

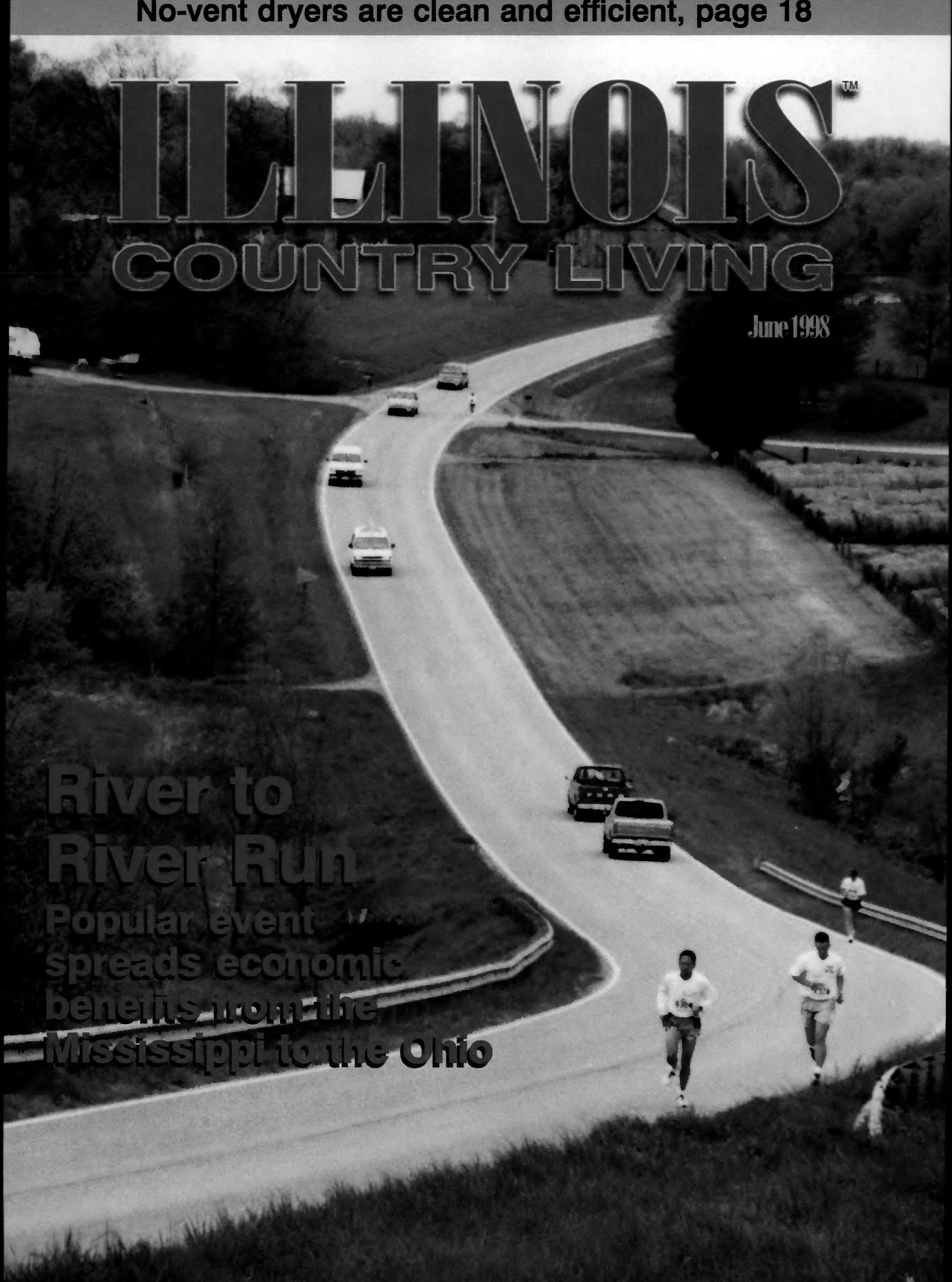
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COVER STORY

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A Southern Illinois run has become so popular that many runners now are turned away. But area merchants are embracing the race as an important part of the region's emerging tourism economy.



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Illinois COMMENTARY

Disparate voices find unity

Teamwork doesn't come easily. Electric co-op leaders know that. It took a lot of work to transform the dreams of early co-op leaders into the sound system which serves today. Yet, it was worth the effort.

The same commitment to joint effort is required for the challenges facing Illinois agriculture.

Decades ago, when farm interests dominated, agriculture could afford the luxury of competing viewpoints. Years later, when demographics made us a minority, shrewd politicians took the upper hand with the charge: "When you can all get together on a position, come back — and then we will see what we can do for agriculture!"



Ronald R. Warfield

Illinois agriculture has seen the light. Our once divided energies are teamed. The Illinois Agricultural Legislative Roundtable brings nearly all segments

of Illinois' vast agriculture together to partner for action.

Encompassing more than 50 groups, the Roundtable meets formally twice each year. All proposals are discussed. Issues where obvious disagree-

ment prevails are swiftly dismissed. Most issues, when openly aired, produce an agenda of unity.

Washington politicians were astounded the first time the Roundtable took a Washington trip, buttonholing senators, congressmen and agency administrators with rock-solid positions on issues affecting agriculture. Washington was happy to see us united — And we got results.

The same thing happens in Springfield. For example, most problems facing Illinois agriculture demand science-based solutions. Where do we find those answers? Research.

All Illinois agriculture supports boosted agricultural research funding. C-FAR, the Council on Food and Agricultural Research, has been highly successful in increasing Illinois agricultural research funding toward being one of the top ten in the country.

All Illinois agriculture has a stake in the reinvention of Extension. The main thrust has been concerted effort by the Chancellor's Commission, including a cross section of Illinois agriculture working together for solutions.

Roundtable efforts also foster specialized team efforts.

Most obvious has been the sustained team effort by the Illinois Pork Producers Association, the Illinois Beef Association, and the Illinois Farm Bureau to ensure Illinois a growing, thriving, livestock industry. Working together IPPA, IBA, and IFB guided drafting of the Livestock Management Facilities Act, hammered out the regulations, and sought amendments to fine-tune them, letting markets determine who will farm and how, but ensuring a healthful, sound environment. Illinois Milk Producers' Association, Illinois Corn Growers, and Illinois Soybean Association also have pitched in.

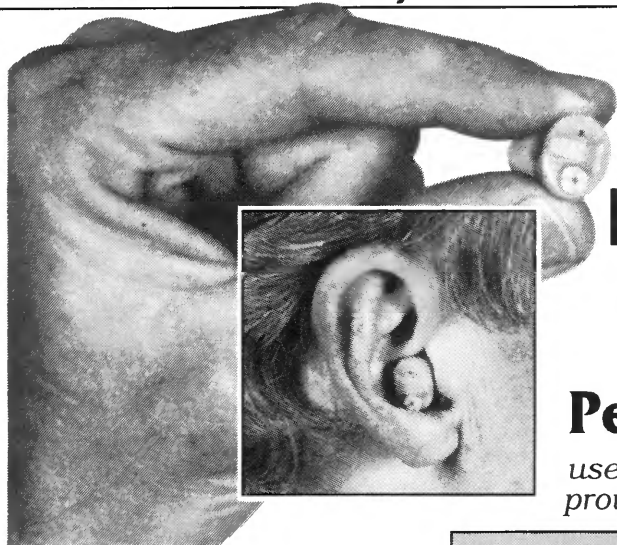
A more recent example has been agricultural literacy — efforts to help non-farm people understand where their food really comes from and the challenges farmers face.

Not every problem can be solved by such partnering, but most stand a better chance when agriculture forges a solid alliance.

