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January 2005

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—
VOL. 7

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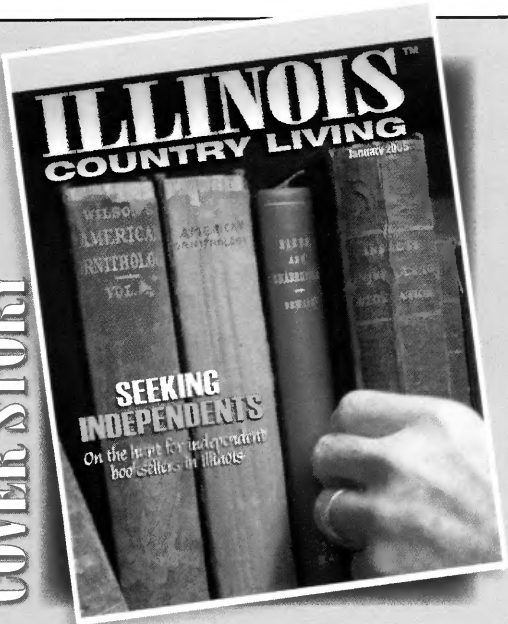
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COVER STORY



Seeking Independents..... 10

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Touchstone Energy[®]
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ILLINOIS[™] COUNTRY LIVING

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Volume 62

Number 9

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James Mann

Reliability and Demand

Electric co-ops invest in renewable geothermal energy

With the memory of the 2003 Northeast blackout still present, users of electricity in Illinois are looking to their electric utilities to assure reliability. Investing in energy efficiency and renewable energy is a recipe for utilities to achieve that goal. Facing rapid energy demand growth in their service territories, Illinois' electric cooperatives have been especially thoughtful about reliability strategies to benefit their customers, their financial success, their local economies, and environmental quality.

The recent collaboration between the Association of Illinois Electric Cooperatives (AIEC) and the Illinois Clean Energy Community Foundation brings just these benefits to Illinois' rural communities. The collaboration supports investments in energy-efficient geothermal heating and cooling systems in public and non-profit buildings served by AIEC's member co-ops. By providing grants of up to \$50,000 through AIEC, Illinois Clean Energy is helping educational institutions, churches, health care centers, recreational facilities, and many others to bring the most energy-efficient, cost-effective, and environmentally responsible method of heating and cooling to a building.

As a complement to the impressive residential-sector geothermal heating and cooling programs offered by many electric co-ops, the AIEC program is helping to demonstrate the poten-

tial benefits of geothermal systems in larger public and institutional facilities.

The program has seen great success thus far in 2004. More than \$300,000 has already been allocated through the program for 13 geothermal installations located in nine Illinois counties. Installations have been included in both new construction and end-of-life heating and cooling replacement projects. Projects funded to date expect to result in more than 1,500 megawatt-hours in energy savings annually, enough to power about 150 Illinois average homes.

The program is benefiting cash-strapped public agencies and non-profit organizations by providing improved comfort along with lower utility and maintenance costs. Grant assistance cuts the payback time on geothermal investments in half, to an average of three and a half years.

So what is the Illinois Clean Energy Community Foundation? It is a private charitable foundation located in Chicago that exists to improve energy efficiency, advance the development of renewable energy resources, and protect natural areas for people in communities all across Illinois. The Foundation's grant-making programs have grown steadily since it began operation in 2001. In the last four years, the Foundation has awarded over 1,200 grants, totaling \$71 million to nonprofit organizations, schools, municipalities, and other

public agencies in the state.

Illinois Clean Energy is fortunate to have the AIEC as a partner working to promote clean energy development in Illinois. Beyond our geothermal partnership, an example of what more can be done by working together is the Foundation's support for construction of a 1.65-megawatt wind turbine by the Illinois Rural Electric Cooperative (IREC) in Pike County. The Foundation is purchasing the first 10 years' worth of "green tags" for the project up front. The tradable green tags represent the environmental benefits of electricity generated from renewable sources.

The Illinois Clean Energy Community Foundation is proud to support innovative projects with AIEC leading to both economic and environmental benefits for residents across the state.

For more information about the Illinois Clean Energy Community Foundation, see www.illinoiscleanenergy.org. To learn more about the AIEC geothermal program, see www.aiec.coop/html/geotherm.htm. For information on the IREC wind turbine project, see www.e-co-op.com

James Mann is the Executive Director of the Illinois Clean Energy Community Foundation.

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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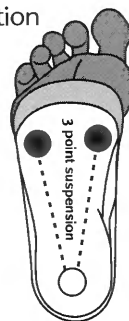
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IL Department of Ag Online Hay Market

If you want to sell or buy hay or straw, the Illinois Department of Agriculture (IDOA) has made it a little easier by establishing an online alternative. Go to www.agr.state.il.us/markets/hay/.

In its second year, the online hay and straw directory is helping hay producers and buyers. Farmers can easily set up their own account by clicking on "list an ad" on the Web site. If you don't have Internet access, contact Jerry Millburg, Agriculture Marketing News Report for IDOA, at (888) 458-4787.



Cow Power Project Also Reduces Odor

Dairyland Power Cooperative, a generation-and-transmission co-op based in La Crosse, Wisconsin, has formed a "green alliance" with Microgy. The partnership will produce renewable electricity at dairy and swine farms within the Dairyland Power system.

Dairyland provides wholesale power to Jo-Carroll Energy, a northwestern Illinois electric co-op headquartered in Elizabeth. Jo-Carroll Energy serves more than 6,500 co-op members.

Manure will be turned to methane gas using anaerobic digestion. Energy output from four Wisconsin farms will generate enough energy to power 3,000 homes. Other benefits of the project include reduced odor, reduced water pollution, and byproducts that can be used as natural bedding or fertilizer by the farmer.

Get Involved With IL Health Care Issues

Health care is of great importance to the economic viability of all Illinois communities. Medical malpractice issues are affecting some medical professionals to the point that they are leaving Illinois.

"Unless we can provide adequate access to needed health care for our citizens and reasonable insurance rates for employers, we will continue to lose population and jobs in rural Illinois," says Sheldon Keyser, President of the Illinois Rural Health Association.

"Medical malpractice reform is a problem that the Illinois Legislature has not effectively dealt with. And, without more citizens showing support for reasonable solutions, it may continue to be stalemated," Keyser says.

On January 26, a statewide conference will be held in Springfield to bring in experts and research data to show objective and unbiased information on what the real impacts are on rural health care costs and availability. And, potential solutions will be identified based on what has worked in other parts of the country. While the issue of medical malpractice reform is not unique to Illinois, some states have dealt with this issue more effectively, says Keyser.

"I would encourage rural Illinois community leaders to attend this session, listen, and help us formulate strategies to solve this problem. Unless the people who are most affected by health care get involved, we may not see solutions that address our needs," Keyser says.

For more information about the conference and registration forms, visit the Illinois Rural Health Association Web site at www.ilruralhealth.org or call (800) 500-1560.

Touchstone Energy® Co-ops are Tops in Customer Satisfaction

Touchstone Energy cooperatives, in aggregate, stand alone atop the 2004 third quarter American Customer Satisfaction Index (ACSI). The Touchstone Energy score of 81 is unchanged from last quarter's ACSI report, but the top investor-owned utilities both dropped a point. PPL Corp. dropped to 80 and Southern Company dropped to 79. The industry average remained unchanged at 72. In the "Customer Loyalty and Retention" section of the ACSI report, Touchstone Energy cooperatives improved to an industry-leading 81.

ACSI is one of the most recognized customer satisfaction indicators in the United States. It's managed by the University of Michigan Business School and sponsored by the American Society for Quality.

"Even with a number of Touchstone Energy cooperatives encountering significant power restoration challenges associated with last quarter's fierce weather, our score stood firm while other utilities declined," said Touchstone Energy Cooperatives Chief Operating Officer Jim Bausell.



