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Vol. 102 • No. 18

LOCAL NEWS... LOCAL VIEWS

WEDNESDAY, JUNE 30, 2021

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## KNOW IT TODAY



### Good News in the 'Hub City'

Jenny Thompson received the Good News Award during Monday's City Council meeting. **Page 2**

### WEATHER

**WEDNESDAY**  
HIGH LOW  
**81 66**

**THURSDAY**  
HIGH LOW  
**77 55**

**FRIDAY**  
HIGH LOW  
**72 54**

**SATURDAY**  
HIGH LOW  
**75 55**

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• VICKI MARIE PICKETT  
• HERMAN REINECK

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• ALDI

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## City approves building purchase

### Tentative purchase amounts \$1.3 million

BY JEFF HELFRICH  
MANAGING EDITOR

**ROCHELLE** — The City of Rochelle city council unanimously approved the tentative purchase of the Johnson Tractor building at 1030 S. 7th St. for \$1.3 million at its Monday meeting.

The plan for the building is to consolidate Rochelle Municipal Utilities equipment and supplies. The offices will also be utilized by city and RMU staff and will consolidate these operations to a fewer number of buildings for city and RMU operations. The appraised price of the building was \$1.255 million. City Manager Jeff Fiegenschuh advised the council to up the amount to no more than \$1.3 million to cover potential closing costs.

The purchase will be funded with a loan from Holcomb Bank and will be paid back for a period of no more than five years. The repayment of the loan will be shared amongst the



(COURTESY PHOTO)  
**The City of Rochelle approved the tentative purchase of the Johnson Tractor building, located at 1030 S. 7th St. in Rochelle, for \$1.3 million. The plan for the building is to consolidate RMU equipment and supplies.**

various utilities using this property.

The interest rate for the purchase will be 2.1 percent, the lowest of the quotes the city received that ranged up to 2.96 percent from 4-5-year offerings of repayment. Fiegenschuh suggested a 4-year term of paying about \$316,000 a year with total interest over the life of the loan of \$64,583.

Each department will pay one of the four years of payment including wa-

ter, sewer, electric and the city's general fund.

"The whole idea is to consolidate operations into one location," Fiegenschuh said. "We'll have the electric, water and water reclamation. I'd like to see some of the city side and potentially engineering down there. There's some opportunities to consolidate more operations into one location."

Fiegenschuh said the plan is to sell the buildings that will be vacated by the

move. Phase two of the purchase still needs to be approved later on and if there are any "significant findings" before then, the city won't move forward with the purchase, Fiegenschuh said.

"We'll make sure it looks nice because it's in the southern corridor of our city and that's one of the corridors we're starting to focus more time and attention on," Fiegenschuh said.

See CITY page 2

## Former city employee sentenced

BY JEFF HELFRICH  
MANAGING EDITOR

**ROCKFORD**—A former resident and employee of the City of Rochelle was sentenced Tuesday in federal court to 24 months in federal prison for wire fraud, a U.S. Attorney's Office press release said.

Scott Koteski, 58, of Rochelle will have his sentence followed by one year of supervised release and was also ordered to pay restitution in the amount of \$150,332.17, the release said. Koteski pled guilty to the charge on March 9, 2021.

According to the written plea agreement, starting in 2011, Koteski was selected to sit on the board of directors of a non-profit business association and selected as the treasurer of that association.

As treasurer, Koteski handled the invoicing and billing of the member municipalities.

See KOTESKI page 3

## Plans in place for Creston Booster Days

### 'We were uncertain about this year until a month or two ago'

BY JEFF HELFRICH  
MANAGING EDITOR

**CRESTON** — The Creston Booster Days festivities later this summer were up in the air until a month or two ago.

Creston Boosters Vice President Steve Katzman said until things started to open back up in the state, the club was concerned this year may be canceled due to COVID-19 like last year. Now, a full weekend of festivities are planned.

"Last year was very sad," Katzman said. "We didn't know if it would ever happen again. Everyone wondered if we'd be able to do it again. Everybody in the community is pretty excited about it."

The event will take place over three days from Aug. 27-29.

Friday night begins at 5 p.m. at Booster Park with a steak fry with Headon's Fine Meats and rides and games from Skinner's Amusements. The rides will take place on Friday for the first time this year. Music on stage will be The Missing Links. The beer garden will be open.

Saturday will start with a 7 a.m. pancake breakfast



(NEWS-LEADER FILE PHOTO)  
**The 2021 Creston Booster Days are scheduled for Aug. 27-29 at the Creston Booster Park. The three-day event begins with a Headon's Fine Meats steak fry, rides and games on Friday, Aug. 27.**

at the Creston Fire Department. There will be a vendor and craft show, the kitchen will be opening and Skinner's amusements start at 1 p.m. The yearly auction will take place. The beer garden will be open again and at 6 p.m. Morning Maple will be

on stage. The night closes with fireworks at 9 p.m.

Sunday starts with a 9:30 a.m. community church service and the presentation of the annual Cederholm award. Later on is the craft and vendor show again and the kitchen will open. The parade is at

noon on Main Street. 1-3 p.m. is the Headon's Pork Chop barbeque. Skinner's amusements start at 1 p.m.

Also at 1 p.m. Sunday are the garden tractor pulls by Rock County Pullers. The beer garden will be open again. From 2-5 p.m. Southern Ride will

be performing on stage. At 3 p.m. vintage baseball games will start between the Creston Regulators and Somonauk and Ashton. Booster Days will close at 5 p.m. after the annual raffle drawing.

See BOOSTER p. 3



# LOCAL NEWS

## CITY: Council approves rail expansion purchase

**From page 1**

“It’s a great location and I think it will be a good fit for all of our operations.”

The city has \$87,000 in its building improvement fund from the sale of the property across the street from city hall to Kennay Farms Distilling. If improvements have to be made to the Johnson Tractor building, that money would be used.

Mayor John Bearrows said he was in favor of the purchase due to the ease of departments to help each other and share equipment. He’d like to see the street department move into the location as well at some point down the road.

“We may have to look at building on another building to bring them in,” Bearrows said. “By the time you move the rest of the stuff there, you’ll have to have something else to put them in. It makes sense to have it in one location. If we have an outage, the RMU line trucks are trapped between the tracks if you happen to have a time when trains are on both. It’s not conducive to good response time. I think it’s a great move.”

**Rail expansion purchase**

The city unanimously approved the purchase of 18.85 acres of land for \$35,000 an acre at a total cost of \$659,750 to expand its industrial development capabilities and increase revenues the city derives from the rail system.

The city purchased the land from GREDCO on a 4-year payment plan at zero percent interest. Annual payment would be \$164,937.50 which will be due one year from the date of the purchase agreement.

Sections of this strip of rail property have been purchased by the city over the past 18 years as the need for rail service grew with rail-served industries being developed in the southeast industrial corridor, City Economic Development Director Jason Anderson said.

“One of the things that’s been a part of the plan is we’ll be able to park as much as three miles of train at a time. What makes our area very attractive is that we’re going to have as much as three miles of track without a crossing. It will be very advantageous for us to market that.”

“We’ve found this to be true, the more track, the more revenue,” Anderson said. “The more track we have to hold trains and have trains serve industries, the more revenue. I’m excited about this.”

**Citizens academy**

Assistant to the City Manager/City Clerk Sue Messer made a presentation on the city’s new Citizens Academy program at the Monday meeting.

The 10-week program offers the opportunity to learn about the city and its various departments. Participants will go behind the scenes to learn how the city works through hands-on activities, facility tours and more.

The sessions will be held every Thursday, Aug. 26 through Oct. 28 from 6-8:30 p.m. at various city facilities. Applicants must be 18 or older and agree to attend at least eight of the 10 sessions.

The program is free, and sessions will include a complimentary meal. Applications are available at City Hall, on the city’s website at [www.cityofrochelle.net](http://www.cityofrochelle.net), and on its Facebook page. The deadline to submit an application is July 22, 2021. Class size is capped at 20 participants.

“Maybe it sparks an interest,” Messer said. “And that would be worth something. I know some of our most recent council members haven’t had some of those opportunities. It would be great for somebody to stick their toes in the water and see if it’s something they might like. It could increase our pool of volunteers for future community events.”

**Good news**

City Manager Jeff Fiegenschuh presented Jenny Thompson with the Good News Award during the Rochelle City Council meeting Monday evening. Thompson was awarded for achieving her master’s degree.

Fiegenschuh recognized Director of Marketing, Public Relations and Tourism Jenny Thompson for achieving her master’s degree of public administration with a Good News award.

**Appointments**

The council unanimously approved Bearrows’ appointments to committees that included Mike Myers (planning and zoning term expiring in 2026), Mitch Montgomery (police and fire commission expiring in 2024), Jim May (stormwater advisory expiring in 2024), Dennis Stewart and Bob Johns (both golf course advisory board expiring in 2024) and Joel Thompson (trucking advisory expiring in 2024).

“We still have some openings if anyone would like to apply for some of the other committees,” Bearrows said. “Planning and zoning, stormwater advisory, airport advisory and utility advisory all have openings.”



(PHOTO BY JEFF HELFRICH)

City Manager Jeff Fiegenschuh presents Jenny Thompson with the Good News Award during the Rochelle City Council meeting Monday evening. Thompson was awarded for achieving her master’s degree.

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# LOCAL NEWS



(PHOTO BY JEFF HELFRICH)

Pictured from left to right are City of Rochelle Community Development Director Michelle Pease, Community Development Specialist Michelle Knight, Newkirk & Associates owner Bill Newkirk, Building Inspector Geoff Starr and Mayor John Bearrows.

## City awards Newkirk & Associates with facade grant

**BY JEFF HELFRICH**  
MANAGING EDITOR

**ROCHELLE** — The City of Rochelle presented a \$3,100 check Friday to Newkirk & Associates owner Bill Newkirk as part of its facade grant program. The program covers half the cost of any improvements made to business fronts in town. The certified public accounting firm is the most recent recipient. Newkirk said improvements included new insulated and energy-efficient windows and a door. “It’s a good update to the building,” Newkirk said. “The building’s bones are great but it’s 120 years old. Just things like that needed updating and we were very glad the city was willing to help out with that and pick up part of the tab.” Mayor John Bearrows said the program is more of a reward for businesses that invest their own money to make their businesses and the city look better. “It reflects on our entire community as far as people that do this kind of work,” Bearrows said. “The whole area looks much better. And it’s an encouragement program. Thanks to our community development group and working on this program to follow up with it, people make the applications and we encourage folks to do more and hope it continues on.”

