



See Section D

The Ogle County LIFE

/Rock Valley Shopper



MONDAY
Jan. 14, 2019

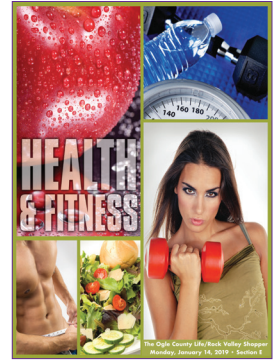
FREE

VOLUME 29, ISSUE 42

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Today's Inserts

- Byron County Market
- Oregon Super Valu
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County OKs some solar projects

Moratorium lifted long enough for vote, now back in place

By BRAD JENNINGS
Editor

OREGON – The Ogle County Board suspended its moratorium on solar development in the county for about 4 and a half hours Thursday night, long enough for it to vote on nine solar developments that had been awaiting a decision.

During a special meeting on solar in front of a packed County Board Room, Board members approved amended recommendations governing solar projects from an ad hoc committee created for that purpose. It then suspended the moratorium and approved five of the nine projects. Three of the projects were denied, and one withdrew its letter of application.

By midnight, the moratorium, put in place by the board in August and expected to last at least six months, was back in place.

The reason the moratorium is still in place is the board said there is still work to do on the solar rules for the county.

“I think there are a lot of things we need to resolve,” said board member Ben Youman. “We have a lot to do. We have some big questions we need to answer.”

The board did strengthen some recommendations made by the ad hoc committee, which covered everything from setbacks for solar project, to fencing, noise rules and screening the equipment behind vegetation.

The board approved up-front payments from solar companies that want



Signs like this one in Stillman Valley have been a common sight in the county for months. (Brad Jennings photo)

to develop in the county that could cover the costs of eventual decommissioning and disposal of solar equipment.

The board also added language to the rules governing solar development in

the county that put accountability on the landowners as well as the developers. Board members felt that the landowners should share the burden if there were problems with the projects.

And while the board

added wording that all solar farms in the county must meet noise guidelines set by the EPA, not all board members supported that decision.

(See SOLAR, A-2)

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RCH Auxiliary Room

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Please register by calling 815-561-3110 or register on-line.



Sheriff's Office releases holiday traffic enforcement numbers

OREGON – The Ogle County Sheriff's Office conducted additional traffic enforcement over the holidays from Dec. 17 to Jan. 2., reminding motorists to drive sober and buckle up as part of the Illinois Drive Sober or Get Pulled Over enforcement effort.

The Sheriff's Office joined the Illinois State Police and local law enforcement agencies across Illinois to reduce motor vehicle crashes, injuries and deaths by arresting impaired drivers and issuing seat belt and other vehicle code violations.

During the 16-day mobilization, Sheriff's Deputies issued 121 Citations for offenses including:

- * 4 seat belt citations
- * 3 DUI arrests
- * 3 suspended/revoked licenses
- * 9 uninsured motorists

- * 55 speeding citations
- * 11 drug arrests
- * 2 illegal transportation of alcohol citations
- * 3 misdemeanor no valid DL arrests
- * 5 expired registration stickers
- * 5 stop sign violations
- * 1 suspended registration arrest
- * 7 lane usage violation citations
- * 10 equipment violations
- * 3 other offenses

The annual campaign may be over in Ogle County, but that isn't an excuse to drive impaired.

Driving drug or alcohol impaired is illegal and can result in a DUI because it's extremely dangerous and irresponsible. Additionally, all vehicle occupants, regardless of seating position, are required to wear properly adjusted seat belts.

SOLAR: Followed ZBA recommendations

From page 1

Board member Lyle Hopkins said the county did not need to open the door on a noise ordinance in an agricultural environment.

Board member Thomas Smith disagreed.

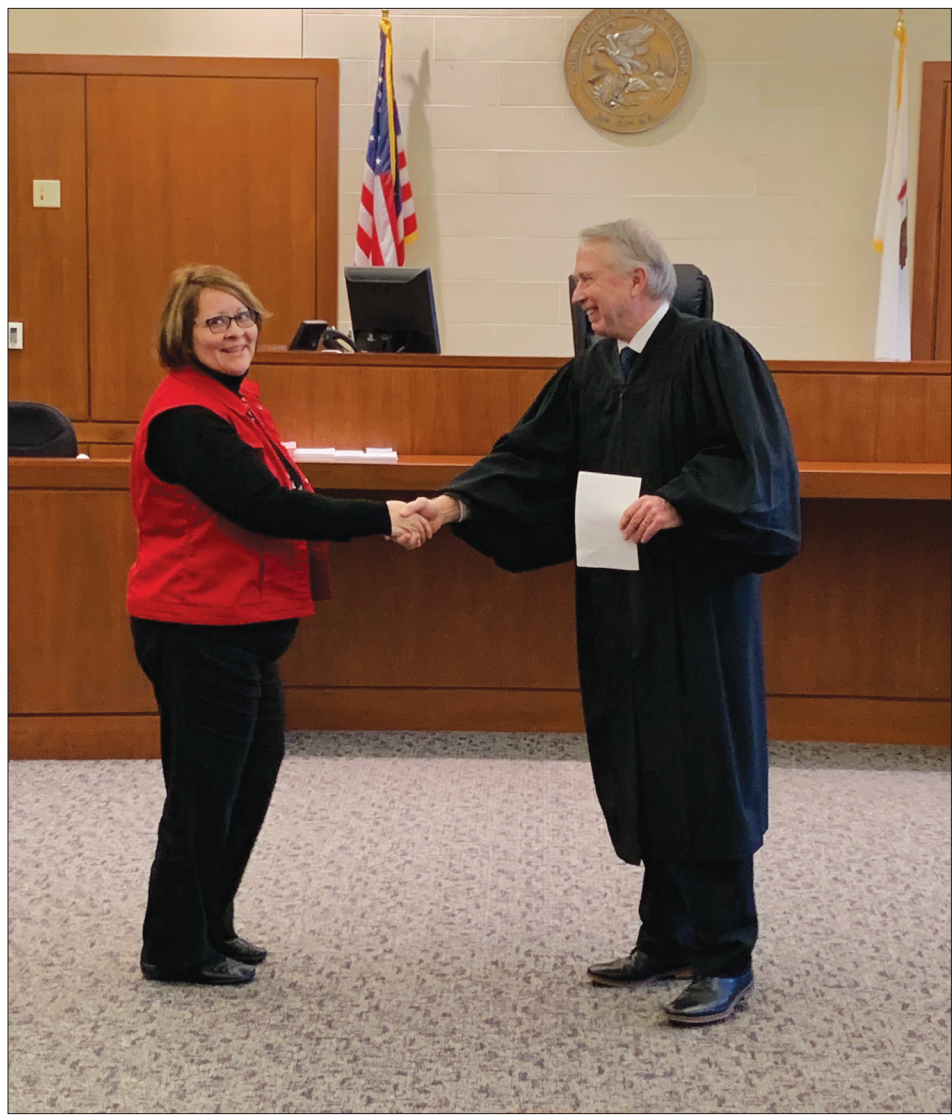
"Agriculture is agriculture," he said. "This isn't agriculture."

The board also agreed that no solar projects can be located within a mile and a half of a municipality unless the

municipalities wants it. "I think we should respect the citizens that live there," Youman said.

When it came to approving the solar projects, the board followed the recommendations of the Zoning Board of Appeals. Projects that were denied can reapply.

With the moratorium back in place, no new solar developments will be considered by the county until it is lifted. It was put in place for six months, and is due to be ended or extended by February.



Denise Davilo Juvenile Probation Officer and the Honorable Judge Robert T. Hanson.

DaVilo sworn in as juvenile probation officer for county

OREGON – The Ogle County Court Services' newest Juvenile Probation Officer, Denise DaVilo, was sworn in recently by the Honorable Robert T. Hanson.

DaVilo previously coordinated the Ogle County Reporting Center. During her time at the Ogle County Reporting Center, she oversaw and planned the programming for the Alternatives to Detention Program, the

Alternatives to Suspension Program, the GED program and coordinated the completion of public service work for minors involved with the court system.

DaVilo has been a great asset to Ogle County and the Director of Court Services, Cindy Bergstrom, said she is excited to have DaVilo join the Juvenile Probation team.

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Serenity Hospice and Cork & Tap host Trivia Night fundraiser

OREGON – Serenity Hospice is hosting its first annual Trivia Night on Jan. 22 at 6:30 p.m. at the Cork & Tap in downtown Oregon.

The Trivia Night is a fundraiser with 100 percent of the ticket price going to Serenity Hospice.

The night of fun is being hosted by local personality and former news anchor Alan Jones. A cash bar will be open and free hors d'oeuvres and desserts will be served.

The game will be played in teams of six that you can arrange yourself or we have people looking for teammates. The trivia will be random questions covering many topics.

Each member of the

winning team will be given a gift card to The Blackhawk Steak Pit. These gift cards are being donated by Tiffany Cravatta from the Blackhawk Steak Pit and Alisa Patterson from Dickerson & Nieman Realtors.

Because of the generosity of the Cork & Tap, Alan Jones, Blackhawk Steak Pit, Alisa Patterson of Dickerson & Nieman and many volunteers providing food, the event has no overhead costs, which means that 100 percent of the ticket price goes straight to Serenity Hospice.

The price is \$100 and is a tax-deductible contribution. You may purchase tickets online at www.serenityhospiceandhome.

org or by calling Serenity at 815-732-2499. Tickets are also available at the Cork & Tap located at 305 W. Washington St. in downtown Oregon.

If you want to contribute, but can't attend the event, how about purchasing a ticket to be given to a hospice staff member? This is a great way to give Serenity's hardworking employees an evening of fun!

Don't miss out on this night of food, drinks and trivia for a great cause and know that 100 percent of your donation will go straight to helping a non-profit hospice in your own community.

For more information, call 815-732-2499.

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Tickets now available for annual From The Heart Gala

ROCHELLE — In less than a month, the annual From The Heart Gala event will be held in Rochelle and tickets can now be purchased online.

The Rochelle Rotary Club's annual From the Heart dinner-auction is the organization's premier fundraising event of the year, bringing corporations, businesses, couples and individuals together to help support important service agencies in the Rochelle area community. The gala, which will be held on Saturday, Feb. 2, raises more than \$46,000 for eight local non-profit groups that provide valuable family services in and around the Rochelle region.

In 2018, the From the

Heart Auction was sold out. Because of this, the event is being moved to a new venue this year at the Flight Deck Bar and Grille, 1207 W. Gurler Road, Rochelle. This venue will allow more guests to attend this elegant evening which includes delicious gourmet food stations, while giving guests the opportunity to bid on a large array of fabulous live and silent auction items.

Also new this year, is the ability to purchase tickets online. Invitations will be mailed shortly, but if you'd like to purchase your ticket in advance, or did not receive an invitation and would like to attend, visit <http://fromtheheartrochelle.org/#tickets>. Online ticket

ordering will be available until Sunday, Jan. 27.

In addition to the silent and live auction, there are several items up for grabs throughout the night with various raffles and fun games.

From the Heart not only gives area residents and business leaders an opportunity to enjoy a terrific night out, but also the chance to take home many wonderful and valuable items while also supporting groups that help our friends, family and neighbors and improve quality of life right here in the Hub City.

For more information, visit us online at <http://fromtheheartrochelle.org>.



Donation

Stillman Bank Vice President Jim Coons recently presented the Stillman Valley Firefighters Association with a \$500 donation. Accepting the donation on behalf of the Firefighter's Association were Matt DeVries and Devin Lewis.



Illinois Bankers Association Vice President Julie Clark presents Gary L. Rhodes with a certificate for his induction into the IBA's 50 Year Club.

Stillman Bank recognizes Rhodes for his 50 years of service

ROCKFORD — Stillman Bank's Board of Directors recently recognized Gary L. Rhodes for his 50 years of service at Stillman Bank.

Rhodes began his banking career in 1968 as Cashier in the Bank's Stillman Valley Office. He held numerous positions throughout his career and recently retired as Chairman and CEO of Stillman Bank. He currently serves as Chairman of the Bank's holding company.

"We congratulate Gary for reaching this impressive milestone," said Martin C. Larson, Chairman and CEO of Stillman Bank. "We are grateful for Gary's commitment and leadership over the last 50 years."

At a special Board of Directors dinner, Gary was recognized for his distinguished length of service and his dedication to serving others and the financial services industry.

The Illinois Bankers Association (IBA) has also recognized Gary L. Rhodes for over 50 years of service to the banking industry. Rhodes is now inducted into the IBA's 50 Year Club.

"We are fortunate to have dedicated bankers like Gary Rhodes, who has been working for his customers and community for half of a century," said Julie R. Clark, Vice President, Bank & Partner Relations at IBA.

Throughout his career, Rhodes has been very

involved in several community organizations. He served on the board of the Ogle County United Way, Ogle County Economic Development, was a board member for the Illinois Bankers Association, the Congregational Christian Church in Stillman Valley and served as Capital Campaign Chairman for Serenity Hospice.

Rhodes was also recognized by officers and employees at a companywide event in December.

For more information on Stillman Bank, or to find out more about Stillman's products and services, please contact 815-623-1800 or visit www.stillmanbank.com.

What's Cookin' returns April 18

What's Cookin', the annual fundraiser for Rock River Center, returns to Barnacopia in Polo on April 13 from 5-8 p.m.

The event features teams of cooks serving their favorite dishes. This year will also include and expanded Junior Chef's division.

Ten teams have already reserved a sport

for this year, and there will be more space for vendors and for people to attend. The date has also been moved from March to April in the hopes of warmer weather.

More than 500 people attended What's Cookin' in 2018. You can check out photos from last year at rockrivercenter.org.

April 13 — make sure to save the date!

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Obituaries

Melody A. Bowers

ROCKFORD – Melody A. Bowers, 63, of Rockford, passed away peacefully Jan. 5, 2019 at home with her loving family by her side. Melody's passing comes after a long and courageous battle with cancer. She was born Oct. 31, 1955 in Rockford, the daughter of Richard and Marilyn (Merritt) Borcherts. She graduated from Rockford Guilford High School, Class of 1973. Married the love of her life, Richard J. Bowers, Jr., on June 25, 1977. Employed as an office manager at Advantage Kwik Dry Carpet Cleaning, Machesney Park. Melody enjoyed cooking, quilting, bicycling with the Blackhawk Bicycle & Ski Club, jogging, and traveling with her husband Richard. But most of all, she loved spending time



with her children and family. Melody regularly attended Belvidere First Assembly of God Church in Belvidere.

Survived by her loving husband, Richard; children, David (Bobbi) Bowers and Amanda Bowers of Chicago; father, Richard G. (Beverly) Borcherts of Siloam Springs, Ark.; sisters, Debbie (Bear) Daugherty of Gilbert, Ariz., Pam (Chris) Willis of Enumclaw, Wash.; and brother, Steven (Susan) Borcherts of

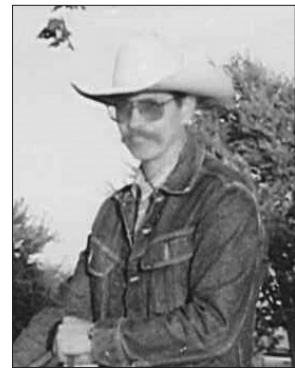
Roscoe. Predeceased by mother; and grandparents.

A memorial service was held on Saturday, Jan. 12, 2019 at noon with a visitation from 10 a.m. until time of service in Honquest Family Funeral Home with Crematory – Mulford Chapel, 4311 N. Mulford Road, Loves Park, IL 61111.

The family wishes to thank Dr. Fauzia Khattak and the entire staff at Swedish American's Regional Cancer Center for the outstanding care they showed Melody these past 6 years. In lieu of flowers, memorials may be made in Melody's honor to the American Cancer Society and B1 Food Pantry at Belvidere First Assembly. To share a memory or condolence please visit www.honquestfh.com.

RL 'Rick' Crawford

ROCHELLE – RL "Rick" Crawford, 66, passed away Wednesday, Dec. 26, 2018, at Serenity Hospice and Home in Oregon, with his wife of 46 years by his side. He now soars with the birds he loved watching. A bald eagle's visit on the morning of his passing gave his family comfort that he has been reborn pain free and at peace. He was a strong, proud and loving husband, father, and grandfather who enjoyed his time with grandkids and working in his shop with wood or at his blacksmith's forge. Rick loved to show others how to imagine, create and build. There was always something new he could explore.



Crawford. He married Jean Cernoch on Nov. 23, 1972 in Elgin.

Rick is survived by his wife, Jean of Rochelle; two children, Amanda (Dan) Powell of Miamisburg, Ohio and Erik (Heather) Crawford of Rochelle; four grandchildren, Logan Crawford, Maycie Powell, Alexis Crawford, and Marco Powell; his mother, Pat Crawford of Marengo; two brothers, Jerry (Sandie)

Crawford of Hampshire, and Steve (Jeanne) Crawford of Lake in the Hills; and three sisters, Julie (Steve) Meyer of Carol Stream, Rita (Jim) Feltes of Bristol, Ind., and Stacey (Jim) Karr of Marengo; and numerous nieces, nephews and grandnieces. Also "puppy girl" Bella who loved to sleep close by.

Rick is preceded in death by his father, Jack Crawford.

In lieu of flowers, the family asks that your gifts go to Serenity Hospice & Home in Oregon, so that Rick's memory may live on in their service to others.

A celebration of life will take place summer 2019. Family and friends will be notified of details at a later date. Cremation care has been provided by the Unger-Horner Funeral Home, Rochelle.

Rick was born Nov. 15, 1952 in Salina, Kan., the son of Jack and Pat (Johannes)

Dennis Russell Lower

LEAF RIVER – Dennis Russell Lower, 59, of Walker, Iowa, and formerly of Leaf River, passed away peacefully on Thursday, Dec. 27, 2018 after an extended illness at FHN Memorial Hospital. Dennis was born Dec. 9, 1959 in Freeport, the son of Clarence and Ruth (Reed) Lower. Following in his father's footsteps he was a livestock dealer in Wisconsin, Iowa, Missouri and Illinois.



Lower and Amanda Hankins; eight grandchildren, Malia, Logan, Ava, Gabby, Samantha, Nick, Gage, and Liam; brother, Richard (Cindy) Lower; sisters, Karen (Terry) Diehl, and

Peggy Schier; also surviving are several nieces and nephews.

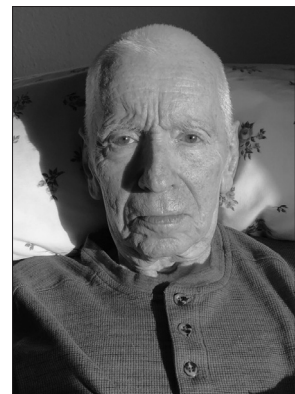
He was preceded in death by his father, Clarence Lower; grandparents, and fiancée, Penny Bjork.

Celebration of Life will be 1-4 p.m. Saturday, Jan. 26, 2019 in the River Valley Complex (605 Main St. Leaf, River, IL, 61047). Burial of remains will take place at Chapel Hill Memorial Gardens. A memorial has been established in Mr. Lower's memory. Please sign his guestbook and share a remembrance at www.burketubbs.com

Dennis is survived by mother, Ruth Lower; two sons, Jeremy and Joshua; two daughters, Ashley

Charles F. Svihlik

FORRESTON – Charles F. Svihlik, 77, of Forreston, passed away peacefully in his home on Jan. 1, 2019. Charles was born on May 5, 1941 to Frank and Lydia (Barta) Svihlik in Chicago. He graduated from Proviso East in 1959. Charles married the love of his life, Marianne, on October 28th, 1963 in Oak Park, Illinois. Their love brought into this world three children: Charles W., Timothy, and Jeannine. They celebrated their 55th wedding anniversary by renewing their vows.



James Patterson. He worked at Quebecor Printing doing bindery and office copies for many years, retiring in 2004. Charles is survived by his beloved wife, Marianne, his children Charles (Terry) Svihlik, Timothy (Jody) Svihlik, and Jeannine (Bob) Nalley, and grandchildren Jenny, Jarett, Peyton, and Justyne.

Charles is preceded in joining our Heavenly Father by his mother and father.

A visitation was held on Friday, Jan. 4 from 5-8 p.m. at Burke Tubbs Funeral Home in Forreston. Services were held 10 a.m. Saturday, Jan. 5 at Burke Tubbs with a visitation from 9 a.m. until the time of service. Graveside prayer followed at his final resting place at Lightsville Cemetery in Leaf River. A luncheon followed at the Leaf River Complex from 11 a.m.-2 p.m. Please sign Charles guestbook and share a memory at www.burketubbs.com. In lieu of flowers, donations can be made to the Forreston Fire Protection District or Serenity Hospice and Home in his memory.

Charles had a great love for the outdoors, trains, building model airplanes, and reading – especially about American history and novels by Dean Koontz and

Arthur R. Buskohl

Arthur Robert Buskohl, 85, of Rockford passed away Tuesday, Jan. 8, 2019. Arrangements pending at Honquest Family Funeral Home with Crematory - Roscoe Chapel.

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Roxanne L. Bausman

OREGON – Roxanne L. Bausman, 56, lifelong Oregon resident, died Thursday, Jan. 3, 2019 in her home. Born April 5, 1962 in Oregon, the daughter of Lawrence "Tim" and Betty (Otten) Messenger.

Married to Brian Bausman in 1979 in Oregon. Roxanne attended Oregon High School and was employed at Quality Books in Oregon for 13 years prior to their closing. She enjoyed camping and spending time

with her family and friends. Survived by her husband, Brian of Oregon; her mother, Betty Smice of Oregon; sons: Jason (fiance Stephanie Robinson) Bausman of Chana, and Nick Bausman and Brandon Bausman, both of Oregon; daughter, Trisha (fiance Raymond Pope) Bausman of Oregon; grandchildren: Jaya, Kysen, Audrin, Ellie, Nolan and Talia; brother, Monty (Jane) Messenger of Oregon; and sister, Natalie Baker of

Oregon. Predeceased by her father and son, Matthew.

Funeral services were held at 1 p.m. Tuesday, Jan. 8 in Farrell-Holland-Gale Funeral Home, Oregon preceded by a visitation beginning at 11 a.m. Pastor John Guthrie of East Oregon Church of God officiated. Burial in Daysville Cemetery. Memorials in Roxanne's name may be made to Serenity Hospice & Home, Oregon or the KB Fund, Oregon.

Oregon Police report

Dec. 17

At 7:22 p.m., Oregon Police issued Kyle L. Tunink, 16, of Oregon, a citation for disobeying a traffic control device. This violation occurred at the intersection of 4th and Washington Streets.

At 9:45 p.m., Oregon Police issued Kasey J. Thompson, 32, of Cape Coral, Fla., a citation for speeding, 46 mph in a 30 mph zone. This violation occurred in the 600 block of N. 4th Street.

Dec. 18

At 3:04 p.m., Oregon Police issued Nico A. Giuffre, 16, of Oregon, a citation for speeding, 37 mph in a 20 mph zone. This violation occurred in the 100 block of N. 14th Street.

At 7:42 p.m., Oregon Police responded to a disturbance call the 100 block of N. 3rd Street, resulting in the arrest of James S. Cook, 23, of Oregon, for resisting a peace officer. Cook was transported to the Ogle County jail.

Dec. 19

At 12:49 p.m., Oregon Police issued Dea Groen, 46, of Stillman Valley, a citation for use of a cell phone while driving. This violation occurred at the intersection of Mix and Monroe Streets.

At 11:12 p.m., Oregon Police arrested Jimmy J. Hitchcock, 58, of Oregon, for domestic battery. Hitchcock was transported to the Ogle County jail.

Dec. 20

At 4:12 p.m., Oregon Police responded to a disturbance in the 400 block of S. 10th Street, Ten Pennies, resulting in the arrest of Devin S. Bailey,

35, of Oregon, for battery and disorderly conduct. Bailey was transported to the Ogle County jail.

At 9 p.m., Oregon Police issued Mark A. Lawler, 64, of Mt. Morris, a citation for disobeying a stop sign. This violation occurred at the 9th and Washington Street intersection.

Dec. 21

At 2:13 a.m., Oregon Police issued Rosana Espinosa, 28, of Mt. Morris, a citation for operating a vehicle with an expired registration. This violation occurred in the 400 block of W. Washington Street.

Dec. 22

At 1:51 a.m., Oregon Police responded to a domestic disturbance in the 200 block of W. Washington Street resulting in the arrest of Shavon R. White, 37, of Oregon, for domestic battery. White was transported to the Ogle County jail.

At 9:51 a.m., Oregon Police issued Jamison T.L. Gallegos, 23, of Sterling, a citation for use of a cell phone while driving. This violation occurred in the 100 block of W. Washington Street.

At 12:33 p.m., Oregon Police issued Timothy A. Liberg, 67, of Wayne, IL, citations for use of a cell phone while driving and no valid driver's license. These violations occurred in the 100 block of E. Washington Street.

At 7:23 p.m., Oregon Police issued Marc E. Lamay, 42, of Rockford, a citation for speeding, 44 mph in a 30 mph zone. This violation occurred in the 600 block of N. 4th Street.

At 7:38 p.m., Oregon Police issued Jamie S. Zim-

merly, 37, of Amboy, a citation for no valid registration. This violation occurred in the 300 block of E. Washington Street.

Dec. 23

At 9:38 a.m., Oregon Police issued Rogelio Valdes, 39, of Milwaukee, Wis., citations for use of a cell phone while driving and no valid driver's license. These violations occurred in the 100 block of W. Washington Street.

At 3:10 p.m., Oregon Police issued James R. Jackson, 25, of Oregon, citations for loud muffler and operating a vehicle with an expired registration. These violations occurred in the 800 block of S. 10th Street.

At 5:00 p.m., Oregon Police issued Michael J. England, 58, of Rockford, a citation for failure to wear a seat belt as a driver. This violation occurred in the 400 block of S. 4th Street.

At 7:10 p.m., Oregon Police issued Yara S. Chavez-Reza, 34, of Rockford, citations for speeding, 47 mph in a 30 mph zone, and operating an uninsured motor vehicle. These violations occurred in the 700 block of N. 4th Street.

Dec. 24

At 10 p.m., Oregon Police issued Richard A. Vonasch, age 66, of Sugar Grove, IL, a citation for operating a vehicle with an expired registration. This violation occurred in the 800 block of S. 4th Street.

Dec. 26

At 9:31 p.m., Oregon Police arrested Gregory T. Martin, Sr., 60, of Rockford, for driving while license revoked. Martin was also issued a citation for speeding, 42 mph

in a 30 mph zone. Martin was transported to the Ogle County jail. These violations occurred in the 500 block of N. 4th Street.

Dec. 27

At 11:43 a.m., Oregon Police issued Brandon S. Watry, 31, of Somonauk, IL, citations for no valid registration and operating an uninsured motor vehicle. These violations occurred in the 200 block of N. 4th Street.

At 3:22 p.m., Oregon Police issued Lloyd Lee C. Glover, 53, of Rockford, a citation for unlawful window tint. This violation occurred in the 100 block of N. 4th Street.

At 7:04 p.m., Oregon Police issued Haley R. Gebener, 28, of Byron, a citation for speeding, 49 mph in a 30 mph zone. This violation occurred in the 500 block of N. 4th Street.

Dec. 28

At 1:35 a.m., Oregon Police responded to a domestic disturbance in the 400 block of N. 3rd Street resulting in the arrest of Chloe M. Kennedy, 24, of Oregon, on an outstanding Lee County warrant for failure to appear. Also arrested was Alec P. Last, 29, of Oregon, for obstructing/resisting a peace officer. Both Kennedy and Last were transported to the Ogle County jail.

At 1:53 a.m., Oregon Police responded to a domestic

disturbance in the 1000 block of S. 2nd Street resulting in the arrest of Edward J. Sloter, 34, of Oregon, for domestic battery. Sloter was transported to the Ogle County jail.

At 2:11 p.m., Oregon Police arrested Thomas D. Leigh, 29, of Oregon, for no valid driver's license. Leigh was transported to the Ogle County jail. This violation occurred in the 300 block of Jackson Street.

At 9:04 p.m., Oregon Police issued Sheena A. Schmach, 36, of Moline, IL, a citation for operating an uninsured motor vehicle. This violation occurred in the 1200 block of Pines Road.

Dec. 29

At 8:17 a.m., Oregon Police issued Chloe M. Diehl-Walker, 19, of Oregon, a citation for operating an uninsured motor vehicle. This violation occurred in the 400 block of N. 4th Street.

Dec. 30

At 12:11 a.m., Oregon Police issued Shawn C. Maxield, 43, of Savanna, IL, a citation for operating an uninsured motor vehicle. This violation occurred in the 100 block of S. 4th Street.

At 9:36 p.m., Oregon Police arrested Holden D. Kessel, 21, of Lyndon, IL, for driving while license suspended. Kessel was also issued citations

for operating a vehicle when registration is suspended for non-insurance and operating an uninsured motor vehicle. A civil citation was also issued to Kessel for possession of cannabis, less than 10 grams. Kessel was transported to the Ogle County jail. These violations occurred in the 100 block of N. 4th Street.

19 parking tickets and 21 verbal/written warnings were issued from 12/17/18 through 12/30/18.

General calls for service

Through dispatch during the week of 12/17/18 through 12/30/18:

- Checking a Subject/Vehicle 16
- Citizen Complaints 8
- Juvenile Complaint 1
- Animal Complaint 1
- Ordinance Violation 2
- Citizen Assist/Civil Problem 9
- Disturbance / Domestic 12
- Assist EMS/Other Department 15
- Alarm Response / Open Door or Window 4
- Lockout Vehicle/Building 4
- 911 Hang-up / Open Line 3
- Traffic Stops

Obituary

Melissa L. Koenck

BYRON – Melissa L. Koenck, 44, of Byron, passed away on Jan. 7, 2019 in Byron.

Melissa was born in Rockford, to Paul and Terri Koenck (nee Floy) on Feb. 12, 1974. She is a graduate of Polo Community High School in Polo. She worked as a Pharmacy Technician at Walgreens in Rockford. She was passionate about music, adventures in travel, and had a sharp, witty sense of humor.

Melissa found great enjoyment spending time with her family and close circle of friends. She cherished the bond she had with her sisters and doted on her two nephews. Friendship was equally important to Melissa. She was




a loyal and steadfast friend to many. She was a devoted Momma to her fur babies Tala and Cuba.

Melissa is preceded in death by grandfathers Merlin Floy and Paul Koenck, Sr., Uncle Richard Floy, and Cousin Anna Speed.

Melissa is survived by her loving partner Scott Stevens of Byron, parents Paul and


Terri Koenck of Polo, sisters Tracy (Brad) Leshinske (nee Koenck) of Glen Ellyn, Robyn (Mike) Halfman (nee Koenck) of Oregon, nephews Nash Halfman and Brady Leshinske, Grandmothers Adeline Floy of Clear Lake, Iowa and Marianne Cimino of Polo, and many aunts, uncles, and cousins.

A memorial visitation will be Monday from 4-6 p.m. with a Celebration of Life service immediately following at 6 p.m. at Polo Family Funeral Home, 110 E. Dixon St. in Polo. In lieu of flowers, donations may be made in Melissa's honor to Noah's Ark Animal Sanctuary in Rockford.



Purchase with a Purpose

From **Dec. 15 - Jan. 15**, with every Stillman Bank Debit Card transaction, a **\$1.00** donation will be made to local non-profit organizations up to **\$20,000!**



10 local, non-profit organizations from the Rock River Valley have been chosen to receive up to \$2,000 from this promotion:

- Byron Foundation
- Serenity Hospice & Home
- Children's Home & Aid
- The Arc
- PAWS Humane Society
- Veteran's Drop-In Center
- Rochelle Child Care Center
- Village of Progress
- Rock River Center
- YMCA of the Rock River Valley

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County Soil Board taking nominations

OREGON – Nominations are being accepted for Ogle Co. SWCD Board.

This is open to all persons of legal voting age who own or reside on land located within the boundaries of the Ogle County Soil and Water Conservation District.

Nominations are being accepted for two, two-year terms as directors of the Ogle County Soil and Water Conservation District. Nominations can be made at the District's office, 213 West Pines Road, Oregon, during the normal business hours of 7:30 a.m.-4 p.m.

To be considered for nomination as a candidate for the office of director, nominees must provide proof of residency or ownership of land located within the boundaries of the district.

Interested persons must respond by 4 p.m. on Feb. 1.

Meeting cancelled

The Eagle Point Township meeting for Jan. 21 has been cancelled.

The next meeting will be on Feb. 18.

E-mail news items to bjennings@oglecountylife.com



From left, commissioners Jeff Wilmarth, Bruce Boyle, Rachel Oracki and Scott Jeffrey.

Boyle recognized for 15 years on park district board

BYRON—On Dec. 18, the Byron Park District Board of Commissioners and Executive Director, Paul Zepezauer recognized long time Board Commissioner, Bruce Boyle for 15 years of service.

Commissioner Boyle began his tenure with the District in April 2003. Over the past 15 years, the District has continued to expand services within the community through the preservation of green space and

implementation of recreational programming for its residents.

“Commissioner Boyle’s dedication, perspective, and ideas regularly contribute to the overall success of the district,” said Board

President, Scott Jeffrey.

The Byron Park District is proud to recognize Commissioner Boyle and thankful for his ongoing service and dedication to the residents of Byron.



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Farm Bureau scholarship applications are now available

The Ogle County Farm Bureau is pleased to announce that applications for their 2019 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.

The Don Bybee Memorial Scholarship is jointly funded by the Bybee family and the Ogle County Farm Bureau. 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. 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 \$1,000 General Farm Bureau Scholarships.

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 in receiving a scholarship application should contact the Ogle County Farm Bureau at 732-2231; or stop by their office at 421 W Pines Rd, in Oregon, Ill.

Applications can also be downloaded by visiting our website at www.oglefb.org.

All applications and accompanying materials must be received no later than April 1, 2019.

Bake sale to benefit Let Freedom Ring Feb. 2

MOUNT MORRIS – A bake sale to raise funds for the 2019 July 4th Let Freedom Ring fireworks will be held in conjunction with the February Finds Antiques and Collectibles Market on Saturday, Feb. 2 at 9 a.m. at the Mount Morris Moose Lodge #1551 Family Center, 485 E. Hitt St.

The fundraising committee is asking for donations of cakes, cookies, candy, snack

mixes, pies, breads and any other baked good that you are willing to donate. The committee will package donations, or you may do the packaging, and we will price them.

Please bring donations to the Moose Lodge between noon-7 p.m. on Friday Feb. 1. This bake sale will be held in Memory Of Linda Burr.

For more information, please contact: Chris Weller 734-4669

Medicare, Soc. Security presentation Jan. 16

BYRON – A free educational and informational presentation on the Social Security and Medicare programs returns, and will be presented for the community at 6-7:30 p.m. on Wednesday, Jan. 16 at The United Church of Byron, 701 West Second St.

The emphasis will be on the eligibility and enrollment periods, benefits, and options concerning Social

Security and Medicare. All are welcome. Presenters will be Greg Wills for the Medicare part, and Gary Voss will present the Social Security program. This program is sponsored by the Legacy and Endowment Committees of The United Church of Byron.

The United Church of Byron is a fun and diverse church with a heart for mission. Check us out at www.unitedchurchofbyron.org

Grand Detour announces its meeting dates for 2019

GRAND DETOUR – The Grand Detour Township would like to invite everyone to attend its monthly meetings.

They are held the second Wednesday at 7:30 p.m. at the Grand Detour Town Hall. Except the April meeting which the annual meeting and held on the second Tuesday at 7:30 p.m. If the

date or time of the meeting should change it will be posted outside the town hall.

Meeting dates are: Feb. 13, March 13, April 9, May 8, June 12, July 10, Aug. 14, Sept. 11, Oct. 9, Nov. 13, Dec. 11 and Jan. 8, 2020.

If you have any questions, please call Debbie Lowry, town clerk, at 815-652-4543.

Oregon group hosts movie night

OREGON – Oregon Together is hosting a movie night coming up on Saturday, Jan. 19 at the Oregon Coliseum.

The doors open at 6 p.m., and the movie starts at 6:30 p.m. The movie, "Hotel Transylvania Summer Vacation" is sponsored by the Sycamore theater and Hoppers Poppers. Free giveaways from our sponsors. Concessions available.



Mother/Son Date Night **Daddy/Daughter Dance**

Friday, February 8 from 6:30-8:30 p.m.
Mothers and sons will enjoy dressing up and spending time together at the winter dance. Boys will enjoy playing games and earning "cold cash" to spend at the Winter Wonderland gift shop. Evening includes dancing, refreshments and balloon drop at the end of the evening!

Saturday, February 9 from 6:30-8:30 p.m.
The Winter Wonderland Dance is a chance for Dads and Daughters to put on their fancy clothes and spend a memorable night together. Dance to your favorite songs, make a commemorative bracelet, enjoy delicious refreshments and have fun at the balloon drop at the end of the evening!

Adults \$8/Residents \$10/Non-Resident
Sons/Daughters \$14/Residents and \$17/Non-Resident
REGISTRATION DEADLINE January 24



Private Tour, Tasting, Appetizers & Shopping at Kennay Farms Distilling

Join the Oregon Park District as the Kennay family opens up their Distillery and Rickhouse for a private tour, tasting, appetizers and shopping in the gift shop.

Monday, January 28 from 5-8 p.m.

Join Rick, Aubrey and Adam Kennay and listen to how the former Rochelle Hub Theatre has been transformed into the Kennay Farms Distillery. Get the first look at the newly constructed production facility "Rickhouse" located behind the Distillery.

Appetizers will be provided by Ralphie & LuLu's.

Cost for this evening is \$20/Resident and \$24/Non-Resident.

Sign up today before the tour fills up!

Registration deadline January 21.

All programs can be registered over the phone at 815-732-3101.



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Ogle County Sheriff

Byron man arrested after incident on team bus

On Nov. 25, 2018, the Byron Police Department was notified of an incident which had taken place on a chartered bus carrying the Byron High School football team back from Champaign.

During the course of the investigation, it was determined that while traveling in Ogle County, a male had allegedly made

contact with another male of an insulting or provoking nature.

On Jan. 2, 2019, the Ogle County States Attorney's Office obtained a warrant for Richard M. Messling, 18 of Byron, for battery.

Messling subsequently turned himself in to the Ogle County Jail and was released after posting bond.

Byron Legion meeting Jan. 16

BYRON – The Byron American Legion Post 209 invites all Post 209 members to attend a General Meeting on Wednesday, Jan. 16 starting at 7:15 p.m.

The meeting will be held at the Aero Ale House located at 120 N Union St., Byron. All Post 209 members and interested community Veterans are invited to attend.

The meeting gives The American Legion the opportunity to draw attention to key programs and services the nation's largest veterans service organization provides, including assistance with benefits

claims, career and education support, temporary and emergency financial assistance and help for the wounded, ill and injured who have served our nation in uniform. One such community program under consideration is a 'Veterans Stand Down' for all Ogle County Veterans later this year. The Stand Down will provide information, services and fellowship for community Veterans, and is scheduled for later this year.

To find out more about The American Legion Post 209, please visit <http://www.legionpost209.org/>

Jan. 8

Cody Campbell, 33 of Oregon, was arrested on an outstanding Ogle County warrant for Failure to Appear. Campbell posted the \$437 Full Cash Bond and was released with no further court dates.



Ross A. Ellis

Jan. 7

At about 3 p.m., Ogle County Sheriff's Detectives arrested Ross A. Ellis, 28 of Stillman Valley, for two counts of Criminal Sexual Assault, Class 1 Felonies. The arrest stems from an investigation which began on 1/5/19 where Ellis is alleged to have had sexual contact with two minors in the Stillman Valley area. Ellis was transported to the Ogle County and held without bond. On 1/8/19 Ellis appeared in Ogle County Court where he received a

\$10,000 recognizance bond.

Kyle Sweet, 28 of Dixon, was arrested on an outstanding Ogle County warrant for Possession of Cannabis. Sweet remains in the Ogle County Jail with a bond of \$3,000/10 percent and will appear in court on 1-8-19 at 1 p.m.

Jan. 6

At 1:44 p.m., the Ogle County Sheriff's Office, Byron Police Department, Byron Fire Department, and the Byron Ambulance responded to a motorcycle accident with injuries in the 7,000 block N. River Road. A black Harley Davidson motorcycle driven by Ernest B. Miller, 30 of Mount Morris was southbound on River Road along with a red Kawasaki Ninja motorcycle driven by James D. Emery, 35, of Leaf River. Both motorcycles then attempted to pass a car travelling southbound. The Harley Davidson lost control crossing over the roadway and entered the west side ditch rolling over. The rider Ernest B. Miller was transported to Rockford Memorial Hospital by the Byron Ambulance with mul-

iple injuries. The accident remains under investigation.

The following people were arrested for Ogle County Outstanding Warrants:

Dewayne Harbach, 67, of Rockford for Failure to Appear. Harbach has a bond of \$823.79. Harbach will go to court on 01/07/19 at 1 p.m. Harbach remains in the Ogle County Jail.

Taunya Hollis-Jared, 47, of Rockford for Failure to Appear. Hollis-Jared has a bond of \$1,329. Hollis-Jared will go to court on 01/07/19 at 1 p.m. Hollis-Jared remains in the Ogle County Jail.

Edward Hutchinson, 47, of Rockford for Failure to Appear. Hutchinson has a bond of \$531. Hutchinson will go to court on 01/07/19 at 1 p.m. Hutchinson remains in the Ogle County Jail.

Amber Anders, 26, of Rochelle, for Drug Court Sanctions. Anders has a bond of \$25,000/10 percent. Anders will go to court on 01/07/19 at 1 p.m. Anders remains in the Ogle County jail.

Jan. 5

Timothy McCoullough,

25, of Dixon was arrested for Failure to Appear. McCoullough has a bond of \$842. McCoullough will see the Judge on 01/07/19 at 1 p.m. and will remain in the Ogle County Jail.

At approximately 1:15 a.m., deputies responded to 1105 Santa Fe Ave in Davis Junction for the report of a domestic disturbance. After a short investigation, Jessica Winn age 31 was arrested for disorderly conduct. Winn was transported to the Ogle County Jail where she was held in lieu of bond.

Jan. 3

At approximately 8:25 a.m. Ogle County Sheriff's Deputies performed a traffic stop in the 8000 block of East Wildwood Road. After investigation, Deputies placed Gonzalo Munoz-Garcia under arrest for No Valid Driver's License. Munoz-Garcia was also issued citations for Improper Display of Registration and Operating an Uninsured Vehicle. Munoz-Garcia was transported to the Ogle County Jail where he was held in lieu of bond.

Byron Police report

Dec. 19

Amber Monson, 25 of Stillman Valley, was issued a citation for Expired Registration.

Kyrie Williams, 18 of Byron, was issued a citation for Fraudulent Driver's License.

Raymond Corkran, 18 of Byron, was issued a citation for Possession of Cannabis.

Dec. 22

Byron Police arrested Sephen Muhleback, 23 of Rockford, on a Lee County warrant. Muhleback was transported to the Ogle County Jail and held in lieu of bond.

Randy Martin, 67 of Mt. Morris, was issued a citation for Driving While License is Suspended.

Dec. 23

Kwame Walker, 24 of Stillman Valley, was issued a citation for Driving While License is Suspended.

Dec. 27

Byron Police arrested Shaun Mueller, 32 of West Des Moines, Iowa, for Driving While License is Revoked. Mueller was transported to the Ogle County Jail and held in lieu of bond.

Dec. 28

Byron Police arrested Caly Jiles, 36 of Mt. Morris, for Driving While License is Revoked, Unlawful Possession of a Controlled Substance, and Unlaw-

ful Possession of Drug Paraphernalia. Jiles was transported to the Ogle County Jail and held in lieu of bond.

Jesse Slupianek, 38 of Davis Junction, was issued a citation for Speeding 43 mph in a 30 mph Zone.

Dec. 29

Gianna Tran, 24 of Machesney Park, was issued citations for Driving While License is Suspended, Speeding 51 mph in a 30 mph Zone, and No Proof of Insurance.

Dec. 30

Byron Police arrested Noelle Batson, 31 of Byron, was arrested for Driving Under the Influence of Alcohol, Driving While License is Revoked, and Improper Lane Usage. Batson was transported to the Ogle County Jail and held in lieu of bond.

Naomi Nakajima, 19 of Oregon, was issued a citation for Speeding 44 mph in a 30 mph Zone.

Timothy Muenchow, 31 of South Beloit, was issued citations for No Valid Driver's License and No Proof of Insurance.

Dec. 31

Byron Police investigated an accident with no injuries that occurred in the 700 block of W. Blackhawk. Involved were Nicole Mason, 36 of Oregon, and Trudy Swanson, 57 of Oregon. Mason was issued a citation for Failure to Reduce Speed to Avoid

an Accident.

Jan. 1

Byron Police arrested Raymond Martinez Jr., 64 of Rock Falls, on two Whiteside County warrants. Martinez was transported to the Ogle County Jail and held in lieu of bond. Martinez was also issued citation for Operating a Motor Vehicle When Registration is Suspended for Non-Insurance, No Proof of Insurance, and Expired Registration.

Byron Police arrested Zachary Bailey, 21 of Mt. Morris, on a Lee County warrant. Bailey was transported to the Ogle County Jail and held in lieu of bond.

Byron Police arrested Stevie Broge, 22 of Rockford, on a JoDavies County warrant. Broge was transported to the Ogle County Jail and held in lieu of bond. Broge was also issued citations for Driving While License is Suspended and No Proof of Insurance.

Jan. 3

Byron Police arrested Firuta Dittmer, 56 of Rockford, on a Boone County warrant. Dittmer was transported to the Ogle County Jail and held in lieu of bond.

