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LOCAL NEWS... LOCAL VIEWS

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Kiwanis Golden K
makes donations

Kiwanis Golden K recently
made donations to
multiple local
organizations in town.
Page 7

WEATHER

WEDNESDAY
HIGH LOW
35 31

THURSDAY
HIGH LOW
41 17

FRIDAY
HIGH LOW
23 9

SATURDAY
HIGH LOW
38 20

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OBITUARIES

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KARRICK
• CHARLES E. MALONE

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Hiring Expo is March 10 at RTHS 40 employers scheduled to participate in event

BY JEFF HELFRICH
MANAGING EDITOR

ROCHELLE — The Rochelle Community of Opportunity Hiring Expo will be held March 10 in the blue gym at Rochelle Township High School at 1401 Flagg Road. The hiring event will be open to the public from noon to 2 p.m. Prior to that, RTHS juniors and seniors will attend to learn about job opportunities. 40 commercial, retail, industrial and service employers will participate.

The event is sponsored by the City of Rochelle, Office of Mayor John Bearrows, Kishwaukee College, RTHS, Rochelle Foods - Hormel, Rochelle Chamber of Commerce and 102.3 The Coyote & Superhits 93.5. Job seekers are encouraged to pre-register at Eventbrite to be eligible for an entry into a drawing for \$300 and must attend and register at the Expo. The registration link is <https://hubsgethired23.eventbrite.com>.

The hiring expo will be the fourth of its kind in the community since the first in 2020 amid the



(PHOTO BY JEFF HELFRICH)

The Rochelle Community of Opportunity Hiring Expo will be held March 10 in the blue gym at Rochelle Township High School at 1401 Flagg Road.

COVID-19 pandemic and a workforce shortage. City Industrial Development Manager Peggy Friday said the events have been successful and have yielded success stories for area industries and job seekers.

"For the city it's a priority because it's a business retention tool," Friday said. "We've met with our industry leaders and HR and plant managers and at the top of the list is always the workforce. Especially

after the pandemic. The landscape of businesses has changed. The expo is a way for the city to show that we really do value business retention. It's the ability to listen to our industries and respond in real ways that really do show that government is here to help."

Friday said the city's current workforce situation is "getting better" after more dire times with shortages. Some industries have been able

to get staffed up enough to now have waitlists of potential employees. But, the local workforce has been subject to "cannibalism," which occurs when employees jump from one local employer to another for various reasons.

The city commissioned a workforce study a year ago that showed that Rochelle industries can draw employees from as far away as Aurora.

See EXPO page 8



Landscape agreement approved

BY JEFF HELFRICH
MANAGING EDITOR

ROCHELLE — At its monthly meeting Monday, the Flagg Rochelle Community Park District Board of Commissioners unanimously approved a landscaping design and maintenance program agreement with Hagemann Horticulture for \$24,971.39 for future landscaping upgrades at Cooper Park, Atwood Park and Skare Park.

Superintendent of Administration & Finance Maureen Stevens said the park district wants to do some landscaping upgrades at its bigger parks. Executive Director Jackie Ohlinger was absent from the meeting, along with Commissioners Jodie Hart and Ryan Tartaglia.

See PARK page 8

Ribbon cutting held for The Blackstone Bar & Grill Co-owner Withers: 'We're trying to make changes down here'

BY JEFF HELFRICH
MANAGING EDITOR

ROCHELLE — On Friday, a ribbon cutting was held for The Blackstone Bar & Grill, a new bar and restaurant with a wine and steakhouse menu at 406 Cherry Ave. in Rochelle. The business is owned by Shane Erdman and Jim Withers. Erdman also owns The End Zone Sports Bar across the street.

The Blackstone Bar & Grill was welcomed Tuesday by members of the City of Rochelle, Rochelle Chamber of Commerce, community members and State Rep. Brad Fritts. Erdman thanked the community for its support.

"The community has been 100 percent behind me," Erdman said. "The businesses, the chamber, the city, our customers and everybody I grew up with. It wouldn't be possible for a business to be successful if it wasn't for everyone here and all of our customers committing and coming in and being a part of it. I want to thank all of you for making this a success. It wouldn't be a success if it wasn't for you guys.



(PHOTO BY JEFF HELFRICH)

On Friday, a ribbon cutting was held for The Blackstone Bar & Grill, a new bar and restaurant with a wine and steakhouse menu at 406 Cherry Ave. in Rochelle.

Thank you."

Erdman called his staff "unbelievable" for its work on opening preparation. Withers also thanked the community for its support and said the ownership group was excited about opening.

"We're trying to make changes down here," Withers said. "We've gotten great support from the city and the chamber. We appreciate everybody coming today and hopefully you stay a little bit and enjoy everything."

Chamber of Commerce Executive Director Tricia Herrera led the event and welcomed the new business to town.

"We always say that we know when you open a business, you can do it anywhere," Herrera said. "We're always very proud and excited to have them do it here in Rochelle. Thank you for that."

"We know this is a location that you're trying to do a little differently, but very much mindful of the community we have and

offering a little different experience for everybody. Thank you for bringing that to town as well."

Mayor John Bearrows also spoke at the event and welcomed The Blackstone Bar & Grill on behalf of the City of Rochelle. He said he enjoys seeing local people invest in the community and talked about partnership between businesses, the chamber and the city.

"You guys really kind of blew me away when we first started talking about this," Bearrows said. "I

remember the day that I got the text that had a picture of what the sign was kind of going to look like. We know you're going to do great. We are here to help you. We're just so happy that you chose Rochelle to do this. And you're making a difference on Cherry Avenue. I'm not ashamed to say it. It's nice to have a nice establishment again. We had one before, and now this looks like it's a really good fit. I want to welcome you to Rochelle and thank you for all you do for our community."

LOCAL NEWS



(COURTESY PHOTOS)

Pictured above is Golden K member and 1968 RTHS graduate John Gruben, who is the lay advisor of the RTHS Key Club. One of the many Key Club projects is upcycling plastic bottle caps into park benches (below).

RTHS Key Club has evolved, but its mission remains the same

BY VICKI SNYDER-CHURA
SPECIAL TO THE NEWS-LEADER

ROCHELLE — A young social studies teacher who later became mayor of Rochelle took over the reins of the Rochelle Township High School Key Club in 1968. The Tatler reported that under the guidance of Robert Gingerich and his lay advisor Howard Smith, Key Clubbers responded to serve the school, church and community at local, district and international levels.

Craig Boltman was president, John Smith the vice president and Jim Frederickson and Mike Alongi were corresponding and statistical secretaries with Rick Troop as treasurer. That year they set a record, providing more than 100,000 bars of soap for the Dixon State Prison, 10,000 more than

the previous year.

Another 1968 Key Club undertaking was instructing, guiding and entertaining inmates at the prison on Sundays. The Key Club executed class and student council elections, set up chairs, ran the coat-check room and assisted in the Cancer Society fundraiser. Two other projects: The Kiwanis Kids' Day Parade and the Tri-Service Club corn sale.

It should be no surprise that today, along with Key Club Advisors Joe and Jen Howard, the lay advisor is a 1968 graduate, educator and member of the Rochelle City Council. His name is John Gruben.

On Tuesday, Feb. 7, Gruben introduced a new membership incentive. Those at the meeting take a ticket for a chance at a \$2 bill.

"I know Mr. Swinton (previous advisor) baked



cookies and brought juice boxes," Gruben told the students. "My wife and I

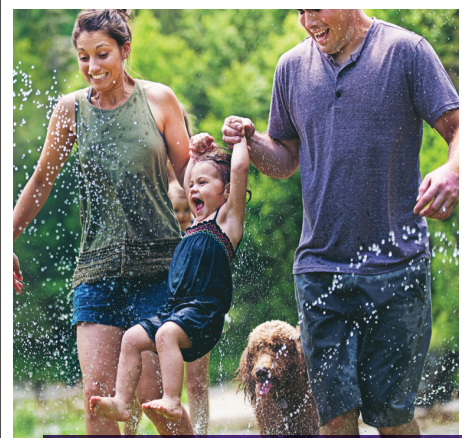
are more the Keebler kind of cooks, so I went to the bank and got a stack of \$2

bills. I intend to award one at each meeting."

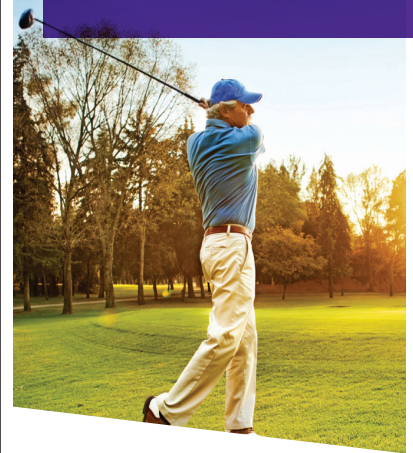
Annaleigh McKinney, granddaughter of fellow Golden K member Bruce McKinney, was the winner. Golden K sponsors the RTHS Key Club.

