



BHS XC teams advance to state

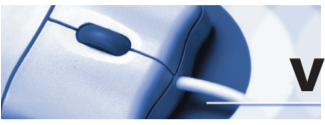
The BHS boys and girls cross country teams advanced to the state meet. **Section B**

OGLE COUNTY LIFE

ROCK VALLEY SHOPPER



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KNOW IT TODAY



Dietrich featured in documentary

Oregon's Erin Dietrich will be in a documentary titled 'Take Your Own Notes' that will be shown at CMAAA. **Page 2**

WEATHER

MONDAY	TUESDAY
HIGH LOW	HIGH LOW
57 47	57 44
WEDNESDAY	THURSDAY
HIGH LOW	HIGH LOW
55 40	56 42
FRIDAY	SATURDAY
HIGH LOW	HIGH LOW
48 34	46 31

OBITUARIES

- Martha M. Gertmann
- Charles Alvin Simmons Jr.
- Michael D. Southwick

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INSERTS

- Felker Foods
- Polo Fresh Food
- Menards
- Farm & Fleet
- Runnings

The Rink at Pine Creek updates front facade with mural

BY JEFF HELFRICH
MANAGING EDITOR

MT. MORRIS — The Rink at Pine Creek recently underwent renovations including improvements to its front facade with a mural and the expansion of its arcade, doubling it in size, Owner Rebecca Wilson said Oct. 29.

The front of the building was resided, and later painted by a mural artist. Outdoor renovations around the building will continue. 10 new games were added to the arcade and all games were changed to arcade cards, which will now accumulate tickets electronically. The arcade's prize redemption area has added larger and more exciting prizes, Wilson said. The Rink at Pine Creek has been in operation at the site as a roller rink for 76 years.

"We had our 75th birthday last year, so this year going into our 76th year



(PHOTO BY JEFF HELFRICH)

The Rink at Pine Creek recently underwent renovations including improvements to its front facade with a mural and the expansion of its arcade, doubling it in size, Owner Rebecca Wilson said Oct. 29.

we're trying to bring life into this place," Wilson said. "There's tons of people that are still coming out and skating, but we want to remind the community we're here. The front now reminds people that we're alive and well and tells people to come on inside. When winter starts to kick off, it's a good time to start looking for things to do

indoors. We'll continue to put more resources back into the place and keep it fun and exciting for people."

Wilson, who also owns the wedding and vacation venue Pine Creek Escape, purchased The Rink at Pine Creek in 2019. The business saw the immediate impacts of COVID-19 and shutdowns. After business

got back to normal, she and her husband, Aaron, were able to make the investments to upgrade The Rink.

Wilson and family and a maintenance worker hung the new steel on the front of the building before the mural artist was hired for the rest. The changes to the arcade have been a new initiative for staff at The Rink.

"We've continued to invest in the business, but a lot of it's been behind the scenes," Wilson said. "These recent improvements are nice and fun and front and center for everyone to see. As a business owner, it's been enjoyable to do something that's visible."

See RINK page 11

76.6 percent voter turnout, 25,933 votes cast in Ogle County

BY JEFF HELFRICH
MANAGING EDITOR

OGLE COUNTY — During the General Election Nov. 5, Ogle County saw a 76.6 percent voter turnout with 25,933 ballots cast out of 33,870 total voters.

In the unofficial election results, the county showed 16,553 ballots cast on election day (63.8 percent), 6,774 ballots cast in early voting (26.1 percent) and 2,606 vote by mail ballots cast (10 percent).

In the race for United States president and vice president, Donald Trump and JD Vance (R) defeated Kamala Harris and Tim Walz (D) with 277 electoral votes to 224. Trump/Vance won the Ogle County vote with 64 percent. Harris carried the state of Illinois with 53.4 percent.

Locally in the Ogle County Board District 3 race, incumbent Austin Gillis (R-Rochelle)

defeated Lloyd Droegge (D-Rochelle) with 57.48 percent of the vote.

In the state representative race in the 74th District, incumbent Bradley Fritts (R-Dixon) defeated David Simpson (R-Shabbona) with 31,350 votes to 16,934. Fritts secured 67.23 percent of the vote in Ogle County.

"I am incredibly proud of the campaign my team has run this year," Fritts said in a press release. "The message was clear and focused: unity and positive change for all members of our community. We didn't stoop to negative, divisive political rhetoric, but instead focused on what we can improve when working together. Serving the people of the 74th has been the honor of a lifetime. I look forward to continuing my work to make our community a better place for families, businesses, and the hard-working men and women who make our



(PHOTO BY CHRIS GRIMM)

During the General Election Nov. 5, Ogle County saw a 76.6 percent voter turnout with 25,933 ballots cast out of 33,870 total voters.

state great."

There were three state advisory questions decided in the General Election. A ballot measure to subject candidates to civil penalties if they attempt to interfere with an election

passed with 88.8 percent. 87.41 percent of Ogle County voters voted yes for that.

A ballot measure to create an additional three-percent tax on income greater than \$1 million to dedi-

cate to property tax relief passed with 60.3 percent. 52.11 percent of Ogle County voters voted yes for that.

See ELECTION page 8

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LOCAL NEWS

Documentary on female veterans featuring Oregon's Dietrich to be shown at CMAAA

BY JEFF HELFRICH
MANAGING EDITOR

OREGON—The Harlem Veteran Project will be hosting a free viewing of "Take Your Own Notes", a documentary featuring five female veterans from the region, at the Coliseum Museum of Art, Antiquities & Americana at 124 N. 4th St. in Oregon on Nov. 16 at 4 p.m.

The documentary features Mt. Morris native Erin Dietrich, who owns Patriot Barber Shop in Oregon, along with area veterans Melissa Beckford, Melody Brocato, Milana Herman and Stephanie Jordan. "Take Your Own Notes" was made by Harlem High School film students from 2019-2022 and has been selected by the St. Louis Film Festival, Beloit International Film Festival, and Mosaic World Film Festival.

After graduating from Oregon High School in 1999, Dietrich enlisted in the United States Army and went to basic training at Fort Leonard Wood in Missouri. She was then recruited to go to airborne school at Fort Benning, Georgia and was stationed at Fort Bragg, North Carolina.

Dietrich was deployed to Kosovo and Kandahar, Afghanistan. She got out of the service in 2004 after

serving just over five years.

While going to therapy through the VA a few years ago, Dietrich's therapist told her about the Harlem Vet Project and said she should reach out. And she did. Dietrich did a phone interview and later an interview in person at her parents' house.

"I finally met all of the other ladies in the documentary and we learned we were all very parallel," Dietrich said. "I didn't get to see anything about the documentary until it came out. It just gives a different viewpoint. It talks about veterans from a female perspective and what we see and how we're entangled, intertwined and how we parallel each other."

The Harlem Vet Project interviews and produces documentaries of American veterans. During the 10 years of the program, it has interviewed over 200 veterans (World War II through the War in Afghanistan) and produced over 150 documentaries.

"Take Your Own Notes" was a larger undertaking by the program, which landed it at film festivals. Participating in the project helped Dietrich to come to terms with parts of her service and the journey she's been on since.

"I knew I needed help and I knew I needed to process my service even



(PHOTO BY JEFF HELFRICH)

The Harlem Veteran Project will be hosting a free viewing of "Take Your Own Notes", a documentary featuring five female veterans from the region, at the Coliseum Museum of Art, Antiquities & Americana at 124 N. 4th St. in Oregon on Nov. 16 at 4 p.m.

after I had been out for so many years," Dietrich said. "I advocated for myself and told my story. I've found that since I've been on this path in life of trying to re-figure out who I am, it's actually gone really well to advocate for myself and talk with people. This documentary is not about me. It has some things that people may relate to. I don't find myself interesting, but other people

might." Dietrich said the Harlem program wanted to show the documentary in local communities before submitting it to a larger online platform. Dietrich asked if they'd be interested in showing it at the Coliseum, and after viewing the space it was put on the books.

When Dietrich watched the documentary for the first time, she enjoyed how it paralleled the veterans'

stories and was interested in the similarities of what they went through.

"I felt less alone than I'd ever felt," Dietrich said. "That brought up a lot of emotion for me. I got a little bit of peace in knowing I wasn't alone in what I went through. I didn't know that until I went through the whole process. It was therapeutic for me. I didn't know I had sisters like these women from all dif-

ferent walks of life. It's an eclectic group of females and we all went through the same experiences in a lot of ways."

Dietrich doesn't believe the documentary or her service were really about her. She believes women that join the armed forces do it for the same reason as everyone else: to serve their country.

See DIETRICH page 7

Kids who came out received a *Free Cheeseburger and Soda*

This event was a huge success!
Can't wait to see you all next year.

Please make sure to join us every year on Halloween for kids 12 and under to participate. Thank you from the Crew at JC's!

HALLOWEEN

COSTUME CONTEST

Thank you
to everyone who came out and participated in our annual Halloween Contest!

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LOCAL NEWS



(PHOTOS BY JEFF HELFRICH)

There were no injuries to residents or first responders after a fire at an apartment building on 2nd Avenue in Rochelle on Nov. 3, Rochelle Fire Chief Dave Sawlsville said.

No injuries, 4 residents displaced after fire on 2nd Avenue in Rochelle

Building sustains over \$50,000 in damage, could be total loss due to blaze on Nov. 3

BY JEFF HELFRICH
MANAGING EDITOR

ROCHELLE—There were no injuries to residents or first responders after a fire at an apartment building on 2nd Avenue in Rochelle on Nov. 3, Rochelle Fire Chief Dave Sawlsville said.

Firefighters were called at 9:29 a.m. to 422 2nd Ave. for a report of smoke coming from a building. Fire crews could see the

smoke from the fire station and immediately elevated the call to the second alarm level for more mutual aid support.

“We arrived on scene to see heavy smoke on the first floor,” Sawlsville said. “There was a lot of fire on the backside of the building on the outside. It’s an old house that’s been remodeled from a single-family home to two apartments. Because of that remodeling, there’s

places for fire to hide. The fire started on the first floor and was spreading to the second floor. We were there for 2.5-3 hours. There was a lot of overhaul work.”

The cause of the fire is still undetermined, but Sawlsville said it started in a storage space. The building sustained over \$50,000 in damage, which the RFD chief said may make it a total loss.

There were two oc-

cupied apartments in the building and a total of four people were displaced due to the fire damage. The Red Cross was contacted to help those residents with their housing needs.

Responding organizations were Rochelle Fire, the Ogle-Lee Fire Protection District stations of Hillcrest, Creston, Steward and Flagg Center, DeKalb Fire, Stillman Fire, Lynn-Scott Rock Fire, Kirkland Fire, the

Rochelle Police Department and Rochelle Municipal Utilities.

Sawlsville thanked RFD’s mutual aid partners for coming to help with the fire and for covering its station. The construction of the apartment building was the biggest hurdle for firefighters Sunday.

“We spend a lot of time studying building construction,” Sawlsville said. “When people take a single-family house and

make it into an apartment building, we have to figure out that layout on the fly. We did have to chase the fire a little bit. We got plenty of resources quickly. You never know how much help you’ll be able to get on Sunday morning. The biggest challenge was figuring out how the building is put together so we could get ahead of the fire. We were able to salvage a large portion of the building.”

Byron Museum unveils new veteran exhibit featuring local farmer

BYRON – Byron Museum of History unveils **NEW Veteran Exhibit Hell on Wheels** featuring local farmer Everett Jones who served as a medic in Europe during WWII.

Everett E. Jones graduated from Leaf River High School in May of 1942, and a little over four months later he enlisted in the U.S. Army, mustering in at Fort Sheridan, Illinois in Lake County. Everett completed training as a Medical Technician and by December of 1942 he began service with the medical detachment of the 67th Armored Infantry Regiment 2nd Armored Division, famously known as *Hell On Wheels*.

The Division, with Pfc Everett E. Jones, had entered Sicily in July of 1943. After that campaign it relocated to England in preparation for the D-Day incursion into France. By July of 1944 the 2nd Armored Division was fully engaged in combat on the continent.

A true patriot, Everett earned both silver and bronze battle stars and several service ribbons, mustering out at Camp Grant at Rockford, Illinois in November of 1945. He purchased a farm northwest of Byron on Egan Road, which he operated for decades with his wife Rita.

Among the items to be displayed are a Walther P-38 pistol & holster that Everett brought back from Europe and a map showing the routes taken by *Hell On Wheels*.

Festival of Trees 2024

Admission is FREE, anyone can visit and enjoy the holiday trees on display during this year’s festival. It begins Friday, December 6 with the *Miracle On 2nd Street*, an annual family-friendly event which takes place in downtown Byron. This year the Indoor Market vendors will be setup in the Theater 5-8 p.m.

The Byron Museum invites businesses, civic

organizations, churches, and other groups to register for the Festival of Trees. This is an opportunity to share information about your organization, advertise an upcoming event, or promote your business.

There is always room for one more tree. Registration and set up deadline is Wednesday, Dec. 4. For more information on Festival of Trees, please call the Museum: 815/234-5031 or visit the museum’s website at www.byronmuseum.org to print a registration form.

The display of trees continues through December. Visitors are invited to view the trees during regular museum hours, Wednesday through Saturday, 10 a.m. to 3 p.m. The beautifully decorated trees will not be judged but are voted on by the visitors that attend opening night. Stop in to cast your vote for the People’s Choice awards and be a part of the Byron Chamber’s *Miracle on 2nd Street*.

Indoor Market

Enjoy this local shopping opportunity on Friday evening, Dec. 6 5-8 p.m. and Saturday morning, Dec. 7 10 a.m. to 1 p.m.. Vendor booth space is sold out. New this year, market vendors are invited to setup in the theater before the Festival of Trees begins. Visitors can still vote for their favorite trees and then exit through the market.

Wrapped with Love

The regular Indoor Market will also take place on Saturday morning, Dec. 7 from 10 a.m. to 1 p.m. The Byron Women’s Club will be in the theater lobby offering free gift wrapping on Saturday only.

The Byron Museum of History is located at 110 N. Union Street in Byron, Illinois, 61010. It is dedicated to preserving the Byron area’s rich history through exhibits, programs, and artifact preservation. The Museum Complex consists of a large exhibit hall with varied displays and



(COURTESY PHOTO)

Byron Museum of History unveils NEW Veteran Exhibit Hell on Wheels featuring local farmer Everett Jones who served as a medic in Europe during WWII.

encompasses the historic Read House - which is a listed Underground Rail-

road site on the National Park Service’s Network to Freedom.

LOCAL NEWS

Obituaries

Martha M. Gertmann

MT. MORRIS—Martha M. Gertmann, age 77, passed away peacefully on October 16, 2024 at Allure of Pinecrest. She was born in Oregon on September 4, 1947 the daughter of Albert and Julia (Beyette) Moss. She worked for many years at Kysor Westran in Byron. She married the love of her life, Thomas Gertmann Sr. in November 1971. Martha had a creative soul and loved to draw and make quilts to share with her family and friends.

sure her family knew they were deeply loved. She is preceded in death by her parents and siblings, Laura and Edward.

