

Natural Healing Express Weekly

Column Volume 95 Natural Healing Express Offerings at Taste of Lena

This week our article will be more like an infomercial highlighting details of an event our store will be participating in this upcoming weekend. As many of you know, Lena, Illinois is slightly off the beaten path as many folks are cruising from Chicago to their second homes and romantic weekends in Galena.

Lena is located only 1 mile off of Route 20 at the Highway 73 intersection. If you haven't had a reason to stop in the past, I am hoping to give you a few reasons to come our way this weekend. Number one, if you have been reading these articles and haven't had a chance to stop by our storefront on Main Street, then we need to meet you!

We are at the corner of Main and Center Streets and you can't miss us because you will see various pieces of construction equipment and barricades on our sidewalk. Feel free to move those if you see fit. I like keep the construction guys on their toes. Funny how they started taking the keys out of everything.

Secondly, this upcoming Saturday, July 27th Lena will host the newly expanded Taste of Lena sponsored by Mediacom. Several local area restaurants and food vendors will be serving a "taste" of their offerings, so you can try several types of food all conveniently located in the Food Village.

Also at this event, there will be a Car Show with several categories including vintage cars, tractors, motorcycles and specialty classes. All classes will be awarded a trophy and many prizes and goody bags will be passed out. Knock the dust off your vintage car and bring it down to the show.

It's a family event, so there will be lots of entertainment to go around and the main stage will feature local band Free Fall as the headliner along with various other acts throughout the day.

The most unique part of the Taste of Lena will be Robert Bromberek's Grilling of an entire 800 pound beef. Robert has taken on this huge culinary challenge and will debut the enormous rotisserie he made. Robert's charity is called Tailgate for Hunger and will feature the Fan Bus of the Chicago Bears, commonly called "Da Bus". Saturday will be his first event and certainly a sight to see.

As in years past, many downtown businesses will feature local area food vendors and restaurants. This year, Natural Healing Express will feature one of our most simple and quenching recipes, Cucumber Water. This will be available from 9:00am to 2:00pm. In addition, many hot and iced tea samples will be available upon request.

If you mention that you read our article on that day you will be given a "Taste of Lena" discount on your total purchase. So, if you don't already have plans, come check out Natural Healing Express and spend a little time at the Taste of Lena.

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.

Website: www.naturalhealingexpress.com

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