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Thousands of students hooked on a new way to represent their schools.

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HomE program invests \$2.5 million

Co-op members upgrade efficiency and save 20 million kWh

Electric cooperative members and co-op member services professionals continue to make the HomE program the most successful residential energy efficiency program in downstate Illinois history. By working together through the statewide organization, the Association of Illinois Electric Cooperatives (AIEC), electric co-ops have accessed \$2.5 million in ARRA (American Recovery and Reinvestment Act) funding.

These funds have been used to provide rebates to cooperative members who make residential energy efficiency upgrades that are approved for HomE by their local co-op energy professionals. This program started last May. In the nine months following that startup, the results have been nothing short of spectacular. All 25 AIEC member-cooperatives participated in HomE, stretching the program from Galena to Golconda.

The HomE process begins with a home energy assessment. A co-op representative visits the member's home and provides recommendations on how to improve the home's energy efficiency. To date, more than 2,600 of these energy assessments have been completed.

Of these 2,600 members, more than 2,100 of them have made home improvements that will save them lots of energy and dollars in the future - while often qualifying the member for a rebate of up to \$1,500. Through mid-February, HomE has helped almost 450 co-op members to upgrade the insulation in their homes. Insulation and lighting are probably the most simple and cost effective energy efficiency measures that people can do in their homes.

More than 1,800 co-op members have upgraded their home's heating



and/or cooling system through this program. Every one of these upgrades means an energy efficiency improvement of at least 20 percent for the homeowner. But some will do much better than that.

Nearly 1,000 of these members have upgraded to a very high efficiency air-source heat pump, or ultra-high efficiency geothermal heat pump system for their homes. In many of these cases, the member was replacing an old traditional propane furnace and central air system ... where the gas furnace was 80 percent efficient, or perhaps less, and the cooling system was old and relatively inefficient. The new air-source heat pumps provide 200-plus percent efficiency, or doubling the energy efficiency of the heating/cooling system. For those members installing geothermal, the efficiency levels of the new equipment is 350-400 percent.

The energy efficiency improvements for the individual cooperative member are solid and real. Home comfort is improved, and cost of home operation is reduced. And when we combine every one of those individual

HomE projects together, the energy efficiency upgrades are staggering and eye opening. The old advice about "every little bit counts," really applies to HomE.

We anticipate that when the program wraps up later this year, co-op members across the state will save more than the equivalent of 20 million kilowatt hours of electricity a year ... every year going forward. This equals the output of a small wind farm, or small electric power plant. Along with the energy savings from these improvements, more than 5,000 metric tons of carbon dioxide will stay out of the atmosphere every year because of the HomE upgrades.

HomE is helping to incent the best kind of renewable energy of all - energy that is saved and doesn't have to be produced in the first place. Energy efficiency saves valuable resources, helps the environment and - helps keep money in co-op members' pockets every month.

Have you been thinking about making energy efficiency improvements to your home? If so, now's the time to contact your local co-op. Federal tax credits for residential energy efficiency continue on in 2011, and combining these incentives with HomE should be just the push to make improvements now rather than waiting until "one of these days" rolls around.

For more information, contact one of the energy professionals at your local electric cooperative.

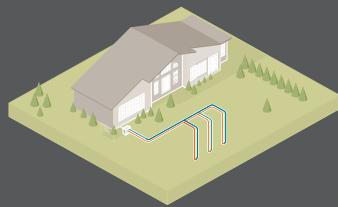
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EPA regulation could cost 1.4 million jobs

At a hearing before the U.S. House of Representatives Energy and Commerce Subcommittee in March, Mike Carey, Ohio Coal Association President, said the EPA has not performed a comprehensive economic analysis of its numerous green house gas regulations. He said a recent analysis by the American Council for Capital Formation concluded that uncertainty caused by EPA's green house gas regulations could, by 2014, result in the loss of \$25-75 billion in investment in the economy and that this could result in the loss of 476,000-1.4 million jobs.

Carey said, "Without legislation to stop the USEPA

from regulating greenhouse gases, we will see over 77 percent of all coal mining jobs in America disappear by 2030, per three independent studies. Electricity prices will increase, and our manufacturing base will continue its migration to other parts of the world."

Carey said energy solutions are clearly on the minds of all Americans as we observe the unsettling developments in the Middle East. "We must adamantly oppose the Obama USEPA's trying to impose regulations after they have failed to legislatively pass a fatally flawed cap and trade program," he said. ■

Hopkins testifies before Congressional committee on EPA regulation impact

In February, Congressman John Shimkus (R, Illinois-19) invited Leonard Hopkins, the Fuel Procurement and Compliance Manager of Southern Illinois Power Cooperative based in rural Marion, to testify before the House Energy and Commerce Subcommittee on Environment and the Economy. Shimkus is chairman of that subcommittee.

"We want to discuss how government regulations hurt the economy and cause job losses and higher prices for consumers," Shimkus said. "We did not ever hold the EPA accountable in the last Congress for the actions they take that are harmful."

At the hearing entitled, "Environmental Regulations, the Economy and Jobs," held on February 15, Hopkins said proposed coal combustion residue regulation was a serious threat to the cost of power and that it would virtually destroy the industries and jobs that recycle the coal ash by products.

Hopkins testified, "Southern Illinois Power Cooperative has been utilizing its coal combustion byproducts in beneficial ways for over 20 years. Roof shingle sand, abrasive



products, mine reclamation, cement and fertilizer blends are all examples of ways our coal combustion residues are recycled into beneficial products for society. Southern Illinois Power is concerned that placing the label of hazardous on coal combustion residue will place the same stigma on all coal combustion byproducts, and effectively end the possibility of recycling such materials."

Hopkins said the proposed EPA

regulation would cost co-op members a minimum of an additional \$11 million per year, or about 25 percent of the co-op's current annual fuel budget. We serve an area of the state that has up to 15 percent unemployment," said Hopkins. "In cases where small businesses like SIPC are affected, EPA is obliged to pursue the least costly approach in order to mitigate impacts on facilities that can least afford them." ■

Governor Quinn requests federal assistance for February winter storm

Governor Pat Quinn sent a formal request to President Barack Obama asking that 60 counties be declared federal disaster areas, in order to help local governments recover from the major blizzard and winter storm that impacted much of Illinois in early February. Several co-ops suffered multi-million dollar storm damage and have applied for FEMA funds. State and local government expenses related to storm response and recovery are estimated to be more than \$64 million.

"Record snowfall and dangerous ice from this major winter storm created significant challenges for local governments earlier this month", said Governor Quinn.

In the letter to President Obama, Governor Quinn requested that 60 counties receive federal reimbursement for extraordinary storm-related expenses, including emergency protective measures, debris removal and permanent repair of damages to government-owned facilities and electrical cooperatives. If approved, local government entities could receive reimbursement for 75 percent of their eligible storm-related expenses. ■

Traveling co-op energy display wins MEEA award

If walls could talk, as the saying goes, this particular one would have a lot of stories to tell. In fact, it does tell one specific tale over and over: How the average homeowner can save real cash.

The Energy Efficiency Display, an idea spawned by Brian Kumer of Thermal Imaging Services, Inc. and developed again for Prairie Power, Inc. in Jacksonville, has become a cooperative show-and-tell item at co-op annual meetings in Illinois and across the country. The displays have helped educate 400,000 consumers. Although large, the model is not complicated. It is intended to give members some simple ideas for making their homes more energy efficient.

The exposure did not go unnoticed by the Midwest Energy Efficiency Alliance. In January the wall received the 2011 Inspiring Efficiency Marketing Award by MEEA.

