



ROCHELLE News-Leader

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Edward Jones
MAKING SENSE OF INVESTING

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LOCAL NEWS... LOCAL VIEWS

WEDNESDAY, JAN. 25, 2023

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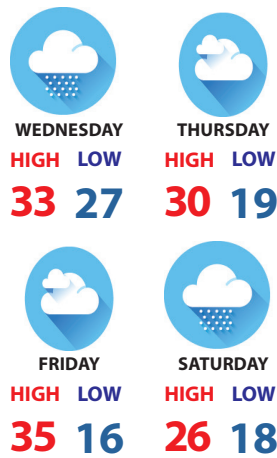


Edward Jones thanks locals

The Edward Jones office of Anthony Rowley expressed thanks for donations to this year's Toys for Tots Drive.

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WEATHER



Holcomb State Bank

233 Illinois Route 38
815-562-3838

OBITUARIES

• JANET E. (GRUTTER) WATERS
• GARY ALLEN MANNING

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NONE

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City wins distinguished budget award

Fiengenschuh: 'It feels good to be able to go above and beyond'

BY JEFF HELFRICH
MANAGING EDITOR

ROCHELLE — The City of Rochelle recently received notification that it received the Government Finance Officers Association Distinguished Budget Award for the third year in a row.

The award was established in 1984 and “reflects a commitment to meeting the highest principles of governmental budgeting and compliance with nationally-recognized guidelines, including having a budget that serves effectively as a policy document, a financial plan, an operations guide and a communications device.” Out of 1,297 municipalities in the state, 87 (6.7) percent are recognized each year.

“We were very proud of the team and the finance department and each department that contributed to it,” Industrial Development Manager Peggy Friday said. “The document is a transparent idea of how taxpayer money is spent. I think it’s just a testimony to the council, the mayor, the city manager and the departments on how fiscally responsible we really



(PHOTO BY JEFF HELFRICH)

The City of Rochelle recently received notification that it received the Government Finance Officers Association Distinguished Budget Award for the third year in a row.

are and all of the things that we do in the course of the year.”

Three years ago, the city received the award for the first time against long odds in its first attempt at it. The application required a year and a half of work gathering information and organization by Friday, Finance Director Chris Cardott and department heads.

Friday called the chance

of receiving the award in a first attempt “nearly impossible” and said 1-5 percent of municipalities have done it.

“I looked at all of the other hundreds of winners and the best parts of each of them,” Friday said. “Chris goes through and makes sure all of the budgetary stuff is there. The first year was always the hardest. And then each year we add to it. The reviewers also

send a list of comments. Things they think may be missing or things that we could maybe improve on. We take that as the template for the next year. There’s four categories and we’ve been proficient and high in probably 90 percent of the categories. It’s a testimony to our finance department, transparency and everybody that contributes.”

See AWARD page 2



Council approves ordinance

BY JEFF HELFRICH
MANAGING EDITOR

ROCHELLE — At its meeting Monday, the Rochelle City Council unanimously approved an ordinance to create an Illinois Finance Authority PACE area to allow for MightyVine to get financing for clean energy upgrades to its hydroponic greenhouse business.

Through no cost to the city, the IFAPACE Program is available to any eligible commercial property that voluntarily requests the levy of a special assessment to secure the financing or refinancing of a qualified PACE Project. MightyVine CEO Sergio Gomez spoke during the meeting and thanked the city for its support since the business’s inception in 2016.

See CITY page 8

From the Heart gala scheduled Feb. 4

Founder Eckhardt: 'It's all been because of the community'

BY JEFF HELFRICH
MANAGING EDITOR

ROCHELLE — From the Heart will host its 15th annual gala and auction on Saturday, Feb. 4 at Flight Deck Bar & Grill starting at 6 p.m.

Proceeds raised at the event will equally benefit the eight area nonprofits that From the Heart works with: the Rochelle Area Community Foundation, HOPE of Ogle County, Rochelle Christian Food Pantry, Pegasus Special Riders, Hub City Senior Center, Shining Star Children’s Advocacy Center, CASA and FOCUS House.

The event will include dinner, games, prizes and silent and live auction items. Last year, the event raised just over \$68,000 and \$8,500 was donated to each nonprofit. Over the life of the gala, over \$630,000 total has been raised. From the Heart President and Founder Dave Eckhardt said he hopes to raise \$80,000 this year.

“Back when we started, it only benefited two groups along with Rotary,”



(NEWS-LEADER FILE PHOTO)

From the Heart will host its 15th annual gala and auction on Saturday, Feb. 4 at Flight Deck Bar & Grill starting at 6 p.m.

Eckhardt said. “Now we’re up to eight and that doesn’t include Rotary. When we started our goal was to raise \$10,000 for each group. That’s why our goal is \$80,000 this year, to give each group \$10,000 once

again.”

Eckhardt said 100 percent of proceeds benefit the nonprofits. He called it “amazing” to watch the event grow over 15 years.

“Other events around us haven’t been able to sustain

it like they used to, and that has worried us,” Eckhardt said. “We’re a 501(c)(3) nonprofit now and weren’t when we started. We’ve grown and have been able to do that. It’s been nothing short of miraculous. And

it’s all been because of the community. The best part is presenting those checks and helping our nonprofit groups. That’s my favorite part.”

See GALA page 3

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LOCAL NEWS

AWARD: City earns budget honor for third straight year

From page 1

City Manager Jeff Fiegenschuh said the GFOA award strives to encourage government transparency and the finished product makes a dense city budget easier to read and understand. The city's submissions for the past three years can be found on cityof-rochelle.net.

The award submission is 90 pages long and expands on the budget with capital improvement plans, project highlights, photos, departments and organizations the city works with. It also aligns with the city's strategic plan.

"Residents can go and find it and read it and there's a glossary,"

Friday said. "People can look something up and there's information to explain what it means. There's pictures, charts and graphs and it just really shows how all the money is spent and what the future plans are."

Fiegenschuh praised staff for their work on the award and the budgeting process. He said the city has also received the Certificate of Achievement in Financial Reporting on the audit side for eight or nine years in a row.

"It's a great team and it feels good to be able to go above and beyond," Fiegenschuh said. "It sounds like 125 is a lot of staff, but that's 125 people that are doing all kinds of different jobs. To have staff that's dedi-

icated to pull all of this information together in an easy-to-read way is amazing."

Fiegenschuh said good budgeting is important to what goes in a fiscal year, with both expected and unexpected expenditures.

At the beginning of the COVID-19 pandemic, the mayor and city council cut their budget by around \$1 million in anticipation of lost revenues.

The award process has also yielded feedback to help the city improve its budgeting, Fiegenschuh said.

"I'm honored that we received the award," Fiegenschuh said. "This document helps us understand where we're



(PHOTO BY JEFF HELFRICH)

City Manager Jeff Fiegenschuh said the GFOA award strives to encourage government transparency and the finished product makes a dense city budget easier to read and understand.

at and where we want to go in the future and how best to get there. It

also helps us understand where we've failed and stumbled and what we

can do to change so we don't do that in the future. That's important."

Local students named to fall 2022 NIU dean's list

DEKALB — Northern Illinois University announces its fall 2022 dean's list students. To earn this distinction, students must meet a minimum semester grade point average of 3.5 on a 4.0 scale in the College of Engineering and Engineering Technology or a minimum of 3.75 on a 4.0 scale in the colleges of Business, Education, Health and Human Sciences, Liberal Arts and Sciences, and Visual and Performing Arts.

Students from the area who achieved this honor include:

Chana: Nichole Harp-er, Leadership and Management, Stillman Valley High School.

Rochelle: Katelyn Oakland, Music Education, A Beka Acad Corres-

Home School; Morgan Baker, Kinesiology, Rochelle Township High School; Vanessa Belmonte, Middle Level Teaching & Learning, Rochelle Township High School; Ethan Burgholzer, Pre-Computer Science, Rochelle Township High School; Aaron Dennis, Electrical Engineering, Palmer High School; Jacob Eul, Enterprise Software, Rochelle Township High School; Judith Fulgencio, Psychology - B.A., Rochelle Township High School; Judith Fulgencio, WLC: Spanish & Hispanic Studies, Rochelle Township High School; Marisol Garcia, ELED-Bilingual/ESL, Rochelle Township High School; Melanie Gonzalez, Political

Sci-Public Law-B.A., Rochelle Township High School; Cole Hensley, Engineering Management, Rochelle Township High School; Marlen Hueramo, Art and Design Education, Rochelle Township High School; Tyler Johnson, Operations and Info Management, Rochelle Township High School; Crue Larsen, Health Sciences-General, Rochelle Township High School; Cora Martinez, Business Administration - B.S., Rochelle Township High School; Ella McKinney, Communicative Disorders, Rochelle Township High School; Najwa Morrar, Psychology - B.S., Rochelle Township High School; Louis Petrie, Entrepreneurship



& Social Resp, Geneva Community High School; Amy Price, Early Childhood Education, Rochelle Township High School; Ashley Ramos, Human Resource Management, Rochelle Township High School; Juanita Saldana, Middle Level Teaching & Learning, Rochelle Township High School; Emily Ward, Art Studio, Rochelle Township High School and Teigan Young, Psychology - B.A., Rochelle Township High School.



Edward Jones Rowley office thanks community

On behalf of Edward Jones, Office of Anthony Rowley, we sincerely thank everyone that donated to our Toys for Tots drive. This year was an overwhelming success with more than 300 gifts and donations dropped off for local children. The Rochelle community coming together with such generosity this Christmas season was very much appreciated.



Start your New Year's resolution by scheduling an appointment in 2023 with a wellness check up!

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LOCAL NEWS



(COURTESY PHOTOS)

The social hour at the event will run from 6-7 p.m. Attendees will receive a free souvenir glass and champagne upon arrival. New to the event this year to celebrate the 15th year is a drawing all attendees will be entered into to win \$500 cash. Dinner starts at 7:15 or 7:30 p.m. Everyone in attendance will receive a free photograph.

GALA: Annual From the Heart event begins next month

From page 1

An individual ticket to the event is \$95. Couples cost \$185 and a table of eight is \$700. To purchase tickets, call Eckhardt at 815-562-2200.

