

# OGLE COUNTY LIFE



VALLEY SHOPPER

MONDAY

Jan. 8, 2024

FREE

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## KNOW IT TODAY



### Ogle County Fair Board holds annual meeting

The Ogle County Fair Board recently recognized its volunteer of the year and elected directors. **A-2**

### WEATHER

MONDAY HIGH LOW <b>36 29</b>	TUESDAY HIGH LOW <b>32 23</b>
WEDNESDAY HIGH LOW <b>28 21</b>	THURSDAY HIGH LOW <b>30 22</b>
FRIDAY HIGH LOW <b>23 15</b>	SATURDAY HIGH LOW <b>22 10</b>

### OBITUARIES

- Cheryl Christians
- Frank Floski, Jr.
- Rev. George Frederick
- Dennis Krueger
- Mervin Ludewig
- Larry Paul
- Paul Schmidt

See page A4 & A5

### INSERTS

- Felker Foods
- Byron County Market
- Polo Fresh Food
- Menards
- Snyder Pharmacy

## The Kitchen Table scales back serving due to post-COVID-19 impacts, volunteer shortage

*'I don't feel like we're meeting our mission. It's a lot of work for us'*

BY JEFF HELFRICH  
MANAGING EDITOR

ROCHELLE—At the start of the new year, The Kitchen Table in Rochelle made changes to its operations, including scaling back its serving from two nights to one night per week.

The Kitchen Table is a donation and volunteer-based eatery/community pay-what-you-can café. It will now only serve on Thursdays from 4:30-6:30 p.m. The organization will also no longer offer delivery, except to those who are truly housebound. Pickup orders will still be offered. The Kitchen Table Founder Carolyn Brown said the changes were made due to a number of factors including a shortage of volunteers, rising prices of food, post-COVID-19 impacts, and a "drastic" decrease in donations.

Brown said she wants the changes to bring The Kitchen Table, a nonprofit, back to more financial stability and back in line



In-person dining has shifted to delivery post-COVID, causing expenses for The Kitchen Table to rise.

with her original vision for it when it started seven years ago.

"Our number of meals we serve has increased since COVID-19," Brown said. "We serve 130-150 meals and over half of those and sometimes three quarters of those are not paid for. We started delivery during COVID-19 when they shut the restaurants down. Ever since then, delivery has kind of exploded, which is a big struggle for us because sometimes we don't even have someone who's willing to deliver and we have to do it ourselves. We implemented a \$5 delivery fee, but we don't

make people pay because it's not our structure. We have people order multiple meals and we pick up the expenses of delivery containers and gas money. When we started here, it was more about building community and giving people a place to come and sit down and make new friends and chat. We don't even use our Rowe Pavilion for extra seating other than for holiday meals. Because the majority of our meals are delivered or picked up. I don't feel like we're meeting our mission. It's a lot of work for us."

See TABLE page 2

### Oregon Rotary Club and City of Oregon support Lifeline with grant for new freezer

OREGON—The Oregon Rotary Club, with the assistance of Rotary District 6420, and the City of Oregon, utilized a District Grant to purchase a new commercial double-door freezer for the Lifeline Food Pantry & Self-Help Project. Rotary strongly supports improving health and alleviating poverty, both locally and globally. The new freezer will allow Lifeline to efficiently store more meat and healthy food for better distribution to the underprivileged individuals in the Oregon area.

Lifeline volunteers visited the Oregon Rotary Club on Wednesday, Sept. 6 to present on the important



efforts that the all-volunteer organization assists the community with. The freezer was installed in the Lifeline storefront at the Conover Square mall. Over 1,500 individuals annually benefit from the Lifeline Food Service program. The freezer was paid for through a grant from the Rotary District 6420 "Create Hope" grant, along with local

Rotary club funds and further financial assistance from the City of Oregon.

Rotary continually supports food banks through service, donations and financial support. For more information on the Oregon Rotary Club please find us on Facebook or contact us using the following email address: [oregonrotary@gmail.com](mailto:oregonrotary@gmail.com).

## Cox announces candidacy for Ogle County coroner

*'I've developed unique insights into our community's needs'*

OGLECOUNTY—In the close-knit community of Ogle County, a familiar face, Christie Cox, is making waves in local politics. Christie, a well-respected deputy coroner and funeral director, has officially announced her candidacy for Ogle County coroner, a decision that reflects her deep commitment to serving the community she calls home.

Christie shares that her story is rooted in Ogle County. It's where she's built her life, raised her family, and forged lasting connections.

"This community has shaped who I am. My career has been about being there for people during their toughest times, and that's what I plan to continue doing," her voice resonating with genuine commitment. She emphasizes that this isn't just a career move for her; it's a step further in a life dedicated to service.

She conveyed that, in contrast to the norm of heavily endorsed political campaign maneuvering, her strategy is centered on a uniquely genuine approach.

"I want the people of Ogle County to see my work and commitment for themselves, not through a lens of political endorsements," she remarks. She asserted that she is focusing on personal merit and community service.

Christie's background is rich with experiences. Her journey in mortuary science began at Worsham College, balanced with the responsibilities of raising three children.

"Traveling four hours daily for college while managing family life was tough but taught me dedication and perseverance," she reflects.

Her career in the coroner's office started in the early 2000s, under the mentorship of then-Coroner Daryl Cash and continued alongside the current coroner for some time. Handling diverse cases, her role demanded not just



Cox

technical skill but also deep empathy and understanding.

Christie also managed her family and their small businesses, a funeral home, and a printing company, for many years. This period broadened her perspective and maintained her connection to the community's pulse.

"Running a funeral home for over 20 years, I've developed unique insights into our community's needs," she states.

Returning to the coroner's office as a deputy over a year ago, Christie felt it was the right time to aim for the coroner's position.

"With my children grown and my businesses stable, I can fully dedicate myself to this role," she says with clear determination in her voice.

Christie envisions an office thriving on continuous learning and public engagement.

"I look forward to further education and collaborations with our team of seven deputy coroners," as she emphasizes the importance of a well-trained team and increasing public awareness about the office's role.

As the election nears, Cox believes she stands as a testament to dedication, experience, and genuine care for the community in public service. Christie concluded that her campaign is more than political aspirations; it's a continuation of a life spent in service of Ogle County. As she puts it, "My story is a pledge to serve our community with integrity, compassion and an unwavering commitment to the office I seek."

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# LOCAL NEWS

## TABLE: Brown hopes for abundance of volunteers in new year

From page 1

Brown said The Kitchen Table recently cut out its payroll and work is now all done by volunteers, which it is currently seeing a shortage of. A small core group of regular volunteers handles most of the cooking and serving work, some of whom are doing 3-4 jobs at once on serving nights, Brown said. If you would like to volunteer at The Kitchen Table, email [kitchentablerochelle@gmail.com](mailto:kitchentablerochelle@gmail.com).

Brown said an abundance and variety of volunteers is on her wish list for 2024 to bring the nonprofit back to its original vision. Amid tougher times, the organization still sees support locally. It recently saw a \$5,000 donation from Love's Travel Plaza from the \$10,000 it got from the sale of a \$1 million lottery ticket. She hopes the changes made in the new year will fix the recent issues seen.

"As a community, we can pull it back together," Brown said. "It is truly a restaurant for one and all alike. The main difference between us and others is that we offer for people to pay what they can afford, pay it forward for others if they can or volunteer in an effort to pay for their meals. We are beneficial for our community and we do help bridge that gap for many of them. It just seems to get tighter and tighter as we go."

The Kitchen Table joined a food bank around two years ago to help offset the cost of goods and add payroll to get more people to work, but that didn't pan out due to a drop in donations, Brown said. The idea of buying and serving

pre-made frozen products was considered, but was decided against due to The Kitchen Table's mission of serving homemade meals to those in the community.

Brown said The Kitchen Table has food stocked up to get it through the next few months while it rebuilds its savings and assesses the community's response to the new model.

"I've noticed a change in the attitudes of some people that may be abusing what we do here," Brown said. "And it's not many people. We serve so many people here that pay what they can or are trying their best to get by. Sometimes it's like the actions of the few can ruin things for those that this place was meant to serve."

Brown recalled a time when The Kitchen Table served 80-90 people per night years ago, far less than the 130-150 it now serves per night. And yet the extra seating at the space has not had to be utilized due to increases in those requesting delivery.

"We're going to try to reel it back in and make it happen and make it what it was supposed to be," Brown said. "We used to have people lined up waiting for tables. Which was why when Mike Rowe came and asked what we needed, I said extra seating space. He donated the pavilion and we have hardly used it since COVID-19. I love seeing this place full. It was so nice. You look back at the pictures and say, 'That's how it was supposed to be.'"

For upcoming menus and information on ordering online, volunteering and how to make a donation, visit [www.kitchentablerochelle.org](http://www.kitchentablerochelle.org).



### Ogle County Fair Board recognizes volunteer, elects directors

At the November annual meeting of the Ogle County Fair Board, David Ognibene was recognized as their Volunteer of the year. During the fair, David stayed on the grounds and made himself available 24/7. He helped with garbage, maintaining the restrooms, and anything else he was asked to do. In the photo Tom Simpson is congratulating David (pictured at right). Also at the annual meeting, three director positions were elected for three-year terms. Tom Simpson and Nate Magnuson will continue serving the board and new to the board is Jake Hubbard. In the photo above from left to right are Hubbard, Simpson, 2023 Miss Ogle County Queen Lauren Carlson, and Magnuson.



## Byron Bank announces leadership change

Mincemoyer new president, Baker will move to EVP role

**BYRON** – Byron Bank is pleased to announce that Scott N. Mincemoyer, current CFO of Byron Bank, will be stepping into the role of president, bringing fresh perspective and continued dedication to the bank's core values and community focus.

Scott is a veteran in the banking industry and has over 37 years' experience. With an impressive track record at Byron Bank, he is set to lead the bank into its next phase of growth and customer service excellence. With his deep understanding of the financial landscape and commitment to the bank's philosophy, Scott is ideally positioned to steer Byron Bank towards new heights.

"Taking on the role of president is an honor and a responsibility I accept with great enthusiasm," Mincemoyer said. "I am committed to upholding our 'You Ask. We Help' philosophy, ensuring that we continue to meet the evolving needs of our customers and community with the highest level of

service and expertise."

In conjunction with this transition, Byron Bank's current President, Brent Baker, will be moving into the role of executive vice president of commercial lending, allowing Brent to leverage his extensive experience and relationships to further enhance the bank's commercial banking capabilities.

"This shift in roles is a strategic decision that aligns with our commitment to serving our community and ensuring that we put your needs first," Baker said. "I am excited to transition into this new role and to continue enhancing what it means to be a true community bank."

These leadership changes reflect Byron Bank's dedication to its "You Ask. We Help." philosophy – a commitment to understanding and addressing the unique needs of their customers and community. Because at Byron Bank, when you ask, we help – it's our commitment to our customers and our community.

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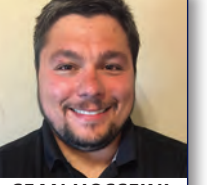
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# LOCAL NEWS

## BYRON POLICE DEPARTMENT

### Driver cited for passing school bus loading/unloading

**BYRON** — On Dec. 11, Erin K. Pederson 33, of Byron was issued a citation for passing a school bus while loading/unloading.

On Dec. 14, Ann M. Vickery, 41, of Byron was issued a citation for passing a school bus while loading/unloading.

On Dec. 14, Tara J. Pyatt, 32, of Byron was issued a citation for operating a vehicle with expired registration.

On Dec. 17, a 17-year-old juvenile male from Rockford was issued citations for disobeying a stop sign and no valid driver's license.

On Dec. 17, Samantha J. Maggio, 32, of Byron was issued a citation for operating a vehicle with expired registration.

On Dec. 20, Mari-zela A. Fuentes, 57, of Byron was issued a citation for operating a vehicle with expired registration.

On Dec. 21, Janet L. Grobe, 63, of Byron was issued a citation for driving under the influence of alcohol. Grobe was transported to Ogle County Jail where she was later released with a notice to appear in court.

On Dec. 21, Payton M. Rinehart, 20, was issued a citation for failure to reduce speed to avoid an accident.

On Dec. 24, Avery L. Tucker, 25, of Chandler, Arizona was

issued a citation for no proof of valid insurance.

On Dec. 26, Tina M. Pacek, 42, of Freeport was arrested for criminal damage to property and criminal trespass to real property. Pacek was transported to Ogle County Jail where she was later released with a notice to appear in court.

On Dec. 27, Robin K. Brackett, 52, of Chattanooga, Tennessee was issued citations for driving under the influence of alcohol, driving under the influence of alcohol concentration in blood or breath 0.08 or more, improper lane usage, and disregarding an official traffic control device. Brackett was arrested and transported to Ogle County Jail where he was later released with a notice to appear in court.

On Dec. 28, Amber E. Johnson, 36, of Rockford was issued citations for operating a vehicle while registration is suspended, driving while license is suspended, and no proof of valid insurance.

On Dec. 29, Cooper A. Sholes, 19, of Byron was issued a citation for speeding.

*Any arrests listed below are merely accusations and the defendant is presumed innocent unless proven guilty in a court of law.*

## MT. MORRIS POLICE DEPARTMENT

### Woman arrested for driving while license suspended, operating uninsured vehicle

**MT. MORRIS** — On Dec. 9 at approximately 9:30 p.m. Mt. Morris Police conducted a traffic stop in the 100 block of East Center Street. The driver, Jasmine B. Gasmund, 22, Mt. Morris, was arrested for driving while license is suspended and operating an uninsured motor vehicle. Gasmund was transported to the Ogle County Jail where she was released with a notice to appear.

On Dec. 19 at approximately 7:30 p.m. Mt. Morris Police located a subject in the 100 block of West Lincoln Street. The subject, Robert M. Disch, 53, Mt. Morris, has an Ogle County warrant for contempt of court. Disch was transported to the Ogle County Jail.

On Dec. 27 at approximately 7:30 p.m. Mt. Morris Police located a subject in the 10 block of East

Street. That subject, Richard W. Major, 56, Mt. Morris, was wanted on an Ogle County warrant for failure to appear on an identification theft charge. Major was transported to the Ogle County Jail.

On Dec. 27 at approximately 8:25 p.m. Mt. Morris Police conducted a traffic stop in the 100 block of East Hitt Street. The driver, Darren T. Barker, 53, Mt. Morris was arrested and charged with possession of methamphetamine, possession with intent to deliver, and forgery. Barker was also cited for operating an uninsured motor vehicle. Barker was transported to the Ogle County Jail where he was released with a notice to appear.

On Dec. 29 at approximately 9:15 p.m. Mt. Morris Police located a subject in the 10 block of East

Front Street. The subject, Heather L. Heathcott, 42, Mt. Morris, was arrest on an Ogle County warrant for failure to appear on a traffic violation. Heathcott was transported to the Ogle County Jail.

On Dec. 30 at approximately 3:45 p.m. Mt. Morris Police were sent to Sullivan's for the report of a hit-and-run crash. After an investigation, Sandra L. Parks, 63, Mt. Morris, was located and charged with driving under the influence, leaving the scene of accident/property damage, and operating an uninsured motor vehicle. Parks was transported to the Ogle County Jail where she was given a notice to appear.

*These charges are merely an accusation, and the defendant is presumed innocent unless proven guilty.*

## POLO POLICE DEPARTMENT

### Woman cited for speeding

**POLO** — On Dec. 21 at 4:08 p.m. Whitney A. Lewis, 53, Dixon, was cited for speeding 52 miles per hour in a 30 miles per hour speed zone. Lewis was released.

On Dec. 22 at 12:52 p.m. Jarod T. Wiggins, 36, Polo, was arrested on an outstanding Ogle County warrant. Wiggins was transported to the Ogle County Jail.

On Dec. 22 at 11:37 a.m. Michelle R. Collins, 54, Polo, was issued a city citation for disturbing dog barking.

On Dec. 26 at 8:58 p.m. Jesse D. Ratledge, 27, Forreston, was arrested for vio-

lation of an order of protection. Ratledge was transported to the Ogle County Jail.

General calls for

service for the weeks of Dec. 11-23: Citizen complaints/assists: 8. Juvenile: 1. Animal complaint: 3. Distur-

bance/domestic: 1. Fire/medical assists: 6. Lock out: 3. Traffic stops: 23. County assists: 2.

## RALPHIE & LULU'S



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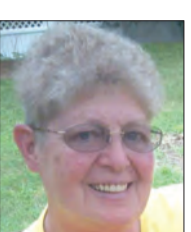
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# LOCAL NEWS

## Obituaries

### Cheryl R. Christians

**MT. MORRIS** — Cheryl R. Christians, age 77 passed away peacefully at Serenity Hospice and Home, Oregon, IL on Dec. 29, 2023. Cheryl was born Oct 15, 1946 in Avon, SD. The daughter of John and Jenny (Hemminga) Christians. She graduated from Mt. Morris High School in 1965. She then attended Rockford Business College.



In 1976 Cheryl began her career at Kable Printing Co. working a few different positions until Mel Knodle found her the ideal spot in the payroll department where she stayed until her retirement in 2017.

Cheryl played softball in her younger years. She went on to coach the local summer girl's softball league which included her niece Joyce. She was an avid golfer and bowler winning multiple awards. She enjoyed her bowling trips for tournaments and get-aways, especially the black russian drinks in the back of the bus.

Cheryl had a great love of music. She played piano, organ, and trumpet. She participated in the Kable Band, played at weddings,

and was an organist at several churches including: St Paul Lutheran, Methodist and Presbyterian all in Oregon, IL. The Methodist, Trinity Lutheran, Disciples United Methodist, all of Mt. Morris, IL. She ended her organ playing career at Faith Lutheran Church in Forreton from 2005 through 2023.

