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MONDAY
Jan. 10, 2022

FREE



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KNOW IT TODAY



Students raise money for relief

Oregon Elementary School students raise money for tornado efforts. **2A**

Schools focus on student safety

Area districts prepared for return to class as COVID cases spiked

By Brad Jennings
Editor

County schools were preparing for students coming back from winter break last week while COVID-19 cases surged.

That meant a lot of thought, planning and concern for the safety of those returning students.

With a daily positivity rate at more than 10 percent the week students came back to school, there was plenty to be concerned about.

Dr. PJ Caposey, superintendent of Meridian Community School District #223, said the district started preparations well before classes were back in session.

"We have begun the process to implement asymptomatic screening of students who opt in to weekly testing to mirror our program for staff," he said. "Outside of that, we will continue to take all the precautions we did during the first semester as we were able to all but eliminate the spread of the virus during academic time in schools."

The same thing was happening in the Byron district.

"In order to get ahead of any potential positive cases,

we provided optional testing opportunities over the holiday break for students and staff," said Buster Barton, superintendent of Byron Community School District #226. "We provided two-hour testing windows on both Wednesdays over break ... and we hosted another full day testing opportunity Jan. 3."

He said the district will also spend more time cleaning and sanitizing its facilities.

See SAFETY Page 2A

Temperatures plunge



The Rock River is a great place to see the effects of dropping winter temperatures. Lows fell below zero last week, and highs at times barely getting above single digits. This week looks better, with highs in the 20s and even low 30s. Brad Jennings photos

Election petitions available Jan. 13

Ogle County Clerk, Laura J. Cook, announces Petition Packets for the upcoming General Primary Election on June 28, 2022, will be available Jan. 13, on the Ogle County website.

Petition Packets may be accessed on our website www.oglecounty.org. Click on Departments, select "County Clerk," select "Forms;" then "Petition Packets." The necessary forms and information is available to print.

The petition packets are for County Board, County Clerk and Recorder, County Sheriff, County Treasurer and Precinct Committeepersons. Candidates may begin circulating their petitions on Thursday, Jan. 13.

Filing of petitions:

Candidates will file petitions with the County Clerk's Office in Oregon from March 7 through March 14, 2022. Hours will be March 7-11, from 8:30 a.m. to 4:30 p.m. and March 14 from 8:30 a.m. to 5 p.m.

For further information, contact County Clerk Laura J. Cook at 815-732-1110.

WEATHER

MONDAY	TUESDAY
HIGH LOW	HIGH LOW
11 -1	21 15
WEDNESDAY	THURSDAY
HIGH LOW	HIGH LOW
33 21	34 11
FRIDAY	SATURDAY
HIGH LOW	HIGH LOW
26 17	29 13

OBITUARIES

- Joseph Carl Baker
- Richard Roy Person
- Warren Ernest Ippen
- Bruce L. Biermann
- Barry T. Boewman

See page 4A

INSERTS

- Felker Foods
- Byron County Market
- Polo Fresh Food
- Farm & Fleet
- Snyder Pharmacy

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LOCAL NEWS



Pictured from left are: Christine Ramirez, Cynthia Montes-Vera, Sophia Schoenholz and Mya Hansen.

Oregon students raise money for tornado relief efforts

OREGON – Oregon Elementary School raised \$700 within two days for the American Red Cross to contribute to tornado relief efforts in southern Illinois and Kentucky. To raise the funds, an Oregon Elementary staff member and several students hosted a coin drive. Student leaders collected the money before school, as kids arrived. “The \$700 exceeded our expectations as we only anticipated \$100-200,” said Assistant Principal Ryan Huels.

The \$700 was a part of a total \$40,000 nationwide raised for the tornado victims. Huels added the Oregon School District was delighted to see their young ones partake in such a worthwhile project. Donations are still being accepted through the American Red Cross. If you would like to share your support through a donation, you can do so by emailing, calling, or using Alexa. More details can be found at <https://www.redcross.org/donate/donation.html/>.

Food pantry has Jan. 11 distribution

STILLMAN VALLEY – Bread of Life is a food pantry serving Ogle County and the Meridian School district, and we provide groceries to our neighbors in need. The pantry meets at Valley Covenant Church on the corner of Route 72 and S. Maple in Stillman Valley, on the second

Tuesday of each month from 3-5 p.m. Upcoming dates include Jan. 11. Please bring your own bags. If you are a registered client and cannot come inside for distribution, please call 815-298-5035 to have a box prepared. If you are new to BOL please register by calling 815-645-8872.

Stillman Bank sponsors financial literacy program for students

STILLMAN VALLEY – For the tenth consecutive year, Stillman Bank was pleased to sponsor one of the latest initiatives to bring financial literacy education to area high school students, by providing them with access to the EverFi™ Financial Literacy Program. Over the last 10 years, over 1,000 students have participated in the program as part of their Consumer Education classes at Stillman Valley High School. This interactive web-based program uses the latest in new media technologies – simulations, 3-D gaming, and social networking – to bring complex financial concepts to life for today’s digital generation. The course is designed to em-

power young people with the essential skills needed to make sound financial decisions. Stillman Bank provides this program to these high school students at no cost to the school. The 10-unit course offers over six hours of programming in a variety of financial topics including credit scores, insurance, credit cards, student loans, mortgages, taxes, stocks, savings, 401k’s, and other critical concepts that map to national financial literacy standards. The platform uniquely tracks the progress and performance of every student. Twenty-seven Stillman Valley High School students successfully completed the program this semester: Madix Barrett, Sofia Berg, Matthew

Burkhart, Alexis Camp, Norah DeRosso, Ximena Garcia, Brinna Gipson, Anna Glendenning, Kylie Hall, Marco Hernandez, Rylen Hildreth, Lauren Jenkins, Caleb Johnson, Richard Kerwer, Jonathan Kinzler, Casey Maadeen, Kylie McClendon, Bethany McReynolds, Peyton Meyer, Canaan Nelson, Hunter Peterson, Alex Rahn, Lilly Schlueter, Jory Spain, Brooklyn Thomason, Emily Vangness, and Zoe Zinke. Students recently received certificates for their completion of the course. For more information on the EverFi™ Financial Literacy Program or to find out more about Stillman Bank’s products and services, please call 815-645-2266 or visit www.stillmanbank.com.

SAFETY: Keep an eye on cases in district

Continued from Page 1A

In Oregon, Superintendent Tom Mahoney of Community Unit School District #22, said there were no changes to start off the new semester. “We will continue to implement the current mitigation measures we have in place and await the update from the IDPH regarding the new quarantine protocols,” he said. Classes will also be in person in schools across the county. “We consider that every single day,” Caposey said of distanced learning. “Particularly since Thanksgiving. “To be brutally honest, my biggest concern is having enough staff to operate. I believe that will close us before anything else.” Barton said the decision on distanced learning is not in the hands of local

administrators. “For the most part, remote learning is no longer an option for Illinois schools due to the state’s mandate for in-person learning,” he said. “In order for a district to implement large scale remote learning, they must be on an adaptive pause, which is done with the consultation and support of the health department. Believe or not, high levels of community spread alone has generally not been a catalyst for an adaptive pause. However, we communicate frequently with the health department on matters that do affect this decision, like our ability to manage our cases and/or to staff our buildings.” The recent large spike in cases has certainly not been missed by educators. “I am always concerned about student and staff safety,” Mahoney

said. “We trust our parents, students, and staff to take appropriate steps if they are symptomatic.” Caposey said they are doing the best they can to keep students safe. “I do not know that we can ever ensure all kids are safe at school,” he said. “We can continue to follow the guidelines from the CDC and IDPH that have helped to save us from academic-based outbreaks thus far.” Barton said keeping a close eye on cases in the district is key. “We monitor our cases daily and communicate frequently with the Ogle County Health Department and district stakeholders,” he said. Mahoney also said the approach is fairly straightforward: “Follow the mitigation guidelines and stay home if they are symptomatic.”

Email news items to bjennings@oglecountylife.com.
Deadline is 3 p.m. Wednesday.

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The WISEWOMAN program can help by providing women, ages 40-64, FREE cholesterol and glucose labs, health coaching sessions, and optional memberships to WeightWatchers or TOPS.

El Programa WISEWOMAN de Illinois y el Programa contra el Cancer de Mama y de Cuello Uterino de Illinois ofrecen una uisita combinada al consultorio, donde las mujeres que cumplan con Los requisitos pueden recibir pruebas de deteccion de cardiopatas (que incluyen presion arterial, glucosa y colesterol), cancer de mama y cancer de cuello uterino en una solo uisito sencilla.

LOCAL NEWS

Electronics recycling event set for Jan. 28

OREGON—The Ogle County Solid Waste Management Department (OCSWMD) will be holding a residential electronics recycling event on Friday, Jan. 28, from 9 a.m. to 4 p.m. at the County Annex Building located at 909 Pines Road in Oregon. This event is for Ogle County residents only and a free permit is

required in advance to attend the event. Residents can obtain a free permit by calling the OCSWMD at 815-732-4020 or by emailing solidwaste@oglecounty.org. Include your name, address, and phone number if emailing the OCSWMD for your permit. The free permit allows residents to bring up to seven large

items for recycling, such as televisions, monitors, computers, printers, FAX machines, video game consoles, copiers, VCR/DVD players, and satellite/cable boxes. Microwave ovens are accepted for a \$5 charge per unit. Smaller items such as remotes, computer wires and cables, e-mice, keyboards, tablets, cell

phones, landline phone systems, CFL light bulbs, and rechargeable batteries can be bulked up together and are considered one large item. Holiday light strands and extension cords will also be accepted. Limit one permit per household per recycling event. Call the number listed above, visit oglecounty.org, or see the

OCSWMD on Facebook at Ogle County Solid Waste Management Dept. if you have questions about electronics recycling in Ogle County. Recycling events are subject to cancellation or reduced hours in the event of extreme weather or other adverse conditions at the discretion of OCSWMD staff.



Museum caps year with Christmas party

DAVIS JUNCTION—The Davis Junction Museum finished off the year with a wonderful Christmas Party at the museum. It also also took First Place at the Christmas Tree Festival at the Byron Museum. The museum was first in the handmade ornaments with our subject “Trains.” Thank you to the volunteers that helped decide and put together the tree. The museum will be closed for the month of January, opening again starting Feb. 1 from 10 a.m.-noon. Every week the museum is open on Tuesdays from 10 a.m.-noon except the third week being Wednesday from 2-7 p.m. The third Wednesday of every month is the board meeting at 6 p.m. Every third Sunday

of the month the museum is open from noon-4 p.m. This March there will be a program on the Underground Railroad by Daniel Wykes (educator). That presentation will be on March 20 at 1:30 p.m. This New Year we hope to look to the younger generation for a presentation mixing new technology with history. The walkway design for the exterior side to the backyard of the museum will be looked at in the spring. As usual we will have our usual fundraisers, 50/50 raffle and Eickmans meat raffle. If you care to volunteer or just come by and visit our museum, we would like to stop by at your convenience when we’re open. For an appointment or questions please call Kim at 815-994-0803.

Rock River Center has upcoming programs

Rock River Center is a resource center located at 810 S. 10th Street, Oregon. Our activities and trips are open to all ages. Call our office at 815-732-3252 with any questions. Visit us on the web at www.rockrivercenter.org and like us on Facebook. Registration is requested for anyone planning to attend a scheduled program or class at Rock River Center. It helps us plan enough seating. Just give us call 815-732-3252. Thank you for your support in this matter.

Domestic Abuse Awareness Program

HOPE of Ogle County will be at Rock River Center to facilitate an informational program on Domestic Abuse Awareness. This program will take place on Jan. 10, from 10-11 a.m. at Rock River Center. Join us if you would like to know... What is domestic abuse? How to recognize the signs? HOPE of Ogle County services/How they can help. How to make a referral to HOPE. Be prepared to learn statistics, important facts, resources and answers to your questions. Handouts will be available. To sign up for this very

informative free program, call Rock River Center at 815-732-3252.

Senior Information Services Provided By Rock River Center

Do you need help with Benefit Access Application, Medicare, housing, personal care, homemaking, heating assistance or other things? Rock River Center’s Information & Assistance Specialists are available at various locations throughout Ogle County. If you are unable to come into a site, please call Rock River Center toll free 1-800-541-5479 to schedule an appointment.

NICOR GAS “SHARING” PROGRAM

NICOR GAS sharing program is available to assist those NICOR customers whose income is above 150% of poverty level and less than 250% of the poverty level. For a 1-person household the 30-day income minimum gross must be at least \$2,148, but no more than the limit of \$2,683, For a 2-person household the minimum gross monthly income must be at least \$2,905, but no more than \$3,629, For a 3-person house-

hold the minimum gross monthly income must be at least \$3,661, but no more than \$4,575, etc.

This program is available through August 31, 2022

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

2021 heating assistance

Colder weather is just around the corner and we all will be experiencing higher utility bills as we need to turn on the heat in our homes. There are two programs that help those with low-income pay for their heating utility bills. The LIHEAP program continues to accept applications for assistance with paying heating bills. Tri County Opportunities Council is the agency that processes those applications and they will be available at two locations in Ogle County, Oregon

and Rochelle, by appointment only.

The Oregon Tri-County Office is located inside the Rock River Center, 810 S. 10th Street.

Appointments are available. Call 815-732-2907 for an appointment in Oregon.

The Rochelle Tri-County Office is located at 306 N 6th Street.

Appointments are available Tuesdays and Wednesdays from 9am – 3pm.

Call 815-562-6938 for an appointment in Rochelle.

Please have copies made of all of your documentation before your appointment.

You can call their Rock Falls office for more details at 800-323-5434.

In order to qualify, your household must meet the following income guidelines, no more than 200% of the poverty level. For a 1-person household the 30-day income limit is \$2,147; 2-person household is \$2,903; 3-person household is \$3,660, etc.



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Phoenix

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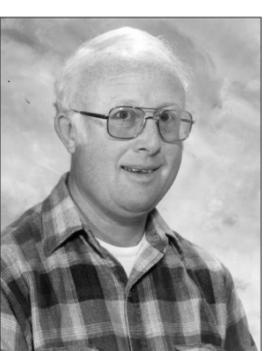
Now is a great time to adopt a pet! Call Tails today!

LOCAL NEWS

Obituaries

Joseph Carl Baker

OREGON – Joseph Carl Baker, age 79, died peacefully at home on Wednesday, Dec. 29, 2021. He was born May 18, 1942 in Dixon, the son of Clarence A. and Alice J. (Schwab) Baker.



Joe graduated from Oregon High School in 1960 and attended Iowa State University. He married Marian Maas on Sept. 7, 1963 at the Lighthouse United Methodist Church near Oregon. Joe was a lifelong farmer. He also worked for several years at Kable Printing in Mt. Morris, and then for the Oregon School District as a custodian for 26 years where he made many cherished friendships with the teachers and students. He was a member of the Lighthouse United Methodist Church and served on the Lighthouse Cemetery Board.

Joe was a little league baseball coach for many years often leading his teams to the championship. He had a lifelong interest for sports, especially at the Oregon High School. He was a member of the Ogle County Farm Bureau, a lifelong member of the American Angus Association, and the Ogle County Beef Association.

He was predeceased by his parents Clarence and Alice Baker, his son Ronald Dale Baker, and his brother C. David Baker.

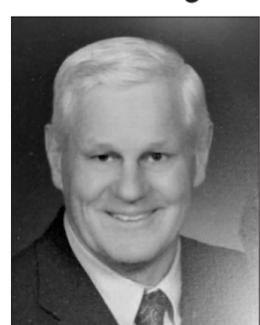
He is survived by his

loving wife of 58 years Marian of Oregon, son Dr. Steve Baker and his wife Dr. Shauna Roberts of Oregon, his grandson Kaleb Baker of Springfield, his granddaughter Kaitlyn (Robert) Hofer of Fort Collins, Colo., daughter-in-law Brenda Baker-Holm (Pete) of Oregon, and many brother-in-laws, sister-in-laws, cousins, nieces, and nephews.

A private funeral service will be held at the Lighthouse United Methodist Church, no visitation at this time due to Covid restrictions. Private burial will be at the Lighthouse Cemetery. A memorial fund is established for the Oregon High School Future Farmer's of America Dept. Farrell-Holland-Gale Funeral Homes assisted the family. Visit www.farrellhollandgale.com to leave a condolence or memory of Joe Baker.

Richard Roy Person

POLO—Richard Roy Person, age 84 passed away Tuesday, Dec. 28, 2021 at Polo Rehabilitation and Health Care Center, with his loving family by his side.



Nathan LeFevre friends and neighbors that bonded over the years and numerous nieces, nephews and cousins.

Richard was born July 7, 1937 in Sterling, Illinois to Roy E Person and Kathryn W. (Haak) Person. He graduated from Polo Community High School in 1956. He attended North Central College in Naperville and Manchester College.

Richard married his high school sweetheart F. Joyce Wales on Aug. 24, 1957 at Polo Church of The Brethren. They had celebrated 64 wonderful years together. After moving back to Polo, he began his career as a farmer on the Person Family Farm until January 2015, when he retired.

Richard is survived by his wife, Joyce; his three children. Mark (Heila) Person of Syracuse, N.Y., Brian Person of Dixon, Susan (Joe) Korf of Baileyville; seven grandchildren, Kyle (Misty) Korf of Mt. Morris, Justin Korf of Madison, Wis., Emily (Troy Stocker) Korf of Freeport. Jacob (Ashley) Person of Princeton, Ill.; Benjamin Person of Polo; Lucy Person and Zachary Person of Syracuse N.Y., three great grand children. Samuel Person, Kathryn Person and Isaac Kort. Two brothers, Alfred (Shirley) Person of Lanark; Stephen (Patti) Person of Dixon; Timothy and

the Polo Park which was an annual event. Richard enjoyed bowling on league, singing in the choir and playing the Tuba at Mt. Morris Kable Band.

Richard was a lifelong dairy farmer and a steward of the soil, that he was recognized for his efforts as being one of the first to adopt chisel plowing in the Polo farming community. He was honored by receiving the Ogle Co. Soil and Water District Conservation Farmer of the Year in 1979. He also volunteered his time along with his dear friends Phil Blair and Bill Hare to many trips to Honduras to build cement homes after Hurricane Mitch destruction. He was lifelong member of the Polo Church of the Brethren until 2007, when he followed his wife to Dixon Church of the Brethren.

A Celebration of Life service was held at the Dixon Church of the Brethren, Wednesday, Jan. 5, 2022, at 11 a.m. with visitation beginning at 10 a.m. until start of service. Final resting place with a graveside service was at 1:30 p.m. following the luncheon at Fairmount Cemetery in Polo.

In lieu of flowers, in memory of Richard, please consider donating to Camp Emmaus.

Polo Family Funeral Home is handling arrangements. To send condolences please visit www.polofamilyfuneralhome.com

Warren Ippen

STILLMAN VALLEY – Warren Ernest Ippen, age 83, passed away at home surrounded by his family. He was born in Rockford on April 10, 1938 the son of Ernest and Ruth (Alcock) Ippen.