The social hour at the event will run from 6-7 p.m. Attendees will

receive a free souvenir glass and champagne upon arrival. New to the event this year to celebrate the 15th year is a drawing all attendees will be entered into to win \$500 cash. Dinner starts at 7:15 or 7:30 p.m. Everyone in attendance will receive a free photo-

tograph.

The event will include a special tribute to the late Todd Smith, who was the gala's photographer for many years.

Auction items include autographed framed jerseys of athletes including Jim McMahon, Joe Montana, Gale Sayers

and Devin Hester, four quarters of beef and half a hog, an authentic ranching experience and a unique Field of Dreams piece.

"It's autographed by the person who created Field of Dreams and he hand wrote his story," Eckhardt said. "It will

be a live auction item. Most of the money we raise comes from the live and silent auctions. It's incredible to see the support of the community as the event comes together. Even from outside of the community. We contact sports memorabilia groups and

wineries and overnight stays. Our goal every year is to have 100 silent auction items. You have to make sure you have plenty for everybody. We have everything from sports tickets to books and trips and more. And every year there's something different."

City looking for employers to participate in job fair

ROCHELLE — The City of Rochelle is seeking employers to participate in the Rochelle RTHS Community of Opportunity Spring 2023 Hiring Expo on Friday, March 10, open to the public from Noon to 2 p.m., hosted by Rochelle Township High School, City of Rochelle, Office of Mayor John Bearrows, Kishwaukee College and

Rochelle Chamber of Commerce.

Gain access to excellent applicants for your full, part-time and seasonal job openings. At 10:30 a.m. seniors from RTHS will attend the expo and employers can engage with more than 250 students who might be looking for part-time or seasonal employment or internship and job

shadowing opportunities.

At 11 a.m., the expo will be open to juniors and others by invitation interested in learning more about career opportunities in Rochelle.

The hiring expo will be held in the Blue Gym at RTHS, 1401 E. Flagg Road. Registration includes a six-foot table, two chairs, a table number and compli-

mentary lunch, sponsored by Rochelle Foods. There is no cost to participate.

If your company is interested in participating, please register online at the link provided:

KCRHE.eventbrite.com

Registration is limited and will close once capacity is reached. We are unable to accommodate large

floor displays, however interactive outdoor space is available.

Approximately one week before the event, you will receive a confirmation letter from the city with additional parking and check-in information.

A directory of participating employers will be provided to all job seekers. Please include a description

of available jobs and any incentives you might be offering in the registration form or email a list to Laura Gregory at LGregory@kish.edu no later than March 1.

For questions, please feel free to contact Industrial Development Manager Peggy Friday at 815-561-2059 or pfriday@rochel-leil.us.

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LOCAL NEWS

Obituaries

Janet E. (Grutter) Waters

SYCAMORE — Janet E. (Grutter) Waters, 84, of Sycamore went home to be with her Lord and Savior on Dec. 1, 2022. Janet was an active member of DeKalb Moose and Sycamore Baptist Church. She was a very devoted mother to her daughter Angela Waters of Sycamore. She is also survived by Keenan (Michelle) Grutter; nieces

Payton Grutter and Dylon Grutter; cousin Regina Snyder of DeKalb and friends Ardella Thomas of DeKalb, Deb Katzman and Judy Williams of Creston.

Janet was preceded in death by her husband, Grover Waters; parents Mae Vanstone Grutter and Ken Grutter and stepmother Anna Marie Grutter.



A private interment will be announced at a later date.

Ogle County Sheriff's Department

Deputies respond to two-vehicle property damage accident

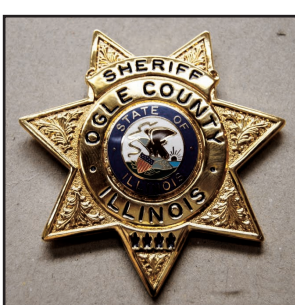
OREGON — On Jan. 19 at 7:03 p.m. deputies conducted a traffic stop in the 4,000 block of South Illinois Route 2. As a result, Jose A. Colindres Chacon, 35, of Rockford was arrested for no valid driver's license. Colindres was additionally issued citations for operating an uninsured motor vehicle and no tail lights. Colindres was released on an I-Bond with a court date to appear.

On Jan. 20 at approximately 5:13 p.m. deputies responded to a two-vehicle property damage accident at the intersection of Illinois Route 64 and Illinois Route 251. After investigation, deputies placed Amber Appelgren, 38, of Machesney Park under arrest for aggravated driving under the influence of alcohol, driving under the influence of alcohol and no valid driver's license. Appelgren was additionally issued citations for failure to reduce speed to avoid an accident and illegal transportation of alcohol. Appelgren was transported to the Ogle County Jail, where she was held pending court appearance in front of a judge.

On Jan. 20 at 11:08 a.m. following a traffic stop in the 6,000 block of North Illinois Route 2 deputies arrested Kaitlyn Omann, 23, of Rockford for unlawful possession of cannabis improper container and reckless driving. Omann also received citations for passing on the shoulder and speeding. Gavan Matthews, 25, of Rockford was arrested for unlawful possession of cannabis 30-100 grams. Both were lodged in the Ogle County Jail.

On Jan. 21 at 2:11 p.m. following a traffic stop at Illinois Route 26 and Coffman Road, deputies arrested Brandon Sickles, 37, of Freeport for unlawful possession of cannabis improper container. Sickles also received citations for illegal transportation of alcohol and disobeying a stop sign. Sickles was released on scene and will appear in court at a later date.

On Jan. 22 at approximately 10:22 p.m. deputies conducted a traffic stop near the intersection of East Twombly Road and Dement Road. After investigation, deputies arrested Diamante Godina, 22, of



Rochelle, for possession of a controlled substance (crack/cocaine) class four felony, driving while license suspended, an active Ogle County warrant and an active DeKalb County warrant. Godina was additionally cited for an equipment violation. Godina was transported to the Ogle County Jail, where she was held pending a court appearance before a judge.

On Jan. 24, deputies responded to a one-vehicle accident at the intersection of Illinois Route 64 and Illinois Route 26. After an investigation it was learned that a semi being driven by 66-year-old Guillermo Jovel of Bradley was westbound on Illinois Route 64 when he failed to stop at the stop sign at Illinois Route 26. Jovel drove through the intersection and struck the embankment at that location. Jovel was uninjured in the accident and refused any medical attention. Jovel was issued a citation for disregarding a traffic control sign.

All individuals are considered innocent until proven guilty.

Gary Allen Manning

ROCHELLE — Gary Allen Manning, 82, passed away Sunday, Jan. 22 at the Wm. S. Middleton Memorial Veterans Hospital in Madison, Wisconsin. He was born Jan. 9, 1941, in Eau Claire, Wisconsin, the son of Neil and Laura (Anger) Manning.

Gary was raised in a large family of mostly boys and one sister in the small town of Holcomb. He attended his elementary school years at Holcomb Consolidated School. Already, at that point, Gary had developed a strong fondness for football. He would tell you a story about how he navigated the town of Holcomb in an arm pump powered cart (what we imagined to look like a hot wheel). He said it gave him the strength and shoulders he needed to become the great football player he was.

In 1959, Gary graduated high school from Rochelle Township High. He was given a full ride scholarship to Eastern Montana State University to play football. He said his parents traveled one weekend to watch him play a game, and got back in their car to go home for work the next day. It was at that point he decided, if his parents were going to those extremes to watch him, he was going to play closer to home. He transferred to Missouri and continued to play football until 1961, when he was drafted for the United States Army. He spent "one year and two days" in South Vietnam, fighting in the Vietnamese War. He told us he believed that was because he requested to go to Hawaii, and they must have figured he liked the warm weather.

Once returning to the states, Gary continued playing football for a semiprofessional team in Wisconsin, the Delavan Red Devils. He became a union electrician through

the IBEW Local 364 and settled down to start a family. He enjoyed his time working at Manning Electric Inc. before transitioning to other employment ventures, ending up with Control Panels Inc. This sent him traveling throughout the state of Wisconsin, which he loved.

Gary enjoyed retirement; spending time at his Florida home in the winter, and his Wisconsin home in the summer. They were beautiful places in which he continued making memories with family. What he didn't realize was how many amazing friendships he would develop in those places, and how they would become nothing short of extended family.

Gary would say his biggest accomplishment and best legacy was his family. His favorite thing to do was to spend time with his kids and grandkids at "the lake". He loved being on the water and boating. He mastered a goal to see all five of his kids up on skis at the same time. That happened once, and earned his son, Grant, the nickname "Butt ski". Most people that encountered Gary had to endure hearing about his kids and grandkids, extensively. Sorry about that.

In his latest years, Gary was reacquainted with a high school love, Connie. They have enjoyed companionship and helped take care of each other. He beat cancer, he built a shed, he finished a basement; he was "strong like a bull." He was truly a very happy man and lived a very lovely life. When asking Gary if there was anything he thought should be in his obituary, he stated, "just make sure you say what a great guy I was." Of course, that goes without saying. He was one of the best and will forever be missed.

Gary is survived by his wife, Connie, of Rochelle;



his five children: Barrett (Andrea) Manning Monroe Center, Andrea (Thomas) Youngman of Franklin, Indiana, Rhonda (Jason) Sullivan, Cassidy Manning and Grant (Tara) Manning all of Rochelle; 18 grandchildren: Tyler (Abby) Ewald, Brandon (Sarah) Manning, Brittini (Kirk) Gorsuch, Grace Manning, Seth (Madison) Leggio, Derrick (Dee) Youngman, Chayce, Gage, Gwen, Krew, Jax, and Thayne Sullivan, Colten, Steel, and Chesney Manning, and Vaughn, Elyse and Creeden Manning; two great great grandchildren: Connor Ewald and Adela Youngman; brother, James (Joyce) Manning and many nieces and nephews.

In addition to his parents, Gary was preceded in death by his grandson, Beau Sullivan on Aug. 4, 2021; sister, Mary (Marshall) Jolly and three brothers: John, Neil "Skip" and Dale Manning.

