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COVER STORY



AgrAbility — You can't keep a good farmer down 10

For the 3 million Americans who work to feed the rest of us, farming is more than a job, it's a way of life. It's also a dangerous job. After an injury, AgrAbility Unlimited, a joint program of the Illinois Cooperative Extension Service and the Illinois Easter Seals Society, helps farmers get back to work and a life of independence.

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ILLINOIS COUNTRY LIVING™

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Chuck Hartke

Helping farmers develop new opportunities

Agriculture is undergoing a fundamental change, from a producer-oriented to a consumer-oriented industry. This means the farmers of tomorrow — unlike their predecessors — will no longer be able to merely sell what they grow and still remain competitive. Instead, they will have to grow what sells. The depressed farm economy the past few years has only accelerated the pace of this change.

Governor Blagojevich and I are striving to provide the tools farmers need to maintain their leadership position in the global marketplace.

The governor signed legislation June 11 that will create additional demand for our corn and soybeans, increased investment opportunities for our farmers, and new jobs in our rural communities. House Bill 46 extends the state sales tax exemption for corn-based ethanol, establishes a new tax credit for soy biodiesel, and starts a new grant program to encourage the development of plants that produce renewable fuels.

Biofuels already are an important part of our agricultural economy. Illinois currently produces 680 million gallons of ethanol a year, more than any other state in the country. But, the potential production — and impact on our agricultural economy — is much greater than that. Ethanol now accounts for only 1 percent of fuel sold at gas stations. Consumption, however, is poised to increase four-fold in

the next few years under the new renewable fuels standard moving through Congress. House Bill 46 positions Illinois to take advantage of this enormous opportunity. According to the Department of Commerce and Economic Opportunity, each new plant created by the legislation will increase the local price of corn 5 to 10 cents a bushel, provide an average 13 percent annual return to farmers who invest in the plant, and create about 40 full-time jobs.

The governor also has included \$400,000 in incentives in his agriculture budget to promote the development of “value-added” ventures. “Value-added” ventures are businesses that process farm commodities into marketable food and agricultural products, enabling producers to earn a larger share of the consumer dollar.

The incentives are provided through AgriFIRST, the Illinois Department of Agriculture’s economic development program, and help cover the start-up costs of qualified projects.

The importance of “value-added” ventures cannot be understated. The future of Illinois agriculture rests with its ability to identify its customers’ needs and create new uses for its agricultural production. These incentives will spur the innovations needed to increase demand for our crops and livestock, keep Illinois competitive in the global marketplace and build profitability for the food and fiber industry.

A 12-member council of farmers and agriculture leaders will provide the governor and me with valuable assistance as we position Illinois agriculture to take advantage of marketplace changes.

The Governor’s Advisory Council for Farmers and Farm Families was formed July 22 and has ambitious and wide-ranging objectives. In the area of economic development, members will work to spur the growth of new agribusinesses and complete infrastructure improvements that are essential to deliver farm commodities to markets. They also aim to improve farm families’ access to technology and health care.

The council’s market development objectives include identifying the tools necessary to exploit growth opportunities in specific sectors of agriculture and opening new foreign markets to Illinois agricultural products.

The council also aspires to raise awareness about the impor-

(Continued on page 6)

Chuck Hartke was named as Interim Director of the Illinois Department of Agriculture on April 28, 2003, and confirmed by the Senate on May 16th, 2003. As a state representative he served the 108th District starting in 1985.

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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Remodeling for energy savings

Following these tips from the National Association of the Remodeling Industry [NARI] of Des Plaines can help you reduce your energy bills.

You can easily test your home for air leaks by holding a smoke stick next to closed exterior doors and windows, and places where plumbing or electrical wiring penetrates through exterior walls, floors or ceilings. Caulking, sealing or weather stripping can seal most gaps. Expanding foam can seal large gaps.

Storm windows can be installed over single-pane windows.

For window replacement, consider specially coated double-pane windows designed to reflect heat back into the room.



Replacing the air filter once a month will maximize the efficiency of a heating system. You can also install a programmable thermostat.

Ducts running through attics, crawl spaces and garages should be sealed and insulated. It is not unusual to find improperly sealed joints leaking conditioned air.

Nothing is cozier than curling up next to a roaring fire on a blustery winter day, but a fireplace can send energy dollars up the chimney. Keep fireplace dampers closed when the fireplace is not in use. Install snugly fitting glass doors and close them to reduce heat loss while the fire burns itself out. The doors also protect the home from flying embers.

For more information go to NARI's Web site at www.RemodelToday.com, call (800) 611-NARI or contact your local electric cooperative.

Leaders urge students to get involved

Every June for the past 44 years, something amazing has been happening in our nation's capital. Nearly 1,500 young people from across America gather here for the "Youth to Washington" tour.

This year's speakers included a representative from the White House Office of Freedom Corps, Therese Lyon, who encouraged students to go back to their communities and participate in a volunteer activity. The Freedom Corps is George W. Bush's effort to foster volunteer service.

The National Youth Day keynote speaker was Lt. Col. Brian Birdwell, a survivor of the 9/11 attacks on the Pentagon. He said, "Our Founding Fathers were relying on the abilities and judgment of the average citizen to provide a check on the power of the government."

This year, 60 Illinois students visited with their congressional representatives; toured national historic sites, such as the White House, Vietnam Veterans Memorial, FDR Memorial, Jefferson Memorial, Korean Memorial and Lincoln Memorial; and went to museums like the Smithsonian's Air and Space Museum.

For many of the students who come to Washington, it is their first trip. Not only do they get to visit the sites in D.C., but they also come away with new friendships and enthusiasm for serving their communities.

Interested high school sophomores, juniors and seniors should contact their local electric or telephone cooperative for more details on winning a trip of a lifetime.



Senator Richard Durbin said, "I don't care where your home town is, whether you're rich or poor, if you have an interest in public service and want to get involved in government the opportunities are there. Get to know your community. Get an education. Get involved."

ILLINOIS COMMENTARY (Continued from page 4)

tance of agriculture to preserve farmland and foster community support for an expansion of the livestock industry. And, it intends to work with government in an effort to make sure agriculture regulations permit farmers to keep producing food.

Farmers now make up less than 2 percent of our population. But, they are growing more food on less acreage than ever before. And, this vast production provides the foundation for a diverse, multi-billion dollar industry that employs nearly 25 percent of the state's workforce. About one of every four Illinoisans

has an agriculture-related job, and they're not all rural residents either. Illinois is home to 1,700 food companies, many located in the Chicago area, and thousands more agribusinesses.

The short-term outlook for the industry remains challenging. But, the steps initiated by Governor Blagojevich during this cyclical downturn will position Illinois agriculture for a profitable future once an economic recovery is complete. And, preserving a viable industry is the best encouragement I know of that we can provide to farmers and their families.

Are you a "Youth to Washington" tour alumnus?

In the last 44 years, more than 2,500 students have traveled from Illinois to meet with presidents, senators, representatives and other national leaders. Many of these young people go on to be community leaders, and we are trying to find out more about the Youth to Washington alumni.

We learned seven alumni from the 1998 Youth to Washington trip graduated from the University of Illinois in May.

Derek Price, sponsored by M.J.M. Electric Cooperative, Inc., graduated with a Bachelor's degree in Bioengineering and a minor in Chemistry. He plans to attend graduate school for a Master's in Cell and Structural biology at the University of Illinois.

Nick Dolce, sponsored by Egyptian Electric Cooperative Association, graduated with a Bachelor's degree in Natural Resources and Environmental Sciences. He plans to study hydrology during graduate school at the University of Illinois, and hopes to end up with a career in a governmental agency.

