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LOCAL NEWS... LOCAL VIEWS

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Smarts win Chamber LOTW

The Rochelle Chamber presented its July 14 Lawn of the Week Award to Cliff and Carrie Smart. **Page 7**

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OBITUARIES

• RUTH LYNN BUNGER
• DENISE LOUISE GREENFIELD

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'We have an amazing team'

Fiegenschuh discusses contract extension to 2027

BY JEFF HELFRICH
MANAGING EDITOR

ROCHELLE — At its July 10 meeting, the Rochelle City Council unanimously approved a renewal of City Manager Jeff Fiegenschuh's employment agreement that runs concurrent with the term of Mayor John Bearrows, both ending in May 2027. A city manager's contract cannot extend longer than a mayor's current term. Fiegenschuh has served in the position since September 2017. He thanked the mayor and council for their approval on July 10 and spoke with the News-Leader about his contract renewal on July 19.

"It means more to me than anything," Fiegenschuh said. "I feel very honored and humbled to have the support that the mayor, city council and my staff have given me. I greatly enjoy working here. I really do want to retire from here. I love this organization. We have an amazing team. I get to solve problems. I get to oversee and manage so many great things and I feel so honored and hum-



(PHOTO BY JEFF HELFRICH)

At its July 10 meeting, the Rochelle City Council unanimously approved a renewal of City Manager Jeff Fiegenschuh's employment agreement that runs concurrent with the term of Mayor John Bearrows, both ending in May 2027. A city manager's contract cannot extend longer than a mayor's current term.

bled to be asked to stay another four years. It's a great community and I couldn't ask for a better town to be in."

The city manager's last employment agreement renewal was approved in 2021. Over the nearly two years since, the city approved a new contract with the union that represents the firefighters/paramedics of the Rochelle Fire Department that will add

six additional firefighters by 2026, the construction of a new electric substation on Ritchie Road, the groundbreaking of the new Rochelle Intermodal Transload Center and the official announcement of Wheatland Tube/Western Tube filling and investing in the vacant Nippon Sharyo buildings.

The city also created and approved a new strategic plan, worked to

hire Rochelle Police Department officers amid a number of retirements in the department, and the creation of and hiring for new GIS and sustainability coordinator positions.

"I'm proud of everything we've done," Fiegenschuh said. "What I want to emphasize the most is that it's a team effort."

FIGENSCHUH p. 2



Pavia sworn in as full-fledged police chief

BY JEFF HELFRICH
MANAGING EDITOR

ROCHELLE — At its meeting Monday, the Rochelle City Council saw the appointment and swearing in of Pete Pavia as Rochelle Police Department chief. Pavia has served as interim chief since March following the retirement of Chief Eric Higby.

Pavia has over 25 years of law enforcement experience at various levels of leadership including as a school resource officer, field training officer, detective, first-line supervisor and acting chief. He holds a degree in criminal justice and is currently completing his master's degree in business administration and organization leadership. He's a graduate of the Northwestern University School of Police Staff and Command.

See COUNCIL page 5

Ribbon cutting held for Brown's Tax Service

'Together we all form a good team, so it works out really nice'

BY JEFF HELFRICH
MANAGING EDITOR

ROCHELLE — On Thursday, a ribbon cutting ceremony was held for Brown's Tax Service, which recently joined the Rochelle Chamber of Commerce, at its new location at 361 W. Illinois Route 38. The business offers bookkeeping, payroll and tax preparation services and is run by Carolyn and Jade Brown.

The ceremony Thursday included speeches by Chamber Executive Director Tricia Herrera, Rochelle Mayor John Bearrows, State Rep. Bradley Fritts and Carolyn Brown. "I appreciate everybody coming," Carolyn Brown said. "This is really nice. It's much more than I had anticipated. It's a huge step for us. It's a little nerve racking. We do appreciate it. I'll be working with my daughter, Jade, who is also in school for forensic accounting, so we will offer that in the future. We're excited. I've done taxes for 27 years. Marilyn has done taxes for 32 years. Together we all form a good team, so it works out



(PHOTO BY JEFF HELFRICH)

On Thursday, a ribbon cutting ceremony was held for Brown's Tax Service, which recently joined the Rochelle Chamber of Commerce, at its new location at 361 W. Illinois Route 38. The business offers bookkeeping, payroll and tax preparation services and is run by Carolyn and Jade Brown.

really nice. We appreciate everybody's support."

Herrera welcomed the Browns to the chamber and said it is there for anything they may need in the future. She thanked them for choosing to open

their business locally and recognized Carolyn for her longtime work in the community.

"Everyone in Rochelle has known Carolyn and all of the good things she does for a long time,"

Herrera said. "Not only are we celebrating the fact that you're now in your forever home, but we're also celebrating you. We're honored by the fact that you're such a great community member."

We all know that Carolyn also runs The Kitchen Table, which is a great community asset. We're very proud to have you in our membership."

See BROWN'S pg 9

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LOCAL NEWS

FIEGENSCHUH: Rochelle city manager receives contract extension

From page 1

“It’s everybody working together. There are so many reasons I’ve been so blessed to be here and continue to look forward to working here.”

For the next four years of his employment agreement, Fiegenschuh said objectives include the construction of another new electric substation on the west end of town, continuing to work with the state to see the start of an Illinois Route 251 reconstruction and widening project from near Flagg Road to just south of Illinois Route 38, continuing to work with the Rochelle Chamber of Commerce and the Downtown Association to promote businesses in all corridors of Rochelle and working to lure a fourth grocery store to the city.

The city manager also said that upcoming projects will include the repainting of the water tower near the overpass, the construction of a new fire training facility and expanding it into a regional training facility for multiple agencies, and reinvesting in city staff.

“We’ve got an amazing, talented staff,” Fiegenschuh said. “One of the reasons my contract was extended is that I have great people doing great work. I want to continue to reinvest in our staff and make sure that they have the resources to do their job. One goal I have for the next year is to get to know our staff better. I’d like to take some days and go out and work with people to



(PHOTO BY JEFF HELFRICH)

For the next four years of his employment agreement, City Manager Jeff Fiegenschuh said objectives include the construction of another new electric substation on the west end of town, continuing to work with the state to see the start of an Illinois Route 251 reconstruction and widening project from near Flagg Road to just south of Illinois Route 38, continuing to work with the Rochelle Chamber of Commerce and the Downtown Association to promote businesses in all corridors of Rochelle and working to lure a fourth grocery store to the city.

see exactly what they do and show them I support them and reinvest back into them.”

The city manager praised the mayors and city council members that he’s worked with in his six years.

“One of the reasons I don’t ever want to leave here is that it’s a politi-

cally-stable community,” Fiegenschuh said. “I think that’s a good thing for the community because it ensures that we can move forward. There are still disagreements, but nobody ever makes things personal and a vote is taken and we move on. I think it’s important to have that continuity.”

While Rochelle has a population of 9,500 people, the city has a \$110 million budget due to its operation of Rochelle Municipal Utilities, the sixth-largest electric utility in the state. Fiegenschuh came from a position in Rantoul that saw him manage an electric utility there as well.

He’s enjoyed the additional complexities that Rochelle has, such as its own short-line railroad, airport and Rochelle Fire’s agreement with the Ogle-Lee Fire Protection District to provide its chief and service outside of the community.

“I’ve learned a lot,” Fiegenschuh said. “I have

a lot of respect for all of my staff. I feel very blessed to have the staff I have and I consider all of them to be a mentor to me. I’ve learned a lot from them. I can think of 2-3 things that I’ve learned from every person I’ve worked with. I’m looking forward to another four years.”



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LOCAL NEWS



CHS Rochelle donates to HOPE of Ogle County

(COURTESY PHOTO)

CHS Rochelle recently made a \$4,000 donation to HOPE of Ogle County for new computers. “A huge thank you to CHS Rochelle for their generous support towards improving technology at HOPE of Ogle County,” a HOPE Facebook post said. “We are so grateful for your kindness!” From left to right: Mark Zaccaria, Samantha Zaccaria, Steve Truckenbrod, Kelly Kempson and Ruth Carter (HOPE of Ogle County), Tyler Angell, Michelle Harrell and Matt Wolf.