Warren served this country with the Army Reserves for 8 years. He attended and graduated from Chicago Jack Isenga Barber School. He worked as a barber for Howie's Barber Shop in Stillman Valley for 11 1/2 years and also worked for King's Barber Shop and Moler Barber Hall in Chicago.

Warren was also a farmer; farming on his family farm, Ippen Farms. He was a member of the Elm Reformed Church. He was an active member of the Stillman Valley Lion's Club and The Ogle County Farm Bureau. In his spare time; his hobbies included collecting stamps and coins. He was an avid Chicago Bears and NASCAR fan. Warren also loved to travel which was called windshield time due to him always keeping his eye on the road getting to point A to point B efficiently. But, most of all he loved his family.

He is survived and missed by his daughters, Lonna (Thad) Young of Holcomb, Gay (Rob) Fritz of Mahomet, Ill., Edie (Bruce) Fowler of Stillman Valley, Beth Ippen of Holcomb, and Lori (Jamie) Bee of Davis Junction; his special friend of 30 years Betty LaFleur of Stillman

Valley; sister, Ruth Ann Ippen of Holland, Mich.; grandchildren, Andrea (Luis) Hernandez, Ethan Young, Austin Young, Jared (Sharnell) Fritz, Brandon (Taylor) Fritz, Allison (Aaron) Davis, Danielle (Nathan Edwards) Cooper, and Hunter Bee; great grandchildren, Adaline, Robbie, Finn, and Caden; and the mother of his children, Linda Dutton of Oregon.

Visitation was held Monday, Jan. 3, from 4-7 p.m. at Farrell Holland Gale Funeral Home in Stillman Valley. The funeral service was held at 10 a.m. on Tuesday, Jan. 4 at Farrell Holland Gale Funeral Home in Stillman Valley with Rev. Marvin Jacobs officiating. Burial at White Rock Cemetery. The memorial fund is established for Serenity Hospice & Home or The Stillman Valley Lion's Club. To leave an online condolence please visit www.farrellhollandgale.com.

Bruce L. Biermann

BYRON – Bruce L. Biermann, 70, of Byron, passed away on Jan. 1, 2022. He retired from United Technologies in 2015 after 42 years of service as an engineer.



Bruce is survived by his wife of 46 years, Linda; two daughters, Stacy and her husband,

While Bruce's passing was sudden and unexpected, the family takes comfort in knowing that he is with God and reunited with family.

Ryan Perry, and Sarah and her husband, Andrew Potter.

Service was at 11 a.m. Saturday, Jan. 8, 2022 in Redeemer Lutheran Church, 827 16th Street, Rockford. Visitation was from 9:30-10:45 a.m. in the church.

To share a memory or condolence please visit our website www.honquestfh.com.

Barry T. Bowman

BYRON – Barry T. Bowman, 55, of Byron, died Dec. 27, 2021 at OSF Hospital, Rockford.



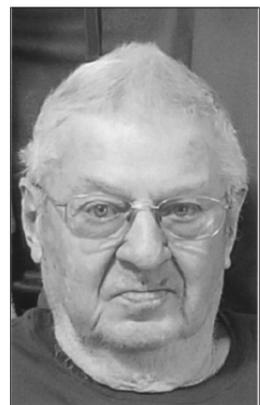
man and sons Brandon and Trevyr (Adrien) Bowman, all of Council

Bluffs, Iowa, brother James (Colleen) Bowman, Ft. Meyers, Fla., nephew Jeff Bowman, Machesney Park, a niece, two granddaughters, and several aunts, uncles and cousins from Byron.

Predeceased by Father, brother, David and grandparents.

No services are planned at this time.

POLO – Dale E. Snyder, 93, of Polo, died Sunday, Dec. 26, 2021. He was born April 20, 1928 in Adeline, the son of Orville and Mae (Stukenberg) Snyder.



14 grandchildren; 29 great-grandchildren; two great-great-grandchildren; and special friend Cheryl Christians.

Dale married Adelaide Cook Oct. 14, 1950 in Oregon. Dale farmed the family farm near Adeline.

Dale is survived by his wife Adelaide Snyder of Polo; two sons, Orville (Sue) Snyder of Byron, and Bill (Donna) Snyder of Malvern, Ark.; three daughters, Jean (Jeff) Burton of Forreston, Carolyn Levan of Dixon, and Cecelia Cook of Polo; sister, Flossie Murray of Forreston;

great-grandson, Jordy Snyder.

A memorial service will be 11 a.m. Saturday, Jan. 15, 2022 at Burke-Tubbs Funeral Home in Forreston. Visitation will be from 9:30 a.m. until the time of service. Burial of cremains will take place at Chapel Hill Memorial Gardens in Freeport at a later date. In lieu of flowers a memorial has been established for Polo Rehabilitation and Health care Center.

The family would like to thank Polo Rehabilitation and Health Care Center for the excellent care Dale received. Please visit www.burketubbs.com

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Serenity offers Grief Support Group

OREGON – Serenity Hospice and Home will facilitate a free, 8-week Grief Support group open to the public starting Wednesday, Jan. 19.

Based on the book "Understanding Your Grief: Ten Essential Touchstones for Finding Hope and Healing Your Heart" by Dr. Alan Wolfelt, this group is designed to help individuals along their grief journeys by connecting them with

a supportive community and providing helpful resources.

The program will be facilitated at Serenity Hospice and Home, 1658 South IL Route 2, Oregon, and the time will be determined based on when participants are available. Individuals who would like to attend should register by calling Cathy Warren of the Serenity Bereavement Team at 815-732-2499.

LOCAL NEWS

Ogle County Sheriff

Dec. 25
At approximately 1:54 hours Deputies initiated a traffic stop on Interstate 39 near mile marker 100 Northbound. After further investigation, Lee Dallas III, 20 of Machesney Park, was placed under arrest for Driving While License Suspended. Dallas was also cited for Illegal Window Tint. Dallas was released on an Individual Bond and will appear in Ogle County Courts at a later date.

Dec. 24
Ogle County Sheriff's Deputies arrested Russell Himebauch, 40 of Machesney Park for driving while license revoked. Himebauch was arrested by Deputies on I-39 after being stopped for speeding. Himebauch was released on a I-bond and will appear in Ogle County Court at a later date.

At 8:26 p.m., deputies performed a traffic stop in the 5000 block of W. IL RTE 72. During the course of the investigation, Brian P. Printz, 57, of Stillman Valley, was arrested for Driving Under the Influence of Alcohol. Printz was also issued a citation for speeding 78 mph in a 55 mph speed zone. Printz was transported to the Ogle County Jail and held in lieu of bond.

At approximately 11:20 p.m. Deputies initiated a traffic stop on Interstate 39 near mile marker 106 Southbound. After further investigation Jadin Mershon, 22 of Rochelle, was placed under arrest for Driving While License Suspended. Mershon was also cited for Speeding and Operating an Uninsured Motor Vehicle. Mershon was released on an Individual Bond and will appear in Ogle County Courts at a later date.

Dec. 23
Ogle County Deputies investigated a one vehicle accident in the 1500 block of W. Mudcreek Rd. A silver 2013 Nissan driven by 38-year-old Eric Ortega of Mt. Morris was traveling westbound on Mudcreek Rd. when a deer ran on to the road in front of the vehicle. The vehicle struck the deer causing disabling damage to the Nissan. Ortega and two female juvenile passengers were transported by Mt. Morris Ambulance to KSB Hospital to be medically checked out. No citations.

Dec. 22
Ogle County Sheriff's Deputies arrested Danilo Morales, 32 of Rochelle for aggravated assault and domestic battery. Morales was arrested by Deputies on Sunflower Lane in Rochelle after Deputies responded to a 911 call reporting a domestic disturbance. Morales was held without bond at the Ogle County jail.

Dec. 21
At approximately 8:18 a.m., Deputies conducted a traffic stop at Eddy Road and Route 251. After an investigation, Deputies arrested Adrian Gillette, 44 of Davis Junction for driving while license revoked, no insurance, and no valid registration. Gillette's vehicle (Nissan Altima) was towed by Maggio's. Gillette was transported to the Ogle County Jail

where he is being held in lieu of bond.

At 9:30 p.m., Deputies conducted a traffic stop on I39 at mile marker 99. After a short investigation Deputies arrested Curtis Bloodworth, 36 of Whitley City KY. for driving while license suspended. Bloodworth was issued an I-bond and will appear in court at a later date.

Dec. 20
At 2:52 p.m. Ogle County Sheriff's Deputies conducted a traffic stop in the 8000 block of N. IL Rt. 251 on a gray Hyundai Sonata for speeding. After an investigation, Monique Reed, 39 of Rockford, was placed under arrest for no valid drivers license. Reed was also cited for speeding. Reed was released on a signature I-bond.

Dec. 18
At approximately 2:01 a.m., Ogle County Deputies located a single vehicle accident with injuries at the intersection of W IL Rte 64 and N IL Rte 26. After investigation, it was determined that a blue Dodge Ram 1500 was traveling westbound on IL Rte 64, disregarded the stop sign at the intersection of IL Rte 26, and traveled off of the roadway. The Dodge continued for approximately one hundred yards and struck an embankment causing totaling damage to the truck. The driver of the truck, Dillon L. Berg, 30 of Freeport, sustained non-life threatening injuries and was transported to a nearby hospital for treatment. Berg was charged with Driving Under the Influence of Alcohol and Violation of the FOID Card Act. Berg was additionally cited for Expired Driver's License (less than one year), Failure to Reduce Speed to Avoid an Accident, Operating Uninsured Motor Vehicle, and Disobeying a Stop Sign. Berg was released on a \$3000/10% individual bond.

Dec. 17
At approximately 3:14 p.m. Deputies initiated a traffic stop near the intersection of Illinois Rt 2 and Ashelford Dr. After further investigation Damarcus Belcher, 26 of Rockford, was placed under arrest for Driving While License Suspended. Belcher was also cited for No Rear Registration Light. Belcher was released on an Individual Bond. A passenger in the vehicle, Courtney Delgado, 27 of Rockford, was cited for Illegal Transportation of Alcohol.

At approximately 6:43 p.m., Ogle County Deputies were dispatched to the intersection of N. Freeport Road and W. West Grove Road for the report of a two-vehicle accident with injuries. After investigation, it was determined that a silver Mitsubishi Montero was traveling northbound on Freeport Rd, crossed over the double solid center yellow line, and struck a red Hyundai Kona that was traveling southbound. After striking the Hyundai, the Mitsubishi continued into the southbound ditch, overturned, and struck a utility pole before coming to rest on its passenger side. The Hyundai continued southbound and lost control entering the southbound

ditch. The driver of the Hyundai sustained no apparent injuries. The driver of the Mitsubishi, Angelica R. Cornwell, 26 of Clinton, Iowa, was transported to a nearby hospital with minor injuries. A male juvenile occupant of the Mitsubishi was also transported to a nearby hospital with minor injuries. Cornwell was cited for Improper Lane Usage and Failure to Reduce Speed to Avoid an Accident.

Dec. 16
At approximately 1:51 p.m., Deputies conducted a traffic stop in the 300 block of Main street in Forreton. After investigation, Deputies issued Malerie Busche, 26 of Byron citations for Driving While License Suspended, Operating an Uninsured Vehicle, and an Expired Registration. Busche was released on an I-Bond at the scene and was given a future court date.

At about 9:35 p.m., Deputies conducted a traffic stop on I39 at mile marker 99 on a 2010 Chrysler Sebring for a registration violation. During the stop the driver of the Chrysler Elijah Hansen, 23 of Rockford was advised of an outstanding warrant for his arrest. Hansen then drove away from the stop. Deputies were able to deploy STOP sticks just 5 miles from the original stop and take Hansen into custody. Hansen was charged with Aggravated Fleeing to Elude Police, Driving on a Revoked License, and No License. Hansen also received citations for improper display of registration and failure to apply for damaged plates. Hansen also had two arrest warrants from Rockford Police for Criminal Damage to property and Aggravated Fleeing to Elude Police. Hansen was transported to the Ogle County Jail and held in lieu of bond.

Dec. 15
At approximately 12:09 p.m., Deputies conducted a traffic stop in the Wal-Mart parking lot in Rochelle. After an investigation, Deputies arrested Christopher Reed, 27 of Ashton, for Driving While License Revoked. Reed was transported to the Ogle County Jail where he was held in lieu of bond.

Dec. 14
At approximately 7:05 p.m., Ogle County Deputies conducted a traffic stop in the 9000 block of N Baileyville Road. After a brief investigation, Deputies arrested Tina M. Eiseman, 54 of Freeport, for Driving While License Revoked and Improper Container of Cannabis/Driver. Eiseman was taken into custody without incident and released on a Notice to Appear. Eiseman was also cited for an inoperable registration light.

At approximately 7:23 p.m., Ogle County Deputies conducted a traffic stop near mile marker 107 on I-39. After a brief investigation, Deputies arrested a 16 year old male juvenile of Streator, for No Valid License. The juvenile was taken into custody without incident and released on an I-Bond. The juvenile was also cited for an inoperable registration light.

Dec. 12
At approximately 4:08

p.m., Ogle County Deputies conducted a traffic stop in the 4000 block of N. IL Rte 251. After investigation, Deputies arrested Victor Jaimes, 23 of Rochelle, for Driving Under the Influence of Alcohol. Jaimes was also issued citations for Disregarding a Stop Sign and Expired Registration. Jaimes was transported to the Ogle County Jail where he was released to Correctional Staff and held in lieu of bond.

Dec. 11
At approximately 8:37 p.m., Deputies initiated a traffic stop near the intersection of Mill Rd and IL RTE 72. After further investigation, John Green, 41 of Forreton was arrested for Driving While License Suspended. John Green was also cited for Operating an Uninsured Motor vehicle. John Green was released on an Individual Bond and will appear in court at a later date.

At approximately 11:31 p.m., Ogle County Deputies conducted a traffic stop in the 17000 block of E. IL Rte 64. After brief investigation, Deputies arrested Logan Marshall, 23 of Janesville WI, for Driving While License Suspended. Marshall was also issued citations for Operating an Uninsured Motor Vehicle and an equipment violation. Marshall received an I-Bond with a return court date later next month and was released on scene.

Dec. 10
At approximately 2:45 p.m., Ogle County Deputies and Byron Fire and EMS responded to a two-vehicle accident at East Illinois Route 72 and North Marrill Road. After an investigation, it was determined that a silver Honda Accord was westbound on IL RTE 72 and was driven by a 17 yr. old female Juvenile of Davis Junction, when she failed to reduce speed and struck the rear of a green Nissan Maxima, traveling the same direction by a 16 yr. old female Juvenile from Byron. The driver of the Nissan was transported to Swedish American Hospital by Byron EMS for minor injuries. The driver of the Honda was issued a citation for Failure to Reduce Speed to Avoid an Accident.

Dec. 9
Ogle County Sheriff's Deputies arrested Madison Hintz, 19 of Freeport, IL. for driving with no valid license. Hintz was arrested by Deputies on I-39 near Rte 64 after being stopped for speeding. Hintz was released on a I-bond and will appear in Ogle County Court at a later date.

Dec. 8
At approximately 12:39 a.m., Ogle County Deputies responded to the 5000 block of S. Mill Pond Rd in reference to a disturbance. After investigation, Deputies arrested Rhiannon Waters, 39 of Rochelle, for Disorderly Conduct.

Waters was transported to the Ogle County Jail where she was released to Correctional Staff and held in lieu of bond.

At approximately 7:15 a.m., Ogle County Sheriff's Deputies, along with Oregon Fire/EMS, responded to a one vehicle accident in the 3400 block of south Illinois Rte. 2. After an investigation it was determined that a black GMC Sierra being driven southbound by Robert Baker, 46 of Byron, traveled off the roadway and struck a stone hillside. The GMC then crossed the roadway and struck a hillside on the opposite side of the roadway coming to rest in the north bound lane. Baker was transported to an area hospital by Oregon EMS for minor injuries. No citations were issued.

At approximately 8:20 a.m., Ogle County Sheriff's Deputies responded to a two-vehicle accident in the 6,500 block of N. Freeport Road. After an investigation it was determined that a 2011 Chevrolet Equinox being driven by Derreck Vince, 21 of Freeport, crossed the center line side swiping a 2000 Chevrolet S10 pickup being driven by Vernon Dixon, 83 of Dixon. Both vehicles were driven from the scene and Vince was issued a citation for improper lane usage. No injuries were sustained by either driver.

Early Bird Monday Monster Matchplay at Rooney's!

EVERY MONDAY MORNING IN JANUARY
at 7 a.m., Rooney's will offer \$50 match play.

Come to our private slot room and be in an empty gaming chair from 7-7:15 a.m. every Monday, put in \$50 in your favorite game and Rooney's **WILL MATCH IT!**

Get your seat early and starting at 7:15 a.m. the match play begins!

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LOCAL NEWS

Polo Senior Center Jan. activities

Exercise with Ronna – Tuesdays, 9-10 a.m. and 10:15-11:15 a.m. Thursdays, 11 a.m.-noon and 12:15-1 p.m.
 Mexican Train – Thursdays 1-3 p.m.
 Jan. 10 – 9:30 a.m. Golden Adventures Club, meet at Maple Pancake House in Sterling (please let us know if you need a ride)
 Jan. 12 – 9:30 a.m. Did you know? Speaker, Alderman Beth Sundman
 Jan. 14 – 10 a.m. BINGO, treats
 Jan. 17 – 12:30 p.m. Activity Committee meeting
 Jan. 18 – 12:30 p.m. Board meeting
 Jan. 21 – 11 a.m. Game Day
 Jan. 24 – 12:30 p.m. Brain Workout, sub sandwiches
 Jan. 28 – 11 a.m. PASS meal (Lasagna). Speaker TBA

Byron Police report

Nov. 27
 Christopher Lance, 49 of Dixon, was arrested for Driving While License is Revoked. Lance was transported to the Ogle County Jail and held in lieu of bond.

Gonzalez, 43 of Byron, was issued a citation for Speeding 47 mph in a 30 mph Zone.

Nov. 28
 Javonte Houston, 21 of Rockford, was issued a citation for Speeding 51 mph in a 30 mph Zone.

Jonathan Robles, 32 of Oregon, was issued a citation for Driving While License is Suspended.

Dec. 2
 Lillian Ingram, 51 of Byron, was issued citations for No Valid Driver's License and Operating a Vehicle When Registration is Revoked, Cancelled, or Suspended.

Dec. 3
 Stephanie Lopez, 34 of Dixon, was issued a citation for Driving While License is Suspended.

for Driving While License is Suspended.

Dec. 11
 Christian Kettwich, 27 of Mt. Morris, was issued a citation for Driving While License is Suspended.

Dec. 15
 Tina Gordy, 34 of Mt. Morris, was issued a citation for Operating a Vehicle When the Registration is Suspended.

Kyelena Haile, 33 of Rockford, was issued a citation for Failure to Wear a Seat Belt.

Dec. 17
 Angelique Sims, 50 of Byron, was issued a citation for Speeding 58 mph in a 35 mph Zone.

Dec. 18
 Byron Police arrested Allen Hayenga, 24 of Savanna, for Aggravated Battery to a Peace Officer, Resisting/Obstructing a Peace Officer, Battery, Obstruction of Identification, a State of Colorado Burglary warrant, a Carroll County Contempt of Court warrant, and a St. Charles PD Retail Theft warrant. Hayenga was transported to the Ogle County jail and held without bond.