Jan. 4

Byron Police arrested Nicholas Rodriguez, 34 of Byron, for Aggravated Domestic Battery. Rodriguez was transported to the Ogle County Jail and held without bond.

Card Shower for Lois Blasko

Call all friends and acquaintances of Lois Blasko, Savanna, IL. Lois recently had major surgery to remove a tumor and is recovering in Lone Tree, IA. Send a little sunshine her way by sending a card or words of encouragement while she's far from home. Send to: Lois Blasko, C/O Pioneer Park, 501 E. Pioneer Rd., Lone Tree, IA 52755.

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COMMUNITY CALENDAR

Weds., Jan. 16

The Davis Junction United Methodist Church will be hosting its first of three soup lunches from 11 a.m.-1 p.m. at the Davis Junction Fire Station on Route 72 in Davis Junction.

A free educational and informational presentation on the Social Security and Medicare programs returns, and will be presented for the community at 6-7:30 p.m. at The United Church of Byron, 701 West Second St.

Caregiver Training Class 5:30 p.m. at Serenity Hos-

pice. Open to anyone taking care of a loved one who is ill. Register at 815-732-2499.

Thurs., Jan. 17

Evening Support Group. 5:30 p.m. at The Serenity Shed, Oregon. Open to all bereaved persons in our community. Register 815-732-2499.

Fri., Jan. 18

Al-Anon Family Groups offer help to those who are affected by someone's drinking. Join us each Friday for a free meeting,

10-11 a.m. at St. Mark's Lutheran Church, 201 N. Division, Polo. Sat., Jan. 19

Join Byron Forest Preserve District Superintendent of Education, Mark Herman for a winter walking tour of the Bald Hill Prairie Preserve from 10 a.m.-noon. The walk is for hearty hikers ages 10 and up. Advance registration is required by Jan. 17 by calling 815 234-8535, Ext. 200. This program is free.

Sun., Jan. 20

Local Author, Len

Levinson to speak at the Mount Morris Library at 2 p.m. With "How and Why I wrote Web of Doom," local author Levinson will tell the story of how this new pulp fiction book came to be written by our own "trash" king! Levinson is always entertaining with his stories about his life as a writer! Come enjoy the new story of writing and publishing WEB OF DOOM.

Please send your items for the weekly Community Calendar to bjennings@oglecountylife.com. Deadline for all items is 3 p.m. Wednesday.

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VIEWPOINT

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

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

The Ogle County Life is a division of
News Media Corporation.

MOMENTS IN TIME

* On Feb. 1, 1887, Harvey Wilcox officially registers "Hollywood" with the Los Angeles County recorder's office. Wilcox and his wife bought 160 acres of land in the foothills west of Los Angeles. They envisioned it as the perfect site for a utopian-like community for devout Christians, where they could live a highly moral life free of vices such as alcohol.

* On Jan. 29, 1936, the Baseball Hall of Fame elects its first members in Cooperstown, New York: Ty Cobb, Babe Ruth, Honus Wagner, Christy Mathewson and Walter Johnson.

* On Jan. 31, 1950, President Harry Truman announces his decision to support development of the hydrogen bomb. On Nov. 1, 1952, the United States successfully detonated "Mike," the world's first hydrogen bomb, on the Elugelab Atoll in the Pacific Marshall Islands.

* On Feb. 3, 1966, the Soviet Union makes the first controlled landing on the moon, when its unmanned spacecraft Lunik 9 touches down on the Ocean of Storms. After a soft landing, it began transmitting images back to Earth.

* On Feb. 2, 1970, antiwar protestors file suit against the Dow Chemical Company in a Washington, D.C., court in an attempt to prove that it is still making napalm, a jelly-like gasoline used in bombs during the Vietnam War. Dow had lost its government contract to produce napalm in June 1969.

* On Jan. 28, 1986, the space shuttle Challenger lifts off from Cape Canaveral, Florida, with seven crewmembers aboard. Seventy-three seconds later, the shuttle broke up in a forking plume of smoke and fire. There were no survivors.

* On Jan. 30, 1994, American speed skater Dan Jansen sets a new world record of 35.76 at the World Sprint Championships in Calgary, Alberta, Canada. Jansen would win Olympic gold three weeks later in final race of his career, the 1,000-meter event in Lillehammer, Norway.

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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.

California gets it right on buying pets

I know a lot of people love to hate California, and I get it.

California has the reputation as liberal bastion full of vegans sporting man buns sipping marijuana infused wine while wearing rainbow colored no nukes T-shirts next to redwood trees while attending save the whales fundraisers.

Of course, that may only be true of a fairly small percentage of Californians, but the image persists. Just like the image some Californians have of those of us who live in the Midwest as uneducated, beef wrangling farmers who love the Bible but don't understand the Constitution.

Wrong and wrong.

But California does get some things right, in my opinion. It is one of the world's leading economies and a beautiful place to boot. And it has a budget surplus in the billions of dollars.

Another thing California is good at is laws governing

Living the Life

By Brad Jennings



animals. When I lived there, it made keeping animals chained up outside illegal – something that was a huge problem in some areas of the state, including the one I lived in. I believe if you want a dog just to chain it up outside you shouldn't have one. Period.

Love it or hate it, dogs are family members these days and not just an animal to be treated poorly. I personally love it, and my wife and I happily adopt shelter and

rescue dogs exclusively.

And that brings me back to California, which is the first state in the country to ban stores from selling dogs, cats and rabbits that are not rescues. That's right – California is trying to cut puppy mills off at the knees and I applaud the effort.

I would like to see a similar law in Illinois. Why? First, our local shelters and rescues are full of dogs and cats that have been dumped, starved and generally treated poorly by people just waiting for a loving home.

Second, puppy mills can be just horrific places, where animals suffer and die needlessly. Frankly, people who mistreat animals are simply not good people. We need to make sure those types of people are not in business at all.

I know some say not all puppy mills are bad, and that may be the case. But there are plenty of legitimate breeders out there. We don't need places that churn out

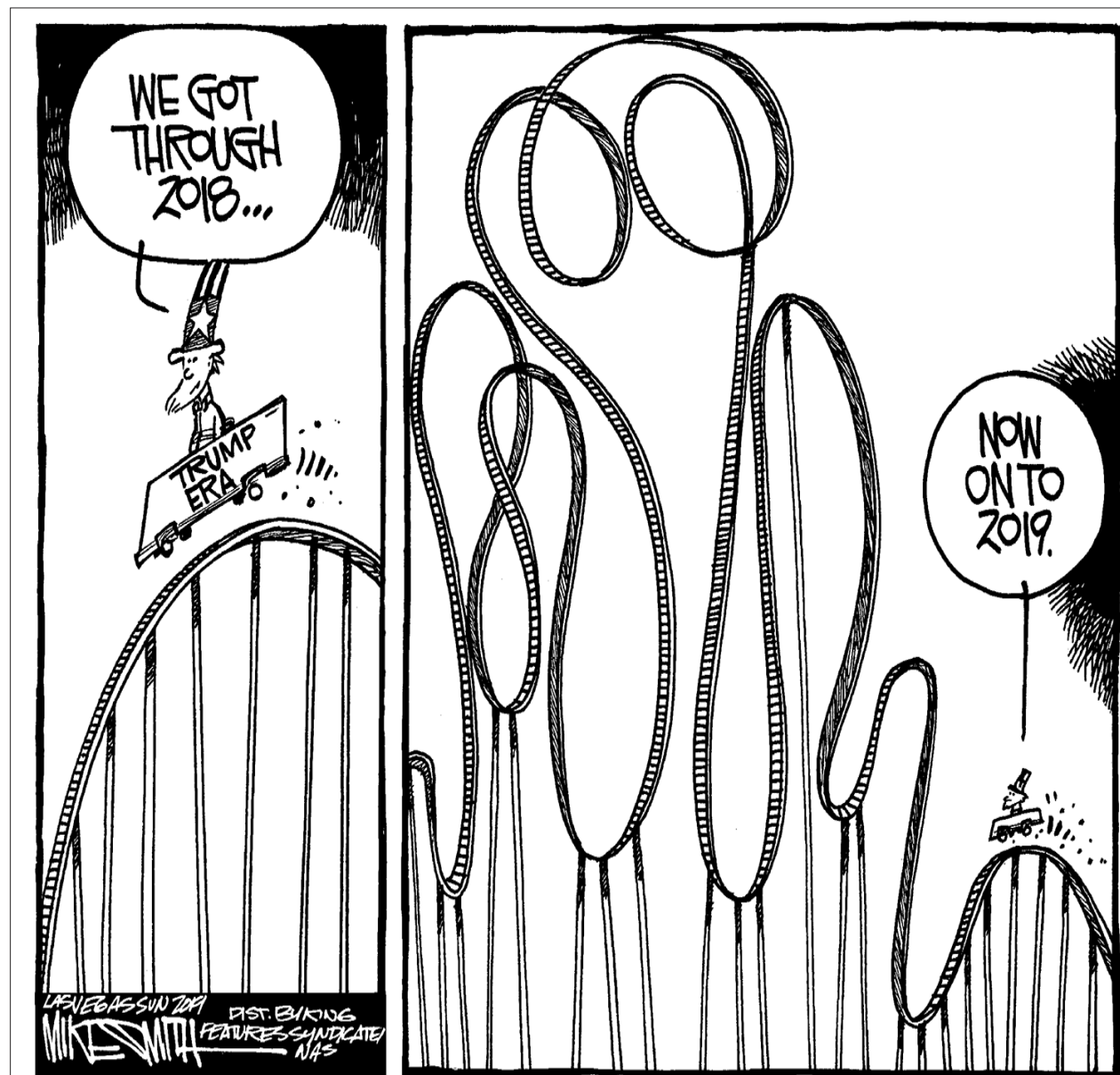
animals.

Plus, there are more than enough dogs and cats in the world right now that need a good home. Go to a local shelter and see for yourself. Or check with a local rescue. My wife and I support an area rescue and the stories of abuse and neglect are enough to make you want to give up on the human race.

I wish we didn't need laws like this, but we do. In the meantime, I encourage you to get your pets from a shelter or a rescue. These animals are fantastic and just need a chance. Our two dogs suffered terribly at the hands of people, one for a decade. Now? They are loving and wonderful family members to us.

The trust you can gain from an animal that has been abused is humbling and inspiring. Please, adopt a rescue, don't buy a pet. It matters.

Brad Jennings is editor of The Ogle County Life.



VIEWPOINT

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

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

The Ogle County Life is a division of
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Thanks to Dickson for leadership

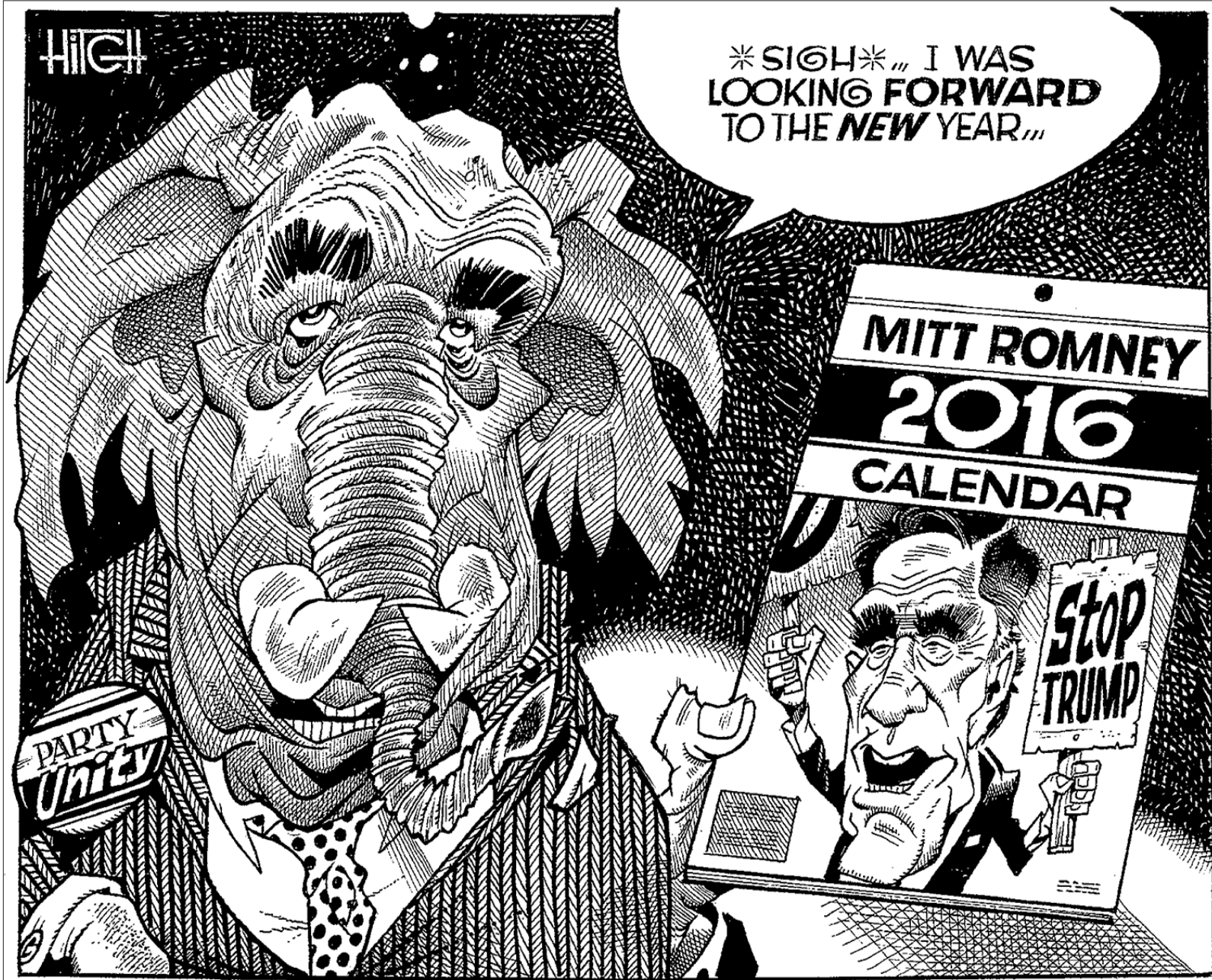
Dear Editor,
The Board of Directors of the Oregon Chamber of Commerce would like to extend a very special thank you to Debbie Dickson for the outstanding leadership she has provided the Chamber for the past 6 1/2 years.

Debbie's leadership, energy and creativity have positioned the Chamber as a vital resource to the Oregon community and has helped establish a solid foundation of Chamber activities on which we can build and grow. For those of you who know Debbie well, you know that she is deeply committed to the Oregon community and plans to continue involvement as a volunteer with Rockin' River Fest and other community activities.

We wish Debbie the very best as she moves to the next chapter of her career. Thank you! Thank you! Thank you!

We also look forward to sustaining and enhancing Chamber services as we move forward with a new Director and exciting new program initiatives in 2019.

Oregon Chamber of Commerce Board of Directors, Donna Mann, President



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

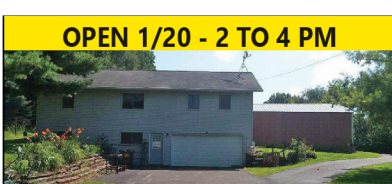
Ogle County's Real Estate Market Leader!



Maydell Lessen
Manager
622-4619



Alisa Patterson
Manager
719-0020



OPEN 1/20 - 2 TO 4 PM

\$146,900 dickersonnieman.com/201807484
FIRST TIME OPEN! This 1-2 bedroom, 2 bath home is situated at the edge of town with city water and sewer. All appliances stay, newer c/a & water heater. Property has a 24x40 insulated pole shed w/cement floor, electric, & over head doors.
SHARON BOWERS
815-757-7462



Brad Auker
978-0018



Dorothy Bowers
985-3264



NEW PRICE

\$299,900 dickersonnieman.com/201804394
CUSTOM BUILT! 2 story in sought after subdivision in Byron! 4 BDs, 2.5 baths w/open floor plan, main floor master, kitchen w/granite counters, island & newer appliances. 1st fl. laundry, 3 car garage. Sits on 1+ acre corner lot. Byron schools.
TERESA CRIDDLE/ RANDY CRIDDLE
815-871-2006/ 815-871-4004



\$129,900 dickersonnieman.com/201807858
POLO! 2 bedroom brick ranch home located on a dead end street w/good sized fenced in yard&garden shed. Property backs up to ag fields. Breeze way w/gorgeous stone fireplace. HUGE living room & good sized kitchen.
ROBIN HENRY/ TODD HENRY
815-985-1747/ 815-997-2256



\$99,900 dickersonnieman.com/201807776
DIXON! Updates Galore! 3 bed, 1.5 baths, updated kitchen 2017. Baths, flooring, SS Appliances, FF Laundry, Large fenced BY with patio, gazebo & 2 sheds. USA Home Warranty Offered!!!
DANA DAUB/ MAYDELL LESSEN
815-440-2835/ 815-622-4619



Sharon Bowers
757-7462



Lyrah Austin-Bushnell
218-0059



\$364,900 dickersonnieman.com/201807541
CUSTOM BUILT HOME! In popular Auker Estates subdivision on 1 Acre. 2 story, 5 bedroom, 3 bath home with a 3 car garage + shed. LL custom built w/ 2nd kitchen, family room two bonus rooms and a full bathroom with separate shower and soaker tub.
TODD HENRY/ ROBIN HENRY
815-997-2256/ 815-985-1747



Denny Cravatta
222-0859



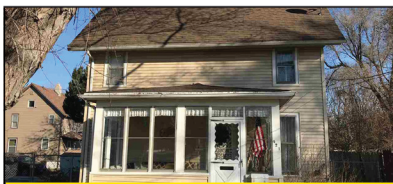
Tiffany Cravatta
988-4388



\$159,900 dickersonnieman.com/201807457
RANCH HOME W/ CREEK! Ranch home with open floor plan, 1+ acre that backs up to creek. Large deck. Detached garage with electric and concrete floor. Stillman Valley Schools!
ROBIN HENRY/ TODD HENRY
815-985-1747/ 815-997-2256



\$160,000 dickersonnieman.com/201807410
LARGE TWO STORY! Home on wooded lot. Open flow from the formal living&dining room into the kit and fmly room. Eat-in kitchen w/slider that goes onto deck. Large rooms all located upstairs. Home needs some TLC but can be turned back into an amazing house.
ROBIN HENRY
815-985-1747



\$45,000 dickersonnieman.com/201807406
GREAT OPPORTUNITY For a First Time Home-buyer or Investment Property. Well maintained home with a central location. Home features built in book cases, mudroom with FF laundry, & Sun Porch. Large bedroom, loft space and walk in closet.
TANYA VINCER
815-703-6118



Randy Criddle
871-4004



Terry Criddle
871-2006



\$175,000 dickersonnieman.com/201807319
COZY RANCH HOME! Offers wonderful entertaining space. 3 car attached garage with additional heated workshop. Over a half acre yard. Large open basement with a finished office. A must see!
ROBIN HENRY/ TODD HENRY
815-985-1747/ 815-997-2256



Dana Daub
440-2835



Lynn Dubowski
973-0499



\$190,000 dickersonnieman.com/201807312
OREGON! True 4-Bed 3/BA ranch. Updated oak kit w/corian. New carpet & fresh paint. Thermal windows. Gas FP. 2 level cedar deck, fenced rear yard. LL mostly finished. Convenient to schools & beautiful Park West. Many other updates!
JOHANNA HAHNE
815-978-1847



\$269,900 dickersonnieman.com/201807162
BYRON! 5 Bedroom, 3 Bath Ranch. 3300 total square foot finished space. 3 car garage. 1/2 acre lot. Byron Schools.
ALISA PATTERSON
815-719-0020



\$209,900 dickersonnieman.com/201807161
STILLMAN VALLEY! 3 Bedroom Tri-level w/ open floor plan. Pool + Patio + Deck. Cabinets being redone and stainless steel appliances installed. HSA Home Warranty included. Stillman Valley Schools.
TODD HENRY/ ROBIN HENRY
815-997-2256/ 815-985-1747



Johanna Hahne
978-1847



Robin Henry
985-1747



\$249,900 dickersonnieman.com/201807142
WINNEBAGO! Over 2300 SF, 3 BR, 1.5 bath, cabinet filled KIT, sun rm, 2 WB fireplaces & LL fam rm, bar area & bonus rms. Towering mature trees, 3 sep fenced areas, out building w/ stalls, water & electric, zoned Ag. In-ground pool w/Cabana.
ALISA PATTERSON
815-719-0020



Todd Henry
997-2256



Kayla Heslop
222-9771



\$229,900 dickersonnieman.com/201806831
IMMACULATE! Well maintained ranch in Stillman Valley. Deck, fire-pit, views of the country. Open floor plan. Master bathroom and access to the deck. Close to town.
TODD HENRY/ ROBIN HENRY
815-997-2256/ 815-985-1747



\$59,900 dickersonnieman.com/201806786
HOLCOMB! Sits on good sized lot. Detached 30 x 32 garage with wood burner that has an upper level which could be finished. Mature trees, and garden plot. Views over the countryside.
TODD HENRY/ ROBIN HENRY
815-997-2256/ 815-985-1747



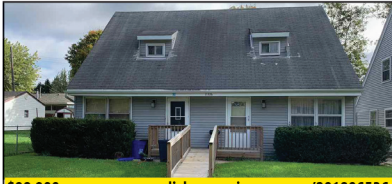
\$159,000 dickersonnieman.com/201806572
POLO! Located in Polo with over 2700 sq ft of quality workmanship. Walkout lower level, high end windows, hardwood floors, family room, rec room, custom cabinetry in kitchen, fenced yard and more!
TERRY CRIDDLE/ RANDY CRIDDLE
815-871-2006/ 815-871-4004



Kay Johnson
262-8789



Ron Lessen
734-6852



\$98,900 dickersonnieman.com/201806536
ROCKFORD! This 3 bed 1 bath duplex has great income potential!
KELLI WENSKY/ JOHN ORLANDO
815-543-7657/ 847-858-4428



Mike Long
815-761-4741



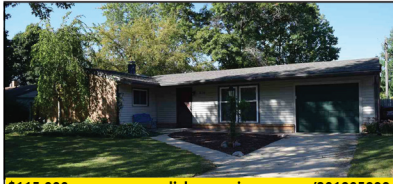
Tom Oracki
262-5212



\$189,000 dickersonnieman.com/201806504
BYRON! 4 bed 2 bath in Byron Schools with finished basement and extra large garage with man cave.
TIFFANY CRAVATTA
815-988-4388



\$69,900 dickersonnieman.com/201806204
MOUNT MORRIS! Has 3 bedrooms, eat in kitchen, 2 baths, 1 car detached garage, family room, large yard with space for extra garage off alley.
MAYDELL LESSEN/ DANA DAUB
815-622-4619/ 815-440-2835



\$115,000 dickersonnieman.com/201805898
ROCKFORD! 3 bed 2 bath ranch close to Edgebrook shopping center. Hardwood floors throughout. Eat-in kitchen. Huge LL rec room w/ office or additional room option. Charming water feature in back yard. Nicely landscaped yard and mature trees.
LYRAH AUSTIN-BUSHNELL
815-218-0059



John Orlando
234-7309



Chris Snyder
494-7857



\$225,000 dickersonnieman.com/201805634
KINGS! 5 bed-2 1/2 bath. Eat-in kit w/break bar. Main fl den. Wood deck off kit. Full walkout. 15x14 screened porch. Fireplace. French drs, heated 3+ car garage, 14x10 out-building, 200+ft of shoreline. New A/C. Newer roof & siding. Stocked lake.
LYRAH AUSTIN-BUSHNELL
815-218-0059



Kelli Wensky
543-7657



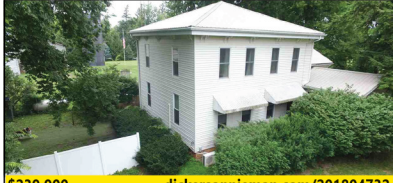
Jerre Woodworth
494-2237



\$139,900 dickersonnieman.com/201805634
NICELY UPDATED! 3 bed 2 bath home is nicely settled on a quiet cul-de-sac. Mature trees make a park like setting on this +.5 acre lot. Call for the update list or your private showing today. Agent related.
KAYLA HESLOP
815-222-9771



\$97,900 dickersonnieman.com/201805570
MOUNT MORRIS! Spacious 4 bed, 2 baths, beautiful woodwork and wood flooring throughout, large living, formal dining, abundant storage, walkout basement, screened porch, fenced yard, home warranty offered!
DANA DAUB/ MAYDELL LESSEN
815-440-2835/ 815-622-4619



\$239,900 dickersonnieman.com/201804732
ESMOND! Property has a newer 30x45 Morton building, 40x60 shed, 90x70 shed, and 3 other buildings. Metal Roof. 3 Season Room. 2 full bathrooms.
ROBIN HENRY/ TODD HENRY
815-985-1747/ 815-997-2256



Tanya Vincer
703-6118



Vicki Lynn Larson
973-0037



\$330,000 dickersonnieman.com/201804230
BEAUTIFUL STUNNING HOME! This Stunning 4 BR, 3 Bath, 3 car garage is nestled on 1.5 AC with fenced backyard. Too many new features to list. Finished walk-out Rec Room with fireplace, 2nd Kitchen, 2nd Laundry area & Bonus Room.
CHRIS SNYDER/ TOM ORACKI
815-494-7857/ 815-262-5212



\$70,000 dickersonnieman.com/201803558
CLOSE TO SHOPS! 3 Bedroom, 1 bath ranch home with attached 2 car garage. Newer roof, furnace, A/C & HWH. Main flr laundry. Fenced in backyard, shed. Wooded lot. Sold "as-is".
TERESA CRIDDLE/ RANDY CRIDDLE
815-871-2006/ 815-871-4004



\$110,000 dickersonnieman.com/201803360
DIXON! Easy feeling is what you will have in this 3 BR ranch nestled in a park-like gated subdivision with vacation amenities. Fish, boat, golf, trails, beaches, parks, b-ball & more!
LYNN DUBOWSKI
815-973-0499

LOTS & ACREAGE
CITY LOTS with city water & sewer. Going fast. 26 additional lots. Choice of builder. dickersonnieman.com/201803982 \$15,000. Brad Auker 815-978-0018
ZONED AG 5.5 acres in a country setting located south of Franklin Grove. Creek runs through the middle of property and has 3 sided building for horses. Property is fenced. dickersonnieman.com/201807680 \$60,000 Todd Henry 815-997-2256 & Robin Henry 815-985-1747
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. dickersonnieman.com/201701914 \$66,000. Chris Snyder 815-494-7857 & Tom Oracki 815-262-5212

Bread of Life has upcoming distributions

STILLMAN VALLEY – Bread of Life is a food pantry and soup kitchen serving residents of Ogle County and Meridian School District. If you are in need, please join us for a snack, conversation and groceries to bring home. We meet at Valley Covenant Church on the corner of North Maple Street and Route 72, in Stillman Valley, on the second Tuesday of each month. Please join us from 3-5 p.m. and bring photo I.D. and proof of residence.

Upcoming dates are Feb. 12 and March 12. For any questions please call Bread of Life at 815-645-8872, Ext. 15.

RE/MAX of Rock Valley



RockValleyProperties.com

606 E Washington Street
Oregon, IL 61061

815-732-9100



Rebecca Hazzard
Managing Broker/Owner
815-509-8432
northernillinoisproperties.com



Stephanie Wendt
815-985-2055
stephaniewendt.net



Lori Peterson
815-973-2180
loripetersonproperties.com



Ashley Patterson
815-291-6308
apatterson.illinoisproperty.com



Boone Lockard
815-970-3506
lockardlistings.com



Carrie Rowland- Ebens
815-677-8656
carrieebens.com



Jenny Kirchner
815-440-2145
www.buywithjenny.net



Quin Kruger
815-985-7214
www.krugerclosings.com



Carla Benesh
815-985-6235
carlabenesh.com



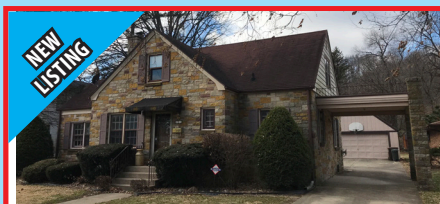
Mark True
815-631-1699
mtrue.illinoisproperty.com



Kim Behn
815-520-8810
kimbehnrealtor@gmail.com

Each office is independently owned and operated.

Make sure to follow us on Facebook & Instagram for up-to-date listings, videos, & more!



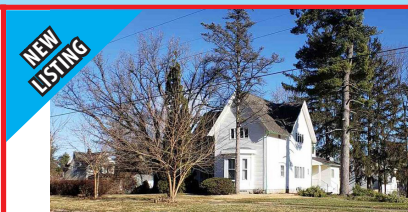
- 3 Br 2.5 Ba Home in North End of Oregon
- New Paint and Carpeting Throughout Main Floor
- First Floor Laundry & Finished LL w/ Separate Outside Entrance
- Deep Backyard and Detached 2 Car Garage

Carla at 815-985-6235
602 N 6th Street, Oregon, IL \$179,900



- 4 Br 2.5 Ba Home w/ Park Like Back Yard
- 9 ft Ceilings, Glass Doors, 2 Brick Fireplaces
- Formal Dining Room and Sun Room on each Level
- Stainless Steel Appliances in Kitchen

Lori at 815-973-2180
212 W Emily St, Mt Morris, IL \$123,900



- 3 Br 3.5 Ba 3,800 sq ft Home
- Endless Potential- Large Family Home or Convert Back to Multi-unit
- Loads of Original Custom Features

Mark at 815-631-1699
411 N 6th St, Oregon, IL \$65,000



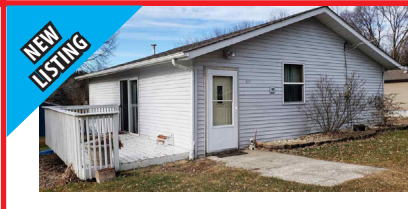
- 3 Br 2 Ba Ranch Home in Byron Hills
- Over 2,000 sq feet on .53 Acre Lot
- Eat-in Kitchen w/ Granite Counters

Rebecca at 815-509-8432
8603 Verde Dr, Byron, IL \$169,000



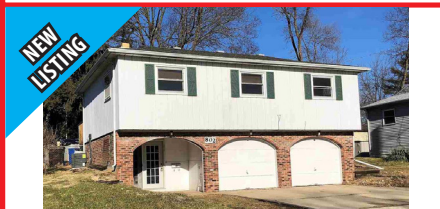
- 1 BR, 1 Ba Home Perfect Rental Property or Starter Home!
- All Appliances Stay Including Washer/Dryer
- Large Living Room and Dining Room
- Utility Shed, Concrete Driveway, and Alley Access

Rebecca at 815-509-8432
928 N 9th St, Rochelle, IL \$65,000



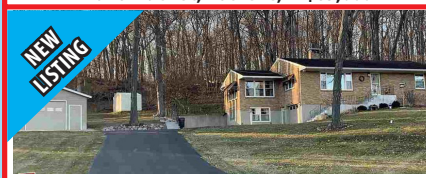
- 3 Br 1 Ba 950+ Sq Ft Home
- Large Lot with Newer 8x8 Shed
- New Sliding Glass Door, Newer Hot Water Heater
- All Appliances Stay

Mark at 815-631-1699
202 Etnyre Ave, Oregon, IL \$69,900



- 3 Br 2 Ba Raised Ranch on Quiet Street
- Some Newer Windows, Newer Roof & Chimney, & 3 Yr old C/A
- Spacious Deck, 18' Above Ground Pool, and Fenced Backyard

Stephanie at 815-985-2055
802 Scott St, Oregon, IL \$84,900



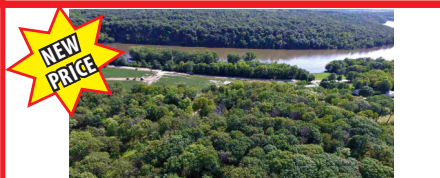
- 3 Br 2.5 Ba Brick Ranch on Nearly Acre w/ Wooded Backyard
- Gas Fireplace, Aprilaire, Laundry on Main Floor, & Loads of Storage
- Detached and Insulated 24x28 Oversized Garage
- Backyard Patio with Built-in Fireplace

Rebecca at 815-509-8432
1056 N Etnyre Terrace, Oregon, IL \$159,000



- Long Standing & Successful Business Business and Apartments
- Newly Added Outdoor Terrace w/ Firepit for Dining
- Two Apartments on 2nd Floor- Larger Luxury Apt Remodeled in 2011
- New Roof Within the Past Few Years

Lori at 815973-2180
120-124 E Mason St, Polo, IL \$525,000



- 84 Acres Of Paradise!
- Tillable Ground, Wooded Land & River Frontage
- Includes A 3.4 Acre Island On The Rock river
- Zoned Ag – Low Tax Rate of 7.47%
- MLS # 201802373

Rebecca at 815-509-8432
000 N IL Rt 2, Byron, IL \$485,000



- 3 BR 1 BA on a Large Corner Lot
- Living Room w/ Fireplace, Large Eat-in Kitchen, Main Floor Laundry
- 3+ Car Garage, All Appliances Stay Incl Washer & Dryer
- MLS # 201800419

Carla at 815-985-6235
301 Adams Street, Oregon, IL \$99,900



- 3 Br 1.5 Ba Ranch Home Next to a Park
- Open Concept Kitchen and Dining Room and all Appliances Stay
- Full Basement w/ Large Family Room and Half Bathroom
- 26x20 Garage

Lori at 815-973-2180
606 W First St, Mt Morris, IL \$79,000



- Successful Restaurant and 5 Unit Apartment Building
- Each Apt Unit is 2 Br and has Laundry in Each
- Restaurant Remodeled and Kitchen Updated
- Paved Parking Lot w/ Ample Space for Both Properties

Carla at 815-985-6235
523 W Blackhawk Dr, Byron, IL \$949,000

Byron boys basketball team splits games with Rock Falls, Annawan

BYRON — The Byron varsity boys basketball team fell 63-48 against Rock Falls on Jan. 3. Anthony Eddy led the Tigers with 20 points while Tan-

ner Klein added 12 points and Connor Harn totaled six points.

Byron responded with a 78-51 win against Annawan on Jan. 5 behind 29

points from Anthony Eddy. Tanner Klein scored 11 points, and Connor Harn added 10 points while Tyler Camling recorded nine points.

Oregon girls basketball team beats Indian Creek after A-FC loss

OREGON — The Oregon varsity girls basketball team fell 47-37 against Ashton-Franklin Center on Jan. 3. Olivia Lambrigtsen scored 12 points for the

Hawks while Jenae Bothe added nine points and Abigail Hopkins recorded eight points.

Oregon's girls then edged Indian Creek 59-55

on Jan. 4 behind 14 points from Olivia Lambrigtsen. The Hawks (6-14) also received 13 points from Jenae Bothe and 12 points from Ella Martin.

Oregon boys basketball team falls to Indian Creek

OREGON — The Oregon varsity boys basketball team dropped to 6-7

overall with a 73-66 loss against Indian Creek on Jan. 4. Trey Woolsey led

the Hawks with 23 points while Ryker Finch added 17 points.

Oregon boys bowling team wins conference title

OREGON — The Oregon varsity boys bowling team defeated Rockford Christian by a score of 3,713-3,312 on Jan. 3 to improve to 15-0 on the season. Jacob Smith recorded

a 710 series for the Hawks, while Austin Strite added a 675 series and Kyle Strite rolled a 674 series. Justin Poole totaled a 604 series.

Oregon faced Rockford Christian on Jan. 4 and won

3,326-3,240 to reach 16-0 and win the NIBC Conference Championship. Justin Poole rolled a 608 series for Oregon, and Kyle Strite shot 556 while Jacob Smith totaled 555.

Stillman Valley girls basketball team downs Genoa-Kingston

STILLMAN VALLEY — The Stillman Valley girls basketball team defeated Genoa-Kingston 61-31 on Tuesday, Jan. 8. The Still-

man Valley boys basketball team fell 77-72 against Indian Creek on Monday, Jan. 7.

Georgia Ballard led the Cardinals with 19 points

against G-K while Lexi Lichty scored 12 points. Paige Broski and Payton Barger both totaled 11 points in the victory.

Mount Morris Senior Center announces upcoming activities, events

C.A.S.T.

Chana And Seniors Together will be meeting on Tuesday, Jan. 15th at noon at the Mount Morris Senior Center. We will be having winter activities of all sorts with the students from Chana. All are welcome at this event, and there is no need to RSVP.

Birthday lunch and free bingo

Join us at the Mount Morris Senior Center as we celebrate January Birthdays with a lunch of Chicken Alfredo, Broccoli, Cake, and Ice Cream. Lunch is only \$6 and the Bingo is free. Bingo starts at 10:30 am and lunch will be served at 11:30 a.m. Please RSVP by calling 815-734-6335 or stopping by the senior center.

Lunch bunch

We have expanded our Lunch Bunch program to two times per month. Our second lunch bunch will be to a sandwich place, and the first one we will be going to is Scoops in Oregon, on Friday, Jan. 18. If you haven't had a chance to try their steamed subs now is your chance! We will meet at the Mount Morris Senior Center at 11:00 am or at the restaurant (117 N. 4th Street, Oregon) at 11:15 a.m. Please RSVP to 815-734-6335, so we can warn them as to how many people we will be bringing.

Hand massages

Come to the Mount Morris Senior Center on Monday, Jan. 21st between 10:30 a.m. and noon for Free Hand Massages!

All ages game day!

Do you want something fun to do when there is no school on Martin Luther King Jr. Day? We will be playing all sorts of games from 11 a.m.-3 p.m. at the Mount Morris Senior Center on Monday, Jan.21. All are welcome to stop by for some fun. We will order pizza for lunch for \$5 each. Bring your friends! Bring your neighbors! Bring your grandkids!

Free lunch

Enjoy a free lunch at the Mt. Morris Senior Center on Tuesday, Jan. 22nd 11 a.m.-1 p.m. All are welcome for this lunch of chili, corn bread, and dessert. We hope to see you there!

Jam session

Local musicians will entertain us all at the Mount Morris Senior Center beginning at 10:30 on Wednesday, Jan. 23. Come over to sing along with the songs you know and enjoy the beautiful music and voices for songs that are new to you! Stay for a \$3 lunch at noon. All are welcome.

Greeting Card Club

Each month we will be making several different greeting cards at the Mount Morris Senior Center. We are meeting the 4th Wednesday, which is Jan. 24 this month. We will be making Valentine, Birthday, Thinking of you, and Thank you cards. We meet at 10 a.m., and the cost is \$1 per card. See you there!

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Comprehensive local news coverage you won't find anywhere else.

Real People



LIFE

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Please send photos in the jpeg format.

March tack sale will benefit construction of new barn

MOUNT MORRIS – The Ogle County Horse Barn Committee will kick off its 2019 Build-A-Barn fundraising campaign with a Tack Sale on March 3, from 10 a.m.-4 p.m., at the Mount Morris Moose Lodge, 101 Moose Dr.

Both 10 x 10 and 5 x 10 booths are available. The Moose Lodge kitchen will be open for food and beverage.

We also have two horse shows planned for 2019. The Build-A-Barn two-day show, June 22 and 23, 9 a.m., at Diamond G Ranch and Western Store, Rochelle, and, the Build-A-Barn show at the Ogle County Fair Show, Aug. 4, 9:30 a.m. Both shows have an exciting line up of classes including draft horse classes, and miniature horse classes. We have halter, performance, driving, hitch, speed and trail classes in our shows. Whether you

are competing in our shows or just come to enjoy a day watching, you will have a great time.

Build-A-Barn is raising money to build an exhibition horse barn at the Ogle County Fairgrounds. A barn will enable us to utilize the fairgrounds for horse events during the summer and RV/vehicle storage in the winter. Our goal is to have an event every weekend at

the fairgrounds. These events will draw people to our motels, restaurants, convenience stores, gas stations, shopping, etc. We look forward to seeing all of you at our events. Thanks for your interest and support.

For more information on our events, please contact Lynne Radville, shadow-boxerarabians@gmail.com or text 815-238-7892.

Church hosts motivational speaker

BYRON – Ladies, please join us on Friday, Feb. 1 at Cornerstone Family Church at 6 p.m. for motivational speaker Stefanie Boyce from Beach Park.

She will share her story of losing two of her three children this past year at ages 9 and 11 from Sanfillipo Syndrome. Her third child does not have the syndrome. Boyce's story is one filled with grief and loss but yet she is still able to see the blessings in her life and glorify God through her heart-

aches. A light dinner of soups, sandwiches and desserts will be served. Childcare provided but children must be registered for childcare. Registration required by calling 815-234-8737 or through Cornerstone's website at cornerstonefamily.church. Cost is \$20 however the fee will be waived if there is a financial hardship.

The church is located at 205 N. Peru St. in Byron.

Annual February Finds market will be Feb. 2 at Mount Morris Moose

MOUNT MORRIS – Plan to attend the 7th annual February Finds Antique and Collectibles Market, Saturday, Feb. 2, at the Moose Lodge #1551 Family Center, 485 East Hitt St., in Mount Morris.

The Market is a fundraising event for the Mount Morris Moose Lodge Family Center #1551 and Mount Morris Work Group. The February Finds Market will be open from 9 a.m.-4 p.m.

Dealers have been carefully selected to participate in this Market. More than twenty dealers have reserved booths;

at the present time, all dealer spaces are filled.

All displayed antiques, vintage collectibles, and artwork are for sale. Merchandise includes: antique furniture, antique tools, primitives, tins, lamps, vintage clothing and jewelry, tin toys, quilts and linens, artwork, stamps, postcards, local advertising memorabilia, Depression glass, Tea Leaf and Majolica pottery, enamelware, Fiesta ware, vintage holiday and numerous other collectibles.

Admittance to this event is \$3/person. Chil-

dren 12 and under will be admitted free. Children must be accompanied by an adult. Parking is free and the building is handicap accessible. A bake sale will be held in conjunction with the Market, with all proceeds benefitting Let Freedom Ring. Food and beverages, prepared by the Moose, will be available for purchase.

No food or drinks will be allowed in the designated Market area.

Whether you attend February Finds to shop or just browse, the Market promises to be an enjoyable event.

Motorcycle swap meet to benefit ABATE will be Feb. 10 at Dixon Elks Lodge

DIXON – The Twin Rivers Chapter of ABATE is having its 12th Annual Motorcycle Swap Meet on Sunday, Feb. 10 from 9 a.m.-2 p.m. at the Dixon Elks Lodge, 1279 Franklin Grove Road.

Admission is \$5 and free for children 12 years and younger. Early Birds are \$7.

Vendors will be selling all makes and models of new and used parts, leathers, biker clothes, motorcycle photos, and more.

Plus, this year we will have a seamstress sewing leathers, patches, and making repairs.

Breakfast, lunch, and refreshments will be available all day.

Vendor space is available for \$25. To be a vendor or for more information call John at 815-440-6018

Proceeds from the event are used for education and signs you may have seen that say, "START SEEING MOTORCYCLES."



Carefree 4-H Club

The Carefree 4H club met on Dec. 10. At this meeting we discussed our community service project that we will resume in January. We talked about the officer training that was recently held and several of our officers attended. We are working on our blue sheet goals, and we are participating in a federation fundraiser. Levi Eden organized a bowling activity for the club on Sunday, Jan. 6. We celebrated Grace Morgan's and Mason Zabran's Birthdays, and had our Christmas potluck. We wrapped our gifts for the family we adopted at Hope House. Our next meeting will be held on Jan. 14. – Submitted by Molly Ziegler

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Pictured: Cole Montavon, Jessie Hagemann, Aubrey Kusnierz, Maddie Kusnierz, Autumn Hagemann, Jackson Craig, Aubrey Craig, Clare Montavon, Anna Hagemann

Mighty Clovers enjoy club bowling event

On Sunday, Jan. 6, the Mighty Clovers 4-H Club enjoyed a recent club outing, at T-Byrd Lanes, to show off their bowling abilities.

The club formed one senior team to compete in the 4-H Bowling Tournament. We had a lot of fun, and at times, there may have been some friendly competition between members. Those club members will find out next month if they qualify for the bowling finals. The younger 4-H members enjoyed a couple of rounds of bowling and had a great time while trying to knock down their pins.

The Mighty Clovers have kept busy this winter and look forward to their upcoming activities.

If you are interested in joining the Mighty Clovers come and check us out. Club meetings are held at the Monroe Center Community Church at 6:15 p.m. on the second Thursday of every month.

— Submitted by Clare Montavon, Club Reporter



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Local students earn honors at Highland

FREEPORT – Highland Community College proudly announces the dean's list for the Fall 2018 Semester.

Students who have completed 12 credit hours or more during the semester and have a minimum of a 3.25-grade point average (GPA), based on a 4.0 scale, are included on the dean's list.

Highest Honors are awarded to students with a perfect 4.0 GPA.

The High Honors distinction is given to students with a 3.50 to 3.99 GPA, and Honors students have earned a GPA between 3.25 and 3.49.

Highest Honors
Byron: Allison E. Kultgen, Francesca S. Rzasca
Forrester: Amanda R. Anderson
Mount Morris: Kyle K. Ruter

High Honors
Byron: Jonathon D. Silvers
Chana: Ashley N. Borngen
Leaf River: Taylor R. Cargill, Olivia J. Dillavou
Mount Morris: Danielle M. Hagemann

Honors
Forrester: Kaitlyn M. Collins, Kate S. Metzger, Michael J. Wubben.

Students named to Dean's List at Augustana College

ROCK ISLAND – Augustana College announced more than 1,000 students were named to the Dean's List for the 2018 fall term. Students who have earned this academic honor have maintained a grade-point average of 3.5 or higher on a four-point scale for courses taken during the term.

