

# ILLINOIS<sup>TM</sup>

## COUNTRY LIVING

September 1996



**HELPING  
HANDS**

Foster Mom Judie Fairchild

■ **Indoor  
sunshine**  
*see page 6*

■ **Tole  
artist**  
*see page 7*

■ **Tough  
turf**  
*see page 16*



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### MONTHLY RATES

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	Male	Female	Male	Female	Male	Female	Male	Female		Male	Female	Male	Female	Male	Female	Male	Female
20	11.31	10.33	13.01	11.73	17.38	15.47	21.68	19.34	48	22.23	17.68	26.44	20.83	37.53	29.11	45.05	38.68
21	11.31	10.33	13.01	11.73	17.38	15.47	21.68	19.34	49	23.67	18.40	28.22	21.68	40.21	30.39	46.75	40.38
22	11.31	10.33	13.01	11.73	17.38	15.47	21.68	19.34	50	25.12	19.13	30.18	22.78	43.14	32.05	48.66	42.29
23	11.31	10.33	13.01	11.73	17.38	15.47	21.68	19.34	51	26.52	19.98	31.96	23.80	45.82	33.58	53.34	44.63
24	11.31	10.33	13.01	11.73	17.38	15.47	21.68	19.34	52	27.92	20.87	33.66	24.82	48.37	35.11	58.86	46.96
25	11.31	10.33	13.01	11.73	17.38	15.47	21.68	19.34	53	29.45	21.80	35.53	26.01	51.17	36.89	64.81	49.51
26	11.31	10.33	13.01	11.73	17.38	15.47	21.68	19.34	54	31.20	22.78	37.74	27.29	54.49	38.80	71.19	52.06
27	11.31	10.33	13.01	11.73	17.38	15.47	21.68	19.34	55	33.32	23.89	40.38	28.65	58.44	40.84	78.63	54.83
28	11.31	10.33	13.01	11.73	17.38	15.47	21.68	19.55	56	35.66	24.95	43.18	29.92	62.65	42.76	86.49	57.59
29	11.31	10.33	13.01	11.82	17.38	15.60	21.89	19.55	57	38.08	25.93	46.24	31.20	67.24	44.67	92.65	60.14
30	11.39	10.41	13.09	11.90	17.51	15.73	22.10	19.76	58	40.89	27.07	49.73	32.64	72.46	46.84	99.24	62.90
31	11.48	10.58	13.26	12.07	17.77	15.98	22.53	20.19	59	44.20	28.52	53.89	34.43	78.71	49.51	107.53	66.51
32	11.60	10.75	13.35	12.33	17.89	16.36	22.95	20.61	60	48.32	30.43	58.99	36.81	86.36	53.08	117.73	71.61
33	11.77	11.01	13.60	12.58	18.28	16.75	23.38	21.25	61	52.96	32.73	64.77	39.61	95.03	57.29	129.41	77.56
34	11.99	11.26	13.77	12.92	18.53	17.26	24.01	21.89	62	58.06	35.19	71.06	42.67	104.47	61.88	142.16	84.36
35	12.24	11.56	13.94	13.09	18.79	17.51	24.44	22.53	63	63.84	38.17	78.29	46.41	115.30	67.49	157.04	92.23
36	12.62	11.86	14.37	13.52	19.42	18.15	25.29	23.16	64	70.72	41.78	86.79	50.83	128.05	74.12	174.25	101.58
37	13.01	12.20	14.79	13.77	20.06	18.53	26.35	24.01	65	78.88	46.24	96.99	56.44	143.35	82.54	194.86	113.05
38	13.52	12.58	15.39	14.28	20.95	19.30	27.41	24.86	66	88.10	51.60	108.46	63.07	160.57	92.48	217.60	126.44
39	14.03	13.01	16.07	14.79	21.97	20.06	28.90	25.93	67	98.52	57.59	121.38	70.47	179.95	103.57	243.31	141.53
40	14.62	13.39	16.75	15.22	22.99	20.70	30.18	26.78	68	110.16	64.35	135.83	78.88	201.62	116.20	272.21	158.31
41	15.26	13.86	17.51	15.73	24.14	21.46	31.88	28.05	69	123.29	71.95	152.07	88.32	225.97	130.35	304.09	177.01
42	15.94	14.28	18.36	16.32	25.42	22.36	33.79	29.33	70	138.00	80.54	170.43	99.03	253.51	146.41	340.21	198.48
43	16.70	14.79	19.21	16.83	26.69	23.12	35.70	30.39	71	154.57	90.23	191.00	111.01	284.37	164.39	380.59	222.06
44	17.55	15.30	20.15	17.34	28.09	23.89	37.83	31.66	72	173.15	101.11	214.03	124.53	318.92	184.66	425.64	248.84
45	18.53	15.90	21.25	17.94	29.75	24.78	39.10	32.94	73	194.06	113.35	240.04	139.83	357.94	207.61	476.43	278.80
46	19.64	16.45	22.87	18.87	32.17	26.18	41.23	34.85	74	217.56	127.20	269.28	157.00	401.80	233.37	533.16	312.38
47	20.91	17.04	24.48	19.72	34.60	27.46	42.71	36.55	75	243.95	142.80	302.01	176.38	450.88	262.44	596.70	350.41

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AMOUNT OF INSURANCE DESIRED \_\_\_\_\_ TOBACCO \_\_\_\_\_ NON-TOBACCO \_\_\_\_\_  
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**About the cover:**

A television commercial on foster parenting sparked the interest of Carl and Judie Fairchild. In the years that followed, this Southern Illinois couple has had 25 children in their home. The problems have ranged from untied shoes to learning disabilities, but the family has handled these with love and teamwork.

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# Illinois COMMENTARY

## Kids teach kids farm safety

**H**arvest time is just about upon us. This is one of those times Illinois farm families think about safety! At least we hope they do. A lot of activity will be occurring over the next several months, with a lot of people helping out. There will be jobs for children, and jobs that children will be asked to do, and the two are not always the same. Every farm family knows that farming is the most



Tom Berkshire

dangerous occupation in the country. Also, every member of the family must pitch in to make sure everything is done on time.