Working constructively, as partners, we can ensure agriculture's prominent place in our state's future.

Ronald R. Warfield of Gibson City is president of the Illinois Farm Bureau and the insurance and investment companies that make up Country Companies, Illinois Agricultural Service Co., AgriVisor Services, Inc., and the IAA Foundation. In February he was appointed to the Governor's Commission on Property Tax Reform created to focus on reducing the property tax burden for schools and previously served on the Illinois Commission on Education Funding. He holds both a bachelor's and a master's degree in agricultural economics from the University of Illinois, and, along with his family, farms 1,850 acres of corn and soybeans.

There are times when everyone would like a little extra volume to enhance their hearing!



It's So Small It's Almost Invisible

In the Ear... **MaxiSound™** Personal Sound Amplifier

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by Martin Howard

For the last couple of years, I've constantly had to ask people to repeat what they just said to me... I've turned up the volume on the TV so loud that everyone in the house complains... and my wife and children tell me that I'm speaking too loud.

Naturally, I've denied everything. I didn't want to admit I knew that I was having a slight hearing problem. I was hoping it would go away, all by itself, without doing anything about it! But, deep down inside, I knew I needed a little extra help in the hearing department, and lately, I needed this extra help more and more.

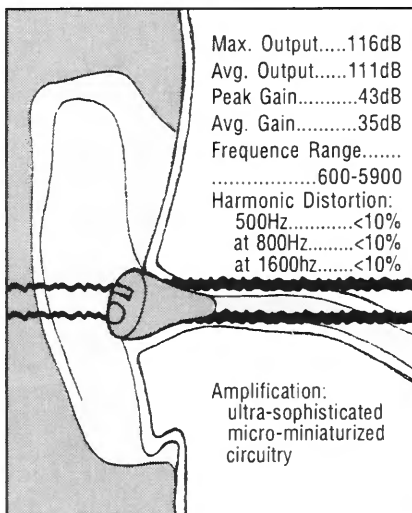
My wife was so tired of me asking her to either speak louder or repeat everything she said. We were having arguments over my hearing. Finally, she insisted that I get some help. She told me to buy a hearing aid.

Sure, just what I need. A bulky, ugly, ill-fitting and heavy hearing aid sitting behind my ear. And, the darn thing will probably rub the skin off my ear too!

She laughed at me. No, it's nothing like that - science and technology have revolutionized the audio industry. The product I'm talking about is called **MaxiSound**. It's a personal amplifier and is very different from the hearing aids you are describing.

MaxiSound is so small and compact that it fits inside the ear canal (it's almost invisible). There are no wires, no behind the ear devices and it doesn't cost a fortune. Not only that, but its super sensitive circuitry is designed to maximize your natural ability to hear sounds*. **MaxiSound** can make speech louder, and the sound is crystal clear, pure and natural.

MaxiSound worked so well for me that I am now marketing them direct to the consumer. And, I know that they'll work for you too! *It's great to be able to hear the TV clearly again.*



Let me tell you a little more about them. They are ideal for amplification of faint sounds like distant lectures or outdoor wildlife. Each amplifier features an individual on/off and volume control. Its one-size-fits-all is comfortable and comes with a replaceable soft rubber tip, 300 hour battery, cleaning tool, storage pouch and instructions. **MaxiSound** is made in the USA, and is comparable to other sound enhancement systems that retail for up to \$1000.00. Separate maintenance kit includes: 4 replace-

*Not sold for use as a medical device. Consult a hearing specialist if you have a serious hearing problem. Individual experiences may vary depending on severity of hearing loss.

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Dr. George T. Stallings

ment tips, 4 batteries, extra cleaning tool and detailed care instructions.

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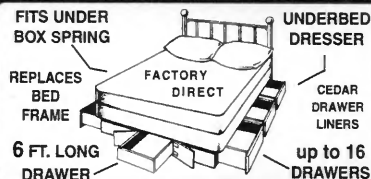
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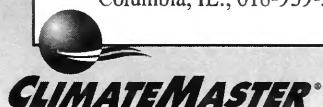
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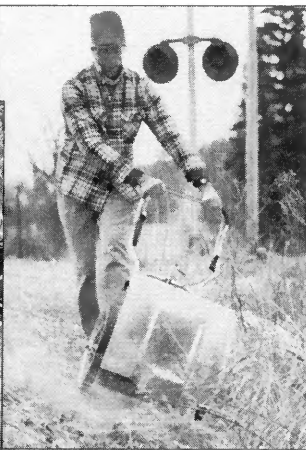
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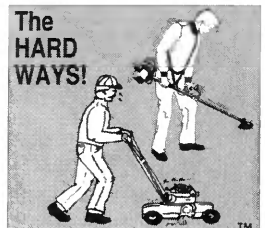
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More money for sewers, water

The federal government will invest more than \$8.3 million in five sanitary sewer projects and one safe-drinking water project in Illinois.

Rural Development, an agency of the U.S. Department of Agriculture, reports the money will be complemented by an additional \$51.8 million from other public and private sources.

In announcing the projects, Agriculture Secretary Dan Glickman said the projects would improve the health conditions, living environment and economic opportunities of more than

84,000 people living in economically distressed areas of rural America. Inadequate wastewater disposal is still a major source of water pollution in rural areas. Corroded pipes, outdated waste treatment facilities and sub-standard septic systems all take a heavy toll on the quality of our nation's drinking water supplies, aquatic habitat and recreational waters.

The money, in the form of loans and grants, will help pay for sewer projects in Blandinsville in McDonough County, Parkersburg in Richland County,

Equality in Gallatin County, New Minden in Washington County and Hidalgo in Jasper County. EJ Water Corp. in Effingham County also will receive some of the money to expand.

The USDA says it has loaned more than \$15 billion in the last 58 years. It boasts a loan loss rate of just 1/10 of one percent, or just \$1 lost for every \$1,000 loaned, making it one of the most successful federal lending programs in any area of federal government.

Deer repellent?

Want a sure-fire strategy to deal with deer supping on your sapling? "Try acceptance," suggests a Southern Illinois University senior scientist.

Jack L. Roseberry has "racked up" more than 20 years of research into the ways of whitetail deer at the Wildlife Research Laboratory at SIU's Carbondale campus. He and two new foresters at SIUC agree that nothing much deters deer for long.

"You'll hear people recommending soap or human hair or mountain lion urine — ask 10 people, and you'll get 10 different opinions on how to keep them away," said Roseberry. "I don't think there's any product that really works, because if there were, everybody would be using it."

Foresters John W. Groninger, a Pennsylvania native, and James J.

Zaczek said tree shelters are helpful in some instances, but cost and aesthetics for large-scale planting make them impractical. Even for a single tree planted by a homeowner, shelters tend to over-protect the plant, making them spindly and not very wind-resistant.

Even electric fences pulsing with intermittent current are a short-term solution at best. "After a few years, the deer just fold themselves up and go right through it," said Zaczek. "They don't get shocked every time, and I think they just take the chance."

Instead, it's best to plant an older, taller tree.

"I tell people the magic number is 4 1/2 feet," said Zaczek. "Anything that tall or taller, deer will have a hard time killing because the growing point will be above their browse line."

A recent inventory indicates the deer population in Illinois to be about 800,000, and Roseberry reports that levels are beginning to level off in most counties.

Now, about those rabbits in the garden . . .

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Illinois wine study completed

Southern Illinois University has completed a bench-marking study of the state's fledgling wine industry.

The project was co-sponsored by SIU and the Illinois Manufacturing Extension Center, which tries to help small, downstate companies succeed. "The idea wasn't so much to solve problems as to trigger red flags where needed, said Kyle Harfst of SIU.