Jessica VanTine, sponsored by Western Illinois Electrical Coop., graduated with a Bachelor's degree in Agricultural Leadership Education. She also plans to attend graduate school at the U of I, and will study Agriculture Education.

Megan Sievers, who was sponsored by M.J.M. Electric Cooperative, Inc., graduated with a Bachelor's degree in Food Science Human Nutrition, with the option of Dietetics. She will begin an internship and Master's program soon after graduation and upon completion will take an exam to become a registered dietitian.

Carrie Riggins, sponsored by McDonough Power Cooperative, graduated with a Bachelor's degree in Early Childhood Education. She started working as a teacher for the University of Illinois Child Development Lab immediately following graduation.

Brian Hetzer, sponsored by Norris Electric Cooperative, graduated with a Bachelor's degree in Political Science.

Mike Anderson, sponsored by Eastern Illini Electric Cooperative, graduated with a Bachelor's degree in Aeronautical and Astronautical Engineering.

If you, or someone you know participated in the Youth to Washington tour, please send a note to John Freitag or Linda Comstock, Association of Illinois Electric Cooperatives, P.O. Box 3787, Springfield, IL 62708 or e-mail us at lcomstock@aiec.coop.

Interested high school sophomores, juniors and seniors should contact their local electric or telephone cooperative for more details on winning a trip of a lifetime.

What you can do about natural gas prices

Natural gas soared last winter and could again this year. Because of increased demand and decreasing resources, the long-term future for natural gas prices may not be any better.

The average gas bill for consumers of one Midwest gas utility for November through January totaled \$320.80, up from \$259.85 the previous year.

The best way for consumers and businesses to avoid dependence on an energy resource this volatile is to install a geothermal heating and cooling system.

Geothermal heat pumps enable designers to create buildings that are extremely efficient in energy use as well as in space utilization. Check the ads in this magazine for a list of geothermal heat pump dealers.

Source: WaterFurnace International www.waterfurnace.com.

Bill will hold postal rates steady until 2006

The President has signed a bill into law holding the price of a postage stamp to its current price of \$.37 through 2006.

After the Senate passed its version of the bill in early April, the House followed with its unanimous passage of the Postal Civil Service Retirement System Funding Reform Act of 2003 the following week.

"The passage of this legislation is good news not just for the Postal Service, but for everyone who uses the mail," the Postal Service said in a press release. "It will enable postal rates to remain stable until 2006, providing a much-needed boost for the \$900 billion mailing industry and the overall economy."

The legislation will allow the Postal Service to reduce some pension fund payments, which would save the organization \$5.5 billion over the next two years.

Last year, the organization asked Congress to reduce its payments into the Civil Service Retirement Fund after an Office of Personnel Management (OPM) study showed that the agency would over fund its pension obligations by \$71 billion.

Reducing payments should not affect the benefits of current and future retirees, according to postal officials. The OPM study found that the retirement program would have a large surplus mostly due to a yield from pension fund investments during the last 30 years that exceeded expectations. The savings accrued to the Postal Service must be used to pay down its \$11.2 billion debt, preventing future increases under the legislation.

Last June the Postal Service issued its third rate increase in 18 months. If this legislation were not passed, another increase would occur next year. Postal unions, consumers, non-profit groups and others in the mailing industry are applauding the legislation.

Source: Alliance of Nonprofit Mailers; Washington Post; United States Postal Service

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The higher the SEER or EER rating, the more efficient the air conditioner and the lower its annual operating cost. An ENERGY STAR® seal requires SEER ratings of at least 13 for split system central air conditioners, and SEER ratings of 12 or higher for packaged central air conditioners. Portable room air conditioners must have an EER of around 11 to qualify for the ENERGY STAR® seal.

If you install a new central air conditioner, be sure to work with a contractor who will perform a quality installation. Recent studies show that more than half of central air conditioners don't perform up to their potential because of one of the following installation problems:

- Air conditioner is oversized
- Ducts are leaky
- Airflow is restricted
- Refrigerant charge is incorrect

Special financing may be available for ENERGY STAR® labeled central air conditioners. Visit the ENERGY STAR® Web site (www.energystar.gov), and click on Special Offers, or call the ENERGY STAR hotline toll-free for more information at (888) STAR-YES (888-782-7937).

Source: John Krigger, Saturn Resource Management, www.residential-energy.com.

Farm Progress Show returns to its Illinois roots

The "Super Bowl of Agriculture" returns to a farm site not far from where it began nearly 50 years ago in Vermilion County. The 2003 Farm Progress Show will take place Sept. 23-25 near Henning. The golden anniversary show brings together the farm operations of the Peter Gernand and Scott Clark families to host what is expected to be among the most memorable Farm Progress Shows ever. Both families are members of Eastern Illini Electric Cooperative, the co-op providing electric service to the tent city that will be erected.

This year's show site, the Penfield-Gernand farms, is located about 10 miles from the Earl Bass farm, the site of the first Farm Progress Show held in 1953.

While honoring the show's heritage is important, the primary Farm Progress Show mission remains focused toward showcasing future opportunities and challenges.

President/CEO of Eastern Illini Electric Cooperative Wm. David Champion, Jr. says, "We are really excited about being the electric co-op serving the Farm Progress Show in its 50th year. It is an honor for them to come back to the same area that they started in 50 years ago and for us to be a part of the celebration." Eastern Illini will also host one of the tents and demonstrate its various services such as Internet and telecommunication services.

Safe Electricity will also have a demonstration on farm safety at the show. Safe Electricity is a joint effort undertaken by members of the Illinois Electric Council. For more information go to www.safeelectricity.org.

The modern-day Farm Progress Show attracts more than 100,000 visitors from around the world. To find out more go to: www.farmprogressshow.com or call the Danville Area Convention and Visitors Bureau at (800) 383-4386.



The Farm Progress Show staff took a little trip back in time when they arranged the planting of a 50-year-old hybrid using a cableless, tricycle wheel Farmall M tractor. Planting was on 38-inch rows just like it was done in 1953. The 50th Farm Progress Show will be held near Henning, 15 miles north of Danville, September 23 to 25.

Illinois rural teachers earn less

Illinois' rural teachers earn nearly \$10,500 less than teachers in the rest of the state, the largest gap in the nation. There are more than 1 million people living in rural Illinois, and the state ranks among the top 10 states in percentage of students attending small rural schools, one fourth of which suffer declining enrollment. The sheer number of rural students makes it important for Illinois to address rural education policy.

Source: The Rural School and Community Trust www.ruraledu.org.

SAVE MONEY *and the* ENVIRONMENT *with energy conservation*

By Shawn Wilcockson

Energy efficiency creates three positive benefits at once. By lowering your utility bills, reducing pollution and increasing your comfort, you win and so does our planet.

Did you know that the average household pays more money on energy bills than necessary? That's right! You are paying for needless energy usage because available energy conservation practices are not being implemented in your home. Learn more about energy conservation and you can begin saving money and helping the environment, all while making your home more comfortable. Here are some home energy-savings techniques to get you started.

- Replace common incandescent bulbs with compact fluorescent lights. These bulbs use only about a third as much electricity and last 10 times longer than regular bulbs. Another cost savings technique in lighting is to replace fixed outdoor lighting with a motion-detector equipped bulb. Outdoor lights left on all night can add unnecessary costs to your power bill.
- Clean or replace furnace and air conditioning filters regularly, following manufacture's instructions. A clean filter can lower your air conditioner's

energy consumption by 5-15 percent.

