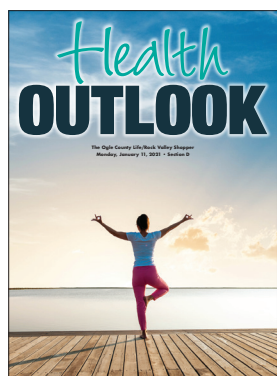


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# Shop has something for everyone

The Unique Boutique opened last October in Mount Morris

By Brad Jennings  
Editor

MOUNT MORRIS – Tashua Houpt had dreamed of opening a crafting store for years.

Houpt, the owner of The Unique Boutique in Mount Morris, said that she went as far as looking at spaces for the store years ago.

"I just chickened out," she said, adding that she had younger children at the time.

So instead she waited and opened her dream business in the middle of a pandemic. Not exactly the best timing, but she found a space that was perfect.

"I ran across this place and it was just too good to pass up," she said of the building at 7 E. Center St. "We've been doing OK, considering the setbacks of 2020."

The Unique Boutique is currently home to 20 crafters, including Houpt.

(See BOUTIQUE, A-2)



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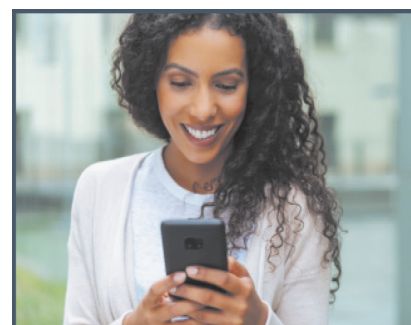
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## White out

Frozen fog last week turned trees in the region white. Cooler temperatures will be around for the next week at least. (Brad Jennings photo)



## Craft project deadline is Jan. 11

OREGON – The Oregon Park District & Timber + Tribe are offering monthly DIY stenciling Craft Kits.

Children and adults can enjoy stenciling a Winter Snowman on a 10" x 10" canvas. These monthly DIY projects are perfect for crafters looking for something to do. Kits are easy for kids and adults and come with canvas, stencil, paint, and any other supplies needed to stencil in addition to a YouTube video with step-by-step instructions with Charlotte from T+T.

Pick up your kit at Nash Recreation Center on Monday, Jan. 18.

To register visit [www.oregonpark.org](http://www.oregonpark.org) or call Nash at 815-732-3101. Class fee is \$14/Resident or \$17/Non-Resident. Registration



deadline is Jan. 11. Future monthly projects can be found on the Park District web site and on Facebook.

## BOUTIQUE: Unique gifts

From page 1

She said people can find just about any kind of item, and those items can be personalized. From photos printed on metal, to quilting, crochet and wood.

"People come her looking for a unique gift," said Erin Vasquez, who works with Houpt.

Houpt said they have had customers from all over Ogle County as well places like Rockford and Sycamore since they opened in October.

She said that most of the crafters that rent space from her are from Ogle County, but some are from out of the county.

Houpt said her goal is to have all of the space available for crafters filled this year.

"We need more crafters," she said, adding that anyone interested can reach her at 815-677-4302.

She said there is room for 10-15 more crafters. She also encouraged artists of all kinds to come and check out the space.

"I really want to have an extensive amount of crafts to where anybody that walks in can pick up something for anybody," she said.

Once COVID-19 is contained, Houpt said she will be hosting a variety of crafting and painting parties.

For now, Houpt keeps getting the word out that she has unique items and they can personalize pretty much anything. And she said the feedback has been great.

"People have really enjoyed it," she said.



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## Obituaries

### Jean E. Bolthouse

OREGON – Jean E. Bolthouse, 91, lifelong Oregon resident, died Saturday, Dec. 26, 2020 in KSB Hospital, Dixon. Born April 28, 1929 in Oregon, the daughter of Irvin “Kappy” and Elizabeth “Betty” (DeMurray) Kappenman.

Jean was a graduate of Oregon High School. Married to Henry “Hank” Bolthouse July 31, 1955 in Oregon; he died July 1, 2002. Jean, with her father Kappy, was a hard-core White Sox fan. She loved to watch the birds and

in fact had a bird feeder outside her room when at Pinecrest. She was a member of Oregon United Methodist Church.

Survived by her daughter, Ruth Ann Hufford; son, Gary Bolthouse; and grandchildren: Steve, Scott and Bradley Lawrence, Darcie Bettner and Maggie Stalzer, and Trevor and Dirk Bolthouse. Her grandchildren made her a Great-grandma and just before her death she became a Great Great-grandma. Preceded in death by her parents; her

husband; her sons, Eugene, Dennis and Irvin; and a granddaughter, Katie.

Due to Covid-19 restriction, private graveside services will be held at Daysville Cemetery with Pastor Megan Smick of Oregon United Methodist Church presiding. In lieu of flowers, memorials in Jean’s name may be made to either Village of Progress, Oregon or Oregon United Methodist Church. Farrell-Holland-Gale Funeral Home. Oregon assisted the family.

### Thomas John Racuk

BYRON – Thomas “Tom” John Racuk, 59, of Byron, died on Dec. 26, 2020. He was born on Oct. 5, 1961, in Rockford, to Wladimir and Lidia (Litwinchuk) Rakuc.

Tom married Lynn Brandon on Sept. 6, 1986 at Christ the Savior Orthodox Church in Rockford.

Tom is survived by his loving wife of 34 years, Lynn; daughters, Ciara (Jared) Cacciatore and Chelsea (Nate) Breiby; grandchildren, Nash Thomas, Elliete Mae, Cal Thomas, and another on the way; parents, Wladimir and Lidia; siblings,



Spickler, and father and mother-in-law, Murel and Betty Smith.

The family extends a special thank you to family friend, Cindy Mann and Tom’s employer, Larson and Larson Builders, Inc.

Due to Covid-19, all services will be private with a celebration of life to take place at a later date. Memorials may be made to Tom’s family. Fitzgerald Funeral Home & Crematory, Mulford Chapel, 1860 S. Mulford Road Rockford assisted the family. Share online condolences at [www.fitzgeraldfh.com](http://www.fitzgeraldfh.com).

Linda Spickler and Jim (Corinne) Rakuc; brother and sister-in-law, Bryan (Debi) Trenholm; loyal companion, Maize, and several nieces, nephews and cousins. Preceded in death by his paternal and maternal grandparents, brother-in-law, Mike



Payton Barger, Stillman Valley High School Senior with Brion Brooks, Village of Progress Executive Director receiving a check for \$1,000 from the Village of Progress Foundation in honor of the Pete and Wanda Cacciatore Family.

### Barger earns scholarship from Village of Progress

For 23 years the Village of Progress Foundation has presented educational scholarships to folks in Ogle County.

Applicants must be a resident of Ogle County and a high school senior or full-time college student who either has a disability or is majoring in an area that serves those with disabilities.

One of the scholarships, in the amount of \$1,000 is made through the generosity of the Pete & Wanda Cacciatore Family. The Cacciatore family have been long

time supporters of the Village of Progress.

Wanda was a member of the Village of Progress Board of Directors for 10 years beginning in 1988 and has served on the Foundation’s Board for over 24 years. Her husband, Pete was also an enthusiastic supporter of the Village. Pete passed away in the fall of 2014, leaving behind a legacy of commitment to the Village and its mission.

This year a scholarship through the Cacciatore Family was given to Payton Barger.

Barger is a senior holding an above-4-point GPA at Stillman Valley High School. Barger will be pursuing a degree in special education. She discovered a passion for teaching during The Reading Buddy program at her school.

Payton is described by her pastor as “a person with strong character and even stronger in her love and care for others.”

To learn more about scholarships opportunities visit the news and events section at [www.villageof-progress.org](http://www.villageof-progress.org).

## Antiques & Collectibles

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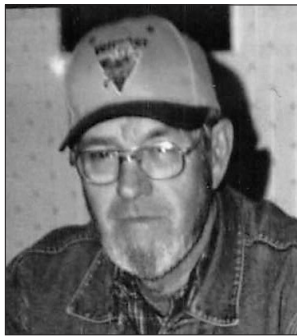
## Obituaries

### Spencer Aurand

Spencer Henry Aurand, 86, of Dixon, passed away on Tuesday, Dec. 29, 2020, at Liberty Court Assisted Living & Memory Care, Dixon. He worked for Telephone Company, for 28 years prior to his retirement. Spencer also owned and operated Aurand Tree Service from 1955-2007.

Spencer was born October 13, 1934, in Oregon, the son of Edward and Barbara (Jones) Aurand. He married Cloteel Veryl Burbank on June 11, 1955, in Peoria. He was a longtime member of Lost Lake Community Nazarene in Dixon. Spencer enjoyed working on the farm raising hogs. He was a collector and restorer of many antique tractors during his lifetime. Most of all he loved his family and spending time with them.

He is survived by his wife of 65 years, Cloteel Aurand



of Dixon; five children, Stephen (Karen Fisher) Aurand of Sterling, Stanley (Theresa) Aurand of Dixon, Barbara (Stanley) Sofolo of Polo, Carmen (Gary) Fliets-tra of Lakewood, Calif., Sidney (Kelli) Aurand of Dixon; 18 grandchildren; 11 great grandchildren; one brother, Kyle Aurand of Mt. Morris; and two sisters, Gwenlyn (Mark) Netzt of Key West, Fla., Avolene (Larry) Stengel of Mt. Morris and many nieces and nephews.

Spencer was preceded

in death by his parents and one sister-in-law Carolyn Aurand.

A Memorial Service was 2 p.m. on Sunday, Jan. 3, 2021 at Lost Lake Community Nazarene Church in Dixon with Pastor Bob Clardie, officiating. Cremation Rites have been accorded.

The service will be live streamed through the lost-lakechurch.org. Please click on online events to find the live stream of Spencer Aurand's service. This link is for the service <http://www.lost-lakechurch.org/2020/03/23/online-events/>

In lieu of flowers memorials may be directed to Unity Hospice and/or Lost Lake Community Nazarene Church. Arrangements were completed by Preston-Schilling Funeral Home in Dixon. Condolences may be sent to [www.prestonschilling.com](http://www.prestonschilling.com).

### Dianne I. Coats

Dianne I. Coats, 67, went home to be with the Lord on Saturday, Dec. 5, 2020. She was born April 11, 1953 in Freeport at St. Francis Hospital. She is the daughter of DeForest L. and Catherine Senn.

She was a member of Crossroads Community Church and recently attended the Polo Campus with her husband. Dianne graduated from Freeport Senior High School in 1971. She married Michael Coats in 1973.

In addition to her husband, surviving are three children, James D. (Shelly) Coats of Winnebago, John



M. (Megan) Coats of Mascoutah, Ill., and David C. (Karen) Coats Travis Air Force Base, Calif.; brother Forrest (Lizzy) Senn of Freeport; sister Delores (Steve) Kopp of Evergreen,

Colo.; eight grandchildren Jamie, Corey, Riley, Tyler, Tiffany, Joshua, Rebeckah and Sarah; and one great-grandson Kye.

Dianne was preceded in death by her parents.

A walk-through visitation was held at Burke Tubbs Funeral Home in Freeport on Friday, Dec. 11, 2020 a private family service followed. Internment was held at Chapel Hill Memorial Gardens. A memorial has been established for Crossroads Church, Polo Campus. Please sign Dianne's guest-book and share a memory at [www.burketubbs.com](http://www.burketubbs.com)

### Samantha Gilmour

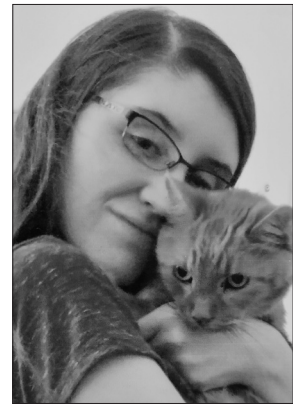
Samantha Rae Gilmour, 27, passed away on Sunday, Dec. 27, 2020 at home with her parents by her side. She was born on June 21, 1993 and her parents were so excited to welcome her into this world. After enduring over 15 years of gastrointestinal problems she was ultimately diagnosed with Chronic Global Neuromyopathic Gastrointestinal Dysmotility, a rare digestive disorder including malabsorption.

Samantha always had a love for books ever since a young age and looked forward to the summer reading program at the library each year. Her love for books continued on through her entire life as it became a loved passion. She had a collection of well over 400 books which will be donated to TLC Living Community in Machesney Park for their library.

She graduated from Oregon High School in 2011 with her last 2 years being home schooled due to her ongoing medical condition. We were proud of the dedication that she put forth to accomplish this goal as it was not always an easy task.

Samantha was a beautiful young woman whose life was cut too short. She lived with a strength that was beyond her years. We admired her every single day she was with us. She had strong convictions for what she believed in whether it was injustice to others or to animals. He loved all cats especially her beloved Biscuit who helped her in so many ways. We as parents were proud of her for what she did accomplish in her short time with us. She did things full force and attacked each project with a vengeance. She left us with many items that she had made that will always be a reminder of her abilities and passions. One could say that she decorated our life with her outpouring of love in the items that she produced.

Samantha's journey was a long one, and we would like to acknowledge our appreciation to Serenity Hospice for the memorable trip we were able to take in 2018 to see The Lion King on Broadway. New York York an amazing opportunity for her and one that she never forgot. We want to thank her many doctors who helped with her



She was able to face her daily challenges and fears as she knew that she would ultimately be reunited with her beloved cat Biscuit (07/19/2017) on the Rainbow Bridge. It was her one solace knowing that there was a loved one waiting for her when the time came for her to depart this physical world.

Watching her on a daily basis we learned just how strong she was and it was inspirational to say the least. It certainly made one question themselves as to how they would be able to handle such a situation? In spite of the pending situation how does one carry on? It is something one so young should never have had to face. She taught us so much in how to face adversity with her will to live life each day. If she wanted to experience something she went for it and didn't put it off as she wanted to live each day to the fullest.

One never knows what challenges you will face in life that molds you into the person you ultimately become. One thing we are sure of is the fact that Samantha had a huge effect on our lives and we were glad to have been her parents.

Samantha's journey was a long one, and we would like to acknowledge our appreciation to Serenity Hospice for the memorable trip we were able to take in 2018 to see The Lion King on Broadway. New York York an amazing opportunity for her and one that she never forgot. We want to thank her many doctors who helped with her

care over the years. Also, a special "thank you" to Unity Hospice for their compassion with her end of life care including Raeann, Kim, Tess, Conni and anyone else whom we may have forgotten. We would especially like to thank Kiwi her nurse practitioner, who truly listened to Samantha. Kiwi will always have a special place in our hearts for her understanding the specific nature of the illness that was involved. We are so grateful to have met you all.

She is survived by her parents, Patrick and Nancy of Mount Morris, sister Danni (Melissa O'Shea) Gilmour of Midlothian, Ill., brother Timothy (Claire) Gilmour and niece Beatrice and nephew Ephram Gilmour of Galesburg. Grandparents Rae Rothermel, Machesney Park, formerly of Polo, Jack Gilmour of Mesa, Ariz. Aunts and uncles: Vicky (Bob) Bray, Brian (Karen) Rothermel, Margi (Bruce) Gilmour-Washington, Steve (Tammy) Gilmour, Cathie Gilmour, Mary (John Manning) Rogers, Greg Gilmour, Karen (Terry) Estep, Sarah (Rob) Klosa, Jason (Kim) Berg and Cody (Kristin Truemper) Rothermel along with numerous cousins.

She was preceded in death by 3 grandparents Barbara Gilmour, Mary Lynn (Buck) Gilmour and Sander Rothermel.

Finch Funeral Home at 405 E Hitt St. Mount Morris, will assist with Samantha's wish to be cremated. Due to Covid-19 there will be no visitation at this time.

In lieu of flowers memorials may be directed to the family at P.O. Box 53 Mt Morris, IL 61054 for a donation in her name to an animal shelter to perpetuate her love for cats.

Samantha, fly high free from pain and finally enjoy that "blue box" of mac 'n cheese! We will love you forever, our guardian angel.

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USPS (004-083) ISSN (1045-3059)

Published every Monday by Rochelle Newspapers, Inc. at 211 Hwy. 38 East, Rochelle, IL 61068-1183. Subscriptions in our service area are free on a requester basis. Periodicals Postage Rates paid at Rochelle, IL 61068. Postmaster send address changes to the Ogle County Life/ Rock Valley Shopper, P.O. Box 46, Rochelle, IL 61068-0046. The circulation department is open Monday through Friday from 9 a.m. to 5 p.m. If you have carrier delivery and your paper fails to arrive by 7 p.m. on Monday, telephone our office at 732-2156, if your paper fails to arrive by mail telephone our circulation office at 562-4171, ext. 112. For subscriptions, call the LIFE office at 815-732-2156.

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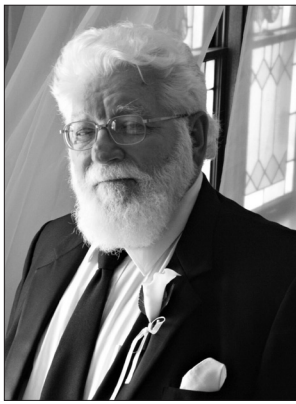


## Obituaries

### Ralph F. Pullin, Jr.

LINDENWOOD – Ralph F. Pullin, Jr., 75, passed away on Friday, Dec. 25, 2020 at the V.A. Hospital in Madison, Wis. Ralph was born on Feb. 1, 1945 to Ralph Foss and Georgianna (Svetly) Pullin in Rochelle.

