

**Your** Electric  
Cooperative's

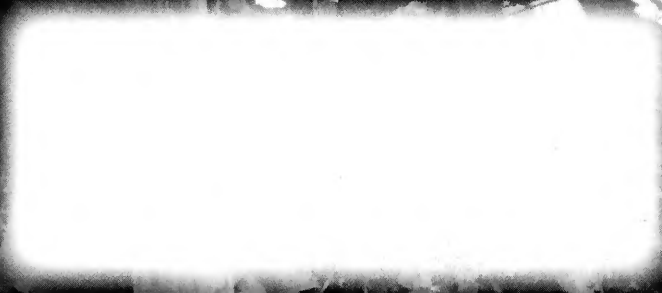
# ILLINOIS<sup>TM</sup>

## COUNTRY LIVING

OCTOBER 2004

NEW FAMILY FARM OPTIONS

*Illinois*  
VINEYARDS GROWING GREAT GRAPES



# For the best time of your life



**Technology creates greatest advancement in time keeping since the quartz movement...**

and lets everyone benefit from United States Government innovation. With the Atomic Digital Watch by La Crosse Technology, all of us have the opportunity to take advantage of our tax dollars at work, in a way that will positively impact our daily lives.

**How can a watch possibly create such an opportunity?** The U.S. Government National Institute of Standards and Technology (NIST) Time and Frequency Division, a division of the U.S. Department of Commerce, maintains the cesium atomic clock, a clock that is accurate to within one second in a million years, to monitor and maintain the official U.S. time standard. In Colorado our government relies on the cesium atomic clock to create a national time standard to provide the most precise and accurate measure of time. The cesium clock drives a low frequency radio signal, known as the WWVB signal, which is transmitted at 60 kHz to your location at the speed of light.

**The Atomic Digital Watch** has a built-in receiver that automatically tunes in to the WWVB signal transmitted to the

NIST stations on a daily basis, so that you can have the most accurate time in the world on your wrist! Imagine never having to worry about setting the time on your watch. Turn the watch on, select your time zone and the watch will set itself overnight. This watch will also automatically adjust for Daylight Saving Time (DST) and leap year. There is also a DST disabling feature if you live in Arizona or Indiana. With features that include a day/date calendar, 12/24 hour mode choice, signal reception indicator, adjustable band and 3-volt lithium battery, this watch is a great gift for anyone who needs to know the right time, all the time.

## **An unbelievably new low price.**

The Atomic Digital Watch by La Crosse Technology is now available at a new low price. Originally \$69.95, one of the most technologically advanced watches in the world is now available for the unbelievably low price of \$39.95! Innovative Home Products home trial allows you to try the Atomic Digital Watch for 30 days risk-free. If you are not completely satisfied, simply return it for a full refund of the purchase price.



## **FREE WITH PURCHASE!**



Order today and receive, FREE OF CHARGE, La Crosse Technology's Atomic Digital Alarm Clock with a retail value of \$29.95!

- Atomic radio-controlled time
- Automatically sets time
- Time alarm with snooze
- Backlight for easy viewing

## **CALL NOW TO TAKE ADVANTAGE OF THIS INCREDIBLE OFFER!**

### **Atomic Digital Watch**

~~\$69.99~~ \$39.95 + S&H

### **Atomic Digital Alarm Clock**

~~\$29.99~~ FREE + S&H

**A \$99 value for only \$39.95!!**

Promotional Code ADW-Z094  
Please mention this when you call.

**866-607-8738**

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**www.InnovativeHomeProducts.com**



## New Family Farm Option.....10

Illinois' wine industry is rapidly growing. The state is known for some world-class wines made from grapes that have their roots in small family farms.

Published by Association of  
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Touchstone Energy®  
www.touchstoneenergy.com

# ILLINOIS<sup>TM</sup> COUNTRY LIVING

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Sheldon Peterson

# Putting People First

## *Co-ops' long-term business strategy works*

After nearly a decade of turmoil and experimentation, the rest of the industry has begun to realize what most co-ops understood from the very start—that profits might be nice, technology might be nice, but in the end, it's satisfying the customer that makes all the difference. That's what sets co-ops apart from other utilities. It's our culture of service.

The co-op difference simply boils down to putting people first. It's a difference that is simple, yet very powerful. It is, I believe, the heart of the cooperative business culture.

Our unique ownership structure, after all, requires us to put members as our highest priority. But putting people first is not only about how we treat our members, it's also about how we treat our employees. While other utilities were slashing their headcount, co-ops did no such thing. The result? Co-op employees provide a high level of service and professionalism. I would put them up against any other utility company in this country. If we know anything about running a business, we know, as co-ops, how to put people first.

There is more to electric co-ops than producing, transmitting, and distributing electrons. Every utility does that. But if you take all the electric utility achievements of co-ops and combine them with the co-op culture of putting people first, the combined entity is greater than the physical sum of the electric system components. Maybe that's why we often refer to the electric cooperative network as a "Movement" or a "Program." Our unity of purpose

and our commitment to put people first inspires member and employee loyalty and commitment.

My observation is that the co-op culture of putting people first is a great business strategy. To the degree that we stay true to that mission, that culture, we have found, both individually and collectively, that we have succeeded. To the degree that we have strayed, we have tended to be less successful.

I'm not saying that the money isn't important. As a CEO for a multi-billion dollar finance organization, I know it's important. It's essential for any well-run business to know how to manage its funds. While the financial end of our business is important, it's not the mission, it's not the goal. The goal is to put people first, to serve the needs of the members.

In putting people first we can't lose sight of the basic and primary service we provide to them—electricity. Fundamental investment decisions need to be made, but they can't be made in a vacuum. Our industry is desperate for direction at the federal level. And yet none seems to be forthcoming. It's absolutely shocking to me, particularly after last year's blackout in the Northeast, that Congress is not making long-term energy policy an issue. It concerns me a great deal, and I believe we'll have to pay the piper down the road for their shortsightedness.

We have also seen an increased focus on transparency and governance within corporate America. Putting people first certainly involves setting standards of accountability and ethics.

Given today's Internet technology that makes vast amounts of information instantly available to all people, businesses, including co-ops, simply can't hide information. We all need to communicate openly with our employees, our members, and with other interested parties. And I believe that's a good thing for co-ops, which by nature tend to be more open than other businesses.

When people see who we are and compare us to other businesses, they find something in co-ops that resonates in their hearts. The honesty, the integrity, the service orientation of a co-op offer an irresistible appeal at a time when people are looking for businesses that are authentic.

Putting people first is a long-term strategy for success. And it's been a long-term goal of CFC from the start. For us, it's all about the relationship, not just about the deal. We're interested in being a partner our members can trust for the long haul.

*Sheldon Peterson is Governor/CEO of the National Rural Utilities Cooperative Finance Corporation (CFC), the premier private market lender for the nation's electric cooperatives, who own the corporation. This text is excerpted from his remarks to CFC's 2004 Forum held in Boston in June.*

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



"...The amazing thing, of course, is the speed at which it works..."

# Stop Arthritis And Joint Pain In Less Than A Week ... But Don't Pay Anything Now!

"The safe, stronger-than-steroids solution for joint pain never thought possible to exist has finally been discovered... And it's now available in the U.S. for the first time!"

If you are interested in high-speed joint pain relief in six days or less without surgery or steroids, this will be the most important message you will ever read.

Here is why:

Recently a scientist who specializes in traditional medicine has discovered a 3000 year-old arthritis remedy that has been scientifically proven not only to relieve even the most excruciating joint pain, but also to actually rebuild damaged cartilage. It contains no harmful drugs or steroids, yet eliminates even the most excruciating pain so a normal active life may be resumed. It is ultra-fast at increasing mobility and eliminating fluid build-up in and around major joints. It is extremely safe. In fact, powerful anecdotal evidence suggests... you can...

## Get Cortisone-like Relief In Less Than A Week!

Here's how it works: One of the secrets is a very rare form of the extract of Frankincense that works in a remarkable way to provide anti-inflammatory, anti-arthritis and powerful analgesic activity. It is believed by some archeologists that this powerful ability to reduce pain was why frankincense was worth as much as gold during ancient times.

The other secret is a "oleoresin" of the Commiphora mukul bush. Clinical investigations of the "gum" extracted from this bush have been conducted with exciting results showing reduced pain and stiffness. These tests conducted by the Department of Physiology and Pharmacology at Royal College in Scotland demonstrated remarkable anti-inflammatory activities of Commiphora mukul extract.

Remaining ingredients are Cyprus Scariosus, a plant extract with anti-inflammatory qualities. A special form ginger called Zinibar officinalis with anti-edema properties and digestion support and Picrorhiza kurroa which has been used traditionally to clean the liver. (This is important because the liver can accumulate toxins that can contribute to insufferable joint conditions.)

## The Most Astonishing Results Seem To Happen For Those People Who Have Had The Most Trouble Getting Relief Before!

Another reason almost "blessed relief" seems to come when using this product even when nothing else has worked before is the use of fresh, organically grown, full spectrum herbs.

Why is this important?

First, you must understand that herbs lose potency when prepared improperly. Often, storing herbs for long periods of time can reduce the effectiveness by as much as one-half of freshly processed herbs. Additionally, pesticides are often used to increase profitability of an herb crop. These sprayed herbs can actually increase joint pain complications and must be avoided by anyone seeking genuine relief.

Why does this formula seem to work so fast for so many users? Well, it is believed that secret lies in not only using fresh, full spectrum herbs with extremely high potencies, but also the ingenious way the ingredients are combined together during manufacturing.

Researchers believe this results in a cascading "synergistic" effect. This means all the ingredients are much more effective at producing high-speed relief.

## You Never Have To Worry About Having Joint Pain Again!

The name of the product is Arthalin and it's guaranteed to keep you pain-free permanently. You can be back to knitting in three days, climbing stairs in five days and even back on the tennis court in less than two weeks. This is obviously no run of the mill arthritis formula and it promises to deliver extraordinary results. So much in fact...

## Traditional Herb Researcher Issues Amazing Warning!

It should be quite obvious that this is not an ordinary Arthritis pill. It absolutely can not be found in health food stores or on the Internet. It is truly extraordinary. Therefore, because it is possible to overdo physical activity after using this Arthalin, you should first consult with a physician to get advice on how fast you should resume the physical activities you had 10 or 15 years ago. Also, you and your physician... together... should determine your personal exercise and range of motion goals.

## Iron-Clad Lifetime Money Back Guarantee!

If you do not totally eliminate any and all joint pain... if you are not working with your hands again, if you do not return to the garden or golf course or any other activity you find enjoyable... if in your lifetime for any reason whatsoever you are not totally satisfied with Arthalin, just send back the empty container along with a short note about how you took the tablets and followed the simple instructions and AVS, the only company approved to offer Arthalin in the U.S. and Canada will immediately send you back the money you paid for the product with no questions asked and no hassles.