## Foundation receives grant for greenhouse technology upgrade

**MALTA** — Kishwaukee College was selected as one of six community colleges in Illinois to receive a Compeer Financial Agriculture & Rural Initiative Grant, which will provide financial support for technology improvements in the college’s greenhouse facility. The Kishwaukee College Foundation, which applied for the grant, was awarded \$75,000 to help fund technology and equipment upgrades in the greenhouse as part of upcoming planned renovations. The greenhouse, built in 1973, will soon see an additional classroom and improvements to the building’s heating, cooling, electrical and plumbing. The grant from Compeer will supplement technology upgrades for the overall project, which is funded through state and college funds. Kish received an additional \$220,000 state grant from the Illinois Capital Development Board for the greenhouse renovations. Work on the greenhouse will begin in June and is expected to be completed in September. The renovations will enhance hands-on learning and real-world experience for Kish students enrolled in horticulture or agriculture programs. “Technology improvements to the greenhouse will allow Kish to continue providing exceptional opportunities for our students who are focusing on agriculture-related fields,” Chase Budziak, dean of instruction, said. “The renovations are an important step in giving our programs room to grow and advance with changes in the horticulture industry.” In addition to the grant from Compeer, the foundation will receive \$2,500 a year for the next five years to fund scholarships for students enrolled in the college’s agriculture pathways. Kish was selected based on its agricultural education offerings, agriculture workforce development and geographic impact. The college offers a variety of agriculture-related programs, including Agribusiness, Horticulture, Precision Agriculture, Diesel Power Technology and more. In January, Compeer Financial announced it would commit \$1.9 million in grants and scholarships over the next five years to further develop the agricultural workforce. Kish was one of 14 colleges in Illinois, Minnesota and Wisconsin to receive funding in the first rounds of grants. “Our partners in higher education provide opportunities for young adults in rural communities every day, and we hope this support will enhance those training programs to prepare them for a successful future in agriculture,” Roger Newell, Compeer financial director, said.

## Fehr-Graham hires Diehl as project assistant

**ROCHELLE** — Fehr Graham, a leading Midwest engineering and environmental firm, is pleased to announce the hiring of Kristin Diehl as a project assistant for its Rochelle office, a press release said. Diehl has a bachelor’s degree from the University of Wisconsin-Platteville in ornamental horticulture and joins the team with several years of experience in office management. Her organizational skills, ability to manage multiple projects and attention to detail help her handle tasks efficiently,



Kristin Diehl

## KOTESKI: Former city employee receives 24-month sentence

**From page 1**

As of February 2012, Koteski had signatory authority on the association’s bank account. From Sept. 2012 through April 2018, Koteski fraudulently obtained at least \$150,000 from the association, which he used for his own benefit without the association’s knowledge or consent, the release said. Koteski wrote numerous checks to himself from the association’s bank account, which he deposited into his personal bank account for his personal benefit, the release said. Koteski concealed his acts by writing false information on the memo line to make it appear the checks were for reimbursement of personal monies Koteski spent for the association when, in fact, Koteski was not entitled to reimbursement. Additionally, according to the plea agreement, in 2018, Koteski made online payments from the association’s bank account to a credit card company to pay for balances on his personal credit card and to an online loan financing company to pay for balances on Koteski’s loan. The sentencing was announced by John R. Lausch, Jr., United States attorney for the Northern District of Illinois, and Emmerson Buie, Jr., special agent-in-charge of the Chicago office of the Federal Bureau of Investigation.

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# LOCAL NEWS

## Obituaries

### Herman George Reineck

**SUN CITY, Ariz.** — Herman George (Joe) Reineck, 92, longtime employee and manager with Kroger and resident of Sun City, Arizona passed away on June 15.

Joe is survived by his wife, D. Maxine (Withrow) Reineck; his children, Larry Reineck of Prescott, Arizona, Brenda (Reineck) Rauschenberger and husband Greg Thompson of Oro Valley, Arizona and Bruce Reineck and wife Kimiko of Okinawa, Japan; his grandchildren: Chad Reineck, Aaron, Cara and Colin Rauschenberger of Scottsdale, Arizona and Anna Reineck of Okinawa, Japan and sisters: Betty (Skretteberg) and Marlene (Scoggins) Reineck. He is also survived by many nieces and nephews.

He is predeceased by his parents, Herman and Hazel Reineck; brothers: Hollace, Milton, Ray and Wayne and sisters: Beulah (Young), LaVerne (Duran), Alyce, Harriette (Kubale) and Audrey Reineck; sons: Bradley Phillip Reineck and Scott Brian Reineck.



Joe was born in 1928 at home in Algoma, Wisconsin, son of a cheesemaker. Joe started working for Kroger at the age of 15 as a bagboy. By the time he was 16, he met the love of his life, Maxine, who was attending high school. By 1947, they were married and started what would begin a nearly 74 year journey together.

Joe lived a life of constant motion, working, gardening, wood chopping, traveling or fishing. His greatest passions were having his family around; a day on the lake fishing and grilling a few bratwursts while enjoying a cool beer was a perfect day. Listening to music and enjoying afternoon snack time was always treasured time with his grandkids.

He was a volunteer with the Ogle County Sheriff's Department for many years prior to moving to Arizona.

After spending time in Wisconsin, Illinois and Arizona, they made Arizona their home base in 1989. They resided in their Sun City home until recently when they moved to Wooddale Village of Sun City.

He will be deeply missed by friends, family and all who knew him.

His internment will be at Lawnridge Cemetery in Rochelle. Final services will be privately held by the family.

## Obituaries

### Vicki Marie Pickett

**SOUTH BELOIT** — Vicki Marie Pickett, 74, of South Beloit, passed away after battling cancer on Sunday, June 27 in her home surrounded by her family.

She was born on Sept. 3, 1946 in Mendota, the daughter of Wilbur and Betty (Arjes) Cardot. Vicki was a 1964 graduate of Paw Paw High School. Vicki married Michael DeGryse on March 7, 1964. She then married Paul Padilla on June 15, 1979. He predeceased her on Sept. 9, 2000. Vicki later married Terry Pickett on March 10, 2004.

Vicki was formerly employed by Family Dollar. She was known for putting everyone before herself. Vicki enjoyed raising her children and grandkids and going to all of their activities. She loved spending time with her family, they meant the world to her. Vicki and Terry enjoyed going on road trips, shooting at the gun club and cheering on Vicki's favorite team, the Chicago Bears, and Terry's

favorite team, the Green Bay Packers, together.

Survivors include her husband, Terry; daughters, Pamela (Gregory) Draper, Angela "Angi" (Tracy) Schmoldt, Rhonda (Troy) Ditsworth and Tonya Donovan; nine grandchildren, Hailey (Bradley) Marshall, Joshua Draper, Tanner (Tiffany) Kramer, Taylor Malmstrom, Traci Malmstrom, Tyler (Stacy) Jensen, Alexis Halzel, Kayla Halzel and Hanna Donovan; great grandchildren, Tally Rose Kramer, Tinlee Kramer, Weston Marshall, Silas Marshall and Aubriella Hickman; brothers, Arthur "Art" (Rhonda) Cardot of Ashton, and Jeffrey (Jeanine) Cardot of Loveland, Colorado; uncle, Richard (Caroline) Arjes of Arizona; several nieces and nephews; cousins, other relatives and friends and beloved dachshund, Ben.

Vicki was predeceased by her parents, son, Christopher DeGryse; sister, Mary Schabacker and her beloved



dachshund, Duke. A memorial service for Vicki will be held at 10:30 a.m. on Thursday, July 1, 2021 in the Daley Murphy Wisch & Associates Funeral Home and Crematorium, 2355 Cranston Road in Beloit, with Pastor David Meding officiating.

Inurnment will be in Floral Lawn Cemetery. Visitation of remembrance will be from 5 p.m. until 7:30 p.m. on Wednesday in the funeral home.

Services will be live streamed on [www.daley-murphywisch.com](http://www.daley-murphywisch.com).

Online condolences may be sent to the family at [www.daley-murphywisch.com](http://www.daley-murphywisch.com).

## Rochelle Police Department

### Woman arrested on outstanding warrants

**ROCHELLE** — On June 25 at 11:18 a.m. Michael Cassidy, 79, of Rochelle was cited for

improper lane usage. He signed a promise to comply and was given a Rochelle court date of Aug. 13.

On June 26 at 5:46 p.m. Gage Larsen, 20, of Rochelle was cited for speeding 60 m.p.h. in a 45 m.p.h. zone. He signed a promise to comply and was given a Rochelle court date of Aug. 13.

On June 27 at 10:25 a.m. Andrew Forbes, 41, of Compton was arrested on an outstanding Lee County Warrant. He paid \$100 and was given a Lee County court date of Aug. 6.

On June 28 at 8:08 p.m. Tina R. Cupp, 52, of Rochelle was arrested on two outstanding Ogle County

warrants and transferred.

On June 28 at 8:14 p.m. Enrique A. Vasquez, 28, of Rochelle was arrested for an outstanding Ogle County warrant, driving while license revoked and cited for no insurance and driving outside classification and transferred.

On June 29 at 2:32 a.m. Michael A. Maise, 30, of Rochelle was cited for driving while license suspended and improper lane usage. He signed a promise to comply and was given a Rochelle court date of Aug. 13.

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**Report policy**

Any arrests listed in this paper are merely charges and the defendants are presumed innocent unless proven guilty in a court of law. Please note that all police reports received from the

Rochelle Police, the Ogle County Sheriff's Department and the Illinois State Police, will be printed without exception. Requests to omit particular reports will not be considered or honored at any time.

**Ogle County COVID-19 Weekly Update**  
 As of Tuesday, June 29, 2021

**Ogle County COVID-19 Statistics**  
 Positivity Rate is **1.7%**  
 Total Vaccinations Administered: **42,176**  
 Total FULLY Vaccinated: **21,060**  
 Pct. FULLY Vaccinated: **41.36%**

**Are you FULLY vaccinated?**

You will have the **best protection against COVID-19** or any of the variants by getting both doses of your Pfizer or Moderna vaccine and are not considered fully vaccinated until you do have both doses. If you need a second dose, go back to where you had the first dose or go to any local pharmacy to receive it and take your vaccination card. Please continue to wear a mask to protect yourself and others if you are not FULLY vaccinated.

