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May 1997



Rural Renaissance: Taking matters in hand

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Dozens of Illinois communities are on the comeback after shifting away from crisis management toward planning for growth and prosperity. On the cover, residents of Ava play their part, working to revitalize their downtown.



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Illinois COMMENTARY

Downtown upturn: Revitalizing Main Street

Strong partnership between the public and private sectors are vital to the well-being of many successful economic development programs. One example of a program



Lt. Gov. Bob Kustra

founded on this basis is Illinois Main Street, a downtown revitalization initiative which I began in 1993. In this program, a strong relationship between the public and private sectors is helping communities preserve their downtown districts.

Illinois Main Street is a self-help, volunteer program that provides train-

ing and technical assistance to community leaders. We began the program with nine rural towns. The response from these introductory communities was so positive that I have expanded the program to include 26 towns downstate and 12 in the Chicago metro area. Illinois Main Street is not a grant program. Towns pay no participation fees, but are responsible for the financial support of their local programs.

The 26 downstate communities include Alton, Ava, Belvidere, Carbondale, Danville, Dixon, Flora, Galesburg, Genoa, Golconda, Lincoln, Macomb, Mattoon, Monticello, Morrison, Mt. Carmel, O'Fallon, Paxton, Pontiac, Prophetstown, Quincy, Rushville, Salem, Savanna, Stockton and Tuscola.

The Illinois Main Street program follows a four-point approach developed by the National Main Street Center.

Lt. Gov. Bob Kustra, a former legislator and teacher, serves as the senior economic development advisor for Gov. Edgar. As chairman of the Rural Affairs Council, he directs the Illinois Main Street Program and he oversees efforts to promote community and economic progress in rural Illinois. He also chairs the Illinois Rural Bond Bank, which helps local governments borrow at competitive rates for capital improvement projects.

By using this process, communities first build a volunteer-driven downtown management organization. Then they work to enhance the design and appearance of the downtown through historic preservation. They create a unified image that brings people downtown, and to retain and strengthen existing businesses, recruit new businesses and develop economic restructuring strategies to sustain the economic vitality of the downtown.

Several state agencies are involved in inter-agency partnerships with Illinois Main Street: the Illinois Historic Preservation Agency (IHPA), the Illinois Department of Commerce and Community Affairs, the Small Business Development Center (SBDC) Network, and the Illinois Department of Transportation (IDOT). Design services are offered to Illinois Main Street communities in cooperation with IHPA. Main Street architects work with business-owners to offer basic design and architectural assistance. The SBDC provides business consulting services to Main Street business owners. IDOT is beginning to work with communities on transportation-related issues that affect downtowns. The horizontal partnerships between state agencies and the Illinois Main Street program ensure that Illinois' assistance to our communities is coordinated and leveraged.

As grassroots organizations, Main Street programs rely on partnerships at the local level. These may include city government, the chamber, the economic development council, historical society, merchants association, tourism council, financial institutions, regional planning commissions, the Cooperative Extension Service and utility companies. These associations provide good resources for the local programs from information and financial support to volunteers for the local program. And because these groups are already established within the community, they can help build support for the Main Street program and serve as a link for community relations. These vertical partnerships between communities and regional organizations and state institutions link local needs with outside resources.

Several of our Main Street communities are served by electric cooperatives. These include Flora, Golconda, Macomb, Mattoon and Paxton. Many of these cooperatives have formed strong partnerships with the Main Street organizations by providing financial support and

(continued on page 6)

Housing starts up, but not here

Housing starts are increasing in all areas except here in the Midwest, the *New York Times* reports. Experts surveyed by the newspaper indicated that low-interest rates and increased employment accounted for the increase. Despite a recent rise, home mortgage rates have remained

around 8 percent, in contrast to the peak 9.25 percent rate in December 1994. Interest rates rose slightly in February and many people evidently hurried to buy a home in order to lock in relatively low rates.

Although home builders are optimistic about a continuing trend, a downward shift in

the economy could leave many builders burdened with the costs of unsold homes. Generally, however, builders are seeing a relatively good year so far, as the 3 percent increase in housing starts in February follows on a 1.5 percent increase in January.

Books examine co-ops' role

Two new books examine the future of cooperatives and how they can help rural areas avoid economic decline.

Seizing Control: The International Market Power of Cooperatives, edited by Lee Egerstrom, business writer for *The St. Paul Pioneer Press*, examines the views of leading U.S. and European academics, economists, and trade and public policy watchers. They see the global market and changing business structures as opportunities for farmer-owned cooperatives and community-based enterprises. Cost of the book is \$29.95.

David Thompson and E.G. Nadeau have produced *Cooperation Works*, a collection of 50 successful examples of how individuals, local governments and businesses are using cooperative action to rebuild communities and revitalize the economy. Thompson is cooperative consultant and president of the board of Twin Pines Cooperative in California; Nadeau is director of research and development for Cooperative Development Services at Madison, WI. Cost of this book is \$16.95.

The books are available from the Minnesota Association of Cooperatives, 30 E. Seventh St., Suite 1720, St. Paul, MN 55101-4901. The shipping and handling cost for one book is \$3, for two is \$4. For more information, call (612) 228-0213 or fax at (612) 228-1184.

Take a hike

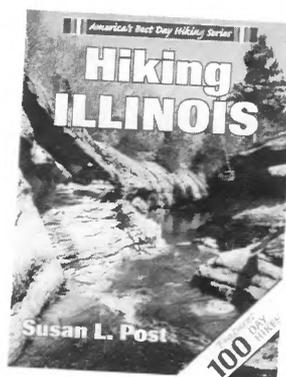
Where can you find Virginia bluebells, great white trillium, wild turkeys, and a free standing dolomite column that's 200 feet tall?

Find out in *Hiking Illinois*, a new paperback book published as part of the America's Best Day Hiking Series by Human Kinetics in Champaign. The book contains the best day hiking trails throughout the state, including maps and complete trail descriptions.

The book describes 100 trails, offers 143 park and trail maps, and practical information about how to get there, where to park, available facilities, permits and rules. There is also a section with nearby points of interest.

Susan Post, the author, has worked as a research biologist for the Illinois Natural History Survey since 1978. As she's gone about her job, working on such projects as sampling streams for threatened and endangered plants and sampling soybean and horseradish fields for insect pests, Post has crisscrossed Illinois and become well-acquainted with the natural areas of the state. She also is co-author of *Illinois Wilds*, a book that showcases the state's natural areas.

Cost of the book (ISBN: 0-88011-568-8) is \$19.95 and is available from local bookstores. Or contact Human Kinetics at P.O. Box 5076, Champaign, IL 61825-5076 or phone (217) 351-5076 for details.



Cider makers school offered

Cider makers are invited to learn the latest about their craft at a one-day cider school June 25 at a Marine, Ill., orchard. There have been some recent incidents of illness caused by *E. coli* contamination of unpasteurized cider in the East and in California (see *Illinois Country Living*, March 1997), and Illinois apple growers and state officials have been working to avoid such a contamination here.

"The school will cover the basics of cider mill operation, product handling and sanitation," said Lee Rife, marketing representative with the Illinois Department of Agriculture. "It's an opportunity for producers to demonstrate their commitment to producing a wholesome product using approved methods."

The school is sponsored by the Illinois State Historical Society and the Illinois Department of Public Health. For more information, contact historical society president Jerry Mills at (618) 887-4732 or Lee Rife at (217) 785-5771.

Teachers: Got a bright idea?

The National Rural Education Association and the National Rural Electric Cooperative Association are joining together to offer ten mini-grants of \$250 each for classroom-based projects conducted during the 1997-98 school year.

Winning projects will feature student investigation of some aspect of the science of energy or electricity. Possible project topics might include local geology (as it relates to energy), or the history of hydroelectric generation in your community, or alternative sources of energy for the next generation.

Imagination and resourcefulness are encouraged.

To qualify for a mini-grant, some of a school's students must live on cooperative lines. To apply, teachers are asked to submit a 1-2 page proposal by June 15, 1997, describing what the classroom will investigate, to Rural Teacher Mini-Grants, c/o NREA Headquarters, 230 Education Bldg., Colorado State University, Fort Collins, CO 80523. For more information, call John Freitag or Linda Comstock at the Association of Illinois Electric Cooperatives, (217) 529-5561.

Furrow, Glickman powwow

Wally Furrow, state director for USDA Rural Development in Illinois, in a three-day late spring session that included U.S. Agriculture Secretary Dan Glickman, urged better coordination of programs affecting rural America's quality of life.

Furrow (*Illinois Country Living* guest columnist, March 1997) said Glickman told him the USDA is streamlining its field office structure to reduce operating costs as part of Vice President Gore's directive to make federal government work better for less.

At the same time, Glickman pledged to work in partnership with state governments, private business and nonprofit institutions to create jobs, better housing, utilities and other essential services.

"Programs such as the Fund for Rural America, Water 2000, distance learning and medicine, business and industry, guarantee loans and selfhelp housing are all examples of how USDA is addressing the broad range of needs of rural areas," Furrow said.

The USDA Rural Development mission area was created in 1994 by merging rural economic programs that had been splintered among the Farmers Home Administration, Rural Development Administration, Rural Electrification Administration and the Agricultural Cooperative Service. Its mission is to use the resources of the USDA to provide an improved quality of life for the nation's 53 million rural people.

