



# ROCHELLE News-Leader

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Today's RNL issue sponsored by Community Unity member.

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LOCAL NEWS... LOCAL VIEWS      SUNDAY, NOV. 10, 2024      \$1.25

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**KNOW IT TODAY**

**WWC holds celebration**

The 100 Women Who Care of Ogle County recently held a celebration at Honey Bee Haven. **Page 2**

**WEATHER**

**SUNDAY**  
HIGH LOW  
**56 46**

**MONDAY**  
HIGH LOW  
**56 42**

**TUESDAY**  
HIGH LOW  
**55 39**

**WEDNESDAY**  
HIGH LOW  
**54 41**

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**OBITUARIES**

NONE

**INSERTS**

- RUNNINGS
- MENARDS

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

### Fritts wins re-election to Illinois House, Gillis wins County Board race

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 Droege (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-Shab-



(PHOTO BY JEFF HELFRICH)

**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).**

bona) 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 continu-

ing my work to make our community a better place for families, businesses, and the hard-working men and women who make our 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.

**See ELECTION page 8**

## RUMC to celebrate 180th anniversary on Nov. 10

### 'It's exciting to see a church with such a rich tradition that is moving forward'

BY JEFF HELFRICH  
MANAGING EDITOR

**ROCHELLE** — Rochelle United Methodist Church will celebrate 180 years in Rochelle on Sunday, Nov. 10. It was the first organized church in Rochelle in 1844 and held services in log cabins and a railroad car in its early days.

Rochelle UMC has been in its current 709 4th Ave. location since it was consecrated in 1951. The celebration Nov. 10 will include a worship service at 9 a.m. celebrating marks in the life of the congregation and looking forward to the future, the singing of hymns, and then a walk down memory lane at Hicks Hall with a quiz on Rochelle UMC's past and a ham dinner with scalloped potatoes at 11 a.m.

After meeting in log cabins in 1844, RUMC held church services in a railroad car starting in 1854. After the current church was consecrated in 1951, Hicks Hall was constructed. RUMC tore down its old stone two-story church in 1972 and started a radio broadcast



(PHOTO BY JEFF HELFRICH)

**Rochelle United Methodist Church will celebrate 180 years in Rochelle on Sunday, Nov. 10. It was the first organized church in Rochelle in 1844 and held services in log cabins and a railroad car in its early days.**

of its services. In 1981, the Sanctuary and Hicks Hall were combined with offices and Macy Room. RUMC started bell choirs in 1983 and a television ministry in 1994. It underwent a chancel area renovation in 1995 and

a kitchen renovation in 2018.

"This congregation started in a log cabin, moved to a railroad car and then had its first wooden building," RUMC Rev. Dr. Katherine Paisley said. "When a building burned,

they met at Central School. It's had kind of a fluid history. 180 years is a long time. I think we were the first church in Rochelle, of course it wasn't called Rochelle then. It was the first organized group, which was made possible

by the methodist system." Paisley said there is a broad spectrum of beliefs within the church, but those in the congregation are united by their commitment to helping others.

**See RUMC page 5**

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# LOCAL NEWS



In recognition of reaching their goal of 100 members, 100 Women Who Care of Ogle County held a celebration dinner at Honey Bee Haven, 3261 Daysville Road in Oregon on Oct. 27.

## 100 Women Who Care of Ogle County celebrate milestone at Honey Bee Haven

**OREGON** — In recognition of reaching their goal of 100 members, 100 Women Who Care of Ogle County held a celebration dinner at Honey Bee Haven, 3261 Daysville Road in Oregon on Oct. 27. The well-attended event was catered by Flight Deck Bar and Grill of

Rochelle. Sponsors of the event were Stillman Bank, Union Bank, Thrivent, Byron Bank, Holcomb Bank, Edward Jones and Rochelle Area Community Foundation in recognition of the generous community support of this growing organization of local women

in Ogle County. Julie Hoak of Polo was the organization's 100th member and was recognized at the Oct. 17 meeting. Other new members were greeted warmly at the celebration on Sunday. A concise overview of what 100 WWC is all about was



(COURTESY PHOTOS)

also presented. Membership is now at 107, making the quarterly donation over \$10,000. 100 Women Who Care donations go to local 501c organizations within Ogle County. Meetings are held on a quarterly basis where presentations are made by

several not-for-profit organizations and are then voted on to receive \$100 from each member. No other fees are required. The group meets in various locations within Ogle County. The next meeting in January will be at the Coliseum in Oregon.

If you are interested in supporting your community by becoming a member or learning more about how the donation process works for your organization contact Deanna Forrest at forrestdede5@gmail.com or find them on Facebook [www.facebook.com/oglegives](http://www.facebook.com/oglegives).

## More home building taking place in Creston Commons subdivision Fiscal year 2025 tax levy presented during Village Board meeting on Wednesday night



(PHOTO BY JEFF HELFRICH)

At its monthly meeting Wednesday, the Creston Village Board of Trustees heard an update from Village Building Inspector Casper Manheim on the building of new homes that is taking place in the Creston Commons subdivision.

**BY JEFF HELFRICH**  
MANAGING EDITOR

**CRESTON** — At its monthly meeting Wednesday, the Creston Village Board of Trustees heard an update from Village Building Inspector Casper Manheim on the building of new homes that is taking place in the Creston Commons subdivision.

Hayden Real Estate closed on the ownership of the subdivision at the end of December 2023. The village has hoped in recent years to see clean up, new homes and a new agreement with the subdivision's ownership. With one home build underway, Manheim said permits for five additional homes have been pulled and work is underway on those as well.

"By the end of the year, the first one will likely be ready for occupancy," Manheim said. "For the next five, two are already dug and going and I'm assuming the third one will be going by next week and they'll probably have all five done by the time the snow flies and that will give them plenty to work on as far as framing through the winter."

Manheim requested a change to his fee structure due to the extra work he'll be doing on the new homes, and the village board unanimously approved it. He will now receive 25 percent of each permit fee for the first 20 homes. The permit fee for the first 20 homes is \$1,000 each and will be \$2,000 each for the next 20 homes after that. His new fee structure only applies to new homes in the Creston Commons subdivision.

### Levy

Village Treasurer Penny Payton presented Cres-

ton's proposed fiscal year 2025 tax levy during the meeting. The levy, which will be up for approval next month, totals \$25,607 and is below a five percent increase from last year, which keeps the village from having to host a truth in taxation hearing.

Payton said the funds are planned to be used for salaries of village employees.

### Water

Village President Tom Byro said Wednesday that he's been told by Village Engineer Kevin Bunge that he's been in communication with several vendors for the cleaning and inspection of Creston's water tower in the future. The work would include cleaning of the interior and exterior of the water tower. Painting will not be part of the project.

Trustees expressed a desire to look into the water tower cleaning in recent months when discussing rust issues that have been seen recently in the village's water system. It's been estimated the water tower hasn't been cleaned in 4-5 years. Village officials are also investigating other potential fixes for the village's rust issue, including hydrant flushing and changing the layout of Creston's water system.

Bunge also sent village officials a message and said mapping of rust activity in the village's water system has recently been done. He proposed the replacement of water main in problem areas and the addition of valves, but trustees expressed the desire Wednesday to stay the course on current projects it has going on.

### Sewer

Byro also read from

Bunge's report that easement negotiation work is ongoing with five Creston residents for a planned storm sewer project in the village. After that step, the project will go out for bid.

The project will consist of 36-inch storm sewer pipe being put in to replace broken drain tile and improve drainage in Creston. The storm sewer work will consist of adding pipe on both sides of the railroad tracks, but the current phase of it will not go under the tracks. The work was suggested due to issues with stormwater overflow.

The work will likely begin in the spring of 2025. Bunge has estimated in the past that the project could roughly cost \$180,000-200,000.

### Christmas

Creston-Dement Public Library Director Kristi Scherer presented to the board during the meeting on Christmas in Creston. The parade will take place on Friday, Dec. 6 at 6 p.m. with line up at 5:30 p.m. The tree lighting will follow the parade.

Creston Booster Hall will host Lunch with Santa on Saturday, Dec. 7 from 11 a.m. to 1 p.m. with a sandwich, chips, cookie and drink and gifts for children.

### Election

Village Clerk Jennifer Payton said during the meeting that election packet submissions for those interested in village elected official positions can be dropped off at Village Hall between Nov. 12 and Nov. 18. Petition packets can be dropped off from 6-8 p.m. Nov. 12-14 and 18, from 1:30-4:30 p.m. on Nov. 15, or at a prearranged time with the village clerk's office.

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

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



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- **ONLINE:** Go to <http://fromtheheartrochelle.org> and click on **PURCHASE CASH CALENDAR.**
- **IN PERSON:** You can pick up a 2025 From The Heart Cash Calendar **TODAY** at the following locations:  
**In Rochelle at: First State Bank, Stillman Bank, HOPE Chest and Hub City Senior Center**  
**In Oregon at: Merlin's**  
**In Dixon at: Shining Star**
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Clip and mail this form along with \$23  
(\$20 per calendar plus \$3 per calendar postage) to:  
Rotary Calendar, PO BOX 372, Rochelle, IL 61068

## Mt. Morris man arrested for possession of child pornography

**MT. MORRIS** — On Thursday, Oct. 31 at approximately 5:35 a.m., Ogle County Detectives along with the Illinois State Police Division of Criminal Investigations executed a search warrant after a lengthy investigation into child pornography.

As a result of said investigation, Christopher

Kaeplinger, 53, of Mt. Morris was charged with six counts of possession of child pornography under 13 years of age. Kaeplinger was lodged in the Ogle County Jail where he will await a bond hearing in front of a judge.

