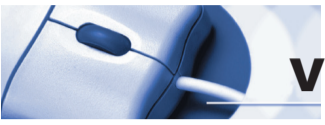
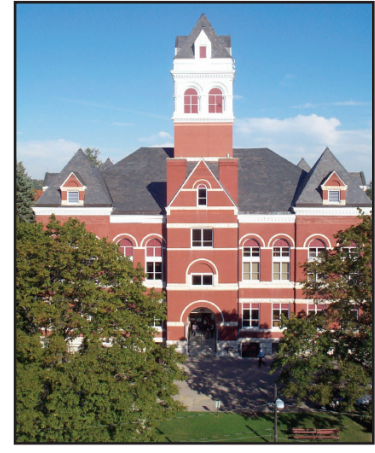




SVHS students recognized

SEE PAGE 3



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KNOW IT TODAY



Local Girl Scouts receive \$11,000 in grant money

Girl Scouts of Northern Illinois received an \$11,000 grant for Camp McCormick in Stillman Valley. **Page 2**

WEATHER

MONDAY	TUESDAY
HIGH LOW	HIGH LOW
65 38	69 46
WEDNESDAY	THURSDAY
HIGH LOW	HIGH LOW
72 47	76 51
FRIDAY	SATURDAY
HIGH LOW	HIGH LOW
78 54	77 55

OBITUARIES

- C.J. M. Larson
- Phyllis Schaefer
- William J. 'Bill' Hennis
- Leopold A. 'Leo' Roganowicz
- Marjorie Ann 'Marge' Powers

INSERTS

- Menards
- Farm & Fleet
- R.P. Home & Harvest
- Felker Foods
- Byron County Market
- Polo Foods

Volunteers lend listening ear, hand-sewn gifts

'I like making people feel better. This is another way to do that'

BY JEFF HELFRICH
MANAGING EDITOR

ROCHELLE — April is National Volunteer Appreciation Month. The Rochelle office of Unity Hospice and Palliative Care is home base for volunteers that provide life enrichment programs to its patients as well as support and socialization.

Among those volunteers are Donna Chick and Deb Carpenter. Chick writes sympathy cards and makes calls to families of patients after they pass away and helps to make sure the organization meets their grieving needs. She's also put together care packages for patients and given hand massages and has worked on office work and special projects.

Carpenter is a former Unity nurse and now helps with volunteer projects. She makes quilts and does sewing work for patients. She's made memory pillows, veteran blankets and has made patients' clothing easier for those that struggle to dress themselves. She's also written cheer mail and letters to patients.



(PHOTO BY JEFF HELFRICH)

April is National Volunteer Appreciation Month. The Rochelle office of Unity Hospice and Palliative Care is home base for volunteers that provide life enrichment programs to its patients as well as support and socialization. Among those volunteers are Donna Chick (above) and Deb Carpenter.

Unity Volunteer Coordinator Annie Etchison said that for Medicare benefits, five percent of Unity's hours have to be volunteer. She called the work that volunteers do

"needed" for patients and said it's an "incredible thing" for them to give their time and energy.

"I think the most important thing is it's just another person on the

team who isn't medical staff," Etchison said. "It's someone there to listen and provide companionship and support. There are a ton of ways to get involved. The important thing is that

Unity Hospice wants to provide the best care. It's not just medical care, but it's the body, mind and spirit."

See UNITY page 10

Meridian School District approves three administrative agreements

Contracts for Buchanan, Alderks, Showers approved at meeting

STILLMAN VALLEY — On Thursday, April 6, three administrative contracts were recommended to the Meridian Board of Education and approved. All three contracts involve retaining current employees in the same role or promoting them within the organization.

"All three recommendations put Meridian in position for immediate and sustained success," Meridian Superintendent of Schools Dr. PJ Caposey said. "All three people being recommended are of the highest character and have all made incredible impacts on our school

community in their over 50 combined years of service to the district."

Mrs. Jacque Buchanan was named Highland Elementary School principal in-waiting. Buchanan has been an example of excellence in the classroom throughout her career and has spent the last five years at Highland, a press release said. She has an extensive career that spans multiple school districts throughout the country, living the life of a military family.

"She has consistently demonstrated strong leadership skills, an ability to build strong relationships and strong instructional

practices. Mrs. Buchanan's track record of success will help take Highland to new heights," a press release said.

She will begin on July 1, 2023 as the assistant principal/principal-in-waiting at Highland Elementary and will then become the principal beginning July 1, 2024.

Mrs. Heather Alderks was named director of safety and operations.

"Heather Alderks is the definition of a Meridian Cardinal," a press release said. "Heather is a Meridian alumnus, taught the entirety of her career in MCUSD, was a successful

athletic coach, was recently named the Illinois Athletic Director of the Year and will now step into a position designed to guide the non-academic operations of the district. With the increasing necessity to prioritize school safety and the significant facilities' projects necessary due to the aging infrastructure of the district creating this position became a significant need for the district."

Alderks will begin the role July 1, 2023.

Mrs. Leslie Showers was approved to enter her retirement contract as principal of Stillman Valley High School

Showers, a Meridian alumnus, has spent nearly every year of her educational career in MCUSD. For the last nine years she has served as the SVHS principal.

"Under her leadership, SVHS has been recognized nationally for both academic performance and for serving the whole child," a press release said. "Her leadership and commitment to MCUSD is a large contributing factor to Meridian's success."

Showers' contract will extend for five years and take her through her last full year of employment before retirement.

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LOCAL NEWS



Byron Bank to collect peanut butter and jelly for RRVP

BYRON — It's time for the Rock River Valley Pantry's Peanut Butter and Jelly Rally, and Byron Bank is collecting peanut butter and jelly at their Byron, Davis Junction and Poplar Grove locations beginning April 10 to May 26.

"During the summer months when kids are out of school, the Rock River Valley Pantry has a huge impact on many families that are struggling to provide for their children," Brent Baker, Byron Bank president,

said. "As a third-generation community bank, we believe in giving back to our communities and Byron Bank is proud to support the Rock River Valley Pantry."

Stop by any Byron Bank location to drop off your donations. The pantry is asking for donations in plastic jars only. Please help Byron Bank collect this protein-rich staple and let's help feed hungry children in need this summer.

Grief Group to begin May 3

OREGON — Serenity Hospice and Home will facilitate a free, six-week Grief Support Group that is open to the public. Based on the book "Understanding Your Grief: Ten Essential Touchstones for Finding Hope and Healing Your Heart" by Dr. Alan Wolfelt, this group is designed to help individuals along their grief journeys by connecting them with a supportive community

and providing helpful resources.

The group will be facilitated at Serenity Hospice and Home, 1658 S. Illinois Route 2, Oregon and will be held weekly on Wednesday afternoons from 1:30-3 p.m. May 3 to June 7. Individuals who would like to attend should register by calling Cathy Warren or Denise Watts of the Serenity Bereavement Team at 815-732-2499.

Girl Scouts receive \$11,000 grant for Camp McCormick

Girl Scouts of Northern Illinois (GSNI) received a generous \$11,000 grant from Woodward Charitable Trust on Dec. 6, 2022. Funds from this grant will be used to purchase two prebuilt storage sheds which will house equipment for the New Horizons High Ropes Challenge Course and the field archery course at the organization's Camp McCormick in Stillman Valley. GSNI thanked Woodward Charitable Trust for joining in the Girl Scout Mission where future community leaders have a space all their own, where their interests, their experience and their leadership — today and tomorrow — is the top priority.

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LOCAL NEWS



Stillman Valley High School names March Students of the Month
 Stillman Valley High School congratulated its Students of the Month for March. Pictured from left to right are: Stillman Valley High School Vice President Jeff Voltz, Luke Tompkins (11th grade), Gwen Hall (10th grade) and Stillman Bank Executive Vice President & COO David Mecklenburg. Not pictured is Kennedy Swenson (12th grade) and Dio Cantu (ninth grade). Each of the students received a gift card.



(COURTESY PHOTO)

Emerald Level Award winners in Leadership include Gracie Prose, Ogle County.

Ogle County 4-H youth honored for career achievement, leadership

URBANA—4-H youth across the state have been honored for their career achievements in the 4-H program.

The State 4-H Experience Award offers recognition for members who took part in activities and events in the categories of Participation, Community Service, Leadership, and Project Mastery. In order to qualify for the award, 4-H members must have expanded their 4-H experience beyond just the county level.

“4-H encourages and provides supports for youth to develop mastery in their chosen subject area, but we also encourage youth to use those skills in leadership roles,” Lisa Diaz, University of Illinois Extension assistant dean and 4-H director, said. “These awards recognize youth who have pledged to use their head, heart, hands and health to support their communities and their world.”

Youth choose learning pathways and are encouraged to find 4-H experiences to explore at the county, state and national levels.

“4-H experiences take place at the community level, but there are opportunities to expand youth

experiences,” Diaz said. “These youth have pushed themselves to new limits and expanded their worldview in order to qualify for these awards.”

Diamond Level awards recognize youth who completed six or more experiences in one of the three dimensions, with at least four experiences beyond the county level. The Diamond Level awards are sponsored by Dwight Huffstutler, James and Sharon Walker, Wilbur and Marilyn Nelson and Gary and Cecilia Balke. The Emerald Level award recognizes youth who completed eight or more experiences in one of the three dimensions, with at least four of those experiences beyond the county level and at least two at the state, national, or international level. The Emerald Level awards are sponsored by Bill and Jane Wyffels, Carrol and Patsy Bolen, Sandra Lignell, and Doug and Edith Block.

Emerald Level Award winners in Leadership include Gracie Prose, Ogle County

The Deb Stocker Award honors an exceptional member of the 4-H Youth Leadership Team. Gracie Prose of Ogle County was this year’s recipient.

Deputies respond to single-vehicle accident

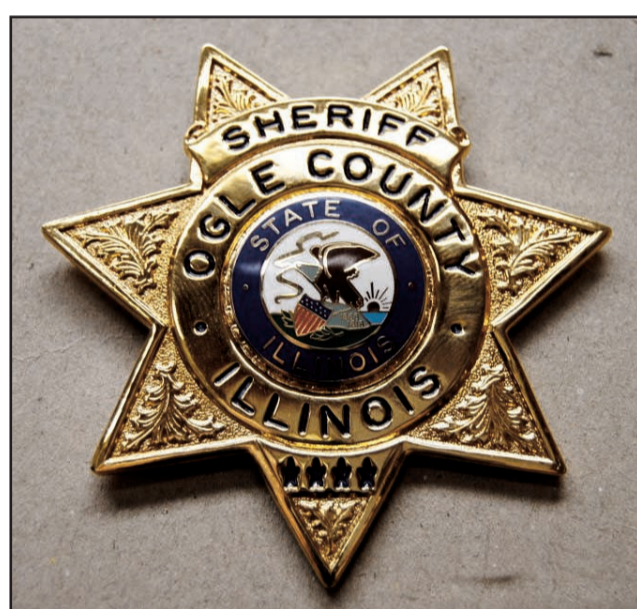
OREGON—On April 5 at approximately 9:03 a.m. deputies conducted a traffic stop at Rothwell and High Road. After an investigation, deputies arrested Kent Hull, 61, of Kings for driving while license revoked. Hull was additionally issued a citation for operating an uninsured vehicle. Hull was transported to the Ogle County Jail where he is being held in lieu of bond.

On April 6 at approximately 1:06 a.m. deputies conducted a traffic stop near the intersection of Lincoln Highway and 10th Avenue in Rochelle. After an investigation, deputies arrested Christopher Reed, 29, of Rochelle, for possession of a controlled substance (psilocybin mushrooms) and driving while license revoked. Reed was issued additional citations for driving without head/taillights and open container/alcohol. Reed was transported to the Ogle County Jail, where he was held pending a court appearance before a judge.

On April 6 at approximately 5:46 a.m. deputies responded to the 4,000 block of South Queens Road in reference to a single-vehicle accident with a possible deceased male. Upon arrival, deputies observed a grey Pontiac G5 with heavy damage sitting off of the east side of the

roadway in a cornfield with heavy damage. Deputies observed that the vehicle had been traveling northbound on Queens Road when it left the west side of the roadway and entered the ditch before returning onto the roadway. The vehicle then traveled approximately 250 yards off of the east side of the roadway and overturned numerous times before coming to rest upright in the cornfield. The male driver, identified as Craig Larson Jr., 26, of Kings, was thrown from the vehicle during the crash and was pronounced deceased on scene. The accident appeared to have occurred sometime during the night. Rochelle EMS and Ogle County Coroner’s Office assisted with the accident. The accident remains under investigation.

On April 6 at approximately 3:35 p.m. deputies conducted a traffic stop on a dark blue Honda Accord at the intersection of Illinois Route 251 at Big Mound Road for an equipment violation. After a brief investigation, Charlie Suarez, 39, of Rochelle was arrested for driving while license suspended. Suarez was issued citations for driving while license suspended, illegal window tint and no valid insurance. Suarez was released on an I-bond



and provided with a future court appearance.

On April 7 at approximately 1:58 a.m. deputies conducted a traffic stop in the 5,000 block of North Illinois Route 251. After an investigation, deputies arrested Kaylie Sandoval-Smith, 22, of Holcomb for driving under the influence of alcohol. Sandoval-Smith was issued additional citations for failure to signal, disobeying a stop sign and open container/alcohol. Sandoval-Smith was transported to the Ogle County Jail, where she was held in lieu of bond.

On April 7 at 4:44 p.m. deputies conducted a traffic stop in the 6,000 block of South Illinois Route 2. As a result, Tabatha L. McLaughlin, 47,

of Oregon was arrested for aggravated driving while license revoked. McLaughlin was additionally charged with driving while license revoked, possession of drug paraphernalia and unlawful possession of a hypodermic syringe. McLaughlin was transported to the Ogle County Jail pending an appearance before a judge.

See SHERIFF page 5

What Are You Craving?

What do you need to be really happy? Well, there are a lot of options, if you want to find happiness. Good food, exciting gadgets, a new car, a better job, plenty of vacation. You name it.

Are you happy yet? If not, you can dig deeper. Go into politics, get a college education, attend church, learn to appreciate music and the arts. Be an outstanding citizen.

Material things bring a measure of happiness, but they soon become dull, and you must have more and more to satisfy your longings.

We humans are more than simply elevated animals. We were created by God, like the animals, but He has given to us living souls. Our soul is the source of our longings and ambitions; these longings are God’s way of calling us to Himself. God created us to be loved and to desire a relationship with Him. “There is a God-sized hole in every man’s soul”. This void is what drives our search for happiness and fulfillment. Our cravings can only be satisfied when we find God. God is not found by following a religious creed. We will find God only by searching for Him. Too many people reject God because they can’t see Him with their eyes, when if they followed their soul’s longings and sought Him, He would show Himself. God promised that anyone who seeks Him, will find Him.

Where should you start in this search for God? The Holy Bible is God’s book to help us find Him. The Bible, if studied honestly, will lead you to God. When you find God, there you will find happiness. Your cravings will be satisfied. You will find a fulfillment that no money can buy. If you have exhausted yourself in a search for happiness, and come up dry, seek for God. “They that hunger and thirst after righteousness, shall be filled” (Matthew 5:6)

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LOCAL NEWS

Obituaries

C.J. M. Larson

KINGS — C.J. M. Larson passed away in the early morning hours of Thursday, April 6, 2023 in Rochelle. He was born to Dawn Smith on Dec. 31, 1996 in Rockford. C.J. graduated from Rochelle High school and also went to Kishwaukee College.

C.J. had many hobbies; music and drawing were one of his favorite ways to spend time. The creativity he displayed in his artwork was truly amazing. He was very talented in the world of music and could play instruments including the guitar, but it was said that he could play any instrument he could pick up. He loved music of all kinds, any genres. He was a gifted guitar player and any other stringing instrument.

C.J. worked as a Forklift Driver at Americold in Rochelle and was proud of his job. When he wasn't working however he could be found riding his dirt bike, playing with RC cars or playing with his beloved dogs. C.J. was an avid outdoorsman. He was a phenomenal cook and also enjoyed grilling out with his brothers and cousins.

He especially love

watching the sunset with his mom and looking up at the moon. He also loved sitting around a bonfire and walking barefoot in the grass. He enjoyed being outside and going fishing. His dogs; Louie and Mia were part of his family and nothing was more important to C.J. than his family.

He loved being around his mom, making sure to make her laugh and brighten her day or finding time to play with his nieces. C.J. was always laughing and bringing a smile to people's faces. His main goal in life was to just make people happy especially when they were having a bad day. He tried to help anyone that was in need.

He always carried a smile in his eyes and a lot of love in his heart. He was a loving and devoted Uncle, Nephew, Brother, Cousin, Son, and Friend. He was truly one of a kind and could not have been more loved and will be greatly missed by his friends and family.

C.J. preceded in death by his sister Breanna May, his uncle Brian Johnson and his beloved dog Haitti.

He is survived by his loving mother Dawn Smith



of Kings; father, Craig Larson, Sr. of Rochelle; brothers Nicholas Smith, Patrick Larson and Chance Larson all of Rochelle; grandfather Kelly Smith of Byron; grandmother, Patricia L. Smith; aunt, Shannan Johnson of Rochelle; cousins, Zachary Johnson and Austin Johnson both of Rochelle; and his beloved nieces, Amara and Yasmine.

Funeral Services were scheduled for 11 a.m. Wednesday, April 12, 2023 at Farrell Holland Gale Funeral Home in Stillman Valley with Molly Bowen officiating. A visitation was held on Tuesday, April 11, 2023 from 5 to 7 p.m. at Farrell Holland Gale Funeral Home. C.J. is laid to rest at Big Mound Cemetery. Memorials may be directed to the family.

To leave an online condolence please visit www.farrellhollandgale.com.

Phyllis Schaefer

OREGON — With heavy hearts we send our Mother Phyllis on her final earthly journey. Phyllis was rare and remarkable, with an inquisitive, observant and loyal nature. She charmed all that met her and knew her with her lively eyes, quick wit and her way of always remembering important things about you. She was fun and engaging and in her whole life she never met a stranger.

Phyllis was born in Chicago in 1931 to Louis and Mary Skibicki; her Polish immigrant parents raised a devoted Catholic family. She is survived by her eldest brother Louis Skibicki (Corrine) and predeceasing Phyllis are her brother Robert Skibicki (Betty) and sisters Alice Klein (Frank) and Carol Goggins (Richard). When Phyllis was 14, their dear Mother tragically passed away. Louis later married Balbina Wrinkol and her (predeceased) brothers Ronald Skibicki (Mary) and Thomas Skibicki (Debbie) completed the family.

Phyllis attended Catholic Girls schools where she was taught by nuns, blossoming into the intelligent young lady (with beautiful handwriting) who married Emil in 1950 at age 19. Emil entered the Korean War weeks after the wedding and both were devastated by the separation. On return from the war they lived in Chicago where their first son, Mark Schaefer (Holly) of Dahlonega, Georgia, was born. Sons David Schaefer

(Denise) of Warrenville Illinois, Timothy Schaefer (Christine) of Goose Creek, South Carolina came next followed by daughter Donna Bauer (Brad) of Oregon, Illinois. In the late 1950's Phyllis and Emil moved from the city to Lombard, Illinois to be near her sister Alice; and together raise their families in a pleasant, small town. Then daughter Nancy Schaefer, Oregon, Illinois and son Peter Schaefer, Santa Fe, New Mexico joined the happy family of eight. When the children grew and began lives of their own Phyllis and Emil were thrilled to spend their days together. Emil's love of golf gave him great pleasure while

Phyllis kept a happy home and took on yoga practice, eventually leading community classes. Their move to Bella Vista, Arkansas in the early nineties was exciting for them and brought them many new friends and experiences. Many happy memories were made as Phyllis and Emil traveled widely through the United Kingdom, Canada, Mexico, New Zealand, Australia, Fiji, Tahiti, South America, South Africa and across the US. They also enjoyed cruises on the QE II and Queen Mary. Emil was a homebody, but he gladly indulged his sweetheart's life-long love of travel. Phyllis was passionately devoted to Emil, the love of her life, her husband for 64 years. Sadly, he predeceased her in 2014. In her



89th year Phyllis made a solo trip to Vietnam to travel the Mekong River, nothing could hold her back. Then in 2020, at her family's request, Phyllis moved to Oregon, Illinois to live with daughter Nancy.