Rural Development has authority to make loans to public

bodies and not-for-profit corporations in rural areas to build or improve needed community facilities. Projects such as water and sewerage systems, fire and rescue vehicles, fire stations, hospital improvements and other essential community facilities are eligible loan purposes. Guaranteed loans also are available to finance community facility projects and real estate, buildings, equipment and working capital for eligible rural businesses.

Information about these programs may be obtained from district office locations in Princeton, Morris, Jacksonville, Galesburg, Champaign, Effingham, Salem, Nashville and Harrisburg. Or call the state office at (217) 398-5412, ext. 247.

Grants for senior co-op housing

To foster affordable housing for seniors in Missouri, Kansas, and Nebraska, the Chicago-based Retirement Research Foundation made a \$400,000 grant to the Cooperative Development Foundation (CDF).

The grant is for a revolving loan fund to finance pre-development expenses of limited equity, senior co-op housing projects developed by the Homestead Housing Center in those three states. It is the second grant the foundation has given CDF for this purpose.

The Homestead Housing Center (HHC), founded in 1992, is a non-profit organization established to promote and develop senior co-op housing and has created several in rural Iowa, Minnesota, and Wisconsin.

"In many rural areas there are few or no options for seniors who wish to remain within their communities but no longer want the hassles of owning a single-family home," said Judy Ziewacz, CDF executive director. "HHC offers them an option. Homestead co-ops allow rural seniors to live independently within a supportive community while still enjoying the benefits of home ownership."

RRF focuses entirely on aging and retirement issues, making about \$8 million in grants each year to support research and public policy studies to improve the quality of life for older Americans. CDF promotes community, economic, and social development through co-op enterprises based on selfhelp and mutual aid, and was one of the founders of HHC. For more information about obtaining a grant, contact CDF at (202) 638-6222.

COMMENTARY

Continued from page 4

volunteering time to serve on a committee or on the board of directors. Because these utilities have made an investment in the downtown's infrastructure by bringing service into the area, they benefit along with the downtown businesses when this infrastructure is used to its fullest capacity. A downtown renaissance also helps prevent the sprawling auto-dependent development on the edge of town, which usually requires expensive, new infrastructure.

Illinois Main Street communities are making strong

economic gains. Since January 1995, active towns have reported net gains of 150 new downtown businesses, 308 full-time and 189 part-time jobs, over \$5.3 million spent on new downtown construction and over \$5.2 million of private reinvestment in 194 different downtown rehabilitation projects. We are proud of the many partnerships that have been formed or strengthened as a result of Illinois Main Street and congratulate community leaders for taking responsibility for their town's economic development success.

For more information on Illinois Main Street, call Valecia Crisafulli, coordinator, at (217) 524-6869.

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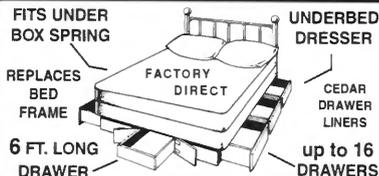
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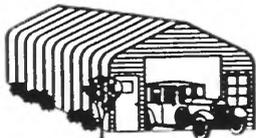
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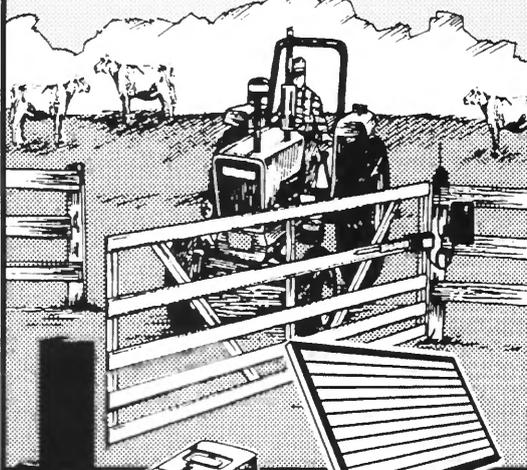
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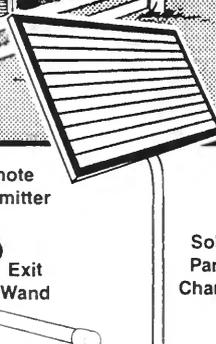
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Pa and I decided to take the young'un to Chicago on vacation. After two days of having to get up at 6 a.m. to beat the rush hour traffic only to run into it anyway, and getting lost on our way to a double-header at Wrigley Field in an area that resembled downtown Beirut after a bombing, we decided to come up with an another plan.

Actually, I was the one that suggested it after we finally made it into the Field Museum parking lot after going 'round and round' that circle turn 147 times because no one would let us over to exit. "We'll hit the Field Museum, the Aquarium, and the Planetarium," I said, "then take a taxi over to the Sears Tower." My husband, who has the same \$10 bill in his pocket that he earned back in 1966 baling hay, did not blink an eye over what it would cost, but readily agreed that it was a good idea.

I grew up in the city so I've taken taxis before; it was the way my girlfriends and I went to Assumption High School football games down at John O'Donnell Stadium when we couldn't con one of our parents into taking us and before we got our driver's licenses. Neither my husband or son had ever ridden in one. I kind of knew what they were in for, but they didn't. This, I thought, was going to be fun.

We didn't have to hail a cab as there was a line of them when we came out of the aquarium. I did not like the looks of the first cab; the car had more dents in it than a golf ball and it wasn't the company that I like to ride in. I told my husband, "Let's get into the second one." We started to, but the cabby gently reminded us that

we had to take the first one. I, who thought I was the old taxicab riding pro, didn't know that there is an unwritten rule about cab riding in the big city. You, the passenger, are supposed to get into the cab at the front of the line.

Too late to run for our lives in the other direction, we boarded the dented white taxi. The driver was a young Asian gentleman in his early twenties, who reminded me of my sister-in-law, Lita. Lita was born and raised in the Philippines and has the most kind and gentle nature, until you get her angry. According to a brother of mine, who shall remain nameless, tornadoes leave less destruction in their paths, than Ms. Estalita Del la Rita does when she gets mad. How do you know when a storm is brewing? She starts muttering to herself in Spanish or Tagalog. When that happens, it's time to run, not walk, to the nearest fruit cellar.

We hoped our taxicab driver was a forgiving person who would overlook the fact that we didn't get into his cab first. In the beginning, we really felt that he was okay with it because the man smiled at us when he adjusted the rearview mirror after starting the car, but as soon as he put on his white racing gloves he started to mutter under his breath in a language that sounded an awful lot like Tagalog.

My husband looked over at me. He knew what was coming as well as I did, but we had no time to prepare for it. The words "Hang on!" were barely out of my mouth when we exited onto



Lake Shore Drive, going from zero to seventy in less time than it takes to blink your eye.

It was quite a ride over to Sears Tower. We went up over curbs, missed pedestrians by inches, went through a red light, almost took a hairpin turn on two wheels and heard words that would put a blush on a long-shoreman's face, slandering our cabby's driving ability yelled through an open window and most of them were coming from the back seat of the cab.

The brochure said it would take five minutes to reach our destination from the aquarium; we made it in two. My husband is one of the calmest, fear-free people on the face of the planet. The last thing that gave him the shakes was an earthquake way back in 1978 and it wasn't because he was nervous or frightened about the whole thing, it was because the chair he was sitting in at the time began to move about the room.

"I think I left my heart back on the corner of State and Adams," he said after we arrived at our destination and paid the cab fare.

"So that's what we ran over on the sidewalk," I said as I shut the door to the cab.

We both turned to our son and asked him what he thought of the taxi ride and in typical pre-teen fashion he answered, "Cool."

Story by Susan Wildemuth, a writer who lives in rural Illinois with her husband, son and Spud the Dog.





RENEWING Rural America:

*Get poor, get moving,
or get smart*

Above, the Old Paxton State Bank building, built in 1895, was purchased in 1992 and its original facade restored. Inside, there still are teller windows and a vault, but it is now Paxton Chiropractic. Right, an aspiring young artist gets in the spirit at Morrison's "Paint the Town" event. These communities are among dozens in Illinois that are no longer willing to sit back and watch their population and businesses decline, and instead have taken pro-active approaches that are facilitated by several complementary programs and agencies.



Rural Illinois communities enjoyed some growth during the 1960s and 70s as many Americans yearned to "return to the land." Then in the 1980s and early 1990s, employment opportunities, particularly in manufacturing, began traveling south and west. Coupled with an "energy crisis," commuting to nearby communities became less attractive, and bright young minds were lured to year-round sunny climates with jobs and higher salaries. With a declining job market and a resultant "brain drain," the tax base declined and communities found themselves in a downward spiral. Schools closed and public services were curtailed. Some communities even found themselves, well, off the map in an out-of-control vehicle.

Some decided to halt the decline, formed new cooperative alliances among existing agencies, and be-

gan breathing new life into their communities. Two programs formed earlier this decade, Illinois Main Street (see Commentary, page 4), a downtown preservation program, and MAPPING, a community visioning program, are beginning to boast some impressive results.

In 1991, little Rushville in Schuyler County was the first to participate in one such program, called Management And Planning Programs Involving Nonmetropolitan Groups, or MAPPING, which was begun at the Illinois Institute for Rural Affairs (IIRA) at Western Illinois University in Macomb. Initially funded by the lieutenant governor's office

Festivals and special events, such as the "Taste of Lincoln" also help draw folks downtown.



and the governor's Rural Affairs Council, it now is supported largely through the Department of Commerce and Community Affairs.

