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ILLINOIS COUNTRYIVING

April 2003

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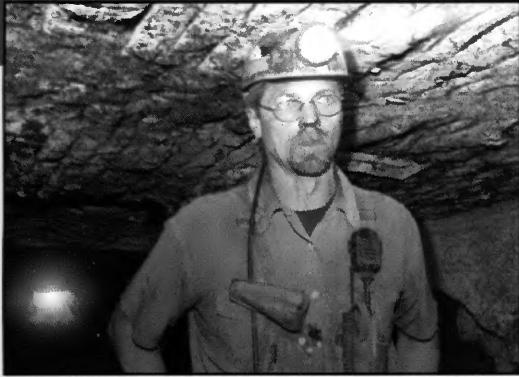
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COVER STORY



Cover Story Title 10

See how Illinois electric cooperatives are showing their commitment to Illinois coal and the environment. Pictured on the cover is Brian Schrowang, Crew Coordinator at Turris Coal Mine in Elkhart.

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John Lowrey..... Editor

Nancy R. Nixon, Catrina McCulley,
& Michelle McNeal Associate Editors

Sandy Wolske..... Advertising Coordinator

Erin Weller, Kara Henning & Kathy Feraris Graphic Designers

Derek Squires..... Graphic Technician/Designer

Connie Newenham Circulation Coordinator

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April 2003 Volume 60 Number 12

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This spring, invite your closest friends over for a cookout and prepare Sunshine Salad from the recipe collection of Burns Social Circle in Cambridge. Or tempt your guests with Apple Celery Salad from the recipe collection of Southeastern Illinois College Athletic Association in Harrisburg.

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Take your children to visit the Easter Bunny in Belleville or Marengo this month. Or enjoy an evening of suspense at a Murder Mystery Dinner Show in East Dundee or Flat Rock.





Kay Horsch

Drug and alcohol abuse among rural youth

April is Alcohol Awareness Month. Every farmer, rural resident, and/or roadside service or cleanup crew is well aware of the evidence of alcohol and drug use. It's obvious in the littering of bottles, cans and needles in the ditches and side roads. Co-op linemen, our police and paramedics are well aware of the consequences of alcohol and drug abuse. They see the damage done to poles, trees, farmland, cars and human bodies.

As adults we often find it more convenient to look the other way. We deny that our youths' illegal use of alcohol, tobacco, and other drugs is attacking their wellness of mind and body, as well as their futures.

We once thought that raising our families in the rural areas of our state would safeguard them from the ills of urban life where the drug culture was prevalent. Now, statistics show that there is more illegal alcohol use among youth in rural areas than in urban communities.

The 2000 Illinois Youth Study on Substance Use reports that alcohol is the drug of choice among Illinois youth and rural youth use alcohol at a higher rate than urban youth.

Young people who begin drinking before the age of 15 are four times more likely to develop alcohol dependence than those who begin drinking at age 21. Youngsters may become alcoholic in six months to three years, versus the 10 to 15 year pattern for adults. An estimated 20 to 30 percent of teenage drinkers are potential or complete alcoholics.

More than one-third of America's alcoholics (3.3 million) are under the legal drinking age. And underage drinking is a factor in nearly half of all teen automobile crashes.

What can you do? YOU can make a difference!

Kids whose parents or grandparents teach them about the dangers of drugs are 36 percent less likely to smoke marijuana, 50 percent less likely to use inhalants, 56 percent less likely to use cocaine and 65 percent less likely to use LSD.

Take action. Educate not only your child, but yourself and the community. Impose limits and consequences. Encourage retailers and pharmacists to monitor and set limits surrounding the sale of over-the-counter medication.

NETWORK! Find other people who are interested in prevention with whom you can discuss the issues and then develop viable solutions.

Supervise teens closely enough to prevent exposure to substance use promotion (whether personal or via commercial media), and make alcohol, tobacco and other drugs difficult for teens to get.

We can become "responsible" as responsible people in our rural communities to the needs of our young people by "care"frontation, not confrontation. This means we listen to our youth without enabling or accusing them, but by caring and letting them know that we're "taking our heads out of the sand" in order to do

something to help them make a difference in their lives. It takes courage to accept this challenge. Do not look away when actions threaten to jeopardize a drug-free environment for our youth — our future.

For more information: Illinois Drug Education Alliance (IDEA) www.bestofidea.com (800) 252-8951, Illinois Church Action on Alcohol & Addition Problems www.ilcaaap.org (217) 546-6871, Operation Snowball and Illinois Teen Institute www.os-iti.org (217) 528-7335, Prevention First www.prevention.org (800) 252-8951, InTouch Program - Illinois Network to Organize the Understanding of Community Health (contact Prevention First for local provider), Educating Voices Inc. www.educatingvoices.com (630) 420-9493, and Pray For the Children www.prayforthechildren.net (630) 420-9493.

Source: The Illinois Drug Education Alliance (IDEA), a statewide volunteer group. Other sources include Illinois Youth Study on Substance Use, CASA No Place to Hide, Elks and Prevention Forum.

Kay Horsch of Dewey is on the board of directors of Eastern Illini Electric Co-op, IDEA and Dewey State Bank. She is also a Prevention Volunteer and a retired junior high school teacher.

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.



Amazing Anecdotal Evidence Reveals...

New High-Speed Diet Formula Used By Registered Nurse Produces An Extremely Fast Weight-Loss!

“...contains an enormously-effective ingredient from the Himalayas now available in the U.S. for the first time!”

If you are overweight, this is the most important message you will ever read.

Here is why.

There is now an all-natural (*and ultra-fast acting*) diet formula which destroys fat... even if... you cheat or refuse to diet. News of this “killer” fat-fighting product (it’s from the Himalayas) is spreading like wildfire among folks looking for serious, legitimate, honest weight-loss that really works. Why?

The answer is easy: You see, even though this product is extremely bio-active, it contains *no drugs* whatsoever... and ... according to very impressive anecdotal evidence...

It's Guaranteed To Burn Off More Fat Than Running 98 Miles Per Week!

This product contains several highly-unusual ingredients (three of which are *extremely* hard to find) which are combined together... in such a way... that scientists call it “synergistic.” This means... all... of the ingredients... are... much more effective at producing a highspeed weight-loss. This is because of the way each of the ingredients interacts with each of the *other* ingredients. Thus, this unique formula produces a safe but extremely powerful weight loss effect. In fact, you can almost...

Watch And Feel The Built Up Fat Begin Melting Right Off Of Your Body!

Why does it work so fast? The secret is in the ingredients and the ingenious way they are combined. The main ingredient (the one from the Himalayan Mountains) maximizes and optimizes your body's natural metabolic process. Therefore, it promotes the utilization (burn-off rate) of body fat and prevents it from being stored.

Another works as an insulin mimic to normalize your blood sugar level. (Note: this is very important... because... it is a low blood sugar level which causes intense food cravings.) Another ingredient is a

potent antioxidant which enhances your immune system and provides “insurance” your metabolism remains at a continuously high level.

The other ingredients influence the thyroid gland, assist in vitamin and mineral absorption and reduce cravings for sugar and fatty foods.

Warning!

Obviously, this is not an ordinary diet product. It is *truly extra-ordinary*. If you follow the simple instructions and use the product with water as directed ... YOU WILL... *reverse years of overeating!* However, there is a trend in this country (especially among attractive women) to want to be *dangerously* thin. Therefore, before you start any weight-loss program (*especially one which works as fast as this one*) you

“Registered Nurse loses 47 pounds!”



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“I knew I needed to lose weight in a hurry. Thank you for making such an incredibly safe and effective diet formula.”

“As you can see from my “after” picture I have not only lost a lot of weight, 47 pounds, but my muscle tone is now showing as well. Now I love to fix my hair and put on my makeup. I look 10 years younger and feel 20 years younger. I’m 38 and I feel like I did when I was a cheerleader in high school. Thank you for making such an incredibly safe and effective diet formula.”

Sue Ann Meadows
Registered Nurse

should always get advice from your physician on how fast it is safe for you to lose weight. Also, you and your physician... *together*... should determine your personal, *perfect* weight goal.

Guaranteed Weight Loss!

Because this product is so incredibly effective... and... because it is natural and so safe... it is being sold with the most amazing guarantee in the world. Check *this* out: Take the product as directed and follow the simple instructions which come in the package. Then, just look in the mirror every day and see the visible results of unwanted fat... unwanted flab... unwanted cellulite... *totally disappear... right before your very eyes!* You will be totally thrilled with your safe, rapid and dramatic weight-loss. However, if you

are not satisfied, simply return the empty product container with a short note about how you took the product (three times a day with water) and followed the simple instructions... and then... AVS Marketing (the *only* company authorized to sell this product in the U.S.) will send you... *double your money back!*

And guess what? This is *not* a 10-day guarantee! This is *not* a 30-day guarantee! This is *not* a 90-day guarantee! This is a *Lifetime* guarantee!

How can AVS Marketing make such a guarantee? How can they offer a *Lifetime... double-your money-back... guarantee?*

Well, you can only make this type of guarantee... if... you are 100% certain... your product is going to... *almost force*... people to lose every single pound of *all* their excess weight.

It's just that simple.