She was lovingly cared for and continued her hobbies; she enjoyed watching PBS, tracking the stock market and keeping her mind as sharp as ever with her love of numbers and word puzzles. She made many new friends even in her final days. Phyllis loved her babies and we loved her. Her lively spirit will be forever remembered and forever missed by her six children, thirteen grandchildren, twelve great-grandchildren and many adoring nieces and nephews; also her special Arkansas friends Peg, Dawn and Caroline.

A funeral mass and Celebration of Life will be held 11 a.m., Saturday May 20, 2023 at the St. Mary's Catholic Church in Oregon with the Rev. Joseph Nail officiating. Arrangements made by Farrell Holland Gale Funeral Home. Memorial Donations in Phyllis' honor can be made to Serenity Hospice and Home, Oregon, IL or VFW Post #8739, Oregon IL.

William J. 'Bill' Hennis

BYRON — William J. "Bill" Hennis, age 74, died Sunday, April 9, 2023 at Generations at Neighbor's in Byron surrounded by family. He was born March 29, 1949 in Hiawatha, Kansas the son of Benard and Ora "Pat" (Brownlee) Hennis. Bill married Deana Summers on May 23, 1996 in Oregon. He previously owned and operated grocery stores, including Bill's IGA in Byron.

He also previously managed Quality Book in Oregon. The most important part of Bill's life was his family. He was proud and supportive of his wife, children and grandchildren.

He was an avid Chicago Bears and White Sox Fan. He enjoyed bowling and playing golf. Bill also enjoyed his hamburgers, Busch light, and apple pie made by his favorite daughter in law Kristin. Bill ran an annual golf league for over 30 years.

He was predeceased by his parents; sister, Patsey Clemetson; and four brothers: Kenneth, Frank, Ronnie, and Roger Hennis. He is survived by his loving wife Deana; four children: Vickie Taylor (Fiancé Chad Holbrook) of Mendota; Nichole Taylor of Rockford; Alan (Kristin) Taylor of Byron; and Charlene.



Five grandchildren: Lee, Paige, Austin, Brandon, and Courtney and many nieces and nephews. No services are scheduled at this time.

A memorial fund is established in Bill's name and may be directed to his family. Visit www.farrellhollandgale.com to leave a condolence or memory of Bill.

Leopold A. 'Leo' Roganowicz

STILLMAN VALLEY — Leopold A. "Leo" Roganowicz, age 58, died Monday, April 10, 2023 at his home near Stillman Valley surrounded by his loving family from Multiple System Atrophy. He was born August 9, 1964 in Rockford, the son of Leopold and Genowefa (Grzebyk) Roganowicz.

Leo graduated from Boylan High School in 1982, Rock Valley College and then Judson University in 2006 with his Bachelor's Degree. He married Kelley McCammond on June 14, 1997 at St. Stanislaus Kostka Catholic Church in Rockford. Leo worked over 30 years at the Rockford Park District as a Police Sergeant.

He was active at St. Stanislaus Kostka Catholic Church where he was on the Pastoral Council, Polish Fest Committee, and served as an usher. He was also a member of the Polish Falcon's Club, the

White Eagle's Club, the Lithuanian Club, the SM & SF Club, the Illinois Park Law Enforcement Association, and the Nebashone Trail Riders Snowmobile Club. He loved being outside with his pup Rylee, watching his kidlets in their activities, and snowmobiling with his family and friends.

He was preceded in death by his parents, 3 infant brothers, and sister-in-law Tabatha McCammond. He is survived by his loving wife Kelley of Stillman Valley; children Adam and Ariana Roganowicz of Stillman Valley; mother-in-law Fern McCammond of Davis Junction; brother-in-law Mike McCammond of Stillman Valley; nephew Kyle Hartzell of Stillman Valley; nieces Maddy and Ally McCammond of Stillman Valley; cousins Walter (Jan) Bojda of Rockford, and Irene Derr of Florida, along with many relatives in Poland, and friends in



our local community.

Leo's family would like to give a special thank you to Corrine, Jen and everyone at Serenity Hospice and Melissa for helping to keep Leo smiling each day. A celebration of Leo's life will be held from 1-4 p.m., Sunday, April 16, 2023 at the SM & SF Club, 1010 Sandy Hollow Road in Rockford, IL 61109, please join us.

A memorial fund is established for the Serenity Hospice and Home in Oregon, IL and the St. Stanislaus Kostka Catholic Church in Rockford, IL. Visit www.farrellhollandgale.com to leave a condolence or memory of Leo.

Marjorie Ann 'Marge' Powers

MT. MORRIS — Marjorie Ann "Marge" Powers passed away on Sunday March 26, 2023 at Allure of Pinecrest. She was born November 27, 1927 in Frenchburg, Kentucky to Samuel Morehead and Laura Jean Work Phelps, where her parents were serving at a Presbyterian mission school. That core mission of Christian service in the world, continued throughout her 95 years.

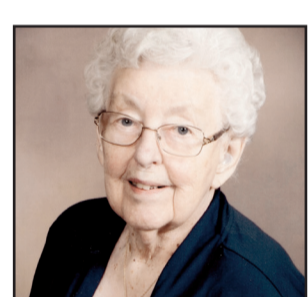
She grew up on the family farm in Warren County, Illinois, east of Monmouth, and was a member of Ninth Avenue United Presbyterian Church, and served as Sunday School Superintendent. She attended Sterling College in Kansas, and began her teaching career at two country schools in Warren County, Illinois; Indian Grove and Hale Schools. She then taught 3rd grade at Mt. Morris, Illinois.

After her youngest started school, she completed her bachelor's degree at Northern Illinois University. She ended 28 years of teaching in Oregon with 1st graders, and was active in the Lee - Ogle Retired Teachers. She married F. Willard "Bill" Powers on Christmas Eve in 1955. Together they raised 4 children; Sandra, Steven, Thomas, and Jeffrey. They enjoyed traveling in the summers, and in their retirement. She was active in the commu-

nity, serving in multiple volunteer roles for Pinecrest Community, including the Board.

At the Mt. Morris Church of the Brethren, she was a life time Deacon, Sunday School teacher and leader, choir member, and was Funeral Dinner Co-Ordinator since 1990 until recently. She was active with Camp Emmaus, the District, and the wider church. She was on the Board of the Loaves and Fish Food Pantry, and served as the volunteer coordinator until a few years before her passing.

She was preceded in death by her husband, Bill, their daughter, Sandy & her husband John, her parents Sam & Laura Phelps, her siblings and their spouses Jean (Roy) Edwards, David (Marj) Phelps, Carolyn Phelps, Peg (Al) Noakes, and Edna (Gerald) Carlson, and grandson James Johnson. She is survived by Steve Powers of Great Falls, Montana, Tom (Naomi) Powers of Troutville, Virginia, and Jeff (Lori) Powers of Cerro Gordo, Illinois. Grandchildren include Jennifer Shashek, Darryl Johnson, Amy Johnson, Jennifer Amiot, Rebecca Amiot, Victoria (Joshua) Whitt, Kassi (Jesse) Williams, Allie (Danny) McConnell, Tristan (Ken) Marra, Zach (Shelly) Braden, Jill (William Perdue) Curtis, Brian (April Zepeda) King,



22 great grandchildren, 1 great-great grandchild, many nieces, nephews, and extended family. Her Memorial Service will be at Mt. Morris Church of the Brethren, 409 W. Brayton Road, Mt. Morris, Illinois on Saturday April 29, 2023 at 1:00 p.m., with Pastor and Chaplain Rodney Caldwell, officiating. A greeting time will follow in the fellowship hall. Interment will be in a Family Service at Oakwood Cemetery, at an earlier time. Memorial gifts may be given to the Mt. Morris Church of the Brethren, Loaves & Fish Food Pantry, or the Building Fund for the Mt. Morris Fire Foundation, NFP.

Memorial gifts may be given to the Mt. Morris Church of the Brethren, 409 W. Brayton Rd., P.O. Box 2055, Mt. Morris, IL 61054-2055; Loaves & Fish Food Pantry, P.O. Box 202, Mt. Morris, IL 61054-0202 and Building Fund for the Mt. Morris Fire Foundation, NFP to build a new station for the community, Mt. Morris Fire Foundation, NFP, 15 E. Center St. Mt. Morris, IL 61054-1460.

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The Ogle County Life/ Rock Valley Shopper

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LOCAL NEWS



Polo Lions Club attends Hazelhurst Sale and donates to Polo Food Pantry earlier this month

On Saturday April 1, the Polo Lions Club was at the Hazelhurst sale (left). The menu included: pork chop sandwiches, hamburgers, cheeseburgers, brats, hotdogs, chips, candy, pop, water, coffee, hot cocoa, Gatorade and iced tea. The temperature was in the 40s but the Lions club overcame it and had a successful day. The Lions club sold out of their sandwiches. At the grill were Mike Faivre, Lions members Keith Chesnut and Ben McKean. Lions also at the event were Don Hay, Ryan Shetler, Jon Mandrell, Winton Bocker, Irene Short and Judy Norris. The Lions club also served biscuits and gravy in the morning. On Tuesday, April 4, Cynthia Reynolds of the Polo Lions Club (right) presented Darlene Shafer (treasurer at the Polo Food Pantry) a \$2,000 donation to help the pantry out.

SHERIFF: Deputies conduct traffic stops

From page 3

On April 8 at 2:29 p.m. deputies conducted a traffic stop in the 8,600 block of North Illinois Route 2. As a result, Jenny M. Clark, 34, of Rockford was arrested for driving while license expired (more than one year). Clark was additionally cited for operating an uninsured motor vehicle and operating a motor vehicle with suspended registration. Clark was released on an I-Bond with a court date to appear.

On April 8 at 9:21 p.m. deputies conducted a traffic stop at Fisher Road and Lincoln Lane in Rochelle. After a brief investigation, deputies arrested Jose Hernandez, 55, of Rochelle, for driving while license suspended. Hernandez was released on a \$2,500 individual bond with a return court date.

On April 8 at approximately 9:17 p.m. deputies conducted a traffic stop in the 100 block of West Hitt Street in Mt. Morris. After an investigation, Amy M Welsh, 44, of Dixon was placed under arrest for possession of a controlled substance (cocaine), possession of controlled substance (alprazolam), possession of controlled substance (amphetamine/dextroamphetamine), driving while license suspended, improper cannabis container as a driver and an active warrant for failure

to appear for driving while license suspended. Welsh was additionally cited for operating a vehicle with suspended registration and operating an uninsured vehicle. Welsh was transported to the Ogle County Jail pending an appearance before a judge.

On April 9 at approximately 7 a.m. deputies conducted a traffic stop within the 3,000 block of North Illinois Route 251. After a brief investigation, deputies placed Jameireona Sams, 18, of Rockford under arrest for no valid driver's license. Sams was additionally cited for speeding. Sams was released from the scene on an I-Bond, with a future court date.

On April 10 at approximately 7:46 a.m. deputies conducted a traffic stop near the intersection of East Blackhawk Drive and Kysor Drive. After investigation, deputies placed Jose Baltazar, 45, of Rockford, under arrest for driving while license suspended. Baltazar was additionally issued a citation for operating an uninsured vehicle. Baltazar was released on an I-Bond at the scene and given a future court date.

On April 10 at approximately 11:05 p.m. deputies conducted a traffic stop at Mud Creek Road and Moose Drive in Mt. Morris. After an investigation, deputies arrested Summer M.

Lemke, 20, of Mt. Morris, for an active Winnebago County arrest warrant. Lemke was taken into custody without incident and transported to the Ogle County Jail, where she was held in lieu of bond. Lemke was additionally cited for speeding, operating an uninsured motor vehicle and failure to notify of address change.

On April 10 at approximately 10:03 p.m. deputies conducted a traffic stop on East Illinois Route 72 near Interstate 39. After an investigation, deputies arrested Christian McPherson, 29, of DeKalb, for driving while license suspended. McPherson was issued additional citations for operating an uninsured motor vehicle and an equipment violation. McPherson was given an I-Bond with a return court date later next month and released on scene.

On April 10 at approximately 2:21 p.m. deputies conducted a traffic stop in the 6,000 block of North Freeport road. After a brief investigation, Mauricio Sanchez-Barrera, 29, of Freeport, was arrested for no valid driver's license. Sanchez-Barrera was also cited for speeding and operating an uninsured motor vehicle. Sanchez-Barrera was released on an I-Bond.

All individuals are considered innocent until proven guilty.

Oregon Police Department issues several citations

OREGON—On April 3 at 7:12 a.m., Oregon Police issued Jenna R. Chronos, 23, Rockford, a citation for operating a vehicle with an expired registration. This violation occurred in the 400 block of North 4th Street.

On April 3 at 8:51 p.m., Oregon Police issued Rashaun L. Mctizic, 29, Oregon, a citation for operating an uninsured motor vehicle. This violation occurred in the 100 block of North 4th Street.

On April 4 at 9:44 a.m., Oregon Police issued Amy L. Sheley, 44, Sterling, a citation for operating a vehicle with a suspended registration. This violation occurred in the 500 block of Gale Street.

On April 6 at 1:56 p.m., Oregon Police issued a complaint/notice to appear to Joseph T. Kane, 55, Oregon, for violating the city ordinance of allowing debris on a residential lot. This violation occurred in the 200 block of North Daysville Road.

On April 7 at 2:53 p.m., Oregon Police issued Chanica Z. Swanson, 22, Rockford, a citation for operating an uninsured motor vehicle. A passenger in Swanson's vehicle, Hope E. Swanson, 49, Rockford, was issued a

citation for illegal transportation of alcohol as a passenger. These violations occurred in the 600 block of East Washington Street.

On April 7 at 5:50 p.m., Oregon Police issued Christian P. Nguyen, 39, of Cortland a citation for operating a vehicle with an expired registration. This violation occurred in the 900 block of West Washington Street.

On April 7 at 8:41 p.m., Oregon Police arrested Raven S. Kilroy, 22, Rock Falls, for no valid driver's license and possession of methamphetamine. Kilroy was also issued citations for speeding 37 miles per hour in a 30-miles per hour zone and operating an

uninsured motor vehicle. Kilroy was transported to the Ogle County jail. These violations occurred in the 500 block of Gale Street.

On April 8 at 10:33 p.m., Oregon Police issued Jeremy D. Roos, 45, Oregon, a citation for operating a vehicle with an expired registration. This violation occurred at the intersection of 4th and Washington Streets.

Two parking citations and 15 verbal warnings were issued during the week of April 3-9.

Please note: Any arrests listed below are merely accusations and the defendant is presumed innocent unless proven guilty in a court of law.

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LOCAL NEWS



Oregon Rotary Club holds first social gathering of 2023 at Cork & Tap

On Feb. 23, The Oregon Rotary Club held its first social gathering of 2023 at Cork & Tap. Attendees learned more about Rotary and Rotarians were joined by friends for the event.

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Shares:	7,079,730

Returned to Owners 9/1/2022 - 2/28/2023

Number of Paid Claims:	90,090
Cash and Share value Returned:	\$125,980,367.74



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Polo Lions judge pinewood derby, make donation

On Saturday, Feb. 25, Polo Lions Club members Cynthia Reynolds and Jeff Short had the privilege of judging the cars of Boy Scouts Troop #337 of Polo. This was held at the Faith United Methodist Church in Polo. The scouts did an awesome job with the designs and racing of their cars. Lions member Cynthia Reynolds is in between Erica Spenger and Sarah Rowland. Cynthia is handing Sarah a donation on behalf of the Polo Lions Club.

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LOCAL NEWS



Oregon Lions Club inducts two new members, hears presentation from Oregon Police Chief Kalnins

Newly-promoted Assistant Oregon Police Chief Matt Kalnins (left) spoke to the Oregon Lions at their meeting on March 23. The purpose of his talk was to raise an awareness of the scams and frauds that are currently circulating and how best to protect yourself from becoming a victim. Kalnins is pictured with Oregon Lions Club President Joe Kryszak. Additionally, Oregon Lions are happy to report the induction of two new members into the Oregon Lions Club. James and Karen Brown were welcomed into the club by Lion Dr. Tom Champley and Lion Gloria Fallon during the Lions' regular meeting on March 23 at the VFW in Oregon. At right from left to right: Champley, James Brown, Karen Brown and Fallon.

Chana School Museum Rummage Sale is June 2-3

CHANA—It's time to clean out the garage, sort the closets and straighten up the basement.

April and May are good months to empty closets, basements and garages of unwanted and unused items. Donations vary from clothes, household items, tools, appliances and furniture. Enjoy the newfound space and benefit a great historical project at the same time. Collect all those unused and unwanted items for the 25th annual Chana School Museum Rummage Sale. The Chana School Founda-

tion would appreciate any donated items for this year's fundraiser.

Mark your calendars for this year's Chana School Museum Rummage Sale on Friday, June 2 (8-5 p.m.) and Saturday, June 3 (8 a.m. to noon). There is plenty of time before the big event at the Oregon Coliseum Basement in downtown Oregon. However, plan now to get moving on the sorting and boxing of items for the sale.

Donations for this huge event will be taken right after Memorial Day Weekend. Drop off

days are set for Tuesday, May 30 from 3-7 p.m., Wednesday, May 31 from 9 a.m. to noon, and Thursday, June 1 from 9 a.m. to noon. All items should be dropped off at the Coliseum on these dates and times. Some items that we cannot take for donation are large entertainment centers, large appliances, blinds, mattress & springs and car seats. If there are questions concerning what items we can or cannot take please call Ray at 815-979-2907. There may be pickup of large items only-call Ray or

Connie at 815-732-2447. The 1883 Chana School Museum was put on the National Register of Historical Places in the United States in 2005. It represents a unique style of schoolhouse which was superior in size to all other rural schools of the time. The 1883 Chana School was cut in two, moved 7.5 miles to Park East in Oregon, restored and then opened for tours, field trips, special events and appointments. This was all done through volunteer efforts, gifts, grants and fundraisers. The National Register

Office in Springfield considers this project as one of the most successful community projects to date in the state of Illinois.

If you would like to learn more about the Chana School Museum and how you can become a volunteer please call Connie at 815-732-2447. Volunteers are always needed for special projects, school group activities, fundraisers such as this sale and so much more. We are all volunteers in the Chana School Foundation. There is not job too small in a volunteer project such as the

Chana School Museum. This fundraiser to benefit the 1883 Chana School Museum raises funds to maintain the old school. The 1883 Chana School is a museum run by volunteers and supported through fundraisers, grants and donations only. The Chana School Museum is supported by the Chana School Foundation, which is a 501(C)(3) not-for-profit organization. IRS tax forms are available for any donation. Help support this historical project by donating and/or attending this year's sale.

COMMUNITY CALENDAR

April 19

An educational and informational presentation on the Medicare insurance program will be presented for the community at 6-7:30 p.m. on Wednesday, April 19 at the United Church of Byron located at 701 W. Second St., Byron. The emphasis will be on the eligibility and enrollment periods, benefits and options concerning all parts of Medicare.

All are welcome. Presenter will be Greg Wills for the program. This program is sponsored by the Legacy and Endowment Committee of The United Church of Byron as a community service. The Unit-

ed Church of Byron is a fun and diverse church with a heart for mission! Check us out at www.unitedchurchofbyron.org. Disclaimer: We do not offer every plan in your area. Any information we provide is limited to those plans we do offer in your area. Please contact Medicare.gov or 1-800-Medicare to get information on all of your options.