The 2023 RTHS Key Club is no longer an all-male membership. Dalila

Garcia is president. It is open to all RTHS students. Meetings are at 7:30 a.m. Tuesdays in The Gallery, so check it out. On Saturday, Feb. 11, Key Clubbers planned to meet at Mr. Swinton's workshop and sort bottle caps, which will be upcycled into park benches.



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LOCAL NEWS

Ogle County Sheriff's Department

Deputies respond to home invasion incident near Rochelle

OREGON — On Feb. 17 at about 10 a.m. in the Judicial Center parking lot deputies arrested Matthew Rodkey, 49, of Rockford for unlawful possession of a controlled substance (crack cocaine). Rodkey was transported to the Ogle County Jail and held pending a bond hearing. Deputies were assisted by Oregon Police.

On Feb. 17 at approximately 5:20 p.m. deputies responded to a driving complaint of a vehicle traveling southbound in the 11,000 block of North Illinois Route 2. A short time later deputies located the vehicle before conducting a traffic stop on it at the intersection of Illinois Route 2 and Town Line Road. After investigation, deputies placed Ryan Dinkelman, 36, of Mt. Morris under arrest for driving under the influence of alcohol. Dinkelman was additionally issued a citation for improper lane usage. Dinkelman was transported to the Ogle County Jail where he was held in lieu of bond.

On Feb. 17 at approximately 4:10 p.m. deputies conducted a traffic stop at Illinois Route 38 at Dement Road in Rochelle on a 2002 maroon GMC Yukon. After conducting an investigation

Gilberto Quintana, 26, of Lee was arrested for driving while license suspended. In addition, Quintana was issued citations for possession of cannabis/improper container, operating an uninsured motor vehicle, expired registration and failure to display driver's license. Quintana was transported to the Ogle County Jail on a valid DeKalb County warrant where he was held in lieu of bond.

On Feb. 18 at approximately 9:17 p.m. deputies conducted a traffic stop near the intersection of Illinois Route 251 and Flagg Road. After investigation, deputies placed Alejandro Gonzalez-Gonzalez, 21, of Rochelle under arrest for aggravated driving under the influence of alcohol, possession of a controlled substance (cocaine - class four felony), driving under the influence of alcohol, no valid driver's license and improper container of cannabis/driver. Gonzalez-Gonzalez was also issued citations for speeding, improper lane usage, illegal window tint and operating an uninsured vehicle. A passenger in the vehicle named Juan Mandujano-Camacho, 26, of Rochelle, was also

placed under arrest for an active failure to appear Ogle County warrant and possession of a controlled substance (cocaine - class four felony). Both Gonzalez-Gonzalez and Mandujano-Camacho were transported to the Ogle County Jail where they were held pending a court appearance in front of a judge.

On Feb. 18 at approximately 3:38 a.m. deputies conducted a traffic stop on East Illinois Route 64 near Chamberlain Road. After an investigation, deputies arrested William A. Marshall, 42, of DeKalb, for driving under the influence of alcohol. Marshall was issued additional citations for following too closely and failure to signal. Marshall was transported to the Ogle County Jail where he was held in lieu of bond.

On Feb. 18 at approximately 5 p.m. deputies initiated a traffic stop in the 500 block of North 4th in Oregon. After further investigation, deputies arrest Christian Bejna, 34, of Oregon, for a failure to appear Ogle County warrant for driving while license suspended. Benja was also charged with another count of driving while license suspended. Benja was taken into custody

and transported to the Ogle County Jail in lieu of bond.

On Feb. 19 at approximately 8:47 p.m. deputies initiated a traffic stop for disobeying a stop sign and an inoperable plate light. Upon further investigation, deputies arrested Brian Henson, 39, of Byron, for driving while license suspended. Henson was later released on an individual bond and was given a later court date.

On Feb. 19 at approximately 12:36 a.m. deputies conducted a traffic stop on Interstate 39 near mile marker 103. After brief investigation, deputies arrested Michael A. Bear, 30, of Rockford, for driving while license revoked. Bear was issued additional citations for operating an uninsured motor vehicle and an equipment violation. Bear was subsequently transported to the Ogle County Jail where he was held in lieu of bond.

On Feb. 19 at approximately 3 p.m. deputies conducted a traffic stop on Interstate 88 at mile marker 76 on a 2018 blue Chevrolet Equinox. After conducting an investigation, Sydney Morgan Mittan-Ybarra, 24, of Davenport, Iowa was placed under arrest for driving while license suspended. Mittan-Ybarra was

also issued a speeding citation for traveling 88 miles per hour in a 70 miles per hour zone. Mittan-Ybarra was released on an I-bond and provided with a future court date.

On Feb. 19 at approximately 1:11 a.m. deputies responded to a residence in the 9,000 block of East Fowler Road in reference to a home invasion in progress. Prior to arrival, deputies were updated with information that a male offender had been shot by someone living at the property. Deputies responded to the scene and administered aid to the offender after learning the male had been shot at least once in the lower abdomen. Rochelle and Flagg Center EMS arrived on scene a short time later and began administering aid. The male subject was then transported to the Rochelle airport, where he was flown to Saint Anthony's Hospital in Rockford by a Life Flight helicopter. The male subject at the time was in critical, but stable condition. The incident remains under investigation pending possible charges.

On Feb. 20 at approximately 1 a.m. hours deputies were involved in a police pursuit that started westbound on East Illi-

nois Route 64 at Moore Road. The pursuit continued westbound and the offending vehicle, a red Ford Mustang, reached speeds of 120 miles per hour and disregarded multiple traffic control devices. The pursuit continued through Oregon city limits and the vehicle proceeded to crash and finally come to rest at 14 East Front St. in Mt. Morris. The driver identified as Derrick Holmes, 33, of Highwood, was taken into custody and charged with aggravated fleeing to elude, driving under the influence, reckless driving and multiple traffic violations. Holmes was transported to the Ogle County Jail until further proceedings with a judge.

On Feb. 20 at 7:40 p.m. deputies conducted a traffic stop in the 7,000 block of West Illinois Route 64 for a speeding violation. After an investigation, Charles West, 51, of Byron was arrested for unlawful possession of cannabis 100-500 grams (class four felony). West was also issued a citation for speeding. West was transported to the Ogle County Jail where he will be held pending a court appearance before a judge.

All individuals are considered innocent until proven guilty.

Affordable health screenings coming to Rochelle

ROCHELLE — Residents living in and around the Rochelle can learn about their risk for cardiovascular disease, osteoporosis, diabetes and other chronic, serious conditions with affordable screenings by Life Line Screening. Calvary Light-house Church will host this community event on March 7. The site is located at 14409 E. Hemstock Road in Rochelle.

Screenings can check for: The level of plaque buildup in your arteries, related to risk for cardiovascular disease,

stroke and overall vascular health; HDL and LDL cholesterol levels; diabetes risk and kidney and thyroid function, and more.

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LOCAL NEWS




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CHILDREN (4-10YRS) \$10

Includes 2-3 pieces of baked or hand breaded fried cod and everything on the menu excluding pizza

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SENIOR CITIZEN (65+) \$12
CHILDREN (4-10YRS) \$8

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Obituaries

Sharon C. ‘Cathy’ Karrick

ROCHELLE — Sharon C. “Cathy” Karrick, 72, passed away Friday, Feb. 17 at Swedish American Hospital in Rockford. She was born on Oct. 3, 1950 to William J. and Sharon M. (Clarkson) McKeown in Sterling. On May 23, 2006, she married Cleve “Pat” Karrick in Orlando, Florida.

For 20 years, she worked for Caron International in Rochelle until she decided to go back and get her nursing degree. After graduating from Kishwaukee Community College in 1996, Cathy became a devoted registered nurse at Rochelle Community Hospital for the first few years of her career. She then went on to work at

Kindred Hospital of Sycamore for nearly 17 years. Cathy enjoyed her flowers and the numerous pets she had throughout her life. She loved spending time with her family, but her favorite pastime was her grandchildren. She also enjoyed her time spent with friends, especially her daily four mile walks with Karla Steder.

Cathy is survived by her husband, Pat Karrick of Rochelle; her daughter, Heather (Eric Schulz) of Rochelle; two step children: Josh (Ashley) Karrick of Pawnee, Illinois and Cheryl (Paul) Sanderson of Rochelle; two grandchildren: Caitlin and Cole Hensley; seven step grandchildren: Dale

Clark, Kristi Clark, Brittany Smart, Kaylie Johnson, Ben Clark, Savanna Wilson and Tyler Cox; three brothers: Joe (Karen) McKeown of Park View, Iowa, Jeff McKeown of Rogersville, Alabama, Dan McKeown of Rockford; three sisters: Betsy Considine, Ann (Dan) Osborn and Jean Bowser all of Dixon; brother-in-law, Kent Hungerford of Kentucky; sister-in-law, Diann McKeown; daughter-in-law, Danette Clark; and many nieces and nephews.

In addition to her parents, Cathy is preceded in death by her sister, Chris Hungerford; brother, Patrick “Duffy” McKeown and brother-in-law, Tom

Bowser.