The visitation will be from 3-5:30 p.m. Saturday, Jan. 28 at the Unger-Horner Funeral Home, 400 N. 6th St., Rochelle. The funeral service will be held at 6 p.m. immediately following the visitation with military services provided by Eastern Lee-Ogle Honor Guard and the Active Army Honor Guard. Cremation care will be provided after the services. Memorials may be made in Gary's memory to St. Jude Children's Hospital or The Beau Sullivan Memorial.

Visit www.ungerhorner.com to sign the online guest book.

Rochelle Police Department

Officers issue citation

ROCHELLE — On Jan. 22 at 9:51 p.m. Emma P. Waters, 18, of Rochelle was cited for failure to yield/stop at an intersection. She was

released on an I-Bond with a Feb. 24 Rochelle court date.

All individuals are considered innocent until proven guilty.

Sheriff's office awarded IDOT traffic enforcement grant

OREGON — The Ogle County Sheriff's Office announced Jan. 24 it has been awarded a Federal Fiscal Year 2023 Sustained Traffic Enforcement Program grant to conduct additional traffic safety efforts. The STEP program focuses on high-visibility enforcement and strategies aimed at saving lives and preventing injuries by reducing traffic crashes.

"We're pleased to receive this grant to step up our road safety efforts with the goal of saving lives," Sheriff Brian VanVickle said. "Our mission is to make travel safer through directed, proactive patrols and to stop, cite and arrest those who choose to violate traffic laws."

During the STEP grant year, which runs from Oct. 1, 2022, through Sept. 30, 2023, the sheriff's office will conduct additional enforcement efforts to supplement mandatory and optional campaign enforcement dates scheduled during some of the deadliest times of the year.

The supplemental efforts will focus on the leading contributory causes of crashes: speeding, impaired driving, electronic device use, failure to yield and disobeying traffic control signals, as well as occupant restraint violations.

The STEP grant is funded by federal highway safety funds administered by the Illinois Department of Transportation.

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REPORT POLICY

Any arrests listed in this paper are merely charges and the defendants are presumed innocent unless proven guilty in a court of law. Please note that all police reports received from the Rochelle Police, the Ogle County Sheriff's Department and the Illinois State Police, will be printed without exception. Requests to omit particular reports will not be considered or honored at any time.

ASHTON NEWS

AFC basketball teams take the court

ASHTON — The Ashton-Franklin Center varsity girls basketball team faced Polo on Tuesday, Jan. 10, falling 48-39 despite 10 points from Brianna Gonnerman and 10 points from Alexis Schwarz. Taylor Jahn added eight points and Cameryn Winterland chipped in five points.

The Ashton-Franklin Center varsity girls basketball team faced Amboy in a defensive battle on Thursday, Jan. 12, losing 33-13. Brianna Gonnerman totaled six points and Taylor Jahn scored four points for the Lady Raiders in the loss. Malory Coffman added three points in the game.

The Ashton-Franklin Center varsity girls basketball team conceded a 63-25 loss against Eastland on Friday, Jan. 20. Alexis Schwarz finished with nine points for the Lady Raiders, while Taylor Jahn recorded eight points and Brianna Gonnerman chipped in six points.

Boys

The Ashton-Franklin Center varsity boys basketball team fell 71-30 against Galena on Wednesday, Jan. 11. Carson Rueff led the Raiders with 10 points, while Lane Koning added nine points. Jordan Harris and Zane Murphy each recorded four points for AFC in the loss.

The Ashton-Franklin Center varsity boys basketball team bounced back with a 63-47 win against Amboy on Friday, Jan. 13. Carson Rueff's 19 points led the way for the Raiders, with Kaleb Goldman adding 12 points and Noah Danielson totaling 11 points. Lane Koning finished with 10 points and Jordan Harris chipped in six points for AFC in the win on Friday night.

The Ashton-Franklin Center varsity boys basketball team faced Eastland on Tuesday, Jan. 17, falling 57-44 despite 16 points from Kaleb Goldman. Carson Rueff and Lane Koning each recorded nine points for

the Raiders, while Griffin Bushman added six points in the loss.

The Ashton-Franklin Center varsity boys basketball team lost 64-32 against Fulton on Thursday, Jan. 19. Lane Koning scored 13 points and Carson Rueff added nine points for the Raiders in the game.

The Ashton-Franklin Center varsity boys basketball team faced River Ridge on Saturday, Jan. 21, fighting hard but coming just short in a 47-45 loss. Three Raiders finished in double figures including Carson Rueff (15 points), Kaleb Goldman (11 points) and Lane Koning (10 points).



No enforcement planned for recent state gun act

DIXON—Lee County Sheriff Clayton Whelan sent out a press release Jan. 11 reacting to the recently-signed House Bill 5471, or the Protect Illinois Communities Act.

On Jan. 10, Gov. JB Pritzker signed the bill, banning the sale, distribution and manufacture of high-power assault weapons, .50 caliber rifles and ammunition, and large-capacity magazines while still allowing people who already own such weapons to keep them.

People who currently own such weapons would be required to register them with the Illinois State Police. Those individuals would be required to disclose the make, model and serial number of the specified weapons to obtain a special endorsement on their Firearm Owners Identification, or FOID card. Compliance is planned by Jan. 1, 2024.

said. "This oath and responsibility is taken with the utmost seriousness.

When I was sworn into office, I accepted the duty to protect the rights provided to all of us in the Constitution. One of those enumerated rights is the right of the people to keep and bear arms provided under the second amendment. The right to keep and bear arms for defense of life, liberty and property is regarded as an inalienable right by the people.

I, among many others, believe that HB 5471 is a clear violation of the second Amendment to the Constitution. Therefore, as the custodian of the jail and chief law enforcement official for Lee County, proclaim that neither myself or my office will be checking to ensure that lawful gun owners register their weapons with the state, nor will we be arresting or housing individuals that have been charged solely with non-compliance of this act."

State Representative Fritts sworn in

SPRINGFIELD — Newly-sworn in State Representative Brad Fritts (R-Dixon) made history Jan. 11 as the youngest elected official sworn into the General Assembly in its over 200-year history.

"Illinois is an amazing place to grow up, but too many young Illinoisans are leaving for greener pastures out of state because they don't see a future here for themselves," Rep. Fritts said. "I welcome the opportunity to work for the people of my district to address their

needs in a way that inspires everyone about the future of this great state."

The 118 members of the Illinois House of Representatives took the oath of office at noon at the University of Illinois in Springfield before family, friends, and supporters. Rep. Fritts, a farmer and part-time substitute teacher, was among more than a dozen other freshmen sworn into office for the first time.

"I am honored to serve my community and it's important to me that the people of my district

understand that my job first and foremost is to represent them down here and at home," Rep. Fritts said. "My office is open to everyone and I encourage constituents to contact me for help with state issues and to discuss their thoughts on legislation. I'm excited to get to work and be their advocate."

The newly drawn 74th District looks different than what residents are likely used to. The district changed significantly because of mandatory redistricting following the 2020

census. It now consists of the portions of DeKalb, LaSalle, Lee, Ogle, and Whiteside Counties and is intersected by Interstates 88 and 39. The district includes the communities of Dixon, Mendota, Rochelle and Sterling, as well as many others.

Representative Fritts will be opening a new office, centrally located in the district, at 101 W. 1st Street, Suite 501, in Dixon. Find more information about the representative and the new district at his new website, www.RepFritts.com.

Extension gardening event set for Feb. 7

FRANKLINGROVE — The Lee County University of Illinois Extension office and the Lee County Master Gardeners will be hosting a "tea party" event as part of its

big and small gardening series on Feb. 7 at 6 p.m. at Winfred Knox Library in Franklin Grove.

Wouldn't it be terrific for all ages to learn more about gardening? This

series will be held at the Winfred Knox Library in Franklin Grove the first Tuesday of each month with alternating months offering a youth program at 4 p.m. or an adult program at 6 p.m. One may register for these programs by calling the library at 815-456-2823.

For full series details: go.illinois.edu/Lee-BigandSmall

gram at 6 p.m. One may register for these programs by calling the library at 815-456-2823.

For full series details: go.illinois.edu/Lee-BigandSmall

Franklin Grove's Hilliker graduates from Northern Illinois University

DEKALB — Over 1,100 students received their degrees from North-

ern Illinois University in December. Included among the graduates was

Paige Hilliker of Franklin Grove who earned a Bachelor of Science in Educa-

tion in SPED-Learning Behavior Specialist I with PEL.

COMMUNITY MATTERS



BAR/RESTAURANT

Ralphie and Lulu's
812 Main St., Ashton
815-453-2103

Huddle Cafe
802 Main Street, Ashton
815-453-2677

COMMUNITY BUILDING

Mills and Petrie Memorial Building
Hourly, daily rentals for your event
815-973-8397

CONSTRUCTION

Don Ross Jr. Construction
PO 96, Ashton
815-677-3774

GROCERY/GAMING

Mimini's General Store
602 Brown Street, Ashton
815-453-7500

FUNERAL HOME

Beverage Lyons Funeral Home
604 Richardson Ave., Ashton 815-453-2441

HAIR SALON

Shear Delight
1873 Ashton Road, Ashton
815-453-2331

Village of Franklin Grove

105 E. S. South Street,
Franklin Grove
815-456-2131

Franklin Grove Library

112 S. Elm Street
815-456-2823

INSURANCE

Bradford Victor-Adams Mutual Insurance Company
120 W. South St., Franklin Grove
815-456-2334

MUNICIPALITIES

Village of Franklin Grove
105 E. S. South Street, Franklin Grove
815-456-2131

PLUMBING

Richter Plumbing and More
402 Western Ave., Ashton
815-453-2361

PUBLIC LIBRARY

Franklin Grove Library
112 S. Elm Street
815-456-2823

Mills and Petrie Memorial Library
704 First Street
815-453-2213

LOCAL VIEWS

Guest column

Ron Kern: A new year and broadband

TURNING the page and onto a new year. I could gaze into my crystal ball to see what 2023 holds, but that usually leads to speculation and unfortunately I'm a realist. Seems to eliminate problems that way.

Rural residents are encouraged to verify the accuracy of the FCC's new National Broadband Map. The Federal Communications Commission released the National Broadband Map in November. The new map displays specific location-level information regarding broadband services availability.