Each year, more than 23,000 farm children suffer serious injuries. Some of these young people are maimed for life and about 300 will lose their lives. Harvest is one of the riskiest

times for kids. Illinois Easter Seals asks that you think about age-appropriate work and make sure your expectations do not put your son or daughter at risk.

While this message may sound a little strange coming from Easter Seals, we work with many farmers and young people who have been hurt in accidents. We believe very strongly that disabilities to young people caused by farm accidents can and should be prevented. The Illinois Easter Seal Society has been developing a program that is attracting national attention. In 1992, we began a partnership with the Illinois FFA chapters to build a quality program for children. We then asked the Center for Rural Health and Social Policy at Southern Illinois University to bring the university

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*By Tom Berkshire, President and CEO of the Illinois Easter Seal Society since 1990. He previously served on Governor James R. Thompson's staff as a policy advisor in human services and rural economic development. He is a member of the board of directors of the Illinois Rural Partners and of the Illinois Rural Health Association.*

forces together to build a new concept in safety education. TASK (Teaching Agricultural Safety to Kids) was created, tested in the field using FFA chapters in various parts of the state, and now is becoming a strong part of community accident prevention programs.

The TASK program created a curriculum for high school students to learn to teach 10, 11 and 12-year-olds agricultural safety. We work very hard to give the high school student real-time experience in teaching. When they stand in front of 30 fifth graders talking about tractor rollovers or hog confinement buildings, we want them to get the safety message across loud and clear!

To date, more than 4,000 grade schoolers have been taught using this approach of kids teaching kids. The booklets used as baseline material are available on 12 agricultural production topics ranging from pesticide and chemical use to using heavy farm equipment. Using this material, the student should learn what to do when they are the first on the scene of an accident and how to be safe around animals, equipment and chemicals.

This is a unique approach to safety education and one which tries to be relevant to the grade schoolers' approach to learning. While you never heard it from me...some say that kids don't always listen to their parents. Even if they listen they might not always act on that advice. We believe the family message can be helped by listening to high school role models. Are they more likely to listen to the high school mentor? Our hope is that not only are they more attentive, but that the high school students appreciate the importance of better safety in their own agricultural practice.

The material is designed to grab the attention and not bore the young student. There are lots of hands-on things to do in the projects, and teaching-tricks to make the information take hold in the young person's mind.

The program called TASK is best taught as a community project or a project of schools and youth groups. Material is available through the public library system or it can be purchased from the Illinois Easter Seal Society.

No rural community wants to share in the tragedy of a young person being seriously hurt in a harvest accident or other farm mishap. We want them to share in the implementation of a really exciting prevention program designed just for kids.

For more information about the TASK program, you may phone 1-800-525-0067.

# Princeton girl is 1996-97 Youth Consulting Board representative

When Dawn Amrein of rural Princeton set out to go on the 1996 "Youth to Washington" tour, she expected an action-packed, fast-paced week of touring, education and fun.



The 17-year-old got a little more than she bargained for. She was chosen to represent Illinois on the Youth Consulting Board (YCB) of the National Rural Electric Cooperative Association (NRECA). The tour is sponsored by the electric and telephone cooperatives of Illinois.

Each year, one of the tour participants is elected to a 12-month term on the YCB, and Dawn, the daughter of Illinois Valley Electric Cooperative members Ron and Barbara Amrein, was chosen. During her year-long tenure, she'll participate in the YCB's Youth Tour Planning Committee, helping put together arrangements for NRECA's 1997 tour. She will also help out at the organization's 1997 annual meeting in Las Vegas in March.

YCB representatives there are introduced on stage before an audience of some 10,000 people, and help keep the meeting running smoothly. They often staff information booths and help out in the press room, among other duties.

Dawn is a senior this year at Bureau Valley High School, where she is an A student, class president, student council officer, captain of both the volleyball and track teams, National Honor Society member and a leader in many other school, church and community projects. She hopes someday to attend the University of Illinois and study business and English, with the idea of becoming a CPA or an English teacher.

To be selected for the YCB position, students on the tour submit applications, and the tour director and chaperones select finalists, who are then elected by their fellow tour participants after being introduced and making a campaign presentation.

In her campaign speech, Dawn discussed leadership. But instead of talking about herself and the positions she holds, she spoke of the importance of befriending someone in need and standing up for what's right—even if it means breaking with the crowd that's "cool."

"Being a leader is more than an act," she wrote in her speech, "and it's not a once-in-a-while thing. It's a way of life. It has become a part of who I am and who I always want to be."

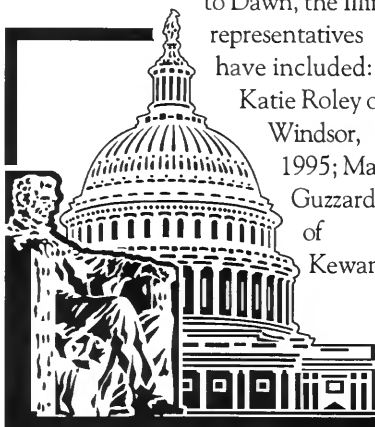
Twenty-one outstanding students have represented Illinois on the YCB since its inception in 1976. In addition to Dawn, the Illinois representatives have included:

Katie Roley of Windsor, 1995; Mark Guzzardo of Kewanee,

1994; Ron Provine of Buckley, 1993; Karla Miller of Carbondale, 1992; Ron Wickenhauser of Heyworth, 1991; Mike Rice of Murphysboro, 1990; Heather Rawlings of Loda, 1989; Kirk Weiler of Ashmore, 1988; Eric Young of McLeansboro, 1987; Elaina Poulos of Dongola, 1986; Joe "Del" Byassee of Villa Ridge, 1985; Sharon Goodwin of Broughton, 1984; Jim Allen of Norris City, 1983; Les Boegemann of Norris City, 1982; Michelle Richter of Breese, 1981; Danny Kane of Red Bud, 1980; Stephanie Green of Mounds, 1979; Randy Rings of Burnside, 1978; Richard Brown of Karnak, 1977 and Matt Rhoades of Baylis, 1976.