Allison Bandera of Oregon; Brix Clayton of Polo; Jordan Cone of Byron; Connor Duffy of Stillman Valley; Marissa Gorsegner of Oregon; Justine Gorzny of Polo; Jacob Hanlon of Polo; Brielle Jackson of Rochelle; Aira Peregrino of

Rockford; Mitchell Roedel of Davis Junction; Brooklynn Schelling of Oregon; Lana Scholl of Polo; Rebekah Wilken of Forrester; Mason Wright of Woosung. Founded in 1860, Augustana College is a selective four-year residential college of the liberal arts and sciences.

The college is recognized for the innovative program Augie Choice, which provides each student up to \$2,000 to pursue a high-impact learning experience such as study abroad, an internship or research with a professor.

Ankney graduates Iowa State

AMES, Iowa – At Iowa State University's fall commencement ceremonies Dec. 14-15, 2018, 2,157 graduates received degrees.

Iowa State awarded 1,803 undergraduate degrees, 234 master's degrees, 119 doctor of philosophy degrees and one doctor of veterinary medicine degree.

Graduates include Zane Ankney of Stillman Valley, Bachelor of Science, Agronomy, Cum Laude.

RRC has upcoming activities

Rock River Center Noontime Knowledge Program

Our first lunch and program is scheduled for Thursday, Jan. 17. Details are as follows:

Speaker: Shawn Blobaum; Thrivent Financial

Topic: Tax law changes, LTC, and more.

Lunch: Begins at 11:30 a.m.

Menu: Soup and sandwich

Free Program: Begins at noon-1 p.m.

Prepaid lunch available for purchase when making reservation. Cost: \$8/Members & \$10/Non-Members.

Lunch Reservations and prepayment are required by Tuesday, Jan. 15.

Please call RRC at 815-732-3252 if you plan on attending. Your prompt arrival is appreciated.

Otto Dick, Ogle County Historian Jan. 30 at 10:30 a.m.

Otto Dick, Ogle County Historian brings his wealth of knowledge to Rock River Center on Wednesday, Jan. 30, at 10:30 a.m.

He is aware of the many things have happened in Oregon and Ogle County since John Phelps founded Oregon in 1836. Otto plans to share with us his favorite photos that he has collected over the years.

His recent activities in Oregon include serving as President of the Riverside Cemetery, Past President of the Historical Society and working to establish a museum at the Oregon Depot. Writing 369 history articles for the Republican Reporter is definitely

a challenge for Otto. He does this with the help of his partner, Marilyn.

We hope you join us as Otto shares his favorite collection of history. Reservations required by Jan. 29. Call 815-732-3252 if you plan on attending. Refreshments will be served.

RRC Spirit of Chicago Flower & Garden Show Lunch Cruise March 21

We have a package deal for you that includes a Buffet Lunch Cruise on Lake Michigan and entry into the Chicago Flower and Garden show.

Spirit of Chicago Flower & Garden Show Lunch Cruise (Board at: 11 a.m.; Cruise: noon- 2 p.m.)

* 2.5-hour event on Lake Michigan

* Freshly Prepared Lunch (buffet style)

* Cash Bar (complimentary teas, coffee, water)

* DJ entertainment / Floral presentation

* Access to large outside observation deck

* Best Views of Chicago's Skyline & Attractions

* Reserved seating on shared deck

* Visit the Chicago Flower & Garden show at Navy Pier (2-4:30 p.m.)

We will depart from Rock River Center, in the morning, and return after Flower and Garden Show. Cost is \$105 Members, \$110 Non-Members.

Casual attire is acceptable for this outing.

Price includes RT transportation, Spirit of Chicago cruise, buffet-style lunch, ship entertainment, reserved seating, and admission to the Chicago Flower & Garden Show.

Registration payment

deadline is Friday, Feb. 1. Limited tickets available. Call 815-732-3252 to reserve your seat.

Veteran's Assistance Available

A Veteran's Service Officer is available at Rock River Center on the second and fourth Monday of each month from 9 a.m.-3 p.m. (Except Federal Holidays)

The Veteran's Service Officer comes to Rock River Center to serve Veterans of all ages, and assist them with applications and other benefits available to them. Please mark your calendars accordingly.

This is a free service that has been provided for many years and you need not travel out of town. If you have any questions, call Rock River Center at 815-732-3252.

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. The group meets quarterly on the 4th Thursday of March, June, September, and December from 3-4 p.m. at Rock River Center.

Caregiver Support Group

Patti Kilmer, MSW from Generations @ Neighbors, leads our Caregiver Support Group. We welcome those new to caregiving, those who anticipate caregiving, 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 10-11:30 a.m. at Rock River Center. For more information, call Patti Kilmer at 815-234-2511 or 815-298-7004.

Diabetic Support Group

This very informative group meets the first Wednesday of the month from 2-3 p.m. at Rock River Center. Marilyn Csernus from the University of Illinois Extension Office facilitates this group by offering support, encouragement and the sharing of experiences when living with diabetes. Join Marilyn for a different topic each month and enjoy her recipes as well.

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.

E-mail news items to bjennings@oglecountylife.com

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Wednesday, February 20
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Wednesday, March 20
Potato & Ham & Bean
This event will be held at the Fire Station Route 22 Davis Junction
Delicious Soup Beverage & Dessert
Donations are greatly appreciated!

Financial Matters

Surviving a job loss Tips to make process easier

It can happen to anyone. A corporation lays off a mass of employees. A small business shuts its doors. An entrepreneurial bubble bursts.

No matter where you live or what your employment situation may be, there is always a chance you could suddenly lose your job. The less warning you receive, the more difficult it will be for you to properly plan for the tough financial and emotional road ahead.

Severance Package

If you're fortunate enough to be offered a severance package from your former employer, it will be up to you to wisely maintain the lump sum or payments you receive.

Review your severance package closely to understand all of its working parts. Typical agreements contain your pay terms, vacation pay terms, benefits information, return of property standards, non-compete clauses and confidentiality requirements.

Maintain Insurance

One of the highest costs you will incur on your own is that of health insurance, especially if you're used to your company paying a majority share of it. It is important to maintain your insurance, including health, life and disability because the last thing you need while unemployed is to suffer a major injury or sickness that you cannot afford to have properly diagnosed.

Weathering the Storm

Other tips from the Financial Planning Association include:

- Talk to your spouse or other close family members about what you're facing financially. They will be able to offer their support, as well as ideas for helping you through the situation.

- Consider government or private assistance, especially if either can mean the difference between you paying your bills and ending up in major debt.

- Start looking for work soon. Rely on your connections to find your next paycheck. Network through social media and job boards, through which you may be able to also find headhunters, job placement opportunities or professional services to improve your search.



Think you can beat the clock?

Do you trust your GPS or do you always assume you can get there just a *little bit* faster? Arriving to a birthday party a few minutes late isn't usually a big deal, but overestimating your control can potentially lead to serious problems for you and your finances.

Many of us are guilty of overconfidence at one point or another. Say you check directions and see that it will take 17 minutes to get to your destination and think, "Okay, great. I can make it in 15." Sound familiar?

We all have subconscious biases, but that doesn't mean they need to get in the way of your financial success. As a financial advisor, I can help you set up guardrails against your own biases and give you the tools and education you need to manage your hard-earned wealth with confidence.

In addition to providing personalized financial guidance, I also serve as a knowledgeable resource and accountability partner for my clients, helping them to stay on track for their long-term goals.

How can I help you reach yours?

Kelly Johnson, Financial Advisor CERTIFIED FINANCIAL PLANNER™

President, VIRTUS Capital Partners, LLC
117 S. Lafayette Street // Byron, IL 61010
O: 815.668.8062 // F: 815.915.0000
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How to handle an inheritance

An inheritance brings with it a range of emotions and responsibility. Along with the pain of losing someone you love, you also may be

experiencing an influx of cash that you feel overwhelmed in handling.

Americans lose 90 percent of inherited wealth by the third generation, according to a recent report in the Wall Street Journal. You can avoid suffering the same financial fate by remaining disciplined in your spending and smart in your investments.

Start a Savings Plan

Depending on the size of your inheritance, one smart option is placing the majority of it in an FDIC-insured money-market account. There are options for short-term accounts with larger interest rates than a regular savings account.

Keeping the money separate from your checking account will help you in avoiding irresponsible spending – the main reason for the previously mentioned wealth loss statistic. Create a little distance between you and your new money by finding safe, interest-friendly havens for it.

Consult a Planner

You can find a fee-only planner who doesn't work on commission by visiting www.napfa.org, the website of the Na-

tional Association of Personal Financial Advisors. The organization urges people to interview several advisors before you select one.

Your advisor will help you come up with a customized financial plan, guiding you in defining your short- and long-term financial goals. You may be able to find free financial counsel in your area through events like Financial Planning Days – a collaborative effort between financial planning organizations, government agencies and schools, municipal buildings and libraries that delivers free financial counsel.

Keep Your Job

"Take this Job and Shove It" may be a song that comes to mind if you inherit a large sum of money. But you may want to reconsider singing that tune to your boss. Some people treat their windfall of money as an opportunity to rapidly improve their lifestyle by buying a bigger home, a new car and other luxuries all at once.

The National Association of Personal Financial Advisors urges clients to spread out their spending over the years while still maintaining employment to pad their savings or retirement account.

Set a plan in place to limit your monthly spending – and stick to it.

Financial Matters

Some tips on working with a financial planner

You & Your Planner

One of the most significant non-family relationships in your life may be the bond you share with your financial planner. After all, your money can be just as important to you as it is to them.

You both want to see your money grow as quickly and safely as possible. And you both need to be on the same page to achieve this.

If you have a financial planner, how would you describe your relationship? Collaborative? Non-existent? If you lean more toward the latter, it is probably time to take your money, time and business elsewhere.

Stay Local

A frustrating aspect of a bad advisor relationship is not being able to get in touch with him or her when you need help the most. That's why it may be best to find a representative on a local level — one who can tip you off on the next big investment wave or guide you through smart savings adjustments.

Local financial advisors who are backed by national firms are likely to be invested in your community, both financially and emo-



tionally. They want to see you be successful with your financial planning goals and will reinvest a portion of their time, resources or monetary support into local causes.

Define Your Expectations

A strong advisor relationship will require input by you, even if you aren't an expert in finance. You should keep your advisor updated on any changes that happen

with your life that may require an adjustment in investment or savings strategies.

Also, if you decide to become more aggressive in the investment portion of your portfolio, you should feel comfortable in discussing the pros and cons of doing so with your advisor.

If he or she doesn't know your strategy behind changing your approach, you may not get the most effective counsel.

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As seen on HGTV's House Hunters!

Financial Matters

What people should know about creating wills

Drafting a last will and testament is an essential component of estate planning.

Despite the importance of having a will, a recent survey from AARP found that two out of five Americans over the age of 45 do not have one.

Putting wishes down on paper helps avoid unnecessary work and sometimes heartache upon the death of a loved one.

Wills allow heirs to act with the decedent's wishes in mind, and can ensure that assets and possessions will end up in the right hands.

Estate planning can be tricky, which is why many people turn to attorneys to get the job done right. Attorneys who specialize in estates will no doubt discuss the following topics with their clients.

- **Assets owned:** Make a list of known assets and figure out which assets

are covered by the will and which will have to be passed on according to other estate laws, such as through joint tenancy on a deed or a living trust. For example, life insurance policies or retirement plan proceeds will be distributed to your named beneficiaries. A will also can cover other assets, such as photographs, clothing, cars, and jewelry.

- **Guardianship:** Parents' wills should include a declaration of who they want to become guardians their underage children or dependents.

- **Pets:** Some people prefer to use their will to also dictate guardianship for their pets and to leave money or property to help care for those pets. However, pets do not have the legal capacity to own property, so one shouldn't gift money directly to pets in a will.

- **Funeral instructions:** Settling probate will not



happen until after the funeral. Therefore, funeral wishes in a will often go unnoticed, states the legal advisement resource Find Law.

- **Executor:** An executor

is a trusted person who will carry out the terms of the will. This person should be willing to serve and be capable of executing the will.

People who die without a valid will become intes-

tate. This means the estate will be settled based on the laws of where that person lived, and a court-appointed administrator will serve in the capacity to transfer property. This administra-

tor will be bound by laws and may make decisions that go against the decedent's wishes. To avoid this outcome, a will and other estate planning documents are crucial.

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Benefits of joint bank accounts

Once a couple walks down the aisle and returns home from their honeymoon, various tasks must be performed. Couples should not overlook the importance of tending to their financial futures. One of the first steps is merging and managing bank accounts.

A study from Kansas City University found the number one cause of divorce in the United States is fighting over money and other financial problems. Therefore, being on the same page concerning finances and maintaining financial transparency can help reduce the propensity to clash over cash.

Merging bank accounts can be a good idea for newlyweds for various reasons.

- **Improved efficiency:** Having one account makes it easier to track income and spending and can make keeping track of money less complicated. Also, having only one bank means cutting down on statements or correspondence from multiple institutions.

- **Greater communication:** Some people are natural spenders and others savers. It's easy to gloss over financial indiscretions



when there are separate accounts. A joint account makes it easy to talk about spending habits and the flow of money in and out of an account.

- **Creates accountability:** Not being able to hide debt or large expenditures or withdrawals makes couples accountable to each other. This creates transparency in a relationship and may help couples become closer as a result.

- **Good in emergencies:** According to the financial resource Money Under 30, having a joint bank account can ensure that a surviving spouse has uninterrupted access to funds in the event his or her partner dies. This may not be the case with individual bank

accounts until the estate goes through probate.

- **Get better banking:** Certain financial institutions may offer perks like no fees if customers maintain a specific balance or meet the criteria of debit card usage per month. Such requirements may be more easily reached with two people utilizing the account.

- **Combine with ease:** Financial expert Dave Ramsay says it's particularly easy to merge when individuals already were using the same bank or credit union. Simply showing up with identification and transferring the balance of one account into the other and adding a signer is all that's needed.

Financial Matters

Becoming a landlord There are many things to consider before moving forward

Deciding to enter the world of property rental can be lucrative. Whether you're fixing up and renting out affordable homes or becoming a landlord because your home won't sell, it's a great way to earn money.

There are some things to consider before drafting a lease and putting your home on the rental market – ones that can save you financial headaches later on down the road. As always, consult with a professional Realtor, lawyer or financial advisor on any questions that are out of your area of expertise.

Creating a Lease

A quality lease protects both the landlord and tenant, and also complies with fair housing, rental, health and safety, and insurance laws of your region. These laws differ across states, counties and cities, so it is best to work with a local lawyer in creating your lease.

A lease should spell out

the following, according to the American College of Real Estate Lawyers:

- Lease term: A month-to-month lease offers more flexibility if you're still trying to sell, while an annual lease provides more stability.
- Security deposit: This is usually one month's rent or more.
- Due Date: Define rental due dates and penalties for late payments.
- Maintenance: Clear lines on who is responsible for repairs, mowing and general upkeep.

Finding the Right Tenant

You can find tenants

by advertising in the print and online versions of local newspapers. Remember that as the owner of the home, you have the power to turn down prospective tenants.

Ask interested parties to fill out an application, listing their name, employer, salary, previous landlords and references. Once you select a few potential tenants, it's time to run their credit and criminal backgrounds.

You can do this yourself though the use of various online credit and background check tools, or by hiring an accredited agency.

Don't let wedding spending spiral

Paying off Wedding Debt

The cake was delicious, the music was lively, and the photographs turned out great. Now hopefully your wallet isn't crying.

One of the worst ways to start your marriage is in the red. But if you and your spouse ended up footing the bill for your special day, then you may not have a choice. The Knot.com reports that the median wedding cost over the past two years hovered around the \$20,000 mark.

Fortunately, there are ways to tighten your belt and pay off that wedding debt. Smart financial planning means you will have a plan in place even before the wedding and honeymoon.

Sticking to the plan will require discipline and commitment, helping you strengthen your new marriage against one of your first tough tests together.

Cut Corners

Before you say "I Do," you should take some vows dedicated to a more affordable wedding. There are certain aspects of your special day you may be able to scale back on, including:

- Venue Size: As long as your guest list isn't out of control, opt for a smaller venue. Not only will it save you money, but it will also give your ceremony a more intimate feel.
- Ask for Help: Instead of registering at a store for gifts, you can ask friends and family members to help you with planning. Do you have an aunt with a flair for the kitchen? Maybe she can help bake cupcakes or put together a candy buffet. Know a skilled photographer? They may be willing to donate their services as your gift.

Credit Cards

You may have had no choice but to put large wedding expenses on your credit cards. If so, sit down with your spouse and determine a feasible monthly payment that is larger than the minimum required by your credit card company.

Credit cards are the best place to start when trying to save yourself money in the long run. By taking on more than the monthly payment, you can eliminate interest that would otherwise be piling up on your account.

Financial changes at your bank? Let's talk.




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Financial Matters

Simple ways for you to keep a realistic budget

Successful financial plans often begin with the creation of a budget.

A budget is an estimate of income and expenses in a given period of time. Budgets help with long-term goals like paying off a mortgage or sending a child to college as well as short-term goals like financing a dream vacation.

Not all budgets are alike, and when people hear the word “budget,” they may get apprehensive. Budgeting may require making some concessions in regard to spending habits, but it doesn’t have to put a complete damper on plans. In fact, with a budget in hand, people may be more free to spend because they will have a stronger grasp of their financial situation.

Making a realistic budget does not have to be a chore.

Here is how to get started.

- List the necessities. Begin by calculating the costs associated with fixed needs, including rent/mortgage, utilities, food, and any other bills you have to pay each month.

- Add existing debt. Debt includes any routine payments being made to credit card companies, student loan lenders, car payments, or unpaid medical bills.

- Conduct a spending analysis over several months. Budgets are easier with fixed numbers, but unforeseen variables can affect spending every month. These can include the extras for clothing, entertainment and much more. Average the cost of these expenses throughout your analysis period so you can get some idea of how much to allocate for them.



- Use software or apps to help. There are plenty of resources available to help people calculate their budgets and get a picture of their financial habits. Resources such as Mint, YNAB (You

Need a Budget) and various accounting programs can produce spreadsheets, pie charts and bar graphs as you work to create a budget.

- Start trimming gradually. Quitting a certain life-

style cold turkey can be jarring. Gradually cut back on your spending if your analysis suggests that’s the way to go.

- Automate saving. Immediately removing a set

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Bootstrapping your business

What does it mean, and how can you do it?

Talk to a group of entrepreneurs about their startup operations and you can guarantee the word ‘bootstrapping’ will come up in conversation.

The term doesn’t describe the next big dance or exercise fad, but rather a pull-yourself-up-by-your-bootstraps mentality that many business owners have taken with their finances. It also means little or no funding from large venture capital firms, as well as a strict approach to spending and saving.

Many of today’s most successful businesses started with a few thousand dollars and a savvy businessperson at the helm devoted to steady, organic growth. Less funding from investors means the entrepreneur can keep more of the profit and continue to make decisions on his or her own – without having to check with financial backers.

So how exactly do you bootstrap a business?

Cut Costs – Everywhere

If you want to become a successful businessperson, you may have to be willing to live as a minimalist for the first few years of starting your company. There will be certain aspects of running an operation that you will have to pay startup costs for, including necessary licensure, equipment or technology, but other spending will be on a very limited level.

The cost-cutting exercise will impact your personal finances. The less money you spend on eating out, entertainment and clothes, the more you can reinvest into your company. Before going all-in on starting a new business, you may have to ask yourself if you’re committed to living a lean lifestyle before your company takes off.

Find savings – Everywhere

Just because you’re on a bootstrap budget doesn’t mean you can’t secure large amounts of funding. Small business grants are available from many resources, including state governments and private groups.

Earning a grant will likely require a written or video submission describing your business vision and how the funds will help you grow. Take the time necessary to complete your application because many grants have specific formatting and content specifications.

Online crowdfunding is another monetary source that has become quite popular among the entrepreneurial crowd. It is a form of microfinance that does not require repayment, instead calling for donations and support from the general public.

You can find websites that help spread your message in exchange for a small percentage of the funds you raise.

Park district offers upcoming activities

Indoor soccer

Ages 4-7 years

Are you looking to introduce your 4-7-year-old to soccer? Join us for this indoor recreational program on Saturday mornings. Each week the program will begin with practice followed by a game. Program runs Saturdays from Feb. 23-March 23. Times vary from 9 a.m.-noon. Teams will be divided between 4-5 year olds and 6-7 year olds. Cost is \$35/Resident and \$42/Non-Resident. Registration deadline is Feb. 7. For more information or to volunteer to coach contact tina@oregonpark.org.

Recreate & Celebrate Day

OCUSD students have a no school day coming up and we have your childcare covered! We will have a field trip day to Carlson Ice Arena on Monday, Jan. 21. Drop off as early as 6:15 a.m. and pick up as late as 6pm at the Blackhawk Center ET Room. The fee is \$25 for residents and \$30 for non-residents per day. Register by Monday, Jan. 14.

Childcare service

Our childcare service is offered in the Children's Center at Nash! This wonderful program is offered every Monday-Thursday from 4:30-7:30 p.m. for 3 months to 9 year olds. Enjoy everything our facility has to offer while having the peace of mind that your child is safe and having fun with our experienced staff member. For more information, visit the Nash Front Counter. Fee: Annual members' children that reside in the household are free; Non-Members pay \$5 for the first child and \$1 for each sibling up to \$7.

Afterschool open gym

Calling all 8-14 year olds! Join us at Nash Recreation Center's gym for an active and fun afternoon in the gym with friends. We will have a new sport each week guided by an experienced staff member. This is FREE to members. Not a member? Simply pay the daily fee \$2 residents and \$3 non-residents. Program runs every Monday after school from 3:30-5 p.m. Come and go as you please. Drop in and give it a try!

Dear Evan Hansen

Limited tickets available for the bus trip to the Broadway Musical-Dear Even Hansen at Chicago's Oriental Theatre on Friday March 8, 2019. Bus departs at 2:30 to allow time for dinner and shopping before the 7:30 p.m. show. \$143/Resident, \$153/Non-Resident. Reserve your seat today. Recommended for ages 12 and older.

Winter Wonderland dances

The always popular Mother Son Date Night, Feb. 8, and Daddy Daughter Dance, Feb. 9, will be here before you know it. Register early (before the January 24 deadline) and secure your spot at the Winter Wonderland Dances which are held at Nash from 6:30-8:30 p.m. Space will be limited. Enjoy a memorable night with your child as you dance under the snowflakes! The night will be full of dancing, games (for the sons) and making commemorative bracelets (for the daughters), refreshments, a photo booth, and the ever popular balloon drop! Adults are \$8/person and Children are \$14/person. You will also be able to order professional pictures by Niki Hunt Photography at the dances.

Special open swim

Looking for something to when school is out? Join us for a special open swim on Jan. 18 and 21 from 2-5 p.m. Check out our complete pool schedule online at www.oregonpark.org.

Water aerobics

Exercise your entire body without putting stress on your back and joints. This class will work on toning, cardiovascular strength, endurance, and flexibility. Classes are Monday-Friday from 8:30-9:30 a.m. and Mondays and Wednesdays 7-8 p.m. Drop-ins or 5, 10, or 15 Water Aerobics passes are accepted.

Twinges

Let the natural buoyancy and resistance of the water help you improve your joint strength and flexibility along with improving cardiovascular endurance while walking and jogging in the shallow end. Participants do not need to know how to swim. Classes are Tuesdays and Thursdays 1-2 p.m. and Wednesdays and Fridays from 10:30-11:30 a.m. Drop-ins or 5, 10, or 15 Water Aerobics passes are accepted.

Deep water aerobics

Deep Water Aerobics is a more intense workout than your typical water aerobics class. Working out in the deep end will allow you to get an intense cardiovascular workout without the impact. You will also increase your endurance, flexibility and strength. Participants do not need to know how to swim. An aqua jogger belt will be provided. Classes are Mondays 9:30-10:30 a.m. and Saturday from 9-10 a.m. Drop-ins or 5, 10, or 15 Water Aerobics passes are accepted.

Dinges attends American Society of Agronomy (ASA) conference

AMES, Iowa – Anne Dinges, from Byron, joined members of the Agronomy Club at Iowa State University attending the American Society of Agronomy (ASA) conference, the undergraduate part of Students of Agronomy, Soils, and Environmental Studies (SASES), in Baltimore, Maryland, Nov. 4-7.

Highlights of the conference always include elected national officers, Quiz Bowl and crops competitions, research posters, and scholar announcements. Dinges and the Iowa State team made it to the semi-finals in the Quiz Bowl competition that covered all different facets of agronomy.

She received first place in the Crops and Genetics category of the research poster competition with a poster titled "Assessing Transferability Microsatellite Markers for Genetic Diversity Studies in Wild Potato Species in Uruguay."

In addition to the student conference activities, attendees took advantage of networking opportunities, a career center, workshops and tours.

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.

Iowa State University is one of the nation's most student-centered public research universities and is recognized among the top 50 public universities in the nation by U.S. News and World Report. With hundreds of student clubs and organizations, thousands of internship and co-op opportunities, and more than 80 learning communities, the university offers a student experience rich in academic and social diversity. Students from all 50 states and more than 100 countries choose to come to Ames, Iowa, to study with world-class scholars and hone their leadership skills.

Part of what makes Iowa State such a special place for our students to learn and grow is the uniqueness of the faculty and staff who work here. Our faculty and staff have established a leading-edge reputation among peers for innovative interdisciplinary academic programs, an ever-expanding learning community program, and entrepreneurial experiences for students.

Plus, Ames has been recognized as the second-best college town with a population under 250,000. And did we mention we've also been voted one of the top 10 best places to live in America? So it's no wonder why our students love it here.

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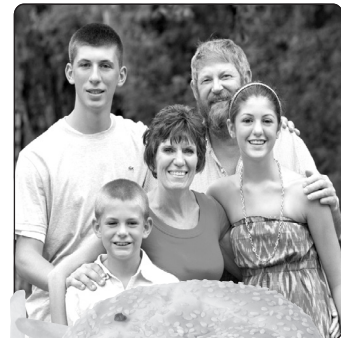
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Oregon Lions helping the community

Oregon Lions made a donation to the VFW in Oregon at their meeting on Dec. 13. Oregon Post Commander Bob Coulter accepted the \$1,000 check from Oregon Lions President, Dr. Carri Anderson and Lions Vice President Mike Hoff. This donation helped make it possible for the members of VFW Post 8739 in Oregon to distribute Christmas Baskets to needy folks throughout Ogle County. Oregon Lions are proud to have formed a partnership with the VFW in Oregon and are happy to continue to support this Annual Christmas Event.

From Left: Oregon Lions President Dr. Carri Anderson, Oregon VFW Post Commander Bob Coulter and Oregon Lions Vice President Mike Hoff



Have you ever wondered what happens to the eyeglasses you donate to the Lions? Many of them are shipped to the Lions of Illinois Foundation Building in Sycamore, Illinois, where they are stored and then sorted by Lions volunteers. Oregon Lions have pledged to sort eyeglasses once a month at this location. Why is this an important task? Thousands of eyeglasses in hundreds of boxes need to be sorted before the frames are sent off to be melted down to raw material.

Above left, Lions involved in the last sorting session are from left to right: Jim Hoff, Chuck McCourt, Grant Affterbaugh and Duane Moser.

Above right: Oregon Lion Jim Hoff looks at the glasses the need sorting.

At left: Boxes stored at the Lions of Illinois Foundation Building in Sycamore

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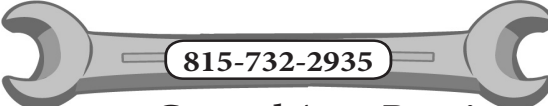

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Holiday food boxes

The Oregon VFW Post #8739 had excellent help from the Oregon Community to prepare and distribute the Christmas Gift Food Baskets. Stan Asp, who served as general chairman of the event, said the Oregon community responded very well with donations to help make the annual Christmas gift Baskets of food program for the needy in our community successful. A total of 106 food boxes were distributed.



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Church hosting soup lunch on Jan. 16

DAVIS JUNCTION — The Davis Junction United Methodist Church will be hosting its first of three soup lunches from 11 a.m.-1 p.m. on Wednesday, Jan. 16 at the Davis Junction Fire Station on Route 72 in Davis Junction. Soup this month will be Chicken Noodle soup and Ham and Bean soup, with corn muffins, drink and dessert. A free will offering will be collected. Bring a neighbor or a friend. Future dates will be Feb. 20 and March 20. Save the date.



Senior of Distinction

Employees at Oregon High School are asked to nominate any Senior who: displays qualities and talents we wish every student possessed and/or who have great grades and are involved in service to both school and community. For the month of December, Bailey Nelson was nominated and selected as the winner. "...(Bailey) has volunteered to paint a mural in one of the classrooms to update the aesthetics. I would also add that her Open Project with the elementary students and painting at the library was a large undertaking, which she has written about in her College Writing class. She is a student who knows where she has been and knows where she is going in life and serves as an incredible example for her peers and classmates." — Ms. Leamanczyk, OHS English Teacher. Pictured: Stillman Bank's is Pat Donahue presents Nelson with an achievement award from.

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Sunday School for Pre-K thru high school: 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 Chan Ik Choi, 606 Main Street, Chana, IL 61015. Church office 815-732-7683. (E-mail address: chanauuc@gmail.com Adult & Children's Education 9:00 a.m. Worship Service 10:30 a.m. Holy Communion celebrated the first Sunday of each month. At Chana Church you will find Open Hearts-Open Minds-Open Doors.

DAVIS JUNCTION

DAVIS JUNCTION UNITED METHODIST CHURCH

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

GRACE FELLOWSHIP CHURCH DAVIS JUNCTION

Pastor Brad Pittman www.graceofstory.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 David Poust, Parsonage 815-938-8058
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, 10:30 am.
AA meets Mondays, 8:00 AM. Monthly United Methodist Women's meetings. Prayer Chain 815/938-3179. Church website www.gbgm-umc.org/ 815/938-3179. Church website www.gbgm-umc.org/

FORRESTON REFORMED CHURCH

501 Third Ave. Forreston, IL Phone: 815-938-2424 Pastor Lyle Zumdahl.
Sunday School 10:45 a.m. Worship 9:30 a.m.
"Seeking to Live by Faith, to be Known by Love, and to be a Voice of Hope."

ST. JAMES LUTHERAN CHURCH

West Grove Rd. At Columbine Rd • Steve Erickson, Pastor • 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

6941 N. Mt. Morris Rd. • Leaf River, IL 61047
815-738-2205 E-mail Address LRBC@rnet1.com Pastor Randy Newton.
Sunday Praise & Worship Service - 9:30 a.m. (Nursery Provided) Sunday School - 11:00 a.m., Wed. Prayer & Bible Studies - 6:00 p.m. Prayer Chain 738-2205 or 738-2991

KINGS

ELIM REFORMED CHURCH

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

MOUNT MORRIS

DISCIPLES UNITED METHODIST CHURCH

102 N. Maple Ave., Mt. Morris, IL 815-734-4853 Rev. Julie Bunt 1st & 3rd Sun: 9:30 am Traditional Worship, Nursery provided, 10:40 Coffee Hour SEP-MAY: Sun. 10:45 am Sunday School; Mon. 5:30 pm chimes; 6:45 pm Choir Monthly Groups: Youth, 2nd Sun., 6 pm; Men, 3rd Sun., 7:30 am; Women, 3rd Tues., 9 am

EVANGELICAL FREE CHURCH OF MT. MORRIS

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

MT. MORRIS CHURCH OF THE BRETHREN

409 W. Brayton Road, Mt. Morris, IL 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

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.
• Pastor Marv Jacobs
www.EBENZERREFORMED.com • Sunday school 9:00 a.m. Worship 10:00 a.m.; Wednesdays 6:30 p.m. 8:00 p.m.; Men's Bible Study, Kids' Club

EMMANUEL LUTHERAN CHURCH

764 Sillman Rd., Oregon, IL 61061 • (815) 732-2424
Pastor Andrew Kayes • "Sharing God's Love" Service 9 AM • Sunday School 10:15, Bell Choir Tues 6:30 PM Communion 1st & 3rd Sundays • Women's Circles, Hand Bell Choir, Quilting Group, Kids Club

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 5th St., Oregon. Coffee and Fellowship following the service.

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: Jared Cochran "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.

FIRST PRESBYTERIAN CHURCH (USA)

200 S. Fifth St, Oregon • 815-732-2894
www.fpcoregon.com • Pastor Karen Gerhard Conner • Handicapped Accessible
11:00 a.m. Worship (Holy Communion served the 1st Sunday of each month)

OREGON UNITED METHODIST CHURCH

200 S. 4th St, Oregon, IL 61061 • 815/732-2994
www.oregonumc.org • Pastor Rev. Megan Smick
Sunday Worship 9:00 am Followed by Fellowship and All Age Sunday School

RIVERSTONE CHRISTIAN CHURCH

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

ST. BRIDE'S EPISCOPAL CHURCH

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

ST. MARY CATHOLIC CHURCH

301 N. Fourth St., Oregon Office: 881 N. Mongan Dr., Oregon, IL • www.st-mary-parish.com • Fr. Joseph P. Naill • Office Phone: 815-732-7383
Office Fax: 815-732-7472

Masses: Saturday 4:30pm; Sunday 8:30am, Tuesday-Friday 8:00am; 3rd Wednesday of the month 3:00pm at Pinecrest
Reconciliation: Saturdays 3:15-4:00 or any time by appointment
Baptisms: by appointment, **Wedding Arrangements:** 6 months in advance, Anointing of the Sick: Call 815-732-7383

ST. PAUL LUTHERAN CHURCH

114 S. 5th St. Oregon, IL Phone: (815) 732-2367
Pastor: Rick Tomlinson
Website: www.stpaul13.com Email: stpaul13@frontier.com
Sunday: Worship Services 8:30 am and 11:00 am; Coffee And... Fellowship 9:30 am; Sunday School 8:45 am Wednesdays: Bible Study 10:00 a.m. Other Activities: Men's and Women's Groups, Confirmation Class, High School Youth Group, Grieving Ministry, Outreach Ministry with Rockford Rescue Mission and HOPE Pregnancy Center, Adult Choir. 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 **CHURCH OF THE OPEN BIBLE**
302 S. Franklin Ave., Polo, Illinois • 815-946-2848 • Luke N. Schier, Pastor
Sunday Worship: 9:30am We include our children in our Sunday Worship Experience. "THE GRAND Kids Class" Ages 3-10 are then dismissed right after Praise & Worship. Blended Services. "Passion for God" "Compassion for People" Visit our website: PoloOpenBible.org

CROSSROADS COMMUNITY CHURCH ~ POLO CAMPUS

Meeting Sundays @ 10AM
205 N. Jefferson Avenue, Polo ~ 815.837.5255
polo@crossroadsccn.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 adult services
Crave Youth Group (6th-12th grade) ~ Sunday nights 6PM
Visit our website: www.crossroadsccn.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 • faith@faithumcpolo.com

STILLMAN VALLEY

RED BRICK CHURCH OF STILLMAN VALLEY (CONGREGATIONAL CHRISTIAN CHURCH)

Pastor: Rev. Dr. Chris Brauns • Associate Pastor: Tim Michalek
207 W Roosevelt (Route 72), Stillman Valley • Phone: 815-645-2526
Email: ccoffice1@comcast.net • Website: www.theredbrickchurch.org
Worship Schedule: Discipleship Hour 9:00 AM, Coffee Fellowship 9:50 AM Gathered Worship 10:00 AM
at 9:00 am; AWANA (through school calendar) on Wednesday from 6 - 7:30 pm. Men, women, and youth bible studies throughout the year. See website for all activities or call church office for more information.

KISHWAUKEE COMMUNITY EVANGELICAL PRESBYTERIAN CHURCH

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

VALLEY EVANGELICAL COVENANT CHURCH

Rt. 72 & Maple St., in Stillman Valley • Phone 815-645-8872
Pastor: Rev. Rick Lindholtz • www.valleycov.org
Chuck Potts, Pastor to Students, Children and Families
Sunday Mornings: Worship at 10:15 a.m. (Nursery and Children's Church Provided). Communion is served the first Sunday of the month. Coffee and fellowship time follows the Worship Service. Please call our Church office or visit our website for details about Bible study groups, Youth groups and Bread of Life compassion ministry. Also the home of Valley Covenant Preschool 815-645-8882.

WINNEBAGO

MIDDLE CREEK PRESBYTERIAN CHURCH

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

Byron 815-234-5626	Oregon 815-732-7956	<i>Your Local, Independent Community Bank Since 1882</i>  Member FDIC
Rochelle 815-562-7071	Rockford 815-332-8100	
Roscoe/Rockton 815-623-1800	Stillman Valley 815-645-2266	

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

Terviel's celebrate 50th anniversary

STILLMAN VALLEY – Congratulations to Butch and Beryl Terviel from Stillman Valley, on their 50th Wedding Anniversary on Jan. 11, 2019!



Moving Up Higher

with
Joyce Meyer



Spend your time without acquiring regrets

Imagine we're at a graveyard. You look at a tombstone and see the person's name, the date they were born and when they died. In-between the dates there is a dash. I think it's interesting that a person's whole life – from the time they are born until they die – is represented by that dash.

The question is: What are you doing with your dash?

Time goes by so fast, and you don't want to get to your later years in life and have nothing but regrets. David talks about this in the Psalms.

Psalm 39:4-5 (AMPC), says, "Lord, make me to know my end and [to appreciate] the measure of my days Behold, You have made my days as [short as] handbreadths, and my lifetime is as nothing in Your sight. Truly every man at his best is merely a breath!"

It's so important for us to invest our time in the important things of life. Because you don't want to spend your life climbing the ladder of success only to find out your ladder is leaning against the wrong building when you get to the top!

Find your balance.

First Peter 5:8 (AMP) says we should "be sober [well balanced and self-disciplined]." This is the key to living with purpose, making your time count. Are you living a balanced life, getting enough sleep, drinking enough water, taking care of yourself so you have the energy you need to do what God is leading you to do?

Are you focused on the important things – your relationship with God, spending time with family and friends? The people in your life are more important than money. Are you striving to store up material possessions that are already in the process of decay and will someday end up in a junk yard? That's what happens to all the things we "worship" here.

There is nothing wrong with having nice things and enjoying them, but we cannot afford to put them before the really important things. So I ask you again: What are you doing with your time? Are you investing it or wasting it?

Make wise choices.

Wisdom is doing now what you will be happy with later on. A good example of this happened when I had a hip replacement in 2015. After the surgery, I healed very well and quickly. The doctor said it was because I was in great shape physically before surgery. I was in great shape because I've spent lots of time working out, eating properly, getting good sleep consistently, and doing other healthy habits. I paid the price, investing my time in ways that bought me strength and helped me to recover successfully.

Here's another example: I only have six teeth that don't have crowns on them. This is because when I was growing up,

I never went to the dentist unless I had an emergency. My dentist finally said, "If you're not going to come in for your regular checkups and cleanings, then don't call us when you have an emergency."

Because I wouldn't take the time to go to the dentist on a regular basis and take care of my teeth like I should have, I ended up spending more time getting my teeth repaired later on. It takes a lot of time to get your teeth crowned – and a lot of shots and pain!

The bottom line is if you take a little time to do the right thing to begin with, then you won't be forced to take a lot of time later on taking care of problems that could have been prevented in the first place.

Avoid the time-wasters.

I've discovered eight simple, practical ways you can avoid wasting your time:

Stop getting upset about things you can't do anything about. Be determined to keep your peace in every situation (John 14:27).

Don't complain (Philippians 2:14). It's useless and changes absolutely nothing. The more we talk about problems, the bigger they seem to become.

Don't try to "buy" time by getting less sleep. This actually causes you to lose more time because when you're tired, you make more mistakes than you would if you were properly rested. And every mistake costs time to fix.

Stop hurrying. This also causes us to make mistakes and waste time.

Enjoy what you have instead of craving and going after things you don't have (Ecclesiastes 6:9).

Don't live in the past. You can't go back and do anything over again. Let it go and get on with life! (See Philippians 3:8-13.)

Take time to deal with little problems and you won't spend more time later dealing with big ones.

Identify things that hijack your time and be firm in avoiding them.

We all have room for improvement in our lives. I want to encourage you to make a decision to begin making changes, with God's help, in the areas you need to grow in. You'll have abundant life in Christ (John 10:10) and make your "dash" count as you invest your time following the plan He has for you!

Joyce Meyer is a New York Times bestselling author and founder of Joyce Meyer Ministries, Inc. She has authored more than 100 books, including BATTLEFIELD OF THE MIND and HEALING THE SOUL OF A WOMAN (Faith-Words). She hosts the Enjoying Everyday Life radio and TV programs, which air on hundreds of stations worldwide. For more information, visit www.joycemeyer.org.

Bertolet Library News

Create-a-Card with Jessie

Saturday, Jan. 19, 9:30 a.m.

With grey winter days and Valentine's Day on the horizon, it's a great time to join our card making group. Jessie Ross will again be on hand to offer suggestions and guidance as you create one-of-a-kind cards or valentines for your friends and family. All materials are provided and registration is not required so come spend an hour or the whole morning!

National Seed Swap Day

Saturday, Jan. 26, 9 a.m.-noon.

It's time to think Spring with our third annual Seed Swap Day! Master Gardeners will be on hand to answer any gardening questions and envelopes will be provided for everyone to take home seeds that are exchanged. Please bring any fresh, well-labeled seeds you have to share with other attendees. This event is free and open to all area gardeners.

Adult Coloring

Wednesdays, 1 p.m.

Start the new year with a new hobby at our weekly coloring club. We provide beautiful pictures and a variety of colored pencils, crayons, and markers. You provide the artistry. No registration is necessary, just drop in and have fun!

Toddler/Preschool Story Time

Thursdays, 10:30 a.m.

Story Time is back! Miss Julie is excited to see all her library friends again and share lots of great new books. This program is a wonderful way for children to learn new concepts and make friends in a fun, relaxed way. Please join us!

Food for Fines

From Jan. 2 through Feb. 14 bring in any non-perishable food or paper products and we'll deduct \$1 from your fines for each item received. This does not apply to materials that have not been returned. Don't have any fines? Bring in food anyway to help out our area food pantries.

HotSpots Available

We now have five HotSpots available for patrons to check out and use to receive wifi at home. Check outs will be for 2 weeks with renewal possible, if there is not a waiting list. Call 815-738-2742 or stop in to pick up or reserve your HotSpot.

Stamps available

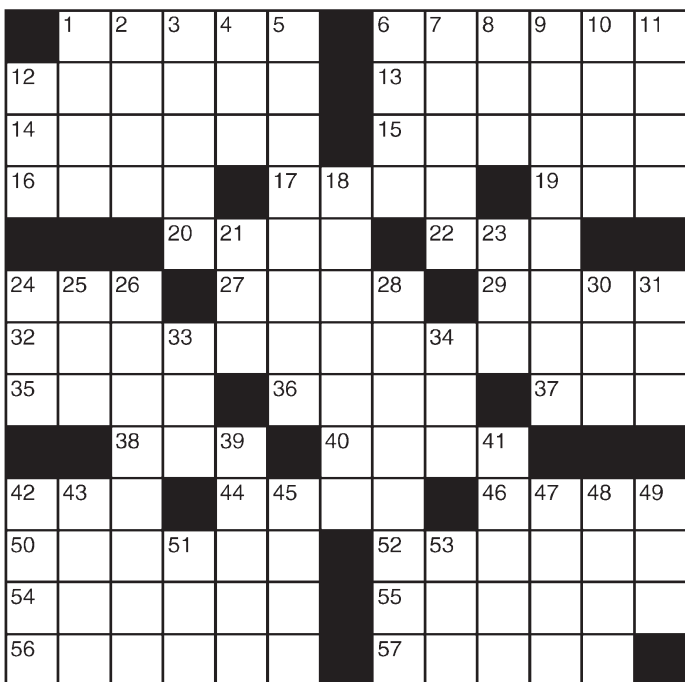
First class postage stamp prices will increase to 55 cents on Jan. 27. We have rolls of 100 and booklets of 20 with various designs available so stop in soon to stock up before the price change.

Weekly Brain Busters

King Crossword

ACROSS

- 1 — about (spread the word)
- 6 Utters
- 12 Grads
- 13 Recluse
- 14 ymnoso- phist's prac- tice
- 15 Incompetent
- 16 Vicinity
- 17 Sicilian spout- er
- 19 Tier
- 20 Onetime NYC mayor
- 22 Writer Buscaglia
- 24 Sternward
- 27 Near the trea- sure
- 29 "Thin Man" dog
- 32 Just one thing after another?
- 35 Deserve
- 36 Arp's move- ment
- 37 Poehler or Grant
- 38 Panasonic competitor
- 40 Incline
- 42 Slithery squeezer
- 44 Not so much
- 46 Radius neigh- bor
- 50 German Chancellor



- 7 Punishment- related
- 8 Geological time
- 9 Food of the gods
- 10 Narc's mea- sure
- 11 Crockpot cre- ation
- 12 Literary col- lection
- 18 Menaces
- 21 Possess
- 23 Chow down
- 24 Expert
- 25 Govt. lender
- 26 Seasoning herb
- 28 Guaranteed
- 30 Male turkey
- 31 One or more
- 33 Business abbr.
- 34 Hoosgow
- 39 Back street
- 41 Disney pachy- derm
- 42 Wild party
- 43 Never again?
- 45 41-Down's "wings"
- 47 Noisy
- 48 Schnozz
- 49 Illustrations
- 51 Blunder
- 53 Neither mate

DOWN

- 1 Unclear view
- 2 Discourteous
- 3 Eskimo boat
- 4 Officeholders
- 5 It gets punched
- 6 Avoid

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MAGIC MAZE ● INTERNATIONAL SANDWICHES

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

Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally

- Bauru
- Butterbrot
- Crisp
- Panini
- Beirute
- Cemita
- Cucumber
- Torta
- Bosna
- Chip butty
- Donkey burger
- Vegetemite
- British rail
- Chivito
- Gyro

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Weekly SUDOKU

by Linda Thistle

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

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.

