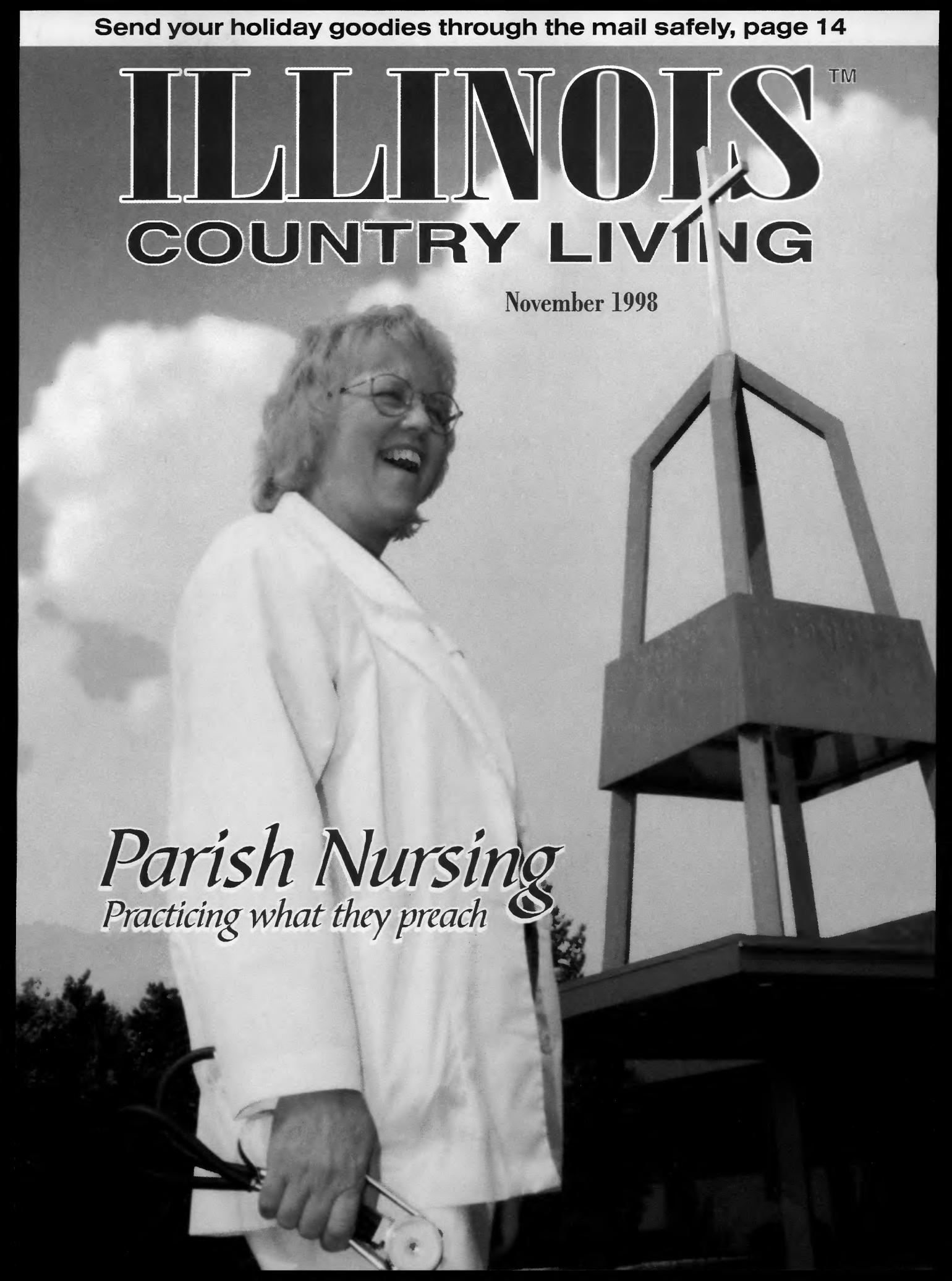


Send your holiday goodies through the mail safely, page 14

ILLINOISTM

COUNTRY LIVING

November 1998



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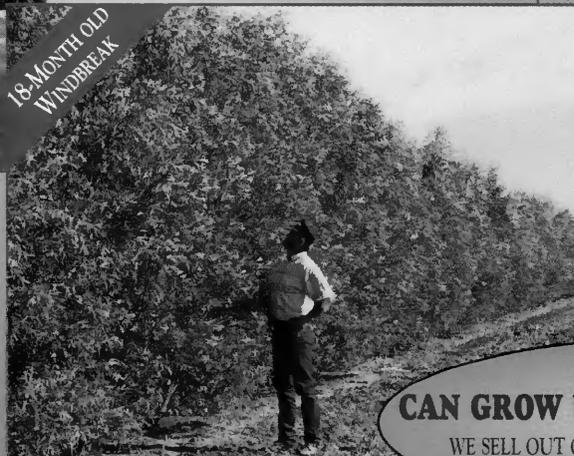
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COVER STORY

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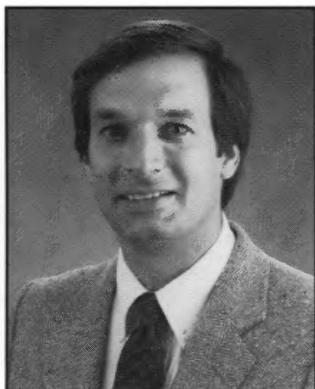
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COMMENTARY

Sealing abandoned water well helps protect drinking water

Although the total number of abandoned wells in Illinois is unknown, estimates range from 50,000 to 150,000. Every year, many wells are abandoned when they are replaced with new wells or when homes are connected to community water systems. Abandoned wells pose an immediate threat to human safety and provide a direct route for contaminants to



George Czapar

pollute a water supply. This is a hazard that affects both urban and rural residents.

The risk of accidents for humans or domestic animals is greatest with large-diameter or dug wells, but any abandoned or unused well poses a threat to groundwater quality. The upper layers of soil normally act as a filter that effectively removes contaminants.

Abandoned wells allow pollutants to bypass this filtering process and provide a direct path from land surface to groundwater.

What if there is an abandoned well on your land, but you are not sure of the exact location? Since abandoned wells are not always clearly visible, it may be necessary to contact former property owners or neighbors who might remember well locations. In addition, local well drillers often have site records of previous installations. If old photos are available, they may show windmills, houses, barns or other buildings that have since been torn down, but where wells might be located. Finally, the Illinois State Water Survey maintains a database of well records. Their groundwater information office can be reached at (217) 333-9043.

George Czapar is an integrated pest management educator with University of Illinois Extension. He received his B.S. and M.S. degrees from the University of Illinois and his Ph.D. in Agronomy from Iowa State University. Dr. Czapar serves as coordinator for the best management practices (BMP) water quality project, and is based out of the Springfield Extension Center. Telephone (217) 782-6515. E-Mail: gczapar@uiuc.edu

Sealing an abandoned well is generally not an expensive process but it must be done correctly, preferably by a licensed groundwater professional. Homeowners do have the right to seal their own wells, as long as they accept all responsibility for sealing the well in compliance with the Illinois Well Construction Code and all pertinent county codes.

Before beginning any work you must report the project to the local public health department and have a well sealing plan approved. The Illinois Department of Public Health has a list of well sealing requirements and approved fill materials. After the work is done, you must complete a sealing report and submit it within 30 days.

Information on well sealing is also contained in a recent publication from University of Illinois Extension. A fact sheet titled, *Sealing an Abandoned Well* is available from your local extension office.

Finally, the Illinois Water Well Sealing Coalition is a broad group of agencies and organizations working to promote abandoned well sealing efforts statewide. Protecting water quality is everyone's responsibility, and the best safeguard against groundwater contamination from abandoned wells is to properly seal them.

For more information

More detailed information can be found in the Illinois Well Construction Code, which can be obtained from local health departments or from one of the regional offices listed below.

Rockford Region
4302 N. Main St.
Rockford, IL 61103
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Marion Region
2309 W. Main
Marion, IL 62959
618-993-7010

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Peoria, IL 61614
309-693-5360

Edwardsville Region
#22 Kettle River Drive
Edwardsville, EL 61025
618-656-6680

Champaign Region
2125 S. First St.
Champaign, IL 61820
217-333-6914

West Chicago Region
245 W. Roosevelt Road,
Building 5
West Chicago, EL 60185
708-293-6800

An Important Announcement to Illinois Homeowners with Equity . . .

What Would You Do With An Extra \$3,600 to \$12,000 per year?

How to Get a Fast Mortgage Loan To Pay Off All Your Bills** (Even If You've Been Turned Down By A Bank Or Mortgage Company)

Rockingham, N.C. - Ray and Becky were frustrated. They'd bought the house 12 years ago and it was five years old when they moved in. Becky laughed out loud when she thought back to that time. Back then it seemed so big and beautiful. But now, 12 years and 3 kids later, the house felt small and run down. The house needed a new roof and her two youngest girls, Emily and Katie, were doubling up in the small 10 x 12 bedroom.

Five years ago, Ray and Becky had a contractor come and talk to them about a new addition. Becky remembered how excited she and Ray both were. They even paid to have the plans drawn up. But that was the year before Ray lost his job at the plant. She poured herself another cup of coffee and recalled how depressed they both were. It was over a year before he got another job. And during that time, they got behind on everything.

No Summer Vacation

They were so strapped for money one summer, they couldn't even take Emily and Katie to the beach for a few days for their annual vacation. Sure they finally got all caught up when Ray went back to work, it took them two years and by that time it had ruined their previously perfect credit record, it was a vicious cycle. You know, getting paid on Friday, sitting down on Saturday to pay bills and running out of money before all the bills are paid.

"I Hit A Brick Wall"

After they got caught up they tried again to borrow the money for the addition. First they got turned down by the local bank, then a mortgage company in town rejected them. They just kept hitting the same brick wall. Even though Ray had gone back to work in another carpet mill making MORE money, the late payments that showed up on his credit reports scared the local banks and mortgage companies away. Ray felt like he was working JUST to pay his monthly bills and doing nothing for himself, Becky or the kids. Then he ran into Harvest Mortgage Company. Harvest helped him get a loan to pay off all his bills and consolidate everything into one single payment that was \$358 lower than he had been making. That saved him a whopping \$4,296 per year, TAX FREE. In the first year, that was enough money to close in the back porch, AND enough left over for new bikes for the kids.

