

The voice of Illinois electric co-ops

ILLINOISTM COUNTRY LIVING

June 2003

Take two pets
and call me
in the
morning



New lure's catch rate may be too high for some tournaments.

Out-fishes other bait 19 to 4 in one contest.

Uses aerospace technology to mimic a real fish.

ORLANDO, FL— A small company in Connecticut has developed a new lure that mimics the motion of a real fish so realistically eight professionals couldn't tell the difference between it and a live shad when it "swam" toward them on retrieval. The design eliminates wobbling, angled swimming and other unnatural motions that problem



by Charlie Allen

other hard bait lures. It swims upright and appears to propel itself with its tail.

Curiously, the company may have designed it too well. Tournament fishermen who have used it said it's possible officials will not allow it in contests where live bait is prohibited. They claim it swims more realistically than anything they have ever seen. If so, that would hurt the company's promotional efforts. Winning tournaments is an important part of marketing a new lure.

Fish would probably prefer to see it restricted. I watched eight veteran fishermen test the new lure (called The KickTail™) on a lake outside Orlando FL for about four hours. Four used the KickTail and four used a combination of their favorite lures and shiners (live bait). The four using the KickTail caught 41 fish versus 14 for the other four. In one boat the KickTail won 19 to 4. The KickTail also caught bigger fish, which suggests it triggers larger, less aggressive fish to strike. You can see why the company needs to get it into tournaments. An



Inventor Scott Wilson lands a 10-pounder.

almost 3 to 1 advantage can mean thousands of dollars to a fisherman, and hundreds of thousands in sales to the company.

The KickTail's magic comes from a patent-pending technology that breaks the tail into five segments. As water rushes by on retrieval, a little-known



New lure swims like a real fish--nearly triples catch in Florida contest.

principle called aeronautical flutter causes the tail to wag left and right, as if the lure were propelling itself with its tail. Unlike other hard baits, the head remains stationary—only the tail wags. A company spokesman told me this.

"Fish attack live things, and they determine if something is alive by watching its movements. Marine biologists will tell you that the more a lure swims like a real fish, the more fish it will catch. Well, the only live thing the KickTail doesn't do is breathe. It's better than live bait! It lasts longer and it never hangs half-dead from a hook. It's always swimming wild and free. Fish can't stand it. We've seen fish that have just eaten go for the KickTail. It's like having another potato chip.

Increases catch almost 3 to 1.

"To make the KickTail even more lifelike, we gave it a natural shad color and shaped it like the most prevalent bait fish of all, the threadfin. Game fish gobble up more threadfin shad than any other baitfish.

"We knew the KickTail would out-fish other lures. It had to. Other lures wobble their heads and swim on an angle. But 41 fish to 14? That's huge! I tell you, in ten seconds anyone who has fished a day in his life knows this little swimmer's a home run. Fishermen reserved thousands of KickTails before we produced it! Here, reel it in and watch it swim toward you. Can you tell

the difference between it and a live fish? (I said no.) Neither can the fish.

"The flutter technology also allows the KickTail to swim at the water's surface. Other top water lures must be worked to have any live action, or have a bill that makes them dive on retrieval. Our diver version is the only deep crank bait that let's you do tricks like 'walk the dog.' Twitch it at deep levels and it gives an irresistible, lifelike action. Other lures 'dig.' And there's no need for rattles. The five tail segments click together as you pull it through the water, calling fish from a distance."

Whether you fish for fun or profit, if you want a near 3 to 1 advantage, I would order now before the KickTail becomes known. The company even guarantees a refund, if you don't catch more fish and return the lures within 30 days. There are three versions: a floater for top water, a diver and a "dying shad" with a weed guard for fishing lily pads and other feeding spots. The company says it's the only hard bait of its kind in existence. Each lure costs \$9.95 and you must order at least two. There is also a "Super 10-Pack" with additional colors for only \$79.95, a savings of almost \$20.00. S/h is only \$6.00 no matter how many you order.

To order call **1-800-873-4415** or click www.ngcsports.com anytime or day or send a check or M.O. (or cc number and exp. date) to NGC Sports (Dept. KT-600), 60 Church Street, Yalesville, CT 06492. CT add sales tax. The KickTail is four inches long and works in salt and fresh water.

COVER STORY



Take two pets and call me in the morning 10

Ruthann Foil, owner of Restoration Ranch a therapeutic riding facility, has MS and knows first hand that animals can make amazing connections, especially with disabled children.

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COUNTRY LIVING

June 2003 Volume 61 Number 2

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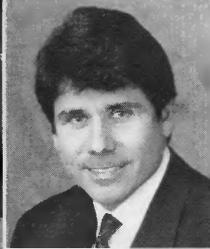
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Rod Blagojevich

Putting people to work for a stronger economy

As you know, Illinois is experiencing a fiscal crisis unlike any the state has ever seen, but even in times of economic uncertainty, I believe we can be a state where everyone who is willing to work hard has the opportunity to earn a decent, honest living.

As part of my economic program, I have introduced legislation to create the Illinois Opportunity Fund to attract private investment to the state. The fund will help to jumpstart industries and focus on new technologies that have the potential to put people back to work and create the sort of jobs and opportunities that will attract young people to either stay or relocate to our state.

To assist with launching this fund, my plan calls for the creation of six new Centers for Entrepreneurship. The centers will draw on public and private sector resources and expertise available through universities and colleges to assist people wanting to start a business obtain legal resources, expert accounting and financial services and access to investors. People looking to expand or create businesses would also be eligible to benefit from 400 business planning and development assistance grants worth \$5,000 each.

The first of the centers will be located at the University of Illinois at Urbana-Champaign and is expected to be operational next month. The other five will be located at Rock Valley College in Rockford, the University of Illinois-Chicago, Western Illinois

University in Macomb and at Southern Illinois University campuses in Carbondale and Edwardsville.

More businesses equal more jobs, which creates a stronger economy for the people of Illinois. There are countless entrepreneurs across the state with good ideas who simply need an opportunity to showcase their ideas.

Another plan is to use state incentives to persuade businesses to invest in advanced technology that would enable companies to burn coal mined in Illinois without endangering the environment. Illinois is home to the second-richest coal reserves in the nation, yet because of high contents of sulfur and other materials, the coal is considered "dirty" and federal environmental standards have forced power companies to use out-of-state coal. As a result, the state's coal mining industry has suffered tremendously.

I have set a goal to build five new power plants that burn Illinois coal cleanly. These plants would create 20,000 new jobs — mostly in central and southern Illinois — including positions in mining and construction, as well as jobs at the power plants.

The first plant to be built using these new incentives will be in Will County on the grounds of the former Joliet Arsenal. The \$1 billion, 660-megawatt power plant will incorporate clean-coal technology to reduce emissions and use as much as two million tons of Illinois coal per year. The plant, which is slated to begin operation in 2006,

will employ at least 80 workers in high-paying technical positions and create about 200 coal-mining jobs. During construction, the union labor force is expected to peak at more than 1,200 jobs. This is the kind of growth that Illinois needs to experience in order to revitalize communities across the state.

To help workers on the brink of poverty obtain economic independence, I also have announced my support of legislation to increase the minimum wage from the federal standard of \$5.15 per hour to \$6.50 per hour. A person who works 40 hours a week, 52 weeks a year and is paid minimum wage, earns \$10,712 a year. You cannot raise a family, put food on the table or put shoes on your children's feet on that kind of salary. In addition, it is time for women to receive equal pay for equal work. Women make up more than half of our workforce and there is no reason why they should earn just 69 cents for every dollar a man makes.

There are some tough times ahead, but we will overcome these obstacles and become a state people can believe in and offer a future they can look forward to.

Rod Blagojevich is Illinois' 40th Governor. Prior to being elected Governor, he was a Congressman, State Representative and a Cook County Assistant States Attorney.

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.

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Autumn View 1 (Home - Right) \$19,302

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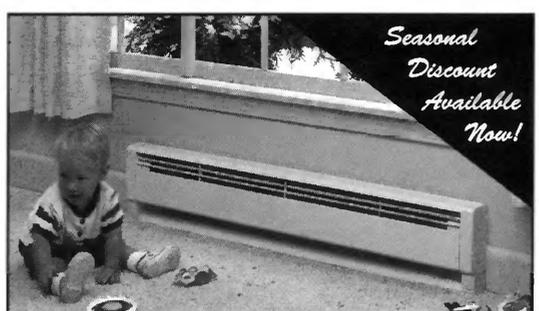
Hydro-Sil is a unique room-by-room heating system that can **save you hundreds of dollars** in home heating costs. It can replace or supplement your electric heat, gas or oil furnace and woodstoves. Hydro-Sil is designed for whole house or individual room comfort. Hydro-Sil heating works like this: inside the heater case is a sealed copper tube filled with a harmless silicone fluid that will never spill, leak, boil or freeze. **It's permanent. You'll never run out.** Running through the liquid is a **variable watt** hydroelectric element that is **only** being supplied a **proportional** amount of power on an **as-needed basis**. When Hydro-Sil is turned on, the silicone liquid is quickly heated, and with its heat retention qualities, continues to heat after the Hydro element shuts off. Hydro-Sil's room-by-room technology greatly increases energy savings and comfort.