The displays are intended to be interactive with real-world construction and efficiency items. The displays demonstrate how outside air infiltrates the living area, by using a blower to push air in through common problem areas in the walls, such as uncaulked seams and uninsulated can lights. The



Tim Frick, Marketing Representative for Eastern Illini Electric Cooperative, uses the energy wall display to help a homeowner understand that little things can make a big difference.

display also showcases various types of energy efficient insulation and lighting.

The original goal was to make the two walls available for display at the annual meetings of Prairie Power's distribution cooperatives. However, in the year since their construction, the walls have been displayed at more than 40 events across the nation,

including the Illinois State Fair, the Sunbelt Expo in Moultrie, Georgia, and in the halls of the United States Senate for a presentation on behalf of national energy efficiency legislation.

"It's evolved into something we're hauling all over the country," says Greg Nieman, Director of Administrative Services at PPI. ■

Electric generation up in 2010

Net power generation increased 4.3 percent in 2010 as compared to 2009, according to the U.S. Department of Energy's (DOE) Energy Information Administration (EIA).

Natural gas-fired generation showed the largest increase, growing by 6.6 percent over 2009. Coal-fired generation increased 5.4 percent and nuclear generation increased by 1 percent. Natural gas made up almost 24 percent of the fuel mix in 2010 and coal-fired generation made up 45 percent.

Hydropower was the only generation source to take a dip during 2010, and was down 6 percent compared to the previous year.

Residential sales of electricity were up 6.3 percent. The average retail price of electricity for residential consumers was up slightly, by 0.6 percent, from 11.51 to 11.58 cents per kWh.

The overall increase in generation is likely due to a slight economic rebound and an increase in total cooling degree-days by 18.9 percent. ■

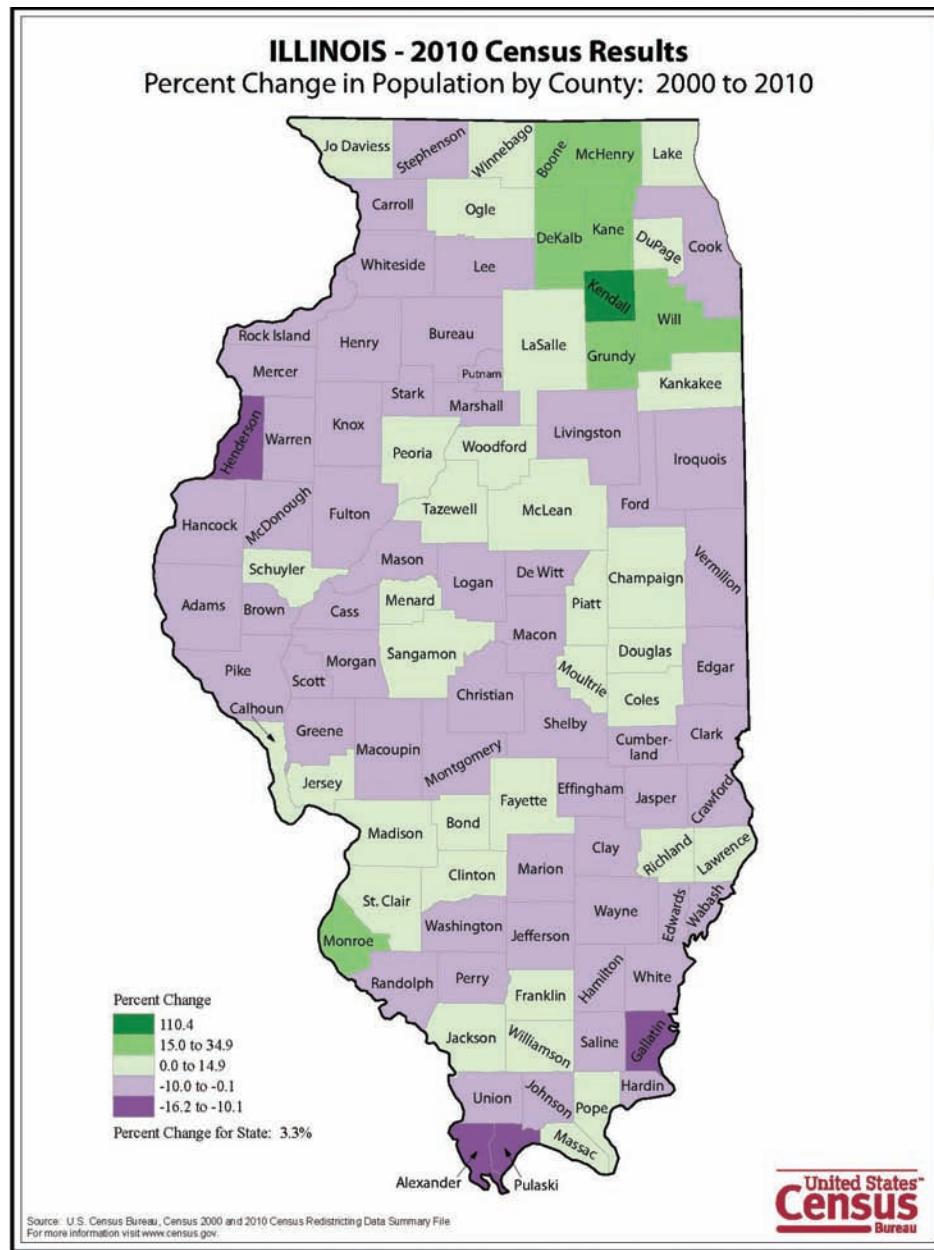
Census data starts the political redistricting process

The Census Bureau has released 2010 census data, which starts the process of redrawing the state's legislative and congressional districts. This process will have implications on the partisan make up of the General Assembly for the next decade and can make or break a politician's future. The Democrats control both chambers of the General Assembly and the governor's office, but in 2001 the Republican's had the majority in the Senate and the governor's office.

Although Illinois grew 3.3 percent since 2000, the new map will also likely indicate a reduction of one congressional district for the state. And while most downstate counties lost population as expected, surprisingly there was population loss in many Cook County districts. In fact Chicago decreased by 6.9 percent since the 2000 Census.

The process is politically charged and can drag on for months and undergo court challenges. Efforts to change the system stalled earlier this year.

In addition to redistricting the Census data impacts how \$400 billion per year for projects like new hospitals and schools is divided up. It is used to make decisions on community services, grants and other funding. ■





Spring cleaning with a payback!

What's on your spring cleaning list? Be sure to include changing out your furnace filter, clearing dust from the dryer vent and hose and refrigerator grill, clearing debris away from the air conditioner or heat pump and making sure your air ducts are clean. It will be the first time spring cleaning has ever paid you back! Find out how simple things you do can add up at www.togetherwesave.com.



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FISHTALES

High schools hooked on new IHSA events

By Les O'Dell

When Teutopolis High School senior Josh Koester first heard about a new opportunity to represent his school in competition, he went for it, hook, line and sinker. Literally.



Koester is among the thousands of Illinois high school students who have taken the bait and taken to the state's lakes over the past three years to compete in bass fishing events organized by the Illinois High School Association.

Just like student-athletes on the football field or basketball court and scholars who compete in music or debate, these students represent their schools and communities with an opportunity to be state champions.

"It means I can do something with the same meaning and the same trophy as other students," Koester says. "It's getting to do something for school that I never thought I would be able to do, and now I am doing it."

Representatives of the IHSA say one of the benefits of high school bass fishing is that it involves students who often shy away from competitions.

"The thing we found about bass fishing is that it appeals to an entirely different part of our school's

population than our other activities and athletic events, and that's been very exciting," explains Kurt Gibson, Associate Executive Director of the IHSA. "There are students all around the state who want to be involved in outdoor activities, and this has really struck a positive chord with them."