Five years and dozens of graduates later, the program this year earned the National Association of Development Organizations' Innovation Award.

The accomplishments, articulated in the 1997 Directory of Programs and Activities, by Robin Hanna and Steve Kline of the IIRA, speak for themselves:

Rushville (pop. 3,229) worked with Schuyler County to establish an 80-acre industrial park. They created the Schuyler County Economic Development Corp. with \$15,000 seed money; now it has two full-time staffers and an operating budget of \$75,000. The SDC formed an area Community Development Corporation (CDC) among Schuyler and neighboring Brown and Cass Counties, five local banks, and Adams Electrical Co-Operative, capitalized through \$150,000 in local funds and a \$50,000 DCCA retooling-and-modernization grant. \$100,000 is already working in the community through loans for new and existing business. Two new businesses have created 15 new jobs.

Roodhouse (pop. 2,139) has experienced a small business boom; recent openings include a computer supply and service store, an ice cream parlor, a youth recreation facility, a dance studio, two antique and craft stores, and a storage shed manufacturing and retail outlet.

In Mount Sterling (pop. 1,922), a 20-plus tax increment finance district was created for a mini-mall, where a restaurant and a discount store already have provided 15 new jobs. Discussions are underway to expand a grocery store and to build a motel/restaurant and another restaurant. A private youth center opened, there have been many

improvements to park facilities and a community beautification group was formed.

Fairbury (pop. 3,643) passed a school referendum to build a new junior high school, an addition for the elementary school, a new high school library, and expand computer labs from grade school through high school. Business is up as well, with a new computer store, electrical supply, bank, paper supply and rental stores. An existing building was transformed into a craft mall, and its second floor converted to condominiums.

Carthage (pop. 2,657) created an educational foundation which raised \$40,000 in its first few months alone.

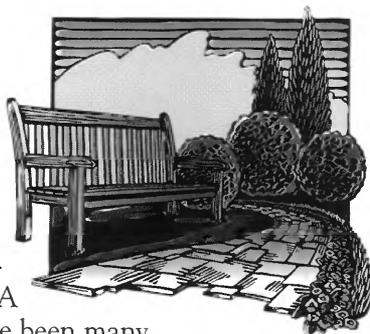
In Paris (pop. 8,987), schools and local employers created a comprehensive school-to-work program and Paris Community Hospital opened a \$3.3 million expansion.

In Dieterich (pop. 568), a new multi-county water district was created and a new health care clinic was opened.

Tiskilwa (pop. 830) has developed an 80-mile bike trail (The Gem in the Valley Trail) using village, township and country roads, as a link in the national Discovery Trail. The town facilitates bike visitors with signage, bike racks and expanded park hours and facilities.

These are just a few of the many noteworthy accomplishments some communities have racked up since participating in MAP-PING.

Key to its success is the fact that citizens determine their vision of their community's future. The process is remarkably short and simple, involving four sessions, each three-hours long, held in the evening, and usually accomplished inside three months. During session one, participants assess



their community's current status, its strengths and weaknesses. In session two, they determine where they would like to be; in session three, how to get there; and in session four, how to keep going. IIRA staff review the results and help draft a community action plan and connect the community with the resources to accomplish goals.

The IIRA collects and studies data about the community, its health care, education, transportation, public finance and myriad other issues. Only a toll-free call away, it's a clearinghouse for information, referrals, technical assistance and a dizzying array of publications, satellite broadcasts, conferences and workshops.

Afterward, IIRA staff monitor the community's progress, continuing to provide technical assistance and links, not only to state agencies, but private ones and to other communities with similar experiences and willingness to share their successes. Afterward, the community is left with a working economic development body full of information and innovative approaches. The experience then can be used by the local school district to determine its schools' future or the local health care sector to plan for future health needs.

After MAPPING, communities are left with new leaders who consider the interests of the entire community, bridge social gaps by inviting broad representation, share decision-making, and promote an environment in which blame is scorned and some of the best lessons are learned by error.

For some communities, like Rushville, Mattoon, Lincoln, and Pontiac, the process leads to other, related programs, of which Illinois Main Street, a preservation-based program, enjoys the most visible success. Rushville, for example, after completing the MAPPING program, then became part of the Main Street program.

Communities do not have to undergo MAPPING to be a part of Main Street, but they do have to demonstrate commitment before being accepted. In selecting

communities for the program, they must have broad community support, vision and a mission statement, a comprehensive work plan, a historic preservation ethic, an active board of direc-



tors and committees, an adequate operating budget, a professional (and paid) manager, and ongoing training for staff.

Results from the Main Street program also speak for themselves:

In Galesburg, the 101-year-old Odd Fellows building at a key intersection in downtown was transformed into an antique mall. "I visited antique malls nationwide and decided this business would be a match for the historic building and a complement to the shops on Seminary Street," said Ross Stribling, a native of Galesburg. He formed a 37-investor company for the renovation and four local banks participated in financing. The city provided an interest-free loan for facade restoration and extended the enterprise zone to include downtown. In the first two months the mall was visited by customers from 23 states and Japan, and nearby merchants enjoyed a sales increase of more than 10 percent.

In Shelbyville, a domino effect was set in motion when Jim Finks, owner of Finks' Jewelers, repainted his two-story Victorian building last year. By summer's end, six other Main Street businesses followed suit. "With all the new colors, Main Street has really spruced up," said Pat Tolly, an employee at Finks'.

Salem's "Better Than a Mall" winter holiday home tour held in connection with a shop-Salem promotion enlisted local

merchants in decorating the homes and displaying gift items. "We wanted to show residents they don't need a mall to do their shopping," said Achsa Stermsterfer of Main Street Salem.

In Danville, students from six county high schools published "The Grapevine," a monthly newsletter focusing on downtown. The students are part of the Vermilion County vocational education program and the newsletter is published by *The Commercial News* newspaper. Ten to 12 students do the work, from accounting to writing.

Rushville identified a community of artisans living in Schuyler County, and promotes them in literature circulated by its Main Street program

Again, such accomplishments are just a sampling of the success stories being told by many Illinois rural communities. As one Main Street newsletter noted in a review of a book by Jack McCall, who works with the University of Missouri Extension. McCall notes that there are three choices that apply to rural communities: Get poor, get moving, or get smart.

—Story by Janeen Keener



Before and After shots of DeBuhr's Seeds & Feeds in Mattoon show what a positive difference a fresh coat of paint can make.



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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.

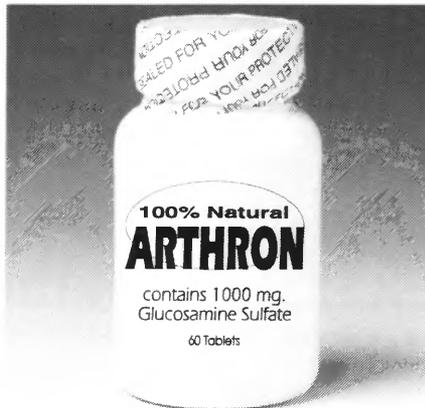
NSAIDS actually destroy your body's cartilage. **ARTHRON** is more effective in treating arthritis, because it reduces pain, swollen joints and stiffness - without toxicity or side effects such as stomach irritations.

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.

The main ingredient in **ARTHRON** is **Glucosamine Sulfate**: which contains two important building blocks for cartilage. This ingredient has been shown in recent studies to reduce pain and restriction of movement in arthritis sufferers.

The ingredients in **ARTHRON** are:

| | |
|--------------------------------|--------|
| Glucosamine Sulfate..... | 1000mg |
| Boswellin..... | 300mg |
| Bromalain..... | 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.

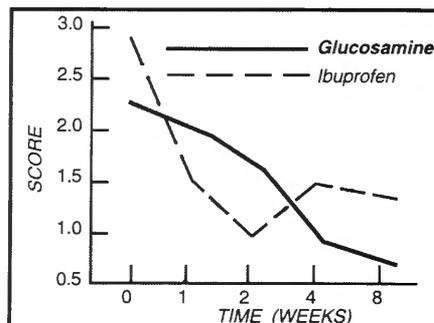
BROMALAIN: another powerful anti-inflammatory ingredient, without the gastrointestinal side effects of aspirin.

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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To receive a refund for any unused product, simply return the tablets and container, a full refund of purchase price (less P&H) will be sent to you. To order **ARTHRON**, simply fill out the coupon and mail with your check or money order to the address below. We accept VISA and MasterCard. Call toll free 1-800-770-1155. All orders are shipped by **FIRST CLASS MAIL**. Offer void in IA and CT.

This product is not intended to diagnose, treat, cure or prevent any disease. ©1997. WGSJ. Trademark **ARTHRON** WGSJ.

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AROUND YOUR HOME

Solution to driveway potholes



Bill Campbell

Over the last four years working for the Extension Service, I have had several calls asking for information about installing driveways. While a few have been the standard 20 to 40-foot-long, street to garage variety, there seem to be an increasing number of people needing drives on larger lots. Some of these are several hundred feet in length and would require extremely good relations with a rich uncle or the friendly town banker, especially if you are considering concrete or asphalt. These were the only long-term solutions since gravel never seemed to last more than a couple of years before it disappeared into the soil or formed bottomless mud-puddles the first time it rained.

