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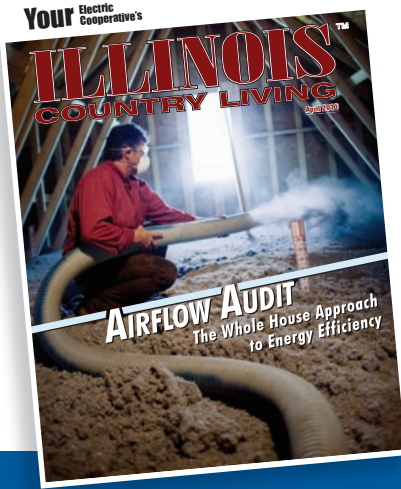
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# ILLINOIS<sup>TM</sup> COUNTRY LIVING

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COVER STORY ■ PAGE 10



## THE WHOLE HOUSE APPROACH TO ENERGY EFFICIENCY

See how the experts seal out the leaks in your home to create a more energy efficient environment.

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The Association of Illinois Electric Cooperatives and 25 Illinois electric cooperatives are members of Touchstone Energy, a national alliance of 660 electric cooperatives. Touchstone Energy cooperative employees adhere to four core values — integrity, accountability, innovation and commitment to community.

# Tough choices call for strong voices

*Energy demand, regulation and cost can be solved with informed voices*

**F**or the past year the phrase, ‘Tough Choices Call For Strong Voices’ has served as the theme for National Rural Electric Cooperative Association (NRECA) meetings. Considering the times we are in and the challenges we face, it is well chosen. Permit me to list and briefly examine three of the tough choices.

First on my list are energy costs. As a cooperative director, my number one focus is the electric bill received by my fellow consumer/owners. The goal is simple — the electric bill must be affordable. Meeting that goal is the challenge.

Notwithstanding the recent economic slow down, energy costs have been on the rise over the past 10 years and the primary mover has been increased demand. The truth is that growing economies need increased energy to provide for economic expansion.

Legislation and regulation have also contributed to increasing energy costs. This Congress has continued to consider new legislation to address environmental concerns. Whatever our stance, new legislation will lead to higher energy prices and those prices will be paid by consumers.

Regulation is also impacting energy costs. Currently, the Environmental Protection Agency (EPA) is considering extending the Clean Air Act (CAA) to address carbon emissions. Many fear that

this will lead to a “glorious mess.” I personally would respectfully suggest that the CAA is simply the wrong tool for this task.

What can we do? We can join the ‘Our Energy, Our Future’ campaign and send a strong message to our leaders to resist the urge to address carbon

emissions through regulation and the CAA. Go to [www.ourenergy.coop](http://www.ourenergy.coop) today and contact your elected officials.

Second on my list is energy efficiency. As energy demand increases we have two options: build new generation or use the energy from current generation more efficiently. Energy efficiency makes the best ‘short term’ sense.

One of the passions of my life is the bicycle. I was surprised to learn that one of the quickest ways to improve one’s performance on the bike is some-

thing quite simple — improve the efficiency of your pedal stroke. Tests have shown that a good pedal stroke can improve performance from five to 10 percent. Improved pedal stroke is the ‘low hanging fruit’ and easily accomplished if you apply yourself.

Energy efficiency is the ‘low hanging fruit’ for the electric industry. How do we capture this fruit? We have a whole host of ways in which we can become more efficient with our energy usage: 1) construct new homes in more energy-efficient ways, 2) better insulate existing homes, and 3) purchase and use energy-efficient appliances.

What can you do? Call your electric cooperative today and ask about the programs they offer to address energy efficiency.

Third on my list of tough choices is an impending energy abyss. Energy efficiency is a good ‘short term’ option to address growing energy demand, but this option has its limits. Ultimately, new generation must be built to meet our nation’s growing energy needs. If new generation is not built in a timely manner, we place the economic future of our nation at risk.

Jon Hofmeister, former CEO of Shell Oil, spoke to attendees at the NRECA annual meeting. He said fossil fuels are under attack in the USA. Plans to build over 100 new coal plants have been scrapped. Offshore oil drilling is plagued with delays. Even the tapping of natural gas reserves draws opposition.

Hofmeister warned that unless we change our ways, the USA would face an “energy abyss” in about 10 years. He warns that we will begin to run out of electricity and experience shortages of gasoline. He argues that our nation must develop a clear policy to address this concern.

What can we do about this challenge? Let us put our ‘politics’ aside. These are not Republican, Democrat or Libertarian issues. They are simply American issues. Let us speak with strong voices, with informed voices as we advocate for policies that are good for our nation, our consumers and our children. ■

**Phil Carson serves as a board director for Tri-County Electric Cooperative, the Association of Illinois Electric Cooperatives, Southern Illinois Power Cooperative and the National Rural Electric Cooperative Association.**



**“Let us speak with strong voices, with informed voices as we advocate for policies that are good for our nation, our consumers and our children.”**



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## Utilities expand energy efficiency

U.S. utilities increased their budgeting for energy efficiency programs by 43 percent in 2009 to \$5.3 billion, according to a report by the Consortium for Energy Efficiency (CEE), a non-profit group that represents energy

efficiency program administrators in the United States and Canada.

CEE's Annual Industry Report said \$4.4 billion was budgeted for U.S. electric energy efficiency programs and \$930 million for natural gas programs.

That represents a 38 percent increase for electric programs and a 79 percent increase for natural gas programs compared to 2008 levels.

Source: CFC Solutions News Bulletin March 5, 2010 ■

## Call 811 before you start digging

JULIE Inc., Illinois' One-Call System, has declared April 1 as the official start of Illinois Safe Digging Month, a state-wide initiative aimed at raising awareness of the importance of notifying JULIE by calling 811 before all digging. By calling 811 you'll reduce the risk of striking underground utility lines.

State law requires all underground utility lines to be marked prior to breaking ground. This

is a free call and service. Professional locators are sent to the requested digging site to mark the approximate locations of underground lines with flags or spray paint.

In addition to common spring digging projects, such as landscaping or deck-building, JULIE recognizes that many people will be planting trees for Earth Day and Arbor Day



**Know what's below.  
Call before you dig.**

projects on April 22 and 24 respectively.

Notify JULIE by calling 811 at least two business days ahead so underground utility lines can be marked.

Visit [www.call811.com](http://www.call811.com) or [www.illinois1call.com](http://www.illinois1call.com) for more Illinois state information about 811 and the call-before-you-dig process. ■

## Donate your e-waste to non-profits

Electronic waste, or "e-waste" as it's called, is a growing problem. Obsolete or broken computers and other electronic equipment are taking up landfill space and potentially leaking hazardous substances.

The non-profit Silicon Valley Toxics Coalition reports that 70 percent of the heavy metals in U.S. landfills are from discarded electronics.

If your old units still work but have merely been eclipsed by newer models, then by all means donate them to a needy cause. You could also earn a tax deduction.

But be aware that not every charity accepts old equipment. A good place to start is Goodwill, which often accepts equipment. Proceeds fund programs to help the disabled, illiterate, homeless and those on welfare by providing job training and placement programs. The Salvation Army runs similar programs and also typically accepts donated old office equipment.

Another option is to donate your equipment to needy schools, either directly or via a service like iLoveSchools.com. Also, the web site



Photo by George Hotelling

GreatNonprofits.org maintains a list of charities in need of various types of office equipment.

For more info go to: Silicon Valley Toxics Coalition, [www.svtc.org](http://www.svtc.org); Goodwill, [www.goodwill.org](http://www.goodwill.org); Salvation Army, [www.salvationarmy.org](http://www.salvationarmy.org); iLoveSchools.com, [www.iloveschools.com](http://www.iloveschools.com); and GreatNonprofits.org, [www.greatnonprofits.org](http://www.greatnonprofits.org)

Source: [www.emagazine.com](http://www.emagazine.com) ■

## Fun fungi hunting in Illinois starts now

**Y**ou've been cooped up too long this winter. Time to go morel hunting. Grab your walking stick and a youngster and get out in the woods this month.

