

Natural Healing Express Weekly

Column 283 Café and Lounge Grand Opening

Boy oh boy, I thought this day would never come. Its official, our grand opening date is FINALLY on the books. We will begin celebrating the Grand Opening for the Silver Fox Broth and Tea Company along with our Vitamin M Lounge (Kelly's) on Wednesday, April 26th.

Breakfast Specials will begin as usual at 630am and continue throughout the day. Many of the tasty breakfast options include: Blueberry/Cinnamon French Toast Muffin with Greek Yogurt, Turkey Egg Bowl, Breakfast Frittata, Cheesy Potato Breakfast Wrap, Fruit Bruschetta and many others. If you are in a hurry, you can call or text 815 990 8732 and have your order delivered curbside.

Lunch will feature the Wednesday Special – Broth Infused Baked Potato Bar with all the fixings. The Wednesday Special Soup will be Turkey Chili. Always available are side salads, chef salads, tuna salad, chicken salad and made to order wraps such as the Strawberry Chicken Spinach Wrap.

There will be samples available all day and into the evening that include many of the amazing protein balls, teas, protein drinks, soups, wraps and bone broth. Printed Menus will be available to take home.

Also opening at the time is the Vitamin M Lounge (Kelly's). The Vitamin M Lounge is designed to be a Nashville Style listening room featuring acoustical acts showcasing original music. The M in Vitamin M stands for Music. This is based on our strong belief that music heals the soul, and like a vitamin, it should be consumed daily.

The Kelly's portion in the title is a tribute to the daughter of my second family from Stockton Illinois. The Schrecks have been near and dear in my heart since I was three years old. Bob and Dot are two of the best people on the planet. They have worked very hard throughout the years with full time jobs, raising a family of three and serving the community as EMT's.

Cammie, their oldest daughter has been my BFF and partner in crime since we attended (pre)- Sunday School at Christ Lutheran Church in 19-0-no!!! Well, a while ago. We were three years old and gravitated to each other quickly! Older Brother Mike, a decorated military veteran has attempted to supervised Cam and I for a long time now. Yes, he does have gray hair.

Kelly, their youngest was a beacon of hope and energy whose life was cut tragically short due to Cystic Fibrous. She fought a brave and long battle against this terrible disease. The ladies in this family have been blessed musically and we have spent many nights listening to them play guitar and sing from the heart. It is with this fond memory that we proudly dedicate our Lounge to the adorable Kelly, resting in peace high above us all.

The "listening portion" of our concept is to allow a small setting so the musician's word can actually be heard. Many times, musicians are talked over and drowned out. For those of you who have been to the BlueBird Cafe in Nashville, you will understand the concept. We have designed the lounge to be a casual atmosphere for musicians and singers to showcase their talent. It is intended to be intimate, warm and

fun – with songwriters in mind. It is our hope that you can enjoy hearing your favorite song or soon to be favorite song and learn how they came to be.

The Vitamin M Lounge (Kelly's) will open at 5:00pm on April 26 and feature pianist Deziray Haight. Dezi will entertain us until 6:30pm. A short break will entail and then Nashville Recording Artist Corey Cox will take over. Corey will feature many of his self-written or co-written songs with an acoustic show.

During this time, samples from Silver Fox will be served. Please join us anytime during our Grand Opening!!!

Lots of wonderful things happening at Natural Healing Express! And the Silver Fox café is the place to be! Come try some healthy gourmet food – delicious and fast! We are now open Tuesday, Thursday and Friday 6:30am – 2:00pm, Wednesday 6:30am-7:00pm and Saturdays 8:00am- 1:00pm.

Dr. Susan is available on Wednesdays and Saturdays and by appointment!

Enjoy! Hope to see you soon and as always, please contact us via one of the following methods. Natural Healing Express: Phone 815 990 8732, email: skscham@aol.com 204 W Main St, Lena, IL 61048.

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