Harfst said less than 10 percent of all wines produced in Illinois are made with Illinois grapes, and all of the wineries expressed an interest in using grapes for Illinois wines as long as the quality was there. "If growers could supply the varieties they needed, wineries would buy 10,210 more gallons of Illinois grapes this coming season, 16,513 gallons two years from now, and 22,694 gallons three years from now. To meet that third-year demand, we'd need 162 more acres planted to grapes than we have now."

Missouri wineries attract more than 2 million visitors each year, making them the second most popular attraction in that state, right after professional sports in St. Louis and Kansas City, Harfst said. "Increased tourism in Illinois would increase sales, which in turn would build up the industry."

The power of human connections

You may have noticed television commercials now appearing bearing the Touchstone Energy brand in conjunction with the nation's electric cooperatives.

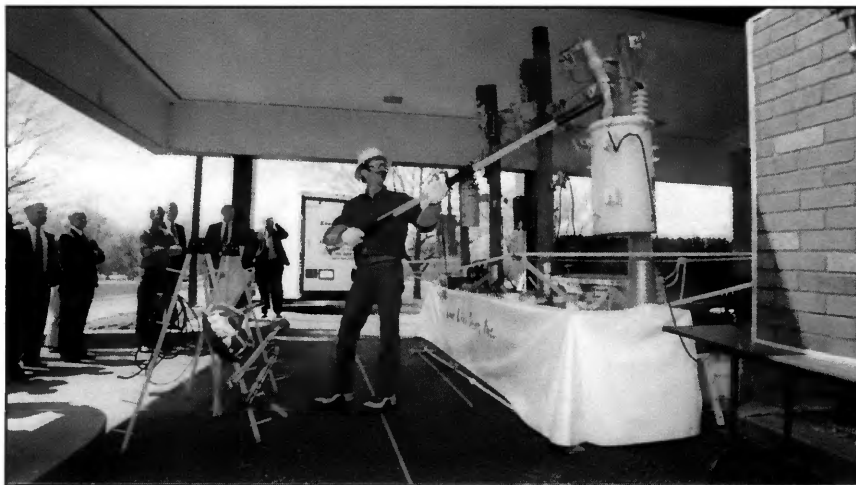
Many of Illinois' 26 electric cooperatives have signed on as partners in the new branding campaign. The Touchstone Energy effort was developed in response to increasing competition in the electric utility industry. Although 1,000 electric co-ops serve 30 million people in 46 states and own and maintain half the nation's power lines, to survive in today's market they must stand out above the rest.



Surveys showed that cooperatives enjoy a unique relationship with their members. Research confirms that co-ops' strongest asset is their ability to be responsive and to provide members a voice in how services are provided. Members also say that co-ops are efficient and contribute enormously to local communities, and that's the message of the Touchstone campaign, with its tagline "The power of human connections."

The idea is similar to other national brands. Like True Value Hardware, you know the local owner, and you recognize the national brand.

New safety program leaves lasting impression



Kyle Finley's display is constructed with real poles, transformers, line hardware – and 7,200 volts of electricity.

A new electric safety program gives live demonstrations to businesses, schools, fire departments, farms, electric companies and cooperatives.

Begun by Kyle Finley, formerly a line-

man with Eastern Illini Electric Cooperative in Paxton, Live Line Demo Inc. uses live electric power to educate the public about proper safety precautions around electrical equipment. It also explains your electric utility's system and how it operates, and demonstrates ways to prevent accidental contact with live wires. The display is portable and can be demonstrated indoors and outdoors.

Finley can be reached at (217) 759-7916 or call your local electric co-op.

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IN THE PREDAWN

Southern Illinois dusk, a line of vehicles winds its way down narrow, remote roads. The migration, made up mostly of large vans, looks very much like a herd of brick-shaped pachyderms heading for some mysterious elephant graveyard.

But that's not the case at all. Instead, the parade is made up of some 2,000 men and women, heading for Alto Pass and the starting point for the 11th annual River to River Run, which was held this year on Saturday, April 18.

The run, which brings serious

runners and fun joggers together, is serious business in Southernmost Illinois. While some 250 vans were needed to transport runners, there are many more vehicles involved, and gas stations and convenience store sales jump dramatically.

Gordon Pitz, a psychology professor at Southern Illinois University-Carbondale (SIU-C), came up with the idea for the run several years ago. He notes that it came about after he and his club, "River-to-River Runners," had been approached by the local tourism council, who suggested that a mass run might bring dollars into Southern Illinois. They pro-

posed a 10K run or marathon.

"I'd read about a run in Oregon," Pitz says, "called the 'Hood-to-Coast,' which involved a relay from Mt. Hood to the Pacific Ocean, a distance of about 180 miles, and a similar run seemed like a good idea. I suggested a river-to-river run."

In retrospect, it's surprising that people thought it was a silly idea. Even so, Pitz persisted, and he and his wife cruised miles of rural roads, looking for a route. While there's a River-to-River hiking trail, it wasn't viable as a race course, although the original run did use a small part of it.

"It takes an enormous amount of groundwork to get a project like this off the ground," Pitz says, "and if there's one thing I'd tell someone hoping to set up a run, I'd urge them to make careful preparations, and be ready to have to make a lot of adjustments. On our second year, we learned a week before the run that part of our road was underwater, and that a critical bridge on the hiking trail was out."

He adds that working with towns on the way is important, too. "While the race is a boon to towns," he says, "it's also disruptive. And we had to find lots of volunteers to help. That first year, we had 40 or so. Now, there are about 400, and some have been doing it for years. In some places, we just turn over the baton ex-

There was plenty of rural countryside for the runners to enjoy.

Above, it takes some 400 volunteers to make the race run smoothly, and here, retired school teacher Ruth Walker Hume directs traffic through Goreville.



River

Story and photos by Jack Halstead

change locations to a local organization, and they handle it.”

Pitz chuckles at his attempts on that first race, and notes that after the club had decided to try the idea, it had advertised in every running publication they could get hold of, and sent invitations to every club they could find an address for.

“I’d promised the tourism people we’d have 20 teams,” he says, “and we crossed our fingers and hoped for 12. We finally wound up with 60, and we were astonished. We’ve since quit advertising and seeking publicity, because we have more teams than we can handle. We had to turn about 70 teams away this year.”

Teams come from all over the Midwest. Some came from as far away as California and Florida. Some motels throughout the area are booked for the nights before and after the race for a year in advance, and area restaurants and campgrounds do a land office business, too.

Boosters say the race brings some \$200,000 into the area economy, and compares favorably in economic impact to Parents’ Day at SIUC and Graduation Day.

The relay, which ends in Golconda with the kind of festivities usually reserved for the ends of wars, is a particular boon to that small Ohio River town.

Charlotte Anderson, program manager, Main Street Golconda, notes that her organization is involved in economic development for the town. The run, she says, brings several thousand dollars into the community, and she’s hoping to help it snag even more of that money in the future.

“We hope to convince more people to spend at least one night



Bob Reed, a director of Illinois Rural Electric Co., and a Nebo farmer, right, hands over the baton to Glennon Rost of Quincy after running his first of three legs.

in our town. Now, most runners spend the night before and after the race in Marion, Carbondale or Murphysboro, and we hope some of them will spend more time exploring Golconda. Our town has a lot to offer,” she says.

But the people in the wending vans don’t worry too much about that kind of thing. They’re focused on the run, and they’re an interesting blend of different ages, occupations and outlooks.

One team in this year’s race was

“Team Dix,” which is based in Quincy. Jim O’Niell, a Quincy insurance adjuster, heads up the team. Bob Reed, 51, is a Nebo farmer, and a member of the board of directors of Illinois Rural Electric Co., Winchester.

