



### Senior Night set for Sept. 25

The Oregon High School cross country team's will hold Senior Night on Sept. 25 at Oregon Park West. **Section B**

# OGLE COUNTY LIFE

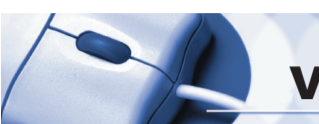
## ROCK VALLEY SHOPPER



VOLUME 36, ISSUE 27

**MONDAY**  
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## KNOW IT TODAY



### Stillman Bank makes donations

Stillman Bank donated \$15,000 to local businesses through its Purchase with a Purpose campaign.. **Page 5**

### WEATHER

MONDAY	TUESDAY
HIGH LOW	HIGH LOW
84 63	84 61
WEDNESDAY	THURSDAY
HIGH LOW	HIGH LOW
85 62	85 59
FRIDAY	SATURDAY
HIGH LOW	HIGH LOW
84 63	84 64

### OBITUARIES

- John Raymond Holm
- Elizabeth Rae Wisnosky

See page 4

### INSERTS

- Felker Foods
- Polo Foods
- Menards
- Farm & Fleet
- Snyder Pharmacy
- Stillman Valley Fall Fest

## Over 60,000 visit Rochelle to see UP's Big Boy

'We were excited and shocked to see that many people...'

BY JEFF HELFRICH  
MANAGING EDITOR

ROCHELLE — Over 60,000 people attended an event in Rochelle at the Global III intermodal facility on Sunday, Sept. 8 that featured The Union Pacific Railroad's Big Boy No. 4014 train engine, City Director of Community Engagement Jenny Thompson said.

Sunday saw long traffic lines and local restaurants and shops full as visitors came to town for Big Boy No. 4014. The famous train engine drew rail fans to The Hub City for the entire weekend, which also featured a whistle stop at the city's Railfan Park on Monday morning. The UP also hosted a viewing of the engine for its employees on Saturday.

"We were excited and shocked to see that many people descend on our little town," Thompson said. "It was great for our local businesses. I spent



(COURTESY PHOTO)

Over 60,000 people attended an event in Rochelle at the Global III intermodal facility on Sunday, Sept. 8 that featured The Union Pacific Railroad's Big Boy No. 4014 train engine, City Director of Community Engagement Jenny Thompson said.

the whole weekend at Railfan Park and it was awesome to talk with all the visitors. There were people from all over the United States, along with

the United Kingdom and Australia. I asked a few of the foreign visitors if they came here just to see the train, and they said that they had. The UP told

us their expectation was 20,000-30,000 visitors. So we saw double that number."

See **BIG BOY** pg 12

## RCH wellness committee working to improve health of employees

Committee has diverse array of expertise: 'There's so many things that go into wellness'

BY JEFF HELFRICH  
MANAGING EDITOR

ROCHELLE — Rochelle Community Hospital's wellness committee works to improve the health of its employees. The committee has been revived this year post COVID-19 pandemic to implement regular initiatives to offer staff education, events, and ideas to improve their lifestyles.

The committee includes a group of diverse, yet particular members including Denise Bauer (CHRO); Lorena Hueramo (HRG); Brenndon Garcia (HRA); Christine Carter (education manager); Marcy Cline (respiratory therapy coordinator); Lisa Charboneau (cardiac rehab RN); Janelle Stein (dietician); Ross Pullom (food service manager); Jennifer Finkboner



(PHOTO BY JEFF HELFRICH)

Rochelle Community Hospital's wellness committee works to improve the health of its employees.

(food service coordinator); Kelly Musselman (employee health nurse), Kirby Heward (marketing and PR), Tracy McGee (professional billing support specialist), and Luis Cano (dietician).

The RCH wellness committee's self-improvement slogan for this year is "More Core in '24: Mind, Soul & Body."

"It's to improve the core, mind, soul and body of our employees, and the community," Hueramo said. "That's why we formed the group, to have that goal and get wellness in our minds and do different things for our employees. Hopefully they build some good habits."

See **RCH** page 11



## Best of Ogle County 2024 sees 31,104 votes cast

OGLE COUNTY — Best of Ogle County 2024 voting is completed and winners of each category are currently being contacted. The winners section will come out in the Rochelle News-Leader on Sunday, Oct. 6 and in the Ogle County Life on Monday, Oct. 7.

During the voting period, 31,104 votes were cast by 4,109 people. A total of 1,176 more votes were cast this year than in 2023. 193 entrants were victorious this year. 68.6 percent of voters were female, 29 percent of voters were male and 2.4 percent preferred not to say.

There were 54 voters in the 13-17 age group, 441 voters in the 18-24 age group, 860 voters in the

25-34 age group, 917 voters in the 35-44 age group, 722 voters in the 45-54 age group, 634 voters in the 55-64 age group and 480 voters at or above age 65.

"It was another successful Best of Ogle County contest," Ogle County Life and Rochelle News-Leader Managing Editor Jeff Helfrich said. "The staff of the Rochelle News-Leader and Ogle County Life would like to thank the voters and businesses for participating. We look forward to putting out the winners section and celebrating the winners and everyone who participated. I'm very grateful to our staff for the many hours of work they put in on Best of Ogle County."

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# LOCAL NEWS

## Midwestern Clothing Company of Rochelle awarded \$15,000 Community First® grant

**ROCHELLE** – This week, the Federal Home Loan Bank of Chicago (FHLBank Chicago) awarded Midwestern Clothing Company a grant of \$15,000 through its Community First® Accelerate Grants for Small Business program. FHLBank Chicago offers grants of up to \$30,000 to eligible small businesses to advance economic opportunity in the communities it serves.

Midwestern Clothing Company LLC is a huge supporter of local business and collaborates with others to create an experience for their customers. Midwestern Clothing Company also partners with the Rochelle Area Community Foundation to raise funds for their Endowment Fund for “Giving Tuesday.” The funds raised go directly back into the community they serve.

Midwestern Clothing Company truly shows kindness and compassion to not only their customers, but to all community members as well. They do their best to lift others up and work together with many businesses within the community. They love their community and are committed to helping wherever they can along the way.

Kersten Brill (co-owner, Midwestern Clothing Company) was one of two people from the local district to be invited by a state representative to attend an Emerging Women Leaders Conference in Springfield where she was recognized by the House Leader for her dedication to her community.

This grant will be used to improve exterior signage & building appearance, purchase additional inventory in wider range of sizes and improve equipment for customization.

“This grant is an incredible opportunity for us to make some improvements to our retail space and grow our inventory in order to provide a better experience for our customers,” Brill said. “We appreciate the time and effort of the team at Holcomb Bank and for making this happen for us. It’s such an incredible compliment to be thought of in a meeting and recommended for a program like this.”

Through FHLBank Chicago’s member institutions, like Holcomb Bank, Accelerate Grants assist the growth and development of small businesses in Illinois and Wisconsin. All grant recipients are small businesses that make a difference in their community, and funds are



(COURTESY PHOTO)

**This week, the Federal Home Loan Bank of Chicago (FHLBank Chicago) awarded Midwestern Clothing Company a grant of \$15,000 through its Community First® Accelerate Grants for Small Business program. FHLBank Chicago offers grants of up to \$30,000 to eligible small businesses to advance economic opportunity in the communities it serves.**

intended for the following purposes:

The purchase or improvement of property, the purchase of machinery, tools or equipment; the purchase of inventory, materials, or supplies; workforce development or training; new or upgraded technology.

“Small businesses play an integral role in local communities in driving

economic growth, from creating jobs to fostering community development,” said Katie Naftzger, senior vice president, community investment officer, FHLBank Chicago. “As a leader in the housing and community development space, FHLBank Chicago recognizes that affordable housing isn’t just about the homes themselves — it’s about ensuring entire com-

munities have what they need to thrive, including economic opportunities for the residents and small businesses who call them home.”

The grant was sponsored by Holcomb Bank.

“Midwestern Clothing Company is such a local success story,” Holcomb Bank President/CEO Perry W. Byers said. “From starting an online retail

business to bringing it full circle into a downtown storefront, we couldn’t be prouder of what Haley, Kelsey & Alyssa have accomplished. Not only do they run a solid business, they make a point to give back to the community and support other businesses. This grant allows us to support our small business customers in the best way.”

## Heat wave ignites crop maturation process, sparks concerns

BY DANIEL GRANT  
FARMWEEK

AFTER an unseasonably cool start to the grain fill period, a blast of hot air the last week of August kicked the crop maturation process into overdrive.

The National Agricultural Statistics Service reported 10% of the corn crop was mature and 62% was dented in Illinois as of

Aug. 26, which was ahead of the average pace by 7 and 15 points, respectively.

Meanwhile, 93% of soybeans were setting pods and 6% were dropping leaves as of the same date, both well ahead of the average pace across the state.

“Corn has had a pleasant grain fill period, but the 90-(plus)-degree temperatures will speed up maturity,” Karen Corri-

gan, an agronomist with McGillicuddy-Corrigan Agronomics, noted in a recent IL Soy Advisor report.

Temperatures in Illinois averaged just 68.7 degrees (4.6 degrees below normal) Aug. 19-26 but heated up well into the 90s with triple-digit heat index readings in many parts of the state to close the month.

“Temperatures this (past) week could push that (crop maturation) along rapidly,” said Jeff Guilaner, a FarmWeek CropWatcher from Jersey County. “Soybeans are getting a yellow tone as they begin to mature.”

Guilaner believes harvest in his area could begin near or just after Labor Day weekend as crops continue to progress rapidly. Temperatures were expected to moderate by that time.

Other farmers look for harvest to begin later this month around the state.

Champaign County CropWatcher Daniel Herriott reported a similar situation in his area.

“The early maturing corn that was planted in early April is racing to the finish line,” he said.

The recent run of hot, dry weather could also slow the spread of some crop diseases, particularly tar spot, according to Corri-gan. She advised farmers to note weed escapes to consider for 2025 cropping plans.

But the recent heat and dryness could have a negative impact on some crop yield potential, depending in part on planting dates and previous weather.

“Variation in fields is dramatic as the stressed



(PHOTO BY CATRINA RAWSON)

areas really stand out,” Guilaner said.

Some areas of the state received rainfall at the peak of the heatwave Aug. 27, including small pockets that received 2-plus inches.

Overall, topsoil moisture was rated 61% adequate, 38% short to very short and just 1% surplus statewide as of Aug. 26.

All or parts of 12 Illinois counties in the northeast were rated abnormally dry, according to the U.S. Drought Monitor.

This story was distributed through a cooperative project between Illinois Farm Bureau and the Illinois Press Association. For more food and farming news, visit FarmWeek-Now.com.

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# LOCAL NEWS



(PHOTOS BY JEFF HELFRICH)

On Monday, the 24th Annual Rochelle Community Hospital Foundation golf outing was held at Fairways Golf Course in Rochelle. The day saw sunny weather after dealing with rain for the past two years on play days. The RCH Foundation supports the hospital and the community in various ways. Foundation Board Member Reed Harris and RCH CEO Karen Tracy spoke to golfers ahead of Monday's shotgun start.

## OUTING: 24th Annual RCH golf event held at Fairways in Rochelle

From page 1

"We want to thank everyone for coming. It's an important day for the hospital because it's one of our best donation days. This year we'll be using the funds to replace respiratory ventilators and white boards in the patient rooms. We appreciate you coming out and giving your money, time and hearts."

Tracy thanked attendees for their time and donations. She praised the foundation board members and RCH board of trustee members for their volunteer work at the outing and contributions to RCH throughout the year.

RCH Marketing, Foundation & Organizational Development Manager Michelle LaPage said the outing came together

well with logistics and sponsorships.

"Things have gone really well," LaPage said. "The weather is cooperating. We're excited about that. We have some really great sponsors and we're happy about that. A lot of our vendors from the hospital and local businesses are participating. We're happy to see the support of the sponsors year after year. We've

picked up some new sponsors. It's still a really good fundraiser for the foundation."

LaPage said RCH's donor wall was updated this year to honor all of its contributors, including golf outing supporters. The RCH Foundation works to donate towards updates and new technology at the hospital and supports the community. The RCH Foundation

outing is "a lot of work" to put on each year, LaPage said. She thanked the foundation's board and the management team at RCH for their work on the day.

The yearly golf outing also provides networking opportunities.

"Today is a neat opportunity for our vendors to see our staff in a different light outside of the hospital and vice

versa," LaPage said. "It really shows that we have support outside of Rochelle with the different vendors and technology. And we can see our support in Rochelle too with our local businesses that are here. I've been with the hospital for 10 years. I've gotten to see the golf outing grow and change. It's very humbling to know that we've had this support for 24 years."

## Students harvest knowledge about agriculture at Ag Awareness Days

OREGON — Three hundred thirty-eight Ogle and Carroll County fourth and fifth graders descended upon the Ogle County Fairgrounds on Sept. 5 and 6 to harvest information about modern agriculture and its influences on daily living. Hosted by University of Illinois Extension, Ag Awareness Days 2024 took youth on a fast-paced, interactive, guided tour of the science, engineering, and technology that drives today's farm operations.

Students engaged in 30-minute workshops led by a variety of agricultural

professionals throughout the experience for opportunities to mingle with livestock, explore different ag careers, chat with a traveling vet, discuss basic biotechnology concepts, learn about different crops, navigate waypoints, and discuss how much soil it takes to grow crops.

This was the 22nd consecutive year for U of I Extension's award-winning Ag Awareness Days program. It is intended that participants will think twice the next time they fry an egg, pass a corn-

field-turned subdivision, put on their leather boots, wrap up in a wool blanket, drink a glass of milk, or eat a bowl of cereal. The Midwest has long been heralded as a top agricultural production site. Logically, tomorrow's leaders understand how they fit into it.

Many students reported that they most enjoyed hearing firsthand the daily events of a livestock vet, harvesting honey, and using a GPS unit to find hidden coordinates in a scavenger hunt. Students also had fun collecting

cool fact cards at each workshop station.

Special thanks go to the entire Ag Awareness Day teaching team for volunteering their time, talents, and sometimes their critters. Workshops and presenters included: "Harvesting Honey," led by Jeff Ludwig, Byron; "Doctoring the Barnyard," led by Bob Ebbesmeyer, New Hope Vet Clinic and Taryn Pfeiffer, Polo Animal Hospital; "Ag Careers," led by John Heisner, FCAE; "Harnessing the Wind," led by Extension Educator

Abigail Nelson and Extension Program Coordinators Kathy Dombeck and Katie Williamson; "Bite into Beef," led by Annette and Allisa Martin, Ogle County Beef Association; "Engineering Ethanol" led by CHS staff, Rochelle; "Growing Up Grain" led by Justin Ebert and Highland Community College Ag Club; "Horses on the Farm" led by Melinda Merboth; "Water...Pure and Simple" led by Extension Program Coordinator Marian Termini, Extension Educator Martha Ebbesmeyer, and

Extension Educator Bruce Black; "Insect Heroes and Villains" led by Master Gardeners Phil Bratta and Marcia Heuer; "Going Whole Hog" led by Deb Ohlwine, Polo; and "Layers of Land," led by Extension Educator Peggy Doty.

Participating classrooms represented Chadwick-Milledgeville School, Creston Community School, Eswood Community Consolidated School, Monroe Center Grade School, Oregon Elementary School, and West Carroll Primary School.

## Household hazardous waste collection event is Oct. 12

OREGON — The Ogle County Solid Waste Management Department, in cooperation with the Illinois Environmental Protection Agency, will be hosting a household hazardous waste collection event Saturday, Oct. 12.

Pre-registration is required to attend this event and can be done on at [www.oglecountyil.gov](http://www.oglecountyil.gov) under the Solid Waste tab. This event

is open to Illinois residents and is for household generated materials only. No industrial, agricultural, or institutional materials will be accepted at this event. There is no charge to residents to attend this event. Registration will close at noon on Oct. 9.

Household hazardous waste includes household materials which may be flammable, corrosive, toxic,

or reactive and can cause harm to people, pets, or the environment.

The following materials will be accepted at this collection event: oil-based paints, varnishes, and stains, paint thinners, herbicides, pesticides, old gasoline, pool chemicals, cleaning products, mercury, used motor oil/automotive fluids, drain cleaners, acids/corrosives, lawn chemicals and fertil-

izers, solvents, anti-freeze, hobby chemicals, adhesives, aerosol paints and sprays, rechargeable batteries, and fluorescent bulbs.

Latex paint and pharmaceuticals/OTC medications will NOT be accepted at

this event.

Have materials easily accessible in your vehicle, event staff will unload your materials.

Pre-registration is required for this collection event through the Ogle

County website. Event location and your assigned appointment time will be provided via email after you register for the event. Please call 815-732-4020 for more information or questions about this event.

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# LOCAL NEWS

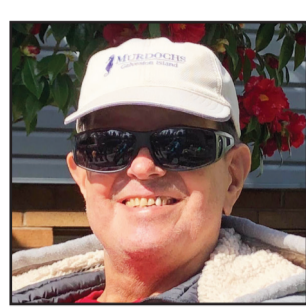
## Obituaries

### John Raymond Holm

SEATTLE — John Raymond Holm, age 70, of Seattle Washington passed away peacefully in his home on Tuesday, August 13, 2024 after a prolonged illness. Born February 9, 1954 in Blue Island, IL to John F. & Mariel J. (Gieselmann) Holm. John graduated from Oregon High School, Oregon, IL in 1972 and the University of Illinois in 1976 with a degree in Electrical Engineering. After working on the east coast, he moved to Seattle where he worked as a Boeing engineer in the high-tech center for 35 years.

instruments, square dancing, and for a brief time flying a plane. Electronics and math were some of his many interests; he enjoyed learning anything new. He took great pride in his upbringing in his hometown of Oregon. The most important thing in his life was spending time with his family.

John is survived by his wife, Teresa Holm of 38 years of Seattle, WA; a step-son, David (Sarah) Coleman of Long Beach, CA; daughters, Mariel F. Holm (Greg Crosswhite) of Beltsville, MD and Kathryn (Travis) Echazabel of Seattle, WA; granddaughter, Evangeline Echazabel; brother, Peter (Brenda) Holm of Oregon, IL; sisters, Nancy



(Earl) Polvi of Edinburg, TX, and Lorna (Art) Bacon of Surprise, AZ; along with many nieces and nephews.

John was preceded in death by his parents, grandparents, and brother Harlan Holm.

The family is having a celebration of life on September 22<sup>nd</sup> in Seattle, WA doing activities John enjoyed such as bowling, arcade games, and spending time together.

### Elizabeth Rae Wisnosky

IOWA CITY, Iowa — Elizabeth "Liz" Wisnosky, age 45, passed away Friday August 30 at the University of Iowa Hospital, Iowa City.

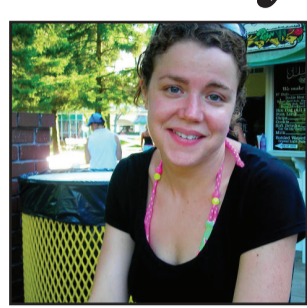
Liz was born November 30, 1978 in Champaign Illinois to Nancy Dickson and Lawrence Wisnosky both of Mount Morris, Illinois.

Liz graduated from high school in Ankeny IA and earned a bachelor's of arts degree from the University of Iowa. Liz spent many years working for NCS Pearson scoring essays in Iowa City. Liz loved to write, paint and draw and was a voracious reader. She was a brilliant and gentle, loving soul. Her greatest loves, however, were her daughters: Grace Wisnosky, age 17 and Faye

Wisnosky, age 10. Liz was predeceased by her parents, Nancy Dickson and Larry Wisnosky. Liz is survived by and will be sorely missed by her daughters, Grace and Faye of Iowa City Iowa, brother David Wisnosky of Springfield Ohio, Aunt Jan (Keith) Franklin of San Diego California, and several cousins.

Funeral services will be at Finch Funeral Home on Saturday, September 14 2024 at 2:00PM. A visitation will be held on Saturday, September 14, 2024 from 1:00 P.M. until service time in Finch Funeral Home. Burial will be in Oakwood Cemetery in Mt. Morris IL.

In lieu of flowers, consider donating some time to



write your state or federal congressional representative to raise awareness of kratom, the legal-yet-unregulated drug which took Liz's life & made two orphans. Federal representative contact information may be searched for at [https://ziplook.house.gov/htbin/findrep\\_house](https://ziplook.house.gov/htbin/findrep_house)

Special thanks to the exemplary clinical staff at the University of Iowa Hospital for their excellent care, empathy and compassion.



### Byron High School's August Students of the Month named

Byron High School Students of the Month for August were recently named. Pictured from left to right are: Byron High School Assistant Principal Ken Franchi, Dylan Nelson (ninth grade), Justin Nelson (10<sup>th</sup> grade), Katanyah Khouangsavanh (11<sup>th</sup> grade), Jackson Norris (12<sup>th</sup> grade), and Stillman Bank Vice President and Senior Operations Officer Ben Miller. Each of the students received a gift card for their achievement. (Courtesy photo)

## AOP Antique Tractor Classic and Gas Engine Exhibit is Oct. 5

OREGON — The 2024 annual Autumn on Parade Antique Tractor Classic and Gas Engine Exhibit will be held at Oregon Park East on Saturday, Oct. 5, from 9

a.m. to 5 p.m. We hope to exhibit Max Armstrong's Farmall tractor at the show on Saturday and in the parade on Sunday. We will also welcome gasoline

engines, machinery, and lawn tractors exhibited at the show!

Recognition and Awards will be presented at 3 p.m. at Oregon Park East. The Tractor Drive

through Oregon will begin at approximately 4 p.m.

Entries will be accepted at Oregon Park East until 9 a.m. Saturday, Oct. 5! Pre-registration is welcome but not required.

Participants are invited to the parade on Sunday, but that entry must be completed on a separate form.

Questions? Contact Stan Eden at (815) 994-1191.

This is the 54th Anniversary of AOP and the 31st year of the Tractor Classic! We welcome you to bring your tractor to Oregon on Saturday, Oct. 5!

## Rep. Fritts completes 2024 Summer Tour across District 74

DIXON — State Representative Bradley Fritts (R-Dixon) has officially ended his 2024 Summer Tour. Rep. Fritts made 42 stops consisting of traveling office hours, coffee & conversation events, local business tours, and more.

"My main priority as a State Representative is to

advocate for the people of District 74," Fritts said. "That is why I spent my summer speaking with hundreds of constituents about the issues impacting them every single day. From business owners to community leaders to educators and everyone in between, I am proud to have spent my summer

engaging with the incredible people who make up this district. All of the feedback I received will help guide my legislative efforts when I return to Springfield next spring."

