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COVER STORY

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On the cover: Holly Goldsmith, an artist from Greenville, takes a rubbing from the ruins of Illinois' first state penitentiary, which stood about a block east of the Alton riverfront. More than 11,000 confederate prisoners were held by the prison during the course of the Civil War. Right is the former Monticello Women's Seminary, a stop on the Underground Railroad and now Lewis and Clark Community College, Godfrey.



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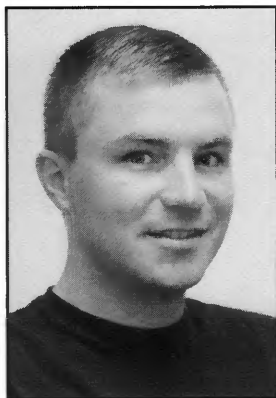
September is a great month for a parade. What better reason than Labor Day? Visit Decatur for their Labor Day Parade, make a trip to Sainte Marie for their Pre Labor Day Picnic, or explore the other events happening this month.



Illinois COMMENTARY

Technology continues to change the rural landscape

Technology and research have changed rural life many times throughout the last century. It's fascinating for me to read and even listen to people talk about how they remember agriculture only 50 years ago. To think that a few years ago we were



Keith Ryan

farming this land with two cylinder tractors, and a few years before that, the land was turned by "live" horse power. Take a look at agriculture today. We have machines capable of farming thousands of acres in an efficient and productive manner that could not have been imagined a few years ago.

Not only has farming changed in increased size and scale, but also in terms of efficiency and data. On-board Global Positioning Systems (GPS) and yield-tracking capabilities allows farmers to make better and more precise decisions in terms of matching the correct varieties and hybrids of seed with the proper growing conditions and soil types. This allows maximum production along with unmistakable positive returns to the agronomic bottom line. These high-tech and highly efficient practices only become more and more popular as we continue to see low commodity prices throughout the entire agricultural industry.

As technology continues to change agriculture by leaps and bounds, one must keep current with all the latest advancements to remain an agricultural

leader. There are many ways to remain current with the newest unveilings and most talked about agricultural issues. One of the most effective ways to gain insight on these issues is to visit the annual Farm Progress Show. This year's show will be held near Cantrall, just a few miles north of Springfield, September 26-28. The Farm Progress Show will proudly showcase each and every one of the latest breakthroughs and technological advancements involved in agriculture. Not only will there be an 80 acre static display area filled with tents and exhibits, but also side by side field demonstrations, which allows close inspection of all the latest breakthroughs in machinery. The latest in Global Positioning Systems will also be incorporated into the field demonstrations. Yield data will be automatically tracked and available for review at a designated area in the 80 acre display field.

Machinery is not the only part of agriculture that has made significant changes throughout the years. The concentration on the research and development of seed hybrids has boosted yields using many different strategies. We now have hybrids resistant to diseases, which used to be capable of destroying a crop. Some hybrids are even resistant to certain chemicals, which allow for the most effective weed control practices ever encountered. Also available are hybrids resistant to pests, which have the capabilities of destroying a plant's stalk causing it to fall over in a non-harvesting position.

Agriculture has always been an energy-intensive business. Electricity and the electric cooperatives have certainly played a critical role in the advancement of agriculture technology. Be sure and visit the Farm Progress Show this year and stop by the Illinois Electric Council booth where you can visit with your local electric cooperative representatives and view some of the latest technology.

Keith Ryan, manager of the Farm Progress Show, is a native of Pana and graduate of Western Illinois University with a B.S. degree in Animal Science and a minor in Agronomy. He grew up on a central Illinois farm served Shelby Electric Cooperative, where he was involved in 4-H and FFA livestock judging.

The opinions and views of guest commentators are their own and may not represent those of the Association of Illinois Electric Cooperatives or the electric co-ops of Illinois.

"the grinding pain of bone-on-bone osteoarthritis is eased, repaired, even reversed"

An interview with Dr. Peter E. Saffi, Naturopatic Doctor and Dr. Rosa Perla Gamarra, MD

Paraguay, S.A. - Doctors Peter E. Saffi and Rosa Perla Gamarra, MD have formulated what they believe to be the most complete and perfect nutritional supplementation for people who suffer from the pains and discomforts of osteoarthritis.

Both doctors Saffi and Gamarra state "the synergistic combination of the finest and powerful herbs and nutrients help our bodies overcome and repair the cartilage, thus helping to prevent further destruction. This is the naturopatic approach, and our exclusive formulation will minimize inflammation, reduce tissue destruction plus repair and enhance protection to cartilage and synovial fluid".

"We developed our exclusive all natural **OsteoAid** formula with the interests of the estimated 16 million people in the U.S.A. who presently suffer from osteoarthritis." During a recent interview, Dr. Saffi said he believes that sufferers, would like to return to the active lifestyles they followed before the onset of osteoarthritis. Following are excerpts from the interview:

Q: Do you use glucosamine as a treatment for osteoarthritis in your practice?

A: Yes, we use glucosamine sulfate quite a lot in our practice. It unquestionably works well with most patients who suffer from osteoarthritis. What people have to understand is that glucosamine is not a pain medicine. Glucosamine sulfate is not an anti-inflammatory, like aspirin, Motrin (NSAIDs) etc., but instead it supplies the body with the raw materials needed to improve the cartilage and fluid between the joints. By using it, you treat the underlying problem. There is some evidence that using anti-inflammatory drugs (NSAIDs) for long periods of time may cause more damage to joint and connective tissue. Many of my patients have been able to get off pain medicines completely after using our exclusive formula.

Q: Does the body produce glucosamine to repair and rejuvenate its own cartilage?

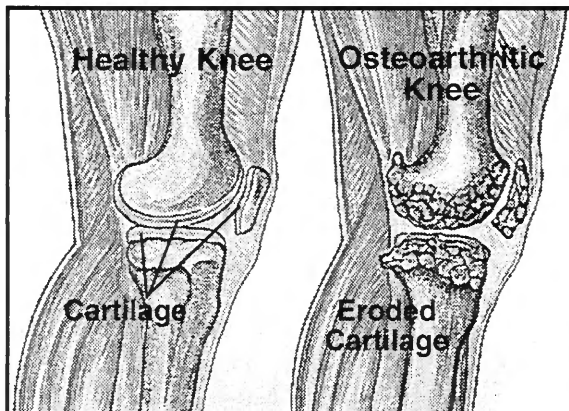
A: Yes. The body makes its own limited amount of glucosamine and then it's used to make components of the joint space and connective tissue.

Q: Does everyone see positive results?

A: No. Some people see no results because the dosage they take is too little for their body mass. Heavier people seem to respond better when they take larger dosages. When the glucosamine is taken in combination with other natural ingredients, results are greatly improved.

Q: Are there side effects?

A: We personally haven't seen any, but almost anything can cause an allergic



The cartilage between joints, serves as a tough, durable cushion that keeps bones from rubbing together. When the cartilage breaks down from wear, tear, injury and aging, the bones rub together. The result is inflammation, stiffness and the pain of osteoarthritis.

response in someone who is sensitive.

Q: If the cartilage that cushions the area between the bones is completely gone, will your formula help?

A: In some cases, surgery is the only option. Our formulation has helped approximately 20% of patients with significant degeneration and destruction of joint space. We believe "it's worth a try" when the only other option is surgery.

Q: Do you think that glucosamine can prevent arthritis from developing?

A: Animal studies suggest that this is the case, but there are no studies with humans as far as we know.

Q: Veterinarians have been using glucosamine and other natural ingredients to treat race horses and hip dislocation in older, larger dogs for years. Does it help?

A: Glucosamine has been given to many of the expensive and best known horses. Their trainers insist that glucosamine has extended the racing life of these horses. Many dog owners ease the discomfort of hip problems in their older pets with a daily dose of glucosamine, wheat sprouts and MSM. Many horse trainers and dog owners have seen dramatic changes for the better in their animals. By using the special combination of ingredients in **OsteoAid**, we expect to prevent problems in people. We believe that glucosamine does play a preventive role, but by using it with MSM (methyl-sulfonyl-methane) and other herbs we believe that the therapy for osteoarthritis is greatly improved.

Q: What is and what does MSM do?

A: MSM combines itself with other components that help with inflammation. In addition, it improves circulation and provides the raw materials the body needs to maintain healthy joints.

Q: How long before I see results?

A: With any supplement, you should allow a good two to three month trial before you see results. However, we have

seen patients who have taken our special formula and literally felt better the next day. Results vary from person to person, but almost all see positive results.

Q: Is exercise and weight reduction important in the treatment of osteoarthritis?

A: Maintaining the proper weight and exercise are very important. A pill by itself will not save you. Just like glucosamine by itself will not protect you, you need a combination of things to protect you and maintain good health. A proper diet is very important. Exercise is necessary and the correct combination of supplements, minerals and vitamins just makes good sense. It's possible to feel like new if you manage your

life properly.

Drs. Saffi and Gamarra's osteoarthritis formula **OsteoAid** includes: Glucosamine Sulfate, Mucopolysaccharides, Vitamin E, Calcium Citrate, Zinc Methionine, Manganese, Wheat Sprouts, MSM, Selenium, Vitamin C, Boswella, Curumin, Quercetin, Grape Seed Extract, Vitamin B-6, Magnesium Oxide in a specially prepared base of: Chondroitin Sulfate, Type II Collagen, Devil's Claw, Turmeric, Cayenne Pepper, Magnesium Sterate, Copper Oxide, Bromelain, Boron, Ginger. The daily dosage is 3 tablets. You may purchase the **OsteoAid** formula from:

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Biographies of Doctors

Peter E. Saffi: Doctor of Biological Medicine, Naturopatic Doctor from the Clayton College of Natural Health in Birmingham, Alabama, U.S.A. Masters of Science in Health and Nutrition. In 1995, Dr. Saffi started research into nutritional healing

Rosa Perla Gamarra MD/ Surgeon: Universidad National of Asuncion, Paraguay, S.A. Specialist in Natural Medicine and Biological Orthomolecular Medicine. Member: American College of Advancement in Medicine and Certified by American Board of Chelated Medicine. Dr. Gamarra natural healing research started in 1997.

Co-ops form photovoltaic advisory committee

Energy Co-Opportunity (ECO), an energy services cooperative, was formed to assist electric cooperatives enter new energy businesses. ECO believes it has the elements to break open a serious market for photovoltaics as a utility service — a committed manufacturing partner (First Solar) with a product and process that can deliver quality solar panels at record low prices, and the aggregated volume potential of ECO's nationwide network of cooperatives.

What ECO hopes its recently organized Photovoltaics Advisory Committee will add to this mix is identification of a product line to meet applications that make sense to co-ops.