- Caulk or use expanding foam anywhere you find air leaks.
- Install double-pane windows with low-e coatings. Add storm windows or use plastic film kits to improve single-pane windows.
- Insulate your water heater and hot water pipes. The insulating jacket will reduce standby heat loss by 25-45 percent, saving 4-9 percent on your water heating bills.
- Plant trees to shelter your home from the elements. Provide effective shade for east and west windows.
- Install ceiling or other fans to cut down on air conditioning costs. Air circulation keeps costs down.
- Install a high-efficiency furnace/air conditioner or a geothermal heat pump.
- Set your hot water heater no higher than 140° F (60° C) if you have a dishwasher. Otherwise, set it at 120° F (48° C).
- Turn off electronics when not in use. Idle TVs and VCRs alone cost U.S. consumers \$1 billion a year, or some \$30 per household.

- Do only full loads when using your clothes washer or dryer. Be sure to clean your clothes dryer's lint trap after each use. On sunny days, hang your clothes out to dry.
- Fix defective plumbing or dripping faucets. A single dripping hot water faucet can waste 212 gallons of water a month.
- Turn off lights when you leave a room. In the summer, lights add additional heating load to the home that your air conditioner must overcome.
- Use a programmable thermostat. Rule of thumb for thermostat savings: For each degree you lower your thermostat in winter, you can save about 3 percent.
- Purchase Energy Star rated products (refrigerators, dishwashers, washers and dryers, computers and stereo equipment). These products provide higher energy-efficient capabilities. If over the next 15 years, Americans bought only Energy Star qualified products, we would shrink our energy bills by more than \$100 billion.
- Excerpted from www.energy.gov.



AgrAbility

You can't keep a good farmer down

"More than 200 Illinois farmers are disabled each year due to accidents or health problems."



The combination of workplace hazards, a "greying" farm population and limited access to health information makes Illinois' agricultural sector more susceptible to health problems and work-related injuries. AgrAbility helps disabled farmers stay on the farm by providing information on safe, affordable modifications and solutions.

The John Deere Gator screeches to a halt outside the barn door. The lowing of cows can be heard from beyond the door. Brenda Besse steps off of the Gator and collects the baby bottles and large feed sacks. She's working today at Brierwood Farms in Hillsdale. Later this week she'll be working at Besse Farms in Erie, a grain, corn and soybean farm.

As she walks into the barn to start the feedings, you would never suspect the horrifying farm accident she endured in 1981.

"It happened when I was clearing some corn stalks from the combine head and my pant leg became caught. My leg was dragged into the head and I was holding on to whatever I could. I couldn't do anything but wait





for AgrAbility Unlimited, a program helping Illinois farmers who have had disabling accidents or diseases. The AgrAbility program began in 1991 when the University of Illinois Extension and Easter Seals joined to help victims of one of the most dangerous professions in Illinois — agriculture. The program is funded by the U.S. Department of Agriculture.

More than 200 Illinois farmers are disabled each year due to accidents or health problems. And although neighbors can help a farmer get his or her corn planted or harvested, this is only a short-term solution. AgrAbility assists these farmers in regaining their “ability” to farm, through equipment modifications, peer services and general support.

AgrAbility helped Besse to get that John Deere Gator she uses on her farm. Some farmers just need an extra step on the tractor, or a handrail to get in and

out of the cab. Others need lifts to get into their trucks and tractors. Whatever they need, they can turn to AgrAbility for help. More than 600 farmers are back on their tractors thanks to AgrAbility.

But turning to AgrAbility has been a source of anxiety for many farmers. “Farmers are very proud individuals and they don’t go looking for help,” says Mike Brokaw, Program Director for AgrAbility Unlimited. It’s also hard to get out information about the program. The organization tried farm trade shows and agricultural pa-

pers, but discovered a better way. “When farmers are out looking at tractors, they don’t want to think about ending up in a wheelchair. So we created a local volunteer system to help us get the word out,” says Brokaw.

The volunteers, or community ambassadors, keep in touch with regional AgrAbility represen-

“When I got hurt, there wasn’t a program around that could help me continue farming. Now there is.”

for the machine to finish cutting through my leg so I could get free. It took about two minutes.

“The final sever catapulted me forward and I rolled over, looked up at the combine and thought, ‘I’ve got to get out of here.’ After that I had to hop through the corn stalks and up the combine steps. I hit the button to shut off the head, which is what I should have done in the first place, put the combine in gear, and drove to find help.”

Besse lost her leg and went through a painful, but fast recovery. She got out of the farm business to work a desk job, but 15 years later, got back into farming. “When I got hurt, there wasn’t a program around that could help me continue farming. Now there is.”

Besse is a field representative



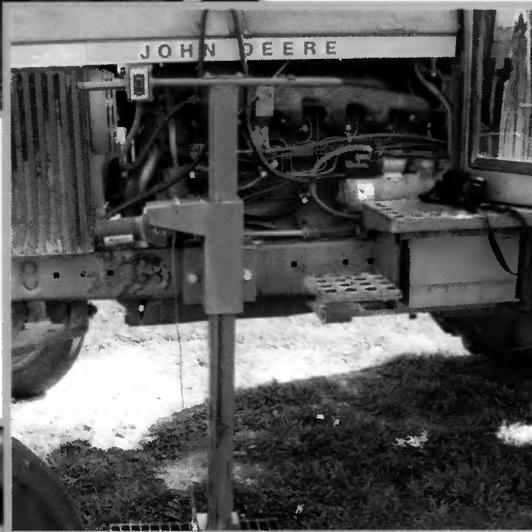
Dennis Amdor uses his new grain-vac to fill the seed boxes on his planter. Sometimes simple modifications make a huge difference.





AgrAbility helps remove barriers by modifying farm equipment. (Left) RD Elder accesses his tractor with his Life Essentials lift.

(Right) A simpler lift is used to provide access to the high first step.



In addition to farming, Brenda Besse has been named the #1 Female Amputee Golfer in the nation. She has won 42 of 50 amputee tournaments.

tatives and inform farmers about the program. They put information in places accessible to farmers, such as the local coffee shops, barbershops and grain elevators.

Once a farmer's accident or illness is reported to the regional representative, a meeting is set up between the victim, the representative and Brokaw. If someone doesn't want help, the representatives just step back, but often find that families weren't even aware of the program's existence.

"Most farmers, the first thing they tell you is 'I'm going to get back in the tractor.' We say, fine,

we have the technology to do that. But, how are you going to get from the house to the machine shed when there is mud and gravel, and all you have is a small tire wheel chair that you got when you checked out of the hospital? We try to look at the whole picture," says Brokaw.

After a few visits, Brokaw brings in the farmer's entire family. "It has to be a joint effort. If you have someone who isn't on board, it's going to create problems in the end. You want everyone involved."

The accidents or illnesses themselves often change people forever. "Now that I've had my accident, my whole perspective has changed," says Besse. "I've really become more compassionate. Before, I didn't care much for others, but now I will go out of my way to help them. I enjoy working for AgrAbility because the program has the same mindset of helping others. It really is a great program."

Many farmers also get something out of the networking system that develops. AgrAbility can put them in touch with others who have similar disabilities,

providing a support system. "One of the things I am most proud of is that we have so many people willing to help with the program. Illinois is just a great agriculture state. People are always ready to give," says Besse.

Illinois has more than 500,000 people directly or indirectly involved with agriculture production. More than 200 of these individuals will become permanently disabled each year.

Brokaw says he sees about an equal number of disabilities caused by accidents and health issues. "We receive more

"I enjoy working for AgrAbility because the program has the same mindset of helping others."



Agrability Services

Through AgrAbility Unlimited, farmers, their families and agricultural workers will continue to enjoy their way of life. The program seeks ways to overcome disabilities through:

- A toll-free information and referral hotline.
- Networking with local agricultural and rehabilitation professionals.
- Community resource coordination.
- Equipment modification information.
- Job restructuring.
- Alternative job development.