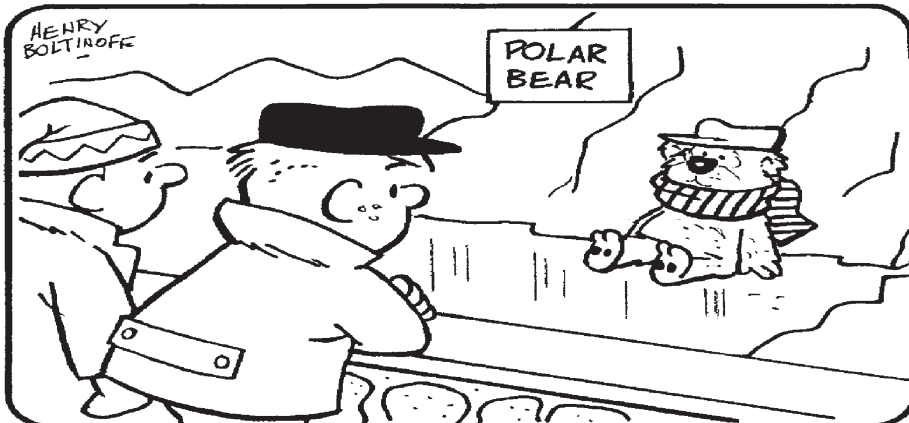
DIFFICULTY THIS WEEK: ◆

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

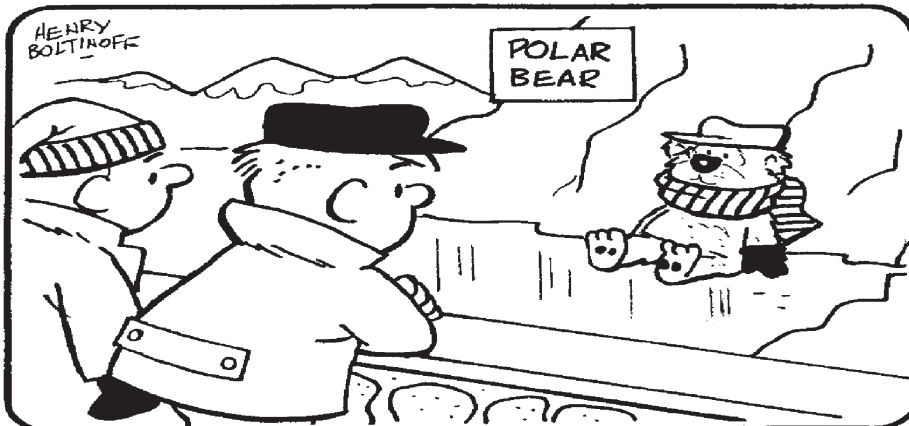
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HOCUS-FOCUS

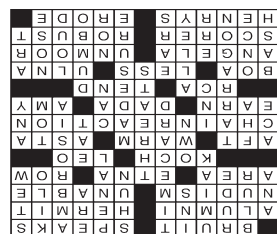
BY HENRY BOLTINOFF



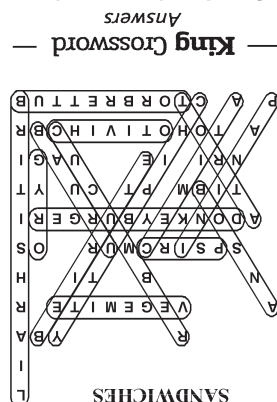
Find at least six differences in details between panels.



Differences: 1. Boy's hat is different. 2. Bear is wearing mittens. 3. Boy's glove is black. 4. Mountains are snow-capped. 5. Boy's freckles are missing. 6. Bear has three toes.



Solution time: 24 mins.



INTERNATIONAL SANDWICHES

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

Answer

Weekly SUDOKU

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Oregon Library News

Lego Club (grades 2nd -7th)

The Lego Club will meet on Tuesday, Jan. 15 at 3:30 pm. Registration is requested, but not required.

Wednesday, Jan. 16 at 6:30 p.m.

Al Capone and the 1933 World's Fair: The End of the Gangster Era in Chicago is a historical look at Chicago during the darkest days of the Great Depression. The story of Chicago fighting the hold that organized crime had on the city to be able to put on The 1933 World's Fair. Join Illinois author, William Hazelgrove as he shares the exciting and sprawling history behind the 1933 World's Fair. He reveals the story of The Secret Six, who beat Al Capone at his own game, ending the gangster era as prohibition was repealed. The story of an intriguing woman, Sally Rand, who embodied the World's Fair with her own rags to riches story. The story of Rufus and Charles Dawes who gave the fair a theme and then found financing in the worst economic times the country had ever experienced. The story of the most corrupt mayor of Chicago, William Thompson, who owed his election to Al Capone; and the mayor who followed him, Anton Cermak, who was murdered months before the fair opened by an assassin many said was hired by Al Capone. But most of all it's the story about a city fighting for survival in the darkest of times; and a shining light of hope called A Century of Progress.

Thursday, Jan. 17t at 6 p.m. – Are Your Kids Safely Online? Parent Guide to Internet Safety

Did your kids receive new devices for Christmas this year? Want to know how to keep them safe in an online world. Oregon Police Chief Darin DeHaan will present a safety guide for parents. Learn how to spot the signs of cyber bullying, how old should your child be to have a Facebook, Instagram or Snapchat account. How do you monitor who is following your children online. In an online world, it's ___o'clock, do you know "where" your children are?

Afternoon movie – Jan. 18 at 1 p.m.

Early dismissal, so join us on Friday, Jan. 18 for an afternoon movie! The movie will be SmallFoot, rated PG, beginning at 1 p.m. Bring something soft to sit on as the movie is shown in the Art Gallery

Oregon Writer's Group welcome guest speaker on Jan. 29

Andrew Carlson, a published local writer, will speak to the Oregon Writers Group on Tuesday, Jan. 29 at 10 a.m., about how to get writing pieces published. 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. The Oregon Writers Group meets on the last Tuesday of each month.

Lorado Taft programs at the Oregon Public Library

Lorado Taft Campus and the Oregon Public Library have joined forces to offer three winter programs starting in January. The programs are: Tuesday, Jan. 29, Endeavors in Engineering, Thursday, Feb. 21, Bone Bonanza, and Tuesday, March 5, Garbology. All three programs are open to students in grades 1st-8th and will be from 3:30-4:30 p.m. Sign-up for one or all three! Registration is required and starts now. Call the Library at 815-732-2724 for more information and to register.

Pizza and a Movie: The Hate U Give – Jan. 31 at 5:30 p.m.

Join us for pizza and watch The Hate U Give- PG-13. Starr Carter navigates the perilous waters between her poor, black neighborhood and her prestigious, mainly white private school. This all changes when she finds herself in the middle of racial activism after her best friend is shot by police officers, and she's forced to make a decision. Allow the media to skewer her friend to protect the status quo, or stand up and tell the truth in memory of Khalil? Registration is required, please call the Library at 815-732-2724.

Library of Things

The Oregon Public Library now has a "Library of Things"! The LOT is a collection of non-traditional items that patrons can check-out. This collection includes: crockpot, pots and pans, family games, audio/visual items, and much more. We are also taking requests for items that patrons might be interested in checking out. To find out more or to make requests, please stop by the library and talk to a staff member.

Adult yoga – Saturdays at 9:30 a.m.

Benefits of yoga include developing a mind-body connection and present centered awareness. Strength, flexibility, stamina/endurance and a sense of calm for both the mind and body will increase with repeated practice over time. Please wear comfortable clothing and bring a mat and water bottle. Mats will be provided to those in need on a first come, first serve basis. Registration required.

Story times

18-24 Months Story Time (9:30 a.m.) and Preschool (3-6 yrs. old) Story Time (10:30 a.m.) will take a break and start back up on Thursday, Jan. 10. Join us in 2019 for stories, crafts and fun!

Trivia Night – second Wednesday of the month at 6 p.m.

Test your knowledge of sports, history, movies and much more. Refreshments and prizes. Registration required.

Library book clubs

The Afternoon Book Club meets Wednesday, Jan. 16 at 1 p.m. to

OREGON PUBLIC LIBRARY PRESENTS
INTERNET SAFETY
CHIEF DARIN DEHAAN
Thursday January 17th 6:00 PM

Did your kids receive new devices for Christmas this year? Want to know how to keep them safe in an online world. Oregon Police Chief Darin DeHaan will present a safety guide for parents. Learn how to spot the signs of cyber bullying, how old should your child be to have a Facebook, Instagram or Snapchat account. How do you monitor who is following your children online. In an online world, it's ___o'clock, do you know "where" your children are?

AT OREGON PUBLIC LIBRARY

Join Oregon Police Chief Darin DeHaan at the Oregon Public Library on Thursday, January 17. Registration requested.

discuss Manhattan Beach by Jennifer Egan. The In-Between Book Club will meet on Wednesday, Jan. 23, at 1:30 p.m. to discuss The Wonder by Emma Donoghue. Books on Tap will meet on Thursday, Jan. 24 at 6 p.m. to discuss The Wonder by Emma Donoghue. The 2nd Wednesday Book Club (2WBC) meets Wednesday, Feb. 13, at 12:30 p.m. at the Library to discuss In the Fall by Jeffrey Lent.

Knit and crochet club

A friendly and dedicated group meets every Monday evening, 6 p.m. at the Library. These crafty people share their time and energy with anyone who enjoys the delights of the yarn. Working on projects can come to a complete halt if someone has a question or a good story to share.

New releases

Colette (Rated R)
Unbroken: Path to Redemption (Rated PG-13)
Christopher Robin (Rated PG)
Sgt. Stubby: An American Hero (Rated PG)
Beautifully Broken (Rated PG-13)
Mickey's Once Upon A Christmas (Rated Christmas)
The House With A Clock In Its Walls (Rated PG)
Mission: Impossible-Fallout (Rated PG-13)
Death Of A Rainmaker by Laurie Loewenstein (Mystery)
In A House Of Lies by Ian Rankin (Mystery)
The Stranger Diaries by Elly Griffiths (Mystery)
Valentine Candy Murder by Leslie Meier (Mystery)
The 6 Keys: Unlock Your Genetic Potential For Ageless Strength, Health, And Beauty by Jillian Michaels (Non-Fiction 612.6 MIC)
Presidents Of War: The Epic Story, From 1807 To Modern Times by Michael Beschloss (Non-Fiction 355.00973 BES)
Brief Answers To The Big Questions by Stephen Hawking (Non-Fiction 500 HAW)

Polo Library News

Recycle Your Plastic

The Library has earned a Trex Yacht Club bench for the library pavilion. We are still accepting plastic bags and other plastic wrap at the Library to benefit the Polo Food Pantry. All plastic must be clean, dry and free of food residue.

Children's Programs

Parents or caregivers must remain in the library if their child is under 8.

School Early Out Program

Wednesday, January 23, 1-2 p.m.
Histories for Kids/Illinois Inventors
Ages 8-12
Registration required

Adult Programs:

Pinterest Party
Tuesday, February 5, 6-7 p.m.
Activity: Suet Bird Feeder
Registration is required for this program

Book Discussion Groups

Extra books are always available for these discussions. Please check one out and join us.

Afternoon Book Club at the Library

Monday, January 28, 1:30-2:30 p.m.
Selection: White Teeth by Zadie Smith

Friday Book Discussion at the Library

Friday, Jan. 25, 1:30-2:30 p.m.
Selection: American Fire by Monica Hesse

New to the Collection

The following list is a small sampling of the new items available at the Library. Come in and check out our new books and other items on display located in each section of the library. Visit our website (polo-library.org) and view the carousel, or come in to browse the new sections in our bookcases.

Adult Fiction

The Incendiaries by R.O. Kwon

Large Print

A Daring Venture by Elizabeth Camden

Rock River Center representative

Wednesday, Jan. 23, 10 a.m.-noon.

The Rock River Center provides a caseworker to answer questions about Medicare, insurance, home care and anything else to do with caring for the older population. No appointment necessary. They will return every 4th Wednesday of each month.

Library Closed

Monday, Jan. 21, Martin Luther King Day

The LIFE office is located at
311 West Washington Street, Oregon.
Open Monday-Wednesday,
8:30 a.m. - 4 p.m.
Thursday, 8:30 a.m.-noon.
The office is Closed Fridays

Julia Hull Library News

Light Up Your Winter...Read!

Illuminate the dark, cold days of winter with a good book for our 2019 Winter Reading Challenge! The process is easy: read a book, complete a review form, and enter to win prizes! Drawings are held weekly. Complete 5 review forms by February 28, and be entered to win our grand prize: a gift certificate to Octane Interlounge in Rockford! Photograph one of the books you're reading, share it on Facebook or Instagram with the #juliahulldistrictlibrary, and you'll receive one additional grand prize entry! Adults only. Through Feb. 28!

The Day the Crayons Quit Storytime

Join us Saturday, Jan. 19 at 10 a.m. for a colorfully good time featuring The New York Times Bestselling book series, The Crayons, by Drew Daywalt. We'll read colorful stories, sing chromatic songs, and

make a craft that embraces every crayon in the box! The costumed character, Pea Green Crayon, from The Day the Crayons Came Home, will join us for fun and photos. Bring a camera! All ages. Registration required: 815-645-8611.

Planning Your Greek Vacation

Opa! Let's head someplace sunny, warm and filled with adventure. On Monday, Jan. 28 at 6 p.m., Veteran European travelers, Joanna and Wayne, are back with tips for must-see sights, must-eat foods, and must know insights to make sure you get the most out of your Greek travels. Registration required: 815-645-8611.

Teen Crafternoon: Bad Art Challenge

After school Tuesday, Jan. 29, 2:45-4:45 p.m., come snack and create a painting, mobile, book, sculpture – any kind of

art you want. Just as long as it's bad. Really, really bad. The Best Bad Art will be awarded The Bad Trophy. All supplies provided. Ages 13-18. Registration required: 815-645-8611.

Tween Scene: Whodunit?

On Tuesday, Feb. 5 at 6 p.m., head to the scene of the crime and solve the murder at this immersive game that makes everyone a part of the mystery! After signing up, Tweens will be given a character to play and a part to act out. Dressing in character attire is encouraged! Ages 10-12. Registration required: 815-645-8611.

The Colorful History of the Little Black Dress

Versatile, dependable, and affordable, the Little Black Dress, or "LBD," has become the fashion equivalent of a Model T

Ford. In this illustrated lecture, historian Leslie Gooddard, Ph.D., explores the history of this fashion icon. Learn how Chanel helped dissociate black from mourning; how Audrey Hepburn helped establish the LBD; and how it has been reinvented by everyone from Betty Boop to Prada. Monday, Feb. 25 at 6:30 p.m. Registration required: 815-645-8611.

Weekly Storytimes

Are you looking to connect with other caregivers, and engage your child in learning that's fun, imaginative and hands-on? Please join us for Babies & Books (ages 0-24 months), Wednesdays at 10 a.m.; Terrific Ts! (ages 2-3 years), Fridays at 10 a.m.; and Big Kid Storytime (ages 4-6 years), Thursdays at 10 a.m. Storytimes meet weekly and no registration is required.

Byron Library News

Special Hours

The Byron Library will be closed on Monday, Jan. 21 for a staff training day. We will re-open with our regular hours on Tuesday, Jan. 22.

Library Madness

January 9-Feb. 28
3:45-4:45 p.m.
Wednesdays: 3rd-5th graders
Art, science experiments, engineering challenges and LEGO building fun for grade school students. Please call 815-234-5107 to register.

Library Dance Party

Monday, Jan. 14
10-10:45 a.m.
Ages: 18 months-5 years, with caregiver
Join us for a monthly music and movement program! Explore new music and move with shakers, scarves, and ribbon wands. Please call 815-234-5107 to register.

Everything eBay with Sharon Wagner

Wednesday, Jan. 16, 1:30-3 p.m.
Sharon's successful techniques will have you selling and buying merchandise on eBay - the world's largest online marketplace – as well as learning her useful tips and tricks. Participants need to have an active eBay account for this class. If you need assistance setting up an account, please call the library to schedule an appointment beforehand. Please call 815-234-5107 to register and if you need assistance setting up an eBay account.

Chess Enthusiasts
Saturday, Jan. 19
1-4 p.m., Ages: 7 years and up
Come work on your chess strategy and learn a new move or two. Drop in anytime between 1 p.m. and 3 p.m. to begin playing. Beginners welcome! Please call 815-234-5107 to register.

Pete the Cat Party

Tuesday, Jan. 22
6-7 p.m.

Ages: 2-8 years, with caregiver
A fun-filled evening featuring everyone's favorite groovy guy – Pete the Cat. Join us for stories, activities and crafts, and a chance to meet and take your photo with Pete! Please call 815-234-5107 to register.

Super Bowl LIII Scoop presented by Sean Considine

Monday, Jan. 28
4:30-5:30 p.m.
What does it take for a team to get to the Super Bowl? What makes an underdog? How are the odds determined? What do the referee calls mean? Sean will give the scoop on everything football to prepare you for this year's Super Bowl. Novice football watchers and devoted fans alike will enjoy Sean's stories and professional knowledge.

Prairie State Legal: Know Your Rights presentation with one-on-one appointments to follow: Domestic Violence and Orders of Protection presented by Attorney Leann Duncan
Tuesday, Feb. 5
1-1:20 p.m.

After the Know Your Rights presentation, individuals can meet with a lawyer at no cost to discuss civil legal issues such as: problems with their landlord, clearing criminal records, orders of protection and divorce for domestic violence victims, bankruptcy, housing discrimination, problems with SNAP/TANF/Medicaid, social security overpayments, getting guardianship of a minor or disabled adult. Each individual will go through an eligibility screening before talking to an attorney for free. Prairie State cannot help with criminal defense, traffic cases, personal injury, workmen's compensation, or immigration cases. Appointments can be scheduled ahead of time, by calling 815-965-2902. Walk-ins will be seen on a first-come, first-served basis.

Meet the Author: Heather Bentley, Author of Sweetest Heartbreak
Friday, Feb. 8, 10-11 a.m.
Heather is the 2018 winner of the

Soon to Be Famous Author Project, awarded and judged by librarians. Prior to the presentation, checkout a copy of her book at the library or read it digitally – available for free on Biblioboard. Join Heather in a discussion of her romance novel, described as "when naïve, humble and beautiful meets arrogant, brash and handsome." A sizzling discussion awaits! Please call 815-234-5107 to register.

Sweet Treats

Friday, February 8
10-11 a.m. – ages 5-9 years
1:30-2:30 p.m. – ages 10-14 years
Create and decorate Valentine themed treats. Please call 815-234-5107 to register.

Library Dance Party

Monday, Feb. 11
10-10:45 a.m.
Ages: 18 months-5 years, with caregiver
Join us for a monthly music and movement program! Explore new music and move wit shakers, scarves, and ribbon wands. Please call 815-234-5107 to register.

Head Strong: Exercise Strategies to Enhance Memory and Thinking Presented by Karla Belzer, Extension Educator

Wednesday, Feb. 13
1:30-2:30 p.m.
Are you headstrong about keeping your head strong? Challenging the brain with puzzles and games can be very beneficial, especially as we grow older. Join us as we learn about memory and aging and explore several exercise strategies to enhance thinking. Please call 815-234-5107 to register.

Messy Art Monday

Monday, Feb. 18
10-11 a.m.
Ages: K-5th Grade
Head to the library for some messy and fun art projects! Please call 815-234-5107 to register.
Please register for all programs by calling 815-234-5107.

Mount Morris Library News



Storytime for Little People and Big Kid Book Club at 11:15 a.m., Wednesday, Jan. 16

Little People Storytime and Big Kid Book Club – Starting with some Winter fun!

New at the Library

Repair of CD's and DVD's for patrons! Starting on Jan. 1, we will offer repairs/cleaning for CD's and DVD's for the low cost of \$1 per disc. Come in and read through the policy and let us help you clean up your favorite music and movies!

Lego Club meets Monday, Jan. 14 at 5:45 p.m.

See you there!

Local Author, Len Levinson to speak Jan. 20 at 2 p.m.

"How and Why I wrote Web of Doom" – presented by Local author, Len Levinson. The story of how this new pulp fiction book came to be written by our own "trash" king! Len Levinson is always entertaining with his stories about his life as a

writer! Come enjoy the new story of writing and publishing WEB OF DOOM.

Paws and Tales Reading Buddy – Jan. 18 at 2 p.m.

Noah's Ark Paws and Tales Reading Buddy This is a "Build-a-bear" type workshop for kids ages 4 and up. We are limited to 20 participants so you MUST SIGN UP. We are charging \$5 for material fees. When you sign up and pay your fee, you can choose your Reading Buddy. Call the library for further information.

Illinois Veterans' History Project

In January, we will begin collecting information from our local area veterans for the Illinois Veterans History Project. This is an easy program designed to preserve the history of our local vets.

The Library Board of Trustees meets on Wednesday, Jan. 16 at 7 p.m. All meetings are open to the public.

TV WEEKLY

Tuesday, January 15 through Monday, January 21

Soap Opera Update

THE BOLD AND THE BEAUTIFUL

Brooke was overcome with emotion seeing her granddaughter, Beth, for the first time. Reese was sweating bullets after the thug warned him to pay up or lose Zoe. Reese suggested that Zoe ask Xander to move in with her. Brooke gave Ridge some advice on how to be a good step-parent. Eric and Quinn hosted a gathering of their family and friends. Zoe expressed her concern about Reese to Xander. Steffy felt guilty that Liam had been delayed in getting to Catalina Island to be with Hope and Beth. Reese unraveled even more when he received another threatening text, this one with a recent picture of Zoe attached. A mature Steffy offered Hope advice and friendship. Wait to See: Thorne feels left out when Will asks Katie if she still loves Bill.

DAYS OF OUR LIVES

Ciara questioned her relationship with Ben. Jack ran into Kayla and discovered a dark moment from his past. Xander tried to get back into Victor's good graces with a valuable gift. Julie helped Chad plan a special date with Abigail. Kate urged Chad to take over the family business. Abigail and Ciara had a heart-to-heart about Ben. Hope persuaded Ted to represent Stefan. JJ blasted Gabi for her lies. Ciara got Claire to confess her and Ben's deception. Leo met Xander for the first time and was immediately smitten. Ben and Ciara broke up. JJ realized that Haley was keeping something from Kayla. Eric revealed he'd made a decision about Holly's custody case. Wait to See: Chad surprises Abigail with a special dinner with her family.

GENERAL HOSPITAL

Sam was very concerned about Kristina. Josslyn gave Oscar her full support. Kim met with Terry. Drew called out Julian on his actions. Ryan checked on Laura. Alexis cleared the air. Kim returned to Oscar's hospital room. Jordan told Margaux everything she knew. Ned was compassionate. Drew and Sam found a way to help one another. Alexis stated her case. Lulu told Peter about her chat with Margaux. Anna got a second chance. Elizabeth received some good news. Finn reconnected with Alexis. Olivia put her doubts aside. Franco startled Ava. Griffin ran into Sonny at the chapel. Kim and Drew thought about their future. Valentin made a romantic gesture. Wait to See: Jason warns Drew about Shiloh.

(See C-10)

Weekdays Daytime		Insight Communications Oregon-Byron Polo																				January 15, 2019					
		7 AM	7:30	8 AM	8:30	9 AM	9:30	10 AM	10:30	11 AM	11:30	12 PM	12:30	1 PM	1:30	2 PM	2:30	3 PM	3:30	4 PM	4:30	5 PM	5:30	6 PM	6:30		
WTTW	2	Curious	Wild	Nature	Pink	Go Luna	Tiger	Tiger	Sesame	Sesame	Splash	Dino	Tiger	Nature	Peg	Pink	Arthur	Go Luna	Nature	Wild	Wild	Odd	Odd	PBS NewsHour			
WREX	3	Today					Today Third Hour		Today With Kathie Lee & Hoda		The Doctors		13 News at Noon	Days of our Lives		Steve	Millionaire	Jeopardy!	Jeopardy!	Dr. Phil		13 News at Five	Nightly News	13 News at Six	Wheel Fortune		
WTVO	4	Good Morning America					Live with Kelly and Ryan		The View		Rachael Ray		GMA Day		General Hospital		The Dr. Oz Show		Family Feud	Family Feud	Judge Judy	Judge Judy	Eyewitness	World News	Eyewitness	Ent. Tonight	
WIFR	5	CBS This Morning					Morning Blend	Paid Program	The Price Is Right		The Young and the Restless		23 News at Noon	Bold	The Talk		Let's Make a Deal		Pickler & Ben		The Ellen DeGeneres Show		23 News at Five	Evening News	23 News at Six	Last Man	
WQRF	6	Eyewitness		Eyewitness		Joyce	Paid	Hatchett	Judge	Judge Mathis	Divorce	Divorce	Paid	Paid	Face	Face	Maury	Mom		Mom	Two	Two	Theory	Theory			
CW	15	Paid	Paid	The Real		The 700 Club		The Dr. Oz Show		Dateline		Wendy Williams		Fam	Divorce	Caught	Caught	Jerry Springer		Jerry Springer		Fam	Fam	Fam	Mod		
WHA	21	Nature	Curious	Go Luna	Tiger	Tiger	Pink	Sesame	Splash	Dino	Cat in	Sesame	Super	Varied Programs				Odd	Arthur	Arthur	News	PBS NewsHour					
WQPT	48	Pink	Tiger	Tiger	Go Luna	Ready	Wild	Nature	Curious	Varied Programs				Chicago	Varied	Sesame	Odd	Odd	Wild	Curious	Nature	Arthur	Chicago	Varied	News		
ESPN	7	Get Up					First Take			SportsCenter		Outside	NFL Live		NBA: The Jump		Noon	Ques	Around	Pardon	SportsCenter		Varied Programs				
CNN	8	New Day			CNN Newsroom		CNN Newsroom		At This Hour-Kate		Inside Politics		Brianna Keilar		CNN Newsroom		CNN Newsroom		Jake Tapper		Situation Room		Situation Room		E. B. OutFront		
CNBC	9	(5:00) Squawk Box		Squawk on Street		Varied Programs		Squawk Alley		Fast Money		The Exchange		Power Lunch		Closing Bell		Varied Programs		Fast	Varied	Mad Money		Shark Tank			
AMC	10	Paid	Paid	Varied Programs																							
LIFE	12	Unsolved Mystery		Unsolved Mystery		Unsolved Mystery		Celeb.-Swap		Celeb.-Swap		Celeb.-Swap		Wife	Varied	Grey's Anatomy		Grey's Anatomy		Grey's Anatomy		Varied Programs					
WGN-A	18	Creflo	Paid	Murder, She ...		Murder, She ...		Murder, She ...		Heat of the Night		Heat of the Night		Heat of the Night		Heat of the Night		Blue Bloods		Blue	Varied	Blue	Varied Programs				
NICK	28	PAW	Peppa	Bubble	PAW	Abby	PAW	Bubble	Top	PAW	But	PAW	Blaze	PAW	PAW	Sponge.	Sponge.	Sponge.	Sponge.	Loud	Loud	Loud	Loud	Henry	Henry		
DISN	24	Roads	PJ	Puppy	Puppy	Muppet	Vampir	Fancy	Vampir	PJ	PJ	Puppy	Puppy	Duck	Big City	Varied Programs		Raven	Raven	Varied Programs		Bunk'd		Coop			
FREE	25	Reba	Reba	700	700	The 700 Club		Movie		Varied Programs		Middle	Middle	Middle	Middle	Varied Programs		Movie									
A&E	29	First 48	Varied	First 48	Varied	Varied Programs								First 48	Varied	First 48	Varied	First 48	Varied Programs								
USA	29	Chicago	Varied Programs							Law & Order: SVU		Law & Order: SVU		Law & Order: SVU		Law & Order: SVU		Law & Order: SVU		Law & Order: SVU		Law & Order: SVU		Varied Programs			
TNT	30	Charmed		Charmed		Supernatural		Supernatural		Supernatural		Supernatural		Supernatural		Varied Programs											
BET	31	Browns	Browns	Browns	Browns	Payne	Payne	Payne	Payne	Payne	Payne	Payne	Payne	Payne	Payne	Movie	Varied Programs										
PARMT	32	Bar Rescue		Bar Rescue		Rescue		Varied		Bar Rescue		Bar Rescue		Bar Rescue		Two	Two	Two	Two	Mom	Mom	Mom	Mom	Mom	Varied	Friends	Friends
DISC	34	Varied Programs																									
UNIV	35	(6:00) ¡Despierta América!							Qué bonito amor		Notici	Vecinos	Dice el Dicho		Tenías que ser tú		En tierras salva		Gordo Flac		Primer Impacto		Lucho	Notici	Rosa Guadalupe		
HIST	36	Varied Programs																									
BRAVO	37	Varied Programs																									
HGTV	39	Varied Programs								Fixer Upper		Varied Programs															
WTBS	40	King	King	Seinfeld	Seinfeld	Friends	Friends	Friends	Friends	Friends	Friends	Friends	Friends	Friends	Friends	Friends	Friends	Amer.	Amer.	Amer.	Amer.	Family	Family	Burgers	Burgers		
FOXN	41	FOX and Friends		America's Newsroom				Outnumbered				Outnumbered		The Daily Briefing		Shepard Smith		Neil Cavuto		The Five		Special Report		The Story			
ANPL	42	Too Cute!		Animal Cops		Animal Cops		My Cat From Hell		Dr. Dee: Alaska		Dr. Jeff: RMV		Pit Bulls-Parole		Pit Bulls-Parole		Varied Programs									
TLC	43	Varied Programs																									
TVLAND	44	Paid	Paid	Griffith	Griffith	Griffith	Griffith	Bonanza	Varied	Guns.	Varied	Guns.	Varied	Guns.	Varied	Guns.	Varied	Griffith	Griffith	Griffith	Griffith	MASH	MASH	MASH	MASH		
COM	45	Varied Programs								Futurama		Futurama		Futurama		Varied Programs											
EI	46	Pro	Pro	Pro	Pro	Below Deck -		The Kardashians		Varied Programs						The Kardashians		Busy	Busy	Varied Programs				Botched-Nature			
HALL	47	Golden	Golden	Golden	Golden	Home & Family				Home & Family				Movie				Movie				Winterfest Movie Countdown					
MSNBC	49	(5:00) Morning Joe		MSNBC Live		MSNBC Live		MSNBC Live		Andrea Mitchell		MSNBC		MSNBC Live		MSNBC Live		Deadline: White		MTP Daily		The Beat With		Hardball Chris			
FOOD	52	Paid	Paid	Paid	Pioneer	Varied Programs						Pioneer	Pioneer	Varied Programs													
EWTN	53	Daily Mass - Olam		Varied Programs		Mother		Varied		Women	Rosary	Daily Mass - Olam		Varied Programs		Chaplet		Rosary	Varied Programs				When	News	Varied	Mass	Varied
FX	54	(6:00) Movie		Varied Programs						Mother	Mother	Mother	Mother	Mike	Mike	Mike	Movie	Varied Programs						Movie			
TRUTV	55	Varied Programs														Jokes	Jokes	Varied Programs				Jokers	Jokers	Jokers	Jokers		
OXY	56	Varied Programs																									

Tuesday Evening January 15, 2019. Table with columns for time slots (7 PM to 11:30) and rows for various TV channels (WTTW, WREX, WTVO, etc.) listing program titles and times.

Wednesday Evening January 16, 2019. Table with columns for time slots (7 PM to 11:30) and rows for various TV channels (WTTW, WREX, WTVO, etc.) listing program titles and times.

Thursday Evening January 17, 2019. Table with columns for time slots (7 PM to 11:30) and rows for various TV channels (WTTW, WREX, WTVO, etc.) listing program titles and times.

Friday Evening January 18, 2019. Table with columns for time slots (7 PM to 11:30) and rows for various TV channels (WTTW, WREX, WTVO, etc.) listing program titles and times.

Saturday Daytime

Insight Communications
 Oregon-Byron Polo

January 19, 2019

	7 AM	7:30	8 AM	8:30	9 AM	9:30	10 AM	10:30	11 AM	11:30	12 PM	12:30	1 PM	1:30	2 PM	2:30	3 PM	3:30	4 PM	4:30	5 PM	5:30	6 PM	6:30
WTTW	2	Pink	Pink	Tiger	Tiger	Wild Kratts	This Old House Hr	Jamie	Table	Cook	Saman	Curious	Simply	Kitchen	Kitchen	Cooking	Martha	Milk	Check	Mexico	R.	Week	Wash	
WREX	3	6	Today (N) (In Stereo)	TBA	The Voyager	Earth Odyssey	Con-sumer	Naturally	Saving Pets	Premier League Soccer: Arsenal FC vs Chelsea FC. (N) (In Stereo Live)	Goal Zone	LPGA Golf							Ski	TBA	Nightly News	13 News at Six	TBA	
WTVO	4	5	Good Morning America (N)	Jack Hanna	Ocean Treks	Rescue Heroes	Dr. Scott	Rock the Park	Vacation Creation	Kids News	Paid Program	GS: Class of 1977	World of X Games (N)	NBA	NBA Basketball: Oklahoma City Thunder at Philadelphia 76ers. (N) (Live)				Judge Judy	World News	Eyewitness	Bergstrom		
WFR	5	3	(6:00) CBS This Morning: Saturday	Lucky Dog (N)	Dr. Chris	Innovation Nat	The In-spectors	Hope in the Wild	Tails of Valor (N)	College Basketball: Florida at Georgia. (N) (In Stereo Live)	College Basketball: Cincinnati at Wichita (In Stereo Live)	College Basketball: UCLA at USC. (N) (In Stereo Live)	TBA	CBS News	Paid Program	Discover WI								
WQRF	6	12	Animal	Pets.TV	Animals	Wild	Paid	Paid	Paid	TBA	Inside PBC	Tip-Off	College Basketball: Indiana at Purdue.	Hoops	College Basketball							Sports	Theory	Theory
CW	15	Paid	Paid	Ready-Wildlife	This Old	Wel	Ready-Inven	Paid	Paid	*** "Starky & Hutch" (2004)	*** "We Need to Talk About Kevin"	Bones (In Stereo)	Bones (In Stereo)	Inside	Bensin									
WHA	21	2	Pink	Curious	Go Luna	Nature	Sewing	Quilt Art	Greener	Woods.	Pépin	Martha	Mexican Move	Lidia	Cook	Antiques	Old	House	Foodie	Around	Lawrence Welk	Keep Up	Time/By	
WQPT	43	Pink	Curious	Go Luna	Nature	Ready	Wild	Sew	Quilting	Antiques	My Mother	Doctor Blake	Arthur & George	Grantchester	Back	R.	Lawrence Welk	Lawrence Welk						
ESPN	7	24	SportsCenter	SportsCenter	SportsCenter	College GameDay	College Basketball: Teams TBA. (N)	College Basketball: Teams TBA. (N)	College Basketball: Teams TBA. (N)	College Basketball: Teams TBA. (N)	College Basketball: Teams TBA. (N)	College Basketball: Teams TBA. (N)	College Basketball: Teams TBA. (N)	College Basketball: Teams TBA. (N)	College Basketball: Teams TBA. (N)	College Basketball: Teams TBA. (N)	College Basketball: Teams TBA. (N)	College Basketball: Teams TBA. (N)	College Basketball: Teams TBA. (N)	College Basketball: Teams TBA. (N)	College Basketball: Teams TBA. (N)	College Basketball: Teams TBA. (N)	College Basketball: Teams TBA. (N)	College Basketball: Teams TBA. (N)
CNN	8	26	New Saturday	Smerconish (Live)	CNN Newsroom	CNN Newsroom	CNN Newsroom	CNN Newsroom	CNN Newsroom	CNN Newsroom	CNN Newsroom	CNN Newsroom	CNN Newsroom	CNN Newsroom	CNN Newsroom	CNN Newsroom	CNN Newsroom	CNN Newsroom	CNN Newsroom	CNN Newsroom	CNN Newsroom	CNN Newsroom	CNN Newsroom	CNN Newsroom
CNBC	9	Paid	Paid	Paid	Paid	Barclays Premier League																		
AMC	10	19	Rifleman	Rifleman	*** "Enemy of the State" (1998, Suspense)	Will Smith.	*** "I Am Legend" (2007) Will Smith.	*** "Deep Impact" (1998, Drama)	Robert Duvall.	*** "Twister" (1996, Action)	Helen Hunt.	"Gravity" (2013)												
LIFE	12	22	Paid	Paid	Paid	Paid	Married-Sight	"Lizzie Borden Took an Ax" (2014)	** "The Stepfather" (2009)	"My Mother's Split Personalities"	"Girl in the Bunker" (2017, Suspense)													
WGN-A	13	9	Paid	Paid	MASH	MASH	MASH	MASH	MASH	MASH	MASH	MASH	MASH	MASH	MASH	MASH	MASH	MASH	MASH	MASH	MASH	MASH	MASH	MASH
NICK	23	16	PAW	PAW	Sponge.	Turtles	Sponge.	Sponge.	Sponge.	Rangers	Sponge.	Sponge.	Sponge.	Sponge.	Sponge.	Sponge.	Sponge.	Sponge.	Sponge.	Sponge.	Sponge.	Sponge.	Sponge.	Sponge.
DISN	23	28	Big City	Big City	Raven	Andi	Bizaard	Coop	"Adventures in Babysitting"	Coop	Coop	Jessie	Jessie	Bizaard	Coop	Stuck	Stuck	Raven	Raven	Raven	Bunk'd	Bunk'd	Bunk'd	Bunk'd
FREE	23	31	*** "Dr. Seuss' the Lorax" (2012)	*** "Shrek" (2001, Children's)	*** "Mulan" (1998)	Voices of Ming-Na Wen.	*** "The Game Plan" (2007, Children's)	*** "Tarzan" (1999, Children's)	"Wreck-It Ralph"															
A&E	23	30	Flipping Vegas	Flipping Vegas	Zombie Flip	Zombie Flip	The First 48	The First 48	Live PD	Live PD -- 01.27.18" (In Stereo)	Live PD	Live PD -- 01.11.19" (In Stereo)												
USA	23	18	PAID	PAID	*** "The Fast and the Furious" (2001, Action)	"The Fast and the Furious: Tokyo Drift" (2006)	*** "Fast & Furious" (2009, Action)	*** "Fast Five" (2011, Action)	Vin Diesel.	*** "Olympus Has Fallen"														
TNT	30	17	NCIS: N.O.	NCIS: N.O.	*** "Blackhat" (2015)	Chris Hemsworth.	** "3 Days to Kill" (2014)	Kevin Costner.	*** "Red" (2010, Action)	Bruce Willis.	*** "Red 2" (2013, Action)	Bruce Willis.												
BET	31	Prince	Prince	Prince	Prince	Prince	Martin	Martin	Martin	Martin	Martin	Martin	Martin	Martin	Martin	Martin	Martin	Martin	Martin	Martin	Martin	Martin	Martin	Martin
PARMT	32	25	Paid	Paid	*** "The Shawshank Redemption" (1994, Drama)	Tim Robbins.	*** "Forrest Gump" (1994, Comedy-Drama)	Tom Hanks.	*** "Big" (1988, Children's)	Tom Hanks.	"Forrest Gump" (1994)													
DISC	32	13	Chasin'	Battle	MythBusters	MythBusters	MythBusters Jr.	Garage Rehab	Jacob's Automotive"	Garage Rehab	Barrett-Jackson Live (In Stereo)	Barrett-Jackson Live (N) (In Stereo)												
UNIV	33	Planeta de niños	Atención	Atención	Naturaleza	Pro	Pro	Pro	Pro	Despierta	Cuéntamelo ya	Vecinos	Vecinos	Renta	Renta	Nosotr.	Nosotr.	María	Notici	Dice el Dicho				
HIST	33	To Be Announced																						
BRAVO	37	Backyard Envy	For	For	For	Lake	Lake	Tiny House Nation	Tiny House Nation	Tiny House Nation	Tiny House Nation	Backyard Envy	Million Dollar	Million Dollar	Million Dollar	Million Dollar	Million Dollar	Million Dollar	Million Dollar	Million Dollar	Million Dollar	Million Dollar	Million Dollar	Million Dollar
HGTV	37	Fixer Upper	Fixer Upper	Fixer Upper	Fixer Upper	Fixer Upper	Fixer Upper	Fixer Upper	Fixer Upper	Fixer Upper	Fixer Upper	Fixer Upper	Fixer Upper	Fixer Upper	Fixer Upper	Fixer Upper	Fixer Upper	Fixer Upper	Fixer Upper	Fixer Upper	Fixer Upper	Fixer Upper	Fixer Upper	Fixer Upper
WTBS	40	8	King	King	King	*** "Ocean's Thirteen" (2007, Comedy-Drama)	*** "Ocean's Twelve" (2004)	George Clooney.	*** "Ocean's Eleven" (2001)	George Clooney.	*** "Focus" (2015, Comedy-Drama)	Will Smith.	Theory											
FOXN	41	11	(5:00) FOX and Friends Saturday	Cavuto Live (N) (Live)	America's News Headquarters	News HQ	Journal Editorial	News HQ	America's News Headquarters	Fox Report														
ANPL	42	28	Tanked (In Stereo)	Tanked (In Stereo)	Tanked (In Stereo)	Tanked (In Stereo)	Tanked (In Stereo)	Tanked (In Stereo)	Tanked (In Stereo)	Tanked (In Stereo)	Pit Bulls-Parole	Pit Bulls-Parole	Pit Bulls-Parole	Pit Bulls-Parole	Pit Bulls-Parole	Pit Bulls-Parole	Pit Bulls-Parole	Pit Bulls-Parole	Pit Bulls-Parole	Pit Bulls-Parole	Pit Bulls-Parole	Pit Bulls-Parole	Pit Bulls-Parole	Pit Bulls-Parole
TLC	43	Extreme	Extreme	Extreme	Extreme	Extreme	Extreme	Stories of the ER	Stories of the ER	Stories of the ER	Stories of the ER	Stories of the ER	Stories of the ER	Say Yes	Say Yes	Say Yes	Say Yes	Say Yes	Say Yes	Say Yes	Say Yes	Say Yes	Say Yes	Say Yes
TVLAND	43	Rose.	Rose.	Rose.	Rose.	Rose.	Rose.	Rose.	Rose.	Rose.	Rose.	Rose.	Rose.	Two	Two	Two	Two	Two	Two	Two	Two	Two	Two	Two
COM	45	'70s	'70s	'70s	That '70s Show	'70s	'70s	'70s	'70s	'70s	Office	Office	Office	Office	Office	Office	Office	Office	Office	Office	Office	Office	Office	Office
E!	45	Pro	Pro	Pro	Pro	Below Deck -	The Kardashians	Very Cavallari	Very Cavallari	Summer House	Summer House	Hollywood M.	Lady	Nightly	Cuidate de la	Cuidate de la								
HALL	47	"The Sweeter Side of Life" (2013)	Winterfest Movie Countdown	"The Perfect Bride" (2017, Romance)	"The Perfect Bride: Wedding Bells"	Winterfest Movie Countdown	Winterfest Movie Countdown																	
MSNBC	49	Up with David	Up with David	AM Joy (N)	Weekends-Witt	Weekends-Witt	MSNBC Live with	MSNBC Live	MSNBC Live	MSNBC Live	PoliticsNation (N)	Deadline: White	Hardball Chris											
FOOD	52	Con	Giada	Trisha's	Trisha's	Pioneer	Pioneer	The Kitchen	Trisha's	Guy's	Kids Baking	Winner Cake All	Chopped	Chopped	Chopped	Chopped	Chopped	Chopped	Chopped	Chopped	Chopped	Chopped	Chopped	Chopped
EWTN	59	Daily Mass - Olam	Bugtime	With Je	Cat	At Home	Bob	Rosary	Daily Mass - Olam	Reli	Bkrmk	EWTN	Divine	Rosary	Communion	One Life L.A. (N)	Daily Mass - Olam							
FX	54	5	*** "Gone Girl" (2014, Mystery)	Ben Affleck.	** "The Purge" (2013)	Ethan Hawke.	** "The Purge: Anarchy" (2014)	*** "The Purge: Election Year" (2016, Action)	*** "Now You See Me" (2013)	(In Stereo)														
TRUTV	59	Funniest	Funniest	Jokes	Jokes	Jokes	Jokes	Jokes	Jokes	Jokes	Jokes	Jokes	Jokes	Jokes	Jokes	Jokes	Jokes	Jokes	Jokes	Jokes	Jokes	Jokes	Jokes	Jokes
OXY	65	The Backyard	The Backyard	Dateline: Secrets	Dateline: Secrets	Dateline: Secrets	Dateline: Secrets	Dateline: Secrets	Dateline: Secrets	Serial Killer	Serial Killer	Serial Killer	Serial Killer	Serial Killer	Serial Killer	Serial Killer	Serial Killer	Serial Killer	Serial Killer	Serial Killer	Serial Killer	Serial Killer	Serial Killer	Serial Killer

