

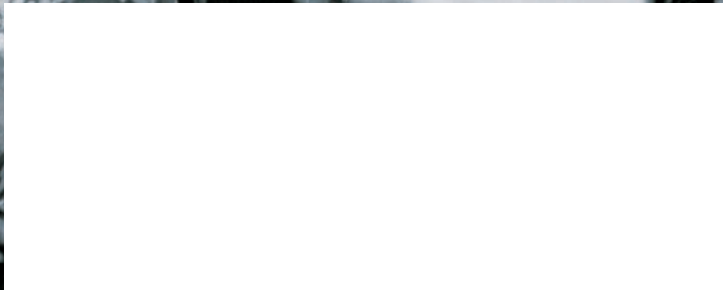
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UNDERSTANDING PTSD

A soldier fights his way
back to mental freedom





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Illinois Army National Guard Spc. Mitch Chapman fights through post traumatic stress disorder. Learn how to help him and others.

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Cooperatives support programs for job retention

It seems no matter where you go economic development is a hot topic. And well it should be. The 2010 census data confirms another decade of job and population decrease added to the several decades of decline already experienced by many communities.

To address the dilemma many cooperatives have pushed economic development to the forefront of strategic discussion. But that's the easy part. Developing action plans to successfully end and ultimately reverse the downturn is often an incredible challenge.

It's generally agreed that economic development success is measured ultimately by job creation, hopefully with an accompanying increase in median income. But without some luck it can take years and a significant investment of time and money to achieve these results. The risk and nearly nonexistent short-term return on investment might tempt some to focus attention elsewhere. On the other hand, doing nothing or waiting for someone else to solve the problem ensures little progress if any.

Most co-ops pursue economic development to some degree anyway, perhaps without realizing it. The strong connection between low energy costs and small business success cannot be ignored and striving to keep rates low is typically foremost on every co-op's board agenda. According to Business Retention and Expansion (BREI) sources, up to 80 percent of job creation is the result of current businesses expanding. So it is important that as much as possible be done to help local businesses survive and grow.

Many Illinois co-ops have also implemented several economic development best practices approaches

worthy of highlighting.

For example, during 2009, Jo-Carroll Energy expended considerable resources to launch the Tri-County Economic Development Alliance (TCEDA), a Northwest Illinois regional economic development initiative modeled after the very successful Greater Dubuque Development Corporation. Two years and a few bumps later the initiative has taken root.

TCEDA shows great promise for becoming the go-to organization in support of small business retention, expansion and attraction in Jo-Carroll Energy's service territory and beyond. The initiative has spawned a manufacturer's council, a banking summit, marketing and promotion projects, business education programs, and many other ideas and suggestions for business support activities.

New and expanding businesses often have difficulty obtaining needed funding. Prairie Power, a generation and transmission co-op, has assisted several Illinois co-ops with securing USDA Rural Development REDLG loans and grants for several local businesses. Several million dollars in loans and grants have been distributed through Prairie Power member co-ops to bolster numerous manufacturing, infrastructure and renovation projects.

Aaron Ridenour, Manager of Marketing and Economic Development for PPI, is an enthusiastic proponent of the REDLG program. "In the 30-plus years that I have been involved in economic development working with various funding programs, REDLG is by far the easiest for the businesses to use," Ridenour said. More details regarding the revolving loan program are available through your local USDA Rural Development representative.

Even when resources are limited cooperatives can positively impact economic development. Many cooperatives have formal policies that endorse employees getting involved outside normal working hours. Because of the guidelines at Corn Belt Energy, Kacy Dorr, Director of Human Resources, comments that they have numerous leaders involved in community organizations, some acting as board members and others as non-office holding members. This involvement can result in partnerships that lead to more focused economic development direction and decision making. As an example, Jo-Carroll Energy provides city council governance training - a great approach to resolving mutual community development and infrastructure issues.

It is natural for cooperatives to be concerned about economic development. There is a direct connection to member satisfaction and the Seventh Cooperative Principle, "Commitment to Community", and most co-ops could certainly benefit from membership growth. Aggressively participating in projects and programs that can potentially lead to job creation is a value-adding proposition from the members' perspective.

If you are concerned about jobs and economic development in your area remember, Illinois cooperatives have the knowledge, experience and network to help build a better community.

Russ Simpson is senior vice president and chief administrative officer for Jo-Carroll Energy, rsimpson@jocarroll.com, 815-858-2207, www.jocarroll.com





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Find broadband service in your area

The U.S. Department of Commerce's National Telecommunications and Information Administration (NTIA) has unveiled the National Broadband Map. The map is the first ever public, searchable nationwide map of broadband Internet availability. People can use the map to search 25 million records of information about where broadband Internet access service is

available, the types of technology used to provide the service, the maximum advertised speeds, and the available service providers in a given location. It was created by NTIA in collaboration with the FCC using data collected from broadband providers and other sources.