AgrAbility offers:

- Comprehensive assistance to farmers, farm workers, and their families who have any form of disability.
- Individualized services aimed to increase self-sufficiency and independence.

AgrAbility assists with:

- On-Site assessments to determine adaptive requirements.
- Equipment/worksites modification and consultation.
- Job task restructuring.
- Agricultural occupation alternatives.
- Stress management counseling.
- One-on-one support network.
- Safety/secondary injury awareness

and more chronic health conditions as our farm population gets older," says Brokaw.

Arthritis, diabetes and vision or hearing loss are a few examples of conditions that can affect the way farmers do their jobs every day. "That has been tough to get across to farmers because they don't think it's a disability. But it's affecting how they do things every day. There are some simple things we can do, like adding a step or handrail, to make things easier."

The three most common debilitating accidents are tractor roll-overs, suffocation in grain bins, and fires. A lot of accidents are related to an older piece of equipment that doesn't have the safety features it needs. Some are caused by farmers not taking the precautions they need to.

"It is up to farmers to protect themselves," says Cherry Brieser Stout, Editor of *Prairie Farmer*

magazine. "We've lost three generations in my family to accidents. My grandfather was killed in a combine accident nearly 70 years ago. My father was killed in 1983 in a tractor overturn accident. My brother was electrocuted while working on a grain bin."

One organization, Safe Electricity, seeks to remind farmers of safety around electricity. Electricity is a part of almost every aspect of farming these days. And electrocution is one of the leading causes of death for farmers.

Stout recalls the tragedy of her brother's death. "The corn was plugged at the top and he climbed on top of the grain bin with a metal rod to break it up. There was a power line that ran above the grain bin and the metal rod touched the line.

For us, it drove home the point that when you put up a structure on the farm, you need

to take a real close look at where the electric lines are in relation to your farm building and activities."

One of Safe Electricity's key points is "look up and live." This is especially important when moving grain augers and other tall equipment.

Molly Hall, Director of Safe Electricity, says she recalls an event where a father and son drove their auger underneath a power line. The son jumped free of the tractor and lived, but the farmer stepped out one foot at a time and was killed. When in any vehicle that comes into contact with power lines, stay in the vehicle if possible and if you must get out, jump with both feet together. The electricity needs a path to ground. If you are in contact with the vehicle and the ground simultaneously, you are providing that path. The Safe Electricity Web site has a section devoted to agriculture safety issues. Visit it at www.safeelectricity.org.

All farmers need to practice safety on a daily basis. "Farmers need to protect not only themselves but also their children. One of the problems we have today is that we have young people and grandparents that are working on the farm who don't have the same reflexes as people in the prime of their life, and that makes for extra risk for those groups," says Stout.

But when accidents do happen, AgrAbility can help. You can contact AgrAbility through Program Director Mike Brokaw at (800) 500-7325, Northern Field Representative Brenda Besse (Bloomington area and north) at (309) 659-2715, or Southern Field Representative Jim Williams (South of Bloomington) at (309) 663-1185. The Web site www.agrabilityunlimited.org features contact information, information about the program and links to other helpful sites.

Besse says, "Life doesn't end with a disability." She proves this statement every day she works on a farm.



Kyle Finley

Shortcuts are the fastest way to an accident

As the owner of LiveLine Demo, Inc., an electrical safety education business, and also a farmer, I often wear two hats. There's the orange hard hat that I wear when I'm doing my electrical safety programs and then there's my farm hat. I farm 550 acres in Vermilion County, Ill., and Warren County, Ind.

Having spent 17 years at a power company, I sat through numerous safety meetings. Now I'm the guy giving the safety demonstrations.

Farmers are not accustomed to having regular safety meetings, and some might think OSHA is a bad four-letter word. OSHA was formed to make the work place a safer environment. But how safe are we on the farm? It is a well-known fact that farmers are more likely to have an injury or fatal accident than our counterparts at a factory. We often use a lot of shortcuts around the farm and the shop that would not be acceptable in the work place.

A few years ago, I was tearing down an old barn, and while dragging some lumber, I stumbled. As I stepped to the side to catch myself, my foot landed on a board with a nail pointing up. The nail went through my shoe and into my big toe. I should have taken the nails out of the boards as I removed them from the barn, rather than just laying them on the ground. I also should have been wearing proper footwear, rather than tennis shoes.

After a couple of trips to the emergency room to have something removed from my eye, you

would think that I would always wear my safety glasses. I am pretty good about doing it now, but I still find myself starting to drill or grind before I grab a pair of safety glasses.

In my business I meet a lot of farmers who tell me about their accidents. Often their injuries are evident – they may have severe burns or limbs that are missing. I have a neighbor that had his leg cut off by a feed auger because it didn't have a cover on it. Another farmer I know and his boss were moving a grain auger by hand and got it into the 7,200 volt line crossing the barn lot. His boss was killed and he lost both his arms.

So how can farmers be safer around the farm? First, we need to use some good old common sense. Secondly, we need to implement some basic safety procedures around the farm and not take shortcuts.

- Wear shoes, gloves and other clothing suitable for the work being performed.
- Wear appropriate gloves or other hand protection when exposed to cuts, lacerations, abrasions, punctures, chemical absorption or burns, thermal burns or temperature extremes.
- Wear eye or face protection when exposed to flying particles, molten metal, liquid chemicals, acid or caustic liquids, chemical gases or vapors, or potentially injurious light. (Have a face shield by your grinder and use it.)
- Wear suitable hearing protectors when exposed to loud or intense noise.

- Wear a respirator when applying spray paint, welding galvanized metal, mixing or spraying pesticides, and when exposed to similar hazardous conditions.
- Guards must remain in place when operating belts, gears, shafts, pulleys, fly wheels, chains and other moving parts.

A couple of electrical safety tips I use during my demo are to use ground fault receptacles (GFCIs) or ground fault drop cords. OSHA requires that GFCIs be used on any construction site or wet location. I have them in and around my home and shop and use the ground fault drop cord anytime I'm using a power tool. Remember 120 volts is the number one reason for electrocutions in the United States.

If you are using elevated equipment, the OSHA minimum distance to an energized power line is 10 feet. This ruling also states that a vehicle in transit must be 4 feet away from the line. Keep this in mind while using farm equipment this fall. Look up for those overhead wires so you won't be another statistic.

Have a safe and profitable fall!

Kyle Finley, who worked for Eastern Illini Electric Cooperative, now farms and provides safety demonstrations to schools, companies and emergency response employees across the state. Contact Finley at: Live Line Demo, 28512 N. 1950 E., Alvin, IL 61811, (217) 759-7916, livelined@aol.com



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David Robson

Nothing beats the right tool

Does anyone need more than 40 garden tools hanging in their garage? Do you have 10 different types of shovels and spades, from a little one not much larger than 4-inches tall and wide to a fiberglass handled trenching spade? How about eight hoes with blades shaped like rectangles, squares, triangles and stars?

Or how about more than 12 different types of rakes, from the large pegged landscape rakes used to move gravel and wood chips, to the hand-held types for getting that last leaf from under the forsythia without getting down on your hands and knees and literally picking it out?

And on top of that, what about the 25 other miscellaneous tools from claws to edgers to picks to pruning equipment?

Yes, I am a garden tool addict. Whether I will ever use all the tools I own is a minor consideration compared to how much money I have spent or how much space they take up.

One of my favorite tools is a little gas Mantis cultivator. It gets more of a work-out than any of my other tools except for the sprinkling cans. Throughout the year, the cultivator gets primed and fired up for digging and working the soil around existing plants or in renovated areas.

It does make a racket and, at times, seems to reduce the shoulder muscles to Jell-O. Nothing, though, can beat the four little heads digging into the ground and working the soil to a nice fluffy texture for the spring bedding plants and fall-planted bulbs.