Rochelle AYSO player registration deadline scheduled for July 31

ROCHELLE — Rochelle AYSO is getting ready for an exciting fall season of soccer. Player registration ends on July 31. In order for the season to be successful, we are still looking for volunteers to

coach and assistant coach. The season cannot begin until coaches are found for every team. The first games will be on Aug. 19, and the season will run until Oct. 21. We are also looking for adults or young

adults to be referees for this season. Referees do receive a small payment for each game they work. Player registration, coach sign ups, and referee sign ups can all be done online at: <http://rochelleaysos.com>

Affordable health screenings coming to Rochelle Aug. 9

ROCHELLE — Residents living in and around the Rochelle area can learn about their risk for cardiovascular disease, osteoporosis, diabetes and other chronic, serious conditions with affordable screenings by Life Line Screening. The REC Center will host this community event on Aug. 9. The site is lo-

cated at 802 Jones Road in Rochelle. Screenings can check for: The level of plaque buildup in your arteries, related to risk for cardiovascular disease, stroke and overall vascular health. HDL and LDL Cholesterol levels. Diabetes risk. Kidney and thyroid function and more. Screenings

are affordable and convenient. Free parking is also available. Special package pricing starts at \$159, but consultants will work with you to create a package that is right for you based on your age and risk factors. Call 1-877-237-1287 or visit our website at www.lifelinescreening.com. Pre-registration is required.

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LOCAL NEWS



(PHOTOS BY JEFF HELFRICH)

At its meeting Monday, the Rochelle City Council saw the appointment and swearing in of Pete Pavia as Rochelle Police Department chief. Pavia has served as interim chief since March following the retirement of Chief Eric Higby. The meeting also saw the swearing in of two new Rochelle Fire Department firefighter/paramedics amid the department's expansion that involves six total additional full-time firefighter/paramedics. The two hires sworn in Monday were Jonathan Plaza and Javier Salinas.

COUNCIL: Two new firefighters sworn in Monday evening

From page 1

"Pete and his team have accomplished so much since March," City Manager Jeff Fiegenschuh said. "He's overseen the hiring of five additional full-time police officers. He's instituted a community resource officer program, worked to extend the SRO program at the high school and has ensured delayed equipment and capital purchases have proceeded. He's committed himself to learning about and embracing our organization and community. I have 110 percent faith in Pete's leadership capabilities and I know he's the right person for this job."

The council chambers Monday were filled with members of the department and friends and family of Pavia.

"Thank you for the opportunity to serve the great men and women of the Rochelle Police Department," Pavia said. "I'm honored and humbled to lead the department and I pledge to work tirelessly to make a positive difference in the lives of people we serve in this community. I commit to making sure our officers are properly trained, equipped, supervised and supported. I believe in all of them and it's such a privilege to stand next to them and serve. I look forward to our future together."

Firefighters

The meeting also saw the swearing in of two new Rochelle Fire Department firefighter/paramedics amid the department's expansion that involves six total additional full-time firefighter/paramedics by

the beginning of 2026 due to record call numbers.

The two hires sworn in Monday were Jonathan Plaza and Javier Salinas. Both have previous experience with the Ogle-Lee Fire Protection District, which RFD has a partnership agreement with and is made up of stations in Creston, Steward, Hillcrest and Flagg Center.

Salinas started his career at the Creston station in November 2016 and joined RFD as a part-time firefighter in July 2021. He's a certified basic ops firefighter, an EMT basic, a fire service instructor and certified in hazmat operations. He has a bachelor's of science degree in criminal justice and a master's degree in theological studies. He is bilingual and speaks English and Spanish.

Plaza started his career serving out of the Flagg

Center station in January 2018. He joined RFD as a part-time firefighter in October 2018. He served in the United States Air Force and has an associate's degree in certified advanced firefighter and recently graduated from paramedic school. While in the Air Force, he became certified as a fire apparatus technician. Plaza is bilingual in English and Spanish as well.

With a room full of first responders and their families in attendance for the swearing ins, Mayor John Bearrows thanked them for their service to the city.

"Our community can be very proud of all of our folks that serve in health and safety from police to fire and paramedics and everyone," Bearrows said. "We can be proud to have a staff in those departments that provides

the protection service that they do. I'd like to publicly thank the council for expanding our staff and making sure they have the proper equipment to work with."

Seal coating

The council unanimously approved a bid for this year's seal coat road work from Helm Civil, Inc. in the amount of \$256,942.

Streets planned to be seal coated include portions of Tilton Park Drive, Woolf Court, North 12th Street through North 10th Street, 15th Street, West 1st Avenue, South 10th Street, Lakeview Drive, and West 9th Avenue through West 4th Avenue.

The city street department crews will provide pavement patching, surface preparation and sweeping in advance of seal coat operations.

Tower lease

The council unanimously approved a resolution to enter into a first amendment lease with T-Mobile, LLC for the placement of an antenna on the city's water tower near the Illinois Route 251 overpass.

The city's current lease agreement with VoiceStream GSM is set to expire in November 2025. Since the execution of the original agreement, T-Mobile has purchased the lease and requested an amendment to reflect five additional five-year terms with an escalation rate of 3.5 percent per year after the first year's monthly payments of \$3,505.80. The antenna will be removed for upcoming painting work on the water tower and will be put back on or replaced following that project's completion.

City earns Distinguished Budget Presentation Award for fourth straight year

ROCHELLE — The City of Rochelle recently congratulated its finance department upon receipt of the Government Finance Officers Association Distinguished Budget Presentation Award for the fourth year in a row. The award is the highest form of recognition in governmental budgeting. Its attainment represents a significant achievement by an organization. The city received the award for the fiscal year beginning Jan. 1, 2023.

The award represents a significant achievement by the entity. It reflects the commitment of the governing body and staff to meeting the highest principles of governmental budgeting. In order to receive the budget award, the entity had to satisfy nationally recognized guidelines for effective budget presentation.

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LOCAL VIEWS

Guest column

McDermott: Rochelle's Rosemont

BORN in 1883 in Tennessee, Ellie Cooper married Laura Harris and began a family. It was 1916 when the Coopers and their sons moved to Rochelle. Ellie worked for the Chicago, Burlington, and Quincy (C,B,&Q) Railroad. He was in charge of the coal chutes. His job was loading coal onto trains to fuel their engines. Ellie contracted cancer and suffered from poor health until he passed in 1925. This left Laura with two sons, Clarence and Elzie, and few options.

Elzie was born in 1911 in Paducah, Kentucky. He moved with his family to Rochelle in 1916. The most striking thing about his early years is that his was one of very few Black families in Rochelle. The Black families that did move North after the Civil War mostly gravitated to larger cities where there were more work opportunities and Black communities. Rochelle in 1916 had a population of about 3,000 and at times there were no Black families

within 20 miles. For Elzie this simply meant that he was a Black child who only saw similar people when he was at home. He was so alone that I could not find any elementary school pictures with Elzie and another Black child.

At age 14 in 1925, Elzie was faced with a world that few can comprehend. From 1924 through 1930 the Ku Klux Klan was huge in Sycamore, DeKalb, Rockford, Byron, Oregon and Rochelle. With a population of 3,300, Rochelle would see Klan parades with over 8,000 Klansmen marching. Even given the usual over exaggeration of the media, this is a frightening number. Add to this environment the loss of the adult male in his life, Elzie could easily have retreated from the community.

Elzie began high school in 1926. He would be the only Black student in his freshman class, nothing new for Elzie. The Rochelle High School had moved into their new building in 1922 and was about to welcome its first

Black student, and what a welcome it was.

Elzie found his community in sports. He started his high school career with football. Two things happened, Elzie acquired the nickname "Rosemont" and earned his first varsity letter. Basketball offered a second opportunity for camaraderie and Elzie's second varsity letter. Baseball started in the spring and Elzie finished his freshman trifecta, three sports and three varsity letters.

The second act of his high school career was almost a replay of his first year, only better. Basketball welcomed Elzie back for a second varsity letter. This year though the basketball team won its first District championship and first Sectional championship in the school's history. A varsity letter in football and another in baseball rounded out the sports accomplishments for the year. Elzie also added sophomore

class vice-president to his resume. Elzie entered his junior year with six varsity letters under his belt. Again he lettered in three sports; basketball, football and baseball. Elsie was selected to the All-County Team, All-District Team was an All-Conference guard in basketball. The team garnered its second District basketball championship.

During the 1929-1930 school year, Elzie was a senior and ready to raise the bar again. Football season saw Elzie again leading the team as a line-breaking halfback. Local jeweler William F. Hackett created a new trophy to honor "that one, outstanding, superior and best all-round athlete of the school." The first athlete to receive the award was Elzie Cooper. Elzie earned his fourth basketball varsity letter and decided that he needed a change. He opted to try track instead of baseball. Yes, he received a varsity letter in track.



Tom McDermott

In the early 1930s what does a Black man do after graduating high school? Elzie took the path less traveled, he headed to Northern Illinois University to begin his college education.

