

ILLINOISTM

COUNTRY LIVING

April 1997



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important
role of trees**
see page 4

■ **Prepare for
tornado
season**
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your Easter
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WHY?

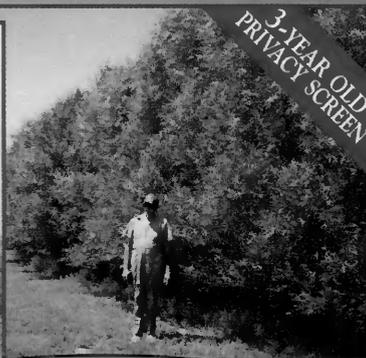
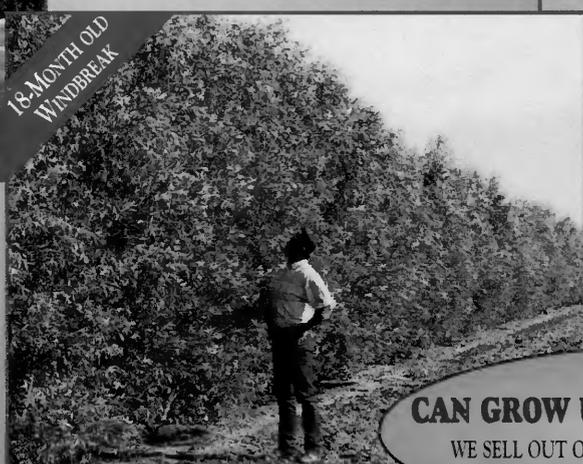
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About the cover:

When we think of bees, most of us think of stings. But for many Illinois specialty crop growers, bees are essential for production, and their honey is a bonus. Rich Ramsey of Rochester, shown in this photo taken a few springs ago by his wife, Ann, keeps about 25 bee colonies, in part to pollinate his small orchard of about 25 trees. Last year he reaped about 1,800 pounds of honey.

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Illinois Country Living (USPS number 258-420) is published monthly and is the official publication of the Association of Illinois Electric Cooperatives, 6460 South Sixth Frontage Road, Springfield, IL 62707. The cost is \$2.40 plus postage per year for members of subscribing cooperatives and \$5 per year for all others. Periodical postage paid at Springfield, Illinois, and additional mailing offices.

POSTMASTER: Send address changes to: Illinois Country Living, P.O. Box 3787, Springfield, Illinois 62708.

CO-OP MEMBERS: When requesting an address change, please include the name of your cooperative. Telephone: (217) 529-5561



Advertising and editorial inquiries should be directed to Illinois Country Living, P.O. Box 3787, Springfield, Illinois 62708. National advertising representatives: Fox Associates, Inc., 116 West Kinzie Street, Chicago, Illinois 60610; The Papert Companies, 800 Hartford Building, Dallas, Texas 75201; and The Weiss Group, 13751 Lake City Way NE, Suite 102, Seattle, Washington 98125. Acceptance of advertising by ICL does not imply endorsement by the publisher or the electric cooperatives of Illinois of the product or service advertised. Advertisers are screened by the publisher and every effort is made to protect the subscriber, but ICL is not responsible for the performance of the product or service advertised.

ILLINOISTM

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April 1997

Volume 54

Number 12

Published by Association of Illinois Electric Cooperatives

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Illinois COMMENTARY

The Importance of Trees

Growing up on a farm in Illinois, I always had a fascination with trees and the environment. I was so fascinated that



Derek Vannice

I graduated from college with a degree in forest management. Throughout my career, I have always been an advocate for trees. Today I continue that advocacy as the director of educational programs for the International Society of Arboriculture (ISA) and executive director of the Utility Arborist Association (UAA). These two organizations have a

primary mission of educating practitioners and their clients throughout the world on proper tree care and preservation.

As we approach Arbor Day, April 25, it is important to recognize the role trees play in our everyday lives. Arbor Day was founded by J. Sterling Morton, a man of great vision, who, while settling on the banks of the Missouri River in Nebraska, realized the important role trees would play in developing a pleasing home environment and in controlling the rigors of a harsh climate. All of us who grew up in Illinois know what a difference trees can make in protecting our homes from the cold winds of the winter and the hot summer sun.

Trees provide a variety of benefits to all of us. We like trees around us because they make life more pleasant. We often become personally attached to trees that we, or those we love, have planted. Trees provide a variety of environmental benefits. Trees moderate the climate, improve air quality, conserve water and harbor wildlife. In one year, a single, mature tree can absorb as much carbon as is produced by a car driven 26,000 miles. Deciduous trees placed on the south and west sides provide shade and can lower air conditioning cost by 10-15 percent. Trees also provide economic benefits. Property values of properly landscaped homes are 5-20 percent higher than those of non-landscaped homes.

Trees need your help. Trees provide numerous benefits but also incur some costs. To function well in your landscape, trees require maintenance. Much can be done by the informed property owner. Corrective pruning and mulching will give trees a good start. Shade trees, however, quickly grow to a size that may require the services of a professional arborist. Arborists have the knowledge and equipment to prune, spray, fertilize and otherwise maintain a large tree. Your cooperative extension agent can recommend qualified arborists.

How many trees should you plant or care for in order to store the carbon emissions you'll be responsible for in your lifetime? Naturally, it depends on your age. If you are 30 years old, you will need to plant 120 seedlings. The sooner you begin the better. If you would like more information in regard to proper tree care and preservation, please feel free to contact the ISA. We have a complete series of consumer information brochures covering the following: Insect and Disease Problems, Mature Tree Care, New Tree Planting, Trees and Turf, Benefits of Trees, Tree Selection, Plant Health Care, Avoiding Tree and Utility Conflicts, Recognizing Tree Hazards, Why Hire an Arborist, Buying High Quality Trees and Tree Values. A single copy of each of these informative brochures is available free of charge at ISA, P.O. Box GG, Savoy, IL 61874 or through ISA's Homepage at <http://www.ag.uiuc.edu/~isa/>.

This Arbor Day I encourage you to take the time to look at the trees around you and remember the vital role they play in our every day lives. Encourage your friends and family to plant and maintain trees. We will all benefit in the long run.

Derek Vannice is director of education for the International Society of Arboriculture (ISA) and executive director of the Utility Arborist Association (UAA), Savoy, Illinois. Vannice earned a degree in forest management from Purdue University and a MBA degree from Ball State University. After eight years as a utility arborist and an active ISA and chapter president, he joined ISA in 1992. In addition to serving as managing editor of Arborist News and UAA administrator, he is the staff liaison for a certification program, is ISA marketing and public relations manager, annual conference educational program planner and exhibitor coordinator.

Elk reintroduction?

The Illinois Department of Natural Resources is considering reintroducing wild elk into Southern Illinois.

Elk have been reintroduced in other states, including Michigan, Minnesota, Arkansas and Wisconsin, with mixed results. In some areas, elk have become a tourism bonus, attracting hunters. In agricultural areas, some farmers have resorted to poaching to reduce crop damage.

Spokeswoman Carol Knowles, said the department is conducting extensive research. Public attitude surveys and focus-groups include the general public as well as those with a vested interest, such as farmers, hunters and environmentalists.

"We're aware of the concerns people have," she said. Many point to Illinois' abundant deer population, but she said elk are more timid than deer and less tolerant of people, and don't reproduce as quickly. "Deer occur at about 30 to 40 per square mile (in Southern Illinois). We're talking about an elk population that would be much, much smaller, like maybe two per square mile." No more than a total of 1,600 animals would be reintroduced," she said.

A minimum of 400 square miles of habitat would be needed for the elk, which is available in Southern Illinois, but only about one-third of the land there is publicly owned. "We will need the co-

operation and assistance of private landowners to make a reintroduction work."

Conservation and forage easements may be offered landowners, she said. "We're not naive about this. We recognize agriculture is important to Southern Illinois and that elk eat agricultural crops. We need to find a way to make this work if we are

going to move forward with it."

Two areas, both in Shawnee National Forest, are sites under consideration. Although elk initially would be protected, hunting eventually would be allowed.

Brent Manning, director of the department, is expected to make a decision on the issue by July 1.

Comrades

Some Russian farmers are getting lessons in cooperatives and marketing from an American co-op and an Illinois agriculture professor. "One farmer can't supply a restaurant year-round, but by forming a cooperative several farmers can provide a year-round supply," said John Carlson, a Western Illinois University agriculture professor.

Carlson said that, during his seven visits to Russia in three years, he met farmers having difficulty marketing their product. About half of all food consumed in Russia comes from other countries, he said, because farmers have no experience marketing their produce and livestock. Carlson's sponsor, Land O'Lakes, is working with 10 farmers to establish a co-op.

"Many of the restaurant owners were receptive to the idea of buying their products locally. And if the restaurants begin buying local livestock and produce, the farmers can begin raising more crops and livestock," Carlson said.

Checkoff payoff

China is the third largest producer of soybeans in the world, but last year for the first time began importing soybeans, thanks in part to efforts funded since 1982 by the Illinois Soybean Checkoff. The checkoff also supports marketing in other overseas markets, including Russia and Korea.

"There is just enormous potential in exporting U.S. soybean products to China," said Richard Borgsmiller, a Murphysboro soybean producer and secretary-treasurer for the checkoff board.

The checkoff, a program in which farmers pool funds to promote uses for soybeans, invested most of its money (\$3.8 million 67 percent) in research, especially for development of disease-resistant strains, according to a year-end report.