Home Equity is the Key



Carole Eskew, Sr., V.P.

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mortgage into one new and much lower payment. Or, we can help you get cash out of your home to buy a vacation home, start a business, whatever."

Compare your budget to this:

Amt.	Owed	Payment
\$12,000	2nd Mortgage	\$200 ⁰⁰
8,500	Auto Loan	375 ⁰⁰
2,000	VISA	100 ⁰⁰
2,000	MasterCard	100 ⁰⁰

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** Rates subject to change*

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Debbie C., Dallas

"We ended up paying off all our bills and rolling them all into one single payment. After we did, our total monthly payments dropped by almost \$400 per month."

Billy and Judy., Columbus

"Thanks to you and your great company, we feel reborn. Words can not express the relief we feel. We are so glad this battle with the bills is almost over."

James and Laurie C.

Recent Loans Include:

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- A \$100,000 loan to a borrower who couldn't verify income through tax returns.
- A \$95,000 bill-consolidation loan that saved the borrower over \$8,100 per year and a whopping \$124,000 over the loan period.

(No singlewides, please)

No Ivory Towers

"When you apply for a loan at Harvest Mortgage, your loan request is reviewed and decided upon by the people right in our office," says a Harvest executive. He added, "Since we are direct lenders, we don't send the information to some guys off somewhere in New York or California. We review and approve loans right here in town locally."

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Measure would defray infrastructure costs in rural communities

The chairman of the Senate Committee on Energy and Natural Resources, Frank Murkowski (R-Alaska), and Senate Minority Leader Thomas Daschle (D-S.D.) have introduced a bill they say is designed to help rural communities develop their energy and water infrastructures.

"The biggest single economic problem facing small communities is the expense of establishing a modern infrastructure," said Murkowski in introducing the Rural and Remote Community Fairness Act. Senate Minority Leader Daschle is co-sponsor of the legislation.

The measure would authorize up to \$100 million a year in grant aid through the Secretary of Housing and Urban Development (HUD) from 1999 through 2005. Eligible communities would be those with populations of less than 10,000 and with electric rates in excess of 150 percent of the national average retail price for electricity.

Rural communities would be able to use the grant for such things as low-cost weatherization of homes; construction and repair of electrical generation, transmission and distribution; construction and repair of bulk fuel storage facilities; investigation of the feasibility of alternate energy services; and the construction, operation and maintenance and repair of water and waste water services.

The bill would also amend the Rural Electrification Act to authorize Rural and Remote Electrification grants of an additional \$20 million a year to the same communities. These grants could be used to increase energy efficiency, lower electricity rates or modernize electric facilities.

Grants Alert

The Illinois Commission on Intergovernmental Cooperation lists federal grant notices for local governments and community agencies. The monthly *Grants Alert* includes a synopsis of each grant and explains how to obtain more information. To be added to the mailing list, write to the Illinois Commission on Intergovernmental Cooperation, 707 Stratton Building, Springfield, IL 62706, or call (217) 782-6294

New tech center to help with water problems

A new Midwest Technology Assistance Center to be housed at the Illinois State Water Survey in Champaign will serve water systems in Illinois and nine other states.

The center will provide training and technical assistance to help with the evaluation, selection and solutions to problems faced by small water systems.

"This is good news for small systems which have been trying to meet water quality and quantity needs, comply with regulations and also maintain their aging facilities and infrastructure – often without easy access to necessary technical expertise or adequate finance capabilities," said Kent Smothers, managing director of the MTAC.

For more information, call Smothers at (217) 333-6167 or send e-mail to smothers@sws.uiuc.edu.

Dates of note

A conference on the issues, effects, and solutions related to animal feeding operations and the water resources of the nation is the focus of a national conference on **Nov. 4 & 5** in St. Louis. It's sponsored by the National Ground Water Association and the National Ground Water Educational Foundation and is co-sponsored by the U.S. Department of Agriculture among others. Twenty-seven expert speakers are planned. Call (800) 551-7379 or point your web browser to www.ngwa.org/whatsnew/afo.html.



Rural Partners release strategic plan

Rural Partners, a state private/public sector rural development partnership, recently announced a comprehensive plan for rural development in Illinois.

The plan is the result of a year-long effort involving input from all sectors of rural Illinois and all areas of the state, said Paul Galligos, director.

The publication highlights goals that will help rural residents pursue higher standards of living and better, more efficient communities, while still preserving the character of rural Illinois. It also contains a statistical report on current conditions in rural areas of the state and recommendations for communities on how to move forward with the strategic plan.

"Communities across rural Illinois need to develop an action plan to move from where they are to where they want to be," said Rhonda Vinson, a co-chairman of the project.

Regional sessions are being held to facilitate communities in developing their action plans.

For more information, call (217) 585-9242 or e-mail galligos@eosinc.com.

New, low-cost way to remove nitrates from drinking water

An innovative, biological nitrate removal treatment process recently proved successful in removing more than 85 percent of nitrates from drinking water.

Intensive application of nitrogen fertilizer and animal waste to farmland has increased nitrate levels in the drinking water of many communities. Nitrates impair the ability of an infant's blood to carry oxygen and can cause a rare condition called methemoglobinemia, or "blue baby syndrome." For this reason, nitrate as a water contaminant is regulated under the Safe Drinking Water Act.

Nitrates are not removed or destroyed in conventional drinking water treatment processes like oxidation, filtration or disinfection.

A cooperative venture, including the National Rural Electric Cooperative Association, and other national, state and local organizations and managed under the Electric Power Research Institute (EPRI), recently sponsored a demonstration of the process. The demonstration was performed by the University of Colorado at Boulder in the rural community of Wiggins, Colo.

The system involves two processes: de-nitrification and filtration. The estimated cost? 50 cents per 1,000 gallons.

"The drinking water de-nitrification process demonstrated in Wiggins will provide a low-cost treatment system using readily acquired and readily replaceable equipment," says JoAnn Silverstein, lead researcher on the project at the University of Colorado. "The entire system can be maintained by a part-time operator with a basic level of training."

Keith Carns, project manager for EPRI's municipal water and waste water program noted, "About 1,100 communities in the United States do not meet the drinking water standards for nitrate. Most of these communities do not have the resources to install and operate complex treatment systems."

Electric cooperatives can assist rural communities in applying this technology to solve troublesome nitrate problems. For more information about the nitrate removal process, contact EPRI at (314) 935-8590 or by e-mail at kearns@epri.com.

Good news, bad news

While the overall economic outlook for much of rural Illinois is much brighter than the last decade, some areas of Southern Illinois aren't sharing the same vision, a report to the governor and General Assembly has found.

The study was conducted by the Illinois Institute for Rural Affairs (IIRA) at Western Illinois University and the Governor's Rural Affairs Council (RAC).

During the past decade, the RAC notes, the state has focused on improving the economic outlook of rural communities. Success stories include community strategic visioning program called MAPPING the future of Your Community, the Illinois Main Street Program, the Distance Learning Foundation and the Rural Educator's Academy.

"The prospects for much of rural Illinois are bright, certainly better than in the previous decade," the report notes. "However, some regions, especially those in pockets of poverty within Southern Illinois, are not sharing equally in the prosperity. Targeted economic initiatives, through a coordinated approach by state agencies, could be of substantial help in improving the future of these areas."

To obtain a free copy of the 1998 annual report on rural Illinois, call the Rural Affairs Council at (217) 782-7514.

Small businesses face special challenges from market place changes, co-ops tell Congress

Price volatility, market power, regulatory burdens, not to mention the "big-dogs-eat-first" syndrome all hurt small business as a result of electric utility industry restructuring, said Glenn English, CEO of the National Rural Electric Cooperative Association (NRECA).

English responded in a letter requested by the House Small Business Committee's Regulatory Reform panel.

Common challenges, he said, include higher energy rates for small retail customers, noting recent findings of the Consumers Union (CU) and Consumer Federation of America (CFA) that retail competition could lead to significantly higher energy rates for small retail consumers. Also, the summer price spikes in the Midwest and California "certainly prove that competition can dramatically inflate energy costs if the market is not working correctly," said English.

Market power poses an unusually significant risk in the electric industry, he added. "Small competitors, including some co-ops and small consumers and small businesses, are particularly vulnerable to market abuse." They lack the resources and size required to monitor and police the behavior of large utilities and to attract new competitors into the market. "Even state regulators have admitted that they may even lack the resources to prevent abuses by large multi-state utilities in a deregulated market," said English.

As competitive markets expand, the risk that prices will rise for small loads will continue to increase noted English. Cost shifting from industrial customers to small customers could raise prices by 10 to 20 percent, and other factors could raise small consumers' power by an additional 13 to 48 percent over present levels, English said, quoting the CU and CFA.

"These studies clearly demonstrate the need for restructuring legislation and regulations that guarantee all customers share equally in the benefits of competition. Small consumers should not be required to subsidize the big dogs," English said.