Over the last few years, we have been recommending products called geotextile fabrics to farmers to prevent gravel disappearance and mud-puddles on their lanes and feedlot areas. These fabrics have performed very well from economic and performance standpoints.

The basic function of the fabrics is to keep the gravel separated from the underlying soil. Wheel traffic causes gravel to mix into soil, especially during wet spring and summer periods when the soil cannot carry even light loads like your car. Over time, the gravel will "disappear" into the soil. Geotextile fabrics prevent this mixing and keep your gravel high and dry, providing a higher quality drive surface.

Geotextile fabrics have been in use at one of our area research farms for a number of years. They were placed in a section of a cattle feedlot area and the entire lot was graveled. After three wet springs, the

edge of the fabric area was obvious. The gravel was still providing solid footing over the fabric, but had completely disappeared beyond the edge.

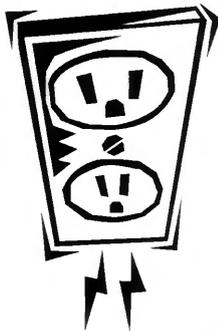
I visited another farm where fabric was used prior to laying out a gravel lane. Even though this lane has received two or three years of extremely heavy traffic on a daily basis, the gravel looks like it was spread last week.

These two examples show how geotextile fabrics can improve the life of gravel areas that receive tremendous traffic loads. I think they will perform even better under the relatively light loads of your personal vehicle.

The other benefit of these fabrics is in the dollars you will save when you don't have to replace gravel every couple of years. If you assume gravel over these fabrics will last at least three times longer than gravel without the fabric, you can afford to spend up to 40 cents per square foot on the fabric. Price checks from several local fabric suppliers have shown they are available for .5 to .30 cents per square foot. And they seem to cause gravel to last much more than three times as long as without fabric.

The key to using these products is to determine the strength and permeability of the fabric needed for your application. Product strength will determine if your loads will cause gravel to puncture the fabric, and permeability tests tell how quickly water will move through the fabric (faster is better for most driveway uses).

I have an excellent fact-sheet that was developed at the University of Illinois Agricultural Engineering Department about using geotextiles that you might find helpful. If you are thinking about a new driveway for your country home, write to me and I'll send you a copy to help you make your decision about the possibility of using geotextile fabrics on your project.



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.

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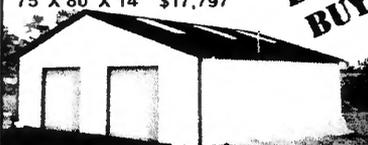
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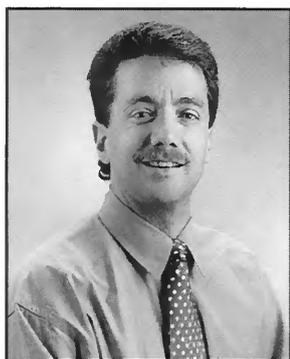
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Your YARD AND GARDEN

Small fruit
plants
provide
more than fruit



Dave Robson

If garden space is a problem, consider putting small fruit plants in your landscape. Several of the small fruits lend themselves nicely to landscape use, providing interesting foliage, form, fall colors and flowers.

Of all the small fruits, strawberries are the best landscape subjects. They have shining green leaves throughout the growing season, attractive white flowers, red berries, and they add a little fall color when they turn burgundy color.

Strawberries are easily tucked into a corner of the flower bed or shrub border, used as ground cover, or as edging for flower borders or walks.

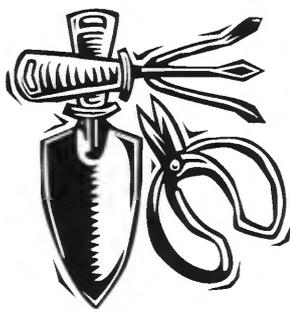
Equal in preference for landscape use are blueberries. They are considered one of the most attractive shrubs, yet few are grown as specimens in home yards.

The blueberry plant has dainty white blossom clusters in the spring, beautiful glossy green foliage all summer and attractive blue fruit. The foliage also has splendid fall coloration. After the leaves fall, the graceful lines of the bright green or reddish branches provide color interest that lasts throughout the winter.

Blueberry plants grow quickly to maximum size and if properly maintained, remain about the same size and shape for years. They rarely outgrow their original location and function.

Blueberries need an acidic soil, and can be planted in an area with rhododendrons and azaleas, oaks, evergreens and hollies as specimens, in corner plantings or with other shrub groupings.

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



Grapevines grow rapidly to produce an abundance of attractive dense foliage and fruit that may vary from green to red to dark purple, depending upon variety and season.

The shredding bark on an old trunk and the bright tan color of previous season's canes also add winter interest to an arbor or fence.

Home gardeners who enjoy raspberries will find they can make attractive summer hedges or screens when trained along a fence. They will spread and can be difficult to maintain in a small area.

Currants and gooseberries are fine landscape subjects but are rarely planted in Illinois, though home production is now practically the only way to obtain them. Bushes do not spread beyond their allocated space—growing three to four feet high and about as wide. They have small, attractive leaves, providing a variation in texture in the home landscape, and make excellent conversation pieces when heavily laden with their yellow or red fruit.

Elderberries, service berries, and highbush cranberries are other small fruits of dual purpose that deserve consideration as landscape subjects.

You don't have to eat the fruit to enjoy the plant and its seasonal display. Many birds and wildlife will use the fruit as food sources.

Considering alternative farming?

Farming Alternatives: A Guide to Evaluating the Feasibility of New Farm-Based Enterprises, a step-by-step guidebook is available for \$11.50 from the Northeast Regional Agricultural Engineering Service. Write to NRAES, Cooperative Extension, 152 Riley-Robb Hall, Ithaca, NY 14853-5701 and ask for NRAES-32, or call (607) 255-7654 and for details.

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Most Men Lose Their Sexual Ability Due To Prostate Disorders!

If you suspect that your husband or male friend may be suffering from a prostate problem, then you have to help him. It is in your and his best interest for him to be healthy. Most men wait too long and endure pain too long before seeking help. Prostate problems may ultimately kill them or simply make them impotent for the rest of their lives. But, there is help for a prostate deficiency with our 100% natural, enriched nutritional supplement called: **Extra Strength PROSTAID** containing a full 100 mg. of **Pygeum Africanum per tablet.**

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Younger men are more likely to suffer prostate infections than BPH. **Pygeum** is a natural antibiotic, and is ideal for treating the infection.

Older men who suffer prostate problems should know that in France, 81% of all prescriptions for BPH treatment contain **Pygeum**.

Extra Strength PROSTAID contains:

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Golden Rod..... 50 mg.
Pumpkin Seed Concentrate..... 30 mg.
Panox Ginseng..... 30 mg.
Zinc..... 20 mg./133% RDA
Flaxseed..... 3 mg.

The daily dosage is only 2 tablets because of the extra strength formula.

Zinc Deficiency in Men

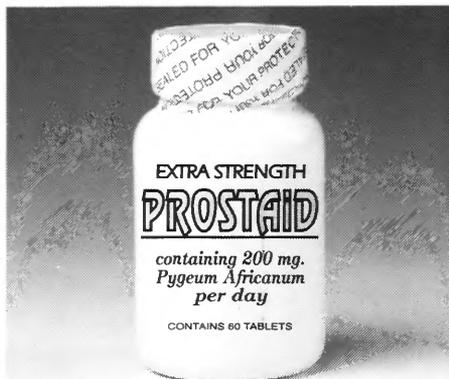
The prostate gland normally contains about ten times more zinc than any other organ in the body. Researchers point to the fact that one of the most common symptoms of zinc deficiency is prostate enlargement. Chronic prostatitis, where inflammation of the gland is combined with infection, has been found to respond to treatment with zinc. **Extra Strength PROSTAID** with **Pygeum Africanum** also contains 10 mg. of zinc per tablet. Some doctors have called zinc the "man's vitamin".

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| ...often have sudden urges to urinate? | <input type="checkbox"/> | <input type="checkbox"/> |
| ...have a weak urine stream? | <input type="checkbox"/> | <input type="checkbox"/> |
| ...frequently need to urinate? | <input type="checkbox"/> | <input type="checkbox"/> |
| ...have the sensation that you have not emptied your bladder completely after urinating? | <input type="checkbox"/> | <input type="checkbox"/> |
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Today's TECHNOLOGY AND YOU

Whole-house surge protectors can save money

Q: My computer, microwave oven, VCR, etc., do not always work properly and do not last as long as they should. Would installing a whole-house voltage surge protector help? Does one use much electricity? - S. D.

A: Today's modern homes should have a whole-house voltage surge protector installed in addition to individual plug-in outlet surge protectors for expensive electronic devices and appliances. This two-stage surge protector method will protect your home's electronic equipment from all but a direct lightning strike.