Elzie became the first minority student to win a varsity letter in any sport at Northern. He repeated the feat six times. He played football, basketball and baseball during the 1930s and lettered twice in all three sports. Elzie excelled to the degree that he became a student coach under the legendary Chick Evans. By the time he graduated in 1936, Elzie was a three-sport Northern Illinois all-star and two-time Northern Illinois Athletic Hall of Fame inductee. Elzie was inducted as an individual and as a member of the 1933-34 basketball team that captured the Little 19 championship and participated in the precursor to the NCAA Tournament.

Elzie graduated from Northern Illinois with a teaching degree. He tried his hand at teaching but

found the opportunities to make a living as a Black man extremely difficult. Elzie made the decision to return to Rochelle and took a job working for California Packing Company as a warehouse foreman.

Elzie was home for good and chose to attempt his most difficult sporting endeavor, he became a basketball and baseball coach for local youth. There was hardly a child who played sports that did not learn from Elzie. Why does a Black man choose to live in a community like Rochelle? Well Elzie summed it up this way, "I love Rochelle because it has been good to me and given me an opportunity to work with young people in the way I like best."

Elzie was selected as Rochelle man of the year in 1964 for his service to the youth of the community with no regard for profit or prestige. He passed in 1984 leaving a hole that may never be filled.

Tom McDermott is a Flagg Township Museum historian and Rochelle city councilman.

Scott Reeder: A politician's past

THE congressman was a crack addict.

When I heard those words, I was flummoxed. It's not that I found it difficult to believe that someone in public life had a substance abuse problem. During my 35 years covering politics, I've seen politicians drunk while debating legislation. And I've seen them holed up in their offices drinking when they were supposed to be legislating.

But the phone call I had last week from Terry Schilling, a son of former U.S. Rep. Bobby Schilling, left me stunned. He said his dad spent much of the 1980s hooked on crack cocaine.

I was astonished because I had never heard even a whisper of this when he was running for and holding public office. And campaigns are when the klieg lights come on and

skeletons come dancing out of the closets.

"My dad was a recovering drug addict and a recovering alcoholic. He was always very private about it because he didn't want to be defined by the mistakes of his past. He wanted people to judge him for what he had become and his accomplishments," Terry said.

I can appreciate the congressman wanting to keep his past quiet. But what amazes me is that he succeeded.

In 2010, Bobby Schilling, a Republican, defeated incumbent Democrat Phil Hare by 10 points in the 17th Congressional District, which then twisted across western and central Illinois. Two years later Schilling lost reelection to Democrat Cheri Bustos and she beat him again in a 2014 rematch.

Every campaign has

whispers. Labels like "skirt chaser," "drunk" or "in the closet" are affixed to candidates as if they were third graders with "kick me" signs stuck to their backs.

But with Schilling the only whisper I heard was "family guy."

Schilling presented himself to voters as a hard-working father of 10 who owned a Moline pizzeria.

At the time I thought Schilling was smarmy. But if smarminess were an impeachable offense, Congress would never have a quorum.

My dad once heard him speak and thought he was the most swell politician ever. He won him over by telling him how much he admired his son's column. (So maybe he should have worn the label "shameless.")

Neither I, nor as far as I know, any other reporter, had a clue about Schilling's

darker past.

"He was in high school when the crack epidemic was happening and they really suckered these young guys into it. ... This is before we really knew how bad crack was for people and how addictive it was. And he just got caught up."

A pregnant Christie Schilling, would haul Terry and two of his siblings from tavern to tavern looking for her husband, Bobby. He'd go missing for three days.

Finally, she gave Bobby an ultimatum: Her or the drugs.

Christie filed for divorce in Rock Island County but didn't follow through after he cleaned up his act. She credited his recovery to a treatment program at the former Mercy Hospital in Davenport, Iowa, his Catholic faith and Narcotics Anonymous.

The Narcotics Anonymous meetings were a

worry. What if someone attending a meeting broke a confidence?

"He had a lot of Democrat friends from NA. And politics makes people irrational and do things that they wouldn't normally do," Terry said.

While working on his father's campaign Terry asked what their contingency plan should be if word of his past drug use leaked.

"I said, 'You know, you could do the George (W.) Bush route where he really talked about this openly and used it as a positive thing for how he turned his life around. And he just, didn't want to make (the campaign) about that. I said, 'Well, what are you going to do if it gets brought up anyway?' And he said we'd just acknowledge it, we'd tell the truth and we'd say, you know, that was stuff that I strug-

gled with in my 20s and I turned my life around."

After moving to LeClaire, Iowa, Bobby Schilling made another bid for Congress in 2020, this time in Iowa's Second Congressional District. But he was defeated in the GOP primary. He died in 2021 of intestinal cancer at age 57.

Both Christie and Terry said they want to inspire others with Bobby's life. They are considering writing a book.

"He gave his life to God and his family," Terry said. "And he died a former member of Congress, a successful business guy who everyone really loves. And he has ten kids surrounding his bedside praying for him and thanking God out loud for him when he dies."

Scott Reeder, a staff writer for Illinois Times can be reached at sreeder@illinoistimes.com.

How to contact government officials

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(202) 225-6201

IL Sen. Win Stoller
Stratton Office Bldg
Springfield, IL 62706
(217) 782-1942

IL Rep. Bradley Fritts
Stratton Office Bldg
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(217) 782-0535

Have a letter you want to submit to us? Send it to news@rochellenews-leader.com

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Reid Elliot	
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LETTERS TO THE EDITOR POLICY

The Rochelle News-Leader encourages responsible letters to the editor on subjects of interest to our readers. Editing may be necessary for space, clarity or to avoid obscenity or libel, but ideas will not be altered. All letters must bear the handwritten signature of the writer and include address and phone number or e-mail address for verification purposes. Neither the street address nor phone number will be printed. Letters should be typed

or legibly handwritten, and no anonymous letters will be published. Any letters from boards or organizations must include at least one name of an individual. Any criticism of public officials should be limited to issues related strictly to their position or actions made in office, as personal attacks will not be published. Letters involving private disputes between the writer and a business will not be published. Political endorsements will be published,

however letters from candidates endorsing themselves will not be printed. Letters may be dropped at the News-Leader office (211 IL Route 38 East), mailed to the News-Leader (P.O. Box 46, Rochelle, IL 61068) or e-mailed (news@rochellenews-leader.com.) The News-Leader reserves the right to edit or reject any letter to the editor for any reason, and letters chosen for publication do not necessarily reflect the views of this newspaper.

COMMUNITY

Smarts win July 14 Chamber Lawn of the week

ROCHELLE — The Rochelle Chamber of Commerce recently presented its Lawn of the Week award for the week of July 14 to Cliff and Carrie Smart. They received a sign and a \$25 Rochelle ACE Hardware gift card, presented by Rochelle Ace Hardware Manager Jesse Lopez. The chamber has partnered with Rochelle Ace Hardware to award gift cards to the winners.

The 2023 Lawn of the Week program has begun for the summer and will run through September. Nominate a neighbor/yard each week by submitting a name and address on the Rochelle chamber's website, <http://therochellechamber.com/lawn-of-the-week>. Submissions can also be made by emailing rochellechamber@gmail.com.

"We are proud to recognize our residents that display community pride in Rochelle," Chamber Executive Director Tricia Herrera said. "We love that this program gives us the chance to showcase the hard work and dedication they put in to making our city look great."



(COURTESY PHOTO)
The Rochelle Chamber of Commerce recently presented its Lawn of the Week award for the week of July 14 to Cliff and Carrie Smart. They received a sign and a \$25 Rochelle ACE Hardware gift card, presented by Rochelle Ace Hardware Manager Jesse Lopez.