Dec. 20
 Marissa Lopez, 19 of Byron, was issued a citation for Disobeying a Traffic Sign.

Dec. 27
 Christina Bystry, 57 of Sterling, was issued a citation for Speeding 48 mph in a 30 mph Zone.

Dec. 29
 Katherine Stearns, 30 of Rockford, was issued citations for Cancelled Driver's License and No Proof of Insurance.

Dec. 30
 Crystal Matthews, 41 of Dixon, was issued a citation for Operating a Motor Vehicle When Registration is Suspended.

Marie Beck, 25 of Leaf River, was issued a citation for Operating a Vehicle When Registration is Revoked, Cancelled, or Suspended.

Church hosting vaccination clinics

MOUNT MORRIS – Trinity Lutheran Church, Mt. Morris will be hosting two COVID-19 vaccination clinics.

The first date is Friday, Jan. 21; the second date is Friday, Feb. 11. The clinics will be open from 1-5 p.m. Pfizer, Moderna, and J & J vaccines and boosters will be available, plus vaccines for the 5-17 year old youth. The vaccinations are free.

Trinity Lutheran Church is located at 308 East Brayton Road, Mt. Morris. Although not necessary, pre-registration can be done by going to Trinity's website www.trinitymmil.net

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 Oregon Police, Byron Police, Polo Police, Mt. Morris 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.

COMMUNITY CALENDAR

Mon., Jan. 10

Domestic Abuse Awareness Program at Rock River Center in Oregon. HOPE of Ogle County will facilitate an informational program on Domestic Abuse Awareness from 10-11 a.m. Be prepared to learn statistics, important facts, resources and answers to your questions. Handouts will be available. To sign up for this very informative free program, call Rock River Center at 815-732-3252.

Meridian School district, has a distribution from 3-5 p.m. The pantry meets at Valley Covenant Church on the corner of Route 72 and S. Maple in Stillman Valley. Please bring your own bags. If you are a registered client and cannot come inside for distribution, please call 815-298-5035 to have a box prepared. If you are new to BOL please register by calling 815-645-8872.

People, covers the basics of Bitcoin and Cryptocurrency for beginners. Registration is required. Call 815-732-2724 or visit <http://www.oregon-publiclibrary.com> to register.

1658 SILRT2, Oregon. Please use the back parking lot and entrance. A mask is required to enter the building. To register please call 815-732-4111 by 4 p.m. on Jan. 13th.

Weds., Jan. 12

Bitcoin and Other Cryptocurrency, live Zoom program with the Oregon Public Library at 6 p.m. Michael Gershbein, the creator of Very Smart

Thurs., Jan. 13

Lunch Group will meet at 11:30 a.m. at the Sunrise II Family Restaurant 101 W 2nd St., Byron. Please call 815-732-4111 by 10 a.m. to register.

The New Beginnings Al-Anon Family Group meets each Friday morning at 10 a.m. at the KSB Medical Clinic, 1107 S. Division (Route 52), in Polo. The meeting is also on Zoom; information for that option may be acquired by calling 815-732-7616.

Tues., Jan. 11

Bread of Life food pantry, serving Ogle County and the

Fri., Jan. 14

C.A.F.E. will meet from 9-10 a.m. at The Serenity Home

Please send your items for the weekly Community Calendar to bjennings@ogle-countylife.com.

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VIEWPOINT

"Congress shall make no law . . . abridging the freedom of speech or of the press"

Published every Monday
Mike Feltes, General Manager
Brad Jennings, Editor

The Ogle County Life is a division of
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MOMENTS IN TIME

* On Jan. 26, 1788, Capt. Arthur Phillip guides a fleet of 11 British ships carrying convicts to the colony of New South Wales, effectively founding Australia. The date eventually became commemorated as Australia Day.

* On Jan. 25, 1905, at the Premier Mine in Pretoria, South Africa, a 3,106-carat diamond is discovered. Weighing 1.33 pounds and christened the "Cullinan," it was the largest diamond ever found.

* On Jan. 24, 1935, canned beer makes its debut. In partnership with the American Can Company, the Gottfried Krueger Brewing Company delivered 2,000 cans of beer to faithful Krueger drinkers in Richmond, Virginia. Some 91% of the drinkers approved of the canned beer.

* On Jan. 30, 1943, the British Royal Air Force begins a bombing campaign in Berlin that coincides with the 10th anniversary of Hitler's accession to power. Two days later, a massive surrender of German troops occurred at Stalingrad.

* On Jan. 27, 1967, a fire on the launch pad during Apollo 1 program tests at Cape Canaveral, Florida, kills astronauts Virgil "Gus" Grissom, Edward H. White II and Roger B. Chaffee. An investigation implicated a faulty electrical wire inside the command module as the probable cause.

* On Jan. 29, 1979, Brenda Spencer, 16, kills two men and wounds nine children as they enter an elementary school in San Diego, blasting away with a rifle from her home across the street. Despite drug abuse and anger issues, her father had given her a .22 rifle and 500 rounds of ammunition as a Christmas gift.

* On Jan. 28, 1985, dozens of pop stars gather to lay down tracks for "We Are the World," under the direction of Quincy Jones. The song would go on to sell more than 7 million copies and raise more than \$60 million for African famine relief. Participants were told: "Check your egos at the door."

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LIFE letters' policy

Concise letters are most likely to be chosen for publication, but the use of any material is at the discretion of management. All letters must be signed or they will not be considered for publication.

During election times, no letters written by the candidates endorsing themselves will be considered for publication.

Editing may be necessary for space, clarity or to avoid obscenity or libel, but ideas will not be altered. Writers are urged to use discretion and refrain from sarcasm or personal attacks.

Criticism of individuals or organizations that is not broached tactfully will jeopardize the publication of a letter. Letters will be published in the order that they are received, unless there is a time factor involved, space permitting.

Job market, workers are changing

Have you ever had a job you hated so much that you fantasized about quitting in the middle of your day or shift?

I know I have. I have left jobs before, of course, but never just, "That's it ... I quit!" I suppose I am just a little too cautious. Some places I have worked have deserved it. But thankfully the last time I worked at a place that bad was 25 years ago.

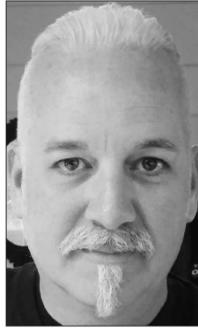
We all have had terrible jobs that we were forced to keep because we needed money to live. We have all had jobs we actually enjoyed too, but felt we deserved more than our employer was giving us. We felt at the mercy of our paymasters, and they took full advantage of it.

We see this all the time. How many people do you know who work long, hard hours but aren't really compensated that well for that work? I know a few, sadly. And it seems to me that the life/work balance my parents had has shifted. More work, less life.

Well, that started to change last year in what many have referred to as the "Great Resignation." Last year saw a huge number of people leaving their jobs. Some for other jobs, but for many they simply left the job market.

Living the Life

By Brad Jennings



Many people assumed it was simply "lazy" millennials leaving jobs so they could get unemployment. That was not the case. Turns out that many older workers, a bit older than me, took early re-retirement or simply left the job market.

The pandemic led to many changes in the workforce. More people were working from home, essential workers were putting in many hours and people lost their jobs when businesses closed. Eventually, many just got tired of the work environment, pay or unreasonable demands from employers and simply quit.

The biggest losers in the resignation trend included restaurants, hotels, retail and transportation. Anyone who has worked in a restaurant can tell you it is fast-

paced difficult work at times. And retail can also mean many hours dealing with rude people for not a lot of pay. During the pandemic, some workers complained about customers refusing to follow store rules and mask up. They felt it was a threat to their health so they quit. I have read many stories about that happening.

But it really comes down to pay. This is something we have been arguing about in this country for ages. How much is enough? How much is too much? As the CEOs of the world have seen their pay grow by huge leaps and bounds — while their tax burden has been eased significantly — many have complained about front line workers even getting a living wage.

People say that minimum wage was never intended to be a living wage. That could be true, but the days of teens filling many minimum wage jobs is gone. Now adults are filling those jobs — and often have more than one to support a family.

But in many areas wages are increasing. And that is thanks to labor unions, which saw significant gains last year. In fact, a fairly recent Gallop poll has shown labor unions are now more popular than

ever. Americas workers seem to be getting tired of putting in crazy hours for little pay and, sometimes, no benefits.

They are saying enough is enough.

Now, I have never been a member of a union, but I am thankful they exist. They have done great things for all workers. Strong unions can help all of us.

Look, I understand that higher wages can mean increased prices. But we have seen increased prices even with no wage increases. Material costs go up, insurance costs, heating, cooling, rent — you name it. When you run a business, costs go up.

When those costs go up, businesses at times have to adjust prices. We all understand that to be the case, but it only seems to bother some people when it comes to wages.

Will the resignations continue? Time will tell, but I think things will level out. I do think that workers now have a bit more power than they did before, and they are — and should — taking advantage of that.

Now if we could just get everyone to pay their fair share of taxes...

Brad Jennings is Editor of The Ogle County Life.

Freedom and fate in a dying universe

The universe is dying. Its passing, billions of years away, will be the end result of forces that carry deep significance for the here and now. Scientist Brian Greene explains it all in his book, published last year and titled "Until the End of Time."

He starts with something called the Second Law of Thermodynamics, which says that, to put it crudely, everything falls apart over time. That includes the universe itself. Its stars and other celestial bodies have been burning up and breaking down into elementary particles since the Big Bang.

It's an unchangeable chain of events ordained by the laws of physics, which control everything that has happened or will happen. If we could know all the factors involved, says Mr. Green, we could predict the future exactly.

This is where the truly disturbing part comes in. "...you and I," he explains, "are nothing but constellations of particles whose behavior is fully governed by physical law." Our brains, our minds, operate under rules that are beyond our command.

We have no control over our thoughts or actions. So much for personal responsibility.

Guest Opinion

By Lowell Harp



So much for Free Will.

Science journalist Jo Marchant counters with a more encouraging story in "The Human Cosmos," which, like Mr. Greene's book, was published last year. She traces the way civilization's reliance on numbers and facts has blunted the awe and connectedness that early humans felt when they looked at the heavens. She reports on signs of a return to the idea that "perhaps physical matter isn't all that the universe is, all that we are."

Ms. Marchant pulls together several strands of evidence for that proposition. She informs us that plants and animals interact in ways that seem to suggest some kind of awareness on their part, and that they seem to be more connected to forces in the universe outside of Earth than previously known.

Science, says Ms.

Marchant, is increasingly supportive of the idea that life exists throughout the universe. Some think that, "Maybe there's some extra principle, yet to be discovered that has been nudging the universe toward complexity, so that life and consciousness could arise." Ms. Marchant reports hopefully on suggestions that consciousness is everywhere, a basic quality of the universe instead of a mere by-product.

Her argument suffers from the fact that the universe is becoming less complex, instead of more, as it relentlessly disintegrates into nothingness. And she admits that these ideas aren't necessarily "de-finitively correct, or provable, or close to becoming generally accepted." It's Mr. Greene, instead, who represents the scientific consensus.

But he nevertheless says this about his disbelief in free will: "Some will balk at this conclusion. I surely have. Although I am convinced intellectually by the argument I have presented, that doesn't undo my deep and strong impression that I freely control what's happening inside my head."

This isn't just an argument between science and religion. Disputes within Christianity and other

faiths about free will go back thousands of years, revolving around the idea of an all-powerful God. In each case, it comes down to a conflict between logic and what we all, including Mr. Greene, believe deep down in our primal souls.

It's a belief that gives us hope that we can willfully bring about a desirable future, and we rely on it to hold other people accountable. It's hard if not impossible to imagine society without it. But it's also a belief that has no support in logic, science, or, perhaps, even religion.

Maybe the best we can do, then, is to acknowledge our mental limitations. Our ideas about such things are likely to be meaningless from the perspective of an infinite universe — imaginings that help us feel as if we understand. Meanwhile, the absurdity of our dilemma is summed up by the novelist Isaac Bashevis Singer: "We must believe in free will. We have no choice."

Lowell Harp is a retired school psychologist who served school districts in Ogle County. His column runs monthly in The Ogle County Life. For previous articles, you can follow him on Facebook at <http://fb.me/lowellharp>.

Goodfellows send out thank yous for support

Dear Editor,

The Mt. Morris Goodfellows would like to thank the many individuals, organizations, and businesses that chose to support our efforts by making a donation to help those in our community who, for some reason, could use a little assistance.

It is the generous support of our community that allows the work of the Goodfellows to continue. This holiday season we were able to touch the lives of 121 families/households. We thank you for making that possible.

Best wishes in 2022 from the Mt. Morris Goodfellows.

Sincerely,

Charlie Beard, Jerry Griffin, Mt. Morris Goodfellows

LOCAL NEWS



Stillman Bank names Holiday Giveaway winners

STILLMAN VALLEY – Stillman Bank held its annual Holiday Giveaway drawing on Dec. 23.

The bank had a total of 6 winners throughout its six locations. The winners received either a beef quarter or pork half.

The winners of the beef quarters were: Mike Lorenz (Stillman Valley), Kathleen Magnus (Rockford), and Phillip Baylor (Roscoe).

The winners of the pork halves were: Rhonda Young (Byron), Steve Whitmer (Oregon), and Maria Hernandez (Rochelle). The annual Holiday Giveaway is one of the many ways the bank gives back to the local communities it serves. For more information on the 2021 Holiday Giveaway or to find out more about Stillman Bank's products and services, please contact or visit www.stillmanbank.com.



Stillman Valley Lions

The Lions of Stillman Valley have been very busy this December. Members have decorated the Christmas Tree in the lot of Stillman Valley Bank with eye glasses and gold Lions bulbs. The Cardinal Christmas celebration was a great success this year and the Lions handed out cookies, hot cocoa and cider to all festival goers. A day of filling and delivering fruit baskets to take to deserving members of the community was undertaken by the many members of the Stillman Lions club. Truly a very busy December.



Ugly sweater contest

Sandi Chasm in her bulldog Christmas sweater won the Ugly Christmas Sweater contest at the Oregon Woman's Club Christmas luncheon, held on Dec. 10 at the Rock River Center in Oregon.

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homes

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100 Dayflower Circle, Davis Junction

\$60,000 dickersonnieman.com/202107841

LARGE MOBILE HOME! On premier lot in Rolling Meadows Park! 4 beds, 2.5 baths & 1600 SQFT of living space. Large family room connected to dining room. Open living room & kitchen w/cathedral ceiling. One side of home has 3 bedrooms that share full bath. Master suite is attached to kitchen & features tub & stand up shower.

SEAN HOSSEINI
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MAYDELL LESSEN
DESIGNATED MANAGING BROKER
(815) 622-4619

BRAD AUKER
(815) 978-0018

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(815) 985-3264

SHARON BOWERS
(815) 757-7462

LYRAH AUSTIN-BUSHNELL
(815) 218-0059

TIFFANY CRAVATTA
(815) 988-4388

RANDY CRIDDLE
(815) 871-4004

TERRY CRIDDLE
(815) 871-2006

DANA DAUB
(815) 440-2835

KAYLA HESLOP
(815) 222-9771

SEAN HOSSEINI
(815) 200-8490

MIKE LONG
(815) 761-4741

CHRIS SNYDER
(815) 494-7857



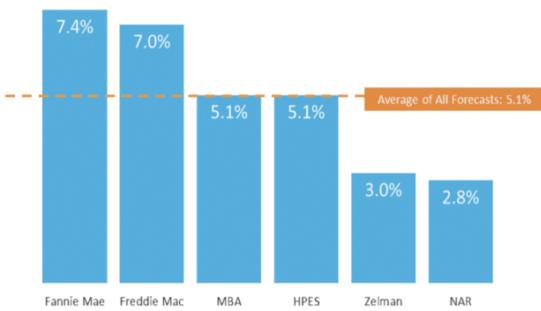
Student leaders

Meridian Junior High School would like to congratulate the November Student Leaders of the Month. These students were first nominated and voted on by their classmates for the November trait – SUCCESS and also Leader In Me Habit #3 – Put First Things First. Congrats to the following (from left to right): Dex Shook (6th), Adam Mendoza (6th), Addison Meyer (7th), Carson Huber (7th), Liam Seibold (8th) and Zaiah Reed (8th).



2022 Home Price Forecasts

Based on Expert Projections



In the past 12 months, home price appreciation has been the topic of many headlines and not in a good way. Speculation that we're in another housing bubble has kept many buyers and sellers hesitant that we're headed for another crash.

So, what does the future hold for home prices? It's important to remember that the 2021 market was anything but normal, and that escalating home values were a direct result of record-low inventory.

However, experts project that the inventory situation should improve in the coming year, slowing price appreciation.

But will home prices depreciate in 2022? Over 100 industry experts don't think so. Instead, they are projecting a more modest appreciation of 5.1% in the next 12 months compared to the nearly 20% rise seen on average in 2021.

The Cost of Waiting To Buy: 2021 vs. 2022

Purchased	Purchase Amount	Mortgaged Amount with 10% Down	Mortgage Rate	Mortgage Payment (P&I only)****
Today	\$353,900	\$318,510	3.1%*	\$1,360
2022 Q4	\$376,904**	\$339,214	3.7%***	\$1,561
Additional Monthly Housing Expense				\$201

*Based on Freddie Mac current 30-year fixed mortgage rate
 **Based on average projected home price increase of 6.5% from Fannie Mae, Freddie Mac, and MBA
 ***Average projected mortgage rate from Fannie Mae, Freddie Mac, and MBA
 ****Principal and interest only, does not include home insurance, taxes, and other fees which vary by location

FEATURED LISTING



203 Sunset Lane, Mt. Morris \$102,000 Call Mark

Cozy Cape Cod home in Mt. Morris has 3 bedrooms, 1.5 baths and is very close to Sunset Golf Course! The beautiful kitchen was recently updated with white cabinetry, new microwave, new light fixtures and all new flooring in kitchen and adjoining dining room! Stove, refrigerator and dishwasher are all newer and can stay! New carpet in the living room and nice wood burning fireplace will keep you warm and cozy! Convenient 1st floor knotty pine office could also be 4th bedroom. French doors in the dining room area lead to the nice sized deck that has built in bench seating! Backyard is spacious with plenty of room for kids and pets. Detached 1.5 car garage. Some furniture can stay.



NEW LISTING

202 S. Jefferson Avenue, Amboy \$159,900 Call JD

Meticulously remodeled American Foursquare, featuring the perfect blend of historical and modern living. Featuring large living spaces, complimented by its contemporary updates, this 4 bedroom home is guaranteed to please any family. The following improvements have been completed over the last two years... 2020; Brand new furnace and A/C, crown molding and wainscoting installed throughout, all new light fixtures/outlets/switches, fully remodeled bathrooms while preserving and restoring the original '1915' bathtub, all wood floors refinished, and some new drywall. 2021; All new siding and landscaping, rebuilt back porch (now fully insulated and heated), and new epoxy on basement floor. This home is one you have to see for yourself!