Steve Johnson, ECO's Director of Distributed Generation Implementation, says that one barrier that must be overcome is the less-than-satisfying experience that co-ops and other utilities had with the photovoltaic (PV) products introduced 10, 15 and 20 years ago.

"It's going to be a matter of educating our members that photovoltaics have come a long way in the past decade," says Johnson, who worked for several years in the PV industry. "As a first step, our advisory committee is helping define needs that PV can meet, both in remote settings and for residential and commercial consumers in suburban and urban areas."

Co-ops give consumers more power in a deregulated marketplace

Average consumers face great risks in a deregulated electricity marketplace, but a mechanism exists to ensure that their interests are protected, according to Glenn English, chief executive officer of the National Rural Electric Cooperative Association (NRECA).

Research shows that most consumers are amenable to the idea of choice in a competitive market. "But their experience with deregulation of other industries has made them skeptical that change in the electric industry will do them any good. Seventy-seven percent of consumers believe things will become more confusing and more complicated," says English.

"Our research tells us that 90 percent of co-op consumers and 84 percent of non-co-op consumers prefer to work with companies based in their local community. Our history of service and commitment to community gives us credibility to protect consumers' interests in the marketplace," he says.

NRECA is helping new co-ops form in deregulated markets. English ticked off a list of new co-op entrants, such as 1st Rochdale in New York City, the Chicago Energy Cooperative, the California Electric Users Cooperative (fruit growers and other agricultural processors) and the California Oil Producers Electrical Cooperative.

NRECA represents the nation's more than 900 electric cooperative utilities, which serve 34 million people in 46 states. Visit NRECA's Web site at www.nreca.org for more information.

Virtual high school will give access to high-powered classes

The Illinois State Board of Education has pledged \$250,000 to a virtual high school, a cyberschool that would give students across the state access to classes now only offered in affluent districts. It is hoped pilot classes will start soon. The virtual high school could be ready by the end of next year.

The nation's first virtual high school went online in Florida in 1997. If state education officials approve, Illinois will become the sixth state to have a virtual high school.

Bill Steichmann, president of the Association for Illinois Small and Rural Schools and a member of the Illinois Virtual High School task force, says not every student gets an equal shot at a quality education. A virtual high school could help level the playing field.

The Internet-based school would have its own teachers and students could access the courses any time. Tests would be done online.

\$22 billion in tourism for Illinois

Spending on travel and tourism in Illinois reached a record level of \$22 billion in 1999, according to initial estimates by the Travel Industry Association of America. Travel-related expenditures in the state rose 5.5 percent from 1998.

Fish farmers breathe life into old strip mines

Coal is no longer king in southern Illinois. "Mining has created lakes that are perfect for rearing fish," says Daniel A. Selock, an aquaculture expert hired in 1998 by Southern Illinois University Carbondale's Office of Economic and Regional Development.

In Perry, Saline and Williamson counties alone, mining companies scraped out some 15,000 acres of pits, then restored them as lakes. "In the 125 or so acres in five lakes now in production, farmers will be raising about 120,000 pounds of fish this year - and that's a conservative estimate," Selock says.

Former coal miner Jerry C. Aken of Christopher hopes to be one of them. A seminar sparked what has grown into an informal partnership between the Aken and SIUC's Office of Economic and Regional Development in getting Clearwater Fish Farm off the ground and into the water.

Water is usually what Selock calls "the limiting resource" for would-be fish farmers, but that wasn't a problem for Aken. "Jerry had beautiful water and lots of it," Selock says. In fact, clean, clear water is a notable feature of strip mine lakes. "I have tested many of these lakes, and none of them showed concentrations of heavy metals, pesticides or fertilizers, except for a little atrazine (a common farm fertilizer), and even city water supplies have that," Selock says.

SIUC's Small Business Development Center also helped Aken, supplying information about corporations, assembling a business plan and the like. "The University is really a clearinghouse for information," Selock says. What the University can't provide, the newly formed Illinois Fish Farmers Co-op usually can.

For more information contact: Daniel Selock, Office of Economic and Regional Development, Southern Illinois University, Carbondale, IL 62901-6519, (618) 536-4451, e-mail dselock@siu.edu.

Shimkus receives electric co-op's Public Service Award

U. S. Rep. John Shimkus (R-20, Collinsville) received the Illinois Electric Cooperatives' Public Service Award at the annual meeting of the Association of Illinois Electric Cooperatives Friday, Aug. 4, at the Crowne Plaza hotel in Springfield.

Shimkus was honored for his consistent support of the electric cooperative program, and for his efforts leading to the passage of several bills supporting the interests of rural citizens. In the last legislative session, Shimkus spoke out in defense of consumer-owned electric co-ops during a debate over federal deregulation legislation. He has supported the co-ops on a number of other key issues, such as ensuring that rural satellite television owners gain access to their local network broadcasts.

Shimkus represents the 20th congressional district, which includes areas served by Adams Electric Cooperative, Clay Electric Co-operative, Clinton County Electric Cooperative, Illinois Rural Electric Cooperative, McDonough Power Cooperative, M.J.M. Electric Cooperative, Rural Electric Convenience Cooperative Co., Shelby Electric Cooperative, Southwestern Electric Cooperative, Spoon River Electric Co-operative, Tri-County Electric Cooperative and Wayne-White Counties Electric Cooperative.

Illinois state park magazine available

The new edition of the Illinois State Parks Magazine is now available. It has information on hiking, biking, canoeing, boating, hunting and fishing as well as complete camping facilities. The publication is free and can be obtained at Department of Natural Resources offices or by calling (217) 782-7498.

Ryan appoints co-op leader to water resources committee

Association of Illinois Electric Cooperative's (AIEC's) President/CEO Earl Struck has been selected by Governor George Ryan to serve on the Governor's Water Resources Advisory Committee. Thomas Skinner, director of the Illinois Environmental Protection Agency, and Brent Manning, director of the Illinois Department of Natural Resources, co-chair the committee.

The new committee's task will be to focus on water resources and usage, including the effects of peaking power plants on groundwater and surface water supplies. The committee will also examine the various economic and social issues related to energy-producing facilities and water use in Illinois and present recommendations for action to the Governor by December 2000.

"I want this new committee to take a close look at our water resources and specifically examine the impact of industry, agriculture and population on Illinois' groundwater and surface water supplies," Ryan says. "It's important for us to look into the effects of our energy-producing facilities and promote the responsible usage of our limited natural resources."

Ryan also called on the Illinois Pollution Control Board (PCB) to conduct a series of public hearings to solicit information and public input regarding the environmental effects of the gas-fired peaking power plants. The PCB is expected to hold the hearings in different areas of the state.

Greenspan says information technology reshaping rural America

At a recent national rural policy conference, Alan Greenspan, chairman of the Board of Governors of the Federal Reserve System, spoke about technology and how it has changed and transformed agriculture. "A hundred years ago, no one could possibly have anticipated the implications for rural America of the innovations that were emerging. They surely could not have anticipated the diversity of modern rural America, tied to a broader economy through linkages provided by electricity, highways and modern communications."

Today's information technologies are creating new opportunities for the businesses that are located in rural areas and incentives for those contemplating new rural business opportunities.

"Business locations that might not have been feasible in the past because of their distance from central markets, are becoming increasingly attractive in light of the new technologies," says Greenspan. "Remote locations stand to benefit from innovations such as telemedicine, whereby expertise that is centrally located can be effectively transmitted to distant locations."

Greenspan predicts that rural communities that invest in communication infrastructure will position themselves as viable competitors in the coming years. "Like all the previous episodes of technical advance, the revolution in information technology already has improved living conditions in numerous ways, and it will likely bring future benefits to rural communities that we now can only scarcely imagine."

Editor's note: Several Illinois telephone and electric co-ops now have Internet services.

Source: Stevin Dahl, Rural Development News, Iowa State University

New Chicago electric co-op helps tackle ComEd outage problems

An innovative non-profit organization has chosen the electric cooperative as the best model to tackle inner-city power outages. The Chicago-based Center for Neighborhood Technology (CNT) established the Chicago Energy Cooperative in early July as part of a three-year pilot project designed to reduce electricity demand in targeted Chicago communities. Commonwealth Edison Co. (ComEd), the investor-owned utility that supplies electricity to the Chicago area, will provide \$14.7 million in start-up funds to the Chicago Energy Co-op over three years in order to cut energy demands in neighborhoods that are susceptible to outages during peak electricity consumption.

The Association of Illinois Electric Cooperatives (AIEC), with assistance from the National Rural Electric Cooperative Association and National Rural Utilities Cooperative Finance Corporation, has taken a lead role in the development of the Chicago Energy Co-op. Michael Hastings, AIEC's general counsel, says, "We are helping CNT with forming contracts with co-op members, developing bylaws as well as advising them on their tax status."

CNT Chief Executive Officer Robert Lieberman says a community effort is needed to reduce demand on the electricity supply for the benefit of the whole community. He added that the co-op model also makes the most sense for the future.

The Energy Cooperative will work with residential and commercial consumers to help improve reliability by changing energy-use patterns, using both common sense and high-tech solutions.

In the past, ComEd has made cash energy-reduction payments available only to commercial customers. Through the Chicago Energy Co-op, ComEd will be offering similar benefits to households for the first time.

So why would a for-profit utility want to help the Chicago Energy Co-op curb consumption? ComEd Director of Strategic Initiatives Charles Budd says, "If we can reduce energy demand and energy cost in the targeted areas, we are willing to share those savings with the Chicago Energy Co-op and its members."

Source: The Energy Cooperative; Center for Neighborhood Technology

Water resource conference November 13-14

Illinois Water Resources Center announces a conference for all citizens and groups interested in water resource issues in Illinois. Attention will be focused on science, technology and policy developments, while also bringing major water resource organizations and interests together under one roof to explore common ground. Specific issues to be addressed are water conservation and drought preparedness, non-point source pollution, water education, inland lakes, and urban storm water.

The conference will be held November 13-14 at the Holiday Inn Conference Center in Urbana. For more information, contact Fannie Lambert of the Illinois Water Resources Center at 217-333-0536 or e-mail flambert@uiuc.edu.

Assistance available for wildlife habitat enhancement

Technical and financial assistance is available to landowners who establish wildlife habitat development practices. Interested landowners should contact their local USDA Natural Resources Conservation Service (NRCS) office for priorities established in their area and further information. For more information on the Wildlife Habitat Incentives Program (WHIP) county contacts are available at the Internet site <http://www.il.nrcs.usda.gov/>, or call the Natural Resources Conservation Service (217)353-6600.

Illinois ranks as one of the top labor markets

Illinois placed third in a recent poll of "the best overall labor markets" conducted by Site Selection Magazine. The publication telephone-surveyed over 100 executives of the International Development Research Council, described as the world's preeminent corporate real estate association. It asked for responses on worker availability, productivity, job skills, training and labor relations.