All individuals are considered innocent until proven guilty in the court of law.



Christopher Kaeplinger



# LOCAL NEWS



At left is Austin Henry receiving the Coach Cookie Warren Memorial Award. At right is Richard "JR" Dunseth with the Robert Moehle Personal Achievement Award. Below, Tom Wadsworth presenter with Deanna Gregory receiving the Robert Stahl Friendship Award from Kim and Diane Stahl.

## Village of Progress Annual Banquet recognized individuals, supporters

OREGON — On Oct. 9, the Village held its Annual Banquet. We recognized several individuals for their outstanding service to the Village. Deanna Gregory received the Robert Stahl Friendship Award. The John Herrmann Distinguished Improvement Award was given to Richard "JR" Dunseth and the Robert Moehle Personal Achievement Award went to Kim Weber. Sylvia King was singled out to receive the Carly Heller Special Olympian Award and Austin Henry was acknowledged for his good sportsmanship with the Coach Cookie Warren Memorial Award. Chris Martinez was honored with the Fred Smith Competitive Employment Award.

In addition to extending recognition and thanks to those who work inside the Village, the night also provided an opportunity to recognize the generosity of those outside our facility. The Village was honored to extend the Janie Etnyre Volunteer of the Year Award to Dave Gesin. Dave wears many hats at the Village. He started a weekly one-hour interactive presentation to a room full of excited, attentive adults. He also works alongside various adults we serve to bale donated clothing which is sent to third world countries. But Dave's volunteerism doesn't stop



there. Several times a year Dave and his wife, Cindy, work together to trim the shrubs and trees on our property. And the Village is fortunate to be the recipient of his generosity. Thank you, Dave, for your years of commitment.

This year's Rick Hahn Business of the Year Award goes to the Rockford IceHogs.

Last year before the start of the hockey season, the IceHogs approached the Village, asking for help to stock the merchandise for the IceHogs Pro Shop. After a month of hard work, the store was put together and looked stunning. Every week during the hockey season a crew

from the Village heads up to Rockford to restock the shelves. This past year the IceHogs have had their best sales in the history of the team. It has been a great experience for all who have worked there. And for that opportunity, we are so grateful to the IceHogs.

Finally, the Robert Stouffer Special Recognition Award was given this year to the Byron Public Library. In 2016, the Village of Progress became pen pals with a second grade class in Byron. They exchanged seasonal crafts and arranged to meet at the Byron Public Library for a story and craft with Julie. While the school was only

able to meet twice at the library, Julie invited the Village to continue coming every month for a one-hour book reading with a related craft project. That was the start of an ongoing monthly activity that the Byron Public Library has provided during each school year ever since. It's in appreciation for these special opportunities that the Byron Public Library has created during these past 8 years.

The Annual Banquet is more than a night of awards given and received. It's a night of thanks extended, and gratitude returned. And that is what makes it such a wonderful place to spend an evening.

## 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



Aimee Bruemmer

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 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.

## Redington joins Stillman Bank as financial advisor

ROCKFORD — Stillman Bank is pleased to welcome Jenny Redington, CFP®, CRPC™, as financial advisor, announced Thomas R. Hughes, president & CEO. In her position, Jenny 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 25 years of experience in financial services, Jenny currently specializes in financial planning and wealth management. She is a graduate of Judson University, attended North Carolina State University for her Certified Financial Planner (CFP®) certification, and the College for Financial Planning for her Chartered Retirement Planning Counselor (CRPC™) certification.

"We are excited to have Jenny join our team," J. Joseph McCoy, JD, Stillman Bank vice president and senior trust officer, said. "Her experience, background, and knowledge in financial planning and wealth man-



Jenny Redington

agement will be of great value to our clients in the communities we serve."

Jenny is involved in many local organizations including the Loves Park Rotary Board, Womanspace, and the Parks Chamber of Commerce. She also volunteers with Make-A-Wish Illinois. A lifelong Rockford area resident, Jenny lives in Machesney Park with her husband Mark.

Redington can be reached directly at 815.332.8853 or jenny@stillmanbank.com. To learn more about Stillman Bank's products and services, please visit www.stillmanbank.com.

## OCSWMD to host electronics recycling, food drive event Nov. 15

OREGON — The Ogle County Solid Waste Management Department (OCSWMD) will be hosting a residential electronics recycling event and food drive on Friday, Nov. 15 from 9 a.m. to 4 p.m. at 909 Pines Road in Oregon.

This event is for Ogle County residents only and a free permit is required in advance of the event. To obtain a free permit call 815-732-4020 or email solidwaste@oglecountyil.gov and provide your name, address, phone number and email address by 4 p.m. on Thursday, Nov. 14.

Accepted items include all residential televisions and computer monitors, computers, computer hardware and cables, laptops, tablets, cell phones, printers, FAX machines, scanners, shredders (no tubs),

copiers, video gaming equipment, DVD/VCRs, cable/satellite boxes, stereo equipment, radios, digital clocks, cameras, calculators, phone systems, holiday light strands, extension cords, rechargeable batteries, printer ink cartridges, CD/DVDs, and CFL bulbs. Microwave ovens accepted for \$5 per unit. Cash or check accepted.

Limit seven (7) large or bulky items per permit and one permit per county household per month. Business or institutional electronics are accepted by the OCSWMD via a separate program. Call the number above for more information and pricing for business electronic recycling, and to make an

appointment for drop off of the materials to be recycled.

Residents can also bring in all of their political, roofing/contractor, event, and local sports yard signs, banners, and stakes for recycling between Monday, Nov. 4 and Friday, Nov. 22 to the Ogle County Annex Building during regular business hours. Labeled containers will either be in the parking lot at the south end or just inside the detached garage depending on weather conditions.

Also, in conjunction with this event, we are again this year hosting a food drive. All donations will be distributed by OCSWMD to local food pantries across Ogle County. Items accepted include non-expired can goods and jars of food, boxed food items, as well as household essentials such

as sealed toothpaste, soap, cleaning supplies, laundry supplies, paper towels and toilet paper.

For more information about this recycling event call the OCSWMD at the number above, visit www.

oglecountyil.gov, or on Facebook at Ogle County Solid Waste Management Dept.

## Lincoln Manor

Owned and operated by Lutheran Social Services of Illinois (LSSI) offering apartment living for older adults in Rochelle and the surrounding communities.

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# LOCAL NEWS



(COURTESY PHOTO)

Representatives from Western Illinois University spoke about the opportunities at their School of Agriculture to students that attended last year's fair.

## Ag Career Exploration Fair set for Nov. 21 in Oregon

**OREGON** – Agriculture is everywhere, technology is advancing, and research says there is a high demand for graduates with a degree. Are you still wondering if this field of study is right for you? Come to the fair and find answers to your questions. Several colleges and businesses will be on hand to help participants choose their future within this growing industry.

Ag in the Classroom in Ogle and Carroll counties will host an Agriculture Career Exploration Fair from 9 a.m. to 3 p.m. Thursday, Nov. 21, at the Blackhawk Center, 1101 Jefferson St. in Oregon. It is free and open to the public.

College recruiters will be offering information on the many majors in agriculture, what it takes to get a degree, and answer participants' questions. Colleges and universities participating in the event are Black Hawk College-East, Highland Community College, Kishwaukee College, Joliet Junior College, UW-Platteville, Western Illinois University, Iowa State University, and University of Illinois.

For people interested in employment opportunities, business representatives from various agriculture-related companies will offer career knowledge and skills needed to perform specific jobs and promote

summer internships. Career booths will include Bayer, CHS Ethanol, Etnyre Manufacturing, Vita Plus, and more.

Ag in the Classroom is offered through the University of Illinois Extension in partnership with Ogle County Farm Bureau, Carroll County Farm Bureau, Ogle County Soil & Water, and Carroll County Soil & Water. For more information about the fair, call Melinda Colbert at 815-732-2191 or email her at charbm@illinois.edu. If you will need an accommodation to participate, please contact us. Early requests are strongly encouraged to allow sufficient time to meet your needs.

### ROCHELLE POLICE REPORT

**ROCHELLE** — On Oct. 29, Alexander D. Szafranski, 35, of Elgin was cited for speeding 100 in a 70 miles per hour zone. He signed a promise to comply and was given a Dec. 13 Rochelle court date.

On Oct. 29 at 6:54 p.m. Wil C. Murray, 33, of Rochelle was cited for expired registration and operating an uninsured motor vehicle. He signed a promise to comply and was given a Dec. 13 Rochelle court date.

On Oct. 29 at 11:06 p.m. Bianca Garcia, 25, of Rochelle was cited for speeding 62 in a 40 miles per hour zone and operating an uninsured motor vehicle.

She signed a promise to comply and was given a Dec. 13 Rochelle court date.

On Oct. 30 at 3:09 a.m. Alejandro Perez, 29, of Paw Paw was cited for disobeying a traffic control device and operating an uninsured motor vehicle. He signed a promise to comply and was given a Dec. 13 Rochelle court date.

On Oct. 30 at 8:53 a.m. Ivan Munoz-Mandujano, 22, of Rochelle was cited for speeding 60 in a 35 miles per hour zone and was

arrested for an outstanding Ogle County warrant. He paid \$550 and was released on the warrant and signed a promise to comply and was given a Dec. 13 Rochelle court date.

On Oct. 31 at 8:12 a.m. Keith L. Nelson, 42, of Rochelle was arrested for driving while license revoked and cited for failure to obey a stop sign. He signed a promise to comply and was given a Dec. 13 Rochelle court date.