**Ogle County Health Department**

No future mass vaccination clinics are scheduled at this time. Starting mid-July, OCHD will be providing COVID-19 vaccinations at their Oregon and Rochelle Offices on Tuesday-Wednesday-Thursday every week. You will need to call **815-562-6976** to make an appointment for either location.

Follow OCHD on Facebook or check their website [health.oglecounty.org](http://health.oglecounty.org).

**Rochelle Community Hospital**

**Effective this week**, COVID-19 vaccinations will be offered to patients at the Family Healthcare Clinic at the time of their scheduled appointment.

The **RCH COVID-19 Triage Line** can assist with questions regarding symptoms, testing or vaccination. Call **815-561-8829**, Monday through Friday, 10:00 a.m. to 3:00 p.m. Callers have the ability to leave a message with a Spanish option and your call will be returned.

**Pharmacies**

COVID-19 vaccinations are available at all pharmacies in Rochelle.

**ROCHELLE News-Leader**

**211 IL Route 38 East, Rochelle, IL 61068 (815) 562-4171**

USPS (467-820) ISSN (1075-2811)  
 Published every Wednesday and Sunday by Rochelle Newspapers Inc. at 211 E. State Route 38, Rochelle, IL 61068. Periodical postage paid at Rochelle, IL 61068. Postmaster send address changes to the Rochelle News-Leader, P.O. Box 46, Rochelle, IL 61068. Subscription rates are \$112 per year by mail in Ogle County. Outside county rate is \$134 per year. No mail delivery in newspaper-carrier serviced areas. The circulation department is open Monday through Friday from 8 a.m. to 5 p.m. If you are a carrier subscriber and your paper does not arrive, contact Wanda Brimhall at 561-2112.

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# LOCAL NEWS

## Fourth of July events on tap for this weekend

**ROCHELLE** — Fireworks will take place at Atwood Park on Sunday, July 4 starting at 5 p.m. There will also be music from the Municipal Band and food from Ralfie's BBQ and Candy Cloud Company. Festivities end at 10 p.m.

The city's 4th of July parade will start at 1 p.m. on Sunday in downtown Rochelle and proceed to Cooper Park.

A fly-in, movie and fireworks will take place at the Rochelle Municipal

Airport on July 2 and 3.

Rochelle's Movie In The Park will take place Friday, July 2 at Helms Field at Jones Road and 9th Street. Doors open at 8 p.m. and the movie begins at dusk. Disney's "Coco" will be shown.

### Kings Camp

The following events will take place at the Kings Campground (9560 E. Lindenwood Drive, Chana, IL, 61015).

Saturday, July 3: Devotions at Grace Center (9

a.m.), Activity with Brian (10 a.m.), Picnic in the Park at Shelter B (noon). Bring a dish to pass and table service. Games to follow including dunk tank, pie eating contest and baked goods judging. Craft activity with Brian (4 p.m.), Root Floats in Grace Center (7 p.m.), Campfire with Brian at Canteen (8 p.m.).

Sunday, July 4: Church service in Shelter B (10 a.m.). Questions can be directed to 815-645-8277.

## Ogle County Sheriff kicks off independence day safety campaign

**OREGON** — The Ogle County Sheriff's Office announced its plans for July Fourth traffic enforcement with a focus on impaired and unbuckled drivers.

The safety campaign will run June 17 through July 6 to encompass three weekends leading up to and following the independence day holiday, one of the deadliest times on Illinois roads.

"We want all our residents and visitors to have an enjoyable and safe holiday," Sheriff Brian VanVickle said. "Remember — if you're going to drink or use other impairing substances, don't drive. We will be stepping up patrols to keep impaired drivers off the roads and ensure everyone makes it home safely from their celebrations." The Sheriff's Office

"We want all our residents and visitors to have an enjoyable and safe holiday,"

**Sheriff Brian VanVickle**

will join the Illinois State Police and more than 200 local police and sheriff's departments for the increased statewide enforcement effort. To keep your 4th of July celebrations safe, plan ahead by designating a sober driver, not driving distracted and always wearing your seat belt.

Other important tips include: Give your designated driver your keys before you go out. If you are drunk or impaired by marijuana or other drugs, call a taxi, take mass transit or call a family member to get you home safely. Use your favorite ride-share service such

as Uber or Lyft or use public transportation. If you see a drunk driver, pull over safely and call 911. Make sure everyone in your vehicle wears their seat belt. It is the best defense against an impaired driver.

The "Drive Sober or Get Pulled Over" and "Click It or Ticket" campaign is funded by federal traffic safety funds administered by the Illinois Department of Transportation. The campaign runs concurrently with a media campaign reminding motorists that impaired driving has "Life or Death" consequences.

## Paisley named new Rochelle United Methodist Church pastor

**ROCHELLE** — Rochelle United Methodist Church, located at 709 4th St. in Rochelle, announced the arrival of its new pastor, Katherine Thomas Paisley.

Pastor Katherine follows Pastor Rob Hamilton who is now appointed to Geneva UMC in Geneva. Pastor Katherine was born in Chicago at Wesleyan Memorial Hospital and grew up in a series of methodist parsonages across Northern Illinois.

She met her husband Randy in Dixon at a youth lock in. They married during Katherine's sophomore year in college and proceeded to have three children, Meg, Carol and Donny.

She started out her ministry career in Christian education and children's choir. She resisted the call to ministry until the pastor at the Presbyterian church she was working at persuaded her to preach.

Her first sermon, "People in Need of a Pentecost," convinced her that seminary was

the next step.

She completed seminary in Nashville, Tennessee at Vanderbilt Divinity School. She served at over nine different United Methodist Churches in the Nashville area and had an internship at the General Board of Discipleship in the Worship Section.

While pastoring in Tennessee, she completed her Masters of Divinity and a Doctoral program at

Vanderbilt, where she also taught. They then moved back to Illinois, serving at First UMC in Freeport, Irving Park UMC and most recently Oak Park First UMC.

This long and winding journey has taken the Paisley family places they never would have imagined. Katherine believes that each step of the journey teaches us and challenges us, and we meet people who inspire us. God is in the journey — and with us along the way.

Katherine still loves preaching and Bible



**Katherine Paisley**

study, and exploring where God is at work already reaching out to folks. And the journey continues.

Pastor Katherine's first Sunday preaching will be on July 4 at RUMC's Worship at Lake Sule at 10 a.m. in the shelter. The new sermon series, Wandering with Abraham and Sarah, starts July 11 back in the sanctuary at 709 4th Ave. at 10 a.m.

The church welcomes residents to worship either in person, online at rochelleumc.com/live-stream or on YouTube or on the Radio at 93.5 FM WRHL at 9 a.m.

## BOOSTER: Creston event returns this August

*From page 1*

Katzman said planning for this year was difficult with uncertainty.

"We kind of had to start over this year," Katzman said. "We were able to get in touch with everybody

and get things going. A lot goes on behind the scenes. Things like vendors, food and ice machines. It's a lot to do and a lot of people involved. We try to have one person for everything.

Katzman said the event brings a lot of people to the

village and helps out businesses in town. He's happy to have the tradition back.

"It's very long standing," Katzman said. "This will be the 64th annual Creston Booster Days. We missed one year. That was last year."

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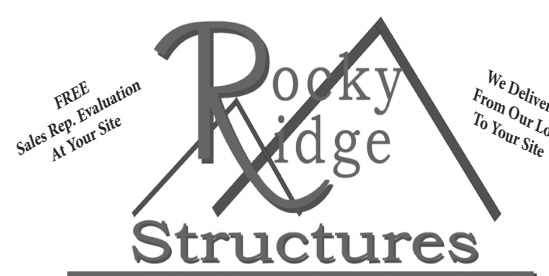
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# LOCAL VIEWS

## Guest column

# A year for growth in the 'Hub City'

THIS year has been a great year for growth in Rochelle. Now that it appears the worst of the pandemic is over, our team is shifting more focus to internal improvements in our operations, planning and of course, infrastructure.

Since 2015, our water department has upgraded three wells, two with radium removal plants. All of these facilities were funded either through saved cash or ILEPA low-interest loans with 25-30 percent debt forgiveness.

In 2021, we are completing upgrades to well four on 2nd Avenue

and design work is beginning on an iron removal facility at our well located at Caron Road.

Adam Lanning and his team are also completing a change out program for all our water meters. The new meters are more accurate in their readings and will allow customers to monitor their water usage through a web portal. This amazing team has changed out over 1,200 water meters in less than four months.

Speaking of amazing projects, our electric department is overseeing the design and construction of a new 100 MWh substation just south of Interstate 88. The new station will serve

additional load on the south side of the community and will relieve load issues at the Caron Road facility. This will lead to less outages and a more reliable distribution system.

Not to be outdone, our engineering and public works teams are moving forward with a \$900,000 upgrade to over 125 storm sewer inlets throughout the community. This project includes repair and replacement of inlets and storm sewer lines below the streets.

Aside from that project, we are proceeding with a planned storm sewer replacement project along 4th Avenue. This is in addition to the \$3 million in street and sidewalk improvements we made in 2019 and

2020.

I would like to thank our city employees for all their efforts in 2021. I like to brag about the city because I believe in our organization and our vision statement; A vibrant community where all can thrive.

The strategic investments our mayor and city council approved in our local businesses and our infrastructure will ensure our community will continue to succeed long term.

In the words of the late and great Jedi Master Yoda "Do. Or do not. There is no try."

*Jeffrey A. Fiegenschuh, MPA, ICMA-CM, is the City of Rochelle City Manager.*

## Letter to the Editor

# Falling in love with America

Dear Editor,

Becoming an American citizen is like falling in love.

With America and what she stands for. And then making the commitment to become part of her. When John and I left for the U.S. in 1967, the goal was to get through surgical residency and for John to get couple of degrees like FACS (Fellow of American college of surgeons) and FRCS(C) - Fellow of Royal college of surgeons (Canada) and then go back to India to practice.

John did get those two degrees, but then we wanted to practice here for a few years and then go back to India. So, we moved to Rochelle. But we're still here 54 years later. What happened?

We had fallen in love with America and her people. John loved his solo practice in Rochelle. He was his own boss. The patients loved him and brought cookies, eggs and thank you cards. Our sons excelled in school here and every time we visited India, allergies and stomach upsets plagued us.