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- **F. Smalley (Mass):** "A company that **advertises the truth** saved me 50% compared to my gas heat. I found it hard to believe until my power bill came. Thanks a million!"
- **R. Hanson (Ind):** "I cannot begin to tell you how pleased I am with Hydro-Sil... the first time in 25 years our electric bill was reduced... **saved \$635, over 40%!.**"
- **A. Consalves (Mass):** "We updated our existing standard electric heat, removing 20 electric heaters and replacing them with Hydro-Sil. **Wow - what a difference!** We received a substantial reduction of our electric bill. I have recommended Hydro-Sil to many people!"



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Time to finish those remodeling projects

We've all started remodeling projects that didn't get done as quickly as we planned. If you have unfinished projects, the good news is you have opportunities for energy savings, if you just know where to start.

Look for ways to slow air leakage whenever you open building cavities such as walls and ceilings. Be sure to seal around all pipes, wires and ducts that are exposed as you work. Seal around any complicated framing details like soffits and dropped ceilings where there isn't a continuous air and insulation barrier. Pay close attention to any openings that lead to your attic, crawl space or basement. Don't use fiberglass insulation to plug gaps and holes because it isn't an air barrier. Instead, use caulk or liquid foam to fill small gaps, and use rigid foam board to plug large openings.

Air will also leak around the edges of interior finish like drywall and trim work, especially at exterior walls. Seal around the edges of doors and windows, and caulk new drywall where it meets the floor. Caulk around new electrical boxes, or better yet, use the new airtight electrical boxes that are designed to reduce airflow through walls.

Consider how you can install extra insulation whenever you work on exterior walls. You can have your wall cavities packed with loose fill insulation or spray foam insulation by a professional insulator. You can also add foam sheathing to either the interior or exterior of your outside walls.

If you are pinching pennies on your remodeling project, remember that energy upgrades are always worth the money spent.
Source: www.residential-energy.com

Renewable energy, efficiency grants available from USDA

\$23 million in competitive grant funds are available to agriculture producers and rural small businesses this year for renewable energy and efficiency improvements.

The U.S. Department of Agriculture Rural Business-Cooperative Service recently announced the availability of \$23 million for renewable energy systems and energy efficiency upgrades. However, the deadline for applications is June 6, and all applications must be postmarked by that date.

In order to be eligible for funding, producers or businesses must demonstrate financial need. Their request must not exceed 25 percent of the project's total costs. The funds are eligible for projects such as energy audits, purchase or installation of renewable energy equipment, permit and professional service fees, business plans and feasibility studies.

All applications should be submitted to Cathy McNeal, USDA Rural Development, 2118 W. Park Court, Suite A, Champaign, IL 61821. For information, contact McNeal at (217) 403-6209.

How to get rid of old newspapers

Nu-Wool Company, Inc., a cellulose insulation manufacturer has been producing the ultimate "green" product since 1949. The company has quadrupled in size over the last 10 years, and in that time, has recycled 515 million pounds of paper to produce its cellulose insulation.

More than 50 years ago, Nu-Wool began using recycled newspaper to manufacture an environmentally safe and effective insulation product. Nu-Wool now processes at least 150 tons of recycled paper each business day - the equivalent of 2,550 trees. Putting all this paper to use in the walls of houses and buildings helps keep it out of landfills.

Extending its environmentally conscious practices further, Nu-Wool processes the paper using electricity, which ultimately uses less energy than the gas-fired furnaces used to process fiberglass insulation.

It's not only the production of cellulose insulation that's good for the environment. Independent university and lab studies show that buildings insulated with cellulose insulation are heated and cooled more efficiently, using up to 40 percent less energy than conventionally insulated buildings, and contributing to energy conservation.

Nu-Wool Cellulose Insulation is also an Energy Star product. Energy Star is a voluntary partnership between the U.S. Department of Energy, the U.S. Environmental Protection Agency, product manufacturers and retailers. In order to keep the Energy Star label, the products must use less energy, save money on utility bills, and help protect the environment.

Source: www.nuwool.com.



Co-ops are serious about safety

The Association of Illinois Electric Cooperatives (AIEC), Springfield, won the "Enterprise" Community Service Award from the National Rural Electric Cooperative Association earlier this year.

An electrical safety campaign, initiated by AIEC in an alliance with the other Illinois electric utilities, is helping prevent electrical accidents. With a view that consumer safety is a non-competitive issue, the alliance created an industry-wide effort to highlight electrical safety at home and in the workplace.

Nationally, more than 2,000 people are killed or seriously injured each year by accidental electrocution, often involving power lines knocked down in motor vehicle crashes. Electrical accidents are the cause of more than 60 farm deaths annually. Another 40,000 electrical-related fires, about 7,000 in homes, often result in death and injury.

In planning the "Safe Electricity" campaign, the group has worked with national safety material vendors. Along with using general broadcasting and advertising outlets for public service announcements, "Safe Electricity" also has an interactive component. "Safe Electricity" maintains and updates a comprehensive Web site, www.SafeElectricity.org.



Accepting the NRECA Community Service Award are (l-r) Doug Aeilts, General Manager of Adams Electric Cooperative; John Freitag, Vice President of Operations for the AIEC; Jimmy Ayers, Chairman of Rural Electric Convenience Cooperative and the AIEC; Alan Wattles, President/CEO of Monroe County Electric Co-Operative; and Earl Struck, President/CEO of the AIEC.

Lightning is a real killer

Lightning can strike even if it's not raining. So the moment you hear thunder, see lightning, or learn that a severe thunderstorm warning is in effect, move to the nearest sturdy building. Telephone lines, electrical wiring and metal pipes can conduct electricity; so stay away from them. If you're not close to a building, get into a hard top automobile.

If you're caught outside, find a low spot away from tall trees, fences, poles and other metal objects. Squat low to the ground on the balls of your feet, with hands on knees. This creates the smallest possible target and minimizes contact with the ground.



Lightning, the defining element of a thunderstorm, on average, kills or injures more people (80 to 100) in the United States each year than either tornadoes or hurricanes.

Homeland Security Department taking shape

The Department of Homeland Security (DHS) will deal with critical infrastructure protection, border security, emergency responses, weapons of mass destruction, and analyzing intelligence information—among other things.

With the DHS, 22 federal agencies will be merging into one with 169,000 employees and an annual budget of \$37 billion. It will be the federal government's third largest department, right behind Defense and Veterans' Affairs.

"The electric utility industry has been doing a lot on its own rather than waiting for the DHS or others to tell us what to do. We have to think about our risks and vulnerabilities and take any necessary and prudent actions needed to address new threats to the industry," said Barry Lawson, Manager of Power Delivery for the National Rural Electric Cooperative Association (NRECA).

"Attacks on our country's power plants and critical parts of the transmission grid could cause widespread problems and deeply effect our economy and ability to communicate with one another," said Lawson.

Lawson explained that NRECA has been working with the North American Electric Reliability Council (NERC), the Department of Energy, other industry trade associations, and the Office of Homeland Security to develop security guidelines for the electric utility industry.

All Americans should begin a process of learning about potential threats so we are better prepared to react during an attack.

Some of the things you can do to prepare for the unexpected, such as assembling a supply kit and developing a family communications plan, are the same for both a natural or man-made emergency. For more information, go to the U.S. Department of Homeland Security's Web site www.ready.gov.

Contribute your town's Lincoln story

Information is being gathered from local historians and citizens in preparation for Lincoln's 200th birthday in 2009. State Comptroller Don Hynes is head of the state commission planning events for the Lincoln bicentennial. He says this is an opportunity for communities across the state with Lincoln history to be part of the celebration.

To add your town's Lincoln history just go to the Web site www.illinoiscomptroller.com/Lincoln. Along with reader submissions the site will have Lincoln resources and links to other news about the Lincoln bicentennial.

On the road again – Americans increase drive time

If you feel like you are spending more time in your car these days, you probably are. And you have a lot in common with other Americans, according to a recent survey by the U.S. Department of Transportation.

The 2001 National Household Travel Survey showed that a long-term trend continues: households are getting smaller, but they have more cars, more drivers and travel more miles than ever.

