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ILLINOISTM COUNTRY LIVING

January 1998

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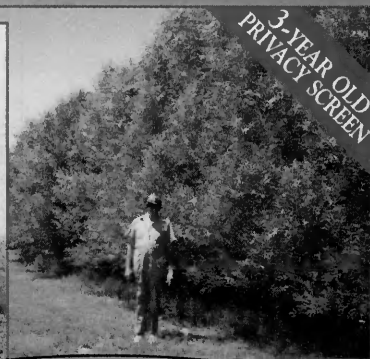
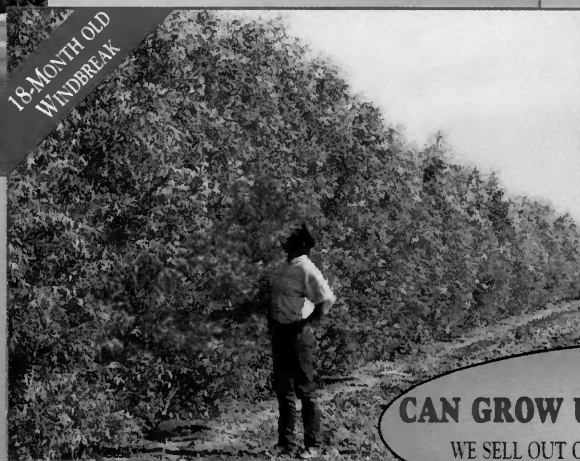
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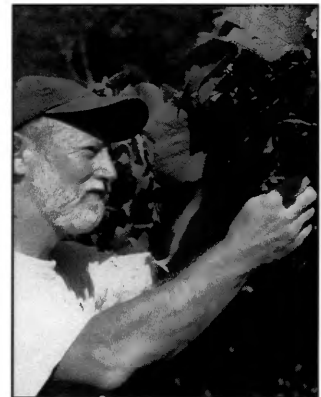
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COVER STORY

10 Grape expectations

There's a big demand for grape growers in Illinois to satisfy the demand for the state's burgeoning wine industry. The wines featured on this month's cover are produced in Southern Illinois, and represent just three of Illinois' many award-winning wineries.



FEATURES

22 Homeowners celebrate savings

Owners of Certified Comfort Homes celebrate significant savings!

DEPARTMENTS

4 ILLINOIS COMMENTARY

Illinois' new deregulation legislation guarantees the right of co-op members to choose the future course of their locally owned, not-for-profit utility. Earl Struck, president/CEO of the Association of Illinois Electric Cooperatives, explains.

5 ILLINOIS CURRENTS

Nitrogen-loving corn, Rend Lake cleanup, Web help.

14 SAFETY AROUND YOUR HOME

There are thousands of toy-related injuries every year. Judy Taylor, who specializes in youth development for the Springfield Extension Center, tells how to avoid mishaps.

16 YOUR YARD AND GARDEN

You can induce lovely spring flowers indoors a little earlier, with a few tricks.

18 TODAY'S TECHNOLOGY AND YOU

A do-it-yourself mini-sauna creates a comfy warm spot — and reduces the heat load on your furnace.



24 ILLINOIS' FINEST COOKING

Homemakers Extension Association of Cumberland County and the Women's Guild of Church of Peace, U.C.C., in Kewanee share recipes this month.

26 ILLINOIS MARKETPLACE

28 ILLINOIS DATEBOOK

Cold you say! But this is the best time to spot an Illinois eagle.

Illinois COMMENTARY

Members still control co-ops under deregulation

Electric utility deregulation is one of the most important public policy issues facing our nation. I am pleased to say that Illinois' House and Senate members took up the challenge of electric utility deregulation and passed legislation that will protect the rights of cooperative members. Language in the bill guarantees the right of co-op members to choose the future course of their locally owned, not-for-profit utility.



Earl Struck

Electric utility deregulation is a very complex issue and the debate involved over 80 different interest groups. The bill is 262 pages long, and is extremely technical and complex. However, the part that pertains to electric cooperatives and municipal utilities consists of only five pages. It is probably the only

language in the legislation that received support from almost everyone involved in the process, including consumer groups, unions, farm organizations and other utilities.

Work to include language that would protect the rights of cooperative members began over two years ago. Electric cooperative leaders from across the state spent long hours hammering out differences and details. Their hard work resulted in a set of guiding principles that was adopted by the Association of Illinois Electric Cooperatives' (AIEC) board of directors.

The guiding principles approved by the AIEC board were quite simple and to the point. I believe members of the Illinois General Assembly, and all parties to the debate, understood the simple honesty and integrity of

these principles, and the men and women who recommended them. Our success has always been based on the positive and honest reputation of our members and the electric cooperative program they represent.

Briefly, the principles supported deregulation so long as it ensured benefits to all electric co-ops and their members and guaranteed adequate and reliable service to all present and future members. The first principle states that cooperative participation in deregulation should remain at the discretion of each individual cooperative. The second principle supported the Electric Suppliers Act which prevents unnecessary duplication of electric lines, adverse environmental impact, taking of farmland, and other unnecessary social costs. Finally, the most important principle was that regulation of electric cooperatives should remain in the hands of the local members.

Under this legislation, electric cooperatives and the other not-for-profit utilities in the state, the Illinois municipal utilities, will have three options.

One is to keep the status quo. This could actually be the best option for the majority of customers served by some cooperatives and municipal utilities. For example, no out-of-state power marketer could come in and take a valuable industrial customer away and leave the remaining customers to make up the difference in lost revenue.

The second choice is to go ahead and enter the deregulated market. However, if the cooperative or municipal utility's customers want to make this change, they can do it under the terms, conditions and timetable that is best for their own unique circumstances. This is important because no two cooperatives are identical. However, if a cooperative or municipal utility enters into the deregulated market, then other suppliers will be able to come into their territory and market electricity in return. This is called reciprocity. The cooperative or municipal would risk losing important large customers, but could gain new customers. Again, under the Electric Suppliers Act, distribution of that power would still be provided by the local utility.

The third option is a hybrid of the first two. For example, the cooperative or municipal utility could decide that it is not in the best interests of its residential customers to fully enter the deregulated market. There could be

Earl Struck is president/CEO of the Association of Illinois Electric Cooperatives (AIEC). AIEC is the state trade association for all 28 Illinois electric cooperatives.

continued on page 5

Commentary

(continued from page 4)

strength in numbers for the co-op's residential customers on the open market. However, in the interest of local economic development, job retention, or some other reason, it might be wise to authorize an industrial customer, or customers, to shop for wholesale power on the open market.

Deciding which option to take will be very difficult. But I believe it is always better to make decisions like this as close to home as possible. Cooperatives and municipal utilities are not-for-profit utilities established by and for the local citizens they serve. These decisions will not be decided by the Illinois Legislature, the Illinois Commerce Commission, or the U.S. Congress. They will be decided by you, the members.

This is a very complicated issue and I urge you to ask questions. Attend your cooperative's annual meeting or area meeting. Let your local board of directors know what you think is the right direction.

Editor's note: At press time the deregulation bill was awaiting the action of Governor Jim Edgar.

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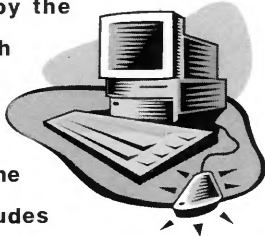
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Energysearch, an Internet search engine recently launched by the Electric Power Research Institute (EPRI), provides a new tool for those needing energy-related information. The Energysearch database includes more than 180,000 documents from more than 500 sites and it continues to grow. Point your browser to <http://www.energysearch.com>. EPRI, in Palo Alto, Calif., manages science and technology research and development for the electricity industry.



Farm Bureau online

Illinois Farm Bureau members now have free access to weather, commodity prices and other agricultural organizations through Ag-Central on the Internet. "Ag-Central will save farmers time and money, providing free links to the latest information, all at one Internet address," said Ron Warfield, IFB president.

Ag-Central is designed to meet farmers' needs for detailed farming information, faster and better than currently is available. It will have more than 8,000 web pages connected within it, covering all areas of agricultural commerce. Each of the 96 county Farm Bureaus in Illinois will have seven website pages to update local information, like elevator bids and local event schedules. For more information, call (309) 821-1070, or check it out at www.ag-central.com.

Web help for entrepreneurs

At EntreWorld, entrepreneurs can find a streamlined way to find web-based information they need to start, run and nurture a business. The site, at <http://www.entreworld.org>, offers original columns by successful entrepreneurs and discussion rooms where entrepreneurs can seek help from peers.

New corn more nutritious, eco-friendly

A Southern Illinois University researcher has found that corn equipped with a nitrogen-loving gene makes better use of fertilizer and produces more protein. Such corn would not only save farmers money, but also help the environment as unused nitrogen tends to wash out of the fields into public waterways.