The fund also contributed \$30,000 to develop Illinois' first biodiesel plant scheduled to begin production in Chicago in March. The plant will produce biodiesel from combinations of used vegetable oils and fresh soybean oil. It is estimated 90 percent of the biodiesel production will be derived from soybean oil.

Meanwhile, the Chicago Transit Authority has been testing soybean oil-based biodiesel in its fleet of buses for more than two years. Under the Energy Policy Act of 1992, government fleets and some private fleets are required to adopt alternative fueled engines and alternative fuels. Positive results from the CTA could bring a demand for an estimated 70 million bushels of soybeans, and price increases of between 2 and 12 cents a bushel, the report says.

Cooperative ventures

The U.S. Department of Agriculture's Cooperative Services offers several publications about cooperative ventures.

The *Directory of U.S. Arts and Crafts* by Mary Ann Lambert is an updated reference guide to 86 co-ops selling authentic, hand-made U.S. arts and crafts, and a guide for those interested in cooperative marketing efforts.

Dairy Cooperatives' Role in Managing Price Risks, by K. Charles Ling and Carolyn B. Liebrand, focuses on dairy co-

operatives' role in managing price risks using futures, options and forward contracting for price hedging.

How to Start a Cooperative, by Galen Rapp and Gerald Ely, discusses organizing and financing a cooperative business. Cooperative ideas include housing, utilities, finance, health care, child care and small business support.

Each document is available for \$5 each from the USDA's Cooperative Services, Stop 3255, Washington D.C. 20250.



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	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
21	11.31	10.33	13.01	11.73	17.38	15.47	21.68	19.34
22	11.31	10.33	13.01	11.73	17.38	15.47	21.68	19.34
23	11.31	10.33	13.01	11.73	17.38	15.47	21.68	19.34
24	11.31	10.33	13.01	11.73	17.38	15.47	21.68	19.34
25	11.31	10.33	13.01	11.73	17.38	15.47	21.68	19.34
26	11.31	10.33	13.01	11.73	17.38	15.47	21.68	19.34
27	11.31	10.33	13.01	11.73	17.38	15.47	21.68	19.34
28	11.31	10.33	13.01	11.73	17.38	15.47	21.68	19.55
29	11.31	10.33	13.01	11.73	17.38	15.60	21.89	19.55
30	11.39	10.41	13.09	11.90	17.51	15.73	22.10	19.76
31	11.48	10.58	13.26	12.07	17.77	15.98	22.53	20.19
32	11.60	10.75	13.35	12.33	17.89	16.36	22.95	20.61
33	11.77	11.01	13.60	12.58	18.28	16.75	23.38	21.25
34	11.99	11.26	13.77	12.92	18.53	17.26	24.01	21.89
35	12.24	11.56	13.94	13.09	18.79	17.51	24.44	22.53
36	12.62	11.86	14.37	13.52	19.42	18.15	25.29	23.16
37	13.01	12.20	14.79	13.77	20.06	18.53	26.35	24.01
38	13.52	12.58	15.39	14.28	20.95	19.30	27.41	24.86
39	14.03	13.01	16.07	14.79	21.97	20.06	28.90	25.93
40	14.62	13.39	16.75	15.22	22.99	20.70	30.18	26.78
41	15.26	13.86	17.51	15.73	24.14	21.46	31.88	28.05
42	15.94	14.28	18.36	16.32	25.42	22.36	33.79	29.33
43	16.70	14.79	19.21	16.83	26.69	23.12	35.70	30.39
44	17.55	15.30	20.15	17.34	28.09	23.89	37.83	31.66
45	18.53	15.90	21.25	17.94	29.75	24.78	39.10	32.94
46	19.64	16.45	22.87	18.87	32.17	26.18	41.23	34.85
47	20.91	17.04	24.48	19.72	34.60	27.46	42.71	36.55

MONTHLY RATES

Issue Age	\$50,000		\$100,000		\$150,000		\$250,000	
	Male	Female	Male	Female	Male	Female	Male	Female
48	22.23	17.68	26.44	20.83	37.53	29.11	45.05	38.68
49	23.67	18.40	28.22	21.68	40.21	30.39	46.75	40.38
50	25.12	19.13	30.18	22.78	43.14	32.05	48.66	42.29
51	26.52	19.98	31.96	23.80	45.82	33.58	53.34	44.63
52	27.92	20.87	33.66	24.82	48.37	35.11	58.86	46.96
53	29.45	21.80	35.53	26.01	51.17	36.89	64.81	49.51
54	31.20	22.78	37.74	27.29	54.49	38.80	71.19	52.06
55	33.32	23.89	40.38	28.65	58.44	40.84	78.63	54.83
56	35.66	24.95	43.18	29.92	62.65	42.76	86.49	57.59
57	38.08	25.93	46.24	31.20	67.24	44.67	92.65	60.14
58	40.89	27.07	49.73	32.64	72.46	46.84	99.24	62.90
59	44.20	28.52	53.89	34.43	78.71	49.51	107.53	66.51
60	48.32	30.43	58.99	36.81	86.36	53.08	117.73	71.61
61	52.96	32.73	64.77	39.61	95.03	57.29	129.41	77.56
62	58.06	35.19	71.06	42.67	104.47	61.88	142.16	84.36
63	63.84	38.17	78.29	46.41	115.30	67.49	157.04	92.23
64	70.72	41.78	86.79	50.83	128.05	74.12	174.25	101.58
65	78.88	46.24	96.99	56.44	143.35	82.54	194.86	113.05
66	88.10	51.60	108.46	63.07	160.57	92.48	217.60	126.44
67	98.52	57.59	121.38	70.47	179.95	103.57	243.31	141.53
68	110.16	64.35	135.83	78.88	201.62	116.20	272.21	158.31
69	123.29	71.95	152.07	88.32	225.97	130.35	304.09	177.01
70	138.00	80.54	170.43	99.03	253.51	146.41	340.21	198.48
71	154.57	90.23	191.00	111.01	284.37	164.39	380.59	222.06
72	173.15	101.11	214.03	124.53	318.92	184.66	425.64	248.84
73	194.06	113.35	240.04	139.83	357.94	207.61	476.43	278.80
74	217.56	127.20	269.28	157.00	401.80	233.37	533.16	312.38
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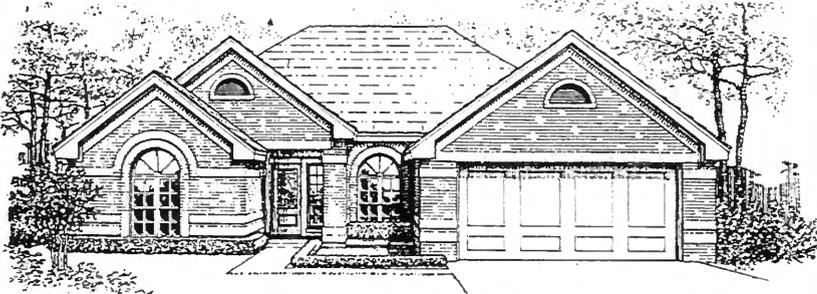
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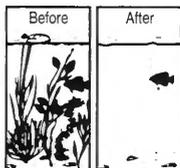


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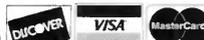
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Photo by Janeen Keener

To bee or not to bee?

That is the question for many specialty crop growers, especially melon and fruit growers, whose crops must be pollinated by bees. If you'll excuse the punning, the answer could be:

Mite. Mite not.

That's because two parasitic mites are causing a significant decline in bees internationally. A few years ago it was estimated there were about 250,000 beekeepers in the United States, managing more than 4 million colonies.

"A year ago, though, there were reports around the country and even in the Midwest, of severe colony loses. Some states claimed 80 to 90 percent colony losses. Here in Illinois we were estimating maybe 40 to 60 percent," said Scott Frank, who oversees the state Department of Agriculture's apiary inspection program. All

beekeepers are required to be registered with his office, and as of Jan. 1 there were 4,181 beekeepers registered in Illinois.

"Some beekeepers didn't lose anything. Some beekeepers lost everything they had," said Frank.

The problem is significant because about one-third of all the food we eat is dependant upon bees and other insects for pollination. The U.S. Department of Agriculture has estimated about 3.5 million U.S. acres of fruits, vegetables, oilseeds and legume seed crops depend on insect pollination. Another 63 million acres benefit from insect

pollination. About 80 percent of crop insect pollination is accomplished by honey bees, and a 1989 Cornell University study estimated the direct value of honey bee pollination to U.S. agriculture at about \$9.7 billion.

The culprits are the Varroa mite and the tracheal mite, both introduced accidentally into the U.S. about a decade ago. Varroa mites are visible to the human eye (about the size of a pinhead) and attach themselves to the bees, where they suck on its life juices, weakening and killing them. The tracheal mite, which is microscopic, gets into the breathing tubes of the

honey bee and literally suffocates it.

Only one product, Apistan strips, has been approved by the federal Environmental Protection Agency to control the Varroa mite. These strips have a pesticide called flauvinate embedded in them and the strips are inserted into the hive in the fall after the honey is harvested. The tracheal mite may be controlled in one of two ways. One is the use of menthol crystals. The other is with grease patties, which are a combination of vegetable shortening mixed with sugar. "The bees feed on that and get some of the oil also. It's been shown long-term treatment with these grease patties has controlled tracheal mites," Frank said.