Cheryl is survived by her three nieces, Beth McDonald, North Fork, ID; Dolores (Brad) Wolber, Mt. Morris, IL; Joyce (Randy) David, Federal Dam, MN. Several great nieces and nephews and several great, great nieces and nephews. Her dear friend Cecelia Cook as well as many other friends who were like family to her.

Cheryl was preceded in death by her parents, John and Jenny, brother Daryl Christians, sister-in-law Roberta Christians, nephew-in-law Fred McDonald, great great niece Ann Marray Forbush.

A Celebration of Life will be held in the Spring.

In lieu of flowers a memorial can be sent to St. Jude's or Faith Lutheran Church in Forreton, IL.

### Rev. George Frederick

"Our life lives on in endless song above earth's lamentations. We hear the sweet but far off hymn that hails a new creation." How Can I Keep From Singing?



Rev. George Hartz died on Christmas Day 2023 just after singing Christmas carols and wooing two hospice nurses. Adventure seeker, prankster and ladies' man, he told his last inappropriate joke on December 23, 2023 which cannot be printed here.

The story of Rev. George Hartz, pastor, progressive, funny, stubborn, creative and extroverted, begins on New Year's Eve 1927 in Mace, Indiana. Born to Rev. George Edward Hartz and Julia Estelle Nichols Hartz, he allowed his parents a 1927 tax deduction. He was a preacher's kid and the fourth born of eight children. His childhood consisted of moving from parsonage to parsonage and, at age 14, attempting to get crushed by a freight train called the Twentieth Century Limited. He walked away from that near-death experience but the bike, borrowed from his brother, Glen, landed in the coal car in pieces.

After graduating from Rolling Prairie, Indiana, high school, George enlisted in the Air Force a mere three days before being drafted. He served two years in the Korean war stationed in Fairbanks, Alaska.

George had many "girlfriends." On August 19, 1951, he married his main squeeze, Mary Charlotte Barber Hartz, in LaPorte, Indiana. She put up with him for almost 70 years. The couple moved South Dakota where George pursued a degree in Theology from Yankton College while serving churches in Winfred, South Dakota and Brentford, South Dakota. They moved to Hartford, Connecticut where George graduated with a degree in Divinity. Thereafter serving United Church of Christ churches in Morris, Minnesota, Byron, Illinois, Rockford, Illinois and Roscoe, Illinois. He was a campus minister at the University of Minnesota Morris and chair of American Field Service.

In Byron, Illinois, George led the congregation through a tumultuous building project culminating in a beautiful, contemporary designed church building. In Roscoe Illinois he performed 3500 weddings in a 10-year time period.

George was not known for his love of children. However, Mary persuaded him to father three, challenging but successful offspring. He thusly has fifteen grandchildren whom he entertained with his banjo and influenced with his bad jokes.

George loved anything that included a ball. Basketball, football, soccer, rugby, wrestling, boxing and baseball. Anything

except golf, that is. He had a TV in every room so he wouldn't miss a minute of the game.

Upon retirement the Hartz's spent summers at their cabin on Eagle Lake and winters traveling in their RV from Mexico to Alaska. George had an adventurous spirit. He persuaded Mary to descend the Grand Canyon on a mule and get high in a hot air balloon. He couldn't, however, convince her to jump out of airplane at the age of sixty, so he did that solo. His nieces and nephews called him Uncle Fritz. They remember him motoring an old fishing boat, full-speed, in tight circles, with six life-jacketless children shrieking with joy while their mothers were screaming in terror on the shoreline.

George and Mary moved to Pleasant Hills, Tennessee to a retirement community with progressive, like-minded people. He was a champion of social causes including civil rights, women's rights and gay rights. He founded and chaired Action of Christians Against Torture which he served until his dying day. One of his regrets was not seeing Hilary Clinton elected President.

He had a life-long love affair with shrimp, banjos, artificial flowers, off-color jokes, the color red and anything heart shaped. He liked to swim and drive at high speeds. Every home he owned was decorated in a red heart theme including little sticky hearts on the wine glasses, heart shaped stepping-stones to the lake and ceramic hearts cut into the shower tiles.

He was not sure if he was going to Heaven or Hell, however, waiting for him in the Afterlife are his beloved wife Mary, his siblings LaVern, Glen, Hermia and Ruth, too many nieces and nephews and his sweet infant granddaughter, Abigail. Still walking the planet and carrying on his legacy are his daughter Maryjane Westra, son John Hartz (Karen), and daughter, Martha Hartz. Grandchildren, Evan Westra, Jacob Margason, Kristina Westra Allen (John), Glen Westra (Hannah), Luke Westra, Vanessa Westra, Mary Westra, Robert Hartz, Tanya (Jacob) Sallinger and Joshua (Jenna) Colvin. Fifteen great grandchildren and one-and-a-half great-great grandchildren.

A service of remembrance will be held at Eagle Lake Lutheran Church in Battle Lake, Minnesota on Sunday, January 7. Lunch (including his favorite shrimp cocktail) at 11:15 am and a service at 12:30 am.

Memorials may be given to Pleasant Hill Historical Society of the Cumberland, PO Box 264, Pleasant Hill, TN 38578 or a United Church of Christ congregation.

### Frank Floski Jr.

**MT. MORRIS** — Frank Floski Jr. - "Poppa" - 98, a shining example of the Greatest Generation and one of Ogle County's oldest World War II veterans, died peacefully December 28, 2023 in the loving presence of his three children following a life dedicated to country, community, and family.



Frank was born July 19, 1925 to Frank and Sarah Floski in Ramsey, Illinois in his grandmother's house, and raised in Moweaqua. His most profound memory was of the 1932 Moweaqua Christmas Eve coal mine explosion, which took the lives of 54 men - including two of his uncles, and the local Santa Claus; Frank's father was one of just two men to survive the blast. The experience forever shaped Frank's view of the importance of family and community, to which he remained steadfast.

At 17, Frank left Moweaqua - from which he had only previously ventured for a game of his beloved St. Louis Cardinals - to join the U.S. Navy. For World War II service as a Pharmacist's Mate in Guadalcanal, Guam and other points in the South Pacific, Frank was awarded the American Area Campaign Medal, the Asiatic-Pacific Campaign Medal, and the WWII Victory Medal.

Under the GI Bill, Frank enrolled in Eastern Illinois University, where he earned a teaching degree and met Mary Louise Casteel; they married Aug. 20 1950. Frank earned his master's degree in 1952; after 13 years of teaching, he and Mary Lou moved to Mt. Morris where they served as lifelong educators and busy community volunteers.

A 60+ year member of Disciples United Methodist Church, Frank served as Council Chairman; He also served as Chairman of Mt. Morris Senior Center, and treasurer of the Mt. Morris American Legion.

Frank is best remembered as principal of Mt. Morris High School, where he was credited with dramatically increasing science and math scores, taking Mt. Morris High School to the best in the region at that time. Frank was equally supportive of struggling students: We cannot count the number of former students who have shared that they simply would not have graduated without Frank's encouragement and support. For the rest of his life, Frank recognized former students; those who were frequently sent to his office held a special place in his heart.

Family was Frank's North Star: He oversaw the education of his children, tutored his grandchildren, and helped with

countless wood-working projects, including his grandson's Eagle Scout project. In retirement, he and Mary Lou often visited their youngest son's family in the Pacific Northwest, where the grandchildren shared their love of the great outdoors. Back home, Frank and Mary Lou babysat, transported, and cheered on four active grandsons. A highlight of their retirement was a trip to the Holy Land, where they were baptized in the River Jordan. A lifelong learner, Frank was most proud that his children and grandchildren hold 14 college and post-graduate degrees. Frank managed his own affairs well into his 90s: At 95, he brokered the sale of his home, leaving his son, a lawyer, with little to do but drive him to the closing.

Those who will forever cherish Frank's memory include: His daughter, Maralee; sons Doug (Betsy) Floski, Byron; Curt (Marci) Floski, Redmond, Oregon; grandchildren, Jacob Floski (fiancé Magdalena Lasek); twins Christian and Patrick (Tess) Floski; Ben and Jack Floski; and great-granddaughters Izabella, twins Samantha and Meghan, Jaydyn, Olivia and Piper. Frank was preceded in death by his parents, his wife, his son-in-law Joel Kaufman, his cherished granddaughter Abigail Floski, and close family friend Carey Burkhard.

Memorial service will be Saturday Jan. 6 at 11 a.m. at the Disciples United Methodist Church in Mt. Morris with the Revs. Marcia Peddisord, pastor, and Rodney Caldwell, pastor of the Mt. Morris Church of the Brethren/chaplain of Allure of Pinecrest, co-officiating. Full military rites will be accorded immediately following the service outside the church. Visitation will begin at 10 a.m. at the church. Private family interment will be held at Silver Creek Cemetery. Memorials may be entrusted to the Floski Family Foundation C/O Stillman Bank, for an education scholarship in Frank's name, or to any organization benefitting the people of Ogle County.

Despite the loss of our patriarch, it is by Frank's humble example that we move forward, guided by the promise he made to himself as the only child in a family bereft by a Christmas Eve tragedy: "I'm gonna have a big family and I'm never gonna be alone." And so, it was.

Anchors Aweigh, Poppa. You will forever be loved, admired and missed.

Finch Funeral Home and Crematory is assisting the family.

### Dennis C. Krueger

**LEAF RIVER** — Dennis C. Krueger, age 71, passed away on Friday December 29, 2023, at home in Leaf River, IL. Dennis was born on August 7, 1952, in Rochelle, IL; the son of Curtis C. and Lorraine (Allen). He graduated from Mount Morris High School class of 1970, Mount Morris, IL.

school and then served in Vietnam, where he was awarded a purple heart.

After his honorary discharge from the Army, he was proudly a part of the U.S Army reserves, where he was a helicopter pilot until his retirement. His years in the reserves enabled him to become a Loss Control Specialist for Cigna, ACE USA, and CHUBB Insurances until his re-

retirement in 2016. Dennis married Tena (Wells) in 1989 and celebrated their nuptials at the Kentucky Derby.

Dennis is survived by his wife Tena; Daughter, Megan (Nate) Hilton of Faribault, MN; son Curtis Krueger of Fort Atkinson, WI; one grandson, Jareth Lee Hilton of Faribault, MN; brothers Jeffrey (Malinda) Krueger of Royalton, IL; David Krueger of Mount Morris, IL; Jim (Risa) Krueger of Byron, IL; and sister Mary Lou (Gary) Meier of Milledgeville, IL.

Dennis was preceded in death by his parents, Curtis C. and Lorraine.

Services will be on Friday, January 5, 2024, at 7:00 pm with a visitation at 6 PM prior to the service.

In lieu of flowers memorials to Serenity Hospice & Home.



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## THANK YOU

Our Christmas Baskets was a success Thanks to all of you that sent donations in. We send a big thank you to the Snow Blazers who once again made our deliveries. Thanks to all the people who helped make up the baskets and the additional people who helped deliver. THANKS

01/08/2024

**More Obituaries appear on A-5**

# LOCAL NEWS

## Judge of Election School schedule announced

**OREGON** — Ogle County Clerk, Laura J. Cook recently announced a Judge of Election School schedule.

Cook's office will be conducting schools for Judges of Election and has scheduled different times. All schools will be held at the Historical Ogle County Courthouse located at 105 S. 5th St., Oregon. They will meet in the County Board Room on the third floor.

The Judge of Election classes will be limited to 75 people per class, please

call to reserve your spot. Select the time that best fits your schedule and call 815-732-1110.

Wednesday, Jan. 17 at 10 a.m. and 3 p.m.

Friday, Jan. 19 at 3 p.m. and 6 p.m.

Saturday, Jan. 20 at 10 a.m.

The school will be an extensive review of the new election equipment and Election Day procedures. Training is designed to prepare you for carrying out your responsibilities at the polling place. This will

include hands-on instructions that focus on election procedures and how the new voting equipment will work.

Illinois State Statute requires Judges of Election to attend training. Election Judges work from 5 a.m. until after the polls close at 7 p.m. on Election Day. We hope to see you at one of the schools, because the training will enable you to serve as an informed and knowledgeable Judge. We appreciate your service and would not be successful without you!

## Farm bureau scholarship applications available

**OGLE COUNTY** — The Ogle County Farm Bureau is pleased to announce that applications for their 2024 Scholarship Program will be available beginning January 3rd to graduating high school seniors, or those enrolled at an accredited university. Farm Bureau members may pick up or have applications mailed. Applications can also be downloaded from the Ogle County Farm Bureau website at [www.oglefb.org](http://www.oglefb.org)

The Don Bybee Memorial Scholarship is jointly funded by the Bybee family and the Ogle County Farm Bureau. Mr. Bybee served for many years as a director on the Ogle County Farm Bureau Board and offering this \$1000 scholarship recognizes his passion for offering opportunities for Ogle County youth to advance their education.

Also available is a \$1000 scholarship funded jointly by the Ogle County Pork Producers Association and the Farm Bureau. The Mark Detig Memorial Scholarship will be awarded annually. Mr. Detig served as past president and director on the pork producers association board of directors and was involved in 4-H youth activities in Ogle County.

These scholarships are in addition to the \$1500 Del Flessner Memorial Scholarship, honoring the former manager of the Ogle County Farm Bureau; and two \$1000 General Farm Bureau Scholarships.

George R LeFevre Memorial Scholarship is a \$1000 scholarship funded by the Jeff and Joyce Tremble Family and the Farm Bureau. It recognizes Mr. LeFevre for his lifetime of service to agriculture and youth education in Ogle County. It will be awarded to a recipient studying in a field of agriculture.

Mary R LeFevre Memorial Scholarship is a \$1000 scholarship funded by the Jeff and Joyce Tremble Family and the Farm Bureau. It recognizes Mrs. LeFevre for her dedicated service in the healthcare profession and involvement with youth education. It will be awarded to a recipient studying in a healthcare related field.

Finally an Ag Technology Scholarship will be awarded in an amount of \$1000. It will be awarded to students studying in an ag technology field similar to diesel mechanics, crop technician or similar fields of study.

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

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

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

Those interested in receiving a scholarship application should contact the Ogle County Farm Bureau at 732-2231; or stop by their office at 421 W Pines Rd, in Oregon, IL. Applications can also be downloaded by visiting our website at [www.oglefb.org](http://www.oglefb.org)

All applications and accompanying materials must be received no later than April 1, 2024.

## Obituaries

### Mervin 'Merv' Ludewig

**POLO**—Mervin "Merv" Ludewig, age 86, passed away on Tuesday January 2, 2024 in Serenity Hospice & Home, Oregon, IL. Merv was born on October 1, 1937 in Forreston, IL, the son of Fred & Ruth (Welp) Ludewig. He married Gail Newcomer on December 31, 1978 at their home in Rural Polo, IL.



Merv was owner and operator of Ludewig Trucking, he was a farmer, he loved to tinker in his garage, he was an original founder of the Polo COOP, and he ran the Polo Legion, coffee time with his COOP friends, and he kept watch of the neighborhood.

Merv is survived by his wife: Gail Ludewig, Polo, IL; 3 daughters: Te-

resa (John Lantz) Mize, Leesburg, FL, Stacey (John) Clinton, Lincoln, IL, Brenda (Jim) Wilson, Dixon, IL; step-son: Trent (Kim) Robinson, Shannon, IL; 5 grandchildren; 1 great grandchild; 1 sister Barb Horner, Mt. Morris, IL.

Merv is preceded in death by his parents; 3 brothers: LaVerne, Larry, and Robert; sister: Evelyn.

Cremation rites have been accorded with Finch Funeral Home, 405 East Hitt, Mt. Morris, IL.

A celebration of life will be held at later date.

Memorials to Serenity Hospice & Home and/or Polo Fire and Ambulance.

### Larry E. Paul

**OREGON** — Larry E. Paul, age 73 of Oregon, died Friday, December 29, 2023 at Oregon Living and Rehab.

Larry was born on April 14, 1950 in Rochelle, the son of Edward and Arlene (Sanders) Paul. He enjoyed hunting and fishing when he was younger and taking care of his cats.

Survivors include his sister, Kathy Carter of Chana, Illinois, his brother

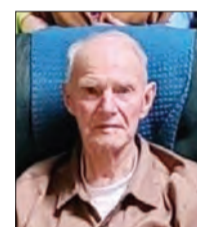
Terry Paul of Oregon, Illinois, and his uncle, Verlis (Joyce) Sanders of Oregon, Illinois.

He was preceded in death by his parents and his brother-in-law, Kim Carter.

Cremation rites have been accorded with the McDonald Funeral Home and Crematory in Rock Falls. For online condolences, please visit: [www.mcdonaldfuneralhomes.com](http://www.mcdonaldfuneralhomes.com).

### Paul E. Schmidt

**POLO** — Paul E. Schmidt, 96, of Polo, passed away Thursday, December 28, 2023, at his home in Polo with family by his side.



Paul was born on November 17, 1927, at his childhood home in Pine Creek, Twp, rural Polo. He was born to the parents of Ernest and Maude (Davis) Schmidt. On June 5, 1948 in Polo, he married Fern Hammer and together they had four sons. Paul was a farmer most all his life. He ran a saw mill at his farm for over 60 years. He enjoyed woodworking, working his farm and making sure the thistles were taken out each year in the pasture. Paul every year planted a portion of his land calling it "Gods Acres" and whatever was harvested from this portion was donated.

Survivors include sons, Gerald (JoDeen) Schmidt of Eureka, IL., Charlie (Marjie Colloton) of Polo, Ray

Schmidt of Pine Creek, Dan (Tammy) Schmidt of Polo; six grandchildren, Jenny (Shawn) Lewis, Janella Schmidt, Joanna Schmidt, Rachel (Ben) Collins, Heidi and Hannah Schmidt; 11 Great Grandchildren

He was preceded in death by his wife Fern in 2005; a sister Esther Garrison Avey; brothers Albert, Walter and George Schmidt.