April 19

Serenity Hospice & Home's Men's Coffee Group will meet from 9-10 a.m. at Sunrise, 116 N. 4th St. in Oregon. This group is for all bereaved Men in the

community. Please call 815-732-4111 by 4 p.m. on April 18 to register.

April 20

Serenity Hospice & Home's Evening Group will meet from 5-6 p.m. at The Serenity Home, 1658 S. Illinois Route 2, Oregon. This group is open to all adult bereaved in the community. Please call 815-732-4111 by noon to register.

April 21

Serenity Hospice & Home's Diamond Art will meet from 9-11 a.m. at The Serenity Shed, 131 N. 3rd St. in Oregon.

April 27

The Stillman Valley Lions Club and Leo Club will host a spaghetti dinner on April 27 from 4-7 p.m. at Fritz Wooden Nickel Restaurant at 208 N. Walnut St. in Stillman Valley.

The meal will include spaghetti, salad, bread, dessert and milk and or coffee with additional drinks available ala-carte. The cost for adults is \$12 (\$10 in advance), children 5-12 cost \$8 and children under five are free. Carry outs are available. Proceeds will fund local Lions Club charitable activities.

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VIEWPOINT

"Congress shall make no law. . ."

Published every Monday
Mike Feltes, General Manager
Jeff Helfrich, Managing Editor

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MOMENTS IN TIME

- * On April 28, 1789, the HMS Bounty was taken over in a mutiny led by master's mate Fletcher Christian. Captain William Bligh and 18 of his faithful supporters were set adrift in a small boat but managed to navigate a journey of 4,000 miles over 42 days to safety without a single loss of life.
- * On April 25, 1792, French highwayman Nicholas Jacques Pelletier became the first person to be executed by guillotine after stealing a man's wallet and killing him. The anticipated large crowd that witnessed his death was dissatisfied with the process, feeling it was too swift, even calling out, "Bring back our wood gallows!"
- * On April 24, 1895, merchant captain Joshua Slocum, the first person to solo circumnavigate the globe, began his groundbreaking voyage out of Boston on the sloop Spray. His return to the States three years later went almost unnoticed, due to the earlier outbreak of the Spanish-American War, but the trip was immortalized in his 1900 book "Sailing Alone Around the World."
- * On April 30, 1927, Hollywood couple Douglas Fairbanks and Mary Pickford were the first celebrities to officially leave their handprints and footprints in concrete at Grauman's Chinese Theater in Hollywood.
- * On April 29, 1945, the U.S. Seventh Army's 45th Infantry Division liberated the Dachau concentration camp. Some of the soldiers were so horrified by conditions there that they gunned down at least two groups of captured German guards.
- * On April 27, 1992, Baroness Betty Boothroyd became the first woman to be elected Speaker of the British House of Commons in its 700-year history. At the time, there were just 60 women in the 651-member House. A former professional dancer, she earned a reputation for fairness and impartiality over the course of her career, even issuing reprimands "with good humor and charm."
- * On April 26, 2010, "Boobquake," a rally inspired by blogger Jennifer McCreight that aimed to protest news reports of controversial beliefs blaming "immodestly dressed" women for causing earthquakes, took place with an estimated 200,000 people participating worldwide.

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SALOME'S STARS

- ARIES** (March 21 to April 19) This is a good time to reassess important relationships, both personal and professional, to see where problems might exist and how they can be overcome. Keep the lines of communication open.
- TAURUS** (April 20 to May 20) It's not easy to bring order to a chaotic situation, whether it's in the workplace or at home. But if anyone can do it, you can. A pleasant surprise awaits you by week's end.
- GEMINI** (May 21 to June 20) Be careful that you don't make an upcoming decision solely on the word of those who might have their own reasons for wanting you to act as they suggest. Check things out for yourself.
- CANCER** (June 21 to July 22) A personal relationship that seems to be going nowhere could be restarted once you know why it stalled in the first place. An honest discussion could result in some surprising revelations.
- LEO** (July 23 to August 22) That unexpected attack of self-doubt could be a way of warning yourself to go slow before making a career-changing decision. Take more time to do a closer study of the facts.
- VIRGO** (August 23 to September 22) A workplace problem needs your attention now, before it deteriorates to a point beyond repair. A trusted third party could be helpful in closing the gaps that have opened.
- LIBRA** (September 23 to October 22) A recent family situation could give rise to a new problem. Keep an open mind and avoid making judgments about anyone's motives until all the facts are in.
- SCORPIO** (October 23 to November 21) Rely on your always-sharp intuition to alert you to potential problems with someone's attempt to explain away the circumstances behind a puzzling incident.
- SAGITTARIUS** (November 22 to December 21) Although you still need to do some snipping off of those lingering loose ends from a past project, you can begin moving on to something else.
- CAPRICORN** (December 22 to January 19) With your self-confidence levels rising, you should feel quite comfortable with agreeing to take on a possibly troublesome, but potentially well-rewarded situation.
- AQUARIUS** (January 20 to February 18) Travel is favored, both for business and for fun. The end of the week brings news about an upcoming project that could lead toward a promised career change.
- PISCES** (February 19 to March 20) You might feel suddenly overwhelmed by a flood of responsibilities. But if you deal with each one in its turn, you'll soon be able to hold your head above water and move on.
- BORN THIS WEEK:** You have a wonderful way of offering comfort as well as guidance. You would do well in the healing arts.

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LIFE letters' policy

Concise letters are most likely to be chosen for publication, but the use of any material is at the discretion of management. All letters must be signed or they will not be considered for publication. During election times, no letters written by the candidates endorsing themselves will be considered for publication. Editing may be necessary for space, clarity or to avoid obscenity or libel, but ideas will not be altered. Writers are urged to use discretion and refrain from sarcasm or personal attacks. Criticism of individuals or organizations that is not broached tactfully will jeopardize the publication of a letter. Letters will be published in the order that they are received, unless there is a time factor involved, space permitting.

Ron Kern: Mother nature can be fickle

IT'S spring and that usually signals a new beginning. No more so than on the farm when planting season begins. Looking back on 2022 it was a pretty good year down on the farm around here, but then again Mother Nature can be fickle and as you may recall the western US suffered terribly from drought.

But as farmers know we are all in this together so I thought I'd bring the west here to roost this week. Let's look at drought-related disaster from 2022 from the numbers crunched by the American Farm Bureau.

Weather-associated production risk is an inherent factor in farmers' and ranchers' everyday business environment. Through heavy rain, hail, snow, winds and drought, farming families prepare land, plant and harvest knowing their livelihoods are reliant on local weather conditions. In 2022, 18 weather and climate disasters, each with damages exceeding \$1 billion struck the U.S. coast-to-coast. The National Oceanic and Atmospheric Administration reported that 2022 surpassed 2021 as the third-costliest disaster year event in history, with an estimated \$165 billion in total economic losses behind only 2017's \$346 billion and 2005's \$244 billion. With over 470 lives lost, these disasters will haunt impacted communities for years to come.

Updated crop and rangeland damage estimations for 2022 provide a window into the recent impacts of natural disasters on domestic food production. The assessment puts total crop and rangeland losses from major 2022 disasters at over \$21.4 billion, or 7.7 percent of NOAA's total economic impact figure. Of that figure, over \$11 billion

in losses were covered by existing Risk Management Agency programs as of February 2023. Over \$10 billion in losses were not insured through RMA, existed outside policies' coverage levels, or did not qualify under an existing risk management program. Drought and wildfires alone accounted for over \$20.4 billion in total crop losses, with the remaining \$1.08 billion linked to hurricanes, hail, flooding and severe weather.

In 2022, Texas suffered the most significant hit, with over \$6.4 billion in incurred losses primarily made up of \$2.9 billion in damages to cotton, \$1.7 billion in damages to forage and rangeland and nearly \$1 billion in wheat damage mainly attributed to widespread exceptional drought conditions but also partly linked to May hailstorms and severe weather in April. Kansas ranked second with over \$3.3 billion in incurred losses from drought conditions. Kansas corn losses totaled over \$1.2 billion followed by \$777 million in losses of other grains including crops such as grain and silage sorghum. Soybeans valued at nearly \$700 million also succumbed to drought conditions in Kansas. Nebraska's losses mirrored those of its southern neighbor, with total losses of over \$2 billion, \$1.8 billion linked to drought including nearly \$1 billion in corn and \$400 million in soybeans. Nebraska also experienced losses from heavy derecho winds and severe weather in June, which resulted in almost \$200 million in corn losses. Moving north again, South Dakota, in fourth place, was also plagued by drought, with over \$1.4 billion in

total damages, including \$660 million in corn losses and \$300 million in forage and rangeland losses. In addition, South Dakota experienced hailstorms in May which damaged \$130 million in corn.

Seeing forage and rangeland with the most significant losses (\$6.3 billion) is not surprising given the correlation between drought and rangeland. Western states are no strangers to arid conditions and vast landscapes often grazed by livestock herds. Reductions in hay stores and abysmal forage conditions forced many farmers and ranchers to liquidate cows early or pay upward of \$400/ton for hay shipped across state lines. Importantly, the geographic footprint of extreme drought has shifted between 2021 and 2022, with states in the Pacific Northwest like Washington and Idaho having relatively better conditions, while states like Texas, Kansas and Nebraska have faced widespread drought in the highest, D4-exceptional, drought category. This has shifted the categories of crops most impacted compared to last year, including a much higher value of corn (\$4.5 billion) and cotton (\$3.25 billion) lost across the country. Traditionally, federal crop insurance programs are the preferred mechanism for managing risk associated with weather-related disasters for most agricultural products. These policies provide protection from yield losses, increased costs and revenue declines. Unanticipated disaster situations like large-scale weather events pose the optimal test for these programs, designed to provide targeted risk

management under more probable and common loss conditions. Losses that occur outside the scope of these conditions and the specified terms of a policy complicate farmers' ability to qualify for indemnity payments.

Weather and climate-related disasters in 2022 pummeled farms and ranches across the United States, leaving over \$21.4 billion in crop and rangeland losses in their wake. Over half of those losses were effectively protected under existing risk management programs with the remainder highlighting the importance of inclusive protections for growers of all crops in all regions of the nation. Not to mention, the full extent of damage across the sector is likely far higher when livestock, infrastructure, timber and other ag-related factors are considered. Already in 2023, farmers and ranchers are experiencing flooding, freezes and persistent drought conditions. The stability of U.S. farms and ranches relies on their ability to be resilient under an array of climate and weather conditions. The 2023 farm bill will give lawmakers a chance to fill gaps in existing risk management programs, providing similar risk management opportunities for farmers regardless of what they grow. The sure and timely payments associated with crop insurance and other farm bill programs is often critical for farm-level stability, and so for a safe and secure domestic food supply.

"The farmer is the only man I our economy who buys everything at retail, sells at wholesale and pays the freight both ways."

-President John F Kennedy

Ron Kern is the manager of the Ogle County Farm Bureau.



Ron Kern

Letter: Another 'gun law' LTE

DEAR editor,
Another school shooting happened and right on cue the gun law letters to the editor show up. Ms. Pottinger writes that school shootings are personal to her. They should be personal to all of us. Her letter was prompted by, presumably, the Nashville school shooting. Apparently, she supports the "Assault Weapons Ban" signed into law by our Governor recently. Why did she focus on that?

What difference does it make what kind of gun was used? It has been reported that the shooter had another target selected but decided to change to the school because her primary target was better defended. After

all the school shootings that have occurred in this country, why are they still not better protected and I do not mean by locking the doors?

I have heard that schools are gun-free zones. I do not know if that is universally true, but it may be. Obviously, what that means is, someone who wants to shoot up a school can depend on the fact that they will have the only gun there, for a while at least. It seems that the school shooters are the only people to have figured that out. Why haven't we solved that problem? I recently heard a "liberal talking head" say that kids would be too traumatized to know people with guns were in

their school. Really? Kids that spend hours playing "shoot-em-up" video games or watching wall-to-wall TV programs that revolve around violence would be too traumatized?

Do you really think that kids that hear of another school shooting would be too traumatized if they saw an armed cop in their school? A gun did not kill those people, a person did. Another gun law will not help the situation. More people with guns in schools will.

Everyone wants a simple solution to a complex problem. Pass another gun law and all the problems will be solved. In the first-place, laws do not prevent people from doing things.

They just give society the authority to punish people who do something that we do not like. Ms. Pottinger seems to feel that once a law is passed and signed by our governor, that is the end of it. It should just be accepted. If that were true, we could save a lot of money by getting rid of or at least significantly reducing the need for the Appellate Courts and the Supreme Courts at the state and federal levels.

A lot of things need to be addressed and it will take time to change the environment. In the meantime, put enough armed people in the schools to protect the kids!

Dick Gambrel
Chana

Letter: Thank you dad for your service

DEAR editor,
April 11 was Steve Pennock's last meeting after over 30 years of serving on the Oregon Park District board. When our dad first ran for office we were all still in school and he was the principal at Jefferson Elementary School.

As kids we benefited from park district programs and access to award-winning parks. We also worked part-time during high school and college as life-guards and swim lesson instructors. It was not until adulthood as we have lived in different communities,

that we have come to appreciate how exceptional the Oregon Park District is, especially for a community the size of Oregon. Having a park board member who also worked for the Oregon public schools meant that the park district board always had a supportive voice for the importance of programs for youth in the community.

The schools have benefited from the use of park district facilities for sports and extra-curricular activities. As adults we can't imagine working full-time, raising kids and spending what little free time that

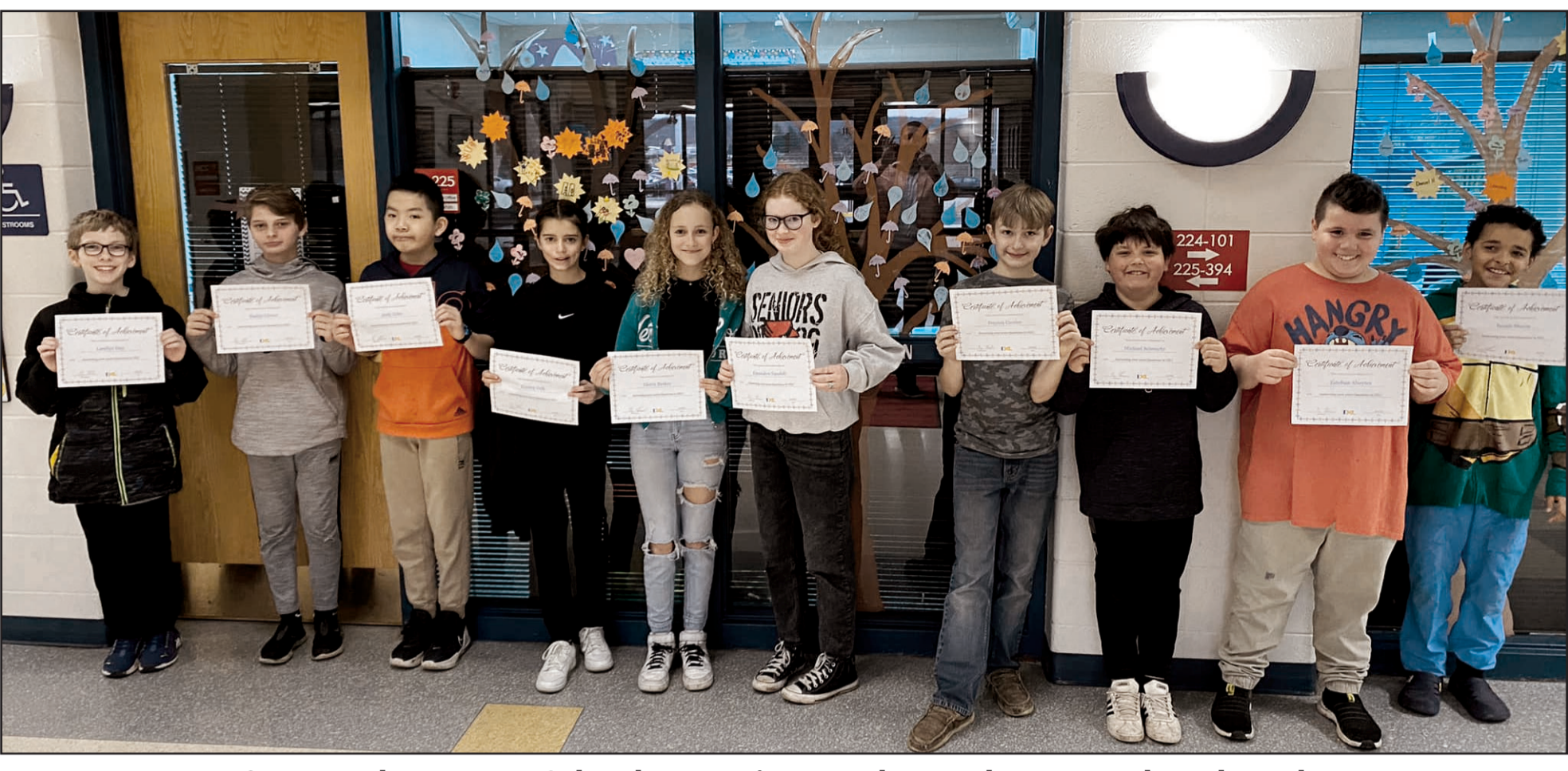
allows serving to make your community better for everyone, but that's what our dad has done for over 30 years.

For anyone in the community with fond memories of their time spent at Nash, at a park or participating in the many activities organized through the Oregon Park District, you can thank -park district board members like our dad who gave up his time, missed moments with his own family, and withstood many instances of public criticism for the betterment of leisure and wellness in the Oregon community.

If you are lucky enough to live in the Oregon area, we hope you take time to enjoy and acknowledge what an incredible asset the Oregon Park District is to your community and remember that the quality of parks and programs in your area is the result of many years of service and hard work from both the park board and Oregon Park District staff. Take some time to play and have fun today! Thank you dad for your service. We love you.

Jen Pennock
Beth Fuller
Rebecca Kaffenbarger

LOCAL NEWS



Oregon Elementary School recognizes students who met IXL benchmarks

Oregon Elementary School recognized students who met the 1,000 or 2,000 question benchmarks in IXL, an adaptive software students can use to get targeted skill practice in ELA and math. Research shows if a student answers 30 questions a week, a student can make adequate progress and these students have completed double the amount of questions recommended. "We are proud of these students and their commitment to growing academically," A district Facebook post said.

OHS students ask community for donations of plastic lids and caps

OREGON – Imagine sitting on a bench in your community that you helped build without ever lifting a hammer. Sophomore Oregon High School students are doing just that in partnering with Green Tree Plastics to build a new bench for the Oregon Community Garden using recycled

plastics. To reach their goal and build the new bench, students need 150 pounds of plastic lids and caps and are asking the community to help. "I'm proud of our students and their dedication to the project," Mr. Cozzi said. "Donations will be accepted at the high school or elementary school office

until the goal weight is reached." Students developed the idea during their daily "Hawk Huddle" time, a period of the school day when students can work on academic support, mid-day study time, goal setting and leadership lessons. Mr. Cozzi and Mrs. Starkey's sophomore Hawk Huddle

& Friends group wanted to positively affect the environment so applied to Green Tree Plastics ABC Promise Partnership, a national program that is designed for school children to learn about caring for the earth and green living. Acceptable donations include clean plastic, lids and tabs. Please drop your

donations at the Oregon Junior Senior High School or Oregon Elementary school office. Dedicated students have been sorting, washing, and quality checking all the caps and lids that have been donated. "I like to think we are helping to save the world, one cap, bag and tab at a time," Mrs. Starkey said.

Once the goal weight is reached, Green Tree Plastics will move forward with creating a bench of 100 percent recycled plastics for the students to place in the Oregon Community Garden. The goal of the community garden is to provide a space for everyone to experience recreational gardening.