The researcher, biotechnologist David A. Lightfoot, said the corn might replace costly supplements in livestock feed. Feeding studies, funded by a \$47,000 grant from the Illinois Corn Marketing Board and a \$36,000 grant from Council on Food and Agricultural Research (CFAR), is underway. If it pans out, Illinois corn producers could see their incomes rise by \$305 million a year.

DOE asked to act on nuclear waste obligation

A federal government lawyer acknowledged during hearings before the U.S. Court of Appeals that the Department of Energy (DOE) has the physical capability to begin accepting used nuclear fuel by January 31, 1998, the deadline imposed earlier by Congress.

Unfortunately DOE has failed to formulate a plan that would enable it to do so. That failure runs counter to Congress' mandate, as well as the appeals court's instructions 14 months earlier that DOE prepare a plan to meet its obligation.

Practical water protection

60 Ways Farmers Can Protect Surface Water, a new 317-page book from the University of Illinois Extension, features eight Midwestern farmers and the innovative ways they protect the environment while cutting their chemical costs.

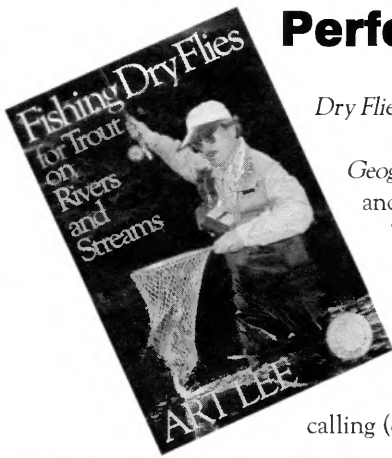
The book covers ways to manage crop residue, to control runoff water on steeply sloping land, to use pesticides and fertilizers more effectively while protecting your family and the environment, and to protect the health of herds and water supplies by managing runoff from livestock buildings.

The book, part of the award-winning *This Land* series produced through funding by the Illinois Environmental Protection Agency, is comprehensive and practical. It's available for \$10 plus shipping by calling (800) 345-6087. Or, for \$19 plus shipping you can order the series, which includes *50 Ways Farmers Can Protect Groundwater* and *57 Ways to Protect Your Home Environment (and Yourself)*.



Pardon us

The November *Illinois Country Living* cover feature, *Back to Basic Farming*, incorrectly stated the dues for the Organic Crop Improvement Association. The cost is \$45, and may be mailed to the OCIA at P.O. Box 880, Bloomington, Ill., or call (800) 701-6242.



Perfect your fly-fishing technique

Learn the nuances of fly tying, fly presentation, casting, and landing trout with *Fishing Dry Flies for Trout on Rivers and Streams*, by Art Lee.

Lee has written hundreds of sporting and conservation articles for the likes of *National Geographic*, *Sports Illustrated*, and *Field and Stream*. He currently is editor-at-large for *Fly Fisherman* and for the *Atlantic Salmon Journal*.

The book, published by Human Kinetics in Champaign, features more than 100 illustrations and photographs, and includes a color insert detailing dry fly patterns. It has earned kudos from President Jimmy Carter, who said, "I have received a number of helpful ideas from this book and personally from the author. I'm sure his book will be equally helpful to other anglers who wish to improve their fly-fishing technique."

The 272-page cloth-bound book is priced at \$24.95 and can be ordered by calling (800) 747-4457.

Exports up

The North American Free Trade Agreement (NAFTA) has boosted U.S. agriculture exports to both Mexico and Canada, the U.S. Department of Agriculture's Economic Research Service reports. Meanwhile, the leader of the state Chamber of Commerce says NAFTA has much to do with the state's declining unemployment figures.

In the three years since it was implemented, U.S. exports to both nations rose from \$8.9 billion to \$11.6 billion and imports grew from \$7.3 billion to \$10.5 billion. The service's analysis found that NAFTA was responsible for about 20 percent of both imports and exports. Illinois' over-the-border trade (Canada is Illinois' leading market, while Mexico is its fifth) amounted to 34.8 percent of total state exports last year.

Early storm packs a wallop

Heavy, wet snow and ice in north central Illinois extensively damaged Illinois Valley Electric Cooperative's distribution system in late October. The early storm left about 3,000 members without electricity.

The Illinois Electric Cooperative Emergency Work Plan was activated, prompting crews from seven other cooperatives to spring into action. Line personnel from Eastern Illini Electric, Corn Belt Electric, McDonough Power, Menard Electric, Jo-Carroll Electric, Spoon River Electric, and Western Illinois Electrical joined crews from the city of Princeton.

Learn more about geothermal heat pumps

You can find out about the world's most energy efficient heating and cooling technology from your local electric cooperative. Or try these resources.

You can order several publications through The EPA Energy Star hotline at 1-888-782-7937. A few of the titles are — *The ABCs of GHPs*, *School Case Studies and School + GHPs = Savings & Efficiency* (six schools use geothermal).

The GeoExchange Information Center can also provide information on geothermal heat pumps. Call 1-888-255-4436 or visit their website at <http://www.geoexchange.org>.

Good news — bad news

The U.S. Department of Agriculture (USDA) reports that farmer-owned cooperatives posted record results for 1996. The nation's 3,884 farm co-ops reported record net business volume of \$106 billion last year, a 13 percent increase from the previous record of \$94 billion in 1995. They also enjoyed a record net income of \$2.37 billion, up from \$2.33 billion in 1995.

The supply co-ops, those selling seed, fuel, chemicals and fertilizers, fared best, with a net income boost of 17 percent over 1995.

However, the USDA reported 14 percent of all co-ops lost money last year, up from 11 percent in 1995. More bad news: We lost 122 agricultural co-ops in 1996, mostly through mergers, although about 50 went belly-up. We gained only a dozen.



Help for your appliances

Appliance problems? Now you can get information on parts and service straight from the source — the manufacturer. The Association of Home Appliance Manufacturers (AHAM) has established the Major Appliance Consumer Action Program. It's a voluntary organization of manufacturers whose purpose is to resolve complaints from consumers. You can obtain the telephone number for the manufacturer by calling (312)984-5858 or visit AHAM's Internet website at <http://www.aham.org>.

Need advice on shopping for a new appliance? Several manufacturers have excellent Internet websites that can answer a lot of your questions before you hit the stores. For example try <http://www.whirlpoolappliances.com>.

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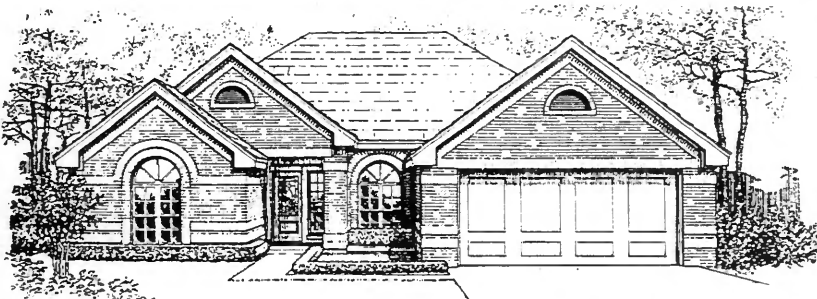
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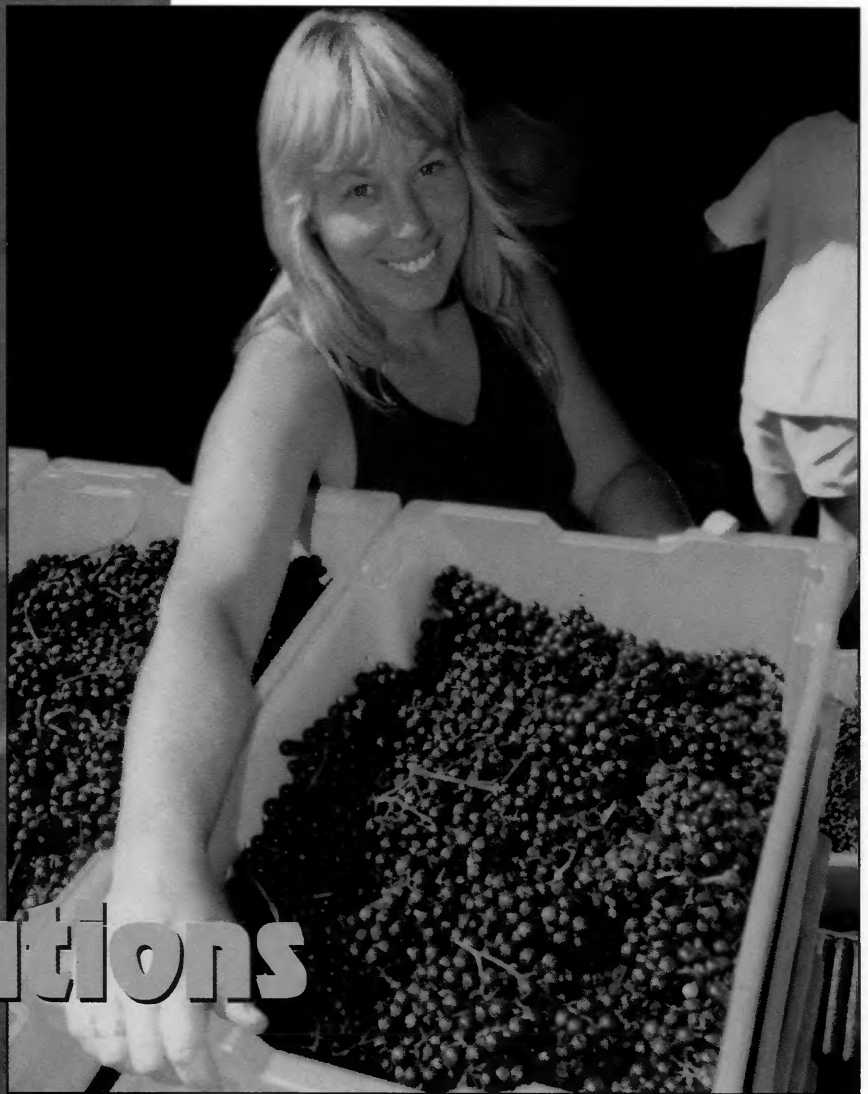
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Grape Expectations