Depending on location in the state, the first black morels begin to appear toward the end of March into early April. The white and yellow morels usually follow one to two weeks later. Usually the morel season will end by the second week in May in south-central Illinois, and one to two weeks later in northern Illinois.

The true unseen mushroom "body" is an underground network of fine thread-like material known as mycelium. It is believed that the largest living land organisms are mycelial bodies, which through DNA tests have been shown to spread many square miles from a single parent source.

Always know what you are looking for, enlist the help of experienced "shroomers", and access the abundant literature and other sources of information on the topic if you are a beginner. Always follow the old adage: "When in doubt, throw it out" when hunting mushrooms.

Source: University of Illinois Extension ■



## EPA moves forward with greenhouse gases regulations

**T**he U.S. Environmental Protection Agency (EPA) has announced that greenhouse gases threaten public health. Under authority of the Clean Air Act, passed in 1970, the EPA is heading down the road of regulating green house gas emissions and starting with cars and trucks. Businesses and power plants may also fall under the EPA regulation.

"The Clean Air Act was never designed to deal with carbon, and it would be awkward at best and probably a disaster at worst," says Glenn English, CEO of the Arlington, Va.-based National Rural Electric Cooperative Association (NRECA).

English insists that any climate change legislation should protect consumers and preempt use of the federal Clean Air Act and any other existing laws. But Senate leaders have admitted that climate change legislation has stalled. This legislative logjam makes it all the more important for co-ops and consumers to pay careful attention to the EPA's current efforts.

Some members of Congress have recognized the danger to our economy if EPA moves forward with regulation ahead of Congressional action. In



Photo by Jake McGuire

March two additional bills were introduced to suspend the ability of the Environmental Protection Agency (EPA) to use the Clean Air Act to regulate greenhouse gases.

"We are pleased that Senator Jay Rockefeller and Representatives Rick Boucher, Nick Rahall and Alan Mollohan have introduced legislation to provide for this important time-out," said English.

Electric co-ops are working with co-op members and political leaders

from both parties to ensure that any climate change policy goals adopted are fair, affordable and achievable.

To make your voice heard in this debate, join NRECA's Our Energy, Our Future™ grassroots awareness campaign at [www.ourenergy.coop](http://www.ourenergy.coop). To date, more than 600,000 of your fellow co-op members across the country have already done so. Join this cooperative, grassroots effort and together we can add a consumer voice to the debate. ■

## Free listing available for agritourism farms

The North American Directory of Agritourism Farms and Ranches (RuralBounty.com) will now provide free listings to all agritourism farms in the United States and Canada. Premium listings are also available for just \$45 annually. Rural Bounty



is designed to assist the public in locating farm fresh fruits and vegetables, activities, entertainment, attractions, lodging, family events and festivals.

Listings on RuralBounty.com are available to all businesses with a

rural base, including farms, ranches, wineries, farmers' markets, bed and breakfasts, CSA programs, organic farms, farm stands and market, rural lodging and outdoor sports such as hunting lodges and cross country ski lodges. For more information, visit [www.RuralBounty.com](http://www.RuralBounty.com) or call 314-862-6288. ■



## Six field days offered for small-scale farming

Soil testing, cover crops, rotational grazing and selecting the right equipment are some of the topics that will be addressed at six New Farmer Field Days being offered this spring and summer for small-scale farming operations.

"The Central Illinois Farm Beginnings (CIFB) Field Days are geared toward people interested in launching a small farm business that is both economically and environmentally sustainable," said Deborah Cavanaugh-Grant, University of Illinois Extension Specialist, Small Farm and Sustainable Agriculture and CIFB co-facilitator.

Starting April 10 and running through August 14 the topics include: Developing Value-Added Products and Navigating Food Rules, Equipment for Small Farmers, Evaluating Soil Quality and Soil Maps, Rotational Grazing and Fencing, Cover Crops, Farmland Access

To register, visit [http://web.extension.uiuc.edu/smallfarm/begin\\_farm.html](http://web.extension.uiuc.edu/smallfarm/begin_farm.html) or contact Deborah Cavanaugh-Grant 217-968-5512 or [cvnghgrn@illinois.edu](mailto:cvnghgrn@illinois.edu). ■

## Do CFL bulbs really last longer?

Last month a reader asked a great question — "How long do CFL bulbs really last?" The claim is they last eight to 10 times longer. That is generally true. But there is an "it depends clause." It depends on the quality of the bulb and the way you use it.

First, you should know that switching a CFL on and off a lot can reduce its life. A CFL does well when it is turned on no more than five times a day and left on for more than 15 minutes at a time. If you flip the switch more than that expect at least a 30 percent reduction in bulb life.

Using the wrong CFL bulb in the wrong application can dramatically reduce the life of the bulb. For example, using a higher wattage CFL in a recessed ceiling can, creates heat that affects the electronics in the ballast. This can reduce the life of the CFL as much as 70 percent. Some CFLs can be used outside, but low temperatures can drastically impact the life of regular CFLs.

If you have dimmer switches you should buy CFLs made for the situation. The same is true for three-way lamps. But you can use regular CFLs on the middle setting. Using CFLs in a ceiling fan that vibrates or garage door opener will also reduce the life of CFLs significantly.

Check the package for different applications. If you want to verify the life of your CFL bulb write the date of installation on the base of the bulb. For more information go to [www.gelighting.com](http://www.gelighting.com) and click on "Save Energy. Save Money with GE CFL bulbs." ■








————— Just a —————  
**LITTLE BIT OF CHANGE**  
can make a whole lotta difference.

Believe it or not, when you switch to compact fluorescent light bulbs, you're changing a whole lot more than just a bulb. You're changing the way you use electricity. Or rather, the way you'll use less of it. Switching to compact fluorescent bulbs can reduce your lighting costs by up to 70%. And that's just the start. By ensuring your home is well insulated, properly sealed, and using energy efficient appliances, a lot of little changes can really add up. *To learn more about saving energy, visit [TogetherWeSave.com](http://TogetherWeSave.com).*



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# AIRFLOW AUDIT



## *The Whole House Approach to Energy Efficiency*

*By Ed VanHoose*

**W**inter is becoming a memory, but your energy bills are still haunting you. With summer just around the corner, what can you do to cut down on your future spending? According to Brian Kumer of Thermal Imaging Services, Inc. the first line of defense against high energy bills is to seal all of the air leaks within your home. In order to find leaks, he recommends an energy audit prior to performing any work.

Kumer says, “The first thing that should be done is to find and seal the leaks. That should be done even before insulating the attic. Otherwise, you simply won’t see the return in energy savings from insulating.”

The method Kumer employs is a blower-door system. A basic blower-door system includes three components: a calibrated fan, a door-panel system, and a device to measure fan flow and building pressure. The blower-door fan is temporarily sealed into an exterior doorway using the door-panel system. The fan is used to blow air into or out of the building, which creates a small pressure difference between inside and outside. This pressure difference forces air through all holes and penetrations in the building enclosure. The tighter the building (e.g. fewer holes), the less air is needed from the blower-door fan to create a change in building pressure.

“Once the blower door is in place, then an infrared camera can be used to see where air is coming in or out,” says Kumer. “Once we find the leaks, then they can be sealed with caulk and spray foam insulation.”

After sealing the internal leaks within the building, then insulating the attic and basement ceiling will have the greatest impact upon the bottom line of your energy bills.