She is survived and missed by her husband, Thomas Gertmann Sr. of Mt Morris; children, Donna (Doug) Behrens of Sterling, Tammy (Lloyd) Davis of Fulton, Julie (Chuck) Long of Oregon, Thomas Gertmann Jr. of Oregon, Alberta (Bryan) Hamm of Pecatonica, Dawn (Dave) DeGarmo of Arkansas, and Shelly Gertmann of Iowa; brother, William Beyette of New York; 11 grandchildren, many great grandchildren, and special friends, Tina "her golden child", Courtney, Janet, and McKenna of



Pinecrest.
The family wants to extend a sincere thank you for the love and kindness shown to Martha from all of the staff at Allure of Pinecrest. Visitation will be held on Sunday, October 20, 2024 from 1:00 – 3:00 PM. A graveside service will be held at 10:00 AM at Chapel Hill Memorial Gardens in Dixon with Pastor Randy Caldwell officiating. Memorials are in her name.

Michael D. Southwick

STILLMAN VALLEY—Michael D. Southwick, age 62, of Stillman Valley, IL, passed away unexpectedly at FHN in Freeport, IL on Monday, November 4, 2024.

brother Patrick (Christina) Southwick and sister Terri Beach; nieces: Brandie (Nicolas) Mowel; Ashley (Andrew) Gronewold; Amanda (Jeremy) Horner; Ashley (Timothy) Loomis; and Amy (Nicolas) Mullens; nephews: Kyle (Kerri) Henry; Ryan (Kaleb) Southwick; Tyler (Andrea) Volkens; and JJ (Janie) Beach. Mike also was a proud Great Uncle to numerous great nieces and nephews. He is also survived by his uncle John (Patricia) Traver. Mike was a stranger to no one and was considered family by many of his wonderful, life-long friends.



(Strang) Southwick and John and Daisy Traver; and brother-in-law Bo Beach.

A funeral service will be held at 11:00 on Saturday morning, November 9, 2024 at Farrell-Holland-Gale Funeral Home, 136 W. Roosevelt St. Stillman Valley, IL, 61084. A visitation will take place from 9:00 until the time of service. Visit www.farrellhollandgale.com to leave a condolence or memory of Mike.

Mike was preceded in death by his parents David and Jo Ann Southwick; grandparents Winifred Jack and Lyle Lucielle

Fundraiser to benefit Ag in the Classroom will make holiday shopping easier

OREGON – Do you have someone on your holiday list that is hard to buy for or has everything? Do you want an easy meal for yourself? University of Illinois Extension has the solution for you.

Wednesday, Nov. 27. You can order online at go.illinois.edu/freezermeals. The cost with a credit card is \$95.

You can also mail your name, phone number, and number of meal sets with payment to 811 S Clay Street, Mt. Carroll, IL 61053. Make checks payable to Ogle-Carroll Ag Partnership (OCAP). If paying by check, the cost is \$90. Check or cash can be dropped off at the University of Illinois Extension office, 421 W. Pines Road, Oregon.

Meal pickup will be on Monday, Dec. 16, from 3 p.m.-5 p.m. at the University of Illinois Extension office, 421 W. Pines Road, in Oregon.

If you have any questions, please call 815-732-2191 or email charbm@illinois.edu.

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

POLO POLICE REPORT

POLO — On Oct. 28 at 11:30 a.m. Amber L. Gotez, 25, Polo was arrested for suspended driver's license. She was released on a notice to appear.

On Oct. 28 at 3:15 p.m. Taizen S. Bell, 25, Dixon was cited for possession of adult cannabis in a motor vehicle, operating an uninsured vehicle, and

expiration of registration. Bell was released on a notice to appear.

All individuals are considered innocent until proven guilty.

Charles Alvin Simmons Jr.

FORRESTON — Charles Alvin Simmons, Jr., 84, passed away peacefully Monday, November 4, 2024, at his home in Forreston, IL with his family by his side. Charles was born on November 30, 1939, in Rochelle, IL to Charles A. and Emma C. (Johnson) Simmons.

children: Charles (Emily) Simmons, Teresa Akey, Julie (Jerry) Bramstedt, Marcia (Brett) Wilkens, and Wayne (DeAnne) Clay; brother, Robert Simmons; 11 grandchildren: Stacey Hanson, Brad Akey, Brian Akey, Andy (Erin) Wilkens, Shayla (John) Goodwin, Alex (Sara) Wilkens, Sarah Gonzales, Josiah (Ellen) Penniman, Ben Penniman, Kayla (Rocco) Clay, Richelle Bramstadt and several great grandchildren and nephews.



Daniel Penniman.
The visitation will be from 10:00 - 11:00 A.M., Friday, November 8, 2024, at the Unger-Horner Funeral Home, 400 . 6th St., Rochelle. The funeral service will follow at 11:00 A.M., Friday at the funeral home with Pastor Joy Alsop officiating. Burial is at Lawnridge Cemetery in Rochelle. Visit www.ungerhorner.com to sign the online guest book.

Charles enjoyed spending time with his family, gardening, canning and watching western T.V. shows. He had a dairy farm for seven years. Charles and his wife, Dori, ran a restaurant. They also owned and operated Simmons Sealcoating for many years.

Charles is survived by the love of his life for 31 years, his wife, Doris; five

In addition to his parents, Charles is preceded in death by his sister, Sylvia Simmons; brother, Paul Simmons; son, Jamie Clay; son-in-law, Kevin Penniman and grandson,

St. Mark's Lutheran Church to host dinner and bake sale

POLO — St. Mark's Lutheran Church in Polo, IL will be hosting a Hamloaf Dinner and Bake Sale on Saturday, Nov. 16.

5-7 p.m. Menu includes a hearty serving of hamloaf, au gratin potatoes, green beans, roll, tossed salad and pie.

adults and \$8 for kids 12 and under will be collected at the door. No advance tickets needed. St. Mark's is located at 201 N. Division Ave., Polo.



(COURTESY PHOTO) Pictured (left to right) Jim and Jennifer Spencer (Corps administrators), Gary Billings (pantry coordinator) and Bob Hoffman.

SVHS Environmental Club earns bench

STILLMAN VALLEY — The Stillman Valley High School Environmental Club has participated in collecting soft plastic for recycling for four years now. There are a number of community partners in the area that have teamed up

with the Environmental Club to keep this plastic out of the landfills. One of those partners is the Dekalb Salvation Army Corps Food Pantry. For every 1,000 pounds of plastic that is collected a recycled plastic bench is earned. As a

result of the most recent 1,000-pound milestone the Dekalb Salvation Army Corps Food Pantry has received their second recycled plastic bench. It is groups like this and the other community partners that help make our planet a cleaner place.

ISP Troop 1 announces October activity

OGLE COUNTY—Illinois State Police Troop 1 Captain Joseph Blanchette

has announced enforcement figures and activity for October.

Illinois State Police Troop 1 Troopers issued 1,099 citations, 902 written warnings, and made 29 criminal arrests during the month of October. Troopers issued 338 citations for speeding, 34 citations for distracted driving violations and 102 citations for occupant restraint violations.

Troopers investigated 103 traffic crashes, assisted 261 motorists, and conducted 459 commercial motor vehicle inspections, of which 53 were placed out of service for safety reasons. There were 20 arrests for driving under the influence.

Troop 1, which encompasses Boone, Carroll, Jo Daviess, Lee, Ogle, Stephenson, Whiteside and Winnebago counties, investigated no fatal crashes in October.

VFW Post #8739
1310 W. Washington St., Oregon, IL
815-732-6851

Bar Mon-Thur 4 - 8PM & Fri 4 - 9PM
Kitchen Mon, Wed, Thur 4-7PM & Fri 4-8PM

Kitchen closed Tue.

Public is Welcome!

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Wednesday Bingo @ 5:30pm
Thursday Trivia Night @ 6:30pm
Fridays @ 7pm 1st Fridays, Karaoke, Live music (different Fridays)

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The Ogle County Life/ Rock Valley Shopper

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LOCAL NEWS

Highland's Business Institute offers solutions for employers

FREEMONT — The Business Institute at Highland Community College is offering a free consultation to help local employers achieve their goals, with a mission of developing strong individuals and teams through customized training, technical support and consultation.

"We'll partner to determine your organization's unique challenges," said Business Institute Coordinator Stephanie Winnekins. "From there, we will work on solutions that help you succeed."

The Business Institute's complimentary appointment to explore the comprehensive menu of services. Instructors can provide customized solu-

tions for training in soft skills, leadership, communication, team-building, customer service, time management, critical thinking and more.

More technical training is also offered — including welding, CNC and CAD, blueprint reading, computer training and agriculture needs. There is also assistance with health and safety workplace regulations with courses focused on OSHA, electrical safety, forklift operation, workforce violence prevention and emergency medical response.

"We are here to help our hardworking community grow through additional training without having to obtain a degree," Win-

nekins said. "With all the manufacturing and farming needs in our community, we can come to them, or have them come to our conference center."

Winnekins adds: "Our team will provide the free needs analysis and assessment report, build training around business goals, and deliver training where it is needed. We can train one employee or a group. This is a great way to discover new methods to improve your business."

For more information on getting started with the Business Institute at Highland Community College, email Stephanie Winnekins at Stephanie.winnekins@highland.edu, or call 815-599-3677.



(COURTESY PHOTO)

V Correa '28, from Stillman Valley joined the second cohort of the Brenda Barnes Leadership Academy. The BBLA program provides mentorship and leadership development for high-achieving, first-year female students. 28 students make up this year's cohort.

Stillman Valley's Correa joins Brenda Barnes Leadership Academy

ROCK ISLAND — V Correa '28, from Stillman Valley joined the second cohort of the Brenda Barnes Leadership Academy. The BBLA program provides mentorship and leadership development for high-achieving, first-year female students. 28 students make up this year's cohort.

Brenda Czajka '75 Barnes was a trailblazing leader and advocate for women's empowerment,

recognized for her remarkable career as the president and CEO of influential companies like Pepsi-Cola and Sara Lee. Barnes generously devoted her time, talents, and resources to the college, including serving on the Augustana Board of Trustees for 16 years, so that Augustana students could enjoy the same transformative experience she had.

The members of the BBLA carry on Barnes' legacy of leadership, service

and excellence by engaging in community-building events and mentorship experiences to help them become leaders.

This semester, the cohort will participate in six sessions revolving around networking, emotional intelligence, authenticity, mentorship and more. Students will have many opportunities to connect with each other, their mentor, community leaders and President Talentino.

Bruemmer joins Stillman Bank as associate portfolio manager

ROCKFORD — Stillman Bank is pleased to welcome Aimee Bruemmer as associate portfolio manager, according to Thomas R. Hughes, president & CEO. In her position, Aimee will work within the bank's Trust and Wealth Management Department. She will be located primarily in the bank's Rockford office, 8492 E. State St., but will assist clients at all six Stillman Bank locations.

With over 11 years of experience in banking and wealth management, Aimee has held positions in retail banking, private banking, investment operations, and wealth-management client services.

She earned her Bachelor of Science in Business Management from Rockford University.

"We are excited to have Aimee join our team," stated J. Joseph McCoy, JD, Stillman Bank vice president and senior trust officer. "Her experience in the financial service industry and commitment to meeting the needs of clients will be a strong asset to our team and the communities we serve."

Outside of the workplace, Aimee has spent time volunteering for DeKalb's Voluntary Action Summer Food Program. Aimee resides in Poplar Grove with her husband, daughter, and



Aimee Bruemmer

two dogs. In her free time, she enjoys traveling and experiencing new places and cultures.

Aimee Bruemmer can be reached directly at 815.332.8864 or aimeeb@stillmanbank.com. To learn more about Stillman Bank's products and services, please visit www.stillmanbank.com.



Carefree 4-H group participates in Autumn on Parade

The Carefree 4-H group participated in the Autumn on Parade on Oct. 6. They worked hard making milk jug farm animals among other decorations for their whimsical farm float. Their hard work paid off and they won first in their division. They had a great time and are looking forward to next year's parade. (Courtesy photo)



A family moment at the polls

Josh Messenger is shown casting his General Election vote with the help of his son, Will. The young boy was so excited to be at the polls, Election Judge Meggan Dickson couldn't help capturing the moment and getting permission to share it. (Courtesy photo)

DIRECTORY OF AREA HUMAN SERVICES

Alcohol Abuse Counseling & Recovery

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

Domestic 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**
 Smississippi Centers, Inc.
 Oregon **732-3157**
 Rochelle **562-3801**
 The Serenity Shed Grief Services **732-2499**

Senior Citizens Services

Hub City Senior Center **562-5050**
 Mt Morris Senior & 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**

VIEWPOINT

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

Published every Monday
Jeff Helfrich, Managing Editor

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

MOMENTS IN TIME

* On Nov. 13, 1985, the Nevado del Ruiz volcano in Colombia erupted in the late evening and caused volcanic mudflows that flooded the city of Armero, killing 25,000 residents. The tragedy is considered to be one of the deadliest volcano-related disasters in the 20th century.

* On Nov. 14, 1851, Herman Melville's epic novel "Moby-Dick," about peg-legged Captain Ahab's obsessive search for vengeance on the white whale that maimed him, made its debut in the U.S. Published to mixed reviews, it was a commercial failure and achieved its present standing as a Great American Novel only after the centennial of Melville's birth.

* On Nov. 15, 1956, the movie "Love Me Tender," a black-and-white musical Western starring the King of Rock and Roll, Elvis Presley, was released. Named after Presley's hit single, it was his only film that did not place him in top billing, as it was also his debut. The singer later regretted making the film, though he'd expressed a serious interest in acting.

* On Nov. 16, 2004, President George W. Bush nominated National Security Advisor Condoleezza Rice for Secretary

of State, saying that for the previous four years he had "relied on her counsel, benefited from her great experience and appreciated her sound and steady judgment."

* On Nov. 17, 1558, Elizabeth I, daughter of King Henry VIII and Anne Boleyn, ascended to the throne of England, the third of Henry's offspring to assume that position. A carpet was laid down for her to walk on to Westminster Abbey, and people cut out pieces as mementos of the day. Her reign, which lasted 45 years until her death at age 69 from what was likely pneumonia, is remembered as a "Golden Age" in British history.

* On Nov. 18, 2015, New Zealand rugby union football player Jonah Lomu, who was perhaps rugby's first global icon, died of a heart attack at age 40 after a long battle with kidney disease.

* On Nov. 19, 1703, Eustache Dauger, aka "The Man in the Iron Mask," a political prisoner famous in French history and legend, died in the Bastille. Contrary to fictional representations in literature and cinema, there is no historical evidence that his mysterious facial covering was made of anything but black velvet.

Letter: Thanks for birthday gifts and cards

DEAR editor, I would like to thank my family and friends for the wonderful celebration for my 92nd birthday. Many thanks to everyone that

attended. The cards and gifts were all appreciated. Thanks everyone so much.

Marian Heng
Chana

Letter: ALDI holiday program

DEAR editor, The staff at our Rochelle ALDI have been meeting the special needs of their customers for years by purchasing gift cards to "help" customers when times are difficult.



to enable them to meet the growing needs of so many. The blessings of this outreach are many, especially those who participated in providing cards for our friends and neighbors.

For the past two years, a request has been made for the members of our communities to help in this endeavor. The response has been amazing! The needs are great and many have been met by the response of our communities. Simply, you have reached out, purchasing cards of varying denominations, returning them to the staff

The generosity of our communities is well known. The staff know their customers and can make each dollar count. Allowing the staff to meet the special needs of the people is a gift we give them and ourselves. Your generosity will make this season of love shine brightly for many.