Youth hone decision-making skills in state equine contest

GALVA – Youth from around the state demonstrated their specialized equine knowledge at the Illinois 4-H State Horse Judging Contest on Feb. 18 at the Black Hawk College East Campus.

In this contest, youth judge six classes of horses, at least two being halter classes and youth 14 years of age and older may also choose to participate in oral reasons following the classes.

Horse judging competitions allow participants to demonstrate their understanding of the evaluation criteria while honing participants' observation and decision making skills. Through 4-H, young

people with a passion for horses can participate in education contests related to the equine industry regardless of whether they own a horse. These education programs enhance mem-

bers' knowledge of horse health, breed characteristics, management, and feeding. The top placings by division include: **Non-Reasons** – **Teams:** Ogle County.

Non-Reasons Ranked by Halter Placing Total: Eighth place: Addison Yordy, Ogle County. **Non-Reasons Ranked by Questions Total:** Eighth place: Adalyn Bocker, Ogle County.

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LOCAL NEWS

UNITY: Hospice center volunteers making a difference

From page 1

“That’s what we’re looking for. A lot of our volunteers provide that support.”

Chick started volunteering with Unity in January 2021. That was during the pandemic, and Unity would bring her projects to do from home. In September of that year, she started in-person office work, putting together care packages for patients and going to nursing homes to do hand massages for patients.

Later on, Chick expressed to a previous volunteer coordinator that she’d like to start helping by talking to families after their loved one passes.

“I felt like over the years I’d learned a lot about grief and I’ve helped a lot of people with grief,” Chick said. “I lost my son, my mom at a young age, and I lost all three of my brothers in about 4.5 years. As time went on, helping others through their grief was just a good outlet for me and I had a lot of help in my processing. This is what I mainly do now.”

Helping people with their grief is enjoyable for Chick, and after speaking with families on Unity’s behalf she can put them in touch with a chaplain that will stay in touch with them.

“I make sure he knows which ones are of concern,” Chick said. “If I hear something in their voice, I have our chaplain reach out. No matter what age the loved one is, grief is hard. Most of ours are elderly, but people have

trouble adjusting.”

Chick found time to volunteer after her home-based business was deemed nonessential in 2020 during COVID-19. Through the process of that summer, she was trying to stay occupied and Unity opened up a door to volunteering. She believes her volunteer work has helped her with her own personal grief. To manage that, helping others is an outlet she needs.

“I retired earlier than I thought I would and this is still a way to show that I care,” Chick said. “I like making people feel better. This is another way to do that. Grief is a hard process to deal with. The fact that I can kind of validate all that they’re going through, I empathize and sympathize and make sure they understand any feelings that come with grief are perfectly natural. And there are ways to process that.”

Etchison said Chick’s work is crucial to Unity’s work with families after their loved one passes. The organization provides counseling for up to 13 months after a loved one passes. At the beginning of that process, Chick lends a listening ear and checks in on families to see how they’re doing and what support they may need.

“It’s incredible and I’m so glad Donna wanted to get involved and can take her experiences and give back,” Etchison said. “That’s a big thing with hospice volunteers in general. A lot of them are people who want to give back or have experienced

their own grief. I overhear the calls sometimes and I’m so impressed with everything she says to them. We always want our staff to meet patients where they are and see where they’re coming from and provide a listening ear. I know she’s doing everything she can to provide support for our families.”

After working as a Unity nurse, Carpenter became a full-time caregiver for a family member and found extra time that she chose to spend sewing for Unity patients after she saw a need for it. She learned to sew as a child and has enjoyed it since.

“It’s something I can do at home that helps somebody else,” Carpenter said. “If I can make somebody’s day, that’s awesome. I think Unity is a great hospice service. I think they love their patients and have a desire to make them as comfortable as possible and treat them like kings and queens.”

Carpenter started off sewing memory pillows for patients and then started making clothes adjustments for patients, which can be requested by nurses. Carpenter will sew buttons or Velcro on shirts so patients can put them on themselves. She takes on any special sewing projects for patients. Her biggest project recently was for Unity’s veterans program, where she used recycled jeans from various community members to make blankets for patients featuring their military histories.

“Annie asked me about veteran blankets and I gave them a try and I’ve



(COURTESY PHOTO)

Deb Carpenter is a former Unity nurse and now helps with volunteer projects. She makes quilts and does sewing work for patients. She’s made memory pillows, veteran blankets and has made patients’ clothing easier for those that struggle to dress themselves.

had fun doing those,” Carpenter said. “I’ve also written some cheer mail and I enjoy writing letters to people to hopefully give them a little smile.”

Unity Hospice, which has a Rochelle office, meets its patients and volunteers where they are

in 17 counties in Northern Illinois. Volunteers visit patients in the area they reside and work on assignments that meet the reasons that they wanted to get involved.

Unity Hospice and Palliative Care has a number of volunteer

opportunities including patient care, administrative, student interns, bereavement, Paws for Patients, music & memory, veteran to veteran and more.

To learn more, visit unityhospice.com/volunteer.

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Stillman Valley baseball team journeys to Georgia

Wilhite: "The entire experience was great for bonding and building chemistry"

BY GEORGE HOWE
CORRESPONDENT

GEORGIA — Spring baseball in the Midwest brings its challenges mostly from a weather standpoint. Stringing together five days in a row to go outside is nearly impossible.

Stillman Valley Head Coach Scott Wilhite has put together a successful strategy to combat the elements in his 30 years in the program, the last 23 as the leader in the dugout which has resulted in finding the Cardinals at or near the top of the Big Northern Conference.

When the students return from Christmas break, Wilhite and staff utilize the gym to start a throwing and hitting program three days a week before and after school.

"The first two weeks we put a lot of emphasis on hitting and are fortunate to have a batting cage," Wilhite said. "We avoid potential injuries by staying indoors and one of my goals is to get the players ready and be in a good spot

as we open the season."

This consistency was apparent as the Cardinals ripped off victories in their last 14 out of 16 ballgames to finish 18-14. So far this season it's been slow going due to the inclement conditions that finds the team 6-3 to start play.

Once the weather improves, it's a break-neck schedule to try to play 30 to 35 games between March and May. Another fortunate opportunity that has come about thanks to the school administration, players' parents and Wilhite was a spring break road trip to Georgia where the majority of the days and evenings were filled with baseball.

"We took off Sunday morning, drove all day, stayed a week and drove back on Saturday," Wilhite said. "The entire experience was great for bonding and building chemistry."

The team competed against top-notch talent with school enrollments double the size of Stillman's 500 students, yet they held their own going 2-2 to up their record to



(COURTESY PHOTO)

The Stillman Valley varsity baseball team's spring break trip to Georgia allowed for team bonding time, including team meals, playing cards and bowling.

8-5 overall.

"We were really excited to hold 3-4 full practices in warm weather and saw good pitching and talent the entire time, which really helped us prepare for conference play."

According to Keaton Rauman, a junior catcher, the whole experience went beyond the diamond.

"It was so much fun to all stay together at the camp that we were at," Rauman said. "We all hung out,

played cards, went bowling and got to tour the park where the Atlanta Braves play. It brought the team closer, helping us build our chemistry making us a better team and friends."

This season's squad

is mostly intact from last year featuring junior center fielder and three-hitter Braden Engel, a unanimous first-team all-conference selection.

See **GEORGIA** pg 2

The Big Advantage If You Sell This Spring

Thinking about selling your house? If you've been waiting for the right time, it could be now while the supply of homes for sale is so low. HousingWire shares:

"... the big question is whether we are finally starting to see the seasonal spring increase in inventory. The answer is no, because active listings fell to a new low last week for 2023..."

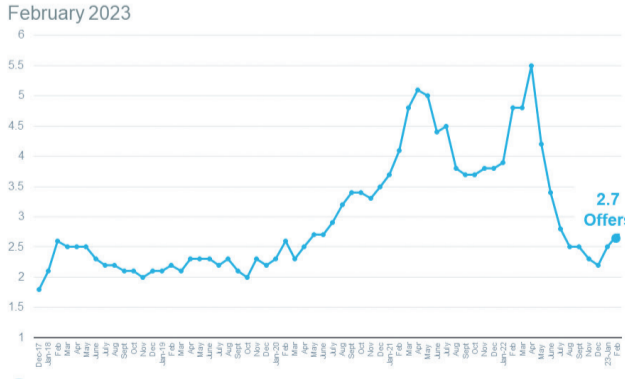
The National Association of Realtors (NAR) confirms today's housing inventory is low by looking at the months' supply of homes on the market. In a balanced market, about a six-month supply is needed. Anything lower is a sellers' market. And today, the number is much lower:

"Total housing inventory registered at the end of February was 980,000 units, identical to January and up 15.3% from one year ago (850,000). Unsold inventory sits at a 2.6-month supply at the current sales pace, down 10.3% from January but up from 1.7 months in February 2022."

Why Does Low Inventory Make It a Good Time To Sell?

The less inventory there is on the market when you sell, the less competition you're likely to face from other sellers. That means your house will get more attention from the buyers looking for a home this spring. And since there are significantly more buyers in the market than there are homes for sale, you could even receive more than one offer on your house. Multiple offers are on the rise again (see graph below):

Average Number of Offers Received on the Most Recent Closed Sale



If you get more than one offer on your house, it becomes a bidding war between buyers — and that means you have greater leverage to sell on your terms. But if you want to maximize the opportunity for a bidding war to spark, be sure to lean on your expert real estate advisor. While we're still in a strong sellers' market, it isn't the frenzy we saw a couple of years ago, and today's buyers are focused on the houses with the greatest appeal. Clare Trapasso, Executive News Editor at Realtor.com, explains:

"Well-priced, move-in ready homes with curb appeal in desirable areas are still receiving multiple offers and selling for over the asking price in many parts of the country. So, this spring, it's especially important for sellers to make their homes as attractive as possible to appeal to as many buyers as possible."

Bottom Line

If you've been waiting for the right time to sell your house, low inventory this spring sets you up with a big advantage. Reach out to a RE/MAX of Rock Valley professional today to make sure your house is ready to sell.

NEW LISTING

000 Hickory Hills (34 acres)
Sterling \$340,000 Call Rebecca

34 WOODED ACRES WITH OVER 800 WALNUT TREES! Looking for an outdoor paradise to spend your days hunting or build your dream home? You have found THE property! This acreage is home to many, many mature trees, trails and also offers several great spots to build your new home. A hunter's dream, current owners have also harvested many large deer off of this property. There are trails that meander through the acreage to open prairie sites allowing you easy access to all that this property has to offer. The new owner will also enjoy additional income from the CRP acreage. Can be purchased with house, buildings and a total of 39 acres for \$499,000.

NEW LISTING

26972 Pilgrim Road Sterling
\$225,000 Call Rebecca

5 ACRE FARMETTE WITH BUILDINGS! This property boasts a stunning farmhouse, several outbuildings and a stunning wrap around porch that has features composite decking. The house has 5 bedrooms, 2.5 bathrooms and over 3,000 square feet of living space. Kitchen is open to the oversized dining room and also includes an eat in area with views of the backyard. Spacious living room with wood burning fireplace. Main floor master with ensuite full bathroom. Bonus space on the main floor includes a family room with gas fireplace, office/craft area, laundry room and second kitchen. Attached 3.5 car garage and the outbuildings offer endless storage and possibilities. Properties with as much to offer as this do not come for sale every day - move quickly to call this one yours! Additional acreage available for purchase.

NEW LISTING

525 Westfield Dr, Stillman Valley
\$272,900 Call Becky

This meticulously taken care of ranch home in Stillman Valley has had one owner and has 3 BR, 2BA, & a 3 car garage. Foyer opens to great room with cathedral ceiling and woodburning fireplace with tile & oak surround. This wraps around to DR with slider to huge deck w/ metal rails (stained in '20) overlooking the spacious fenced (20' in yard with 2 apple & 1 pear tree. Back inside we move to the kitchen with eat-in dinette. All appliances are black with the gas stove & dishwasher being new in '21. First floor laundry room (washer/dryer stay '21) with laundry sink is right off the garage entrance. Main level has newer wood laminate flooring (19). Large master bedroom has an ensuite bathroom with double sink, walk-in closet and separate toilet. Carpet in bedrooms and stairs was new in 19-'22. Open stairway to LL which has partial exposure and is enormous with a game space, 2 built-in seating areas/cabinets to seat 8, and a family room - all with tile flooring and electric baseboard heat. Aprilaire ('21), sump pump, rough in bath in LL, ample storage area.

NEW PRICE

921 S Ottawa Avenue Dixon now \$112,000 Call Carla

New Listing in Dixon! This 4 bedroom, 2 bath home conveniently located close to shopping and downtown! One bedroom on the main floor with the additional 3 bedrooms in the upper level. Large living room and dining room with eat in kitchen. One bathroom on each level! Kitchen appliances stay. New 90 plus furnace. Inviting enclosed porch. Loads of character throughout! Located on a corner lot.

LOTS & ACREAGE

00 E Ashelford Drive Byron \$59,900 Call Carla

Imagine how you would want your dream house to be when you are nestled near the Rock River with 110' of river frontage. Do you prefer arec room, larger bedrooms, spacious kitchen or loads of windows to take in the scenic views? It's up to you. This property is located in the Byron school district and has city water and county taxes. Sale is subject to developer's approval of blueprint.

LOTS & ACREAGE

320 Vermillion Lane Dixon \$8,000 Call Lori

2 adjoining lots for sale are great for the construction of a single family residence. Located on the corner of Vermillion and Mississippi. This development has fantastic appeal to the nature enthusiasts looking for a serene setting. You will find a lake, beaches, playgrounds and a club house within the community. Nearby are state parks, state forests, fishing, hiking Nachusa Grasslands with a herd of bison, and the Rock River. Great place for your permanent residence or your weekend escape.

317 Otter Trail Lane Dixon \$7,000 Call Jenn

BUILD YOUR DREAM HOME! 2 buildable lots in Lost Nation. Lots of wildlife and country views near Lost Lake. The Lost Nation Community has fishing, parks and a golf course. Close to the cities of Dixon, Oregon and only 2 hours from Chicago!

000 N River Road (10 acres) Byron \$89,900 Call Jamie

Do you love the outdoors? Here is your opportunity to own your own private recreational island! Hunting, Fishing, Camping, Boating, Kayaking, just to name a few things you can enjoy with this property! Perfectly nestled in the best location of the Rock River. Sandbar is just located across the river. 2 Public boat launches are within minutes away. Near Prairie View Golf Course and Downtown Byron. 5 minutes to Oregon. 20 minutes to Rockford. 90 minutes to Chicago

000 S Andrew Drive Oregon \$45,000 Call Jenny

Look no further! This beautiful 1.5 acre lot is the perfect building site for your new home. It has a country feel, yet is conveniently located just outside of Oregon off of Daysville and Lowden roads. The Sinissippi Point Subdivision has large lots providing ample distance from neighbors. The covenants allow for swimming pools, fences, and out buildings. Get your house plans ready and build your new home this year!

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LOCAL NEWS

GEORGIA: SVHS baseball team reflects on spring break trip

From page 1

Junior shortstop/pitcher and two-hitter Aiden Cicogna solidifies the defense and is a "big cog for the team," Wilhite said. Senior Caleb Johnson is the top pitcher so far this campaign, and Wilhite is expecting big things from Drake Stewart, Rauman, and his brother, senior pitcher Kale Rauman, who was all over the field last season.

sition for us and I felt very comfortable moving him and most of our players around," Wilhite said. "Athletically, we are very good."

With solid defense and hitting, Wilhite has his expectations set on a conference and regional title. One aspect that he is still trying to find is pitching.

"We are just as good as any team in the area but we need to find depth on our pitching staff," Wilhite said. "You can never have enough throwers."



The Stillman Valley High School varsity baseball team's spring break trip to Georgia allowed for team bonding time. (COURTESY PHOTO)

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SPORTS NEWS

Bertolet Library News

National Library Week
Join us for National Library Week, April 24th-29th. There will be guessing jars to calculate, door prizes to register for, and goodies to take home.

YOUTH PROGRAMS

Big Kids, Big Art
Tuesday April 18th, 4:30 PM This will be the last session of Big Kids, Big Art. If you missed previous sessions, you are still invited to join Miss Jana for the last one. See you there!

Story Time
Thursdays, 10:00 AM Miss Jana will have stories and crafts for toddlers-kindergarten kids.

ADULT PROGRAMS

Book of the Month
Journey with Cussy

Carter, or Bluet as she is more commonly known, as she delivers books on her Packhorse Librarian route in Appalachia Kentucky during the Great Depression. Cussy has to deal with loneliness, poverty, and discrimination, all while facing harsh conditions on the book route. Stop by the circulation desk to pick up a copy of *The Book Woman of Troublesome Creek* by Kim Michele Richardson.

April Take & Make Craft

Welcome in spring with this buzzing bumble bee craft. Stop by the circulation desk and pick one up while supplies last.

Card Making
Saturday, April 15th,

9:00AM Get ready for graduation season by creating a one-of-a-kind card for those middle school, high school, and college grads! All supplies provided or you may bring your own!

Plastic Recycling

We ask that you make sure plastic is clean with no debris in the donation. Also please remove any ziploc-type seals and paper/sticker labels. Thank you for your cooperation.

NEW RELEASES

Adult Books
A Country You Can Leave by Asale Angel-Ajani, *The House of Eve* by Sadeqa Johnson, *The Lost Wife* by Susanna Moore, *Dark Angel* by John Sandford

Women's hoops moves the needle

TIME to put a wrap on basketball for the year.

Since a previous column was mostly about men's college basketball, let's give the women their due. Everyone else is and it is a refreshing change.

The 2023 NCAA tournament was significant for the women because it was the first time ever that its Final Four garnered more interest than the men's.

Nobody really cared about seeing Connecticut win the men's title, but Iowa's semifinal upset win over undefeated South Carolina and loss to LSU in the women's championship game really moved the needle.

Championship game TV ratings were up 103 percent for the women and down 15 percent for the men, though the earlier rounds of the men's event surpassed the women for general interest.

It's all about the drama. Leading up to the Final Four, the men had twists, turns and upsets galore. Once the overhyped semis and championship games began, the suspense was gone.

While in the northwoods of Wisconsin last week, I even forgot the Connecticut-San Diego State final was being played. I'll blame that on apathy instead of old-age forgetfulness.

However, I was curious how one of our local Big 10 teams in Iowa and its star player Caitlin Clark would fare in the women's event. It was akin to Larry Bird bursting onto the scene for men's college ball in 1979.

Indeed, Clark's play and court theatrics are similar to Bird, though she is much more vocal. Against LSU, Clark was upstaged by a team whose coach and players wore their hearts on their sleeves.

Emotion permeated the title game in front of 20,000 fans at Dallas and the largest television audience ever for a women's college game. It was dullsville in Houston, where the men played in a cavernous indoor football stadium.

As a native of Iowa City, some of my formative years were spent there and I remember the fascination with girls' high school basketball.

It was more popular than the boys, sometimes drawing 15,000 for the title game in Des Moines.

The girls state tourney was a big-time event that also featured old-school half-time entertainment.

What was really unique about Iowa girls basketball was that it was played six-on-six, with only guards and forwards. With hardly any other states offering girls basketball, this was a big deal to Iowans.

The three guards had to stay in the backcourt and the three forwards in the frontcourt. Basically, you played only offense or defense and could not cross the center court line.

That's how it was when Iowa contested its first state championship in 1920 and continued that way even 20 years after Title IX was passed in 1972.

Once other states all over the country began playing the universal five-on-five game, the popularity for Iowa six-on-six basketball began to wane, as did scholarship opportunities for its players. Eventually putting an end to a treasured Iowa tradition.