The visitation will be from 10 a.m. to noon Saturday, Feb. 25 at the Unger-Horner Funeral Home, 400 N. 6th St., Rochelle. The funeral service will follow at noon with Pastor Gregory Hoffmann officiating. Private family burial will follow the service. Please visit www.ungerhorner.com to sign the online guest book.

Charles E. Malone

after a short but tough battle with cancer. Son of the late Forrest and the late Irene, nee Rother, Malone, loving husband of Rose Marie, nee Bucher, Malone, dear father of; Kathleen (Josh) Clark of Palmyra, Illinois, Daniel Malone of Osaka, Japan, Thomas (Rebecca) Malone of Madison, Wisconsin, Kevin (Adila) of Sterling, Virginia and Sally (Landon) Satterfield of Creal Springs, Illinois. Cherished grandfather of; Nathan, Augustus, Abraham, and Theodore Clark, Ocala Satterfield, Okyan Malone, and Charlie Malone, and dear brother of the late Robert Malone and the late Patricia Gawronski. He is also survived by his; brother-in-law, Ron Gawronski, nephew, Ronald Gawronski, first cousins, Verna and Julene Auchstetter, RoseAnn Beeman, Mary Lou Legner, Dorothy Applebee and Jerry Comisky.

Charles, aka “Chuck” or “Charlie,” was born Feb. 10, 1952 in Rochelle. He attended Steward Elementary School and graduated Rochelle Township High School in 1970. Chuck earned degrees from Saint Louis University, Dominican University and Northern Illinois University, which include a bachelor’s degree in communication, masters of library science and masters of political science.

Chuck held an assortment of intriguing jobs during his life including tax assessor, farmer, hot dog delivery driver, meat plant worker and more. Chuck eventually moved back to and farmed the family farm in Lee County for many years before pursuing a career in library science.

As a librarian, he found a true passion for researching and helping others. Most recently

Chuck served as professor emeritus in the library of Western Illinois University’s Government, Legal, Spatial and Data Services. While there, he also served as dean, department chair and unit coordinator and, was responsible for establishing WIU as a Patent and Trademark Resource Center. Chuck had numerous achievements at WIU, including published articles such as “An Asparagus Picker Patent-Really?” in *Inventors Digest*. He was a member of many professional organizations including the American Library Association and Trademark Resource Center Association. He retired after 21 years, in 2019.

Chuck was a master storyteller and especially enjoyed sharing colorful tales of concerts he attended, as well as trips in his VW bus to see all the cool bands in the 1970s. This included an excursion to the Kickapoo Creek Music Festival which wasn’t quite the “camping” trip he described to his parents and, surviving the Sly and the Family Stone concert riot in Chicago. Peculiarities of jobs he held such as delivering meat for Cyclone Sausage and as a utility worker for Del Monte Foods, inspired many of his stories. Chuck was also a proud member of the Morrison Hotel Dorm at SLU and the Meramec Valley Grotto.

Chuck described one of his greatest dilemmas in life was to either become a roadie for the Grateful Dead, or settle down and raise a family. We are glad he chose the latter and decided to marry Rose, and go on to have five children. He enjoyed raising his kids on the same farm where he grew up in northern Illinois. In addition to farming he helped care for countless animals including horses,

goats, chickens, rabbits, ducks, geese, cats, dogs and a pony.

Chuck was his kids’ number one fan. He never missed their sporting events and trucked the family to many horse shows and the annual 4-H fair. He would routinely provide them with an overabundance of information for school research projects and highlight the wealth of information the library had access to. He loved reading and instilled an appreciation of reading in his children, although he could only read fiction. Chuck rarely missed a Cardinals game, whether on the radio or T.V., and the team came up in almost every family conversation.

After retiring he returned to St. Louis. He became an avid bike rider and very much enjoyed discovering the many bike paths throughout the city. If he wasn’t biking, he was walking the dog, reading a book while listening to jazz or, watching Cardinals baseball.

Chuck will be remembered for his friendly, easy going demeanor, vivid stories and being a constant source of encouragement and support for his children.

In lieu of flowers, donations are appreciated to the Cardinal Glennon Children’s Foundation.

A graveside service will be held at 10 a.m., Thursday, Feb. 23 at St. Peter and Paul Cemetery, St. Louis, Missouri.

Condolences may be expressed at www.ziegenhienfuneralhome.com

ROCHELLE News-Leader



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Newsroom Staff Jeff Helfrich, Managing Editor Russ Hodges, Sports	(815) 561-2151 (815) 561-2152
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Rochelle Police Department

Officers issue citations

ROCHELLE — On Feb. 18 at 1:14 a.m. Jessica L. Milan, 28, of Rochelle was cited for failure to yield exiting private drive. She was released on an I-Bond with a March 31 Rochelle court date.

On Feb. 19 at 12:47 p.m. Jonathon A. Martinez, 20, of DeKalb was cited for speeding 49 miles per hour in a 30 miles per hour zone. He signed a promise to comply an was given a March 17 Rochelle court date.

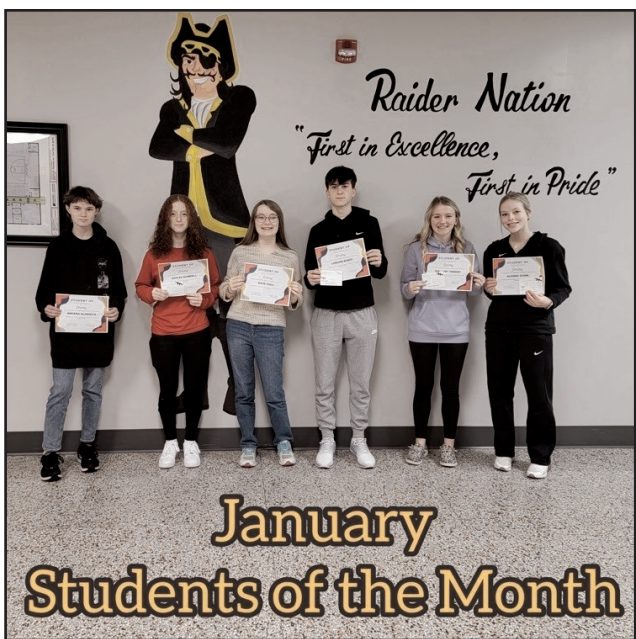
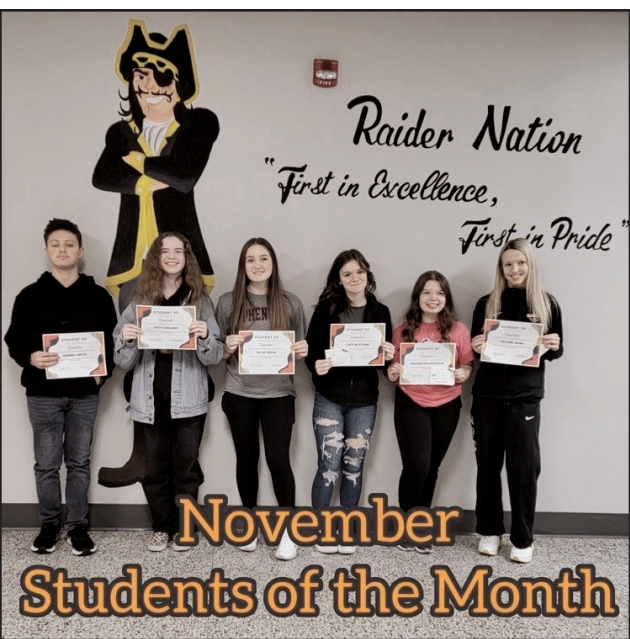
On Feb. 20 at 10:45 a.m. Marcos D. Coyomani, 26, of Rochelle was



arrested for driving while license suspended. He was released on an I-Bond with a March 17 Rochelle court date.

All individuals are considered innocent until proven guilty.

ASHTON NEWS



Ashton-Franklin Center High School names December, January and February Students of the Month
Ashton-Franklin Center High School recently congratulated its students of the month for November, December and January.

Lee Sheriff announces Super Bowl enforcement results

DIXON – The Lee County Sheriff’s Office recently announced it made one driving under the influence arrest, issued 13 other citations and six criminal arrests during the recent Super Bowl enforcement campaign.

Citations issued by deputies include: seven speeding citations, two operating uninsured motor vehicle citations, two improper turn signal citations, one illegal transportation of alcohol citation, one no valid driver’s license citation, two arrests for possession of methamphetamine, one arrest for possession of drug paraphernalia, one arrest for obstruction of

identification, one arrest for obstruction of justice and one warrant arrest.

The Super Bowl weekend “Drive Sober or Get Pulled Over” and “Click It or Ticket” enforcement effort ran from Friday, Feb. 10, through the early morning hours of Monday, Feb. 13. The goal was to keep impaired drivers off the roads and ensure more people buckle up and follow all traffic safety laws.

“Motorists should understand that we are serious about cracking down on impaired drivers and seat belt and other traffic safety law violators. We do it to save lives,” Chief Deputy Derek Ranken said.