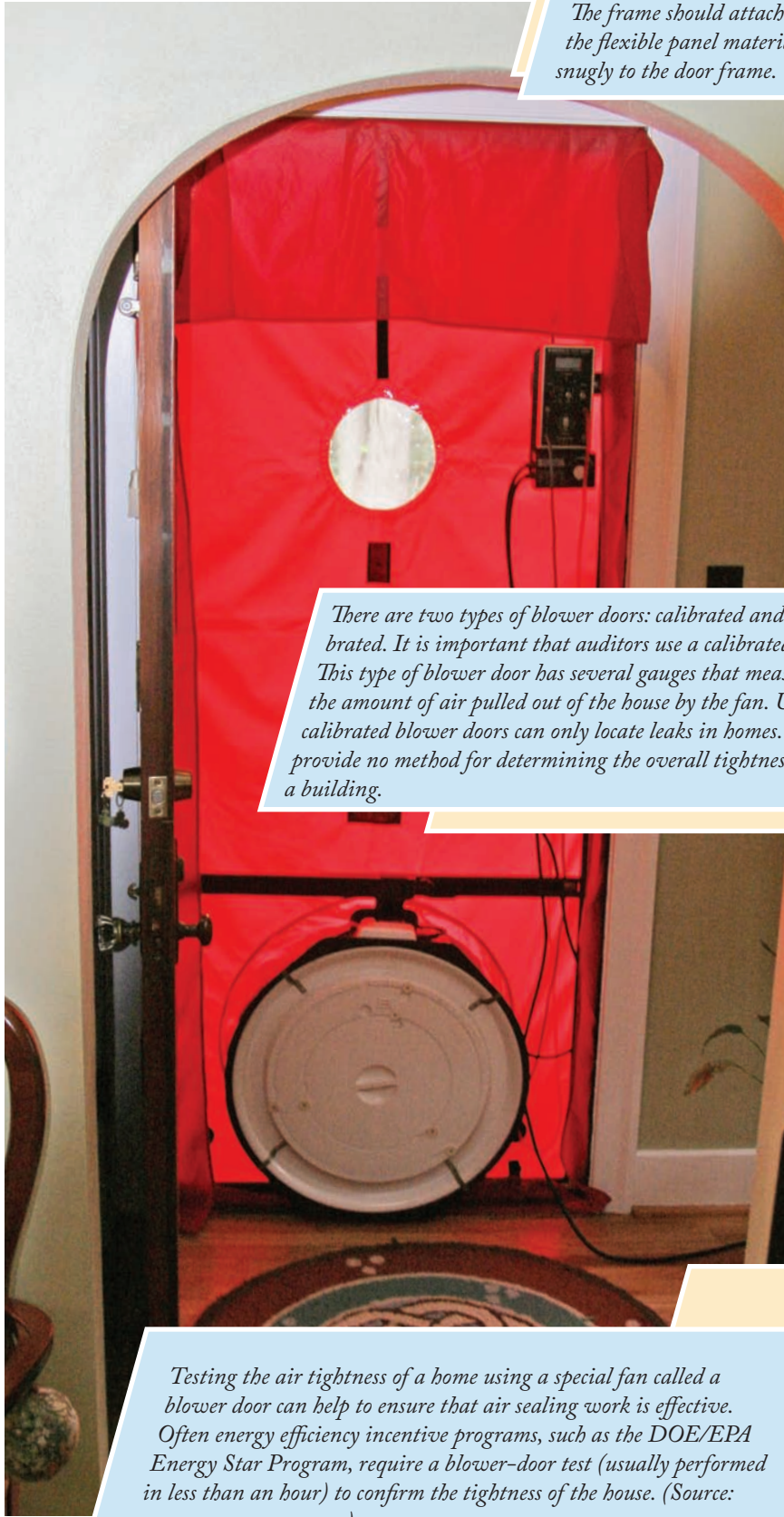
In order to determine the type and amount of insulation needed for your home, the Department of Energy has added a Zip-Code Insulation Program to their website (<http://www.ornl.gov/~roofs/Zip/ZipHome.html>). The interactive module allows home owners to enter the first three digits of their zip code, and information about their home to find the suggested amount of insulation needed in a particular area, based upon factors such as climate, home type and home age.

Kumer says the average home in Illinois requires an R-value anywhere from R39 to R50.

According to the DOE, R-value simply refers to how insulation is rated in terms of thermal resistance, which indicates the resistance to heat flow: The higher the R-value, the greater the insulating effectiveness. The R-value of thermal insulation depends on the type of material, its thickness and its density. In calculating the R-value of a multi-layered installation, the R-values of the individual layers are added.

Kumer adds, “When purchasing insulation, check the label. The Federal Trade Commission (FTC) has rules about the information that must appear on labels of packaging for residential insulation.”

Regardless of whether you use a professional auditor or choose to perform a self-guided energy audit, you should choose a “whole-house” approach to upgrades. By looking throughout your entire home for air leaks and then adding insulation where needed, you can find real savings on your energy bills.



*The frame should attach the flexible panel material snugly to the door frame.*

*There are two types of blower doors: calibrated and uncalibrated. It is important that auditors use a calibrated door. This type of blower door has several gauges that measure the amount of air pulled out of the house by the fan. Uncalibrated blower doors can only locate leaks in homes. They provide no method for determining the overall tightness of a building.*

*Testing the air tightness of a home using a special fan called a blower door can help to ensure that air sealing work is effective. Often energy efficiency incentive programs, such as the DOE/EPA Energy Star Program, require a blower-door test (usually performed in less than an hour) to confirm the tightness of the house. (Source: [www.energysavers.gov](http://www.energysavers.gov))*



*One of the first steps in performing an energy audit is to use an infrared camera to detect air leaks invisible to the human eye. As you can see from the photos (inset bottom), there is a significant amount of leakage from the kitchen soffit.*



*Caulk forms a flexible seal for cracks, gaps, or joints less than 1-quarter-inch wide. You can use a caulking compound to seal air leaks in a variety of places throughout your home, including around windows and door frames.*



*Turn off the HVAC power to avoid bubbles in the caulk. Caulk the seams and joints of your duct work using caulk mastic. Use a putty knife to adequately cover the seams and joints. For areas you cannot get your caulk gun into, use foil tape; its acrylic adhesive will bond better than duct tape. Check the caulk tube to find out how long it needs to cure before you turn the power to your HVAC unit back on.*

*Blown-in cellulose insulation is an environmentally friendly way to insulate your house. The main ingredient in cellulose insulation is recycled newspaper. Chemical additives make it fire retardant. It is acoustically superior at blocking noise. It fills in gaps reducing air infiltration and energy loss.*



## Quick Tips to Save Energy

Interested in saving energy? Try conserving with this list of 10 ideas provided by Touchstone Energy.



### Replace Your Light Bulbs

Compact Fluorescent Lights (CFLs) are 70% more efficient than incandescent bulbs and cost about \$2 a piece. Payback? A few months.



### Insulate Your Attic

Attics can be sources of heat loss in the winter and heat gain in the summer. Payback varies by region, but it's usually within two years.



### Programmable Thermostats

The average home will spend more than \$1,000 a year on heating and cooling. Programmable thermostats adjust the temperature during unoccupied hours. Payback is within a year.



### Maintain Your HVAC System

Heating and cooling system equipment runs best when maintained. Change your filters on a regular basis and have it serviced annually to make sure it's running efficiently.



### Unplug

Check around the house to see if devices are unnecessarily plugged in. Cell phones, iPod chargers, plasma TVs, entertainment systems, computers and appliances are still drawing power when not in use.



### Weatherization

Weatherizing your home means sealing out air around doors, windows and places where pipes enter the home.



### Conduct Your Own Energy Audit

Do you really need two refrigerators? Is there a fish tank with no fish? Is your house so hot in winter that you need to wear a Hawaiian shirt? Walk around your house to check for wasted energy sources.



### Replace Your Single Pane Windows

Upgrading to more energy efficient windows can help control temperature and air infiltration in your home. It can be costly but payback may be just a few years.



### Save With the Stimulus Package

Homeowners can take advantage of the efficiency tax credit of up to \$1,500, or 30 percent, of the cost for new energy upgrades. Check out [http://www.energystar.gov/index.cfm?c=tax\\_credits.tx\\_index](http://www.energystar.gov/index.cfm?c=tax_credits.tx_index).