NEW PRICE

301 S. Second Street, Oregon NOW \$99,900 Call Carla

This 2 story offers loads of opportunities! Gorgeous wood floors, formal living room and dining room, family room off of kitchen. Loads of character and charm! You could use this as a single family with an in-law apartment or potential airbnb above the garage! New roof in 2020. Kitchen appliances stay, this home is as cozy as can be! Large rooms throughout, loads of character and charm! Sitting on a corner lot close to downtown shopping and recreation and parks with the nearby Rock river! Home warranty included and \$2,000 flooring allowance included. Don't delay, call today for your private showing.



NEW PRICE

2312 N. Halsted Road, Rockford NOW \$84,900 Call Merri

Meticulously remodeled American Foursquare, featuring the perfect blend of historical and modern living. Featuring large living spaces, complimented by its contemporary updates, this 4 bedroom home is guaranteed to please any family. The following improvements have been completed over the last two years... 2020; Brand new furnace and A/C, crown molding and wainscoting installed throughout, all new light fixtures/outlets/switches, fully remodeled bathrooms while preserving and restoring the original '1915' bathtub, all wood floors refinished, and some new drywall. 2021; All new siding and landscaping, rebuilt back porch (now fully insulated and heated), and new epoxy on basement floor. This home is one you have to see for yourself!



NEW PRICE

605 E. Second Street, Sterling NOW \$29,900 Call JD

Great location & tons of possibilities. Charming 4 bedroom home with loads of potential at an affordable price. Complete all of your own finishing touches to make it yours. Will not pass RD, FHA, or USDA financing.



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SPORTS/NEWS

Oregon bowlers keep on hot streak for season

The Oregon Hawks Boys bowling team raised their season record to 13-2 with a 3360-3031 Northern Illinois Bowling Conference victory over Dixon on Jan. 4 at Town & Country Lanes, Mt Morris, taking all 5 match points.

The Hawks were led by Sty-lar Klapp with a 608 series (176,233,199). Klapp was followed closely by Brady Davis 600 series, Roberto Hernandez 592 series, Isaac Kaltenbrun 550 series, Brando Rowe 531 series and Gavvin Surmo with a 479 series. The JV raised their record to 15-0 and was led by Bryan Immel with a 543 series.

The Oregon Hawks Girls bowling team went to 6-3 on the season with a 2891-2717 win over Dixon Jan. 4.

The team total was a season's 3-game match best for Oregon. The Lady Hawks were led by Ava Wight with a 591 series (188,189,214). Wight was followed by Mackenzie Alford 530 series, Trinity Hultquist 478 series, Kendra Ehrler 476 series, Paige Beauchem 450 series, and Kylie Krug 366 series.

The Oregon Boys bowling team entered 2 team boys teams in the Dixon Toughman Tournament Wednesday, Dec. 29 at Plum Hollow Family Center, Dixon.

Isaac Kaltenbrun was dominate in leading the tournament field by nearly 100 pins in the 4-game series format. Kaltenbrun record the tournaments 2 highest games

288 and 277 enroute to a 967 4-game series. His 288 game flirted with perfection leaving a wobbling 10 pin on his 11th ball. Also bowling on the Oregon Red team was Brandon Rowe – 733 series, Brady Davis 663 series, Gavvin Surmo 473 series (3 games), Sty-lar Klapp 355 series (2 games), Bryan Immel 340 series (2 games) and Roberto Hernandez 128 – 1 game.

The Oregon Red team finished the event in 5th place, only 30 pins out of a 3rd place medal, with a 5317 score. The Oregon White team finished in 10th place and was led by Codey Dunbar with a 640 series, followed by Immanuel Arrellano with a 556 series, Matthew Stahl with a 555 series, Ethan Smice with a 437 series (3 games), Riley Kiesling with a 360 series (3 games) and Isaac Kramer with a 196 series (2 games).

The Oregon Hawks Boys bowling team raised their season record to 12-2 with a 3225-1505 victory over Kaneland tonight at Town & Country Lanes, Mt Morris on Dec. 28.

The Hawks were led by Isaac Kaltenbrun with a 690 series (224,203,263). Kaltenbrun was followed by Brady Davis 570 series, Sty-lar Klapp 518 series, Brandon Rowe 500 series, Gavvin Surmo 493 series and Roberto Hernandez with a 454 series. The JV raised their record to 14-0 and were led by Bryan Immel with a 552 series.

Scores

Boys Varsity Basketball

Dec. 30
Stillman Valley 75, Ash-ton-Franklin Center 38

Jan. 5
Stillman Valley 65, Marengo 53

Girls Varsity Basketball

Dec. 29
Stillman Valley 40, Dixon 44

Jan. 4
Stillman Valley 42, Rockford Lutheran 41

Forreston Library News

Vaccine Clinic

In partnership with IDPH, the library will be hosting a Covid-19 Vaccine Clinic on Wednesday, January 19th and Wednesday, February 9th from 10 a.m. to 2 p.m. for ages 12 and up. First/second shots and boosters will be available. Please call the library at 815-938-2624 for more information or to register.

Library Hours

The library is open: Monday 10am-1pm, 2-7pm, Tuesday, Wednesday, and Thursday 10am-1pm, 2-6pm, and Saturday 9am-12pm. We are closed on Friday and Sunday. Masks are currently required for anyone over the age of 2. Curbside pickup is available for anyone who wishes to use it.

Library Updates

Please like our Facebook page to stay up to date with the most current information on our plans and activities and also check out our website at forrestonlibrary.org. If you have any questions or needs, please feel free to contact us by phone at 815-938-2624, email at forrestonpubliclibrary@gmail.com, or through Facebook messaging.

Local graduates

University of Wisconsin-Milwaukee

MILWAUKEE, Wis. – The following individuals from your area are among more than 1,900 prospective candidates for degree attending the University of Wisconsin-Milwaukee virtual commencement exercises held on Sunday, Dec 19, 2021 in Milwaukee.

UWM is the second largest university in the State of Wisconsin, with over 24,000 undergraduate and graduate students.

Byron

Kayla Miller, College of Nursing, Bachelor of Science

Davis Junction

Hannah Fleming, College of Letters and Science, Bachelor of Arts

Mount Marty University

YANKTON, S.D. – Katarina L Ilkow of Davis Junction, was recently awarded a Bachelor of Science in Nursing from Mount Marty University.

Mount Marty offers undergraduate and graduate degrees in a wide range of high-demand fields, including health sciences, education, criminal justice, business, accounting, recreation management and more, with campus locations in Yankton, Sioux Falls, and Watertown.

To learn more about MMU, visit mountmarty.edu.

University of Nebraska-Lincoln

LINCOLN, Neb. – The University of Nebraska-Lincoln conferred a record 3,594 degrees during commencement exercises May 7 and 8.

The 3,512 graduates are from 58 countries, 43 states and the District of Columbia, and more than 250 Nebraska communities.

Following is a list of area graduates by hometown, with their college(s) and degree(s). Some international students are listed under their adopted hometowns in the United States. Some students requested not to be listed.

Byron: Kirk Patrick Martin, College of Business, Bachelor of Science in Business Administration with distinction.

German Valley: Logan Scott Rogers, College of Engineering, Bachelor of Science in Mechanical Engineering.

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LOCAL NEWS

Julia Hull Library News

Adult Winter Reading Challenge

Hey, Adults! Winter is almost here. You have nature's permission to grab a book, burrow in, and make cozy. Why not be rewarded for it? Use the Beanstack app to register and track your progress. For each book you read, and each activity you log, you'll earn a badge (and a chance to win actual prizes!) Drawings held weekly. Earn your *Bona Fide Reader* Badge by February 28, and be entered to win our grand prize: a gift certificate to LINO'S PIZZA in Rockford. BONUS: Earn 5 Review/Activity Badges in addition to your *Bona Fide Reader* Badge, and you'll be entered twice! Through February 28.

Mixed Media Winter Tray

Bring a little bit of Hygge into every Winter day with this unique serving tray! Monday, January 10 at 6 p.m. on Zoom. Email Joanna at jkluver@mail.meridian223.org to register.

A Song & A Story

Join us for a virtual thematic song, story, and craft each week on Facebook Live. It's the perfect light and refreshing delight for your little one. Stop by, or use the form on our website to reserve your child's monthly kit: <https://juliahull.org/order-request>. While supplies last.

Pajama Storytime

The whole family is invited to a special evening storytime series! Join Miss Kelly on Zoom for interactive books, rhymes, and songs. Wear your pj's, and bring a cuddle buddy. Next PJ Storytime: Tuesday, January 11 at 6:30 p.m. Email khaas@mail.meridian223.org, or FB message us for a link to the program.

Young Critics Book Club

Join us for a book discussion and hands-on craft/activity on Tuesday, January 18 at 6 p.m. all about *Dumpling Days*, by Grace Lin. Stop by, or call the library to register for this in-person program, and reserve your copy of the reading. Ages 7-9.

Short & Sweets

Join Joanna on Zoom Wednesday, January 19 at 10 a.m. for an engaging discussion of Ernest Hemingway's short story, "Cross-Country Snow." BYO dessert! Copies of the reading and program link available by emailing Joanna at jkluver@mail.meridian223.org. Paper copies available at the library upon request. Adults.

Teens: Art Rhythms

Let your stress and winter blues drift away by joining Kelly after school in the library for some relaxing doodling to music, and casual conversation with friends. Thursday, January 20 at 3 p.m. Ages 13-18. Registration required: 815-645-8611.

Winter Science: Indoor Snow

The weather outside may be frightful, but kids are in for a delightful science experiment. On Saturday, January 22 at 10 a.m., we'll whip up and play with our very own snow all while staying cozy and warm in the library! Ages 5-9. Registration required: 815-645-8611.

Byron Library News

Change in Programming

Due to increased Covid cases in Ogle County and the Byron schools implementing an adaptive pause, all in-person programming at the library is on hold until January 4th. At that time we will reevaluate when programming can resume. The library is still open during normal hours for book browsing and check-out at this time.

New Website Address

The Byron Library has a new website address! Our website can now be found at www.byronlibrary.org. Check it out, and be sure to update your bookmarks!

Curbside Delivery

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

Center for Retirement Living

Tuesday, Jan. 18, 1-2 p.m.
Arnie Ames will be presenting programs offered by Rock Valley College's Center for Retirement Living (CLR). CLR offers programs in several different categories. There are currently 120 different classes planned for Spring, 2022. CLR also

Polo Library News

Special Procedures

Masks are required in the library for everyone over the age of two. Polo Library's programs and services are for everyone. If you require an access service to fully participate or have any questions about accessibility, please contact Ellen Finfrock at 815-946-2713.

Adult Programs

Afternoon Book Club will meet on Monday, January 24th at 1:30 p.m. We're reading and discussing *Migrations* by Charlotte McConaghy. The following is a description found on Amazon: "Epic and intimate, heartbreaking and galvanizing, Charlotte McConaghy's *Migrations* is an ode to a disappearing world and a breathtaking page-turner about the possibility of hope against all odds." This program is open to anyone who is interested, no registration required. Stop in to pick up a copy and join us!

Genealogy Assistance

Are you interested in researching your ancestors but don't know where to start? Do you have a start and need help with your research? Stop by the first Wednesday 5-7 p.m. or the third Saturday 10 a.m.-12 p.m. and let Donna help with your project. Polo Library is now a FamilySearch Affiliate Library which allows access to more digital records when you're researching at the library.

Jigsaw Puzzle Swap

Are you bored with the same old puzzles you have at home? Bring your gently used puzzles to the library and leave with new-to-you puzzles. Each puzzle to swap must: be primarily at least 500 pieces, be

offers day and multiple-day trips and social events. Come and see what is available for the 50+ crowd at CLR. Register by going online to Byron.evanced.info/signup or calling 815-234-5107.

Healthy Living for Your Brain and Body

Thursday, Jan. 20, noon-1 p.m.
Watch the Alzheimer's Association LIVE interactive program. This will be the first in a series that the Alzheimer's Association will be presenting for the upcoming year. For centuries, we've known that the health of the brain and body are connected. But now, science is able to provide insights into how to make lifestyle choices that may help you keep your brain and body healthy as you age. Register online at Byron.evanced.info/signup or by calling 815-234-5107.

COVID-19 Vaccine Clinic

Tuesday, Jan. 25, 10 a.m.-4 p.m.
Join us as we host a community COVID-19 vaccination clinic in partnership with the Illinois Department of Health and IEMA. This clinic is open to the public, ages 12 and up, and will offer both second doses and boosters. If you would like to set up an appointment please call the library at 815-234-5107.

Visit the [Byron Library Facebook page](#) to keep up to date on library news and virtual programs! Be sure to also check out the [Byron Library](#) and [Byron Library Teen Instagram pages!](#)

complete, no missing pieces; be placed in a zip-lock bag within its container; include an image of the completed puzzle - picture on box, poster or photo. Please bring donated puzzles to the circulation desk. Don't have a puzzle to swap? Come pick one out and swap it back when you've finished with it. Jigsaw Puzzle Swap is located in the display cabinet in the Congress Street foyer.

Yoga at the Library

Monday, February 14th at 6 p.m. This class is taught by Clementine Studio. Register at the Circulation Desk or call 815-946-2713.

Children's Programs

Help Ms Melanie kick-off Winter Reading Land (Winter Reading Program). This reading program is for Kindergarten through 5th graders and will run from January 29th-February 26th. Register for the kick-off party and reading program by emailing melaniew@pololibrary.org or call 815-946-2713. Board game kick-off party has been rescheduled for Saturday, January 29th at 10:30 a.m.

Virtual Storytime on Saturday, January 15th at 10:30 a.m. on Facebook and YouTube.

New books expected in February

The Horsewoman by James Patterson
Find Me by Alafair Burke - Ellie Hatcher series, book 6
The Final Case by David Guterson
One Step Too Far by Lisa Gardner - Frankie Elkin, book 2
Lightning in a Mirror by Jayne Ann Krentz - Fogge Lake, book 3

DIRECTORY OF AREA HUMAN SERVICES

Alcohol Abuse Counseling & Recovery

A.A. Hotline 800-452-7990
Sinnissippi Centers, Inc.
Oregon 732-3157
Rochelle 562-3801

Domestic Abuse Agency and 24-Hour Shelter and Helpline

HOPE of Ogle County 562-8890 or 732-7796
Counseling Services, Court Advocacy, Latina Advocacy, and Shelter programs

Education

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

Low Income Housing

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

Habitat for Humanity of Ogle County

P.) Box 628
Oregon, IL 61061 732-6855

Mental Health

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

Senior Citizens Services

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

Sexual Assault/Abuse

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

Therapeutic

Pegasus Special Riders 973-3177

Veterans' Services

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

Wellness Services

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

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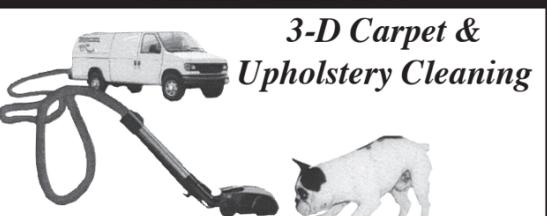
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Heather Ruchti
Ph: (815) 762-5307

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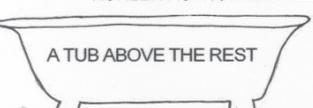
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LOCAL NEWS

Oregon Library News

Oregon Public Library Procedures

Masks are required upon entering the Library. Hand sanitizing is requested. Please call (815) 732- 2724 for any questions. Holds can be placed online through the catalog: <http://search.prairiecat.info/iii/encore/?lang=eng>, over the phone with Library staff, or through our NEW mobile App - PrairieCat Mobile. Remember to check our Facebook posts or the local papers for new releases!

Library Book Clubs

The 2WBC Book Club meets Wednesday, January 12 at 12:30 p.m. to discuss *An Absolutely Remarkable Thing* by Hank Green. The Afternoon Book Club meets Wednesday, January 19 at 1 p.m. to discuss *In Five Years* by Rebecca Serle. Books On Tap will discuss both *The Last Mrs. Parrish* and *January's Book: The Library Book* by Susan Orlean on January 27th at 6 p.m. at Cork & Tap.

Preschool StoryTime (18 months – 5 years)

StoryTime now meets on Mondays at 9:30 am. Registration and masks will be required.

Yoga on Mondays at 9:30 a.m. – beginning January 24

Krystal Casey will be teaching a Monday morning yoga class at the library. Registration is required, (815) 732-2724. Space is limited due to COVID regulations.

Try It Tuesday – Tuesday, January 11th (while supplies last)

Beaded Wish Bracelets. Each kit will contain all supplies needed to make a custom beaded wish bracelets. A wish bracelet is a fun craft project made from hemp string and beads. A wish bracelet is designed to eventually break down, the beads falling off one by one. You make a wish when you put the bracelet on. Once the beads are gone, your wish will come true. *Kits are first come, first serve for Oregon Library Card Holders.*

Bitcoin and Other Cryptocurrency - Live Zoom Program - Wednesday, January 12th at 6 p.m.

Michael Gershbein, the creator of *Very Smart People*, covers the basics of Bitcoin and Cryptocurrency for beginners. Registration is required. Call 815-732-2724 or visit <http://www.oregonpubliclibrary.com> to register.

Ink With A Friend- Monday, January 17th at 6:30 p.m.

Registration Deadline January 14th

Sending personal cards to your friends and family is a way to let them know you care and are thinking about them. Creating these cards makes it even more special. Come join us for Ink with a Friend. You will be provided a pre-cut kit along with personal instruction on how to create the wonderful cards while learning a variety of card making techniques. All designs include beautiful colored cardstock, gorgeous designer series paper, detailed stamped images, die cut pieces, matching ink, ribbon, and embellishments. This month, Liz has designed two (2) cards for you to make. All cards come with matching envelopes. Whether you're a new card maker or a seasoned pro, our kits are suited to every skill level. Don't wait! Sign up today to reserve your spot. Registration required (815) 732-2724 or <http://www.oregonpubliclibrary.com>.

Museum of Bad Art: Living in Tough Times VIRTUAL Program - Tuesday, January 18th at 7 p.m.

This program is offered both in-person and virtual through Zoom. Registration is required. Please call 815-732-2724 or visit our website to register.

Healthy Living for Your Brain & Body - Thursday, January 20th, noon

Join us for this free watch party presented by the Alzheimer's Association.

An Evening with Silvia Moreno-Garcia - Wednesday, January 26th, 7 p.m.

The bestselling and award-winning author of *Mexican Gothic* discusses her newest book, *Velvet Was the Night*, and her genre-defying mashups of cultural noir and Lovecraftian horror. Register for this virtual event on our website.

Create Your Own Dragon-Wednesday, January 26, 2:30 p.m.

7th grade & up, Registration Deadline Friday, January 21

Pick out a ceramic dragon (eight different choices), paint your dragon, glaze it and then leave it to be fired. Individuals will be notified when dragon has been completed. Only 8 spots available so register early.

Puzzle Library

The library now has a free puzzle library. Take a puzzle, leave a puzzle. This is open to anyone in the community.

Oregon Public Library StoryWalk®

StoryWalk® was created by Anne Ferguson of Montpelier, VT in 2007, and developed in collaboration with the Vermont Bicycle & Pedestrian Coalition and the Kellogg Hubbard Library. Current story is ... Happy Birthday, Martin Luther King Jr. by Jean Marzollo.