THE KITCHEN TABLE MENU

7034 S. Klondike Road | Rochelle, IL 61068 | 815-561-9074
If you would like to volunteer with us, please email us at volunteer@kitchentablerochelle.org

Sausage Gravy and Biscuits, Egg Muffins, Pancakes, Sausage Links
KIDS MENU: Chicken Nuggets w/Fries

July 27 – (Thursday) – Grilled Chicken Sandwich, Fries, Pasta Salad
August 6 – (Sunday Brunch) – Serving from 9 to 12 –

****All menus are subject to change. If you would like to check before coming out, please call us at 815-561-9074 www.KitchenTableRochelle.org**

BIRTHDAYS & ANNIVERSARIES

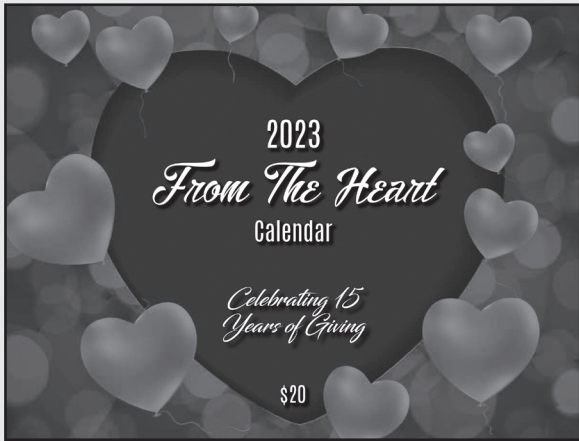
July 26
Jim Friestad

July 28
Marisa McGuire

July 27
Brian & Kelly Smith (anniversary)
Pastor Angelo & Debbie Bonacquisti (anniversary)

July 30
Spencer Kulwicki

Call 815-561-2151 to submit names for birthdays and anniversaries



- June 30 - HOPE of Ogle County, \$25
- July 1 - Heather James, Stillman Valley, \$25
- July 2 - Calvin Jacobs, Rochelle, \$50
- July 3 - Barbara Halvorson, Rochelle, \$25
- July 4 - From the Heart, \$1,000
- July 5 - Calvin Jacobs, Rochelle, \$25
- July 6 - Ashley Anderson, Mt. Morris, \$25
- July 7 - Tami Rhea, Esmond, \$25
- July 8 - RACF, \$25
- July 9 - Aaron Samp, Palos Heights, \$50
- July 10 - Kevin Koch, Bozeman, Montana, \$25
- July 11 - HOPE of Ogle County, \$25
- July 12 - Will Reis, Worthington, Ohio, \$25
- July 13 - Dorothy Lockard, Creston, \$25
- July 14 - Zekelman Employee, \$25
- July 15 - Zekelman Employee, \$25
- July 16 - The Kitchen Table, Rochelle, \$50
- July 17 - Rayanne Hibshman, Rochelle, \$25
- July 18 - Melissa Drafall, Monroe Center, \$25
- July 19 - From the Heart, Rochelle, \$25
- July 20 - Jessica Mueller, Rochelle, \$25
- July 21 - Kathy Pfeiffer, Rochelle, \$25
- July 22 - The Kitchen Table, Rochelle, \$25
- July 23 - Rocio Belmonte, Rochelle, \$25
- July 24 - Zekelman Employee, \$25
- July 25 - Rochelle Firefighter Social, \$25
- July 26 - Tom McDermott, Rochelle, \$25

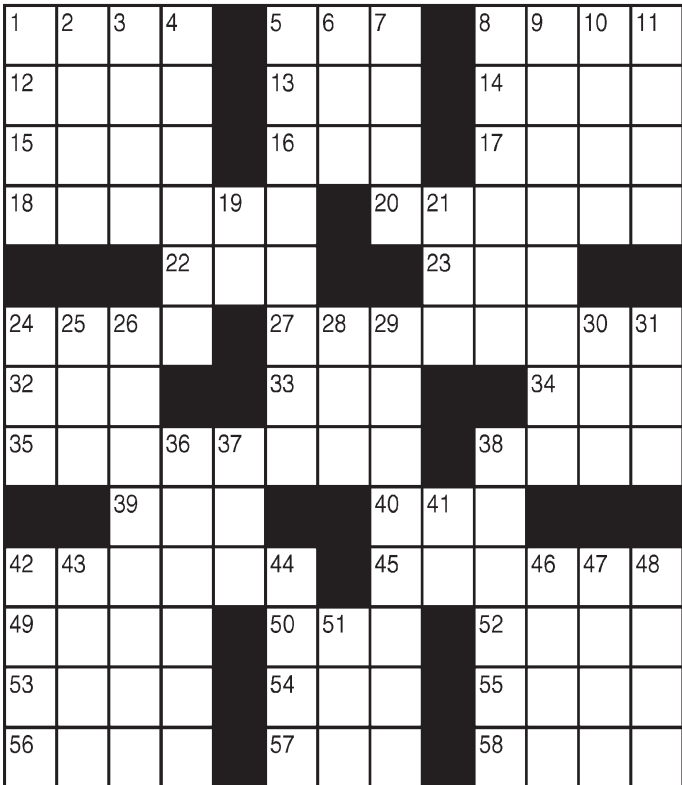


Coffee Break

King Crossword

ACROSS

- 1 Satan's purchase
- 5 Chest protector
- 8 Ski lift type
- 12 Old U.S. gas brand
- 13 Piercing tool
- 14 Hindu royal
- 15 Pub potables
- 16 King, in Cannes
- 17 Choir voice
- 18 New
- 20 Pal of Pooh
- 22 Stephen of "Still Crazy"
- 23 Hobbyist's abbr.
- 24 Mineral-hardness scale name
- 27 Tot's train
- 32 Rock's Brian
- 33 Science room
- 34 Klutz
- 35 Folks from Indiana
- 38 Garrison
- 39 Flop
- 40 Ostrich's kin
- 42 Exhibited ennui
- 45 In a way
- 49 "Metamorphoses" poet
- 50 Hosp. hook-ups
- 52 Carry on



- 53 Ms. Rowlands
- 54 Golf prop
- 55 Like some vaccines
- 56 Gross
- 57 Last letter in London
- 58 Mr. Disney
- 6 — Jima
- 7 Radar dot
- 8 Dire
- 9 Hype
- 10 Pot starter
- 11 Laugh-a-minute
- 19 Concerning
- 21 Altar vow
- 24 "I'm not impressed"
- 25 Music's Yoko
- 26 Snooker
- 28 Guffaw syllable
- 29 Fanatical
- 30 Rowing need
- 31 Frequently
- 36 Half the weekend
- 37 Chemical suffix
- 38 Groove
- 41 Kansas City's st.
- 42 Quotable Berra
- 43 Opposite of "sans"
- 44 Bubblehead
- 46 O'Hara estate
- 47 Cameo shape
- 48 Fedora fabric
- 51 Victory sign

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Weekly SUDOKU

by Linda Thistle

9					3	5		
	1		8					7
8		6		7			2	
		2			6		3	
	9			4				6
1			2			4		
5					2	6		4
	3		9				8	
		4		1		3		

Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

DIFFICULTY THIS WEEK: ♦♦♦

♦ Moderate ♦♦ Challenging
♦♦♦ HOO BOY!

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CryptoQuip

This is a simple substitution cipher in which each letter used stands for another. If you think that X equals O, it will equal O throughout the puzzle. Solution is accomplished by trial and error.

Clue: X equals L

LFVL CZK XNIYE EWZKYB-OVR
VRK SXVGC WVRLFYB, EN VL
FZE SZBLFKVP WVBLP LFYP
EYBIYK OVBIYX GVCY.

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5	6	3	7	1	9	4	8	2
2	8	7	4	7	5	6	1	3
4	1	9	2	8	3	6	7	5
6	4	7	8	4	3	2	5	9
9	2	5	1	4	7	7	8	6
1	3	8	9	6	5	2	4	7
3	1	2	6	1	4	7	9	5
7	9	6	5	2	8	3	1	4
4	8	5	3	6	1	7	2	9

Answer

Weekly SUDOKU

1	2	3	4	5	6	7	8	9
10	11	12	13	14	15	16	17	18
19	20	21	22	23	24	25	26	27
28	29	30	31	32	33	34	35	36
37	38	39	40	41	42	43	44	45
46	47	48	49	50	51	52	53	54
55	56	57	58	59	60	61	62	63
64	65	66	67	68	69	70	71	72
73	74	75	76	77	78	79	80	81

Answer

King Crossword

That kid loves Spider-Man and Black Panther, so at his birthday party they served Marvel cake.

Answer

CryptoQuip

PRIME TIME

Tailor-made gifts for on-the-go seniors

SENIORS and older adults did not seem to get the memo regarding inflation. As the world continues to navigate a cost-of-living increase, internal data from Bank of America indicates that Baby Boomers (people born between 1946 and 1964) and Traditionalists (individuals born between 1928 and 1945) are spending more while younger generations are cutting back. Between May 2021 and May 2022, spending by Traditionalists increased by more than 5 percent while Baby Boomer spending rose by 2.2 percent. That uptick occurred while younger generations' spending fell by 1.5 percent.

Seniors seem to be on the go, and that's something holiday shoppers can keep in mind as they look for gifts for their aging parents, grandparents and others. With that in mind, shoppers can consider these gifts that align well with the lifestyles of seniors who are out and about and making the most of their free time.