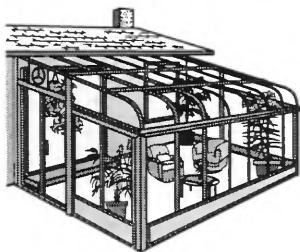


*Dawn Amrein, 1996 Youth Consulting Board winner*



# TECHNOLOGY AND YOU

Letting  
the  
sunshine in



**Q:** I want to add an efficient sunroom to my house for casual living area and for starting plants. My budget is limited. Are there do-it-yourself sunroom kits that will also lower my heating bills in the winter? - H. W.

**A:** There are many new designs and styles of do-it-yourself sunroom kits available for even the inexperienced handyman. Some manufacturers offer more than 140 standard kit sizes with many options like screening, vents, efficient fans, multiple doors, movable shading, etc.

Many of the new do-it-yourself sunroom kits literally bolt together like huge erector sets. All parts are precut, predrilled and color-coded. They include instructional videotapes and all the required screws (rustproof stainless steel), seals, etc. Once the ground area is prepared, one can be erected over a weekend.

Although some of the standard new sunroom kits are very efficient and can help heat your home in mildly cool weather, most will not significantly heat your house in the winter. Most likely, they will require supplemental electric heat, either from your central furnace, heat pump or from small space heaters.

It is possible to modify a standard sunroom design to provide a significant amount of heat in the winter without overheating in the summer. The key to annual net positive energy flow from a sunroom is adequate thermal storage in the floors and walls, movable insulation and an air distribution method to get the heat into your house.

The least expensive kits use aluminum extrusion frame members and special double-pane clear plastic glazing. It is shatterproof and ultraviolet (UV) stabilized to resist the sun's damaging rays. Clear acrylic or super-tough polycarbonate (bulletproof glass) is often used. This produces a lightweight, yet strong,



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*James Dulley is a mechanical engineer who writes on a wide variety of energy and utility topics. His column appears in a large number of daily newspapers.*

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sunroom.

Many of these lightweight kits are designed to be built right over an existing deck. Check your local building codes first to make sure this is acceptable in your area.

One convertible (to a porch) sunroom kit has quick-change clear acrylic plastic thermal window panels that snap out to expose screens. This creates a summer porch. These lightweight panels are sized to store neatly behind the lower clear plastic panels. There are built-in flip up roof vents to create a natural comfortable breeze throughout the sunroom/porch.

The frame material has a great impact on the aesthetics and energy efficiency. Extruded aluminum is strong and simple to assemble. In all but the mildest climates, choose only an aluminum frame with plastic indoor-to-outdoor thermal breaks. This saves electricity and blocks condensation.

Wood framing is more expensive, but it is attractive and offers more design flexibility. Wood is also a better natural insulator. A curved eave (curved transition between the front and roof) is especially attractive. The glass is also curved with no seams for an unobstructed view outdoors.

One new sunroom kit, by SunRoom Design, uses an aluminum exterior frame which is covered with a heavy natural oak wood veneer on the interior. This unique design uses super-strong interlocking wood/aluminum joints instead of adhesives. With the high humidity from plants in most sunrooms, veneer attached with only adhesives can sometimes delaminate.

The type of glazing is most important for an efficient comfortable sunroom. Clear or tinted double-pane, low-e argon or Heat Mirror glass is most efficient. Double-pane crystal clear acrylic plastic is also effective. If you plan to use your sunroom just for starting plants, single pane glazing is adequate and less expensive.

One unique sunroom option is a semicircular design, Sun Crescent. It is actually a huge five-sided walk out bay window. It assembles easily and adds openness to any room. *(continued on page 17)*

# T-Town woman walks unusual artistic path

Mary Walk, who lives near Teutopolis, is a different kind of artist from many. While there are any number of people doing oils, watercolors, pastels and the like, she does papier tole.

"Papier tole is an art form that developed centuries ago in France," Mary says, "and it involves layering several cut-out pieces of paper to make the work look three-dimensional."

But there's more to it than that. To add real depth, she has to fold, crease and perform several other tricks that keeps her works from looking like a simple "cut and paste" piece with no dimension.

"There's an art to the cutting, pasting and snipping that makes all the difference in the world," she says, "and that's where you spend the time, both in learning to do it right, and in just doing the work. This isn't an art form for someone who wants to knock out a piece in a few minutes."

The Sidell native, who lived in Chicago and taught her art there for several years, remarks that she spent several years perfecting her technique, and that she has spent considerable time just getting down the process of making realistic-looking feathers.

If you add up all the cutting, folding, creasing and pasting, you may find that Mary will put some 40 hours or so in a piece of work, and that it will look realistic enough that you'll want to touch it.

While there is a lot of busywork in such a pastime, and while learning and practice count for a lot, there's no substitute for creativity. Mary notes that a scene with an old locomotive was giving her fits.

"I just couldn't get the smoke and steam right," she says, "and I tried everything I could think of. I finally used hair from my cat, which I'd taken out of the lint filter in my clothes dryer.



Mary displays many of her works on her basement wall.

It worked perfectly, and many people comment on the realistic look of my smoke and steam."

She has favorite topics, of course, and the bald eagle, symbol of America, is one, even though there are a lot of feathers! "I like flowers and religious topics, too," she adds.

She cuts her own mats for her art, and uses shadow boxes a lot. "They really add to the dimensional effect," she says.

Like most artists, Mary enters competitions, and she has brought home at least her fair share of first place ribbons and "people's choice" awards, too. Of course, she sells in local galleries. Some of her works are likely to be found at Keller's Town and Country in

Effingham. If you get the chance, look for them there. They'll be the ones that seem to leap off the canvas at you.



Here is a hummingbird: note the dimensional effect.

# Foster parenting:

## 25 kids and counting



Carl and Judie Fairchild in front of their house near Corinth. They have installed a front door to provide wheelchair access, and built fire ladders for the upstairs rooms, and they have also added a lot of space.

**Foster parenting** is like the regular kind in many ways: It's a mixture of fun and work, happiness and grief, frustration and satisfaction.

But the need for foster parents in Southern Illinois is a problem that has to be addressed, and Carl and Judie Fairchild are helping. They

note that they've enjoyed some 25 children in their home over the years—in addition to their two biological daughters—and the rewards and satisfaction have been immeasurable.