Rep. Fritts' 2024 Summer Tour consisted of the following stops and events: Autism Center of Sauk Valley (Dixon),

Castor Home Nursing (Sterling), Down Range LLC (Rochelle), IFH Group (Rock Falls), Kelly's (Sterling), Lee County Health Department (Dixon), Lee County Fair (Amboy), Leland Economic Development Meeting (Leland), Luna (Rochelle), Northern Illinois Home Medical Sup-

ply (Dixon), Northern Illinois Center for Independent Living (Sterling), Marquis Inc (Hennepin), Morningside of Sterling (Sterling), Ogle County Fair (Oregon), Oliver's Corner Market (Dixon), Rock Falls Chamber Legislative Update (Rock Falls), Rock River Hospice & Home (Ster-

ling), Rooney's (Franklin Grove), Sterling Steel (Sterling), Village of Lee 100th Anniversary (Lee), Whiteside County Fair (Morrison) and 7:24 Fitness on the Rock (Rock Falls).

Coffee & conversation events: Franklin Grove, Shabbona, Amboy, Polo, Rochelle, Sterling, Rock Falls and Mendota.

Traveling office hours events: Ashton, Franklin Grove, Paw Paw, Mendota, Malta, Creston, Rochelle, Rock Falls, Sterling, Earlville, Waterman, and Shabbona.

For more information about Representative Fritts, visit RepFritts.com.

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### The Ogle County Life/ Rock Valley Shopper

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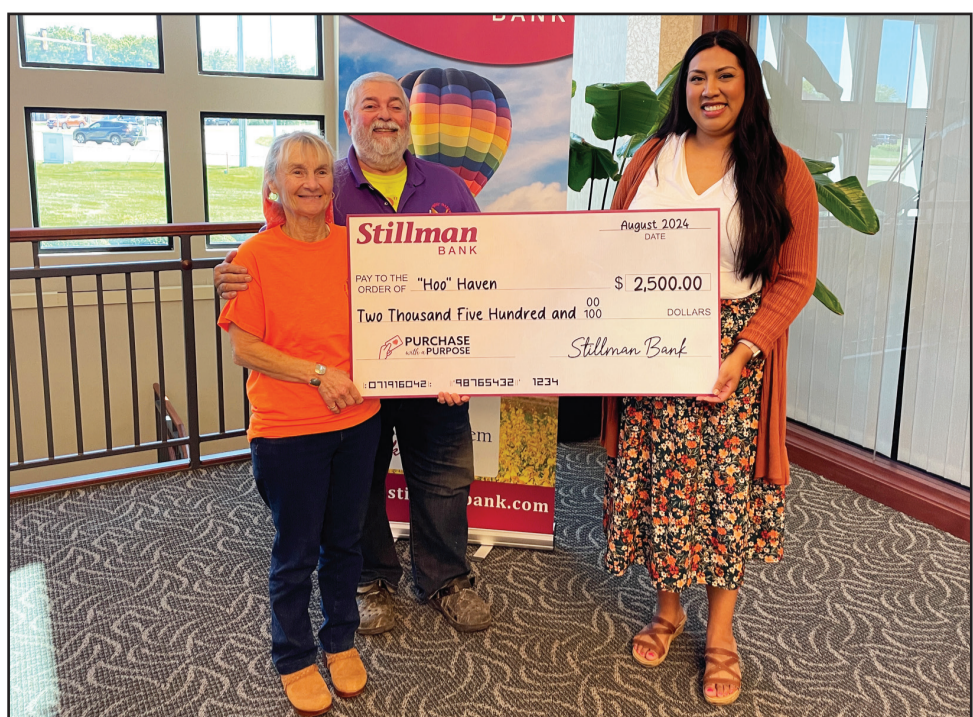
LIFE 005-01/2024

# LOCAL NEWS



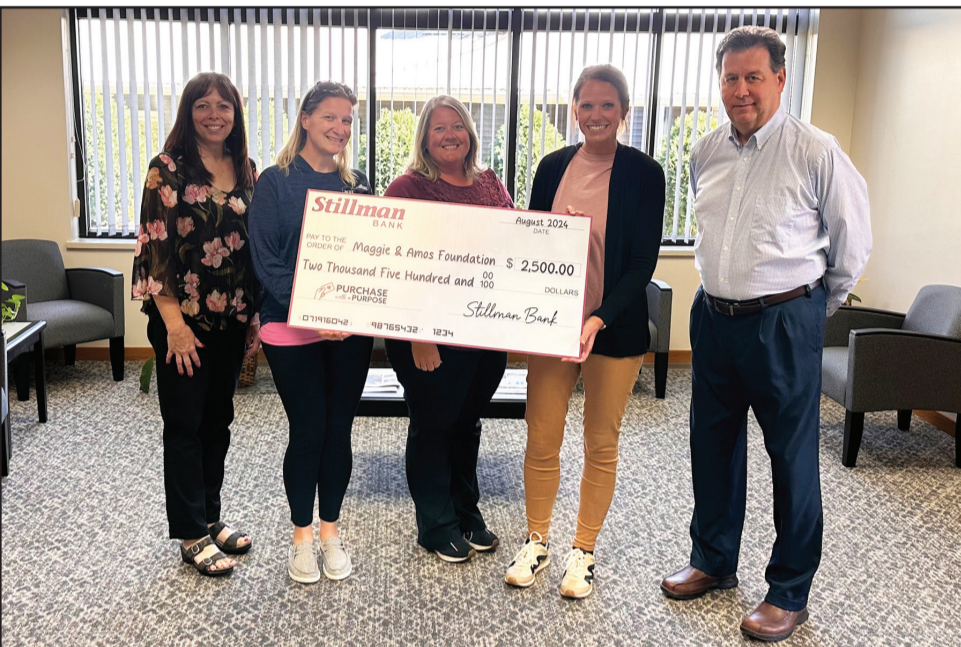
(COURTESY PHOTO)

**Foundation for Focus House:** Stillman Bank Retail Office Manager Ryan Spradlin (center), Universal Banker Jasmin Galvan (second from right), and Teller Colleen Roberts present the \$2,500 check to Foundation for Focus House Treasurer Lance Charnock (left), Foundation for Focus House Vice President Russell Crull (second from left) and Foundation for Focus House Executive Director Jeni Hardin (center).



(COURTESY PHOTO)

**“Hoo” Haven Wildlife Rehab & Education Center:** Stillman Bank Retail Office Manager Kelly Carlos (right) presents the \$2,500 check to “Hoo” Haven Wildlife Rehab Director Karen Herdklotz (left) and “Hoo” Haven Wildlife Rehab Business Manager Steven Herdklotz (center).



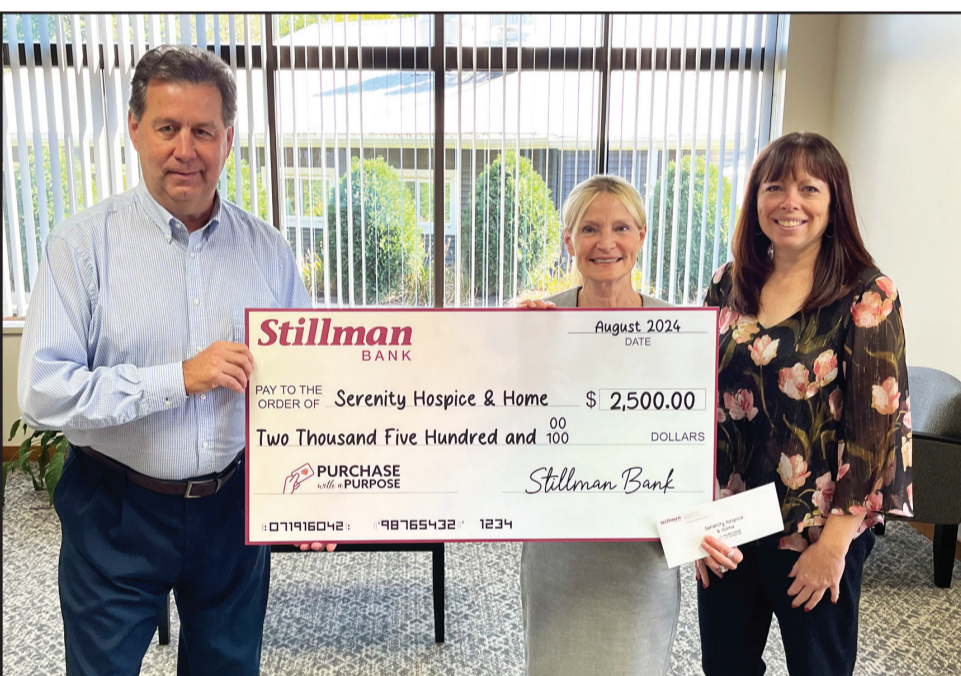
(COURTESY PHOTO)

**Maggie & Amos Foundation:** Stillman Bank Senior Vice President Pat Donahue (right) and Teller Supervisor/Retail Banker Jodi Peters (left) present the \$2,500 check to Maggie & Amos Foundation members Megan Dettman, Stephanie White & Lynn Kalnins (center).



(COURTESY PHOTO)

**Marshmallow's Hope:** Stillman Bank Executive Vice President Ed Munguia (left) presents the \$2,500 check to Marshmallow's Hope Outreach Coordinator Bev Pomeroy (right).



(COURTESY PHOTO)

**Serenity Hospice & Home:** Stillman Bank Senior Vice President Pat Donahue (left) and Teller Supervisor/Retail Banker Jodi Peters (right) present the \$2,500 check to Serenity Hospice & Home CEO Lynn Knodle (center).



(COURTESY PHOTO)

**Shining Star Children's Advocacy Center:** Stillman Bank Senior Vice President Pat Donahue (left) and Teller Supervisor/Retail Banker Jodi Peters (right) present the \$2,500 check to Shining Star Children's Advocacy Center Executive Director Jessica Cash (center).

## Stillman Bank donates \$15,000 with Purchase with a Purpose campaign

**STILLMAN VALLEY** – Stillman Bank recently ended their “Purchase with a Purpose” Debit Card campaign in

which a \$1 donation was made to local charities with every Stillman Bank Debit Card transaction up to \$15,000.

Six local, non-profit organizations from the Rock River Valley were nominated by our local communities to receive

\$2,500 from this promotion: Foundation for Focus House, “Hoo” Haven Wildlife Rehab & Education Center, Maggie &

Amos Foundation, Marshmallow's Hope, Serenity Hospice & Home, and Shining Star Children's Advocacy Center.

For more information about this campaign or Stillman Bank's products and services, visit [www.stillmanbank.com](http://www.stillmanbank.com).

## The Farm Ministry at Leaf River Baptist Church, Trau raise \$739.21 for Farm Rescue

**LEAFRIVER**—Leaf River Baptist Church's Farm Ministry, in collaboration with Pampered Chef consultant Ellen Trau, proudly announces the successful conclusion of their recent fundraising event. The kickoff party, held on July 30, through the end of the event on Aug. 9, raised an impressive \$739.21 to support Farm Rescue, an organization dedicated to assisting farmers in multiple states in times of need due to a natural disaster, illness, or injury.

The Pampered Chef fundraising party, hosted at the church, drew community members and church supporters alike eager to support a worthy cause while exploring the latest in kitchen products for quick and easy meal prep. Farm families preparing for long hours in the field and families heading back to school, including school librarian Ellen Trau from Winnebago School District, found valuable resources. Ellen is a dedicated Pampered Chef consultant who generously donated door prizes and organized meal

prep ideas. “It was heartwarming to see our community come together for such an important cause,” Trau said. “Farm Rescue plays a vital role in supporting farmers during challenging times, and I'm thrilled that our efforts have contributed to their mission.” The Farm Ministry at Leaf River Baptist Church, which focuses on agricultural support and outreach within Ogle County and the region, expressed gratitude for their generous contributions and enthusiastic participation. “We

deeply appreciate Ellen Trau and the Pampered Chef team for their partnership,” Tara Hagemann of Leaf River Baptist Church's Farm Ministry said. “The success of this event highlights the power of community and the impact we can make when we come together.” The funds raised will aid Farm Rescue in continuing its mission to provide critical support to farmers facing unexpected challenges, ensuring they have the resources necessary to keep their operations running smoothly

despite natural disasters, illness, or injury. For more information about Farm Rescue and how you can support their efforts, visit <https://farm-rescue.org/>. To learn more about Pampered Chef and

upcoming events with Ellen Trau, visit <https://www.pamperedchef.com/pws/ellentrau>. To learn more about the Farm Ministry at Leaf River Baptist Church, please visit <https://leafriver.church/>.



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# VIEWPOINT

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

Published every Monday  
Jeff Helfrich, Managing Editor

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## Letter: No more petty theft

DEAR editor, I'm not an activist, but I am a Democrat. I actively participate in the election process and for the last number of years I worked for the Ogle County Clerk as an election judge. I've worked side-by-side with Republicans and Democrats doing my civic duty.



Last night, someone stole my Harris for president sign out of my front yard. In all the years that I've been active, this is the first time that I've had a sign stolen. It's funny, talking with fellow Democrats, many of us have been on the lookout for people who would steal our Harris signs. I might be wrong,

but I think two other signs on Fourth Street were stolen last night also.

In all the years I've been active I never imagined, until this year, that someone would steal a political sign. The opposing party does not seem to care about rules and regulations nor laws when it comes to the politics this year.

The leader of the opposing party, a convicted felon, and sex offender has lowered the bar for the Republican party. It's also ended the rules and regulations of behavior, and blurred the line of legal right and wrong.

May Ogle County have no more petty theft.

Emery Harmon  
Oregon

## Letter: Civility is needed to move forward

DEAR editor, This Viewpoint page is the right place for people in our county to share their opinions and I appreciate the diversity of opinions. What is not cool is people in our county stealing political signs in people's yards. This has happened a few times with Harris/Walz signs being destroyed or stolen, and if it has happened to Trump/Vance signs it's equally wrong.

by then-President Trump. This was a horrific end to a chaotic administration.

The fact that well-known Republicans, including Dick and Liz Cheney, Adam Kinzinger and many, many former staff from Trump's first administration are publicly stating that they will be voting for Vice President Harris is an indication of how dangerous a second Trump administration would be. These people are all conservatives, sharing the values of many people in Ogle County, but recognizing that sometimes something is more important than policy differences.

It will take time for the Republican party (or a new party) to get back to supporting the core values they have embraced for years. I hope that many people in our county help that change occur – a healthy democracy needs two healthy political parties, both with the best interests of our country at heart and willing to negotiate win-win solutions to our problems.

Right now we have one party ready and willing to tackle our country's issues and the other party hell-bent on bullying and forcing their policies on everyone with no opportunity for negotiation. Please don't think this won't affect you. The decline of democracy doesn't happen overnight, but it does happen when enough people allow it to happen.

Linda Pottinger  
Oregon

## 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.

\* On Sept. 30, 1962, African American student James H. Meredith was escorted onto the University of Mississippi campus by U.S. marshals, setting off a riot in which two men died before the violence was suppressed by federal soldiers. The next day, he successfully enrolled and began classes, though the disruption continued.

## The America we see depends on where we stand

WE Americans see ourselves as a deeply-divided nation. 81% of respondents said so in a recent survey by the polling company, Ipsos (April 29, 2024). This election's heated language and prophecies about the death of democracy reflect that belief.

Our focus on divisiveness brings to mind a passage from Nicholas A. Christakis's book, *Blueprint*. "Imagine," he says, "Studying two hills while standing on a 10,000-foot-high plateau. Seen from your perch, one hill appears to be 300 feet high, the other 900 feet.

"This difference may seem large (after all, one hill is three times the size of the other)..." But, he explains, we're actually seeing "two very similar mountains, one 10,300 feet high and the other 10,900 feet. In other words, what you see depends on where you stand."

We're on that plateau, so to speak, when we observe the fissures that mark America's political landscape. The differences that exist among us rest on a deeper and more important common ground.

A survey reported on by Douglas Ahler for the *Conversation* on Feb. 19, 2020 revealed some of the stereotypes that arise from that limited perspective. Respondents over-estimated the proportions of

\* On Oct. 1, 1920, Scientific American magazine reported that radio would soon be used to broadcast music, noting that "Experimental concerts are at present being conducted every Friday evening from 8:30 to 11:00 by the Radio Laboratory of the Bureau of Standards. The possibilities of such centralized radio

Democrats who were African Americans, union members, gays, lesbians, bisexuals, atheists, and agnostics. And they exaggerated the prevalence among Republicans of extremely rich people, evangelical Christians, Southerners, and people over the age of 65.

A survey about moral stereotypes by Jesse Graham and colleagues, reported in the research journal *Plos* on Dec. 12, 2012, similarly showed that liberals and conservatives overstated the differences between them in their moral values. "Much of this exaggeration comes from each side underestimating the degree to which the other side shares its own values," said the authors. But participants also tended to believe that even those in their own camp held views that were more extreme than they really were.

A poll in 2020 by the Carr Center for Human Rights Policy revealed a consensus that's hard to see when standing on the plateau. Participants of all political stripes gave strong support, at more than 90%, for rights to privacy, voting, free speech, equal protection, equal opportunity, and racial equality. More than 80% considered clean air and water, education, affordable health care, and employment as "essential rights important to being

concerts are great and extremely interesting."

\* On Oct. 2, 1780, British Major John Andre, an accomplice of Benedict Arnold, was hanged as a spy by U.S. military forces in New York. Andre had asked of both his commander and Gen. George Washington that he be executed by firing squad, which was consid-

an American today." More than half, regardless of political party, agreed about the value of racial diversity, the benefits of immigration, the importance of allowing women to make decisions about their bodies and personal life, and the need to regulate social media companies in order to protect privacy.

These beliefs and values are part of an American world-view that's unique, even in comparison to other democratic nations. A Pew Research Center survey, reported on Nov. 17, 2012, compared America to Britain, Spain, France, and Germany. Americans expressed a strong belief that individual freedom and the ability of people to achieve success on their own was more important than government guarantees that no one is in need, while the opposite was true among the Europeans.

One of the strongest contrasts between us and the rest of the world shows in our almost absolute belief in the right to freedom of speech. The Pew Research Center reported on Oct. 12, 2016 that "Americans emerge as the biggest supporters of free expression" compared to 37 other nations, and that this support holds across party lines. People in other democratic countries are often perplexed by our pro-

ered a more "gentlemanly" death, but the request was denied.

\* On Oct. 3, 1997, Gordie "Mr. Hockey" Howe skated the first shift with the Detroit Vipers in their International Hockey League opener, making him the only professional in the sport to have competed during six decades.

tection of offensive speech that's outlawed in their own countries, according to a report on NPR's *All Things Considered* on Sept. 19, 2012.

The contrast with the beliefs and values that Americans share is even more dramatic when we look at non-democratic and partly democratic states, including China, Russia, and Iran, where the world-view is 180 degrees opposed to ours.

The disagreements between the two sides in this election are real and important. I have on my part criticized Donald Trump in previous articles for his anti-democratic tendencies. We must nevertheless resist the temptation in this heated election season to frame it as a life-or-death struggle between pure good and evil.

Observing the political landscape from the top of the plateau can be deceptive. MAGA Republicans, progressive Democrats, and all the rest of us stand together, whether we realize it or not, on a deep bedrock of shared values and beliefs. Our future depends on our ability to see that what we have in common is bigger than what divides us.

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



Lowell Harp

## Ron Kern: Private property rights

SEEMS in the world today everything is public and the word privacy appears to vanish into thin air. I've watched over the decades how government and their agencies disregard folks' private property rights to the tune that now even our neighbors think they have some right over your property.

It's time to understand that private property rights are the pillar of rights we enjoy and need to be defended not disregarded. So with that let's look at a couple of things that have popped up lately and how you as a landowner can protect yourself.

A drone flown by a private individual must be operated in accordance with Federal Aviation Administration (FAA) regulations. Below is a summary of the regulations and suggestions on what to do if a private individual is operating a drone and collecting video over or near your property.

Summary of FAA Regulations for Hobby or Recreational Drones (FAA Part 107):

Drones can be flown by private operators at or below 400 feet above the ground in Class G airspace. Farmland qualifies as Class G airspace.

An operator of a drone must fly the drone within his/her visual line of sight (VLOS) or within the VLOS of a visual observer

who is next to the operator.

Drones cannot be flown directly over any person who is not affiliated with the operator of the drone.

Drones cannot be operated in a careless or reckless manner.

If an operator intentionally violates drone safety requirements or operates the drone in a careless or reckless manner, they could be liable for criminal and/or civil penalties.

What to do if a drone is flying over your farm:

Do not shoot down the drone. Shooting down a drone is a federal crime.

The drone may be filming you. Remain calm and do not become combative as you are likely on video.

You should film the drone and its operator, especially if the drone is flying close to livestock, over anyone on your property, or close to buildings or your home.

You should advise the operator that they do not have permission to fly over and film your property.

If the operator is located on your property, advise them that they are trespassing and ask them to leave. You should always know the boundaries of your property. If the operator is located on the side of the road and outside of the road right-of-way (ROW), then

that is your property.

You should contact local law enforcement if the operator does not leave your property.

The drone operator may be liable for trespassing, nuisance, invasion of privacy, stalking, and other violations, and you may wish to consult with an attorney.

Property owners can take action to protect their property from trespassing by providing notice that entry to the property is not allowed. Property owners seeking to protect their private property from trespassing should be aware of and consider the following:

A property owner must place a written notice (i.e. no trespassing sign) prohibiting entry in a conspicuous fashion at the main entrance to the property or the forbidden part of the property. The property owner can also inform someone verbally or in writing that they are prohibited entry as well.

No trespassing signs are widely recognizable, but they can easily be removed allowing trespassers to claim ignorance of their location.

A property owner may also paint purple marks on trees or posts, at least 8 inches in length between 3 and 5 feet off the ground and

no more than 100 feet apart, around the property as notification of no trespassing. A fence post can be capped or marked with purple paint on at least the top 2 inches of the fence post between 3 and 5 feet off the ground and no more than 36 feet apart.

If fence posts visible from both sides of a fence shared by neighboring landowners are to be marked with purple paint, both landowners must agree. All purple markings must be readily visible to anyone entering the property.

The paint is a more permanent solution than no trespassing signs, but there are still many people who are unfamiliar with this law.

A person also commits trespassing if they present false documents or falsely represent their identity to an owner in order to obtain permission to enter or remain on the land. A person who commits criminal trespass may be charged with a Class B misdemeanor. A person who trespasses in a farm field, an enclosed area containing livestock, or a building containing livestock in a motor vehicle after having been notified that entry is prohibited may be charged with a Class A misdemeanor.

"Private property was the original source of freedom. It still is its main ball-park." – Walter Lippmann

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



Ron Kern

# VIEWPOINT

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

Published every Monday  
Jeff Helfrich, Managing Editor

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News Media Corporation.