Visitation will be Wednesday, January 3, 2024 from 10:00 to 11:00 a.m. at the Church of the Brethren, 401 S. Congress Ave, Polo. The funeral service will be following the visitation at 11:00 a.m. He will be laid to rest next to his wife at Fairmount Cemetery in Polo concluding the service.

In lieu of flowers, a memorial has been established in his name.

Visit [www.poloamilyfuneralhome.com](http://www.poloamilyfuneralhome.com) to send condolences.

### Report policy

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

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

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# VIEWPOINT

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

Published every Monday  
Tonja Greenfield, General Manager  
Jeff Helfrich, Managing Editor

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

## New political letter policy

The Ogle County Life is implementing a new political letter policy.

We will now be accepting election letters endorsing or advocating for or against a ballot measure, party or candidate as paid advertising announcement. The fee is \$25 minimum for a 200 word letter and 10 cents a word for additional words over 250. Like other letters to the editor, the writer's name, address and phone number are required. Phone numbers and exact addresses are not published.

We have the right to reject letters which don't meet publishing standards and will determine if the letter qualifies as a paid endorsement. Paid letters will be identified with a label and may or may not appear on the opinion/letters page.

Most newspapers that have adopted this approach cite one main reason: Political campaigns for years have used newspaper opinion pages for what amounts to free advertising. As these letter-writing campaigns

become more widespread and sophisticated - some campaigns even pay people to write letters to the editor - newspapers are flooded with requests to publish them, especially in the run-up to elections.

Will we still publish letters complaining about the county board or school board? Yes. But if you want others to vote for or against a candidate, or for or against an issue on the ballot, you will need to pay a fee. Not a large fee - \$25 for up to 200 words.

Some key dates to keep in mind for political endorsement letters:

The primary election is Tuesday, March 19, 2024. The last batch of letters that endorse candidates for this election will be printed in the Monday, March 11, 2024 issue of the Ogle County Life must be received by noon on Wednesday, March 6.

To submit a letter, email Managing Editor Jeff Helfrich at [jhelfrich@ogle-countylife.com](mailto:jhelfrich@ogle-countylife.com).

## Reducing ag greenhouse gas emissions

OVER the next five years, millions of dollars could be funneled into efforts to help farmers rotate their crops, preserve their soil, improve how their animals are fed and, along the way, significantly reduce the 10% of U.S. greenhouse gas emissions that come from agriculture.

If, that is, the 2023 Farm Bill actually gets passed and if, unlike last time around, it includes significant funding for climate-smart farming practices. Both are big ifs. Even before the actual text of the proposed Farm Bill is released, some in Congress are pushing to shift money away from conservation and climate change and instead make already high payments for rice, peanuts and cotton even higher.

It's also not clear if the Farm Bill, the new 90-year-old piece of legislation that is the basis for U.S. agricultural policy and which must be re-upped every five years - will be passed this year in the face of Congressional dysfunction, a possible government shutdown and an upcoming presidential election.

Started in 1933 during the depths of the Depression as a way to support farmers, the Farm Bill has become the single largest piece of federal legislation that supports the livelihoods of farmers, ranchers and dairymen across the county.

It assists farmers with risks, provides payments for many crops - primarily corn, soy, wheat, and rice - and funds efforts to protect farm soil and water. A significant portion of the funding, about 80%, goes to low-income families to buy food through the Supplemental Nutrition Assistance Program known as SNAP.

What the next Farm Bill might include isn't yet known. Both the House and Senate committees on agriculture are working on versions but neither have been released and aren't likely to be until the House and Senate are ready to move.

Agriculture accounts for about 10% of U.S. greenhouse gas emissions, according to the Environmental Protection Agency. That makes the Farm Bill, the United States main food and farming legislation, a potentially critical part of the fight against climate change.

The continued investment in sustainability, be it conservation, nutrient management or climate smart agriculture ... is about the long-term viability of the American agricultural industry.

On a positive note, changes to the Farm Bill could help agriculture go from something that produces a significant amount of greenhouse gasses to something that's an important part of the solution.

There's already strong evidence for land management techniques farmers can use to produce fewer emissions and keep carbon in the soil, including practices that improve soil health, reduce

erosion and improve water quality. But given the razor-thin margins they operate under, it takes federal support to help the nation's food growers make the shift.

Some of those techniques include:

Planting cover crops and using crop rotation to keep soils healthy so they hold more carbon.

Timed and targeted to reduce nitrogen emissions into waterways and the atmosphere.

Researching feeding regimes and additives to keep livestock from producing as much methane in their burps.

Some of these practices are already becoming popular with farmers and the U.S. Department of Agriculture has programs to support them, funded in part by \$18 billion from the Inflation Reduction Act.

On average, there are about twice as many farmers who want conservation assistance from USDA than there is funding available for. We have strong demand for these programs. Farmers understand the benefits and that they're investing in their farms and farmland.

To get every American farmer involved will require more money but it will be money well spent, say advocates.

We can sequester a lot of carbon in the soil. It takes time but it's a key solution to lowering carbon dioxide levels in the atmosphere. The nice thing is that it's a win-win - it improves the soil and helps us adapt to climate change.

Dysfunction in Congress is likely pushing off the legislation that cultivates the fields of American agriculture. The 2018 Farm Bill can be extended, but that means hopes for dramatic reforms that could help fight climate change won't come this year, advocates say.

Whether or not an individual farmer or rancher even believes in climate change, overall they're eager to lower costs and strengthen their soil and waterways. In addition, there's a growing understanding that this is something the shoppers want.

Consumers are increasingly interested in both where their food comes from and the climate impact of what they eat. By helping America's farmers, ranchers, and growers continue adoption of more climate-friendly farming practices, the recommendations will help producers meet growing consumer preferences.

But also, farmers and ranchers are increasingly realizing that they have a positive role to play in mitigating and adapting to climate change.

"Agriculture not only gives riches to a nation, but riches she can call her own." -Samuel Johnson

*Ron Kern is the manager of the Ogle County Farm Bureau.*



Ron Kern

## Goodfellows thank those who donated

Dear editor,

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

We realize budgets are stretched tight for everyone which makes all of your heartfelt donations especially appreciated this

year. It is that generous support of our community that has kept the work of the Goodfellows alive and well in Mt. Morris for over 70 years. This holiday season we were able to touch the lives of 124 families/households. That is amazing, and we thank you for making that possible.

Best wishes in 2024 from the Mt. Morris Goodfellows.

Sincerely,

**Charlie Beard and  
Jerry Griffin**



## Thanks for Candy Day help

Dear editor,

The Polo Lions Club says thank you to everyone that participated in making the 2023 Candy Day Fundraiser a great success. The list of members are: Don Hay, Randy Ocken, Richard Folk, Ron Chamberlain, Dave Buchar, John Deuth, Greg Cross, Mark Bocker, Henry Bocker, Winton Bocker, Ryan Shetler, Tom Suits, Irene Boelkens, Jeff Short and Dan Bocker.

I also want to thank the businesses around

Polo that also participated in the fundraiser and they are: Country Companies-Jeanette Linker, Pines Automotive, Knie Appliance, Birkey's Farm Store, Bocker Grain, Bergy's Automotive, Scholl Insurance, Polo Chiropractic, Hal-

dane Custom, Northern ILLINOIS TV, Legacy Prints, Bocker Excavating Inc., and First State Bank Shannon-Polo.

**Greg Cross,**  
president of the Polo  
Lions Club



## The 250th anniversary of the Boston Tea Party

WE can sarcastically "thank" Benjamin Franklin for reminding us of the inevitability of death and taxes. But genuine gratitude is due another Founding Father whose objection to the latter established a new precedent in human history—the tax revolt.

The historical record is unclear as to Samuel Adams' precise role in the Boston Tea Party, but Adams was undoubtedly the foremost apologist for what took place in Beantown 250 years ago this month. The destruction of 342 chests of tea belonging to the British East India Company by an unknown number of the "Sons of Liberty" was described by Adams as an action of "pure and upright principle."

The taxes that Adams protested were not onerous. Tea was taxed at the low rate of three cents per pound. Adams rebelled against the notion that Parliament had the power to tax the American colonists absent American participation in Parliament. Since then, we have traded the low, nonconsensual taxes of the 18th Century for the high, consensual taxes of the 21st. How did this happen?

It happened because American taxpayers are still inadequately represented. Sure, every taxpayer in the 50 states is entitled to one U.S. representative and two senators. But representation on Pennsylvania Avenue is not as important as representation on K Street. Among the capital's lobbying corps, only one man represents the general interest

amidst the innumerable special interests. That man is Grover Norquist.

Like Adams, Norquist is a Bostonian who, despite undergraduate and graduate degrees from Harvard, lives modestly.

He also shares with Adams a singular focus on making government accountable to taxpayers. Since 1985, Norquist has carried out that mission as the president of Americans for Tax Reform ("ATR"), an organization founded at President Ronald Reagan's direction to build support for what became the Tax Reform Act of 1986.

That landmark legislation lowered marginal tax rates and consolidated tax brackets through the elimination of tax deductions and credits. It was a rare triumph of the general interest over the special interests.

Even as a young man, Norquist was wise to the ways of Washington. He knew that because special interests are concentrations of power and the general interest is diffuse, any 1986-like victory for taxpayers is in danger of being rolled back. To counter this inherent disadvantage, Norquist provided taxpayers with a method of self-defense called the Taxpayer Protection Pledge.

With elegant simplicity, the Taxpayer Protection Pledge, or simply "The Pledge," is a straightforward, no loophole contract offered by ATR to every state and federal office seeker. It is an opportunity for politicians to make a written commitment to taxpayers that they will not support any net tax increases.

Politicians are keen on avoiding responsibility for actions that draw the voters' ire. The Pledge gives taxpayers an indispensable metric by which to hold their elected representatives accountable.

Adams spent much of his time organizing secret meetings and committees of correspondence to coordinate opposition to Parliament throughout the 13 colonies. For the last 30 years, Norquist has presided over an invitation-only meeting every Wednesday at ATR headquarters in Washington for activists strategizing to protect taxpayers from the relentless abuse of the spending interests. Analogs to the "Wednesday Meeting" now exist in almost every state and in many foreign countries.

Like the Wednesday Meeting, The Pledge has also gone international. Javier Milei, the newly-elected president of Argentina, enthusiastically signed The Pledge on national television.

At every congressional budget fight, Norquist is excoriated by the spending interests for having the temerity to advocate for American taxpayers. Despite his best efforts, taxpayers routinely lose out to the special interest spending project du jour. But the spirit of Samuel Adams is alive in Norquist's efforts to make government accountable to taxpayers by giving them a voice among the cacophony of calls for more government spending. And wherever that struggle is replicated around the world, the American Revolution rolls on.

*Paul F. Petrick is an attorney in Cleveland, Ohio.*



Paul Petrick

## 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.

# LOCAL NEWS

## OGLE COUNTY SHERIFF'S DEPARTMENT

### Man arrested on outstanding warrant for unlawful use of weapon - no FOID card

**OREGON** — On Dec. 22 at approximately 2:19 a.m., Deputies responded to the 200 block of East Hillcrest Drive, Byron, in response to a 9-1-1 hang-up. After an investigation, Charles L. Macias, age 49, of Rockford, was placed under arrest for an outstanding warrant for unlawful use of a weapon – no FOID, which was issued by the Rockford Police Department. Macias was transported to the Ogle County Jail. All subjects are presumed innocent.

On Dec. 23, at approximately 6:28 a.m., Deputies were called to the 5,000 block of N. River Road in reference to a single-vehicle accident. Deputies found the vehicle to be unoccupied, but later located the driver walking. The vehicle, a black Chevrolet pickup truck, appeared to be traveling southbound on River Road when it failed to negotiate a curve and traveled off of the west side of the roadway before striking a driveway embankment. The vehicle then went airborne, struck a mailbox and rolled at least once before coming to rest. The driver, Kyle Macias, age 41, of Oregon, was transported to Swedish American Hospital by Byron EMS for non-life threatening injuries. Macias was cited for Driving Under the Influence of Alcohol, No Valid Driver's License, Improper Lane Usage, No Insurance, and Failure to Report an Accident. Macias was given a notice to appear on his citations. Further charges are pending. All suspects are presumed innocent.

On Dec. 23 at approximately 8:57 a.m., Deputies responded to a one-vehicle accident near the intersection of Coffman Road and Rock City Road. After investigation, Deputies learned Courtney Melvin, age 31 of Forreston, was driving a black Ford Fusion westbound on Coffman Road. Melvin was approaching the Rock City Road intersection while negotiating a curve in the foggy conditions, when her vehicle traveled off the west side of the roadway. Melvin's vehicle struck a ditch embankment before overturning on its side. Melvin and a 9 yr. old juvenile passenger were checked out at the scene by German Valley EMS and refused medical attention.

On Dec. 26, at approximately 9:55 a.m., Deputies conducted a warrant service within the 300 Block of Irene Avenue in Rochelle. This service resulted in the arrest of William J. Schorsch, age 59, of Creston, due to a failure to register as a sex offender (No Bond) warrant. Schorsch was trans-

ported to the Ogle County Jail, where he will be held pending an appearance before a Judge. All subjects are presumed innocent.

On Dec. 26 at approximately 7:58 a.m., Ogle County Sheriff's Deputies arrested Zachery A. Letcher, 28, of Dixon, IL. Letcher was arrested on an Outstanding Ogle County Warrant for Failure to Appear. Letcher was able to post bond and was released from the Ogle County Jail with no further court dates.

On Dec. 26 at approximately 8:39 p.m., Deputies conducted a traffic stop in the 10,000 block of North Illinois Route-26. After an investigation, Jose Galindo Mateute, age 61 of Freeport, was placed under arrest for driving with no valid license. Galindo was also cited for speeding and an inoperable headlight. Galindo was transported to the Ogle County Jail before being released on a notice to appear. All subjects are presumed innocent.

On Dec. 26 at approximately 5:23 p.m., Deputies responded to the 7000 block of North Kishwaukee Road for the report of a pedestrian that was struck by a vehicle causing minor injuries. After investigation, Deputies learned Jamie McCarty, age 45 of Byron, was driving westbound on East Illinois Route 72 when he struck a juvenile pushing a bicycle along the side of the roadway. The juvenile suffered minor injuries and refused medical attention.

On Dec. 27 at 8:47 p.m., deputies conducted a traffic stop on the 1000 block of N IL RTE 251. As a result, a 15-year-old juvenile of Rockford, IL was arrested for No Valid Driver's License. The 15-year-old juvenile was additionally issued a citation for Suspended Registration/Non-Insured. The 15-year-old juvenile was released to a family member on a Notice to Appear. All suspects are presumed innocent.

On Dec. 27 at approximately 7:33 p.m., Deputies initiated a traffic stop on 7th Street and Cleveland Avenue in Rochelle for expired registration. Upon further investigation, Deputies arrested Rene Garcia-Quinto, age 41 of Rochelle, for driving while license revoked. Garcia-Quinto was additionally cited for Expired Registration. Garcia-Quinto was transported to the Ogle County Jail and released on a Notice to Appear with a future court date given. All suspects are presumed innocent.

On Dec. 27 at 11:51 p.m., deputies were dispatched to an address in the 1000 block of Northwestern Ave in Davis Junction,

IL for a report of a domestic. As a result, Edward J Turek age 49, of Davis Junction IL, was arrested for two counts of Disorderly Conduct, and one count of Assault. Turek was transported to the Ogle County Jail and detained, pending an appearance before a judge.

On Dec. 29 at 1:37 p.m. deputies conducted a traffic stop at South 7th Street and Lakeview Drive in Rochelle. After an investigation, Israel Ibarra, 35, from Rockford was arrested for no valid driver's license. Ibarra was released from the scene on a notice to appear.

On Dec. 29 at approximately 8:19 a.m., Jessica Hernandez, 24, of Rochelle, was arrested for an outstanding Ogle County warrant. Hernandez posted bond and was released with no further court dates.

On Dec. 29 at approximately 1:50 p.m., William Eckles, 41, of Dixon, was arrested for an outstanding Ogle County warrant. Eckles posted bond and was released with no further court dates.

On Dec. 29 at 9:22 p.m. deputies conducted a traffic stop at the Pilot Truck Stop, 1201 E. Illinois Route 38. After a brief investigation, deputies arrested Angel Hernandez-Santiago, 21, of Rockford, for driving while license suspended. Hernandez-Santiago was released with a notice to appear.

On Dec. 29 at 6:56 p.m. deputies responded to the area of East Illinois Route 64 and South Mulford Road for the report of a two-vehicle crash. One vehicle, a white Hyundai, had been traveling westbound on East Illinois Route 64. The other vehicle, a white Toyota, was traveling eastbound and entered into the westbound lane attempting to pass another vehicle when it struck the white Hyundai in the westbound lane. The driver of white Hyundai, Sarah Goshko, 29, of DeKalb, was transported by LSR Fire to a local hospital for suspected minor injuries. The driver of the white Toyota, Jose Zacatzi-Toniz, 31, of Dekalb, was transported by LSR Fire to a local hospital for suspected major injuries. Zacatzi-Toniz was issued citations for improper passing, failure to reduce speed to avoid an accident, and operating an uninsured motor vehicle. Zacatzi-Toniz was issued a notice to appear court date and was left in the care of hospital staff.

On Dec. 30 at 1:15 a.m. deputies responded to the area of 4,000 East Walden Road for a one-vehicle crash. The vehicle,

a white Chevrolet Silverado, appeared to be traveling east on Walden Road when it left the roadway, becoming airborne, striking a tree, and finally coming to a rest on a pile of wood. After a brief investigation, Steven Meyers, 24, of Rockford, was arrested for driving under the influence of alcohol. Meyers was transported to the Ogle County Jail, booked and released with a notice to appear. Meyers was additionally charged with a concealed carry weapon violation, improper lane usage, and failure to reduce speed to avoid an accident.