The map will be updated every six months and includes an element

where the public and providers can provide feedback. Government and industry officials expect the map's granular information on the country's broadband availability to help better identify unserved areas and provide further information for making policy decisions. The National Broadband Map can be accessed at www.broadbandmap.gov. ■



Rep. Schock receives IEC Public Service Award

During May's NRECA Legislative Conference in Washington, D.C., U.S. Rep. Aaron Schock, R-18, of Peoria was presented with a plaque naming him the Association of Illinois Electric Cooperatives' 2010 Public Service Award recipient. It was given in recognition of dedicated public service to all citizens of the state of Illinois and for outstanding contributions to the rural electrification program.

Duane Noland, CEO/President of the AIEC expressed his gratitude to Schock for his consistent and effective support. "We are grateful for Congressional leaders such as you who are working for the betterment of our cooperative communities. Thank you for your commitment and dedication to those you serve."

Prior to being elected to Congress in 2008, Schock served in the Illinois House of Representatives. ■

Cool energy tips

A typical household spends almost 20 percent of its utility bill on cooling. Try these simple tips to start saving today:

No-Cost

- Program your thermostat to work around your family's summer schedule — set it a few degrees higher when no one is home. Programmable thermostats can save you about \$180 a year.
- Check your HVAC system's air filter every month. If the filter looks dirty, change it, but change the filter at least every three months. A dirty filter will slow air flow, wasting energy.
- Run your ceiling fan. If you raise your thermostat by only two degrees and use your ceiling fan, you can lower cooling costs by up to 14 percent.

Low-Cost

- Remember to have your HVAC system serviced annually.



- Swap out incandescent bulbs with more energy-efficient lighting choices. They use less energy for lighting and produce about 75 percent less heat.
- Seal your air ducts. As much as 20 percent of the air moving through your home's duct system is lost due to leaks.

Other Tips

- When buying a room air conditioner, look for one that has earned the EPA's Energy Star.
- If your central air conditioning unit is more than 12 years old, replacing it with a model that has earned the EPA's Energy Star could cut your cooling costs by 30 percent.
- Add insulation to your attic to keep cool air in. If every American household did so, Americans would collectively save more than \$1.8 billion in yearly energy costs. More information about keeping cool contact your local electric co-op or go to www.energystar.gov. ■

Seven students win co-op scholarships

Don Wood, Vice President of Government Relations for the Association of Illinois Electric Cooperatives, announced the names of the seven winners of the 2011 Thomas H. Moore IEC Memorial Scholarship in May.

"The amount of each scholarship is \$1,250. There were 217 applications received this year and, as always, a large number were extremely qualified applicants," said Wood.

In the "son or daughter of an electric cooperative member" category, the four winners were:

Lainie Ungerer of Millstadt. Lainie's family receives electricity from Monroe Electric Co-Operative.

Kimberly Jo Wenger of Fairbury. Kimberly's family receives electricity from Eastern Illini Electric Cooperative.

Matthew Durbin of Shelbyville. Matthew's family receives electricity from Shelby Electric Cooperative.

Stephen Lake of Oakdale. Stephen's family receives electricity from Tri-County Electric Cooperative.

In the "son or daughter of an electric cooperative employee or director" category, the winner of the "Earl W. Struck Memorial Scholarship" was Lucas Frye of Easton. Lucas is the son of Menard Electric Director Jay Frye.

The two winners of the scholarships reserved for use at an Illinois Community College were:

Morgan Healy. Morgan's family receives electricity from Clay Electric Cooperative.

Amanda Barr. Amanda's family receives electricity from Norris Electric Cooperative.



The 2011 winner of the program's eighth scholarship, the new "LaVern and Nola McEntire Lineworkers Scholarship," will be announced shortly.

Anyone interested in next year's scholarship should contact their local electric cooperative or local high school guidance counselor. ■

Co-op discounts – there’s an app for that

Sixteen Illinois Touchstone Energy co-ops provide the Co-op Connections Card for their members. Local businesses and nationwide businesses offer discounts to co-op members who have the card.

Illinois co-op members have saved \$880,294 on prescription discounts alone. Members receive 10 to 60 percent discounts on prescription drugs at over 60,000 national and regional pharmacy chain stores—including CVS, Walgreens, Wal-Mart, Target and many more.

Now the card is available as an app for iPhone, iPad and iPod Touch owners. The app features a list of 100 national deals the Co-op Connections Card currently offers.

You can find out more by going to www.connections.coop. ■



Prairie State Energy Campus dedicates new building

Prairie State Energy Campus celebrated the ribbon cutting and dedication of its Corporate Building on Thursday, June 2, 2011. In attendance were representatives of its nine owners, Prairie State staff and local community leaders. Peter Dequattro, President and CEO offered a welcome and a few remarks.