The name of this product is the “Himalayan Diet Breakthrough” and, it is easy to order. All you have to do is call 1-866-202-3837 ext. L2 and order with your credit card. By the way, this is a toll-free number (it won't cost you a penny) and you can call anytime... 24- hours per day... 7-days a week. **Supply Options:** \$39.95 for a 30-day supply. \$69.95 for a 60 day supply (you save 12.5%)... or... a full 90-day supply for only \$97.97 (you save 18.3%). Whatever quantity you order you must also pay an additional \$5.95 per order for shipping and handling. Add only \$5.00 and your order will be shipped within 24-hours via United States Postal Service Priority Mail arriving as fast as 5-7 business days (sometimes even sooner). Please keep calling back (there is an enormous demand for this product) if our phone lines are busy.

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Or send check or money order to:

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P.S. You should not order a 90-day supply...unless... you need to lose more than 50 pounds

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to treat, diagnose, cure or prevent any disease. Never use this product to lose weight too quickly. Most folks who are overweight should lose weight gradually, especially if you expect the weight loss to be permanent. Always follow a sensible, balanced diet that includes plenty of fruits and vegetables. You should also make time in your day for some type of physical activity. Results are guaranteed but vary from individual to individual. ©2002 AVS Marketing

Home office workers could be key to rural economic future

With the growth of the Internet, many workers can do their job just as efficiently sitting in front of computers in their home offices. Workers with disabilities or with taxing family responsibilities now can hold down jobs at home.

The only missing ingredient in many rural areas is reliable, high-speed access to the Internet.

The International Telework Association and Council (ITAC) estimates 28.8 million – one out of five Americans in the work-force – is engaged in some form of telecommuting.

Some rural small towns want to attract young adults who are seeking quiet, less-crowded, low-crime areas. High-speed Internet service is the key tool small towns' need to accommodate those new residents. At the same time, some communities have been establishing training courses that allow young rural residents to take advantage of the work-at-home trend rather than moving away.

What types of jobs do people do at home online? For examples go to Telecommuting Jobs (www.tjobs.com) for a list work-at-home jobs under 10 different categories, including Engineers, Sales, Data Entry, Web Designers and Desktop Publishers. Or go to one of the larger, well-publicized job search sites, such as Monster.com and enter the keyword "telecommuting."

Source: *The National Rural Telecommunications Cooperative*
www.nrtc.org.

We're still looking for "Youth to Washington" alumni

We've received many letters and e-mails from past "Youth to Washington" alumni. But we still want to hear from you if you've been on the Youth to Washington tour.

If you'd like to contact a "Youth to Washington" friend from the past, or add your name and contact information to our database, contact Linda Comstock at the Association of Illinois Electric Cooperatives at (217) 529-5561 or lcomstock@aiec.coop. Let us know what you remember about the trip, sponsoring co-op, the year you went and what you're doing now.

The friendships made on this special co-op sponsored trip sometimes last a lifetime. Many also describe the Youth to Washington experience as the trip of a lifetime.

Edie Sternberg, a member of Menard Electric Cooperative, Petersburg, says the trip made a real difference in her life. "The 'Youth to Washington' tour combined two things which have been important in my life: a focus on government service and the opportunity to travel," says Sternberg.

"I've spent my career as a public employee and retired last year from the Illinois Department of Public Health, but I continue to work part time for the University of Illinois School of Public Health, review grants for the federal Centers for Disease Control and Prevention, and serve on the Menard County local Board of Health. I've traveled extensively and spent two years in Samoa as a Peace Corps volunteer. My husband and I own Starhill Forest Arboretum, a 48-acre arboretum with an extensive tree collection."

For more information on the "Youth to Washington" tour, contact your local electric cooperative or go to www.aiec.coop and click on Youth Programs.



In this 1961 "Youth to Washington" photo Edie Sternberg is second from the left in the back row, partially obscured. Do you see anyone you know?

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Storage with Style



Earth Day is every day with a geothermal heat pump

Earth Day last month reminded us to stop and look at the world around us and find better ways to protect the environment in which we live. Did you know there's a way you can help save the planet and save money, all while enjoying the ultimate in comfort?

The answer is right in your own back yard.

Homeowners who install geothermal systems help the environment and also save up to 60 percent on their monthly utility bills. Geothermal heating and cooling systems make every day Earth Day because geothermal heat pumps use the renewable energy available from the earth to provide heating in the winter and cooling in the summer, without burning any fossil fuel.

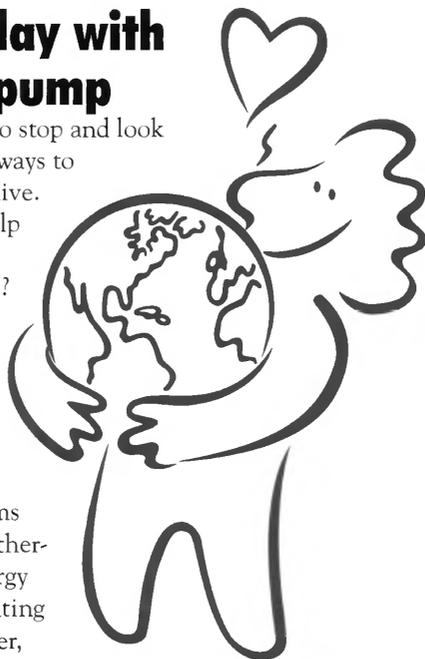
These systems operate simply by transferring energy via an earth loop connected to a geothermal unit inside the home. Geothermal is affordable, too. Because it uses only a small amount of electricity to power a compressor, blower and circulating pumps, it cuts the average home energy consumption by 25 to 60 percent. As a bonus, the system can use the excess heat removed from the compressor to generate free hot water for an overall annual savings of at least 30 percent in water-heating costs.

Geothermal systems also reduce the need for new power plants by reducing peak electricity demand in both heating and cooling seasons-by 3 kw to 4 kw for a typical home.

This remarkable performance has led the U.S. Environmental Protection Agency (EPA) to recognize geothermal as the most energy-efficient, environmentally friendly and cost-effective method of heating and cooling available today. Installing a geothermal system in a typical home is the environmental equivalent of planting 750 trees, or saving three-quarters of an acre of rain forest.

Many of today's heat pumps, like WaterFurnace's Premier E Series, use the environmentally friendly R410-A refrigerant. This refrigerant is chlorine-free and does not deplete the earth's vital ozone layer.

For more information contact your local electric cooperative or go to www.geoexchange.org.



You can help prevent child abuse

Child Abuse Prevention Month has been observed each April since its first presidential proclamation in 1983. Last year, over 100,000 children in Illinois were reported abused or neglected, but through public awareness, community education, and support programs, these devastating numbers can be reduced.

Through a wide range of activities during April, Prevent Child Abuse Illinois and many community groups offer you an opportunity to join this movement. You can be among the Illinois citizens working to remind everyone about the importance of children in our lives, and how we can all be a part of preventing child abuse and neglect.

Educate yourself and others about child abuse and its prevention. Find out more by calling Prevent Child Abuse Illinois at (217) 522-1129 or going to www.preventchildabuseillinois.org.

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Planting for the future

By Dan Coffin

The planting of a tree is one of the most noble of human endeavors. It's really a shame that so many aspiring tree-planters mess it up from the very beginning. But what is there to know about planting a tree? You dig a hole and stick it in, right? Well, you might get away with that, if you're lucky.

It's just as easy to do it right as it is to mess it all up. Listen to what Bob did.

Saturday morning Bob woke up and decided to plant that tree in the side yard like he'd been planning to do for the past five years. He took \$300 from his wife's purse and drove his pick-up to the garden center. An hour and a half later he came back with a beautiful B&B (that's balled and burlap-covered for us K-Mart shoppers) sugar maple and \$3 in change.

Bob rolled the 350-pound purchase off the tailgate and it plopped to the ground, breaking many tender roots inside the root ball. He then stepped off 10 feet from the side of his house and started to dig.

I looked at Bob, then at the tree, then up at the gutter of the house, just 10 feet away. "You know Bob, sugar maples can get 60 feet tall with a 50 foot spread on them." He just grunted and swung the pick ax again, trying to break the heavy clay soil. Fortunately, the overhead power lines were in the back yard. I'm not sure if Bob actually considered that or not. It's always a bad idea to plant tall growing trees near power lines. One thing Bob did get right is that he had called his local utilities, including his local electric co-op. Seems the last time he dug a hole in his yard he cut his own cable TV line and missed the big playoff game.

An hour and a half later, Bob had his shirt off and a hole in

the ground almost as wide as the root ball and half again as deep. "I think I got it ready, Dan. You wanna help?"

Help, I thought? Does he want me to get my chainsaw? The effect would be the same - one dead tree. "Sure Bob, what do you need?" I helped him roll the doomed specimen into its grave.

The proper planting height was actually about four inches under the burlap and soil of the root ball. That's where the "root flare" was (the place where the tree trunk spreads out into roots and needs to be level with the existing grade).

"You know Bob, we really ought to widen out that hole some so the roots have room to grow, and even shallow it up a bit while we're at it."

"Awww, I'm tired of digging Dan, it'll fit!" Bob then proceeded to stomp and then jump on the root ball, destroying even more of the tender roots.

"Are you gonna cut that green treated burlap and nylon string off the top of the ball, Bob?"

"Naw, they put that stuff on there for a reason Dan, I think it needs it on there to hold it all together or something."

"Ok, Bob." I looked at Bob, then at the shovel, then at Bob's big butt in the air as he used his hands to push the chunks of clay around the tree. No, I didn't whack him with the shovel, but the thought crossed my mind.

Bob then pushed all the clay soil over the root ball so the roots would never again taste oxygen. He added some grass seed just to make sure any nutrients in the soil would be absorbed by it before reaching the tree roots.