### Contact Your Local Touchstone Energy Electric Cooperative.

Many electric cooperatives offer energy audits and rebates on the purchase of new more efficient appliances. Check with your electric cooperative.

**For more information on energy efficiency tips, including links to helpful resources, please visit [www.touchstoneenergysavers.com](http://www.touchstoneenergysavers.com).**

# Changing a light bulb can kill you

*Sounds like a joke, but even simple tasks can be deadly*

**O**n a recent trip to Kansas City to visit my daughter, we stopped at our favorite restaurant. While eating suddenly an incandescent light bulb exploded over a table directly across from us. Fortunately the hot glass fragments did not injure the occupants at the table.

The manager contacted a busboy to cleanup the table and informed him to replace the light bulb. The busboy proceeded to wipe off the table with a wet rag and then started to use the rag to remove the broken pieces of the lamp still inside the fixture.

If the exploding lamp did not get the attention of the patrons around us my best dad's voice did. In a stern and loud voice I said, "Son I would not do that if I were you!"

Well, he turned and looked at me with the same look my kids give. It was like what are you talking about old man? Leave me alone, I know what I am doing.

I then proceeded to explain to him that the broken fragments inside the lamp could still be energized and by using that wet washcloth he would receive the shock of his life.

Well, that got his attention as well as everyone around us. He went and got his manager. I informed him that he should probably perform this task when power could be shutoff to this circuit. He agreed and moved the patrons to another table and closed off the table, hopefully for the day.

While I was reviewing this column and getting ready to post this near-miss story on my blog, a coworker came in and shared a similar story.

The bulbs were out in his ceiling fan. When he went to change them they exploded in his hand. It tripped his breaker in his panel. He went to reset the breaker but it would

not reset. A well-meaning friend with just enough knowledge to be dangerous told him he would come over and change the 15-amp breaker to a 20-amp breaker because maybe it was just overloaded.

He was consulting me to find out what could cause the resetting problem. I informed him that by changing the breaker on a 15-amp circuit on 14-gauge wire to a 20 amp breaker could cause a worse problem. An immediate fire hazard would be created should it not trip.

It is important to remember that even changing a light bulb can become deadly. General safety measures to remember when changing light bulbs are:

1. A general knowledge of safe electrical practice comes in handy. If you do not have knowledge of electrical safety, even changing broken light bulbs should be left to professionals.
2. Always de-energize the circuit before changing a light bulb. This can simply be done by turning off the switch to the fixture. Light bulbs can have broken screw shells that when turned can break and short out in your hand.
3. Light bulbs should be allowed to cool before removal. A hot lamp can exceed temperatures of 5,000 F and can cause severe burns.
4. Never stand on chairs, tables, or aluminum step-ladders to do electrical work. Use wood or fiberglass ladders that have been tested and inspected for that use.
5. Inspect the steps and rungs of ladders before use. If they are broken or damaged do not use them, destroy them so that others will not get hurt should they use them. More people have been injured by falls when working with electricity than by shock.
6. Never stand on the top step of a ladder and never overextend your reach. Use the right size ladder for the job.
7. When working with power tools, make sure they are in good operating condition. Check to make sure that they are not frayed, that the insulation is in tact and the ground prong of the chord is intact.
8. The same goes for extension chords. Make sure they are not frayed or damaged in anyway. If they are, take them out of service or repair or destroy them.
9. Last, but not least, always use a ground fault circuit interrupter when using power tools and extension chords.

You can start by learning more at [www.safeelectricity.org](http://www.safeelectricity.org). ■

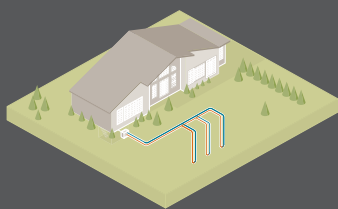
**Michael L. Ashenfelter is the Sangamon County Electrical/ Mechanical Inspector and a member of the Safe Electricity Advisory Team ([www.safeelectricity.org](http://www.safeelectricity.org)), 217-747-5111, [MikeA@co.sangamon.il.us](mailto:MikeA@co.sangamon.il.us).**



**"It is important to remember that even changing a light bulb can become deadly."**

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# Controlling garden Godzillas

*How to stop those cute and voracious carrot eaters*

**A**pril makes me think of Easter and of course Easter lilies. They are marginally hardy in Illinois and best treated as a potential fall re-blooming flower if stuck in the ground at the end of this month. And if the winter is mild and you're in the bottom third of the state and throw on lots of mulch, it just might live for another year.

Easter also makes a gardener think, however briefly in a smile-inducing positive fashion, of rabbits. Bunnies are cute when dressed in human clothing, delivering chocolate eggs in plastic grass-lined baskets, or hopping merrily down the bunny trail, hippity-hoppity.

That moment comes and goes when spring gardening is in full tilt. Then rabbits, however cute and cuddly-looking only a few weeks earlier, take on the persona of an evil garden Godzilla.

Rabbits have the lock on the animal world "cuteness" factor. They tend to be innocuous, blending in with the grass, trees, shrubs and bark. Their furriness makes you just want to pick them up and cuddle them to the point where you are about ready to squeeze them to death.

And to top it off, they hop from place to place. Dogs run and lope all over the place. Cats slither and just move sneakily as if they are hiding something, which they probably are.

Rabbits hop. Sure, they run every now and then when the above mentioned dog spies them and decides that the game is on. But minus the predator, rabbits hop and then stop and then hop some more and then stop. We smile at them and think back to some of our childhood games of hopping around.

If rabbits ate nothing but dandelions and crabgrass, or if their DNA was somehow ingrained to go after Japanese beetles, they would be nature's perfect creature.

As it is, their DNA tells them to aim for the tender young vegetables and flower transplants as well as perennials poking up through the ground in April and May. Occasionally, they'll seek out the young sapling or shrub to chew on, though this is to grind down their teeth as opposed to sustaining their life.

There are more green thumbers who swear at the rabbits than those that try to prevent them. It's almost "I really hate you Mr. Rabbit, but you are so darn cute that I'm just going to get mad at you, but plant the peas, carrots, marigolds and lettuce in the exact same way so you can make another meal off them."

Some swear by the gunpowder, though that's not the best route, especially if rabbit hunting is out of season. Others resort to a large dog that may be faster than the rabbit, though sometimes the rabbits are so sneaky and can stand stark still for so long that you don't see them move.

There are some rabbit repellent chemicals. Some work. Most make you feel good while the rabbit, like a squirrel, sits and hops around in circles, still trying to figure out how to get the tender plants.

Many of the repellents also have to be constantly applied, especially after a typical spring rain.

Ultimately, if you want to protect an area from rabbits, you have to exclude them, you have to fence them out.

A simple chicken wire fence is good enough because most won't jump over it, unless chased by a dog at which time the rabbit's vertical leap seems to multiply by 10 and even a 2 foot fence is nothing more than a low hurdle. At that time, the dog jumps over or crashes through the fence and your garden is mangled by both. True, nothing is eaten. Only damaged.

Rabbits are also crafty like foxes. They can look at that fence, but then realize they might be able to crawl or dig under it. And they do.

To get around that, bend about 6 inches of the bottom of the fence toward the garden and put some bricks on it. Burying it would be ideal, but that may involve trenching around the entire plot or yard.

Then again, you can always provide scraps for the rabbit in some other location in the yard with the hopes that he or she will leave your other plants alone. ■

**"If rabbits ate nothing but dandelions and crabgrass they would be nature's perfect creature."**

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





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# Solving the dirty sock smell in your home

*House wrap and crawl space vapor barrier help prevent mold and mildew*

One of the most often asked questions I get is, “Do I need a house wrap?” The answer is, for energy purposes on a Doug Rye house, no. But, there’s more to the story. For weatherproofing or moisture-proofing purposes, the answer is yes.