Sunday Daytime

Insight Communications
 Oregon-Byron Polo

January 20, 2019

	7 AM	7:30	8 AM	8:30	9 AM	9:30	10 AM	10:30	11 AM	11:30	12 PM	12:30	1 PM	1:30	2 PM	2:30	3 PM	3:30	4 PM	4:30	5 PM	5:30	6 PM	6:30
WTTW	2	Curious	Arthur	Go Luna	Nature	Wild	Wild	Odd	Odd	Portraits	Hoover	Mexican	Lidia	Taste	Belton	Variety	Variety	The Miniaturist	Week	Downton	Abbey (In Stereo)	Death in Paradise		
WREX	3	6	Think Big	13 Cares	Sunday Today	With Willie Geist	Meet the Press (In Stereo)	Real Estate	Paid Program	TBA	NHL Hockey: Washington Capitals at Chicago Blackhawks. (N) (In Stereo Live)	LPGA Golf							Ski	TBA	Nightly News	*** "Minions" (2015, Children's)		
WTVO	4	5	Good Morning America (N)	This Week With George ...	Good Day Stateline	Robert Jeffress	Paid Program	Kids News	Paid Program	Built to Last	Home-owner	Homes/ Estates	Open House	To Be Announced					Family Feud	Family Feud	Eyewitness	World News	America's Funniest Home Videos	
WFR	5	3	Paid Program	Church	CBS News Sunday Morning	Face the Nation (In Stereo)	Church	Pro Pulling League (In Stereo)	Bull Riding	To Be Announced											The NFL Today	NFL Football		
WQRF	6	12	Sports	Career	Fox News Sunday	Paid	Dog	Pets.TV	Wild	NFL Chase	FOX NFL Kickoff	FOX NFL Sunday	NFL Football	NFL	Paid	Simpson	Burgers							
CW	15	Paid	Paid	Worship	Rev.	Paid	Paid	Paid	Paid	Paid	Paid	Paid	Raw	Whack	Extra (In Stereo)	Fam	Fam	Fam	Fam	Fam	Mod	Mod	Theory	Theory
WHA	21	2	Pink	Curious	Go Luna	Nature	Wash	Here Nw	Over	Market	Finding-Roots	Chasing Shack	Father Brown	Doc Martin	To Be Announced						Around	Wiscon	Animal Su	
WQPT	43	Pink	Curious	Go Luna	Nature	Ready	Arthur	Woods.	Wood	House	Old	R.	Adv'ture	Milk	Lidia	Kitchen	Cook	Martha	Cooking	The Ci	Rey	Antiques	Finding-Roots	
ESPN	7	24	SportsCenter	SportsCenter	SportsCenter	SportsCenter	SportsCenter	Postseason NFL Countdown (N) (Live)	UFC Fight Night: Prelims	UFC Main Event	SportsCenter (N) (Live)	Basket												
CNN	8	26	Inside Politics (N)	State/Union	Fareed Zakaria	Reliable Sources	State/Union	Fareed Zakaria	CNN Newsroom	CNN Newsroom	CNN Newsroom	CNN Newsroom	CNN Newsroom	CNN Newsroom	CNN Newsroom	CNN Newsroom	CNN Newsroom	CNN Newsroom	CNN Newsroom	CNN Newsroom	CNN Newsroom	CNN Newsroom	CNN Newsroom	CNN Newsroom
CNBC	9	Paid	Paid	Paid	Paid	Paid	Paid	Paid	Paid	Paid	Paid	Paid	Paid	Paid	Paid	Paid	Paid	Paid	Paid	Paid	Paid	Paid	Paid	Paid
AMC	10	19	** "Jaws 3" (1983, Suspense)	Dennis Quaid.	*** "Double Jeopardy" (1999, Suspense)	*** "Twister" (1996, Action)	Helen Hunt.	** "Planet of the Apes" (2001)	Mark Wahlberg.	*** "The Matrix" (1999)														
LIFE	12	22	Am.	Jere	Osteen	Paid	"Deadly Sorority" (2017, Suspense)	"Seduced by My Neighbor" (2018)	"He's Watching" (2018, Drama)	"No One Would Tell" (2018, Drama)	"The Wrong Friend" (2018, Suspense)													
WGN-A	13	9	Youseff	Beyond	Cops	Cops	Cops	Cops	Cops	Cops	Cops	Cops	Cops	Cops	Cops	Cops	Cops	Cops	Cops	Cops	Cops	Cops	Cops	Cops
NICK	23	16	Rangers	Turtles	Sponge.	Sponge.	Sponge.	Sponge.	Sponge.	Sponge.	Sponge.	Sponge.	Sponge.	Loud	Loud	Loud	Loud	Loud	Loud	Loud	Loud	Loud	Loud	Loud
DISN	23	28	Star-For.	Star-For.	Raven	Coop	Bizaard	Jessie	Jessie	Stuck	Stuck	Stuck</												

Saturday Evening		Insight Communications Oregon-Byron (B) Polo										January 19, 2019	
		7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30		
WTTW	2	Doc Martin (N) (S)	Shakespea	Father Brown (S)	Victoria-Master	Victoria & Albert							
WREX	3 (6)	America's Got Talent "The Champions Two" (In Stereo) (S)	The Champions Two" (In Stereo) (S)	Saturday Night Live (N) (In Stereo) (S)	13 News at 10 (N)	Saturday Night Live "Rachel Brosnahan; Greta Van Fleet"							
WTVO	4 (5)	NBA	NBA Basketball: Los Angeles Lakers at Houston Rockets. (N) (Live) (S)	Eyewitness	Bensinger	Castle "That '70s Show" (In Stereo)							
WIFR	5 (3)	NCIS: Los Angeles "Goodbye, Vietnam"	NCIS: New Orleans "Identity Crisis"	48 Hours (N) (In Stereo) (S)	News	Inside the Hud	Rizzoli & Isles "Bassholes" (In Stereo)						
WQRF	6 (12)	The Masked Singer	The Passage "Pilot"	News	Big Bang	Hell's Kitchen	Bones (In Stereo)						
CW	15	AHL Hockey: Rockford IceHogs at Chicago Wolves. (N) (Live)	Dateline (In Stereo)	Raw	Rizzoli								
WHA	21 (2)	800 Words (S)	Doc Martin (S)	Hinterland (S)	Jericho	Soundbreaking (S)							
WQPT	48	Classic Gospel (S)	State	State	Austin City Limits	Speakeasy (S)	Ray	Sun Stud					
ESPN	7 (24)	UFC Fight Night: Prelims	SportsCenter (Live)	SportsCenter (Live)	SportsCenter (Live)								
CNN	8 (26)	CNN Newsroom	American Style (S)	This Is Life	This Is Life								
CNBC	9	Undercover Boss	Undercover Boss	Undercover Boss	Undercover Boss								
AMC	10 (19)	(6:00) "Gravity" (S)	Planet Earth: Dynasties (S)	** "Deep Impact" (1998, Drama)	Robert Duvall. (S)								
LIFE	12 (22)	Escaping the Madhouse	"The Bad Seed" (2018)	Mckenna Grace.	Escaping								
WGN-A	18 (9)	Blue Bloods	Blue Bloods	Blue Bloods	Blue Bloods	Bones (In Stereo)							
NICK	23 (16)	Henry Cousins	Knight Sponge.	Office Office	Friends Friends	Friends Friends							
DISN	23 (28)	*** "Monsters, Inc." (2001)	Coop	Bizaard	Coop	Bizaard	Andi	Stuck	Stuck				
FREE	25 (31)	"Wreck-It Ralph"	*** "The Incredibles" (2004)	Voices of Craig T. Nelson. (S)	"WALL-E" (2008)								
A&E	28 (30)	Live PD: Rewind (N)	Live PD "Live PD -- 01.19.19" (N) (In Stereo Live) (S)	Live PD (In Stereo)									
USA	29 (18)	Olympus Has Fallen	** "London Has Fallen" (2016, Action)	Temptation Island	** "Fast & Furious"								
TNT	30 (17)	** "The Accountant" (2016) Ben Affleck. Premiere.	** "The Accountant" (2016) Ben Affleck.										
BET	31	*** "Creed" (2015, Drama) Michael B. Jordan.	** "Snakes on a Plane" (2006, Suspense)										
PARMT	32 (25)	(5:30) *** "Forrest Gump" (1994) (S)	*** "The Shawshank Redemption" (1994)	Tim Robbins. (S)									
DISC	34 (13)	Expedition Unknown	Expedition Unknown	Expedition Unknown	Expedition Unknown	Expedition Unknown							
UNIV	35	(6:55) Fútbol Mexicano Primera División	Fútbol Mexicano Primera División	María	Noticiero								
HIST	36	*** "Hacksaw Ridge" (2016, War) Andrew Garfield. (S)	Pawn	Pawn	"Hacksaw Ridge"								
BRAVO	37	** "Monster-in-Law" (2005) (S)	** "Monster-in-Law" (2005) (S)	** "Parker" (2013)									
HGTV	39	Love It or List It	Love It or List It	House Hunters	Log	Log	Love It or List It						
WTBS	40 (8)	Big Bang	Big Bang	Big Bang	Big Bang	Full	** "Hercules" (2014)						
FOXN	41 (11)	Watters' World (S)	Justice Judge	Greg Gutfeld	Watters' World (S)	Justice Judge							
ANPL	42 (28)	Pit Bulls-Parole	Pit Bulls-Parole	Hendersons	Pit Bulls-Parole	Pit Bulls-Parole							
TLC	43	Say Yes, Dress	Four Weddings (N) (In Stereo) (S)	Say Yes, Dress	Say Yes, Dress								
TVLAND	44	Two Men Two Men	Two Men Two Men	Two Men Two Men	King	King	King	King					
COM	45	(6:20) ** "Meet the Fockers" (2004)	* "Dirty Grandpa" (2016, Comedy)	Robert De Niro.	Tallad								
E!	46	Famosa	Famosa	Famosa	Famosa	Dr. Miami	Dr. Miami	Rose	Scandals				
HALL	47	Winterfest Movie Countdown (S)	"Love, of Course" (2018, Romance) (S)	"The Perfect Catch"									
MSNBC	49	All In With Chris	Rachel Maddow	The Last Word	The 11th Hour	The Beat With							
FOOD	52	Chopped (S)	Chopped (S)	Chopped (S)	Chopped (S)								
EWNTN	53	Pro-life Mass From Los Angeles (N) (Live)	Don Bosco	Euthanasia									
FX	54 (5)	** "Now You See Me 2" (2016, Adventure)	Jesse Eisenberg.	*** "Gone Girl" (2014)	Ben Affleck.								
TRUTV	55	Jokes	Jokes	Jokes	Jokers	Jokers	Jokers	Jokers	Jokers				
OXY	56	Killers	Serial Killer	Smiley Face Killers	Snapped: Killer	Snapped: Killer							

Sunday Evening		Insight Communications Oregon-Byron (B) Polo										January 20, 2019	
		7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30		
WTTW	2	Victoria-Master	Victoria-Master	Victoria & Albert	Check ...	Interview	Austin City Limits						
WREX	3 (6)	(6:00) *** "Minions" (2015) (S)	Dateline NBC (In Stereo) (S)	13 News at 10 (N) (S)	Outdoors	TBA							
WTVO	4 (5)	America's Funniest Home Videos	Shark Tank (N) (In Stereo) (S) (DVS)	Shark Tank (In Stereo) (S) (DVS)	Eyewitness	Entertainment Tonight (N) (In Stereo) (S)	Wipeout (S)						
WIFR	5 (3)	(5:30) NFL Football: AFC Conference Championship: Teams TBA. (N) (S)	Magnum P.I. "Winner Takes All" (S)	News	Last Man Standing	Last Man Standing	Rizzoli & Isles (S)						
WQRF	6 (12)	Simpsons Burgers	Fam. Guy	Cool Kids	News	Bergs	Mod Fam	GameDay Pr.	Mod Fam				
CW	15	Supergirl (In Stereo)	Charmed (In Stereo)	Big Bang	Big Bang	Mod Fam	Mod Fam	Chicago P.D. (S)					
WHA	21 (2)	To Be Announced	Hillary (In Stereo)	To Be Announced									
WQPT	48	NOVA (In Stereo)	Infinite Hope	Fannie	Thurgood	Marshall	Fight for Right	Gantt					
ESPN	7 (24)	HS Basketball	UFC Top	SportCtr	NFL PrimeTime (S)	SportsCenter (N) (Live) (S)	SportCtr						
CNN	8 (26)	CNN Newsroom	American Style (S)	American Style (S)	American Style (S)	American Style (S)	American Style (S)						
CNBC	9	Shark Tank	Deal or No Deal	Deal or No Deal	The Profit (S)	The Profit (S)							
AMC	10 (19)	(5:00) "The Matrix"	*** "The Matrix Reloaded" (2003)	Keanu Reeves. (S)	Matrix Revol.								
LIFE	12 (22)	"Deadly Match" (2019)	Alyssa Lynch. (S)	Escaping the Madhouse	"Deadly Match"								
WGN-A	18 (9)	Last Man	Last Man	Last Man	Last Man	Last Man	Last Man	Last Man	Married	Married			
NICK	23 (16)	** "Alvin and the Chipmunks" (2007)	Office	Office	Friends	Friends	Friends	Friends	Friends	Friends			
DISN	23 (28)	Hotel	Bizaard	Coop	Andi	Star	Bunk'd	Bizaard	Coop	Stuck	Stuck		
FREE	25 (31)	(6:30) *** "Moana" (2016, Children's)	*** "The Lion King" (1994, Children's)	*** "Pocahontas"									
A&E	28 (30)	*** "Men in Black" (1997, Action) (S)	** "Men in Black II" (2002, Action) (S)	*** "Men in Black"									
USA	29 (18)	Law & Order: SVU	Law & Order: SVU	Law & Order: SVU	Mod Fam	Mod Fam	Mod Fam	Mod Fam					
TNT	30 (17)	** "The Accountant" (2016) Ben Affleck.	** "The Sum of All Fears" (2002) Ben Affleck. (S)										
BET	31	** "Snakes on a Plane" (2006) Samuel L. Jackson.	Martin	Martin	Martin	Martin	Martin	Martin					
PARMT	32 (25)	** "We're the Millers" (2013)	Jennifer Aniston. (S)	*** "Dumb & Dumber" (1994, Comedy)	Jim Carrey.								
DISC	34 (13)	Alaska	Last Frontier	The Last Alaskans	Homestead Rescue	Last Frontier							
UNIV	35	Mira quien baila All Stars	Crónicas: Historias	María	Noticiero	República Deportiva							
HIST	36	American Pickers: Bonus Buys "Small Business, Big Picks" (N) (In Stereo) (S)	American Pick.										
BRAVO	37	Housewives-Atlanta	Temptation Island	Housewives-Atlanta	Watch	Housewives-Atlanta	Jersey						
HGTV	39	Beach	Beach	Bahamas	Bahamas	Island	Island	Hunt Intl	Hunt Intl	Bahamas	Bahamas		
WTBS	40 (8)	*** "Doctor Strange" (2016)	Benedict Cumberbatch.	*** "Doctor Strange" (2016)	Benedict Cumberbatch.								
FOXN	41 (11)	OBJECTified (S)	The Next Revolution	Life, Liberty & Levin	OBJECTified (S)	The Next Revolution							
ANPL	42 (28)	Crikey... Irwins	Animals	Animals	Crikey... Irwins	Lone Star Law	Animals	Animals					
TLC	43	Sister Wives "Meri, on Her Own..." (N)	Seeking Sister Wife	Dr. Pimple Popper	Sister Wives								
TVLAND	44	Raymond	Raymond	Raymond	Raymond	Two Men Two Men	King	King	King	King			
COM	45	(6:35) * "Dirty Grandpa" (2016, Comedy)	** "Talladega Nights: The Ballad of Ricky Bobby"	South Pk									
E!	46	Cámbiate el look	Cámbiate el look	¿Hay que ver para	¿Hay que ver para	Bi Life	Bi Life						
HALL	47	Winterfest Movie Countdown (S)	Winterfest Movie Countdown (S)	Winterfest Movie									
MSNBC	49	Kasie DC (N) (S)	Headliners (S)	To Be Announced	Dateline Extra (S)	Lockup: Wabash							
FOOD	52	Guy's Games	Worst Cooks	Beat Play	Beat Play	Beat Play	Beat Play	Worst Cooks					
EWNTN	53	Sunday	Catholic	Life/Rock	Rosary	Theo. Roundtable	Catholic	Catholic	Sunday Mass (S)				
FX	54 (5)	*** "Jason Bourne" (2016, Action)	Matt Damon.	** "Jason Bourne" (2016, Action)	Matt Damon.								
TRUTV	55	Jokers	Jokers	Jokers	Jokers	Jokers	Jokers	Jokers	Jokes	Jokes			
OXY	56	Snapped (S)	Mark of a Killer	Serial Killer	Dirty John: The Dirty Truth								

Monday Evening		Insight Communications Oregon-Byron (B) Polo										January 21, 2019	
		7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30		
WTTW	2	Chicago Tonight (N)	Antiques Roadshow	Antiques Roadshow	Independent Lens (In Stereo)	World							
WREX	3 (6)	America's Got Talent "The Champions Three" (N) (In Stereo) (S)	Manifest "Vanishing Point" (N) (In Stereo) (S)	13 News at 10 (N)	Tonight Show-J. Fallon	Seth Meyers							
WTVO	4 (5)	The Bachelor (N) (In Stereo) (S)	The Good Doctor "Aftermath" (N) (S)	Eyewitness	Jimmy Kimmel Live (In Stereo) (S)	Nightline (N) (S)							
WIFR	5 (3)	Big Brother: Celebrity Edition (N) (S)	Magnum P.I. "Day of the Viper" (S)	Bull "Split Hairs" (N) (In Stereo) (S)	News	The Late Show With Stephen Colbert	James Corden						
WQRF	6 (12)	The Resident (N)	The Passage (N)	News	Mod Fam	Simpsons	TMZ (S)						
CW	15	Arrow (N) (In Stereo)	Black Lightning (S)	Law Order: CI	Chicago P.D.	Law Order: CI							
WHA	21 (2)	Antiques Roadshow	Antiques Roadshow	Independent Lens (In Stereo)	Amanpour-Co	TBA							
WQPT	48	Doctor Blake	Victoria-Master	Arthur & George	Jamestown (S)	The Collection							
ESPN	7 (24)	College Basketball	College Basketball: Teams TBA. (N) (Live)	SportsCenter (Live)	SportsCenter								
CNN	8 (26)	Anderson Cooper	Anderson Cooper	CNN Tonight	CNN Tonight	Anderson Cooper							
CNBC	9	American Greed	American Greed	American	American Greed	American Greed							
AMC	10 (19)	(6:00) ** "Road House" (1989)	*** "The Breakfast Club" (1985) (S)	*** "Pretty in Pink" (1986)									
LIFE	12 (22)	The First 48 (S)	The First 48 (S)	The First 48 (S)	The First 48 (S)	The First 48 (S)							
WGN-A	18 (9)	M*A*S*H	M*A*S*H	M*A*S*H	M*A*S*H	M*A*S*H	M*A*S*H	Married	Married				
NICK	23 (16)	TBA	Cousins	SpongeBob Movie	Friends	Friends	Friends	Friends					
DISN	23 (28)	"Wreck-It Ralph"	Coop	Bizaard	Bunk'd	Bunk'd	Friends	Friends	Stuck	Stuck			
FREE	25 (31)	(5:30) "Moana" (S)	** "Maleficent" (2014)	Angelina Jolie.	The 700 Club (S)	"An American Tail"							
A&E	28 (30)	** "The Mummy" (1999, Adventure)	Brendan Fraser. (S)	** "The Scorpion King" (2002)	The Rock.								
USA	29 (18)	WWE Monday Night RAW (N) (In Stereo Live) (S)	Deadly Class "Pilot"	Temptation Island									
TNT	30 (17)	NBA Basketball: Rockets at 76ers	NBA Basketball: Warriors at Lakers										
BET	31	(5:00) *** "Loving"	MLK 90th Birthday	*** "Lee Daniels' The Butler" (2013)	Forest Whitaker.								
PARMT	32 (25)	The Expendables 2	** "The Expendables 3" (2014, Action)	Sylvester Stallone. (S)	** "Walking Tall"								
DISC	34 (13)	Street Outlaws (S)	Street Outlaws (N) (In Stereo) (S)	Bad Chad Customs	Street Outlaws (S)								
UNIV	35	Jesús	Mi marido	Amar a muerte	Impacto	Noticiero	Contacto Deportivo						
HIST	36	American Pick.	American Pickers	Pawn Stars (N)	Pawn	Pawn	American Pickers						
BRAVO	37	Vanderpump Rules	Vanderpump Rules	Vanderpump Rules	Watch	Vanderpump Rules	Atlanta						
HGTV	39	Hunters	Hunters	Home Town (N) (S)	Hunters	Hunt Intl	Home Town (S)						
WTBS	40 (8)	Fam. Guy	Fam. Guy	Fam. Guy	Fam. Guy	American	American	Conan (S)	Seinfeld	Brooklyn			
FOXN	41 (11)	Tucker Carlson	Hannity (N) (S)	The Ingraham Angle	Fox News at Night	Tucker Carlson							
ANPL	42 (28)	Last Alaskans	Last Alaskans	North Woods Law	North Woods Law	Last Alaskans							
TLC	43	200lb Tumor	Inseparable: Joined	My Baby's Head	Boy- No Brain	200lb Tumor							
TVLAND	44	Raymond	Raymond	Raymond	Raymond	Two Men Two Men	King	King	King	King			
COM	45	Parks	Parks	Parks	Parks	Daily	Office	South Pk	South Pk				
E!	46	Cámbiate el look	Cámbiate el look	¿Hay que ver para	¿Hay que ver para	Botched	Busy						
HALL	47	Winterfest Movie Countdown (S)	Winterfest Movie Countdown (S)	Golden	Golden								
MSNBC	49	All In With Chris	Rachel Maddow	The Last Word	The 11th Hour	Rachel Maddow							
FOOD	52	Kids Baking	Kids Baking	Winner Cake All (N)	Winner Cake All	Kids Baking							
EWNTN	53	The Journey Home	News	Rosary	World Over Live	Battle	Women	Daily Mass - Olam					
FX	54 (5)	*** "The Martian" (2015, Science Fiction)	Matt Damon. (S)	*** "The Martian" (2015)	Matt Damon.								
TRUTV	55	Jokers	Jokers	Jokers	Jokers	Jokes	Jokes	Jokes	Jokes				
OXY	56	Snapped: Killer	Killer Couples (S)	Serial Killer	Mark of a Killer	Killer Couples (S)							

Soap Opera Update

(From C-7)

THE YOUNG AND THE RESTLESS

Jack and Kerry returned from their trip to Bora Bora even more infatuated than before. Ana was disappointed in how Devon mixed Fen's track, so she went behind his back to create a new version. Feeling threatened by how superior Ana's mix was, Devon accused her of betraying him and threatened to fire her. Tension continued to linger between Mia and Arturo as they struggled to suppress their chemistry. Kerry met Jill and began to feel insecure about her relationship with Jack. Victoria realized that she wasn't ready for a relationship with Billy yet. Wait to See: Sharon finds herself in a compromising position.



James Patrick Stuart stars as "Valentin" on "General Hospital."
Photo Credit: (ABC/Craig Sjodin)

E-mail news items to
bjennings@oglecountylife.com

Celebrity Extra

By Dana Jackson

Q: How many years has “Modern Family” been on the air? When will its last season air? -- A.R.

A: “Modern Family” began on ABC in 2009 and quickly became a huge hit. Last year, creators of the sitcom hinted that the current season, its 10th, would be “Modern Family’s” last. They said it felt right to conclude it after a decade.

More recent reports hint that they’re giving it one last go-around. Julie Bowen, who plays Type A mom Claire Dunphy, told “Entertainment Tonight” that the cast was approached by the network about doing another season next fall, and that she and her fellow cast members gave a resounding yes. Bowen said with ABC buying FOX, “there’s a lot of behind-the-scenes action that has to happen at FOX. There’s an extra building worth of paperwork it has to go through.”

I definitely would count on another season of the Pritchetts and Dunphys.

Q: My wife and I have become big fans of the “Doc Martin” series, having watched all eight seasons. Will there be any more to the series? -- C.N.

A: The British comedy “Doc Martin” has been around since 2004 with a new series (what we call seasons) released every two years. There have been eight series in total as of 2016. According to Buffalo Pictures, which produces the show, the next chapter will begin filming in 2019 with its star, Martin Clunes.

As you know, “Doc Martin” is about a socially awkward surgeon who suddenly develops a phobia that makes it impossible to practice his profession. As a result, he re-

locates to a small fishing village, where he’s greeted by many colorful characters, much to his dismay.

In 2015, it was reported that Marta Kauffman, who co-created “Friends,” planned to adapt “Doc Martin” into a new series with a new cast for American audiences. However, no further announcements have been made, so it appears those plans have been scrapped. In a way, though, didn’t we already have a series with a similar premise in the form of “Northern Exposure”?

Q: Whatever happened to Julia Stiles? I know she went off to college at one point. Did she quit acting? -- K.D.

A: Stile’s latest project is the mystery-drama series “Riviera,” which first aired in the U.K. in 2017. However, the Ovation channel here in the U.S. will start broadcasting the first season starting Saturday, Feb. 9, at 10 p.m. ET/PT.

“Riviera” is about the bold and beautiful people of the art world, featuring plenty of footage of the gorgeous French coastline. Stiles plays a newlywed art curator whose wealthy husband, played by Anthony LaPaglia (“Without a Trace”), is killed in a yacht explosion. She sets out to uncover whether it was murder or a terrible accident. Lena Olin (“Alias”) also stars.

Stiles took a break from acting back in 2000 to attend Columbia University, where she studied English. Two years later she returned to her first love and began co-starring with Matt Damon in “The Bourne Identity” and its sequels. In between the blockbuster films, she’s been acting in acclaimed television shows like “Dexter” and “Blue.”

Send me your questions at NewCelebrityExtra@gmail.com!

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Couch Theater

By Amy Anderson

“Halloween (2018)” (R) -- Laurie Strode (Jamie Lee Curtis), the lone survivor of Michael Myers’ 1978 killing spree, has spent 40 years suffering (she’s an alcoholic and an agoraphobic) and preparing for his inevitable return. She’s training in combat, militarizing her home and remaining ever vigilant, to the embarrassment of her family. But boy does it pay off! After an accident in transport releases the masked psychopath on a Halloween eve, the G.I. Grandma goes into attack mode to save her kids, her grandkids and the whole town. This was really well done -- the right mix of tension, dread, jump scares and gore -- and nothing like the many throwaway sequels and homages that have littered the past 40 years.

“Goosebumps 2: Haunted Halloween” (PG) -- A couple of plucky kids trying to earn pocket money by cleaning up junk become unwitting participants in Slappy the Dummy’s attempt to escape the pages of R.L. Stine’s magnificently scary stories. Sonny (Jeremy Ray Taylor) and Sam (Caleel Harris) pick up a job cleaning garbage out of an abandoned house, where they come across an unpublished manuscript for a Stine book titled “Haunted Halloween.” They unlock the book, and the shenanigans begin, with Slappy bringing the whole town’s Halloween decorations to life. The boys get a big assist from Sonny’s bright older sister Sarah (Madison Iseman). It’s a pretty cute take on “scary,” but the attention won’t hold for adults or older teens (despite the cast inclusion of adult comedy staples Ken Jeong and Chris Parnell).

“The Bookshop” (PG) -- “The Bookshop” is a sweet and thoughtful film about a woman who opens a bookshop in 1959 coastal England, and her interactions with local customers and detractors. Florence Green (Emily Mortimer) is a middle-aged widow who takes up residence in a musty old historical building and opens a bookshop, attempting to broaden the horizons of the townsfolk. She sees some success -- particularly, admiration from one local man, Mr. Brundish (Bill Nighy) -- and some struggles, too. Another local busybody (Patricia Clarkson) has her own plans for the bookshop’s location. Based on the novel by Penelope Fitzgerald.



“Jonathan” (R) -- In one body, two residents -- dual consciences, or brothers, if you will. One, a straight-laced prodigy, the other a looser, more relaxed creature of the night. They are tended by a psychologist and doctor (Patricia Clarkson), who has split their day so that they share their time. And it’s all fine until the night owl forms a relationship with a girl (Suki Waterhouse), and the daytime version finds out. It’s suspenseful and dramatic. Ansel Elgort stars as Jonathan/Jon, and is spectacular.

NEW TV RELEASES

“The Birthday Wish” (Hallmark Channel)
 “The Pink Panther Cartoon Collection” Volume 4
 “The Dr. Blake Mysteries” Season 5
 “PAW Patrol: Pups Save Puplantis”
 “Hunter X Hunter” Volume 5

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LEGAL NOTICE

PUBLIC NOTICE

Public Notice is hereby given that on December 28, 2018, a certificate was filed in the Ogle County Clerk's Office setting forth the names and post office address of all of the person owning, conducting and transacting the business known as: Streamline, 3816 E. Oak Grove Rd., Byron, IL 61010. Dated: December 28, 2018 Laura J. Cook, Ogle County Clerk No. 0101 (Jan. 7, 14, 21)

of the Circuit Clerk of the Court at Ogle County Courthouse, Oregon, IL 61061, or with the representatives, or both, no later than July 14, 2019, and any claim not filed within that period is barred. Copies of a claim filed with the Clerk must be mailed or delivered to the representative and to the attorney within 10 days after it has been filed. FEARER, NYE & CHADWICK, Attorneys for JANET D. CUNNINGHAM and BARRY W. MAXWELL, Co-Executors of the Estate of IVA BERNEICE MAXWELL, deceased No. 0108 (Jan. 14, 21, 28)

PUBLIC NOTICE

Public Notice is hereby given that on January 8, 2019, a certificate was filed in the Ogle County Clerk's Office setting forth the names and post office address of all of the person owning, conducting and transacting the business known as: Marcelino Landscaping, 630 W. IL Route 64, Oregon, IL 61061. Dated: January 8, 2019 Laura J. Cook, Ogle County Clerk No. 0106 (Jan. 14, 21, 28)

PUBLIC NOTICE
2019
NOTICE OF ELECTION OF DIRECTORS
To All Owners And Occupiers Of Lands Lying Within The Boundaries Of The Ogle County Soil And Water Conservation District:
Notice is hereby given that an Election will be held on the 21st day of February, 2019 at 7:00 a.m. to 5:00 p.m. at the USDA Service Center, 213 W. Pines Road, Oregon, IL. Two (2) Directors will be elected to serve the Ogle County Soil and Water Conservation District of the State of Illinois. All persons, firms or corporations who hold legal title or are in legal possession of any land lying within the boundaries of the said district are eligible to vote at said election, whether as lessee, renter, tenant or otherwise.

PUBLIC NOTICE

Public Notice is hereby given that on December 31, 2018, a certificate was filed in the Ogle County Clerk's Office setting forth the names and post office address of all of the person owning, conducting and transacting the business known as: Wetter Waters Pool Pros, 6234 N. Mulford Rd., Monroe Center, IL 61052. Dated: December 31, 2018 Laura J. Cook, Ogle County Clerk No. 0107 (Jan. 14, 21, 28)

Only such persons, firms or corporations are eligible to vote.
Phillip Fossler, Chairman
Ogle County Soil and Water Conservation District
DATE: 9th day of January, 2019.
No. 0109 (Jan. 14, Feb. 4)

PUBLIC NOTICE

STATE OF ILLINOIS
IN THE CIRCUIT COURT OF THE FIFTEENTH JUDICIAL CIRCUIT OGLE COUNTY
IN THE)
MATTER)No.
OF THE)2019
ESTATE)P-1
OF) IVA
)
BERNEICE)
MAXWELL,)
Deceased.)
CLAIM NOTICE

Notice is given of the death of IVA BERNEICE MAXWELL, of Forreton, Illinois. Letters of Office were issued on January 7, 2019, to JANET D. CUNNINGHAM and BARRY W. MAXWELL, whose addresses are 8821 N. Mulberry Rd., Leaf River, IL 61047, and 1316 N. Greenview Ave., Rockford, IL 61101, respectively, and whose attorneys are Fearer, Nye & Chadwick, 420 4th Avenue, PO Box 117, Rochelle, IL 61068. Claims against the Estate may be filed in the office

ADVERTISEMENT FOR NOTIFICATION OF BID FOR BID RELEASE 1 OGLE COUNTY ADULT DETENTION CENTER AND JUDICIAL CENTER ANNEX OREGON, IL

Gilbane Building Company, the Construction Manager for the Ogle County Adult Detention Center and Judicial Center Annex is receiving bids for the bid packages listed below. The Ogle County Detention Center will consist of 39,733 SF of new construction housing 154 beds and will be located in Oregon, IL just west of the existing Judicial Center. As a part of the project a portion of 6th Street will be permanently closed to accommodate the new vehicle sallyport and connecting corridor that will extend east to the Judicial Center. The buildings structure will consist of cast in place concrete, load bearing masonry, and structural steel. The interior of the building will be divided up into a booking & holding area, single & multiple occupancy cells for both male and female population, kitchen & laundry services, a medical area, a vehicle sallyport, and covered recreation areas. The architect for this project is Hellmuth, Obata & Kassabaum, Inc. along with their design partners HR Green, Inc. and BRiC Partnership, LLC.

Table with 4 columns: BP#, Description, BP#, Description. Rows include: 03A Cast In Place Concrete Work, 04A Masonry Work, 05A Structural Steel & Misc. Metal Work, 06A General Trades Work, 07A Roofing Work, 08A Glass & Glazing Work, 09A Drywall & Acoustical Ceiling Work, 09B Flooring & Hard Tiling Work, 09C Painting Work, 11A Detention Equipment Work, 11B Kitchen & Laundry Equipment Work, 21A Fire Protection Work, 22A Plumbing Work, 23A Mechanical Work, 26A Site & Building Electrical, Lighting & Communication Work, 28A Security Access Work, 31A Site Grading, Excavation & Utility Work, 31B Aggregate Pier Foundations, 32A Site Concrete & Paving Work.

The bid documents will be distributed to pre-qualified bidders on or about Monday, January 14, 2019. A Pre-Bid Conference will be held on Tuesday, January 22, 2019 at 2:00 p.m. local time at the Ogle County Courthouse, Board Room - 3rd Floor, 105 South 5th Street, Oregon, IL

Sealed bids are due Tuesday, February 5, 2019 at 2:00 p.m. local time at the Ogle County Clerk's Office, 105 South 5th Street, Suite #104, Oregon, IL 61061. The bid opening will be held on Tuesday, February 5, 2019 at 2:15 p.m. local time at the Ogle County Courthouse, Board Room - 3rd Floor, 105 South 5th Street, Oregon, IL

To bid this project, bidders must be pre-qualified by Gilbane Building Company. The prequalification application is to be completed online at www.ibidpro.com. Questions regarding the prequalification application procedure should be directed to Roz Thomas at 312.596.1722 or rothomas@gilbaneco.com.

Bid security in the form of a bid bond in an amount equal to ten percent (10%) of the base bid is required from all bidders. Guarantee Bonds in the form of a Performance Bond and Labor and Material Payment Bond in an amount equal to one hundred percent (100%) of the bid will be required from the awarded Bidder.

The work will be done in accordance with the Contract Documents. "FAILURE TO COMPLY WITH THE REQUIREMENTS OF THIS INVITATION TO BID MAY RESULT IN THE DISQUALIFICATION OF THE BIDDER".

This contract calls for the construction of a "public work," within the meaning of the Illinois Prevailing Wage Act, 820 ILCS 130/01 et seq. ("the Act"). The Act requires contractors and subcontractors to pay laborers, workers and mechanics performing services on public works projects no less than the "prevailing rate of wages" (hourly cash wages plus fringe benefits) in the county where the work is performed. For information regarding current prevailing wage rates, please refer to the Illinois Department of Labor's website at: http://www.illinois.gov/idol/Pages/default.aspx All contractors and subcontractors rendering services under this contract must comply with all requirements of the Act, including but not limited to, all wage, notice and record keeping duties.

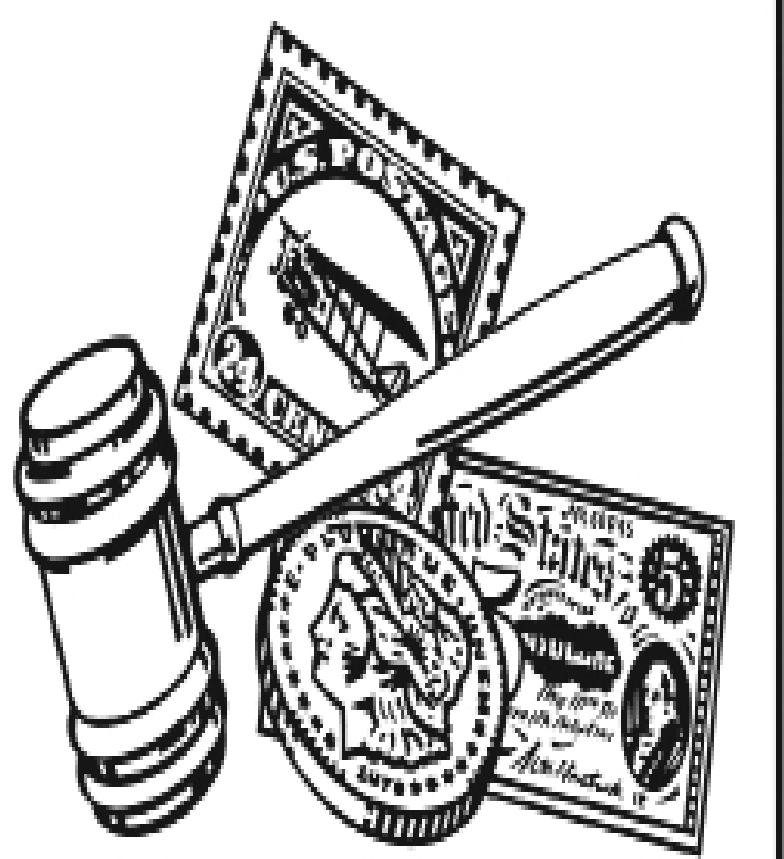
Ogle County reserves the right to reject any or all bids. All information submitted as part of this process shall be considered public information under the State Freedom of Information Act unless specifically disclosed on the applicable information by the Bidder. Challenges to such exemptions shall be defended solely by the Bidder.

No. 0104 (Jan. 7, 14)




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LODGE MANAGER. The DeKalb Elks Lodge is Seeking a Full Time Lodge Manager. Please e-mail Resume With References to Lodge at dekalbelks@yahoo.com or Mail Them to: DeKalb

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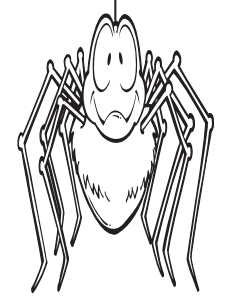
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There are plenty of ways to fight the battle of the bulge

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.



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Take care of your health basics

Being healthy starts well before you ever get sick and need a doctor. Preventative health care can go a long way toward keeping your immune system strong and helping you physically and mentally cope better with stress.

Eating Right

Everyone knows to eat a balanced diet, but it's still one of the most important factors in good health. Eating lots of fruits, vegetables and whole grains, while avoiding too many rich and heavy foods, can help you have more energy and feel better. A healthy diet can also help stave off conditions like diabetes, heart

disease and obesity or help you in controlling those conditions.

Exercising

Regular exercise can also help you feel better overall, in addition to managing long-term health conditions such as diabetes. Your joints last longer and hurt less if you're exercising regularly, plus getting outside and working up a sweat is good for your mental health. Find physical activity that you enjoy and can do regularly. This can be high-intensity exercises like running, hiking, kickboxing or weightlifting, or low-intensity exercises like

walking, yoga and pilates.

Sleeping Enough

The CDC suggests seven to nine hours of sleep a night for adults. Simply being in bed for that long isn't sufficient, though; you need good quality sleep at night. If you're waking up after eight hours of sleep and still feeling tired, waking up multiple times a night or if you snore or gasp for air while you sleep, you're probably not getting enough deep sleep. Try to go to bed and get up at the same time every day and cultivate other good sleep habits, including reducing screen time right before bed;

having a quiet, dark room; keeping screens out of the bedroom; and not eating large meals or drinking caffeine right before you go to bed.

Getting Regular Health Care

See your doctor for an annual physical to get your blood pressure and cholesterol checked and get any tests you may need (such as for mammograms and pap smears for women and prostate exams for men). Make sure you're up to date on vaccines, and take this chance to talk over any concerns or ask questions. You should see a dentist twice a year and see an eye doctor regularly as well.



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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There are a variety of ways to treat carpal tunnel syndrome

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

Many people suffering from tingling or pain in their hands worry that they might have carpal tunnel syndrome (CTS). Carpal tunnel syndrome is a common problem that affects the hand and wrist. This condition, or syndrome, has become the focus of much attention in the last few years due to suggestions that it may be linked to occupations that require repetitive use of the hands and wrists.

Carpal tunnel syndrome results when the median nerve is compressed in a portion of the wrist known as the carpal tunnel. The median nerve supplies sensation to the thumb, index finger, long finger, and sometimes half of the ring finger. The nerve also controls the grasping muscles of the thumb. The carpal tunnel is made up of a several bones that form an arch on the bottom, and a big band-like ligament on the top which is

called the transverse carpal ligament. The median nerve along with the flexor tendons of the hand lie in a bundle just under the transverse carpal ligament. Irritation of the tendons can result in swelling and thickening of the surrounding tendon sheaths. As the tendon sheaths swell and thicken, the pressure begins to increase in the carpal tunnel. Since there is a limited amount of space in the carpal tunnel, the increased pressure causes compression of the median nerve. Eventually, the pressure reaches a point when the nerve is injured resulting in pain and numbness in the first three fingers. Secondary, or referred pain, may radiate up the arm to the shoulder and even to the neck area. If the nerve damage progresses, weakness of the thenar (thumb) muscles can occur, which can result in a weak grip.

You should see a chiropractic orthopedist or a medical doctor if you suspect

that you might have CTS. The description of the symptoms is very helpful in diagnosing carpal tunnel syndrome, so be sure to describe the symptoms to your physician in detail. Since the median nerve doesn't supply the palm or little finger, careful investigation usually shows that the palm and little finger are unaffected. This can be a key piece of information to make the diagnosis. Sometimes patients will complain of waking in the middle of the night with pain and a feeling that the whole hand is asleep. If you awaken with your hand asleep, pinch your little finger to see if it is numb also, and be sure to tell your doctor if it is or isn't. Your doctor can do some in-office-testing that can give him a good idea if you have carpal tunnel. If the doctor thinks the damage is advanced he may choose to order electrical studies of the nerves, such as a nerve conduction velocity test (NCV), to assess the extent of the

damage.

Mild cases can be treated non-surgically. Some of the non-surgical strategies include the use of wrist braces at night, over-the-counter anti-inflammatory medications, ultrasound, Vitamin B-6, exercises, ergonomics adjustments and carpal manipulation just to name a few. Injection of cortisone into the carpal tunnel has also been tried.

Current reviews of research literature indicate that anti-inflammatory drug, splinting, ultrasound, yoga and carpal bone mobilization are the most effective non-surgical procedures. Whereas, treatments such as magnet therapy, laser acupuncture, exercise or chiropractic neck and back mobilization do not demonstrate symptom benefit when compared to placebo or a control group. (1)

Surgery is an option if conservative methods fail to control the symptoms, or if the condition is advanced.

There are two common surgical techniques. One is the traditional open surgery and the other is known as endoscopic carpal tunnel release. The latter requires a smaller incision and a fiberoptic TV camera to help see inside the carpal tunnel. In both cases the transverse carpal ligament is cut to relieve the pressure in the carpal tunnel. The research currently indicates that there may be a slight preference for the open surgery. (2)

For mild cases of carpal tunnel, I recommend and provide a treatment program that includes a combination of splinting, anti-inflammatory drugs, ultrasound, yoga like stretches and carpal mobilization. I recommend an immediate surgical consultation in more advanced cases to avoid any permanent damage to the median nerve.

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About the author: Dr. Jeffrey Cates is a chiropractor with specialty certification in orthopedics and a master's degree in bio-mechanical trauma. He resides and practices in Oregon, IL.

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It's important to work to keep your stress in check

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. On top of this stress, other life events can make you even more vulnerable, such as experiencing a major life change (moving, the death of a loved one, starting a new job, having a child, getting married), feeling alone or without a social network for support.

Reducing Stress

Everyone handles stress a little differently, so don't feel bad if your friend's way of coping doesn't work for you. 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, you have time for hobbies or reading or other self-care; exercise; and eat well. Lean on your support network and consider talking to a therapist or support group. Be careful not to self-medicate with alcohol and drugs.

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Improve life expectancy with some healthy habits

“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. According 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 *Lancet* 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.



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.



How to improve circulation

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

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

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


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

- Visit your physician. Poor circulation results from various health issues, so people who think they are dealing with poor circulation should not try to address the issue on their own. Rather, the best way to improve circulation is to visit a physician the moment you note a symptom. Doctors will confirm if patients are experiencing circulation issues and diagnose what's causing those issues. Doctors also will work with their patients to devise a course of treatment for the issue that's causing their poor circulation.

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

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

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.



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Bread of Life has upcoming distributions

STILLMAN VALLEY – Bread of Life is a food pantry and soup kitchen serving residents of Ogle County and Meridian School District. If you are in need, please join us for a snack, conversation and groceries to bring home. We meet at Valley Covenant Church on the corner of North Maple Street and Route 72, in Stillman Valley, on the second Tuesday of each month. Please join us from 3-5 p.m. and bring photo I.D. and proof of residence.

Upcoming dates are Feb. 12 and March 12. For any questions please call Bread of Life at 815-645-8872, Ext. 15.