Lorrie Bearrows

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.

Traveling over Thanksgiving?

ARE you one of the millions of Americans traveling over Thanksgiving? Are you worried that your travel plans might be disrupted, leaving you stuck in an airport? You're not alone — traveling can be quite an adventure these days. However, there are several things you can do to help manage any issues that may arise during your trip.

Understand your rights and the airline's responsibilities

If your travel is delayed, canceled, or diverted due to weather, the airline is not responsible for covering expenses such as hotels or meals. Similarly, if you decide to forego part of your itinerary and rent a car instead, the airline won't cover those charges either.

That said, many airlines will pay for hotels and meals if the delay is due to something within their control, such as crew or aircraft issues. Keep in mind that for domestic flights, airlines are not required by the Department of Transportation to provide vouchers — some do, but others don't.

Additionally, some airlines may accommodate you on a flight operated by a different airline, while others will not. It's a good idea to research your airline's policies ahead of time so you know what to expect. Sometimes, paying a little extra for your ticket might give you more security if your travel is disrupted.

Tips for smooth travel

Here are a few steps you can take to help ensure smoother travel:

Add an extra day for travel if possible. This provides a buffer in case of delays.

Choose the earliest flight of the day and avoid airlines that only offer one flight per day.

Pay with a credit card that includes travel insurance or consider purchasing travel insurance separately.

What to do if your travel is disrupted

If your travel plans are disrupted, follow these steps:

Check your airline's

app for updates. Often, you'll be notified of delays through the app before hearing an official announcement. The app may also allow you to rebook automatically for a later flight or an alternate route without additional fees. In some cases, airlines let you rebook flights a few days earlier or later for free if they're aware of incoming weather issues.

If the app doesn't solve the issue, try calling the airline, though this might take a while. Alternatively, you can reach out to the airline's social media team via platforms like X (formerly Twitter), Snapchat, Instagram, or Facebook. Include your reservation number, itinerary, and preferred alternatives, such as "I would like to reschedule on flight 1234 with XYZ Airlines tomorrow." Be realistic—if the disruption is weather-related, they can only help with rebooking, not perform miracles.

Book a hotel room early if you suspect you'll be stranded at the airport.

For example, if a blizzard is coming, it's smart to secure a place for you and your family to stay. If you paid with a credit card that includes travel insurance, you may be reimbursed for those expenses up to a certain limit. You can also ask the airline for reimbursement, but they may not be obligated to provide it. Be sure to keep all your receipts.

Thanksgiving is the busiest time of the year for travel. Be patient with the delays and travel knowing what you can do if there is a problem. But the final tip is be extra nice to the airport gate agent. The way you treat them might make the difference whether you are on the next plane or not. Kindness and gratitude should be practiced even in the airport. Happy Thanksgiving and safe travels.

Silene Walters is a CPA, the owner of Walters Accounting Inc in Stillman Valley. When she is not preparing taxes she travels with her husband George and shares her experiences on <https://www.facebook.com/dreamoftraveling>



Silene Walters

Union power in Illinois: Shrinking membership and surging political clout

THERE are three quick takeaways from a recently released report from the Illinois Economic Policy Institute (ILEPI) on the "State of the Unions" in Illinois. First, Illinois remains one of the most heavily unionized states (13th) in the nation. Second, over the past 10 years the overall unionization rate in Illinois has declined from 15.1% to 12.8% (-2.3%). Currently only one in eight Illinois workers is a member of a labor union. And third, the US Supreme Court decision in the 2018 *Janus case* establishing right to work principles for all public sector workers has reduced the unionization rate for those employees in Illinois by 4% (52% to 48%) over the past six years.

All true. Does this mean the labor is in danger of losing its place as the cornerstone of the funding base of the Illinois Democratic Party? Actually, the opposite is occurring.

During the same 10 years covered by the report, Illinois has seen a political war between two self-funding billionaire candidates and two Republican billionaire donors that is unique in the history of state government. In 2014 self-funding Republican candidate, Bruce Rauner, assisted by Ken Griffin and Richard Uihlein was elected governor. In 2018 a self-funding Democratic candidate, JB Pritzker, beat Rauner and Griffin's money to win the governor's race. In 2022 Griffin and Uihlein backed different candidates seeking the Republican nomination for governor. Uihlein's candidate won, but lost badly to Pritzker, who again

self-funded his campaign. Over a 10-year period these four billionaires spent more than three quarters of a billion dollars of their personal fortunes on Illinois politics. The Illinois billionaire war is over. Pritzker won. But going forward neither party can count on having a billionaire patron every election cycle.

All the attention on the billionaire war obscured two dramatic changes taking place in the role of money in Illinois politics. Despite slowly declining unionization numbers and the often hostile legal climate at the national level, Illinois labor unions have become the dominant force among interest groups funding Illinois politics. As important as teacher unions, service employee unions, and public employee unions are in the labor movement in Illinois, the surge has been led by traditional trade unions. The operating engineers, laborers, pipe trades, carpenters, and electrical workers unions were the top five entities contributing to legislative and statewide candidates in 2022. They contributed a total of \$52.7 million. Number one on the list was the operating engineers (IUOE) with \$18.6 million in contributions. Two teacher unions (Illinois Education Association and Illinois Teachers Federation) ranked 6th and 7th.



Kent Redfield

The growth in the political clout of trade unions has been fueled by the state's spending on transportation infrastructure funded by increased gas taxes, and school and public build-

ing construction funded by taxes on sports betting and other gambling taxes. That spending has meant more union contracts and higher wages for trade union members. Illinois Democrats received 93% of labor union contributions in 2022.

While labor's power has been surging, the traditional funding base of the Illinois Republican Party has been collapsing. In 2022, the top five business/professional groups contributed \$15.2 million to statewide and legislative elections. Traditional major Republican donor groups such as the Illinois Manufacturers Association, the Illinois Medical Society, and the Illinois Chamber of Commerce are no longer among the top 25 contributors. There has been a reduction in real terms of contributions from many business groups, corporations, finance groups, and professional groups as the Illinois economy has shifted away from manufacturing and retail shopping and more toward services and online marketing. Less than 50% of contributions from business and professional groups now go to Republicans.

In addition to the impact of labor union contributions on political campaigns for the Illinois Legislature and statewide offices in 2022, labor union contributions were a major factor in two other elections. Labor unions were significant contributors to two successful Democratic candidates for seats on the Illinois Supreme Court. This increased the

majority of judges elected to the state Supreme Court as Democrats from 4-3 to 5-2. Led by the trade unions, labor unions also backed a successful workers rights amendment to the Illinois State Constitution which made collective bargaining an individual right and prohibited the Legislature from passing right to work legislation for private sector unions. Labor unions provided 98% of contributions to the group supporting the amendment. The group opposing the amendment was outspent 5-to-1 and received no support from the Illinois Manufacturers Association or the Illinois Chamber of Commerce.

The very friendly political and legal environment that organized labor enjoys in Illinois just got friendlier. On their face, the slow decline of the unionization rate in the Illinois workforce and the obstacles to public sector unionization created by the *Janus* decision could raise questions about the long-term viability of the labor movement in Illinois. But a closer look shows labor unions in Illinois are politically stronger than ever.

Kent Redfield is a professor emeritus of political science at the University of Illinois Springfield and a research scholar with the University of Illinois Institute of Government and Public Affairs. This article is based in part on "Illinois Government and Politics: A Citizens Guide to Power, Politics and Government," co-authored by Melissa Mouritsen, Kent D. Redfield, and James D. Nowlan, which was recently published by the University of Illinois Press.

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LOCAL NEWS

DIETRICH: 'I got a little bit of peace in knowing I wasn't alone in what I went through'

From page 2

She chose to participate in the documentary in hopes someone like her would see it and feel less alone.

Dietrich opened Patriot Barbershop in Oregon in 2020. The business honors veterans with their photos adorning the walls. Dietrich welcomes fellow veterans to come inside and get their hair cut, or just to talk. Showing the documentary locally will be emotional for her.

"This shop here was kind of like a punch back for me," Dietrich said. "I started doing therapy and I'd been a stay-at-home mom for all of the years since I'd gotten out of the service. I'd essentially just let my service go away. I was angry about it and didn't want anything to do with it. I was just going to forget about it and be done. As I was taking time to heal from one thing after another, I was able to be there for other people years later. That was the birth of this barber shop, not having anything or anyone I could talk about my experiences with. I have my people here, and I never expected to see them



(PHOTO BY JEFF HELFRICH)

After graduating from Oregon High School in 1999, Dietrich enlisted in the United States Army and went to basic training at Fort Leonard Wood in Missouri. She was then recruited to go to airborne school at Fort Benning, Georgia and was stationed at Fort Bragg, North Carolina.

again. They come in the form of the folks on the wall, or folks who come

in the door using a walker, or a father of someone who served. Maybe I can

make a difference in a micro way. Even if it's just one person walking

through the door. Service is something you can't really relate to unless

you served yourself. I'm here for people. And it's therapeutic for me too."



Davis Junction Museum to host Magic Lantern Show

The Davis Junction Museum will be having a "Magic Lantern Show" on Sunday, Nov. 17 at 1 p.m. The museum will open at noon to 4 p.m. If you have never seen a show this will be a cast of three. Projections, narrator, and technicians. There will be coffee and snacks. On Oct. 20th we had our dedication on our Postal Wagon. This was well attended. Honoring Larry Svanda who donated the wagon, Greg Schwanke who sand blasted and painted the wagon and Richard Franz who rebuild renovated parts. Thank you to all the volunteers. Hope to see you for the show. (Courtesy photo)



Henkel re-elected as group director of CBAI

SPRINGFIELD — Colleen Henkel, president of The First National Bank in Amboy, was re-elected as group director of the Community Bankers Association of Illinois (CBAI) at the association's annual convention held recently in Springfield. As a group director, she serves on the CBAI board of directors, as well as its Strategic Planning and Special Events Committees.

She also serves on the CBAI Legislative Committee and the Community BancService Corporation Board.

Henkel has spent her entire banking career at The First National Bank in Amboy, and currently serves as president, CEO and chairman of the board. The First National Bank in Amboy has six locations serving Lee and

Ogle Counties.

Henkel also serves as a board member for KSB Hospital, Dixon, Northern Illinois Cancer Treatment Center, Dixon, and OLPH, Sublette, as well as the Federal Reserve Bank of Chicago Community Depository Institutions Advisory Council.

CBAI is a professional trade association representing 260 Illinois commercial banks and thrifts, and their 880 Illinois bank branches. Its members have nearly \$80 billion in assets and employ approximately 17,000 individuals. CBAI, headquartered in Springfield, was founded in 1974 to exclusively represent and serve the community banking profession. For more information, visit www.cbai.com.

Byron Township accepting election petition packets

BYRON — The Byron Township Clerk will be accepting completed petitions packets for the 2025 Consolidated Election on Tuesday, Nov. 12 from 6-7 p.m. at the Byron

Township Building 507 N. Colfax St., Byron IL and Monday, Nov. 18 from 6-7 p.m. No petition packets will be accepted prior to Nov. 12 or after Nov. 18.

Marion Township election petition packets available

STILLMAN VALLEY — The Clerk of Marion Township will be accepting petitions at the Marion Township Building for the 2025 Consolidated Election

on the following dates. Tuesday, Nov. 12, 6-8 p.m., Thursday, Nov. 14, 6-8 p.m. and Saturday, Nov. 16, 9-11 a.m. Petitions will not be accepted prior to Nov. 12.



Oregon Elementary School October Students of the Month named

Oregon Elementary School recently named its October Students of the Month. Students honored include: Oaklynn Miller, Iris Nichols, Arthur Bauer, Esther Skoumal, Leia Nagel, Calan Zshornack, Theo Bauer, Ainsley Thomas, Piper Waugh, Quinn Cain, Sydney Buckingham, Kairi Comins, Linkin Cheever, Ridge Grover, Austin Hafer, Parker Waugh, Novalee Currier, Lane Benesh, Peyton Deraitus, Logan Smith, Lauren Laurent, Madeline Cain, Mim Guinn, Mia Moseley, Justin Leary, Max Graf, Grey O'Rourke, Nora Martin, Isabelle Quintana, Mackenzie Manees, Mike Lewis, Isabella Hernandez, Hayden Armbruster, Cannon Ziller, Deshari Wallace, Sylis Brewer and Nikolai Cantu. (Courtesy photo)

Byron Fire Protection District Board sets meeting dates

BYRON — The Byron Fire Protection District Board of Trustees announces their 2025 meeting dates and times. The Board will meet at the Byron Fire Protection District, 123 N. Franklin, in the boardroom, located

on the lower level of the fire station, on the fourth Tuesday of every month at 6 p.m. with the exception of March, May and December, they will meet on the third Monday at 6 p.m. In addition, the fire commission announce-

es their 2025 meeting dates and times. The fire commission will meet quarterly at 5 p.m. as follows: Jan. 20, 2025; April 21, 2025; July 21, 2025 and Oct. 20, 2025 in the multi-purpose Room, located on the first floor

of the fire station at 123 N. Franklin St.

Special meetings as well as cancellation notices can be found on our website: www.byronfire.com, if you have any questions, please call 815-234-4911.

I would like to thank my family and friends for the wonderful celebration for my 92nd birthday. Many thanks to everyone that attended. The cards and gifts were all appreciated. Thanks everyone so much.

~ Marian Heng, Chana Illinois

LOCAL NEWS

ELECTION: Ogle County voters cast ballots for local, state and federal races

From page 1

The final ballot measure to see in vitro fertilization covered by health insurance plans that provide pregnancy benefits passed with 72.4 percent statewide. 63.07 percent of Ogle County voters voted yes for that.

Ogle County saw a number of candidates running unopposed in the Nov. 5 election, including State's Attorney Mike Rock (R), Circuit Clerk Kim Stahl (R), and Coroner Christie Cox (R). Republican Ogle County Board members running unopposed included Ben Youman (District 1, Davis Junction), Aaron Mudge (District 2, Rochelle), Jackie Ramsey (District 4, Rochelle), Dan Janes (District 5, Stillman Valley), Ryan Reeverts (District 6, Byron), Brian K. Daws (District 7, Mt. Morris) and Susie Corbitt (District 8, Polo).

Incumbent U.S. Congressman Darin LaHood (R-Peoria) ran unopposed in the 16th district. Li Arellano Jr. (R-Dixon) ran unopposed for state senator in the 37th District. Incumbent Tony McCombie (R-Savanna) ran unopposed for state representative in the 89th District.

"Voters in Northwest Illinois continue to send a strong message in favor of small government and conservative values," McCombie said in a press release. "I am grateful for their support and proud to represent the 89th District and our shared values. Thank you to the voters for your trust."

The Ogle County Clerk's Office saw record-setting days in early voting, including 522 voters on Nov. 4. On Nov. 1, it saw 388 voters, which was a record at the time for voters in an eight-hour period.



(PHOTO BY CHRIS GRIMM)
The Ogle County Clerk's Office saw record-setting days in early voting, including 522 voters on Nov. 4. On Nov. 1, it saw 388 voters, which was a record at the time for voters in an eight-hour period.