## Recent survey results reaffirm Northwest Illinois traditional family values

As the State Senator representing the 45th District in Northwest Illinois, it is important to me to seek input from my constituents on a regular basis. Several weeks ago I mailed a fall survey to households across the 45th Senate District. The survey was mailed without regard to political affiliation. Republicans, Democrats, Independents, and others received it to ensure accurate results. While the results cannot be considered "scientific," they do provide an excellent representation of how those living in this region feel about issues of importance that involve state government. The results also help guide my advocacy during policy discussions at the Capitol.

also made available in a digital format so people could answer the questions and provide feedback online.

Well over 2,700 responses were received, and I thank those who took the time to participate.

I am happy to report that the results align with how I have been voting in Springfield. For example, when asked if constituents support the current budget that includes \$1 billion to be spent on migrants and illegal immigrants, 88% of the respondents said they did not support that use of tax dollars while only 8% said they did support the budget allocation. The remaining 4% answered that they were undecided or had no opinion on the issue.

I have been very vocal with my opposition to the siphoning away of tax dol-

lars from vulnerable citizen groups like veterans, seniors, and the disabled, and toward migrants and illegal immigrants. I am pleased to see the overwhelming majority of those I represent feel the same way.

Similarly, when asked if they supported current southern border control policies of the Biden-Harris administration, 89% of the respondents said they were opposed, while only 7% said they favored policies that have allowed millions to cross into the United States via our southern border. Of those who opposed current policies, nearly half recommended more border security, more fencing with walls, and more staff assigned to

border security.

Regarding a question about a recent policy change that now requires criminals and offenders to be referred to as "justice impacted individuals," 87% of the respondents said they did not support the approval of that bill and only 5% said they supported it. As a strong and vocal advocate for our men and women in blue, crime victims and their families, I opposed that legislation and called it a slap in the face to crime victims during the debate.

I also solicited feedback on a variety of tax issues. Ninety-one percent of the survey respondents said they were opposed to state or local government allocating taxpayer funds

to the Chicago Bears for a new stadium, and 66% said they were opposed to the Democrats' elimination of the Invest in Kids Tax Credit Scholarship Program. With regard to property taxes, 66% of those who submitted a survey said property tax reform should be at the top of the agenda when lawmakers return to Springfield.

The survey also included two questions pertaining to parental rights. When asked if public schools should make curriculum, course materials, and classroom activity plans available online for parents and guardians to view, 78% said they favored that proposal, while 13% said they opposed it. Relative to Illinois' current law that allows children under the age of 18 to undergo gender transition surgery or take hormone therapies,

only 11% of the respondents supported the current policy. Thirty-five percent said it should be banned for persons under the age of 21 and 28% said it should be illegal for those under the age of 18. Twenty-four percent of the respondents said it should be illegal for people of all ages.

These survey results reaffirm the traditional, conservative family values of Northwest Illinois and support the votes I have taken on my constituents' behalf during policy debates. The full survey results can be found on my legislative website at [https://senatorchesney.com/Chesney\\_Fall\\_2024\\_Survey\\_Results](https://senatorchesney.com/Chesney_Fall_2024_Survey_Results).

*Andrew Chesney (R-Freeport) is the Illinois state senator for the 45th District.*



Andrew Chesney

## Overdose awareness campaigns are vital in every community

INTERNATIONAL Overdose Awareness Day, Aug. 31, is the most extensive annual campaign to end overdose. The campaign raises awareness of overdose, which has impacted every community. Too many families have lost loved ones, but this campaign and others like it can save lives.

— fortunately, a decrease of 3% from 2022. This has been the first national annual decrease since 2018. However, synthetic opioids continue to be involved in three-quarters of all overdose deaths across the nation.

Overdose prevention campaigns work tirelessly to prevent these deaths among people of all ages. There are practical resources, tools, and information that individuals, families, and communities can use to increase awareness, prevent overdose, and save lives.

Some of Illinois' overdose prevention resources include the Drug Overdose Prevention Program operated by the Illinois Department of Human Services. The *Illinois Saves Overdose* website offers information

about Naloxone and the Illinois Helpline 1-833-234-6343 or text "HELP" to 833234.

One of the most recognized national awareness and prevention resources is the International Overdose Awareness Day website, which provides extensive resources and ways to get involved. The National Harm Reduction Coalition offers evidence-based strategies that reduce the risk of overdose. Finally, the National Safety Council provides resources for the workplace.

It's important to remember that overdose is preventable. Any one individual or local community can increase awareness through

practical approaches and effective campaigns. Begin by keeping in mind that stigma or the fear of stigma stops someone struggling with addiction from sharing their problems with friends or family. Stigma, for example, can come from individuals, family members, clinicians, or the community. Begin by removing the stigma.

Moreover, you should become familiar with the facts about fentanyl and fentanyl analogs. Fentanyl is 50 times more potent than heroin and 100 times more potent than morphine. Fentanyl is commonly mixed into fake prescription drugs and illicit street drugs.

Most overdose deaths

occur because of polysubstance use, which occurs when two or more drugs are taken together, whether intentionally or unintentionally. The primary risk factors associated with overdose include mixing drugs, tolerance, quality of the drug, using alone, age and physical health, mode of administration, and previous non-fatal overdoses.

Also, familiarize yourself with life-saving Naloxone. In Illinois, pharmacies and healthcare professionals can dispense it to anyone who requests it.

Most importantly, remember those we have lost to overdose and acknowledge the grief of the family left behind. Overdose affects everyone, and this should also fuel our commitment to end overdose

and all of its related harms.

International Overdose Awareness Day 2024 focuses on how every individual action matters and how coming together as a community creates a decisive collective action. Overdose awareness is for everyone, for people who use drugs and those who don't, for families who have lost loved ones, for healthcare workers, advocates, and activists. These are necessary steps everyone can take to save lives, protect communities, and safeguard families.

*Michael Leach has spent most of his career as a healthcare professional specializing in substance use & addiction recovery. He is a Certified Clinical Medical Assistant (CCMA) and the Public Relations Officer at DRS.*



Michael Leach

## Federal regulators can help small businesses by approving Capital One merger

SMALL businesses and those that we serve are the backbone of the economy throughout Illinois. That's why I'm particularly excited about Capital One's recently unveiled \$265 billion Community Benefits Plan (CBP). This ambitious initiative put together in close collaboration with the National Association for Latino Community Asset Builders (NALCAB), NeighborWorks America, the Opportunity Finance Network (OFN), and the Woodstock Institute, is set to start after the Capital One-Discover merger, and promises to make transformative impacts on communities like ours, particularly in areas like affordable housing and small businesses. One of the most pressing issues in Illinois, as in many

other states, is the lack of affordable housing. Too many families in our state struggle to find stable and affordable living conditions, which in turn affects everything from education, job stability, and population growth. Capital One's CBP directly addresses this challenge by committing \$44 billion to community development financing across the country. This substantial investment will support the construction and renovation of affordable housing units, ensuring that more Illinoisans have access to safe, affordable homes. This money will also be used to develop public infrastructure and alternative energy. This focus on community development is not just about building homes; it's about fostering long-term stability and growth in neighborhoods that have been

overlooked for far too long. But Capital One's commitment doesn't stop at housing affordability. The CBP also includes a \$600 million investment in nonprofit Community Development Financial Institutions (CDFIs) that are focused on affordable housing, small businesses, and consumer lending. This \$600 million commitment is 6 times more than Capital One and Discover's planned funding. These institutions are critical in providing financial services to low- and moderate-income communities that are often left behind by traditional banks. People within the community know what's best for their community and by partnering with CDFIs,

Capital One is leveraging local expertise to make sure this funding makes the maximum impact, benefiting the communities that have historically been underserved. For small business owners like me, the \$15 billion earmarked for small business

lending is particularly encouraging. Illinois is home to 1.3 million small businesses, making up 99.6% of all businesses in the state, and these businesses employ 2.4 million people, or just less than half of all Illinois jobs. Capital One's targeted support will help businesses like mine not just survive but thrive — creating jobs and driving economic growth in areas that need it most. Additionally, Capital One's commit-

ment to spending \$5 billion with diverse suppliers will further stimulate economic development and ensure that businesses owned by minorities, women, and other underrepresented groups have a fair shot at success. Capital One is also investing in the future by introducing new products and programs designed to meet the needs of underserved populations. This includes lending to traditionally underserved small businesses, building savings programs, and supporting financial literacy and education initiatives. By partnering with community-based organizations on research and advocacy, Capital One is taking an all-encompassing approach to addressing the root causes of financial exclusion. In conclusion, Capital One's CBP is more than just a

financial plan — it's a commitment to building a better future for all Illinois residents. The four nonprofit negotiating partners deserve much praise for helping put together a plan that focuses on affordable housing, supporting small businesses, and expanding access to banking services. This plan is poised to make a lasting positive impact on our communities. I urge regulators to approve this merger, allowing Capital One to bring these vital resources to our state and paving the way for a brighter future for everyone, especially those here in Illinois.

*Aaron Smith is vice president of Smith Hafeli, Inc., a construction company headquartered in Marion. He also serves as the vice-chair for the John A. Logan Board of Trustees.*



Aaron Smith

## Thank patent laws, not their critics, for generic GLP-1s

IN late June, generic drug maker Teva Pharmaceuticals launched a generic version of Victoza, a blockbuster diabetes drug, in the United States.

the market, we're about to change and save lives on an unprecedented scale.

But that's not good enough for some. Senator Bernie Sanders has led a charge against the price tags on brand-name versions of these medications, calling them "unacceptable." More dangerously, he's suggested that weakening drug patent protections is the solution. It's a seductive narrative if you don't think carefully: Patents give inventors the exclusive right to sell their inventions for a set period of time.

During that window, drug prices are generally higher as developers seek to recoup expenses and

turn a profit. Weaken the patents, Sanders argues, and drug prices will fall. But this argument ignores the fact that a drug's price will fall anyway, as patents expire and generic manufacturers race to enter the market and compete with each other.

The fact is, without robust patent protections, we wouldn't have these life-changing drugs at all, let alone be on the cusp of cheap generic alternatives. Bringing a single new drug to market costs billions of dollars in private investment, requires years of clinical trials, and takes no small amount of luck.

For every successful medication, doz-

ens of promising candidates flame out at enormous expense. Patents provide the crucial incentive for companies to take on these risks. Yes, when companies successfully develop a drug, patents shield that medicine from generic competition for a limited time.

But they also fuel the innovation that delivers ever-improving treatments and enables generics to enter the market on patent expiration. We've seen this play out with GLP-1 drugs. The first generation required daily injections, a significant burden for patients. But because of intellectual property pro-

tections, companies had both the resources and the motivation to keep researching and testing new versions.

As a result, we now have GLP-1 drugs that require only weekly shots or can be taken orally — changes that improve quality of life and increase adherence to treatment plans. Today it's Victoza. Within a few years, we could see multiple generic options for a number of different GLP-1 drugs. Today's cutting-edge treatments become tomorrow's generics, fueling a cycle of innovation that has consistently delivered medical breakthroughs at costs that decrease over time.

Those who rail against our current model of drug development are advocating for a future with fewer breakthrough treatments. The choice between innovation and affordability is a false one — because our current system, when allowed to work, delivers both.

*David Kappos served as the undersecretary of Commerce for intellectual property and director of the United States Patent and Trademark Office from 2009 to 2013. He currently serves as board co-chair of the Council for Innovation Promotion. This first appeared in the San Francisco Chronicle and SFChronicle.com.*

# LOCAL NEWS



## New Byron Police officers sworn in Sept. 4

On Sept. 4 at the Byron City Council meeting, the Byron Police Department's newest officers, Dalton Powell and Tanner Schrock, were sworn in. Pictured from left to right are Officer Tyler Hankins, Sergeant Spencer Morrissey, Schrock, Chief Jeremy Boehle, Powell, Officer Garrett Henderson and Administrative Assistant Amy King (Not pictured: Officer Michael Curtis). Also pictured is Schrock, Boehle and Powell. (Courtesy photos)

## Highland Lifelong Learning offers new courses in October

**FREEPORT** – Highland Community College Lifelong Learning October classes include Metal Detecting Basics, Linocut Printmaking, The Assassination of Lincoln and the Saga of Dr. Mudd, Finding Meaning and Purpose; and Lattes, Breves, Espresso, Oh My! To register online and view the complete Lifelong Learning schedule, visit [highland.edu/lifelong](http://highland.edu/lifelong). The registration deadline is one week before the class start date.

**Metal Detecting Basics.** Location: Cedarville Historical Museum, 450 2nd St., Cedarville, Ill. Registration Deadline: Sept. 30. Class: Oct. 7; 1-3 p.m. Fee: \$25. Instructor: Dale Anderson. Learn how to properly assemble a metal detector, use different settings for different targets, and determine when to dig. Accessories, etiquette and permits will be covered. Students can bring a metal detector or swing one of the instructors to locate and dig a target at this historic location.

**Linocut Printmaking.** Location: Mt. Morris Senior and Community Center, 9 E. Front Street, Mt. Morris, Ill. Registration Deadline: Oct. 7. Class: Oct. 14 and Nov. 5; 6-8 p.m. Fee: \$65. Instructor: Olivia Kincaide. A linocut print is created by creating/drawing a design and transferring it onto a block of soft linoleum, carving it, rolling ink onto the surface, laying paper or fabric on top, then applying pressure to produce

a print. In this class, you will design and create your own linocut and inked print (ideas provided) of a frameable print or card. All supplies are provided.

**Assassination of Lincoln and the Saga of Dr. Mudd.** Location: Galena Public Library, 601 S. Bench Street, Galena, Ill. Registration Deadline: Oct. 15. Class: Oct. 22; 1-2:30 p.m. Fee: \$19. Instructor: Dr. Gordon Dammann. Who was Dr. Mudd and why was he sentenced to life in prison at Fort Jefferson after the Assassination of Lincoln? Follow the assassination, escape, trial, conviction, sentencing, and hanging of John Wilkes Booth and others in July 1865, and the recent efforts to have Dr. Mudd's good name

restored.

**Finding Meaning and Purpose.** Location: Nine East Coffee, 9 E. Stephenson Street, Freeport, Ill. Registration Deadline: Sept. 30. Class: Oct. 5; 10-11:30 p.m. Fee: \$15. Instructor: Tari Heap. When life feels like a roller coaster, people seek a larger purpose to give their lives meaning. Yet, discovering this purpose can be frustratingly unclear. Join us to learn tools to help you access your inner compass and track your north star.

**Lattes, Breves, Espresso, Oh My!** Location: Higher Grounds Coffee, 1709 S. West Avenue, Freeport, Ill. Registration Deadline: Oct. 21. Class: Oct. 26; 10-10:30 a.m. Fee: \$12. Instructor: Erica

Williams. Have you ever wondered how to order one of those specialty drinks at a coffee shop? There are so many options, but what does it all mean? Join us at Higher Grounds Coffee to gain knowledge and confidence in ordering a specialty drink made just for you! Whether it's a Latte, Macchiato, Cappuccino or Cold Foam, you'll leave not only empowered but with a gift certificate for one drink of your choice!

Other courses include: Cahokia and the Mississippian Culture – East Dubuque District Library, East Dubuque. Fall Sunflower – Lena Brewing Company, Lena. Paint Party with Friends-Fall Tree in the Fields – Freeport Art Museum, Freeport.

**Introduction to Watercolor Painting** – Mt. Morris Senior & Community Center, Mt. Morris. The Assassination of Lincoln – Mount Carroll Public Library, Mount Carroll. Home-made Cinnamon Rolls – Generations Brewery, Freeport. Basic Birding – HCC, Freeport. Soft Pastel for Beginners – Elizabeth Business Hub, Elizabeth. Braided Pumpkins – Lena Brewing Company, Lena. Creative Hairstyles for Little Girls – HCC, Freeport.

For more information about Lifelong Learning and to find out the latest course offerings, call 815-599-3403 or email [lifelonglearning@highland.edu](mailto:lifelonglearning@highland.edu). Register for spring courses at [highland.edu/lifelong](http://highland.edu/lifelong).

## Mt. Morris Library Foundation donates books to Oregon first-graders

**MT. MORRIS** — On Aug. 27, Oregon School District first-grade teachers Dawn Merrill, Olivia Phalen, Gretchen Nelson, Erica Cann, and Kenzie Dusing received checks from the Mt. Morris Community Library Foundation. Those checks will enable every first-grade student in the Oregon public school district to receive a new book every month this school year.

Dawn Merrill appreciates the program's legacy. "A child told me, 'You gave this to my brother!'"

The Mt. Morris Community Library is currently displaying pictures and thank you notes from students who have received free books through the 9x9x9 program.

The Mt. Morris Community Library Foundation has funded the 9x9x9 Program since the 2018/2019 school year. Originally, for \$9 per child, one book per month was purchased for nine months, i.e., nine books during the school year. Although the cost of books has increased since the 9x9x9 Program began, the foundation remains committed to providing free books to all first graders.

The Mt. Morris Com-

munity Library Foundation is a 501(c)(3) non-profit organization that supports the Mt. Morris Community Library through funding, by matching every memorial gift given to the library, and by supporting the library's services and programs. The foundation also gives away books to kids who visit Santa during the Mt. Morris Christmas on the Square event. Donations are welcome, and anyone can become an annual member of the Foundation for \$25/year or purchase a lifetime membership for \$100. Those funds are invested and used to support the library. More information is available at the Mt. Morris Community Library, the MMCLF page at [www.mtmorris-il.org](http://www.mtmorris-il.org), or by messaging the library on social media.



(COURTESY PHOTO)

OCUSD first-grade teachers receive checks from the Mt. Morris Community Library Foundation to buy books for first-grade students this year. Left to right: Foundation Member Sandra Stengel, teachers Olivia Phalen, Dawn Merrill, Erica Cann, Foundation President Julie Robinson, teacher Gretchen Nelson, Foundation Member Paula Diehl, and teacher Kenzie Dusing.

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# LOCAL NEWS

## POLO POLICE REPORT

**POLO** — On Aug. 27 at 4:52 p.m. Nichole M. Preston, 47, Fulton, was cited for illegal window tint.

On Aug. 27 at 6:54 p.m. Phyllisha M. Drew, 29, Polo, was cited for illegal use of cell phone while driving.

On Aug. 27 at 7:20 p.m. Jeremy E. Etes II, 23, Rochelle, was cited for illegal use of cell phone while driving.

On Aug. 27 at 7:56 p.m. Heather Rhode, 48, Dakota, was cited for illegal use of cell phone while driving.

On Aug. 28 at 2:29 p.m. Robert A. Ohde, 54, St. Germain, Wisconsin was cited for illegal use of cell phone while driving.

On Aug. 28 at 2:47 p.m. Hayden A. Saunders, 20, Oregon, was cited for no seatbelt.

On Aug. 28 at 3:01 p.m. Becky J. Swift, 41, Polo, was arrested for driving while license suspended. She was processed and released at the Ogle County Jail.

On Aug. 28 at 3:41 p.m. Patrick J. Francissen, 62, Saint Charles, was arrested for driving while license suspended. He was processed and released at the Ogle County Jail.

On Aug. 28 at 4:54 p.m. Stanley Boelkens, 72, Milledgeville, was cited for no seatbelt.

On Aug. 29 at 7:30 a.m. a 16-year-old of Polo was cited for reckless driving and released on a notice to appear.

On Aug. 30 at 3:17 p.m. Philip R. Miskimon, 69, Freeport, was cited for illegal use of cell phone while driving.

On Aug. 29 at 4:36 p.m. Benjamin W. Sasscer, 35, Forreton, was cited for illegal use of cell phone while driving.

On Aug. 30 at 3:52 p.m. Carissa A. Plock, 38, Dixon, was cited for illegal use of cell phone while driving.

On Aug. 30 at 4:32 p.m. Jeffery W. Stanley, 58, Key

West, Florida, was cited for illegal use of cell phone while driving.

On Aug. 30 at 6:14 p.m. James W. Eberhart, 23, Oswego, was cited for illegal use of cell phone while driving.

On Sept. 5 at 2:26 p.m. Landon A. Barrand, 20, Polo, was cited for operating an uninsured vehicle and illegal use of cell phone while driving. He was released on a notice to appear.

On Sept. 6 at 10:30 a.m. Kevin M. Coffey, 61, Polo, was cited for vehicle entering stop or yield intersection.

On Sept. 7 at 4:16 p.m. Jared A. Galighan, 28, Nashville, Tennessee, was cited for illegal use of cell phone while driving.

On Sept. 7 at 5:11 p.m. Nicole D. Bartnick, 31, Sterling, was cited for illegal use of cell phone while driving.

All charges are merely allegations, and the defendant is presumed innocent until proven guilty.

## BYRON POLICE REPORT

**Aug. 13**  
At 5:52 p.m. Byron Police Department responded to a two-vehicle accident at the 100 block of West 2<sup>nd</sup> Street involving a 2006 Chevrolet driven by a 17-year-old female from Byron and a 2004 Ford driven by Rusty M. Gile, 60, of Byron. There were no injuries, and no citations issued.

**Aug. 14**  
At 2:58 p.m. Byron Police Department responded to a two-vehicle accident at the intersection of 3<sup>rd</sup> Street and Walnut involving a 2020 Subaru driven by Patricia A. Criddle, 69, of New Port Richie, Florida and a 2012 Camry driven by Hayden W. Buttram, 18, of Byron. There were minor injuries, and no citations issued.

**Aug. 15**  
At 5:26 p.m. Brock H. Swanland, 25, of Byron was served with a notice of nuisance ordinance violation for no valid registration on vehicles, vehicles parked on grass, and grass in excess of eight inches. Swanland has seven days to remove such notice. This violation occurred at the 1,100 block of West 2<sup>nd</sup> Street.

At 10:10 p.m. Byron Police Department issued Scott C. Crain, 40, of Byron a citation for operating a vehicle with no valid driver's license. Crain was taken to Ogle County Jail, processed, and later released on a notice to appear.

**Aug. 17**  
At 2:13 p.m. Byron Police Department responded to a two-vehicle accident at North Illinois

Route 2 and Creekside Drive involving a 2020 Ford driven by Lee E. Heeren, 72, of Rockford, Il and a 2014 Toyota driven by Antonio C. Tablante Jr., 38, of Sterling. Heeren was issued citations for failure to reduce speed to avoid an accident and operation of an uninsured motor vehicle. There were no injuries.

**Aug. 20**  
At 6:08 p.m. Byron Police Department issued citations to Thomas L. Bennett II, 19, of Byron, Il for failure to secure new registration upon purchase and operating a vehicle with expired registration. These violations occurred in the 8,000 block of Barker Road.

**Aug. 27**  
At 12:58 a.m. Byron Police Department responded to a hit and run at 105 E. Diamond St. involving a 2005 Jeep driven by Lillyana V. Dobbs, 18, of Durand. Dobbs was issued citations for leaving the scene of a property damage accident, improper lane usage, failure to report an accident to the police, and use of an electronic communication device. There were no injuries.

**Aug. 29**  
At 7:43 a.m. Byron Police Department issued a citation to Jordan K. Jensen, 26, of Cherry Valley for passing a school bus while loading/unloading. This violation occurred in the 1,100 block of West Blackhawk.

