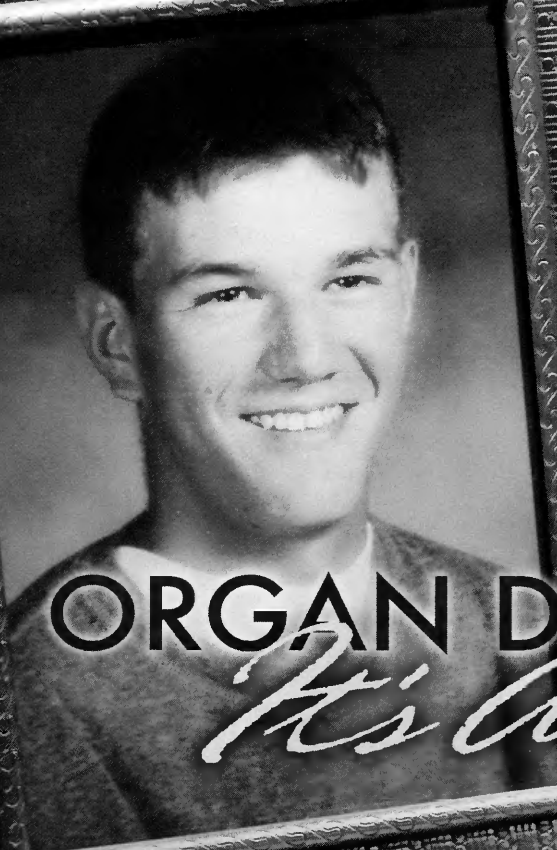


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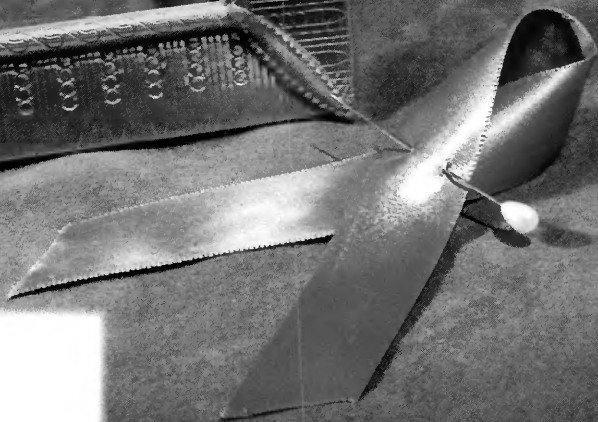
## COUNTRY LIVING

February 2007



**ORGAN DONATION**

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**SAMPLE PROFIT CHART**

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500	8	\$ 24,000



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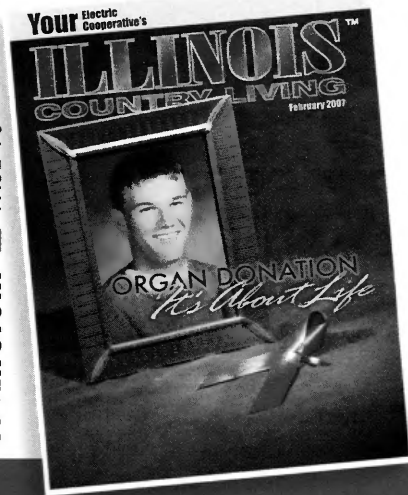
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## ORGAN DONATION

On the cover: Nick Volk died in a tragic car accident at 16 years old; his family donated his organs and tissues. One person can save or enhance the lives of more than 25 others. Organ donation is not about death, it's about life.

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

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The Association of Illinois Electric Cooperatives and 23 Illinois electric cooperatives are members of the Touchstone Energy, a national alliance of 625 electric cooperatives. Touchstone Energy cooperative employees adhere to four core values — integrity, accountability, innovation, and commitment to community.

# Biofuels And America's Energy Independence

*Illinois will have large role in the nation's energy future*

Illinois is the second largest producer of farm-based fuels, such as ethanol and biodiesel, in the United States. As the nation begins to rely more heavily on renewable sources for its energy future, Illinois will be at the center of this movement, greatly contributing to the economic growth and national influence of the state's farmers and rural communities.

According to the U.S. Government's Energy Information Administration, the United States imports approximately 69,000 barrels of crude oil a month from the Persian Gulf. When we invaded Iraq in 2003, Americans, among many concerns, once again feared for the nation's energy security. This fear was felt in real terms at the pump when the price of gasoline drastically increased after the invasion, and again after Hurricanes Katrina and Rita temporarily disrupted production in refineries off the Gulf Coast.

As difficult as these price hikes were on the individual American, they forced all of us to review our energy policies, and as a nation we began to look toward alternative fuels as a solution to our problems. This was evidenced in President Bush's 2006 State of the Union Address, in which he outlined his Advanced Energy Initiative. This initiative provided for a 22 percent increase in clean-energy research at the Department of Energy (DOE) and aimed to replace more than 75 percent of our oil imports from the Middle East by 2025.

Since 2001, we have spent nearly \$10 billion in this country to develop cleaner, cheaper and more reliable alternative energy sources. From this effort, in Illinois alone, a half-dozen ethanol plants have been built, most of them located

outside small, rural towns. These ethanol plants in Illinois and elsewhere now produce 40 percent of the ethanol consumed in the United States. Investment by the ethanol industry in Illinois has exceeded \$1 billion and has generated 800 jobs in plant operations and 4,000 jobs in the industry-related service sector. Additionally, Illinois now leads the nation in biodiesel consumption, with more than 6,000 vehicles running on B20, amounting to

millions of gallons per year. And, nearly 50 percent of Illinois farmers use biodiesel in their operations.

Thanks to increased investment and President Bush's support, we are on the verge of a major breakthrough in the alternative fuels market. The industry just needs real commitment from our policymakers to provide the resources necessary to push biofuels to center stage.

I am proud to say there are efforts underway in Congress to do just that. The Congressional Biofuels Caucus, of which I was co-chair, has continuously fought for a Renewable Fuels Standard (RFS) to create a nationwide paradigm for the use of domestically-produced renewable fuels. We achieved success on this front when the Energy Policy Act was signed into law last year, mandating that production of ethanol reach 8 billion gallons by the year 2012. Economists predict that the Energy Policy Act's RFS will have a significant impact on both the farm economy and our national economy. We will see a reduction in crude oil imports by two billion barrels per year and a reduction in the outflow of dollars to foreign oil producers by \$64 billion. In addition, the RFS will create 234,840 new jobs, increase U.S. household income by \$43 billion, and add \$200 billion to our GDP between now and 2012. It will also lead to the investment of another \$6 billion in renewable fuel production facilities.

We cannot underestimate the importance of renewable energy and its potential benefit to the United States. The use of renewable fuels will give a much needed boost to our farm economy while making our air cleaner and breaking our ties to foreign oil. In the near future the majority of our nation's energy supplies will come from biofuels, and Illinois farmers stand ready to contribute to America's energy security and independence. ■

Lane Evans was U.S. Representative of Illinois' 17th Congressional District from 1983 until his retirement this past year. He supported issues important to electric co-ops such as renewable energy financing and was the recipient of the Illinois Electric Cooperative Public Service Award in 1995. Evans was also very supportive of the co-ops' Youth To Washington program for many years.



*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 use of renewable fuels will give a much needed boost to our farm economy while making our air cleaner and breaking our ties to foreign oil."**

# AS HEARD ON PAUL HARVEY NEWS

## New advanced portable heater can cut your heating bill up to 50%

### Heats a large room in minutes with even heat wall to wall and floor to ceiling

### Does not get hot, cannot start a fire and will not reduce humidity or oxygen

#### Never be cold again

A new advanced quartz infrared portable heater, the EdenPURE®, can cut your heating bills by up to 50%.

You have probably heard about the remarkable EdenPURE® as heard on Paul Harvey News and on television features across the nation.

The EdenPURE® can pay for itself in a matter of weeks and then start putting a great deal of extra money in your pocket after that.

A major cause of residential fires in the United States is portable heaters. But the EdenPURE® cannot cause a fire. That is because the quartz infrared heating element never gets to a temperature that can ignite anything.

The outside of the EdenPURE® only gets warm to the touch so that it will not burn children or pets. Pets can sleep on it when it is operating without harm.

The advanced space-age EdenPURE® Quartz Infrared Portable Heater also heats the room evenly, wall-to-wall and floor-to-ceiling. And, as you know, portable heaters only heat an area a few feet around the heater.

Unlike other heating sources, the EdenPURE® cannot put poisonous carbon monoxide into a room or any type of fumes or any type of harmful radiation.

**Q. What is the origin of this amazing heating element in the EdenPURE®?**

A. This advanced heating element was discovered accidentally by a man named John Jones.

**Q. What advantages does infrared quartz tube heating source have over other heating source products?**

A. John Jones designed his heating source around the three most important consumer benefits: economy, comfort, and safety.

In the EdenPURE® system, electricity is used to generate infrared light which, in turn, creates a



**Cannot start a fire; a child or animal can touch or sit on it without harm**



very safe heat.

After a great deal of research and development, very efficient infrared heat chambers were developed that utilize three unique patented solid copper heat exchangers in one EdenPURE® heater.

**Q. How can a person cut their heating bill by up to 50% with the EdenPURE®?**

A. The EdenPURE® will heat a room in minutes. Therefore, you can turn the heat down in your house to as low as 50 degrees, but the room you are occupying, which has the EdenPURE®, will be warm and comfortable. The EdenPURE® is portable. When you move to another room, it will quickly heat that room also. This can drastically cut heating bills, in some instances, by up to 50%.