On the morning of Oct. 25 before school, approximately 50 Byron Middle School students and staff took part in the first ever "Tiger Trek," a bike ride from Blackhawk Park BMS to help build community and to start the day with an activity.

Byron Middle School hosts first "Tiger Trek" on Oct. 25

BYRON — On the morning of Oct. 25 before school, approximately 50 Byron Middle School students and staff took part in the first ever "Tiger Trek," a bike ride from

Blackhawk Park BMS to help build community and to start the day with an activity.

"I was a little worried about how the event would go, but the kids and staff

were awesome!" BMS Principal Mike Sand said. "It was really fun to take a bike ride with the kids."

The students and staff who attended were treated with donuts and drinks at

Blackhawk Park prior to setting off on their journey to school. The treats were provided by the Byron PTA, who sponsored the activity.

After leaving the park,

the Byron Police Department, who had coned off some areas of the bike path for additional safety, led the group of students and staff to the school with a police escort down Tower

Road. "What a cool event to be a part of," BPD Sgt. Spencer Morrissey said. "The kids and staff were a lot of fun to be around, and I could tell they were all enjoying their rides."

COMMUNITY CALENDAR

Dec. 1: Local schools, churches, businesses, and community organizations are invited to sign up to participate in Stillman Valley's 13th annual Tree Decorating Contest! The contest will be held in

conjunction with Stillman Valley's Cardinal Community Christmas event planned for Sunday, Dec. 1 from 4-7 p.m. There is no fee to enter the contest and trees will be provided by Stillman Bank. The trees

will be on display outside at the corner of Main and Maple Streets in downtown Stillman Valley during the holiday season for all to enjoy. Cash prizes will be awarded in four categories based on cre-

ativity/originality, best use of theme, overall appearance, and people's choice. Space is limited to the first 28 groups on a first-come, first-served basis, so reserve your tree today and be a part of this exciting

community tradition! For an application, please email Jennifer Kerch at jenniferk@stillmanbank.com or call 815-645-2266. Applications must be returned by Friday, Nov. 15. Groups will be able

to decorate from Nov. 22-29 and winners will be announced at Cardinal Community Christmas on Sunday, Dec. 1. For more information, please contact Stillman Bank at 815-645-2266.

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VETERANS DAY

These states are home to the greatest percentage of U.S. veterans

BY the end of 2023, the United States was home to more than 18 million individuals who had served in the country's military. That figure, based on data from the U.S. Census Bureau, the Department of Veterans Affairs and surveys conducted by the Pew Research Center, represents individuals from all walks of life.

Veterans come from diverse personal backgrounds, and they also call a wide range of states home. The USCB reports that some state populations feature a greater percentage of veterans than others. The share of the adult population that has served in the U.S. military is highest in these 10 states.

1. Alaska: More than 10 percent of Alaska's

533,000 adult residents have served in the military.

2. Wyoming: The 2020 U.S. Census indicated Wyoming is the least populated state in the country. Despite that, the Equality State is home to a veteran population of just over 42,000, which accounts for roughly 9.4 percent of the state's adult population.

3. Virginia: Perhaps not surprising given its proximity to the nation's capital, Virginia is home to a sizable veteran population that accounts for 9.2 percent of its roughly 6.68 million adults.

4. Maine: Though it's another state like Wyoming that does not boast an especially large adult population (a little more than 1.1 million individuals), Maine is home to more than 101,000

veterans.

5. Montana: The Treasure State features an adult population of just under 884,000, and 8.9 percent of those individuals (roughly 79,000 people) served in the U.S. military.

6. South Carolina: The Palmetto State is home to more than 344,600 veterans, and those individuals make up just under 8.5 percent of the state's adult population.

7. Nevada: Among the roughly 2.5 million adults who call Nevada home, nearly 206,000 (roughly 8.3 percent) are veterans.

8. New Mexico: More than 136,000 veterans live in The Land of Enchantment, accounting for 8.3 percent of the state's adult population.

9. South Dakota: Like Alaska, Wyoming and Montana, South Dakota



does not boast a particularly large adult population (roughly 685,000). However, more than 8.2 percent of adults who live in The Mount Rushmore State are U.S. military

veterans.

10. Hawaii: The Aloha State rounds out the top 10, as the island state in the Pacific Ocean is home to nearly 90,000 U.S. military veterans, which

accounts for 8.2 percent of its total adult population.

This Veterans Day, individuals in all 50 states are urged to thank local veterans for their sacrifices and service.

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VETERANS Lunch IS ON US!
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MONDAY - NOVEMBER 11
11:30 AM - 1:15 PM
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VETERANS DAY

8 ways to honor veterans this year

MILLIONS of people make considerable sacrifices to protect the freedoms of their fellow citizens. According to the Pew Research Center and data from the Department of Veterans Affairs and the U.S. Census Bureau, there are currently more than 18 million living veterans in the United States. The 2021 Census counted 461,240 veterans in Canada, according to Veterans Affairs Canada.

a veteran may be classified as a disabled veteran, recently separated veteran, active duty wartime or campaign badge veteran, or Armed Forces service medal veteran.

icated to veteran services. 3. Petition for veteran speakers. Reach out to schools, scout troops or other groups and arrange opportunities for veterans to share their stories and contributions. Learning about the sacrifices these men and women made can heighten individuals' appreciation for veterans.

Veterans deserve respect and admiration all year long, but also get their own holiday each November. Veterans Day celebrates veterans' patriotism and willingness to sacrifice and serve. This Veterans Day, people can consider these eight unique ways to honor the veterans in their community.

4. Support the families of veterans. Reach out to veterans' families, who also must make sacrifices and concessions. Anything from shopping, babysitting, doing chores, or making a meal can help the families of veterans.

1. Attend events. Organize or participate in local Veterans Day celebrations, such as parades and ceremonial events.

5. Make a donation. If finances allow, make contributions to reputable charities that provide services for veterans like those that offer mental health counseling or job placement services. If there isn't a charity that fits with your vision, be-

2. Get involved with veterans' affairs. Support veterans by volunteering with organizations that assist them, such as the VA, local veteran's groups, VA hospitals, or charities ded-



gin one. 6. Hire veterans to work. If you are a business owner or hiring manager, consider hiring veterans for open positions at your company. It can be challenging to re-enter the workforce after service, so make it known that your

firm welcomes veterans. 7. Offer personal acknowledgements. Take the time to speak to veterans and thank them for their service. If possible, when dining out, ask the server if you can pay for the meal of a veteran who also is dining that day.

8. Don't forget the fallen veterans. Although Memorial Day is designed to honor those who lost their lives through military service, people still can honor the fallen veterans on Veterans Day by sharing stories or placing flags at veteran cemeteries.



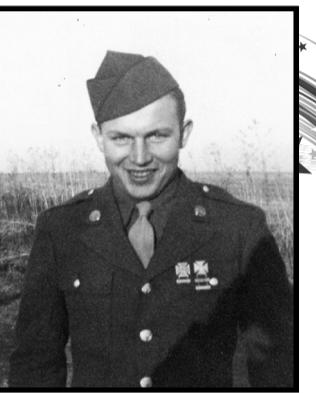
A Tribute To
Henry E. Ehmen
Air Force - WWII

Your Loving Family



A Tribute To
Spec. 4 Jim Grygiel
US Army Berlin Germany
279th Sta. Hospital

Jim, Jenny, Alex & Cian Grygiel



A Tribute To
John V. Ehmen, Sr.
US Army - WWII

Your Loving Family



A Tribute To
Mark A Leather
US Army Combat Engineers
Rheinland Kaserne Ettlingen
Germany

His family



A Tribute To
Robert G. Meline
U.S. Navy - Korean War

Your Loving Wife & Family,
Karen Meline



A Tribute To
Robert E. Personette
U.S. Marine Corps -
Korean War

His widow, Kathy Personette



A Tribute To
Joseph E. Dvorak
U.S. Air Force -
WWII
1943-1945

His daughter, Kathy Personette



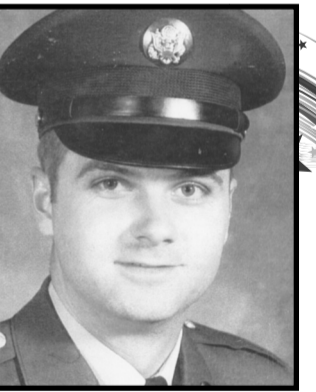
A Tribute To
Dave Mickley
U.S. Army
1944-1945

From, Ms. Joan Rienstra



A Tribute To
Dennis L. Hardesty
Air Force, Korean War

From, his daughter, Peggy Hardesty



A Tribute To
SP5 Gary Hassler
US Army/1971-1973

From, His Wife Judy



A Tribute To
Bruce Fowler
U.S. Navy

From, his wife and family



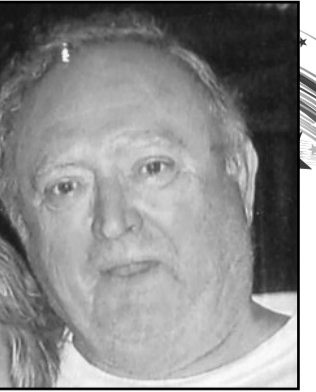
A Tribute To
Leo Rienstra
U.S. Army
1962-1964

From, Ms. Joan Rienstra



A Tribute To
Timothy Rienstra
U.S. Army
1987-1990

From, Ms. Joan Rienstra



A Tribute To
Warren Ippen
U.S. Army

From, his girls



A Tribute To
Lawrence Long
US Army

From, Ms. Joyce Long

LOCAL NEWS



(PHOTOS BY JEFF HELFRICH)

The front of the building was resided, and later painted by a mural artist. Outdoor renovations around the building will continue. 10 new games were added to the arcade and all games were changed to arcade cards, which will now accumulate tickets electronically. The arcade's prize redemption area has added larger and more exciting prizes, Wilson said. The Rink at Pine Creek has been in operation at the site as a roller rink for 76 years.

RINK: Renovations and improvements made to The Rink at Pine Creek

From page 1

"Because it feels like a lot of time and resources are put into training and staff and not always things like seeing a big new mural."

The Rink at Pine Creek is open Fridays 7-10 p.m., Saturdays 1-4 p.m. and 7-11 p.m. and Sundays 1-4 p.m. The venue is also open for private two-hour parties any of the times it isn't open. In-session

parties during business hours are also offered.

Wilson said that five years into ownership, the business finally feels like it's "catching its stride" post-COVID-19 and activities like field trips coming back, which has encouraged her to do projects and make investments.

Part of making the investments in The Rink is to ensure it carries on for years to come as a

safe place for youth in the community to go, Wilson said. Aaron Wilson said he enjoys that his family acts as stewards of a piece of the community that's been around for 76 years, a place that's larger than them.

"Being here for the past five years, I've seen the different generations of families that come in," Rebecca Wilson said. "It might be grandma bringing grandkids and

she used to skate here and sometimes she still skates. You see these families and they're multigenerational. And when I'm out doing things, I don't feel like I see much of that in other places. It's really cool to see it here. Grandparents tell their grandchildren about when they used to skate here."

On Oct. 21, The Rink at Pine Creek was the site of filming by a movie crew

that has been shooting around Ogle County. The movie, which Rebecca Wilson said is titled "BRB", spent a full day transforming and filming at The Rink. The movie, set in 2006, redecorated to make things look like that time period and used some of the roller rink's staff as extras.

"It was exciting that they chose to shoot here," Rebecca Wilson said. "Our staff was very ex-

cited. It just feels like things are hitting their stride around here. When you start to do things, they snowball. We're putting in an arcade and redoing the front of a building and a film crew is here and it's kind of all happening at once. I think that's really cool for the staff to get excited about that. We're always hiring and maybe someone new will see it as a place as they want to work."

OCSWMD to kick off holiday lights recycling Nov. 19

OREGON—Autumn is upon Ogle County, and it seems folks are getting an early start on holiday decorating. Some of those light strands from previous years may not be working anymore and can be recycled very easily here in Ogle County.

The Ogle County Solid Waste Management Department (OCSWMD) is again partnering with local fire departments

and villages to again offer several convenient drop-off boxes so those frustrating, nonfunctional holiday light strands can be recycled and kept out of the landfill.

Starting Nov. 19, drop-off boxes will be available at the following fire departments: Rochelle, Byron, Stillman Valley, and Mt. Morris. They will be located at the village halls in Polo, Forreston,

and Davis Junction, and Creston. Light strands are also accepted at the Ogle County courthouse and at the OCSWMD office at 909 Pines Road in Oregon. Boxes will remain at these locations until Jan. 24, 2025.

Accepted light strands include Italian mini-lights, traditional lights, LED lights, and other holiday light strands. Extension cords are also

accepted. Material not accepted include rope lights, wreaths, garland, metal stakes or silhouettes, live greens, plastic decorations, timers, and light packaging, plastic bags, or cardboard boxes. Placing just the light strands and cords into the bins increases material value and makes the recycling process more efficient for the processor. Lights and cords will

be shipped to Dynamic Lifecycle Innovations in Onalaska, Wisconsin to be recycled. In 2023-2024, 1,319 pounds of material was recycled, through this program. This resulted in a \$488 donation to the local United Way to support local charities.

So as we prepare to untangle, test, and put out those holiday lights this season, remember

you can help the environment and recycle all those strands of lights, which have brightened our homes in the past but now refuse to light up anymore.

If you have any questions about this program, or wish to learn about other recycling opportunities in Ogle County, call the OCSWMD at 815-732-4020 or visit www.oglecountyil.gov.

Mark Your Calendars! FESTIVAL OF TREES

2024

November 18-24

Northland Mall
Sterling, IL

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	31	1	2
3	4	5	6	7	8	9
10	11 <small>Veterans Day</small>	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
						<small>Thanksgiving</small>



- Beautiful Trees • Country Store • Holiday Decorating Class
- Silent Auctions • Tree of Memories • Entertainment • Snowman Painting Party • & Much More!

- Nov. 14 - Nov. 16**
Thurs-Sat
Country Store
10AM - 6PM Grand Opening at 10AM
- Nov. 16**
Saturday
Festival of Trees Gala
6PM at Deer Valley Banquets in Deer Valley, IL
- Nov. 17**
Sunday
Country Store
Noon - 5PM
- Nov. 18-Nov. 23**
Mon-Sat
Festival of Trees • Country Store • Silent Auction
10AM - 6PM
- Nov. 24**
Sunday
Festival of Trees • Country Store • Silent Auction
11AM - 3PM Check out and Pick up
Noon - 3PM Store Hours
2PM Non-tree Silent Auctions and Raffles ends

Event Sponsors:

Monday, Nov. 18

Kids Kraft Korner
5PM-7PM

Wednesday, Nov. 20

Bingo
6PM-8PM

Saturday, Nov. 23

Cookie Decorating
Begins at 10:30AM

Snowman Painting Party
6PM-7PM

For more information and a detailed schedule, visit: hospicerockriver.org and click on News & Events!
2900 E. Lincolnway | Sterling | 815-625-3858



Now Accepting New Patients

Hulsebus Chiropractic Clinic and Dr. Craig Stear would like to welcome Dr. Garrett Webb to the practice.

There is a new doctor starting at Hulsebus Chiropractic in Byron! His name is Dr. Garrett Webb. Dr. Webb was born and raised in Dixon, IL.