Touchstone Energy®
The power of human connections



Winter Heating Bills Expected To Rise

The majority of U.S. homes that heat with natural gas, oil, or propane can expect to see their heating bills jump 10 to 15 percent this winter because of rising crude oil prices and tightening of supplies of natural gas, according to a U.S. Energy Department outlook.

Homes heated by natural gas will pay 15 percent more in heating costs than the 2003-2004 season. The winter season runs from October through March, according to the Energy Information Agency. Natural gas is used in 55 percent of homes to provide heat.

Heating oil expenditures are expected to rise for consumers by 11 percent and propane gas by 15 percent.

Source: EIA

New Web Site Created by Illinois Ethanol Team

Corn producers, entrepreneurs, and businesses have recently expressed a great deal of interest about ethanol production in Illinois. To help out, federal and state economic development agencies teamed up with Western Illinois University to create a new Web site that provides educational information about ethanol production and a set of tools to help analyze ethanol profitability.

This Web site, www.iletohprefeas.com, provides an introduction to the business issues of ethanol production.

Ethanol market conditions, grain supply and prices, transportation choices, environmental issues, energy costs, federal and state incentives, and funding alternatives are some of the many variables which must be understood and managed prior to embarking upon an ethanol venture.

Horses Need Special Winter Care Too!

Most animals that live outside need special care during the coldest months of the winter, and horses are no exception.

For example, many horses encounter problems with their feet in winter because their owners fail to stick to a regular schedule of maintenance with a farrier (horseshoer).

Dr. R. Dean Scoggins, an equine extension veterinarian at the University of Illinois College of Veterinary Medicine in Urbana, says, "If the horse is not going to be ridden at all during the winter months, it may be advisable to remove the horseshoes completely." This provides more traction for the horse on slippery surfaces, and it prevents snow from balling up on the bottom of the foot.

Because horses are naturally outdoor animals, it is fine for them to be out during the coldest parts of the year, as long as they have shelter to go to if the weather gets too bad. If a horse is not being worked regularly during the winter months, it is preferable to avoid using blankets to keep the horse warm. If blankets are used on a regular basis, then the horse will not grow a thick hair coat.

Horses may need more calories to sustain them through the cold months as well. An all-you-can-eat, high-quality diet of hay should be provided. The hay is not only important for the normal functioning of the gastrointestinal system of the horse, but the digestion process also generates heat. The horse may also need an increase in grain in its diet to ensure that it is getting enough calories.

Lastly, one of the most important factors in caring for your horse in winter is the availability of water. Not only is frozen water unavailable for drinking, but horses will also avoid drinking water if it is too cold.

Source: Jennifer Stone Information Specialist, University of Illinois College of Veterinary Medicine



Corporate Tax Bill Provision Will Help Keep Rates Low for Consumers

Electric co-ops and their members scored a major legislative victory when the President signed into law a corporate tax bill containing a provision that co-ops had been seeking for eight years.

The bill includes an important provision to provide relief from an "85/15" rule that applied to co-ops.

Prior to the passage of this bill, the 85/15 rule put electric co-ops in danger of losing their tax-exempt status if more than 15 percent of their income came from non-members. With electricity restructuring, co-ops are required to make their power and transmission lines available to third parties needing access to their system to sell electricity to other utilities. Those transactions with third parties, mandated by government rules, put co-ops at risk of going over the 15 percent non-member income threshold and that would have made all revenue, both from members and non-members, subject to federal income taxes. The corporate tax bill makes revenue from government mandated "open-access" transactions exempt from the 85/15 rule. This is an important victory for consumers because it allows co-ops to continue operating on a not-for-profit status and keep rates as low as possible.

"This victory ensures that electric cooperatives will not face undue hurdles as they adjust to the restructured electricity market. Co-op tax-exempt status is key to keeping electric rates low and co-ops competitive," said National Rural Electric Cooperative Association CEO Glenn English.



Air Cleanest Since 1970, EPA Says

Statistics for 2003 show continuing improvement of U.S. air quality and indicate the air is cleaner than at any time in more than three decades, according to the Environmental Protection Agency (EPA).

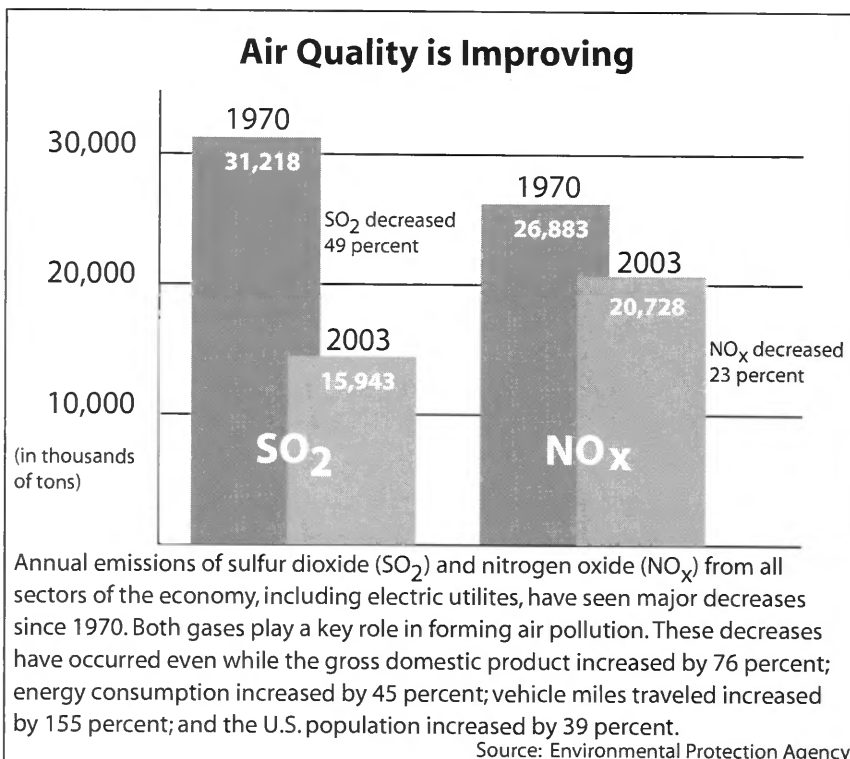
A report released by the EPA this fall said total emissions of the six main pollutants named in the Clean Air Act dropped by an aggregate total of 12 million tons compared with figures for 2000—a reduction of nearly 8 percent.

Since 1970, aggregate total emissions of carbon monoxide, nitrogen oxides, sulfur dioxide, particulate matter, volatile organic compounds, and lead have been reduced 51 percent, the EPA said.

Just days earlier, a report from the Foundation for Clean Air Progress cited similar air-quality improvement, alongside public-opinion research showing the vast majority of people convinced of the opposite—that air quality is getting worse, not better.

Foundation President William Fay noted the “disconnect” between perception and reality, citing a 56-percent increase in electricity consumption since 1985 at the same time that associated emissions have fallen sharply.

The survey research found that only 29 percent of Americans believe air quality has improved and only 28 percent expect future improvement.



Source: Wisconsin Energy Cooperative News

Get Charged! Educational Kits Available For Local Schools

By distributing roughly 7,000 Get Charged! Electricity and You educational kits, nearly 400 Touchstone Energy co-ops in Illinois and across the country have assisted schools in their areas with teaching about electricity and electric cooperatives.

Launched in early 2003 through a partnership between Touchstone Energy Cooperatives and Discovery Channel School, participating co-ops have led a campaign to ensure that middle and junior high school students in their communities receive a high-quality education on electricity.