OPLD Dial-A-Story

Need a quick story? Call 1-630-397-0912 to hear one! Children's stories are changed out monthly. The current story is All You Need for a Snowman by Alice Schertle.

Passport Services

The Oregon Public Library offers Passport Application Processing. Patrons seeking Passport Services should call the Library prior to their visit to ensure that an official processor is available at that time and for a checklist of items you will need for the appointment.

Oregon Writers Group -2nd Tuesday each month at 10 a.m.

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

PCs for People

We are excited to announce our new partnership with Pcs for People! We will be a distribution site for this organization. PCs for People distributes low-cost refurbished computers and internet to income-eligible individuals through an easy-to-apply online application system. Every desktop includes a mouse, keyboard, power cords, and monitor cords at no additional cost. Visit our website for more information or use the links below. You can also contact Pcs for People directly at 708-843-8450 or email at info@pcsforpeople.org. Check your eligibility here: <https://www.pcsforpeople.org/eligibility/> Sign up here: <https://tinyurl.com/oregonILtech>

New Releases

Midnight in Washington: How We Almost Lost Our Democracy and Still Could by Adam Schiff 973.33 SCH

Mercy by David Baldacci LP FIC BAL

Better Off Dead by Lee Child FIC CHI

Last Girl Ghosted by Lisa Unger FIC UNG

Too Good To Be True by Carola Lovering FIC LOV

Forgiving Paris by Karen Kingsbury FIC KIN

The Butler by Danielle Steel FIC STE

Monster in the Middle by Tiphonie Yanique FIC YAN

2 Sisters Detective Agency by James Patterson FI PAT

Oh William! By Elizabeth Strout FIC STR

Freedom's Song by Kim Vogel Sawyer FIC SAW

The Perishing by Natasha Deon FIC DEO

Dear Santa by Debbie Macomber FIC MAC

Pearl by Josh Malerman FIC MAL

Crossroads by Jonathan Franzen FIC FRA

The Book of magic by Alice Hoffman FIC HOF

The Judge's List by John Grisham FIC GRI

Three Sisters by Heather Morris FIC MOR

December 2021 From The Heart Calendar Winners

Dec. 1 - Rochelle Christian Food Pantry, \$25

Dec. 2 - Martha Landa, Rochelle, \$25

Dec. 3 - Deb Julifs, Rochelle, \$25

Dec. 4 - Henry Hall, Sycamore, \$25

Dec. 5 - Jodi Ziegler, Oregon, \$50

Dec. 6 - Lois Hultgren, Rochelle, \$25

Dec. 7 - Matt Thimjon - Rochelle Foods, \$25

Dec. 8 - Amy Kerns, Creston, \$25

Dec. 9 - Brandy Scarbrough, Creston, \$25

Dec. 10 - Jeremy Cover, Dixon, \$25

Dec. 11 - Jackleen Potts, Rochelle, \$25

Dec. 12 - Steve Berg, Orlando, Fla., \$50

Dec. 13 - Nancy Vogl, Oregon, \$25

Dec. 14 - Janet Boyle, Byron, \$25

Dec. 15 - Matt Boehle, Rochelle, \$25

Dec. 16 - Mary Anne Louis, Rochelle, \$25

Dec. 17 - Beth Thacker, Poplar Grove, \$25

Dec. 18 - Chrissy Smardo, Steward, \$25

Dec. 19 - Cindy Knight, Ashton, \$50

Dec. 20 - Cyndi Cunningham, Rochelle, \$25

Dec. 21 - Jake Mason, Dixon, \$25

Dec. 22 - Shawn Enoch, Cedar Siding, \$25

Dec. 23 - Jessica Aldridge, Aurora, Colo., \$25

Dec. 24 - Mary M. Bernardin, Compton, \$25

Dec. 25 - Nancy Larsen, Rochelle, \$1,000

Dec. 26 - Kathleen Dippner, Davis Junction, \$50

Dec. 27 - Mitzi Adams, Rochelle, \$25

Dec. 28 - Shane M. @ Clark-Dietrich, Rochelle, \$25

Dec. 29 - Erin and Michael Weiss, Naperville, \$50

Dec. 30 - Nick Vilmin, Byron, \$25

Dec. 31 - Jurl Pfeiffer, Dixon, \$25

Checks to winners will be mailed out at the end of each month.

Email all news items to bjenning@oglecountylife.com
Deadline is 3 p.m. Wednesday

LOCAL NEWS

Mount Morris Library News

Masks are required

We are requiring everyone over the age of two to wear masks in the library. We understand how everyone feels, but we ask for your understanding and cooperation. Thank you!

Curbside Service is available!

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

Storytime

Story time is on Wednesdays at 11:15 a.m. Donna Wells is our guest reader, and we will have a fun craft to do also. All preschool children are welcome.

Adult Book Club

The January book is *The Oysterville Sewing Circle* by Susan Wiggs. Copies are available at the library. This group will meet in-person at the library on Monday, January 24th at 3:30 p.m.

Display Case Showings

The display cases will be changing! During January, we have a Jim Henson display supplied by Leah Ruit! Stop by to check out all the *Muppets* and *Sesame Street* characters in person. We are always looking for people who are willing to share a collection or artwork in our display cases. If you are interested, please let us know.

Explore More Illinois

Explore More Illinois is a cultural pass program that provides discounts at museums, visual and performing arts centers, park districts, and more around the state. Use Explore More Illinois to find fun and educational places to go on a free afternoon or for a little getaway. Explore More Illinois is easy to use with your library card. Visit the library's website to browse attractions. You can find the information on our resource page.

Rock River Center

The Rock River Center has a representative in our library the second Thursday of every month. Services provided by Rock River Center are designed to enable older and disabled persons to remain independent, thereby avoiding costly long-term care. No appointment necessary but, if you want to make an appointment with the Rock River Center you may call 815-732-3252.

Adult Programming

We are trying to get back into the swing of offering monthly programs for adults. We would love to hear from you. Do evenings or weekends work better? Do you have any program ideas? Do you have a program you would like to share? Contact Mary Cheatwood at the library.

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

AREA CHURCH DIRECTORY

BYRON

ALL SAINTS LUTHERAN CHURCH

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

CORNERSTONE FAMILY CHURCH

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

BYRON ST. MARY CATHOLIC CHURCH

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

SHEPHERD EVANGELICAL FREE CHURCH

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

UNITED CHURCH OF BYRON

A Member Church of the United Church of Christ
701 W. Second Street ~ PO Box 927, Byron IL 61010-0927, 815-234-8777
Email: ucbc@comcast.net Website: unitedchurchofbyron.org
Pastor: Tyler Spellious
Youth Ministry Coordinator: Richard Simpson
Adult Sunday School 9:00am-10:00am, Kids Sunday School (ages 3 thru high school) 10:00am-10:40am, Coffee & Fellowship time: 10:00am-10:25am
Sunday Schedule and Worship Opportunities:
Service of Meditation and Prayer: 8:15am - 8:45am
Adult Christian Education Class: 9am
Main Worship with Chancel Choir: 10:30am
For complete ministry schedule and activities, please check our website or Facebook page or contact the church office.
Whoever you are or wherever you are on your journey, you are welcome here!

CHANA

CHANA UNITED METHODIST

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

DAVIS JUNCTION

DAVIS JUNCTION UNITED METHODIST CHURCH

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

GRACE FELLOWSHIP CHURCH

Pastor Brad Pittman www.graceisforyou.com
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Worship Service: Saturday at 5pm

FORRESTON

FAITH LUTHERAN CHURCH

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

FIRST UNITED METHODIST CHURCH

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

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West Grove Rd. At Columbine Rd • Karyn Kost • 815-938-3511
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Everyone is cordially invited to be with us.

LEAF RIVER

ADELINE ZION EVANGELICAL CHURCH

9106 Cedar St. in Adeline, Leaf River, IL 61047 • Ph:815-541-4863 Sunday Services: Sunday School 9:00 am, Worship Service 10:15 am
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Pastor Billy Hardy
Live Sermon Streaming: Sundays at 10:00 AM at www.facebook.com/LEAFRIVERBC/
Archived Sermons on our YouTube channel: Leaf River Baptist Church (Until further notice)
9:30 Church Service. Nursery available, 11:00 Sunday school for all ages. Nursery available
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815-738-2205 leafriverbc@gmail.com

LINDENWOOD

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immanuel-lindenwood.org (for sermons, events, etc.)
16060 E. Lindenwood Road, Lindenwood, IL 61049
PHONE: 815-946-2535 • Rev. Joseph P. Nail
815-393-4500 • office@immanuel-lindenwood.org
Sunday Mornings: Divine Service @ 9am; Food & Fellowship @ 10am; Sunday School and Adult Bible Study @ 10:30am
Food Bank: 1st and 3rd Saturdays, 9am-12pm
Pastor: Rev. Dr. Matthew Rosebrock
pastor@immanuel-lindenwood.org

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

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140 S. Church Road, Kings, IL 61068 • Rev. Cary Winn
Phone 815-562-6811 E-mail: office@goelimchurch.org
Website: www.goelimchurch.org
Sunday morning worship 10:00 am • Sunday School 9:00 am

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secretary@disciplesumc.org
102 N. Maple Ave.
Mt. Morris, IL 61054
Pastor - Rev. Julie Bunt

EVANGELICAL FREE CHURCH OF MT. MORRIS

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

MT. MORRIS CHURCH OF THE BRETHREN

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

MT. MORRIS TRINITY LUTHERAN CHURCH

308 E. Brayton Rd. Mt. Morris, IL Phone: 734-6354 Rev. Josh Ehrler
Worship Services: Saturday 5:30 PM; Worship Sunday 9:30 AM.
Sunday Church School 10:45 AM; (Sept. 10, 2017 Thru May 2018) Sept.-May Chime Choir Wednesday 6:00 PM; Chancel Choir Wednesday 7:00 PM.

OREGON

EBENEZER REFORMED CHURCH

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

LIGHTHOUSE UNITED METHODIST

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

OREGON CHURCH OF GOD

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

OREGON FIRST BAPTIST CHURCH

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

OREGON UNITED METHODIST CHURCH

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

RIVERSTONE CHRISTIAN CHURCH

609 S. 10th St., Oregon, IL, 812-236-1213 • riverstonecc.com
Sunday 10:45 a.m.

ST. BRIDE'S EPISCOPAL CHURCH

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

ST. PAUL LUTHERAN CHURCH, NALC

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

POLO

ST. MARY CHURCH

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

CHURCH OF THE OPEN BIBLE

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

CROSSROADS COMMUNITY CHURCH ~ POLO CAMPUS

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

FAITH DISCOVERY CHURCH

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

FAITH UNITED METHODIST CHURCH

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

STILLMAN VALLEY

RED BRICK CHURCH OF STILLMAN VALLEY (CONGREGATIONAL CHRISTIAN CHURCH)

Pastor Rev. Dr. Chris Brauns | Associate Pastor David Bogner
12473 Montague Road (Rte 72), Stillman Valley, IL 61088
815-645-2526 | www.thebrickchurch.org
Sunday: Worship at 9:00 and 10:30 am. Sunday School at 9:00 am. Wednesday: AWANA (Sept - April) from 6:00 to 7:15 pm. Men, women, youth Bible Studies throughout the year. See website for all activities or contact the church office.

KISHWAUKEE COMMUNITY EVANGELICAL PRESBYTERIAN CHURCH

8195 Kishwaukee Road, Stillman Valley, IL 61084 / 815-965-1940
Pastor Eric Tonjes, www.kishchurch.org
Sunday Schedule: Discipleship Hour 9:00 AM, Coffee Fellowship 9:50 AM
Gathered Worship 10:00 AM
For complete ministry schedule check out our website or call the church office.

VALLEY EVANGELICAL COVENANT CHURCH

Rt. 72 & Maple St., in Stillman Valley • Phone 815-645-8872
Pastor: Rev. Rick Lindholtz • www.valleycov.org
Chuck Potts, Pastor to Students, Childrens
Sunday morning 9:15am "Gather" for learning and conversation; 10:15am Worship, both onsite and online at www.facebook.com/VECCoFV
We are requesting all attendees wear masks, practice social distancing, and stay home if ill.
Communion is served the first Sunday of the month.
Please call or visit the website more info about Bible study groups, Youth Group, Bread of Life Food Pantry, and Valley Covenant Preschool. Also the home of Valley Covenant Preschool 815-645-8882.

WINNEBAGO

MIDDLE CREEK PRESBYTERIAN CHURCH

Connect with People, Connect with Christ
12473 Montague Road, Winnebago, IL 61088
Located near the intersection of Montague and Tower roads; Phone: 815-335-2609; e-mail: middlecreekchurch@gmail.com
Pastor: Rev. Dr. Anita Stuart-Steva
Sunday mornings: Family Communion Worship 8:30 a.m.; Blended Worship 10:20 a.m. (Sept. - May) and 10 a.m. (June - Aug.); Sunday School Sept - May 9:15 a.m.
Other activities include: Bible studies; Praise Band; Social/Service Groups; Kindred Heart Stitches; For more information call the church office 9 a.m. - 2 p.m., Mon.-Fri.

Stillman BANK

Your Independent, Local Community Bank Since 1882

Byron 815.234.5626 Oregon 815.732.7956 Rochelle 815.562.7071 Rockford 815.332.8100 Roscoe/Rockton 815.623.1800 Stillman Valley 815.645.2266
www.stillmanbank.com

OGLE COUNTY LIFE

ROCK VALLEY SHOPPER

211 Hwy. 38 E.
Rochelle, IL 61068
Ph: 815-732-2156
Fax: 815-562-2161

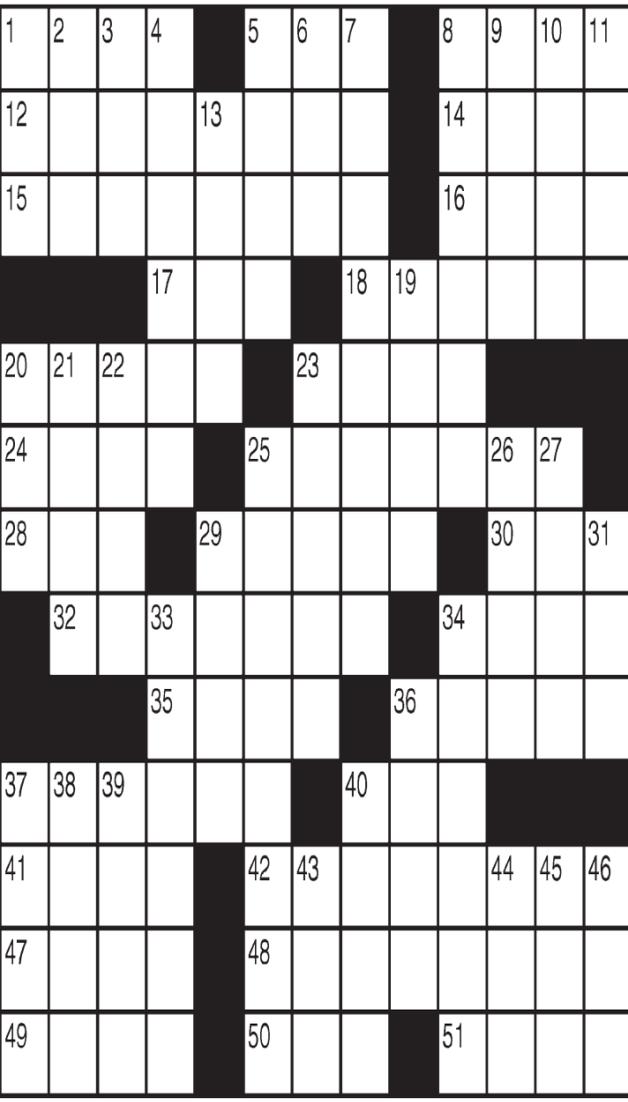
Weekly Brain Busters

King Crossword

MAGIC MAZE

ROCK BANDS OF THE '70s

- ACROSS**
- 1 Even
 - 5 Apply cream
 - 8 "The Good Earth" heroine
 - 12 "Please go ahead"
 - 14 Fork prong
 - 15 The National Pastime
 - 16 Circus structure
 - 17 Cacophony
 - 18 Scalawags
 - 20 Basilica areas
 - 23 Diving duck
 - 24 Soccer legend
 - 25 Brewing gizmo
 - 28 Greek letter
 - 29 Not — out of place



- partner 10 Green Gables basics
 30 Scull need girl 31 Flushed
DOWN 11 Tennis barriers 33 Hang loose?
 1 Bar bill 34 Diva
 2 " — tree falls ..."
 13 Baseball stats Streisand
 19 Cornhusker's 36 Kismet
 st. 37 Bleak
 20 iPhone download 38 Baby's father
 21 Mexican 39 Unsigned (Abbr.)
 money 40 Fed. food inspector
 22 Lost traction 43 Chemical suffix
 23 Black Panthers leader Bobby
 44 — Lingus
 25 Appreciative 45 Back muscle, briefly
 26 Rich soil 46 USN officers
 27 Stow cargo
 29 Grade-school

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

Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally
 Unlisted clue hint: THE ROLLING —

- Blondie
- Genesis
- Pink Floyd
- The Cars
- Caravan
- Grateful Dead
- Rainbow
- The Who
- Deep Purple
- Kiss
- Rush
- Yes
- Faust
- Led Zeppelin
- Steely Dan

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Weekly SUDOKU

by Linda Thistle

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

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

DIFFICULTY THIS WEEK: ◆◆◆

- ◆ Moderate
- ◆◆ Challenging
- ◆◆◆ HOO BOY!

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HOCUS-FOCUS

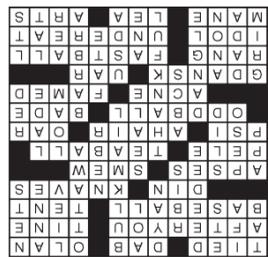
BY HENRY BOLTINOFF



Find at least six differences in details between panels.



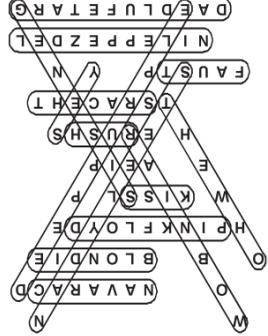
Differences: 1. Fence is shorter. 2. Scarf is shorter. 3. Cap is different. 4. Collar is different. 5. Arm is moved. 6. Window is smaller.



Solution time: 22 mins.

Answers

King Crossword



ROCK BANDS OF THE '70s

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

Answer

Weekly SUDOKU

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MARKETPLACE

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

IN THE)
MATTER)No.
OF THE)2021
ESTATE OF:)P
ERNEST S.)109
STASI, JR.,)
deceased.)

CLAIM NOTICE
NOTICE IS GIVEN of the death of ERNEST S. STASI of Oregon, Illinois. Letters of office were issued on December 16, 2021, to DANIELLE JACKSON of Oswego, Illinois, as Independent Executor, whose attorney is Eric D. Morrow of SMITH, BIRKHOZ & MORROW, P.C. at 129 S. Fourth Street, PO Box 10, Oregon, Illinois, 61061.