“This business moves at lightning speed. It’s important, at times like this that we take a minute to remember where we came from and how far we yet have to go. Prairie State Energy Campus is a visionary energy breakthrough that was little more than a concept 10 years ago. Since the groundbreaking in 2007, it has employed more than 4,000 people and continues to do so to this day,” said Dequattro. “As of today, Prairie State employs more than 300 people. Our estimated economic impact is more than \$734 million annually. We will produce base load power for 2.5 million families. And everyone here has a hand in reinvigorating the Illinois coal basin and the overall economy of Southern Illinois and the region. We have a lot to be proud of and more to come.”

Prairie State Energy Campus (PSEC) is led by eight public power agencies and is the world’s largest coal company to meet the growing demand for electricity of its customer-owners. It represents one of the largest energy projects currently under construction in the U. S. and serves as a prime example of how legislators, regulators, public power agencies, corporations and communities can work



together to provide a domestic, cost-effective and environmentally friendly supply of energy to its owners and the communities they serve. The PSEC is comprised of a 1,600 megawatt, coal-fired power plant and adjacent underground coal mine. It is anticipated that the facility will be achieving commercial operations of the first of the two 800 MW generating units in the fourth quarter of 2011, and the second in the third quarter of 2012. ■



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Mitch Chapman gets lots of hugs from wife Lindsey and daughters, Jillian (left) and Kayla.

UNDERSTANDING PTSD

A soldier fights his way back to mental freedom

By Jonie Larson Gates

There's a scar above Mitch Chapman's eye where his helmet cut in. It's hardly visible, but represents a catastrophic accident that left deep, lasting emotional wounds.

It happened in a split second. There was a blast and then a 22-ton MRAP Cougar – a military Mine Resistant Ambush Protective vehicle – flipped over. Chapman, the driver, was unconscious briefly from the sheer force of the explosion. When he came to,

he was hanging upside down, still strapped in by his seat belt. The weight of the vehicle was pushing down on him. Gunshots were being fired as other soldiers in the three-truck convoy tried to build a wall of safety for the wounded.

Just minutes before, Chapman had been heading across the country in the Helmand Province, which is southern Afghanistan, better known as the “Wild West.” He and others in his unit were serving as a police

mentoring team, having been there little more than a month and a half. As part of their frontline duties, they would routinely pull security, checking out roadways for explosive devices.

In Chapman's vehicle on that day in Oct. 2008 were a commander in the passenger seat, a British reporter in the back and a gunner, Corporal Scott Dimond. While the missions were always dangerous, nothing alerted Chapman on that night that his duty would be any different than other nights. But it was.

Chapman, driving the lead vehicle, rounded the corner on a roadway outside of Kandahar when he hit a bomb in a culvert. Almost instantaneously life changed. For Chapman it would leave an imprint in his mind that he continually struggles to live with.

As Chapman hung upside down under the MRAP awaiting assistance, he could hear other men looking for Dimond. Chapman was positioned where he could see Dimond's legs, limp underneath the hood of the vehicle – the casualty of someone he had grown

to call “friend.” It’s the only clear memory Chapman has of that night.

A love story unfolds . . .

Nearly three years later, Spc. Chapman, 26, is living in DeWitt, Iowa, working at the Rock Island Arsenal and training in logistics. He has his supportive wife, Lindsey and two adorable daughters who love to give daddy “smoochies.” Jillian had her first birthday on March 17; Kayla is 4.

“When daddy is going to be gone, he gives Kayla a kiss to put in her pocket at night in case she ever misses him,” Lindsey says with a smile.

Everything appears normal, but it’s not. Time and experiences have changed Mitch since the couple met. He was raised not far from Effingham, Ill. in Hidalgo and wanted to be in the military since he was 8 years old. It was his intent to be an Airborne Ranger, but a bad knee knocked him out of contention. So he signed up with the Illinois Army National Guard Bravo Company 2/130 Infantry in 2006. He deployed to Afghanistan in June of 2008.

While the commitment to serve remains intact for Mitch, the memories of the accident have culminated into what is now a fairly common illness for returning enlisted men and women – Post Traumatic Stress Disorder (PTSD).

Its name pretty much defines the illness, although it’s highly misunderstood. In fact, the acceptance of it and the stigma attached, has caused many returning service men and women to suffer in silence or destroy their families as they try to cope.

There are extreme cases of PTSD. Time Magazine featured one such soldier’s tragic ending in its March 7 issue. Not only did a Wisconsin National Guardsman kill himself, but also his wife, daughters and all the family pets. PTSD was blamed.

Mitch’s case isn’t considered as severe as this guardsman’s, but he explains in fairly great detail what goes on in his mind and body.



When Mitch Chapman was injured he was driving a Mine Resistant Ambush Protective vehicle similar to this one.