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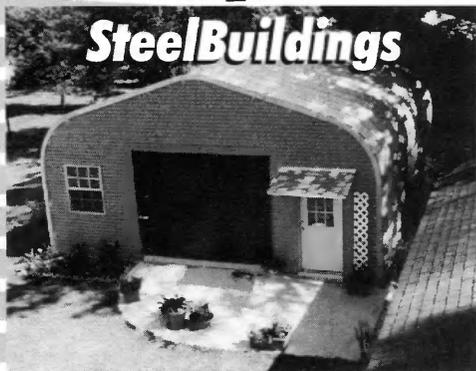
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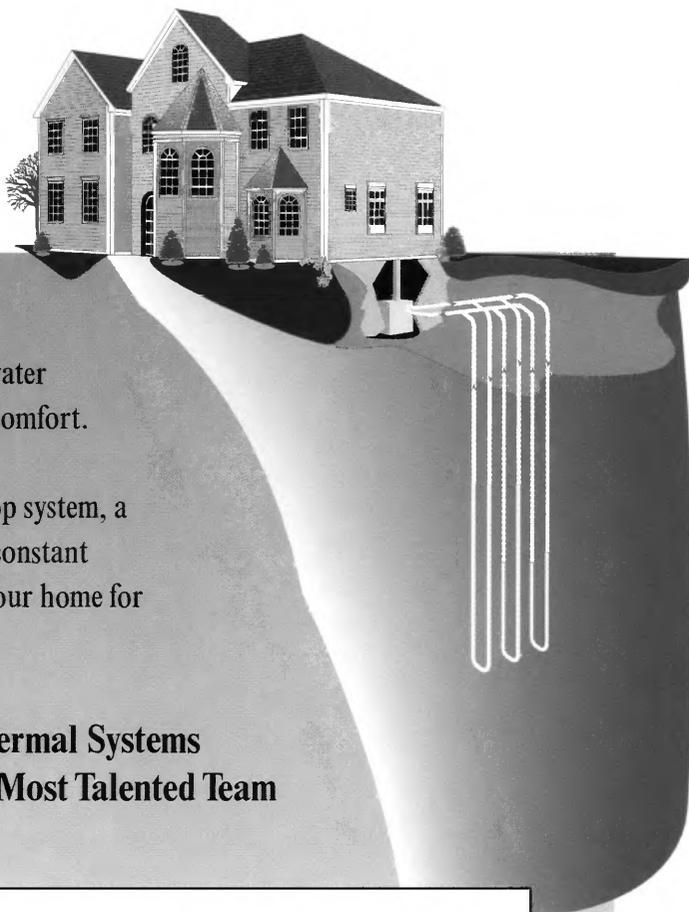
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Parish Nursing

Practicing what they preach

Story and photos by Janeen Keener



Linda LeRette, a parish nurse at Prince of Peace Lutheran Church in St. Joseph, visits with fellow parishioner Doris Deremiah. Doris and her husband, Arlo, find it very comforting to know the parish nurses are available to them to answer questions and give referrals, as well as to provide spiritual support.

"When you tell somebody you're a nurse, they start talking to you."

Faith Roberts and her cadre want to heal you body and soul. But they're not proselytizing. They're nurses, and they think church shouldn't be reserved for spiritual healing only.

Faith is the director of the Community Parish Nursing program of Carle Foundation Hospital. She's also a member of Holy Cross Catholic Church in

Champaign, where she and three other nurses serve as parish nurses.

The program is based on the understanding that people often need healing their doctors could never provide, and churches always have. The program is particularly valuable to rural residents, who not only are isolated, but often are especially proud and very independent. Resolved to take care

of their own needs, they're often reluctant to ask for help — especially from a doctor.

"When you tell somebody you're a nurse, they start talking to you," said Faith.

The program was begun last fall and is patterned after one begun in the 1980s in Chicago. There now are 74 nurses involved in the Carle Foundation program. All but four of those are full-time nurses. The other four either are stay-at-home moms or retired. Also St. Francis Medical Center in Peoria has about 30 parish nurses and Trinity Medical Center in Rock Island has about 60 parish nurses.

Forty-five congregations are participating and nearly all faiths

are served, including at least one synagogue. About half of those are in Champaign-Urbana, and the other half are in surrounding rural communities. The nurses volunteer their time, but Faith said a dozen congregations have indicated they plan to consider providing some money to help pay for the extra service, much as a religious education or a music director might be compensated.

Kim Busboom, a nurse with Carle Foundation Hospital, is one of Faith's healers. Not only does she work in the trauma-surgical intensive care unit full time, she also works as a volunteer for the Royal Fire Department.

"The vision is to try to get as many area rural churches as possible involved and get them networked," said Kim, a member of Immanuel Lutheran Church in Flatville, a tiny community northeast of Champaign.

"This is something I've kind of had as my own vision," she said. While she says she enjoys her job very much, something was missing. She found her work mostly technical in nature.

"Here, I don't use as many technical skills, but I'm healing spiritually." A bonus, she has found, is the interest is shared by her stepson, bringing them closer together as well. "I think he likes helping others, too."

In addition to regular blood-pressure screenings, Kim also coordinates health programs for the children of her church.

Eileen Baker, a full-time nurse at Carle Clinic in Urbana, began as a parish nurse last fall. It's something she shares with her sister, also a nurse who works for the state in Springfield.

Eileen also conducts regular blood-pressure screenings at her church, St. Paul's Lutheran in Gifford. She also has arranged to have a specialist on Alzheimers disease visit the adult Sunday school class as well as the youth group to discuss the effects of aging. Her sister has presented programs to youngsters about the

importance of washing their hands and taking good care of their teeth.

More important than the programs the nurses put on, is their availability. Just knowing a parish nurse is comforting for many. She's only a telephone call away, and welcomes calls from fellow congregation members seeking advice.

Often it's just to get reassurance. Eileen said she sees her role as largely educational. As hospitals and medical facilities continue to downsize and economize, she sees patients getting less information and certainly less empathy.

Once Eileen said she was called out after midnight to the bedside of a stroke victim. Parish nurses also visit shut-ins and people recovering from surgery at home.

"I enjoy these people," she said, noting that, "of course, many of these people are related to me."

Serving as both a nurse and a Christian is what motivates Eileen. "This is what I like to do. It gives me satisfaction that I'm contributing. That's what we're here for, service. That's the bottom line. I'm hoping that when I get quite aged there'll be someone younger who'll be there for me." To that end, she said, there's an interested nursing student in her church who is waiting to see if she passed her state board exams.

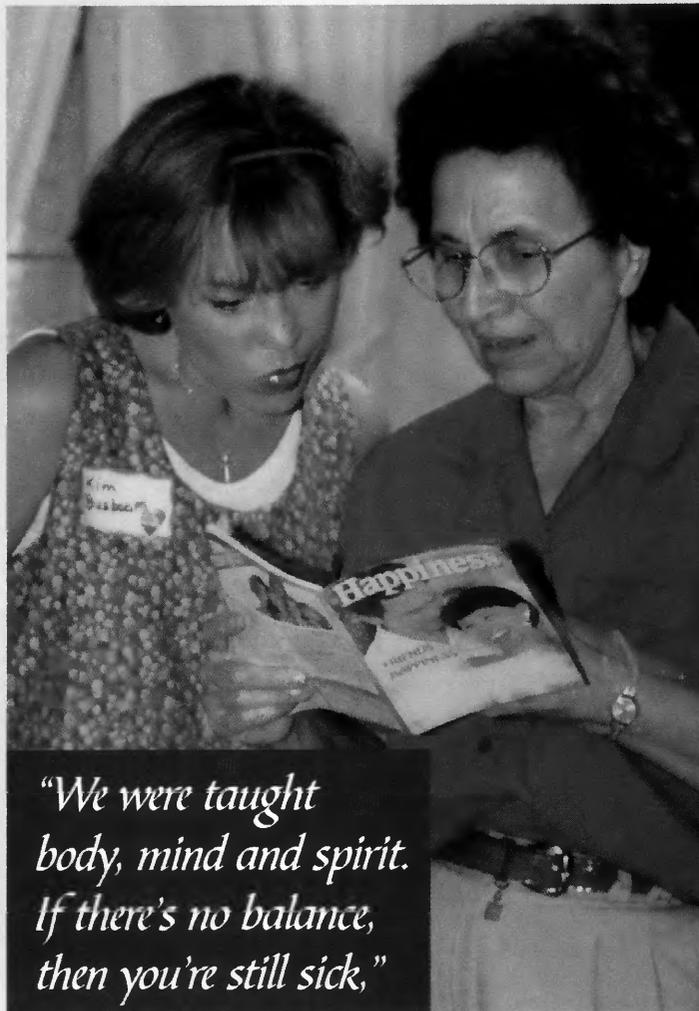
Linda LeRette nurses at Carle Clinic in Urbana and lives in St. Joseph, a community of about 2,600 east of Champaign-Urbana. She heard

about the Parish Nursing program when the concept first evolved in the mid-60s when she was going to nursing school in the Quad Cities. When she moved, she heard from all of her former nursing school friends about how rewarding the program was and she wished for something similar.

"We were taught body, mind and spirit. If there's no balance, then you're still sick," said Linda, a member of Prince of Peace Church in St. Joseph.

Each nurse who volunteers to be a parish nurse participates in a 40-hour training program. The classes are delivered on Friday nights and Saturdays for three weekends, with a dedication ser-

Kim Busboom, a parish nurse at Gifford Methodist Church in Gifford, shares a meaningful moment with a guest at a recent event to help introduce the Parish Nursing Program.



*"We were taught
body, mind and spirit.
If there's no balance,
then you're still sick,"*

vice on Sunday of the last weekend. Classes are taught by area health care providers and professionals from community resources, like the state Department of Family Services and area ministers. Support also is provided by a parish nurse resource center in Chicago.

Linda said the idea for the program at her church had come up a couple of times in "dream sessions" in which parishioners brainstorm a wish list of programs they would like the church to offer. When it became available through the Carle Foundation, Linda saw it as an opportunity to practice nursing the way she had been taught. "It was just exactly what I'd wanted it to be," Linda said.

Nurses like Linda are truly a Godsend to people like Doris and Arlo Deremiah of St. Joseph.

"Linda drops in once in awhile," said Doris. Just knowing she's available, knowledgeable and willing to listen about their health — and spiritual— needs, is comforting.

"I'm there for her and she knows that," said Linda. "Doris and I just talk every once in awhile." The Deremiahs' daughter is about the same age as Linda and lives in Texas. Although they talk to their daughter twice a week, Linda undoubtedly serves as a stand-in.

Doris and Arlo enjoy pretty good health. Outside of child birth and a recent episode, "I've never been sick, in the hospital, any time," said Doris. Nevertheless, Arlo suffers arthritis and is a heart patient, and as seniors they find they do experience maladies for which they need to take medications. An array of prescriptions can be confusing and Arlo is reluctant to go to a doctor when perhaps he should. Additionally, doctors sometimes are too busy to

provide detailed instructions. Linda encourages them to consult their doctor when it's necessary, and helps them understand how to use the medication effectively.

For example, Doris said she has a fear of swallowing large pills, yet they have been prescribed to her because the doctor didn't think to ask. Linda explained that Doris' fear wasn't all in her head. In fact, many people experience a



"A part of Jesus' ministry was in healing ministry and the Parish Nurse Program can be a part of that."

Eileen Baker, a visitor to a recent event, visits with a parish nurse.

condition that causes the esophagus to constrict, and it was that episode that sent her to the hospital recently. Linda reassured Doris that it was okay — in fact necessary — for Doris to discuss the problem with her doctor.