We realized that our children would have a better future in the U.S., the land of opportunity. I love my city, my church, my community, my friends and my prayer partners who have become like family. Needless to say we were slowly falling in love with the American way of life. But, did the U.S. want us to stay here?

Provisionally, shortage of doctors in the 70's in the states opened a way for us to apply for a green card (permanent residency) which allowed us to stay in the U.S. Now we had to decide whether to stay as Indian citizens and live here on an immigrant Visa long-term or change our citizenship to the U.S.

The disadvantages would be to give up all our properties in India, since foreign

citizens cannot own property in India. Secondly, getting an Indian Visa every time we wanted to visit India would be a hassle.

But the advantages of citizenship far outweighed it. In a practical sense, we were already paying taxes, social security and John was even registered for selective service! Why not become a U.S. citizen and be able to vote and enjoy all the benefits and be actively involved?

John and Larry became citizens in 1984. On Nov. 11, 1984, the day John became a U.S. citizen, we were in a friend's home after the ceremony when John had an urgent phone call from the emergency room at Rochelle Community Hospital, saying that he was needed in ER.

He rushed over and as we entered the building, a large group of the hospital staff gathered there and shouted,

"Surprise!" They had decorated with American flags and had a cake. I joined them and said the pledge of allegiance, sang the national anthem and partied American style!

We celebrated July 4 in a new light. We installed a flag pole in the brick wall in the front of our house and hoisted the flag for the first time. Our first friend in U.S., Ms. Shirley Sparks, was visiting that holiday weekend. We sang the national anthem and saluted the flag with tears our eyes. What a privilege to become a US citizen.

I was the last one to become the citizen in my family, since it took time for my inheritance to be disposed of. My sister and brother-in-law benefited from it.

I had to learn U.S. history just like my sons did in school and pass an oral examination by the interviewer. I had to produce documents like my birth certificate, marriage certificate and had to write down all the places we lived in the U.S. and what

organizations we belonged to, etc.

I was cleared and I passed the interview. I was sworn in as a U.S. citizen at the Rockford courthouse in front of a Judge on May 10, 1990.

I was exhilarated. I am now a full-fledged, naturalized citizen of the United States of America. I am part of the land of the free and home of the brave. A red letter day in my life. The DAR (Daughters of American Revolution) of Rockford, gave a nice cake reception to us all new citizens, almost like a wedding reception.

You see, getting a new citizenship is almost like getting married into a new family. New allegiance and a life-long commitment!

I chose to become an American citizen for many reasons. Of course, the freedom we enjoy in this country is unbelievable. I can worship God in any of the 26 churches in Rochelle, meet anywhere, any time and pray and do Bible studies.

The natural beauty all across America is amazing, the spacious skies, the amber waves of grain, the purple mountain majesties, above the fruited plane. I love the spirit of adventure, invention, hard work, volunteerism and diversity I experience here in the U.S. I love our democratic process with liberty and justice for all.

But most of all I fell in love with America, because of the wonderful American people we met here — their friendliness, their generosity, their patriotism, the welcoming of recent immigrants like us and the care and concern shown to neighbors, friends and others in need, even far away.

One of the patriotic things we've done for the last 35+ years, is to have a weekly prayer group meeting in our house and intentionally pray for our country, state and city.

I love you, America. Happy Birthday. May God bless you and your people.

**Esther Prabhakar**  
Rochelle



**Jeffrey Fiegenschuh**



## VOICE ON THE STREET

### Question:

*With news of the city working to facilitate a possible daycare center at May School, how has the lack of a daycare center in town amid the COVID-19 pandemic impacted you in recent months?*

*"It seems everyone is looking for reliable daycare. I also realize that the park district is different than the city but daycare for the new REC Center would be awesome so parents could actually use it."*  
Sarah Kulwicki

*"I was really surprised to hear the REC doesn't have a kid drop-off/childcare for use while parents use the gym. I thought for sure they would. It would definitely be utilized."*  
Emily Johnson Reed



## How to contact government officials

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1218 Longworth HOB  
Washington, D.C.  
20515  
(202) 225-3635

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

IL Rep. Tom Demmer  
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Have a letter you want to submit to us? Send it to (news@rochelle-news-leader.com

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## LETTERS TO THE EDITOR POLICY

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

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

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



# COMMUNITY

## Cederholm award nominations being taken

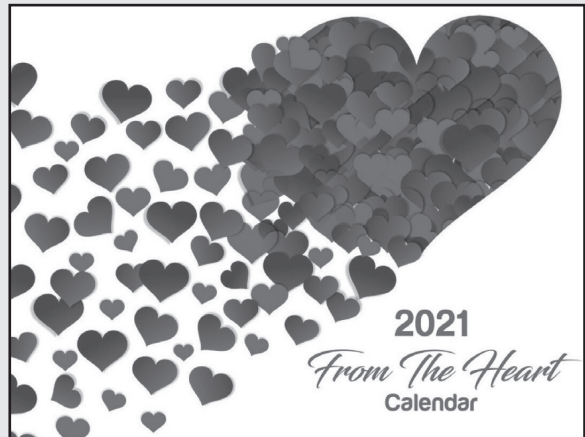
**CRESTON** — Nominations are currently being accepted for the Theodore Cederholm memorial community service award in Creston. The award goes out to distinguished individuals who have made the village of Creston a better place to live in and who have made notable contributions with giving of their time and efforts to do so. The award was established by Alice and Fred Cederholm in 1984 as a memory to Alice's late husband Theodore, lovingly known to all those in Creston as Ted.

Ted was the mayor of Creston for over 20 years and did so many things for the village he spent his entire life in. Ted passed away in 1981 and then was followed in death by his wife Alice in 2002, and most recently by their only surviving son Fred in 2014. Since this time the Creston Booster club has chosen to maintain their legacy. The person you nominate should be from Creston. This person should be nominated for their contribution to the betterment of the village as a good citizen.

Required for submission are the honoree's name, number of years in the Creston community and reasons why the individual should be considered. Please submit your nomination at any of these locations in Creston: Casey's, Headon's Fine Meats or the Dement Library by August 13 or it can be mailed to P.O. Box 62 Creston, IL 60113. The award ceremony will be directly after the community worship service at Booster Park on Aug. 29 at 9:30 a.m.

## City electronics recycling drop-off day is July 17

**ROCHELLE** — The City of Rochelle will be hosting an electronics recycling drop-off day on Saturday, July 17 from 8 a.m. to noon. The location will be at the City of Rochelle Street Department at 251 E. 1st Ave. The event is for Rochelle Municipal Utilities customers only and participants are asked to bring an ID.



- June 5 - Michelle Glen, Rochelle, \$25
- June 6 - Rochelle Christian Food Pantry, \$50
- June 7 - Josh Albright, DeKalb, \$25
- June 8 - Anita Bowers, Byron, \$25
- June 9 - Larry Hageman, Rochelle, \$25
- June 10 - Bob Caron, Rochelle, \$25
- June 11 - R. Arch Millotte, Rochelle, \$25
- June 12 - Johnson Tractor, Rochelle, \$25
- June 13 - Benjamin Weinstein, Deerfield, \$50
- June 14 - Patrick Johnson, Rochelle, \$25
- June 15 - Donna Chick, Paw Paw, \$25
- June 16 - Nancy Carr, Davis Junction, \$25
- June 17 - Crystal Fiegenschuh, Princeton, \$25
- June 18 - Sarah Flanagan, Rochelle, \$25
- June 19 - Patricia Rodgers, Rockford, \$25
- June 20 - Cassie Cecil, Rochelle, \$500
- June 21 - Amy Hatfield, Rochelle, \$25
- June 22 - Jane Cassidy, Rochelle, \$25
- June 23 - Patricia Mahan, Illiopolis, \$25
- June 24 - Anne Aubry, Whitefish Bay, Wis., \$25
- June 25 - Spencer Hayden, Rochelle, \$25
- June 26 - Diane May, Volvo, \$25
- June 27 - Emily Shrimplin, West Brooklyn, \$50
- June 28 - Cheri McGee, Rochelle, \$25
- June 29 - Rochelle Area Community Foundation, \$25
- June 30 - Tom Ellis, Steward, \$25

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

### Birthdays & Anniversaries

**July 1**  
Kevin Eggenburg  
Jason Losoya  
Gage Sullivan

**July 4**  
Alex Torres  
Mark Gilliam

**July 6**  
Billie Bonilla  
Dena Koker

**July 7**  
Tarah Wooten  
Vallory Lopez

**July 8**  
Jazmene Carpenter

**July 12**  
Zach Walker  
Gene Messer  
Thayde Sullivan  
Danica Thompson

**July 14**  
Eli Jones  
Peggy Messer

**July 15**  
Seriana Carpenter  
Julia Jackson  
Courtney Jones

**July 17**  
Carolyn Overstreet

**July 19**  
Eric & Kati Johnson

**July 20**  
Corey Lawrence  
Zack Lawrence  
Aaron Doering  
Courtney South

**July 21**  
Gavin Arnold

**July 22**  
Kayla Peterman

John & Deb Wooten  
Alexie Smith

**July 23**  
Elmer Lopez

**July 24**  
Paige Komadina  
Juliana Kann  
Jackson Kann

**July 26**  
James Friestad

**July 27**  
Pastor Angelo & Debbie Bonacquisti  
Brian & Kelly Smith

**July 28**  
Marisa McGuire

### THE KITCHEN TABLE MENU

June 29 (Tuesday) – Pork Chops, Mac N Cheese, Peas, Dinner Roll

July 4 – (Sunday Brunch) – NO SUNDAY BRUNCH – ENJOY THE 4TH OF JULY WEEKEND!!

KIDS MENU: Chicken Nuggets w/Fries

\*\*All menus are subject to change. If you would like to check before coming out, please call us at 815-561-9074 as we will put the menu on the answering machine.

www.KitchenTableRochelle.org

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## Coffee Break

### King Crossword

**ACROSS**

1 Choose

4 Scale amts.

7 Diving duck

8 Diner workers

10 Dijon darling

11 Removes, as a brooch

13 Winter Olympics event

16 " – Clear Day"

17 Bolivian city

18 "Ulalume" writer

19 Favorites

20 Roman emperor

21 Driverswith handles

23 Battery part

25 Persia, today

26 "What's – for me?"