Here's how to order. First...

## Don't Pay Anything Now!

AVS Marketing doesn't want you to pay for this product... until... after you have tried it. Here's what they mean by that: All you have to do is place your order and, they'll ship you the product immediately... but they will NOT process your credit card for at least 30 days! That means, if you decide you don't like the product, all you have to do is send back the empty bottle(s) and...

## Your Credit Card Charge Will Be Destroyed Without Ever Being Processed!

If you would rather order by sending a check or money order, simply send a check...

## Post-Dated 30 Days Later

Why is AVS Marketing doing this? Because they don't want to deposit a single penny of your money until you've had a chance to try out this incredible new product and see for yourself how powerful it really is!

Does that sound strange to you? I'm sorry if it does but, no matter what... they intend to treat you like they would like to be treated. In other words, they think you deserve to be able to try this amazing

"I Now Have No aching Knee Pain!"



"I have lived with aching knee pain for so long I can't remember when I did not have it. It hurt so much nothing I did would help."

"I was given a bottle of Arthalin and told it might help. I was willing to try even if there was only the slightest chance if might give me some relief from my constant knee pain. For the first six days nothing happened."

"On the evening of the sixth day I was driving home from helping my son-in-law move some things at their home. About halfway home I was suddenly struck by the realization that I had no aching knee pain! None."

"I am now four days beyond that drive home and still, NO aching pains in either knee. Thank you for Arthalin! Thank you!"

Perry Coghlan, Nashville, TN

product before you allow them to process your credit card or cash your check.

## Supply Options

The best news is how affordable Arthalin is, only \$49.99 for a 30-day supply. Readers of this paper who would like to enjoy two months of relief should order a 60-day supply for \$97.97. And, if you call today, mention this newspaper article and you will receive a third bottle absolutely free with your 60-day order. (Buy 2, get 1 free)

Whatever quantity you order, you must also pay an additional \$6.95 per order for standard shipping and handling arriving in 3 - 4 weeks. Add only \$5.00 more and your Arthalin will be shipped within 24 hours via United States Postal Service Priority Mail arriving as fast as 5 - 7 days (sometimes even sooner.)

## It's Easy To Order!

For the Fastest Service: Pick up your phone and call (866) 202-3837 (be sure to ask for extension IL104 to get this limited offer) and order with your credit card. By the way, this is a toll-free number (it won't cost you a penny) and you can call anytime... 24 hours a day... 7 days a week.

Thank you.

The toll-free number to call is:

**(866) 202-3837**  
**Ext. IL104**

Or send a check or money order to:

**AVS Marketing**  
**13941 Fairhaven Rd.**  
**P.O. Box 488,**  
**Dept. IL104**  
**Thomson, IL. 61285**

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to treat, diagnose, cure, or prevent any disease. Results are guaranteed but vary from individual to individual.

## Farm Safety Guidelines for Children Effective, Study Says

Giving parents specific safety guidelines for assigning farm chores to children can decrease injuries to children by half, according to a study by the Basset Research Institute and the New York Center for Agricultural Medicine and Health.

The Center issued the North American Guidelines for Children's Agricultural Tasks in June 1999 to help adults assign age-appropriate farm chores to children 7 to 16 years old. The guidelines consist of 68 recommendations covering jobs such as animal care, hay operations, and tractor fundamentals.

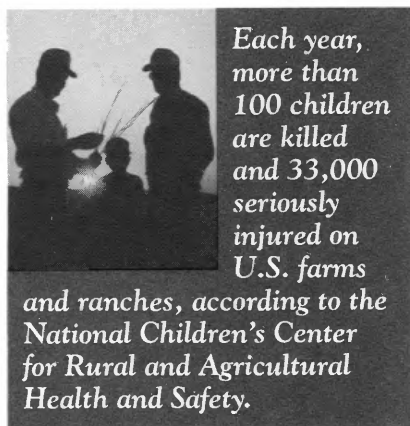
The guidelines were tested on 845 farms in central New York with a total of 2,454 children who either lived or worked on the farm. Half of the farms received the guidelines and a visit from an educator. The other farms received only a visit to complete a baseline survey; these farms made up the control group.

Giving the parents the guidelines reduced injuries by nearly half when compared to the control group.

The guidelines were most successful by limiting the amount of time a child performs a task and by increasing the amount of the task supervised by an adult.

The guidelines can be found at <http://www.nogcat.org>. For additional safety tips, see [http://kidshealth.org/kid/watch/out/farm\\_safety.html](http://kidshealth.org/kid/watch/out/farm_safety.html).

Source: [www.healthday.com](http://www.healthday.com); USA Today



*Each year, more than 100 children are killed and 33,000 seriously injured on U.S. farms*

*and ranches, according to the National Children's Center for Rural and Agricultural Health and Safety.*

## Good Samaritan Energy Fund

The Good Samaritan Energy Fund was established by the State of Illinois to assist low-income households in restoring electric or gas service.

Donations received for the fund are used to alleviate utility bill arrearages for households qualifying for the Low Income Energy Assistance Program (LIHEAP). Ninety percent of the contributions to the fund will be directed to low-income consumers who reside in the county from which the money is received. If you would like to assist less fortunate citizens in your community with their energy needs, make your check payable to **Good Samaritan Energy Fund** and mail to: Office of Energy Assistance, Attn: Good Samaritan Energy Fund, P.O. Box 19154, Springfield, IL 62794-9154



## Child ID Kits Distributed by Touchstone Energy® Co-ops

The Illinois Touchstone Energy Cooperatives were recently recognized for their efforts in protecting rural children through the National Child Identification Program. The co-ops have distributed 34,000 inkless child ID kits at annual meetings, key account events, and schools.

A plaque recognizing this effort was presented at the annual meeting of Illinois Electric Cooperatives. The plaque states that this is the largest distribution of Child ID kits in Illinois, and the eighth largest single distribution in the history of the National Child Identification Program.

The kits are completed by parents, and then stored. If a child should ever run away or be kidnapped, the completed kit is given to law enforcement, which would enter the child's data in a national missing child database.

If you'd like one of these kits, contact your local Illinois Touchstone Energy cooperative.

## Cement Shortage Opens Market to Co-op Power Plant Fly Ash

Record use of Portland cement by U.S. construction industries, coupled with high Asian demand and lower U.S. imports, has opened a market for fly ash, a by-product of coal-burning power plants.

Fly ash has long been used to improve cement quality. In 1929, it was first used in the construction of the Hoover Dam.

Fly ash use has two primary environmental benefits. They include:

- A savings of \$320,000 in landfill disposal costs for every 85,000 tons of fly ash used in making concrete products (much of it is currently disposed in landfills); and
- A reduction of 1.0 to 1.1 tons of greenhouse gases for each ton of fly ash used as a cement replacement.

A generally accepted fly ash-to-cement ratio is 70 percent Portland cement and 30 percent fly ash. The current cement shortage presents an opportunity for concrete users to learn more about proper use of higher volumes of fly ash in concrete.

Source: NRECA Cooperative.com

## FFA Recordkeeping for the 21<sup>st</sup> Century

Sound agricultural management plans call for efficient and accurate recordkeeping. For many decades, FFA, the leading agricultural education program in Illinois schools, has emphasized recordkeeping as a major part of ongoing projects conducted by its members. But, as many participants will admit, these written records are time-consuming and get a bit dog-eared by the end of a multi-year project.

With that in mind, the Information Technology and Communications Services unit of the University of Illinois College of Agricultural, Consumer and Environmental Sciences created EZ Records, a unique electronic system for handling students' Supervised Agricultural Experience records. EZ Records includes such features as automatic calculations, data sorting, color-coded record pages, inventory records, customized content options, unlimited enterprise options, and spell checking.

More information is available at [http://ezrecords.aces.uiuc.edu/prod\\_info.html](http://ezrecords.aces.uiuc.edu/prod_info.html) or at [www.publicationsplus.uiuc.edu](http://www.publicationsplus.uiuc.edu) or by calling (217) 333-2007.

## Co-ops' Costs Per Member Increase

Average co-op consumer density continued its upward trend for the fifth year in a row across the U.S., increasing from 5.47 meters per mile of line in 1999 to 5.70 meters in 2003. Illinois co-ops average 4.5 meters per mile. The industry's relatively low density level contributes to higher costs of providing services compared to investor-owned utilities, which have substantially higher density levels of 30 or more meters per mile of line.

Investment in total utility plant per mile of line increased from a median of \$19,086.04 in 2002 to \$19,910.36 in 2003. This results in plant investment per consumer of \$3,711.19 in 2003, up \$137.76 over 2002.

## Where Presidential Candidates Stand on Rural Issues

The Kerry-Edwards team has proposed a five-point plan to revitalize and strengthen rural America. The first point of the plan emphasizes strong support for rural development through initiatives aimed at helping small businesses and manufacturers. The second part promises to bring high-speed Internet to rural America. The third part calls for increased investment for making fuels such as ethanol and biodiesel, which are produced from corn and soybeans. This would, according to the Kerry-Edwards plan, provide new cash crops for the nation's farmers and tap into renewable energy sources. The fourth part of the plan proposes to help family farmers compete in today's global agricultural economy by fighting against large corporate takeovers of family farms. And lastly, the plan calls for full funding for the Community Oriented Policing Services (COPS) program to hire sheriffs in rural communities and fund efforts to break up methamphetamine production and sales in hot spots throughout rural America.

The Bush Administration has emphasized rural development through its programs at the United States Department of Agriculture (USDA), financially supporting services such as water and sewer, housing, health clinics, emergency service facilities, and electric and telephone services. As part of USDA, the Rural Utilities Service (RUS), formerly known as the Rural Electric Administration, has always administered rural electric loans. However, the Bush Administration is currently diminishing and narrowing the role of the RUS, including calling for 35 percent cuts in funding to the program for 2005.

Source: NRECA; USDA; Kerry-Edwards campaign

## Extinguish the Flames

A fire loss report by the National Fire Prevention Association states there were approximately 400,000 residential fires that caused 2,670 deaths, 14,050 injuries, and \$6 billion in property damage in 2002. That equals one residential fire every 79 seconds. Having at least one fire extinguisher in your home that you know how to use properly can decrease the chances of a small fire getting out of control.

The National Fire Protection Association recommends placing the fire extinguisher near an exit. Kidde, a fire extinguisher manufacturer, advises installing a fire extinguisher within reach on every level of your home, close to exits, and in the kitchen and garage.