"Rural people are more conservative and polite maybe," said Linda, choosing her words carefully. "They have such a respect for their doctor they tend not to question too much," she said.

Linda delivers her nursing ministry to others in the church as

well, including many who are very ill. It's a blessing, too, that Linda has support from three other nurses, all offering a variety of skills and interests. Two are particularly interested in children's health. One of those is versed in sports medicine, making her a resource for all the athletes in the flock. A fifth nurse currently in school soon will join them.

The nurses are a blessing, too, to ministers. At Linda's church, husband-and-wife pastors Dennis and Sally Meyer find the nurses are really making a difference in the life of many parishioners, especially some end-term cancer patients.

"It's just a great supplement," Pastor Dennis said.

He added that he especially appreciates the nurses' approach to total wellness. In a recent survey, he said, both adult and youth parishioners had indicated a need for marriage counseling, and the nurses have responded by developing a program called "Ten Great Dates." If it seems to be a stretch for nurses to be conducting those classes, it isn't to Pastor Dennis.

"If your marriage is hurting, your kids are going to be hurting and you may be hurting. There may even be physical symptoms," he said.

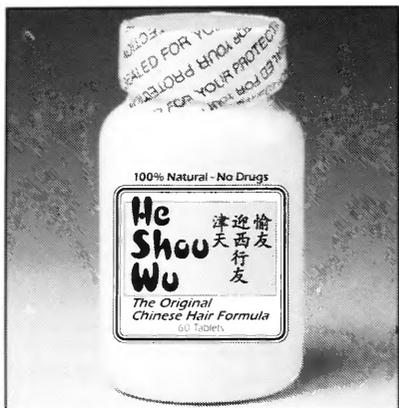
"A part of Jesus' ministry was in healing ministry and the Parish Nurse Program can be a part of that," said Linda.

For more information about the Carle Foundation Parish Nursing Program, contact Faith Roberts at (217) 326-2683 or by e-mail to faith.roberts@Carle.com. Those nearer to Peoria should contact Mary Adlington of St. Francis Medical Center at (309) 655-6416. Those nearer to the Quad Cities should contact Janet Griffin at Trinity Medical Center, (309) 779-5124.

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Safety

AROUND YOUR HOME

Send your food gifts through the mail safely

Everyone loves getting holiday packages in the mail, especially gifts of food. Whether the food gifts are homemade or from a mail order company, food safety practices should be followed. The United States Department of Agriculture (USDA), recommends the giver and the receiver



Jananne Finck

of mail order food gifts be concerned with safe food handling.

If you are ordering food gifts, ask the company how the food will be mailed. If it's a perishable item, it should be delivered as quickly as possible — ideally, overnight. Make sure perishable items and the outer package will be labeled "Keep refrigerated" to alert the recipient.

Ask the company if the storage and preparation instructions are included with the food gift. Some gifts are of an unusual nature and consumers may not know how to handle or prepare the food item.

Be sure to ask the company for a delivery date. Then alert the recipient that the gift is in the mail. That way they or a neighbor can be home to receive it. Otherwise it may sit on the front porch or at the post office for hours or even days.

Avoid delivering perishable items to an office unless you know it will arrive on a workday and there's adequate refrigerator or freezer space to keep the perishables cold.

If you receive a food gift, check the temperature if the item is marked "Keep refrigerated." USDA recommends that you open it immediately and check the temperature.

Optimally, the food should be frozen or partially frozen with ice crystals still visible, or at least refrigerator-cold to the touch. If the perishable food arrives warm, notify the company if you think you deserve a refund. USDA recommends you do *not* consume the food. But remember, it's the shipper's responsibility to deliver perishable food on time; the consumer's responsibility to have someone at home to receive the package.

Refrigerate or freeze perishable items immediately. Even if a product is partially defrosted, it is safe to freeze, although there may be a slight loss of quality.

Jananne Finck is an extension educator, Nutrition and Wellness, at the Springfield Extension Center. She is a dietitian registered with the state of Illinois.

If you plan to mail perishable food gifts yourself, practice caution in handling and shipping.

First, pack it safely. Perishable foods will stay at a safe temperature longest if frozen solid first. After frozen, pack your food gift with a cold source such as a frozen gel pack or dry ice. Be sure the cold source is adequate for the amount of perishable food to be mailed.

Use a sturdy box, such as heavy foam or corrugated cardboard to pack the frozen food and cold source. Fill any empty space with crushed paper or foam popcorn. Air space in the box will cause the food and cold source to thaw faster.

Lastly, be sure to properly label the package. It should be clearly marked "Perishable — keep refrigerated!" As mentioned earlier, arrange a delivery date with the recipient. Ship by overnight delivery.

Exercise caution when considering mailing your own perishable food gifts. Sometimes the safest option may be to send a couple dozen homemade chocolate chip cookies instead.

If you have additional food safety questions, call your local extension office. Questions about meat, poultry or eggs may be directed to the toll-free USDA Meat and Poultry Hotline at (800) 535-4555. Home economists staff the hotline from 10 a.m. to 4 p.m. EST at year's end.

Last minute tips for safe holiday food

Here are a few key tips to prevent foodborne illnesses:

- Thaw a frozen turkey in the refrigerator or under cold running water. You may thaw in the microwave but remember to immediately complete the cooking process once it has been thawed. Never thaw a frozen turkey on the kitchen counter.
- Leftovers should be stored in the refrigerator or freezer. Immediately after the holiday dinner, remove the meat from the bone and refrigerate in small, shallow containers.
- Don't try to cook turkey overnight at low temperatures. The oven temperature should be set no lower than 325 degrees F. Cooking at temperatures less than 325 degrees helps bacteria to grow.
- Cook custards to an internal temperature of 160 degrees F and refrigerate custard pies made with eggs, including pumpkin pie.
- For eggnog, don't use a raw egg recipe. Rather, use commercially prepared pasteurized eggnog or make your own with a cooked custard base.
- Remember the two-hour rule — don't leave perishable foods at room temperature for more than two hours.

Get rid of snakes in your house

Deskunk your dog (or anything else)

Prepare for the bad — and good — times ahead

Why you should prepare for year 2000. What it means when your corn turns purple. Where to get open pollinated seeds. When to plant head lettuce. How to make good whole wheat bread. Manage your woodlot. Make a solar oven—for \$2. Home school. Start a food storage program. Build low-cost gates. Make and use compost. Make a quilt frame for under \$20.

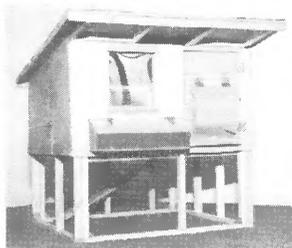
Learn how to:

- MAKE soap
- PRESERVE your garden bounty
- USE the wool from your sheep
- RAISE a pig
- MILK a cow or goat
- MAKE 10 kinds of vinegar
- PICKLE herring and other fish
- START peach trees from seed
- HELP your hens cope with the heat
- START RIGHT with goats or rabbits
- BUILD a nifty feeder for small cattle
- DETERMINE the value of land
- HEAT your home with wood and keep it clean
- PATCH clothes quickly and easily
- TAN sheepskins and goat hides
- EARN MONEY without leaving home
- GRAFT fruit trees—successfully
- BUILD and use an outdoor oven
- BUTCHER a pig and make bacon, ham and sausage
- IMPROVE your soil
- SMOKE poultry
- CONTROL weeds by knowing their habits
- FEED the worms your garbage
- LEARN how to do everything right—the first time
- LIVE THE GOOD LIFE
- ... the simple life!

PLEASE NOTE: Articles listed here have already appeared in print, and not all back issues are available — another good reason not to miss any more!
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Okay—you got me! And I'm glad! I sent for a sample issue, mailed back the invoice with "No thanks" written across it, and then read the magazine... cover to cover, every word, including the advertising, and decided I need this magazine. I had no idea there were so many people who felt the way I do.—Carol S., Ohio



Build a "sensible chicken house" in your backyard. Start by making a model like this.



Read letters from "country neighbors" who live next door—and in the wilds of Alaska!

Really enjoy your magazine. It's like having a houseful of friendly neighbors in for the afternoon.

Being 73 years old, of course I lived through the big Depression. My folks had always practiced frugal ways, having been brought up that way, so it wasn't as hard for them as for some. I find many of the same money-saving hints we used then (and I still do) but also quite a number of new ones. We never get too old to learn.—Ruth S., Idaho

I continue to enjoy this magazine. Fascinating people, ideas, opinions, observations and hopes, as well as information and practical advice abound.—Harland C., Maryland

Thank you for 17 years of COUNTRYSIDE. We love it and the reasons for it!—Mrs. G.H., NY

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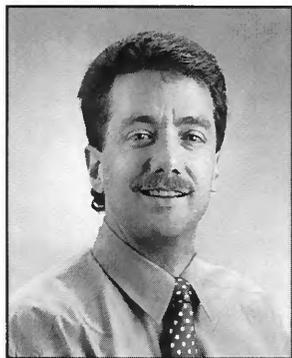
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Your YARD AND GARDEN

Give roses special care for lasting beauty

Roses are one of the wonders of the plant world — how many times does a thorn bush produce such a wonderful flower? On the other hand, how many times does a thorn bush need so much protection during the winter?



Dave Robson

A key factor to successfully overwintering roses is in applying a protection that will help maintain a constant temperature around the plants. In other words, once it gets cold, you want the plant to stay cold until next spring. The goal is to protect the plants from sudden temperature fluctuations. Never look at protection and mulching to keep roses warm.

Roses must be allowed to harden off and reach dormancy before any winter protection is applied. Anything that keeps the plant growing delays dormancy and reduces winter hardiness.

Covering plants early, often before dormancy has been completed, is thought to be a major factor of winter rose mortality. In northern Illinois, mid to late November is generally the time to apply winter protection for roses. In central Illinois, mid to late November is ideal, and in southern Illinois, the first week or so of December should be ideal.

There is no one correct way to ensure survival. Even rose growers disagree, with many having elaborate styrofoam houses prepared while others simply cover the plants and hope for the best.

Before covering, prune plants lightly to prevent

Roses are those rare plants that look great, but require almost more care than they are worth.