While the number of trips per day has remained the same since the last survey in 1995, the average distance of daily trips has increased. The preliminary data shows that in 1990 the average length of a vehicle trip was 8.8 miles; in 1995, it was 9.1, and in the latest survey, it was 9.8 miles. The longest vehicle trips were made to visit family and friends at 16 average miles per trip followed by trips to work at an average of 12 miles per trip. Seventy-six percent of trips to work are made driving alone.

Preliminary data also shows that Americans are driving nearly 14,000 miles a year, an increase of 60 percent since 1969.

Source: DOT <http://nhts.orl.gov>.

Drowning is fourth leading cause of childhood death

Each year, more than 300 children under 5-years-old drown in residential swimming pools, often in their own backyard, according to the Consumer Product Safety Commission (CPSC). In fact, drowning is the fourth-leading cause of death for children under the age of 5 and the leading cause of death for children under the age of 2. More than 3,000 children go to the hospital due to submersion injuries, often resulting in lengthy hospital stays to treat brain damage and other disabilities.

Alan McMillan, President of the National Safety Council (NSC), recommends constant supervision as the primary element in preventing pool and beach tragedies.

If a child is missing, and a pool is in the area, always check the pool first. Don't allow young children to swim unsupervised just because they've had swimming lessons.

Remove all toys. Floats, balls and other toys may attract children to the pool when it is unattended. Make sure you know infant and child CPR (cardiopulmonary resuscitation). If you own a pool, your children should already be taking swimming lessons.

Use various layers of protection between children and pools, including a fence with a gate, pool cover and even pool alarms. Remove any chairs or ladders from the area to prevent children from climbing over any fence surrounding the pool. Always drain wading pools after your children are done playing.

Congress must look out for consumers in energy bill

Electric cooperatives and their consumers are once again bottling for just and reasonable electricity rates in an energy bill discussion draft presented by House Energy and Air Quality Subcommittee Chair Joe Barton (R-Texas) in late February.

Spokesman for electric cooperatives and Chief Executive Officer of the National Rural Electric Cooperative Association Glenn English testified before Representative Barton and his subcommittee.

"To regain the faith of consumers, investors and financial markets, Congress must get it right. As a nation we cannot afford to get it wrong," he cautioned.

One part of the bill that is very troubling, according to English, is the bill's attempt to fix the nation's aging power grid by proposing large rates of return for power generators to provide transmission service or build new transmission lines to serve consumers. The bill proposes high rates of return for transmission owners, much of which will be absorbed by consumers, and could also decrease competition among power generators. Electric cooperatives, which are located in remote areas and are for the most part transmission dependent, could be disproportionately affected by these transmission policies.

English also objected to the bill's repeal of the Public Utilities Holding Company Act of 1935 designed to protect consumers from the market power created by mergers of large utilities without replacing it with specific consumer protections.

"These provisions threaten to increase instability on both Wall Street and Main Street by undermining consumer protections and failing to allow a healthy wholesale market to develop and inspire investor confidence," said English.

Source: NRECA



Keep COOL this summer with Geothermal

The secret to staying cool this summer is right under your feet - about four feet underneath you to be more exact. This is the depth at which the earth's temperature remains constant throughout the year. And by taking advantage of these temperatures, you can keep cool in the summer and warm in the winter.

You will save energy, money and the environment. Best of all you'll be more comfortable.

"The comfort in our new home is a great improvement over what we had in the past. We don't know if it's zero or 100° F outside. We just set our thermostat and never move it," say George and Barbara Hiltibidal of Centralia.

Although people began trying to use the earth's steady temperature in the 1940s, it wasn't until a few years ago that a heat pump was developed to effectively use the earth's temperature to heat and cool homes.

Geothermal heat pumps are designed to heat and cool your home, as well as provide hot water, using loops of buried pipe and an in-house compressor unit. Here's how it works:

Pipe is buried in loops in the ground surrounding your home. The type of pipe-loop system you need depends on the size of your home, and the versatility of its surroundings. The loops are filled with an environmentally safe fluid and connected to the indoor geothermal heat pump.

In the summer, as outside air conditioners are churning away, trying to cool the hot, humid air, the geothermal system is transferring the home's warm air to the earth's cooler temperature. An added bonus in the summer months is that heat removed from

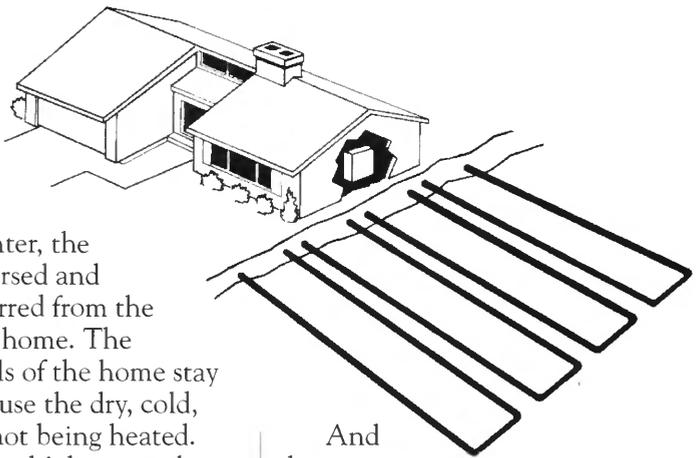
the home is also used to heat water, saving additional water-heating costs.

In the winter, the process is reversed and heat is transferred from the ground to the home. The humidity levels of the home stay the same because the dry, cold, outside air is not being heated. Some of the earth's heat can be used to provide home water-heating needs as well. Every home is different, but often half or more of domestic hot water needs are met.

Because it utilizes the earth's temperatures, a geothermal unit requires about 60 percent less energy to heat and cool a home. Electricity is used only to power the unit's compressor, blower and the pumps used to circulate the fluid in the closed-loop of pipe buried in the ground.

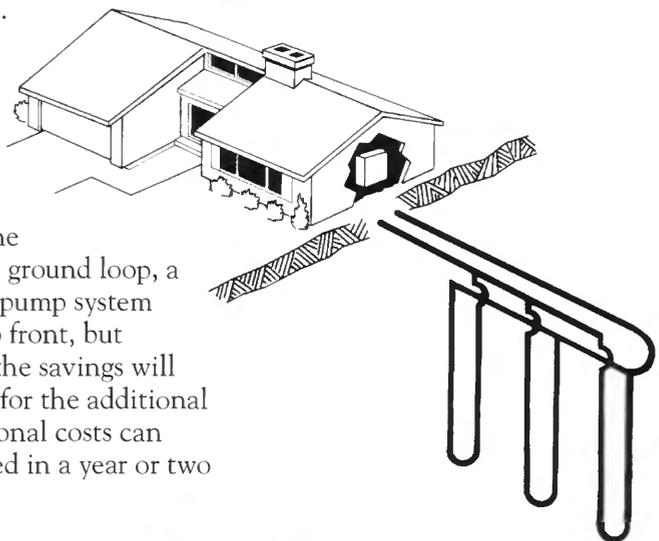
And because all of the systems components are located either underground or inside the home, maintenance is minimal. Filter changes are usually the only maintenance required. And the underground loop is engineered to last for generations to come.

Because of the extra cost for the ground loop, a geothermal heat pump system will cost more up front, but in the long run, the savings will quickly make up for the additional costs. The additional costs can often be recovered in a year or two of operation.



And there are other benefits to the geothermal system as well. Currently, more than 650,000 geothermal systems are operating in the U.S. These units are saving the environment the equivalent of 14 million barrels of crude oil. The U.S. Environmental Protection Agency has stated that geothermal heat pumps are the most energy-efficient, environmentally friendly and cost-effective method of heating and cooling currently available.

The next time your air conditioner kicks on, remember, the secret to a more energy efficient, comfortable home is beneath your feet.





Take two Pets and call me in the morning

*How pets can be beneficial
to your health and
well-being*

By Catrina D. McCulley



A 'paws-ative' connection

"There is no greater therapy than the love of a dog," says Susan Frick, caretaker at Boxwood Healthcare Nursing Home in Newman, and wife of Tim Frick, Marketing Representative at Eastern Illini Electric Cooperative in Paxton. Frick and her four-year-old Boxer, Sasha, can often be found roaming the hallways and brightening the days of residents who inhabit the facility.

The strong connection that can form between a pet and his or her owner is demonstrated every day in millions of homes around the world. However it wasn't until recently that

Susan Frick, care taker at Boxwood Healthcare, and Sasha, her four-year-old boxer, visit with resident Evelyn Arwine.

term memory problems.

"The residents here just love Sasha," says Frick, who initially brought her dog to work one day because of a storm. "Sasha was afraid of the storm and I didn't have the heart to leave her at home knowing she was scared, so I just brought her

ing and therapeutic effect," says Frick. They help people cope with the emotional issues in their lives. They also offer the residents physical contact with another living creature, something that is often missing in an elderly person's life.