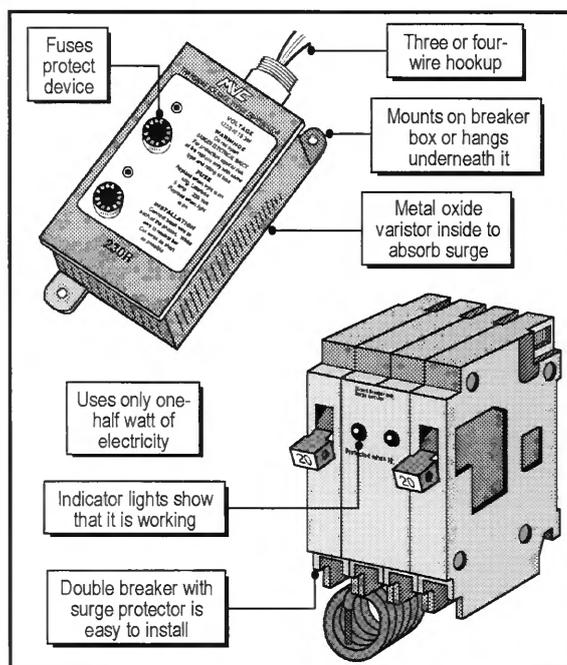
Most whole-house surge protectors consume less than one-half watt of electricity (about three cents per month). Installing one in your house can save hundreds of dollars in appliance replacement and repair costs.

By controlling voltage surges, contacts in motors (refrigerator, washer, etc.) last longer. There also is less energy loss and heat buildup for more efficient operation. Incandescent light bulbs and fluorescent tubes last longer and stay brighter while using less electricity.

Although electric cooperatives install special equipment and do everything possible to provide "clean" steady electrical power to your home, each day hundreds of short-duration voltage surges, many over 5,000 volts, enter your home. These voltage surges are

typically caused by the switching on and off of common electric motors.

For example, the switching on and off of nearby or distant neighbors' clothes washers, furnace blowers or air conditioners can send surges through the electric lines into your home. A large compressor motor at a nearby grocery store and electric farm equipment are other common sources of strong voltage surges.



Voltage surge protectors for entire house

These surges can cause many problems, from just a simple computer glitch to an instant burnout. Most often, these surges slowly break down the solid state components and insulation, so the electronic device fails prematurely. A device like a microwave or VCR that sometimes loses its programmed memory is indicating problems from voltage surges.

It is not only sophisticated electronic equipment like computers, VCRs and microwaves that are damaged by high-voltage surges. Most new dish-



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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washers, clothes washers and dryers, even coffee makers, have delicate electronic controls that can be damaged by high-voltage surges.

At the heart of most whole-house surge protectors is a metal oxide varistor (MOV) component to control the voltage surges as they enter your home. This special material absorbs the excess electrical energy and slowly and safely dissipates it to ground. A surge protector with a larger MOV component can absorb and withstand stronger voltage surges. The best ones use MOV components that are about the size of a silver dollar.

There are several designs of effective whole-house surge protectors. A standard double circuit breaker design with a built-in surge protector is the easiest to install yourself. If you are not handy with electrical work, an electrician can install it in about five minutes.

Another design hangs from a standard knockout in the bottom of a circuit breaker box. I have used this type in my own home for the past nine years.

It attaches with just three or four wires. It has a fuse and warning light to show if it is working properly. Always switch off the incoming main breaker before touching any wires.

A third design is mounted under the electric meter. It looks like a large mounting disc that fits between the electric meter and your wall and usually requires professional installation.

Not all whole-house models provide equal protection. Compare several key performance specifications before buying one. Total energy dissipation specification (in joules) is important. A model with a higher value blocks stronger voltage surges without being damaged. The warning light will let you know if a huge voltage surge has burned out the MOV while protecting your electrical equipment.

An equally important specification is the clamping voltage.

This indicates the voltage surge level at which the protector begins to block the excess voltage. A lower number, often around 240 volts, is good.

Write for Utility Bills Update No. 846 showing a buyer's guide of 15 whole-house surge protectors listing design type, clamping voltage, energy dissipation, prices and information on a plug-in timer outlet model. Please include \$2

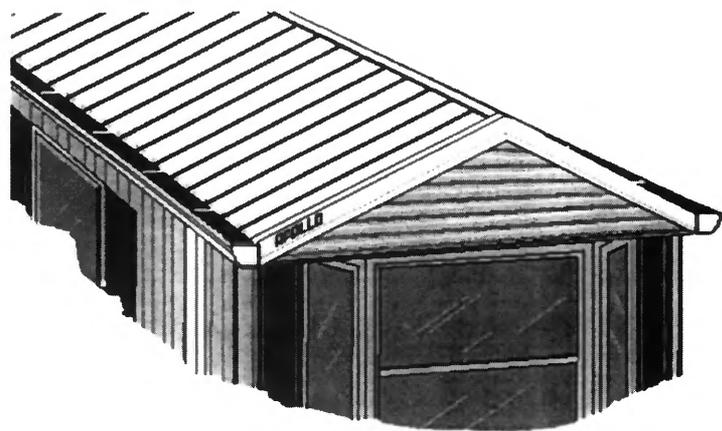
(with checks payable to Jim Dulley) and a business-size SASE, and send to Jim Dulley, Illinois Country Living, P.O. Box 3787, Springfield, IL 62708.

(Editor's note: Many Illinois electric cooperatives sell surge protection devices. If your cooperative doesn't provide them for sale, they have someone who can provide you with technical advice and suggestions.)

Would you go out in public wearing an ugly hat?....Don't put one on your mobile home.

Finally...

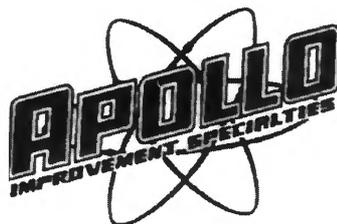
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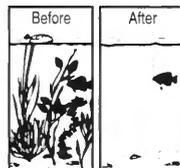
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Clark's Greenhouse & Herbal Country overlooks San Jose. Wilma Clark (inset) nurtured a free pack of basil seeds into a growing business.

Sweet smelling success

Wilma Clark's love affair with herbs began innocently one spring when her mail order tomato plants arrived with a free package of basil seeds. "And it smelled soooo good! I said, 'I gotta find out more about this.' " Her research led her to other culinary and medicinal herbs and to an herb convention. "I found out how much you can do with herbs. I went nuts then."

Eleven years and six greenhouses later, she's nurtured those seeds into a burgeoning specialty crop farm, employing two people, supplying 14 wholesale businesses, and drawing scores of visitors to her rural San Jose home daily. Clark's Greenhouse & Herbal Country farm is one of a growing number of small operations finding a big niche in the specialty crop and "entertainment farm" market.

The Clarks' farm home, about a mile southwest of San Jose, sits on a hill overlooking the town. Visitors stroll among the 40 beds of culinary herbs used for fresh

cuttings, including several theme beds. Clark also sells herb seasonings, teas, vinegars and potpourri, along with tussie mussies, swags, cinnamon brooms, and other everlasting decorations in her century-old barn.

Festivals in the spring (April 26-27) and fall (Sept. 20-21) lure visitors from Bloomington, Peoria, and Springfield, each about a 45-minute drive away. Several feathered and furry creatures also help draw folks handicapped by the realities of city living. "They can come out and enjoy the farm life and enjoy getting out for the day," said Clark, who, along with her farmer husband, Donnie, owns property on Menard Electric Cooperative lines.

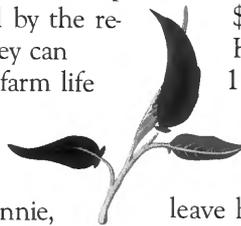
She enjoys sharing her experiences with others who would like

to start such an operation. As vice president of the Illinois Herb Association, she will host its Herbal Bazaar and Educational Seminar as part of her fall festival.

Her twice-a-year newsletter is fat at 20 pages and a bargain for only \$1. Once delivered to 10,000, she started asking for \$1 to help cover her printing and postage costs and to pare the list down to 5,000 who are intensely interested in the latest news about new cultivars, classes and specials. (Send \$1 to Clark's Greenhouse & Herbal Country, RR1, Box 15B, San Jose, IL 62682, or call her at (309) 247-3679.)

"I like people to believe that when they leave here with a plant that I'm selling happiness with this plant. Not just plants. I sell happiness," said Clark.

—Story by Janeen Keener



Specialty Growers: Third in a periodic series

Information about joining the Illinois Herb Association is available through the Illinois Specialty Growers Association, 1701 Towanda Avenue, Bloomington, IL 61702-290, phone (309) 557-2107.



photo by Joe Jmes, Southern Illinoisan

Lillian Crosley, 85, has lived in Junction all her life. This spring's flood was the 13th she's had to endure. Floods are a fact of life for those near rivers, but the clean up can also be an opportunity to renew your home's energy efficiency.

After the flood

Cleaning up can be an opportunity to improve your home

Though recent spring seasons have brought flooding to riverside homes and low areas, flash floods can happen anytime. Cleaning up after a flood can be an emotional and expensive experience, but it also gives home-owners an opportunity to make improvements in their home's energy efficiency that can save money over the long term.

Although everyone wants life to return to normal as soon as possible, for safety, health and financial reasons it's a good idea to take the time to do the job right. Insulation and most appliances will need to be replaced anyway. So this is a perfect time to upgrade your home with increased insulation and appliances with higher energy efficiencies. The small increase in cost for more energy efficient materials and appliances will be paid back in energy savings and increased comfort.