He wrestled at Life University in Marietta Georgia. He graduated in 2020 from Palmer College of Chiropractic in Davenport, IA.

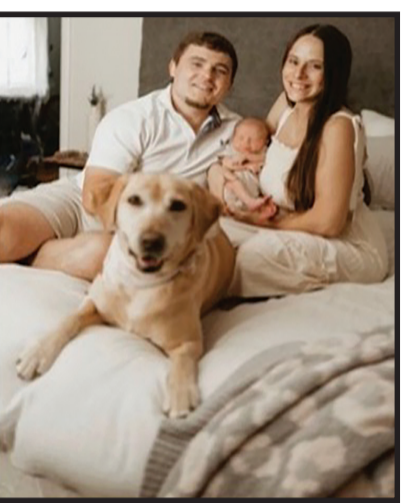
Dr. Webb has been an associate chiropractor for the past 4 years in Murfreesboro TN.

His wife's name is Kelsie and they have a baby boy named Cason and a dog named Daisy.

His hobbies include camping, hunting, golf, and boating. He enjoys spending time with friends and family.

Dr. Webb is accepting new patients, his first day at the clinic will be November 11, 2024.

The clinic is very excited to welcome Dr. Garrett Webb.



Call to Schedule an Appointment with Dr. Stear or Dr. Webb

MONDAY	7:30a - 6:00p
TUESDAY	8:00a - 6:00p
WEDNESDAY	7:30a - 6:00p
THURSDAY	8:00a - 6:00p
FRIDAY	7:30a - 5:00p
SATURDAY	8:00a - 11:00a

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(COURTESY PHOTOS)

The Byron High School varsity boys and girls cross country teams each finished second during the IHSA 1A Alleman Sectional in Rock Island on Saturday, Nov. 2. The two teams advanced to the IHSA State Championship in Peoria on Saturday, Nov. 9. It's the fourth time in school history that both teams made the state finals.

Byron cross country teams advance to IHSA State Championship

ROCK ISLAND — The Byron High School varsity boys and girls cross country teams have each clinched bids to the IHSA 1A State Championship meet at Detweiller Park in Peoria. It's the fourth time in school history that both teams advanced to the state meet.

Byron's girls took second out of 20 schools during the IHSA 1A Alleman Sectional at Saukie Golf Course on Nov. 2. Ashley Potter led the Lady Tigers in the 3-mile race, finishing 15th out of 148 runners with a time of 19:19.4. Gabriella Northrup finished 34th with a time of 20:31.6 and

Grace Burnes took 38th with a time of 20:37.6. Emma Franchi and Elinor McHale landed in 39th and 40th with respective times of 20:41.9 and 20:44.3 to round out the top five scoring runners.

Byron's boys took sixth out of 21 schools at the sectional race to punch their ticket to the state meet. Tim Starwalt led the Tigers at the event, finishing third out of 156 runners with a time of 15:37.2. Michael Muzzarelli finished 32nd with a time of 17:04.9 and Conner Welt finished 43rd with a time of 17:20.2. Braden Dietrich and Gavin Early took 59th and 76th with respective times of

17:49.7 and 18:18.2 to round out the top five scoring runners for the Tigers on Saturday.

Byron's girls qualified for the sectional meet after finishing second out of nine schools during the IHSA 1A Oregon Regional at Oregon Park West on Saturday, Oct. 26. Ashley Potter led the Lady Tigers at the regional event, finishing 10th out of 63 runners with a time of 21:57.4 in the 5,000-meter race. Gabriella Northrup finished 19th with a time of 22:59.9 and Emma Franchi took 21st with a time of 23:03.9. Grace Burnes and Elinor McHale rounded out the top five scoring



runners, placing 22nd and 24th with respective times of 23:04.79 and 23:11.2.

Byron's boys finished fourth out of 10 schools during the regional on

Oct. 26. Tim Starwalt led the Tigers, placing third out of 71 runners with a time of 16:14.0. Michael Muzzarelli and Conner Welt took 22nd and 23rd

with respective times of 18:49.2 and 18:49.7. Braden Dietrich and River Wygant landed in 25th and 35th with respective times of 18:51.49 and 19:28.2.

RE/MAX
of Rock Valley

Thank You
VETERANS
HONORING ALL WHO SERVED

J.D. Gieson **October 2024** **Carla Benesh**

TOP PRODUCER **TOP CLOSINGS** **TOP LISTINGS**

NEW LISTING

2560A Katy Court Sterling \$199,900 Call JD

Discover worry-free living in this meticulously maintained condo in the sought-after 55+ community of Cottage Acres with unique Rural views. Built in 2001, this beautiful home offers 2 bedrooms, including a main floor master suite complete with a large walk-in closet, accessible walk-in shower, double vanity, and plenty of space. The guest bedroom and second bath provide comfort and privacy for visitors. Enjoy the convenience of main floor laundry in a spacious utility room connected to the attached garage. The bright sunroom is flooded with natural light and opens directly onto a private patio-perfect for morning coffee or relaxing evenings. An open living space flows into a modern kitchen with all-new appliances included. Recent updates include a new water softener (2022), refreshed bathrooms (2023), exterior lighting, updated landscaping, and resurfaced patio and sidewalks. Community dues cover all exterior maintenance, lawn care, and snow removal for a truly low-maintenance lifestyle!

IMPROVED PRICE

1625 Warrenton Court Byron NOW \$225,900 Call Becky

Time to enjoy condo living! This 3 BR, 3BA, 1 car condo has a large spacious kitchen with ample cabinets and countertop space and a breakfast bar that seats 4. SS appliances are about 5 years old and a garbage disposal. Open floor plan from kitchen to dining room to living room with newer LVP flooring & cathedral ceilings. Huge walk-in closet in master bath. Main bath has a handicap, assessable shower and a newer vanity top. Beautiful view from the maintenance free back deck. Lower level is completely finished with the 3rd bedroom, large attached bathroom, oversized rec room, and an office/possible 4th bedroom. Covered front porch. Water softener. Agent interest.

NEW LISTING

107 South Street Monroe Center \$169,000 Call Rebecca

Welcome to your dream home! Situated on a desirable corner lot, this spacious 2-bedroom, 1-bathroom house is brimming with potential and charm. The property features a generous entryway that can be used as a mudroom, providing ample space to store coats, shoes, and outdoor gear. The home boasts a large family room perfect for relaxing or entertaining, along with a formal dining room ideal for hosting meals and gatherings. The galley-style kitchen is fitted with timeless white cabinets, offering both style and functionality. A standout feature of this home is its versatility: with ample space, adding a third bedroom is easily achievable, and it could even become a spacious master suite to fit your needs. The attached 2-car garage ensures convenience and additional storage. Located in the highly-regarded Meridian School District, this property is perfect for families or anyone looking to settle in a sought-after community. Don't miss the chance to make this beautiful house your forever home!

5205 Murray Drive Dixon \$150,000 Call Rebecca

RIVERFRONT PROPERTY AT A GREAT PRICE! Escape to your own riverfront ranch in a quiet neighborhood with 3 bedrooms, 1 bathroom. This property is located minutes from Grand Detour and a short drive to Dixon. You will love spending your days and nights on the freshly stained deck overlooking the Rock River River. Open concept living space with large living room open to the kitchen with eat in dining area. Kitchen has been updated with gorgeous cabinets and plenty of countertop space. Added bonuses are the oversized & heated garage, boat launch and boat dock that is included! Call for your showing today!

NEW LISTING

500 West Street Monroe Center \$195,000 Call Taylor

Welcome to this charming home with loads of updates. Stepping inside you'll notice the spacious living room with hardwood floors, recessed lighting, and natural light that fills every corner. The formal dining room provides a welcoming setting for gatherings, while the kitchen is designed with updated countertops and newer stainless steel appliances. The main floor includes two bedrooms, each offering ample closet space with built-in shelves, adjacent to a tastefully updated bathroom. Downstairs, the partially exposed basement extends the living space with a cozy TV/entertainment room, plus a versatile multi-purpose room ideal for a workout area or extra storage. The spacious third bedroom is accompanied by an additional full bathroom, adding extra comfort for guests or family. Beyond the walls of this home, the outdoor space truly shines, featuring an updated deck that overlooks an open backyard with sweeping, uninterrupted views that stretch for miles. Bonus features include a Nest thermostat and security system for modern convenience, as well as ample garage storage. With freshly painted siding (2024) adding curb appeal, this home offers a blend of comfort, functionality, and style-ready to be enjoyed!

1221 Currency Court Rochelle \$225,000 Call Taylor or JD

Seize the opportunity to LEASE-TO-OWN this all-brick office building, boasting excellent visibility to traffic. Spanning 1,500 sq ft, this property features four generously sized office rooms, a conference room, and a welcoming reception area. Additionally, enjoy 500 sq ft of usable common space, including a shared kitchen area/break room and two bathrooms. This versatile building is ideal for a variety of professional uses, including office space, medical practices, physical therapy, chiropractic services, hair styling, and more. The owner is committed to ensuring the space is suitable for the tenant and is willing to tailor the property to meet your specific needs. Move your business in and start thriving in this highly visible location. Don't miss out on this fantastic opportunity!

402 E III Route 64 Mt Morris \$200,000 Call Lori

Commercial Highway zoning leaves you open to a plethora of potential uses! Large building, large parking area, solid building. This building has 5 overhead doors allowing for easy use as a shop building, retail, automotive, car collectors or any of your creative dreams and ambitions. The largest space measures 53 feet x 25 feet. The ceiling heights range from 9 feet to 12 feet high. Located on Route 64 in Mt Morris gives you plenty of traffic to attract clients! 3 phase electric, city water and sewer, natural gas, forced air and radiant heat, smoke/dust remover, large air compressor all highly desirable features. The roof was replaced in 2013, no underground tanks on site. This building could be the key to your new or existing business success.

6934 N III Route 2 Oregon \$559,000 Call Carla

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SPORTS

Byron girls swimming and diving team wins Northern Illinois Independent Invitational

BYRON—The Byron High School girls swimming and diving team took first place with 392 points in the Northern Illinois Independent Invitational on Saturday, Oct. 26. Addie Bausman (first) and Pheona Warden (second) earned top honors in the varsity diving event, while Audrey Ebersohl (first) led the Lady Tigers at the JV level in diving. Byron's 200 medley relay team of Abby Krueger, Lucy Gura, Ryan Smith and Bailey Vincer took first with a time of 1:57.94.

Byron's 200 freestyle relay team of Bailey Vincer, Ady Basler, Nora Schneider and Lucy Gura took first with a time of 1:45.58. Byron's 400 freestyle relay team of Nora Schneider, Bailey Vincer, Madelyn Capellan and Abby Krueger took first

with a time of 3:56.22. Lucy Gura won the 100 breaststroke with a time of 1:12.40 and the 200 individual medley with a time of 2:24.36.

Nora Schneider placed second in the 200 freestyle with a time of 2:04.83 and Abby Krueger placed second in the 100 freestyle with a time of 57.13 seconds. Byron's 400 freestyle relay team of Natalie Kilmer, Cailyn Shippy, Mikayla Ford and Ryan Smith placed second in 4:07.14.

Cailyn Shippy finished third in the 200 freestyle with a time of 2:11.29 and Madelyn Capellan finished third in the 200 individual medley with a time of 2:27.11. Bailey Vincer finished third in the 50 freestyle with a time of 26.05 seconds and Ryan Smith finished third in the



The Byron High School girls swimming and diving team took first place with 392 points in the Northern Illinois Independent Invitational on Saturday, Oct. 26.

(COURTESY PHOTO)

100 butterfly with a time of 1:05.19. Abby Krueger finished third in the 100

backstroke with a time of 1:04.67. Madelyn Capellan fin-

ished third in the 100 breaststroke with a time of 1:15.34 and Byron's

200 freestyle relay team finished third with a time of 1:51.66.



Stillman Valley High School girls and boys cross country runners advance to IHSA Sectional

The Stillman Valley High School varsity girls cross country team finished seventh in the IHSA 1A Oregon Regional at Oregon Park West on Saturday, Oct. 26 to advance to the sectional meet. Stillman Valley also sent two individuals from the varsity boys team, Adam Mendoza and Evan Jones, through to the sectional meet in Rock Island on Saturday, Nov. 2. Stillman Valley had five girls including Zoe Larson (23rd), Nola Ivy-Friberg (33rd), Anna Bogner (37th), Josselyn Sandoval (49th) and Olivia Voltz (56th) race in the regional meet. Mendoza (16th) and Jones (26th) were two of the seven Cardinal boys who participated in the regional. (Courtesy photos)



OGLE COUNTY SPORTS ROUNDPUP

Polo football team wins first-round game over Alden-Hebron

The Polo High School varsity football team took down Alden-Hebron 58-20 in the first round of the I8FA Playoffs on Friday, Nov. 1. Gus Mumford completed 6-of-9 passes for 93 yards and two touchdowns, while JT Stevenson added a 21-yard touchdown pass. Gus Mumford rushed for a team-high 178 yards and four touchdowns on 10 carries to lead the Polo offense. Mercer Mumford caught three passes for 61 yards and one touchdown, while Billy Lowry and Damon Reed each hauled in touchdown receptions in the win. Kailin Gulbranson rushed for a touchdown.

Byron football team rolls in first-round matchup with Prairie Central

The Byron High School varsity football team rolled for a 57-20 win against Prairie Central in the first round of the IHSA 3A Playoffs. Andrew Talbert accounted for three touchdowns including a 57-yard fumble return as well as a 34-yard pass to Brayden Knoll and a 39-yard pass to Jacob Lawver. Caden Considine rushed for 115 yards and two touchdowns, while Brayden Knoll rushed for 56 yards and three touchdowns in the win.

Ogle County boys soccer players receive Big Northern Conference awards

Wednesday 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!

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Several Ogle County boys soccer players took home Big Northern Conference honors for the 2024 season. Among the First-Team honors were Byron's Bryson Roush as well as Oregon's Steven Guardado, Cruz Hernandez and Stillman Valley's Junior Vasquez.

Second-Team honorees included Byron's Jacob White as well as Oregon's Eduardo Garcia and Jackson Caposey. Honorable Mentions included Stillman Valley's Angel Marquez and Luke Dallio as well as Oregon's Danny Chisamore and Deryk Withers. Byron's Jack Potter and Jordan Daskalov were also named Honorable Mentions this season.

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SPORTS

Polo defeats Alden-Hebron 58-20 in 8-man football playoffs

BY ANDY COLBERT
CORRESPONDENT

POLO — For the first time all season, Polo trailed in a football game. In the opening round of the eight-man playoffs, Alden-Hebron drove 63 yards in nine plays to take a 6-0 lead on the No. 1 ranked Marcos.

An 18-yard pass from JP Stewart to Jack Stewart and 19 and 22-yard runs by Wyatt Armbrust had Polo momentarily reeling. “No one has done that to us on the first drive,” Polo quarterback Gus Mumford said. “We may have underestimated them.”

It was Armbrust replacing Stewart at quarterback and sneaking in from a yard out on fourth down

for the early lead. This after the Marcos stuffed Alden-Hebron for no gain on three straight plays from the one.

“It was amazing to start like that against someone as good as Polo,” Armbrust said. “It gave us momentum.”