The report noted that Illinois' diversified labor strengths reflect its economy, spanning agriculture, finance, manufacturing, mining services and transportation.

- Illinois' high-tech employment continues to be the fourth largest in the nation, according to a recent report by the American Electronics Association.
- Decatur earned the top spot in Forbes magazine's 2000 list of the best "smaller metropolitan" places for business. The city rated highly in job, high-tech and wage growth over the past five years. Kankakee was also included on this year's list.

Source: Illinois Department of Commerce and Community Affairs

How to prevent ID theft

How can someone steal your identity? By taking your name, Social Security number (SSN), credit card number or some other piece of your personal information for their own use.

Before revealing any personal information, find out how it will be used and whether it will be shared with others. Pay attention to your billing cycles. Contact your creditors immediately if your bill doesn't show up on time. Minimize the number of credit cards you carry. Guard your mail from theft. Deposit outgoing mail in post office collection boxes or at your local post office. Keep items with personal information in a safe place.

To thwart an identity thief who may pick through your trash to capture your personal information, you should tear or shred your charge receipts, copies of credit applications, insurance forms, bank checks and bank statements, expired charge cards and credit offers you get in the mail. Don't carry your SSN card; leave it in a secure place. Give out your SSN only when absolutely necessary. Ask to use other forms of identification when possible.

Order a copy of your credit report from each of the three major credit reporting agencies-Equifax, Experian and Trans Union-every year. Make sure it is accurate and includes only those activities you've authorized.

If you become a victim, it is extremely important that you act immediately to stop the thief's further use of your identity. Report the crime to the police. Call your bank and credit card issuers. Contact the fraud unit of the three credit reporting companies:

Equifax (800) 525-6285 (800) 685-1111 www.equifax.com	Experian (888) EXPERIAN (397-3742) (888) EXPERIAN (397-3742) www.experian.com	Trans Union (800) 680-7289 (800) 916-8800 www.tuc.com
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The future of the past

Heritage tourism offers rewards
in terms of cultural preservation
and economic development



Museum docent Eleanor B. Schertz brings history to life
for visitors to the Owen Lovejoy Homestead, in Princeton.

story and photos by Joe Richardson

They call him John McCallister, knowing full well it isn't his real name.

Since sun-up he's acted as guide, guardian, teacher. He's led them down dried-up creek beds, up forgotten country roads, over rocky embankments, through field and forest and field again, finally stopping them short of a decaying barn an hour's walk east of the Mississippi.

McCallister pulls a handkerchief from his pocket and runs it over his face as he closes on the barn. Yesterday he was a farmer tending an orchard in southern Calhoun County, he told them. Today he's harboring fugitives. Tomorrow he'll help them run from the law.

The barn is silent and he raises the handkerchief above his head. They dash from the field and into the shadow of the barn. He ushers them inside and latches the door.

The first leg of the journey is complete. They'll camp here overnight and move out at daybreak.

He finds a lantern. They gather around the light. He tosses out strips of jerky and tin cups, takes a sip of water, then shares the stories. He tells them about Elijah P. Lovejoy, a minister, newspaper man, and Alton abolitionist who was gunned down defending his press. He tells them about Elijah's brother Owen, who would leave Alton to carry his brother's cause to Congress. He tells them about a midnight raid staged in Alton and carried out in a St. Louis armory, a military stunt that ultimately resulted in thousands of firearms for Union soldiers. He tells them about "Free" Frank McWhorter, a slave who bought his freedom and the freedom of 15 family members, a pioneer who became the first black man to found a village in Illinois. He tells them about the men and women of Illinois whose religious conviction and anti-slavery sentiments prompted them to help fleeing slaves make the journey north.

Finally, he reminds them that the year is 2002 — not 1832. That they aren't fugitives ferried north on the Underground Railroad.

That despite the detail built into this Civil War Era experience, no interpretive heritage program, no recreation however detailed can truly impress what it must have been like to be a slave on the run.

That they'll never know the intensity of emotion that runaway slaves must have felt, the fear, the distrust, the gratitude. But that maybe by blending imagination with fact, they'll have a deeper appreciation of their history, their heritage, and the men and women — black and white — who persevered through a turbulent, troubled period in our country's history.

It's a far cry from today's interpretive heritage programs, but it may be the future for the past in Illinois. Doug Arnold, head of the Greater Alton/Twin Rivers Convention and Visitors Bureau (CVB), painted a scene similar to the one above when discussing the bureau's plans for heritage tourism development. "We know there's a market for that kind of experience," Arnold says. "We know that people would be attracted to it. So we're looking at taking our current program one step further."

The current program already is arguably one of the best in the state. The Greater Alton CVB, which serves Calhoun, Jersey and northern Madison County as well as the immediate Alton area, offers traditional interpretive tours that focus on Underground Railroad and Civil War history. Essentially, the area has incorporated its past into its plans for the future — to the benefit of both.

For years, older homes and historic structures have been cleared in the name of economic development. Now communities across America are learning that history is one of the few things that can't be borrowed by neighboring towns competing for the same economic



Its proximity to Alton and an enclave of anti-slavery activists made Monticello Women's Seminary (now Lewis and Clark Community College), in Godfrey, a natural location for underground Railroad activity.

nearly a third of our state's tourists seek out cultural heritage activities, and if the trend holds true, heritage tourism will be the fastest-growing niche in the tourism industry.

development dollars. "People want to see the authentic, they want to see the original, so preserving and maintaining these sites is absolutely essential," says Arnold.

Arnold acknowledges that upkeep of Civil War era homes can be expensive. But the bureau has partnered with private homeowners; consequently, it doesn't have to shoulder the cost of every 150-plus-year-old site on the tour.

Not that it wouldn't get a sound return on the investment.

Latest figures from the Travel Industry Association of America have Illinois pulling in \$196 for every dollar spent on the 1999 spring/summer tourism campaign. In 1999 alone, travel and tourism contributed \$22 billion to the state's economy, a 5 percent increase from the year before. At present,

And as Arnold points out, any town, any size, anywhere that has a passion for history and artifacts to share can market its Genius Loci — its "sense of place."

"This is what gives a small community a competitive edge," says Arnold. "Can Jerseyville compete with Toronto? No way. Can Otterville compete with San Diego? Not in terms of size and scope. Can they compete with the richness of an Underground Railroad experience? In many ways, yes they can. Each community has a different story to tell. That's their competi-



Brother to abolitionist Elijah P. Lovejoy, Owen Lovejoy eventually carried the anti-slavery fight to Congress after winning a seat in the U.S. House of Representatives. His Princeton home was a well-known stop on the Underground Railroad.

tive edge, and you really cannot take that away from them. People are going to want to go there, to stand there, to experience it. That's the advantage they have."

As for heritage tourism in the Alton area, Arnold says the bureau's interactive program is probably at least two years away. "We want to continually improve upon what we have here and enhance the visitor's experience," Arnold says. "That requires planning and funding and getting different groups organized. And

we want to be able to tell the story well. So we need to have knowledgeable tour guides and people who are doing research — and that's continuing as we speak."

Even factoring in competition from other states, Arnold's outlook on heritage tourism in Illinois is optimistic. "It's a growing program and there's greater interest in it every year," he says. "What we have here is something very distinctive, and that gives us a competitive edge which is very, very valuable."

For more information about the Underground Railroad in Calhoun, Jersey and Madison counties, contact the Greater Alton/Twin Rivers Convention and Visitors Bureau at (618) 465-6676, toll free at (800) 258-6645, or send e-mail to Doug Arnold at darnold@altoncvb.org.

What's in a name?

Underground Railroad — the phrase conjures up visions of hidden tracks, secret tunnels and coal-fired locomotives moving by lamplight. Romantic notions, most of them wrong. According to legend, the phrase "Underground Railroad" was coined after a runaway slave vanished, leaving trackers to speculate that he'd been whisked away on some phantom rail line.

In practice, the Underground Railroad was a loose network of anti-slavery activists who quietly aided runaway slaves on their journey north. But why would Illinois — a free state — need a secret organization to transport slaves north?

While Illinois was north of the Mason-Dixon line, it was largely Southern in spirit — and in politics. Laws which severely limited African-Americans' rights, outlawed assistance to runaway slaves, and called for runaways to be returned to their "owners" reflected that Southern sympathy.

But a number of Illinois citizens chose to let their conscience, rather than the law, be their guide. Prior to the Civil War, word began to spread of a growing number of communities that would offer fleeing slaves food, shelter and security. In railroad parlance, safe havens became stations, conductors guided runaways from one station to the next, agents coordinated passage, and the slaves became passengers.

Routes typically ran a ragged line from the Mississippi River to Chicago, where runaways were ferried

north to more friendly territory. Common ports of entry into Illinois included Cairo, Chester, Alton and Quincy. While larger cities such as Peoria, Decatur and Springfield served as stations, Underground Railroad researcher Terry Ransom continues to identify rural Illinois communities that played a part in moving slaves to freedom. Communities such as Sparta, Tamaroa, Oakdale, Alhambra, Donnellson and Carlyle in southern Illinois, Rochester, Adams, Havana and Andover in central Illinois and Princeton, Ottawa, Grand Detour and Byron in the northern part of the state served as stations on the road to freedom.

It's that spirit of defiance, of moral right in the face of sanctioned wrong, of strength and unity in a time of dishonor and discord, that we remember today.

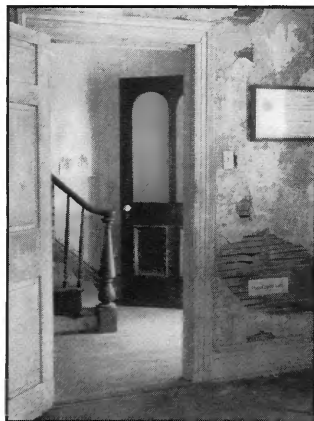


Designed for storage, brick cellars and passages under the waterfront streets of Cairo were (according to legend) used as hiding places by runaway slaves. No evidence has been found to substantiate the stories.

Saving local landmarks

Preserve a national historic treasure or level it in favor of a parking lot?

Doesn't seem like a difficult decision, but were it not for a few preservation-minded residents in Quincy, one of our state's most significant Underground Railroad landmarks might be moldering in a landfill.



A room inside the Eells house in Quincy.

Credited with helping more than 200 slaves escape to freedom, Dr. Richard Eells was caught exercising his abolitionist ideals in 1842. He was tried, convicted and fined \$400 for harboring a runaway slave. Eells appealed his case to Circuit Judge Stephen A. Douglas (who would go on to be Abraham Lincoln's verbal sparring partner in a series of statewide debates). Eells' case was eventually heard by the U.S. Supreme Court. He was saved the disappointment of hearing the nation's highest court uphold his conviction; Eells died long before the decision was handed down.