This is a huge step from where we used to

be where broadband data availability was based off of census block level data. American Farm Bureau was a strong proponent of the Broadband DATA Act, which essentially led the way to this new, more granular map so that folks can see where and who is getting broadband service.

People in rural areas can verify the accuracy of the map. The public is able to view the map at broadbandmap.fcc.gov, search for their address and can see if their information about fixed and mobile services that was submitted by internet providers is actually accurate. It's pretty simple, you just take a look at the map on the website, type in

your address and you can see what was reported as far as from providers.

Rural residents are encouraged to check the accuracy of the map, as the map will determine federal funding opportunities.

Benefits

Ogle County is in the process of applying for grants to expand broadband in the county. Let's look at the benefits this creates for our agricultural community.

Farming, being rural in nature, means most farmers are typical of the rural residents who stand to benefit from improved access to high-speed internet. Growing reliance on digital/

electronic transfer of data makes access to high-speed internet a necessity. More and more units of local government, businesses (including farming), education and health care providers are communicating and conducting business electronically. Farmers that are unserved or underserved with broadband are facing significant efficiency challenges when considering the benefits it offers, including:

Access to web-based only label information for the application of ag inputs.

Electronic domestic and international purchasing and marketing options.

Ability to electronically apply for and file business-related permits.

Access to government farm programs and applications through online distribution.

Receive up-to-date market and weather information.

Purchasing and ordering of farm supplies through online services.

Access to electronic systems for monitoring livestock and crops.

Access to reliable high-speed internet provides for thriving rural communities necessary for farm families and other rural residents.

Aids in attracting and retaining businesses.

Increases learning opportunities including adult education and job skill

training.

Access to government services.

Increases both access to, and quality of, health care and education.

Equips first responders with necessary information.

There's no shortage of folks out there who want better broadband service. Hopefully as the county marches on in this effort we will see the benefits.

"Good resolutions are simply checks men draw on a bank where they have no account." -Oscar Wilde.

Kinda sounds like crypto.

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

Scott Reeder: Politicians wearing uniforms

"We don't make the laws we just enforce them."

Such statements have become nearly a cliché in police departments across the nation. But the statement is not always true.

Some laws are enforced more readily than others.

And over the years more than a few sheriffs have issued press releases saying they won't enforce one particular law or another.

For example, Bexar County, Texas, Sheriff Javier Salazar announced June 25, after the U.S. Supreme Court overturned the Roe v. Wade decision, which established a woman's right to abortion, that he would not enforce a Texas law restricting abortion.

"Shame on the Supreme Court and the bureaucrats in Washington, D.C., and Austin who are attempting to impose their own supposed morals on others," Salazar, whose jurisdiction includes San Antonio, wrote in the post. "They will not use my badge or

the color of my office to do so."

Not surprisingly, his statement was criticized by Texas conservatives and praised by progressives. Should a cop just ignore a law because he just doesn't like it?

That question is being asked in Sangamon County where Sheriff Jack Campbell has announced he will not enforce an assault weapon ban recently passed by the Illinois General Assembly and signed by Gov. J.B. Pritzker.

Campbell, who said he believes the bill violates the Second Amendment, joined the vast majority of Illinois county sheriffs who have said they will not comply with the act.

"I believe this is not just my moral duty, but my constitutional duty to defend the citizens' right to keep and bear arms," he told Illinois Times.

The Protect Illinois Communities Act, signed into law by Gov. JB Pritzker on Jan 10, immediately

bans the sale and purchase of a list of semi-automatic firearms and gives owners of those weapons until Jan. 1, 2024, to report their serial numbers with the Illinois State Police.

"At this point, I don't see any part of it that I am comfortable with because all it does is begin to encroach on our Second Amendment rights," he said. "If we don't say, 'no' now, we might find ourselves living in a country we really don't want to live in."

It should surprise no one that it is sheriffs that are making public pronouncements about not enforcing controversial laws. After all, they are politicians wearing uniforms.

But is it appropriate for law enforcement agencies to refuse to enforce laws they don't like?

Well, to a certain extent, they have always done that. When I was a newspaper reporter in Las Vegas, Nevada was the only state where possession of any amount of marijuana was

a felony.

At the time, I asked two cop friends how they went about enforcing the state's Draconian pot law. One, a University of Nevada Las Vegas police officer, said when she smelled marijuana while patrolling the dorms, she simply ignored it. Another, a constable in Clark County, Nevada, said when he found marijuana while serving eviction orders, he'd simply flush it down the toilet but not make any arrests.

Neither believed pursuing felony charges against the scofflaws was a good use of law enforcement resources. Then again, the Nevada Legislature -- duly elected by the people -- said this was criminal behavior. Should these cops have turned a blind eye on felonious behavior?

Is it their place to pick and choose what laws to enforce? Most civics books would say "no."

When sheriffs announce they won't enforce a particular law they are committing an ethical transgression, said Robert Wadman, a former police chief of Aurora, Ill., and Omaha, Neb., and a professor emeritus at Weber State University.

Here is the rub, the Bexar County sheriff said he wouldn't enforce abortion restrictions after the U.S. Supreme Court ruled such laws were constitutional. The Nevada cops I knew cast a blind eye toward marijuana laws that while lousy public policy did pass constitutional muster.

Campbell and more than 70 other Illinois sheriffs say they won't enforce the law before its constitutionality has been considered by a single judge. Could the new law be ruled unconstitutional? Yes. But it's far from a certainty, says Eric Ruben, a law professor at Southern Methodist University, who specializes in the Second Amendment.

"It sends a message to citizens that they don't have to follow the law. And it sets sheriffs up as the people

who decide whether a law is constitutional -- and that's not their role. In a way it would have been more honest to say they weren't going to enforce the law because they didn't agree with it. But they are weighing on its constitutionality and that's not their job."

The right to bear arms, like any right, isn't an absolute. Ultimately, whether the law is constitutional will be decided by the courts.

With the current makeup of the U.S. Supreme Court, it is unclear whether the assault weapon ban will pass constitutional muster, he said.

"I think there are at least three justices who would vote to strike it down -- but I'm not sure if there are five," he said

In the meantime, it would be best if sheriffs just enforced the law rather than opine on its constitutionality.

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

Letter: Concern with sheriff's stance on gun legislation

DEAR editor,

I was concerned to read in the Jan. 18 edition of the News-Leader that Ogle County Sheriff Brian VanVickle sided with a large group of other Illinois county sheriffs to make a semi-confusing statement essentially announcing they have decided to not enforce portions of a recent Illinois law. Van Vickle backed up his statement by saying (ac-

cording to the News-Leader) that he, "believe[d] that HB 5471 is a clear violation of the 2nd Amendment to the U.S. Constitution", that, "we're not going to go out and make criminals out of law-abiding citizens", and that there will likely be "10s of millions of dollars" in tax money dedicated to the work it will entail for Illinois State Police.

To be clear, Sheriff VanVickle is an outstanding

public servant -- most likely one of the best in the state. I voted for him last November and I plan to again in the future. And he goes beyond his regular job to serve our community in additional volunteer roles. He is top notch. However, as sheriff he is included in the executive branch of government whose job it is to enforce laws, not interpret them. Interpretation is the job of the courts in the judicial

branch of government. The new law may eventually be declared unconstitutional, but VanVickle needs to wait for that to happen, not declare it to be true because of what he and other sheriffs believe.

Additionally, of course he and his officers won't go out and make criminals out of law abiding citizens! I sure hope not. But when a citizen does not follow the law, any law, they should

either be warned or fined or arrested. That's how law and order works in America. If police officers don't follow the law, why should we?

Finally, if his office needs more resources because they cannot afford to enforce the laws then that is the statement he should make loud and clear. If Ogle County can't afford the type of police force he would like to have, that is

the fault of the citizens of the county and our county board, not his. Again, I have great confidence in Sheriff VanVickle and I suspect he is in a very difficult spot. I hope he remains in his post and continues to run for sheriff because he is a great man for the job. But please don't throw the baby out with the bath water.

Kurt Wolter
Rochelle

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

IL Rep. Tom Demmer
314 Capitol
Springfield, IL 62706
(217) 782-0535

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

KEEPING YOU IN TOUCH WITH YOUR LOCAL LEADERS

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LETTERS TO THE EDITOR POLICY

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

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

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

COMMUNITY

Locals graduate from NIU in fall 2022

DEKALB —Over 1,100 students received their degrees from NIU in December. Included among the graduates were the following local students:

Chana: Mallory Ponto, Bachelor of Arts, Psychology.

Creston: Frantzcesca Vardman, Bachelor of Arts, Psychology.

Rochelle: Yharosliv Alonso-Guerrero, Bachelor of Science in Education, Elementary Education: Bilingual/ESL; Tyler Johnson, Bachelor of Science, Operations & Information Management; Riley Lodi-

ico, Bachelor of Science, Sport Management; Najwa Morrar, Bachelor of Science, Psychology; Alejandra Nava, Bachelor of Science, Accountancy; Aana Patel, Bachelor of Science, Operations & Information Management; Dave Ramirez, Bachelor of Gen-

eral Studies, General Emphasis; Wesley Sanderson, Bachelor of Arts, Communication - Media Studies; Bailey Seldal, Bachelor of Science, Finance; Kayle Silva, Bachelor of Arts, Psychology and Teigan Young, Bachelor of Arts, Psychology.

Kishwaukee College announces fall 2022 dean's list

MALTA —The Office of Student Services at Kishwaukee College has announced the students named to the fall 2022 dean's list. To be eligible for dean's list honors, a student must have completed a minimum of 12 semester hours (at the 100/200 level) during an academic term at Kishwaukee College with a semester grade point average of 3.5 or higher on a 4.0 scale. The following local students have been named to the official fall 2022 dean's list:

Ashton —Ireland Bradfield and Carrie Powers.

Chana —Forrest Gerber, Madison Hawkins, Kiley Higby and Andrew Prescod.

Creston —Keegan Kaspar and Ariel Zuercher.

Esmond —Carly Summers.

Kings —Sara Sanderson.