At 6 p.m. Byron Police Department issued a citation to Vickie L. Dyal, 64, of Stillman Valley for speeding 55 miles per hour

in a 35 miles per hour zone. This violation occurred in the 8,000 block of North Barker Rd.

**Aug. 30**  
At 1:01 p.m. Byron Police Department issued a 17-year-old male from Davis Junction citations for driving vehicle while squealing tires and driving while license, permit, or privilege to operate is suspended or revoked. The 17-year-old male was taken to Ogle County Jail, processed and later released on a notice to appear. This violation occurred at the 200 block of South Maple Avenue.

**Sept. 2**  
At 8:53 p.m. Byron Police Department issued Jennifer B. Pautsch, 44, of South Beloit a citation for operating a vehicle with no proof of valid insurance. This violation occurred at North Chestnut Street and East Blackhawk Drive.

At 5:37 a.m. Byron Police Department issued Rigoberto Solis, 50, of Belvidere a citation for speeding 48 in a 30 miles per hour zone. This violation occurred in the 700 block of West Blackhawk Drive.

**Sept. 3**  
At 4:36 p.m. Byron Police Department issued Amy B. Ogden, 54, of Rockford a citation for operating a vehicle with an expired registration. This violation occurred at the 600 block of East Blackhawk.

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



### Stender named OJSJS Senior of Distinction

Congratulations to the Oregon Junior/Senior High School September Senior of Distinction Anna Stender. Pictured from left to right is Stillman Bank Teller Supervisor/Retail Banker Jodi Peters and Stender. Anna received a gift card for her achievement. (Courtesy photo)

## 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  
 Confidential counseling services, court advocacy, Latina advocacy and shelter programs

### 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 815-222-8869

### 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 & Community 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

**Ogle County Veteran's Assistance** 815-255-9181  
**Veteran's Crisis Line** 988 then press 1  
**Rock River Center** 732-3252  
**Serenity Hospice and Home** 732-2499  
**Medical Transportation** 677-6515

### Wellness Services

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

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# LOCAL NEWS



## Scout Pack 337 works at Hazelhurst sale

The Polo Cub Scout Pack 337 sold popcorn and did a service project by walking around and picking up garbage at the Hazelhurst sale on Saturday, Sept. 7. They had a great day weather wise and did sell plenty of popcorn. The leaders are: Heather Roop, Lindy Diehl and Courtney Meader. They do a great job with everything while trying to get this pack going again. (Courtesy photos)

## Oregon Park District Board: Update on pool project presented

OREGON — The Oregon Park District Board of Commissioners met on Tuesday, Sept. 10 for their regularly scheduled monthly meeting. Executive Director Erin Folk, updated the board on the district's August financials and the Board of Commissioners approved the monthly Treasurer's report.

The Board of Commissioners approved the administrative policy manual and personnel policy 4.07E adjusting the district's work week to accommodate the upcoming non-exempt wage threshold set by the Fair Labor Standards Act. Both policies were approved by a vote of 5-0.

Folk highlighted the district's participation

statistics for 2024 in comparison to 2023 and said, "Staff has done a tremendous job tracking the participation numbers month after month and we are on track to outpace the previous year." Ms. Folk went on to say, "Pass and daily fee revenue collected to date has also exceeded budget expectations. It is great to see the facility being used and the staff is doing an incredible job providing opportunities for our community."

Superintendent of Parks & Facilities Brent Suter also provided the board with an update on the pool renovations.

"The pool renovation project has been delayed due to two reasons," Suter said. "The first was the concrete removal of the

pool storage room and small section of the pool deck. This was anticipated to be a five-day project and contractors, due to complexities, required four weeks to complete. Additionally, the air handler manufacturer is delayed in their ability to be onsite to complete the air handler start up. Staff is working through the project details and will have a pool re-opening date very soon."

Director Folk recognized Scott Sanders as the Caring, Creative and Community-Focused Employee for the month of August. The monthly award is presented to employees who exhibit caring, creative, and community-focused values on a regular basis. Ms.

Folk said, "Mr. Sanders continually exhibits a willingness to help with any task and is a true team player."

The next regularly scheduled meeting of the Board of Commissioners will be held on Oct. 15 at 6 p.m.

### Pool Closure

Oregon Park District staff has been working with the engineering team at Williams Architects and 2010 Engineering, in coordination with Sjostrom & Sons and Helm Mechanical on the recent pool renovations.

The pool was originally scheduled to re-open on Sept. 16. Due to construction delays and coordination issues the pool will not re-open until

a date to be determined during the second week of October.

Initially, a delay occurred with concrete removal within the pool storage room and on the northwest corner of the pool deck. Removal and installation was originally scheduled to last five days. The removal created a challenging task due to heavy reinforcement and difficult locations of access. Actual time required was four weeks. This delayed the cure time of the concrete and application of the epoxy flooring.

Additionally, the air handler unit, while installed, cannot be used until the manufacturer is onsite to conduct a "factory-supervised start up" of the equipment. Should

the park district proceed with an unsupervised start-up, the warranty on the equipment will be void. Both delays are the direct result of the pool opening date being pushed into October.

"The Oregon Park District had established a clearly-identified plan for project management, but due to circumstances beyond our control delays of this magnitude do arise. We apologize for the inconvenience caused by the delay and look to have a large celebration when the pool does re-open. Stay tuned for more updates," Park District Executive Director Erin Folk said.

Information and updates can be found at [www.oregonpark.org](http://www.oregonpark.org).

## New Seed Library program at Flagg-Rochelle Public Library

ROCHELLE — The Seed Library is a new program available at the Flagg-Rochelle Public Library in collaboration with the Ogle County Extension Master Gardeners. The

program aims to educate the community about the rewards of gardening and seed saving.

The Seed Library is housed in a repurposed card catalog and is divided into

four seed categories: herbs, flowers, native plants, and vegetables. The seed library will grow when community members donate the seeds they plant and harvest back to the library. Participants

borrow 8-10 packets of seeds per fall and spring growing season.

This free program is available to all community members. You do not need a library card to participate.

Just pick up seeds inside the library entrance when the library is open.

Don't forget to register for the Seed Saving 101 workshop on Sept. 23 at 6 p.m. by calling the library

at 815-562-3431. The Ogle County Master Gardeners will instruct how to save seeds from vegetable plants. All are welcome to this free event, and all supplies are included.

# COMMUNITY CALENDAR

**Sept. 21:** Come and join us at Byron's Hairy Cow Farmers Market on Saturday, Sept. 21 from 8 a.m. to noon! Featuring seasonal produce, baked goods, perennials, honey and a large variety of crafts. We have more vendors than ever before this season. We look forward to seeing everyone! For more information or to become a vendor, please contact Taryn

Bradley at (815) 985-6042, by email at [craftlab23@gmail.com](mailto:craftlab23@gmail.com) or at the Byron's Hairy Cow Farmers Facebook page.

**Sept. 26:** Loaves & Fish Food Pantry alongside Northern Illinois Food Bank is hosting a Mobile Food Pantry on Thursday, Sept. 26 from 10-11:30 a.m. The truck will be located at Mt. Morris Church of the Brethren, 409 W. Brayton

Road, Mt. Morris. Food is distributed on a first-come, first-served basis, while supplies last. Food is free to neighbors in need; no ID, proof of address or income is required. Anyone experiencing food insecurity is eligible to receive food. You do not need to have a referral, and no proof of income is required. Loaves & Fish Food Pantry is located on the lower level of the

Mt. Morris Church of the Brethren, 409 W. Brayton Road, and is open on the first and third Thursdays from 3:30-6 p.m. and second and fourth Mondays from 2-4:30 p.m. Mobile pantries will be held on the fourth Thursday of every month through October, and will be held at Church of the Brethren, 409 W. Brayton Road, Mt. Morris for the remainder of the year. These are an "ex-

tra" food distribution—food that comes on the truck is distributed that day.

If you have any questions, call or text 815-613-8776 and leave a message and we will return your call/message.

**Oct. 5-7:** The Oregon United Methodist Church will hold its annual White Elephant Sale over the Autumn On Parade weekend Oct. 5-7. The church will

begin accepting donations of clean, gently used items on Monday, Sept. 30 and Tuesday, Oct. 1 from 9 a.m. to 3 p.m., and on Wednesday, Oct. 2 from 9 a.m. to 7 p.m. Items not accepted are clothing, printers, computers, TVs, microwaves, typewriters, or carpet. (Rugs may be donated.) Volunteers for sorting, pricing and sales are needed. To volunteer text 815-440-1894.

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# LOCAL NEWS

## RCH: Wellness committee dedicated to improving employee health

From page 1

Heward said the committee started off trying to get as much wellness information to employees as possible and its next phase is to implement more programs for employees in the coming year.

Bauer said the wellness committee is derived from RCH's health and productivity team that has been in place over the past three years that is led by a consultant. That team is also made up of an array of representatives of specialties at the hospital.

"We want action-based plans and the wellness team is part of that," Bauer said. "It's a conduit to our employees' health and wellness. With our health and productivity team, we're promoting what we call a health home. It's really that connection and partnership with our employees and their physician or provider so they can work and partner together to make a healthier employee looking at wellness and everything else. We want our employees to partner with their providers and take ownership of their own healthcare. Being part of that health home, our employees have a reduced rate to their health cost and insurance contributions. I think that's positive too."

The wellness committee has implemented lunch and learn programs at RCH where employees and some community members have already learned about nutrition, meditation, journaling and movement throughout the workday.

Other programs put



(PHOTO BY JEFF HELFRICH)

The committee includes a group of diverse, yet particular members including Denise Bauer (CHRO); Lorena Hueramo (HRG); Brenddon Garcia (HRA); Christine Carter (education manager); Marcy Cline (respiratory therapy coordinator); Lisa Charboneau (cardiac rehab RN); Janelle Stein (dietician); Ross Pullom (food service manager); Jennifer Finkboner (food service coordinator); Kelly Musselman (employee health nurse), Kirby Heward (marketing and PR), Tracy McGee (professional billing support specialist), and Luis Cano (dietician).

on by the wellness committee have included a farmer's market carried out by RCH's dietary department. Other programs are also offered in the RCH cafeteria.

"We also started to offer a dollar off in the cafeteria for people that don't use Styrofoam containers and stay and eat and gather in the cafe," Finkboner said. "We're

trying to get back to that after COVID-19 and get that networking back. We have punch cards for salads and smoothies to encourage people to eat healthier. We have a new TV with the food offerings with the calories each item has so people can make healthier choices."

Members of the wellness committee said that along with wellness, the

programs also work as marketing, recruiting and retention tools for current and prospective RCH employees. And for employees' healthcare, RCH's workers receive care at the hospital at a reduced cost, Bauer said.

Hueramo said the wellness committee will continue to come up with a variety of programs to offer employees. In

October, it will offer employee meetings on 401K information. Wellness is more than just eating healthy and exercise, it's all encompassing, Heward said.

Members of the committee believe improving wellness among RCH employees can only help with the hospital being more successful in its ultimate goal, providing

care for the community.

"As hospital employees, we also represent health," Stein said. "We want our public and our community to be healthy and I think they look to us for those behaviors and what's in our shopping carts. Modeling that and showing it's possible is encouraging to the public that's our friends and neighbors."

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# FALL

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# LOCAL NEWS



(COURTESY PHOTOS)

The Big Boy No. 4014 train engine made an appearance for an hour in The Hub City at Railfan Park back in July 2019 and drew large crowds. Since 2019, the city and Railfan Park staff have fielded questions from trainspotters on when Big Boy 4014 would be returning to Rochelle.

## BIG BOY: UP train engine makes stop at Railfan Park in Rochelle

From page 1

The Big Boy No. 4014 train engine made an appearance for an hour in The Hub City at Railfan Park back in July 2019 and drew large crowds. Since 2019, the city and Railfan Park staff have fielded questions from trainspotters on when Big Boy 4014 would be returning to Rochelle. The UP sets the schedule for the train's appearances, and the city got the news of its return earlier this year when its fall schedule was released.

"We're grateful that the UP picked Rochelle," Thompson said. "Not every community is lucky enough to be able to host something like that that attracts so many people. We were fortunate to know what to expect this year at Railfan Park for safety and crowd control. The UP event had long lines and there was traffic,

but that much attendance is hard to prepare for."

Thompson said despite only hosting a short whistle stop, Railfan Park saw thousands of visitors over the weekend and 300-400 maps the city produced for the weekend were given out. The railroad parks sold out of all of all the Big Boy merchandise it had.

The city-owned Railfan Park houses the unique diamond where the UP and BNSF railroads intersect. In recent years the city has utilized hotel motel tax dollars to completely rehabilitate its gift shop exterior and put in new bathrooms, a new deck and a handicap-accessible ramp and new retail doors on the building. Future plans for the facility are in the works as well.

"Many years ago when Ken Wise had the idea to put Railfan Park where it is, that was amazing foresight into what we could attract here," Thompson

said. "I don't think this weekend would have happened if we didn't have Railfan Park. We have people from all over the world attend that park all year long. This past weekend it just happened to be all on the same days. It's unique for the city to have it. It keeps our hotels full and brings patrons to our restaurants and businesses."

The Big Boy 4014 weekend was "all hands on deck" for city staff, first responders, local business owners and volunteers, Thompson said. Months of planning went into the event between the city, its police and fire departments, the UP, and the Rochelle Chamber of Commerce.

"We had extra staffing for our first responders and firefighter/paramedics and police officers on site at the event at Global III," Thompson said. "We borrowed equipment for

the event like a mobile command post and vehicle and everyone was so gracious to help us meet our needs. We had Ogle-Lee Fire Protection District firefighter/paramedics for extra staffing. We had city hall staff working at Railfan Park. People took on extra roles and really helped out."

Thompson said hard numbers on the economic impact of the weekend won't be seen until the coming months after the city receives its hotel/motel and sales tax figures. She said she has heard from business owners that were impressed with the weekend.

"I heard this morning that Flight Deck Bar & Grill was thrilled at the amount of business they saw," Thompson said. "I think our businesses did well and were happy to see that amount of customers. Whether or when it comes back in



the future is all up the UP. We'd welcome another visit from the Big Boy or another famous engine like it. We have

a large contingent of rail fans in the Midwest and it'd be great to see more of what the weekend was in the future."



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**Gabriel Mack**  
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## Future Planning Seminar

Information on what every parent should know about guardianships and alternatives, special needs trusts, representative payee, Illinois' waiting lists (PUNS), and more.

If you desire to attend, please RSVP.  
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**When:** Saturday, Sept. 28th  
**Where:** Nash Recreation Center  
 304 S. 5th St.  
 Oregon, IL 61061  
**Time:** 9:30am-11:30am  
**R.S.V.P.:** To Sue by phone at  
 815-965-3455  
**Cost:** FREE



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**31,104 Total Votes!**

**LOOK FOR WINNERS**

in **Rochelle News-Leader**  
Sunday, **October 6th**

& in **Ogle County Life**  
Monday, **October 7th**

**THANK YOU** for voting!



**Oregon High School cross country team celebrating Senior Night at Oregon Park West on Sept. 25**

The Oregon High School cross country team will be holding Senior Night on Wednesday, Sept. 25 at 4:30 p.m. at Oregon Park West. Oregon High School encourages all fans, parents, families and more to attend the Senior Night meet and cheer on the OHS senior cross country runners. (Courtesy photo)



**5496 S Poplar Drive Oregon \$294,500 Call Taylor**

Welcome to 5496 S Poplar Dr, a beautifully updated home in the peaceful countryside just outside Oregon, IL. This 3-bedroom, 2-bathroom property offers the perfect blend of rural serenity and convenient access to the nearby towns of Oregon and Dixon for shopping and dining. Recent updates include flooring and refinished cabinets in 2024, a new roof in 2023, windows replaced in 2017, a furnace in 2020, and an upgraded air conditioner in 2017, ensuring comfort and efficiency. The spacious yard provides a quiet retreat to enjoy nature, making this home a perfect escape from the busyness of life while remaining close to modern conveniences. Don't miss your chance to experience this ideal balance of comfort and location!



**274 Teakwood Drive Machesney Park \$305,000 Call Erin**

**MOVE IN READY IN PRIME LOCATION!!** This 3 Bed, 2 Bath gem is bursting with natural light. The vaulted ceilings and open loft give you the open concept and airy feeling you have been looking for. Fresh paint, flooring and fixtures throughout. First floor master with full en suite, and two generous bedrooms on the second floor with additional loft space for relaxing, work or play. The new kitchen boasts quartz countertops, all new se appliances plenty of dining space. The fully finished basement offers endless possibilities for family room, home gym or even more bedrooms with full egress windows. The oversize corner lot has plenty of space to play yet private enough for entertaining. Nestled in an established neighborhood, you would never know your minutes from a plethora of shopping amenities and easy access to 39/90. Roof and water heater new in 2024.



**15494 W Ill Route 64 Polo \$399,900 Call Rebecca**

Charming Ranch Home on 13.5 Acres of Wooded Bliss! Discover your private retreat in this inviting ranch-style home nestled on 13.5 serene acres of lush woodland. Perfectly designed for those who cherish both comfort and natural beauty, this property offers an ideal blend of tranquility and convenience. With 3 bedrooms and 2.5 bathrooms, this home provides ample space for relaxation and privacy. The master bedroom boasts an en suite bathroom, ensuring a personal haven within your own home. Main floor also features laundry room, eat in kitchen area and sun porch. Enjoy the cozy ambiance of a walk-out basement that extends your living space and offers versatile uses. The partially finished lower level presents an opportunity to create a recreation room, home office, or additional guest quarters. Gaze out of your windows to witness the beauty of the surrounding wildlife and forest. The wooded property offers a peaceful escape and endless opportunities for outdoor exploration and enjoyment. Two outbuildings enhance the property's functionality. The larger structure features several overhead doors, making it perfect for storage, a workshop, or even a hobby space. Situated within the Forestville School District don't miss the opportunity to make this peaceful retreat your own. Schedule a visit today and experience the beauty and tranquility of this exceptional property!



**103 Sunny Hill Drive Davis Junction \$269,900 Call Carla**

New Listing in Davis Junction's Harvest Glen subdivision. This custom one owner ranch home offers quality throughout! The large great room with vaulted ceilings and fireplace hosts loads of living space with fantastic views and easy entertaining with its open floorplan. The dining area opens to the huge covered deck with tons of space for summertime fun! This home is one of the few that back up to the nearly 10 acre park with trails and trees! All main floor living with newer upgrades including a newer steel roof and beautiful brick driveway. The lower level is plumbed for a third bathroom. Don't delay, call today!



**000 Hannah Street Mt Morris \$18,000 Call Becky**

Dreaming of living on a golf course? Here's your chance! This wooded lot sits on .78 acres on the edge of town and is surrounded by both Hole 3 on Sunset Golf Course in Mt. Morris and farmland on the other 2 sides. City water and sewer is at the end of the lane and would need to be extended. Outbuilding can be built on it after a home is completed.



**000 Hannah Street Mt Morris \$15,000 Call Becky**

Dreaming of living on a golf course? Here's your chance! This wooded lot sits on .55 acres on the edge of town and is along Hole 3 on Sunset Golf Course in Mt. Morris and farmland on the other side. City water and sewer is at the end of the lane and would need to be extended. Outbuilding can be built on it after a home is completed.



**720 Mission Court Freeport**  
**NOW \$175,000**  
**Call Jamie**

Discover the charm of this 3-bedroom, 3-bathroom ranch, tucked away in a peaceful cul-de-sac within

an established neighborhood. This centrally situated home boasts a generous amount of living space. The main level features a spacious living room complete with a beautiful stone wood-burning fireplace, all three bedrooms, convenient main floor laundry, and two bathrooms. The lower level presents a sizable family room, another wood-burning stone fireplace, a full bathroom, and an extra kitchen that's ideal for hosting gatherings. Storage is plentiful throughout this residence. New Furnace/AC 2020, Siding and Gutters replaced in 2022; Roof replaced in 2016. The backyard provides a serene, park-like environment, perfect for savoring your morning coffee or watching the children play in the expansive yard.



**2144 Swarts Road Dixon**  
**NOW \$250,000**  
**Call Jessica**

Welcome to your own private paradise on this sprawling 3-acre farmette. This stunning property

features a spacious 2600 square foot home with 4 bedrooms and 2 full baths, perfect for growing families or those who love to entertain. Outdoor enthusiasts will delight in the included motocross track, detached garage, carriage house, and machine shed - providing ample space for all of your hobbies and storage needs. The farm animal pasture is ideal for those looking to raise livestock or simply enjoy the peace and tranquility of country living. After a long day of work or play, unwind in the hot tub on the back patio, schedule your showing today!water softener. Located in the outstanding Byron school district!

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# LOCAL NEWS

## OGLE COUNTY SPORTS ROUNDUP

### Oregon golf teams win over Winnebago

The Oregon High School varsity girls golf team shot a season-best 162 in its win against Winnebago at Lynx Golf Course on Tuesday, Sept. 4. Nole Campos earned medalist honors with a 34, while Jackson Messenger tied for runner-up honors with a 38. Brogan Wilkinson and Tucker O'Brien added scores of 44 and 46 to aid the Hawks (6-2, 3-2 BNC) in the win.

The Oregon High School varsity girls golf team also beat Winnebago on Thursday, Sept. 5. The Hawks won 189-229 with Aniyah Sarver shooting 41 for medalist honors and Hailey-Jane Becker carding 47 for runner-up honors. Sarah Eckardt added 49 for the Hawks (3-2, 3-1 BNC).

### Oregon boys soccer team falls to Stillman Valley

The Oregon High School varsity boys soccer team conceded a 2-1 loss against Stillman Valley on Wednesday, Sept. 5. Steven Guardado scored one goal and Danny Chismore added an assist for the Hawks (2-3-2, 1-1 BNC) in the match.

### Forreston boys golf team wins meet with Warren and Galena

The Forreston High School varsity boys golf team shot a 173 to win its three-team match against Warren and Galena on Tuesday, Sept. 4. Kaden Brown earned medalist honors with a 38, while Daylen Rahn fired a 43 and Aspen McGlynn followed with a 44. Forreston is now 7-0 on the season and 2-0 in conference play.

### Oregon golf teams take on North Boone and

### Rochelle

The Oregon High School varsity girls golf team won 176-211 over North Boone at Beaver Creek Golf Course on Wednesday, Sept. 5. Aniyah Sarver shot 39 to earn medalist honors, while Sarah Eckardt recorded a 40 for runner-up honors and Hailey-Jane Becker carded a 42. The Hawks are now 4-2 overall and 4-1 in the Big Northern Conference this season.