The idea for fishing as an IHSA activity was championed by Dave Gannaway of the IHSA and Terry Brown of the Normal-based Wired2Fish.com, a national media



company that focuses on fishing. It's only appropriate that the two floated ideas during a daylong fishing outing.

"We talked about how IHSA activities were missing a lot of kids, including my own sons and daughters," Brown recalls. "They love the outdoors, but aren't 'stick-and-ball' kids."

After a series of proposals and discussions within the IHSA board and member schools Illinois became the first state to offer bass fishing as a sanctioned activity for the 2008 – 2009 school year. "A lot of athletic directors thought we were nuts," he says. The plan was to hold 18 sectional tournaments, with top finishers advancing to a state championship at Carlyle Lake. Gibson says the association hoped to attract 100 teams. Twice that number entered.

"It exceeded our expectations by far. We didn't know what we'd get into, but we had schools from downtown Chicago all the way to the farthest tips of Illinois. We even have had an all-girls team participate in the state tournament."

This year, close to 225 schools and

more than 3,000 students are expected to fish in 19 sectional tournaments throughout the state. Fifteen of those students will be from Illini West High School in Carthage. The school won the 2010 state championship.

"This is something that gives opportunities to kids that don't want to go out for typical sports, yet who want to be 'Illini West' and be part of a team," Harold Northup says. He teaches industrial technology at the school and serves as the volunteer fishing coach. He says as a new school – the result of consolidation in 2008 – bass fishing has helped build community.

"It's been good for our school. At this point, we're very proud that we have three state championships: two in football and this one in bass fishing."

Northup adds that being competitive in what many see as a leisurely pastime takes a great deal of effort. That means yes, his team practices.

"We'll start with working on casting indoors and go from there," he says. "We work on casting techniques with different types of rods and reels or spinning outfits. Some of our practices

include 'game films' of actual tournaments to give the students an idea of what to expect. Plus we talk about baits and lake structure and how to fish in different types of conditions."

He says once the weather turns nice, his squad takes to the boats and compete among themselves.

"People don't realize that there is so much to it, but there's a lot of technique behind it because there are so many variables. It's not just going out on a boat, taking out a rod and catching fish. It can be very difficult."

Koester says he and his fellow anglers even like to try out the sectional-site lakes in advance. He calls it "pre-fishing" a tournament lake.

Many of the high schools are getting help from local fishing clubs, Brown explains. He says area anglers share tips and techniques with the students. Some even serve as volunteer boat captains for competitions.

The tournaments use a format similar to professional fishing competitions. Two students from a school take to the lake along with an adult captain, who drives the boat and can



offer advice, but cannot assist the anglers in any way. Schools can enter up to two pairs each, in boats that are often on loan from parents or fishing clubs. Each team can present up to five fish at the end-of-the-day weigh-in, with the largest combined catch winning. Awards also are given for the largest single fish caught and there is a separate casting competition.

Even when the fish are not biting, the students are benefiting.

"Getting kids in boats changes them," Brown adds. "The have better attitudes and they begin to get better grades – they have to in order to fish. That's a side benefit of all of this."

Students aren't the only winners when it comes to bass fishing. Brown says that the state tournament brings a boost to the economy of Carlyle and other communities are jumping on board to host high school fishing events.

After seeing the success of the Illinois program, other states have

started high school fishing programs, too. Some universities have started teams, complete with scholarships for participants.

Professional angler Chad Morgenthaler of Coulterville, who

"... we're very proud that we have three state championships: two in football and this one in bass fishing."

competes on the national FLW Outdoors tour, says the IHSA program is also helping Illinois gain a reputation for fishing.

"Illinois is not necessarily known for its fisheries, but we've got some great fishing here and this program is helping create awareness. In fact, we have more professionals on the FLW tour from Illinois than ever before."

He says there are other benefits to high school fishing.

"I can tell in my day-to-day

interactions that the program is educating young people to become better anglers and promoting the family activities of the outdoors," he explains. "This certainly guarantees the future of our sport. It works to grow the awareness of all aspects of fishing. They are learning how to become better anglers, and in conservation – how to protect our fisheries and waters; there are lots of great things being taught."

Brown says he's very proud of what's grown from a fishing boat conversation a few years ago.

"We've set a precedent that high school fishing could be viable and we broke new ground. If I have a legacy, this is it: to know that these kids maybe never would have been involved in anything else in high school and to now see them compete at the highest level. How do you come up with a better story than that?"

The answer is, you can't.
And that's no fish story. ■

ATV safety tips to live by

Have a great ride but make sure everyone follows safety rules

It seems like everywhere you look these days most everyone on the farm is using all terrain vehicles – ATVs. On my father-in-law's farm there are three ATVs that we use each time we visit them in Oklahoma. They are extremely popular on the farm and for hunters and even some electric co-ops use them for special jobs. But as with so many things, ATVs can also be very dangerous and the need for safety with these vehicles is paramount.

More and more these days, riders of ATVs are injured or even killed when their ATV wrecks. Safety equipment and proper training is especially important for teenagers or in-experienced operators. Teenagers are especially less likely to practice safe conduct while operating ATVs and one mistake can lead to a lifetime of paralysis.

Keep in mind that Quad/ATVs are just as dangerous as cars, motorcycles, trucks, or sport utility vehicles, so only operate them using the proper techniques, safety equipment and procedures. Although ATVs can provide a fun way to spend time in the great outdoors, many riders forget how dangerous they can be.

Simply follow these practical safety tips when riding any Quad/ATV, to get the best possible experience from your machine, and to keep you as safe as you can possibly be:

1. Only drivers over the age of 16 should operate an ATV alone.

2. Always wear protective gear including a seat belt.

Just like operating a motorcycle or bike, riding a Quad/ATV requires you use proper protective gear. ALWAYS wear a helmet. Most serious or fatal accidents occur when the rider is not wearing a helmet and falls on his or her head. A helmet may not be the most stylish accessory, but they can literally save your life. Also, since most

riders operate Quad/ATVs in wooded environments, be sure to wear proper eye protection, as a rock, branch, or even a bug can fly into your eye and cause damage. Furthermore, be sure to wear boots and gloves to protect your hands and feet while operating the Quad/ATV.

3. Only one rider per vehicle.

ATVs are designed for only one rider at a time (unless otherwise stated). Since you have to manipulate your weight in order to control the vehicle, two riders on a vehicle is incredibly dangerous! Also, the Quad/ATV may be unable to successfully hold the combined weight of two riders, making it less stable and more apt to roll over. Finally, having an additional rider can distract the driver from the task of properly operating the vehicle

4. Ride Quads/ATVs in appropriate settings.

When it comes to where to ride your Quad/ATV, ensure you choose a proper setting. Avoid roads and streets, since Quad/ATVs are not designed nor intended to be driven on concrete or asphalt with larger cars and trucks. Also, avoid improper terrain that may encourage the Quad/ATV to roll over due to instability in the ground.

5. Do not speed.

ATVs are designed to go a certain speed safely. Increasing the speed — especially through certain terrains — decreases your control and the vehicle's stability, making you more prone to have an accident. Avoid larger loose rocks and the slopes of hills, these can cause the ATV/Quad to flip over unexpectedly and could trap you under the machine.

6. Do not operate a Quad/ATV impaired.

Many adults find themselves tempted to operate a Quad/ATV

while under the influence of drugs or alcohol. Even over the counter or prescription medications can impair your reaction time, thinking process, and judgment, so be sure to avoid operating an ATV during this time. Just like drinking and driving, alcohol and Quad/ATV driving does not mix.