The EdenPURE® comes

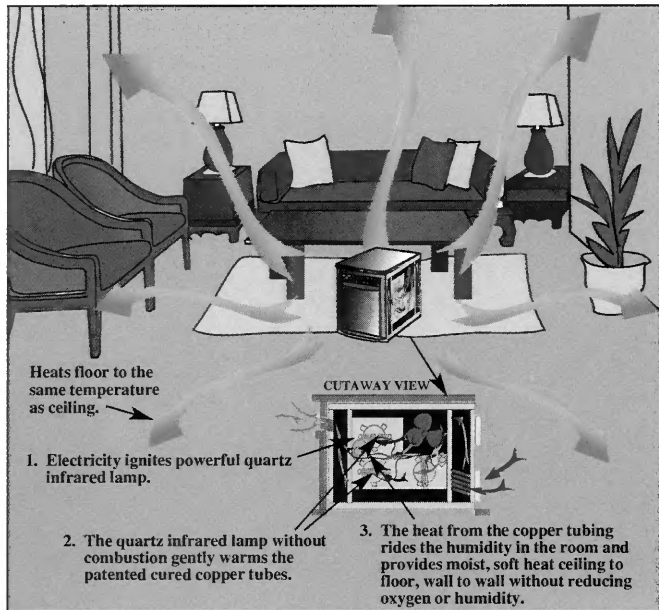
in 2 models. Model 500 heats a room up to 300 square feet and Model 1000 heats a room up to 1,000 square feet.

#### End of interview.

The EdenPURE® will pay for itself in weeks. It will put a great deal of extra money in a users pocket. Because of today's spiraling gas, oil, propane, and other energy costs, the EdenPURE® will provide even greater savings as the time goes by.

Readers who wish can obtain the EdenPURE® Quartz Infrared Portable Heater at a \$75 discount if they order in the next 10 days. Please see the Special Readers Discount Coupon on this page. For those readers ordering after 10 days from the date of this publication, we reserve the right to either accept or reject order requests at the discounted price.

#### How it works:



#### SPECIAL READER'S DISCOUNT COUPON

The price of the EdenPURE® Model 500 is \$372 plus \$17 shipping for a total of \$389 delivered. The Model 1000 is \$472 plus \$27 shipping and handling for a total of \$499 delivered. People reading this publication get a \$75 discount with this coupon and pay only \$297 delivered for the Model 500 and \$397 delivered for the Model 1000 if you order within 10 days. The EdenPURE® comes in the decorator color of black with burl wood accent which goes with any decor. There is a strict limit of 3 units at the discount price - no exceptions please.

Check below which model and number you want:

Model 500, number \_\_\_\_\_  Model 1000, number \_\_\_\_\_

• To order by phone, call TOLL FREE 1-800-591-1086 Ext. EPH4077. Place your order by using your credit card. Operators are on duty 24 hours, 7 days.

• To order online, log on to [www.edenpure.com](http://www.edenpure.com)

• To order by mail, by check or credit card, fill out and mail in this coupon.

This product carries a 60-day satisfaction guarantee. If you are not totally satisfied, your purchase price will be refunded. No questions asked. There is also a one year warranty.

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I am ordering past 10 days of the date of this publication, therefore I pay shipping and handling and full price totaling \$389 for Model 500 and \$499 for Model 1000.

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## Waste-To-Energy Projects Gain Momentum

A large number of projects are now underway throughout the United States to convert waste into electricity. Most projects are using methane generated either by landfills or by anaerobic digesters, devices that use anaerobic bacteria to break down manure and other organic substances.

Landfill gas-to-energy efforts are progressing in Alabama, California, Maryland, New Jersey, Pennsylvania and Indiana. Wabash Valley Power Association, Indianapolis, Ind., has aggressively been working on landfill gas energy projects as part of its EnviroWatts® program. Working closely with Waste Management of Indiana the G&T has developed seven landfill gas projects totaling

22.4 mw. Wabash Valley Power supplies wholesale power to four Illinois electric co-ops.



Tim Franklin, Manager-Gas Recovery for Waste Management, says, "These plants not only provide an economic boost to the local economy, but also allow Wabash Valley to continue to diversify its generating resources."

Dairyland Power Cooperative, La Crosse, Wisc., also operates a landfill gas-to-energy plant. It also has five animal waste-to-energy projects that are either in planning or under construction on dairy farms in Dairyland's service territory, which

encompasses 62 counties in Wisconsin, Minnesota, Iowa and Illinois. As many as 3,000 homes will be powered by this new form of renewable energy. ■

## Six Degrees Of Energy Efficiency Challenge

Families across the nation continue to struggle with rising energy bills. Average U.S. households will pay nearly \$5,000 to power their homes and vehicles this year.

But by taking small steps from insulating an attic to sealing cracks around the door and window frames, homeowners can save money and also are collectively making a big difference for everyone.

To demonstrate the important connections between our

individual energy use and the world's environment, economy and security, the Alliance to Save Energy, the American Gas Association (AGA), The Dow Chemical Company Inc. and 27 additional Power is in Your Hands partners launched the 6° of Energy Efficiency Challenge by making cost-effective energy-efficiency improvements to an old row house in the shadow of the U.S. Capitol.

You can take the challenge by going to the 6 Degree Challenge

Web site, [www.sixdegreechallenge.org](http://www.sixdegreechallenge.org). With a simple click of a mouse, the 6 Degree Challenge Web site will:

- Provide consumers with six easy energy-efficiency tips they can implement in their own homes and vehicles.
- Challenge them to take at least one of those six easy steps.
- Provide money-saving coupons for energy-efficient products. ■

## Co-ops Get Green Light For Renewable Energy Financing

The Internal Revenue Service (IRS) has approved 78 renewable energy projects proposed by co-ops in 22 states for financing through the issuance of Clean Renewable Energy Bonds.

According to the IRS, co-ops allocation of not less than \$300 million in tax credit bond authority will support 33 solar facilities, 13 wind projects, 13 landfill gas facilities, 12 open-loop biomass facilities, six hydro projects and one refined coal production facility. Co-ops allocations ranged from \$120,548 to \$31 million.

State and local governmental borrowers received the go-ahead to issue some \$500 million in the bonds for more than 500 projects in 24 states. The bonds, provided for by the Energy Tax Incentives

Act of 2005, offer co-ops and other not-for-profit utilities tax incentives for renewable generation projects that otherwise would be unaffordable.

These incentives are comparable to those provided to IOUs through the production tax credit.

The law created a two-year window, through Jan. 1, 2008, for the program. It also capped bond authority at \$800 million, which has proven insufficient. Co-ops have sought some \$554 million in bond authority and other potential program participants more than \$2 billion, leading co-ops to urge program extension through Jan. 1, 2011, with a significant increase in the annual authorization.

Source: *Electric Cooperative Today*,  
Todd Cunningham. ■

## Is Your Home's Wiring Up To Date And Safe?

While use of electric power has increased, electrical systems, particularly in homes built more than 20 years ago, have not kept up with the demand or the technology. Aged wiring, overloaded circuits and worn outlets are among the hazards that can start fires and cause electrical shock.

Most shocks and fires from electrical systems can be prevented. Have your electrical system inspected by a licensed electrician. Fix dangerous defects, install smoke detectors, arc-fault circuit interrupters (AFCIs), ground-fault circuit interrupters (GFCIs), and check lighting and home appliances for wear and tear.

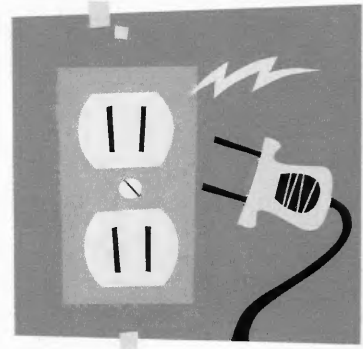
Have your house inspected if your home is 40 or more years old; if it is 10 or more years old and you've completed a major renovation or installed new major appliances; or if you're the new owner of a previously owned home.

Here are just a few hazards to look out for in your home system:

- Dim and flickering lights.

- Arcs and sparks – flashes of light or showers of sparks in your electrical system.
- Sizzles and buzzes – unusual sounds from your electrical system.
- Overheating – overheated wires can give off an odor of hot insulation; switch-plates or receptacle covers are hot to the touch or discolored from heat buildup.
- Electrical shocks – any shock, even a mild tingle, may be warning of an electrical danger.

For more information go to: Consumer Product Safety Commission, [www.cpsc.gov](http://www.cpsc.gov) and [www.recalls.gov](http://www.recalls.gov); Occupational Safety and Health Administration, [www.osha.gov](http://www.osha.gov); Electrical Safety Foundation International, [www.esfi.org](http://www.esfi.org). ■



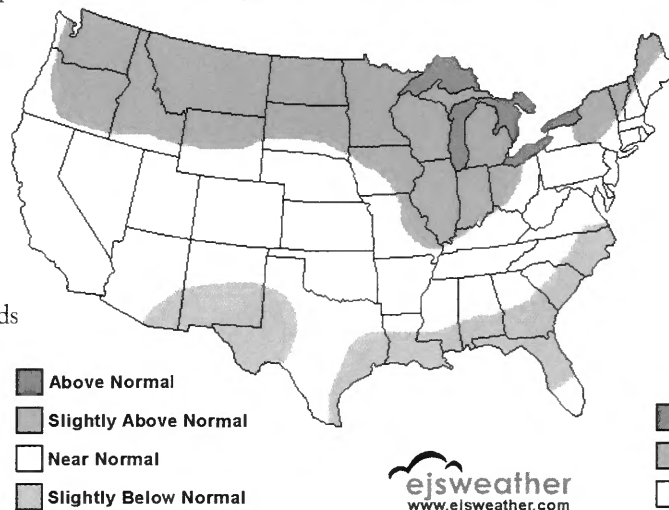
## February Expected To Be Warmer Than Normal

The weather phenomenon known as El Nino has continued to persist during the last couple of months and will be one of the main influences on the weather patterns across the United States during February. As a result of the ongoing El Nino, the weather pattern across the country is likely to remain in a spilt-flow regime. This type of weather pattern tends to keep the cold polar air masses entrenched further north across southern Canada instead of diving southward across the eastern two-thirds of the United States.

Another important climate indicator is the NAO (North Atlantic Oscillation). This index is forecasted to be primarily positive during February. A positive NAO means that areas of lower pressure will be in place across the North Atlantic Ocean. In response, upper-level ridging generally develops and brings milder temperatures to eastern portions of the country.

