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### Polo Legion delivers care packages

The Polo American Legion Post recently delivered Battle Buddy Boxes to local veterans and deployed service members. **A9**

### WEATHER

MONDAY	TUESDAY
HIGH LOW	HIGH LOW
60 50	66 42
WEDNESDAY	THURSDAY
HIGH LOW	HIGH LOW
47 20	39 21
FRIDAY	SATURDAY
HIGH LOW	HIGH LOW
52 28	55 39

### OBITUARIES

- Susan Busser
- Vonrad Johnson
- June Kereven
- Penny McCoy
- Morris Wiener

See page A4

### INSERTS

- Felker Foods
- Byron County Market
- Polo Fresh Food
- Menards
- Farm & Fleet

### OGLE COUNTY BOARD

## Enterprise zone amendment approved

Amendment to fee schedule approved

By Jeff Helfrich  
MANAGING EDITOR

**OREGON** — At its monthly meeting Tuesday, the Ogle County Board unanimously approved a resolution of support for an amendment to the Lee-Ogle Enterprise Zone that would see it grow in size.

The board heard a presentation by LOEZ Administrator Andy Shaw at the meeting, and he said an application will be sent to the state to allow access for additional sites in the

enterprise zone. About a year ago, a state act was made to give enterprise zones about 3,200 acres of additional space to utilize.

The enterprise zone provides incentives for development projects in Lee and Ogle counties, primarily for construction and real estate improvements for businesses. Incentives include real estate tax abatement and building materials sales tax exemption for construction within the enterprise zone.

Amendments to the



The enterprise zone provides incentives for development projects in Lee and Ogle counties, primarily for construction and real estate improvements for businesses. (Photo by Jeff Helfrich)

enterprise zone must be approved by governing bodies with property in

it. The new areas in the enterprise zone would primarily be around

Dixon and Rochelle, but smaller areas would also be added in all communities in the LOEZ.

“Some smaller places have been identified in some of the towns,” Shaw said. “And with the assistance of the county assessors, we have identified and also added several commercial-scale apartments in all of the communities and we hope that incentive can drive some improvements to those types of properties as well.”

See COUNTY page 2

## Ribbon cutting ceremony held Feb. 13 for Rochelle Recovery Center

‘We’re just trying to let people know that there is hope’

By Jeff Helfrich  
MANAGING EDITOR

**ROCHELLE** — On Feb. 13, a ribbon cutting ceremony was held for the Rochelle Recovery Center at 242 May Mart Drive in Rochelle.

The Rochelle Recovery Center serves Ogle and DeKalb Counties as a Sauk Valley Voices of Recovery entity. It offers peer coaching, recovery meetings, a safe place for people who are on the verge of using, and recovery-related resources. The location opened in August 2023.

Sauk Valley Voices of Recovery is a recovery community based out of Dixon. For the past three years, it has covered Lee, Whiteside and Ogle counties and recently started coverage of addiction needs in DeKalb County. The Rochelle Recovery Center is also the hub for the Ogle-DeKalb counties recovery-oriented system of care (ROSC) council, which brings together a coalition of local stakeholders from hospitals, police departments, businesses and more to look at the area and its addiction needs to try to get it moving in a positive direction.



The Rochelle Recovery Center serves Ogle and DeKalb Counties as a Sauk Valley Voices of Recovery entity. It offers peer coaching, recovery meetings, a safe place for people who are on the verge of using, and recovery-related resources. (Photo by Jeff Helfrich)

“We’re just trying to make sure that everybody in the community is involved with the ROSC, anybody that has decision-making capability or that is a person of lived experience,” Ogle/DeKalb ROSC Coordinator Heather Tomlinson said. “We want to make sure that everybody’s voice is heard and that the people that can solve the problems for the people whose voices need to be heard are there to do that.”

SVVOR Executive Director Gerald Lott said he got involved with helping those in the community with substance abuse issues after battling addiction of his own and noticing barriers to treatment when he tried to get substance abuse help for his daughter.

“At that point I realized

I needed to do something to help,” Lott said. “I quit my other job and went into this full-time and took a leap of faith. I ended up with an amazing team. We’re just keeping things going. We’re just trying to let people know that there is hope. Sometimes it’s not that we can help the person that’s suffering. Sometimes it’s the child of the person that’s suffering. When someone calls and says they want help, we go and help them find treatment or whatever may be the next step for them. Sometimes we can’t help that person. But there’s an entire family around them. If we can stop it from becoming intergenerational, we really hope to do that.”

See CENTER page 2

## Oregon Park Board talks ITEP trail, OSRAD projects

**OREGON** — The Oregon Park District Board of Commissioners met on Feb. 13 for its regularly-scheduled monthly meeting at Nash Recreation Center.

The board approved the Local Government Efficiency Report and will now file the report with the Ogle County Clerk. The Decennial Committees on Local Government Efficiency Act, 50 ILCS 70/1, requires units of local government that levy any tax, including park districts, to form a committee to study local government efficiencies and issue a report to the Ogle County Board. The Park District Government Efficiency Committee was comprised of Erin Folk, Brian Beckman, Josh Messenger, Mark Tremble, Dan Engelkes, Maia Johnson, Adam Larsen, and Julie Cain. After the report is issued, the committee is dissolved until it is reestablished with newly-appointed members in 10 years.

Folk, the park district’s executive director, provided an update on the ITEP trail.

“The district is currently finalizing Phase I engineering and expects to receive a notice from IDOT to proceed with Phase II engineering in early April,” Folk said. “The district remains hopeful to begin construction in 2025.”

### Grant

The ITEP grant will provide the district with \$3 million in funding to complete the trail. Folk also provided a timeline for the recently-awarded OSRAD program. The district is waiting on the IDNR agreement and will receive the initial \$300,000 grant payment prior to construction. Staff will work through the final design and construction documents in 2024 and is making plans for construction to occur in 2025.

See OPD page 2

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# LOCAL NEWS

## COUNTY: Board approves resolution supporting agriculture

From page 1

The amendment will include 1,376 acres added around Rochelle, 707 acres around Dixon, 31 acres in Mt. Morris, 15 acres in Amboy, seven acres in Oregon, one acre in Franklin Grove and one acre in Ashton for a total of 2,140 acres added. Prior to the amendment, the LOEZ had 3,656 acres of unallocated space available to it. After the amendment, which Shaw anticipates will be approved by the state, the LOEZ will have 1,517 acres unallocated for future amendments that could happen.

### Fees

The board voted 14-7 to amend the fee schedule of its planning & zoning department. Changes included raising the fees for a dwelling from \$200 to \$400, an addition to a dwelling from \$100 to \$200, and private residential swimming pools from \$75 to \$200. It also includes raising the fee for an addition to a commercial/industrial building from \$150 to a \$1,000 flat fee up to \$1 million in value, or a \$2,000 flat fee up to \$2 million in value or .5 percent for values over \$2 million.

Multiple board members took issue with raising the fees at Tuesday's meeting, including Board Member Susie Corbitt (R, District 8, Polo)

"I think that some of these costs are extreme," Corbitt said. "I understand this hasn't been looked at in years. But that isn't the citizens' fault. To more than double some of these costs, the citizens right now are facing inflation and a potential sales tax increase for the schools if that passes at the election. To put this on top of all that, I can't vote for it."

Board Member Dan Janes (R, District 5, Stillman Valley) rebutted Corbitt's

comments and supported the change to the fee schedule.

"A lot of these fees have not been changed for up to 20 years," Janes said. "We're just trying to be proactive instead of reactive. We're trying to cover our costs."

### Agriculture

The board unanimously approved a resolution supporting agriculture in Ogle County. The county is home to 1,011 farms, which support 5,079 jobs (22 percent of total jobs). Agriculture and related industries generate a total sales or output in Ogle County estimated at \$665.8 million.

Approximately 354,587 acres in Ogle County are farmland, representing 73 percent of total county acres. Board Member Ryan Reeverts (R, District 6, Byron), a fifth-generation farmer, said Ogle County farmers are facing uncertainty with an upcoming federal farm bill, regulatory concerns, and America being statistically the furthest it's ever been generationally from the family farm in the history of the nation.

"I think now more than ever as a local government entity, we can show our support to the American farmer right here in Ogle County with this resolution," Reeverts said. "I hope this can build a dialog with local government about the issues that our farmers and ranchers are facing here and local government can have some sort of role to aid in some of the solutions we face."

### March

Due to election day taking place on Tuesday, March 19, the board's meeting next month will be moved from Tuesday, March 19 to Wednesday, March 20 at 5:30 p.m.

## CENTER: Recovery center holds ribbon cutting ceremony

From page 1

The Rochelle Recovery Center is available for free to anyone in the community that wants to do substance abuse support meetings. Current Rochelle Recovery Center and SVVOR projects include working on a collegiate recovery community at Northern Illinois University, putting together a recovery farm, and working on a team text line.

"Please let people know that we're here," Lott said. "This isn't just a place to send the people you're tired of listening to and dealing with. It's also a place to send somebody who wants to help and volunteer. I believe we all have a purpose and talent and those are where we connect with people. Anybody who is in recovery, send them over and we'll find something to do with them."

The ribbon cutting was hosted by the Rochelle Chamber of Commerce and City of Rochelle. Speakers included Chamber Executive Director Tricia Herrera, Mayor John Bearrows, and State Rep. Bradley Fritts. Herrera welcomed the Rochelle Recovery Center on Feb. 13.

"A few months ago we met with the Rochelle Recovery Center and heard its story on services provided in other areas, the



The ribbon cutting was hosted by the Rochelle Chamber of Commerce and City of Rochelle. Speakers included Chamber Executive Director Tricia Herrera, Mayor John Bearrows, and State Rep. Bradley Fritts. (Photo by Jeff Helfrich)

needs it saw in Rochelle and how it got here," Herrera said. "We want to welcome and thank you. You have provided the service and you know that all of the people that come here and use your services are the most important part and piece of this. We thank you for that and for investing in our community. Anything we can do for you, please let us know."

Fritts spoke about the work that the Rochelle Recovery Center does to fight the stigma of addiction and said he works with SVVOR at the state level to help the local community.

"It's an illness just like anything else," Fritts said. "I think you've done a phenomenal job, and everyone here is a testament to it, to take a little bit of the stigma away and say that there are resources and

help. There's not one of us in this room that hasn't been touched by it in some way, shape or form. I can't thank you enough for that and I look forward to continuing to be a resource for you at the state level."

Bearrows thanked the Rochelle Recovery Center's leaders for choosing Rochelle to provide its services to help city and area residents. He offered the city's help with anything that the center needs in the future.

"We've had a lot of ribbon cuttings, and I'm here to say that you folks have made the biggest impact of any ribbon cutting I've ever seen," Bearrows said. "You're not selling products. You're about the future of people, which is a product of our environment. The way you talk about being able to help them is amazing, and I thank you for that."



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## OPD: Employees recognized

From page 1

The district also recognized two employees with the January Caring, Creative & Communi-

ty-Focused award. The award is presented to an employee who continually exhibits a willingness to be caring, creative & community-focused in all

facets of their service to the Oregon Park District and community. The two individuals who were recognized were Caleb Jenks and Nick McPhail. Jenks is the special events coordinator and Nick McPhail is a skilled parks laborer. Both were nominated by fellow co-workers and selected as the January winners by the OPD Employee Advisory Committee.

The Board of Commissioners' next scheduled meeting will occur on March 12 at 6 pm. at Nash Recreation Center.

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# LOCAL NEWS

## First Fridays Open Mic event is March 1

**OREGON** — The First Fridays Open Mic presents its monthly show at the Oregon VFW this March 1. The event attracts many talented performers, but musicians and singers of all skill levels find acceptance from its supportive audience.

The show starts at 6:30 p.m. Admission is free, although a jar is available for donations. Performers can sign up for time slots on a first-come-first-serve basis, so it's best to arrive by 6 p.m. or earlier. Interested parties who have questions can contact Jerry Tice, at 815-449-2660.



**Robin Henry, left, and Sandy Harp won flowers in First Fridays' monthly drawing. Randy Holland and Larry Wallace each won guitar accessories in the drawing for musicians.**

The VFW is located at 1310 W. Washington St. in Oregon. It provides ample parking, along

with the availability of a restaurant and bar within the building. A fish fry runs from 4-8 p.m.

## Leaf River Alumni Event is March 2

**LEAF RIVER** — The 49th Annual Leaf River Alumni Event will be held on March 2 at the River Valley Complex (former Leaf River school). Doors open at 5 p.m. A sandwich supper will be held from 5:30-7:30 p.m. in the cafeteria.

The program to recognize the class of 1974 will begin at 6 p.m. A fun pick-up basketball game will begin at 6:30 p.m. The alumni band will also be performing so bring your instrument if you are interested in playing.

A \$5 donation for game and supper (\$2 for basket-

ball and band players) is requested.

If you are a graduate of the class of 1974, and will be attending or, if you are willing to help with the event, please contact Linda Borneman at 815-440-7068 or lborneman76@gmail.com.

## Ogle County Agriculture in the Classroom taking orders for meal fundraiser

**OREGON** — An Agriculture in the Classroom program fundraiser is underway. Have you been searching for a way to make dinner preparation simple? We have an excellent opportunity for you to take a night off from cooking. This is also a great gift idea as well.

Order 10 delicious meals that have been prepared and frozen for your convenience. Each meal serves 3-5 people. Meals include: hickory smoked pulled pork, hickory smoked pork loin, smoked sausage with peppers and onions, chicken teriyaki, pork fritters with mixed vegetables, ham steak with mashed potatoes, sweet chili meatballs, mostaccioli with meat sauce, chicken cavatappi and pulled pork mac and cheese.

The cost for the ten meals is \$185 cash or check and \$190 with a credit card. Proceeds will benefit the Ogle-Carroll Ag in the Classroom Program. There are two ways to order:

1. Mail your name, phone number, number of meal sets (they come in a

set of 10 meals), and payment to 811 S. Clay St., Mt. Carroll, IL 61053. Make checks payable to Ogle-Carroll Ag Partnership (OCAP).

2. You can order online at [go.illinois.edu/oglecarrollfreezermeals](http://go.illinois.edu/oglecarrollfreezermeals)

Place your order by Monday, March 11. Meal pick-up is March 22 from 3-5 p.m. at the University of Illinois Extension office, 421 W. Pines Road, Oregon. Don't hesitate to contact the office at 815-732-2191 or e-mail [charbm@illinois.edu](mailto:charbm@illinois.edu) with any questions.

Agriculture in the Classroom (AIRC) is a statewide educational program with lessons for kindergarten through 8th-grade students. Its goal is to help students, teachers, and the public gain greater awareness of the role of agriculture in the economy and society. Ag in the Classroom is offered through the University of Illinois Extension Ogle County in partnership with Ogle County Farm Bureau, Carroll County Farm Bureau, Ogle County Soil & Water, and Carroll County Soil & Water.

## Forreston woman joins national production to end deadly silence around eating disorders

**FORRESTON** — The National Association of Anorexia Nervosa & Associated Disorders (ANAD) will host an original This Is My Brave production celebrating the voices of eating disorder recovery while cultivating hope for the estimated 28.8 million Americans suffering from an eating disorder.

Forreston resident Molly Bowen is one of 21 individuals set to take the stage to share and perform their stories of eating disorder recovery through poetry, dance, song, comedy, and personal essay.

Bowen, an author, says stereotypes and shame were barriers that prevented her from admitting she had anorexia. "I believed that I wasn't sick enough or broken enough to acknowledge the need for, much less entertain the idea of recovery from an eating disorder."

Now, in recovery she has found her brave. By participating in this groundbreaking storytelling event, Bowen seeks to raise awareness and combat the stigma surrounding the nation's second-deadliest mental illness.