Mood swings, depression, nightmares and flashbacks are all a part of Mitch’s weeks. He says he doesn’t like crowds and Middle Easterners make him nervous. He explains how that mind-set develops.

“They train you one way and then they want you to shut it off. You can tone it down, but you can’t shut it off,” he says. In other words, he is trained to defend himself and those around him.

“It’s you or them. Your mind is focused on one thing: coming home.”

Even without the accident occurring, the transition from being in combat to returning stateside requires great mental adjustment.

“I went from adrenaline rush – roll, roll, roll – then nothing,” Mitch says, referring to himself as an “adrenaline junky.” He said it was common to sleep two hours and then just keep going. Now, nothing gives him that same kind of rush and he struggles to find contentment every day.

Justin Anweiler, a lieutenant and program director for five years for the Illinois National Guard Yellow

Ribbon Program says Mitch and many other returning soldiers suffer similar symptoms.

“We cannot expect to send men and women into a combat zone and expect them not to be changed.”

The extent of Mitch’s injuries was unknown immediately following the accident. He was flown to a hospital just 30 minutes away and was diagnosed with a compression fracture of the spine. He was then transported to Germany and on to Walter Reed in Washington for 16 days, wearing a back brace and suffering from hearing and memory loss. Lindsey was with him at Walter Reed, but recounts a number of soldiers whose wives served them divorce papers when learning their husbands had lost limbs. The spouses just couldn’t handle it.

While Mitch’s wounds weren’t as visible, when he returned home symptoms began to show up. He would get really angry easily, had sleep deprivation and couldn’t handle some everyday occurrences. He still can’t at times.

“It will never leave you. Your body can never forget what happened. I hate the Fourth of July, the fireworks. And I still can’t watch war movies,” he says.

At first, Mitch sought help through ordinary means with doctors.

“At one time I had eight or nine different pills and I had no idea what it was for, he says. That treatment was failing.

Then Mitch reached out and found Tim Kohlbecker, coordinator of the PTSD Clinic at VA Illiana Healthcare Systems in Danville. It was at this point Mitch began recovery.

Kohlbecker counseled Mitch from February 2009 through July of 2010. He says Mitch was in a typical phase when he came to see him. He classifies him as being open, honest and divulging everything that happened. That allowed Kohlbecker to start what is known as “prolonged exposure therapy,” an evidence-based therapy that helps in “facing what you’ve avoided.”

In this therapy a counselor establishes a 10-week homework program to help the soldier go to physical places that trouble them.

In counseling sessions, the soldier

ranks the traumas he or she has been through in the present tense, Kohlbecker says.

“The idea is not to relive it, but to reconnect with it, record it and send it home with them. They listen and over time it desensitizes them.”

The program in total has propelled Mitch forward. He praises the Danville facility and Kohlbecker as being “awesome.”

“I would show up without an appointment and they would help,” he recalls.

“He did really tremendous work

Helping our soldiers find relief

Know the signs, know the steps

“It really is an incredible story of our country’s finest. I’m in awe of them on a regular basis,” says Lt. Justin Anweiler, former director of the Yellow Ribbon Program for the Illinois National Guard.

For five years, Anweiler has worked to help soldiers returning home after deployment in Iraq and Afghanistan. He has helped meet their holistic needs, both readjustment and reintegration. The span of needs included the gamut – everything from education, financial assistance and mental health wellness.

In that time, Anweiler has become well acquainted with the wounds of this war: Traumatic Brain Injury and Post Traumatic Stress Disorder, commonly called PTSD. In contrast, the injury of the Vietnam Conflict was lower body injuries. The wounded soldiers of each require specific care.

Tim Kohlbecker, coordinator of the PTSD Clinic at VA Illiana Healthcare Systems in Danville, shares the number of incidents happening in the field of the current war and why they are high.

- 20 to 60 percent of soldiers are being exposed to some kind of IED blast.
- 14 to 20 percent in general are going to have PTSD – “the signature wound of this war.”
- The numbers go up with multiple deployments, coupled with the stress of trying to hold a family together.
- The percentages are higher because of improved medical care on the battlefield. In previous wars, many of the wounded soldiers wouldn’t have survived. More are coming home with serious injuries.

While a fear still exists that admitting mental illness will result in loss of military promotion or be seen as a weakness, Anweiler says the military has come a long way in changing that perception.

“It doesn’t have a lot of truth to it,” he says, noting that asking for help is now seen as a strength. He said the change can be attributed to a proactive leadership and that the proof is in the new programs initiated by the military.

Training now begins with incoming

soldiers in what is called the Five Pillars to Soldier Fitness. The Army’s “fitness” program addresses emotional, spiritual, family, physical and social needs.