Sue Bennett lends a hand unloading some of Richard Parks' grapes, which are destined to become Owl Creek wine. Parks, a psychiatrist, grows grapes for his retirement.

Uncorking profits in Illinois vineyards

Farmers with more faith in divinity and Mother Nature than most of their brethren long have suffered her slings and arrows to grow apples, peaches and pears in Illinois. A growing number of them, however, are betting on grapes to put the kids through college.

Illinois has more than a dozen wineries (14 at the end of summer, with six more expected to join them by spring), but only about 120 acres of grapes growing. About 40 percent of the grapes used in Illinois wine are purchased from other states.

Less than one percent of all the wine sold in Illinois is produced here, said Southern Illinois winemaker Ted Wichmann, with 90 percent produced in California. "Yet Illinois ranks fourth in wine consumption," he noted.

This new industry's burgeoning here comes at a time when grapes and wine have surged in popularity, in part because researchers believe there are significant health benefits when enjoyed in moderate amounts. Researchers

at the University of Illinois College of Pharmacy in Chicago say a compound in grape skins called resveratrol may be a potent cancer inhibitor. The compound appears to ward off fungal infections in nature, and may have a similar effect on cancer.

In order to meet the increasing demand, Bob Skirvin, professor of horticulture in the U of I Department of Natural Resources and Environmental Sciences, said a survey found Illinois grape growers plan to increase their grape acreage by 50 percent during the next two years. But, Skirvin says there's room for more growers.

"There's a real shortage in grapes right now," said Wichmann, who also grows the grapes at Owl Creek Vineyard near Cobden in Union County. Owl Creek, which is serviced by Southern Illinois Electric Cooperative, opened in December

Vineyards have spawned a growing tourism trade in Southern Illinois, giving rise to additional cottage industries.

1995. "Wineries are opening up faster than the vineyards can develop, because it takes three to five years before you can get a crop from a vineyard."

In 1995 and 1996, he said he bought about 50 percent of his grapes. In 1997, he only had to buy 40 percent of his grapes because he planted two new acres.

The typical vineyard produces about four tons of grapes per acre. In Illinois, 90 percent of the grapes are used to make wine, nine percent are sold as fresh fruit and one percent as juice, the U of I survey determined. Wichmann said a ton of grapes will produce about 150 gallons of wine, and there's about five bottles of wine per gallon, for about 750 bottles of wine.

Owl Creek Vineyard, which is about two years old, is part of the Shawnee Hills Wine Trail, a



Linda Roberts of Mount Zion and Susan Wissmiller of Cooksville sample Owl Creek wine. The pair had tickets for Southern Illinois University's homecoming game, but were lured instead the Shawnee Hills Wine Trail. Roberts, a travel agent, said her Southern Illinois wine-tasting tour rivaled her experience on a recent tour she took to the wine region of France.

coalition that includes two other nearby wineries. They are Alto Vineyards and

Winery run by Paul Renzaglia at Alto Pass, about a decade old, and Pomona Winery, about three years old. Pomona Winery capitalizes on Illinois' other fruit produce and avoids grape shortages by specializing in apple, peach and pear wines. Despite the fact that it is located off the beaten path deep in the woods several miles down a gravel road, owners George Majka and Jane Payne report having a steady stream of customers every weekend, about 1,300 between April and late summer.

The winemakers' philosophy is that by banding together and

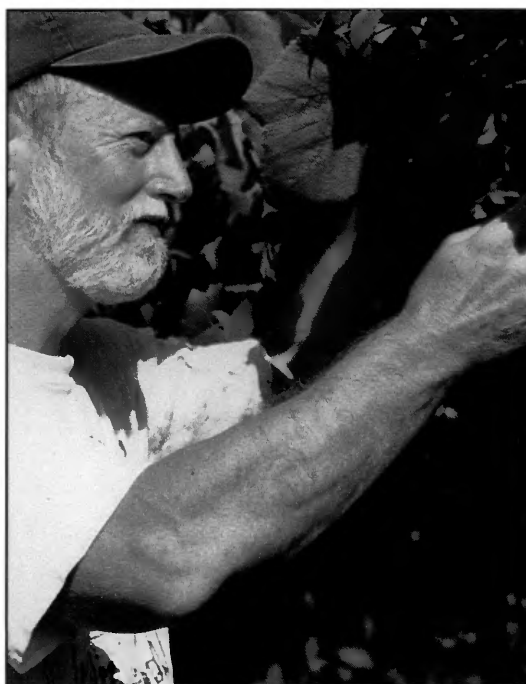
marketing together, more tourists will be attracted to the area and they'll spend some money at each winery and at other local businesses.

"The industry wants to grow," says Skirvin, part of a research team that surveyed Illinois grape growers in a project funded by the Illinois Council on Food and Agricultural Research (CFAR).

Currently most of Illinois' wine is being made in the northern part of the state, although most of the vineyards are located in the southern portion. The state's oldest winery in Nauvoo has been in production for three generations.

A spate of publicity late last summer brought tourists — and inquiries from would-be growers. "There's a lot of people who want to get into grape growing, farmers who want to do it as a specialty crop, or whatever," said Wichmann. "Some of them contact me, but I don't have time to be a free consultant." He said a new council created by the legislature last year will take on that responsibility.

The Illinois Legislature joined states like Indiana, Missouri, Ohio, Michigan, California, and New York in creating the Illinois Grape



Ted Wichmann, winemaker at Owl Creek Vineyard, near Cobden, inspects autumn grapes.

and Wine Council and gave it \$200,000 for its first year. The council's mission is to assist the grape and wine industry in the state and encourage its growth. Growing more grapes isn't expected to make a significant impact on the state's agricultural economy, but it is expected to be significant for tourism. The council's funding comes through the Department of Tourism, an arm of the state's Department of Commerce and Community Affairs. The money may not be used on advertising.

The wine trail concept has paid off for Union County. "Two years ago there were no bed and breakfasts in Union County," said Wichmann. "Now there are six, and they're all interrelated to the wine industry." Wichmann sells 80 percent of his wine at the winery. He wholesales some to area liquor stores and a few restaurants mostly for the exposure, since he can make more profit on wine he sells direct to the customer.

"The main impact of this new industry to the Southern Illinois economy will come not in dollars spent solely on grapes and wine, but for the accompanying tourism dollars," Wichmann said.

The council's first priority, the survey indicated, was testing for new grape varieties that are more winter hardy and disease resistant as well as tasty.

Southern Illinois, part of the Ozark foothills, is unglaciated. "Most of Illinois down to just south of Carbondale was leveled by the glaciers. All of the limestone was just leveled off ... which means there's limestone in the soil and right under the soil. And that's why we have caves cause they're found in limestone," said Wichmann. "And also most of the grape-growing areas are on limestone base like this. The limestone adds calcium to the soil, which



Brisk sales at Alto Vineyards, located at Alto Pass, leave the rack in need of restocking. Alto Vineyards is one of several wineries which make up the Shawnee Hills Wine Trail.



Illinois wineries have fared well in regional and national competitions, as demonstrated by this collection of award winning wines bottled at Owl Creek Winery.