• Golf clubs or addi-

tional golf gear: Data from the National Golf Foundation indicated that more than 34 million people in the United States played golf in 2019, and 15 percent of those players were 65 and over. A new set of custom-fit clubs can help seniors take their game to the next level. Such clubs can be expensive, so they make a great tandem gift from children and grandchildren who pool their resources. If new clubs are not necessary or too costly, a single club, such as a new driver or putter, makes for a great gift as well. Gear like a new golf bag, new spikes and new course-friendly attire also makes a great gift for seniors who love the links.

• Travel gifts: The 2023 AARP Travel Trends survey found that 85 percent of older travelers rank travel in their top three priorities for discretionary spending. The appeal of travel has not worn off for modern seniors, and shoppers can keep that in mind this holiday season. New luggage, travel miles earned through a credit



card, unique experiences at senior travelers' next destination, air tags that can keep track of luggage, and a world travel adapter that can convert plugs in any country across the globe are just a few of the many travel gifts shoppers can give on-the-go seniors this December.

• Exercise gear: The

National Council on Aging notes that adults who exercise after turning 65 continue to reap the same rewards that improve quality of life among younger men and women. In addition to boosting immunity, exercising after 65 continues to improve mood so long as seniors stay the course.

Exercise gear, including attire and appropriate footwear, can reduce injury risk and help seniors feel more comfortable while breaking a sweat.

• Spa session: All that activity is good for the body, but so is a little post-activity rest and relaxation. A day at the spa, where seniors can get

a massage, take a mental break and address minor aches and pains can be just the thing seniors need to recover in time for their next excursion.

Any number of gifts can make this holiday season even more special for modern seniors who continue to get up and go each day.

What seniors should know about atrial fibrillation

THE heart has been characterized as the engine that makes the human body run. If that metaphor is not exactly spot-on, it still serves as a good indicator as to just how vital a healthy heart is to the human body.

Despite the importance of a healthy heart, diseases that affect the heart remain the single greatest cause of death across the globe. According to the World Health Organization, cardiovascular diseases (CVDs) are the leading cause of death globally, claiming roughly 18 million lives each year.

Various factors can adversely affect how well the heart functions, and that includes irregular heart beat, also known as arrhythmia. Atrial fibrillation (AFib) is the most common form of arrhythmia, and it behooves anyone to gain a greater understanding of this condition.

The Cleveland Clinic notes that AFib is an arrhythmia that begins in the upper chambers of the heart known as the atria. When a person has AFib, these chambers beat irregularly, and the American Heart Association reports that, when this occurs, blood pools in the area because not enough blood is being pumped out of the atria. That pooled blood can clot and pose a serious threat.

The AHA notes that, if a clot forms, the blood can be pumped out of the heart to the brain, which blocks the blood supply to the brain and ultimately results in stroke. In fact, AHA data indicates between 15 and 20 percent of people who have strokes have AFib. In addition, the Heart and Stroke Foundation of Canada reports that one-fourth of all strokes affecting people 40 and older are caused by AFib.

The Cleveland Clinic notes that some people with AFib experience no symptoms. Such is the case in people whose



ventricles are beating at a normal or slightly elevated pace. When ventricles begin to beat faster, then individuals may experience symptoms that can include:

- Extreme fatigue
- Irregular heartbeat
- Heart palpitations
- Feeling of butterflies or fish flopping in the chest
- Dizziness or lightheadedness

- Fainting
- Shortness of breath
- Chest pain

The AHA notes that adopting and maintaining a heart-healthy lifestyle is the best way to control AFib risk. Such a lifestyle includes:

- Regular physical activity
- Adherence to a heart-healthy diet that is low in salt, saturated fats, trans fats, and cholesterol

- Controlling blood pressure, including management of high blood pressure

- Avoid excessive consumption of alcohol and caffeine
- Avoid smoking
- Maintain healthy

cholesterol levels

- Maintain a healthy weight

Researchers behind a 2021 study published in the journal Progress in Cardiovascular Diseases note that AFib has sometimes been characterized

as the cardiovascular epidemic of the twenty-first century. Such a characterization underscores how significant a global health threat AFib can be.

More information about AFib can be found at heart.org.



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07262023

LOCAL NEWS



(PHOTOS BY JEFF HELFRICH)

The ceremony Thursday included speeches by Chamber Executive Director Tricia Herrera, Rochelle Mayor John Bearrows, State Rep. Bradley Fritts and Carolyn Brown. The ribbon cutting was unique for Bearrows, as Brown's Tax Service will fill space formerly occupied by his real estate business.

BROWN'S: Ribbon cutting ceremony held for local tax service

From page 1

The ribbon cutting was unique for Bearrows, as Brown's Tax Service will fill space formerly occupied by his real estate business. He said he enjoys ribbon cuttings for the expansions of already-local businesses as much as he enjoys them for new businesses in town.

"It's really great to have new businesses come to town, but it's really great when you see an existing business that expands because it wants to have a larger space and its own space," Bearrows said. "To see you come in with Jade as the next generation to carry on the business, that all just ties together. On behalf of the city, we want you to know that we're here as a

partner for you as well to do whatever we can. We always talk about how the city, chamber and the business owners make up three sides of a triangle. And if any one of them is gone the triangle falls apart. I think in order to support and grow your business to prosper, remember those partners you have and it will do well for you in the future. Welcome to the City of Rochelle."

Fritts welcomed Brown's Tax Service on behalf of his office and the state.

"On behalf of the state, welcome and thank you so much for choosing Rochelle and Illinois," Fritts said. "Thank you for staying here and doing what you do and joining the chamber and a collection of businesses."



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SUMMER HEALTH

How to avoid food poisoning when grilling this summer

COOKING over an open flame produces a unique flavor that's difficult to match. The smoky flavor of grilled foods is hard to resist, especially on summer nights that seem tailor-made for cooking and dining outside.

Cooking over a flame comes with certain safety risks, and those risks are easily mitigated with some simple strategies. It's equally important that grilling enthusiasts make an effort to reduce the risk of food poisoning when grilling. Dishes used to cook indoors are routinely scrubbed clean after a good meal, but grills rarely garner the same level of post-meal attention, which can increase the risk for food poisoning. And a less-than-spotless grill grate isn't the only food poisoning risk linked with grilling. The Centers for Disease Control and Prevention offer these tips to avoid food poisoning when grilling in the months ahead.

- **Separate raw foods before grilling.** Cross-contamination can contribute to food poisoning. The CDC suggests efforts to prevent cross-contamination should begin at the grocery store. Foods

should be kept separate in grocery carts and bags, and packages of raw meat and poultry should be kept in their own individual bags.

Keep foods cool at all times. The CDC recommends picking up meat, poultry and seafood right before checking out so the food remains as cool as possible at all times. If it's a long drive from the store to home, which can be the case when grilling foods that must be purchased at specialty stores or fisheries instead of traditional neighborhood grocery stores, shoppers can place items in insulated coolers and keep them at 40 F or below. All raw meat, poultry or seafood should be refrigerated until cooks are ready to place it on a grill.

Thaw foods safely. The CDC notes that foods should never be thawed on a counter, even if they're in a pot or bowl of lukewarm water. Foods should be thawed in a refrigerator or by utilizing the defrost function on a microwave.

Marinate safely. Like thawing, marinating should always be done in a refrigerator, regardless of which type of marinade is being used. When marinating foods are ready

for cooking, discard the marinade and clean the dish immediately to avoid contamination.

Routinely clean hands when handling raw meat, poultry and seafood. Cooks should wash their hands thoroughly after handling raw meat, poultry or seafood. Wet hands, lather them with soap and then scrub for at least 20 seconds. Make sure hands are dried on a clean towel, and repeat this process any time raw meat is touched.

Clean the grill thoroughly. A grill should be given a thorough cleaning before each use. The CDC urges individuals using a wire bristle brush to thoroughly inspect the grilling surface before lighting a flame and cooking. Wire bristles can be dislodged during cleaning, and then end up on food, where they can pose a significant health hazard once foods are eaten.

Always place cooked foods on clean dishes. Cooked foods should never be placed back on the dishes or in the containers where they were stored prior to being cooked. Doing so can lead to food poisoning and illness.

Cook foods to the appropriate temperature. Foods require different

cooking temperatures, and cooks are encouraged to determine those temperatures for each

food they grill. Utilize a meat thermometer to ensure foods are cooked hot enough to kill germs.

Safe grilling includes doing everything possible to prevent food poisoning.



Hydrating is key in summer heat

SUMMER is a season to enjoy some fun in the sun, but it's imperative that people remember to take steps to reduce their risk for heat illness. Those measures should include efforts to hydrate and remain hydrated throughout the day.