Claims against the estate may be filed in the office of the clerk, or with the representative, or both, on or before April 3, 2022, or within 3 months from date of mailing or delivery of notice to creditors, if required by Section 18-3 of the Illinois Probate Act of 1975, as amended, whichever date is later. Any claim not filed on or before that date is barred.

Copies of claims filed with the Clerk must be mailed or delivered to the estate legal representative and to the attorney within 10 days after the claim has been filed.

DANIELLE JACKSON, Independent Executor No. 0102 (Jan. 3, 10, 17, 2022)

PUBLIC NOTICE
UNITED STATES OF AMERICA
STATE OF ILLINOIS
IN THE CIRCUIT COURT OF OGLE COUNTY, ILLINOIS
County Dept. - Probate Division

In the)
Matter)No.
of the)2021
Estate of)P000081
Ronald)
E. Horn,)
Deceased)

CLAIM NOTICE
NOTICE IS GIVEN of the death of RONALD E. HORN, of 592 S Grandview Ter, Oregon, IL 61061. Letters of Office were issued on December 3, 2021 to: Donelle H. Ward, 240 East Illinois Street, Unit 1105, Chicago, IL 60611; whose attorney is: James Schelli, Jr., Webster & Schelli P.C., 1730 Park Street, Suite 220, Naperville, IL 60563, as Independent Executor.

The estate will be administered without Court supervision, unless under Section 28-4 of the Probate Act of 1975 (755 ILCS 5/28-4) any interested person terminates independent administration. Claims against the estate may be filed within six months from the date of first publication. Any claim not filed within six months from the date of first publication shall be barred.

Claims may be filed in the office of the Clerk of Circuit Court Ogle County - Probate Division at 106 S. 5th Street, Oregon, IL 61061. Copies of the claim must be mailed to the Executor or her representative or both within ten days after it has been filed.

JOAN L.)
PLUMMER,)
deceased.)
CLAIM NOTICE
NOTICE IS GIVEN of the death of JOAN L. PLUMMER of Leaf River, Illinois. Letters of office were issued on December 16, 2021, to CARL OLAF BERG of Oregon, Illinois, whose attorney is David A. Smith, of Smith, Birkholz & Morrow, P.C. at 129 South Fourth Street, P. O. Box 10, Oregon, Illinois, 61061-0010.

CLAIMS against the estate may be filed in the office of the Clerk of the Court at Ogle County Judicial Center, 106 South 5th Street, Oregon, Illinois, 61061, or with the representative, or both, within 6 months from the first publication of this Notice, or within three months from the date of mailing or delivery of Notice to creditors, if mailing or delivery is required by Section 18-3 of the Illinois Probate Act, 1975, as amended, whichever date is later. Any claim not filed within that period is barred. Copies of claims filed with the Clerk must be mailed or delivered to the estate legal representative and to the attorney within 10 days after the claim has been filed.

CARL OLAF BERG Independent Administrator No. 1232 (Dec. 27, Jan. 3, 10)

PUBLIC NOTICE
STATE OF ILLINOIS
IN THE CIRCUIT COURT OF THE 15TH JUDICIAL CIRCUIT COUNTY OF OGLE IN THE)
MATTER)No.
OF THE)2021
ESTATE OF:)P 112
EMERY L.)HAYES,
Deceased.)

CLAIM NOTICE
NOTICE IS GIVEN of the death of EMERY L. HA YES of Stillman Valley, Ogle County, Illinois. Letters of Office as Co-Executors were issued on December 17, 2021, to DIANE M. MILLS whose address is 112 N. Etnyre Avenue, Oregon, Ogle County, Illinois, and whose attorneys are Hewitt & Wagner, 1124 Lincoln Highway, Rochelle, Ogle County, Illinois, 61068. Claims against the estate may be filed in the Office of the Clerk of the Circuit Court of Ogle County, Oregon, Illinois, or with the representative, or both, no later than six (6) months from the date of the first publication of this claim notice 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 ten (10) days after it has been filed.

Hewitt & Wagner Attorneys at Law For the Co-Executors of the Estate of Emery L. Hayes, deceased No. 1235 (Dec. 17, Jan. 3, 10)

OGLE COUNTY HIGHWAY DEPT PUBLIC PARTICIPATION OPPORTUNITY
The Ogle County Highway Dept is seeking comments for the proposed project that will utilize Federal COVID Relief Funds to improve County Highway 29 (Montague Road) from Conger Road to Tower Road. The \$400,000 project will consist of the construction of 3' wide paved shoulders along the edge of the existing pavement and the overlay of the pavement with 1.5" of hot-mix asphalt surface course. The completed paved surface will be at least 28' wide. Should you have any questions or comments regarding the project, please do so in writing by January 17, 2022:
Mail:

Ogle County Highway Dept.
1989 S. IL Route 2
Oregon, IL 61061
Email: highway@ogle-county.org
No. 0103
Jan 3, 10, 2022

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

IN THE)
MATTER)No. 2021
OF THE)P 101
ESTATE)
OF)
STEPHEN)
P. BERG,)
deceased.)

CLAIM NOTICE
Notice is given to creditors of the death of Stephen P. Berg, of 735 Kari Court, Byron, Illinois 61010. Letters of Office were issued to Malcolm Berg, 7545 Harris Parkway #2405, Ft. Worth, TX 76123, as Independent Executor, whose attorney of record is Emily R. Vivian, Ehrmann Gehlbach Badger & Considine, LLC, 114 E. Everett Street, Dixon, Illinois 61021. The estate will be administered without court supervision, unless under section 28-4 of the Probate Act (755 ILCS 5/28-4) any interested person terminates independent administration at any time by mailing or delivering a petition to terminate to the clerk. Claims against the estate may be filed in the office of the Clerk of the Court at the Ogle County Judicial Center, 106 S. 5th Street, Suite #300, Oregon, IL 61061, or with the representative, or both, on or before the date which is six (6) months after the date of the first publication of this Claim Notice, or, if mailing or delivering of a notice from the representative is required by section 18-3 of the Probate Act of 1975, the date stated in that notice. Any claim not filed on or before that date 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.

By: Malcolm Berg, Independent Executor Emily R. Vivian ARDC: 6290977 Ehrmann Gehlbach Badger & Considine, LLC 114 E. Everett Street, Suite 300 Dixon, IL 61021 vivian@egbclaw.com (815) 288-4949 (815) 288-3068 FAX No. 0105 (Jan. 10, 17, 24)

PUBLIC NOTICE
NOTICE OF BID ON REAL PROPERTY OWNED BY THE VILLAGE OF STILLMAN VALLEY, IL PUBLIC NOTICE IS HEREBY GIVEN, pursuant to Section 11-76-1 and 11-76-2 of the Illinois Municipal Code, 65 ILCS 5/11-76-1 and 5/11-76-2, that the Village of Stillman Valley duly enacted Ordinance No.969, at a regular meeting of the Village Board of Trustees on December 13, 2021, entitled AN ORDINANCE AUTHORIZING THE SALE OF xxx MAPLE STREET, STILLMAN VALLEY BY OPEN BID. The Ordinance, authorizes the sale of a vacant and unimproved parcel roughly FRONT 11.24 irregularly shaped and generally described as xxx Maple Street; Walnut Street, Stillman Valley, Ogle County, Illinois, P.I.N. 10-01-358-006, and legally described as: PARCEL Part of Lot Four (4) in Bock Fifteen (15) of White's Second Addition to the Village of Stillman Valley, County of Ogle, State of Illinois, described as follows: Commencing at the southeast corner of said Lot 4; thence North 0 degrees 01 minutes 02 seconds East, 54.76 feet on the east line of said Lot 4, to the Point

of Beginning; thence North 70 degrees 43 minutes 50 seconds West, 35.19 feet to the north line of said Lot 4; thence South 89 degrees 23 minutes 53 seconds East, 33.22 feet on said north line, to said east line of Lot 4; thence South 0 degrees 01 minutes 02 seconds West, 11.26 feet on said east line, to the Point of Beginning, containing 0.004 acre (187 square feet).

The property consists of one vacant and unimproved, irregularly-shaped lot located in the Village's R1 Residential zoning district. Its current use is as a municipal green space. Development plans for the Property must conform to the R1 Residential zoning district standards and complement existing residential uses in the vicinity of the Property. The property is being sold "as-is" for a sum determined to be appropriate by open bid. The Village makes no representation as to the condition of the Property. The winning bid will be responsible for any and all costs associated with closing as charged by a title company to convey good, marketable title. Any person may submit a written sealed bid for the purchase of the Property. The Village will consider all bids to purchase the Property received no by later than 12 Noon on February 14, 2022. There is no minimum bid. The Village reserves the right to reject any or all bids and to waive any technicalities in the bidding if it should be deemed in the public interest. These decisions will be final and not subject to recourse. This request for proposals does not obligate the Village to pay any costs incurred by any bidder in the submittal of a bid or in making necessary studies or designs for the preparation of that bid. Sealed bids for the Property shall be marked "SEALED PROPERTY BID" and must be received by the Village Clerk by no later than noon on February 14, 2022. Any bids received after noon on February 14, 2022 will not be considered. Sealed bids should be delivered to Village Clerk Yvonne Dewey, Stillman Valley Village Hall, 120 N Walnut Street, PO Box 127, Stillman Valley, IL 61084. For further information regarding the Property, interested persons may contact Village Clerk Yvonne Dewey at 815-645-2200 during regular business hours.

Sealed bids will be opened at the regular meeting of the Board of Trustees on March 14, 2022 at 7:00 p.m. at Village Hall, 120 N. Walnut Street, Stillman Valley, Illinois 61084. Respectfully submitted, Yvonne Dewey, CMC Village Clerk
Publication Dates: January 10, 2022 January 17, 2022 January 24, 2022 No. 0106 (Jan. 10, 17, 24)

PUBLIC NOTICE
NOTICE OF BID ON REAL PROPERTY OWNED BY THE VILLAGE OF STILLMAN VALLEY, IL PUBLIC NOTICE IS HEREBY GIVEN, pursuant to Section 11-76-1 and 11-76-2 of the Illinois Municipal Code, 65 ILCS 5/11-76-1 and 5/11-76-2, that the Village of Stillman Valley duly enacted Ordinance No.970, at a regular meeting of the Village Board of Trustees on December 13, 2021, entitled AN ORDINANCE AUTHORIZING THE SALE OF 212 N Walnut Street, STILLMAN VALLEY BY OPEN BID. The Ordinance, authorizes the sale of a vacant and unimproved parcel roughly 45.5 feet x 122 feet and commonly described as 212 N Walnut Street, Stillman Valley, Ogle County, Illinois, P.I.N. 10-01-304-006, and legally described as: PARCEL Part of Block 3 of the Village of Stillman Valley, described as follows: Commencing at a pint 101.75 feet North of the Southeast corner of Block 3, which point would be the Southeast Northerly along the Easterly line of Block 3 a distance of 45 1/2 feet more or less to the Southeast corner of the property owned by Donald Arn and Roberta Arn, thence Westerly, parallel with the South line of Block 3 a distance of 132 feet to a point thence Southerly parallel with the Easterly line of Block 2 a distance of 45 1/2 feet to a point, thence Easterly a distance of 132 feet to the place of beginning; to the Village of Stillman Valley, in Ogle County,

Illinois; situated in the Township of Marion, County of Ogle, State of Illinois. ALSO INCLUDING a right-of-way for ingress and egress, described as follows: Commencing at the Northwest corner of the above described tract, which point is 116.75 feet South of the Northerly line of Block 3, thence Easterly a distance of 20 feet to a point, thence Northerly, parallel with the East line of Block 3 a distance of 116.75 feet, to the North line of Block 3, thence Westerly along the North line of Block 3, a distance of 20 feet to a point, which pint is the Northwest corner of Lot 2 in said Block 2, thence Southerly, parallel with the East line of Block 3 along the West line of Lot 2, a distance of 116.75 feet to the place of beginning, all situated in Ogle County, Illinois. The property consists of one vacant and unimproved, irregularly-shaped lot located in the Village's B1 Business zoning district. Its current use is as a municipal green space. Development plans for the Property must conform to the B1 Business zoning district standards and complement existing business uses in the vicinity of the Property. The property is being sold "as-is" for a sum determined to be appropriate by open bid. The Village makes no representation as to the condition of the Property. The winning bid will be responsible for all costs associated with closing by a title company to convey good, marketable title. Any person may submit a written sealed bid for the purchase of the Property. The Village will consider all bids to purchase the Property received no by later than 12 Noon, February 14, 2022. There is no minimum bid. The Village reserves the right to reject any or all bids and to waive any technicalities in

the bidding if it should be deemed in the public interest. These decisions will be final and not subject to recourse. This request for proposals does not obligate the Village to pay any costs incurred by any bidder in the submittal of a bid or in making necessary studies or designs for the preparation of that bid. Sealed bids for the Property shall be marked "SEALED PROPERTY BID" and must be received by the Village Clerk by no later than noon on February 14, 2022. Any bids received after noon on February 14, 2022 will not be considered. Sealed bids should be delivered to Village Clerk Yvonne Dewey, Stillman Valley Village Hall, 120 N Walnut Street, PO Box 127, Stillman Valley, IL 61084. For further information regarding the Property, interested persons may contact Village Clerk Yvonne Dewey at 815-645-2200 during regular business hours. Sealed bids will be opened at the regular

meeting of the Board of Trustees on March 14, 2022 at 7:00 p.m. at Village Hall, 120 N. Walnut Street, Stillman Valley, Illinois 61084. Respectfully submitted, Yvonne Dewey, CMC Village Clerk
Publication Dates: January 10, 2022 January 17, 2022 January 24, 2022 No. 0107 (Jan. 10, 17, 24)

PUBLIC NOTICE
NOTICE OF BID ON REAL PROPERTY OWNED BY THE VILLAGE OF STILLMAN VALLEY, IL PUBLIC NOTICE IS HEREBY GIVEN, pursuant to Section 11-76-1 and 11-76-2 of the Illinois Municipal Code, 65 ILCS 5/11-76-1 and 5/11-76-2, that the Village of Stillman Valley duly enacted Ordinance No.970, at a regular meeting of the Village Board of Trustees on December 13, 2021, entitled AN ORDINANCE AUTHORIZING THE SALE OF 216 N Walnut Street, STILLMAN VALLEY BY OPEN BID. The Ordinance, authorizes the sale of a vacant and unimproved parcel roughly 45.5 feet x 122 feet and commonly described as 216 N Walnut Street, Stillman Valley, Ogle County, Illinois, P.I.N. 10-01-304-006, and legally described as: PARCEL Part of Block 3 of the Village of Stillman Valley, described as follows: Commencing at a pint 101.75 feet North of the Southeast corner of Block 3, which point would be the Southeast Northerly along the Easterly line of Block 3 a distance of 45 1/2 feet more or less to the Southeast corner of the property owned by Donald Arn and Roberta Arn, thence Westerly, parallel with the South line of Block 3 a distance of 132 feet to a point thence Southerly parallel with the Easterly line of Block 2 a distance of 45 1/2 feet to a point, thence Easterly a distance of 132 feet to the place of beginning; to the Village of Stillman Valley, in Ogle County,

Illinois; situated in the Township of Marion, County of Ogle, State of Illinois. ALSO INCLUDING a right-of-way for ingress and egress, described as follows: Commencing at the Northwest corner of the above described tract, which point is 116.75 feet South of the Northerly line of Block 3, thence Easterly a distance of 20 feet to a point, thence Northerly, parallel with the East line of Block 3 a distance of 116.75 feet, to the North line of Block 3, thence Westerly along the North line of Block 3, a distance of 20 feet to a point, which pint is the Northwest corner of Lot 2 in said Block 2, thence Southerly, parallel with the East line of Block 3 along the West line of Lot 2, a distance of 116.75 feet to the place of beginning, all situated in Ogle County, Illinois. The property consists of one vacant and unimproved, irregularly-shaped lot located in the Village's B1 Business zoning district. Its current use is as a municipal green space. Development plans for the Property must conform to the B1 Business zoning district standards and complement existing business uses in the vicinity of the Property. The property is being sold "as-is" for a sum determined to be appropriate by open bid. The Village makes no representation as to the condition of the Property. The winning bid will be responsible for all costs associated with closing by a title company to convey good, marketable title. Any person may submit a written sealed bid for the purchase of the Property. The Village will consider all bids to purchase the Property received no by later than 12 Noon, February 14, 2022. There is no minimum bid. The Village reserves the right to reject any or all bids and to waive any technicalities in

the bidding if it should be deemed in the public interest. These decisions will be final and not subject to recourse. This request for proposals does not obligate the Village to pay any costs incurred by any bidder in the submittal of a bid or in making necessary studies or designs for the preparation of that bid. Sealed bids for the Property shall be marked "SEALED PROPERTY BID" and must be received by the Village Clerk by no later than noon on February 14, 2022. Any bids received after noon on February 14, 2022 will not be considered. Sealed bids should be delivered to Village Clerk Yvonne Dewey, Stillman Valley Village Hall, 120 N Walnut Street, PO Box 127, Stillman Valley, IL 61084. For further information regarding the Property, interested persons may contact Village Clerk Yvonne Dewey at 815-645-2200 during regular business hours. Sealed bids will be opened at the regular

meeting of the Board of Trustees on March 14, 2022 at 7:00 p.m. at Village Hall, 120 N. Walnut Street, Stillman Valley, Illinois 61084. Respectfully submitted, Yvonne Dewey, CMC Village Clerk
Publication Dates: January 10, 2022 January 17, 2022 January 24, 2022 No. 0107 (Jan. 10, 17, 24)

PUBLIC NOTICE
NOTICE OF BID ON REAL PROPERTY OWNED BY THE VILLAGE OF STILLMAN VALLEY, IL PUBLIC NOTICE IS HEREBY GIVEN, pursuant to Section 11-76-1 and 11-76-2 of the Illinois Municipal Code, 65 ILCS 5/11-76-1 and 5/11-76-2, that the Village of Stillman Valley duly enacted Ordinance No.970, at a regular meeting of the Village Board of Trustees on December 13, 2021, entitled AN ORDINANCE AUTHORIZING THE SALE OF 216 N Walnut Street, STILLMAN VALLEY BY OPEN BID. The Ordinance, authorizes the sale of a vacant and unimproved parcel roughly 45.5 feet x 122 feet and commonly described as 216 N Walnut Street, Stillman Valley, Ogle County, Illinois, P.I.N. 10-01-304-006, and legally described as: PARCEL Part of Block 3 of the Village of Stillman Valley, described as follows: Commencing at a pint 101.75 feet North of the Southeast corner of Block 3, which point would be the Southeast Northerly along the Easterly line of Block 3 a distance of 45 1/2 feet more or less to the Southeast corner of the property owned by Donald Arn and Roberta Arn, thence Westerly, parallel with the South line of Block 3 a distance of 132 feet to a point thence Southerly parallel with the Easterly line of Block 2 a distance of 45 1/2 feet to a point, thence Easterly a distance of 132 feet to the place of beginning; to the Village of Stillman Valley, in Ogle County,