Yet Bob still wasn't done. Visions of medieval torture devices came to my mind as he pounded wooden stakes into the ground, then wrapped wire from the stakes through cut up

garden hose around the tree's lower branches. Making sure the tree didn't get away I guessed. This actually ensured that if there were any miracle of growth here, it would be choked off by the strangling wire. "I'll water it tomorrow," he said.

So, after five hours, and \$300 dollars, Bob had managed to kill a perfectly fine tree. Can we learn from Bob? You bet we can, he did it all wrong! What are the lessons?

1. Select the right tree for the right spot, look overhead and underground for power lines and other utilities.
2. Buy a tree with sound structure, and handle it carefully.
3. Don't put a \$300 tree in a \$3 hole. The wider the better.
4. Planting depth is crucial. Too deep, it drowns and suffocates; too shallow, it dries up.
5. Remove as much "packing material" as you can, twine and treated fabrics can choke a plant to death.
6. Don't stake trees unless it's windy, and even then use only one stake to the windward side and remove it the following year.
7. Mulch! It's a wonder drug for trees, and all your plantings. Use it.

Dan Coffin is a certified Arborist and operates Heartwood Tree & Landscape Solutions in Mahomet. Contact him at (217) 489-3217 or brnchmgr@farmwagon.com.

Arbor Day is April 25th

Since 1887, Arbor Day has been celebrated in Illinois as a time to encourage tree planting and good tree care. Plant a tree this year to provide shade, shelter, fruit, fuel and beauty for future generations. For more information about Arbor Day, visit www.arborday.org.



Spongy Fungi Festival

By Shawn Wilcockson

On Saturday, May 3, hundreds of mushroom hunters from Illinois, neighboring states, and as far away as Canada will gather in Magnolia, Illinois for the Eighth Annual Illinois State Morel Mushroom Hunting Championship. Magnolia is a quiet little village of 261 residents nestled in Putnam County, just northeast of Peoria, at the crossroads of state highways 18 and 89.

The two-day event begins with The Spongy Fungi Festival on Friday, May 2 where the Village of Magnolia and Morel Mania welcome the public. The informal gathering, hosted by Magnolia Legion Post 254 will take place at the Magnolia Fire Station beginning at 7:00 p.m. The festival will include a feature speaker - Larry Lonik, an author of three books about morels and successful grower of indoor morels. Attendees will also get to sample morel soup while it lasts and participate in events such as the Mushroom Liars Contest. This year's Spongy Fungi Festival will even host a 5k run.

Before dawn on Saturday, May 3, participants will gather for the Annual Illinois State Morel Mushroom Hunting Championship. Men and women, old and young, families, and folks from all walks of life will come together with the common interest in morel mushrooms and a sense of adventure.

The adventure seekers will join together for a hot breakfast, a last minute review of the "rules of the hunt" and will then be whisked by bus to a secret location. The contest begins with an ambulance siren that scatters contestants in all directions. The hunters have two hours to gather as many morel mushrooms as they can and the person who gathers the most will become the Grand Champion Illinois State Morel Mushroom Hunter. Gale



Photo by P. J. Perca

Cole of Palmyra, won with 110 morel mushrooms in 2001 and last year's winner Randy Dedecker harvested 117 morel mushrooms. John Husar of the Chicago Tribune described the day perfectly when he said, "This is the 33rd different type of sporting event I've covered in 30 years. For all the reputation mushroom hunters have for being deceitful and devious, this was the most congenial crowd I've ever seen. This wasn't a competition - this was a celebration!"

The celebration will continue on through the day and into the evening with children's activities such as a petting zoo, cooking demonstrations, craft shows, music by Rich Selquist and on-going mushroom discussions. This

year's contest and festival will also be the subject of a feature-length documentary film by two students from Purdue University.

The 2003 contest will be limited to 516 competitors. Applications will be available on a first come basis. Last year's event produced 697 entrants and was the largest gathering of mushroom hunters anywhere. Morel Mania contacted the Guinness Book of world records, but unfortunately they don't monitor mushroom hunting contests. For more information about the Eighth Annual Illinois State Morel Mushroom Hunting Championship, contact organizers Tom and Vicky Nauman, R.R. 1, Box 42, Magnolia, IL 61336, or call (309) 364-3319, fax (309) 364-2960, e-mail morel@ocslink.com.



Back in the black with clean coal technology

Illinois' coal industry sees light at the bottom of the shaft

by Nancy R. Nixon

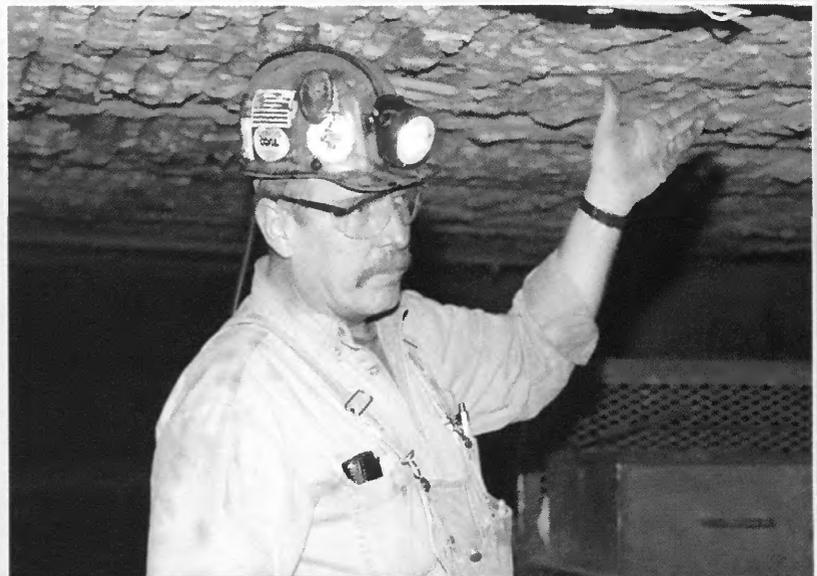
What industry provides \$1.5 billion to Illinois' economy each year, employs 4,000 people, resulting in 20,000 spin-off jobs, and has resources that can keep the state's lights burning for centuries to come? If you guessed the coal industry, you're correct. Most Illinois residents probably don't think much about coal unless they're personally involved in the mining industry, but their lives are most likely touched by coal every day.

The United States uses approximately 1 billion tons of coal per year, and much of that is used to generate more than half the electricity in the country. An average American uses approximately 20 pounds of coal per day in the form of coal-based electricity. And the amount of electricity used to power even the most basic appliances may come as a surprise.

Every year, your electric stove uses approximately half a ton of coal, an electric water heater uses two tons of coal, and a refrigerator uses a half-ton. It's projected that the average American's energy use (residential) will increase by 1

percent per year through 2020.

We live in a glutinous society, where keeping up with the Joneses means having several vehicles at our disposal, a TV in every room and the latest video games and DVD players



Brad Kauffman, Safety Manager at Turriss Coal Company in Elkhart, explains how spraying rock dust on the mine roof reduces the chance of an explosion or fire.

for our entertainment. The resources to feed this appetite must come from somewhere. With the turmoil in the Middle East, we are in danger of losing access to the oil on which we have become so dependent. To make matters worse, heads of major power marketers have been accused of unprecedented financial mismanagement, causing the public to lose trust in utilities as a whole. The market has never been so vulnerable.

In the past 20 years, the price of natural gas has tripled and crude oil (used for gasoline and heating) is up 50 percent. The price of coal is only up 4 percent. Coal has never looked so attractive, and according to Roger Dennison, President and General Manager of Turriss Coal Company in Elkhart, we have ample resources of coal in Illinois. He says, "The state of Illinois sits on 30 billion tons of recoverable reserves of bituminous coal, roughly one quarter of that type of coal in the United States."

While it would seem that Illinois should be reaping the benefits of this vast resource, the state actually imports approximately 70 percent of the coal required for its energy needs from other states. The problem lies in the fact that Illinois coal has higher sulfur content than coal that comes from other states, and cleaning it thoroughly enough so it can be burned to meet strict environmental restrictions is a costly proposition. Dennison says, "During the 1990s, changing environmental laws and utility deregulation were major concerns to Illinois utilities. Capital was not invested for scrubbers (to clean sulfur from the coal), and many switched to out of state coal."

The Clean Air Act Amendments of 1990 clearly sent a shockwave through the Illinois

coal industry. In 2001, annual coal production was down to 35 million tons from a high of 65 million tons in the early 1990s. The cost to clean Illinois coal was too high, and the state's mines simply couldn't compete against coal from Wyoming's Powder River Basin. Taylor Pensoneau, President of the Illinois Coal Association, says there are just 20 operating mines left in Illinois, and of those, just 14 to 15 are major mines.