Building materials exposed to flood waters can decay, swell, warp or shift out of alignment. Electrical equipment and gas valves can corrode. Wet material is a perfect place for mold growth. Allergic reactions are not uncommon. A flooded home must be cleaned, dried and decontaminated before any other repairs can begin. Flood waters and mud often contain sewage, hazardous materi-

als, and microorganisms that make decontamination a critical but sometimes neglected part of the clean up process. A solution of 5 percent to 10 percent chlorine bleach and water are recommended for decontamination. It's a good idea to repeat the treatment at least twice within 30 minutes. Be sure to ventilate the area and wear a mask and waterproof gloves to protect yourself.

Cleaning out the water, mud and other debris is just the first step. Drying out the home can take several days or several months depending on the flood damage and weather after the storm.

Wood framing will normally be structurally sound, but if moisture persists decay will cause damage. Wet wood swells, but usually returns to its original dimensions. The problem is that new cracks may develop between building materials. These will need to be sealed to prevent air infiltration later. Drywall and insulation act like a sponge and in almost every case should be removed and replaced. Older homes can really benefit by increasing the level of insulation. If flood waters reach the ceiling, remove all insulation and allow rafters and trusses to dry. Even humidity levels can cause wet, sagging ceilings to collapse.

Most floors will not survive a flood. Remove floor coverings to speed drying of the sub-floor. Older subflooring may need to be replaced. In a crawl space or basement, remove all wet insulation and plastic sheeting. In most cases duct work and duct insulation will need to be replaced. Mud, mold and mildew can be difficult to clean out of ducts. In basements it may not be a good idea to remove standing water immediately. Ground water outside the basement is pushing hard against basement walls. At the same time, water in the basement is pushing out. Keep the sides balanced until water subsides, otherwise the basement floor and walls may crack.

Some say fiberglass insulation can be dried and reused, but most experts recommend replacement to avoid mold and mildew and speed the drying process.

Besides, replacing insulation is relatively cheap and higher insulating materials can be used. A standard two-by-four wall with fiberglass insulation batts rated at R-11 can be upgraded to R-13 or R-15 with medium or high density fiberglass. Even better R-values can be achieved with foam sheathing or new cellulose insulation products.

Before re-insulating walls, floors or attics, seal any air-leakage paths around sill plates, chimneys, flues and plumbing penetrations with caulking or expanding foam.

When replacing insulation you may discover new areas of moisture. You may be tempted to complete the insulation job, but it is obviously better to wait and let the area dry completely. Be patient; it can take weeks, but you will avoid headaches later caused by rotting building materials or serious health problems caused by mold and mildew.

To repair or replace appliances is a tough decision. Many home-owners are surprised to learn they are not covered by flood insurance and the financial burden of replacing appliances can be overwhelming. However, if possible it is almost always best to replace most appliances. You will avoid a long list of problems and you'll also benefit from the increased energy efficiency of new appliances. Also, heating and cooling systems, refrigerators, water heaters and other appliances damaged by flood water can be dangerous if not repaired properly.

Most manufacturers recommend that motors, electrical components, safety controls, and gas valves be replaced. If you add up the repair cost, along with the potential problems, replacement often makes better economic sense. In most homes insulated wiring is fairly waterproof. However, if the walls are open and connections, receptacles and switches are being repaired or replaced anyway, now may be a good time to upgrade the wiring system too.

Water heaters, either gas or electric, are better replaced than repaired in most cases. Replacement is often easy and fairly inexpensive. Valves and controls on gas water heaters can corrode. Thermostats and controls

on electric water heaters will also need to be replaced. And, insulation on either type will take a long time to dry and probably cause corrosion of the tank.

Heating and air conditioning equipment should also be replaced in most cases. Even if gas valves, pressure regulators, controls and motors are replaced, parts may corrode later, causing malfunctions, loss of efficiency or safety problems. Some heat pumps and air conditioners are simply installed through the wall or window-mounted and may be salvageable. However, split systems with an indoor and outdoor unit may have a breach in the refrigeration system because of shifting during a flood. If you decided to repair the system, it should be cleaned, dried, disinfected and thoroughly checked by a qualified refrigeration mechanic. If you were using an electric

resistance heater and a separate air-conditioning system, you should consider upgrading to a more energy-efficient heat pump. Have a professional size the unit properly, taking into account the new insulation levels of your home. Also, purchase a unit with the highest energy efficiency (SEER) rating you can afford.

Refrigerators and freezers, like heat pumps and air conditioners,

should probably be replaced. Wet, contaminated insulation can be very slow to dry and will be conducive to bacteria growth, and that's not something you want around your food. Refrigerators, like heat pumps and air conditioners, are sealed refrigeration systems. Unless punctured during the flood, that part of the system may be in good shape. But bottom-mounted condensers and fan motors should be checked and may need replacing. Refrigerators can easily account for 15 percent of your home's energy use. Once again, a new refrigerator can also save money in the long run. Like refrigerators, washing machines and dryers may need replacement rather than repair. But other small appliances like microwaves and TVs may just need to be cleaned, dried and disinfected inside and out. With careful attention to electrical parts you may not have to replace these items, but be sure to allow plenty of drying time before testing.

Work with your insurance adjuster to decide on repair versus replacement decisions. You may also qualify for relief assistance programs. Contact the Federal Emergency Management Administration (FEMA) to find out more. For more information FEMA also has a free publication called "Repairing Your Flooded Home." FEMA also administers the National Flood Insurance Program (NFIP). For information: NFIP, 500 C Street SW, Washington, D.C. 20472, 1(800)427-5593, or on the World Wide Web <http://www.fema.gov>. The Red Cross can help flood victims with groceries, new clothes and emergency home repairs. The Red Cross phone number is 1(800)634-4661.

—Story by John Lowrey

Older homes can really benefit by increasing the level of insulation.

SEA ISLAND TUNA SALAD

Edith Evans

- 1 (6 1/8 oz.) tuna, drained
- 1 (16 oz.) can small peas, drained
- 1 small onion, chopped fine
- 3/4 C. Velveeta cheese, cut up
- 2 T. green pepper
- 1/2 tsp. celery seed
- 2 C. elbow macaroni, cooked & drained

Mix all ingredients together with 1/2 C. Miracle Whip® and 1/2 C. sour cream.

St. Francisville Woman's Club**MINI POTATO SKINS**

Peggy Jo Lawrence

- 1 (24 oz.) package shredded hash brown patties, thawed
- 1 egg, slightly beaten
- 1 1/2 C. Cheddar Cheese, shredded
- 1/2 C. sour cream
- 1/3 C. real bacon pieces
- salt and pepper to taste

Preheat oven to 400°. Separate hash brown patties into shredded pieces. Mix hash browns and egg. Spray mini-muffin pans with vegetable oil spray. Place a small scoop of hash brown mixture into muffin cups. Press hash brown mixture into bottom and up sides of pan. Bake 30 minutes. Sprinkle tops with cheese. Bake an additional two minutes or until cheese is melted. Place a small dollop of sour cream on top of each cup. Top with bacon, salt and pepper. Serve warm. Make 36 appetizers.

SPINACH DIP

Joyce Potts

- 1 C. sour cream
- 1 C. mayonnaise
- 1 pkg. frozen chopped spinach
- 1 pkg. Hidden Valley Ranch® Salad Dressing

Mix sour cream, mayonnaise and Hidden Valley Ranch Salad Dressing. Then add spinach which has been squeezed dry.

LINGUINI SALAD

Shirley Jones

- 1 pound linguini
- 8 oz. zesty Italian dressing
- 2 tomatoes, chopped
- 4 T. McCormick®'s Salad Supreme
- 6 green onions, chopped

Cook linguini according to package directions. Drain and pat dry. Stir all ingredients together and chill.

CLAM CHOWDER

Nancy Janes

- 2 cans (Campbell's®) New England-style clam chowder
- 1 can Pet® evaporated milk (or 1 qt. Half & Half)
- 3 cans cream of potato soup
- 1 medium onion, diced
- 1/2 stick oleo
- 1 can minced clams

Save juice off minced clams. Saute' onion and minced clams in oleo, lightly. Put all ingredients in Crock•Pot® except clam juice. Cook one hour on high and 3 hours on low. Stir occasionally. Add clam juice.

BACON FRIED RICE

Dorothy Taggart

- 1/2 lb. bacon
- 3 eggs
- 4 T. vegetable oil
- 4 T. soy sauce
- 4 cups cold cooked rice
- 1/2 tsp. salt
- 1/2 C. green onions, cut in 1/4-inch pieces

Cut bacon in 1/4-inch pieces, then fry; drain on paper towel. Beat eggs well. Using 1 T. oil in skillet, scramble eggs. Breaking in small pieces, set aside, on plate. Heat 3 T. oil in clean skillet or wok; add rice. Mix well with oil. Blend in eggs, soy sauce, green onion and bacon. Mix thoroughly. Serve. (Can be frozen, thawing 2 hours at room temperature before reheating in oven).

HONOLULU HEAVENLY HASH

Marena McDonald

- 1 (8 oz.) Pkg. Cool Whip®
- 1 can crushed pineapple
- 1 can strawberry pie filling
- 1 C. chopped nuts
- 1 can sweetened condensed milk
- "Magic Shell"® chocolate topping

Mix all ingredients except chocolate topping and 1/4 C. of the nuts. Pour into 8x11-inch cake pan. Sprinkle with nuts saved and chocolate topping over the top. Freeze until firm and slice.