"There are a lot of benefits to beekeeping. Some people just enjoy it. For some, it's helping nature. Although you think of stings when you think of bees, they aren't really all that likely to sting unless they're provoked or unless beekeepers mess with the nest and aren't careful or gentle around them," he said.

There is little benefit to field crops, Frank said. That's because corn is cross-pollinated by the wind and soybeans are self-pollinated, although he said studies show a slight yield improvement when honey bees helped pollinate soybeans.

However, some specialty crop growers would greatly improve yields if

they kept bees nearby. Cucumbers, melon, pumpkin and squash depend almost 100 percent on various insects for pollination (required for a fruit, vegetable or nut to develop). Those crops' dependence specifically upon honey bees is very high: for cucumbers, 90 percent; melons, 80 percent; pumpkins and squash about 60 percent, said Frank.

Most commercial growers must rent colonies, sometimes from commercial beekeepers who often travel from state to state, moving from south to north as the seasons change. There are only a handful of commercial beekeepers in Illinois; the vast majority keep only a few hives and do it mostly for the honey, or to pollinate their own crops, not to make money.

Frank keeps only one colony because, he said, "I like the honey." His bees also help pollinate a garden of approximately two acres.

Rita Taylor, of Pleasant Plains, is one of the bee inspectors who report to Frank. It's a job her husband, Hoyt, had until his death 15 years ago. Beekeeping was his occupation during

the 1930s, taking him all over the Midwest on marketing trips. Taylor now farms 120 acres of corn and soybeans. Also upon her husband's death, she assumed his post as secretary-treasurer of the Illinois State Beekeepers Association, which has about 450 members. Taylor, a member of Menard Electric Cooperative, now farms 120 acres of corn and soybeans, and keeps six hives

of honey bees, which pollinate her five apple trees. She harvested about 200 pounds of honey last year, despite a late harvest. She said she knows of other beekeepers whose honey yields were even higher.

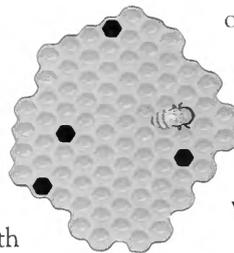
As a result of the mite infestation, honey prices have risen, Taylor said, now fetching about \$2 a pound.

Roy West of Pawnee keeps about 25 hives in his young apple orchard of about 30 trees on eight acres. Thus far, his bees and trees have produced more pleasure than profit. "In the last four years I've averaged \$10 a year on beekeeping," he said.

"It's not really a profit making thing, unless you get into it real big. I guess I do it because there's not many people doing it," he said "I enjoy doing it. It's fascinating."

—Story by Janeen Keener

Specialty Growers: Second in a periodic series



Liquid gold

Long before humans learned to refine sugar, honey was the first sweetener—treasured, and reserved for the rich, because it was available only in large quantities and was the only sweetener available. In fact, taxes often were paid in honey.

Honey is a mixture of sugars, mostly glucose and fructose, and contains small amounts of the B vitamins, riboflavin, pantothenic acid, thiamin, nicotinic acid and pyridoxine. Small amounts of vitamin C also are present,

and honey provides many minerals, including potassium, chlorine, sulfur, calcium, sodium, phosphorous, magnesium, silica, silican, iron,

manganese, copper and several trace elements.

Honey also provides acids and enzymes the body needs.

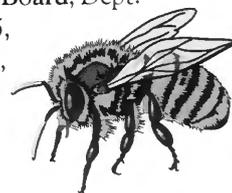
Honey is available in many different colors and flavors, depending on the type of flowers from which the honey bees gathered nectar. Clover

honey is popular, because of its lovely amber color and mild, aromatic flavor. Other varieties include those derived from alfalfa, citrus or orange blossoms, buckwheat,

aster, basswood or linden trees, goldenrod, dandelions, sage, cotton, and soybeans.

Honey may be substituted in almost any recipe and provides excellent results because it retains moisture; foods made with it stay moist and fresh longer. The rule of thumb is to substitute 3/4 cup of honey for one cup of sugar up to one cup. Reduce the total amount of other liquids in the recipe by 1/4 cup per cup of honey. Lower baking temperatures by 25 degrees F. to avoid overbrowning.

A collection of more than 100 low-fat honey recipes, entitled *Sweetened Naturally with Honey*, send \$2.95 to the **National Honey Board**, Dept. NPR, PO Box 125, Wisconsin Rapids, WI 54495, or visit its web page at: <http://www.nhb.org>.





The world's largest beekeeping supply business is headquartered in Hamilton, according to Joe Graham, editor of the *American Bee Journal*, which also is published there as a subsidiary of the business, Dadant & Sons.

The 134-year-old business maintains four manufacturing plants and 11 branches around the United States. It was begun in 1863 by Charles Dadant after a failed attempt at growing grapes for wine production, and remains in the Dadant family, Graham said.

Graham said Dadant & Sons provides everything a beekeeper needs except the bees. The mite infestation "has hurt our business because beekeepers have lost probably over a million colony of bees in the last ten years to both of these mites together." That means many hobbyists have simply quit, or have been forced to buy replacement bees and to buy the treatments to kill the mites instead of buying more equipment.

The monthly magazine was begun in 1861 and purchased by the Dadant family in 1912.

Graham, who is a member of Western Illinois Electric Coop., keeps about 20 colonies himself. "I almost have to keep bees if I'm the editor of the magazine," he quipped.

Subscriptions are available for \$17.95 a year. Write the *American Bee Journal* at 51 S. Second Street, Hamilton, IL 62341, or call him at (217) 847-3324. Or send \$2 to join the **Illinois State Beekeepers Association** at Route 2, Box 249, Pleasant Plains, IL 62677, and get a reduced rate on the *American Bee Journal* and other bee publications.

Honey bee trivia

- * A honey bee must visit about 2 million flowers to make a pound of honey.
- * Bees make a total flight path equivalent to three orbits around the Earth to make a pound of honey.
- * During the summer, an average bee colony contains one queen (the colony mother), about 300 male drones and about 50,000 female workers.
- * The average worker bee lives only about six weeks during the summer and makes about a half teaspoon of honey in her lifetime.
- * Bees use honey for flight fuel. They obtain about 7 million miles per gallon of honey.
- * Honey bees normally fly at about 15 mph.
- * Honey bees have five eyes and four wings.
- * A few years ago, before the mite infestation, about 110,000 U.S. beekeepers managed about 2.5 million honey bee colonies.
- * The value of honey bee pollination to United States agriculture is at least \$10 billion.



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100% Natural Bladder Control

HB: Now Contains: 100% Natural Cranberry Extract

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	YES	NO
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...wet your pants when you sneeze?	<input type="checkbox"/>	<input type="checkbox"/>
...constantly have damp underwear?	<input type="checkbox"/>	<input type="checkbox"/>
...frequently need to urinate?	<input type="checkbox"/>	<input type="checkbox"/>
...have sudden urges to urinate?	<input type="checkbox"/>	<input type="checkbox"/>

"HEALTHY BLADDER" maximum control tablets are for both WOMEN and MEN

URINARY INCONTINENCE CAN BE CURED WITH HERBS

Many people still mistakenly believe that incontinence is an inevitable and untreatable part of aging. This is NOT true! **Our experience indicates that 80 to 90 percent of urinary incontinence cases can be cured or significantly improved.** Herbal remedies are applicable to virtually any type of incontinence, including stress, urge and mixed forms. Natural Herbs can help your body by strengthening the organs and helping the urinary tract system regain its balance.

WOMEN and MEN: finally there is a way to end the dampness that plagues most of us. Damp underwear is unhealthy and show-through spots on slacks are embarrassing. Also helps eliminates urine odor on skin and underwear. Now, thanks to **HB tablets with Cranberry Extracts**, you can enjoy the security, dignity and comfort of bladder control.

HB: Healthy Bladder tablets contain: Cranberry Extract, Saw Palmetto, Horsetail, Agrimony, Golden Rod and Damiana.

As many as 12 million American women and men currently suffer from urinary incontinence (*the involuntary loss of bladder control*). Incontinence affects people of all ages, both sexes and every social and economic group. **Women are twice as likely as men to have incontinence problems.** Because we understand the need of these sufferers, we have skillfully blended nutritional herbs designed to nourish the bladder. Our special formula consists of **"100% NATURAL INGREDIENTS"** which are valued for their ability to nutritionally benefit and tone the muscle of the bladder and the general muscle of the urinary tract passage.

As the years pass, mild discomforts can become disabling. Walking around with damp underwear is unhealthy. Adult diapers are bulky, ill-fitting, uncomfortable and expensive. Now, you no longer have to put up with these discomforts and embarrassments. **You can regain your dignity, confidence and mobility as you regain your bladder control.** Enjoy the freedom and lifestyle you choose.