The Fairchilds, who live near Corinth and are members of SouthEastern Illinois Electric Cooperative, say there's nothing special about them, but that's not really true. A piece of literature distributed by the Illinois Department of Children and Family Services (DCFS) begins with the statement, "It takes a special kind of person to become a foster parent—someone with a lot of love, patience

and acceptance of others."

It is interesting to note that they got into foster parenting in a simple way: They saw an appeal in a TV commercial, and decided to give something of themselves. And when talking about it, they make it sound so unremarkable. "The commercial sparked our interest," Carl says, "and we decided to give it a try."

Judie adds, "We'd moved here from Portage, Indiana, where Carl had retired from working for a steel company. We'd had time to get settled in well, we had a little extra room—not much—and we figured we could







handle it.”

With that in mind, they “dialed the number on the screen,” and got started into the process. Before long, they were licensed to take care of kids who, for one reason or another, had nowhere to live.

“There are all kinds of organizations that provide support for foster parents,” Judie says, “and we got involved in those, too.”

Of course, there’s DCFS, and there are other groups. One is the Southern Illinois Foster/Adoptive Care Alliance.

“There are several local chapters,” Judie says, “and we belong to the ‘Home Advantage South’ chapter, and



*Carl pauses to do one of the many parenting things all of us often do on a smaller scale. Many of the children they have had in their home have learning or physical disabilities.*

I’m president of it. We work in Franklin, Williamson and Jefferson counties. We provide support for foster parents, and have informative meetings for them, too.”

But support groups and presidencies were all in the future when the Fairchilds called to ask about foster parenting. And 25 kids were in the future, too.

“Our first foster child had a physical disability,” Judie says, “and we learned a lot

from that experience. In the years since then, many of the children have had some kind of problem, often learning disabilities or the like.”

“One of the foster children we have now is confined to a wheelchair,” Carl says, “and we were a little nervous at first about having a handicapped child out in the country, but it’s worked out real well.

Country living seems to agree with the kids, and I have a livestock-hauling business that the bigger kids help with. They like working with the animals, and it gets them involved in good physical work.”

The Fairchilds adopted Robert, one of the early boys they provided



*The television set is a good way to keep a lot of kids entertained. Here, members of the extended family watch a cartoon.*





The Fairchilds' daughter, Lennie Clare, left, is a big help with the foster kids, and so was her cousin, Sarah Hand, who was visiting from Indiana.



foster care for, and he's in Hawaii now with the military.

"We have a foster daughter who has been with us for about nine years," Carl says, "and she's 18 now. She and our biological daughter, Lennie Clare, who is 15, are both really helpful with the other kids."

And they emphasize that the help is welcome. With the seven foster kids in the home now, things can really get hectic. "We're just like families everywhere," Judie chuckles, "in that there are times when we get along real well and times when we don't."

She adds that timers are a big help, and an oven timer by an electronic game "rations" game time to those who want to play. "Thank God for electronic games and timers," Judie adds.

You would think that a family that size would have several games, but that's not the case. The kids are expected to share, and the timers are there to ensure fairness.

There have been some physical adjustments, too. "The main part of our house was probably built in the 1920s," Judie says, "and a garage was added later. We converted the garage to living space, and then we added on to the kitchen. And we added on, and we added on, and we added on! It's been an interesting process."

She adds that the family has also run the entire automotive gamut. They

started out with a family sedan, went to a station wagon, traded that in on a minivan, and finally wound up with a full-sized van.

Foster parenting, they say, involves several different scenarios. For example, some kids stay just one night, while family differences are ironed out; others stay for days, weeks or months. Some, like several of theirs, spend years. "It depends on what the needs are," Carl says.

The Fairchilds stress that they're not particularly extraordinary in the numbers of kids they've fostered. They point out that they know, or know of, families who have had a hundred or more foster kids for varying lengths of time.

"There's a desperate need for foster parents," Judie says, "and we're always recruiting. I want to emphasize that it's something that's not difficult to do, and it offers real satisfaction. I'd recommend it to anyone. In fact, four of the children we have now are up for adoption."



Carl and Judie use planks to get a foster child into the van. She hopes to get a lift before long.

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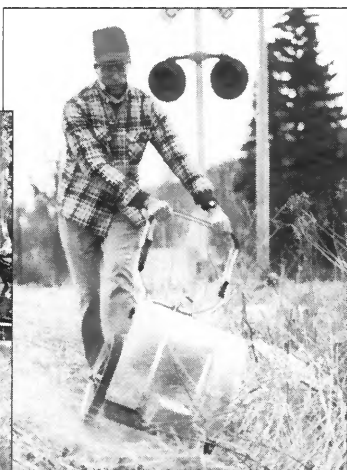
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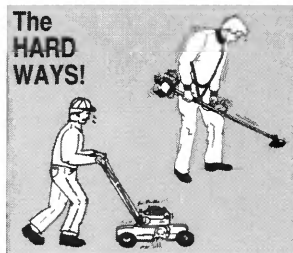
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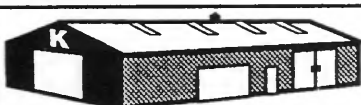
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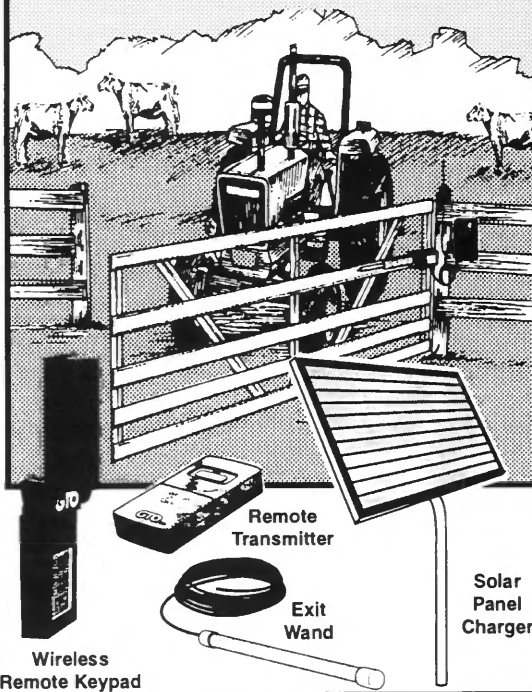
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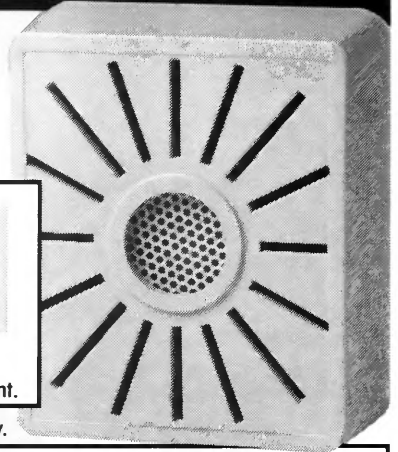
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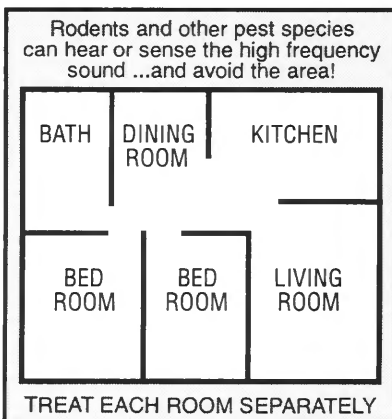
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# AROUND YOUR HOME