The Centers for Disease Control and Prevention report that water will almost always help people remain hydrated even when they're working in the heat. But food also plays a vital role in preventing heat illness, as the CDC notes eating regular

meals can help to replace the salt lost through sweat. It's also important that individuals avoid energy drinks and alcohol when spending time in the hot summer sun.

Many energy drinks contain more caffeine than standard servings of coffee, tea and soft drinks, and excessive caffeine consumption can contribute to dehydration. The same can be said for alcohol, and the CDC reports that consuming alcohol within 24 hours of working in the heat can increase the risk of heat illness.



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RTHS Athletics




Rochelle Township High School senior graduates Morgan Smardo (left) and Landon DeLille (right) received the 2022-23 Rochelle News-Leader Scholar-Athlete Awards. Each student received a framed award certificate as well as a \$500 cash scholarship. The students are pictured above with Sports Editor Russell Hodges.

(PHOTOS BY JEFF HELFRICH)

Scholar-Athletes awarded

Rochelle News-Leader presents DeLille, Smardo with \$500 scholarship checks

ROCHELLE — The Rochelle News-Leader selected Rochelle Township High School senior graduates Landon DeLille and Morgan Smardo as the winners of the 2022-23 Scholar-Athlete Awards. The RTHS student-athletes will each receive \$500 toward their respective college educations.

“We are thrilled to honor both Landon and Morgan for their outstanding academic and athletic achievements during their time at Rochelle Township High School,” Rochelle News-Leader Sports Editor Russell Hodges said. “Each of these student-athletes have proven themselves to be leaders in and out of the classroom and we’re excited to reward them for their hard work over the last four years. We wish Landon and Morgan the best as they prepare to begin their collegiate studies this fall.”

DeLille competed in three sports including football, basketball and track at Rochelle Township High School. An Interstate 8 Academic All-Conference honoree in all three sports, DeLille earned eight varsity letters and was named the winner of the basketball team’s McFadden Award during his senior season. DeLille served two years with the National Honor Society as well as two years with the National Technical Honor Society, three years with the RTHS Interact Club, one year with the RTHS Tatler Staff, one year with the speech team and one year as the co-founder of the Rochelle Christian Fellowship.

DeLille earned a 3.805 GPA and will attend Kishwaukee College in the fall, where he intends to earn his associate’s degree in computer science while also attending aviation ground school to earn his pilot’s license.

Smardo competed in two sports including cheerleading and softball at Rochelle Township High School. An Academic All-Conference honoree in both sports, Smardo was a four-time Interstate 8 All-Conference cheerleader as well as a two-time Interstate 8 All-Conference softball player. Smardo spent four years with both athletic programs and concluded her high school career with eight varsity letters earned.

Smardo was voted a two-time Cheerleader of the Year Award winner and one-time Most Improved Cheerleader Award winner by her teammates at RTHS.

See AWARDS page 3

Rochelle Little League

11U Baseball All-Stars win Sub-State Championship

Rochelle advances to state tournament after victories over Streator, Moline

BY RUSSELL HODGES
SPORTS EDITOR

ROCHELLE — The Rochelle Little League 11U Baseball All-Stars went 2-0 to win the Illinois Little League Sub-State Championship tournament at Floyd J. Tilton Park on Saturday afternoon. Rochelle held on for a 2-1 win over Streator before cruising over Moline 13-0 to clinch its berth in the Illinois Little League State Championship tournament this weekend.

Streator
Rochelle took a 1-0 lead in the bottom of the first inning, where Teddy Millard smacked a lead-off single before advancing to second on an error and scoring on an RBI line-drive single from Quentin Ansteth. Rochelle drew four walks and added one run to its lead in the bottom of the third inning, where Kam Kessen laced an RBI single into left field to plate Eli Thompson.

An RBI single in the top of the fifth inning brought Streator within one run. Despite conceding a one-out double in the top of the sixth inning, Rochelle sealed its win with a fielder’s choice putout at home plate and a groundout to third base. Ansteth started on the mound for Rochelle, throwing five innings and striking out six batters while allowing only two hits. Kessen entered in relief and earned the save for Rochelle, firing one frame and notching one strikeout.

Moline
Chase Brown took the ball to start the game for the Rochelle All-Stars, striking out three batters in the first inning and finishing with seven strikeouts over four no-hit frames. Jaxon Quinonez ignited the Rochelle offense in the bottom of the first inning, sending an RBI single into left field for the first of the team’s three runs in the frame. Kam Kessen and Quentin Ansteth each scored on passed balls to put Rochelle ahead 3-0 after reaching base on a walk and a hit-by-pitch.

Eli Thompson’s fielder’s choice grounder allowed Maddex Jackson to score the first of two runs in the bottom of the second inning. Reed Dougherty gave Rochelle a 5-0 advantage, scoring on a double-play popout on the infield. Rochelle blew the game open with eight runs in the bottom of the third inning, where Ansteth belted a three-run inside-the-park homer to spark the surge.

Quinonez doubled and scored on an error by the catcher to give Rochelle a 9-0 lead. Jackson and Noah Hayden each smacked RBI singles over the next two at-bats, allowing Dom Escatel and Grange Kissack to cross home plate and put Rochelle up 11-0. Dougherty followed with an RBI single and Thompson plated Jackson on a fielder’s choice grounder to cap off the frame.



(COURTESY PHOTO)

The Rochelle Little League 11U Baseball All-Stars went 2-0 to win the Illinois Little League Sub-State Championship tournament at Floyd J. Tilton Park on Saturday afternoon. The team includes Eli Thompson, Chase Brown, Kam Kessen, Teddy Millard, Maddex Jackson, Garrett Miller, Jaxon Quinonez, Grange Kissack, Noah Hayden, Dominic Escatel, Jaxon Olsen, Quentin Ansteth and Reed Dougherty. The team is coached by Mike Thompson, Tim Hayden and Jerry Kessen.



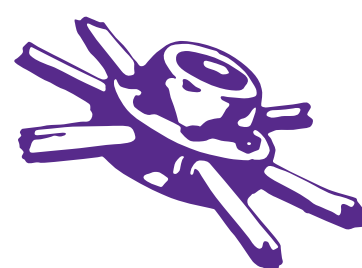
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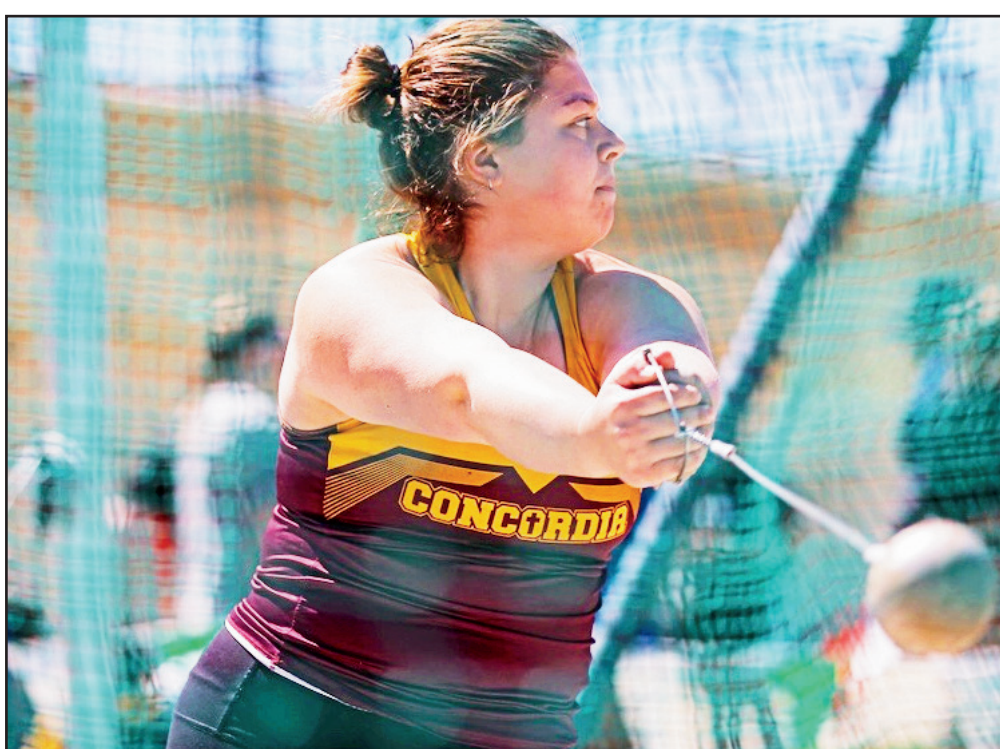
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HUB SPOTLIGHT



(PHOTO COURTESY OF CONCORDIA UNIVERSITY CHICAGO ATHLETICS)

Former Rochelle track and field standout Gabrielle Harding earned All-Conference recognition during both the indoor and outdoor portions of her junior season at Concordia University Chicago this past year.