The contents of the kit include:

- Poster for classroom use
- Two videos
- Interactive CD-ROM featuring electricity
- Lesson plan: Get Power - The Cooperative Way
- 10 Student Activity Books
- Electricity Teachers Resource Guide

For more information contact your local electric cooperative, or Nancy Nixon at (217) 529-5561 or e-mail nnixon@aiec.caap.

New Energy Efficiency Program Helps Illinois Businesses

The Illinois Department of Commerce and Economic Opportunity (DCEO), the Geothermal Heat Pump Consortium (GHPC), and the University of Illinois at Urbana-Champaign Building Research Council (BRC) encourage all Illinois businesses and industry to take advantage of Illinois' new energy program, the Small Business Smart Energy Program (SBSE).

The SBSE program in Illinois will provide engineering design assistance to building project stakeholders in order to identify opportunities for energy savings. The primary goals of the SBSE program are to reduce the cost of doing business in the state through improved energy efficiency, to support job creation, mitigate pollution by reducing energy usage, and to improve small business competitiveness through intelligent building design and efficient building components and systems.

The GHPC has set up a special section on its Web site that describes the new program, which can be viewed by visiting www.geoexchange.org/illinois/program.htm.



LIQUID GOLD

You have the gift that keeps on giving — giving life.

By Tina Marie Farmer

Eight million Americans donate 14 million units of it every year. Four million patients need it. To give it, you must be at least 17 years of age, weigh 110 pounds, and be in good health. You can donate it every eight weeks, or 56 days. You can even donate it to yourself. What is it? Blood, of course.

Most donors give “whole blood,” which is separated into blood components such as red blood cells (RBCs), platelets, and plasma. Oxygen-carrying RBCs, used to treat anemia, can be refrigerated up to 42 days. Platelets, essential in blood-loss control and for the treatment of leukemia and other types of cancer, can be stored up to five days at room temperature. Plasma is stored frozen for up to one year and is used to control bleeding in patients, such as hemophiliacs, with low blood clotting factors. Quite simply, your 450-milliliter unit of blood can save numerous lives.

The American Association of Blood Banks (AABB), America’s Blood Centers (ABC), and the American Red Cross (ARC) have designated January as National Volunteer Blood Donor Month. “January was chosen because it is always a difficult time for blood centers,” says Paul Hendricks, donor recruiter for the Central Illinois Community Blood Bank (CICBB).

“It is right after the holidays and right in the middle of cold and flu season.” Though donation levels tend to fall during the holidays, demand for blood remains the same or even increases, according to the AABB.

“A lot of people think the Red Cross supplies blood to the hospitals, but they don’t. We [CICBB] are the only blood supplier for 19 central Illinois hospitals. We need almost 45,000 units of blood each year to keep up with the demand,” says Hendrickson. Unfortunately, fewer than five percent of Americans

who are eligible to give blood actually do.

Remember that January is National Volunteer Blood Donor Month. Roll up your sleeves and go donate a pint. It only takes a few minutes of your time, and there is a good chance that someday you’ll count on a blood donor to save your life too.

For more information about blood donation, call the Central Illinois Community Blood Bank at (217) 753-1530, or visit www.cicbb.justbusiness.net or www.aabb.org.

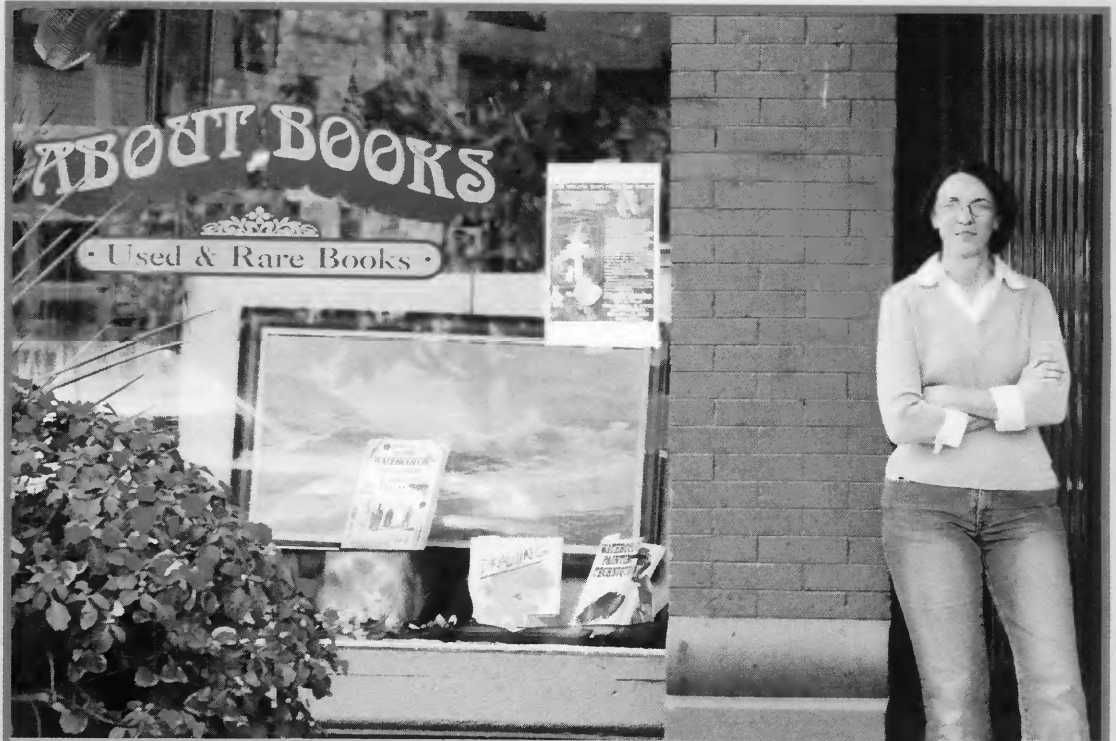


The Association of Illinois Electric Cooperatives (AIEC) is proud to employ several superstar blood donors. Don Van Houten (left), Field Services Representative for the association and long-time donor, has pumped out 88 pints (11 gallons) of blood for his central Illinois neighbors. Mike Henry (right), Comptroller for the AIEC, is close behind Van Houten, with 85 pints, and AIEC Vice President of Operations, John Freitag (not pictured), has given nearly 10 gallons to the cause.



SEEKING IN

On the hunt for indep



"I look for things that I know we have customers specifically searching for," says About Books' Connie Laleman. You won't find that in a chain store.

My mother remembers when, as a little girl, her mother loaded her into a red Radio Flyer and pulled her over the bumps and up the gently inclined sidewalks of Springfield. It was Saturday, and they were going "uptown" for their weekend shopping excursion. My mother giggled with delight at the glittering storefronts twinkling in the lazy mid-morning sun, the bustle of shoppers—some hurried, some not—and the delicious aroma of freshly baked bread, newly minted books, and hand-made candy wafting from open doors. "Why, good morning Mrs. Long," the storekeepers would call out to my grandmother. They even knew what she was looking for before she stepped over their thresholds. Do you remember service like that? It wasn't so long ago.

"We have to look for niches instead of trying to be everything to everybody."

George Rishel

With the recent influx of big box stores and warehouse clubs, it is easy to forget that bustling epicenter of commerce and social opportunity that *was* downtown, or uptown, whichever you prefer. The "mall and chaining" of America that has brought whatever we want, whenever we want, right to our doorsteps, is a cause of lament among generations who remember those Saturday shopping excursions into unique stores with Mr. Jones behind the counter wearing his



DEPENDENTS

Independent booksellers in Illinois

ready smile. Fortunately, we can still find that if we look for it. Often it's as close as our local independent bookseller.

"Independent booksellers are often smaller than the chain [book] stores," says George Rishel, owner of The Sly Fox bookstore in Virden. "We have to be a little more selective about what we stock. We have to look for niches instead of trying to be everything to everybody."