The Oregon High School varsity girls golf team split a three-team match against North Boone and Rochelle, shooting 172 for second place. Jackson Messenger led the Hawks with 41, while Brogan Wilkinson carded 43 and three players including Nole Campos, Matthew Pham and Landon Anderson finished with 44. Oregon's boys are now 7-3 overall and 4-2 in the BNC.

### Oregon football team loses against Dixon

The Oregon High School varsity football team suffered a 35-0 shutout loss against Dixon on Friday, Sept. 6. Logan Weems rushed for 51 yards on 21 carries, while Hunter Bartel rushed for 34 yards on 12 carries. Benny Olalde completed a 16-yard pass to Avery Lewis in the loss.

### Polo football team crushes River Ridge

The Polo High School varsity football team cruised for a 56-0 win over River Ridge on Friday, Sept. 6. Noah Dewey rushed for 107 yards and two touchdowns while recovering a fumble for a touchdown on defense. Kailin Gulbranson rushed for a 39-yard touchdown and Gus Mumford rushed



Oregon High School's Hailey-Jane Becker (left) and Drew Fletcher (right) were in action for the varsity boys and girls golf teams during their conference match against Winnebago on Sept. 4.



(COURTESY PHOTOS)

for a 39-yard touchdown. Quentin Hart rushed for 65 yards and two touchdowns.

### Forreston football team cruises over Dakota

The Forreston High School varsity football team coasted for a 38-0 win against Dakota on Friday, Sept. 6. Evan Boettner shined with 206 rushing yards and one touchdown, while Dane Setterstrom rushed for 79 yards and three touchdowns in the win. Brady Gill threw for 85 yards and rushed for one touchdown for the Cardinal offense.

### Oregon cross country teams host Oregon Open

The Oregon High School varsity cross country teams raced in the Oregon Open at Oregon Park West on Saturday, Sept. 7. Daniel Gonzalez led the boys in the 5,000-meter

race, finishing 25th with a time of 17:32.2 while Caleb Brooks took 88th with a time of 19:45.3. Lorelai Dannhorn and Ella Dannhorn were the top finishes for the girls, finishing 32nd and 39th with respective times of 22:44.9 and 23:06.7. Jillian Hammer took 42nd with a time of 23:25.8.

### Oregon volleyball team hosts Oregon Invitational

The Oregon High School varsity volleyball team competed in the Oregon Invitational on Saturday, Sept. 7. The Hawks fell 17-25, 22-25 against Durand before bouncing back with a 25-10, 25-16 victory against West Carroll. Oregon concluded the pool round with a 25-19, 13-25, 13-15 loss to Forreston. In bracket play, Oregon defeated South Beloit 25-21, 25-11 before 21-25, 25-20, 19-21 against Orangeville to end the tournament in 10th place. Madi Shaffer earned All-Tournament Team honors for the Hawks.

### Byron football team wins big over Rockford Lutheran

The Byron High School varsity football team scored a 49-18 win against Rockford Lutheran on Friday, Sept. 6. Brayden Knoll rushed for 125 yards and two touchdowns, while Caden Considine rushed for 90 yards and a touchdown in

the win. Kaden McGough rushed for 77 yards and two touchdowns for the Tigers, who also saw Andrew Talbert rush for 76 yards and two touchdowns. Andrew Talbert, Kye Aken and Brayden Knoll each had interceptions on defense, while Isaac Alvarez and Maddex Draheim both recorded sacks.

### Oregon boys soccer team falls against Winnebago

The Oregon High School varsity boys soccer team fell 3-2 against Winnebago on Monday, Sept. 9. Brian Wallace and Steven Guardado each scored goals, while Irvin Acosta added an assist for the Hawks (2-4-2, 1-2 BNC) in the loss.

### Forreston boys golf team cards win over Eastland

The Forreston High School varsity boys golf team won 156-181 over Eastland on Monday, Sept. 9. Kaden Brown earned medalist honors with a 34, while Kendall Erdmann finished with 39 and Daylen Rahn added a 41. Darin Greenfield scored 42 to round out the team's top players.

### Oregon golf teams travel to face Rockford Christian

The Oregon High School varsity boys golf team fell 156-189 against Rockford Christian at Rockford Country Club on Tuesday, Sept. 10. Jackson

Messenger earned runner-up honors with a 39 to lead the Hawks (7-4, 4-3 BNC) in the match.

The Oregon High School varsity girls golf team won 219-237 over Rockford Christian, with Sarah Eckardt shooting 43 to earn medalist honors while Aniyah Sarver was the runner-up with a 50. The Hawks are now 5-2 overall and 5-1 in the Big Northern Conference.

### Oregon volleyball team holds off Amboy

The Oregon High School varsity volleyball team held on for a 25-22, 25-21 win against Amboy on Tuesday, Sept. 10. Madi Shaffer recorded 13 digs and Grace Tremble finished with six kills and three digs. Anna Stender compiled seven assists, five kills, four digs and one ace. Skylar Bishop finished with three blocks and two kills for the Hawks in the win. The JV Hawks fell 16-25, 25-18, 11-15 and the fresh-soph Hawks fell 18-25, 17-25.

### Forreston boys golf team falls to Fulton

The Forreston High School varsity boys golf team faced Fulton at Fulton Country Club on Tuesday, Sept. 10 and conceded a 142-171 loss. Kaden Brown was Forreston's low scorer with 41 and Daylen Rahn added a 42 for the Cardinals (8-1, 3-0 NUIC). Aspen McGlynn and Kendall Erdmann each carded 44.

## The 2025 From The Heart Cash Calendars are NOW AVAILABLE!!

The proceeds of the sale of the calendars benefit our From The Heart recipients:  
**Pegasus Special Riders, Rochelle Christian Food Pantry, HOPE, Focus House, Shining Star Children's Advocacy Center, CASA, Rochelle Area Community Foundation, Community Action Network, Hub City Senior Center & Rochelle Rotary.**



For Just \$20 you have a chance to be one of **365 DAILY WINNERS - TOTAL CASH PRIZES EQUAL \$18,250 PLUS Each Calendar Has VALUABLE LOCAL COUPONS**

## Here are 3 Ways to Purchase Your 2025 From The Heart Cash Calendar!

- **ONLINE:** Go to <http://fromtheheartrochelle.org> and click on **PURCHASE CASH CALENDAR.**
- **IN PERSON:** You can pick up a 2025 From The Heart Cash Calendar **TODAY** at the following locations:  
**In Rochelle at: First State Bank, Stillman Bank, HOPE Chest and Hub City Senior Center**  
**In Oregon at: Merlin's**  
**In Dixon at: Shining Star**
- **BY MAIL:** Fill out the form below and send it in to us and we will mail your cash calendar to you!

**YES! Send me my 2025 From The Heart Cash Calendar!**  
 (Please Print)

NAME: \_\_\_\_\_  
 ADDRESS: \_\_\_\_\_  
 CITY, STATE, ZIP: \_\_\_\_\_  
 PHONE: \_\_\_\_\_  
 NUMBER OF CALENDARS: \_\_\_\_\_

Clip and mail this form along with \$23 (\$20 per calendar plus \$3 per calendar postage) to:  
 Rotary Calendar, PO BOX 372, Rochelle, IL 61068

### BERTOLET MEMORIAL LIBRARY

**Stories With Stacey**  
 Thursdays at 10:00AM: Miss Stacey is back with her fall story time session on September 5th for your toddlers and preschoolers. No registration is needed.

**Local Author Signing**  
 Jennifer N Lloyd, Saturday, September 14th 10-11:30AM: Jennifer is embarking on her debut as an author with her novel "The End is the Beginning." A lifelong Midwesterner, Jennifer finds joy in staying active outdoors, whether it's going for runs with her Weimaraner and her daughter, enjoying family bike rides, or simply soaking in the sun. Her most productive writing hours are between 8 and 11 PM, when her daughter is fast asleep. During this time, she channels her creative energy into crafting dark romance stories. Jennifer enjoys creating storylines that form deep, emotional connections between readers and characters. She roots for the underdog and crafts narratives where true love wins.

**A to Z Reading Challenge**  
 It seems like we are sail-

ing through the alphabet. If you are reading in order, be on the lookout for the display of titles that begin with "S."

### September Book of the Month

William Kent Krueger's book *This Tender Land* takes place in Minnesota 1932, at the beginning of the Depression. Odie and Albert O'Banion are orphans who live at the Lincoln Indian Training School which is for Native American children who were taken away from their families to be taught the ways of the white men. Odie and Albert have to flee the school after a crime is committed. They take their mute friend Mose and a little girl named Emmy with them. The four take a canoe and head down the Mississippi looking for a home and meet colorful characters of all kinds. Stop by the circulation desk and pick up a copy today.

### September Craft

Head off to school with a brand new bookmark. Stop by the circulation desk to pick up your kit today.

Don't forget we have new coloring pages each week available for you to choose from. Enjoy a relaxing evening at home as the weather turns to fall.

### Card Making

Card Making supplies are always available for you to create with. Call ahead for room availability.

### Plastic Recycling

We ask that you make sure plastic is clean with no debris in the donation. \*No animal feed bags are allowed\* Also please remove any ziploc-type seals and paper/sticker labels. Thank you for your cooperation.

### NEW RELEASES

- Adult Books**  
 Safe Enough by Lee Child  
 The Alternatives by Caoilinn Hughes  
 By Any Other Name by Jodi Picoult
- Chapter Book**  
 The Strange Wonders of Roots by Evan Griffith
- Picture Book**  
 Where's the Panda? A look & find book by Lara Murphy
- DVD**  
 Devotion

# LOCAL NEWS

## BYRON PUBLIC LIBRARY

**No Longer Accepting Plastic**  
Thanks to our community and the years of our successful partnership with Trex and other local organizations, we collected enough plastic bags to donate several benches to Ogle County! However, the library will no longer accept donations as we pivot to other projects. Instead please visit Meijer, Schnucks, Target and Kohl's to donate your bags.

**All Things British**  
Thursday, Sep. 19. 6-7:00 pm. "Ever wondered why our flag is called the Union Jack but it is actually the Union Flag? Ever wonder why the King reigns but doesn't rule? Confused about the United Kingdom, Great Britain and the British Isles? Come along and have this and more explained in a fun and informative way!" John Gowing, a teacher in England for 32 years then a London Blue Badge tour guide for 11 years, presents talks on British history, culture and Lon-

don tourist attractions for local groups. Please call the library at 815-234-5107 to register.

**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 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, 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!

## FORRESTON LIBRARY

**Dolly's Book Bash**  
Wednesday, September 18th, 10:00 am. Join our friends from United Way as they present a special storytime for our toddlers and preschoolers. It will be a fun-filled hour of stories, snacks, and crafts as well as an opportunity for parents and caregivers to learn more about receiving free books from Dolly Parton's Imagination Library. We look forward to seeing you!

**FVVYN Online Auction**  
September 23rd - October 3rd. Forrestville Valley Youth Network is holding their online auction

at 32auctions.com/FV-VYN2022 to raise funds for the district mentoring program, scholarships, and insurance. All of the approximately 50 items will be on display at the library during the auction but bids must be submitted online. Library computers and staff will be available to assist with creating an account and the online bidding process, if needed. Winning bidders will pick up their items in the Community Room at the library on Saturday, October 5th. Please support our students and this valuable program by participating in this much needed fundraiser.

**Fall Storytime**  
Wednesdays at 10:00 am. Join us every Wednesday at 10:00 am for stories, games, and crafts. This program is a great opportunity for children and caregivers to discover the joy of sharing stories and making new friends in a relaxed setting. We hope you'll join us!

**Community Room**  
Looking for a place to hold your event? Our community room (with a small kitchenette) is available for meetings, parties, showers, family reunions, and more. Please call the library at (815)938-2624 for additional information.

## MT. MORRIS SENIOR CENTER

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

**Bingocize!**  
September 13th & 16th - Bingocize! This is a unique solution that mixes exercise, health education and Bingo to help overcome health problems in participants across the entire spectrum of care. This 10 week program meets twice a week at 1:00 pm for about 1/2 an hour each time.

**Trivia**  
Do you enjoy Trivia? Join us on Thursday,

September 19th at 6:00. A simple dinner is served at 6:00 pm (for a donation) and trivia begins at 6:30 for \$2.00 per person. Gather your friends for a team!

**Diamond Painting**  
Friday, September 20th - Diamond Painting at 11:00 am. No skill involved. We will have choices of paintings for sale.

**Zentangle Class**  
September 17th at 6:00 pm. Cost is \$15.00. Zentangle is a meditative, abstract easy to learn art form that involves draw-

ing in repetitive patterns called tangles. At this class the instructor will teach us to Zentangle and we will leave class with some holiday cards. Contact The Center to reserve your spot.

**Sponsor a Chair!**  
We are in the process of replacing our worn out chairs and can use your help. For \$50.00 per chair you can sponsor one of the new chairs we are hoping to purchase. Stop by the center during open hours (9am to 1 pm) and talk with Melissa. All help is appreciated!

## ROCK RIVER CENTER

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

**Rummikub**  
Mondays, 12:15-3:15 p.m.

**Activities with Mary**  
Tues., Sept. 17. TP Pumpkins: 1:00 - 1:45. Drumming: 1:45 - 2:30.

**OUTING OF THE MONTH**  
September 19. Anderson Japanese Gardens. Register by September 17.

**"Elvis and Tom" by Denny Diamond**  
Monday, September 23, 2024. 1:00 p.m. - 2:00 p.m. Registration Requested by September 19.

**2024-2025 NICOR GAS "SHARING" PROGRAM**  
NICOR GAS sharing program is available to assist those NICOR customers whose gross income falls between 201% - 300% of the Federal Poverty Level. Effective Sept. 1, 2024 for Program Year 2025, the 30-day gross income limit for a 1-person household is \$3,765; 2-person household \$5,110; 3-person household \$6,455, etc. You can apply for the NICOR GAS Sharing program at the Rock River Center. For more information or to make

an appointment call 800-541-5479 or 815-732-3252.

**Benefit Access Program**  
The Benefit Access Program allows you to get a discount on your license plate sticker. The cost of your sticker could be as low as \$10.00. To qualify, you must meet income guidelines as follows: You must be 65 years of age or older by December 31 of the current year; or you must be 16 years of age or older and totally disabled before January 1 of this year. Your annual income\* must be less than: \$33,562 for a 1-person household. \$44,533 for a 2-person household. \$55,500 for a 3-person household. You must live in Illinois at the time you file your application.

## NIU makes itself famous

**T**HE talk of the college football world this week? Northern Illinois University, of course.

Fresh off their epic upset of Notre Dame, the Huskies are suddenly basking in the glow from football fans everywhere, except maybe those in South Bend. Much the same way a bracket-busting March Madness basketball underdog captivates the entire country, NIU did the same.

Like many from the local area, I made the pilgrimage to what is considered the most hallowed ground of college football, the campus of Notre Dame, hoping to witness history. Amidst all that pageantry and in front of a national television audience, the Huskies scored an improbable 16-14 win over a program with 11 national championships and seven Heisman Trophy winners.

Trailing 7-0 after ND easily drove downfield on its first possession and then starting at the two-yard line after botching the ensuing kickoff, that final outcome seemed improbable. My hope was that the Huskies could keep the game close and at least look respectable against the number-five team in the country. On a beautiful late summer day, it would be a shame for a blowout to spoil everything.

Boy, did I underestimate what these Huskies were capable of.

What's makes the win even more remarkable is the widening gap between the haves and have-nots in collegiate athletics. The four power conferences and stand-alone Notre Dame have the resources to do whatever they want, while NIU and others like them can only grab for the crumbs left behind.

In the era of NIL and transfer portal, where it takes a million dollars plus to attract a high-quality quarterback to your school, Notre Dame can afford those types of athletes, while NIU cannot. Also, it is more enticing playing in front of 80,000 fans and being on national TV every week. You get that at South Bend, not in DeKalb.

How did the Huskies pull off the near impossible feat? After listening to Huskie

lineman Cade Haberman in the press conference after the game, could it be the power of love? Haberman, who blocked two ND field goal attempts, including on the game's final play, spoke of an abounding love among players and coaches.

"We don't have the resources of other schools," Haberman said. "We truly love each other. The coaches build relationships with us." The theory of love offsetting money, recruiting advantages and tradition has credence. Money can have a corruptive nature to it, and it is possible ND's mindset has been altered to a negative degree by it.

According to Corinthians, love is patient, kind, does not envy and it is not proud. That was evident in the way NIU players and coaches unselfishly lifted one another up.

That transformation in spirit was on display, as the four-touchdown underdog Huskies stood up to their more talented rivals and actually out-played them. Physicality and final stats (388-286 total yard advantage) bear that out.

"We didn't need luck. That was our theme," NIU Head Coach Thomas Hammock said. "We stayed together and made plays when we had to. After their first drive, we settled in and went into attack mode. I think we were bigger than (ND) thought."

Hammock was so emotional after the win that he began crying when interviewed by NBC. What a refreshing change compared with high-powered head coaching types who attempt to maintain a slick, stoic image.

Playing football at a Catholic high school in Fort Wayne, Indiana, the win on the grounds of the Golden Dome, Touchdown Jesus and the Basilica has special meaning for Hammock. He recounted a story of making a trip there to watch the Irish in his youth.

Growing up close to DeKalb, I relate to the impact a college football game has. In 1968, my dad took me to first NIU game. Upon entering Huskie Stadium, I

remember was how green the Astroturf looked and the large crowd present.

Certainly, a much bigger spectacle than my town of Rochelle had to offer at the football field. Yes, college football truly is an American institution and one that I have embraced ever since then as an NIU fan.

Was the 2013 Orange Bowl appearance and Jordan Lynch mania bigger than the Notre Dame win?

Hard to say, as both experiences were unique in their own way.

Here's what I can report. When unheralded Kanon Woodill, whose looks reminded me of the Olympics pommel horse guy, lined up to attempt the game-winning field goal, my legs started to twitch nervously as I stood on the field near the goal posts. It's rare for this to happen to me, the only other times being in pressure-packed situations

with high-school teams I have become emotionally attached with.

I don't recall any leg twitching for the Orange Bowl, so I'm giving more credence to the ND win.

Fortunately, the Huskies have this week off, allowing extra time to soak up all the exposure they are getting. Hammock said he looked forward to having a bye, so as to ease his players back down to reality.

For now, let them live it up. The joy they brought me and countless other fans was indescribable. It is almost like my life as a football fan has finally been fulfilled. Whether you made the trip to South Bend from Rochelle, Oregon, Byron, Stillman Valley, Polo, Forreston or Mt. Morris, it was a shared experience for all of us.

On final note, credit to the University of Notre Dame and its fans for presenting such a classy event. Even in a loss, they were gracious to their visitors. On top of that, NIU received \$1.4 million from ND to make the trip to South Bend for the game.

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



Andy Colbert

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# LOCAL NEWS

## MT. MORRIS PUBLIC LIBRARY

### Financial Education Workshop Series! Classic Budgeting

For those newly in recovery, or just starting out with no experience in budgeting or saving. Join us as we go on a financial learning adventure! Workshops by Consumer Credit Counseling Service of Northern Illinois will be offered every other Tuesday at 4pm. Dates and classes are: Sept. 24th-Classic Budgeting. Oct. 8th-Credit Reports. Oct. 22nd-Credit Reports and Scores. Nov. 5th-Card and Banking Features. Nov. 19th-Savings and Investments.

### Book Donations

We are getting ready for our Annual Fall Book Sale! We would appreciate any donations of books or related items. Please contact the library before you drop donations off anytime during open hours: M-Th 11-7, F 11-5, & Sat 10-2. We cannot accept textbooks, encyclopedias, VHS cassettes, sheet music, or Reader's Digest Condensed books. Donations are accepted until Saturday, September 14<sup>th</sup>. **Book Sale September 21<sup>st</sup> through October 11<sup>th</sup>!** It's time to use those gift certificates you

earned from Summer Reading Program-Our annual book sale will start on September 21<sup>st</sup>! All sales will be by donation. Nothing will be priced. We would like to thank the high school Cross Country Team for helping with the heavy lifting in preparation for the sale.

### Donations to Commemorate Mary Head

Mary, our beloved Mary has retired! The Mount Morris Library will be accepting donations in honor of Mary's commitment to the community. Mary has served the library and our community for 30 years! If you would like to honor her service by donating to the library, please stop by!

### Story Time! Wednesdays at 11:15am

We will be reading books and the children will create a craft this Wednesday. 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, September 19<sup>th</sup>

Lego night is the third Thursday of each month. Join in the fun with all the family as they build and create together. Families can build on Thursday,

September 19<sup>th</sup> at 5:30 - 7pm! 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

New display at the Mount Morris Library! Thank you cards from students who were given books from the 9x9x9 Mount Morris Library Foundation program! The 9x9x9 Program collects donations so that every first-grade student can receive a new book every month of the school year! Stop by the library for more information. 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.

### Cookbook Club Next Meeting October 8<sup>th</sup>

Join us as we explore The Cookbook Club! Wonderful recipes combined with friendship creates something both beautiful and delicious! Come in, choose your recipe, and bring your dish to pass at our next meeting! Join us on October 8<sup>th</sup>, 6pm at The Senior Center for another exciting meal!

### Adult Book Club Meeting, October 28<sup>th</sup>

Would you like to be part of a group and read great books?? Join us in October for friendship and great book talks! Everyone is welcome to join this book club group! Do you have suggestions for a book to read? Stop by the library and let them know you would like to join. Meeting will be held at the library on October 28<sup>th</sup> at 3:30pm.

### Explore More Illinois

Explore More Illinois users can access and reserve passes from any of our attractions on the Mount Morris Library website, mtmorris-il.org, under the resources page. Visit the website to browse attractions.

### Lions Club Glasses and Hearing Aids Collections

Donation boxes for eyeglass recycling are available at the library. When the boxes are full, they are picked up by local Lions members and dropped off at collection depots. These recycled eyeglasses are given to people in need, with the help of various medical missionaries, in Central and South America and around the world. When the eyeglasses arrive in these countries, doctors

and technicians conduct eye exams and provide a free pair of prescription eyeglasses that are as close as possible to that person's sight needs. When donating HEARING AIDS, please be sure to place them in a small box or hard-covered case so they do not get crushed or damaged.

### 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 mmlib@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!

### Curbside Service is available!

We want to remind everyone that you still have the option of having your materials delivered to your vehicle. If you have holds waiting for you, call us to tell us you are on your way, and we will bring them out to your vehicle when you arrive. Call us if you need more information.

### Additional Services Offered

We make copies (\$0.25 per black and white page). We fax (\$2 for the first page and \$0.50 each additional page). We can scan a document and send it to email (\$2 per document). You can use a computer without a library card for \$1.00. Resume software is available on our computers. Come visit us and let us help you!

### Library Board Meetings

Monthly board meetings are the third Wednesday of the month at 7pm at the library unless otherwise noted. The public is welcome to attend.