He was a lifetime resident of the Lindenwood area, and a lifelong active member of the Lindenwood Union Church. Though he had many occupations throughout his life, he was always a musician, even during his military service in Vietnam as a member of the 1st Cav Skytroopers Band. He sang and played the French horn (among other things) with many



groups across northern Illinois, including the Rochelle Municipal Band, the Old Timers Band, the Rockford Area Horn Club, and various groups at Kishwaukee College.

Ralph is survived by his daughter, Rachael (Colin)

Averill of Appleton, Wis.; brother, Robert (Bonnie) Pullin of Lombard; two sisters: Marlene (John) Young of Sun Lakes, Ariz., and Ethel (Henry) Mount of Lincoln, Neb.; two grandchildren: Haddon and Hezekiah Averill and many nieces, nephews, and cousins, all of whom are noted in his extensive genealogical records that he was fond of referencing.

Cremation care has been provided by the Unger-Horner Funeral Home in Rochelle. Burial will be at Lindenwood Cemetery. Services will be deferred to a later date. Visit [www.ungerhorner.com](http://www.ungerhorner.com) to sign the online guest book.

### Norma (Hiatt) Frank

Norma (Hiatt) Frank, 88, of Byron passed away peacefully on Friday, Dec. 25th, 2020 at Generations of Neighbors. She was born Oct. 29, 1934 in Rockford, the daughter of Lee S. and Roma (McKern) Hiatt.

Norma married Howard L. Frank on Aug. 18, 1951 in Rockford. She worked at Rockford Public School District 205 for 20 years. She enjoyed family time and making her chocolate chip cookies and her homemade pizza.

Norma is survived by her children, Deborah (special son-in-law, Gary) George of Rockford, Charles (Cindy) Frank of Byron, Mary (Todd)



Swanson of Rockford; brother-in-law, Lloyd (Leah) Frank of south Beloit; sister, Doris Peterson of Byron, brother Ron Hiatt of Roscoe and sister Viola Schroeder of Rockton; grandchildren, Gary (Cindy) George Jr of

Nashville, Tenn., Brenda Frank of Oklahoma, Joseph Garrett of Davis Junction, Mathew Frank; several great-grandchildren; many nieces and nephews; beloved Dog, Ollie.

Predeceased by her parents, spouse, 3 sisters and 4 brothers.

Special thanks to the Staff at Neighbors in Bryon and also special thanks to Nancy and Dana Carr for adopting Ollie. Celebration of Life Memorial Service to be scheduled at a later date in the spring with Inurnment in Sunset Memorial Gardens. To share a condolence [www.sunsetfhmemgardens.com](http://www.sunsetfhmemgardens.com)

### Donald E. Ebens

OREGON – Donald E. Ebens, 87, lifelong Oregon resident, died Wednesday, Dec. 30, 2020 in his home. Born Sept. 29, 1933 in Oregon, the son of John and Mildred (Tillett) Ebens.

Don was a 1951 graduate of Oregon High School and served in the U.S. Army in the Korean War. Married to Leatha Huffman June 16, 1957 in Oregon. He was employed for many years for the Carnation Company in Oregon, retiring when the plant closed. Don also worked as an electrician for Fafnis Electric in Oregon and for the Ogle County Sheriff's Department as a County Road Deputy and then



later as a Civil Process Server. He was a member of Mt. Morris Lodge and a lifetime member of Oregon VFW Post 8739. Don enjoyed small scale farming and building and remodeling projects – “A jack of all

trades and master of none.”

Survived by his wife of over 63 years, Leatha Ebens of Oregon; sons, Greg Ebens of Chana and Jeff (Starla) Ebens of Waukesha, Wis.; and brother, John (Vi) Ebens of Oregon.

Predeceased by his parents; grandson, Michael; and sister, Shirley.

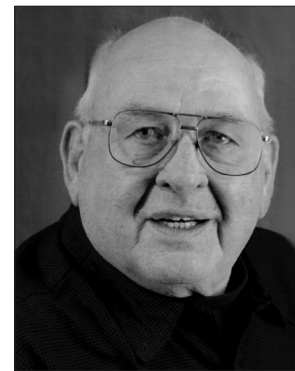
Due to Covid-19 restrictions, no services are scheduled at this time. Memorial services with burial in Daysville Cemetery will be held at a later date. In lieu of flowers, memorials may be directed to the family. Farrell-Holland-Gale Funeral Home, Oregon assisted the family.

### Jerry Paul Daws

FORRESTON – Jerry Paul Daws, age 81, died Saturday evening, Jan. 2, 2021 at his Forreton home where he was cared for by his family and Ogle County Hospice. He was born in Freeport on Dec. 12, 1939 to parents Royce and Harriet Daws.

He married Kristine Krug Daws on Sept. 17, 1966 in Stockton. He loved and will be greatly missed by his wife, two sons, and four grandchildren. Sons are Jeffrey (Tamra) Daws of Simpsonville, SC and Brian Daws of Forreton. Grandchildren Andrew Daws (fiancée Jessey Neder) of Fredrick, Maryland; Aleksandra Daws of New York City; Hunter Daws of Des Moines, Iowa and Carter Daws of Forreton.

Jerry is a lifetime member of Forreton First United Methodist Church. He graduated from Forreton High School in 1958. He proudly served his country as a United States Marine from 1962 - 1965. He is a 54-year member of the American Legion and served several terms as Commander of the Forreton Post. During that time, he also was a member of



the Society of Forty Men and Eight Horses. He was a lifelong farmer, dedicated to soil conservation, a third generation purebred Poland China hog producer, and also raised beef cattle. Later in life (2004 onwards), he focused primarily on corn and soybean farming. He received the Conservation Farmer of the Year award for Ogle County in 1978. Jerry served six years on the Poland China Record Association Board with five years as President. The Ogle County Pork Producers Association was organized with his leadership. He served on the Ogle County Board for 30 years from 1974 - 2004 and served as Chairman for 14 years from 1978 - 1979 and 1990 - 2002. He received leadership awards for years

of service from Blackhawk Hills Economic Development (1996) and from the Northwest Illinois Criminal Justice Commission (2002). He helped establish the Serenity Hospice and Home located in Oregon and Focus House for Youth in Rochelle.

Other survivors include his brother Jack (Donna) Daws of Forreton and two nieces and two nephews.

He is predeceased by his parents and brother Jim Daws.

Private services will be held at a later date. Burial of cremations will be at Chapel Hill Memorial Gardens in Freeport. The family extends their sincere thank you to all FHN staff members, Ogle County Serenity Hospice and Home, Forreton Ambulance Service and our dear friends, especially Harrell Wiggins and Henry Huenefeld for your support. A memorial fund has been established in Jerry's name. “Semper Fidelis = Always Faithful” “Fidelis Ad Mortem = Faithful Unto Death”. Please sign Mr. Daws guestbook and share a remembrance at [www.burketubbs.com](http://www.burketubbs.com)

### Richard C. Peterson

MOUNT MORRIS – Richard C. “Dick” Peterson, age 93, passed away on Jan. 5, 2021 in Pinecrest Manor Nursing Home, Mt. Morris. Dick was born on July 1, 1927 in Evanston, the son of Carl and Ann (Verboten) Peterson. Dick married Mary Jo Addis on July 14, 1955 in Evanston, and she preceded him in death on May 14, 1997.

Dick was in the Army in the final years of World War II stationed in Texas. He loved sharing stories of his perpetually shaky hands and target practice in the army. He couldn't hit the side of a barn, but had other skills to make him valuable to the army.

He and Mary Jo left Northbrook and moved to Mt. Morris in 1987. They had come to visit Lori at White Pines Ranch for many years and fell in love with the area. After purchasing the former home of the Kable family at the Sunset Golf Course where it became the Kable House Country Inn bed and breakfast and oper-



ated it for 23 years. During this time he was involved with the chamber of commerce and organized many fund raising dinners and pork chops for the Mt. Morris Kiwanis.

Dick was an avid bowler from an early age. He bowled professionally for a time and eventually owned his own bowling alley, Lake Forest Lanes in Lake Forest. He loved the bowling alley and made friends with professional athletes of the time as they practiced in Lake Forest and followed up with a beer at the bowling alley.

He spent his last 8 ½ years at Pinecrest Manor.

Pinecrest became a home and a family to Dick. They loved him, cared for him, and cried for him at his passing. Dick loved telling stories and made all kinds of small events into funny tales. He loved his family and his grandchildren and will be missed by all.

Dick is survived by his children: Paul Peterson, Mt. Morris; Curt Peterson, Arlington Heights; Gary (Katherine) Peterson, Evanston; and Lori Peterson, Mt. Morris. Grandchildren: Christopher, Katie, and Zacary Peterson, and Adam Thorsen.

Dick is preceded in death by his parents; wife: Mary Jo; and sister: Lorraine.

Cremation rights have been accorded with Finch Funeral Home, 405 East Hitt, Mt. Morris. A graveside service will be held later in the spring of 2021 in Oakwood Cemetery, Mt. Morris.

Memorials to Pinecrest Good Samaritan Fund. Thank you to everyone in Mt. Morris for being his community.



# Farm Bureau scholarship applications available

The Ogle County Farm Bureau announces that applications for their 2021 Scholarship Program were available beginning Jan. 4 to graduating high school seniors, or those enrolled at an accredited university.

Farm Bureau members may pick up or have applications mailed. Applications can also be downloaded from the Ogle County Farm Bureau website at [www.oglefb.org](http://www.oglefb.org).

The Don Bybee Memorial Scholarship is jointly funded by the Bybee family and the Ogle County Farm Bureau. Mr. Bybee served for many years as a director on the Ogle County Farm Bureau Board and offering this \$1,000 scholarship recognizes his passion for offering opportunities for Ogle County youth to advance their education.

Also available is a \$1,000 scholarship funded jointly by the Ogle County Pork Producers Association and the Farm Bureau. The Mark Detig Memorial Scholarship will be awarded annually. Mr. Detig served as past president and director on the pork producers association board of directors and was involved in 4-H youth activities in Ogle County.

These scholarships are in addition to the \$1,500 Del Flessner Memorial Scholarship, honoring the former manager of the Ogle County Farm Bureau; and two \$1000 General Farm Bureau Scholarships.

George R LeFevre Memorial Scholarship is a \$1,000 scholarship funded by the Jeff and Joyce Tremble Family and the Farm Bureau. It recognizes Mr. LeFevre for his lifetime of service to agriculture and youth education in Ogle County. It will be awarded to a recipient

studying in a field of agriculture.

Mary R LeFevre Memorial Scholarship is a \$1,000 scholarship funded by the Jeff and Joyce Tremble Family and the Farm Bureau. It recognizes Mrs. LeFevre for her dedicated service in the healthcare profession and involvement with youth education. It will be awarded to a recipient studying in a healthcare related field.

Finally an Ag Technology Scholarship will be awarded in an amount of \$1,000. It will be awarded to students studying in an ag technology field similar to diesel mechanics, crop technician or similar fields of study.

Eligible applicants must meet the following criteria: must be a high school graduate; must be an Ogle County Farm Bureau member or dependent of a member; must be accepted at an accredited university or college and pursue an agricultural or agricultural-related field of study; must be a resident of Illinois; and must demonstrate a financial need.

Applicants can be graduating high school seniors or students currently enrolled in an accredited college or university.

Applicants successfully completed and submitted will be judged on criteria including: academic performance, demonstrated interest in agriculture, financial need and character/personality.

Those interested should contact the Ogle County Farm Bureau at 732-2231; or stop by their office at 421 W Pines Rd. in Oregon, IL. All applications and accompanying materials must be received no later than April 1, 2021.



William and Karen Sikorski were the winner of one of the raffle baskets. The raffle basket included donations from many folks including SuperValu, Busch Jewelry, Anna Head Photography to name a few.

## More Angel Ball winners named

2020 has been a year like no other in our memory.

It has been especially challenging for our organizations that rely on fundraising events to supplement the cost of care and services. Yet for each challenge faced, we have seen our community step forward.

Thank you for supporting the 2020 Oregon Rotary Foundation's Angel Ball and these three amazing organizations

\* The Oregon Rotary Foundation, with its focus on providing financial assistance to local students seeking to attend college.

\* Serenity Hospice and Home, with its mission of providing patients and their families with a sense of comfort, peace, and dignity as they near the end of life.

\* The Village of Progress, with its mission of helping men and women with developmental dis-

abilities reach their potential at work and in their communities.

Whether you purchased a sponsorship or donated goods and services, you helped make the event a success. We're delighted to distribute \$12,000 each to Serenity Home and Hospice and The Village of Progress.

We hope to see you – in person this time – at next year's Angel Ball on Saturday, Dec. 4, 2021.

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## Garden Club will have free seeds Jan. 30

POLO – National Seed Swap Day on the last Saturday in January serves as a reminder to gardeners that spring is on its way.

It's also an ideal time for gardeners to gather and swap seeds in preparation starting seeds indoor.

The Polo Woman's Garden Club will have free seeds available at the Dogwood Indoor Market (Rt. 26/64) on Saturday, Jan. 30, from 9 a.m.-1 p.m. Please come out with seeds to share and/or to obtain seeds.

The seed swap is a fundamental part of human history. Seeds were one of the first commodities valued and traded. Today, modern gardeners collect and exchange seeds for many reasons ranging from cultivating rare, heirloom varieties to basic thrift. The exchange of seeds perpetuates biodiversity. It is an act of giving and the ultimate form of recycling.

Please contact Beth Green of the Polo Woman's Garden Club with any questions at 815-299-1416

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of Chana

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**Thank you to all our**

**Competitors & Sponsors**



# County recycling event will be Jan. 29

OREGON – The first residential electronic recycling drop-off is scheduled for Jan. 29, from 9 a.m. to 4 p.m. at the County Annex Building at 909 Pines Road in Oregon.

Free permits are required in advance for this recycling event. The permits may be obtained by calling 815-732-4020 or email [solidwaste@oglecounty.org](mailto:solidwaste@oglecounty.org) with your name, street address, and town.

This recycling event is for Ogle

County residents only and proof of residency is required in addition to the free permit. The permit is good for the event in which you sign up for, and allows a resident to bring in a maximum of seven (7) large or bulky items for recycling. Limit one (1) permit per residence per month.

This recycling event may be cancelled or suspended due to the pandemic, inclement weather, or staffing issues at the discretion of the Ogle County Solid Waste

Management Department (OCSWMD).

Items accepted at these recycling events include all residential televisions, computer monitors, computers, computer hardware and cables, printers, FAX machines, desktop copiers, VCR/DVD players, satellite and cable boxes, video gaming equipment, remote controls (remove batteries), cell phones, tablets, laptop computers, radios, stereo equipment (no large wooden speakers),

shredders, digital clocks, calculators, adding machines, phones and phone systems, rechargeable batteries, printer toner cartridges, CFL bulbs, extension cords, and holiday light strands. Microwave ovens are accepted for \$5 per unit, please attach the payment to the microwave.

Items not accepted at this program include dehumidifiers, air conditioners or purifiers, fans, heaters, lamps, vacuum cleaners, coffee makers, bread makers,

toasters, ovens, or any cooking ware, blenders, personal hygiene or medical equipment, smoke detectors, exercise equipment, toys or drones, power tools, and packaging such as Styrofoam, boxes, and plastic from your electronics.

Contact the OCSWMD prior to January 27, 2021, to obtain a free permit for this residential electronics recycling event or if you have questions regarding electronics recycling in Ogle County.

## Antique sale to benefit Serenity Hospice

*Just one of the unique items to be sold during Neighbor's Antiques close-out sale to benefit Serenity Hospice and Home.*



OREGON – Neighbor's Antiques is hosting a close-out sale and all proceeds benefit Serenity Hospice and Home. All items must go and the garage sale pricing will shock you.

The sale will be Jan. 21-24 and Jan. 28-30 from 9 a.m.-5 p.m. each day. Neighbor's is located inside Conover Square shopping center in downtown Oregon (201 N. 3rd St.).

Neighbor's has been in business for more than 25 years with its varied and unique inventory. The sale will include furniture, dishes, teapots, vintage

items including purses and kitchenware along with many collectibles. Too much to mention, but all priced to sell. Neighbor's is happy to be able to help Serenity Hospice during these unprecedented times when all of their other fundraisers have had to be canceled.

Serenity is a nonprofit hospice serving nine counties in Northern Illinois and they have a hospice home located in Oregon. For more information and to see some photos of the items, check out Serenity Hospice and Home's Facebook page or phone 815-732-2499.

## Tree collection sites set

The Ogle County Solid Waste Management Department (OCSWMD), in cooperation with local towns, villages, local park districts and street departments, are working to collect and chip Christmas trees once again this year.

Due to issues with the COVID-19 pandemic and school schedules being disrupted, there will be no FFA tree pick-up for this year.

Local waste haulers will be picking up trees at the curb as well, contact your waste hauling service for questions regarding tree pick-up.

In Rochelle, residents can place trees at the curb and the City of Rochelle will chip trees into mulch until Jan. 14, 2021.

Up until Jan. 24, 2021 you can drop off your tree at the following locations; remove

all lights, garland, other decorations, and plastic bags prior to drop-off. Please no live garland, wreaths, or other designs:

Oregon: Park District Maintenance Dept., 507 Hill St.

Byron: Byron boat launch lot, E. Blackhawk Dr. (Rt. 2)

Forreston: 407 N. Locust St.

Leaf River: 605 Main St.  
Rochelle: Atwood Park, 10th Ave. & 20th St.

Monroe Center: Lichty's Landscaping, 309 Pacific St.

Polo: Southwest corner of E. Colden St. & S. Green Ave.

Please call the OCSWMD at 815-732-4020, visit [oglecounty.org](http://oglecounty.org), or the Ogle County Solid Waste Management Dept. on Facebook if you have questions about the Christmas tree recycling program for 2021.