Mike Chrisman with the Public Affairs Office of the Illinois Army National Guard, also well informed on the numbers of IED blasts, says aid to soldiers near blasts “starts in country, right from where they are at.” When the soldier returns stateside, the assistance continues with consistent checks. According to Anweiler, active duty personnel are consulted almost daily, while National Guard and Reserve troops are seen once a month for several months.

Also, when the soldier returns, they are given a long list of places to consult if injuries or mental stresses plague them. But not all use the resources.

“Many want to just get on with life, but that’s not always the case,” says Kohlbecker. “We are not getting as many veterans in as we need to get here.”

Know what to look for

Does a veteran have PTSD? Most don’t, says Anweiler. Instead there

Lindsey Chapman's sweatshirt is a declaration of how much she loves her husband Mitch. Their daughter, Jillian plays with toys in the couple's home.



when we were doing therapy," Kohlbecker says. Mitch developed coping skills and anger-management strategies.

His assessment of Mitch stands firm.

"He may have some bad days now and then, but he knows how to cope with them," Kohlbecker says.

Mitch's wife agrees, calling herself a "certified wife." She went with her husband to appointments with Kohlbecker and has seen vast improvements.

"To me, he's changed for the better. He's not that wild, crazy guy. It's OK.

I love him as he is now."

And she will support him in his future endeavors she says, even when it means redeployment.

"I'm not like 'woo hoo' but I will support him whatever he decides to do," she says.

"I meet retention standards," Mitch says. "I could deploy again, as soon as I get trained."

Because he loves Lindsey and his children, he is willing and wants to serve a second tour.

"I'm still doing it for their future. I would lay my life on the line for it." ■

are common readjustments the soldier and family must undergo. For instance, the soldier is used to a very structured day and may find there is too much freedom at home. Also, people move much more slowly, too slow for the soldier. For some soldiers, a sense of purpose is lost.

Commonly, these feelings will pass in three to six months, says Anweiler, who has a master's degree in counseling and is seeking a master's degree in divinity. For some it may take as long as a year. After that perhaps some intervention or counseling will help.

Signs of PTSD may include avoidance behavior, being quick to anger and sleep problems such as nightmares. The veteran may also exhibit what is known as hypervigilance, a learned response to consistent threats. Examples would include scanning crowds and watching roadways, looking for escape routes. The threats may be real or not.

Know how to approach a veteran

Kohlbecker, an expert in the field, reminds people that unusual behavior or moods must not be ignored.

"If it's somebody you love, it has to be done," he says, but he suggests positive approaches.

"Do your homework. Get a number

or a name he or she can call. It has to be done in a loving, kind way," Kohlbecker reminds.

Another means would be to get a fellow veteran or fellow soldier to approach your friend or loved one. He says a "brotherhood" so-to-speak, creates a trust and might just be the answer.

Immediate help

- A crisis line exists for veterans or families in need of medical or mental consultation: **1-800-273-TALK**.

- The Springfield Vet Center is a counseling center for combat veterans for all eras, including Vietnam and WWII veterans. There are many of the centers across the U.S. Anweiler has moved from his role with the Yellow Ribbon Program to the Springfield Center.

Also, as part of its services, the Department of Veterans Affairs has added a new mobile unit that will travel throughout the state to assist. It is the department's latest effort to reach the underserved veteran populations of rural America. The primary mission is to help veterans readjust to civilian life by helping the veteran identify problems and then offering individual, family, and

group counseling for a host of issues including Post Traumatic Stress Disorder (PTSD), military sexual trauma and bereavement.

To reach the Springfield Vet Center call: **217-492-4955**.

- Use the online resource www.militaryonesource.com or call **1-800-342-9647** for 24-hour service. Master level consultants are available by telephone, online or face-to-face assistance. Eligibility includes active duty, guard and reserve families with translation assistance for documents and simultaneous interpretation for callers. Anweiler suggests this as a primary contact and a nationwide resource.

Note: This is not a complete list of organized assistance. Other military programs, state assistance and community programs exist to help veterans, soldiers and their families. Reach out to those programs or call one of the above numbers to learn what exists in your area.



Mapping out farm safety

Emergency Action Tubes protect farmsteads, emergency responders

In 1991, Carle Foundation Hospital in Urbana, Ill. recognized the need for education in agricultural safety and health. This came after the devastating loss of Clifford and Dean Roberts, father and son, who died in separate farming accidents. The Roberts family, in conjunction with Bernice and Zelma Holl, established the Roberts Memorial Fund to establish and support the center. Today, the center continues to promote agricultural health and safety to our rural neighbors.

My family has been farming since they arrived in the United States from Germany in 1846. As a sixth generation farmer, I know that farming is integral to all of our daily lives and that the average farm has valuable resources as well as hidden hazards.

When first responders, such as firefighters, have quick access to information that identifies the location of buildings, livestock, machinery and available sources of water on a farm, lives and property can be saved. The Center for Rural Health and Farm Safety at Carle Foundation Hospital has introduced the use of Emergency Action Tubes at several farms in east central Illinois to aide emergency responders when responding to calls.