It's tough and sometimes complicated to get a rose to overwinter. Plants are notoriously susceptible to cold temperatures as well as freezing, thawing and heaving of the soil. Roots are readily snapped and that doesn't bode well for the plants.

winter winds from whipping the cones and loosening the root system. Plants shouldn't be pruned back shorter than 3 feet if possible unless they need to fit beneath a shelter of some form. Tie the canes with something flexible such as nylon hose to limit wind movement.

Avoid pruning plants back severely. Additional pruning should be done in early spring when winter protection is removed. Remove fallen leaves and pruning debris. Any foliage left on the plants should be removed. If disease has been a problem, a fungicidal spray should be applied.

As cold temperatures occur in the fall, place a mound of soil around the crown or base of each plant. To avoid injury to plant roots, soil should be brought to the garden from another part of the yard. Soil mounds should be 8 to 12 inches high.

As the soil begins to freeze, but before temperatures drop below zero, top the ground with a foot of straw, wood chips, shredded bark or loosely packed leaves. Lay chicken wire over the mulch to keep it from blowing away.

The cone approach to rose protection is simpler, but doesn't guarantee success; in fact, survival rate can be lower. For more insulation, bury the plants under a soil mound and in mulch before covering. Canes should be cut back to fit beneath the cones.

If you use cones, delay putting them on until the first sign of ground freezing. This usually occurs in early December, but could occur later.

Cones are easily blown off so weight them down with rocks or a brick. Punch holes in the sides of the cone to provide ventilation and to prevent heat build-up inside the cone. This is essential. Individuals who use rose cones may need to periodically remove or ventilate cones during late winter warm periods in order to reduce heat build-up within the cone.

Another idea is to encircle plants with a cylindrical column made of fencing material and filled with loose material such as straw. Columns can also be made from discarded boxes, sections of old newspaper stapled together, or tomato cages. When filling the columns, avoid materials that will pack or hold excess moisture such as leaves.

These cylinders can be great winter hiding places for mice and voles that may feed on the rose canes. Chicken wire fencing does reduce the possibility.

Finally, hope for a mild winter.

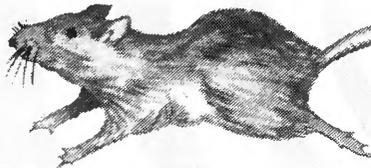
David Robson is an Extension Educator, Horticulture, at the Springfield Extension Center, Cooperative Extension Service, University of Illinois. You can write to Robson in care of Illinois Country Living, P.O. Box 3787, Springfield, IL 62708. Telephone: (217) 782-6515. E-Mail: robsond@idea.ag.uiuc.edu

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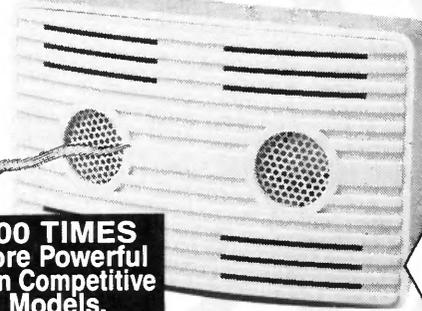
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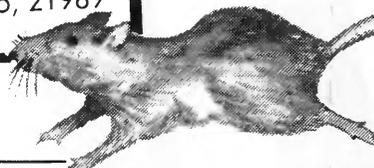
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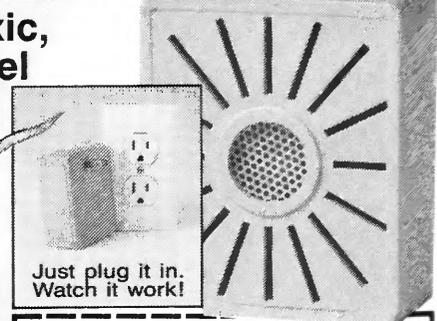
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TECHNOLOGY AND YOU

New dishwashers work smarter, cheaper — quietly

Q: My old dishwasher is very noisy and leaves spots and specks of food on the dishes. Are the new super-quiet, high-tech models much more energy efficient? What efficiency, convenience and noise reduction features are best? - R. S.

A: Not only is your old noisy dishwasher hard on your ears, but it is very hard on your wallet. For a typical family of four, a dishwasher is a significant electricity user. It uses some electricity to operate the motors and even more to heat the water and dry the dishes.

Even though your old dishwasher still works, installing a new one can be a wise financial investment. Whereas a typical old dishwasher uses about 12 gallons of hot water per load, the quietest new designs use as little as 4 gallons. Over its life, the savings can pay back its cost.

Also, for acceptable cleaning with your old one, you most likely have to keep your water heater thermostat set at 140 degrees. Many new models have built-in heating elements so that you can keep your water heater set at 120 degrees and still get clean dishes.

The noise level also has been reduced to a whisper in the best models. Look for a model with heavy wall insulation. This blocks sound and vibration and keeps the water hot for energy savings too.

The most efficient and quiet dishwashers use two small motors and pumps instead of one large reversing motor/pump assembly. One powerful high-pressure pump is used just for spraying during the wash portion of the cycle. The second quiet higher-volume, but low-power pump, is used just for draining.

With a two-pump system, each pump is smaller, so a smaller water reservoir is needed in the bottom

of the dishwasher. This requires less hot water. Another advantage of using separate drain and wash pumps is better cleaning.

Whether you choose a super-efficient two-pump or a single-pump system, select a model with triple self-cleaning filtration. The wash water is highly filtered during each washing cycle. At the end of each wash cycle, the waste water automatically flushes out and cleans the filters.

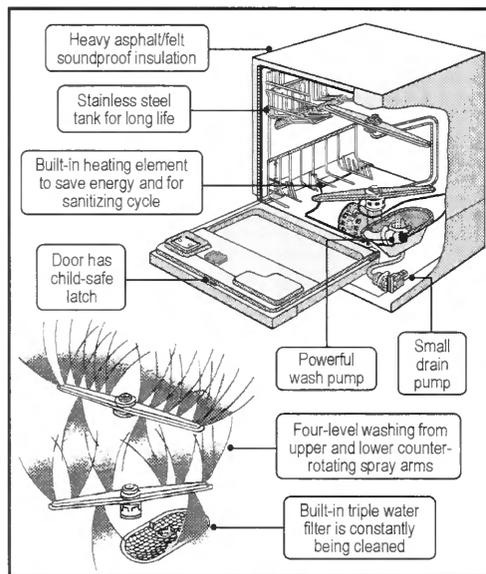
An optional super-high temperature sanitizing setting is a good, healthful option. A built-in heating element heats the water to between 160 and 180 degrees for sanitizing. All these models have child-safe knobs to lock them shut.

A fairly new efficient and convenient feature on some models is an automatic cycle sensor (CleanSensor or Intellisense). These models sense the amount of soil on the dishes and adjust the cycle time and water temperature.

Several of the high-quality stainless steel European models use a condensing method of drying to eliminate excess heat and humidity in the summer. Cool room air is circulated in a heat exchanger to condense the sealed dryer air and the moisture drips into the bottom of the tank.

A new model (by Aquatec) just being introduced into the United States uses a very tough, never-rust, polypropylene foam tank. This muffles the noise and insulates the interior to keep the water hot for efficiency. There is also a quiet, portable mini-dishwasher (by Richlund) which can be placed on a kitchen counter after dinner. It's about the size of an 18-inch box.

Write for Utility Bills Update No. 703 — buyer's guide of the most efficient and quietest dishwashers, water usage, number of pumps, wash cycles, convenient features, prices and efficiency tips. Please include \$2 (with check payable to Jim Dulley) and a business-size SASE. Mail to: Jim Dulley, Illinois Country Living, P.O. Box 3787, Springfield, IL 62708. For instant download, go to <http://www.dulley.com>.



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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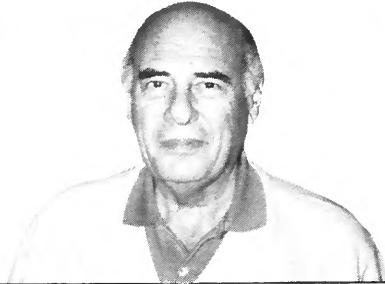
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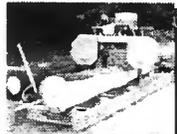



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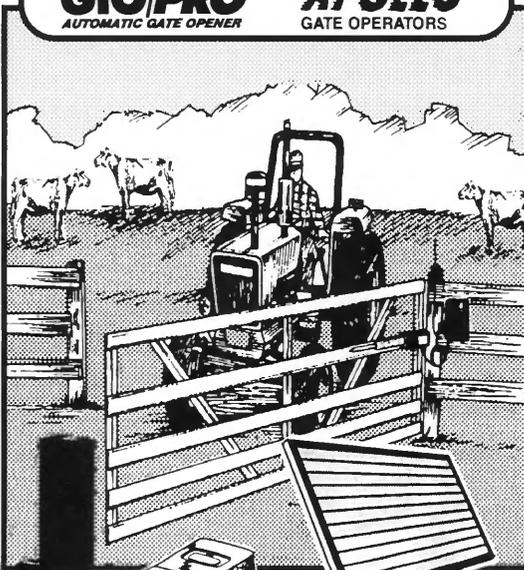
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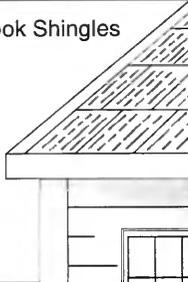
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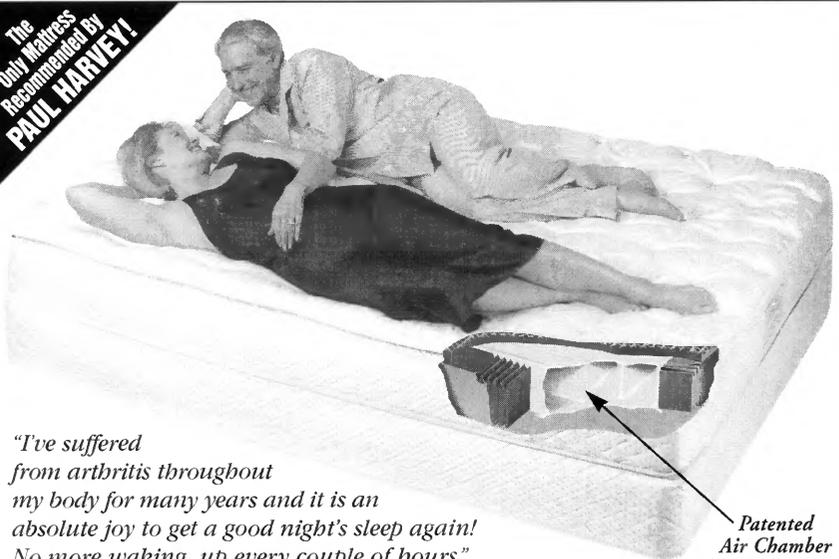
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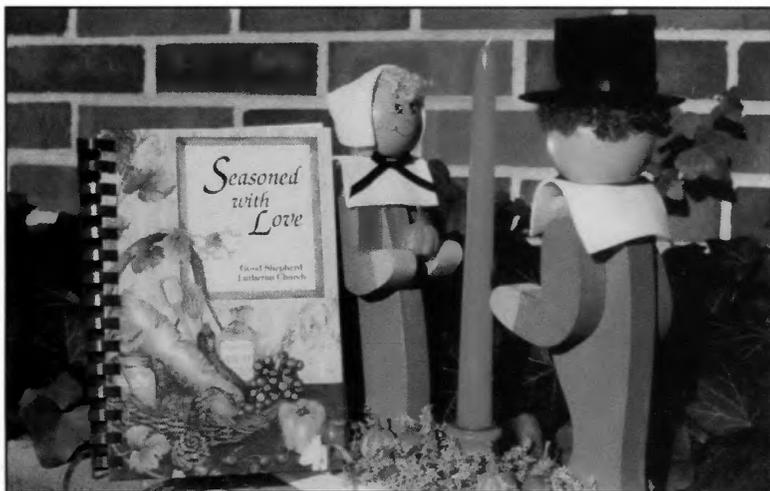
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FINEST COOKING