Don Van Houten is field services representative for the Association of Illinois Electric Cooperatives in Springfield. At 53, he was the team’s oldest member. Glennon

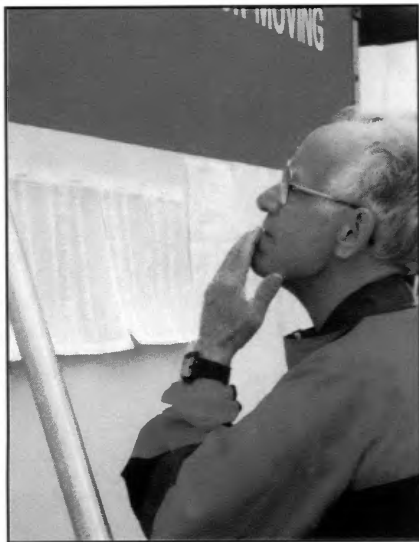
Continued on page 12...

to-River Run

River-to-River
continued from page 11...

Rost, 35, is a bank vice-president in Quincy. Ryan Constable, 19, is the youngest member of the team. He installs security systems for his father's business in Hannibal, Mo. Darren Bishop, who works in the shipping department for a department store chain, is 30. Tom Santee, 32, is an executive in a Hannibal factory. Phil Wiegard, 30, is a UPS driver who lives in Quincy and works out of Palmyra, Mo.

Each team has a name, and the names picked range from the indecipherable to the whimsical to the bizarre. Silkworm, a Murphysboro firm, had a team there, and its "Team Worm" wore matching black uniforms with white accents. The "Dozier Tribe" ran, too. John Dozier, a member of the Wayne-White Counties Electric Cooperative board of directors, is patriarch of the tribe. At 74, he doesn't run in the race. But the entire tribe is made up of sons, daughters and grandsons, all Doziers and ranging in age from 19 to 51. The name "Fastor Pastors" left little doubt as to the occupation of that team's members, while SNAROSLA did little to describe the people running with that team. And, We8Dust sug-



For many, team standings, which were posted at the end of the run, were very important. Here, a man scans the rankings.



At the end of the run, all members of a team, and maybe an occasional hanger-on, all run across the finish line together. Here, Team Dix makes the final sprint.

gests a team with a short winning streak.

Long before dawn, people emerged from their motel rooms and loaded their vans for the trek to the starting line, and two very different types were easily discernible. Some immediately began exercising, as if they begrudged the sleeping time that had cut into their conditioning.

Others dragged weary bodies to vans for the drive to the start. One, rubbing sleep from half-open eyes, looked at an exercising team and grumbled, "It's disgusting how pumped up some people are. I got up so early that I had to pinch myself to see if I was awake, and I still don't know." But most were rarin' to go.

Teams were made up of eight runners each, mostly, and each runner ran three times during the day. If, for some reason, there were only seven members on a team, someone was responsible for running two sets of legs.

In several small towns along the way, and at many houses, small clutches of people gathered to cheer the runners on. Some Southernmost Illinois residents have been doing that for years.

People offered water to runners, and the First Baptist Church of Cobden had set up tables to provide liquids and nutrients to those who were interested.

Although runners couldn't appreciate it much, they ran through some scenic countryside that might well put the Great Smokies to shame. But the scenery offered a mixed blessing, too. Nearly every leg of the race had some uphill in it, and the teams' leaders plotted their strategies carefully. Organizers had broken the entire distance into separate legs, with a profile illustrating each segment's ups and downs. Legs were rated, "Easy, moderate, hard and very hard."

Naturally, runners who run well on hills were assigned to hilly terrain, while others were scheduled to run the level or primarily downhill segments. It was all part of winning for some, or making at least a respectable showing.

And while they were doing that, they were also priming the Southern Illinois economy.

Those interested can call RRR at (618) 453-7200. Or point your web browser to rrr.olm.net

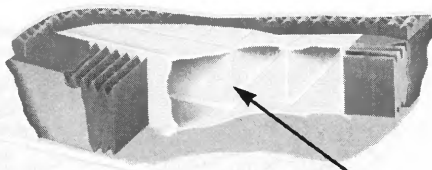
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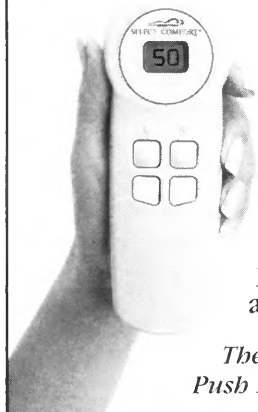
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AROUND YOUR HOME

Protect yourself from consumer fraud



Barbara Cooper

Consumers lose billions of dollars each year because of fraud. Legally, fraud is the intentional misrepresentation of an important fact made to influence the buyer. Consumers are solicited to take part in fraud schemes by mail, telephone or by door to door sales. The newest place to look for fraudulent offers is the Internet. Common swindles include home improvement fraud, sweepstakes and free prize offers, work-at-home schemes, travel offers, credit repair offers, investments, charities and 900 phone numbers.

Con artists tend to target older citizens. According to some research from Eastern Michigan University, elderly victims of confidence swindles are more likely to be female, age 65 to 79.

There are some general warning signs of fraud. One warning sign is an offer of something for nothing or free merchandise. You should be suspicious of promises of free prizes or awards; often there are strings attached and fees and other costs that may far exceed the value of the "free" merchandise.

A second warning sign is pressure to act now. In most situations, any legitimate offer that is good today should be good tomorrow. Beware of a sales person who runs down their own merchandise or another seller's merchandise. This technique is usually used to set you up to consider a more expensive good or service.

A fourth warning sign is a contract with vague or tricky wording. Don't sign any contract you don't understand or one with blanks that are not filled in. Take the time to have someone you trust review any legal documents before signing. Be suspicious when the seller's spoken promises are different from the contract.

Barbara Cooper is a consumer & family economics educator at the Springfield Extension Center, Cooperative Extension Service. You may write to her in care of Illinois Country Living, P.O. Box 3787, Springfield, IL 62708. Telephone her at (217) 782-6515 or send e-mail to cooperb@Idea.ag.uiuc.edu.

Beware of exaggerated claims or lavish promises. Remember — if it sounds too good to be true, it probably is. If the seller makes claims that just don't seem likely, check it out before buying.

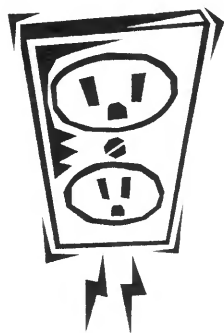
Several private and public agencies help protect consumers against fraud and may be able to help those who have been victims. The Illinois Attorney General is charged with protecting Illinois consumers against fraud and prosecuting those who practice fraud. If you have a question about a seller or an offer, contact an office of the Attorney General. There are offices in Springfield, Chicago and Carbondale. Your call may also help to warn other consumers.

Another helpful source of information about sellers are Better Business Bureaus (BBB). A BBB keeps track of complaints about sellers and will share that information with consumers. If a business doesn't treat consumers fairly, you won't learn that by calling a BBB if no one has called to complain. BBBs also will work with consumers to resolve complaints against sellers. There are two BBBs in Illinois (one in Chicago and one in Peoria); many consumers in southwest Illinois may also use the services of the BBB in St. Louis. You may also call a BBB in another state if you want information about a seller located elsewhere.

Consumers are their own best line of defense in protecting themselves against consumer fraud. To avoid becoming a victim of fraud, consumers should:

Take time to think through decisions. Get more than one estimate and ask a trusted friend to review the options with them before deciding. Politely but firmly say "no" to situations that appear suspicious. Exercise your consumer rights.