She encourages those who may be struggling with food or body concerns to tune into ANAD Presents This Is My Brave. "There are people who understand and have now found solid recovery in their lives and so can you. Join us and be inspired to find your brave."

Join Bowen and

ANAD on Tuesday, Feb. 27 at 7 p.m. CT for ANAD Presents This Is My Brave - The Show. This event will be held at the McCormick Auditorium at Northwestern University at 1999 Campus Dr, Evanston, IL 60208 and will stream live online for a national audience. For additional information, contact Jason Wood at [jason.wood@anad.org](mailto:jason.wood@anad.org).

Social media: Facebook: <https://www.facebook.com/ANADHelp>. Instagram: <https://www.instagram.com/anadhelp/>. ANAD website event listing: <https://anad.org/this-is-my-brave/>

Founded in Highland Park, Illinois in 1976, the

National Association of Anorexia Nervosa and

Associated Disorders (ANAD) is the leading nonprofit in the United States that provides free peer support services to anyone struggling with an eating disorder. Serving more than 10,000 individuals in 2023, the organization's programs include a warm helpline, weekly peer-led virtual support groups, and a six-month peer mentorship program. Learn more at [anad.org](http://anad.org).

If you or a loved one is struggling with eating or body image concerns, the ANAD Helpline is available Monday through Friday from 9 a.m. to 9 p.m. CT at 1-888-375-7767.

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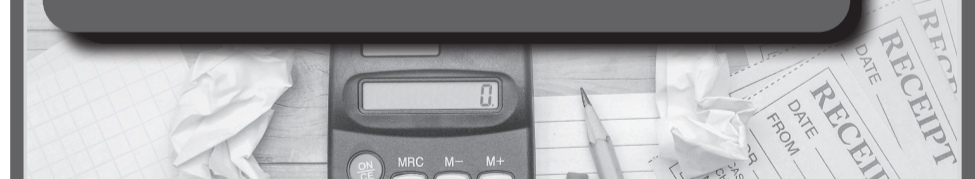
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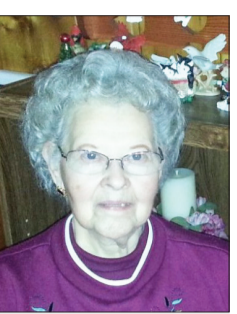
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# LOCAL NEWS

## Obituaries

### Susan Ann Busser

**BYRON** – Susan Ann Busser, age 91, died Saturday, February 17, 2024 at Serenity Hospice and Home near Oregon, IL. She was born November 6, 1932 in Columbia City, Indiana the daughter of Harley and Velma (Vanderford) Wolfe. Susan married William Busser on July 23, 1969 at the First Baptist Church in Byron, IL.



Susan loved to spend time with her family. She worked over 25 years for Elco Industries in Rockford, IL. She was a former member of the First Baptist Church of Byron. Together, she and her husband Bill enjoyed traveling, including taking bus trips throughout the United States.

Susan also enjoyed gardening, and would fill the freezers every year with the vegetables from her garden. She liked watching Wheel of Fortune and westerns on TV.

Susan was predeceased by her parents, husband Bill Busser, sons Eugene Busser and Harold Wolfe, granddaughter Stacy King, and sister Carolyn Smyth.

She is survived by her children Arlen (Kathy) Busser of Lena, IL; Linda (Mike) King of Freeport; and Darryl (Jaime) Busser of Pearl City, IL; grandchildren: Amanda (Shawn) Kubatzke, Nate (Chelsea) Busser, Michelle Lynn (Mark) Jones, Tina Jo (William) Doyle, Jessica (Joel) Christiansen, and Andrew (Jennifer) Busser; great grandchildren: Jaxon, Jessa, Melinda, Tiffany, Michael, Jolee, Stacy, William, Alexis, Joely, Brianna, Jennifer, Dayne, Liam, Colton, and Eleanor; great-great grandson Lucas, and several nieces and nephews.

Funeral service will be held Monday, February 26, 2024 at the Farrell-Holland-Gale Funeral Home, 506 W. Merchant Street in Byron, IL with the Rev. Rich Tomlinson officiating. Visitation will be prior to the service from 12:30 to 2:00 PM at the funeral home. Burial will take place following the service at the Byron Cemetery.

A memorial fund is established in Susan Busser's name and may be directed to her family.

### June D. Kereven

**OREGON** — June D. Kereven, 94, of Oregon, died Wednesday, February 14, 2024, at Serenity Hospice and Home, near Oregon, with her family by her side. She was born June 7, 1929 in Rockford, the youngest of four daughters to Gustav and Bothilda (Peterson) Soderstrom.



She graduated from Rockford East High School in 1946 and worked for the 1st National Bank of Rockford prior to marrying James Kereven on May 24, 1952 in Rockton. Together they raised five children while they lived in Monroe Center and Oregon.

June's priority was her family. She was a good cook, and especially enjoyed baking and sharing her talents with family, friends and neighbors. Her most treasured time was time spent with family.

She was a longtime member of the Oregon United Methodist Church and volunteered at church, Girl Scouts, Lifeline Food Pantry and at her children's schools.

Survivors include children: Lynn Kereven; Janice Potts; Larry (Janice)

Kereven; and Charles (Karen) Kereven, all of Oregon; and Cheryl (Ken) Deason of Owatonna, MN; grandchildren: Jason (Nikki) DeGraf; Keri (Aaron) Mudge; Katie Kereven; Allison June (Adam) Albrecht; Kelsey (Colin) Titus; Nathan and Cole Deason; great-grandchildren: Payton DeGraf; Miles Mudge; and Hudson Parker and Camden Albrecht; and numerous nieces and nephews and great-nieces and nephews.

She was preceded in death by her husband James; her sisters: Gunnie Benson, Elsie Miller and Doris Griffin; granddaughter Becky DeGraf; and great-granddaughter Jacy DeGraf.

A memorial service will be held 11:30 AM, Saturday, February 24, 2024 at the Farrell-Holland-Gale Funeral Home, 110 S. 7th Street in Oregon, IL with family friend Luke Schier, pastor of Open Bible Church in Polo, IL officiating. Visitation will be prior to the service from 10:30 to 11:30 AM. Private burial will be at a later date in Riverview Cemetery near Oregon.

### Vonard 'Dutch' L. Johnson

**POLO** — Vonard "Dutch" L. Johnson, 93, of Polo, passed away Friday, February 16, 2024, at his home.

Dutch was born, December 18, 1930, in Byron, Illinois, the son of Henry and Augusta (Fisher) Johnson. He attended Oregon schools, graduating from High School in 1948. Dutch served in the US Army for 2 years during the Korean Conflict. He was stationed at Fort Sam Houston, TX in the Medical Corps as company clerk. After the service he married Joan E. Hill on December 8, 1957, in Oregon. Dutch farmed for several years in Pine Creek Township. After farming Dutch worked as a purchasing agent and production manager for various companies in the area. He was a member of the Open Bible Church in Polo, he loved the Lord and his family dearly.



Johnson; six grandchildren Vonna (Torrey) Pitchford, Branden (Jenni) Johnson, Matthew (Tamara) Schier, Levi Schier, Aaron Johnson and Amanda (Peter) Oksen; seven great-grandchildren Arista, Cuyler, Trevyn and Valena Pitchford, Taya, Cooper and Gunner Schier; along with several Nieces and Nephews.

He was preceded in death by a brother Henry; three sisters Eloise, Dorothy and Florence.

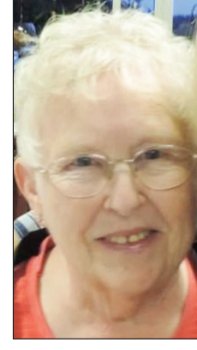
Funeral services will be 10:30 a.m., Thursday, February 22, 2024 at the Open Bible Church, 302 S. Franklin Ave, Polo. Visitation will be one hour prior to the service at 9:30 a.m. also at the church. Burial will be immediately following at Riverview Cemetery in Oregon, IL.

In lieu of flowers a memorial has been established to the Open Bible Church in Polo.

Survivors include his wife Joan; daughter Carrie (Luke) Schier; son Arden (Diane)

### Penny Jean McCoy

**LEAF RIVER** — Penny Jean McCoy, 79, of Leaf River went to be with the Lord on Sunday, February 11, 2024. She was born April 29, 1944, in Rockford, the daughter of Harold and Barbara (Harty) Ebens. Penny graduated from Shabbona High School in 1962.



She volunteered as a secretary at Global Harvest Church, and was a member of Beacon Hill Assembly of God where she enjoyed being active in Bible studies and prayer groups. She was always ready to pray with anyone who needed comfort or strength. She enjoyed painting with nature as her inspiration. She had a fondness for sea turtles and baking and cooking for her family and friends. Penny's favorite saying was "all is good."

Frank and Darcy and their families would like to extend special thanks to

Penny's brothers and sisters, Emma Ewing and Connie Mudd for their unending love, support and friendship for Penny. Penny loved their many outings, trying new restaurants and ice cream trips.

Penny is survived by her son Frank (Dorene) McCoy, daughter Darcy (Scott) Inman, granddaughter Maddi McCoy, grandson Gunnar McCoy; brothers Jim (Barb) Ebens, Harold (Cheryl) Ebens, Ed (Kathy) Ebens, and Matt Ebens; sister Susan (Gary) French; and many nieces and nephews. She is predeceased

by her father Harold Eugene Ebens, stepmother Edith Ebens; mother Barbara Jane Harding, brother Jerry Ebens and niece April Roos.

A celebration of Life will be held at Beacon Hill Assembly of God, 6467 N. German Church Road, Byron, IL 61010

### Morris 'Bud' Wiener

**OREGON** – Morris "Bud" Wiener, age 93, passed away on February 1st, 2024 at Serenity Hos-



pital in Oregon, IL, where he started teaching at Northern Illinois University in the Department of Outdoor Teacher Education at Lorado Taft Field Campus near Oregon. Through his years at NIU he made many lifelong friends from the U.S., Canada, and around the World. He retired in 1994. After retirement Bud and Pat spent many years traveling the U.S. and abroad, including participating in over 30 Elder Hostels. Bud was a lifelong gardener and always loved growing different vegetables and fruits. He was well known for making dill pickles that he loved to share with family and friends. He volunteered his time delivering meals to locals in need and working with Pat at Lifeline

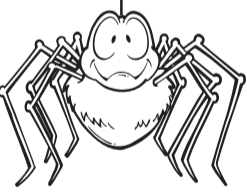
Food Pantry in Oregon. He taught classes at Rock Valley College's Center for Learning in Retirement in Rockford as well as presenting various programs in the surrounding area, including Introduction to Cribbage. He was involved with the Rock River Center in Oregon where he hosted a regular group that would gather to read and discuss "Old News" reports as well as solve word quizzes he put together each month with a different theme.

Most of all Bud enjoyed spending time with friends and family and was always supportive of his kids' hobbies and careers. He was predeceased by his parents, his brothers L.D. & Bobby, and his daughter Susan Raskin. He is survived by his son David Wiener, son Robert (Sarah) Wiener, and grandsons Daniel (Ariella) Raskin and Aaron Raskin. He will be laid to rest in Nashville, TN, next to his wife Pat at a later date. In lieu of flowers, donations to Serenity Home and Hospice, The Rock River Center, or Lifeline Food Pantry may be made in honor of Bud's memory, or simply plant a tree or a garden. To leave an online condolence or plant a tree please visit [www.farrell-hollandgale.com](http://www.farrell-hollandgale.com)

**Celebration of Life for Mervin (Merv.) Ludewig**  
March 9, 2024  
Polo Senior Center  
Time: 1-3 pm



**ADVERTISE WITH US**



#### 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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**The Ogle County Life/ Rock Valley Shopper**  
USPS (004-083) ISSN (1045-3059)

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**VFW Post #8739**  
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**Bar Mon-Thur 4 - 8PM & Fri 4 - 9PM**  
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Wednesday Bingo @ 5:30pm  
Thursday Trivia Night @ 6:30pm

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# LOCAL NEWS

## LSSI prevention programs expanding reach within the community

**OGLE COUNTY** — The Youth WORKS (Wellness, Opportunities and Resources for Key Services) and Project LEAD (Leaders Encouraging Abstinence from Drugs) programs are grant funded through Illinois Department of Human Services (DHS) and were established with Lutheran Social Services of Illinois (LSSI) in 2016 and 2017. Since then, the programs have worked tirelessly to provide youth violence and substance abuse prevention services to parents, teachers, youth, and community members.

The Ogle County Prevention Specialists show drive and determination to increase the presence of the program in the county. Working with schools and community agencies is the goal of the program. LSSI's Prevention Team provides education and awareness to as many youth and parents as possible about the challenges youth face in today's world. Becoming a positive resource for those who need it is a driving force within the program and staff themselves.

The Project LEAD team has been busy connecting with youth and teaching the "Too Good For Drugs" evidence-based curriculum to fourth through eighth graders at various schools including Meridian Middle School, Oregon Middle School, Centennial Elementary School,

and Aplington Middle School. Prevention Specialist Alex Ocampo shares that the students are amazing and have a strong desire to learn. The recent expansion into fourth and fifth grades has been a true testament to the need for services and the desire of the community to help youth make positive changes. The prevention specialists also held vaping presentations for the students at Forreton Middle School and "Generation Rx" (prescription drug abuse prevention) to youth at the Chana Education Center. Providing youth with factual information and the ability to make appropriate decisions for themselves is an essential part of the program's success.

Project LEAD Prevention Specialists Rose Gleiter and Shannon Tompkins recently attended the ribbon cutting ceremony for the Sauk Valley Voices of Recovery office in Rochelle. At this event, they connected with the community about the importance of drug use prevention and recovery. They also spoke with Rochelle Mayor John Bearrows about the LSSI Prevention Programs and the need for continued services within Ogle County.

Youth WORKS Prevention Specialist Danielle Horst has been hard at work making a positive difference in the Ogle County community. She presented the "Too Good For Violence" evidence based curriculum at Ap-

lington Middle School in Polo where she has made a significant connection with students. They look forward to her weekly lessons, information, and the overall care she shows. Danielle's passion for her work and excitement for the services she provides is evident to those in the community and shows through the regular requests for youth presentations, information tables, and other services. Throughout the years, Danielle has continued to build the Youth WORKS program while maintaining and building new connections and community partnerships.

The LSSI Prevention Team has continued to be a resource for the community and has been asked to complete multiple "Hidden In Plain Sight" parent forums as well as information tables for youth and the community at various events. The Ogle County community has come to find the LSSI Prevention Team as a resource for youth, parents, and teachers. The Prevention Team looks forward to the continued connection and impact they are able to make in Ogle County.

If you are interested in learning more about the LSSI Prevention Team, have questions, or would like to get involved or volunteer please contact the team at [PreventionServices@lssi.org](mailto:PreventionServices@lssi.org).

**AREA**  
**GUIDE**

**FISH FRY**

**FISH FRY FRIDAYS**

Friday 5pm-9:30pm

2022 VOTED BEST OF OGLE COUNTY  
2023 VOTED BEST OF OGLE COUNTY

WOODEN 5 FRITZ'S NICKEL  
RESTAURANT & BAR  
EST. 1991

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**Fish Fry Buffet**  
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**2024 Lenten Fish Fry Dinners**  
St. Patrick Parish Center 236 Kelley Drive

**Fish Dinner**  
ADULT (11YRS+) \$15  
SENIOR CITIZEN (65+) \$14  
CHILDREN (4-10YRS) \$10  
Includes 2-3 pieces of baked or hand breaded fried cod and everything on the menu excluding pizza

**Pizza Dinner**  
ADULT (11YRS+) \$13  
SENIOR CITIZEN (65+) \$12  
CHILDREN (4-10YRS) \$8  
Includes 2 slices of pizza (1 slice for children's dinner) and everything on the menu excluding fish

**FAMILY RATE - \$50**  
Parent(s) and children 18-under - DINE IN ONLY  
**3-UNDER - FREE**

**MARCH Friday's**  
MARCH 1, 8, 15, 22  
5:00-7:00 PM

**MENU**  
Baked & Hand Breaded  
Deep Fried Cod  
Tartar Sauce & Lemon Slices  
Alfano's Cheese Pizza  
Macaroni & Cheese  
French Fries  
Potatoes w/Parsley  
Green Beans  
Cole Slaw  
Dessert & Beverages

50/50 RAFFLE - HANDICAP ACCESSIBLE - CARRY OUTS AVAILABLE

Dinner proceeds support St. Patrick Youth Ministry.  
A special thank you to Knights of Columbus for their support of our ministry!