"You can lose many things when you get older. So many things can be taken away from you. Perhaps you can no longer drive your car, or stay at home alone. So having a pet come in to spend time with you is very important," says Frick. Sasha's presence alone helps to divert the residents' attention from their daily problems of stress, boredom and loneliness. "A pet gives you unconditional love and at-

to work with me. The residents' faces literally beamed at the sight of her." And that's how Sasha became a regular volunteer at the nursing home.

Animals like Sasha are recognized as being a positive force in the human spiritual and emotional healing process. "Dogs have a calm-



Susan Frick and Sasha

"The residents here just love Sasha,"

this bond developed into the basis for what has become a powerful and familiar mode of therapy in many long-term health care facilities. Pet therapy is now being used to help with a wide range of medical and emotional ailments. Animals help with stress relief, physiotherapy, depression and short-



Resident Mildred Bishop is all smiles when Sasha and Susan Frick enter her room.

tention and never asks anything from you," say Frick. And through her own zest for life, Sasha helps the residents maintain a positive outlook on their own lives, which is the key to good health, happiness and staying young.

"I just love having Sasha here," says resident Evelyn Arwine, whose face literally lit up when Sasha

genuinely like people and choose to be around them. Dogs have fantastic intuition and want to provide companionship and comfort to those who need it. "Dogs are very compassionate creatures. They want nothing more than to love you," says Frick.

But not every dog is cut out for pet therapy work. Frick says a dog

**"I get really sad on the days when Sasha is not here.
🐾 She's just so sweet and wonderful." 🐾**

entered her room. "I just can't say enough about how nice it is having her here," she says.

And resident Mildred Bishop adds, "I sure do look forward to her visits. I get really sad on the days when Sasha is not here. She's just so sweet and wonderful."

And the residents aren't the only people who benefit from Sasha's presence – the staff does too. Frick says that Sasha provides the staff with a break from the routine and stresses of working in a long-term facility environment. And because of their social natures, dogs of all kinds often

must be well socialized, and be able to calmly handle all sorts of sounds, smells and sights. If a resident should happen to bump into your loyal partner or should a wheel chair accidentally come into contact with him or her, the dog must not panic or nip. "I remember one instance where Sasha's toe was rolled over by a wheel chair. Her toenail was bent backwards, but she didn't make a peep. In fact, we didn't even know she was hurt until we looked down and saw her toe," say Frick. "So it's important that a therapy dog has a gentle spirit and is well behaved."

That's exactly the kind of dog Sasha is. It's safe to say that Sasha has provided her share of joy to everyone she comes into contact with. And most of the residents would agree that she's been an easy pill to swallow.

Horse power

From a small dog-sized animal known as the "dawn-horse," who lived more than 40 million years ago, came the noble, grandiose modern horses we know today. There are now more than 250 equine breeds, ranging from the heavy draft animals to the light horses, ponies and miniature horses.

The bond between horses and humans developed around 4000 B.C., when central Asians first tamed horses for riding. Today that bond still stands. And many people are thankful for the connection they have with horses, especially the students of Restoration Ranch in Shumway.

Running, dancing and jumping. These things come easily for most people, but for Ruthann Foil's students, that's a pretty tall order. Foil, owner and operator of the ranch, offers horseback riding as a form of physical therapy for special needs children.

Therapeutic horseback riding began in Europe more than 50 years ago. It grew from a spark of intuitive wisdom in a few dedicated equestrians, into an established treatment method, now widely recognized by the medical, psychiatric and social service professions worldwide.

The use of horseback riding as physical therapy is a rapidly growing concept. The benefits have proven to be enormous for individuals with all types of disabilities, including cerebral palsy, spina bifida, autism, Down's syndrome and mental retardation. Studies have shown that the



“My horses have been a blessing to my life.”



Mitch (top) and Dan, are two students who have benefitted from Restoration Ranch's horse therapy program.



complex movement of a horse helps to improve coordination, balance, muscular development and fitness. Horseback riding and horse-related activities assist greatly, and often dramatically, in the development and restoration of personal confidence, self esteem, communication skills, leadership and trust. Foil says, “Because of the gentle rhythm of the horse’s movements, a rider who is unable to walk alone can experience a motion similar to the human gait (the speed at which something moves), thereby improving flexibility, balance and muscle strength.”

Foil says, “Many of my riders are confined to wheelchairs, and seldom feel the complete freedom of movement that so many people take for granted.” Foil, who suffers from Multiple Sclerosis (MS) understands this because she, too, has been confined to a wheelchair for many years of her life.

“My horses have been a blessing to my life,” she says. “I have one horse named Brandy, whom I love so much. She and I have always had an amazing connection. When I was in my early 20s I could still walk, but my MS was giving me a lot of difficulties in my legs. I went to

Ruthann Foil, owner of Restoration Ranch, says helping children is her life.

see Brandy one day, but she was at the very end of the second pasture. I parked my car near the gate and walked out to her. I patted her and talked to her, and at that moment, I realized my legs were just too weak to walk back to my car. I don’t know how Brandy knew, but somehow she knew I needed help. I leaned against her shoulder and she walked me all the way back to my car. She waited for me to get safely in and then she kicked up her back legs, bucked and ran back to the herd,” Foil recalls. A horse’s sensitivity to its environment is remarkable. Horses are very perceptive to people and that’s why they are a great choice for children with special needs.

Foil started her business in 2000 because of her love of children. The ranch is available two evenings a week for the assistance of special needs children of any age. “My youngest student was an 18-month-old little girl named Kennedy. She could not walk or talk. She suffered from global delay. (A child with a global delay will have delays in all areas of development.) Her parents were at a loss and we were their last



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resort. Kennedy wasn't at all afraid of the horses. She got right on and began to ride. When it was time to take her off, we happened to get too close to another horse and she tried to climb onto the other horse. After several sessions, Kennedy eventually started communicating and taking steps," recalls Foil.

"We also had a young guy named Mitch who suffered from cerebral palsy. Mitch was eight years old when he started coming here. At first, his parents had to carry him to us, or bring him in a wheel chair. Now, Mitch can get up and maneuver. His parents actually had to put childproof locks on their cabinets. They never thought they'd have to do that," says Foil.

Then there was 25-year-old Dan who is a Down's syndrome student. "When he first started coming to us, he couldn't get on the horse by himself. Now Dan gets on by himself and is able to ride without a lead. We've been working on getting him to ride at different speeds. Right now, he can trot, or 'trout' as he refers to it."

Restoration Ranch functions as a non-profit organization. It depends solely upon volunteers and donations. "Each rider requires three volunteers during one session, a leader and two side-walkers," says Foil. She urges people to volunteer even if they don't know much about horses or horse therapy. "Anybody can be a volunteer. As long as you care about kids, you can be a side-walker and walk beside the horse to make sure the children stay securely on the saddle. It's very important that these kids feel accepted." She says she focuses on the kids' abilities, not their disabilities. "Everybody has something they can do."

Monetary contributions are also needed and are extremely beneficial to the program. "Last year, Shelby Electric Cooperative in Shelbyville made a \$200 donation to our facility. Generosity like theirs is what keeps us going," says Foil. If you'd like more information on volunteering or donating to Restoration Ranch, or if you know someone who could benefit from this program, contact Ruthann Foil at (618) 487-5979.

Is your dog cut out to be a therapy dog?

Answer these questions to find out.



- 1) Does your dog accept petting from a friendly stranger?
- 2) Can your dog walk on a loose leash (basic heeling pattern)?
- 3) Can your dog endure walking through a milling crowd (including walkers and/or wheelchairs)?
- 4) Will your dog "sit" on command?
- 5) Does your dog calm quickly after excitement?
- 6) How does your dog react to meeting another dog?
- 7) How would your dog react to a completely unresponsive person?
- 8) Would your dog accept petting from multiple people all at the same time?
- 9) How does your dog react to meeting and greeting a person in a wheelchair?
- 10) Would your dog accept a treat from a stranger (must take it gently)?
- 11) Is your dog easily distracted by movement (a person walking by quickly)?
- 12) How does your dog handle noise distractions?

For more information on pet therapy, visit one of these Web sites:

www.dog-play.com/therapy.html - A collection of links to other pet therapy sites.

www.gsdhaven.org/training.html - Central Illinois German Shepard Dog Rescue in Urbana Pet Therapy Classes. If you are interested, e-mail Elizabeth at rescue@gsdhaven.org. This class is designed for anyone wishing to be involved in pet therapy. Pets may include rabbits, guinea pigs, dogs, or any other even-tempered, well-behaved, well-groomed, clean animals that can visit residents of nursing homes. This is an introductory view at pet therapy for interested parties. You may bring your pet to class, and available therapy friends (rescue dogs) will also be present. The class fee is \$35 and will cover expenses and materials.

www.rainbowaat.org/ - Rainbow Animal Assisted Therapy, a not-for-profit volunteer group with programs for children with emotional, mental and/or physical disabilities in the Chicagoland area.