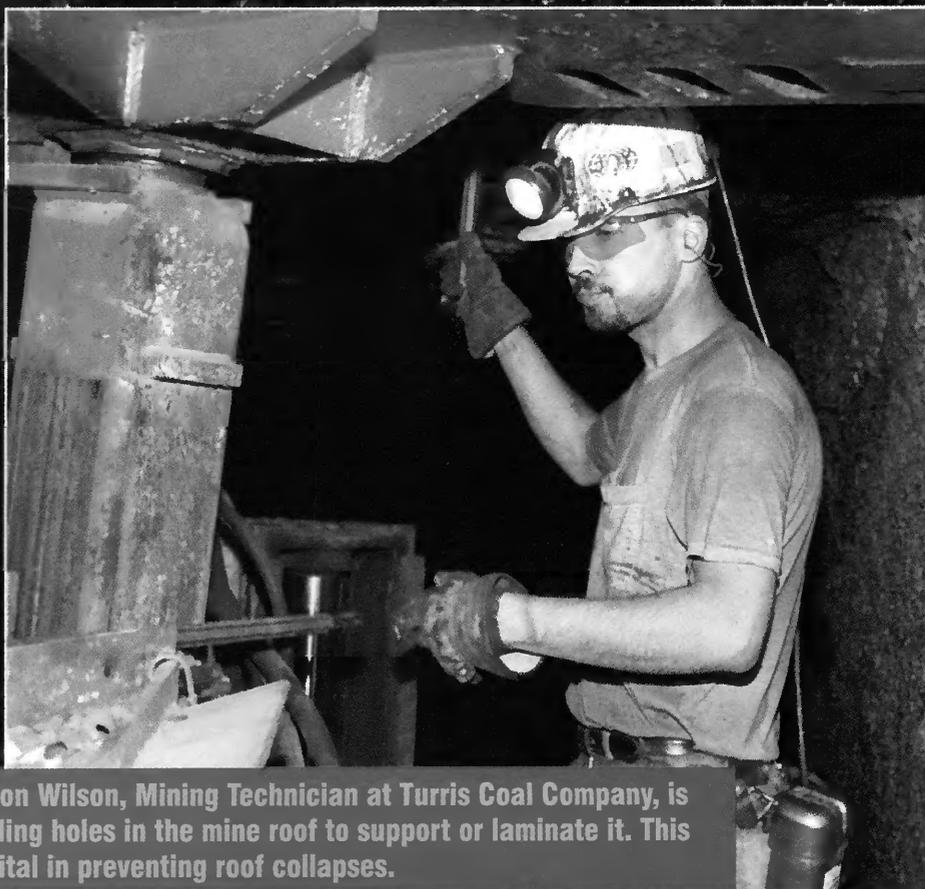
According to Brad Kauffman at Turriss Coal, coal production has not only decreased by more than half since 1990, the number of Illinois miners has fallen from 10,000 then to around 4,000 today. Losing the grasp on the coal industry that was once so vital in Illinois has been detrimental to the economy of towns that have depended on it for their livelihood. In some areas of the state, mining jobs and their spin-off jobs

can account for as much as 50 percent of the county's employment.

Illinois' electric cooperatives have seen firsthand how this has affected their communities. And while most investor-owned utilities burn coal from the Western states, co-ops have consistently shown their commitment to burning Illinois coal. Continental Cooperative Services' power plant at Pearl has been in operation for many years, and new plant projects are in the works at Corn Belt Energy, an electric cooperative headquartered in Bloomington, and Southern Illinois Power Cooperative (SIPC) in Marion — all of which use Illinois coal.

For the past several years, Corn Belt Energy, in conjunction with Turriss Coal Company, has been laying the groundwork to build a mine-mouth coal-fired power plant at the Turriss Coal

(continued on pg. 12)



Jason Wilson, Mining Technician at Turriss Coal Company, is drilling holes in the mine roof to support or laminate it. This is vital in preventing roof collapses.

Back in the black

with clean coal technology

Illinois' coal industry sees light at the bottom of the shaft

(continued from pg. 11)

mine site. This will be the first Illinois coal-fired power plant built in 16 years. A mine-mouth plant is a win-win proposition for both Turriss Coal and Corn Belt. Turriss Coal can sign long term contracts, which means stable jobs for its miners. And Corn Belt can eliminate over-the-road transportation charges and set the plant's specifications for one type of coal, saving time and money.

Corn Belt will be taking advantage of more than \$50 million in state and federal clean coal grants for the \$140 million, 90-megawatt (mw) power plant project. Jeff Reeves, President/CEO of Corn Belt, says they pursued this venture to help minimize the cost of power for their 27,000 cooperative members. This project will enable the co-op to utilize its own electric generation instead of buying power on the very volatile wholesale power market. According to Tony Campbell, Vice President of Electric Distribution at Corn Belt, "This will be a very efficient, base-load unit, and ultimately this will mean lower rates for our members. If you look at all the power companies in the Midwest, the lowest rates usually have base-load coal in their portfolio. We believe this is a fuel source we can use for a long time."

The power plant will feature the first large-scale demonstration of a boiler built by the D.B. Riley Company. It will be redesigned to use re-engineered burners to reduce the amount of nitrogen oxide that goes out the stack. Scrubbers will be used to reduce sulfur dioxide emissions. Using this clean coal technology will not only allow Corn Belt to meet or exceed Illinois' clean air standards, it will allow the co-op to

use local coal, instead of Western coal.

Southern Illinois Power Cooperative (SIPC) is also benefiting from clean coal funding with \$6.8 million in state grants and bond funds for its \$227 million construction project. The project will allow the co-op to re-power three turbines, install a state-of-the-art circulating fluidized-bed boiler, and add new natural gas turbines. The project, which should be completed in early 2004, will ensure SIPC's six distribution cooperative members clean, reliable and affordable power for at least the next 30 years.

The new boiler's atmospheric fluidized-bed technology will mix coal with materials that

can absorb much of the pollution that otherwise would go out the smokestack. Coal and other materials, usually limestone, are crushed and mixed together, and air is added. During that process, the coal is burned and much of the sulfur compounds are actually absorbed by the limestone. Oxides of nitrogen are reduced during the process as well. Using this technology will eliminate the use of an additional scrubber, and the process will reduce sulfur dioxide and nitrogen oxides by more than 75 percent.

The fourth and final existing boiler is being retrofitted with a selective catalytic reduction (scrubber) system that will reduce emissions and increase generating capacity.



Southern Illinois Power Cooperative in Marion is in the midst of a \$227 million construction project. The project will allow the co-op to boost its generating capacity and meet clean air regulations, thus enabling it to continue burning Illinois coal.



Finally, two natural gas-fueled combustion turbines are being installed, each with a generating capacity of 70 megawatts (mw). The two turbines will be used during peak demand periods and will comply with new air quality standards.

Serving nearly 63,600 consumer/members, SIPC's distribution member cooperatives are Clinton County Electric Cooperative in Breese, Egyptian Electric Cooperative in Steeleville, Monroe County Electric Co-Operative in Waterloo, SouthEastern Illinois Electric Cooperative in Eldorado, Southern Illinois Electric Cooperative in Gondola and Tri-County Electric Cooperative in Mt. Vernon.

What does the future hold for the coal industry in Illinois? The future is beginning to look brighter. Pensoneau thinks that emissions laws will become so strict that even Western coal will need to be cleaned, thus driving up its price. He also feels that rail charges to haul coal from Western states to Illinois, which have traditionally been unrealistically low, will increase. If true, these two factors would give Illinois coal a competitive boost.

According to Pensoneau, there's not only going to be an Illinois coal industry, but a more broadly based Illinois coal industry. Pensoneau says, "I cannot believe that all the efforts we've made on our own, in conjunction with state government, and with support from others during the past 20-30 years, are not going to come into play. We've seen some of the early seeds of it right now, and it's going to be more visible in the future. There's no question across the country that coal will be playing an increasingly larger role in fueling the nation's energy needs. The challenge in future years is for Illinois to bear a rightful share of that bright future for coal."

Coal, Energy and the Environment

by Shawn Wilcockson

In 1990, Congress amended the federal Clean Air Act to address three major threats to the nation's environment and the health of Americans: acid rain, urban air pollution and toxic air emissions. The Clean Air Act Amendments require a wide range of industries to reduce their emissions of pollutants. In Title IV of the Amendments, Congress required that electric utilities cut sulfur dioxide (SO₂) emissions in half by the start of the 21st century.

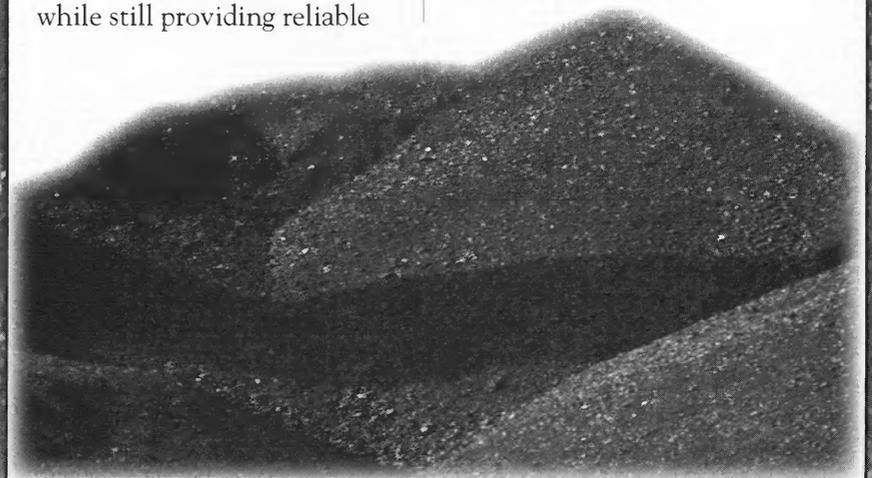
These mandates have been especially felt here in Illinois. Illinois coal generally has higher sulfur content compared to coal from Western states and will emit greater amounts of the pollutant (SO₂) when burned, which contributes to acid rain.

To continue as a major player in the utilities market the Illinois coal industry now must find a way to burn this fossil fuel and lighten its footprint on the environment, while still providing reliable

and affordable electric power.