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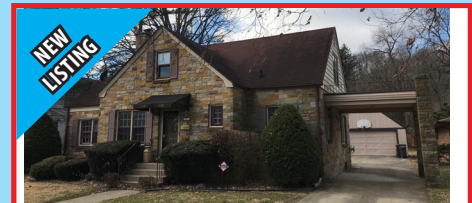
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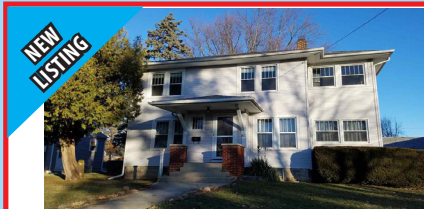
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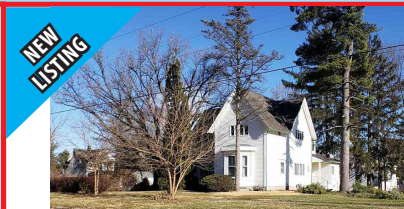
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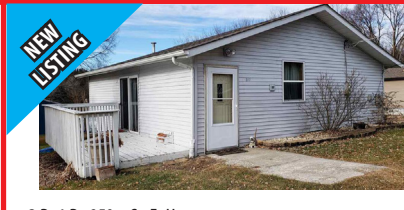
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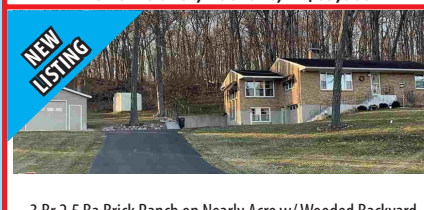
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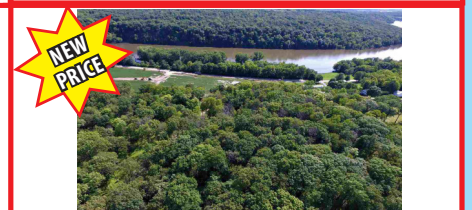
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Rebecca at 815-509-8432
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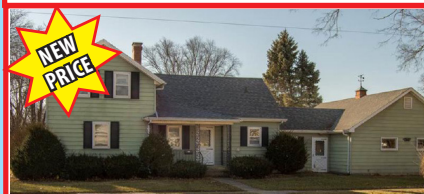
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Carla at 815-985-6235
523 W Blackhawk Dr, Byron, IL \$949,000

Byron boys basketball team splits games with Rock Falls, Annawan

BYRON — The Byron varsity boys basketball team fell 63-48 against Rock Falls on Jan. 3. Anthony Eddy led the Tigers with 20 points while Tan-

ner Klein added 12 points and Connor Harn totaled six points.

Byron responded with a 78-51 win against Annawan on Jan. 5 behind 29

points from Anthony Eddy. Tanner Klein scored 11 points, and Connor Harn added 10 points while Tyler Camling recorded nine points.

Oregon girls basketball team beats Indian Creek after A-FC loss

OREGON — The Oregon varsity girls basketball team fell 47-37 against Ashton-Franklin Center on Jan. 3. Olivia Lambrigtsen scored 12 points for the

Hawks while Jenae Bothe added nine points and Abigail Hopkins recorded eight points.

Oregon's girls then edged Indian Creek 59-55

on Jan. 4 behind 14 points from Olivia Lambrigtsen. The Hawks (6-14) also received 13 points from Jenae Bothe and 12 points from Ella Martin.

Oregon boys basketball team falls to Indian Creek

OREGON — The Oregon varsity boys basketball team dropped to 6-7

overall with a 73-66 loss against Indian Creek on Jan. 4. Trey Woolsey led

the Hawks with 23 points while Ryker Finch added 17 points.

Oregon boys bowling team wins conference title

OREGON — The Oregon varsity boys bowling team defeated Rockford Christian by a score of 3,713-3,312 on Jan. 3 to improve to 15-0 on the season. Jacob Smith recorded

a 710 series for the Hawks, while Austin Strite added a 675 series and Kyle Strite rolled a 674 series. Justin Poole totaled a 604 series.

Oregon faced Rockford Christian on Jan. 4 and won

3,326-3,240 to reach 16-0 and win the NIBC Conference Championship. Justin Poole rolled a 608 series for Oregon, and Kyle Strite shot 556 while Jacob Smith totaled 555.

Stillman Valley girls basketball team downs Genoa-Kingston

STILLMAN VALLEY — The Stillman Valley girls basketball team defeated Genoa-Kingston 61-31 on Tuesday, Jan. 8. The Still-

man Valley boys basketball team fell 77-72 against Indian Creek on Monday, Jan. 7.

Georgia Ballard led the Cardinals with 19 points

against G-K while Lexi Lichty scored 12 points. Paige Broski and Payton Barger both totaled 11 points in the victory.

Mount Morris Senior Center announces upcoming activities, events

C.A.S.T.

Chana And Seniors Together will be meeting on Tuesday, Jan. 15th at noon at the Mount Morris Senior Center. We will be having winter activities of all sorts with the students from Chana. All are welcome at this event, and there is no need to RSVP.

Birthday lunch and free bingo

Join us at the Mount Morris Senior Center as we celebrate January Birthdays with a lunch of Chicken Alfredo, Broccoli, Cake, and Ice Cream. Lunch is only \$6 and the Bingo is free. Bingo starts at 10:30 am and lunch will be served at 11:30 a.m. Please RSVP by calling 815-734-6335 or stopping by the senior center.

Lunch bunch

We have expanded our Lunch Bunch program to two times per month. Our second lunch bunch will be to a sandwich place, and the first one we will be going to is Scoops in Oregon, on Friday, Jan. 18. If you haven't had a chance to try their steamed subs now is your chance! We will meet at the Mount Morris Senior Center at 11:00 am or at the restaurant (117 N. 4th Street, Oregon) at 11:15 a.m. Please RSVP to 815-734-6335, so we can warn them as to how many people we will be bringing.

Hand massages

Come to the Mount Morris Senior Center on Monday, Jan. 21st between 10:30 a.m. and noon for Free Hand Massages!

All ages game day!

Do you want something fun to do when there is no school on Martin Luther King Jr. Day? We will be playing all sorts of games from 11 a.m.-3 p.m. at the Mount Morris Senior Center on Monday, Jan.21. All are welcome to stop by for some fun. We will order pizza for lunch for \$5 each. Bring your friends! Bring your neighbors! Bring your grandkids!

Free lunch

Enjoy a free lunch at the Mt. Morris Senior Center on Tuesday, Jan. 22nd 11 a.m.-1 p.m. All are welcome for this lunch of chili, corn bread, and dessert. We hope to see you there!

Jam session

Local musicians will entertain us all at the Mount Morris Senior Center beginning at 10:30 on Wednesday, Jan. 23. Come over to sing along with the songs you know and enjoy the beautiful music and voices for songs that are new to you! Stay for a \$3 lunch at noon. All are welcome.

Greeting Card Club

Each month we will be making several different greeting cards at the Mount Morris Senior Center. We are meeting the 4th Wednesday, which is Jan. 24 this month. We will be making Valentine, Birthday, Thinking of you, and Thank you cards. We meet at 10 a.m., and the cost is \$1 per card. See you there!

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March tack sale will benefit construction of new barn

MOUNT MORRIS – The Ogle County Horse Barn Committee will kick off its 2019 Build-A-Barn fundraising campaign with a Tack Sale on March 3, from 10 a.m.-4 p.m., at the Mount Morris Moose Lodge, 101 Moose Dr.

Both 10 x 10 and 5 x 10 booths are available. The Moose Lodge kitchen will be open for food and beverage.

We also have two horse shows planned for 2019. The Build-A-Barn two-day show, June 22 and 23, 9 a.m., at Diamond G Ranch and Western Store, Rochelle, and, the Build-A-Barn show at the Ogle County Fair Show, Aug. 4, 9:30 a.m. Both shows have an exciting line up of classes including draft horse classes, and miniature horse classes. We have halter, performance, driving, hitch, speed and trail classes in our shows. Whether you

are competing in our shows or just come to enjoy a day watching, you will have a great time.

Build-A-Barn is raising money to build an exhibition horse barn at the Ogle County Fairgrounds. A barn will enable us to utilize the fairgrounds for horse events during the summer and RV/vehicle storage in the winter. Our goal is to have an event every weekend at

the fairgrounds. These events will draw people to our motels, restaurants, convenience stores, gas stations, shopping, etc. We look forward to seeing all of you at our events. Thanks for your interest and support.

For more information on our events, please contact Lynne Radville, shadow-boxerarabians@gmail.com or text 815-238-7892.

Church hosts motivational speaker

BYRON – Ladies, please join us on Friday, Feb. 1 at Cornerstone Family Church at 6 p.m. for motivational speaker Stefanie Boyce from Beach Park.

She will share her story of losing two of her three children this past year at ages 9 and 11 from Sanfillipo Syndrome. Her third child does not have the syndrome. Boyce's story is one filled with grief and loss but yet she is still able to see the blessings in her life and glorify God through her heart-

aches.

A light dinner of soups, sandwiches and desserts will be served. Childcare provided but children must be registered for childcare. Registration required by calling 815-234-8737 or through Cornerstone's website at cornerstonefamily.church. Cost is \$20 however the fee will be waived if there is a financial hardship.

The church is located at 205 N. Peru St. in Byron.

Annual February Finds market will be Feb. 2 at Mount Morris Moose

MOUNT MORRIS – Plan to attend the 7th annual February Finds Antique and Collectibles Market, Saturday, Feb. 2, at the Moose Lodge #1551 Family Center, 485 East Hitt St., in Mount Morris.

The Market is a fundraising event for the Mount Morris Moose Lodge Family Center #1551 and Mount Morris Work Group. The February Finds Market will be open from 9 a.m.-4 p.m.

Dealers have been carefully selected to participate in this Market. More than twenty dealers have reserved booths;

at the present time, all dealer spaces are filled.

All displayed antiques, vintage collectibles, and artwork are for sale. Merchandise includes: antique furniture, antique tools, primitives, tins, lamps, vintage clothing and jewelry, tin toys, quilts and linens, artwork, stamps, postcards, local advertising memorabilia, Depression glass, Tea Leaf and Majolica pottery, enamelware, Fiesta ware, vintage holiday and numerous other collectibles.

Admittance to this event is \$3/person. Chil-

dren 12 and under will be admitted free. Children must be accompanied by an adult. Parking is free and the building is handicap accessible. A bake sale will be held in conjunction with the Market, with all proceeds benefitting Let Freedom Ring. Food and beverages, prepared by the Moose, will be available for purchase.

No food or drinks will be allowed in the designated Market area.

Whether you attend February Finds to shop or just browse, the Market promises to be an enjoyable event.

Motorcycle swap meet to benefit ABATE will be Feb. 10 at Dixon Elks Lodge

DIXON – The Twin Rivers Chapter of ABATE is having its 12th Annual Motorcycle Swap Meet on Sunday, Feb. 10 from 9 a.m.-2 p.m. at the Dixon Elks Lodge, 1279 Franklin Grove Road.

Admission is \$5 and free for children 12 years and younger. Early Birds are \$7.

Vendors will be selling all makes and models of new and used parts, leathers, biker clothes, motorcycle photos, and more.

Plus, this year we will have a seamstress sewing leathers, patches, and making repairs.

Breakfast, lunch, and refreshments will be available all day.

Vendor space is available for \$25. To be a vendor or for more information call John at 815-440-6018

Proceeds from the event are used for education and signs you may have seen that say, "START SEEING MOTORCYCLES."



Carefree 4-H Club

The Carefree 4H club met on Dec. 10. At this meeting we discussed our community service project that we will resume in January. We talked about the officer training that was recently held and several of our officers attended. We are working on our blue sheet goals, and we are participating in a federation fundraiser. Levi Eden organized a bowling activity for the club on Sunday, Jan. 6. We celebrated Grace Morgan's and Mason Zabran's Birthdays, and had our Christmas potluck. We wrapped our gifts for the family we adopted at Hope House. Our next meeting will be held on Jan. 14. – Submitted by Molly Ziegler

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Pictured: Cole Montavon, Jessie Hagemann, Aubrey Kusnierz, Maddie Kusnierz, Autumn Hagemann, Jackson Craig, Aubrey Craig, Clare Montavon, Anna Hagemann

Mighty Clovers enjoy club bowling event

On Sunday, Jan. 6, the Mighty Clovers 4-H Club enjoyed a recent club outing, at T-Byrd Lanes, to show off their bowling abilities.

The club formed one senior team to compete in the 4-H Bowling Tournament. We had a lot of fun, and at times, there may have been some friendly competition between members. Those club members will find out next month if they qualify for the bowling finals. The younger 4-H members enjoyed a couple of rounds of bowling and had a great time while trying to knock down their pins.

The Mighty Clovers have kept busy this winter and look forward to their upcoming activities.

If you are interested in joining the Mighty Clovers come and check us out. Club meetings are held at the Monroe Center Community Church at 6:15 p.m. on the second Thursday of every month.

— Submitted by Clare Montavon, Club Reporter



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Local students earn honors at Highland

FREEPORT – Highland Community College proudly announces the dean's list for the Fall 2018 Semester.

Students who have completed 12 credit hours or more during the semester and have a minimum of a 3.25-grade point average (GPA), based on a 4.0 scale, are included on the dean's list.

Highest Honors are awarded to students with a perfect 4.0 GPA.

The High Honors distinction is given to students with a 3.50 to 3.99 GPA, and Honors students have earned a GPA between 3.25 and 3.49.

Highest Honors
Byron: Allison E. Kultgen, Francesca S. Rzasca
Forreston: Amanda R. Anderson
Mount Morris: Kyle K. Ruter

High Honors
Byron: Jonathon D. Silvers
Chana: Ashley N. Borngen
Leaf River: Taylor R. Cargill, Olivia J. Dillavou
Mount Morris: Danielle M. Hagemann

Honors
Forreston: Kaitlyn M. Collins, Kate S. Metzger, Michael J. Wubben.

Students named to Dean's List at Augustana College

ROCK ISLAND – Augustana College announced more than 1,000 students were named to the Dean's List for the 2018 fall term. Students who have earned this academic honor have maintained a grade-point average of 3.5 or higher on a four-point scale for courses taken during the term.

Allison Bandera of Oregon; Brix Clayton of Polo; Jordan Cone of Byron; Connor Duffy of Stillman Valley; Marissa Gorsegner of Oregon; Justine Gorzny of Polo; Jacob Hanlon of Polo; Brielle Jackson of Rochelle; Aira Peregrino of

Rockford; Mitchell Roedel of Davis Junction; Brooklynn Schelling of Oregon; Lana Scholl of Polo; Rebekah Wilken of Forreston; Mason Wright of Woosung. Founded in 1860, Augustana College is a selective four-year residential college of the liberal arts and sciences.

The college is recognized for the innovative program Augie Choice, which provides each student up to \$2,000 to pursue a high-impact learning experience such as study abroad, an internship or research with a professor.

Ankney graduates Iowa State

AMES, Iowa – At Iowa State University's fall commencement ceremonies Dec. 14-15, 2018, 2,157 graduates received degrees.

Iowa State awarded 1,803 undergraduate degrees, 234 master's degrees, 119 doctor of philosophy degrees and one doctor of veterinary medicine degree.

Graduates include Zane Ankney of Stillman Valley, Bachelor of Science, Agronomy, Cum Laude.

RRC has upcoming activities

Rock River Center Noontime Knowledge Program

Our first lunch and program is scheduled for Thursday, Jan. 17. Details are as follows:

Speaker: Shawn Blobaum; Thrivent Financial

Topic: Tax law changes, LTC, and more.

Lunch: Begins at 11:30 a.m.

Menu: Soup and sandwich

Free Program: Begins at noon-1 p.m.

Prepaid lunch available for purchase when making reservation. Cost: \$8/Members & \$10/Non-Members.

Lunch Reservations and prepayment are required by Tuesday, Jan. 15.

Please call RRC at 815-732-3252 if you plan on attending. Your prompt arrival is appreciated.

Otto Dick, Ogle County Historian Jan. 30 at 10:30 a.m.

Otto Dick, Ogle County Historian brings his wealth of knowledge to Rock River Center on Wednesday, Jan. 30, at 10:30 a.m.

He is aware of the many things have happened in Oregon and Ogle County since John Phelps founded Oregon in 1836. Otto plans to share with us his favorite photos that he has collected over the years.

His recent activities in Oregon include serving as President of the Riverside Cemetery, Past President of the Historical Society and working to establish a museum at the Oregon Depot. Writing 369 history articles for the Republican Reporter is definitely

a challenge for Otto. He does this with the help of his partner, Marilyn.

We hope you join us as Otto shares his favorite collection of history. Reservations required by Jan. 29. Call 815-732-3252 if you plan on attending. Refreshments will be served.

RRC Spirit of Chicago Flower & Garden Show Lunch Cruise March 21

We have a package deal for you that includes a Buffet Lunch Cruise on Lake Michigan and entry into the Chicago Flower and Garden show.

Spirit of Chicago Flower & Garden Show Lunch Cruise (Board at: 11 a.m.; Cruise: noon- 2 p.m.)

* 2.5-hour event on Lake Michigan

* Freshly Prepared Lunch (buffet style)

* Cash Bar (complimentary teas, coffee, water)

* DJ entertainment / Floral presentation

* Access to large outside observation deck

* Best Views of Chicago's Skyline & Attractions

* Reserved seating on shared deck

* Visit the Chicago Flower & Garden show at Navy Pier (2-4:30 p.m.)

We will depart from Rock River Center, in the morning, and return after Flower and Garden Show. Cost is \$105 Members, \$110 Non-Members.

Casual attire is acceptable for this outing.

Price includes RT transportation, Spirit of Chicago cruise, buffet-style lunch, ship entertainment, reserved seating, and admission to the Chicago Flower & Garden Show.

Registration payment

deadline is Friday, Feb. 1. Limited tickets available. Call 815-732-3252 to reserve your seat.

Veteran's Assistance Available

A Veteran's Service Officer is available at Rock River Center on the second and fourth Monday of each month from 9 a.m.-3 p.m. (Except Federal Holidays)

The Veteran's Service Officer comes to Rock River Center to serve Veterans of all ages, and assist them with applications and other benefits available to them. Please mark your calendars accordingly.

This is a free service that has been provided for many years and you need not travel out of town. If you have any questions, call Rock River Center at 815-732-3252.

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. The group meets quarterly on the 4th Thursday of March, June, September, and December from 3-4 p.m. at Rock River Center.

Caregiver Support Group

Patti Kilmer, MSW from Generations @ Neighbors, leads our Caregiver Support Group. We welcome those new to caregiving, those who anticipate caregiving, 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 10-11:30 a.m. at Rock River Center. For more information, call Patti Kilmer at 815-234-2511 or 815-298-7004.

Diabetic Support Group

This very informative group meets the first Wednesday of the month from 2-3 p.m. at Rock River Center. Marilyn Csernus from the University of Illinois Extension Office facilitates this group by offering support, encouragement and the sharing of experiences when living with diabetes. Join Marilyn for a different topic each month and enjoy her recipes as well.

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.

E-mail news items to bjennings@oglecountylife.com

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11:00 a.m. - 1:00 p.m.

Wednesday, January 16
Chicken Noodle & Ham & Bean

Wednesday, February 20
Vegetable Beef & Ham & Bean

Wednesday, March 20
Potato & Ham & Bean

This event will be held at the Fire Station Route 22 Davis Junction



Delicious Soup Beverage & Dessert
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Financial Matters

Surviving a job loss Tips to make process easier

It can happen to anyone. A corporation lays off a mass of employees. A small business shuts its doors. An entrepreneurial bubble bursts.

No matter where you live or what your employment situation may be, there is always a chance you could suddenly lose your job. The less warning you receive, the more difficult it will be for you to properly plan for the tough financial and emotional road ahead.

Severance Package

If you're fortunate enough to be offered a severance package from your former employer, it will be up to you to wisely maintain the lump sum or payments you receive.

Review your severance package closely to understand all of its working parts. Typical agreements contain your pay terms, vacation pay terms, benefits information, return of property standards, non-compete clauses and confidentiality requirements.

Maintain Insurance

One of the highest costs you will incur on your own is that of health insurance, especially if you're used to your company paying a majority share of it. It is important to maintain your insurance, including health, life and disability because the last thing you need while unemployed is to suffer a major injury or sickness that you cannot afford to have properly diagnosed.

Weathering the Storm

Other tips from the Financial Planning Association include:

- Talk to your spouse or other close family members about what you're facing financially. They will be able to offer their support, as well as ideas for helping you through the situation.

- Consider government or private assistance, especially if either can mean the difference between you paying your bills and ending up in major debt.

- Start looking for work soon. Rely on your connections to find your next paycheck. Network through social media and job boards, through which you may be able to also find headhunters, job placement opportunities or professional services to improve your search.



Think you can beat the clock?

Do you trust your GPS or do you always assume you can get there just a *little bit* faster? Arriving to a birthday party a few minutes late isn't usually a big deal, but overestimating your control can potentially lead to serious problems for you and your finances.

Many of us are guilty of overconfidence at one point or another. Say you check directions and see that it will take 17 minutes to get to your destination and think, "Okay, great. I can make it in 15." Sound familiar?

We all have subconscious biases, but that doesn't mean they need to get in the way of your financial success. As a financial advisor, I can help you set up guardrails against your own biases and give you the tools and education you need to manage your hard-earned wealth with confidence.

In addition to providing personalized financial guidance, I also serve as a knowledgeable resource and accountability partner for my clients, helping them to stay on track for their long-term goals.

How can I help you reach yours?

Kelly Johnson, Financial Advisor CERTIFIED FINANCIAL PLANNER™

President, VIRTUS Capital Partners, LLC
117 S. Lafayette Street // Byron, IL 61010
O: 815.668.8062 // F: 815.915.0000
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How to handle an inheritance

An inheritance brings with it a range of emotions and responsibility. Along with the pain of losing someone you love, you also may be

experiencing an influx of cash that you feel overwhelmed in handling.

Americans lose 90 percent of inherited wealth by the third generation, according to a recent report in the Wall Street Journal. You can avoid suffering the same financial fate by remaining disciplined in your spending and smart in your investments.

Start a Savings Plan

Depending on the size of your inheritance, one smart option is placing the majority of it in an FDIC-insured money-market account. There are options for short-term accounts with larger interest rates than a regular savings account.

Keeping the money separate from your checking account will help you in avoiding irresponsible spending – the main reason for the previously mentioned wealth loss statistic. Create a little distance between you and your new money by finding safe, interest-friendly havens for it.

Consult a Planner

You can find a fee-only planner who doesn't work on commission by visiting www.napfa.org, the website of the Na-

tional Association of Personal Financial Advisors. The organization urges people to interview several advisors before you select one.

Your advisor will help you come up with a customized financial plan, guiding you in defining your short- and long-term financial goals. You may be able to find free financial counsel in your area through events like Financial Planning Days – a collaborative effort between financial planning organizations, government agencies and schools, municipal buildings and libraries that delivers free financial counsel.

Keep Your Job

"Take this Job and Shove It" may be a song that comes to mind if you inherit a large sum of money. But you may want to reconsider singing that tune to your boss. Some people treat their windfall of money as an opportunity to rapidly improve their lifestyle by buying a bigger home, a new car and other luxuries all at once.

The National Association of Personal Financial Advisors urges clients to spread out their spending over the years while still maintaining employment to pad their savings or retirement account.

Set a plan in place to limit your monthly spending – and stick to it.

Financial Matters

Some tips on working with a financial planner

You & Your Planner

One of the most significant non-family relationships in your life may be the bond you share with your financial planner. After all, your money can be just as important to you as it is to them.

You both want to see your money grow as quickly and safely as possible. And you both need to be on the same page to achieve this.

If you have a financial planner, how would you describe your relationship? Collaborative? Non-existent? If you lean more toward the latter, it is probably time to take your money, time and business elsewhere.

Stay Local

A frustrating aspect of a bad advisor relationship is not being able to get in touch with him or her when you need help the most. That's why it may be best to find a representative on a local level — one who can tip you off on the next big investment wave or guide you through smart savings adjustments.

Local financial advisors who are backed by national firms are likely to be invested in your community, both financially and emo-



tionally. They want to see you be successful with your financial planning goals and will reinvest a portion of their time, resources or monetary support into local causes.

Define Your Expectations

A strong advisor relationship will require input by you, even if you aren't an expert in finance. You should keep your advisor updated on any changes that happen

with your life that may require an adjustment in investment or savings strategies.

Also, if you decide to become more aggressive in the investment portion of your portfolio, you should feel comfortable in discussing the pros and cons of doing so with your advisor.

If he or she doesn't know your strategy behind changing your approach, you may not get the most effective counsel.

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Bay Equity Home Loans is a full-service mortgage lender. Founded in the heart of San Francisco's financial district in 2007, this family owned bank has since expanded to 32 states across the nation, including Illinois, Indiana and Wisconsin.

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As seen on HGTV's House Hunters!

Financial Matters

What people should know about creating wills

Drafting a last will and testament is an essential component of estate planning.

Despite the importance of having a will, a recent survey from AARP found that two out of five Americans over the age of 45 do not have one.

Putting wishes down on paper helps avoid unnecessary work and sometimes heartache upon the death of a loved one.

Wills allow heirs to act with the decedent's wishes in mind, and can ensure that assets and possessions will end up in the right hands.

Estate planning can be tricky, which is why many people turn to attorneys to get the job done right. Attorneys who specialize in estates will no doubt discuss the following topics with their clients.

- **Assets owned:** Make a list of known assets and figure out which assets

are covered by the will and which will have to be passed on according to other estate laws, such as through joint tenancy on a deed or a living trust. For example, life insurance policies or retirement plan proceeds will be distributed to your named beneficiaries. A will also can cover other assets, such as photographs, clothing, cars, and jewelry.

- **Guardianship:** Parents' wills should include a declaration of who they want to become guardians their underage children or dependents.

- **Pets:** Some people prefer to use their will to also dictate guardianship for their pets and to leave money or property to help care for those pets. However, pets do not have the legal capacity to own property, so one shouldn't gift money directly to pets in a will.

- **Funeral instructions:** Settling probate will not



happen until after the funeral. Therefore, funeral wishes in a will often go unnoticed, states the legal advisement resource Find Law.

- **Executor:** An executor

is a trusted person who will carry out the terms of the will. This person should be willing to serve and be capable of executing the will.

People who die without a valid will become intes-

tate. This means the estate will be settled based on the laws of where that person lived, and a court-appointed administrator will serve in the capacity to transfer property. This administra-

tor will be bound by laws and may make decisions that go against the decedent's wishes. To avoid this outcome, a will and other estate planning documents are crucial.

Benefits of joint bank accounts

Once a couple walks down the aisle and returns home from their honeymoon, various tasks must be performed. Couples should not overlook the importance of tending to their financial futures. One of the first steps is merging and managing bank accounts.

A study from Kansas City University found the number one cause of divorce in the United States is fighting over money and other financial problems. Therefore, being on the same page concerning finances and maintaining financial transparency can help reduce the propensity to clash over cash.

Merging bank accounts can be a good idea for newlyweds for various reasons.

- **Improved efficiency:** Having one account makes it easier to track income and spending and can make keeping track of money less complicated. Also, having only one bank means cutting down on statements or correspondence from multiple institutions.

- **Greater communication:** Some people are natural spenders and others savers. It's easy to gloss over financial indiscretions



when there are separate accounts. A joint account makes it easy to talk about spending habits and the flow of money in and out of an account.

- **Creates accountability:** Not being able to hide debt or large expenditures or withdrawals makes couples accountable to each other. This creates transparency in a relationship and may help couples become closer as a result.

- **Good in emergencies:** According to the financial resource Money Under 30, having a joint bank account can ensure that a surviving spouse has uninterrupted access to funds in the event his or her partner dies. This may not be the case with individual bank

accounts until the estate goes through probate.

- **Get better banking:** Certain financial institutions may offer perks like no fees if customers maintain a specific balance or meet the criteria of debit card usage per month. Such requirements may be more easily reached with two people utilizing the account.

- **Combine with ease:** Financial expert Dave Ramsay says it's particularly easy to merge when individuals already were using the same bank or credit union. Simply showing up with identification and transferring the balance of one account into the other and adding a signer is all that's needed.



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Financial Matters

Becoming a landlord There are many things to consider before moving forward

Deciding to enter the world of property rental can be lucrative. Whether you're fixing up and renting out affordable homes or becoming a landlord because your home won't sell, it's a great way to earn money.

There are some things to consider before drafting a lease and putting your home on the rental market — ones that can save you financial headaches later on down the road. As always, consult with a professional Realtor, lawyer or financial advisor on any questions that are out of your area of expertise.

Creating a Lease

A quality lease protects both the landlord and tenant, and also complies with fair housing, rental, health and safety, and insurance laws of your region. These laws differ across states, counties and cities, so it is best to work with a local lawyer in creating your lease.

A lease should spell out

the following, according to the American College of Real Estate Lawyers:

- Lease term: A month-to-month lease offers more flexibility if you're still trying to sell, while an annual lease provides more stability.
- Security deposit: This is usually one month's rent or more.
- Due Date: Define rental due dates and penalties for late payments.
- Maintenance: Clear lines on who is responsible for repairs, mowing and general upkeep.

Finding the Right Tenant

You can find tenants

by advertising in the print and online versions of local newspapers. Remember that as the owner of the home, you have the power to turn down prospective tenants.

Ask interested parties to fill out an application, listing their name, employer, salary, previous landlords and references. Once you select a few potential tenants, it's time to run their credit and criminal backgrounds.

You can do this yourself though the use of various online credit and background check tools, or by hiring an accredited agency.

Don't let wedding spending spiral

Paying off Wedding Debt

The cake was delicious, the music was lively, and the photographs turned out great. Now hopefully your wallet isn't crying.

One of the worst ways to start your marriage is in the red. But if you and your spouse ended up footing the bill for your special day, then you may not have a choice. The Knot.com reports that the median wedding cost over the past two years hovered around the \$20,000 mark.

Fortunately, there are ways to tighten your belt and pay off that wedding debt. Smart financial planning means you will have a plan in place even before the wedding and honeymoon.

Sticking to the plan will require discipline and commitment, helping you strengthen your new marriage against one of your first tough tests together.

Cut Corners

Before you say "I Do," you should take some vows dedicated to a more affordable wedding. There are certain aspects of your special day you may be able to scale back on, including:

- Venue Size: As long as your guest list isn't out of control, opt for a smaller venue. Not only will it save you money, but it will also give your ceremony a more intimate feel.
- Ask for Help: Instead of registering at a store for gifts, you can ask friends and family members to help you with planning. Do you have an aunt with a flair for the kitchen? Maybe she can help bake cupcakes or put together a candy buffet. Know a skilled photographer? They may be willing to donate their services as your gift.

Credit Cards

You may have had no choice but to put large wedding expenses on your credit cards. If so, sit down with your spouse and determine a feasible monthly payment that is larger than the minimum required by your credit card company.

Credit cards are the best place to start when trying to save yourself money in the long run. By taking on more than the monthly payment, you can eliminate interest that would otherwise be piling up on your account.

Financial changes at your bank? Let's talk.




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Financial Matters

Simple ways for you to keep a realistic budget

Successful financial plans often begin with the creation of a budget.

A budget is an estimate of income and expenses in a given period of time. Budgets help with long-term goals like paying off a mortgage or sending a child to college as well as short-term goals like financing a dream vacation.

Not all budgets are alike, and when people hear the word “budget,” they may get apprehensive. Budgeting may require making some concessions in regard to spending habits, but it doesn’t have to put a complete damper on plans. In fact, with a budget in hand, people may be more free to spend because they will have a stronger grasp of their financial situation.

Making a realistic budget does not have to be a chore.

Here is how to get started.

- List the necessities. Begin by calculating the costs associated with fixed needs, including rent/mortgage, utilities, food, and any other bills you have to pay each month.

- Add existing debt. Debt includes any routine payments being made to credit card companies, student loan lenders, car payments, or unpaid medical bills.

- Conduct a spending analysis over several months. Budgets are easier with fixed numbers, but unforeseen variables can affect spending every month. These can include the extras for clothing, entertainment and much more. Average the cost of these expenses throughout your analysis period so you can get some idea of how much to allocate for them.



- Use software or apps to help. There are plenty of resources available to help people calculate their budgets and get a picture of their financial habits. Resources such as Mint, YNAB (You

Need a Budget) and various accounting programs can produce spreadsheets, pie charts and bar graphs as you work to create a budget.

- Start trimming gradually. Quitting a certain life-

style cold turkey can be jarring. Gradually cut back on your spending if your analysis suggests that’s the way to go.

- Automate saving. Immediately removing a set

amount from your paychecks by having it directly deposited into a separate account can remove the temptation of spending too much from your financial equation.

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Meet Jenni Winterland
Assistant Vice President of
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Jenni is a lifelong resident of the local area and has 20 years experience in the banking industry. With her background in many areas of financial services, she is well qualified to counsel customers and to meet their financial needs. Jenni is motivated to help others with precise attention to detail throughout the lending process, making sure everything gets done right - the first time.

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Bootstrapping your business

What does it mean, and how can you do it?

Talk to a group of entrepreneurs about their startup operations and you can guarantee the word ‘bootstrapping’ will come up in conversation.

The term doesn’t describe the next big dance or exercise fad, but rather a pull-yourself-up-by-your-bootstraps mentality that many business owners have taken with their finances. It also means little or no funding from large venture capital firms, as well as a strict approach to spending and saving.

Many of today’s most successful businesses started with a few thousand dollars and a savvy businessperson at the helm devoted to steady, organic growth. Less funding from investors means the entrepreneur can keep more of the profit and continue to make decisions on his or her own – without having to check with financial backers.

So how exactly do you bootstrap a business?

Cut Costs – Everywhere

If you want to become a successful businessperson, you may have to be willing to live as a minimalist for the first few years of starting your company. There will be certain aspects of running an operation that you will have to pay startup costs for, including necessary licensure, equipment or technology, but other spending will be on a very limited level.

The cost-cutting exercise will impact your personal finances. The less money you spend on eating out, entertainment and clothes, the more you can reinvest into your company. Before going all-in on starting a new business, you may have to ask yourself if you’re committed to living a lean lifestyle before your company takes off.

Find savings – Everywhere

Just because you’re on a bootstrap budget doesn’t mean you can’t secure large amounts of funding. Small business grants are available from many resources, including state governments and private groups.

Earning a grant will likely require a written or video submission describing your business vision and how the funds will help you grow. Take the time necessary to complete your application because many grants have specific formatting and content specifications.

Online crowdfunding is another monetary source that has become quite popular among the entrepreneurial crowd. It is a form of microfinance that does not require repayment, instead calling for donations and support from the general public.

You can find websites that help spread your message in exchange for a small percentage of the funds you raise.

Park district offers upcoming activities

Indoor soccer

Ages 4-7 years

Are you looking to introduce your 4-7-year-old to soccer? Join us for this indoor recreational program on Saturday mornings. Each week the program will begin with practice followed by a game. Program runs Saturdays from Feb. 23-March 23. Times vary from 9 a.m.-noon. Teams will be divided between 4-5 year olds and 6-7 year olds. Cost is \$35/Resident and \$42/Non-Resident. Registration deadline is Feb. 7. For more information or to volunteer to coach contact tina@oregonpark.org.

Recreate & Celebrate Day

OCUSD students have a no school day coming up and we have your childcare covered! We will have a field trip day to Carlson Ice Arena on Monday, Jan. 21. Drop off as early as 6:15 a.m. and pick up as late as 6pm at the Blackhawk Center ET Room. The fee is \$25 for residents and \$30 for non-residents per day. Register by Monday, Jan. 14.

Childcare service

Our childcare service is offered in the Children's Center at Nash! This wonderful program is offered every Monday-Thursday from 4:30-7:30 p.m. for 3 months to 9 year olds. Enjoy everything our facility has to offer while having the peace of mind that your child is safe and having fun with our experienced staff member. For more information, visit the Nash Front Counter. Fee: Annual members' children that reside in the household are free; Non-Members pay \$5 for the first child and \$1 for each sibling up to \$7.

Afterschool open gym

Calling all 8-14 year olds! Join us at Nash Recreation Center's gym for an active and fun afternoon in the gym with friends. We will have a new sport each week guided by an experienced staff member. This is FREE to members. Not a member? Simply pay the daily fee \$2 residents and \$3 non-residents. Program runs every Monday after school from 3:30-5 p.m. Come and go as you please. Drop in and give it a try!

Dear Evan Hansen

Limited tickets available for the bus trip to the Broadway Musical-Dear Even Hansen at Chicago's Oriental Theatre on Friday March 8, 2019. Bus departs at 2:30 to allow time for dinner and shopping before the 7:30 p.m. show. \$143/Resident, \$153/Non-Resident. Reserve your seat today. Recommended for ages 12 and older.

Winter Wonderland dances

The always popular Mother Son Date Night, Feb. 8, and Daddy Daughter Dance, Feb. 9, will be here before you know it. Register early (before the January 24 deadline) and secure your spot at the Winter Wonderland Dances which are held at Nash from 6:30-8:30 p.m. Space will be limited. Enjoy a memorable night with your child as you dance under the snowflakes! The night will be full of dancing, games (for the sons) and making commemorative bracelets (for the daughters), refreshments, a photo booth, and the ever popular balloon drop! Adults are \$8/person and Children are \$14/person. You will also be able to order professional pictures by Niki Hunt Photography at the dances.

Special open swim

Looking for something to when school is out? Join us for a special open swim on Jan. 18 and 21 from 2-5 p.m. Check out our complete pool schedule online at www.oregonpark.org.

Water aerobics

Exercise your entire body without putting stress on your back and joints. This class will work on toning, cardiovascular strength, endurance, and flexibility. Classes are Monday-Friday from 8:30-9:30 a.m. and Mondays and Wednesdays 7-8 p.m. Drop-ins or 5, 10, or 15 Water Aerobics passes are accepted.

Twinges

Let the natural buoyancy and resistance of the water help you improve your joint strength and flexibility along with improving cardiovascular endurance while walking and jogging in the shallow end. Participants do not need to know how to swim. Classes are Tuesdays and Thursdays 1-2 p.m. and Wednesdays and Fridays from 10:30-11:30 a.m. Drop-ins or 5, 10, or 15 Water Aerobics passes are accepted.

Deep water aerobics

Deep Water Aerobics is a more intense workout than your typical water aerobics class. Working out in the deep end will allow you to get an intense cardiovascular workout without the impact. You will also increase your endurance, flexibility and strength. Participants do not need to know how to swim. An aqua jogger belt will be provided. Classes are Mondays 9:30-10:30 a.m. and Saturday from 9-10 a.m. Drop-ins or 5, 10, or 15 Water Aerobics passes are accepted.

Dinges attends American Society of Agronomy (ASA) conference

AMES, Iowa – Anne Dinges, from Byron, joined members of the Agronomy Club at Iowa State University attending the American Society of Agronomy (ASA) conference, the undergraduate part of Students of Agronomy, Soils, and Environmental Studies (SASES), in Baltimore, Maryland, Nov. 4-7.

Highlights of the conference always include elected national officers, Quiz Bowl and crops competitions, research posters, and scholar announcements. Dinges and the Iowa State team made it to the semi-finals in the Quiz Bowl competition that covered all different facets of agronomy.

She received first place in the Crops and Genetics category of the research poster competition with a poster titled "Assessing Transferability Microsatellite Markers for Genetic Diversity Studies in Wild Potato Species in Uruguay."

In addition to the student conference activities, attendees took advantage of networking opportunities, a career center, workshops and tours.

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.

Iowa State University is one of the nation's most student-centered public research universities and is recognized among the top 50 public universities in the nation by U.S. News and World Report. With hundreds of student clubs and organizations, thousands of internship and co-op opportunities, and more than 80 learning communities, the university offers a student experience rich in academic and social diversity. Students from all 50 states and more than 100 countries choose to come to Ames, Iowa, to study with world-class scholars and hone their leadership skills.

Part of what makes Iowa State such a special place for our students to learn and grow is the uniqueness of the faculty and staff who work here. Our faculty and staff have established a leading-edge reputation among peers for innovative interdisciplinary academic programs, an ever-expanding learning community program, and entrepreneurial experiences for students.

Plus, Ames has been recognized as the second-best college town with a population under 250,000. And did we mention we've also been voted one of the top 10 best places to live in America? So it's no wonder why our students love it here.

At Iowa State, students will find 100 majors, 800 clubs, and one amazing adventure.



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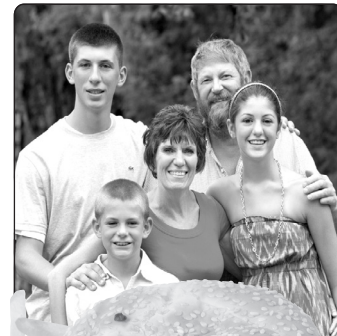
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Wed 5-8pm
Fri & Sat 5-9pm

FOOD HOURS

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Fridays 5pm - 9pm
Saturdays 5pm - 9pm

Owners Dave and Marilyn Balch with grandchildren Alec (Ralphie), Allyse (Lulu) and Owen (Louie)



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Oregon Lions helping the community

Oregon Lions made a donation to the VFW in Oregon at their meeting on Dec. 13. Oregon Post Commander Bob Coulter accepted the \$1,000 check from Oregon Lions President, Dr. Carri Anderson and Lions Vice President Mike Hoff. This donation helped make it possible for the members of VFW Post 8739 in Oregon to distribute Christmas Baskets to needy folks throughout Ogle County. Oregon Lions are proud to have formed a partnership with the VFW in Oregon and are happy to continue to support this Annual Christmas Event.

From Left: Oregon Lions President Dr. Carri Anderson, Oregon VFW Post Commander Bob Coulter and Oregon Lions Vice President Mike Hoff



Have you ever wondered what happens to the eyeglasses you donate to the Lions? Many of them are shipped to the Lions of Illinois Foundation Building in Sycamore, Illinois, where they are stored and then sorted by Lions volunteers. Oregon Lions have pledged to sort eyeglasses once a month at this location. Why is this an important task? Thousands of eyeglasses in hundreds of boxes need to be sorted before the frames are sent off to be melted down to raw material.

Above left, Lions involved in the last sorting session are from left to right: Jim Hoff, Chuck McCourt, Grant Affterbaugh and Duane Moser.

Above right: Oregon Lion Jim Hoff looks at the glasses the need sorting.

At left: Boxes stored at the Lions of Illinois Foundation Building in Sycamore

Church hosting soup lunch on Jan. 16

DAVIS JUNCTION — The Davis Junction United Methodist Church will be hosting its first of three soup lunches from 11 a.m.-1 p.m. on Wednesday, Jan. 16 at the Davis Junction Fire Station on Route 72 in Davis Junction. Soup this month will be Chicken Noodle soup and Ham and Bean soup, with corn muffins, drink and dessert. A free will offering will be collected. Bring a neighbor or a friend. Future dates will be Feb. 20 and March 20. Save the date.



Senior of Distinction

Employees at Oregon High School are asked to nominate any Senior who: displays qualities and talents we wish every student possessed and/or who have great grades and are involved in service to both school and community. For the month of December, Bailey Nelson was nominated and selected as the winner. "...(Bailey) has volunteered to paint a mural in one of the classrooms to update the aesthetics. I would also add that her Open Project with the elementary students and painting at the library was a large undertaking, which she has written about in her College Writing class. She is a student who knows where she has been and knows where she is going in life and serves as an incredible example for her peers and classmates." — Ms. Leamanczyk, OHS English Teacher. Pictured: Stillman Bank's is Pat Donahue presents Nelson with an achievement award from.

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AREA CHURCH DIRECTORY

BAILEYVILLE

BAILEYVILLE BAPTIST CHURCH

303 W. Franklin Street • Baileyville, IL 61007 • Phone: 815-232-6222 • baileyvillebaptist@yahoo.com • Pastor Gary W. Braham • Independent - Fundamental - KJB • Very friendly family oriented church. **Sunday Services:** Sunday School - 9:30a.m., Morning Worship - 10:40a.m., Afternoon Worship - 6:00p.m. Wednesday Bible Study & Prayer - 7:00p.m.

BYRON

ALL SAINTS LUTHERAN CHURCH

624 Luther Drive, Byron, IL 815-234-5277
Pastor Janet Wold. Summer Sunday Worship 9:00 am Memorial Day through Labor Day. Two worship opportunities at 8:00 am and 10:30 am September through May. Social Hour follows all services. Child care available at Summer Worship and 10:30 am Worship. Communion is served every Sunday Whole family education hour each Sunday 9:15 am - 10:15 am September through May. Confirmation studies for 7th and 8th grade students. Adult Bible Study held each Tuesday evening at 7:00 pm and Wednesday afternoon at 1:30 pm. Book club, quilters, and the GATHERING meet monthly. Please visit our website at <http://www.AllSaintsByron.org> or call the church office for details.