**VFW** Post 8739

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Oregon, IL  
**815-732-6851**

**Every Friday Fish Fry**  
Cod, Catfish & Shrimp Dinners

**Served Fridays 4pm-8pm**  
Open to the Public, Dine-in or Carry-out.

# 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

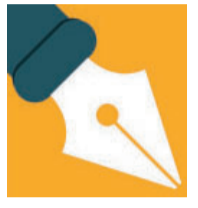
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PAID LETTER

## Support for Dan Janes

Dear editor,

We are writing in support of Dan Janes' candidacy for County Board Member from District 5 in the upcoming March 19 Republican Primary. We have had the privilege to serve and work with Dan for combined decades as County Board members in District 5 and on other local civic projects. Dan has served on the Long-Range Planning Committee, Zoning, Executive, Highway, and on ad hoc committees when needed, providing his knowledge and expertise. Dan is always willing to help and has provided the team with support which has resulted in project costs that are under budget and with energy sustainable designs. Safety, quality, and values are a high priority for projects which will extend the life of facilities into the future for all Ogle County citizens. Dan has served as Planning & Zoning chairman, which is one of the highest responsibilities of the County Board. Dan's leadership of Planning & Zoning has provided an



updated County Comprehensive Plan and many complex zoning requirement decisions supporting residents and agricultural rights for now and into the future of our county. Dan has assisted the Finance Committee and served on the Executive Committee, researching grant opportunities, and assisting in the recruiting of a grant writer to assist both Ogle County and communities. Dan's community service extends to membership in the Lions Club; as a strong advocate for Weld Park, promoting and helping in land and park restoration; and a 14-year past member of the Meridian CUSD 223 School Board.

Don Griffin and Bruce Larson,  
Ogle County Board Members

# Farmers' credit world

ACCORDING to USDA about 97% of the United States' 2.1 million farms are considered family farms and 88% of all U.S. farms have a gross cash farm income of less than \$350,000 annually, putting them in the small family farm category. This means that most farms in the U.S. are small, family-owned businesses that rely on the availability of finance options to fund the high cost of producing the food, fiber and renewable energy our country and the world rely on every day.



Ron Kern

According to USDA's most recent Farm Sector Income Forecast, interest as an expense increased by about 43%, or \$10.3 billion, to \$34.42 billion in 2023. Interest rate hikes have not only increased the cost of credit as an input but have also limited farmers' ability to use it. This Market Intel will give you a glimpse of farmers' credit world and explain how changes in that environment could lead to challenges with liquidity, a problem that is hard to fix.

An extremely important part of farm finances, farm liquidity is "the ability of a farmer to generate cash quickly and efficiently in order to meet his or her financial obligations." Some assets, such as corn in storage, can be sold and turned into cash quickly and are considered assets with high liquidity. Others, such as a crop that was recently planted or livestock that have not yet been born, take more time to turn into cash and can require additional input expenses to become the final product for sale, such as grain or marketable livestock. When farms get tight on cash due to the high cost of operating or from overspending, lack of liquidity can become a real problem.

Liquidity is measured using several different accounting ratios. Working capital is not a ratio, it is a measure in dollars of total assets minus total liabilities. This is a measure of available cash. Working capital needs are highly variable by farm size, exposure to risk and volatility of the overall business environment. When net returns are more variable, more working capital is needed. Due to these differences, it is helpful to measure working capital by either gross revenue or value of farm production.

One of the most used liquidity ratios is the current ratio. The cur-

rent ratio (sometimes called the "working capital" ratio) measures a farm's ability to pay off debt due within one year. It is the ratio of current assets divided by current liabilities. A current ratio of 2 or higher is considered good. Anything below 2 is cause for concern.

The debt service ratio, sometimes called the term debt coverage ratio, measures a farm's ability to use operating cash flow to pay debt obligations.

Lenders typically like this ratio to be 1.5 or greater. A ratio of 1 would mean that the farm has adequate cash flow to meet payment obligations. A ratio less than 1 would mean the farm falls short and will have to rely on other resources to service debt.

It is helpful to evaluate working capital needs in comparison to gross revenue or value of farm production. The working capital-gross revenue ratio is a measure of whether or not a farm has adequate working capital for its level of gross revenue. A farm with a ratio of 30% or greater is considered strong, 10-30% is cause for concern, and a ratio less than 10% is considered vulnerable.

The interest expense ratio shows how much gross income is being used to pay interest on debt. In years when interest rates are low, this ratio may be overlooked as it remains well within healthy parameters. However, when interest rates go up, the interest expense ratio can be a stark reminder that taking on unnecessary debt or too much debt can be costly. When more capital is being used to pay for interest, it means less capital is being paid toward equity-building principal.

Farmers have many recurring annual costs such as land rent, input expenses and debt payments. A farm with strong liquidity has cash available to pay these recurring costs and potentially pay for growth such as new land or equipment purchases.

Problems with liquidity can arise from changes in the financial environment. For example, when costs of inputs such as fertilizer, seed and fuel go up, it takes a greater amount of working capital to pay for them. When working capital is depleted, farmers have a variety of options to help liquidity. Selling cash assets such as crops in storage may be an option but may be costly if market conditions

are not favorable. One of the most common solutions to liquidity is through a variety of credit-based solutions such as operating loans. While credit-type solutions can be a great option, they can be expensive and endanger the long-term sustainability of a farm.

U.S. farm sector liquidity has been good and strengthening since 2020. However, the recent drop in ad hoc government assistance combined with Federal Reserve-driven interest rate hikes and increasing operating costs have changed the financial environment.

The debt servicing ratio used by ERS is a modified version of the term debt coverage ratio. USDA uses this ratio to measure the share of production plus direct government payments that are used to pay off farm sector debt. A higher debt servicing ratio implies that a greater share of production is needed to pay off debts. ERS forecasts the ratio to rise from .21 in 2022 to .24 in 2023. Higher cost of debt from sustained elevated interest rates could lead to continued debt servicing ratio growth in 2024.

While ag sector liquidity has been strong in recent years, the financial environment has changed and high interest rates are adding another expense to farmers' lists of rising input costs. Operating loans and other forms of financing cost farmers a whopping 43% more in 2023 than in 2022 and are forecast to remain elevated for much of 2024, causing working capital stocks to decline faster and forcing farmers to lean on expensive credit to provide liquidity. When farmers pay more for interest on that credit, less money gets paid toward principal. The amount of income being used to pay interest on farm debt in the U.S. has increased at a rate not seen since the 1980s. There are many tools available to help farmers persevere when liquidity makes their business vulnerable, but it's important for decision makers to remember a lesson from the 80's. Short-term borrowing during times of vulnerability can turn into costly long-term debt. Excellent management and decision making are a must to remain resilient during times of vulnerability.

"Money isn't the most thing in life, but it's right up there with oxygen on the 'gotta have it' scale."  
-Zig Ziglar

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

## 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@oglecountylife.com](mailto:jhelfrich@oglecountylife.com).

## Valentines for Seniors is more than just a card drop

MY office recently completed its first annual Valentines for Seniors program, and the response from the community exceeded all expectations. Between February 14th and 15th, my staff and I delivered over 2,300 valentines to 30 different nursing homes and assisted living, rehabilitation, and memory care centers in the seven-county region that makes up the 45th Senate District. The smiles on the seniors' faces were priceless, and it was evident they felt appreciated and valued. Cards were made by public and private school children, church, scouting, and 4-H groups, and by residents who just wanted to bring some joy to seniors in their community.



Andrew Chesney

The deliveries were part of the Senate Republican Caucus' statewide Valentines for Seniors program, and this year, the 19 Republican Senators in Illinois delivered more than 60,000 valentines to seniors across the state.

During the delivery process here in Northwest Illinois, it became clear to me that what started as a community outreach event meant to make seniors in this area feel special became much, much more.

Visiting these senior centers provided my staff and me with a unique opportunity to connect with seniors on a very personal level and benefit from their wisdom and vast life experiences. We spoke with veterans, grandmothers and grandfathers, seniors who do not receive regular visitors, and those whose families visit often. I talked with individuals who grew up during the Great Depression, and those who went to work at a very young age to earn money that was handed over 100% to the family to help make ends meet. They all had interesting stories to share, and it was an amazing experience.

Some of the individuals with whom I visited had depleted their life savings on costly senior care, and others entered senior care relying solely on Medicaid. Those folks had to go to whatever Medicaid-accepted facility had a bed for them. In many cases, the facility where they landed was not near their families or other loved ones. One thing I learned through these visits is that there is

a distinct difference between private-pay and public-pay facilities for senior healthcare. Many of the private care facilities are top-notch but extremely expensive. They carry a price tag of several thousands of dollars per month on a sliding scale according to services needed. This option is simply not affordable for many, perhaps even most, Illinoisans. For those who cannot afford private-pay centers, state-funded Medicaid-accepted facilities are their only option.

Nursing homes in Illinois are licensed, regulated, inspected, and certified by many public and private federal and state agencies, including the Illinois Department of Public Health (IDPH) and the U.S. Department of Health & Human Services' Health Care Financing Administration (HCFA). However, beyond the checking of boxes for mandated care and other services for the state-run senior facilities, these care centers often become lost under the huge umbrella of IDPH, the agency charged with setting the standards for nursing home care in Illinois.

IDPH oversees approximately 200 different state programs which are administered through a \$2.9 billion budget. Inspections and enforcement of regulations are done with the overall goal of just getting them done on time. Unlike private sector senior care centers, government bureaucracy does not provide for personalized collaboration toward shared goals or improvement solutions.

I sit on the Senate's Public Health Committee and hear regularly about staffing issues that undoubtedly affect the quality of care delivered at these state centers. Having seen the disparity between the private-pay and public-pay facilities firsthand, I would urge officials at IDPH to demand efficiency from every layer of the agency so that every available dollar can be channeled toward improving seniors' experiences at state-funded senior care facilities.

Andrew Chesney is the 45th District Illinois state senator.

## 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.

# 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

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## MOMENTS IN TIME

\* On March 11, 2021, England's Prince William made a public statement declaring that the British royal family was not a racist one. The announcement came on the heels of allegations from his sister-in-law, Prince Harry's wife Meghan Markle, that she had experienced racism from some of the Windsors.

\* On March 12, 1999, the Czech Republic, Hungary and Poland formally joined NATO, endowing the nations with a level of political and military security that had been lacking for much of the 20th century. The move was said to signify the beginning of a united Europe.

\* On March 13, 1942, the U.S. Army promoted Julia Otteson Flikke, who served as a nurse during both world wars, to the rank of its first female colonel. Her second-in-command, Captain Florence A. Blanchfield, was appointed lieutenant colonel by Dwight D. Eisenhower and became the first woman in American history to hold permanent military rank.

\* On March 14, 2022, singer-songwriter, actress Dolly Parton initially refused a Rock & Roll Hall of Fame nomination. The Hall nevertheless kept the nomination in place, and she was ultimately voted in. Parton finally accepted her induction because it was something her fans were eager for.

\* On March 15, 1959, Robert Foster created a new world record by holding his breath underwater in a California swimming pool for an astounding 13 minutes and 42.5 seconds. He would hold this record for the next 48 years.

\* On March 16, 1876, 20-something variety show dancers Nelly Saunders and Rose Harland fought in America's first public women's boxing match at Harry Hill's gambling resort in New York, for a prize of \$200 and a silver plate. After Saunders won by a single point, the pair "left the stage arm in arm."

\* On March 17, 1905, Albert Einstein submitted his first paper on the quantum theory of light to the journal *Annalen der Physik*. It was the only one of his papers that year that he himself described as "very revolutionary," and the theory would become a cornerstone of modern physics.

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## Yin, yang and the immigration crisis

**A**MERICANS believe two things about immigration. One is that a nation must be able to guard its borders from unwanted outsiders. The other is that immigrants are good for the country and should be encouraged to come here.

A Pew Research Center poll published in September of 2022 reflects the tension between those sentiments. Solid majorities of participants supported increased border security as well as deportations of immigrants who are here illegally. But they also gave strong support for pro-immigrant policies, including procedures to enable illegal immigrants and their children to legally remain in the U.S.

Maybe the Senate's aborted bipartisan national security and border bill would have helped resolve that apparent inconsistency. We'll never know, in the wake of the Republicans' 11th-hour change of heart. The bill would have put in place two things that they've long demanded—tighter restrictions on immigration and increased funding for enforcement.

Meanwhile, Border Patrol encounters with undocumented immigrants continue to skyrocket. William A. Galston, in the Jan. 31, 2024 *Wall Street Journal*, reports that they've risen from fewer than half a million in 2020 to more than five times that many in 2023, and promise to go higher still in 2024. Migrants know that border officials are overwhelmed, and they're taking advantage of it.

Congress must somehow overcome its usual paralysis if we're to get a grip on this crisis, but simply tightening up on restrictions and enforcement won't likely solve it. *Forbes Magazine* contributor Stuart Anderson ([forbes.com](http://forbes.com), May, 8, 2023) cites research covering 100 years of Border Patrol apprehensions. It shows that when immigration rates went down it was because of conditions in people's home countries instead of enforcement in the U.S.

Illegal crossings have persisted in spite of dramatic increases in spending on enforcement. The American Immigration Council's website reveals their scope: almost double the number of border agents from 2003 to 2019; nearly triple the number of agents devoted to internal enforcement and deportation in that same period; and an annual budget that has grown more than ten-fold since 1993.

Illegal immigration's stubborn resistance to these efforts is an example of what was famous-

ly demonstrated during the Prohibition era of the 1920s — when people can't get what they want legally, they'll find ways to get it anyway. Restrictive immigration laws have likewise tended to increase illegal immigration, and all the ills that go with it.



Lowell Harp

The ancient Chinese coined a term for situations like this — yin and yang. It's a choice between two things that are opposite and yet at the same time tied so closely together that you can't have one without the other. The wise course is to find the right balance between them instead of striving for only one or the other.

That means, in the case of immigration, a balance between the yang of rejection and the yin of acceptance — between enforcement of border laws on the one hand, and, on the other, pro-immigrant policies that encourage voluntary obedience to the law.

Opening the door for more immigrants to enter legally could help provide that balance, and soften the harmful side effects that come from enforcement. Gateways through official ports of entry would lessen the pressures on our overwhelmed ICE and Border Patrol agents. They could then monitor and regulate new arrivals instead of chasing them in our southwestern deserts.

Massive numbers of immigrants can arouse deeply-ingrained fears of being overwhelmed and replaced by outsiders, but America has absorbed large numbers of immigrants in the past. The Migration Policy Institute's website reveals that the proportion of immigrants living in the United States today is about the same as it was between 1860 and 1930 — around 13 percent. The Irish, Italians and eastern Europeans who surged into the country at that time aroused the same misgivings that many us feel today. Their descendants are now an unquestioned part of our society and politics.

It'll take patience for the inevitable bumps along the way, and a willingness to give yin and yang each its due, to repeat that success story with today's immigrants.