27 Lincoln or Ford

28 Accord maker

30 Baseball execs

33 2016 Best Picture nominee

36 Net defender in hockey

37 Separated

38 Island near Java

39 Apple variety

40 Tax form ID

41 Reply (Abbr.)

**DOWN**

1 Alpha's opposite

2 Lima's land

3 Performer with a baton

4 Candymaker Willy

5 November birthstone

6 Revue segment

7 Tibia's place

8 Points

9 Took potshots

10 Corp. money manager

12 Napper's racket

14 Comestibles

15 Earth (Pref.)

19 Calligrapher's instrument

20 Word of denial

21 007 portrayer Daniel

22 Legendary French actress

23 "The King –"

24 Falls on

25 German pronoun

26 Draw a conclusion

28 Big wheels at sea

29 Leek's kin

30 Metric measures

31 Simple

32 Retired jet

34 Lectern locale

35 "Once – a time ..."

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### Weekly SUDOKU

by Linda Thistle

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

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

**DIFFICULTY THIS WEEK: ♦**

♦ Moderate ♦♦ Challenging  
♦♦♦ HOO BOY!

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### CryptoQuip

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

Clue: J equals F

LJ YZPBQZFC GZGEHHC WTXY ZTG  
ZJ QWBEGI PLXGY, SZTHF CZT  
YEC IB'Y TX-SBWG-LJLBF?

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King Crossword

Answers

Solution time: 24 mins.

Answers

Weekly SUDOKU

Answer

CryptoQuip

answer

If somebody totally runs out of breath mints, could you say he's un-Cent-fried?



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ROCHELLE  
News-Leader



SPORTS

RAY'S DEFEAT BYRON

The Rochelle Rays opened the 2021 season against Byron on Thursday.

See page 3 for more details

RTHS Wrestling

# Nadig medals at state

Rochelle junior takes fourth at IWCOA 2A State Championships

BY RUSSELL HODGES  
SPORTS EDITOR

**SPRINGFIELD** — Rochelle wrestler Caleb Nadig's focus this season has been on competing and not worrying about the results. Nadig's mental approach helped him secure a fourth-place medal from the IWCOA 2A State Championships at the BMO Harris Bank Center this past week.

Nadig (26-5) opened the tournament with a resounding victory against Prairie Ridge's Jack Stone, scoring seven takedowns and three near falls in a 22-5 technical fall. Nadig advanced to the quarterfinals, where he fell in a 6-1 decision against unbeaten Bethalto (Civic Memorial) wrestler Caleb Tyus (31-0), who went on to finish first in the 138-pound bracket.

"I'm happy with my results because I thought I improved from last season," Nadig said. "I thought the state meet was a great learning experience and I enjoyed the competitiveness of the tournament. I enjoyed having the chance to test how much I've improved."

Nadig surged through the consolation bracket,

beginning his fourth-place run with four near falls and two takedowns in a 17-0 technical fall over Mundelein (Carmel)'s Christian Holmes. In the consolation quarterfinals, Nadig held off Lemont's Evan Schiffman, scoring two takedowns and one escape for a 5-0 decision. Nadig faced off against Rock Island's Aoci Bernard in the consolation semifinals, recording a pivotal overtime takedown to win by 5-3 sudden victory.

"I did a good job this season of not worrying about the results and just competing," Nadig said. "There are definitely technical things I want to improve on and I want to add as many moves to my arsenal as I can. My goal for next season is to win the state tournament and to do that, I need to continue pushing myself out of my comfort zone and get better every day."

Nadig battled Burbank (St. Laurence)'s Mike Rodriguez in the consolation finals, losing by 7-1 decision to finish the state tournament in fourth place. Nadig, who earned Interstate 8 All-Conference First Team honors for his junior season, helped lead the Hubs to a 21-8 record.



Junior Caleb Nadig (middle left) medaled in fourth place at the IWCOA 2A State Championships in Springfield this past week. Nadig won four matches throughout the tournament.

Rochelle Little League

## VFW, Lions qualify for city championship series

Rotary places third, Kiwanis finishes fourth in Major League tournament

BY RUSSELL HODGES  
SPORTS EDITOR

**ROCHELLE** — The Rochelle Little League Major League Baseball City Championship tournament continued this past week, with No. 1 seed VFW (12-5) and No. 3 seed Lions (13-7) advancing to face off in a three-game championship series beginning this week. No. 2 seed Rotary (11-7) took third place in the tournament, while No. 5 seed Kiwanis (9-8) finished in fourth place.

### Thursday

The consolation bracket teed off on Thursday, with Lions edging No. 4 seed Central Bank (8-9) 4-3 in seven innings. Lions took a 2-0 lead in the bottom of the fourth inning when Brayden Harley slapped an RBI single to score Bo Lundquist and John Chadwick. Andrew Huerta hit an RBI groundout to plate Trentin Neale in the top of the fifth inning for Central Bank.

Central Bank went ahead 3-2 in the top of the sixth inning. Trent Cunningham scored on a

passed ball to tie the game and Neale singled to score Zachary Russell. Lions evened the game at 3-3 in the bottom of the sixth inning, with Jack Evans recording an RBI single to plate Tyler Etes. Lions won the game on Harley's second RBI single in the bottom of the seventh inning.

In the second consolation game, Kiwanis took down No. 6 seed Firemen (1-16) 10-2. Andrew Eyster struck out 10 batters in four and one-third innings pitched for Kiwanis, while Luke Dickey struck out five batters in three innings pitched for Firemen. Eyster and Alex Dyer combined for four hits and eight RBIs on the Kiwanis side, with Eyster hitting a home run. Noah McKinney singled and recorded two RBIs for Firemen, while Korbin Milos singled and scored one run.

### Friday

Lions and Kiwanis squared off in the consolation semifinals, with Lions emerging victorious 11-7.

See BOYS page 3



Holden Liebhaber (left) and Kiwanis finished fourth in the Rochelle Little League Major League Boys City Championship tournament. Elijah Schweitzer (right) and Rotary took third place in the tournament.

(PHOTOS BY RUSSELL HODGES)



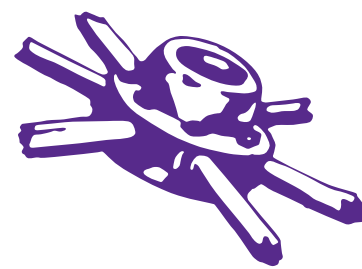


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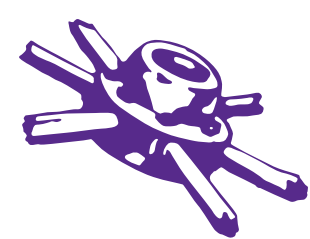


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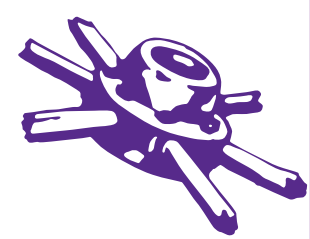
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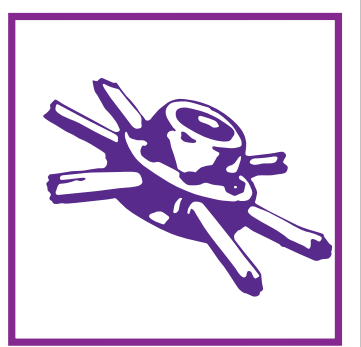


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## HUB SPOTLIGHT



(COURTESY PHOTO)

Carroll University and former Rochelle track and field standout Aubrey Headon brought home three medals, including one gold medal, from the U.S. Paralympic Team Trials in Minneapolis, Minnesota this past week.

## Headon medals at U.S. Paralympic Team Trials

BY RUSSELL HODGES  
SPORTS EDITOR

**MINNEAPOLIS** — Only 135 athletes in the United States were invited to compete at the U.S. Paralympic Team Trials this past week. Former Rochelle Township High School track and field standout Aubrey Headon was among the select group of athletes who participated in the four-day event looking to earn a spot on the U.S. Paralympic Team for the Tokyo Paralympic Games.

Headon competed in the 100-meter dash, 200-meter dash and shot put under the T35/F35 classification, which includes athletes with coordination impairments such as cerebral palsy. The RTHS graduate and current Carroll University track and field athlete set season records in two of her three events, ultimately earning one gold medal and two silver medals. It was Headon's second time competing at a U.S. Paralympic Team Trial event in her career.

"I enjoyed seeing athletes I hadn't seen since before COVID-19," Headon said. "I was also happy to represent Carroll University and Rochelle on a national level. I

felt like I performed well at the trials. I had season-best performances in both the 100 and the 200. I was happy that I earned three medals and I was happy to be one of the 135 athletes invited."

Headon brought home a gold medal in the shot put competition with a distance of 4.95 meters. The former Lady Hub student-athlete earned silver medals in the 100-meter dash with a time of 18.31 seconds and the 200-meter dash with a time of 40.78 seconds. Although Headon didn't earn a spot on the U.S. Paralympic Team for Tokyo, she said competing at the U.S. Paralympic Team Trials will motivate her to continue having fun and pushing forward.

"Seeing that this was my second team trials, this experience showed me again that I just need to have fun with what I'm doing and the results will follow," Headon said. "The trials also motivated me to look toward the 2024 Paris Paralympics and the 2028 Los Angeles Paralympics. I start my junior year at Carroll University this fall and I'm looking forward to my classes this coming semester. I will then take up track and field in the spring semester."



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# SPORTS

Rochelle Rays

## Swim team opens 2021 season against Byron

Rochelle Rays return to the water with win over Tiger Sharks

BY RUSSELL HODGES  
SPORTS EDITOR

**ROCHELLE** — The Rochelle Rays returned to the water on Thursday, battling the Byron Tiger Sharks in a head-to-head matchup at Spring Lake Pool to open the 2021 summer swimming season. Rochelle defeated Byron 478-217, with the Rochelle boys winning 222-99 and the Rochelle girls earning a 256-118 victory. Roughly 500 spectators attended the meet.

The swimmers were so excited to get back to swimming,” head coach Marianne Swanson said. “We had 400-500 people in attendance and the excitement was overwhelming. Several park districts did not have teams this year including teams we typically swam against in the past. It was difficult setting up swim meets this year. Nevertheless, we are happy to be back in the water and look forward to year-round swimming now that we have an indoor pool in Rochelle.”

