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Keeping cool during hot days



Our recent stretch of hot weather – which included excessive heat warnings and near-record high temperatures – brought big crowds daily to the splash pad at Oregon park West. It was a great way for area kids to cool off and expend some energy at the same time (Brad Jennings photos)

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Garage Sale!

Sell your stuff in the Ogle County Life AND on our Facebook page!

Place your garage sale ad with us and reach our entire Ogle County Life circulation Plus our Facebook followers! Call 815-732-2156.

Deadline to place your ad: Thursday at 9:30 am

*Ad must appear in the Life Garage Sale ads to be included in the Facebook Post.

The Ogle County Life will make a once-weekly Facebook post of the complete garage sale advertisements from our newspaper. Each listing will be enhanced with a Google map link to the address of the sale—great for smart phone users! Whether you're hosting a sale or hopping from sale to sale, this post is for you.

Follow the Ogle County Life on Facebook!

The Ogle County **LIFE**

Garden event

The Bloomfest and memorial garden event was held July 13 and 14 at Hidden Timber Gardens, in Chana. Michelle Rogers and Monica and Jim Williams presented Patricia Ellison with the garden during a ribbon cutting on July 13. The event celebrated daylily hybridizer the late Robert Ellison of Rockford. Visitors could view and purchase one of a kind daylilies only available at Hidden Timber Gardens. The daylily garden will remain open for visitors throughout the remainder of the growing season. A second annual event is being planned for next year.



County accepting grant money applications

The Ogle County Emergency Food and Shelter Program has received a federal appropriation from The Department of Homeland Security, EFSP National Board Program in the amount of \$7,681 for phase 36, and is accepting federal grant letters of application from agencies in Ogle County that provide emergency food and shelter.

Eligible agencies must meet the following criteria; have the capability to provide emergency food and/or shelter services; propose to use the funds to supplement or expand an existing program and

services; is a private nonprofit with a voluntary board or an agency of government; have an accounting system, and practices non-discrimination.

Letters of application for funds should be made to Ogle County Emergency Food and Shelter, and mailed to HOPE of Ogle County, P.O. Box 131, Rochelle, IL 61068. The application letters must be received by 5:00 PM on August 2, 2019.

The local board is to distribute funds appropriated by Congress to help expand the capacity of food and shelter programs run by local service organizations in the area.

Trumpet soloist to be featured by the Kable Band on July 24

MOUNT MORRIS – The Kable Band brings trumpet soloist, Mark Baldin, for the July 24 concert.

Baldin has performed with the Rockford Symphony Orchestra, and the Kable Band. Baldin has a studio for students in Dekalb, where he also resides. You won't want to miss this opportunity to hear an outstanding trumpet player.

The Kable Band performs

Wednesday evenings at 7:30 p.m. in the Reckmeyer Band Shell in Mount Morris, conducted by Andy Eckardt.

The Band is proud to continue this 123rd season of summer concerts.

Come early for pie and ice cream. Benches are available, or bring a lawn chair. Enjoy an evening of fine concert band music in a small town with a big band town sound.

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Two more pools positive for West Nile

OGLE COUNTY – The Ogle County Health Department (OCHD) has confirmed two more mosquito pools positive for West Nile virus in Ogle County for 2019.

A pool of mosquitoes found near Rochelle and another separate mosquito pool collected in Monroe Center tested positive for West Nile Virus (WNV) on July 16. There was also a previously confirmed positive mosquito pool near Polo earlier this year. With three separate mosquito pools from three different locations throughout the county being confirmed as positive, it is imperative to be alert and take protective measures against West Nile Virus. The Ogle County Health Depart-

ment will continue surveillance and testing mosquito pools from across Ogle County, as well as conducting mosquito abatement and working with local municipalities on mosquito abatement methods such as larviciding to help control mosquito populations across Ogle County.

Monitoring for West Nile virus in Illinois includes laboratory tests for mosquito batches, dead crows, blue jays, robins and other perching birds, as well as testing humans with West Nile virus-like symptoms. People who observe a sick or dying crow, blue jay, robin or other perching bird should contact their local health department, which will determine if the bird will be picked

up for testing.

West Nile virus is transmitted through the bite of a Culex mosquito, commonly called a house mosquito, which has picked up the virus by feeding on an infected bird. Common symptoms include fever, nausea, headache and muscle aches. Symptoms may last from a few days to a few weeks. However, four out of five people infected with West Nile virus will not show any symptoms. In rare cases, severe illness including meningitis or encephalitis, or even death, can occur. People older than 50 and individuals with weakened immune systems are at higher risk for severe illness from West Nile virus.

Precautions include practicing the three “R’s” – reduce, repel, and report.

Reduce – make sure doors and windows have tight-fitting screens. Repair or replace screens that have tears or other openings. Try to keep doors and windows shut. Eliminate, or refresh each week, all sources of standing water where mosquitoes can breed, including water in bird baths, ponds, flowerpots, wading pools, old tires, and any other containers.

Repel – when outdoors, wear shoes and socks, long pants and a long-sleeved shirt, and apply insect repellent that contains DEET, picaridin, oil of lemon eucalyptus,

or IR 3535 according to label instructions. Consult a physician before using repellents on infants.

Report – report locations where you see water sitting stagnant for more than a week such as roadside ditches, flooded yards, and similar locations that may produce mosquitoes. The local health department or city government may be able to add larvicide to the water, which will kill any mosquito eggs.

To learn more about West Nile Virus and other mosquito-borne diseases and prevention methods you can consult the Illinois Department of Public Health website or contact the IDPH WNV hotline at 866-369-9710, Mon-Fri 8a.m.-5p.m.



Meggan and Julie of w@sh pose with the receptacles used in organizing salon waste before being shipped to Green Circle facilities.

Oregon salon makes effort to reduce waste

OREGON – Recently, w@sh joined the Green Circle Salon movement, which is an industry-specific program that reduces salon waste to nearly zero.

The American salon industry creates more than 420,000 pounds of waste each day. With this positive Green change, w@sh is Certified Sustainable and, with the help of Green Circle, will be diverting 95 percent of its waste and keeping the community cleaner for future generations by protecting the air, water and soil.

The goal is to Reduce/Re-use/Recycle first, then turn waste into energy, such as electricity to power homes and businesses. Metals are rinsed and smelted down to create new items such as bicycle frames. Chemicals are kept out of waterways. Hair booms are donated in aid of oil spills, and hair is also used to make pet beds which are donated in disaster relief efforts. Newer research and development includes using hair for stormwater filtration, and the manufacturing of bio composite plastics. Green Circle also accepts unusual items, such as Styrofoam, electronics, towels and lightbulbs.

County offering waste reduction grants

The Ogle County Solid Waste Management Department (OCSWMD) is announcing that limited funds remain available for the last round of Waste Reduction/Recycling Grants.

The grants of up to \$2,000 are available to Ogle County businesses, schools, churches and non-profit organizations wishing to establish or improve on waste reduction and recycling programs and services. Applicants must provide a minimum 20 percent match of the total project cost.

Total grant funds remaining for this year are around \$5,700, so grants will be awarded on a competitive basis in amounts from \$100-\$2,000. The deadline for submittal of applications for this round is 4 p.m. on Thursday, Sept. 5.

The application for the grants is simple and flexible. Businesses could use grant funds to help purchase waste reduction and recycling materials and equipment such as collection bins, carts, balers and storage containers. Equipment needed to switch from disposable packaging to reusable packaging for products and supplies could also be considered.

Businesses are encouraged to consider projects to reduce food waste or implement food waste recycling programs.

Schools may seek funds for special projects that will further a student’s understanding of how to reduce the amount of trash sent to the landfill. The requests may be for materials and equipment, such as recycling bins/carts, videos, books, worm (vermicomposting) bins, composters, or other waste reduction equipment.

Municipalities or haulers seeking to improve commercial, curbside, or multifamily recycling programs are encouraged to apply. Grant applications for equipment and materials needed to improve electronics recycling options in Ogle County are also encouraged.

These examples are not all inclusive and applicants are encouraged to find innovative ways to reduce waste and increase what is recycled. The grants may not be used to pay for ongoing expenses such as staffing, collection, and hauling costs. Priority will be given to new applicants.

All applications will be reviewed by

the Ogle County Solid Waste Management Department and the Ogle County Board Solid Waste Committee. Grants will be evaluated based on the following criteria: management ability; project quality; project impact; realistic goals & expectations; accuracy of application; education potential; use of recycled content products when available; potential for waste stream diversion; and future continuity of project.

In 2017, Ogle County residents, businesses and other entities recycled about 31 percent of the municipal waste generated in the County. This recycling rate is due to the efforts of many individuals doing their part to reduce waste and recycle as much as possible at home, work and school. The OCSWMD urges businesses and other organizations to strive to find new ways to increase what gets recycled in the County. These grants can help make that possible.

For more information or to request an application, please contact the Ogle County Solid Waste Management Department at 815-732-4020, or visit www.oglecounty.org.



FRIDAY NIGHT FISH FRY

Every Friday Night
5:00 - 9:00 p.m.

Enjoy the view from the deck!

3 Piece Fried Fish - **\$10.95**

3 Piece Baked Fish - **\$11.95**

includes baked potato or fries & coleslaw



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Obituaries

Marian Davis



OREGON—Marian Elizabeth Davis (age 96) died on July 16, 2019 at Pinecrest Community, Mount Morris.

Marian was born in Mt. Carroll on Oct. 9, 1922 to Zella (McGinty) and George Keim.

Her family moved to Chicago when she was two years old. Marian began singing in public when she was four years old and at age ten she started private singing lessons and making appearances at various churches and other events. She attended Steinmetz High School in Chicago for one year before the family moved back to Mt. Carroll.

She attended Brown's Business school in Freeport after high school. After working a short time, she married Herbert Davis of rural Savanna. They lived in Savanna for two years before moving to Mt. Carroll. She started a junior choir, sang in the adult choir, and presented musical

programs.

The family moved to Oregon in 1959. Marian joined the choir at Oregon United Methodist Church, formed a junior choir and continued giving musical programs even into her later years. She continued her love of music at Pinecrest Terrace, often leading songs during activities. Marian was known as a gracious woman, always stylishly dressed with her hat and looking her best.

She and her husband would have celebrated their 77th anniversary on July 18,

2019.

Survivors include her loving husband Herbert, sons Eric R. (Pat) Davis of Byron, Mark (Barb) Davis of Oregon, and daughter Sheila Johnson of Puerto Vallarta, Mexico; grandchildren Jennifer (Richard) Boyden, Eric Ryan (Velvette) Davis, Peter (Megha Patel) Probst, Danielle Johnson; great-grandchildren Kylan Springman and Suriya Probst.

She was preceded in death by her parents, two brothers, Richard Keim and Keith Keim, her sister Joyce Strength, and granddaughter Shelley Shelton.

The family wishes to thank all of her wonderful caregivers at Pinecrest Terrace for their professional and compassionate care.

A celebration of Marian's life will be held at later date.

To leave an online condolence visit www.FarrellHollandGale.com

Daryl Ray Christians



MOUNT MORRIS — Daryl Ray Christians, age 82, passed away in his home on July 11, 2019. Daryl was born on May 9, 1937 in Avon, S.D., the son of John E. & Jennie G. (Hamminga) Christians.

Daryl served in the United States Army during the Korean Conflict. Daryl married Roberta J. Murdock on Oct. 14, 1972 in Mount Morris. He served as a Mount Morris Police Officer for 25 years, retiring as a Sergeant.

Daryl first and for most loved his family, he loved to fish and golf, he played

accordion for Buccaneers, and in earlier years he had a special experience when

he played with Lawrence Welk and Myron Floren at the Corn Palace, he was active in the Lions Club, Goodfellows, life member of the Mt. Morris Moose Lodge #1551, and he is a life member of the VFW.

Daryl is survived by his wife: Roberta Christians, Mount Morris; daughters: Beth (Fred) MacDonald,

North Fork, Idaho, Dolores (Brad) Wolber, Mount Morris, Joyce (Randy) David, Algonquin; 10 grandchildren; 13 great grandchildren; sister: Cheryl (Cecelia Cook) Christians, Mt. Morris, IL.

Daryl is preceded in death by his parents; great granddaughter: Annmaray Forbush.

Celebration of life will be held on July 28, 2019 from 1-3 p.m. in the Mount Morris Moose Lodge, Mount Morris. Cremation rites have been accorded with Finch Funeral Home, 405 East Hitt, Mount Morris.

Memorials to Mount Morris Goodfellows.

Beverly Joan Thomas



BYRON — Beverly Joan Thomas, 79, of Byron, passed away Monday, July 8, 2019.

Joan was born in Byron on Aug. 15, 1939, daughter of Milo Garman and Iva Barnhart. She married William Thomas on Feb. 2, 1960 in Byron. He passed away Nov. 2, 2015. Joan enjoyed watching sports, especially the Green Bay Packers and Chicago Cubs, cooking, gambling, dancing and music. She especially enjoyed having gatherings and spending time with her family. Joan will be dearly missed.

Those left to honor Joan's memory include her children, Michael Thomas of Byron, Amy Byes of Stillman Valley, and Deanna Randels of Byron.; grandchildren, Ryan (Tina) Thomas, Erin (Erik) Gorzynski, Daniel (Paige) Byes, Nick (Cierra) Carr and Jordan Byes; great-

grandchildren, Arabella, Logan, Blake, Grant, Josephine, Julianna, Mikayla, Conway and Claire; nephew, Mitch Johnson.

She is predeceased by her parents, husband; son, Christopher Thomas and daughter, Kristen Christianson.

A Celebration of Life will be held Saturday, Aug. 17, 2019 from 1-4 p.m. located at the Byron Forest Preserve 7993 N. River Rd. Byron, IL 61010. Share online condolences and memories at www.fitzgeraldfh.com

Arrangements entrusted to Fitzgerald Funeral Home & Crematory, 1860 S. Mulford Rd. Rockford, IL 61108.

Charles H. Sutton



CHANA — Charles H. 'Bud' Sutton, 84, of Chana died Monday, July 1, 2019 at OSF St. Anthony Medical Center in Rockford.

His funeral service will be at 11 a.m. on Saturday, July 27 at the Chana United Methodist Church with Rev. Ryan Sutton officiating. A visitation will be held prior to the funeral from 9 a.m. until the time of the service. Interment will be held at a later date. The Unger-Horner Funeral Home is assisting with arrangements. Memorials to the Rochelle VFW Post 3878 and to St. Jude Children's Hospital have been established.

Bud was born on Oct. 28, 1934 in Rochelle to Alton and Viola (Howard) Sutton. He was educated in the Rochelle school system, was a 1952 graduate of Rochelle Township High School and later attended DePauw University in Greencastle, Ind. Bud served in the U.S. Army overseas after the Korean War. After his military service, he worked

for several years managing the family restaurant in Rochelle. He then worked for the Del Monte can manufacturing plant also in Rochelle for more than 30 years, working his way up to being the canning production/planning manager for the eastern half of the United States. After retirement in 1993, he owned 'Bud's Antiques' in Cadiz, Ky., for several decades. He attended the Chana United Methodist Church for more than 40 years, serving on various committees, helping with church dinners and as an usher. Bud was

an avid Chicago Bears and Cubs fan, enjoyed going to auctions and estate sales, watching sports, playing golf and in his younger years, softball, supporting his grandchildren's activities, and spending time with family.

Survivors include his wife of 48 years, Carole; his daughters: Stephanie (Larry) Viereck of Woolwich Township, N.J. and Nancy (Skip) DuBois of Salem, N.J.; his sons: Rev. Ryan Sutton of Princeton, Ill., and Daniel (Lisa) Sutton of Rochelle; seven grandchildren — Michael (Connie) Viereck; Christopher (Laura) Viereck; Robert (Melissa) Evans; Nancy Evans; Emily DuBois; Baylie Sutton and Tyler Sutton; seven great-grandchildren — Leila, Iris, Samantha, Emmalyn, Logan, Julie Anna, and Alex, and many nieces, nephews and other family members.

Bud was preceded in death by his parents; his sister, Jaclee; and his brother, Thomas.

Annual car show in Forreston Aug. 3

FORRESTON — The Forreston American Legion family is sponsoring its 11th annual car show as part of the yearly Sauerkraut Day on Aug. 3 from 8 a.m.-4 p.m. at Forreston's Memorial Park.

More than 150 cars and motorcycles are expected during the daylong show. Dash plaques will be given to the first 100 entries and door prizes will be given out during the day.

A sauerkraut lunch will be served from 10 a.m.-3 p.m. Sauerkraut lunches are \$5 for adults and \$3 for children 7-12. The lunch includes a brat or hot dog (with or without that delicious sauerkraut topping), a bag of chips and a can of pop. Music will be provided by 3D Sound.

For questions concerning car entries, call Bret Schemel, American Legion Riders, at 815-979-5044. Trophies for the car and bike show will be awarded at 3 p.m. The annual 50/50 drawing winner will be at 3:30 p.m.

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Pine Creek Escape announces upcoming July and August events

OREGON – Pine Creek, formerly White Pines Wedding Canyon, is pleased to announce its upcoming July and August events, all to be held at Pine Creek Canyon, 6811 West Pines Road, Oregon.

Enchanted Canyon Party – Wednesday, July 24

Calling all superheroes and princess fairies! Treat your child to a morning with Super Woman or Flower Fairy! Here's their chance to do an activity + craft with the character, plus they can take a photo and get a signed autograph. Afterwards they will enjoy a themed activity with The ADM Studios and tea party with juice and cookies. Children are encouraged to wear a costume. 9 a.m.-noon; \$30 per child – \$10 off additional child from same family. To purchase tickets, call Pine Creek Escape at 815-881-1118 or email info@pinecreekescape.com. Limited seats are available.

Dancing in the Canyon – Friday, Aug. 2

Join us on Friday, August 2 from 6:30-9:30 p.m. for an evening full of ballroom dancing & swing dancing! Dance instruction provided by Claudia Tarara and Jessie Eckles of The ADM Studios. Hors d'oeuvres included and cash bar available. Space is limited. Only \$40/person and \$80/couple. Purchase tickets by calling Pine Creek at 815-881-1180 or emailing us at info@pinecreekescape.com.

Yoga in the Canyon – Tuesday, Thursday + Saturday Mornings

Reconnect with your inner self while doing your havasana in the Canyon. Join us this summer on Tuesday's and Thursday's from 6-7 a.m. and every Saturday from 8-9 a.m. \$10/class – pay at the door. Please bring your own mat.

For more information on upcoming events at Pine Creek Escape, visit www.pinecreekescape.com or visit Pine Creek Escape's Facebook page - <https://www.facebook.com/PineCreekEscape/>.

About Pine Creek

Located in the rolling hills of Northern Illinois just outside of historic Oregon, Illinois, Pine Creek features six wedding ceremony sites from the Cobblestone Canyon, Enchanted Forest, Emerald Aisle, Juniper Falls, Grand Pavilion and The Gazebo. The site also includes three cabins that sit high on a limestone bluff overlooking Pine Creek and accommodate 12 people, all complete with a living room, full kitchen, fireplace and outdoor amenities including grills, picnic tables and fire pits.

Ice cream featured at Mount Morris Farmer's Market on July 26

MOUNT MORRIS – The Mount Morris Farmer's Market is being held each Friday, through September from 4-7 p.m. in the Union Savings Bank parking lot at the corner of Route 64 and Wesley Avenue.

Easy access from Route 64 and parking right at the market for market goers. This open air farmer's market offers local vegetables and fruit in season, farm fresh eggs, maple syrup, jellies and jams, variety of fresh baked goods, dog treats, plants, herbs and hand crafted items. Plus, new this year chicken and

lamb are available.

July 26 will feature samples of Flick's homemade ice cream using an antique two-stroke engine to churn the ice cream. Larry's vintage ice cream scoop collection will also be on display. Come join us.

New vendors are always welcome, there is no fee and no weekly commitment, just provide your own table and set-up. We have easy set-up access and close parking.

Call Lynnette at 815-734-6006 with any questions or to let us know you are wanting to be a market vendor.

Obituaries

Bryan Roy Vandiver



STILLMAN VALLEY – Bryan Roy Vandiver, age 59, a loving husband, father, and grandfather, went to be with his Lord and Savior on Sunday, July 14, 2019. He was born Aug. 15, 1959 in Dixon, the son of Roy and Pauline (Linton) Vandiver.

He graduated from Stillman Valley High School in 1978. He married his high school sweetheart, Linda Gocken, on Oct. 3, 1981 at the Middle Creek Presbyterian Church. Bryan led a successful career with the Greater Rockford Airport, his own lawn care business, Cardinal Lawn Care, the N.E. branch of the YMCA in Rockford, and he was most recently hired as the Director of Building and Grounds for the Meridian School District # 223.

He was extremely pas-

sionate about his work and truly valued the relationships he made along the way. He was a member of the Kishwaukee Community Evangelical Presbyterian Church where he had a long history of serving on the building and grounds committee. He was instrumental in the construction of the new church building in 1996. He served on the Kishwaukee Cemetery Board

and was the Marion Township Supervisor for over a decade. He was always there for his family and friends whenever help was needed, especially in the remodeling of his children's homes. Bryan was an avid John Wayne fan, was a life-long supporter of Stillman Valley High School athletics, and loved to be in a boat on the water. He was widely known for the art of mowing straight lines.

He was predeceased by his father.

He is survived by his wife Linda of Stillman Valley, mother Pauline Vandiver of Stillman Valley, daughter Katelyn (Lance) Camp of Atkinson, Ill., son Jacob (Kate) Vandiver of Peoria Heights, 3 grandsons; Milo, Samson, and Maxwell, sister Colette (Tim) Meeks of Rockford, Parents-in-law

Earl and Dorothy Gocken of Stillman Valley, Brother and Sister-in-laws; Beverly (Phil) Knowles of Stillman Valley, Richard (Becky) Gocken of Winnebago, and many nieces and nephews.

A funeral service was held at 11 a.m., Saturday, July 20, 2019 at the Kishwaukee Community Evangelical Presbyterian Church, 8195 Kishwaukee Road, Stillman Valley, with the Rev. Eric Tonjes officiating. Private burial at the Kishwaukee Cemetery. A visitation was held prior to the service on Saturday from 9-10:45 a.m. Immediately following the service a luncheon and a time to share memories together was held. A memorial fund is established in Bryan's name. To leave a condolence visit www.farrellhollandgale.com.

Frank 'Bill' Moser Jr.



OREGON – Frank "Bill" Moser Jr. age 74, passed away in his home on July 3, 2019. Bill was born on Nov. 22, 1944 in Oregon. Bill married Doris Turman on May 31, 1963 in St. Petersburg, Fla.

He worked for Moser Carpet Service, as a carpet layer; he worked for Alpha Omega in printing; and he worked for Ogle County Educational Cooperative as a custodian.

Bill looked forward to be

with his Savior, Jesus Christ.

Bill Loved to play the guitar, enjoyed the latest technology, working outdoors, and he loved spending time with his

grandchildren.

Bill is survived by his mother: Carrie Raymond; wife: Doris Moser; children: Angela (Darrell) Dagner and Todd (Tammy) Moser; grandchildren: Kevin Dagner, Becky Murray, Ashley Dagner, Rachel (Brandon) Marek, and Jessica Caldwell; great grandchildren: Boston Murray, Jazzell Moser, Zion Wanderski, Jaella Caldwell, Jettson Caldwell, and Elowen Marek; brothers: Dennis (Joleen) Moser

and Kendal (Ruby) Moser; sisters: Kathy Vance, Lucy Russell, Bobbi Raymond, and Michele Baker.

Bill is preceded in death by his father: Frank Moser Sr. and nephew: Kenny Moser.

Celebration of life and homegoing will be held on Saturday July 20, 2019 at 10:30 a.m. in the Sauk Valley Community Church, 498 IL Route 2, Dixon.

A luncheon will follow in the church.

E-mail news items to bjennings@oglecountylife.com



STILLMAN VALLEY HOME & FARM SALES



233 E Second St, Byron
OPEN SUNDAY 7/21
1 – 3 pm
Reduced! Beautiful 2 story on corner lot. 4 BD, 3 BA. Sunroom, FR with fireplace. New windows & mechanicals. Move right in!



7339 E Wildwood, Stillman Valley
The entire package in 1 location! Gorgeous 4 BR home on 35A w/ barn. Zoned ag. Acreage for horses/animals, crops, ATV/snowmobile trails. This is it!



47 S Chana Rd, Chana
Hunter's Paradise! Just listed! 35A of the best hunting ground & 6A stocked lake! View it all from deck of 4400 sf brick home.

Ogle County Sheriff

July 16

At approximately 7 a.m., Ogle County Sheriff's Deputies responded to a one vehicle roll over accident in the 6400 block of S. Illinois Rte. 2. After an investigation it was determined that a northbound Chevrolet Cobalt being driven by Tahwnee Spencer, 27, of Rock Falls, had a mechanical failure in the steering. The vehicle rolled over and came to rest in the roadway at the location. Spencer was transported to KSB Hospital in Dixon for minor injuries sustained in the accident.

July 15

At approximately 12:47 a.m., Deputies initiated a traffic stop in the 9000 block of North Illinois Rte 26. After further investigation Derek Driver, 21 of Freeport, was placed under arrest for No Valid Driver's License. Driver was transported to the Ogle County Jail where he was held in lieu of bond.

At 10:29 a.m., Ogle County Sheriff's Deputies stopped a vehicle in the 19,000 block E. RT. 64 for speeding. After a further investigation the driver Samuel S. Boulnois, 32, of Rockford was arrested for Speeding and Driving while License Suspended. Boulnois was transported to the Ogle County Jail where he was held in lieu of bond.

The following were arrested for Ogle County Outstanding Warrants:

Dion D. Carr, 27, of Rochelle for Registration Expired and Criminal Damage to Property. Carr had a bond of 2000/10 percent and 5000/10 percent. Carr received a \$3,000 recog from the judge and was released from the Ogle County Jail. Carr will return for court on 08/07/19 at 10:30 am.

Katherine Milliron, 26, of Rochelle for Sex Offender/ False info. Milliron had a bond of \$25,000/10 percent. Milliron received a \$10,000 recog from the judge and was released from the Ogle County Jail. Milliron will return for court on 08/07/19 at 10:30 a.m.

Joshua Schier, 42, of Mt. Morris for Failure to Appear. Schier had a bond of \$150 and Schier posted his bond. Schier was released from the Ogle County Jail and will return for court on 07/29/19 at 9:30 a.m.

The Ogle County Sheriff's Office Deputies arrested Kendrick Payton, 24 of Beloit, Wis., for Driving While License Revoked. Payton was arrested on I-39 by Deputies after being stopped for speeding. Payton was held in lieu of bond at the jail.

July 13

Alexander Dix, 28 of Washington, was arrested on 2 outstanding Ogle County warrants. One warrant was for Failure to Appear (\$596 full cash) and the other warrant was for Fleeing to Elude a Peace Officer (\$5,000/10 percent). Dix posted bond on both warrants and was released with a return court date of 08/19/19 at 9 a.m. for Fleeing to Elude a Peace Officer.

At 9:46 p.m., Ogle County Sheriff's Deputies were dispatched to the area of 7000 East Rte 38 for a Motorist Assist. After an investigation Michael Rowe, 28 of Rochelle, was arrested for Driving While Under the Influence of Alcohol. Rowe was transported to the Ogle County Jail where he was held in lieu of bond.

At approximately 11:54 p.m., Ogle County Sheriff's Deputies initiated a traffic stop in the 1000 block of West Illinois Rte 72. After further investigation Xavier Nash, 20 of Chicago, was placed under arrest for Unlawful Consumption of Alcohol by a Minor. Nash was transported to the Ogle County Jail where he was held in lieu of bond.

At 5:55 p.m., Ogle County Sheriff's Deputies conducted a traffic stop in the 4000 block of South IL Rte 251 for a traffic violation. After an investigation, Miguel Gutierrez, 24 of Rockford, was arrested for Unlawful Use of a Weapon and Violation of the Firearm Owner Identification Card Act (possession of a firearm with no valid FOID card). Gutierrez was transported to the Ogle County Jail where he was held in lieu of bond.

July 12

The following people were arrested on outstanding Ogle County warrants:

Ernest Miller, 30 of Leaf River, for Failure to Appear. Miller was released on a recognizance bond and will appear in court on 07/29/19 at 1 p.m.

Mario Pineda, 25 of Rochelle, for Failure to Appear. Pineda was released on a recognizance bond and will appear in court on 09/09/19 at 10:45 a.m.

Samara Goff, 41 of Mt. Morris, for Failure to Appear. Goff was released on a recognizance bond and will appear in court on 07/29/19 at 1 p.m.

July 11

Ogle County Sheriff's Deputies arrested Thomas W. Fiala, 62 of Dixon, for Violation of Order of Protection. Fiala will appear in court on 07-12-19 at 1 p.m.

At 7:05 a.m., the Ogle County Sheriff's Office and the Lynn-Scott-Rock Ambulance responded to a one vehicle accident with injuries in the 400 block of North Rte. 251. A semi-tractor trailer combination was northbound on Rte. 251 when he swerved to miss a stopped vehicle in the road at a construction area. The semi-tractor trailer crossed over the southbound lane and struck the ditch/embankment on the west side of the road, coming to a stop jack-knifed. The driver, Gregory L. Maturo, 63 of Madisonville Kentucky, was treated at the scene by Lynn-Scott-Rock Ambulance and refused any further treatment. Maturo was issued a citation for Failure to Reduce Speed to Avoid an Accident.

At approximately 12:29 p.m., Deputies conducted a traffic stop in the 2000 block of North IL Rte 2 for a Registration Violation. After a brief investigation Deputies arrested Michael R. Haas, 40 of Rockford, for Driving While License Suspended. Haas was transported to the Ogle County Jail where he was held in lieu of bond.

At approximately 11:30 p.m., deputies conducted a traffic stop in the 12000 block of east IL Route 38 on a red Ford Ranger. Upon conducting an investigation, Artemio Castillo-Arteaga, 42 of Rochelle, was placed under arrest for operating a motor vehicle without a valid license. Castillo was cited for No Valid License, Operating an Uninsured Motor Vehicle, and Speeding. Castillo was transported to the Ogle County Jail where he was held in lieu of bond.



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Monthly electronic recycling July 26

OREGON – The Ogle County Solid Waste Management Department (OCSWMD) will be conducting their monthly residential electronics drop-off event on Friday, July 26, from 9 a.m.-4 p.m. at the County Annex Building, 909 Pines Road in Oregon.

These events are for Ogle County generated residential electronic items. As of 2019 the Consumer Electronics Recycling Act (CERA) mandates that each county in Illinois have an outlet for certain residential electronic items based on that county's population. The OCSWMD drop-off events satisfy CERA for Ogle County. Identification is asked for at the event and there is a limit of seven (7) bulky items (televisions, computers, monitors, printers) per vehicle. A tub or crate loaded with

smaller electronic items is considered one bulky item.

Electronic waste accepted at this event include all televisions, computers, computer monitors, computer hardware and cables, printers, FAX machines, copiers, VCR/ DVD players, cable and satellite boxes, radios, digital clocks, boom boxes, stereo equipment, video game equipment, laptops, tablets, cell phones, phone systems, calculators, rechargeable batteries, holiday light strands, extension cords, CFL bulbs, and printer cartridges. Microwave ovens are accepted for a charge of \$5 each. Please unpack your electronics from boxes, Styrofoam, and plastic wrap prior to coming to the event and dispose of or recycle as normal.

Only the items listed above are

accepted as electronics for recycling per our processor, Dynamic Lifecycle Innovations. Please bring only accepted items to these events, doing so speeds up the unloading process and results in a shorter wait time for everyone. Items commonly brought to these events which are not accepted include vacuum cleaners, toasters, toaster ovens, dehumidifiers, lamps, heaters, fans, smoke detectors, coffee makers, bread makers, personal hygiene items, sump pumps, and alkaline batteries.

If you have additional questions about electronic recycling, have business or institutional electronic items to recycle, or live outside of Ogle County, please call the OCSWMD at 815-732-4020, visit us on Facebook, or visit www.oglecounty.org.



Mary Daniel, Stillman Valley, (right) made this quilt. Joellen Roos, Blue Ivy Creative Quilting, Stillman Valley, did the long arm quilting design on the quilt.

Quilt show winners are announced

BYRON – ByronFest’s 32nd Annual Quilt Show was held July 12-14 at the Byron Museum of History.

Quilt Show Committee Co-Chairs Wanda Cacciatore and Jan Emmons announce the blue ribbon winners show and to thank everyone that entered a quilt or volunteered in order to make this quilt show possible every year.

On Friday, July 12 the committee hosted a reception for the quilters and volunteers before the show officially opened to the public. Monique Jacobs of Open Gate Quilts presented a “Trunk Show” of quilts that showcased her original quilt designs and fabric patterns.

Area quilters displayed 62 pieces of their fabric works of art throughout the museum’s campus which now includes the Byron Theater Quonset Hut. Items were selected for awards by a judge and viewers voted on their favorite quilt and wall hanging to win a “People’s Choice” award. First place winners received a blue ribbon and cash prize.

Every year we are amazed by the creativity and handiwork of the people that display their fabric art in Byron. After careful deliberation, Judge Donna Langford has selected the following quilts as first place winners in their category: Miriam Bruening, Wanda Cacciatore Virginia Christopherson, Karen Donoho, Linette Hall, Rosalinda Rienstra, Jan Stukenberg, Barbara Wells and Cindy Yoakum.

Area Quilters that registered their fabric creations this year included: Miriam Bruening, Wanda Caccia-

toe Virginia Christopherson, Mary Daniel, Nancy Derksen, Kathy Dodd, Karen Donoho, Pat Felton, Jannette Fogle, Linda Franna, Linette Hall, Melody Hedges, Beverly Kerby, Ken Lapp, Kathy Lonergan, Rosalinda Rienstra, Joellen Roos, Beth Simeone, Megan Smolinski, Jan Stukenberg, Bunny Sues, Carol Vaessen, Barbara Wells, and Cindy Yoakum. Many thanks to the Ogle County Historical Society for the temporary loan of the two antique “Crazy Quilts” that were displayed in the Lucius Read House.

Special thanks to Wanda Cacciatore for creating and sponsoring the ByronFest Quilt Show for 32 years.