George specializes in selling children's books and mysteries, many imported from England and difficult to find elsewhere in this country. "I've always

been an avid reader and got into this [book selling] by starting to collect books for myself. It's just something I've always wanted to do," recalls George.

So why open an independent bookstore instead of aligning himself with a big-name store? George thinks a moment before answering. "Independent bookstores add to the diversity of what is available. As an independent, I make the decisions about what to stock; this is not true of chain stores. They have executives in corporate offices look at what a publisher is coming out with and say 'We'll take this, this, and this, but we're not interested in the other stuff.'



Everybody seeks independents, just ask Ruth Rishel or 4-year-old Sarah Morton.



The Sly Fox's George Rishel shares his love of literature with customer Corey Cooperider.

Sometimes," reflects George, "the 'other stuff' doesn't get published because there is not an adequate projection for its marketability."

How do independents decide what niche to fill? "When people bring in books from estate sales or spring cleaning, we look for what we don't want first," says Connie Laleman, manager for the past 10 years of About Books in Bloomington. "I look for interesting things like beautifully bound leather books. Rare books. Books others might pass over. You never know what you're going to find in a store like this. We sell old books. We sell used books. We sell Grandma and Grandpa's books that nobody knew what to do with once Grandma and Grandpa passed away." Connie adds, "They were treasures for somebody once and they will be treasures for somebody again."

Brian Simpson, owner of Babbitt's Books in Normal, agrees. "If you're the kind of person who values discussing a book before you buy it, if you're venturesome in the way you approach books, then you

ought to shop independent bookstores. When you go to a chain, you're going to find that a lot of the unique books you are looking for are not only not there, but if you ask about the books, the employees will have no idea what they are.

"The problem with chains," continues Brian, "is that they give the impression of knowing everything there is to know about books. They have dark wood shelves, leather chairs to sit in, light jazz playing on the radio, and cappuccino. They give the impression that you are on the set of Masterpiece Theater. These stores look like the place to buy a book,

but they are not for people who are obsessive about their books."

Babbitt's has been serving its diverse customer base since 1990. "There is no set demographic for my customers except that they are the kind of people who are predisposed to buying second-hand books," proclaims Brian. "They're young. They're old. They're left. They're right. They're educated.

"If you're venturesome in the way you approach books, then you ought to shop independent bookstores."

Brian Simpson



They're degreed or not degreed. They're all across the board."

A step through Babbitt's door and into the organized chaos of books may be a bit overwhelming to some. "But," says Brian, "if you really like books, it's not." Babbitt's literally has customers from all over the world, and Brian relies on the Internet for about 80 percent of his sales. "When one of the large chain stores moved into town, I was selling about 20 percent of my books on the Web. When my walk-in traffic started declining, I had to rethink how I dealt with things. I started working to increase my Internet sales and they grew to the level they are today."

When we can dash in and out of a big-name bookstore in less time than it takes to throw our cars

into park, why browse at an independent bookseller? "When you go into the larger commercial bookstores, they all feel the same," says About Books' Connie Laleman. "You come in here and there's the personality of 'Look what we have today.'" To The Sly Fox's George Rishel, the personalized service is an excellent reason to shop at independents too. "We have more direct contact with the community. We spend time helping our customers find just the right books to add to their collections. That's something you won't get at a

chain." And, in the true nature of an independent bookseller, Babbitt's Brian Simpson has a bit of a different view of the question. "You should buy from an independent bookseller because if you want to be independent, it's the only way you can be."

"You should buy from an independent bookseller because if you want to be independent, it's the only way you can be."

Brian Simpson

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Patti Faughn

Protecting Young Children

Dangerous falls in the home can happen to young and old

Most of us think of our homes as safe places for our children. We don't spend much time thinking about the possible risks for falls that present themselves in the home. According to the National Safety Council, the most common falls occur from furniture, heights, windows, bathrooms, and on floor surfaces. The following precautions can help keep your child safe:

1. Don't leave infants alone on surfaces where they can roll off. Beds, changing tables, kitchen tables, countertops, sofas, and chairs are common places where we may lay a little one for a few minutes.
2. Remember to always keep children strapped into highchairs, carriers, and strollers.
3. Use baby gates to keep infants and toddlers away from stairs. Avoid accordion gates with openings large enough for a child's head or neck to get caught.
4. For older children, keep the stairs clear. Because children love to climb up and down stairs, and often at great speed, this is a place where a large percent of falls happen.
5. Don't let children play on fire escapes, high porches, or balconies unsupervised.
6. Secure area rugs with a foam backing, rubber pad, or double-sided tape.

7. Never leave children unattended in the bathtub. If a child should slip and fall, he or she may be unable to cry for help. Always use a rubber mat in the tub.
8. Keep your windows closed and locked when children are present. If you need to open a window for air, use one that the children cannot reach, such as a kitchen window over the sink.



9. Never depend on a window screen to keep a child from falling out of the window. Screens are made for keeping bugs out rather than keeping children in.
10. Have a 'no play zone' near windows or glass doors. Use stickers on patio doors. Help children to understand that

running into or falling against glass can cause it to break and they can be hurt seriously.

11. Keep climbable furniture away from windows. Children can use it as a launching pad.
12. If you live in an apartment, check with your local fire department and building code official to make sure that the window or window guards or security bars comply with requirements. Children under ten years of age can crawl or squeeze through windows that are opened only five inches. In some cities, landlords are required to put window guards in apartments with children. The guards prevent a window from being opened wide enough for a child to pass through.

For additional information on falls in the home, see the national safety council's Web site at <http://www.nsc.org/issues/fallstop.htm>

Remember that although we can many times see and avoid a potential danger, young children often do not. One of our jobs as a parent or caregiver is to provide the protection and supervision our children need to stay safe.

Patti Faughn, Family Life Educator, Springfield Extension Center, University of Illinois Extension, P.O. Box 8199, Springfield, IL 62791, (217) 782-6515, or e-mail pfaughn@uiuc.edu.



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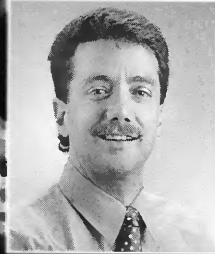
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David Robson

Surviving Snow and Ice

Select trees that can survive what winter hurls at them

Part of me hopes this month's column ends up being absolutely worthless.

Snow and ice can be the two biggest lobs that nature hurls at winter landscapes. Okay, tornadoes are another, but we seldom experience those in January. Snow and ice are a definite probability.

First, before going into the negatives regarding this pair, let me say that a foot or more of snow covering a plant from now until March would be the best thing for it. Snow is one of the best insulators, and will keep the soil a constant temperature and prevent freezing and thawing and the subsequent heaving of the soil. Ultimately, there is less plant damage.

Too much snow and ice can cause severe damage to trees and shrubs, though some of the injury may be more cosmetic. It's possible that branches and limbs can snap and fall, creating a hazard for anything that doesn't move faster underneath them.

Branches are limber and can bend under the weight of ice and snow. Anyone who has swung on a limb or pulled it down to pick an apple realizes how elastic branches can be.

However, there is a limit. Like just about anything, bend it so far and it snaps louder than Rice Krispies.

Some trees are more notorious than others, and for this reason, aren't recommended for Illinois landscapes. These include many poplars, Siberian

elms (sometimes called Chinese elms, but that's another plant and a good one at that), willows and silver maples. Trees with rot, decay, weak crotches, or V-shaped crotches easily split in severe weather. The prime example of this is the Bradford ornamental pear.

Most heavy, wet snows don't build up enough to cause much damage to single-stemmed trees or shrubs. In other words, if the plant only has one stem, it's bound to go straight up and it's less likely snow will accumulate on the top, unless it's in some Dr. Seuss book.

Give me a shade tree any ol' day, though. At least the lack of leaves limits severe damage.