## RCH Welcomes New Orthopedic Surgeon, Dr. Gadini Delisca!

**Providing expert orthopedic and sports medicine care to patients of all ages.**

The Family Healthcare Clinic at Rochelle Community Hospital welcomes orthopedic surgeon **Dr. Gadini Delisca**. As passionate about joining the community as he is about providing expert orthopedic and sports medicine care, Dr. Delisca chose a general orthopedic focus to serve patients of all ages. From fracture care, treating arthritis and carpal tunnel, to hand, foot and ankle procedures, and joint replacement surgery, Dr. Delisca helps patients "get back to living again." Call **815-562-3784** to make an appointment or for more information.

**The right care, right here in Rochelle.**

Visit [rochellehospital.com](http://rochellehospital.com) to learn more.

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a department of  
Rochelle Community Hospital

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# RRC has events, gives COVID scam reminders

Living with Alzheimer's for Caregivers-Middle Stage – Part 1 of 3

Wednesday, Jan. 13, 1-2:30 p.m. Listen by phone.

In the middle stage of Alzheimer's disease, those who were care partners now become hands-on caregivers.

Join us for this 3-part series and hear caregivers and professionals discuss helpful strategies to provide safe, effective and comfortable care in the middle stage of Alzheimer's.

To Register:

Call our 24/7 Helpline: 800-272-3900 or Click: <https://www.communityresourcefinder.org/ResourceView/Index?id=2019602&profileDefinitionId=93>

## Be Aware of COVID-19 Scams

As the number of people and communities affected by the COVID-19 pandemic grows, so do the scams associated with it. Scammers use public health emergencies as opportunities for new fraud schemes, and because older adults are at greater risk for serious illness from COVID-19, they may target older populations.

It's important to remember that although the Centers for Disease Control and Prevention (CDC) and other public health officials may contact you if they believe you may have been exposed to the virus, they will not need to ask you for insurance or financial information.

Scammers rapidly alter their tactics and adapt their schemes to the changing landscape, and we anticipate that they will leverage the COVID-19 vaccine to prey on unsuspecting beneficiaries. Be vigilant and

protect yourself from potential fraud concerning COVID-19 vaccines and treatments.

Here are things you need to know about the COVID-19 vaccine:

- \* You likely will not need to pay anything out-of-pocket to get the vaccine during this public health emergency.

- \* You cannot pay to put your name on a list to get the vaccine.

- \* You cannot pay to get early access to the vaccine.

- \* You will not be solicited door to door to receive the vaccine.

- \* No one from Medicare or the Health Department with contact you.

- \* No one from a vaccine distribution site or health care payer, like a private insurance company, will call you asking for your Medicare number, Social Security number, or your credit card or bank account information to sign you up to get the vaccine.

The Senior Medicare Patrol (SMP) recommends that Medicare beneficiaries:

Contact your own doctor if you are experiencing potential symptoms of COVID-19.

Do not give out your Medicare number, Social Security number, or personal information in response to unsolicited calls, texts, emails, home visits, or booths at health fairs and other public venues. If your personal information is compromised, it may be used in other fraud schemes as well.

Be suspicious of anyone going door-to-door to offer free coronavirus or COVID-19 testing, supplies, treatments, or vaccines.

Carefully review your Medicare Summary Notice (MSN) or Explanation of Benefits (EOB), looking for errors or claims for products or services that weren't received.

Follow the instructions of your state or local government for other actions you should be taking in response to COVID-19.

Contact your local SMP for help. SMPs empower and assist Medicare beneficiaries, their families, and caregivers to prevent, detect, and report health care fraud, errors, and abuse.

The Senior Medicare Patrol (SMP) is ready to provide you with the information you need to PROTECT yourself from Medicare fraud, errors, and abuse; DETECT potential fraud, errors, and abuse; and REPORT your concerns. SMPs help educate and empower Medicare beneficiaries in the fight against health care fraud. Your SMP can help you with your questions, concerns, or complaints about potential fraud and abuse issues. It also provides information and educational presentations. To locate your local Senior Medicare Patrol, call 1-877-808-2468 or visit [www.smpresource.org](http://www.smpresource.org).

## Support Group

Cancer Support Group  
"Facing the Challenge" is a support group that provides a safe, accepting environment for patients currently going through treatment, survivors, caregivers and loved ones to talk openly about the challenges a cancer diagnosis brings. ANYONE who has been affected by cancer is invited to attend! Rock River Center and Home of Hope are partnering to offer information to this group. They meet quarterly on the 4th Wednesday of the month in March, June, September and December from 2-3 p.m. at Rock River Center.

## Caregiver Support Group

Kaylene Parks, RN from Serenity Hospice & Home, leads the Caregiver Support Group. This group is not limited to those caring for a loved one with Alzheimer's. We welcome those new to caregiving, those who anticipate care giving, and those for whom caregiving is already a way of life. You will find information, resources, encouragement & answers to difficult questions. Our meetings are held on the first Tuesday of the month from 10:00-11:30 a.m. at Rock River Center. For more information, call the Center at 815-732-3252.

## Diabetic Support Group

Sheryl Rocke, Licensed Dietician, facilitates this group by offering support, encouragement and the sharing of experiences when living with diabetes. Join us for shared discussion and menu options as well. This informative group meets the 1st Wednesday each month from 11 a.m.-noon at Rock River Center. For more information, call Rock River Center at 815-732-3252 or 1-800-541-5479.

## Low Vision Group

This is a group for those who have low vision, any form of vision loss, AMD or to caregivers of those with vision loss. Low Vision Group meets the 2nd and 4th Tuesday of the month at noon at Rock River Center.

Registration required for all groups. Please call Rock River Center at 815-732-3252 if you plan on attending.



## Family of fallen officer makes donation

*Melissa Bowers (wife of fallen officer Scott Bowers) and family donated \$2,000 from the Scott Bowers Memorial Fund to Boone County Sheriff Dave Earnest to help with expenses associated with the purchase and training of a new K-9 officer to replace Loki, who was killed in a recent traffic accident. Although the Department is not asking for donations, the Bowers family felt that this was something that Scott would have been supportive of. The family is grateful to the Sheriff's Department and all the law enforcement and first responder families from all over northern Illinois who have been very supportive during this difficult time. Also present was Scott's parents, Mike and Kerrie Bowers, and his children Brooklyn and Brayden Bowers.*

## Jurasek earns scholarships from Iowa State Univ.

AMES, Iowa – Lucas Jurasek, a Kinesiology and Health major from Byron, was awarded the Polly Baichly Fund, the Beverly Kruempel Scholarship, the George W. Catt Human Sciences Scholarship, and the Kinesiology Scholarship Fund from the Iowa State University College of Human Sciences and its academic units.

Jurasek was recognized for exceptional academic performance. The College of Human Sciences is pleased to support Jurasek's academic journey and pursuit of innovation in their field.

More than \$1.4 million in student scholarships are offered each year by the College of Human Sciences and its academic units, in addition to monies awarded by Iowa State at the university level.

Programs in the College of Human Sciences focus on fields of study that expand human potential and improve people's lives. The college encompasses academic units that include the School of Education and four

departments: Apparel, Events, and Hospitality Management; Food Science and Human Nutrition; Human Development and Family Studies; Kinesiology and Health.

About the College of Human Sciences

Students in the Iowa State University College of Human Sciences prepare to work in fields that impact the health, well-being, and education of individuals throughout the lifespan to advance families, schools, and communities. Scholars and practitioners in these fields work together to expand human potential and improve people's lives.

About Iowa State

At Iowa State University, students don't get just an average college experience. They get an adventure. After all, we offer students a challenging career-oriented academic setting paired with a welcoming campus environment. And above all else, we encourage our students to achieve - and we provide the support they need to do just that.



# COMMUNITY CALENDAR

Mon., Jan. 11

Today is the deadline to register for tumbling at Nash Recreation Center. We offer a variety of class offerings from Tiny to Intermediate classes at 2-time frames of 4:45 and 6 p.m. for 3-year old and up. January classes run for 3 weeks and are Wednesday evenings beginning 1/13 through 1/27. Fee is \$42 for Residents, \$50 for Non-Residents.

Tues., Jan. 12

Bread of Life is a food pantry has a distribution from 3-5 p.m. at Valley Covenant

Church, on the corner of Route 72 in Stillman Valley. Please bring photo I.D. and proof of residence. If you are new to Bread of Life please call 815-645-8872 to register for our next distribution.

Weds., Jan. 13

Living with Alzheimer's for Caregivers, middle stage – Part 1 of 3. Presented by phone by Rock River Center, 1-2:30 p.m. Join us for this 3-part series and hear caregivers and professionals discuss helpful strategies to provide safe, effective and comfortable care in the middle stage of Alzheimer's. To

Register: Call 800-272-3900.

Thurs., Jan. 14

Cookbook Book Club, 6:30 p.m. Virtual program brought to you by the Oregon Library. Did you get an Air Fryer for Christmas? Join us for our first book, in our new book club, trying various recipes from different cookbooks. Pick up your copy of The Skinnytaste Air Fryer Cookbook at the Library and pick one recipe to make and discuss during our Zoom call. Registration: 815-732-2724

Sat., Jan. 16

Dogwood Inn (Rt. 26/64)

Indoor Market, 9 a.m. until 1 p.m.

Virtual Storytime with the Polo Library, 10:30 a.m., Facebook.com/pololibrary. Head over to Polo Library's Facebook page to watch Ms. Melanie read a children's story. They air each Saturday at 10:30 a.m., but you can watch them any time. Stop by the Library to pick up a bag with a fun craft to go along with the book that was read.

*Please send your items for the weekly Community Calendar to [bjennings@oglecountylife.com](mailto:bjennings@oglecountylife.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

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News Media Corporation.

## MOMENTS IN TIME

\* On Jan. 25, 1776, the Continental Congress authorizes the first national Revolutionary War memorial in honor of Gen. Richard Montgomery, who had been killed during an assault on Quebec on Dec. 31, 1775, one of the first generals of the American Revolution to lose his life on the battlefield.

\* On Jan. 30, 1835, Andrew Jackson becomes the first American president to experience an assassination attempt. Richard Lawrence, an unemployed house painter, shot at Jackson, but his gun misfired. A furious 67-year-old Jackson confronted his attacker, clubbing Lawrence several times with his walking cane.

\* On Jan. 29, 1845, Edgar Allan Poe's famous poem "The Raven," beginning "Once upon a midnight dreary," is published in the New York Evening Mirror.

\* On Jan. 28, 1855, the Panama Railway, which carried thousands of unruly gold miners to California via the dense jungles of Central America, dispatches its first train across the Isthmus of Panama. The Panama Canal would parallel the railway 50 years later.

\* On Jan. 31, 1944, D-Day is postponed until June when several key leaders agreed that there would not be enough ships available by May. D-Day would later be postponed once more, by a single day due to high winds. Finally, on the morning of June 6, the long-awaited invasion of France began.

\* On Jan. 27, 1965, the Shelby GT 350, a version of a Ford Mustang developed by American auto racer Carroll Shelby, is launched. The sports car featured a 306 horsepower V-8 engine and remained in production through the end of the 1960s.

\* On Jan. 26, 1970, U.S. Navy Lt. Everett Alvarez Jr. spends his 2,000th day in captivity in Southeast Asia. First taken prisoner when his plane was shot down Aug. 5, 1964, during one of the first bombing raids over North Vietnam, he became the longest-held POW in U.S. history.

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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.

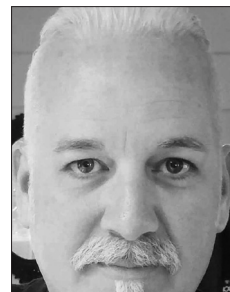
Editing may be necessary for space, clarity or to avoid obscenity or libel, but ideas will not be altered. Writers are urged to use discretion and refrain from sarcasm or personal attacks.

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.

## New conspiracies raise bar on crazy

### Living the Life

By Brad Jennings



Let's just go ahead and admit that we live in a crazy, crazy world. Things have never been more insane and downright dumb than they are right now.

OK, maybe the Salem Witch trials were worse, but it is pretty bad now.

And with people screaming about election fraud and fighting in the streets and government monitoring devices being put in vaccines and the way the Bears have been playing, I am about ready to give up.

I have said before that I am not a fan of conspiracy theories and think that those who spread them do a severe disservice to the country and the world. No, 9/11 wasn't and inside job and yes, the horrific school shootings at Sandy Hook Elementary School did happen. We also landed on the moon, for the people out there who don't believe that. And sorry, but there is no evidence of election fraud. The reality might be tough for some to swallow, but it is true. Joe Biden will be president in a matter of weeks.

We are starting to outdo

ourselves when it comes to conspiracies. That guy who blew up himself in an RV in Nashville? He believed in the Lizard People. It is a real thing, trust me. Don't google it – it will take you down a rabbit hole you don't want to go down.

Conspiracy theories have been around forever, as we know. Who really shot JFK? Did John Wilkes Booth/Hitler/Elvis really survive? I mean, you name the crazy and there are people who believe it. Look at the discredited and highly ridiculous QAnon conspiracy theory. Actually, don't – it will just

make your head hurt.

But there have been a couple of recent conspiracies that I had never heard before and thought I would share. Yes, I saw both of these on social media, so you know they have to be true. I say that with tongue firmly planted in cheek, of course.

The first is a conspiracy involving Joe Biden (a recent favorite target, not surprisingly) and good old Bill Gates. Seriously, if Bill Gates did half of the stuff people accused him of, he would be a world ruling criminal mastermind for the ages.

Anyway, according to this theory, Biden and Gates are working together to weaken people by spraying fine particles into the upper atmosphere to block out sun rays. I know this sounds made up, and it is important to remember that it is made up, but some people actually believe it to be true.

I don't know how immune to reality you have to be to believe this, but I would guess very immune.

The second one made the rounds on some of the

guitar player sites I follow. This one even came with a graphic. Actually, it is a schematic.

According to believers of this one, the schematic they posted shows a 5G chip that is implanted in you when you get the COVID-19 vaccine so the government can track you. Sounds scary, right? They even posted picture after picture of the schematic.

Turns out – this is where the guitar thing comes into play – it is the schematic for an old guitar distortion pedal. The pedal, the Boss Metal Zone, was initially introduced in 1983.

Seriously, this one made me laugh out loud. But there are people walking around the Earth who believe it to be true.

I understand as long as there are people, conspiracy theories will survive. And as long as there is the Internet they will continue to thrive. But please, don't be easily fooled. The world is already flooded with fools.

Brad Jennings is Editor of The Ogle County Life.





# VIEWPOINT

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## People in county coming to aid of those in need

Dear Editor,  
None of us has escaped the madness of 2020 – and the beginning months of 2021 will offer no immediate relief. All of us know this. For most of us, the impact is minor. The inconvenience of wearing a thin mask of paper or cloth is negligible, and if my mask protects the health of another – or if it merely communicates to them my respect for their safety – it is no loss to me, and I'm happy to do it. Certainly, I miss the greater freedom to travel and spend more time with family

and friends, and look forward to the easing of these recommendations.

But for a growing number of families, food insecurity is a real issue. As Pastor of Valley Covenant Church in Stillman Valley, I see this reality monthly at our Bread of Life Food Pantry distribution. The number of cars that line up around the block is growing. These people – some of whom are your neighbors – greet us with warmth and gratitude, but I can tell that life has been challenging.

It's been challenging for our pantry as

well. As the demands increase across the nation and region, food resources available through our partner, the Northern Illinois Food Bank, have been impacted, with the result that we are purchasing larger amounts of food from local grocery stores. These stores are themselves wonderful partners, and give us all the help they can. But our expenses are still increasing.

This is where the wonderful people of Ogle County have come into play. Businesses, banks, school districts, community service organizations and families have all

demonstrated extraordinary generosity in this season, and the result has been full tables and cupboards in countless Ogle County homes.

The people of Ogle County have been wonderful partners in this community response to hunger, and I am moved and deeply grateful for each gift and giver.

