 7:00 @ The Crib 7:00 @ Community Park
- 7:00 @ Community Park 7:00 @ Community Park 7:00 @ Community Park

708 board meeting -

The next Mental Health Township 708 board meeting for Big Rock is Thursday, February 21st, 7:00pm at the Town Hall. The public is always welcome. For more details check out www.incboard.org

Election Time again! –

Tuesday, April 2, 2019, is the next election, this time for our Consolidated local elections for Village and school boards. There are no township elections at this time. The polls will be open at 6:00am at the Park District building for all voters that reside in Big Rock township. Early voting will begin on March 18th at various places and times up through election day. Grace Period registration will once again be available to anyone wanting to register or update their registration with the requirement that they vote at the same time. For full details, including a list of all candidates, go to www.kanevotes.org

Fireman's Dance / Fundraiser-

A big thank you to all who attended the recent Fireman's dance on February 9. It was

well attended and the Fire department appreciates all the throughout support the community, both for this event and during the year!



BIG ROCK TOWNSHIP

From the Supervisor's Desk

bigrocktownship.com is up and running! In addition to communicating through the Big Rock Crier, our Township Facebook Page, and posted notices, the township now has a website!

out to you quickly! Our new township website is still undergoing a few final changes, but I hope you will use it as another source of information about what's

happening in your township. To help provide openness and transparency, the site will include our annual township budgets, annual tax levy, town board minutes, and financial reports. The site has links to township news, road district contact information, and the township assessor's webpage. There is an album with photos of township events, and links to the websites other Big Rock organizations and local governments. You can even read and print out the latest Crier! Thanks to Big Rock resident Tina Goeckel for her help getting the new website up and running. Check it out at bigrocktownship.com!

Did you know that Illinois has a new Dial 2-1-1 phone access for needed social services? You are familiar with dialing 9-1-1 for all emergency services, or 8-1-1 for utility locating (before you dig). The new 2-1-1 service is available on a 24-hour basis to connect residents to a wide variety of human services or social services across the state.

If someone needs information or referral services but has little or no prior knowledge or experience, dialing 211 is much simpler than other options. Callers to 211 can get LIVE assistance with needs such as: food, shelter, counseling, income supports, employment, healthcare, and services for specialized populations such as the elderly and persons with disabilities and much more. All calls are free, anonymous and confidential.

> Stay warm and safe this winter season! Ken Rojek **Township Supervisor**

JOIN BIG ROCK TOWNSHIP ON FACEBOOK

facebook

It is the best way for

me to get information

The Town Hall is located at 408 Rhodes Street, Big Rock, IL Mailing address is P.O. Box 252 Big Rock, IL 60511

Business Hours: Please call for an appointment

Township Board Meeting Dates: Monthly: on the second Wednesday at 7:00

Township and As Phone:	630-556-434
Fax:	630-556-4350
Road District	630-556-433
bigrocktowns	hip@gmail.com

ROAD COMMISSIONER

We have finally finished the open ditch and tile accompanying the Price Road Bridge project, backfilled leveled the ditch and seeded it for spring; much safer than what the state left us. As for the snow, we had an easy December but now January seems like we are plowing or out pushing back drifts almost every day. I have gotten calls about salting. We are running very low and are waiting on delivery which was supposed to be 5-7 days and is now 12-16 days. We are trying to conserve; main roads first, corners and curves, and when and if available, village streets. Thanks for your patience and we appreciate all the orange markers; it makes it so much easier to know where your yard starts!

> Wade Thompson, Highway Commissioner, **Big Rock Township**

> > Supervisor Ken Rojek Township Clerk Cara Rausch Assessor **Ralph Harkison** Highway Commissioner Wade Thompson Trustees Amy Schoger, Paul Wedeen Bonnie Warchol, and Steve Michael



The Big Rock Community Crier is published six times yearly by The Big Rock Fire Department, Big Rock Township, The Big Rock Park District and the Village of Big Rock as a service to the public. Annual subscription for outside of the township is \$10.