Consumers can also reduce the number of chances sellers have to contact them by removing their names from mail and telephone lists and asking magazine publishers and mail order firms not to sell their names to other marketers.



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42	4.59	6.12	7.65	9.18
43	4.59	6.12	7.65	9.18
44	5.10	6.80	8.50	10.20
45	5.10	6.80	8.50	10.20
46	5.10	6.80	8.50	10.20
47	5.61	7.48	9.35	11.22
48	5.61	7.48	9.35	11.22
49	5.61	7.48	9.35	11.22
50	6.12	8.16	10.20	12.24
51	6.63	8.84	11.05	13.26
52	7.14	9.52	11.90	14.28
53	7.65	10.20	12.75	15.30
54	8.67	11.56	14.45	17.34
55	9.18	12.24	15.30	18.36
56	9.69	12.92	16.15	19.38
57	10.71	14.28	17.85	21.42
58	12.24	16.32	20.40	24.48
59	13.26	17.68	22.10	26.52
60	14.28	19.04	23.80	28.56

Monthly Benefit	1,800	2,400	3,000	3,600
Maximum Payable	90,000	120,000	150,000	180,000
61	15.81	21.08	26.35	31.62
62	16.83	22.44	28.05	33.66
63	19.38	25.84	32.30	38.76
64	20.91	27.88	34.85	41.82
65	22.95	30.60	38.25	45.90
66	26.01	34.68	43.35	52.02
67	28.56	38.08	47.60	57.12
68	31.62	42.16	52.70	63.24
69	35.19	46.92	58.65	70.38
70	39.27	52.36	65.45	78.54
71	42.84	57.12	71.40	85.68
72	47.94	63.92	79.90	95.88
73	54.06	72.08	90.10	108.12
74	59.16	78.88	98.60	118.32
75	66.30	88.40	110.50	132.60
76	74.46	99.28	124.10	148.92
77	83.64	111.52	139.40	167.28
78	95.37	127.16	158.95	190.74
79	109.14	145.52	181.90	218.28

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 BENEFICIARY _____
 If a phone conversation is needed, the best time to call me is:
 Morning Afternoon Evening (Home Work)
 I wish to pay premiums: Annually Semi-Annually Monthly Bank Draft
ADDITIONAL APPLICATION(S) REQUESTED FOR:
 NAME _____
 DATE OF BIRTH _____ MALE FEMALE
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 COMMENTS _____
 I presently have a LTC policy

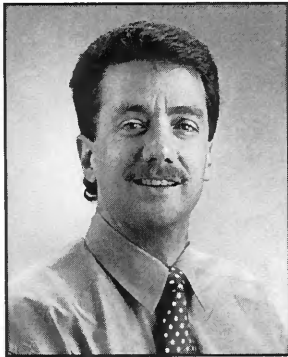
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Your YARD AND GARDEN

Don't raise mosquitoes in your yard!



Dave Robson

This year may be classified as the Year of the Mosquito. Or it might not be.

It's hard to predict insect populations year to year. Spring populations are easy to get a handle on due to winter conditions, but spring conditions have an effect on summer populations, summer weather affects fall insects, and so forth. You really can't predict problems for more than one season in a row.

However, warm winter conditions and plenty of spring rains mean mosquito populations may be heavy this summer. Breeding areas are numerous and larvae soon will be hatching.

Mosquito problems in your yard can be reduced by eliminating breeding sites. This is key to any type of mosquito control program. Fortunately, an ongoing program of eliminating these sites in your yard is easy and not very time consuming. However, it must be done regularly.

Mosquito outbreaks, in which large numbers of biting mosquitoes are present for several days, are the result of lowland flooding a couple weeks previously. Eggs laid in these low areas can be dry for months.

Heavy rains flooding these areas cause eggs to hatch, resulting in larvae that develop into adult, biting mosquitoes in about two weeks. If you have ar-

reas of your property flood for at least 10-14 days at a time, adjust drainage so areas drain better or maintain it as a permanent pond to allow you to reduce mosquitoes from these areas.

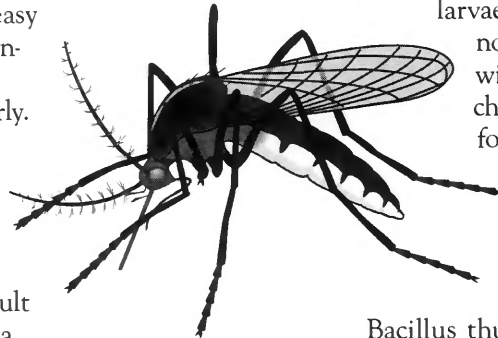
Permanent bodies of water, such as ponds, abandoned swimming pools, and garden pools should contain top-feeding fish to eat any mosquito larvae that try to develop. *Gambusia*, known as mosquito fish, most bait minnows, or guppies in water bodies will eliminate any mosquito larvae present.

If the water is shallow, the fish may die from heat or freezing and have to be replaced occasionally.

When selecting fish, realize *Gambusia* may be difficult to find since they do not overwinter here, guppies need water at least 60 degrees F. or warmer, and goldfish may not eat enough mosquito

larvae to be effective. Minnows from a bait shop will probably be the cheapest, most available form of season-long mosquito control.

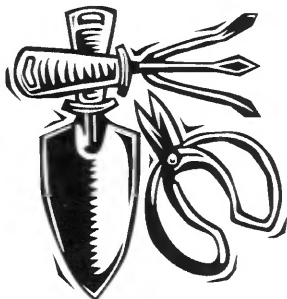
Mosquitoes can also be controlled as larvae in water with insecticides.



Bacillus thuringiensis israeliensis, a bacterium that kills only the larvae of mosquitoes and closely related insects, is available in some garden centers.

Other mosquitoes will develop throughout the summer in small amounts of water that may accumulate in birdbaths, old tires, tin cans, and other containers lying around the farm. It is essential these areas be managed properly. Removing them is the best.

If you can, get rid of these containers, pierce them so they do not hold water, or empty and dry them at least once a week so mosquitoes are not able to develop in them.



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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Today's

TECHNOLOGY AND YOU

New dryers need no outdoor vent

Q: *I need a new clothes dryer. Now, the clothes take a real beating and come out wrinkled and tangled. How effective and efficient are the no-outdoor-vent designs and what new features should I consider? -S. B.*

A: Using a no-outdoor-vent clothes dryer design (common in Europe) can reduce many indirect energy costs of running a typical outdoor-vented dryer. Most no-vent models use many surgical stainless steel parts and they can literally last a lifetime. Since no outdoor venting is needed, these dryers can be located anywhere in your house, even in a closet.

A clothes dryer is a major household electricity consumer. Not only does it use energy to heat the air that dries your clothes, but it sucks already-heated or cooled air out of your house for a double energy expense. Outdoor vent covers are typically very leaky and may be a source of bugs and allergens inside your home.

By keeping the dryer heat indoors in the winter, the heating load on your furnace or heat pump is reduced. In the summer, the air-conditioning load from the extra heat is offset by the elimination of hot humid air infiltration. Remember, in the summer, run your clothes dryer late at night or very early in the morning to minimize the peak electricity demand.

Instead of drawing heated air through the clothes and venting it outdoors, a no-vent dryer uses a simple condensing process to dry the tumbling clothes. Air inside the dryer is heated and circulated through the damp clothes. Since it is warm air, it absorbs moisture from the clothes as it dries them.

This warm damp air now circulates through a small heat exchanger built into the base of the dryer cabinet. Another small quiet fan draws room air in through separate passages in the heat exchanger. The two air flows do not mix and no conditioned indoor air is lost outdoors.