To use an extinguisher follow the PASS method:

- Pull the pin.
- Aim at the base of the fire, staying at least six feet away.
- Squeeze the handle.
- And Sweep the base of the fire from side to side.

Having and using a fire extinguisher is only part of a fire plan.

Your house should be equipped with working smoke detectors on every floor (including the basement), and outside each sleeping area. Most importantly, your family should have and practice a home escape plan so if there is a fire everyone will know what to do and where to go.

Source: National Fire Protection Association,

Kidde



*When selecting an extinguisher for the home, Kidde recommends you choose a multi-purpose extinguisher that is large enough to put out a small fire, but not so heavy as to be difficult to handle.*

# VOTE 2004

## Vote? Why Bother!

Tuesday, November 2, is your day—your day to vote, your date to make your voice heard on the issues important to you and your family, your community, and the country. This year, all states and U.S. territories will hold elections for the U.S. Congress. All 435 House of Representatives seats and 34 Senate seats will be up for grabs. There is a lot at stake this time around.

If you have never voted or become involved in the electoral process, now is a perfect time. Start by registering to vote. You can contact your local voter registration office, stop off at your state department of motor vehicles office and fill out a form, or you can even register online at [www.beavoter.org](http://www.beavoter.org).

Empower yourself with knowledge about the candidates and issues before making the trip to the polls. Your elected officials can only represent you if they are aware of your concerns.

Exercise your right to vote on November 2. And if you don't vote, don't complain.

## Helping Illinois Youth Live Drug Free a Good IDEA

In 1985, Special Agent Enrique "Kiki" Camarena, of the U.S. Drug Enforcement Administration (DEA), was working undercover in Mexico when he was caught, tortured, and murdered by drug traffickers. The Illinois Drug Education Alliance (IDEA), along with the Virginia Federation of Parents, organized the first National Red Ribbon Campaign to recognize Kiki's fight. The red ribbon became the symbol of zero tolerance for illegal drug use and a commitment to a drug-free lifestyle. Red Ribbon Week is October 24-31.

"Each one of us, whether as an individual, business, or community organization, has the opportunity to pave a path that will help influence our youth towards a drug-free life," says Paul Perrone, IDEA Red Ribbon Coordinator. "Red Ribbon Week provides an opportunity for all to show their commitment to a healthy, drug-free life. The Red Ribbon program is an investment in helping people make healthy choices. It's an investment in our youth."

Drug-related problems know no boundaries, affecting everyone regardless of social standing, gender, ethnicity, and income level. The costs and consequences associated with substance abuse are enormous and put a strain on family life, public safety, the health-care system, and the economy. During Red Ribbon Week, we have an opportunity to help people better understand the problems associated with alcohol and drug abuse. And, share with them the importance of prevention.

IDEA is a statewide, volunteer coalition of citizens and community organizations dedicated to drug-free youth and the prevention. IDEA's 22nd Annual Prevention Conference will be held November 21 and 22.

For more information go to [www.bestofidea.com](http://www.bestofidea.com), or contact Fran Massie at (309) 664-1612, or e-mail [fran.massie@verizon.net](mailto:fran.massie@verizon.net).

## Highway Fatality Rate at Historic Low on Nation's Roads

The fatality rate on the nation's highways in 2003 was the lowest since record keeping began 29 years ago, the U.S. Transportation Secretary Norman Y. Mineta announced today. The number of crash-related injuries also dropped to a historic low in 2003.

Secretary Mineta pointed to efforts by the U.S. Department of Transportation's National Highway Traffic Safety Administration (NHTSA) that contributed to the reduction in the fatal accident rate, including campaigns to encourage safety belt use and discourage impaired driving, work with state legislatures to pass tougher safety belt and drunk driving laws, and rule-making efforts to improve vehicle safety standards.

A total of 42,643 people died, and 2.89 million were injured in 2003. The fatality rate per 100 million vehicle miles traveled (VMT) was 1.48 in 2003, down from 1.51 in 2002. It was the first time the rate has dropped below 1.5. In 2002, 43,005 were killed and 2.93 million were injured.

Alcohol-related fatalities also dropped significantly in 2003, the first such decline since 1999, as more states adopted laws that allowed them to prosecute drivers at .08 blood alcohol content (BAC) and above. 2004 marks the first year that .08 BAC laws have been enacted in all 50 states, the District of Columbia, and Puerto Rico.



*In 2003, there was a decline in the number of unbelted fatalities, reflecting an increase in safety belt use. Still, 56 percent of those killed in passenger vehicles were not wearing safety belts. This underscores the need for states to adopt primary safety belt laws.*



# Incandescent, Halogen, or Compact Fluorescent?

*The least expensive bulbs may cost you the most.*

By Tina Farmer, Intern

In 1879 Thomas Edison had a bright idea – a light bulb – now the icon for all bright ideas. While many of us still use a version of Edison's incandescent bulb, grabbing the first one we glide past while speeding through the supermarket aisles, this least expensive of bulbs may not be the most economical in the long run.

Shopping for new light bulbs can be confusing. Which is best? Which lasts longest? Which will save you money? Below, we have broken down and simplified the different bulb types to make the comparison easier.

■ **Incandescent**• The most common light bulbs are the incandescent bulbs. They cost about \$0.75 per bulb and last about 750 to 1,000 hours (long-life bulbs may last up to 2,500 hours). They give a comfortable spectrum of light and work well with the dimmer switches that are so popular in homes. They also waste energy. Lots of it. In fact, about 90 percent of the energy they produce is released not as light, but as heat. While this may be fine during the cooler months, it can mean higher air conditioning bills in the warmer ones.

■ **Halogen**• Halogen bulbs are more efficient than incandescent bulbs and burn longer. They have a standard life of approximately 2,250 to 3,500 hours and with continued use maintain their clean white light without fading. Unfortunately, rather than using energy efficient standard halogen bulbs, most halogen users employ high-wattage halogen tubes. These energy gluttons create four times more heat than incandescent

bulbs and, with temperatures reaching about 1,200 degrees, they can be serious fire hazards.

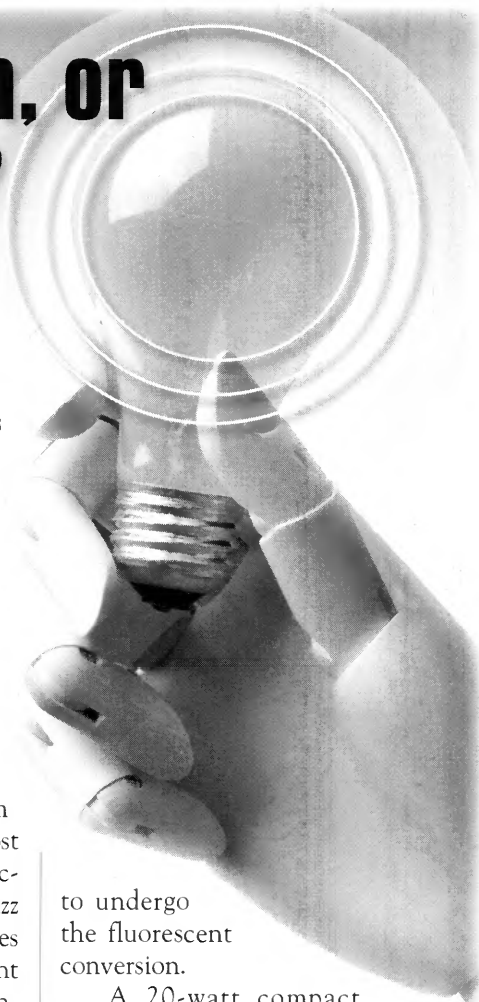
■ **Compact Fluorescent**• The words “fluorescent light” may bring horrifying recollections of buzzing light fixtures and visions of dull, sickly, institutional type lighting. But it's time to rethink that image. Today's fluorescent bulbs are the most energy efficient form of lighting out there and the most economical to operate. New electronic ballasts have quieted the buzz and the phosphor-coated glass tubes produce a soothing spectrum of light that closely mimics that of the incandescent bulbs. Fluorescents consume only about one-quarter to one-third of the energy as incandescents and last 10,000 hours or more! Replacing the high-use bulbs in your home with fluorescent bulbs can reduce your lighting costs by about half. The newest bulbs are about the same length as traditional bulbs and will fit in most light fixtures. And for those die-hard dimmer users out there, new dimmable fluorescent bulbs are being marketed for home use.

The initial cost of fluorescent bulbs is higher, around \$5 compared to the \$0.75 incandescent bulb, but you should keep in mind that the operating cost of a 75-watt incandescent bulb will be about \$6 over its relatively short life span. Replacing a 100-watt incandescent bulb with a 32-watt compact fluorescent bulb can save about \$30 in operating costs over the life of the bulb and provides the same light output. You should also consider the environmental benefits when deciding whether

to undergo the fluorescent conversion.

A 20-watt compact fluorescent bulb will use about 550 kilowatt-hours of electricity less than a 75-watt incandescent bulb. That equates to 500 pounds of coal that will not be used in coal-fired power plants and 1,300 pounds of carbon dioxide and 20 pounds of sulfur that will not be released as environmental pollution. The government estimates that replacing one incandescent bulb in every U.S. household with a compact fluorescent bulb would be the pollution-saving equivalent of removing one million cars from our streets.

There are several lighting options to choose from when illuminating your home. Many people will remain loyal to Edison's “bright idea,” but the new fluorescent lighting options are certainly worth a look. They are more energy efficient, more economical to operate, and environmentally friendlier. For more information about compact fluorescent lighting options, visit the federal government's ENERGY STAR Web site at [www.energystar.gov](http://www.energystar.gov).



# NEW FAMILY FARM OPTIONS

## VINEYARDS GROWING

BY MICHELLE McNEAL

Family farms have changed over the years. According to the Illinois Department of Agriculture, farms have more than doubled in size since 1959, and the number of farm operators has declined from 164,000 to only 76,000 today. These farmers work nearly 80 percent of the state's land, more than 28 million acres. These numbers are just statistics, but the fact is that more and more farmers are giving up their small, traditional, less-than-lucrative family farms.

However, many families in Illinois have discovered a new way to stay on the farm. They are diversifying, adding specialty crops, or starting agritourism ventures. It's become more common to see such items as "pick your own" apple orchards, pumpkin patches, and horse trails where corn was once harvested. And some farmers are learning that the success of their farms may be hanging on the vine. Vineyards that both produce grapes and wine and create tourism attractions have found fertile ground for growth across Illinois.



*Illinois wines are of award-winning quality. Here, Wally Furrow displays his medal-winning Chambourcin.*

"People in urban areas are craving the experience of living on a farm," says Sheldon Keyser, member of the Agriculture and Tourism Partners of Illinois (ATPI). "We have unique experiences and if farmers can figure out how to share them and charge properly, they can be profitable."