Amboy man arrested for DUI after accident with injuries

AMBOY — On Feb. 12 at 10:27 p.m. the Lee County Sheriff’s Office received a 911 call reporting a two-vehicle crash at the intersection of Walton Road and Amboy Road. Lee County Sheriff’s deputies responded to the call.

When deputies arrived they located one of the drivers, Margaret M. Morrison, 22, of Amboy, in her vehicle. She was transported from the scene by helicopter to a Rockford area hospital. The driver

of the other vehicle, Joseph M. Fenwick, 60, of Amboy, was transported to KSB and released. Fenwick was arrested for driving under the influence of alcohol and transported to the Lee County Jail.

Amboy Fire Department, Sublette Fire Department, Dixon City Fire Department and OSF Life Flight assisted at the scene.

All charges are merely an allegation, and the defendant is presumed innocent until proven guilty.



AFC students send valentines to residents at The Meadows
Ashton-Franklin Center School District students (elementary, junior high and high school) recently made and decorated valentines for the residents at The Meadows in Franklin Grove and they were dropped off by Carson Rueff, vice president of the National Honor Society at AFC High School.

AFC boys basketball team beats Indian Creek

ASHTON—The Ashton-Franklin Center varsity boys basketball team began IHSA Regional play with a 74-56 victory over Indian Creek on Saturday, Feb. 18. Carson Rueff led the Raiders with 23 points,

while Griffin Bushman added 18 points and Kaleb Goldman scored 16 points. Lane Koning chipped in seven points for AFC in the win.

The Ashton-Franklin Center varsity boys basketball team edged Forreton for a 49-44 win on Friday, Feb. 17. Jordan Harris led the Raiders with 13 points and Griffin Bushman recorded 11 points.

Ashton-Franklin Center lost 74-66 against Fulton on Tuesday, Feb. 14, despite 21 points from Jordan Harris and 15 points from Carson Rueff. Kaleb Goldman had 13 points and Griffin Bushman totaled 12 points against Fulton.

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LOCAL VIEWS

Guest column

Energy conversion, waste and efficiency

BECAUSE energy technology is in the news frequently these days, it is useful to understand it so we can make wise decisions about energy for ourselves and for our society. In a previous article when I introduced the topic of energy technology we learned there are six different forms of energy — mechanical, thermal, chemical, nuclear, electrical and radiant. While this is very important to understand, there are more fundamental concepts to learn. Today we'll take on a new one: a fundamental law of our universe that says energy can neither be created nor destroyed. This law — called the law of energy conservation — states that there is a fixed amount of energy in our universe. So, all the energy that exists in the universe remains constant year after year, decade after decade, millennium after millennium, ever since the universe was created. So no matter which of the six forms of energy we are talking about, the

sum total of all energies out there never increases or decreases. Just think about that for a while... it's truly supernatural and astonishingly simple! The energy is simply changed, or converted, from one form into another. An example of this is the gasoline energy that goes into a gas-powered automobile. The gasoline is a form of chemical energy when it goes into the car's tank, which is then burned and converted into thermal energy inside the car's engine, which is then transferred and converted by the car's transmission into the mechanical energy of the rolling tires. Each step along the way, energy is converted into a different form. There are many more energy conversions taking place inside of an automobile, but let's keep it simple! This process of energy conversion applies to everything — and I mean everything — that uses energy. And you'd be hard pressed to find anything in your world that hasn't or doesn't use energy.

Animals, plants, rocks, clouds, your hearing aid, microwave, television, etc. all depend on energy either when they were formed or during their use. Remember, it takes energy to manufacture products, and the minerals of the earth were formed in the molten-hot earth's core. And of course it takes energy to operate those technical devices. The constant conversion process of energy in technology and nature is all around us. If you take time and look for how energy is used you will begin to see the world with a new perspective which reveals the dependency we have upon energy, and hopefully you can gain an appreciation for how amazing those conversions can be. Once we understand the breakdown of energy use and can trace how energy is converted from one form into another, we can move to develop an understanding of two more

important ideas — that of energy waste and that of energy efficiency. We say that energy is "wasted" when energy is converted into a non-useful or unused form. For example, the purpose of a light bulb is to provide light. We put electrical energy into a light bulb and expect to get useful light out of it. But we also get heat from a light bulb even when we don't want it. That is non-useful, wasted energy. In the process of converting electrical energy into light energy, a light bulb also converts electricity into heat. In fact, the amount of energy wasted by a light bulb may surprise you — it is around 90-95 percent! Yes, that means approximately 90-95 percent of the electricity that goes into a standard incandescent light bulb is converted into heat, and only about 5-10 percent of that electricity is converted into light. That is a lot of wasted energy!



Kurt Wolter

It is just one of those strange facts of technology that every time energy is converted from one form into another, there is energy that is wasted — usually in the form of wasted heat but other forms of energy can be waste, too. Gasoline powered automobiles are no exception to this "wasted energy" rule. A typical gasoline-powered automobile wastes about 75 percent of the energy contained in the gasoline by converting it into wasted heat. While the car is moving us around using the non-wasted energy, the car's radiator is moving the wasted heat energy from the engine into the air around the car. Lots of energy is wasted because we burn the gasoline to make heat in order to turn the transmission, but most of that heat is wasted. Fortunately in recent years more efficient technology has been invented. LED bulbs and compact fluorescent bulbs can be 85-90 percent efficient, meaning they only waste 10-15 percent of the elec-

tricity put into them. And gas-powered auto engines continue to be more and more efficient, especially when used in smaller and lighter automobiles. Of course we need to remember that energy was used to manufacture those light bulbs and automobiles, just like energy is used to produce all products and structures. So that energy needs to be included in the overall calculations used to discover waste and efficiency. Hopefully this short lesson in energy conversion, waste and efficiency makes sense and can help you to understand the issues surrounding energy that we are hearing more and more about every day. Kurt Wolter has studied and taught technology, including production, transportation, energy and communication, for over 30 years. He enjoys trying to understand technology and its past, present, and future while also attempting journalism. He can be reached at technohistory100@gmail.com.

Ron Kern: Waiting on spring

WELL in only a couple of days we will know if March comes in like a lion or a lamb. Not sure what your preference is, but I've never eaten a lion. But I've been told you have to eat an elephant one bite at a time. That or have some Tums ready. According to the Farmers Almanac, March looks stormy and cold. Apparently all month as they predict a snowy start to April. Looks like I may have to give up hope getting my potatoes planted by Good Friday. No need to worry, I've found over the years that particular saying is nothing more than an old wives tale. Of course I've often wondered...Don't new wives have any tales? What all this means in reality is that I'm not putting my snow shovel away and looking for my hoe just yet. Of course I

might look awfully funny mowing my yard in the snow. The Environmental Protection Agency announced a proposed rule to designate perfluorooctanoic acid (PFOA) and perfluorooctanesulfonic acid (PFOS), the two most common per- and polyfluoralkyl substances (PFAS), as hazardous materials under the Comprehensive Environmental Response, Compensation, and Liability Act (CERCLA). CERCLA is the federal law that provides a federal "Superfund" to clean up uncontrolled or abandoned hazardous waste sites as well as accidents, spills and other emergency releases of pollutants and contaminants into the environment. Through CERCLA, EPA has the power to seek out those parties respon-

sible for any release and ensure their cooperation in the cleanup. CERCLA imposes liability on parties responsible for, in whole or in part, the presence of hazardous substances at a site. Since PFAS chemicals are known as "forever chemicals," they don't easily break down over time and can be transported through rain runoff, which means they have been found in surface water and groundwater aquifers. PFOA and PFOS have been voluntarily phased out by U.S. manufacturers for the most part but are still in limited use in products ranging from stain-resistant clothing and furniture to cookware and food packaging. Farmers and ranchers

do not produce PFOA or PFOS; however, these chemicals can be found in the water that has been provided to their livestock and crops. In certain areas of the country, PFAS levels have risen in milk, beef and row crops. Another source of PFAS contamination on farms comes from the use of soil amendments (biosolids, paper by-products), a practice that has long been supported and encouraged by the EPA. Farmers would never intentionally spread PFAS. Food safety is their top priority. But society is learning that PFAS is all around us, including on farms and ranches. To date, PFAS has been detected on some farms, along with many other sites, but farmers do not



Ron Kern

manufacture or knowingly spread PFAS on their farms. Currently, farmers in Maine, Michigan and New Mexico are severely impacted by PFAS detection. It's important that farmers are not held responsible for the presence of PFAS chemicals that they did not produce or intentionally use. Additionally, a Superfund designation could devastate land values and leave farmers with land that they are unable to use. Under CERCLA, clean-up funds are disseminated based on a priority list, and it is likely that farmland would be the last in line to receive such assistance. The proposed rule would require anyone who releases certain levels of PFOA and PFOS into soil or water to report it to federal or tribal authorities. The goal of this rule is to

force responsible parties to take remedial actions and pay for the cleanup of a contaminated site. While EPA has stated that the intent of this rule is to hold the producers and users of these chemicals accountable, there is no language in this rule making that protects innocent landowners who passively receive these chemicals. It is important for farmers to let their Congressional representatives know how this affects their farm and find means that work without negatively affecting farm values and profitability. When I was a younger man the old timers used to tease me at weddings by saying "you're next!" They stopped when I started saying the same thing to them at funerals. Ron Kern is the manager of the Ogle County Farm Bureau.