On Oct. 31 at 6:20 p.m. Priscilla Withrow, 32, of Rochelle was arrested on an outstanding Ogle County warrant and transferred.

On Nov. 1 at 3:19 p.m. Anjolie E. Hall, 19, of Rochelle was arrested for possession of a controlled substance. She was released on a notice to appear with a Dec. 6 Ogle County court date.

On Nov. 2 at 5:01 p.m. Randall P. Masterson, 75, of Rochelle was arrested on an outstanding DeKalb County warrant and transferred.

On Nov. 3 at 1:26 p.m. Samantha M. Metzger, 30, of Rochelle was arrested on an outstanding Ogle County warrant. She paid

\$100 and was released.

On Nov. 3 at 7:11 p.m. Emily E. Stone, 23, of Ashton was cited for operating an uninsured motor vehicle. She signed a promise to comply and was given a Dec. 13 Rochelle court date.

On Nov. 3 at 8:27 p.m. Hissac Y. Perea, 19, of DeKalb was cited for disobeying a traffic control device. He signed a promise to comply and was given a Dec. 13 Rochelle court date.

On Nov. 4 at 12:03 a.m. Lyric S. May, 20, of Creston was cited for a headlight violation. He signed a promise to comply and was given a Dec. 13 Rochelle court date.

On Nov. 4 at 1:13 a.m. Lazaro A. Gutierrez, 21, of Rochelle was cited for disregarding a stop sign. He signed a promise to comply and was given a Dec. 13 Rochelle court date.

On Nov. 4 at 2:57 a.m. Maria Y. Garcia, 36, of Rochelle was cited for a headlight violation. She signed a promise to comply and was given a Dec. 13 Rochelle court date.

All individuals are considered innocent until proven guilty.

### OGLE COUNTY SHERIFF'S REPORT

**OREGON** — On Oct. 25 at approximately 7:49 p.m. deputies conducted a traffic stop in the 7,000 block of North Illinois Route 2. After investigation, deputies placed Fernando Trujillo-Alpizar, 34, of Rockford under arrest for no valid driver's license, violation of the FOID Act (possession of a weapon), and violation of the FOID Act (possession of ammunition). Trujillo-Alpizar was additionally issued citations for operation of a vehicle with a suspended registration and operation of an uninsured vehicle. Trujillo-Alpizar was transported to the Ogle County Jail where he was released on a notice to appear and given a future court date.

On Oct. 26 at approximately 8:55 p.m. deputies conducted a traffic stop near the intersection of Mulford Road and Lindenwood Road. After investigation, deputies placed Alejandro Camacho Romero, 35, of DeKalb under arrest for driving while license revoked. Camacho Romero was further issued a citation for operating an uninsured motor vehicle. Camacho Romero was transported to the Ogle County Jail where he was released on a notice to appear and given a future court date.

On Oct. 26 at approximately 11:16 a.m. deputies responded to the North Kishwaukee and North Meridian Road for a single-vehicle accident with injuries. After a brief investigation, Deputies determined that a silver Chevrolet Equinox operated by, Francisico D. Caltzontin-Rodrigue, 31 of Rockford, was traveling northbound on North Kishwaukee Road when it failed to negotiate the curve and traveled off the roadway into west ditch. Caltzontin-Rodrigue was transported to Swedish American Hospital for nonlife threatening injuries. Caltzontin-Rodrigue was issued a citation for failure to reduce speed to avoid an accident, operating an uninsured motor vehicle and improper lane usage. Deputies were assisted by the Stillman Valley Fire Department and Byron EMS.

All individuals are considered innocent until proven guilty.

On Oct. 27 at approximately 1:12 a.m. deputies conducted a traffic stop near the intersection of Adeline Road and Illinois Route 72. After investigation, deputies placed Thomas Hall, 51, of Leaf River under arrest for driving under the influence of alcohol, driving under the influence of drugs, and driving under the influence of drugs and alcohol. Hall was additionally issued citations for improper

lane usage and operating an uninsured vehicle. Hall was transported to FHN Hospital and released on a notice to appear and given a future court date.

On Oct. 28 at approximately 2:09 p.m. deputies conducted a traffic stop on Interstate 39 southbound near mile marker 97. After a brief investigation, deputies arrested Esther Maria Chirinos El Zouhaire, 37, of Chicago, for driving without out a valid license or permit. Chirinos El Zouhaire was also cited for operating a vehicle with illegal window tint. Chirinos El Zouhaire was released on a notice to appear.

On Oct. 28 at approximately 7:23 p.m. deputies along with Polo Fire Department were called to the intersection of Union Road and Canada Road for a single-vehicle accident. After an investigation it was determined that a black Chevrolet sedan driven by a 16-year-old from Mt. Morris lost control of the at the intersection and overturned in the roadway. The driver was cited for failing to reduce speed to avoid an accident. The driver was uninjured.

On Oct. 28 at 9:26 p.m. deputies assisted by Oregon Police Department and Oregon Fire Department checked a vehicle in the 1,000 block of West Illinois Route 64. After a brief investigation, Ariel Pritchard, 25, of Forresteron, was arrested for driving under the influence of drugs. Pritchard was transported to KSB in Dixon for evaluation. Pritchard was released with a notice to appear. Pritchard was also issued a citation for unlawful parking.

On Oct. 30 at approximately 3:20 p.m. deputies conducted a traffic stop in the 2,000 block of South Freeport Road. After an investigation, deputies arrested Claudio Nicolas-Martinez, 23, of Freeport, 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 Forresteron 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.

On Nov. 1 at 5:48 p.m. deputies conducted a traffic stop at Rolling Meadows and Illinois Route 251. After a brief investigation, Elicia Palmer, 34, of Rochelle, was arrested for an outstanding Ogle County warrant for driving while

their license was suspended. Palmer was transported to the Ogle County Jail and held in lieu of bond.

On Nov. 1 at 9:51 p.m. deputies conducted a traffic stop at Illinois Route 38 and Currency Court, Rochelle. After a brief investigation, deputies arrested Rory McGinn, 44, of Sterling, for driving while their license was suspended. McGinn was released with a notice to appear. McGinn was also issued a citation for expired registration.

On Nov. 2 at approximately 7:30 a.m., deputies responded to a disturbance at 201 W. 2<sup>nd</sup> St. in Leaf River for the report of a physical altercation at that location. After an investigation, Robert O. Streadwick, 43 of Sycamore, was arrested and charged with battery. Streadwick was issued a notice to appear and will appear in Ogle County court at a later date.

On Nov. 2 at about 12:30 a.m. deputies responded to the entrance to Castle Rock State Park for a report of a one-vehicle crash. After a short investigation, deputies arrested Brenda Armas, 44, of Sterling, for driving under the influence. Armas was also issued a citation for failure to reduce speed to avoid an accident. Armas was transported to the Ogle County Jail and released on a notice to appear. An investigation is ongoing.

On Nov. 3 at 10:38 a.m. deputies responded to a report of an accident at the intersection of South Queens Road and East Hemstock Road. It was determined that Jeramiah Elliot, 45, of Rochelle, failed to yield at the stop intersection and was struck by Robert Miller, 65, of Compton. There were no injuries, however both vehicles were towed from the scene. Miller was subsequently charged with driving while license revoked and no valid insurance. Miller was taken to the Ogle County Jail and processed. He was later released on a notice to appear.

On Nov. 3 deputies responded to a two-vehicle accident at the intersection of Illinois Route 72 and Mt. Morris Road. Leaf River Fire/EMS, Mt. Morris EMS, Byron EMS, and German Valley EMS all responded to the location. After an investigation it was determined that a grey Toyota Highlander being driven by Lynnay Hamill, 32, of Dixon, was southbound on Mt. Morris Road and failed to stop for the stop sign at the intersection. Hamill struck a Chrysler Pacifica being driven by Carrie Haine, 63, of Baltimore, Maryland, that was eastbound on Illinois Route 72. Hamill was issued a citation for disregarding a traffic control device and is due to appear in Ogle County Court at a later date. All individuals involved were transported to local hospitals for injuries sustained.

All individuals are considered innocent until proven guilty in the court of law.

### Report policy

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

Rochelle Police, the Ogle County Sheriff's Department and the Illinois State Police, will be printed without exception.

Requests to omit particular reports will not be considered or honored at any time.

ROCHELLE

News-Leader

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# LOCAL NEWS

## RUMC: Local church celebrates 180th anniversary this month

From page 1

The Methodist Church has two emphases, personal spiritual life and living spiritually in the community.

The Salvation Army distributes funds in the area through RUMC and its case-managed approach to people in need. The church also works with other organizations to help those in need. Between Jan. 1 and Sept. 1 of this year, RUMC provided over \$10,000 worth of assistance to neighbors in need and the Salvation Army provided almost \$14,000 that RUMC helped with, including rent, food assistance, electric bills and medication.

“We do things like help people after fires,” Paisley said. “That’s always been a part of the Methodist tradition, helping neighbors in need. We’re one of the first churches that groups reach out to if they

need a building for an event. We have Alcoholics Anonymous meetings and Brownies that meet here. There’s no contribution required from those groups. Kishwaukee College teaches English as a Second Language classes here. GRACE, the homeschooling network, meets here on Fridays and pretty much takes over the whole building. Those two organizations do help us out with the bills for what they consume. We want to make sure hospitality is offered to any group who needs it. I can’t think of a time we’ve said no. The building gets used quite a bit.”