Good Shepherd Lutheran Church Clayton, IL

Good Shepherd Lutheran Church shares its "Seasoned with Love" 1997 cookbook. The Lutheran Women's Missionary League has prepared the cookbook. It is hard-backed, spiral-bound and has 150 pages of recipes and helpful hints. You can purchase the cookbook by contacting Dawn Roegge, Good Shepherd Lutheran Church, 103 East Morgan, Clayton, IL 62324, or call (217) 894-7717. The cost of the cookbook is \$10.25 including postage.

PARTY PIZZA

Kathy Bear

- 1 lb. hot sausage
- 1 lb. cubed Velveeta cheese
- 1 tsp. Worcestershire sauce
- 1/2 tsp. garlic salt (opt.)
- 1 tsp. soy sauce
- 2 loaves mini rye bread

Cook sausage. Do not drain. Add cheese, Worcestershire sauce, garlic salt, soy sauce and stir together. Spread on bread. Bake for 15 minutes at 350°. Makes 60 to 80 pizzas.

CRUNCHY POTATO BALLS

Lenora Wallace

- 2 C. very stiff mashed potatoes
- 2 C. finely chopped fully cooked ham
- 1 C. shredded cheddar or Swiss cheese
- 1/3 C. mayonnaise
- 1 egg, beaten
- 1 tsp. prepared mustard
- 1/4 tsp. pepper
- 2-4 T. flour
- 1 3/4 C. crushed cornflakes

In a bowl combine the potatoes, egg, mustard, ham, cheese, mayonnaise and pepper. Mix well. Add enough flour to make stiff mixture. Season to your own taste. Shape into 1-inch balls and roll in cornflakes. Place on greased cookie sheet. Bake at 350° for 25 to 30 minutes. Serve hot. Yield: about 6 dozen.

MANDARIN ORANGE SALAD

Connie Louderback

- 60 Ritz crackers, crushed
- 1 stick oleo, melted
- 1/4 C. sugar
- 1 (6 oz.) can frozen orange juice, thawed
- 1 can Eagle Brand milk
- 1 (8 oz.) Cool Whip, thawed
- 2 small cans mandarin oranges, drained

Crush crackers. Add melted oleo and sugar; press in a 9x13-inch pan. Save some for garnish. Blend orange juice and milk; stir in Cool Whip and oranges. Fold in; do not beat. Pour over crumb crust. Top with reserved crumbs. Refrigerate or freeze.

CHICKEN RI CO CO

Barb Cloyd

- 4 chicken breasts, halved, boned into 8 pieces
- 2 eggs, beaten
- Bread crumbs
- 3-4 sticks margarine
- 10 oz. cheddar cheese, cut into 8 strips
- 1/3 C. margarine
- 1/2 C. chopped onion
- 1/2 C. chopped green peppers
- 1 chicken bouillon cube
- 1 C. boiling water
- 2 T. flour
- 1 tsp. pepper
- 1 tsp. salt
- 1 can mushrooms
- 3 C. cooked rice

Roll chicken to 1/2-inch thickness; wrap around strip of cheese and secure with a toothpick. Dip in eggs and bread crumbs. Brown in margarine. Saute onions and green pepper in 1/3 cup margarine. Add seasonings, flour and bouillon (dissolved in water). Cook until thickened. Add rice and mushrooms. Pour into casserole. Top with chicken pieces. Bake at 350° for 45 minutes.

BROILER BURGERS

Joan Vonholt

- 2 lbs. hamburger
- 4 tsp. Watkins Meat Magic
- 1/2 tsp. Watkins onion salt
- 1/8 tsp. black pepper
- 3 T. Watkins Parisienne mustard

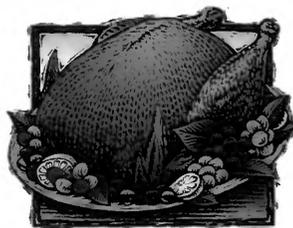
Mix together; shape into patties on half of a hamburger bun. Place under broiler until done. Add cheese if desired.

FRUIT COBBLER

Margy Ideus

- 3 T. butter
- 3/4 c. sugar
- 1/3 C. milk
- 1 C. flour
- 1 tsp. baking powder
- 3 C. fresh or frozen or canned fruit

Place fruit in baking dish. Mix remaining ingredients and spread over fruit. Sprinkle with one cup of sugar, pinch of salt and one tablespoon cornstarch. Pour one cup of boiling water or fruit juice over and bake at 350° for 1 hour.





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To raise funds to restore the church, St. Mary's Catholic Church created its 1993 "Book of Favorite Recipes." The cookbook includes a history of the church and 172 pages of recipes. It is soft-backed and spiral-bound. You may purchase the cookbook for \$10 which includes postage. Order from Barbara Arseneau, 2986 N. 2500 East Road, Beaverville, IL 60912 or call her at (815) 435-2205.

HOLIDAY STARS

Mary Ellen Rundle
Jack Lareau

- | | |
|---|---|
| 2 C. (1 lb. cooked, crumbed sausage) | 1 (2.25oz.) can sliced ripe olives |
| 1 1/2 C. sharp Cheddar cheese and Monterey Jack cheese (each, grated) | 1/2 C. chopped red pepper |
| 1 C. Hidden Valley Original Ranch salad dressing | 1 pkg. fresh or frozen wonton wrappers or egg roll wrappers, cut in fourths |
| | vegetable oil |

Preheat oven to 350°. Blot sausage dry with paper towels. Combine sausage with cheeses, salad dressing, olives and red pepper. Lightly grease a mini or regular muffin tin. Press one wrapper in each cup and brush with oil. Bake 5 minutes until golden. Remove from tins and place on baking sheet. Fill with sausage mixture. Bake 5 minutes until bubbly. Makes 4 to 5 dozen.

VENISON JERKY

Chuck Lambrecht

- | | |
|---------------------------|---------------------|
| strips of venison | 1 tsp. onion powder |
| 1 C. soy sauce | 1 tsp. salt |
| 1 C. Worcestershire sauce | 1/2 tsp. pepper |
| 1 tsp. garlic powder | 2 tsp. Accent |

Combine ingredients and marinate strips of venison in it. Put a toothpick through each strip and hang in the oven from the racks. Place a pan underneath to catch the drippings. Set the oven at the lowest temperature and prop the door open. Leave the strips in overnight; they will be done by morning.

HOT DEER CHILI

Avis Arseneau

- | | |
|-----------------------------------|-----------------------------|
| 2 lb. ground venison | 1 bell pepper, chopped |
| 3 T. chili powder | 1 small can tomatoes |
| 1 tsp. black pepper | 1 (20 oz.) can tomato juice |
| 1 medium onion, chopped | 1/2 C. water |
| 1/2 tsp. jalapeno pepper, chopped | 1/2 tsp. garlic salt |
| 1/4 tsp. salt | 1 T. oil |

Saute onion, bell pepper and jalapeno pepper in oil in skillet. Add meat and cook until it loses redness. Add chili powder and black pepper. Mix and cook 5 minutes. Add tomatoes, tomato juice and salts. Heat to boiling. Simmer 1 to 1 1/2 hours. Add water as needed.



QUICK COTTAGE CHEESE SALAD

Lolita Lareau

- | | |
|---|---|
| 1 (16 oz.) Trim & Lite (low-fat) cottage cheese | 1 (20 oz.) can crushed pineapple, drained |
| 1 (3 oz.) sugar-free orange Jell-O | 1 small can mandarin oranges, drained |
| 1 (8 oz.) container lite Cool Whip | |

Sprinkle jello over cottage cheese; mix well. Add pineapple and oranges. Fold in Cool Whip.

BITS 'O BRICKLE BROWNIES

Doris Curby

- | | |
|----------------------|-------------------------------------|
| 1 1/2 C. flour | 1/2 C. sugar |
| 1 tsp. baking powder | 2 eggs |
| 1/2 tsp. salt | 1 tsp. vanilla |
| 1 stick oleo | 1 (6 oz.) bag Heath Bits 'O Brickle |
| 1 C. brown sugar | |

Sift flour, baking powder and salt together. Cream oleo with both sugars. Add eggs and vanilla. Blend in dry ingredients and stir in Bits 'O Brickle. Spread in well-greased 9x12-inch pan. Bake in 350° oven for 30 minutes.