The combination of a steady

### February Temperature Outlook



moderate El Nino and a positive NAO is expected to bring warmer than normal temperatures to much of the northern United States and parts of the Ohio Valley, including Illinois, during the month of February. As can be seen in the Illinois map, El Nino has already made its mark on the winter of 2006-07 as the total heating energy usage as measured by heating degree days was near to below normal across the entire state during the

### Heating Energy Usage (Nov thru Jan) Based on HDD



November thru January time period. With mild temperatures expected to continue during February, total heating energy usage is expected to be slightly below to well below normal across Illinois, which will be a plus for the consumer.

Source: EJS Weather, Newton, Ill., go to [www.ejsweather.com](http://www.ejsweather.com), or call 618-783-3040. ■



# THERE IS A TREASURE IN YOUR BACK YARD.

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# Fire Prevention Tips

An estimated one-third of residential fires are related to electrical distribution or appliances and equipment. According to the United States Fire Administration (USFA), each year these electrical fires claim about 500 lives, cause more than 2,000 injuries, and translate into more than 800 million dollars in property damage. Safe Electricity urges homeowners to perform an electrical hazard check to help keep families safe from fires.

Many avoidable fires can be traced to poor maintenance and misuse of electrical appliances and electric cords. Do not place cords underneath rugs and furniture or run them behind baseboards, curtains or in high-traffic areas. Damaged, abused or worn extension cords can pose a major fire hazard.

"Begin a habit of regularly inspecting all appliances, cords and plugs," suggests Safe Electricity Director Molly Hall. "If you discover a frayed cord or loose prongs on a plug, discontinue use until repaired or replaced."

Another common fire hazard is overloaded electrical systems. Fuses blowing frequently, dimming lights when an appliance goes on, a shrinking TV picture, and slow-running or heating appliances are signals of overloaded circuits. Safe Electricity suggests that if you notice any of these warning signals, disconnect the appliances and call a qualified electrician to get expert help.

To prevent electrical overloading, avoid using extension cords on a permanent basis and never plug more than two home appliances into an outlet at once. Use only outlets designed to handle multiple plugs. Give special consideration to appliances that use 1,000 or more watts, such as refrigerators, hot plates, irons, microwave ovens, dishwashers, heaters and air conditioners.

## Additional safety measures include:

- Use only three-pronged outlets for appliances with a three-prong plug. Never remove the grounding pin or force it to fit into a two-slot outlet or extension cord.
- Never "piggy-back" extension cords or power strips to make them longer.
- Replace any appliance that overheats, shorts out, gives off smoke or sparks, or causes small electrical shocks.
- Do not use light bulbs with wattage that is too high for the fixture, and replace all halogen bulbs with fluorescent bulbs.
- To prevent overheating, allow air space around heat-producing appliances such as TVs, plug-in radios, stereo sets, computers and powerful lamps.
- Do not let children play with or around electrical appliances, such as space heaters, irons and hair dryers.
- Keep clothes, curtains and other potentially combustible items at least three feet from all heaters.
- Be sure all electrical equipment bears the Underwriters Laboratories (UL) label.

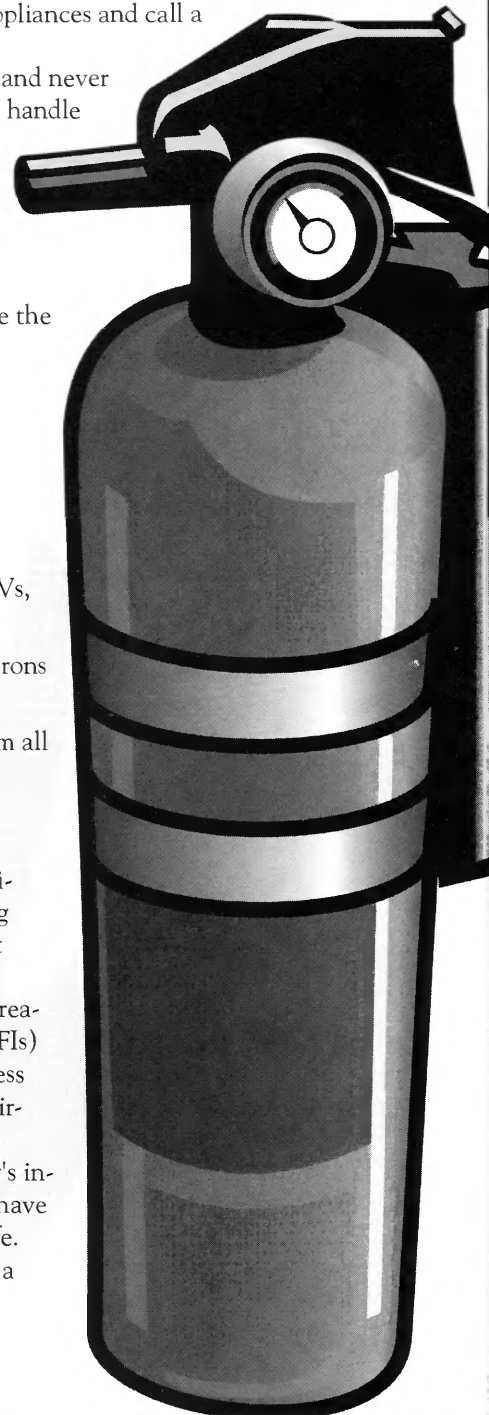
Home electrical wiring causes twice as many fires as electrical appliances. Check periodically for loose wall receptacles, loose wires or loose lighting fixtures. Listen for popping or sizzling sounds behind walls. Immediately shut off and have a professional replace light switches that are hot to the touch and lights that spark or flicker.

The majority of fires caused by electrical wiring flaws occur in the bedroom. For this reason, Safe Electricity encourages homeowners to have Arc Fault Circuit Interrupters (AFCIs) professionally installed on bedroom circuits. AFCI is a relatively new technology to address electrical fire hazards, and the National Electric Code now requires AFCIs for bedroom circuits in new residential construction.

In many older homes, the capacity of the wiring system has not kept pace with today's increase in modern appliances and electrical usage. If your house falls under this category, have a licensed electrician check for hazards and make essential updates to keep your home safe.

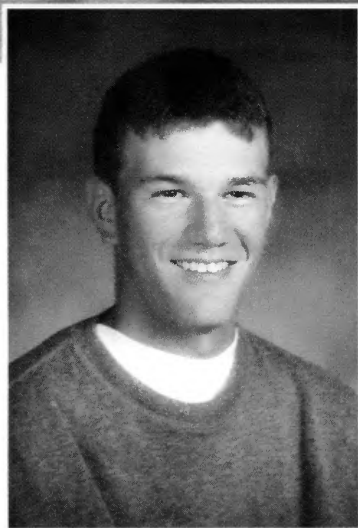
"Finally, a functioning smoke alarm dramatically increases your chances of surviving a fire," reminds Hall. "Replace the batteries twice a year, and remember to practice a home escape plan with your family."

For more fire prevention information, visit the Web site [www.SafeElectricity.org](http://www.SafeElectricity.org).



# ORGAN DONATION

## *It's About Life*



By Michelle McNeal

**Nick was 16 years old in May 2002. He was a son, a brother, a friend. He was a typical teenage boy. He and five friends from the drumline were out one evening after school, just a typical night. Then all their lives changed as the car they were in collided with a semi. Two friends survived. Three died at the scene. Nick died four days later.**

"Nick was a good kid," says his mother, Sue Volk. "He liked to have a good time and he liked a good joke as well as anyone; he was no angel by any means but he was a good kid and everyone liked him."

Just after her son's death, Volk was asked if she wanted to donate Nick's organs. The answer, for her, was an easy one. "Since Nick was just 16 it hadn't been that long since I went with him to get his driver's license. That's one of the questions they asked him and his attitude was, 'well of course, why not,'" says Volk. "It was easy to say yes because I knew that's what he wanted to do."

Dave Bosch, Communications Director from Gift of Hope Organ and Tissue Donor Network, an organ procurement organization serving much of central and northern Illinois, says, "Our main education message is to get people to talk about donation with their families - to talk about what they would want. People

just don't talk about death and dying and end of life decisions. But organ donation is about life, it's not about death."

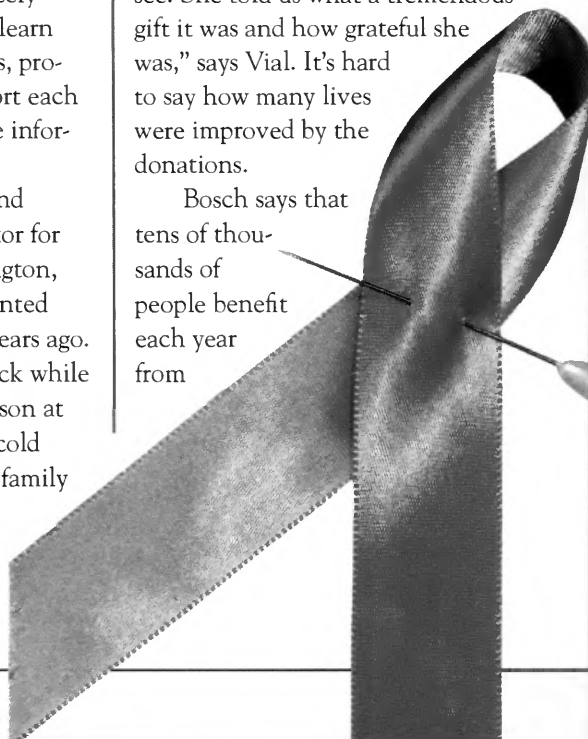
Volk's decision allowed more than 50 different organs and tissues to be donated from her son. She now encourages others to speak freely about organ donation and to learn about their loved one's wishes, providing information and support each year through Nick's Race (see information on page 13).

Laurie Vial, Marketing and Member Relations Coordinator for Corn Belt Energy in Bloomington, also knew what her father wanted when he passed away seven years ago. Richard Vial had a heart attack while cross-country skiing with his son at the family farm on a bitterly cold January morning. "My entire family had always been really big on organ donation and my dad had a signed card in his wallet," says Vial.

Because Richard hadn't been on life support, the family was only able to donate his tissues. "My mom told them she wanted them to use as much as they could that would benefit other people," says Laurie. The family received a letter from the organ procurement agency saying that they had used her dad's skin to protect burn victims until their own skin grew, his major joints for an arthritis study and his bones for bone grafts.