Unfortunately, a Mantis isn't the easiest to store on a pegboard. Not that it's impossible; it just doesn't look as clean and efficient.

Of all the tools, and all the "autumn" tools, as I call them, nothing beats the rakes. In fact, September, October and November are the peak months for rake usage.

The grading rake, with its big flat head and wooden pegs isn't much use in the fall. In fact, with a width of 3 feet, it really isn't much use in a postage-stamp garden. However, if you are renovating a large area, it can't be beat.

Most of us use a Springbok or fan rake, whether it's metal, bamboo or plastic. The flexible prongs the spring back (or "bok") make it easy raking up leaves in quick pulling motions. The larger the rake's head, the more leaves you can move with one stroke. A large rake can quickly make light work of a yard full of leaves.

That's okay if you live with large expanses of yard. (If you live out in the country, most people sort of just let the leaves blow away. I think they end up eventually in Indiana. Of course, we have Iowa and Missouri leaves in our state, though the Mississippi River is a great catch basin.)

The English Wizard rake is similar to the large leaf rakes except the head is flat and usually has soft plastic or rubber tines. The tines do less damage to the turf and plants than a regular leaf rake.

Thirteen years ago, I bought an expandable head rake as one of my first two purchases. The head

expands from 8-inches wide to 24-inches. It was perfect for reaching between closely spaced boxwood and perennial plants and spearing oak leaves, or expanding to rake the entire yard. It was the workhorse of all the tools.

This past spring while removing the remnants of last fall's leaves, the tines simply fell apart from the rake. It was recycled, but not without the proper mourning. It's hook is currently empty, but not for long. It's too valuable.

Most garden rakes just seem too big for small yards and small jobs. That's where the child's version comes in handy. I have never been opposed to using tools designed for small hands and feet. The Merlin Rake is a small version of the Wizard Rake and gets in those tight places. There are even eight-prong leaf rakes available. Sure, they are perfect for teaching youngsters, but they can also be great for adults. You may have to create a handle extension, but what a small price to pay.

Don't forget to take care of your tools, especially your gas-powered tools. And be extra careful with any cutting tools or tools that require extension cords.

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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James Dulley

Add a sunny option to your home

Q: Dear Jim: I would like to add a bright, efficient sunroom to my house for an "outdoors" feeling during the winter and to help heat my home. What reasonably priced sunroom options do I have, and can I expect one to provide solar heat for my house?

- Peg N.

A: Dear Peg: There is a vast array of sunroom options that would probably fit your needs even if you're on a fairly tight budget. These designs range from low-cost kits using aluminum frames and acrylic glazing to elaborate decorative ones using curved wood frames and super-efficient glass. Some models are designed to be do-it-yourself kits while others are delivered to your home already completely assembled, or built only by authorized contractors.

It is possible to use your new sunroom to capture solar heat and reduce your overall heating bills, but this will affect the basic design, materials and usable interior floor space. For the typical, reasonably priced sunroom kit used primarily as additional living space, a reasonable efficiency goal is to just make it energy self-sufficient during the winter.

To use a sunroom to assist with the heating of your house, it needs the proper orientation to the sun, much thermal mass and a method to move the solar heat into your house. The orientation



should be within 15 degrees of true solar south. This is different than the compass south and varies depending on your location in the country. Your local weather service should be able to tell you how many degrees true solar south varies from compass south in your area.

When attempting to provide heat for your house, you want the sunroom to capture as much solar heat as possible. Without heavy thermal mass to absorb this heat, the sunroom can overheat and much of the heat is lost back outdoors. Typical thermal mass materials are masonry (bricks, concrete, stone) and water in drums. The masonry thermal mass can be built into a wall or floor and can actually be an attractive addition to the sunroom. Warm air ducts are a common way to move the solar-heated air into your house.

The newer do-it-yourself sunroom kits, thanks to computer-aided design and manufacturing procedures, have a professionally built look when completed. I built a sunroom kit on the concrete patio of my house and although it took me a month to do it, it looks very nice. Even the few manufacturers that sell only through authorized contractors who build it for you often allow you to assist in building it to lower the overall cost.

Sunrooms are classified as three-season (not winter usage) or year-round models. You probably want a year-round model since you want to try to help heat your home with it. A year-round model will have double-pane thermal windows and a wood or thermally broken aluminum frame for efficiency. The thermal breaks are more important in colder climates, especially to control

condensation since people often have many plants in sunrooms. Three-season sunrooms typically have just single-pane windows and screens to be opened like a porch during the non-heating seasons.

The simplest design to build yourself uses an aluminum frame with double-pane clear acrylic windows. During the summer, its specially designed windows can be removed to create an open screened porch. The windows are self-storing beneath the screens. The clear roof is made of tough double-pane polycarbonate (bulletproof glass).

Most sunroom kits, whether contractor-built or do-it-yourself, bolt together like a huge erector set. All of the color-coded components, hardware and fasteners are included for easy assembly. If you order one of the completely assembled sunrooms that bolts down over a foundation

or patio, you can be using it within three hours after delivery. Large models are delivered in several preassembled sections.

Models using frames with a curved transition from the front to top are the most attractive, but more difficult to build. These often use wood frames instead of no-maintenance aluminum. If you want curved eaves and an attractive interior with no maintenance, choose a kit with composite framing (wood interior and aluminum exterior).

During the summer, sunrooms often overheat in the afternoon sun. Adding some type of shading device and ventilation is imperative. Exterior shading systems, such as solar screening, are most effective and attractive from the indoors. Most sunroom kits have optional shading systems specifically designed for them.

Another option for more openness is to install just a large,

screened folding window wall. Its efficient hinged thermal-glass panels open accordion-style on tracks to expose the screening and entrance door.

Write for (instantly download - www.dulley.com) Utility Bills Update No. 640 - buyer's guide of 12 efficient sunroom/kit manufacturers listing styles, frame/glazing materials, ventilation/shading options, features and passive solar heat producing tips. 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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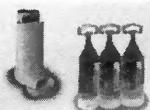
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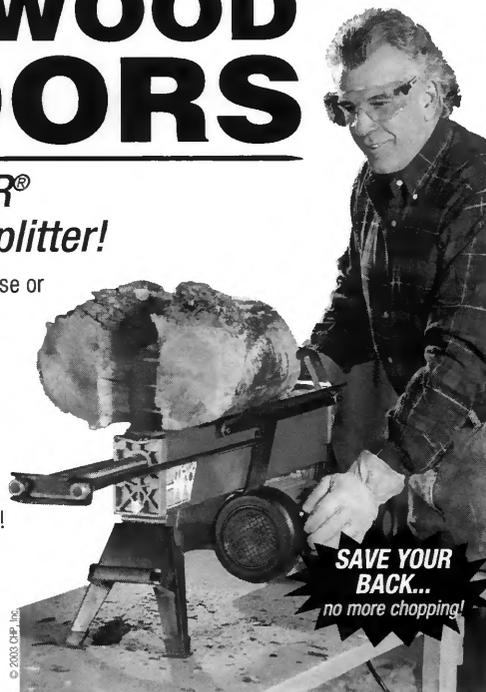
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Don't ignore the signs of depression

If you break your leg, you know you need medical help. Depression can be just as serious, and maybe even more so because if left untreated, it can lead to suicide. However, many of us don't recognize the signs, don't know how or where to seek help, or are too embarrassed to ask for help.

Commonly held views hinder millions of Americans with clinical depression or generalized anxiety disorder from being diagnosed and treated according to a survey by the National Mental Health Association (NMHA - www.nmha.org). The survey found only 18 percent who appear to meet the criteria for depression have ever received help. The survey found 93 percent of undiagnosed people do not associate their symptoms with a mental health disorder. Almost half feel their symptoms are self-manageable.