One of the reasons the ATPI was created is to help farmers learn to market their unique products. "The marketing concept is not something farmers are used to. Their markets are fixed, so it's not part of their background and experience. We provide assistance,

know how, and ideas on how to attract visitors," says Keyser.

"Where I live, there are many small farms that have gone by the wayside. But grape producing on this ground is perfect. It's a way small farmers can stay on the farm and make the ground productive, while at the same time helping the economy around them," says Mike Boegler, President of the Illinois Grape Growers and Vintners Association (IGGVA) and owner of Dry Hill Vineyard near Ava. Boegler says Illinois is well suited to growing hundreds of varieties of wine grapes. "Our

# GREAT GRAPES

state is unique in that it stretches from cooler climates in the north to very warm, humid climates in the south. We have excellent soil types for grapes," he says.

Prior to Prohibition, Illinois was one of the leading states in the production of grapes and wine. Today, the state's wine industry is making a comeback as one of the fastest growing wine industries in the nation.

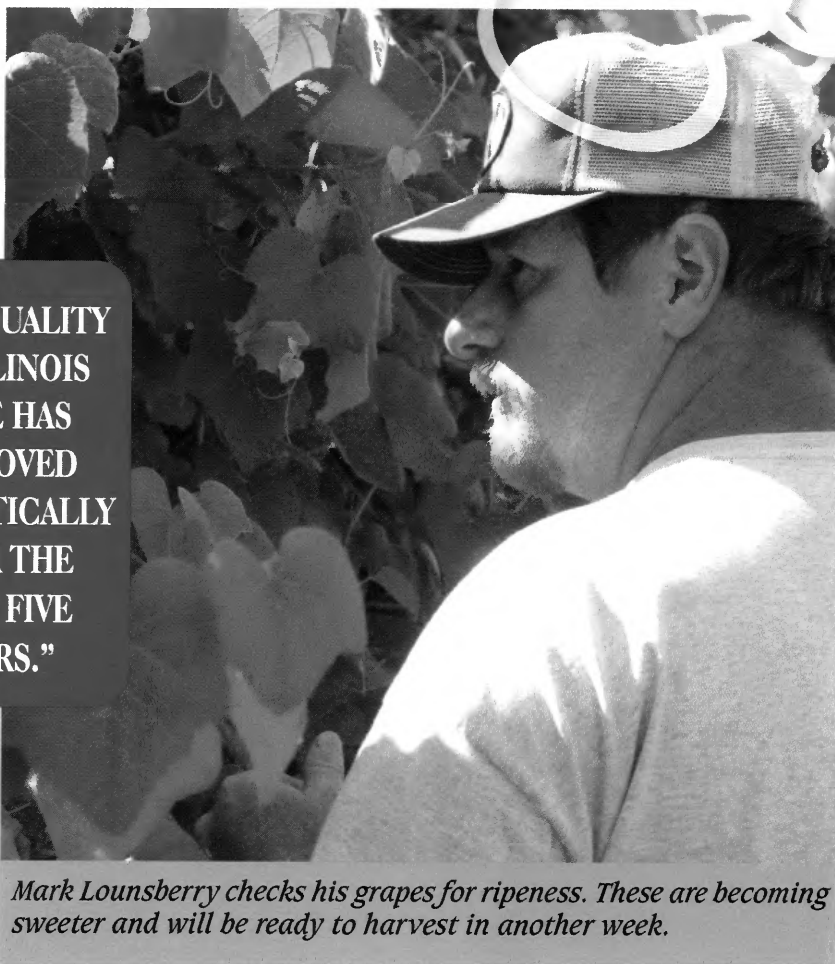
"The quality of Illinois wine has improved dramatically over the last five years," says Gib Frier, Bureau Chief of Marketing and Promotion with the Illinois Department of Agriculture. "We have wineries producing world-class wine right here in Illinois," he says.

Galena Cellars Winery in Galena has been formally recognized as producing some of the best wine in the world. At the third largest wine competition in the world, Galena Cellars received 2<sup>nd</sup> place for its Frontenac Port and the Pacemaker of the Year award, among others. The winery competed against more than 3,000 wineries from across the U.S. and 16 other countries.

"We had a really great year," says Scott Lawlor, part owner of the family-run winery. "We can produce as good a wine in Illinois as anywhere else."

The Lawlors are producing their prize-winning port from a French hybrid grape known as

**"THE QUALITY  
OF ILLINOIS  
WINE HAS  
IMPROVED  
DRAMATICALLY  
OVER THE  
LAST FIVE  
YEARS."**



*Mark Lounsberry checks his grapes for ripeness. These are becoming sweeter and will be ready to harvest in another week.*



*Erica and Josh Jacobs have fallen in love with the wine and grape growing industry, and plan to take over the Von Jakob Vineyard from their parents someday.*

Frontenac, which they hope will become a popular Illinois variety. "We're striving to come up with something that will really stimulate the grape growing industry. When we in Illinois can grow a grape that the rest of the world wants, we can demand our price for it," says Lawlor.

But even without a particular grape variety in high demand, Illinois vineyards are spreading. Frier says vines are now growing on more than 800 acres of land, and industry leaders are predicting that number will grow to 1,200 acres by the end of 2005. These acres could be managed by 300 grape growers and supply 800 jobs to Illinois.

Currently, 43 wineries are operating in the state. Several more are completing paperwork and waiting on licensing. By the end of next year that number is predicted to rise to 55. That should raise the economic impact of the industry in Illinois to approximately \$60 million during 2005, says Frier.

This economic impact figure includes the sale of wine grapes, wine, and the tourist revenue generated by the wineries. Win-

eries across the U.S. are a great tourist draw and a growing form of agritourism here in Illinois.

Several wineries in southern Illinois have joined together in an effort to increase the tourism in their area by creating the Shawnee Wine Trail. The trail consists of five wineries in the area: Pomona Winery, Alto Vineyards, Owl Creek Winery and Vineyard, Von Jakob Vineyard, and Winghill Vineyard and Winery. Visitors to this area can go from one winery to the other, all within just a few miles of each other, and experience the unique characteristics each has to offer.

"We wanted it to be an experience," says Karen Hand, owner of Owl Creek Winery and participant in the trail. "We've formed a council that meets quarterly to come up with ideas for attracting more tourists to southern Illinois. We've seen more bed and breakfasts open in the area, and restaurants are coming, too. It can be a

weekend getaway for people."

Paul and Rhoda Jacobs own the Von Jakob Vineyard in Pomona, and two of their children, Erica and Josh, are preparing to take over the vineyard and winery. Both have gone to college and received degrees in non-agriculture fields, but have chosen to continue their family-owned business. "It's all family owned and run; we've done everything ourselves," says Erica. "What we don't know how to do, one of us learns. I wouldn't recommend anyone doing this unless they love the work. It's a lot of work. It involves physics and chemistry and agriculture. You can't just know one thing and know what you're doing."

The biggest family participation comes at harvest time. "For the two to four weeks of harvest, a good 50 people come out to help. Our family is out there the whole time. We pick using scis-

sors and gloves and hands," says Erica.

Hand-picking by family and willing volunteers is how Furrow Winery in El Paso gets its grapes off the vine as well. Owner Wally Furrow works with his wife, son, sister, and nephew to keep the vineyard and winery in operation. Furrow and his wife reached a point with their traditional family farm

where they could no longer bring new family members into the business.

While working as Illinois Rural Development Director for the United States Department of Agriculture (USDA), Furrow spent some time with the owners of vineyards in southern Illinois. Five years ago, he decided to try diversifying his farm by planting 10 acres of grapes. Two and a half years later, he added a winery.

**"ILLINOIS WINE  
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"Illinois wine doesn't taste like other wine. The different environment that it's grown in changes it," Furrow says. "We think that's a good thing."

Furrow has also incorporated agritourism into his winery by offering many special events, fall festivals, grape stomping competitions, and more. The events and the winery's elegant gift shop are integral parts of its success. It all serves to attract tourists to the shop. Furrow sells about 90 percent of his 21 varieties of wine through retail sales right at the winery itself.

"You make your money selling the wine retail, out of the winery," agrees Mark Lounsberry, owner of Prairie Hill Winery in Oakford. "We can't sell our wine for \$5 a bottle like they do in the grocery stores and make any money. People pay more to come out here and have the experience; it's not really so much the wine in the bottle."

Lounsberry hopes to open his winery by this November. He has nine acres of grapes in his five-year-old vineyard, which was first planted with the help of his parents, siblings, children, nieces, and nephews, among others. Now, Lounsberry and his parents do the majority of the upkeep.

"My dad and I have been partners in farming since I graduated from high school. We were raising livestock and had crops, but prices weren't dependable. This area is sandy, and it's not good for row crops. Traditional farming is going to die on the vine around here for small farmers, unless they want to keep expanding and expanding, and that didn't appeal to me," he says. "A vineyard is a way I can add to the farm, make some extra money, work on my own property, and still be my own boss."

And in keeping with a small family operation, Lounsberry has found the entire industry has that feel. "The quality folks you run into in this business remind you of what agriculture and farming were a generation ago. It's still here, where people help one another and aren't competing with one another. In this business, the more of you there are, the better it seems to work."

"One thing that's not hard to predict is that people like wine. That gives me confidence I'm doing the right thing," says Lounsberry. "It's a risk, but it's worth it."

More and more families are realizing the same thing. Whether it's through grape growing and wineries, or another method, Illinois families choosing to stay on the farm are finding new ways to do it.

## FOR MORE INFORMATION...

### ■ ILLINOIS GRAPE GROWERS AND VINTNERS ASSOCIATION (IGGVA)

Mike Boegler • (618) 763-4715

### ■ AGRICULTURE AND TOURISM PARTNERS OF ILLINOIS (ATPI)

Headquartered in the Central Illinois Tourism Office  
(217) 525-7980

[www.agritourismillinois.com](http://www.agritourismillinois.com)

### ■ ORLANDINI VINEYARDS

Orlandini Vineyards, located in Makanda, offers classes for potential growers and winemakers. Owner Gary Orlandini is a third generation winemaker with a great deal of experience. (618) 995-2307, or e-mail [orlandinivines@aol.com](mailto:orlandinivines@aol.com).