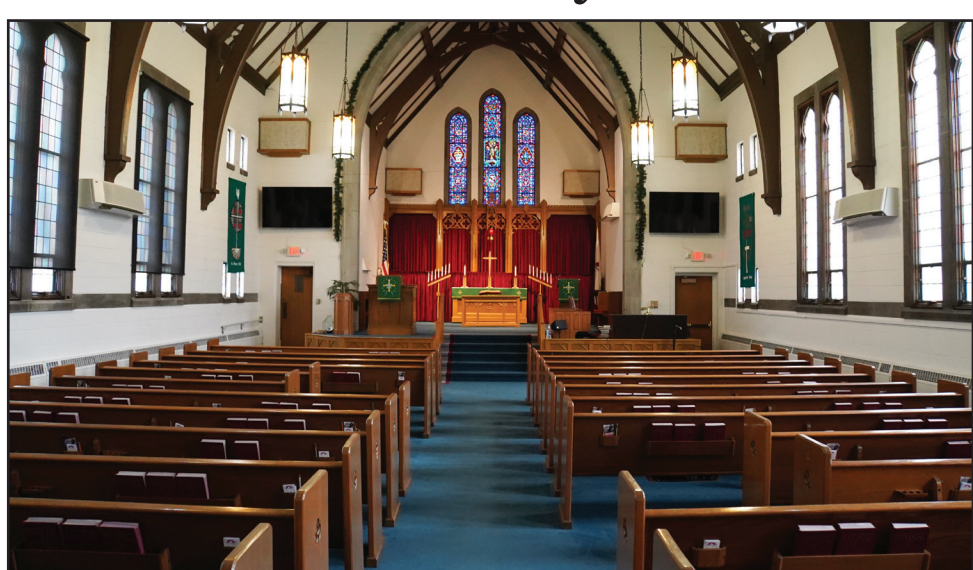
RUMC’s programs also include donating to missions locally and overseas. During the first year of the Ukraine War, it sent over \$27,000 through its mission agency and recently donated to those suffering from flooding stateside. RUMC has also worked with Central Elementary

School across the street since 2016 on projects like school supplies wish lists for teachers and giving every third grader a unique pillowcase and new pillow.

Paisley said reaching 180 years will be a celebration of the past, and a legacy that RUMC carries into the future. The church is looking at how it can best serve its congregation and the community moving forward.

“We have a portion of our congregation that’s aging who have been the lifeblood of our volunteer efforts in the past that can’t do it anymore,” Paisley said. “We also have young people and newer people. We’ll have five new members this month. It’s exciting to see a church with such a rich tradition that is moving forward and not just resting on its laurels.”

RUMC has families that have been a part of its congregation for genera-



(PHOTO BY JEFF HELFRICH)

**Rochelle UMC has been in its current 709 4th Ave. location since it was consecrated in 1951.**

tions, and some families that have been with it for less than a year. Paisley thanked all of those that have helped the church to fulfill its mission over 180 years.

“Part of the Methodist system is the pastors come and go and the congregation holds things together,” Paisley said. “It’s those people who make

this place strong, not the pastor or leadership.”

RUMC is currently making efforts to return its pre-COVID-19 offerings such as free breakfasts, lunches and ham dinners.

“We’re looking at what more we can do to continue our long tradition of helping,” Paisley said. “The first thing I was told when I came was from

someone in the community that said, ‘That’s the church that really helps people in town.’ I can’t even say what an honor and privilege it is to be a pastor of a church with that reputation. This church loves the community. It wants to do everything it can to serve the community. Everyone is welcome here.”

# CHURCH DIRECTORY

**Ashton Bible Church**, corner of Main and Paddock in Ashton. Pastor Farrel Stauffer, church phone is (815)453-2190, church website [www.ashtonbible.org](http://www.ashtonbible.org). Sunday School for all ages 9:00-10:00am, Morning Worship 10:15am, Wednesday Prayer Meeting/Bible Study 6:30-8:00pm.

**Calvary Lighthouse Church, Assemblies of God**, Senior Pastor, Dr. James Horvath. 14409 Hemstock Rd., Rochelle. Sunday Morning: Sunday Worship & Children’s Church 10:00 A.M., Wednesday Evening 7:00 P.M. – Adult Teaching, Missionettes & Royal Rangers Children’s Classes, Nursery available for all services. HE-Brews Cafe is open before and after services. For further information, please call the CLC office at 815-562-7701, or email us at [staff@calvarylighthouse.com](mailto:staff@calvarylighthouse.com)

**Rochelle Church of Christ**, Keeping Christ at the center in the Hub City. We meet Sundays at 9:00am for Bible Study and 10:00am for worship. We also have a Wednesday Bible Study at 7:00pm. 206 Erickson Rd, Rochelle, IL 61068. You can call us at (815) 562-6572 or visit us on the web at [rochellechurch.com](http://rochellechurch.com). We also have a radio program Sundays just after 8am on WRHL 1060AM. Minister Dominic Venuso.

**Creston United Methodist Church and Steward United Methodist Church** - Rev. Ilhan You, Creston: 126 West South Street, P.O. Box 209, Creston, Illinois 60113. Sunday morning worship 9:00am. Coffee fellowship at 10:15am. Steward: 507 Main Street, P.O. Box 80, Steward, IL 60553. Adult Sunday School, 10:00am. Sunday morning worship and Children’s Sunday School 11:00am. Contact the church office at 847-730-4370 for more information. [facebook.com/crestonumcil](https://facebook.com/crestonumcil) [facebook.com/stewardilumc](https://facebook.com/stewardilumc)

**Elim Reformed Church**, 140 S. Church Road, Kings, IL 61068. Phone: 815-562-6811. Email [goelimchurch@gmail.com](mailto:goelimchurch@gmail.com) Website [www.goelimchurch.org](http://www.goelimchurch.org) Sunday Morning Worship 10:00 Rev. Marv Jacobs

**Faith Lutheran Church** – (14206 E. Flagg Rd.) – “Making Christ Known Through Lives of Faith.” In-person worship is available each Sunday at 9:00 a.m. or online at “Faith Lutheran Social” on YouTube. Worship resources are also available on our Facebook page - ‘Faith Lutheran Church ELCA.’ You may also e-mail Pastor Joy Alsop at [Pastor@faithlchrochelle.org](mailto:Pastor@faithlchrochelle.org) for more information. All are welcome to join us!

**First General Baptist Church**, 500 S. 12th St, Rochelle. Phone: 815-562-5221. Email: [fgbchrochelle@gmail.com](mailto:fgbchrochelle@gmail.com). Website: [www.fgbchrochelle.org](http://www.fgbchrochelle.org). Facebook: [www.facebook.com/fgbchrochelle](https://www.facebook.com/fgbchrochelle). Pastor: Rev. Angelo Bonacquisti. **Sunday worship services:** 8:30 am, 11:15 am and 6:00 pm. **Sunday school:** 10:00 am. We’d be honored to have you join us as we worship JESUS and continue to grow in truth and love for God and each other. A nursery, children’s church, youth group and small groups are available. If you need a ride please contact our church bus driver, John, at (815) 262-4275 by 8:30 am on Sunday. “For if you confess with your mouth that Jesus is Lord and believe in your heart that God raised him from the dead, you will be saved.” Romans 10:9

**First Presbyterian Church** – An Amazing Place for Amazing Grace- Rev. Doug Forsberg, Senior Pastor. 1100 Calvin Road, Rochelle. Email: [info@placeforgrace.com](mailto:info@placeforgrace.com). Sunday morning worship 9:00am and 10:30am. In person or streamed online. On our Website and Facebook Live. [www.placeforgrace.com/](http://www.placeforgrace.com/) [www.facebook.com/placeforgrace](https://www.facebook.com/placeforgrace)

**Grace Fellowship Church** — Pastor Jeff Ardisson, 2128 Il Route 38, Ashton, 815-453-7464. Sunday School 8:30 a.m. Sunday Worship Service 9:45 a.m. [www.graceisforyou.com](http://www.graceisforyou.com)

**Harvest Baptist Church** 241 Scott Ave. (Hillcrest). Rev. Duane Boehm, pastor. Email [duane712@hotmail.com](mailto:duane712@hotmail.com), cell 815-757-3427. Visit us on Facebook! Service times: Sunday morning worship with Children’s Church at 10 am. Wednesday night worship at 7 pm.

**Immanuel Lutheran Church** Missouri Synod 16060 E. Lindenwood Road, Lindenwood, IL 61049. Rev. Dr. Matthew Rosebrock. Church Phone 393-4500. Church Worship 9:00 a.m. Sunday School Christian Education Hour at 10:30 a.m.

**Living Water Community Church** 405 N. Main St, Downtown Rochelle. Phone 815-561-6249, Website: [www.lwccr.com](http://www.lwccr.com), Like us on Facebook. We are Non-Denominational, Christ Centered, Casual dress, Christ Centered Live Band Worship. Mike Vogeler - Outreach and Seven C’s Pastor, Chris Bender- Teaching Pastor and Doug Bunger - Missions and Children’s Pastor. Sunday Worship Service- 10:00am. Nursery/Toddlers Ages 0-5 available during the service in the Splash building. Swim- Grades 1st-5th worship with the adults then break out for age appropriate teaching. Youth groups, Small groups, Life Groups and Workshops meet throughout the year for Bible teaching. 7C’s Mission- serves the community physically & spiritually each month from 1135 Lincoln Hwy, providing lightly used clothing, Hygiene items, a light lunch and Elder Prayer open the second Saturday from 10am-2pm and the 4th Thursday from 4pm to 7:00pm and by appointment.. [facebook.com/lwccr](https://www.facebook.com/lwccr)

**New Hope Fellowship (Church of God - Anderson, IN)**, 1501 10th Ave., Rochelle, IL 61068. Service: Sunday at 9 a.m. 10:30 a.m., (815)561-8400, [www.NHFchurch.net](http://www.NHFchurch.net) Pastor: Dan Sergeant and Pastor Nick Tornabene. (Classes for children through age fifth grade during service.)