<http://www.therapet.com/FAQs.html> - Get answers to the most frequently asked questions about Animal Assisted Therapy.

<http://www.pegasusspecialriders.org/> - Pegasus Special Riders is an organization that provides children and adults with special needs an activity that is both therapeutic and fun, in a safe, supportive, non-competitive environment. Each client's weekly lesson includes both riding and care of the horse, so a relationship can develop between the person and the animal.

<http://www.hippotherapychicago.com/> - Maureen Corcoran, a licensed physical therapist in both Illinois and Wisconsin, coordinates her staff of physical therapists, equestrian specialists and experienced volunteers in Morton Grove, IL. Her staff has training in movement specialties, pediatrics, adult rehabilitation and sensory integration.





Molly Hall

Have an enjoyable, safe summer!

The summer months are brimming with opportunities to work and play outside. It's a season of fun and good times with the great outdoors. So make sure you take a few moments to keep accidents out of your summer picture.

Whether it's gardening, work on a home improvement project or playtime, take a moment to consider the electrical equipment around you and potential hazards to avoid during the summer. Pay attention to power lines overhead and underground, as well as the added dangers when water and storm activity are present.

Safety tips to keep in mind this summer include:

- Look up and around you. Always be aware of the location of power lines, particularly when using long metal tools like ladders, pool skimmers and pruning poles or when installing rooftop antennas and satellite dishes or doing roof repair work.
- Be especially careful when working near power lines attached to your house. Keep equipment and yourself at least 10 feet from lines. Never trim trees near power lines – leave that to the professionals. Never use water or blower extensions to clean gutters near electric lines; contact a professional maintenance contractor.
- If your projects include digging, like building a deck or planting a tree, call your electric co-op and JULIE (800) 892-0123

before you begin. Never assume the location or depth of underground utility lines. Call a few business days before your dig date. A simple phone call can prevent the inconvenience of having utilities interrupted, and can help you avoid serious injury.

- Electricity + water = danger. If it's raining or the ground is wet, don't use electric yard tools. Never step into a flooded area – especially basements - if water may be in contact with electrical outlets, appliances or cords. Don't use any electrical appliances or touch circuit breakers or fuses when you're wet or standing in water. Keep electric equipment at least 10 feet from wet areas.
- If an electrical appliance has been in contact with water, have a professional check it before it is used. It may need to be repaired or replaced.
- Be sure outdoor outlets and outlets near wet areas of the kitchen, bath and laundry room have professionally installed ground fault circuit interrupters (GFCIs) to prevent serious shock injuries.

Make sure children understand basic safety rules:

- Never climb trees near power lines. Even if the power lines aren't touching the tree, they could touch when more weight is added to the branch.
- Fly kites and model airplanes in large open areas like a park or a field, safely away from trees

and overhead power lines. If a kite gets stuck in a tree that's near power lines, don't climb up to get it. Contact your electric utility for assistance.

- Never climb a utility pole. Don't play on or around pad-mounted electrical equipment.
- Never go into an electric substation for any reason - even on a dare. Electric substations contain high-voltage equipment, which can kill you. Never rescue a pet or other animal that gets inside a substation. Call your electric utility instead.

Storms can also result in electric hazards. It's a good idea to keep utility emergency numbers close at hand and know what to do after the storm winds blow:

- If you see a downed power line, stay far away from it and anything touching it. Call your electric utility.
- Warn others to stay clear of the line. Assume that all downed power lines are energized.

Listen for and heed the safety tips presented in Safe Electricity public service announcements and visit www.SafeElectricity.org to learn more about being safe around electricity and related equipment.

Enjoy the summer – have a fun, safe season!

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

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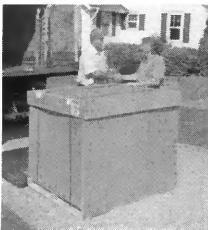
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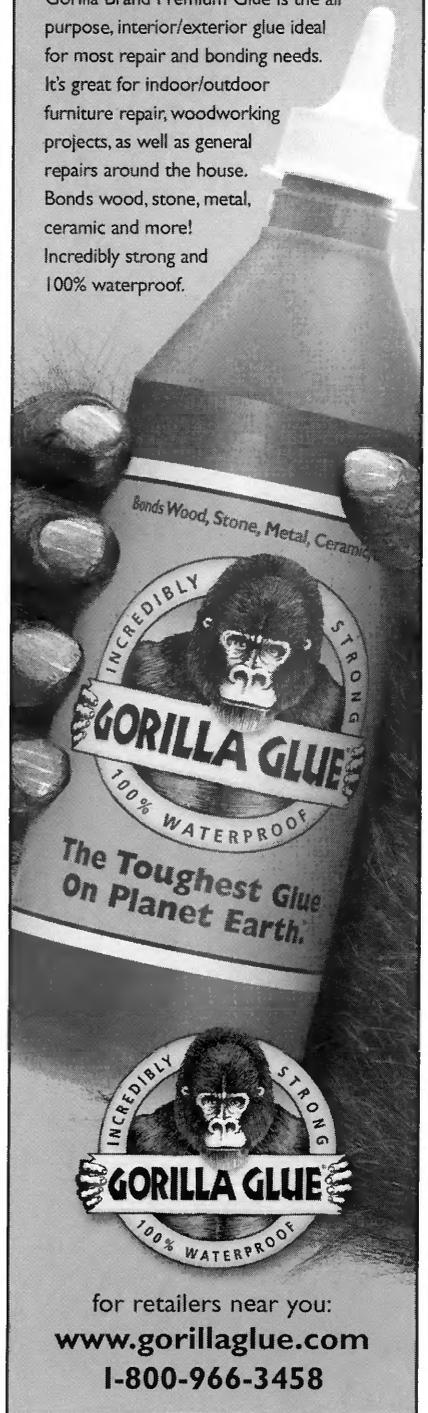
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David Robson

The pleasure and pain of growing roses

June is Rose Month. Such a simple statement for a plant that gives so much pleasure and so much pain for gardeners. A plant used as a symbol of warring parties. A plant described as a shrubby nightmare with the blessing of a perfect flower. A plant that I described as being absolutely wonderful...in someone else's yard.

Don't get me wrong. Roses have a fragrance almost as wonderful as a lilac, if you happen to be lucky and get a rose with a strong fragrance. Petals have a velvety sheen that make them easy to caress.

Roses, though, are one of the most fickle plants ever perpetuated on gardeners. In all my years of helping people grow plants, nothing frustrates like a rose.

Some people have all the luck. They put the bush in the ground and the darn thing grows in spite of any effort or lack thereof. Some will cut down all the surrounding trees and shrubs to make sure the plants have the required 10 hours of sunlight daily. They'll invest in drip irrigation systems with timers to water the plants religiously. They'll haul heavy soil out and fresh loamy soil in to allow root growth. And they'll still fail.

So, what does it take to grow good roses?

The need to be committed, or more accurately I guess, a strong commitment. You could misread the first part, though in reality, it might not be that far off.

Roses take time and patience. You have to fuss with the soil, fuss with the water, fuss with the pruning and fuss with the pest control.

Each rose bush takes about a half hour per week of pruning, spraying, feeding and watering, if you want top quality roses.

Roses like the absolute best soil in the world. But the rose roots don't spread as far as most people think. Some studies have indicated the roots only spread as wide as the initial planting hole. So dig a big hole.

Work that organic matter into the soil. Got clay soil? Create a raised bed 18-inches high filled with organic matter and good topsoil. The looser the soil, the better the root growth.

Fertilizer and water are also key factors. Most of us have no problem applying fertilizer, and in the case of roses, it's almost impossible to give the plant too much.

They also make the mistake of not giving the plants enough water. We'll water the death out of tomatoes, but not the roses. Give the plants at least an inch or two of water per week. If you have that top quality soil, you could probably give them a bit more. Don't drown them, but don't think they love 90-degree days with little water.

Mulch to cut down on diseases and watering. Use fresh mulch each year. Re-use old mulch someplace else in the garden.

For those of you with less

inclination to spend every waking moment watering, fertilizing and trying to control black spot disease with fungicide sprays every seven days, there are some roses that need less care.

As a group, shrub roses usually are more carefree and have a beauty in their own right. They may not have 30 to 60 petals, and they may have just as many or more thorns, but they tend to be more pest resistant and bloom just as well.

Rugosa roses are practically winter-proof and greatly scented. They also tend to have thorns every nanometer up the stem.

David Austin roses from England tend to be quite fragrant, but with a flower that isn't as pointed as what you might think. They can be fragrant and quite prolific in flowering. They can be Japanese beetle and black spot magnets, though.