Speaking of ending traditions, the IHSA quietly shut down the 3-point competition and hardly a squeak was heard. In listening to IHSA Executive Director Craig Anderson being interviewed by Jeff Leon of WRHL recently, Anderson said schools were somewhat relieved there would be no more 3-point competitions.

Many schools felt hosting a post-season event was enough of a chore without facilitating a 3-point contest. How true, especially when a high-stakes

sectional game is on tap. The last thing you want is something interfering with the main event.

But, to all of you 3-point contestants over the years (1997-2022) and "King and Queen of the Hill" winners, it was a good run and a lot of fun was had.

Speaking of the state tournament, the pep band from Wheaton St. Francis got rave reviews for its performance at the boys tourney. They do it all with a variety of instruments and musical genres.

Live entertainment at high-school games is so much better than piped-in music at pro games.

Let's close with a gripe on the professional basketball front and one that applies to every other major pro sports league.

There are 133 NBA players with salaries in excess of \$10 million a year. The owners of these teams have a property values at an average of \$2.7 billion.

With that kind of fabulous wealth, why do politicians continue to give away our tax dollars to fund new sporting venues for them? Biased studies claim that having a professional sports team pays off in revenue it brings in to a taxing district.

Perceived economic justification can easily confuse politicians and it's a shame that they cave into these demands rather than saying no to them.

Andy Colbert is a long-time Ogle County resident with years of experience covering sports and more for multiple area publications.



Andy Colbert



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Area sports results for April 17

Oregon softball defeats Dixon

On April 5, the Oregon varsity softball team defeated Dixon 7-1. Hawks Ava Hackman and Emma Schlichtmann held Dixon to one run while striking out a combined eight batters in the game. Oregon's Reilee Suter jacked a solo homerun and had three hits total on the night. Hackman also had two hits and two RBIs. Ella Dannhorn and Gracen Pitts also had two hits apiece as the Hawks moved to 5-1 on the season and 2-0 in conference play.

Oregon girls soccer defeats Stillman Valley

On April 6, the Oregon varsity girls soccer team defeated Stillman Valley 1-0 in overtime to raise its record to 3-0-0 (1-0 conference). Kenna Wubbena scored the winning goal on an assist from Alyssa Mowry. Sarah Eckhardt had 16 saves in goal, securing her third shutout of the season for the Hawks.

Oregon softball defeats Rockford Lutheran

On April 6, the Oregon varsity softball team defeated Rockford Lutheran 15-0. Ava Hackman hit a three-run home run and Emma Schlichtmann pitched a no hitter as the Hawks cruised the win. Reilee Suter had three hits and five RBI for the Hawks. The Hawks moved to six wins against one loss on the season and 3-0 in conference play.

Oregon softball defeats Eastland

On April 7, the Oregon varsity softball team defeated Eastland 17-3. Ava Hackman struck out nine batters in three innings to lead the Hawks to victory

in five innings. Emma Schlichtmann struck out four batters for Oregon in two innings of relief. Ella Dannhorn had three hits, three runs and three stolen bases for the Hawks, and Hackman also had two hits and two RBIs.

Stillman Valley boys track wins meet at home

On April 8, the Stillman Valley boys varsity track team finished first at a meet held at home with a score of 178 points. South Beloit finished second (44 points), Rockford Lutheran finished third (31 points), Indian Creek finished fourth (29 points) and Christian Life finished fifth (26 points).

Stillman Valley girls track wins meet at home

On April 8, the Stillman Valley girls varsity track team finished first at a meet held at home with a score of 144 points. Rockford Lutheran finished second (74 points), Christian Life finished third (34 points) and Indian Creek finished fourth (26 points).

Oregon softball splits doubleheader against Lena-Winslow

The Oregon varsity softball team split a doubleheader with Lena-Winslow on April 8. Oregon fell behind early but battled back to a 5-5 tie, eventually losing game one 8-6. Abi Rogers, Ella Dannhorn, Sarah Stevens and Ava Hackman each had two hits apiece in game one. The Hawks rebounded to win game two 5-2 on a dominant pitching performance by Emma Schlichtmann, who threw a complete game, striking out six. Reilee Suter and Gracen Pitts led the way at the plate for Oregon

with two hits each in the game-two win.

Oregon girls soccer falls to Indian Creek

On April 8, the Oregon varsity girls soccer team fell to Indian Creek by a score of 4-1. Alyssa Mowry scored the lone goal for the Hawks and Sarah Eckhardt had 14 saves in goal for Oregon. The loss brought Oregon's record to 3-1-0 (1-0 conference).

Oregon hosts Gebhardt-Worley Invitational

On April 8, Oregon High School played host to the Gebhardt-Worley Invitational, which saw county schools participate in the boys and girls varsity track divisions. The Oregon girls team finished third with 89 points, and Forrester finished sixth with 50 points. Forrester's Autum Pritchard won the 400-meter dash with a time of 1:04.82. Oregon's Sonya Plescia won the pole vault with a score of 2.74 meters. Oregon's Hadley Lutz won the long jump with a score of 4.95 meters.

On the boys side, Forrester finished fifth with 74 points and Oregon finished eighth with 33 points. Brock Soltow won the 400-meter dash for Forrester with a time of 54.84. Forrester's Michael Taylor won the high jump with a score of 1.88 meters.

Stillman Valley softball defeats Oregon

On April 10, the Stillman Valley varsity softball team defeated Oregon 12-9. Reilee Suter went 4-4 and scored three runs for Oregon and Ella Dannhorn and Ava Hackman both hit home runs for the Hawks.

See SPORTS page 5

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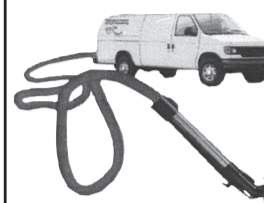
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LOCAL NEWS

Byron Public Library News

Help stock Our Makerspace
Do you have crafting material, supplies or tools that you don't need anymore? Donate them to the Byron Library and help us stock our new makerspace! Yarn, thread, fabric, needles, paper – you name it, we can use it. Please bring all craft supply donations to the front desk. We will be accepting donations through the end of May.

DIY Tiny Library
Thursday, April 20. 6:30-7:30 pm. Celebrate national library month by creating your very own tiny library. Visit Byron.evanced.info/signup or call 815-234-5107 to register for this program.

Cinco de Mayo Guacamole
Tuesday, May 2. 6-7:00 pm. Erica is going to be mixing up some homemade guacamole for Cinco de Mayo. Watch a demo and enjoy a taste test. You'll be prepared to cre-

ate your own guacamole to celebrate Cinco de Mayo. Please call 815-234-5107 or visit Byron.evanced.info/signup to register.

Ladies Night Out – Favorite Things Party
Tuesday, May 16. 6-7:00 pm. You are cordially invited to a "Favorite Things Party" as we celebrate Ladies Night Out. Think of something that you love that's between \$5.00 and \$7.00. Bring 3 of that item to the party unwrapped. At the party, you'll have a chance to share your favorite item and then draw the name of 3 people who will go home with your favorite item. Everyone leaves with three amazing new finds. Refreshments will be served. Visit Byron.evanced.info/signup or call 815-234-5107 to register.

DIY Toad House
Thursday, May 25. 6-7:30 pm. Toads are a gardener's best friend, eating over 50 insects a

night! Create a toad house to attract these amazing amphibians to your yard or garden. To register, please call 815-234-5107 or visit Byron.evanced.info/signup.

Curbside Delivery
The library is open for browsing, but patrons can still use our curbside service! Place your holds online at byronlibrary.org or call us at 815-234-5107. Not sure what you want? Call us for help! We will call or email you with a confirmation when your holds are ready to be picked up. Call us when you arrive at the library, and we will bring your items out to you, already checked out. A receipt with your due dates will be included with your items. Visit the Byron Library Facebook page to keep up to date on library news and virtual programs!

Be sure to also check out the Byron Library and Byron Library Teen Instagram pages!

Forreston Public Library News

National Library Week
April 23-29. This year's National Library Week theme is "There's More to the Story" so stop in during the week to discover all your library has to offer! While you're here, be sure to sign up for our giveaway baskets and try to win one of our "guess me" jars. We can't wait to see you!

Supply Drive
The library is a collection point for the Summerhill Huskies Donation Drive. The 4-H club is collecting items for Miss Carly's, which is a charity that provides clothes, meals, and other necessities to help those in need. Items requested include:

bottled water, juice boxes, soft snacks, small bags of chips, socks, shoes, shampoo, conditioner, body wash, deodorant, and other hygiene products. Donations may be given to any club member or dropped off at the library during business hours through April 21st. Thank you for your support of this service project.

Toddler/Preschool Storytime
Tuesdays at 10:00 am. Bring your favorite toddler or preschooler for a time of stories, songs, crafts, and fun! This relaxed program is a great way for little ones to meet new friends and discover the joy of reading. Please call the library to register

or if you have any questions.

Community Room
Looking for a place to hold your event? Our community room (with a small kitchenette) is available for meetings, parties, showers, family reunions, and more. Please call the library at (815)938-2624 for additional information.

Soft Plastic Recycling
We are collecting film-type plastic for recycling. This includes plastic bags, zipper type baggies (with the zip portion removed), cereal/snack bags, bubble wrap, and other soft plastic. Please make sure bags are free from debris and remove all paper/sticker labels. Thank you!

Julia Hall Library News

Storytime at the Library
Join us at the library, every Wednesday at 10:00 a.m., for songs, stories and crafts! Ages 2-5. Space is limited: call to register: 815-645-8611.

Introduction to Ancestry: Genealogy Basics and Census Records
Explore Census records using Ancestry Library Edition! This class will cover the basics of genealogy. Then, we'll practice how to search for and read census information. Monday, April 24 at 6:00 p.m. Adults only. Registration required: 815-645-8611.

Teen Crafternoon: Bad Art Competition
Think you're "bad" at art? Perfect! You'll be in good company. Dive into our art supplies to create your own "disasterpiece"—whether it's wacky or just plain tacky. No talent necessary. Friday, April 28 at 3 p.m. Ages 13-18. Registration

required: 815-645-8611.

Adult Book Club
Pick up a book, then join us for a lively discussion of former child star, Jannette McCurdy's, candid and compulsively readable memoir, "I'm Glad My Mom Died." Monday, May 1 at 6:30 p.m. Adults only. Copies of the reading available on loan. Email Joanna at jkluever@mail.meridian223.org to register for a link to this Zoom program.

Tween Scene: Pictionary Party
Dust off your speed, imagination, guessing ability and horrible drawing skills. You'll need them for this larger-than-life version of the game that's both classic and ridiculous. Tuesday, May 2 at 6:00 p.m. Ages 10-12. Registration required: 815-645-8611.

Cricut Lab: Beyond Paper & Vinyl
Did you know? You can cut a variety of materials with your Cricut beyond

paper and vinyl. Join us Thursday, May 4 at 6:00, and learn the proper tools and equipment settings for cutting felt, leather, wood and more. BYO Cricut Explore Air or Maker, mats, blades and device with Cricut app installed. Registration required: 815-645-8611.

DIY Stained Glass Suncatcher
Celebrate sunny days with this splendid spring craft. Children will use simple supplies to create a stained glass-inspired suncatcher. Saturday, May 6 at 10:00 a.m. Ages 5-9. Registration required: 815-645-8611.

Young Critics Book Club
Join us for a book discussion and hands-on craft/activity all about the Graphic Novel, "The Flamingo" by Guojing. Tuesday, May 16 at 6:00 p.m. Copies of the reading available on loan. Ages 7-9. Registration required: 815-645-8611.

SPORTS: Area results for Ogle County

From page 3
Gracen Pitts also had two hits and two RBIs while Emma Schlichtmann pitched three and a third innings for Oregon, striking out two and giving up six runs.

Oregon girls soccer ties Hinckley-Big Rock
On April 10, the Oregon varsity girls soccer team tied Hinckley-Big Rock 1-1. Olivia Wynn scored the lone goal for the Hawks on an assist from Alyssa Mowry. Sarah Eckhardt had 10 saves for Oregon in goal. The tie

brought Oregon's record to 3-1-1 (1-0 conference).

Oregon girls soccer defeats Winnebago
On April 11, the Oregon varsity girls soccer team defeated Winnebago 2-1. Anna Stender and Kenna Wubben scored a goal each for the Hawks, and Alyssa Mowry and Jazmyne Swope registered assists. Sarah Eckhardt had 10 saves in goal for Oregon. The win raised the Hawks' record to 4-1-1 (2-0 conference).

Scores Varsity softball

April 6: North Boone 12, Stillman Valley 1
April 8: DeKalb 5, Stillman Valley 1
April 8: Stillman Valley 17, DeKalb 1 (game two)
Varsity baseball
April 6: North Boone 16, Stillman Valley 0
April 7: Stillman Valley 11, Rock Falls 1
April 8: Rock Falls 9, Stillman Valley 2
April 10: Stillman Valley 7, North Boone 6
April 11: Stillman Valley 15, Genoa-Kingston 0
Varsity girls soccer
April 11: Byron 2, Stillman Valley 1

Mt. Morris Library News

Story Time!
Join us this week as we celebrate EARTH DAY! Ms. Donna will be reading books all about the Earth and children will create a craft this Wednesday, 4/19. Story time is every Wednesday @ 11:15, bring your little ones to enjoy stories and a craft at the Mount Morris Library!

Adult Book Club
The April book is "The Midnight Library" by Matt Haig. Everyone is welcome to join this book club group! Copies of the book are available at the library. This group will meet in-person on Monday, April 24th at the library.

Cookbook Club!
Join us as we explore The Cookbook Club! Wonderful recipes combined with friendship creates something both beautiful and delicious! Stop by to choose your recipe from "Eat to Live Quick and Easy Cookbook" by Joel Fuhrman and bring your dish to pass at our next meeting! Join us on

Tuesday, May 2nd @ 6pm at The Senior Center for another exciting meal!

Ink with a Friend: Card Making at the Library

Join us in May to make some lovely home-made cards to send to family and friends. We will be offering a card-making class from local crafter, Liz Gullett. She will be here on Thursday, May 11th from 5-7! You will get all the materials to make two beautiful cards to take home. Stop by to see the samples, fees are by donation. Registration is limited so call the library or stop by to save your spot before May 4th!

Lego Club!
Our next Lego night is Thursday, April 20th, from 6:00 - 6:45pm. Bring a friend and build some fun with Lego bricks! All children and parents are invited every third Thursday of the month. Children under 8 need to bring a parent with them.

Memorial Gifts
Give a gift that lasts,

brings joy to many, and doubles in value. Your memorial gift to the library is matched by the Mt. Morris Library Foundation, doubling your generosity! Many thanks to all who gave memorial gifts in 2022.

Display Case Showings
Stop by to see our new display for the month from Cynthia Laughlin! She is showcasing her own acrylic art pieces. It's not just for nails! Enjoy the whimsy of all her miniature creations (and some nail designs)! We are always looking for collectors or artists who are willing to share their treasures in our display cases. If you are interested, please call, 815-734-4927.

Newspaper Available!
We will now be receiving the Dixon Telegraph daily! We receive the Ogle County Life, Sauk Valley, and Mt. Morris Times. If you want to keep up with the local news-stop on by!

See page 6

DIRECTORY OF AREA HUMAN SERVICES

Alcohol Abuse Counseling & Recovery
A.A. Hotline 800-452-7990
Sinnissippi Centers, Inc.
Oregon 732-3157
Rochelle 562-3801

Domestic Abuse Agency and 24-Hour Shelter and Helpline
HOPE of Ogle County 562-8890 or 732-7796
Counseling Services, Court Advocacy, Latina Advocacy, and Shelter programs

Education
University of Illinois Extension-Ogle County
421 W Pines Rd, Oregon 61061 732-2191

Low Income Housing
Ogle County Housing Authority
200 W Washington, Oregon 732-1301

Habitat for Humanity of Ogle County
P.) Box 628
Oregon, IL 61061 732-6855

Mental Health
Family Counseling Services 962-5585
Sinnissippi Centers, Inc.
Oregon 732-3157
Rochelle 562-3801
The Serenity Shed Grief Services 732-2499

Senior Citizens Services
Hub City Senior Center 562-5050
Mt Morris Senior Center 734-6335
Polo Senior Center 946-3818
Rock River Center 732-3252
Oregon, IL 800-541-5479

Sexual Assault/Abuse
Rockford Sexual Assault Counseling
24-hour hotline 636-9811
412 W Washington, Oregon 732-0000

Therapeutic
Pegasus Special Riders 973-3177

Veterans' Services
Rock River Center 732-3252
Serenity Hospice and Home 732-2499
Medical Transportation 677-6515

Wellness Services
Ogle County Health Dept
907 Pines Rd, Oregon 562-6976
510 Lincoln Hwy, Rochelle 562-6976
Serenity Hospice and Home 732-2499

LOCAL NEWS

From page 5

Explore More Illinois Welcomes Bix Beiderbecke Museum & World Archives

Explore More Illinois, RAILS' online cultural and recreational pass program for Illinois libraries, welcomes its newest attraction, Bix Beiderbecke Museum & Archives in Davenport, IA! The Bix Beiderbecke Museum & World Archives is a 501(c)3 nonprofit located in Davenport, Iowa, the hometown of jazz legend Bix Beiderbecke. The Bix Museum is the premier location in the Quad Cities to learn about the life and legacy of Bix Beiderbecke. The museum hosts a comprehensive presentation of the life and music of Bix, showcasing artifacts of his and the musicians he played with. Our archives hold the most extensive archival resource on Bix in the world and serve to preserve and teach that knowledge to future generations to come.

Bix Beiderbecke Museum & World Archives has FREE admissions; donations are accepted. Explore More Illinois users can access and reserve passes from any of our attractions on their participating library's website. Explore More Illinois is easy to use with your library card. Visit the library's website to browse attractions. You can find the information on our website, www.mtmorris-il.org under the resources page.

Adult Programming
We are trying to get back into the swing of offering monthly programs for adults. We would love to hear from you. Do evenings or weekends work better? Do you have any program ideas? Do you have a program you would like to share? Contact Mary Cheatwood at the library through email at mmlib@mtmorris-il.org or call 815-734-4927.

Curbside Service is available!
We want to remind everyone that you still have

the option of having your materials delivered to your vehicle. If you have holds waiting for you, call us to tell us you are on your way, and we will bring them out to your vehicle when you arrive. Call us if you need more information.

Additional Services Offered

We make copies (\$0.25 per black and white page). We fax (\$2 for the first page and \$0.50 each additional page). We can scan a document and send it to email (\$2 per document). You can use a computer without a library card for \$1.00. Resume software is available on our computers. Come visit us and let us help you!

Monthly board meetings are the third Wednesday of the month at 7pm at the library unless otherwise noted. The public is welcome to attend.

The Mount Morris Public Library is located at 105 S. McKendrie Ave. Mt. Morris IL 61054 - 815-734-4927 Fax-815-734-6035 www.mtmorris-il.org

Oregon Public Library News

Tiny Art Show- Celebrate World Art Day - All ages
All art entries will be exhibited during the month of April. Voting will occur now-29th and prizes will be awarded to those who receive the most votes.

Book Clubs

The Afternoon Book Club meets Wednesday, April 19, at 1:00 pm to discuss the Sea of Tranquility by Emily St. John Mandel. Is This Just Fantasy? Book Club will meet Tuesday, April 25, 6 pm at the Library to discuss The Ruin of Kings by Jenn Lyons. Books on Tap meets Thursday, April 27 at 6 pm to discuss The Candy House by Jennifer Egan. The 2WBC Book Club meets May 10, at 12:30 pm to discuss I Am Malala by Malala Yousafzai. Cocktails & Crimes will meet Sunday, May 21 -stop by the Library to find out what you're reading & where you're meeting!

Preschool Story Time (18 months- 5 years)

Join us at the Library for stories and crafts on Mondays at 10 am. Registration is required. Go online or call to register.

Did you know we have a SEED LIBRARY?