Even though Polo (10-0) regained the lead, the Green Giants (5-5) pulled within 18-12 on a 48-yard scoop-and-score by freshman Caleb Linneman midway through the second quarter. They also had another chance to score in the first half when a wide-open Linneman couldn't hold on to a long halfback pass from Armbrust. On the next play, it was Jeffrey Donaldson blocking a Armbrust punt.

After losing to Polo

54-6 earlier, the Green Giants needed after break that could get and their thin hopes for a major upset soon evaporated.

First, it was Kailin Gulbranson capping off a quick 55-yard drive with a six-yard touchdown run to up the Polo lead to 26-12. Then, Gage Zeigler recovered an Alden-Hebron fumble at the visitor's 38-yard line.

Gus Mumford, who already had 34 and 70-yard touchdowns and a 12-yard scoring strike to Billy Lowry, made it 34-12 on a 12-yard touchdown scramble. His heroics continued with an interception after a long kickoff return by Armbrust.

With 1.4 seconds left in the half, he found Mercer

Mumford at the sideline for 36 yards. On the final play, the two connected again on a 14-yard touchdown for a 42-12 halftime advantage.

“I'm proud of our kids. They came out with intensity,” A-H coach John Lalor said. “It fell apart before the half on those three scores. They wore us down.”

Polo continued to grind down the Green Giants in the second half, starting with an eight-play scoring drive, with Mumford running in from nine yards for his 18th touchdown of the year.

“We didn't get down and kept our heads up,” Polo lineman Wyatt Plachno said.

Alden-Hebron's Zach Lillie did stifle another

Marco scoring opportunity with his second fumble recovery. That was one part of the game Polo was disappointed in.

“Typically, we don't have that many turnovers,” Mumford said. “We'll get back to work and ball security will be a big priority.”

Gulbranson intercepted Stewart four plays later and JT Stephenson replaced Mumford as QB on the final drive. On a beautiful 21-yard throw-and-catch between Stephenson and Damon Rowe, the Marcos set the running clock in motion.

“Those two have been practicing it all year,” Plachno said.

Armbrust finished his standout career at Alden-Hebron with a four-

yard score to make it 58-20, giving the Green Giants the honor of putting more points on Polo than anyone this year.

“On such a tough defense (five-point per game average) that says a lot,” A-H offensive coordinator Jason Nelson said. “It took a lot of film analysis and changing our whole scheme. That first drive got us pumped up. Our goal was to compete hard and we did.”

Mumford led the Marcos with 178 yards rushing on 10 carries, along with 6-9 passing for 93 yards and four touchdowns.

“I like the way we recovered from a shaky start,” said Polo coach Ted Alston, whose team will host West Carroll in round two.

Volleyball and round one observations

As we get ready for round two of the football playoffs, let's take a look at the other fall sports.

A feel-good story in BNC volleyball is No. 7 seed Dixon upsetting LaSalle-Peru and Morris on its way to a regional title in 3A. The Duchesses almost didn't get that chance, needing a third-game two-point win against No. 8 Rochelle.

This week at the Polo 1A sectional, it was top heavy with some of the elite in the state on display. Galena, Fulton, Newark and Stockton gave fans plenty to marvel at.

Credit to the Marcos for making it the to the regional final against Fulton, with wins over Amboy and Milledgeville, a team it had lost to twice this season.

In 1A sectional cross country, it was the Big Northern leading the way in both the boys and girls meets. Five of the top six boy individuals hailed from the BNC. Additionally, Rockford Christian, Winnebago, Rockford Lutheran and Byron all qualified for state as a team.

The top two girls teams were Winnebago and Byron. Interestingly, those two teams had the closest spread between runner No. 1 and No. 5. That type of pack running was something that Byron coach

Mike McHale felt would give his team an advantage. It sure did.

My son came back from Utah to help me handle the hordes of track-or-treaters my neighborhood gets for Halloween. Since he had never seen eight-man football, we took in a Polo playoff game the next night.

He enjoyed the experience and commented how friendly the two Alden-Hebron coaches were that I interviewed afterwards. Often after a loss, that is not always the case.

One of those coaches was the father of eight-man ball in Illinois, John Lalor, who told me he had couple inquiries from schools considering joining the ranks.

Something else my son told me was that Utah HS football playoffs are done differently than Illinois, in that teams aren't seeded by records and playoff points, but by rankings.

In light of the all the angst around powerhouses Byron and Montini forced to play in the second round, the Utah system would be preferable. As the two best teams, they would not be slotted to meet until the championship.

In the first round, 35 teams seeded lower than

their opponents won, 27 percent of the games. Chicago Public League teams went 1-15 against schools outside of Chicago. No. 16 seed Geneseo crushed No. 1 Chicago Sullivan 42-0. Games like that make a mockery of the seeding process.

Last year, a 15th seed (Nazareth Academy) won a state title. Something's wrong with the current methodology when a team showed it is 15 spots better than its seed.

But, the danger in human rankings is that not everyone is going to agree with them. At least with the IHSA's seeding formula, there is no danger of impartiality. Still, ranking would be fairer that what the IHSA does now.

It was a tough go of it for the mid-range teams in the BNC, with Genoa-Kingston, Oregon and Stillman Valley all having a running clock put on them. At least Oregon (injuries) and Stillman (facing powerhouse Wilmington) had excuses. I know G-K had some turnovers against Pec-Durand, but to lose 66-0 is a bit shocking.

The Stillman-Wilmington game was a rarity in that it featured active Illinois high-school football hall-of-fame coaches in Mike Lalor and Jeff Reents of Wilmington. The pair has

eight state titles between them.

Rockford Lutheran has the advantage of being in 1A and has an easy time of it against Annawan/Wethersfield. A bigger test is in round two against 10-0 Leroy. A win by Crusaders could put them on a collision course against Le-Win in the semifinals.

One of the best playoff games of last weekend was Galena's stirring comeback against Stark County. The Pirates went on the road, trailed twice in the second half by two scores and still managed to pull out a 43-42 win.

Certainly, the rigors of the NUIC prepares a team for anything they will see in the playoffs. Stockton also had a big win over Princeville. With Lutheran, Galena and Stockton all winning over teams from the Lincolnland Trail Conference (small), it was complete domination for the NUIC.

To make matters worse for the Lincolnland, their fourth qualifier, No. 4 seed Rushville, got hammered 44-6 by No. 13 Ottawa Marquette. Each of those teams was seeded higher than their opponent, giving further evidence for the need of a ranking system over seeding.

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



Andy Colbert

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OREGON PUBLIC LIBRARY

The Library will be closed on Monday, November 11th.

Preschool Story Time (18 months – 6 years). Story Time is on Mondays at 10 am. Stories, crafts and friends to share books...all at your Library! Registration is required, visit www.oregonpubliclibrary.com. or call (815) 732-2724. *No Story Time will be held on Monday, November 11.*

Book Clubs
The 2WBC meets Wednesday, November 13 at 12:30 to discuss Love in the Time of Cholera by Gabriel Garcia Marquez. Cocktails and Crime will meet Sunday, November 17, at 2 pm. Is This Just Fantasy? Book Club will meet November 19 at 6 pm to discuss Theft of Swords by Michael J. Sullivan. The Afternoon Book Club meets Wednesday, November 20 at 1 pm to discuss I'm a Stranger Here Myself by Bill Bryson. Books on Tap Book Club meets Thursday, November 21 at 6 pm at Cork & Tap to discuss Sociopath: A Memoir by Patric Gagne.

Red Bow Box Location
Beginning November 11 through November 30, the Library will be participating in the Red Bow Box. Enter for your chance to win prizes from the Library and a Grand Prize Giveaway. Oregon's 38th Annual Candlelight Walk will be held Saturday, November 30.

Toys for Tots
The Oregon Public Library is a Toys for Tots drop-off location. Last day to contribute is Tuesday, December 3.

Spooktacular Game Night
Wednesday, November 13 at 6 pm. Spooktacular is a tabletop game with an emphasis on roleplaying and ghost-catching. Players take the role of an eclectic mix of paranormal investigators tasked with capturing pesky poltergeists, all while playing up

MT. MORRIS PUBLIC LIBRARY

Library Closing Veterans Day

Monday, November 11th. Mount Morris Library will be close on Monday, November 11th in honor of our veterans.

Family Reading Night
Thursday, November 21st at 6pm! This year's Illinois State Family Reading Night is Thursday, November 21st! Join us for special guest reader, Chief Cicchetti, crafts, and refreshments!

School's Out Drop-In Fun!

Monday, November 25th from 2-5:30pm. Bring the children out on Tuesday for some fun! You can stop by any time between 2pm to 5:30pm to create a fun foodie craft, color some pictures, check out some books, and you can even play some games!

Lego Club

Tuesday, November 26th at 6pm. Lego night is

JULIA HULL DISTRICT LIBRARY

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.

Tween Scene: Holiday Slime Lab

Get into the holiday spirit with this STEM lab for tweens. We'll make slime that's festive, merry and bright! Tuesday, Dec. 3, 6 p.m. Ages 10-12. Registration required: 815-645-8611.

Toddler Time: Music and Movement

their character's eccentric personalities. Come for a night of spooky fun and adventure - bonus points if you are dressed like your favorite ghosthunter. Snacks will be provided. For ages Teen and up. Registration required, please call (815) 732-2724 or visit www.oregonpubliclibrary.com

Holiday Movie Binge Boxes

Registration begins November 13th. Holiday Movie Night Binge Boxes are back! Inside each box are DVDs hand-picked for you by our librarians plus a festive treat and activity. Call (815) 732-2724 or visit our website to complete your registration for your box. Once your box is ready, you will be notified to pick it up at the Library. Must be an Oregon Library Card holder.

Chef Art Smith

Wednesday, November 20th at 7pm. Holiday Tips and Tricks. Join Chef Art Smith to learn about his culinary journey and bring some culinary inspiration into your holiday season. A two-time James Beard Foundation award winner, Smith believes "The art of cooking, the act of feeding people, is the most engaging, most memorable way to connect with people." Smith began his career at the Florida Culinary Institute and honed his skills working with top chefs in France before finding himself in Chicago. Here he served as Oprah Winfrey's personal chef for a decade and opened his first critically-acclaimed restaurant, Table Fifty-Two, known for its modern Southern dishes and locally sourced ingredients. Smith is also a prolific cookbook author and TV personality, sharing his passion for Southern cuisine. He has appeared on Top Chef, Top Chef Duels, Top Chef Masters, Iron Chef America, The Today Show, Good Morning America, Entertainment Tonight, BBQ Pitmas-

Family Reading Night

Thursday, November 21. Family Reading Night is an annual statewide event held in November to encourage families to spend quality time reading together. The Oregon Public Library will provide a limited number of Reading Night kits to Oregon Library cardholders. Each kit will contain books, bookmarks, activity sheets and snacks. Register by Friday, November 15, by calling the Library at 815-732-2724 or www.oregonpubliclibrary.com

Ink with A Friend Monthly Card Club

Monday, November 18th at 6:00pm. Sending personal cards to your friends and family is a

cannot accept textbooks, encyclopedias, Reader's Digest Condensed books, VHS tapes, or audio cassettes.

Display Case Showings

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

Explore More Illinois

Explore More Illinois 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!

way to let them know you care and are thinking about them. All designs include beautiful colored cardstock, gorgeous designer series paper, detailed stamped images, die cut pieces, matching ink, ribbon, and embellishments. All cards come with matching envelopes. Whether you're a new card maker or a seasoned pro, our kits are suited to every skill level. Don't wait! Sign up today to reserve your spot. Oregon Patrons only. Registration required (815) 732-2724 or www.oregonpubliclibrary.com

Try It Tuesday

Tuesday, November 19th, 1:30pm or 5:30pm, choose which time. Paint and Pass - Join us for a fun painting program where everyone will go home with a unique piece of art work. All supplies provided. This is an adult only class, 18 and up. Registration required. Register at www.oregonpubliclibrary.com or call (815) 732-2724.

Lego Club

Monday, November 25 at 2pm (2nd grade & up) (No School). Get together and spend some recreational time building! There will be a limited number of vintage kit instructions available, so if you make it, you can take it! (First come, first serve) The club is designed to provide an enjoyable activity (FUN) that stimulates and develops spatial intelligence. Registration is required.

Bottle Cap Flowers

Tuesday, November 26 at 5:30 pm (5th grade through adults). Brighten up fall decorations by creating your own flowers! Turn old metal bottle caps into rustic bottle cap flowers. all supplies will be provided. If you have your own collection of metal bottle caps or would like a variety of colors, bring your own to create a unique arrangement. Registration required.

Functional Move-

ment Type Yoga
Wednesdays at 9:30am. In this class, we use exercises based on whole-body movements to restore posture, improve body mechanics, build strength and endurance, and fine-tune balancing skills. We start with a slow warm-up followed by core exercises - then explore how to utilize these tools based on real situations in daily life. Bring your yoga mat! All levels are welcome. - OREGON PATRONS ONLY - Registration required, this class fills quickly. Please call (815) 732-2724 or visit www.oregonpubliclibrary.com.

Knit & Crochet is BACK!!

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

New Photo Printer at the library!

The library now has a photo printer capable of printing 4 x 6, 5x7, 8x10, and 8.5 x 11. Stop in on a Tuesday from 9am to 4pm and see what it can print for you!

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-wanabes 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.

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?

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.

Find A Character Ticket!

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

OPLD Dial-A-Story & Oregon Public Library StoryWalk @ Oregon Park West

Call 815-732-2724, follow the prompts and presto...a story! Current story- A Horse Called Now by Ruth Doyle At the StoryWalk is Chicka Boom Boom by Bill Martin, Jr.

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

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.

Tween Scene: Holiday Slime Lab

Get into the holiday spirit with this STEM lab for tweens. We'll make slime that's festive, merry and bright! Tuesday, Dec. 3, 6 p.m. Ages 10-12. Registration required: 815-645-8611.

Toddler Time: Music and Movement

holiday-inspired clues, to solve holiday-inspired puzzles, in order to win some holiday-themed prizes! Saturday, Dec. 7, 10 a.m. - 12 p.m. Registration required: 815-645-8611.

Friends of the Library Mini Bazaar
Cupcake, cookies, and scones—oh my! Stop by, sit down to enjoy a homemade treat, grab treats to-go and shop our mini-bazaar! All proceeds support library programs and services. Saturday, Dec. 7, 10 a.m. - 12 p.m.

A Midcentury Christmas w/ Leslie Goddard
Christmas in America from the 1940s through the 1960s meant aluminum trees, department store Santas and TV specials. Every kid wanted an Easy Bake Oven, a G.I. Joe or a Slinky. Join historian Leslie Goddard, PhD, as she looks back at this optimistic era in a fun illustrated lecture, using photos, ads, greeting cards and catalogs to explore why this era was

a turning point for how we celebrate the holidays. Monday, Dec. 16, 6:30 p.m. Adults. Registration required: 815-645-8611.

Holiday Pajama Party
Twas the night before, the night before... And your little ones are filled with pent-up holiday energy! Join us at the library for games and crafts with a fun festive theme. Pajamas encouraged. Monday, December 23, 6:30 p.m. Ages 5-9. Registration required: 815-645-8611.

LOCAL NEWS

MT. MORRIS SENIOR CENTER

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

Potluck

November 12th – 12:00 pm Potluck with Veteran Celebration

Health Fair

Thursday – November 14th – The Center Health Fair from 10: am – 2:00 pm.