And one woman received his corneas. "She wrote this letter, which was forwarded to my mother. She doesn't know my dad's name or anything. So she's writing a person she never met, who gave her this gift. She said she hadn't been able to see for many, many years and that she received the corneas and is now able to see. She told us what a tremendous gift it was and how grateful she was," says Vial. It's hard to say how many lives were improved by the donations.

Bosch says that tens of thousands of people benefit each year from



tissue transplantation. Tissues include the corneas, veins, bone, bone marrow and skin that are used for a large number of procedures.

"There are eight organs available for transplant, as well as the different tissues, and it's easily more than 25 people whose lives can be saved or enhanced by a single donor," says Bosch. In Illinois alone, there are presently 4,700 people waiting for an

organ transplant. doctor came in and asked Reeves if he would consider having a liver transplant. Reeves remembers, "He said, 'I must warn you that we stopped doing liver transplants with this type of cancer because we had no survivors.'" But a new protocol had been successful in two cases, performed within that year. "It was my only option and for a while I didn't know I had that option," says Reeves. "They

after I regained consciousness and was aware of what was going on. I didn't have nausea and started feeling better immediately. That just showed how much better the new liver worked compared to the old situation," he says.

Just before Christmas that year, Reeves came home, and has stayed healthy now for 12 years. "I've been very fortunate, very blessed. A lot of prayers were answered and family and friends were all very supportive, especially my friends in the electric cooperative program," he says.

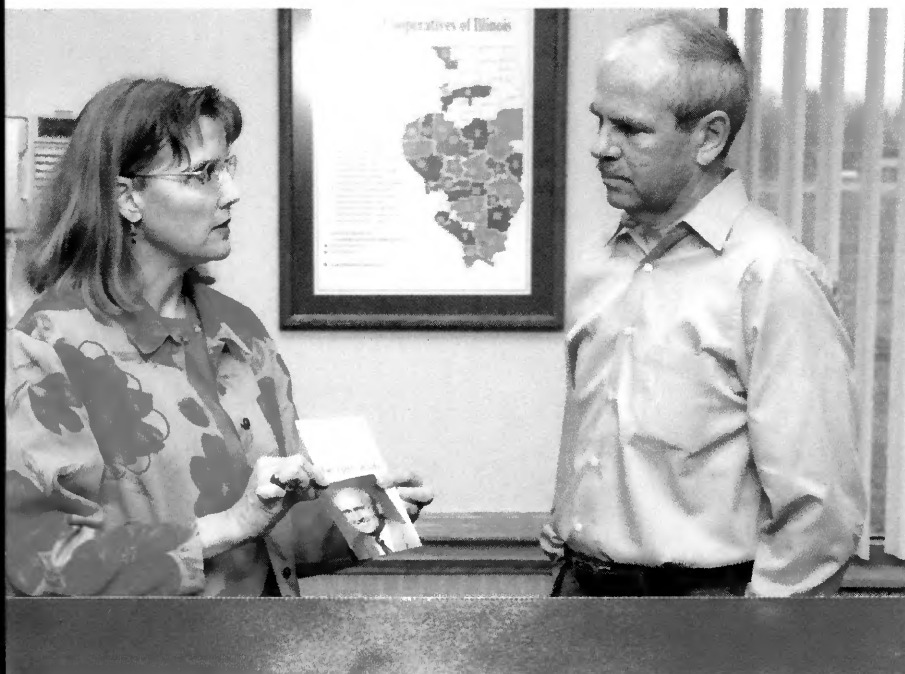
Reeves enjoys talking about his experience because he's eager to get the word out. "I want people to consider being a donor. That's the most important thing. Just one donor can save a lot of lives," he says.

"Now four months is not anywhere near what you have to wait for a transplant, if you get one at all. There are so many people on the list," Reeves comments. More than 300 people in Illinois die each year while waiting for an organ.

"The Illinois Secretary of State's office has done a good job of making everyone aware of the need for organs. You can't do much with them when you die anyway, so you might as well let someone else have them," says Reeves.

Randy Nehrt, Spokesperson for the Secretary of State, says, "We spend a lot of resources in Illinois to educate the public on this issue and it's an important issue for Secretary of State Jesse White. It's one of the top issues he speaks about. It's a personal issue for him as well, as his sister received a second chance through a donated kidney."

The office's work has paid off. Illinois has the largest donor registry in the country, with more than 6 million registered donors. The Secretary of State's office controls and provides the list of registered donors in Illinois to the state's organ procurement agencies Gift of Hope and Mid America Transplant Services.



organ transplant.

Jeff Reeves, President/CEO of Corn Belt Energy, was one of those people in 1994 as he waited for a liver transplant. He was diagnosed with cancer in July of that year. "The plan was to send me to the Mayo Clinic and the surgeons up there would remove the cancer and stitch me up and then I would go on my merry way, maybe with radiation or chemotherapy, but the prognosis was good," says Reeves.

But five days after his arrival at the clinic, Reeves learned that the cancer in his bile duct was too close to the liver and surgery wasn't an option. "They basically told me there was nothing they could do."

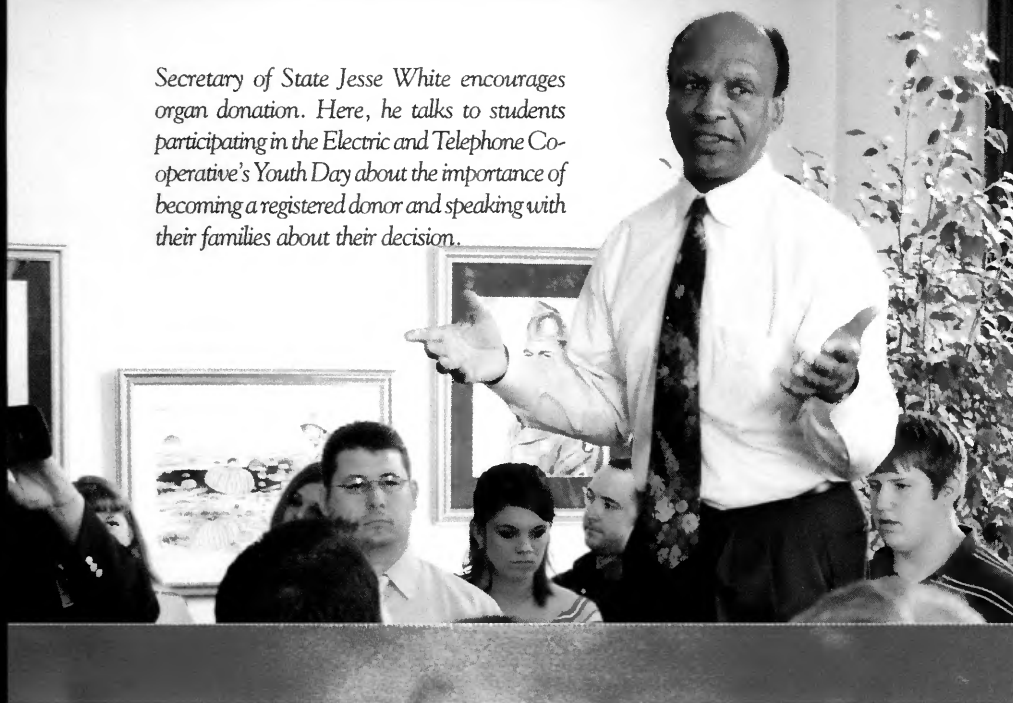
A few days later, the attending

*Laurie Vial and Jeff Reeves discuss their common bond of organ donation. Vial's family donated her father's organs after his death seven years ago. Reeves' life was saved in 1994 when he received a donated liver. Both are very supportive of Illinois' organ donation program.*

said I had to agree that I wouldn't smoke or drink in the future but I said that wasn't a hard thing to agree to."

After extensive testing, doctors determined that Reeves' cancer was isolated and he was otherwise in excellent health, making him a candidate for a transplant. He was in and out of the hospital for four months before he received a new liver on Thanksgiving Day 1994. "I started feeling better

Secretary of State Jesse White encourages organ donation. Here, he talks to students participating in the Electric and Telephone Co-operative's Youth Day about the importance of becoming a registered donor and speaking with their families about their decision.



Most registered donors in Illinois have registered when renewing or receiving their driver's license. In the past, persons were asked if they wished to join and their names were added to the registry. They were then asked to sign the back of their driver's license and to tell their family. But when a person in this registry dies, the family still has the final decision. "It's just a very difficult time for a family to make an important decision

like that," says Nehrt.

Bosch says it's hard for people to think about what their loved one would have wanted when they are in shock and dealing with their grief. And about 19 percent of families have said no when asked whether they agree to donate a loved one's organs, even when that loved one has a signed driver's license and has joined the registry. "The reason they were saying no was because they said,

'we hadn't talked about it' and 'I don't know' and 'I can't figure that out right now,'" says Bosch.

That's why the registry has now changed to first person consent, which could save 100 more lives each year. The new registry is a contract and legally binding. If you sign up on this registry, your wishes cannot be overturned and your family won't have to make a decision at a very upsetting time. Families will still need to give consent for the donation of organs of persons under the age of 18.

See the information on page 13 to learn how to join the new registry. "There is truly one thing you can do that will directly save lives and that is to join the first person consent registry. By doing that you may give someone a second chance at life. It's a wonderful gift that you can give," says Nehrt.

Nick Volk and Richard Vial gave that gift, improving the lives of many individuals with their donations. At a very difficult time, their families made the decision to honor their wishes, and should be commended for doing so. Don't wait - talk to your family today about your decision regarding organ donation. ■

## Living Donation

Organ donation doesn't have to occur only after a donor dies. Randy Mead, Control Room Operator for Southern Illinois Power Cooperative in Marion, knew that his son, Gabe, who was born with a defective kidney, would someday need a transplant. In January 2001, when Gabe was 18, the defective kidney finally gave up and Randy was approved as a donor.