To advertise or submit articles for consideration please contact Tom Losineicki at bigrockcrier@gmail.com

VILLAGE OF BIG ROCK

Dean Hummell President | Pat Anderson Treasurer | Tim May Village Clerk Trustees: Matt Ftizpatrick, Clay Hanninen, Mark Lynch, Ted McCannon, Kathy Metzger and Joe Walsh. P.O. Box 128 | Big Rock, Illinois 60511 | (630) 556-4365 | www.villageofbigrock.us

Village Meetings are held the 2nd & 4th Tuesdays of the month at 7:00 pm

STEP (SEPTIC TANK EFFLUENT PUMP) SYSTEM MAINTENANCE

Please know that the village has a contractor that will be performing regular (annual) maintenance/pumping of the village tanks on private property. These tanks are identified by the "green" riser lids that are located in resident(s) yards. Contractor's will be identified by wearing village labeled lanyards and/or bright yellow safety vests. Should you have any questions or concerns please call the village office and we will assist in verification of work being performed on septic tank located on your property.

SNOW PLOWING

With the winter/snow season upon us the village would like to remind residents of its parking ban on all village streets when snow accumulations exceed 2 inches. Our Big Rock highway department need the roadways clear of parked vehicles so they can do their job to keep the streets clean. The villages zoning enforcement/property maintenance officer will issue citations for cars that are in violation of the ordinance. First offense is a \$25 fine and the second offense will result in the vehicle being towed at the owners expense. The village has had a parking ban ordinance in effect for many years. Please do your part to assist in keeping our village streets, alleys, and roads clear so they can be maintained properly.

VILLAGE POLICING

The Village has heard and witnessed firsthand for many years traffic that comes through our small town driving at speeds well above our posted speed limits. As a result it's been discussed on numerous occasions ways the village can reduce those disobeying our traffic speed limits. The village board has been budgeting accordingly and has recently been in discussions and signed a contract with Kane County to pay for a deputy to specifically cover Big Rock. The officer will randomly be patrolling within Big Rock during high traffic times paying special attention to violators on Rte 30, Rhodes Rd, and Granart Rd. The village hopes that with more police presence/enforcement that this will slow people down and make our community roads safer to be on.

LOCATING SERVICES (CALL811)

Please be advised that the village has been billed for many "double & triple locates" when digging on property has occurred. If you are building on your property and have obtained the necessary village/county approvals to do so, please communicate with your contractor on whom is doing any locating on your property. In addition when the locate has been completed and the mini flags are present please don't remove them until the job no longer requires these visible markers. This will help keep costs in line and hopefully eliminate multiple locates for the same property.

YOUR OPINION MATTERS

Please visit us during office hours or stop by for an upcoming meeting. They are very informative and productive evening meetings starting at 7 p.m. on the second and fourth Tuesday of every month. Agendas are always posted in advance at the Park District & Post Office if you're curious as to what's going to be covered. And remember at every meeting we have a "public" session where you or anyone can address any topic. All constructive feedback will be taken into board considerations.

Dedicated to Serving You,

Your Village of Big Rock Board

3



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46W637 US Highway 30, Sugar Grove (3 miles west of Aurora Airport)

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Mon. - Fri. 8 a.m. - 5 p.m.; Saturday by Appointment SATISFACTION GUARANTEED

First Baptist Church Easter Egg Hunt & Resurrection Celebration

The First Baptist Church of Big Rock, located at 211 S. Lincoln Avenue, will be hosting an Easter Egg Hunt & Resurrection Celebration on Saturday, April 20th at 2:00 pm.

Please join us for an Easter egg hunt, the story of Jesus' resurrection, crafts, a movie, and a snack.

Advance registration is preferred. Please call 630-385-2634 or 630-878-1737 to register or for more information.

Join us for our Worship Service Every Sunday at 10:15am English Congregational United Church of Christ 301 Rhodes St. - Big Rock



Bible Study and Sunday School for ages 8 and older meet at 9am. Sunday School for Pre-School to age 7 meet after "Children's Chat" during Worship.