Evergreens suffer more due to the increased surface area of their leaves or needles, which seem to act like a magnet and capture every snowflake or ice crystal that falls. Sure, they're pretty with a light dusting of snowy powder. But then just about anything looks good with a light dusting of snow. It's the heavy wet stuff that causes my teeth to clench.

You might be tempted to run out with a broom or stick to brush snow away, but this may cause more pressure on a limb and cause it to break as you're hitting the snow or ice away, whether you are brushing sideways, from the top down, or from the bottom up. Additionally, there's a chance the limb may suddenly fly up and hit you in the face, or the snow realizes it doesn't have the ability to defy gravity and hits you

directly in the face. I can attest to this personally, but I guess snow is better than persimmons raining down on your face when the tree is shaken.

The best course is to wait until the snow or ice melts. Most branches will return to their original position a couple of days after the snow or ice hopefully melts.

If limbs are bent out of shape, you can prop them up, or tie them to a higher limb if possible, in February or early March, and they hopefully will be set by May.

The best course of action, which is always visible well after the fact, is to make sure the plants are structurally sound going into winter. Weak limbs should be removed. Poor quality trees and shrubs need one good pruning at ground level, with a stronger replacement substituted.

When looking for trees and shrubs for the garden, choose those with a strong central leader and well-balanced limbs. And always plant tall species of trees far from power lines and your house. An ice storm is bad enough. You don't need a hole in your roof and a power line down in your front yard.

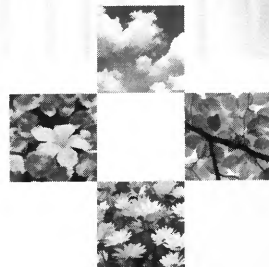
David Robson is an Extension Educator, Horticulture, at the Springfield Extension Center, University of Illinois Extension, P.O. Box 8199, Springfield, IL 62791, (217) 782-6515, e-mail drobson@uiuc.edu.



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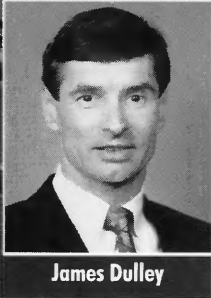
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James Dulley

Easy Solar Heating

How to build an inexpensive one-room solar heater

Q: Dear Jim: One chilly room in my house faces south, but has only one small window for the sun to shine in. Is there any inexpensive, simple-to-build solar heater design I can put in the window for more free heat? - Sam W.

A: Dear Sam: Using the sun during the winter to assist your heat pump or furnace makes a lot of sense. Whole-house solar heating is not always economically feasible in all climates or for all house designs, but making a small one yourself for just one room almost always pays back its cost very quickly. Building one will be a good family project to get your children interested in conservation.

People usually associate the sun and solar energy with heating a home during winter, but it can also be used to cool your house during the summer by creating a natural breeze.

There are several design variations for simple do-it-yourself solar window heaters that will save energy year-round. I built a small one for the bedroom in my own home, and it produces warm air output at about 120 degrees on a sunny day. During the summer, it functions as a non-electric exhaust fan to create a natural breeze through my home.

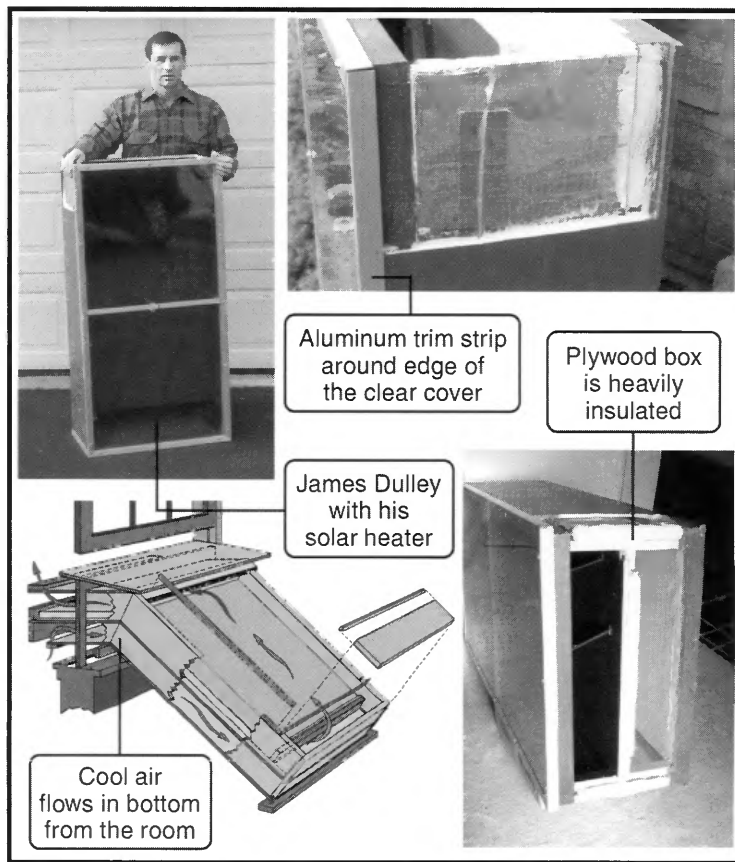
I spent about \$100 for the materials, but mine is fancy with aluminum trim on all the edges and with a double-pane top made

of clear acrylic plastic. You should be able to build an efficient one for about \$50 in materials or even less if you have some scrap lumber (plywood and wall studs) and an old storm door or window laying around the house. These designs do not use fans or electricity.

The concept of a solar window heater is simple. It is basically an insulated flat box with a clear top and a divider panel inside to create two shallow chambers, one above the other. The divider panel is shorter than the box so the two chambers are

connected at the outdoor end. One end of the box is mounted in your window opening and sealed with weather stripping against the sash and the window frame. The other end slopes downward outdoors with a clear top facing the sun's rays.

The inside of the box is painted flat black to act as a solar collector when the sun shines through the clear top into the divider panel to heat the air in the top chamber. As this air is heated by the sun it expands and becomes less dense. This less-



Solar window heater is effective year-round



dense, heated air flows up the sloped solar heater and out into the attached room. This creates a natural draft to draw more air from the room into the bottom chamber.

It helps if you insulate the warm top chamber from the lower one to increase the temperature difference between them. A greater temperature difference increases the air flow (called thermosiphoning) of room air through the heater. It is also critical to insulate the outside walls of the box so the room air flowing down the lower chamber does not lose heat to the cold outdoor air.

The proper angle to slope the heater from your window depends upon your climate and the dimensions you make it. The further north you live, the steeper it should be because the winter sun is lower in the sky. Once you

build it, try different angles to see which warms up your chilly room the most. A steeper slope may provide more air flow, but the output air may not be as hot.

Since I live in Cincinnati, Ohio, which gets below zero some days, I built a clear top with two layers. I drilled several tiny weep holes in the lower edge to allow any condensation to escape. I also screwed "L"-shaped aluminum angle stock (from any hardware store) on the divider collector panel in the warm chamber. The angle pieces increase heat transfer and also create air turbulence. Aluminum is an excellent heat conductor, so the air swirling around the pieces increases the heat flow from the hot collector to the air.

For free cooling ventilation, install a hinged door in the top of the heater immediately outside the window. During the summer,

block the top chamber warm air opening from the heater to your room and open the outdoor hinged door. On a sunny day, the solar-heated air will exhaust out the hinged door and draw air from inside your room for a natural breeze indoors.

Write for (instantly download - www.dulley.com) Utility Bills Update No. 442 - do-it-yourself instructions, diagrams and materials list for making three designs of solar window heaters; some include an optional summer ventilation door. Please include \$3.00 and a business-size SASE. James Dulley, Illinois Country Living, 6906 Royalgreen Dr., Cincinnati, OH 45244.