The Mount Morris Public Library is located at 105 S. McKendrie Ave. Mt. Morris IL 61054 - 815-734-4927 Fax-815-734-6035 www.mtmorris-il.org

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624 Luther Drive, Byron IL 61010 815-234-5277  
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Adult Sunday School Hour: 9am  
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Coffee & fellowship time: 10:00am - 10:30am  
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**Food Bank:** 1st and 3rd Saturdays, 9am-12pm  
Pastor: Rev. Dr. Matthew Rosebrock  
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101 N Galena st, P.O box 67, Lindenwood IL  
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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  
[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: [mtmorriscob@gmail.com](mailto:mtmorriscob@gmail.com)

### MOUNT MORRIS

#### MT. MORRIS TRINITY LUTHERAN CHURCH

308 E. Brayton Rd. Mt. Morris, IL Phone: 734-6354 Rev. Josh Ehler  
**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 Allan EDCCOministries@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 lite up your life!

#### OREGON CHURCH OF GOD

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

#### OREGON FIRST BAPTIST CHURCH

505 Hill St. Oregon, IL 61061 Phone: 732-2642  
Pastor: David Snow "A Christ-centered, Bible-believing, family-oriented ministry."  
Sunday School 9:45 a.m.; Sunday Morning Service 10:45 a.m.; Sunday Afternoon Service 1:15 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 or on Facebook at facebook.com/RiverStoneChristianChurch

#### ST. BRIDE'S EPISCOPAL CHURCH

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

#### ST. PAUL LUTHERAN CHURCH, NALC

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

### POLO

#### 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  
[poloatcrossroads.cn.com](http://poloatcrossroads.cn.com)  
We offer contemporary worship and relevant Bible teaching through engaging messages and powerful video. Join us for 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.crossroads.cn.com](http://www.crossroads.cn.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, IL 615-645-2526 | [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 Norris  
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/VECCFSV](http://facebook.com/VECCFSV)  
Home of Valley Covenant Preschool 815-645-8882 Director Jill Huber  
Bible Studies, Youth Group, Bread of Life Food Pantry  
Please visit website for more information or contact the church office M-F 9am-2pm

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

### WINNEBAGO

**MIDDLE CREEK PRESBYTERIAN CHURCH**  
12473 Montague Road, Winnebago, IL 61088  
Located West of Tower Road on Montague Rd.  
Sunday: Worship Service at 10:30 am.  
Pastor Phil Thompson  
Phone: 815-335-2609. Email: [middlecreekchurch@gmail.com](mailto:middlecreekchurch@gmail.com)



# LOCAL NEWS

## JULIA HULL DISTRICT LIBRARY



Last week, at Julia Hull District Library, tweens (ages 10-12) gathered with friends in making tie-dye totes and friendship bracelets.

### Julia Hull District Library Stillman Valley Storytime at the Library

Join us in person at the library for songs, stories and crafts! Ages 2-5. Wednesdays at 10 a.m. Registration required: 815-645-8611.

### Bagged Book Sale

Books for children, teens and adults will be pre-packed by library staff with a surprise assortment! Each bag will include a selection of gently used books, labeled by genre. Bags will be sold (as is) for \$5 each.

## OREGON PUBLIC LIBRARY

### September is National Library Card Sign Up Month

With a library card you can discover new and exciting worlds! Access to technology, innovative programming, educational resources, borrowing books, audiobooks, DVDs & more. There is so much you can access with a library card. Pursue your passions and dreams through your library's resources and programs. Visit the library's website, Facebook page or call 815-732-2724 to find out more about your library.

### New Resource at the Library!

EBSCO Databases has arrived! Do you want to know more about arts and crafts, car repair, starting a business, or planning an estate? Maybe you need to prep for the GED or study for college-entrance exams. Have you ever wished you could research academic topics from home? Oregon Public Library patrons can now find full-text e-resource materials on a variety of topics. Follow the links from our website to access the new EBSCO databases from the library, or login remotely from home with your Oregon Public Library Card. What interests you?

### Save the Date! Book Sale

Friday, October 4th and 5th, 9am-3pm. It's that time again!! The

Cash and exact change only. While supplies last. Saturday, September 28, 10 a.m. - 4 p.m.

### European Travel: Pack Light. Pack Right!

Overpacker, underpacker, backpacker. Whatever your style, packing for a European vacation can be overwhelming. But, it doesn't have to be. Join frequent flier, Joanna, as she talks about packing for your European vacation: what to leave, what to bring, plus tips, tricks and a packing demonstration. Monday, September 30,

6 p.m. Adults only. Registration required: 815-645-8611.

### Tween Scene: Monster Making Lab

Crafty + creepy = the perfect combination. This month we're embracing the spooky season by creating plush monsters. Will yours be strange and scary... or cute and cuddly? Tuesday, October 1, 6 p.m. Ages 10-12. Registration required: 815-645-8611.

### Toddler Time: Have a Ball

Indulge your little one's curiosity with a

annual Oregon Public Library Book Sale. Donations will be accepted on Thursday, October 3rd (no textbooks, encyclopedias, Reader's Digest condensed books or magazines) from 10 am - 2pm. Then the fun begins with a wide assortment of books at unbelievable prices!

### Preschool Story Time

(18 months - 6 years). Sessions begin again on Monday, September 9 at 10 am. Registration is required. Stories, crafts and friends to share books... all at your Library!

### Ink with A Friend Monthly Card Club

Monday, September 16th 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 <http://www.oregonpubliclibrary.com>

### Try It Tuesday

Tuesday, September 17th at 1:30pm or 5:30pm (Choose your time

slot)- Lavender Soap. Learn to make soap, simple DIY project. This an adult only class, 18 and up. Registration required, please call (815) 732-2724 or visit [www.oregonpubliclibrary.com](http://www.oregonpubliclibrary.com).

### Lego Club

Wednesday, September 25, 2:30pm (2nd grade & up) (Early school dismissal). Get together and spend some recreational time building! The club is designed to provide an enjoyable activity (FUN) that stimulates and develops spatial intelligence.

### Laura Keyes, as Elizabeth Packard

Wednesday, September 25th at 6:00pm. Elizabeth Parsons Ware Packard was committed to the Illinois State Hospital (the state mental asylum) in 1860, and was kept under lock and key for three years, all the while protesting her sanity. While her husband, Theophilus, insisted to everyone - Elizabeth's children, extended family, neighbors, friends, and the asylum employees - that she was, in fact, insane, Elizabeth was able to obtain her release. But her battle did not stop there. Conscious of the fact that the current law allowed married women to be placed in asylums by their husbands without the benefit of a formal trial or medical examination, Elizabeth started a campaign to change that unjust law. Hear from



(COURTESY PHOTOS)

hands-on event just for them. This month's meeting features interactive play with tunnels and rainbow balls. Friday, October 4, 10 a.m. Ages 1-4. Registration required: 815-645-8611.

### Puzzle Palooza

Because...we just fit! In our second Puzzle Palooza, teams of 2-4 will face off to see who can assemble the same 500-piece jigsaw puzzle in 90 minutes. Prizes will be given to first, second and third-place team finishers. Saturday, October 5, 2 p.m. Space is limited.

Register your team early by calling the library at 815-645-8611.

### Fun Day Monday: Tales & Tails with National Mississippi River Museum

Why do some animals have tails and what do they do with them? The National Mississippi River Museum will help us discover how animals use their tails and other adaptations by introducing us to some live animals up close. We'll also share some animal tales along the way. Monday, October 14, 1 p.m. All ages.

Registration required: 815-645-8611.

### Instagram for Beginners

Help! I have an Instagram account, but I don't know the difference between a hashtag and a mention! Join library staff as they cover everything you need to know to get better acquainted with the platform. Bring your favorite mobile device (app installed and logged-into) for hands-on practice. Monday, October 21, 6 p.m. Adults only. Registration required: 815-645-8611.

### Community Seed Library

Harvesting your garden? Have extra seeds? Donate them to the community seed library. We have seed envelopes for you to fill for our collection. Seeds are FREE for anyone.

### 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-Our Incredible Library Book by Caroline Crowe. At the StoryWalk is Apple Picking Time by Michele Benoit Slawson.

## OGLE COUNTY SHERIFF'S REPORT

**OREGON**—On Aug. 28 at 4:44 p.m. the Ogle County Sheriff's Office Special Operations Unit, along with the DeKalb Police Department Advanced Criminal Enforcement Team (ACET), conducted a traffic stop on East Hickory Ridge Drive and Skare Road in Rochelle. During the traffic stop, Kyler Powell, 21, of DeKalb was arrested

for unlawful possession of a controlled substance (cocaine). Powell was transported to the Ogle County Jail, processed, and released due to the SAFE-T Act. Powell was then transported to the DeKalb County Jail by the DeKalb Police Department ACET team for active felony warrants out of DeKalb County.

On Sept. 3 at approx-

imately 9 a.m. deputies responded to a report of an altercation between Makayla Reed and Michael Malinowski at their residence in Leaf River. After an investigation Malinowski, 27, of Leaf River, was arrested for disorderly conduct. Malinowski was transported to the Ogle County Corrections Center where he was processed and

released with a future court date.

On Sept. 3 at approximately 7:58 a.m. the Ogle County Sheriff's Office responded to the Dollar General Store in Davis Junction to investigate a burglary that had occurred over night. Following an investigation, a 16-year-old male from Davis Junction was arrested for burglary and criminal

damage to property. He was taken into custody and then transported to the Kane County Juvenile Detention Center to be held overnight.

On Sept. 3 at 9:17 p.m. deputies conducted a traffic stop at Dement Road and Illinois Route 38. After a brief investigation, deputies arrested Lorenzo Bennett, 21, of Rockford, for driving while license suspended.

Bennett was released with a notice to appear. Additionally, a passenger, Anthony Ezell, 44, of Rockford, was arrested for several outstanding warrants (Ogle County failure to appear for retail theft, Winnebago County failure to appear for two counts retail theft, Kane County failure to appear for retail theft).

See SHERIFF page 7

# LOCAL NEWS

## OGLE COUNTY SHERIFF'S REPORT

From page 6

Ezell was transported to the Ogle County Jail where he was held pending an appearance before a judge.

On Sept. 4 at approximately 3:04 p.m. deputies responded to 3961 W. Illinois Route 64, at the Mt. Morris Motel, for a report of damage to a vehicle. After a brief investigation, Denise Wagoner, 38, of Mt. Morris, was arrested for criminal damage to property. Wagoner was transported to the Ogle County Jail where she was released with a notice to appear.

On Sept. 6 at 8:40 a.m. the Ogle County Sheriff's Office conducted a traffic stop at Dutch Road and Illinois Route 251. Subsequent to the stop, Chelsey T. Cole, 34, of Rockford, was arrested for driving while license revoked, no insurance, and suspended registration. She was processed at the Ogle County Jail and released on a notice to appear and given a court date.

On Sept. 6 at approximately 8:56 p.m. deputies conducted a traffic stop at Mix Lane and Jones Terrace in Oregon. After a brief investigation, deputies arrested James W. Zacharias, 31, of Dixon, for driving while license suspended. Zacharias was also cited for operating a vehicle with suspended registration. Zacharias was released on a notice to appear.

On Sept. 7 at 5:04 a.m. The Ogle County Sheriff's Office responded to the 11,000 block of East Fisher Road in regard to a one-vehicle accident with injuries. An investigation was completed, and it was determined that a 17-year-old female had driven off the road and struck a mailbox and cement culvert. She was subsequently charged with driving under the influence, improper lane usage, failure to reduce speed to avoid an accident, and illegal transportation of alcohol. She was treated for minor injuries at Ro-

chelle Community Hospital. She was later released to a parent. The Sheriff's Office was assisted at the scene by Ron's Towing, the Rochelle Fire Department, and the Flagg Center Fire Department.

On Sept. 7 at approximately 9:17 p.m. deputies conducted a traffic stop on a white Ford pickup truck in the 900 block of West Washington Street in Oregon. After a brief investigation, deputies arrested Adrian Jesus Diaz-Sanchez, 48, of Elgin for driving under the influence of alcohol. Diaz-Sanchez was also cited for improper lane usage, disregarding an official traffic control device, and illegal transportation of alcohol. Diaz-Sanchez was released with a notice to appear with a future court date.

On Sept. 7 at 2:55 p.m. the Ogle County Sheriff's Office arrested Dealon J. Williams, 39, Rockford, on two no bond warrants in the 4,300 block of North Illinois Route 251. The warrants were from Ogle

County and Whiteside County. He was also charged with resisting arrest from this incident. He was housed at the Ogle County Jail. All subjects presumed innocent.

On Sept. 8 at approximately 11:15 p.m. deputies took a report of a battery that occurred in the 3,000 block of South Butternut Road. After a brief investigation, deputies arrested Elizabeth A. Ruter, 19, of Mt. Morris, for battery. Ruter was transported to the Ogle County Jail and released on a notice to appear with a future court date.

On Sept. 9 at approximately 10:30 a.m. deputies arrested Philip Futrell, 29, of Stillman Valley at the Ogle County Courthouse. Futrell was arrested on a failure to appear warrant for driving on a suspended license. He was unable to pay the \$3,116 bond and appeared in court on Sept. 9 at 1 p.m. After his court appearance Futrell posted the \$325 bond, was released, and

will appear in court again on Sept. 30 at 9 a.m. On Sept. 9 at approximately 12:30 p.m. deputies arrested Cynthia Pulido, 39, of Rochelle when she turned herself in to the Ogle County Jail. Pulido was arrested on a no bond warrant for driving on a suspended license. She will appear in court on Sept. 10 at 1 p.m.

All individuals are considered innocent until proven guilty.

### Labor Day

The Ogle County Sheriff's Office successfully conducted an impaired driving enforcement effort during the Labor Day Traffic Safety Campaign, resulting in 175 citations being issued. The citations were issued for various offenses including: 13 arrests for DUI, 21 arrests for no valid/suspended/or revoked driver's licenses, five arrests for felony drug offenses, 57 citations for speeding offenses, 18 citations for uninsured motorists, 30 citations for registration violations,

two citations for alcohol violations, five arrests for illegal consumption of alcohol as a minor, two citations for cannabis violations, two citations for seat belt violation, and one arrest for fleeing to elude a police officer. "Through the Labor Day safety campaign, we helped to make our roads safer and spread the word about the risks of impaired driving - 'It's Not a Game,'" Sheriff Brian VanVickle said.

The Ogle County Sheriff's Office collaborated with other law enforcement agencies and highway safety partners across the state for the Illinois Labor Day "Drive Sober or Get Pulled Over" and "Drive High. Get a DUI" campaign.

This effort was part of the statewide "Drive Sober or Get Pulled Over," "Drive High. Get a DUI" and "Click It or Ticket" initiatives, funded by federal highway safety funds through the Illinois Department of Transportation.

## Weekly Brain Busters

### King Crossword

**ACROSS**

1 Bit of butter  
4 "Dream on!"  
8 Half (Pref.)  
12 "Kinda" suffix  
13 Mandolin's kin  
14 Redact  
15 LAX info  
16 Embraces among team members, say  
18 Mideast peninsula  
20 "Gee, ya think?"  
21 Nevada city  
24 Pansy part  
28 Floor coverings  
32 Luau dance  
33 Paul Newman film  
34 Refine metal  
36 Male turkey  
37 "M\*A\*S\*H" star  
39 Pub vessels  
41 Sand castle site  
43 Clear the decks?  
44 Gearwheel tooth  
46 Mary Poppins, e.g.  
50 Hydrants  
55 Tic-tac-toe win  
56 Totals  
57 Mine, to Marcel

**DOWN**

1 Slapstick arsenal  
2 Italian wine region  
3 Compared to  
4 North African capital  
5 California's Big —  
6 "Am — blame?"  
7 Family fight

8 Sneaky laugh  
9 Sch. URL ender  
10 "Top Gun" target  
11 TGIF part  
17 Young seal  
19 Coach Parseghian  
22 Feeling no pain  
23 Curved moldings  
25 Ballet wear  
26 Sleep like —  
27 Felonious flights  
28 Melville captain  
29 Hold sway  
30 Icelandic epic

31 Whole lot  
35 Trains, buses, etc.  
38 Entry  
40 CEO's deg.  
42 Jump  
45 Glitz partner  
47 Alaskan seaport  
48 Linguist Chomsky  
49 Present-day "carpe diem"  
50 "Terrif!"  
51 Wyo. neighbor  
52 Vitamin stat  
53 Hollywood's Thurman  
54 Acquired

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### MAGIC MAZE ● — COAST

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

Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally  
Unlisted clue hint: RED-BROWN METAL

- Adelie East Ivory Sapphire
- Atlantic Forgotten Malabar Sunshine
- Barbary Gold Mosquito West
- Coromandel Gulf Pacific

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## Weekly SUDOKU

by Linda Thistle

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

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.

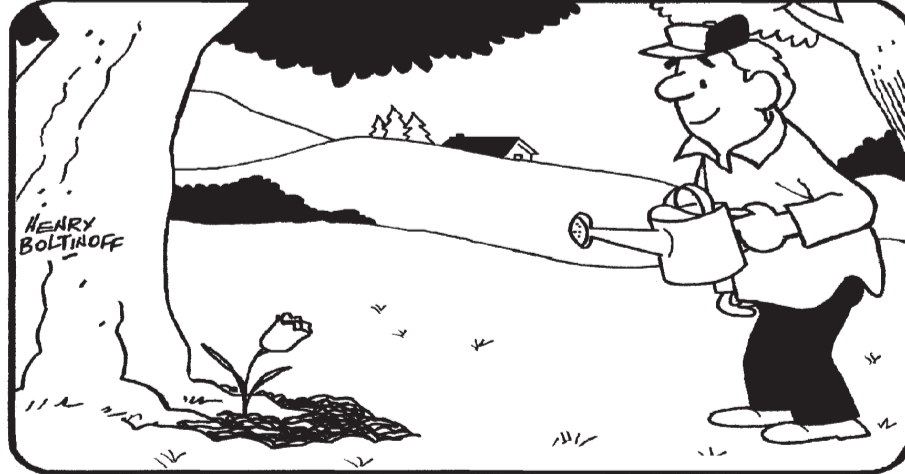
### DIFFICULTY THIS WEEK: ♦♦

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

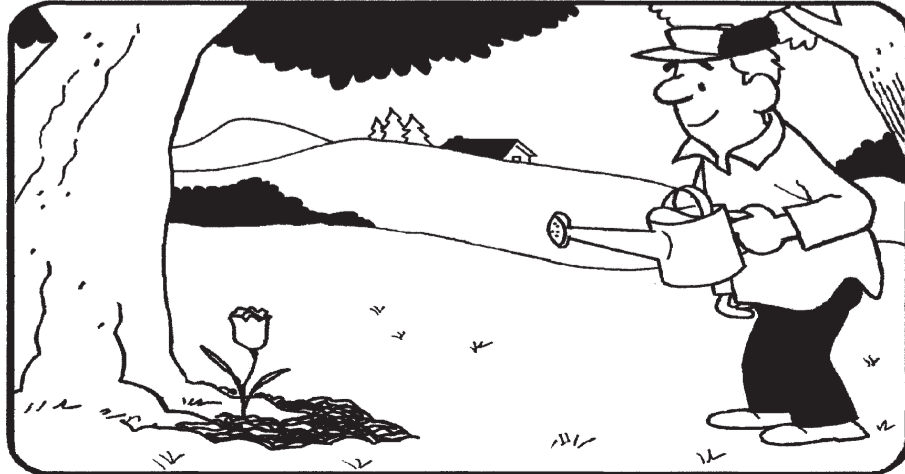
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## HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Tree trunk is different. 2. Spout on watering can is longer. 3. Cap is larger. 4. Hair is shorter. 5. Mountain is different. 6. Flower is different.

**King Crossword**  
Answers

Solution time: 24 mins.

**Weekly SUDOKU**  
Answer

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

# Classified Marketplace

**BUY OR SELL**  
Place A Classified Ad



OGLE COUNTY • OGLE COUNTY • OGLE COUNTY • OGLE COUNTY

**101 LEGAL NOTICE**

**NOTICE**

TO: MARTIN RAMOS ACEVEDO, LAURA ACEVEDO, IMER ASHIKU AS TRUSTEE OF THE IMER ASHIKU REVOCABLE TRUST DATED 31ST OF JANUARY 2019, COUNTY CLERK OF OGLE COUNTY, ILLINOIS, UNKNOWN OWNERS AND PARTIES INTERESTED IN SAID REAL ESTATE, OCCUPANTS OR PERSONS IN ACTUAL POSSESSION OF REAL ESTATE HEREINAFTER DESCRIBED CITY OF POLO TAX DEED NO. 2024TX20 FILED JULY 15, 2024

**TAKE NOTICE** COUNTY OF OGLE DATE PREMISES SOLD NOVEMBER 2, 2022 CERTIFICATE NO. 2021-00099 SOLD FOR GENERAL TAXES OF 2021 SOLD FOR SPECIAL ASSESSMENT OF (MUNICIPALITY) AND SPECIAL ASSESSMENT NUMBER (NOT APPLICABLE) WARRANT NO. (NOT APPLICABLE) INST. NO. (NOT APPLICABLE) **THIS PROPERTY HAS BEEN SOLD FOR DELINQUENT TAXES** Property located at: 118 W Mason St., Polo, IL 61064 Property Index No: 14-16-204-010 This notice is to advise you that the above property has been sold for delinquent taxes and that the period of redemption from the sale will expire on January 15, 2025. The amount to redeem is subject to increase at 6-month intervals from the date of sale and may be further increased if the purchaser at the tax sale or his or her assignee pays any subsequently accruing taxes or special assessments to redeem the property from subsequent forfeitures or tax sales. Check with the County Clerk as to the exact amount you owe before redeeming. This notice is also to advise you that a petition has been filed for a tax deed which will transfer title and the right to possession of this property if redemption is not made on or before January 15, 2025. This matter is set for hearing in the Circuit Court of Ogle County in the Ogle County Courthouse, 106 S 5th St, Oregon, Illinois, on Thursday, March 6, 2025, at 9:00 a.m. in courtroom 302. You may be present at this hearing but your right to redeem will already have expired at that time. **YOU ARE URGED TO REDEEM IMMEDIATELY TO PREVENT LOSS OF PROPERTY** Redemption can be made at any time on or before January 15, 2025 by applying to the County Clerk of Ogle County, Illinois at the Office of the County Clerk in Oregon, Illinois. For further information contact the County Clerk Address: 105 South 5th Street, Ste 104, Oregon, IL 61061 Telephone: (815)-732-1130 Ripple Creek Investors of Chicago LLC Purchaser or Assignee Genevieve M. Daniels, P.C. Genevieve Daniels—ARDC# 6215939 Attorney for Petitioner 600 Central Avenue, Suite 318 Highland Park, IL

60035 Phone-(800) 470-8661 Dated July 15, 2024 gdaniels@gmd-law.com #2150029 No. 0827 (Sept. 2, 9 and 16, 2024)

**PUBLIC NOTICE**

Public Notice is hereby given that on August 28, 2024, a certificate was filed in the Ogle County Clerk's Office setting forth the names and post office address of all of the persons owning, conducting and transacting the business known as: NRI, LLC DBA Northwest Recovery, 14035 Hwy 72 Davis Junction, Illinois 61020 Dated August 28, 2024 Laura J. Cook, Ogle County Clerk No. 0907 (Sept. 2, 9 and 16, 2024)

**PUBLIC NOTICE**

Public Notice is hereby given that on August 28, 2024, a certificate was filed in the Ogle County Clerk's Office setting forth the names and post office address of all of the persons owning, conducting and transacting the business known as:

Northwest Repossession, LLC DBA Northwest Transport 14035 Hwy 72 Davis Junction, Illinois 61020

Dated August 28, 2024 Laura J. Cook, Ogle County Clerk No. 0908 (Sept. 2, 9 and 16, 2024)

**PUBLIC MEETING NOTICE**

The City of Byron will hold a public meeting on Wednesday September 18, 2024 at 6:00 pm at City Hall, located at 232 W. Second Street, Byron, Illinois 61010, to provide interested parties an opportunity to express their views on the proposed Illinois Department of Transportation's ITEP Grant Application project and application submittal. On or about September 30, 2024, the City of Byron intends to apply to the Illinois Department of Transportation for a grant from the Illinois Transportation Enhancement Program (ITEP). These grant funds will be utilized to help the City complete a Streetscapes project that facilitate transportation from one destination to another, allowing for the community to be connected to all necessary services and amenities. The goal of the ITEP grant project is to support alternate modes of transportation, enhance the transportation system throughout the community, and improve the quality of life for members of the communities.