Rick Lindholtz, Pastor Valley Covenant Church and Executive Director, Bread of Life Food Pantry

### JUPITER



### MARS



### SATURN



### EARTH



MIKE SMITH LAS VEGAS SUN 2020  
DIST. BY KING FEATURES SYNDICATE / NAS



# dickersonnieman.com homes

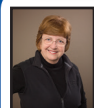


**BYRON**  
220 W. 3rd St.  
(815)234-5133

**OREGON**  
113 S. 4th St.  
(815)732-3365

**Ogle County's Real Estate Market Leader!**

**Dickerson & Nieman**  
REALTORS



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622-4619



Brad Aufer  
978-0018



Alisa Patterson  
Manager  
719-0020



Dorothy Bowers  
985-3264



Sharon Bowers  
757-7462



Tiffany Cravatta  
988-4388



Lyrah  
Austin-Bushnell  
218-0059



Randy Criddle  
871-4004



Terry Criddle  
871-2006



Johanna Hahn  
978-1847



Dana Daub  
440-2835



Robin Henry  
985-1747



Kayla Heslop  
222-9771



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Mike Long  
815-761-4741



Tom Oracki  
262-5212



Tanya Vincer  
703-6118



Chris Snyder  
494-7857



Jerre Woodworth  
494-2237



**NEW PRICE!**

**\$159,900** dickersonnieman.com/202004983  
**LOTS OF CHARACTER!** 3 bedroom, 1.5 story home with newer roof (6 years), all appliances stay and are as is. N/w floors, first floor 2 window air conditioners stay. Large lot w/2 car detached garage. Main floor master. Great location. 307 N 6TH Street, Oregon  
**SHARON BOWERS**  
815-757-7462



**\$199,900** dickersonnieman.com/202007120  
**LOCATED ON COUNTRY ACRE!** 3 bed, 1 bath brick w/open floor from the living room, dining room and kitchen. Basement has fireplace, workshop, storage & addt. room to be finished. 2 car heated garage w/basement entrance. 26x28 outbuilding. Lots of updates! 6466 E HUSKING PEG Road, Chana  
**ROBIN HENRY**  
815-985-1747



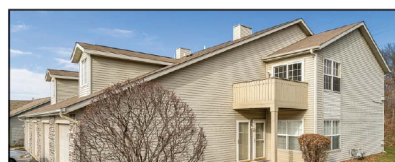
**\$311,000** dickersonnieman.com/202007072  
**CUSTOM-BUILT HOME!** 4 bed, 3.5 bath 2 story on 1.7 acres in Oak Meadows. Solid oak flooring & staircase between formal living & dining rooms. Walk through open kitchen & family room. UL 2 masters w/en-suites + 2 additional beds. Full unfinished basement. 3006 E RIDGEWOOD Court, Oregon  
**SEAN HOSSEINI**  
815-200-8490



**\$185,000** dickersonnieman.com/202007065  
**ONE OWNER HOME!** 3 bed, 2.5 bath ranch. Wood burning fireplace in living room, eat in kitchen w/ample cabinet space. 3 season room overlooking fenced back yard. Master bedroom w/full bath. Rec room, 5 bath & 2 bonus rooms in partially exposed LL. 7071 N ALPINE Drive, Byron  
**ALISA PATTERSON**  
815-719-0020



**\$164,000** dickersonnieman.com/202007031  
**PRIVACY OF COUNTRY LIVING!** 4 bed, 3 bath spacious ranch within minutes of town. 2 large living areas w/fireplace. Completely remodeled master bath. Finished LL. Ample windows & sliders for lots of natural light. Newly fenced tree lined backyard. 817 TOMAHAWK Drive, Oregon  
**TIFFANY CRAVATTA**  
815-988-4388



**\$104,900** dickersonnieman.com/202007012  
**WONDERFUL UPPER CONDO!** 2 BR in Byron. Spacious great room w/cathedral ceiling & dining area. Cozy corner fireplace, 2 decks with sliding doors. Open kitchen concept. Master has walk-in closet & private bath. Laundry room with storage shelves. Great Lifestyle! 1405 Crimson Ridge Drive, Byron  
**DEBBIE RHEINGANS**  
815-540-8778



**\$498,000** dickersonnieman.com/202006726  
**OASIS ON THE ROCK RIVER!** 4 bed, 4.5 bath home w/2 separate living spaces. Original home has 3 beds, 1.5 baths, kitchen & full basement. New addition has Private Master Suite, Kitchen, Living Room, Family Room, Office, Work Out Room & Bonus Room. 7372 N RIVER Road, Byron  
**ALISA PATTERSON**  
815-719-0020



**\$164,900** dickersonnieman.com/202006673  
**ALL BRICK RANCH!** 3 bedroom, 1.5 bath home on a corner lot w/4 car attached garage. All appliances stay and are as is. Home features a full basement w/large family room. Safe in basement & all cabinets stay. Some new replacement windows. 4946 E ASHELFORD Drive, Byron  
**SHARON BOWERS**  
815-757-7462



**\$199,900** dickersonnieman.com/202006554  
**CUSTOM BUILT RANCH!** On just over 1 wooded acre, 3 bedroom, 2 full baths. Eat in kitchen w/island, ample cabinet space & pantry area. Formal dining & formal living room. FF family room w/fireplace. Master with private bath. FF laundry. Byron Schools. 4894 E NORDIC WOODS Drive, Byron  
**ALISA PATTERSON**  
815-719-0020



**\$64,500** dickersonnieman.com/202006415  
**MOVE IN READY!** This adorable 2 bed, 1 bath home is move in ready! Great location, unfinished walk-up attic for additional storage or future room. Freshly painted, beautiful arches & nice woodwork! Fenced in back yard, 1 car detached garage. 2021 GRANT Avenue, Rockford  
**ROBIN HENRY**  
815-985-1747



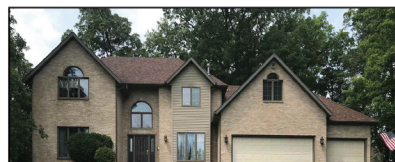
**\$92,500** dickersonnieman.com/202006181  
**INVESTMENT OPPORTUNITY!** 2-family 2-story located in Rochelle. Unit #1 - 3 bed, 1 bath w/cozy kitchen. Unit #2 - is a 1 bed, 1 bath w/large living room & open kitchen/dining. Separate utilities. Laundry hook-ups in the basement. 922 N 7TH Street, Rochelle  
**ROBIN HENRY**  
815-985-1747



**\$215,000** dickersonnieman.com/202006105  
**1.5 STORY ON LARGE LOT!** 3 bed, 2 baths home in country subdivision. Large dining & living rooms for entertaining. Large master & 2nd bed SF. 3 bed FF being used as office. Large closets & attic. Covered patio, 3 car garage. Byron School District. 4857 E CONCORD Drive, Byron  
**ROBIN HENRY**  
815-985-1747



**\$44,900** dickersonnieman.com/202005554  
**SPACIOUS 2 STORY!** Spacious 4 bed, 2.5 bath home waiting for you to make it your own! Great location. 1.5 car garage. Oregon School District. 315 E FRONT Street, Mount Morris  
**DANA DAUB/ MAYDELL LESSEN**  
815-440-2835/ 815-622-4619



**\$419,900** dickersonnieman.com/202004975  
**OWN YOUR OWN PRIVATE RETREAT!** Stunning 2 story on 3.28 private acres featuring: 5 bed, 4.5 bath, 3 car garage, basketball court, & garden shed w/UL fort. Too many updates to list. Sprawling deck overlooks trails & wildlife. Amenities Sheet Available. Zoned Ag. 8970 N BARKER Road, Byron  
**TIFFANY CRAVATTA**  
815-988-4388



**\$350,000** dickersonnieman.com/202004906  
**FORMER PARADE HOME!** Custom built 4 bed, 3.5 bath sprawling ranch on 3.19 acres in beautiful Wildlife Estates Subdivision. Home features two full kitchens, an open floor plan, finished LL w/wood burning fireplace & large bonus room. A MUST SEE! 8695 GROUSE Run, Stillman Valley  
**TIFFANY CRAVATTA**  
815-988-4388



**\$525,000** dickersonnieman.com/202004893  
**66 ACRE FARMETTE W/LOTS OF PRIVACY!** This 2 bed, 2.5 bath home is only 14 years old w/large rooms, open floor plan, Ben Franklin fireplace in large LL family room w/lots of storage. FF laundry and outbuilding 36x80. LL is finished. 5600 E IL ROUTE 64, Chana  
**SHARON BOWERS**  
815-757-7462



**\$148,900** dickersonnieman.com/202004887  
**TRUE COUNTRY LIVING!** In this 3 bedroom ranch sitting on a large wooded lot w/wood burning fireplace & newer furnace. Home features FF laundry & large living room w/large deck off the living room. All appliances stay. 26x15 shed. 598 S RED OAK Lane, Chana  
**SHARON BOWERS**  
815-757-7462



**\$155,000** dickersonnieman.com/202004580  
**LOTS OF POTENTIAL!** 4 bedrooms on the main floor w/1.5 baths. Partially exposed lower level has partially completed family room, 2 possible additional bedrooms & 1/2 bath. All sitting on approximately 1.10 acres with mature trees. 6861 ALVINA Road, Rockford  
**ALISA PATTERSON**  
815-719-0020



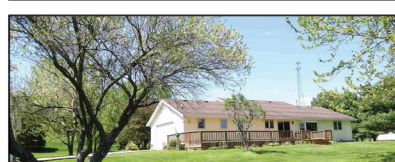
**\$119,900** dickersonnieman.com/202004103  
**A MUST SEE!** Newly remodeled ranch home on nice shady lot. 2 car garage, new metal roof. 3 bedroom, 2.5 baths, large kitchen/dining room. Out buildings, central vac, central air, and patio. 711 MONROE Street, Oregon  
**MAYDELL LESSEN/ DANA DAUB**  
815-622-4619/ 815-440-2835



**\$110,900** dickersonnieman.com/202003435  
**AMAZING RIVER VIEWS!** 2 bed, 1 bath ranch situated on the Rock River. Great place to bring your water toys and enjoy river living. Approximately 300 ft of riverfront. Laundry room could be turned into third bedroom. Freshly painted in 2017. 7632 RIVER Road, Byron  
**TANYA VINCER**  
815-703-6118



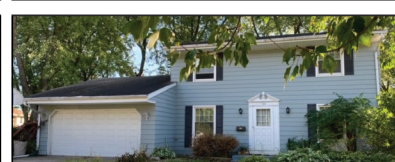
**\$575,000** dickersonnieman.com/202001611  
**BEAUTIFUL 2 STORY!** 3 bed, 2.5 bath restored stone home nestled in the woods outside of Oregon on over 32 acres. Property is zoned ag with 2 barns and a pond. Home has tons of old character with updated amenities. A true must see! 4972 W HENRY Road, Oregon  
**ROBIN HENRY**  
815-985-1747



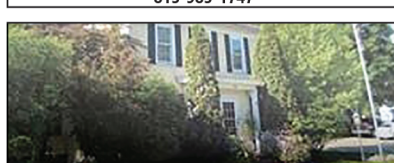
**\$265,000** dickersonnieman.com/202000579  
**OREGON!** Byron schools. Riverfront, split floor ranch with 3-4 bedrooms, 3 baths, 2 car attached & 2 car detached garages, garden shed. 4005 N IL RT. 2, Oregon  
**MAYDELL LESSEN/ DANA DAUB**  
815-622-4619/ 815-440-2835



**\$639,900** dickersonnieman.com/201906894  
**HOME ON 14 ACRES!** 4 bedroom ranch with open floor plan. Oak floors, custom built hickory cabinets, 2 fireplaces, finished LL, a 100 foot pond off of deck, hot tub, and 3 car detached garage. Property also contains a guest house. Zoned Ag 1. 6820 W SPRING Road, Oregon  
**SHARON BOWERS**  
815-757-7462



**\$79,900** dickersonnieman.com/201906406  
**BEAUTIFUL HOME!** This 4 bedroom 2-story sits on a cul-de-sac in great area! Sunroom looks over fenced in backyard with mature landscaping. All 4 bedrooms are upstairs, with a full bath. Hardwood floors and close to everything. 704 LARKFIELD Circle, Rockford  
**ROBIN HENRY**  
815-985-1747



**\$141,700** dickersonnieman.com/201906262  
**BEAUTIFUL 2 STORY!** Offers 4 bedrooms, large living room, dining room, crown molding, oak floors, walk-in closets, built-in cabinets, fireplace, window seats, 1st floor master & laundry. Corner lot w/30' flag pole. Pergola/2 car garage. 709 W WASHINGTON Street, Oregon  
**MAYDELL LESSEN/ DANA DAUB**  
815-622-4619/ 815-440-2835



**\$21,900** dickersonnieman.com/202004886  
**BUILDABLE WOODED LOT!** Still time to build your dream home on this large lot with lots of trees in the Oregon School District. Well & Septic required. No Restrictions on size of home. County Taxes. S RED OAK Lane, Chana  
**SHARON BOWERS**  
815-757-7462



**\$34,900** dickersonnieman.com/202000416  
**LAND IN OREGON!** Stunning 1.7 acre parcel just outside of Oregon. Gorgeous, tranquil setting w/ample privacy. Riding and walking trails. Established subdivision to build your dream home. Large common area in cul-de-sac. A must see! 0000 ORCHID Lane, Oregon  
**TIFFANY CRAVATTA**  
815-988-4388



**\$69,000** dickersonnieman.com/201701914  
**BYRON SUB!** Only 5 lots remaining starting at \$66,000. Possible exposures: City water & sewer. Impact fees removed. Open to all builders. Building assistance available. Developer approval required. 000 HARVEST Drive, Byron  
**CHRIS SNYDER/ TOM ORACKI**  
815-494-7857/ 815-262-4619



# Bread of Life sets distribution dates

**STILLMAN VALLEY**—Bread of Life is a food pantry serving residents of Ogle County and Meridian School District. We provide groceries to our neighbors in need. We meet at Valley Covenant Church, on the corner of Route 72 in Stillman Valley, on the second Tuesday of each month. Please bring photo I.D. and proof of residence.

Upcoming dates are Jan. 12 and Feb. 9. Distribution is curbside from 3-5 p.m. When Meridian Schools close for weather we do, too. If you are new to Bread of Life please call 815-645-887 to register for our next distribution.



606 E Washington St, Oregon, IL

**815-732-9100**

**RockValleyProperties.com**

Each office is independently owned & operated.



*Welcome!*

We are pleased to welcome our newest agent to the RE/MAX of Rock Valley team, Josie Kuss! She was born and raised in northern Illinois and has lived here her entire life which makes her excited to serve the area she knows best. Josie values and appreciates the Rock Valley area and the uniqueness it has to offer to clients and residents alike. Additionally, Josie has worked many years in customer service, serving customers and clients in many different ways. Her professional, responsive and attentive services will benefit her clients in finding the home of their dreams. Josie is eager to serve you and guide you through one of the biggest investments of your life!

**JOSIE KUSS, REALTOR**

815.994.1079 • JOSIEKUSSREALTOR@GMAIL.COM



*Top Listings  
Top Closings  
Top Producer*



**Rebecca Hazzard**  
Manager Broker/ Owner  
815-509-8432



**Carla Benesh**  
815-985-6235



**Mark True**  
815-631-1699



**Lori Peterson**  
815-973-2180



**JD Gieson**  
815-677-1873



**Stephanie Wendt**  
815-985-2055



**Kim Behn**  
815-520-8810



**Boone Lockard**  
815-970-3506



**Ashley Patterson**  
815-291-6308



**Erin Spence**  
815-262-5555



**Carrie Rowland**  
815-677-8656



**Jenny Kirchner**  
815-440-2145



**Andrea Baumann**  
815-245-7549



**Josie Kuss**  
815-994-1079



**1507 4th Avenue Sterling \$149,900 Call Carrie**

Well Maintained 4 Bedroom, 2 Bath, 2-Story Home conveniently located near schools, parks, shopping, dining & medical center. Inviting front porch leads to the spacious foyer with natural gleaming hardwood floors open to the living room with new carpeting & 2 new picture windows. Dining room with natural hardwood flooring & trim, leading to the kitchen with abundant Hickory cabinetry and counter space, with appliances that stay. Main floor also features a full bath and mud room that leads to the oversized deck, fenced yard & 2 car detached, heated garage with opener and ample storage! Upstairs you will find 4 bedrooms all with spacious closets, 2 with new carpet & 2 with newer vinyl plank floors, computer/work room and another full bath with skylight adds to the charm of this great home! Recently painted throughout, full basement with add'l shower, separate storage area & perfect space for rec room or game room. Home Warranty Plan Providing Buyer Coverage for 13 months after closing! Updates: Water heater - 2014, Furnace - 2013, New picture windows in LR - 2019, New carpeting - 2021, Vinyl plank floors - 2016, Washer & dryer negotiable.



**8 Terrace View Drive Oregon \$715,000 Call Carla**

Formerly used as an Assisted Living Facility and is best suited for any type of group housing! With 8,600+ sq ft, you will find 16 spacious private rooms all with a private full bath, a massive great room, and large industrial kitchen. This property is ready to be sold to the perfect owner! Call today!



**40 E Walnut Street Cedarville \$85,000 Call Rebecca**

Charming Bungalow on a DOUBLE, CORNER LOT! 2 bedroom, 1 bathroom home with loads of living space and a large 3 car garage. Kitchen is updated with stainless appliances & ceramic tile. Living room off of kitchen is lined with windows and features a cozy wood burning fireplace. Bathroom features a tile shower. An added bonus is the spacious family room with gas fireplace and soaring ceilings. If you are also looking for space outside, you will love the large lot with plenty of trees. Detached garage with separate entry doors and plenty of storage for vehicles and toys. A rare find in Cedarville, call today!



**212 N Meyers Avenue Milledgeville now \$59,999 Call JD**

Country feels in city limits! Come take a look at this 2 bed/1 bath, 2 story home on the edge of town. Featuring a newer great room addition and large fenced in yard. Let your imagination run wild... Take advantage of this awesome opportunity today! Call or text to schedule a showing.



**4402 S Chana Road Chana now \$224,900 Call Stephanie**

You will love this Modern Farmhouse Style 2 Story home complete with 4 bedrooms and 2.5 bathrooms all on 2.74 acres! The wrap around front porch leads you into the open living room and kitchen, which boasts white cabinetry, modern countertops, center island, cedar stained beams and farmhouse lighting. Main floor master and master bath leads to a screened in porch which overlooks the spacious rural setting and surrounding fields. Everything is new including the steel roof, wiring, plumbing, ductwork, a/c unit and so much more. Nothing to do but move in!



**101 S 1st Street Oregon now \$325,000 Call Rebecca**

PRIME DEVELOPMENT SITE! Frontage along the Rock River in historic, downtown Oregon. Daily traffic count of 9300+ vehicles and over 650 feet of River Frontage. This is a rare opportunity to own a commercial lot with both excellent river frontage and high visibility from Illinois Route 64/North Avenue Previously used as a retail space with almost 5,000 sq feet, the property also includes a 50x140 storage building and a .64 acre lot. A superior site for a restaurant or hotel to name a few! This property is located in both a TIF and Enterprise Zone meaning there are possibilities for significant government incentives for development!



# Bertolet Library News

Winter Take & Make Crafts: Winter crafts continue this month. Be on the lookout for snowflakes, melting snowmen, and more! Stop by each Monday to pick up your take & make craft kit for the week!