How to contact government officials

U.S. Con. Adam Kinzinger
1218 Longworth HOB
Washington, D.C.
20515
(202) 225-3635

IL Sen. Brian Stewart
M104A State House
Springfield, IL 62706
(217) 782-0180

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Kathryn Shaw-Dickey kshaw-dickey@rochelleil.us
Bil Hayes bhayes@rochelleil.us
Rosaelia Arteaga rarteaga@rochelleil.us
Dan McDermott dmcdermott@rochelleil.us
Tom McDermott tmcdermott@rochelleil.us
John Gruben jgruben@rochelleil.us

Rochelle Elementary School Board
*Dave Casey dcillini94@gmail.com
Steve Builta [sbuilt@gmail.com](mailto:sbuilta@gmail.com)
Ashley Jackson ajackson@d231.rochelle.net
Stephanie White swhite@d231.rochelle.net
Eric Van Hise eric.vanhise@gmail.com
Trisha Vaughn jrvtlv02@msn.com
Javier Zepeda jzepeda@rthsd212.org

Rochelle Township High School Board
*Tom Huddleston tom.huddleston@rthsd212.org
Carol Hayenga carol.hayenga@rthsd212.org
Bill Ravnaas bill.ravnaas@rthsd212.org
Jacky Aguilera jacky.aguilera@rthsd212.org
Jeff Tilton jeff.tilton@rthsd212.org
Bobby Chadwick bobby.chadwick@rthsd212.org
Brian VanVickle brian.vanvickle@rthsd212.org

Flagg-Rochelle Park Board
Brent Carmichael bcarmichael@rochelleparkdistrict.org
John Dobbs jdobbs@rochelleparkdistrict.org
Dale Wells dwells@rochelleparkdistrict.org
*Tim Hayden thayden@rochelleparkdistrict.org
Jodie Hart jhart@rochelleparkdistrict.org
Joe Lenkaitis jlenkaitis@rochelleparkdistrict.org

Ogle County Board Dist. 3
Lloyd Droege ldroege@oglecounty.org
Dan Miller dmiller@oglecounty.org
Greg Sparrow gsparrow@oglecounty.org

Ogle County Board Dist. 4
Bruce McKinney bmckinney@oglecounty.org
Skip Kenney skkenney@oglecounty.org
David Williams dwilliams@oglecounty.org

Creston Village Board
Wayne Williams jwdw13@yahoo.com
Jennifer Payton
*Tom Byro tommyb_47@yahoo.com
Greg Hopkins ghopkins522@comcast.net
Steve Skatzman skatzman@essex1.com
Mike Kerns ac.kerns@comcast.net
Mark Hibshman
Curt Ward caward92@comcast.net

Hillcrest Village Board
*Randy Salsbury rsalsbury@hillcrestil.us
Pam Pittman ppittman@hillcrestil.us
Dan Potter dpotter@hillcrestil.us
Richard Rhoads rrhoads@hillcrestil.us
Tim Ball tball@hillcrestil.us
Renee Kerwin rkerwin@hillcrestil.us

Flagg Township
*Bob Withrow flaggtwp@rochelle.net
Joanna Patrick flaggtwpc@rochelle.net
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Sheri Klindera alwayslefty2@gmail.com
Susan Sevedge nit1prl22@yahoo.com
Darci Waltrip doobs12@comcast.net

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

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

A photograph of two men standing in front of a white banner. The man on the left is wearing a light blue and white checkered button-down shirt and dark trousers. The man on the right is wearing a dark grey hoodie and dark trousers. They are both holding a white rectangular object, possibly a certificate or a small sign, in front of the banner. The banner features the Kwanis logo, which is a circular emblem with a stylized 'K' and the words 'Kwanis' and 'LOCAL' around it. Below the logo, the word 'Kwanis' is written in large, bold, blue letters.

Feb. 28
Lucas Donoho



2022
From The Heart
Calendar

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Cryptopunk
answer
What phrase would properly
describe both dog food and
the cost of a bus ride?
Greyhound fare.

LOCAL NEWS



(PHOTO BY JEFF HELFRICH)

The Rochelle Community of Opportunity Hiring Expo will be held March 10 in the blue gym at Rochelle Township High School at 1401 Flagg Road.

EXPO: Hiring event scheduled March 10

From page 1

The city handles the marketing for the expo and has been advertising it locally and in its “secondary trade area,” which goes as far east to Aurora, north to Rockford, south to Mendota and west to Sterling.

“We know that if the wages are good, even with gas prices and the economy, that people will still drive to Rochelle,” Friday said. “We know from previous studies that the majority of people who work in Rochelle don’t live here. That is also a concern. Obviously with the economy and the price of gas, it’s harder for people to get to Rochelle. So we want to make sure that our citizens know what kinds of jobs are here and that you don’t have to leave town to find a good career.”

Friday said the student aspect of the hiring expo is important to keep RTHS students working locally after high school and exposing them to Rochelle’s opportunities.

“One of the goals of this

expo is to try to keep our local young talent here,” Friday said. “Some kids may want to graduate and get out of town, but there are really good jobs here and we want to capture that enthusiasm for the community and staying local. It’s a good opportunity for our young people and other job seekers.”

Jasmine Sarabia, a recent RTHS graduate, is one of the success stories of a past expo. She first attended a hiring expo her junior year and talked with Rochelle Fire Department Chief Dave Sawlsville, who shared information with her and suggested she talk with him again during her senior year. She did, and applied to the department at the next year’s expo. She now works for both RFD and the Rochelle Police Department.

“Without the first interaction, I might never have thought that any of this could be possible,” Sarabia said.

Kishwaukee College plays a large role in the planning of the expo and gives feedback on what it hears from students,

along with the employers that reach out to it about training for the workforce. Friday also said that RTHS wants to maximize the readiness of its students after college.

“We’re able to customize the event to what the needs of all of these different groups, participants and businesses are,” Friday said. “Everyone has their part in the planning. I can’t thank RTHS enough for all of the logistical work they do on it. We all work together and those partnerships pay off, even well after the expo.”

The March 10 event will see employers hiring for “a wide variety of all sorts of jobs.”

“When job seekers come in, we’ll give them a map that will list all of the employers that are there and the potential jobs they’re looking for,” Friday said. “We’ll have volunteers there that will make introductions between job seekers and employers. We want people to be able to maximize their time there. There will be opportunities or on-the-spot interviews.”

PARK: Mower purchase approved

From page 1

Hagemann Horticulture currently has the City of Rochelle’s downtown contract and Ohlinger observed the city’s landscaping and was impressed and reached out to get them involved with the park district’s properties, Stevens said.

Board President Tim Hayden said Hagemann Horticulture is based in Oregon and is involved with the Oregon Park District.

“I think the program is such that the first year involves some design and then the future years would be a smaller number for maintenance and annual upkeep work,” Hayden said.

Mower

The board unanimously approved the purchase of a new zero-turn Exmark mower for \$9,298 from Johnson Tractor. The park district will be trading in one of its old mowers as part of the agreement.

Cook

Ogle County Clerk & Recorder Laura Cook spoke at the meeting and thanked the board for allowing use of The REC on election days since it

was built and the closing and demolition of Hickory Grove took place, leaving the clerk’s office without a large Rochelle polling place.

“When they tore Hickory Grove down, we kind of scrambled to find what would be a good location for voters and this was a perfect fit for us,” Cook said. “I think it was a perfect fit for the park district as well to showcase your building. Our election judges love it here.”

Cook said her office is currently in need of election judges for the upcoming election April 4.

“If you know of someone that’s retired or somebody that’s looking for something to do on election day, have them call our office,” Cook said. “Because we’re always looking for election judges. We have a lot of judges retiring and Rochelle is our biggest community that has a need for election judges. We need them just about everywhere.”

Director

comments

Due to Ohlinger’s absence, Stevens outlined her director’s comments

portion of the meeting. The Spring Lake Marina flooring was recently finished and the facility is back open for rentals. The work was done in house by park district staff and no existing rentals had to be canceled due to the work.

Recreation

Superintendent of Recreation Andrew Murray detailed recent numbers and programs within the park district. The REC Center has been hosting travel basketball games on Sundays for about six weeks and has welcomed 2,200 people on those Sundays from Rochelle and outside communities.

“It’s been great to hear feedback from everybody,” Murray said. “They think it’s awesome that Rochelle has The REC. That’s going great and I want to thank the staff that have been here every Sunday to make it happen.”

The park district’s youth basketball little hoopsters program is up 26 kids from last year, Murray said.

In aquatics, the park district has been working on ways to get more usage out of its aquatic center, and new offerings are aimed at senior citizens and kids.



(PHOTO BY JEFF HELFRICH)

The park district board unanimously approved the purchase of a new zero-turn Exmark mower for \$9,298 from Johnson Tractor.

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SPORTS



KISHWAUKEE BOUND

RTHS senior Damen Harrington will play golf for Kishwaukee College next year.