Rev. Bill Riegle, Pastor Office Hours— Monday thru Friday 9am to noon Phone: 630.556.3986



4



Gene Nehring President William Yoder Vice President Steve Holub Treasurer Bonnie Warchol Clerk Cindy Nehring Program Director

bigrockparks.com Park District Voicemail: (630) 556-9599 (Recorded program listings and calendar)

The Big Rock Park District meets at 7:00 pm on the first Tuesday of every month at the Park District Building at 7S405 Madison Street in Big Rock. We would enjoy having you at our meetings and hear your suggestions.

CHRISTMAS LIGHTS CONTEST WINNERS

First Prize of \$50 was won by John and Mary Walt, Second Prize of \$30 went to Dana Nehring, and Third Prize of \$20 went to Jennifer Schlachter for decorating the outside of their home or yard with Christmas lights. Judging was done by three non-area residents. Thank you to all who participated.

24TH ANNUAL COMMUNITY EASTER EGG HUNT

The Easter Bunny will be hiding over 2,400 surprise-filled eggs at Plowman's Park located at 48W508 Hinckley Road in Big Rock on Saturday, April 13th starting promptly at 1:15 pm. Rain Date is Saturday, April 20th. Please bring your own basket for collecting

eggs and a camera- the Easter Bunny will be posing for photos.

Age groups and times - 1-2 year olds at 1:15 pm, 3 & 4 year olds at 1:30 pm, kindergarten & 1st grade at 1:45 pm and 2nd and 3rd grade at 2:00 pm. Please arrive at least 10 minutes ahead of time so your child does not miss their "Hunt". We start on time. To help the environment - we would like to recycle the eggs to fill again next year. Any questions, please call Cindy Nehring at 630-556-3238.

EASTER BONNET DOG PARADE

On Saturday, April 13th at 2:30 pm an Easter Bonnet Dog Parade will be held after the Easter Egg Hunt at Plowman's Park located at 48W508 Hinckley Road in Big Rock. Use your imagination and decorate a bonnet for your dog and yourself, dogs must wear a "bonnet". Dogs will be judged and First, Second and Third Place prizes will be given with all dogs receiving a treat bag. There will be a "game" for dogs and owners to enjoy! Contact Cindy Nehring at 630-556-3238 with any questions.

KITE FLY

Come and fly your kite at the Big Rock Park on Saturday, April 27th at 1 pm. A "kite hospital" will be available for any repairs. You are invited to fly your kite at the Park anytime - if there are soccer or baseball games, please use the other end of the Park. While you are at the Park, enjoy the playground equipment, basketball/tennis courts, sand volleyball, baseball/soccer field, walking path, the Dog Park and the Pavilion with picnic tables and grills.

YOUNG QUEEN ELIZABETH

Join the Big Rock Historical Society and the Big Rock Park District on Thursday, May 9th at 7 pm, for a portrayal by Leslie Goddard. She will be in character as Young Queen Elizabeth. Light refreshments will follow the presentation at the Park District building located at 6th and Madison in Big Rock. There is no charge for this event--bring a friend and enjoy the presentation.

YOGA

YOGA class will consist of yoga poses to promote stretching and elongating the muscles while slowly starting to engage, tone and build all of the different muscles of the body. Classes are held on the 2nd and 4th Thursday at 7:45- 8:15 pm at the Big Rock Park District Building. Drop in class is \$10. Please bring your own yoga mat. Class will not be held on Thursday, May 9 th. If you have any questions, please contact Leah Richards at: leah@360yoga.net or call/text 630-802-6632.

EUCHRE

The Big Rock Euchre Club will be meeting at the Big Rock Park District Building on the 2nd and 4th Monday's from 1:30 pm to 3:30 pm. Call Dan or Chris Severyns at 630-552-8492 for the spring schedule. Couples and singles are welcome, come join the fun!

ILLINOIS ASSOCIATION OF PARK DISTRICTS

The Big Rock Park District met on December 4th, 2018, and Board Member Service Anniversary Awards from the Illinois Association of Park Districts were given to Gene Nehring - 20 years, Bonnie Warchol - 20 years, Bill Yoder - 15 years and Cindy Nehring - 10 years. Gene and Bonnie also received a separate award for their 20 years of service.