The Byron Museum of History is dedicated to preserving Byron’s rich history through exhibits, programs, and artifact preservation. Built in 1843 for the Read family by Pardon Kimball, the house was a focal point in early Byron. The Museum also features local history exhibits and the historic Read House, including Albert G. Spalding, Underground Railroad, Byron Schools, Farming, Outhouse Archeology, Local Railroad, Clamming on the Rock River, and much more!

Museum Hours: 10 a.m.-3 p.m. Wednesday through Saturday. Learn more about volunteer opportunities by calling the Byron Museum at 815-234-5031, or sending an e-mail to director@byronmuseum.org. The Byron Museum of History is located at 110 N. Union Street in Byron, Illinois, 61010. Our website address is www.byronmuseum.org.

Music in Ropp Park Aug. 6

STILLMAN VALLEY – The 16th annual Music in Ropp Park will be on Aug. 6 at 6 p.m.

This is a free, fun, and family friendly event. Music by the Ropp family and other musicians. Bring a chair. Ropp Park is at 204 E. Pershing St., Stillman Valley.

Mount Morris/ Oregon FFA announce scholarship winners

The Mount Morris/Oregon FFA Alumni members voted recently to award scholarships.

The following scholarships have been awarded to the following Oregon High School students:

* Mel Burkhalter Scholarship Award went to Rebecca Hough and Austin Strite.

* Mount Morris/Oregon FFA Alumni Scholarship Award went to Rebecca Hough, Grace Mongan, and Austin Strite.

* Pauline Adece Scholarship Award went to Austin Strite.

We would like to Congratulate these students and the rest of the Graduating class of 2019 for their hard work



and dedication to their academics and wish them the best of luck in their future endeavors.

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Deere site hosts Green Iron Days Aug. 2-4

GRAND DETOUR – Dozens of vintage John Deere two-cylinder tractors will be on display for public viewing during the 2019 Green Iron Days at the John Deere Historic Site, Aug. 2-4.

During the three-day gathering, guests to the Historic Site in Grand Detour, will enjoy seeing rare and restored John Deere machines, as well as some related brands, and will have an opportunity to talk with owners about the unique collection and restoration stories behind them. On Saturday at 7 p.m., the collectors registered for the event will have the opportunity to parade their tractors through the streets of Grand Detour.

“We host this event every two years and we are excited to welcome back regional collectors as they always make for a fun and entertaining weekend,” said Kristen Veto, manager of the John Deere Historic Site. “Their passion, hard work and enthusiasm for collecting attracts many visitors to this region to admire their

two-cylinder machines. We are proud to provide a setting that pulls it all together, allowing guests to learn more about the legacy of John Deere products as well as John Deere the man.”

In addition to seeing a collection of vintage tractors, visitors to the John Deere Historic Site also have the opportunity to tour John Deere’s home and an archeological dig of his original blacksmith shop. The site’s blacksmith will also be on hand to conduct demonstrations throughout the weekend. Food vendors and a full gift shop will also be available to attendees throughout the weekend.

Tractor owners interested in participating and displaying their machines at the event should call 815-652-4551 or email JohnDeereHistoricSite@JohnDeere.com. Registration is free, but all equipment must be from 1979 or earlier.

The John Deere Historic Site is a free attraction and is open seasonally, March through December. Located in Grand Detour, the



site is the original Illinois homestead of John Deere and is the location where he built his first successful

“self-scouring” steel plow. It was recently named one of Illinois’ top historic sites by the Illinois Bicentennial

Commission. Gates open daily, from 9 a.m.-5 p.m., Monday-Saturday, Noon-4 p.m. Sunday. For more

information about Green Iron Days or the John Deere Historic Site, go to www.VisitJohnDeere.com.



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Final CONCERT in the PARK



Ethan Bell Band

Tuesday, July 23rd

Concert begins at 7 p.m.

Fireworks at dusk

Oregon Park West

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Oregon Park District staff will be serving FREE walking tacos and water while supplies last



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Registration begins July 30 for pass members, July 31 for everyone



Byron Farmer's Market

Byron Farmer's Market is at the corner of Route 2 and Peru Street from 8 a.m.-noon every Saturday morning. Homemade baked goods, honey, eggs, plants, crafts, seasonal produce and much more. Come and see what we have to offer you. Dave Ewald from Stillman Valley sells four different kinds of homegrown popcorn.

Park District still has plenty of music on tap

OREGON – The final Concert in the Park for the Oregon Park District is Tuesday, July 23 at Oregon Park West.

Enjoy a night of free entertainment, food, yard games, market vendors and the grand finale fireworks. For those that have enjoy outdoor music during the beautiful summer months, don't worry about the Oregon Park District concerts being over, we have more opportunities to extend your music enjoyment this summer by joining us for a couple day trips.

The Park District is taking a trip to Rockford's Nicholas Conservatory for Tunes on the Terrace on Wednesday, July 31. Enjoy Tunes on the Terrace on the River-

view Terrace at Nicholas Conservatory & Gardens, located along the banks of the Rock River from 6-8 p.m. BackRoads Trio will provide entertainment for the evening. There will be food and drinks for sale at the event. The van will leave Nash at 5 p.m. and return around 9 p.m. The fee to register is just \$5 per Resident and \$6 per Non-Resident.

On Tuesday, Aug. 6 don't miss the Entertainment in the Gardens Day Trip to Anderson Japanese Gardens in Rockford. The van will leave at 2:30 p.m. and return around 8 p.m. There will be time to check out and enjoy the gardens before the concert. Remember Jones, an entertaining show band playing everything from pop

to rock, will put on a great show. Steve McClanahan will open for Remember Jones at 5:45 p.m. Food and beverage will be available for purchase at the gardens. You can bring a picnic but all beverages must be purchased at the venue. Don't forget to pack your lawn chair or a blanket.

The fee to register is \$20/Resident or \$24/Non-Resident and includes transportation, admission to gardens and concert.

For more information on these outdoor entertainment trips contact the Park District at 815-732-3101 or visit www.oregonpark.org. Save the date for more fun with the Timber Lake Playhouse trip to see "Steel Magnolias" on Aug. 28.



Christmas in July at The Shed

All kids age 7 and up are invited to a special craft class at The Shed in downtown Oregon. The theme is Christmas in July and they will be making adorable snowmen! The class is July 25 from 1-3 p.m., and parents are welcome to drop their child off. The cost is only \$20 and each child will leave with a solid wood, one-of-kind decoration. Space is limited so register today at 815-732-2499. For more information ask for Cathy Warren.

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Tour of Bald Hill Preserve is July 27

BYRON – The Byron Forest Preserve District will offer a free guided vehicle tour of their Bald Hill Prairie Preserve, 5502 North Silver Creek Road in Mount Morris on Saturday, July 27 from 9-11 a.m.

Superintendent of Education, Mark Herman will lead the tour to see the Big Tree Champion of Illinois (a huge Eastern Cottonwood that is 28.5 feet in circumfer-

ence and 122 feet tall) as well as the other scenic features of the Byron Forest Preserve District's newest preserve. Participants will meet at the Bald Hill Preserve parking lot and will ride in a four-wheel drive vehicle for the tour.

Space is limited and advance registration is required by Thursday, July 25 by calling 815 234-8535, Ext. 200.



Final park district concert will be July 23 in Oregon

Local acoustic band, Burn N' Bush, entertained a crowd at the Oregon Park District Concert in the Park on July 16.

Burn N' Bush played a variety of rock, country and oldies, and their brand of fun/sing-a-longs that the crowd enjoyed. The free concert in the park was courtesy of Woods/Blount. This local company has been supporting Oregon Park District concerts and programs for many years. Woods/Blount not only brought great music to the park, but they handed out

fans and Popsicles to help keep the crowd cool and Koozies to keep the cans cool.

Enjoy the final Concerts in the Park on July 23. It's a free night of family entertainment and all are invited. The Oregon Park District will be bringing The Ethan Bell Band to the stage. There will be free walking tacos while supplies last and then the evening will end with a fireworks show.

There is a shuttle from the lower parking lot to the concert area at Park West for those that need assistance.

Serenity Hospice and Oregon Park District Host Summer Camp for Bereaved Kids

OREGON – Serenity Hospice and the Oregon Park District will be hosting a one-day summer camp for bereaved kids ages 6-17 on July 31 from 9 a.m.-3 p.m. at the Nash Recreation Center in Oregon.

The camp is geared toward children who have experienced the death of a significant loved one.

“The camp will allow kids to connect with others who are their own age and who has experienced the death of a loved one and also enjoy a fun day of traditional camp activities,” said Cathy Warren, Serenity’s bereavement coordinator. “Studies show that these types of camps can be instrumental to kids as they work through their grief.”

The Oregon Park District is hosting the event at Nash Recreation Center in Oregon and some of the activities the kids will be able to participate in are swimming, racquetball and the new game phenomena “pickleball.” These normal camp activities will be interspersed with activities organized by Warren and her team of volunteers including making memory boxes and the releasing of butterflies. A meal and two snacks are included and the cost to attend is only \$10, scholarships are available if this is a problem.

“Serenity is a resource in our community,” Warren said. “And this is just another way that Serenity is able to serve and accomplish our mission of helping all people, whether or not they were a hospice family.”

If you have further questions or would like information about registration, please call Warren at 815-732-2499.

Ecology class at White Pines starts Aug. 9

MOUNT MORRIS – Ecology is the science that studies the interactions and relationships that exist among living organisms and their environment.

An ecology class will be held at White Pines State Park, 6712 W. Pines Rd., on Monday’s 10 a.m.-noon, Aug. 19, Sept. 16, Oct. 14 and Nov. 4. The cost is \$5.

The goal for this class is to introduce, or reintroduce some key parts to ecology and use specific skills to reach conclusions in a field setting. Skills such as observation, describing, generalizing to create a theory, inferring, concluding, classify-

ing and of course measuring are all part of our everyday life but we will take it back to more of a science skill focus.

The concept of ecology is based on three major ideas:

* Ecology of nutrition is the interaction between producers and consumers.

* The cyclic flow of matter through the planet’s environments such as water, carbon, and nitrogen along with others are recycled over and over again.

* Energy keeps those cycles going. All energy comes to the planet from the sun and leaves the planet in the form of heat.

Any changes or interruptions, natural or manmade, to these patterns or relationships can alter life on the planet. It is important to understand the relationships of our natural areas, such as a conservation area, so we can relate larger scale situations in a scientific way with sound support.

Please register online web. extension.illinois.edu/bdo

If you need a reasonable accommodation to participate in this program, please contact your local Extension office. Early requests are strongly encouraged to allow sufficient time for meeting your access needs.

Byron Vacation Bible School will be July 29-Aug. 1

BYRON – The United Church of Byron is once again hosting its annual Vacation Bible School on Monday through Thursday, July 29-Aug. 1, from 9-11:30 a.m., at 701 W. Second St., Byron.

It is open to all students in the community entering K-6 grade this fall.

This year’s theme is “Superheroes of Faith,” and will feature superhero-themed games, crafts, snacks, and Bible study time. Registration is free. Call 234-8777, or email ucb@comcast.net to register. Registration forms will also be available on our website: unitedchurchofbyron.org.

COMMUNITY CALENDAR

Mon., July 22

Caring for an aging partner, 1 p.m. at the Oregon Library. Presented by Cassie Hartje, Outreach Liaison from Agrace. Registration requested but not required. Contact the Library or Cassie Hartje at 815-345-1823.

Weds., July 24

The Kable Band brings trumpet soloist, Mark Baldin. The band performs at 7:30 p.m. in the Reckmeyer Band Shell in Mount Morris, conducted by Andy Eckardt.

Thurs., July 25

All kids age 7 and up are invited to a special craft class at The Shed in downtown Oregon from 1-3 p.m., and parents are welcome to drop their child off. The cost is \$20 and each child. Space is limited so register today at 815-732-2499.

Fri., July 26

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., July 27

There will be a corn boil at Grace Valley Christian Reformed Church from 5-7 p.m. The church is located at 8210 E. Edwardsville Road.

The Northwest Illinois Audubon Society hosts its annual Elkhorn Creek Butterfly Festival from 1-5 p.m. It will be held at the Elkhorn Creek Biodiversity Preserve, located three miles southwest of Forreston on the southwest corner

of West Grove and Freeport roads.

Sun., July 28

The annual ice cream social at St. James Lutheran Church, 6024 N. Columbine Rd., in Forreston will be held from 5-8 p.m. on the church lawn. At 7 p.m., a band concert will be presented on the lawn.

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

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MOMENTS IN TIME

* On Aug. 11, 1806, explorer Meriwether Lewis is shot in the hip, probably by one of his own men. Private Cruzatte, who was blind in one eye and nearsighted in the other, insisted he had not shot his captain. Lewis, however, had the offending bullet: A .54 caliber slug from a modern U.S. Army rifle, identical to the one carried by Cruzatte.

* On Aug. 8, 1863, after his defeat at Gettysburg, Confederate Gen. Robert E. Lee sends a letter of resignation to Confederate President Jefferson Davis. Davis refused the request.

* On Aug. 10, 1937, the electric guitar is recognized by the United States Patent Office with the award of Patent No. 2,089,171 for the Rickenbacker Frying Pan. The guitar used a heavy electromagnet that surrounded the base of the steel strings like a bracelet.

* On Aug. 6, 1945, an American B-29 bomber, the Enola Gay, drops the world's first atom bomb over the city of Hiroshima, Japan.

* On Aug. 7, 1959, the American satellite Explorer 6 is launched into Earth orbit. The 142-pound spacecraft featured a photocell scanner that transmitted a crude picture of the Earth's surface from a distance of 17,000 miles. The photo, received in Hawaii, took nearly 40 minutes to transmit.

* On Aug. 9, 1974, Richard Nixon officially resigns as president of the United States, departing in a helicopter from the White House lawn. Minutes later, Vice President Gerald Ford was sworn in. Ford spoke in a television address, declaring, "My fellow Americans, our long national nightmare is over."

* On Aug. 5, 1981, President Ronald Reagan begins firing 11,359 air-traffic controllers striking in violation of his order to return to work. Two days earlier almost 13,000 air-traffic controllers went on strike over negotiations to raise their pay.

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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.

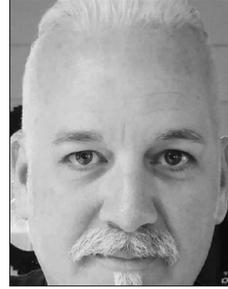
Editing may be necessary for space, clarity or to avoid obscenity or libel, but ideas will not be altered. Writers are urged to use discretion and refrain from sarcasm or personal attacks.

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.

'Ask Brad' back by not-so-popular demand

Living the Life

By Brad Jennings



Since the debut of "Ask Brad" in a late March column, the questions have been flooding in. And by flooding in, I mean I haven't gotten any questions. Not a single one.

But I won't let a lack of questions stop me from following my dream of becoming an advice columnist. Look around you—you don't have to be qualified to do anything these days.

So, in that spirit, I present another edition of "Ask Brad." And remember, I will not be nice for the sake of being nice.

Dear Brad: I have a 7-year-old son who still sleeps in our bed. He's a little on the shy side and doesn't have many friends. But when I try to get him to be involved in more activities, he just shuts down. We are afraid that making him sleep in his own bed might just hurt him emotionally. What do you think? — Signed, A Good Mom.

Dear A Good Mom: Please do me a favor. Go to the nearest mirror and take a look at yourself. Then I want you to repeat "I am the problem" over and over until it sinks in. Stop cod-

dling this kid. He's 7! Why in the world is your little fragile angel still sleeping in your bed? It's creepy! I would guess that once you start actually being a parent and move him into his own room, he will start to become more social. Or he will be a complete disaster for the rest of his life. Either way, it is your fault. Sorry.

Dear Brad: I just can't take this heat. It has been horrible and I just can't live like this. How are people supposed to live when it is this hot? What can I do? — Signed, I can't Take It.

Dear I Can't Take It: Do the best you can to tough it out this summer. Drink

plenty of fluids and try to stay inside where it is air conditioned whenever possible. Then, next winter, when we again plunge into a Polar Vortex, I want you to strip off all of your clothes and run out into the cold and dance for joy. What's that? You don't like it that cold? Well, then it seems to me that the problem is not the weather. The problem is that you are never happy and love to complain. Try doing less of that.

Dear Brad: My husband won't stop wearing socks with his sandals, no matter how many times I tell him how dumb it looks. He is a great father, makes a good living and is generally a very loving man. This is really the only thing about him that bothers me at all. What should I do? Signed, He is Really The Perfect Man.

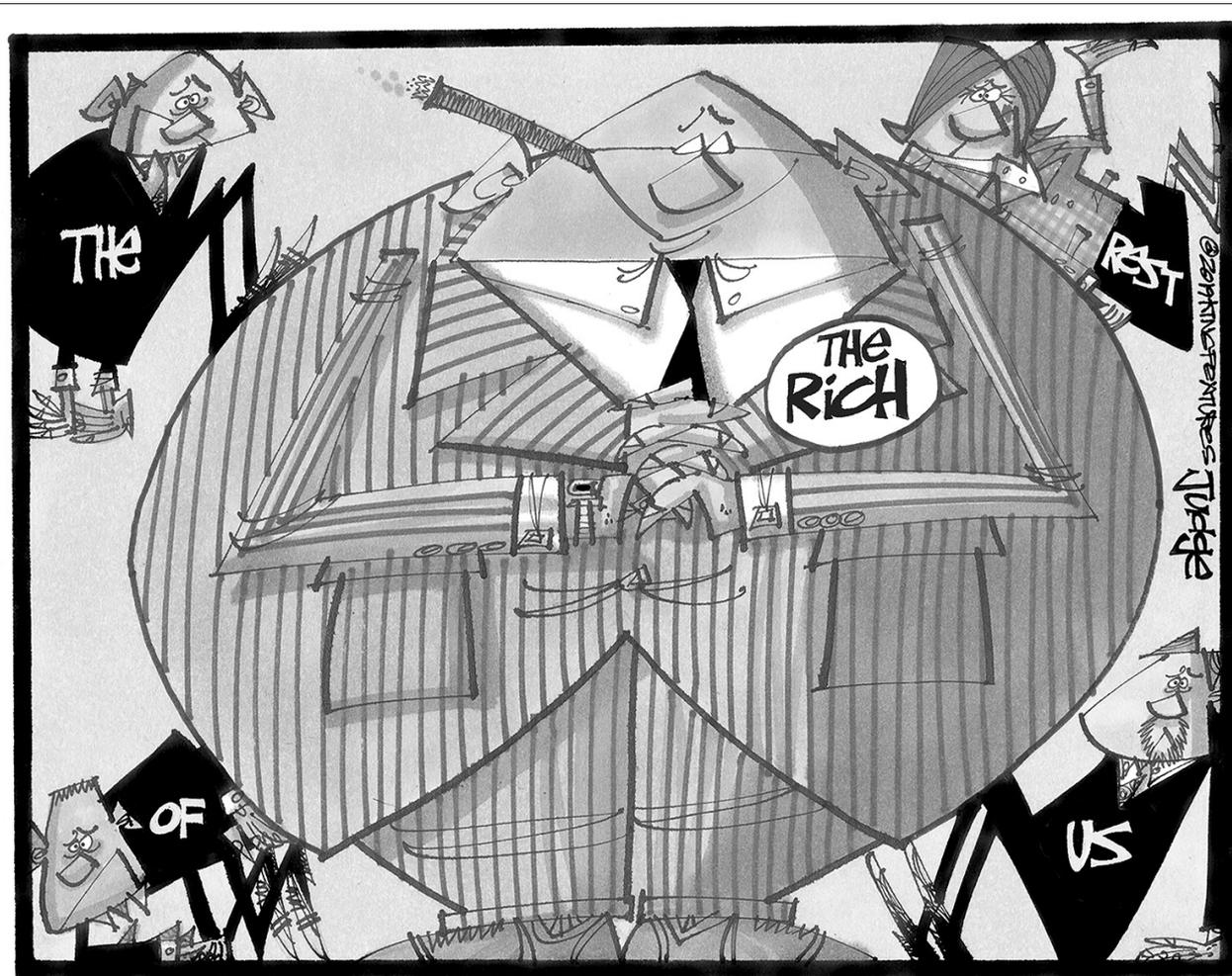
Dear He is Really The Perfect Man: Divorce him. No one should have to live with any person — more like animal — who wears socks with sandals.

Dear Brad: I am a stay-at-home mom and have a couple of young boys who are driving me crazy. I try to keep them busy, but they

have so much energy that I am at a loss. How can I make it through the rest of the summer? Signed, Too Much Energy.

Dear Too Much Energy: This sounds like me when I was a kid. Boy, I used to drive my mom crazy. Of course, this was before video games and Netflix and cellphones and thousands of channels on TV. We had to actually play and use our imaginations. But I know a surefire way to have your kids stay out of your hair for a while. First, buy a couple of bb guns. Second, buy two pairs of goggles. Third, tell them to go outside (with their goggles on — safety first!) and play "Army." OK, I guess these days that might be a little extreme, but I sure did love shooting my friends with a bb gun when I was a kid. Hey, we kept it below the waist ... at least we tried to. These days there would be too much crying and the police would be called and I'm sure years of therapy would follow. So, I guess you should just do your best not to come completely unglued and pray for school to start.

Brad Jennings is Editor of The Ogle County Life.



WHAT OUR ECONOMIC EXPANSION LOOKS LIKE.

VIEWPOINT

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

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

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The case against impeaching the president

House Speaker Nancy Pelosi must be feeling the heat in the wake of special counsel Robert Mueller's investigation. His report was far from the exoneration that the President proclaimed it to be, and many Democrats are demanding that the House impeach him. "This is about us doing our jobs..." says House member Alexandria Ocasio-Cortez.

Mueller identified, according to Wikipedia, eleven "notable episodes" where President Trump may have obstructed justice, and he implied that Congress should address them through the impeachment process. It seems that impeachment advocates have a strong case, and yet Speaker Pelosi is resisting. Analysts such as Lisa Mascaro (apnews.com, June 17), Amber Phillips (washingtonpost.com, June

**Guest
Opinion**
By Lowell Harp



18), and Nancy LeTourneau (washingtonmonthly.com, May 30) explain why.

To begin with, this debate is thoroughly political, arising from the fact that the House of Representatives impeaches, or bring charges against, a president and the Senate tries him. Furthermore, the Constitution leaves it up to the House to define an

impeachable offense. That's why House Speaker Gerald Ford said back in 1970 that, "An impeachable offense is whatever a majority of the House of Representatives considers it to be at a given moment in history."

Impeachment can never be free of political considerations. Ms. Ocasio-Cortez comes from a solidly Democratic district, and has few if any worries about getting reelected. Speaker Pelosi, as leader of the Democrats in the House, has more than one district to keep in mind, and many of them aren't so safe or so enthusiastic about impeachment.

Wikipedia's review of 10 opinion polls taken from January 2017 until now portrays a nation evenly divided over the issue. Ariel Edwards-Levy, in a huffpost report on recent polling,

reveals that although most Democrats favor impeachment, only 18% consider it to be a priority. A two to one majority of Democratic voters in early primary states said that "they'd prefer to hear their candidates spend more time talking about trying to defeat Trump, rather than on impeaching him."

Impeaching the President with such weak public support could be costly for Democrats in the upcoming 2020 election, and their legislative goals would suffer as attention shifted to impeachment. House of Representatives rules state that impeachment overrides all other business. My memories of the Clinton and Nixon inquiries are of a nation transfixed by the drama playing out in Congress.

Speaker Pelosi is also aware that there's no chance

that the current Republican Senate would convict the President. In the following election, he could claim exoneration while accusing Democrats of trying to hijack a 2016 election that he won fair and square.

For all these reasons, she and other leaders of the Democratic Party are refraining from formally impeaching the President. They are, however, holding hearings on the Mueller investigation and on other aspects of his official conduct. If at some point they produce evidence that even a Republican Senate can't ignore, the House can quickly move to impeach the President.

Those who favor impeachment want it to be a moral judgment for the ages, but, saturated as it is with politics and locked into a politically polarized

here and now, it can't live up to that standard. Perhaps there'll come a time when the evidence is so overwhelming, and the nation is so united, that impeachment will be the right path. Otherwise, the most meaningful "impeachment" will be the one that will take place in November of next year, when the American people will review the evidence of the previous four years and pronounce their judgment on the presidency of Donald Trump.

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

Healthcare is in peril

Dear Editor,

Nationally, the number of rural hospitals that have closed has reached 98 since 2010. In 2019, 46 percent of rural hospitals in U.S. operate at a loss compared to 40 percent in 2017. Because of financial strains of having patients who can't pay for services due to lack of health insurance and states that didn't expand Medicaid, nearly 700 rural hospitals are financially vulnerable. These are at a high risk of being closed.

Couple this with an aging physician population in rural areas. As rural doctors retire, they aren't being replaced. The long hours and low pay compared to suburbs and large cities plus lower quality rural schools and few outside activities for their own children fail to entice young doctors to move to rural areas.

Those of us who live in rural counties face a higher patient to doctor ratio. When we are referred to see a specialist, we have to drive to Madison or the Chicago area or wait until they come to the area. In short, our healthcare is in peril.

Pam Farris, Rochelle



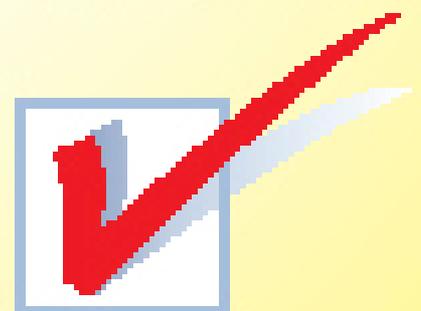
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GREAT INVESTMENT PROPERTY! In heart of Byron. Close to restaurants, shops, & schools. Great visibility & easy to rent. Main floor unit has two bedrooms & one bathroom w/access to laundry & bonus room in basement. Upper unit is a one bedroom one bathroom.
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NEW LISTING

\$175,000 dickersonnieman.com/201904305
GORGEOUS BRICK RANCH! In the heart of Byron. Close to the schools, shops, and restaurants. Nice open floor plan. House has a good sized deck with landscaping & mature shade trees. LL has an additional living space & garage entrance.
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NEW LISTING

\$294,000 dickersonnieman.com/201904151
IMMACULATE RANCH ON WOODED LOT! This 4 bed, 3 bath home features cathedral ceilings in living room, open floor plan split bedroom design, 2 fireplaces, 3 season room, FF laundry. Fully exposed LL w/4th bed, full bath, rec room, & more! Many updates!
MIKE LONG
815-761-4741

OPEN 7/28 - 2 TO 4 PM

\$255,000 dickersonnieman.com/201904288
SILVER RIDGE GOLF COURSE HOME! 3 BR/2BA tri-level on 18th tee/fairway. BRK/MTCE free siding. Mple kitch, stone bkspsh, granite island, appl. 4 season room, composite deck, heated pool w/deck, fence, tons of updates. A must see.
JOHANNA HAHNE
815-978-1847



Sharon Bowers
757-7462



Lyrah Austin-Bushnell
218-0059

OPEN 7/28 - 2 TO 4 PM

\$174,000 dickersonnieman.com/201904109
STONE'S THROUGH FROM THE RIVER! This home features 3 bedrooms, 1.5 baths, formal living room, formal dining room, family room w/sliding glass door leads to patio & screened gazebo. 2 car garage. 120 ft of river frontage & private boat ramp!
CHRIS SNYDER/ TOM ORACKI
815-494-7857/ 815-262-5212

OPEN 7/28 - 2 TO 4 PM

\$179,900 dickersonnieman.com/201904000
PICTURE PERFECT 3 BED 2 BATH! This spacious 3 bedroom, 2 bath home has been meticulously maintained with a mostly finished basement that adds even more space. Very nice private yard.
TIFFANY CRAVATTA
815-988-4388

OPEN 7/28 - 11 AM TO 1 PM

\$157,000 dickersonnieman.com/201902122
3 BED, 2 BATH RANCH! Great room with fireplace & cathedral ceilings. Breakfast Room, patio doors to deck, fully equipped kitchen, 1st floor laundry. Appliances all stay, full basement, 2 car garage, gas heat and central air. Byron Schools!
MIKE LONG
815-761-4741

OPEN 7/28 - 2 TO 4 PM

\$199,900 dickersonnieman.com/201901907
GREAT HOME FOR THE PRICE! Don't miss this 3 bedroom, 2.5 bath, multi-level home in Stillman Valley. Great room with Cathedral ceiling and fireplace, spacious kitchen w/ eating area & access to deck, fenced yard. LL finished.
CHRIS SNYDER/ TOM ORACKI
815-494-7857/ 815-262-5212



Terry Criddle
871-2006



Dana Daub
440-2835

NEW PRICE

\$63,500 dickersonnieman.com/201902759
OREGON! Looking for a cozy 2 bedroom home with a living & dining room? New roof 2013 & home is very well insulated. All appliances, blinds & window treatments stay. Enjoy the comfort of a front porch to enjoy the outdoors. Call for private showing!
SHARON BOWERS
815-757-7462

NEW PRICE

\$105,000 dickersonnieman.com/201805898
ROCKFORD! 3 BR, 2 bath ranch close to Edgebrook shopping center. Hardwd flrs thru-out. Eat-in kitchen. Huge LL rec room w/office or additional rm option. Charming water feature in back yard. Nicely landscaped yard & mature trees.
LYRAH AUSTIN-BUSHNELL
815-218-0059

\$109,900 dickersonnieman.com/201903999
INVESTMENT OPPORTUNITY IN BYRON! 2 unit building in the heart of Byron. Newer flooring and downstairs appliances. Freshly painted, new garage roof, fresh beautiful landscaping. River view lot and great rental space. Both tenants would like to stay.
TIFFANY CRAVATTA
815-988-4388

\$184,900 dickersonnieman.com/201903747
GORGEOUS CONDO ON ROCK RIVER! Located just south of Byron this home features open flow with tons of large windows and amazing views. Master bedroom has a balcony that overlooks the river and a large master bathroom.
TODD HENRY/ ROBIN HENRY
815-997-2256/ 815-985-1747



Robin Henry
985-1747



Todd Henry
997-2256

\$269,900 dickersonnieman.com/201903679
5.96 ACRES ZONED AG! 3 bedroom home with 2 baths, large rooms & deck. Located approximately 1/2 mile north of IL Route 2. Byron Schools yet close enough for Rockford Shopping. Multiple outbuildings and fruit trees on property.
JERRE WOODWORTH
815-494-2237

\$142,500 dickersonnieman.com/201903547
RIVER FRONT PROPERTY! Byron Schools. 2 bed 1.5 bath ranch. Family room w/ electric fireplace, wood burning fireplace in LR, appliances stay, covered patio, boat ramp, deck, patio doors to paver patio off FR, gas & forced air heat & C/A. Newer roof.
MIKE LONG
815-761-4741

\$194,900 dickersonnieman.com/201903517
SPACIOUS 5 BR, 2.5 BATH 2STORY! Huge 5 BR, 2.5 bath home with 1st flr laundry & office space on 2nd flr. 3 bedrooms have walk-in closets. Newer laminated flooring main flr. Unfinished LL is waiting to be finished to meet specific needs. Large backyard.
KAY JOHNSON
815-262-8789

\$259,900 dickersonnieman.com/201903501
GORGEOUS FARM HOUSE ON 5.83 ACRES! 3 bed, 1.5 bath 2 story w/tons of character and lots of updates! 3 buildings on property. Newer siding, roof wndws, electrical, plumbing, front door. Spacious master w/sliding barn door to walk-in closet.
TODD HENRY/ ROBIN HENRY
815-997-2256/ 815-985-1747



Kay Johnson
262-8789



Ron Lessen
734-6852

\$192,500 dickersonnieman.com/201903317
GORGEOUS HOME ON .87 ACRES! Large 2200+ square foot house w/open flow & tons of natural light. HUGE deck off the rear of the house that overlooks the property. 3 beds & 2 baths located upstairs. Updated Kitchen. LL Unfinished but has bonus rm & walkout. 16533 GROVE CREEK Circle, Pecatonica
TODD HENRY/ ROBIN HENRY
815-997-2256/ 815-985-1747

\$94,000 dickersonnieman.com/201902245
REMODELED 2 BEDROOM RANCH! Near downtown and store. Two full baths, one on main floor and one downstairs. Downstairs has new flooring & a new electrical system.
DOROTHY BOWERS
815-985-3264

\$128,900 dickersonnieman.com/201902243
FIRST TIME OPEN! And this 3-4 Bdrm 2 story is waiting for a new owner. Large yard w/600 sqft deck w/seating, 3 bds & bth up & possible 4th bdrm on main level, wood floors, open staircase, WB fireplace, formal dining 1st floor living & family room.
MAYDELL LESSEN/ DANA DAUB
815-622-4619/ 815-440-2835

\$179,900 dickersonnieman.com/201902103
CHARMING RANCH! 3 Bedroom, 2 Bath Ranch w/freshly painted ceilings & walls. 2 bonus rooms in the basement electrical done, sheet rockd, ready for finishing touches. FF laundry w/2nd laundry hook up in the basement. Byron Schools.
ALISA PATTERSON
815-719-0020



John Orlando
234-7309



Chris Snyder
494-7857

\$60,000 dickersonnieman.com/201901921
3 BEDROOM HOME! Nice back yard, 2 car garage, main floor has 2 bedrooms, a large kitchen with plenty of space & a cozy area off the w/ a fireplace. Bedroom, play area and storage upstairs. Partially finished basement. Whole house is move in ready.
ROBIN HENRY
815-985-1747

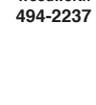
\$289,900 dickersonnieman.com/201901801
BEAUTIFUL PROPERTY + 15 ACRES! With creek running through. Dome house w/open floor plan, GREAT natural lighting, floor to ceiling stone fireplace! Main Floor Master w/ master bath, 2nd bedroom located in loft. 30x40 pole barn w/ wood burner.
TODD HENRY/ ROBIN HENRY
815-997-2256/ 815-985-1747

\$385,000 dickersonnieman.com/201901785
CUSTOM BUILT RANCH! Located on 1.3 acres N of Stillman Valley. Brick home w/gorgeous curb appeal. Master bedroom w/large master bath w/double vanity, shower & bath. 3 other rooms all good sized. FF laundry. HE geothermal heating & cooling system.
TODD HENRY/ ROBIN HENRY
815-997-2256/ 815-985-1747

\$89,900 dickersonnieman.com/201901245
MOUNT MORRIS! Find it all in this spacious home, wood floors, beautiful woodwork, eat in kitchen, abundant storage, large closets, & some updates done! Partially finished LL w/walkout and bedroom/family room.
DANA DAUB/ MAYDELL LESSEN
815-440-2835/ 815-622-4619



Tanya Vincer
703-6118



Jerre Woodworth
494-2237

\$159,900 dickersonnieman.com/201900995
BYRON SCHOOLS! 3 bedrooms, 3 full bath tri-level with spacious family room with walk-out. Eat in kitchen with slider to backyard patio. 2 bonus rooms in the basement. Byron Schools.
ALISA PATTERSON
815-719-0020

\$262,000 dickersonnieman.com/201806139
BYRON! Step into this 3 BR, 2 BTH villa and still have time to make this your dream home. Many choices still available to you. Handicap accessible. Let the association take care of the outside maintenance.
CHRIS SNYDER/ TOM ORACKI
815-494-7857/ 815-262-5212

\$144,900 dickersonnieman.com/201701361
LOOKING FOR A FAMILY HOME? Move in ready 2 sty, 4 bed, 3 bath spacious home w/sun room, vinyl windows, stainless appliances. 2 car detached garage & finished an insulated & garage for RV w/workshop, driveway resurfaced-2017.
ROBIN HENRY/ TODD HENRY
815-985-1747/ 815-985-1747

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

SECLUDED 5 ACRE Parcel south of Oregon, IL. Wooded property with 30x60 Wick outbuilding with concrete floor and electric. 30x40 shop area. dickersonnieman.com/201902234 \$79,900. Todd Henry 815-997-2256 & Robin Henry 815-985-1747

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

Annual ice cream social July 28 in Forreston

FORRESTON – The annual ice cream social at St. James Lutheran Church, 6024 N. Columbine Rd., will be held on Sunday, July 28 from 5-8 p.m. on the church lawn.