Pomona Winery has collected an impressive assemblage of awards during its three-years of operation. The winery capitalizes on Illinois' produce by specializing in apple, peach and pear wines.

is really good for grape plants," he said.

Southern Illinois also is suited for grapes because it's blessed with a warmer, longer growing season, and the winters are milder. "Even so, cold hardiness is one of our biggest factors because it can get below zero, where temps can hurt vines. And, temps can be wildly different," said Wichmann. Sometimes the temperatures in Southern Illinois rise to a spring-like 50 degrees, luring plants into spring-like activity prematurely before the mercury plummets with an arctic blast.

A transplant from San Diego, Wichmann experimented with grapes for 17 years as a hobby while teaching outdoor experiential education at Southern Illinois University. "I've experimented with oh, maybe 20, 30 different varieties to narrow it down to a few that make the best wine, and are cold hardy enough and disease resistant."

Skirvin notes that some of the vines that produce the best grapes for wine do not overwinter well in Illinois. "So we need to find the cultivars making the most sense for the state's growers," he said. He also notes that growers are not interested in increasing yields, citing one California grower's experience with fertilizers and irrigation. The wine reportedly tasted as though it were made from bell peppers.

That's not the case with Illinois wineries, however. Most of Illinois' wineries have won regional and national competitions for the quality of their wines. "We tasted some truly spectacular wines," said Skirvin.

— Story and photos by Janeen Keener

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Reprinted from: **The Cincinnati Post** -

"Dr. Jason Theodosakis, is the author of the No. 1 bestseller *"The Arthritis Cure,"* (St. Martin's Press). In it he claims two little-known supplements, **glucosamine and chondroitin sulfates**, when taken in a combined pill in recommended dosages, *can halt, reverse and may even cure osteoarthritis*. He points out that one in seven Americans suffer from osteoarthritis; almost everyone over 50 is afflicted to some degree.

Dr. Amal Das, an orthopedic surgeon in North Carolina specializes in hip and knee joint replacement. He grew frustrated with medications available for the treatment of arthritis, then read an article that reviewed **glucosamine and chondroitin sulfates** use in Europe. *"I was astonished to discover there were 10 double-blind studies verifying the efficacy of these nutritional supplements on humans."*

"Dr. Theodosakis wonders *"Why do we still give drugs (for arthritis) that are toxic? These anti-anti-inflammatories are the leading cause of adverse drug reaction. What is going on there?"*



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Safety

AROUND YOUR HOME

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Judy Taylor

The gift-wrap and bows are gone and your children have an abundance of new toys. Toys can be a valuable part of play and can help children learn to solve problems, get along with others, gain knowledge and develop skills. But toys also have the potential of harming your child.

In 1995 the U.S. Consumer Product Safety Commission (CPSC) received reports of 21 toy-related deaths and over 150,000 children who were treated in hospital emergency rooms for toy-related injuries. These deaths were not only a tragedy, but they were preventable.

Toy safety is a matter of choosing toys wisely, instructing your child in proper use, care and storage of the toys, and supervising the use of toys when appropriate.

Choose toys wisely

Even if a toy was a gift, consider the following issues.

Safety, durability, and construction. Are toys free from sharp or jagged edges and made of material that will not break causing sharp or jagged edges? Is the material nontoxic and nonflammable or flame resistant? Do electrical toys carry the Underwriters Laboratory (UL) seal? Are stuffed toys "machine/surface washable?"

Suitability for the child's skills and development. Check the label for age recommendations, but take into consideration that each child is unique and develops at his or her own pace. Toys for children under age three should have no parts that are small enough to be swallowed or lodged in a child's nose or ears.

Age guidelines are determined by four attributes: the ability of a child to physically manipulate the features of a toy, the ability of a child to understand how to use a toy, the child's play needs and interests at different developmental levels, and the

safety aspects of the toy itself. For instance, electric toys with heating elements are recommended for children eight years old or older. Toys for children ages three through six carry warnings about choking hazards, warning consumers that the toy is not intended for children under the age of three. No matter the age of the child, toys with these labels should be avoided if the child is still mouthing objects.

A toy that is too simple or too advanced may be frustrating and/or expose the child to a safety hazard. Donate such toys to another child or put them away until they're appropriate.

Proper use, care and storage of toys

Toys must be used, maintained and stored correctly to ensure safety. Encourage a youngster to assume this responsibility.

Read instructions carefully to make sure both you and your child understand them, then demonstrate and watch to see if your child understands how to use the toy properly.

Teach children to store their toys properly. Never leave toys outside overnight. This prevents accidents and stolen, lost, or damaged toys. Keep toys out of reach of younger children who could become injured by toys intended for the older children.

Check toys periodically for broken parts or other potential hazards and repair or discard.

Sensible adult supervision

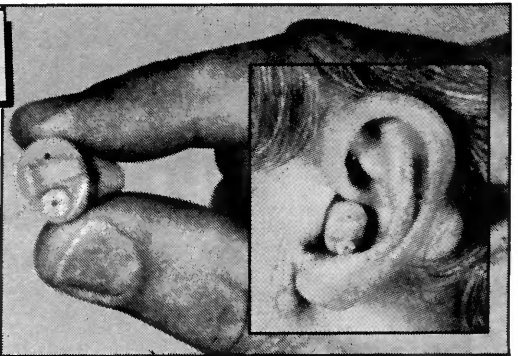
Left to their own devices, children's curiosity can lead them to using toys in unexpected ways. Adults need to be aware of the children in their care. They may want to join in the fun. Research does show that the most creative children are those who have had adults involved in their play. Toys such as chemistry sets, toys with heating elements, electric trains, etc., should be used properly, cautiously and under adult supervision.

With wise shopping, a little instruction in proper use, care and storage, and some participation in your child's play, you and your children will have many hours of safe pleasure from toys.

Judy Taylor is an extension educator, Youth Development, at Springfield Extension Center, Cooperative Extension Service, University of Illinois.

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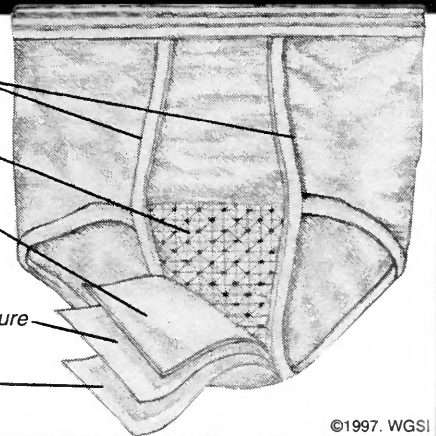
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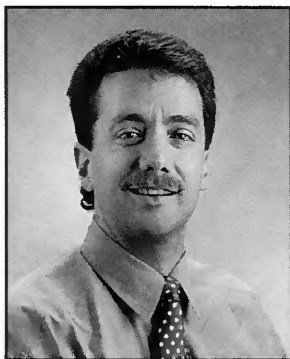
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Your YARD AND GARDEN

Forcing branches for winter enjoyment



Dave Robson

Flowering trees and shrubs can provide some enjoyment inside during the winter through forcing, something that any child or adult can do. In fact, forcing gives kids something to do on those days when they don't have anything to do.

Forcing is a process where you fool the plant into thinking conditions are spring-like, even though it is the dead of winter. The process only requires a pair of pruning clippers, a bucket or large container, sunshine, a tub and water.

Most branches can be forced, though oaks, maples and sweet gums may not be all that impressive. You end up with green shoots and expanding leaves, which can be beautiful in their own right, but no colorful flowers.

The excitement of forcing comes from choosing flowering trees and shrubs.

Forsythia is an easy forcer. Branches only need a couple of weeks of dormancy, which has usually occurred by January.

Fruit trees such as apples, peaches, cherry, pears and quinces give successful results. These extra-early spring bloomers have a nice light fragrance as well as pale pink, red and white flowers.

Red Twig Dogwood, redbud, dogwood, crabapple, Chinese or Lacebark Elm, and many viburnums can be forced with few problems. Of course, don't forget the pussy willows.

Lilacs, while quite fragrant, are hard to force. The flower buds start to expand and then wither, possibly due to the lack of light, temperature or nutrients, or a combination of the three.

Choose branches with the largest buds. The bigger the bud, the quicker it will open. You might want to pop a bud off a limb and peel it open to see if it is green or white inside, indicating a live bud. Small buds

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



may dry out before opening.

Cut branches in the early afternoon after the sap and temperatures have risen, preferably above freezing. If the temperatures are cooler, take care to avoid breaking off the frozen buds.

Prune selectively so the plant's shape isn't destroyed. Prune uniformly around and throughout the plant. Look for branches with interesting shapes, not just straight up and down switches. Avoid cutting everything off the top.