## New Releases

Adult Fiction  
Bone Canyon by Lee Goldberg  
Twenty by James Grippando

The Art of Falling by Danielle McLaughlin  
Neighbors by Danielle Steel  
Adult Audiobooks  
Hidden In Plain Sight by Jeffrey Archer  
Chance of Lifetime by Jude Deveraux  
Troubles In Paradise by Elin Hilderbrand  
Children's Fiction  
Just a Story by Jeff Mack  
The Old Truck by Jarrett Pumphrye

## Wednesday WhoDunIt

Wednesday WhoDunIt will resume after the holidays. Cozy up with a cozy mystery during this cold month!

Reminder: We are unable to collect soft plastics at this time. Also, we regretfully cannot accept book donations right now. We apologize for the inconvenience. We ask that you refrain from depositing your plastics and book donations unattended. Thank you for your cooperation.

# Forreston Library News

## Library Hours

The library is open with the following hours: Monday 10 a.m.-1 p.m., 2-7 p.m., Tuesday, Wednesday, and Thursday 10 a.m.-1 p.m., 2-6 p.m., and Saturday 9 a.m.-noon. We are closed on Friday and Sunday. Masks are required for everyone over the age of 2 and children under the age of 10 must be accompanied by a responsible party. Curbside pickup is still available for

anyone who wishes to use it.

## 1,000 Books Before Kindergarten

Instill a lifelong love of reading in your babies and young children with this easy incentive program. Just sign up at the library to receive information and a book log and then start reading! Prizes are awarded at various levels of completion.

## Preschool Activities

Looking for fun, engaging activities for your preschooler? Our Grab n Go packets include a Scholastic story paper with a different theme each month, accompanying worksheets/coloring pages, and a code to access online stories and activities. Call to reserve yours or stop in and pick one up for your favorite little person.

## 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 recently updated 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.

# Byron Library News

## Return to Curbside Only

Due to Covid-19 mitigations, book browsing will no longer be available at the Byron Library until further notice. Library staff will be available by email and telephone to answer questions or help you choose items to place on hold for curbside pickup. Virtual programming will continue, and supply kits can be picked up curbside. Our hours will remain the same and the book drop is always open. If you wish to use the computers, please call ahead to make an appointment. In addition, we can provide notary services and help with your printing or faxing needs. For more information, make sure you visit our Facebook page and check out our website at byronlibrary.org for our wide array of online services and for our calendar of events.

## Curbside Delivery

Curbside service is here to stay! 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. A receipt with your due dates will be included with your items.

## Check out our eBooks!

While we can pull books for you to deliver curbside,

our digital books are available 24/7! Check out Hoopla, Libby, Axis 360 and Biblioboard for free with your library card at <http://byron.lib.il.us/resources/>.

## Winter Reading Challenge!

Jan. 1-Feb. 28

Beat the winter boredom by registering for our all-ages online Winter Reading Challenge! Participating readers can earn chances to win prizes for reading, just like in the summer! Prizes include Beanie Babies, play kits, several gift cards (adults & teens), or a gift card of your choice (older children). There will also be a grand prize drawing for the finishers in each category! The more you read, the more chances you have to win! Register online at [byron.beanstack.org](http://byron.beanstack.org) or via the Beanstack Tracker App. If you participated in our summer reading club, you can use the same login.

## Share Your Story

Monday, Jan. 18

11 a.m.-noon, via Zoom

Seniors are encouraged to join Beth as she provides monthly journal prompts. Reflect on and record your memories for future generations. There will be a designated time for seniors to share their stories with the group, if interested. A journal will be provided to new registrants and will be available for pick up at the library any time after

Friday, Jan. 15. Please visit [Byron.evanced.info/signup](http://Byron.evanced.info/signup) or call 815-234-5107 to register. Zoom meeting ID will be emailed to registrants.

## National Popcorn Day

Tuesday, Jan. 19 via YouTube

Join Beth as she celebrates National Popcorn Day! Learn the history of popcorn, make a fresh batch with a variety of delicious flavors and vote on your favorite. Kits will include popcorn, oil and four different popcorn seasonings. Additional supplies required includes a 3-quart thick bottomed pot, 4 bowls for popcorn, and cooking spray. Kits will be available for pickup at the library beginning on Wednesday, Jan. 13. Please visit [Byron.evanced.info/signup](http://Byron.evanced.info/signup) or call 815-234-5107 to register.

## Arm Knitting

Wednesday, Jan. 27

10-11:30 a.m., or 6-7:30 p.m., via Zoom

Join Beth as she creates a cozy infinity scarf! Thank you to the Village Yarn Shop in Oregon, IL for donating the yarn for this program. Kit will include a skein of yarn to complete one infinity scarf, and instructions. Additional supplies for this program include a pair of scissors. Kits will be available for pickup at the library beginning on Wednesday, Jan. 20. Zoom meeting ID will be emailed to registrants.



**VFW Post #8739**  
1310 W. Washington St., Oregon, IL  
**815-732-6851**

Temporarily Closed.  
Hopefully Open JAN 4, 2021  
**Cod, Catfish, Shrimp or Chicken**  
**Friday's - Carry out available**

Check Facebook page for full menu  
and daily specials.

**SLOTS ARE WAITING!**

**J&J Gaming**

Game machines open Monday,  
Wednesday and Friday 3-7 pm

12/21/2020

Your Great  
**Escape**

Relaxing massages  
Luxurious facials  
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tanning, sunless  
tanning, complete  
hairecare & more.

Call today for an  
appointment!

**JTI Salon & Spa**

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07062020

**Welcome Back  
The Rink!**

**2 For 1  
Admission**

Get two admissions for the price of  
one, any Saturday or Sunday  
afternoon 1-4pm session.

**815-946-9988**  
**skatingfun.com**

Located on Pines Rd. across from White Pines State Park  
Must present coupon. Not valid with any other coupon or offer. Exp. 12/30/20





# Oregon Library News

## New library procedures

Oregon Public Library has shifted to touch free services due to the Tier 3 mitigations. We will only be offering curbside pick up and appointments for computer use, printing or faxing. If you are interested in curbside pick up or a computer reservation please call 815-732-2724. Holds can be placed three different way:

Online through the catalog: <http://search.prairiecat.info/iii/encore/?lang=eng>

Over the phone with Library staff at 815-732-2724, or through our NEW mobile App - PrairieCat Mobile. Log into your library account with your library card number and PIN (last four digits of the library card number).

Once your requested items are available for pick up you will receive the automated notification from PrairieCat. Please call us at 815-732-2724 after you receive this notice to schedule your curbside pick up.

Remember to check our Facebook posts or the local papers for new releases! You can also talk to the librarians for book recommendations and to place items on hold!

## Book bundles at the library

Don't know what to read or check out for curbside?! Look no further! We have librarian created book bundles! Each bundle has 3-4 books, we have bundles of mysteries, holiday books, fiction, non fiction, assorted and even a trilogy from a local author!

## Where in the world is Video Story Time?

We're back and with something new! Let us know in the comments where you think the video was filmed. Oregon Public Library cardholders have 4 days from the posting to guess and then your guess will be eligible to be entered in a drawing for a children's book from our free book selections!

## Take and make crafts for kids – Ages 3 years and up

Beginning Monday, Jan. 11, a variety of craft kits will be available for patrons to pick up curbside and take home. For more information contact the Library at 815-732-2724. Kits will be first come, first serve while supplies last.

## Maker Monday January – Registration required 815-732-2724, Ages 18 and up.

DIY Watercolor notecards

Kits will be available for pick up beginning Jan. 18. Video instruction will be posted to our website. Registration deadline is January 11th. Kit includes all materials to make Watercolor Notecards. Registration for kits required, only 10 kits available 815-732-2724. Oregon Public Library patrons must present their library card.

## Try it Tuesday during COVID

DIY watercolor lantern

Craft kits will be available for pick up on Tuesday, Jan. 12 (2nd Tuesday of the month). Kits vary and are first come, first serve.

## New – Cookbook Book Club, Thursday, Jan. 14, 6:30 p.m. Virtual Program

Did you get an Air Fryer for Christmas? Join us for our first book, in our NEW book club, trying various recipes from different cookbooks. For January, this group will meet via ZOOM. Pick up your copy of The Skinnytaste Air Fryer Cookbook at the Library and pick one recipe to make and discuss during our Zoom discussion. Registration required 815-732-2724

## Library book clubs

The Afternoon Book Club meets Wednesday, Jan. 20 at 12:30 p.m. to discuss The Giver of Stars by Jojo Moyes. Books on Tap Book Club meets on Thursday, Jan. 28 at 6 p.m. to discuss The Book of Lost Friends by Lisa Wingate.

## Oregon writer's 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.

## Awaken: Motivating the Unmotivated – Thursday, Jan. 21 at 4 p.m.

Virtual Program

Despite the best intentions, staying motivated, positive, and energized during the COVID crisis is challenging. Similarly, trying to keep children, family, friends, or colleagues motivated is exhausting and regardless of the reward offered, the result is often less than desired. If you

struggle to maintain a high level of motivation for yourself and others, especially now, this presentation will spark a fire and offer an opportunity to explore:

- \* The mystery of the peaks and valleys of motivation.
- \* One barrier that stands in the way of motivating others.
- \* How listening closely to your intuition can spark motivation.
- \* An ideal environment where self-motivation thrives, even during COVID.
- \* Simple strategies to awaken self-motivation right now.

Registration required (815) 732-2724

## In the Belly of the Best: King in Chicago – Monday, Jan. 25 at 6 p.m. Virtual Program

On his way to the Mountaintop, Dr. Martin Luther King trod many miles and visited many cities including Chicago. The extraordinary work he did here is largely forgotten by those who were there or unknown to those too young. To learn more about this remarkable man and this remarkable time, please join musician/historian Clarence Goodman for "In the Belly of the Beast: King in Chicago." Registration required 815-732-2724.

## Museum of Bad Art 101 – Tuesday, Jan. 26, 7 p.m. Virtual Program

The world's only museum dedicated to the collection, preservation, exhibition, and celebration of bad art in all its forms. The growing collection of works of bad art awaits your discerning eye. Join Louise Reilly Sacco, founding member of the Museum Of Bad Art in 1993, as she shares this introduction to the collection. Starting as the Director of Financial Enablement, she has risen to Permanent Acting Interim Executive Director. Louise retired from a career in marketing and now works summers as a Fenway Park usher. Registration required 815-732-2724.

## New Library APP!

You can now check your library account, search for items, place holds, see library events all from your mobile device! Download the PrairieCat Mobile app today! Search for PrairieCat Mobile on your device's app store, connect with your Oregon Public Library card and you are all set!

# Polo Library News

## Open for Curbside Pickup

Mondays – 2-6 p.m., Tuesdays 10 a.m.-2 p.m., Wednesdays 2-6 p.m., Thursdays 10 a.m.-2 p.m., Fridays 10 a.m.-2 p.m., Saturdays 10 a.m.-2 p.m.

Step 1 - Log in to your PrairieCat/Encore account and request items for pickup. You can also call 815-946-2713 or email [library@pololibrary.org](mailto:library@pololibrary.org) at least one business day in advance of preferred pickup day with a list of items you would like to check out.

Need a suggestion? Library staff are happy to select several books for you to try.

Step 2 - Call 815-946-2713 to schedule a date and time for your contactless pickup. Please remain in your car and allow library staff to place your items in your trunk or back seat.

Step 3 - Drop items off as you are finished with them. Our book drop, located to the left of the Congress Street door, will continue to be open 24/7. As always, Polo Library is a Fine Free Library.

## Additional Curbside Services

We are still offering copy/print (.25/Black and White .50/Color) and fax (\$1/page). We also offer home delivery at no extra charge for patrons who are unable to use curbside pickup. Please call 815-946-2713 for more information and to schedule an appointment or home delivery.

## Long Overdue Items

Do you have an item from Polo Public Library that you've had for a long time? Maybe you've already received a bill notice for it or you're afraid of how much you'll owe when you bring it back. Any library item that is returned, in good condition, will be checked back in and the bill will be removed from your account! No fees! If you have any questions about this, give us a call at 815-946-2713.

## Weather Closure Information

Polo Library does not follow Polo School District weather closures. Please check [Facebook.com/pololibrary](https://www.facebook.com/pololibrary), WREX (TV), WLLT (107.7 fm - Radio), or call 815-946-2713 before heading to the Library in questionable weather.

## Winter Reading Programs, all ages – Jan. 4-Feb. 28

This winter, travel through reading! There is a "Passport to Reading" program, recommended for kids and students ages 0 - 6th Grade, or the "Travel the World through Reading" program for everyone else, 7th grade and up! For more information about the programs and to register, Visit [polo-library.readsquared.com](http://polo-library.readsquared.com). If you have any questions, or are unable to register online,

please call 815-946-2713.

## Winter Backyard Birding – Thursday, Jan. 21, 7 p.m., Live on Zoom

Join us live on Zoom as we host Gary Gordon of the Northwest Illinois Chapter of the Audubon Society. Gary will be sharing a program on Winter Backyard Birding. This program will be great for anyone to attend, whether you consider yourself an amateur ornithologist or if you are just looking to pick up a new hobby in the cold winter months while you're stuck at home.

## Book Subscription Box – Grades 6-12

The book subscription box contains one book to read and some goodies. You pick the genre, we supply the book! Email [library@pololibrary.org](mailto:library@pololibrary.org) and ask for a Book Subscription Box form, fill it out, and we'll call you to set up a pickup time when your box is ready! Read the book while you enjoy some treats, then return the book in the book drop.

## Yoga on Facebook – Third Monday of the Month, 6 p.m., Facebook.com/pololibrary

Just because we're taking a break from doing yoga together doesn't mean your yoga practice needs to suffer! On the third Monday of every month at 6pm on face-

[book.com/pololibrary](https://www.facebook.com/pololibrary) we will post a yoga video to get you stretching and moving.

## Virtual Storytime – Saturdays 10:30 a.m., Facebook.com/pololibrary

Every Saturday morning head over to Polo Library's Facebook page to watch Ms. Melanie read a children's story. They air each Saturday at 10:30 a.m., but you can watch them any time! Stop by the Library to pick up a bag with a fun craft to go along with the book that was read. If you have a book you'd like to hear read for Saturday Storytime, email Ms. Melanie at [melanie@pololibrary.org](mailto:melanie@pololibrary.org)

## Pinterest Party at Home

Check out the Library's Facebook page ([Facebook.com/pololibrary](https://www.facebook.com/pololibrary)), or email [library@pololibrary.org](mailto:library@pololibrary.org), for instructions to make this month's craft.

## Book Clubs

Polo Library currently has two traditional book clubs meeting via Zoom, one on the fourth Monday of each month and one on the fourth Friday of each month, both at 1:30 p.m. In January, we will be starting a third book club that will be a books to movies group that will meet on Zoom on a weekday evening (exact day and time to be decided by people interested in joining the





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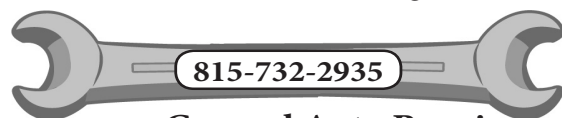
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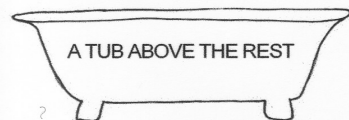
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# Julia Hull Library News

## Library Services

Due to Statewide COVID-19 mitigations, the library has suspended all in-person services, until further notice. Curbside pickup, remote services, and online programming will proceed as normal: Monday 9 a.m.-3 p.m.; Tuesday-Thursday 9 a.m.-8 p.m.; Friday-Saturday 9 a.m.-5 p.m. What does this look like? Patrons may still reserve program kits and materials online or by telephone to collect curbside; register and renew library cards via email; and email and drop-off documents for copying, faxing, and scanning. Patrons may also contact library staff to personally shop for them. System-wide interlibrary loan is still available. And, as always, digital materials can be accessed 24/7 on our website. For assistance, please give us a call: 815-645-8611.

## A Song & A Story

Join us for a virtual thematic song, story, and craft on Facebook Live. It's the perfect light and refreshing delight for your little one. Call the library to schedule a curbside pickup for

the weekly craft, or use the form on our website: <https://julia-hull.org/curbside-pickup-request>. January kits now available. While supplies last.

## 2021 Adult Winter Reading Challenge

Read books, and complete fun challenges and activities for a chance to win prizes! Use the Beanstack App to register and track your reading and badge progress. Prefer paper and pen? No problem. Ask us for a paper review form. Prize drawings held weekly. Complete 10 review forms, or earn 10 badges by Feb. 28, and be entered to win our Grand Prize: a gift certificate to Lino's Pizza in Rockford! Now thru Feb. 28.

## 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 pjs, and bring a cuddle buddy. Second Tuesday of the Month on Zoom. Email Kelly at [khaas@mail.meridian223.org](mailto:khaas@mail.meridian223.org), or FB message us for a link to

the program. Next PJ Storytime: Tuesday, Jan. 12 at 6:30 p.m.

## Fun Day Monday: Kids' Paper Hats

School's out for the day! Join us online for some creative play. In celebration of National Hat Day, jump onto Zoom with Miss Kelly to learn how to make your own wacky or dapper paper hat. Call the library, or use our online order form: <https://www.juliahull.org/curbside-pickup-request> to request a to go kit and receive your Zoom program link. Ages 4-9. Monday, Jan. 18 at 1 p.m.

## Young Critics Book Club

Join Miss Sarah Tuesday, January 19 at 6 p.m. on Zoom for a book discussion and hands-on craft/activity all about Meeg Pincus' book, *Winged Wonders: Solving the Monarch Migration Mystery*. Program supply kits available at the library upon registration. Call the library or use our online order form to register for the class: <https://www.juliahull.org/curbside-pickup-request>. Ages 7-9.