Emergency Action Tubes are sealed plastic cylinders containing detailed maps of the farm with information identifying the location of buildings, grain bins, livestock, fences, fuel and chemical storage, power lines, electrical panels, water supply and septic systems. Our office manages the mapping process using a GPS software program developed by Penn State University to produce the maps.

Described as “indispensible” by county farm bureaus and fire protection districts, this service is offered at no-cost to eligible farmers in east



central Illinois. The process takes a considerable amount of time and due diligence to produce thoroughly detailed maps. We record information based on interviews with farmers and touring all farms, requiring very little of the farmer’s time throughout the entire process, in order to sketch the layout and identify hazards for the mapping process.

Upon completion, the maps are reviewed with the farmer then the Emergency Action Tube is attached to a location near the electric meter on the farm and duplicates provided to the local fire protection district.

Recognition in a recent Associated Press article has resulted in organizations nationwide expressing interest in replicating this initiative in their communities. Since its launch in fall 2010, 15 Emergency Action Tubes have been completed and delivered. Our goal is to map 35 farms annually and act as a model for other rural health and safety outreach programs.

For more information, contact The Center for Rural Health and Farm Safety at (217) 383-4606 or visit Carle.org/farmsafety.

Recommendations for Accident Prevention

Develop an awareness of hazards on the farm and make a conscious effort to prepare for emergency situations including fires, vehicle accidents, electrical shocks from equipment and wires and adverse health effects from chemical exposures.

- Reduce your risk of injury and illness with preventive measures. Read and follow instructions in equipment operator’s manuals.
- Conduct routine inspections of your equipment to determine problems and potential failures that may contribute to or cause an accident.
- Conduct meetings with employees and family members to assess safety hazards and outline emergency procedures.
- Be especially alert to hazards that may affect children and the elderly.
- Minimize hazards by careful selection of products you buy, by providing good maintenance of tools, buildings, and equipment and establishing good housekeeping procedures.
- Provide rollover protective structures, protective enclosures, or protective frames as appropriate for farm tractors.
- Use seat belts while the tractor is in operation.
- Make sure guards for farm equipment are put back on after maintenance.
- Review material safety data sheets (MSDSs) and labels that come with chemical products. ■

By Amy Rademaker, Farm Safety Specialist
Center for Rural Health and Farm Safety
Carle Foundation Hospital





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For every pest there is an option

Diversity, Round-Up and other answers to your pesky problems

Over the years, as more and more plants make it into my non-expanding yard, and the diversity of plant material increases, the problems become less and less.

Granted, there is hardly any room for any weed to grow. If there's that much room, another plant goes in. That doesn't mean they don't start or sneakily grow under the canopy of other plants. However, without direct sunlight, they eventually have to make their presence known.

Sometimes you get caught bringing something in you don't know is there, such as creeping Charlie with some peonies from a great friend. Then, the following year, you find the weed spreading everywhere.

And that's when the hoe or hand comes out and the unwanted plant is no more.

For some reason, it's gotten harder to bend over to pull the weeds in the alley or cracks in the drive year after year. It's not hard getting down to apply the elbow grease; it's just harder to get the knees and legs to get back up. This seems to be a condition that is affecting more and more of my friends. It must be the water.

Anyway, the use of glyphosate, better known as Round-Up, can take care of the weeds. Some formulations, as long as you read and follow the directions on the label, can limit germinating weeds for the rest of the season.

It's not that we should or even need to run to the chemicals every time we see a pest.

In fact, if you see one pest, step on it, squash it, pull it from the ground, or prune it off the plant. That's the



easiest and smartest thing to do.

For those of you who believe you can't have too little grass coupled with too many plants, you probably find that you have fewer pest problems. It's called "diversity" and no one can really argue against it.

With diversity, you also have more predators, whether the six-legged kind or the two-legged types. Trees and shrubs provide natural shelter for birds, which then find any potential six-legged visitor as a food source.

Sometimes, the good smacks into the good. For example, swallowtail larva may decimate dill and fennel plants, but if that's the goal, it's OK. However, cardinals find the swallowtail caterpillars a tasty snack. In this case, two rights do make a wrong, but a fascinating wrong.

In fact most insects are innocuous, causing more concern than they're worth. Sure, grubs in your lawn, Emerald Ash Borers on your ash tree and Japanese beetles on just about everything require attention.

But if you don't have a lawn, ash trees, any plant in the rose family or lindens, your insect problems

should be almost a yawn.

For any pest, there are options. Look first at physical controls.

The flyswatter or rolled up newspaper or magazine (old issues of Illinois Country Living) are great examples. So is the hoe or the pruning clippers. This involves more work, but great exercise.