In case of rain, the social will be held in the Fellowship Hall, which is handicap accessible.

Barbeque, hot dogs, pies, cakes and all type of ice cream desserts will be on the menu.

At 7 p.m., a band concert will be presented on the lawn. All proceeds from the events are used for the yearly adoption fee for the church's adopted child in India, plus other local charitable projects.

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Carla Benesh
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Kim Behn
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Erin Spence
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espence@realstate@yahoo.com



OPEN HOUSE

Open House Sunday July 28th 2-4pm

- 3-4 Bedroom 2 Bathroom Tri-Level Home
- Vaulted ceilings, Large Living and Family Rooms- Both w/ Fireplaces
- Large Kitchen Area w/ All Appliances Staying
- Newer Roof, Large Yard, Sliders to Oversized Deck, Garden Shed & More

Carla at 815-985-6235
109 Amber Dr, Oregon, IL \$152,500



OPEN HOUSE

Open House Thursday July 25th 5-7pm

- 4 Br 3 Bath Home with Stunning Finishes and Large Rooms!
- Open Concept Floor Plan w/ Large Living and Entertaining Areas
- Updated Bathrooms, Hardwood Floors, and French Doors
- Oversized Kitchen Pantry, First Floor Laundry, and Fresh Paint

Rebecca at 815-509-8432
2870 S IL Rt 2, Oregon, IL \$105,000

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NEW LISTING

- 3 Bedroom 1 Bathroom in the Forestville School District
- Updated Kitchen, Main Floor Master, and Main Floor Laundry
- Large Deck Out Back and Temperature Controlled Front Porch
- Original Hardwood Floors Throughout most of House. Appliances Stay.

Rebecca Hazzard at 815-509-8432
107 S 4th Ave, Forreston, IL \$59,000



NEW LISTING

- Updated 2 Bedroom 1 Bathroom Ranch Home
- Fenced in Yard-Perfect for Pets!
- Low Taxes in a Sought After School District

Quin Kruger at 815-985-7214
522 Division St, Pecatonica, IL \$85,000



NEW LISTING

- 4 Bedroom 3 Bathroom Home in Park Like Setting
- Large Open Spaces w/ Cathedral Ceilings and Beams
- Balcony Across the Front of the House w/ 3 Sets of Sliding Doors
- Newer Hardwood Floors in Living, Dining, and Family Rooms.

Lori at 815-973-2180
221 S Hickory Ln, Oregon, IL \$209,900



NEW LISTING

- 3+ Bedroom 2.5 Bathroom Cozy Ranch in Quiet Neighborhood
- First Floor Laundry and Partially Finished Basement
- Central Vac, Hardwood Floors, and All Appliances Stay!
- Shop, Storage Building, and Shed.

Mark at 815-631-1699
711 Monroe St, Oregon, IL \$125,000



NEW LISTING

- 3 Bedroom 2 Bathroom Ranch Home on the Outskirts of Town
- Master Suite, First Floor Laundry, and Skylights!
- Beautiful New Deck Built in 2018 w/ Country Views
- Gas Grill and Stainless Steel Appliances Stay

Mark at 815-631-1699
12396 W Haldane Rd, Forreston, IL \$99,500



NEW PRICE

- 86+ Acre Farm w/ 32 Tillable Acres Just Minutes from I-39
- 48x108 Incredible Outbuilding w/ Finished Shop Area
- Large Farmhouse Style home with 4 Bedrooms and 1 bath
- Perfect for Farming, Fishing, Hunting and much more!

Carla at 815-985-6235
1504 N Mulford Rd, Lindenwood, IL \$604,900



NEW PRICE

- 3-4 Bedroom 2 Bathroom Ranch Home Blocks away From Schools & Park
- Main Floor has Master and 2 other Bedrooms
- New Water Heater, Fresh Paint, New Window Treatments, and 2yr old Roof
- Open Floor Plan, 1309 sq ft with Attached 2 Car Garage

Mark at 815-631-1699
410 S 10th St, Oregon, IL \$119,900



NEW PRICE

- 3 Br 2 Ba Ranch with Open Concept Living Space
- Inviting Living Room w/ Vaulted Ceilings, and a Gas Fireplace
- Basement is Bright and Open w/ Partial Exposure Ready to be Finished
- Just Under a Half Acre Lot in Lost Lake Subdivision.

Rebecca at 815-509-8432
901 Monongahela Dr, Dixon, IL \$195,000



NEW PRICE

- Peaceful Park Like Property Just Minutes from Dixon
- Remodeled Home w/ 2 Br 1 Ba, Central Air, and Open Floor Plan
- Plum, Cherry, Pear, and Peach Trees as well as Berry Patches
- 6 Car Garage Equipped w/ Heat & Plumbing for a Potential Apartment

Mark at 815-631-1699
1573 Burkett Rd, Dixon, IL \$114,900



NEW PRICE

- 3 Br 3 Ba Roomy Ranch w/ Country Views
- Cathedral Ceilings in Oversized Living Room w/ Gas Fireplace
- Cabinets and Stainless Steel Appliances in Kitchen
- Partially Finished LL has Spacious Family Room & Jacuzzi Tub

Rebecca at 815-509-8432
4096 Westridge Dr, Winnebago, IL \$155,000



NEW PRICE

- 3 Br 2.5 Ba Well Maintained Ranch w/ Heated 2 Car Garage
- Eat-in Kitchen has Sliders to 25x14 Sun Room Overlooking Beautifully Landscaped Yard
- Finished LL boasts an Addtl 1,200 sq ft of Living Space

Rebecca at 815-509-8432
749 Old Hunter Run, Byron, IL \$172,500



NEW PRICE

- 4 Bedroom 2 Bathroom Spacious Ranch w/ Open Floor Plan
- 3.5 Car Detached Garage w/ Great Storage
- Relaxing Front Porch, Quaint Back Deck, and Creek Running Through
- Motivated Seller is offering a \$3,000 Decorating Allowance

Jenny at 815-440-2145
129 S Commercial Ave, Amboy, IL \$129,900

Oregon Ganymedes hosting Chicago Salmon for season finale

OREGON — The Oregon Ganymedes Vintage Baseball Club will play their final home game of the 2019 season on Sunday, July 28 at 1 p.m. at the Chana School Museum lawn located at Oregon Park East, 201 N. River Road in Oregon.

The hometown Ganymedes will play the Chicago Salmon Baseball Club in a nine-inning match featuring the 1858 rules of the game of baseball. Admission is free. Spectators should bring their own lawn chairs and blankets to sit under the shade trees of Iron

Chest Field to enjoy an afternoon of historic baseball and see how America's pastime was meant to be played.

The Oregon Ganymedes Baseball Club is celebrating its 15th year of playing vintage rules baseball. The Ganymedes are a volunteer outreach program of the Chana School Museum and play other vintage clubs from all over the Midwest by the early rules of baseball.

Dean's List

Elmhurst College

ELMHURST — Davis Junction resident Savannah Meinen was among the students named to the Elmhurst College Dean's List for the Fall and Spring terms of the 2018-19 academic year.

This fall, Meinen will be a sophomore at Elmhurst, majoring in communication sciences and disorders.

The Elmhurst College Dean's List comprises students who, during the semesters given, attained a grade-point average of 3.75 or higher (out of a possible 4.00).

Elmhurst College is a leading four-year college that seamlessly blends liberal learning and professional preparation to help students reach their full potential.

Elmhurst offers more than 60 undergraduate majors, 15 graduate programs, evening and online programs for adults, and the Elmhurst Learning and Success Academy for young adults with differing abilities.

Elmhurst College is among the top-ranked colleges in the Midwest, according to U.S. News & World Report; and U.S. News, Money and Forbes magazines consistently rank

Elmhurst as one of the Midwest's best values in higher education.

University of Dubuque

DUBUQUE, Iowa — The University of Dubuque congratulates the following students on being appointed to the Spring Semester 2019 Academic Dean's List. To be named to the dean's list, a student must earn a grade point average (GPA) of 3.5 or higher on a 4.0 scale for that semester.

Area students include: Byron — Jacob Heitter

Oregon — Stacia Burke

Polo — Hanna Blumhoff and Ethan Cain

The University of Dubuque is a private university offering undergraduate, graduate, and theological seminary degrees as well as other educational opportunities with the intention of educating and forming the whole person. Founded in 1852, UD is home to over 2,300 students. Visit www.dbq.edu.



View from the 2 ticketed seats in the luxury suite at Wrigley Field for the Sept 15th Chicago Cubs vs Pittsburg Pirates 1:20 game

RRC picnic features sports auction

OREGON — The annual summer picnic at Rock River Center in Oregon will feature a live auction of sports items.

The premier item for the live auction on Aug. 10 is a pair of corporate tickets, not ever for sale, to a luxury suite booth at a Chicago Cubs game. Hit a grand slam with tickets to watch the Chicago Cubs take on the Pittsburg Pirates from the Starwood/Marriott Bonvoy Luxury Suite at Wrigley Field. Take in some of the best views in the ballpark from the suite which is located behind home plate. Plus, enjoy complimentary food and beverage during the game.

The owner of the tickets will be sent an email address for access to the tickets and can enter the stadium through the MLB Ballpark app. The stadium and doors to the non-transferable, photo identification tickets, will be open 2 hours before the game.

Also on the live auction beginning at 7 p.m. at the August 10th Summer Picnic at Rock River Center are four Outfield Reserve Tickets for the Chicago White Sox. Tickets are for a game of your choice, based on availability.



Among the items that will be available during the live auction are (above left) a framed and signed, Kevin King, Green Bay Packers jersey; and (above) a framed and signed, Dan Hampton, Super Bowl XX, Chicago Bears picture.

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E-mail news items to
bjennings@oglecountylife.com

Trip to N.C. planned

POLO – Join the Polo Senior Center and travel with us to the Biltmore Estate (Dressed in Holiday Glamour), and Asheville N.C., nestled among the Blue Ridge Mountains for a pre-Christmas celebration of touring, eating, and shopping.

We will leave from Faith United Methodist Church in Polo on Sunday, Nov. 10 and return on Friday, Nov. 15.

This trip is for six days and five nights, including three consecutive days in the Asheville area, eight meals: five breakfasts and three dinners.

Day 1: we will depart from our destination and check into our in-route hotel.

Day 2: we will continue to our destination. Tonight, you'll enjoy Dinner before checking into our Asheville

hotel.

Day 3: We will visit the Biltmore Estate. Your visit will include the Biltmore House and Gardens. On this day we also visit the new Antler Village & Winery. This is Biltmore's new village that connects the estate's present and past, providing a relaxing place for dining, shopping, and historical exhibit's.

Day 4: We will have a guided tour of Asheville. Asheville features more Art Deco architecture than any other southern city outside of Miami Beach. We will also see the St. Lawrence Basilica. In the afternoon, we will take a guided tour of the scenic Blue Ridge Parkway, America's most visited National Park. We will visit the Blue Ridge Parkway Visitor's Center where we will see America's Favorite Journey, a 24-minute film.

Later in the day we will visit the Folk Art Center.

Day 5: We slowly make our way home but not before seeing the Kentucky Artisan Center in Berea, Ky. – a 20,000 square foot facility where you can explore Kentucky crafts, history, and shop for Kentucky products. This evening we will relax in our in-route motel.

The price of this trip for Double Occupancy is \$639 per person, we have Triple Occupancy and Single Occupancy pricing and travel insurance (which I highly recommend). A \$75 deposit is due upon sign up and final payment will be due on Sept. 3.

Call the Polo Senior Center and ask for Barb for more information or to make your reservation 815-946-3818. You may also call 815-238-8645.

Mount Morris Senior Center announces upcoming events

Jam Session

Wednesday, July 24th will be a lot of fun! Come listen to some beautiful music provided by local musicians at 10:30 a.m. and enjoy a nice \$3 lunch afterwards. All are welcome to attend. Please let us know if you plan to be there by calling 815-734-6335 so we are sure to have enough food. If you are just coming for the music there is no need to RSVP.

Bingo and Lunch in Byron

Join us as we carpool to Neighbors Nursing Home in Byron for Bingo and Lunch! We will leave the Mount Morris Senior Center at 1 p.m. for an afternoon of fun on July 30. We will start with a delicious \$5 lunch made by the wonderful chef at Neighbors and complete the afternoon with free bingo before we head back to Mount Morris. There are many awesome prizes for the bingo winners. We hope you can join us for this community event. Please RSVP by Friday, July 26th by calling 815-734-6335.

Lunch Bunch

Join us for a delicious lunch at The River's Edge in Dixon on Friday, Aug. 2. The carpool from the Mount Morris Senior Center will leave at 11 a.m. or you can meet us at the restaurant at 11:30 a.m. All are welcome to join us! If you have any questions, feel free to call the center at 815-734-6335.

Sagendorf earns Dean's List honors

OXFORD, Ohio – Tyler Sagendorf of Byroprn was named to the dean's list at Miami University for the 2019 spring semester.

Sagendorf is majoring in Statistics.

Miami University students who are ranked in the top twenty percent of undergraduate students within their division for second semester 2018-2019 have been named to the dean's list recognizing academic performance.

Nationally recognized as one of the most outstanding undergraduate institutions, Miami University is a public university located in Oxford, Ohio.

With a student body of nearly 19,000, Miami effectively combines a wide range of strong academic programs with faculty who love to teach and the personal attention ordinarily found only at much smaller institutions.



Stillman Lions

The Lions of Illinois Foundation recognized Warren Ippen of the Stillman Valley Lions as a Foundation Fellow. The Stillman Valley Lions nominated Ippen due to his many years of service. Ippen joined the Lions in 1972 and has been a Lion for over 47 years. He has been the top seller of roses for many years, in some years equaling the rest of the club put together. Ippen joined the Lions after seeing all that the Lions did for his sister who was diagnosed with diabetes at the age of 6 and became blind before passing at the early age of 30. He still chokes up when telling about his sister's courage facing the life she was dealt. Ippen says he will always be a Lion. Pictured: Stillman Lions President Norma Freeberg presents the commemorative plaque to Ippen.

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Dean's List Augustana College

ROCK ISLAND – Augustana College announced more than 1,000 students were named to the Dean's List for the 2019 spring 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
- Isabelle Bartscher of Byron
- Brix Clayton of Polo
- Jordan Cone of Byron
- Marissa Gorsegner of Oregon
- Justine Gorzny of Polo
- Jacob Hanlon of Polo
- Brent Pierce of Stillman Valley
- Mitchell Roedel of Davis Junction
- Brooklynn Schelling of Oregon
- Lana Scholl of Polo

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. Current students and alumni include more than 170 Academic All-Americans, two Nobel laureates, 15 college presidents and other distinguished leaders. The college enrolls 2,500 students and is located along one of the world's most important waterways, the Mississippi River.

Central College

PELLA, Iowa – Central College student John Ghibellini of Mount Morris, earned a spot on the Dean's List for Spring 2019.

The honor is awarded to full-time students who achieve a 3.5 grade point average or higher on a 4.0 scale while taking 12 or more graded credit hours for the semester.

Central College of Pella, Iowa, is a private, four-year liberal arts college. Central is known for its academic rigor. For more information about Central College: www.central.edu.



Activities planned for Reading Nook

OREGON – The Oregon Park District Reading Nook is a cute little park across from Nash with a Lending Library, a pergola with seating and a play structure designed for ages 2-5.

The Art In The Park free programs are sponsored by E.D. Etnyre & Co.

With their presenting sponsorship, the Park District has been offering a variety of fun programs such as the Creating with Clay, making slime, bracelet making, sidewalk art, and most recently making and playing instruments.

Olivia Stafford, recent OHS graduate, was the special guest playing her ukulele and singing! The children were able to make drums and shakers, bell bracelets, singing straws, clapping sticks, tambourines and more. Watch for more fun Art in the Park days at The Reading Nook this summer.

Activities will include making salt paintings on July 25, creating with pipe cleaners on August 1 and making window clings on Aug. 8. Follow the Park District on Facebook to see fun pictures of our activities. For more information on the Park District free programs, call 815-732-3101.

OPEN TO THE PUBLIC



- Raffle takes place every Wednesday
- Name drawn 7pm Wednesday
- Tickets 6 for \$5.00
- Payout is 70%
- Purchase tickets 6 days a week at Oregon VFW.
- Kitchen Open Wed. 4-7, Bar Open 4-8



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Kitchen Open 11-3
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Located on Pines Rd., across from White Pines State Park.

Skate rental not included. Not good with any other coupon or offer. 10/01/19



Cooking class set for Cork 'n Tap July 24

OREGON – Do you want to learn some of the basics of cooking and healthy eating? Need to fine tune your culinary knowledge? Join us at Cork 'n Tap on Wednesday, July 24 at 6:30 p.m. Bring your cutting board and chef

knife and enjoy an evening of culinary fun. Lynn Kaufman, registered dietitian and culinary guru will help you prepare a few easy recipes for summer. You can take them home or eat them while you enjoy a glass of your favorite bev-

erage at Cork 'n Tap. Call or text Kaufman at 815-222-4099 or email @lynnieskitchencontact@gmail.com for more information or to sign up. Space limited. Cost for class is \$30.

Horse barn committee auctioning off TV

The Ogle County Horse Barn Committee (Build-A-Barn booth) at the Ogle County Fair will be a busy place, starting July 31 through Aug. 4. The group will be selling tickets for a 65-inch TV, generously donated by Exelon Generations, Byron Station. The drawing will be held Oct. 13 during the Spooktacular Horse Expo 2 day event at the fairgrounds.

Also, another donor has issued a Matching Funds Challenge. This donor will match dollar for dollar up to \$2000, for all donations made during the 2019 Ogle County Fair. Our many donors have sponsored our events and classes in our horse shows. The 3rd annual Build-A-Barn Ogle County Fair Show will be held on Sunday, Aug. 4, beginning at 9:30 a.m., with a full schedule of halter, performance, and speed classes. We have included classes for draft horses and mini horses this year.

The Build-A-Barn Committee is raising funds to build an exhibition horse barn at the Ogle County Fairgrounds. The barn and arena will be available for rent for various horse activities, which, in turn, will bring more people to our area. More people mean more revenue for our local merchants. The exhibition stalls can be disassembled during the winter months and the barn used for RV storage for more revenue for the Fair Association. Come out and enjoy our horse show and help us to fulfill our Matching Funds Challenge. To donate, sponsor classes, join the committee or to volunteer, contact Lynne Radville, shadowboxerarabians@gmail.com or Linda Schreiber, taffsbucky@gmail.com.

Fire halts distributions from Bread of Life pantry

STILLMAN VALLEY – Bread of Life is a food pantry and soup kitchen serving residents of Ogle County and Meridian School District. It is located at Valley Covenant Church on the corner of North Maple and Route 72 in Stillman Valley. Due to a fire at the church, our hosting location, all regular distribution times have been cancelled until further notice. Information and contact options will be posted outside the church. Email questions to info@valleycov.org. You can also call 815-645-8872.

Tails **PET OF THE WEEK**
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www.tailshumanesociety.org



Nibbles

I know there are lots of cute little kittens at Tails right now, but please don't overlook a great senior like me, Nibbles. I'm almost 9 years old and I'm a pretty great guy. I'm friendly to everyone, including oldsters and children. And I'm good with other cats, too. In fact, I'm sharing a room at Tails with several younger cats. As you might guess from my name, I also enjoy eating and getting and receiving love and attention. Do you have a place in your heart for a nice senior gentleman like me?

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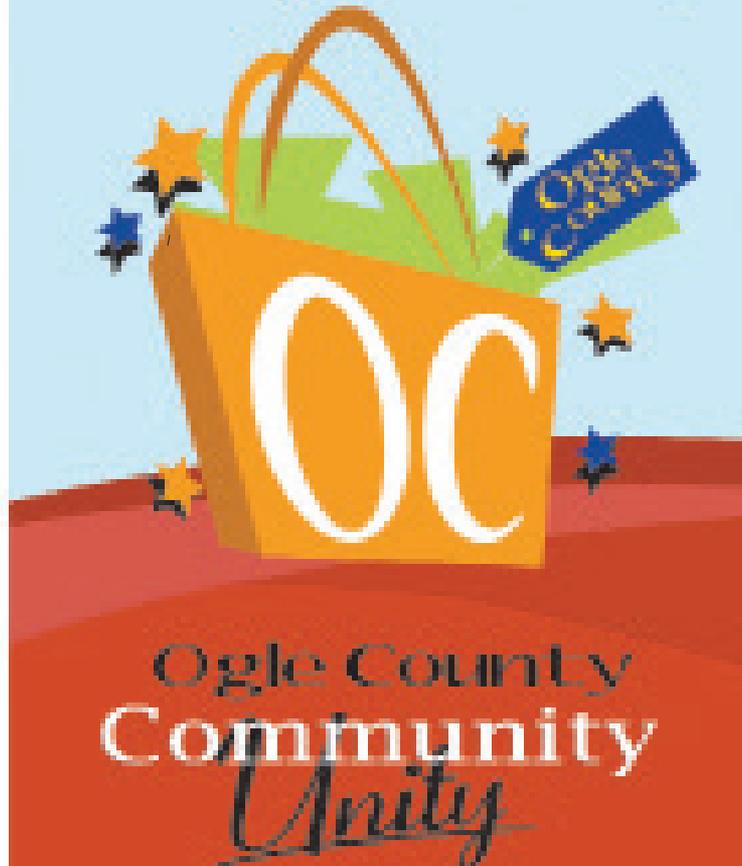
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2. Local independent businesses invest more in our community: They support local charities, schools and community events which financially impacts our community.
3. Local businesses sell a wide range of great products at affordable prices and

color to the needs and wants of the community.

4. Shopping Local saves you money and time! Travel expenses and personal time make the overall cost of items more.
5. Shopping Local retains our community: Without the support in the local community, restaurants, shops and services are forced to close.
6. Shopping Local retains our distinctiveness: Local businesses respond quicker to the needs of the customer and stock products to meet the core community's needs.
7. Shopping Local encourages community growth. By choosing to do business locally you help maintain Ogle

County's diversity, charm and appeal; which in turn, attracts new community members.

8. Shopping Local invests in community services and county necessary. Your dollars spent in locally-owned businesses have three times the impact on your community as dollars spent outside of Ogle County. When shopping locally, you create funds for more county and county services through sales tax. In turn, these funds are invested in neighborhood services including police, fire and ambulance as well as park and library improvements.
9. Local shops value you more: Local businesses survive by their reputation and repeat business, which means you get a higher standard of service.

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Support the Local Businesses Who Help Support Our Community!

Byron's Detig completes professional development program at Whitewater

WHITEWATER, Wis. – Sarah Detig from Byron completed the Professional Development Program offered by the College of Business and Economics at the University of Wisconsin-Whitewater.

Detig, who is majoring in human resource management, completed a series of co-curricular activities that build communication, critical thinking, teamwork, leadership, digital technology, cultural fluency and career management skills.

A total of 103 business majors completed the program, which is designed to help ensure students graduate with the career readiness competencies that employers value.

Area students graduate from Clarke University

DUBUQUE, Iowa – Clarke University in Dubuque, Iowa, awarded degrees and honors at its Commencement Ceremony on May 18.

The following area students were honored at the ceremony:

Forreston – Jessica M Anderson, Bachelor of Science in Nursing, Nursing.

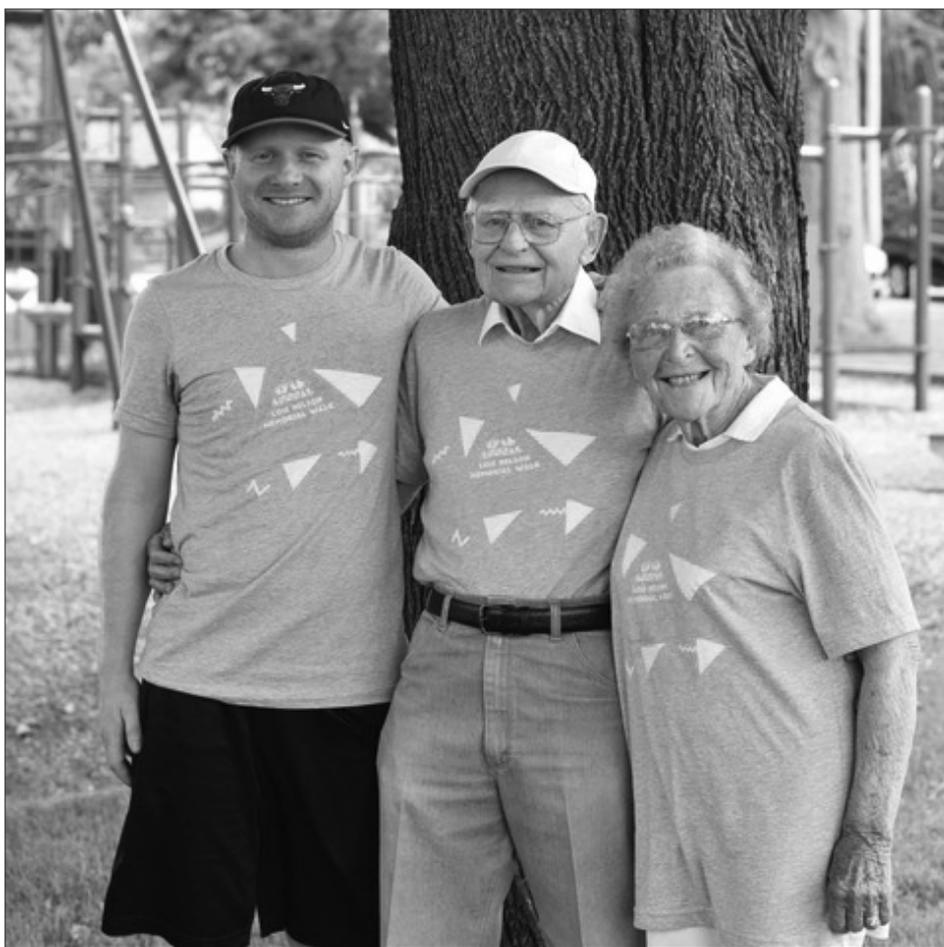
Polo – Allison L Reeder, Bachelor of Science in Nursing, Nursing.

Founded in 1843 by the Sisters of Charity of the Blessed Virgin Mary, Clarke University is located near the Mississippi River in Dubuque, Iowa. The University believes learning is lifelong and life-changing. Our community inspires intellectual curiosity, cultural engagement, professional preparedness, spiritual exploration, and a commitment to contributing to the common good in a global society. Academic offerings include 49 undergraduate majors and minors, 10 pre-professional programs, and six graduate degree programs.

Lois Nelson Memorial Walk



The 17th annual Lois Nelson Memorial Walk was held July 4 in Mount Morris. The "Pound the Pavement" walk has generated over \$100,000 in the last 17 years. Friends and relatives of Lois Nelson gather each year to walk around the town in her honor. Above, Participants gather prior to the start of the "Pound the Pavement Walk"



Left: Craig Nelson flew in from the East Coast to participate in the Memorial Walk. Pictured are Craig and his grandparents Carl and Leona Nelson.

Below: T-shirts from past years of the benefit.

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RRC has upcoming events

Crosswind Performs at Rock River Center July 29

Crosswind is the guitar/vocal duo of Harold Harrison and Lowell Harp. We are excited to announce that they will be performing at Rock River Center on Monday, July 29, 2019 from 10:30-11:30 a.m.

Join us as Harold and Lowell entertain us with songs that include originals and country/folk Americana.

Please call 815-732-3252 if you plan on attending this free program open to the public.

Refreshments will be served. We look forward to seeing you.

VMH Presents Women's Ambulance Safety Patrol on July 31

On Wednesday, July 31, Veteran's Memorial Hall will be at RRC from 10:30 a.m.-noon to share a presentation discovered in a scrapbook in their archives.

On April 3, 1940, the women of Rockford founded Women's Ambulance Safety Patrol, or W.A.S.P. Within months, this effort swept nationwide and was the first Women's Ambulance program in the country.

Come see if you are distantly related to any of the over 200 women who were involved in this effort. Step back into a 1940's time capsule of Rockford history.

This is free program and refreshments will be served. Reservation required. Call RRC at 815-732-3252 if you plan attending. Your prompt arrival is appreciated.

Singin' In The Rain

Wednesday, Sept. 18, Circa21 Dinner Playhouse

Tap your toes and sing along in this splashy adaptation of the celebrated and beloved film.

The "Greatest Movie Musical of All Time" is faithfully and lovingly adapted by Broadway legends, Betty Comden and Adolph Green, from their original award-winning screenplay in "Singin' in the Rain". Each unforgettable scene, song and dance is accounted for, including the show-stopping title number, complete with an onstage rainstorm! Hilarious situations, snappy dialogue and a hit-parade score of Hollywood standards make "Singin' in the Rain" the perfect entertainment for any fan of the golden age of movie musicals.

"Singin' in the Rain" has all the makings of a Tinsel town tabloid headline - the starlet, the leading man and a love affair that could change lives and make or break careers! In silent movies, Don Lockwood and Lina Lamont are a hot item but, behind the scenes, things aren't always as they appear on the big screen! Meanwhile, Lina's squeaky voice might be the end of her career in "talking pictures" without the help of a talented young actress to do the talking and singing for her.

Cost (includes RT transportation, show, meal, tax and gratuity): \$80 members/\$85 Non-members. Reservation/payment deadline: Aug. 23.

Please call Rock River Center at 815-732-3252 to make your reservation.

MyMedicare.gov

Have you signed up to use MyMedicare.gov? If not, you may want to consider doing so. Through this web site you can access your personal Medicare relat-

ed information. For example, you can:

- * check to see the status of your new Medicare Card. Look for the message, "your card is in the mail"
- * view information about your Medicare Part D Prescription Drug plan or your Medicare Advantage Plan enrollment.
- * view a list of your prescription drugs.
- * view your Medicare Summary Notice and learn about the status of your Part B deductible, whether it has been met or not.

Plus, just as with signing up for a MySocialSecurity account, when you sign up for a MyMedicare.gov account, it keeps scammers from using your information to sign up for an account.

If you would like help signing up for a MyMedicare.gov or a MySocialSecurity account, we can help you. Just call us at Rock River Center, 815-732-3252, or 800-541-5479.

NICOR Gas "Sharing" Program

NICOR Gas Sharing Program is available to assist those NICOR customers whose income is above 150 percent of poverty level and less than 250 percent of the poverty level. For a 1-person household the 30-day income limit is \$2,529, 2-person household, \$3,429, 3-person household, \$4,329, etc.

For more information or to make an appointment, call Linda at 800-541-5479 or 815-732-3252.

Veteran's Assistance Available in Oregon at Rock River Center

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 and 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.



Soaring Eagles

On July 13, the Leaf River Soaring Eagles 4-H Club spent a couple hours helping clean up the Ogle County Fairgrounds. This consisted of picking up tree branches and pulling weeds in the grandstand. They also had a bench made that will be out during the fair. They are very excited for fair!



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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 Park District has upcoming events, activities

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. Summer classes are Mondays and Saturdays from 9-10 a.m. Drop-ins or 5, 10, or 15 Water Aerobics passes are accepted.

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. Summer classes are Monday-Friday from 8-9 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.

Scavenger hunt – Operation Move

Operation Move continues Tuesday, July 23 at Fairground Park, Oregon for a fun morning Scavenger Hunt from 10-11 a.m. Healthy snacks and Giveaways are provided. Operation Move is a free program and is open to the public. For a complete listing of the events please go to www.oregonpark.org. The program runs through the summer months. KSB Hospital is the program sponsor of Operation Move. Come join us and have some fun this summer!!!

Ce-ed softball

Recreational softball is back at Park West, with our Co-Ed softball league! This league is designed for men and women, 18 and older, to enjoy slow-pitch softball through friendly competition. Bats will be provided by the Park District for each team to use. The league will consist of a regular season and a postseason tournament to end the year. Registration deadline for teams is Aug. 7 with games starting August 15. The fee is \$385 per team. Games will be played on Thursday evenings. Please register at Nash Recreation Center or call 815-732-3101.

6TH grade competitive volleyball

The 6th Grade volleyball program focuses on skill development and is an introduction to volleyball. The program will help prepare participants for the Junior High level of competition. Practice dates and times will vary depending on the preference of the head coach. Home games are played at Nash and travel to away games is provided by OCUSD buses. Tryouts may be required if the maximum number of participants is reached.

Deadline is July 26 and the fee is \$75/\$90 NR.