# Mount Morris Library News

## Space! The Cosmos for Kids: The Sun, The Earth, the Moon and Revolution & Rotation

Wednesday, Feb. 17 from 4-4:30 p.m. via Zoom. This techno-space-dance-party for kids is designed to help them learn and have fun at the same time. Each song in Space! The Cosmos for Kids includes dancing, music technology, and information about our universe delivered with a thumping beat. Meet aliens from outer space, sing about the solar system, partici-

pate in a rap battle with the sun, and learn the difference between revolution and rotation ... and still be home in time for dinner. Registration Required. Contact the Mount Morris Public Library (815.734.4927) or [dawn.mtmorrislib@gmail.com](mailto:dawn.mtmorrislib@gmail.com) to register. You will need to provide an email address where the Zoom link can be sent.

## Healthy Kids Out of School

New Program for 3rd - 5th graders. Healthy Kids Out of School, with the U of

I extension office. This program focuses on how to be healthy and active. We will have a discussion, an art project and a fun way to be physically active. Thursday evenings from 6-6:30 via Zoom. Email [dawn.mtmorrislib@gmail.com](mailto:dawn.mtmorrislib@gmail.com) for the link to join.

## Virtual Pet Show & Tell

Let's have some fun showing off our real (or stuffed) animals! All ages allowed! Saturday, January 23 at 11:00 a.m. Event will be held via Zoom. Register by email-

ing [dawn.mtmorrislib@gmail.com](mailto:dawn.mtmorrislib@gmail.com). The Zoom link will be sent out the Wednesday before the event to the email addresses provided upon registration.

## To-Go Craft Kits for All Ages

We have the following to-go craft kits available: Kids: Cardboard Gnome; Teens: Jolly Rancher Lollipops; Adults: Mini Yarn Hat. Call the library (815-734-4927) or email [dawn.mtmorrislib@gmail.com](mailto:dawn.mtmorrislib@gmail.com) to get yours!



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- Shopping Local saves you money and time!** Travel expenses and personal time make the overall cost of items more.
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### ALL SAINTS LUTHERAN CHURCH

624 Luther Drive, Byron, IL 815-234-5277  
Pastor Janet Wold. Due to the COVID-19 pandemic, our Sunday worship schedule has changed to one gathering at 9:00 a.m. A recording of each Sunday's worship service is available on our Facebook page and our website following our in-person service. Communion is served every Sunday. Sunday School will be held at 9:00 am from September through May. Adult Sunday School will be held at 10:00 am. Confirmation studies for 7th and 8th grade students will be held each Sunday morning at 10:00 am via Zoom. Wednesday afternoon Bible study is held at 1:30 pm via Zoom. Book club and quilters meet in-person monthly. Please visit our website <http://www.AllSaintsByron.org> or call the office for details.

### CORNERSTONE FAMILY CHURCH

205 N. Peru St., Byron 815-234-8737 [cornerstonefamilychurch.org](http://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: [ucb@comcast.net](mailto:ucb@comcast.net) Website: [unitedchurchofbyron.org](http://unitedchurchofbyron.org)  
Interim Minister: Rev. 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: [chanaucmc@gmail.com](mailto:chanaucmc@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](http://WWW.DJUMC.ORG)

### GRACE FELLOWSHIP CHURCH DAVIS JUNCTION

Pastor Brad Pittman [www.graceisforyou.com](http://www.graceisforyou.com)  
14080 Rt. 72 East, Davis Junction (Next to Fritz's Electrical) • 815-973-1369  
**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!

### ST. JAMES LUTHERAN CHURCH

West Grove Rd. At Columbine Rd • Karyn Kost • 815-938-3511  
Worship Service 10:30 am. Communion is served the 1st and 3rd Sundays of each month. "Singing the Song of Christian Faith in Worship, Service, Learning, Outreach and Welcome" in a beautiful rural setting.  
Everyone is cordially invited to be with us.

## LEAF RIVER

### ADELINE ZION EVANGELICAL CHURCH

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

### LEAF RIVER BAPTIST CHURCH

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

## LINDENWOOD

### IMMANUEL LUTHERAN CHURCH – LCMS

[immanuel-lindenwood.org](http://immanuel-lindenwood.org) (for sermons, events, etc.)  
16060 E. Lindenwood Road, Lindenwood, IL 61049  
815-393-4500 • [office@immanuel-lindenwood.org](mailto: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](mailto:pastor@immanuel-lindenwood.org)

## KINGS

### ELIM REFORMED CHURCH

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

## MOUNT MORRIS

### DISCIPLES UNITED METHODIST CHURCH

All are welcome here!  
"By God's grace in Christ: Live, Love & Serve"  
During the COVID-19 pandemic, weekly worship is online at [www.disciplesumc.org](http://www.disciplesumc.org)  
In-person communion services, are offered at various times.  
Call or email for upcoming dates/times and to register.  
We wear masks, keep distance, and limit attendance.  
815-734-4853  
[secretary@disciplesumc.org](mailto: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](http://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 Phone 734-4573  
Pastor-Ginny Haney. 9:30 a.m. Sunday Worship (nursery provided)  
Fellowship time Following worship 10:45 a.m. Sunday School-Nursery through adult.

### 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

### CROSSWALK MINISTRIES

"Building relationships through Christ"  
The corner of Rt 64 and 9th St, Oregon, il  
Sunday Worship Service 10 am

### 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](http://www.EBENEZERREFORMED.com) • Sunday school 9:00 a.m. Worship 10:00 a.m.

### FREEDOM LUTHERAN CHURCH, ELCA

Pastor Karyn Kost • (815) 661-6315  
Website: <http://www.freedomlutheran.org>  
Sunday Evening Worship at 5:45 p.m. at First Presbyterian Church, 200 S 5th St to 200 S 4th St in Oregon. Coffee and Fellowship following the service.

### LIGHTHOUSE UNITED METHODIST

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

### OREGON CHURCH OF GOD

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

### OREGON FIRST BAPTIST CHURCH

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

### OREGON UNITED METHODIST CHURCH

200 S. 4th St, Oregon, IL 61061 • 815/732-2994  
[www.oregonumc.org](http://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](http://riverstonecc.com)  
Sunday 10:45 a.m.

### ST. BRIDE'S EPISCOPAL CHURCH

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

### ST. PAUL LUTHERAN CHURCH

114 S. 5th St. Oregon, IL Phone: (815) 732-2367  
Pastor: Rick Tomlinson  
Website: [www.stpaul13.com](http://www.stpaul13.com) Email: [stpaul13@frontier.com](mailto:stpaul13@frontier.com)  
Sunday: Worship Service 9:00 am; Coffee And... Fellowship 10:00 am; Sunday School 10:15 am Wednesdays: Bible Study 10:00 a.m. Other Activities: Men's and Women's Groups, Confirmation Class, School Youth Group, For more information, call the church office.

## POLO

### ST. MARY CHURCH

Rectory/Office: 211 North Franklin Ave., Polo, IL 61064  
PHONE: 815-946-2535 • Rev. Joseph P. Naill  
**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](http://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](http://PoloOpenBible.org)

### CROSSROADS COMMUNITY CHURCH ~ POLO CAMPUS

Meeting Sundays @ 9AM & 10:45AM  
205 N. Jefferson Avenue, Polo ~ 815.837.5255  
[polo@crossroadscn.com](mailto: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 9AM service  
Crave Youth Group (6th-12th grade) ~ Sunday nights 6PM, .  
Visit our website: [www.crossroadscn.com](http://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](http://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  
207 W Roosevelt Road (Rte 72), Stillman Valley.  
815-645-2526 | [www.theredbrickchurch.org](http://www.theredbrickchurch.org)  
Sunday: Worship at 9:00 and 10:30 am. Sunday School at 9:00 am.  
Wednesday: AWANA (Sept - April) from 6:00 to 7:15 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](http://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](http://www.valleycov.org)  
Chuck Potts, Pastor to Students, Children and Families  
Sunday Mornings: 9am traditional service, 10:30am contemporary service and Kids' Club  
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](mailto:middlecreekchurch@gmail.com)  
Pastor: Rev. 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.

Your Local, Independent Community Bank Since 1882

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**BANK**

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



**LIFE**

311 W. Washington St.  
Oregon, IL 61061  
Ph: 815-732-2156  
Fax: 815-732-6154



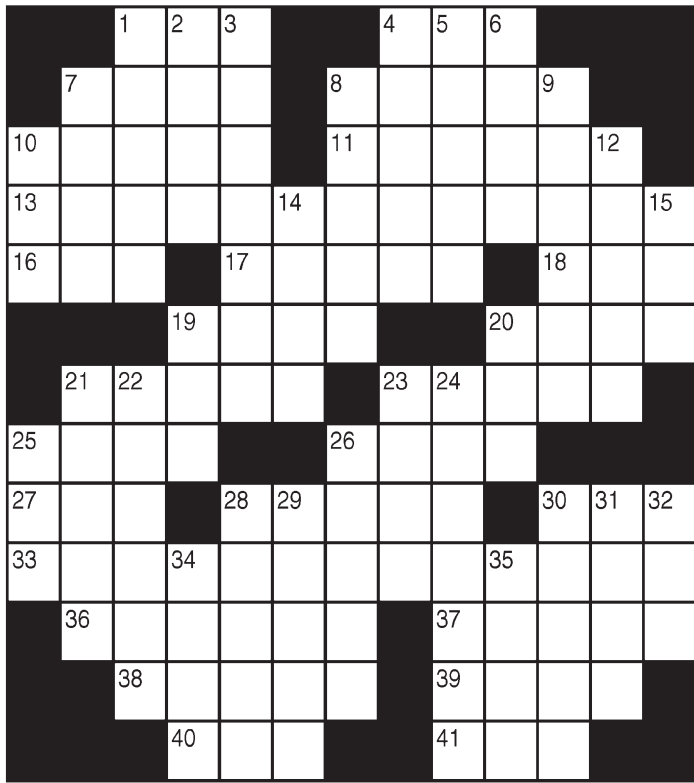
# Weekly Brain Busters

## King Crossword

## MAGIC MAZE ● "101 DALMATIANS" CHARACTERS

### ACROSS

- 1 Opening  
4 Cartoon frame  
7 Vend  
8 "Dallas" matriarch  
10 Sleep problem  
11 Court hammers  
13 1998 Bruce Willis thriller  
16 Shock partner  
17 Hoodwinks  
18 Water tester  
19 Gum flavor  
20 Roll call reply  
21 Fry lightly  
23 Belted area  
25 Cooking fat  
26 Uttered



- 27 Chemical suffix  
28 Up and about  
30 Quilters' get-together  
33 Wimbledon champ of 2008  
36 Wife of Jacob  
37 Edition  
38 Nodded off  
39 D.C. baseball team  
40 Picnic crasher
- 41 Ram's mate  
DOWN  
1 Category  
2 Sir Guinness  
3 Enthusiastic approval  
4 County of Ireland  
5 Graceland  
6 Fibs  
7 Gush  
8 Pharaoh's
- land  
9 Upper crust  
10 Docs' org.  
12 Bull's sound  
14 Ancient letter  
15 "My word!"  
19 Wet dirt  
20 Secreted  
21 Less loony  
22 Sports venues  
23 Banshee's cry  
24 Delta, for one  
25 Actress Tyler
- 26 Long-legged shorebird  
28 Wan  
29 Used a broom  
30 Butter up the turkey  
31 Flightless birds  
32 Compass pt.  
34 Bruins' sch.  
35 Caesar's "vidi"

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

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

Amber  
Anita  
Dipstick  
Horace

Jasper  
Lucky  
Nanny  
Pepper

Perdita  
Pongo  
Roger  
Rolly

Sgt. Tibbs  
Tripod  
Whizzer

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## Weekly SUDOKU

by Linda Thistle

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

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.

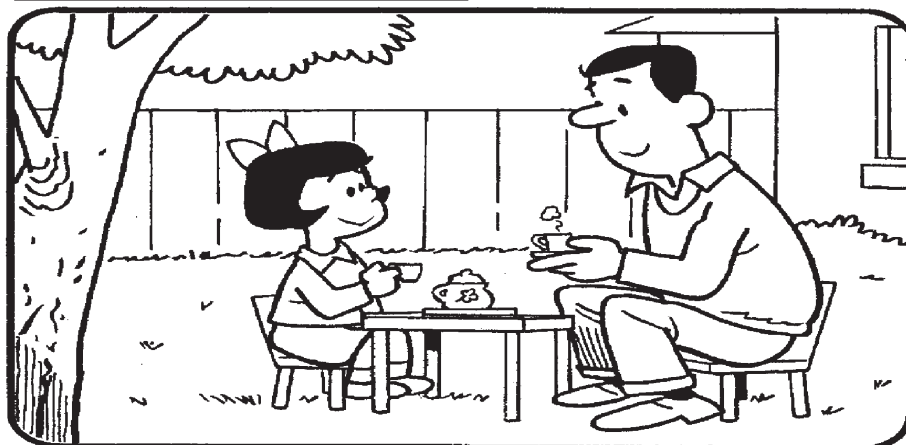
DIFFICULTY THIS WEEK: ◆

◆ Moderate ◆◆ Challenging  
◆◆◆ HOO BOY!

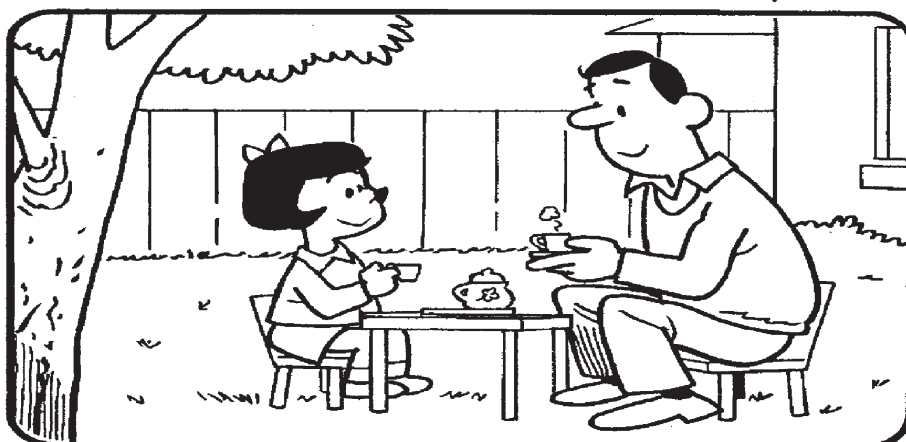
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## HOCUS-FOCUS

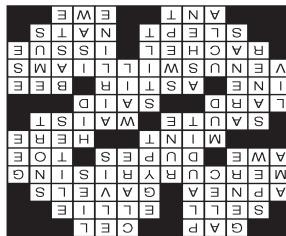
BY  
HENRY BOLTINOFF



Find at least six differences in details between panels.

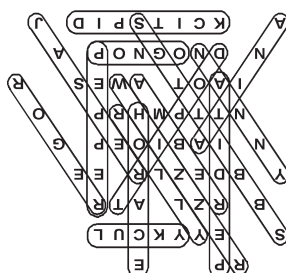


Differences: 1. Bow is smaller. 2. Skirt is shorter. 3. Table leg is missing. 4. Teapot is moved. 5. Hair is different. 6. Cuffs are missing.



Solution time: 24 mins.

Answers  
— King Crossword —



"101 DALMATIANS" CHARACTERS

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

Answer

Weekly SUDOKU



# AUCTIONEER DIRECTORY

**Lenny Bryson**  
Sales Of All Kinds  
815-946-4120

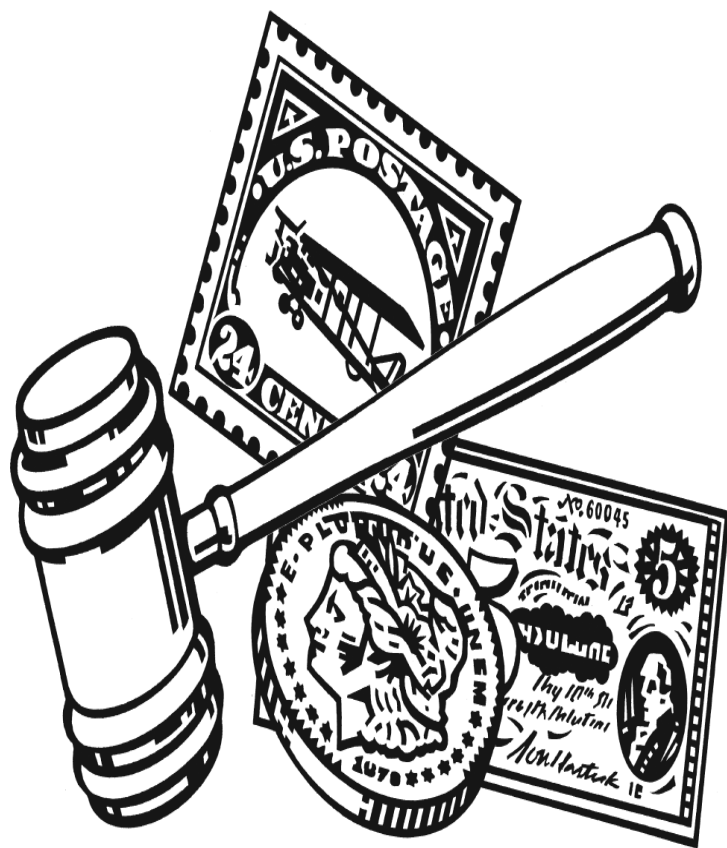
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Service, Inc.**

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Appraisals  
Online Auctions  
Now Available  
Pecatonica, IL  
815-239-1436  
Hacksauction.com



# FIND

## What You've Been Missing



You'll never know  
what treasures  
you'll find at an  
auction!