Randy considered himself an obvious choice since he was the oldest of his family. "Doctors said at the time that he would possibly need another organ in his lifetime. I told my wife that since I was the oldest

I would try to donate now and if he needed another organ later, maybe she or a sibling could donate," says Randy.

"It wasn't a big decision for me. I'm glad I did it. I'm just fortunate that I could do it, that's the thing," says Randy. "I thought just anyone could donate, but it doesn't work that way. I was really surprised at what all the doctors tested me for."

Randy and Gabe both came through the transplant surgeries very well. Gabe, now 23, has been married for two years and is living a normal life. "He has to take rejection medicine, but he does whatever he wants to do. It doesn't

seem to affect him at all," says Randy.

Kidney donation is the most common type of living donation. Portions of a liver, lung or pancreas, or bone marrow can also be transplanted from a living donor. Most often, this type of donation occurs between family members or friends.

"The people I really admire are those who do this for friends or total strangers. There are a lot of good people out there, that's for sure. No matter what, the operation will probably always affect you a little bit. I can do what I did before, but I know it's there and so someone who does that for a stranger to me is pretty special," says Randy.



## Nick's Race

Helping Spread The Word

When Nick Volk died, his older sister wanted to do something as a tribute to him. As an event planner, she decided to use the biggest thing she and Nick had in common—running—and make it an event. Nick's Race was the result, a 2-mile run and walk through Sam Parr State Park in Newton. "It's not just about Nick," says his mother, Sue Volk. "We're really rural, but we have a lot of people who are organ and tissue donor or recipient families."

The race's mission is to spread the word about organ donation and the importance of discussing your decision with your family. More than 200 participants registered for the run and walk last year. And many more people come to hear the speakers and provide support. Speakers have included donor and recipient

families and representatives from Gift of Hope. Many local businesses and organizations, along with people touched by organ donation, donate prizes for a large raffle.

In its four-year history, the race has raised more than \$36,000 for Gift of Hope, the Nick Volk Memorial Scholarship Fund and the Newton Community High School Cross Country Team and Drumline. Gift of Hope has used the money received from the race for educational programs and materials; the scholarship



*Vikki Tulcus from Gift of Hope gives information on organ donation to Nick's Race participant Laura Pitcher.*

fund has awarded four \$1,000 scholarships; and the cross-country team and drumline have bought needed items.

This year's race is scheduled for June 23, 2007.

**For more information, contact:**  
Sue Volk at [svolk@psbnewton.com](mailto:svolk@psbnewton.com)  
or by phone at 618-783-8655.



## How To Become A Registered Donor

1. Visit [www.giftofhope.org](http://www.giftofhope.org) or call 888-307-3668 with any questions you have.
2. Join the first-person registry in one of these ways:
  - Visit [www.lifegoeson.com](http://www.lifegoeson.com) or [www.giftofhope.org](http://www.giftofhope.org)
  - Call the Secretary of State Organ/Tissue Donor Program at 800-210-2106
  - Visit any Illinois Driver Services facility
3. Talk to your family about your decision.

# Safe Installation of Backup Generators

*A backup generator can be a real life saver or killer*

"Sorry...we're all sold out." These are words that became very familiar to those shopping for generators in stores in central and southern Illinois during December's ice storm. This ice storm caused one of the worst power outages to hit this area in many years.

So what do you do when your electricity goes out? Many people powered up the generator they already had or they were lucky enough to find a store that still had them for sale. This brings a situation of good news-bad news. The good news is that most electric cooperatives welcome the safe use of backup generators by co-op members. Some electric cooperatives even have generators for sale. The bad news is that there have been serious injuries and even fatalities because of the improper use of generators.

If you have already purchased a generator, or are thinking about it, we want you to know and take proper safety steps before operating an electric generator in your home or business.

First and foremost, properly connecting a generator into the electrical system is a critical step for safe use. A transfer safety switch to prevent a flow of electricity back through the lines must be used with your generator. This prevents "back feed" of electricity through lines that may be having work done on them. It is our recommendation that you have a licensed professional electrician install your standby generator.

Another consideration of safely using a generator is the fact that a generator emits deadly exhaust fumes that can enter living spaces if placed too closely to the living environment. Always keep the generator outside in a dry protected area.

Known as the silent killer, carbon monoxide is an odorless, colorless gas produced by incomplete burning of fuel, such as propane, kerosene, gasoline, oil, natural gas, wood and charcoal. Several tragic deaths have been caused by carbon monoxide already this year. A new Illinois law calls for homes to be protected with carbon monoxide detectors. Although this is not required in all-electric homes with detached garages, it still might be a good idea if you might

ever need to use supplemental heat or a generator.

A few other reminders about using a generator safely include:

- Turn off the generator and allow it to cool before refueling.
- Before shutting down a generator, turn off and unplug all appliances and equipment being powered by the generator.
- Read and follow all manufacturer's operating instructions.
- Make sure the generator is wired properly with proper grounding.
- Know the rating of the generator and do not overload it.
- Always use properly rated power cords designed and rated for heavier, outdoor use to connect appliances.
- Never plug a portable electric generator into a wall outlet or connect directly to a home's wiring. As stated earlier this could energize utility power lines and injure you or workers down the line. Back feed also has the potential of damaging the generator or appliances in the home.
- Place the generator as far away from the home as possible, and never in the house, a garage or near doors and windows. Being mindful of these guidelines helps ensure that the carbon monoxide generated will not be pulled into the home where it can poison and kill.

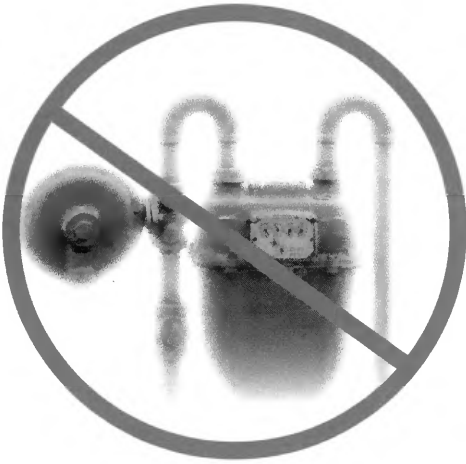
Linemen from across Illinois and surrounding states worked long hours in dangerous and cold conditions to repair miles of line downed by the terrible December ice storm. We are proud of their dedication. We are grateful that, except for a few scrapes and bruises, no one was hurt seriously. Please, please, please make sure you keep your family safe during the next extended power outage. One will surely come again someday.

For more information be sure to visit [www.safeelectricity.org](http://www.safeelectricity.org). ■

**Ken Macken, Manager of Safety and Loss Control for the Association of Illinois Electric Cooperatives,**  
[kmacken@aiec.coop](mailto:kmacken@aiec.coop), 217-241-7933.



**"It is our recommendation that you have a licensed professional electrician install your standby generator."**

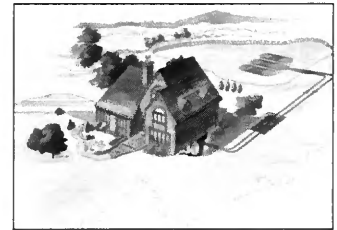
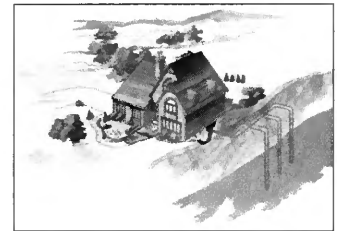


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# Cut Flower Care

*Simple steps for longer life expectancy*

In the middle of the month, a slew of people, mainly those of the male persuasion, will be purchasing flowers in order to say "I Love You." Valentine's Day will come with florists scrambling to fill every order, and people scrambling to get them to their loved ones in one piece.

Flowers can bring so much joy — and — potential grief. Nothing says the same thing as a bouquet of fresh flowers. Nothing says the same thing as those fresh bouquets fading and falling apart fast. What looked fantastic one day may be a mess of petals everywhere or limp stems the next day.

These bouquets are an investment, not just for the cost of the flowers. You want them to last.

Most of the failure can be laid on the recipient or giver, and not on the florist. Short of keeping the flowers out of water for more than 24 hours, which seldom happens even though many of the blooms are grown in South America or the Middle East, about the only damage a florist can do is freeze the flowers.

So, the problem lies at your feet, or more accurately, in your hands.

The typical rose should last at least seven to 10 days. Carnations and chrysanthemums should last at least two weeks. Orchids can stick around for three weeks.

With a little extra care, you can be sure any of these flowers last as long as possible.

First, make sure the container you use is large enough to hold ample water. More importantly, make sure it's clean. Scrub out

the container and rinse it thoroughly. Bacteria from dirty containers will rapidly plug the stems of your flowers and make them wilt. Non-metallic containers are usually best if you use floral preservatives.

It doesn't hurt to fill the container and pour in a cap-full of bleach. This goes a long way to sterilize any bacteria you might have missed.

Strip off leaves that will be under water. They will decay and cause bacteria to grow. Nothing can make water as green and rancid as fast as leaves floating beneath the surface.

Next, carefully cut one inch from the base of each stem just before you put the flower in water. Some people will tell you that cutting should be done under water. There is no definitive "yes" or "no" to this; if it makes you feel good, do it.

Warm water is the best initially. That's about 100° degrees F, or what you'd feel comfortable bathing in. You might think cold water will keep the flower longer, but the blooms need the warm water to allow for uptake of water later. Plants take up warm water quite readily after cutting but will seldom take up cold water. If your water is very hard or is from a water softener, use distilled water instead. The salts in the undesired waters also clog the stems.

The cut flower life of roses, carnations and snapdragons can be doubled by using floral preservatives. These materials are available from your florist. Or make your own using a bottle of lemon-lime soda (not the diet type) with an equal amount of warm water and a teaspoon of household bleach. Use it instead of water in the container. Floral foams (called Oasis) used in arrangements contain preservatives. Be sure the foam is immersed in water thoroughly before using and kept moist throughout its use. Do not reuse the foam for other arrangements.

Keep your flowers in a cool place out of drafts. At night, put them in the refrigerator or a cool, 35 to 40 degree, room. Also, avoid direct sunlight on the plant.