The Rochelle Rays will host an intra-squad/community swim meet on Thursday, July 15 beginning at 5:30 p.m. Youth from the Rochelle community are welcome to swim in this meet. There is no charge to do so and interested persons should stop by Spring Lake Pool after July 1 and pick up a sign-up form. Swimmers who sign up for the meet will compete against the members of the Rochelle Rays swim team as well as other swimmers from the community.

### 8 & Under Girls

Berkeley Thompson, Taylor Burke, Ashley Carmichael and Clara Lofthouse won the 100-yard freestyle relay with a time of 1:56.40. Thompson finished second in the 25-yard freestyle with a time of 21.30 seconds and Lofthouse took third in 26.59 seconds. Thompson placed second in the 25-yard breaststroke with a time of 32.75 and Carmichael finished third in 41.20. Lofthouse took second in the 25-yard backstroke with a time of 32.83 and Burke placed third in 34.23.

### 8 & Under Boys

Grange Kissack, Leo Ege, Caleb Johnson and Jimmy Chadwick won the 100-yard freestyle relay unopposed with a time of 2:01.29. Kissack took second in the 25-yard freestyle with a time of 23.65 and Gavin Smith finished third in 25.20. Kissack won the 25-yard breaststroke with a time of 32.12 and Smith placed third in the 25-yard backstroke with a time of 30.76.

### 9-10 Girls

Tess Kissack, Leni Haedt, Daphne Wise and Sydney Burke won the 200-yard medley relay unopposed with a time of 3:47.20. Jehan Jaradat won the 25-yard freestyle with a time of 23.80 seconds, while Natalie McCandless took second with a time of 28.89 seconds. Burke placed second in the 50-yard freestyle (38.74) and Rowan Thompson took third (42.44).

Kissack won the 25-yard breaststroke with a



(COURTESY PHOTO)

The Rochelle Rays opened the 2021 summer swim season against the Byron Tiger Sharks on Thursday, with Rochelle's boys and girls each emerging victorious. Eighty-five swimmers are participating this summer.

time of 26.54 and Burke finished second in 28.98. Thompson placed second in the 50-yard breaststroke with a time of 57.25 and Wise took third in 1:03.21. Kissack and Burke brought home first and second-place finishes in the 25-yard backstroke with respective times of 22.97 and 25.91. Kimber Ege and Kendra Ege finished first and second in the 50-yard backstroke with respective times of 1:06.06 and 1:11.27.

Burke won the 25-yard butterfly with a time of 26.12 and Wise placed second in 28.70. Rochelle's 200-yard freestyle relay team (Burke, Haedt, Kissack and Thompson) won unopposed with a time of

3:12.41.

Kendra Ege, Kimber Ege, Wise and Jaradat took second in 3:56.95.

### 9-10 Boys

Jadon Exantus, Elijah Good, Joah Horner and Declan McKinney won the 200-yard medley relay unopposed with a time of 4:41.65. Exantus, Good, Dany Garcia and Horner finished second in the 200-yard freestyle relay with a time of 3:47.75. McKinney won the 25-yard freestyle with a time of 21.83 seconds and Garcia placed second with a time of 23.22 seconds.

Horner won the 50-yard freestyle with a time of 36.30 and Good took second in 46.54. Good

finished second in the 25-yard breaststroke with a time of 29.42 and McKinney placed third in 31.83. Horner won the 100-yard individual medley unopposed with a time of 1:33.92. Good finished second in the 25-yard backstroke with a time of 27.29 and Carson Smith took third in 34.76. Horner won the 25-yard butterfly with a time of 19.06 and Good placed second in 35.98.

### 10 & Under

Leyna Dicus won the 25-yard freestyle with a time of 29.05 and Jehan Jaradat took second with a time of 30.47. Grange Kissack finished second in the 25-yard freestyle

with a time of 29.64 and Carson Smith placed third in 29.94.

### 11-12 Girls

Jillian Bruns, Cambrey Rodeghero, Roxy Taft and Mackayla Downing finished second in the 200-yard medley relay with a time of 3:22.10. Bruns placed second in the 50-yard breaststroke with a time of 49.72 seconds and Rodeghero took third in 50.11 seconds. Reese Kissack finished third in the 50-yard backstroke with a time of 46.03. Leiya Smith, Josie Slattengren, Kissack and Bruns placed second in the 200-yard freestyle relay (2:48.67).

See RAYS page 4

## BOYS: Three-game championship series begins this week

From page 1

Kiwanis went ahead 4-0 in the top of the first inning. Tyler Johnson singled and scored on an error, while Andrew Eyster hit an RBI single to score John Williams. Holden Liebhaver followed with an RBI single to plate Eyster before scoring on a passed ball three at-bats later.

Brayden Harley's RBI single and Jack Evans' two-run single scored three Lions runs in the bottom of the first inning. Lions added four runs in the bottom of the second inning behind RBI singles from Bo Lundquist and John Chadwick, who eventually scored on a passed ball, as well as an RBI groundout from Harley. Leading 7-4, Lions plated four more runs in the bottom of the third inning, with Lundquist and Chadwick each hitting RBI singles and scoring on passed balls.

Trailing 11-4, Kiwanis scored three runs in the top of the fifth inning. Liebhaver scored on an error, while Brandin Kirk scored on a passed ball and Williams recorded an RBI groundout.

In the winners bracket finals, VFW topped Rotary 3-1 to advance to the championship series. Bobby Tourdot singled and scored on a wild pitch to give VFW a 1-0 lead in the bottom of the first inning. VFW took a 3-0 lead in the bottom of the fifth inning when Connor Lewis

and Tourdot drew walks and scored on Jonathan Andrist's two-run single. Rotary scored its lone run in the top of the sixth inning after Levi Moore walked and scored on a fielder's choice.

### Sunday

In the consolation finals, Lions upset Rotary 4-3 to qualify for the championship series. Preston Borris scored on an error to put Lions ahead 1-0 in the top of the second inning. Bo Lundquist's two-run single plated Borris and Mikey Chadwick to make it a 3-0 game in the top of the fourth inning. Brayden Bowers singled and scored on an error for Lions in the top of the sixth inning.

Trailing 4-0, Rotary scored three runs in the bottom of the sixth inning. Warren Schweitzer singled and scored on an error, while Elijah Schweitzer singled and scored soon after. Connor Hunley reached on an error and scored on a passed ball for Rotary's final run of the game.

### All Stars

Rochelle Little League's 9-10 All-Star Baseball team includes Axel Alsop, Quentin Ansteth, Sergio Cervantes, Maddex Jackson, Kamden Kessen, Jasper Macklin, Steel Manning, Vaughn Manning, Teddy Millard, Jaxon Quinonez, Bentley Svela, Nolan Zick and Carson Smith.



(PHOTOS BY RUSSELL HODGES)

Bobby Tourdot (left) and No. 1 seed VFW will face Brayden Harley (right) and No. 3 seed Lions in the Rochelle Little League Major League Boys City Championship Series this week.



# SPORTS

## RAYS: Rochelle swim team wins 2021 season opener

From page 3

### 11-12 Boys

Charlie Carmichael, Bryson Stewart, Owen Carmichael and Dayton Mellor won the 200-yard medley relay unopposed with a time of 3:22.22. Charlie Carmichael, Landon Ege, Stewart and Owen Carmichael won the 200-yard freestyle relay with a time of 2:49.01. Stewart finished second in the 50-yard freestyle with a time of 39.40 and Ege took third in 40.13.

Stewart placed second in the 50-yard breaststroke with a time of 51.51 and Charlie Carmichael finished third in 55.58. Charlie Carmichael won the 100-yard individual medley with a time of 1:54.19 and Mellor placed second in 2:23.81. Ege won the 50-yard backstroke with a time of 49.64 and Stewart took second in 53.76. No Rochelle swimmers raced in the 50-yard butterfly.

### 13-14 Girls

Sydney Carmichael, Natalie Wagner, Emma

Kennay and Kendyl Darby won the 200-yard medley relay with a time of 2:51.00. Kennay, Wagner, Carmichael and Darby won the 200-yard freestyle relay with a time of 2:25.64. Kennay won the 50-yard freestyle with a time of 30.97 seconds and Darby finished second with a time of 32.94 seconds. Darby took second in the 50-yard breaststroke with a time of 47.50 seconds and Wagner placed third in 49.40 seconds.

Kennay won the 100-yard individual medley with a time of 1:24.62 and Michelle McCandless finished third in 1:29.80. McCandless won the 50-yard backstroke with a time of 40.19 and Riley Doyle took second in 42.73. Kennay won the 50-yard butterfly with a time of 37.18, while Doyle placed second in 43.13 and Annaleigh McKinney took third in 52.62.

### 13-14 Boys

Jaime Christensen, Van Gerber, Nolan Johnson and Samuel Hilleson won

the 200-yard medley relay unopposed with a time of 3:10.35. Christensen, Gerber, Hilleson and Johnson won the 200-yard freestyle relay unopposed with a time of 2:53.34. Johnson won the 50-yard freestyle with a time of 32.87 seconds and Gerber finished second with a time of 33.80 seconds.

Gerber won the 50-yard backstroke with a time of 41.76 and Johnson took second in 45.42. Johnson won the 100-yard individual medley with a time of 1:31.88 and Gerber won the 50-yard backstroke with a time of 45.33 while Christensen took second in 54.97.

### 15-18 Girls

Karyssa Dale, Olivia Sergeant, Baylie Sutton and Francesca Williams won the 200-yard freestyle relay unopposed with a time of 2:24.59. Sergeant won the 100-yard freestyle with a time of 1:10.86 and Sutton finished second with a time of 1:22.80. Sutton won the 100-yard breaststroke with a time



(COURTESY PHOTO)

The Rochelle Rays defeated the Byron Tiger Sharks in their season opener at Spring Lake Pool on Thursday. The Rochelle Rays will host an intra-squad/community meet with other local swimmers on July 15.

of 1:48.97 while Dale placed second with a time of 1:50.92.

Sergeant won the 200-yard individual medley unopposed with a time of 3:03.03. Dale won the 100-yard backstroke unopposed with a time of

1:56.16.

### 15-18 Boys

Luke Orlikowski and Max Orlikowski won the 200-yard freestyle relay unopposed with a time of 2:15.19. Max won the 100-yard freestyle with a

time of 1:16.13 and Luke placed second with a time of 1:17.57. Max won the 100-yard breaststroke unopposed with a time of 1:44.21 and Luke took second in the 100-yard butterfly with a time of 1:46.36.