See page 2 for more details

RTHS Wrestling

Seven wins at state

Five RTHS athletes compete in IHSA State Championship over the weekend

BY RUSSELL HODGES
SPORTS EDITOR

CHAMPAIGN — A historic season came to a close for the Rochelle Hub varsity wrestling team over the weekend, when a school-record five athletes represented Rochelle Township High School in the IHSA State Championship meet at the University of Illinois’ State Farm Center.

Juniors Brock Metzger and Tommy Tourdot along with sophomores Kaiden Morris, Xavier Villalobos and Joseph Nadig battled in the state tournament for the Hubs (28-1, 7-0 Interstate 8), with the five athletes combining for seven bout victories. Metzger (40-12) and Morris (39-10) each went 2-2 over four matches to secure top-8 finishes at their respective weight classes, while Tourdot (20-9), Villalobos (39-8) and Nadig (39-9) each went 1-2 over three matches.

“It’s always tough to lose and I thought it was hard on the kids that we didn’t bring home any medals, but I wasn’t disappointed in how our kids wrestled,” head coach Alphonso Vruno said. “We had some really good matches where we just came up a little short.



(COURTESY PHOTO)

The Rochelle Hub varsity wrestling team sent five athletes to the IHSA State Championship in Champaign over the weekend. Above from left to right are head coach Alphonso Vruno, coach Chris Hager, Tommy Tourdot, Brock Metzger, Connie Kessen, Kaiden Morris, Xavier Villalobos, Joseph Nadig, coach Nelson Baker and coach Tyler Baker.

It was really exciting to see each of our kids win at least one match and we only lost one match

against an athlete who didn’t wind up placing in the tournament. Sometimes we just have to tip

our cap and move on.” Metzger won his opening-round bout in the 182-pound weight divi-

sion, scoring a 10-3 decision over Wauconda’s Sean Christensen before conceding a 13-0 decision

against Joliet Catholic’s Nico Ronchetti.

See HUBS page 9

RTHS Boys Basketball

Morris downs Rochelle in IHSA 3A Regional Quarterfinals

Wheeler explodes for 36 points as Redskins hold off Hubs 71-61 on Saturday

BY RUSSELL HODGES
SPORTS EDITOR

MORRIS — The third time wasn’t the charm for the Rochelle Hub varsity basketball team on Saturday, when the purple and white faced Morris in the IHSA 3A Regional Quarterfinals.

With both teams battling for the right to challenge No. 2 seed Sterling, No. 7 seed Morris took the early lead, opening the game with an 18-7 run. Behind an explosive offensive outing from Jack Wheeler, who finished with a game-high 36 points on 17-of-28 shooting, the Redskins eliminated No. 9 seed Rochelle in the play-in round, defeating the Hubs 71-61 and handing the purple and white a loss for the third time this season. Junior Eli Luxton recorded a 20-point, 14-rebound double-double for the Hubs, who finished 10-20 overall and 4-10 in the Interstate 8.

“I was encouraged about this matchup coming in because we played two close games against Morris earlier this season,” head coach Tim Thompson said. “We had leads in both of

those games and we were missing key players in both games. I knew Morris would show us a 1-3-1 zone on Saturday and I felt like we were prepared for that. We just didn’t do enough on the offensive end and we turned the ball over too much, which has been our issue all season long.”

The Redskins, who led 34-26 at halftime, shot 50 percent from the field and forced 18 Rochelle turnovers. Morris outscored the Hubs 17-8 in transition and 18-5 in points off turnovers. While Rochelle outrebounded the Redskins 42-29, Morris found success in the painted area on offense, where Wheeler continuously knifed through the Rochelle defense to score at the rim.

“[Jack] Wheeler was really good from the start,” Thompson said. “He scored 27 against us the last time we played and he was really effective from the 3-point arc, but this time, he was physical around the rim and scoring on a lot of straight line drives where we weren’t able to stop him from getting to the basket.”

See BOYS page 9



(PHOTO BY MARCY DELILLE)

Sophomore Carson Lewis shoots a 3-pointer during the Rochelle Hub varsity basketball game against Morris on Saturday.



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HUB SPOTLIGHT



(PHOTO BY RUSSELL HODGES)

Rochelle Township High School senior Damen Harrington will be continuing his academics and his golf career with Kishwaukee College next year.

Harrington signs with Kishwaukee College

BY RUSSELL HODGES
SPORTS EDITOR

ROCHELLE senior Damen Harrington will be continuing his academics and his golf career with Kishwaukee College next year. Harrington, who intends to study criminal justice and pursue a career in law enforcement while attending Kishwaukee College, spent four years with the Rochelle Township High School golf program, with all four years coming at the varsity level.

"I'm looking forward to connecting with a few of my old teammates who are playing at Kishwaukee College right now and I'm excited to show my potential at the collegiate level," Harrington said. "Rochelle has prepared me for this opportunity by starting me on varsity very early on. I was moved up to varsity during the second meet of my freshman season and playing at that pace and at a higher intensity has definitely prepared me for this opportunity."

Harrington was the No. 2 varsity starter for the Hubs this season, helping lead Rochelle to five victories as well as sixth-place finishes in both the LaSalle-Peru Invitational at Seneca's Oak Ridge and the Rocket Invitational at Rock River Golf & Pool. Harrington averaged a nine-hole score of 46 in Interstate 8

Conference meets this season, helping the Hubs place seventh in the conference and fifth out of nine schools in the IHSA 2A Regional at the Mendota Golf Club.

"I feel like I've mostly improved in the mental side of the sport," Harrington said. "Golf isn't a sport where you can just go out and hit the ball and expect to play well. It takes time and practice to excel in every shot you make and to learn how to make the most of bad shots."

Harrington will compete for Kishwaukee College head golf coach and RTHS alum Thomas Brennan, who has recruited several Rochelle student-athletes over the last few years including Rowan Williams, Reese Kirk, Garrett Burdin, Ryan Friestad and Hayden Jones. Academically, Harrington said he's also considering transferring to a four-year school after Kishwaukee College in hopes of earning a conservation degree and pursuing a career as a game warden.

"I chose Kishwaukee College because of how supportive coach [Thomas] Brennan was this past season," Harrington said. "He showed up to a few of our meets and watched me play before offering me a spot on the team. I also chose Kishwaukee College because of the affordability and because I may not need a bachelor's degree for my career path."

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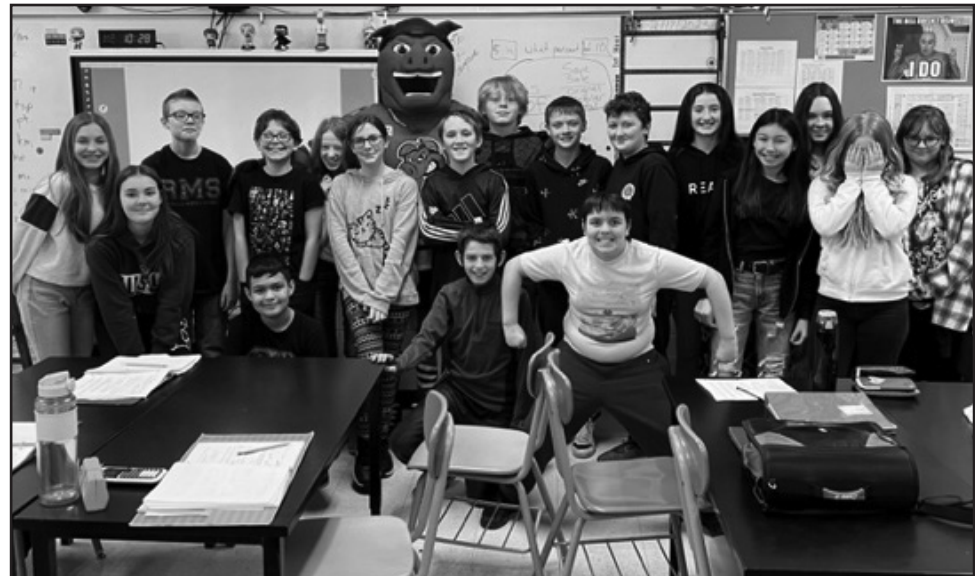
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SPORTS



Rockford IceHogs mascot Hammy visits Rochelle Middle School students and staff on Friday

Rochelle Middle School students and staff received a visit from Rockford IceHogs mascot Hammy on Friday. Rochelle Middle School recently celebrated School Resource Officer Week and SRO Jim Jakymiw is seen with Hammy below (bottom center). Rochelle School District 231 and the Rochelle Middle School staff would like to thank SRO Jakymiw for all of his hard work and dedication to the district and the students.

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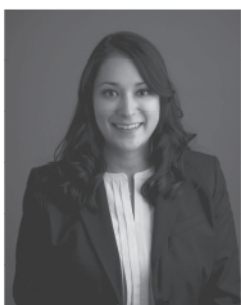
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WHO'S WHO IN REAL ESTATE

Three factors to consider when choosing a mortgage lender

A home is the most significant purchase many people will ever make. Perhaps because of that, many buyers, particularly those purchasing a home for the first time, are understandably nervous about the home-buying process. The decision regarding which home to buy warrants ample consideration, but so, too, does the buyers' choice of lender.