On Dec. 30 at approximately 1:44 a.m. deputies conducted a traffic stop in the 9,000 block of north Pecatonica Road. After an investigation, Brandon T. Wilken, 31, of Rockton, was placed under arrest for driving under the influence of alcohol. Wilken was also cited for improper lane usage. Wilken was transported to the Ogle County Jail before being released on a notice to appear.

On Dec. 30 at approximately 7:14 a.m. deputies and Rochelle EMS responded to the intersection of Ritchie Road and South Woodlawn Road in response to a single-vehicle accident with injuries. At the time of the accident, a heavy freezing fog prevented visibility, and road conditions were slick. During an initial investigation, deputies learned a Chevrolet Malibu was traveling east on Ritchie Road and failed to stop at the posted stop sign before striking an embankment. The vehicle operator, identified as 28-year-old Monique S. Griggs of DeKalb, was transported to Rochelle Community Hospital for treatment of non-life-threatening injuries.

On Dec. 31 at around 7:02 p.m. deputies received a report of a driving complaint in the area of the 20,000 block East Illinois Route 64, traveling westbound. At 7:13 p.m. deputies conducted a traffic stop on the offending vehicle, a black GMC Envoy, attempting to enter Interstate 39 northbound onto the Interstate 39 southbound exit ramp from East Illinois Route 64. After a brief investigation, the driver of the vehicle, Hilario Limon-Garcia, 33, of Rockford, was placed under arrest for driving under the influence of alcohol. Limon-Garcia was additionally charged with aggravated driving under the influence of alcohol and cited with driving while license suspended and improper lane usage. Limon-Garcia was released on a notice to appear at a later date.

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# LOCAL NEWS

## Stillman Bank announces winners of Christmas Coloring Contest

**STILLMAN VALLEY** – Stillman Bank recently held their annual Christmas Coloring Contest for kids up to 10 years old. This year's picture was of two reindeer with a Christmas tree and snowflakes. The winners received their very own gingerbread house kit. Congratulations to the winners!

For ages five and under, the winners were: Avery Riffle (Byron office), Oliviana M. (Oregon office), Camila Campos (Rochelle office), Amelia Snow (Rockford office), Leygion Schork (Roscoe office), and Amelia Padilla (Stillman Valley office).

For ages six through 10, the winners were: Payten Snider (Byron office), Ridge Grover (Oregon office), Natalie Isley (Rochelle office), Clara Munson (Rockford office), Emmeline Thompson (Roscoe office), and Camila Bonne (Stillman Valley office).

Thank you to everyone who stopped by Stillman Bank to enter the coloring contest. 245 entries were received and each child received a small

prize for their participation. For more information on Stillman Bank or to find out more about Stillman's products and services, please contact visit [www.stillmanbank.com](http://www.stillmanbank.com). Stillman Bank is an independently owned com-

munity bank founded in 1882. The bank has approximately \$580 million in assets and operates full-service banking offices in Byron, Oregon, Rochelle, Rockford, Roscoe/Rockton, and Stillman Valley.



Avery Camilla



Amelia Oliviana



Ridge



Payten Natalie



Camila B.

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<p><b>Hamburger HELPER</b> Selected Varieties 4.7-8.7 oz <b>3/\$5</b></p>	<p><b>Pringles CHIPS</b> Select Varieties 4.9-5.57 oz <b>1.79</b></p>
<p><b>Garden Fresh HUMMUS</b> Select Varieties 9 oz <b>2.29</b></p>	<p><b>Campbell's CHUNKY SOUP OR BOWLS</b> Select Varieties 15.25-19 oz <b>2/\$4</b></p>
<p><b>ORV'S ULTRA THIN OR ULTIMATE RIZER PIZZA</b> Select Varieties 13.35-28.45 oz <b>2/\$7.50</b></p>	<p><b>Bakery HONEY OATMEAL BREAD</b> loaf <b>3.99</b></p>
<p><b>Tony's PIZZERIA PIZZA</b> Select Varieties 12 inch <b>4/\$10</b></p>	

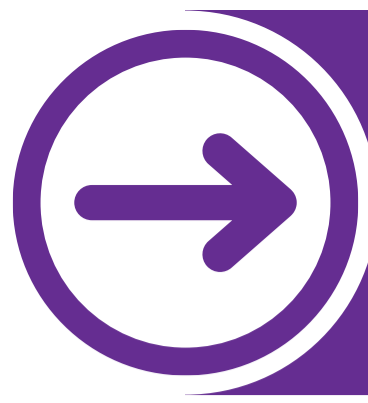
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### AREA SPORTS

#### Oregon boys bowling competes in Peoria

The Oregon Hawks boys bowling team traveled to Landmark Lanes, Peoria to participate in the Oswego East Mid-State Tournament on Dec. 27. In a field with three of the top four teams from last year's state finals and four of the top 10 teams in the state this season, the Hawks held their own throughout the majority of the day, but some game six struggles saw Oregon drop to sixth place – 69 pins behind fourth-place Harlem for the last trophy spot.

Oregon was led by seventh-place medalist Matthew Stahl with a 1,295 series (184, 255, 215, 171, 278, 192) and 10th-place medalist Brady Davis with a 1,282 series (198, 219, 249, 179, 222, 215). In addition, 25th-place finisher RJ Keene recorded a 1,230 series and 40th-place Gavvin Surmo with an 1,151 series.

Also competing were Caleb Brooks with a 662 series (four games) and Codey Dunbar with a 329 series (two games).



#### Stillman Valley High School 2023 November Students of the Month named

Stillman Valley High School Students of the Month for November 2023 were recently named. Pictured from left to right are: Kaera Ackerson (12th grade), Hanna Bastian (11th grade), Gage Broski (10th grade), Andrew Slupianek (ninth grade), Stillman Bank Retail Office Manager Kelly Carlos and Stillman Bank Executive Vice President & COO David Mecklenburg. Each of the students received a gift card for their achievement.

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**NEW PRICE**



#### 702 S. 4th Street, Oregon NOW \$144,000 Call Rebecca

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**NEW PRICE**



#### 311 Sunset Lane, Mt, Morris NOW \$160,000 Call Rebecca

BRICK RANCH HOME FOR SALE! Move quickly to call this 3 bedroom, 1.5 bathroom ranch home located near Sunset Golf Course your HOME by the HOLIDAYS! With over 2,000 square feet of living space, this home has many updates including: new flooring in kitchen, dining, living room and 2 bedrooms, updated bathrooms and fresh paint throughout! Main floor has large kitchen with spacious eat in area and tons of counter space. There is also a cozy 3 screened porch with views of your large backyard. Living room has wonderful views of the golf course along with a fireplace. 3 bedrooms and large bathroom on the main floor. An added bonus is the additional square footage in the basement and a half bathroom. Storage shed included.

**NEW PRICE**



#### 310 E. Center Street, Mt. Morris NOW \$127,500 Call Carla

New Listing in Mt Morris! This is a perfect starter or retirement home conveniently located close to downtown Mt Morris! 2 bedrooms, 2 baths, Large living room plus eat in kitchen. All kitchen appliances and washer and dryer stay. Second kitchen in the basement. The beauty of this home is it is all main floor living!! New central air conditioning plus much more! Oversized one car garage. Deck is off the back of the house overlooking the nice sized backyard.

**NEW PRICE**



#### 30368 Prairie Street, Rock Falls NOW \$109,000 Call JD

Welcome to this ranch home south of town in the desirable Montmorency school district. This delightful residence features two bedrooms, one bathroom, an oversized three-car garage, and main floor laundry for added convenience. With three lots in total, this property offers abundant opportunities and tons of potential in a rural setting. Embrace the charm and possibilities this home has to offer in a desirable location. Make it yours today!



#### 804 Jackson Street, Oregon \$269,000 Call Casey

Step into a completely updated home that boasts a fully renovated kitchen (2021), updated bedrooms (2022), bathrooms (2023), basement (2023), 90% of the home has new plumbing (2023), metal roof (2023), new water heater (2022), water softener connected to laundry and drinking water (2023), new back porch and cover (2023), new exterior and interior doors, and new deck (2022). All appliances stay! Plenty of room for entertaining in the open concept kitchen and living room as well as bonus space in the completely updated basement. This completely updated 4 bedroom home is ready for its next owners!

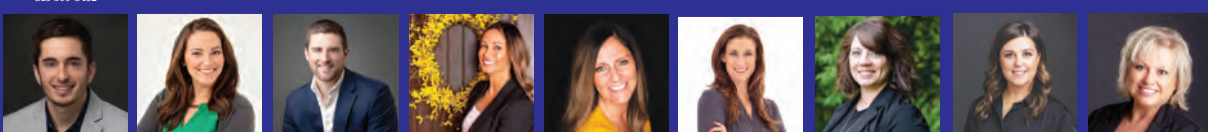


#### 1065 Idle Oaks Run, Dixon \$294,900 Call Carla

New Listing in Dixon's Idle Oaks Run Subdivision! You'll feel like you've won the Triple Crown in this super cute 3-4 bedroom ranch on Three lots! Impeccably remodeled with lovely updates throughout! The 3-4 car garage is a automotive enthusiast's dream! Vaulted ceilings in the great room plus large master bedroom with private master bath. Gorgeous kitchen with loads of cabinetry and counter space! Finished lower level with additional recreation room, bar room, office or bedroom and whirlpool bathroom. 2 separate stairways to the basement for easy moving. Sparkling throughout...all you have to do is move right in! Close to schools and downtown and superstores located in a very nice neighborhood that is close to everything! New furnace and Water Softener installed in Fall of 2023. Just minutes from I-88! Home warranty included.



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# SPORTS NEWS

## Stillman Valley girls hoops falls in finals of Dixon Holiday Classic

Slow first quarter against Alleman sees Cardinals fall short in potential sectional finals preview

BY ANDY COLBERT  
CORRESPONDENT

**DIXON** – The Stillman Valley girls basketball team made it to the finals of the 45th Dixon Holiday Classic, but couldn't recover from a 14-point deficit at the end of the first quarter and fell 48-37 to champion Rock Island Alleman.

"I think they made something like 5-of-6 three-pointers to start the game," SV coach Bobby Mellon said. "We came in a zone and it wasn't our best rotation. We made adjustments the rest of the game."

After trailing 13-2 and 22-8 in the first quarter, the Cardinals (16-4) outscored Alleman (17-2) the final three quarters, 29 to 26 in what could be a preview of a sectional match up. Alleman is ranked No. 6 in 2A and have plenty of size and experience.

"The difference in the first quarter and the second

was that we hit shots in the first," Alleman coach Steve Ford said.

Taylor Davidson scored six straight points to begin the Cardinal rally. A pair of free throws by Mya Janssen and a three-pointer by Brooke Jordal kept Stillman even the rest of the first half.

Both teams struggled in the third quarter, with the Cardinals missing their first six shots before Davidson tacked on seven points, including a long-range jumper that pulled her team to within 39-28 with 1:30 left in the third quarter.

"Number 15 (Davidson) makes them go. Our focus on defense was on her," Ford said.

The Cardinal defense turned up the pressure by forcing seven turnovers in the third quarter and holding Alleman to six points.

"We played incredible defense the whole tournament," Mellon said. "We

always showed fight."

An Amelia Dunseth basket to start the fourth quarter pulled Stillman to a single-digit deficit for the first time since the opening minutes of the game. Unfortunately, that was a close as they would come the rest of the game with Alleman's defense going into clamp-down mode.

"We had open looks, but weren't knocking them down," Mellon said.

The Cardinals came up empty on six straight possessions before a three by Dunseth with two minutes left. Davidson added a couple more points with Alleman dominating the rebounds.

"Even though we struggled on offense at the end, our aggressiveness on the boards paid off," Ford said.

To reach the finals, Stillman Valley defeated much larger schools in East Moline and Sterling by 12 and 10-point margins. Davidson had 32 points against

East Moline, including 18 free throws.

"She's very good at getting in the lane and finishes well around the rim," said Cliff Bardell of Polo, who is an assistant coach for Sterling. "Davidson is a

special player."

Against Alleman, Davidson had 19 points.

Byron (10-5) went 2-2 in the tournament, with wins over Eastland and Dixon and losses to East Moline and Alleman.



## COMMUNITY CALENDAR

### Jan. 23

Illinois Elks Children's Care Corporation in cooperation with Northwest District Elks Lodges will sponsor a free children's podiatry assessment clinic on Tuesday, Jan. 23 at Yeager Podiatry located at 841 N. Galena Ave. Suite 300 in Dixon with Dr. David Yeager as the clinician in charge.

The clinic starts at 8 a.m. and is by appointment only. To make an appointment call the Illinois Elks Children's Care office at 1-800-272-0074 between the hours of 9 a.m. to 4 p.m. Monday through Friday. There are no charges for any services at this clinic.

No medical referral is necessary for the clinic but physicians are welcome to refer patients to the clinic for a specific reason or second opinion. School nurses are welcome to refer children and families to the clinic.

The Elks Organization has been working with physically challenged children since 1928 and this is one of the 15 clinic locations throughout Illinois. The clinic is an ideal time to have a child reviewed for bone and joint development. If your child has feet pointing inward or outward or complains of foot pain they can be seen at this clinic. There is

no charge for any diagnostic services at this clinic. The Elks will provide financial assistance to the best of their ability for children needing further treatment or specialty equipment when the family lacks sufficient resources to do so. In the past, the Elks have purchased therapy services, corrective shoes, braces, wheelchairs and augmentative communication devices to help children overcome a variety of physical challenges.

### Feb. 29

Farm transition and succession planning will be the topic of a Feb. 29 seminar offered by local county Farm Bureaus. "Empowering Farm Families to Achieve Succession Planning Success" will be hosted by Dr. Ron Hanson and take place at the White Pines Lodge in Mt. Morris from 6 - 9:30 p.m.

"Communication is the most important part of succession planning, but it's also the most difficult," said Ron Kern, the manager of the Ogle County Farm Bureau. "Professor Hanson is an esteemed teacher and expert in this area, and his presentation will provide a tremendous value to our members."

Dr. Hanson will share insights on business manage-

ment, common mistakes, decision-making processes, and more during the event, enabling farm families to seamlessly carry forward their family farming legacy.

A professor emeritus at the University of Nebraska-Lincoln, Dr. Hanson has earned 31 university and national award recognitions in a 46-year teaching and advising career. He is an Illinois native and holds degrees from both Western Illinois University and the University of Illinois.

The event is sponsored by Farm Bureau Young Leader committees in the participating counties. Farm Bureau Young Leaders promote agriculture and professional development through leadership, education, legislation and networking. While Farm Bureau provides continuing education opportunities to them, the county Young Leader committees are paying that forward by sponsoring this seminar for all Farm Bureau members in their counties.

A \$50 registration includes dinner and is open through Feb. 15 to members of the Carroll, Lee, Ogle, Stephenson and Winnebago-Boone County Farm Bureaus. To register or learn more, call the Ogle County Farm Bureau at 815-732-2231 or email [cfb@ogle.comcastbiz.net](mailto:cfb@ogle.comcastbiz.net).

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# SPORTS/LOCAL NEWS

## A look at the history of girls basketball

It was off to Dixon last week for some girls basketball, as Stillman Valley faced Rock Island Alleman in the championship game of one of the longest-running tournaments in the state at 45 years. Remember, the first IHSA girls title game wasn't until 1977, with Sterling winning it.



Andy Colbert

Basically, the Dixon event has been going on nearly as long as sanctioned girls basketball in Illinois. It also has a varied mix of small and larger schools.

Credit to Stillman Valley for defeating Sterling (enrollment 978) and East Moline (1,740) to make the finals. Against Alleman, the Cardinals were hurt by hot shooting in the first quarter by their opponent.

After that, it was an even game, giving credence to Stillman Valley's ability to compete against Alleman should the two meet in the sectional.

Particularly impressive was the play of Taylor Davidson, who is the catalyst for the Cardinals. She drew rave reviews from opposing coaches.

In a wide-open Big Northern conference, SV, Byron, Lutheran and Dixon will contend for the title, with everyone else struggling. The Cardinals lost by 11 points to Alleman, but their other three losses (Orangeville, Kane-land, Byron) were by narrow margins.

Getting back to the history of basketball in Illinois, it is shameful how long it took for the IHSA to recognize the sport for girls. Prior to 1973, girls basketball was played under the context of GAA (Girls Athletic Association).

Second-rate facilities and crappy-looking outfits categorized GAA basketball. The IHSA even forbid competition between schools.

Instead, you played

intra-mural against other girls from your school. Or, occasionally there would be a "play day" where a few other schools would get together and have a friendly competition.

How friendly? Teams consisted of a mixed group of players from each school and scores may not have been kept.

They did have a "postal" tournament. How it worked was this: a school would set up 10 different spots around the basket for girls to attempt shots.

A GAA rep would count the baskets made and send them in the mail (hence the term postal) to the IHSA for an official tabulation and overall winner. Yes, that was how a state winner was determined.

It all sounds weird now, but that was the case prior to the mid 1970s when sexism was more rampant than it is now. It still exists, but not nearly as blatant,

Guilty as charged, as I don't go to nearly as many girls games as I do the boys. One thing that has changed for the positive is the amount of media coverage for the girls.

That has been ramped up for both high school and college, but not so much for the professional league. For the most part, girls basketball has come of age and is enjoying its best popularity ever.

Byron leads the county with five state final appearances and three state trophies. Stillman Valley has been downstate three times with one trophy. Back in 1981, Forreston made its lone appearance in 1981.

Oregon, Polo and Oregon are still looking for that much-coveted trip.

*Andy Colbert is a longtime Ogle County resident with years of experience covering sports and more for multiple area publications.*

### OREGON PARK DISTRICT WEEKLY HAPPENINGS

#### Eagle Watching Brunches at the Lorado Taft Field Campus

Enjoy a delicious brunch spread including the world famous Lorado Taft Field Campus cinnamon rolls while watching the wintering Bald Eagles over the Rock River valley. Illinois is a top-tier eagle-watching state in the winter season, come and watch with style. Brunch will include an educational program on the life and conservation of Bald Eagles. Come and see our nation's symbol in its natural habitat. All brunches run from 9:30-11:30 am, with three dates to choose from, Saturday January 20, Sunday January 21, and Sunday February 4, 2024. Registration is \$18R/\$22NR for adults and teens, \$10 for children between 3 and 10, and free for children 2 and under. The deadline to register is one week before each brunch, or when they sell out, whichever comes first.