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

## Managing dating while in recovery from addiction

**B**EING in recovery, especially in the early stages, has its ups and downs. Dating is not necessarily a top priority for everyone, but it's nice to have companionship.

Days like Valentine's Day can bring up negative emotions and feelings; for some, there is a longing to pursue a romantic relationship while in recovery.

Generally, most health professionals recommend that people in early recovery from substance abuse wait about one year before pursuing a new relationship. Yet this general rule is not set in stone, as every circumstance is completely unique.

There are risks and benefits to being in a relationship while in recovery, and if you are at a crossroads, there are practical tips and advice you can consider. This can potentially help avoid relapse or a risky situation.

Overdose risks are significant in Illinois, and many of them occur because of relapse. Since 2013, synthetic opioid overdose deaths increased by 2,736%, and heroin overdose deaths increased by 80%.

Consider some of the following advice to help you out in your decision-making.

Initially, you'll want to assess your personal readiness for dating in sobriety. This may involve some self-reflection about whether you want to pursue relationships or not. Looking inward helps you determine your emotional stability and self-awareness to begin a healthy relationship.

Additionally, you will want to evaluate your motives for dating. This will ensure they align with a genuine connection you are seeking and not simply fill a void.

Before entering the dating world, it's a good idea to be confident in your sobriety, have a strong support network, and even a relapse prevention plan. Consider some of the following tips to help you out.

Set clear boundaries and communicate your sobriety and preferences openly when you feel comfortable. This could be done at any stage, but generally based on your comfort level with the person you are engaging with.

It's generally wise to go alco-

hol-free or choose mocktails or alcohol-free drinks. It is challenging to select alcohol-free venues, as most places serve alcohol in some capacity. Ideally, you are choosing people who respect your choices and boundaries.

Use your support system or consider sober dating apps, which are plentiful in today's tech age. There are generally numerous sober communities you can lean on and meet like-minded people.

Finally, prioritize your self-care and do not lose focus on your sobriety. As cliché as this sounds, there is someone for everybody. Remember, the right partner will respect your commitment to sobriety.

Do not let Valentine's Day bring you down for any reason, and don't feel obligated to pursue relationships to fill a void. Everything happens in time, which means there is ample opportunity to pursue meaningful friendships and better relationships with family.

*Jody Boulay is a mother of two with a passion for helping others. She currently works as a Community Outreach Coordinator for DRS to help spread awareness of the dangers of drugs and alcohol.*



Jody Boulay

## 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@oglecountylife.com](mailto:jhelfrich@oglecountylife.com).

# LOCAL NEWS

## OGLE COUNTY SHERIFF'S DEPARTMENT

### DeKalb man arrested for driving while license suspended

**OREGON**—On Feb. 13 at approximately 10:25 a.m. deputies initiated a traffic stop in the 19,000 block of East Illinois Route 72 in Monroe Center. After further investigation, deputies arrested Adam Malone, 33, of DeKalb, for driving while license suspended. Malone was additionally cited for failure to obey a stop sign. Malone was released on a notice to appear with a future court date given.

On Feb. 14 at approximately 2:41 a.m. deputies responded to a one-vehicle rollover accident with an injury in the 2,000 block of North Meridian Road. After investigation, deputies learned a black Jeep Commander, driven by 18-year-old Marco Hernandez was traveling northbound in the 1,700 block of North Meridian Road. Hernandez then lost control of his vehicle and swerved off the west side of the roadway before returning to the roadway. Hernandez's vehicle then overturned at least once before coming to rest upright in the middle of the roadway. The Jeep sustained heavy damage. Hernandez was transported to Swedish American Hospital for non-life-threatening injuries by Stillman Valley EMS and Fire. The accident remains under investigation.

On Feb. 14 at approximately 10:32 a.m. Juan G. Gutierrez, 29, of Rochelle turned himself in for an outstanding Ogle County traffic warrant. Gutierrez received a recognizance bond and was released with a return court date of March 11.

On Feb. 15, the Special Operations Unit of the Ogle County Sheriff's Office conducted a search warrant at a residence located on 2940 S. Skare Road in rural Rochelle. The search warrant was executed based on information provided by federal partners about illegal activities taking place at the residence. During the search, Laurie A. Watson, the occupant of the residence, was arrested on charges related to drugs and firearms. Under the Pretrial Fairness Act, Ms. Watson was released on a future court date.

On Feb. 15 at approximately 6:24 p.m. deputies initiated a traffic stop near the intersection of Freeport Road and Illinois Route 64. After further investigation Nicholas Johnson, 30, of Freeport, was placed under arrest for an outstanding Stephenson County warrant. Johnson was transported to the Ogle County Jail where he was held in lieu of bond.

On Feb. 15 at approximately 3:15 p.m.

Ogle County deputies conducted a traffic stop on a black Subaru at the intersection of West Illinois Route 72 and Pond Road. After an investigation the driver, Gaylen M. Zipse, 64, years of Leaf River was arrested for driving under the influence. Zipse was also cited for improper turn signal, no valid insurance, and illegal transportation of alcohol. After processing, Zipse was released with a notice to appear court date.

On Feb. 16 at approximately 10:19 p.m. deputies conducted a traffic stop in the 10,000 block of West Illinois Route 72. After a brief investigation, deputies arrested Savanna R. Sperling-Osterberg, 19, of Garden Prairie, for driving under the influence of alcohol. Sperling-Osterberg was additionally cited for improper lane usage and illegal transportation of alcohol. After processing, Sperling-Osterberg was released on a notice to appear.

On Feb. 18 at approximately 12:30 a.m. deputies conducted a traffic stop at the intersection of Freeport Road and Brick Church Road. After investigation, Deputies placed Stalena Yates, 43, of Freeport, under arrest for a valid failure to appear Ogle County Traffic warrant for suspended registration. Yates was transported to the Ogle County Jail where she was held pending a court appearance in front of a judge.

On Feb. 18 at approximately 2 p.m. deputies conducted a traffic stop on a white Chevrolet Impala in the 2,000 block of West Illinois Route 72. After conducting an investigation, Clint Salvesson, 45, of Watseka, Illinois was placed under arrest for an outstanding Ogle County warrant for contempt of court and an outstanding Whiteside County Warrant for failure to appear. Salvesson was transported to the Ogle County Jail where he posted bond and was released. Salvesson was provided a future court appearance.

On Feb. 18 at approximately 8:59 a.m. deputies initiated a traffic stop at the intersection of East Illinois Route 72 and North Fair Oaks Drive. After further investigation, deputies arrested Charles Hicks, 56, of Chicago, for driving while license suspended. Hicks was additionally cited for operation of a vehicle with suspended registration. Hicks was released on a notice to appear with a future court date given.

On Feb. 18 at 2:08 a.m. deputies responded to the 11,000 block of East Lincoln Lane, Rochelle, for a verbal domestic. After investigation, deputies placed Trisha Booker,

43, of Rochelle, under arrest for an active DeKalb County retail theft warrant. Booker was released on a recognizance bond at the scene and given a future court date per DeKalb County Sheriff's Office.

On Feb. 18 at approximately 6:40 p.m. deputies conducted a traffic stop in the 2,500 block of East Montague Road. After investigation, deputies placed Jarrell Williams, 37, of Rockford under arrest for an active Rockford PD probation violation warrant. Williams was transported to the Ogle County Jail, where he was held in lieu of bond.

On Feb. 19 at approximately 12:34 a.m. deputies conducted a traffic stop on Illinois Route 38 near East Wood Road. After an investigation, Crescenciano Santos, 46, of Silvis, was placed under arrest for driving while license revoked. Santos was also cited for speeding and operating an uninsured motor vehicle. Santos was transported to the Ogle County Jail before being released on notice to appear.

On Feb. 19 at approximately 8:14 p.m. deputies investigated a disturbance in the 300 block of Chippewa Lane. After further investigation Albert Brooks, 40, of Dixon, was placed under arrest for outstanding Ogle and Lee County warrants. Brooks was transported to the Ogle County Jail where he was held pending an appearance before a judge.

On Feb. 19, deputies responded to the 3,000 block of North Brookville Road for the report of a physical domestic disturbance. After an investigation a 16-year-old female was arrested for domestic battery. The female was taken into limited custody and released back to parents.

On Feb. 20 at 6:38 a.m. deputies conducted a traffic stop in the 7,000 block of North River Road. As a result, Bobby Jo Hamilton, 42, of Byron was arrested for driving on a revoked license, as well as a Stephenson County warrant. Hamilton was additionally issued citations for speeding 1-10 miles per hour, and operation of an uninsured motor vehicle. Hamilton was transported to the Ogle County Jail on the Stephenson County warrant, and was issued a notice to appear with a future court date on his other charges. Deputies were assisted by the Byron Police Department.

*All individuals are considered innocent until proven guilty.*



**James S. Clevenger III**  
Oregon man found guilty of 6 counts of criminal sexual assault

**OREGON** — In a Feb. 16 press release, Ogle County State's Attorney Mike Rock announced that on Feb. 16, James S. Clevenger III, 61, of Oregon, was found guilty of six counts of criminal sexual assault and one count of domestic battery by the Honorable Judge John B. Roe after a bench trial.

In June of 2021, the Oregon Police Department investigated a domestic battery complaint made by a minor female against the defendant. The investigation revealed that the defendant had also sexually assaulted the same minor in 2021. The case was reviewed by the Ogle County State's Attorney's Office and charges were authorized. Apost-trial status date was set for March 13 at 3 p.m.

**POLO POLICE**  
Calls for service released

**POLO** — The Polo Police Department recently released its general calls for service for the weeks of Feb. 5-18. Citizen Complaints/ Assists: 7. Fire/Medical Assists: 3. Lock Out: 2. 911 Hangup: 1. Traffic Stops: 24. County Assists: 2.



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# LOCAL NEWS



**Engelkes named Oregon High School's February Senior of Distinction**

Mya Engelkes was recently named the Oregon High School February Senior of Distinction. Pictured from left to right are: Stillman Bank Retail Banking Representative Jodi Peters, Mya Engelkes, and OJSHS Math Teach Angela Reynolds. Mya received a gift card for her achievement. (Courtesy Photo)



**Byron High School's December 2023 Students of the Month named**

Byron High School Students of the Month for December were recently named. Pictured from left to right are: BHS Assistant Principal Ken Franchi, Andrew Talbert (ninth grade), Myriah Wiltfang (10<sup>th</sup> grade), Claire Dietrich (11<sup>th</sup> grade), Jacob Ross (12<sup>th</sup> grade), and Stillman Bank Teller Supervisor/ Universal Banker Emily Bolen. Each of the students received a gift card for their achievement. (Courtesy photo)

## Polo American Legion delivers care packages to local veterans

**POLO** — Commander Cynthia Reynolds, Senior Vice Commander Becky Davis and Adjutant Marddi Rahn of Polo American Legion Patrick Fegan Post #83 delivered Battle Buddy Boxes to local veteran shut-ins and a deployed service member over the holiday season.

A Battle Buddy Box is a box that contains personal, needed and wanted items. These boxes are intended for veterans that enter a hospital for a procedure or sickness, in a nursing home, simply need a pick me up or any deployed member. The program is intended to give veterans a sense there are fellow Americans that still care about their needs and appreciate what they have done for the country.

In December, Reynolds, Davis and Rahn delivered Battle Buddy Boxes to two veterans living at the Polo Rehab and Healthcare Center. They had a lovely visit with one of the veterans and their family. It was much appreciated. The following day, Davis and Rahn visited Pat McPherson at his home and delivered a box and enjoyed time spent reminiscing about previous duty stations and time spent in the military. Reynolds and Rahn also sent off a Battle Buddy Box to one of the American Legion Members who has been deployed over the holidays.

These care packages were a small token of ap-



Above left, Senior Vice-Commander Becky Davis and Adjutant Marddi Rahn deliver a Battle Buddy Box to Pat McPherson in his Polo home. Above right, Commander Cynthia Reynolds and Adjutant Marddi Rahn hand a Battle Buddy Box to Post Master Janette Krontz for delivery to a deployed service member. (Courtesy photos)

preciation for the veterans and what they have done for their country. Each veteran appreciated the box but the visit was more meaningful and enjoyable. Polo American Legion Post #83 is grateful to have had an opportunity to honor those veterans and those who still serve.



Polo's American Legion Patrick Fegan Post #83 meets on the second Tuesday of each month at 6 p.m. at 110 E. Mason St. in Polo. Information on joining the legion or helping with community activities can be obtained through the legion e-mail address at patrickfeganpost83@gmail.com.

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# LOCAL NEWS



## Stillman Valley High School names December 2023 Students of the month

Stillman Valley High School Students of the Month for December were recently named. Pictured from left to right are: SVHS Vice Principal Jeff Voltz, Grace Costello (12th grade), Taylor Davidson (11th grade), Chase Jones (10th grade), Melinda Goldstick (ninth grade), and Stillman Bank Retail Office Manager Kelly Carlos. Each of the students received a gift card for their achievement. (Courtesy photo)

## Agnitsch joins Stillman Bank as VP and commercial loan officer

ROCKFORD – Stillman Bank is pleased to welcome Chris Agnitsch as vice president and commercial loan officer, according to Thomas R. Hughes, president & CEO. With 15 years of experience in the banking industry, all in commercial banking, Chris will primarily be involved with new business development and commercial lending. He will work from the Rockford office at 8492 E. State St.



Chris Agnitsch

“We are excited to welcome Chris to the Stillman Bank commercial team,” Hughes said. “His commercial banking background and commitment to our communities makes him well positioned to continue to build relationships and grow our presence within our local markets.”

Chris returned to Rockford in 2008 and began his commercial lending career.

A resident of Boone County, Chris currently serves as president of the EIGERlab Board of Directors and is vice president of the Scandinavian Cemetery Board. A long-time supporter of Women of Today’s Manufacturing, Chris currently serves as a trustee of that organization.

Chris grew up on a family farm in Eastern Iowa and graduated from Northwestern University with a degree in communications and economics. Chris found his way to Rockford in the summer of 1996 as an intern for the Rockford Cubbies. He returned in 2000 to work for the Rockford Area Chamber of Commerce, where he worked his way up to vice president of government relations. After a 2.5-year stint in Ohio as president of the Lancaster-Fairfield County Chamber of Commerce,

Agnitsch can be reached directly at 815.332.8842 or [chrisa@stillmanbank.com](mailto:chrisa@stillmanbank.com). To learn more about Stillman Bank’s products and services, please visit [www.stillmanbank.com](http://www.stillmanbank.com).

Stillman Bank is an independently owned community bank founded in 1882. The bank has approximately \$579 million in assets and operates full-service banking offices in Byron, Oregon, Rochelle, Rockford, Roscoe/Rockton, and Stillman Valley.

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**VFW POST 8739 OFFICER ELECTION**

Nominations for Post Officers will start at the March 19, 2024 Post Meeting at 7 PM. Officers to be nominated are:

Commander	Quartermaster
SR. Vice Commander	Chaplin
JR. Vice Commander	3 year Trustee

Nominations will remain open until the April 16th Meeting at 7 PM when nominations will be closed and Elections will be held.

New Officers will take office at the June meeting.

**VFW Post #8739**  
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# COMMUNITY CALENDAR

**March 1-2**  
RiverStone Christian Church, 609 S. 10th St., Oregon will be hosting a Community Tag Sale on Friday, March 1 (8-5 p.m.) and Saturday, March 2 (8-2 p.m.). There will be lots of pre-loved baby and children items (including clothing and toys), housewares, furniture, tools and many other treasures. This event is open to the public and all proceeds will go towards the RiverStone Mission Team and their upcoming service projects.