One approach to accomplish this is through the implementation of clean coal technologies and other measures that will allow high-sulfur coal to be burned in a community-safe manner. A clean coal technology currently being implemented by a handful of Illinois coal producers is flue gas desulfurization, or "scrubbing," which helps reduce the emissions of hazardous air pollutants, particularly SO₂. This new technology has the potential to revive the depressed Illinois coal industry.

Since the Environmental Protection Agency recently announced plans to develop regulations to address mercury emissions from coal-fired plants, and with many groups calling for regulations to address carbon dioxide, it seems time for more Illinois support of clean coal technology. The alternative scenario is to lose the traditional Illinois industry and its \$1.5 billion tax base to other coal-producing states.





Molly Hall

How to survive crashing into a utility pole

Imagine you're driving on a rain-slick road. The car coming toward you from the opposite direction seems to be crossing into your lane. You swerve. Your car leaves the road and hits a utility pole. A power line is now dangling in front of you.

If you aren't injured and can move about, your instincts may tell you to get out. In this case, your natural inclinations could be *dead* wrong. Getting out of the vehicle, with few exceptions, is the wrong thing to do until the line has been de-energized.

You may consider this an unlikely scenario, but this kind of situation is more common than you think.

Drivers in Illinois hit utility poles more than 7,000 times each year. Ice, storm winds, trees or large equipment can also knock power lines down across roads. Also, tall farm and construction equipment come in contact with overhead power lines.

In the vast majority of these situations it's best to *stay inside* the vehicle – especially if the power line is in contact with it. If the line is still energized and you step outside, your body becomes the path for that electricity and electrocution is the tragic result.

Call or signal for help – it's OK to use a cell phone if you have one - and wait until the electric utility arrives to make sure power to the line is cut off.

The only exception would be if fire or other danger, like the smell of gasoline, is present. In that case, the proper action

is to jump – not step – with both feet hitting the ground at the same time. Jump clear, without touching the vehicle and ground at the same time. Hop or shuffle to safety keeping both feet together as you leave the area.

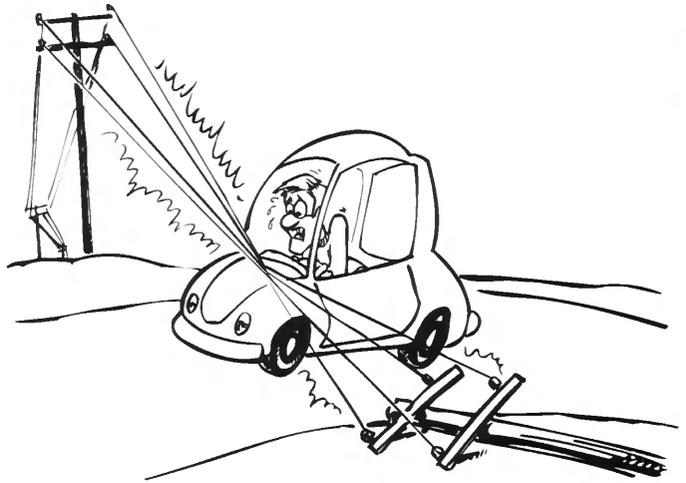
Like the ripples in a pond or lake, the voltage diminishes the farther out it is from the source. Stepping from one voltage level to another allows the body to become a path for that electricity. A large difference in voltage between both feet could kill you.

Even if a power line has landed on the ground, there is still the potential for the area nearby to be energized. Stay inside the vehicle unless there's fire or imminent risk of fire.

With the planting season and construction starting to pick up, the risk for accidents increases. Those working with large equipment should stay in the cab if equipment extensions come in contact with power lines.

Be sure that at no time you or anyone touches the equipment and the ground at the same time. Call for help and wait until the electric utility arrives.

Misty Wilson can tell you from personal experience that



these are life-saving steps. The Cambridge mother remembers an eventful morning drive to school with her two children, when the tall tractor in front of her snagged several overhead power lines, bringing one down across her van. Fortunately, she knew what to do. She told her children not to open the door or get out of the van. A short time later, utility crews shut off the power. She and her children got out of the van *safely*.

So spread the word. Make sure the drivers in your family are armed with this information. If you're a farmer or contractor, make sure your workers know what to do in a power line emergency.

For more life-saving information, visit www.SafeElectricity.org.

Molly Hall is the Director of Safe Electricity. E-mail: molly-hall@SafeElectricity.org.



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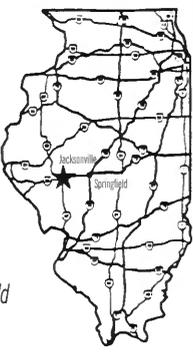
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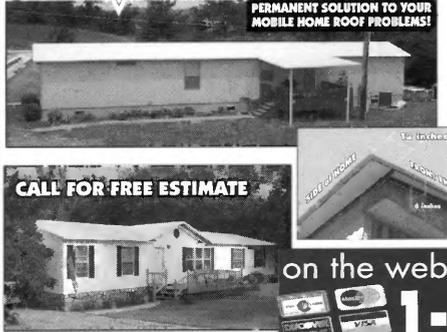
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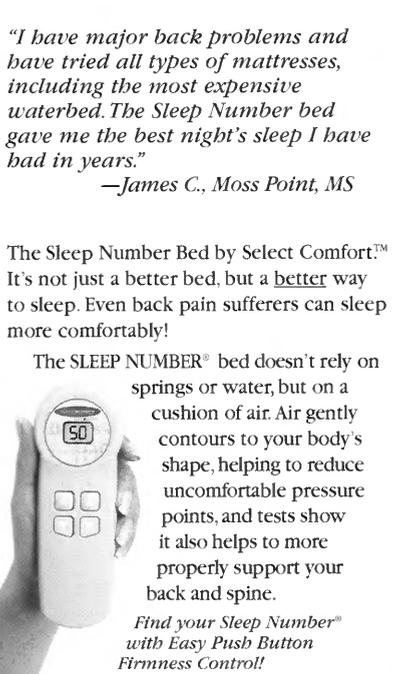
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David Robson

Suggestions for the ugly tulip leaves dilemma

Stop and think about it. There really aren't too many plants as ugly without flowers as a tulip. Once the tulip is done flowering, you're left with big fat leaves that tend to flop faster than a Madonna movie. Oh, and the remains of the flower stalk sticking up in the air as a reminder of past blooms is about as appealing as a root canal.

Unfortunately, the leaves are crucial.

The leaves are responsible for making the food that's stored in the bulb and will lead to next year's bloom. Cut off the leaves, and you are essentially reducing or eliminating the chance of good blooms next year.

Now, that's not always a bad thing, though I would tend to suggest you would be better just lifting the bulb out of the ground and throwing it on the compost pile.

That's almost sacrilegious. Getting rid of a plant that is alive? Lightning bolts are sure to strike.

Well, probably not. I hope not. I keep my fingers crossed.

Many businesses don't worry about the foliage slowly getting bigger and bigger and finally turning yellow around July. That plant image doesn't fit their corporate image, so the bulbs are removed and discarded. The corporate image is saved.

Some homeowners are in the same boat. Forget the fact that tulips may bloom for five or more years. Enjoy this year, and replant with new ones in the fall.

That's not me. I like to keep things around as long as possible, even to the point where they

should've been discarded several years ago.

All bulb foliage fits into the same category of tulips, though tulips seem to have the monopoly on ugliness.

Daffodil leaves end up being long and strap-like. Yes, they'll flop over, but if you have nothing better to do in the garden, you can tie the leaves into knots, clip with clothespins or braid the foliage. Many botanical gardens do the latter, causing no end of comments from curious children



and adults as to how a plant can actually twist itself so uniformly.

Year after year, I tie the daffodil leaves in knots just to get them out of the way of annual flowers and vegetables that are planted nearby. Just grab a handful of leaves and twist them under and through each other. It helps to have lots of daffodils planted together.

My hyacinth foliage has never looked as ugly as tulips, but it really isn't something you want to call attention to.

Fortunately, most of the small bulbs, such as Snowdrops and Winter aconites, have foliage that seems to disappear by Easter. No one really cares about them. Crocuses have the same blessing.

This spring cut the flower stalk

off as soon as all the petals have fallen. With tulips, cut back to the first leaf. Daffodils and hyacinths have leafless flower stalks, so you can cut them to the ground.

Some people try to pull the stems. That's okay as long as the stem is completely yellow and brown. If it's still green, you might pull the bulb up.

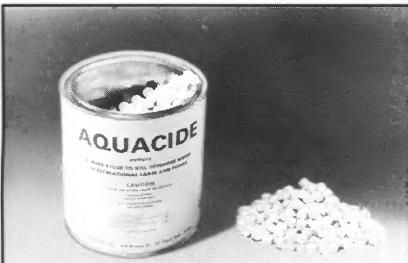
You can plant fast growing plants around the tulips. Unfortunately, there aren't that many. You need to plant them early in April and hope by the end of the month or early May they'll be tall enough to shield the leaves. Lettuce and spinach seeds are good to scatter among the leaves. Just make sure you don't pick the tulip leaves.

Better yet, start planning your garden so other perennial flowers will hide the bulb foliage. My tulips are scattered among my hostas, peonies and daylilies, and under some shrubs. As those foliage emerge later in the month, they'll partially obscure the bulb leaves.

And if you don't have any perennials next to your bulbs, consider going to a garden center or nursery and purchasing some of the plants to hide the bulbs. Make sure not to dig too deep to disturb the bulb.