#### S'more Please Dessert Lasagna

Everything is better when it's dessert! Join Lynn Kaufman of Lunnye's Kitchen for a sensationally sweet cooking class on Wednesday February 14th from 6:00-7:30 PM at Cork & Tap. This no-bake dessert lasagna is perfect for sharing or for keeping all to yourself. Layers of graham crackers, chocolate, and marshmallow are the perfect melt in your mouth flavor explosion. Participants will need to bring some dishes and utensils from home. A full supply list will be distributed by email after registration closes. Registration is \$40R/\$48NR, deadline to register is February 7th. Gluten free option available upon request.

#### Daddy Daughter Dance

The 2024 Daddy-Daughter Dance is back in action at River's Edge Experience Saturday March 2nd games, 6:30-8:30 PM. Set to a tropical beach party theme, the evening will feature quality girl time with dancing, games, and prizes. Professional pictures can be purchased to commemorate the evening. Substitute dads (uncles, grandpa's, big brothers, etc.) are welcome. Recommended for children 3-12, registration is \$16R/\$19NR for children, parents are an add on of \$10 each. The deadline to register is February 16th.

#### Mother Son Date Night

Friday March 1st, 6:30-8:30 PM at River's Edge experience, the 2024 mother-son date night at River's Edge Experience will be an evening to remember. The theme of the year is tropical beach party, and parents can enjoy an evening of dances, games, and prizes with their favorite little surfer. This event is recommended for children aged 3-12. Registration is \$16R/\$19NR for children, parents are an add on of \$10 each. The deadline to register is February 16th. Substitute moms (grandma's aunts, big sisters, etc....) are welcome.

#### Indoor Soccer

Practice your soccer skills in the warmth of Nash! Youth players will develop their fundamentals and team playing strategies through a 30 min practice followed by a 30 min game every week. The season runs on Saturday mornings, February 10th through March 9th. All players will receive a t-shirt and their own soccer ball to keep! Must be 4 years old by 2/10/24 to register. \$50/\$60NR. Deadline for registration is January 22nd. Volunteer coaches are needed. Please email [lesley@oregonpark.org](mailto:lesley@oregonpark.org) if you are interested.

#### Beginners Pickleball Open Gym

Have you been interested in trying out Pickleball? This game is fast, fun, addictive, and can be played by people of all ages and athletic abilities! Join us for a new beginner's time on Mondays from noon- 1:30pm when you can learn to play with other beginners in

receive identical 500-piece puzzles and race to see which family can put it together the fastest. Oregon Park District will supply refreshments and prizes for the winning family. Everyone can keep their puzzle. Registration is priced per family team and is \$30R/\$36NR. Maximum of six people per team. Deadline to register is January 22nd.

#### Souper Bowl Sunday

Warm up in the winter on Sunday January 21st at 2:00 PM at Cork & Tap with souper bowl Sunday. This pairing will feature two soups, gourmet grilled cheese, and a sweet dessert with your choice of a wine or beer flight from Cork & Tap. Must be 21 or older to register, registration is \$26R/\$30NR, deadline to register is January 11th.

#### Handmade Birdhouse with Happily Handmade

This fun workshop is an introduction to working with terracotta clay and will take place across two days, Wednesday January 17th, and Wednesday January 24th, 6:00-8:30 PM. On day one, Instructor Tonya Hardy will guide you through the slab and coil techniques to create the shape of the house. On the 24th, you will add glaze to color the houses and make them waterproof. Birdhouses will be kiln fired between classes and can be picked up on Friday January 26th. Registration is \$70R/\$80NR, and the deadline to register is January 14th. Make sure you can attend both days when you register!

#### Fiddler on the Roof at the Fireside Dinner Theater

Fort Atkinson's Fireside Dinner Theater is a destination in and of itself, and a musical performance as iconic as Fiddler on the Roof makes this trip a must do! Enjoy the timeless musical masterpieces of "Sunrise, Sunset," "If I were a Rich Man," and "Matchmaker, Matchmaker" and more in a stirring and powerful performance. We will enjoy a luncheon before the show with a choice of chicken cordon bleu, Roast Beef Tenderloin, or Baked Almond Crusted Cod for the main entree. Registration includes transportation, luncheon, gratuity, and performance. Additional beverages can be purchased on-site, and do not forget about the Fireside Theater's fantastic shopping! The trip takes place on Friday March 22nd from 8:30AM-6:00PM, registration is \$102R/\$112NR, deadline to register is February 22nd.

#### Snowed in Family Puzzle Party

Celebrate National Puzzle Day with a fun family challenge at Nash Recreation Center on Saturday February 3rd from 1-3 PM. Families will

a relaxed environment. A few of our regular pickleball players may even be around to give you some tips! To learn more about pickleball you can visit the USA Pickleball Association at: [usapa.org](http://usapa.org). Nash has a limited number of paddles and balls that you can borrow to play. Fee: Nash Membership or Daily Fee- No registration required

#### Volleyball Open Gym

Continue to develop your volleyball skills with our weekly open gym at Nash Recreation Center, on Thursday afternoons from 3:30-5:30pm. One court will be set up with balls for you to practice and play. Free for members, or daily admission fee.

#### Open GAGA Ball

Gaga ball is a fast paced, high-energy sport played in an octagonal pit, combining the skills of dodging, striking, running, and jumping while trying to hit opponents with a ball below the knees. Join us on Wednesday afternoons from 2:30-4pm at Nash for Gaga ball games in the Prairie room. No registration needed. Daily fee or Membership.

#### Coed Volleyball League

Adult Co-ed Volleyball is back at Nash! Games will be played on Thursday nights. This is a fun and semi-competitive league and will consist of a regular season and an end of season tournament. Teams may have a maximum of six players on the court at one time with no more than three males at once. All players must be 18+ and graduated from High School. A mandatory captains meeting will be held on February 8th at 5:30 pm at Nash Recreation Center. The season runs February 8th through April 18th. A maximum of eight teams will be allowed, register early! Cost \$260 per team. Deadline for registration is January 31st.

#### OCUSD Pickleball Clinic

Join the Oregon Junior High and High School Gym teachers, Mrs. O'Neil, Mr. Boyer and Mr. Larson for a Pickleball Clinic on Monday January 29th from 5-7pm at Nash. This clinic is perfect for beginners and intermediate players to hone their pickleball skills and is open to all ages! The instructors are all experienced pickleball players and one of them has traveled extensively in the USA to compete in ranked Pickleball tournaments. All proceeds from this clinic will benefit the Oregon JH and HS Physical Education Departments. Spots are limited in this clinic, so do not wait to sign up, Fee \$15/ \$18NR. Registration deadline January 24th.

#### Tumbling

Tiny Tumblers: Jump, flip, and roll! This class is perfect for the kids that just love to tumble. Tiny Tumblers focuses exclusively on the fundamentals of tumbling and classroom participation. Through a variety of fun activities your preschooler will learn to cartwheel and roll, listen, and follow directions, work independently and cooperate with others. Must be potty trained to participate. This class is for those aged 3-5. For those aged 5-12 we have beginning/novice: Our entry level tumbling class is designed to teach the basics skills and technique needed to safely progress in this dynamic sport. Cartwheels and handstands, power and grace, this exciting class offers 45 minutes of nonstop fun and fitness!



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11

3

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# LOCAL NEWS

## OREGON PUBLIC LIBRARY

### Story Time

(18 months-6 yrs.) Mondays, 10 am- New Session begins Monday, January 8th. Story Time is on Mondays at 10 am with stories, activities, and fun! Go online or call to register.

### Find A Character Ticket!

Begins January 8. What is a Character Ticket? A character Ticket represents an image of a character from that specific book. Character Tickets will be hidden in various books in the children/youth book collection. After you check out a book and find a character ticket in the book, you may adopt that character doll and take it home. Open to Oregon Public Library cardholders only. May adopt only once.

### Cricut Design Space 101

Wednesday, January 10th at 6:00pm. This class will teach you the basics of creating in Cricut Design Space. Registration required, please call (815) 732-2724 or visit [www.oregonpubliclibrary.com](http://www.oregonpubliclibrary.com).

### Illinois Library Presents

Thursday, January 11th at 7:00pm- Speculating about Our AI Future with Cory Doctorow, Ken Liu, and Martha Wells. Join us for a panel discussion featuring three best-selling science fiction writers, Cory Doctorow, Ken Liu, and Martha Wells. They will discuss the promise, perils, and possible impacts that AI will have on our future, as well as AI in contemporary and future science fiction writing. This event is virtual, register at [bit.ly/ILP\\_DoctorowLiuWells](http://bit.ly/ILP_DoctorowLiuWells). Registration required. This event is made possible by Illinois Libraries Present (ILP), a statewide collaboration among public libraries offering premier events. ILP is funded in part by a grant awarded by the Illinois State Library, a department of the Office of Secretary of State, using funds provided by the U.S. Institute of Museum and Library Services, under the provisions of the Library Services and Technology Act (LSTA).

### Winter Blues Bundle

BEGINNING JANUARY 15th through February 15th. Register for a winter blues bundle beginning January 10th. Not sure what to read, do, or need something to keep you busy during these cold winter months? Winter Blues Bundle! Each bundle will have a hand-picked book, magazine, DVD and some fun activities. Complete the registration form online at [www.oregonpubliclibrary.com](http://www.oregonpubliclibrary.com) or stop in the library to complete one. Oregon Library patrons only.

### Lego Club

New Day, New Time! Tuesday, January 23, Lego Club 6-7 pm (2nd grade & up). The club is designed to provide an enjoyable activity (FUN) that stimulates and develops spatial intelligence. Registration required

### Book Clubs

The 2WBC Book Club meets January 10, at 12:30 pm to discuss *The Alchemist* by Paulo Coelho. Cocktails & Crimes will meet Sunday, January 14th at 2:00pm. Pick up your book to find out where and what! The Afternoon Book Club meets Wednesday, January 17 at 1 pm to discuss *Have You Seen Luis Velez?* by Catherine Ryan Hyde. Is This Just Fantasy? Book Club will meet Tuesday, January 30 at 6 pm at the Library to discuss *The Stardust Thief* by Chelsea Abdullah. Books on Tap Book Club meets Thursday, January 25 at 6 pm at Cork & Tap to discuss *Mad Honey* by Jodi Picoult.

### Yoga

Wednesdays, 9:30 am Functional Yin-Yasa - This class is a hybrid of yang (active yoga) with yin (passive yoga). We will use fundamental yoga postures combined with functional movements to build strength and warmth followed by passive, long held poses to help with flexibility and mobility of the joints and soft tissues. A yoga mat and blocks will be useful props for this class! All levels welcome." Oregon Library Patrons only. Registration required, this class fills

quickly. Please call (815) 732-2724 or visit [www.oregonpubliclibrary.com](http://www.oregonpubliclibrary.com).

### New Face to the Library Catalog Service Online

You may have noticed that searching the library catalog seems a little different. This is because the Library has officially changed over from Encore to the new Vega Discover interface. Users no longer are able to create or save lists in Encore. All lists and any reading history associated with your account are now in Vega. Please note: your reading history will only be available if you already opted into that previously through Encore. If you did not opt in earlier and would like to see your reading history going forward, you are in luck. You can still opt in through your profile in Vega. Click your name in the top right corner to access your profile. The reading history opt-in checkbox is the last item in your patron profile. Questions? Just call the Library at 815-732-2724.

### Oregon Writers Group

Meets the 2nd Tuesday of the month at 10:00am. The OWG is a gathering of writers or writer-wannabes who meet to support each other and 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.

### Passport Services

The Oregon Public Library offers Passport Application Processing. Patrons seeking Passport Services should call the Library prior to their visit to ensure that an official processor is available at that time and for a checklist of items, you will need for the appointment. OPLD Dial-A-Story & Oregon Public Library StoryWalk @Oregon Park West. Call 815-732-2724, follow the prompts and presto...a story! Current story-Over and Under the Snow by Kate Messner.

New story at the StoryWalk is *Annie & the Wild Animals* by Jan Brett.

## AREA CHURCH DIRECTORY

### BYRON

#### ALL SAINTS LUTHERAN CHURCH

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

#### CORNERSTONE FAMILY CHURCH

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#### SHEPHERD EVANGELICAL FREE CHURCH

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Adult Sunday School Hour: 9am  
Kids Sunday School: (for ages 3 thru 5th grade) 9:30-10:15am  
Coffee & fellowship time: 9:30am - 10:30am  
Main Worship: 10:30am  
Spark Youth Group (for ages 6th grade thru 12th grade) - Sundays, 5pm-7pm  
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### CHANA

#### CHANA UNITED METHODIST

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

### DAVIS JUNCTION

#### DAVIS JUNCTION UNITED METHODIST CHURCH

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

### DIXON

#### LOST LAKE COMMUNITY CHURCH OF THE NAZARENE

Pastor Bob Clardie 8:30am Sunday School  
815-535-6990 9:30am Church Service  
90 W. Flagg Road [www.lostlakechurch.org](http://www.lostlakechurch.org)  
Dixon IL 61021

### FORRESTON

#### FAITH LUTHERAN CHURCH

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

#### FIRST UNITED METHODIST CHURCH

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

#### ST. JAMES LUTHERAN CHURCH

Pastor Karen Iews  
West Grove Rd. at Columbine Rd.  
Worship Service 10:30 am. Communion is served every Sunday.  
"Singing the Song of Christian Faith in Worship, Service, Learning, Outreach and Welcome" in a beautiful rural setting.  
Everyone is cordially invited to be with us.

### LEAF RIVER

#### ADELINE ZION EVANGELICAL CHURCH

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

#### LEAF RIVER BAPTIST CHURCH

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

### LINDENWOOD

#### IMMANUEL LUTHERAN CHURCH - LCMS

[immanuel-lindenwood.org](http://immanuel-lindenwood.org) (for sermons, events, etc.)  
16060 E. Lindenwood Road, Lindenwood, IL 61049  
815-393-4500 • office@immanuel-lindenwood.org  
**Sunday Mornings:** Divine Service @ 9am; Food & Fellowship @ 10am; Sunday School and Adult Bible Study @ 10:30am  
**Food Bank:** 1st and 3rd Saturdays, 9am-12pm  
Pastor: Rev. Dr. Matthew Rosebrack  
[pastor@immanuel-lindenwood.org](mailto:pastor@immanuel-lindenwood.org)

#### LINDENWOOD UNION CHURCH

101 N Galena st, P.O box 67, Lindenwood IL 815-985-7054  
Regular worship service Sundays at 10:00am with fellowship following. Tuesdays 10:00 am Sr Exercise! Lunch afterwards. Thursdays 1:00 pm - 3:00 pm Library time. Snacks and coffee. For more information call 815-985-7054.  
Everyone is welcome!

### KINGS

#### ELIM REFORMED CHURCH

140 S. Church Road, Kings, IL 61068 • Pastor Marv Jacobs  
Phone 815-562-6811 E-mail: [goelinchurch@gmail.com](mailto:goelinchurch@gmail.com)  
Website: [www.goelinchurch.org](http://www.goelinchurch.org)  
Sunday morning worship 10:00 am

### MOUNT MORRIS

#### DISCIPLES UNITED METHODIST CHURCH

"By God's grace in Christ, we LIVE, LOVE, and SERVE"  
All are welcome here!  
9:30 a.m. - Sunday Worship with Communion open to all, followed by fellowship hour  
10:45 a.m. Sunday School (Sep. - May)  
102 N. Maple Ave., Mt. Morris, IL 61054  
815-734-4853 [secretary@disciplesumc.org](mailto:secretary@disciplesumc.org)  
[www.disciplesumc.org](http://www.disciplesumc.org)  
Pastor Marcia Peddicord

#### EVANGELICAL FREE CHURCH OF MT. MORRIS

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

#### MT. MORRIS CHURCH OF THE BRETHREN

409 W. Brayton Road, Mt. Morris, IL 61045 Phone 815-734-4573  
Pastor-Rodney Caldwell. Sunday Worship 9:30 a.m. followed by fellowship time and Sunday School. Worship service available online, call for details.  
Email: [mtmorrisrob@gmail.com](mailto:mtmorrisrob@gmail.com)

#### MT. MORRIS TRINITY LUTHERAN CHURCH

308 E. Brayton Rd. Mt. Morris, IL Phone: 734-6354 Rev. Josh Ehrler  
**Worship Services:** Saturday 5:30 PM; Worship Sunday 9:30 AM. Sunday Church School - follows Worship Service (Sept-May) Chime Choir Wednesday 6:00 PM

#### LITTLE PRAIRIE MENNONITE CHURCH

409 W Brayton Rd. Mt. Morris, IL 61054 (Church of the Brethren Basement Entrance) Worship Services: 10:00 AM Sunday Morning, 7:00 PM 1st & 3rd Sunday Evening, 7:30 PM 2nd & 4th Wednesday Evenings of the Month.  
Pastor: Norman Reinford 779-861-3700

### OREGON

#### EAST OREGON CHAPEL CHURCH OF GOD

East Oregon Chapel Church of God  
The Sharing is Caring Church  
Pastor Jesse Allen [EOCCGministries@gmail.com](mailto:EOCCGministries@gmail.com) 107 N Daysville Rd. Oregon, IL Phone: 815-732-2960  
Sunday School 9:30 a.m. with Sunday Worship following at 10:30 a.m.  
Breakfast is served every fifth Sunday beginning at 9:30 a.m.  
Wednesday evenings both Adults (all year) & Youth (during the school year) meet weekly beginning at 6:30 p.m.  
In the event that Oregon Schools are not in session the Youth group does not meet on Wednesdays.  
Thursday morning Women's Bible study meets at 10:30 a.m.  
We look forward to meeting you!