Or do what I do. Cultivate friends who grow roses. Then marvel at "how nice that pretty red rose would look in the vase that great-grandmother gave you." Praise and guilt can do the trick just about every time.

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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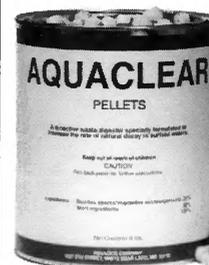
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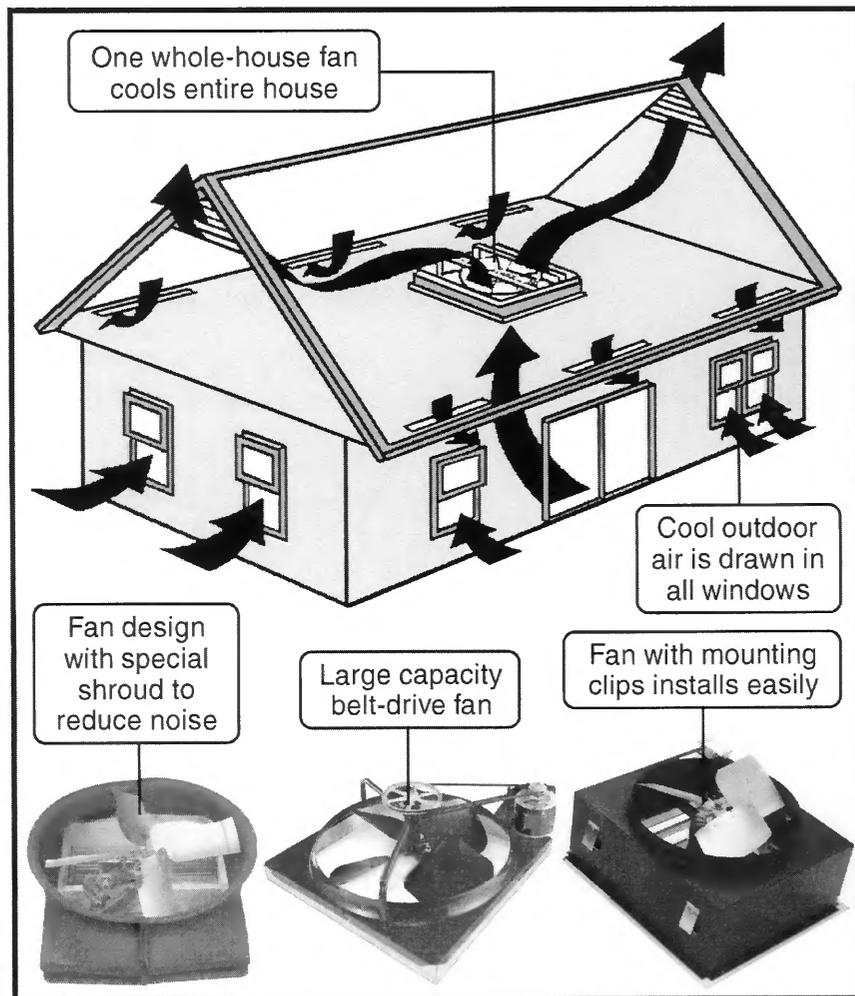
Fanning up a cool breeze in your home

Q: Dear Jim: On mild days and evenings, I like to open windows to get some fresh, cool air into my house. Would using a whole-house fan draw the air in quicker? Do these fans use much less electricity than my central air conditioner? - Gary W.

A: Dear Gary: With today's airtight, energy efficient homes, it is nice to bring in cool outdoor air whenever possible and accomplish this without driving up your utility bills. Using a whole-house fan is probably the most effective and efficient means to quickly cool your home when the outdoor temperature drops overnight or on moderately warm days.

Pulling fresh outdoor air into your house not only lowers the temperature indoors, but it creates a gentle breeze similar to a ceiling paddle fan. With the air moving throughout your home and across your skin, you can feel five to ten degrees cooler than in still air at the same temperature. Actually, just the sound of the moving air can have the psychological effect of making you feel cooler.

A whole-house fan is a large exhaust fan that is usually mounted in the attic floor. It is often located in a hallway ceiling to draw air from the entire house without creating drafts in the rooms. Since it is most often used at night, this location also minimizes the noise level in the



Fan provides efficient, comfortable cooling

bedrooms. The fan draws outdoor air in through opened windows and exhausts the air into the attic area and out the attic vents.

A secondary benefit of using a whole-house fan is the airflow from the house into the attic helps to quickly cool the attic and the roof. A hot attic and roof can radiate heat down through the attic insulation to the living areas

below. This will occur all day long and, without a fan, well into the evening until the roof and attic structure slowly cool down.

Running a whole-house fan uses about 80 to 90 percent less electricity than operating a central air conditioner. Using one can easily save more than \$100 per year on your electric bills. Since your air conditioner is used

less, less maintenance is needed and its life will be longer.

Whenever the outdoor air temperature drops to about five degrees lower than your thermostat setting, running the whole-house fan should comfortably cool your house and create air movement indoors. This means you may run your central air conditioner during the daytime and run the whole-house fan at night.

There are many whole-house fan designs with various features from which to choose. For most average-sized homes, a direct-drive design is a good and easy-to-install choice. It has the motor located in the center of the housing with the fan blades attached directly to the motor shaft. The most quiet models use special vibration-blocking rubber hubs and sound-absorbing air flow shrouds to reduce the noise level to a whisper.

For larger houses that require a higher airflow capacity to cool

them, a belt-drive model is often used. With this design, the motor is mounted on the corner of the housing frame. A belt runs from a pulley on the motor to a pulley on the fan blade hub. With the motor out of the airflow path and a larger unobstructed blade diameter, the airflow can be greater. These often use a steeper blade pitch and run at a lower speed to further reduce the noise level.

When sizing a whole-house fan, a good rule of thumb is the air-flow rating in cubic feet per minute should be three times the house size in square feet. If you choose a model with two or variable speeds, you can install a larger, higher capacity fan. This will allow you to run it on high speed initially to quickly cool your house and then set it to the correct continuous speed for your house size.

For the greatest convenience, choose one with a built-in timer, thermostat or humidistat for automatic operation. Some auto-

matically switch from high to low speed after 30 minutes. Most models offer air-sealing shutters to seal off the fan when it is not running. Motorized insulated shutters, to block winter heat loss more effectively, are also available on some models.

Write for (instantly download - www.dulley.com) Utility Bills Update No. 641 - buyer's guide of eight whole-house fan manufacturers (28 models) listing diameters, air-flow capacities, speeds, drive types, wattages, features, prices, and Do-It-Yourself instructions. Please include \$3.00 and a business-size SASE. James Dulley, Publication Name, 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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Illinois' treasure of natural wonders

By Shawn Wilcockson

Illinois is a treasure chest full of natural wonders. There's no end to what you'll discover – prehistoric rock paintings, weathered pioneer homesteads, limestone cliffs formed by glaziers and rivers – in Illinois State parks. Explore the brilliant countryside of Illinois and experience exhilarating outdoor adventures by visiting one of the 262 state parks in Illinois.

To explore this exquisite beauty and scenery, the Department of Natural Resources has an online resource to familiarize you with the state parks; each annotated with information on history, natural features, recreational opportunities and facilities. Where available, campground maps are online, as well as a form to use for making campground reservations. A variety of photos are scattered throughout the descriptions, giving an excellent perspective of many of the areas surrounding the parks. Contact the DNR through their Web site at www.dnr.state.il.us/lands/landmgt/parks/ or by calling (217) 782-6752.

Starved Rock

Starved Rock State Park is a great place to view the terrain along the Illinois River. Starved Rock is located by the city of Utica in northern Illinois. The park is defined by geological wonders. Sandstone rock formations, carved by the actions of water, are characteristic of the park, and these rock formations date back about 400 million years to the time when this area of Illinois was part of a shallow inland sea. Canyons, bluffs, overhangs and other natural features abound in the park. There are 18 canyons cut into the rock in a 6-mile section of the park with various canyons featuring waterfalls. The forests are mostly oaks and hickory, but a natural stand of Eastern White Pine trees, the only pine tree native to Illinois, exists in the park.

Starved Rock State Park offers



For a real Illinois adventure try the River to River Trail. Mike Mallady of Springfield takes a break on the 175-mile trail near the Garden of the Gods. For information, go to www.rivertorivertrail.org.

natural scenic beauty, wildlife watching, hiking, camping, picnicking, horseback riding, boating, fine dining, lodging, and both natural and cultural history as well. Request information by calling (815) 667-4906 or writing to Program Coordinator, Starved Rock State Park, PO Box 509, Utica, IL 61373.