**VISIT [WWW.ILLINOISWINE.ORG](http://WWW.ILLINOISWINE.ORG) FOR A LISTING OF VINEYARDS AND WINERIES IN ILLINOIS.**

### ■ GALENA CELLARS

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### ■ SHAWNEE HILLS WINE TRAIL

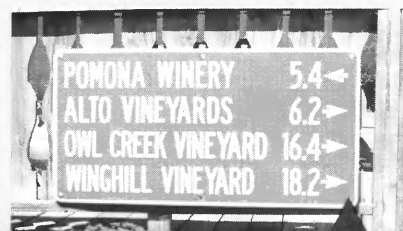
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[www.shawneewinetrail.com](http://www.shawneewinetrail.com)

, [info@shawneewinetrail.com](mailto:info@shawneewinetrail.com) or Southern

Illinois Tourist Guide

at [www.geocities.com/toursi/wine.html](http://www.geocities.com/toursi/wine.html)



*Located at Von Jakob Vineyard, this sign directs tourists to the other wineries on the Shawnee Hills Wine Trail.*



Judy Taylor

# Character Counts

## Making Your Community Safe From Crime

Rural America continues to be a great place to live. But, it seems to be increasingly more common to hear that a neighbor's property was vandalized, items were stolen from a relative's garage, or violent acts were reported. These incidents are threatening the very safety of our communities.

Michael Josephson of the Josephson Institute of Ethics says we have a hole in the moral ozone of our country and it's getting bigger. Surveys conducted in 2002 with thousands of middle and high school students confirm that the ethics of our nation's youth (those who will soon be in charge of our communities) is declining.

- 74 percent of students reported they had cheated on an exam (up from 61 percent in 1992).
- 46 percent of students reported they had lied to save money (up from 36 percent in 2000).
- 39 percent reported they would lie to get a job (up from 28 percent in 2000).
- 38 percent of the students said they had stolen from a store (up from 28 percent in 1992).

More disturbing may be the numbers of youth who see violence as a viable solution to problems. In the 1999 report, 31 percent of high school students agreed that, "It's sometimes O.K. to hit or threaten a person who makes me very angry." Unfortunately, 70 percent say they have actually hit a person in anger at least once in the past year.

How do we change these trends? First, we have to recognize

that we're all in this together. The African proverb that states "It takes a village to raise a child" is true. Whether you have children living in your household or not, your actions affect future generations. The CHARACTER COUNTS!™ Coalition suggests we use the TEAM approach (Teach, Enforce, Advocate, and Model.)



**Teach:** We not only need to walk the talk, but talk the walk. Verbalize why you returned the extra five dollars to the clerk when he gave too much change. Compliment and encourage children for ethical decisions and actions. "I'm so glad you were responsible and studied your vocabulary words instead of watching TV. That helped you get a good score on your exam."

**Enforce:** We can't let the "good" kids off or overlook broken rules or laws. We're sending

the message it's O.K. if you don't get caught. If the rule is not good, consider getting rid of it, rather than enforcing it part-time. If we look away, we're sending the message it's O.K. to bully others or destroy property.

**Advocate:** We need to continually encourage and expect children to be respectful and caring of others. We can't be neutral about the importance of character or casual about improper behavior. To do so sends a message that character is not important.

**Model:** Possibly the most important part of this approach is to examine your own behavior and strive to do better. If you make a mistake (and we all do), model what you'd expect from children: take responsibility for your actions, apologize sincerely, and resolve to do better next time.

Look for opportunities to teach, enforce, advocate, and model good character throughout your community. If the schools in your community have a character education program, support it. If they are celebrating CHARACTER COUNTS! Week, October 17 – 23, participate. Help your community remain safe for the long term by helping the next generation become people of character.

Judith M. Taylor, Youth Development Educator, University of Illinois Extension, Springfield Center, P.O. Box 8199, Springfield, IL 62791, (217) 782-6515, [jmtaylor@uiuc.edu](mailto:jmtaylor@uiuc.edu).



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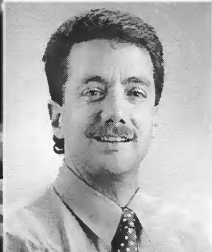
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David Robson

# Tree Time

***Fall is the best time to start thinking about tree planting***

Trees are one of the biggest garden investments homeowners can make. A quality tree can set off a landscape, not to mention cut down on utility bills.

Trees provide an array of wonderful benefits from flowers, to fruit, to fall colors, not to mention habitat for birds and other creatures. A yard without trees might as well be located in Phoenix.

Can you have too many trees? I'm trying to figure that out. More trees mean less grass and less sun-loving plants. Fortunately, there is no law that says grass is needed, or that peonies and iris have to be planted.

But like any investment, you have to provide some input. Most homeowners, I kid you not, believe that if you spend all your efforts on the tree the first year, you can sit back and do nothing for the next 50. You wouldn't do that to a child, so why a tree? (And trees are actually cheaper in the long run and don't talk back.)

Fall is the ideal time to plant many trees. Besides finding great deals at nurseries and garden centers, trees planted in the fall seem to establish faster than those planted between May 1 and September 1. Part of the reasoning has to do with soil temperatures and heat stress on the tree.

Planting in the fall doesn't stress the canopy or leaves of the tree. Leaves are turning and falling anyway. Essentially, though not totally accurate, the branches are going dormant. That puts less stress on a root system that has to get established.

Soil temperatures are ideal for

root growth, and with less need to support all the water-sucking leaves, the roots establish quickly, growing and developing for next spring's push.

If the soil is loose, and kept from freezing for as long as possible with a six-inch layer of mulch over the planting hole, the roots will continue to grow, even when it looks like nothing is happening.

That's the first investment—a properly planted fall tree.

The next big investment is water throughout the growing season, especially in the autumn. A dry autumn and winter can do more damage to the tree than extreme cold. Without water, the roots may not grow and store nutrients for next year. It's not uncommon for me to saturate the root system of the plants weekly during October and November.

Which leads to the third investment—fertilizer.

One of the best times to fertilize a tree is in October when leaves are turning color. You're probably thinking, "But the tree isn't growing, and in fact, it's losing leaves." You'd be right with those thoughts.

Trees, though, don't think like humans. Fertilizers applied in the fall benefit next spring's flush of growth. Roots store the nutrients, especially if the soil remains on the cool side.

In most cases, if you fertilize the lawn, you'll be fertilizing the trees. However, if the turf doesn't get fed, it wouldn't hurt to fertilize the tree.

The simplest method is to punch a three-quarter-inch hole in

the ground at the dripline of the tree. Go down 18 inches. (I use a 3-foot piece of rebar from an old construction site.) After punching the rod into the ground, pull it out (that's why you need 18 extra inches), and move about three feet around the tree. Once you've ringed the tree with holes every three feet, move out three feet and do the same.

If your shade tree is more than 40 years old, you could probably go three feet in toward the trunk and make another series of holes.

Put about six to eight ounces of a general fertilizer such as 10-10-10 in each hole. If you have some extra soil, you can scatter it on top. If you don't, just water and watch the soil collapse and fill in the hole.

You probably don't need to fertilize more than once every five years.

Remember that fertilizer won't cure a sick tree. It might help it along, but you need to first identify why the tree is sick.

An important thing to do this month: If you still have a poinsettia from last year and want it to bloom by Christmas, make sure you put it in absolute darkness from 5 p.m. until 8 a.m. each day.

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James Dulley

# Replacement Windows

## *Important features and design factors to compare*

**Q:** Dear Jim: I want to get the most efficient, easy-to-clean vinyl replacement windows. I am not sure whether to get them from a local manufacturer or a major national one? And what design features should I look for to evaluate them?

- Gary J.

**A:** Dear Gary: There are many local and smaller regional vinyl replacement window manufacturers throughout the country. Many of these smaller companies make vinyl windows equal to or better than some of the major national manufacturers. However, not all do, so you have to be selective.

The vinyl replacement windows I installed in my own home 12 years ago were manufactured by a regional company. I have had absolutely no problems or seal failures. The obvious advantage of using a local company, or a large company with a regional office in your area, is you can actually visit them if you have problems. When a tornado hit here several years ago and tree limbs crashed into the screens, I was able to stop by the manufacturer to pick up some new screen clips.

There can be a great variation in the quality of vinyl windows. Some of the major manufacturers offer window product lines of different qualities with different warranties and prices. Within an individual manufacturer's product line, price is often a good indicator of quality, although when



comparing the windows of several different manufacturers, price is not always the best comparison.

Some of the important features and design factors to compare are the thickness of the frame wall, corner assembly method, interior frame insulation, type of spacer, and security. Also, when dealing with a smaller local company, check references and how long it has been in business. A lifetime warranty on a window is only effective as long as the life of the company offering the warranty.

Since you are looking for easy-to-clean windows, tilt-in,

double-hung styles are generally your best choice. They are not quite as energy efficient as casement windows, but the outside surface of casements can be more difficult to reach and to clean. Casement windows close and seal tightly on compression weather stripping as opposed to a sliding seal on double-hung and slider windows. Smaller sliding windows are also fairly easy to clean because you can lift out the movable sash and reach around to clean the outside of the fixed one.

When comparing various vinyl windows, look at a sample cross-section of the frame and ask about



the vinyl thickness. Greater thickness and more interior webs are indications of better quality and rigidity, especially useful in hot weather where dark frame colors are exposed to the afternoon sun. For large vinyl windows, interior metal reinforcing rods are often used to increase frame rigidity.

Make sure the window sashes have welded corners and are not just screwed together. Almost all good quality vinyl windows have welded corners. If the corners are just screwed together, the corners may become loose with the natural expansion and contraction of vinyl with temperature changes throughout the year. Welded corners in the main window frame are also good.

Some vinyl windows, such as mine, have insulating foam inside the hollow vinyl frame. Some companies inject polyurethane foam (best method) and others slip rigid polystyrene (similar to

coolers) inside the cavity in the frame. This does increase the overall efficiency of the window assembly somewhat and makes the frame stiffer. With the interior webs that create many dead air spaces inside the frame, even a non-insulated vinyl frame is a fairly good insulator.

Look for an insulating spacer that separates the panes of glass. This is called "warm edge" technology because it keeps the edge of the windowpane from getting cold and sweating during the winter. Most of the major window manufacturers usually use various designs of rigid insulated spacers. Some smaller local manufacturers may still use insulating flexible swiggle strip spacers.

Just take a close look at the finishing details on the windows to gauge overall quality. Check the latches on the sashes. Double latches increase security and lock the sashes closed squarely against

the weather stripping. Die cast metal latches are stronger, smaller, and better looking than plastic ones. On double-hung windows, interior pop-out stops add security by allowing the windows to be opened only a few inches for ventilation.

Write for (instantly download - [www.dulley.com](http://www.dulley.com)) Utility Bills Update No. 700 - buyer's guide of 15 high quality efficient vinyl window manufacturers listing frame/glass options, insulation type, styles, colors, features, and a glass selector chart. Please include \$3 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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# Flat Advantages

## *Southwestern Flat Stanley Discovers the World's Co-ops*

By Tina Farmer, Intern

Peacefully slumbering, Stanley Lambchop didn't suspect a thing. Perhaps he was engaged in a lively game of Twister with a salsa-dancing cheetah. Of course, he could just as easily have been sipping strawberry soda on a pirate ship captained by a purple octopus with green polka dots. Wherever his dreams took him that night, the morning found him, well... flat.