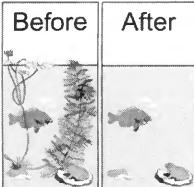
David Robson is an Extension Educator, Horticulture, at the Springfield Extension Center, University of Illinois Extension, P.O. Box 8199, Springfield, IL 62791. Telephone: (217) 782-6515. E-Mail: drobson@uiuc.edu





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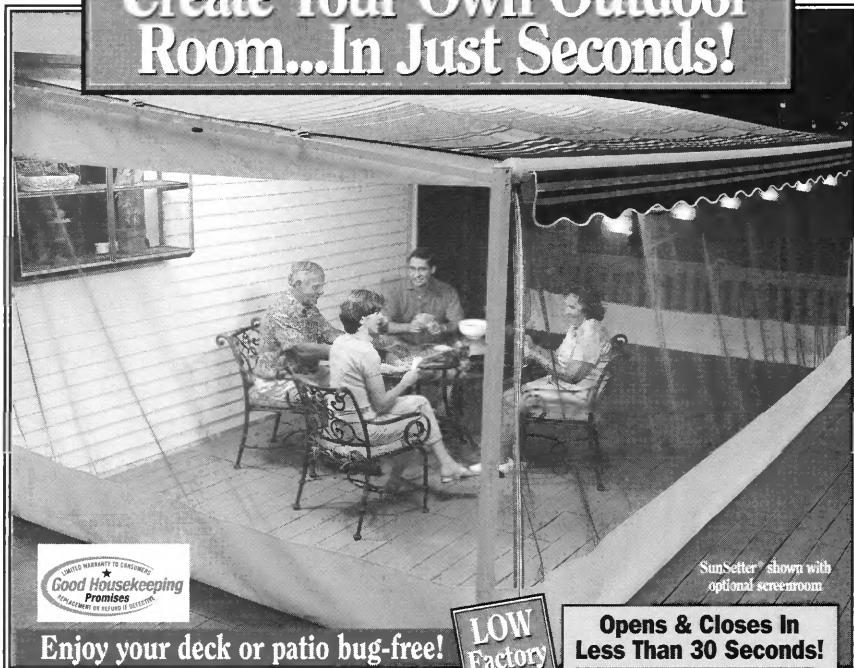
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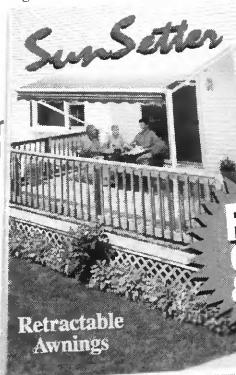
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James Dulley

Airing out your house efficiently

Q: Dear Jim: We made our house more airtight and efficient, but the air does not seem fresh or healthy indoors. Would installing an efficient fresh-air window ventilator help much or do we need a whole-house model? - Joyce B.

A: Dear Joyce: One of the drawbacks of making a house more energy efficient is that indoor air quality may suffer if you do not also make provisions for fresh air ventilation. An airtight home can result in a "stale air" feeling. On the other hand, an airtight home allows for better control of humidity, dust, allergens, etc.

There are many methods for improving indoor air quality without resorting to just opening a window once in a while during the winter. Actually though, opening a window for a short period of time does not lose a huge amount of heat energy because the heat content of air is relatively low. The key is a very short period and a lot of air movement; a windy day is best.

The efficient window fresh-air ventilation units you mentioned are very effective. I use one in my own office where I am writing this column right now. Larger whole-house ducted models are more effective, but with the furnace blower set for continuous air circulation, my window unit eliminates the staleness throughout my home.

These fresh-air ventilation

systems are called heat recovery ventilators (HRV). There is a heat exchanger built into the unit. As the stale heated air is exhausted outdoors, it passes through the heat exchanger first. There it transfers much of its heat energy (up to 80 percent on some models) to the incoming cold fresh air so your energy dollars are not lost.

All the HRV models have effective air filter elements to clean the outdoor air before it enters your home.

Window units look similar to a typical window air conditioner, but they weigh less because there is no heavy compressor used. The best ones use a super-efficient direct current (DC) type motor and use only about 100 watts of electricity (about as much as a light bulb.)

A whole-house HRV model is usually mounted somewhere in the utility room, attic or basement near the furnace. It can be connected to your existing furnace duct system, but it is best to install its own ducting. The stale air inlets are often located in the kitchen and bathrooms and the fresh air outlets can be in a bedroom, living room or hallway.

A variation on an HRV is an ERV (energy recovery ventilator). An ERV also transfers the moisture between the outgoing stale air and the incoming fresh air along with the heat. This can help keep the indoor air from becoming overly dry during the winter and excessively humid during the summer. By maintaining the proper humidity level, you can lower the thermostat (winter) and raise it

(summer) for a large utility bills savings without sacrificing comfort.

There are several designs for the heat exchangers (crossflow, rotary, heat pipe, etc.) used by the various HRV/ERV manufacturers and they all are effective.

When selecting a HRV/ERV unit, consider the types of controls. Multiple speed settings are a definite plus. This feature allows you to manually adjust the speed for quicker ventilation, but with more noise, or a quieter, slower speed for sleeping or continuous use.

How long and when the unit runs is often determined with a simple timer control. You can also install a more sophisticated control that measures the humidity or other pollutants in the indoor air. When the level you set is reached, the unit comes on automatically. During the summer, a humidity sensor is particularly effective and efficient.

Write for (instantly download - www.dulley.com) Utility Bills Update No. 993 - buyer's guide of 14 whole-house and window HRV/ERV manufacturers listing fresh air capacities, efficiencies, convenience/comfort features, warranties, heat exchangers, and prices. Please include \$3.00 and a business-size SASE. James Dulley, Illinois Country Living, 6906 Royalgreen Dr., Cincinnati, OH 45244.

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



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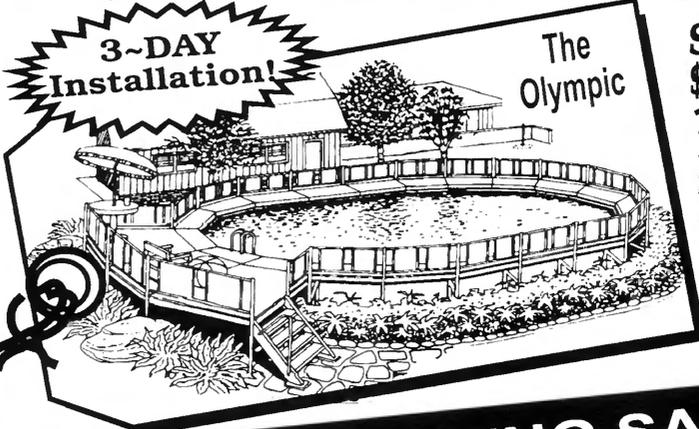
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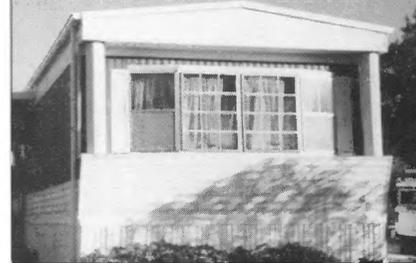
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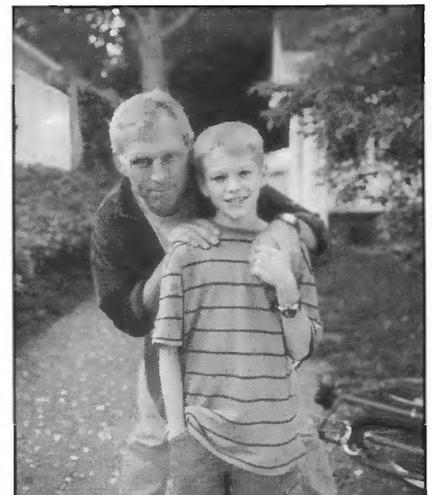
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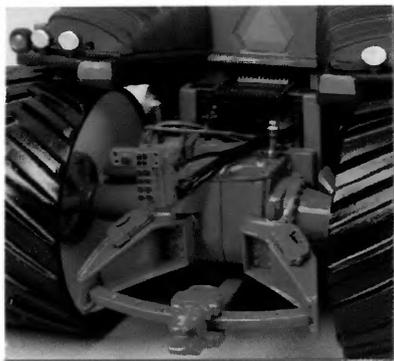
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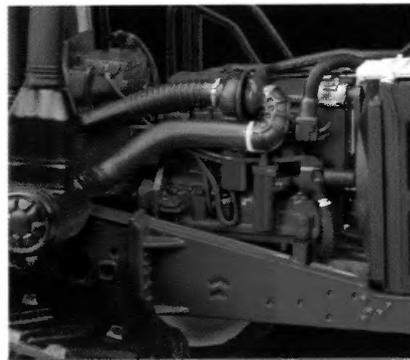
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Sunshine Salad Leona Fesler

- 1 pt. sour cream
- 1 (8-oz.) ctn. whipped cream
- 1 (3-oz.) pkg. orange gelatin
- 1 C. nuts
- 2 (11-oz.) cans mandarin oranges, drained
- 2 (20-oz.) cans pineapple chunks

Combine sour cream, whipped cream and dry gelatin mix. Add mandarin oranges, pineapple and nuts. Chill until firm.

Chocolate Ice Cream Roll Lynn Conrad

- 1/2 C. cake flour
- 1 tsp. baking powder
- 1/4 C. cocoa
- 1/4 tsp. salt
- 4 eggs
- 3/4 C. sugar
- 1 tsp. vanilla
- 2 T. water

Sift flour; add baking powder, salt, cocoa, and sift again. Beat egg whites until stiff, but not dry. Add half the sugar. Beat yolks until thick and lemon colored. Add remaining sugar and beat until thick. Slowly add water, stirring constantly. Gently fold in egg whites, then dry ingredients. Bake in 10x15x1/2-inch pan lined with greased waxed paper. Bake at 375° for 15 to 20 minutes. Immediately remove from pan on a towel dusted with powdered sugar. Roll in towel and leave until cool. Fill with ice cream and store in freezer. Serves 8 to 10.