PARTY MIX

Eunice Arseneau

- | | |
|--|-----------------------------|
| 1 (12 oz.) box Corn Chex | 3/4 C. Worcestershire sauce |
| 1 (12 oz.) box Rice Chex | 3 T. onion salt |
| 1 (12 oz.) box Crispix | 3 T. garlic salt |
| 1 (12 oz.) box pretzels | 3 T. celery salt |
| 1 (15 oz.) box Cheerios | 7 sticks oleo or butter |
| 3 cans (12 oz. each) mixed nuts or peanuts | |

Mix cereals, pretzels and nuts together in a large baking pan or roaster. Make sauce by melting oleo or butter and adding Worcester sauce, onion, garlic and celery salts. Pour sauce over cereal and nut mixture and mix well. Cover and bake at 225° for one hour. Remove cover and bake another hour, stirring every 15 minutes for last hour of baking.

MISSION IMPOSSIBLE

Getting Dad to give up the remote

By Susan Wildemuth

Whispering to my son after supper last night, I said, "Your mission, should you choose to accept it, is to go into the living room and carefully remove the TV remote control from your father's hand without waking him up."

B.C.'s eyes widened, "No one's ever been able to do that before. He always wakes up."

"Do you want to spend another evening held hostage to whatever's on the nature channel? Is that what you want?" I cried out in desperation

"Well no, but why me?"

"Did I ever tell you the story about the day you were born, after 870 hours of hard labor pains?"

"Every chance you get."

"Surely you haven't forgotten about the time I went all over a three-county area looking for a Halloween costume because you wanted to be Luke Skywalker?"

"You've already used that one four times today."

"Who made the ultimate sacrifice by rescuing your cat from a tree when her favorite soap opera was on TV?"

"You did."

"And patiently taught you how to tie your shoes when she had a broken arm?"

"Enough already!" he said, shaking his head in disgust. "I'll do it."

As quietly as a kid raiding a cookie jar before supper, B.C. made his way into the living room, slowly circling his sleeping prey, who was sitting in his recliner snoring like an old buzz saw with a cylinder missing. Tonight, like every night after a long day at work, Husband's hand is laid against his chest holding the sports section of the newspaper, while

the other holds the remote control pointed in the direction of the TV.

Watching from my vantage point on the sofa, I see my son creeping up to the right of his father's chair. Very gently he tries to pry loose the remote, but his father stirs. Beads of sweat break out on my forehead. It's all I can do not to yell out "Abort mission," but B.C. has calmer nerves than I do. Knowing the risks involved, namely being forced to spend another evening watching Jim wrestle an alligator on an old episode of "Wild Kingdom," he waits a few moments until his father's snoring returns to normal and goes to plan B, punching in the channel of the TV program we want to watch. Assignment completed, he runs over to the couch, sits down next to me, and together we hold our breath.

Our shoulders slump in defeat when in mid-snore my husband opens one eye, looks in our direction and says, "Hey, why did you guys change the channel? I was watching that."

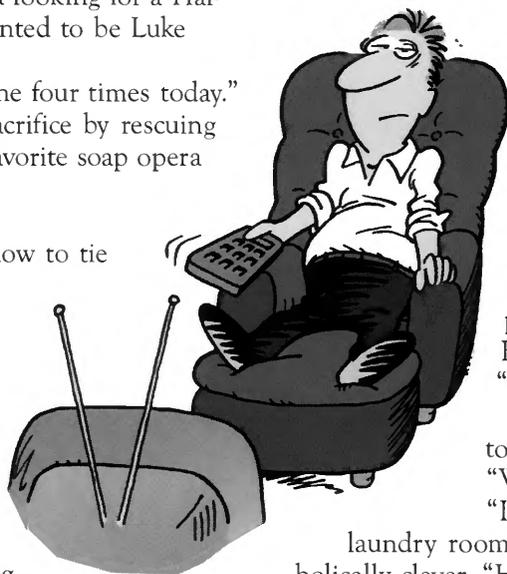
Later that evening when I'm saying good night to my son, after a wonderful evening spent watching a lioness and her cub stalking prey in the Gir Forest of India, B.C. looks up at me and says, "What's your plan for tomorrow?"

"One of us is going to have to take the batteries."

"What if that doesn't work?"

"I'm going to hide the remote in the laundry room," I answered, thinking myself diabolically clever. "He'll never look in there."

Susan Wildemuth is a writer who lives on a grain farm with her husband, son, and Spud the dog.



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This Statement of Ownership will be printed in the November issue of this publication.

I certify that all information furnished on this form is true and complete. I understand that anyone who furnishes false or misleading information on this form or who omits material or information requested on the form may be subject to criminal sanctions and/or civil sanctions.

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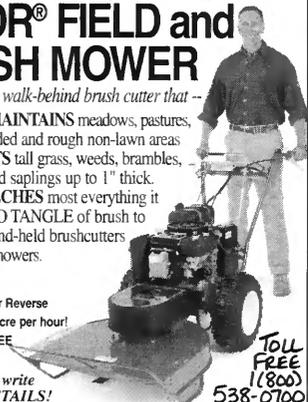
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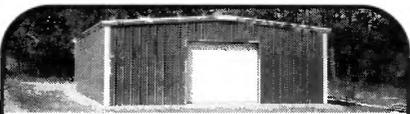
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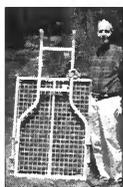
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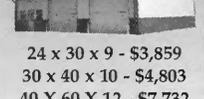


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1, Chestnut Mountain Open House, Galena. It's one of the tri-state's largest ski and snowboard swaps, including reduced-rate season pass sales, chair lift rides, and demonstrations of modern snowmaking techniques. (815) 777-1320.

6-1/3, Shelbyville Festival of Lights, Eagle Creek State Park, Findlay. A three-mile extravaganza, featuring 400 lighted displays and more than 600,000 lights. (800) 874-3529.

7, James Jones Remembered, Robinson. James Jones as father, friend and author will be explored at the eighth annual James Jones Literary Society Symposium at the Zwermann Arts Center of Lincoln Trail College in Jones' hometown of Robinson. Students of literature will recall Jones as the author of *From Here to Eternity*, which this year was selected by the Modern Library Board as one of the 100 best English-language novels of the 20th century. Two major Hollywood films about Jones, *A Soldier's Daughter Never Cries*, adapted from a book by his daughter, and *The Thin Red Line*, have been produced and released this year. Reservations required by Oct. 28. (618) 544-8657.

7-8, Harvest Feast at New Salem, Petersburg. The historic village prepares for the upcoming Thanksgiving with traditional seasonal activities such as corn shucking, husking bees, shooting contests, making apple butter, whiskey distilling, and butchering.

11, American Legion Avenue of Flags, Vandalia. Downtown Gallatin Street lined with flags on Veteran's Day.

11, Veteran's Day Parade, Anna. Parade begins at 2 p.m. at the city park and follows Main Street to the high school.



28-29, Crossroads Farm Toy Show, Bloomington. It's the eighth year for this growing event. More than 150 show rooms and tables, farm toys, trucks, banks, NASCAR collectibles, rural prints and more. (309) 829-3838.

13-14, Bluestem Storyfest, Petersburg & Rochester. This second-annual event features internationally and nationally honored storytellers as well as regional and local performers. Performances will be at New Salem State Park near Petersburg, while workshops will be held at the Rochester Public Library and a youth storytelling contest and children's performance will be held at the Rochester Middle School. (217) 787-1448 or (217) 793-0633.

14, Levee Footrace, Cairo. At 29, this is believed to be the oldest footrace in Southern Illinois. A 5,000- and 10,000-meter run on the Mississippi Levee. (618) 734-4400.

14, First Thanksgiving, Lanark. This recreation offers up a 17th century style dinner with a program describing the First Thanksgiving and folklore associated with the holiday. (800) 468-2307.

11-15, Living History Weekend, Ft. Massac State Park, Metropolis. A historical visit with the Massiac Marines, crafts, and other activities. (618) 524-9321.

Scientists from the Illinois State Geological Survey will conduct a free field trip of the La Rue - Pine Hills Ecological Area in Jackson County on **Nov. 7** and again on **April 10**. Each year the ISGS conducts trips to acquaint citizens with the geology, landscape, mineral resources and biodiversity of the different parts of the state. Participants receive a guidebook, and guidebooks are available from previous trips. Arrange for your own transportation and make sure your gas tank is full as you'll be part of a caravan. Meet before 8:15 a.m. at Murphysboro High School and don't forget your lunch and drinks. A hard hat and safety glasses also are recommended in some places to be visited. Preregistration is not required; just sign up on the day of the tour. For more information about the ISGS or tours, call (217) 333-4747 or visit www.isgs.uiuc.isgshome

Best of Illinois

The best reason to live in Illinois?

Beauty, diversity, and the cops aren't bad

I moved to Illinois from Montana and am impressed with the natural beauty of Illinois. It is truly miraculous the amount of wildflowers and lush vegetation that spring forth spontaneously from the earth.

Illinois offers the best of both city and country. Most small Illinois towns are within a short drive from major league sports, museums, theaters, shopping, theme parks, specialized medical care, etc. But you can still drive down a country highway and have total strangers give you that famous little wave that never makes the hand leave the wheel, or get away to a wilderness area for a weekend of peaceful nature hikes.

— **Marta Northcutt of Carbondale, a member of Egyptian Electric Cooperative Association**

Traveling around the country, I've come to appreciate the beauty of other regions. In my eyes though, Illinois is the most beautiful and my part of Illinois the most special.

Southernmost Illinois, the land between the rivers, doesn't share the Prairie State's terrain. Within 30 miles the land goes from rich river bottom to flat farm fields to rugged hill country. The area abounds with deer, wild turkey and Canada geese. I've lived my entire life here and still can't decide which is the most beautiful season. My part of Illinois offers peace and tranquility. In short, it's home.

— **Elizabeth McCoy of Thebes, a member of Southern Illinois Electric Cooperative**

The best reason I think Illinois is the best place to live is because I was born and raised here, married, and have two children, five grand-children and three great grand children here. There are some of the best colleges in the world here, and some of the most beautiful parks for recreation and boating. There are plenty of lakes to fish and wildlife to hunt. And Illinois highways are the best. In some areas, flowers are planted along the highway — and most of the police are great.