Like many historic landmarks, the Eells' house, located at 415 Jersey Street in Quincy, fell into disrepair. Recognizing that if the house were razed a significant piece of Illinois' history would be lost with it, a group of concerned citizens stepped in to save the structure, and in 1990 the Friends of the Dr. Richard Eells House was born. Over the last 10 years they've secured \$500,000 in public and private funding to restore the structure. The house is now listed on the National Register of Historic Places.

So how do you save a landmark that's living on borrowed time?

"You have to start by getting the facts," advises Friends president George Irwin. "Get an interested committee together.

"A lot of architects will say tear it down - and they don't know what they're talking about." Irwin suggests searching for a contractor who has a background in historic home restoration.

For assistance Irwin suggests contacting government representatives, the Illinois Historic Preservation Agency and local, regional and state tourism bureaus.

For more information about the Dr. Richard Eells House, or to schedule a group tour, contact George Irwin at (217) 222-1799, or write to him at Friends of Dr. Richard Eells House, PO Box 628, Quincy, IL 62306.

For more information contact

Historic site preservation:

Illinois Historic Preservation Agency

500 East Madison

Springfield, IL 62701

Phone: 217.785.1511

Email: HistoricPreservation@yahoo.com

URL: www.state.il.us/HPA

Heritage tourism in Illinois (including references to regional tourism development offices, convention and visitors bureaus, support and programs): **Illinois Department of Commerce and Community Affairs Bureau of Tourism**

100 West Randolph Street, Suite 3-400

Chicago, IL 60601

Phone: 312.814.4732

Email: tourism@commerce.state.il.us

URL: www.enjoyillinois.com/industry

African-American History:

<http://usparks.about.com/travel/usparks/msubafri.htm>

Heritage tourism in the greater Alton area:

Doug Arnold, President

Greater Alton/Twin Rivers Convention & Visitors Bureau

200 Piasa Street

Alton, IL 62002

Phone: 800.258.6645

Email: darnold@altoncvb.org

For Alton area Civil War history, visit

www.altonweb.com/history/civilwar

Illinois Underground Railroad Association

Contact Terry Ransom at 217.525.2554 or

via email at jtransom@worldnet.att.net

Friends of the Dr. Richard Eells House

George Irwin, President

PO Box 628

Quincy, IL 62306

Phone: 217.222.1799

Owen Lovejoy Home/Underground Railroad station:

Don Evans, Executive Director

Princeton Chamber of Commerce

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Phone: 877.486.8244

Email: ptoncham@theramp.net

AROUND YOUR HOME

Take time to remind

Such a simple thing to do. And if done in the proper context and tone of voice it can be anywhere from a gesture of friendship to a life-saving statement.

I can remember back to my first days as a groundman on the line crew with Adams Electric Cooperative in western Illinois. A lineman who had several years of experience would constantly remind me of the obvious, as well as the not-so-obvious, hazards on the job.



Brian Anderson

Believe me, there are plenty of both in electrical line work. He continued this welcome habit as I progressed through my apprenticeship program up until he was no longer with us. I have tried to

continue that tradition with new employees who have worked on crews with me over the years. I hope they appreciate it as much as I did and still do.

Some jobs have several distractions. A trencher running, construction noises, maybe approaching bad weather. All these things can have a tendency to break your concentration. Even problems that are not related to the job can be a serious distraction. Things like problems at home, a sick relative, or even something pleasurable like an upcoming vacation can make your mind wander.

If you sense any of these problems, it might be a wise gesture to mention possible hazards that might be lurking just around the corner. It would be an awful feeling to have recognized there was a problem, not said anything, and then have an accident happen. Expressing concern verbally is sometimes hard for some people to do, especially men. You've got that old ego thing going there.

Accepting that someone is genuinely concerned for you and not trying to belittle you or make you look bad in front of others can also be difficult.

That is why it's important to choose your words wisely and put your voice in the proper tone. I've seen it happen before when someone is trying to help and says the wrong thing or it is taken the wrong way and does more harm than good. A good point to remember is if you are the recipient of a well-meaning safety reminder, take the time to thank that person for the reminder and let him or her know that you appreciate it.

If the person knows it helped, he or she will be more apt to do it again in the future. Take note of how the concern was presented and how you received

it and learn from that exchange.

I am relating this issue to the electric line crew field because that is where I have worked for so many years. The important thing to realize is that this safety gesture can relate to almost any job.

Take something as simple and redundant as mowing the yard. I remember the first few times that I let my son run the mower. I didn't realize that there were so many possible hazards in a job that I had become so complacent in doing. So before each mowing I would remind Matt of this low spot or that tree root sticking up, until he was as aware of the possible hazards as I was.

Practicing with a family member, preferably not a husband or wife might be a good idea. Another good idea would be to mention before you give the reminder that you are not trying to be bossy but simply trying to make the job safer.

And remember that if someone offers you advice, accept it with the same gratitude that you would hope for if you were giving the tip.

My brother is a perfect example of taking time to remind. Every year during harvest, he hires a part-time farm hand to help during the busy time. Derrick is constantly thinking ahead of possible problems and hazards that he is fully aware of but knows that the new helper is not.

Everything from overhead power lines to chuckholes in the road, Derrick sees them and reminds his helpers of the possible problems they could cause. Some might see this as borrowing trouble or nagging. I don't. He has had several helpers over the years, some very capable and some not. Some very safety conscious, some not. He has managed to get through the years with no serious accidents. I am convinced that taking the time to remind, along with keeping his machinery in safe working order, has a lot to do with his clean safety record.

Not everyone is as fortunate as I was to have a co-worker who was willing to take the time to remind me of possible hazards and make sure that I was working safely. I hope after reading this article that a few of you will realize that the right words at the right time with the right tone might help someone return home safely to their family and friends after a good day's work.

Brian Anderson is a safety instructor for the Association of Illinois Electric Cooperatives and a former lineman for Adams Electric Cooperative, Camp Point.

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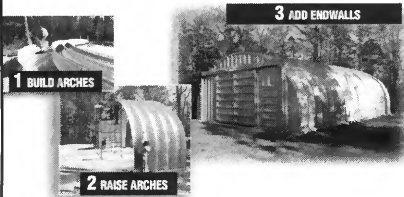


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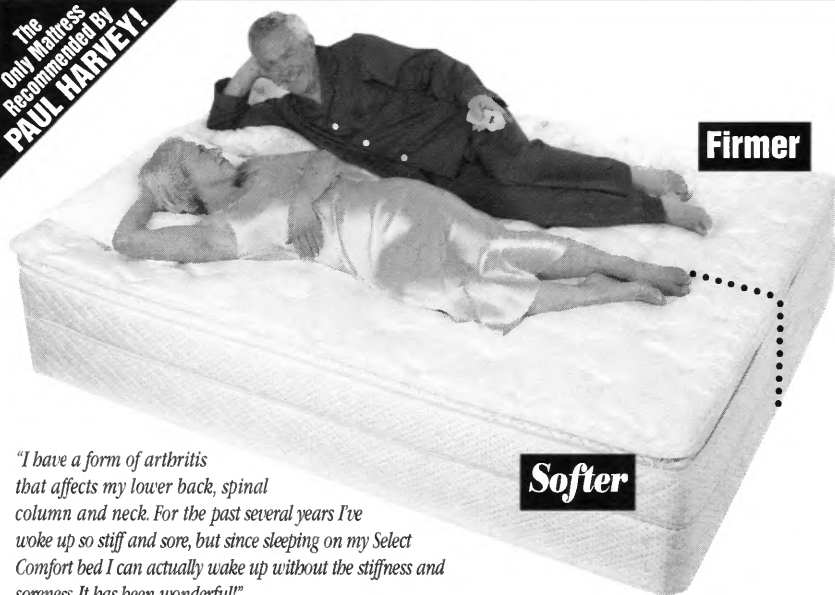
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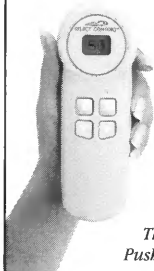
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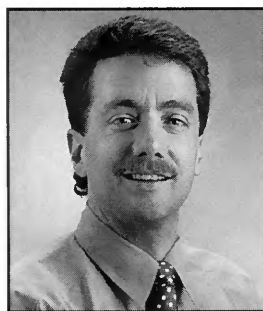
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Your YARD AND GARDEN

September is for seeding

Think back and try to remember the kind of September when grass was green. Or "is" green. Depends on the time of the month and the type of lawn you have. This year may be one of those rare occasions when the lawns are actually green most of the month. Everyone with half a mind wants a green



David Robson

lawn. Seldom do you hear "Hey, my lawn is purple. Isn't that great?" If that's your goal, don't tell anyone. Otherwise the guys with the white coats will probably show up on your doorstep.

September is the month for most lawn work, contrary to popular opinion and television ads.

There is still too much grass in Illinois. Most yards would look better with about one half the lawn and the rest in flowers, shrubs and trees. No one should spend more than two hours mowing their yard. Of course, this is my opinion, but this is my column. (Note: I gladly will write a note to your spouse stating the above opinion as fact.) One thing I do every September is overseed my lawn. It doesn't take much time and the rewards are high. (I also aerate each fall and this does just as much.) Adding grass seed is one of the best ways to improve the overall appearance of the turf. Neighbors will probably be jealous or think you are the local turf god. You can just blankly nod and say "ah, it's nothing much" when it really is nothing much. Like kids, new grass is hardier. It's more vigorous, grows fast and spreads quicker, filling in bare spots and choking out some weeds. It's going to be more disease resistant and impart that good young grass-green color over your spread.

There are two main points to remember: buy good quality seed and make sure you have good seed-to-soil contact. Do you need to buy the Cadillac of seeds? You bet. The better quality the seed, the better

quality turf. The extra cost is really important. Named types are better than just plain ol' bluegrass, ryegrass and fescue.

Avoid seed that is more than a year old. Check the package. Somewhere, by Illinois law, it has to say when it was tested or packaged. Seed packaged for 2000 is best; seed for 1999 may be acceptable if nothing else is available.

Shoot for three different cultivars of grass. You may be lucky and find three different named grasses in the package. Or you may have to go to a couple different places to buy the grass mix. The more grasses, the better disease resistance. Never settle for less than three different grass cultivars when seeding or over seeding. Bluegrass is still one of the best grasses for our area. There are more than a couple hundred different names. Send me an e-mail and I'll send a list of some of the best for sun, shade, low maintenance and those with the best disease resistance.

Ryegrass germinates in a matter of days in September. It's usually added to give quick cover and limit erosion. However, your mix shouldn't contain more than 30 to 40 percent ryegrass. Finding grass seed may be difficult in some areas. Contact your local garden center, nursery or home-improvement store. Some seed companies carry grass seed for fall business. The over seeding rate is about a pound of seed per thousand square feet. That's about a third of what we normally use for a new area. Mow the yard first. Water or wait until a rain. Scatter the seed at the above rate. Take a rake and drag it across the ground to make sure the seed comes in contact with the soil. After all this, there is an easier way. You can rent a slit-seeder at many rental places. These machines cut a slit into the ground and drop seeds into the groove. You're guaranteed good seed-to-soil contact.