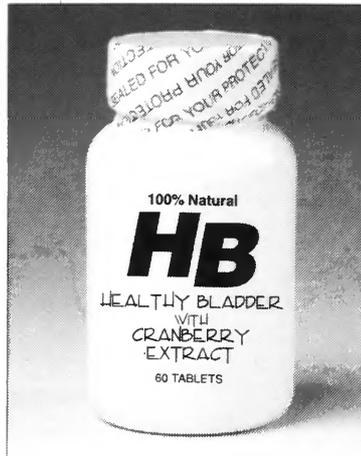
WIDE-SPREAD PROBLEM

The highest percentage of people with incontinence are over 50, but people of all ages experience this problem. 40% of all pregnant women experience incontinence and 10 to 15 percent continue to have it after giving birth. Prostate surgery can trigger incontinence. For older women, the loss of estrogen can weaken the pelvic muscle and reduce the efficacy at the bladder neck. **Herbs are effective because they address the problem without the side effects of prescription drugs.**

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HB: Healthy Bladder® with Cranberry Extract tablets offers maximum control. They work safely and gently to restore normal bladder function. Give yourself this nutritional advantage. **HB: Healthy Bladder**® tablets are for both women and men of all ages. Daily dosage is 2 tablets. Each bottle contains 60 tablets (a one month supply). **It is recommended that you try a two month supply since your body gradually and naturally needs time to let these herbs work their way into your system.** Satisfaction guaranteed or return unused tablets and container for a full refund (less P&H). You may order by telephone with a VISA or MasterCard, or mail your check or money order to address in coupon below. **All orders shipped FIRST CLASS MAIL.** Sorry, no COD's. Not available in Mexico, Europe, Iowa, Conn. **US funds only. \$5.00 extra outside of USA.** ©1996. WGS

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Safety

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it's tornado
season!



Bill Campbell

It's finally spring! Time to celebrate the return of warmer temperatures and enjoy the outdoors again. Spring also marks the beginning of severe thunderstorm and tornado season in Illinois. In this month's article, I would like to cover some myths about tornadoes, provide some information about protecting your home from wind damage, and suggest some informative additional reading.

First, the myths (according to the American Red Cross):

Myth: Areas near rivers, lakes, and mountains are safe from tornadoes.

Fact: No place is safe from tornadoes. In the 1980s, a tornado swept through Yellowstone National Park leaving a path of destruction down a 10,000-foot mountain.

Myth: The low pressure with a tornado causes buildings to explode as the tornado passes overhead.

Fact: Violent winds and debris slamming into buildings cause most structural damage.

Myth: Windows should be opened before a tornado approaches to equalize pressure and minimize damage.

Fact: Opening windows allows damaging winds to enter a structure. Leave the windows alone; instead, immediately go to a safe place.

There are some things you can do to protect your home from wind damage. Some of them can be done in existing homes without too much trouble. Examples of these include truss bracing, gable end bracing, and horizontal bracing of double-wide garage doors.

Truss braces are horizontal 2x4s nailed to the underside of your roof trusses. Try to space the braces 18 inches from the ridge and base of your trusses and nail additional braces, spaced 8-10 feet apart in the center span of the trusses. Overlap the ends of the 2x4s across two trusses to improve the strength of the roofing system.

Gable end bracing can also be performed on existing roof structures. Fasten 2x4s in an "X" pat-

tern from the top center of the gable to the bottom center brace of the fourth or fifth truss, and from the top center of that truss to the bottom center of the gable. Be sure to nail or screw the brace at each truss brace for added strength.

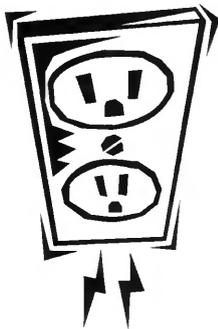
High winds can cause some double-wide garage doors to bow inward and pull free from their tracks. Others wobble or collapse under high wind pressure. If this happens, the high winds are then able to enter your garage or home and blow out windows, doors, and even walls. Many tornado and wind-damaged houses show signs of garage door collapse which results in wind pressure blowing out walls or lifting portions of the home off the foundation.

To help prevent this situation, the double-wide garage doors should be strengthened with retrofit kits available where you purchase garage doors or by installing horizontal 2x4 braces. Remember that these kits and braces add weight to your garage door and may force you to install heavier lift springs. This can be a tricky and potentially dangerous task. You may want to have a garage door installer do it for you since they have the proper tools and more practice.

Additional steps can be taken to help minimize wind and tornado damage to your home. Installation of hurricane straps on rafters and sill plates to prevent lifting of roof structures and homes from foundations must be done when building a house. Certain areas of the country have requirements for installing these and other damage-prevention devices in all new home construction. You should contact your local building official, architect, engineer, or experienced contractor to find out about requirements in your area.

The American Red Cross has two good publications on this topic. One is called "Tornadoes: Nature's Most Violent Storms" (ARC 5002), and the other is "Against the Wind—Protecting Your Home from Hurricane Wind Damage" (ARC 5023). They are available from the Red Cross if you give them a call. Check your phone book under American Red Cross. There may be a charge for copies to cover production and mailing.

Another good information source is "About Severe Weather Emergencies," a Minnesota publication that I can send to you if you write or call me. It contains plans for home weather shelters you can build. As with all emergency situations, pre-planning can save your home, and possibly your life.



Bill Campbell is an Extension Educator, Farm Systems, at the Springfield Extension Center, Cooperative Extension Service, University of Illinois. You can write to him in care of Illinois Country Living, P.O. Box 3787, Springfield, IL 62708. Telephone: (217) 782-6515. E-Mail: campbellw@idea.ag.uiuc.edu

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Did you know, that you can actually repair damaged cartilage? As cartilage deteriorates, it loses its protective effect on joints, and allows bones to rub and grind together. The resulting action, of this rubbing and grinding, is deformed, painful, stiff and sometimes swollen joints.

By helping your body help repair itself, you can greatly relieve joint pain, tenderness and swelling.

How Do I Help My Body Repair Itself?

When you use **ARTHRON**, you can help your body repair the damaged cartilage between your joints, so that once again you have healthy cartilage. You can experience relief without using toxic drugs or prescription medications that have harmful side effects.

Prescription drugs can lead to serious physical damage. Peptic ulcers, gastrointestinal bleeding...even kidney and liver damage can be caused by using NSAIDS. NSAIDS are non-steroidal anti-inflammatory drugs such as aspirin and ibuprofen. Cortisone is more dangerous.

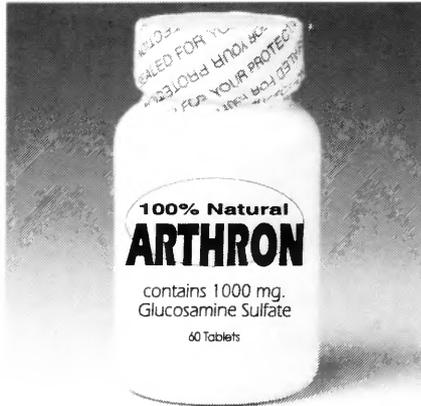
NSAIDS actually destroy your body's cartilage. **ARTHRON** is more effective in treating arthritis, because it reduces pain, swollen joints and stiffness - without toxicity or side effects such as stomach irritations.

Standard Drug Therapy and Prescription Drugs

Anyone who has arthritis, and who has been treated with arpirin, cortisone, surgery, etc. knows that they can only expect to receive limited relief. There is no real improvement or cure with prescription drugs. Standard drug therapy and prescription drugs can temporarily suppress pain and inflammation, BUT can actually promote the progression of the disease by inhibiting cartilage repair. There is only temporary relief and numerous side-effects.

As an alternative treatment to arthritis pain, there is a powerful blend of natural ingredients which have been used to treat bone and joint diseases. These ingredients are completely safe (NO SIDE REACTIONS WHAT-SO-EVER) and supply 100% Natural Relief for "Deep In The Joints" aches and pains due to arthritis.

They also reduce joint inflammation and stiffness, helping to provide you with greater freedom of movement. Even long term sufferers will receive relief. No more sleepless nights and painful annoying days. This 100% Natural Relief Preparation is called "**ARTHRON**" and is now available, for the first time, to the public.



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ARTHRON is a 100% natural nutritional supplement that is completely safe and effective. It helps your body fight the aches and pains of arthritis without the side effects of aspirin, ibuprofen or cortisone. **ARTHRON** has no side effects.

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Glucosamine Sulfate.....	1000mg
Boswellin.....	300mg
Bromelain.....	150mg
Alfalfa Juice Concentrate.....	100mg
Willow Bark.....	100mg

BOSWELLIN: an alternative to NSAIDS. It has been shown to reduce pain, swollen joints and morning stiffness. Also improves grip and physical performance.

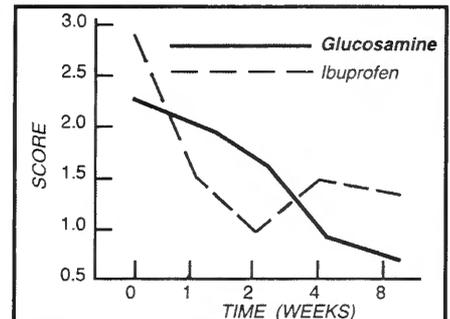
BROMELAIN: another powerful anti-inflammatory ingredient, without the gastrointestinal side effects of aspirin.

ALFALFA JUICE CONCENTRATE: provides 2 important benefits. It promotes a

proper balance of hormones, an important factor in controlling the aches and pains, and it may reduce cholesterol levels. High cholesterol levels can impair circulation to inflamed or swollen joints.

WILLOW BARK: has been used as an anti-inflammatory agent for thousands of years. When it's chemically altered into salicylic acid, it's the basis for aspirin.

Your body needs time for these natural ingredients to gradually and naturally work their way into your system. Daily dosage is 2 tablets. One bottle contains 60 tablets, a month's supply. We strongly recommend that you give **ARTHRON** a real try for 4 months. You will need at least a 2 month supply since everyone is slightly different and the absorption time varies from person to person. Full results occur within 8 weeks (see graph).