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

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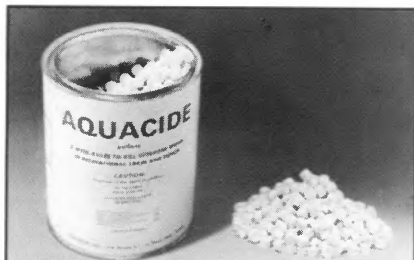
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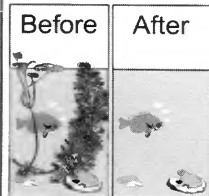
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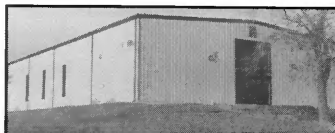
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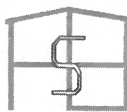
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Early winter storm reminds co-ops to be thankful for friends

The pre-Thanksgiving snowstorm that hit central Illinois on Wednesday, November 24, caused thousands of power outages as 1 to 8 inches of wet snow fell on power lines and trees. Wind gusts of up to 60 mph brought trees and tree limbs crashing into power lines. Many co-op members and other utility customers were without power for several days.

But despite the hardship this Thanksgiving outage caused, it was also a time to be reminded of the true meaning of the holiday.

As co-op linemen worked in the snow and missed out on turkey and trimmings with their families, they were reminded to be thankful for their friends from other co-ops who came to help out. As co-op members waited patiently for the lights to come back on, it was a good time to reflect on why we should all be thankful for the modern conveniences powered by electricity, and remember to be prepared for extended outages during wintertime.

In addition to being thankful for the help from other electric co-ops, employees were also thankful for their members' patience while waiting for power to be restored and phoning in outages over busy phone lines. If several thousand members are without power it doesn't matter how many employees are answering the phone lines, it won't be enough. Many callers will hear busy signals.

Co-ops serve thousands of miles of line in areas where roads are sometimes difficult to clear. But despite the difficult conditions, co-ops have a hidden strength. It is one of seven cooperative principles – cooperation among cooperatives. This principle is put into action during large power outages through the Illinois Electric Cooperative Emergency Work Plan.

There are several factors that contribute to such a large outage. The wet snow, combined with high wind, caused some lines to sag and cause shorts on the power lines. Trees and tree limbs weighted down by the heavy snow caused a majority of the outages. As the snow melts, power lines can "bounce" back up into trees or other lines, causing outages even after some lines are repaired. Ice storms often cause even more widespread and devastating damage to power lines and trees.

Outages can also be caused by damage to transmission lines serving the co-op's substations. Repairs must be made to the transmission lines first, and some of these lines are owned by other utilities. Next, major distribution feeder lines coming out of the substations are repaired. Finally, if the service line



Wet soil, heavy snow, and strong winds brought down trees and power lines across central Illinois the day before Thanksgiving. White oak, bur oak, Bradford pear, Siberian elm, and other trees with softer wood that still had leaves caused most of the outages.

coming from the transformer to a member's home is damaged, a qualified electrician must fix the problem.

Journeyman Lineman Scott Carle and 3rd Year Apprentice Lineman Andy Lafeber of Western Illinois Electrical Coop. in Carthage spent 25 hours helping the crews of M.J.M. Electric Cooperative in Carlinville. "It was Thanksgiving and they didn't have any power. We were willing to give up our Thanksgiving for them," said Carle.

Norris Electric Cooperative in Newton also had linemen who volunteered to help another co-op. "I know that when we experience a bad storm and major outages, other electric cooperatives in Illinois will come to our aid," co-op Manager Keith McKinney says.

Menard Electric Cooperative, Petersburg, received help from Southeastern Illinois Electric Cooperative, Monroe County Electric Co-Operative, and Farmers Mutual Electric Company.

Corn Belt Energy, Bloomington, received help from Norris Electric Cooperative, Wayne-White Counties Electric Cooperative, EnerStar Power, and Shelby Electric Cooperative.

Eastern Illini Electric Cooperative, Paxton, received help from Shelby Electric Cooperative and Coles-Moultrie Electric Cooperative.

Illinois Rural Electric Cooperative, Winchester, received help from Tri-County Electric Cooperative, Clinton County Electric Cooperative, Adams Electric Cooperative, and Southwestern Electric Cooperative.

M.J.M. Electric Cooperative, Carlinville, received help from Western Illinois Electrical Coop, Southern Illinois Electric Cooperative, and Egyptian Electric Cooperative Association.

ILLINOIS' FINEST COOKING



Four-Cheese Lasagna Sharon Taylor

- 1 lb. ground beef
- 1 (15-oz.) ctn. Ricotta low-fat cheese
- ½ C. Parmesan cheese
- 2 eggs
- 2 (26-oz) pasta sauce
- 1 pkg. lasagna noodles
- 2 C. Italian shredded cheese
- 2 C. Mozzarella cheese, reserve
½ C. for topping

Preheat oven to 350°. Brown hamburger, drain and mix with the pasta sauce. In a separate bowl, mix Ricotta, Parmesan cheese, and eggs. Mix well. On the bottom of a greased 15x9-inch dish, spread 1 C. of meat sauce. Top with a layer of noodles, ¼ of the cheese mixture, ½ C. Mozzarella, and ½ C. Italian cheese. Continue repeating the meat sauce and cheese layers until all ingredients are used. Bake covered for 1 hour. Sprinkle reserved cheese on top and allow to stand for 15 minutes before serving.

Creamy Mashed Potato Bake Stephanie Funk

- 3 C. hot mashed potatoes
- ¼ C. milk
- 1-1/3 C. French fried onions
- 1 C. sour cream
- ¼ tsp. garlic powder
- 1 C. shredded Cheddar cheese

Preheat oven to 350°. Combine mashed potatoes, sour cream, milk, and garlic powder in a large bowl; mix well. Spoon half the mixture into a greased 2-quart baking dish. Sprinkle with 2/3 C. French fried onions and ¼ C. cheese. Top with remaining potato mixture. Bake for 30 minutes or until heated through. Sprinkle with remaining 2/3 C. onions and ½ C. cheese. Bake 5 minutes or until onions are golden.

Oat Bran Bread Machine Recipe Patty Zettle

- 1-1/4 C. water
- 3 T. honey
- 2 T. margarine
- ¾ C. quick oats
- 1-3/4 tsp. salt
- 3-1/4 C. bread flour
- 2 T. oat or wheat bran
- 2 T. dry milk
- 2 tsp. yeast

Pour ingredients into your bread maker in the order of the list. Set to basic bread option, medium setting. Makes 1-1/2 to 2 pound loaf.

Sharing Our Best

Members of Corinth Christian Fellowship in Pittsburg, IL submit their cookbook, *Sharing Our Best*. The book is soft-back, spiral-bound, and contains 250 tried and true recipes. To order, send \$7, plus \$2.75 shipping to Patty Zettle at 22743 Locust Grove Road, Thompsonville, IL 62890, or call her at (618) 982-9492.

Maraschino Cherry Pie Nee Hartness

- 1 lg. jar maraschino cherries, drained, reserve juice
- 1 pkg. instant vanilla pudding
- 1 lg. ctn. Cool Whip
- 1 piecrust, baked

Prepare pudding, using about ¼ C. cherry juice instead of milk. Cut up cherries and put into the piecrust. Pour pudding mixture on top and chill. When chilled, put Cool Whip on top and serve.

Photos by Catrina McCulley Wagner





Frosted Nuts
Susan Qualls

- 1-1/2 C. sugar
- 1/2 C. sour cream
- 1-1/2 tsp. vanilla
- 1 lb. walnuts or pecans

Mix sugar, sour cream, and vanilla. Cook and bring to a full boil and continue boiling for 5 minutes. Remove from heat and stir until mixture sugars. Add nuts. Pour out on waxed paper, separate and let cool completely. Pack in an airtight container. Will keep for three months.