Written comments should be submitted to City Hall no later than 4:00 pm on September 18, 2024 in order to ensure placement of such comments in the official record of the public hearing proceedings. This project will result in no displacement of any persons or businesses. For additional information concerning the proposed project, please contact City Hall at 815.234.2762 or email City Hall at chuber@es-il.org. Persons with disabilities or non-English speaking person who wish to attend the public hearing and need assistance should contact City Hall at 815.234.2762 no later than September 17, 2024. Every effort will be made to make reasonable accommoda-

tions for these persons. No. 0911 (September 16, 2024)

**NOTICE IN THE CIRCUIT COURT OF THE 15TH JUDICIAL CIRCUIT OGLE COUNTY, ILLINOIS**

IN THE MATTER OF THE ESTATE OF: )) NO. 2024 -PR-44 RUTH ANN DRAEGE, deceased.

**CLAIM NOTICE**

NOTICE IS GIVEN of the death of RUTH ANN DRAEGE of Oregon, Illinois. Letters of office were issued on September 5, 2024, to BEVERLY J. LINZEMANN of Oregon, Illinois, whose attorney is David A. Smith, of Smith, Birkholz & Morrow, P.C. at 129 South Fourth Street, P. O. Box 10, Oregon, Illinois, 61061-0010.

CLAIMS against the estate may be filed in the office of the Clerk of the Court at Ogle County Judicial Center, 106 South 5th Street, Oregon, Illinois, 61061, or with the representative, or both, within 6 months from the first publication of this Notice, or within three months from the date of mailing or delivery of Notice to creditors, if mailing or delivery is required by Section 18-3 of the Illinois Probate Act, 1975, as amended, whichever date is later. Any claim not filed within that period is barred. Copies of claims filed with the Clerk must be mailed or delivered to the estate legal representative and to the attorney within 10 days after the claim has been filed. BEVERLY J. LINZEMANN Independent Executor No. 0913 (Sept. 16, 23, and 30)

**NOTICE SEEKING CROP MANAGEMENT PROPOSALS**

The Byron Forest Preserve District is seeking Crop Management Proposals for the District's agricultural grounds for the 2025 and 2026 growing seasons. To be eligible, the farmer must be a resident of Byron or taxpayer to the Byron Forest Preserve District. The Crop Management Proposal is on a Price per Acre basis. Proposal form with rules and guidelines is available for pickup at the Jarrett Prairie Center located at 7993 North River Road, Byron, Illinois. **Deadline for submission is by 4 p.m. on Friday, September 27, 2024 at the Jarrett Prairie Center with sealed submissions opened at 9 a.m. on Saturday September 28, 2024 at the Jarrett Prairie Center.** Any questions, please call the Byron Forest Preserve District at 815.234.8535 ext 219. No. 0915 (September 16, 2024)

**101 LEGAL NOTICE**

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

**105 BUSINESS OPPORTUNITIES**

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**113 FINANCIAL**

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

**119 ANNOUNCEMENTS**

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

**201 DOMESTIC/CHILD CARE**

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

**203 HELP WANTED**

**Class-A CDL Drivers Wanted** \$500 Sign on bonus Earn up to \$33/per hour Local Trucking Company seeking full time, year- round driver to haul grain. **815-938-3644** Please leave message. 09052022

**301 ANTIQUES**

ANTIQUES WANTED: I pay cash for antiques; furniture, glassware, pottery & crocks, tin & iron toys, sterling silver, decoys. If it's antique, I'm interested in looking! Call 815-562-2928 or email dickharms@hotmail.com

**307 MISCELLANEOUS FOR SALE**

BUNDLED Newspaper -\$3 per Bundle. End Roll- Cost Depends on Weight of Roll. Available Monday-Friday 815-562-4171 (8AM-NOON ONLY) Rochelle News Leader.

**SPLIT Firewood For Sale.** Contact 779-251-0254

**309 PETS AND SUPPLIES**

**Free Kittens to give away to good homes.** Please call 815-615-1171

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

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**305 GARAGE SALES**

**GARAGE SALE** 306 N 5th St | Oregon Sept 19 9 am to 6:30 pm Sept 20 9 am to 6:30 pm Sept 21 9 am to 4 pm No Set Prices. Make an offer **DOWN SIZING...EVERYTHING MUST GO!** PIA #9 - 091624

**307 MISCELLANEOUS FOR SALE**

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103 AUCTIONS

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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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*Location: East of Freeport, IL or West of Rockford, IL on US 20. Go south on Pecatonica Rd. (at State Police Headquarters) 2-1/4 miles to farm.*

**FARM EQUIPMENT:** White 2-155 Gray Stripe Tractor, CAH w/ duals, wts, 20-38" rear tires, 4,444 hrs, 800 hrs on Reman motor, strong runner!; Oliver 1655 Diesel Tractor w/ wf, 3 pt, wts, extra step, 6,167 hrs, all orig!; AC - B Gas Tractor w/ wf, hand brakes, rear lift, 9.5-24 tires w/ Woods #59 Belly Mower; Glencoe 9 shank Disc/Chisel Plow; Rear Harrow fits Glencoe; Kent 15' hyd. Fold Disk-O-Vator w/ mtd. Harrow; J.D. 7000 6 R. Planter; M.M. 545-4-16" Semi mtd. Plow w/ Gauge wheel; Bush Hog 6' 3 pt. Mower; AC 1 B. Plow, fits B; Kill-Bros 350 Gravity Box w/ Kory Gear; Kory 350 Gravity Box w/ JD Gear; "Like New" Underferth 580 Gravity Box w/ tarp, lights, brakes!; Hutchinson 8"x53" PTO Auger; Mayrath 6"x40' Auger w/ elc. Mtr; Woods 1010 Grader Blade, 3 pt, 3 hyd. lines; Lifetime 14' hyd. Hog Cart; Grain Cleaner; Endgate Seeder; Behlin GP-500 bu. PTO Dryer; White 3 pt. Quick Hitch; Assort. Farm Gates; Torch Set w/ Cart; Farmor 180 amp Welder; Winco 15,000 watt PTO Generator w/ cart, 540 PTO; Older Hercules Block, heads, fits 2-155; 100# Anvil; Fence Posts & Wire; 300 gal. Fuel Tank w/ Gasboy Pump; Heat Houser for 1655; Assort. Hand Tools; Wagon full Misc. Farm Items. **SPECIAL ITEMS:** Rare Hand made Custom Covered Wagon w/ wood wheels, Lunch Wagon, seat & 2 tongues!; J.D. Scheffner Co., Freeport, IL Double Box w/ High wheel gear, restored! (see pictures). **ANTIQUe ITEMS:** Bob sled, complete; Butcher Kettle; Wood Wagon Wheels; Platform Scale; Steel Hand Corn Sheller; Oak Wall Telephone; Walnut 5 D. Chest Drawers; Pine 5' Cupboard; Assort. Old Tobacco Tins; Assort. Indian Items; Arrow Heads; 30+ Shell Boxes-cardboard; Steel wheel Gun Powder Cart; Pine Desk; 6' Tall Oak Cupboard; Floor Safe; Stoneware; Crocks; 4'-150 yr. old Wall Clock; Mantle Clocks; Walnut Chest w/ Hanky Box & Mirror; Dynamite Charger, Ohio; Adv. Yardsticks; Cloth Bank Bags; Old Bottles; Oak Commode w/ T. Bar; Sleigh Bells; Cow Bells; Duck Decoys; Platform Rocker w/ stool; 6' Dining Table w/ 6 Chairs; Fishing Poles; Plus much more Misc. items of Household Antiques! **FARM CONSIGNMENTS FROM NEIGHBORS:** 1975 J.D. 4430 w/ 158 loader, 18.4R-38, quad trans, 5263 hrs., very clean! 1978 JD 4400 D. Combine w/ 5,000 hrs, very clean incl. 444 Corn Head, 443 Corn Head, 213 Grain Platform, Spreader/Chopper; 48"x6" PTO Auger; 1981 NI 708 Power Unit (Gray & Orange) w/ 89839 Husking Bed, Perkins 140 hp motor, 4,000 hrs, JD Adapter Plate; JD 350-50' Elevator, power lift; New Mayrath 8"x28' PTO Truck Load Auger; JD 400 Mix Mill; Oliver Steel Barge Box w/ Hoist, JD 953 gear; 3 pt. JD 825 6 R. Cultivator; Lindsay 24' Harrow w/ cart; 50"x8" Auger; 50"x10" Auger; New Kory 20' LP Head Cart; 24' Bale Conveyor; Killbros 375 Gravity Box w/ JD 1075 Gear; Grain-O-Vator #30 Hyd Auger, tandem Wheels.

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# FARM SAFETY

## Tips for how to farm safely this year

**T**RACTOR accidents, grain entrapment and injuries from ornery livestock are just some of the dangers agricultural workers face every day. In fact, the National Institute for Occupational Safety and Health says agriculture is one of the most hazardous industries in the United States.

In 2016, the agricultural industry had a rate of 21.4 deaths per 100,000 workers, and each day agricultural workers experienced 100 non-fatal, lost-work-time injuries.

Agricultural dangers are not limited to North America. In Ireland, farm accidents have increased by 13 percent in the last five years and by 31 percent in the last decade, according to a national survey of farm accidents conducted by the Teagasc National Farm Survey. Furthermore, 97 percent of all farm accident victims required medical treatment.

Farms are dangerous places, and while carelessness can and does contribute to many incidents, accidents also take place during routine, seemingly safe activities. These farm safety guidelines can help lower the risk of injuries.

- Know farm equipment. Read and follow all instructions in the equipment operation manuals. In addition, attend local farm safety workshops to learn more about specific



equipment and products.

- Conduct routine safety checks. Look around buildings and grounds for obvious hazards, such as fire hazards and hazardous materials, including farm chemicals that are not stored correctly.

- Practice cleanliness. Maintain clean and neat work areas with tools stored properly and out of the way after use.

- Be mindful of your clothing and hair. Many

accidents involve a power take-off system, or PTO, which is a common component of large rotary mowers, tractors and forage choppers. Clothing can easily get caught in an engaged but unguarded PTO stub. It's easy for laces or coveralls to become wrapped around a spinning stub shaft. The PTO driveline and other protrusion points also can be dangerous if people do not pay attention.

- Use rollover protection structures. ROPS can be used on tractors and other equipment to prevent injuries. In addition, wear seat belts and employ other safety equipment as advised.

- Avoid extra passengers. It can be tempting to take the kids for a spin, but do not allow additional passengers to ride on agricultural equipment.

- Exercise caution when handling chemicals. Take

extra precautions when handling any chemicals, including pesticides.

- Wear protective gear. Wear appropriate gear and equipment as outlined by NIOSH or the Mine Safety and Health Administration. Make sure the skin, feet, ears, eyes, and hands are protected at all times.

- Employ lock out/tag out control. This is a process where one can work on equipment only after every energy source

has been controlled, such as hydraulic, pneumatic, mechanical, and electrical, according to Rural Mutual Insurance Company. Turning off equipment and using certain controls or locks on devices can prevent equipment from restarting before it is safe to do so.

Farm safety should be a priority for owners, their families and employees so that agricultural injuries can be reduced.

## The role of technology in agriculture

**W**HEN asked to think of industries that utilize technology in unique ways, few people may immediately think of agriculture. But technology has left a significant footprint in every industry, and the agricultural sector is no exception.

The National Institute of Food and Agriculture notes that modern farms operate a lot differently than the farms of yesteryear. Dramatic changes have taken place within the agricultural industry over the last few decades, helping farming operations become more efficient and profitable as well as safer and more eco-friendly.

Robots, temperature and moisture sensors, aerial images, and GPS technologies are now routinely employed within the agricultural industry. The NIFA notes that the value of such technologies cannot be understated. Thanks to the technologies at their disposal, farmers no longer have to uniformly apply water, fertilizer and



pesticides to their farms. Technology now allows them to use only the minimum amounts required as they zero in on individual plants and target specific areas of their farms. The NIFA notes that the utilization

of these technologies produces some very real benefits, including:

- Higher crop productivity
- Reduced impact on natural ecosystems
- Less runoff of chem-

icals into rivers and groundwater

- Increased worker safety

Safer, more efficient and more eco-friendly operations can only make the agricultural industry more

successful in the decades to come. That's especially notable as the world continues to confront climate change and how it might affect the food supply.

Though few may recognize the role of technology

in modern farming, there's no denying the impact that various technologies have already had on the agricultural industry. And that impact figures to become even more profound in the decades to come.

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# FARM SAFETY

## How agricultural technology can help improve sustainability

**S**USTAINABLE agriculture is an approach to farming that will allow modern farmers to meet the needs of a growing population while enhancing environmental quality. That can benefit both current and future generations, and technology will play a vital role in realizing the goals of sustainable agriculture.

According to the National Sustainable Agriculture Coalition, sustainable agriculture is designed to meet the needs of the present without compromising future generations' ability to meet their own needs. That's a worthy goal, especially in the face of a growing global population that the United Nations estimates will increase by two billion persons by 2050.

There are numerous benefits to utilizing sustainable agriculture technology, which can be especially advantageous to modern farmers.

### Efficient land management

Modeling technologies can be utilized to make more efficient use of land. According to Sustainable Brands, a global community of brand innovators, modeling technologies can be employed in a host of ways, including to identify tillage practices and the status of tile drain-



age. Certain agricultural technologies have been designed to predict the performance of cropland, which can allow farmers to more effectively and efficiently use their land. Farmers also can employ modeling technologies to determine soil health and water needs and usage, which can benefit the

land and ensure resources aren't wasted. Utilization of such technologies ensures farmers can meet the needs of modern consumers without affecting future farmers' ability to do the same.

### Reduce runoff

The United States Environmental Protection Agency notes that runoff

poses a significant threat to the environment. When runoff occurs, fertilizer, bacteria and other pollutants find their way into streams, rivers, lakes, and the ocean. Sustainable Brands notes that nanotechnology is an efficient way to deliver nutrients to crops that can improve both the efficacy

of the nutrients and reduce runoff.

### Protect crops

Sustainable Brands notes that agricultural biologicals are inputs derived from natural materials that have low toxicity. That low toxicity reduces their environmental impact. Agricultural biologicals utilize the properties

of such things as bacteria, fungi and even insects to support healthy crops, potentially improving yield without adversely affecting the environment.

Sustainable agriculture technologies can help modern farmers and their successors meet the needs of a rapidly growing global population.

## What consumers can do to support local farmers

**F**ARMING has never been a vocation for individuals looking for easy work. Farmers typically work long hours, braving the elements regardless of how unpleasant the weather may be.

All that hard work ensures individuals who live in rural, urban and suburban communities have constant, readily available access to healthy foods. Such devotion merits support, and thankfully there are many things consumers can do to show their appreciation for local farmers.

- Buy fresh foods at your local farmers market. Farmers markets are many foodies' favorite places, but they aren't exclusive to individuals with a passion for food. Everyone needs to eat, so why not eat foods grown locally, which are generally more fresh and appetizing than imported fruits and vegetables sold at chain grocery stores? Even individuals who don't typically eat fresh fruit and vegetables can find something delectable at a local farmers market, where anything from homemade tomato sauces to locally raised fresh beef and pork might be on sale.

- Order directly from local farms. Some farmers have embraced the e-commerce revolution and begun selling the foods they grow to consumers via their own websites. Research local farms and determine if it's possible to buy directly from them. Farms may offer delivery or pick-up, and consumers can enjoy fresh foods even more knowing that they helped farmers earn higher profits by buying directly from them.

- Check labels before buying in local grocery stores. Packaging labels

will indicate where fruits and vegetables came from. When possible, choose items produced by local farmers. This may include fruits, vegetables, meat, pork, or even desserts like pies. Locally produced foods often taste more fresh than items sent from overseas or distant farms, and consumers will feel better knowing they helped to support local farmers.

- Spread the word. Get the word out after a satisfying experience with local farms and farmers. Whether it's buying food from farms or taking advantage of family days that let kids enjoy a day on the farm, sharing positive experiences via social media or word-of-mouth can be a great way to inspire your neighbors to support local farmers as well.

Consumers can do much to support hard-working local farmers. In addition to feeling good about supporting their rural neighbors, consumers also might feel good when they sit down and enjoy a meal featuring locally grown, fresh foods.



**When it's your livelihood that counts... count on me.**

Shane B Huber, Agent  
221 E. IL Route 38  
Rochelle, IL 61068  
Bus: 815-562-7011  
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# LOCAL NEWS



## Leaf River Soaring Eagles clean up shelter

On Aug. 17 the Leaf River Soaring Eagles 4-H Club helped clean up a meeting shelter at Walnut Acres. The Soaring Eagles helped with clean up in the shelter and around it to assist staff in their preparations for an upcoming family picnic. The club helped the staff to sweep out and dust the shelter along with washing all the tables and chairs that were stacked in the building. After they were done cleaning, a staff member brought them pizza as a thank you for their help. Pictured left to right: Kaeden Motszko, Grant Johnson, David Bagwell, Lydia Shurburne, David Wehler, and Kaden Lingbeck. (Courtesy photo)

## 5<sup>th</sup> Annual Back Roads Market is Sept. 28

MT. MORRIS — The Fifth Annual Back Roads Market will be held Saturday, Sept. 28 from 9 a.m. to 4 p.m.

Spend a fall day traveling to the Mt. Morris countryside amidst corn fields and scenery making four stops along the way.

Drive to Hough's Maple Lane Farm, 3788 N. Mount Morris Road, satisfy your maple cravings: choose from syrup, cinnamon rolls, honey and candies. Also find some dog treats, vegetables, pumpkins and

many more goodies. Featured vendors will have vintage goods, pottery, Harry's yard art, and 815 Farm Girl air fresheners.

Next, make your way to Berry View Orchard, 7504 W. Midtown Road, there you will find the best apple cider donuts, slushies, a variety of juicy apples, aronia berries, a farm-store filled with treats, jams, Simple Comfort Candles, Linnie's Kitchen Goodies, and Nelson Farms Meats — also featuring 102.3 The Coyote.

Come around the corner to some "Funky Junk"

and much more located at 6410 W. Grove Road. 12+ Vendors here will have vintage goods, refurbished furniture, retro items, primitives, relics, collectibles, local advertising, "Junko-Lanterns," plus more! Don't forget to grab a variety of some yummy baked goods from Bobbi's Country Catering. Food concessions will be available at this stop.

Continue down the road to Vintage Chicks and Feeds, 700 Illinois Route 72, Leaf River. They are proud to celebrate 10 years in business during this

Back Roads Market Tour! They will be offering 10 percent off everything Vintage & Feed, as well as having giveaways and treats. Enjoy their unique vintage and primitives, as well as local artisans and complete feed. Browse through this quaint store filled with soaps, lotions, local honey, antiques, barn goods, Dixie Belle Paints, and more.

So, take the ride and support these local businesses and vendors, all within a short distance from one another! Signs will be posted.

## ROE 47 announces Pathway Playground Career day

STERLING — The Regional Office of Education (ROE) #47 is thrilled to announce the return of its annual Pathway Playground event, offering a day of career exploration for eighth graders in Lee, Ogle and Whiteside Counties. This year's event will take place on Friday, Oct. 18 at Sauk Valley Community College (SVCC) and is expected to welcome over 1,000 students.

The Pathway Playground provides a unique opportunity for students to connect with local businesses and explore the vast array of career paths available to them. Last year, over 70 businesses participated, showcasing their industries through interactive activities. This year, the goal is to have at least 100 businesses present, offering an even wider range of career exploration opportunities.

"We're excited to continue building upon the success of Pathway Playground," said Pathway Navigator Chanda McDonnell at ROE #47. "It's an incredible opportunity for students to get hands-on experience

and learn about exciting careers right in their own communities."

Past activities have included:

Installing windows in garage doors (construction), reporting the weather using a green screen (media & communications), and learning how to navigate a roundabout (transportation).

These activities represent just a sample of the diverse career clusters students will encounter at Pathway Playground, including: manufacturing, health sciences, agriculture, information technology, arts & communication, human & public services, and business & finance.

Call to action for businesses: The ROE #47 Pathway Team is actively recruiting businesses from Lee, Ogle, and Whiteside Counties to participate in this impactful event. Businesses interested in showcasing their careers to the next generation of talent can contact Chanda McDonnell (cmcdonnell@roe47.org) or Heather Waninger (hwaninger@roe47.org) by September 30th, 2024.

## Rep. Fritts scores perfect voting record with manufacturing organization

DIXON — State Representative Brad Fritts (R-Dixon) scored a perfect voting record on the newly released 2023 Legislative Scorecard from the Technology & Manufacturing Association (TMA). This year, 32 lawmakers in the Illinois House and Senate were named to their 100% club after voting in line with seven critical pieces of legislation impacting small and mid-sized man-

ufacturers.

"I am incredibly proud to receive a 100% legislative score from the TMA," Fritts said. "Manufacturing is a critical part of our job market, but continues to be burdened by overbearing government regulation that harms the smallest businesses the most. I will continue my fight down in Springfield to support our small and mid-sized manufacturing here in Illinois."