**THE MOST IMPORTANT POINT:** Change the water at least once every two days. There's nothing wrong with changing the water every day, washing out the vase and washing down the stems. For some flowers, making a fresh cut every three or four days can also prolong the life of the flowers.

While these procedures will get the maximum life from your flowers, the fact that cut flowers only last for a brief time is part of their charm. No matter how you look at them, they're so much better than silk or plastic flowers. ■

**"The cut flower life of roses, carnations and snapdragons can be doubled by using floral preservatives."**

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





# 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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Radio with  
Dr. Don Johnson



# It's Easy To Start Saving Now

*Control your energy bills with easy, inexpensive steps*

As I mentioned in last month's column, there are ways to make energy efficiency improvements, one step at a time, without spending a lot of money. This month I want to discuss some more simple steps you can take to help lower your energy usage in your house or commercial building. Some of the things that I'll discuss with you will save a few dollars a month. Some will save you lots of dollars per month.

If you are really serious about lowering your energy usage simply make each improvement before the next month's column. If you will do that, it will spread the costs of the improvements over several months. When we finish, you should notice a considerable reduction in your utility bills. No two houses are exactly like, so your results may vary some from your neighbor's. And remember, if you don't take action, you will see no improvement.

After thinking long and hard about what to suggest first, I chose an item that costs less than \$20 that will apply to every family that has a water

heater (which should be you). Most water heaters have standby loss. In other words, they actually lose heat even when the water heater is not being used. Example: The gas or electric element in your water heater might actually come on several times during the day or night if it is located in a cold environment, such as a garage or carport

storage room. If it is located inside the conditioned area of the house, it can add heat to your living space during the summer, which may increase your cooling cost.

So here's what you can do. Before next month's column, I want you to purchase a water heater insulation wrap from your local home improvement store. In most cases, it can be installed in about

10 minutes. Just follow the instructions in the package.



This improvement might save you \$1 a month or it might save you \$20 a month, depending on your particular house and the number of occupants. For another \$2, you can also buy pipe insulation to install on the hot water lines coming from the top of the water heater.

If you have a water heater that is 10 years old or older it would be wise for you to purchase a Marathon water heater, which is so well insulated that it needs no blanket.

Low-flow faucets and showerheads can also lower your hot water heating costs, especially if your home contains a few teenagers. Why is it younger children hate baths and you can't

seem to get teenagers to get out of the shower until all the hot water is gone?

Adding an insulation wrap to your hot water heater is easy. You can do this even if you are all thumbs. Solving the teenager issue is definitely more challenging. But what do you want from me? I can't solve all your problems, just the energy problems.

Next month we'll have a really bright idea for you that is probably the easiest energy efficiency change you can make. Stay tuned for more. Speaking of staying tuned, check out my radio program. For more information contact your local electric co-op.

Doug Rye is the popular host of the "Home Remedies" radio show, works as a consultant for the Electric Cooperatives of Arkansas to promote energy efficiency to cooperative members statewide. To order Doug's video, call him at 1-888-Doug-Rye. More energy-efficiency tips can also be found at [www.ecark.org](http://www.ecark.org) ■

**Doug Rye, the "Doctor of Energy Efficiency—the King of Caulk and Talk" can be heard on several different Illinois radio stations. Or you can go to his Web site at [www.dougye.com](http://www.dougye.com), e-mail him at [info@philliprye.com](mailto:info@philliprye.com), or call 888-Doug-Rye or 501-653-7931. You can also sign up for a free newsletter and order his "how to" videotapes.**



**"Before next month's column, I want you to purchase a water heater wrap from your local home improvement store. In most cases, it can be installed in about 10 minutes."**

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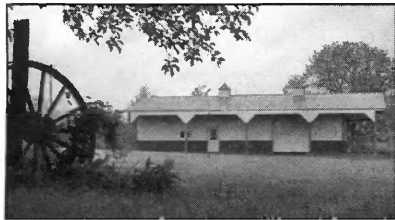
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# STOPPING METH

*Illinois law enforcement finding new ways to fight a deadly rural drug war*

*By Denise Guttery*

The production and abuse of methamphetamines (meth) in Illinois poses an increasing threat to the state and its citizens. Meth is a highly addictive central nervous system stimulant that can be injected, snorted, smoked or ingested orally. It is easily produced in illegal laboratories or meth labs using a variety of ingredients available in any pharmacy.

Meth labs can be very dangerous due to the volatile and toxic chemicals and by-products used. The danger of a meth lab not only lies in the hands of the person making meth, but also the community in which the lab is located.

Awareness of the dangerous affects of meth production and use is spreading through laws, training and education, youth-led curriculum and Web site creation, as well as a new media campaign. Attorney General Lisa Madigan, Governor Rod Blagojevich and U.S. Senator Dick Durbin

are working to minimize the threat meth has on rural areas.

Madigan's office initiated the Methamphetamine Control and Community Protection Act, which took effect Sept. 11, 2005. The Act consolidates and strengthens criminal laws against meth production, distribution and use and, as a result, gives prosecutors additional tools to go after meth makers who tamper with anhydrous ammonia tanks.

"The Meth Control and Community Protection Act gives our state's law enforcement agencies additional tools to fight the illegal and dangerous activities that occur during the manufacture of meth," says Steven Mange, Senior Policy Advisor for the Attorney General. "Because the production of meth in Illinois causes as much harm as the use of this deadly drug, it was and is important that we continue to tighten the net around criminals who participate in

all stages of the meth chain: manufacture, delivery and abuse."

Madigan's office also initiated the Methamphetamine Precursor Control Act that went into effect in Jan. 2006. The act imposes stricter controls on the display and sale of cold and sinus products containing pseudoephedrine, a key ingredient in making meth. For the past year, to purchase cold and sinus medications such as Sudafed or Tylenol Cold, you have to be 18 or older and can get no more than two packages at a time from a pharmacy employee.

Mange says, "As compliance with the restrictions on sales of meth precursors has increased, the number of meth labs in Illinois has dropped. For example, the number of meth labs seized by the Illinois State Police fell by nearly half (47 percent) during the third quarter of 2006, when 136 labs were seized, compared to the third quarter of 2005, when 257 labs were



Photo credit: Alaska State Troopers

Meth labs can be very dangerous due to the volatile and toxic chemicals and by-products used. If you stumble upon meth waste keep your distance. Realize that you may be looking at both a crime scene and a toxic waste dump. Do not touch the suspected meth waste, move it, clean it up or tamper with it in any way.

# ADDICTION COLD

seized. Law enforcement authorities also report a drop in the size of the average meth lab, as meth cooks struggle to obtain sufficient quantities of pseudoephedrine."

Madigan's office has also trained more than 1,000 law enforcement officers and prosecutors during 2005 and 2006 on the investigation and prosecution of Illinois meth cases.

An innovative youth-led prevention curriculum and a Web site that provides meth-related information ([www.IllinoisAttorneyGeneral.gov/methnet](http://www.IllinoisAttorneyGeneral.gov/methnet)) was also created to help spread the word about the dangers of meth.

*"Methamphetamine is one of the fastest growing and most addictive drugs, especially in downstate communities. It ravages users, families and households and neighborhoods."*

Businesses in Illinois are also taking steps to prevent the production of meth.

In December 2006, Blagojevich awarded 35 fertilizer dealers nearly \$140,000 in grants to assist in preventing the theft of anhydrous ammonia, which is also used in the production of meth. The funds will allow agrichemical dealers to be reimbursed for up to two-thirds of the cost of their security



*Female meth addicts report that they were initially attracted to the drug because it helped them lose weight and heightened their energy level. In the long term meth has the same effects on women that it has on men: acute addiction, mental instability and severe physical deterioration.*

improvements; such as lighting, video surveillance or tamper-proof locks on anhydrous ammonia tanks.

"Methamphetamine is one of the fastest growing and most addictive drugs, especially in downstate communities. It ravages users, families and households and neighborhoods where it's made and sold. These grants will help keep a key ingredient to making meth out of the hands of manufacturers," Blagojevich says.

To promote awareness and prevention of meth abuse throughout southern and central Illinois, a partnership between Durbin, the Illinois Sheriffs' Association and the Illinois Broadcasters Association was created.

More than 200 billboards will be covering southern and central Illinois

to spread meth awareness and prevention. The campaign will also use TV and radio commercials.

Durbin asked the University of Illinois to gather and analyze data on how meth is affecting Illinois and ways to fight back. The data suggest that most meth victims are white adults living in rural areas. Most of the people affected by meth are poor and have less education than the average Illinois citizen. In 2004, more than half of the children entering foster care in some areas of rural southeastern Illinois were

forced into the program because their caretakers were meth users.

"The University of Illinois report speaks to the role of media and the value of a growing community awareness in turning the tide against meth use. The goal of this ad campaign is to make sure our communities know that this is happening – right here in Illinois. We know that awareness campaigns can help shape attitudes and spark conversations. These are not quiet ads. Our hope is that these ads will make people think," Durbin says.

Durbin stated that before we can work together to protect our communities from the damaging effects of meth addiction, we have to recognize that there is a problem – and that everyone needs to be part of the solution.

## Under the Methamphetamine Precursor Control Act:

- All cold and sinus products containing pseudoephedrine (PSE), except small convenience packages, must be kept behind pharmacy counters.
- When purchasing a PSE product, a consumer does not need a prescription but must show identification and sign a confidential log.
- Without a prescription for a greater amount, a consumer may purchase

no more than two packages of PSE in a single retail transaction or more than 7500 milligrams of PSE in a 30-day period. (7500 milligrams exceeds the maximum amount of PSE an adult may take in a month.)

- Away from pharmacy counters, a consumer may purchase one convenience package of up to 360 milligrams of PSE in liquid or liquid-filled capsule form in a 24-

hour period. (360 milligrams is the maximum amount of PSE an adult may take in a day.)

- A consumer with a prescription for PSE is not subject to the quantity limits stated above.

For more information on meth in Illinois, visit the Attorney General's Web site, [www.IllinoisAttorneyGeneral.gov/methnet](http://www.IllinoisAttorneyGeneral.gov/methnet).