7. Carry a communication device with you at all times.

Quad/ATV riders should be sure to carry a mobile phone or walkie-talkie with them at all times so that they can call for help in the event of an emergency. This is especially true if you are riding alone, which is not encouraged. Whenever you plan to ride your Quad/ATV, you should either have another individual with you or notify someone of where you are going and when you plan to return.

8. For God sake use common sense.

This final safety tip is by far the best. Your common sense can carry you a long way, especially involving your safety.

Look about you, remember your surroundings, know how far from other people/riders you are, be constantly aware of your riding area, this could just save your or someone else's life. ATVs are awesome machines and can be so helpful in so many different settings. Let's be smart as to who uses them and how they are used. With privilege comes responsibility and that is even true in what we drive.

Have a safe ride!

Ken Macken is Manager of Safety and Loss Control for the Association of Illinois Electric Cooperatives, kmacken@aiec.coop, 217-241-7933.



An Ounce of Hydrogen Peroxide is Worth a Pound of Cure

(SPECIAL) - Hydrogen peroxide is trusted by every hospital and emergency room in the country for its remarkable ability to kill deadly germs like E. coli. In fact, it has attracted so much interest from doctors that over 6000 articles about it have appeared in scientific publications around the world.

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Smart consumers nationwide are also discovering there are hundreds of health cures and home remedy uses for hydrogen peroxide. A new book called *The Magic of Hydrogen Peroxide* is now available that tells you exactly how to use hydrogen peroxide by itself... and mixed with simple everyday kitchen items... to make liniments, rubs, lotions, soaks and tonics that treat a wide variety of ailments.

It contains tested and proven health cures that do everything from relieving **chronic pain** to making **age spots** go away. You'll be amazed to see how a little hydrogen peroxide mixed with a pinch of this or that from your cupboard can:

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- Clear up allergies and sinus problems
- Soothe sore throats
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- Relieve the sting and pain of insect bites
- Soothe sore feet
- Relieve ear aches
- Soothe muscle aches
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- And much more

The Magic of Hydrogen Peroxide contains many more amazing health remedies, cleaning formulas and gardening mixtures. In addition, it also gives you a list of qualified physicians who use hydrogen peroxide in their practices to treat serious ailments. Also included FREE with each book are useful tips and home remedy formulas using vinegar, garlic baking soda and teas.

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Getting dirt under your fingernails

Start by planting cool season flowers and vegetables

Winter roared through Illinois this year. Cabin fever brings about an itch to haul out the spades, hoes and shovels with visits to the garden centers and nurseries.

You could argue that April's weather is all over the board, from the potential of snow and sleet to sunny and bright 70 to 80 degree days that cause convertible cars to lose their tops and shorts to come out of the closets.

Since inconsistency is April's motto, it's easy to get swept up with warm weather and the "Ah, I can get in the garden and plant" mentality, thinking you can get a jump on the tomatoes, peppers, marigolds, geraniums and other plants.

Reality slaps you in the face, though. In this case, reality is the lack of uniform temperatures. The good news, though, is that it doesn't prevent you from putting some plants in.

The main plants are the ones that can tolerate the fluctuating temperatures. Typically they're called cool-season plants, compared to those that demand warm temperatures such as tomatoes, cucumbers, marigolds and impatiens.

Cool season crops can generally tolerate some colder conditions. A severe freeze in the high teens to low 20s may knock them back, but temperatures in the high 20s probably won't affect them.

There are more cool season vegetables than cool season flowers, but there are enough of both to satisfy anyone with that burning desire to get dirt under their fingernails.

Cool season vegetables include lettuce, spinach, mustard and turnip greens and radishes. All can be planted by seed. Potatoes can also be planted, but a warmer drier soil is preferred.



With the first group, since you are starting by seeds, the ground dries quicker to prevent rot. With potatoes, either hill the soil into mounds or add lots of organic matter to allow the potato pieces to grow.

Many of the cole crops, which are not related to Nat King, Natalie or Ol' King, can also be stuck in the ground. You might want to hill the soil up slightly so it stays dry and warm. These cole crops include cabbage, broccoli, Brussels sprouts and kale. Cauliflower likes it just a tad bit warmer, but you could attempt it if you have the patience.

Some of the other root crops would prefer much warmer air and soil temperatures. You need to wait until the end of April or the first of May to avoid any serious problem.

For the flowers, look to pansies, snapdragons, Martha Washington

geraniums, blue lobelia, bachelor's buttons and surprisingly petunias. Most of the annuals are native to temperate zones and thumb their noses at cool temperatures.

It's not that some of them will die with cool spring temperatures. It's just that they sometimes sit there like the proverbial bump on the log, which makes them more susceptible to the spring diseases, insects and four-legged furry hopping creatures that come along and say "Wow! A good meal." ■

David Robson is Extension Specialist, Pesticide Safety for the University of Illinois. drobson@illinois.edu



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The co-ops can help you "git'er done"

Energy efficiency and going green is the right thing to do

Everywhere I go people are talking about conservation, energy efficiency and just about anything "green."

Well, I say it's about time because your electric cooperatives and I have been teaching you about those things for years. Regardless of one's thoughts about global warming or cap and trade, I think that all of us would agree that conservation, energy efficiency and going "green" are the right things to do. We work hard every day to help you have the most comfortable house possible and the lowest utility bills feasible.

We honestly believe that we can teach you how to make your existing house as energy efficient as possible. And we know we can show you how to build your new house to be the most energy efficient possible and at a feasible cost.

Please understand that we want you to have the very best and we are not trying to sell you anything. But understand that we don't fix your house nor do we build your house. You have to do it or see that it gets done.

At a "green" conference recently I heard some members of the audience say that the government or the utility company should provide the funds for people to fix their houses. There are tax incentives and the electric co-ops in Illinois have performed 2,600 energy assessments and provided up to \$1,500 in energy efficiency grant funds to 2,100 members. Nearly 1,000



This photo depicts a blower door test, which is used to analyze a home's energy efficiency.

members have invested in air-source or geothermal heat pump systems. Through insulation, sealing or heating and cooling equipment upgrades these members will save 20 million kilowatt hours a year.

But forget the tax incentives or rebates and grants for just a second. It is our houses that need improvements and we are the ones who will benefit from making those changes so just "git'er done" and quit whining. Let's not kid ourselves, energy is not going to get cheaper. Your investment in energy efficiency today is going to pay

bigger dividends every year.

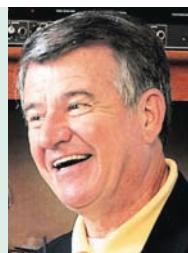
We have proven through the Arkansas electric cooperatives' Energy Efficiency Makeover program and the model home program that existing houses can be greatly improved and new houses can be built to be energy efficient.

It is interesting to note that all of the 20-plus model homes have operated at less monthly heating and cooling costs than projected. We doubt that it is possible to build a house any more efficient than these houses and we did it by using the available common sense techniques that we have been teaching for years.

Just ask us and we will be glad to help you do the same. As always, you can call me at my home office at 501-653-7931 or contact your local electric cooperative and we will be glad to point you on your way to making your home energy efficient.

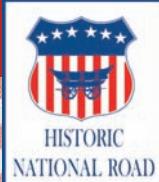
P.S. Remember, the greenest BTU of all is the one that you don't use. And, yes, if you read last month's article you will know what this means: The crappie are biting. ■

Doug Rye, the "Doctor of Energy Efficiency-the King of Caulk and Talk" can be heard on several different Illinois radio stations.