#### EBENEZER REFORMED CHURCH

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

#### LIGHTHOUSE UNITED METHODIST

Pastor Dave Rogula 4962 S. Daysville Rd., Oregon, IL 61061 [lighthouseUMC@yahoo.com](http://lighthouseUMC@yahoo.com)  
Worship at 11:00 a.m. Holy Communion celebrated the first Sunday of each of month. Lighthouse will live up your life!

#### OREGON CHURCH OF GOD

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

#### OREGON FIRST BAPTIST CHURCH

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

#### OREGON UNITED METHODIST CHURCH

200 S. 4th Street, Oregon, IL 61061 | 815-732-2994 | [www.oregonumc.org](http://www.oregonumc.org)  
Pastor Rev Megan Smick  
9:00 am Adult & Youth Bible Study  
10 am Worship & Children's Sunday School  
In-person or live on Facebook  
<https://www.facebook.com/OregonUMC>  
5:30 pm Wednesday Night Meal  
All are welcome!

#### RIVERSTONE CHRISTIAN CHURCH

609 S. 10th Street, Oregon, IL 61061  
Pastor Craig Arnold ~ 812-236-1213  
Sunday Service @ 10:45 AM ~ contemporary style worship with coffee and doughnuts in our cafe! Online worship is also available via Facebook.  
We believe in sharing Communion every Sunday as an act of worship.  
RiverKids Service @ 10:45 AM for nursery-6th grade ~ provides a safe and fun environment where kids can learn about who God is and who they are because of Him.  
Encounter Youth Ministry for kids in 7th-12th grade meets on Sunday afternoons. Please see our Facebook page for scheduled dates and times.  
For complete ministry info and events, visit us online at [Riverstonecc.com](http://Riverstonecc.com) or on Facebook at [facebook.com/RiverStoneChristianChurch](http://facebook.com/RiverStoneChristianChurch)

#### ST. BRIDE'S EPISCOPAL CHURCH

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

#### ST. PAUL LUTHERAN CHURCH, NALC

114 S. 5th St. Oregon, IL Phone: (815) 732-2367  
Website: [stpaulnalc.org](http://stpaulnalc.org)  
10:15 a.m. Fellowship/Education hours  
11:30 a.m. Worship

### POLO

#### ST. MARY CHURCH

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

#### CHURCH OF THE OPEN BIBLE

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

#### CROSSROADS COMMUNITY CHURCH ~ POLO CAMPUS

Meeting Sundays @ 10AM Service  
205 N. Jefferson Avenue, Polo ~ 815.837.5255  
[polo@crossroadscn.com](mailto:polo@crossroadscn.com)  
We offer contemporary worship and relevant Bible teaching through engaging messages and powerful video. Join us after services for coffee, snacks & fellowship. Kidzlink Children's Ministry (nursery-5th grade) ~ during 10AM service  
Crave Youth Group (6th-12th grade) ~ Wed. 6:30PM - June 1st.  
Visit our website: [www.crossroadscn.com](http://www.crossroadscn.com)

#### FAITH DISCOVERY CHURCH

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

#### FAITH UNITED METHODIST CHURCH

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

### STILLMAN VALLEY

#### RED BRICK CHURCH OF STILLMAN VALLEY

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

#### KISHWAUKEE COMMUNITY EVANGELICAL PRESBYTERIAN CHURCH

8195 Kishwaukee Road, Stillman Valley, IL 61084 / 815-965-1940  
Rev. Nick Garner, Pastor  
[www.kishchurch.org](http://www.kishchurch.org)  
Sunday Schedule: Discipleship Hour 9:00 AM, Coffee Fellowship 11:15 AM  
Gathered Worship 10:00 AM  
For complete ministry schedule check out our website or call the church office.

#### VALLEY EVANGELICAL COVENANT CHURCH

Lead Pastor Barry Morris  
103 S Maple St, Stillman Valley, IL 815-645-8872 | [www.valleycov.org](http://www.valleycov.org)  
Sunday Morning 9am "Gather" for learning & conversation, 10:15am Worship both onsite and online at [facebook.com/VECCISV](http://facebook.com/VECCISV)  
Home of Valley Covenant Preschool 815-645-8882 Director Jill Huber  
Bible Studies, Youth Group, Bread of Life Food Pantry  
Please visit website for more information or contact the church office M-F 9am-2pm

#### GRACE FELLOWSHIP CHURCH DAVIS JUNCTION

Pastor Brad Pittman [www.graceisforyou.com](http://www.graceisforyou.com)  
10479 E. High Rd., Stillman Valley, IL 61084 • 815-973-1369  
**Worship Service: Saturday at 5pm**

### WINNEBAGO

#### MIDDLE CREEK PRESBYTERIAN CHURCH

12473 Montague Road, Winnebago, IL 61088  
Located West of Tower Road on Montague Rd.  
**Sunday:** Worship Service at 9:30 am.  
Office Hours: Mon., Tues., Thurs. & Friday 9am-2pm.  
Phone: 815-335-2609. Email: [middlecreekchurch@gmail.com](mailto:middlecreekchurch@gmail.com)

# LOCAL NEWS

## MT. MORRIS SENIOR & COMMUNITY CENTER

The following events are happening at the Mt. Morris Senior & Community Center!

### Book club

January 8th is our Book Club in coordination with the Mt. Morris Library. The book is "Beach Read" by Emily Henry. Stop by the library and pick up your copy. We meet at 11:00 am.

### Potluck

January 9th at 12:00 pm there will be a potluck with Better Place Forests Program. For those considering cremation, memorial trees are a new way to connect with nature and honor loved ones and pets. Bring a dish to pass and learn more about this!

### Cookbook Club

January 9th is our Cookbook Club. Sign up and choose a recipe at the Mt. Morris Library. On club day make your dish and bring it along with a serving spoon and plate, bowl and cup. Enjoy trying every dish and hearing about the challenges. Help choose the cookbook for the next month. We meet at 6:00 pm.

### Euchre

January 11th - Come play Euchre! 6:00 at the Mt. Morris Senior & Community Center. Bring a snack.

## ROCK RIVER CENTER ACTIVITIES

Rock River Center is a resource center located at 810 S. 10th Street, Oregon. Our activities and trips are open to all ages. Call our office @ 815-732-3252 for assistance with Benefit Access Application for a license plate discount, Medicare, housing, homemaker service, heating assistance or other things. Visit us at www.rockrivercenter.org and like us on Facebook.

### Outlook Basics

Thursday, Jan 11; 10:00 - 11:00 a.m. Advance registration requested.

### VA Rep at RRC

Friday, Jan 12; 9:00 - 3:00 p.m.

### Crafting Group

Friday, Jan 12 & 19; 9:00 - 10:00 am. Project: Clothespin Snowflakes. Cost: No charge/All materials provided. Advance registration requested.

### Activities with Mary

Tues., Jan. 16. Pictionary 1:00 - 1:45. Drum-

ming 1:45 - 2:30.

### Cozy Chicken Stew with Linnie

Wed., Jan. 17, 10:00 - 11:00 a.m. Register by Jan. 10.

### Senior Information

#### Services Provided by Rock River Center

Do you need help with Benefit Access Application, Medicare, housing, personal care, homemaking, heating assistance or other things? Rock River Center's Information & Assistance Specialists are available at various locations throughout Ogle County. Assistance at these locations is available BY APPOINTMENT ONLY. Please contact Rock River Center at (800) 541-5479 to schedule an appointment. Byron-Jarrett Prairie Center Jan 8 11:00 a.m. - 12:00 p.m. Forrester-Library Jan 17 11:00 a.m. - 12:00 p.m. Mt. Morris Senior Center Jan 11 10:00 a.m. - 11:00 a.m. Polo Senior Center Jan 25 10:00 a.m. - 11:00 a.m. Rochelle - Hub City Senior Ctr, Jan 10 & 24 9:30 a.m. - 12:00 p.m.

★

## Buy, Sell, Trade or Rent through the CLASSIFIEDS

★

## Weekly Brain Busters

### King Crossword

1	2	3	4	5	6	7	8	9	10	11
12			13					14		
15								16		
			17			18	19			
20	21	22			23					
24				25				26	27	
28			29					30		31
	32	33					34			
			35				36			
37	38	39				40				
41				42	43			44	45	46
47					48					
49				50				51		

**ACROSS**

1 Muscat's land

5 Droid

8 - Romeo

12 Squid dish

14 Crowd noise

15 Earring shape, often

16 Rock's Moetley -

17 Little louse

18 Great -

20 Spiral

23 Cannon of film

24 Sofa brand

25 Cake mixes

28 Links org.

29 Los -, California

30 Satisfied sigh

32 "Say something!"

34 "Alfred" composer

35 Flower part

36 Run-down

37 Sudden bursts

40 Aachen article

41 Dog's bowlful

42 Fly at a low altitude

47 Grate

48 Points of view

49 Pro votes

50 Bit of butter

10 Mythic man-goat

11 War god

13 1509, to Cato abbr.

19 Back muscles, for short

20 Trendy

21 Heart charts

22 Bound

23 Fact

25 Pastry store

26 Scarce

27 Hourglass

29 Portal

31 "Psst!"

33 Prevents, legally

34 Virgil epic

36 Billboard

37 Poet Teasdale

38 Theater production

39 Church section

40 Work on proofs

43 Clean air org.

44 - polloi

45 Single

46 Calif. clock setting

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### MAGIC MAZE ● RODENTS

P U R P P N K I G D B Z X V S

Q O M R K I G E C S A A Y W U

R E V A E B S Q P S T R N S L

S Q U I R R E L J T H A F K E

C A G R O U N D H O G B R N Y

X S L I B R E G V M C Y E U U

S Q S E N I P U C R O P T M P

N M C D K J H F E A Y A S P C

B I L O M S E L B M P C M I Z

M Y X G I P A E N I U G A H V

U T R S A L L I H C N I H C Q

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

- |             |            |            |              |
|-------------|------------|------------|--------------|
| Blesmol     | Coypu      | Hamster    | Prairie dogs |
| Capybara    | Gerbils    | Marmots    | Rats         |
| Chinchillas | Groundhog  | Mice       | Squirrel     |
| Chipmunks   | Guinea pig | Porcupines |              |

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## Weekly SUDOKU

by Linda Thistle

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

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

### DIFFICULTY THIS WEEK: ♦♦

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

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## HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Light is moved. 2. Nose is smaller. 3. Buttonholes are added. 4. Bricks are lower. 5. Headlight is missing. 6. Shirt is different.

Solution time: 22 mins.

Answers

King Crossword

RODENTS

Answers

Weekly SUDOKU

Answer

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

# Classified Marketplace

**BUY OR SELL**  
Place A Classified Ad



OGLE COUNTY • OGLE COUNTY • OGLE COUNTY • OGLE COUNTY

**101**  
**LEGAL NOTICE**

**NOTICE IN THE CIRCUIT COURT OF THE FIFTEENTH JUDICIAL CIRCUIT OGLE COUNTY, ILLINOIS**  
COMMUNITY STATE BANK OF ROCK FALLS, Plaintiff, v. JOSEPH D. SMITH, UNKNOWN OWNERS, and NON-RECORD CLAIMANTS, Defendants. ))) Property Address: 11773 W. Henry Road, Polo, Illinois 61064 2023FC80  
**NOTICE BY PUBLICATION**

Unknown Owners and Non-Record Claimants That this case has been commenced in this Court against you and other defendants, praying for the foreclosure of a certain Mortgage conveying the premises described as follows, to-wit: Part of the West Half (1/2) of the Northwest Quarter (1/4) of Section 27, Township 23 North, Range 8 East of the Fourth Principal Meridian, Ogle County, Illinois, described as follows: Beginning at the Northeast corner of said West Half (1/2) of the Northwest Quarter (1/4) of Section 27, and running thence South 1 degree 24 minutes 58 seconds West (assumed bearing) on the East line of said West Half (1/2) of the Northwest Quarter (1/4) of Section 27, a distance of 300feet; thence South 89 degrees 17 minutes 23 seconds West, parallel with the North line of said Northwest Quarter (1/4) of Section 27, a distance of 300.00 feet to the North line of said Northwest Quarter (1/4) of Section 27; thence North 89 degrees 17 minutes 23 seconds East on said North line, a distance of 150.00 feet to the Point of Beginning; situated in the Township of Buffalo, County of Ogle and State of Illinois. PIN: 14-27-100-002  
**COMMONLY KNOWN AS:** 11773 W. Henry Road, Polo, Illinois 61064 and which said Mortgage was made by: Joseph D. Smith, Mortgagor, to Community State Bank of Rock Falls, as Mortgagee, and recorded in the Office of the Recorder of Deeds of Ogle County, Illinois, as Document No. 201906492 and for other relief; that summons was duly issued out of said Court against you as provided by law and that the said suit is now pending.  
**NOW, THEREFORE, UNLESS YOU file your answer or otherwise file your appearance in this case in the Office of the Clerk of this Court: Clerk of the Circuit Court Ogle County Court-house 106 S. 5th Street Oregon, Illinois 61061 On or before January 22, 2024, A DEFAULT MAY BE ENTERED AGAINST YOU AT ANY TIME AFTER THAT DAY AND A JUDGEMENT MAY BE ENTERED IN ACCORDANCE WITH THE PRAYER OF SAID COMPLAINT.**  
Dated: 12/15/2023  
Kimberly A. Stahl, Clerk of the Circuit Court Ogle County, Illinois Courtney E Kennedy (6322625)  
Ehrmann Gehlbach Badger & Considine, LLC  
Attorneys for Plaintiff 114 E. Everett Street, Suite 300 Dixon, IL 61021 (815) 288-4949 (815) 288-3068 (FAX) kennedy@egbclaw.com

NOTE: This law firm is deemed to be a debt collector.  
No. 1225 (Dec. 25, 2023 and Jan. 1 and 8, 2024)

**PUBLIC NOTICE**  
Public Notice is hereby given that on December 15, 2023 a certificate was filed in the Ogle County Clerk's Office setting forth the names and post office address of all of the persons owning, conducting and transacting the business known as: C&M Services 5955 N. Hales Corner Road Stillman Valley, IL 61084  
Dated: December 15, 2023  
Laura J. Cook, Ogle County Clerk  
No. 1228 (Dec. 25, 2023 and Jan. 1 and 8, 2024)

**PUBLIC NOTICE**  
STATE OF ILLINOIS, CIRCUIT COURT OGLE COUNTY  
**PUBLICATION NOTICE OF COURT DATE FOR REQUEST FOR NAME CHANGE (ADULT) Case Number 2023MR43**  
Request of: Emily Michelle Rasmussen  
There will be a court date on my Request to change my name from Emily Michelle Rasmussen to the new name of Levi Gold Rasmussen.  
The court date will be held on Feb. 7, 2024 at 9:00 am at 106 S 5th St., Oregon, Ogle County, in Courtroom #304.  
No. 1230 (Dec. 25, 2023 and Jan. 1 and 8, 2024)

**PUBLIC NOTICE**  
**NOTICE OF PROPOSED CHANGE IN SCHEDULE OF RATES TO CUSTOMERS OF AQUA ILLINOIS, INC.**  
Dear Aqua Illinois Customer:  
Aqua Illinois, Inc. hereby gives notice to the public that it has filed with the Illinois Commerce Commission (ICC) a proposed change in its rate schedules for water and wastewater service in certain areas of Kankakee, Vermilion, Will, Boone, Knox, Lake, Cook, DeKalb, DuPage, Kane, Ogle, Winnebago, McHenry, and Champaign counties.  
**AQUA ILLINOIS' RATE REQUEST**  
If this rate request is granted, in full as filed, an average combined monthly residential wastewater and water bill (4,000 gallons) would increase by \$29.91 (\$1.00 per day) to \$152.87. The estimated bill impact may vary based on multiple factors, including, but not limited to, meter size, usage volume, and public fire protection charges. The bill impact also will depend upon the nature of the service received and will differ for those customers taking wastewater service only, water service only, or wastewater service on a flat rate charge instead of a usage-based charge. The proposed changes in wastewater rates are set out in Tariff ILL. C.C. No. 50, Section 6 filed with the ICC and the proposed changes in water rates are set out in Tariff ILL. C.C. No. 49, Section 8 filed with the ICC.  
The last rate case impacting Aqua Illinois, Inc. customers was filed on May 1, 2017. This request will undergo a review by the ICC for up to 11 months. The approximate date of the change(s), if approved by the ICC within the statutory 11-month process, is December 2, 2024. However, the effective date of any change(s) approved by

the ICC will differ for those systems that may not be subject to full consolidated rates as of that date in accordance with the terms and conditions of certain Asset Purchase Agreements approved by the ICC. If the request is approved by the ICC, the changes for all classes of water and wastewater service statewide would result in an increase to base rates of \$19,196,140.  
**THE RATES YOU PAY DIRECTLY BENEFIT YOUR COMMUNITY**  
Aqua Illinois' improvements have increased reliability and enhanced process improvements for source-of-supply and water treatment. They have included distribution system improvements to enhance water quality. Depending upon the nature of services provided in your community, examples may include:  
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• Infiltration and Inflow reduction projects to extend service life of infrastructure and reduce costs associated with treatment  
• Supervisory Control and Data Acquisition (SCADA) projects to replace obsolescent data collection and historian equipment to increase service reliability and operational effectiveness  
**Water**  
• Water treatment plant additions to improve water quality, increase capacity and reliability, and accommodate industrial growth  
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• Construction of water main emergency interconnects for system reliability  
• Supervisory Control and Data Acquisition (SCADA) projects to replace obsolescent data collection and historian equipment to increase service reliability and operational effectiveness  
For customers other than single-family residential customers receiving water and wastewater service from Aqua Illinois, an option exists to install a separate irrigation meter to mitigate volumetric wastewater charges on irrigation and other outdoor uses. Aqua Illinois will provide the irrigation meter; however, customers are responsible for any applicable charges, such as plumbing necessary to accommodate the irrigation meter, proper backflow prevention, and monthly customer charges.  
For single-family residential customers

receiving water and wastewater service from Aqua Illinois, summer wastewater usage charges generally are based on the average water usage in winter months, a period in which outdoor watering activities are minimized. This methodology for calculating wastewater usage charges is known as historical based consumption and is detailed further in the Company's Tariff. Customers can receive more information or request an irrigation application by calling 877.987.2782.  
**ICC ROLE**  
Please be advised that the ICC may alter or amend the rates or conditions of service after hearings held pursuant to 83 Ill. Adm. Code 200, and may increase or decrease individual rates in amounts other than those requested by the company.  
**ACTIONS YOU CAN TAKE**  
Any interested party may file a petition to intervene in the hearings pursuant to 83 Ill. Adm. Code 200. Pursuant to Section 8-306 of the Public Utilities Act, 220 ILCS 5/8-306, customers may request that the ICC hold a public hearing related to the company's rate request. A copy of the proposed change in rate schedules may be inspected by any interested party at the business office of the company at 1000 South Schuyler Avenue in Kankakee, IL. All parties interested in the matter may obtain information with respect thereto either directly from Aqua Illinois or by addressing the Chief Clerk of the Illinois Commerce Commission, 527 East Capitol Avenue, Springfield, Illinois 62701.  
At Aqua Illinois, water quality and customer service are our highest priorities. We strive every day to listen to you, our customer, and invest in system improvements and enhancements. Our management and staff are always here to assist you. If you have any questions, please contact Aqua Customer Service at 877.987.2782 or visit www.AquaWater.com.  
David C. Carter, President  
Aqua Illinois, Inc.  
No. 0107 (Jan. 8 and 15, 2024)