Who: Arcola Presbyterian Church  
 Cost: \$11, plus \$2 shipping  
 Details: Soft-backed, comb-bound  
 Pages of recipes: 237  
 Send checks to: Marvelle Cole,  
 P.O. Box 11, Arcola, IL 61910  
 or call Sally Kibler 217-268-3391.

**Chicken and Stuffing Casserole**

*Carol Smith*

- 1 stick of butter, melted
- 2 C. chicken broth
- 1 (10.75-oz.) can condensed cream of mushroom soup
- 1 (10.75-oz.) can condensed cream of celery soup
- 1 (6-oz.) box Stove Top chicken stuffing mix
- 1 cooked chicken or chicken breasts, cut into bite-sized pieces

Melt butter, add broth and soups; mix well. Layer 1/2 of the soup mixture, stuffing mix and chicken, repeat with the other half of each in either a crock pot or casserole dish. For crock pot, heat on low for 2-4 hours. For a casserole dish, bake in the oven at 275° for 2 hours.

**Sausage Rice Casserole**

*Carol Smith*

- 1 C. wild rice
- 1/2 lb. ground pork sausage
- 1 med. onion, chopped
- 1/2 C. celery, chopped
- 1 med. green pepper, chopped
- 1 (2-oz.) can mushrooms, drained
- 1 (10.75-oz.) can condensed cream of mushroom soup
- 1 (10.75-oz.) can condensed cream of chicken soup

Cook rice according to package directions. Rinse and drain. Brown sausage, add onion, celery and green pepper. Cook until tender. Add rice, mushrooms and soups, then stir. Pour into a greased 3-quart casserole and cover. Bake at 325° for 1 hour.

**Jordan Marsh Blueberry Muffins (above)**

*Diane Cole Sherman/ Harry and Mary Auld*

- 2 C. fresh or frozen blueberries, divided
- 1-1/4 C. granulated sugar, divided
- 1 stick butter or margarine, softened
- 2 eggs
- 2 C. flour
- 1/4 tsp. salt
- 2 tsp. baking powder
- 1/2 C. milk

Preheat oven to 375°. Grease 20 muffin cups. Crush 1/2 C. blueberries with a fork and add 2 T. sugar, then stir in remaining blueberries whole. Cream the butter with the remaining sugar. Add eggs to the creamed mixture, one at a time, beating will after each. Stir together flour, salt and baking powder. Add flour alternately with milk to creamed mixture, mixing only until blended. Stir in blueberry mixture gently; then fill muffin cups about 2/3 full. Sprinkle a small amount of sugar over the batter in each muffin cup. Bake at 375° for 15-20 minutes.

**Calling all cookbooks!**

Is your church or community organization selling its own unique cookbook filled with favorite recipes of cooks in your area? If so, send your cookbook to Catrina Wagner, Illinois Country Living, P.O. Box 3787, Springfield, IL 62708. Please include the price of your cookbook plus postage costs and the name, address and telephone number of the cooperative member we should contact for more information.

*Photos by Catrina McCulley Wagner*

## Favorites of Faith

Who: Faith Bible Fellowship, Troy Grove, IL  
Cost: \$7, plus \$4 shipping  
Details: hard-back, comb-bound  
Pages of recipes: 120  
Send checks to: Nancy Leopold,  
482 N 3809th Road, Mendota, IL 61342  
or call 815-539-9114.



### Mozzarella Cheese Dip

1 (8-oz.) ctn. sour cream  
1-1/2 C. Hellmann's mayonnaise  
1 T. parsley  
1 T. minced onion  
1 tsp. sugar

*Laurie Quinn*

Dash of pepper  
1/2 tsp. garlic salt  
1 tsp. accent  
1 C. Mozzarella cheese, shredded  
2 T. Parmesan cheese

Mix together all ingredients. Chill overnight. Serve with bread, crackers or vegetables

### Stuffed Shells (above) *Cathy Cross*

1/2 lb. ground beef, browned  
1 pkg. spinach, cooked and drained  
1/2 lb. cottage cheese, drained  
3 cloves garlic, minced  
1 egg, beaten  
Juice from 1/2 fresh lemon  
1 jar spaghetti sauce  
1/4 C. Romano cheese, grated  
1/4 C. Parmesan cheese, grated  
Salt, pepper and oregano, to taste

Cook large shells, drain and cool. Combine ground beef, spinach, cottage cheese, garlic, egg and lemon juice. Stuff shells. Arrange in a baking dish and top with spaghetti sauce, Romano cheese, Parmesan cheese, salt, pepper and oregano. Bake at 350° for 30 minutes.

### Coconut Bread *Nancy Leopold*

2 C. sugar  
1 C. oil  
4 eggs  
1 C. buttermilk  
2 tsp. coconut extract  
3 C. flour  
2 tsp. baking powder  
1/2 tsp. baking soda  
1/2 tsp. salt  
1 C. coconut  
1 C. nuts, chopped

Heat oven to 350°. Grease and flour a loaf pan. Combine the sugar, oil, eggs, buttermilk and coconut extract. In a separate bowl, combine flour, baking powder, baking soda and salt. Add dry mixture to the wet mixture and mix well. Fold in coconut and nuts. Pour into the pan and bake for 45-60 minutes or until a toothpick comes out clean.

### Those Chicken Things *Roz Leopold*

1 bunch of scallions  
1 (8-oz.) pkg. cream cheese  
8 boneless, skinless chicken breasts  
16-24 slices of bacon

Clean, trim and chop scallions. Mix with cream cheese and set aside. Butterfly the chicken breasts. Open breasts and pound out until 1/4-inch thick. Place equal amounts of the cream cheese mixture on each. Wrap chicken around the mixture until completely enclosed. Wrap bacon around the chicken, stretching it a bit. Wrap a second piece around in the opposite direction. Secure with a toothpick. Refrigerate overnight. Cover a grill rack with foil and spray with oil. Preheat the grill to high. Place the chicken on the grill rack, reduce heat to medium and close the lid. Turn about every 5 minutes until all sides are nicely browned. When cheese starts to ooze out in a few places they are done. Approximately 20-30 minutes.

Visit [www.icl.coop](http://www.icl.coop) to see  
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## How to place an ad:

- 1) Type or print ad neatly.
- 2) Count words. Cost is \$30 for up to the first 20 words. \$1.50 each additional word. Ads with insufficient funds will not be printed.
- 3) Prepayment is required. Include check or money order with ad for amount due. Also include address label from Illinois Country Living or other proof of Illinois electric cooperative membership. Only members of Illinois electric cooperatives may place Marketplace ads.
- 4) Mail to: Illinois Marketplace, P.O. Box 3787, Springfield, IL 62708, by deadline.

Deadlines: April issue – February 20;  
May issue – March 20.

We reserve the right to reject any advertisement. Ads postmarked after the deadline will be placed in the next available issue. Non-members wishing to advertise should contact Denise Guttery at 800-593-2432 for information about display advertising.

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In 2006 there were 27 manufacturer notifications or recalls. There were over 20 different Class I High Risk Recalls for diabetic meters issued by the U.S. Food and Drug Administration in 2005.

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Accuracy and consistency are extremely important when you test your blood!

If you have Medicare call now to get a **NO COST** to you replacement meter and new testing supplies! Sorry, we are unable to help you if you are in an HMO.

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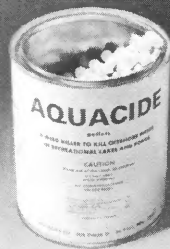
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**2, Girl's Night Out** at White Owl Winery in Birds. Enjoy games, samples and demonstrations aimed just for the girls. Enjoy gourmet hors d'oeuvres and wine tasting. Bring your best gal pals for a great night out. \$10 per person. 618-928-2898.

**3, Eagle Days Festival** in Downtown Havana. 7 a.m.-3 p.m. Celebration of the American Bald Eagle wintering along Illinois River with events to include early morning eagle watching, pancake breakfast, eagle watching venues set up on riverfront, tours of Bellrose Island natural area, raptor presentations and more. Admission to the Raptor show is \$1. 309-547-2720 or jskoglund@tnc.org.



**3-4, Effingham Homebuilders Show** at the Keller Convention Center in Effingham. Saturday, 10 a.m. - 8 p.m. Sunday 11 a.m. - 4 p.m. Come see what's new in the home building trade. Great for remodeling ideas or new home designing. Admission per person is \$2 or per couple: \$3. 217-347-5115.

**4, Mother/Daughter Tea Party** at the Mercantile Center in Mount Olive. This party centers around mothers, daughters and their favorite dolls. This year's theme features an Enchanted Garden. This tea is proven to be deliciously classy and full of fun. Wear a hat and play dress up any way you want. 217-999-7320 or www.mtloliveil.com.

**4, Hearts and Art 2007** at the Public Library in Galena. Come shop hundreds of cards made by local artists. Card-making workshops. Homemade treats, coffee and tea. 815-777-9500 or www.galenalibrary.org.

**10, Funtime Station** at the Orr Building on the Illinois State Fairgrounds in Springfield. 10 a.m.-3 p.m. A children's fundraising event sponsored by WSEC/PBS. All proceeds go to support children's programming and educational services. This year's theme is "The Magic of Reading." There will be more than 20 booths with crafts and activities focusing around our favorite children's books. 800-232-3605, ext. 223 or 224.

**10, Menard County Jaycee Fundraiser** at the Hill Prairie Winery in Oakford. Proceeds will benefit the PORTA Fitness Center. Tickets are \$20 a person and include an Italian dinner and entertainment. Social hour begins at 6 p.m., dinner at 7 p.m. and a live auction at 8 p.m. Tickets can be purchased at the winery, the National Bank of Petersburg, or by calling Angie Scheina at 217-341-2873.