Siloam Springs

There is a great "secluded park find" in west central Illinois. The park received its name from a Christian minister who declared the area "Siloam Springs" after Jesus' miracle of healing in the Pool of Siloam. Located just east of Quincy, this beautifully wooded area boasts seven natural springs. Visitors can view one of these pools at picnic area two near the Hoot Owl Trailhead. The park features nine miles of great trails. Opulent forested gullies and scenic crests surround the park along with wild roses, black-eyed Susan's, white false indigo, and snapdragons. Enjoy the parks outdoor recreation by calling (217) 894-6290.

Giant City

Just outside of Carbondale in southern Illinois nestled

within the northern section of the Shawnee Hills, Giant City State Park offers 4,000 acres of splendor. In 1818 the park received its name when local visitors discovered an area where sandstone slabs had broken away from a bluff resembling the avenues of giants.

The park provides an excellent destination for rock climbers. One of the more popular climbing spots is the 120 foot sandstone bluff at Shelter No. 1, near the north entrance of the park. There are several levels of climbs here as well as prime bouldering opportunities. Giant City also provides excellent hiking trails, wildlife viewing, picking and camping destinations. Discover the rustic beauty Of Giant City State Park by calling (618) 457-4921.

Illinois' State Parks represent diverse countryside; everything from rolling grasslands and woodlands to jagged ravines and graceful waterways, providing habitat to wildlife and playgrounds for outdoor enthusiasts. The Land of Lincoln provides 55,646 square miles (35.7 million acres) of majestic scenery for those willing to venture out into its rustic landscapes.

ILLINOIS FINEST COOKING



Blueberry Bread

Louise Purdom

- | | |
|------------------------|-----------------------------|
| 2 C. sugar • | 1 C. oleo |
| 4 eggs | 3 C. flour |
| 1 C. quick rolled oats | 2 tsp. baking soda |
| 1/2 tsp. salt | 2 C. mashed bananas |
| 1 C. blueberries | 1 C. pecans, chopped (opt.) |

Cream sugar and oleo together. Add eggs, one at a time, beating well after each one. Mix together flour, oats, baking soda and salt; add to creamed mixture. Add 1 C. of the bananas, then flour mixture, then last C. of bananas. Beat well. Add the blueberries. Stir gently just to mix. Pour into 2 greased and floured 4x9-inch loaf pans. Bake at 350° for 50-60 minutes, or until done. Test with a toothpick.

Scalloped Corn

Rosalie Mottar

- 2 C. whole kernel corn, drained
- 2 C. milk
- 2 eggs
- 1/2 C. sugar
- 16-20 crumbled crackers

Combine all ingredients together. Spoon into a greased, deep baking dish. Bake at 325° for 1 hour and 15 minutes.

Chicken Loaf

Charlotte House

- 1 can deboned chicken
- 2 C. soft bread crumbs
- 2 eggs
- 2 cans chicken and rice soup
- 1 T. pimento, chopped (opt.)
- 1 T. dried parsley
- 1/2 tsp. salt

Chop chicken, Beat eggs and pour over torn bread, parsley, chicken, soup and pimento. Pour into greased loaf pan. Bake at 350° for 50-60 minutes. Cool slightly and slice like a meat loaf. Serve with cream of mushroom gravy.

Members of Sugar Creek United Methodist Church in Chatham, IL offer their cookbook to be featured. The book is hard-backed and three-ring-binder style, and contains 196 pages of delicious recipes. To order, send a \$14 check made payable to Sugar Creek United Methodist Church to Janice Logsdon at 1022 New City Road, Chatham, IL 62529.

Jambalaya

Judy Brady

- 2-3 T. olive oil
- 3 stalks celery, sliced
- 1 green pepper, sliced
- 2 med. onions, sliced
- 1 ring of smoked kielbasa sausage, cut up
- 1 (3-4 lb.) chicken, cut up
- 1 (28-oz.) can diced tomatoes
- 1 (14-1/2-oz.) can beef broth
- 3 cloves garlic, minced
- 1/4 tsp. cayenne pepper, ground
- Salt and pepper, to taste
- Cajun seasoning, to taste
- Parsley, to taste
- 3 C. instant brown rice
- 3 green onions, chopped

Brown celery, green pepper and onions in olive oil until almost soft. Add sausage and chicken, cook until brown. Add diced tomatoes, beef broth, garlic and cayenne pepper. Season with salt, pepper and Cajun seasonings. Cook 15 minutes. Bring to a boil and add brown rice. Cook until tender. Add chopped green onions and serve.



Homemade Payday Candy Bars

Pat Freeman

- | | |
|----------------------------|--------------------------------|
| 2 jars dry-roasted peanuts | 1 can sweetened condensed milk |
| 1 stick oleo | 1 pkg. peanut butter chips |
| 2 C. mini marshmallows | |

Layer the bottom of a greased 9x13-inch pan or jellyroll pan with 1 jar of nuts. In a medium saucepan, melt oleo and marshmallows. Add the condensed milk and peanut butter chips. Stir until melted. Evenly pour over layered nuts. Top with the second jar of peanuts. Press with fingers. Let set until firm. Cut into squares and serve.



Cheesy Sausage Dip

Kay Mason

- 1 lb. ground beef
- 1 lb. pork sausage
- 2 T. all-purpose flour
- 1 can cream of celery soup, undiluted
- 1 (10-oz.) can diced tomatoes with green chilies, undrained
- 1 med. onion, chopped
- 2 lb. Velveeta cheese, cubed
- 1 T. garlic powder
- Tortilla Chips

In a large saucepan, cook beef and sausage together over medium heat until no longer pink. Drain. Sprinkle with flour. Add the soup, tomatoes, onion and garlic powder. Mix well. Bring to a boil. Cook and stir for 2 minutes until thickened. Reduce heat. Stir in cheese until melted, Serve warm with tortilla chips. Refrigerate any leftovers.

Chip and Cherry Bread

Dana R. Atteberry

In memory of Dorothy J. Hart

- 3 eggs
- 1 C. sugar
- 1-1/2 C. flour
- 1/4 tsp. salt
- 2 C. pecans, chopped
- 1 C. chopped dates
- 1 C. candied cherries, halved
- 1-1/4 tsp. baking powder
- 1 (12-oz.) pkg. chocolate chips

Beat together eggs and sugar. Sift flour, baking soda and salt into another bowl. Add chocolate chips, pecans, dates and candied cherries to the flour mixture. Mix well to coat. Fold the egg/sugar mixture into the flour, chips, pecans and cherries. Fold until mixed well. Grease 2 loaf pans. Pour equal amounts of batter into the pans. Bake at 325° for 1 to 1-1/2 hours. Bread should be crusty brown on top and done in the middle. Remove from loaf pans when slightly cooled.

Cherry Devil's Food Cake

Christopher E. Baker

In memory of Grandpa Harold "Buck" Baker

- 1 Devil's Food cake mix
- 1 C. sugar
- 1/3 C. milk
- 1 can cherry pie filling
- 5 T. butter
- 1 C. chocolate chips

Mix cake mix according to directions on the box, except substitute cherry pie filling for the water. Bake according to box directions. Let cool. Bring remaining ingredients to boil for icing. Remove from stove and beat until ready to spread on cake.

Sunflower Sugar Cookies

Cathy Neikirk

- 3/4 C. sugar
- 1 egg, beaten
- 2 C. flour
- 1/2 C. Crisco
- 1/2 C. butter flavored Crisco
- 1/2 tsp. baking soda
- 1 tsp. cream of tartar
- 2 tsp. vanilla
- 1 C. sunflower kernels

Mix all ingredients together and roll dough pieces into balls. Press to flatten with a sugared glass bottom. Bake at 375° for 10 minutes.

The Edwards County Relay for Life Cookbook was created to inspire the fight against cancer. The book consists of more than 650 unique recipes and sells for \$10 plus \$2 postage. Many of the recipes in this book were submitted "in memory of" loved ones who have dealt with cancer. To order, contact Sharlee Aaron, R#3 Box 131A, Albion, IL 62806, or call her at (618) 445-3795.

Hot and Spicy Sloppy Joes

Charlotte McKechnie

- 1-1/2 lbs. ground beef
- 1 C. chopped onion
- 1 clove garlic, minced
- 1/2 C. catsup
- 1 T. prepared mustard
- 1 (6-oz.) can hot style tomato juice or vegetable juice
- 2 T. chopped canned jalapeno peppers, (opt.)
- 2 T. brown sugar
- 2 tsp. chili powder
- 1 tsp. Worcestershire sauce
- 1/2 C. water

Cook ground beef, onion, and garlic in a large skillet until meat is brown and onion is tender. Drain off fat. Meanwhile combine tomato juice, catsup, water, brown sugar, jalapeno peppers, mustard, chili powder and Worcestershire sauce in a 3-1/2-4 quart crock pot. Stir in meat mixture. Cover; cook on low for 10-12 hours or on high for 3-5 hours. Toast buns and spoon meat mixture over buns and sprinkle with cheese.