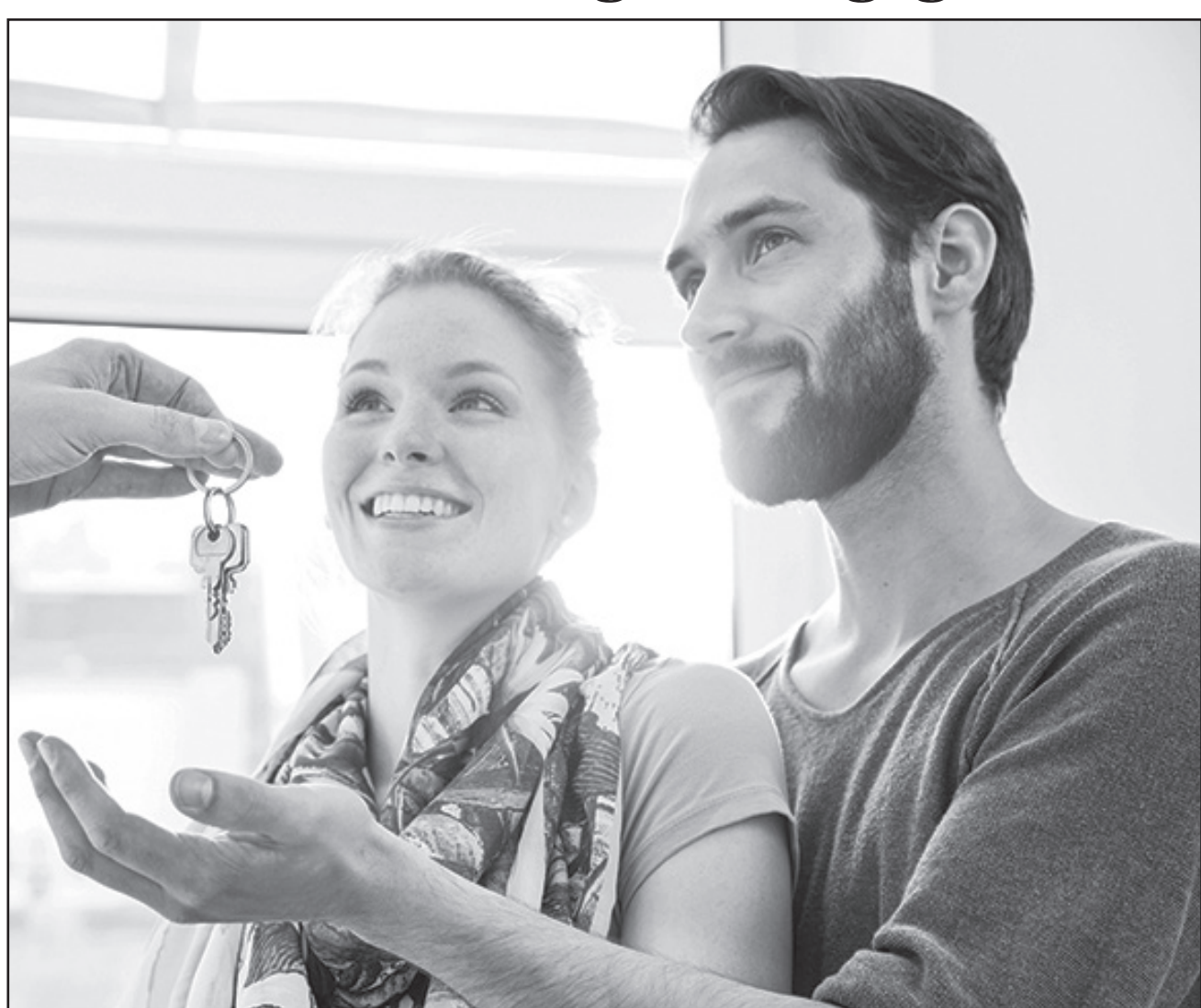
Mortgage lenders can be found all over the internet, and the sheer volume of lender options can make it hard for home buyers to find the right fit for them. Couple that with lending-related terminology that many first-time buyers may be unfamiliar with, and it's easy to see why prospective homeowners can feel overwhelmed about the process of borrowing money to buy their homes.

When looking for a mortgage lender, prospective homeowners should never forget that the choice of lender is, in most cases, entirely theirs to make. When making that decision, a host of variables should be considered. The following are three such

factors that, upon ample consideration, may help buyers rest easy knowing they did their due diligence when looking for lenders.

Just like other businesses, lenders have reputations, and oftentimes those reputations can be determined via some simple online research. Peruse online reviews to determine what past buyers felt about a given lender. If possible, ask friends, family or colleagues who they worked with to secure a mortgage.

Fees vary from lender to lender. Fees should not be mistaken for interest rates, which change daily and are typically dictated by the financial industry and prospective buyers' credit history and financial standing. When speaking with potential lenders, ask for a rundown of their fees, and the services those fees include, and closing cost estimates in writing, then compare and contrast fees and costs of various lenders before making a final decision. Some lenders may charge considerably more in fees than others, so buyers should put in the effort necessary to



comparison shop.

Buyers, especially those who have never before purchased a home, will likely have lots of questions. This is where

personal interaction with a prospective lender should be noted. Securing financing for a home purchase can sometimes seem like an impersonal process, but

it doesn't have to be, and many lenders are happy to answer buyers' questions. Lenders who answer questions quickly and clearly can make buyers

more comfortable about the home buying process. Buyers may want to avoid lenders who seem evasive or unwilling to answer questions in writing.



Exterior renovations that boast the best ROI

REMODELING with a return on investment in mind can be a smart strategy for homeowners, whether one is thinking about moving in the next few months or further down the road. Though this approach is an inexact science, in many instances, it's savvy for homeowners to consider what buyers may want when planning home improvements.

Homeowners may be surprised to learn which renovations garner the best ROI at resale. The home loan and refinancing company RemoFi indicates that overall home improvement projects provide a 70 percent ROI on average. Many high-ROI projects add functional space and improvement. The following are some exterior renovations that help homeowners recoup the most money at resale, according to Remodeling magazine's "2022 Cost vs. Value Report."

1. Garage Door Replacement: 93.3 percent recouped of \$4,041 cost
2. Manufactured Stone Veneer: 91.4 percent recouped of \$11,066 cost
3. Siding replacement (Fiber Cement): 68.3 percent recouped of \$22,093 cost
4. Window replacement (Vinyl): 67.5 percent recouped of \$20,482 cost
5. Siding replacement (Vinyl): 67.2 percent recouped of \$18,662 cost
6. Window replacement (Wood): 66.3 percent re-

couped of \$24,388 cost

7. Deck addition (Wood): 64.8 percent recouped of \$19,248 cost

8. Entry Door Replacement (Steel): 63.8 percent recouped of \$2,206 cost

The majority of renovations on Remodeling magazine's list of the best investments are exterior renovations, making this area of a home a particular point of interest for homeowners. The only interior project that cracked the Top 10 ROI for projects was a minor midrange kitchen remodel.

Exterior renovations perhaps add the most bang for your buck because they're not only functional, but also because they add immediate curb appeal. Much in the way it has been said people eat with their eyes first — which is why chefs spend so much time on elaborate plating — buyers will judge a property by how it looks when they arrive, even before they've stepped inside a home. In essence, home buyers often judge a book by its cover. A worn exterior may indicate to potential buyers that the home was not maintained, however false that assumption may be.

It's important for homeowners to consider all factors before beginning a renovation. Certain projects offer a stronger return on investment than others, and that's a significant consideration for homeowners thinking of selling their homes.

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Customer service after the sale is invaluable. Local retailers not only take responsibility for the product

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PRIME TIME

How seniors can engage with their communities

THOUGH a significant percentage of individuals report desires to retire later in life, many people stop working around the age of 62. The desire for a later retirement may stem from financial concerns or because some people wonder just what they will do when they're no longer working.

Retirement is a time for hardworking individuals to enjoy themselves and their newfound free time. Interacting with the community can keep the brain engaged and foster beneficial social connections. In recognition of the value of staying engaged, the following are a few ways for seniors to become more involved in their communities.

- Join a club or group. Identify an activity you find interesting and determine if there is a way to get involved with it in your community. Senior centers or adult activity providers may sponsor local programs.
- Participate in worship.

Many older adults find they want to reconnect with their faith at this point in their lives, even if attending services hadn't been a top priority earlier in life. Reach out to your local house of worship and find out when services take place and which activities they offer.

- Read to children. Volunteer your services at the library by reading to youngsters. Interacting with other generations can be inspiring.

- Volunteer at a soup kitchen or food pantry. Times continue to be challenging for many people who may find it hard to cover their expenses. Soup kitchens and food pantries can be a saving grace for those who might otherwise miss meals. Volunteering some hours at these organizations can do worlds of good and help you make a difference.