**Rochelle United Methodist Church welcomes everyone to their worship service, and practices openness for all activities including communion. Worship is at 9:00 am. Sunday school for children begins around 9:15, following the Children’s Time in worship.** A fellowship time with food and space for conversation occurs in Hicks Hall every week following the worship service. We celebrate communion with an open table on the first Sunday of every month, and on other appropriate occasions. Youth group is on Sunday evenings from 5:30-7:30. Our youth program includes service projects, discussion topics, Bible Study, and lots of fun and fellowship together. Some of our activities include packing meals at Feed My Starving Children, helping at Rochelle Christian Food Pantry and 7C’s, working with animals at Barn on Baseline, Mystery trips (Destination Unknown!), and Interactive experiences on Dating boundaries, refugees, and homelessness. Youth group is for grades 6-12 and friends are always welcome. Recorded services are available on our YouTube channel and our website at [www.rochelleumc.com](http://www.rochelleumc.com). Our services are on the radio (93.5 FM) on Sunday mornings at 9:00 am. Our Facebook page is [www.facebook.com/rochelleumc](https://www.facebook.com/rochelleumc). **Our pastor is the Rev. Dr. Katherine Thomas Paisley.** Our address is 709 Fourth Ave. (815) 562-2164. Email is [admin@rochelleumc.com](mailto:admin@rochelleumc.com). At Rochelle United Methodist Church, everyone is welcome and loved!

**St. John’s Lutheran Church**, 126 E. South Street, Creston. Phone 815-384-3720, Email: [StJohnsLutheran@aol.com](mailto:StJohnsLutheran@aol.com), members of NALC/LCMC. Worship is led by **Pastor Terese Whitten** 231-878-4150. St. John’s Lutheran Church is a part of God’s Family, planting hope, nurturing faith and harvesting love. Worship time begins at 9 a.m. followed by fellowship at 10 a.m. Sunday school is conducted during worship service except during the summer.

**St. Patrick Catholic Church** Rev. Jesus Dominguez; Deacon Fermin Garcia; Deacon George Schramm; 244 Kelley Dr. (Corner of Kelley & Caron Rd.), PO Box 329, Rochelle, IL 61068. **Office Hours:** 9:00 AM- 4PM Monday-Thursday, Phone: 815-562-2370. **Mass times:** 8:00 AM Monday-Thursday, Saturday Vigil Mass 5:00 PM English, 7PM Spanish, Sunday Mass 7:30 AM, 9:00 AM in English and 11:00 AM in Spanish. **Confessions:** Monday 8:30AM & 6:30PM, Tuesday 8:30AM, Saturday 8:30am & 4:00-4:45 PM Or by appointment. **Religious Education:** Deacon George Schramm, Director of Religious Education. 903 Caron Road, Rochelle, IL 61068, 815-561-0079; Website: [stpatriksrochelle.com](http://stpatriksrochelle.com) Email: [stpatrik-rochelle@rockforddiocese.org](mailto:stpatrik-rochelle@rockforddiocese.org) Facebook.com/StPatrickRochelle

**St. Paul Lutheran Church** “Building Relationships in Christ, Now and Forever!” Steven Hall, Principal, Parish Nurse-Marcia Schnorr. 1415 Tenth Ave., Rochelle. Church Office-562-2744. Worship times: 6:00 p.m. Saturday, 9:00 a.m. Sunday. Our service is broadcast over WRHL 1060AM at 10:00 a.m. Sunday. Sunday School 10:15-11:15 a.m. Call 562-6323 for more information about the school.





# LOCAL VIEWS

## Silene Walters: 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



Silene Walters

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>*

## Holiday survival guide for your senior loved ones

"It's not what happens to you, but how you react to it that matters," Epictetus, a Greek Stoic philosopher once said.

Rarely do things go exactly as planned, especially during the holidays and especially with our older relatives. Honestly, have the holidays ever gone exactly as planned? Does any day really go as planned?

As we approach Thanksgiving and Christmas, let's consider what the ultimate objective is. For each person this answer will be different. For me, it is to enjoy precious time with my friends and family. It feels like time is a commodity all of us wish we could get more of.

Upholding traditions is also important but not at the expense of the quality of everyone's experience.

Here are some best practices for enjoying the holidays with your older loved ones.

Focus on what can be realistically accomplished. We must not get caught up in how things are supposed to go. Let your expectations evolve as your family changes.

Let's use the stuffing as an example. Everyone expects your mom to make her famous stuffing recipe which she has done for as long as you can remember. But now you notice that it is hard for her to go shopping for ingredients and then follow the recipe to make enough for everyone. Also, last year's didn't taste quite right. You are not sure you want her to make it this year.

Are you even sure that she still wants to make the stuffing? We can also

let our traditions evolve, however that may look for each of us.

Keep the lines of communication open. Keeping with the stuffing example, it makes sense to find out what mom really wants. Does she still want to make it herself the way she always has? Or maybe she never wants to prepare stuffing ever again in her whole life. There's a reason they say what they say about assumptions! Ask her how involved she wants to be. If she wants to continue making her famous stuffing, perhaps ask her if she can teach you how to make the recipe and you can do it together.

Give your friends and

family a heads-up about the new traditions so they can be on board too.

Keep things simple. In my mind, it is better to do just a few things well rather than try to do all of the things and stress myself out too much.

My family benefits more from my presence than from anything else. If I am unhinged, everyone else feels that too. Think about what traditions can be simplified without losing their meaning. Simplify meals, consider potlucks and don't be afraid to outsource and order some or all of the food.

Don't overcommit. Be selective about what you choose to do with your family and their energy and interest levels. Do

you really need to go to all of craft fairs and cookie swaps?

Consider their safety and comfort. Most importantly, be sure they have any medications they may need as well as hearing aids and glasses. Look at the gathering spaces with the needs of your loved ones in mind. Where will they sit? Would they prefer a chair with arms? Will they be able to get to bathroom easily enough?

Keep an eye on their comfort and energy levels and modify activities when you need to. Consider the volume of the music, climate control, time of day and offer them frequent rest breaks. Choose things to do that are more easily accessible which will turn out to be less stressful for everyone.

Also consider if it

would be too overwhelming or confusing for them to join. Maybe find some ways to bring the holidays to them.

Embrace new traditions. Make space to grieve that things aren't the way they used to be. Change is hard so don't discount that, but it can also be good. Allowing traditions to evolve and adapt over time proves that change can be good. Take time to reflect on what goes well, even if it is not how you expected it to be. After all, it isn't about what happens but how we react that matters, right?

*Michelle Woodbrey is the co-founder of 2Sisters Senior Living Advisors and a contributing expert for ECDOL. She has been working in the field of senior living for over 20 years.*

### How to contact government officials

U.S. Con. Darin LaHood  
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20515  
(202) 225-6201

IL Sen. Win Stoller  
Stratton Office Bldg  
Springfield, IL 62706  
(217) 782-1942

IL Rep. Bradley Fritts  
Stratton Office Bldg  
Springfield, IL 62706  
(217) 782-0535

Have a letter you want to submit to us? Send it to [news@rochelle-news-leader.com](mailto:news@rochelle-news-leader.com)

### KEEPING YOU IN TOUCH WITH YOUR LOCAL LEADERS

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Reid Elliot	
Jennifer Payton	

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### LETTERS TO THE EDITOR POLICY

The Rochelle News-Leader encourages responsible letters to the editor on subjects of interest to our readers. Editing may be necessary for space, clarity or to avoid obscenity or libel, but ideas will not be altered. All letters must bear the handwritten signature of the writer and include address and phone number or e-mail address for verification purposes. Neither the street address nor phone number will be printed. Letters should be typed or legibly

handwritten, and no anonymous letters will be published. Any letters from boards or organizations must include at least one name of an individual. Any criticism of public officials should be limited to issues related strictly to their position or actions made in office, as personal attacks will not be published. Letters involving private disputes between the writer and a business will not be published. Political endorsements will be published,

however letters from candidates endorsing themselves will not be printed. Letters may be dropped at the News-Leader office (211 IL Route 38 East), mailed to the News-Leader (P.O. Box 46, Rochelle, IL 61068) or e-mailed ([news@rochellenews-leader.com](mailto:news@rochellenews-leader.com).) The News-Leader reserves the right to edit or reject any letter to the editor for any reason, and letters chosen for publication do not necessarily reflect the views of this newspaper.

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# COMMUNITY

## 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.

Individually proportioned meals are prepared and frozen for convenience. Two sets of the following five meals (for a total of 10 meals) include chicken and biscuits, pulled pork, lasagna, chicken bacon ranch pasta, and pork tenderloin with bourbon pineapple and potatoes.

Proceeds will benefit the Ogle-Carroll Ag in the Classroom Program. Place your order by 1 p.m. on Wednesday, Nov. 27. You can order online at [go.illinois.edu/freezermeals](http://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](mailto: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.

## 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 writ-

ten 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.