Bring seeds to share to the library- fruits, vegetables, flowers and native seeds are the best. NO GMO SEEDS OR SEEDS OVER 2 YEARS OLD. To add seeds that you have saved or purchased to our collection, bring them to the Circulation Desk and request a seed envelop for each plant. Please fill out as much of the information on the envelope as you can, put in enough seed to grow at least five plants, and return the envelope to Circulation staff. You do not need to have a library card to donate seeds or 'borrow' seeds.

Ink with A Friend Monthly Card Club

Monday, April 17th at 6:00pm. Sending personal cards to your friends and family is a way to let them know you care and are thinking about them.

All designs include beautiful colored cardstock, gorgeous designer series paper, detailed stamped images, die cut pieces, matching ink, ribbon, and embellishments. All cards come with matching envelopes. Whether you're a new card maker or a seasoned pro, our kits are suited to every skill level. Don't wait! Sign up today to reserve your spot. Oregon Patrons only. Registration required (815) 732-2724 or www.oregon-publiclibrary.com.

Try It Tuesday

Tuesday, April 18th at 1:00pm or 5:30pm (Choose your time slot). Window Suncatchers. This is NOT a Take and Make. All supplies are provided. This is an adult class. Registration required, please call (815) 732-2724 or visit www.oregonpubliclibrary.com.

Bees - The Great Pollinators

Saturday, April 22, 10:30 am.

See page 7

AREA CHURCH DIRECTORY

BYRON

ALL SAINTS LUTHERAN CHURCH

624 Luther Drive, Byron IL 61010 815-234-5277
Pastor: Janet Wald
Sunday Worship Service held at 9:00 am. A recording of each Sunday's worship service is available on our Facebook page and our website later in the day. Communion is served every Sunday. Sunday School for ages 3 through Adult is held at 10:00 am September through May. Confirmation studies for 7th and 8th grade students are held each Sunday morning at 10:00 am. Monday afternoon Bible Study is held at 1:30 pm via Zoom. In person Bible Studies are held Tuesday evening at 7:00 pm and Wednesday afternoon at 1:30 pm. Book Club and The GATHERING meet monthly; quilts meet twice monthly. Visit our website <http://www.AllSaintsByron.org> or call the church office for further information.

CORNERSTONE FAMILY CHURCH

205 N. Peru St., Byron 815-234-8737 cornerstonefamilychurch.org
Sr. Pastor: Erik Ness, NextGen/ Family Pastor: Collin Nicholls
Children's Ministry Director: Lori Martin
Worship Service on Sundays at 10am with Children's Worship Service and Nursery Available
Sr High Youth Ministry Sundays at 6:00pm, Jr High Youth Ministry Wednesdays at 6:30pm
Numerous Small Groups Available for All Ages throughout the week.
Please call our Church Office or visit our website for more details.
Office Hours: 8:00am -4:30pm Mondays-Thursdays

BYRON ST. MARY CATHOLIC CHURCH

226 E. Second St, Byron, IL 61010 - Phone 815-234-7431 - Fr. Richard Rosinski. Weekday Masses: Tuesday - Friday 7:30am, Weekend Masses: May - August Sat. 5:00 pm, Sun. 8:00 am and 10:00 am, September - April Sat. 5:00 pm, Sun. 8:00 am and 10:45 am, Reconciliation: Fri. 8:00 am - 8:30 am; Sat. 3:30 pm - 4:30 pm or by appointment

SHEPHERD EVANGELICAL FREE CHURCH

NEW LOCATION! Jarrett Prairie Center 7993 N. River Rd., Byron Phone 963-5216 Rev. Michael Axmark, Pastor. Discover Time 9:30 a.m., Fellowship 10:15 a.m., Worship 10:30 a.m.
Mailing Address: P.O. Box 838, Byron, IL 61010

UNITED CHURCH OF BYRON

A Member of the United Church of Christ
701 W. Second Street; PO Box 927, Byron IL 61010, 815-234-8777
Email: ucb@comcast.net
Website: unitedchurchofbyron.org
Pastor: Rev. Tyler Spillious
Youth Ministry Coordinator: Richard Simpson
Sunday Schedule & Worship opportunities:
Service of Meditation & Prayer: 8:15am- 8:45am
Adult Sunday School Hour: 9am
Kids Sunday School: (for ages 3 thru 5th grade) 9:30 -10:15am
Coffee & Fellowship time: 9:30am - 10:30am
Main Worship: 10:30am
Spark Youth Group (for ages 6th grade thru 12th grade) - Sundays, 5pm-7pm
For complete ministry schedule and other activities, please check our website or Facebook page or contact the church office.
Whoever you are or wherever you are on your journey, you are welcome here!

BEACON HILL ASSEMBLY OF GOD

"Building Faith for Life"
6467 N. German Church Rd., Byron, IL - Ph. (815) 234-8032 - beaconhillbyron.org
Mailing Address: P.O. Box 448, Byron, IL 61010
Pastor: Gary Cortese
Service Times: Sundays at 10AM; Wednesday night Faith-Lift at 6:30PM
Find us on Facebook/Beacon Hill Assembly of God

CHANA

CHANA UNITED METHODIST

Pastor Josh Brown, 606 Main Street, Chana, IL 61015. Church office 815-732-7683. (E-mail address: chanaumc@gmail.com) Adult & Children's Education 9:00 a.m. Worship Service 10:30 a.m. Holy Communion celebrated the first Sunday of each month. At Chana Church you will find Open Hearts-Open Minds-Open Doors.

DAVIS JUNCTION

DAVIS JUNCTION UNITED METHODIST CHURCH

Open Minds, Open Hearts, Open Doors • "God's Heart in Our Community"
Located in town on Rt. 72 • Our Pastor is Rev. Keith Kelsey-Powell
Sunday Services: Worship 10:30am, Childrens time during Worship Service.
Fellowship following the Worship Service each Sunday. Communion the first Sunday of the month. Potluck luncheon following Worship every 4th Sunday, except in the summer months of June, July and August. Various small groups meet throughout the month. For more information about the small groups please call 298-2310. AA meets Wednesdays at 5:30pm and Saturdays at 9am.
For more information please visit our website WWW.DJUMC.ORG

DIXON

LOST LAKE COMMUNITY CHURCH OF THE NAZARENE

Pastor John Trotter 8:00am Sunday School
815-973-5981 9:00am Church Service
90 W. Flagg Road www.lostlakechurch.org
Dixon IL 61021

FORRESTON

FAITH LUTHERAN CHURCH

402 2nd Avenue, Forreston, IL 61030, Phone 815-938-3203
Pastor Scott Ralston
Sunday Worship 9:00 am; Sunday School 10:00 am

FIRST UNITED METHODIST CHURCH

402 First Ave., Forreston, IL Phone: 815-938-2380
Pastor Sung-Eun Kim
OPEN HEARTS, OPEN MINDS, OPEN DOORS
Worship at 9:00 a.m. (childcare provided) with coffee and fellowship immediately following. Sunday School Age 3-Adult, 10:15 am.
AA meets Mondays, 8:00 AM. Monthly United Methodist Women's meetings. God is Good, All the Time, All the Time, God is Good!

ST. JAMES LUTHERAN CHURCH

Pastor Karen Tews
West Grove Rd. At Columbine Rd.
Worship Service 10:30 am. Communion is served every Sunday.
"Singing the Song of Christian Faith in Worship, Service, Learning, Outreach and Welcome" in a beautiful rural setting.
Everyone is cordially invited to be with us.

LEAF RIVER

ADELINE ZION EVANGELICAL CHURCH

9106 Cedar St. in Adeline, Leaf River, IL 61047 • Ph:815-541-4863 Sunday Services: Sunday School 9:00 am, Worship Service 10:15 am
VISITORS WELCOME

LEAF RIVER BAPTIST CHURCH

Pastor Billy Hardy
Live Sermon Streaming: Sundays at 10:00 AM at www.facebook.com/LEAFRIVERBC/
Archived Sermons on our YouTube channel: Leaf River Baptist Church (Until further notice)
9:30 Church Service. Nursery available, 11:00 Sunday school for all ages.
Nursery available
6941 N Mt Morris Rd, Leaf River, IL 61047
815-738-2205 leafriverbc@gmail.com

LINDENWOOD

IMMANUEL LUTHERAN CHURCH - LCMS

immanuel-lindenwood.org (for sermons, events, etc.)
16060 E. Lindenwood Road, Lindenwood, IL 61049
815-393-4500 • office@immanuel-lindenwood.org
Sunday Mornings: Divine Service @ 9am; Food & Fellowship @ 10am; Sunday School and Adult Bible Study @ 10:30am
Food Bank: 1st and 3rd Saturdays, 9am-12pm
Pastor: Rev. Dr. Matthew Rosebrock
pastor@immanuel-lindenwood.org

LINDENWOOD CHURCH

101 N Galena st, P.O box 67
Lindenwood IL
815-393-4658
Worship: 10:00 am
Coffee Fellowship following service

KINGS

ELIM REFORMED CHURCH

140 S. Church Road, Kings, IL 61068 • Pastor Marv Jacobs
Phone 815-562-6811 E-mail: goelimchurch@gmail.com
Website: www.goelimchurch.org
Sunday morning worship 10:00 am

MOUNT MORRIS

DISCIPLES UNITED METHODIST CHURCH

"By God's grace in Christ, we LIVE, LOVE, and SERVE"
All are welcome here!
9:30 am - Sunday Worship with Communion open to all
10:45 am - Sunday School (Sep - May)
www.disciplesumc.org
(815) 734-4853
102 N Maple Ave., Mt. Morris, IL 61054
Rev. Julie Bunt, Pastor

EVANGELICAL FREE CHURCH OF MT. MORRIS

102 S. Seminary Ave., Mt. Morris, IL 61054 815-734-4942 www.efcmm.org
Senior Pastor: Bruce McKanna. Sunday Schedule: 8:30 a.m. Sunday School for all ages. 9:30 a.m. Coffee Fellowship. 10:00 a.m. Morning Worship with Childcare and Children's Church.

MT. MORRIS CHURCH OF THE BROTHERS

409 W. Brayton Road, Mt. Morris, IL 61045 Phone 734-4573
Pastor Rodney Caldwell. Sunday Worship 9:30 a.m. Worship service available online, call for details. Other activities currently suspended due to pandemic.
Email: mmtcob@frontier.com

MT. MORRIS TRINITY LUTHERAN CHURCH

308 E. Brayton Rd. Mt. Morris, IL Phone: 734-6354 Rev. Josh Ehrler
Worship Services: Saturday 5:30 PM; Worship Sunday 9:30 AM.
Sunday Church School - follows Worship Service (Sept.-May) Chime Choir
Wednesday 6:00 PM;

LITTLE PRAIRIE MENNONITE CHURCH

409 W Brayton Rd. Mt Morris, IL 61054 (Church of the Brethren Basement Entrance) Worship Services: 10:00 AM Sunday Morning, 7:00 PM 1st & 3rd Sunday Evening, 7:30 PM 2nd & 4th Wednesday Evenings of the Month.
Pastor: Norman Reinford 779-861-3700

OREGON

EAST OREGON CHAPEL CHURCH OF GOD

East Oregon Chapel Church of God
The Sharing is Caring Church.
107 N Daysville Rd. Oregon, IL Phone: 815-732-2960.
Sunday School 9:30 a.m., Monday Worship 10:30 a.m.
Breakfast is served the Fifth Sunday of the Month beginning at 9:30 a.m.
Wednesday activities: Adults & Children meet weekly beginning at 6:30pm.
In the event that Oregon Schools are not in session we do not meet on Wednesdays.

EBENEZER REFORMED CHURCH

2997 N. German Church Rd., 815-732-6313
3 miles east of Oregon on Rt. #64 then 2 miles north on German Church Rd.
• Rev. Josiah Youngquist
www.EBENEZERREFORMED.com • Sunday school 9:00 a.m. Worship 10:00 a.m.

LIGHTHOUSE UNITED METHODIST

Pastor Matthew J. Smith 4962 S. Daysville Rd., Oregon, IL 61061 815-732-7683
Worship at 9:00 a.m. Holy Communion celebrated the first Sunday of each month. Lighthouse will lite up your life!

OREGON CHURCH OF GOD

860 W. Oregon Trail Road Oregon, IL Phone: 732-6847 or 732-2604 Pastor Michael Hoffman; Sunday School, 9:15 a.m.; Morning worship, 10:30 a.m.; Wednesday activities: Adult, Children, and Youth Groups 7 p.m. At the church.

OREGON FIRST BAPTIST CHURCH

505 Hill St. Oregon, IL 61061 Phone: 732-2642
Pastor: David Snow "A Christ-centered, Bible-believing, family-oriented ministry." Sunday School 9:30 a.m.; Sunday Morning Service 10:30 a.m.; Sunday Evening Service 6:00 p.m.; Wednesday Night Bible Study 7:00 p.m.

OREGON UNITED METHODIST CHURCH

200 S. 4th St, Oregon, IL 61061 • 815/732-2994
www.oregonumc.org • Pastor Rev. Megan Smick
9:00am Fellowship/Sunday School; 10:00am Worship with music, meditation & Fellowship; 10:15am Announcements begin.

RIVERSTONE CHRISTIAN CHURCH

609 S. 10th Street , Oregon, IL 61061
Pastor Craig Arnold ~ 812-236-1213
Sunday Service @ 10:45 AM ~ contemporary style worship with coffee and doughnuts in our cafe! Online worship is also available via Facebook. We believe in sharing Communion every Sunday as an act of worship. RiverKids Service @ 10:45 AM for nursery-6th grade ~ provides a safe and fun environment where kids can learn about who God is and who they are because of Him.
Encounter Youth Ministry for kids in 7th-12th grade meets on Sunday afternoons. Please see our Facebook page for scheduled dates and times. For complete ministry info and events, visit us online at RiverStoneCC.com or on Facebook at facebook.com/RiverStoneChristianChurch

ST. BRIDE'S EPISCOPAL CHURCH

1000 Highway 64, West (Hwy 64 W & Mongan Drive on Liberty Hill), Oregon • 732-7211 - Office Rev. Eldred George
Webpage: saintbrides.org • E-mail: saintbride.church@gmail.com •
Worship Services: Sunday 10 am Holy Communion with Hymns Christian Education Available

ST. PAUL LUTHERAN CHURCH, NALC

114 S. 5th St. Oregon, IL Phone: (815) 732-2367
Website: stpaulnalcoregonal.weebly.com
10:15 a.m. Fellowship/Education hours
11:30 a.m. Worship

POLO

ST. MARY CHURCH

Rectory/Office: 211 North Franklin Ave., Polo, IL 61064
PHONE: 815-946-2535 • Rev. Joseph P. Nail
Masses: Sun 10:30am, Tuesday Mass 8 a.m.
Sacrament of Reconciliation: First Sunday of each month after 10:30 mass
OFFICE HOURS: Tuesday-Friday from 9 a.m. to 3 p.m.
www.stmarypolo.org

CHURCH OF THE OPEN BIBLE

302 S. Franklin Ave., Polo, Illinois • 815-946-2848 • Luke N. Schier, Pastor
Sunday Worship: 9:30am We include our children in our Sunday Worship Experience. "THE GRAND Kids Class" Ages 3-10 are then dismissed right after Praise & Worship. Blended Services. "Passion for God" "Compassion for People" Visit our website: PoloOpenBible.org

CROSSROADS COMMUNITY CHURCH ~ POLO CAMPUS

Meeting Sundays @ 10AM Service
205 N. Jefferson Avenue, Polo ~ 815.837.5255
poloatcrossroads.com
We offer contemporary worship and relevant Bible teaching through engaging messages and powerful video. Join us after services for coffee, snacks & fellowship. Kidzink Children's Ministry (nursery-5th grade) ~ during 10AM service
Crave Youth Group (6th-12th grade) ~ Wed. 6:30PM - June 1st.
Visit our website: www.crossroadscc.com

FAITH DISCOVERY CHURCH

801 W. Oregon St., Polo • 815-946-3588 • Jeremy Heller, Pastor
Sunday School 9:00 a.m., Worship Service 10:00 a.m., Nursery Available, Wednesday Bible Study 7:00 p.m. We are an independent non-denominational Christian church. Visit our website: www.faithumcpolo.com

FAITH UNITED METHODIST CHURCH

702 E. Dixon Street, Polo, IL 61064 • Tel:815-946-3212
Sunday School for all ages 9am followed by Worship at 10am
Pastor Brian LeBaron
Website: www.faithumcpolo.com • facebook.com/Faithumcpolo

STILLMAN VALLEY

RED BRICK CHURCH OF STILLMAN VALLEY

Pastor Rev. Dr. Chris Brauns | Associate Pastor David Bogner
207 W Roosevelt Road (Rte 72), Stillman Valley.
815-645-2526 | www.theredbrickchurch.org
Sunday: Worship at 9:00 and 10:30 am. Sunday School at 9:00 am.
Wednesday: AWANA (Sept - April) from 6:00 to 7:30 pm.
Men, women, youth Bible Studies throughout the year.
See website for all activities or contact the church office.

KISHWAUKEE COMMUNITY EVANGELICAL PRESBYTERIAN CHURCH

8195 Kishwaukee Road, Stillman Valley, IL 61084 / 815-965-1940
Rev. Nick Garner, Pastor
www.kishchurch.org
Sunday Schedule: Discipleship Hour 9:00 AM, Coffee Fellowship 11:15 AM
Gathered Worship 10:00 AM
For complete ministry schedule check out our website or call the church office.

VALLEY EVANGELICAL COVENANT CHURCH

Interim Pastor Barry Norris
103 S Maple St, Stillman Valley, IL
815-645-8872 | www.valleyevc.org
Sunday Morning 9am "Gather" for learning & conversation, 10:15am Worship both onsite and online at facebook.com/VECCSV
Home of Valley Covenant Preschool 815-645-8882 Director Jill Huber
Bible Studies, Youth Group, Bread of Life Food Pantry
Please visit website for more information or contact the church office M-F 9am-2pm

GRACE FELLOWSHIP CHURCH DAVIS JUNCTION

Pastor Brad Pittman www.graceisforyou.com
10479 E. High Rd., Stillman Valley, IL 61084 • 815-973-1369
Worship Service: Saturday at 5pm

WINNEBAGO

MIDDLE CREEK PRESBYTERIAN CHURCH

12473 Montague Road, Winnebago, IL 61088
Located West of Tower Road on Montague Rd.
Sunday: Worship Service at 9:30 am.
Office Hours: Mon., Tues., Thurs. & Friday 9am-2pm.
Phone: 815-335-2609. Email: middlecreekchurch@gmail.com

LOCAL NEWS

From page 6

Jeff Ludwig, local beekeeper, will present the life & home of the honeybee. He will share his knowledge about bees, beekeeping, how they affect the food we eat, and what

plants are important to the bee's life cycle.

Register at <http://www.oregonpubliclibrary.com> or call 815-732-2724.

Oregon Writers Group

2nd Tuesday each month at 10:00 am. The

OWG is a gathering of writers or writer-wannabes who meet to support each other and further their own writing. The purpose of the group is to help and encourage you in your writing. If you need brainstorming ideas, we can help

suggest ideas or aid with the creative process.

Passport Services

The Oregon Public Library offers Passport Application Processing. Patrons seeking Passport Services should call the Library prior to their visit

to ensure that an official processor is available at that time and for a checklist of items, you will need for the appointment.

OPLD Dial-A-Story & Oregon Public Library StoryWalk at

Oregon Park West

Call 815-732-2724, follow the prompts and presto...a story! Current story-Avocado Asks: What Am I? by Momoko Abe. Current story at the Story-Walk is An Extraordinary Egg by Leo Lionni.