(left to right - Gene Nehring, Bonnie Warchol, Bill Yoder, Cindy Nehring)

SUGGESTIONS Do you have an idea for a program you would like to see offered by the Big Rock Park District? Do you have a special interest or talent you would like to share with others? Please contact Cindy Nehring at 630-556-3238.



HBR CUSD #429 UPDATES AND HIGHLIGHTS

What is SEL? How is HBR focusing on SEL? How does SEL impact me? By the time you get done reading this, I hope you can answer these questions and more.

SEL is an acronym for Social Emotional Learning. That may or may not provide you with additional understanding, so let me provide additional insight. CASEL out of Chicago defines SEL as "the process through which children and adults understand and manage emotions, set and achieve positive goals, feel and show empathy for others, establish and maintain positive relationships, and make responsible decisions." SEL focuses on self-awareness (know yourself and have a positive growth mindset), self-management (effectively manage stress, impulse control, and empower yourself to achieve the goals you have set), social awareness (empathize with others who have different perspectives), relationship skills (Clearly communicate, negotiate conflict constructively, and know when to seek and/or offer help), and responsible decision-making (constructive choices based on ethics, safety, and social norms). That's a lot to digest if you have never heard of SEL before. Even though I did not know it at the time, watching Mr. Rogers was my introduction to SEL. He focused on helping children learn about approaching conflict head-on, fostering growth through acceptance, communication improvement through listening and understanding others perspectives, and expecting mistakes. All of these skills are important seeds for success.

At HBR, we strive to help our students develop their SEL skills. HBRES focuses on helping students develop self-awareness and self-management skills to achieve school and life success, use social awareness and interpersonal skills to establish and maintain positive relationships, and demonstrate decision-making skills and responsible behaviors in personal, school, and community contexts. HBRMS strives to be proactive using Word Generation topics to help students think through and communicate on topics surrounding social problems and helps build lacking skillsets through small group and individual meetings. HBRHS utilizes The Harbor, video episodes designed to build character and community, to provide on ramps for our students SEL continual development. Through this program, students were provided a voice in the video selection process, junior and senior students were identified and trained to be mentors, and staff created discussion questions surrounding the chosen videos. Across our district, we prepare our paraprofessionals to build relationships with our students with Adverse Childhood Experiences (ACEs) training and utilize our social workers to meet with classes and students to help with SEL skill development.

Individually and collectively, we are all impacted by each other's SEL skillset. I recently heard Julie Adams, author of #FullyCharged, discuss the SEEDS for Success. They are Sleep, Exercise, Efficacy, Diet, and Social Connectedness. Did you know that learning and retention increase by 30% when we routinely get the needed sleep (7-8 hours for adults and 9-13 hours for those under the age of 25)? Did you know that 150 minutes of exercise per week improves immunity, reduces your chance of developing diabetes, and flushes toxins, thus increasing focus and learning? Did you know that self-efficacy (self-confidence) decreases depression and anxiety while also improving your mood and sense of control? Did you know that there are as many neuro-connections in your gut than in your brain (Your diet matters!)? Did you know that a digital detox for us all is extremely beneficial?

Through purposeful planning and learning opportunities, HBR is committed to helping our students as they develop their SEL skillsets. Remember that SEEDS play a critical role for all of us in our daily readiness for success. #ReadyToGo

Travis L. McGuire Superintendent, Hinckley-Big Rock CUSD #429

WEST TOWNS CORNER

COCS Food for Thought, February, 2019

By Judith H. Hanson, LCSW

Some grief myths it might help to debunk from an article at *"What's Your Grief?"* online. For more myths you can go to whatsyourgrief.org.

"**Disclaimer: what makes many of the things on this list myths is that they are not universally true. This does not mean they are never true. This is a very, very important distinction, so keep it in mind as you read."

Grief has an endpoint. This is just basically not true. How you



grieve may change and how often you grieve may change, however, many people grieve in some way or another most, if not all, of their lives.