**NOTICE OF ELECTION OF DIRECTORS**  
**To All Owners And Occupiers Of Lands Lying Within The Boundaries Of The Ogle County Soil And Water Conservation District:**  
Notice is hereby given that an Election will be held on the 7th day of February 2024 at 7:00 a.m. to 5:00 p.m. at the USDA Service Center, 1213 Pines Road, Oregon, IL. Three (3) Directors will be elected to serve the Ogle County Soil and Water Conservation District of the State of Illinois.  
All persons, firms or corporations who hold legal title or are in legal possession of any land lying within the boundaries of the said district are eligible to vote at said election, whether as lessee, renter, tenant or otherwise. Only such persons, firms or corporations are eligible to vote.  
Marcia Heuer, Chairperson  
Ogle County Soil and Water Conservation District  
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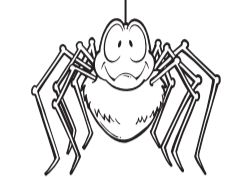
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SECTION C • PAGE 1



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# EXERCISE

## 3 questions to ask before beginning a new fitness regimen

**E**XERCISE is widely recognized as a vital component of a healthy lifestyle. Despite that, a recent analysis of data from the 2020 National Health Interview Survey found that more than two-thirds of individuals are not getting enough exercise. Though the survey was conducted amid the onset of the COVID-19 pandemic, which suggests the overall figures might be somewhat lower than they might have been had the data been collected in a more typical year, just 28 percent of respondents were meeting the physical activity guidelines established by the Centers for Disease Control and Prevention.

Routine exercise is beneficial for people of all ages, and seniors are no exception. Aging adults who want to be more physically active but think they are among the 72 percent of individuals who aren't meeting CDC exercise

guidelines can speak with their physicians and ask these three questions to ensure the transition to a less sedentary lifestyle goes smoothly.

### 1. Should I get a heart checkup?

Doctors may already be monitoring aging individuals' hearts even if they have not exhibited symptoms of heart problems in the past. However, it's best to discuss heart health in greater detail prior to beginning a new fitness regimen. In an interview with Penn Medicine, Neel Chokshi, MD, MBA, medical director of Penn Sports Cardiology and Fitness Program, noted the risk of heart attack or cardiac complications slightly increases when individuals begin to participate in a moderate or intense activity. So a physician might want to conduct a heart checkup in order to determine if a patient has an underlying heart condition.

### 2. Which types of activities should I look to?

A physician also can recommend certain activities depending on a person's age and medical background. Though exercise is beneficial for everyone, certain activities may not be. For example, AdventHealth notes that high-impact activities like jogging and jump rope may not be suited for individuals with arthritis. In addition, aging individuals with physical limitations that require them to use a wheelchair should not write off their ability to exercise, as physicians can recommend exercises for patients with mobility issues as well.

### 3. Should I take extra caution while on medication?

Prescription medication use is another variable that must be taken into consideration before beginning a new exercise regimen. The CDC notes that roughly 84 percent of adults between the ages of 60 and 79 use one or more prescription medications.



Each medication produces different effects, and a 2016 study published in the Methodist DeBakey Cardiovascular Journal

noted that certain medications evoke an acute drop in blood pressure, which can disturb balance and increase fall risk, while

others actually facilitate greater improvements in health outcomes. That means the dynamic between medications and exercise is unique to each medication, which underscores the importance of speaking with a physician whenever a fitness regimen is started or tweaked and/or a new medication is prescribed.

These are just three of the questions seniors can ask when discussing exercise with their physicians. Seniors are urged to ask any additional questions they might have during such discussions.

## Activities to strengthen the heart

**T**HE heart is a vital component of the human body. Without a functional heart, life is simply not possible. As with other muscles in the body, it is important to give the heart a workout to improve its strength and vitality. Intermountain Health says an individual who does not exercise is more than twice as likely to get heart disease as someone who does. UCI Health says heart disease is the No. 1 cause of death worldwide.

Exercise is an ideal way to strengthen the heart and reduce your risk for heart disease and other conditions. Certain activities are prime for boosting heart health.

- **Aerobic exercise:** Aerobic exercise raises heart rate and gets the blood pumping throughout the body. Aerobic activity improves circulation, and over time it ensures the heart does not have to work as hard to pump blood, thus potentially lowering blood pressure. Also, aerobic exercise can reduce the risk for type 2 diabetes and can help those with diabetes to control blood glucose more readily. Aerobic exercises include brisk walking, running, swimming, cycling, playing tennis, and other activities that get the heart pumping. Aim for 30 minutes each day, for at least five days a week.

- **Resistance/weight training:** Building muscle can help the body burn fat and boost metabolism. This type of training can use weights or the body's own resistance. Improving muscle mass while reducing body

fat and excess weight are heart-healthy steps to take. Strength training can be incorporated into a routine two to three days a week.

- **Balance and flexibility exercises:** A person may wonder what flexibility and balance has to do with heart health. While there isn't a direct correlation to how the heart works, these types of activities will help reduce the risk of falls or injuries to muscles and joints while working out. Inactivity is dangerous for the heart, so ensuring that physical activity can continue is important. Flexibility and balance exercises keep the body limber, and can be incorporated into daily workouts. Stretching, tai chi, yoga, and pilates can be included two or three times a week.

- **Healthy eating:** The foods people eat can affect heart health. Opt for lean protein sources and foods that include healthy fats. Salmon, avocados and olives are some options. Balance these foods with whole grains that are full of fiber, which can help a person feel fuller longer. Fiber also is essential for preventing atherosclerosis, a condition that causes hardening of the arteries.

- **Meditation:** Slowing down, performing deep-breathing exercises and meditation can reduce stress. That, in turn, can help prevent damage to the heart.

Strengthening the heart and maintaining its health involves various activities that can be incorporated into daily routines.



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# EXERCISE

## Tips to maintain your commitment to exercise

At one point or another, millions of adults across the globe have resolved to be more physically active. The benefits of routine exercise are too numerous to cite, but some of the more notable ones include a lower risk for chronic disease and illness, improved self-esteem and greater overall health.

With so much to gain from routine exercise, it's no wonder so many people aspire to be more physically active. But it's easy to lose motivation when aspiring to exercise more. Each year, one of the most popular New Year's resolutions is to exercise more. In fact, Statista conducted a survey regarding New Year's resolutions for 2023 and found that exercising more was the most popular resolution. However, a 2021 study published in the International Journal of Environment Research and Public Health found that 64 percent of people abandon their New Year's resolutions within a month of making them. Exercising more requires commitment, and there are some ways

to make it a little easier to maintain that commitment over the long haul.

- **Break it up.** The Harvard T.H. Chan School of Public Health notes that people don't need to exercise all at once to reap the rewards of physical activity. If time is tight, break up a workout over the course of your day. Some strength-training exercises in the morning can be followed up with a brisk walk or run over a lunch break. This approach makes it easier to fit a full workout into your daily routine.

- **Employ the buddy system.** The Centers for Disease Control and Prevention suggests that working out with a partner increases exercise motivation and encourages individuals to be more consistent with their exercise routine so they do not let their partners down. The authors behind a 2019 study published in the International Journal of Research in Exercise Physiology suggested the efficacy of the buddy system may require further study before researchers can definitively say it's an effective motivation strategy for people



who want to exercise more. But there's no denying that many individuals feel that they are more likely to exercise with a friend than they are if they go solo.

- **Schedule exercise time.** Busy professionals book work meetings, family obligations and other daily tasks in their schedules, and the T.H. Chan School of Public Health recommends

doing the same with exercise. Allotting time to exercise each day may decrease the likelihood that you'll skip a workout, and once results start to manifest you may be more motivated to stay the course.

- **Identify what progress may look like.** It's easy to become discouraged if a commitment to routine exercise does not produce visible

results. But just because your abs are not becoming chiseled a month into a workout routine or the scale is not reflecting significant weight loss does not mean your routine is not working. As the human body ages, it becomes more difficult to transform it. So a workout routine that left you looking lean and chiseled in your twenties may not produce the same body in your forties. But that does not mean the exercise isn't working and ultimately helping you get healthier. Adults are urged to

speak with their physicians and identify what progress with a workout routine might look like for someone their age. Progress may look different than it did years ago, but if the end result is a healthier you, then that should be all the motivation you need to keep going.

It's no secret that making a commitment to routine exercise can be difficult. But various strategies can increase the likelihood that individuals will stay the course as they seek to exercise more frequently.

## Signs you're exercising too much

The formula for healthy living has remained the same for decades. Healthy eating paired with regular exercise can lower risk for a number of ailments, including chronic diseases. But it's important that individuals avoid overdoing it in regard to exercise. Too much of anything can negate its benefits, and exercise is no exception.

The current Physical Activity Guidelines for Americans indicate adults need 150 minutes of moderate-intensity physical activity and two days of muscle-strengthening activity each week. The Centers for Disease Control and Prevention says children between the ages of three and five need to be active throughout the day. Kids between the ages of six and 17 need to be physically active for at least 60 minutes every day.

Meeting these exercise guidelines is a good step in a healthy direction. Those tempted to exercise even more or to extreme levels should be advised of the potential pitfalls of too much exercise, or something called "overtraining."

### Overtraining syndrome

According to Alena Luciani, M.S., C.S.C.S., a strength and conditioning specialist, if a person exercises too much for weeks at a time, the body is put at risk of overtraining syndrome. In order for stronger muscles to form, the natural process involves exercise breaking down muscle fibers and the body repairing and rebuilding them. Without time for repair, the body's rebuilding process is interrupted, which affects its ability to build strength. This results in chronic stress known as overtraining syndrome.

### Mood swings and irritability

Pushing too long and too hard can actually cause a person to feel overworked and tired. This may lead to trouble sleeping, which can cause irritability and mood swings, says MedlinePlus.

### Immune system impact

Overdoing exercise may adversely affect the immune system. When the body is run ragged, it cannot do its job well. Illnesses may be able to sneak past the body's defenses even easier, particularly if exercising too much is paired with calorie restriction that affects balanced nutrition.

### Overuse injuries

Sore muscles and heavy limbs come from exercise sessions and can be signs of muscle breakdown and repair. Overuse can lead to inju-



ries to various parts of the body, particularly if workouts are not varied.

### Missed menstrual periods

The Office on Women's Health says exercising too much can cause missed menstrual periods or make a woman's period stop entirely. Athletes who train hard regularly have been known to have irregular or missed periods.

### Weight gain

Many people exercise to lose weight, but overdoing it can have the opposite effect. Healthline says exercising too much without resting in between can lead to low testosterone levels and high levels of the stress hormone cortisol. These hormonal changes often are associated with loss of muscle tissue, weight gain and even excess belly fat.

### Decline in performance

Overtraining may cause a person to plateau or experience decreased performance rather than improvements in physical ability. Less strength, endurance and agility can make it hard to reach fitness goals.

Exercising a lot may seem like it is a good thing, but overtraining can be dangerous.

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- Ogle County Housing Authority  
Oregon.....815-732-1301
- People Helping People Pantry (2nd & 4th  
Mon 9-10am)
- Byron.....815-234 4355
- Rochelle Christian Food Pantry .....  
.....815-562-6654
- Rock River Center, Oregon...815-732-3252
- Tri-County Opportunities Council  
Rock Falls.....815-625-7830
- Rochelle.....815-562-6938
- United Way Information & Referral  
.....888-865-9903
- www.211.org

## GOVERNMENT / COURT SERVICES

- Department of Human Services  
Ogle & Lee.....815-732 2166
- Illinois Migrant Council, Moline .....  
.....309-757-1070
- Ogle County Circuit Clerk  
Civil.....815-732-1130
- Criminal.....815-732-1140
- Ogle County Corrections (Jail)  
Oregon.....815-732-2135
- Ogle County Probation Dept.  
Oregon.....815-732-1180
- Rochelle.....815-562-2287
- Ogle County Sheriff  
Administration.....815-732-6666
- 24 Hour.....815-732-2136
- Ogle County States Attorney  
Oregon.....815-732-1170
- Prairie State Legal Service  
Rockford.....815-965-2902
- Toll-free.....800-892-2985
- Social Security.....800-772-1213

## SPECIAL EDUCATION & SPECIAL NEEDS SERVICES

- Arc, Rockford.....815-965-3455
- Easterseal.....815-965-5069
- Florissa, Dixon.....815-288-1905
- Northwestern Illinois Center for  
Independent Living (NICIL) Sterling  
.....815-625-7860
- Ogle County Educational Cooperative  
Byron.....815-234-2722
- Village of Progress(Adult Day Training)  
Oregon.....815-732-2126

## SUBSTANCE & ABUSE TREATMENT

- Al-Anon Meeting Locater.....800-344-2666
- Alcoholics Anonymous  
Meeting Locater.....815-968-0333
- Lutheran Social Services of Illinois  
(Teenagers)
- Nachusa.....815-284-7796
- Sterling.....815-626-7333
- Rosecrance on Harrison  
Rockford.....815-391-1000
- Sinnissippi Centers, Inc.  
Oregon.....815-732-3157
- Rochelle.....815-562-3801
- 24 Hrs.....800-242-7642
- Sojourn House, Freeport.....815-232-5121

## HOUSING, FOOD, ENERGY & TRANSPORTATION ASSISTANCE

- IL Dept. of Human Services...815-732-2166
- Lee-Ogle Transportation System (L.O.T.S.)  
Dixon.....888-239-9228
- Lifeline Food Pantry.....815-732-7891  
Oregon (Tues. 1:30-4; Fri. 1:30-4:30)
- Polo (Tues. & Sat. 9-12).....815-946-2552
- Lifescape (aka Meals on Wheels)  
Oregon.....815-732-4393

## PARENT & CHILDREN'S SERVICES

- Children's Home & Aid Society  
Rockford.....815-962-1043
- Community Coordinated Child Care (4-C)  
DeKalb.....815-758-8149
- Easterseals Parent Services  
Rockford.....815-395-5566

is provided to you by the Ogle County Community Mental Health 708 Board. The 708 Board consists of local volunteers Ogle County to recommend funding to agencies for mental health, substance abuse & developmental disability services.

These services is paid in part with a small property tax levy established by the Illinois legislature in the Community Mental Health Act of 1968. (405 ILCS 20/).