**LEARN**  
*Something New*  
Every day in the  
**NEWSPAPER!**



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

IN THE MATTER OF )  
THE ESTATE OF: )  
ANDREW P. )  
JACKSON, )  
Deceased. )  
NO. 2020 P 91

**CLAIM NOTICE**  
NOTICE IS GIVEN of  
the death of Andrew P.  
Jackson, Jr. of Byron,  
Illinois. Letters of  
office were issued on  
December 9, 2020  
to Betsy A. Young of  
Rockford, Illinois, whose  
attorney is Douglas P.  
Floski, of Floski Law  
Office, LLC. at 220 W.  
Third Street, P. O. Box  
1007, Byron, Illinois,  
61010-1007.

CLAIMS against the  
estate may be filed in the  
office of the Ogle County  
Clerk of the Circuit Court  
at 106 S. 5th Street, #300,  
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.

BETSY A. YOUNG,  
Independent  
Administrator  
No. 0103 (Jan. 4, 11, 18,  
2021)

## PUBLICATION NOTICE

Public Notice is hereby  
given that on December  
21, 2020, a certificate was  
filed in the Ogle County  
Clerk's Office setting forth  
the names and post office  
address of all the persons  
owning, conducting and  
transacting the business  
known as: Rock It DJ,  
508 W. Locust St., Polo,  
IL 61064.

Dated December 21,  
2020  
Laura J. Cook, Ogle  
County Clerk  
No. 0104 (Jan. 4, 11, 18,  
2021)

## PUBLIC NOTICE

Public Notice is hereby  
given that on December  
29, 2020, 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: Rock River  
Construction, 106 S.  
Mulberry Ave., Mt. Morris,  
IL 61054

Dated: December 29,  
2020  
Laura J. Cook, Ogle  
County Clerk  
No. 0105 (Jan. 11, 18, 25)

## PUBLIC NOTICE

Public Notice is hereby  
given that on December  
29, 2020, 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: Han Picked  
Thriffs, 7238 S. Lost  
Nation Rd., Dixon, IL  
61021.

Dated: December 29,  
2020  
Laura J. Cook, Ogle  
County Clerk  
No. 0110 (Jan. 11, 18, 25)

## 101 LEGAL NOTICE

This publication does  
not knowingly accept  
fraudulent or deceptive  
advertising. Readers are  
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investigate all ads, es-  
pecially those asking for  
money in advance.

## 105 BUSINESS OPPORTUNITIES

"This publication does  
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## *A Bridal Guide*

**The Rochelle News-Leader**  
Sunday, January 10, 2021 • Section 3

**The Ogle County Life/Rock Valley Shopper**  
Monday, January 11, 2021 • Section C







# Savings strategies for weddings

A wedding is likely the most costly party couples will ever throw. According to The Knot's 2019 Real Weddings Study, the average cost of a wedding in 2019 was \$33,900. There are many different costs associated with weddings. Some are predictable, while others are unexpected.

**T**HE question was popped; the engagement ring presented. What's the next step on the road to the wedding? Saving should definitely be on couples' minds.

A wedding is likely the most costly party couples will ever throw. According to The Knot's 2019 Real Weddings Study, the average cost of a wedding in 2019 was \$33,900. There are many different costs associated with weddings. Some are predictable, while others are unexpected.

Various strategies can make it easier to save for a wedding and avoid a post-wedding financial hangover.

## Get informed

It's impossible to budget for a wedding and ultimately save without knowledge of what services and items cost in the region where you live. A wedding in New York City will be expensive, while a wedding in Mississippi will cost a lot less, indicates SuperMoney's guide to wedding costs.

Conduct some research and find out what photographers, florists, transportation providers, reception halls, and wedding wardrobe vendors charge for common services. This will paint a vivid picture of what a wedding may cost in your area.

## Flesh out the budget

Once you have gathered estimates, you can then figure out a financial goal. This also is when you can determine where to rein in spending and where you might want to splurge. If having a video memory of the wedding is not a top priority, you can skip videography services. If you have a special flower that you like,

you may want to budget more for that bloom even if it isn't in season.

## Set up a dedicated savings account

One of the easiest ways to save for big-ticket items like a wedding, home purchase or other financial goals is to use an automatic savings account that may be available through your bank or employer. An automatic savings plan will pull a set amount from a personal checking account into a savings account through auto-draft. The bride and groom can link individual checking accounts to one savings account to contribute jointly.

## Avoid overspending

An analysis of your spending habits will likely reveal areas where you can scale back so you can devote more funds to wedding savings. Do you need a takeout coffee in the morning or can you brew a pot at home? Might you be able to scale back on streaming services? Do you feel comfortable buying less expensive store brand groceries over name brands? Small cost savings can quickly add up.

## Add up gifts

Factor in deduction of expenses that other people will commit to covering for wedding expenses, but only if you have concrete confirmation. A parent may host the rehearsal dinner. One's relative may offer to pass down an antique wedding gown to wear. But rather than simply removing these gifts from your savings calculations, keep them as a safety net to put toward unforeseen

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# How to avoid wedding reception seating mistakes



**W**EDDINGS are great opportunities for people to gather and celebrate the melding of two families into one. Weddings are a melting pot, and while the ultimate goal is for all guests invited to mingle and have a good time, preexisting relationships may cause some wedding-day interactions to be strained. However, with careful planning and some best behavior on the parts of all involved, getting hitched can go off without a hitch.

It's possible for guests who may have tumultuous pasts to keep the peace, but this also can be ensured through careful seating arrangements. This is just one factor couples need to consider when deciding where guests will sit and dine at receptions. It's important to avoid some common mistakes.

**Mistake #1:** Not having a seating plan. Let guests sit where they want and chaos may ensue. People may think they're entitled to certain seats, may hop into seats vacated by someone getting up to use the restroom or any number of other scenarios. Seating arrangements also ensure everyone is accounted for across the room.

**Mistake #2:** Seating families separately. Unless there are rifts between certain family members, it's best to seat parents and children at the same tables.

**Mistake #3:** Trying to force new friendships. Avoid trying to figure out who will get along by creating a potpourri table. A cousin in a band will not necessarily want to sit next to your coworker who plays guitar simply because they have a shared love of music. A wedding is not the time to try to create new friendships. If it's meant to be, they'll connect in a more organic way.

**Mistake #4:** The dreaded kids' table. Young children can probably get away with sitting at a dedicated kids' table, although it may mean their parents have to interrupt their experiences by checking on their kids throughout the night. A bigger faux pas is to sit teenagers or twenty-somethings at the kids table even if they seem like

youngsters to you. Set a strict cut-off age for a children's table.

**Mistake #5:** Being too strict in seating. It's one thing to direct couples or singletons to specific tables, quite another to assign specific seats. Do not dictate exactly where at the table a guest should sit. Some people arrive early, others late, and it is up to them to work out how to arrange themselves at the table.

**Mistake #6:** Failing to get family feedback. Always check with your parents and future in-laws as resources about how to seat certain guests.

They'll likely know who will make the best tablemates, especially if couples are not familiar with everyone on the guest list.

**Mistake #7:** Not being aware of disabilities or needs. Be conscious of guests' needs. An elderly relative may not be comfortable in front of the DJ table. A person in a wheelchair may need easy access to and from the reception room. It's important to be mindful of these special needs.


A seating plan for wedding receptions is an important consideration so that every guest can feel comfortable.



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# How to host a socially distant wedding

IT'S likely that few people heard of "social distancing" prior to 2020. That changed as the novel coronavirus COVID-19 spread rapidly across the globe and the world found itself in the midst of a deadly pandemic.

The Centers for Disease Control and Prevention defines social distancing as keeping a safe distance of at least six feet between yourself and other people who are not from your household. Public health officials continue to champion social distancing while acknowledging the fatigue that many people have experienced as the pandemic stretched on for months. Though much of the world hit the proverbial pause button, life went on during the pandemic. Perhaps nowhere was that more evident than at the altar, where many couples still tied the knot, albeit in scaled back ceremonies that adhered to social distancing guidelines in their communities.

Engaged couples who have yet to tie the knot no doubt recognize that planning a socially distant wedding will not be the same as organizing more traditional ceremonies and

receptions. While planning a socially distant wedding presents some unique challenges, couples can take certain steps to ensure their big day is memorable and safe.

- Spread the socially distant word. Let guests know what they're in for should they decide to take part in the festivities. Many people have strictly followed social distancing guidelines, while others have been reluctant to do so. Couples intent on keeping themselves and their guests safe from COVID-19 should emphasize that their weddings will be socially distant affairs so there's no confusion come the big day.

- Stream the wedding online. Stream the wedding online for those guests who won't be in attendance. By the end of 2020, millions of people had already "attended" weddings via platforms like Zoom, so loved ones may be experienced virtual guests by the time couples walk down the aisle in 2021. Couples who may need some help planning virtual affairs can visit the virtual wedding coordinators at Wedfuly.com, who recently partnered with Zoom to help couples bring their ceremonies online.



- Pare down the in-person guest list. Couples who planned large weddings prior to the pandemic can still invite all of their loved ones to witness the festivities online, but pare down the in-person guest list to reduce the risk of spreading COVID-19. Limit in-person guests to immediate family and those people who are part of your social distancing bubble.

- Plan a party for down the road.

Couples can still celebrate their nuptials with family and friends down the road. Plan a post-pandemic reception and let guests know you will fill them in on the details once social distancing restrictions have been lifted.

Socially distant weddings may require couples to take some unusual steps as they try to tie the knot while keeping themselves and their loved ones safe.

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# The evolution of wedding favors

**W**EDDING favors have changed — and in many cases for the better. Favors have evolved from the inexpensive trinkets purchased in bulk into more personalized mementos that guests can cherish. Today's couples are interested in customizing their weddings and offering guests something meaningful, or at the very least, edible, so that favors don't immediately get relegated to the trash can. According to Heather Jones of Wente Vineyards in California, favors have moved from "goodie bags" toward items that are experiential and fun. Wedding planners from across the country offer these wedding favor trends that couples may want to incorporate into their own celebrations.

## Welcome bags

Rather than take-home bags, welcome bags have replaced the traditional favor trinket at some weddings. Many weddings have become multi-day events that ask guests traveling from out of town to attend a wedding weekend. To help greet them and make their experience memorable, couples may fill a gift bag with items guests can use or enjoy during their stay — like a bottle of locally sourced maple syrup or some handmade soaps from a nearby shop-

keeper.

## Experience gifts

Instead of a candle or a monogrammed cake server, think of experiences to offer guests. A coupon for free drinks at a nearby brewery, a tour of a local attraction while guests are in town or a group excursion for guests attending a destination wedding can be fun and will help guests create lasting memories.

## Charitable donations

Some couples feel that favors are wasteful and would rather set aside a portion of their wedding budgets toward giving back. In such situations, a donation to charity in guests' names can be the way to go. Guests can vote on two favorite charities advertised on a special table at the wedding reception. The one with the most votes will get the proceeds.

## Late-night snacks

After a night of celebrating, some guests may want the festivities to continue, but may need some extra sustenance to make it through a few more hours. Some couples are eschewing traditional favors in lieu of making room for extra food or beverage ex-



Like many other elements of the wedding, favors are evolving to help give weddings a custom feel.

penses that can include after-party treats. These may run the gamut from wood-fired pizzas to food truck vendors to extra desserts. A tasty take-home option also may be given, such as fresh zeppolis or beignets, or even a personalized bottle of wine. Even if the food and drink is not consumed right away, there's a good chance it will hit the spot when guests return to their hotel rooms.

Wedding favors are changing to keep up with the times and keep guests feeling extra special.



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# Consider food allergies when planning the wedding menu

**W**EDDING guests will remember many aspects of the ceremony and reception. For guests who have food allergies or require specialized diets, dinner can be memorable for all of the wrong reasons. But it doesn't have to be.

Even though weddings are all about the happy couple's wants and needs, special attention should be placed on ensuring guests' comfort. Individuals with allergies and dietary restrictions warrant extra caution. Any food can cause an allergic reaction, but eight types in particular, often referred to as the "Big 8," are responsible for the greatest numbers of adverse reactions. Milk, eggs, fish, crustacean shellfish, tree nuts, peanuts, wheat, and soy comprise the

Big 8. The University of Nebraska-Lincoln's Food Allergy Research and Resource Program says the Big 8 accounts for about 90 percent of all food allergies in the United States.

Couples need to recognize the likelihood that at least one person at the wedding will have a specialized food need. Most people with dietary restrictions will be very understanding that eating out is a challenge, especially at a wedding. But couples can take steps to ensure that guests with food allergies don't go hungry.

- Ask about allergies on the response card. Some couples request that guests choose their food preferences on their RSVPs. Include a spot where guests can mention serious food allergies.



- Choose a caterer very carefully. Caterers are increasingly adapting to common food restrictions.

Express specific food avoidances or what you want to be included and find a caterer who specializes in this

type of cooking.

- Offer allergen-free appetizers. Martha Stewart Weddings suggests serving customized bite-sized hors d'oeuvres during cocktail hour to allow for easier customization. This gives guests with allergies the ability to pick and choose their pre-entrée bites.

- Label foods and let guests with severe allergies dine first. Buffets should be clearly labeled so those with allergies can avoid certain foods. Also, those with severe food allergies should have first shot

at the buffet to limit cross-contamination from serving utensils.

- Create separate meals. A caterer may be able to make separate meals for certain guests, particularly if they have advanced notice.

- Don't forget desserts and drinks. Allergens can be included in drinks and desserts as well. Offer gluten-free desserts and gluten-free beer as well.

Dietary restrictions are another factor that couples must consider when planning their weddings.

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# Make a statement with your wedding cake

**B**RIDES and grooms may pour over every detail of their weddings, but few components of the festivities may be as fun, especially for foodies, as deciding what the wedding cake will look like. Couples who want to deliver show-stopping visuals often express some measure of their creativity and personalities through statement wedding cakes.

Many couples now eschew the classic three-tiered white cake in favor of a dessert that garners instant attention. Whether the cake is brightly colored or hand-painted, a towering architectural marvel or shimmering in metallics, couples are opting to make a statement with their confections. Apart from clever cake-toppers, here are ways to stand apart when dessert is served.

- According to the Perfect Wedding Guide, a rising trend in cakes is to cover a white or naked cake with translucent glaze tinted in the couple's wedding colors. This artistic expression can be especially stunning in boho-chic weddings.

- Statement tiers also are popular. The cake may be traditional in nearly every way, but couples then set the cake apart by featuring an elaborate design or a different hue in one tier.

- Martha Stewart Weddings advises that more than just color can be used to make a

statement. Lifelike sugar flowers can really set cakes apart. Guests may not be sure if they can consume all aspects of some cakes. But delicate sugar flowers taste as good as they look.

- Hand-painted tiles on a cake are another way to add panache. A bride and groom may be inspired by a European vacation or the stained-glass effects of religious windows and want to add that feel to the tiers of the cake.

- Sometimes a statement comes by way of texture. Even an all-white cake can be dressed up with interesting textural effects. Ruffles, lace, embossing, and 3-D rosettes are different textural components that can be incorporated in cake designs.

- Couples also may want to tell their unique stories with cake. Individual tiers designed to reflect various milestone moments from the couple's relationship can be quite engaging.

- Capitalizing on the trend of edgier weddings, couples may opt for darker hues on their cakes — even a black tier — or nontraditional geometric shapes to the cake itself or its design elements.

Statement cakes can really say something about the couple getting married. Much like other wedding elements, cakes provide a window into the minds of happy couples.



## Wedding flowers becoming larger than life

**M**OVE over bouquets and centerpieces. Flowers are taking over weddings in a big way. While wedding trends come and go, flowers will always have a place at the wedding table.

The blooms brides and grooms choose and how they decide to display them can say much about the couple's style. Many modern couples are opting for statement pieces with their flowers to rival the big and bold ideas they're incorporating elsewhere into their occasions, such as in cakes and clothing. In fact, floral designer Tom Uberuaga says traditional hurricane vase centerpieces are outdated and only focus the eye on the middle of the table. He prefers guests enter the wedding and have their senses stimulated by flowers from all angles. Large flower installations, as well as blooms popping up in unexpected places, are some of the hot trends for couples to keep their eyes on.

### Floral chandeliers

There's no need to worry about seeing over table centerpieces or flowers getting in the way of photo moments. Thanks to hanging flowers and floral chandeliers, flowers are quite literally moving up in the world. Hanging floral pieces can add instant drama and make a large visual impact. Florists can hang flowers from beams over tabletops to increase visual impact, whether as individual baskets, single stems or floral swags. Hanging flo-

ral chandeliers are dramatic but naturally expensive. Think about a large installation that forces guests to look up into a sea of greenery and flowers. The smell and the sight can be breathtaking.

### Welcome wreaths

Why should wreaths only be reserved for front doors and holiday decor? A welcome floral wreath can be placed by the entryway to a chapel or reception hall with a heartfelt sentiment that shows guests how much they're appreciated.

### Fairy-tale flowers

A floral curtain of hanging flowers can line a chuppah or drape the altar in beautiful blooms. Couples who would like a fairy-tale entrance also can make their debut as a couple by coming through a flower curtain at the reception. Martha Stewart Weddings says a cascade of flowers and greens can be romantic and elegant.

### Dance floor blooms

Who says flowers have to be overhead or on a table? With a plexiglass dance floor, or one made from some other transparent material, flowers can be underfoot, creating a magical floral carpet.

### Floral necklaces

Brides needn't carry their bouquets, they can wear ethereal and whimsical floral pieces around their necks or on their waists instead.