Once branches are cut, soak them for several hours or overnight in a bathtub filled with warm water. Make sure branches are submerged and branch ends are beneath the water. The warm water softens the flower buds and allows for easier forcing.

Also, tell people that you are soaking branches in the bathtub. Early morning risers may not appreciate discovering branches in the bathtub.

Cut another inch off the branches before placing the limbs in a bucket or large container of warm water. This aids in the quick uptake of water. Some florists have success with crushing the base of stems with a hammer. However, don't pound the stems.

Limbs produce the best flowers when placed in bright sunshine and cool temperatures. A southern exposure produces the best color. Unfortunately, it tends to be too warm. Ideal forcing temperatures are in the 55-65 degree range. This may be too cool for many people.

It can take two to three weeks for flowers to open. It won't happen overnight; the buds will slowly swell, expand and pop open.

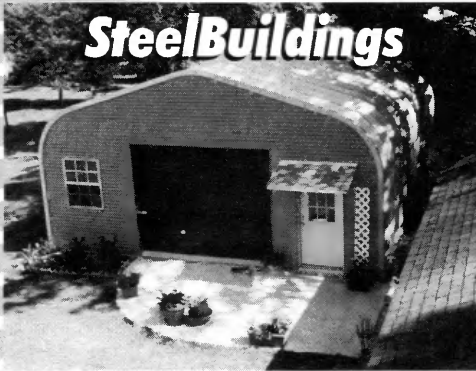
The closer it is to spring, the faster the branches force into flower.

Check the water level daily and don't allow the limbs to dry out.

Once flower buds start to show color, place the limbs in a tall vase to enjoy throughout the house. Keep temperatures on the cool side for longevity.

Occasionally, limbs such as pussy willows will produce roots. Limbs can be transplanted outside in spring. However, growth isn't guaranteed. Many limbs will die due to lack of sufficient stored energy.

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Today's

TECHNOLOGY AND YOU

Saunas reduce heat — and stress — load

Q: I set my thermostat lower to save electricity, but I often feel chilled to the bone and set it up again. What can I do, without driving up my utility bills, to stay warm with the thermostat set lower? - R. R.

A: Your chilled-to-the-bone feeling is not uncommon with a furnace thermostat set back, but don't panic and set it back up. Whenever you feel chilly and get the urge to set up the thermostat, remember that, depending on your climate, each degree that you lower your thermostat shaves two to three percent off of your heating bills.

One of the best methods to maintain your comfort without driving up your heating bills is to create one small "warm spot" in your home. This can be just a small room or a mini home-size sauna or steam room kit. Visit this warm area whenever you sense that chilly feeling coming on.

The cheapest method to create a warm spot is to use a small electric heater (one with a built-in thermostat) to keep one small room warm. Select a room with the fewest outside walls (not a corner room). This minimizes the heat loss to the outdoors. Keep this room about five degrees warmer than the rest of your house.

A do-it-yourself mini-sauna kit is about the most comfortable and efficient method to create your warm spot. All of the heat it loses just reduces the heating load on your furnace. A visit to the sauna can make you feel warm for hours. It is also relaxing and healthful, supposedly cleansing the body of toxins by perspiration and aiding in weight loss for dieters.

There are many designs of small home-use sauna kits. Several one and two-person portable models literally snap together in minutes and apart again for storage — no tools needed. Some of these personal saunas use a small 1.7 kilowatt electric heater (with rocks) that plugs into a standard 120-volt outlet. This uses not much more electricity than a hair dryer.

Portable models, some on casters, are ideal for home use. The kits come with completely insulated wall sections, built-in benches and they fasten together with clips or cam locks. The door has a window and the heater is pre-wired. Just plug it in.

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.

Copyright 1996 James Dulley

Family-size do-it-yourself sauna kits are available in two designs, modular and precut. Modular kits include insulated and wired walls, floor and roof panels, heater, rocks, controls and accessories. They are easily bolted together in an hour or so. A precut kit is less expensive and has all the materials and accessories, but the separate pieces need to be assembled.

The control features make a big difference in the convenience, comfort and efficiency of using a sauna. Fully electronic computer controls allow you to program the on-times and temperatures. Optional electronic air fresheners automatically sprinkle the hot rocks with scented water for the proper low humidity level.

Another relaxing efficient option is a small one- and two-person steam room kit. If your budget is extremely limited, just add a special steam room door kit to your existing shower or bath. Using a mini steam room can also add needed humidity to the air to make your entire house feel more comfortable.

The temperature in a steam room is ideally about 118 degrees, not extremely hot like a sauna. A small 2.2 to 3-kilowatt steam generator is often adequate for a one-person steam room kit. Once the steam room gets up to the desired temperature, the heaters in the steam generator cycle on and off. Overall, the electricity needed to operate one is not great because the heat generated reduces the load on the furnace.

Several of the complete steam room kits have contemporary designs and fit into a corner or recessed bathroom area. High gloss acrylic, polycarbonate or synthetic cultured marble are often used. These materials are durable and provide natural insulation to reduce electricity costs.

It is important to have a well-sealed steam room. The kits all use some type of weatherstripping around the door. When converting an existing shower, make sure to install a special steam room door with weatherstripping.

Write for, or instantly download at www.dulley.com, Utility Bills Update No. 458 — buyer's guide of 10 home-use sauna kits, sizes, features, prices and a cost-to-use chart and Utility Bills Update No. 896 — a buyer's guide of 14 steam room kits, features, prices and sizing chart. Please include \$2 (with checks payable to Jim Dulley) and a business-size SASE. Mail to: Jim Dulley, Illinois Country Living, P.O. Box 3787, Springfield, IL 62708.

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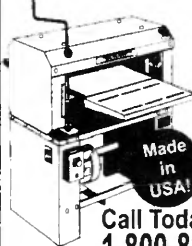
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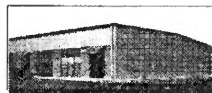
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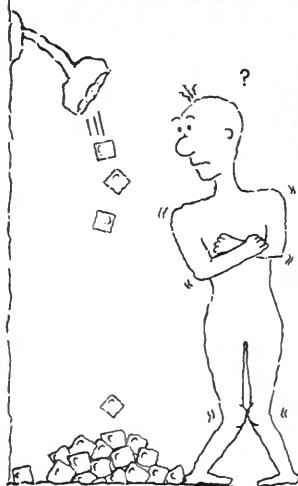
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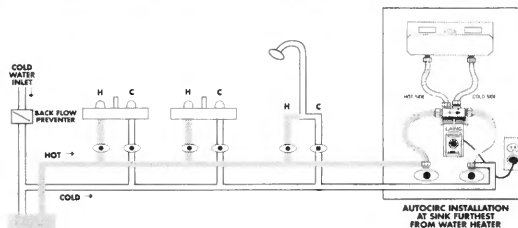
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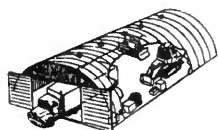


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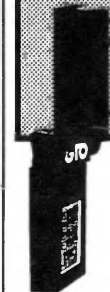
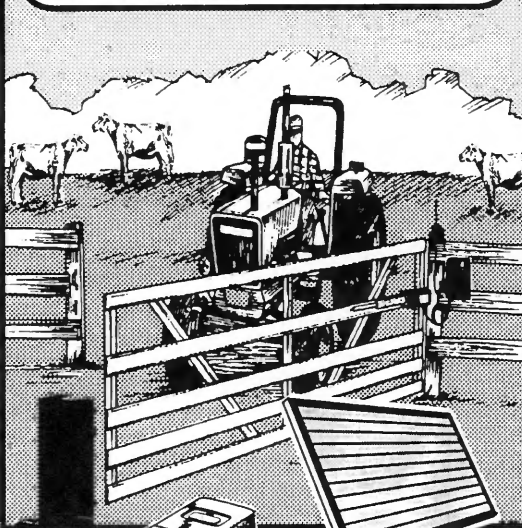
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3. Digs big planting holes for trees and shrubs – as deep and as wide as you need – much faster and easier than hand tools.

4. Has unique curvy tines. The patented tines spin at up to 240 rpm-twice as fast as others. Cuts through hard soil and roots like a chain saw cuts wood.

5. Weeds faster than hand tools. Reverse its tines and power-weed an average-size garden in 20 minutes.

6. Digs planting furrows for corn seed, onion sets, and potato eyes with the optional Planter/Furrower attachment. Builds raised beds, too, and digs trenches to lay wires and pipes under your lawn.

7. Cuts neat borders with the optional Border Edger attachment along walkways, patios and flower beds.

8. Dethatches and Aerates your lawn. Remove choking thatch and cut thousands of aeration slits in sod, so water, air and nutrients can reach grass roots and promote a healthier turf. Two optional accessories make it easy to have a prettier lawn.