Illinois; situated in the Township of Marion, County of Ogle, State of Illinois. ALSO INCLUDING a right-of-way for ingress and egress, described as follows: Commencing at the Northwest corner of the above described tract, which point is 116.75 feet South of the Northerly line of Block 3, thence Easterly a distance of 20 feet to a point, thence Northerly, parallel with the East line of Block 3 a distance of 116.75 feet, to the North line of Block 3, thence Westerly along the North line of Block 3, a distance of 20 feet to a point, which pint is the Northwest corner of Lot 2 in said Block 2, thence Southerly, parallel with the East line of Block 3 along the West line of Lot 2, a distance of 116.75 feet to the place of beginning, all situated in Ogle County, Illinois. The property consists of one vacant and unimproved, irregularly-shaped lot located in the Village's B1 Business zoning district. Its current use is as a municipal green space. Development plans for the Property must conform to the B1 Business zoning district standards and complement existing business uses in the vicinity of the Property. The property is being sold "as-is" for a sum determined to be appropriate by open bid. The Village makes no representation as to the condition of the Property. The winning bid will be responsible for all costs associated with closing by a title company to convey good, marketable title. Any person may submit a written sealed bid for the purchase of the Property. The Village will consider all bids to purchase the Property received no by later than 12 Noon, February 14, 2022. There is no minimum bid. The Village reserves the right to reject any or all bids and to waive any technicalities in

the bidding if it should be deemed in the public interest. These decisions will be final and not subject to recourse. This request for proposals does not obligate the Village to pay any costs incurred by any bidder in the submittal of a bid or in making necessary studies or designs for the preparation of that bid. Sealed bids for the Property shall be marked "SEALED PROPERTY BID" and must be received by the Village Clerk by no later than noon on February 14, 2022. Any bids received after noon on February 14, 2022 will not be considered. Sealed bids should be delivered to Village Clerk Yvonne Dewey, Stillman Valley Village Hall, 120 N Walnut Street, PO Box 127, Stillman Valley, IL 61084. For further information regarding the Property, interested persons may contact Village Clerk Yvonne Dewey at 815-645-2200 during regular business hours. Sealed bids will be opened at the regular

meeting of the Board of Trustees on March 14, 2022 at 7:00 p.m. at Village Hall, 120 N. Walnut Street, Stillman Valley, Illinois 61084. Respectfully submitted, Yvonne Dewey, CMC Village Clerk
Publication Dates: January 10, 2022 January 17, 2022 January 24, 2022 No. 0107 (Jan. 10, 17, 24)

PUBLIC NOTICE
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Illinois; situated in the Township of Marion, County of Ogle, State of Illinois. ALSO INCLUDING a right-of-way for ingress and egress, described as follows: Commencing at the Northwest corner of the above described tract, which point is 116.75 feet South of the Northerly line of Block 3, thence Easterly a distance of 20 feet to a point, thence Northerly, parallel with the East line of Block 3 a distance of 116.75 feet, to the North line of Block 3, thence Westerly along the North line of Block 3, a distance of 20 feet to a point, which pint is the Northwest corner of Lot 2 in said Block 2, thence Southerly, parallel with the East line of Block 3 along the West line of Lot 2, a distance of 116.75 feet to the place of beginning, all situated in Ogle County, Illinois. The property consists of one vacant and unimproved, irregularly-shaped lot located in the Village's B1 Business zoning district. Its current use is as a municipal green space. Development plans for the Property must conform to the B1 Business zoning district standards and complement existing business uses in the vicinity of the Property. The property is being sold "as-is" for a sum determined to be appropriate by open bid. The Village makes no representation as to the condition of the Property. The winning bid will be responsible for all costs associated with closing by a title company to convey good, marketable title. Any person may submit a written sealed bid for the purchase of the Property. The Village will consider all bids to purchase the Property received no by later than 12 Noon, February 14, 2022. There is no minimum bid. The Village reserves the right to reject any or all bids and to waive any technicalities in

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103 AUCTIONS

Ogle County, IL
FARMLAND AUCTION
Wednesday, February 9th, 2022
at 10:30 A.M.
Sale to be held at:
Prairieview Golf Course Pavilion
6734 N German Church Road
Byron, IL 61010
SELLING AS FIVE PARCELS- RENTED FOR 2022 YEAR
427.704 Acres of Farmland- NO BUILDINGS
Sections 14,22, 23 & 27 in Byron West Township, Ogle County, IL.
Selling in 5 Parcels as surveyed acres For complete listing of sale bill, maps, tax info, and terms & conditions, etc. visit www.lennybrysonauctioneer.com
For Information Contact:
Lenny Bryson - Auctioneer
PO Box 38
Polo, IL 61064
Ph) 815-946-4120
Owner, Charles E Hanna Revocable Trust
Kathleen Hanna Revocable Trust
Trustee, Mitch Hanna
Attorney, Emily Vivian
Ehrmann Gelbach Badger & Considine, LLC.
Ph) 815-288-4949

REAL ESTATE AUCTION
Having made her home in the retirement center, We will offer at Public Auction the following described Real Estate at Public Auction. This auction will be held on site at **926 N 16th Street, Rochelle IL**. On Auction Day, watch for Bearrows Real Estate & Auction signs on 10th Ave & 9th Street in Rochelle. Contact Auctioneer John Bearrows at 815-739-9150 for a private viewing or visit our web site at www.bearrows.com for further information & pictures.
Saturday February 5th, 2022
10 AM
DESCRIPTION OF REAL ESTATE: This is a single family ranch home, situated on a city lot that is 65 x 120. It has 3 bedrooms, and 1 large full bath with laundry hookups. There is a large front living room, and kitchen/dining area. The garage is a 2 car detached with opener. The heat is natural gas and features central air, both of which have been updated. With some work, visualize an adorable ranch home. Plus, Cooper Park right in your back yard!! **REAL ESTATE TERMS:** \$5,000.00 down the day of the auction, with the balance due on or before March 4th 2022, at which time full possession will be given. Seller to provide an appropriate executed deed as well as a merchantable Title Policy in the amount of the purchase price. This property is being conveyed in its "As-Is" condition without any contingencies with regard to financing and/or the sale of another piece of property. All announcements made the day of auction take precedence over all prior advertising.
Jacqueline Whetston - Owner
Auctioneer: John Bearrows - 815-739-9150
Bearrows Real Estate & Auction Co.
Attorney for the Estate - Paul Chadwick - 815-562-2156
Fearer, Nye & Chadwick - Rochelle IL 61068
BEARROWS REAL ESTATE & AUCTION CO.
(815) 562-5113
Visit our website www.bearrows.com
AUCTIONEERS:
JOHN BEARROWS, Rochelle, IL (815) 739-9150 IL Lic. #44000243
JOSH HICKEY, Steward, IL (815) 739-1030 IL Lic. #441001092

Small Estate Sale
Kitchen items,
Lots of Miscellaneous,
patio furniture.
Everything must go.
ETC ETC
304 Mix Street, Oregon, Il.
Saturday January 15, 9-4,
Sunday January 16, 10-4.
01102022

AUCTIONEER DIRECTORY
Lenny Bryson
Sales Of All Kinds
815-946-4120
Hack's Auction & Realty Service, Inc.
Auctions - Real Estate Appraisals
Online Auctions
Now Available
Pecatonica, IL
815-239-1436
Hacksauction.com
PUBLIC AUCTION

Classified Marketplace

FREE!

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



OGLE COUNTY • OGLE COUNTY • OGLE COUNTY • OGLE COUNTY

vacant and unimproved PARCEL, 1 which is roughly 26 feet x 66 feet and commonly described as 216 N Walnut Street, Stillman Valley, Ogle County, Illinois, P.I.N. 10-01-304-005, and unimproved PARCEL 2, which is roughly 26 feet x 66 feet and commonly described as 216 N Walnut Street, Stillman Valley, Ogle County, Illinois, P.I.N. 10-01-304-014 and legally described as: PARCEL 1: Part of Lot One (1) in Block Three (3) of the Village of Stillman Valley, particularly described as follows: Commencing at a point 147 1/2 feet North of the Southeast corner of said Block Three (3), running thence West 66 feet, thence North 25 feet, thence East 66 feet, thence South 25 feet to the place of beginning; situation in the Township of Marion, County of Ogle and the State of Illinois PARCEL 2. Part of Block Three (3) of the Village of Stillman Valley, described as follows: Commencing at a point 101.75 feet North of the Southeast corner of Block Three (3), which point would be the Southeast corner of the North 22 feet of Lot Twelve (12) in said Block Three (3), thence Westerly parallel with the North line of Block Three (3), a distance of 182.5 feet to a point, thence Northerly parallel with the East line of said Block Three (3) a distance of 70.75 feet, to a point, thence Easterly parallel with the North line of Block Three (3) a distance of 50.5 feet, to a point, which point shall be the place of beginning, thence Easterly parallel with the North line of Block Three (3), a distance of 66 feet to a point, thence Northerly parallel with the East line of block Three (3), 25 feet to a point, thence Westerly, parallel with the North line of Block Three (3) a distance of 25 feet to a place of beginning; situated in the Township of Marion, County of Ogle and the State of Illinois.

studies or designs for the preparation of that bid. Sealed bids for the Property shall be marked "SEALED PROPERTY BID" and must be received by the Village Clerk by no later than noon on February 14, 2022. Any bids received after noon on February 14, 2022 will not be considered. Sealed bids should be delivered to Village Clerk Yvonne Dewey, Stillman Valley Village Hall, 120 N Walnut Street, PO Box 127, Stillman Valley, IL 61084. For further information regarding the Property, interested persons may contact Village Clerk Yvonne Dewey at 815-645-2200 during regular business hours. Sealed bids will be opened at the regular meeting of the Board of Trustees on March 14, 2022 at 7:00 p.m. at Village Hall, 120 N Walnut Street, Stillman Valley, Illinois 61084. Respectfully submitted, Yvonne Dewey, CMC Village Clerk
Publication Dates: January 10, 2022 January 17, 2022 January 24, 2022 No. 0108 (Jan. 10, 17, 24)

Chebanenko, 808 N. Prater Ave., Melrose Park, IL for a Special Use Permit to allow a Boarding House Class 1 in the R-2 Single-Family Residential District on property described as follows and owned by the petitioner: Lot 14 Blackhawk Trail Estates, part of the East Half (E1/2) of the Northeast Quarter (NE1/4) of Section 33 Rockvale Township 24 North, Range 10 East of the 4th P.M., Ogle County, IL, 1.87 acres, more or less Property Identification Number(s): 09-33-276-004 Common Location: 1735 N. Sauk Trail All persons in attendance at the hearing shall have an opportunity to be heard. Any person who also wishes to appear as an interested party with the right to cross-examine others at the hearing must complete and file an appearance form with the Ogle County Planning & Zoning Department no later than five (5) business days before the date of the hearing. The application for this special use is on file with detailed description and available for examination at the Planning & Zoning Department, 911 Pines Rd., Oregon, Illinois or at the following URL: http://www.oglecounty.org/departments/planning_and_zoning/zoning_board_of_appeals.php. ZONING BOARD OF APPEALS RANDY OCKEN, Chairman Dated at Oregon, Illinois this 19th day of October 2021 No. 0110 (Jan. 10)

The Illinois Department of Revenue, Springfield, Illinois has fixed Thursday, February 3, 2022, as the date for an examination for the office of Supervisor of Assessments. The examination will be held at Old Ogle County Courthouse, located at 105 S. 5th Street - Room 317, Oregon, IL, at the hour of 10:00 a.m. Application forms and information may be obtained by contacting Ogle County Clerk and Recorder, Laura J. Cook at the Old Courthouse, in Oregon, located at 105 S 5th Street - Suite 104, Oregon, IL, during the hours of 8:30 a.m. to 4:30 p.m., Monday thru Friday. Individuals interested in taking the examination should contact Laura Cook, at 815-732-1110 by 10:00 a.m. of the day before the examination to register. To be eligible for election or appointment to the office of Supervisor of Assessments, an individual must meet the eligibility criteria set forth in 35 ILCS 200/3-5 of the Property Tax Code. The examination and facilities will be accessible to persons with disabilities in compliance with state and federal laws. Persons in need of special accommodations should notify Laura Cook, at 815-732-1110, by 4:00 p.m. on January 31, 2022 to make the necessary arrangements. Masks will be required to be worn at all times while in the building. No. 0111 (Jan. 10)

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

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

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

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

127 SERVICES AND REPAIRS
Furman Lawn Care and Tree Service. Mowing, Hedge Trimming, Painting, Interior and Exterior. Gutter Cleaning.

127 SERVICES AND REPAIRS
Storm Damage Clean up, Spring and Fall and Much More. In Business Since 1999. Call Jeremy Furman 815-761-9619. Please Leave Message Will Return Call ASAP. Fully Insured. (TFN)

JNJ JUMPERS Indoor/ Outdoor Bounce House Rentals Available Year Round. Please Call 815-784-4256 For Availability or Visit us on Facebook.

201 DOMESTIC/CHILD CARE
NO INDIVIDUAL, unless licensed or holding a permit as a childcare facility, may cause to be published any advertisement soliciting a child care service. A childcare facility that is licensed or operating under a permit issued by the Illinois Department of Children and Family Services may publish advertisements of the services for which it is specifically licensed or issued a permit. Your Hometown Newspaper strongly urges any parent or guardian to verify the validity of the license of any facility before placing a child in it's care.

203 HELP WANTED
NEWSPAPER CARRIERS Wanted. (Rochelle) Several Routes Open. Call 815-561-2112 For More Information.

ASHTON - Bartenders and Waitresses Needed, Apply in Person at Ralphie and Lulu's. 812 Main Street in Ashton or call 815-453-2103. (TFN)

203 HELP WANTED
Class-A CDL Drivers Wanted
\$500 Sign on bonus Local Trucking Company seeking full time, year-round driver to haul grain.
815-938-3644
Please leave message.

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

ANTIQUES WANTED: I pay cash for antiques; furniture, glassware, pottery & crocks, tin & iron toys, sterling silver, decoys. If it's antique, I'm interested in looking! Call 815-562-2928 or email dickharms@hotmail.com

307 MISCELLANEOUS FOR SALE
BUNDLED Newspaper -\$3 per Bundle. End Roll- Cost Depends on Weight of Roll. Available Monday-Friday 8AM-NOON ONLY. SEE RECEPTIONIST AT FRONT COUNTER Rochelle News-Leader.

TABLE and 6-Chairs with leaf. \$180 OBO 779-221-4434. (01-05-22)

309 PETS AND SUPPLIES
Free Kittens to give away to good homes. Very friendly and good mousers. Call Mike at 815-993-2234.(01-05-22)

405 HOUSES FOR SALE
ALL REAL ESTATE advertised herein is subject to the Federal Fair Housing Act,

409 LOTS AND ACREAGE

LAND FOR SALE
South Edge of Oregon
33.7 - Acres South of Railroad and West of Rt. 2.
33 Acres Tillable-Zoned Industrial \$9,500 Per Acre
45.4 Acres South of Pines Road Between the Railroads 19.4 Acres Tillable-Zoned Industrial.
Daniel J. Boehle, Managing Broker
510 S. Fifth St., Oregon, IL • 815-732-6050 815-751-0037
-Boehlesmngt@aol.com

303 APPLIANCES

NEW MILFORD REFRIGERATION
NEW, USED SCRATCH & DENT
• Refrigerators • Freezers
• Washers/Dryers • Stoves
We also carry a large selection of refurbished appliances with a warranty.
6331 11th Street, Rockford
815-874-2257

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

501 APARTMENTS FOR RENT

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

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

CAROL'S SELF STORAGE IN OREGON
Reasonable Rates
Sizes 10'x24' & 6'x10
Call 732-2466

203 HELP WANTED

Ogle County Economic Development Secretary

- Part-time 18 hours a week
- Computer knowledge required
- Experience in data processing, bookkeeping
- Ability to work independently
- Organized and professional demeanor
- Exceptional written and verbal communication skills
- Experience maintaining and prioritizing a manager's calendar

NO PHONE CALLS.
Accepting applications now thru January 24th, 16:30.
Please mail resume and application along with e-mail address to: Ogle County Vice Chairman Nordman
ATTN: Secretary Position
105 S. 5th St., Oregon, IL 61061

HELP WANTED EMPLOYMENT

Part-Time Library Aide

Are you looking to be part of a creative and resourceful team that serves the local community? Then we're looking for you! Julia Hull District Library (Stillman Valley) is seeking a passionate, friendly, service-oriented Part-Time Library Aide. Aides provide support for all circulation desk functions in person and on the telephone, including lending books, user registration, program registration, reference and readers' advisory services, processing, shelving of materials, and other projects as assigned. Applicant should be proficient on the computer and possess the ability to adapt to new technologies. Developing positive public relations and performing tasks with accuracy and promptness are essential to this position.

Part-time hours will include 2-3 evenings/week and rotating Saturdays. High School graduation or equivalent. Minimum 2-years qualified work experience. EOE.

Applications are available to download through the library's website at www.juliahull.org/job-opportunities. Send your letter of interest, resume and completed application to Joanna Kluever, Library Director, at jkluever@mail.meridian223.org, or by mail at 100 Library Lane, Stillman Valley, IL 61084.

203 HELP WANTED

Looking for **CLASS A CDL DRIVERS**
2022 season April-November
Good pay. Some overnight.
Call John
815-716-0459

501 APARTMENTS FOR RENT

VILLAGE GREEN APARTMENTS
502-506 Barbara St.
Mount Morris, IL
Immediate openings for 1 bedroom apartment homes.
Must be 62 years of age or older; disabled regardless of age.
Included in rent; water, sewer and trash. All units have washer-dryer, stove, refrigerator & a/c units. Family pet welcome with a deposit.

Interested parties, please contact:
815-234-2620
Contact us today to receive an application for your new home.
Professionally Managed by CMS Management Company
An Equal Opportunity Provider.



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LOCAL NEWS

Bertolet Library News

Mitten Tree:

Thank you so much for your donations to our Mitten Tree. They will be given out through New Life Community Center in Forreston!

Paws for Reading: Wednesday, January 19th

Our next Paws for Reading event will be Wednesday, January 19th at 4 p.m. Register your independent reader for a 15 minute time slot by calling 815-738-2742 today.

Story Hour:

Join Miss Jana for Story Hour and learn about animals and letters on Thursdays at 10:00 AM. Registration requested but not required. Masks will be required.

Craft Kits for Adults:

Bertolet Memorial Library is now offering take home craft kits for adults and/or families. The kits provide the materials and instructions needed to make a craft. It's a great opportunity to be creative and de-stress at the same time. Our January Craft Kit is a suncatcher. Make the most of those winter rays and brighten your days!

Create-a-Card:

Create-a-Card is back in 2022! Join us on January 15th and get your card ready for your Valentine.

Masks:

Masks are required at Bertolet Memorial Library for all patrons over age 2. We will be happy to provide curbside service as needed.

Plastic Recycling:

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

New Releases:

- Adult Books
- Hidden Treasures by Michelle Adams (LP)
- Bright Burning Things by Lisa Harding
- Orphans of the Storm by Celia Imrie
- Night Fall by Nancy Mehl
- The Finder Of Forgotten Things by Sarah Loudin Thomas
- Sunrise by Susan May Warren
- Juvenile Books
- Sunlight On the Snow Leopard by Mary Pope Osborne

SUPPORT YOUR COMMUNITY BY SUPPORTING THESE LOCAL BUSINESSES



**Byron
Forest Preserve
District**



DeForest Dental P.C.
YOUR FOUNTAIN OF DENTAL HEALTH



**Rochelle
Community Hospital**
Your Local Healthcare Resource.



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Our Central focus is YOU!