Surprise Package Aline Holman

- 2 lbs. ground beef
- Onions
- 1 can vegetable soup
- 1 can cream chicken soup
- 1 can mushroom soup
- 1 can Chow Mein noodles

Fry ground beef with onions and add the rest of the ingredients. Put in casserole dish and bake at 375° for 25 minutes.

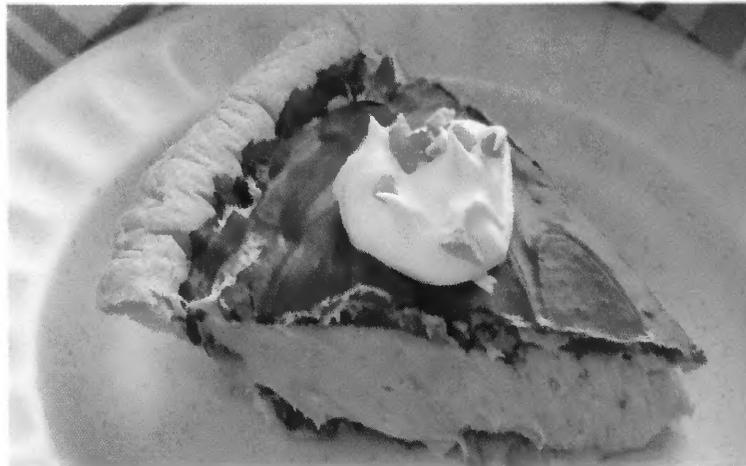
Stromboli Sandwiches Norma Werkheiser

- 1 lb. ground round
- 1 T. chopped onion
- 1/2 C. tomato sauce
- 1/2 C. ketchup
- 2 T. Parmesan cheese
- 1/8 tsp. oregano
- 1/2 tsp. garlic powder
- Mozzarella cheese
- Kaiser rolls

Garlic Spread:

- 2 T. soft butter
- 1/4 tsp. garlic powder
- 1/2 tsp. paprika

Brown meat and add other ingredients. Cook about 20 minutes. Blend garlic spread in a small bowl and spread on both sides of Kaiser rolls. Put meat mixture on bottom of rolls and a slice of Mozzarella cheese on top of meat. Wrap sandwich in foil. Heat for 15 minutes in a 350° oven. These can be made up a day ahead, refrigerated, and heated before serving. Also may be frozen.



Peanut Butter Luster Pie Amy Lindbom

1 refrigerated pie crust or single pie crust

Chocolate layer:

- 1/2 C. semi sweet chocolate chips
- 1 T. margarine or butter
- 2-3 tsp. water
- 1/4 C. powdered sugar

Filling:

- 1 C. butter or margarine
- 1 C. peanut butter, smooth
- 1 C. brown sugar, firmly packed
- 1 (12-oz.) ctn. Cool Whip, thawed

Topping:

- 1/2 C. semi sweet chocolate chips
- 1 T. margarine or butter
- 2-3 tsp. milk
- 1-1/2 tsp. light corn syrup

Garnish:

- 1 C. Cool Whip
- 2 T. chopped peanuts

Bake single crust according to directions. Cool.

Chocolate Layer: In small sauce pan over low heat, melt chocolate chips, margarine and water. Stir constantly until smooth. Blend in powdered sugar. Beat until smooth. Add additional water for desired spreading consistency. Spread over bottom and sides of cooled pie shell-refrigerate.

Filling: In medium saucepan combine margarine and brown sugar. Cook over medium heat until margarine is melted and mixture is smooth. Stir frequently. Refrigerate 10 minutes. In large bowl, beat brown sugar mixture and peanut butter at low speed until blended. Then 1 minute at medium/high speed. Add Cool Whip. Beat 1 minute, low speed until mixture is smooth and creamy. Pour over chocolate layer. Refrigerate.

Topping: In small sauce pan over low heat, melt all four toppings ingredients. Stir constantly until smooth. Add additional milk if desired for spreading. Spoon and gently spread topping evenly over filling. Refrigerate at least two hours to set. Garnish when ready to serve. Store in refrigerator. Make 12 servings.

The Southeastern Illinois College Athletic Association submits their cookbook, *Falcon Cookbook 1999-2000*, which is soft-backed and comb-bound. The book is filled with 125 pages of tasty recipes and sells for \$12, which includes postage. To order, contact Jack Mummert at Southeastern Illinois College, 3575 College Road, Harrisburg, IL 62946 or call him at (618) 252-5400 ext. 2220.

Photos by Catrina McCulley



Apple Celery Salad
Kenita Dudley

- 2 Red or Yellow Delicious apples
- 1/2 C. English walnuts (or pecans)
- 1/2 C. mayonnaise or Miracle Whip
- 1 C. celery hearts, diced (the tender inner stalks of the celery plant)

Dice the apples into small pieces. Chop the nuts. Dice celery. Toss in a large bowl. Add the mayonnaise and stir. Chill before serving. Serves 4 people.

Chicago Style Italian Beef
Valerie Mitchell

- 3-4 lbs. roast
- 2 lg. green bell peppers
- 1 tsp. black pepper
- 6-8 bay leaves
- 2 med. onions
- 2 T. garlic salt
- 2 T. Italian seasoning
- 1/2 C. pepperocini juice

Cut roast in large chunks and place in a Dutch oven (cast iron is best). Place all spices and vegetables on top of roast. Cover with enough water to fill the Dutch oven. Bring to a boil. Reduce heat and simmer for several hours – you may have to add more water occasionally. Remove roast from broth and shred with a fork. Discard the bay leaves. Return roast to broth and add pepperocini juice to beef. Reheat and serve on fresh rolls.

Monster Cookies
Patti Barnhart

- 6 eggs
- 1 tsp vanilla
- 2 C. sugar
- 1 C. butter
- 1 C. M&Ms
- 1 C. chocolate chips
- 2-1/4 C. brown sugar
- 4 tsp. baking soda
- 1-1/2 tsp. light syrup
- 3 C. peanut butter
- 9 C. quick oats

Mix together eggs, brown sugar, vanilla, baking soda, sugar, syrup and butter. Add the peanut butter, M&Ms, oats and chocolate chips. Mix well. Grease cookie sheets. Drop by 1/4 C. measure and flatten. Bake at 350° for 10-12 minutes.

Fruity Popcorn
Ellen Prince

- 3/4 stick butter
- 40 lg. marshmallows (4 C. miniature)
- 4 C. unsalted popcorn
- 4 C. Fruit Loops

Melt butter and marshmallows over low heat. Add cereal and popcorn. Stir until well coated. Press into a buttered pan. Cool completely. When cool, cut into serving-size squares.

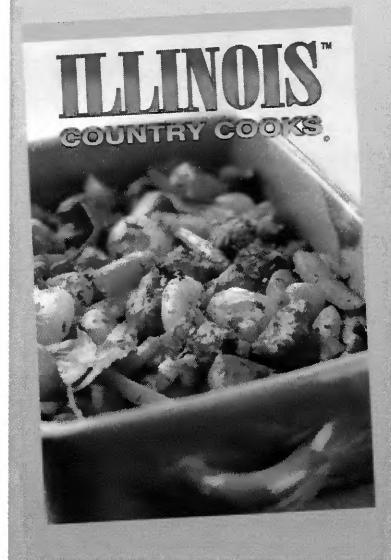
Italian Pasta Stir-Fry
Mark Motsinger

- 2 cloves garlic, pressed
- 1 med. zucchini
- 1 tsp. oregano
- 2 T. fresh parsley
- 1 (8-oz.) pkg. linguine
- 3-oz. grated Parmesan cheese
- 1 T. olive oil
- 1 med. onion
- 1 tsp. basil
- 2 med. tomatoes
- 1 can Pillsbury bread sticks
- 6-8 fresh mushrooms

Cook pasta according to package directions. Keep warm. Slice zucchini; chop onion and tomato. Snip parsley. Heat oil in skillet. Add garlic to skillet. Stir fry for 15 seconds. Add zucchini and onion. Stir fry 2-3 minutes until crisp and tender. Add tomatoes, parsley and seasonings. Heat 1-2 minutes, stirring gently until heated through. Remove from heat. Stir in warm pasta. Sprinkle Parmesan over top. Serve hot.

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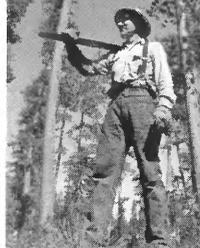
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1-27, International Livestock Exposition at the Illinois State Fairgrounds in Springfield. The expo is the home to one of the most diverse livestock shows in the country. (217) 787-4653 or www.theexpo.org.

2, Elusive Raptors at Dickson Mounds Museum in Lewistown. Marge Bjorklund of Trivoli talks about the lives of owls. (309) 547-3721.

3-6, The Third Annual Festival of Quilts at the Galena Convention Center in Galena. Quilt exhibit, vendors from across the country, classes and workshops in various techniques, lectures and a quilt raffle. Admission is \$4 per day or \$15 for a multi-day pass. (815) 777-9050.

4-6, Annie – Children's Theater of Elgin at Hemmens Cultural Center in Elgin. (847) 214-7152 or www.creelgin.com.