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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This room air cools the warm damp dryer air causing the moisture to condense into a tray. This dryer air is reheated and circulated through the tumbling clothes again to absorb more moisture. When the clothes are dry, you slide out the water tray and empty it. It is basically distilled water that you can use on your plants. For greater convenience, install a tube kit to run the condensed water to a drain.

Another drying option is a combination clothes washer/dryer, all-in-one space-saving cabinet (also popular in Europe's smaller homes). Most use the no-vent condensing drying process. These are very convenient to use. You put in dirty clothes and take out clean dry clothes an hour or two later.

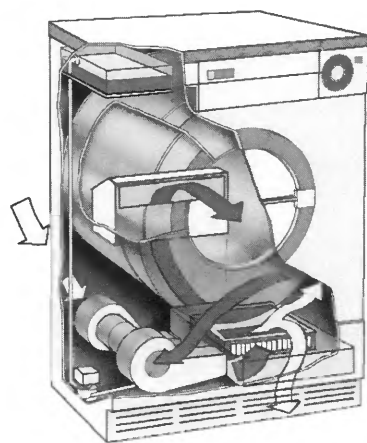
The key to energy efficient and wrinkle-free clothes drying, in a no-vent or conventional vented dryer, is not over drying the clothes. Generally, use an automatic moisture-sensing cycle instead of a timed cycle for the best results.

A reversing-rotation drum (typically reverses direction every several minutes) is another feature that reduces wrinkling and provides fast uniform drying. After the clothes are dry, a "wrinkle-out" option tumbles them briefly every few minutes, for up to an hour, until you have time to remove them.

Another efficiency and convenience option is a super-large (100 load) lint basket. This can reduce inefficient air flow resistance through the dryer when you forget to empty it regularly.

Also, to reduce your drying electricity costs, do loads consecutively to take advantage of the residual heat in the dryer. Separate your clothes and do not add wet clothes to a partially dried load. This can trick the moisture sensor into over drying the clothes.

Write for Utility Bills Update No. 823 - buyer's guide of the most efficient no-vent, standard-vented dryers and combination washer/dryers, moisture sensors, drum rotation, features, prices and efficiency tips. 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. To instantly download, go to <http://www.dulley.com>.



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- ▶ Get free dental care... for yourself AND for your grandkids.
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FREE FOR SENIORS, Dept. FS7041, 718 - 12th Street N.W., Box 24500, Canton, Ohio 44701.

You may charge to your VISA or MasterCard by including your card number, expiration date, and signature. For even faster service, have your credit card handy and call toll-free 1-800-772-7285, Ext. FS7041.

Perhaps you're asking, "If seniors can get this information free... why is there a charge for the book?"

It's no secret that all the programs listed in "Free For Seniors" can be found for no charge through the hundreds of government agencies, libraries and local senior organizations if you know exactly what benefits are available, what office to contact, and exactly what information to ask for.

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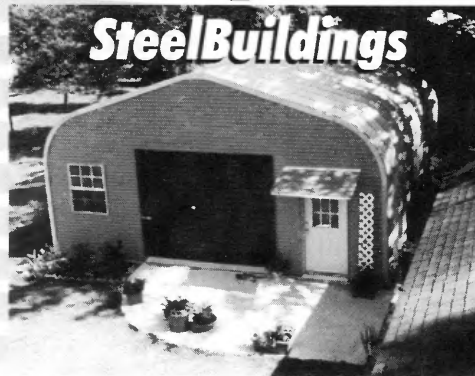
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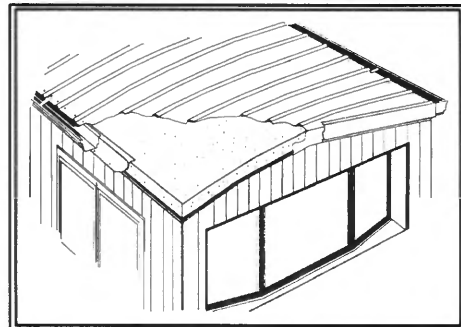
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An Important Announcement to Illinois Homeowners with Equity . . .

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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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Compare your budget to this:

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8,500	Auto Loan	375. ⁰⁰
2,000	VISA	100. ⁰⁰
2,000	MasterCard	100. ⁰⁰

\$25,000 Current Payment \$775.⁰⁰

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New Payment: \$187.⁸²/mo.

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Debbie C., Dallas

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Billy and Judy., Columbus

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James and Laurie C.

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"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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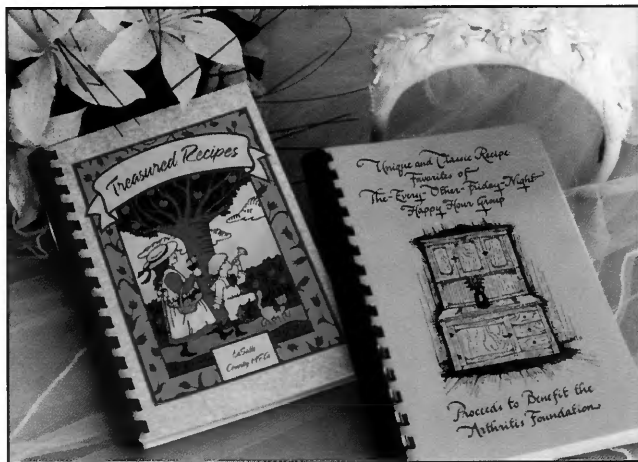
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Illinois' FINEST COOKING



La Salle County Homemaker's Extension Association shares its 1996 cookbook this month. The 172-page plastic ring bound book can be purchased for \$6 plus \$2 postage. Order from Sheila Thomas, 1848 N. 24th Road, Grand Ridge, Illinois 61325. Her phone number is (815) 434-7084.

Originally strictly social in nature, the Every-Other-Friday-Night-Happy-Hour-Group became a fund raising arm of the McLean County Branch of the Arthritis Foundation. The group began in May of 1986. The 1996 cookbook is plastic ring bound and has 121 pages of recipes and can be purchased for \$7 plus \$2 postage. Contact Karen K. McCarey, 1506 N. Center Street, Bloomington, Illinois 61701 or phone (309) 829-1902.

La Salle County Homemaker's HEA

ORIENTAL SALAD

Juanita Sonderoth

1 lb. bag coleslaw mix or chop your own
1 bunch green onions, chopped

2 to 3 oz. pkg. almonds, slivered and toasted
2 pkgs. Ramen oriental noodles
3/4 C. oil
1 T. sugar

Cook noodles as directed on package. Cool and chop a little. Toss noodles, slaw and onions. **Dressing:** Mix oil, sugar and seasonings from noodles. Make dressing ahead so flavor is better. Just before serving, toss slaw with the dressing and almonds.

LIGHT FETTUCCINE ALFREDO SAUCE

Sandy Phalen

1 1/3 C. skim milk
2 tsp. flour
3 slices fat free Swiss cheese
2 sm. garlic cloves, minced
2 T. fat free cream cheese

3 slices fat free American cheese, cut into cubes
1 T. plus 2 tsp. Molly McButter sprinkles
4 C. hot cooked fettuccine noodles

In medium saucepan, on high, add first 4 ingredients. Whisk to a boil. Reduce heat; simmer until thickened. Add cheese; whisk until blended; stir in Molly McButter; pour over fettuccine. Garnish with parsley flakes.

TATER CRISP CHICKEN

Ester Hagie

Place 1 cup Hungry Jack mashed potato flakes and 1 tsp. salt in a plastic bag. Rinse chicken pieces (cut up frying chicken) in cold water, then shake in the plastic bag. Place chicken in 1/4 C. melted butter in 9x13-inch pan, skin side down. Bake at 400° for 1 hour, then turn once after 30 minutes. If desired, add more salt.