Entertainment in the Gardens day trip

Take a self-guided tour of the beautiful Anderson Japanese Gardens in Rockford and enjoy an outdoor concert in the gardens. Steve McClanahan of Rockford will be opening for Remember Jones from New Jersey. Remember Jones is a one-of-a-kind soul/pop singer, storyteller and band. Sign up for this fun day trip to Anderson Gardens on Tuesday, August 6, 2019 at Nash or by calling 815-732-3101. The van departs from Nash at 2:30 p.m. and returns around 8:30 p.m. Trip fee is \$20/Resident or \$24/Non-Resident and includes transportation and Garden Admission. Don't forget to bring your lawn chair and a picnic or purchase food and beverage at the Gardens. Registration deadline is Aug. 1.

Lemonade in the Shade & Flamingo Bingo at the Reading Nook

Join us Monday, July 29 across from Nash at The Reading Nook for refreshing lemonade and a few games of Bingo. It's the last day of Lemonade in the Shade & Flamingo Bingo for the summer. This is a fun activity for all ages and very affordable. \$1 for unlimited lemonade and \$1 per Bingo sheet (2 cards). We start playing at 10 a.m. Winners can choose a gift from the prize table! All proceeds benefit the Youth Scholarship Fund!

Art in the Park & Pop Up & Play

The Oregon Park District and Presenting Sponsor E.D. Etnyre & Co. bring FREE programs to the parks this summer. Join us for arts and crafts in the park or for organized play activities. No need to register, just drop in and enjoy! Join us at The Reading Nook (10-11 a.m.) Thursday, Aug. 1 for Art in the Park with Pipe Cleaners and Thursday, August 8 for Art in the Park making Window Clings. If you are looking for an opportunity to "cool" off and play at the park, join us at Park West (10-11 a.m.) on Monday, August 5 for Pop Up & Play with Super Soaker sponges!

Farmers Market

Stop at the Oregon Farmers Market on Saturday's this summer (through September) 8:30 a.m.- Noon on the Ogle County Courthouse Lawn. Buy Local! Buy Fresh! You will find everything from flowers, plants, artisan breads, fresh baked goods, crafts, honey, syrup, jams and jelly, fresh picked produce, food trucks and so much more. Farmers and crafters who are interested in having a booth this summer or if you would like more information please contact Debbie Leffelman at debbie@oregonpark.org.

Brown Bag concert

Save the date for the final Brown Bag Concert on the Courthouse Lawn Friday, August 9 from 11:30 a.m.-1 p.m. Thank you to COUNTRY Financial, Mueller & Guzman, for sponsoring local favorite Burn N' Bush. This two piece acoustic band is back by popular demand playing a variety of Rock, Country and Oldies, and their fun/sing-alongs. This lunch on the lawn is fun for all ages. Enjoy the fresh air, get out of the office, bring your lawn chair and lunch from home. Or, purchase food from one of the on-site food vendors or grab lunch to go and bring it to the square to enjoy while listening to great entertainment.

Camp Oh Pea Dee

Our summer camp focuses on emphasizing fun, peer interaction, planned activities, and personal growth. Participants entering K-6th grade will have field trips each Wednesday, swimming each Tuesday and Thursday and visit the splash pad each Friday. On top of this, we will be playing at our local parks, engaging in many sports and outdoor games, themed crafts and so much more! Don't let your child miss out on this amazing, lasting experience! Register and payment are per week. Spots are filling quickly! Register today!

Summer meals

We are teaming up with Northern Illinois Food Bank this summer to offer free lunches around town for anyone 18 years and younger.

Monday - noon-1 p.m. @ Lions Park (Hosted by Riverstone Church)

Tuesday - 11:30-1 p.m. @ UNM (Hosted by Oregon United Methodist Church)

Wednesday - noon-1 p.m. @ Lions Park (Hosted by Riverstone Church)

Thursday - noon-1 p.m. @ Mix Park (Hosted Oregon Park District)

Friday - 11:30-1 p.m. @ UNM (Hosted by Oregon United Methodist Church)

Lunches must be eaten on site. Each lunch will follow the USDA standards of a meal. All meals are nut-free and packaged in a nut-free environment. These institutions are equal opportunity providers. For more information call 815-732-3101.

Tunes on the Terrace

Extend your music enjoyment this summer by joining us for a trip on Wednesday, July 31. Enjoy Tunes on the Terrace on the Riverview Terrace at Nicholas Conservatory & Gardens, located along the banks of the Rock River from 6-8 p.m. BackRoads Trio will provide entertainment for the evening. There will be food and drinks for sale at the event. The Park District will provide transportation so you can just focus on enjoying the evening. Meet us at Nash Recreation Center by 5 pm and don't forget a lawn chair or blanket! We plan to arrive back to Oregon around 9pm. Registration Deadline is July 25. Fee: \$5/\$6 NR

Early Bird kayak club

Get up-close views of pelicans, herons, cave swallows, and eagles on an early-morning kayak trip from the Oregon dam to Castle Rock State Park on the beautiful Rock River on Saturday, August 3 from 7-9 a.m. The cost includes the kayak, paddle, life jacket, and shuttle back to White Pelican launch point, Kiwanis Park in Oregon. All ages and experience levels are welcome. Trips are self-guided and self-paced. Don't miss this great opportunity! Fee: \$30 Resident / \$36 Non-Resident. Deadline to register is July 27.

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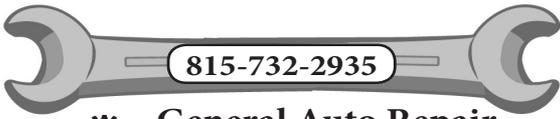
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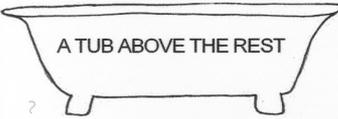
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Church hosting corn boil on Saturday

GERMAN VALLEY – There will be a corn boil at Grace Valley Christian Reformed Church on Saturday, July 27 from 5-7 p.m. The church is located at 8210 E. Edwardsville Road. The menu includes corn on the cob, brats, hot dogs, chips, a drink and dessert. There is no charge for the food, but a free will donation will be accepted. The proceeds will be used to aid a local family with medical bills. There will be pony rides, a bounce house and knockerballs. New this year is a classic car display. For more information, email cathy@aplaceforgrace.com or check the church out on the web at www.aplaceforgrace.com.

Webb Wilder returns to play Jamboree stage

MOUNT MORRIS – Old school, real deal roots rocker Webb Wilder makes his return to the Mount Morris Jamboree with his band, the Beatnecks on Friday, July 26 for a free two-hour concert starting at 7 p.m.

A native of Hattiesburg, and a member of the Mississippi Music Hall of Fame, Wilder crafted his signature brand of “Mid-Atlantic” (British and American) rock and roll, mixed with country, blues and soul. The band’s 1986 debut album, “It Came From Nashville,” was recently named one of the 50 Best Southern Rock Albums of All-Time by Paste Magazine. Webb Wilder is an evangelist for real rock ‘n’ roll. As a singer, guitarist, bandleader, film actor, songwriter and humorist, he may be Roots-Rock’s only true Renaissance man. His latest album, “Powerful Stuff!” will no doubt find favor with Webb’s devoted legion of fans, but its affecting songs and masterful performances are sure to bring newcomers into the fold. His engaging personality led him

to become one of America’s first Satellite DJs on XM Radio. He’s now the host of the Americana Countdown show on WMOT radio/Nashville.

St. Brides Episcopal Church of Oregon will be serving BBQ sandwiches, baked beans, chips, drinks and a dessert starting at 6 p.m. Several other food and craft vendors will likely be on site, as well, including Jen’s Artisan Breads, featuring many different varieties of delicious fresh baked bread.

The Fine Art Show at the Encore Art Gallery continues next door on the first floor of Old Sandstone featuring nearly 50 pieces in a variety of mediums from many local Artists on the theme ‘The Road Not Taken’, open from 6-9:30 p.m.

Be sure to come uptown early to visit the Mount Morris Community Farmers Market, open from 4-7 pm every Friday through October, located at the corner of Rt.64 and Wesley Ave. Please bring a blanket or chair, or enjoy the new benches and join the fun on our beautiful, historic



campus in the center of Mount Morris, two blocks south of Rt. 64 on Wesley Avenue and enjoy the free concert.

In the event of rain, the whole show moves to the Moose Lodge at 101 Moose Drive, at the same times.

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 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"

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 Email: ucb@comcast.net Website: unitedchurchofbyron.org
 Interim Pastor: TBA
 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: chanamc@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
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 Fellowship following the Worship Service each Sunday. Communion the first
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 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

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 Sunday School and Adult Bible Study @ 10:30am
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 Pastor: Rev. Dr. Matthew Rosebrock
pastor@immanuel-lindenwood.org

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 2nd & 4th Sun: 9:30 am Praise Worship, Nursery provided, 10:40 Coffee
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 pm Choir Monthly Groups: Youth, 2nd Sun., 6 pm; Men, 3rd Sun., 7:30 am;
 Women, 3rd Tues., 9 am

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MT. MORRIS CHURCH OF THE BRETHREN

409 W. Brayton Road, Mt. Morris, IL Phone 734-4573
 Pastor-Ginny Honey. 9:30 a.m. Sunday Worship (nursery provided)
 Fellowship time Following worship 10:45 a.m. Sunday School-Nursery
 through adult.

MT. MORRIS TRINITY LUTHERAN CHURCH

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

OREGON

CROSSWALK MINISTRIES

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

Ebenezer Reformed Church

2997 N. German Church Rd., 815-732-6313
 3 miles east of Oregon on Rt. #64 then 2 miles north on German Church Rd.
 • Pastor Mary 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 OF PAYNES POINT

764 Stillman 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.fcpcoregon.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 • riverstoneccc.com
 Sunday 10:45 a.m.

ST. BRIDE'S EPISCOPAL CHURCH

1000 Highway 64, West (Hwy 64 W & Mongon Drive on Liberty Hill), Oregon
 • 732-7211 - Office Rev. Eldred George
[Website: saintbrides.org](http://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. Mongon Dr., Oregon, IL • www.st-mary-parish.com
 • Fr. Joseph P. Naill • Office Phone: 815-732-7383
 Office Fax: 815-732-4742
Masses: Saturday 4:30pm; Sunday 8:00am, Tuesday-Friday 8:00am; 3rd
 Wednesday of the month 3:00pm at Pincrest
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.

CHURCH OF THE OPEN BIBLE

www.stmarypolo.org 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 groups
 Crave Youth Service (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

ROCHELLE

CROSSROADS COMMUNITY CHURCH

3301 IL Rte 251, Rochelle, IL 61068
 Pastor Doug Askew 815-562-6265
<http://www.crossroadsrochelle.com/>
 Join us Sunday's 9:30 AM

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: cccoffice1@comcast.net • Website: www.theredbrickchurch.org
 Worship Services at 9:00 & 10:30 am; Sunday School (for all ages)
 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	Your Local, Independent Community Bank Since 1882
Rochelle 815-562-7071	Rockford 815-332-8100	
Roscoe/Rockton 815-623-1800	Stillman Valley 815-645-2266	
		

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

Open house party for Jason Dietrich Aug. 4

STILLMAN VALLEY – Jason Dietrich will be 90 on Aug. 1, and his family is having a surprise open house for him.

The open house will be on Sunday, Aug. 4 from 2-5 p.m. at 9939 East Scott Road, three miles northeast of Stillman Valley.

Jason would love to see all of his friends and family, but please no gifts. Your presence will make him very happy.



Julia Hull Library News



The fabulous, Leslie Goddard, PhD, returned to Julia Hull District Library (Stillman Valley) this July to give her new historical portrayal of Queen Elizabeth II to a packed house.

Library Closed: Annual Cleaning

The library will be closed Monday, July 22-Friday, July 26 for cleaning. The drop box will be available for return items during that time. If you need items renewed, please call 1-888-542-7259. The library will re-open on Saturday, July 27 at 9 a.m.

Tween Scene: Candy Sushi

This August at the library, we'll be making edible food crafts! On Tuesday, Aug. 6 at 6 p.m., tweens will practice rolling, wrapping and chopping to become candy sushi masters. Ages 10-12. Registration required: 815-645-8611.

Storytime in the Park

Thursday, Aug. 8 at 10 a.m., join us for a special storytime in Davis Junction Park! We'll enjoy stories, songs, and parachute play. Feel free to bring blankets or lawn chairs for your comfort. Park shelter is reserved in case of rain. Ages 4-7. Registration required: 815-645-8611.

Great Reads: If Beale Street Could Talk

Travel to Harlem in the 1970s for a stunning examination of love and injustice in James Baldwin's classic American story, *If Beale Street Could Talk*. Friday, August 9, 10 a.m.-noon. Copies available upon registration. Registration required.

Young Critics Book Club (YCBC)

Pick up a copy of Katherine Applegate's *Wishtree*, then join fellow young critics Tuesday, Aug. 20 at 6 p.m. to discuss and rate the book, and do an activity that goes along with the story! Ages 7-10. Registration required.

Teen Crafternoon: DIY Popsockets

We're busting out the ModgePodge, nail polish, Sharpies, and paint so you can customize your own Popsocket and get a grip on your phone. All supplies provided. Limit 1 popsocket per teen. Join us after school on Friday, Aug. 23, 2:45-4 p.m. Ages 13-18. Registration required.

After Hours Movie: Tween Edition

August's After Hours Movie theme is back-to-school, featuring *Matilda* (Rated PG), based on Roald Dahl's children's classic. As *Matilda* grows older, she discovers that she has telekinetic powers. When a teacher shows her kindness for the first time, she realizes that she can use those powers to do something good! Snacks will be provided. BYO blankets, pillows, or beanbags, etc. to make yourself more comfortable. Saturday, Aug. 17 at 2 p.m. Ages 10-12. Registration required: 815-645-8611.

Planning Your Trip to Utah's National Parks

Breathtaking and stunningly beautiful Utah has it all: including five fabulous National Parks: Zion, Bryce Canyon, Capital Reef, Arches and Canyonlands. National Park geeks (and avid hikers), Joanna and Wayne, return on Monday, Aug. 26 at 6 p.m. for a special presentation all about these American gems, including a rundown of trails, and what to know before you hike them. Registration is required; being a super-outdoorsy person isn't! Call 815-645-8611.

Bertolet Library News

A Universe of Stories Summer Reading Program

Wednesdays, 10:30 a.m.
Thursdays, 10:30 a.m.

This year's summer reading program is all about space. So far we have traveled to the stars, explored different planets, and learned about rockets during our "Universe of Stories". Yet to come are programs on astronaut training and a trip to the moon. Wednesday's program is geared more toward our younger patrons from toddlers to Kindergarten while Thursday's is suitable for explorers in 1st to 5th grade. Each session has stories, crafts, and activities that will educate and entertain participants. It's never too late to join the fun!



Gerald, Nathaniel, and Ethan ready to eat their moon phase Oreos.

Movie Madness Matinee

Monday, July 29, 2 p.m.
In keeping with our summer space theme, this month's movie is a family favorite featuring the lovable but lonely Waste Allocation Load Lifter-Earth class (WALL-E, for short). After hundreds of years cleaning up Earth, WALL-E meets the lovely space probe EVE and follows her across the galaxy beginning a fantastic adventure. Popcorn and drinks are provided.

Explore More Illinois

Explore More Illinois is a cultural pass program that provides discounts to museums, visual and performing arts centers, park districts, and more around the state. The program is easy

to use and free with your library card. Just follow the link on our website, bertoletmemoriallibrary.org, or go to exploremoreillinois.org to browse attractions, discover discounts, and plan your visit.

SSET 4 School Donations

We are once again a collection point for school supplies for students in the Forrestville Valley District. Suggested donations include spiral notebooks, notebook paper, folders, pens, pencils, highlighters, markers, crayons, colored pencils, Sharpies, erasers, scissors, rulers, glue and glue sticks. New and gently used backpacks are also needed. Distribution of

supplies is Monday, Aug. 12 so please have your donations in by Saturday, Aug. 10.

Plastic Recycling

Ogle Jolly 4-H Club has earned their bench but we will continue collecting film-type plastic. Shopping bags, sandwich bags, bread wrappers, or any bag-type plastic is acceptable. Wrap from new furniture (especially mattresses) and appliances are also welcome. All plastic must be clean, dry, and free of food residue. Please do not bring hard plastic as that is not allowed in this program. We are located on the south end of Leaf River at 705 Main Street. Thanks for your help!

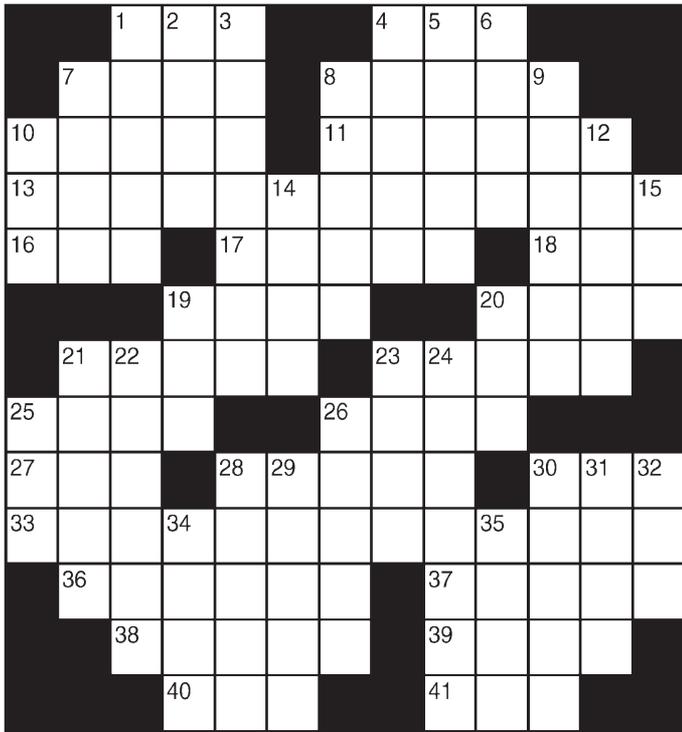
Weekly Brain Busters

King Crossword

MAGIC MAZE ● — TROUBLE

ACROSS

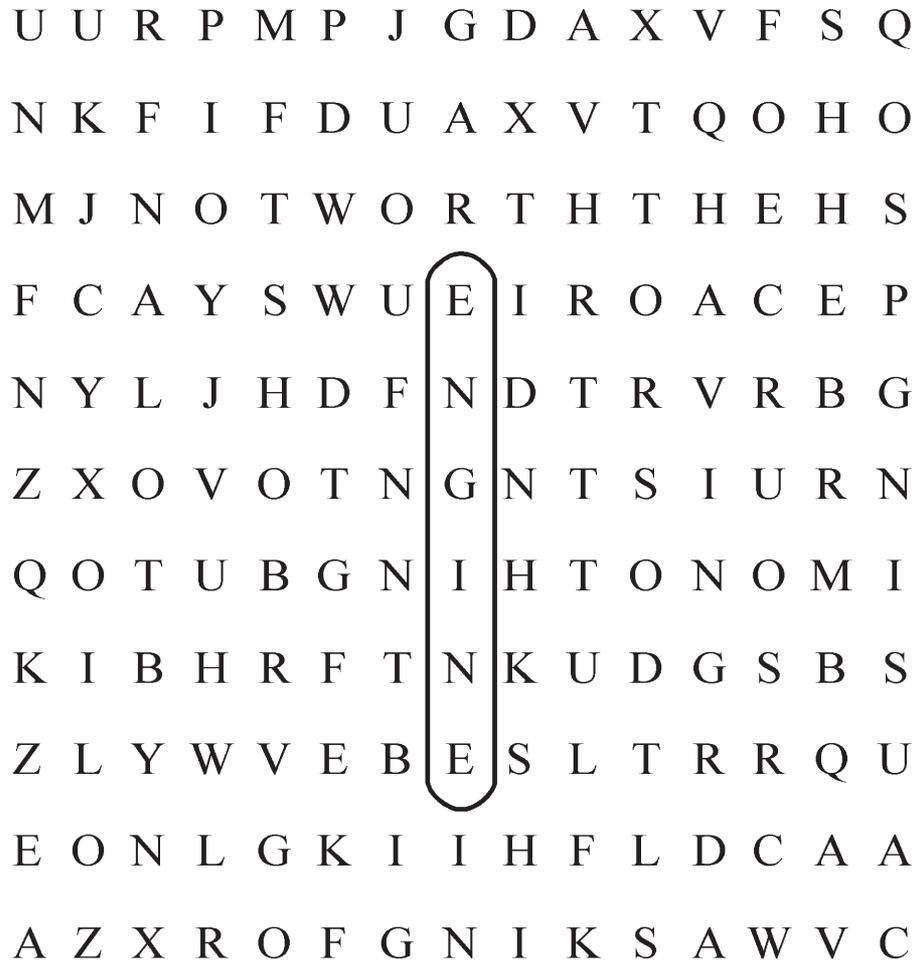
- 1 Taxi
- 4 A-E connection
- 7 Showroom sample
- 8 Sag
- 10 Sound portion
- 11 Peter of Peter, Paul and Mary
- 13 Fairy tale footwear
- 16 " — the ram parts ..."
- 17 Frogs' kin
- 18 Also
- 19 Flowerless plant
- 20 Perches
- 21 Worship
- 23 Nothing
- 25 Elbow counterpart
- 26 Hardly brawny
- 27 And so on (Abbr.)
- 28 Liniment targets
- 30 Second person
- 33 Lawn-trimming tools
- 36 Blazing
- 37 Cheer up



- 38 Cobbler's supply
- 39 A rate or tax
- 40 Type squares
- 41 Tit for —
- Hill orders
- 8 "The Times They Are A-Changin'" singer
- 9 Beautifully imaginative
- 10 Way back when
- 12 Very angry
- 14 Peeved
- 15 "Help!"
- 19 Adversary
- 20 Crafty
- 21 Bone cavities
- 22 Coffee shop
- 23 New Mexico tribe
- 24 Scrutinize
- 25 Small barrel
- 26 Heaps
- 28 Song of David
- 29 Pinnacles
- 30 Leavening agent
- 31 Table scraps
- 32 Employ
- 34 — gin fizz
- 35 Entreaty

DOWN

- 1 Fragrant wood
- 2 Writer Kingsley
- 3 Rocket stage
- 4 Make pigtails
- 5 Military group
- 6 Dutch village
- 7 "Psych" actor



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

- All kinds of Asking for Big Car
- Causing Engine Get into Having
- Heart Not worth the Nothing but Serious
- Source of Stir up You're in

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Weekly SUDOKU

by Linda Thistle

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

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.

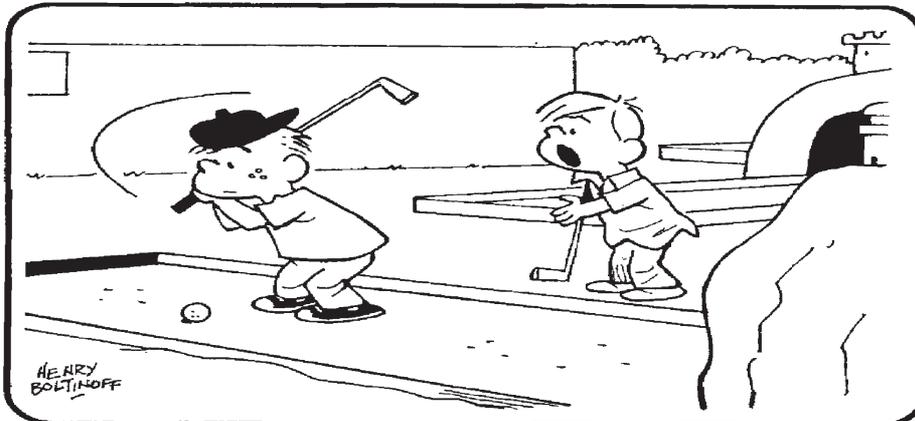
DIFFICULTY THIS WEEK: ♦

- ♦ Moderate ♦♦ Challenging
- ♦♦♦ HOO BOY!

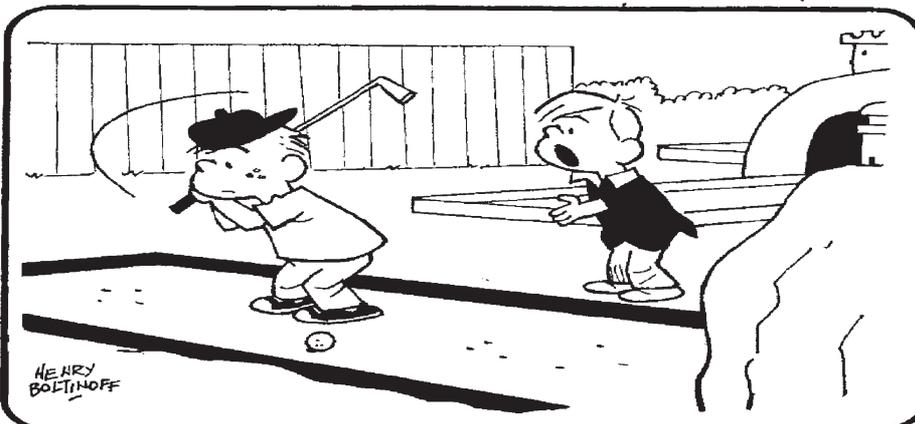
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HOCUS-FOCUS

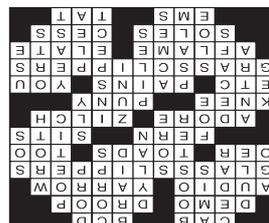
BY HENRY BOLTIHOFF



Find at least six differences in details between panels.

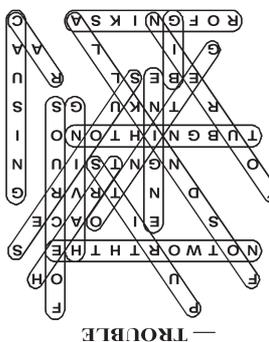


Differences: 1. Fence has been added. 2. Boy's shirt is black. 3. Bushes are lower. 4. Golf ball has moved. 5. Boy's club is missing. 6. Border around putting green is black.



Solution time: 25 mins.

Answers King Crossword



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

Answer

Weekly SUDOKU

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Byron Library News

Tween/Teen Scene: Llama Mixed Media Art

Tuesday, July 23
1:30-2:30 p.m.
Ages: 10-14 years
Each class requires a separate registration. Please visit Byron.evanced.info/signup or call 815-234-5107 to register.

Bilingual Kids

Session 2-Tuesdays: July 9-23
10-10:45 a.m.
Ages: Entering 1st and 2nd grade.

Bienvenidos! Listen to bilingual stories, play hands-on games, and learn the basics of Spanish. Session 1 participation is not required to attend session 2. Please visit Byron.evanced.info/signup or call 815-234-5107 to register.

Matilda Mania

Monday, July 22
1-2 p.m.
Ages: 4 and up
It's Matilda Mania at the Byron Public Library! Join the cast and crew from the Byron Civic Theatre's production of "Matilda: the Musical" for games and activities! Come in any time between 1-2 p.m. Drop ins are welcome but please register, if possible, so that adequate supplies are on hand. Register by visiting Byron.evanced.info/signup or calling 815-234-5107.

Rockford Original Women's Ambulance Safety Patrol (W.A.S.P.) Discovered

Wednesday, July 24
1-2 p.m.
Veteran's Memorial Hall and Museum Volunteer Mary Rose Phillip will present information researched from a scrapbook unearthed in the VMH archives to discover a Rockford "first." On April 3, 1940, the women of Rockford founded W.A.S.P.; the first women's ambulance program in the country. Within months, this effort swept nationwide! Please visit Byron.evanced.info/signup or call 815-234-5107 to register.

Mussels, Moonshine and Music

Monday, July 29
11 a.m.-noon
This presentation and performance by Dennis Stroughmatt features Mississippi Valley migrant life in the early twentieth century. Learn about the often-unknown migrant work of the river-based mussel shellers, moonshiners, and musicians that worked across Illinois via artifacts, photos, oral histories and fiddle music. Please visit Byron.evanced.info/signup or call 815-234-5107 to register.

Scrapbooking Event/Craft Supply Swap

Saturday, Aug. 3
10 a.m.-4 p.m.
Drop in or spend the entire day with Melanie working on your



scrapbook project. Tables will be first-come, first-served. There will be special tools available such as the Cricut Expressions with cartridges, Cricut Air, and Big Shot with Folders. Also, there will be a swap table for all types of crafts; leave something you don't need and pick up an item you could use. No registration required!

Enchanted Unicorn Forest – New Class Added!

Wednesday, Aug. 7
1:30-2:30 p.m.
Ages: 3-9 years (ages 3-5 with caregiver)
Create a magical indoor unicorn forest. Use glitter, twigs, feathers, paint, rocks, moss and a variety of crafting materials to complete your unicorn forest in a terracotta planter plate. Space is limited, so please visit Byron.evanced.info/signup or call 815-234-5107 to register.

Illinois I-Cash: Discover What's Yours Today! Thursday, Aug. 8

4-7 p.m.
Discover what money is waiting for you! Bonnie Jefferson from the Illinois Treasurer's office will be available to meet with you and search for money owed to you by connecting you through the Illinois I-Cash program. Appointments available; drop-ins welcome based on availability. Visit Byron.evanced.info/signup or call 815-234-5107 to set up an appointment.

Crafting with Cathy: Glass Vases

Thursday, August 8
6:30-7:30 p.m.
Come decorate glass bottles for your summer flower décor. We will start out with a basic white and you can pick out your own accent colors. All supplies will be provided. Please visit Byron.evanced.info/signup or call 815-234-5107 to register.

The Byron Library is collecting plastic shopping bags for the Rock River Valley Pantry. Patrons can drop off their dry and gently used bags in the can next to the indoor book return slots.

Polo Library News



Participants in the Absolute Science, Big Bang Bubbles summer reading program watched the science of large bubbles.

All programs are free (unless otherwise noted) and accessible. Please note that some programs require registration.

Children's Programs

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

Teen Programs

Book Subscription Box Pickup

Saturday, July 27, 10 a.m.-3 p.m.
Pick up your Book Subscription Boxes for July

Adult Programs

Rock River Center representative
Wednesday, July 24, 10:00 a.m.-12:00 p.m.

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.

Book Discussion Groups

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

Afternoon Book Club @ the Library

Monday, July 22, 1:30-2:30 p.m.
Selection: Crashing Through by Robert Kurson

Friday Book Discussion @ the Library

Friday, July 26, 1:30-2:30 p.m.
Selection: Rocket Boys by Homer Hickham

Music in the Pavilion

Summer Concert Series
4th Saturday in July and August 2019

Enjoy a variety of free, live music with your family and friends. Bring your lawn chair or blanket, pack a picnic and wear your dancing shoes. Dippy's will have light meals and ice cream available for purchase. Lawn games will be available from 5:30-6:30 p.m.

Acoustic Circus, Americana Rock

Saturday, July 27, 7-9 p.m.

Lyle Grobe & the Rhythm Ramblers, Classic Country

Saturday, August 24, 7-9 p.m.

Pinterest Party

Tuesday, August 6, 6-7 p.m.

Activity: Small Terrarium

Please bring your own container. All other supplies will be furnished.

Registration is required for this program

New to the Collection

The following list is of 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 (polibrary.org) or come in to browse the new sections in our bookcases.

New Adult Fiction

Plain Vanilla Murder and Queen Anne's Lace by Susan Wittig Albert

Someone Knows by Lisa Scottoline

Tightrope by Amanda Quick

18th Abduction by James Patterson

Escape Room: Escape from the Pharaoh's Tomb

Friday, August 9
9:30 a.m.-4 p.m.

Ages: 8 years and up

You are an archaeologist, and you have just uncovered a bone in an ancient Egyptian pharaoh's tomb. As you lift the bone carefully from the dirt floor, the chamber door closes. You have 45 minutes to solve the clues and find the key to escape the tomb. Grab some friends or family members (ideal group size is 3-5 people) and register for a 45-minute time slot. There are only a couple spots left! Visit Byron.evanced.info/signup or call 815-234-5107 to register.

Toddler Read & Play @ the Park

Monday, Aug. 26

11:15 a.m.-noon

Ages: 18 months-3 years, with caregiver

Messy crafts, parachute play & outdoor explorations. Join us at Blackhawk Meadow Park for an outdoor toddler play day. Dress for mess and wear tennis shoes. Please register through the Byron Park District.

How to Use Your GoPro: Video Basics

Thursday, Aug. 29

6:30-7:30 p.m.

Learn how to operate and setup a GoPro camera with our expert Shea Bierman. You will leave with an understanding of mounts, accessories, and video modes to produce higher quality videos. Learn how to get the shots only a GoPro can capture! A GoPro is available for checkout. Please visit Byron.evanced.info/signup or call 815-234-5107 to register.

Please register for all programs by visiting byron.evanced.info/signup or by calling 815-234-5107.

Oregon Library News

2019 Summer Reading program – It's ShowTime at Your Library! June 3-July 25

Last week! See you at your library!

Week of July 22
Tuesday, July 23 Activity Time (1st-8th grade) 1:30 p.m.

Wednesday, July 24 In Between Book Club 1:30 pm "Book vs. Movie" Will watch movie-Wonder then compare with book.

Thursday, July 25 18-24 Story Time Club 9:30 a.m.

Thursday, July 25 Preschool Story Time 10:30 a.m. Guest Reader: Nancy Kerwin

Thursday, July 25 Summer Reading Program Finale- Dave Hertzog Marionettes 6 p.m.

All participants (& family) in the Summer Reading Program are welcome to attend. Prizes will be distributed following the program.

Book review by Miranda

Save Me a Seat by Sarah Weeks
"Caring, fun & sweet... I liked that towards the end Joe and Ravi became friends."

Adult summer reading program – It's ShowTime at Your Library!

Beginning on June 3rd, anyone over the age of 18 may participate in our Adult Summer Reading Program. Punch cards will track how many books you have checked out and each completed card will go into a drawing for prizes! Ask at the front desk for your punch card when you check out any reading material. No sign up, no hassle, just READING on your own! NEW this year – receive a punch for attending Adult Programs.

New – Computer classes

Need a little extra help with navigating Word, Excel or the Internet. Starting July 9, schedule a private session with our staff to assist you. Appointments are available Tuesdays between 9:30 a.m.-3 p.m. Schedule your time slot today!