BEACON HILL ASSEMBLY OF GOD

6467 N. German Church Rd., Byron (815) 234-8032
www.beaconhillbyron.org
Pastor: Rev. Gary Cortese, Jr. Service Times: Sundays at 10:00 a.m.; Wednesdays at 6:30 p.m. "Building Faith for Life"

CORNERSTONE FAMILY CHURCH

205 N. Peru St., Byron 815-234-8737 cornerstonefamily.church • Sr. Pastor: Randy Snider, Associate Pastor: Dirk Miller, Children's Ministry Director: Kim Miller • **Worship Services** on Saturdays at 5pm and Sundays at 10am. **Children's Worship Services** on Sundays at 10am. Nursery Available for both Saturday and Sunday Services. • Jr. and Sr. High Underground Youth Group Small Groups on Sundays at 6:30pm. • Wednesday Night Family Nights with Dinner at 5:30pm. Children's Programs run from 6:15-7:30pm on Wednesdays and the Underground Jr./Sr High Youth Group meets from 6:30-8:00pm and there is an Adult Small Group also on Wednesdays from 6:30-7:30pm. • Numerous Adult Small Groups Available 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. Howard C. Barch, Jr.
Weekend Masses: Sept.-May: Sat. 5:00 pm, Sun. 8:00 am & 10:45 am - May-Aug.: Sunday 8:00 am & 10:00 am **Daily Masses:** Tuesday, Thursday, Friday 7:30AM, Wednesday 6PM

FIRSTBORN REACH

135 W. 2ND St., PO Box 1013, Byron, Pastor Patrick Featherston II
Service: Sundays at 10:00a.m.
TAKING JESUS AS HE IS TO THE PEOPLE AS THEY ARE

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 Website: unitedchurchofbyron.org
Senior Pastor: Rev. Jesse Tanner, Youth Ministry Coordinator: Khoa Ngo
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
Sunday School for Pre-K thru high school: 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 Chan Ik Choi, 606 Main Street, Chana, IL 61015. Church office 815-732-7683. (E-mail address: chanaucc@gmail.com Adult & Children's Education 9:00 a.m. Worship Service 10:30 a.m. Holy Communion celebrated the first Sunday of each month. At Chana Church you will find Open Hearts-Open Minds-Open Doors.

DAVIS JUNCTION

DAVIS JUNCTION UNITED METHODIST CHURCH

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

GRACE FELLOWSHIP CHURCH DAVIS JUNCTION

Pastor Brad Pittman www.graceofstory.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 David Poust, Parsonage 815-938-8058
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, 10:30 am.
AA meets Mondays, 8:00 AM. Monthly United Methodist Women's meetings. Prayer Chain 815/938-3179. Church website www.gbgm-umc.org/ 815/938-3179. Church website www.gbgm-umc.org/

FORRESTON REFORMED CHURCH

501 Third Ave. Forreston, IL Phone: 815-938-2424 Pastor Lyle Zumdahl.
Sunday School 10:45 a.m. Worship 9:30 a.m.
"Seeking to Live by Faith, to be Known by Love, and to be a Voice of Hope."

ST. JAMES LUTHERAN CHURCH

West Grove Rd. At Columbine Rd • Steve Erickson, Pastor • 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

6941 N. Mt. Morris Rd. • Leaf River, IL 61047
815-738-2205 E-mail Address LRBC@rnet1.com Pastor Randy Newton.
Sunday Praise & Worship Service - 9:30 a.m. (Nursery Provided) Sunday School - 11:00 a.m., Wed. Prayer & Bible Studies - 6:00 p.m. Prayer Chain 738-2205 or 738-2991

KINGS

ELIM REFORMED CHURCH

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

MOUNT MORRIS

DISCIPLES UNITED METHODIST CHURCH

102 N. Maple Ave., Mt. Morris, IL 815-734-4853 Rev. Julie Bunt 1st & 3rd Sun: 9:30 am Traditional Worship, Nursery provided, 10:40 Coffee Hour SEP-MAY: Sun. 10:45 am Sunday School; Mon. 5:30 pm chimes; 6:45 pm Choir Monthly Groups: Youth, 2nd Sun., 6 pm; Men, 3rd Sun., 7:30 am; Women, 3rd Tues., 9 am

EVANGELICAL FREE CHURCH OF MT. MORRIS

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

MT. MORRIS CHURCH OF THE BRETHREN

409 W. Brayton Road, Mt. Morris, IL 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

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.
• Pastor Marv Jacobs
www.EBENZERREFORMED.com • Sunday school 9:00 a.m. Worship 10:00 a.m.; Wednesdays 6:30 p.m. 8:00 p.m.; Men's Bible Study, Kids' Club

EMMANUEL LUTHERAN CHURCH

764 Sillman Rd., Oregon, IL 61061 • (815) 732-2424
Pastor Andrew Kayes • "Sharing God's Love" Service 9 AM • Sunday School 10:15, Bell Choir Tues 6:30 PM Communion 1st & 3rd Sundays • Women's Circles, Hand Bell Choir, Quilting Group, Kids Club

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 5th St., Oregon. Coffee and Fellowship following the service.

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: Jared Cochran "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.

FIRST PRESBYTERIAN CHURCH (USA)

200 S. Fifth St, Oregon • 815-732-2894
www.fpcoregon.com • Pastor Karen Gerhard Conner • Handicapped Accessible
11:00 a.m. Worship (Holy Communion served the 1st Sunday of each month)

OREGON UNITED METHODIST CHURCH

200 S. 4th St, Oregon, IL 61061 • 815/732-2994
www.oregonumc.org • Pastor Rev. Megan Smick
Sunday Worship 9:00 am Followed by Fellowship and All Age Sunday School

RIVERSTONE CHRISTIAN CHURCH

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

ST. BRIDE'S EPISCOPAL CHURCH

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

ST. MARY CATHOLIC CHURCH

301 N. Fourth St., Oregon Office: 881 N. Mongan Dr., Oregon, IL • www.st-mary-parish.com • Fr. Joseph P. Naill • Office Phone: 815-732-7383 Office Fax: 815-732-7472
Masses: Saturday 4:30pm; Sunday 8:30am, Tuesday-Friday 8:00am; 3rd Wednesday of the month 3:00pm at Pinecrest
Reconciliation: Saturdays 3:15-4:00 or any time by appointment
Baptisms: by appointment, **Wedding Arrangements:** 6 months in advance, Anointing of the Sick: Call 815-732-7383

ST. PAUL LUTHERAN CHURCH

114 S. 5th St. Oregon, IL Phone: (815) 732-2367
Pastor: Rick Tomlinson
Website: www.stpaul13.com Email: stpaul13@frontier.com
Sunday: Worship Services 8:30 am and 11:00 am; Coffee And... Fellowship 9:30 am; Sunday School 8:45 am Wednesdays: Bible Study 10:00 a.m. Other Activities: Men's and Women's Groups, Confirmation Class, High School Youth Group, Grieving Ministry, Outreach Ministry with Rockford Rescue Mission and HOPE Pregnancy Center, Adult Choir. 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 **CHURCH OF THE OPEN BIBLE**
302 S. Franklin Ave., Polo, Illinois • 815-946-2848 • Luke N. Schier, Pastor
Sunday Worship: 9:30am We include our children in our Sunday Worship Experience. "THE GRAND Kids Class" Ages 3-10 are then dismissed right after Praise & Worship. Blended Services. "Passion for God" "Compassion for People" Visit our website: PoloOpenBible.org

CROSSROADS COMMUNITY CHURCH ~ POLO CAMPUS

Meeting Sundays @ 10AM
205 N. Jefferson Avenue, Polo ~ 815.837.5255
polo@crossroadsccn.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 adult services
Crave Youth Group (6th-12th grade) ~ Sunday nights 6PM
Visit our website: www.crossroadsccn.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 • faith@faithumcpolo.com

STILLMAN VALLEY

RED BRICK CHURCH OF STILLMAN VALLEY (CONGREGATIONAL CHRISTIAN CHURCH)

Pastor: Rev. Dr. Chris Brauns • Associate Pastor: Tim Michalek
207 W Roosevelt (Route 72), Stillman Valley • Phone: 815-645-2526
Email: ccoffice1@comcast.net • Website: www.theredbrickchurch.org
Worship Schedule: Discipleship Hour 9:00 AM, Coffee Fellowship 9:50 AM Gathered Worship 10:00 AM
at 9:00 am; AWANA (through school calendar) on Wednesday from 6 - 7:30 pm. Men, women, and youth bible studies throughout the year. See website for all activities or call church office for more information.

KISHWAUKEE COMMUNITY EVANGELICAL PRESBYTERIAN CHURCH

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

VALLEY EVANGELICAL COVENANT CHURCH

Rt. 72 & Maple St., in Stillman Valley • Phone 815-645-8872
Pastor: Rev. Rick Lindholtz • www.valleycvc.org
Chuck Potts, Pastor to Students, Children and Families
Sunday Mornings: Worship at 10:15 a.m. (Nursery and Children's Church Provided). Communion is served the first Sunday of the month. Coffee and fellowship time follows the Worship Service. Please call our Church office or visit our website for details about Bible study groups, Youth groups and Bread of Life compassion ministry. Also the home of Valley Covenant Preschool 815-645-8882.

WINNEBAGO

MIDDLE CREEK PRESBYTERIAN CHURCH

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

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Anniversary

Terviel's celebrate 50th anniversary

STILLMAN VALLEY – Congratulations to Butch and Beryl Terviel from Stillman Valley, on their 50th Wedding Anniversary on Jan. 11, 2019!



Moving Up Higher with Joyce Meyer



Spend your time without acquiring regrets

Imagine we're at a graveyard. You look at a tombstone and see the person's name, the date they were born and when they died. In-between the dates there is a dash. I think it's interesting that a person's whole life – from the time they are born until they die – is represented by that dash.

The question is: What are you doing with your dash?

Time goes by so fast, and you don't want to get to your later years in life and have nothing but regrets. David talks about this in the Psalms.

Psalm 39:4-5 (AMPC), says, "Lord, make me to know my end and [to appreciate] the measure of my days Behold, You have made my days as [short as] handbreadths, and my lifetime is as nothing in Your sight. Truly every man at his best is merely a breath!"

It's so important for us to invest our time in the important things of life. Because you don't want to spend your life climbing the ladder of success only to find out your ladder is leaning against the wrong building when you get to the top!

Find your balance.

First Peter 5:8 (AMP) says we should "be sober [well balanced and self-disciplined]." This is the key to living with purpose, making your time count. Are you living a balanced life, getting enough sleep, drinking enough water, taking care of yourself so you have the energy you need to do what God is leading you to do?

Are you focused on the important things – your relationship with God, spending time with family and friends? The people in your life are more important than money. Are you striving to store up material possessions that are already in the process of decay and will someday end up in a junk yard? That's what happens to all the things we "worship" here.

There is nothing wrong with having nice things and enjoying them, but we cannot afford to put them before the really important things. So I ask you again: What are you doing with your time? Are you investing it or wasting it?

Make wise choices.

Wisdom is doing now what you will be happy with later on. A good example of this happened when I had a hip replacement in 2015. After the surgery, I healed very well and quickly. The doctor said it was because I was in great shape physically before surgery. I was in great shape because I've spent lots of time working out, eating properly, getting good sleep consistently, and doing other healthy habits. I paid the price, investing my time in ways that bought me strength and helped me to recover successfully.

Here's another example: I only have six teeth that don't have crowns on them. This is because when I was growing up,

I never went to the dentist unless I had an emergency. My dentist finally said, "If you're not going to come in for your regular checkups and cleanings, then don't call us when you have an emergency."

Because I wouldn't take the time to go to the dentist on a regular basis and take care of my teeth like I should have, I ended up spending more time getting my teeth repaired later on. It takes a lot of time to get your teeth crowned – and a lot of shots and pain!

The bottom line is if you take a little time to do the right thing to begin with, then you won't be forced to take a lot of time later on taking care of problems that could have been prevented in the first place.

Avoid the time-wasters.

I've discovered eight simple, practical ways you can avoid wasting your time:

Stop getting upset about things you can't do anything about. Be determined to keep your peace in every situation (John 14:27).

Don't complain (Philippians 2:14). It's useless and changes absolutely nothing. The more we talk about problems, the bigger they seem to become.

Don't try to "buy" time by getting less sleep. This actually causes you to lose more time because when you're tired, you make more mistakes than you would if you were properly rested. And every mistake costs time to fix.

Stop hurrying. This also causes us to make mistakes and waste time.

Enjoy what you have instead of craving and going after things you don't have (Ecclesiastes 6:9).

Don't live in the past. You can't go back and do anything over again. Let it go and get on with life! (See Philippians 3:8-13.)

Take time to deal with little problems and you won't spend more time later dealing with big ones.

Identify things that hijack your time and be firm in avoiding them.

We all have room for improvement in our lives. I want to encourage you to make a decision to begin making changes, with God's help, in the areas you need to grow in. You'll have abundant life in Christ (John 10:10) and make your "dash" count as you invest your time following the plan He has for you!

Joyce Meyer is a New York Times bestselling author and founder of Joyce Meyer Ministries, Inc. She has authored more than 100 books, including BATTLEFIELD OF THE MIND and HEALING THE SOUL OF A WOMAN (Faith-Words). She hosts the Enjoying Everyday Life radio and TV programs, which air on hundreds of stations worldwide. For more information, visit www.joycemeyer.org.

Bertolet Library News

Create-a-Card with Jessie

Saturday, Jan. 19, 9:30 a.m.

With grey winter days and Valentine's Day on the horizon, it's a great time to join our card making group. Jessie Ross will again be on hand to offer suggestions and guidance as you create one-of-a-kind cards or valentines for your friends and family. All materials are provided and registration is not required so come spend an hour or the whole morning!

National Seed Swap Day

Saturday, Jan. 26, 9 a.m.-noon.

It's time to think Spring with our third annual Seed Swap Day! Master Gardeners will be on hand to answer any gardening questions and envelopes will be provided for everyone to take home seeds that are exchanged. Please bring any fresh, well-labeled seeds you have to share with other attendees. This event is free and open to all area gardeners.

Adult Coloring

Wednesdays, 1 p.m.

Start the new year with a new hobby at our weekly coloring club. We provide beautiful pictures and a variety of colored pencils, crayons, and markers. You provide the artistry. No registration is necessary, just drop in and have fun!

Toddler/Preschool Story Time

Thursdays, 10:30 a.m.

Story Time is back! Miss Julie is excited to see all her library friends again and share lots of great new books. This program is a wonderful way for children to learn new concepts and make friends in a fun, relaxed way. Please join us!

Food for Fines

From Jan. 2 through Feb. 14 bring in any non-perishable food or paper products and we'll deduct \$1 from your fines for each item received. This does not apply to materials that have not been returned. Don't have any fines? Bring in food anyway to help out our area food pantries.

HotSpots Available

We now have five HotSpots available for patrons to check out and use to receive wifi at home. Check outs will be for 2 weeks with renewal possible, if there is not a waiting list. Call 815-738-2742 or stop in to pick up or reserve your HotSpot.

Stamps available

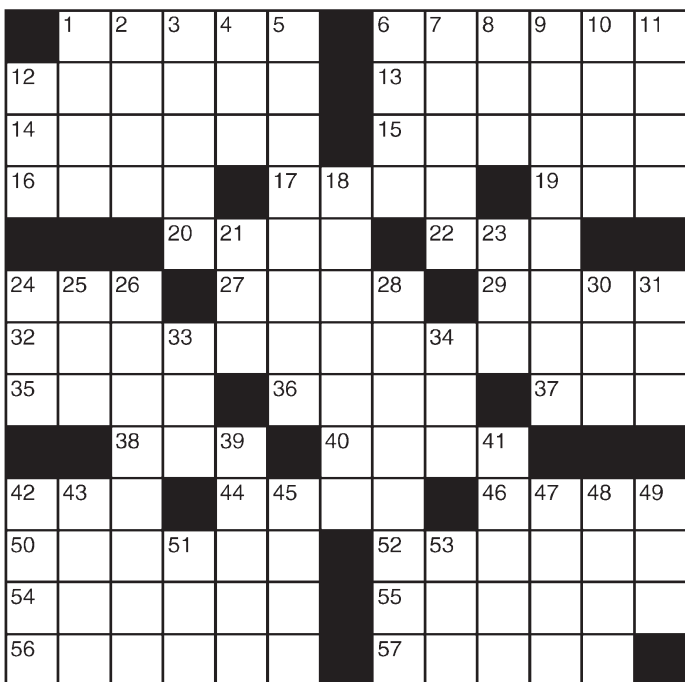
First class postage stamp prices will increase to 55 cents on Jan. 27. We have rolls of 100 and booklets of 20 with various designs available so stop in soon to stock up before the price change.

Weekly Brain Busters

King Crossword

ACROSS

- 1 — about (spread the word)
- 6 Utters
- 12 Grads
- 13 Recluse
- 14 ymnoso-
phist's prac-
tice
- 15 Incompetent
- 16 Vicinity
- 17 Sicilian spout-
er
- 19 Tier
- 20 Onetime NYC
mayor
- 22 Writer
Buscaglia
- 24 Sternward
- 27 Near the trea-
sure



- 29 "Thin Man"
dog
- 32 Just one thing
after another?
- 35 Deserve
- 36 Arp's move-
ment
- 37 Poehler or
Grant
- 38 Panasonic
competitor
- 40 Incline
- 42 Slithery
squeezer
- 44 Not so much
- 46 Radius neigh-
bor
- 50 German
Chancellor

- Merkel
- 52 Raise the
anchor
- 54 Successful
player
- 55 Hale and
hearty
- 56 Eight English
kings
- 57 Wear away
- 7 Punishment-
related
- 8 Geological
time
- 9 Food of the
gods
- 10 Narc's mea-
sure
- 11 Crockpot cre-
ation
- 12 Literary col-
lection
- 18 Menaces
- 21 Possess
- 23 Chow down
- 24 Expert
- 25 Govt. lender
- 26 Seasoning
herb
- 28 Guaranteed
- 30 Male turkey
- 31 One or more
- 33 Business
abbr.
- 34 Hoosgow
- 39 Back street
- 41 Disney pachy-
derm
- 42 Wild party
- 43 Never again?
- 45 41-Down's
"wings"
- 47 Noisy
- 48 Schnozz
- 49 Illustrations
- 51 Blunder
- 53 Neither mate

DOWN

- 1 Unclear view
- 2 Discourteous
- 3 Eskimo boat
- 4 Officeholders
- 5 It gets
punched
- 6 Avoid

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MAGIC MAZE ● INTERNATIONAL SANDWICHES

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

Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally

- Bauru
- Butterbrot
- Crisp
- Panini
- Beirute
- Cemita
- Cucumber
- Torta
- Bosna
- Chip butty
- Donkey burger
- Vegetemite
- British rail
- Chivito
- Gyro

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Weekly SUDOKU

by Linda Thistle

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

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.

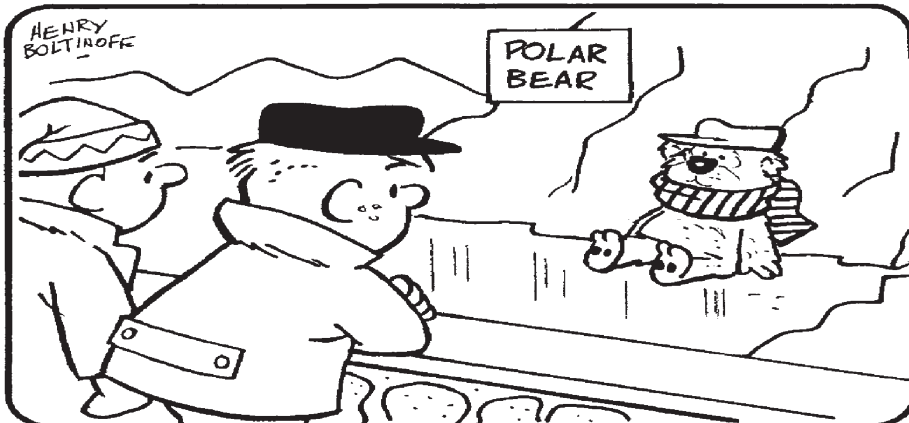
DIFFICULTY THIS WEEK: ◆

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

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HOCUS-FOCUS

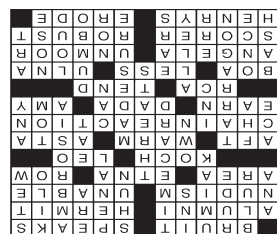
BY HENRY BOLTINOFF



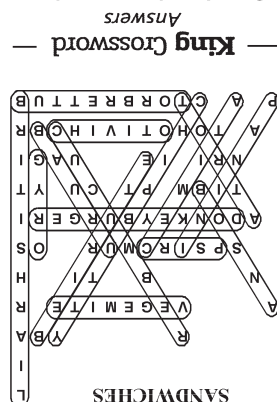
Find at least six differences in details between panels.



Differences: 1. Boy's hat is different. 2. Bear is wearing mittens. 3. Boy's glove is black. 4. Mountains are snow-capped. 5. Boy's freckles are missing. 6. Bear has three toes.



Solution time: 24 mins.



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

Answer

Weekly SUDOKU

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Oregon Library News

Lego Club (grades 2nd -7th)

The Lego Club will meet on Tuesday, Jan. 15 at 3:30 pm. Registration is requested, but not required.

Wednesday, Jan. 16 at 6:30 p.m.

Al Capone and the 1933 World's Fair: The End of the Gangster Era in Chicago is a historical look at Chicago during the darkest days of the Great Depression. The story of Chicago fighting the hold that organized crime had on the city to be able to put on The 1933 World's Fair. Join Illinois author, William Hazelgrove as he shares the exciting and sprawling history behind the 1933 World's Fair. He reveals the story of The Secret Six, who beat Al Capone at his own game, ending the gangster era as prohibition was repealed. The story of an intriguing woman, Sally Rand, who embodied the World's Fair with her own rags to riches story. The story of Rufus and Charles Dawes who gave the fair a theme and then found financing in the worst economic times the country had ever experienced. The story of the most corrupt mayor of Chicago, William Thompson, who owed his election to Al Capone; and the mayor who followed him, Anton Cermak, who was murdered months before the fair opened by an assassin many said was hired by Al Capone. But most of all it's the story about a city fighting for survival in the darkest of times; and a shining light of hope called A Century of Progress.

Thursday, Jan. 17t at 6 p.m. – Are Your Kids Safely Online? Parent Guide to Internet Safety

Did your kids receive new devices for Christmas this year? Want to know how to keep them safe in an online world. Oregon Police Chief Darin DeHaan will present a safety guide for parents. Learn how to spot the signs of cyber bullying, how old should your child be to have a Facebook, Instagram or Snapchat account. How do you monitor who is following your children online. In an online world, it's __o'clock, do you know "where" your children are?

Afternoon movie – Jan. 18 at 1 p.m.

Early dismissal, so join us on Friday, Jan. 18 for an afternoon movie! The movie will be SmallFoot, rated PG, beginning at 1 p.m. Bring something soft to sit on as the movie is shown in the Art Gallery

Oregon Writer's Group welcome guest speaker on Jan. 29

Andrew Carlson, a published local writer, will speak to the Oregon Writers Group on Tuesday, Jan. 29 at 10 a.m., about how to get writing pieces published. 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. The Oregon Writers Group meets on the last Tuesday of each month.

Lorado Taft programs at the Oregon Public Library

Lorado Taft Campus and the Oregon Public Library have joined forces to offer three winter programs starting in January. The programs are: Tuesday, Jan. 29, Endeavors in Engineering, Thursday, Feb. 21, Bone Bonanza, and Tuesday, March 5, Garbology. All three programs are open to students in grades 1st-8th and will be from 3:30-4:30 p.m. Sign-up for one or all three! Registration is required and starts now. Call the Library at 815-732-2724 for more information and to register.

Pizza and a Movie: The Hate U Give – Jan. 31 at 5:30 p.m.

Join us for pizza and watch The Hate U Give- PG-13. Starr Carter navigates the perilous waters between her poor, black neighborhood and her prestigious, mainly white private school. This all changes when she finds herself in the middle of racial activism after her best friend is shot by police officers, and she's forced to make a decision. Allow the media to skewer her friend to protect the status quo, or stand up and tell the truth in memory of Khalil? Registration is required, please call the Library at 815-732-2724.

Library of Things

The Oregon Public Library now has a "Library of Things"! The LOT is a collection of non-traditional items that patrons can check-out. This collection includes: crockpot, pots and pans, family games, audio/visual items, and much more. We are also taking requests for items that patrons might be interested in checking out. To find out more or to make requests, please stop by the library and talk to a staff member.

Adult yoga – Saturdays at 9:30 a.m.

Benefits of yoga include developing a mind-body connection and present centered awareness. Strength, flexibility, stamina/endurance and a sense of calm for both the mind and body will increase with repeated practice over time. Please wear comfortable clothing and bring a mat and water bottle. Mats will be provided to those in need on a first come, first serve basis. Registration required.

Story times

18-24 Months Story Time (9:30 a.m.) and Preschool (3-6 yrs. old) Story Time (10:30 a.m.) will take a break and start back up on Thursday, Jan. 10. Join us in 2019 for stories, crafts and fun!

Trivia Night – second Wednesday of the month at 6 p.m.

Test your knowledge of sports, history, movies and much more. Refreshments and prizes. Registration required.

Library book clubs

The Afternoon Book Club meets Wednesday, Jan. 16 at 1 p.m. to

Join Oregon Police Chief Darin DeHaan at the Oregon Public Library on Thursday, January 17. Registration requested.

discuss Manhattan Beach by Jennifer Egan. The In-Between Book Club will meet on Wednesday, Jan. 23, at 1:30 p.m. to discuss The Wonder by Emma Donoghue. Books on Tap will meet on Thursday, Jan. 24 at 6 p.m. to discuss The Wonder by Emma Donoghue. The 2nd Wednesday Book Club (2WBC) meets Wednesday, Feb. 13, at 12:30 p.m. at the Library to discuss In the Fall by Jeffrey Lent.

Knit and crochet club

A friendly and dedicated group meets every Monday evening, 6 p.m. at the Library. These crafty people share their time and energy with anyone who enjoys the delights of the yarn. Working on projects can come to a complete halt if someone has a question or a good story to share.

New releases

- Colette (Rated R)
- Unbroken: Path to Redemption (Rated PG-13)
- Christopher Robin (Rated PG)
- Sgt. Stubby: An American Hero (Rated PG)
- Beautifully Broken (Rated PG-13)
- Mickey's Once Upon A Christmas (Rated Christmas)
- The House With A Clock In Its Walls (Rated PG)
- Mission: Impossible-Fallout (Rated PG-13)
- Death Of A Rainmaker by Laurie Loewenstein (Mystery)
- In A House Of Lies by Ian Rankin (Mystery)
- The Stranger Diaries by Elly Griffiths (Mystery)
- Valentine Candy Murder by Leslie Meier (Mystery)
- The 6 Keys: Unlock Your Genetic Potential For Ageless Strength, Health, And Beauty by Jillian Michaels (Non-Fiction 612.6 MIC)
- Presidents Of War: The Epic Story, From 1807 To Modern Times by Michael Beschloss (Non-Fiction 355.00973 BES)
- Brief Answers To The Big Questions by Stephen Hawking (Non-Fiction 500 HAW)

Polo Library News

Recycle Your Plastic

The Library has earned a Trex Yacht Club bench for the library pavilion. We are still accepting plastic bags and other plastic wrap at the Library to benefit the Polo Food Pantry. All plastic must be clean, dry and free of food residue.

Children's Programs

Parents or caregivers must remain in the library if their child is under 8.

School Early Out Program

Wednesday, January 23, 1-2 p.m.
Histories for Kids/Illinois Inventors
Ages 8-12
Registration required

Adult Programs:

Pinterest Party
Tuesday, February 5, 6-7 p.m.
Activity: Suet Bird Feeder
Registration is required for this program

Book Discussion Groups

Extra books are always available for these discussions. Please check one out and join us.

Afternoon Book Club at the Library

Monday, January 28, 1:30-2:30 p.m.
Selection: White Teeth by Zadie Smith

Friday Book Discussion at the Library

Friday, Jan. 25, 1:30-2:30 p.m.
Selection: American Fire by Monica Hesse

New to the Collection

The following list is a small sampling of the new items available at the Library. Come in and check out our new books and other items on display located in each section of the library. Visit our website (polo-library.org) and view the carousel, or come in to browse the new sections in our bookcases.

Adult Fiction

The Incendiaries by R.O. Kwon

Large Print

A Daring Venture by Elizabeth Camden

Rock River Center representative

Wednesday, Jan. 23, 10 a.m.-noon.

The Rock River Center provides a caseworker to answer questions about Medicare, insurance, home care and anything else to do with caring for the older population. No appointment necessary. They will return every 4th Wednesday of each month.

Library Closed

Monday, Jan. 21, Martin Luther King Day

The LIFE office is located at
311 West Washington Street, Oregon.
Open Monday-Wednesday,
8:30 a.m. - 4 p.m.
Thursday, 8:30 a.m.-noon.
The office is Closed Fridays

Julia Hull Library News

Light Up Your Winter...Read!

Illuminate the dark, cold days of winter with a good book for our 2019 Winter Reading Challenge! The process is easy: read a book, complete a review form, and enter to win prizes! Drawings are held weekly. Complete 5 review forms by February 28, and be entered to win our grand prize: a gift certificate to Octane Interlounge in Rockford! Photograph one of the books you're reading, share it on Facebook or Instagram with the #juliahulldistrictlibrary, and you'll receive one additional grand prize entry! Adults only. Through Feb. 28!

The Day the Crayons Quit Storytime

Join us Saturday, Jan. 19 at 10 a.m. for a colorfully good time featuring The New York Times Bestselling book series, The Crayons, by Drew Daywalt. We'll read colorful stories, sing chromatic songs, and

make a craft that embraces every crayon in the box! The costumed character, Pea Green Crayon, from The Day the Crayons Came Home, will join us for fun and photos. Bring a camera! All ages. Registration required: 815-645-8611.

Planning Your Greek Vacation

Opa! Let's head someplace sunny, warm and filled with adventure. On Monday, Jan. 28 at 6 p.m., Veteran European travelers, Joanna and Wayne, are back with tips for must-see sights, must-eat foods, and must know insights to make sure you get the most out of your Greek travels. Registration required: 815-645-8611.

Teen Crafternoon: Bad Art Challenge

After school Tuesday, Jan. 29, 2:45-4:45 p.m., come snack and create a painting, mobile, book, sculpture – any kind of

art you want. Just as long as it's bad. Really, really bad. The Best Bad Art will be awarded The Bad Trophy. All supplies provided. Ages 13-18. Registration required: 815-645-8611.

Tween Scene: Whodunit?

On Tuesday, Feb. 5 at 6 p.m., head to the scene of the crime and solve the murder at this immersive game that makes everyone a part of the mystery! After signing up, Tweens will be given a character to play and a part to act out. Dressing in character attire is encouraged! Ages 10-12. Registration required: 815-645-8611.

The Colorful History of the Little Black Dress

Versatile, dependable, and affordable, the Little Black Dress, or "LBD," has become the fashion equivalent of a Model T

Ford. In this illustrated lecture, historian Leslie Gooddard, Ph.D., explores the history of this fashion icon. Learn how Chanel helped dissociate black from mourning; how Audrey Hepburn helped establish the LBD; and how it has been reinvented by everyone from Betty Boop to Prada. Monday, Feb. 25 at 6:30 p.m. Registration required: 815-645-8611.

Weekly Storytimes

Are you looking to connect with other caregivers, and engage your child in learning that's fun, imaginative and hands-on? Please join us for Babies & Books (ages 0-24 months), Wednesdays at 10 a.m.; Terrific Ts! (ages 2-3 years), Fridays at 10 a.m.; and Big Kid Storytime (ages 4-6 years), Thursdays at 10 a.m. Storytimes meet weekly and no registration is required.

Byron Library News

Special Hours

The Byron Library will be closed on Monday, Jan. 21 for a staff training day. We will re-open with our regular hours on Tuesday, Jan. 22.

Library Madness

January 9-Feb. 28
3:45-4:45 p.m.
Wednesdays: 3rd-5th graders
Art, science experiments, engineering challenges and LEGO building fun for grade school students. Please call 815-234-5107 to register.

Library Dance Party

Monday, Jan. 14
10-10:45 a.m.
Ages: 18 months-5 years, with caregiver
Join us for a monthly music and movement program! Explore new music and move with shakers, scarves, and ribbon wands. Please call 815-234-5107 to register.

Everything eBay with Sharon Wagner

Wednesday, Jan. 16, 1:30-3 p.m.
Sharon's successful techniques will have you selling and buying merchandise on eBay - the world's largest online marketplace – as well as learning her useful tips and tricks. Participants need to have an active eBay account for this class. If you need assistance setting up an account, please call the library to schedule an appointment beforehand. Please call 815-234-5107 to register and if you need assistance setting up an eBay account.

Chess Enthusiasts
Saturday, Jan. 19
1-4 p.m., Ages: 7 years and up
Come work on your chess strategy and learn a new move or two. Drop in anytime between 1 p.m. and 3 p.m. to begin playing. Beginners welcome! Please call 815-234-5107 to register.

Pete the Cat Party

Tuesday, Jan. 22
6-7 p.m.

Ages: 2-8 years, with caregiver
A fun-filled evening featuring everyone's favorite groovy guy – Pete the Cat. Join us for stories, activities and crafts, and a chance to meet and take your photo with Pete! Please call 815-234-5107 to register.

Super Bowl LIII Scoop presented by Sean Considine

Monday, Jan. 28
4:30-5:30 p.m.
What does it take for a team to get to the Super Bowl? What makes an underdog? How are the odds determined? What do the referee calls mean? Sean will give the scoop on everything football to prepare you for this year's Super Bowl. Novice football watchers and devoted fans alike will enjoy Sean's stories and professional knowledge.

Prairie State Legal: Know Your Rights presentation with one-on-one appointments to follow: Domestic Violence and Orders of Protection presented by Attorney Leann Duncan
Tuesday, Feb. 5
1-1:20 p.m.

After the Know Your Rights presentation, individuals can meet with a lawyer at no cost to discuss civil legal issues such as: problems with their landlord, clearing criminal records, orders of protection and divorce for domestic violence victims, bankruptcy, housing discrimination, problems with SNAP/TANF/Medicaid, social security overpayments, getting guardianship of a minor or disabled adult. Each individual will go through an eligibility screening before talking to an attorney for free. Prairie State cannot help with criminal defense, traffic cases, personal injury, workmen's compensation, or immigration cases. Appointments can be scheduled ahead of time, by calling 815-965-2902. Walk-ins will be seen on a first-come, first-served basis.

Meet the Author: Heather Bentley, Author of Sweetest Heartbreak
Friday, Feb. 8, 10-11 a.m.
Heather is the 2018 winner of the

Soon to Be Famous Author Project, awarded and judged by librarians. Prior to the presentation, checkout a copy of her book at the library or read it digitally – available for free on Biblioboard. Join Heather in a discussion of her romance novel, described as "when naïve, humble and beautiful meets arrogant, brash and handsome." A sizzling discussion awaits! Please call 815-234-5107 to register.

Sweet Treats

Friday, February 8
10-11 a.m. – ages 5-9 years
1:30-2:30 p.m. – ages 10-14 years
Create and decorate Valentine themed treats. Please call 815-234-5107 to register.

Library Dance Party

Monday, Feb. 11
10-10:45 a.m.
Ages: 18 months-5 years, with caregiver
Join us for a monthly music and movement program! Explore new music and move wit shakers, scarves, and ribbon wands. Please call 815-234-5107 to register.

Head Strong: Exercise Strategies to Enhance Memory and Thinking Presented by Karla Belzer, Extension Educator

Wednesday, Feb. 13
1:30-2:30 p.m.
Are you headstrong about keeping your head strong? Challenging the brain with puzzles and games can be very beneficial, especially as we grow older. Join us as we learn about memory and aging and explore several exercise strategies to enhance thinking. Please call 815-234-5107 to register.

Messy Art Monday

Monday, Feb. 18
10-11 a.m.
Ages: K-5th Grade
Head to the library for some messy and fun art projects! Please call 815-234-5107 to register.
Please register for all programs by calling 815-234-5107.

Mount Morris Library News



Storytime for Little People and Big Kid Book Club at 11:15 a.m., Wednesday, Jan. 16

Little People Storytime and Big Kid Book Club – Starting with some Winter fun!

New at the Library

Repair of CD's and DVD's for patrons! Starting on Jan. 1, we will offer repairs/cleaning for CD's and DVD's for the low cost of \$1 per disc. Come in and read through the policy and let us help you clean up your favorite music and movies!

Lego Club meets Monday, Jan. 14 at 5:45 p.m.

See you there!

Local Author, Len Levinson to speak Jan. 20 at 2 p.m.

"How and Why I wrote Web of Doom" – presented by Local author, Len Levinson. The story of how this new pulp fiction book came to be written by our own "trash" king! Len Levinson is always entertaining with his stories about his life as a

writer! Come enjoy the new story of writing and publishing WEB OF DOOM.

Paws and Tales Reading Buddy – Jan. 18 at 2 p.m.

Noah's Ark Paws and Tales Reading Buddy This is a "Build-a-bear" type workshop for kids ages 4 and up. We are limited to 20 participants so you MUST SIGN UP. We are charging \$5 for material fees. When you sign up and pay your fee, you can choose your Reading Buddy. Call the library for further information.

Illinois Veterans' History Project

In January, we will begin collecting information from our local area veterans for the Illinois Veterans History Project. This is an easy program designed to preserve the history of our local vets.

The Library Board of Trustees meets on Wednesday, Jan. 16 at 7 p.m. All meetings are open to the public.

TV WEEKLY

Tuesday, January 15 through Monday, January 21

Soap Opera Update

THE BOLD AND THE BEAUTIFUL

Brooke was overcome with emotion seeing her granddaughter, Beth, for the first time. Reese was sweating bullets after the thug warned him to pay up or lose Zoe. Reese suggested that Zoe ask Xander to move in with her. Brooke gave Ridge some advice on how to be a good step-parent. Eric and Quinn hosted a gathering of their family and friends. Zoe expressed her concern about Reese to Xander. Steffy felt guilty that Liam had been delayed in getting to Catalina Island to be with Hope and Beth. Reese unraveled even more when he received another threatening text, this one with a recent picture of Zoe attached. A mature Steffy offered Hope advice and friendship. Wait to See: Thorne feels left out when Will asks Katie if she still loves Bill.

DAYS OF OUR LIVES

Ciara questioned her relationship with Ben. Jack ran into Kayla and discovered a dark moment from his past. Xander tried to get back into Victor's good graces with a valuable gift. Julie helped Chad plan a special date with Abigail. Kate urged Chad to take over the family business. Abigail and Ciara had a heart-to-heart about Ben. Hope persuaded Ted to represent Stefan. JJ blasted Gabi for her lies. Ciara got Claire to confess her and Ben's deception. Leo met Xander for the first time and was immediately smitten. Ben and Ciara broke up. JJ realized that Haley was keeping something from Kayla. Eric revealed he'd made a decision about Holly's custody case. Wait to See: Chad surprises Abigail with a special dinner with her family.

GENERAL HOSPITAL

Sam was very concerned about Kristina. Josslyn gave Oscar her full support. Kim met with Terry. Drew called out Julian on his actions. Ryan checked on Laura. Alexis cleared the air. Kim returned to Oscar's hospital room. Jordan told Margaux everything she knew. Ned was compassionate. Drew and Sam found a way to help one another. Alexis stated her case. Lulu told Peter about her chat with Margaux. Anna got a second chance. Elizabeth received some good news. Finn reconnected with Alexis. Olivia put her doubts aside. Franco startled Ava. Griffin ran into Sonny at the chapel. Kim and Drew thought about their future. Valentin made a romantic gesture. Wait to See: Jason warns Drew about Shiloh.

(See C-10)

Weekdays Daytime		Insight Communications Oregon-Byron Polo																				January 15, 2019					
		7 AM	7:30	8 AM	8:30	9 AM	9:30	10 AM	10:30	11 AM	11:30	12 PM	12:30	1 PM	1:30	2 PM	2:30	3 PM	3:30	4 PM	4:30	5 PM	5:30	6 PM	6:30		
WTTW	2	Curious	Wild	Nature	Pink	Go Luna	Tiger	Tiger	Sesame	Sesame	Splash	Dino	Tiger	Nature	Peg	Pink	Arthur	Go Luna	Nature	Wild	Wild	Odd	Odd	PBS NewsHour			
WREX	3	Today					Today Third Hour		Today With Kathie Lee & Hoda		The Doctors		13 News at Noon	Days of our Lives		Steve	Millionaire	Jeopardy!	Jeopardy!	Dr. Phil		13 News at Five	Nightly News	13 News at Six	Wheel Fortune		
WTVO	4	Good Morning America					Live with Kelly and Ryan		The View		Rachael Ray		GMA Day		General Hospital		The Dr. Oz Show		Family Feud	Family Feud	Judge Judy	Judge Judy	Eyewitness	World News	Eyewitness	Ent. Tonight	
WIFR	5	CBS This Morning					Morning Blend	Paid Program	The Price Is Right		The Young and the Restless		23 News at Noon	Bold	The Talk		Let's Make a Deal		Pickler & Ben		The Ellen DeGeneres Show		23 News at Five	Evening News	23 News at Six	Last Man	
WQRF	6	Eyewitness		Eyewitness		Joyce	Paid	Hatchett	Judge	Judge Mathis		Divorce	Divorce	Paid	Paid	Face	Face	Maury		Mom	Mom	Two	Two	Theory	Theory		
CW	15	Paid	Paid	The Real		The 700 Club		The Dr. Oz Show		Dateline		Wendy Williams		Fam	Divorce	Caught	Caught	Jerry Springer		Jerry Springer		Fam	Fam	Fam	Mod		
WHA	21	Nature	Curious	Go Luna	Tiger	Tiger	Pink	Sesame	Splash	Dino	Cat in	Sesame	Super	Varied Programs				Odd	Arthur	Arthur	News	PBS NewsHour					
WQPT	48	Pink	Tiger	Tiger	Go Luna	Ready	Wild	Nature	Curious	Varied Programs				Chicago	Varied	Sesame	Odd	Odd	Wild	Curious	Nature	Arthur	Chicago	Varied	News		
ESPN	7	Get Up					First Take			SportsCenter		Outside	NFL Live		NBA: The Jump		Noon	Ques	Around	Pardon	SportsCenter		Varied Programs				
CNN	8	New Day			CNN Newsroom		CNN Newsroom		At This Hour-Kate		Inside Politics		Brianna Keilar		CNN Newsroom		CNN Newsroom		Jake Tapper		Situation Room		Situation Room		E. B. OutFront		
CNBC	9	(5:00) Squawk Box		Squawk on Street		Varied Programs		Squawk Alley		Fast Money		The Exchange		Power Lunch		Closing Bell		Varied Programs		Fast	Varied	Mad Money		Shark Tank			
AMC	10	Paid	Paid	Varied Programs																							
LIFE	12	Unsolved Mystery		Unsolved Mystery		Unsolved Mystery		Celeb.-Swap		Celeb.-Swap		Celeb.-Swap		Wife	Varied	Grey's Anatomy		Grey's Anatomy		Grey's Anatomy		Varied Programs					
WGN-A	18	Creflo	Paid	Murder, She ...		Murder, She ...		Murder, She ...		Heat of the Night		Heat of the Night		Heat of the Night		Heat of the Night		Blue Bloods		Blue	Varied	Blue	Varied Programs				
NICK	23	PAW	Peppa	Bubble	PAW	Abby	PAW	Bubble	Top	PAW	But	PAW	Blaze	PAW	PAW	Sponge.	Sponge.	Sponge.	Sponge.	Loud	Loud	Loud	Loud	Henry	Henry		
DISN	24	Roads	PJ	Puppy	Puppy	Muppet	Vampir	Fancy	Vampir	PJ	PJ	Puppy	Puppy	Duck	Big City	Varied Programs		Raven	Raven	Varied Programs		Bunk'd		Coop			
FREE	25	Reba	Reba	700	700	The 700 Club		Movie		Varied Programs		Middle	Middle	Middle	Middle	Varied Programs		Movie									
A&E	29	First 48	Varied	First 48	Varied	First 48	Varied Programs								First 48	Varied	First 48	Varied	First 48	Varied Programs							
USA	29	Chicago	Varied Programs							Law & Order: SVU		Law & Order: SVU		Law & Order: SVU		Law & Order: SVU		Law & Order: SVU		Law & Order: SVU		Law & Order: SVU		Varied Programs			
TNT	30	Charmed		Charmed		Supernatural		Supernatural		Supernatural		Supernatural		Supernatural		Supernatural		Varied Programs									
BET	31	Browns	Browns	Browns	Browns	Payne	Payne	Payne	Payne	Payne	Payne	Payne	Payne	Payne	Payne	Movie	Varied Programs										
PARMT	32	Bar Rescue		Bar Rescue		Rescue		Varied		Bar Rescue		Bar Rescue		Bar Rescue		Two	Two	Two	Two	Mom	Mom	Mom	Mom	Mom	Varied	Friends	Friends
DISC	34	Varied Programs																									
UNIV	35	(6:00) ¡Despierta América!							Qué bonito amor		Notici	Vecinos	Dice el Dicho		Tenías que ser tú		En tierras salva		Gordo Flac		Primer Impacto		Lucho	Notici	Rosa Guadalupe		
HIST	36	Varied Programs																									
BRAVO	37	Varied Programs																									
HGTV	39	Varied Programs								Fixer Upper		Varied Programs															
WTBS	40	King	King	Seinfeld	Seinfeld	Friends	Friends	Friends	Friends	Friends	Friends	Friends	Friends	Friends	Friends	Friends	Amer.	Amer.	Amer.	Amer.	Family	Family	Burgers	Burgers			
FOXN	41	FOX and Friends		America's Newsroom				Outnumbered		Outnumbered		The Daily Briefing		Shepard Smith		Neil Cavuto		The Five		Special Report		The Story					
ANPL	42	Too Cute!		Animal Cops		Animal Cops		My Cat From Hell		Dr. Dee: Alaska		Dr. Jeff: RMV		Pit Bulls-Parole		Pit Bulls-Parole		Varied Programs									
TLC	43	Varied Programs								Hoard-Buried		Hoard-Buried		My 600-Lb. Life		Varied Programs		Say Yes	Say Yes	Say Yes	Varied Programs						
TVLAND	44	Paid	Paid	Griffith	Griffith	Griffith	Griffith	Bonanza	Varied	Guns.	Varied	Guns.	Varied	Guns.	Varied	Guns.	Varied	Griffith	Griffith	Griffith	Griffith	MASH	MASH	MASH	MASH		
COM	45	Varied Programs				Futurama				Futurama				Futurama													
EI	46	Pro	Pro	Pro	Pro	Below Deck -		The Kardashians		Varied Programs				The Kardashians				Busy	Busy	Varied Programs				Botched-Nature			
HALL	47	Golden	Golden	Golden	Golden	Home & Family				Home & Family				Movie				Movie				Winterfest Movie Countdown					
MSNBC	49	(5:00) Morning Joe		MSNBC Live		MSNBC Live		MSNBC Live		Andrea Mitchell		MSNBC		MSNBC Live		MSNBC Live		Deadline: White		MTP Daily		The Beat With		Hardball Chris			
FOOD	52	Paid	Paid	Paid	Pioneer	Varied Programs				Pioneer		Pioneer		Varied Programs													
EWTN	53	Daily Mass - Olam		Varied Programs		Mother		Varied		Women	Rosary	Daily Mass - Olam		Varied Programs		Chaplet		Rosary	Varied Programs		When	News	Varied	Mass	Varied		
FX	54	(6:00) Movie		Varied Programs				Mother		Mother	Mother	Mother	Mike	Mike	Mike	Movie	Varied Programs				Movie						
TRUTV	55	Varied Programs																Jokes	Jokes	Varied Programs		Jokers	Jokers	Jokers	Jokers		
OXY	56	Varied Programs																									

Tuesday Evening January 15, 2019. Table with columns for time slots (7 PM to 11:30) and rows for various TV channels (WTTW, WREX, WTVO, etc.) listing programs like Chicago Tonight, Finding Your Roots, American Experience, etc.