## Roofing issue not black & white



Bill Campbell

I want to let all of you know that I appreciate your feedback about my articles here in "Illinois Country Living." Following the June issue, there were additional questions about roofing jobs that I thought I could best cover with another column. Most of the questions dealt with roofing materials. Many were the result of the age-old question about shingle color and attic temperature.

As a result of that question, I was able to gather some information regarding "Black vs. White" roofing materials. The main conclusion I found was that white (or light) colored roofing materials tended to have 20-25 percent cooler sheathing material when exposed to sunlight than did black (or dark) roofing materials. The people at the Building Research Council at the University of Illinois said this usually causes about a 1 percent or less rise in cooling costs for a home having the dark roof with a well-insulated attic during the summer months.

By the same token, this also causes about the same decrease in heating costs for the dark roof home during the winter months. The main concern is how much of the roof is exposed to the direct sunlight, how well the attic space is ventilated, and the duration of the sun exposure during a given day.

There are some advantages to darker materials as you attempt roofing jobs in cooler months. Darker shingles are more likely to seal against each other than lighter-colored shingles on cooler spring and fall days. This can be important when you consider scheduling your job.

After reviewing the materials I collected, the one overwhelming conclusion was that roof color was not nearly as important as being sure to purchase high-quality shingles for your home.

I have copies of a BRC publication about

---

*Bill Campbell is an Extension Educator, Farm Systems, at the Springfield Extension Center, Cooperative Extension Service, University of Illinois. You can write to Campbell in care of Illinois Country Living, P.O. Box 3787, Springfield, IL 62708. Telephone: 217-782-6515.*

*E-Mail: [campbellw@idea.ag.uiuc.edu](mailto:campbellw@idea.ag.uiuc.edu)*

roofing materials for your information. It doesn't specifically cover roofing color, but it does have answers to other possible questions as you do your roofing job. Another publication from the NRCA (National Roofing Contractors Association) discusses proper shingle installation techniques. Both are worth a read and available if you drop me a line.

---

## Cooling with trees

Trees are wonderful. They add beauty to your property, stop soil erosion and by shading your roof and the rest of your home help lower energy bills. If you consider the increased property value, energy savings and other benefits, the value trees provide can be two to three times greater than the cost for tree planting and care.

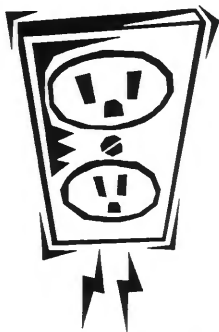
If you are thinking of planting new trees for these or other reasons, there are a few things you need to keep in mind.

It is essential that you plan before you plant. If you don't, the little seedling that so nicely compliments your front yard today, may overpower your home, clog your septic lines, or interfere with overhead electric lines in a few years. Depending on where the tree is located, it may have to be cut down.

Unfortunately one of the most popular places to plant trees is right down the property line. This also happens to be where utility lines are located. When you plant trees, plan so they fit the site even when full grown.

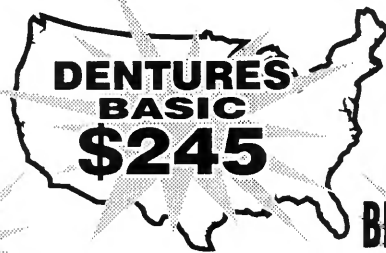
If you're planting anywhere near overhead lines, a slow growing, shorter tree is the best choice. Before you buy a tree, ask yourself these questions:

- Why am I planting the tree? For shade? To block an undesirable view? For its fruit? For the colors?
- Will the tree interfere with another person's property? Most interruptions of electric service during wind, ice and rainstorms result from tree limbs breaking wires or causing short circuits. Pruning helps avoid such problems, but the best way to prevent such outages is to plan before planting. - *Illinois Country Living*



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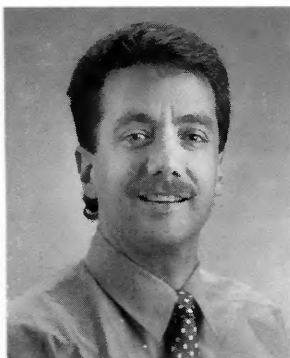
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Your

# YARD AND GARDEN

## Building tough turf



Dave Robson

September is the ideal month to concentrate your energies on lawn care.

Most lawns are composed of cool season grasses such as bluegrass, fescue and ryegrass. These plants thrive when temperatures are between 40 and 80 degrees Fahrenheit. Temperatures in the 90s and above tend to limit root and shoot growth.

The following are some of the activities that should take place in September.