Library book clubs

The In-Between Book Club meets Wednesday, July 24 at 1:30 p.m. to view the movie Wonder-PG and discuss the book Wonder by R.J. Palacio Books on Tap Book Club meets on Thursday, June 25 to discuss The Glass Castle by Jeanette Walls and We Never Asked for Wings by Vanessa Diffenbaugh. The 2WBC meets Wednesday, August 14 at 12:30 p.m. to discuss The Simplicity of Cider by Amy E. Reichert. The Afternoon Book Club meets Wednesday, August 21 at 1 p.m. to discuss My Sister, The Serial Killer by Oyinkan Braithwaite.

Caring for an aging partner – Monday, July 22 at 1 p.m.

Presented by Cassie Hartje, Outreach Liaison from Agrace. Topics will include: resource connection, care for the caregiver, Q&A session and how Agrace Hospice & Palliative Care can help. Registration re-

quested but not required. Contact the Library or Cassie Hartje at 815-345-1823, cassie.hartje@agrace.org for more information.

U.S. Census job fair – July 24 from 3-4:30 p.m.

We're hiring people close to their homes at \$15.50 / hour with reimbursement for vehicle usage currently at 58 cents / mile. Paid training close to home and flexible scheduling means these jobs will fit the needs of students, seniors, and those with current part-time jobs over the next 18 months. Area folks should apply now at 2020census.gov/ jobs and questions may be answered toll-free at 1-855-JOB-2020 or join us at the Oregon Public Library.

Flying Fox Conservation Fund: Meet a live sloth – Monday, Aug. 5

Family Show – 12:30 p.m. and Adult Only Show 2 p.m.

Come and meet Steve the Sloth and some of his mammal friends from Flying Fox conservation. We have two shows scheduled- first time adult only animal program and a family show. Limited seating...Reservations required.

Wizard murder mystery – Saturday, Sept. 7 (two shows!)

It's the Back to School opening feast for Slugwort's School of Magic and you're invited! Come dressed in your best witch or wizard robes, but non-magical garb is allowed.

Family Show: ages 8 and up. Show begins at noon

Tickets: \$25 each or \$160 for a table of 8.

Evening Show: Ages 18 and over. Show begins at 6:30 p.m.

Tickets: \$45 each or \$320 for a table of 8.

Tickets now on sale. Visit our website, Facebook page or call the library for more information. This event will be held at Cork N Tap.

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.

Family yoga - Saturdays at 11 a.m.

Please note, Family Yoga moved to Saturdays at 11 a.m. starting June 1 for the summer. Families with children ages 4-18 are invited to participate in Family Yoga. Families with children with special needs encouraged to attend. Benefits of Yoga include reduced tension and anxiety, improved attention span and ability to concentrate, improved memory and enhanced emotional stability. Yoga mats provided, registration required.

Trivia night – second Wednesday of the Month at 6 p.m.

Test your knowledge of sports, history, movies and much more. Team of 2 to 4. Win a gift card to Hazel's Café. Registration required!

Knit and crochet

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 halt if someone has a question or a good story to share

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, spring-form pan, 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.

Oregon Writer's Group (OWG)

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.

New releases

- Wonder Park (Rated PG)
- Five Feet Apart (Rated PG-13)
- Us (Rated R)
- Captain Marvel (Rated PG-13)
- Little (Rated PG-13)
- The Public (Rated PG-13)
- Yellowstone – Season 1 (Rated R)
- Run The Race (Rated PG)
- The Best Of Enemies (Rated PG-13)
- Hotel Mumbai (Rated R)
- Norm Of The North: King Sized Adventure (Rated G)
- Left Fur Dead by J. M. Griffin (Paperback Mystery)
- Hearse And Buggy by Laura Bradford (Paperback Mystery)
- Sweet Wild Of Mine by Laurel Kerr (Paperback Romance)
- The Hod King by Josiah Bancroft (Science Fiction)
- My iPhone For Seniors by Brad Miser (Non-Fiction 004.1675 MIS)
- Explorer's Guide New Mexico by Sharon Niederman (Non-Fiction 917.8904 NIE 2019)
- Frommer's Germany (Non-Fiction 914.3048 FRO 2017)
- Frommer's Easyguide To New York City 2019 (Non-Fiction 917.47 FRO 2019)
- Frommer's Australia 2019 (Non-Fiction 919.407 FRO 2019)
- Frommer's Easyguide To Paris 2019 (Non-Fiction 914.436 FRO 2019)
- Frommer's France (Non-Fiction 914.404 FRO 2019)

Mount Morris Library News



Wednesday, July 24 – Giant Candyland, 1-3 p.m. Sign up at the Library!

Fun for the whole family! Come and play the game with your friends and family!

We say thank you!

Huge Thank you to all of our donors! We are thrilled with the support we have received from our Mt. Morris and surrounding area businesses! Funds are used for Programming in the Library – from crafts to historical events, we are pleased to be able to bring you excellent programming in your library! Thank you to our grant providers this year, Exelon and Dollar General. They are great supporters of the communities they are a part of!

Thursday, Aug. 8 at 6 p.m. – 2nd Annual Poetry Jam!

A fun evening for all! We will have poetry, music and much more. Our Poet Laureate for 2019 is Mr. Paul Anderson. Plan to come and spend the evening listening to great poems.

Calling all poets!

If you like poetry, write poetry, sing poetry, This is for you! We want poets, songwriters and readers to come and share their love of poems. Please call the Library and let us know if you want to participate!

Saturday, Aug. 17 at 4 p.m. – "Chosen"

Documentary movie screening by film maker Abby Reese. Set with in a monastery in Rockford, Chosen shares the story of "Heather" as she follows her calling to become a contemplative, cloistered nun. The documentary will be screened on Aug. 17 at the Pinecrest Grove. Abby Reese is a writer and filmmaker from Mt. Carroll.

Tuesday, Aug. 20 at 6 p.m. – Recycled T-shirt projects

Do you have extra t-shirts with cool logos that you want to keep but can't wear anymore? We will be taking two of your shirts and creating a piece of art and a practical shopping bag! Sign up at the library! Class is limited to 20 people, so sign up early!

Friday, Aug. 30 at 1 p.m.

Escape Room for 12 years old and up! Put this date on the calendar and watch for more information!

TV WEEKLY

Tuesday, July 23, through Monday, July 29

Soap Opera Update

THE BOLD AND THE BEAUTIFUL

DAYS OF OUR LIVES

GENERAL HOSPITAL

Hope comforted Douglas, not realizing it was Thomas who scared him. Thomas changed out pictures of Caroline in Douglas's room with pictures of Hope. Eric announced that Xander left Forrester Creations. As Thomas broke the news to his father and grandfather, Hope told Liam that she was marrying Thomas the next day. Thomas warned Ridge that he better stop Brooke from interfering in his relationship. Brooke ignored him and asked Hope if she wanted to call off the wedding. Steffy helped Hope prepare for the ceremony. Thomas manipulated Douglas to be a part of the wedding vows. Zoe panicked when Flo got drunk and threatened to tell everyone the truth about baby Beth. Wait to See: Hope is stunned when baby Phoebe interrupts her wedding vows.

Eric contemplated a big change. Xander got revenge on Kristen. Ted did his best to throw Hope off track. Gabi suspected that Nicole was behind Stefan's troubles. Gabi had a bizarre encounter with "Nicole." Brady tried to oust Xander from Titan. Gabi pressured Kate to come clean. Jennifer made an impassioned speech to Jack about the person he used to be. Xander and Kristen played a game of cat and mouse. Will felt unsettled by his discovery. Jennifer decided to move on from Jack. Brady was thrown when "Susan" hit on him. The real Susan surprised Will and Sonny. Gabi had a showdown with Xander. Ciara was shocked to find her mother kissing Ted. Wait to See: Kate accidentally attacks Sarah.

Lulu turned to Sonny for help. Julian wondered if his efforts were enough. Kristina cautioned Ava. Jason worried about Carly. Lulu was furious. Kim and Julian had a heart-to-heart talk. Curtis checked in with Drew. Jax was warned about an alliance. Ava took a meeting at the hospital. Carly wanted to know Josslyn's opinion. Sonny was furious with Ava. Cameron surprised Liz. Franco noticed something peculiar. Lucas demanded some answers. Sam had a surprise for Jason. Valentin met with Curtis. Sasha made a declaration. Nina tried to apologize. Curtis opened up about his fears. Shiloh grew increasingly desperate. Jason and Drew honored their promise to Oscar. Jordan felt shaken. Wait to See: Sonny intentionally runs into Robert.

(See C-10)

Weekdays Daytime		Insight Communications Oregon-Byron Polo																				July 23, 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	Molly	Go Luna	Tiger	Tiger	Sesame	Sesame	Pink	Pink	Tiger	Nature	Dino	Curious	Arthur	Go Luna	Nature	Molly	Wild	Wild	Odd	PBS NewsHour	
WREX	3 6	Today					Today 3rd Hour		Today With Hoda & Jenna		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 5	Good Morning America				Live with Kelly and Ryan		The View		Rachael Ray		Strahan & Sara		General Hospital		The Dr. Oz Show		Family Feud	Family Feud	Judge Judy	Judge Judy	Eyewitness	World News	Eyewitness	Ent. Tonight
WIFR	5 3	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 12	Eyewitness		Eyewitness		Joyce	Varied	Hatchett	Judge	Judge Mathis	Divorce	Divorce	Paid	Varied	Face	Face	Maury	Molly		Mom	Mom	Two	Two	Theory	Theory
CW	15	Varied Programs				The Real		The 700 Club		The Dr. Oz Show		Dateline		Wendy Williams		Jerry Springer	Caught	Caught	Jerry Springer	Divorce	Mod	Fam	Fam	Fam	Fam
WHA	21 2	Wild	Molly	Curious	Go Luna	Tiger	Tiger	Sesame	Pink	Dino	Cat in	Sesame	Splash	Varied Programs				Molly	Odd	Arthur	News	PBS NewsHour			
WQPT	43	Pink	Tiger	Tiger	Go Luna	Ready	Nature	Wild	Molly	Varied Programs				Chicago	Varied	Sesame	Odd	Odd	Wild	Curious	Nature	Arthur	Chicago	Varied	News
ESPN	7 24	Get Up				First Take				SportsCenter		Outside	NFL Live		NBA: The Jump		Noon	Ques	Around	Pardon	SportsCenter	Varied Programs			
CNN	8 26	New Day		CNN Newsroom		CNN Newsroom		At This Hour-Kate		Inside Politics		CNN Right Now		CNN Newsroom		CNN Newsroom		Jake Tapper		Situation Room		Situation Room		E. B. OutFront	
CNBC	9	(5:00) Squawk Box		Squawk on the Street				Squawk Alley		Fast Money		The Exchange		Power Lunch		Closing Bell		Fast		Varied	Mad Money		Shark Tank		
AMC	10 19	Inogen	Paid	Movie		Varied Programs				Movie				Varied Programs				Movie		Varied Programs					
LIFE	12 22	The Closer		The Closer		The Closer		The Closer		Wife Swap		Wife Swap		Wife Swap		Wife Swap		Wife Swap		Wife Swap		Wife Swap		Varied Programs	
WGN-A	13 9	Creflo	Varied	Murder, She ...		Heat of the Night		Heat of the Night		Heat of the Night		Blue Bloods		Blue Bloods		Blue Bloods		JAG		JAG		JAG		Varied Programs	
NICK	23 16	But	PAW	PAW	PAW	Sponge.	Sponge.	Loud	Loud	Sponge.	Sponge.	Sponge.	Sponge.	Sponge.	Sponge.	Sponge.	Sponge.	Sponge.	Sponge.	Loud	Loud	Loud	Henry	Henry	Hunter
DISN	23 28	Puppy	Puppy	T.O.T.S.	Vampir	Amphi	Big City	Big City	Big City	Amphi	Jessie	Jessie	Bunk'd	Sydney	Raven	Big City	Big City	Varied Programs		Raven	Andi	Varied Programs			
FREE	23 31	Varied	Reba	Reba	700	The 700 Club		Movie				Middle	Middle	Middle	Middle	Middle	Middle	Middle	Middle	Middle	Varied Programs				
A&E	23 30	The First 48		The First 48		The First 48		The First 48		First 48	Varied	First 48	Varied Programs												
USA	23 18	NCIS		Law & Order: SVU		Law & Order: SVU		Varied Programs		Law & Order: SVU		Law & Order: SVU		Law & Order: SVU		Law & Order: SVU		Law & Order: SVU		Law & Order: SVU		Varied Programs			
TNT	30 17	Charmed		Charmed		Supernatural		Supernatural		Supernatural		Supernatural		Supernatural		(2:02) Movie		Varied Programs							
BET	31	Foxx	Foxx	Varied Programs				Movie				Varied Programs				Movie	Varied Programs								
PARMT	32 25	Bar Rescue		Rescue	Varied	Rescue	Varied	Rescue	Varied	Rescue	Varied	Rescue	Varied	Two	Two	Two	Two	Mom	Mom	Mom	Mom	Mom	Mom	Mom	Varied Programs
DISC	33 13	Varied Programs																							
UNIV	35	(6:00) ¡Despierta América!						La Gata		Notici	Nosotr.	Dice el Dicho	Hoy		Sin tu mirada		Gordo Flac	Primer impacto		Luche	Notici	Amor eterno			
HIST	36	Varied Programs																							
BRAVO	37	Varied Programs																							
HGTV	39	Varied Programs								Fixer Upper		Varied Programs													
WTBS	40 8	King	King	Seinfeld	Seinfeld	Friends	Friends	Friends	Friends	Friends	Friends	Friends	Friends	Friends	Friends	Friends	Amer.	Amer.	Amer.	Amer.	Family	Family	Varied Programs		
FOXN	41 11	FOX and Friends		America's Newsroom				Outnumbered		Outnumbered		The Daily Briefing		Shepard Smith		Neil Cavuto		The Five		Special Report		The Story			
ANPL	42 28	Dr. Jeff: RMV		Scaled		Animal Crib		The Secret of		Crikey... Irwins		Pit Bulls-Parole		Pit Bulls-Parole		River Monsters		Varied Programs							
TLC	43	Outdaughtered		Varied Programs				Say Yes	Say Yes	Say Yes	Say Yes	Four Weddings		Four Weddings		Gypsy Wedding		Gypsy Wedding		Say Yes	Say Yes	Say Yes	Varied Programs		
TVLAND	44	Paid	Paid	Andy G.	Andy G.	Andy G.	Bonanza	Varied Programs		(10:50) Gunsmoke		(11:55) Gunsmoke		Gunsmoke		Gunsmoke		MASH	MASH	MASH	MASH	Andy G.	Andy G.	Andy G.	Andy G.
COM	45	King/Hill	King/Hill	Ftutama	Ftutama	Ftutama	Ftutama	Ftutama	Ftutama	Varied Programs				Office		Office		Varied Programs							
E!	46	Very Cavallari		Younger	Younger	Below Deck -		Below Deck -		Varied Programs				The Kardashians		Younger	Younger	Varied Programs				Botched			
HALL	47	Movie	Varied Programs				Home & Family				Movie				Movie				Movie						
MSNBC	49	(5:00) Morning Joe		MSNBC Live		MSNBC Live		MSNBC Live		Andrea Mitchell		MSNBC		MSNBC Live		MSNBC Live		Deadline		MTP Daily		The Beat With		Hardball Chris	
FOOD	52	Paid	Varied Programs		Pioneer		Varied Programs				Pioneer	Pioneer	Varied Programs				Chop		Varied						
EWTN	53	Daily Mass - Olam		Varied Programs		Mother	Varied	Women	Rosary	Daily Mass - Olam		At Home		Varied Programs		Chaplet	Rosary	Varied Programs		Cru	News	Varied	Daily Mass - Olam		
FX	54 5	(6:00) Movie		Varied	Movie	Varied Programs				Mother	Mother	Mother	Mike	Mike	Varied Programs										
TRUTV	55	Varied Programs																				Jokes	Jokes	Jokers	Jokers
OXY	56	Varied Programs																							

Tuesday Evening		Insight Communications Oregon-Byron Polo										July 23, 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)	American Experience (DVS)	American Experience (DVS)	American Experience (DVS)	American Experience (DVS)	American Experience (DVS)	A Year in Space	World	Aman			
WREX	3 (6)	America's Got Talent (Stereo)	Judge Cuts 2 (N) (In Stereo)	Judge Cuts 2 (N) (In Stereo)	Judge Cuts 2 (N) (In Stereo)	Judge Cuts 2 (N) (In Stereo)	Judge Cuts 2 (N) (In Stereo)	Bring the Funny "The Open Mic 3"	Tonight Show-J. Fallon	Seth Meyers			
WTVO	4 (5)	The Conners	Housewife	Modern Family	black-ish	Modern Family	black-ish	Eyewitness	Jimmy Kimmel Live (In Stereo)	Nightline (N)			
WIFR	5 (3)	Love Island (N) (In Stereo)	NCIS "Third Wheel" (In Stereo)	NCIS "Third Wheel" (In Stereo)	Blood & Treasure (N) (In Stereo)	Blood & Treasure (N) (In Stereo)	Blood & Treasure (N) (In Stereo)	News	The Late Show With Stephen Colbert	James Corden			
WQRF	6 (12)	Spin the Wheel	9-1-1 (In Stereo)	9-1-1 (In Stereo)	News	News	News	Mod Fam	Mod Fam	Simpsons	TMZ		
CW	15	Pandora (In Stereo)	The 100 (In Stereo)	The 100 (In Stereo)	Chicago P.D.	Chicago P.D.	Chicago P.D.	Chicago P.D.	Chicago P.D.	Chicago P.D.			
WHA	21 (2)	American Experience (DVS)	American Experience (DVS)	American Experience (DVS)	A Year in Space	A Year in Space	A Year in Space	NOVA (In Stereo)	Suffragettes				
WQPT	48	R. Steves	Week	Chesapeake-Air	Travel	Adventure	Adventure	Finding Your Roots	Space Chase USA				
ESPN	7 (24)	ICC Soccer	International Champions Cup Soccer	International Champions Cup Soccer	International Champions Cup Soccer	International Champions Cup Soccer	International Champions Cup Soccer	Leagues Cup: LA Galaxy vs Club Tijuana.					
CNN	8 (26)	Anderson Cooper	Cuomo Prime Time	Cuomo Prime Time	CNN Tonight	CNN Tonight	CNN Tonight	CNN Tonight	Anderson Cooper				
CNBC	9	Shark Tank	The Profit (N)	The Profit (N)	Cash Pad (N)	Cash Pad (N)	Cash Pad (N)	The Profit	Cash Pad				
AMC	10 (19)	★ ★ "I Am Number Four" (2011, Action) Alex Pettyfer.	★ ★ "Ender's Game" (2013) Harrison Ford.	★ ★ "Ender's Game" (2013) Harrison Ford.	★ ★ "Ender's Game" (2013) Harrison Ford.	★ ★ "Ender's Game" (2013) Harrison Ford.	★ ★ "Ender's Game" (2013) Harrison Ford.	★ ★ "Ender's Game" (2013) Harrison Ford.	★ ★ "Ender's Game" (2013) Harrison Ford.				
LIFE	12 (22)	Dance Moms	Dance Moms	Dance Moms	★ ★ "Sister Act" (1992) Whoopi Goldberg.	★ ★ "Sister Act" (1992) Whoopi Goldberg.	★ ★ "Sister Act" (1992) Whoopi Goldberg.	★ ★ "Sister Act" (1992) Whoopi Goldberg.	Dance Moms				
WGN-A	13 (9)	Cops	Cops	Cops	Cops	The Disappearance	Cops	Cops	Married	Married			
NICK	28 (16)	Alvin and Chipmunks: Squeakquel	Alvin and Chipmunks: Squeakquel	Alvin and Chipmunks: Squeakquel	Friends	Friends	Friends	Friends	Friends	Friends			
DISN	23 (28)	Sydney	Sydney	Coop	Sydney	Amphibia	Big City	Sydney	Andi	Bunk'd	Bunk'd		
FREE	25 (31)	Good Trouble	★ ★ ★ "Finding Dory" (2016, Children's)	★ ★ ★ "Finding Dory" (2016, Children's)	The 700 Club	The 700 Club	The 700 Club	The 700 Club	Hunchback				
A&E	23 (30)	60 Days In	60 Days In	60 Days In	60 Days In	60 Days In	60 Days In	60 Days In	60 Days In				
USA	29 (18)	WWE SmackDown! (In Stereo Live)	WWE SmackDown! (In Stereo Live)	WWE SmackDown! (In Stereo Live)	Chrisley	Miz & Miz	Chrisley	Miz & Miz	Mod Fam	Mod Fam			
TNT	30 (17)	Rogue One	Animal Kingdom (N)	Animal Kingdom	Animal Kingdom	Animal Kingdom	Animal Kingdom	"Star Wars: The Force Awakens" (2015)					
BET	31	American Gangster	Tales "Deep Cover"	Tales "Deep Cover"	The Next Big Thing	The Next Big Thing	The Next Big Thing	Tales "Deep Cover"	The Next Big Thing				
PARMT	32 (25)	(6:00) ★ ★ "White House Down" (2013)	(6:00) ★ ★ "White House Down" (2013)	(6:00) ★ ★ "White House Down" (2013)	Ink Master (N)	Ink Master (N)	Ink Master (N)	★ ★ "White House Down" (2013, Action)					
DISC	33 (13)	Deadliest Catch	Deadliest Catch (N)	Deadliest Catch (N)	Cajun Navy (N) (In Stereo)	Cajun Navy (N) (In Stereo)	Cajun Navy (N) (In Stereo)	Cajun Navy (N) (In Stereo)	Deadliest Catch				
UNIV	35	La reina soy yo (N)	Rosa de Guadalupe	Rosa de Guadalupe	Por amar sin ley (N)	Por amar sin ley (N)	Por amar sin ley (N)	Impacto	Noticiero	Contacto Deportivo			
HIST	36	American Pickers	American Pickers	American Pickers	American Pickers	American Pickers	American Pickers	American Pickers	American Pickers				
BRAVO	37	Real Housewives	Real Housewives	Real Housewives	Housewives	Housewives	Housewives	Watch	Real Housewives	NYC			
HGTV	39	Fixer Upper	Good Bones	Good Bones	Hunters	Hunt Intl	Hunters	Hunt Intl	Good Bones				
WTBS	40 (8)	Big Bang	Big Bang	Big Bang	Big Bang	Big Bang	Big Bang	Conan	Seinfeld	Conan			
FOXN	41 (11)	Tucker Carlson	Hannity (N)	Hannity (N)	The Ingraham Angle	The Ingraham Angle	The Ingraham Angle	Fox News at Night	Tucker Carlson				
ANPL	42 (28)	Jeremy Wade	Jeremy Wade	Jeremy Wade	Killer Whales: The Mega Hunt (In Stereo)	Killer Whales: The Mega Hunt (In Stereo)	Killer Whales: The Mega Hunt (In Stereo)	Jeremy Wade					
TLC	43	Outdaughters (N)	Outdaughters "Quints on the High Seas"	Outdaughters "Quints on the High Seas"	The Little Couple	The Little Couple	The Little Couple	Outdaughters					
TVLAND	44	Raymond	Everybody Raymond	Everybody Raymond	Two Men	Two Men	Two Men	King	King	King	King		
COM	45	Office	Office	Office	Office	Drunk	Alternat.	Daily	Drunk	Drunk	Drunk		
E!	46	Revenge Body	Revenge Body	Revenge Body	The Kardashians	The Kardashians	The Kardashians	Botched	Dating				
HALL	47	"The Most Wonderful Time of the Year"	"With Love, Christmas" (2017, Romance)	"With Love, Christmas" (2017, Romance)	Reunited at								
MSNBC	49	All In With	Rachel Maddow	Rachel Maddow	The Last Word	The Last Word	The Last Word	The 11th Hour	Rachel Maddow				
FOOD	52	Chopped Junior (N)	Chopped (N)	Chopped (N)	Chopped	Chopped	Chopped	Chopped	Chopped				
EWTV	53	Mother Angelica	News	Rosary	Scripture	Carpen	Women	Daily Mass - Olam					
FX	54 (5)	(6:30) "Guardians of the Galaxy" (2014)	Pose (N) (In Stereo)	Pose (N) (In Stereo)	Pose (N) (In Stereo)	Pose (N) (In Stereo)	Pose (N) (In Stereo)	Pose (N) (In Stereo)	Pose (N) (In Stereo)				
TRUTV	55	Jokers	Jokers	Jokers	Jokes	Jokes	Jokes	Jokes	Jokes	Jokes			
OXY	56	Chicago P.D.	Chicago P.D.	Chicago P.D.	Chicago P.D.	Chicago P.D.	Chicago P.D.	Chicago P.D.	Chicago P.D.				

Wednesday Evening		Insight Communications Oregon-Byron Polo										July 24, 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)	Ancient Skies	Ancient Skies	NOVA (N)	NOVA (N)	NOVA (N)	NOVA (N)	World	Aman			
WREX	3 (6)	Ellen's Game of Games (In Stereo)	Songland "Jonas Brothers" (In Stereo)	Songland "Jonas Brothers" (In Stereo)	The InBetween "Let Me in Your Window"	The InBetween "Let Me in Your Window"	The InBetween "Let Me in Your Window"	13 News at 10 (N)	Tonight Show-J. Fallon	Seth Meyers			
WTVO	4 (5)	Press Your Luck (In Stereo)	Card Sharks "105" (N) (In Stereo)	Card Sharks "105" (N) (In Stereo)	Match Game (N) (In Stereo)	Match Game (N) (In Stereo)	Match Game (N) (In Stereo)	Eyewitness	Jimmy Kimmel Live (In Stereo)	Nightline (N)			
WIFR	5 (3)	Love Island (N) (In Stereo)	Big Brother (N) (In Stereo)	Big Brother (N) (In Stereo)	S.W.A.T. "Pride" (In Stereo)	S.W.A.T. "Pride" (In Stereo)	S.W.A.T. "Pride" (In Stereo)	News	The Late Show With Stephen Colbert	James Corden			
WQRF	6 (12)	MasterChef (N)	First Responders	First Responders	News	News	News	Mod Fam	Mod Fam	Simpsons	TMZ		
CW	15	Penn & Teller	Jane The Virgin (N)	Jane The Virgin (N)	Dateline "Bitter Pill"	Dateline "Bitter Pill"	Dateline "Bitter Pill"	Chicago P.D.	Chicago P.D.	Dateline (In Stereo)			
WHA	21 (2)	Ancient Skies	NOVA (N)	NOVA (N)	NOVA (N)	NOVA (N)	NOVA (N)	Frontline (In Stereo)	Nature (In Stereo)				
WQPT	43	Antiques Roadshow	New Tricks	New Tricks	Miss Marple "They Do It With Mirrors"	Miss Marple "They Do It With Mirrors"	Miss Marple "They Do It With Mirrors"	Modus (In Stereo)					
ESPN	7 (24)	MLB Baseball: New York Yankees at Minnesota Twins. (N) (Live)	MLB Baseball: New York Yankees at Minnesota Twins. (N) (Live)	MLB Baseball: New York Yankees at Minnesota Twins. (N) (Live)	SportsCenter (Live)	SportsCenter (Live)	SportsCenter (Live)	SportsCenter (Live)					
CNN	8 (26)	Anderson Cooper	Cuomo Prime Time	Cuomo Prime Time	CNN Tonight	CNN Tonight	CNN Tonight	CNN Tonight	Anderson Cooper				
CNBC	9	Cash Pad	Deal or No Deal (N)	Deal or No Deal (N)	Deal or No Deal	Deal or No Deal	Deal or No Deal	Deal or No Deal	Deal or No Deal				
AMC	10 (19)	"Night at the Museum: Battle of the Smithsonian"	★ ★ ★ "Rise of the Planet of the Apes" (2011)	★ ★ ★ "Rise of the Planet of the Apes" (2011)	★ ★ ★ "Rise of the Planet of the Apes" (2011)	★ ★ ★ "Rise of the Planet of the Apes" (2011)	★ ★ ★ "Rise of the Planet of the Apes" (2011)	★ ★ ★ "Rise of the Planet of the Apes" (2011)	★ ★ ★ "Rise of the Planet of the Apes" (2011)				
LIFE	12 (22)	Married	Married at First Sight (N)	Married at First Sight (N)	Marrying Millions (N)	Marrying Millions (N)	Marrying Millions (N)	Married-Sight	Married	Married			
WGN-A	13 (9)	JAG	JAG	JAG	JAG (In Stereo)	JAG (In Stereo)	JAG (In Stereo)	JAG (In Stereo)	The Disappearance				
NICK	28 (16)	LEGO Batman: The Movie	Smarter	Smarter	Friends	Friends	Friends	Friends	Friends	Friends			
DISN	23 (28)	Just Roll	Just Roll	Coop	Sydney	Amphibia	Big City	Just Roll	Andi	Bunk'd	Bunk'd		
FREE	25 (31)	grown-ish	★ ★ ★ "Ratatouille" (2007) Voices of Patton Oswalt.	★ ★ ★ "Ratatouille" (2007) Voices of Patton Oswalt.	The 700 Club	The 700 Club	The 700 Club	The 700 Club	Dr. Seuss' the Lorax				
A&E	23 (30)	Wahlburgers	Wahlburgers	Wahlburgers	The Employables	The Employables	The Employables	Wahlburgers	Wahlburgers				
USA	29 (18)	Law & Order: SVU	Suits (N) (DVS)	Suits (N) (DVS)	Pearson (N)	Pearson (N)	Pearson (N)	Law & Order: SVU	Suits (DVS)				
TNT	30 (17)	Soccer: International Friendly	★ ★ ★ "Jack Reacher" (2012, Action) Tom Cruise.	★ ★ ★ "Jack Reacher" (2012, Action) Tom Cruise.	Reacher								
BET	31	Like Mike	★ ★ "All Eyez on Me" (2017) Demetrius Shipp Jr.	★ ★ "All Eyez on Me" (2017) Demetrius Shipp Jr.	South	Martin	Martin	Martin	Martin				
PARMT	32 (25)	(6:00) ★ ★ ★ "John Wick: Chapter 2" (2017)	Yellowstone (N)	Yellowstone (N)	★ ★ ★ "John Wick: Chapter 2" (2017)	★ ★ ★ "John Wick: Chapter 2" (2017)	★ ★ ★ "John Wick: Chapter 2" (2017)	★ ★ ★ "John Wick: Chapter 2" (2017)	★ ★ ★ "John Wick: Chapter 2" (2017)				
DISC	33 (13)	Expedition Unknown	Expedition Unknown: Rediscovered	Expedition Unknown: Rediscovered	Expedition Unknown	Expedition Unknown	Expedition Unknown	Expedition Unknown	Expedition Unknown				
UNIV	35	La reina soy yo (N)	Rosa de Guadalupe	Rosa de Guadalupe	Por amar sin ley (N)	Por amar sin ley (N)	Por amar sin ley (N)	Impacto	Noticiero	Contacto Deportivo			
HIST	36	Forged in Fire	Forged in Fire	Forged in Fire	Strongest Man	Strongest Man	Strongest Man	Forged in Fire	Forged in Fire				
BRAVO	37	Southern Charm	Southern Charm (N)	Southern Charm (N)	Watch	Southern Charm	Southern Charm	Watch	Southern Charm	Below			
HGTV	39	Property Brothers	Property Brothers	Property Brothers	Hunters	Hunt Intl	Hunters	Hunt Intl	Property Brothers	Property Brothers			
WTBS	40 (8)	Big Bang	Big Bang	Big Bang	Big Bang	Big Bang	Big Bang	Full	Conan	Full	Seinfeld	Conan	
FOXN	41 (11)	Tucker Carlson	Hannity (N)	Hannity (N)	The Ingraham Angle	The Ingraham Angle	The Ingraham Angle	Fox News at Night	Tucker Carlson				
ANPL	42 (28)	Lone Star Law: Uncuffed (N) (In Stereo)	I Was Prey	I Was Prey	I Was Prey	I Was Prey	I Was Prey	I Was Prey	Lone Star Law				
TLC	43	Dr. Pimple Popper	The Family Chantel	The Family Chantel	sMothered	sMothered	sMothered	Unexpected	Dr. Pimple Popper				
TVLAND	44	Raymond	Raymond	Raymond	Raymond	Younger	King	The King of Queens	King	King			
COM	45	South Pk	South Pk	South Pk	South Pk	South Pk	South Pk	South Pk	South Pk	South Pk	South Pk	South Pk	
E!	46	Mi mitad & hot	Mi mitad & hot	Mi mitad & hot	Very Cavallari	Very Cavallari	Very Cavallari	Beleza	Beleza	Botched	Dating		
HALL	47	"Welcome to Christmas" (2018, Drama)	"The Sweetest Christmas" (2017)	"The Sweetest Christmas" (2017)	In Evergreen								
MSNBC	49	All In With	Rachel Maddow	Rachel Maddow	The Last Word	The Last Word	The Last Word	The 11th Hour	Rachel Maddow				
FOOD	52	Guy's Games	Guy's Games	Guy's Games	Guy's Games	Guy's Games	Guy's Games	Guy's Games	Guy's Games				
EWTV	53	EWTV Live (N)	News	Rosary	Fr. Spitzer	Crossing	Women	Daily Mass - Olam					
FX	54 (5)	(6:30) ★ ★ ★ "Get Out" (2017, Horror)	Snowfall (In Stereo)	Snowfall (In Stereo)	Snowfall (In Stereo)	Snowfall (In Stereo)	Snowfall (In Stereo)	Snowfall (In Stereo)	Snowfall (In Stereo)				
TRUTV	55	Jokers	Jokers	Jokers	Jokes	Jokes	Jokes	Jokers	Jokers	Jokers	Jokers	Jokers	
OXY	56	NCIS "Choke Hold"	NCIS (In Stereo)	NCIS (In Stereo)	NCIS (In Stereo)	NCIS (In Stereo)	NCIS (In Stereo)	NCIS (In Stereo)	NCIS (In Stereo)				