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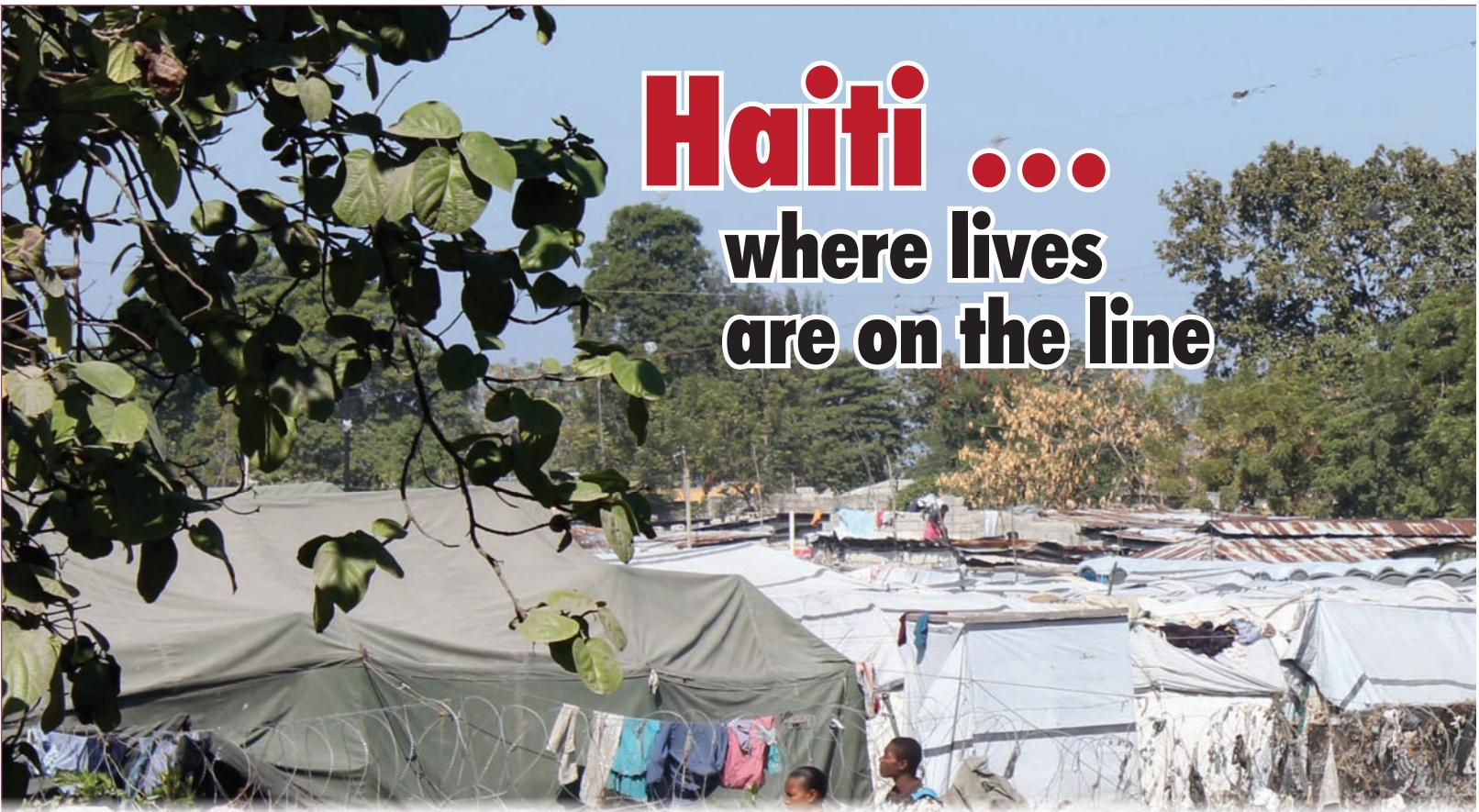


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Haiti ... where lives are on the line



State co-op personnel go to assist; see hope rising despite the remaining rubble

By Jonie Larson Gates

Tents are the new way of life in Port-au-Prince, Haiti. Rubble from collapsed structures is heaped in the streets with few places to shove it. If there's a spot, there's a tent. Approximately one million people are still living in them.

Trash abounds, much in part because many incoming supplies and food are distributed in foam containers and bottled water comes in plastic. One way they eliminate it is to burn it and that creates a constant haze over the city and an acrid smell in the air.

But the message recorded by media groups who land at the airstrip to get 10 minutes of "update-from-Haiti" footage is misleading, says James Coleman, President and CEO of Shelby Electric Cooperative. "The people down there are sick of it," he says of the portrayal, adding, "The people of Haiti are resilient."

That's the message he wants U.S. residents to know about the many Haitians who found themselves homeless and in survival mode as of Jan. 12, 2010 when a 7.0 quake hit. On that date, the world as these native people knew it, fell down around them.

Just more than a year later, the city's landscape may not look a lot brighter to the visiting eye, but Coleman says to look deeper.

He just returned from a training expedition in the ravaged country. He and three of Shelby's linemen – Terry Oldham, Kris Koehler and Brian Chevalier – experienced life for three weeks outside the comforts of the U.S. In Haiti, as part of a National Rural Electric Cooperative Association delegation, they helped teach line safety to government crews known as the Electricite De' -Haiti (EDH), in the hopes of reducing work injuries and deaths.

As planned, the U.S. crew was doing the teaching, but they became students, too. It broadened their perspective, sharpened their vision and gave them newfound respect for a people they knew little about when they arrived.

Chevalier and Coleman, in the weeks following, both describe a people

with pride, who have character and appreciation for what is being rebuilt – a people who have birthed a new existence out of despair ... and what might seem odd under the circumstances – people who are extraordinarily clean.

Coleman describes a young boy who walked by the worksite each day on his way to school. Ansell, a seventh-grader, lives with his father. His mother died shortly after the earthquake. In getting to know the boy, Coleman found out he speaks fluent Creole, Spanish and French and he's learning English. He was impeccably dressed each day in his school uniform, which was clean and pressed.

That cleanliness is widespread. Both Coleman and Chevalier say they were surprised at such efforts from the Haitians.

"In the restaurant, we're from the richest country and we're the worst dressed," Coleman recounts.

The locals who approach visitors asking for handouts are few, despite the conditions.

"I saw less beggars there than in Washington, D.C." Coleman says.

The Shelby leader's passion about the mission simply spills over.



Nearly one million people continue to live in tents in Haiti as a result of last year's earthquake. Despite uncomfortable conditions they have found ways to prepare good food and wear clean clothing as witnessed by James Coleman, President and CEO of Shelby Electric, pictured here with seventh grader, Ansell.

"The people are recovering; the politics are not recovering." He says world groups – some volunteer and some for-profit – are often caught up in getting the biggest piece of the reconstruction pie. Consequently, the greed slows up the progress.

While the Haitian government wants to be in charge, the fact is, no one is in charge. To put it in perspective, in the fall election 19 people ran for president. The resulting runoff had not occurred at the time of Coleman's visit.

So, much of the progress is left up to the people.

To date, only 10 percent of the rubble that fell, killing upward to 200,000 people, has been eliminated. But the locals are making a dent in it, breaking it down and reusing the rebar.

As for the EDH linemen, they were and continue to be eager to learn. They want to be safe. That's where the delegation made huge impacts.

"This was heads and tails the most rewarding experience I've ever had. I left there knowing we've saved some lives," Coleman says.

The four men from Shelby were accompanied by others through the NRECA assist, including Paul Dow, Coordinator of Video Productions at the Association of Illinois Electric Cooperatives. Dow often travels for the NRECA, getting footage of worldwide efforts to link the world to electricity.