Ideally, keep the area moist until the seed germinates. However, if you can't water, you'll still end up with some grass germinating and improving your lawn.

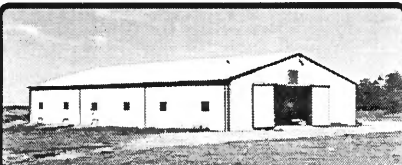
One final word, seed early in the month, preferably by the 15th to allow the grass a chance to mature before winter.

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David Robson is an Extension Educator, Horticulture, at the Springfield Extension Center, University of Illinois Extension. 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@mail.aces.uiuc.edu

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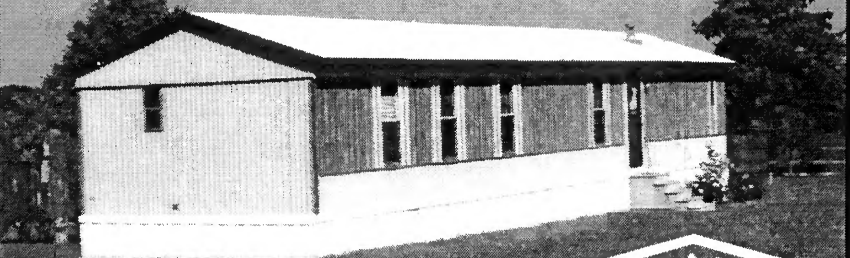
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- Mike R.

A: Dear Mike: A ductless mini-split air conditioner is an excellent choice for almost any home and climate. As you indicated, these systems are also often used for whole-house cooling in homes with hot water radiant heat that do not have central hot air ductwork. Ductless heat pump models are also available for efficient heating in the winter too.

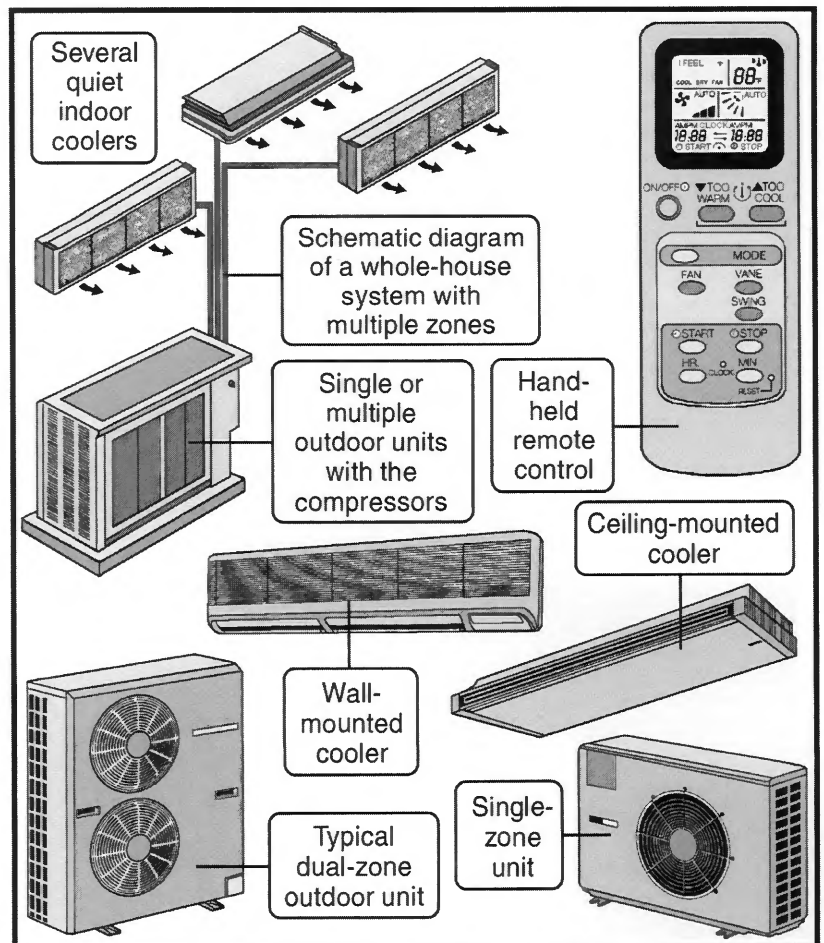
For homes with central air conditioning in which some rooms do not stay comfortably cool, adding a ductless unit is a good idea. This allows for a specific area of the house to be zone cooled for an overall electricity savings. If certain rooms are used at only certain times of the day, it makes economic sense not to keep them extremely cool when they are not being used. With computerized thermostats, ductless systems also offer this advantage.

Ductless air conditioners are called "mini-split" systems because they are similar to a regular ducted split central air conditioner, only on a smaller scale. A split system means that the compressor/condenser unit is located outdoors and "split" from the indoor cooling coils/blower. Just a small three-inch diameter hole is cut in the wall to run the tiny refrigerant lines and electric wires to the indoor cooling units.

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James Dulley is a mechanical engineer who writes on a wide variety of energy and utility topics. His column appears in a large number of daily newspapers.

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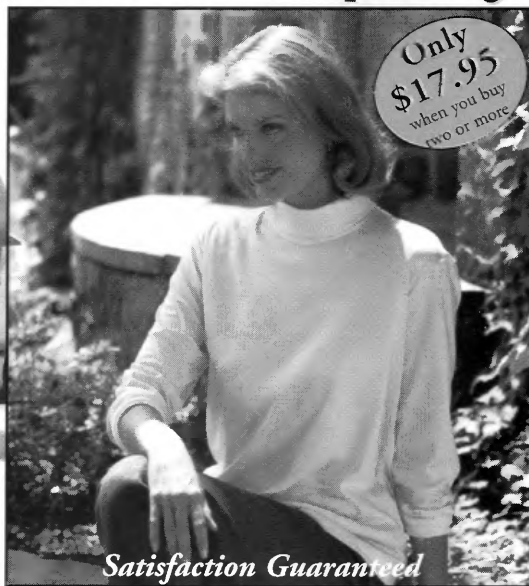
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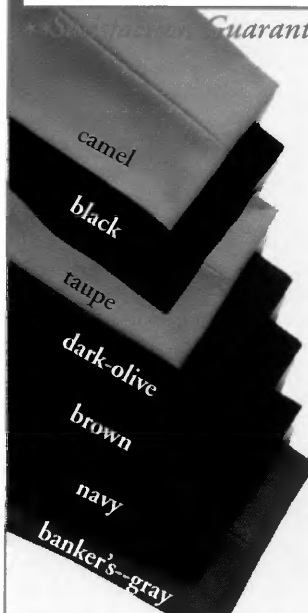
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Archway, Inc. of Carbondale, Illinois, submits its spiral-bound, soft-backed cookbook. The cookbook contains 96 pages of delicious recipes. Funds from the book will help provide assistance to children, birth to five years old who've been diagnosed with medical conditions, developmental delays or who are at risk. Cost of the book is \$5 plus \$3 shipping/handling. To purchase, contact Micki Moon, P.O. Box 1180, Carbondale, IL 62903, or call (618) 529-5944.

Calvary's Women in Mission of Washington

Cinnamon Streusel Coffeecake

Maxine Swanson

1 pkg. yellow cake mix
1 sm. pkg. vanilla instant pudding
Streusel:
1/2 C. flour
1/2 C. brown sugar
Glaze:
3/4 C. confectioners sugar

2 T. oil
2 eggs
1-1/3 C. water
2 tsp. Cinnamon
2 T. butter, melted
1 T. milk

In large bowl, blend first 6 ingredients. Beat 2 minutes. Spread 3/4 batter evenly in a greased and floured bundt pan. Combine streusel ingredients; sprinkle 2/3 mixture over batter in pan. Spread remaining cake batter over streusel, and top with remaining streusel. Bake at 375° for 40 to 50 minutes. Cool cake in pan for 25 minutes. Remove from pan and flip over. Mix glaze and drizzle over cake.

Red Hot Salad

Gene Ann Wayner

1/2 C. red hot cinnamon candy
2 C. hot water

4 C. applesauce
2 (3 oz.) pkg. cherry Jell-O

Simmer cinnamon candy in hot water until dissolved. Add Jell-O and stir well. Stir in applesauce. Pour into a bowl and refrigerate.

Milk - it does your vegetables good!

Add milk to the water when cooking cauliflower and it will remain white.

A small amount of hot, not boiling, milk added a little at a time to mashed potatoes will make them light and fluffy.

Potato-Cheese Soup

Carol Grove

2 T. butter or margarine
1/3 C. chopped celery
1/3 C. chopped onion
4 C. diced peeled potatoes
3 C. chicken broth
2 C. milk
1-1/2 tsp. salt

1/4 tsp. pepper
Dash of paprika
2 C. (8 oz.) shredded Cheddar cheese
Croutons
Fresh chopped parsley

In a large saucepan, melt butter over medium heat. Sauté celery and onions until tender. Add potatoes and broth. Cover and simmer until potatoes are tender. In batches, puree potato mixture in a blender or food processor. Return to saucepan. Stir in milk and seasonings. Add cheese and heat only until melted. Garnish with croutons and parsley. Yields 8 servings.

Baked Rice

Mabel Weaver

1 stick melted butter
1 C. long cooking rice
1 can beef bouillon

1 can onion soup
1 sm. can mushrooms

Stir together in oven casserole. Bake at 350° for 1 hour.

Barbecue Joes

Dave Nixon

1 lb. hamburger
Diced onions

Barbecue sauce
1 tsp. taco or chili seasoning

Cook meat, turn on low and add diced onions. Cook together for 1 to 2 minutes. Add 1 to 2 cups barbecue sauce, to taste. Stir in taco or chili seasoning mix, to taste. Spoon onto buns. You can add cheese on top if desired.

Pizza Cups

Rita Guth

3/4 lb. ground beef
1 (6 oz.) can tomato paste
1 T. minced onion
1 tsp. Italian seasoning
1/2 tsp. salt (opt.)

1 (10 oz.) can refrigerated biscuits
1/2 to 3/4 C. shredded Mozzarella cheese

Brown and drain beef and onion. Stir in tomato paste and seasoning (mixture will be thick). Cook over low heat for 5 minutes, stirring frequently. Place biscuits in a greased muffin tin, pressing to cover bottom and sides. Spoon about 1/4 cup of meat mixture into biscuit-lined cups and sprinkle with cheese. Bake at 400° for 12 minutes or until golden brown. Makes 12 pizza cups.