9. Trims bushes and hedges. Only Mantis has an optional 24" or 30" Trimmer to trim your shrubbery and small trees.

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Photo courtesy of John C. Scattergood, Centralia News

Dennis and Judy Day, of Sandoval, built certified comfort home energy savings into the home they wanted. The average monthly heating and cooling bill during their first year in the 3,640 square foot house was \$20.38.

Home owners celebrate energy saving anniversaries

Most people celebrate anniversaries by spending money. Certified Comfort Home owners in Tri-County Electric Cooperative's service area are celebrating theirs by saving it.

Each year, Certified Comfort Home owners receive an energy review statement — a kind of year-end energy anniversary call from the cooperative. The review tallies up a family's energy bills for the past year and pits the monthly average against the home's target consumption rate.

So what's to celebrate?

Of the 13 Certified Comfort Homes in Tri-County's service area, none have exceeded the target figure. And if a Certified Comfort Home should exceed the projected average, the co-op would cover the added cost.

If you aren't familiar with the concept of a Certified Comfort Home, it works like this:

Soon-to-be homeowners share the plans of their home with a co-op representative who rates them according to Certified Comfort Home standards. The rating identifies and evaluates key energy components like wall construction, air infiltration, ceiling insulation, floor or basement wall insulation, window and door construction, duct layout, lighting, water heating, and (of course) the heating and cooling system. If the home qualifies for the program, the cooperative calculates the annual heating and cooling cost.

During construction, a Tri-County representative inspects the home periodically to ensure it's being built to specifications. After construction is completed, the co-op sets an additional meter adjacent to the

house meter. The second meter records the exact amount of power dedicated to heating and cooling in a given month. Each year on the home's "anniversary date" the actual usage is compared to the target amount. If the bill is over budget, the co-op refunds the difference. The guarantee is good for three years.

"Actually, you get a number of values with a Certified Comfort Home," says Bruce Barkau, director of marketing for Tri-County Electric. "They're very affordable, very energy efficient, and very comfortable." As an example, Barkau cited a 3,640 square foot certified comfort home with an electric bill that averages about \$21 per month.

Keep that figure in mind when you think about building your next home. A Certified Comfort Home can keep your winters warm, your summers cool, and your bills low. In short, it can give you something to celebrate.

Satisfied homeowners say

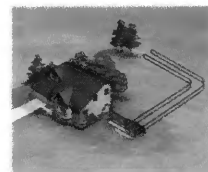
"It's just a comfortable, nice home. I'm really satisfied with it." Tim Marlow commenting on his 2,662 square foot Certified Comfort Home east of Mt. Vernon.

"You don't have the carbon monoxide gas to worry about, there's no open flame, and it doesn't dry the moisture out of the air." Mark Walsh of Salem, listing some of the added benefits of the geothermal system which heats and cools his Certified Comfort Home.

"There are no cold spaces and no drafts around the windows. This is the closest thing I've found to the old radiator-style heat..." Dennis Day commenting on the comfortable, even temperature of his home.

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Homemakers Extension Association of Cumberland County dedicated its 1996 cookbook to all former and deceased members of the organization and all Charter Members. The cookbook is spiral-bound and has 378 pages of recipes and helpful hints. Purchase the cookbook for \$10 plus \$2 postage from Betty Yocum, 538 Country Road 1475 E, Toledo, IL 62468 or call her at (217) 923-5547.

The Women's Guild of Church of Peace, U.C.C. in Kewanee presents its 1996 third edition cookbook. It is spiral-bound and has 132 pages. Order from Phyllis Hepner, 27989 E. State Road, Kewanee, IL 61443 for \$6.50 plus \$1.50 postage, or call her at (309) 853-5052, or Church of Peace Women's Guild, 28358 N. 900 Avenue, Kewanee, IL 61443; phone (309) 853-5052.

Cumberland County H.E.A.

LIL' CRAB CAKES

1/2 C. butter, melted
3 egg yolks
1/8 tsp. Tabasco®
1 1/2 lb. crabmeat
4 T. butter

Pour the melted butter over the bread and soak 15 minutes, then mash the bread and add yolks, salt, Tabasco, and Worcestershire. Blend in crab and fold in egg whites. Shape into 25 small cakes. Melt remaining butter in a skillet and brown cakes on both sides. Serve hot.

CHERRY COFFEE CAKE

1 loaf frozen bread dough
1 (21 oz.) can cherry pie filling

Place dough in greased 15x10x1-inch baking pan; thaw. Spread in pan. Spread with pie filling. In bowl mix butter, flour, and sugar until crumbly. Sprinkle over filling. Bake at 375° for 25-30 minutes.

CHICKEN CASSEROLE

4 cooked chicken breasts, cut in pieces
1 can cream of chicken soup
1/4 C. chopped onion
1 tsp. lemon juice
Mix all this together.

Top with:

1 C. corn flakes, crushed
1/2 C. slivered almonds

Bake at 350°, uncovered, for 1 hour.

Michelle Black

6 slices bread, crusts trimmed
3/4 tsp. salt
2 tsp. Worcestershire
3 egg whites

Pauline Yocum

1/2 C. butter
1 1/4 C. flour
1 1/4 C. sugar

Jeanne Strohl

1 pkg. Rice-A-Roni® (chicken flavor), cooked (use more than 1 if feeding more)
3/4 C. salad dressing (Miracle Whip®)

1/2 stick butter, melted

MANWICH CASSEROLE

7 oz. macaroni
1 lb. ground beef
1 can Manwich®

Boil macaroni and drain. Brown ground beef. Add Manwich and sugar to cooked ground beef; add macaroni. Put in 2 quart casserole. Sprinkle cheese on top. Bake at 350° until cheese is melted.

CRAZY CRUST PIZZA

2 eggs
2/3 C. milk
1 C. flour
1 tsp. salt

Grease cookie sheet. Mix eggs with milk. Add other ingredients. Pour crust in pan. Add desired toppings. Add 8 oz. shredded Mozzarella cheese over toppings. Spoon on 8 oz. can (or more) tomato or pizza sauce. Bake in 350° oven for 20 to 30 minutes.

SUGARLESS SPICE CAKE

2 C. raisins
2 C. water
1 C. unsweetened applesauce
2 eggs, beaten
2 T. liquid artificial sweetener

1/4 C. sugar (may use less)
1 1/2 C. shredded Colby or Cheddar cheese

1/8 tsp. pepper
1 or 2 tsp. Italian seasoning
1 tsp. oregano

3/4 C. vegetable oil
1 tsp. baking soda
2 C. all-purpose flour
1 1/2 tsp. ground cinnamon
1/2 tsp. ground nutmeg
1/2 tsp. vanilla extract
Whipped cream (optional)

In a saucepan, cook raisins in water until water evaporates. Add applesauce, eggs, sweetener, and oil; mix well. Blend in baking soda and flour. Stir in cinnamon, nutmeg, and vanilla. Pour into a greased 8x8 inch baking pan. Bake at 350° for 25 minutes or until cake tests done. Serve with a dollop of whipped cream if desired. Yield: 20 servings.



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Geniece Abbott

- 1 angel food cake mix
1 1/2 tsp. pumpkin pie spice
- 1 C. solid-pack pumpkin
(not pumpkin pie mix)

In small bowl combine pumpkin and spice; set aside. Mix angel food as package directs, then gently fold in pumpkin. Pour into ungreased tube pan. Bake at 400° for 45 to 55 minutes, until lightly browned. Remove and invert onto bottle or funnel; cool completely in pan. Loosen cake and place on cake plate. Sprinkle with powdered sugar if desired.

PRIZE BAKING POWDER BISCUITS

Betty Yocum

- 2 C. sifted flour
2/3 to 3/4 C. milk
1/2 C. shortening
1 tsp. salt
- 4 tsp. baking powder
1/2 tsp. cream of tartar
2 tsp. sugar

Sift dry ingredients together. Cut in shortening with pastry blender until mixture resembles coarse crumbs. Add milk all at once. Stir until dough follows fork. Turn dough onto lightly floured surface. Knead gently 8 to 10 times. Roll out dough 1/2 to 1 inch thick. Cut with floured biscuit cutter. Place biscuits on ungreased baking sheet. Bake at 450° for 10 to 12 minutes. Makes 16.

Church of Peace, U.C. C., Kewanee**HAM PINWEELS**

Kendra Heise Showalter

- 9 oz. cream cheese with
chives or 8 oz. cream
cheese, softened
2 T. chili sauce
- 1 can Underwood deviled ham
spread
1/8 tsp. Tabasco® sauce
1 loaf bakery bread, sliced
lengthwise

Blend cream cheese and deviled ham until smooth. Add chili sauce and Tabasco sauce. Spread mixture on long bread slices. Trim off the crust edges and roll bread slices lengthwise (like a jelly roll). Refrigerate for at least one hour. Cut into slices and serve.