Rochelle —Jesus Aguilera, Kendal Ansteth, Chelsie Baker, Julia Berry, Kyleigh Boehle, Devlen Buh, Garrett Burdin, Nadia Castillo, Johany Cervantes, Hunter Dalen, Trevor Goodwin, Cooper Hasz, Jaderi Ibarra, Ellie Kinn, John Knapp, Aubry Liezert, Jaime Martinez, Luciana Monroy, Noah Norris, Madison Ost, Maddex Ramos, Ashley Reuter, Leslie Rodriguez-Nambo, Angel Salas-Duran, Aiden Seldal and Samuel Vilalobos-Nazario.

Flanagan named to president's list at Iowa

IOWA CITY, Iowa —More than 870 undergraduate students at the University of Iowa were named to the president's list for the 2022 fall semester.

President's list status was earned by only two first year undergraduates during the 2022 fall semester at Iowa; only 133 second year students; only 270 third year students; and only 405 fourth year students.

They include Sean Flanagan of Lindenwood (major: psychology; third year at Iowa).

Vowels receives academic honor at Benedictine College

ATCHISON, Kan. —Benedictine College has recognized those students who have distinguished themselves academically during the last semester.

Juliana Vowels of Rochelle was recently named to the dean's list for the fall semester, which ended Dec. 12, 2022.

Any full-time student carrying a minimum of 12 hours and a perfect 4.0 grade point average through the spring term is named to the president's list.

Full time students with 12 hours and a grade point average of 3.5 are named to the dean's list. Of the 2,135 students on campus for 2022-2023 academic year, 171 made the president's list and 794 made the dean's list.

THE KITCHEN TABLE MENU

January 26 - (Thursday) – Lasagna, Salad, Garlic Bread
January 31 – (Tuesday) – Teriyaki Chicken, Fried Rice, Egg Rolls
February 5 – (Sunday Brunch) – Serving from 9 to 12 – Sausage Gravy and Biscuits, Breakfast Casserole,

Oatmeal, Sausage Links or Country Ham

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

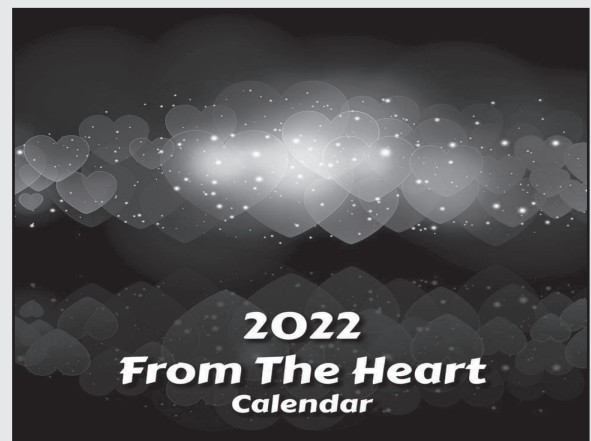
Birthdays & Anniversaries

Jan. 25
Nikki Greenfield
Ashton Arwood

Jan. 28
Peggy Futrell

Jan. 29
Nayeli Ramirez

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



- Dec. 30 - Nick Smallwood, Montgomery, \$25
- Dec. 31 - Greg Hackbarth, Lindenwood, \$25
- Jan. 1 - Beth Mock, Rochelle, \$1,000
- Jan. 2 - Michele M. Horvath, Rochelle, \$25
- Jan. 3 - Autumn Hernandez, Rochelle, \$25
- Jan. 4 - Zekelman Employee, Wheatland, PA, \$25
- Jan. 5 - Darlene Reynolds, Rochelle, \$25
- Jan. 6 - Patricia Burkholder, Loves Park, \$25
- Jan. 7 - Lori Kersten, Dixon, \$25
- Jan. 8 - Oliva White, Rochelle, \$50
- Jan. 9 - Holly Kubale, Rochelle, \$25
- Jan. 10 - ALM Fine Cabinetry, Rochelle, \$25
- Jan. 11 - Anita Bowers, Byron, \$25
- Jan. 12 - Melissa Villalobos, Rochelle, \$25
- Jan. 13 - Cheri Divine, Frisco, CO, \$25
- Jan. 14 - Zekelman Employee, Rochelle, \$25
- Jan. 15 - Kyle Kissack, Rochelle, \$50
- Jan. 16 - Doris Kay McIlvoy, Rochelle, \$25
- Jan. 17 - Calvin M. Jacobs, Rochelle, \$25
- Jan. 18 - Autumn Hernandez, Rochelle, \$25
- Jan. 19 - The Kitchen Table, Rochelle, \$25
- Jan. 20 - Sean Tracy, Byron, \$25
- Jan. 21 - Tracy Pointer, Rochelle, \$25
- Jan. 22 - Daniel W. Keller, Oregon, \$50
- Jan. 23 - Ryan E. Baylor, Rochelle, \$25
- Jan. 24 - Kathryn Tyner, Rochelle, \$25
- Jan. 25 - RACE, \$25



Coffee Break

King Crossword

ACROSS

1 Choir voice

5 Right angle

8 Dallas team, to fans

12 Check

13 Sheep call

14 Out of the storm

15 Rub with an emery board, perhaps

17 Speck

18 Author Fleming

19 T-shirt fabric

21 Primitive

24 Spartan queen

25 Hamilton-Burr showdown

26 Criticize again and again

30 Nabokov novel

31 Two-tone cookies

32 Ms. Thurman

33 Road marker

35 Help a crook

36 Temporary calm

37 Steinway product

38 "With any luck"

41 Fragrant tree

42 2004 on a cornerstone

43 Color akin to turquoise

DOWN

1 "Bow-wow!"

2 Island garland

3 Up to

4 "Anna Christie"

5 Black, in verse

6 Murphy's —

7 Guinevere's lover

8 Rum cocktail

9 Oodles

10 Presidential power

11 Penn or Astin

16 Calendar box

20 Praiseful pieces

21 Dutch cheese

22 German car name

23 Authentic

24 "The Sound of Music"

26 Drags out

27 Hefty horn

28 Portent

29 Peacekeeping org.

31 Piece of work

34 Football team

35 Boeing rival

37 Chart format

38 Med. plan options

39 Skip

40 Tower city

41 Change

44 — pickle

45 Baton Rouge sch.

46 Exploit

47 Hosp. parts

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

48 French river

49 Wildebeest

50 Cold War initials

51 Getz of jazz

52 Kenny G's instrument

53 Litigates

133 second year students

270 third year students

405 fourth year students

12 hours and a perfect 4.0 grade point average

through the spring term

is named to the president's list

Full time students with 12 hours and a grade point average of 3.5

are named to the dean's list

Of the 2,135 students on campus for 2022-2023 academic year, 171 made the president's list and 794 made the dean's list

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Weekly SUDOKU

by Linda Thistle

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

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

DIFFICULTY THIS WEEK: ♦♦

♦ Moderate ♦♦ Challenging
♦♦♦ HOO BOY!

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CryptoQuip

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

Clue: M equals S

JUC HOR AOVJRM, UVRM HZL
MQHLRM DVFFVZ YARFM YZ
ZVBRIM HZL FVBYRM?
AURC'OR QIVA LRBYDRM.

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Answer

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Answers

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Solution time: 23 mins.

They're plot devices.
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LOCAL NEWS



City Manager Jeff Fiegenschuh presented three Good News awards to staff for recent projects. The second award was presented to Adam Lanning and Jay Mulholland of RMU for their work on Illinois Department of Public Health perfect compliance in the water department. A Good News award was also presented to Rochelle Police Department Officer Trevor Owen and Chief Eric Higby after the department's recent fundraiser event for a new K9 dog raised \$9,000.



(PHOTOS BY JEFF HELFRICH)

CITY: Council approves engineering agreement for RMU project

From page 1

"They've guided us through our start up as we continued to evolve through these interesting times," Gomez said. "The project is important to us as we continue to expand and the goal for our business is to be sophisticated and well versed in technology in this industry. This money will allow us to put lights in our fourth greenhouse, save money to help improve the business overall and get us looking forward to expansion and other opportunities we want to do. The money is very inexpensive for us and will help us grow in the long term."

MightyVine currently has 88 employees and the improvements could add 15-20 additional jobs.

"It's a great project," City Manager Jeff Fiegenschuh said. "I've been a part of working with MightyVine for almost six years. Anything we can do to help them become more energy efficient is good for their bottom line and it's good for us, too because of where we are with our peak load on our power system."

Engineering

The council unanimously approved an engineering/architectural services agreement with Willett, Hofmann & Associates for phase two of its improvements to Rochelle Municipal Utilities' building at 1030 S. 7th St. The building was previously Johnson Tractor's old location and was purchased by the city in recent years.

The engineering work will cost \$158,500. Improvements will primarily include an interior addition to accommodate new breakrooms, locker rooms, bathrooms, show-ers and training facilities along with additional storage and interior office renovations and other related improvements. The work also includes developing more accurate cost estimates as the project develops. The total budgeted amount for the project is \$900,000.

"They've made great strides on that building," Mayor John Bearrows said. "They did an amazing job on the first phase. It's really nice."

Parking

The council unani-

mously amended an ordinance that will now allow for parking on First Avenue between Sixth Street and Jack Dame Road.

Traffic on First Avenue has been "greatly reduced" as it no longer connects to Illinois Route 38, and no longer is a designated truck route Between Sixth Street and Jack Dame Road. With the reduction in traffic, city officials said there are no longer concerns with cars parking on the street and vehicles exiting driveways.

GIS

City GIS Coordinator Casey Heuer made a presentation regarding the city's new economic development experience builder and job board after her work on it. City employers will now be

able to post job openings on the site. It can be found at Rochellejobs.com.

Good News

Fiegenschuh presented three Good News awards to city staff members for recent projects.

The first Good News award was presented to Industrial Development Manager Peggy Friday and Finance Director Chris Cardott for their work on receiving the Government Finance Officers Association Distinguished Budget Award for the third year in a row.

The second award was presented to Adam Lanning and Jay Mulholland of RMU for their work on Illinois Department of Public Health perfect compliance in the water department.