When you build your house to my specifications, which includes insulating your walls with cellulose or foam insulation, all air infiltration will be stopped at the walls. Therefore, a house wrap for this purpose would be of no benefit. However, Mother Nature can play havoc with a house, especially when it is under construction. As a house is being built, it rarely escapes rain, fog and high humidity. And even when it is finished, it often is pounded with high winds and rain. A house wrap, properly installed, will be of great benefit to the house by keeping it dry during construction and when completed.

One of the best-known brands is Tyvek, which is made by DuPont. According to the company’s Web site, it is made from very fine, high-density polyethylene fibers and “offers all the best characteristics of paper, film and fabric in one material.” Simply put, it is an extremely tough plastic-type material that is a moisture barrier. With a properly installed house wrap, your home is better protected from moisture, which is the key component of mold and mildew.

Do I recommend that you use a house wrap? Yes, I absolutely do.

Now let’s talk about one of the most important places to install a vapor barrier — the crawl space.

Mold in air conditioning ducts is not uncommon in homes with a crawl space. Mold results in musty smells, allergies, and sometimes-

serious health problems. Proper HVAC duct construction and a crawl space vapor barrier installation help eliminate this mold growth problem.

When sealing a crawl space, I suggest using a 10 to 20-mil plastic or polyethylene vapor barrier. A 16-mil plastic vapor barrier should be heavy enough to resist punctures during installation.

A tip when installing vapor barriers in a crawlspace is to overlap each section one foot or

so, then use a short piece of duct tape about every three feet along the seam to hold it together and prevent gaps. Turn the vapor barrier up the wall about eight inches and make sure there is contact between the barrier and the wall. You need to close the vents on the outside walls, too. If you leave them open, humid air from the outside enters the crawlspace.

Excess condensation leads to mold and mildew problems. When warmer humid air comes in contact with the colder surface of your ductwork, it causes condensation. Musty odors in your home are sometimes referred to as “dirty sock syndrome.” Any leakage in your ductwork causes moisture and odor to be brought into your house.

You should also insulate inside the stem wall of a crawl space with foam or cellulose; a heavy plastic or vinyl ground cover should be used as a moisture barrier and close all vents. If this method is used to insulate a crawl space, it is critical that the elevation of the ground in the crawl space be higher than the ground elevation outside the crawl space. It is also critical there are no standing water or moisture problems within the crawl space. Insulating the slab keeps its temperature similar to that of the conditioned space. Insulating and sealing the crawl space stops sharp contrasts in temperature and humidity. It’s similar to an insulated basement.

If the foundation is a concrete slab, insulate the perimeter of a slab using extruded 1" extruded polystyrene foam board. Place it between the outer edges of the slab and foundation. It should extend vertically 4-inches and 24-inches horizontally under the edge of the slab.

If you are searching for a solution for a basement vapor barrier, please call me at my office at 501-653-7931. Vapor barriers cannot be covered with a “blanket” answer. Several factors must be taken into consideration when considering a basement vapor barrier. ■

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.dougyrye.com](http://www.dougyrye.com), e-mail him at [info@philliprye.com](mailto:info@philliprye.com), or call 501-653-7931. You can also sign up for a free newsletter and order his “how to” videotapes.



**“Proper HVAC duct construction and a crawl space vapor barrier installation help eliminate this mold growth problem.”**



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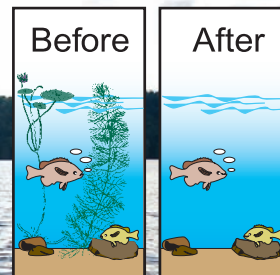
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# Enjoy the journey

*Trains can provide your vacation transportation or be the focal point of your trip*



By Chelsey Simpson

In the less populous regions of America, west of the Eastern seaboard, train travel occupies a place in many people's hearts – but not in their daily lives. Passenger trains are the stuff of folk songs, Western legends and bandit tales; cars and planes are the way we get around. When it comes to vacation planning, however, trains shouldn't be overlooked. They can be a cheaper, faster and less-stressful way to get from point A to point B, but most train enthusiasts will tell you it's the journey in between that really matters.

## Why Trains?

"I think every reason you would be going down the interstate highway is

a reason you would be riding Amtrak," says Marc Magliari, a media-relations manager for Amtrak. "In a lot of places and a lot of ways, we make more sense than driving." He notes that some people ride the trains because it's cheaper; but others are traveling upscale.

Amtrak, the nation's primary passenger-rail provider, operates 21,000 route miles in 46 states. For many riders, reaching one of Amtrak's 500 destinations is the main goal, while others are simply along for the ride and the scenery. When it comes to sightseeing, there are also a number of non-Amtrak excursion trains operating across the country, such as the Pikes Peak Cog Railway and the Branson Scenic Railway.

Michael Gleason owns and edits TrainTraveling.com, which offers a

wealth of information about excursion trains and Amtrak. He also sees good reasons to take to the rails.

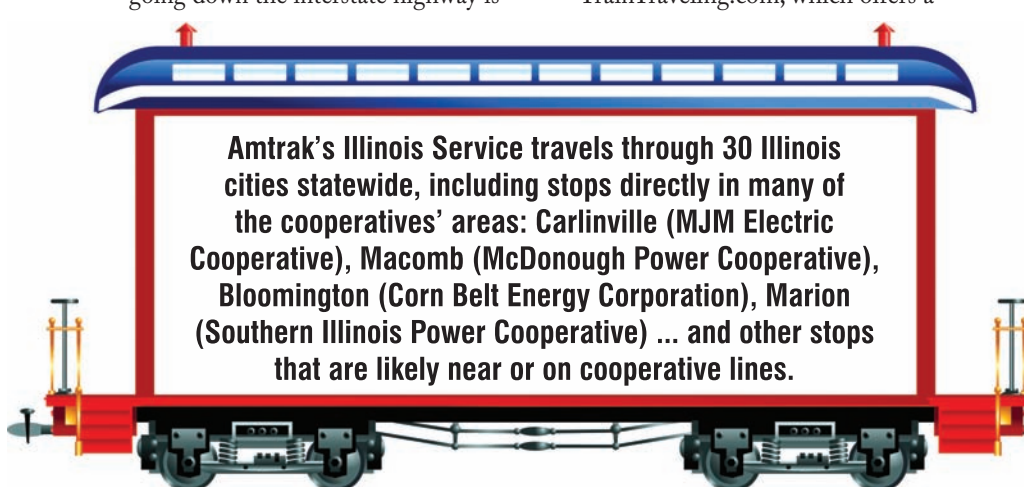
"Some people will go anywhere just to ride a train," he says. "Some people have never liked flying, and some feel flying is just getting worse and worse. There are destinations that you can get to faster on a train, by the time you wait at the airport, get your luggage and make your way into the city."

Planes allow you to cross the continent in a matter of hours, but if your trip isn't that far or you aren't in a hurry, taking a train could be a good alternative and a focal point for your next vacation. Here are some things to consider:

## Time

When you weigh the duration of a train journey against a comparable flight, make sure you consider how early you will have to arrive at the airport, as well as its location. While you don't want to invite the kind of cinematic drama that comes with arriving at the last minute and running to catch your train, it also isn't necessary to arrive more than 30 minutes early for Amtrak service in most situations. And while airports are usually on the outskirts of cities, train stations are often in the heart of downtown.

Amtrak is an especially good



**Amtrak's Illinois Service travels through 30 Illinois cities statewide, including stops directly in many of the cooperatives' areas: Carlinville (MJM Electric Cooperative), Macomb (McDonough Power Cooperative), Bloomington (Corn Belt Energy Corporation), Marion (Southern Illinois Power Cooperative) ... and other stops that are likely near or on cooperative lines.**

alternative for flights with an in-air time of one hour or less, which means train travel might be a real time-saver if you plan to visit multiple cities within a region.