**March 6-April 10**  
Serenity Hospice and Home will be hosting a free six-week class entitled, “Understanding Your Grief” based on the book by Dr. Alan Wolfelt. The book is built around 10 touchstones, which are basic principles to learn and actions to take to help engage with grief and create momentum toward healing. Each participant will receive a book. This class starts on March 6 and ends on April 10. The group will meet on Wednesdays at The

Serenity Home (1658 S. Illinois Route 2, Oregon) from 3-4:30 p.m. Call Cathy or Dana at 815-732-2499 for more information or to register.

**March 6-April 18**  
Join Encore! Mt. Morris and Highland Community College for one or more of six art classes between March 6 and April 18, most 6-8 p.m.:

- Macrame (Spring Gnome Garland), March 6, 6-8 p.m.
- Essential Skills for Basic Wood Carving, March 11 and 18, 6-8 p.m.
- Mastering Smartphone Photography, March 14 and 21, 6-8:30 p.m.
- Extreme Beginner Drawing with Pencil, April 8 and 15, 6-8 p.m.
- The Art of Drawing with Colored Pencils, April 11 and 18, 6-8 p.m.
- Introduction to Watercolor Painting, April 13, 10 a.m. to 3 p.m.

All supplies are included in the course fees.

Classes are held in the Old Sandstone Gallery, 122 S. Wesley Ave., Mt. Morris. For course details (descriptions, fees, instructors, photos of projects) and to register for one or more of the classes, go to the Encore! Mt. Morris web site ([encoremtnorris.com](http://encoremtnorris.com)) and click on the “Spring 2024 Art Classes” button. Clicking on the title or photo of the class that interests you will take you to the Highland CC Lifelong Learning page to register. Contact Molly Baker at [mollyb@encoremtnorris.com](mailto:mollyb@encoremtnorris.com) if you have any questions.

Encore! Mt. Morris is composed of volunteers committed to developing Mt. Morris, IL into a unique, thriving rural and cultural arts destination in north-west Illinois. Learn more at [EncoreMtMorris.com](http://EncoreMtMorris.com).

**March 8**  
The Mt. Morris Moose Lodge will host a Dueling Pianos event on March 8. Doors open at 4:30 p.m. and meals are included. Reservation is needed. For more information contact [mooselodge1551@gmail.com](mailto:mooselodge1551@gmail.com).

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# PIZZA TOUR

## Tasty tidbits about pizza

THE calendar is dotted with various holidays that celebrate pizza. From National Pizza Pie Day in February to National Deep Dish Pizza Day in April to National Cheese Pizza Day in September, not to mention National Pizza Month in October, any time of year is the perfect opportunity to bite into a slice.

For most people, the best part of pizza is eating it, but that doesn't mean you can't still learn something about this all-time favorite food as well. The following are some tasty tidbits about pizza, courtesy of Fact City, Pizza Need and Facts Legend.

Pizza is tied to Greece. Greeks are credited with creating the first pizza-like food. The Greeks used to bake flat, round large breads that were then topped with vegetables, potatoes, spices, and olive oil. However, the first commercial pizza and pizzeria has been traced to the 19th century and the Italian city of Naples.

Not all pizza is flat. While crispy, low-profile pies may be classic, other varieties of pizza have their fans. "Deep dish" pizza originated in 1943 in the Chicago eatery Pizzeria Uno. Sfincione, or focaccia pizza, a type of pizza made in a sheet



pan with thicker slices, was created in the mid-19th century in Sicily. It is popularly called Sicilian pizza.

Pizza is even more popular on certain days of the year. Pizza can be enjoyed any day of the year, but Super Bowl Sunday, New

Year's Eve, Halloween, Thanksgiving Eve, and New Year's Day are the top five days for pizza sales. In addition, pizza accounts for more than 10 percent of all food service sales.

Pizza is booming. In the United States, the pizza industry makes up 17

percent of all restaurants and grosses more than \$30 billion every year. The highest-grossing single-unit independent pizzeria in the United States is Moose's Tooth Pub and Pizzeria in Anchorage, Alaska. Its annual sales are approximately \$6 million.

Pizza is popular everywhere. Around the world, about three billion pizzas are sold each year.

Pizza is a weekend favorite. While Friday may be pizza night for many people, sales figures indicate that Saturday night is the most popular night to eat pizza.

Pizza has a symbiotic relationship with

certain foods. The pizza industry has helped propel both the cheese and pepperoni industry. Around 251 million pounds of pepperoni are consumed each year in the United States.

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# Several county wrestlers compete at state

BY RUSSELL HODGES  
SPORTS EDITOR

**CHAMPAIGN** — Multiple Ogle County area wrestlers competed in the IHSAA State Championships at the State Farm Center in Champaign this weekend. The tournament began on Thursday, with matches continuing through Saturday evening. Byron fielded two wrestlers and Oregon fielded three wrestlers in the tournament this weekend.

Byron's Brody Stien (33-16) wrestled in the Class 1A 150-pound division, conceding an 8-0 major decision against Herrin's Blue Bishop and a fall against Chicago Hope Academy's Arkail Griffin.

Byron's Jared Claunch (29-9) wrestled in the Class 1A 285-pound division, conceding a fall against Althoff Catholic's Jason Dowell and Beardstown's Chuck Dailey.

Oregon's Nelson Benesh (38-9) wrestled three bouts in the Class 1A 113-pound division, scoring a 11-7 decision over Fithian Oakwood's Brayden Edwards before falling by 8-4 decision to Peoria Notre Dame's Ian Akers and losing to Vandalia's Elijah Mabry.

Oregon's Anthony Bauer (36-8) wrestled in the Class 1A 157-pound division. Bauer fell to Fithian Oakwood's Bryson Capansky in the first round, but recovered with back-to-back falls over Chicago Hope Academy's Tony Jones-Blakely and Stanford Olympia's Kelton Graden. Bauer battled Roxana's Lyndon Theis on Saturday, falling by 14-9 decision.

Oregon's Quentin Berry (25-11) wrestled in the Class 1A 190-pound division, finishing 1-2 with a 15-9 decision over Gibson City-Melvin-Sibley's Aiden Sancken. The win came between losses by fall against Clifton Central's Hunter Hull and Coal City's Cade Poyner.

(Photos by Russell Hodges)



Byron's Brody Stien



Above, Byron's Jared Claunch (Photo by Jodi Jones)  
At right, Oregon's Quentin Berry



Oregon's Nelson Benesh



Oregon's Anthony Bauer



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# SPORTS NEWS

## Byron's Tucker breaks nearly 70-year-old record

BY RUSSELL HODGES  
SPORTS EDITOR

**ROCHELLE** — Byron senior Ryan Tucker has enjoyed a stellar season on the hardwood. The standout guard has eclipsed multiple school records, setting a new mark for 3-pointers made in a career and breaking a nearly 70-year-old career scoring record set by Marvin Dennis in 1956.

Tucker added to his decorated senior season on Thursday, scoring a team-high 41 points as the Tigers capped off a tremendous 2023-24 regular season with an 87-65 road win over Rochelle. Fresh off clinching the Big Northern Conference crown, Byron (25-2, 8-1 BNC) heads into the postseason having won each of its last four games. The Tigers will gear up for the IHSA 2A Genoa-Kingston Regional as the No. 1 seed, with their first game scheduled for Wednesday.

"We wanted to have a good finish to our season and we knew that, as long as we came out here and played as a team, we'd be alright," Tucker said. "My teammates trusted me tonight and it felt good to put the ball in the hoop. My senior season is something I was thinking about all summer after we were beaten in the regional championship last season. It all leads back to my teammates because they're pushing me everyday and they make things easier out here."

Rochelle (10-21, 3-7 Interstate 8) had no answer for Tucker, who drained a game-high 15 field goals including 12 in the first half, where the 6-foot-3 senior guard nailed six 3-pointers. Byron drilled open shots and created transition scoring chances on the defensive end of the floor, generating deflections and forcing errant passes that led to turnovers and easy layups.

"This was a good team for us to play because [Rochelle] can score the basketball," Byron head coach Matt Huels said. "The two teams we could see in the regional, Marian Central Catholic or Johnsborg, can both score the basketball. We have to be able to contest shooters, which Rochelle has

"...My senior season is something I was thinking about all summer after we were beaten in the regional championship last season. It all leads back to my teammates because they're pushing me everyday and they make things easier out here."

**Ryan Tucker**

plenty of, and we have to be able to dictate the pace of the game. We've done that over the last four or five games. This team's extremely talented and they can go a long way."

The Tigers took control of the game right away, scoring 13 unanswered points with Tucker leading the charge to start the first quarter. Despite efforts from junior guard Cayden Moore and freshman forward Brody Bruns, who each put home a trio of baskets in the opening quarter, Rochelle was unable to muster enough defensive stops to keep pace with the Tigers, who held a 35-18 lead after the first quarter and ballooned their lead to 60-34 at the halftime buzzer.

"Brody's been a pleasant surprise for us all season long and we've continued to ask for more and more out of him," Rochelle head coach Tim Thompson said. "He's been a varsity player the entire year and he's been fantastic. I wouldn't doubt if he's an All-Conference player this year."

Although Tucker stole the show for the Tigers offensively, Byron finished with eight players in the scoring column. Sophomores Caden Considine and Cason Newton totaled 11 points and 10 points, respectively, as the Tigers forced a running clock with an 83-49 lead after three quarters. Rochelle will enter the postseason on a six-game losing streak, but the Hubs can snap their skid with a win in the IHSA 3A Boylan Regional, where the No. 5 Hubs will face No. 3 Woodstock.

"I think the kids are beaten down right now and we need a good day off to watch some film and get our bodies healthy," Thompson said. "We need four good days of prac-

tice and then prepare the best way we can and take away what [Woodstock] is good at... 0-0 is the mindset that we have to live by right now and Woodstock is coming with 20 wins this year... I think the last few games have been discouraging for our kids, but we have to get as healthy as we can."

Byron, meanwhile, will be seeking its first regional championship since the 2017-18 season, when the Tigers finished 24-7 under former head coach Tom Schmidt. Byron entered Thursday's game against the Hubs ranked No. 7 in Class 2A by the Associated Press. The Tigers have just two losses, one of which is to No. 2 ranked Beecher, who's 30-0.

"I think our kids can go a long way," Huels said. "It will be about executing down the stretch and getting stops when we need them. They have all the talent in the world, but they'll need to earn their way through. We've been able to guard in a lot of different ways. We played some zone and we pressed tonight, but sometimes we'll play man-to-man. We can run a variety of defenses and we can score in different ways. Ryan had 41 tonight, but Jack [Hiveley] can carry us, Cason can carry us and Carson [Buser] can carry us, which makes us a very difficult team to guard."

Bruns led the Hubs with a 17-point, 15-rebound double-double on Thursday, while Moore finished with 10 points and junior guard Carson Lewis totaled nine points on three 3-pointers. Senior guard Eli Luxton chipped in nine points and nine rebounds for the Hubs in the loss.

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5th & 6th Grade 8-8:30 p.m.  
7th & 8th Grade 8:45-9:15 pm

# SPORTS NEWS

## Surprises from girls regional finals

A couple of surprises in the IHSA girls basketball tournament, but were they really?

The most momentous was Rockford Lutheran suffocating No. 2-ranked Orangeville in a 1A regional final. Everyone expected to see the 30-3 Broncos advance to the sectional to take on No. 1 in the state, Galena.

Instead, Lutheran kept Orangeville star big girl Whitney Sullivan from being a factor and held the team to 5-for-37 shooting through the first three quarters in the decisive win. When you can't get off shots, it is going to be a long night for you.

That was the key to Lutheran shutting down the Broncos.

The NUIC got plenty of praise with Galena, Orangeville, Aquin and Pecatonica among the elite in 1A. However, let's not forget about the BNC, which has champion Byron (21-8), Stillman Valley (29-4), Dixon (25-6) and the aforementioned Lutheran, who finished in fourth place.

So, it shouldn't be a surprise that Lutheran, who is used to playing 2A and 3A teams, had its ways with Orangeville. Now, the question is, can they beat Galena?

Byron ran into a similar situation in a regional loss to Woodstock Marian. Though conference champs and seeded higher than Marian, the 27-4 Hurricanes were no slouch, coming in with 12 straight wins.

None-the-less, it was an excellent campaign for the Tigers after losing key personnel to graduation and injury. With all the youth that got playing time, they will be among the elite in 2A next year. Some height would help, though.

I don't have records in front of me, but I wonder when the last time teams from the

same school both won the BNC titles? Not only that, but the 8-1 Byron boys were one loss away from joining the girls as undefeated champs.

Lots of excitement continuing this week with both the boys and girls tournaments going on.

I plan to be back from Utah in time to watch Stillman Valley girls have a possible rematch with Alleman in the sectional final. If that happens, can SV do what Lutheran did to Orangeville on defense?

That is what killed the Cardinals in the previous loss in the finals of the Dixon Holiday tourney — hot shooting by Alleman.

As I write this, the sectional hasn't started, but both teams are favored to be there. Likewise, with boys regionals. Would like to give some commentary, but don't know who won and who lost yet.

Instead, here is a bit of high-school basketball trivia regarding the state finals:

Back in the 1960s and 70s, a town would occasionally dribble its way to Champaign, as in actually dribbling a basketball there. It was a rare occurrence, but did happen.

For example, Buda had a basketball powerhouse in the mid 70s. With it literally being the only excitement in the tiny village near I-80, a plan was hatched to have townspeople form a relay and dribble a ball from each tournament stop along the way to Assembly Hall. First was to the regional at Peru, next the sectional at Wenona and then the super-sectional at Pontiac. Finally, it was on to Champaign for a total of 177 miles dribbling a basketball.

The usual format was to have a support vehicle in the form of a camper follow whoever was dribbling. I recall another instance

elsewhere where a couple students from a high school dribbled all the way to Champaign, though not nearly as far.

It's important to remember the hold the IHSA tournament had all over the state and the cultural significance of it from the 1940s to 70s. It was in the 1980s that interest began to wane.

Nowadays, you probably couldn't get anyone to dribble a basketball across county lines. But, people don't swallow goldfish or cram themselves into phone booths anymore.

At the state wrestling tournament, Rochelle was the only Ogle County team to have medalists, with two Hubs making the podium in 2A.

When I used to report on wrestling for 15 or so schools in the Sauk Valley newspaper coverage area, there were always plenty of kids placing. It was non-stop action keeping up with everyone and that was with two reporters.

In maybe its smallest showing ever, the only placers were three wrestlers from Sterling Newman. Probably like other sports, wrestling is cyclical and it will rise again.

The big story in 1A was the dominance of Woodstock Marian, with seven medalists, including 157-pound freshman state champ Jimmy Mastny, who lives outside of Oregon.

Though private-school Marian wasn't a fan favorite downstate, especially by people from Coal City, the Oregon contingent present to see three of its own wrestlers compete cheered on Mastny.

In that same 157-pound bracket, Hawk senior Anthony Bauer, one of the hardest-working kids downstate, missed placing by one spot.

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



Andy Colbert

### AREA SPORTS

#### Forreston boys basketball trounces Ashton-Franklin Center

The Forreston High School varsity boys basketball team took down AFC 55-31 on Friday, Feb. 16. Brendan Greenfield recorded a double-double with 13 points and 12 rebounds, while Mickey Probst scored 18 points with five assists and Kendall Erdmann totaled 13 points. The Cardinals improved to 12-16 overall and 6-6 in the conference with the win.

#### Polo boys basketball team dominates Hiawatha

The Polo High School varsity boys basketball team won its IHSA Regional Quarterfinal game over Hiawatha 73-33 on Monday, Feb. 19. Brock Soltow and JT Stephenson each had 14 points for the Marcos, while Gus Mumford added 11 points and Nolan Hahn totaled 10 points.

Logan Nelson chipped in eight points for the Marcos in the win.