*Aeration is the process of pulling cores of soil out of the lawn. This allows the surrounding soil to collapse in the hole, ultimately loosening the soil. A loose soil allows for increased root growth which corresponds to a denser turf.*

Aeration should take place when the ground is moist but not soggy. A core aerifier will not penetrate a hard soil. If the soil is too wet, the aerifier's spoons will keep spinning.

Aerifiers that just punch holes in the ground can worsen a problem. The whole point of aerifying is loosening the soil; punching holes without pulling out plugs does nothing more than compact the soil around the hole. The hole won't collapse and root growth can be restricted further. The same thing applies to "shoes with nails" that you wear and walk across the lawn.

Lawns should be aerified once a year for maximum benefit. If you have a heavy clay or compacted soil, consider aerifying next spring.

Once the lawn is aerified, you'll be left with soil plugs on top of the lawn; it will look like a pack of dogs visited your yard. Allow the plugs to dry for a day and then mow. The plugs should disintegrate and topdress the grass plants.

As an added benefit, the layer of soil added to the top of the lawn can decrease thatch. Which brings us to the next chore.

---

David Robson is an Extension Educator, Horticulture, at the Springfield Extension Center, Cooperative Extension Service, University of Illinois. You can write to Robson in care of Illinois Country Living, P.O. Box 3787, Springfield, IL 62708. Telephone: 217-782-6515.

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*Dethatching removes excess thatch that limits water penetration, increases diseases, ties up nutrients and allow turf to dry out quickly.*

Before dethatching with a power rake or vertical mower, remember that some thatch is beneficial. Ideally, lawns should have a half inch of thatch. Layers greater than an inch thick will need removing. The only way to determine excess is to cut a core sample out of the lawn and measure the thatch layer present between the top of the soil and the grass blades.

Like aerification, dethatching should occur when the soil is moist.

Thatch removed should be raked off and composted. The grass roots and stems that make up thatch (grass leaves break down to quickly to contribute to thatch) won't break down fast enough on top of the lawn.

*Fertilizing is important to stimulate new grass growth. In the fall, new shoot growth is more important than stimulating roots. One pound of actual nitrogen per 1,000 square feet is recommended. A formulation such as 33-0-0 applied at the rate of 3 pounds per 1,000 square feet, and watered in, will stimulate the turf to produce new plants. Make sure you apply the water regularly to avoid burning the grass with the fertilizer.*

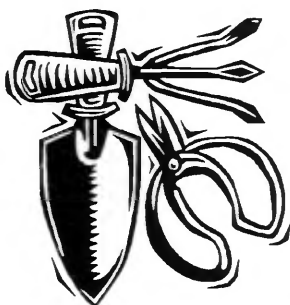
**IMPORTANT:** Plan on applying a winterizer fertilizer in November. This slow-release fertilizer feeds the lawn throughout the winter and early spring.

*Keep mowing the grass regularly. Don't change the cutting height. Maintain the turf at 2 inches for most lawns. This means mowing when the grass gets 3 inches tall. Clippings don't need to be collected if you only cut leaves and not stems.*

Lawns can be improved by overseeding every two or three years. Adding new seed keeps diseases in check and improves the vigor of the turf.

It's important that the seed comes in contact with the soil in order to germinate. Slit seeders perform dethatching at the same time they drop seeds in the soil. If your

(continued on page 17)





## Yard and Garden

(Continued from page 16)

thatch layer is satisfactory, rake the grass thoroughly after seeding to scratch the seeds into the surface.

In order for seed to germinate properly, the soil layer where the seed is located needs to be kept moist. It may be necessary to water the soil daily until the seeds germinate and are mown.

Fall gives better weed control of perennial broadleaf weeds such as dandelions and plantain. Chemicals

selectively applied to just the weeds are translocated throughout the roots at the same time the plant is trying to store food for the winter.

Controlling the weeds at the same time the lawn is thickening means fewer weed problems next spring. Make sure to read and follow all directions on the label when applying any pesticide.

If you need to undertake several lawn practices, wait a day or two between each one so the turf plants have time to recover.

## Technology and You

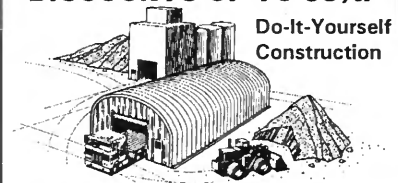
(Continued from page 6)

During the summer, adding afternoon shading can increase comfort. Several kits have built-in frame channels to hold sun-blocking screens or shades. Some use manual crank screens or shades. Others have motorized shades that can be controlled by automatic sun and temperature sensors.

Write for Utility Bills Update No. 764 showing a buyer's guide of 14 sunroom kit manufacturers and accessories listing designs, styles, frame types, glazing options, ventilation and shading options, prices, materials heat capacity chart and a greenhouse plant selector guide. Please include \$2.00 (with checks payable to: "Jim Dulle") and business-size SASE, and send to Jim Dulle, Illinois Country Living, P.O. Box 3787, Springfield, IL 62708.

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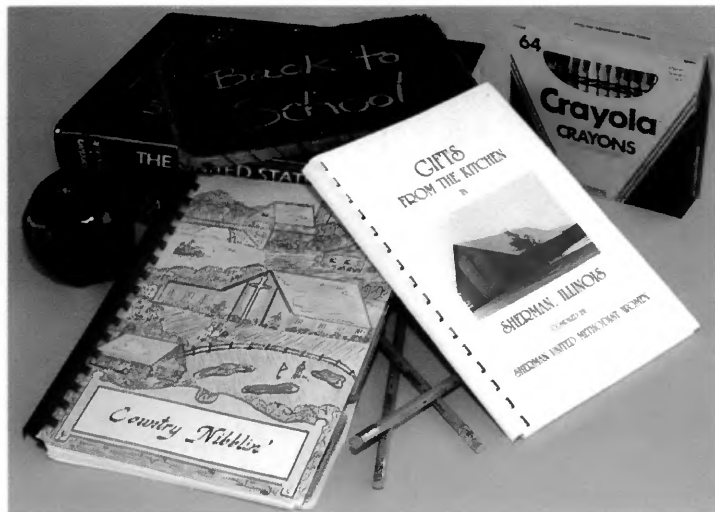
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# FINEST COOKING



This month's cookbooks are both from the Sherman United Methodist Church of Sherman. One, Gifts From the Kitchen, is a reprint of a 1975 offering, and sells for \$8. It has 82 pages of recipes. The second book, Country Nibblin', is a reprint of a 1983 offering that was well received. It has 238 pages and sells for \$10. The price of both books includes shipping.