Dow's take on Haiti mirrors many of those from the Shelby crew, but he also has an eye to catch the unusual for posterity. Dow filmed Francois Gieudonne, a man who lost both arms around the elbows while working on the lines. Although he could no longer work, he came to the trainings occasionally. He is able to drink water from a bottle, but can no longer feed himself. On those days he dropped by, his wife would come at noon to help him with his meal.

"It was the only thing he knows (line work) and now both arms are off ...

"Dow says. Just seeing him standing there, you have to wonder what he's thinking.

"It definitely reinforces the need for



Photos courtesy
of Shelby Electric
Cooperative

us to be there," Dow says.

The work of the NRECA delegation was viewed by hundreds in March at the national convention. Dow's filming and guest appearances from some of the Haitian EDH leaders were a part of the program.

Chevalier, who was impressed by the gift of a Haitian man who bought each trainer a Haitian bracelet with his meager means, gave the prayer at the national meeting in Orlando. He said Coleman wrote it, but it spoke from the heart, "saying how fortunate we are."

Chevalier, 28, an eight-year lineman with Shelby who reigns from Springfield and the original lineman's school, says he is more than willing to help those who have so little.

"They make the best of what they have."

View short film footage from the work expedition to Haiti at www.icl.coop.

Finest Cooking

Squiggle Salad

12-oz. vegetable rotelli pasta, cooked as directed
1 lg. can Veg-All mixed vegetables, drained
1 C. diced celery
1 C. diced bell pepper
1 C. diced onion
1 (16-oz.) bottle Italian dressing

Combine pasta, vegetables and Italian dressing. Chill at least 1 hour before serving.



Spaghetti Slaw (right)

1 (8-oz.) pkg. angel hair pasta, cooked and drained
2 pkgs. cabbage cole slaw mix
1 sm. red onion
2 medium bunches of broccoli, chopped
1/2 C. sugar
1 C. mayonnaise
1 jar Marzetti's cole slaw dressing

Toss pasta, cole slaw mix, onion and broccoli together. Mix sugar, mayonnaise and cole slaw dressing together. Pour dressing over pasta and stir to coat. Refrigerate for at least 1 hour before serving.



Spaghetti Slaw

Cashew Chicken

3 whole chicken breasts
1/2 lb. mushrooms
1 (15-oz.) can drained bamboo shoots
1 C. chicken broth
1/4 C. soy sauce
2 T. cornstarch
4-oz. cashew nuts

1/4 lb. pea pods
4 green onions
1/3 tsp. sugar
1/2 tsp. salt
1/4 C. salad oil
Cooked rice

Bone chicken breasts and remove skin. Slice chicken to 1/8-inch thick and then into 1-inch squares. Remove ends and strings from peas. Heat 1 T. oil over 350-degree heat. Add nuts and cook for 1 minute, stirring until lightly toasted. Remove from pan and set aside. Add remaining oil to the pan. Add chicken and cook quickly, turning until chicken is opaque. Add peas and mushrooms. Pour in broth. Cover and simmer for 2 minutes. Add bamboo shoots. In a separate bowl, stir together soy sauce, cornstarch, sugar and salt. Add to the pan, stirring constantly until sauce is thickened. Simmer for 1 minute, uncovered. Mix in green onions. Sprinkle with nuts. Serve over rice.

Bran Muffins

1 box Raisin Bran cereal
5 C. flour
2 C. sugar
1 T. salt
5 tsp. baking soda
1 qt. Buttermilk
4 beaten eggs
1-1/2 C. cooking oil

Mix cereal, flour, sugar, salt and baking soda together well, then add buttermilk, eggs and oil. Mix well. Fill muffin pans 1/2 to 2/3 full. Bake at 375 degrees for 15-20 minutes.



Photos by Catrina McCulley Wagner

A Taste of Calhoun

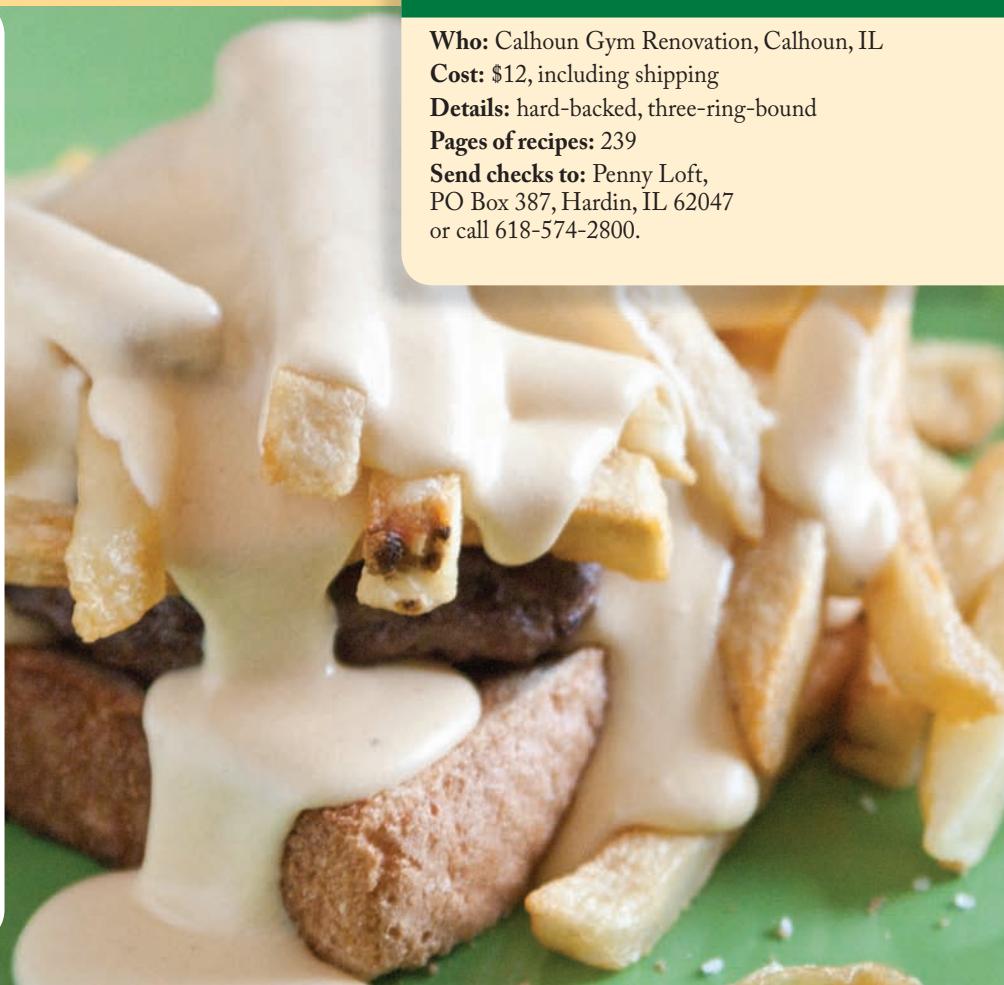
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Horseshoe (right)

2 (16-oz.) pkgs. frozen French fries
2 lbs. ground beef
8 slices Texas toast, toasted
1 C. butter
1/2 C. flour
4 C. half and half
4 C. shredded cheddar cheese
Salt and pepper to taste
Hot sauce, to taste

Preheat oven to 400 degrees. Spread French fries out on a baking sheet. Bake according to package directions until golden brown. Meanwhile, divide the ground beef into eight equal parts and form into patties. Season with salt and pepper. Fry the patties in a large skillet over medium-high heat until well done (about 4 minutes on each side). Melt the butter in a saucepan over medium heat and whisk in the flour. Cook while whisking constantly for 4 minutes. Gradually whisk in the half and half, stirring until there are no lumps. Bring to a simmer, then remove from heat and add the cheese. Stir until cheese is melted. Season with salt, pepper and hot sauce. Place 2 pieces of toast on a plate. Top each slice with a hamburger patty. Top each patty with French fries. Pour the cheese sauce on top of everything and serve immediately. You can cut this recipe in half for smaller portions.