Your friends and family will always be the best support. This has been shown as a real difficult concept to navigate for many of the individuals I have met. For many of us, family and friends can be the most difficult to share our grief with because they often just want us to feel better. And the sooner the better.

If you are still talking about your loved one after _____ years it means you're "stuck". Check back to the first myth. Your time frame is your own not someone else's.

The goal of grief is to "get over it". I am always a bit confused by this. We know that grief is a normal reaction and has a purpose. I find it hard to believe that the purpose is to get over it.

Keeping a journal/or doing an art project/or yoga or... I think you get the idea. No one activity works for everyone.

Going to therapy or a support group is always helpful. See the above, it is true here also.

If you think you might be one who could be helped by a support group, we offer the following:

Mourning After Support Group: open to young widows, widowers, and adults (under age 55) whose significant other has died. This group meets next on February 7 and every first Thursday.

Grieving Parent Support Group: meets next on February 14 and every second Thursday.

<u>Grieving with Hope Support Group</u>: open to all adults grieving the loss of a loved one to death, meets next on February 28 and every fourth Thursday (possible exceptions are November and December).

Each group meets from 7 to 8:30 pm at the Elburn Community Center, Room 10, 525 N. Main St., Elburn, and is facilitated by a Licensed Clinical Social Worker. There is no charge for attending these groups. Please call 630-365-2880 for more information and to register.

HINCKLEY-BIG ROCK CUSD 429 FREE EARLY CHILDHOOD SCREENING

During the infant and preschool years...

Parents often wonder if their child's development is typical of that seen in same age peers. Developmental screenings are designed to address these concerns and help parents learn more about their child's skills.

If you have concerns about your child and live in the HBR School District, The District offers free developmental screenings throughout the school year to assess young children's skills. These screenings are conducted by a team of District Educators and Specialists and are available to families living within the Hinckley Big Rock School District whose children are birth to 5 years of age.

An Early Childhood Screening assesses your child's development in the areas of:

Speech/Language
Fine Motor

• Gross Motor • Early Learning/Cognition

• Social-Emotional • Self-Care

To make an appointment... Call Amy Spears at 815-286-7576

The screening will take approximately 30 minutes to complete. Afterwards, parents will have the opportunity to discuss the results of the screening as well as any concerns about their child, with a member of the screening team.

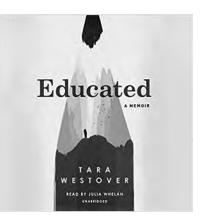
SCREENING

4/23/19

Early Childhood Special Education Program Hinckley-Big Rock Elementary School, Hinckley, Illinois 60520



The One Book Group is reading Educated by Tara Westover for discussion on Monday evening, February 25 at 6:30 pm. The book is her experiences growing up in a family of Idaho survivalists whose idea of education was very



casual "home-schooling." Tara is determined to get

an education and eventually earned a doctorate from Cambridge University. This book won the Goodreads Choice Awards for Memoir and Autobiography.

Monday, February 11 at 7 pm is another in the series of healthy living presented by Virginia Waterstreet. "Healthy New Year...Simplified." Life doesn't have to be complicated to focus on health. Get tips on how to make it simple AND healthy. Please RSVP so there are materials and seats for all.



Mark your calendars for Monday, March 11 for Simple, Savory Soup from Scratch. Virginia Waterstreet will demonstrate easy ways to make healthy soup from scratch. Prepared soups are often very high in sodium. Come learn how to get the taste without overwhelming amounts of salt. The proof is in the samples.

Big Rock Library is excited to announce Interlibrary loan is now available to our cardholders. If we don't have a book or materials you are seeking, fill out

a request form and your item will be requested from another library. Delivery of materials is on Thursdays and the length of time before it's due is determined by the lending library.

Cheers to the Lions Club for their recent donation of a magnifying floor lamp. It has bright LED lights and a large surface. It's a very convenient design and operation. You are welcome to try it out at Big Rock Library and there is one for long term loan to a community member who wants vision magnification. It's most helpful with reading small print, doing needlework or assembling intricate models, doing crosswords, sorting coin or stamp collections, etc. Thank you, Lions Club members, for addressing vision problems in your community.