5, The Third Annual Brocton Red Barn Market in Brocton. Antiques, collectibles, demonstrations and crafts. \$2 admission, children under 12 free with an adult. 8:30 a.m.-4 p.m. Free parking. Food available all day. (217) 385-2450 or (217) 385-2428.

10-12, The Curious Savage at 7:30 p.m. at Turner Hall in Galena. An in-the-round comedy about Mrs. Savage and how her children are trying to rob her of a \$10 million inheritance. Adults \$5, students/seniors/children \$3. Performed by the Galena High School Drama Club. (815) 777-0917.

12, "Tornado" Walking Tour starting at the Gardner Museum in Quincy. Tour of downtown Quincy and the areas affected by a tornado 58 years earlier on that day. \$2. (217) 224-6873.

12, Grand Military Ball from 8-10 p.m. at the DeSoto House in downtown Galena. A grand military ball in honor of President Grant's 181st birthday. Enjoy period music, a birthday cake and a cash bar. Period attire requested, but not required. \$30 per person. Reservations required. (815) 777-0336.

12, Murder Mystery Dinner Show: Luau Mystery at Milk Pail Restaurant in East Dundee. 7-10 p.m. Audience participation Murder Mystery Show includes appetizers, dinner, dinner beverages, tax and gratuity. Group rate available. (847) 742-5040 or www.themilkpail.com.

12, The 17th Annual Southern Illinois Sheep and Craft Festival at the Monroe County Fairgrounds in Waterloo. Commercial and other exhibits will display live sheep, equipment, feed and health products, sheep and wool craft items and more. (618) 939-8536 or (618) 939-3623.

12-13, Country Treasures Folk Art and Craft Show at Forest Hills Lodge in Rockford. Saturday from 10 a.m.-5 p.m. Sunday from 10 a.m.-4 p.m. \$2 admission daily. (618) 539-3395 or etshows@aol.com.

12-13, The Seventh Annual Red Bud Festival in Auburn. All events are free. Civil War living history and re-enactment, Civil War Ball (free to those in period clothing), Ladies Tea and Period Dress Style Show, a memorial service for Civil War Veterans at Auburn Cemetery, a car cruise, music, food, entertainment, trolley transportation, stagecoach rides, city-wide garage sales, a flea market and an arts and crafts fair. (217) 438-3405 or www.auburnctnet.com.

19, Easter Egg Hunt at Indian Oaks Park in Marengo. 11 a.m.-1 p.m. Free. (815) 568-5126 or www.marengoparkdistrict.com.

19, Natural Egg Dying at the Elgin Public Museum in Elgin. Learn the art of egg dying using onion skins, red cabbage, coffee, spinach and more. (847) 741-6655 or www.elginpublicmuseum.org.

24-25, Illinois Amateur Wine Competition at the Illinois State Fairgrounds in Springfield. Deadline for entry is April 14. (866) 877-9463 or www.illinoiswine.org.

25-27, Southern Illinois Irish Festival at the Shryock Auditorium at Southern Illinois University in Carbondale. (618) 453-3478 or www.siu.edu/~irish.

26, Spring Fling Plant Extravaganza at Jarrot Mansion in Cahokia from 9 a.m.-12 p.m. (618) 332-1782.

26, White Owl Winery Murder Mystery Dinner, An Affair To Dismember in Flat Rock, 5:30-9:30 p.m. Show includes an Amish buffet dinner, one complimentary glass of wine and a souvenir glass. \$35 per person. Reservation required. (618) 928-2898 or www.whiteowlwinery.com.

26-27, The Sixth Annual Women's Retreat at Camp Algonquin in Algonquin. During workshops you'll discover your personal archetype (warrior, lover, wise woman). (847) 622-3036 or www.elgin.edu.

28, Jazz Fest at Elgin Community College Visual and Performing Arts Center in Elgin. (847) 214-7240 or www.elgin.edu/news/vpac.

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"Your hearing aid is very helpful. Now I can hear birds far away and listen to the stream next to my house. Thank you for a GREAT JOB."

A.G. - Whitehall, NY

Our Customers Say it Best!

Customer comments on file - printed with their permission.

"Excellent value. Reasonable price. I'm well satisfied. Thanks." **Kent Honeycutt - Tennessee**

"Your hearing aid has made it possible for me to once again enjoy my family and business. Thank you so very much." **Frank Maddalone - California**

"My husband is wearing the hearing aid and it has been a great help for his family as well as for him. His previous aid had been very expensive and we feel this current one is comparable. We like the batteries too!" **M.S. - Wilmette, IL**

FREE information!

Call 1-800-782-2089

ext. 19-165

Hearing Help Express

105 North First St., Dept 19-165
DeKalb, IL 60115-0586

Free Shipping!

YES! Please rush me details on the EarMate-65. I understand there is no obligation & no salesperson will call.

Mr./Mrs./Ms. _____

Address _____

City/State/Zip _____

WE'LL SEND YOU ONE FREE TREE

To Introduce the Fastest Growing Quality Shade Tree in America!

HYBRID POPLARS

When you need shade in a hurry, we suggest the fast-growing Hybrid Poplar. As shown in the picture — it has a handsome shape and will actually shade a ranch-type home in just 3-5 years! We haven't found any tree that grows like it. It has a spread of 30-35' and in just a few years, at maturity, it reaches 50-60'. **You don't have to baby this Hybrid Poplar!** It normally lives 30-50 years. It is wind, disease and insect-resistant — it can take the cold as far north as Canada. This is not the short-lived Lombardy Poplar. This poplar is often used to reforest after forest fires and to reclaim land after strip mining. But, the best use is to provide beauty and quick, cool shade for new homes. **Plant Hybrid Poplars for screening!** The screen variety makes an ideal privacy hedge. It has a width of about 10' and grows to a dense screen usually in 3 years. Plant for quick windbreaks on farms and for living snow fences. We ship strong, 2-4' trees.

SAVE UP TO 60% on Large Quantity Orders!

N5246 Shade Variety
N5247 Screen Variety

2 Trees for ~~\$6.95~~ 2 for \$3.47 (minimum order)
5 Trees for ~~\$15.95~~ 5 for \$7.97
10 Trees for ~~\$29.95~~ 10 for \$14.97
20 Trees for ~~\$57.95~~ 20 for \$28.97
40 Trees for ~~\$109.75~~ 40 for \$54.87

How to get your FREE TREE...
Simply send us an order (any size) for Hybrid Poplars and we will send you an additional fast growing Hybrid Poplar Tree FREE OF CHARGE. **You must indicate your FREE TREE on the order form AND also include variety — either shade or screen.** No other nursery products included in this FREE TREE offer.



8 for \$3.99

ROSE OF SHARON HEDGE

Hibiscus syriacus Delightful blossoms of either red, white or purple in a lifetime fence of natural beauty. Grows to 5-10' or can be trimmed for a neat colorful hedge. Bursts into brilliant bloom in mid-summer and continues to flower through fall. Order today and receive 1-3' shrubs. **Our choice of color. 16/\$7.85 (80 feet)**

32/\$15.45 (160 feet) 64/\$29.95 (320 feet)

40 feet of friendly hedge!

8 for \$3.99



\$1.99 each

COLORADO BLUE SPRUCE

Add value to your property!

The ultimate in specimen evergreens. Glistening, steel blue coloring and graceful conical shape. So dense growing these make superb wind breaks or privacy screens where there is space enough for large spreading trees. Does best in full sun and moist soil. Will survive in light, dry soil if watered while root system is becoming established. Nicely branched, 4 year old transplanted trees at least 1-2' tall. Well developed root system.

3/\$5.50 6/\$10.95 12/\$19.95 12 for \$1.99 each



IMPROVED

CREeping RED SEDUM

Cover those hard to fill bare spots with blazing color!

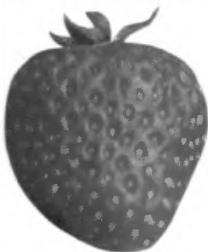
Sedum spurium You'll be thrilled with this hardy ground cover sometimes called Dragon's Blood. Fills those ugly trouble spots with attractive, thick evergreen foliage all year and amazes you with brilliant, starlike red flowers June through September. These are hardy, northern-grown plants.

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QUINAULT EXTRA LARGE Everbearing strawberries!

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If you are not satisfied with any item you order from us, simply return the item and the ORIGINAL SHIPPING LABEL, with the correct postage affixed, within 14 working days from the time you receive it, for a REFUND of the purchase price. In addition, if within one year of receipt of your order any item does not live, it will be replaced FREE just by returning the ORIGINAL SHIPPING LABEL along with your written request.

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FREE TREE (Indicate Variety)
N5246 N5247 (Plant Screen Trees 9 feet apart.)
SHADE SCREEN ONE Hybrid Poplar tree sent at no charge, when you send us a paid order (any size) for Hybrid Poplars below. **Only one FREE TREE per customer.**

HOW MANY	CAT. NO.	DESCRIPTION	COST
	N5246	SHADE VARIETY HYBRID POPLAR TREE	
	N5247	SCREEN VARIETY HYBRID POPLAR TREE	
	N6172	COLORADO BLUE SPRUCE	
	N7036	IMPROVED CREEPING RED SEDUM	
	N6877	ROSE OF SHARON HEDGE	
	N6607	GIANT QUINAULT STRAWBERRY	

Check or Money Order enclosed. SUBTOTAL \$ _____
IL Residents add 6.25% Sales Tax \$ _____
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 Mastercard Packing & Processing \$ 3.95
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Credit Card #: _____ Address _____
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