Horseshoe

Avocado Corn Dip

4 avocados
1 med. red bell pepper
1 T. fresh lemon juice
1 (16-oz.) pkg. frozen corn
4 cloves garlic, finely chopped
1 sm. can black olives, sliced
1/4 C. olive oil
2 T. apple cider vinegar
1 dash oregano
1 dash salt
1 dash pepper
Tortilla chips

Chop red and green peppers, onion and garlic. Mix in frozen corn, oregano, salt, pepper and olives. In a separate bowl, mix olive oil, vinegar, and lemon juice. Pour this mixture over chopped vegetables. Chill overnight for best flavor. When ready to serve, add 4 avocados, chopped into chunks. Serve with tortilla chips.

Vanilla, Orange & Sour Cream Fruit Dip

1 (6-oz.) can frozen orange juice concentrate, thawed and diluted
1 (3-3/4-oz.) pkg. vanilla instant pudding
1-1/4 C. milk
1/4 C. sour cream
Fresh fruit

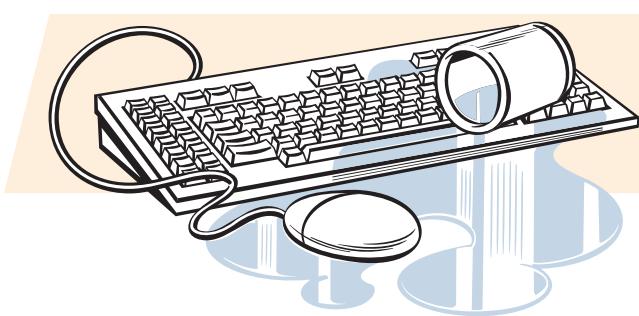
Combine orange juice concentrate, pudding and milk in a medium bowl, stirring with a wire whisk until blended. Stir in sour cream. Cover and chill at least two hours. Serve with fresh fruit.

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

Chocolate Disappearing Cake

1/2 C. butter
2 C. white sugar
1 tsp. vanilla
3/4 C. cocoa
1-3/4 C. flour
3/4 tsp. baking powder
3/4 tsp. baking soda
1/8 tsp. salt
1-3/4 C. milk

Cream butter and sugar together. Add vanilla. Sift cocoa, flour, baking powder, baking soda and salt. Add to the cream mixture, alternating with the milk. Pour into a greased and floured 9x13-inch pan. Bake at 350 degrees for 30-35 minutes.



Reader Q & A

Last month I asked readers to submit interesting technical issues they wanted addressed. You sure didn't disappoint me! I've picked out a few to answer that I think might be more universal so as many people as possible can benefit from the response.

However, please keep in mind that all situations are different. While this column can point you in the right direction, it in no way substitutes for a professional examining your computer. That said, here we go!

Question 1 comes from Doris who asks, "What should I do if I spilled a glass of water on my laptop?"

Oh no! This is probably one of the most common occurrences out there as far as physical damage goes. If this happens to you, don't panic. There are some things you can do to possibly correct the problem.

First, turn it off! You don't want water interacting with live power. We all know what kind of trouble that can cause.

Second, turn the laptop upside down. Turning the laptop over will stop the flow of water to the internal parts of the computer, as well as allow gravity to pull some of the water out.

Now that you have the laptop upside down, take out the battery. If there's water on the battery dry it off and set it to the side. Leave the battery out of the computer for at least a day, maybe two.

Whatever you do, do NOT get out the hair dryer. The air coming from hair dryers is super-heated and could potentially compound the situation in two ways. You could inadvertently blow the water into areas not already wet, and you could melt some of the internal components. Instead, use a regular fan set to blow past the laptop, not directly onto it.

Finally, be prepared to leave your laptop sitting in this manner for at least 24 hours. In fact, I recommend 48 hours. If, after that amount of time the computer still won't boot, seek a nearby IT professional.

Question 2 comes from Bob who asks, "Can hibernation cause an unstable environment that can ruin the hard disk? Should I stay away from it?"

Although there are several ways to manage power options within Windows and each of those options has sub-options, essentially we have two possibilities. One is "Sleep mode" and the other is "Hibernate."



Sleep mode is basically a lower-power mode in which power to most of the components in your system are turned off. However, power to the system memory is maintained to retain its contents, so that when you return to full-power mode, the system can simply continue where it left off almost instantly.

Hibernation is completely different. When your computer hibernates, the entire contents of the system memory are dumped to a file on the hard drive before powering down the entire system. So, when you power back up, the system boots like a normal power-up, then the operating system writes that file back to memory so that the computer can basically continue where it left off.

So why would hibernation be bad? Well, usually it wouldn't. However, should you be running software that writes information to the system

registry (and if that's happening, it's probably malware anyway), and should that software be in the middle of doing that when you put your computer into hibernation, then you could encounter a problem. Your computer may restart with a half-modified registry, then the software may or may not restart, and it may end up causing your computer issues.

That's quite a few "mays" though! In general, you have nothing to fear when using hibernation. It's only when you combine hibernation with poorly written software that impacts the registry that you have a potential issue.

Bob also wrote asking how to re-enable hibernation on his computer.

If you want to re-enable hibernation on your computer visit: <http://support.microsoft.com/kb/920730>. There's a handy little button about midway down the page that should do it for you. If that doesn't work, they have pretty detailed instructions there too.

Thank you all for the questions. I am so sorry I don't have the time or space to answer them all, but keep them coming! Who knows? Maybe yours will appear in a future issue! All questions I use are answered via e-mail as well.

Ed VanHoose is the Digital Communications Administrator/IT Manager for the Association of Illinois Electric Cooperatives in Springfield. He is a specialist in the IT field with over 12 years of experience working in leadership roles for technology based projects in Illinois and Missouri.



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Guest House Vacation Rental. Elizabethtown, IL. 2BR, 2Bath. Overlooking Ohio River. Near Garden of the Gods/Shawnee Forest. www.Hardincountybluehouse.com 618-876-9118.

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

Deadlines: June issue – April 20;
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We reserve the right to reject any advertisement. Ads postmarked after the deadline will be placed in the next available issue.

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Life in the country

Who are you?

As a member you are an owner of an electric cooperative with all the rights accorded to you established long ago in the governing principles of a cooperative. That means that you live in a community where those you've appointed to provide your electricity work in your best interest.

Not only do you get your rural electricity and other services to improve your standard of living, but you also receive a monthly magazine to keep you informed about safety and governmental issues and to also entertain and inform you. We have a growing circulation of 181,000, and we reach those in rural and/or small-town areas of Illinois, covering 73 of the 102 counties in the state. Each issue has an average of 2.3 readers, garnering 416,300 readers monthly – one of the largest monthly publications in the state reaching rural readers.

But who is our typical co-op member? A June 2010 GfK Mediemark Research study tells us that you, the readers, are: male (53 percent) and female (44 percent) with 47 percent being between the ages of 25 to 54, and 56 being the average age of our reader. Most of you, 71 percent, are married, 94 percent are homeowners and have an average household income of \$74,000. Ninety-six percent of you took a trip in the last year and 47 percent took four or more trips. And more than 25,000 of our readers are likely to take a vacation/cruise in the next 12 months!