(COURTESY PHOTO)

The 2021 Rochelle Rays opened their season with a home meet with the Byron Tiger Sharks on Thursday. There are 85 swimmers on this year's roster including Campbell Adolph, Taylor Burke, Aubrey Burton, Ashley Carmichael, Leyna Dicus, Gwendolyn Good, Clara Lofthouse, Berkeley Thompson, Spencer Carpenter, Jimmy Chadwick, Leo Ege, Caleb Johnson, Grange Kissack, Carter McCandless, Gavin Smith, Sydney Burke, Kendra Ege, Kimber Ege, Leni Haedt, Jehan Jaradat, Tess Kissack, Natalie McCandless, Rowan Thompson, Lily Wengelerowski, Daphne Wise, Chase Atkinson, Braxton Bruns, Joseph Chadwick, Jadon Exantus, Danny Garcia, Elijah Good, Julian Groves, Joah Horner, Declan McKinney, Carson Smith, Jillian Bruns, Carol Carpenter, Mackayla Downing, Magdalene Good, Kathryn Groves, Reese Kissack, Maggie Louis, Emma Metzger, Rowyn Mott, Cambrey Rodeghero, Josie Slattengren, Leiya Smith, Maggie Suneson, Roxy Taft, Charlie Carmichael, Owen Carmichael, John Chadwick, Zachary Dreska, Landon Ege, Tyler Johnson, Landon McCandless, Noah McKinney, Dayton Mellor, Madess Mitchell, Bryson Stewart, Sydney Carmichael, Mary Chadwick, Kendyl Darby, Riley Doyle, Gracee Holmgren, Emma Kennay, Bryn Kissack, Michelle McCandless, Annaleigh McKinney, Abby Metzger, Cassidy Vincent, Natalie Wagner, Catherine Williams, Madigan Williams, Jaime Christensen, Van Gerber, Nolan Johnson, Sam Hilleson, Karyssa Dale, Emma Hilleson, Olivia Sergeant, Baylie Sutton, Francesca Williams, Luke Orlikowski and Max Orlikowski.

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See website for detailed description of all classes

CALL TO REGISTER & FOR COURSE INFORMATION  
(815) 501-9421 | [NORTHERNILLINOISCARRY.COM](http://NORTHERNILLINOISCARRY.COM)  
[NORTHERNILLINOISCARRY@GMAIL.COM](mailto:NORTHERNILLINOISCARRY@GMAIL.COM)



**NORTHERN ILLINOIS CARRY**

06/30/2021

**Ollie's Frozen Custard**

**HOURS: Open Daily**  
Mon-Fri 1:00pm - 9:00pm  
Sat-Sun 11:30am - 9:00pm

**Flavors: Vanilla, Chocolate and our Flavor of the Day**

- Shakes/Malts
- Old Fashion Sodas
- Italian Ice
- Specialty Sundaes
- Artic Blast
- Floats
- Slushies
- Nacho Sundaes

Keep up to date with the latest Ollie's News follow us on Facebook @olliessycamore

**Ollie's Frozen Custard**  
2290 Oakland Dr.  
Sycamore, IL  
815.758.8222

**Star Worlds Arcade**  
Your neighborhood arcade  
since 1985!

**30 Tokens for \$5.00**  
Over 35 video games to enjoy!

- ★ Video Games ★ Pinball ★
- ★ Parties
- ★ Sales & Service

[www.starworldsarcade.com](http://www.starworldsarcade.com)

Come out to Diamond G Western Store, check out our new merchandise. And while your here check out the 2-day mini horse exhibit.

**DIAMOND CLASSIC MINIATURE CLINIC & DEMO DAY**  
**JULY 10, 2021**  
Diamond G  
4564 S Knoll Rd, Rochelle, IL  
Clinics start at 10:00 AM

Bring your miniature horse to participate in a showmanship clinic, open driving & day of fun!  
\*Fee is a donation to participate.

10:00 am - 11:00 am Showmanship for youth 18 & under  
Jessica Kraus, AMHR High Point Amateur

11:00 am - 12:00 am Draft braid/roll (Miniature horses provided if needed)  
Ann Nafzinger and Rhonda Bayles, Bayles' Miniatures

**30 MINUTE LUNCH**  
STAGE COACH RIDES PROVIDED BY  
**BAYLES MINATURES OF GIBSON, IL**  
12:30 pm - 1:30 pm Showmanship for adults 19 & over  
Jessica Kraus, AMHR High Point Amateur

**\*SPECIAL DEMO PRESENTATIONS\***

1:30 pm - 2:00 pm DRAFT TEAM MULTI HITCH DEMO Jeremy Nafzinger, Bayles' Miniatures	2:30 pm CHARIOT EXHIBITION David Charlton, Rocking Pony Ranch
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**STICK AROUND FOR OPEN ARENA DRIVING & TRAIL/OBSTACLE COURSE!!!**  
Huge thank you to all our presenters!!!

\* All participants must sign a release of liability, all horses to have negative coggins and health papers as necessary

The following day will be a miniature horse show featuring 41 classes. Starts at 8:30 am. For questions call Diamond G Western Store at 815-562-4050 or Judy Thompson at 608-934-5459.



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)



ROCHELLE • HILLCREST • CRESTON • STEWARD • KINGS • ASHTON

**PUBLIC NOTICE**  
Public Notice is hereby given that on June 11, 2021, a certificate was filed in the Ogle County Clerk's Office setting forth the names and post office address of all of the persons owning, conducting and transacting the business known as: Baked with Tiff, 1204 Pickwick Dr., Rochelle, IL 61068  
Dated: June 11, 2021  
Laura J. Cook, Ogle County Clerk  
No. 0612 (June 16, June 23, June 30, 2021)

**PUBLIC NOTICE**  
Public Notice is hereby given that on June 10, 2021, a certificate was filed in the Ogle County Clerk's Office setting forth the names and post office address of all of the persons owning, conducting and transacting the business known as: Schaible's Boxer  
Dated: June 11, 2021  
Laura J. Cook, Ogle County Clerk  
No. 0615 (June 16, June 23, June 30, 2021)

Huddle, 5191 S. Ridge Rd., Oregon, IL 61061  
Dated: June 10, 2021  
Laura J. Cook, Ogle County Clerk  
No. 0615 (June 16, June 23, June 30, 2021)

**PUBLIC NOTICE**  
STATE OF ILLINOIS  
IN THE CIRCUIT  
COURT OF THE  
FIFTEENTH JUDICIAL  
CIRCUIT  
OGLE COUNTY  
IN THE )  
MATTER )No.  
OF THE )2021  
ESTATE )P 41  
OF )  
JON )  
MICHAEL )  
RENNER,) Deceased.)  
CLAIM NOTICE  
Notice is given of the death of JON MICHAEL RENNER, of Rochelle, Illinois. Letters of Office were issued on June 21, 2021, to MARK S. RENNER, whose address is 7100 Haddonfield Ct., Columbus, GA 31904,

and whose attorneys are Fearer, Nye & Chadwick, 420 4th Avenue, PO Box 117, Rochelle, IL 61068.  
Claims against the Estate may be filed in the office of the Circuit Clerk of the Court at Ogle County Courthouse, Oregon, IL 61061, or with the representative, or both, no later than December 23, 2021, and any claim not filed within that period is barred. Copies of a claim filed with the Clerk must be mailed or delivered to the representative and to the attorney within 10 days after it has been filed.  
FEARER, NYE & CHADWICK, Attorneys for MARK S. RENNER, Independent Administrator of the Estate of JON MICHAEL RENNER, deceased  
No. 0625 (June 23, 30, July 7)

**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**  
The Village of Ashton is Accepting Applications for the Position of Village Clerk. Desired Applicants will be Detail Oriented with Previous Office Experience with an Emphasis in Accounting/Bookkeeping Functions. Other Desired Qualities Include but not Limited to: Ability to Work Independently, Work with Government Agencies and the Public, Strong Organizational and Problem Solving Skills, To Apply, Submit your Resume to Village of Ashton, PO Box 186, Ashton, IL 61006 or email to [mayor61006@yahoo.com](mailto:mayor61006@yahoo.com) by July 9th. (07-07-21)

**301 ANTIQUES**  
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](mailto:dickharms@hotmail.com)

**307 MISCELLANEOUS FOR SALE**  
ATTENTION COLLECTORS!! I Have Jan Hagara Figurines, \$10.00 Miniature Dolls & Christmas Ornaments \$7.00 Phone 815-871-8063. (06-30-21)

**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**

11222020

**203 HELP WANTED**

The Rochelle News-Leader has an opening for:

**OFFICE SUBSTITUTE FOR PAPER ROUTES**

This position requires flexibility for when a route opens up or carrier is not able to deliver, that this person would stop in and deliver that route. In Rochelle area only. Must be at least 18 years old, must also possess a valid drivers license, proof of insurance and safe driving record. Have reliable transportation and a flexible schedule. Pay is hourly plus mileage.

For more information contact Wanda at

**ROCHELLE News-Leader**  
211 Hwy. 38 E. 815-561-2112

21112019

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

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

**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](mailto:dickharms@hotmail.com)

**FRANKLIN GROVE** – 15 Pair Ladies Jeans, and 11 Pair Dress Pants. New Designer Brands. Size 10 and 12. \$100. Call 815-456-2839. (07-04-21)

**FRANKLIN GROVE** – More than 250 plastic hangers. \$20. Call 815-456-2839. (07-04-21)

**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.

**Lift Chair For Sale.** Some Age but Works Great. \$150 Call 815-734-6597. (06-30-21)

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

**Want To Teach Your Kids About Responsibility?**  
**The Rochelle News-Leader has six openings for newspaper carriers.**

- Must be 10 years or over
- 2 deliveries per week
- Most routes take less than 45 minutes
- No collecting
- A great place to teach your child about responsibility - and the rewards of earning their own spending money
- Adult carriers are welcome, too!