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by Murry L. Broach

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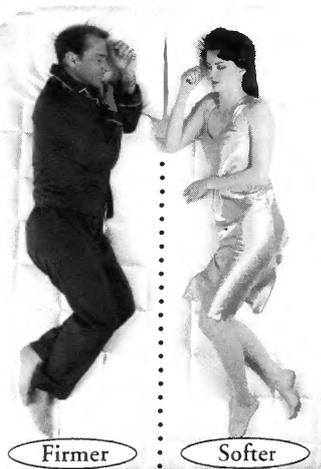
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Your YARD AND GARDEN

Easter lilies herald Spring's arrival



Dave Robson

The Easter season signals the start of spring, and one of the harbingers is the Easter lily resplendent in its beautiful, clear bell-like flowers and an entrancing fragrance.

In return for the pleasure the Easter lily provides, moderate light and simple care are all that are needed to enjoy it indoors for some time after the plant is received.

Even better, with a little care, you can plant it outdoors after flowering and it will bloom again this summer or fall. Easter lilies will tolerate extremes that many other plants won't survive.

Removing the pollen sacs won't make the flowers last longer, but will keep the pollen from staining the petals and your furniture.

However, you can enjoy the blossoms longer if you keep the plants out of direct sunlight or warm drafts. It's worthwhile to place the plant on an unheated, but frost-free porch at night.

To keep the plant looking its best, remove the lily flowers as soon as they wither and clip any leaf ends that may brown.

After all the flowers have been removed, you can keep the plant in a sunny window for its pleasing foliage, or remove it to a basement window until danger from frost is over.



Should the plant begin to go into a rest period, the leaves will start to yellow and fall. The plant should then be kept on the dry side to discourage rot.

The lily can be planted in a sunny garden spot as soon as danger from frost is past. Remove the plant from the pot by inverting it and while gently holding the top, tap the edge of the pot on a step or heavy board.

Open the root ball by pulling upward and out from the center of the ball. A few torn roots are better than an undisturbed dense root mass that may not be able to establish new roots in the soil. Clumped and matted roots are more likely to die and even injure the bulb.

Place the bulb a few inches deeper than it was in the pot, open the root as much as possible and work soil through them. Thoroughly water the plant.

One-half teaspoon of a 10-10-10 fertilizer per gallon helps promote new top and root growth. Soon after the old tops die, new shoots will start. These will flower later, usually in July or August,

if given ordinary garden care. Be sure that trees, weeds, or other plants don't shade the lily.

Although many people report good results, none of the lily varieties are reliably hardy. If the ground is well drained, you can cover plants with a mulch during the cold winter months—just as is done for roses. Mulches of straw, leaves, evergreen boughs, wood chips or ground corn cobs are satisfactory.

Most of the lilies are killed by exposure to winter winds and sun. Mulch limits the heaving action of the soil and, thus, prevent bulb exposure.

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. E-Mail: robsond@idea.ag.uiuc.edu



Trace Inn is fine Red Hills dining place

Ashley and Melanie operate the Trace Inn. They're pictured by the sign at the entryway to the park.

variations to keep the operation working. "We keep pretty busy," he says. "We have various specials, and we have a Friday seafood buffet that's really popular. On Saturdays we have a prime rib-roast pork buffet, and on Sunday we have country cookin' with three meats and all the fixins'. We're closed Mondays, but we'll do private parties then."

Ashley Hesler has a business going at Red Hills State Park that might well be entitled "All in the Family" since his wife, Melanie, and several other relatives work there. His operation is a combination of a restaurant, boat rental, gift shop, craft outlet and collectibles place.

"It had operated several years and then it closed," Ashley says, "and it had been shut down for quite a while before I got into it. It's part of Red Hills State Park, and the state renovated it before I opened it. We decided to name it Trace Inn because it's located on the Cahokia Trace, which ran from east to west just north of U.S. 50, from Vincennes to St. Louis. It's a really historic road that went westward when St. Louis was part of the wild west. We opened the place in October 1993."

Ashley, who's from Sumner, didn't just jump into the business without any preparation. He studied culinary arts at the University of Vincennes and did an internship before opening his restaurant.

"It's hard to believe how many people advised me against opening the place," he says, "and a lot of people told me I wouldn't last six months. I was really nervous about

the idea of getting into the business, but I did it anyway. It's been almost exactly three years, and I'm still going strong."

The venture started out as a restaurant, but as time went by, he decided to add other sources of revenue, and that's where the other ventures came from. There are now some 20 people working there, many of them part time, and there are several students. "We're a pretty young crew," Ashley notes.

There have been additions to the building recently. The restaurant overlooks a beautiful 40-acre lake that would be a natural for outside dining, and Ashley has had a deck added to provide that option. There's seating there for about 50 people, and seating for 100 inside.

Ashley is trying several

Those are the things most restaurants do, but Trace Inn goes a little further. "We're branching out into parties," he adds, "and we make up trays for people to take out, too. And while it's not necessarily a branch of the restaurant business, we've got the downstairs operation, which is operated partly by Melanie and two of my aunts, Linda Koertge and Mary Roney."

You can contact Trace Inn at (618) 936-2351 for more information.

Story and photos by Jack Halstead



The restaurant overlooks a beautiful 40-acre lake.

TECHNOLOGY AND YOU

Central vacuum systems filter dirt, allergens

Q: *I vacuum often because of my children's allergies. I have considered installing a central vacuum system for extra powerful deep cleaning. Will running one use much more electricity? Which ones are best? - G. S.*

A: Central vacuum cleaners provide the best deep cleaning for dust-and-allergen-free indoor air. The dust and dirt are sucked away to a remote super powerful suction unit (power unit). You can install the power to exhaust the air outdoors or indoors through special filtration systems. Vacuuming is so quiet that it will not wake someone sleeping, interrupt a telephone conversation or drown out a baby crying.

Installing one yourself is usually a simple weekend job, even in most two-story houses. Easy-to-cut two-inch plastic pipe is used to connect the wall inlets to the remote power unit. With a typical 32-foot cleaning hose, a 1,400-square-foot house needs only two wall inlets. A 2,100-square-foot house needs three inlets and a 2,800-square-foot house needs four inlets.

Running a super-powerful (some have two or three suction motors combined) central vacuum cleaner actually can use less electricity overall than a standard portable vacuum. Even though the most powerful central power units use up to 13.5 amps of electricity, you will have to vacuum less often.

The deep cleaning removes more dirt and allergens each cleaning and the dirty air is exhausted outdoors or filtered to the basement or garage. At an electric rate of 10 cents per kilowatt-hour, a super-powerful 13.5-amp unit costs about 8 cents per 30 minutes of use.

All of the electricity used to operate the central vacuum cleaner ends up as heat inside your house anyway. If you use electric heat in the winter, running the central vacuum reduces the heating load on your system by the same amount of electricity the vacuum uses. To save the most electricity, vent the power unit indoors. The outlet air is very clean.

Deep cleaning carpet and furniture provides a hidden savings. Residual dirt left in fabrics is a primary cause of wear. With deep cleaning, carpeting and furniture will last longer and look better.

Most central vacuum cleaner kits include every part—elbows, screws, wires, fitting, etc.—except for the readily available 2-inch PVC pipe. Mount the power unit (only 3 feet high) on a wall near an

electric outlet. Run the main PVC pipe under the floor or in the attic with branches to wall inlets. You can easily run it to a second story through a closet, cold-air return duct, laundry chute or behind builtin appliances.

There are several filtration designs. One type uses a large disposable paper filter bag. Since it is big (up to 6 gallons), it has to be changed only twice a year. These special high filtration bags are very effective for allergy sufferers.

Another common design uses inverted cyclonic funnel cone action. The internal shape of the unit causes the incoming dirty air to spin around very fast inside the power unit. Centrifugal force

pushes dust and dirt out to the sides and it drops into a canister. The canister must be emptied three to four times per year.

Some of the most effective types use a combination of bags, filters and cyclonic action. If you vent the exhaust from the power unit to outdoors, the type of air cleaning method is not critical. Its main purpose is just to protect the suction motors from excessive dirt.

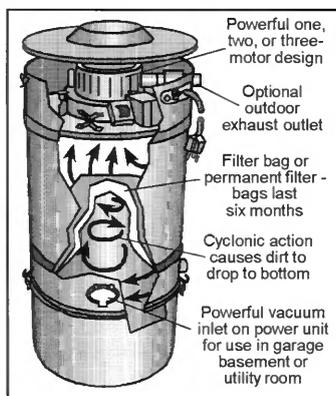
Cleaning power of central vacuum systems is determined by suction (inches of water lift) and air flow rate (cubic feet per minute, or cfm). Through engineering calculations, these figures result in a cleaning power rating called air power watts. Some models have as much as 160 inches

of lift and 245 cfm and more than 500 air watts. Generally, the higher the air watts, the better the deep cleaning.

All central vacuum systems use safe low-voltage wires to automatically turn on the central power unit when you push the hose into the wall inlet. For the simplest wiring, just tape the low-voltage wire to the 2-inch pipe. A new convenience feature is a power touch handle with a builtin on-off switch. This allows you to switch off the power unit without having to pull the hose out of the wall.

Another convenience feature is an optional Vac-Pan. It is a long flat inlet mounted in the baseboard. On smooth floors, like a kitchen, you just sweep dirt over to the Vac-Pan and it is sucked away. If you need a powerful vacuum in your workroom in a garage or basement, locate the power unit there. Select a model with a builtin inlet on the power unit. This inlet has super-powerful suction since there is no long pipe resistance.