Surprise Cupcakes

Hannah Guth

1 chocolate cake mix

Filling:
6 oz. cream cheese, softened
1/3 C. sugar

1 egg, beaten
1 tsp. vanilla
3/4 C. coconut

Mix chocolate cake as directed on package. Fill cupcake pans 2/3 full. **Filling:** Mix filling ingredients together and add 1 teaspoon on top of each cupcake before baking. Bake as directed on cake mix box for cupcakes.

Archway, Inc. of Carbondale**Pretzel Salad**

Dorothy Reese

2-1/2 C. pretzels, crushed
1-1/4 C. melted butter
1 (8 oz.) pkg. cream cheese
1 container whipped cream

1 C. sugar
1 pkg. strawberry Jell-O
1 pt. frozen strawberries
2 C. boiling water

Combine pretzels and butter. Spread in bottom of a 13x11-inch pan. Bake at 400° for 10 minutes. Combine cheese and sugar and spread over pretzels. Cover with whipped cream. Dissolve Jell-O in water. Add frozen strawberries and let set partially, then spread over rest of salad.

Beef Chili and Rice Skillet Supper

Ginny Turner

1 lb. lean ground beef
3/4 C. onion, chopped
3/4 C. uncooked rice
2 tsp. chili powder
1/4 tsp. Garlic Powder
(3 oz.) shredded cheese

1/4 C. chopped green peppers
1 (15 oz.) can chili beans
3/4 C. water
1 (16 oz) can tomatoes, cut up
1/2 tsp. salt

Brown meat and onion in skillet. Stir in next 8 ingredients. Cover and reduce heat to simmer for 20 minutes. Stir as needed. Add cheese on top and cover just to melt.

Pasta Broccoli Salad

Kay Stevenson

12 oz. Dry variety pasta
1/3 broccoli flowerets cut into pieces
1-1/2 C. Cheddar cheese (shredded)

1 to 2 T. sugar
1 med. chopped onion
2 dashes of salt
Handful of cut-up lettuce pieces

Cook, drain and cool pasta. Rinse broccoli and lettuce. Combine all ingredients and chill. Add anything else you'd like.

Pineapple Sheet Cake

Thelma Hoffman

2 C. flour
2 C. sugar
2 small cans crushed pineapple (undrained)

1 tsp. baking soda
1/2 C. oil
2 eggs

Topping:

1 stick butter
2/3 C. Milnot
1 C. sugar

1 C. coconut
1 C. nuts
1/2 tsp. vanilla

Mix all cake ingredients together until smooth. Bake at 350° for 20 to 25 minutes on a cookie sheet with 1-inch sides.

Topping:

Bring Milnot, butter and sugar to boil for 10 minutes. Remove from heat and add coconut, nuts and vanilla. Add to top of cake while hot.

Poor Man's Dinner

Jackie Reichrath

1-1/2 lbs. ground beef
1 can cream of mushroom soup

1 chopped onion
2 boxes of macaroni and cheese

Brown onion with meat. Drain off fat and add 1 1/2 quarts of water to boil. Add macaroni noodles and boil until tender. Add soup and cheese packets.

Hot Fudge Sundae Cake

Lisa McCuan

1 lb. ground beef
2 pinches of garlic powder
1 large can stewed tomatoes

1 onion, chopped
5 large peeled and cubed potatoes
6 cups of water

1 C. flour
3/4 C. sugar
2 tsp. baking powder
1/4 tsp. salt
1 C. brown sugar
1-1/4 C. very hot tap water

1/2 C. milk
2 T. oil
1 tsp. vanilla
1 C. chopped nuts (opt.)
1/4 C. and 2 T. cocoa, divided

In an ungreased 9x9-inch pan, stir together flour, sugar, 2 T. cocoa, salt and baking powder. Add milk, oil and vanilla and stir with a fork until smooth. Add nuts if desired. Spread evenly in pan. In a separate bowl, mix brown sugar and 1/4 C. cocoa, then sprinkle over batter in pan. Pour hot water over batter. Bake at 350° for 40 minutes. Remove from oven and let stand for 15 minutes. Spoon into dishes or cut into squares. Invert each square on dessert plate. Top with favorite ice cream.

Grannies Gruel

Phyllis Hand

1 lb. ground beef
2 pinches of garlic powder
1 large can stewed tomatoes

1 onion, chopped
5 large peeled and cubed potatoes
6 cups of water

In a large pot, sauté onion in oil until clear. Add beef and brown. Drain and rinse grease off beef and return to pot. Add rest of ingredients. Bring to a boil over medium heat. Turn heat down and simmer until potatoes are tender.

Skroodle Noodle and Tuna Casserole

Janet Hanson

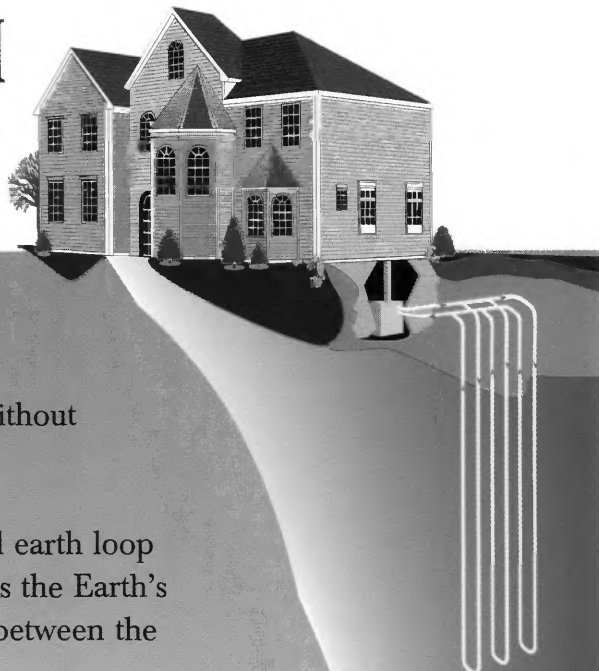
17 oz. pkg. skroodle noodles
1 sm. can tuna
1 can cream of mushroom soup

1 tsp. onion powder
1-1/2 cups milk

Cook noodles about 10 minutes. Don't overcook. Drain, mix other ingredients together. Bake at 350° for 30 minutes.

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WANTED: STANDING TIMBER. Buy all species, Pay top prices. Clear or select cut. Free estimate. Call (815) 434-4141.

IF YOU MUST WORK...there's no place like home! Build your own successful home-based business. I've done it and can show you how. 24-hr. message: (800) 399-3292.

DRIED GOURDS FOR SALE: Birdhouse and other varieties for crafting. Ready to paint. \$2 each plus tax and shipping. Call Country Bumpkin Pumpkin Patch at (217) 273-4099 or (217) 948-0401.

EARN EXTRA INCOME and drive free car. Call toll-free 24-hour recording – (877) 999-0555 ID# 42640.

LLAMAS and MINIATURE DONKEYS, registered and from good quality stock. \$250 and up. E-mail: llamas@shawnee link.net or call (618) 783-2169.

MURRAY GREY COWS/BULL for sale. Four years old. Registration eligible. Call evenings: (217) 322-2811.

MORTGAGE BUYERS SINCE 1970. Any size – any state. References on request. Buying seller-financed loans, our specialty. Call Dale at (800) 526-0461.

ENJOY a BUSINESS where FAMILY is FIRST!!! Basic organizing to decorating the home with the "total look." Representative needed for in-home shows. E-mail: michele992@aol.com. Call (888) 291-4460 (pin #5309) or (217) 598-2240.

METAL SHELVING, HEAVY DUTY – 18" by 36" shelves, \$1 each; sides – 10' tall, \$5 each. Quantities less. Can be cut shorter. (217) 688-2687 or (217) 688-2084.

FILTER QUEEN/DEFENDER sales, service, and supplies, factory authorized. In home air filtration system since 1928, offering more consistent, allergen-free indoor air quality with our total home care system. For free information, call (800) 753-5401 or write She-N-I, Inc., RR 1, Allendale, IL. 62410.

FACTORY IRREGULAR WORKWEAR: Shirts \$6, pants \$8, coveralls \$18. Money back guarantee, free brochure. Workwear Express. Toll Free (800) 909-9025 anytime.

TURN BACK the CLOCK 20 YEARS! Recent breakthroughs in anti-aging research have yielded an existing new longevity formula that promises benefits to rival hGH (human growth hormone) injections at a fraction of the cost. Utilizing three proprietary complexes in one easy-to-use supplement, Reliv ReversAge, a new supplement available only from Reliv, delivers the most complete array of youth-promoting elements available to help you turn back the clock. With regular use of Reliv ReversAge, you can expect to see noticeable improvements month after month. You'll begin with improved stamina, increased energy, better sleep patterns and a more optimistic attitude. During the first six months, as the formula has time to restore, revitalize and return your system to youthful balance, you'll notice progressively marked improvement in weight loss, muscle tone and body contour (as the fat to muscle ratio is reduced), strength and endurance, enhanced desire, skin tone, texture and appearance as skin begins to thicken and become more elastic, restoration of hair color, improved eyesight, greater resistance to illness, greater emotional stability, with an improved outlook and motivation, improvement with many serious health challenges. With proper diet and exercise, your results may be faster and more pronounced. Money back guarantee! Call Ralph and Rita Taylor, Independent Reliv distributors at (888) 251-1538.

STOP METAL ROOF LEAKS with Kwik-Kap fastener seals. Fix it and forget it! Guaranteed. 100 kps & tool \$19.95, includes S&H. 2411 Catacombs Dr., New Caney, TX 77357. (281) 399-9334 or www.kwik-kap.com.

FOR SALE - GINSENG ROOTS - Large Northern Origin for fall planting. Seedbearing size: \$40 hundred, \$350 thousand. Three-year: \$30 hundred, \$250 thousand. One year: \$20 hundred. Stratified seed: \$40 lb. Also dry roots and shade equipment. Postage: \$5. John Batz, RR 2 Box 2830, Pittsfield, IL 62363. Phone (217) 285-6022.

FOR SALE - PLYWOOD. 4x8 sheets, ext. grade, \$5 per sheet. Newton IL (618) 783-2344.

PRIMEBUY TOWN MALL. Why fight the crowds? Hassle free shopping for gifts or basic needs on line: www.primebuytown.com/primepurchase. Hosted by Elizabeth M1356. Thank you!

MEAT PROCESSING SUPPLIES. Grinders, cubers, all butcher supplies needed for home use. Send \$1 for catalog. The Home Processor, 4500 Ledan Rd. Extension, Gainesville, GA 30506. (770) 535-7381.

Classified Ad Order Form

Enclosed is \$_____ for the ad copy below to run _____ times starting with the _____ issue. Charges for each month's insertion, co-op members: \$8 for the first 20 words or less and 30 cents per additional word. Non-members: \$1.20 per word with a \$24 minimum for 20 words or less.