Want to know what your neighbors are doing? Well, the most popular pastimes are gardening, fishing, hunting, power boating, golfing, auto racing and riding ATVs. Have fun, but be careful.

Home improvement is important to you. Nearly 150,000 of the households in co-op land plan an energy efficient fix in the next 12 months! Remodeling and building are ongoing. You own or are planning to buy lawn mowers, riding mowers, garden tractors and chippers/shredders, gutters, lighting fixtures, painting/wall coverings and fencing.

And then there are those loveable, fuzzy members of the

family. Did you know that 60 percent of you have pets at home – dogs, cats, horses and more?

As for transportation, you drive cars, pick-up trucks, vans and SUVs. ICL readers – once again, that's you – represent the stable country family, the land owner/hobby farmer. You run the gamut of retired country dwellers, the suburbanites and the ruralpolitans – working in the city, living in the country.

You're also getting quite savvy with the electronic gadgets of today. The study found that more than 120,000 of you use the Internet more than once a day. On average 88 percent of our members describe themselves as regular readers with many of you sharing magazines with family members living off rural lines, or clipping recipes for something new to try for dinner.

So, now that we know who you are and many of your habits, we hope we'll be able to tailor this magazine to keep you better informed on energy efficiency, home safety tips and rural life issues.

If after reading this you have questions or suggestions about editorial content, please feel free to contact Editor John Lowrey with your input. Call him at 217-241-7951 or e-mail him at jlowrey@aiec.coop.

If you have a business and reaching nearly a half million people with your message sounds enticing, contact Advertising Manager Lisa Rigoni for rates and assistance. Call her at 217-241-7953 or e-mail her at lrigoni@aiec.coop.

Illinois Country Living is here to meet your needs and your cooperative's best interest.

Editor's Note: This is the second of a two-part series identifying the profiles of the Illinois cooperatives, followed by the profiles of our readers. In an oversight last month, we included Western Illinois Electrical Coop. on the map, but failed to provide information on it in the listing that followed. Western, which is headquartered in Carthage, has 4,289 meters served on 1,206 miles of line.

Date Book • May 2011

- 1, **Spoon River China Art Guild Annual China Show**, Donaldson Center, Canton. 309-647-3390.
- 1-21, **The Annual Iris Walk** in Wayne City. 618-895-2022, iris_lady@theirisfarm.com or www.theirisfarm.com.
- 5-15, "Boeing Boeing" at the Quincy Community Theatre in Quincy. 217-222-3209.
- 6, **Park "N" Cruise Car Show** in Macomb. 309-837-4855 or www.macombareachamber.com.
- 6-7, **Fulton Dutch Days** in Fulton. 815-589-4545 or www.cityoffulton.us.
- 6, "Reagan & His Ranch" Art Competition Awards Ceremony in Dixon. 815-284-4924 or www.thenextpicutureshow.org.
- 7, **Epic Shostakovich** in Palos Heights. 708-802-0686 or www.southwestsymphony.com.
- 7, **Alton Block Party: Cinco de Mayo!** On Third Street in Downtown Alton. 618-465-6676.
- 11, **Church of Christ Mothers Day Service** in Tampico. 815-622-8705 or www.tampicohistoricalociety.com.
- 13-15, **Prairie Queen Quilt Club Quilt Show, "Aprons, Apples & Applique"**, in Bishop Hill. 309-927-3851 or bishophill.com.
- 13-15, **Art on the Square** in Belleville. 800-677-9255 or www.artonthesquare.com.
- 14, **Rasmus Memorial Static Display and Flying Demonstration** in Freeport. 815-233-5208 or www.freeportilrcmodelers.
- 14-15, **Camp River Dubois: Point of Departure** at One Lewis & Clark Trail in Hartford. 618-251-5811 or www.campdubois.com.
- 15, **Rhubarb Festival** in Kankakee. 815-932-5279 or www.visitkankakeeounty.com.
- 15, **Antique Collectible Toy & Doll Show** in St. Charles. 773-736-5140 or www.chicagotoyshow.com.
- 17, **Interpreting Gravestones**, Windmill Cultural Center, Fulton. 815-589-4545 or www.cityoffulton.us.
- 21, **Miles Davis Jazz Festival** in Godfrey. 618-462-2763.
- 21, **Pause for Patriotism** at Perry Farm Park in Bradley. 815-935-7390 or www.visitkankakeeounty.com.
- 21, "Take The Air At Taylor" Kite Show at Taylor Park in Freeport. 815-235-6114 or www.freeportparkdistrict.com.
- 21, **Earth Day/Arbor Day** in Homer Glen. 708-301-0632 or www.homerglen.org.
- 21, **Blooming Fest** in Historic Downtown West Chicago. 630-293-2200 or www.west-chicago.org.
- 21, **Ronald Reagan Centennial Dance** in Dixon. 815-652-4446 or email almassy1@almassy1.com.
- 21, **Daniel O'Donnell** in Waukegan. 847-782-2366 or www.geneseetheatre.com.
- 21, **Springfield Area Highland Games and Celtic Festival** at the Chatham Community Park in Chatham. 217-638-5627 or www.central-illinois-celts.org.
- 21, **Carbondale Downtown Art & Wine Fair** at the Town Square Pavilion in Carbondale. 618-529-8040 or www.carbondalemainstreet.com.
- 21, **Wright Plus 2011** in Oak Park. 312-994-4000 or www.gowright.org.
- 21-22, **16th Annual Afrocentric Fine Art Show**, Bloomington/Normal. 309-663-4938 or www.sistersandfriendsartshow.com.
- 21-22, **Grafton Winery Blues Fest** in Grafton. 618-786-3001 or www.thegraftonwinery.com.
- 21-22, **Civil War Days** in Naperville. 630-420-6010 or www.napersettlement.org.
- 22, **53rd Fly-in Drive-in Pancake Breakfast**, Fulton County Flying Club, Canton Ingersoll Airport, 309-922-4591.
- 22, **Bonner Farm Spring Fling** in Lindenhurst. 847-968-3400 or www.lcfpd.org.
- 22, **Malcolm Eaton 17th Annual Pork Chop Dinner and Car Show** in Freeport. 815-235-7181 or www.malcolmeaton.org.
- 27-29, **Flavors of Greece** at the Kane County Fairgrounds in St. Charles. 630-851-6106 or www.stathanasios.org.
- 27-28, **Heritage Festival** in Elizabethtown. 618-287-7090 or www.hardincountyil.org.
- 27-29, **30th Annual Mayfest** on the Campbell Center Campus in Mount Carroll. 815-244-2411 or www.mtcarrollil.org.
- 28, **Second Annual Cemetery Walk**, Fulton Township Cemetery, 815-589-3809.
- 28-29, **Shawnee Hills Wine Trail & Art Festival** in Murphysboro. 618-565-2206 or www.shawneefest.com.
- 28-29, **International Wine, Beer and Music Festival** at Mackinaw Valley Vineyard, Mackinaw, Ill. 309-359-9463 or www.mackinawvalleyvineyard.com.
- 28-29, **Barrington Art Festival** in Barrington. 847-304-3400 or www.ci.barrington.il.us/.
- 28-29, **Pembroke Rodeo** in Hopkins Park. 815-935-7390 or www.visitkankakeeounty.com.
- 28-29, **The 2011 Herb Farm Festival** in Pembroke. 815-295-7357 or www.visitkankakeeounty.com.
- 28-29, **Letters Home/A Memorial Day Remembrance** in St. Charles. 630-584-6342 or www.foxvalleyrepertory.org.
- 30, **Memorial Day Parade & Ceremony** in Downtown Naperville. 630-357-4615 or www.napervfw.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@aiec.coop



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