# SERVICES DIRECTORY

Illinois Children & Family Services  
 Sterling.....815-625-7594  
 DeKalb.....815-965-5069  
 Lutheran Social Services Teen Substance Abuse  
 Nachusa.....815-284-7796  
 Sterling.....815-626-7333  
 Ogle County Ed Co-Op, Byron.....  
 .....815-234-2722  
 Ogle County Health Department  
 WIC - (Women, Infants, & Children)  
 Supplement Foods & Nutrition,  
 Rochelle.....815-562-6976  
 Regional Office of Education (Lee, Ogle & Whiteside) Truancy Assistance Program  
 Sterling.....815-652-1495  
 Youth Services Network  
 Loves Park.....815-986-1947

## MENTAL HEALTH & COUNSELING SERVICES

### Adult, Youth, Marriage & Family, Individual

Changes Counseling, LLC  
 Rochelle.....815-501-2088  
 Couples & Family Therapy Clinic  
 DeKalb.....815-753-1684  
 Family Counseling Services  
 Rockford.....815-962-5585  
 HOPE of Ogle County /24hr (Domestic Violence ) Oregon.....815-732-7796  
 Rochelle.....815-562-8890  
 Lutheran Social Services, Sterling...  
 .....815-626-7333  
 NAMI (National Alliance on Mental Illness)  
 Rochelle.....815-761-7654  
 Rochelle Gardens Care Center. ....  
 .....815-562-4047  
 Rockford Sexual Assault Counseling..  
 .....815-732-0000  
 Sinnissippi Centers, Inc. Oregon ....  
 .....815-732-3157  
 Rochelle.....815-562-3801  
 Dixon.....815-284-6611  
 24 Hrs.....800-242-7642

## HEALTH RELATED SERVICES

Alzheimer's Association,  
 Dixon.....815-285-1106  
 Alzheimer's Care/ Pinecrest  
 Mt. Morris.....815-734-4103  
 American Red Cross  
 Rockford.....815-963-8471  
 DeKalb.....815-756-7339  
 Dixon.....815-284-9260  
 Freeport Memorial Hospital..815-599-6000  
 KSB Hospital, Dixon.....815-288-5531  
 NorthwesternMedicine Kishwaukee

Hospital DeKalb.....815-756-1521  
 Ogle County Health Department  
 Rochelle.....815-562-6976  
 Rochelle Community Hospital .....  
 .....815-562-2181  
 Rochelle Gardens Care Center .....  
 .....815-562-4047  
 Rockford Memorial Hospital.815-971-5000  
 Serenity Hospice & Home,  
 Oregon.....815-732-2499  
 OSF St. Anthony's Hospital Rockford  
 .....815-226-2230  
 Lifeline.....815-395-4695

## HEALTH RELATED SERVICES

SwedishAmerican Hospital,  
 Rockford.....800-845-2030  
 United Way 211  
 Info & Referral Line.....888-865-9903  
 Whiteside County Health Dept.  
 Rock Falls.....815-626-2230

## SERVICIOS HISPANOS

League of United Latin American Citizens (LULAC) (Liga de Ciudadanos Latinamericanos Unidos)  
 Rochelle.....815-570-3111

## SENIOR CITIZENS SERVICES

Family First Assisted Living  
 Oregon.....815-732-4045  
 Generations at Neighbors  
 Byron.....815-234-2511  
 Hub City Senior Citizens Center  
 Rochelle.....815-562-5050  
 Illinois Dept. on Aging  
 (Elder Abuse, CCP Services)..779-221-3717  
 Lifescape (aka Meals on Wheels)  
 Oregon.....815-732-4393  
 Toll Free.....800-779-1189  
 Lincoln Manor Senior Housing  
 Rochelle.....815-562-1404  
 Mt. Morris Senior Center.....815-734-6335  
 Northwest IL Area Agency on Aging  
 Rockford.....815-226-4901  
 Oregon Living & Rehabilitation Center  
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 Pinecrest Manor, Mt Morris..815-734-4103  
 Polo Area Senior Services.....815-946-3818  
 Polo Rehabilitation and Health  
 Care.....815-946-2203  
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 Rock River Center.....815-732-3252  
 Oregon.....800-541-5479  
 Social Security Admin.....800-772-1213

# PREVENTION

## Why health history and clinical tests are important

BY JEFFREY R. CATES  
DC, MS, DABCO, DABCC

**History:** So how does a chiropractor or other physician diagnose a person's condition? It starts with a good past and present history of the patient's condition. Clear information from the patient can assist the doctor in establishing a list of potential diagnoses and choosing various tests needed. A patient's clear description of the onset, pain, weakness, distribution, aggravating factors, pain relief, and other information will guide the physician as to what structures to evaluate and what tests to perform. The patient should be as detailed as possible.

**Orthopedic tests:** Orthopedic tests assess patients for musculoskeletal damage or dysfunction and assist chiropractors and other physicians to identify potential diagnoses and select a diagnostic and treatment plan. There are specific orthopedic tests for the upper and lower extremities as well as the spine. These tests alone do not confirm a diagnosis but orthopedic tests help the doctor create a differential diagnosis, which is a list of probable diagnoses.

**Neurological exam:** A neurological exam is an evaluation of a patient's nervous system that can be done in the doctor's office. It may be done with instruments, such as lights and reflex hammers. The nervous system consists of the brain, the spinal cord, and the nerves from these areas. There are many aspects of this exam. They include an assessment of muscle, nerve, spinal cord, and brain

function. The findings can help the doctor assess what additional diagnostic tests might be needed and what treatments might be effective.

**Clinical Exam:** Additional clinical exam tests are used to examine patients for potential diseases so that they can be evaluated as soon as possible. Examination of skin, heart, lungs and other organs can help identify diseases or disorders that require additional attention or treatment.

Most tests usually have sensitivity and specificity numbers which is essentially a percentage of accuracy in ruling a diagnosis in or out with that particular test. A positive test does not necessarily indicate a specific problem, and a negative test does not necessarily rule out the problem. All these data, including labs and imaging, allow doctors to make a list of the most likely diagnoses and implement an appropriate diagnostic and treatment plan.

Chiropractors know that not all back pain is caused by skeletal problems. Proper exams can help identify conditions that can respond to physical medicine and those that likely won't. Those conditions that are unlikely to respond to physical treatment should be referred to the appropriate specialist.

*Dr. Cates has published works that include several guidelines and medical journal articles on quality assurance and standards of care in healthcare. Dr. Cates is a board certified chiropractic orthopedist. He maintains a private practice of chiropractic orthopedics in Oregon, IL.*



Dr. Cates



## Seven warning signs for diabetes

**D**IABETES is a chronic metabolic disease characterized by elevated levels of blood glucose. Diabetes can cause serious damage to the eyes, kidneys, nerves, heart, and blood vessels over time. Type 2 diabetes occurs when the body becomes resistant to insulin or doesn't make enough insulin. The World Health Organization says about 422 million people worldwide have diabetes, and 1.5 million deaths are directly attributed to diabetes each year.

Catching diabetes at its earliest can help individuals avoid long-term damage to the body and improve their overall health. This means recognizing signs that suggest the presence of diabetes and its precursor, prediabetes.

According to OSF Healthcare, an integrated health care network serving individuals across Illinois and Michigan, the following are seven potential warning signs of diabetes.

1. **Frequent urination:** This is one of the key indicators of diabetes. When diabetes is present, the kidneys work harder to rid the body of excess sugar, producing

more urine.

2. **Dry mouth and excessive thirst:** This goes in conjunction with frequent urination, as the body is trying to increase fluid to alleviate excess sugar.

3. **Dry skin:** Dry skin, especially around the feet, can be a symptom of diabetes.

4. **Slow-healing wounds:** A higher blood sugar level can interfere with the body's ability to heal wounds.

5. **Blurry vision:** Some people notice vision changes that do not seem to be tied to an eye illness or another condition. This may be a result of diabetes.

6. **Weight loss:** Sudden weight loss without trying to lose weight is often an indication that something isn't quite right. Diabetes could be the culprit.

7. **Yeast infections and UTIs:** Women may experience more frequent vaginal yeast infections and urinary tract infections if they have diabetes.

If a person is experiencing any of these conditions, he or she should schedule an appointment with a health care provider to determine if diabetes is to blame.



## What is prediabetes?

**T**YPE 2 diabetes is a serious condition that affects millions of people across the globe. In the United States alone, more than 37 million people have diabetes, with approximately 90 to 95 percent of those individuals diagnosed with type 2 diabetes.

When a person has type 2 diabetes, their body either doesn't produce enough insulin or it resists insulin. Without treatment, type 2 diabetes can lead to serious health implications.

Before an individual develops type 2 diabetes, a precursor known as prediabetes may be diagnosed. Johns Hopkins Medicine says having prediabetes means blood glucose levels are higher than normal, even if they have not yet reached the point that indicates diabetes. Prediabetes is nothing to take lightly, as even this condition can increase risk of injury or illness to the heart, kidneys

and nerves.

Prediabetes typically does not show any signs or symptoms. One possible sign, darkened skin on certain parts of the body like the neck, armpits and groin, may be overlooked, states the Mayo Clinic. Still, of those with prediabetes, 80 percent do not know they have it, according to the Centers for Disease Control and Prevention. Routine physical examinations and bloodwork are a key tool in diagnosing prediabetes and getting people the care they need.

The CDC indicates a fasting blood sugar level of 100 to 125 mg/dL (99 or lower is normal) is considered prediabetes. A level of 126 mg/dL or higher indicates diabetes. The good news is that prediabetes does not need to turn into full-blown diabetes if people embrace various strategies.

• **Aspire to live a healthier lifestyle:** Exercising more,

losing weight and changing the foods one eats can stop and even reverse the progression of prediabetes, says Johns Hopkins Medicine. A doctor may suggest a diabetes prevention program.

• **Medication:** Medications to lower blood sugar may be prescribed.

• **Manage stress:** High stress levels may exacerbate hormonal responses and lead to prediabetes. Finding ways to reduce stress can help.

• **Quit smoking:** There are scores of reasons to quit smoking, and avoiding a diabetes diagnosis is just one of them.

Prediabetes is a serious concern that may escalate and turn into type 2 diabetes if left unchecked. Individuals who are overweight, have large waist sizes, are sedentary, are over the age of 35, and have a family history of type 2 diabetes should talk to their doctors about their own risk for the disease.

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Oregon 732-3157  
Rochelle 562-3801

### Domestic Abuse Agency and 24-Hour Shelter and Helpline

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

### Education

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

### Low Income Housing

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

### Habitat for Humanity of Ogle County

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

### Mental Health

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

### Senior Citizens Services

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

### Sexual Assault/Abuse

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

### Therapeutic

Pegasus Special Riders 973-3177

### Veterans' Services

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

### Wellness Services

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

# PREVENTION

## Five signs you might have a thyroid issue

**T**HE human body is vulnerable to a host of health problems. Some issues garner ample attention, while others may slip under the radar. Thyroid issues likely fall into the latter group, though that could change in the years to come.

A 2013 report in the journal *The Lancet Diabetes & Endocrinology* estimated that roughly 200 million people across the globe are affected by diseases of the thyroid. The same report indicated 40 percent of the world's population are at risk of iodine deficiency. That's significant to note, as iodine is essential for the production of thyroid hormones. Though no one knows what the future holds, it may not prove too great a surprise if thyroid issues garner more attention among the general public in the years ahead. With that in mind, individuals can learn to spot signs that they might be developing a thyroid issue. Various signs may point to thyroid problems, but these five indicators are easy for anyone to spot.

**1. Unexplained changes in body weight:** The thyroid is a gland in the front of the neck that helps control the body's metabolism. Metabolism can affect body weight, so individuals who are experiencing thyroid issues may gain weight (hypothyroidism) or lose weight (hyperthyroidism) even if they have not made any changes to their diets or fitness routines. WebMD reports that hypothyroidism is much more common than hyperthyroidism.

**2. Swelling in the neck:** WebMD notes that a swelling or enlargement in the neck indicates something might be wrong with your thyroid. Though swelling in the neck does not always indicate a thyroid problem, any swelling or enlargement in this area merits a phone call to a

physician.

**3. Changes in heart rate:** Harvard Medical School reports that excess thyroid hormones cause the heart to beat harder and faster. This change is linked to hyperthyroidism, which also can cause abnormal heart rhythms. But a reduction in heart rate also can indicate a thyroid issue, namely hypothyroidism.

**4. Unexplained changes in energy levels:** Noticeable changes in energy levels also may indicate the presence of thyroid issues. Hypothyroidism can zap individuals' energy, leaving them feeling tired and sluggish. People with hypothyroidism also may experience depression. WebMD notes that hyperthyroidism can contribute to anxiety, difficulty sleeping, restlessness, and irritability.

**5. Hair loss:** While hypothyroidism and hyperthyroidism often produce opposite effects (i.e., weight gain or weight loss), each condition can cause people to lose their hair. The British Thyroid Foundation reports that thyroid-associated hair loss affects the entire scalp as opposed to discreet areas.

Thyroid issues could garner greater attention among the general public in the coming years. That's one reason why learning to spot potential warning signs of thyroid issues is so important.



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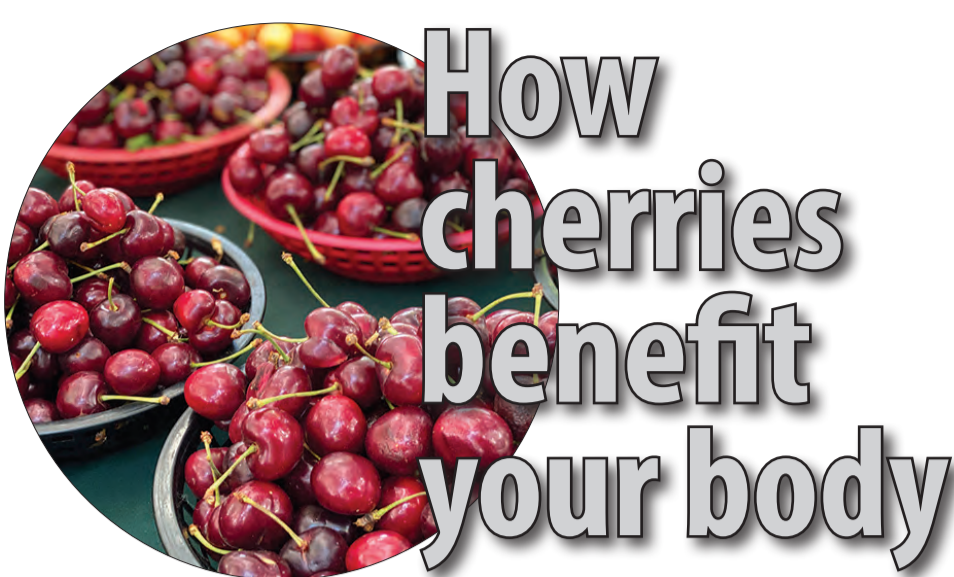
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# HEALTHY EATING



## How cherries benefit your body

**T**HE first image to come to many people's minds when they think of cherries may be one of these tiny stone fruits sitting atop an ice cream sundae. That's an undeniably appealing image, but cherries are more than just a must-have sundae topping.

Cherries benefit the body in various ways. Nutritious and delicious, cherries may find their way into even more people's diets once people recognize the many ways cherries can improve overall health.

• Cherries and blood sugar: The American Diabetes Association notes that cherries can help people with diabetes control their blood sugar levels. The glycemic index (GI) is a system that rates foods which contain carbohydrates, and foods with a low GI rating slowly release glucose into a person's blood. Cherries have a low GI and can help anyone living with diabetes manage their blood sugar more easily.

• Cherries and inflammation: Cherries are rich in antioxidants, which means they boast similar anti-inflammatory properties to fruits such as blueberries. Vitamin A, vitamin C and vitamin E are antioxidants present in cherries, and the Cleveland Clinic notes that one study found that consuming 45 cherries per day can reduce inflammation brought on by free radicals. However, anyone considering consuming so many cherries is urged to speak with their physician first, as individuals with sensitivity to salicylates could suffer gastrointestinal issues from consuming cherries.

• Cherries and sleep: The Sleep Foundation reports that studies have found that consuming tart cherry juice can promote a better, more restful night's sleep. Tart cherries are a rarity in that they are one of only a handful of natural food sources of melatonin, a hormone that is secreted at certain times of day to facilitate the transition to

sleep. The Cleveland Clinic adds that cherries also contain serotonin, which helps the body make melatonin, and tryptophan, which helps the body produce serotonin. A small glass of tart cherry juice after dinner may help people sleep better.

• Cherries and arthritis and gout: The Arthritis Foundation® reports that studies have found that cherries may help to alleviate joint pain in people with osteoarthritis and lower the risk of flare-ups in individuals with gout. Some people with arthritis look to non-steroidal anti-inflammatory drugs (NSAIDs), such as Advil®, to alleviate the pain associated with their conditions. The Arthritis Foundation® reports that some researchers have compared the anti-inflammatory benefits of cherries with those provided by NSAIDs.

Cherries are more than just sundae toppings. A closer look at the benefits of cherries reveals that they help the body in various ways.



## Fill up on healthy eating pointers

**D**IET and exercise are the key components of maintaining a healthy weight and protecting yourself against chronic disease. According to the Missouri Department of Health & Senior Services, eating smart and being active have similar effects, including reducing risk for heart disease, high blood pressure, stroke, some cancers, and diabetes. In addition, these healthy living strategies can improve personal appearance and improve overall well-being — helping people live longer and maintain their independence.

People may wonder how to eat better when faced with many diets, each of which promises great results. It can be confusing when navigating all of the options, and there is no magic formula to eating better. Common sense can come into play when attempting to eat better, and individuals also

can consider these strategies to make diet work for them as they seek to live healthier.

• Eat colorful, varied, nutritionally dense foods. Medical News Today says each meal should be 50 percent fruit and vegetables, 25 percent whole grains, and 25 percent protein. Select an array of colorful foods that will provide most of the nutrients needed.

• Choose fiber-rich foods. Fresh fruits and vegetables, whole grains, nuts, and legumes are good sources of fiber. Fiber helps people maintain digestive health and can help you to feel fuller longer, reducing the potential for overeating, according to the Centers for Disease Control and Prevention.

• Note how you feel after eating. Create a food journal where you jot down notes about how you feel after eating certain foods. If you notice that certain foods or ingredients trigger adverse

reactions, it may be worth avoiding that type of food or looking for an alternative. Stomach upset or bloating after eating dairy, for example, may indicate an intolerance for lactose.

• Explore the Mediterranean diet. While you should avoid fad diets that often produce short-term but unsustainable results, a Mediterranean diet has stood the test of time. According to the authors of a new study published in JAMA Network Open in October 2023, middle-aged and older adults with overweight or obesity and metabolic syndrome lost visceral fat (belly fat) and showed a greater reduction in the percentage of total fat while adhering to a Mediterranean diet. They also had delayed loss of lean body mass, which often comes with aging. Mediterranean diets prioritize legumes, seafood, vegetables, and “good” fats like olive oil.

• Control portion sizes. Sometimes it's not what you eat but how much you eat that affects health. Weighing and measuring food can help you control portions and understand how many calories you're consuming each day. The National Institutes of Health says eating plans that favor 1,200 to 1,500 calories per day for women and 1,500 to 1,800 for men are good targets to lose weight at a healthy pace when combined with moderate exercise.

Balanced eating is a major component of a healthy lifestyle. While there are many fad diets, eating plans with a proven track record that are supported by the medical community may be your best bet.



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Myrbetriq 50mg 90 tablets	B: \$220.16   G: \$175.58	\$1,166.43
Eliquis 5mg 180 tablets	B: \$460.00   G: \$225.36	\$1,686.54
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