A third Good News award was also presented to Rochelle Police De-

partment Officer Trevor Owen and Chief Eric Higby after the depart-

ment's recent fundraiser event for a new K9 dog raised \$9,000.

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JAN 2023

SPORTS



DIDI DUAL WRESTLERS

The Rochelle Wrestling Club competed at the Didi Duals in Oak Lawn on Saturday.

See page 2 for more details

RTHS Dance

Chellettes clinch state bid

Rochelle qualifies for fifth straight state meet after fifth-place sectional finish

BY RUSSELL HODGES
SPORTS EDITOR

SOUTH ELGIN — Seniors Miranda Dubek and Macy Ramos have danced competitively at Rochelle Township High School for each of the last four seasons. Even with their collective experience, nerves were still high as the seniors looked to lead their team back to the IHSA State Championship meet in Bloomington for an unprecedented fifth consecutive season.

Rochelle was one of the 17 schools in Class 1A vying for a slot in the state meet on Saturday, when the Chellettes took the floor for the IHSA Sectional at South Elgin High School. While there was uncertainty in the room before the show, the emotions became joyful when Rochelle was announced as one of the six finalists for next weekend's state meet. The Chellettes finished fifth out of 17 schools in Class 1A with a score of 78.83 to clinch their berth in the state meet.

"I was extremely nervous because we knew there were a lot of teams there," Dubek said. "There were a lot of tears from us



(COURTESY PHOTO)

The Rochelle dance team finished fifth out of 17 schools in the IHSA 1A South Elgin Sectional, clinching a berth in the IHSA State Championship meet for the fifth straight season. The team includes Abby Dall, Miranda Dubek, Macy Ramos, Alexis Huerta, Kayla Ortega, Addison Stewart, Kylie Davis, Damaris Macias, Macy Lewis, Peyton Raymond and Audyn Kemp. The team is coached by Haleigh Nelson.

crying when we were announced and I remember Macy turning to me and screaming in my face... We definitely have a reputation that all of the dancers on our team understand and

keep up with. When new dancers come in, we get them ready and show them the mindset that we need to have in order to push ourselves far enough to make it to state."

Rochelle's routine is set to the music of Scottish artist Dylan Fraser, whose song "The Storm" booms in the background as the Chellettes move to the music. Senior Abby Dall

described the routine as a hard-hitting jazz performance, which teammates said contrasts from the kinds of routines Rochelle has shown in recent years. The 2022-23 season was

Rochelle's first under new head coach Haleigh Nelson, who took the competitive program over from Kass Smith.

See STATE page 4

RTHS Wrestling



(COURTESY PHOTO)

The Rochelle Hub varsity and JV wrestling teams competed at the Interstate 8 Conference Championship meet on Saturday, with both teams finishing first out of eight schools. Rochelle fielded four varsity champions and three JV champions in the tournament.

Hubs take home Interstate 8 Conference crown

Four individuals earn titles as Rochelle outbattles rival Sycamore on Saturday

BY RUSSELL HODGES
SPORTS EDITOR

SYCAMORE — Winning the Interstate 8 Conference Championship would mean taking down the Sycamore Spartans in their home gymnasium. Freshman Brenden Voight and members of the Rochelle Hub varsity wrestling team used that as motivation on Saturday, when the purple and white renewed their rivalry and went head-to-head with

Sycamore for the conference title.

Rochelle and Sycamore emerged as the early favorites during the tournament, with Kaneland and Sandwich trailing in third and fourth place. Looking to add another accolade to an already historic season, the Hubs sent eight wrestlers into the first-place matches, with four wrestlers emerging victorious as Rochelle ultimately sealed the conference crown. The Hubs (24-1, 5-0 Interstate 8)

scored 217.5 points in the meet, while Sycamore took second with 190 points.

"Sycamore's one of our rivals and it felt really good to go to their house and beat them," said Voight, one of the four conference champions for Rochelle. "I thought I needed to wrestle smart and slow the pace down in order to win. We have a really good team right now and I think we have a chance to be even better next season. Our goals are to make it to the

dual state tournament and place higher than we have before. We also want to win the regional title."

Voight won the 145-pound division with a 3-0 record, opening the tournament with a dominant 17-1 technical fall over Sycamore's Jaden Cochran. After scoring a 9-1 major decision over Sandwich's Sy Smith in the semifinal round, Voight entered the finals and upset Morris wrestler Tyler Semlar, notching a 7-2 decision

that included takedowns in each of the three periods.

Junior Tommy Tourdot also earned a conference crown, winning the 113-pound division with a 2-0 record. Tourdot recorded a first-period fall over Ottawa's Dallas Harmon, earning a rematch in the finals against Sycamore's Tyler Lockhart, who defeated Tourdot during Rochelle's dual meet with the Spartans earlier this season. Saturday's rematch was a different

story, as Tourdot showed dominance with a quick takedown-to-pin move in the first period to clinch the victory.

"We knew we had the upper hand coming in, but we also knew we had to take care of business and wrestle our hearts out," Tourdot said. "Our coaches talk to us about letting our bodies take control and not thinking so much while we're out there."

See HUBS page 4



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(COURTESY PHOTO)

The Rochelle Wrestling Club battled at the Didi Duals in Oak Lawn on Saturday, finishing third in the Copper Division with a 1-4 overall record for the tournament.

Junior Hubs earn third-place trophy at Didi Duals

BY RUSSELL HODGES
SPORTS EDITOR

OAK LAWN — The Rochelle Wrestling Club battled in the Didi Duals at Harold L. Richards High School on Saturday, finishing 1-4 over five dual matches to take third in the Copper Division and bring home a trophy. Participating athletes for the Junior Hubs included Tate Bigelow, Teddy Millard, Chase Marruffo, Dominic Escatel, Beau Perrine, Brayson Malone, Colt Hensley, Xander Gonzales, Garrett Miller, Eoghan Good, Wells Millard, Elias Andronic, Elliot Huff, Nehemiah Andronic and Rowen Villalobos.

After losing 80-0 against Lincoln Way WC in the first round of the tournament, the Junior Hubs faced Mustang WC Green in the second round, falling 60-17. Marruffo scored a 9-6 decision over PJ Murphy in the 73-pound bout and Escatel notched a 10-1 major decision over William Perek in the 76-pound bout. Wells Millard defeated JT Tsokolas by 14-0 major decision in the 50-pound bout and Teddy Millard recorded a fall over Michael Fitzpatrick in the 70-pound bout.

Rochelle concluded the opening rounds of the tournament with a 48-34 defeat against Vandalia Junior WC. Escatel scored a fall over Miles Doyle and Hensley defeated Gabe Tidwell by fall in the 90-pound bout. Miller followed with a fall over Chandler Rickett in the 125-pound bout before Teddy Millard and Marruffo notched consecutive wins over Knox

Fickles (10-1 major decision) and Hank Kern (fall) to conclude the dual. Good received a forfeit for the 46-pound bout.

The Junior Hubs were placed in the Copper Division, where they faced the Frankfort Wildcats in the first round, falling 43-28. Gonzales took a forfeit for the 98-pound bout and Miller followed with a 4-2 decision against Declan Lang. Nehemiah Andronic edged Cormac McGinnis for a 5-2 decision in the 64-pound bout, beginning a streak of five consecutive wins for Rochelle. Teddy Millard took the 67-pound bout over Ronnie Houk by 6-2 decision, while Marruffo held off Jack Jones for a 4-2 decision. Villalobos and Escatel each received forfeits for their respective bouts.

The Junior Hubs finished the tournament on a high note, winning 43-29 against Dinamo Wrestling to seal third place in the Copper Division. Miller received a forfeit for the 125-pound bout, which started a series of four straight wins for Rochelle. Good took the 46-pound bout with a fall over Ronan Curran before Elias Andronic outscored Colin Carey for a 17-4 major decision in the 50-pound bout. Wells Millard recorded a fall over Declan O'Malley in the 54-pound bout.

Nehemiah Andronic outlasted Danny Gray for a 5-2 decision in the 64-pound bout. Rochelle clinched third place with consecutive falls from Teddy Millard over Jack O'Brien, Marruffo over Liam Nash and Escatel over Kellen Curran across the 70-pound, 73-pound and 76-pound bouts.

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SPORTS

RTHS Girls Basketball

Sterling hands Rochelle home loss Darby, Nantz reach double figures in 58-45 defeat

BY RUSSELL HODGES
SPORTS EDITOR

ROCHELLE — The Sterling Golden Warriors didn't look like a two-win team Friday evening, when the Rochelle Lady Hubs hosted their former Northern Illinois Big 12 Conference rivals for a nonconference battle. Using effective dribble penetration and showing strength down low, Sterling took the early lead and never looked back, winning 58-45 over the Lady Hubs.

Rochelle (6-19, 4-5 Interstate 8) struggled to contain Sterling's Olivia Melcher, who scored a game-high 23 points including 11 in the first quarter to help the Golden Warriors surge ahead 22-13. On the other end of the floor, Sterling was able to shut down junior Alivia Henkel, Rochelle's leading scorer, who was limited to six points on three field goals in the game.

Sophomore Kendyl Darby sparked the Rochelle offense during the second quarter, beating Golden Warrior defenders off the dribble in one-on-one situations and scoring on multiple layups at the rim. Senior Torrin Nantz also stepped up early in the game, knocking down two of her team-leading four 3-pointers in the first quarter. Darby totaled a



(PHOTO BY RUSSELL HODGES)

Sophomore Kendyl Darby drives against Sterling's Kathryn Rowzee during the Rochelle Lady Hub varsity basketball game on Friday.

team-high 19 points, while Nantz finished with 12 points for the Lady Hubs, who trailed Sterling 35-25 at halftime.

A switch into zone defense helped Rochelle cool off the Golden Warrior offense in the third quarter, where the Lady Hubs

limited Sterling to only three made field goals over the eight-minute period. Outside of a few effective drives from Darby, however, Rochelle was unable to make up the difference with its offense, which also managed only three third-quarter makes.

The Lady Hubs trailed 46-32 entering the fourth quarter, where Melcher took the game over with a series of mid-range baskets to preserve Sterling's double-digit lead. Sophomore Abby Metzger finished with four points for the Lady Hubs.