Write for Utility Bills Update Bulletin No. 740 showing a buyer's guide of 11 central vacuum cleaner manufacturers, and listing types of filtration, cleaning power, features, installation layouts and prices. Please include \$2 (with checks payable to Jim Dulley) and a business-size SASE, and send to Jim Dulley, Illinois Country Living, P.O. Box 3787, Springfield, IL 62708.



Powerful, quiet central vacuum deep cleans

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.

No ordinary tree hugger

Cal Williams loves trees. He lives in a log home nestled in a grove of trees overlooking a creek. His hobby is wood carving. Not your ordinary wood carver, he uses a chainsaw to sculpt massive wood creations like a 7-foot 2-inch standing grizzly bear. His fondness and understanding of trees is genuine.

No, he's not a tree-hugging environmental extremist. He knows better than anyone that trees have to be managed properly like any other natural resource. Williams is a highly trained certified utility arborist working for Corn Belt Electric Cooperative in Bloomington. Although his job is to clear trees from the utility right of way, he takes pride in doing the job correctly. He knows how to prune a tree in a way that will leave a healthy specimen and one that will not create outages and blinking light problems for cooperative members.

We met Williams on a windy February afternoon. He was swaying with the breeze in a

bucket about 35 feet up from the truck and ground. Using a hydraulic power saw attached to a long fiberglass pole, he was deftly cutting limbs blowing in the wind—like a surgeon with a scalpel.

"My grandfather probably started my interest in trees," said Williams. "He used to have a little bit of a nursery as a gardener and he taught me about hardwoods. We would gather nuts in the fall for grandma and I learned to identify some trees from him."

Williams is one of only 6,000 certified arborist in the world. "It's not easy to achieve," he said. "The requirements are a college degree in a related field to arboriculture or a minimum of three years field experience before you can even take the exam.



This tree is trying to heal an area damaged by a storm. Trimming trees before limbs break can prevent outages and reduce injury to the tree.

We studied for a year learning the biology and terminology. For me it was the toughest exam I've ever taken." To maintain his certification, Williams must take 30 hours of continuing education.

His training not only helps Williams clear trees from the right of way properly, it also helps him explain tree care to cooperative members.

Pointing to several large trees near a home across the road, Williams said, "You can tell those trees have been topped, probably because the homeowner was worried they were growing too tall and might fall into the house." He explains that trees react to the way they are cut and can be pruned to grow in a healthy direction. Improper pruning can encourage heavy growth of small weak limbs, and allows decay and disease to enter the tree, destroying it from the inside.



Clearing right of way saves money and reduces outages. It is part of the cooperative's mission—providing reliable electricity at the lowest possible cost.



Cutting trees is a dangerous job. Add a high voltage line and you had better know what you are doing and have the right tools.

Williams encourages members to plant trees, but it should be the right tree, in the right place, for the right reason. "Recent studies indicate that only one tree is planted for every four that die or are removed. That's unfortunate," he said. Williams explains trees absorb carbon dioxide and give off oxygen, cleaning the air. They help control soil erosion, provide field windbreaks, help lower heating and cooling bills for homeowners and with proper landscaping improve property values.



Birds also plant trees in the right of way, said Williams. Birds sitting on power lines deposit tree seeds in the right of way below.

Unfortunately, trimming and removing trees from



This limb has probably caused a few blinking light problems.

the right of way is the only way for the cooperative to provide safe, dependable electric service. When trees are too close to power lines and the wind blows, branches rub against the line causing a momentary short. Reclosers on the line will try to let the fault clear three times. If the fault doesn't clear, a fuse will blow causing a longer outage. That is why you often see three blinks before the lights go out. If the limb breaks, or the tree falls, it can break the line causing a safety hazard and an outage.

Too often landowners plant the wrong trees in the wrong place he said. They buy fast growing "miracle trees" for a shelter belt, then plant the trees at the edge of the property in or near the utility right of way. On top of that they often plant the trees too close to each other, not allowing the trees a chance for healthy growth, Williams says. "The wrong tree in the wrong place is destined to be pruned until it's dead. You know the tree will never have a beautiful shape."

Williams supervisor, Tony Campbell, manager of operations for Corn Belt, says educating the employees, contractors and members on proper right of way management has more than paid off in reduced outages and expense. "We are looking more and more at the economics. Since 1993 outages have continuously gone down. We're doing a better job of trimming to arborists' standards. We may be spending a little bit more money up front, but I think it's coming back to us." In addition to the cooperative's utility arborists, Campbell gives credit to general manager Jeff Reeves and the cooperative's board of directors for believing in the program and backing it with their commitment.

Outages and blinking

lights are a nuisance, but there are also safety concerns. For instance, children enjoy climbing trees. If the trees they climb are near power lines, the results can be deadly. Trees can conduct electricity and a severe burn or electrocution is possible without even touching the wire.

When Williams feels it is best to remove a tree completely, he can offer the member a free tree to replace it. "We call it our trade-a-tree program. If the member is willing to let us remove the tree we will give them a tree credit at a nursery of their choice. If they want it planted directly under the line it has to be a certain type of low-growing species. In Illinois there are a large variety of flowering crabapple trees that will work." Only trees that will reach a maximum height of 25 feet or less should be planted under utility lines.

"There is nothing that saddens me more than to see an investment in time and money placed in a location that will keep a tree from growing to its natural shape, height and beauty," said Williams. His advice is talk to your local nurseryman, county soil and water conservation district or extension agent to find out more about planting the right tree, the right way.

story and photos by
John Lowrey



Corn Belt utility arborists Cal Williams (left) and Frank Kinnison have to be good at public relations and making friends, especially when it's a big dog like this one.

Leave a living legacy

Plant a tree in celebration of Arbor Day's 125th anniversary



Nebraska was part of the treeless great plains when J. Sterling Morton moved to the territory in 1854 from Detroit. Sterling and his wife quickly planted trees, shrubs and flowers around their new home.

Morton was a journalist and soon became editor of Nebraska's first newspaper. From that forum he spread agricultural information and his enthusiasm for trees. On Jan. 4, 1872, he proposed a tree-planting holiday to be called Arbor Day at a meeting of the State Board of Agriculture. More than one million trees were planted in Nebraska on the first Arbor Day, April 10, 1872.

Morton's seedling of an idea that day now is celebrated by millions of people of all ages and all walks of life. Arbor Day has become a springboard for a wide array of environmental improvements in both rural and urban areas.

Education on environmental stewardship is at the heart of Arbor Day, and children and schools have been an inseparable part of this tree planting

tradition. The National Arbor Day Foundation has a wide variety of ideas and programs that can help you and your community become involved. Trees can bring a community together and trees can represent a community's health and vitality.

One program, Tree City USA, fosters tree planting on a continuous, systematic community basis. Tree City USA promotes the economic, health and aesthetic benefits of proper tree care. Last year 137 Illinois communities won Tree City USA designation.

Another program,

Conservation Trees, encourages planting trees for erosion control, wildlife habitat and sustainable use of our nation's natural resources. Trees for America, another foundation program, distributes nearly ten million trees annually to members.

For rural homeowners, the foundation can supply a free booklet called *Conservation Trees For Your Farm, Family & Future*.

The booklet includes

"Each generation takes the Earth as trustees. We ought to bequeath to posterity as many forests and orchards as we have exhausted and consumed."



— J. Sterling Morton, founder of Arbor Day

Good trees for planting near lines

Amur Maple	Goldenchain Tree
Japanese Maple	Star
Tartarian Maple	Magnolia
Red Buckeye	Crabapple
Service Berry	Cherry Plum
Siberian Pea Shrub	White Fringe Tree
Siebold Virburnum	Flowering Cherry
Higan Cherry	Dogwood
Japanese Flowering Cherry	Filbert
Wafer Ash	(Hazelnut)
Goat Willow	Smoketree
Stewartia	English Hawthorn
Arborvitae	Russian Olive
Blackhaw	Autumn Olive
Virburnum	Burning Bush
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features outlining 12 productive uses of trees:

- erosion and filter strips near water
- alley cropping
- tree plantations
- wildlife habitat
- living snow fences
- trees for livestock
- farmstead windbreaks
- woodlot management
- field windbreaks
- specialty crops
- trees for recreation areas
- multi-purpose plantings

For more information on this booklet and all the other programs write or contact: **The National Arbor Day Foundation**, 100 Arbor Avenue, Nebraska City, NE 68410, (402) 474-5655, <http://www.arborday.org>.