Harding earns All-Conference honors at Concordia Chicago

FORMER Rochelle track and field standout Gabrielle Harding concluded her junior season at Concordia University Chicago as one of the top 50 hammer throwers in the nation at the Division III level. With the top 20 throwers advancing to the NCAA Division III Outdoor National Championships, Harding has already begun training to become a national qualifier next year.

Harding competed in four throwing events including discus, shot put, weight throw and hammer throw during her junior season. The RTHS alum took fifth in weight throw at the 2023 Northern Athletic Collegiate Conference Indoor Championships to earn All-Conference recognition. Harding also established a new personal record in the weight throw, reaching a mark of 15.15 meters (49 feet 8 1/2 inches) at the UW-Oshkosh Early Bird Invitational on Dec. 10, 2022.

"This past season was one of my best seasons to date and I'm really pleased with all of the results I had," Harding said. "I'm so proud of what my teammates and I have accomplished and seeing the growth has been terrific. It's incredible to see where I am now and what I can do with one more year to compete and do what I love. I'm already so excited for next season."

Harding earned 11 starts during the indoor portion of her junior season. The former Lady Hub student-athlete recorded a season-best mark of 11.49 meters (37 feet 8 1/2 inches) in the shot put at the UW-Oshkosh Early Bird Invitational. Harding earned four second-place finishes in the weight throw and two top-8 finishes in the shot put before transitioning into the outdoor season, where she won the discus at Wisconsin Lutheran's Green & White Invitational on April 15.

That momentum carried into the 2023 Northern Athletic Collegiate Conference Outdoor Championships, where Harding

brought home first place in the hammer throw with a new personal-record mark of 49.93 meters (163 feet 10 inches) and was named All-Conference once again. Harding, who also took first place in hammer throw at the ONU Tiger Open on April 22, was elevated to the No. 43 ranked hammer throw in Division III after her conference victory.

"The differences between where I started and where I am now are like night and day," Harding said. "It's an incredible confidence boost to throw that 49.93 meters at the conference meet. Competing in college means having the ability to compete under pressure and knowing that I stepped up in that moment, it's an incredible feeling. Knowing what I can do under that pressure, I feel that the sky's the limit for what I can do during my senior season next year."

Harding, who started in seven outdoor meets during her junior season, has been a fixture of the Concordia University Chicago throwing group over her last two years with the program. With her senior season on the horizon, Harding said her goals include qualifying for nationals and setting new personal records in her throwing events. Harding, who's currently studying physical therapy, was recognized as both a NACC Scholar-Athlete and a USTFCCA All-Academic Athlete this past year.

"I knew nothing about hammer throw when I was a freshman, but I laid the groundwork and I worked really hard over my freshman and sophomore years to get my technique down so I could have a successful junior year," Harding said. "It can be a frustrating sport and there are days where I want to quit, but each day is a day where I tried and I made improvements. I'm hoping to improve on what I did during my junior year. I'm hoping to keep that top spot in the conference and I'm hoping to secure a top-20 spot so I can compete at nationals."

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SPORTS

RTHS Softball

(COURTESY PHOTO)



Rochelle Township High School concludes first summer skills camp for future Lady Hub softball players
The Rochelle Township High School softball program concluded its first summer skills camp for grade-school and middle-school athletes this past week. The camp was led by RTHS coaches as well as current and former RTHS student-athletes. There were 24 future Lady Hubs who attended the three-day camp, which ran from 10-12 p.m. this past Monday through Wednesday at the RTHS softball fields. Campers worked on fundamental skills including hitting, fielding, baserunning, pitching and more.

AWARDS: RTHS graduates receive RNL Scholar-Athlete honors

From page 1
Smardo also earned one All-Conference Honorable Mention in softball, where she took home several individual honors including high batting average, high on-base percentage, most triples, most singles and most stolen bases. Smardo spent two years in the National Honor Society and two years in the Interact Club during her time at RTHS. Smardo graduated with a 3.716 GPA and will attend Waubesa Community College in the fall, where she will play softball and study nursing in hopes of pursuing a career in the nursing field. The Rochelle News-Leader recognizes two RTHS senior student-athletes each school year with the Scholar-Athlete awards, which include \$500 scholarships toward a student's future education. Eligible winners must earn at least a 3.0 GPA while participating in at least one sport during their time at RTHS.

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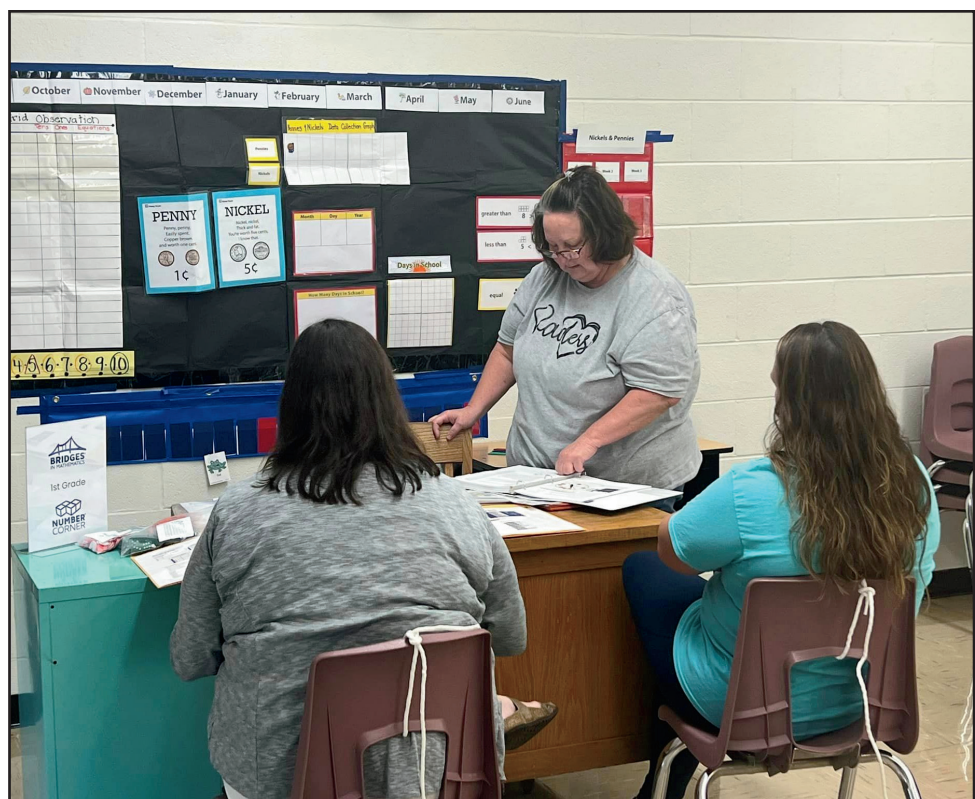
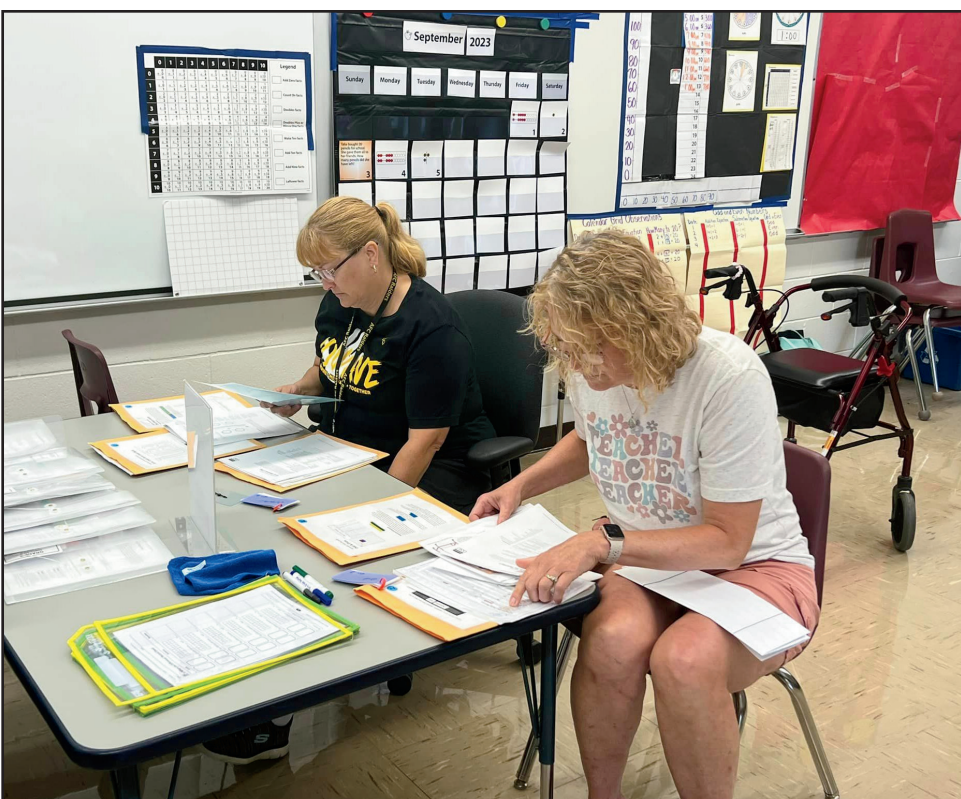
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ASHTON NEWS