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# Things to consider when choosing a wedding party

**M**AKING the important decision to get married can fill couples with joy and excitement as they imagine spending the rest of their lives together. Naturally, brides- and grooms-to-be are anxious to share the good news with others and include family and friends in the festivities. One way couples exemplify inclusion is by asking their closest acquaintances to be part of their wedding parties.

Being asked to serve as a bridesmaid or groomsman is an honor. Some couples may be tempted to ask every friend, sibling or cousin they have to be in their wedding parties, and some do. In fact, ancient Roman law required 10 witnesses to be part of the wedding ceremony. However, the larger the wedding party, the more people couples have to coordinate and the more personalities they must manage.

While large wedding parties are in style, there isn't any one-size-fits-all formula to decide which size party is right for a particular situation. Trends vary based on geography and culture. These tips can help couples decide on the size of their wedding parties.

- Match it to scope and style. Wedding planners may use a standard ratio for a proportion of guests to wedding party members. That ratio is one pair of wedding

attendants for every 50 guests. This creates a balanced feel where the more people in attendance, the larger the wedding party and vice versa.

- Consider your expenses. Wedding party members may be asked to spend considerable amounts of money to be in the wedding, but the couple will have certain expenses tied to the wedding party as well. These can include limousines to ferry people between the ceremony and reception, photography costs to arrange and photograph large wedding parties, the cost of boutonnieres and bouquets, attendants' gifts, as well as extra mouths to feed at the rehearsal dinner. Small wedding parties can be easier on couples' budgets.

- Know your expectations. Couples should discuss what they expect from their wedding parties. Do couples want their loved ones to be very hands-on or waiting in the wings? For those who want a lot of input from their wedding parties, asking distant friends or family to be included may be impractical.

- Select reliable, easygoing people. Wedding party members should be people couples can rely on, and it only helps if wedding party members are not prone to overreacting. Choose a wedding party that can be trusted and people with whom you get along.

Wedding party sizes are up to the couple, but bigger isn't always better.

## Types of wedding officiants

**M**ANY people play a role in a wedding. The bride and groom, bridesmaids, groomsmen, ring bearers, and flower girls are front and center on the day a couple ties the knot.

Another central, and very important, figure on a couple's wedding day is the officiant. Officiants perform the wedding ceremony and are the first to introduce the newlyweds to their guests as an officially married couple.

Various types of officiants can officiate a wedding, and understanding each type can help couples find the right one for them.

### Religious officiant

Couples who want traditional religious ceremonies often choose a religious officiant, such as a parish priest or rabbi, with whom they're familiar. For example, couples who grew up attending a particular church might choose the priest who's been preaching to them since they were children, while others might choose the priest at their current place of worship.

Religious officiants may be governed by certain rules that restrict them to performing ceremonies in a house of worship, which might rule them out for couples who want outdoor or destination weddings. Couples should inquire about such restrictions as early as possible in the planning process so they aren't caught off guard.

### Civil officiant

Civil officiants are officers of the

court, such as a judge or justice of the peace. Many couples who are planning destination weddings abroad still choose to have a civil officiant perform a wedding ceremony at home. This is because some overseas officiants may not be authorized to marry couples in their home countries, meaning their marriages won't be recognized once they return home. Civil officiants make sure marriages are legal, and they also make great options for couples who just want to get hitched without a grand ceremony.

### Professional officiant

Professional officiants are not affiliated with a particular religious organization. That makes them great choices for couples who aren't religious as well as those who come from different religious backgrounds and won't be converting to the same faith. Professional officiants typically meet with a couple once or twice to get to know them before writing the speech they will give during the ceremony. Many will share the speech with the couple in advance of the big day, and some even allow couples to write the speech.

### Loved ones

Many couples ask a friend or family member to officiate their weddings, which can add a fun and very personal component to the ceremony. Couples who want to take this route should research local laws to determine the steps loved ones must take to become ordained ministers who will be recognized by the state or country where the ceremony will take place.

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# Health OUTLOOK

The Ogle County Life/Rock Valley Shopper  
Monday, January 11, 2021 • Section D





# Here are the basics of interval training

Routine exercise is a key component of a healthy lifestyle. When attempting to incorporate exercise into their lives for the first time or after a long layoff, adults may go through a trial and error period as they attempt to find a routine they enjoy. Interval training is one approach to exercise that may be worth consideration.

## What is interval training?

Sometimes referred to as high-intensity interval training, or HIIT, interval training involves alternating between short bursts of intense exercise and brief periods of rest or less intense activity. The Mayo Clinic notes that periods of high-intensity exercise may be as brief as 30 seconds, while the less intense portions of the routine typically last between one to two minutes.

## What are some benefits of interval training?

The time constraints of traditional workouts may compromise busy adults' ability to exercise regularly. But interval training sessions don't tend to take as long thanks to the periods of high-intensity exercise. According to the Harvard Medical School, an interval training session that lasts 15 to 20 minutes can produce the same cardiovascular results as a more traditional, moderate 30-minute exercise session.

Interval training also can help people who are not constrained by time get better results. The Mayo Clinic notes that, as a person's body adjusts to more high-intensity exercise, his or her aerobic capacity will improve. That should enable them to exercise for longer periods of time at a higher intensity, producing better results over the long haul. Before increasing the intensity of their workouts, adults can consult their physicians to ensure they're capable of doing so safely.

Interval training also can be beneficial to people without access to exercise equipment, a position many fitness enthusiasts found themselves in during the COVID-19 pandemic. Without access to weights due

to gym closures, some people may have found their workouts lacked the intensity they had grown accustomed to. By interval training when running, cycling, walking, swimming, or using cardiovascular ma-

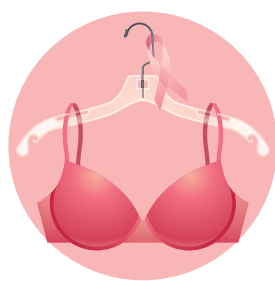
chines, adults can make their workouts more intense.

## Can anyone utilize interval training?

Getting a physical prior to beginning an interval training regimen can help people determine just how much intensity they can handle. But alternating between intensity levels during a workout should be something most adults can handle, especially after they consult with their

physicians about the level of intensity their bodies can handle. The Mayo Clinic also urges people to consider their risk for overuse injury. Muscle, tendon and bone injuries can occur if exercise regimens become too intense too quickly, so take things slowly at first and readjust intensity levels depending on how your body reacts.

Interval training can be a great way to get vigorous exercise even when time is limited.



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# There are many ways 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 for-

ward.

- 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.

Poor circulation is a byproduct of various conditions. Once a condition has been diagnosed, patients can help themselves by taking various steps to improve their circulation.

## Here are some things to know about vaccines

### Are You Fully Vaccinated?

Many people are familiar with the vaccination schedule for children, but did you know that adults need vaccines as well? According to the CDC, immunity from childhood vaccines can wear off, requiring boosters. Additionally, adults are at risk of different diseases than children are so require different vaccinations.

These shots are among the most convenient, effective and safest preventative care options available, particularly for people who are traveling to exotic places or working with at-risk groups.

Vaccinations are generally covered by health insurance.

### What Vaccinations Do I Need?

Adults and children should get a flu vaccine every year. Protection doesn't last from year to year because the flu virus mutates; scientists determine the strains of the virus that are most likely to infect people each year and prepare a vaccine for those strains. Although getting a vaccine doesn't guarantee you won't get sick, those who get the flu will likely be less sick if they got the flu shot.

The Tdap vaccine protects against whooping cough, tetanus and diphtheria and is safe for use in adults and children older than 7 years. Other routine vaccinations include the measles-mumps-rubella, chicken pox and polio vaccines. Most people get those as children.

### What About When I Travel?

Depending on where you're traveling, certain vaccinations are recommended or may even be required. The CDC recommends hepatitis A and typhoid vaccines when traveling to Mexico, for instance, as contaminated food or water could be a risk. Parts of Africa have an increased risk of cholera, and jungle areas are full of mosquitoes, so getting vaccinated for malaria is a good idea.

Talk to your doctor about activities that could put you at risk for other diseases. Travelers who may come into contact with wild animals should consider a rabies vaccination. Depending on where you're going and what you're doing, meningitis, yellow fever and hepatitis B may be an issue. Check the CDC's websites for recommended and required vaccines.

### What if I'm Pregnant or Breastfeeding?

Getting a vaccine while pregnant also offers your baby that protection, so the CDC recommends pregnant women get vaccinated for whooping cough and, if appropriate, the flu. Newborns do not get vaccinated for whooping cough right away, and this disease can be deadly for them. Other vaccines, like the MMR, should happen before pregnancy.

It also is safe to get vaccines while breastfeeding. Talk to your doctor about questions.



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# Reach and maintain a health weight

Weight is no one's favorite topic, but it is an important factor in your health. Being overweight or obese puts people at greater risk of being diagnosed with chronic conditions like diabetes, arthritis and heart disease, it puts greater stress on your joints and can make exercise harder and have an overall greater sense of dissatisfaction with your health.

That means maintaining or reaching a healthy weight or reaching a healthy weight. According to the Centers for Disease Control and Prevention, what that number looks like is different for everyone; talk to your doctor to find out what range you should be in, and, as you're making lifestyle changes, think more about how much energy you have, how your clothes are fitting and how you're feeling than just the number on the scale.

Healthy weight management will not happen through fad diets or even short-term changes. For most people, it doesn't mean cutting out certain foods either. If you love cookies, any long-term diet that doesn't include cookies isn't likely to be successful for you. Instead, find a lifestyle that includes a mix of healthy eating and regular exercise.

The first step is to determine the number of calories you need in a day. The standard 2,000 recommended daily allowance is more than many American adults need.

Once you know your calorie count, start planning meals that fit into your intake, provide the nutrients you need and taste good. A healthy diet is full of fruits, vegetables, whole grains and low-fat dairy products; lean meat like poultry and fish, as well as other lean proteins like beans, eggs and nuts; and is low in saturated and trans fats, cholesterol, salt and added sugars.

This necessitates avoiding processed foods, which means more cooking and meal preparation on your part, but there are shortcuts or different methods that will still taste good and be healthy — use frozen, already sliced or canned fruits and vegetables (just make sure canned fruit is packed in juice, not syrup); substitute brown rice for white rice; and find healthier substitutions for ingredients in your favorite dishes or different ways of cooking, such as sautéing instead of deep frying food.

For high-calorie foods like desserts, chips, French fries, cheese and anything with butter, keep them as part of your diet, but cut back how much you eat and how frequently.



## 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



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# Life expectancy

## Some healthy habits you can use to live longer

“Who Wants to Live Forever” is a song that appeared on the 1986 album “A Kind of Magic” by the rock band Queen. The song often sparks conversation about the potential benefits of immortality.

Immortality may not be possible, but many people aspire to improve their chances to live a long and prosperous life. A study published in the journal *Lancet* analyzed data from the 2016 Global Burden of Diseases project to generate life expectancy predictions from 2017 to 2040 for most countries. The United States saw the largest decline in ranking among high-income countries, as life expectancies in the United States are projected to fall from 43rd in 2016 to 64th by 2040, with an average life expectancy of 79.8. Life expectancy in the U.S. has dropped in each of the past two years, according to annual reports by the National Center for

Health Statistics.

But there may be hope for Americans yet. Doctors and scientists continually study the lifestyles of people who outlive their life expectancies. While genetics can play a role, so can following healthy habits, which have been identified to promote longevity.

- **Don't smoke.** Many smokers have been told that smoking trims 10 years off their life expectancies, and that statement is corroborated by a study published in 2013 in *The New England Journal of Medicine* that tracked participants over a span of several years. The good news is people who quit before the age of 35 can usually regain those lost years.

- **Avoid drug use.** Accidental drug overdoses contributed to 63,600 deaths in the United States in 2016, according to the National Center for Health Statistics. Usage of prescription opioids and heroin has

skyrocketed in recent years. Drug use also may exacerbate mental illnesses, potentially making drug users more vulnerable to suicide.

- **Maintain healthy body mass.** Moderate to vigorous exercise regimens and diets loaded with healthy foods can keep weight in check. Maintaining a healthy

weight has a host of positive side effects, including reduced risk of dying from cardiovascular disease. Cardiovascular disease is a leading killer in North America. According to the National Center for Health Statistics, nearly four in 10 adults and 18.5 percent of children in the United States are obese. Accord-

ing to the 2015 Canadian Health Measures Survey, 30 percent of adults in Canada are obese and may require medical support to manage their disease.

- **Limit alcohol consumption.** Some evidence suggests that light drinking can be good for cardiovascular health. However, a paper published in the *Lan-*

cet suggests every glass of wine or pint of beer over the daily recommended limit will cut half an hour from the expected lifespan of a 40-year-old. The paper says the risks are comparable to smoking.

Simple, healthy lifestyle changes can help people increase their life expectancies.



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## Strategies to 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.

Controlling appetite does not have to be a complex undertaking. In fact, some of the simplest strategies can be highly effective.



# Pronator Teres Syndrome mimics Carpel Tunnel

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

Pronator teres syndrome occurs at the upper forearm when swelling and enlargement of the pronator teres muscle or surrounding tissues compresses the median nerve. Pronator teres syndrome is sometimes mistaken for the more commonly encountered carpal tunnel syndrome as it also compresses the median nerve. In carpal tunnel syndrome the compression and median nerve damage occurs at the wrist instead of the forearm.

Pronator teres syndrome can cause nerve damage resulting in both sensory and motor problems. Sensory losses can include tingling in the thumb, index and middle fingers, and half the ring finger, and unlike carpal tunnel, the palm of the hand. Symptoms include numbness, tingling and or pins and needles sensations along the palm of the hand and even up the forearm. Associated muscle weakness makes it difficult to make a tight fist or press the thumb and fingers together. Complaints often

include aching discomfort and easy fatigability of the muscles of the forearm. Pronator teres syndrome can be aggravated by activities which require repetitive rotation (pronation) of the forearm, as in practicing tennis serves or throwing actions. Sometimes the symptoms can be reproduced by gripping tightly with resisted turning of the palm down.

Home treatment for pronator teres syndrome includes relative rest, reduction of activities that aggravate the condition, ice and non-steroidal anti-inflammatory drugs. Non-surgical care can include splinting, physiotherapies and manual mobilization to break up adhesions thereby reducing the compression on the median nerve. Rarely, some cases can require surgery to decompress the nerve.

Failure to treat advanced carpal tunnel or pronator teres syndrome can result in permanent nerve damage and can cause weakness or paralysis of the hand muscles. If you have unrelenting tingling into the thumb and fingers, have your medical or chiropractic physician

examine you for both carpal tunnel and pronator teres syndrome.

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 indexed 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, IL.

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## Manage your stress

How you handle stress is a huge factor in the rest of your health as well as your overall quality of life; poor stress management can make you feel under the weather, exacerbate conditions you already have, interrupt your sleep, and cause you to have a shorter fuse in dealing with people or issues and feeling overwhelmed when dealing with problems.

If it goes on long enough, your brain is exposed to cortisol, which can weaken your immune system as well. The National Association of Mental Illness talked about stress, what to watch out for and how you can handle this normal part of life in a healthy way.

### Signs of Stress

Like other conditions, stress can cause physical symptoms, including headaches, difficulty sleeping, jaw pain, appetite changes,

frequent mood swings, having difficulty concentrating and feeling overwhelmed and unable to deal with difficulties that come your way.

### Triggers for Stress

Stress is a part of everyday life, so it's important to know where it is likely to come from in your life. Your job, family relationships, financial worries, school, health concerns, not getting enough sleep and not eating well can all lead to stress, which, while it not be overwhelming at first, can become that way if not handled well.

### Reducing Stress

NAMI suggested starting with accepting your needs — know what your triggers are, avoid them if possible or allow time and energy to handle them. Schedule your days so you have time to take breaks as needed, you're getting enough sleep.

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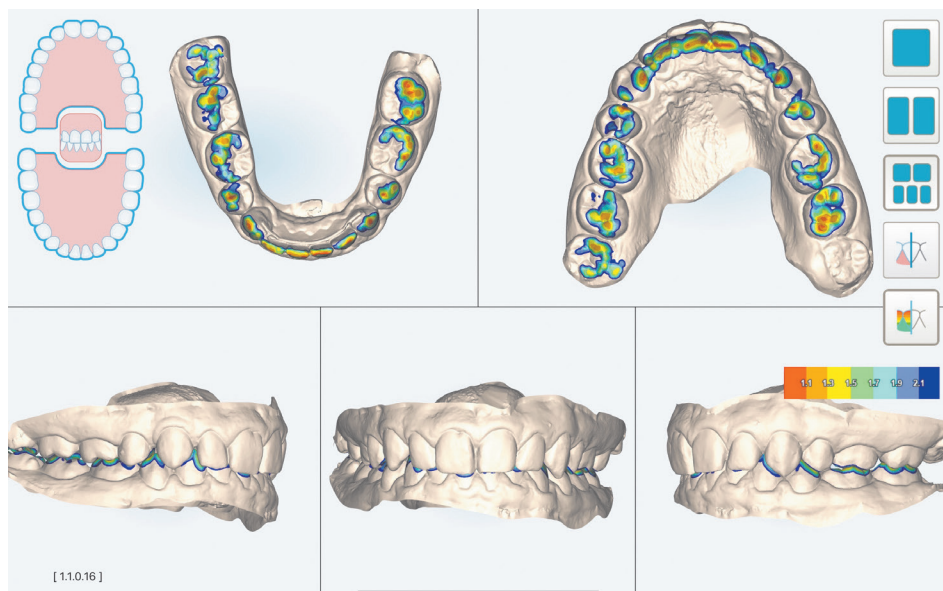
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