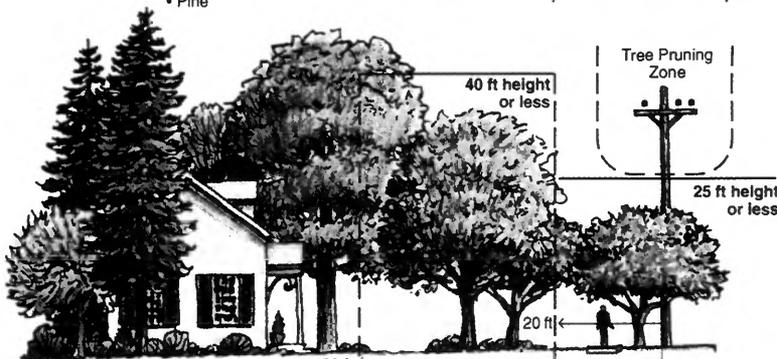
In Illinois you can contact your local county extension office, your local nursery or:

International Society of Arboriculture (ISA), P.O. Box GG, 6 Dunlap Court, Savoy, IL 61874, (217) 355-9411; **Master Gardener Program**, Cooperative Extension Service, University of Illinois Dept. of Horticulture, 1201 South Dorner, Urbana, IL 61801, (217) 333-2125; **The Morton Arboretum**, Route 53, Lisle, IL 60532, (708) 968-0074; **Illinois Department of Conservation**, James R. Thompson Center, 100 West Randolph Street, Suite 4-300, Chicago, IL 60601, (312) 814-3460

Plant the right tree in the right place

Plant taller trees away from overhead utility lines

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• Pine

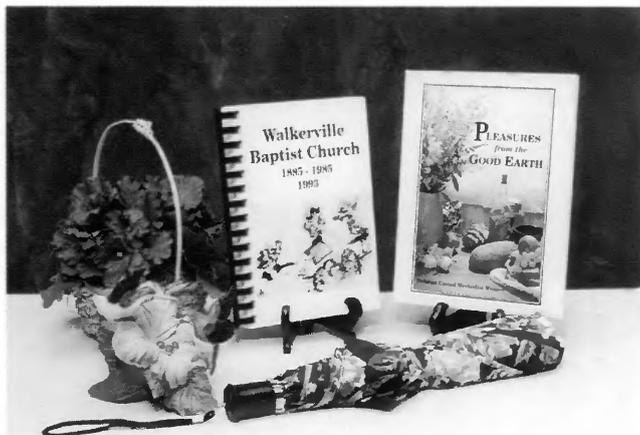


The National Arbor Day Foundation
Nebraska City, NE 68410

Medium Trees, such as:
• Washington hawthorn
• Golden raintree

Small Trees, such as:
• Redbud • Dogwood
• Crabapple

Illinois' FINEST COOKING



One of our cookbooks for April comes from Delavan United Methodist Women. It is a hard-backed ring-binder with 128 pages, published in 1995. It can be purchased for \$10 plus \$1 for postage. Order from Joanne Scott, 21661 Lago Drive, Delavan, IL 61734. The phone number to call is (309) 244-7671.

Our second cookbook comes from Walkerville Baptist Church. Their cookbook was published in 1985 on the occasion of the church's 100th anniversary and updated in 1993. It is spiral-bound, has 188 pages and can be ordered for \$5 plus \$2 for postage. Order this book from Betty Newman, RR 1 Box 440, Hillview, IL 62050. Her number is (217) 374-2507.

Delavan United Methodist Women

BROCCOLI CHOWDER

Jacqueline Taylor

10 oz. frozen broccoli
2 T. onion, minced
1/2 C. boiling salted water
2 C. milk

1 can cream of mushroom soup
1/4 lg. Velveta® cheese
2 lg. cooked potatoes

To boiling water, add broccoli and onion. Boil 2-3 minutes. Add milk, mushroom soup and cheese. Mix well. Add 2 potatoes, cut into small pieces.

MIXED VEGETABLE CASSEROLE

Elsie Goeken

1 pkg. frozen broccoli
1 pkg. frozen green beans
1 pkg. frozen cauliflower
1 pkg. frozen Brussels sprouts or
green beans
1 can onion rings

Butter
Salt and pepper to taste
Shredded cheese
2 cans cream of mushroom
soup with small amount of milk

Thaw vegetables enough to separate, do not cook. Put in casserole with butter, salt and pepper. Pour soup over mixture. Bake 30 minutes at 350°. Top with thick layer of cheese and bake 30 minutes longer. Top with canned onion rings and bake 10 minutes longer.

ILLINI CRISPIES

Judy Johnson

Cream:

1 C. shortening
1 C. sugar

1/2 C. brown sugar

Mix in:

1 egg

1 tsp. vanilla

Combine dry ingredients and blend into cream mixture:

1 1/2 C. flour
1 tsp. soda

1 tsp. cinnamon
1/2 tsp. salt

Add:

1 1/2 C. oatmeal (Quick)

3/4 C. chopped nuts

Shape into balls and flatten with greased and dipped into sugar glass. Bake at 350° for 9-11 minutes. Makes 4 dozen cookies.

APPLE PIE IN A JAR

Sally Lessen

5 1/2 C. sugar
1 C. cornstarch
2 tsp. cinnamon
1/2 tsp. nutmeg

1 tsp. salt
10 C. water
3 T. lemon juice
apples to fill 7 quart jars

Mix first six ingredients and cook over medium heat until thick. Add 3 T. lemon juice and set aside. Peel and slice apples and put into 7 quart jars. Fill quart jars with syrup, being careful to work air bubbles out. Process for 20 minutes in a hot water bath. It's delicious and ready to put into your favorite pie crust for baking!

CHOCOLATE GRAVY (AR Delight)

Helen Koelper

1 C. sugar
1 T. cocoa
1 1/2 T. cornstarch

Dash salt
Milk
1 tsp. vanilla

This sweet gravy is served over hot buttered biscuits such as the Bisquick® drop biscuit recipe. Stir dry ingredients in cold skillet. Pour in a little milk to make a thin paste. Add milk, a little at a time, stirring constantly. When it reaches a desired consistency, (some like it thin, some like it thicker), remove from heat and stir in vanilla.

QUICK CHERRY SALAD

Paula Naffziger

1 can cherry pie filling
1 can Eagle Brand®
condensed milk

1 lg. Cool Whip®
1 can drained crushed pineapple
Couple drops red food coloring

Mix together and refrigerate.

BREAKFAST ROLLS

Eileen Perry

2 loaves frozen bread, thawed
1 pt. vanilla ice cream

1 C. brown sugar

Melt ice cream. Combine melted ice cream and brown sugar in a 9 x 13-inch pan. Cut thawed bread in pieces and arrange on ice cream and brown sugar mixture. Sprinkle top with cinnamon sugar mixture. Let rise. Bake at 350° for 30 to 40 minutes. These will literally melt in your mouth!

ROTARY HAM LOAF

1 1/2 lbs. ground ham
 1 lb. ground lean pork
 3/4 C. cracker crumbs
 1/3 C. chopped onions

Mix all ingredients and press firmly into individual loaves and bake in a 9 x 13-inch greased pan in 350° oven, 1 hour or until done.

Baste with:

1/2 C. brown sugar

1 tsp. dry mustard
 2 beaten eggs
 1 C. milk

2 T. pineapple juice

Heat until sugar melts.

Marlene Christensen**BAKED CHICKEN & RICE CASSEROLE****Art Webb**

1 chicken, cut in serving pieces
 1 C. dry rice
 1 can mushroom or cream of chicken soup
 1 pkg. (salt free) dry onion soup
 1 1/2 C. water

Place rice in bottom of pan or baking casserole. Lay chicken pieces on top. Add soup mix. Add hot water last. Cover with foil. Bake 1 hour, 350°, uncover and bake 1/2 hour longer to brown. You may substitute pheasant, rabbit or wild fowl. Wild rice will give another choice.

Walker Baptist Church**LAYERED SHREDDED LETTUCE SALAD**

shredded lettuce
 grated carrots
 cooked peas

onions, shaved fine
 chopped celery

Layer ingredients (two layers of each). Top with small dabs of mayonnaise and sprinkle with a tsp. of sugar. Crumble bacon on top. Cover. Do not toss. (A make ahead salad).

GERMAN BAKED BEANS

1 lb. hamburger, browned and drained
 1 C. applesauce
 1 large can pork and beans

1 medium onion
 1 C. catsup
 1 tsp. dry mustard

Mix ingredients and bake for 1 hour at 350°.

Elenora Davidson**SEVEN STEPS TO HEAVEN****Betty Wiles**

1 stick oleo
 1 C. graham cracker crumbs
 1 C. coconut
 1 C. chocolate chips

1 C. chopped nuts
 1 C. butterscotch chips
 1 C. Eagle Brand® milk

Melt oleo in pan in oven (Step 1); sprinkle over graham cracker crumbs (Step 2). Then add the following in layers: coconut (Step 3), chocolate chips (Step 4), chopped nuts (Step 5), butterscotch chips (Step 6) and Eagle Brand Milk (Step 7). Bake in 9 x 13-inch pan at 350° for 30 minutes. Cool and cut into squares.

CARBONATED SALAD

2 boxes lemon Jell-o®
 2 C. boiling water
 2 C. or 1 can 7-Up®

1 can crushed pineapple
 4 bananas, sliced (not too ripe)
 1 1/2 C. miniature marshmallows

Combine lemon jell-o and boiling water; add 7-Up and cool. Drain pineapple. Add to bananas. Add miniature marshmallows to cool jell-o and pour into pan to set.

Topping for Jell-o:

1 C. pineapple juice
 2 T. flour

1 beaten egg
 1 T. butter

Cook until thick. When cool, add 1 C. whipped topping and spread on set jell-o. Cover with grated cheese.

Hettie McCollom**VIDALIA ONION CASSEROLE****Betty Crowder**

3 sweet onions, sliced
 4 T. margarine, melted
 4 all-purpose potatoes, peeled and sliced

1 can condensed cream of chicken soup
 salt and pepper as desired
 1/4 lb. boneless raw chicken breast, cut into strips

Preheat oven to 350°. In a large casserole dish, make alternating layers 2 each of onions, potatoes and chicken strips. Mix together soup and margarine. Spread evenly over top of casserole. Cover and bake 1 hour. (Cream of onion soup may be used instead of chicken soup).