### BIRTHDAYS & ANNIVERSARIES

Nov. 3 Matthew Avila	Nov. 14 Jaelynn Sullivan Emma Slack	Nov. 23 Seth House Kevin & Katie Sherburne (anniversary) Carolyn Bieck
Nov. 4 Angela Taylor	Nov. 17 Tim South	Nov. 24 Brenda Jones
Nov. 9 Jon Bieck	Nov. 18 Ethan Huff Jenna Jackson	Nov. 27 Makayla Ludwig
Nov. 10 Oliviah Powell	Nov. 20 Tony Fry	Nov. 29 Sam South
Nov. 11 Steven Huffstatler Laiklyn South Makayla Dodrill	Nov. 22 Tim Dougherty Roy & Ronda Threlkeld (44th anniversary)	Dec. 1 Josh Perkins Kennedy Smith Brooks Bridgeman
Nov. 12 Bo Sexton		Dec. 2 Dylan Rosenbach
Nov. 13 Jacob & Marissa Seldal (anniversary)		

Call 815-561-2151 to submit names for birthdays and anniversaries



- Oct. 15 - Tobie Anders, Rochelle, \$25
- Oct. 16 - Kishwaukee College Foundation, \$25
- Oct. 17 - Cody Bakker, Rochelle, \$25
- Oct. 18 - Julie Richolson, Rochelle, \$25
- Oct. 19 - RACF, \$25
- Oct. 20 - Brad Schabacker, Rochelle, \$50
- Oct. 21 - Lucas Kammerer, Dixon, \$25
- Oct. 22 - Julie Danielowski, Byron, \$25
- Oct. 23 - Jesus Perez-Diaz, Rochelle, \$25
- Oct. 24 - Matt and Nicole Williams, Sycamore, \$25
- Oct. 25 - Fred Warning, Rochelle, \$25
- Oct. 26 - Focus House, Rochelle, \$25
- Oct. 27 - Rochelle Chamber, Rochelle, \$50
- Oct. 28 - Brenda Rainwater, Rochelle, \$25
- Oct. 29 - Norene Bunger, Rochelle, \$25
- Oct. 30 - Rochelle Chamber, \$25
- Oct. 31 - Amy Springmire, Rochelle, \$250
- Nov. 1 - Sue Snyder, Phoenix, \$25
- Nov. 2 - Ryan Neuenkirchen, Rochelle, \$25
- Nov. 3 - From the Heart, Rochelle, \$25
- Nov. 4 - Kimberly Lumzy, Rochelle, \$25
- Nov. 5 - Jeff Stevens, Excelsior, Minnesota, \$25
- Nov. 6 - Taylor Thomas, Rochelle, \$25
- Nov. 7 - Angela Dobson, Stillman Valley, \$25
- Nov. 8 - From the Heart, Rochelle, \$25
- Nov. 9 - Willow Frye, Paw Paw, \$25
- Nov. 10 - HOPE of Ogle County, \$50

### QUEEN FOR THE CAUSE

**DRAWINGS THURSDAYS 7 P.M. @ LUNA**  
**CURRENT WEEKLY PRIZE: \$500**  
**CURRENT JACKPOT: \$14,548**



### MAGIC MAZE

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

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	

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### COLORADO'S TALLEST MOUNTAINS

Find at least six differences in details between panels.

Differences: 1. Cup is smaller. 2. Saucer is missing. 3. Nose is smaller. 4. Tiles are different. 5. Stool is missing. 6. Mouth is open.

### HOCUS-FOCUS

BY HENRY BOLTINOFF

Find at least six differences in details between panels.

### Super Crossword

**ACROSS**

- 1 Cheer shouts
- 5 Specialty of Penn & Teller
- 10 Meddles, with "in"
- 15 Gaffer Snead and politician
- 19 On the ocean
- 21 TV's Winfrey
- 22 "Zip- —" "Doo-Dah"
- 23 Start of a riddle
- 26 Four-term Georgia senator
- 27 Cal's meat
- 28 Make a dining surface of
- 29 Fastening bars with crosspieces
- 31 Hog hangout
- 33 Riddle, part 2
- 38 Kotb of morning TV
- 40 In this place
- 41 Sun Yat- —
- 42 Travel bags
- 43 Nice scent
- 45 Government bigwig
- 47 Deer — (street sign)
- 48 Riddle, part 3
- 53 More tightly packed
- 58 In the habit of
- 59 Common origami birds
- 61 Pass on
- 62 Durance of "Smallville"
- 66 Astronaut Buzz
- 68 Own
- 69 Riddle, part 4
- 75 Shine
- 76 Alleviation from
- 77 Worshiper of Jah, for short
- 78 Bits of Viking script
- 80 Decelerate
- 82 Ultimatum
- 87 Bonuses
- 89 Riddle, part 5
- 93 Robert of "The Sopranos"
- 95 Twin brother of Jacob
- 96 Clear mist from
- 97 Sci-fi writer L. — de Camp
- 101 Place to get a mud wrap
- 104 To be, in Toulon
- 106 Sahara-like
- 107 End of the riddle
- 111 Directed
- 112 In last place, say
- 113 Plastic wrap
- 114 Rock bassist
- 116 Stork's kin
- 117 Riddle's answer
- 124 Fork feature
- 125 Extracts juice from
- 126 Olympics award
- 127 Depraved emperor
- 128 Wise off to
- 129 Ballerina's field, in France
- 130 Affirmative answers
- 131 Gas brand in Canada
- DOWN**
- 1 Coarse
- 2 Campfire residue
- 3 Large amount of medicine
- 4 Surfeit
- 5 Bread
- 6 Horse relative
- 7 Gun, slangily
- 8 1950s prez
- 9 Military pupil
- 10 Infant's sock
- 11 Northern part of an urban area
- 12 Robbins of "underground comix"
- 13 Tic- — -toe
- 14 Kind of sheepdog
- 15 Maalox's company
- 16 Grown-ups
- 17 Crème de —
- 18 Feels
- 24 Furry "hand"
- 25 Slangy refusals
- 30 Ray who portrayed the scarecrow in "The Wizard of Oz"
- 31 Famed orca, once
- 32 Bagel shape
- 34 Faith faction
- 35 Rice-shaped pasta
- 36 On or about
- 37 56, to Caesar
- 39 In the hub of
- 44 One- — (brief drama)
- 46 Part of R&R, for short
- 47 Nissan model until 2015
- 49 More peeved
- 50 Amount of food carried in a cafeteria
- 51 50%
- 52 Slashed
- 53 words of choice
- 54 Old soda brand
- 55 Czech, e.g.
- 56 Roof feature
- 57 Seedy loaves
- 60 Perches
- 63 3/15, e.g.
- 64 Stiff shirt part
- 65 It's negatively charged
- 67 Sleep aid brand
- 69 Hideous giant
- 70 Continuous change
- 71 It might be boldface
- 72 Fancy jug
- 73 Prurient
- 74 Capacitance unit
- 79 Broadway's "Miss —"
- 81 Edgar Allan —
- 83 Pair for vision
- 84 Rescue ropes
- 85 Sleep noisily
- 86 Goaded (on)
- 88 Habitually lazy sort
- 90 Tiny fraction of a min.
- 91 Cat, in Spain
- 92 Sound from a 91-Down
- 94 Always, to poets
- 97 Cracks
- 98 Extreme fear
- 99 Cello bow
- 100 Liqueur flavorings
- 101 Cramps, e.g.
- 102 Sentence structure
- 103 — Sea (salt lake in Asia)
- 105 1950s Fords
- 108 C.S. Lewis lion
- 109 Foe
- 110 Chevy Tahoe, e.g.
- 115 Web mag
- 118 Grassy tract
- 119 Spot
- 120 Spots
- 121 Actress Issa
- 122 52-wk. spans
- 123 Lav, in Leeds



# LOCAL NEWS

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

From page 1

A ballot measure to create an additional three-percent tax on income greater than \$1 million to dedicate to property tax relief passed with 60.3 percent. 52.11 percent of Ogle County voters voted yes for that.

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 JEFF HELFRICH)

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).

## County to kick off holiday lights recycling on 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](http://www.oglecountyil.gov).

# Stranger Danger

School has started, and with all of activities going on, there is no better time to discuss the danger of strangers with your kids. Telling them not to talk to strangers is not enough. You want to make sure they know what a stranger is and how to deal with them.

Here are some safety tips to include in your discussion.



- Do not mistake a friendly face for someone you know. Anyone you do not know is a stranger, regardless how nice they seem or what they have to offer. Just because the person has a cute dog or tons of candy does not mean you can trust them. Ask for identification from anyone in uniform.
- Do not walk to school or play outside alone, if you can help it. Strangers are less likely to approach groups of kids.
- Do not go places where strangers could be lurking, such as empty playgrounds or abandoned buildings. Stay in busy areas.
- Do not let your guard down. Always be on the lookout for strangers.
- Do not make contact with strangers. Be quiet and take their questions and pleas for help to an adult you know and trust.
- Do not panic should a stranger approach. Run to a reliable adult and let them know what is going on, whether a teacher in the parking lot, a clerk in a store or a neighbor down the street. If possible, take down the stranger's license plate number. Should the stranger grab you, do whatever it takes to get away from them and attract the attention of any reliable adults that may be around.
- Do not keep any incidents with strangers to yourself. Let your parents know as soon as possible so they can contact the police.

Tailor your discussion to your kids' ages and use role-playing to help them understand the gravity of the situation. Their safety is at stake!



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

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

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.




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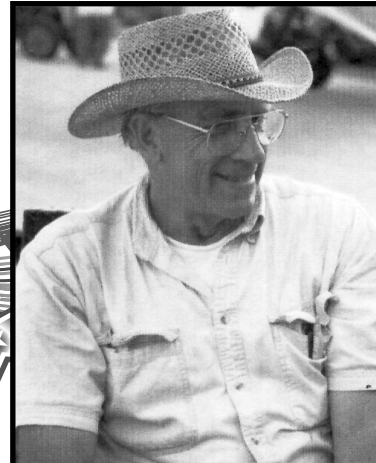
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SUNDAY, NOV. 10, 2024

ROCHELLE NEWS-LEADER • SECTION 2 • PAGE 1

SPORTS



HUBS EARN I-8 HONORS

Four Rochelle Hub soccer players were recognized by the Interstate 8 this season.