It seems that the giant bulletin board that had graced the wall above his bed fell that night, and landed on him. Finding himself squashed "flat as a pancake," Stanley soon discovered being flat has its advantages, like sliding under doors, slipping into sidewalk grates, and travelling the world in an envelope.

Author Jeff Brown brought the delightful adventures of Flat Stanley Lambchop to the world in 1964. In 1995 Stanley experienced a revival when the Flat Stanley Project was launched. Students in participating schools color Flat Stanley paper dolls and mail them to people they know around the world. Stanley recipients "host" the doll for a short period of time, taking him along on their daily adventures, and photographing him along the way. The doll is eventually sent back, along with pictures and other mementos, to the child who originated the journey. Teachers then plot the returned Stanley's adventures with pins on a map. The project is used to teach children about diverse countries, languages, and people. Stanley has been pictured at such destinations as the Eiffel Tower, the White House, Graceland, and on the space shuttle Discovery.

After his daughter participated in the Flat Stanley Project, Joe Richardson, Business Development and Marketing Manager for Southwestern Electric Cooperative in Greenville, introduced Stanley's

cousin, Southwestern Flat Stanley, to the co-op world. "I thought, 'What a great tool. Why not use Stanley to teach kids about cooperatives?'" Southwestern's Stanley is an eight-inch tall lineman who is always ready for an adventure.

Southwestern invited its youngest members to download Southwestern Stanley from its Web site, color him, and send him back to the co-operative. "We told them that they could pick a co-op anywhere in the world and we would send Stanley there," says Richardson. The co-op also offered to pick a destination for Stanley if the child did not have one specified. About 50 Stanleys have been sent out since the project started.

Richardson says that Southwestern Stanley likes to visit co-ops of all types. "What we are trying to teach the children is not just what an electric co-op is, but also what an incredible variety of cooperatives there are and the functions they fulfill. We want our young members to know who we are and what we are about."

Stanley's passport certainly is full. In the last year he has swooshed down the slopes with the members of the Mad River Glen Ski Cooperative in Waitsfield, Vermont, milked the goats at the Mount Sterling Cheese Cooperative in Mount Sterling, Wisconsin, and basked on the beaches at the Kuauai Island Utility Cooperative in Hawaii. He was Lord of the Reigns on an Iditorod dog team in Alaska, an honorary Marine in Iraq, and sauntered with Cardboard Cindy [Crawford] down the streets of her hometown, De Kalb, Illinois. He



shimmied in Australia and shivered in Antarctica. "It's sad, but I'm jealous of a paper doll," laments Richardson. "He is far more well-traveled than I am."

Joe makes copies of the letters and photographs Stanley brings back with him but the originals and any other merchandise Stanley collects are given to the child who originally sent him. And parents can be assured that their children's safety is of primary concern. "We have great people in the co-op system," says Joe, "but as an extra measure of safety and in the interest of privacy, we send Stanley out with only the child's first name and a number. We do not give out last names or contact information."

To have a Southwestern Stanley adventure of your own, download and color the Stanley template at [www.sweci.com](http://www.sweci.com), or you can also make your own Flat Stanley or Flat Susie paper doll. Tell Richardson where to send your doll or he will be happy to choose a destination for you.

*Stanley and Susie dolls should be sent to: Joe Richardson, Southwestern Electric Cooperative, P.O. Box 549, Greenville, IL 62249*



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## Fruit 'N Yogurt Pasta Salad

*Jane Shaw*

- 1 C. uncooked small shell pasta
- 1 (11-oz.) can mandarin oranges, drained
- 1 (8-oz.) can pineapple chunks, drained
- 1 C. green grapes, halved
- 1 (6-oz.) ctn. low-fat lemon yogurt
- 1 T. sugar
- 1 C. halved strawberries

Cook pasta as directed. Rinse with cold water. Drain. In medium bowl, combine all ingredients except strawberries. Mix gently to coat. Cover. Refrigerate 1-2 hours to blend flavors. Just before serving, add strawberries.

## Peanut Butter Chocolate Chip Cookies

*Denell Kallemeyn*

- ¾ C. margarine
- 1 C. sugar
- 1 C. brown sugar
- ½ C. peanut butter
- 2 eggs
- 2 tsp. vanilla
- 2-1/2 C. flour
- 1 tsp. baking soda
- ½ tsp. salt
- 1 pkg. chocolate chips

Heat oven to 350°. Beat margarine, sugars and peanut butter in a large bowl until fluffy. Blend in eggs and vanilla. Mix in flour, baking soda, and salt. Drop rounded spoonfuls onto ungreased cookie sheets. Bake 10-12 minutes. Cool 2 minutes. Put on cooling racks. Makes about 4 dozen.

## String Cheese Meat Loaf

*Jane Shaw*

- 1 C. meatless spaghetti sauce, divided
- 1 egg, lightly beaten
- 1 C. seasoned bread crumbs
- 2 garlic cloves, minced
- 1-1/2 tsp. dried rosemary, crushed
- 1 lb. lean ground beef
- 8-oz. bulk Italian sausage
- 3 pieces string cheese

In a bowl, combine ½ C. spaghetti sauce, egg, bread crumbs, garlic, and rosemary. Crumble meat over mixture and mix well. Press half into a greased 8x4x2-inch loaf pan. Place two pieces of cheese side-by-side near one end of loaf. Cut remaining piece of cheese in half; place side-by-side on opposite end of loaf. Top with remaining meat mixture; press down firmly to seal. Bake, uncovered, at 350° for 1-1/4 to 1-1/2 hours or until meat is no longer pink and meat thermometer reads 160°. Drain. Drizzle with the remaining spaghetti sauce and bake 10 minutes longer. Let stand for 10 minutes before slicing.

## Twenty-Four Hour Salad

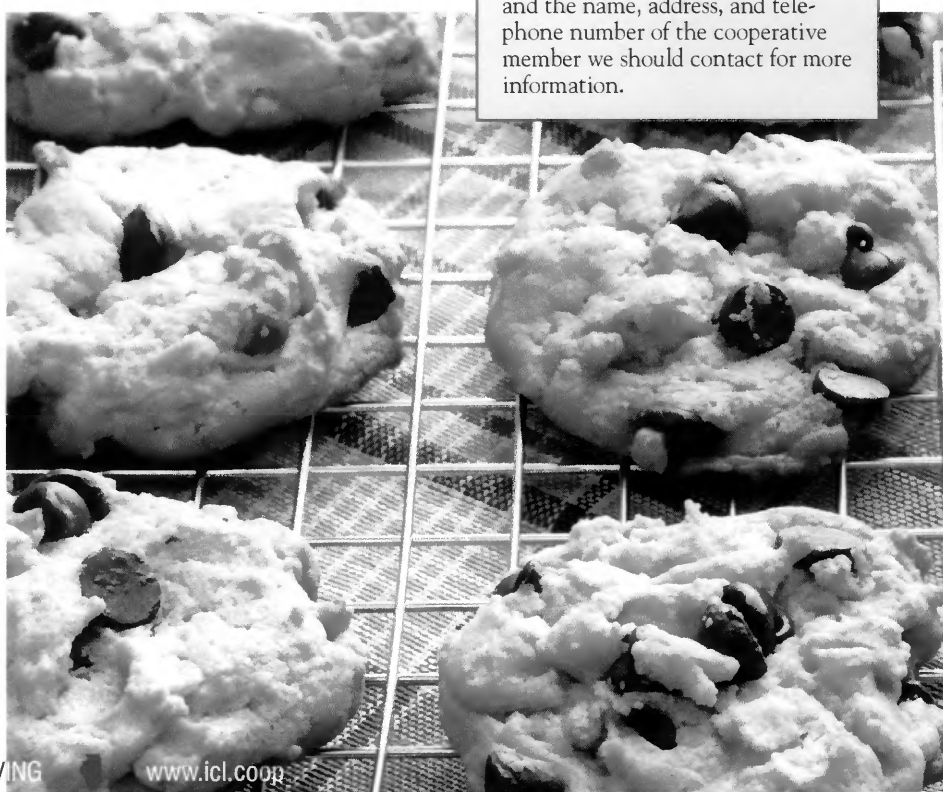
*Sandy Wurster*

- 1 head lettuce, chopped
- 1 bunch broccoli, chopped
- 1 head cauliflower, chopped
- 1 lg. red onion, chopped
- 1 lb. bacon, fried crisp, chopped
- ¾ lb. shredded cheese
- 2 C. mayonnaise
- 1 C. sugar

Put ingredients in a bowl in order given, except mayonnaise and sugar. Mix mayonnaise and sugar together. Pour over salad. Refrigerate overnight in a covered container. Toss before serving.

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## Family Favorites

**T**his book, submitted by the Groenhagen family, is paper-backed, comb-bound, sells for \$6, plus \$2 shipping, and is filled with 57 pages of Groenhagen family-favorite recipes. To order, contact Melva Kitchell at (217) 754-3460.

### Crab Pasta Salad Teri Hoefl

- 4-1/2 C. tri-colored spiral pasta, cooked
- 16-oz. pkg. imitation crab meat, flaked
- 1/3 C. diced celery
- 1/3 C. diced green pepper
- 1/3 C. diced onion
- 1/2 C. reduced-fat mayonnaise or salad dressing
- 1/2 C. reduced-fat or fat free ranch dressing
- 1 tsp. dill weed

Cook pasta according to box directions. Drain. Mix all ingredients together and refrigerate.

### Grandma McPhail's Cake Doughnuts Nikki Booth

- 1 egg
- 1 C. sour milk
- 1 tsp. salt
- 1 tsp. baking soda
- 1 C. sugar
- 1 T. baking powder
- 4 C. flour
- 1/2 tsp. nutmeg
- 2 T. butter

Beat egg and sour milk together. Add salt, baking soda, baking powder, nutmeg, sugar, and flour. Mix well. Add 2 T. melted butter. Roll out and cut with cutter. Fry in a deep fat fryer. Drain and roll in sugar or frost.

Visit [www.icl.coop](http://www.icl.coop) to see an archive of past Illinois Country Living recipes.