Thursday Evening		Insight Communications Oregon-Byron Polo										July 25, 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)	Chicago's Deadliest Day	Chicago's Deadliest Day	Rock 'n' Roll Guns for Hire	World	Aman						
WREX	3 (6)	The Wall "Steve and Nick" (In Stereo)	Hollywood Game Night (N) (In Stereo)	Hollywood Game Night (N) (In Stereo)	Law & Order: Special Victims Unit	13 News at 10 (N)	Tonight Show-J. Fallon	Seth Meyers					
WTVO	4 (5)	Holey Moley (N) (In Stereo)	Family Food Fight (N) (In Stereo)	Family Food Fight (N) (In Stereo)	Reef Break "The Green Tide" (N)	Eyewitness	Jimmy Kimmel Live (In Stereo)	Nightline (N)					
WIFR	5 (3)	Love Island (N) (In Stereo)	Big Brother (N) (In Stereo)	Big Brother (N) (In Stereo)	Elementary "The Latest Model" (N)	News	The Late Show With Stephen Colbert	James Corden					
WQRF	6 (12)	MasterChef (N)	Spin the Wheel (N)	Spin the Wheel (N)	News	Mod Fam	Mod Fam	Simpsons	TMZ				
CW	15	iZombie (In Stereo)	The Outpost	The Outpost	The Good Wife	Chicago P.D.	Chicago P.D.	The Good Wife					
WHA	21 (2)	Wisconsin Home	The Coroner	The Coroner	Jamestown	Old	House	Wisconsin Home					
WQPT	48	The Ci	Reynolds	54th Annual L	Secret Weapon	American Experience (DVS)							
ESPN	7 (24)	TBT Tournament	The Basketball Tournament	The Basketball Tournament	SportsCenter (Live)	SportsCenter (Live)	SportsCenter (Live)	SportsCenter (Live)					
CNN	8 (26)	Anderson Cooper	Cuomo Prime Time	Cuomo Prime Time	CNN Tonight	CNN Tonight	CNN Tonight	Anderson Cooper					
CNBC	9	Shark Tank	Shark Tank	Shark Tank	Shark Tank	Cash Pad							
AMC	10 (19)	(6:00) "Home Alone" (1990)	★ ★ ★ "Home Alone 2: Lost in New York" (1992)	★ ★ ★ "Home Alone 2: Lost in New York" (1992)	★ ★ ★ "Home Alone 2: Lost in New York" (1992)	★ ★ ★ "Home Alone 2: Lost in New York" (1992)	★ ★ ★ "Home Alone 2: Lost in New York" (1992)	★ ★ ★ "Home Alone 2: Lost in New York" (1992)					
LIFE	12 (22)	Little Women: LA	Little Women: LA	Little Women: LA	Little Women: LA	Little Women: LA	Little Women: LA	Little Women: LA					
WGN-A	13 (9)	Last Man	Last Man	Last Man	Last Man	Last Man	Last Man	Married	Married				
NICK	28 (16)	"The SpongeBob SquarePants Movie"	Friends	Friends	Friends	Friends	Friends	Friends	Friends				
DISN	23 (28)	Bunk'd	Bunk'd	Coop	Sydney	Amphibia	Big City	Bunk'd	Andi	Bunk'd	Bunk'd		
FREE	25 (31)	Siren "Sacrifice" (N)	★ ★ ★ "Toy Story" (1995, Children's)	★ ★ ★ "Toy Story" (1995, Children's)	The 700 Club	The 700 Club	The 700 Club	"Toy Story 2" (1999)					
A&E	23 (30)	Rescue: Rewind	Live Rescue "Live Rescue -- 07.25.19" (N)	Live Rescue "Live Rescue --									

Saturday Daytime

Insight Communications
 Oregon-Byron Polo

July 27, 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	Around	Foodie	Cooking	Table	Cook	Saman	Travel	Simply	Kitchen	Kitchen	Cooking	Martha	Milk	Check	Mexico	R.	Islands	Week		
WREX	3	6	2019 Tour de France: Stage 20: Albertville to Val Thorens. (N) (In Stereo) Live							2019 Senior Open Championship: Third Round. (N) (In Stereo) Live					Swimming: FINA World Championships. (N) (In Stereo)				Track and Field: USATF Outdoor Championships. (N) (In Stereo) Live				TBA	Nightly News	To Be Announced	
WTVO	4	5	Good Morning America (N) (6)	Jack Hanna	Ocean Treks	Hearts of Dr. Scott	Rock the Park	Vacation Creation	Kids News	Ever-strong	Dateline (In Stereo)		Soledad O'Brien	Special Olympics: Game-Changers	WNBA Basketball: 2019 All-Star Game. (N) (Live)						Judge Judy	World News	Eyewitness	Paid Program		
WIFR	5	3	(6:00) CBS This Morning: Saturday	Lucky Dog	Dr. Chris	Innovation Nat	Hope in the Wild	Tails of Valor	The Inspectors	Paid Program	Hot Wheels	Major League Fishing (In Stereo)	PGA Tour Golf: WGC - FedEx St. Jude Invitational, Third Round. (N) (In Stereo)										Paid Program	CBS News	23 News at Six	Discover WI
WQRF	6	12	Animal	Pets.TV	Animals	Wild	Paid	Paid	Paid	Paid	Energy	Race	NASCAR Gander			PBC Countdown		Mod	Mod	Mom	Mom	Two	Two	Theory	Theory	
CW	13	More	Paid	Ready-	Wildlife	This Old	Wel	Animal	Inven	LifeLock	Tummy	*** "Cloverfield" (2008) Mike Vogel				** "Rio, I Love You" (2014)				Bones (In Stereo)		Bones (In Stereo)		Inside	Bensin	
WHA	21	2	Pink	Molly	Go Luna	Nature	Sewing	Quilting	Garden	Woods.	Pepin	Cooking	Mexico	Fire	Kitchen	Milk	Antiques	Week	Malay	Breakfast-Rev		Lawrence Welk	Keep Up	Time/By		
WQPT	43	Pink	Molly	Go Luna	Nature	Curious	Wild	Sew	Quilting	Antiques	Grantchester on Masterpiece											Miss Marple (6)	New Tricks (6)	Lawrence Welk	Lawrence Welk	
ESPN	7	24	SportsCenter (6)	SportsCenter (6)	SportsCenter (6)	SportsCenter (6)	The Basketball Tournament					The Basketball Tournament					The Basketball Tournament					SportsCenter (6)	SportsCenter (6)			
CNN	8	26	New Day Wknd	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	HOO	2019 Evian Championship: Third Round. (Live)				Paid	Income	Paid	Inogen	Outages	Paid	Paid	Vaporized			American Greed		American Greed		American Greed		American Greed		
AMC	10	19	Term 2	*** "The Matrix" (1999) Keanu Reeves. (6)				*** "The Matrix Reloaded" (2003) Keanu Reeves. (6)				*** "The Matrix Revolutions" (2003) Keanu Reeves. (6)				** "Colombiana" (2011, Action) Zoe Saldana.										
LIFE	12	22	Paid	Paid	Paid	Paid	HOO	Marrying Millions	"Flowers in the Attic" (2014) (6)				"Petal on the Wind" (2014) (6)		"If There Be Thorns" (2015) (6)		"Seeds of Yesterday" (2015) (6)									
WGN-A	13	9	HOO	Medi	MASH	MASH	MASH	MASH	MASH	MASH	MASH	MASH	MASH	MASH	MASH	MASH	MASH	MASH	MASH	MASH	MASH	MASH	MASH	MASH		
NICK	23	16	Sponge.	Sponge.	Sponge.	Sponge.	Sponge.	Sponge.	LEGO	AI	Sponge.	Sponge.	LEGO	*** "How to Train Your Dragon" (2010) (6)			Loud	Loud	Loud	Loud	Henry	Henry	Henry	Henry		
DISN	23	28	"Descendants"	"Descendants 2" (2017, Children's)				"Descendants" (2015) Dove Cameron.				"Descendants 2" (2017) Dove Cameron. (6)				"Descendants" (2015) Dove Cameron.				"Descendants 2" (2017, Children's)		De				
FREE	23	31	"She's All That"	** "Maid in Manhattan" (2002) Jennifer Lopez.				*** "Twilight" (2008, Romance) Kristen Stewart. (6)				*** "The Twilight Saga: New Moon" (2009, Romance)				*** "The Twilight Saga: Eclipse" (2010) (6)										
A&E	23	30	Flipping Vegas	Flipping Vegas	Zombie Flip	Zombie Flip	Zombie Flip		Live Rescue (In Stereo) (6)		Live PD "Live PD -- 08.10.18" (In Stereo) (6)				Live PD "Live PD -- 07.19.19" (In Stereo) (6)											
USA	23	18	Paid	Paid	Suits (DVS)	Pearson	Chicago P.D.		Chicago P.D.		Chicago P.D.		** "2 Fast 2 Furious" (2003, Action)		*** "Captain America: Civil War" (2016) Chris Evans.											
TNT	60	17	NCIS: N.O.	*** "Yes Man" (2008) Jim Carrey.				** "Get Hard" (2015) Will Ferrell.		** "Delivery Man" (2013, Comedy)				*** "Wedding Crashers" (2005) Owen Wilson.		*** "Central Intelligence" (2016, Action)										
BET	61	Prince	Prince	Prince	Prince	Prince	Martin	Martin	Martin	Martin	Martin	Martin	** "Two Can Play That Game" (2001) Vivica A. Fox.				** "Tyler Perry's Good Deeds" (2012) Tyler Perry. (6)									
PARMT	62	25	Paid	Paid	Bar Rescue (6)	Bar Rescue (6)	*** "Kill Bill: Vol. 1" (2003) Uma Thurman.		*** "Kill Bill: Vol. 2" (2004, Action) Uma Thurman. (In Stereo) (6)				*** "Django Unchained" (2012, Western) Jamie Foxx.													
DISC	63	13	Fishing	Naked and Afraid	Naked and Afraid	Naked and Afraid	Naked and Afraid	Naked and Afraid	Naked and Afraid	Naked and Afraid	Naked and Afraid	Naked and Afraid	Naked and Afraid	Naked and Afraid	Naked and Afraid	Naked and Afraid	Naked and Afraid	Naked and Afraid	Naked and Afraid	Naked and Afraid	Naked and Afraid	Naked and Afraid	Naked and Afraid	Naked and Afraid		
UNIV	65	Planeta de niños	Atención Atención	Naturaleza	Pro	Pro	Pro	Pro	Despierta	Cuéntamelo ya		Nosotr.		Nosotr.		Renta	Renta	Vecinos	Vecinos	María	Notici	historia suena				
HIST	66	Mountain Men	Ax Men "Back to the Woods" (In Stereo) (6) (DVS)				The UnXplained						Ancient Aliens		Ancient Aliens		Ancient Aliens		Ancient Aliens		Ancient Aliens					
BRAVO	67	Million	Million Dollar	To Be Announced		Million Dollar	Million Dollar	Million Dollar	Million Dollar	Million Dollar	Million Dollar	Million Dollar	Million Dollar	Million Dollar	Million Dollar	Million Dollar	Million Dollar	Million Dollar	Million Dollar	Million Dollar	** "Bride Wars" (2009) Kate Hudson.		Hitch			
HGTV	69	Fixer Upper (6)	Fixer Upper (6)	Boise Boys (6)	Fixer Upper	Fixer Upper (6)	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		Love It or List It		Love It or List It		Love It or List It			
WTBS	40	8	King	*** "The BFG" (2016) Mark Rylance.				"Journey 2: The Mysterious Island"				"The Sorcerer's Apprentice" (2010)				**** "Star Wars: A New Hope" (1977) Mark Hamill.				Pirates of the Caribbean						
FOXN	41	11	(5:00) FOX and Friends Saturday (6)	Cavuto Live (N) (Live) (6)				America's News Headquarters (6)				News HQ		Journal Editorial		America's News Headquarters (6)		Fox Report				Life, Liberty				
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)	Tanked (In Stereo)	Tanked (In Stereo)	Tanked (In Stereo)	Tanked (In Stereo)	Tanked (In Stereo)	Tanked (In Stereo)	Tanked (In Stereo)	Tanked (In Stereo)	Tanked (In Stereo)	Tanked (In Stereo)	Tanked (In Stereo)	Tanked (In Stereo)	Tanked (In Stereo)	Tanked (In Stereo)		
TLC	43	Outdaughtered	Outdaughtered	Outdaughtered	Outdaughtered	Outdaughtered	Outdaughtered	Outdaughtered	Outdaughtered	Outdaughtered	Outdaughtered	Outdaughtered	Outdaughtered	Outdaughtered	Outdaughtered	Outdaughtered	Outdaughtered	Outdaughtered	Outdaughtered	Outdaughtered	Outdaughtered	Outdaughtered	Outdaughtered	Outdaughtered		
TVLAND	44	Rose.	Rose.	Rose.	Rose.	Rose.	Rose.	Rose.	Rose.	Rose.	Rose.	Rose.	Rose.	Rose.	Rose.	Rose.	Rose.	Rose.	Rose.	Rose.	Rose.	Rose.	Rose.	Rose.		
COM	45	Parks	Parks	Parks	Parks/Recreat	Parks	Parks	Parks	Parks	Parks	Parks	Parks	Office	Office	Office	Office	Office	Office	Office	Office	*** "The Longest Yard" (2005, Comedy) Adam Sandler.		Blended			
E!	46	Programa pagado	The Kardashians	Below Deck -	Below Deck -	Below Deck -	Below Deck -	Below Deck -	Below Deck -	Below Deck -	Below Deck -	Below Deck -	Below Deck -	Below Deck -	Below Deck -	Below Deck -	Below Deck -	Below Deck -	Below Deck -	Below Deck -	Below Deck -	Below Deck -	Below Deck -	Below Deck -		
HALL	47	Cro-Christmas	"Road to Christmas" (2018) (6)	"Christmas in Love" (2018, Romance)				"A December Bride" (2016, Drama)				"The Sweetest Christmas" (2017)				"Christmas at the Palace" (2018) (6)				Mingle All						
MSNBC	49	Up with David	Up with David	AM Joy (N) (6)	Weekends-Witt				Weekends-Witt				MSNBC Live				MSNBC Live				PoliticsNation	Deadline	Hardball Chris			
FOOD	52	Con	In Italy	Trisha's	Trisha's	Pioneer	Pioneer	The Kitchen (6)	Trisha's	Girl-	Cupcake Chmp.	Worst Bakers	Diners, Drive	Diners, Drive	Diners, Drive	Diners, Drive	Diners, Drive	Diners, Drive	Diners, Drive	Diners, Drive	Diners, Drive	Diners, Drive	Diners, Drive	Diners, Drive		
EWTN	53	Daily Mass - Olam	Friar	Ani	Catholic	At Home	Bob	Rosary	Daily Mass - Olam	Reli	Bkmrk	EWTN	Mercy	Rosary	Communion	Answers	Fourth	Beauty	Church	Daily Mass - Olam						
FX	54	5	Mother	Mother	Weekly	** "The Other Woman" (2014) Cameron Diaz.		** "Snatched" (2017) Amy Schumer.				*** "Hidden Figures" (2016) Taraji P. Henson. (6)				** "Now You See Me 2" (2016) Jesse Eisenberg. (6)										
TRUTV	55	Hack	Hack	Carbon	Carbon	Carbon	Carbon	Jokes	Jokes	Jokes	Jokes	Jokes	Jokes	Jokes	Jokes	Jokes	Jokes	Jokes	Jokes	Jokes	Jokes	Jokes	Jokes	Jokes		
OXY	56	Killer Affair	Uncovered: The Cult	Snapped (6)				Snapped (6)				Nancy Grace				Nancy Grace				Nancy Grace	McMartin Trial					

Sunday Daytime

Insight Communications
 Oregon-Byron Polo

July 28, 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	Molly	Odd	Museum	Hoover	Fire	Lidia	Downton Abbey	Downton Abbey on Masterpiece				Downton Abbey on Masterpiece (6)				Victoria-Master		
WREX	3	6	Think Big (6)	13 Cares	Sunday Today With Willie Geist	To Be Announced				2019 Senior Open Championship: Final Round. (N) (In Stereo) Live				2019 Tour de France: Stage 21: Ram-bouillet to Paris. (N) (In Stereo) Live				IndyCar Racing: Honda Indy 200 at Mid-Ohio. (N)				IndyCar Series	TBA	Nightly News	Hollywood Game Night (In Stereo)
WTVO	4	5	Good Morning America (N) (6)	This Week With George ...		Good Day Stalene		Robert Jeffress	J. Van Impe	Kids News	Built to Last	Design-ing	Home-owner	To Tell the Truth (In Stereo)	World of X Games (N)		World of X Games (N)		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) (6)		Face the Nation (In Stereo) (6)		Church	Rod.	PGA Tour 2019: Natural Talent (N)				PGA Tour Golf: WGC - FedEx St. Jude Invitational, Final Round. (N) (In Stereo) Live				CBS News	Paid Program	60 Minutes (N) (In Stereo) (6)				
WQRF	6	12	Sports	Career	Fox News Sunday	Paid	Paid	Pets.TV	Wild	TMZ (In Stereo)	Box Offi	Paid	Paid	Box Offi	Paid	Paid	Paid	Paid	NHRA Drag Racing (N) (In Stereo) Live	Last		Last			
CW	13	Paid	Paid	Worship	Meyer	Matters	Paid	Paid	Paid	in Chicagoland	Paid	Paid	Gospel Music	To Be Announced		Fam	Fam	Fam	Fam	Fam	Mod	Mod	Theory	Theory	
WHA	21	2	Pink	Molly	Go Luna	Nature	Wash	Here Nw	Over	Market	A Year in Space	Homo Spatius	800 Words (6)	The Heart Guy		Estefan	Wiscon		Wisconsin Home		Sherlock Holmes				
WQPT	43	Pink	Molly	Go Luna	Nature	Curious	Arthur	Woods.	Wood	House	Old	R.	Adv'ture	Milk	Lidia	Kitchen	Cook	Martha	Cooking	The Ci	Rey	Antiques	Finding-Roots		
ESPN	7	24	SportCtr	Formula	Formula 1 Racing				SportsCenter (6)	The Basketball Tournament				The Basketball Tournament				The Basketball Tournament				Baseball Tonight	MLB Baseball		
CNN	8	26	Inside Politics (N)	State of the Union		Fareed Zakaria	Reliable Source		State of the 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	
CNBC	9	Paid	Paid	2019 Evian Championship: Final Round. (Live)				HOO	Advance	Paid	Paid	Paid	Paid	Paid	Paid	Shark Tank (6)	Shark Tank (6)	Shark Tank (6)	Shark Tank (6)	Shark Tank (6)	Shark Tank (6)	Shark Tank (6)	Shark Tank (6)	Shark Tank (6)	
AMC	10	19	MASH	** "Lara Croft: Tomb Raider" (2001) (6)				** "Colombiana" (2011, Action) Zoe Saldana.				*** "The Bourne Ultimatum" (2007, Action)				*** "Enemy of the State" (1998, Suspense) Will Smith.				"I Am Legend"					
LIFE	12	22	Am.	Jere	Osteen	Paid	"The Girl in the Bath" (2018) (6)				"Secrets of My Stepdughter" (2017)				"Daughter for Sale" (2017, Suspense)				"Pregnant and Deadly" (2019) (6)				"A Mother's Worst Fear" (2018) (6)		
WGN-A	13	9	Manna	Beyond	Cops	Cops	Cops	Cops	Cops	Cops	Cops	Cops	Cops	Cops	Cops	Cops	Cops	Cops	Cops	Cops	Cops	Last	Last	Last	
NICK	23	16	Rangers	Turtles	Sponge.	LEGO	Sponge.	Sponge.	Sponge.	Sponge.	Sponge.	Sponge.	Sponge.	Sponge.	Sponge.	Sponge.	Sponge.	Sponge.	Sponge.	Sponge.	Sponge.	Sponge.	Sponge.	Sponge.	
DISN	23	28	"Descendants" (2015)	Dove Cameron.				"Descendants 2" (2017, Children's)				"Descendants" (2015) Dove Cameron. (6)				"Descendants 2" (2017, Children's)				"Descendants" (2015) Dove Cameron.				"Descendants 2" (2017)	
FREE	23	31	(6:00) "Accepted"	*** "Twilight" (2008, Romance) Kristen Stewart. (6)				*** "The Twilight Saga: New Moon" (2009, Romance)				*** "The Twilight Saga: Eclipse" (2010) Kristen Stewart.				Twilight Saga: Breaking Dawn									
A&E	23	30	Hoarder	Hoarders (6)	Hoarders (6)	Hoarders (6)	Hoarders (6)	Hoarders (6)	Hoarders (6)	Hoarders (6)	Hoarders (6)	Hoarders (6)	Hoarders (6)	Hoarders (6)	Hoarders (6)	Hoarders (6)	Hoarders (6)	Hoarders (6)	Hoarders (6)	Hoarders (6)	Hoarders (6)	Hoarders (6)	Hoarders (6)	Hoarders (6)	
USA	23	18	In Touch	Osteen	Queen, South	Miz &	Chrisley	Chrisley	Chrisley	Chrisley	Chrisley	Chrisley	Chrisley	Chrisley	Chrisley	Chrisley	Chrisley	Chrisley	Chrisley	Chrisley	Chrisley	Chrisley	Chrisley	Chrisley	
TNT	60	17	NCIS: N.O.	NCIS: N.O.				*** "Flight" (2012, Drama) Denzel Washington.				*** "The Book of Eli" (2010, Adventure)				*** "Man of Steel" (2013, Action) Henry Cavill.				** "Suicide Squad" (2016)					
BET	61	Prince	Prince	Prince	Martin	Martin	Martin	Martin	Martin	Martin	Martin	Martin	Martin	Martin	Martin	Martin	Martin	Martin	Martin	Martin	Martin	Martin	Martin	Martin	
PARMT	62	25	Paid	Paid	Bar Rescue (6)	Bar Rescue (6)	Bar Rescue (6)	Bar Rescue (6)	Bar Rescue (6)	Bar Rescue (6)	Bar Rescue (6)	Bar Rescue (6)	Bar Rescue (6)	Bar Rescue (6)	Bar Rescue (6)	Bar Rescue (6)	Bar Rescue (6)	Bar Rescue (6)	Bar Rescue (6)	Bar Rescue (6)	Bar Rescue (6)	Bar Rescue (6)	Bar Rescue (6)	Bar Rescue (6)	
DISC	63	13	Shark Vortex (6)	Air Jaws: Fin	Phelps vs Shark	Laws of Jaws	SharkCam	Super Predator	Great White	Monster Mako	Great White	Monster Mako	Great White	Monster Mako	Great White	Monster Mako</									

Saturday Evening		Insight Communications Oregon-Byron (P) Polo										July 27, 2019				
		7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30					
WTTW	2	Father Brown		Shakespea		Death in Paradise		Poldark-Master		Poldark-Master						
WREX	3 (6)	Bring the Funny "The Open Mic 3"		Dateline NBC (N) (In Stereo)		13 News at 10 (N)		Saturday Night Live "Rachel Brosnahan: Greta Van Fleet"								
WTVO	4 (5)	Shark Tank (In Stereo) (DVS)		Press Your Luck "102" (In Stereo)		Card Sharks "105" (In Stereo)		Eyewitness		Bensinger		Castle "Kill Shot" (In Stereo)				
WIFR	5 (3)	Million Dollar Mile (N) (In Stereo)		48 Hours (In Stereo)		48 Hours (In Stereo)		News		Inside Edition		Rizzoli & Isles (In Stereo)				
WQRF	6 (12)	So You Think		Beat Shazam		Big Bang		MasterChef				Bones (In Stereo)				
CW	15	Chicago P.D.		Chicago P.D.		Dateline (In Stereo)		Dateline (In Stereo)				Raw	Rizzoli			
WHA	21 (2)	800 Words		The Heart Guy		The Coroner "Gilt"		30		Lowertwn		The Tunnel				
WQPT	43	Classic Gospel		State		State		Austin City Limits		Lowertwn		Lowertwn	Songs	Sun Stud		
ESPN	7 (24)	UFC 240: Holloway vs. Edgar - Prelims (N)		SportsCenter (Live)		SportsCenter (Live)		SportsCenter (Live)		SportsCenter (Live)		SportsCenter (Live)				
CNN	8 (26)	CNN Newsroom		The Movies (Part 3 of 6)		The Movies (Part 2 of 6)		The Movies (Part 2 of 6)								
CNBC	9	American Greed		American Greed		American Greed		American Greed		American Greed		American Greed				
AMC	10 (19)	*** "Enemy of the State" (1998, Suspense) Will Smith.		*** "The Bourne Ultimatum" (2007)		*** "The Bourne Ultimatum" (2007)		*** "The Bourne Ultimatum" (2007)		*** "The Bourne Ultimatum" (2007)		*** "The Bourne Ultimatum" (2007)				
LIFE	12 (22)	"V.C. Andrews' Heaven" (2019, Suspense)		"The Madam of Purity Falls" (2019)		"The Madam of Purity Falls" (2019)		"The Madam of Purity Falls" (2019)		"The Madam of Purity Falls" (2019)		V.C.-Heaven				
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	M*A*S*H	M*A*S*H	M*A*S*H	M*A*S*H	M*A*S*H	"Meet the Parents"			
NICK	28 (16)	Henry Danger		All That		Smarter		Friends		Friends		Friends	Mom			
DISN	23 (28)	(6:30) "Descendants" (2015)		"Descendants 2: Emojified" (2017)		"Descendants 2: Emojified" (2017)		"Descendants 2: Emojified" (2017)		"Descendants 2: Emojified" (2017)		"Descendants 2: Emojified" (2017)				
FREE	25 (31)	Eclipse		** "The Twilight Saga: Breaking Dawn Part 1" (2011)		** "The Twilight Saga: Breaking Dawn Part 1" (2011)		** "The Twilight Saga: Breaking Dawn Part 1" (2011)		** "The Twilight Saga: Breaking Dawn Part 1" (2011)		** "The Twilight Saga: Breaking Dawn Part 1" (2011)				
A&E	23 (30)	Live PD: Rewind (N)		Live PD "Live PD -- 07.27.19" (N) (In Stereo Live)		Live PD "Live PD -- 07.27.19" (N) (In Stereo Live)		Live PD "Live PD -- 07.27.19" (N) (In Stereo Live)		Live PD "Live PD -- 07.27.19" (N) (In Stereo Live)		Live PD "Live PD -- 07.27.19" (N) (In Stereo Live)				
USA	23 (18)	*** "Captain America: The Winter Soldier" (2014)		*** "The Fast and the Furious" (2001) Vin Diesel.		*** "The Fast and the Furious" (2001) Vin Diesel.		*** "The Fast and the Furious" (2001) Vin Diesel.		*** "The Fast and the Furious" (2001) Vin Diesel.		*** "The Fast and the Furious" (2001) Vin Diesel.				
TNT	30 (17)	** "Suicide Squad" (2016, Action) Will Smith.		** "The Book of Eli" (2010) Denzel Washington.		** "The Book of Eli" (2010) Denzel Washington.		** "The Book of Eli" (2010) Denzel Washington.		** "The Book of Eli" (2010) Denzel Washington.		** "The Book of Eli" (2010) Denzel Washington.				
BET	31	*** "The Pursuit of Happyness" (2006, Drama) Will Smith.		*** "Creed" (2015) Michael B. Jordan.		*** "Creed" (2015) Michael B. Jordan.		*** "Creed" (2015) Michael B. Jordan.		*** "Creed" (2015) Michael B. Jordan.		*** "Creed" (2015) Michael B. Jordan.				
PARMT	32 (25)	"Django Unchained"		*** "Django Unchained" (2012, Western) Jamie Foxx. (In Stereo)		*** "Django Unchained" (2012, Western) Jamie Foxx. (In Stereo)		*** "Django Unchained" (2012, Western) Jamie Foxx. (In Stereo)		*** "Django Unchained" (2012, Western) Jamie Foxx. (In Stereo)		*** "Django Unchained" (2012, Western) Jamie Foxx. (In Stereo)				
DISC	34 (13)	Naked and Afraid XL "Den of Vipers" (N)		Naked and Afraid "Surviving With Sharks"		Naked and Afraid "Surviving With Sharks"		Naked and Afraid "Surviving With Sharks"		Naked and Afraid "Surviving With Sharks"		Naked and Afraid "Surviving With Sharks"	Sharkwrecked			
UNIV	35	(6:55) Fútbol Mexicano Primera División		Fútbol Mexicano Primera División (Live)		Fútbol Mexicano Primera División (Live)		Fútbol Mexicano Primera División (Live)		Fútbol Mexicano Primera División (Live)		Fútbol Mexicano Primera División (Live)	María	Noticiero		
HIST	36	Ancient Aliens: Declassified "Antartica & Beyond" (N) (In Stereo) (DVS)		Ancient Aliens: Declassified "Antartica & Beyond" (N) (In Stereo) (DVS)		Ancient Aliens: Declassified "Antartica & Beyond" (N) (In Stereo) (DVS)		Ancient Aliens: Declassified "Antartica & Beyond" (N) (In Stereo) (DVS)		Ancient Aliens: Declassified "Antartica & Beyond" (N) (In Stereo) (DVS)		Ancient Aliens: Declassified "Antartica & Beyond" (N) (In Stereo) (DVS)				
BRAVO	37	(6:30) *** "Hitch" (2005) Will Smith.		*** "Hitch" (2005, Romance-Comedy) Will Smith.		*** "Hitch" (2005, Romance-Comedy) Will Smith.		*** "Hitch" (2005, Romance-Comedy) Will Smith.		*** "Hitch" (2005, Romance-Comedy) Will Smith.		*** "Hitch" (2005, Romance-Comedy) Will Smith.				
HGTV	39	Pool Kings (N)		Super		Pool		Best.		Hunt Intl		Hunt Intl	Super	Pool		
WTBS	40 (8)	Pirates		"Pirates of the Caribbean: Dead Men Tell No Tales"		"Pirates of the Caribbean: Dead Men Tell No Tales"		Full		Detour		Claws (DVS)				
FOXN	41 (11)	Watters' World		Justice Judge		Greg Gutfeld		Watters' World		Justice Judge		Justice Judge				
ANPL	42 (28)	Dr. Jeff: RMV		Hendersons		Hendersons		The Aquarium		Hendersons		Hendersons				
TLC	43	Say Yes, Dress		Say Yes to the Dress (N) (In Stereo)		Say Yes to the Dress (N) (In Stereo)		Say Yes, Dress		Say Yes, Dress		Say Yes, Dress				
TVLAND	44	Two Men	Two Men	Two Men	Two Men	Two Men	Two Men	Two Men	Two Men	Two Men	Two Men	Two Men	Two Men	Two Men		
COM	45	(6:25) ** "Blended" (2014) Adam Sandler.		** "The Longest Yard" (2005) Adam Sandler.		** "The Longest Yard" (2005) Adam Sandler.		South		South		South				
E!	46	The Kardashians		The Kardashians		The Kardashians		Summer House		Summer House		Summer House				
HALL	47	Mingle All the Way		"Rome in Love" (2019) Italia Ricci.		"Rome in Love" (2019) Italia Ricci.		"Christmas at Pemberley Manor" (2018)		"Christmas at Pemberley Manor" (2018)		"Christmas at Pemberley Manor" (2018)				
MSNBC	49	All In With		Rachel Maddow		The Last Word		The 11th Hour		The Beat With		The Beat With				
FOOD	52	Restaurant: Im.		Restaurant: Im.		Restaurant: Im.		Restaurant: Im.		Restaurant: Im.		Restaurant: Im.				
EWTV	53	Ignatius of Loyola- Soldier, Sinner, Saint		Living Right		Faith		Grandp.		The Persecuted		The Persecuted				
FX	54 (5)	*** "The Wolf of Wall Street" (2013, Biography) Leonardo DiCaprio.		*** "The Wolf of Wall Street" (2013, Biography) Leonardo DiCaprio.		*** "The Wolf of Wall Street" (2013, Biography) Leonardo DiCaprio.		*** "The Wolf of Wall Street" (2013, Biography) Leonardo DiCaprio.		*** "The Wolf of Wall Street" (2013, Biography) Leonardo DiCaprio.		*** "The Wolf of Wall Street" (2013, Biography) Leonardo DiCaprio.	Pose (In Stereo)			
TRUTV	55	Jokers	Jokers	Jokers	Jokers	Jokers	Jokers	Carbon	Carbon	Carbon	Carbon	Carbon	Carbon	Carbon		
OXY	56	McMartin Trial		The Turpin 13: Family Secrets Exposed		The Turpin 13: Family Secrets Exposed		Uncovered: The McMartin Family Trials		Uncovered: The McMartin Family Trials		Uncovered: The McMartin Family Trials				