BLENDER CREPES

Marie Capatani

1 C. milk
1 C. water
2 C. flour

4 eggs
1 tsp. salt
4 T. melted butter

Blend and let rest for 2 hours or more before using.

RHUBARB-STRAWBERRY UPSIDE DOWN CAKE

Darlene Hettel

- | | |
|---|----------------------|
| 3 C. rhubarb, cut into 1-inch pieces | 1 3/4 C. sugar |
| 1 (10-oz.) box frozen strawberries (juice and all or fresh) | 1/2 C. butter |
| 1 1/2 C. miniature marshmallows | 2 eggs |
| | 1 3/4 C. flour |
| | 1/4 tsp. salt |
| | 3 tsp. baking powder |
| | 1/2 C. milk |

Preheat oven to 350°. Combine rhubarb, berries, marshmallows and 3/4 C. sugar. Place in 9x13-inch buttered pan. Cream 1 C. sugar and 1/2 C. butter. Beat in eggs until light and fluffy. Sift dry ingredients and add alternately with milk to the creamed mixture. Spread batter over fruit and bake for 45 minutes. Serve warm or cold with whipped cream.

Calling all cookbooks!

Is your church or community organization selling its own unique cookbook filled with the favorite recipes of cooks in your area? If you are a cooperative member, send a copy of your book to: Elayne Rhodes, Illinois Country Living, P.O. Box 3787, Springfield, IL 62708, and we will feature your book in the future. Please provide the name, address, and daytime phone number and electric cooperative of the person we should contact for more information.

The Every-Other-Friday-Night-Happy-Hour-Group

DEVIL'S DIP

Debbie Grant

- | | |
|-------------------------------|-----------------------|
| 1 C. sour cream | 1/8 tsp. liquid smoke |
| 1 (4 1/2 oz.) can deviled ham | 1/4 tsp. salt |
| 5 tsp. horseradish | Crackers or chips |

Combine all ingredients (except crackers or chips); blend thoroughly. Refrigerate 1 hour.

ITALIAN WEDDING SOUP

Linda Miller

- | | |
|------------------------------|---|
| 1 lb. ground beef | 1/2 box pastina (teeny-teeny-tiny star pasta) |
| 1 lg. can chicken broth | Fresh Parmesan |
| 1 box chopped frozen spinach | |

Roll and make tiny meat balls; fry and drain. Set aside. In a large pan, add chicken broth with some water to dilute; add spinach and pastina. Boil and add meatballs. Add fresh Parmesan on top of each bowl to garnish.

POTATO WRAPS

Brian Butterfield

- | | |
|---|---|
| 4 small new potatoes (1 1/2-inch diameter each) | 1/4 tsp. crushed bay leaves |
| 1/2 tsp. each Lawry's seasoned salt and pepper | 8 slices bacon, cut in halves crosswise |

Preheat oven to 400°. Wash potatoes and cut into quarters. Sprinkle each with a mixture of seasoned salt, seasoned pepper, and bay leaves. Wrap 1 bacon piece around each potato piece. Sprinkle with any remaining seasonings. Place in baking dish and bake, uncovered for 20 minutes or until bacon is crispy and potatoes are cooked through. Drain on paper towels. Serve with sour cream and chives, if desired.

EASY BREAD

Patti M. Popejoy

- | | |
|-----------------------------|----------------|
| 2 cans Hungry Jack biscuits | Poppy seeds |
| 1 1/2 sticks oleo | Parsley flakes |
| Seasoned salt | Onion flakes |

Melt 1/2 stick oleo in Bundt pan on top of stove at low heat. Sprinkle seasonings and flakes in bottom of pan and mix. Evenly arrange biscuits in pan by standing them on their sides. Melt remaining oleo and pour over biscuits. Bake at 400° for 15 minutes. Let stand 5 minutes after removing from oven. Put plate on top and turn upside-down.

PECAN BUTTERSCOTCH BREAD

Sharon Craig

- | | |
|---------------------------------|------------------------------|
| 1 egg, beaten | 3/4 tsp. baking soda |
| 1 C. brown sugar, firmly packed | 1/2 tsp. baking powder |
| 1 T. butter, melted | 1/4 tsp. salt |
| 2 C. flour | 1 C. sour milk or buttermilk |
| | 1 C. pecan meats, broken |

Combine egg, brown sugar, and butter. Add dry ingredients. Add milk and nuts. Put in greased bread pan. Bake at 350° for 45 minutes.

APRICOT CHEESE DELIGHT

Karen K. McCarey

- | | |
|---|-------------------------------|
| 2 (17 oz.) cans peeled apricots, drained and cut fine | 2 pkg. orange Jell-O |
| 1 (20 oz.) can crushed pineapple, drained | 2 C. hot water |
| | 1 C. combined fruit juice |
| | 3/4 c. miniature marshmallows |

Topping:

- | | |
|----------------------|-----------------------|
| 1/2 C. sugar | 2 T. butter |
| 3 T. flour | 1 slightly beaten egg |
| 3/4 C. grated cheese | 1 C. whipped cream |
| 1 C. juice | |

Drain and save juices. Chill fruits. Dissolve jello in boiling water. Add 1 C. juice. Fold in fruit and marshmallows. Chill until firm and spread with topping. **Topping:** Combine sugar and flour. Blend in egg. Gradually stir in juice. Cook until thick, stirring constantly. Add butter after it thickens. Cool and fold in whipped cream. Spread on jello and top with grated cheese.

MARINATED CHINESE PORK TENDERLOIN

Marcella Besing

Use 1 whole pork tenderloin.

Marinade:

- | | |
|------------------------|------------------------|
| 1/4 c. soy sauce | 3 T. sherry |
| 1 T. brown sugar | 1 T. honey |
| 1 scallion, minced | 1 garlic clove, minced |
| 1 slice ginger, minced | 1 tsp. 5 spice powder |

Marinate at least 2 hours. Preheat oven to 450°. Roast on rack above pan of water 45 to 50 minutes in a 450° oven. Baste while cooking. Boil marinade and drippings to use for dipping sauce. Horseradish sauce and Chinese mustard also goes well.

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33	9.31	11.05	15.44	19.79	25.67	34.37	8.53	10.01	13.49	17.18	21.75	29.15
36	9.66	11.66	16.31	21.32	27.41	37.41	8.79	10.44	14.14	18.27	23.06	31.32
39	10.79	13.40	19.14	25.67	33.06	46.11	9.57	11.48	16.10	20.88	26.97	36.54
42	12.18	15.83	22.62	31.76	40.02	58.29	10.70	12.88	18.92	24.36	32.63	43.50
45	14.09	19.31	27.41	40.46	49.59	75.69	12.09	14.79	22.40	29.15	39.59	53.07
48	17.05	23.75	34.80	51.55	64.38	97.88	13.92	17.14	26.97	35.02	48.72	64.82
51	20.79	29.75	44.15	66.56	83.09	127.89	16.01	20.36	32.19	43.07	59.16	80.91
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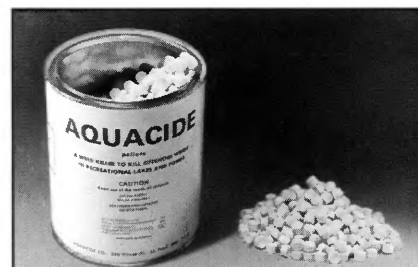
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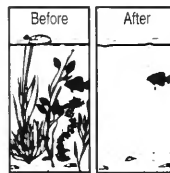
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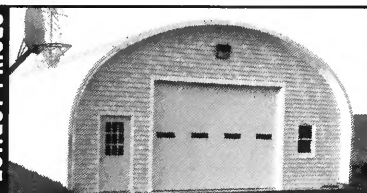
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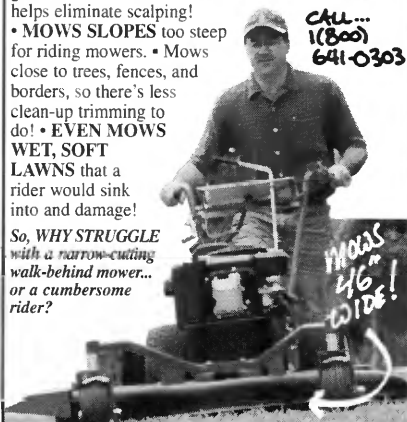
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5/31-6/7, International Carillon Festival, Rees Carillon, Springfield. In the only festival of its kind in the world, carilloneurs from many nations meet at Washington Park for a week of beautiful bell music. The Rees Carillon is one of the largest and finest of the world's carillons, featuring 66 bronze bells covering a range of 5.5 chromatic octaves. (217) 753-6219.