RUMAKI

Kathy Manthe Hefner

- 1 1/2 tsp. honey
1 T. soy sauce
2 T. oil
- 1/2 garlic clove
3 cans whole water chestnuts
1 pkg. bacon

Mix honey, soy sauce, oil and garlic. Drain chestnuts. Marinate chestnuts in honey mixture for at least 1 hour or all night. Cut bacon slices into thirds. Wrap chestnuts with bacon and secure with a toothpick. Broil 5-7 minutes on each side. Serve immediately.

ANNA'S CORN CHOWDER

Martha Hepner Corley

- 4 C. diced new potatoes
2 C. boiling water
1 lg. onion, diced
2 C. frozen corn
2 C. milk
- 1/2 tsp. salt
1/8 tsp. pepper
4-5 slices bacon, diced (or
substitute 1 C. Kielbasa®
sausage)

Drop potatoes in boiling water for 15 minutes. Fry onions and bacon together. Add this to the potatoes. Add the corn and cook until potatoes are done. Add milk and seasonings. Bring to boiling point. Serve very hot.

ITALIAN TORTELLINI SOUP

Audrey Hepner Becker

- 4 tsp. beef base
11 oz. Italian sausage
1 lb. meat tortellini
2 C. shredded cabbage
1/2 C. chopped green pepper
8 oz. sliced zucchini
- 1/2 C. chopped red onions
2 chopped fresh tomatoes
8 tsp. basil
1/4 tsp. salt
1/4 tsp. pepper
2 qt. water

Brown the Italian sausage. Shred the cabbage (pack it lightly in the measuring cup). Chop the green pepper, red onion and fresh tomatoes. Slice the zucchini. Combine all ingredients in a large kettle and boil until the tortellini is done, about 10 minutes. If you will not be serving the soup for awhile, leave tortellini out until 10 minutes before you're ready to serve so the tortellini don't fall apart. Makes 12 1-cup servings.

TWICE BAKED POTATO CASSEROLE

Virgie Cathelyn

- 8 to 10 large potatoes
salt & pepper to taste
1/2 C. butter
1/2 C. sour cream
- 1/2 C. Cheez Whiz
1 egg
1 pkg. potato topping
milk as needed

Peel and cook potatoes as you would for mashed potatoes. Drain. Add butter, sour cream and Cheez Whiz and mash. Add some milk if too thick. Turn into a 1-1/2 quart casserole dish and top with dots of butter. Beat one egg and pour over top. Add potato topping and bake at 350° for 1 hour.

CREAMY SPINACH CASSEROLE

Elissa Kuster

- 4 (10 oz.) pkgs. frozen,
chopped spinach
1 can water chestnuts,
chopped
- 2 cans cream of celery soup
1 (3oz.) can French-fried
onion rings
1 C. shredded Cheddar cheese

Cook spinach as package directs. Drain well. Place spinach in 9x13 inch baking dish. Sprinkle with chestnuts and cheese. Blend soup and half of the can of onions. Spoon on soup mixture. Bake in 350° oven until bubbly, about 25 minutes. Arrange the rest of onions over the top and return to oven until golden brown.

BARBECUE CHICKEN

Debora Nanninga

- 3 to 4 lbs. chicken parts
1 jar apricot jam
- 1 sm. bottle French dressing
1 pkg. Lipton onion soup mix

Arrange chicken parts in single layer in pan 2 inches deep. Mix together jam and dressing. Sprinkle chicken with soup mix. Pour dressing mixture over chicken. Bake 1-1/2 hours at 325°, basting chicken with pan juices twice during baking.

WHITE TEXAS SHEET CAKE

Norma Hepner

- 1 C. butter or margarine
1 C. water
2 C. all-purpose flour
2 C. sugar
2 eggs, beaten
- 1/2 C. sour cream
1 tsp. almond extract
1 tsp. salt
1 tsp. baking soda

In large saucepan, bring butter and water to a boil. Remove from heat. Stir in flour, sugar, eggs, sour cream, almond extract, salt and baking soda until smooth. Pour into a greased 15x10x1-inch baking pan. Bake at 375° for 20 to 22 minutes or until cake is golden brown and tests done. Cool 20 minutes.

Frosting:

- 1/2 C. butter or margarine
1/4 C. milk
4 1/2 C. confectioner's sugar
- 1/2 tsp. almond extract
1 C. chopped walnuts

Combine butter and milk in a saucepan. Bring to boil. Remove from heat. Add sugar and extract and mix well. Stir in walnuts and spread over warm cake.

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January DATEBOOK

1, News Year's Day Sporting Clays fun shoot, Trail of Tears Lodge/Sports Resort, Jonesboro. (618) 833-8697.

2-4, Remington International Celebrity Hunt & Goose Calling, John A. Logan Community College & Holiday Inn, Marion. Proceeds from this event go to the Illinois Conservation Foundation for youth hunting, fishing and conservation events, national hunting and fishing days and other such promotions in Southern Illinois. Visit with 25 of the world's finest goose-callers and 25 celebrities from sports and entertainment fields. Hunt in some of the finest goose pits in the Mississippi Flyway with a top guide, one champion goose caller, one celebrity, and one other hunter. There's a limit of 50 hunters, so register early. (800) 433-7399.

3, Eagle Watching, Lock & Dam 13 (near Fulton)/Clinton (Iowa) Community College Naturalists will be on hand. Indoor events include lecturers with live birds of prey, children's activities and wildlife exhibitors. (815) 259-3628.

3, Eagle Watching, Bob's Pit Stop, Albany. Dress warmly and bring binoculars. (309) 887-4481.

7-8, Northern Illinois Farm Show, MetroCentre, Rockford. One of the Midwest's largest full-line agricultural trade shows. (815) 968-5600

8-10, Illinois High School Theater Festival, Illinois State University, Normal. (309) 438-8321.

10, Twelfth Night Ball, American Legion Hall, Prairie Du Rocher, (618) 284-9509.

10-11, Bald Eagle Days, Rock Island. (309) 788-5912.

11, Snowmobile Poker Run, Pearl City, Snowmobile through the rolling hills and enjoy the stops en route to qualify for the best poker hand at the end. 1 (800) 369-2955 or (815) 233-1357.

18, Cabin Fever Jamboree, Discovery Center Museum, Rockford. Folk musicians and story tellers plus hands-on workshops on instrument making and dancing. The Discover Center, a family-oriented museum in Riverfront Museum Park, explores scientific and perceptual principles. It's the first outdoor science park in the United States with exhibits about sound, weather, water, cave exploration and a 2-story maze. The Tot Spot is designed for youngsters 5 and younger. (815) 963-6769.

16-18, Winterfest, Lena. Winter fun for the family, chili supper, pancake breakfast, co-ed volleyball, snow sculpting, tricycle and bed races, dance, ice fishing, sledding, cross-country skiing, sleigh rides, skating and more. (800) 369-2955 or (815) 233-1357.

17, Wacky for Waterfowl, Dickson Mounds Museum, Lewistown. A Super Saturday for Kids day focusing on wetland environments. Youngsters and their parents identify wetland birds, make cattail duck decoys and shoe box dioramas, and participate in the Shadowbirds exhibit (see Ongoing section) scavenger hunt. (309) 547-3721.

Ongoing:

Rendezvous in Old Nauvoo, historical musicals, Cultural Hall, Nauvoo. This free historical musical is performed by missionaries each Friday and Saturday in the restored Cultural Hall through May. *Rendezvous in Old Nauvoo* focuses on the personal histories of families and individuals of early Mormons, including Joseph Smith and Brigham Young, who settled Nauvoo before journeying to Utah. Between Memorial Day and Labor Day, there also are performances of "Nauvoo Adventure," nightly except Sunday. This story tells how the early Latter-day Saints turned swamp land into what once was the largest city in Illinois. Don't miss the quilt display on the second floor. (800) 453-0022 or (217) 453-2237.

Sporting Dog Trials, Wayne Fitzgerald State Park, Whittington. Weekends beginning in January and running through mid April. Call for schedule. (618) 629-2320.

Shadowbirds: An Exhibition by William Burt, Dickson Mounds Museum, Lewistown, Jan. 2 through March. Color photographs made in remote marshlands, often in the middle of the night, are featured in this exhibit by the noted nature photographer. "Shadowbirds" are rails, the most mysterious and elusive of birds that inhabit marshland environments, which have become almost equally rare. Dickson Mounds, a branch of the Illinois State Museum and a National Historic Site as well as a major on-site archaeological museum, explores 12,000 years of Native American life in the Illinois River Valley. (309) 547-3721.