Clinical depression is one of the most common mental health disorders. Symptoms of depression include: persistent sad, anxious, or "empty" mood; feelings of guilt, hopelessness, or worthlessness; loss of pleasure and interest in activities once enjoyed; restlessness or irritability; difficulty concentrating; fatigue; and reduced appetite and weight loss, or increased appetite and weight gain.

Too many people resist treatment because they believe depression isn't serious, that they can treat it themselves, or that it is a personal weakness rather than an illness.

Dr. Frederic Flach, a psychiatrist and the author of "The Secret Strength Of Depression," 3RD Revised Edition (Hatherleigh Press, 2002) advises that finding the right person to help you with your depression is not an easy task. Don't let your fingers travel through the Yellow Pages, he



warns. You probably would not choose a heart surgeon that way.

First: unless you are on Medicare (in which case you can often go to any licensed caregiver) your health insurance carrier will probably insist that you confer with your primary care physician before seeing a specialist.

Your doctor may already have detected signs of depression. If not, you may have to tell your doctor that you think you may be depressed. If he or she immediately reaches for a prescription pad, watch out.

Having said that you may be depressed, you should expect the same careful inquiry that would be carried out were you to complain of pressure in your chest radiating down your left arm.

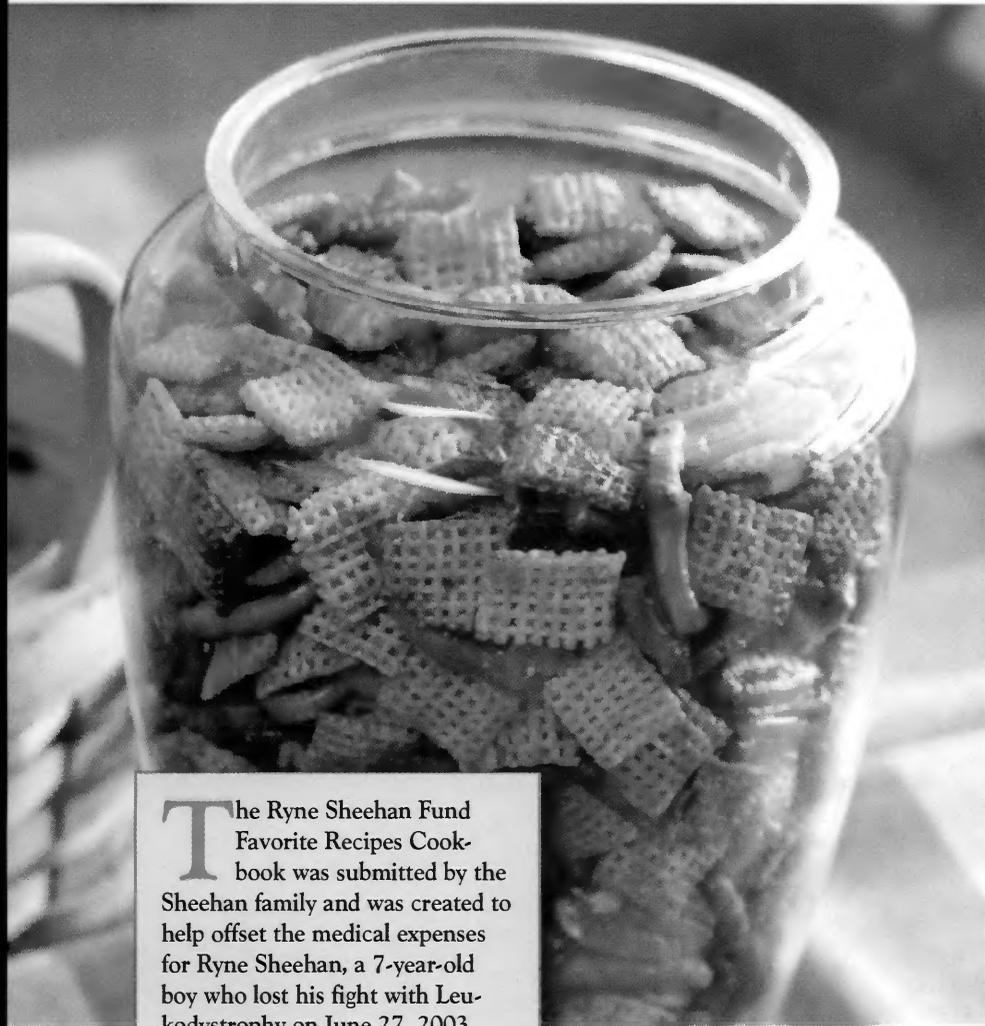
If you are referred, find out from your doctor as much as you can about the person he or she is recommending. Is he or she an M.D. (psychiatrist), a Ph.D. (psychologist), an M.S.W. (social worker)? It is not an insult to ask your doctor if he or she would go to whomever he or she is recom-

mending to you. Be prepared to set up a second consultation with another professional if the first one doesn't pan out.

Do you trust the doctor's abilities and professionalism? What do you sense about him or her as a person? Is this someone you could like and respect? "It never ceases to amaze me how often patients continue in unsuccessful relationships with therapists whom they basically dislike," Dr. Flach says. A good doctor-patient relationship lies at the heart of every effective medical intervention.

Dr. Flach concludes, "Depression can hit you like a 10-ton tank, leading you to be utterly hopeless and demoralized, even considering suicide as a way out. It can manifest in the form of physical complaints: a wide variety of symptoms like headaches, fatigue, intestinal upsets, and the like. Getting help for depression isn't a luxury. Untreated depression can lead to a host of physical disabilities and significantly shorten your life span."





The Ryne Sheehan Fund Favorite Recipes Cookbook was submitted by the Sheehan family and was created to help offset the medical expenses for Ryne Sheehan, a 7-year-old boy who lost his fight with Leukodystrophy on June 27, 2003. The Ryne Sheehan Fund gives 100 percent of its proceeds to the family to help with the overwhelming medical bills the family faces. The book consists of 300 unique recipes and sells for \$10 plus \$3 postage. Many of the recipes are ethnic recipes that were handed down from generation to generation. To order, contact Harold Sheehan at 254 Boucher Lane, Franklin, IL 62638 or call (217) 675-2136.

Honey Glaze Snack Lynn Sheehan

- 4 C. corn cereal squares
- 1-1/2 C. miniature pretzels
- 1 C. pecans
- 1/2 C. butter
- 1/4 C. honey

Combine pretzels, pecans and cereal. Melt butter in a pan, stir in honey and blend well. Pour over cereal to coat. Spread in jellyroll pan. Bake at 350° for 12 minutes. Stir occasionally. Spread on waxed paper to cool.

Mexican Confetti Lynn Sheehan

- 3 med. tomatoes, chopped
- 4 green onions, chopped
- 1-oz. small chili peppers
- 1 can black olives, chopped
- 1 tsp. garlic salt
- 3 T. olive oil
- 1-1/2 T. white vinegar

Mix all ingredients in a bowl. Refrigerate overnight and serve with favorite tortilla chips.

Tuscany Potato Soup Bob Evans Restaurant

- 1 lb. Bob Evans Italian roll sausage
- 2 T. olive oil
- 1 med. onion, chopped
- 1/4 tsp. black pepper
- 1/4 tsp. red pepper flakes
- 1 (48-oz.) can chicken broth (sodium free)
- 1 (6-oz.) pkg. pre-cooked chicken strips, cut into pieces
- 1 T. parsley, chopped
- 1 (20-oz.) pkg. Bob Evans refrigerated home fries
- 1 bunch fresh kale, washed and chopped into pieces

In a soup pot add olive oil, crumble and brown sausage over medium heat. Add onions and sauté for 3-4 minutes. Add salt, peppers, broth, chicken pieces, potatoes and parsley. Bring to boil and immediately turn heat down to simmer. Simmer for 10 minutes. Add kale. Cover and simmer for an additional 10 minutes. Serve warm.