### Taco Time

<p><b>ROMA TOMATOES</b> 99¢ lb</p>	<p><b>Crystal Farms SHREDDED CHEESE</b> Select Varieties 5.5-8 oz <b>2.99</b></p>	<p><b>Old El Paso TACO SEASONING</b> Select Varieties .85-1 oz <b>79¢</b></p>	<p><b>Old El Paso TACO SHELLS, TORTILLAS, BEANS OR RICE</b> Select Varieties .85-1 oz <b>2/\$4</b></p>	<p><b>Red Gold SALSA OR TOMATO JUICE</b> Select Varieties 15.5-46 oz <b>2/\$5</b></p>
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**WHO'S**

**WHO**

**IN**

**HEALTHCARE**



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Monday, Sept. 16, 2024  
Section C

ROCK VALLEY SHOPPER 

# WHO'S WHO IN HEALTHCARE

## Things to consider when shopping for health insurance plans

NO one wants to get sick or hurt, but common illnesses like colds and stomach bugs are inevitable, and rare is the individual who goes a lifetime without a notable injury. Furthermore, most people desire medical care that involves routine examinations and health screenings. Health plans help to defray the costs of such care.

HealthCare.gov says health insurance provides free preventive care, such as vaccines and some wellness visits, even before having to meet a deductible. Without health insurance, individuals may delay much-needed medical care because of the cost until conditions become intolerable. At that point, extensive intervention may be needed or treatment may no longer be possible.

Depending on a person's age or where they live, health care may be provided by the government. But many individuals have to secure their own health insurance or enroll in plans through their employer. The following tips can help people choose health plans that work for their needs.

### Premium costs

The premium is the amount of money that comes out of the poli-

cy-holder's pocket each month or pay period. When health insurance is offered through an employer, a portion of that cost is paid by the employer with the balance being covered by the employee. The premium will differ depending on whether a single individual will be insured, or if coverage will be extended to a spouse and/or children.

Individuals with no employer-sponsored health plan can shop their state's online marketplace for U.S. residents if available or the federal marketplace to find a plan; otherwise, one also can purchase a health plan directly from an insurer, but that is likely to be the most expensive route.

### Alphabet soup

Health plans are all about the acronyms. There are HMOs, PPOs, EPOs, and POS plans. Each of these offerings is unique in regard to coverage and requirements. Generally speaking, an HMO is the least expensive initially but may be the most restrictive in choosing providers. A PPO has more provider options but higher out-of-pocket costs. EPO and POS plans fall in between. Therefore, shoppers need to determine their priorities before choosing plans, such as whether they can

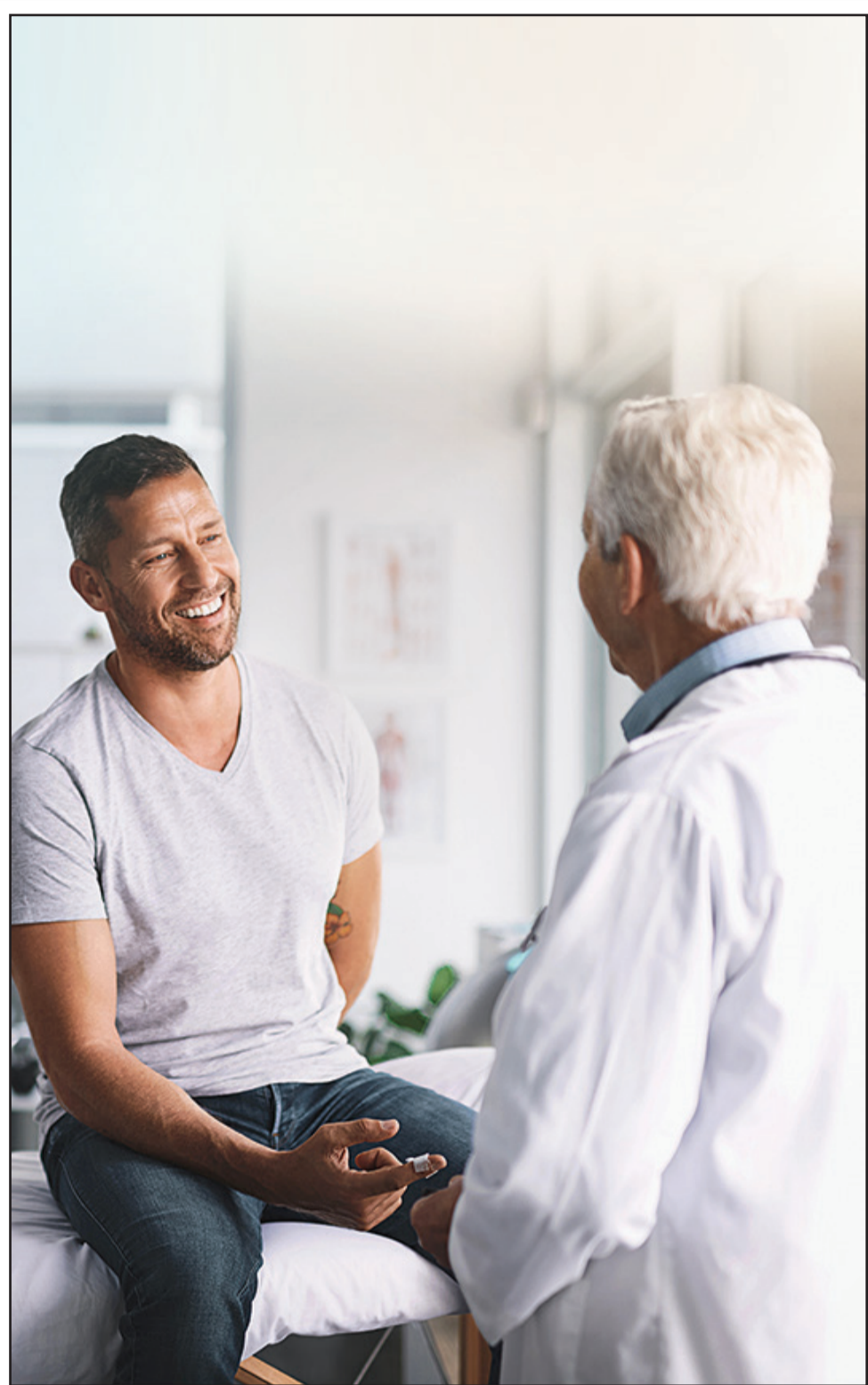
stay in-network.

### Deductibles, co-payments and co-insurance

Additional considerations when comparing health plans include deductibles, co-payments and co-insurance costs. Nearly all plans will feature some sort of combination of these costs, which are in addition to the deductible. For example, there may be a \$20 co-payment required for standard visits and a higher amount for specialists. Deductibles are the amount of money that has to be spent before the plan starts paying for specific health care costs, like lab work or imaging. Co-insurance is a percentage owed on certain procedures. For example, a patient may be responsible for 20 percent of surgery costs and the other 80 percent is covered by the plan. Plans typically will list the maximum out-of-pocket expense for the calendar year.

Shoppers also should consider if the providers within each plan operate near their homes. Coverage for prescription medications is another point to consider.

Shopping health plans can be confusing. Learning the lingo and doing your homework is necessary to ensure you find the best plan.



## Important reasons to visit a primary care physician

IT is vital to make personal health a priority. Despite that widely accepted truth, far too often people delay trips to see their doctors. The coronavirus pandemic only compounded this issue. An April 2020 report from Modern Healthcare found roughly one in three Americans delayed medical care as they coped with the financial loss and stress caused by COVID-19. A report from CTV indicated Canadian cancer diagnoses were down 16 percent from 2018 to 2020 due to closed facilities or fear of getting COVID-19 from medical offices.

Concerns about the pandemic are not the only reasons individuals may skip doctor visits. Some avoid going to the doctor due to fear of the unknown. Dr. Barbara Cox, a psychologist based in San Diego, told NBC News that it's common to feel reticent and anxious about going to the doctor. Around 3 percent of the population actually suffers from iatrophobia, the medical name for fear of doctors. Most just worry about getting bad news.

A refresher course on the benefits of visiting a primary care doctor may

compel millions to schedule appointments and get back on top of their overall health.

- **Chronic disease management:** An individual with a chronic disease, such as kidney disease, diabetes or hypertension, should consult with a doctor about the ideal frequency of visits and to coordinate medication and testing with specialists.

- **Vaccines and shots:** Primary care providers (PCPs) offer routine vaccinations and can ensure that individuals are up-to-date on the immunizations they need to stay safe. Tetanus, diphtheria, shingles, pertussis, flu, and now COVID-19 vaccines are vital to overall health.

- **Medical referrals:** A PCP can assess a health situation and refer a patient to the correct specialist if more extensive care is needed. However, many chronic conditions can be monitored and addressed by a PCP.

- **Cancer screenings:** UW Medicine, which specializes in patient care, research and physician training in Seattle, says most people will need a few cancer screenings as they age, including colonoscopies, Pap smears, mammograms, and other

important diagnostic tests for cancer. PCPs are usually the first line of defense against cancer and can ensure patients receive the screenings they need.

- **Non-life-threatening illnesses or injuries:** Unless a situation is life-threatening or severe, thereby warranting a trip to the emergency room, most people can visit their PCPs for help treating a variety of conditions. When in doubt, individuals should first consult with their general practitioner about the right course of treatment.

- **Routine lab work:** Blood and urine tests often are part of annual well visit checks. Many PCP offices have phlebotomists on staff so that lab work can be conducted in the convenience of one place and then sent out for testing.

- **Work or sports physicals:** Certain employers require physical examinations, as do schools and recreational sports leagues. PCP offices are the place to go for these types of examinations, which are generally recommended annually.

Primary care physicians are often the first people to turn to for a bevy of health and wellness needs.



### Dr. Bruce Denton Mt. Morris Chiropractic & Laser Therapy

**Education/Experience:**  
Graduated Cum Laude in psychology from Rockford College and obtained his Doctor of Chiropractic degree from National College of Chiropractic. Entered practice in 2000 and completed 100 hour certification in Applied Kinesiology in early 2000. Certified for prescription and use of therapeutic laser in 2015.

**Services Offered:**  
Chiro Services, State of the Art Laser, Essential Oils, Maintenance/Supportive Care, Nutrition Counseling, Pain Relief, Soft Tissue Therapy (Acupressure & Applied Kinesiology), Spinal & Extremity Adjustments (Manipulative Therapy), Supplements/Nutriceuticals, Wound Healing

**Personal Info:**  
Husband to Kelly for 34 years; has four daughters and eight grandchildren. Dr. Denton is also a musician and songwriter.



Mt. Morris Chiropractic & Laser Therapy

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# WHO'S WHO IN HEALTHCARE

## Potential signs of kidney disease

**C**HRONIC kidney disease is a significant threat to millions of people across the globe. According to the National Kidney Foundation®, 10 percent of the worldwide population is affected by CKD, which affects people of all ages and races.

Though there is no cure for CKD, the kidney health experts at World Kidney Day note that treatment can slow or halt the progression of the disease. That underscores the importance of learning to recognize potential signs of kidney disease.

• **Energy loss:** The NKF notes that a severe decrease in kidney function can cause toxins and impurities to build up in the blood, resulting in feelings of fatigue and weakness. Such a buildup also can make it hard for individuals to concentrate. Anemia, a blood disorder characterized by a deficiency of red blood cells or hemoglobin in the blood, is a complication of kidney disease and can cause weakness and fatigue.

• **Difficulty sleeping:** Kidneys that are not functioning properly will not effectively filter toxins in the blood and expel them through urine. The NKF notes that individuals may experience difficulty sleeping when toxins remain in their blood.

• **Blood in urine:** Blood in the urine can be indicative of a host of conditions, including tumors, kidney stones or an infection. But it also can indicate CKD, as healthy kidneys are often effective at keeping blood cells in the body while they filter waste. The Mayo Clinic notes that certain foods, including beets and berries, can affect the color of urine. But urine should generally range from a pale yellow color to a deep amber. Any visible sign of blood in urine or urine that is dark or orange in color should be brought to the attention of a healthcare provider right away.

• **Dry, itchy skin:** Dry, itchy skin may not seem like a potential indicator of kidney problems, but the NKF reports that such a symptom may indicate the

presence of a bone disease that often accompanies advanced kidney disease. These symptoms appear because the kidneys can no longer help the body maintain an appropriate balance of minerals and nutrients in the blood.

• **Increased urge to urinate:** The NKF notes that this symptom often occurs at night and is a byproduct of damage to the kidney filters.

Some additional signs of kidney disease include foamy urine, persistent puffiness around the eyes, swollen ankles and feet, and muscle cramps. World Kidney Day reports that individuals can lose up to 90 percent of their kidney function before they experience any symptoms and most people with CKD experience no symptoms until the condition has reached an advanced stage. However, learning to recognize potential indicators of kidney disease and reporting them to a healthcare professional can lead to early detection and potentially slow the progression of the disease.



## Dos and don'ts of healthy weight loss

**M**AINTAINING a healthy weight promotes long-term health. Being overweight or obese are risk factors for various conditions, including type 2 diabetes and cardiovascular disease. The World Health Organization reports that the worldwide obesity rate has tripled since 1975. In 2016, more than 1.9 billion adults were overweight. Of these, more than 650 million were obese.

Health issues related to obesity are largely preventable. Losing weight in a healthy manner is essential for safe and lasting results. Individuals aspiring to lose weight can follow these guidelines on what to do and what not to do.

**DO** add lean protein sources to your diet. Healthline indicates the body burns calories when digesting and metabolizing protein, so a high-protein diet can help to shed up to 80 to 100 calories per day. Protein also helps you to feel full, reducing the propensity to overeat.

**DON'T** get hung up on numbers early on. The Centers for Disease Control and Prevention advises that even mod-

est weight loss of 5 to 10 percent of your total body weight is bound to produce health benefits, such as improvements in blood sugar levels, cholesterol and blood pressure. Start small and gradually build up.

**DO** eat at least four servings of vegetables and three servings of fruits daily. Produce contains an abundance of vital nutrients and is often fiber-rich and low in calories, which helps you to feel full.

**DON'T** overlook the impact of beverages on weight loss. The calories in sugary beverages, including some all-natural fruit juices, can add up quickly. Stick to water, tea or other unsweetened beverages to help with weight loss.

**DO** get moving more. The Mayo Clinic notes that while it is possible to lose weight without exercise, getting moving can help burn off the excess calories you can't cut through diet alone. Exercise boosts metabolism and benefits mood and strengthens muscles and the cardiovascular system as well.

**DON'T** go shopping while hungry. If you do, you may make impulse

buys that compromise healthy eating plans.

**DO** speak with a doctor if you are vetting diet and exercise plans. A healthcare professional can assist you by indicating if a particular diet or fitness routine is acceptable for your age, goals and current health status.

**DON'T** forget to track eating. Most healthy diets involve some sort of calorie-counting, whether they actually require you to document your intake or use a formula to attribute "points" or another measure related to what you eat. Writing or tracking the foods and beverages you consume will provide the most honest assessment of habits that could affect weight loss.

**DO** include foods you enjoy. Completely restricting access to occasional treats may cause you to resent healthy eating, which can derail weight loss goals. The principle of moderation can apply to healthy weight loss as long as you account for the more calorie-dense foods.

Losing weight in a healthy manner is achievable when you seek guidance and follow some time-tested techniques.



### Dr. Henry Oh, DO Family Medicine at CGH Polo Medical Center

**Education/Experience:**  
Medical school: Des Moines University, Des Moines, IA  
Residency: Family Practice Residency at Doctors Hospital, Columbus, OH  
Undergraduate School: Washington University, St. Louis, MO

**Memberships:**  
American College of Osteopathic Family Physicians  
American Academy of Family Physicians

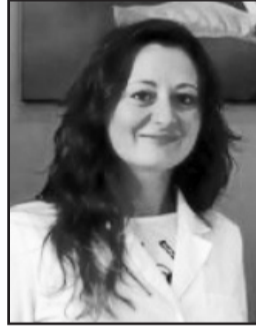
**Board Certification:**  
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### Dr. Carri Anderson, DC Alpine Chiropractic and Natural Medicine, PC

**Education/Experience:**  
2010 graduate of Palmer College of Chiropractic, Davenport, IA. Thirteen years clinical experience with musculoskeletal pain and injuries as well as nutrition.

**Specialty:**  
Joint pain, back pain, headaches, sports injuries and nutrition.

**Services Offered:**  
Short-term Care for Neck, Back Pain and Sports Injuries. Accepts MD Referrals. Affordable / Insurance Accepted. Myofascial Release Muscle Therapy.

**Personal Info:**  
Oregon Chamber of Commerce Business of the Year 2014 and is a past President of the Oregon Lions Club. Originally from Polo, Carri lives in Oregon with her daughter Evelyn. She enjoys spending time with family and friends and in the outdoors.



101 N. Fourth St.  
Oregon, IL  
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### Caroline Arnould Value Lab

**Education/Experience:**  
10 years as a Phlebotomist

**Specialty:**  
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### Justine Beaman APRN-FPA, MSN, TNS Double-Board Certified Nurse Practitioner

**Education/Experience:**  
Justine graduated from Rochelle Township High School in 2003 and has 22 years of healthcare experience. She offers our rural communities access to aesthetic and healthcare services that are otherwise only offered in larger cities or towns. She offers in-depth consultations and assessments to provide recommendations on unique patient needs. The staff at BEAM are able and ready to assist you to meet your goals!

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# WHO'S WHO IN HEALTHCARE

## How individuals can plan for post-retirement medical expenses

WHEN individuals retire, they not only walk away from work, but also relinquish their steady paychecks. For many, retirement can be a potentially risky financial endeavor. Saving for retirement is a great way to mitigate such risk, but unforeseen expenses, such as medical bills, can quickly derail a retirement plan.

Many people have a greater need for medical care as they get older. The Fidelity Investments Retiree Health Care Cost Estimate indicates health care can be one of the biggest expenses a person will take on in retirement. The average 65-year-old couple who retired in 2021 in the United States can expect to spend \$300,000 on health care and medical expenses during retirement. The financial resource The Street says other studies suggest it's wise for retirees to plan to spend between \$3,000 and \$7,700 per year on health care.

Financial advisors warn that relying exclusively on Medicare to cover health

care costs isn't going to cut it. Benefits under the Medicare program often aren't enough to pay for all of a retiree's needs. There may be gaps for chronic treatment of illnesses and specialty treatment for certain conditions. Long-term care services also typically are not covered. It's important to note that Medicare will cover general doctor's visits, but it does not cover the cost of deductibles or copays.

Individuals need to be proactive and plan for medical expenses in retirement. After housing, healthcare is the most significant expense for retirees. Health spending accounts and long-term health insurance are two options for people looking for ways to cover their health care costs in retirement.

As of 2022, people can contribute up to \$3,650 for an individual or \$7,300 for a family per year into a health savings account. After age 55, an additional \$1,000 per year is allowed. Money in an HSA grows tax-free and it can be spent tax-free on qualified

medical expenses. Once a person has Medicare, he or she no longer is eligible to contribute to the HSA, but can use money already in the account to pay for qualified medical expenses that are not covered by Medicare.

Long-term care insurance is another option, and many people invest in such an account during their 50s or 60s. The earlier an individual enrolls in a program, the lower the premium. According to Personal Capital, most policies will not start until a patient has needed assistance for 90 days and other qualifying guidelines are met. Generally speaking, long-term care insurance also is use-or-lose. If there's never a need to use the insurance, it will not be refunded. This is a risk that certain people are willing to take.

In addition to these options, people may consider gap insurance programs. When putting together a retirement plan, it can be wise to speak with financial advisors who can customize products based on their expected needs.



## 7 lifestyle choices to reduce cancer risk

**T**O date there is no definitive cure for cancer, nor any one preventative treatment. But individuals should not resign themselves to the fact that cancer is inevitable. There are plenty of lifestyle modifications that can go a long way toward reducing cancer risk. Here's a deeper look at some of the more effective.

**Avoid tobacco**  
Not only does smoking cause between 80 and 90 percent of lung cancer deaths, according to the Centers for Disease Control and Prevention, it also contributes to many other forms of the disease, including cancers of the pancreas, liver, bladder, and cervix. Quitting smoking and avoiding secondhand smoke can reduce cancer risk.

**Exercise regularly**  
Physical activity can lower estrogen levels, reduce levels of insulin in the blood, help a person lose weight, and reduce inflammation—all factors that contribute to the formation of cancer. Experts recommend 150 minutes of moderate-intensity or 75 minutes of vigorous-in-

tensity exercise a week.

**Eat healthy foods**  
The American Institute for Cancer Research indicates certain minerals, vitamins and phytochemicals can produce anti-cancer effects. Many foods, namely fruits, vegetables, whole grains, and legumes, can boost health and contribute to lower cancer risk.

**Avoid excessive alcohol consumption**  
Drinking alcohol regularly increases the risk of cancers to the mouth, voice box and throat, according to the CDC. Furthermore, alcohol consumption is a primary risk factor for liver cancer. By limiting alcohol consumption, individuals can reduce their cancer risk.

**Be cautious of hepatitis C**  
Individuals should avoid behaviors that put them at risk of contracting hepatitis C, which causes inflammation of the liver. Hepatitis C can be contracted by receiving a piercing or tattoo in an unsanitary environment, through injecting or inhaling illicit drugs, through unsafe sex, or if you are a healthcare worker exposed

to infected blood through an accidental needle prick.

**Apply sunscreen**  
Protect the skin from exposure to ultraviolet rays from the sun and tanning beds, as skin cancer is the most common form of the disease in the United States. Simply reducing exposure can help prevent skin cancers and other damage. This includes wearing wide-brimmed hats, applying sunscreen with an SPF of at least 30, avoiding the sun between 10 a.m. and 4 p.m., and wearing sun-protective clothing. Tanning beds are not safer for the skin than being out in the sun, so they should be avoided.

**Get enough sleep**  
The importance of sleep to overall health is easily overlooked. Lancaster General Health says, while there is no specific data for sleep on cancer prevention, sleep deprivation can lead to harmful behaviors, such as overeating, drinking too much alcohol or being too tired to exercise, each of which increases cancer risk.

Relatively easy lifestyle changes can go a long way toward reducing cancer risk.



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**Mallory Blassingham, PT**

Physical Therapist

- Special interest in orthopedics, manual therapy & dry needling
- Member of American Physical Therapy Association (APTA)
- Member of Illinois Physical Therapy Association (IPTA)
- Diagnosis/treatment of musculoskeletal conditions
- Attended Pelvic Health Clinicals

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**Drew Fitzanko**  
PT, CWT, HSS-BOAC, CFPS, HSP

Physical Therapist / Certified Weight Trainer

**Specialties:**

- Evaluation & Treatment of sports-related injuries
- Treatment of Balance Disorders & Vertigo
- Treatment of chronic pain syndromes
- Offers education in injury prevention & fall prevention programs
- 24 Years of experience

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