### Easy Fudge Frosting Elaine Groenhagen Spracklen

- 1 C. sugar
- 1/4 C. milk
- 1/4 C. butter
- Pinch of salt
- 1 tsp. vanilla
- 1 C. chocolate chips

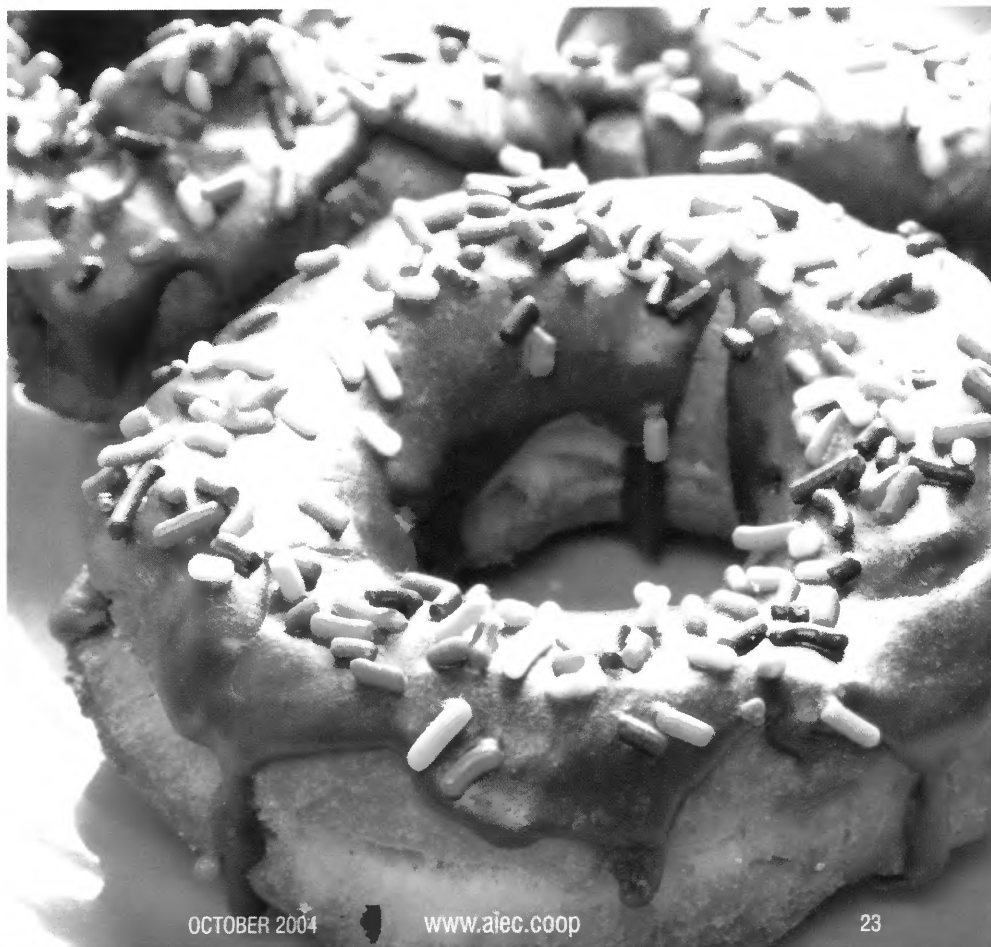
Boil sugar, milk, butter, and salt together for 1 minute. Remove from heat. Add vanilla and chocolate chips. Beat until creamy.

### Just Like Hardees Biscuits Joan Groenhagen DeSutter

- 4 C. self-rising flour
- 1 T. baking powder
- 1 T. sugar
- 2/3 C. shortening
- 2 C. buttermilk

Mix ingredients together. Do not knead. Roll or pat out on floured board. Cut. Brush tops with buttermilk if desired. Bake in a 400° oven for 15 minutes. Makes 36 biscuits.

Photos by Catrina McCulley



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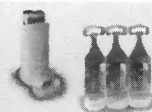
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# Lost Historic Trail

## SIUC helping preserve Illinois leg of Trail of Tears

They called it the Trail of Tears because of the losses suffered by the exiles whose weary feet created it. Then it, too, was lost.

"If you know what you're looking for, you can see it—it's just so obvious—but unfortunately, most people don't know what it is," says John H. Burde, a forestry professor at Southern Illinois University at Carbondale (SIUC).

Burde and graduate students Karen J. Frailey and Kevin N. Schraer have spent months tracking down the Illinois leg of the Trail.

The Trail of Tears—actually three overland routes and a waterway—begins near Chattanooga, Tenn., and ends in Oklahoma. Rounded up like cattle and stripped of their property under the federal Indian Removal Act of 1830, thousands of Native Americans were forced to march west on the Trail through winter storms. Many died.

Only a small piece of the Trail's northern route runs through Illinois, from Golconda to a point just north of Cape Girardeau.

"Unfortunately, a lot of it is right under the existing highway—those parts are gone," Burde says, referring to Illinois Highway 146.

"But there are numerous places not far from highway 146 where the original road is quite obvious. We've pretty much identified the Trail except for a piece west of Jonesboro."

Burde and his team have retraced their steps, this time using hand-held global positioning equipment as a sort of high-tech "trailblazer."

In addition to walking the



*Trail spotters Karen J. Frailey, a graduate student in forestry at Southern Illinois University at Carbondale, and Steven J. Fadden, former site superintendent of Union County Refuge, worked with SIUC forestry professor John H. Burde on mapping the Trail of Tears routes that pass through Illinois.*

woods, Burde and his students dug through archives and libraries, hoping to root out old maps, newspapers articles, letters, diary references, and other materials about the Cherokee Trail. Whatever they turn up will go into an annotated bibliography, something that could be used not just by researchers, but by regular folks who want to learn more about the Trail.

"There's a lot of interest down here, a lot of community lore, and a lot of people claim kinship to the Cherokees because they stayed some time in certain areas—they didn't just pass through," Burde says.

The Park Service could also use the material as the foundation to build what Burde calls a tourist "interpretive route"—a means for following the trail and understanding what happened there.

"We're behind other states in this, probably because we have

the shortest number of miles. Of all the states that the Trail goes through, Illinois is the only one without a museum or a co-operating visitors' center where people could go to find out about it," Burde says. "There's no place to even put out brochures.

"But that doesn't make Illinois less important. Serious winter events occurred here. When the Cherokee got over toward the river—in November or December—the Mississippi was iced-over and they couldn't get across, so they had to set up camps. A lot of people died. There's a fairly large church cemetery east of Anna that has no headstones. The common lore is that those are Cherokee graves, but nobody knows. Even with history, some things get lost. That's why the Park Service has started this project."

Source: K.C. Jaehnig, SIUC

# Lightning Losses

## *Stop lightning in its tracks with surge suppressors*



Stephen Halasz

Computers and other electronic equipment found in nearly every home and business are quite susceptible to sags and surges in voltage and current. These variations may show up as minor voltage spikes, short power interruptions, or current distortions that are difficult to find, even if you know where to look. Dealing with power quality concerns requires an understanding of surge protection equipment and a plan to protect sensitive electronic devices.

Lightning striking homes or nearby locations is one of the primary causes of damage to electronic equipment. Other causes like voltage spikes and multiple grounding paths can also create problems. All grounds for phone, TV, and electricity should have a common ground. Even minor surges can create a malfunction, which requires the device to be

reset, or could cause permanent damage.

The surge protection system outlined in this article could apply to nearly any residential or commercial setting, as well as agricultural buildings.

***Lightning striking homes or nearby locations is one of the primary causes of damage to electronic equipment.***

A properly installed transient surge suppression system includes several levels of protection. Beginning at the site of the utility service entrance, protection is provided through each of the building's service panels, sub-panels, and individual circuits that supply electricity to delicate equipment. Each level of protection is designed to remove a portion of the surge not eliminated by the preceding level.

The last level of protection is provided at the individual circuit. This is where the lowest level of harmful disturbances will be filtered out.

In practice, many buildings won't need all the levels of pro-

tection. But, providing protection only at the circuit level is not sufficient to guard against high-energy transient surges.

Should the building contain critical electronics that are affected by any change in current or voltage levels, the best bet is to provide protection at all levels.

As a minimum level of protection, experts recommend the following components be included in any surge protection system:

- Lightning arrestor on main service pole.
- Adequate grounding for service entrance and main service pole.
- Surge Arrestor (Category A or B) for the building service panel.
- Secondary arrestor (Category A) for the individual circuit to which the electronic controls are attached.

To learn more, contact your electric cooperative, equipment manufacturer, or a local electrician. Remember, no amount of surge protection will guarantee absolute reliability. But by understanding the causes of power quality problems and the components needed in a well-designed protection system, you will be able to avoid costly losses in equipment and income.

Source: National Food and Energy Council, [www.nfec.org](http://www.nfec.org)



# OCTOBER DATEBOOK

**1-30, Eckert's Haunted Hayrides** at Eckert's Orchard in Grafton. Every Friday and Saturday in October, get ready for ghoulish fun for young and old during the hayride through Eckert's Haunted Orchard and Forest. (618) 786-3445.

**1-3, *The Sound of Music*** performed by the Champaign Urbana Theatre Company at the Virginia Theatre in Champaign. One of America's favorite musicals! (217) 356-9063 or [www.thevirginia.org](http://www.thevirginia.org).

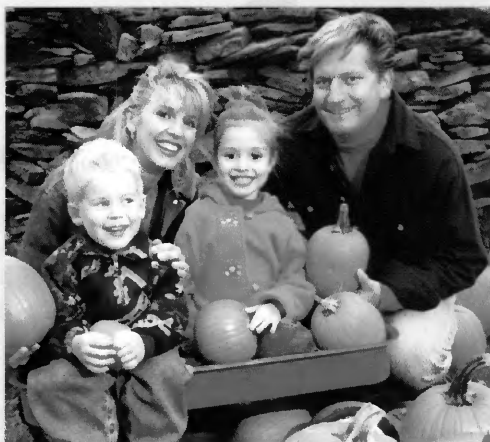
**1-3, Barry Apple Festival** in and around the Barry City Park. Queen and Miss Sour Apple contest, a baby contest, a parade, free entertainment, carnival rides, crafts, food, and much more. (217) 335-2353.

**2, Fall "Corn" Festival** at Robert E. Glazebrook Community Park in Godfrey. Celebrate fall and come out for crafts, food vendors, a corn cook-off, helicopter rides, an antique tractor show, and live country music. While you're there, wind your way through the Great Godfrey Maze. Free. (618) 466-1483.

**2, SIUC Homecoming 2004 Parade** in downtown Carbondale. The annual SIU Homecoming Parade will begin at South University and Mill Streets, proceed north on South University Avenue to Cherry Street, and then south on South Illinois Avenue to McAndrew Stadium. 9:30-11:30 a.m.

**2, Illinois Llama Association's Fall Conference** at the Ring Farm in southern Effingham County. Conference opens at 8:30 a.m. Open to the public from 1-4 p.m. Llamas, games, felting, spinning, an obstacle course, hikes, and more. (618) 686-7771 or [llamajo@hotmail.com](mailto:llamajo@hotmail.com).