A set of the two books costs \$14, which also includes postage. These books are available from the Sherman United Methodist Women at 532 W. Andrew Rd., Sherman, IL 62684-9502. The phone number there is (217) 496-2338.

## Gifts from the Kitchen

### MEAT BALL APPETIZERS

Jan Morris

2 lb. ground beef  
1 egg  
1 tsp. minced dry onion  
Crocker crumbs

Mix well and shape in tiny balls. Brown in oven at 350°. Drain on paper towels.

Sauce:  
1 bottle Heinz® chili sauce  
1 (10 oz.) jar of grape jelly

Simmer 30 minutes with lid on and 15 minutes with lid off.

### FRIED FRUIT PIES

Kay Dunlap

Use Pillsbury® boxed pie crust and canned pie filling. Follow directions on box for crust but rolling into 6-inch circles. Put two heaping tablespoons of pie filling in middle of each circle. Fold over to 1/4 of edge and press half circle edge together, sealing tight. Fry in deep fat at 425° about 1 minute or until golden brown. Brush with thin icing on top while hot.

### ROLY POLY (made in Bible school)

Norma Alvey

Sift 2 cups flour and 6 tablespoons of sugar in mixing bowl. Add 1 tablespoon vanilla. Break 2 sticks margarine into bits, drop into bowl. Mix it all into a lump with both hands. Chop 1 cup nuts; mix them into dough. Pick off pieces the size of walnuts and roll into a ball. Place on ungreased baking sheet in 350° oven for about 12 minutes. Roll cooled cookies in 1/2 cup confectioners sugar.

### CORN FRITTERS

Agnes Bushnell

1 (17 oz.) can cream style corn  
1 (8 1/2 oz.) box Jiffy® corn muffin mix  
1 egg  
1/2 C. milk

Empty can of corn in a large mixing bowl. Rinse empty can with the milk. Add egg and mix well. Add box of corn muffin mix and blend. Spoon into hot skillet with a little grease and fry like pancakes, turning when the edges start drying. 1 tablespoonful makes a good size fritter.

### COKE PORK CHOPS (as taught by husband Larry)

Georgeana Watson

Select from 4 to 8 chops (as many as necessary for the number of servings needed), making sure that thickness is of at least one inch, preferably 1 1/2 inches. Place chops in pan lined with enough foil to come up over the top and seal before baking. Chops must be arranged in as single a layer as possible. Pour coke around the chops until almost level with their top surface. Pour enough barbecue sauce on top of each chop to cover tops well, then covering the top of each with either sliced or chopped onion, and slice green pepper, if desired. Seal foil around top, and bake in slow oven (approximately 325°), for 2 - 2 1/2 hours, or until done.

### STEAK DINNER IN FOIL

Sandie Prohoska

1 inch thick sirloin steak, seasoned  
3 medium carrots, sliced thin  
4 medium potatoes, quartered  
2 stalks celery, quartered  
1 pkg. dry onion soup mix  
1 can cream of mushroom soup

Mix onion and mushroom soup in bowl with 1/2 cup water. Prepare rest of ingredients. Place meat in heavy foil, place carrots, potatoes and celery on top of meat and pour soup mixture over all. Wrap and bake 1-1 1/2 hours, according to the thickness of meat. Season to taste. Boke at 350°.

### BROKEN GLASS SALAD

Rose Reynolds

Mix 1 package each lime, lemon and cherry jello in 1 1/2 cups hot water. Put in ice cube trays and chill, then cut into tiny cubes. Crush 30 graham crackers and mix with 1/2 cup softened oleo and 3/4 cup sugar. Place this mixture into bottom of pan, saving 3/4 cup to place on top. Whip 1 pint of whipping cream and add 1/3 cup of powdered sugar. Dissolve 1 1/2 envelope Knox gelatine in 1/4 cup cold water. Add 1/4 cup hot water and 1/4 cup pineapple juice. Add to cream mixture and fold in jella cubes and pineapple tidbits. Chill 24 hours.



## Country Nibblin'

### POPPY SEED CAKE

Wanda Schmidgall

- |                                      |                       |
|--------------------------------------|-----------------------|
| 1 pkg. yellow cake mix               | 1/2 C. oil            |
| 1 small pkg. instant vanilla pudding | 4 eggs                |
| 1/4 C. poppy seed                    | 1 C. hot water        |
|                                      | 1/4 C. flaked coconut |

Beat all ingredients for 5 minutes with electric mixer. Bake in oiled food pan or greased bundt pan at 350 degrees for 55 minutes. Remove from pan. Let cool. Sprinkle with powdered sugar.

### BRIDGE CLUB DESSERT

Judy Henrikson

- |                                                |                                              |
|------------------------------------------------|----------------------------------------------|
| 7 1/2 oz. vanilla wafers crushed, (1 med. box) | 3/4 C. pecans, broken                        |
| 3/4 C. butter, softened                        | 1 can cherry pie filling or                  |
| 3 C. powdered sugar                            | 1 can apricot pie filling, (cut apricots up) |
| 3 eggs                                         | 1 carton cool whip-7 oz. or more             |

Put little over half of vanilla wafers in bottom of pan. Beat powdered sugar and oleo. Add eggs one at a time and beat. Beat until fluffy. Spread on crumbs. Sprinkle with nuts. Top with pie filling. Spread with cool whip. Sprinkle with remaining crumbs.

### CHOCOLATE TREASURE PUFF

JoAnn Overholt

- 1-8 oz. tube quick crescent rolls  
2 Three Musketeer® buns cut into 8 pieces  
melted butter

Separate crescent rolls into 8 triangles. Place one piece of candy in each triangle. Wrap dough around each piece of candy, completely covering it. Squeeze edges of dough tightly to seal. Dip each roll into melted butter and place on baking sheet. Bake at 375 degrees for 10-12 minutes or until golden brown. Serve warm.