Calzone Angie Shoraga

- 1 (10-oz.) tube refrigerated pizza crust
- 1 C. ricotta cheese
- 1 C. shredded Mozzarella cheese
- 1/4 C. meat: pepperoni, sausage, ham, etc.
- 1 T. cornstarch
- 1 C. Marinara sauce

Preheat oven to 400°. Grease a large cookie sheet. Roll pizza dough on sheet, spread out to about 14-inches round. Mix ricotta, Mozzarella, meat and cornstarch well. Spread meat mixture on dough, leaving about a 1-inch border. Spread sauce on top of dough. Fold the dough over and pinch edges shut. Cut 4 slits on top of dough. Bake 16-20 minutes until golden brown. Serve hot.

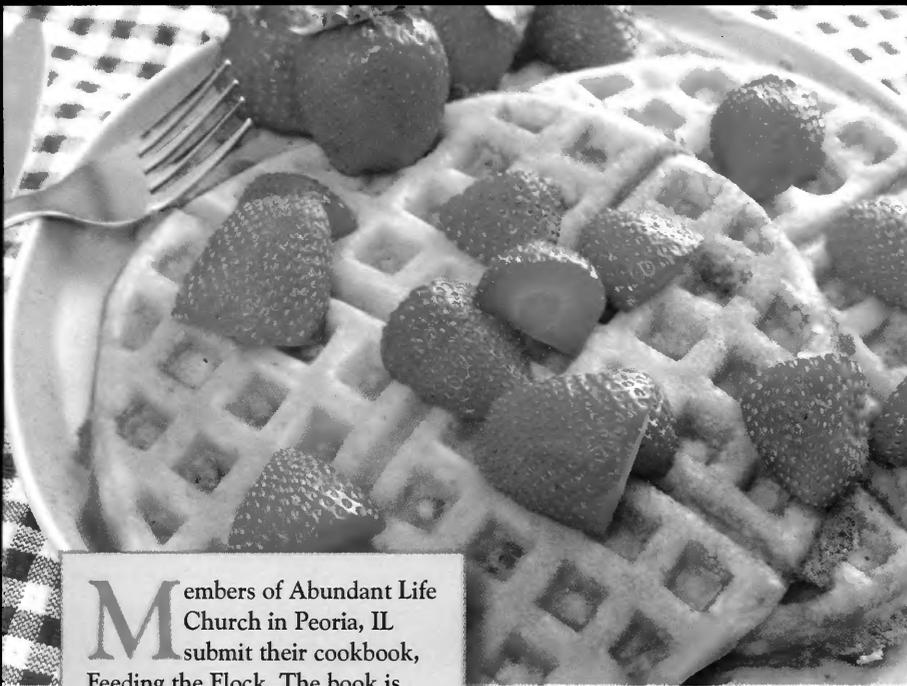
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Visit www.icl.coop to see an archive of past Illinois Country Living recipes.





Members of Abundant Life Church in Peoria, IL submit their cookbook, *Feeding the Flock*. The book is comb-bound and soft-backed, and is filled with 68 pages of delicious recipes. The book sells for \$7.50 plus \$1.75 postage. To order, contact Deb Bickel at Abundant Life Church, 6327 N. Upland Terrace, Peoria, IL 61615, or call her at (309) 231-2287.

Guacamole
Monica Young

- 2 ripe avocados
- 1 med. tomato, chopped
- 3 T. green chili peppers, chopped fine
- 1-1/2 T. lemon juice
- 1 tsp. salt
- 1/8 tsp. pepper

Peel avocado and remove pit. Mash. Blend avocados, tomatoes and chili peppers. Blend in lemon juice, salt and pepper. This is wonderful on tortilla chips with sour cream and shredded Cheddar cheese.

Pina Colada Salad
Tracey O'Brien

- 1 (8-oz.) ctn. pina colada yogurt
- 1 sm. can crushed pineapple, drained
- 1-1/4 to 1-1/2 C. mixture of drained pineapple juice and water
- 1 sm. pkg. lime Jell-O

Heat juice and water mixture to boiling. Place Jell-O into a mixing bowl and dissolve with boiling juice mixture. When Jell-O is all dissolved, use a wire whisk to add yogurt to Jell-O. Whisk well. Fold in pineapple. Recipe can be doubled and any other flavors of Jell-O and yogurt can be used.

Perfect Waffles
Sheree Shipley

- 2-1/2 C. flour
- 3/4 C. butter, melted
- 2 T. sugar
- 2-1/4 C. milk
- 3/4 tsp. salt
- 4 tsp. baking powder
- 2 eggs, beaten

Combine flour, salt, baking powder and sugar. Blend. Combine butter, milk and eggs together until well blended. Add flour mixture to milk mixture and blend together until smooth. Bake in a hot waffle iron until golden brown. Makes 8 to 10 waffles, depending on the size of the waffle iron.

Sour Cream-Apple Chicken
Nancy Gebhart

- 4 boneless, skinless chicken breast halves
- 1 T. oil
- 2 med. baking apples, peeled and thinly sliced
- 1/2 C. apple juice or cider
- 1/2 tsp. salt
- 1 T. flour
- Paprika
- 1/3 C. onion, chopped
- 1 tsp. dried basil
- 1 C. sour cream
- Cooked spinach noodles

In a large skillet, brown chicken on medium heat in oil until no longer pink. Add apples, juice, onion, basil and salt. Bring to boil. Reduce heat. Cover and simmer until apples are tender. Combine sour cream and flour. Add to chicken mixture. Stir and cook until sauce is warm. Do not boil. Arrange cooked noodles on a serving platter and top with chicken. Spoon applesauce over all. Sprinkle with paprika. Yields 4 servings.

Pecan Turtles
E. Mertz

- 1 lb. pecan halves
- 1 pkg. chocolate chips, melted
- 1 pkg. caramels

Place 2 pecan halves on a lightly greased cookie sheet. Place a caramel on top of the pecan halve. Repeat until cookie sheet is filled, leaving about 2 inches between turtles. Bake at 200° for about 2-3 minutes. Remove from oven and let cool until you can handle them. Press a third pecan on top of the caramel. Dip caramel part into melted chocolate chips. Place on waxed paper until firm.

Photos by Catrina McCulley



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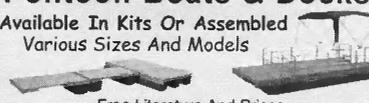
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SEPTEMBER DATEBOOK

1, Second Annual Labor Day Parade at 11 a.m. in downtown Arthur.

1-7, Annual Grand Opening of Farmer Jack's Amazing Corn Maze at the Apple Basket Farms in Barry. Get lost with the best in the Midwest's largest corn maze! (217) 335-2670 or www.applebasketfarms.com.

4-6/11-14, Country Theatre Workshop presents the Cemetery Club in Cissna Park. Opening night performances are Dinner Theatre served at 6:45 p.m.; Show at 8 p.m. All other performances are Dessert Theatre. Thursday - Saturday dessert served at 7:15 p.m.; Show at 8 p.m. Sunday matinee dessert served at 1:15 p.m.; Show at 2 p.m. Thursday - Saturday: Noon - 6 p.m. (815) 457-2626.

5, Card Blanc at the Elks Club in Galena. 6-8 p.m. Sale and exhibit of all occasion greeting cards designed and crafted by local artist. Hors d'oeuvres. Cash bar. Free. (815) 777-4417.