**2-3, Antique Show and Flea Market** at the East Side Grade School in McLeansboro. Free admission. More than 150 dealers. (618) 643-4527.



**2, Family Day** at Rogers Pumpkin Farm in Lomax. Kids will have fun in a real teepee. Also planned is a storyteller, face painting, a petting zoo, and a corn maze. (217) 449-3486.

**9-10, Old Settlers Days** at the Riverfront in Kampsville. This festival depicts early life and times in Calhoun County with period entertainment, food, and fun that will give you the feeling that you have stepped back in time. Free. (618) 465-2114.

**9-10, CUPEX Stamp Show and Sale** at the Chancellor Hotel in Champaign. The Champaign-Urbana Philatelic Exhibition, popularly known as CUPEX, is one of the best annual opportunities for beginning and advanced stamp collectors to meet with fellow collectors, view hundreds of pages of exhibits, add to collections, and attend informational seminars about stamp collecting. Free. [www.prairienet.org/cusc/homepage.html](http://www.prairienet.org/cusc/homepage.html).

**9-10, Wabash Valley Wine and Art Festival** in downtown Palestine. Fine art sales and exhibits, wine tasting and sales, poetry reading, live music, great food, and more. (618) 586-2921 or [bill@pioneerwinery.com](mailto:bill@pioneerwinery.com).

**9-10, Von Jakob Oktober Fest 2004** in Pomona. Fall has set in and the leaves are changing. Come celebrate the amazing colors of the rolling hills. Great bands, great food, and fun. Admission is \$4. 12-6 p.m. (618) 893-4500, [www.vonjakobvineyard.com](http://www.vonjakobvineyard.com), or [vonjakobvineyard@earthlink.net](mailto:vonjakobvineyard@earthlink.net).

**9-10, Colorfest Celebration** at Pomona Winery in Pomona. A celebration of the spectacular fall colors of the Shawnee Forest. Free tasting, chilled wine by the glass or bottle. Secluded picnic areas and spectacular covered decks. Saturday from 10 a.m.-5 p.m.; Sunday from 12-5 p.m. (618) 893-2623 or [pomonawinery@pngusa.net](mailto:pomonawinery@pngusa.net).



**3, The 24th Annual Hand Corn Picking Contest** on Harlan and Barb Jacobson's farm, south of Roseville. 9 a.m. (309) 426-2773 or [cornhusking.com](http://cornhusking.com).

**9-10, Union County Colorfest Celebration** throughout Union County. Celebrate the fall season with home tours from 12-4 p.m., and at 'Pumpkin Town' USA. Participate in the fun run or biathlon race, wine festival at Alto Vineyards or Owl Creek Winery, health fair at Union County Hospital or Bayou Boogie Boil at Northwest Passage Root Beer Saloon. Rendleman Orchards Farm Market celebrates all weekend long with samples of specialty food items. Flamm Orchards has music, BBQ, applebutter making demonstrations, working cider press, petting zoo and children's activities. 10 a.m.-5 p.m. (800) 248-4373.





**16, Central Illinois Fantails and New Salem Longbeards** in Chandlerville. Courses being offered include archery, canoeing, bird-watching, shotgunning, mountain biking, nature sketching, nature crafting, outdoor cooking, first aid/survival skills, nature walk/plant identification, turkey/deer hunting, outdoor photography, hiking/backpacking, attracting wildlife to your backyard, fishing, and animal tracking/identification. The cost of this event is \$50. Bring a friend and receive a \$5 discount. (217) 634-4160 or [we3kings\\_dca@msn.com](mailto:we3kings_dca@msn.com).

**16, Road Trip to Grossology** sponsored by the Children's Discovery Museum in Bloomington. Hop on the bus and join the fun for a road trip to the Family Museum of Arts and Science in Bettendorf, Iowa, to visit one of the most exciting blockbuster traveling exhibits in the country. You'll walk through a giant nose and learn about mucus, burps, body odors, and much more. Cost of the trip is \$25 per person, and includes a boxed lunch, admission to the museum, round-trip transportation, and activities on the bus. Seating is limited. 9:30 a.m.-5:30 p.m. (309) 829-6222 or [www.cdmci.org](http://www.cdmci.org).

**16, Apples, Pumpkins, and Gourds Galore** at the Early American Museum in Mahomet. 1-4 p.m. Join us for an afternoon of interesting fun as we enjoy games in the garden, stories about myths and legends, and the differences between the two. Sample soul cakes and cider as well as many other apple treats, vote on your favorite apple, and learn about celebrations of remembrance from other countries. Decorate a pumpkin/gourd and paint a picture in the Pumpkin/Picture Patch! Admission is \$1. This is a family program. (217) 586-2612 or [www.earlyamericanmuseum.org](http://www.earlyamericanmuseum.org).

**16-17, ARTEAST in Alton. 23-24 ARTEAST in Edwardsville.** An adventure that takes you through neighborhoods, shops, restaurants, and schools to see the work of 200 local artists. This is an opportunity to meet the artists and get a glimpse into their workspace, inspiration, and techniques. 11 a.m.-5 p.m. (618) 656-3348 or [arteast01@hotmail.com](mailto:arteast01@hotmail.com).



**16-17, Mini Riverfest** at the Meredosia River Museum in Meredosia. Come and see various demonstrations such as button blank cutting, fish net knitting, fish basket making, crow foot hooking, and much more. Admission is \$5 and includes a fish plate. (217) 584-1356.

**16-17, Vulturefest** on the Makanda Boardwalk in Makanda. Artists, food, and music to celebrate the return of the turkey vultures to the bluffs that surround the valley. Free. 10 a.m.-6 p.m. (618) 549-5523 or [www.vulturefest.com](http://www.vulturefest.com).

**22, Southeastern Illinois College Health Fair** in Harrisburg. Informational tables, free screenings, and screenings at a minimal charge will be available. The featured topic this year

is Arthritis. 9 a.m.-12 p.m. (618) 252-5400, ext. 2600 or 3213.

**23-24, Southern Illinois Arts and Crafts Fall Festival** at the SIU Arena in Carbondale. You will see a variety of handmade crafts, apparel, jewelry, floral arrangements, and more. More than 80 booths – the largest indoor craft show in southern Illinois. Admission charged. Saturday from 9 a.m.-5 p.m.; Sunday from 10 a.m.-4 p.m. (618) 984-3329.

**28, Westinster Village Third Annual Spooktacular Pumpkin Decorating Event** in Bloomington. Everyone is invited to decorate pumpkins that will be judged. The grounds and faculty spookily decorated. Treat bags will be distributed to children ages 12 and younger. [www.westminstervillageinc.com](http://www.westminstervillageinc.com).

**30, The 18<sup>th</sup> Annual Halloween Funfest** at the Lincoln Square Mall in Urbana. Champaign and Urbana Park Districts invite you to join in a fun-filled evening for little ghosts and goblins. Dress up in your favorite costume and head out to Lincoln Square Mall from 5:30-8 p.m. for various games, activities, and a haunted house! This is a free event for kids ages 2-11.

**30, Halloween Frolic** at the bandstand on the Courthouse Square in Marshall. This event promises to be spooktacular! Halloween games, stories, hay-

rides, and hot chocolate. The Halloween Parade of Costumes begins at 7 p.m. followed by costume judging on the bandstand. (217) 826-8087.

**30, PAWS (Pets Are Worth Saving) Annual Dinner and Auction** at Great Boars Inn in Anna. Doors open at 5 p.m. with dinner, a silent auction, and raffles. Live auction begins at 7:30 p.m. (618) 833-DOGS.

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.



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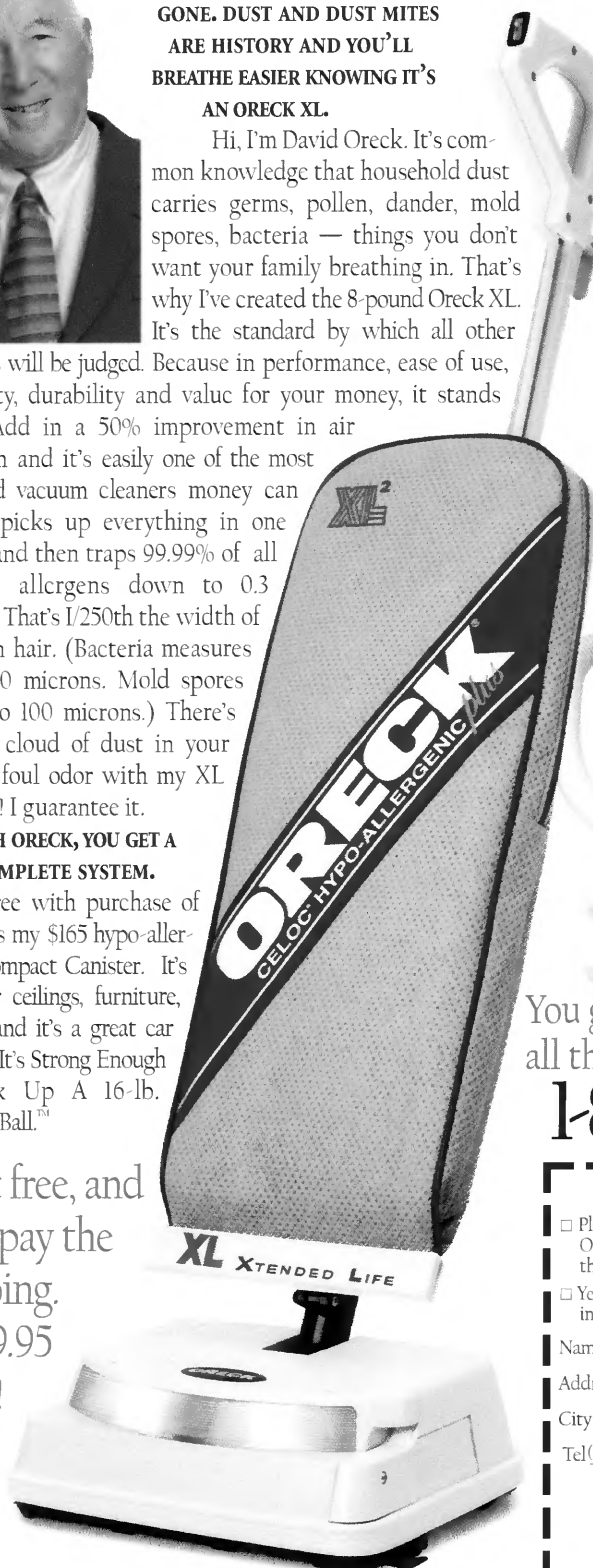
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