- Befriend neighbors. A passing "hi and bye" wave may have been the norm when you were busy working a job. Now that you have free time, you can get



to know neighbors better and even take turns hosting get-togethers. Moving to a retirement or active adult community with others in similar positions may facilitate such friendships.

- Volunteer with local government. Find out ways

you can become involved civically. Perhaps you can run in a local school board election or try to become a member of the town council?

- Become a substitute teacher or paraprofessional. Many schools are

experiencing shortages of qualified staff. You may find your place helping to shape the minds of youngsters by volunteering at schools or taking on part-time jobs in the classroom.

Seniors can be more engaged in their commu-

nities, thus strengthening their "social capital," the term scientists often use to describe the strength of their social relationships, and the extent to which people feel physically and emotionally supported by their communities.

How to use diet to combat age-related bodily changes that can affect your health

THE human body is a marvel. How the body transforms over the course of an individual's life is one of its more remarkable qualities, and those changes never cease, even as individuals near retirement age.

The changes associated with aging include physical transformations but also more subtle shifts the naked eye cannot see. For example, metabolism slows as individuals grow older, and aging also can lead to a decrease in bone density and muscle mass. These changes affect how

men and women at or nearing retirement age should approach their diets in recognition of the various ways their nutritional needs change at this point in their lives. Any modifications to a diet should first be discussed with a physician, but the following are some ways aging adults can use diet to combat age-related changes to their bodies.

- Prioritize protein. The authors of a 2010 study published in the journal Current Opinion in Nutrition and Metabolic Care recommended that older

adults consume between 25 and 30 grams of protein with each meal. The researchers behind the study concluded that such consumption could limit inactivity-mediated losses of muscle mass and function.

- Overcome reduced production of vitamin D. WebMD notes that people over 65 typically experience a decrease in natural production of vitamin D. Vitamin D is not naturally found in many foods, so aging men and women may need to rely on supplementation to ensure

their bodies get enough of it. Vitamin D helps with anti-inflammation, immune system support and muscle function, among other benefits. So it's vital that aging men and women find ways to get sufficient vitamin D.

- Consume ample dietary fiber. The National Resource Center on Nutrition & Aging notes that fiber plays an important role in the health of older adults. Fiber has been linked with heart health, healthy digestion, feeling full, and preventing constipation, which the online medical

resource Healthline notes is a common health problem among the elderly. Though the NRCNA notes that older adults need slightly less fiber than their younger counterparts, it's still a vital component of a nutritious diet. The feeling of fullness that fiber consumption can provide also is significant, as it can ensure adults who aren't burning as many calories as they used to aren't overeating in order to feel satisfied. That can make it easier for such adults to maintain a healthy weight.

- Monitor intake of vitamin B12. The NRCNA notes that vitamin B12 is involved in a host of

important functions in the body, including nerve function and the formation of red blood cells. Vitamin B12 is most easily found in animal products, which many aging men and women must largely avoid due to other health concerns. In such instances, men and women can discuss supplementation with their physicians as well as alternative food sources of B12, such as fortified cereals, salmon and other items.

Bodily changes related to aging increase the likelihood that men and women will need to alter their diets in order to maintain their overall health.



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SPORTS

BOYS: Rochelle suffers third loss against Morris this season

From page 1

“We came out flat from the start and we didn’t get anything going. We shot the ball poorly from the arc and we just didn’t make enough shots to make a run.”

Morris held a double-digit advantage, 53-39, entering the fourth quarter, where Rochelle outscored the Redskins 22-18 but trailed by too many points to overcome the early hole. Junior Jack Tracey finished with 11 points on 5-of-9 shooting, while senior Raul Aguirre added eight points and four rebounds. Sophomore Cayden Moore chipped in nine points and 11 rebounds.

“Our sophomores and juniors earned a lot of playing time this season and there was a lot of learning on the run,” Thompson said. “I thought our kids learned about playing in pressure situations and I hope they’ll continue to learn from those situations moving forward. We’ve talked with our kids about the improvements they need to make during the offseason.”



Junior Eli Luxton drives to the rim during the Rochelle Hub varsity basketball game against Morris on Saturday. Luxton finished with 20 points and 14 rebounds in a 71-61 loss to the Redskins.

(PHOTO BY MARCY DELILLE)

HUBS: Five athletes battle at IHSA State Championship

From page 1

Rochelle’s lone 40-match winner this season, Metzger outlasted Niles Notre Dame’s Jim Amatore for a 1-0 decision in the second round of the consolation bracket, but fell just short in the third round, losing by 14-13 decision against Troy Triad’s Koen Rodebush.

“We joked with Brock last season because we felt he had a lot of potential, but he’d make some poor movements or poor

mental mistakes,” Vruno said. “He’s grown so much in those aspects and he’s learned a lot on his feet. He’s learned some new attacks and his defense has improved a lot. We saw kids over the weekend who didn’t want to go down against Brock and I think that shows how much he’s grown from where he was last season to where he’s at right now.”

Morris recovered from an opening-round loss against Chatman Glenwood’s Alex Hamrick in the

220-pound weight division, showing dominance with consecutive falls against Riverside-Brookfield’s Joe Midona and Evergreen Park’s Eduardo Artunez in the consolation bracket. Morris faced Mattoon’s Leo Meyer in the third round, conceding an 18-7 major decision.

Villalobos reached the second round of the championship bracket in the 120-pound weight division after holding off Deerfield’s Luke Reddy for a 4-3 decision in the opening round.

Villalobos, who medaled in second place at the 113-pound weight division last season, bowed out of the tournament with a 3-1 loss against Midlothian Bremen’s Nore Turner and a 6-5 defeat against Chicago St. Patrick’s Olin Walker in the second round of the consolation bracket.

“It’s always interesting to see where our kids are at when the season ends,” Vruno said. “The days after the state tournament were really positive from a coaching standpoint and

our kids were up early and up late working out. They’re talking about wrestling in the spring and doing freestyle and greco-roman wrestling. A lot of our kids were first-time state qualifiers this season, but they’re still hungry and they want to take those next steps to do even better next season.”

Tourdot and Nadig each fell in the opening round of the championship brackets, with Tourdot conceding an 8-1 decision against Joliet Catholic’s Jason Hampton in the 113-pound weight

division and Nadig coming just short in a 4-1 loss to Civic Memorial’s Caleb Scott in the 126-pound weight division. In the first round of the consolation bracket, Tourdot edged Mahomet-Seymour’s Caden Hatton for a 3-1 decision and Nadig scored last-second points to outbatttle Lake Forest’s Julian Olenick for a 5-3 decision. Tourdot fell against Rock Island’s Truth Vesey and Nadig lost against Grayslake Central’s Tyler Weidman in the second round.

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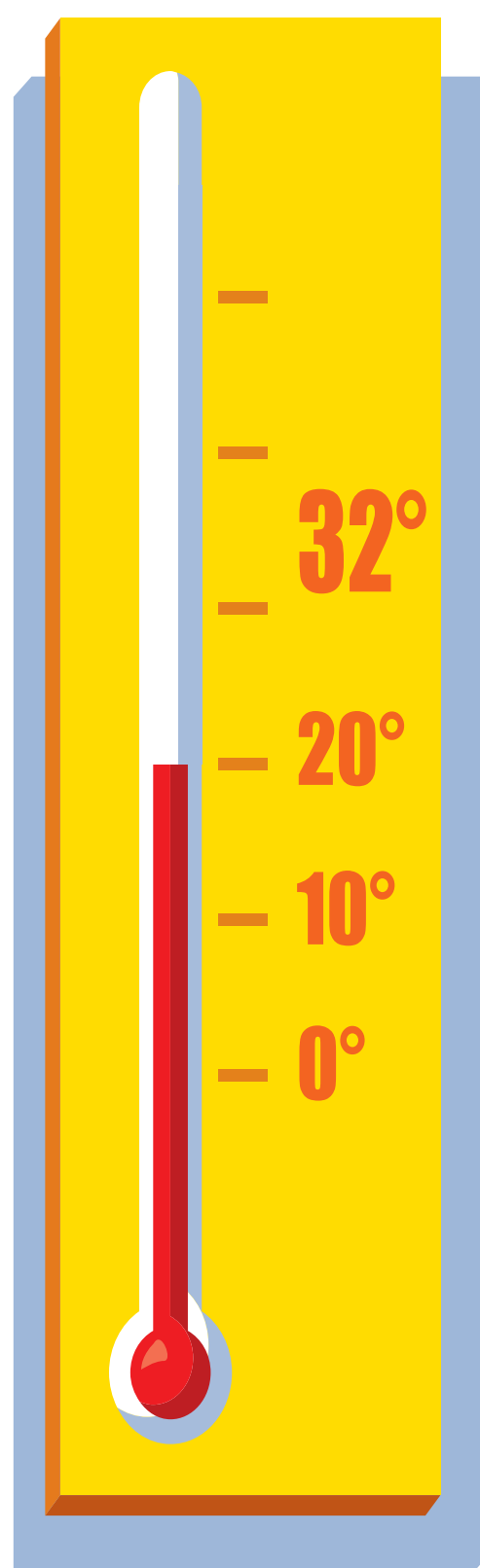
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