The most recent agency to receive donations from Big Rock Library is the Heritage Woods assisted living in Yorkville. Volunteer Kathy Hellwig is helping to fill and revitalize the bookcases in their activity center. If you know of an agency or program that needs books, please pass along that information.



Big Rock Library has a monthly email newsletter of activities and news of interest. Email your request to info@bigrocklibrary.org to be added to the list.



This is the year to celebrate the Big Rock Plowing Match. The Association Board is delighted to unveil our 125th anniversary logo and set into motion our plans to make this a momentous event. We invite you to be part of our celebration: mark your calendar for the Plowing Match on September 13-15; submit recipes for the Recipe Book bookmark website Ladies Fair now; our www.bigrockplowingmatch.com for announcements and opportunities; and consider a donation to our 125th Fundraiser.

Our planning includes a redesign of our website which is currently under construction. In addition to a fresh look with easy navigation,

125th Fundraiser

The Association is seeking funds to build for the future with the renovation and maintenance of Plowman's Park.

This park is owned and maintained, without any tax or public funds, by the Big Rock Plowing Match Association.

Read more about our fundraiser in Plowing Match Times on our website **bigrockplowingmatch.com**. Thank you. we will have a PayPal account that will enable donations and purchases, as well as more photos, feature topics and links to partner websites. We are excited about the redesign and ask for your patience as we get everything in place, so please check back often.

Big Rock Plowing Match Association, Inc. email: bigrockplowingmatch@gmail.com P.O. Box 261 Big Rock, IL 60511



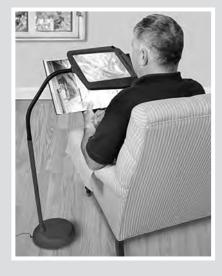
Ladies Fair Recipe Book

It is a first for the Plowing Match Ladies Fair – a Recipe Book. So, we invite everyone to submit recipes for publication. Here's some details.

- The Ladies Fair will publish a book featuring our Special Recipes from the Premium List with their back-story, as well as the Special Recipes from the Junior Fair.
- Share your recipes for baked goods and canned fruit and vegetables that fall under the categories included in the Premium List for cakes & cupcakes; yeast & quick breads & crisps; bars; pies; cookies; candy; and canned fruit, jam, jellies & vegetables. You may also include the story behind the recipe.
- Recipe forms are available at the Big Rock Post Office and on the Big Rock Plowing Match website – download form, print and mail recipe or complete the form online and submit your recipes automatically
 - March 31, 2019 Deadline for recipes
 - March May 2019 Prepublication orders accepted – discount price
 - Ladies Fair Recipe Book available for purchase September 2019 at the 125th Plowing Match

Thank You, Big Rock Lions Club!

The Big Rock Lions Club donated 2 floor lamp magnifiers to the Big Rock Library. This will help anyone with vision issues to read the newspaper, magazine or book. Please visit the Big Rock Library and they will help you.



Postal Customer Big Rock, IL 60511





The Big Rock Historical Society

48w445 Hinckley Road P.O. Box 206 Big Rock, IL 60511 bigrockhistoricalsociety.org

Programs for 2019: Feb. 14th – I 💙 Big Rock.

March 14th & April 11th. Be sure to mark your calendar for May 9th – our Joint Meeting at the Park District will be Leslie Goddard, as Queen Elizabeth II. (All meetings at 7 PM)

Be sure to join us on Sunday, June 2nd – our 9th Annual Classic Car Show at Plowman's Park. 2019 Special Feature - Mopars

And a big topic is Recycling. July 11th Jennifer Jarland, from Kane County will help us sort out the Recycling questions.

You may want to purchase one of our Big Rock Cook Book. They are only \$10 and available at the Library during business hours on Monday. Thursday, and Saturday. If you need one shipped, or have any questions, please contact us for additional information at info@bigrockhistoricalsociety.org – or call 630-698-0626