- All ads must be in one paragraph form. No centered copy. Maximum of four all-capital words per ad.
- **Check/cash/money order payable to Illinois Country Living and member's address label must accompany order.**
- Please type or print your ad neatly. You may use a separate sheet if needed. Include your name, address and phone number. I am a member of _____ electric cooperative.
- The publisher reserves the right to reject any advertisement.

Mail to: Illinois Marketplace, *Illinois Country Living*
P.O. Box 3787 • Springfield, IL 62708

Deadline for November issue: September 15

LARGE COLLECTION OF ORNAMENTS - Large Hallmark Christmas ornament collection. Also, Hallmark Easter ornament, Enesco Treasury ornament (they don't make anymore). All in excellent condition, and almost all in boxes. Write: PO Box 509, Atlanta, IL 61723 for complete list (specify which type of ornament). I would like to sell complete collection at a good price.

FOR SALE - LOTS of QUILTS and quilt-tops. Hand & machine quilting for others. Phone (618) 483-5629.

FOR RENT: Illinois Vacation Country Home. Two bedroom, two bath, non-smoking, adults only. Minutes to private club: fishing, swimming, golf. (815) 882-2314.

WANTED - OLD ANIMAL TRAPS, trapping magazines and fur company catalogs, old cloth seed corn sacks. Mark Luedke, 2565 CR 100 N. Broadlands, IL 61816. (217) 834-3331.

STEVE'S COINS, 107 South 5th, Effingham, IL 62401. Coins, currency, gold, silver, supplies, Indian artifacts and more! M-W-F evenings 5:30-8:30 p.m. Saturday 10-5. (217) 347-3050.

COMMUNICATIONS REPRESENTATIVES NEEDED. Full time - part time. Work from home. Earn immediate and residual income. (888) 291-5689 pin 0403.

MEDICAL BREAKTHROUGH: Say goodbye to cholesterol drugs. New England Journal of Medicine. Free information. (800) 547-3949.

WOODS MOWER, 315 BATWING, chain guards, wing hydraulics, used three years. 762-7791 after 6 p.m.

HELP! DID YOU KNOW your air and water are making you sick? I have solutions. Call (618) 253-7790.

FINE JEWELRY, DECORATIVE CERAMICS, well detailed dolls, beautiful Christmas ornaments and more. For more information call (618) 833 7794.

4 FOOT WHITE PINE TREES delivered, planted, mulched. \$39.50 per tree. Buy 10 get one free. Call (217) 886-2316 for prices on other sizes or varieties. Order now for Fall delivery. Leave message if not at home. Prices may vary depending on geographical location.

ANTIQUe AND FURNITURE restore, refinish and repair. Forty years experience. Robert Beckley. (815) 692-2127.

C & E WATER DESIGNS. "Beautify your yard" Water Gardens, Waterfalls, Ponds, Streams. 3-day installation. Low maintenance. Free consultation. (812) 890-3423 or (618) 943-6549.

WANTED TO BUY: Standing timber and logs. Timber harvesting specialist. Direct markets for grade logs and veneer. Prices unbeatable. (618) 426-3065 or (618) 426-9001.

ROYAL KUHIO - WAIKIKI. One bedroom vacation apartments \$95-\$130 per night. PMC, 50 South Beretania #C207, Honolulu, HI 96813-2294. (808) 538-7145.

LOOKING FOR SALES LEADERS who want a healthy financial future with their own environmental company. Call (618) 253-7790.

WANTED TO BUY: LP's, Record albums and 45's in good condition. Paying cash. Call (618) 724-9259.

FREEDOM WALL CLOCK with Lincoln Memorial background \$19.95 plus \$6 S&H. Satisfaction guaranteed! Check or money order to Treasured Moments/HM RR1 2139 Whitlock Rd. Murrayville, Illinois 62668 - check delays order.

SLEEP IN COMFORT! As seen on TV. Incredible buckwheat pillow filled with buckwheat hulls. Holds shape to help you enjoy an outstanding nights sleep! Send check or money order for \$9.95 or \$16.95 for two plus \$5 S&H. Free additional S&H for two. Satisfaction guaranteed! Treasured Moments/HM RR1 2139 Whitlock Rd. Murrayville, Illinois 62668 - check clearance delays order.



WHOLESALE CHRISTMAS TREES. Order yours today for December delivery. Nicely shaped, best quality, 6 ft. to 10 ft. scotch pine, 6 ft. to 8 ft. white pine. Low wholesale prices, include shaking and baling. Delivery available. Call now for details. Supplies may be limited. Phone (815) 937-1941; fax (815) 937-0324. Rollin Hills Tree Farm, Gorville, IL.

JAPANESE SHIATZU MASSAGE! As seen on TV. Pressure balls dig in for relief of muscular aches and pain. UL approved. Was \$59.95 now \$41.95 plus \$7 S&H. Satisfaction guaranteed! Send check or money order to Treasured Moments/HM RR1 2139 Whitlock Rd. Murrayville, Illinois 62668 - check clearance delays order.

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There's a lot more to Touchstone Energy® than simply a new name and some window dressing to repackage your electric cooperative. It's more than 530 electric co-ops from across the country joining together to provide member/owners with state of the art service they'll need in the new millennium. We're ready to paint the town.

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Illinois Rural Electric Cooperative, Winchester
Jo-Carroll Electric Cooperative, Elizabeth
McDonough Power Cooperative, Macomb
Menard Electric Cooperative, Petersburg
Monroe County Electric Co-Operative, Waterloo
Norris Electric Cooperative, Newton
Rural Electric Convenience Cooperative, Auburn

Shelby Electric Cooperative, Shelbyville
SouthEastern Illinois Electric Cooperative, Eldorado
Southern Illinois Electric Cooperative, Dongola
Tri-County Electric Cooperative, Mt. Vernon
Southern Illinois Power Cooperative, Marion
Soyland Power Cooperative, Decatur



Touchstone EnergySM
The power of human connections

1-2, Amish Country Cheese Festival, downtown Arthur. Food, crafts, sidewalk sale, flea market, buggy rides, entertainment and the Cheese Eating Nationals. (800) 722-6474 or (217) 543-2242.



24, Silkwood Inn Museum and West Franklin Museum Open House in Mulkeytown. Come and enjoy some history, barbecue ribs and children's crafts.

24, Casey Popcorn Festival in Casey. Music from the 50s and 60s, a carnival, antique and garden tractor pulls, walk-around performers, food and free popcorn. (217) 932-5951.

3, Pre-Labor Day Picnic at St. Mary's of the Assumption Church in Sainte Marie. Roast beef and chicken dinners, bingo, games, crafts, music and more. (618) 455-3155.

3, Ethnic Festival at the Illinois State Fairgrounds in Springfield. Celebrate your heritage with great food and entertainment ranging from traditional folk dances to rock n roll. (217) 529-8189.

4, Labor Day Parade, downtown Decatur. A celebration of working people in Decatur. Local unions will be showcased in the parade. (800) 331-4479.

8-10, Greene County Days, Inc. in Greene County. Enjoy barn tours, crafts, games and food. (217) 374-6224.

9, Fall Crafts and Flea Market in Jacksonville. (800) 593-5678 or (217) 243-5678.

9, "The Letterman" at Offutt Fest 2000 in Danville. A return engagement from the 60s heartthrobs. Enjoy the sound that is undeniably Lettermen. (217) 442-0106.

9-10, Traditional Music Festival at Lincoln's New Salem State Historic Site in Petersburg. Impromptu demonstrations and performances of early 19th century music and dancing. (217) 632-4000.

9-10, The 24th Annual Cedarhurst Art and Craft Fair in Mt. Vernon. Come and see 150 craftsmen specializing in pottery, basketry, fiber, glass, mosaics, calligraphy, dough art, leather, jewelry, wood photography, graphics, painting and more. (618) 242-1236.

9-10, Great Apple Jamboree at Eckert's Farm in Belleville. (618) 233-0513.



9-10, The 20th Annual Bar-B-Que at the Bald Knob Cross near Alto Pass. (618) 893-2170.

10, The Fourth Annual Founders' Day Celebration at Historic St. Mary's Church in Beaverville. Mass at 8 a.m. Festivities include a free afternoon concert, children's activities and a pork chop or chicken dinner. (217) 435-2438.

12-17, Murphysboro Apple Festival in Murphysboro. Southern Illinois' longest running festival. (800) 406-8774 or (618) 684-3200.

15, "Corn Tunes and Hay Tales" at the Historic Lawford Theater in Havana. (309) 543-GRRR.

15-16, First Cellular's Main Street Pig Out in Carbondale. A two-day festival that includes live music, children's activities, a large selection of food and a beer and wine tent. (618) 529-8040.

15-17, The Annual Antique Engine and Tractor Show in Atkinson. This event will feature John Deere tractors and engines, sawmill, threshing, plowing, corn shelling and other demonstrations. Thresherman's dinner will be held on Friday night. (309) 944-4982.

15-17/22-24, "Pump Boys and Dinettes" at the Historic Lawford Theater in Havana. The Pump Boys sell high octane on Highway 57 and the Dinettes run the Double Cupp Diner next door. Together they fashion an evening of country-western songs that received rave reviews off-Broadway. Both musically and theatrically, this musical is a triumph. (309) 543-GRRR.

15-17, Marshall Fall Festival on the square in Marshall. Arts, crafts, food, a car show, entertainment and more. (217) 826-9023.

15-17, The Fifth Annual Nason Days Festival in Nason (Jefferson Co.). Crafts, Civil War encampment, period traders, period demonstrations, blacksmiths, food, children's activities and a live action battle between the North and South. (618) 244-3643.

15-17, The Sixth Annual Salem Days Fest on the Courthouse Lawn in Salem. Come and visit with celebrities from *Days of Our Lives* soap opera, and enjoy great food and crafts. (618) 548-0878.

16, Annual Mallardfest in Hanover. This event will include a duck race, a duck calling contest, pontoon rides, Apple River golf challenge, a parade, music and food. (815) 591-3512.

16, Women's Day at the Decatur Civic Center in Decatur. A day dedicated to women who wish to pamper themselves. Exhibits, demonstrations, seminars, fun and fellowship. (800) 331-4479.

16-17, Fall Festival at Scovill Zoo in Decatur. Apple bobbin', a bean bag toss, games, prizes and more. (800) 331-4479.

16-17, Shakespearean Festival in Geneseo. Medieval Geneseo comes forth with Shakespeare's plays performed on stage in the city park. (309) 944-2686.

16-17, Fall Festival in Carlinville. Enjoy ham, beans, cornbread, sandwiches, desserts and drinks, craft and flea markets, gas and steam engines, toy engines, a toy show, blacksmith demonstrations, antique cars, sawmill and museum/mansion tours. (217) 854-3498.