Marinated Carrots
Carol Knop

- 5 C. fresh sliced carrots
- 1 C. brown sugar
- 1 tsp. salt
- 1 tsp. pepper
- 1 tsp. prepared mustard
- 1 tsp. Worcestershire sauce
- 3/4 C. vinegar
- 1/2 C. oil
- 1/4 C. chopped onion
- 1 sm. Green pepper, chopped (opt.)

Cook carrots until tender crisp. Drain. Mix together remaining ingredients. Pour over carrots. Chill overnight. Will keep in the refrigerator several weeks.

Flavorful Biscotti
Marion Ivanuck

- 1 C. vegetable oil
- 1 egg
- 2/3 C. granulated sugar
- 5 C. all-purpose flour
- 2 T. baking powder
- 1/2 tsp. salt
- 1 C. Zinfandel wine
- 1/2 C. pecans or macadamia nuts, chopped (opt.)

Grease 2 (10x15-inch) baking sheets. Beat together oil and egg until frothy. Add sugar; continue beating until well mixed. Add nuts. In a separate bowl, combine flour, baking powder, and salt. Gradually add to the egg mixture alternately with wine. Mix until smooth dough forms. The dough will be stiff but sticky. With floured hands, divide dough in half. Form each half into a 12-inch loaf and place on prepared baking sheet. Flatten loaves to a 4-inch width. Bake at 375° for 25 minutes, or until loaves are lightly brown and firm to touch. Remove from oven and place on wire racks to cool slightly. While loaves are still warm, slice on the diagonal into 1/2-inch slices. Arrange the slices, cut side down, on baking sheets. Place in a 350° oven. Bake for an additional 20 minutes or until biscotti are dry and crisp. Place baking sheet on wire rack and allow to cool. Decorate with chocolate and sprinkles.

Favorite Family Recipes Then and Now

Members of the Willisville Women's Organization submit their cookbook, *Favorite Family Recipes Then and Now*. The book is soft-back, spiral bound and contains 180 pages of delicious recipes. To order, send \$10 to Cheryl Salger at PO Box 159, Willisville, IL 62997 or call her for more information, (618) 497-2818.

Fried Chicken
Donnie Schroeder

- Chicken pieces
- 1 C. buttermilk
- 1 egg
- 1-1/2 C. flour
- 1/2 tsp. red pepper

Mix together buttermilk and egg. Soak chicken in buttermilk mixture for 1-6 hours. Mix red pepper and flour together. Dip chicken pieces into flour twice. Make sure pieces are completely covered. Fry chicken in 2-3 inches of oil heated between 365°-375° for 8-10 minutes. Dark meat takes longer than white.

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





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- 4) Mail to: Illinois Marketplace, P.O. Box 3787, Springfield, IL 62708, by deadline.

Deadlines: March issue — January 20;
April issue — February 20.

We reserve the right to reject any advertisement. Ads received after the deadline will be placed in the next available issue. Non-members wishing to advertise should contact the Weiss Group at (480) 860-5394 for information about display advertising.



Grab Your Binoculars

January is a great time for viewing bald eagles in Illinois

Winter's chill is bearing down on Illinois river-towns and brisk winter winds are driving scores of American bald eagles southward along the Mississippi River from Jo Daviess to Alexander county, and along the Illinois River from La Salle to Jersey county. Illinois is home to the largest population of wintering eagles with more than 3,000 wintering in 27 counties.

The bald eagle was declared the United States' national emblem in 1782 and is among the largest of the birds of prey found in North America. A mature eagle stands approximately three feet tall with an impressive wingspan of eight feet. The female bald eagle weighs up to 15 pounds, slightly more than her male counterpart. Eagles rely primarily on their vision when searching for prey and can spot a fish from two miles away.

Illinois' open, unfrozen waters allow eagles to fish near locks and dams along both rivers during January and February. The great Illinois fishing opportunities allow the eagles to consume up to two pounds of fish every day.

It's a small window of bird watching opportunity. But it's also a great winter revenue source for river towns, attracting more than two million wildlife watchers who enjoy the thrills of watching these magnificent birds. Eagle watching provides more than \$1.8 million in revenue in LaSalle County alone.

Bald eagles were removed from the endangered species list in 1995, but it is still a felony to harm one. It is also illegal to possess any part of one of the majestic birds, including a mere feather.



From mid-December through mid-March you can view bald eagles along both the Mississippi and Illinois Rivers. The best time for viewing is in the morning near lock and dam areas.

Eagle Watching Tips

- Do not approach bald eagles when they are nearby.
- Cars make good blinds. Stay in your car when close to an eagle.
- Do not make sudden loud noises, like slamming a car door.
- If the bald eagles notice you, you're too close. Quietly leave.

The Alton Visitors' Center hosts Eagle Meet and Greet every Saturday in January from 10 a.m. to 2 p.m. The best eagle viewing is along the Great River Road between the Locks & Dam in Alton and Pere Marquette State Park in Grafton from sunrise to about 11 a.m. Call (800) 258-

6645 or visit www.visitalton.com.

On January 15 and 16th from 9:00 a.m. until dusk Meredosia will host eagle watching along the Illinois River. Call (800) 593-5678 or Dora Dawson at (217) 584-1356.

Bald Eagle Days will be held through February at Pere Marquette State Park, Grafton. Meet at the Visitor Center at 8:30 a.m. for a short video presentation followed by an observational drive. Reservations required. Call (618) 786-3323.

For more information on the many other Illinois bald eagle watching events and sites go to www.SaveOurEagles.com, or www.enjoyillinois.com.



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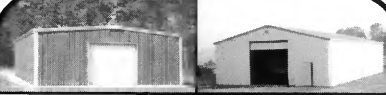
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JANUARY DATEBOOK

1-2, Christmas Floral Display at the Washington Park Botanical Garden in Springfield. Thousands of poinsettias and holiday plants grace the dome of the botanical garden in this seasonal display. Free. (217) 753-6228.

1, 4-5, Holiday Treasures Exhibition and Sale hosted by the McLean County Arts Center. Fine arts and crafts including glass, painting, sculpture, jewelry and more, just in time for the holidays. Donations accepted. Sat. 12 p.m.-4 p.m., Tues. 10 a.m.-7 p.m., Wed. 10 a.m.-5 p.m. (309) 829-0011.

8, Kennekuk Road Runners Siberian Express Trail Run in Oakwood's Kickapoo State Park. The #1 winter race in the Midwest. Enjoy 7.6 challenging miles of beauty and adventure at Kickapoo State Park. Stay for the after-party with food, drink, music, and prizes. Registration fee. Starts at 12:00 p.m. (217) 431-4243.

8-9, Kane County Flea Market at the Kane County Fairgrounds in St. Charles. Thousands of dealers offering antiques, collectibles, and fancy junkie. Try the hearty country breakfast served on Sunday. \$5 for adults, children under 12 free. Sat. 12-5 p.m., Sun. 7 a.m. -4 p.m. (630) 377-2252 or www.kanecountyfleamarket.com.

14-15, Midwest Elvis Presley Impersonators Competition at the downtown Hilton in Springfield. Best party of the year, with 20 national and international Elvis tribute artists competing for more than \$3,000 in prize money. (217) 793-3733.



9, Bridal Show 2005 at the Keller Convention Center in Effingham. Everything for the bride, wedding party, and reception! \$2 brides. Grooms free. 11 a.m. (217) 347-5115.



8-9, Bald Eagle Days Environmental Fair and Wildlife Art Show at the QCCA Expo Center in Rock Island. Environmental fair with seminars, including live wolves, birds of prey, and river otters. Exhibits, live eagle presentations, wildlife art show, and outdoor eagle watching. Fee. Sat. 10 a.m.-9 p.m. Sun. 10 a.m. -5 p.m. (309) 788-5912.