#### Oregon boys basketball falls against Morrison

The Oregon High School varsity boys basketball team suffered a 59-52 loss against Morrison in IHSA Regional play on Monday, Feb. 19. The Hawks conclude the season with a 16-16 record. Keaton Salsbury led Oregon with 17 points, while Jameson Caposey added 15 points and Nole Campos added nine points.

#### Forreston boys basketball loses against Milledgeville

The Forreston High School varsity boys basketball team was handed a 50-32 loss from Milledgeville in IHSA Regional action on Monday, Feb. 19. Mickey Probst scored 14 points and Kendall Erdmann added 11 points for the Cardinals, who finished the season with a 12-17 record.



#### Bauer records 100th win

Oregon High School wrestler Anthony Bauer was honored for recording his 100th career win during the team's meet against Rock Falls and Dixon on Thursday, Jan. 18. The Hawks beat the Rockets 48-31 and fell to the Dukes 48-21. Bauer was presented with a special banner and joined both teammates and coaches for group photos. (Courtesy photo)

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# SPORTS NEWS



### Wrestlers awarded

The Oregon High School wrestling team saw several athletes earn awards at the 2024 KSB Fresh/Soph Tournament at the Blackhawk Center on Saturday, Jan. 27. Among the winners were Nelson Benesh (first at 113), Colton Flaharty (second at 120), Landon Ege (third at 113), Landen Battione-Harriett (fourth at 138 B), Miles Olsen (fourth at 132 B), Jakobi Donegan (fourth at 144), Jackson Messenger (fifth at 120), Jayden Berry (sixth at 138) and Jakob Moser (sixth at 175). (Courtesy photo)



### Senior Night

The Oregon High School varsity girls basketball team celebrated Senior Night with a 40-28 win over South Beloit on Feb. 7. Oregon's senior class includes Deborah Schmid, Sofia Mateas, Paloma Sampaio, Mya Engelkes and Teagan Champley. (Courtesy photo)



### Players awarded

The Polo High School varsity girls basketball team presented more Player of the Game awards during the month of February. Sydnei Rahn earned the award after Polo's 52-36 win over Fulton on Feb. 2, totaling 10 blocks, nine rebounds and five points. Karlea Frey earned the award after Polo's 49-13 win over Fulton on Feb. 8, scoring six points and playing great defense. Madison Glawe was the award winner after Polo's 62-21 win over West Carroll on Feb. 10, recording 14 points, six steals, four rebounds and two assists. (Courtesy photos)



### Blue Group concludes season

The Oregon Hawk Wrestling Club's Blue Group recently concluded the 2023-24 season. The kids spent the last six weeks having fun and learning the fundamentals of wrestling. (Courtesy photo)



### PHS Players of the Game

The Polo High School varsity girls basketball team presented Player of the Game awards during the months of January and February. Katelyn Rockwood was the winner during the team's 42-40 win over Genoa-Kings-ton on Jan. 29, totaling six points and two rebounds while showing tremendous hustle in the win. Sydnei Rahn earned the award after recording eight points with three rebounds and three blocks in Polo's 40-28 win over Forreaston on Jan. 31. Polo presented the award to all five of its seniors (Allissa Marschang, Sydnei Rahn, Courtney Grobe, Madison Glawe and Karlea Frey) after its game against Milledgeville on Thursday, Feb. 1. (Courtesy photos)



### Coach records 300th win

Congratulations to Byron High School varsity wrestling coach Mike Elsbury on recording his 300th career win as head coach of the Tigers. Elsbury and the Tigers took down Winnebago on Monday, Jan. 29. (Courtesy photo)



### ACES finish first

The Stillman Valley High School ACES team finished first at its regional competition earlier this month. (Courtesy photo)

## Tails PET OF THE WEEK

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[www.tailshumanesociety.org](http://www.tailshumanesociety.org)

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Allow me to introduce myself...I'm Morton! I came to Tails last August. I have become a staff and volunteer favorite and am described as "an energetic young man with a heart full of hope". I am yearning for a family to have adventures with. I promise I will make the perfect companion for all your outdoor escapades, whether it's hiking, running, or just exploring new places! But more than anything, I just want someone to be my best friend. Are you ready to open your heart and make my dreams come true?

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# LOCAL NEWS

## OREGON PUBLIC LIBRARY

### Knit & Crochet is BACK!

Mondays at 1:00pm. This group will meet every Monday at 1pm and is open to anyone. From beginner to expert, all skill level are welcome to join. Bring any hand craft and work on it while socializing. Need help getting started with your knitting project, stop in on a Monday. Registration is requested, visit [www.oregonpubliclibrary.com](http://www.oregonpubliclibrary.com) or call (815) 732-2724.

### Illinois Storm Chaser's Severe Weather 101

Monday, March 4th at 6:00pm. Join us as we take a dive into the basics of severe weather. Topics include: storm chasing, local climatology, past tornadoic events, severe weather safety and preparedness and a Q&A. Nick Bartholomew is a veteran storm chaser who has traveled all across the country chasing down mother nature's worst weather. Nick is also owner of Severe Weather Information LLC. which is focused on providing entertaining and informative weather programs for all ages across the country. Nick has been featured in numerous local and national news stories and his chasing content has been featured on many national news and weather outlets. Registration required, [www.oregonpubliclibrary.com](http://www.oregonpubliclibrary.com) or call (815) 732-2724.

### Find A Character Ticket!

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.

### Story Time

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

### Trivia Night at Cork N Tap

Wednesday, March 6th at 6:30pm. Are You Smarter Than a Fifth Grader? Trivia Night

Grab your friends and have a night out of fun! Are you smarter than a fifth grader? This trivia will cover general knowledge of literature, movies, math, science, history and more. Program intended for 18 and over. Register your team of up to 6 players at (815) 732-2724 or [www.oregonpubliclibrary.com](http://www.oregonpubliclibrary.com). Prizes!

### Ink with A Friend Monthly Card Club

Monday, March 18th at 6:00pm. Sending personal cards to your friends and family is a way to let them know you care and are thinking about them. All designs include beautiful colored cardstock, gorgeous designer series paper, detailed stamped images, die cut pieces, matching ink, ribbon, and embellishments. All cards come with

matching envelopes. Whether you're a new card maker or a seasoned pro, our kits are suited to every skill level. Don't wait! Sign up today to reserve your spot. Oregon Patrons only. Registration required (815) 732-2724 or [www.oregonpubliclibrary.com](http://www.oregonpubliclibrary.com)

### Try It Tuesday

Tuesday, March 19th at 1:30pm or 5:30pm (Choose your time slot). Cricut Design Space 101 – 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).

### Book Clubs

Is This Just Fantasy? Book Club will meet Tuesday, February 27 at 6 pm at the Library to discuss Discount Armageddon by Seanan McGuire. The 2WBC meets Wednesday, March 13 at 12:30 to discuss Separate Peace by John Knowles. Cocktails & Crimes will meet Sunday, March 17 at 2:00pm at Breakers. The Afternoon Book Club meets Wednesday, March 20 at 1 pm to discuss Orphan Train by Christina Baker Kline. Books on Tap Book Club meets Thursday, March 21 at 6 pm at Cork & Tap to discuss The Five Wishes of Mr. Murray by Joe Siple.

### 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).

### 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-Every Dreaming Creature by Brendan Wenzel. At the StoryWalk is The Mitten by Jan Brett.

## MT. MORRIS PUBLIC LIBRARY

### Fly Tying Classes

Saturdays from 10:30-12 Come to Mount Morris Library and learn how to tie both feather and hair dressed hooks! We are now taking

sign-ups for this multi-day class! Classes will be Saturdays at 10:30am. There will be a total of 8 classes with each one focused on a different type of hook. Classes begin January 6 and run through February 24th. Just in time for the season! Sign up soon-call the library at 815-734-4927 to register.

### Cooking with Julie Class

February 29th Bring your appetite and your curiosity as we delve into the cooking world with Chef Julie! We will be tasting a variety of different soups! Julie will be there to give tips and tricks for each recipe that you can take home. Bring a container to take home a bowl of your favorite soup at this delicious event! This program is open to ages 15 and up! And it's Free! Stop by or call the Mt. Morris Library to register! 815-734-4927

### Kathy's Crafty Connections

Tuesdays from 2:30-4pm

Mount Morris Library is giving crafters an opportunity to come to an open session for working on their craft! Winter is a great time to start a new project or work on an old! Bring your project, meet other crafters, connect with old friends, and make new friends! Any portable craft is welcome: hand sewing, needlepoint, crochet, knitting, felting, beading, painting, or any craft you enjoy. Join us each Tuesday at 2:30 for friends and fun!

### Adult Book Club Meeting

Monday, February 26th The February book, The Sweet Potato Queens' Book of Love by Jill Conner Browne, is available! "To know the Sweet Potato Queens is to love them, and if you haven't heard about them yet, you will. Since the early 1980s, this group of belles gone bad has been the toast of Jackson, Mississippi, with their glorious annual appearance in the St. Patrick's Day parade." Everyone is welcome to join this book club group!

Copies of the book are available at the library. Meeting will be held at the library on February 26th at 3:30pm.

### Cookbook Club

Next Meeting March 5th Join us as we explore The Cookbook Club! Wonderful recipes combined with friendship creates something both beautiful and delicious! Stop by to choose your recipe from this month's book, Deceptively Delicious by Jessica Seinfeld, and bring your dish to pass at our next meeting! Join us on March 5th this month, 6pm at The Senior Center for another exciting meal!

### Ink with a Friend: Card Making at the Library

Thursday, March 14th What a great time it is to make some lovely home-made cards to send to family and friends! We will be offering a card-making class from local crafter, Liz Gullett. She will be here on Thursday, March 14th from 5-7! You will get all the materials to make two beautiful cards to take home. Stop by to see the samples, fees are by donation. Registration is limited so call the library or stop by to save your spot before March 7th!

### Story Time!

Wednesdays at 11:15am We will be reading books and the children will create a craft this Wednesday, 2/21. Story time is every Wednesday @11:15, bring your little ones to enjoy stories and a craft at the Mount Morris Library!

### Lego Club

Thursday, March 21st Lego night is the third Thursday of each month. Stop by on March 21st, from 6-7pm! Bring a friend and build some fun with Lego bricks! All children and parents are invited every third Thursday of the month. Children under 8 need to bring a parent with them.

### Display Case Showings

"Neither rain, nor snow, nor sleet, nor hail shall keep the postmen from their appointed (library) rounds." Deliver yourself to the library to check out this perfect display of all things postal! This collection is on display courtesy of Lenny Wells, Thank You! We are

always looking for collectors or artists who are willing to share their treasures in our display cases. If you are interested, please call, 815-734-4927.

### Explore More Illinois

Explore More Illinois allows cardholders from participating RAILS and IHLS public libraries to reserve free and discounted admission, parking, and gift store purchases from cultural and recreational attractions in Illinois, including museums, cultural centers, zoos, aquariums, gardens, historical societies, park districts, and more. Explore More Illinois is easy to use with your library card. Visit the library's website to browse attractions. You can find the information on our website, [www.mtmorris-il.org](http://www.mtmorris-il.org) under the resources page.

### Axis360 is changing to BOUNDLESS

Your library's Axis 360 digital service has been upgraded to Boundless. The library can provide you with information about the transition to Boundless. All your user info and history, including holds position, bookmarks, notes, and other saved data will be seamlessly transitioned to the new Boundless platform.

### Adult Programming

We would love to hear from you. Do you have any program ideas? Do evenings or weekends work better? Do you have a program you would like to share/lead? Contact Mary Cheatwood at the library through email at [mmllib@mtmorris-il.org](mailto:mmllib@mtmorris-il.org) or call 815-734-4927.

### Memorial Gifts

Give a gift that lasts, brings joy to many, and doubles in value. Your memorial gift to the library is matched by the Mt. Morris Library Foundation, doubling your generosity! Many thanks to all who gave memorial gifts in 2023.

### Newspaper Available!

We will now be receiving the Dixon Telegraph daily! We receive the Ogle County Life, Sauk Valley, and Mt. Morris Times. If you want to keep up with the local news-stop on by!

## DIRECTORY OF AREA HUMAN SERVICES

### Alcohol Abuse Counseling & Recovery

**A.A. Hotline** 800-452-7990  
**Sinnissippi Centers, Inc.**  
**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.O. 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**  
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# LOCAL NEWS

## 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](http://www.rockrivercenter.org) and like us on Facebook.

### American Classic Tours Preview

Monday, Feb 26, 1:00 – 2:00 p.m. Advance registration requested.

### Bingocize

Bingocize® combines the game of bingo with low-impact fall prevention exercises. Friday, Mar. 1, 4 and 8; 2:00 -2:30 p.m. Advance registration requested.

### Stringed Instrument Program

Wed., March 6; 10 – 11 a.m. Advance registration requested.

### Beginner Ceramics

Thurs., March 14; 9:30 – 11 a.m. \$20 per person. All material provided. Register by March 4.

### March Yoga Classes @ RRC

Yoga: 10:00 -11:00 am. Chair Yoga: 11:15 – 12:00 noon. When: March 1, 8, 15, 22, and 29. Cost: \$5 per session.

## SUPPORT GROUPS @ ROCK RIVER CENTER

- CANCER SUPPORT GROUP**  
Meets: 4th Wednesday in February, May, August & November.  
Time: 2:00 – 3:00 p.m.
  - CAREGIVER SUPPORT GROUP**  
Meets: 3RD Tuesday of month. Time: 10:00 – 11:30 a.m.
  - DIABETIC SUPPORT GROUP**  
Meets: 1st Wednesday of the month. Time: 11:00 a.m. – 12:00 p.m.
  - LOW VISION GROUP**  
Meets: 2nd and 4th Tuesday of month. Time: 12:00 p.m. – 1:30 p.m.
- For more information on any of our Support Groups, call Rock River Center at 815-732-3252 or 1-800-541-5479.

## MT. MORRIS SENIOR & COMMUNITY CENTER

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

### Virtual trip

Be sure to sign up for our next virtual trip. On February 27th we will take a trip to Italy and enjoy a tasty Italian treat.

### Jam session

On the fourth Wednesday of each month come join us and some talented musicians for a Jam Session. Starting at 10:30 am on Wednesday, February 28th this also includes a lunch for only \$5.

### Diamond painting

March 1st – Diamond Painting! Whether you have tried it before or you are brand new, you are welcome to join us each month for Diamond Painting. Purchase a painting (prices

range from \$5 - \$15) and enjoy the company of others while creating beautiful art. No skill involved.

### Book club

On March 4th join us for Book Club. Stop in the library to pick up this month's book and join us for discussion.

### Bus trips

Interested in one of our upcoming bus trips? Contact Melissa at 815-734-6335 for more information or to sign up. On May 26th - June 1st we will spend 7 days and 6 nights on a trip to Mt. Rushmore and the Black Hills. The cost will include motorcoach transportation, lodging, 10 meals, all admissions and tours, and more! We will also be taking a trip to New Orleans from November 3rd – 9th.

## BERTOLET MEMORIAL LIBRARY

### LEGO Club

Monday, March 4th at 5:00 PM Join us and show off your build as we display them for the next month. LEGO Club is open to all ages! Those under age 5 should have a grown-up with them as the pieces are small.

### Stories with Stacey

Thursdays at 10:00AM Join Miss Stacey for fun stories for your toddlers and preschoolers!

### A to Z Reading Challenge

Join us in the new year with a new reading challenge. The goal is to read 26 books, each book starting with a different letter of the alphabet by December 31, 2024. Be sure to keep your reading log up to date as there will be chances to earn prizes along the way. Stop at the circulation desk to register.