Diamond Painting

Friday, December 15th

at 11:00 am – Join us for Diamond Painting. Paintings are for sale and there is no prior skill needed.

Fall Dinner

Sign up for the Fall Dinner! On Tuesday, November 26th at 6:00 pm we will be serving chili and potato soup with all the fixings as well as dessert. The cost is \$15 and tickets must be purchased prior to

the event (no walk ins). Please reserve your spot by November 22nd.

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!

OGLE COUNTY SHERIFF'S REPORT

OREGON—On Oct. 30 at approximately 3:20 p.m. deputies conducted a traffic stop in the 2,000 block of South Freepport Road. After an investigation, deputies arrested Claudio Nicolas-Martinez, 23, of Freepport, for driving without a valid driver's license and speeding. Nicolas-Martinez was transported to the Ogle County Jail, where he was booked

in and released on a notice to appear for his citations.

On Oct. 31 at approximately 8:10 a.m. deputies, along with the Polo Police Department and Polo EMS, responded to a single-vehicle accident in the 4,000 block of South Illinois Route 26. After an investigation, it was learned that a 17-year-old female from Forreton had driven off

the roadway and struck a culvert. The 17-year-old sustained minor injuries and her baby was uninjured. Both were transported to KSB Hospital by Polo EMS. The driver was cited for failure to reduce speed to avoid an accident and failure to properly secure a child safety seat.

All individuals are considered innocent until proven guilty.



SVHS National Honor Society raises funds for Pregnancy Care Center

The SVHS National Honor Society recently hosted a fundraising challenge for the Pregnancy Care Center in Rockford. Through their efforts and the efforts of the students and staff of Stillman Valley High School the NHS was able to donate \$526.52 to the Pregnancy Care Center. The donation will help to support those in need in the Rockford area. Pictured are members of the Stillman Valley National Honor Society and Pregnancy Care Center staff. (Courtesy photo)

Weekly Brain Busters

King Crossword

ACROSS

1	2	3	4	5	6	7	8	9	10	11	
12					13			14			
15					16			17			
18		18			19			20			
21	22			23			24				
25			26		27		28				
29				30			31		32	33	34
35					36			37			
38	39	40			41		42		43		
44					45			46			
47				48			49		50	51	
52				53			54				
55				56			57				

DOWN

1	2	3	4	5	6	7	8	9	10	11	
12					13			14			
15					16			17			
18		18			19			20			
21	22			23			24				
25			26		27		28				
29				30			31		32	33	34
35					36			37			
38	39	40			41		42		43		
44					45			46			
47				48			49		50	51	
52				53			54				
55				56			57				

ACROSS

1	Platters
6	Chum
9	Club —
12	Put on — (act)
13	Expert serve
14	Navarro of "The View"
15	Gettysburg general
16	William on "Star Trek"
18	Vatican term
20	Folklore monster
21	Blackbird
23	Airport screening org.
24	Offered one's seat
25	Taverns
27	Plant life
29	Perfect place
31	Zesty dips
35	Blood line?
37	Model in a bottle
38	Future oak
41	Luau instrument
43	Canine greeting
44	Wander
45	Pencil end
47	Subtle variation of color
49	Spanish snacks
52	Feedbag morsel

DOWN

1	River blocker
2	British verb ending
3	NPR's Ari
4	Musical finale
5	Used a broom
6	Computer language
7	Needing a massage
8	Tony winner Salonga
9	Chutney fruit
10	January, to Juan
11	Challenged
17	Sums
19	Equally distant
21	Dhabi predecessor
22	Rebel Turner
24	Madrid Mrs.
26	Went easy on
28	Japanese seaport
30	Bit of physics
32	Hone
33	Football filler
34	Suntan lotion letters
36	Overblown
38	Incendiary crime
39	"Over There" composer
40	Egg-shaped
42	— Park, Colorado
45	"May It Be" singer
46	Roof edge
48	Conditions
50	Moreover
51	Snake's sound

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MAGIC MAZE

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

Antero Elbert La Plata Quandary
 Blanca Evans Lincoln Torreys
 Castle Grays Longs Uncompahgre
 Crestone Harvard Massive

COLORADO'S TALLEST MOUNTAINS

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

Antero Elbert La Plata Quandary
 Blanca Evans Lincoln Torreys
 Castle Grays Longs Uncompahgre
 Crestone Harvard Massive

Weekly SUDOKU

by Linda Thistle

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

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. Cup is smaller. 2. Saucer is missing. 3. Mouth is smaller. 4. Tiles are different. 5. Stool is missing. 6. Mouth is open.

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Solution time: 26 mins.

Answers

King Crossword

Colorado's TALLEST MOUNTAINS

Weekly SUDOKU

Answer

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

Classified Marketplace

BUY OR SELL
Place A Classified Ad



OGLE COUNTY • OGLE COUNTY • OGLE COUNTY • OGLE COUNTY

101 LEGAL NOTICE

NOTICE IN THE CIRCUIT COURT OF THE FIFTEENTH JUDICIAL CIRCUIT OGLE COUNTY, ILLINOIS
IN THE MATTER OF A CERTIFICATE OF TITLE FOR A MOTOR VEHICLE MOUNT MORRIS ESTATES MHP, LLC, 3747 IL Rt. 64 MOUNT MORRIS, ILLINOIS 61054 Plaintiff, v. JASON BAUSER and MICHAEL ADAMCZYK Defendants.
No. 2024CH12
NOTICE BY PUBLICATION
Jason Bauser
That this case has been commenced in this Court against you and other defendant requesting the entry of a Court Order directing the Illinois Secretary of State issue title to and in that certain 1980 Mobile Home VIN: 17014F-FR26472, located at 3747 Illinois Route 64, Unit 78, Mt. Morris, Ogle County, Illinois. NOW, THEREFORE, UNLESS YOU file your answer or otherwise file your appearance in this case in the Office of the Clerk of this Court: Clerk of the Circuit Court Ogle County Court-house 106 S. Fifth Street Oregon, IL 61061 On or before November 30, 2024. A DEFAULT MAY BE ENTERED AGAINST YOU AT ANY TIME AFTER THAT DAY AND A JUDGEMENT MAY BE ENTERED IN ACCORDANCE WITH THE PRAYER OF SAID COMPLAINT.
Dated Oct. 22, 2024
Kimberly A. Stahl, Clerk of the Circuit Court Ogle County, Illinois No. 1022 (Oct. 28, Nov. 4 and 11, 2024)

CATION NOTICE: The requisite affidavit having been duly filed herein, NOTICE IS HEREBY GIVEN TO Mari Lynn K. Roberson, Ogle County Trustee, and Unknown Owners and Nonrecord Claimants that said action has been commenced in said Court by the Plaintiff, naming you as Defendant(s) therein and requesting an order declaring abandoned the property commonly known as 1024 Avenue B, Rochelle, Illinois 61068 PIN: 24-26-232-005, and legally described as: LOT 5 IN GENTRY'S FIRST SUB-DIVISION LOCATED IN THE WEST HALF (1/2) OF THE NORTHEAST QUARTER (1/4) OF SECTION 25 AND THE EAST HALF (1/2) OF THE NORTHEAST QUARTER (1/4) OF SECTION 26, IN TOWNSHIP 40 NORTH, RANGE 1 EAST OF THE THIRD PRINCIPAL MERIDIAN, IN THE CITY OF ROCHELLE; SITUATED IN THE TOWNSHIP OF FLAGG, COUNTY OF OGLE AND STATE OF ILLINOIS. Now, therefore, unless you file your answer or otherwise make your appearance in said action in this Court by filing the same in the office of the Ogle County Court-house of 106 South 5th Street, Oregon, IL 61061, by December 4, 2024, AN ORDER OF DEFAULT MAY BE ENTERED AGAINST YOU AND JUDGMENT ENTERED FOR PLAINTIFF. Circuit Court of Ogle County Clerk. No. 1104 (Nov. 4, 11 and 18, 2024)

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 child care service. A childcare facility that is licensed or operating under a permit issued by the Illinois Department of Children and Family

Services may publish advertisements of the services for which it is specifically licensed or issued a permit. Your Hometown Newspaper strongly urges 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.

501 APARTMENTS FOR RENT

SPLIT Firewood For Sale. Contact 779-251-0254

405 HOUSES FOR SALE

ALL REAL ESTATE 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.

501 APARTMENTS FOR RENT

OREGON/MT. MORRIS
Newer 1, 2 & 3 BR APTS. Water, sewer, garbage inc. w/most units. HOUSES some w/garages, all in like new condition. Starting at \$425/mo. 815-734-4348 815-590-2302

511 STORAGE UNITS

K&P SELF STORAGE
1563 Kysor Drive, Byron (next to D&W Garage)
815-247-8518
OUTSIDE STORAGE NOW AVAILABLE
Storage Unit Sizes:
5' x 10' 10' x 10'
10' x 15' 10' x 20' 10' x 30'

KEN FROMAN ESTATE AUCTION SAT., NOV. 16th – 10 A.M.

11311 BRIDGELAND RD., WINNEBAGO, IL
Live Auction! Featuring 1971 CJ5 Jeep w/ 1/2 Cab & Plow; Toro Groundmaster & JD Mowers; Troy-Bilt Tiller; Generators & Compressors; Hobart & Lincoln Welders; Equipment; Machine Shop-Grizzly Mill-Sheldon Metal Lathe-Industrial Saw; Machinist & Mechanic Tools; John Deere LA Tractor; Farm Implements; Salvage Iron; Horse Drawn-Saddles-Horse Sulky-Bobsled-Parade Wagon-Plows; Primitive; Carpenter's Work Bench; Antiques & Collectibles; Furniture & Household Furnishings; Toys; Slate Pool Table; Glassware; Electronics; Lawn & Garden; **More!**

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Pecatonica, IL 815-239-1436
www.hacksauction.com
I.A.F.L. #44000128

PERSONAL PROPERTY AUCTION NOVEMBER CONSIGNMENT

8813 N. MULBERRY RD, LEAF RIVER, IL 61047
Wednesday, November 13th **8AM**
to Saturday, November 16th **5PM**
This is an Online Auction.

Please visit <https://aandtauctionservices.hibid.com/> for full sale viewing beginning 11/12/2024. Pictures will be uploaded prior to that date as they are available. **Personal Property/Vehicle:** 1980 Mercedes-Benz 450 SL—great condition; household items; vintage memorabilia items; various antiques & collectibles; toy tractors; dishware & glassware, many decor items, including holiday & Christmas decor; some tools & various "garage" items; vintage grain cleaner; vintage paper press; and much more! **Item Viewing:** Items will be available for online viewing @ 8am on 11/12/2024. If you wish for more information on an item or an appointment to view an item, please contact A & T Auction Services directly. **Pick-Up:** will be held on Monday, November 18th from 4:30pm-7:00pm at the sale site listed above. **PLEASE NOTE: the opening and closing days for this auction are different than usual—this sale will close SATURDAY afternoon beginning @ 5pm.**
Terms & Conditions: This is an absolute sale. There will be a 10% Buyer's Premium added to all items sold except a 5% BP for the vehicle. Items can be purchased with cash, GOOD check, or credit card. There will be a 3.5% fee added to any credit card transaction. Follow A & T Auction Services on Facebook for more information!
Travis Cunningham, Auctioneer IL Lic. # 441.002600
A & T Auction Services, LLC
atauctionservices@gmail.com
815-297-4595

Open House

Open House | Noon to 4 pm
Saturday's & Sunday's
November 2 & November 3
November 9 & November 10
November 16 & November 17

642 Angling Road
Paw Paw, IL 61353

Please call for directions or more details:
630-208-4742

3 beds, 2 bath 1700sq ft two story on 1.5-acre lot mol with basement and detached garage/outbuilding on the edge of town. New water heater, gas furnace, electric panel, new septic and much, much more.

New Milford Refrigeration

6331 11th Street | Rockford

New, Used, Scratch & Dent
Refrigerators
Freezers
Washers/Dryers
Stoves
Air Conditioners
Dehumidifiers

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

815-262-3900

CHANA AUCTION

Sunday Nov. 17th • 10:00am

Last Auction of the Year
Christmas & Consignment Auction

Lots of new Christmas items
Cash or Good Check ONLY!

620 S. Stone Hill Rd., Chana, IL 61015 | 815-830-3898

Carroll County, IL

FARMLAND AUCTION

Wednesday, November 20th, 2024 at 10:30 A.M
Sale to be held at: **Mill Wheel**
337 N Main Ave
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105 BUSINESS OPPORTUNITIES

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113 FINANCIAL

NOTICE Advance Fee Loans or Credit Offers

101 LEGAL NOTICE

ANNUAL TREASURER'S REPORT SCOTT TOWNSHIP & ROAD DISTRICT FISCAL YEAR ENDING MARCH 31, 2024

TOWNSHIP --- REVENUE SUMMARY:
Property Taxes - 85,404.27; Replacement Tax - 20,174.30; Interest - 9,052.33; Miscellaneous - 1,479.91; Dividend - 639
TOTAL REVENUES: \$116,749.81.

TOWNSHIP --- EXPENDITURE SUMMARY:
Big Mound Cemetery Assoc. - 5,000; IL Dept. Of Rev. - 3,153.24; IMRF - 4,872.24; IRS - 15,190.22; Raynor Door Authority. - 14,565; TOIRMA - 4,481; All other disbursements less than (\$2,500) - 12,036.66.
TOTAL VENDORS: \$58,633.84.

TOWNSHIP --- COMPENSATION SUMMARY:
Range: Under \$25,000.00: Charles Tague; Robert Horn; Laura Sullivan; Tamara Glendenning; Scott Miller; Doug Glendenning; Pat Hickey; Terry Glendenning; Mike Adams; Dan Bond; Jodi Glendenning; Wm Motisi; Barb Sandvick.
Range: \$25,000.00 - \$49,999.99: Kevin Sullivan.
TOTAL COMPENSATION: \$55,978.68.

ROAD DISTRICT --- REVENUE SUMMARY
Property Taxes - 257,403.30; Replacement Tax - 26,565.86; Interest Income - 24,898.48; Miscellaneous - 2,144.67; Dividend - 567.
TOTAL REVENUES: \$311,579.72

ROAD DISTRICT --- EXPENDITURE SUMMARY
Card Service Center - 2,964.07; Conserve FS - 7,361.55 Ogle County Highway Dept. - 6,854.76; RT Repairs - 3,215.95; TOIRMA - 3,973; Wagner Aggregate - 20,709.39.
All other disbursements less than (\$2,500) - 14,477.01;
TOTAL VENDORS: \$59,555.73.