Sunday Evening		Insight Communications Oregon-Byron (P) Polo										July 28, 2019				
		7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30					
WTTW	2	Poldark-Master		Grantchester		Burton & Taylor		Check ...		Professor T.						
WREX	3 (6)	Track & Field		America's Got Talent "Judge Cuts 2" (In Stereo)		13 News at 10 (N)		Outdoors		TBA						
WTVO	4 (5)	Celebrity Family Feud (N) (In Stereo)		The \$100,000 Pyramid (N) (In Stereo)		To Tell the Truth (In Stereo) (DVS)		Eyewitness		Entertainment Tonight (N) (In Stereo)		Wipeout				
WIFR	5 (3)	Big Brother (N) (In Stereo)		Instinct "Ancient History" (In Stereo)		The Good Fight "Self Condemned"		News		Last Man Standing		Last Man Standing	Rizzoli & Isles			
WQRF	6 (12)	Simpsons	Burgers	Fam. Guy	What News	Big Bang	Big Bang	Mod Fam	Mod Fam	Mod Fam	Mod Fam	Two Men	Two Men			
CW	15	Pandora (In Stereo)		Pandora (In Stereo)		News	Big Bang	Mod Fam	Mod Fam	Mod Fam	Mod Fam	Chicago P.D.				
WHA	21 (2)	Poldark-Master		Grantchester		Penelope Keith's		Great Performances at the Met (In Stereo)		Great Performances at the Met (In Stereo)		Great Performances at the Met (In Stereo)				
WQPT	43	American Experience (DVS)		When We Were Apollo		American Experience		American Experience		American Experience		American Experience				
ESPN	7 (24)	MLB Baseball: Yankees at Red Sox		SportsCenter (Live)		SportsCenter (N) (Live)		SportCtr		SportCtr		SportCtr				
CNN	8 (26)	CNN Newsroom		The Movies (N) (Part 4 of 6)		The Movies		The Movies		The Movies		The Movies				
CNBC	9	Shark Tank		Shark Tank		Shark Tank		Shark Tank		Shark Tank		Shark Tank				
AMC	10 (19)	(6:00) I Am Legend		NOS4A2 "Sleigh House: Gunbarrel" (2019, Suspense)		NOS4A2 "Sleigh House: Gunbarrel" (2019, Suspense)		NOS4A2 "Sleigh House: Gunbarrel" (2019, Suspense)		NOS4A2 "Sleigh House: Gunbarrel" (2019, Suspense)		NOS4A2 "Sleigh House: Gunbarrel" (2019, Suspense)				
LIFE	12 (22)	"Anniversary Nightmare" (2019, Drama)		"V.C. Andrews' Heaven" (2019, Suspense)		"V.C. Andrews' Heaven" (2019, Suspense)		"Anniversary Nightmare" (2019, Drama)		"Anniversary Nightmare" (2019, Drama)		"Anniversary Nightmare" (2019, Drama)				
WGN-A	18 (9)	Last Man	Last Man	Last Man	Last Man	Last Man	Last Man	Married	Married	Married	Married	Married	Married			
NICK	28 (16)	"Madagascar 3: Europe's Most Wanted"		Friends		Friends		Friends		Friends		Friends	Mom			
DISN	23 (28)	Descend		"Descendants" (2015) Dove Cameron.		"Descendants 2" (2017) Dove Cameron.		"Descendants 2" (2017) Dove Cameron.		"Descendants 2" (2017) Dove Cameron.		"Descendants 2" (2017) Dove Cameron.				
FREE	25 (31)	Twilight-Dawn		"The Twilight Saga: Breaking Dawn Part 2" (2012)		** "The Vow" (2012)		** "The Vow" (2012)		** "The Vow" (2012)		** "The Vow" (2012)				
A&E	23 (30)	** "The Expendables" (2010, Action)		** "The Expendables 2" (2012, Action)		** "The Expendables" (2010, Action)		** "The Expendables" (2010, Action)		** "The Expendables" (2010, Action)		** "The Expendables" (2010, Action)				
USA	29 (18)	** "xXx: Return of Xander Cage" (2017)		** "xXx: Return of Xander Cage" (2017)		** "xXx: Return of Xander Cage" (2017)		** "xXx: Return of Xander Cage" (2017)		** "xXx: Return of Xander Cage" (2017)		** "xXx: Return of Xander Cage" (2017)	Mod Fam	Mod Fam		
TNT	30 (17)	(5:30) Suicide Squad		Claws (DVS)		Claws (DVS)		** "Insurgent" (2015, Science Fiction)		** "Insurgent" (2015, Science Fiction)		** "Insurgent" (2015, Science Fiction)				
BET	31	Sunday Best (N)		Murder in the Thirst		Sunday Best		Murder in the Thirst		Martin		Martin				
PARMT	32 (25)	Bar Rescue		Bar Rescue		Bar Rescue (N)		Bar Rescue		Bar Rescue		Bar Rescue				
DISC	34 (13)	Expedition Unknown		Shark Trip: Eat Prey Chum (N) (In Stereo)		Shark After Dark (N)		Shark Trip: Eat		Shark Trip: Eat		Shark Trip: Eat				
UNIV	35	Familias frente al fuego: Desafío		Crónicas: Historias		Crónicas: Historias		Crónicas: Historias		Crónicas: Historias		Crónicas: Historias	La jugada			
HIST	36	American Pickers: Bonus Buys "Top Dollar Toys" (N) (In Stereo)		American Pickers: Bonus Buys "Top Dollar Toys" (N) (In Stereo)		American Pickers: Bonus Buys "Top Dollar Toys" (N) (In Stereo)		American Pickers: Bonus Buys "Top Dollar Toys" (N) (In Stereo)		American Pickers: Bonus Buys "Top Dollar Toys" (N) (In Stereo)		American Pickers: Bonus Buys "Top Dollar Toys" (N) (In Stereo)				
BRAVO	37	Housewives		Southern Charm		Watch	Watch	Watch	Housewives	Southern	Southern	Southern				
HGTV	39	Beach	Beach	Mexico	Mexico	Island	Island	Hawaii	Hawaii	Mexico	Mexico	Mexico	Mexico			
WTBS	40 (8)	Big Bang	Big Bang	Claws (DVS)		Claws (DVS)		** "Remember the Titans" (2000)		** "Remember the Titans" (2000)		** "Remember the Titans" (2000)				
FOXN	41 (11)	Watters' World		The Next Revolution		Life, Liberty & Levin		Watters' World		The Next Revolution		The Next Revolution				
ANPL	42 (28)	North Woods Law		North Woods Law		North Woods Law		North Woods Law		North Woods Law		North Woods Law				
TLC	43	90 Day Fiancé: Happily Ever After? (N)		sMothered (N)		Unexpected (N)		90 Day Fiancé		90 Day Fiancé		90 Day Fiancé				
TVLAND	44	Raymond	Raymond	Raymond	Raymond	Two Men	Two Men	Two Men	Two Men	Two Men	Two Men	Two Men	Two Men			
COM	45	(5:50) "Tommy Boy"		** "Tommy Boy" (1995) Chris Farley.		"Joe Dirt 2: Beautiful Loser" (2015)		"Joe Dirt 2: Beautiful Loser" (2015)		"Joe Dirt 2: Beautiful Loser" (2015)		"Joe Dirt 2: Beautiful Loser" (2015)				
E!	46	Dating	Dating	The Kardashians		The Kardashians		The Kardashians		The Kardashians		The Kardashians				
HALL	47	Good Witch (N)		"Sister of the Bride" (2019) Becca Tobin.		Summer Golden		Golden		Golden		Golden				
MSNBC	49	Kasie DC (N)		Headliners		To Be Announced		Dateline Extra		Lockup: Wabash		Lockup: Wabash				
FOOD	52	Guy's Games		Food Truck Race		Beat Flay	Beat Flay	Beat Flay	Beat Flay	Food Truck Race		Food Truck Race				
EWTV	53	Sunday	Catholics	Life/Rock	Rosary	Fr. Stanley Rother		Catholic	Catholic	Sunday Mass		Sunday Mass				
FX	54 (5)	(6:00) "The Fate of the Furious" (2017)		The Weekly (N)		** "Fast & Furious 6" (2013) Vin Diesel.		** "Fast & Furious 6" (2013) Vin Diesel.		** "Fast & Furious 6" (2013) Vin Diesel.		** "Fast & Furious 6" (2013) Vin Diesel.				
TRUTV	55	Jokers	Jokers	Jokers	Jokers	Jokers	Jokers	Ad. Ruins	Ad. Ruins	Carbon	Carbon	Carbon	Carbon			
OXY	56	A Lie to Die For (N)		The Backyard		Uncovered: The McMartin Family Trials		License to Kill		License to Kill		License to Kill				

Monday Evening		Insight Communications Oregon-Byron (P) Polo										July 29, 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		POV "Inventing Tomorrow" (N)		World					
WREX	3 (6)	American Ninja Warrior "Oklahoma City City Finals" (N) (In Stereo) (DVS)		Dateline NBC (N) (In											

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Annual Statement

STATE OF ILLINOIS OFFICE OF VILLAGE OF LEAF RIVER
 COUNTY OF OGLE LEAF RIVER, ILLINOIS

The following is a statement by JANICE L. MYERS, treasurer of the Village of Leaf River in the County and State aforesaid, of public funds received and disbursed by her during the fiscal year ending on the 30th day of April A. D. 2019 showing the amount of public funds on hand at commencement of said fiscal year; the amount of public funds received, and from what sources received; and the amount of public funds expended, and for what purpose expended, during said fiscal year ending as aforesaid.

The said JANICE L. MYERS, being duly sworn, doth depose and say, that the following statement by her subscribed is a correct statement of the amount of public funds on hand at the commencement of the fiscal year above stated, the amount of public funds received and the sources from which received, and amount expended, and purposed for which expended, as set forth in said statement.

Subscribed and sworn to before me, this 17th day of July, 2019.

Village Clerk

Jana R. Krueger

Village Treasurer

Janice L. Myers



Amount of public funds on hand at the commencement of the
 Fiscal year commencing the 1st day of May, 2018

GENERAL CORPORATE ACCOUNT

Balance on Hand May 1, 2018 - \$164,928.35

RECEIPTS	AMOUNT
Property Tax	\$ 10,011.97
State Income Tax	43,010.38
Local Use Tax	13,098.16
State Sales Tax	18,530.99
Utility Tax	21,685.40
Telecommunications Tax	11,418.93
Video Gaming Tax	4,273.93
Replacement Tax	2,470.68
Business License	24.00
Liquor Licenses	2,525.00
Off Road Vehicle Stickers	275.00
Building Permits	55.00
Water & Sewer Rents, Sewer Sur Chg.	179,841.05
RVC Rental	11,050.00
Tower Rental	5,500.00
Gaming License	200.00

Misc. Detail:

Museum Gas Bill	2,622.15
Turn On Fee	40.00
Gas Purchase	20.00
Refunds	2,860.19
Salt Spreading	100.00
Contingency Monies	116.40
Voided Checks	3,072.62
Clean-Up Day Grant	1,146.33
Transfer	6,200.00
Trash Pick-Up	50.00

1/2 Tree Removal	400.00
RVC - Reimbursements	8,226.00
TOTAL RECEIPTS	\$ 348,824.18

DISBURSEMENTS	AMOUNT
C. McGill - Wages	\$ 28,137.52
S. Shelton - Wages	2,263.11
T. Krueger - Clerk	7,204.26
J. Myers - Treasurer	5,414.85
Janes Environmental	12,000.00
Beesing Welding	2,011.40
Bobcat of Rockford	3,765.20
BOK Financial	44,522.10
Climbin' Tough Tree Svc.	4,875.00
ComEd	26,935.29

Crescent Electric	4,049.99
Core & Main	3,715.17
Forreston State Bank	5,423.64
Freeport Industrial Roofing	14,340.00
Glendenning	5,721.20
Hometown Tech Solutions	2,500.00
IL Counties Risk Mgmt. & Trust	23,383.51
Illinois EPA	5,419.44
Illinois Dept. of Revenue	3,610.43
Lesman	2,707.00
Mechanical, Inc.	3,309.39
Moring Disposal	2,806.36
Nat'l Wash Authority	6,200.00
NICOR Gas	16,206.10
Peabody's, Inc.	11,627.09
Polo Coop.	3,469.33
Sewer Sur Charge Acct. - Transfer	13,227.68
Gene Shabacher	2,481.00
Simler Plumbing & Heating	3,331.61
USDA Rural Development	68,100.00
U.S. Treasury	14,256.70
VISA	3,943.91
Ward, Murray, Pace, & Johnson	4,728.50
Willett, Hoffman & Assoc.	13,005.89
WIPFLi	9,725.00
TOTAL DISBURSEMENTS PAID TO VENDORS, OVER \$2,000.00	\$ 384,417.67

DISBURSEMENTS PAID TO VENDORS RECEIVING LESS THAN \$2000.00

S. Poggioli	Ben Wagner	C. Newcomer
P. Detmer	J. Lamping	R. Wilcox
B. Plock	F. Spengler	Alpha Controls
Airgas	Ashton Computer	Bobcat of Rockford
Byron Bank - Bad Ck. Ret.	Byron Bank - Svc. Chg.	Byron Bank - Wire Fee
Bonnell Ind.	Bee Line Svc.	Cintas
City of Dekalb	Constellation	Eagle Chem. Supply
Ehman	Elmer's Lock-N-Key	Freeport Press
Grainger	Holman, Dahms Insurance	C. Greenfield
Illinois Municipal League	Ill. Dept. of Employ. Security	IRWA
D. Janes	JULIE	T. Krueger
Koeller Forreston Hardware	Leaf River Postmaster	L & S Construction
L R Communications	Leaf River Citgo	Meridian Implement
Meyers Repair	Mississippi Valley Pump	Mowery Auto
Mr. Outhouse	J. Myers	NAPA
Notary Public Of IL	Ogle County GIS	Ogle County Life
Ogle Co. Clerk	PDC Laboratories	Poster Compliance
PV Business Solutions	N. Pinkston	Rogers Ready-Mix
Rock Cut Quarries	Sensus	SES
Staples	Stump Buster	Tate's Trenching
Trusco Mfg.	USA BlueBook	U S Cellular
Verizon	Viking Chem.	Wagner's Business Prod.
Ogle Co. Lawn Equip.	Zip's Repair	RVC

TOTAL DISBURSEMENTS UNDER \$2000.00 PER VENDOR	\$	<u>34,420.60</u>
TOTAL DISBURSEMENTS	\$	418,838.27
GENERAL CORPORATE ACCOUNT - BALANCE ON HAND APRIL 30, 2019 -		\$94,914.26

MOTOR FUEL TAX ACCOUNT		
Balance on Hand May 1, 2018	\$	12,058.83
RECEIPTS		
		AMOUNT
MFT Allotments	\$	11,278.95
Interest		<u>17.57</u>
TOTAL RECEIPTS	\$	11,296.52
DISBURSEMENTS		
		NONE

MOTOR FUEL TAX ACCOUNT - BALANCE ON HAND APRIL 30, 2019 \$ 23,355.35

CERTIFICATE OF DEPOSIT		
Balance of Hand May 1, 2018	\$	39,233.84
RECEIPTS		
		AMOUNT
Interest	\$	<u>275.36</u>
TOTAL RECEIPTS	\$	275.36
DISBURSEMENTS		
		NONE
CERTIFICATE OF DEPOSIT - BALANCE ON HAND APRIL 30, 2019	\$	39,509.20

WATER - CD		
Balance on Hand May 1, 2019	\$	19,828.93
RECEIPTS		
		AMOUNT
Interest	\$	<u>89.17</u>
TOTAL RECEIPTS	\$	89.17
DISBURSEMENTS		
		NONE
WATER - CD - BALANCE ON HAND APRIL 30, 2019	\$	19,918.09

SEWER - CD		
Balance on Hand May 1, 2018	\$	6,609.67
RECEIPTS		
		AMOUNT
Interest	\$	<u>29.72</u>
TOTAL RECEIPTS	\$	29.72
DISBURSEMENTS		
		NONE
SEWER - CD - BALANCE ON HAND APRIL 30, 2019	\$	6,639.39

LEAF RIVER WATER FUND		
Balance on Hand May 1, 2018	\$	20,699.87
RECEIPTS		
		AMOUNT
Interest	\$	<u>28.24</u>
TOTAL RECEIPTS	\$	28.24
DISBURSEMENTS		
Transfer	\$	<u>6,200.00</u>
TOTAL DISBURSEMENTS	\$	6,200.00
LEAF RIVER WATER FUND - BALANCE ON HAND APRIL 30, 2019	\$	14,528.11

LEAF RIVER WATER FUND - CD		
Balance on Hand May 1, 2018	\$	61,135.10
RECEIPTS		
		AMOUNT
Interest	\$	<u>829.50</u>
TOTAL RECEIPTS	\$	829.50
DISBURSEMENTS		
		NONE

LEAF RIVER WATER FUND - CD - BALANCE ON HAND APRIL 30, 2019 \$61,964.60

SEWER SUR CHARGE ACCOUNT		
Balance on Hand May 1, 2018	\$	101,683.00
RECEIPTS		
		AMOUNT
Transfers	\$	13,227.68
Interest		<u>159.31</u>
TOTAL RECEIPTS	\$	13,386.99
DISBURSEMENTS		
		NONE
SEWER SUR CHARGE ACCOUNT - BALANCE ON HAND APRIL 30, 2019	\$	15,069.99

Going once....
Going twice....
SOLD!

Thinking of buying or selling antiques, cars, personal property, homes or land?

Contact one of these local, qualified auctioneers.





PUBLIC NOTICE
 Notice is hereby given by the Executive Board of the Ogle County Educational Cooperative, SEJA/801, Joint Agreement, in the County of Ogle, State of Illinois, that the tentative budget for the fiscal year beginning July 1, 2019, is on file and conveniently available to public inspection at 417 N. Colfax Street, Byron, Illinois, within the boundaries of this Joint Agreement. Notice is further given that a public hearing on said budget will be held at 6:00 p.m. on August 22, 2019 at the Ogle County Educational Cooperative office building located at the above address, within the boundaries of this Joint Agreement. By the Executive Board of the Ogle County Educational Cooperative, District SEJA/801, in the County of Ogle, State of Illinois.
 No. 0724 (July 22, 24)

EMPLOYMENT - DRIVERS

WARM UP WITH A NEW CAREER AT TTI!
 \$1600 Sign-on Bonus! **EXPERIENCED DRIVERS**
 *Flatbed *Step Deck *Van *LTL Reefer.
 Pay is 26% Gross Flatbed/Step Deck & up to .53/mile Van/Reefer.
 Full benefits w/FREE Health & Life Insurance, 6 paid Holidays + Industry leading Driver Bonus Program!
 Must have Class A CDL.
Call Ruth or Mike
at TTI Inc 1-800-222-5732
Apply online ttitrucking.com

MOTORCYCLES

TOP CASH PAID!
FOR OLD MOTORCYCLES!
 1900-1980 Dead or Alive
 888-800-1932 or 920-371-0494

TRAINING/EDUCATION

AIRLINE CAREERS FOR NEW YEAR - BECOME AN AVIATION MAINTENANCE TECH. FAA APPROVED TRAINING. FINANCIAL AID IF QUALIFIED - JOB PLACEMENT ASSISTANCE. CALL AIM 800-481-8312

PUBLIC NOTICE
 STATE OF)
 ILLINOIS)
)ss
 COUNTY)
 OF OGLE)
 IN THE CIRCUIT COURT)
 OF THE 15th JUDICIAL)
 CIRCUIT)
 COUNTY OF OGLE - IN)
 PROBATE)
 In the)
 Matter)Case
 of the)No.
 Estate of)19P37
 MICHAEL)
 L.)
 MAHAFFEY,)
 Deceased.)
NOTICE FOR PUBLICATION - WILL AND CLAIMS
 NOTICE is given of the



Want breaking news wherever you are?
Like us on facebook.



305 GARAGE SALES

Sale Sale Sale Sale Sale Sale
Garage sale
 304 N. 7th St., Oregon
Thursday, July 25th and Friday, July 26th, 8:00 AM to 4:00 PM.
 Misc. household items, kitchen items, Christmas décor, home décor, lamps, furniture, tools, yard tools, hunting and fishing gear, bikes, etc.
 PIA#68

305 GARAGE SALES

Sale Sale Sale Sale Sale Sale
Garage sale
 12053 E. Bethel Rd., Kings (T-Intersection of Church Rd.& Bethel Rd)
Thurs. July 25th & Fri. July 26th 8:00-5:00
Sat. July 27th, 8:00-1:00
 Antiques - old windows/doors, trunks, glass jugs, Ringer/Washer, etc. Baby items, toys, maternity clothes, house décor, weight lift benches w/weights, table w/5 chairs, Ping-Pong table and misc. To much to list and PRICED TO SELL. PIA#71

305 GARAGE SALES

Sale Sale Sale Sale Sale Sale
ONE DAY ONLY SALE!
 1150 E. Helle Rd., Oregon
Sat. July 27 th, 8:00-4:00
 Tons of stuff to choose from!
 Don't miss this!
 PIA#69

Sale Sale Sale Sale Sale Sale
MOVING SALE!
 714 Golden Prairie Dr. Davis Junction
Fri. 7/26, 9:00-5:00
Sat. 7/27, 9:00-5:00
Sun. 7/28, 9:00-5:00
 Furniture (Lazy Boy sofa, Amish oak kitchen chairs, curio cabinets, Amish fireplace, small kitchen appliances (kitchen aide mixer, cuisinart coffee maker,) King and Queen comforters and quilted spreads, linens, radial arm saw, misc. tools, wall decor, collectibles (Lilliput Lane, Avon), pre lit Xmas tree, computer/nintendo/playstation games, DVDs, Longaberger baskets, much more. PIA#67

PUBLIC NOTICE

Below are the dates of the 2019 – 2020 School Year Byron Board of Education Regular and Committee Meetings.

The **Finance Committee meets at 6:00 p.m.** before each Regular Board of Education Meeting monthly, unless otherwise specified.

The Byron C.U.S.D. 226 Regular Board of Education Meetings are generally held on the **fourth Thursday of each Month at 6:30 p.m.**, unless otherwise specified. These meetings are held in the Board of Education Meeting Room in Byron High School at the above address.

Board of Education Meetings – Dates and Times School Year 2019-2020

July	25, 2019	January	23, 2020
August	22, 2019	February	27, 2020
September	19, 2019	March	26, 2020
October	24, 2019	April	23, 2020
November	26, 2019 (Note date because of Thanksgiving)	May	28, 2020
December	19, 2019 (Note date because of Christmas Break)	June	25, 2020

In addition to the meetings listed below, the Finance Committee meets before each Regular Board meetings at 6:00 p.m. All Regular Board of Education meetings are held at 6:30 p.m.

<u>Committee of the Whole</u>	<u>Finance Committee</u>	<u>Regular Board of Education</u>
July 15, 2019 6:00	July 25, 2019 6:00	July 25, 2019 6:30
August 19, 2019 6:00	August 22, 2019 6:00	August 22, 2019 6:30
September 16, 2019 6:00	September 19, 2019 6:00	September 19, 2019 6:30
October 21, 2019 6:00	October 24, 2019 6:00	October 24, 2019 6:30
November 18, 2019 6:00	November 26, 2019 6:00	November 26, 2019 6:30
December 16, 2019 6:00	December 19, 2019 6:00	December 19, 2019 6:30
January 16, 2020 6:00	January 23, 2020 6:00	January 23, 2020 6:30
February 20, 2020 6:00	February 27, 2020 6:00	February 27, 2020 6:30
March 16, 2020 6:00	March 26, 2020 6:00	March 26, 2020 6:30
April 20, 2020 6:00	April 23, 2020 6:00	April 23, 2020 6:30
May 18, 2020 6:00	May 28, 2020 6:00	May 28, 2020 6:30
June 15, 2020 6:00	June 25, 2020 6:00	June 25, 2020 6:30

Please contact me with any questions or concerns at the phone number above, extension 220. Sincerely,

Donna Dyal, Board Recording Secretary

death of Michael L. Mahaffey. Letters of Office were issued on July 12, 2019, to Jessica M. Mahaffey, Administrator, who is the legal representative of the estate. The attorney for the estate is Attorney Nathan J. Noble, P.C., 504 North State Street, Belvidere, Illinois. Claims against the estate may be filed on or before January 22, 2020, that date being at least six (6) months from the date of first publication, or within three (3) months from the date of mailing or delivery of Notice to creditors, if mailing or delivery is required by 755 ILCS 5/18-3, whichever date is later. Any claim not filed by the requisite date stated above shall be barred. Claims against the estate may be filed in the office of the Ogle County Circuit Clerk–Probate Division at the Ogle County Courthouse, 105 S. 5th Street, Oregon, IL 61061, or with the estate legal representative, or both. Copies of claims filed with the Circuit Clerk’s Office–Probate Division, must be mailed or delivered to the estate legal representative and to his attorney within ten days after it has been filed.

Date: 7/15/19
Nathan J. Noble
Attorney for Administrator
Nathan J. Noble, P.C.
504 North State Street
Belvidere, IL 61008
815.547.7700
ARDC 6290348
nnoble@attorneyoble.com
No. 0725 (July 22, 29, Aug. 5)

PUBLIC NOTICE
Public Notice is hereby given that on July 16, 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: Vicarioustyle, 221 W. Washington St., Oregon, IL 61061.
Dated: July 16, 2019
Laura J. Cook,
Ogle County Clerk
No. 0729 (June 24, July 1, 8)

PUBLIC NOTICE
Public Notice is hereby given that on July 10, 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: Ms. Heather’s Home Daycare, 402 E. Webster St., Polo, IL 61064.
Dated: July 10, 2019
Laura J. Cook,
Ogle County Clerk
No. 0719 (July 15, 22, 29)

PUBLIC NOTICE
RFP Notice
The Byron Museum District, Ogle County, Illinois

is requesting proposals for efficiency upgrades to the historic Lucius Read House located at 101 W. Blackhawk Byron, Illinois. Bids will be received as a lump sum proposal for the replacement of all windows, three exterior doors, repairing frames, sills, soffits, eaves, and painting all trim over the summer of 2019. Proposal submission deadline is Wednesday, August 21, 2019 5:00 o’clock P.M. Project Start and End Dates: September 1 through October 25, 2019. Interested vendors may schedule an inspection of the building’s interior during museum hours Wed-Sat between 10:00 AM and 3:00 PM. Digital Proposals should be e-mailed in PDF format to director@byronmuseum.org physical proposals can be mailed to Byron Museum District PO Box 186 Byron, Illinois, or dropped off at the Byron Museum District offices located at 110 North Union Street Byron, Illinois 61010.

The successful bidder will be required to furnish insurance equal to or greater than the specified amounts and conditions; a minimum of one million dollar liability insurance, and must comply with the Illinois Statutes requiring the payment of prevailing wages by all contractors working on public works. The RFP includes a draft of contract documents, plans and specifications are on file and may be examined in the offices of the Byron Museum during regular business hours or request a PDF by emailing director@byronmuseum.org. The Owner will evaluate bids based on cost, experience and past performance of contractor, rating of insurance company and conformance to the contract documents and terms. The Owner reserves the right to accept or reject any or all proposals and to waive any informalities in bidding, whenever such actions are in the interest of the museum district.

Any proposals received after the time specified shall be deemed non-responsive and be subject to immediate disqualification. No proposals may be withdrawn or modified after the scheduled closing time for receipt of bids for at least thirty (30) days. . No. 0726 (July 22)

PUBLIC NOTICE
RFP Notice
The Byron Museum District, Ogle County, Illinois is requesting proposals for audio visual equipment and installation in the museum’s theater space located at 116 N. Union St. Byron, Illinois. Bids will be received as a lump sum proposal for the supply and installation of speakers, mixer, microphones, projector,

screen, and cables over the Autumn of 2019. Proposal submission deadline is Wednesday, August 21, 2019 5:00 o’clock P.M. Project Start and End Dates: September 1 to October 25, 2019. Interested vendors may schedule an inspection of the building’s interior during museum hours Wed-Sat between 10:00 AM and 3:00 PM. Digital Proposals should be e-mailed in PDF format, to director@byronmuseum.org physical proposals can be mailed to Byron Museum District PO Box 186 Byron, Illinois, or dropped off at the Byron Museum District offices located at 110 North Union Street Byron, Illinois 61010.

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103 AUCTIONS

AUCTIONEER DIRECTORY

Lenny Bryson
Sales Of All Kinds
815-946-4120

Terry Dieken
Auction Service
815-222-0542

“Complete Auction Service
Selling All Types Of Auctions”

Hack’s Auction & Realty Service, Inc.
Greg & Swan
Hachmeister, Auctioneers
Pecatonica, IL
815-239-1436

Real Estate * Farms
* Appraisals
Antiques * Personal Property



Not sure why business is slow?



is not just a saying in business.

Advertise today and let your business be in sight and in the minds of your customers.

101 LEGAL NOTICE

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

105 BUSINESS OPPORTUNITIES

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

113 FINANCIAL

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

119 ANNOUNCEMENTS

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

203 HELP WANTED

127 SERVICES AND REPAIRS

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

201 DOMESTIC/CHILD CARE

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

203 HELP WANTED

PART-TIME DRIVER Needed. Flexible. Mostly Weekends. Pickup Gooseneck. Regular License. \$16/hr. DeKalb. www.friendlyfarms.com Call Steve Just Before You Come by to Fill out Application, 815-756-7773. (07-31-19)

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

Toddler teacher/ Part-time assistant needed at home daycare in Byron. Three/4 days per week, 7:30am. - 4:30 p.m. Call Jennifer at 815-520-1844

Local Trucking Company Seeks experienced Class A-CDL Driver for Full time year round employment hauling grain 815-938-3644 Please leave message

Best Beginning's Learning Center is looking for PT & Full time teacher's positions/assistant. If interested please call 815-732-3760 or stop in at 108 N. 2nd St, Oregon

301 ANTIQUES

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

ANTIQUES WANTED: I pay cash for antiques; furniture, glassware, pottery & crocks, tin & iron toys, sterling silver, de-

coys. If it's antique, I'm interested in looking! Call 815-562-2928 or email dickharms@hotmail.com

307 MISCELLANEOUS FOR SALE

FOR SALE: Patio Furniture. Love Seat and End Table, \$49 Call 815-764-1777. (07-24-19)

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

309 PETS AND SUPPLIES

PUPPIES For Sale: Mini Dachshunds. Ready to go. Call 815-757-0473. (07-24-19)

315 WANTED TO BUY

NEAR ROCHELLE Area: WANT TO BUY Your 2-3 Bedroom House, Duplex, or Triplex With 2-Baths & 2-Car Garage. Call 608-325-9802. (07-21-19)

WANTED: Coin operated machines, slot machines, pinball, arcade, trade simulators, jukeboxes. Working or not working. 815-397-6586.

405 HOUSES FOR SALE

ALL REAL ESTATE ad-

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

411 MOBILE HOMES FOR SALE

PRICE REDUCED! Parkmodel for sale in Lake Louise, Byron. 3 bd. Golf cart & outside stg. bldg. inc. Bonus 2019 rent pd. Move in ready! \$21,500 OBO. Call for appt. 815-978-5051

Life newspaper carriers wanted in Byron
The Ogle County Life is updating its list of individuals interested in a carrier route in Oregon, Byron & Mt. Morris

- Deliver just once per week on Sunday afternoons
- No collecting
- Good extra cash for kids or adults

Anyone 10 years or older who would like to earn some extra money by delivering the Ogle County Life should call 815-732-2156 and leave your name and phone number, and you may be contacted in the future when a route becomes available.

OREGON Park District ESTABLISHED 1966
Aquatics Coordinator
Creating fun for a lifetime!

Summary: Under the direction of the Superintendent of Recreation, the Coordinator is responsible for the planning, coordination and supervision of operational functions for the aquatic facility and associated programming. Oversees the operations of the aquatics department and programs, including staff supervision, budget management, and planning. Coordinates and supervises the day-to-day operation of aquatic programs. Maintains records, schedules staff, and ensures proper pool maintenance. Provides swim instruction and life guarding as necessary.

Scope of Responsibilities: Manages aquatic programs, complying with all Park District policies, procedures and StarGuard requirements. In addition, also responsible for hiring, training and supervising staff and volunteers for all aquatic programs. Develops, manages, and monitors aquatic department budgets. Assesses and recommends budgeting for facility and equipment needs. Also provides data and reports on assigned programs in support of the planning process. Develops, produces and disseminates appropriate program information in order to promote aquatic programs to the public. Ensures that program areas, equipment and supplies are maintained in an orderly and safe manner. Report any items that may provide a health or safety hazard to staff, members or guests to your supervisor or the person responsible for those items at your site. Follow all policies and procedures related to keeping children safe in our facilities and programs, including those related to managing visitors and guests at our facilities. Hours: The Aquatic Coordinator shall have varying hours due to programs, special events and facility operating hours. Due to the varying nature of the work, evening and weekend hours are expected.

Qualifications: Bachelor's Degree in recreation administration or closely related field preferred, but not required; two years of full time experience in recreation programming, aquatics experience preferred. CPRP and record of ongoing participation in continuing education seminars and workshops is desirable. Current lifeguard instructor certification through Starfish Aquatics or the ability to obtain within six months of employment.

Essential Functions: • Plan, organize, promote and supervise a variety of youth and adult aquatic programs. • Assess needs of the community and recommend modifications of existing programs and implementation of innovative programs. • Prepare and submit records and reports including payroll, staff schedules, registration information, activity schedules, weekly recreation reports and board reports. • Select and train personnel and volunteers. • Assist in the development of goals and objectives for all aquatic programs. • Directly monitor and coordinate fiscal control procedures for the various programs. • Submit information for the District's seasonal activity guides. • Implement special procedures as approved by the Board of Commissioners, Executive Director and Superintendent of Recreation. • Preparation and administration of the annual budget for the aquatic department. • Coordinate with the Superintendent of Recreation to develop a promotional strategy for each program and special event and publicize through different media sources.

Submit resume and cover letter:
Oregon Park District
Attn. Superintendent of Recreation
PO Box 237
Oregon, IL 61061
or via email: tina@oregonpark.org

focus house

CUSTODIAN/ GROUNDKEEPER PART TIME
\$12.00 PER HOUR
10-15 HOURS PER WEEK
DAYS AND TIME ARE FLEXIBLE

MUST HAVE HS DIPLOMA OR GED
MUST HAVE ILL DRIVERS LICENSE
MUST HAVE NO CRIMINAL HISTORY

CLEANING INTERIOR BUILDING
MOWING, SEASONAL LAWN CARE
REMOVING SNOW ON WALKWAYS
OTHER DUTIES AS ASSIGNED

PLEASE SUBMIT RESUME
AND OGLE COUNTY APPLICATION
(AVAILABLE AT
<http://oglecounty.org>)
TO bmason@oglecounty.org

Seasonal/Summer Positions Available
Seasonal Summer/ Park Maintenance

The Oregon Park District is accepting applications for a part time Parks maintenance positions. Positions require approximately 40 hours weekly spring through fall, Monday through Friday and weekends when needed. Experience operating general lawn care equipment and a valid Illinois State Driver's License is required. Must be able to carry out all general maintenance duties assigned to include, trimming, bathroom maintenance, garbage clean up, sports fields set up and event set up.

Applications are available online at www.oregonpark.org and accepted at Nash Recreation Center, 304 S. 5th St., Oregon.

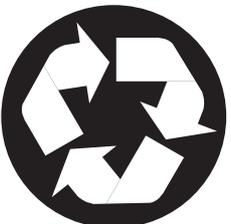
Further information may be attained by contacting Andy Egyed @ (815)732-3101 or andy@oregonpark.org.

OREGON Park District ESTABLISHED 1966
Creating fun for a lifetime!

501
APARTMENTS FOR
RENT

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

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PROPERTY
MANAGEMENT**
All size rental
properties
Residential &
Commercial
Rochelle, Ottawa and
surrounding area.
Call 815-562-7368
www.rochelleproperty.com



Oregon, 1- 2Br
& 1- 3Br luxury
apartments, 2 full
bath, gas appliances,
washers/dryers,
fireplace, granite
counters, hardwood
floors, garage &
elevator.
Starting at \$750.
Call
847-331-1722.