— **Dorothy Lovelace of Brookport Illinois, a member of Southern Illinois Electric Cooperative**

13-15, **Greater Downstate Indoor Bluegrass Music Festival**, Decatur. (217) 748-6914.

20-22, **Hometown Holidays**, Rock Falls. This community-wide event features a Love Light Tree Ceremony, Christmas walk, chili supper, living windows, and wagon rides. (815) 625-4500.

21, **Holiday Lighted Christmas Parade**, Prophetsown. More than 50 entries, each of them illuminated in some way. Santa will be there, too. (815) 537-5139.

21, **Christmas on Vinegar Hill**, Mt. Pulaski. More than 45 homes open for crafts, food and antiques. Maps available at the courthouse. (217) 732-8930.

21, **River To River Trail Workday**, Southernmost Illinois. Train maintenance, tools provided. Bring work gloves and water. (618) 658-8409.

26-30, **Light up the Valleys**, Galena. Property owners compete with breathtaking light displays. Maps available at Eagle Ridge Inn & Resort. (815) 777-2444.

27, **Olde World Christmas & Cookie Walk**, Savanna. Santa, caroling, wagon rides, roasted chestnuts, a quilt show and luminaria. (815) 273-2722.

27-28, **Santa's Arrival**, Galena. On Friday he visits by helicopter at Eagle Ridge Inn and Resort. On Saturday, he will ride in the Christmas parade in downtown Galena. (815) 777-2444, (815) 777-9050.

27-29, **Julmarknad**, Bishop Hill. Christmas Market—decorated museums and shops, Christmas gifts, Swedish foods, music, and children's activities, Christmas Cookie Walk. (309) 927-3345.

27-12/5, **Christmas Tree & Sweet Expo**, Museum of Christmas Heritage, Oakland. Fifty beautiful Christmas trees with a theme and a sweet shop. (217) 346-3274.

27-29, **Festival of Trees**, Flora. (618) 662-5646.

27-12/20, **Hometown Christmas Holiday Light Display**, Ft. Massac State Park, Metropolis. A massive lighting display featuring "The 12 Days of Christmas" and "Toyland." (800) 949-5740.

28, **River to River Trail Society Hike**, Southernmost Illinois. A guided and interpreted hike, rain or shine. Pack a lunch and bring water. (618) 658-8409.

29, **Autumn Coin Show**, Mattoon. (217) 234-2585.

29, **Christmas Walk**, Mt. Carroll. Santa, reindeer, caroling and carriage rides. (815) 625-5116.

Ongoing:

The WPA Collection, Southern Illinois Art Gallery in the Southern Illinois Artisans Shop and Visitor Center, Whittington. This collection of the Illinois State Museum features the work of many talented artists employed by the Federal Art Project, a program of Franklin Roosevelt's Works Progress Administration, through Nov. 8. Featured are paintings, prints, and sculpture documenting the "American Scene" by 57 artists employed in Illinois and other states. Open daily 9-5. (618) 629-2220.

Pastimes: The Changing Role of Leisure 1830-1960, Early American Museum, Mahomet. A look at the changing types of entertainment in a cooperative venture between the museum and the Eastern Illinois University historical administration graduate program. Runs through December. Also, visit the children's Discovery Room. (217) 586-2612 or visit online at www.mah-online.com/early/

Reveille to Retreat, Dickson Mounds Museum, Lewistown. Beginning on Veteran's Day, this exhibit focuses on Camp Ellis, the U.S. Army training camp and German prisoner of war camp built in the middle of Fulton County seemingly overnight just after the bombing of Pearl Harbor. Upon completion, 2,200 buildings occupied 17,500 acres of farmland and housed 35,000 troops, 5,000 employees and 5,000 prisoners of war, mostly captured by the British. The museum's Hickory Ridge Coffeehouse also offers folk music performances every third Saturday, and periodic dulcimer workshops. (309) 547-3721.

Quilts & Coverlets, Edwardsville. More than 50 quilts and coverlets, including several vintage ones, on display at the Madison County Historical Museum, an eight-room Federal-style mansion built by Dr. John H. Weir in 1836. Through Nov. 15. (618) 656-7562.



The WPA Collection

7-8, **Persimmon Party**, Taylorville.

The native American persimmon trees on the grounds of the Christian County Historical Society, a pre-Civil War home, are the reason for this festival. The trees once were considered a nuisance for their prolific fruit littering the grounds. Now, however, historical society members glean the fruit and scour neighboring towns and countryside for more persimmon trees. They make their favorite recipes, collected in a cookbook for sale here, and make bite-size samples available. There also will be a demonstration of rug-hooking, crafts, tours of the museum, and products using Illinois' other fruits. (217) 824-5807.



7 & 8, **Lamb & Wool Festival**, Quincy. Sheep shearing, wool spinning, and fitting and trimming for the show ring. Fresh lamb recipes, the state Make-It-Yourself-With-Wool contest, wool fashion shows, lamb barn, sheep industry educational information, stores featuring the latest wool fashions, specialty vendors, and area restaurants featuring lamb. (217) 936-2767.



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 and photographs to Illinois Datebook, Illinois Country Living, PO Box 3787, Springfield, IL 62708-3787.

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Age	10 Year						15 Year					
	\$100,000		\$250,000		\$500,000		\$100,000		\$250,000		\$500,000	
	Male	Female										
30	10.53	9.81	16.88	15.08	27.45	23.85	11.25	10.53	18.68	16.88	31.05	27.45
31	10.62	9.81	17.10	15.08	27.90	23.85	11.25	10.53	18.68	16.88	31.05	27.45
32	10.62	9.90	17.10	15.30	27.90	24.30	11.34	10.62	18.90	17.10	31.50	27.90
33	10.71	9.90	17.33	15.30	28.35	24.30	11.43	10.62	19.13	17.10	31.95	27.90
34	10.71	9.90	17.33	15.30	28.35	24.30	11.43	10.71	19.13	17.33	31.95	28.35
35	10.80	9.90	17.55	15.30	28.80	24.30	11.52	10.71	19.35	17.33	32.40	28.35
36	10.98	9.99	18.00	15.53	29.70	24.75	11.79	10.80	20.03	17.55	33.75	28.80
37	11.25	10.17	18.68	15.98	31.05	25.65	12.15	11.07	20.93	18.23	35.55	30.15
38	11.61	10.44	19.58	16.65	32.85	27.00	12.60	11.43	22.05	19.13	37.80	31.95
39	11.97	10.71	20.48	17.33	34.65	28.35	13.14	11.79	23.40	20.03	40.50	33.75
40	12.42	11.07	21.60	18.23	36.90	30.15	13.77	12.24	24.98	21.15	43.65	36.00
41	12.96	11.43	22.95	19.13	39.60	31.95	14.49	12.78	26.78	22.50	47.25	38.70
42	13.59	11.88	24.53	20.25	42.75	34.20	15.30	13.41	28.80	24.08	51.30	41.85
43	14.22	12.33	26.10	21.38	45.90	36.45	16.11	13.95	30.83	25.43	55.35	44.55
44	14.85	12.87	27.68	22.73	49.05	39.15	17.01	14.58	33.08	27.00	59.85	47.70
45	15.57	13.41	29.48	24.08	52.65	41.85	18.09	15.30	35.78	28.80	65.25	51.30
46	16.38	13.95	31.50	25.43	56.70	44.55	19.26	16.02	38.70	30.60	71.10	54.90
47	17.28	14.58	33.75	27.00	61.20	47.70	20.52	16.74	41.85	32.40	77.40	58.50
48	18.27	15.21	36.23	28.58	66.15	50.85	21.87	17.55	45.23	34.43	84.15	62.55
49	19.35	15.84	38.93	30.15	71.55	54.00	23.31	18.36	48.83	36.45	91.35	66.60
50	20.52	16.56	41.85	31.95	77.40	57.60	24.84	19.26	52.65	38.70	99.00	71.10
51	21.69	17.28	44.78	33.75	83.25	61.20	26.46	20.25	56.70	41.18	107.10	76.05
52	23.04	18.09	48.15	35.78	90.00	65.25	28.17	21.33	60.98	43.88	115.65	81.45
53	24.57	19.08	51.98	38.25	97.65	70.20	30.15	22.50	65.93	46.80	125.55	87.30
54	26.28	20.16	56.25	40.95	106.20	75.20	32.40	23.85	71.55	50.18	136.80	94.05
55	28.17	21.33	60.98	43.88	115.65	81.45	34.92	25.38	77.85	54.00	149.40	101.70
56	30.42	22.50	66.60	46.80	126.90	87.30	37.71	27.00	84.83	58.05	163.35	109.80
57	33.03	23.76	73.13	49.95	139.95	93.60	40.77	28.62	92.48	62.10	178.65	117.90
58	35.91	25.11	80.33	53.33	154.35	100.35	44.28	30.33	101.25	66.38	196.20	126.45
59	39.15	26.64	88.43	57.15	170.55	108.00	48.24	32.22	111.15	71.10	216.00	135.90
60	42.84	28.35	97.65	61.43	189.00	116.55	52.65	34.29	122.18	76.28	238.05	146.25
61	46.89	30.24	107.78	66.15	209.25	126.00	57.60	36.63	134.55	82.13	262.80	157.95
62	51.48	32.31	119.25	71.33	232.20	136.35	63.18	39.33	148.50	88.88	290.70	171.45
63	56.61	34.65	132.08	77.18	257.85	148.05	69.39	42.39	164.03	96.53	321.75	186.75
64	62.37	37.35	146.48	83.93	286.65	161.55	76.32	45.81	181.35	105.08	356.40	203.85
65	68.67	40.32	162.23	91.35	318.15	176.40	83.97	49.50	200.48	114.30	394.65	222.30
66	75.60	43.65	179.55	99.68	352.80	193.05	92.43	53.55	221.63	124.43	436.95	242.55
67	83.25	47.43	198.68	109.13	391.05	211.95	101.70	57.96	244.80	135.45	483.30	264.60
68	91.71	51.75	219.83	119.93	433.35	233.55	111.87	62.82	270.23	147.60	534.15	288.90
69	101.07	56.70	243.23	132.30	480.15	258.30	122.94	68.13	297.90	160.88	589.50	315.45
70	111.42	62.46	269.10	146.70	531.90	287.10	135.00	73.98	328.05	175.50	649.80	344.70

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