Encourage birds and other creatures. Leave some of the seed pods on your flowers. Plant trees and shrubs for shelter.

Viburnum and blueberries tend to be bird magnets.

Keep plants healthy.

Water when needed, which hopefully won't be often but then this is Illinois. Finally, there are the chemicals.

They should be our last choice, not the first. Nor the second or third. Sadly, they often become the immediate go-to when a problem arises.

Some are necessary. Round-Up does a great job at controlling many weeds, but we are seeing some resistance with its continual use.

Imadicloprid is great for grub and Japanese beetle control, but timing is everything.

Which comes down to reading the label before buying. Make sure the pest you want to control is on the label. If it's not, spraying won't accomplish anything except lessen your bank account. ■

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



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Building a better wall

Doug found the best wall insulation for existing homes

Over the past couple of years the electric co-ops of Arkansas have held a home makeover contest. In my opinion, the 2008 and 2009 makeover houses were two of the very best examples of how to make existing houses more energy efficient, more comfortable and have lower monthly utility bills. On a scale of 1 to 10, I think both are 10s.

In Illinois, several co-ops got together to build an award winning energy efficiency demonstration wall. It's toured the country and even helped educate leaders in our nation's capital. The display wall is interactive with real-world construction and efficiency items. It demonstrates how outside air infiltrates the living area through common problem areas in walls, such as uncaulked seams and uninsulated can lights. The display also showcases various types of energy efficient insulation and lighting.

You may find this hard to believe but I, yes I, "The King of Caulk and Talk," still learn from these projects. Let me give you an example.

There was no insulation in the exterior walls of the 2009 Arkansas home makeover house except for one room, which had been added onto the original house. It had two-inch fiberglass batts. It was like the millions of houses in our country that need, but have no exterior wall insulation.

I get calls at my office regularly about that problem. Unfortunately, in the past it has been quite difficult to insulate existing walls. While plans were being made on the ways to make the 2009 house more energy efficient, the planners found a product called RetroFoam™. The name indicates that it is foam for retrofitting. It proved to be a perfect solution for this house.

It was this simple. Two-inch holes were drilled in each stud cavity about



Demonstrating energy efficiency techniques to Senate staffers, Eastern Illini Electric Cooperative's Bob Dickey said, "We know we can reduce the energy costs on the vast majority of homes by 20 to 40 percent." After sealing out leaks insulation has to be added to a wall.

four feet from the floor. A flexible hose was then inserted into the hole and pushed down to the floor. A white foam, which has the consistency of shaving cream, was injected in the cavity until the foam started coming out of the hole. The hose was then pushed up into the cavity until it touched the top plate and foam was installed to fill that part of the cavity.

A two-inch plug was then inserted into the hole. It took about two minutes to fill that cavity. It only took a few hours to insulate the exterior walls of the entire house. Because the house was to receive new vinyl siding, we drilled the holes right through the wood lap siding. If we were intending to reuse the existing siding, we would have removed one piece, drilled through the wall sheathing, installed foam and then replaced the piece of siding.

The family told me this past winter

that it was like living in a totally different house. Can you imagine the difference?

I have also learned that this can be a great application for brick veneer houses. In this case, small holes are drilled in the mortar joints and foam is injected into the entire airspace behind the brick.

You can go to Doug Rye's Web site at www.dougrye.com, e-mail him at info@philliprye.com, or call 888-Doug-Rye or 501-653-7931. You can also sign up for a free newsletter and order his "how to" videotapes. ■

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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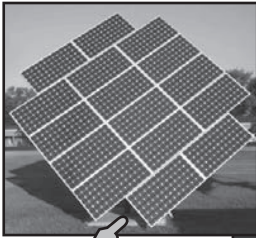


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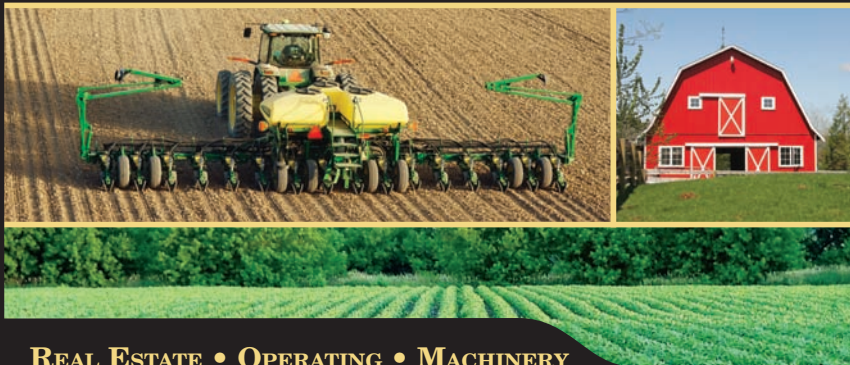
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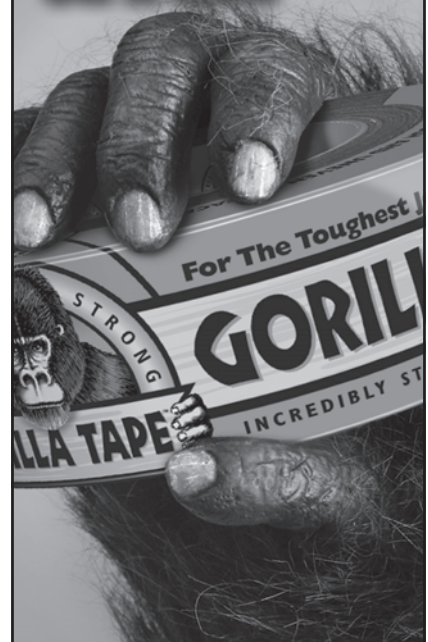
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Balancing home efficiency with comfort