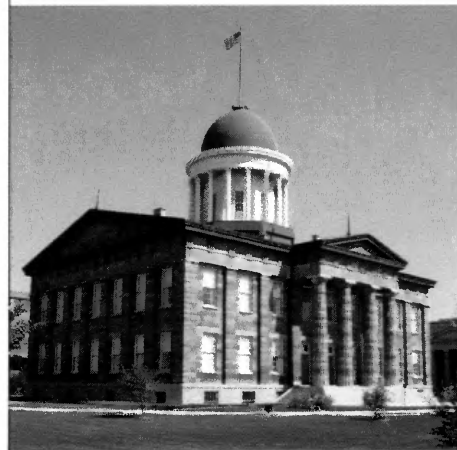
**10, Candy the Sun Bear's Birthday Party** At Miller Park Zoo in Bloomington. 1-3 p.m. Visitors will make gifts and cards for Candy, hear a talk about sun bears, get their face painted like a bear, enjoy refreshments and watch as Candy opens her gifts and cards. This event will take place indoors, and is free with a regular paid zoo admission. Call 309-434-2250 or visit the Web site [www.millerparkzoo.org](http://www.millerparkzoo.org) for more information.

**10, Abraham Lincoln's Birthday Party** at the Postville Courthouse in Lincoln. Come as we celebrate Abraham Lincoln's birthday in style. Guy Fraker, a Bloomington attorney and author, will do a power point presentation on Abraham Lincoln and the eighth Judicial Circuit. Enjoy a tour, cake and punch. Period music will be playing throughout the event. Children's activities will also be available. 217-732-8930.

**10, Who's Wine is it Valentine?** Comedy Improv at White Owl Winery in Birds. Bring your sweetie to our Valentine's Dinner and Improv show from 5:30-9:30 p.m. Limited seating. Show includes hors d'oeuvres, wine tasting, full gourmet dinner, one complimentary glass of wine and a souvenir glass. \$40 per person. Reservations required. 618-928-2898.

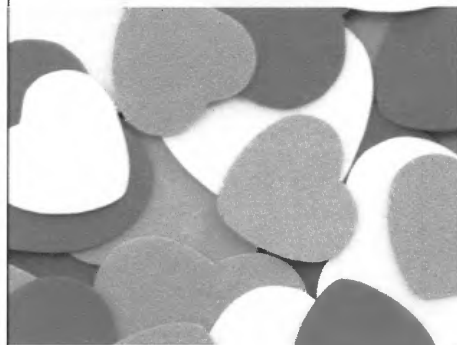
**10, The Eighth Annual Children's Art Show** at the University of Illinois Extension Building in Effingham. Juried show for children preschool - 12th grade. 618-238-4497.

**11, Lincoln's Birthday Open House** at the Vermilion County Museum in Danville. 2-4 p.m. This event, which has taken place for 36 years, acquaints visitors with the time of Illinois history when Lincoln was traveling the Judicial Circuit. 217-442-2922.



**12, Abraham Lincoln Symposium** at the Old State Capitol in Springfield. The symposium presents recent findings about Lincoln. A banquet follows at the President Abraham Lincoln Hotel and Conference Center. 217-782-2118.

**13-14, Valentine Craft Sale** at the Southern Illinois University Student Center in Carbondale. 10 a.m.-5 p.m. This event offers more than 28 craft vendors. Come and enjoy the unique, multicultural offerings. 618-453-3636.



**14, A Toast to Ol' Blue Eyes** at the Raue Center for the Arts in Crystal Lake. 7:30 p.m. Dynamic, timeless and backed by a swingin' big band...Ol' Blue Eyes is back! There will never be another Frank Sinatra, but Adam James is the next best thing. Chosen by Tina Sinatra to portray her father, James sings the master's tunes. Tickets are \$36 or \$32. 815-356-9010 or [www.rauecenter.org](http://www.rauecenter.org).



**16-18, Illinois Golf Expo** at the Interstate Center in Bloomington. A guaranteed \$1,000 putting contest, proceeds will go to benefit the Arthritis Foundation. A closest to the pin contest, free mini lessons, lots of golf equipment, door prizes, seminars, manufacturers and more. 309-452-9646.

**16-18, Jacksonville Theatre Guild Studio Show presents My Way - A Tribute to Frank Sinatra** at Hamilton's in Downtown Jacksonville. Enjoy the beautiful nightclub setting as My Way captures the wit and charm of "Ol Blue Eyes" with a touch of elegance during this musical montage. 217-245-1402 or events@jacksonvilleil.org.

**16-19, Great Backyard Bird Count** in Calhoun County. The McCully Heritage Project is encouraging residents to participate in this annual event. Informational sessions on how you can participate will be held at the McCully Heritage Project Feb. 10 at 10 p.m. Participants will learn about the birds around them and help collect data that will contribute to our understanding of bird populations. All age and skill levels are welcome. 618-653-4687, info@mccullyheritage.org or www.mccullyheritage.org.

**17- 3/11, Maple Syrup Time** at Lincoln Memorial Garden in Springfield. Visitors can view and participate in the maple syrup making process including tapping trees, collecting sap and boiling it into syrup. Demonstrations are at 1, 2, and 3 p.m. Saturdays and Sundays. Free. 217-529-1111 or www.lmgnc.com.

**Visit our Web site, [www.icl.coop](http://www.icl.coop).**

**17-18, Paleofest** at the Burpee Museum of Natural History in Rockford. Saturday and Sunday, 10 a.m.-5 p.m. An annual celebration of fossils and dinosaurs with world-famous dinosaur experts, lectures, workshops, children's workshops, fossil identification and much more. General admission is \$5. Children younger than three and ASTC members are free. Admission does not include workshops, but does include many activities. 815-965-3433 or www.burpee.org.

**23-24, Murder Mystery Weekend** at the DeSoto House Hotel in Galena. Join in for a "Feud in Ragtime." A 1920s murder mystery filled with model Ts, silent films and burlesque girls. Friday night reception with dessert and entertainment. 888-459-1847 or www.bestofgalena.com.

**23-25, Country Treasures Craft Show** at the Keller Convention Center in Effingham. Friday, 5-9 p.m. Saturday, 10 a.m.-5 p.m. Sunday, 10 a.m.-4 p.m. Dozens of crafters will exhibit their creations. 217-347-5115

**24, Alton Symphony Orchestra's Music of Eastern Europe** at Hatheway Hall in Godfrey. 8 p.m. This concert focuses on the music of well-known composers born and raised in Eastern Europe. \$10 for adults, \$8 for seniors, \$5 for students. 618-466-7751 or www.altonsymphony.org.

**24, The 2007 Southern Illinois Women's Teen Conference** at John A. Logan College in Carterville. This annual conference is a unique opportunity for girls in grades seven through 12 to learn more about issues that affect their lives, such as stress and time management, making good decisions, Internet safety, healthy relationships, nutrition and skin care. The girls enjoy a day with keynote speakers, breakout sessions, lunch and exhibitors of products and services of interest to teen girls. The registration fee is \$20. 618-985-9210.

**24-25, Winter Carnival Wild West Weekend** at Chestnut Mountain Resort in Galena. Slope style and half pipe age-grouped competitions with awards ceremony and on-slope BBQ, fireworks, carnival games and live entertainment by the "Horsin' Around Band" on Saturday night. 800-397-1320 or www.chestnutmtn.com.

**25, Spoon River China Art Guild's Annual China Show** at the Donaldson Center in Canton. 11 a.m.-4 p.m. hand painted China displays, door prizes, China painting demonstrations and refreshments. Free. Donations appreciated. 309-647-3390.



**23, The Wiggles - Racing To The Rainbow Live!** show at the Civic Center in Peoria. 3 p.m. and 6:30 p.m. The most successful family entertainment band in history, The Wiggles, are setting out on their most colorful adventure to date as they invite fans to go on a journey that will stretch imaginations to the end of the rainbow. Tickets range from \$23-\$35. www.ticketmaster.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 April deadline is February 15.**



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



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Add value to your property!

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

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

### 1 YEAR GUARANTEE

If any item you purchased from us does not live, for a FREE REPLACEMENT just RETURN THE ORIGINAL SHIPPING LABEL along with your written request within 1 year of receipt. Replacement guarantee is VOID unless the ORIGINAL SHIPPING LABEL is returned. For a refund of the purchase price, RETURN THE ITEM AND THE ORIGINAL SHIPPING LABEL, with correct postage affixed, within 14 days of receipt.

**FOUR SEASONS NURSERY**  
Division of Plantron, Inc.  
1706 Morrissey Drive, DEPT. 920-37  
Bloomington, IL 61704

Name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_  
Zip \_\_\_\_\_ Phone (\_\_\_\_) \_\_\_\_\_

PLEASE SEND ITEMS CHECKED BELOW:  
**FREE TREE** (Plant Screen Trees 9 feet apart.) ONE Hybrid Poplar tree sent at no charge, when you send us a paid order (any size) for Hybrid Poplars below.

HOW MANY	ITEM #	DESCRIPTION	COST
	N5246	SHADE HYBRID POPLAR	
	N5247	SCREEN HYBRID POPLAR	
	N6172	BLUE SPRUCE	
	N7036	RED SEDUM	
	N6877	ROSE OF SHARON	
	N6607	QUINAULT STRAWBERRY	

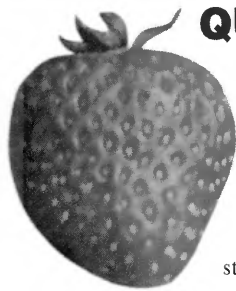
Only one FREE TREE per customer.

Packing & Processing \$ 3.95  
SUBTOTAL \$ \_\_\_\_\_  
IL Residents add 6.25% Sales Tax \$ \_\_\_\_\_  
MN Residents add 6.5% Sales Tax \$ \_\_\_\_\_  
**TOTAL ENCLOSED OR CHARGED \$ \_\_\_\_\_**

Check or Money Order enclosed.  
 Mastercard  VISA

Credit Card #: \_\_\_\_\_  
Expiration Date: \_\_\_\_\_  
Signature: \_\_\_\_\_

Visit our web site to shop our on-line catalog and for customer service and shipping information.  
[www.4seasonsnurseries.com](http://www.4seasonsnurseries.com)



### QUINAULT EXTRA LARGE Everbearing strawberries!

Delicious as they are big! Firm, deep red, luscious-tasting strawberries make fancy desserts. Excellent for preserves, freezing and eating fresh. When planted in April the Quinault produces July through September — right up until frost. Treat yourself to a long strawberry season.

25 for \$5.95 50/\$11.49 100/\$21.95