MEXI-CASSEROLE

1 1/2 lb. ground beef
 1 pkg. taco mix (reserve 1 tsp.)
 1 can tomato soup

2 (15 oz.) cans chili beans
 1 pkg. onion soup mix
 1/2 tsp. crushed red peppers

Topping:

1 tsp. taco mix
 1/2 C. corn meal
 3 tsp. baking powder
 1 C. flour

1 tsp salt
 1 egg
 1 C. milk
 1 C. shredded cheese

Brown ground beef; drain. Stir in rest of ingredients. Simmer while preparing topping. Pour into 3-quart casserole.

Topping: Sift corn meal, baking powder, flour and salt together. Stir in taco mix. Beat egg and milk together and add to dry ingredients. Mix well, then stir in cheese. Spoon over meat mixture. Bake in 400° oven until top is brown, about 15 to 25 minutes.

RAVE REVIEWS COCONUT CAKE**Delores Schutz**

1 (2 layer size) pkg. yellow cake mix
 1 (4 serving size) pkg. Jell-o brand vanilla pudding and pie filling

4 eggs
 1/4 C. oil
 1 1/3 C. water
 2 C. Baker's Angel Flake® coconut

1 C. chopped walnuts or pecans

Blend cake mix, pudding mix, water, eggs and oil in large mixer bowl. Beat at medium speed of electric mixer 4 minutes. Stir in coconut and nuts. Pour into 3 greased and floured 9-inch layer pans. Bake at 350° for 35 minutes. Cool in pans 15 minutes. Remove and cool on racks.

Coconut-Cream Cheese Frosting:

4 T. butter or oleo
 1 (8 oz.) pkg. cream cheese
 2 c. Baker's Angel Flake coconut
 2 tsp. milk
 1/2 tsp. vanilla
 3 1/2 C. sifted confectioners sugar

Melt 2 T. butter in skillet. Add coconut; stir constantly over low heat until golden brown. Spread coconut on absorbent paper to cool. Cream 2 T. butter with cream cheese. Add milk; beat in sugar gradually. Blend in vanilla; stir in 1 3/4 C. of the coconut. Spread on top of cake layers. Stack and sprinkle with remaining coconut.



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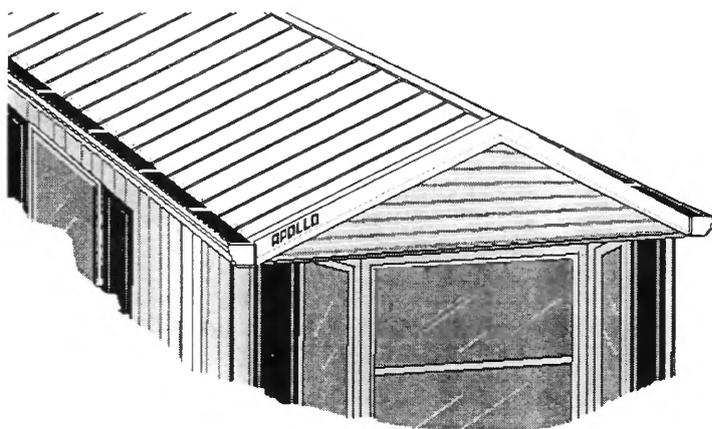
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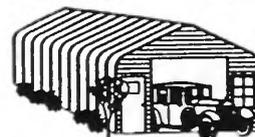
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Illinois DATEBOOK

The Original American Passion Play
March 16, 23, 29; April 5, 12, 13, 26 & 27; and May 3 & 10, Bloomington. Now in its 74th consecutive year, it is the longest running passion play in the United States. (309) 829-3903.

Spirits of the Midwest Powwow

April 5, Southern Illinois University Arena, Carbondale. (800) 526-1500.

Masters Walleye Circuit

Tournament
April 5 & 6, Sheffield. It's the 10th annual professional walleye tournament sanctioned by the Masters Walleye Circuit. The

tourney is open to the public, pays a purse and coincides with other events in Spring Valley. Phone: (815) 663-6141 or (815) 454-2502.

Gamma Phi Circus, April 18 & 19, Illinois State University Redbird Arena. Normal Phone: (309) 438-2690.

Sandburg Days Festival

April 18-20, Galesburg. The Pulitzer-prize winning poet and Lincoln biographer is honored in his hometown. The festival includes several writing contests, workshops, memorabilia, tours of area historic sites and musical performances. (309) 343-1194.

Dickens Days

April 19-20, Lebanon. The annual celebration of Charles Dickens' visit here includes demonstrations of period crafts, food, trolley rides and folks dressed in period garb. (618) 537-8420.

Mid-America Morel Mushroom Festival

April 19 & 20, Jonesboro & May 3, Magnolia. Auctions, cooking,

presentations, crafts, mushroom auction (morels fetch an average of \$72 a pound) children's activities, and, of course, a mushroom hunt, all honor the elusive fungi. The first fest will be at Trail of Tears Lodge and Sports Resort on the Old Cape Road between

Jonesboro and Cape Girardeau, Mo. A one-day festival will be held two weeks later at Ruby Peterson Park in Magnolia. Last year the festival in Magnolia was the first ever to be held and the hunt attracted so many participants—750—that registrations had to be limited and more land leased, say its organizers, Tom and Vicky

Nauman, owners of Morel Mania in Magnolia. The winner found 293 morels in 90 minutes. (309) 364-3319, or visit their homepage: <http://www.ocslink.com/~morel/>.

Boy Scouts of America's 43rd Annual U.S. Grant Pilgrimage

April 25-27, Galena. Thousands of Midwestern Boy Scouts gather to celebrate President Grant's 175th birthday. A parade will begin at 2 p.m. on Main Street. (815) 777-0203.

Frogs!—Croakers, Leapers, Hoppers & Peepers!

April 25, Ullin. Take a guided hike at Heron Pond in Cypress Creek National Wildlife Refuge from 7 p.m. to 9 p.m.

and learn about the music makers of the swamp. Listen for and identify several of the different kinds of frogs and toads living in the Cache River Wetlands. (618) 634-2231 or (800) 248-4373.

Blessing of the Bikes

April 27, Bald Knob Mountain at Alto Pass, Shawnee National Forest. Christian motorcyclists gather at the cross atop the mountain for a yearly worship service and blessing of the bikes. (618) 893-2344.

All Aboard!

April 26 & 27, Throttle Time, Monticello Railway Museum, Monticello. If you're 12 years or older, you can blow the whistle and ring the bell while operating a full-size diesel locomotive while pulling a train. Reservations required. (217) 422-2324. April 26 & 27, Model Railroad Show, Rockome Gardens, Arcola. Rockome Gardens celebrates its 40th season this year. This show offers about 100 exhibitor tables and is one of the largest G-gauge layouts in the Midwest. (800) 549-7625.



Photo courtesy Morel Mania



Photo courtesy Rockome Gardens

Piecemakers:

April 5 & 6, Stitches in Time Quilt Show, Quincy Senior High School. (217) 222-5387. April 5 & 6, Quilt Spectrum, The Interstate Center, Bloomington. (309) 663-2465. April 4 & 5, Quiltfest, Decatur Civic Center. (217) 422-7300. April 19-May 3,

Annual Quilt Show, Vine Street Stores, Arthur. A quilt auction will be on May 3 at Knight's Court. (800) 722-6474. April 27 & 28, Quiltfest, Carbondale Civic Center. (800) 526-1500.

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2. HOW EASILY DOES IT PUSH?

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The 30-foot cord means less bending. Brush speed and height are automatically adjusted for different surfaces—rugs, carpet, wood and tile. No need to stretch and reach to switch.

3. HOW FAST DOES IT CLEAN?

The ORECK's brushes revolve at an amazing 6,500 times a minute. Faster than ordinary cleaners. You get more cleaning power. So you cut your cleaning time with an ORECK. And use less power, too.

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Trumpet Vine

Masses of gorgeous flowers wake up your garden in a revelry of eye-catching, red-orange blooms and dark, sea-green foliage. This high-climber is perfect for covering fences, lampposts, walls, and more. Attracts hummingbirds, too!



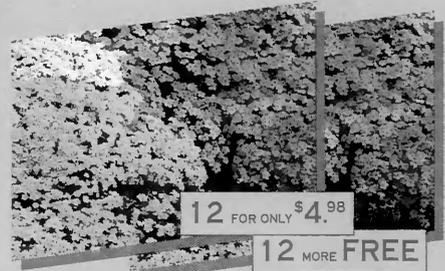
Snowball Bush

Now you can have "snowballs" in your yard all season long! Snowball Bush bursts forth each spring with huge, snowball-shaped clusters of sparkling white flowers, each measuring up to 6" in diameter. Plant a single bush in your yard as a focal point or use several to create a floral hedge. *Not Available in AZ.*



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Vibrant colors and a spicy scent make these frilly, ruffled blooms irresistible in your garden and in cut-flower arrangements. And with this limited-time offer, you get 5 FREE plants for every 5 you order. If you've never grown Carnations, this is your chance!



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Enjoy a rainbow of spring color with this gorgeous perennial ground cover. Creeping Phlox blankets your landscape with dense, evergreen foliage and bright red, pink, white, or lavender blooms. Get 24 plants for the price of 12 when you order now!



Creeping Myrtle

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