Ashton-Franklin Center teachers learn new math curriculum for 2023-24 school year

What do teachers do during the summer you ask? Learn a new math curriculum of course. Kindergarten through second-grade teachers began the first day of the Bridges in Mathematics Workshop. Bridges will be the new math curriculum that is implemented next year at the kindergarten through fifth-grade levels. Third through fifth-grade teachers begin training on Wednesday. Thank you to Lisa, our wonderful Bridges Workshop Leader who traveled all the way from Vermont to spend two days with us. We have amazing, dedicated teachers.

Upcoming University of Illinois Extension events set

AMBOY — The local University of Illinois Extension office has released its upcoming events.

Lee County 4-H Fair
July 27-30, Lee County Fairgrounds – Amboy. Local 4-H participants “learn by doing,” and the fair is their opportunity to demonstrate the knowledge and skills they have

gained throughout their time in 4-H. Lee County 4-H members will have their projects judged starting July 27 and can display them through July 30 at the Lee County Fairgrounds near Amboy. The community is encouraged to come out and support our local youth July 27-30. For specific times and

dates, visit: go.illinois.edu/CLW4HFairs

Container Fruits, Growing Hort in NW Illinois

Aug. 3, 3:30-4:30 p.m. - Lee Extension Office. Lacking a large landscape and love homegrown fruits? Look to container gardening: fruit edition! Horticulture in Northwest

Illinois is for anyone interested in learning more about gardening, growing food in a home or community garden, or looking for ideas for the upcoming growing season. Register for one or more of the sessions at go.illinois.edu/LeeGrowingHort

Before the Build: Considerations for Backyard

Greenhouses

Four Seasons Gardening, Aug. 22 | 1:30 p.m. - online. Have you ever thought of going outside to your backyard greenhouse during the cold weather months to pick fresh lettuce or plant some basil? Explore a variety of budget-friendly backyard greenhouses, what can

be grown in them, and how to extend a growing season. Four Seasons Gardening sessions led by Extension’s horticulture experts are free to attend, and registration is required at go.illinois.edu/FourSeasons. Considerations for Backyard Greenhouses will be offered at 1:30 p.m. online on Aug. 22.

Illinois Lincoln Highway Buy-Way Yard Sale returns for 2023

FRANKLINGROVE — After a long hiatus, the Lincoln Highway Buy-Way is back for Illinois on Thursday, Aug. 10 through Saturday, Aug. 12.

Anyone along or close to the Lincoln Highway is welcome to have a yard sale, garage sale, church rummage sale, bake sale, car wash and/or business sidewalk sale. This year, there are two pricing lev-

els for participating: \$10 for a listing at: illinoislincolnhighwayassociation.org with mapping, or \$15 for a listing at: illinoislincolnhighwayassociation.org with mapping, and an official yard sale sign!

To sign up to participate for \$10 via mail, please complete the 2023 Sign Up Form at: illinoislincolnhighwayassociation.org and mail it with a check or money order

so that it can be received through the post office by Saturday, Aug. 5. You will provide your own yard/garage sale signage.

To participate for \$15 including an official Lincoln Highway Yard Sale, register in person at the H. I. Lincoln Store / Lincoln Highway Interpretive Center at: 136 N. Elm St., Franklin Grove, IL 61031. The hours for yard sale registrations are

Thursdays, Fridays and Saturdays, 10 a.m. to 4 p.m. or Sundays, noon to 4 p.m. Register in person by Sunday, Aug. 6. You can print and bring in the 2023 Sign Up Form.

Looking for sales? Keep checking: illinoislincolnhighwayassociation.org through Wednesday, Aug. 9 for the latest sale listings! There will be city-wide sales in Fulton.

The Lincoln Highway Buy-Way originated in 2005 across Ohio, then other midwestern states joined. Established in 1913, the Lincoln Highway was the first coast-to-coast improved highway. It begins in Times Square, New York City and ends near the Golden Gate Bridge, in San Francisco.

In Illinois, it passes through the cities such

as Chicago Heights, Mat-teson, Frankfort, New Lenox, Joliet, Plainfield, Oswego, Aurora, Batavia, Geneva, Maple Park, Cortland, DeKalb, Malta, Creston, Rochelle, Ashton, Franklin Grove, Dixon, Sterling, Morrison and Fulton.

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103 AUCTIONS

PUBLIC AUCTION

To settle the Estate of Leslie Mullins Jr., we will offer the following Farm Equipment, Household and collectables at public auction live, on site & on line. Several Farm Equipment pieces will be on line as well, starting at 12 Noon. The sale is located at **6772 County Line Rd. Paw Paw, IL 61353** on

Saturday, August 12th 2023
10:00 a.m.

Auctioneers Note: This auction features equipment and tools from Les's farming operation along with several generations of collectibles and household items. This will be a live, onsite auction at the farm. There will also be live internet simulcast bidding on select machinery items at EquipmentFacts.com. Visit our website for full info and photos at bearrows.com. There will be something for everyone. Lunch available and comfort station.

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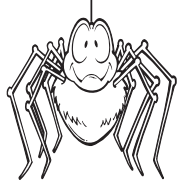
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SPORTS

Rise Up Dance Company

Local dancers qualify for Star Dance Alliance World Championship

ROCHELLE — Rise Up Dance Company will travel to New Jersey July 26-31 to attend the Star Dance Alliance World Dance Championship. RUDC is the competitive division of Rochelle's Rise Up Dance Center, a dance, tumbling and cheer studio that offers instruction for students ages 12 months through adult.

Auditions were held in the fall for the 2023 season, with 25 young men and women being offered spots on the competition team performing 32 different routines. The company traveled to several regional events in the Midwest this spring, finishing out its regular season last month at the Power of Dance Nationals. This event allows dancers to earn money for a charity of their choice based on their entries and placements throughout the competition. RUDC dancers were able to raise almost \$800 for their chosen charity, HOPE of Ogle County, which will be presented to the organization in late August. The company has earned many successful achievements this season, including over 120 Top-10 High Score placements across five events, 20 Special Judge's Awards for performance, two Regional Title soloists and four National Title soloists, five Outstanding Costume awards, four awards for Showmanship, four Excellence In Entertainment awards, two nominations for Star Dance Alliance's Top of the Charts Video of the Week, five scholarships for students for national



(COURTESY PHOTO)

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and international events, an Excellence in Choreography award and being the recipient of the Association of Dance Competition and Conventions "Studio of Excellence" award. Additionally, the company earned five Golden Tickets for special entry in the invite-only World Dance Championship being held in New Jersey this month.

"We are so proud and excited for our dancers to have the opportunity to showcase their hard work and talents on the world stage this season," RUDC Director Christa McGrath said. "This is the second time in my career of coaching competitive dance where our students have qualified for the WDC, with our first op-

portunity being canceled due to the pandemic. I am absolutely thrilled to not only have those original dancers qualify again with their small group routine this season, but to have three other routines qualify as well!"

The company did several fundraising campaigns this spring to help with the cost of attending

the World Dance Championship.

"We are blessed to live in such a generous community that values the importance of supporting our local youth," McGrath said. "Through product fundraisers, hosting a Culver's night and direct sponsorships, our team was able to raise enough to cover all the dancer's

entry fees and contribute to each families travel expenses. I am so thankful for all our sponsors and their commitment to our dancers!"

Rise Up Dance Company will be showcasing some of their award-winning routines at the Lincoln Highway Heritage Festival on Saturday, Aug. 19 at 10 a.m.

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