### CALIFORNIA BLEND VEGETABLES CASSEROLE

Lettie Diekroeger

2 pkgs. frozen California Blend vegetables, cook and drain. Line baking dish with vegetables. Place cubed velveeta cheese on top. Crumble 30 Ritz crackers and orange on top of casserole. Pour one stick melted butter or oleo over top. Bake for 30 minutes at 350 degrees.

#### DEEP DARK SECRET

*We have received a correction for this recipe printed in the July 1996 issue.*

- |                      |                                                             |
|----------------------|-------------------------------------------------------------|
| 1# dates, cut up     | 3 or 4 sliced bananas                                       |
| 1 C. sugar           | 2 oranges, cut up or a can of well-drained mandarin oranges |
| 1 C. chopped walnuts | 1 (20 oz.) can of crushed pineapple with juice              |
| 1/2 C. flour         | 1/2 pint whipping cream or Cool Whip®                       |
| 1 tsp. baking powder |                                                             |
| 2 tsp. vanilla       |                                                             |
| 1/4 tsp. salt        |                                                             |
| 4 eggs, separated    |                                                             |

Mix the first 7 ingredients together and add the well-beaten yolks to mixture. Beat the egg whites and fold into the batter. Spread in a 9x13 greased pan. Bake at 350° oven for 30 minutes. An hour before serving, break half the cake in pieces and arrange on platter. Top with bananas and oranges. Break other half of cake and pile on top of fruit, mound and shape. Over this mound, pour crushed pineapple. Frost with whipping cream or Cool Whip® and decorate with cherries which are cut in half. Serves 16.

### BACON STIX (Microwave)

JoAnn Overholt

- |                                       |                        |
|---------------------------------------|------------------------|
| 10 thin Bread sticks                  | 1/2 C. Parmesan Cheese |
| 5 bacon slices - half each lengthwise |                        |

Dredge bacon strips in cheese. Wrap bacon around bread stick. Place on paper towels and microwave on high 4 1/2 to 6 minutes. Roll again in cheese. (Kids like these).

### MELON BALLS IN ALOHA SAUCE

Linda McAllister

- To fill 1/2 watermelon use:
- |                                              |                                      |
|----------------------------------------------|--------------------------------------|
| 1/2 watermelon                               | 1 Honeydew melon                     |
| 1-2 cantaloupe-cut all in chunks or in balls | 1/2-1 fresh pineapple, cut in chunks |
- Aloha Sauce:
- |                   |              |
|-------------------|--------------|
| 2 T. orange juice | 1/3 C. water |
| 1 T. lemon juice  | 2/3 C. sugar |
| 2 T. lime juice   |              |

Mix well. Put fruit in large bowl, pour aloha sauce over fruit and stir to coat fruit with sauce (lemon and lime juice keeps fruit from turning brown). Serve in watermelon half or in large glass bowl.

### LINDA'S SALAD

Ginny Kater

- |                               |                            |
|-------------------------------|----------------------------|
| 1 pkg. (3 oz.) orange jello   | 1 box Topioco® pudding mix |
| 1 vanilla instant pudding mix | 3 C. cold water            |
| Juice from mandarin oranges   |                            |

Bring water to a boil. Mix in all of above ingredients, stirring constantly. Reduce heat and simmer 2 minutes, continuing to stir. Remove from heat. Mix in small container cool whip and small can of mandarin oranges, drained. Refrigerate till solid.

### DIET DIP (for vegetables and chips)

Kathy Elwell

- |                     |                                                |
|---------------------|------------------------------------------------|
| 2 C. cottage cheese | 1 pkg. Hidden Valley Ranch® dressing (dry mix) |
| 1/2 C. plain yogurt |                                                |
| 2-3 T. skim milk    |                                                |

Put in blender for about 3 minutes, stop blender, mix, and blend 1 more minute. Chill and will keep 2 weeks in refrigerator.

### ROUND STEAK AND ONIONS

Sandie Prohoska

- |                                  |                              |
|----------------------------------|------------------------------|
| 1" thick sirloin steak, seasoned | 2 stalks celery, quartered   |
| 3 med. carrots, sliced thin      | 1 pkg. dry onion soup mix    |
| 4 med. potatoes, quartered       | 1 can cream of mushroom soup |

Mix onion and mushroom soup in bowl with 1/2 cup water. Prepare rest of ingredients. Place meat in heavy foil, place carrots, potatoes and celery on top of meat and pour soup mixture over all. Wrap and bake 1 - 1 1/2 hours, according to the thickness of meat. Season to taste. Bake at 350 degrees.

### MICROWAVE MEAT LOAF

Carol Poe

- |                     |                                   |
|---------------------|-----------------------------------|
| 1 lb. ground beef   | 2/3 C. evaporated milk, small can |
| 2 T. onion soup mix |                                   |

Mix in baking dish-don't shape but touch sides.

- Topping:
- |                      |                  |
|----------------------|------------------|
| 2 T. catsup          | 2 T. brown sugar |
| 1/2 tsp. dry mustard |                  |

Top with topping. Microwave slow method on Roast for 20 minutes.

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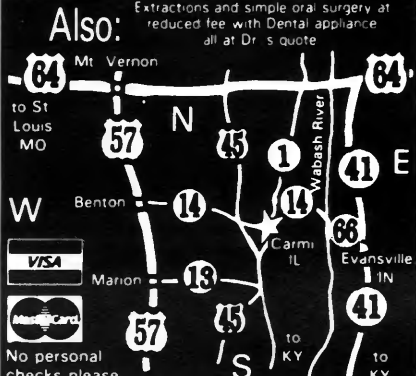
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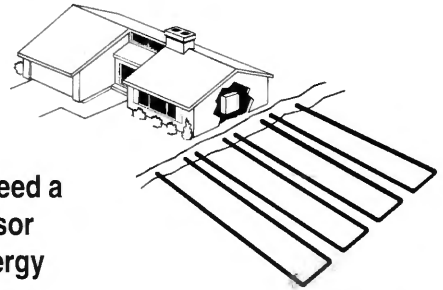
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