BROCCOLI AND ONION AU GRATIN

Marcia Lewis

- 2 T. butter
- 2 T. all-purpose flour
- 1/2 tsp. salt
- 1/4 tsp. rosemary leaves, crushed
- 1/4 tsp. pepper
- 1 1/2 C. milk
- 1 C. shredded Swiss cheese
- 2 C. broccoli flowerets
- 1 medium onion, cut into eighths
- 2 C. fresh bread crumbs
- 1/3 C. butter, melted
- 1/4 C. chopped fresh parsley

Heat oven to 350°. In 1-quart saucepan, melt 2 T. butter, stir in flour, salt, rosemary and pepper. Cook over medium heat, stirring constantly until smooth and bubbly, about 30 seconds. Stir in milk. Continue cooking, stirring occasionally, until mixture thickens and comes to a full boil, about 4 to 5 minutes. Boil 1 minute. Remove from heat; stir in cheese until smooth. Set aside. In greased shallow 1-quart casserole baking pan, place broccoli and onion. Stir in cheese sauce. In small bowl, stir together all remaining ingredients. Sprinkle over broccoli mixture. Bake for 25 to 35 minutes or until top is golden brown and broccoli is crisp/tender.

SCALLOPED CABBAGE

Carol Short

- 1 head of cabbage
- sliced American or Velveeta® cheese
- 1 can cream of mushroom soup
- sliced butter
- croutons

Cook cut up cabbage until tender. Drain and season with salt and pepper. Pour in a 2-quart baking dish. Stir in mushroom soup and top with sliced cheese and butter. Bake at 350° for 20 minutes. Remove from oven, top with croutons and bake 10 minutes more before serving.

BROWNIE CUPS

Julie Ivers

- family size Duncan Hines® Brownie mix
- 1/4 C. oil
- 1/3 C. water
- 1 egg
- foil cup cake liners
- small Reese's® peanut butter cups

Combine brownie mix, oil, water and egg. Fill foil cupcake liners half full. Bake at 350° 10 minutes. Push down Reese's® cup into cupcake. Bake 5 minutes more.

STRAWBERRY PIZZA

Phyllis Padgett

- Crust:**
- 2 C. all-purpose flour
- 2 sticks margarine
- 1/2 C. powdered sugar

Blend with hand the flour, margarine and powdered sugar. Press into a pizza pan. Bake 15 minutes at 350°. Cool.

Filling:

- 1 C. powdered sugar
- 8 oz. cream cheese, softened
- 8 oz. Cool Whip®

Mix powdered sugar and cream cheese. Add Cool Whip®. Spread on cooled crust.

Topping:

- 1 pkg. strawberry glaze
- 1 quart strawberries, thinly sliced

Combine strawberries and glaze. Spread on top. Refrigerate.



Fifty years ago Don Wheat was using a cross cut saw like this one to clear right of way for new power lines.

Don Wheat won't quit

The real heroes are out on the line every day and this co-op employee has been there for 50 years

When most of us think of our electric cooperative we think of employees like Don Wheat. Helping to keep the lights on for the rest of us, they are a special breed. Their dedication to the job and their work ethic is hard to find these days. But Don Wheat may have set a record worthy of the Guinness Book—in the 50 years he's worked for Wayne-White Counties Electric Cooperative, he says he never got up in the morning dreading the thought of going to work.

That is saying a lot when you realize Don has always worked on the brush clearing crew, one of the most physically demanding jobs at any cooperative.

World War II ended just a year before Don started, and the co-op was off the ground and running well. However, before the war, it had been difficult to sign members up,

and even more difficult to get land-owners to provide easements for line construction. Some were afraid they'd be unable to pay their monthly electric bill, which often amounted to \$3 to \$5.

By the time the war was over, even the most hardened skeptic knew electric co-ops could succeed, and people had a lot of money they'd earned during the war. Since jobs had been abundant and things to buy had been scarce because of rationing, there was a pent-up demand for appliances and lights and the electricity to power them.

There was a waiting list for new services and work was proceeding as fast as possible. To speed the process, the co-op brought in outside contractors, and Don worked for a brush-clearing firm.

After that job, Don, a Wayne County native, hitchhiked to

Rochelle, to work in a cannery. The seasonal nature of the work, and the distance from home convinced Don to look for a job in or near Fairfield.

"Owen Chaney was manager at that time," Don relates, "and I called him at home one evening and told him I was looking for a job. He told me to come in the next day and reminded me to bring my gloves and dinner bucket. I actually hired on at the co-op on Sept. 30, 1947, as a member of the clearing crew.

Don has had to break in several new managers over the years. "I've worked for six managers including Owen Chaney. I worked for Sam Miller, Bill Endicott, Chris Bennett, Dale Warren and Jack Young, and they've all been great to work for," he said.

When Don started in 1947, crosscut saws and axes were the tools of the trade. Today, hydraulic circular saws, chain saws, and best of all, bucket trucks all make the job safer and more productive. "We got our first chain saw in 1948. It was a 4-foot saw, and it took two men to operate it. It had a pair of handlebars on one end and a single handlebar on the other," said Don.

Not content with just working an eight-hour day, Don also has been involved in farming and a timber cutting business. Don, who turned 69 in January, chuckles when he tells about the time former Manager Dale Warren encouraged him to "slow down a little." That was about four years ago.

"Wayne-White's always been a great place to work, and it still is. I've worked with some of the greatest people in the world—our members. Some of the people I work with now are the grandchildren of the people I worked with years ago. They're part of the reason I never dreaded going to work."

Don and his wife, Bettie, have three sons and a daughter, are grandparents of 11 children, and have 5 great-grandchildren. It's because of employees like Don that we can honestly say cooperatives are rooted in their communities.

— Story and photo by Jack Halstead

FUNNYBONE

• Little Johnny had been telling lies. One day his grandmother took him on her lap and asked him if he knew what happened to little boys who told lies. When he said no, she said a big man from Mars comes and takes them home with him, where he makes them dig in a deep hole for 20 years.

"Now, you won't tell any more lies, will you?"

"No, grandma, you tell them better than I do," he replied.

Iona Kegley, West Salem

• A man approached a farmer and told him he would like to inspect his farm and that he was with the farm bureau.

The farmer said he would rather not have him go back in the field.

The man insisted and showed the farmer his card of authorization.

"Ok," said the farmer, "if you insist."

So the inspector disappeared over a hill. In a short time, he came running over the hill yelling for help with a big bull after him.

The farmer said, "Show him your card, mister."

Earl H. Brown, Peoria

• What did one snowman say to the other? We've come a long way from a chance of a few snow flurries!

Mary Grawe, Quincy

• An elderly gentleman was walking through the park one afternoon when he heard a voice, "Hey you! Hey!" He stopped, looked around but didn't see anyone. As he started to step forward, he heard, "Hey you! Hey, down here."

He looked down and near his feet was a frog. The frog said, "Pick me up and kiss me and I'll turn into a beautiful woman and fulfill your every desire."

The man picked up the frog, put it in his pocket and began walking.

The frog said, "Aren't you going to kiss me?"

The man replied, "No, at my age I'd rather have a talking frog!"

Nicholas Smirnes, St. Francisville



Is there a funny story in YOUR family (that's proper for a family magazine)? *Illinois Country Living* pays \$5.00 for each joke chosen for

Illinois Funnybone. Send your humorous story to *Illinois Funnybone*, P.O. Box 3787, Springfield, IL 62708-3787.

Plain Old Baking Soda A Drugstore In A Box?

(SPECIAL) Over one hundred years ago trusted baking soda remedies were believed to have amazing curative powers. They were also used to clean everything from silver to precious carpets and linens. Why is baking soda making a dramatic comeback as an ingredient in home remedies? Because it is environmentally friendly, inexpensive and it works.

Medical science recognizes the medicinal value of baking soda. For example, it is used in kidney dialysis to reduce levels of acids in the bloodstream. But there are hundreds of everyday uses for baking soda you've never heard of. They're all in a new book, now available to the general public, by contributing editor to Family Circle Magazine, Vicki Lansky.

Discover over 500 remedies using baking soda with other ordinary household items like: vinegar, lemon, toothpaste, sugar, salt and more. A little baking soda with a pinch of this and a dash of that can:

- Soothe SORE GUMS, CANKER SORES and SUNBURN
- Make a SORE THROAT disappear
- Fight HEARTBURN and ACID INDIGESTION
- Stop the pain of BEE STINGS and BLISTERS
- Help PSORIASIS sufferers
- Dry up ACNE and POISON IVY
- Clear up a STUFFY NOSE and ITCHY EYES
- Replace lost salts from DIARRHEA
- Help relieve VAGINAL ITCHING

- Treat ATHLETE'S FOOT naturally
- STOP SMOKING (based on research at Mayo Clinic)

Can you believe that a baking soda formula was used to clean the interior of the Statue of Liberty in her recent restoration? Well, there's practically nothing under the sun that a baking soda recipe can't clean - and clean and deodorize better than expensive store-bought products. Fact is, baking soda is the ultimate deodorizer because it doesn't simply cover up odors - it actually absorbs them. It's a natural alternative to toxic, harsh chemical cleaners. Just whip up an easy baking soda recipe to make:

- A powerful bleaching formula for formica
- Homemade scouring powder
- Drain cleaner for clogged drains
- Dishwasher detergent that makes dishes gleam
- An oven cleaner that eliminates elbow grease
- Allergy-free deodorizers for the whole house
- Upholstery cleaner that makes fabrics look new
- A cleaner for copper pot bottoms
- A great rust remover formula
- Tile cleanser that works like magic
- A little-known formula that really cleans old, porous tubs
- A lifesaver for white rings and spots on wood furniture
- The perfect cleaner for gold, silver and pearl jewelry
- A tooth whitener that makes teeth sparkle
- A denture soak that works great

Imagine, over 500 time and money-saving tips like how to use baking soda to: melt ice on sidewalks, boost bleach's whitening power, remove age stains from linens, remove crayon and ink stains, kill ants and roaches, keep icing moist, keep color in vegetables, make cuts disappear from countertops, clean stainless sinks without scratching, whiten porcelain sinks, put out grease and electrical fires, clean burned pans, clean up pet stains, eliminate gas from baked beans and the list goes on and on. There are even dozens of tips for around the garage like: how to remove bugs and tar from car, make a great car wash solution, unclog radiators, neutralize battery corrosion.