Rock River Center Activities

ROCK River Center is a resource center located at 810 S. 10th Street, Oregon. Do you need help with Benefit Access Application for a license plate discount, Medicare, housing, homemaker service, heating assistance or other things? Our Information & Assistance Specialists are available at various locations throughout Ogle County. Our activities and trips are open to all ages. Call our office at 815-732-3252 with any questions. Visit us on the web at www.rockrivercenter.org and like us on Facebook.

Hummingbirds in the Midwest

Monday, April 24 10:00 am @ Rock River Center. Presented by Maria Pearson, Heritage Woods-Bel-

videre; and Kathy Michel, Ogle County Master Gardener. Together they will discuss the "Bird" areas of our communities and the characteristics of Hummingbirds in the Midwest. Illustrations of the various types of hummingbirds will be available. A question and answer period will follow. All participants will receive a FREE Hummingbird Feeder. This is a FREE program. Registration requested by Thursday, April 20 to accommodate seating. Please call Rock River Center at 815-732-3252 if you will be attending.

"THE MAGIC OF BRIAN HOLT"

Thursday, April 27, 2023. 1:30 - 2:30 p.m. "I am constantly entertaining spectators with unconventional magic that defy the

laws of physics and even produces a memorable experience. When I perform it's not about the magic trick, it's about creating a feeling and connecting with my audience to create an everlasting memory."

Brian became interested in magic at a young age and kept learning the art of magic while growing up. His first public show was at the age of 20 and has since gone on to perform over 1,000 shows. Brian has performed comedy magic shows for corporations, celebrities, fairs, festivals, schools, churches, and various organizations.

Brian combines his magic and people skills, making it possible for him to feature so much audience participation. This way his audience becomes part of the show

and will experience the fun and excitement during and long after his performance.

Sign up, if you are looking for: a fun and energetic performing style, live and genuine interaction, and if you want to laugh from one illusion to the next. Cost: \$8.00 Suggested Donation. Reservation deadline: Monday, April 24, 2023. Make your reservation at Rock River Center, 810 S 10th St, Oregon or by calling 815-732-3252.

LIHEAP

There are two programs to help those with low-income pay for their heating utility bills. The LIHEAP program continues to accept applications for assistance with paying heating bills.

Tri County Opportunities Council is the agency

that processes those applications and they will be available at two locations in Ogle County, Oregon and Rochelle, by appointment only.

The Oregon office is located inside the Rock River Center, 810 S 10th Street. Appointments are available on weekdays from 9am - 3pm. Call 815-732-2907 for an appointment in Oregon. The Rochelle Tri County office is located at 306 N 6th Street. Appointments are available Monday thru Friday, beginning at 9am. Call 815-562-6938 for an appointment in Rochelle. Please have copies made of all of your documentation before your appointment. You can call their Rock Falls office for more details at 800-323-5434.

In order to qualify, your household must meet the following income guidelines, no more than 200% of the poverty level. For a 1-person household the 30-day income limit is \$2,265; 2-person household \$3,052; 3-person household \$3,838, etc.

NICOR GAS "SHARING" PROGRAM

NICOR GAS sharing program is available to assist those NICOR customers whose income is above 201% of poverty level and less than 300% of the poverty level.

You can apply for the NICOR GAS Sharing program at the Rock River Center. For more information or to make an appointment call 800-541-5479 or 815-732-3252.

Weekly Brain Busters

King Crossword

ACROSS

- 1 Faux pas
- 5 Spider's creation
- 8 Smith of Fox News
- 12 Wood strip
- 13 Hollywood's Gardner
- 14 Model Banks
- 15 Twistable cookie
- 16 "Wonder Woman" star
- 18 Reproductive cell
- 20 Old Geo models
- 21 Conceal, in a way
- 23 Zodiac cat
- 24 When a sporting event starts
- 28 Pvt.'s superiors
- 31 Historic period
- 32 Open a toothpaste tube
- 34 Consume
- 35 Beige
- 37 Floral wreaths
- 39 Mao - -tung
- 41 Coaster
- 42 Three-note chords
- 45 Doohickey
- 49 Hood

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		

- 51 Roof overhang
- 52 "Got it"
- 53 French article
- 54 Pitcher Nolan
- 55 Waller or Domino
- 56 Inlet
- 57 Transmit
- 6 Ms. Longoria
- 7 Lip soother
- 8 Iowa and Maine, e.g.
- 9 Lightest element
- 10 Slangy suffix
- 11 Bits of butter
- 17 Solidify
- 19 Ballet wear
- 22 Community gym sites
- 24 "Gosh!"
- 25 Lob's path
- 26 Strict taskmaster
- 27 Tea choice
- 29 Wee bit
- 30 Map lines (Abbr.)
- 33 Entreaty
- 36 Applications
- 38 Venomous snakes
- 40 Mag. staff
- 42 End-of-wk. cry
- 43 Tabula -
- 44 Ticket half
- 46 "Mercy Mercy Me" singer
- 47 Novelist
- 48 Look after
- 50 Disney deer

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MAGIC MAZE

PORTS OF JAPAN

Y R N J F C Y U Q N J F C Y V
 R I O L H E B X U R O L I E B
Y O K O H A M A O M O R I Y V
 S Q A A N K H E B Y W R T R O
 L J G B S E B Y W U I R P O N
 K I G D O A B Z U H O X A V S
 Q O M K M T W T S R K N K I G
 E C A Y A I O A W U A S A Q P
 N L J H J K B Y K N Y T S F E
 C A Y U Y A X V K I I G O U S
 Q P K O N M K J H F M E C B Z

Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally. Unlisted clue hint: CAPITAL OF JAPAN

- Abashiri
- Akita
- Aomori
- Kawasaki
- Kuji
- Kyoto
- Mikawa
- Miyako
- Nanao
- Ogi
- Osaka
- Otaru
- Soma
- Toba
- Yokohama

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Weekly SUDOKU

by Linda Thistle

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

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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HOCUS-FOCUS

BY HENRY BOLTINOFF

Find at least six differences in details between panels.

Differences: 1. Light is missing. 2. Glasses are missing. 3. Cap is reversed. 4. Plant is missing. 5. Collar is different. 6. Cuff is added.

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Solution time: 22 mins.

Answers

King Crossword

PORTS OF JAPAN

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

Answer

Weekly SUDOKU

Classified **FREE!** Marketplace

Sell your household items for free.
Total value of item must be \$200 or less. (15 words
- one week - 7 publications - price must be listed)



OGLE COUNTY • OGLE COUNTY • OGLE COUNTY • OGLE COUNTY

TEXT AND WHATEVER JUST DON'T TEXT AND



STOPTEXTSSTOPWRECKS.ORG



PUBLIC NOTICE

TO: Edward Holder
Linda Holder
116 Primrose Lane
Davis Junction IL 61020
Date of Notice: April, 10th 2023
You are notified that SCI Rolling Meadows LLC has declared that a certain mobile home 1990 Vin# HE2281 located at 116 Primrose Lane Davis Junction IL 61020 is an abandoned mobile home within the meaning of the Abandoned Mobile Home Act. Unless all delinquent monies owed \$6245.00 are paid and electric and water service restored to this mobile home within 30 days of the date of this notice, SCI Rolling Meadows LLC shall remove and dispose of the mobile home, and it shall be disposed of or sold at public auction free and clear of any existing liens.
If you have any questions regarding this notice, you should contact the following person.
Cecilia Raza
SCI Rolling Meadows LLC
4989 N. US RT. 251
Davis Junction IL 61020
1.815.200.1229
No. 0418 (April 10, 17, 24)

PUBLIC NOTICE

TO: James Allen
116 Foxglove Lane
Davis Junction IL 61020
Date of Notice: April, 10th 2023
You are notified that SCI Rolling Meadows LLC has declared that a certain mobile home 1986 Schult, Vin# M208440 located at 116 Foxglove Lane Davis Junction IL 61020 is an abandoned mobile home within the meaning of the Abandoned Mobile Home Act. Unless all delinquent monies owed \$6245.00 are paid and electric and water service restored to this mobile home within 30 days of the date of this notice, SCI Rolling Meadows LLC shall remove and dispose of the mobile home, and it shall be disposed of or sold at public auction free and clear of any existing liens.
If you have any questions regarding this notice, you should contact the following person.
Cecilia Raza
SCI Rolling Meadows LLC
4989 N. US RT. 251
Davis Junction IL 61020
1.815.200.1229
No.0419 (April 10, 17, 24)

PUBLIC NOTICE

TO: Edward D. Ritchie
150 Dayflower Circle
Davis Junction IL 61020
Date of Notice: April, 10th 2023
You are notified that SCI Rolling Meadows LLC has declared that a certain mobile home 1987 Holly Park, Vin# 010P16786 located at 150 Dayflower Circle Davis Junction IL 61020 is an abandoned mobile home within the meaning of the Abandoned Mobile Home Act. Unless all delinquent monies owed \$6245.00 are paid and electric and water service restored to this mobile home within 30 days of the date of this notice, SCI Rolling Meadows LLC shall remove and dispose of the mobile home, and it shall be disposed of or sold at public auction free and clear of any existing liens.
If you have any questions regarding this notice, you should contact the following person.
Cecilia Raza
SCI Rolling Meadows LLC

4989 N. US RT. 251
Davis Junction IL 61020
1.815.200.1229
No. 0420 (April 10, 17, 24)

PUBLIC NOTICE

TO: Emma Beam
418 Club Cir
Belvidere IL 61008
Date of Notice: April, 10th 2023
You are notified that SCI Rolling Meadows LLC has declared that a certain mobile home 1988 Schult, Vin#236468 located at 118 Jasmine Avenue Davis Junction IL 61020 is an abandoned mobile home within the meaning of the Abandoned Mobile Home Act. Unless all delinquent monies owed \$6245.00 are paid and electric and water service restored to this mobile home within 30 days of the date of this notice, SCI Rolling Meadows LLC shall remove and dispose of the mobile home, and it shall be disposed of or sold at public auction free and clear of any existing liens.
If you have any questions regarding this notice, you should contact the following person.
Cecilia Raza
SCI Rolling Meadows LLC
4989 N. US RT. 251
Davis Junction IL 61020
1.815.200.1229
No. 0421 (April 10, 17, 24)

PUBLIC NOTICE

TO: Ronald W. Bannister
Plantation MHPK
8046 RT 76 LOT 1
Belvidere IL 61008
Date of Notice: April, 10th 2023
You are notified that SCI Rolling Meadows LLC has declared that a certain mobile home 1988 Fairmont, Vin # M Y 8 8 6 7 3 2 8 K located at 117 Primrose Lane Davis Junction IL 61020 is an abandoned mobile home within the meaning of the Abandoned Mobile Home Act. Unless all delinquent monies owed \$6245.00 are paid and electric and water service restored to this mobile home within 30 days of the date of this notice, SCI Rolling Meadows LLC shall remove and dispose of the mobile home, and it shall be disposed of or sold at public auction free and clear of any existing liens.
If you have any questions regarding this notice, you should contact the following person.
Cecilia Raza
SCI Rolling Meadows LLC
4989 N. US RT. 251
Davis Junction IL 61020
1.815.200.1229
No.0422 (April 10, 17, 24)

PUBLIC NOTICE

TO: Plantation MHPK
8046 RT 76 LOT 1
Belvidere IL 61008
Date of Notice: April, 10th 2023
You are notified that SCI Rolling Meadows LLC has declared that a certain mobile home 1988 Fairmont, Vin # M Y 8 8 6 7 3 2 8 K located at 117 Primrose Lane Davis Junction IL 61020 is an abandoned mobile home within the meaning of the Abandoned Mobile Home Act. Unless all delinquent monies owed \$6245.00 are paid and electric and water service restored to this mobile home within 30 days of the date of this notice, SCI Rolling Meadows LLC shall remove and dispose of the mobile home, and it shall be disposed of or sold at public auction free and clear of any existing liens.
If you have any

questions regarding this notice, you should contact the following person.
Cecilia Raza
SCI Rolling Meadows LLC
4989 N. US RT. 251
Davis Junction IL 61020
1.815.200.1229
No. 0423 (April 10, 17, 24)

PUBLIC NOTICE

TO: Lighting Bear Investments LLC
2726 Stearman St.
Poplar Grove IL 61065
Date of Notice: April, 10th 2023
You are notified that SCI Rolling Meadows LLC has declared that a certain mobile home 1982 Fleetwood, Vin#GAFLIAC0907 1370 located at 120 Foxglove Lane Davis Junction IL 61020 is an abandoned mobile home within the meaning of the Abandoned Mobile Home Act. Unless all delinquent monies owed \$5110.00 are paid and electric and water service restored to this mobile home within 30 days of the date of this notice, SCI Rolling Meadows LLC shall remove and dispose of the mobile home, and it shall be disposed of or sold at public auction free and clear of any existing liens.
If you have any questions regarding this notice, you should contact the following person.
Cecilia Raza
SCI Rolling Meadows LLC
4989 N. US RT. 251
Davis Junction IL 61020
1.815.200.1229
No. 0424 (April 10, 17, 24)

PUBLIC NOTICE

Public Notice is hereby given that on April 6, 2023, a certificate was filed in the Ogle County Clerk's Office setting forth the names and post office address of all of the persons owning, conducting and transacting the business known as: Top End Products LLC, DBA Pajamees, 701 Oaks Lane, Byron, IL 61010.
Dated: April 6, 2023
Laura J. Cook, Ogle County Clerk
No. 0426 (April 17, 24, May 1)

PUBLIC NOTICE

IN THE CIRCUIT COURT OF THE 15th JUDICIAL CIRCUIT OGLE COUNTY, ILLINOIS

IN THE)
MATTER)No.
OF THE)2023
ESTATE)PR 15
OF:)
HAROLD E.)
UNZICKER,)
Deceased.,)

CLAIMS NOTICE
NOTICE IS GIVEN of the death of Harold E. Unzicker of Oregon, Illinois. Letters of office were issued on April 4, 2023 to Ann M. Mokros of Lena, Illinois, whose attorney is Douglas P. Floski, offFloski Law Office, LLC, at 220 W. Third Street, P. O. Box 1007, Byron, Illinois, 61010-1007.
CLAIMS against the estate may be filed in the office of the Clerk of the Court at Ogle County Judicial Center, 106 South 5th Street, Oregon, Illinois, 61061, or with the representative, or both, within 6 months from the first publication of this Notice, or within three months from the date of mailing or delivery of Notice to creditors, if mailing or delivery is required by Section 18-3 of the Illinois Probate Act, 1975, as amended, whichever date is later. Any claim not filed within that period is barred.
Copies of claims filed

with the Clerk must be mailed or delivered to the estate legal representative and to the attorney within 10 days after the claim has been filed.
ANN M. MOKROS ,
Independent Executor
No. 0427 (April 17, 24, May 1)

PUBLIC NOTICE

According to Section 10-20.56 of the School Code [105 ILCS 5/10-20.56], school districts may, by adopted resolution, utilize "e-learning days" in lieu of emergency days. The number of e-learning days may not exceed the number of emergency days in the approved school calendar. The district's e-learning program must be verified by the regional office of education or intermediate service center for the school district prior to implementation. Before adoption, the school board must hold a public hearing for the initial proposal or renewal of the e-learning program. This hearing will be held on May 3rd at 6 PM during the regularly scheduled board meeting.
No. 0428 (April 17)

H.O.P.E

For Free Help
or
Information
Call
815-562-8890
24 Hours

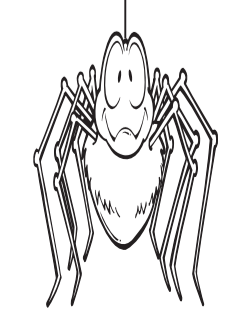
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Advocacy, Referral
Services,
Shelter for victims
of domestic
violence and their
children.

HOPE
of Ogle County

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Rochelle, IL 61068
Public Service
Announcement

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Sell your household items for free.
Total value of item must be \$200 or less. (15 words - one week - 7 publications - price must be listed)



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101 LEGAL NOTICE

This publication does not knowingly accept fraudulent or deceptive advertising. Readers are cautioned to thoroughly investigate all ads, especially those asking for money in advance.

119 ANNOUNCEMENTS

"This publication does not knowingly accept fraudulent or deceptive advertising. Readers are cautioned to thoroughly investigate all ads, especially those asking for money in advance."

holding a permit as a childcare facility, may cause to be published any advertisement soliciting a child care service. A childcare facility that is licensed or operating under a permit issued by the Illinois Department of Children and Family Services may publish advertisements of the services for which it is specifically licensed or issued a permit. Your Hometown Newspaper strongly urges any parent or guardian to verify the validity of the license of any facility before placing a child in its care.

305 GARAGE SALES

decoys. If it's antique, I'm interested in looking! Call 815-562-2928 or email dickharms@hotmail.com

307 MISCELLANEOUS FOR SALE

BUNDLED Newspaper - \$3 per Bundle. End Roll- Cost Depends on Weight of Roll. Available Monday-Friday 815-562-4171 (8AM-NOON ONLY) Rochelle News Leader.

405 HOUSES FOR SALE

ALL REAL ESTATE advertised herein is subject to the Federal Fair Housing Act, which makes it illegal to advertise any preference, limitation or discrimination based on race, color, religion, sex, handicap, familial status, or national origin, or intention to make any such preferences, limitation or discrimination. We will not knowingly accept any advertising for real estate which is in violation of the law. All persons are hereby informed that all dwellings advertised are available on an equal opportunity basis.

305 GARAGE SALES

GARAGE/BACK YARD/ BASEMENT SALE
Not a normal sale
Totes & totes full of items.
Too many different items to list. From garden tools/tool to collectable items.
Most items are \$1
Thurs., April 20 9:00-4:00
Fri. April 21 9:00-4:00
Sat., April 22 9-12 noon
271 Margaret Fuller Rd.
Oregon, IL

307 MISCELLANEOUS FOR SALE

NEW MILFORD REFRIGERATION

NEW, USED SCRATCH & DENT
• Refrigerators • Freezers
• Washers/Dryers • Stoves

We also carry a large selection of refurbished appliances with a warranty.
6331 11th Street, Rockford
815-262-3900

105 BUSINESS OPPORTUNITIES

"This publication does not knowingly accept fraudulent or deceptive advertising. Readers are cautioned to thoroughly investigate all ads, especially those asking for money in advance."

127 SERVICES AND REPAIRS

FURMAN'S Lawn Care and Tree Work. Mowing, bushes, spring clean up, weeding and much more. Call Jeremy Furman 815-761-9619. Please leave a message will return call ASAP. Fully insured, in business since 1999. Servicing Rochelle and surrounding areas.

301 ANTIQUES

WANTED TO BUY: Vintage Metal and Wood Signs, Milk Bottles & Local Advertising, Oak Icebox, Iron Door Stop and Antique Lighting... Call Dick Harms at 815-562-2928 or email dickharms@hotmail.com

ANTIQUES WANTED: I pay cash for antiques; furniture, glassware, pottery & crocks, tin & iron toys, sterling silver,

501 APARTMENTS FOR RENT

OREGON/ MT. MORRIS
Newer 1, 2 & 3 BR APTS. Water, sewer, garbage inc. w/most units. HOUSES some w/garages, all in like new condition. Starting at \$295/mo. 815-734-4348 or 815-590-2302

511 STORAGE UNITS

K&P SELF STORAGE
1563 Kysor Drive, Byron (next to D&W Garage)
815-247-8518
OUTSIDE STORAGE NOW AVAILABLE
Storage Unit Sizes:
5' x 10' 10' x 10'
10' x 15' 10' x 20' 10' x 30'

203 HELP WANTED

Class-A CDL Drivers Wanted
\$500 Sign on bonus
Earn up to \$33/per hour
Local Trucking Company seeking full time, year-round driver to haul grain.
815-938-3644
Please leave message.
09052022

203 HELP WANTED

Byron CUSD #226 has openings for Bus Drivers
SIGN-ON BONUS Available
Contact Barb Rundle at 815-234-5491
For more information

113 FINANCIAL

NOTICE Advance Fee Loans or Credit Offers Companies that do business by phone can't ask you to pay for credit before you get it. For more information, call toll-free 1-877-FTC-HELP. A public service message from your hometown newspaper and the Federal Trade Commission.