### February Book of the Month

Join us this month in reading *Between Shades of Gray* by Ruta Sepetys. Lina is a typical teenage girl in Lithuania. That is until the Soviet Secret Police take Lina and her family and ship them to Siberian work camps in 1941. A heartbreaking story of courage, love, survival, and the traumas of people had to endure. Pick up a copy at the circulation desk.

## Weekly Brain Busters

### King Crossword

**ACROSS**

1 Not so hot?  
5 Dog tags, e.g.  
8 Quick look  
12 Antioxidant berry  
13 French vineyard  
14 Impetuous  
15 Dungeon's quality  
17 Actress Rae  
18 Small batteries  
19 Detroit hoopster  
21 Like a neglected lawn  
24 Coop group  
25 Within (Pref.)  
26 Foppish behavior  
30 Caustic cleaner  
31 Loud  
32 Dean's list stat  
33 Writer Steel  
35 Three- sloth  
36 Barn birds  
37 Travesty  
38 "Jane Eyre" author  
41 Tofu source  
42 Chicago's Mayor Lightfoot  
43 Hanging loosely  
48 Location

**DOWN**

1 Bankroll  
2 Obamacare acronym  
3 Scooted  
4 Japanese emperor  
5 Frosts a cake  
6 Hosp. workers  
7 Hitchcock forte  
8 Overly proper  
9 Bridge position  
10 Canadian gas brand  
11 "Star Trek II" villain  
16 Aye undoer  
20 "500" race  
21 Use a blowtorch  
22 New Age singer  
23 Genesis garden  
24 Salutes  
26 Prettified  
27 Composer Stravinsky  
28 Detail, briefly  
29 Created  
31 Salamander  
34 Sea off Sicily  
35 "Fearless" singer Swift  
37 Boating hazard  
38 Humdrum  
39 "Gilmore Girls" daughter  
40 Utah city  
41 Use scissors  
44 "Exodus" hero  
45 "— had it!"  
46 Museum-funding org.  
47 Econ. measure

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### MAGIC MAZE ● NORTHERN

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

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

Alliance Europe Lobster Rhodesia  
Cape Flicker Marianas Shrike  
Cardinal Hemisphere Michigan Territory  
Cross Ireland Pike

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## Weekly SUDOKU

by Linda Thistle

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

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

### DIFFICULTY THIS WEEK: ◆◆◆

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

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## HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.  
Differences: 1. Bumper is different. 2. Shelf is lower. 3. Window is different. 4. Wax is moved. 5. Neckline is different. 6. Door knob is added.

**King Crossword**  
Answers

Solution time: 23 mins.

**NORTHERN**

Answers

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

**Weekly SUDOKU**

Answers

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

# LOCAL NEWS

## BYRON PUBLIC LIBRARY

### How to Rebloom Those Christmas Gifts

Thursday, Feb. 29, 6 – 7:00 pm. Did you receive or purchase a plant for the holidays and don't know what to do with it? Join master gardeners Phil & Marcia as they discuss how to care for your holiday plants. Please visit [Byron.evanced.info/signup](http://Byron.evanced.info/signup) or call the library at 815-234-5107 to register.

### Did you know

That the library has craft projects for adults? During open hours in the Creative Studio adults are welcome to come in and make a free seasonal card or craft from the material available on the studio tables. Please note that table crafts are not available during Teen Time or other library programs in the Studio. Stop by the Creative Studio to indulge in your craftier side!

### Creative Studio

Our Creative Studio is open on Sunday afternoons and two evenings a week, so stop by for monthly crafts and to use our maker space equipment! Crafts out on the tables are free of charge, while some other projects will incur a cost depending on materials. Middle school and high school youth can use some of the materials while with an adult, or during Teen Time. Creative Studio hours: Sunday 1 - 5:00 pm, Monday 9:00 am-1:00 pm & 5 - 8:00 pm, Tuesday 9 am - 1:00 pm & 5 - 8:00 pm, Wednesday 9:00 am - 1:00 pm, Thursday 9:00 am - 1:00 pm, Friday & Saturday closed.

### Check out Our Mobile App

Did you know that there is an easy way to use the library from your phone? Just download the PrairieCat app to your phone or mobile device and log in with your library card number and PIN! You'll be able to view your checkouts and holds, renew renewable materials, and search the library catalog. There's even a digital copy of your library card!

### Curbside Delivery

The library is open for browsing, but patrons can still use our curbside service! Place your holds online at [byronlibrary.org](http://byronlibrary.org) or call us at 815-234-5107. Not sure what you want? Call us for help! We will call or email you with a confirmation when your holds are ready to be picked up. Call us when you arrive at the library, and we will bring your items out to you, already checked out. A receipt with your due dates will be included with your items.

Visit the Byron Library Facebook page, or subscribe to our newsletters at [byronlibrary.org](http://byronlibrary.org), to keep up to date on library news and programs! Be sure to also check out the Byron Library and Byron Library Teen Instagram pages!

## JULIA HULL DISTRICT LIBRARY STILLMAN VALLEY

### Happy 100 Month-Long Celebration

March 2024 marks the 100th Anniversary of Julia Hull Library! The library first opened its doors to the community in 1924 with a collection of 1,000 books. One move, one renovation and thousands of memories later...we're still growing the community mind and cultivating conversation and creativity. Stop in for prize drawings, a scavenger hunt and more. And, stay tuned to Facebook and Instagram for pop-up polls, photo memories and library trivia! March 1-31.

### Puzzle Palooza

Because...we just fit. At our inaugural Puzzle Palooza, teams of 2-4 will face off to see who can assemble the same 500-piece jigsaw puzzle in 90 minutes! Members of the winning team will take home dinner and dessert (a Casey's pizza and cookies!). Saturday, March 2, 2 p.m. Space is limited. Register your team early by calling the library at 815-645-8611.

### Mario Party!

Ready...Set...Go! It's time to celebrate Mario Day with games and crafts featuring Mario, his friends and enemies. Costumes encouraged. Saturday, March 9, 1 p.m. Ages 5-9. Registration required: 815-645-8611.

### Flappers and Fedoras

The joint will be jumpin'! Join us as we visit the Roaring 20s with Nostalgia Entertainment. Listen to the music of the Jazz Age and hear fascinating stories about Al Capone, F. Scott Fitzgerald and 1920s Chicago. Thursday, March 21, 6:30 p.m. Registration required: 815-645-8611.

### Solar Eclipse 2024: How, When and Where to See It

On April 8, Americans will have the rare opportunity to experience a total solar eclipse. Join us as we learn the ins and outs of safely viewing the eclipse, including when, how



Last week, at Julia Hull District Library, young patrons enjoyed some messy science fun by making slime with Miss Kelly.



and where to see it best. A pair of certified eclipse viewers will be given to program participants. Monday, March 25, 6:30 p.m. Registration required: 815-645-8611.

### Taylor Swift Party

Celebrate the one and only Taylor Swift at an enchanted party that is sure to be timeless. Featuring button making, friendship bracelets, photo ops, scavenger hunts, Swiftie Bingo and snacks. Wear an outfit celebrating your favorite era! Tuesday, March 26, 6 p.m. Grades 4-8. All supplies provided. Registration required: 815-645-8611.

## AREA CHURCH DIRECTORY

### BYRON

#### ALL SAINTS LUTHERAN CHURCH

624 Luther Drive, Byron IL 61010 815-234-5277  
 Pastor: Janet Wold  
 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

205 N. Peru St., Byron 815-234-8737 [cornerstonefamilychurch.org](http://cornerstonefamilychurch.org)  
 Sr. Pastor: Erik Ness, NextGen/Family Pastor: Collin Nicholls  
 Children's Ministry Director: Katie Dodd  
 Worship Service on Sundays at 10am with Children's Worship Service and Nursery Available  
 Sr High Youth Ministry Sundays at 6:00pm, Jr High Youth Ministry Wednesdays at 6:30pm  
 Numerous Small Groups Available for All Ages throughout the week.  
 Please call our Church Office or visit our website for more details.  
 Office Hours: 8:00am -4:30pm Mondays-Thursdays

#### BYRON ST. MARY CATHOLIC CHURCH

226 E. 2nd St., Byron, IL 61010 - Phone 815-234-7431 - Fr. Richard Rosinski.  
 Weekday Masses: Tuesday - Friday 7:30am, Weekend Masses: Sat. 5:00 pm, Sun. 8:00 am and 9:30 am, Reconciliation: Fri. 8:00 am - 8:30 am; Sat. 3:30 pm - 4:30 pm or by app. Eucharist Adoration Fri. 8-9am  
[www.saintmaryinbyron.org](http://www.saintmaryinbyron.org) [secretary@saintmaryinbyron.org](mailto:secretary@saintmaryinbyron.org)

#### SHEPHERD EVANGELICAL FREE CHURCH

NEW LOCATION! Jarrett Prairie Center 7993 N. River Rd., Byron Phone 963-5216  
 Rev. Michael Axmark, Pastor: Discover Time 9:30 a.m., Fellowship 10:15 a.m., Worship 10:30 a.m.  
 Mailing Address: P.O. Box 838, Byron, IL 61010

#### UNITED CHURCH OF BYRON

A Member of the United Church of Christ  
 701 W. Second Street; PO Box 927, Byron IL 61010, 815-234-8777  
 Email: [ucb@comcast.net](mailto:ucb@comcast.net)  
 Website: [unitedchurchofbyron.org](http://unitedchurchofbyron.org)  
 Pastor: Rev. Tyler Spellious  
 Youth Ministry Coordinator: Richard Simpson  
 Sunday Schedule & Worship opportunities:  
 Service of Meditation & Prayer: 8:15am - 8:45am  
 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  
 For complete ministry schedule and other activities, please check our website or Facebook page or contact the church office.  
 Whoever you are or wherever you are on your journey, you are welcome here!

#### BEACON HILL ASSEMBLY OF GOD

"Building Faith for Life"  
 6467 N. German Church Rd., Byron, IL - Ph. (815) 246-2685 - [beaconhillbyron.org](http://beaconhillbyron.org)  
 Mailing Address: P.O. Box 448, Byron, IL 61010  
 Pastor: Gary Cortese  
 Service Times: Sundays at 10AM; Wednesday night Faith-Lift at 6:30PM  
 Find us on Facebook/Beacon Hill Assembly of God

### CHANA

#### CHANA UNITED METHODIST

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

### DAVIS JUNCTION

#### DAVIS JUNCTION UNITED METHODIST CHURCH

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

### 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 9:30 am; Sunday School 10:00 am

#### FIRST UNITED METHODIST CHURCH

402 First Ave., Forreston, IL Phone: 815-938-2380  
 Worship at 9:00 a.m. (childcare provided) with coffee and fellowship immediately following. Sunday School Age 3-Adult, 10:15 am.  
 God is Good, All the Time, All the Time, God is Good!

#### ST. JAMES LUTHERAN CHURCH

Pastor Karen Tews  
 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  
 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.  
 Everyone is welcome!

### KINGS

#### ELIM REFORMED CHURCH

140 S. Church Road, Kings, IL 61068 • Pastor Marv Jacobs  
 Phone 815-562-6811 E-mail: [goelimchurch@gmail.com](mailto:goelimchurch@gmail.com)  
 Website: [www.goelimchurch.org](http://www.goelimchurch.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: [mimorriscob@gmail.com](mailto:mimorriscob@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 [ECCOGministries@gmail.com](mailto:ECCOGministries@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 month. Lighthouse will lit 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

1300 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: [saintbride.church@gmail.com](mailto:saintbride.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: [stpaulnalcoregonil.weebly.com](http://stpaulnalcoregonil.weebly.com)  
 10:15 a.m. Fellowship/Education hours  
 11:30 a.m. Worship

### POLO

#### ST. MARY CHURCH

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

#### CHURCH OF THE OPEN BIBLE

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

#### FAITH DISCOVERY CHURCH

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

## 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.theredbrickchurch.org](http://www.theredbrickchurch.org)  
 Sunday: Worship at 9:00 and 10:30 am. Sunday School at 9:00 am.  
 Wednesday: AWANA (Sept - April) from 6:00 to 7:30 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 Lower 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)

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**101**  
**LEGAL NOTICE**

**NOTICE IN THE CIRCUIT COURT OF THE FIFTEENTH JUDICIAL CIRCUIT OGLE COUNTY, STATE OF ILLINOIS**

IN RE THE ESTATE OF: ROSELLA D. BRASS, Decedent Case No. 2023 PR 14 CLAIM NOTICE  
NOTICE: Rosella D. Brass died on June 3, 2022, a resident of Oregon, Ogle County, Illinois. On December 5, 2023, Rosemary Prewett was appointed executor of her estate. Rosemary Prewett's address is 917 High Point Drive, Rockton, Illinois 61072. The attorney for Executor, Rosemary Prewett is Maas Legal, LLC, P.O. Box 277, Stillman Valley, Illinois 61084. Claims against the estate must be filed on or before June 5, 2024. Any claim not filed by that date will be barred. Claims may be filed with the probate division of the Circuit Clerk's Office, Ogle County Judicial Center, 106 S. 5th Street, Suite 300, Oregon, Illinois 61061; or with Executor, Rosemary Prewett, or Maas Legal, LLC, or with all of them. Copies of claims filed with the Probate Clerk's Office must be mailed or delivered to the Executor and her Attorney, within ten ( 10) days after the Claim is filed.  
Dated: February 2, 2024.  
Deborah S. Maas As Attorney for Executor, Rosemary Prewett  
Maas Legal LLC  
P.O. Box 277  
Stillman Valley, Illinois 61084 815-7 51-1809  
E-mail: efile@debmaaslegal.com  
No. 0207  
(Feb. 12, 19 and 26, 2024)

**PUBLIC NOTICE**  
IN THE STATE OF ILLINOIS, CIRCUIT COURT, OGLE COUNTY  
Request of Misael Isaac Guerrero  
Case Number 2024MR6  
Filed 7 February 2024  
There will be a court date on my Request to change my name from Misael Isaac Guerrero to the new name of Misael Isaac Argomaniz. The court date will be held on 3 March 2024 at 9:00a.m. at 106 5th St., Oregon, Ogle County, in Courtroom #304.  
No. 0212  
(Feb. 12, 19, and 26, 2024)

**PUBLIC NOTICE**  
STATE OF ILLINOIS, CIRCUIT COURT, OGLE COUNTY  
Request of CODEY LOUIS ROHDY  
Case Number 2024 MR 9  
Filed February 2, 2024  
There will be a court date on my Request to change my name from CODEY LOUIS ROHDY to the new name of CODEY LOUIS BRATTRUD  
The court date will be held on April 3, 2024 at 9:00 a.m. at 106 5th St., Oregon, Ogle County, in Courtroom #304.  
No. 0213  
(Feb. 19, 26 and Mar. 4, 2024)

**NOTICE**  
STATE OF ILLINOIS IN THE CIRCUIT COURT OF THE 15TH JUDICIAL CIRCUIT COUNTY OF OGLE  
In the Matter of the Estate of JUDITH A. MARX, deceased No. 2024PR6 CLAIM NOTICE  
Notice is given of the death of JUDITH A. MARX, of Monroe Center, Illinois on December 22, 2023. Letters of office were issued

on February 6, 2024, to TAMARA L. HEMENWAY, 15629 E. Eddy Road, Monroe Center, IL 61052, as independent executor, whose attorney is TOBIN, RAMON & BARBER, 530 South State Street; Suite 200, Belvidere, IL 61008-3711.  
The estate will be administered without court supervision, unless under 5/28-4 of the Probate Act (755 ILCS 5/28-4), an interested person terminates independent administration at any time by mailing or delivering a petition to terminate to the clerk.  
Claims against the estate may be filed in the Office of the Ogle County Circuit Clerk -- Probate Division at the OGLE County Courthouse, at 106 S. 5th Street, #300, Oregon, IL 61061., or with the representative, or both, on or before Augusts 19, 2024, which date is not less than six (6) months from the date of the first publication of this notice, or, if mailing or delivery of a notice from the representative is required by section 5/18-3 of the Probate Act, the date stated in that notice. Any claim not filed on or before that date is barred. Copies of any claim filed with the Clerk must be mailed or delivered to the representative and to the attorney within 10 days after it has been filed.  
Dated Feb. 12, 2024  
TAMARA L. HEMENWAY  
Independent Executor  
Tobin, Ramon & Barber  
530 S. State St., Suite 200  
Belvidere, IL 61008  
(815) 544-0316  
patti@tobinramon.com  
No. 0214  
(Feb. 19, 26 and March 4, 2024)