See page 3 for more details

RTHS Football

Hubs to face Benet in second round

Rochelle seeking seventh straight victory and first 10-win season since 2003

BY RUSSELL HODGES  
SPORTS EDITOR

**ROCHELLE**—Back-to-back victories over Chicago Catholic League schools have enabled the Rochelle Hub varsity football team to reach the second round of the IHSA playoffs for the third time in four seasons. After a dominant 42-7 win over Marmion at RTHS last week, Rochelle will return to its home field on Friday and seek out a third consecutive victory over a CCL school.

The Hubs (9-1, 4-1 Interstate 8) owned the Cadets in all three phases during last week's first-round matchup, totaling over 400 yards on offense while holding Marmion scoreless over three quarters and recovering two short kickoffs on special teams. Senior quarterback Carson Lewis threw three touchdown passes, while junior fullback Roman Villalobos eclipsed 1,000 rushing yards on the season. The Hub defense recorded three sacks and three pass breakups.

"One of the things I admire about this group of kids is how competitive they are," head coach Kyle Kissack said. "We encourage our kids to compete with each other to see who will be the guys

to have an explosive play on offense, create a turnover on defense or make a momentum changing play on special teams. Our kids have really embraced that message this year... Our group has embraced the idea that, no matter what your role is, you have a role on this team."

Rochelle has won each of its last six games and will attempt to extend that streak to seven on Friday, when the No. 2 seeded Hubs welcome in the No. 7 seeded Benet Academy Redwings in the second round of the 5A playoffs. Benet Academy (7-3, 3-0 CCL/ESCC Purple) cruised over Chicago Perspectives/Leadership 48-0 in its first-round matchup last week. The Redwings won the CCL/ESCC Purple, which includes Saint Viator, St. Patrick and DePaul College Prep.

"We're facing another quality opponent from a really strong league," Kissack said. "They're challenged week in and week out and they've been able to survive those challenges and find success. Their players at the skill positions are really dynamic, explosive and dangerous. They pair that with an ability to have size and physicality up front on both offense and defense."

The Redwings, who are

(PHOTO BY RUSSELL HODGES)

**Senior Kaiden Morris finishes a sack of Marmion Academy's Kam'ron Tolliver during the Rochelle Hub varsity football game against the Cadets last week. Rochelle defeated Marmion 42-7 to reach the second round of the IHSA 5A Playoffs, where the Hubs will meet Benet Academy.**

in the playoffs for the first time since 2019, are averaging 29.3 points per game this season. Among the standout athletes for Benet Academy are St. Thomas recruit Declan Walsh (OT/DE) and Butler University recruit Joe Rodi (DE/TE), who are two of the seven Redwings who received All-CCL/ESCC honors this season. Senior quarterback Ryan Kubacki and wide receivers Luke Doyle and Luke Wildes are the players to watch on offense.

"Our kids have embraced how we've built our program through offensive and defensive line play," Kissack said. "It will be a challenge for those kids, but I don't think the moment is lost on them in terms of the types of personnel we'll see moving forward. We're going to have to play well up front, offensively and defensively, and I think our kids will be ready for that challenge."

The Hubs are seeking their second trip to the

state quarterfinals in the last three seasons. A win on Friday would also be the 10th this season for the Hubs, who have not had a 10-win season since 2003. The winner of the second-round matchup between Rochelle and Benet Academy will face No. 3 seed Nazareth Academy or No. 6 seed Woodstock North in the quarterfinals.

"We know they're going to bring it and our kids will have to rise to the challenge," Kissack said.

"They understand what's at stake and the road that lies ahead of them... We have such a healthy football community in Rochelle and the support from our community for our program is something our kids genuinely appreciate. We're very fortunate to be in a strong football community and being able to play at home certainly injects confidence in our kids."

See the Wednesday, Nov. 13 issue of the Rochelle News-Leader for the recap.

RTHS Volleyball

Lady Hubs look to the future after injury-riddled season

All-Conference libero Atkinson highlights seniors departing from 10-win team

BY RUSSELL HODGES  
SPORTS EDITOR

**ROCHELLE**—It was a tale of two seasons for the Rochelle Lady Hub varsity volleyball team, which carried a winning record into the middle of September before the combination of injuries and a tough conference schedule led to a lengthy losing streak and an early postseason exit.

Rochelle returned a handful of starters from last season, with two-time All-Interstate 8 setter Ali Ohlinger and All-Interstate 8 hitter Taelynn Rodeghero highlighting the seniors back in the fold. The Lady Hubs opened the 2024 season on a high note, winning most of their nonconference matches and finishing third at their home tournament. Injuries struck hard, however, as Ohlinger suffered a season-ending knee injury and Rodeghero missed time with an injured ankle.

"This season definitely didn't play out how anyone thought it would," head coach Molly Sly said. "Injuries are always a possibility, but we never thought we'd lose one of the top players in the conference and a leader of our team for the entire season... I'm proud of Ali for filling a role that she didn't expect to take on

this season. She was there for the team and she was positive at practice, which can be hard when a player has to work with a trainer and can't jump in during drills. She was positive and interactive the entire time and she didn't give up on the team."

The injuries came at a tough time for the Lady Hubs, who were forced to play the entire Interstate 8 schedule without one, and sometimes two, of their best players. The result led to Rochelle losing 19 of its last 21 matches and finishing the season with a 10-22-1 overall record and an 0-10 record in the Interstate 8. The Lady Hubs were 9-3 over their first 12 matches.

"I thought the girls were excited and optimistic at the start of the season," Sly said. "They felt like the sky was the limit and they were playing freely. Once we had the injuries and we changed our lineup around, I thought the girls felt the pressure on their shoulders and it took them a while to get back to being themselves. One thing I'm hoping the girls can take from the start of the season is to play with their heart, play for each other and enjoy the game they love."

While victories were hard to obtain over the second half of the season,

seniors including Audyn Kemp, Jaydin Dickey and Meredith Bruns emerged in larger roles and will be counted on for continued leadership next season. Kemp started the entire season at middle hitter, posting a team-high 47 blocks while adding 83 kills. Dickey and Bruns took over setting duties and split time on the right side for the Lady Hubs, with Dickey recording 168 assists, 119 digs, 88 kills and eight aces while Bruns followed with 174 digs, 134 assists, 64 kills and 14 aces.

"Jaydin and Meredith both have fantastic hands and we were able to go to Plan B and rely on them, which we didn't think would happen until next season," Sly said. "It was awesome to see them get so many reps in this season because we can now hit the ground running next season... Audyn led us in block kills and she was fantastic for us in the front row. She also had the chance to serve for one rotation and when she was called upon, she wanted to do her best."

Senior libero Dempsey Atkinson and defensive specialist Emma Kennay returned to anchor the back row for the Lady Hubs this season. Atkinson finished with team-highs in both digs (358) and aces (38) in her fourth and final varsity

(PHOTO BY RUSSELL HODGES)

**Sophomore Briel Metzger is one of two underclassmen who took the court for the Rochelle Lady Hub varsity volleyball team this season.**

season, while Kennay added 124 digs and 25 aces in her second varsity season. Rodeghero led Rochelle in kills for the third straight year, posting 248 of them while adding 134 digs, 34 aces and 21 blocks in her fourth varsity season. Even though her season ended prematurely, Ohlinger still managed 248 assists, 59 digs and 21 aces.

"We're losing our libero and we're going to need a

returning junior or senior to take on that role next year," Sly said. "I think that spot will be fought for and we'll probably try a few players early next season to see who fits best in that role. Losing Taelynn on the outside is a huge loss and she'll leave big shoes to fill... Our girls need to play how they played in the regional on Monday."

Juniors Kyrie Cragin (27 kills and 14 blocks),

Emori Mickley (18 aces), Ava Horner (11 kills and four digs) and Rylie Thomas (three digs) are four more players who could see larger roles on the varsity team next season. The Lady Hubs also have two underclassmen, sophomore Briel Metzger (84 kills and 21 digs) and freshman Jillian Bruns (36 kills and nine digs), who could see bigger roles after playing sparingly at the varsity level this season.







# SPORTS

## RTHS Boys Soccer



(PHOTOS BY RUSSELL HODGES)

Seniors Alberto Casillas (above left) and Fernando Diaz (below), as well as junior Heilly Zepeda (above right) each earned First-Team All-Conference honors from the Interstate 8 this season. Sophomore Eliud Lombardia was an Honorable Mention. Rochelle finished with a 12-11-1 overall record this season.

## Four Hubs receive Interstate 8 All-Conference honors

Casillas, Diaz and Zepeda named to First Team; Lombardia earns Honorable Mention

BY RUSSELL HODGES  
SPORTS EDITOR

**ROCHELLE** — Four members of the Rochelle Hub varsity soccer team received All-Conference recognition from the Interstate 8 this season, with three members earning First-Team honors.

Senior forward Alberto Casillas was named an All-Conference First Team player for the first time. Casillas, who has started at forward over each of the last four years, led the Hubs with 28 goals while adding four assists. Casillas concluded his career with 93 goals and 14 assists.

“I tried hard to push myself and that showed during the season,” Casillas said. “I worked hard to be recognized and I tried my best for the team. I tried to be better this year than I was last year. I enjoyed playing with all of my friends on the team. My advice for the returning players is to work hard for what you want, try your best during each game and keep your head up.”