Photos by Catrina McCulley



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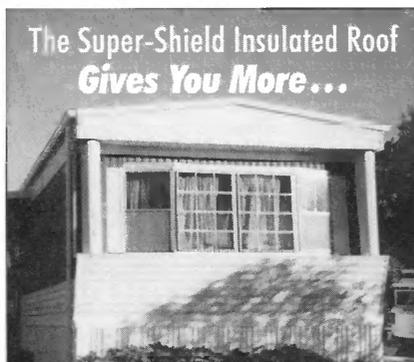
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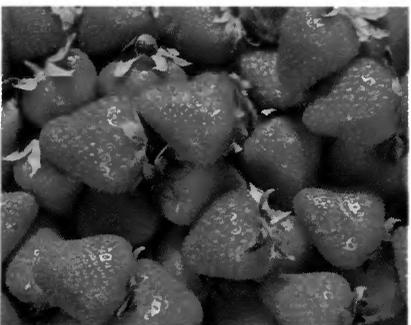
1-8, International Carillon Festival at Washington Park in Springfield. Carillonners from around the world will meet for a week of beautiful bell music. (217) 753-6219 or www.carillon-rees.org.

4-15, "Oklahoma," at the Little Theatre on the Square in Sullivan. 8 p.m. Tuesday-Saturday matinees; 2 p.m. Wednesday and Sunday; 4 p.m. Saturday \$22-25 with discounts for seniors, children and groups. (888) 261-9675 or (217) 728-7375.

6-7, The 11th Annual "Bluegrass by the Lake" Festival at Rives Lake in Greenfield. Featuring Rob Percy, Long Creek Bluegrass, Villiage Singers and many more great talents. Weekend passes are \$15. (217) 368-2775.



6-8, Brocton Spring Festival and Two-Day Draft Horse Show in Brocton. Saturday enjoy a parade, a 3-on-3 basketball tournament, a kiddy tractor pull, an afternoon draft horse show of Halter classes, cart classes and Jr. and Sr. showmanship, Firemen's Jonah fish fry. Sunday, see Gospel music, a car show and an afternoon draft horse show of pony and mule cart classes and all other Hitch Classes. Dick Sparrow exhibition, antique tractor and antique small engine exhibits, Micro Reality Nascar Track, food booths, youth activities and crafts. (217) 385-2450.



6-7, Carthage Strawberry Festival in Carthage. City-wide garage sale, music contests, food and games, along with the famous strawberry strut race. (217) 357-3024.

7-11, Heritage Tractor Adventure (HTA) along the historic Illinois and Michigan Canal National Heritage Corridor. Drivers come from not only Illinois, but across the country, including Wisconsin, Iowa, Indiana, Michigan, Ohio, Virginia, Arizona and Florida. This year's HTA includes two participants from Canada. Along the way, drivers can stop in canal towns for refreshments, entertainment, evening meals and to chat with HTA spectators. The HTA includes a kickoff weekend of pre-event activities and registration, followed by a three-day tractor ride. The public is invited to attend all event festivities and view the tractors as they trek west along the canal towpath. Dinner tickets must be purchased in advance. (866) TRACTOR or www.heritagetractoradventure.com.

Photos Courtesy of PSP Preferred





7, The Second Annual Living Stone Music Festival at Fairview Park in Casey. Contemporary Christian music groups such as Final Cry, Ignite and The Saints will be playing. There will also be a special guest speaker. Bring your lawn chairs and a friend. 3-11 p.m. Free admission. (866) Jesus-iz.

7, Tuscola Flower Fairy and Garden Festival in Tuscola. 9 a.m.-5 p.m. Plants, crafts, food vendors, children's activities and musical entertainment. Enjoy a garden walk from 11 a.m.-3 p.m. (217) 253-4440.

7, The Ninth Annual Garden Tour in Quincy. This tour spotlights some of Quincy's beautifully designed gardens on Kentucky Road. \$6 admission. (217) 224-6873.

8, Quilters Remember September 11, 2001 at Illinois State Museum Southern Illinois Art Gallery in Whittington. A selection of quilts from the national traveling exhibition. 9 a.m.-5 p.m. (618) 629-2220.

11-15, Sangamon County Fair and Ag Association at the Sangamon County Fairgrounds in New Berlin. (217) 488-2685.

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.

13-14, National Road Festival on the Courthouse Square in Marshall. Crafters, entertainment and food all weekend long. Come and enjoy historical Marshall and all it has to offer. (217) 826-2819.

14, Cumberland County 4-H Pork Chop BBQ at the Municipal Building in Greenup. Food will be served from 4:30-8 p.m. Tickets can be purchased in advanced from any Cumberland County 4-H member or by contacting the Cumberland County Extension Office. Tickets will also be available at the door for a slightly higher price. The menu will include pork chops, potatoes, applesauce, bread and butter, dessert and drink, or a porkburger sandwich, dessert and a drink. Ticket prices may vary with meal seating. Carryout meals are also available. Proceeds from the event will benefit the Cumberland County 4-H Program. (217) 849-3931.

14, The C-Bar Rodeo Company at the DeWitt County Town and Country Riding Club east of Clinton. The rodeo will feature ladies' barrel racing, bull riding, calf roping, bronco riding, clowns and children's games. Admission: \$8 for adults, 12 and under free. (217) 935-6630.

14, Colonial Tool Time at Colonial Cahokia State Historic Site in Cahokia. 10 a.m.-2 p.m. Discover how log houses were built at an event that showcases the tools and techniques available to the 18th Century frontier settler. Assembly methods will be demonstrated, from felling and hewing timbers to producing mortise and tenon joints. Many old time tools will be displayed as well. (618) 332-1782.

14-15, The 35th Annual "Skills from the Hills - Old Market Days" at Old Market House Square in Galena. A living history example of a turn-of-the-century open-air market with baked goods, Rada Cutlery, produce, jams and jellies, flowers and crafts. Also see Heritage Skills demonstrations. (815) 858-3392.

14-28, Muralfest 2003 in downtown Sterling. The Sterling Mural Society adds possibly two historic murals during this year's Muralfest to the 12 beautiful full-size murals already placed throughout the downtown area. Each colorful mural is based on actual events from Sterling's historic past. Free. (815) 632-6621.

20-22, Taste of Champaign-Urbana at West Side Park in Champaign. Restaurants from all over the area set up in the park and sell samples of their specialties. Free admission. (217) 398-2550.

21, The 14th Annual Rock River Canoe Rally in Northern Illinois. Three take out locations accommodate novice to canoeing enthusiasts. Experience one of the most scenic rivers in Northern Illinois. \$12 for adults, \$6 for children. From 8 a.m. - noon. (815) 732-7705.

21, Lake Shelbyville Craft Show at Lake Shelbyville in Shelbyville. Central Illinois' finest crafters will show and sell their wares in the Dam East Recreational Area overlooking the beautiful lake. 8 a.m.-4 p.m. Free. (217) 774-3313.

21-22, Gus Macker 3-on-3 Basketball Tournament at Sterling High School in Sterling. Dunk contest, 3 point shoot out, concessions and children's fun fair. (815) 622-2319.

22, Fields Project Art Show in Oregon. Visiting artists from the United States and Canada live with farm families June 14 - 22, working in various medias to create artwork, which is displayed and sold in conjunction with viewing of fields projects by air. Free. 9 a.m. - 4 p.m. (815) 732-2385.

26, Family Focused at the Early American Museum in Mahomet. Join the fun for a first-person living history presentation on the *Moons of the Illinois Indians*. Dan Hechenberger will portray Michael Accault, a French explorer who lived among the Illiniwek in Central Illinois in the 17th Century. Family Activities follow. (217) 586-2612.

27-28, American Prairie Festival in Argenta. Friday, the band "Captain Rat and the Blind Rivets" will perform at 8 p.m. Food vendors will also be available, as well as a large carnival with games and prizes. Saturday, the festival will start back up with a parade at 11 a.m. Other activities include vendors, displays, waterball fight, an auction and a D.J. on the high school grounds. A band will play in the evening. The finale will be a fantastic fireworks display at dusk - one of the largest in the area. (217) 795-4898.

28, Heritage Celebration at the Illinois Mennonite Heritage Center in Metamora. Dozens of demonstrations and hands-on activities using vintage tools remind us of farm and household activities of yesterday. Horse-drawn wagon rides, a period costume show, tours of museums, a fried chicken dinner and entertainment. Admission \$3 for adults, \$5 for family.

28, Pappy Wade Ray Fiddle Contest and Bluegrass Show at the Lions Club in Sparta. (618) 443-2145.





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