**PUBLIC NOTICE**  
Sealed bids will be received by the Ogle County Highway Department, Oregon, Illinois, until 2:00 P.M. March 8, 2024 for the following Sections:  
1. 24-00000-04-GM 2024 County Striping  
2. 24-00000-01-GM County Patching Materials  
3. 24-XX000-00-GM Township Patching Materials  
Proposals are available at the Ogle County Highway Department, 1989 South IL Rt. 2, Oregon, IL between the hours of 7:00 A.M. and 3:30 P.M. Monday - Friday. The Road and Bridge Committee reserves the right to accept or reject any or all bids.  
No. 0217  
(Feb. 19 and 26, 2024)

**NOTICE**  
Ogle County is requesting a quote for 12 stands of fiber starting at Ogle County Judicial Center coordinates 42.014159, -89.334446 proceeding to Cell Tower coordinates 41.903784, -89.359084 and terminating at Hillcrest Water Tower 41.950592, -89.067209  
This request for quote ends Feb 29th at 12:00 pm CST.  
You can address any question to:  
Email: ogle\_it@ogle-countyil.gov  
Mail: Larry Callant 105 S 5th Street; Suite 302 Oregon, IL 61061  
Phone mobile: 815-677-5664  
Please send all quotes to:  
Attn: East Route Fiber Project  
Ogle County Clerk 105 S. 5th Street Suite 104 Oregon, IL 61061 No. 0218  
(Feb. 19 and 26, 2024)

**103**  
**AUCTIONS**

**\* FARM EQUIPMENT AUCTION \***

After 70 years farming in the DeKalb County area, Ronald "Red" Jackson Farms have decided to sell following line of late model farm equipment, truck, trailers, tools and shop equipment, at Auction To The Highest Bidder at No Reserve, Located 3 miles south of DeKalb, Illinois on Rt. 23 to Elva Road , then west 1 mile to farm. GPS address 9210 Elva Road, DeKalb, Illinois.

**Saturday, March 9<sup>th</sup> Starting at 9:30 a.m.**  
**Farm Equipment \* Truck \* Trailers Selling at 12 Noon.**

**2007 Mack CHN613 Rawhide Edition Truck.** One Owner, 187,500 original miles. 460h.p. Mack E7 engine, Eaton Fuller 13 speed trans, Eaton Fuller Steer tires are new last year, all 8 drive tires new last year.  
**2009 Wilson Commander hopper trailer.** 40ft, 66" sides, standard hoppers with strap doors.  
**CIH 535 4 wheel drive Tractor.** 2-Owner. Pre DEF tractor with only 3662 hrs. 5 remotes, 14 rear suitcase weights, 710/70R-42 Michelin tires and duals,  
**John Deere 8530 MFWA Tractor.** 2-owner bought in 2010. Pre-DEF tractor with only 4610 hrs. Tractor is equipped with 3pt, JD quick hitch, Big 1000 PTO, IVT trans, ILS front suspension, 4 remotes  
**John Deere 9770 STS Bullet Rotor Combine.** 2-owner. Pre DEF Combine with only 3123 engine and 2442 separator hrs! Engine was overhauled at 1000 hours. Rear wheel assist, **JD Starfire 6000 receiver SF1 & JD 2600 monitor,** good screen, no bubbles, Used for auto steer & mapping.

**Kinze 1050 Row Crop Harvest Commander Grain Cart.** New bottom auger and drive lug in 2022. 2 Camera system, auger & rear, Good Shur-Lok Roll tarp, 520/85R-38 tires and duals.

**John Deere 1770 24 row Maxemerge Plus Conservation Vacumeter Planter.** Percesion seed tubes, Planter has had main frame welding and repair.

**John Deere 612C Corn head.** 12 row 30", Hyd. Deck plates, Sells with older JD Head cart.

**John Deere 635F platform,** 35ft, Full finger auger, poly skids, Sells with EZ trail 672 Head Trailer.

**CIH 940 Nutri Placer 60ft AA applicator.** 24 knife, Boomer Jenner Bullet Twin coolers, set up for dual tanks, Raven SCS 4400 monitor, 24" coulters, 18" dual notched closing disc,

**CIH 870 Ecolo-Tiger 9 shank Ripper.** 24" spacing, 24" rear blade, 22" front blade, 12" space on disc gangs. 425/15R-22.5 super singles. Rear attachment is disc coulters and chopper reel.

**Landoll 876 Tilloll 40ft.** Bolt on sweeps, 18" disc blades, 3 Bar Spike rear attachment.

**John Deere 856 12 row 30" row crop cultivator.** Very good shape with the Easy adjust depth control for each row. Rolling shields, always stored inside. **John Deere 400 flat fold 30ft Rotary hoe.** **John Deere 331 28ft wing disk,** 24" cone blades, **Strobel 4-box in line Seed Tender Trailer** with front discharge auger w/ plastic fighting, Honda GX 270, 9h.p. electric start engine. Trailer is like new. **2011 PJ Gooseneck trailer.** 20Ft long, 2ft. Beaver tail, fold-up or removable ramps.  
Woods 3180 Bat-wing mower. 15Ft, new blades. 540 PTO. Hutchinson 10" 41ft auger. Electric motor, 3ph. Works fine. Just finished using.

**Shop Equipment \* Tools \* Parts Selling at 9:30 a.m.**  
Tire machine; Hot water pressure washer; medium and light duty shelving. We will have several Hay racks full of hand tools, chains binders, cords, socket sets, long handle tools, jacks & other farm related tools & hardware items accumulated after 70 years of farming.

**Auctioneers Note: Large Farm equipment sells at 12 Noon! \*\*Live On-line bidding will also be available through Equipment Facts. Terms:** Cash, Check, Credit Cards w/ 3% convenient fee added. All Items Settled For On Auction Day. Announcements made sale day take precedence over all other advertisements made. All sells at No Reserve! Pre-Auction Viewing, 9am-4pm, March 7th & 8th.

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Live Auction held at Bertolet Building 103 W. 2nd St., Leaf River, IL

Total of 161.87 Acres MOL offered in 1 Tract. Currently 110 Acres in row crop (119.5 PI) with good productivity. Balance acres are Recreational/Hunting and Building Site.

**SELLER: JAMES LEE STUKENBERG TRUST**  
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- Spring 2024 Possession
- Hard road frontage

Attorney for Estate: Laird Lambert

**Note:** This property is an unusual opportunity to add to your farming operation, as well as advance potential recreational opportunities. View maps, photos, videos, sale terms and other at auction website.

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**RICK GARNHART, AUCTIONEER**  
German Valley, IL 61039  
815-238-3044  
IL Lic: 440000901 WI Lic: 2844-52



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When Mark Twain was editing a newspaper in Missouri, one of his subscribers wrote in, saying that he had found a spider in his newspaper and wondered whether it was a sign of good or bad luck. Twain's response: "Finding a spider is neither good luck nor bad. The spider was merely looking over our newspaper to see which merchant was not advertising, so that he could go to that store, spin his web across the door, and lead a life of undisturbed peace ever afterward."

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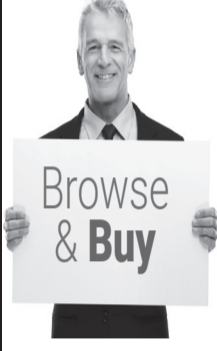
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NOTICE Advance Fee Loans or Credit Offers Companies that do business by phone can't ask you to pay for credit before you get it. For more information, call toll-free 1-877-FTC-HELP. A public service message from your hometown newspaper and the Federal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

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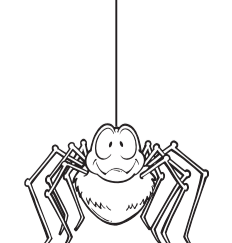
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# SENIOR LIFESTYLES

## How nutritional needs change with age

**H**EALTHY eating is important at any age and can set the course for a life of vitality and wellness. Sufficient nutrition can help prevent chronic illnesses and make sure that growing bodies develop properly. As one ages, various changes take place in the body, making healthy eating even more essential. According to Healthline, nutritional deficiencies can effect aging individuals, which can decrease quality of life and lead to poor health outcomes. Individuals should pay attention to their vitamin and mineral intake at various ages so they do not miss out on important nutrients. As a person ages, here are some approaches to consider.

- Consume fewer calories: According to Connie Bales, PhD, RD, associate director of the Geriatric Research, Education, and Clinical Center at Durham VA Medical Center, people need fewer calories every decade. That's because individuals are moving around less and have less muscle. This causes a decline in metabolic rate.
- Include more nutrient-dense foods: Even though caloric needs go down with age, it's important to pack as much nutrition into the calories a person does consume. That means finding nutrient-rich foods like whole grains, fruits, nuts, beans, vegetables, fish, and lean cuts of meat.
- Consume more lean protein: Muscle



loss and loss of strength can develop as a person ages. Healthline says the average adult loses 3 to 8 percent of their muscle mass each decade after age 30. Eating more protein could help aging bodies maintain muscle.

- Eat fortified cereals and grains: The ability to absorb vitamin B12 can decrease as one gets older and with the use of certain medicines. Many health professionals recommend patients get more vitamin B12 by consuming

foods enriched with this vitamin. Vitamin supplements may be needed in addition to food.

- Drink more fluids: Health.com says sensation of thirst declines with age. Drinking water and other fluids

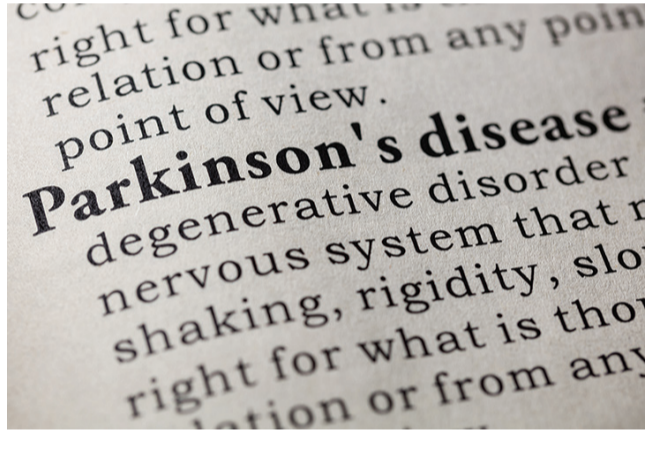
becomes a priority to stay hydrated. It also helps with digestion.

- Prioritize bone health: Osteoporosis is a concern for older adults, particularly women who have reached menopause. Osteoporosis occurs when bones become brittle and can break from only the slightest bump or fall, says the Mayo Clinic. Vitamin D and calcium help strengthen bones, and older adults may need more of these nutrients.

Individuals should speak with their health care providers and nutritionists for further insight into their changing nutritional needs. Such professionals can help customize diets to address specific health concerns.

## What is Parkinson's disease?

**W**HO hasn't tapped fingers on a desk with anxiety or shook a leg under a table awaiting some sort of news? These motor impulses may seem involuntary, but they largely are under the control of the individual. For a portion of the population, fidgeting and tremors are out of their control, and are hallmarks of a movement disorder called Parkinson's disease.



research into PD has led researchers to find ways to identify biomarkers for PD that can lead to earlier diagnoses and more tailored treatments.

Various conditions can produce symptoms similar to PD. It is best to discuss any concerns with a doctor. A consultation with a neurologist likely will be recommended. With the right treatment and support, someone with PD can still live a quality life for years after diagnosis.

stiffness and resistance to movement affects many people with PD. The muscles remain constantly tense and contracted so that a person aches or feels stiff. This rigidity can become obvious when another person tries to move the individual's arm, which will only move in short, jerky movements known as "cogwheel."

remains unknown. Scientists believe a combination of genetic and environmental factors are at the root of the disease. There is no cure for PD, although there are treatment options that may help alleviate some symptoms. Currently there is no treatment to slow the progression of PD.

- Bradykinesia: This is a slowing down of spontaneous and automatic movement. Activities that were once easily performed now take much longer. There often is a decrease in facial expression, called "masked face." A person with PD may not move his or her arms while walking.
- Postural instability: This impaired balance and change in posture can increase the risk of falls. Postural instability also may affect walking gait. Someone with PD may appear to be shuffling.

The Mayo Clinic says changes occur in the brains of people with PD. Notably there is the presence of clumps of substances called Lewy bodies. These Lewy bodies often show a widespread protein called alpha-synuclein, which cells can't break down. Researchers have found alpha-synuclein in the spinal fluid of people who later develop PD.

The cause of PD

The Parkinson's Foundation says people with PD take dopaminergic medications to replace missing dopamine in the brain. This helps to treat various symptoms. Ongoing

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# SENIOR LIFESTYLES

## 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, AdventureHealth 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.

## Herbs and spices that can promote healthy hearts

**A** nutritious diet is a key component of a healthy lifestyle. When paired with regular physical activity, a nutritious diet can help people dramatically reduce their risk for various diseases, including heart disease.

According to the World Health Organization, ischaemic heart disease and stroke claim more lives each year than any other disease, annually accounting for roughly 15 percent of all deaths across the globe. Many deaths caused by heart disease can be prevented, and eating a healthy diet is a great preventive measure that anyone can take. Though some people may associate healthy diets with bland foods that lack flavor, people can incorporate various heart-healthy herbs and spices into their favorite dishes to make them more nutritious and flavorful.

- **Garlic:** Garlic has long since earned its place on the kitchen spice rack. However, botanically, garlic is neither an herb or a spice but a vegetable. Regardless of how it's classified, garlic is loaded with flavor and can be used to improve just about any recipe, all the while benefiting heart health. The United States-based health services provider Mercy Health notes that garlic can help lower blood pressure and reduce bad cholesterol levels.

- **Cayenne pepper:** Few ingredients may change a recipe as quickly as cayenne pepper. The addition of cayenne pepper can instantly make dishes more spicy. But cayenne pepper brings more than a little extra kick to the dinner table. Healthline notes that various studies have shown that capsaicin, the active ingredient in cayenne pepper, can provide a host of health benefits. One such study published in the British Journal of Nutrition found that adding capsaicin to a high-carbohydrate breakfast significantly reduced hunger and the desire to eat before lunch. Eating less can help people more effectively control their body weight, which in turn reduces their risk for heart disease.

- **Turmeric:** Garlic and even cayenne pepper may already be staples in many people's kitchens, but that's not necessarily so with turmeric. A yellow spice often used when preparing Indian foods, turmeric has anti-inflammatory properties thanks to curcumin, the part of turmeric responsible for giving it its yellow color. Experts acknowledge that turmeric needs to be studied more to definitively conclude its effects on heart health, but WebMD notes that one small study indicated that turmeric can help ward off heart attacks in people who have had bypass surgery.

- **Coriander:** A popular herb used across the globe, coriander is sometimes mistaken for cilantro. Though the two come from the same plant, cilantro refers to the leaves and stems of the coriander plant, while the coriander in recipes typically refers to the seeds of that plant. Mercy Health notes that coriander seeds may help reduce bad cholesterol and high blood pressure, both of which are significant risk factors for heart disease.

Heart-healthy herbs and spices can be added to various recipes, proving that nutritious meals need not be void of flavor.



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