1-16, Ski Jumping Tournament in Fox River Grove. Skiers from the U.S. and several foreign countries compete. \$10 ages 13 and older, ages 12 and younger free. (847) 639-9718.

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21-23, Central IL Jazz Festival at the Holiday Inn Select in Decatur. 30th anniversary of this festival. Features world class musicians playing traditional, Chicago, and New Orleans jazz, plus swing and ragtime piano. Call for pricing. Fri. 7 p.m. -midnight, Sat. 10:30 a.m.-midnight, Sun. 10 a.m. -5 p.m. (217) 877-4114.

15, Chamber Concert in Galena. An intimate Dubuque Symphony Orchestra concert at Turner Hall. 8 p.m. (563) 557-1677.

15, 2005 Annual Eagle Watching Days on the Illinois River in Meredosia. January is the time to observe eagles nesting along the Illinois River at Meredosia. Hostess Dora Dawson is on hand to guide your bird-watching efforts. Class taught by Jo Skoglund on Saturday morning. Illinois Raptor Show on Sunday. Free. (217) 584-1356

16-18, 14th Annual Quad Cities Farm Equipment Show - Quad Cities at the QCCA Expo Center in Rock Island. A major farm show with more than 60,000 sq. ft. of new equipment, products, and services for today's farmer. The very latest in long-line, short-line, supply, and livestock equipment from the industry leaders, plus new technologies vital to profit-earning. Free. Sun. 10 a.m.-5 p.m. Mon. 9 a.m.-5 p.m. Tues. 9 a.m.-3 p.m. (309) 788-5912.

19-22, Illinois Snow Sculpting Competition at Sinnissippi Park in Rockford. Watch snow-sculpting teams form stunningly beautiful figures from giant blocks of snow. Giant dragons, abstract shapes, and whimsical figures take shape under the skilled hands of 30 top competitors. Bad weather dates: 1/26-29. Free. (815) 987-8800.



15, American Salute, A Tribute to WWII Veterans at the Peoria Civic Center Theater in Peoria. The Peoria Symphony Orchestra observes the 60 years since the Allied victory in World War II with four American masters: Gershwin, Copland, Barber, and Gould. Fee. 8 p.m. (309) 671-1096.

22, Evening with the Collectors in Galena. Twelve collectors from the tri-state area share their private collections at the DeSoto House Hotel. Hors d'oeuvres, music, "what is it" table, and silent auction. \$20 per person. Appraisals \$5 per item. 6 -9 p.m. (815) 777-1111.

22-3/5, Mason Hollow Maple Syrup Tree Tapping in Grafton. Come see how maple syrup is naturally made. Sap runs when it freezes at night and thaws during the day. The best sap runs are when it is sunny and 40 degrees or above. Free. (618) 465-6676.

28-2/6, Alton Little Theater Presents: "Fences" in Alton. Winner of the Pulitzer Prize for drama in 1987, "Fences" tells the story of Troy Maxson and the fences he believes life has thrown up around him as a black man. It is about anyone who has struggled to find his or her place in the American Dream. \$12 for adults 17 and up. \$6 for children under 17. \$11 per person for groups of 20 or more. Evening shows at 8 p.m. Sunday shows at 2 p.m. (618) 462-6562.

28-2/12, Cat On a Hot Tin Roof at the Community Players Theatre in Bloomington. One of the most enduring, successful, and classic pieces of American drama. Written by Tennessee Williams. A story of family, denial, betrayal, and reaching out to one another. Fee. (309) 663-2121.

29, Knox College International Fair in Galesburg at the Ford Center for the Fine Arts. Arts, crafts, food, and entertainment from around the world. \$7 for adults. \$4 for children and seniors. \$3 for Knox students. Cultural fair 1-4 p.m. Food fair 11:30 a.m.-1:30 p.m. (309) 343-2485.

29-30, World Drag Racing Expo at the Pheasant Run Megacenter in St. Charles. See new products, drag cars, and talk to racing stars about interesting seminar subjects. \$8 for adults. \$5 for children. \$12 for a two-day pass. Sat. 9 a.m. -6 p.m., Sun. 9 a.m. -4 p.m. (217) 636-8103 or www.dragnews.com.

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 March submissions is January 20.**



Choose Life Grow Young with HGH

From the landmark book *Grow Young with HGH* comes the most powerful, over-the-counter health supplement in the history of man. Human growth hormone was first discovered in 1920 and has long been thought by the medical community to be necessary only to stimulate the body to full adult size and therefore unnecessary past the age of 20. Recent studies, however, have overturned this notion completely, discovering instead that the natural decline of Human Growth Hormone (HGH), from ages 21 to 61 (the average age at which there is only a trace left in the body) and is the reason why the body ages and fails to regenerate itself to its 25 year-old biological age.

Like a picked flower cut from the source, we gradually wilt physically and mentally and become vulnerable to a host of degenerative diseases, that we simply weren't susceptible to in our early adult years.

Modern medical science now regards aging as a disease that is treatable and preventable and that "aging", the disease, is actually a compilation of various diseases and pathologies, from everything, like a rise in blood glucose and pressure to diabetes, skin wrinkling and so on. All of these aging symptoms can be stopped and rolled back by maintaining Growth Hormone levels in the blood at the same levels HGH existed in the blood when we were 25 years old. There is a receptorsite in almost every cell in the human

body for HGH, so its regenerative and healing effects are very comprehensive.

Growth Hormone first synthesized in 1985 under the Reagan Orphan drug act, to treat dwarfism, was quickly recognized to stop aging in its tracks and reverse it to a remarkable degree. Since then, only the lucky and the rich have had access to it at the cost of \$20,000 US per year.

Many in hollywood's glamour sets, who never seem to age like you or I, have a special secret to tell, and even space pioneer and US Senator John Glen stays vital with HGH.

The next big breakthrough was to come in 1997 when the American Anti-aging Society, a group of doctors and scientists, developed an all-natural source product which would cause your own natural HGH to be released again and do all the remarkable things it did for you in your 20's. Now available to every adult for about the price of a coffee and donut a day.

GHR now available n America, just in time for the aging Baby Boomers and everyone else from age 30 to 90 who doesn't want to age but would rather stay young, beautiful and healthy all of the time.

The new HGH releasers are winning converts from the synthetic HGH users as well, since GHR is just as effective, is oral instead of

self-injectable and is very affordable.

GHR is a natural releaser, has no known side effects, unlike the synthetic version and has no known drug interactions. Progressive doctors admit that this is the direction medicine is seeking to go, to get the body to heal itself instead of employing drugs. GHR is truly a revolutionary paradigm shift in medicine and, like any modern leapfrog advance, many others will be left in the dust holding their limited, or useless drugs and remedies.

It is now thought that HGH is so comprehensive in its healing and regenerative powers that it is today, where the computer industry was twenty years ago, that it will displace so many prescription and non-prescription drugs and health remedies that it is staggering to think of.

The president of BIE Health Products, the American distributor, stated in a recent interview, "I've been waiting for these products since the 70's. We knew they would come, if only we could stay healthy and live long enough to see them! If you want to stay on top of your game, physically and mentally as you age, this product is a boon, especially for the highly skilled professionals who have made large investments in their education, and experience. Also with the failure of Congress to honor our seniors with pharmaceutical coverage policy, it's more important than ever to take pro-active steps to safeguard your health. Continued use of GHR will make a radical difference in your health, HGH is particularly helpful to the elderly who, given a choice, would rather stay independent in their own home, strong healthy and alert enough to manage their own affairs, exercise and stay involved in their communities. Frank, age 85 walks two miles a day, plays golf, belongs to a dance club for seniors, has a girl friend again and doesn't need Viagra, passed his drivers test and is hardly ever home when we call - GHR delivers.

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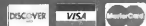
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