**Contact Wanda at the Rochelle News-Leader office**  
211 E. Hwy. 38, 561-2112

**ROUTE 16-17**  
200-1000 BLOCK LINCOLN HWY., N. MAIN STREET, N. 2ND STREET, N. 3RD STREET AND AVENUES IN BETWEEN  
**ROUTE 24-25**  
SOUTH 1ST, 2ND 3RD STREETS & AVENUE IN BETWEEN  
**ROUTE 28**  
SOUTHVIEW DR., WILLIS AVE., LAKE LIDA LANE AREA  
**ROUTE 13-14**  
N. 6TH & N. 7TH STREET AND AVENUES IN BETWEEN  
**ROUTE 35-36**  
BEEBE, FORRESTER AND GREENLAND DR., ROLLING GREEN TRAILER CT.  
**ROUTE 11-12**  
N. 9TH, 10TH, 11TH & 12TH STREET AND AVENUES IN BETWEEN

HW

**203 HELP WANTED**

**Part time Maintenance Tech position opening at local Apartment community**  
Job duties include but not limited to: Painting, Minor Maintenance & Cleaning.  
Please send resume or request employment application via e-mail at [larkenwil@live.com](mailto:larkenwil@live.com)

Equal opportunity employer

06302021

CLASSIFIEDS

Rochelle News-Leader



# PRIMETIME

## Senior communities offering lifestyles

**L**IVING life to the fullest does not need to stop when adults near or reach retirement age. Age-restricted housing communities once bore the stereotype of having limited recreational options and dated surroundings. But modern senior homes and facilities are all about catering to active lifestyles — with some communities offering resort-like amenities and pristine properties. Furthermore, certain communities provide niche offerings for people who are looking for something even a little more different.

Eligibility to live in these communities varies, but generally speaking one resident in the home must be age 55 or older. According to research by TRI Pointe Homes, of the 75 million people who comprise the Baby Boomer generation who are eligible for age-qualified communities, more than 32 million would

consider living in such a community. The website 55places.com, which specializes in promoting age-restricted communities, indicates Florida has the most age-restricted communities in the country, followed by New Jersey. Arbutus Ridge Seaside Community for Active Adults was the first comprehensive retirement community built in Canada.

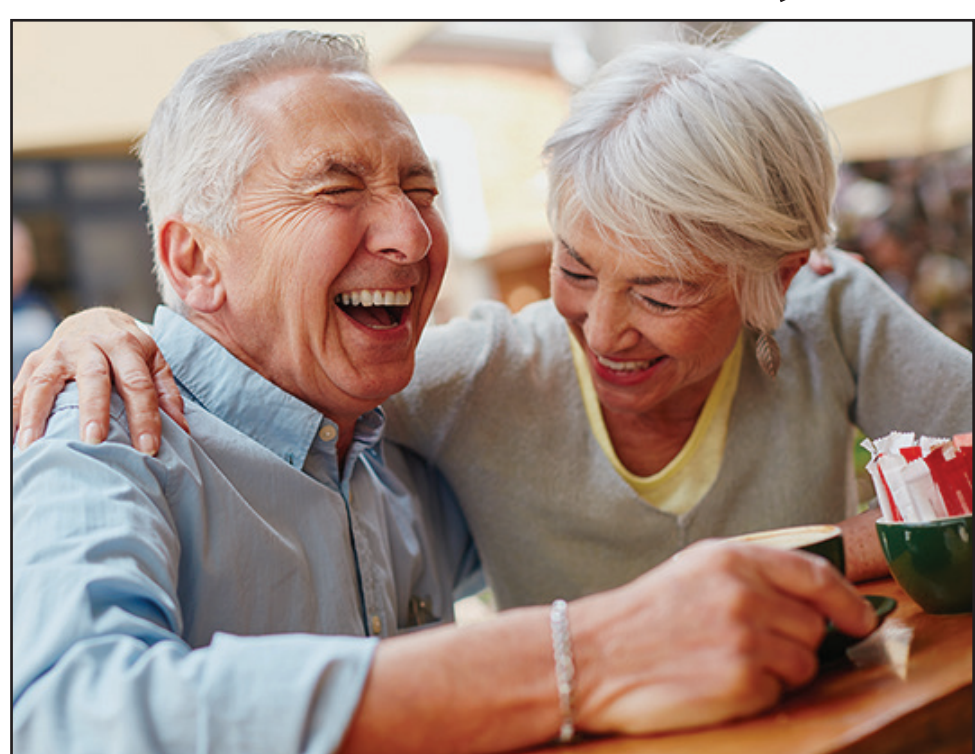
Choosing an age-restricted community requires consideration of a host of factors, including the amenities residents most desire and the cost of a facility. The following factors can help people decide which community is most suitable for them.

**Style of home:** Homes built in retirement communities are designed to be comfortable and convenient for aging residents. Many are single-floor units. Certain communities may be comprised of apartments, condos or townhouses,

while others may be single, detached residences.

**Amenities:** When comparing age-restricted communities, consider the amenities available. Do they include on-site dining, transportation, travel assistance, pools, fitness centers, walking trails, or outdoor sports facilities? Some communities have “aging in place” amenities, which means residents can move from independent living to assisted living to skilled nursing care as their needs change. Make a list of interests and then match them to a community that can fit your needs.

**Costs:** Costs vary considerably. Investopedia advises seniors to consider the community’s location and what is being offered, as these factors will affect costs. In addition to rent or mortgages, most communities also have monthly maintenance or homeowners association fees that



need to be compared and considered. Read contracts carefully to see which other costs are included.

**Specialized features:** Unique men and women call for unique communities. If standard age-restricted

communities do not fit the bill, 55places.com says there are specialized offerings for people who spend retirement in an RV; desire homes that align with their heritage; communities just for postal workers; or com-

munities tied to a local college to continue lifelong learning.

Age-restricted retirement communities are evolving and many specialize in catering to active lifestyles.

## How seniors can approach exercise

**E**XERCISE is a vital component of a healthy lifestyle. By making exercise part of their day-to-day routines, people of all ages, including men and women over the age of 65, can greatly improve their overall health.

The American Academy of Family Physicians notes that seniors should aspire to be as active as possible. Exercise is a great way to incorporate physical activity into your

daily routine and has been linked to reduced risk for diseases such as heart disease, diabetes and osteoporosis. Though adults with chronic illnesses may be hesitant to exercise, the AAFP notes that it’s possible for men and women who have been diagnosed with such conditions to exercise safely. In fact, the Centers for Disease Control and Prevention notes that regular physical activity is one of the most important things seniors

can do for their health and can potentially prevent many health problems associated with aging.

**Frequency of exercise** Seniors, particularly those who have not exercised much in the past, may not know how much exercise they need to reap the full rewards of physical activity. Though it’s best to discuss exercise with a physician prior to beginning a new regimen, various public health agencies advise seniors to get at

least 2.5 hours of moderate aerobic exercise each week. Brisk walking is one example of moderate aerobic exercise. Seniors who want to sweat a little more when exercising can replace moderate aerobic exercise with one hour and 15 minutes of vigorous exercise, such as jogging, each week.

**Is strength training safe for seniors?**

The CDC advises seniors to incorporate muscle-strengthening ac-

tivities into their weekly fitness routines twice per week. Lifting weights, working with resistance bands, heavy gardening, and even some forms of yoga qualify as muscle-strengthening activities. Exercises that use your body weight for resistance, such as sit-ups and push-ups, also can help build strength. Always speak with a physician before beginning a muscle-strengthening exercise regimen and, if possible, work with a personal trainer, especially if you’re a novice.

**When to stop a workout**

It’s imperative that seniors recognize when to stop working out. Exercising more than is recom-

mended by your doctor can increase the risk of illness or injury. In addition, stop exercising if any of the following symptoms appear:

- Dizziness or shortness of breath
- Chest pain or pressure
- Swollen joints
- Nausea
- Tightness in muscles or joints
- Pain anywhere in the body
- Throbbing or burning sensations

Exercise can help seniors stay healthy and feel more energetic throughout the day. Before beginning a new regimen, seniors should discuss physical activity with their physicians.



### FEARER NYE & CHADWICK

420 Fourth Avenue  
Rochelle, IL  
www.fnclaw.com

12012020

## HUB CITY SENIOR CENTER ASSISTANCE FOR SENIORS

- Meals on Wheels: 1-800-779-1189
- Transportation: 1-888-239-9228
- Energy Assistance: 1-800-323-5434

• Depression/other behavioral related issues call Sinissippi Centers: 1-815-562-3801

• Need help with your Benefit Access Application (formerly Circuit Breaker), Medicare, housing, personal care, homemaking, heating/cooling assistance Call Linda or Jill at Rock River Center: 1-800-541-5479

• For all other assistance such a grocery, medicine pickup, etc. for call: 1-815-757-3199



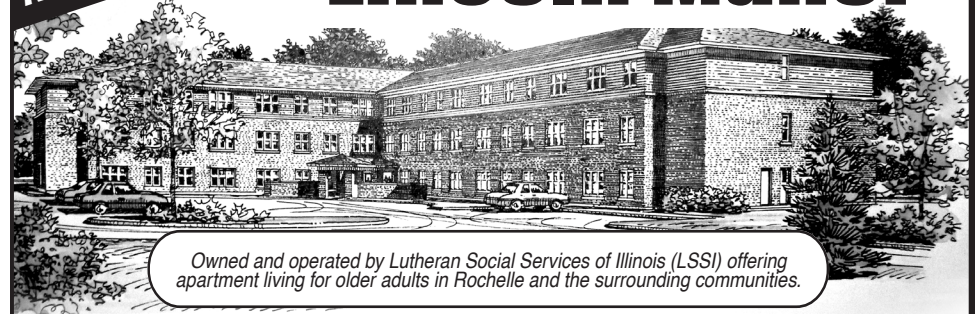
## HUB CITY SENIOR CENTER

401 Cherry Ave., Rochelle, IL 61068  
hubcityseniorcenter.com

08302020

APARTMENT AVAILABLE

## Lincoln Manor



Owned and operated by Lutheran Social Services of Illinois (LSSI) offering apartment living for older adults in Rochelle and the surrounding communities.

**Rent based on 30% of a Resident's Adjusted Gross Income**

- Secure Entry System
- Community room with kitchen
- Activities
- On-site coin operated laundry
- On-site management office
- Dependable 24/7 maintenance service
- On-site parking for residents

Full time Social Service Coordinator is available to assist residents

For more information, please call 815-562-1404

615 N. Lincoln Hwy.  
Rochelle, IL 61068  
TTY 847-390-1460



MANAGED BY:  
Lutheran Social Services of Illinois  
www.LSSI.org



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