Wednesday Evening January 16, 2019. Table with columns for time slots (7 PM to 11:30) and rows for various TV channels (WTTW, WREX, WTVO, etc.) listing programs like Chicago Tonight, Nature, NOVA, Dictator Playbk, etc.

Thursday Evening January 17, 2019. Table with columns for time slots (7 PM to 11:30) and rows for various TV channels (WTTW, WREX, WTVO, etc.) listing programs like Queen Victoria, Rick Steves Special, Interview, etc.

Friday Evening January 18, 2019. Table with columns for time slots (7 PM to 11:30) and rows for various TV channels (WTTW, WREX, WTVO, etc.) listing programs like Review, Wash, Check..., etc.

Saturday Daytime		Insight Communications Oregon-Byron Polo																				January 19, 2019			
		7 AM	7:30	8 AM	8:30	9 AM	9:30	10 AM	10:30	11 AM	11:30	12 PM	12:30	1 PM	1:30	2 PM	2:30	3 PM	3:30	4 PM	4:30	5 PM	5:30	6 PM	6:30
WTTW	2	Pink	Pink	Tiger	Tiger	Wild Kratts	This Old House Hr	Jamie	Table	Cook	Saman	Curious	Simply	Kitchen	Kitchen	Cooking	Martha	Milk	Check	Mexico	R.	Week	Wash		
WREX	3 (6)	Today (N) (In Stereo) [66]			TBA	The Voyager	Earth Odyssey	Con-sumer	Naturally	Saving Pets	Premier League Soccer: Arsenal FC vs Chelsea FC. (N) (In Stereo Live)	Goal Zone	LPGA Golf					Ski		TBA	Nightly News	13 News at Six	TBA		
WTVO	4 (5)	Good Morning America (N) [66]		Jack Hanna	Ocean Treks	Rescue Heroes	Dr. Scott	Rock the Park	Vacation Creation	Kids News	Paid Program	GS: Class of 1977	World of X Games (N)	NBA	NBA Basketball: Oklahoma City Thunder at Philadelphia 76ers. (N) (Live) [66]				Judge Judy	World News	Eyewitness	Bergstrom			
WIFR	5 (3)	(6:00) CBS This Morning: Saturday		Lucky Dog (N)	Dr. Chris	Innovation Nat	The In-spectors	Hope in the Wild	Tails of Valor (N)	College Basketball: Florida at Georgia. (N) (In Stereo Live) [66]			College Basketball: Cincinnati at Wichita (In Stereo Live) [66]	College Basketball: UCLA at USC. (N) (In Stereo Live) [66]				TBA	CBS News	Paid Program	Discover WI				
WQRF	6 (12)	Animal	Pets.TV	Animals	Wild	Paid	Paid	Paid	Paid	TBA	Inside PBC	Tip-Off	College Basketball: Indiana at Purdue.				Hoops	College Basketball				Sports	Theory	Theory	
CW	15	Paid	Paid	Ready-	Wildlife	This Old	Wel	Ready-	Inven	Paid	Paid	*** "Starky & Hutch" (2004)				*** "We Need to Talk About Kevin"				Bones (In Stereo)	Bones (In Stereo)	Inside	Bensin		
WHA	21 (2)	Pink	Curious	Go Luna	Nature	Sewing	Quilt Art	Greener	Woods.	Pépin	Martha	Mexican	Move	Lidia	Cook	Antiques	Old	House	Foodie	Around	Lawrence Welk	Keep Up	Time/By		
WQPT	43	Pink	Curious	Go Luna	Nature	Ready	Wild	Sew	Quilting	Antiques	My Mother	Doctor Blake	Arthur & George	Grantchester	Back	R.	Lawrence Welk	Lawrence Welk							
ESPN	7 (24)	SportsCenter [66]		SportsCenter [66]		SportsCenter [66]		College GameDay		College Basketball: Teams TBA. (N)				College Basketball: Teams TBA. (N)				College Basketball				College Basketball: Virginia at Duke.			
CNN	8 (26)	New Saturday		Smerconish (Live)		CNN Newsroom		CNN Newsroom		CNN Newsroom		CNN Newsroom		CNN Newsroom		CNN Newsroom		CNN Newsroom		Cupp		The Axe Files			
CNBC	9	Paid	Paid	Paid	Paid	Barclays Premier League [66]				Paid	Paid	Paid	Paid	Paid	Paid	Paid	Paid	Undercover Boss	Undercover Boss	Undercover Boss	Undercover Boss	Undercover Boss	Undercover Boss		
AMC	10 (19)	Rifleman	Rifleman	*** "Enemy of the State" (1998, Suspense) Will Smith.				*** "I Am Legend" (2007) Will Smith.				** "Deep Impact" (1998, Drama) Robert Duvall.				*** "Twister" (1996, Action) Helen Hunt. [66]				"Gravity" (2013)					
LIFE	12 (22)	Paid	Paid	Paid	Paid	Paid	Paid	Married-Sight	"Lizzie Borden Took an Ax" (2014)				** "The Stepfather" (2009) [66]				"My Mother's Split Personalities"				"Girl in the Bunker" (2017, Suspense)				
WGN-A	13 (9)	Paid	Paid	MASH	MASH	MASH	MASH	MASH	MASH	MASH	MASH	MASH	MASH	MASH	MASH	MASH	MASH	MASH	MASH	MASH	MASH	MASH	Blue Bloods	Blue Bloods	
NICK	23 (16)	PAW	PAW	Sponge.	Turtles	Sponge.	Sponge.	Sponge.	Sponge.	Rangers	Sponge.	Sponge.	Sponge.	Sponge.	Sponge.	Sponge.	Sponge.	Loud	Loud	Loud	Loud	Loud	Loud	Loud	Henry
DISN	23 (28)	Big City	Big City	Raven	Andi	Bizaard	Coop	"Adventures in Babysitting"				Coop	Coop	Jessie	Jessie	Bizaard	Coop	Stuck	Stuck	Raven	Raven	Raven	Bunk'd	Bunk'd	Bunk'd
FREE	23 (31)	*** "Dr. Seuss' the Lorax" (2012)		*** "Shrek" (2001, Children's) [66]				*** "Mulan" (1998) Voices of Ming-Na Wen.				** "The Game Plan" (2007, Children's) [66]				*** "Tarzan" (1999, Children's) [66]				"Wreck-It Ralph"					
A&E	23 (30)	Flipping Vegas		Flipping Vegas		Zombie Flip		Zombie Flip		The First 48		The First 48		Live PD "Live PD -- 01.27.18" (In Stereo) [66]				Live PD "Live PD -- 01.11.19" (In Stereo) [66]							
USA	23 (18)	PAID	PAID	*** "The Fast and the Furious" (2001, Action)				"The Fast and the Furious: Tokyo Drift" (2006)				** "Fast & Furious" (2009, Action)				*** "Fast Five" (2011, Action) Vin Diesel.				*** "Olympus Has Fallen"					
TNT	30 (17)	NCIS: N.O.		NCIS: N.O.		*** "Blackhat" (2015) Chris Hemsworth.				** "3 Days to Kill" (2014) Kevin Costner. [66]				*** "Red" (2010, Action) Bruce Willis.				*** "Red 2" (2013, Action) Bruce Willis.							
BET	31	Prince	Prince	Prince	Prince	Prince	Prince	Martin	Martin	Martin	Martin	Martin	Martin	Martin	Martin	Martin	Martin	Martin	Martin	Martin	Martin	Martin	Martin	Martin	Martin
PARMT	32 (25)	Paid	Paid	*** "The Shawshank Redemption" (1994, Drama) Tim Robbins.				*** "Forrest Gump" (1994, Comedy-Drama) Tom Hanks. [66]				*** "Big" (1988, Children's) Tom Hanks. [66]				"Forrest Gump" (1994) [66]									
DISC	32 (13)	Chasin'	Battle	MythBusters [66]		MythBusters [66]		MythBusters Jr.		Garage Rehab "Jacob's Automotive"				Garage Rehab		Barrett-Jackson Live (In Stereo) [66]				Barrett-Jackson Live (N) (In Stereo) [66]					
UNIV	33	Planeta de niños		Atención Atención		Naturaleza		Pro	Pro	Pro	Pro	Despierta	Cuéntamelo ya		Vecinos	Vecinos	Renta	Renta	Nosotr.	Nosotr.	María	Notici	Dice el Dicho		
HIST	33	To Be Announced												*** "Hang 'Em High" (1968) Clint Eastwood.				*** "Unforgiven" (1992, Western) Clint Eastwood. [66]							
BRAVO	37	Backyard Envy		For	For	For	Lake	Lake	Tiny House Nation	Tiny House Nation	Tiny House Nation	Tiny House Nation	Tiny House Nation	Tiny House Nation	Tiny House Nation	Tiny House Nation	Tiny House Nation	Tiny House Nation	Envy	Million Dollar	Million Dollar	Million Dollar	Million Dollar	Million Dollar	
HGTV	37	Fixer Upper [66]		Fixer Upper [66]		Fixer Upper [66]		Fixer Upper [66]		Fixer Upper [66]		Fixer Upper [66]		Love It or List It		Love It or List It		Love It or List It		Love It or List It		Love It or List It		Love It or List It	
WTBS	40 (8)	King	King	King	*** "Ocean's Thirteen" (2007, Comedy-Drama)				*** "Ocean's Twelve" (2004) George Clooney.				*** "Ocean's Eleven" (2001) George Clooney.				*** "Focus" (2015, Comedy-Drama) Will Smith.				Theory				
FOXN	41 (11)	(5:00) FOX and Friends Saturday [66]		Cavuto Live (N) (Live) [66]		America's News Headquarters [66]				News HQ		Journal Editorial		News HQ		America's News Headquarters [66]		Fox Report							
ANPL	42 (28)	Tanked (In Stereo)		Tanked (In Stereo)		Tanked (In Stereo)		Tanked (In Stereo)		Tanked (In Stereo)		Tanked (In Stereo)		Pit Bulls-Parole		Pit Bulls-Parole		Pit Bulls-Parole		Pit Bulls-Parole		Pit Bulls-Parole		Pit Bulls-Parole	
TLC	43	Extreme	Extreme	Extreme	Extreme	Extreme	Extreme	Stories of the ER	Stories of the ER	Stories of the ER	Stories of the ER	Stories of the ER	Stories of the ER	Stories of the ER	Stories of the ER	Stories of the ER	Stories of the ER	Stories of the ER	Say Yes	Say Yes	Say Yes	Say Yes	Say Yes	Say Yes	Say Yes
TVLAND	43	Rose.	Rose.	Rose.	Rose.	Rose.	Rose.	Rose.	Rose.	Rose.	Rose.	Rose.	Rose.	Two	Two	Two	Two	Two	Two	Two	Two	Two	Two	Two	Two
COM	45	'70s	'70s	'70s	That '70s Show	'70s	'70s	'70s	'70s	'70s	'70s	Office	Office	Office	Office	Office	Office	Office	*** "Meet the Parents" (2000, Comedy) Robert De Niro.				Meet		
E!	45	Pro	Pro	Pro	Pro	Below Deck -		The Kardashians		Very Cavallari		Very Cavallari		Summer House		Summer House		Hollywood M.		Lady	Nightly	Cuidate de la	Cuidate de la		
HALL	47	"The Sweeter Side of Life" (2013)				Winterfest Movie Countdown [66]				"The Perfect Bride" (2017, Romance)				"The Perfect Bride: Wedding Bells"				Winterfest Movie Countdown [66]				Winterfest Movie Countdown [66]			
MSNBC	49	Up with David		Up with David		AM Joy (N) [66]		Weekends-Witt		Weekends-Witt		MSNBC Live with		MSNBC Live		MSNBC Live		MSNBC Live		PoliticsNation (N)		Deadline: White		Hardball Chris	
FOOD	52	Con	Giada	Trisha's		Pioneer	Pioneer	The Kitchen [66]	Trisha's	Guy's	Kids Baking	Winner Cake All	Chopped [66]	Chopped [66]	Chopped [66]	Chopped [66]	Chopped [66]	Chopped [66]	Chopped [66]	Chopped [66]	Chopped [66]	Chopped [66]	Chopped [66]	Chopped [66]	
EWTN	53	Daily Mass - Olam		Bugtime		With Je	Cat	At Home	Bob	Rosary	Daily Mass - Olam	Reli	Bkmrk	EWTN	Divine	Rosary	Communion	One Life L.A. (N)	Daily Mass - Olam						
FX	54 (5)	*** "Gone Girl" (2014, Mystery) Ben Affleck. [66]				** "The Purge" (2013) Ethan Hawke.				** "The Purge: Anarchy" (2014) [66]				*** "The Purge: Election Year" (2016, Action)				*** "Now You See Me" (2013) (In Stereo) [66]							
TRUTV	55	Funniest	Funniest	Jokes	Jokes	Jokes	Jokes	Jokes	Love	Jokes	Jokes	Inside	Inside	Inside	Inside	Jokes	Jokes	Jokes	Jokes	Carbon	Carbon	Carbon	Carbon	Jokes	Jokes
OXY	55	The Backyard		The Backyard		Dateline: Secrets		Dateline: Secrets		Dateline: Secrets		Dateline: Secrets		Serial Killer		Serial Killer		Dirty John: The Dirty Truth		Serial Killer		Killers			

Sunday Daytime		Insight Communications Oregon-Byron Polo																				January 20, 2019			
		7 AM	7:30	8 AM	8:30	9 AM	9:30	10 AM	10:30	11 AM	11:30	12 PM	12:30	1 PM	1:30	2 PM	2:30	3 PM	3:30	4 PM	4:30	5 PM	5:30	6 PM	6:30
WTTW	2	Curious	Arthur	Go Luna	Nature	Wild	Wild	Odd	Odd	Portraits	Hoover	Mexican	Lidia	Taste	Belton	Variety	Variety	The Miniaturist	Week	Downton	Abbey (In Stereo)	Death in Paradise			
WREX	3 (6)	Think Big [66]	13 Cares [66]	Sunday Today With Willie Geist		Meet the Press (In Stereo) [66]		Real Estate	Paid Program	TBA	NHL Hockey: Washington Capitals at Chicago Blackhawks. (N) (In Stereo Live)				LPGA Golf				Ski	TBA	Nightly News	*** "Minions" (2015, Children's)			
WTVO	4 (5)	Good Morning America (N) [66]		This Week With George ...		Good Day Stateline		Robert Jeffress	Paid Program	Kids News	Paid Program	Built to Last	Home-owner	Homes/ Estates	Open House	To Be Announced				Family Feud	Family Feud	Eyewitness	World News	America's Funniest Home Videos	
WIFR	5 (3)	Paid Program	Church	CBS News Sunday Morning (N) (In Stereo) [66]		Face the Nation (In Stereo) [66]		Church	Pro Pulling League (In Stereo)	Bull Riding	To Be Announced				The NFL Today				NFL Football						
WQRF	6 (12)	Sports	Career	Fox News Sunday		Paid	Dog	Pets.TV	Wild	NFL Chase	FOX NFL Kickoff		FOX NFL Sunday		NFL Football				NFL	Paid	Simpson	Burgers			
CW	15	Paid	Paid	Worship	Rev.	Paid	Paid	Paid	Paid	Paid	Paid	Paid	Paid	Raw	Whack	Extra (In Stereo)	Fam	Fam	Fam	Fam	Fam	Mod	Mod	Theory	Theory
WHA	21 (2)	Pink	Curious	Go Luna	Nature	Wash	Here Nw	Over	Market	Finding-Roots	Chasing Shack		Father Brown [66]		To Be Announced				Around	Wiscon	Animal Su				
WQPT	43	Pink	Curious	Go Luna	Nature	Ready	Arthur	Woods.	Wood	House	Old	R.	Adv'ture	Milk	Lidia	Kitchen	Cook	Martha	Cooking	The Ci	Rey	Antiques	Finding-Roots		
ESPN	7 (24)	SportsCenter [66]		SportsCenter [66]		SportsCenter [66]		SportsCenter [66]		Postseason NFL Countdown (N) (Live) [66]				UFC Fight Night: Prelims				UFC Main Event		SportsCenter (N) (Live) [66]		Basket			
CNN	8 (26)	Inside Politics (N)		State/Union		Fareed Zakaria		Reliable Sources		State/Union		Fareed Zakaria		CNN Newsroom		CNN Newsroom		CNN Newsroom		CNN Newsroom		CNN Newsroom		CNN Newsroom	
CNBC	9	Paid	Paid	Paid	Paid	Paid	Paid	Paid	Paid	Paid	Paid	Paid	Paid	Paid	Paid	Paid	Paid	Paid	Paid	Paid	Paid	Paid	Paid	Paid	Paid
AMC	10 (19)	** "Jaws 3" (1983, Suspense) Dennis Quaid.				*** "Double Jeopardy" (1999, Suspense) [66]				*** "Twister" (1996, Action) Helen Hunt. [66]				** "Planet of the Apes" (2001) Mark Wahlberg.				*** "The Matrix" (1999) [66]							
LIFE	12 (22)	Am.	Jere	Osteen	Paid	"Deadly Sorority" (2017, Suspense)				"Seduced by My Neighbor" (2018)				"He's Watching" (2018, Drama) [66]				"No One Would Tell" (2018, Drama)				"The Wrong Friend" (2018, Suspense)			
WGN-A	13 (9)	Youseff	Beyond	Cops	Cops	Cops	Cops	Cops	Cops	Cops	Cops	Cops	Cops	Cops	Cops	Cops	Cops	Cops	Cops	Cops	Cops	Cops	Cops	Cops	Cops
NICK	23 (16)	Rangers	Turtles	Sponge.	Sponge.	Sponge.	Sponge.	Sponge.	Sponge.	Sponge.	Sponge.	Sponge.	Sponge.	Loud	Loud	Loud	Loud	Loud	Loud	Loud	Loud	Loud	Loud	Loud	Henry Danger (In Stereo)
DISN	23 (28)	Star-For.	Star-For.	Raven	Coop	Bizaard	Jessie	Jessie	Stuck	Stuck	Stuck	Stuck	Coop	Coop	Raven	Raven	Bunk'd	Bunk'd	Bunk'd	Bunk'd	Bunk'd	Bunk'd	Bunk'd	Bunk'd	
FREE	23 (31)	*** "Mulan" (1998, Children's) [66]				*** "Tarzan" (1999, Children's) [66]				** "The Game Plan" (2007, Children's) [66]				*** "WALL-E" (2008) Voices of Ben Burt.				*** "The Incredibles" (2004, Children's) [66]				Moana			
A&E	23 (30)	Hoarder	Hoarders [66]	Hoarders [66]		Hoarders [66]		Hoarders [66]		Hoarders [66]		Movie (In Stereo)		*** "American Gangster" (2007) Denzel Washington.				** "Walking Tall" (2004) The Rock.							
USA	23 (18)	In Touch	Osteen	Temptation Island		Law & Order: SVU		Law & Order: SVU		Law & Order: SVU		Law & Order: SVU		Law & Order: SVU		Law & Order: SVU		Law & Order: SVU		Law & Order: SVU		Law & Order: SVU		Law & Order: SVU	
TNT	30 (17)	NCIS: N.O.		NCIS: N.O.		*** "Con Air" (1997, Action) Nicolas Cage.				*** "Safe House" (2012) Denzel Washington.				*** "The Bourne Legacy" (2012, Action)				** "Gone in Sixty Seconds" (2000, Action)							
BET	31	Payne	Payne	Payne	Payne	Payne	Payne	Browns	Browns	blackish	blackish	blackish	blackish	** "Get Rich or Die Tryin'" (2005, Crime Drama)				*** "Creed" (2015, Drama) Michael B. Jordan.							
PARMT	32 (25)	Paid	Paid	Bar Rescue [66]		Bar Rescue [66]		Bar Rescue [66]		Bar Rescue [66]		Bar Rescue [66]		Bar Rescue [66]				*** "Dumb & Dumber" (1994) Jim Carrey. [66]							
DISC	32 (13)	The Ex	Sports	Gold Rush [66]		Gold Rush [66]		Gold Rush WW		Barnwood B.		Barnwood B.		Barnwood B.		Barnwood B.		Barnwood B.		Last Frontier		Last Frontier		Last Frontier	
UNIV	33	Pro	Pro	Despierta		AI Punto (N)		Aquí y ahora (N)		Fútbol		Fútbol Mexicano Primera División				República		Rosa Guadalupe		La gran sorpresa		María		Notici	
HIST	33	Truck																							

Saturday Evening January 19, 2019. Table with columns for time slots (7 PM to 11:30) and various TV programs like Doc Martin, Shakespa, Father Brown, etc.

Sunday Evening January 20, 2019. Table with columns for time slots (7 PM to 11:30) and various TV programs like Victoria-Master, America's Funniest Home Videos, Shark Tank, etc.

Monday Evening January 21, 2019. Table with columns for time slots (7 PM to 11:30) and various TV programs like Chicago Tonight, Antiques Roadshow, The Bachelor, etc.

Soap Opera Update (From C-7). THE YOUNG AND THE RESTLESS. Jack and Kerry returned from their trip to Bora Bora even more infatuated than before. Ana was disappointed in how Devon mixed Fen's track, so she went behind his back to create a new version. ... James Patrick Stuart stars as "Valentin" on "General Hospital." Photo Credit: (ABC/Craig Sjodin)

E-mail news items to bjennings@oglecountylife.com

Celebrity Extra

By Dana Jackson

Q: How many years has “Modern Family” been on the air? When will its last season air? -- A.R.

A: “Modern Family” began on ABC in 2009 and quickly became a huge hit. Last year, creators of the sitcom hinted that the current season, its 10th, would be “Modern Family’s” last. They said it felt right to conclude it after a decade.

More recent reports hint that they’re giving it one last go-around. Julie Bowen, who plays Type A mom Claire Dunphy, told “Entertainment Tonight” that the cast was approached by the network about doing another season next fall, and that she and her fellow cast members gave a resounding yes. Bowen said with ABC buying FOX, “there’s a lot of behind-the-scenes action that has to happen at FOX. There’s an extra building worth of paperwork it has to go through.”

I definitely would count on another season of the Pritchetts and Dunphys.

Q: My wife and I have become big fans of the “Doc Martin” series, having watched all eight seasons. Will there be any more to the series? -- C.N.

A: The British comedy “Doc Martin” has been around since 2004 with a new series (what we call seasons) released every two years. There have been eight series in total as of 2016. According to Buffalo Pictures, which produces the show, the next chapter will begin filming in 2019 with its star, Martin Clunes.

As you know, “Doc Martin” is about a socially awkward surgeon who suddenly develops a phobia that makes it impossible to practice his profession. As a result, he re-

locates to a small fishing village, where he’s greeted by many colorful characters, much to his dismay.

In 2015, it was reported that Marta Kauffman, who co-created “Friends,” planned to adapt “Doc Martin” into a new series with a new cast for American audiences. However, no further announcements have been made, so it appears those plans have been scrapped. In a way, though, didn’t we already have a series with a similar premise in the form of “Northern Exposure”?

Q: Whatever happened to Julia Stiles? I know she went off to college at one point. Did she quit acting? -- K.D.

A: Stile’s latest project is the mystery-drama series “Riviera,” which first aired in the U.K. in 2017. However, the Ovation channel here in the U.S. will start broadcasting the first season starting Saturday, Feb. 9, at 10 p.m. ET/PT.

“Riviera” is about the bold and beautiful people of the art world, featuring plenty of footage of the gorgeous French coastline. Stiles plays a newlywed art curator whose wealthy husband, played by Anthony LaPaglia (“Without a Trace”), is killed in a yacht explosion. She sets out to uncover whether it was murder or a terrible accident. Lena Olin (“Alias”) also stars.

Stiles took a break from acting back in 2000 to attend Columbia University, where she studied English. Two years later she returned to her first love and began co-starring with Matt Damon in “The Bourne Identity” and its sequels. In between the blockbuster films, she’s been acting in acclaimed television shows like “Dexter” and “Blue.”

Send me your questions at NewCelebrityExtra@gmail.com!

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Couch Theater

By Amy Anderson

“Halloween (2018)” (R) -- Laurie Strode (Jamie Lee Curtis), the lone survivor of Michael Myers’ 1978 killing spree, has spent 40 years suffering (she’s an alcoholic and an agoraphobic) and preparing for his inevitable return. She’s training in combat, militarizing her home and remaining ever vigilant, to the embarrassment of her family. But boy does it pay off! After an accident in transport releases the masked psychopath on a Halloween eve, the G.I. Grandma goes into attack mode to save her kids, her grandkids and the whole town. This was really well done -- the right mix of tension, dread, jump scares and gore -- and nothing like the many throwaway sequels and homages that have littered the past 40 years.

“Goosebumps 2: Haunted Halloween” (PG) -- A couple of plucky kids trying to earn pocket money by cleaning up junk become unwitting participants in Slappy the Dummy’s attempt to escape the pages of R.L. Stine’s magnificently scary stories. Sonny (Jeremy Ray Taylor) and Sam (Caleel Harris) pick up a job cleaning garbage out of an abandoned house, where they come across an unpublished manuscript for a Stine book titled “Haunted Halloween.” They unlock the book, and the shenanigans begin, with Slappy bringing the whole town’s Halloween decorations to life. The boys get a big assist from Sonny’s bright older sister Sarah (Madison Iseman). It’s a pretty cute take on “scary,” but the attention won’t hold for adults or older teens (despite the cast inclusion of adult comedy staples Ken Jeong and Chris Parnell).

“The Bookshop” (PG) -- “The Bookshop” is a sweet and thoughtful film about a woman who opens a bookshop in 1959 coastal England, and her interactions with local customers and detractors. Florence Green (Emily Mortimer) is a middle-aged widow who takes up residence in a musty old historical building and opens a bookshop, attempting to broaden the horizons of the townsfolk. She sees some success -- particularly, admiration from one local man, Mr. Brundish (Bill Nighy) -- and some struggles, too. Another local busybody (Patricia Clarkson) has her own plans for the bookshop’s location. Based on the novel by Penelope Fitzgerald.



“Jonathan” (R) -- In one body, two residents -- dual consciences, or brothers, if you will. One, a straight-laced prodigy, the other a looser, more relaxed creature of the night. They are tended by a psychologist and doctor (Patricia Clarkson), who has split their day so that they share their time. And it’s all fine until the night owl forms a relationship with a girl (Suki Waterhouse), and the daytime version finds out. It’s suspenseful and dramatic. Ansel Elgort stars as Jonathan/Jon, and is spectacular.

NEW TV RELEASES

“The Birthday Wish” (Hallmark Channel)
 “The Pink Panther Cartoon Collection” Volume 4
 “The Dr. Blake Mysteries” Season 5
 “PAW Patrol: Pups Save Puplantis”
 “Hunter X Hunter” Volume 5

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LEGAL NOTICE

PUBLIC NOTICE

Public Notice is hereby given that on December 28, 2018, a certificate was filed in the Ogle County Clerk's Office setting forth the names and post office address of all of the person owning, conducting and transacting the business known as: Streamline, 3816 E. Oak Grove Rd., Byron, IL 61010. Dated: December 28, 2018 Laura J. Cook, Ogle County Clerk No. 0101 (Jan. 7, 14, 21)

of the Circuit Clerk of the Court at Ogle County Courthouse, Oregon, IL 61061, or with the representatives, or both, no later than July 14, 2019, and any claim not filed within that period is barred. Copies of a claim filed with the Clerk must be mailed or delivered to the representative and to the attorney within 10 days after it has been filed. FEARER, NYE & CHADWICK, Attorneys for JANET D. CUNNINGHAM and BARRY W. MAXWELL, Co-Executors of the Estate of IVA BERNEICE MAXWELL, deceased No. 0108 (Jan. 14, 21, 28)

PUBLIC NOTICE

Public Notice is hereby given that on January 8, 2019, a certificate was filed in the Ogle County Clerk's Office setting forth the names and post office address of all of the person owning, conducting and transacting the business known as: Marcelino Landscaping, 630 W. IL Route 64, Oregon, IL 61061. Dated: January 8, 2019 Laura J. Cook, Ogle County Clerk No. 0106 (Jan. 14, 21, 28)

PUBLIC NOTICE
2019
NOTICE OF ELECTION OF DIRECTORS
To All Owners And Occupiers Of Lands Lying Within The Boundaries Of The Ogle County Soil And Water Conservation District:
Notice is hereby given that an Election will be held on the 21st day of February, 2019 at 7:00 a.m. to 5:00 p.m. at the USDA Service Center, 213 W. Pines Road, Oregon, IL. Two (2) Directors will be elected to serve the Ogle County Soil and Water Conservation District of the State of Illinois. All persons, firms or corporations who hold legal title or are in legal possession of any land lying within the boundaries of the said district are eligible to vote at said election, whether as lessee, renter, tenant or otherwise.

PUBLIC NOTICE

Public Notice is hereby given that on December 31, 2018, a certificate was filed in the Ogle County Clerk's Office setting forth the names and post office address of all of the person owning, conducting and transacting the business known as: Wetter Waters Pool Pros, 6234 N. Mulford Rd., Monroe Center, IL 61052. Dated: December 31, 2018 Laura J. Cook, Ogle County Clerk No. 0107 (Jan. 14, 21, 28)

Only such persons, firms or corporations are eligible to vote.
Phillip Fossler, Chairman
Ogle County Soil and Water Conservation District
DATE: 9th day of January, 2019.
No. 0109 (Jan. 14, Feb. 4)

PUBLIC NOTICE

STATE OF ILLINOIS
IN THE CIRCUIT COURT OF THE FIFTEENTH JUDICIAL CIRCUIT OGLE COUNTY
IN THE)
MATTER)No.
OF THE)2019
ESTATE)P-1
OF) IVA
)
BERNEICE)
MAXWELL,)
Deceased.)
CLAIM NOTICE

Notice is given of the death of IVA BERNEICE MAXWELL, of Forreton, Illinois. Letters of Office were issued on January 7, 2019, to JANET D. CUNNINGHAM and BARRY W. MAXWELL, whose addresses are 8821 N. Mulberry Rd., Leaf River, IL 61047, and 1316 N. Greenview Ave., Rockford, IL 61101, respectively, and whose attorneys are Fearer, Nye & Chadwick, 420 4th Avenue, PO Box 117, Rochelle, IL 61068. Claims against the Estate may be filed in the office

ADVERTISEMENT FOR NOTIFICATION OF BID FOR BID RELEASE 1 OGLE COUNTY ADULT DETENTION CENTER AND JUDICIAL CENTER ANNEX OREGON, IL

Gilbane Building Company, the Construction Manager for the Ogle County Adult Detention Center and Judicial Center Annex is receiving bids for the bid packages listed below. The Ogle County Detention Center will consist of 39,733 SF of new construction housing 154 beds and will be located in Oregon, IL just west of the existing Judicial Center. As a part of the project a portion of 6th Street will be permanently closed to accommodate the new vehicle sallyport and connecting corridor that will extend east to the Judicial Center. The buildings structure will consist of cast in place concrete, load bearing masonry, and structural steel. The interior of the building will be divided up into a booking & holding area, single & multiple occupancy cells for both male and female population, kitchen & laundry services, a medical area, a vehicle sallyport, and covered recreation areas. The architect for this project is Hellmuth, Obata & Kassabaum, Inc. along with their design partners HR Green, Inc. and BRiC Partnership, LLC.

Table with 4 columns: BP#, Description, BP#, Description. Rows include: 03A Cast In Place Concrete Work, 04A Masonry Work, 05A Structural Steel & Misc. Metal Work, 06A General Trades Work, 07A Roofing Work, 08A Glass & Glazing Work, 09A Drywall & Acoustical Ceiling Work, 09B Flooring & Hard Tiling Work, 09C Painting Work, 11A Detention Equipment Work, 11B Kitchen & Laundry Equipment Work, 21A Fire Protection Work, 22A Plumbing Work, 23A Mechanical Work, 26A Site & Building Electrical, Lighting & Communication Work, 28A Security Access Work, 31A Site Grading, Excavation & Utility Work, 31B Aggregate Pier Foundations, 32A Site Concrete & Paving Work.

The bid documents will be distributed to pre-qualified bidders on or about Monday, January 14, 2019. A Pre-Bid Conference will be held on Tuesday, January 22, 2019 at 2:00 p.m. local time at the Ogle County Courthouse, Board Room - 3rd Floor, 105 South 5th Street, Oregon, IL

Sealed bids are due Tuesday, February 5, 2019 at 2:00 p.m. local time at the Ogle County Clerk's Office, 105 South 5th Street, Suite #104, Oregon, IL 61061. The bid opening will be held on Tuesday, February 5, 2019 at 2:15 p.m. local time at the Ogle County Courthouse, Board Room - 3rd Floor, 105 South 5th Street, Oregon, IL

To bid this project, bidders must be pre-qualified by Gilbane Building Company. The prequalification application is to be completed online at www.ibidpro.com. Questions regarding the prequalification application procedure should be directed to Roz Thomas at 312.596.1722 or rothomas@gilbaneco.com.

Bid security in the form of a bid bond in an amount equal to ten percent (10%) of the base bid is required from all bidders. Guarantee Bonds in the form of a Performance Bond and Labor and Material Payment Bond in an amount equal to one hundred percent (100%) of the bid will be required from the awarded Bidder.

The work will be done in accordance with the Contract Documents. "FAILURE TO COMPLY WITH THE REQUIREMENTS OF THIS INVITATION TO BID MAY RESULT IN THE DISQUALIFICATION OF THE BIDDER".

This contract calls for the construction of a "public work," within the meaning of the Illinois Prevailing Wage Act, 820 ILCS 130/01 et seq. ("the Act"). The Act requires contractors and subcontractors to pay laborers, workers and mechanics performing services on public works projects no less than the "prevailing rate of wages" (hourly cash wages plus fringe benefits) in the county where the work is performed. For information regarding current prevailing wage rates, please refer to the Illinois Department of Labor's website at: http://www.illinois.gov/idol/Pages/default.aspx All contractors and subcontractors rendering services under this contract must comply with all requirements of the Act, including but not limited to, all wage, notice and record keeping duties.

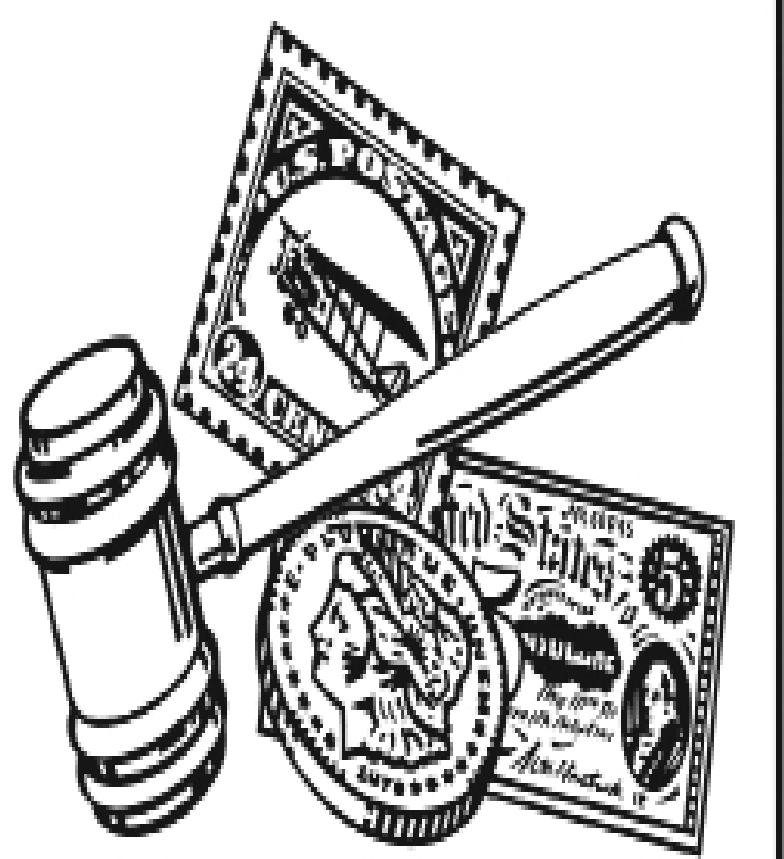
Ogle County reserves the right to reject any or all bids. All information submitted as part of this process shall be considered public information under the State Freedom of Information Act unless specifically disclosed on the applicable information by the Bidder. Challenges to such exemptions shall be defended solely by the Bidder.

No. 0104 (Jan. 7, 14)



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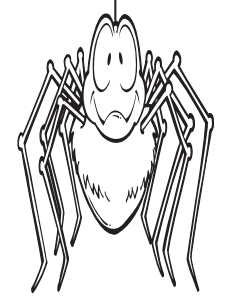
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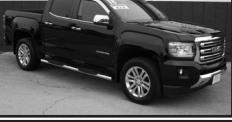
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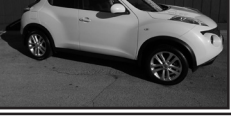
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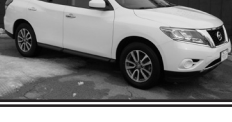
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There are plenty of ways to fight the battle of the bulge

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.



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Take care of your health basics

Being healthy starts well before you ever get sick and need a doctor. Preventative health care can go a long way toward keeping your immune system strong and helping you physically and mentally cope better with stress.

Eating Right

Everyone knows to eat a balanced diet, but it's still one of the most important factors in good health. Eating lots of fruits, vegetables and whole grains, while avoiding too many rich and heavy foods, can help you have more energy and feel better. A healthy diet can also help stave off conditions like diabetes, heart

disease and obesity or help you in controlling those conditions.

Exercising

Regular exercise can also help you feel better overall, in addition to managing long-term health conditions such as diabetes. Your joints last longer and hurt less if you're exercising regularly, plus getting outside and working up a sweat is good for your mental health. Find physical activity that you enjoy and can do regularly. This can be high-intensity exercises like running, hiking, kickboxing or weightlifting, or low-intensity exercises like

walking, yoga and pilates.

Sleeping Enough

The CDC suggests seven to nine hours of sleep a night for adults. Simply being in bed for that long isn't sufficient, though; you need good quality sleep at night. If you're waking up after eight hours of sleep and still feeling tired, waking up multiple times a night or if you snore or gasp for air while you sleep, you're probably not getting enough deep sleep. Try to go to bed and get up at the same time every day and cultivate other good sleep habits, including reducing screen time right before bed;

having a quiet, dark room; keeping screens out of the bedroom; and not eating large meals or drinking caffeine right before you go to bed.

Getting Regular Health Care

See your doctor for an annual physical to get your blood pressure and cholesterol checked and get any tests you may need (such as for mammograms and pap smears for women and prostate exams for men). Make sure you're up to date on vaccines, and take this chance to talk over any concerns or ask questions. You should see a dentist twice a year and see an eye doctor regularly as well.



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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There are a variety of ways to treat carpal tunnel syndrome

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

Many people suffering from tingling or pain in their hands worry that they might have carpal tunnel syndrome (CTS). Carpal tunnel syndrome is a common problem that affects the hand and wrist. This condition, or syndrome, has become the focus of much attention in the last few years due to suggestions that it may be linked to occupations that require repetitive use of the hands and wrists.

Carpal tunnel syndrome results when the median nerve is compressed in a portion of the wrist known as the carpal tunnel. The median nerve supplies sensation to the thumb, index finger, long finger, and sometimes half of the ring finger. The nerve also controls the grasping muscles of the thumb. The carpal tunnel is made up of a several bones that form an arch on the bottom, and a big band-like ligament on the top which is

called the transverse carpal ligament. The median nerve along with the flexor tendons of the hand lie in a bundle just under the transverse carpal ligament. Irritation of the tendons can result in swelling and thickening of the surrounding tendon sheaths. As the tendon sheaths swell and thicken, the pressure begins to increase in the carpal tunnel. Since there is a limited amount of space in the carpal tunnel, the increased pressure causes compression of the median nerve. Eventually, the pressure reaches a point when the nerve is injured resulting in pain and numbness in the first three fingers. Secondary, or referred pain, may radiate up the arm to the shoulder and even to the neck area. If the nerve damage progresses, weakness of the thenar (thumb) muscles can occur, which can result in a weak grip.

You should see a chiropractic orthopedist or a medical doctor if you suspect

that you might have CTS. The description of the symptoms is very helpful in diagnosing carpal tunnel syndrome, so be sure to describe the symptoms to your physician in detail. Since the median nerve doesn't supply the palm or little finger, careful investigation usually shows that the palm and little finger are unaffected. This can be a key piece of information to make the diagnosis. Sometimes patients will complain of waking in the middle of the night with pain and a feeling that the whole hand is asleep. If you awaken with your hand asleep, pinch your little finger to see if it is numb also, and be sure to tell your doctor if it is or isn't. Your doctor can do some in-office-testing that can give him a good idea if you have carpal tunnel. If the doctor thinks the damage is advanced he may choose to order electrical studies of the nerves, such as a nerve conduction velocity test (NCV), to assess the extent of the

damage.

Mild cases can be treated non-surgically. Some of the non-surgical strategies include the use of wrist braces at night, over-the-counter anti-inflammatory medications, ultrasound, Vitamin B-6, exercises, ergonomics adjustments and carpal manipulation just to name a few. Injection of cortisone into the carpal tunnel has also been tried.

Current reviews of research literature indicate that anti-inflammatory drug, splinting, ultrasound, yoga and carpal bone mobilization are the most effective non-surgical procedures. Whereas, treatments such as magnet therapy, laser acupuncture, exercise or chiropractic neck and back mobilization do not demonstrate symptom benefit when compared to placebo or a control group. (1)

Surgery is an option if conservative methods fail to control the symptoms, or if the condition is advanced.

There are two common surgical techniques. One is the traditional open surgery and the other is known as endoscopic carpal tunnel release. The latter requires a smaller incision and a fiberoptic TV camera to help see inside the carpal tunnel. In both cases the transverse carpal ligament is cut to relieve the pressure in the carpal tunnel. The research currently indicates that there may be a slight preference for the open surgery. (2)

For mild cases of carpal tunnel, I recommend and provide a treatment program that includes a combination of splinting, anti-inflammatory drugs, ultrasound, yoga like stretches and carpal mobilization. I recommend an immediate surgical consultation in more advanced cases to avoid any permanent damage to the median nerve.

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2. Scholten RJ, Gerritsen AA, Uitdehaag BM, van Geldere D, de Vet HC, Bouter LM. *Surgical treatment options for carpal tunnel syndrome. Cochrane Database Syst Rev*. 2002(4):CD003905.

About the author: Dr. Jeffrey Cates is a chiropractor with specialty certification in orthopedics and a master's degree in bio-mechanical trauma. He resides and practices in Oregon, IL.

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It's important to work to keep your stress in check

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. On top of this stress, other life events can make you even more vulnerable, such as experiencing a major life change (moving, the death of a loved one, starting a new job, having a child, getting married), feeling alone or without a social network for support.

Reducing Stress

Everyone handles stress a little differently, so don't feel bad if your friend's way of coping doesn't work for you. 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, you have time for hobbies or reading or other self-care; exercise; and eat well. Lean on your support network and consider talking to a therapist or support group. Be careful not to self-medicate with alcohol and drugs.

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Improve life expectancy with some healthy habits

“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. According 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 *Lancet* 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.



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.



How to improve circulation

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

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

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


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

- Visit your physician. Poor circulation results from various health issues, so people who think they are dealing with poor circulation should not try to address the issue on their own. Rather, the best way to improve circulation is to visit a physician the moment you note a symptom. Doctors will confirm if patients are experiencing circulation issues and diagnose what's causing those issues. Doctors also will work with their patients to devise a course of treatment for the issue that's causing their poor circulation.

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

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

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.



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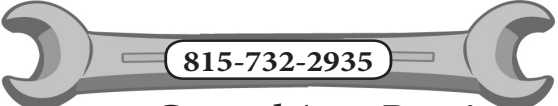

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Holiday food boxes

The Oregon VFW Post #8739 had excellent help from the Oregon Community to prepare and distribute the Christmas Gift Food Baskets. Stan Asp, who served as general chairman of the event, said the Oregon community responded very well with donations to help make the annual Christmas gift Baskets of food program for the needy in our community successful. A total of 106 food boxes were distributed.



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