### Money

Traveling round trip on Amtrak doesn't always come out cheaper than driving or flying, and there are often far fewer scheduling options. The real bargain aspect of rail travel is that long-haul trips can serve as your transportation, entertainment and lodging all in one. For example, if you really want to see America, you could buy two tickets with a Superliner Roomette (sleeping car for two) on the Southwest Chief from Chicago to Los Angeles. If you booked several months out for a trip in mid-July, the one-way cost would be about \$550 for the 43-hour journey. If you decided to drive the same route, you would have to figure in gas prices and hotel stays, the view might not be as scenic, and you would have to do the driving.

Sleeping cars are an especially good deal for couples and families, because Amtrak charges by the room for sleepers, not by the person. Children through the age of 15 receive half-price fare.

If traveling light is not your style, Amtrak allows as many as three checked and two carry-on bags on some of its routes, and three additional pieces can be checked for just \$10 each. Unusual items, like ski equipment and bicycles, can also be checked on many trains without an extra charge. Food and even alcohol are also allowed as carry-ons, so plan a picnic, bring a corkscrew and make the ride a party.

### The Intangibles

Trains are an experience. Many Amtrak routes offer a real departure from the billboard-lined interstate, charting a course instead through the backyards, small towns and wild spaces of America. For example, Amtrak's California Zephyr passes through two mountain ranges and the Painted Desert; the Adirondack and the Vermonter are prime leaf-peeper routes in the fall; and the Empire Builder passes through Glacier National Park.

Comfort is another plus of train travel.

"Our coach seating is comparable to most airline's first class, and our business seating exceeds that," Magliari says.

Food, restroom breaks and general leg stretching are also easy.

### Tips

When it comes to planning a trip, Amtrak.com and TrainTraveling.com are both great resources. Amtrak offers an interactive route atlas and a space to order free planning publications. A virtual tour of each sleeping-cabin option is also online.

Information about deals and discounts is also available at Amtrak.com.

Military personnel, veterans and AAA members are just a few of the groups eligible for discounts. Magliari says booking well in advance of your trip is a good way to snag the best fares.

TrainTraveling.com has information about Amtrak, excursion trains and regional commuter trains. You can browse routes by region or state, and each listing includes a short description and a link for more information.

If you're taking a longer trip, research public transportation options in your destination city or make plans to rent a car. Amtrak recommends Washington, D.C., New York City, Orlando, Seattle, Boston, Chicago, Portland and San Diego as the cities with the most attractions easily accessed by foot.

Or instead of one big destination, chart a path that includes several stops.

Start in Chicago and stop in Memphis, Tenn., for some barbeque and Elvis; head on to Jackson, Miss., for culture and civil rights history; then stay a few days in New Orleans before heading back.

Be aware, however, that there isn't regular service in all smaller communities, so, you'll want to explore the availability in your area. Amtrak's

Illinois Service travels through 30 Illinois cities statewide, including stops directly in many of the cooperatives' areas: Carlinville (MJM Electric Cooperative), Macomb (McDonough Power Cooperative),

Bloomington (Corn Belt Energy Corporation), Marion (Southern Illinois Power Cooperative) ... and other stops that are likely near or on cooperative lines.

Magliari recommends first-time riders, especially those who will be traveling with children, take a day trip first before committing to a long or overnight journey. Amtrak is making improvements. Soon all of their trains will have electric outlets at every seat so laptops, DVD players and other entertainment devices can be used easily.

Traveling by rail certainly isn't for everyone. But if you don't mind getting lost in scenery, climb aboard, settle in, and enjoy the journey.

*For additional information on the sites to see in various cities and other Amtrak opportunities, visit Amtrak.com.*

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**Baked Chicken with Peaches**

- 2 lbs. chicken pieces
- 1/4 C. butter, melted
- 1 tsp. salt
- 1 lb. can peach halves, drained  
(reserve juice)
- 1 C. barbecue sauce
- 1 T. lemon juice
- 1 can onions, drained

Place chicken in a shallow roasting pan. Brush with butter and sprinkle with salt. Bake at 375° for 30 minutes. Combine peach syrup, barbecue sauce and lemon juice. Pour over chicken and bake an additional 30 minutes at 350°. Arrange onions and peaches around chicken and baste with sauce. Bake 10 more minutes.

**Cranberry Coffeecake**

- Cake:**
- 1/2 C. margarine
  - 3/4 C. sugar
  - 2 eggs
  - 1/2 pt. sour cream
  - 1 tsp. baking soda
  - 1 tsp. baking powder
  - 2 C. flour
  - 1/2 tsp. salt
  - 3/4 tsp. almond extract
  - 1 lb. can whole cranberry sauce
  - 1/2 C. broken walnuts

- Frosting:**
- 3/4 C. powdered sugar
  - 1 T. warm water
  - 1/4 tsp. almond extract

**Cake:** Combine baking soda, baking powder, flour and salt. Set aside. Cream margarine and sugar together; add eggs one at a time. Mix on medium speed. Reduce speed and add dry ingredients, alternating with sour cream. Add almond extract. Grease a 9x13-inch pan. Put half the batter in the pan. Swirl half a can of cranberry sauce over the batter in the pan. Add remaining batter and swirl with remaining sauce on top. Sprinkle nuts over all. Bake at 350° for 50 minutes. **Frosting:** Mix powdered sugar, water and almond extract together. Pour over cake while warm.

**Crisscross Peanut Butter Cookies (above)**

- 1 C. shortening
- 1 tsp. vanilla
- 2 tsp. baking soda
- 1/2 tsp. salt
- 2 eggs
- 1 C. brown sugar
- 3 C. flour (for richer cookies use 2 C.)
- 1 C. white sugar
- 1 C. peanut butter

Thoroughly cream shortening, sugars, eggs and vanilla. Stir in peanut butter. Sift dry ingredients. Stir into creamed mixture. Drop by rounded teaspoons on a greased cookie sheet. Press with the back of a fork to make a crisscross pattern. Bake in a 350° oven for 10 minutes or until done.

**Crisscross Peanut Butter Cookies**

**Polly's Spinach Pie**

- 1 lb. hamburger
- 1 onion, chopped
- 2 pkgs. thawed, chopped spinach,  
drained
- 1/4 tsp. garlic
- 1 C. sour cream
- 1 tsp. oregano
- 1/2 C. minute rice
- 1 can cream of celery or cream of  
mushroom soup
- 1 pkg. shredded Mozzarella cheese
- Grated Parmesan cheese

Brown hamburger and onion together. Drain. Add spinach, garlic, sour cream, oregano, rice and soup and mix well. Pour into a round casserole dish and bake at 350° for 30 minutes. Add Mozzarella and Parmesan cheeses and bake an additional 15 minutes.

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

### Chocolate Chip Cheeseball (above right)

- 1 (8-oz.) pkg. cream cheese, softened
- 1/2 C. butter, softened (no substitutions)
- 1/4 tsp. vanilla extract
- 3/4 C. confectioner's sugar
- 2 T. brown sugar
- 3/4 C. miniature semi-sweet chocolate chips
- 3/4 C. finely chopped pecans
- 1/4 C. miniature semi-sweet chocolate chips
- Graham crackers or graham cracker sticks

In a mixing bowl, beat cream cheese, butter and vanilla together until fluffy. Gradually add sugars; beat just until combined. Stir in 3/4 C. chocolate chips. Cover and refrigerate for 2 hours. Place cream cheese mixture on a large piece of plastic wrap; shape into a ball. Refrigerate for at least 1 hour. Just before serving, mix pecans and 1/4 C. chocolate chips together. Roll cheese ball in mixture. Serve with graham crackers.

### Upside Down Pizza

- 2 lbs. hamburger
- 1 sm. onion, chopped
- 1 pkg. McCormick spaghetti sauce mix
- 2 (8-oz.) cans tomato sauce
- 1/2 C. sour cream
- 2 C. mozzarella cheese, shredded
- 1 (8-oz.) pkg. crescent rolls
- 2 T. butter, melted
- Parmesan cheese

Brown hamburger and onion, drain. Add spaghetti sauce mix and tomato sauce. Pour into an ungreased 9x13-inch pan. Mix sour cream and Mozzarella cheese. Pour over hamburger. Top with crescent rolls (pressed out). Pour melted butter over rolls. Sprinkle with Parmesan cheese. Bake 20-30 minutes at 350°.