**Buy, Sell, Trade or Rent
through the
Marketplace**

**Learn Something
NEW
Every Day!**

303
APPLIANCES

**NEW MILFORD
REFRIGERATION**
New, Scratch & Dent or Rebuilt
HUGE SELECTION
of 5,000-30,000 BTU
AIR CONDITIONING UNITS
DEHUMIDIFIERS
\$99 & UP
07032019
6331 11th Street, Rockford
815-874-2257

409
LOTS & ACREAGE

LAND FOR SALE
3.7 Acres - Corner of Pines & Rt. 2
Oregon, IL - Zoned Commercial
\$250,000

NEW ACREAGE
South Edge of Oregon

33.7 - Acres South of Railroad and West of Rt. 2.
33 Acres Tillable-Zoned Industrial
\$9,500 Per Acre

45.4 Acres South of Pines Road Between the Railroads.
19.4 Acres Tillable-Zoned Industrial.
\$6,535 Per Acre

Daniel J. Boehle, Managing Broker
510 S. Fifth St., Oregon, IL
815-732-6050 815-751-0037

303
APPLIANCES

**NEW MILFORD
REFRIGERATION**
NEW SCRATCH & DENT
• Refrigerators • Freezers
• Washers/Dryers • Stoves

We also carry a
large selection
of refurbished
appliances with
a warranty.

6331 11th Street, Rockford
815-874-2257

601
VEHICLES FOR SALE

TNT MOTOR SALES

2007 JEEP WRANGLER UNLIMITED
FUN RIDE, HARD
TOP, 105K
\$13,995*

2017 CHRYSLER PACIFICA
LOADED, 41,000
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HEALTH & FITNESS



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Monday, July 22, 2019
Section D



Allergies can come from more than just what is in the air

Allergies

An allergy is when your immune system attacks something that doesn't bother some other people, such as pollen, mold, pet dander, food, insect stings or bites.

The American Academy of Allergy Asthma & Immunology says about 50 million Americans suffer from some allergy.

Symptoms

Symptoms of allergies include a runny nose, sneezing, itching, redness, rashes, swelling and trouble breathing. Life threatening symptoms include anaphylaxis, a severe reaction characterized by a feeling of warmth, flushing, shortness of breath, throat tightness, vomiting or diarrhea, and a drop in blood pressure that can cause a loss of consciousness and shock.

Diagnosis

Your doctor may send you to a specialist, an allergist or immunologist. Allergies are diagnosed through skin or blood tests combined with a thorough medical history and physical exam. These tests can help you identify triggers to minimize your allergy symptoms.

Treatment

Other than avoiding as much as possible the things that make you sick, there are a variety of over-the-counter and prescription medications that can alleviate your allergy symptoms. Always talk to your doctor before starting any medication and be aware that many antihistamines and other medications can make you very drowsy. Make sure to read the labels thoroughly and ask a pharmacist if you're concerned about drug interactions.

Immunotherapy

Some allergic conditions may respond well to immunotherapy, a gradual exposure to allergens to train your immune system not to attack certain stimulants. Immunotherapy shots usually are administered one or two times a week for a range of months. Sublingual tablets can also treat allergies for certain types of grass.



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Using alternatives to opioids

Submitted by Jeffrey R. Cates, DC, MS, DABCO, DABCC

The many problems with opioid drug use were well summarized by Dr. William Lauretti for the American Chiropractic Association. An excerpt of the summary follows.

Inadequate pain management coupled with the epidemic of prescription opioid overuse and abuse has taken a severe toll on the lives of tens of thousands of people in the United States. According to the Centers for Disease Control and Prevention (CDC), as many as one in four patients who receive prescription opioids long term for non-cancer pain in primary care settings struggles with addiction. Every day, more than 1,000 people are treated in the ER for misusing prescription opioids.

Deaths involving opioids are six times higher than in 1999; in 2017 alone, more than 47,000 people died from overdoses involving the drugs. That same year, another 2 million people abused or were dependent on opioids.

Beyond the risks of addiction and overdose,

prescription drugs that numb pain may convince a patient that a musculoskeletal condition is less severe than it is or that it has healed. This misunderstanding can lead to overexertion and a delay in the healing process...or even permanent injury. Chiropractic and other conservative (non-drug) approaches to pain management can be an important first line of defense against pain and addiction caused by the overuse of prescription opioid pain medications.

There is a growing body of research that validates the effectiveness of chiropractic services, leading many respected health care organizations to recommend chiropractic and its drug-free approach to pain relief.

In 2017, the American College of Physicians (ACP) updated its guidelines for the treatment of acute and chronic low back pain to recommend first using non-invasive, non-drug treatments

before resorting to drug therapies. ACP's guidelines, published in the Annals of Internal Medicine and based on a review of randomized controlled trials and observational studies, cite heat therapy, massage and spinal manipulation as possible options for non-invasive, non-drug therapies for low back pain. Only when such treatments provide little or no relief, the guidelines state, should patients move on to medicines such as ibuprofen or muscle relaxants, which research indicates have limited pain-relief effects. According to the

guidelines, prescription opioids should be a last resort for those suffering from low back pain, as the risk of addiction and overdose may outweigh the benefits.

In March 2016, the Centers for Disease Control and Prevention released guidelines for prescribing opioids that also promote non-pharmacologic alternatives for the treatment of chronic pain. In 2015, the Joint Commission, the organization that accredits more than 20,000 health care systems in the U.S., including every major hospital, recognized the value of

non-drug approaches by adding chiropractic and acupuncture to its pain management standard.

Dr. Cates is board certified as a chiropractor and orthopedist. He has a master's degree in biomechanical trauma. His published works include several medical journal articles on quality assurance and standards of care in healthcare. Dr. Cates work is included in the indexed medical literature and is available at the National Library of Medicine and National Guideline Clearing-



house. He is also co-author of the low-back systematic review and lead author of the systematic review chapter on thoracic disorders of the profession's best practice guideline text. He maintains a private practice of chiropractic orthopedics in Oregon, IL.

Well visits are an important part of child healthcare

Expecting parents will soon discover that having a child sparks many changes in their lives. As infancy rolls into toddlerhood and beyond, there is usually one constant in the busy lives of new families: the pediatrician. Children visit their pediatricians at regular intervals, and these doctors are invaluable sources of support and care.

Pediatricians provide well-child services throughout youngsters' childhoods. Health checkups start from the day the baby is born and continue until a child reaches adulthood. JAMA Pediatrics says there are many benefits of well-child visits. One of the key aspects of these checkups is tracking a child's growth and development, including physical, cognitive, emotional, and social progress.

well-child visits is to prevent injury and illness. When parents come in for these visits, the staff will likely go over the appropriate safety protocol for that child's age and milestone. This may include car seat safety checks, preventing falls, choking hazards, and safety when entering school.

Bright Futures/American Academy of Pediatrics developed a set of comprehensive health guidelines for well-child care, and many pediatricians follow these schedule and screening guidelines. Visits often start at one-month intervals, and then increase by two- and three- month durations until the child is two years old. After 2.5 years of age, annual visits become the norm. Well-child visits are also opportunities for screening tests and physical examinations.

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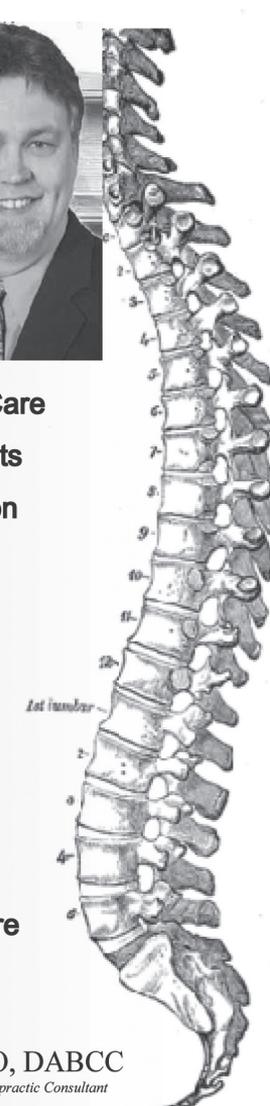


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There are many positives to meditation

Today's fast-paced lifestyles mean we're no strangers to stress. But stress can affect our mental and physical health.

The National Institute of Mental Health says chronic stress can suppress your immune system, disrupt digestion and sleep, and contribute to serious problems such as heart disease and high blood pressure.

Meditation is focusing on your breathing or the repetition of a mantra to reach a heightened level of awareness. It also stops your body and the slow, even breathing can relax you into a more calm state.

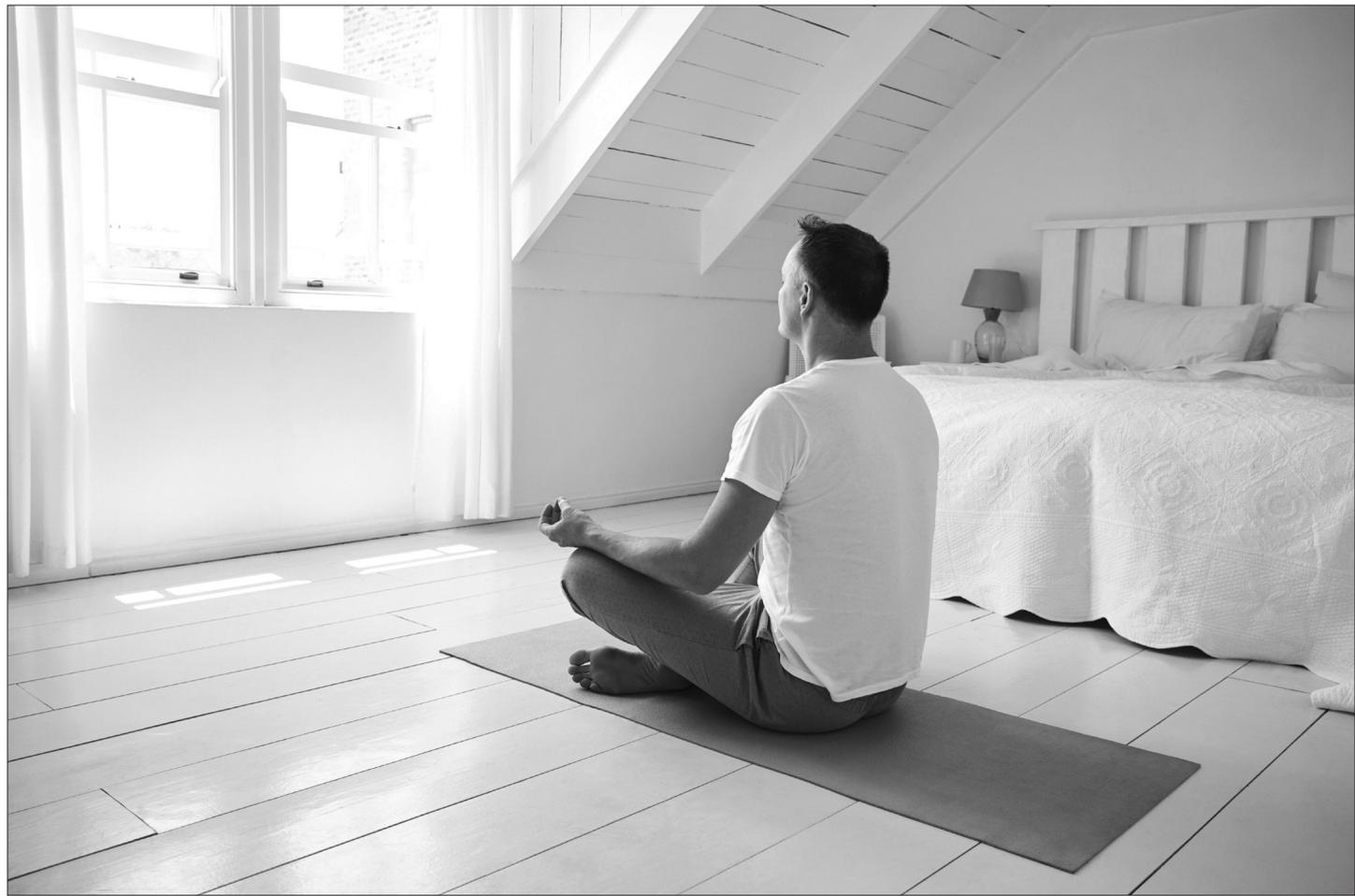
How Do I Meditate?

Contrary to what you're picturing in your mind, you don't need a special room, special lighting or special garments. You can meditate anywhere at any time (maybe not while driving a car or operating heavy machinery). It's as easy as stopping what you're doing and mindfully breathing in and out and focusing on only that, blocking all other intrusive thoughts, until you're calm and relaxed.

There are a number of apps (one is Apple's Breathe app, which is native to the Apple Watch), videos and websites that can help you relax into a meditative state by helping you focus on the rhythm of your breath. If you're having trouble, try one of these apps, which may even feature soothing music to help your mind focus on something other than what's stressing you out.

Open Awareness Meditation

If you can't focus on a particular thing or if you find that stressful, try open awareness meditation. In that technique, you try to think of nothing, letting thoughts, emotions and



sensations float by without being trapped by your mind. It's not something you can force; you have to ease gently into it.

Advanced Placement

Meditation is a part of many religions

around the world and has been practiced since antiquity.

In Buddhism, for example, meditation is part of the path toward awakening and nirvana.

If you're interested in learning more about meditation as part of a spiritual practice, check with your local houses of worship. Many will offer meditation or contemplative times with or without guidance.



Things to consider when looking for a gym

What to look for in a gym

Not all gyms are the same. Depending on whether you want a wide array of fitness classes, a variety of different offerings like a swimming pool, a basketball court or child care, or you're looking for a trainer, there's a gym for you, but it might take a little work to find the right gym.

VeryWell Fit offered tips for finding the gym that will help you achieve your fitness goals.

Logistics: Hours, location and parking

The best way to ensure you regularly make it to the gym is its convenience. If it's open early enough to go before your office or late enough for a late-night run, you're more likely to go. And look for one close to your home, work or school. No matter how great the facility is, you're way less likely to drive all the way across town after a long day at the office than to go to a gym half a mile from your home.

While you don't need a front-row parking spot at the gym, it's also good to scope out the parking lot. Visit at the time you plan to work out to ensure you'll have a place to park.

Cost

Most gyms require a contract, either annually or on a month-to-month basis, and you pay monthly. Visit different gyms in your area and find the one you like, then see if they're offering any specials. Many gyms also will negotiate; see if they'll waive an initiation fee, throw in a few sessions with a personal trainer or let you have a month-to-month instead of yearly contract. As with anytime you sign a contract, read it.

Features and atmosphere

Figure out your top priorities and make sure your gym offers those. If you want to use treadmills or stationary bikes, try out the machines and get comfortable. See how many machines they have; you don't want to wait for half an hour to use the treadmill. Check out the pool and sauna, walk through the kids center and tour the locker rooms. You also want a sense of the gym's atmosphere. Make sure you'll want to work out there—the music isn't too loud, the place is clean, there's enough room for you to work out comfortably, there are ample spray bottles and people are wiping down equipment.



You really are what you eat

Eating to lose weight and to be healthy

Eating to lose weight

Losing weight and getting fit and toned is a combination of working out and eating better.

Most dietitians will say that reducing the number of calories you eat is the biggest step; while true, it can be tricky to cut back on your calories without feeling hungry much of the time.

Smart eating, however, can help you to feel full and keep you feeling full longer. WebMD has some advice on how to lose a few pounds while still having the energy for your day, including a good workout.

Eat the right kind of protein

Protein helps to slow the digestive process, which will help you stay fuller longer and helps with building muscle and providing long-term energy. Find lean proteins like fish, nuts, avocados and beans and keep red meats to a minimum.

Eat lots of produce

One good way to get more vegetables into your diet is to eat lots of salad. Replacing a meal with a salad full of good stuff like romaine lettuce, spinach, carrots, celery, tomatoes, cucumbers, grapes, berries, apples and more. But be careful with your add-ons; croutons, bacon bits, cheese, nuts and heavy salad dressing can add more calories to your salad than you realize. Keep these additions light, adding a tablespoon or two of those calorie-heavy items and use vinaigrettes or lighter dressings.

Eat fiber

Whole grains like oatmeal, whole wheat bread, beans and brown rice, along with fruits and vegetables, are full of fiber, which help curb your appetite and help prevent constipation and bloating. This helps your stomach look flatter as well, which everyone in a swimsuit wants. Just make sure to include a lot of water in your diet as well.

Avoid salt and beer

Salt causes water retention, which leads to bloating, and that can last for days. The best ways to reduce salt in your diet is to reduce how much processed food you eat. Cook your meals from scratch and look for ways to spice up your food without using as much salt.

As much as summer fun includes drinking, cutting back is a good way to get healthier. One can of beer is about 150 calories, beer and sparkling wines cause bloating and alcohol slows down your body's ability to burn fat.



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A short drive to the best in fitness

STERLING – Westwood Fitness & Sports Center is a Sterling Park District facility. It is the Sauk Valley's largest fitness facility, equipped with diverse resources to encourage patrons to lead healthier, happier lives. To learn more about all the facility has to offer, let's dive deeper into the three-building complex.

Kicking things off on the fitness side of things, there are over 35,000 square feet of fitness equipment housed within Westwood Fitness & Sports Center. This includes functional training equipment, turf, free weights, Keiser Pneumatic, TechnoGym, Hammer Strength and Matrix equipment, stretching areas and a cardio theatre.

Westwood Fitness also offers a wide variety of aerobics classes geared for all ages and fitness agendas. These classes are free for members, and included with the daily drop-in fee for non-members. Westwood is also home to CrossFit Unicus. CrossFit Unicus is a group fitness class, in which workouts are scaled to fit each individual's ability. CrossFit Unicus classes are available

for an additional fee. An up-to-date class schedule can be found at www.sterlingparks.org. In addition to live and virtual group fitness classes, Westwood Fitness also offers personal training at an additional cost.

Moving over to the sports side of things, Westwood has something for everyone. Whether you're a seasoned pro looking to take your skills to the next level, or just looking to try something new, you'll find plenty to keep you busy within the facility.

Two NBA size wood basketball courts were recently added at Westwood Fitness & Sports Center. These courts are housed within the Westwood Fitness space, and are available exclusively to members and drop-in fitness patrons. Building three of the complex also features five basketball/volleyball courts. These courts are available for rental and drop-in play several days per week.

For those looking to hone in on their batting and throwing skills, the facility boasts 102 x 60 feet of practice turf, enclosed with fencing. This area is great for fielding practice in the off season. There are also net dividers

that move into place, to create three batting cages and one throwing lane (which can also be used as a golf net). A pitcher's mound and pitching machines are also available for use.

The track building at Westwood features a 200-meter indoor track, with a 60-yard soccer/football AstroTurf field. The track is available for use during all facility hours. The AstroTurf field is available for drop-in soccer on Friday's throughout much of the year. This space is also available for party rental, creating a fun environment for sports themed birthday parties.

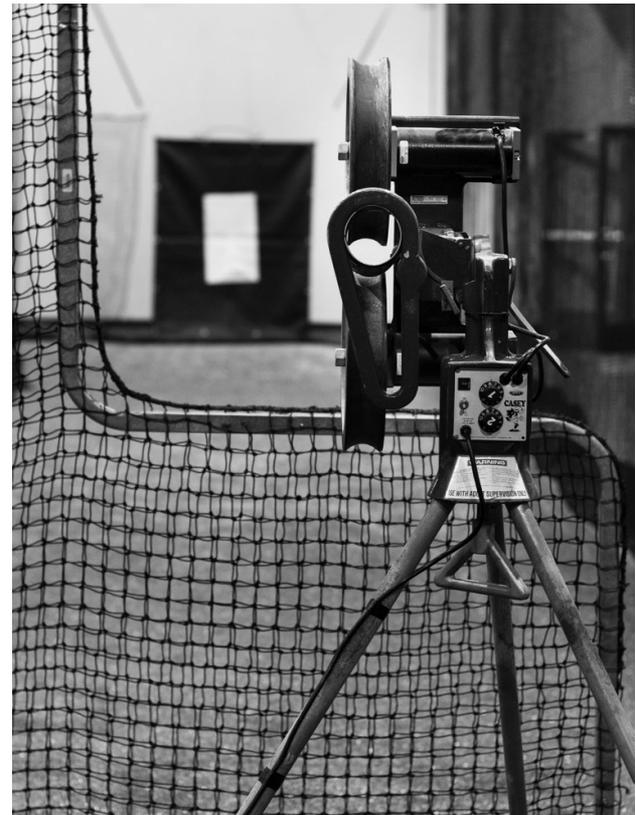
In terms of racquet sports, the facility offers a variety of opportunities for tennis and pickleball enthusiasts. Building two is home to the Westwood Tennis Center, a newly remodeled space featuring four courts. Private lessons and group lessons are offered, along with court rental, ball machine rental and PlaySight smart court rental. In building three, six permanent pickleball courts are available, along with three additional courts available for tournaments and special events. Drop-in play is available at a variety

of times seven days per week, and several tournaments are hosted throughout the year.

You might be wondering what to do with your young children while you take advantage of all these fitness opportunities. That's where Kids Gym comes in! Kids Gym provides childcare while you workout for ages 3-months to 12-years-old in building one of the fitness complex. In addition to a mega-playground, Kids Gym features interactive fitness equipment that combines technology, fun and fitness to motivate kids to stay active. This service is free for members, or \$4/session for non-members.

Wrap up your visit to Westwood Fitness & Sports Center with a stop at the Westwood Juice Bar. Our full service juice bar is open during all regular facility hours. All drinks are made with 100 percent natural ingredients, with no sugar added. The Westwood Juice Bar is open to the general public, so even if you are just passing by, be sure to stop in for a tasty and healthy drink!

Submitted by the Sterling Park District



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KIDS GYM - CHILDCARE WHILE YOU WORKOUT: Available to children 3-months to 12-years-old. We provide the opportunity for kids to have a healthy yet playful option while their parents visit Westwood. This service is free for members, \$4/session for non-members. Visit our website for more information.





Going virtual

Technology allows people to join class from home

Virtual Training

Gone are the days when going to an exercise class means waking up early and going to a gym. Now, with advances in technology and new smarthome devices, you can join a class from the comfort of your living room.

First Things First

Talk to your doctor about the type of programs you want to use and make sure you're medically cleared to take part. This is especially true if you've recently had health issues, injuries or a chronic illness. Then, make sure you have the right set-up, equipment and space to do what you want.

Choosing an App

Typing "fitness" into your app store is going to be overwhelming. Food trackers, run trackers, maps, on-demand workout apps, short workout apps, yoga apps, apps with music, apps without music, apps that track your music. Overwhelming.

Think about the kinds of workouts you want to do, the time and space you have, and the kind of commitments you want to make. Then read these tips and get surfing.

Do you have a hectic schedule that's rarely routine? Look for an on-demand app. Make sure it offers the types of workouts you'd like to do (HIIT? Yoga? All of it?) and the level of instruction and length of workout you want to do not only now, but in the future. Many of these are subscription based, so if you get all you can out of that app and need a new one, you'll need to remember to cancel the subscription in the app store, not just delete the app.

Don't have a lot of time or are you new to fitness? Look for apps that are targeted for short workouts, usually modeled on circuit training. PCMagazine recommends 7-Minute Workout by Wahoo Fitness and The Johnson & Johnson Official 7 Minute Workout.

Want to do some good while working out? Charity Miles is an app that donates money to the organization of your choice when you log miles running, walking or cycling. If you're motivated by charitable causes and don't mind a little corporate sponsorship, this free app might be for you.



Don't take sleep for granted – it is good for you health

Catch Some ZZZs

Sleep is something we can take for granted, until we're plagued by not getting enough of it. Keep reading to learn why sleep is important and how to improve your sleep health.

What is Sleep?

Everyone has an internal body clock that tells you when you to sleep and wake up, usually a 24-hour cycle called the circadian rhythm. The circadian rhythm is tied to lots of things such as light, darkness, hormones and other factors. Our circadian rhythm changes with age; young children tend to sleep more in early evening and may have more REM sleep than other people.

Sleep is important because, during sleep, your body is working to support healthy mental and physical function. The National Heart, Lung, and Blood Institute says sleep deficiency can alter activity in some parts of the brain, triggering trouble making decisions, solving problems and controlling emotions. It's also been linked to depression, suicide and risk-taking behavior.

Sleep is also when your body repairs itself. Deficiency is linked to an increased risk of heart disease, kidney disease, high blood pressure, diabetes and stroke.

Improving Sleep

Allow yourself enough time to sleep. Instead of making sleep the first sacrifice to a busy schedule, protect your time to sleep for your good health. Next, establish and stick to a bedtime routine. Go to bed around the same time and try to wake up at the same time every day. Set quiet time before bed, and avoid heavy meals before bed, as well as nicotine, strenuous exercise, artificial light and caffeine. Keep your bedroom quiet, cool and dark. You may also choose to take a hot bath or practice relaxation techniques before bed.

When to Talk to Your Doctor

If you're not getting enough sleep and these simple techniques didn't help, it may be time to talk to your doctor. If you feel sleepy during the day, don't wake up refreshed, or are having trouble adjusting to a new schedule, it's time to seek help.

Before your visit, the NHLBI recommends thinking about the following:

How often do you have trouble sleeping? How long has this been going on?

When do you go to bed and get up?

How long does it take you to fall asleep? How often do you wake up at night?

Do you snore loudly? Do you wake up gasping or feeling out of breath?

Do you feel refreshed when you wake up or tired during the day?

Do you doze off or have trouble staying awake during routine tasks, especially driving?

Oral health has impacts on overall health

A healthy mouth is good for more than just a pretty smile. Oral health can affect the entire body, making dental care more than just a cosmetic concern.

Many people know that poor oral hygiene can lead to gum disease, tooth decay and even lost teeth. But are you aware that failing to brush or visit the dentist regularly also can lead to more serious health issues? According to Colgate, recent research suggests that there may be an association between oral infections, particularly gum disease, and cardiovascular disease and preterm birth. Gum disease also may make diabetes more difficult to

control, since infections may cause insulin resistance and disrupt blood sugar.

Your mouth also can serve as an infection source elsewhere in the body. Bacteria from your mouth can enter the bloodstream through infection sites in the gums. If your immune system is healthy, there should not be any adverse effects. However, if your immune system is compromised, these bacteria can flow to other areas of the body where they can cause infection. An example of this is oral bacteria sticking to the lining of diseased heart valves.

Other links have been found between oral health

and overall health. In 2010, researchers from New York University who reviewed 20 years of data on the association concluded that there is a link between gum inflammation and Alzheimer's disease. Researchers in the UK also found a correlation. Analysis showed that a bacterium called "Porphyromonas gingivalis" was present in brains of those with Alzheimer's disease but not in the samples from the brains of people who did not have Alzheimer's. The P. gingivalis bacterium is usually associated with chronic gum disease and not dementia.

Researchers also have found a possible link between

gum disease and pancreatic cancer. Harvard researchers found that men with a history of gum disease had a 64 percent increased risk of pancreatic cancer compared with men who had never had gum disease, based on studies of men from 1986 through 2007.

While oral health issues may lead to other conditions over time, symptoms also may be indicative of underlying conditions of which a person is unaware. Inflammation of gum tissue may be a warning sign of diabetes. Oral problems, such as lesions in the mouth, may indicate the presence of HIV/AIDS.

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Yes – use that sunscreen



Warmer weather means more time outside in the sunshine. It also means you need to protect your skin from the sun's rays. The Centers for Disease Control and Prevention says the sun can damage your skin in as little as 15 minutes. Keep reading for ways to protect yourself and your family.

Stay Safe

If you can, stay out of the sun by seeking shade, wearing long-sleeved shirts and pants with UV protection, a hat to shade your face and sunglasses to protect your eyes. Pay attention to weather forecasts and look for a UV index rating. But beware, cloudy days still mean sun exposure.

Sunscreen

Even on cloudy or cool days, the CDC recommends at least SPF 15 sunscreen when you go outside. SPF refers to the sun protection factor, the sunscreen's effectiveness in blocking UV rays. The higher the number, the more protection. Remember to reapply, though. Even high SPF numbers wear off. Reapply every two hours and after swimming, sweating or toweling off, the CDC says.

Symptoms of Skin Cancer

Exposure to UV rays can cause skin cancer. Symptoms of skin cancer are new skin growths, a sore that doesn't heal or a change in a mole. The CDC says to remember the ABCDEs of melanoma:

- A: Asymmetrical. Does the mole have an irregular shape?
- B: Border. Is it jagged?
- C: Color. Is the color uneven.
- D: Diameter. Is the spot larger than a pea?
- E: Evolving. Has it changed in the past few weeks or months?

If you have any of these symptoms, talk to your doctor.

You can also have an increased risk of skin cancer, the CDC says, if you have certain characteristics. These include:

- A lighter natural skin color;
- Blue or green eyes;
- Blonde or red hair; or
- A family or personal history of skin cancer.



Get up and get moving

Physical activity is critical to staying healthy, and what's good for the grown-ups is good for the kids, too. Find out how to get fit as a family.

Guidelines

The U.S. Department of Health & Hospitals recommends children 6-17 get an hour or more of moderate to vigorous physical activity per day. Adults should do at least 150 minutes to 300 minutes per week of moderate intensity exercise or 75 minutes to 150 minutes a week of vigorous intensity activity. Older adults should also aim for balance training and be as active as their abilities and conditions allow.

Play Games

One way to get fit as a family is to take up a new game or sport. Play basketball, golf or tennis. Look into disc golf, dodgeball or softball. You can join a community league, church league or set up a neighborhood tournament. Local parks may have facilities you can use for free or reduced cost, and look for used equipment at yard sales and secondhand stores.

Take a Hike

Find some easy walking trails nearby and get moving. Be aware of weather conditions that might make trails muddy or impassible, and make sure you take along plenty of water, sunscreen, bug spray, and anything else you need to be away from civilization for a few hours. Depending on the trails, you may also be able to bring the family dogs, too.

One thing to keep in mind: Footwear. Wear good quality socks and shoes made for going off the beaten path. If you don't have these, visit your local sporting goods store for a good fitting to prevent injuries.

Avoiding Injuries

Medline Plus gives you these tips to stay safe during exercise, especially if you're new at it. Warm up with stretches and start off slowly. Don't push your body too hard or try an exercise that's too strenuous for your level of fitness.

Use proper equipment and form. If you're new to a gym or sport, consider asking a more experienced friend to help or hiring a trainer.

Use proper safety equipment. Depending on the activity, this could include the right footwear; helmets if needed; mouthguards; goggles; pads or other protective guards. If you're not sure about proper fit, visit a local sporting goods store.

DIRECTORY OF AREA HUMAN SERVICES

Alcohol Abuse Counseling & Recovery

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

Domestic Violence Agency/Shelter and 24-Hour Helpline

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

Education

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

Low Income Housing

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

Mental Health

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

Senior Citizens Services

Hub City Senior Center 562-5050
 Mt Morris Senior Center 734-6335
 Polo Senior Center 946-3818
 Rock River Center 732-3252
 Oregon, IL 800-541-5479
 Visiting Nurses Assoc. 971-3755
 4223 E State, Rockford

Sexual Assault/Abuse

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

Therapeutic & Recreational Horseback Riding

Pegasus Special Riders 973-3177

Veterans' Services

Rock River Center 732-3252
 Serenity Hospice and Home 732-2499
 Veterans Assistance Commission of Ogle Co. 677-0852
 Medical Transportation 677-6515

Wellness Services

Ogle County Health Dept
 907 W Pines Rd, Oregon 732-7330
 510 Lincoln Hwy, Rochelle 562-6976
 Serenity Hospice and Home 732-2499
 Visiting Nurses Association 971-3755
 4223 E State, Rockford

What the right proteins can do for your body

Mapping out a healthy diet can be tricky. While everyone needs certain vitamins and minerals, no two people are the same, and a diet that's right for one person might not be suitable or palatable for another.

Personal preference must be considered when planning a diet, as people are more likely to stick with a healthy diet if they enjoy the foods they eat. While fruits and vegetables should be a part of everyone's diet, people should not overlook the importance of including lean protein in their diets as well.

Choosing which proteins to include in a diet can be tricky. The United States Department of Agriculture notes that not all proteins are created equal in terms of their health benefits. Proteins include foods such as meat, poultry, fish, eggs, and nuts, but some can actually lead to negative side effects, including an increased risk for overweight or obesity and heart disease.

Why are some proteins potentially troublesome?

The USDA notes that some foods from the protein group

are high in saturated fat and cholesterol. Such foods include fatty cuts of beef, pork and lamb; ground beef that is between 75 and 85 percent lean; regular sausages, hot dogs and bacon; lunch meats like bologna and salami; and duck. Limiting, if not avoiding, such foods can help people maintain healthy cholesterol levels.

Cholesterol is only found in foods from animal sources, but not all animal-based proteins contribute to high cholesterol. Lean proteins can be great ways to reap the benefits of protein without suffering the negative side effects of proteins that are high in fat and calories. The online medical resource Healthline® notes that white-fleshed fish, such as cod and flounder; skinless, white-meat poultry; and pork loin or pork chops are some examples of lean, animal-based proteins.

What do the right proteins do for the body?

The right proteins are vital to a healthy lifestyle. The USDA notes that the following are some of the many characteristics of



lean proteins that make them healthy additions to anyone's diet.

•Nutrient-rich: Lean proteins supply the body with various nutrients, including B vitamins, vitamin E, iron, zinc, and magnesium. The B vitamins found in proteins help the body release energy and promote nervous system function. In addition, B vitamins found in protein aid in

the formation of red blood cells and help build tissues. Iron carries oxygen to the blood, so the iron found in lean protein can help the body perform a vital function that can prevent fatigue and promote a strong immune system. The zinc in lean protein also helps ensure a properly functioning immune system.

•Healthy bones and muscles: Proteins are building blocks for

bones, muscles, cartilage, skin, and blood. Proteins can help muscles recover after a workout, and low protein intake can make it harder for the body to absorb calcium, which is vital for bone strength. The body uses the magnesium in lean protein sources to build strong bones and release energy from muscles.

The right protein sources can benefit the body in myriad ways.



Women's HEALTH MATTERS

We all know that a healthy mind and body are the key to a happy woman. Join KSB Community Wellness for our women's health series featuring local experts who will help you live, work, and play healthier!



August 22nd

6:00 pm

Migraines

with Dr. Waseem Ahmad

September 26th

6:00 pm

Mammograms & Bone Density

All events take place at the Dixon Elks Lodge

1279 Franklin Grove Rd.

Visit ksbhospital.com/womens-health-matters for additional information and to RSVP