RTHS Girls Bowling

Lady Hubs roll season-high score at Oregon Vincent fires 638 series in 2,936-2,796 loss Friday

BY RUSSELL HODGES
SPORTS EDITOR

OREGON — A season-best effort wasn't enough for the Rochelle Lady Hub varsity bowling team on Friday, when sophomore Cassidy Vincent fired a 638 series and junior Anahi Alanis added a 531 series as the purple and white fell 2,936-2,796 against

Oregon in nonconference play. Rochelle (8-6, 5-3 Interstate 8) will host Kane-land for a conference match on Tuesday.

Oregon took the first game 972-878, with Mackenzie Alford rolling a 201 while Ava Wight added a 193. Vincent and Alanis each threw a 184 to lead the Lady Hubs in the first game. Rochelle rallied to

claim the second game 1,029-934 behind Vincent's 218 and Alanis' series-best 210. Freshman Kylie McCullough scored a series-best 195 and junior Faith Adams fired a series-best 160 to help the Lady Hubs take a one-pin lead over the Hawks in the team series total.

The Hawks saved their best effort for last, how-

ever, winning the third game 1,030-889 to seal the series victory over Rochelle. Wight rolled a 242 to finish with a 603 series for Oregon, while Kendra Ehrler added a 188 and Alford scored a 170. Vincent capped off her series with a 236 in the third game, while junior Makenzie Liezert recorded a series-best 163 for the Lady Hubs.

RTHS Boys Bowling



(COURTESY PHOTO)

Freshman Andrew Powell represented the Rochelle Hub varsity bowling team at the IHSA Sectional in Rockford on Saturday. Powell rolled a 1,204 series.

Powell bows out at IHSA Sectional

BY RUSSELL HODGES
SPORTS EDITOR

ROCKFORD — Rochelle freshman Andrew Powell represented the Hub varsity bowling team in the IHSA Guilford Sectional at Don Carter Lanes on Saturday. Powell finished 39th out of 145 bowlers in the tourna-

ment, rolling a 1,204 series (200.7 average) over six games.

Powell fired a 653 series with respective scores of 205, 225 and 223 over his first three games to remain in the hunt for the state meet. The freshman cooled off with scores of 191, 185 and 175 over his final three games.

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The Rochelle News-Leader

SPORTS

STATE: Dance team earns fifth straight trip to Bloomington

From page 1

“It was hard adjusting to a new coach because we were all so fond of Kass and we felt like we had created a family, but we feel like [Haleigh’s] a part of our family now,” Dall said. “We came together and we learned from girls who came before us that we have to give everything we have because if we don’t do that, then we have no chance of making it to state. We give our all during every practice and we motivate each other to give our all and work as hard as we can.”

From the music to the choreography and the attire, Rochelle will seek to take the competition by storm when the girls begin their run at the IHSA State Championship, which starts with preliminary performances on Friday before concluding with final performance on Saturday. For the team’s senior dancers including four-year members Dubek and Ramos, the competition will serve as one more chance for the girls to share their talents as well as their time together.

“It was a nerve-racking day at the sectional because



(COURTESY PHOTO)

The Rochelle dance team will compete in the IHSA State Championship meet for the fifth consecutive season after placing fifth in the IHSA 1A South Elgin Sectional on Saturday. The state meet will begin with the preliminary rounds on Friday at the Grossinger Motors Arena in Bloomington before concluding with the final rounds on Saturday.

we weren’t sure if we’d make it based on the season we’ve had,” Ramos said. “Hearing our name called made all of us go crazy. I thought our performance went pretty well and even though it wasn’t perfect, I felt like we took a huge step forward from where we were earlier in the season. Our routine is a genre of dance that we aren’t used to, but we’ve been able to express ourselves a lot more. I’m excited to perform under the lights one more time and it’ll be a really fun experience to have before graduation.”

RMS Wrestling

Royals take eighth at Byron Middle School Invitational

Several Rochelle Middle School athletes record top-6 bracket finishes Saturday

BY RUSSELL HODGES
SPORTS EDITOR

BYRON — The Rochelle Middle School wrestling team finished eighth out of 11 schools with 92.5 points at the Byron Middle School Invitational on Saturday. Eleven RMS student-athletes recorded at least a top-6 placement in their respective weight classes at the tournament.

Angel Argueta won the 126-pound B division with a 3-0 record, notching consecutive falls over Harlem’s Matthew Fletcher and Oregon’s Hunter Skoli before defeating Freeport’s Mathias Rada with a 6-5 decision for the title. Angel Hernandez finished second in the 135-pound division with a 3-1 record, scoring a 10-2 major decision over Byron’s Case Behn, a 6-3 decision over Le-Win’s Morgan Haas and a fall over Oregon’s Landon Batten-Harrier in the semifinals.



(COURTESY PHOTO)

The Rochelle Middle School wrestling team finished eighth out of 11 schools in the Byron Middle School Invitational on Saturday. Several Royals brought home top-6 finishes in their respective brackets.

Benjamin Morris placed third in the 135-pound B division, finishing 2-1 with falls over Le-Win’s Braxton Reed and Byron’s Jaxson Mayborne. Bentley Svela took fourth in the 80-pound division going 1-2 with a 10-5 decision over West Carroll’s Nathan Moore. Wilson Nay took fourth in

the 119-pound B division, finishing 1-3 with an 11-10 decision over Morrison’s Ethan Farrand.

Brandin Kirk took fourth in the 145-pound division with a 2-2 record, notching falls over Byron’s Cooper Gerdes and Winnebago’s Aiden McGlinn. Rafael Herrera finished fourth in the 185-pound division, going 1-2 with a first-round bye and a fall over Le-Win’s Jonafen Schoger.

Joshua Lassiter placed fifth in the 126-pound division with a 4-1 record, opening with a 10-2 major decision over Freeport’s Blake Slusser and closing with consecutive wins over Belvidere Central’s Finegan Waite (fall), Le-Win’s Carter Blair (16-1 technical fall) and Slusser (fall).

Tyson Pavlak took sixth in the 105-pound division, finishing 3-2 with a fall over Freeport’s Evan McKillip as well as an 8-6 decision over Harlem’s Collin Rux and a fall over Le-Win’s Eli Henderson. Eliud Lombardia took sixth in the 119-pound division with a 3-2 record, earning falls over Oregon’s Jasper Messenger, Morrison’s Jace Eads and Winnebago’s Noah Pearcy.

Aaron Hernandez placed sixth in the 185-pound division with a 2-2 record, defeating Harlem’s Andre Jones by 3-2 decision and Le-Win’s Jonafen Schoger by fall. Rochelle student-athletes who participated but did not place include Joshua Hernandez, Blake Shelby, Sebastian Alvarado-Juarez, Tyler Gensler, Zander Griner, Tyler Etes, Dylan Melvin and Christopher O’Neil.

HUBS: Rochelle wins Interstate 8 Conference Championship

From page 1

“It felt really good to win, especially because I got a look at a kid I lost to earlier this season. I wound up sticking him in the first period, which felt really nice. We have a great team and we all push each other in the room.”

Sophomore Joseph Nadig earned his second conference title in two seasons, going 2-0 over two matches to win the 126-pound division. Using his go-to butcher technique, Nadig recorded falls over Morris wrestler Kazden Klinker and Kaneland wrestler

Alex Gochis for the crown.

“We know we’re going to have a really good team for a long time,” Nadig said. “My butcher is a technique I’ve been working on throughout the year and for most of my life. We definitely have a competitive team and everyone wants to wrestle and win for each other. We want to be champions and we have really good coaches who have been wrestlers for most of their lives.”

Junior Brock Metzger rounded out Rochelle’s four champions, winning the 182-pound division with falls over Kaneland’s Vince Ariola and Plano’s Richie Amakiri. Metzger, who took third in his weight class during last season’s conference tournament, was motivated to improve his cradle technique after causing a self-pin during Rochelle’s dual match against Harvard last week.

“I love when we wrestle against Sycamore because it’s a really fun environment,” Metzger said. “I pinned myself last week and I worked on that cradle during practice all week. I was able to finish with that move at the conference meet and I was really happy about that. It’s been an amazing season and we’ve been able to grind through all of our tough practices.”

Sophomore Xavier Vilalobos (120) was one of four Hubs who placed second in their respective division on Saturday. Freshman Frank Nasca (132) as well as sophomores Grant Gensler (152) and Kaiden Morris (220) each placed second, while junior Alexander McBride (195) and freshman Roman Villalobos (170) both took third in their respective divisions. Freshman Keagan Albers (106) finished fourth and sophomore Robert Stoffel (285) placed sixth in their divisions.

JV

Rochelle also earned the JV conference crown on Saturday, scoring 169 points while Sandwich took second with 150 points and Plano finished third with 126 points. The Hubs fielded three conference champions at the JV level including freshmen Freddie Hernandez (106), Anthony Milburn (113) and Deegan Schabacker (120). Senior Troy Papke (195) and sophomore Dempsey Atkinson (145) each placed second in their respective weight classes in the meet.

Four wrestlers including seniors Jorge Driggs (195) and Josey Weber (126) as well as junior Abel Huerta (145) and freshman Colten Manning (106) took third in their respective JV divisions. Sophomore Colton Czekala (220) and freshman Elijah Mayen (126) both finished fourth in their weight classes, while sophomore Matthew Lynn (160) took fifth and sophomore Parker Campos (160) placed sixth in their divisions. Freshman Connor Macklin (132) also finished sixth.

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LEGAL NOTICE

IN THE CIRCUIT COURT OF THE FIFTEENTH JUDICIAL CIRCUIT OGLE COUNTY, ILLINOIS

IN THE MATTER OF THE ESTATE OF)

BEATRICE L. PHIPPS, Deceased.

NO. 2023-PR-2

CLAIM NOTICE

Notice is given of the death of BEATRICE L. PHIPPS, of Rochelle, Illinois. Letters of Office were issued on January 6th, 2023, to GERALD A. PHIPPS, whose address is 8000 SW 56th Ave., Gainesville, FL 32608, and whose attorneys are Fearer, Nye & Chadwick, 420 4th Avenue, PO Box 117, Rochelle, IL 61068.