The Caleb Bike Farm Petting Zoo, West Frankfort. Pet and feed many varieties of exotic animals nurtured by area children. Operated by the Caleb Campaign, a Christian youth ministry. Open daily 9 a.m. to dusk, except Sunday, 1 p.m. to dusk. (618) 937-2348.

The National Coal Museum, West Frankfort. One-hour tours 9 a.m. to 5 p.m. year around. Tour guides are experienced coal miners; visitors descend 600 feet to an underground mine. (618) 937-2625.

Christian County Historical Museum, Taylorville. Walk through a log home, farm home, school, depot, and a courthouse all built between 1820 and 1870 at the last stop on Abe Lincoln's circuit. Open 10 a.m. to 4 p.m. on Saturdays December through March.



Winter is for eagle watching in Illinois. Recently upgraded from endangered to threatened on the federal list of endangered species, bald eagles have rebounded since the pesticide DDT was banned in 1972 and concerted conservation efforts were put in place. The number of bald eagles sighted wintering in Illinois was up about 50 percent last spring over the previous year, the Illinois Department of Natural Resources reports. Bald eagles are found along the larger watercourses in Illinois. Alton, Elsah and Grafton are just a few of the spots in Illinois that offer great vantage points, and the Alton Convention and Visitors Bureau will be happy to send you information. (800) 258-6645.

17, Sno-Ball Tournament, Read Park, Freeport. Annual softball tournament in the snow. (815) 235-6114.

17, Oriana Singers, A Capella Singers Chorus, Opera House of Sandwich, Sandwich. (815) 786-2555.

17-18, Winter Wilderness Weekend, Starved Rock State Park, Utica. (815) 667-4906.

23-25, 10th Annual Winter Indoor Bluegrass Festival, Holiday Inn, Quincy. (217) 243-3159.

24-25, Princeton Sauk Trail Gun Show & Sale, Bureau County Fairgrounds, Princeton. (309) 274-6096.

23-25, Central Illinois Jazz Festival, Holiday Inn Select Hotel, Decatur. (217) 422-8800.

25, Super Bowl Sunday, Quilt Bingo, Community Center, Hecker. Football widows (and widowers!) this event is for you! Members of St. Augustine Church contribute their hand-stitched quilts and competitors play bingo to win them in this twice-a-year event to benefit the church. (If you missed the one in November, this is your second chance. (618) 473-2217.

28-30, Midwest Farm Agricultural Expo, Gordyville USA. It's the fourth year for this indoor show, which attracts 10,000 visitors over three days. It's sponsored by the Midwest Equipment Dealer's Association. (217) 568-7117.

31, Crossroads International Fair, Knox College Center for Fine Arts, Galesburg. (309) 341-7225.

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.



14-18, Illinois Snow Sculpting Competition, Sinnissippi Park, Rockford. Teams compete in sculpting exhibitions. Sculpting begins at 9 a.m. Wednesday and finishes at 10 a.m. Saturday. Sculptures are lighted at night and remain in place as long as weather permits. The public is invited to drive or walk, around the clock, through the park located along the Rock River. (800) 521-0849 or (815) 987-8841.

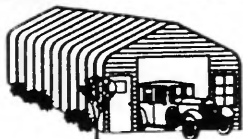
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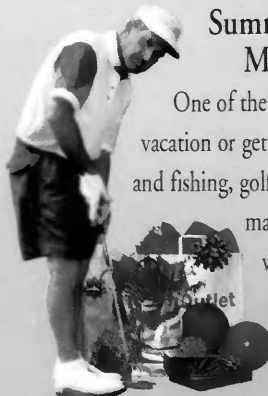
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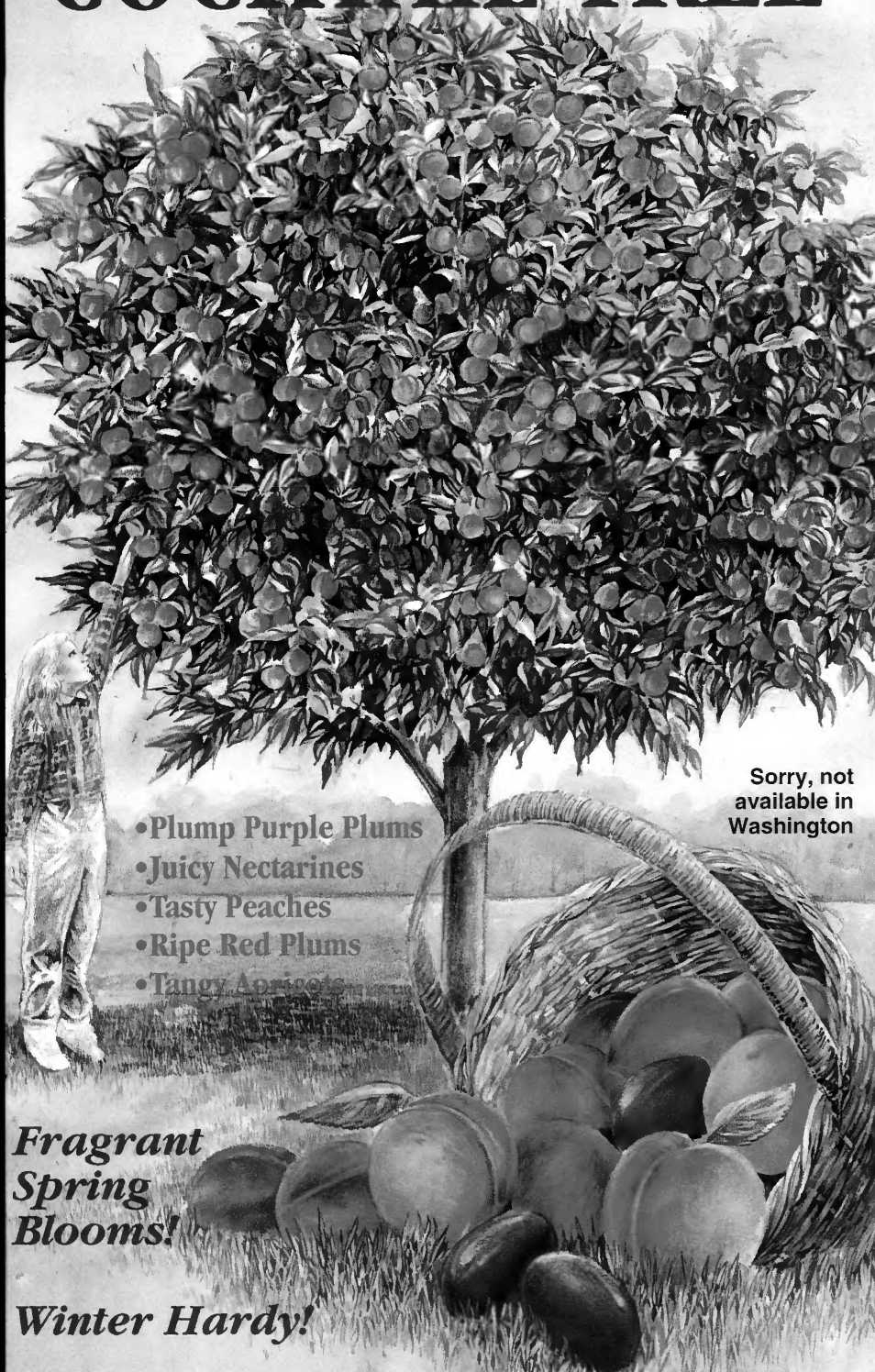
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(By Brenda Keith)

Have you ever been almost crippled by arthritis pain in your hands? Well I have. The pain and stiffness was so bad I could hardly use my hands.

I had tried all sorts of pain remedies that never gave me the relief I needed, but then . . .

A friend brought me a jar of Pain Relief Rub, I tried it and it worked like a miracle. Now the pain is relieved and I can use my hands again.

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"We're so positive that Roach Kill will kill every last roach in your house that we'll send you a free gift just for trying it."

"ROACHES!"

I HAD THEM BY THE HUNDREDS, BUT NOW I DON'T HAVE A SINGLE ROACH.

(By J. Robson)

Have you ever seen a roach run out of a bowl as you were about to put food in it? Well, I have. Just turn out the lights and an army of roaches would attack the whole house.

I had tried smelly sprays and other insecticides to get rid of them. But they just kept coming back. Nothing worked for very long, but then . . .

A friend told me about an amazing powder, Roach Kill, that killed all her roaches. I tried it, and it worked like a miracle. It killed them all for good. Now I don't have a single roach.

Roach Kill is an odorless, white powder. Roach Kill is applied in seconds from a squeeze bottle behind appliances.

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