5-6, "Ribberfest" Nationwide BBQ Competition in Mount Carmel. (618) 262-5116.

6, Longbeards presented by the Illinois Women in the Outdoors at the Weldon Springs State Recreation Area in Clinton. Courses offered include archery, fly fishing, canoeing, health and fitness, shotgunning, nature sketching, butterfly gardening, turkey calling, personal safety/self defense, bird watching, hiking and backpacking, outdoor photography, nature crafting, map and compass. Open to women ages 14 and older. (217) 935-2644 or (217) 935-2591.

6-7, Rebuilding the Frontier at Apple River Fort State Historic Site in Elizabeth. Saturday from Noon-5 p.m., 7-9 p.m. and Sunday Noon-5 p.m. A living history event in which reenactors portray the settlers as they celebrate the end of the Black Hawk War. Craftsmen demonstrate their skills and sell their wares. Saturday evening entertainment and 1830s period dancing. Free. (815) 858-2028.

6-7, Cedarhurst Craft Fair at Mitchell Museum in Mt. Vernon. Enjoy more than 160 exhibitors as they display and sell crafts, including jewelry, photography, pottery, weaving and yard art. 10 a.m. - 5 p.m. Saturday and Sunday. Bus shuttle and lodging packages. (800) 252-5464.



12-14, Bureau County Homestead Festival and Pork Day in Princeton. "Positively Princeton" for a family fun weekend," with a café, gift shop, petting zoo, u-pick orchard, pumpkin patch, hayrides and tractor pull for kids on Sunday. (815) 875-2616 or www.princeton-il.com.

10-13, National Horse Show Registry at the Coliseum Artisans Building at the Illinois State Fairgrounds in Springfield. 8 a.m. - 10 p.m. Free. (502) 266-5100.

12, Blues in the District at Washington Park in Quincy. Regional and local bands provide outdoor performances. (217) 228-8696.

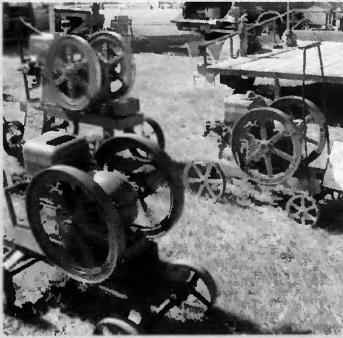
12-14, 10th Annual Ladies Getaway in Galena. The first 500 women who register will receive an exclusive screen-printed 10th Anniversary goody bag, chock full of unique gifts from corporate sponsors. Pre-registration is \$10 and is available by check or credit card via phone. (815) 777-9050, or office@galenachamber.com/ladiesgetaway.

13, International Beer Tasting and Chili Cook-Off in Champaign. A beer tasting with more than 150 different specialty beers in conjunction with a chili cook-off, featuring some of Champaign's finest chefs and a night of great live music in a festive downtown setting. (217) 344-3872 or www.urbanabusinesalliance.org.

18-20, Barbecue Cook-Off hosted by 17th Street Bar and Grill in Murphysboro. Enjoy live entertainment and family fun. (618) 684-3722.



19-20, Mallardfest and Kick-Off Dinner, Friday at Chestnut Mountain Resort. 6:30 p.m. Cocktails. 7 p.m. Duck/Prime Rib Dinner. Cost is \$17.50 per ticket. Ducks Unlimited Silent Auction Saturday at White Park in Hanover. Activities include a parade at 11 a.m., an Apple River Duck Retrieve, a duck calling contest, a Mallard Duck Crap Shoot, pontoon rides, an Apple River Golf Challenge, DU auction, area firemen tug of war, music, kid activities, food booths, bounce house, bungee run and fireworks. For reservations call (815) 591-3512 or (800) 397-1320.



20-21, 9th Annual Show American Heritage Collectors Club Inc. at Butler Haines Park. Events to include antique tractor pull, flea market, live entertainment, kids tractor pull, tractor rodeo, food, raffles and prizes. Free. (309) 673-1590 or (309) 362-2321.



19-21, 1812 Encampment at Hutson Cabins, south of Hutsonville. Friday school tours only. Saturday 9 a.m. - 9 p.m. and Sunday 9 a.m. - 3 p.m. open to public. Cabin tours, early pioneer living, primitive cooking, shoe maker, magic show, flag program, surveying games, barn dance, spinning, weaving, quilting, butter making, children's games, hawk and knife throwing, crafts, demonstrations and food. Admission charged.

20, The 3rd Annual Awareness in Fashion: Fashion Show and Luncheon presented by The Illinois Division of the National Ovarian Cancer Coalition in Oak Brook. 1401 W. 22nd St. Reception at 11 a.m., luncheon at 12 p.m. Tickets \$50 each, table of 10 \$500. Raffle tickets \$25 for six or \$5 for each. (847) 298-3070, (708) 380-6645, (630) 718-0047 or noccillinois@attglobal.net.

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.

20, Fairfield Fall FunFest Car Show in Fairfield. Registration is from 9 a.m. - Noon with trophies awarded at 3 p.m. Top 25 up to 1980 and top 10, 1980 and up, dash plaques to first 50, door prizes, mayor's choice, police chief's choice and fire chief's choice. (618) 842-3169 or (618) 847-7121.

20, White Owl Winery Murder Mystery Dinner in Birds. Show includes Amish Buffet Dinner, one complimentary glass of wine and souvenir glass. Prizes awarded for the best audience actor, the correct deducer, and the best dressed in the theme of the evening. \$35 per person. Reservations required. (618) 928-2898 or www.whiteowlwinery.com.

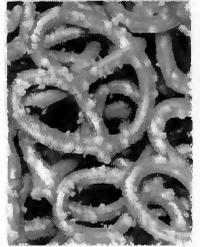
26-28, The 2nd Annual Route 66 Mother Road Festival in downtown Springfield. Kick off is Friday at 6 p.m. The festival continues Saturday from 11 a.m. - 8 p.m. and Sunday from 11 a.m. - 3 p.m. From 8:30 a.m. - 11 p.m. on the 27th the Prairie Convention Center will become home to the "World's Greatest Sock Hop." Tickets for the sock hop can be purchased through Ticket Master. Street festival is Free. (217) 544-9400 or www.route66fest.com.

20-28, Bean Days in Wayne City. Activities include Little Miss and Bean Queen contest, arts and crafts, flea market, quilt show, kids games and bingo. Free ham and beans. (618) 895-2384 or (618) 732-8280.

27, Wayne County Misfits 6th Annual Car and Truck Show at Leo French Park in Fairfield. Registration 8:30 a.m. to Noon, entry fee \$10, judging begins at Noon and awards presented at 3 p.m. or earlier. Top 50 for 1974 and older and top 25 for 1974 and newer. (618) 847-4303 or (618) 847-5038.

27, Pretzel City Quarry Day on U.S. 20 east of Freeport from 9 a.m. - 4 p.m.

Activities include climbing a 26' rock; digging for fool's gold; building a brick wall; target practice with slingshot; rock throwing; educational activities; backhoes and bulldozers and food tent. Kids 3 and under - free; 4 to 18 - \$4; Adults - \$5. (800) 369-2955 or www.pretzelcityusa.com.



27, "Table Talk," east of Harrisburg presented by Southeastern Illinois College's community education department. Will feature many lovely table arrangements and a Silent Auction. (618) 252-5400 ext. 2600 or 3213.



27-28, Jersey County Historical Society Annual Apple Festival at the Cheney Mansion located on 601 North State St. in Jerseyville. Tours of the mansion and the museum each day. Also a one-room country school will be open. There will be a quiet raffle, pet parade, car show, musical entertainment, crafts, vendors, displays and food. (618) 498-3514.



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Springfield, IL, 217-544-8451

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