2-7/12, Quilt Show, DeWitt County Museum, Clinton. More than 50 quilts displayed in a 130-year-old Victorian Mansion. (217) 935-6066.

3, Marked for Life: My Travels on 66 in '53, Early American Museum, Mahomet. Terry Ryburn-Lamonte, director of Illinois State University's bureau of tourism and recreation research, recounts how a youthful excursion from Bloomington to California on Route 66 left her marked for life. (217) 586-2612.



6-7, New Salem Quilt Show, New Salem State Historic Site, Petersburg. Old and new quilts displayed on beds throughout the pioneer village once home to Abe Lincoln.

Other activities include demonstrations and quilt-block contest. (217) 632-4000.

5-7, StrawberryFest, Newton. Sample strawberry foods and homemade ice cream, arts and crafts, a double-nickel run, flea market, classic car show, photo contest, softball tournament, strawberry bake-off, livestock show, carnival games, pancake breakfast, music, games, contests, and entertainment. Sponsored by the Embarrass River Tourism Council. (618) 783-3399 or point your browser to www.psbnewton.com/ etc.

6, National Trails Day. A variety of activities are scheduled in several Illinois communities. For details of activities in your area, call (217) 789-4782.

6, River Ferry Boat Festival, Havana. Arts, crafts, antiques, city-wide garage sale, and ferry rides. (309) 543-3475.

6-7, Meredosia Riverfest, Meredosia. Historic to present-day river and related activities. Try your hand at making crow-foot hooks, cutting pearl button blanks, knitting fish nets and finding pearls in mussel shells. (217) 584-1536.

7, Fiberfest of Native American Weaving Traditions, Dickson Mounds Museum, Lewistown. A participatory outdoor event featuring the animals important to American Indian weavers — alpacas, llamas, sheep, and rabbits. Shearing, wool-carding, wool spinning, making and using natural dyes, finger and loom weaving, and making dream catchers. (309) 547-3721 or visit www.museum.state.il.us.

12, Dream Weavers, Dickson Mounds Museum, Lewistown. As they learn the weaving methods of American Indians through finger weaving and making dream catchers, children also will learn the Ojibwa legends of spider — the first weaver. (309) 547-3721 or visit www.museum.state.il.us.



12-14, Oldsmobile Balloon Classic Illinois, Vermilion County Airport, Danville. This is the largest hot-air balloon race (more than 100 balloons) in the state recognized nationally and internationally. (800) 383-4386.

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.



11-14, Superman Celebration, Metropolis. Opening ceremony balloon release, arts, crafts, Lois & Clark pool tournament, 3-on-3 basketball, bike trek and fun run/walk, super car show and cruise, talent show, entertainment, contest and carnival. (800) 949-5740.

12-14, Spirits Pow Wow, Oaks Campground near Geneseo. Inter-tribal gathering with dances, displays and games. (309) 944-3889 or (309) 658-2284.

13-14, Old Market Days/ Skills from the Hills, Galena. Living history example of turn-of-the century open-air market with farmer's hacks and stands offering produce, flowers, crafts, breads, and pastries sold by women in period costumes. Sponsored by the Jo Daviess County Association for Home and Community Education. (815) 858-3392.

13-14, Tour of Galena Homes, Galena. Tour the DeZoya House, built of two-foot thick native limestone in the 1830s by a steamboat captain and later owned by a soldier in Napoleon's Army. Two of the five homes featured have never been included on the annual tour, and three haven't been included in a decade. Sponsored by the Galena/Jo Daviess County Historical society. (800) 747-9377.

13-14, Living History Weekend, Fort Massac State Park, Metropolis. The Massiac Marines re-enact the 1750-1812 time period, demonstrating how people lived and coped with the hardships of early colonial life in a remote wilderness environment. (618) 524-9321.

18, Ways of Weaving, Dickson Mounds Museum, Lewistown. Introductory finger weaving traditions, including fiber and dye resources and weaving patterns. (309) 547-3721 or visit www.museum.state.il.us.

19-20, Grand Levee, Vandalia Statehouse, Vandalia. A period celebration with food, crafts and children's activities, candle-light tour of the Old Capitol Building. (618) 283-1161.

19-21, Illinois Special Olympics Summer Games, Illinois State University, Normal. Athletes from around the state compete in aquatics, golf, gymnastics, track and field and more. (309) 888-2551.

20-21, Gen. Grierson Days & Heritage Fair, Community Park, Jacksonville. A weekend honoring the Civil War general, featuring military re-enactment and social activities. (800) 593-5678.

20-21, Father's Day Bluegrass, Monticello Railway Museum, Monticello. Bluegrass jam and train rides. (800) 952-3396.

20-21, Garden Festival, David Davis Mansion, Bloomington. Gardening and cooking demonstrations and tours of the historic home of the Supreme Court justice. A gardener's market of live plants, dried flowers, and garden furnishings, too. Or take a self-guided tour through private gardens in the community. (309) 827-6026.

23-24, Mayfest, Mount Carroll. Music, arts and sports with continuous entertainment, food, quilt show, antiques and collectibles, 3-on-3 basketball, run/walk & bike

tour, and children's activities. (815) 244-4424 or (815) 244-2411.

25-28, Bloomington Gold Corvette Show, Bloomington. Corvette and car enthusiasts celebrate this show's return to Bloomington-Normal after a temporary shift to Springfield. (309) 829-3976.

28, Antique Auto Show, DeWitt County Museum, Clinton. Car show and tours of the museum. (217) 935-6066.

26-27, Western Days, Monticello. Enjoy stage coach and train rides, join in the golf ball race, or visit the Piatt County Museum, among other activities. (217) 762-7840.

27, Greenup Yard Sale & Craft Festival, Greenup. City-wide yard sales, craft and food booths, baseball card show. Sponsored by Cumberland Associates Senior Programs. Rain date, July 11. (217) 849-3065.

Ongoing:

6/8-8/8 – The Illinois Shakespeare Festival, the Midwest's leading outdoor homage to the bard, this year will present *The Falcon's Pitch*, a world-premier adaptation of Shakespeare's Henry VI Cycle, featuring actress Tandy Cronyn. The season also includes Shakespeare's comedies *Much Ado About Nothing*, and *Measure for Measure*. The festival also offers "family green" shows before every evening performance, during which patrons may enjoy a serenaded picnic dinner on the lawn of historic Ewing Manor plus mini-plays for kids and stage combat demonstrations. The festival features a museum dedicated to Shakespeare and his works, a gift shop and beautiful gardens to stroll on a lovely summer evening. Tickets and information are available by calling (309) 438-2535, or visit the festival's web site at www.orat.ilstu.edu/shakespeare.

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