ROAD DISTRICT --- COMPENSATION SUMMARY
Range: Under \$25,000.00: Jamie Bee; Tyler Duschien; Damien Huerta; Carter Lee; Cody Mercer; Dario Nanni.
TOTAL COMPENSATION: \$9868.82

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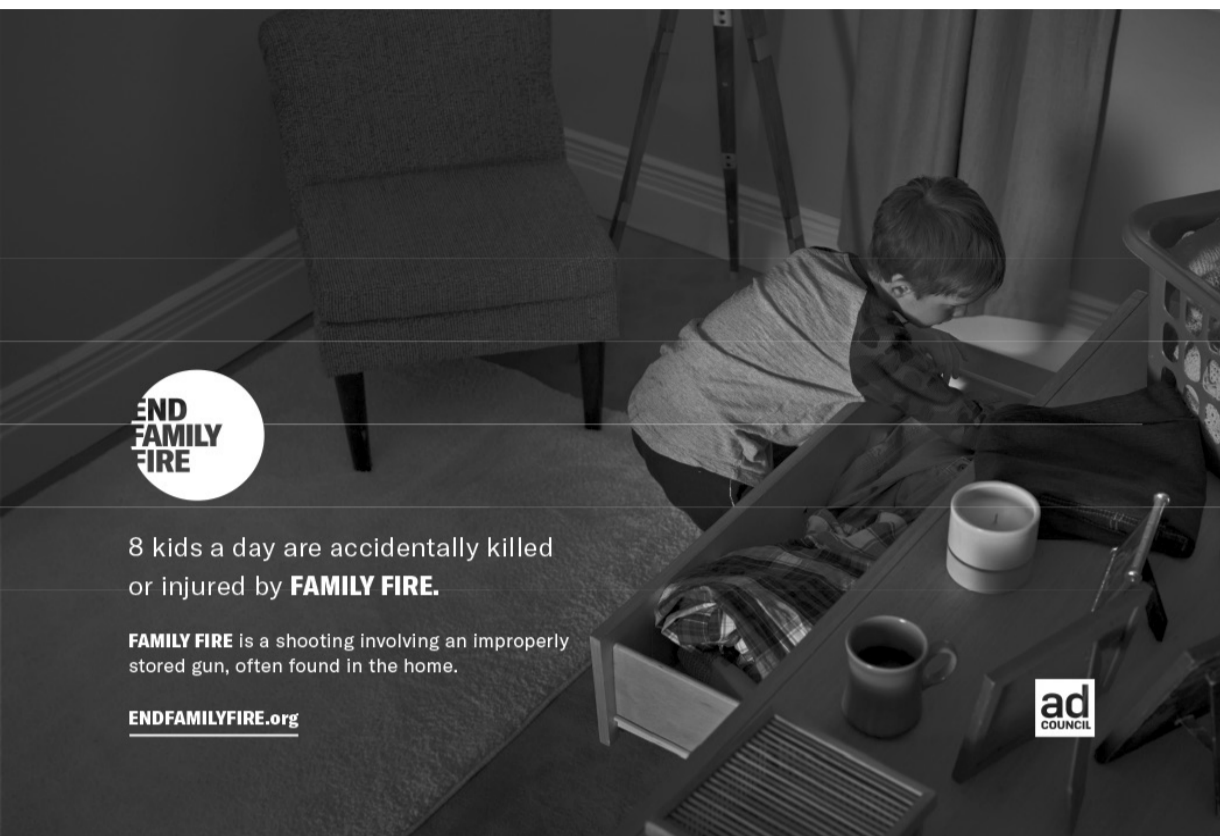
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4. One coupon at each of the participating sponsors will be drawn. Winners names will be published in the Life on Monday, November 20th.
5. Winners will be mailed certificates for their turkey.
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SENIOR LIFESTYLES

Thoughtful gifts for aging parents

CHILDREN typically want to treat their parents to something special during the holiday season. Parents do a lot for their children, and when those kids become adults, a desire to express their appreciation for Mom and Dad grows.

According to The Wrap Up: Snappy's 2022 Holiday Gift Report, the majority of Americans (64.2 percent) report they need help when it comes to holiday gifting. They may want to carefully consider a recipient's interests, as the report also discovered more than half of all Americans want a gift that reflects their personal interests and hobbies. When shopping for elderly parents, it may not be as simple as identifying interests, particularly if Mom and Dad are experiencing age-related health issues. Consider these gift ideas that may be ideal for the aging adults in your life.

• **Cozy blanket:** Older adults may have trouble regulating their body temperatures, which can translate to feeling cold a lot of the time. A new blanket or throw for a bed or to cuddle up with in a favorite recliner might be the perfect gift.

• **Family history book:** Budding writers can interview their aging parents and jot down family stories. Those stories and anecdotes can be compiled into a book and combined with photos to make a family history log, which can be gifted back to the interviewee.

• **Gripping slippers:** Slips and falls can injure aging adults and put them out of commission for quite some time. Sturdy and secure slippers with anti-slip soles are good for getting around the house and making quick trips to take out the trash or get the mail.

• **Robotic vacuum:** Keeping up with the household chores is easier with a robotic vacuum that automatically scours carpets and hard-surface floors. This eliminates having to wrestle with a cumbersome vacuum.

• **Key finder:** A key finder can help adults find their keys if they are misplaced. Some employ radio frequency, while others utilize Bluetooth technology and can be paired to a smartphone.

• **Magnifying light:** Older parents who like to do puzzles or close-up work like knitting or stitching can benefit from an LED lamp that also has



a magnifying glass built right in.

• **E-reader:** Avid readers may enjoy an e-reader because they don't have to find spots to store even more books in their homes. E-readers can be customized so the print is the right size for the reader's needs. Also, the

devices are lightweight and easy to stow in a bag.

• **Automatic card shuffler:** Parents who are known card sharks around the community can use an automatic card shuffler to make card play even easier.

• **Resistance bands:** Resistance bands are like

large rubber bands that exert force to strengthen muscles and improve flexibility. They can help aging adults stay in shape in a low-impact way.

• **Dining gift cards:** When parents do not want to spend additional time in the kitchen, they may opt to visit a favorite

restaurant. A combination of a gift card to a favorite establishment as well as pre-paid taxi or ride share service ensures a good meal and a safe ride home.

Although they seem to have everything, aging parents still can benefit from some thoughtful gifts.

How seniors can diversify their workouts

ADULTS often lament a lack of time to incorporate exercise into their daily routines. Such difficulties are not exaggerated, as the demands of work and family, particularly for parents of young children with busy schedules of their own, can leave little time for daily workouts. Hectic schedules typically do not prevent older adults and seniors from exercising, but aging men and women may still confront some challenges as they aspire to be as physically active as possible.

Boredom with an exercise routine can adversely affect individuals' motivation to be physically active. When that happens, even individuals with ample time to exercise, such as empty nesters and seniors, may find it increasingly difficult to go to the gym or work out at home. In such situations, the more diverse a workout routine is, the less monotonous it can feel, and that lack of monotony can be enough to keep individuals up and moving. With that in mind, the following suggestions can help individuals diversify

their workout routines so they remain engaged with physical activity.

• **Make use of the seasons.** Exercise boredom can develop at any time of year, but disinterest in a workout routine might be especially likely when diversifying a regimen becomes more difficult. For example, the colder temperatures of winter can force individuals to do most if not all of their exercising indoors, which can grow monotonous over time. If exercising outdoors in winter is a nonstarter, then individuals can emphasize outdoor workouts throughout the rest of the year when the weather is more amenable. Incorporate hiking into your weekly routine in spring, summer and fall, and replace typical cardiovascular workouts on a treadmill or elliptical with bike rides when the weather allows. Individuals also can invest in gear to keep them warm so they can get outside to exercise after the mercury drops.

• **Skip the circuit workouts for more specialized**



regimens. Circuit workouts can be great for busy individuals without much time to exercise each week. Such workouts target various muscle groups in quick succession, which allows individuals to work out every muscle group even during weeks when time is limited. However, circuit workouts can be monotonous for people who have the time to ex-

ercise each day. In such situations, individuals can specialize their workouts so they target a different muscle group during each session. Doing so can diversify a workout to reduce boredom and may even decrease the risk of repetitive use injuries.

• **Embrace new ways to exercise.** A gym with all the familiar weights, machines and cardiovascular

equipment might be the first thing people think of when pondering exercise. And while gym memberships can motivate people to exercise, traditional fitness facilities are not the only places to break a sweat and be physically active. If a diverse workout regimen is your goal, consider incorporating yoga, Pilates and other less traditional forms of exercise into your routine. Many fitness facilities even offer such classes, and local communities also may feature standalone yoga studios or other establishments offering specific exercises.

Diverse workout routines can help people overcome the boredom and lack of motivation that can develop when regimens feature little variety.

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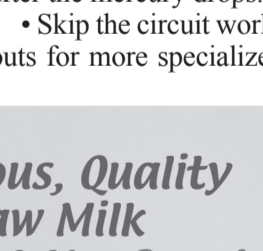
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SENIOR LIFESTYLES

What to know about estate planning

MANAGING and planning one's estate sounds like a task reserved for the über-rich. But that's a common, and potentially costly, misconception. Indeed, estate planning is a necessary component of long-term financial planning no matter the size of a person's investment portfolio.

Estate planning is an umbrella term that encompasses anything from asset allocation after death to end-of-life health care decisions to power of attorney should an individual become incapacitated. Key components of an estate plan typically include wills, trusts, power of attorney, and health care directives. According to a 2021 survey by Caring.com, only 33 percent of Americans have a will in

place, and 60 percent of respondents in the same survey cited "not having enough assets" as reasons for not creating an estate plan.

The following are some basic steps anyone can take to establish an estate plan.

- **Create a will.** A will is a legal document that specifies how your assets will be distributed after your death. Although a will can be set up without an attorney, relying on an attorney to create or update a will can ensure that it is legally sound and reflects your intentions. In the will you can name an executor who will carry out the plans of the will. Without a will, intestacy laws where you live will dictate the distribution of your assets.
- **Establish trusts.** Mor-

gan Legal Group says trusts are tools that can protect assets, minimize estate taxes and provide for beneficiaries. Trusts can be revocable or irrevocable. Special needs trusts also can be set up. Trusts can help avoid probate and reduce estate taxes. The National Bureau of Economic Research indicates trusts can reduce estate taxes by up to 40 percent. Trusts also can shield some of your assets so they cannot be counted as part of your responsibility for paying for skilled nursing home admittance.

- **Determine powers of attorney and health care proxies.** If someone becomes incapacitated, that person will need responsible people who can act on their behalf. A financial or legal power of attorney can help with paying



bills, accessing accounts and managing finances and other needs. A health care proxy can be listed on an advanced health care directive, known as a living will. The proxy will communicate your wishes

indicated on the directive and see that your wishes are honored.

Knowing what's included in an estate plan can ensure that people make informed choices about their assets, beneficiaries

and financial futures. It is always best to work with legal, medical and tax professionals when drawing up estate plans to avoid any issues that can arise when matters are not decided ahead of time.

What to know about exercise and dementia risk

THREE seconds go by in a flash, but that's enough time for another person to join the masses already diagnosed with dementia. According to Alzheimer's Disease International, every three seconds someone in the world develops dementia, a condition that more than 55 million people were living with in 2020.

The World Health Organization notes that various diseases and injuries that affect the brain can contribute to dementia. As menacing a threat as dementia presents, individuals are not helpless against it. In fact, exercise, which can help lower risk for heart disease, stroke and various other conditions, can be a valuable ally against dementia as well.

What is the link between exercise and dementia?

Dementia remains something of a mystery, but the Alzheimer's Society notes that evidence is now strong enough to support the assertion that lack of physical exercise increases a person's risk of developing dementia. The Alzheimer's Society also notes that researchers have discovered improvements in thinking and memory and reduced rates of dementia among middle-aged and older adults who exercised compared to those that did not.

Is cardio the most effective exercise at lowering dementia risk?

Speaking with CNBC, Silky Singh Pahlajani, a clinical professor of behavioral neurology and

neuropsychiatry at Weill Cornell Medicine, noted that cardiovascular exercise, often referred to as cardio, can provide the biggest benefit for brain health of any form of exercise. Cardiovascular exercise can increase heart rate, which helps deliver oxygen cells to the brain. The National Institutes of Health notes that oxygen shortages prevent the brain from working as well as it should, and a 2023 study published in the journal Redox Biology found that oxygen abnormality plays a crucial role in the occurrence and progression of Alzheimer's disease.

How should aging adults approach exercise if they have been largely sedentary?

Middle-aged and older adults who have not been physically active throughout their adult life but want to begin incorpo-

rating exercise into their daily routines are urged to speak with their physicians prior to beginning a fitness regimen. Preexisting conditions may make it difficult, if not impossible, to engage in certain forms of exercise. A personal physician can consider a patient's unique medical history and then recommend certain exercises that won't put him or her in jeopardy of suffering an injury or illness. A gradual approach to exercising is typically best for individuals who have lived a sedentary lifestyle. Starting off slowly with a short walk or light physical activity like gardening can help the body acclimate to physical activity at a safe pace. As adults bodies' become more accustomed to exercise, men and women can then gradually increase the intensity of their workouts, switching from walking



to jogging on a treadmill when possible.

There is no cure for dementia, but adults are

not helpless against the various forms of the condition. Researchers have discovered that preventive

measures like routine exercise can be an effective way to reduce dementia risk.



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SENIOR LIFESTYLES

Compassion is an integral component of palliative care

VARIOUS medical and therapeutic treatments are designed to promote health and well-being. Many of these therapies attempt to remove illness or address sickness. But at some point in their lives, people may receive a different form of care known as palliative care.

Palliative care, according to Get Palliative Care, is based on the needs of the patient and not the patient's prognosis. Unlike curative treatments that aim to eliminate illness, palliative care is centered on improving quality of life for patients and their families by addressing physical, emotional and psychological needs.

Palliative care focuses on comfort, care and quality of life for those with serious illness. It is designed to improve life for people of any age who need it, not just older adults. The National Institute on Aging says palliative care is interdisciplinary, which means it involves a variety of doctors and care providers who work together with patients and families to address individual goals and values.

Palliative care prioritizes comfort and support, aiming to alleviate pain, manage symptoms and offer holistic care that encompasses the whole person. Some of the hallmarks of palliative care are relief from pain and other symptoms of a serious illness. It also may help a person cope with side effects of medical treatments. Palliative care may be recommended whether a condition can be cured



or not. It is performed alongside other treatments a person may be receiving, says the Mayo Clinic.

Patients with serious illnesses often experience pain, nausea, fatigue, and shortness of breath. Palliative care specialists utilize strategies and

medications to alleviate these symptoms, ensuring that patients remain as comfortable as possible. Some of the conditions for which palliative care can be effective include:

- Cancer
- Heart disease
- Blood and bone mar-

row disorders

- Dementia
- Cystic fibrosis
- Kidney failure
- Lung disease
- Liver disease
- Stroke

According to a study published in the New England Journal of Medi-

cine, patients with serious illnesses who received palliative care lived longer than those who did not receive this care. By focusing on relief and support, palliative care helps individuals and their families confront challenging times.

Those who would like to inquire about palliative care for themselves or a loved one can search the Palliative Care Provider Directory to find options nearby. A conversation with one's doctor also can point patients in the direction of palliative care.

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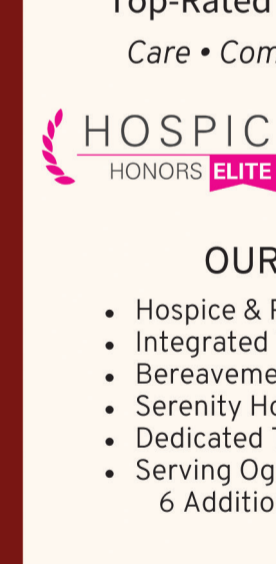
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