Claims against the Estate may be filed in the office of the Circuit Clerk of the Court at Ogle County Courthouse, Oregon, IL 61061, or with the representative, or both, no later than July 12th, 2023, and any claim not filed within that period is barred. Copies of a claim filed with the Clerk must be mailed or delivered to the representative and to the attorney within 10 days after it has been filed.

FEARER, NYE & CHADWICK, Attorneys for GERALD A. PHIPPS, Executor of the Estate of BEATRICE L. PHIPPS, deceased
No. 0106
(Jan. 11, 18 and 25, 2023)

IN THE CIRCUIT COURT OF THE FIFTEENTH JUDICIAL CIRCUIT OGLE COUNTY, ILLINOIS

IN THE MATTER OF THE ESTATE OF)

VICTORINE M. SCHLEZES, Deceased.

NO. 2023-PR-1

CLAIM NOTICE

Notice is given of the death of VICTORINE M. SCHLEZES, of Rochelle, Illinois. Letters of Office were issued on January 6th, 2023, to KENNETH G. SCHLEZES, whose address is 1225 Evergreen Road, Wilmington, DE 19803, and whose attorneys are Fearer, Nye & Chadwick, 420 4th Avenue, PO Box 117, Rochelle, IL 61068.

Claims against the Estate may be filed in the office of the Circuit Clerk of the Court at Ogle County Courthouse, Oregon, IL 61061, or with the representative, or both, no later than July 12th, 2023, and any claim not filed within that period is barred. Copies of a claim filed with the Clerk must be mailed or delivered to the representative and to the attorney within 10 days after it has been filed.

FEARER, NYE & CHADWICK, Attorneys for KENNETH G. SCHLEZES, Executor of the Estate of VICTORINE M. SCHLEZES, deceased
No. 0107
(Jan. 11, 18 and 25, 2023)

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

IN THE MATTER OF THE ESTATE OF: VIOLET L. HALL, Deceased

CASE NO.: 2023 PR 3

CLAIM NOTICE

Notice is given of the death of Violet L. Hall. Letters of Office were issued on January 12, 2023 to Richard Hall, Jr. at 20003 E. Quarry Road, Esmond, IL 60129, who is the legal representative for the estate. The attorney for the estate is James Hursh, Guyer & Enichen, P.C., 2601 Reid Farm Road, Suite B, Rockford, IL 61114.

Claims against the estate may be filed on or before July 18, 2023, that date being at least six (6) months from the date

of first publication, or within three (3) months from the date of mailing or delivery of Notice to creditors, if mailing or delivery is required by Section 5/18-3 of the Illinois Probate Act, 1975 as amended, whichever date is later. Any claim not filed by the requisite date stated above shall be barred.

Claims against the estate may be filed in the office of the Ogle County Circuit Clerk, Probate Division, at the Ogle County Courthouse, 106 S. 5th Street, Suite 300, Oregon, IL 61061, or with the estate's legal representative, or both. Copies of claims filed with the Circuit Clerk's Office, Probate Division, must be mailed or delivered to the estate's legal representative and to his/her attorney within ten days after it has been filed.

DATED: January 18, 2023
James P. Hursh, #6230997
Guyer & Enichen, P.C.
2601 Reid Farm Road
Rockford, IL 61114
815.636.9600
jhursh@guyerlaw.com
By: Guyer & Enichen, P.C.
By: /s/ James P. Hursh
Attorney for Independent Executor
No. 0115
(Jan. 18, 25 and Feb. 1, 2023)

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PRIME TIME

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.

Money management tips for retirees

WHAT constitutes a perfect retirement is different for everyone. Some people may imagine spending their golden years fishing their days away, while others may aspire to finally embrace their inner globetrotter. Though individuals' retirement dreams differ, every retiree will need money, which only underscores the importance of a wise and disciplined approach to money management.

Average life expectancies have risen considerably over the last several decades. According to estimates from the United Nations Population Division, the average life expectancy in Canada for both sexes is just under 83 years, while it's slightly more than 79 in the United States. Those figures are a welcome sign, but they may inspire a little fear among seniors who are concerned that they might outlive their money. No one knows how long they will live, but everyone can embrace a handful of money

management strategies to increase the chances that they won't feel a financial pinch in retirement.

Study up on the tax implications of withdrawing from your retirement accounts. Every retirement investment vehicle, whether it's an IRA or a 401(k), has tax implications. Money withdrawn too early may incur tax penalties, and even money withdrawn long past retirement age could elevate retirees into a new tax bracket that could prove costly. A financial advisor

can help retirees determine the tax implications of withdrawing money from their retirement accounts and may even develop a detailed guideline of when withdrawals should be made and how much should be withdrawn in a given year in order to minimize tax liabilities.

Prioritize your own needs. Though retirees, particularly those with children and grandchildren, may feel an obligation to help their families in difficult financial times, generosity can be very costly for adults who have stopped working. Retirees may or may not have opportunities to generate new income, and even those who do likely won't make enough to meet their daily financial needs. Given that reality, retirees must prioritize their own financial needs, including their immediate needs and those they will have for the rest of their lives. Though it might be difficult to turn down loved ones' requests for financial help, retirees must make sure they can pay their bills and maintain a quality of life that won't jeopardize their long-term health.

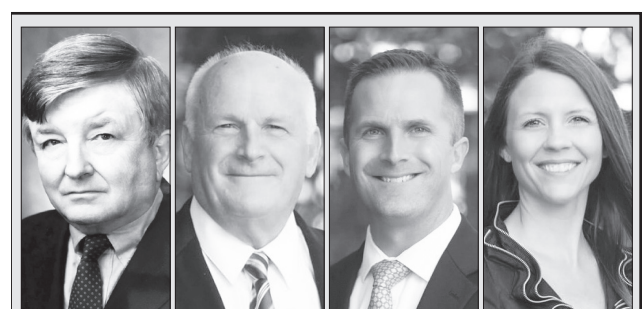
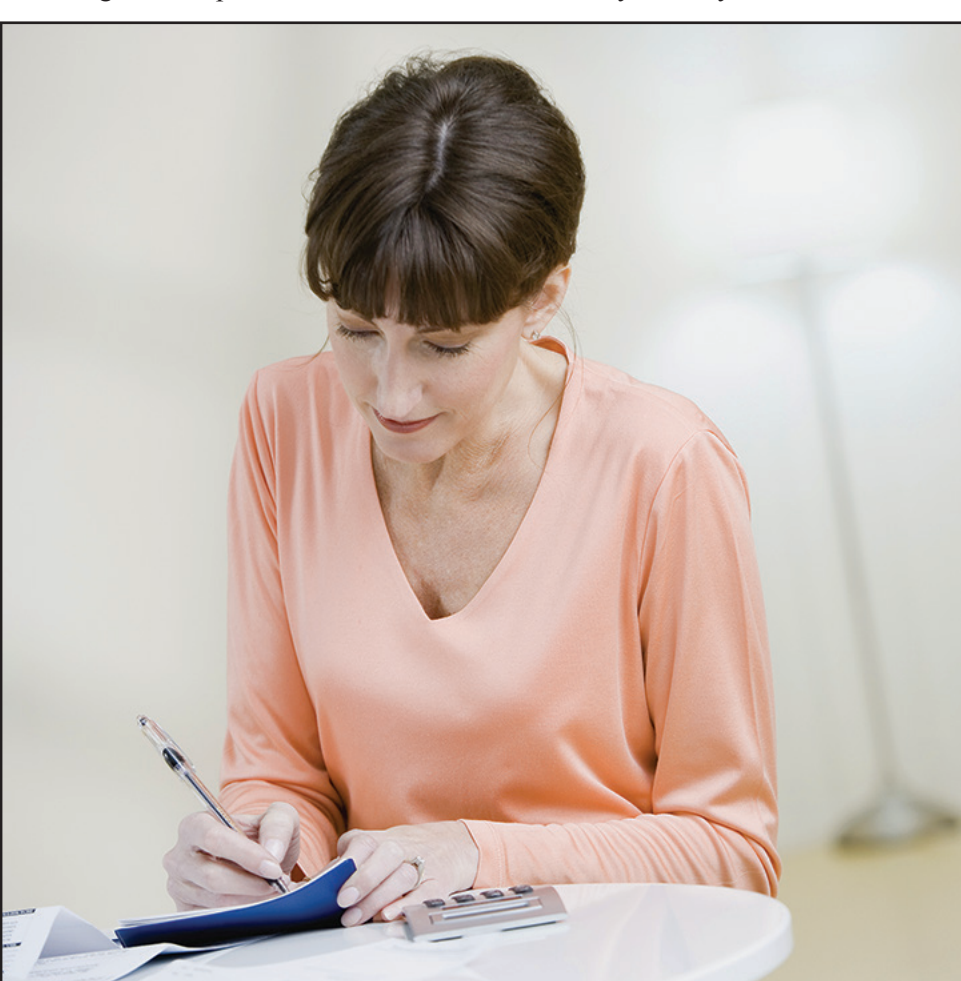
• **Examine your housing situation.** Equity in a home is a feather in the cap of many retirees. Retirees who own their homes and live in locations with high property taxes might be able to cash in on their equity by selling their

homes and downsizing to a smaller home with lower property taxes. If moving is not a consideration, discuss a reverse mortgage with a financial advisor. A trusted financial advisor can highlight the advantages and disadvantages of reverse mortgages, which are a great option for some people to improve their financial well-being in retirement.

Stick to a budget during retirement. The U.S. Department of Health and Human Services reports that roughly 70 percent of individuals who turn 65 will need long-term care in their lifetimes. That's just one expense retirees must budget for, and it's more

sizable than some people may recognize. In fact, the Fidelity Retiree Health Care Cost Estimate found that the average retired couple age 65 in 2022 will need roughly \$315,000 to cover health care expenses in retirement. And health care costs are just one of many expenses retirees can expect to have. Budgeting and avoiding overspending can ensure retirees have the money they need when they need it.

No one wants to outlive their money in retirement. Various strategies can help retirees effectively manage their money so they can enjoy their golden years without having to worry about their finances.



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