Right now you can receive a special press run of Vicki Lansky's *Baking Soda* book for only \$8.95 plus \$1.00 postage and handling. You must be completely satisfied, or simply return it in 90 days for a full refund.

HERE'S HOW TO ORDER: Simply print your name and address and the words "Baking Soda" on a piece of paper and mail it along with a check or money order for only \$9.95 to: THE LEADER CO., INC., Publishing Division, Dept. BK297, P.O. Box 8347, Canton, Ohio 44711. (Make checks payable to The Leader Co., Inc.) VISA or MasterCard send card number and expiration date. Act now. Orders are filled on a first-come, first served basis.

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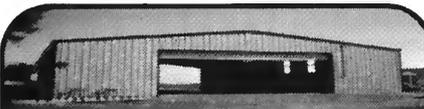
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Illinois DATEBOOK

Annual Dogwood Festival, May 2-4, Quincy. (217) 223-4186

Louis Bellson Jazz Fest, May 8-10, Quad Cities. (309) 762-0736

Fulton Dutch Days Festival, May 2-4, Fulton. Visitors to Illinois' only authentic Dutch festival may enjoy food, costumes, pastries, a wooden shoemaker, porcelain doll auction and a parade. (815) 589-4545



NCAA Division I Women's Golf Tournament, May 8-10, Bloomington. Prairie Vista Golf Course. (309) 438-8000

Barn Again!, May 10-June 21, Carrollton, Greene County Historical and Genealogical Society (on the square) presents this traveling Smithsonian Exhibition exploring barns in all segments of American life, from their architectural forms to their use in advertising. Highlighting distinct architectural types, the exhibition's variety of barn styles reveals the creativeness of farmer-builders who adapted them to fit their own needs. (This exhibition also will appear in Galena beginning in mid-September. For a complete schedule, visit the Smithsonian's website at: <http://www.si.edu/sites>.)

Quilt Show, May 16 & 17, Bishop Hill Colony School. (309) 927-3851

Fiber Jubilee, May 17, Lincoln. Skilled craftspeople gather at the Postville State Historic Site to demonstrate natural dyeing, quilting, weaving, carding, bobbin-lace making and spinning flax



into linen. This is the tenth annual event and is cosponsored by the Chautauqua Fiber Arts Guild. Joining them will be members of the Prairie Arts Chapter of Embroiders Guild of America of Springfield. The courthouse is a reproduction on the same site of the original 1840 Logan County Courthouse where Abraham Lincoln practiced law. The original building was purchased in 1929 by automobile magnate Henry Ford, who

moved it to Greenfield Village, Michigan, as a Lincoln memorial. (217) 732-8930

Scottish Highland Games and Celtic Festival, May 17, Springfield. Events from 8 a.m. to 11 p.m. at the Illinois State Fairgrounds include bag piping, band and dance competitions, traditional athletic games, 30 massed bands, Celtic vendors, falconry and a dog show, clan tents, and a caber toss (in which men toss utility poles).

Events end with a Ceilidh (a big party and dance) featuring the band *Celtic Aire*. (217) 241-3000.

Old Capitol Art Fair, May 17-18, Springfield. Now in its 36th year, the fair is the largest judged art fair in Central Illinois with more than 200 nationally celebrated artists and a children's tent. (217) 585-8000

Raggedy Ann and Andy Festival, May 17-18, Arcola, Raggedy Ann and Andy memorabilia, entertainment, arts and crafts, parade, food, antiques and items for sale are sure to delight the entire family. (217) 268-4530

Rend Lake Water Festival Parade & Pageant, May 17, Benton. (618) 438-2121

Environmental Science and Summer Sunset series, Rend Lake, Benton, May 26-September 1. An Environmental Science Series runs on weekends at the visitor's center. Also, on Saturday evenings in the Visitor's Center amphitheater is the Summer Sunset Series. Both are free. (618) 724-2493

Kids' Day at Cahokia Mounds, May 18, Collinsville. (618) 346-5160

PPG Indy Car World Series, May 22-24, Madison. Gateway International Raceway. (618) 482-5501

Herrin Festa Italiana, May 22-26, Herrin. (800) IT-FESTA or (618) 346-5160



World Championship Old-Time Piano Playing Contest, May 23-25, Decatur. Old-time pianists from the world over gather to show their stuff at the Holiday Inn Select Conference Hotel. Featuring

piano competitions, music workshops, sing-along, instrumental music, variety acts, dealer's room for sheet music, piano rolls and collectibles. (217) 422-8800 or (217) 428-2403

Southern Illinois Festival of Arts and Crafts, May 24 & 25, Whittington. (618) 629-2220

Mt. Vernon Open Tennis Tournament, May 24-26, Mt. Vernon. (618) 242-6890

4th Annual Specialized Cactus Cup, May 30-June 1, Chestnut Mountain ski resort, Galena. This

mountain bike event gives Midwestern cyclists a chance to compete against nationally known riders. More than 500 cyclists and still more fans are drawn to this event sanctioned by the National Offroad Bicycle Association. Friday night events start with the "Fatboy Criterion" through the narrow



winding streets of Galena. Saturday and Sunday events occur on the rugged,

wooded countryside surrounding the lodge, including time trials, dual slalom, cross country, kids rodeo and kids race. (800) 688-3883 or (800) 245-3462

Gospel Music Festival, May 30-June 1, Decatur. At the Holiday Inn Select Hotel. (217) 243-3159

Strawberry Fest, May 30-June 1, Newton. Jasper County residents invite you to sample delicious strawberry foods and homemade ice cream. Also, a flea market, juried arts and crafts, antique show, a double-nickel run, pancake breakfast, horseman's parade, music, games and entertainment every-day. (618) 783-3399



31st Midwest Team Challenge Match Fishing Championship, LaSalle, May 31. (800) 746-0550

Meredosia RiverFest, May 31 & June 1, Meredosia. This riverfront fest celebrates traditional river life and crafts. (217) 584-1356

Illinois Country Living publishes event listings as space allows, giving preference to events of regional or statewide interest. Event listings are provided by the event sponsors and the Illinois Bureau of Tourism. The magazine assumes no responsibility for the accuracy of information submitted for publication and advises calling ahead to confirm dates and times. To be considered for inclusion, send listings to Illinois Datebook, Illinois Country Living, PO Box 3787, Springfield, IL 62708-3787. Event listings must be received by the magazine at least two months before the event and must include a phone number for more information.

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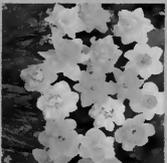
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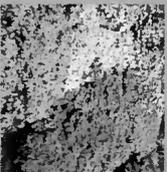
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Our experts have done the work for you! They've selected the best and brightest to give you a garden that blooms fantastically every season *without* replanting! This all-in-one garden boasts 5 each of 7 beautiful perennials. Our choices may include Anemones, Carnations, Coreopsis, Hollyhocks, Shasta, Daylilies, Dianthus, Geraniums, and more! 1-year-old plants.

1 Garden \$12.95



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Please send my order as indicated for full delivery. Include all PERK! items which I may request. If I do not completely satisfy, I may return my order within 15 days for a full refund or replacement, my choice.

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MR. _____
MRS. _____
MISS _____
MS. _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

| HOW MANY | ITEM NO. | ITEM | COST |
|----------|----------|---|------|
| | 10637 | Tulip Bulbs (50/\$2.99 - 100/\$5.88 - 200/\$11.48) | |
| | 06601 | Daffodils (10 for \$2.99 - 20 for \$5.78) | |
| | 13698 | Rainbow Iris (10 for \$3.99 - 20 for \$18.98) | |
| | 02717 | Creeping Phlox (12/\$4.99 - 24/\$8.98 - 48/\$16.98) | |
| | 05033 | Lilies for Naturalizing (10/\$7.99 - 20/\$13.98) | |
| | 21246 | 150-pc. Bulb Garden (1/\$9.95 - 2/\$18.90) | |
| | 19521 | 35-pc. Perennial Garden (1/\$12.95 - 2/\$22.90) | |
| | 6 | Grape Hyacinths with any order | 0.00 |
| | 6 | FREE Alpine Rosy Bells if order totals \$7.00. | 0.00 |
| | 6 | FREE Sunny Twinkles (plus 6 Alpine Rosy Bells), if order totals \$10.00. | 0.00 |
| | 8 | FREE Glory of the Snow (plus 6 Alpine Rosy Bells and 6 Sunny Twinkles) if order totals \$14.00. | 0.00 |

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