### Super Hero Skillet Supper

- 1 lb. lean ground beef
- 1 (14.5-oz.) can diced tomatoes with basil, garlic and oregano
- 1 (8-oz.) can tomato sauce
- 1-1/4 C. hot water
- 1 C. frozen mixed vegetables
- 5-oz. star shaped (or any shape) pasta
- 1/2 C. shredded Mozzarella cheese

Brown beef and drain well. Stir in tomatoes, tomato sauce, water, vegetables and pasta. Bring to a boil, and then reduce heat. Cover and simmer for 15 minutes or until pasta is tender. Garnish with cheese.

## Celebrating 130 Years

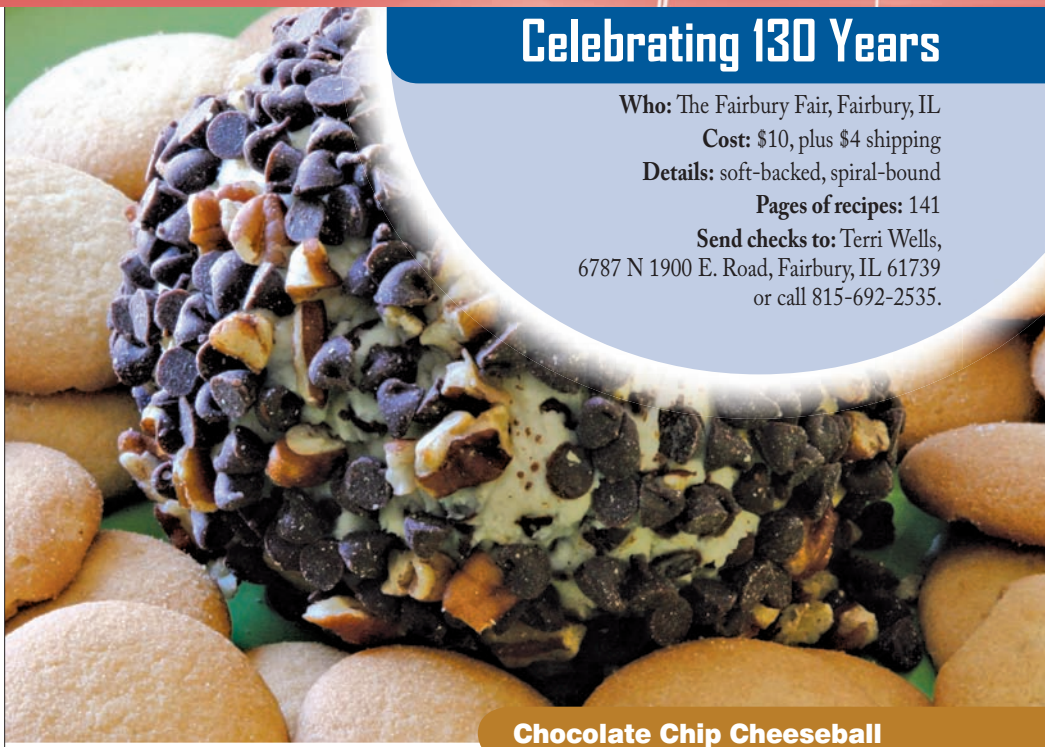
**Who:** The Fairbury Fair, Fairbury, IL

**Cost:** \$10, plus \$4 shipping

**Details:** soft-backed, spiral-bound

**Pages of recipes:** 141

**Send checks to:** Terri Wells,  
6787 N 1900 E. Road, Fairbury, IL 61739  
or call 815-692-2535.



Chocolate Chip Cheeseball

### Spaghetti Salad (below)

- |                                     |  |
|-------------------------------------|--|
| 1 lb. spaghetti, cooked and drained | 2 tomatoes, chopped                                  |
| 1 green pepper, chopped             | 4 T. Parmesan cheese                                 |
| 1 red pepper, chopped               | 1/2 bottle Salad Supreme                             |
| 1 C. celery, chopped                | 1 (16-oz.) bottle Kraft Zesty Italian salad dressing |
| 1 onion, chopped                    | Salt and pepper, to taste                            |
| 1 sm. can sliced black olives       |  |
| 1 C. cucumber, chopped              |  |

Mix all ingredients together. Refrigerate overnight. Keeps well in the refrigerator for a week. Makes a large bowl.

### Spaghetti Salad



Photos by Catrina McCulley Wagner

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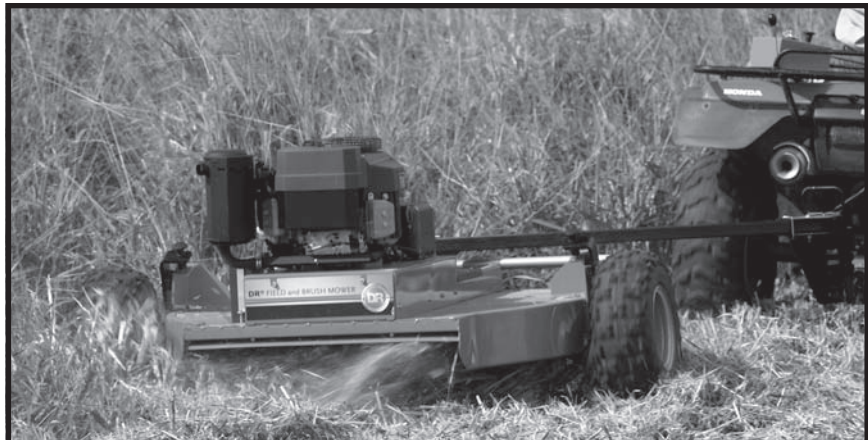
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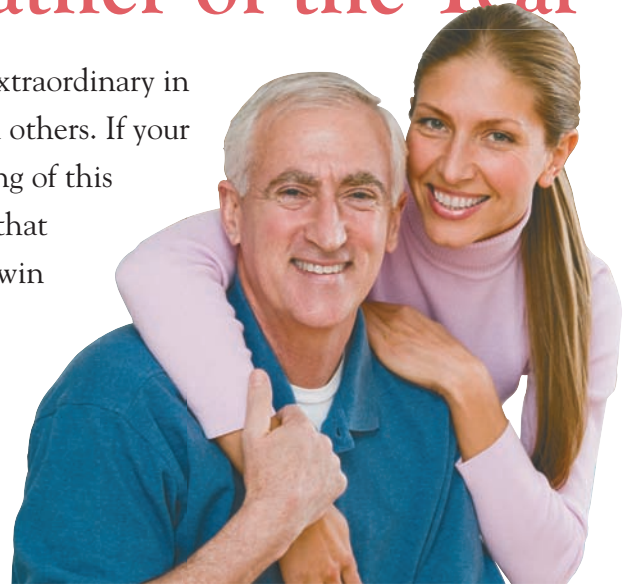
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# Nominate a father for Illinois Country Father of the Year

While every father is special, some are just extraordinary in their willingness to help their families and others. If your dad or another man in your community is deserving of this honor, nominate him. Tell us in 500 words about that special dad, what he does and why he deserves to win the title.

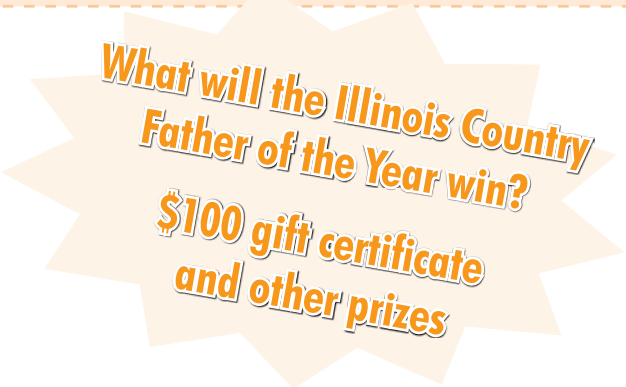
Plus, complete the following form and send it along with your essay. If sending your essay by e-mail, just include this information, also.