CUSTOM CONSTRUCTION SYSTEMS. Residential/Commercial Roofing. Shingles/Metal/Flat. 815-871-7835. (05-24-23)

201 DOMESTIC/CHILD CARE

NO INDIVIDUAL, unless licensed or

103 AUCTIONS

Thomas 'Pat Dolan' Trust Two-Day Auction Tractors, Tools, Equipment, Collector's Auction

SAT., APRIL 22nd - 10 A.M.
7464 Blomberg Rd., Cherry Valley, IL 61016
Day One! Large Auction Featuring International & Ford Farm Tractors & Machinery; Implements; Huge Amount of Shop Tools & Equipment; Compressors-Welders-Torch Sets; Vehicles; Trailers; IH 184 Lawn Tractors & Riding Mowers; Lumber & Building Material; Salvage Iron; Farm Primitives; Antiques & Collectibles; 2009 Ford F-150 XLT Ext. Cab Pickup Truck; **Much More!**

Antique, Household, Estate Auction

SUN., APRIL 23rd - 10 A.M.
Day Two! Featuring Antiques & Collectibles; Mid-Century Lighting; Appliances; Furniture; Household Furnishings; Bedroom Sets; Stoneware; Primitives; Firearms; Jewelry; Advertising; Lawn & Garden; Tillers; Mowers & Simplicity Prestige 27HP Lawn Tractors; Tools & Equipment; **More!**

80-Acre Farm, Home & Buildings Auction

SUN., APRIL 23rd - 1 P.M.
Cherry Valley Twp. - Part of Section 23.
Auction Conducted Live On-Site
Parcel 1: 75 Acres +/- Of Good High Producing Farmland. Nearly All Tillable. **Major Soil Types:** 223 B Varna, 293A Andres, 152A Drummer, 102A La Hogue. Soil Pl: 122.8
Parcel 2: Nice 2-Story, 5-Bedroom Country Home, Large Metal Storage Building & Acreage.
Great Location & Opportunity.
Please Log-On for Complete Listings for Both Days!



203 HELP WANTED

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Servers | Bartenders
Hosts | Cooks | Kitchen
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Sizes 10'x24' & 6'x10
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103 AUCTIONS

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A&T Auction Services, LLC
Travis Cunningham
(815) 297-4595
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Not sure why business is slow?

is not just a saying in business.

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HEALTH & WELLNESS

The link between viruses and cancer

CANCER is a prolific disease that does not discriminate based on age, gender or locality. Many people are aware that various environmental or genetic factors can raise their risk for cancer. However, some may be surprised to learn that certain viruses and other infections also can lead to cancer formation.

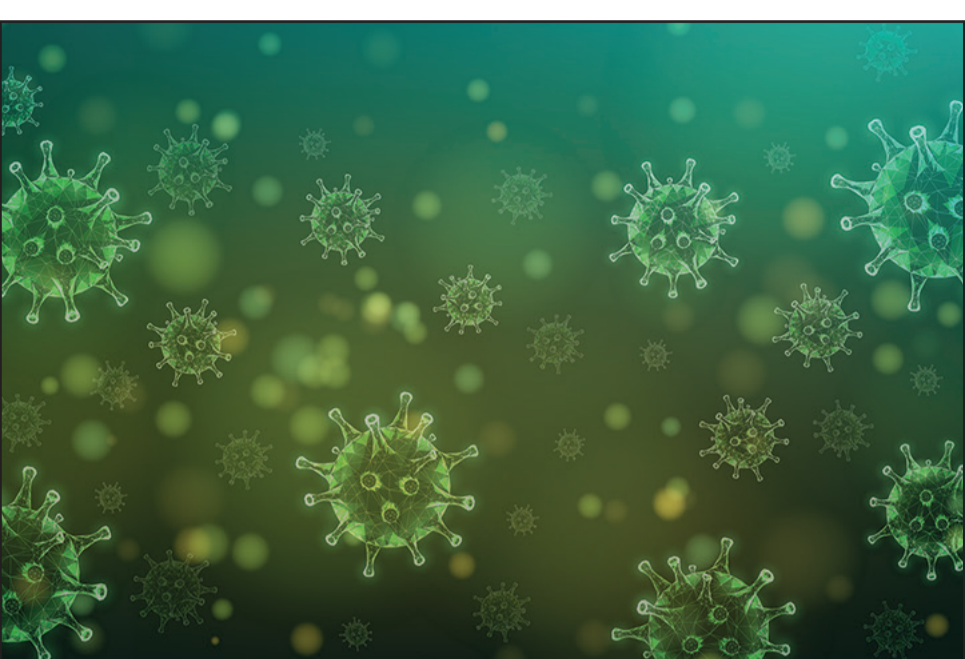
While certain viruses are responsible for the sniffles that come with the common cold, people do not often mention viruses and cancer in the same

breath. Such individuals may be surprised to learn that some viruses actually can contribute to cancer, according to WebMD. Verywell Health notes that studies have found around 10 percent of cancer cases worldwide are caused by viruses, with the majority of these cases affecting people in developing countries. Viruses, like other pathogens, are composed of genetic material that can invade host cells, causing genetic damage or mutation. Viruses also may alter the immune system so that it is less

able to fight off cancer cells that may be present for another reason.

Learning about viruses that can cause cancer can be an important component of preventive health care. The American Cancer Society says these viruses are linked to cancer in humans.

- **Human papillomaviruses:** This group of more than 150 viruses are implicated in the formation of genital warts as well as cervical cancer. HPV also can contribute to cancers of the penis, anus, vagina, vulva, and mouth and throat.
- **Epstein-Barr virus:** This virus is commonly linked to mononucleosis or “the kissing disease.” It is a type of herpes virus. EBV infection can increase the risk of nasopharyngeal cancer, fast-growing lymphomas, and also Hodgkin’s lymphoma.
- **Hepatitis B and C viruses:** Both HBV and HCV cause a type of liver infection and inflamma-



Dr. Cates acknowledged by Chiropractic Scientific Guideline Commission

OREGON — Dr. Jeffrey Cates was acknowledged along with a group of selected experts for their Delphi process work updating information in the Chiropractic management of low back pain in adults: a clinical practice guideline, a 2016 guideline that was co-authored by Dr. Cates.

The group of experts employed a Delphi process where researched is reviewed and rated and establish medical practice guideline consensus for the United States. The updated work will soon be published.

Dr. Cates has worked with the Council on Chiropractic Guidelines and Practice Parameters for several decades and has



Dr. Jeffrey Cates

published works that include several guidelines and medical journal articles on quality assurance and standards of care in healthcare. Dr. Cates' published works are included in the medical literature.

He maintains a private practice of chiropractic orthopedics in Oregon, IL.

tion that can potentially lead to liver cancer. Some research also links HCV to non-Hodgkin’s lymphoma.

• **Human immunodeficiency virus:** HIV, the virus that causes AIDS, isn’t a direct cause of cancer, but infection can increase a person’s risk of getting several types of cancer linked to other viruses. For example, HIV has been linked to higher

risk of Kaposi sarcoma and cervical cancer.

Bacteria and parasites also can contribute to cancer formation. Long-term infection of the stomach with *Helicobacter pylori* bacteria, for example, may cause ulcers and stomach cancer. *Chlamydia trachomatis* is a bacteria that affects women’s reproductive systems and can increase risk for cervical cancer.

Certain parasitic worms that can live inside the human body also increase the risk of developing some types of cancers, such as those of the bile ducts and bladder. These are rare in North America, but may be contracted when traveling outside of the country.

Infections from viruses, bacteria and even parasites may lead to cancer in some people.

How to reduce risk of cancer recurrence

A cancer diagnosis and subsequent treatments can challenge even the most mentally and physically strong individual. Once cancer is in remission, it may be difficult for some individuals to feel happy because the threat of cancer recurrence is looming in the back of their mind. Fear of recurrence can negatively affect quality of life and contributes to disabling anxiety in roughly 7 percent of patients, according to Cancer Therapy Advisor.



Recurrent cancer happens when cancer cells present in the body grow because they were not fully destroyed or removed during treatment. Sometimes cancer cells are simply too small to show up in follow-up tests, says the National Cancer Institute. These cells can then grow into tumors. Recurrent cancer should not be mistaken for second primary cancer, which is a new cancer that affects a person who has a history

of the disease.

Recurrent cancer is categorized as local, regional or distant. Local recurrence is when the cancer occurs in the same place as the original cancer or very close by. Regional means the tumor has grown in the lymph nodes or in tissues near the first cancer. Distant recurrence happens when the cancer spreads elsewhere in the body.

Rates of recurrence can vary widely depending on cancer type and other variables, including genetic factors, treatments and stage. Typically, cancers that are difficult to treat have high rates of recurrence. For example, glioblastoma recurs in nearly all patients. Ovarian cancer, soft tissue sarcomas and bladder cancer

also have high recurrence rates.

There is no way to prevent cancer from coming back, says the American Cancer Society. Even if a patient does everything right there is still a chance for recurrence. However, the healthy habits that can reduce the risk for cancer developing initially also may lessen the risk for recurrence.

- Eat a variety of vividly colored vegetables each day, as well as legumes that are full of fiber.
- Consume nutritious foods rather than ones that provide little nutrition.
- Eat fruits in a variety of colors.
- Limit consumptions of red meat and processed meats.
- Avoid sugary foods and beverages.

- Engage in regular physical activity, aiming for 150 to 300 minutes per week of moderate-intensity exercise. Include strength training at least two days a week.
- Being overweight or obese is linked to cancer formation, so managing weight through healthy eating and exercise may help reduce risk of recurrence.
- Avoid excessive alcohol consumption or skip alcohol altogether.
- Cease usage of tobacco.

Recurrence of cancer is a very real risk and is on the minds of people who already have overcome the disease. There are ways to reduce the risk of recurrence, but there is no way to guarantee cancer won’t return.

Jeffrey R. Cates, DC, MS, DABCO, DABCC
Board Certified Chiropractic Orthopedist - Master's Degree in Biomechanical Trauma

CHIROPRACTIC ORTHOPEDICS
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* Monthly membership fees required and vary by location. 01112021

United Way

HEALTH & WELLNESS

Exploring various types of arthritis

ARTHRITIS is a broad term that encompasses at least 100 different subtypes of the condition. Each has different causes and treatment methods, but some are more common than others.

The National Institute of Arthritis and Musculoskeletal and Skin Diseases says “arthritis” means “joint inflammation.” Joints are where two bones meet. Common symptoms of arthritis include pain, stiffness, swelling, and redness in and around the joints. Arthritis is the No. 1 cause of disability in United States, affecting around 60 million adults and 300,000 children, advises the Arthritis Foundation. While it mainly affects the bones, arthritis also can damage other parts of the body, including organs.

The following is a deep look at some of the more commonly occurring types of arthritis.

Healthline says osteoarthritis (OA) is the most common type of arthritis in the U.S. It develops after the age of 50 or 60 years, and tends to be more prevalent in individuals who are overweight. With OA, joint pain tends to occur after rest or inactivity. It is a degenerative joint disease in which the tissues break down over time.

Unlike OA, which is marked by a breakdown of joint tissue over time, generally due to aging, RA is a chronic autoimmune disease in which the body’s own immune system attacks the joints and other tissues. In fact, the NIAMS says RA can cause medical problems in areas such as the eyes,

lungs, blood, nerves, and heart in addition to the joints.

RA is more common in women than men, and people are likely to get the disease if there is a family history of it.

Psoriatic arthritis is another inflammatory condition linked to an autoimmune disorder. Individuals with the skin condition psoriasis can develop psoriatic arthritis after skin symptoms occur. It is believed that stressful events, trauma to the joints or bones or infections may trigger the disease in those who already have psoriasis.

Gout is a type of arthritis that causes flares, often beginning in the big toe or a lower limb. It occurs when a high level of serum urate builds up in the body, which then forms



needle-shaped crystals in and around the joint. Gout usually happens in middle age, with men developing it earlier than women. Some people with gout may be more likely to develop chronic kidney disease, obesity, hypertension, and diabetes.

Doctors will ask questions and perform blood tests to check for arthritis

markers. A general practitioner may recommend a patient see a rheumatologist to get a better arthritis diagnosis as well as a treatment plan.

Treatments include analgesic medications, anti-inflammatory drugs that may be NSAID or steroid formulations, capsaicin creams to block pain signals, or immunosup-

pressants and biologics if arthritis is autoimmune in nature. Treatment may be customized to each patient.

While there’s no cure or surefire way to prevent arthritis, exercising, losing weight, managing stress, and eating healthy foods could limit symptoms. Working with a doctor also can help manage arthritis.

Several tips for how to enjoy a healthy summer

COLDS might not be as common in summer as they are in winter, but anyone who has ever had a cold when the weather outside is warm and inviting knows just how unpleasant a runny nose, sore throat and lack of energy can be when everyone else seems to be outside soaking up the sun. Indeed, there’s no substitute for feeling fit and healthy in summer.

A healthy summer is one when individuals avoid illness and make the most of a time of year when no one wants to battle colds or other issues that affect their well-being. The following are a handful of strategies that can help people enjoy a healthy summer.

- Protect your skin from the sun. The Centers for Disease Control and Prevention recommends individuals apply a broad-spectrum sunscreen with a

sun-protection factor (SPF) of 15 or higher before going outside. Sunscreen should then be reapplied as necessary and especially after swimming or excessive sweating. The American Cancer Society notes that sunburn that blisters can increase risk for skin cancer, but sunburns affect short-term health as well. Studies have shown that sunburn adversely affects immune system response, which could make people more vulnerable to viruses like COVID-19 or the common cold.

- Limit alcohol consumption. Social schedules tend to fill up in summer, as seemingly everyone wants to host a backyard barbecue. The party vibe synonymous with summer leads to increased opportunities to drink alcohol, but excessive amounts of alcohol and summer sun are a bad combination.

According to the National Institute on Alcohol Abuse and Alcoholism, hot summer days increase fluid loss through perspiration, while alcohol contributes to fluid loss through an increased need to urinate. Significant fluid loss can lead to dehydration and heat stroke.

- Eat the right foods. Summer is not typically as hectic a time of year as other seasons, particularly for parents accustomed to driving kids from one activity to another during the school year. But come summer, weekends filled with social engagements and a greater desire to be active outdoors can prove exhausting. The CDC notes that a diet filled with colorful fruits and vegetables supports muscles, strengthens bones and boosts immunity. That can make it easier to handle a physically active summer



regimen and ensure that the immune system is in better position to fight off anything that may want to get in the way of summer fun.

- Get adequate sleep. What’s better than a mid-day summertime nap? The answer to that is better sleep

overnight. Adults should aspire to get between seven and eight hours of sleep each night, which can fortify their immune system and ensure they don’t miss out on any summertime fun. According to the Mayo Clinic, sleep deprivation can lead to decreased

production of proteins known as cytokines, which are vital to fighting infection and inflammation. A healthy summer makes for a more enjoyable summer. By embracing various immune-boosting strategies, individuals can make this summer even more fun.



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HEALTH & WELLNESS

How to pair food with exercise

FOOD pairing is often discussed in terms of which wines best complement particular dishes. But pairing food with exercise merits consideration, as it can create the balance needed for overall health.

Food plays an important role in workouts, giving individuals the energy necessary to perform at their peak. Timing meals appropriately and knowing what to eat before or after a workout can make a difference.

Creatine is an organic acid that is an important ingredient for short duration, high-intensity exercises, such as weight lifting. According to Kelly Pritchett, Ph.D., RDN, director of the nutrition graduate program and assistant professor of nutrition and exercise science at Central Washington University, foods rich in protein from meat, poultry and fish can help optimize stores of creatine. Creatine also may be found in foods and beverages targeted to athletes, like protein shakes and snacks.

A snack or mini meal one to three hours before a workout is ideal so that digestive issues don't occur during a workout

when the body directs more blood to muscles than digestion. Food pairings that include a high quality carbohydrate, like whole grain bread or oatmeal, with a protein source, such as peanut butter or milk, can be key. Blood sugar will stay steady with whole grain carbs, and the protein will help you to feel full and



avoid overeating after a workout.

Distance running or other exercises that require endurance, such as skating or biking, require ample energy stores. Although low-carbohydrate diets are popular for people looking to lose weight, they're not ideal for people who engage in endurance sports and need carbohydrates for energy, states Johns Hop-

kins Medicine. Endurance athletes need more carbs than those who aren't training. These activities use both glucose in the blood and glycogen, which is sugar stored in the liver and muscles. Eating plenty of healthy carbs helps bolster energy stores. Whole fruits and grains are good sources of carbohydrates.

For those with limited time to grab a bite before

a workout, bananas might be the perfect option. According to WebMD, bananas have easily digestible carbs that will not weigh you down. The potassium in bananas also may help prevent muscle cramps during and after workouts.

Potatoes are whole foods, meaning they contain a balance of all the essential amino acids, despite being low in

whole protein. They're also rich in vitamin B6, which is critical to protein metabolism, says Mark Anthony, Ph.D., adjunct professor of science and nutrition at St. Edwards University, Austin. Potatoes also contain the right mix of sodium and potassium to maintain an electrolyte balance in the body.

A mix of carbohydrates and lean proteins also is

ideal for exercise recovery. Mix in good fats like avocado and olive oil. Carbs will help replenish depleted levels of glycogen and high-quality protein will help build and repair muscle. Don't forget to drink plenty of fluids to replace what was lost while working out.

Food and exercise go hand in hand. It's important to eat well to keep the body in top form.

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The health benefits of hobbies

MAINTAINING physical and mental health often requires a multi-faceted approach. Eating well, exercising and reducing stress are part of a healthy regimen, but those are not the only components of a healthy lifestyle.

Hobbies can have a positive effect on overall health. Hobbies can seem like ways to simply pass the time or alleviate boredom. But a deeper exploration could shed light on just how healthy hobbies can be. In fact, it is essential to carve out time for hobbies because they can be so beneficial.

According to a study published in Aging Clinical and Experimental Research, participation in leisure activities positively influences self-perceived well-being and depressive symptoms. "The blue zone" refers to the areas of the world that have the longest-living people on the planet, which include Okinawa, Japan; Sardinia, Italy; and Ikaria, Greece, among others. Participa-

tion in activities that bring out a creative side leads to an increased sense of well-being that is good for long-term health. They also can reduce cortisol levels. Cortisol is known as the stress hormone, and it can negatively affect energy, mood and sleep.

While most leisure activities regularly engaged in can have positive effects on health, those that focus on a combination of physical and mental stimulation are most beneficial. Women looking to change their daily routines may want to focus on these health-boosting hobbies.

- **Dancing:** Laugh, sweat and learn some footwork in a dance class. It can make exercise fun for those who find traditional exercise does not keep their attention.

- **Kayaking:** There's something serene about being on the water away from the hustle of life on land. Kayaking strengthens the body, but the calm of taking in the water and scenery nourishes the mind. Experts agree that outdoor hobbies add

another benefit since sunlight helps the body release neuroreceptors that trigger more positive thoughts.

- **Gardening:** Gardening is physical, requires planning, involves spending time outdoors, and yields tangible results through thriving plants. These are all factors that promote good health.

- **Fostering animals:** Fostering animals offers them an opportunity to spend time in domestic settings before being adopted by permanent owners. For the foster person, having a dog involves going out on walks and play sessions in the backyard. A sense of purpose comes from helping out needy animals, and this hobby also taps into physical wellness.

- **Volunteering:** Being a presence in your community can foster social engagement and boost emotional health. It also can keep you physically active.

Various hobbies can be good for the mind and body, which makes it worth anyone's effort to make more time for recreation and leisure.