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Oregon | Peru | Princeton | Rochelle

central-bank.com
815.562.5571



**Ogle County
Community Unity
Shop • Play • Stay**

ATHLETICO
PHYSICAL THERAPY

Athletico Oregon
116 N. 3rd St.
Oregon, IL 61061

Phone: 815-513-9400

www.athletico.com

AUTOMOTIVE

Illinois Auto Repair and Tire
107 E. Washington St.,
Oregon, IL
815-312-7089

FINANCIAL SERVICES

Stillman Bank
608 W. Blackhawk Dr., Byron, IL
815-234-5626
1445 IL Rt. 2 N., Oregon, IL
815-732-7956
101 East Main St., Stillman Valley, IL
815-645-2266

HEALTH SERVICES

DeForest Dental
606 W. Washington St., Oregon, IL
815-732-3225

**Jeffrey R. Cates –
Oregon Chiropractic Clinic**
200 N. Sixth St., Oregon, IL
815-732-2686

RESALE

ReRuns
120 W 2nd St., Byron IL
815-406-8060
jacque@reruns.comcastbiz.net

FINANCIAL SERVICES

Byron Bank
200 N. Walnut, Byron, IL
815-234-2561
5653 N. Junction Way, Davis Junction, IL
815-645-2610

FLOWERS & GIFTS

**Merlin's Greenhouse and
Flowers & Other Side Boutique**
300 Mix St, Oregon, IL
815-732-2969

HEALTH SERVICES

Rochelle Community Hospital
900 N. Second St., Rochelle, IL
815-562-2181

RESTAURANT

Dos Amigos
523 W. Blackhawk Dr., Byron, IL
815-234-8567
404 E Washington St., Oregon, IL
815-732-4444

FINANCIAL SERVICES

Central Bank Illinois
307 Franklin St., Oregon, IL
815-732-3282

Central Illinois Loan
310 Eagle Drive, Rochelle, IL
815-561-4035

HARDWARE STORE

Koeller Forreston Hardware
104 E. Main St., Forreston, IL
815-938-2240

PARKS & RECREATION

Byron Forest Preserve District
7993 N. River Rd., Byron, IL
815-234-8535

RETAIL & GIFTS

**Oregon Soap Shoppe and
Green Art**
1C S. Daysville Rd., Oregon, IL
866.411.6614

FINANCIAL SERVICES

Country Financial - Oregon
114 S. 4th St., Oregon, IL
815-737-6106

HEALTH SERVICES

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Health & Fitness

Monday, Jan. 10, 2022 • Section C



Some strategies to help control appetite

Hunger can be a formidable foe, especially for people attempting to lose weight. When hunger strikes, various appetite-control strategies can help people avoid overeating or eating during those times when boredom is more to blame than an empty belly.

- Eat slowly. When a person eats, a series of signals are sent to

the brain from digestive hormones secreted by the gastrointestinal tract. These signals produce a feeling of pleasure and satiety in the brain, but it can take awhile for the brain to receive them. By chewing slowly, people can give the signals more time to reach their brains, potentially preventing them from overeating.

- Choose the right

snacks. The right snacks can make it easier to eat more slowly. Instead of reaching for potato chips or pretzels, both of which can be eaten quickly and picked up by the handful, choose snacks that are both healthy and require a little work. Carrots dipped in hummus or baked tortilla chips with low-fat salsa or bean dip are low-calorie snacks that also

require some work between bites. The time it takes to dip between bites affords more time for the digestive tract to release signals to the brain that you're full.

- Reach for fiber first. Another way to conquer hunger without overeating is to reach for fiber before eating other parts of your meal. Vegetables are rich in fiber, but since veggies are often served as side dishes, many people tend to eat them only after they've eaten their main courses. That can contribute to overeating. Fiber fills you up, so by eating the high-fiber portions of your meal first, you're less likely to overeat before your brain receives the signals that your stomach is full. Consider eating vegetables as an appetizer or, if the entire meal is served at once, clear your plate of vegetables before diving into the main course or



other side dishes.

- Drink water. Perhaps the best, and least expensive, way to control appetite and ensure you don't overeat is to drink more water. A 2010 study funded by the Institute for Public Health and Water Research that included 48 adults between the ages of 55 and 75 found that people who drank two eight-ounce glasses of

water right before a meal consumed 75 to 90 fewer calories during the ensuing meal than study participants who did not consume water prior to their meals. Over the course of 12 weeks, participants who drank water before meals three times per day lost roughly five pounds more than those who did not increase their water intake.

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Long-term solutions to protect joints

Periodic aches and pains can affect anyone.

Individuals who are physically active and even those who live largely sedentary lifestyles may experience pain from time to time.

In fact, many professional and amateur athletes experience relatively minor, short-term injuries at one point or another, and rest is often the best remedy to overcome such obstacles.

Though minor tweaks may be somewhat normal, long-term issues like persistent joint pain should not be written off as par for the course. It can be tempting to write joint pain off as a concern only serious athletes need to worry about.

Terms like “tennis elbow” and “runner’s knee” can give less physically active individuals a false impression of joint pain and what causes it.

But the Mayo Clinic notes that lack of exercise can contribute to pain and stiffness in the joints. That’s because exercise

strengthens the muscles and tissues that surround the joints. That added strength puts less stress on the joints.

In recognition of the threat posed by chronic joint pain, the Arthritis Foundation® recommends individuals take various steps to protect their joints over the long haul.

- Focus less on fashion in regard to footwear. High heels may be the epitome of glamorous footwear, but women who routinely wear high heels will pay a steep price. The AF notes that heels put added stress on the knees and increase risk for osteoporosis, and experts indicate that three-inch heels are seven times more stressful on feet than one-inch heels. But women aren’t the only ones whose footwear fashion sense could be hurting their joints. Men also must pay attention to what they’re putting on their feet. For example, sandals without a back strap force toes to overgrip the edge of the sandal, putting needless strain on

each foot and potentially causing issues with the toes.

- Alternate between sitting and standing throughout the day. Joint stiffness and strain can develop when individuals spend lengthy periods of time sitting or standing. The AF recommends taking a break to stand up or sit down every 30 minutes. Professionals who sit at a desk all day may want to switch to height-adjustable desks that make it easy for them to transition from sitting to standing and still get their work done.

- Maintain a healthy weight. Being overweight causes a ripple effect that impacts the entire body, including the joints. The AF notes that researchers have determined that losing 11 pounds can reduce risk for osteoarthritis of the knee by 50 percent. On the flip side, each extra pound an individual carries puts four times the stress on his or her knees. Exercising to lose weight can provide the added benefit of preventing joint stiffness.



- Opt for low-impact activities. Low-impact activities like cycling and swimming are easier on the joints than fitness classes that involve high-intensity dancing and kickboxing. In addition, when choosing between a treadmill and elliptical machine, the Mayo Clinic notes that ellipticals are generally considered low-impact machines that are less stressful on the knees, hips and back than running on a treadmill or even outdoors.

Various strategies can help individuals maintain healthy, pain-free joints over the long haul.



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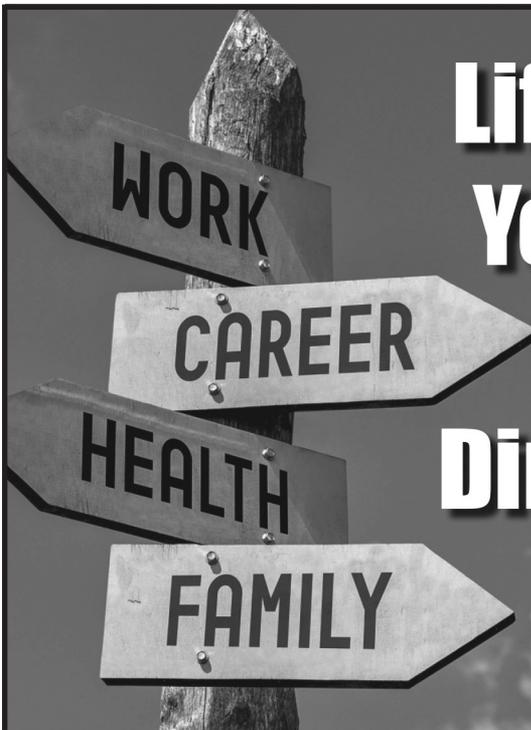


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Shovel snow safely this winter

The beauty of freshly fallen snow is undeniable.

Such beauty compels millions of people across the globe to ski and snowboard each winter, while millions more enjoy simply looking out their windows at snow-covered landscapes.

If it was as convenient as it is beautiful, snow would likely be welcomed with open arms whenever the local weatherperson includes it in his or her forecast. But heavy snowfall can be inconvenient, making it difficult to travel and even creating more work for individuals responsible for shoveling their driveways and walkways.

Shoveling snow can increase a person's risk for injury, and some may be surprised to learn just how frequently such injuries happen. The U.S. Consumer Product Safety Commission notes that, in 2018, more than 137,000 people needed medical assistance for injuries that happened while shoveling snow or using snowblowers.

Sprains and strains in the back and shoulders are the most common injuries when shoveling snow. But people also can suffer lacerations and injuries related to below-freezing temperatures when shoveling snow. The American Academy of Orthopaedic Surgeons recommends people keep these safety precautions in mind when shoveling snow this winter.

- Stretch before shoveling. Just like you would do before exercising in a gym, stretch prior to picking up your snow shovel. Warm up your muscles with some light exercise for 10 minutes to reduce your risk of sprains, strains and muscle tears.

- Stay hydrated and take frequent breaks. The AAOS notes that snow shoveling and snow blowing are aerobic activities. Such activities require participants to be hydrated. In addition, taking frequent breaks can help prevent injuries.

- Avoid shoveling snow if you're at risk for heart attack. Some people should avoid shoveling snow entirely. According to the Harvard Medical School, researchers correlated hospital admissions and deaths due to heart attack the day after it snowed in Canada between 1981 and 2014. Researchers found that the deeper the snow, the more men died of heart attacks. In fact, researchers found that there was a 34 percent increase in heart attack deaths the day after an eight-inch snowfall,



and those rates increased when snowfall increased. Most deaths were men, but both men and women who are at risk of heart attack should avoid shoveling snow, particularly after heavy snowfall. Adults who are unsure of their heart health should consult with their physicians prior to shoveling snow.

- Use the right equipment. Ergonomic snow shovels can make shoveling less taxing, reducing your risk for sprains and strains. Spacing hands on the tool grip can increase leverage, making shoveling easier and less likely to lead to injury.

- Pushing snow instead of lifting it. The AAOS recommends pushing rather than lifting snow when possible. If snow must be lifted, squat with your legs, knees bent and back straight. When lifting, lift with your legs and do not bend at the waist. Scoop small amounts of snow at a time and walk to where you want to dump. The AAOS warns against holding shovels full of snow with arms outstretched, as doing so puts too much weight on the spine. Snow should not be thrown over the shoulder, as such a technique requires a twisting motion that puts stress on the back. In addition, the AAOS notes that heavy wet snow should be removed in pieces and not all at once.

Anyone can get injured while shoveling snow. Such injuries are preventable when certain safety measures are taken.

How to improve circulation

The human body is a complex, efficient machine. One highly important component of that machine is the circulatory system, which sends blood, oxygen and nutrients throughout the body.

In perfectly healthy bodies, blood, oxygen and nutrients circulate throughout the body without issue. However, several conditions, including obesity and diabetes, can contribute to poor circulation, which is not a standalone condition but rather a byproduct of another serious health issue.

According to the health information site Healthline, when the circulatory system is not working at optimal capacity, people may experience tingling, numbness and throbbing or stinging pain in the limbs. Pain and muscle cramps also may result from poor circulation, the symptoms of which vary depending on the causes. For example, someone whose circulation issues are a result of peripheral artery disease may experience different symptoms than someone whose circulation has been compromised by diabetes.

Because issues affecting the circulatory system are complex, it's important for men and women to learn how to address such issues if they suspect their systems have been compromised.

- Visit your physician. Poor circulation results from various health issues, so people who think they are dealing with poor circulation should not try to address the issue

on their own. Rather, the best way to improve circulation is to visit a physician the moment you note a symptom. Doctors will confirm if patients are experiencing circulation issues and diagnose what's causing those issues. Doctors also will work with their patients to devise a course of treatment for the issue that's causing their poor circulation.

- If necessary, lose weight and keep it off. Obesity is one of the conditions that can contribute to poor circulation. So many people who are diagnosed with poor circulation may be advised to lose weight and keep the weight off once it's been lost. A 2009 study published in the International Journal of Cardiology found that losing weight helped obese women improve their circulation. A healthy diet that includes fish like salmon that is high in omega-3 fatty acids, which have been shown to improve circulation, can help people lose weight and maintain healthy weights going forward.

- Consider yoga. A 2014 review of an assortment of peer-reviewed studies found that yoga can have a positive impact on risk factors for cardiovascular disease. A low-impact exercise, yoga can compress and decompress veins, potentially improving circulation. It takes time to master yoga positions, but even beginners who cannot fully perform poses during a yoga regimen can benefit from doing the exercises to the best of their abilities.



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Bilateral posterior thigh pain may be sign of lumbar spinal stenosis

By Jeffrey R. Cates, DC, MS, DABCO, DABCC

As we age many people develop leg pains, numbness and cramps and find walking difficult. These symptoms can be caused by a condition called lumbar spinal stenosis. Lumbar spinal stenosis is a condition where the central spinal canal becomes occluded by arthritic bone spurs, thickened ligaments and associated edema or swelling. The spinal nerves, which are normally protected in the bony canal, become irritated when the spinal canal space becomes too small.

The resulting symptoms can include back pain with radiating pain or tingling down both posterior thighs and/or periodic muscle cramps in the legs. Walking often aggravates the condition and it gets progressively worse as walking is continued. Relief is usually noted when the person stops and stoops forward.

A study of significant quality was performed by researchers at the Rhode Island Spine Center. (1) The patients in this study were all suffering from lumbar spinal stenosis. Marked improvement was seen in 66.7% of patients with the average improvement (as assessed by the patient) being a 75.6% reduction in symptoms. Two patients in the study failed to respond well and required surgery.

The researchers used a technique called flexion distraction manipulation, where the patient lay face down on a hinged table.

This technique decreases intradiscal pressure and is usually used to decompress herniated discs. They also employed neural mobilization and provided exercises designed to mobilize the lumbar spine and the involved nerve root(s). The treatment strategy involves mobilizations and decompression of the spinal segments involved, and breaking up periradicular adhesions thus releasing nerve root entrapment. The treatment is also designed to reduce vascular edema around the irritated nerve roots. Non-steroidal anti-inflammatory drugs and therapies have also been found to be helpful.

While these results are impressive, not all patients will respond to non-surgical treatment. Surgical intervention is an appropriate option if the symptoms fail to resolve with conservative care. The procedure is called a laminectomy. It involves the surgical removal of the bony back side of the spinal canal. The removal of the bone spurs and thickened tissue is often performed at the same time. After the surgery there should be enough room for the spinal nerves to function without irritation.

See your medical or chiropractic physician if you have ongoing back pain, leg pain, numbness and cramps. He, or she, can evaluate your condition and help you select the best treatment and diagnostic options.

1. Murphy DR, Hurwitz EL, Gregory AA, Clary R.

A non-surgical approach to the management of lumbar spinal stenosis: a prospective observational cohort study. BMC Musculoskelet Disord. 2006 Feb 23;7:16.

Rhode Island Spine

Center, Pawtucket, RI 02860, USA.

About the Author: Dr. Cates has published works that include several medical journal articles on quality assurance

and standards of care in healthcare. Dr. Cates work is included in the medical literature and is available at the National Library of Medicine and National Guideline Clearinghouse. He is also co-author of

the low-back chapter and lead author of the chapter on thoracic disorders of the profession's best practice guideline text. He maintains a private practice of chiropractic orthopedics in Oregon.

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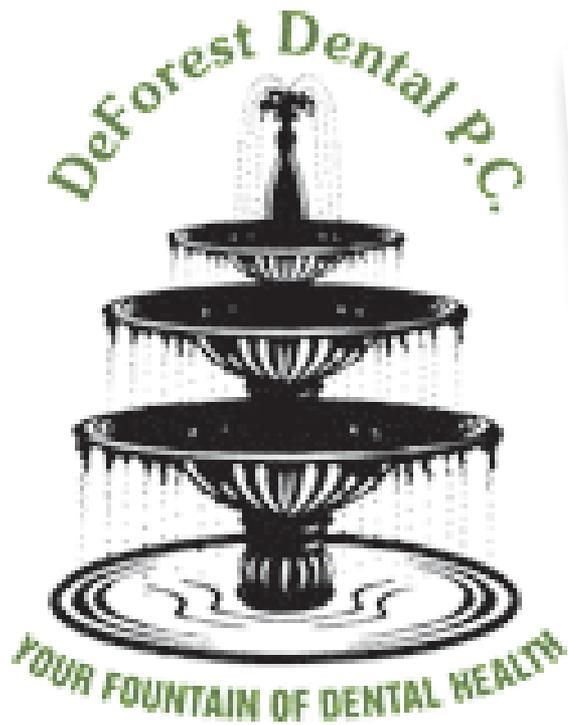


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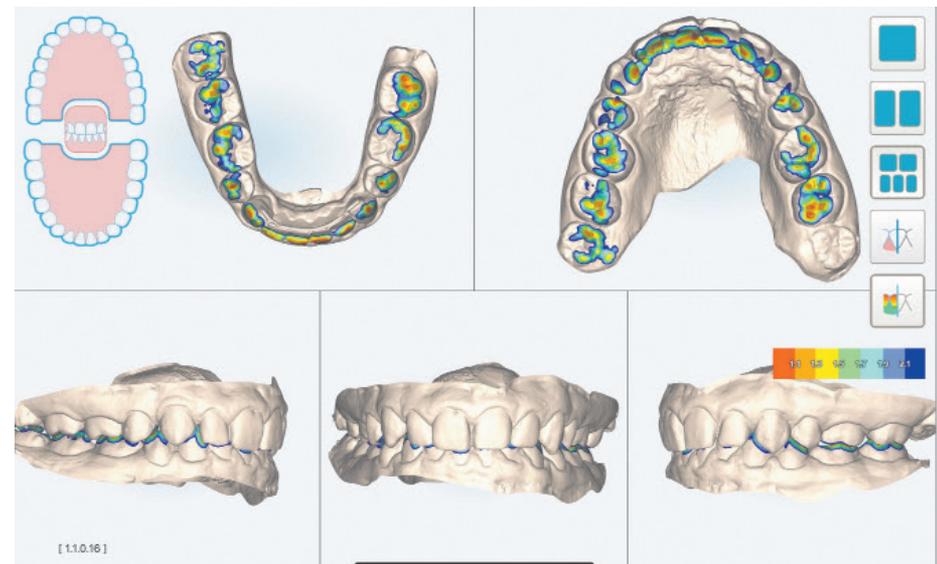
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