17, Audrey Willmann's Doll and Bear Fair in St. Charles. A large doll and bear fair including G.I. Joe, Barbies, miniatures, museum-quality dolls, childhood items and more. (630) 264-0004.

17, Teddy Bear Picnic at the Scovill Zoo in Decatur. Bring your favorite teddy bear or stuffed friend in for a check-up at the bear repair clinic. (800) 331-4479.

22-23, Murphysboro Barbecue Championships in Murphysboro. Enjoy the Memphis Sanctioned BBQ Championship, live entertainment and family fun. (618) 687-3153.

22, Main Street Nights, downtown O'Fallon. (618) 624-4503.

23-24, Southern Illinois Celebrations of National Hunting and Fishing Day at John A. Logan College in Carterville. (618) 985-2828.

23-24, Jo Daviess County Home and Community Education's (HCE) 45th Old Market Days at Market House Square in Galena. Turn-of-the-century open air market with produce, jams and jellies, flowers, breads and pastries, baskets, Rada Cutlery and crafts sold by women in period costume. HCE members demonstrate heritage skills and serve homemade pie. (815) 858-3392.

23-24, The 11th Annual Traditional Music Festival at Fort Kaskaskia in Ellis Grove. Music lovers of all ages are invited to join in the fun. Featured music will be bluegrass, cajun, country and Irish, as well as country-style dancing and clogging. (618) 859-3741.

23-24, Boyd Orchards Apple Festival in Anna. Activities will include apple butter making, a two-acre corn maze, a petting zoo, hayrack rides, children's area, hay play, a 40-foot slide, scarecrow building, food and much more. (618) 833-5533.

28-30, Barry Apple Festival in Barry. (217) 335-2108.

29, Arts in Celebration - "September Night" in Carbondale. A smorgasbord of "mini" chamber concerts and art exhibits all around town and across the SIU Campus culminating with an open-air jazz concert on the Town Square.

29-10/1, New Holland Quasquiantennial (125 years) in New Holland. Help celebrate this big anniversary with the New Salem County Opry, a carnival, food, a parade, crafts and flea market, live bands, a kiddie tractor pull, hot air balloons, a talent show and a visit from Quacky the clown. (217) 445-2442.

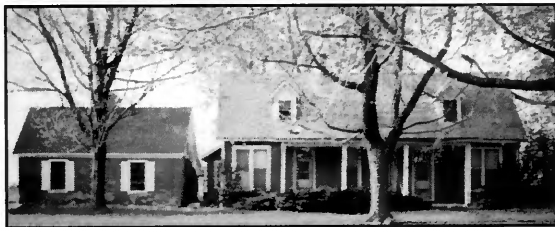
30-10/1, Springfield Air Rendezvous at the Capitol Airport in Springfield. Aviation daredevils from around the country entertain and amaze. (217) 789-4400.

30-10/1, Golden Anniversary Air Show in Murphysboro. In celebration of the Southern Illinois Airport's Southern Illinois University Aviation Flight Department and Aviation Tech. Department's 50 years of continuous operation, there will be a Golden Anniversary Airshow. (618) 529-1721.



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 (If sending photographs please include self-addressed stamped envelope) to Illinois Datebook, Illinois Country Living, PO Box 3787, Springfield, IL 62708-3787. The deadline for submission is 45 days prior to the publication date.

Roving Retreats



were born in this house, and the other four were born in the ancestral home when he inherited it," she says. Barbara's mother was the youngest girl in the family and stayed at the house to care for her father after the death of her mother. "From here, we became the sixth and final generation of our family to live in the house," Barbara says.

The farmhouse had seen many years, and many children grow up. Time had been gentle to the exterior of the aging farmhouse, but the interior needed much attention. When Barbara and her sister were grown with families of their own, they were faced with a difficult decision. As absentee landlords, they wanted to be able to pass on their heritage to future generations, while preserving a place for them to stay when they returned home to visit family. After much thought, they did the most logical thing, and had the old farmhouse torn down. They turned their renovating thoughts to the smaller, more stable, brick foundation, that stood strong next to the farmhouse "and thus was born, our Washhouse Resort," Barbara says.

Today, Barbara and her sister meet at the resort about every two months. "After the main house was torn down, we planted flowers in the open space," says Barbara. "The four cornerstones of the house's foundation mark our garden retreat. We also made a walkway through the garden with brick from the house's fireplace and the cellar's floor," she says.

What do you do to escape from the monotony of every day living? If you have a favorite weekend get-away, we'd love to hear about it. It could be as simple as a sandstone hut at the edge of a park, or as extravagant as a suite at the Oak Brook Hills Hotel and Resort in Oak Brook. Please send information and photos to Catrina McCulley, Illinois Country Living, PO Box 3787 Springfield, IL 62708-3787.

What makes this place so special to you? What do you like to do there? When is the best time to go? Does it offer any activities for children, or is it a romantic get-away? Your favorite place could be picked as a Datebook feature in an upcoming issue.



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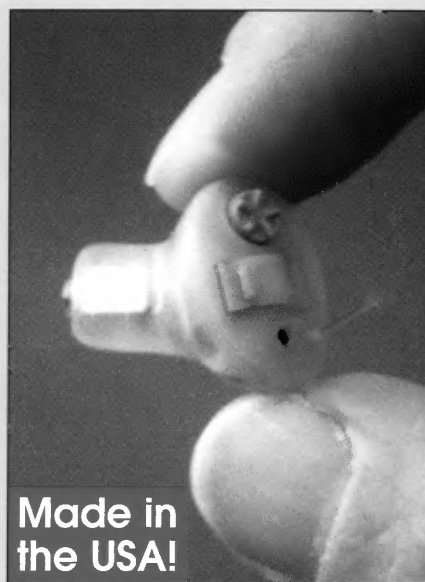
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"I received the EarMate-63 hearing aid about three weeks ago and I love the thing very much. I would like you to send me one for my other ear."

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"I sincerely appreciate your prompt and professional service. The aids are very high quality and reasonably priced. I have and will continue to recommend others to you. Thanks."

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WHY ARE WE PRACTICALLY "GIVING AWAY"



"412 Woodworking Patterns for Only 2¢ Each?"

IF YOU LIKE TO CUT PATTERNS OUT OF WOOD, THIS IS THE SET FOR YOU! YOU'LL FIND A TREASURE HOUSE OF IDEAS INSIDE. 412 BEAUTIFUL WOODWORKING PATTERNS AND DESIGNS.

(By Frank K. Wood)

FC&A, a Peachtree City, Georgia, publisher, announced today that it is practically "giving away" an all-new set of "412 Woodworking Patterns."

- Wooden furniture for patio and porch.
- Stylish reindeer will give your yard a festive holiday touch.
- "Garden golfer" whirls all day long, while works of art bless your hearth and home.
- Angels for the kitchen, cute critters galore, neighborly welcome for a door.
- Large outdoor patterns add seasonal fun, create delightful kitchen gadgets and household helpers for everyone.
- One-of-a-kind birdhouse designs, a victorian-style holder for beanie bag "finds."
- Shimmering snowflakes, santas and sleighs, a Christmas countdown number the days.
- Twirling whirligigs fill the sky — woodpecker, owl, and a pig that can fly!
- A 3-D village, sleepytime rabbit and a

frog that hangs out over your door.

- Noah's ark toy, a garland for teacher, clever animal notepad keepers.
- An adorable armoire and baby cradle, dressing screen, and a tree-top table.
- Classy corner shelves, handy peg racks, decorative vine and animals that shine.
- Unique intarsia patterns, dazzling sunflower birdhouse clock.
- A cabinet for your TV and VCR, western wranglers for your little buckaroo.
- Child-size "teddy bear" chair, santa pull-toy, kids can ride away on a galloping horse!
- Pretty birds, curious cats and bouncing bunnies frolic among wooden sunflowers.
- Playful piglet shelf-sitters and a caboodle of koalas from down under!
- Outdoor snow couple in their Sunday best; Santa takes a much needed rest.
- And much, much more!



Build all these wooden favorites. Illustrated plans include intricately detailed patterns and complete instructions. To order a set, just return this notice with your name and address and a check for \$7.99 plus \$3.00 shipping and handling, and we will send you "412 Woodworking Patterns." Or, for only \$9.99 plus \$3.00 shipping and handling, you can get both the basic set and an extra 100 patterns.

Plus, as a purchaser of our set of "412 Woodworking Patterns," if pleased, about every two months you will also be eligible for a first look and free trial preview of all companion pattern sets printed in the years ahead.

Send your check along with your name and address to: FC&A, Dept. BIL-9, 103 Clover Green, Peachtree City, GA 30269.

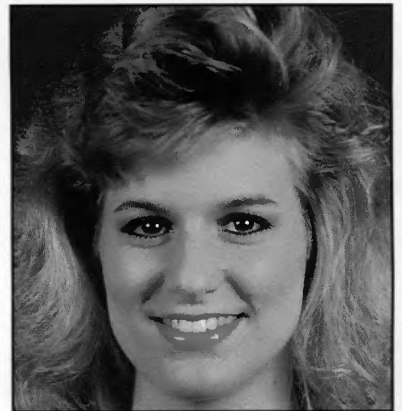
You get a no-time-limit guarantee of satisfaction or your money back.

You must cut out and return this notice with your order. Copies will not be accepted!

IMPORTANT — FREE GIFT OFFER EXPIRES OCTOBER 12, 2000

All orders mailed by October 12, 2000, will receive a free gift, "50 Special, Seasonal, Woodworking Patterns," guaranteed. Order right away!

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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.

The secret is in the fact that it's odorless. Roaches can't smell it, so they don't avoid it like they avoid smelly spray insecticides. Instead, they walk right over it. They pick up a little bit on their legs and carry it back to their hidden nests in the walls. There, it wipes out the whole colony that breeds new roaches.

It keeps right on working even months after one, and only one, treatment.

Roach Kill is so incredibly effective it has a double-your-money-back guarantee. Roach Kill is guaranteed to wipe out every roach in the house or apartment with one treatment, or we'll send the customer double his money back.

All a customer has to do is return the empty bottle to us with a note that he saw even one single roach after trying it according to the simple directions.

To order a bottle, just return this notice with your name and address and a check for \$7.99 plus \$2.00 shipping and handling, and we will send you a bottle of Roach Kill. Or, for only \$9.99 plus \$2.00 shipping and handling, you can get a large, economy-size bottle big enough to treat your whole house, including your garage and basement.

Send your check with your name and address to: FC&A, Dept. VII-9, 103 Clover Green, Peachtree City, GA 30269.

You get a no-time-limit guarantee of satisfaction or double your money back.

You must cut out and return this notice with your order. Copies will not be accepted! IMPORTANT — FREE GIFT OFFER EXPIRES OCTOBER 12, 2000

All orders mailed by October 12, 2000, will receive a free gift, guaranteed. Order right away!

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