Senior midfielder Fernando Diaz was also named an All-Conference First

Team player for the first time. Diaz, who has also played four years of varsity soccer and served as a team captain this season, finished with a career-high 16 goals while dishing out two assists on offense. Diaz took a noticeable step forward as a scorer from his junior season, when he totaled seven goals.

“It’s a confidence boost,” Diaz said. “My teammates allowed me to be successful. My advice for the returning players would be to not let things get to your head and keep your head up.”

Junior midfielder Heilly Zepeda joined Diaz and Casillas as an All-Conference First Team honoree in the Interstate 8 this season. A third-year starter for the Hubs, Zepeda tallied four assists and two goals, helping Rochelle to a 12-11-1 record this fall. Sophomore defender Eliud Lombardia received an Honorable Mention to round out Rochelle’s All-Conference foursome.

“It feels good that my hard work is paying off,” Zepeda said. “I was more calm on the ball and I did a better job of looking for my teammates so they could score more goals.”



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# SPORTS

## RTHS Cross Country

### Rochelle runners make strides in first season under Bergeson

IHSA sectional qualifiers Koziol, Johnson headline athletes eligible to return next fall

BY RUSSELL HODGES  
SPORTS EDITOR

**ROCHELLE** — The Rochelle Township High School cross country team made significant strides in head coach Dale Bergeson's first season at the helm. With nearly every runner setting a new personal record and most of the runners on his roster eligible to return next season, Bergeson has high hopes for the future and is already preparing a training program for the offseason.

Rochelle competed in 12 regular-season events including the Interstate 8 Conference meet, where both the Hubs and the Lady Hubs finished in fifth out of six schools this season. The Hubs made history during the month of September, winning the Rochelle Invitational for the first time since 2000 and for the first time since the meet moved to Skare Park in 2004. The Hubs also took third at the Byron Invitational and sixth at the Matt Walter Invitational this season.

"I'm really proud of our entire group," Bergeson said. "We had some really tough workouts and we changed everything from what we've done in past years. We told our kids that they were going to do some harder workouts and it was going to be a tougher year, but we also told them that they would be rewarded. Our kids bought in and we had some amazing workouts that helped a lot of them drop their times.

The kids responded to the coaches and most of the kids who're coming back next year will be able to see those improvements and build off of them."

The Lady Hubs finished third in the Rochelle Invitational before taking fourth in the Byron Invitational and sixth in the Freeport Invitational. Junior Annaliese Koziol led the girls this season, earning All-Conference honors and becoming a two-time IHSA Sectional qualifier. Koziol is among four top runners who are eligible to return next season. Juniors Rose Luxton and Mary Chadwick, as well as sophomore Vivian Worthington, are among those top four. Rochelle will lose three seniors including Bridgett Ramirez, Brisa Zepeda and Evileth Mendez.

"All of our girls PR'd by a lot this year and we can't underestimate the growth they showed this year," Bergeson said. "We had some really tough workouts and at times, they were even leading our boys in terms of their toughness... I think the girls are going to continue dropping their times. Cross country isn't an easy sport and it's very challenging mentally. I think we're getting better with handling the mental side of the sport and I thought our girls did that really well."

Freshman Tyler Johnson led the Hubs this season, becoming a sectional qualifier for the first time. Johnson is one of several runners who could be back



(PHOTOS BY RUSSELL HODGES)

Senior Bridgett Ramirez (left) is one of seven runners who will depart from the Rochelle Township High School cross country team. Sophomore Hunter Bivins (right) is one of several athletes eligible to return next year.

in the fold for the Hubs next season. Among those eligible returners are juniors Declan McGee, Elijah Mayen, Levi Waddle and Johnny Morales. Sophomores Hunter Bivins and Edward Koziol are also eligible to come back. Rochelle will lose four seniors in Cash Budde, Chris Beckman, Drake Ramos and Alexis Duran.

"I thought our boys saw what they could do this year," Bergeson said. "We haven't tapped into everything yet, but we saw glimpses of what they can do and I think we'll see more consistency from their races next year. I think a lot of our boys can be in the 16 to 17-minute range next season. They have to be in that range if we want to make it to the state meet as a team and I think they have the physical ability to do that... I'm excited about what our boys did this year."

# LET'S TALK TURKEY!



## CONTEST RULES:

1. Fill out form completely.
2. Entries must be returned to their corresponding business sponsor by 10am on Monday, November 18th. (The person whose name is on the ticket must be the person dropping the ticket off to the business.)
3. One winner will be drawn at EACH business! (1 turkey per person)
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## 101 LEGAL NOTICE

### NOTICE OF SELF STORAGE SALE

Please take notice Hub City Self Storage located at 961 S 7th Street Rochelle, IL 61068 intends to hold an Auction of storage unit listed below to enforce its privilege against the following parties at the facility for default of payment of Rent. The sale will occur as an online auction via [www.storageasures.com](http://www.storageasures.com) on 11/19/2024 at 10:30 AM Carrie Troha unit #125. This sale may be withdrawn at any time without notice. Certain terms and conditions apply. No. 1109 (November 3 and 10, 2024)

### NOTICE TO BIDDERS

Sealed proposals for the project described below will be received at the office of the City Clerk, 420 N. 6th Street, Rochelle, IL 61068 until 10:00 am on November 21, 2024.

Sealed proposals will be opened and read publicly at the office of the City Clerk, 420 N. 6th Street, Rochelle, IL 61068 at 10:00 am on November 21, 2024.

### DESCRIPTION OF WORK

Location: intersection of Flagg Road and 20th Street

Project Length: 1,340 ft

Proposed Improvement:

This project consists of utility relocations and lighting improvements in advance of an intersection widening project underground (Section conduit, No. 22-00cables, 344-00-WR) concrete planed foundations, under a utility separate poles, contract. electrical The services, work traffic includes control, installation landscapingof restoration, and installation of lighting units furnished by Rochelle Municipal Utilities.

1. Plans and proposal forms will be available in the of: Plans and proposal forms shall be obtained electronically in PDF format from the Willett, Hofmann & Associates, Inc. website at [www.willetthofmann.com](http://www.willetthofmann.com). Contractors shall click on "Bid Login" on the homepage of the website and follow the instructions. The Project Manual PDF can be downloaded from the website by depositing a nonrefundable twenty-two dollars (\$22.00) by credit card. The eBidDoc # is 9105964.

2. [ ] Prequalification If checked, the 2 apparent as read low bidders must file within 24 hours after the letting an "Affidavit of Availability" (Form BC 57) in triplicate, showing all uncompleted contracts awarded to them and all low bids pending award for Federal, State, County, Municipal and private work. One original shall be filed with the Awarding Authority and two originals with the IDOT District Office.

3. The Awarding Authority reserves the right to waive technicalities and to reject any or all proposals as provided in BLRS Special Provision for Bidding Requirements and Conditions for Contract Proposals.

4. The following BLR Forms shall be returned by the bidder to the Awarding Authority:

a. Local Public Agency Formal Contract Proposal (BLR 12200)

b. Schedule of Prices (BLR 12201)

c. Proposal Bid Bond (BLR 12230) (if applicable)

5. The quantities appearing in the bid schedule are approximate and are prepared for the comparison of bids. Payment to the

Contractor will be made only for the actual quantities of work performed and accepted or materials furnished according to the contract. The "scheduled quantities of work to be done and materials to be furnished may be increased, decreased or omitted as hereinafter provided.

6. Submission of a bid shall be conclusive assurance and warranty the bidder has examined the plans and understands all requirements for the performance of work. The bidder will be responsible for all errors in the proposal resulting from failure or neglect to conduct an in depth examination. "amination. The Awarding Authority will, in no case, be responsible for any costs, expenses, losses or changes in anticipated profits resulting from such failure or neglect of the bidder.

7. The bidder shall take no advantage of any error or omission in the proposal and advertised contract.

8. If a special envelope is supplied by the Awarding Authority, each proposal should be submitted in that envelope furnished by the Awarding Agency and the blank spaces on the envelope shall be filled in correctly to clearly indicate its contents. When an envelope other than the special one furnished by the Awarding Authority is used, it shall be marked to clearly indicate its contents. When sent by mail, the sealed proposal shall be addressed to the Awarding Authority at the address and in care of the official in whose office the bids are to be received. All proposals shall be filed prior to the time and the place specified in the Notice to Bidders. Proposals received after the time specified will be returned to the bidder unopened.

9. Permission will be given to a bidder to withdraw a proposal if the bidder makes the request in writing or in person before the time for opening proposals.

No. 1111 (November 6 and 10, 2024)

### TRANSPORTATION VEHICLE BID NOTICE

The Rochelle Township High School Board of Education is accepting bids to:

Purchase (4) new 2025 or newer Plymouth Voyager minivans and trade in (4) used minivans; 2019 Dodge Caravan, 2012 Dodge Grand Caravan, 2014 Dodge Grand Caravan and a 2012 Dodge Grand Caravan.

Specifications may be secured at the Rochelle Township High School Business Office, 1401 Flagg Road, Rochelle, Illinois 61068. Bids must be submitted to Rochelle Township High School Attn: Kevin Dale, Business Manager, 1401 Flagg Road, Rochelle, Illinois 61068 or emailed to [businessoffice@rthsd212.org](mailto:businessoffice@rthsd212.org) on or before 10:00 AM, on November 14th.

The Board of Education reserves the right to accept or reject any or all bids.

Tom Huddleston, President Board of Education, District 212 Rochelle Township High School No. 1113 (November 10, 2024)

## 101 LEGAL NOTICE

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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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# SENIOR LIFESTYLES

## What to know about estate planning

**M**ANAGING 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

**T**HREE 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 marrow disorders

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

According to a study published in the New England Journal of Medicine, patients with serious ill-

nesses 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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