His Name			
Address	City	State	Zip
In which Illinois electric cooperative territory he resides			
Organizations to which he belongs			
Person nominating him			
Relationship to the nominee			
Your phone number with area code			
Nominee's phone number with area code (we would contact him only if he wins)			

*Rules: The contest is open to any father served by an electric cooperative. No purchase is necessary. The winner will be selected by committee, and featured in the June edition of the Illinois Country Living magazine.*

*All nomination letters submitted will be published in June on Illinois Country Living's Web site at [www.icl.coop](http://www.icl.coop).*



**DEADLINE TO SUBMIT:**  
Entries must be postmarked by April 9, 2010

Mail to: Jonie Larson, Illinois Country Living  
P.O. Box 3787, Springfield, IL 62708-3787  
\*E-mail entries can be sent to [jl Larson@aiec.coop](mailto:jl Larson@aiec.coop)



**4/30 - 5/1, Friends of the Mount Carroll Public Library Quilt Show** at the Mount Carroll Church of God in Mount Carroll. Friday, 4 p.m. – 8 p.m.; Saturday, 10 a.m. – 4 p.m. Windows Through Time will benefit the library restoration program and will feature over 150 new and vintage quilts, demonstrations, vendors, concessions, boutique, raffle quilt, raffle baskets, bed turnings and more. Admission is \$5. 800-244-9594 or [www.mountcarrollpubliclibrary.org](http://www.mountcarrollpubliclibrary.org).

**1, Antique Farm Show** at Lincoln's New Salem State Historic Site in Petersburg. 9 a.m. – 4 p.m. Plowing demonstrations using draft horse teams and antique farm equipment. [www.lincolnsnewsalem.com](http://www.lincolnsnewsalem.com).

**1, Ride the Ups and Downs** in Jo Daviess County. A one-day bicycle ride on the scenic and hilly back roads of Jo Daviess County. Four routes available ranging from 22-60 miles. Color-coded maps, bag service and snacks will be available on the route. Register at the Jo Daviess/Carroll Area Vocational Center in Elizabeth. 815-275-0041 or [www.elizabeth-il.com/Ride.html](http://www.elizabeth-il.com/Ride.html).

**1, Spring Fling** in downtown Elizabeth. Festive fun and food. Visit the Apple River Fort State Historic Site. Raffles, pet parade, town-wide garage sale, street vendors and more. Outdoor musical entertainment. 815-858-2028 or [www.elizabethil.com](http://www.elizabethil.com).

**1, Spring Music** on Main in downtown Galena from 5 – 10 p.m. Enjoy great live music, food, activities for kids and outdoor fun for all. 815-777-9050 or [www.galenachamber.com](http://www.galenachamber.com).

**1, The Sonshiners Quartet** at The Barn in Pana. 7 p.m. 217-825-6713 or [www.thebarn-pana.com](http://www.thebarn-pana.com).



**6-7, The Third Annual May Plant Sale** in Red Bud. 8 a.m. – 2 p.m. Purchase 10-inch herb bowls and 10-inch hanging baskets. Preorders can be placed by April 29 and picked up starting in the afternoon of May 5. Funds will be used to purchase equipment for the Human Service Center's electronic recycling program. 618-282-6233 or [www.humanservicegroup.com](http://www.humanservicegroup.com).

**1-2, Kites Over Lake**

**Storey** in Galesburg. A family oriented event that will feature kite flying for kids, a candy drop, single-line and show kites with many of America's top flyers. 309-343-2485 or [www.visitgalesburg.com](http://www.visitgalesburg.com).



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**2, Spoon River China Art Guild 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 accepted. 309-647-3390.



**1-2, The Fourth Annual Route 66 Red Carpet Corridor Festival** from Joliet to Towanda.

Plan to spend a weekend on this self-guided driving tour of towns and rural areas from Joliet to Towanda, along the “Mother Road” – Route 66! Garage sales, antiques, flea markets, historic sites, museums, entertainment and good country cookin’ – something for everyone! [il66redcarpetcorridor.org](http://il66redcarpetcorridor.org) or 800-835-2055.

**8, Browning Barn Sale** in Benton. Purchas glassware, jewelry, knick-knacks, household goods, crafts, home decor and much more. Proceeds go back to the local community and charities. 618-439-9750.

**8, Mississippi Adventure Day** hosted by Fever River Outfitters in Galena. A guided 7-mile kayak, three-mile hike, and 16-mile bike ride. Equipment and lunch provided. Registration required and limited. 815-776-9425 or [www.feverriveroutfitters.com](http://www.feverriveroutfitters.com).

**15, The Frank Lloyd Wright Preservation Trust’s 36th annual Wright Plus House-walk** in historic Oak Park and River Forest. 9 a.m. to 5 p.m. Tickets are \$80 for Frank Lloyd Wright Preservation Trust members and \$95 for non-members. [GoWright.org](http://GoWright.org) or [aross@gowright.org](mailto:aross@gowright.org).



**15, The Evening Thyme Garden Club’s 12th Annual Garden Fair** at the Clark County Fairgrounds in Marshall. 9 a.m. – 2 p.m. Vendors will offer a large variety of bulbs, bedding plants, yard ornaments and garden decor. Demonstrations, a raffle and food will be available. Free. 217-889-2280.

**15, Golf Demo Day** at Eagle Ridge Resort & Spa in The Galena Territory. See what’s new for golf lovers and get great tips to help your game. 800-892-2269 or [www.eagleridge.com](http://www.eagleridge.com).

**22, Night Sky Watch and Native American Storytelling** at Apple River Fort State Historic Site in Elizabeth. Join us for stories and folklore around a campfire followed by a viewing of constellations and other objects in the night sky through telescopes. Light snacks provided. Weather permitting. 815-858-2014 or [www.planets.org](http://www.planets.org).

**22-23, The 15th Afrocentric Fine Art Show** at the Illinois State University Alumni Center in Normal. Saturday: 10 a.m. – 5 p.m. Sunday: 12 p.m. – 4 p.m. Throughout the two-day event, stunning and stimulating works of art are exhibited, featuring African-American artists and artists from the African Diaspora and galleries from around the country. Rich in music, culture, family, and nature, the event nourishes the soul. Free. [www.sistersandfriendsartshow.com](http://www.sistersandfriendsartshow.com).

**22, Manito Art and Wine Festival** at Manito Public Park in Manito. 217-335-3279.

**22-23, The 10th Annual Woodcarving Show** presented by the Corn Belt Carving Club at the Shirk Center at Illinois Wesleyan in Bloomington. Saturday: 9 a.m. – 5 p.m., Sunday: 12 – 5 p.m. Hundreds of outstanding carvings will be on display (some for sale). Eight hand-carved/hand-painted items by club members will be raffled, including Christmas ornament sets, a duck decoy, Santa Clause, a 10-piece Nativity set, a carved box and a bowl turned and scrollsawn. [www.cornbeltcarving.org](http://www.cornbeltcarving.org).



To be considered for inclusion, please submit events in the format used above. Preference is given to events sponsored by non-profit entities. Submitting an event is not a guarantee of publication. Photos are welcome, but will not be returned unless a self-addressed and stamped envelope is provided. Events are subject to change, so please contact the event sponsor for confirmation.

**Deadline:** April 15 for July Events. **Mail to:** Illinois Datebook, PO Box 3787, Springfield, IL 62708. **E-mail to:** [lrigoni@aieccoop](mailto:lrigoni@aieccoop)



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# WHY NUTRISYSTEM?



“Losing weight has never tasted so good or been so easy.”  
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ENTERTAINER  
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LOST **50** POUNDS\*

\*Results not typical.  
On Nutrisystem, you can expect to lose at least 1-2 lbs. per week.  
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