Q Dear Jim: I am planning to build a new house. I want one which is very energy efficient, but still livable. I know that standard stick-built is not the most efficient. What construction methods do you recommend? - Pete S.

A Dear Pete: You are wise to think about the livability of a house in addition to efficiency measures. While building a small, simple house with thick insulation and very few windows would save energy, it likely would not suit most typical American families. You should balance a home's energy efficient aspects with comfort and convenience. Often, by making minor lifestyle changes, your family can dramatically reduce utility bills even in a less efficient house.

The typical “to-code” stick-built house—a home constructed entirely or largely on-site—is not very energy efficient, but this does not necessarily mean all stick-built homes are inefficient. With adequate (more than to-code) insulation, high-quality windows and doors, and attention to construction details, a typical lumber-framed house can be very efficient.

Attention to detail, such as sealing all the vapor/air barriers, is particularly important as it relates to the airtightness of a house.

Several new construction methods are inherently much more efficient than a rectangular lumber stick-built house. These methods include round panelized, geodesic dome, steel-framing, foam block/concrete, structural

insulated panels (SIPS), and post-and-beam houses.

A round house is particularly energy efficient for several reasons. A circle provides the greatest amount of indoor floor space with the least amount of exterior wall surface area. Since heat loss (or gain) from a house is directly related to wall surface area, less wall area results in less potential

loss. Also, wind tends to flow smoothly over the exterior resulting in fewer air leaks into and out of a house.

A circular panelized house, such as ones made by Deltec Homes (www.deltechomes.com), uses a series of eight-foot wide flat panels to create the round house. These panels are made specifically to your house plans and are delivered to your building site ready to assemble. A combination of insulation inside the hollow panels and thick foam sheathing on the exterior results in a high level of insulation. Being manufactured in the controlled factory environment, the panels fit perfectly together for an airtight house.

The roof is self-supporting using trusses. This provides the opportunity to have an open floor plan which is an efficiency advantage with solar or other alternative heating methods. Many house manufacturers have energy efficiency experts on staff, such as Deltec's "Green Team," to help you design a super-efficient round house. These companies also offer predesigned green home packages and

super-insulated wall designs.

Geodesic dome houses are the ultimate in circular design for the least overall exterior surface area, but the interior living space is quite different from a typical house. The most efficient and strongest ones are made of a combination of triangular foam pieces covered with concrete. Because of their shape, both circular panelized and dome houses are inherently resistant to damage from severe weather such as hurricanes.

Although it seems counterintuitive because metal conducts heat, steel-framed houses provided by folks like Kodiak Steel Homes (www.kodiak-steelhomes.com) are very energy efficient. Since the steel members replace the lumber in the walls, these houses can look identical to a standard stick-built lumber house. The only difference is the walls may look thicker, only noticeable at the window and door openings.

The most efficient steel-framed houses use large steel-framing members (called red iron) spaced very far apart. This greatly reduces the amount

of thermal bridges (no insulation at studs) inside the walls. The steel members are very strong and stable, so the house stays airtight without the settling typical with lumber framing.

Foam block houses are assembled somewhat similar to hollow Legos. The lightweight foam blocks are stacked on top of one another to create the walls. When stacked together, open channels are created throughout the blocks. A concrete truck pumps concrete into the top of the wall and it flows throughout the wall. When it sets up, the wall is extremely strong. The foam blocks provide superhigh insulation levels. This construction method offers much architectural design flexibility and the homeowner can easily help with the basic construction.

SIPS are very strong panels with thick insulating foam in the center. They are also called stress skin panels because the interior and exterior skins provide the structural strength for the house. These long panels are factory-crafted to fit your house plans. With the high insulation level and few joints needed between the panels, these houses are efficient.

Standard form core wall panels are similar except the skins are not strong enough to be self-supporting. These panels are often attached over attractive post-and-beam framing which supports the house.



Deltec Homes

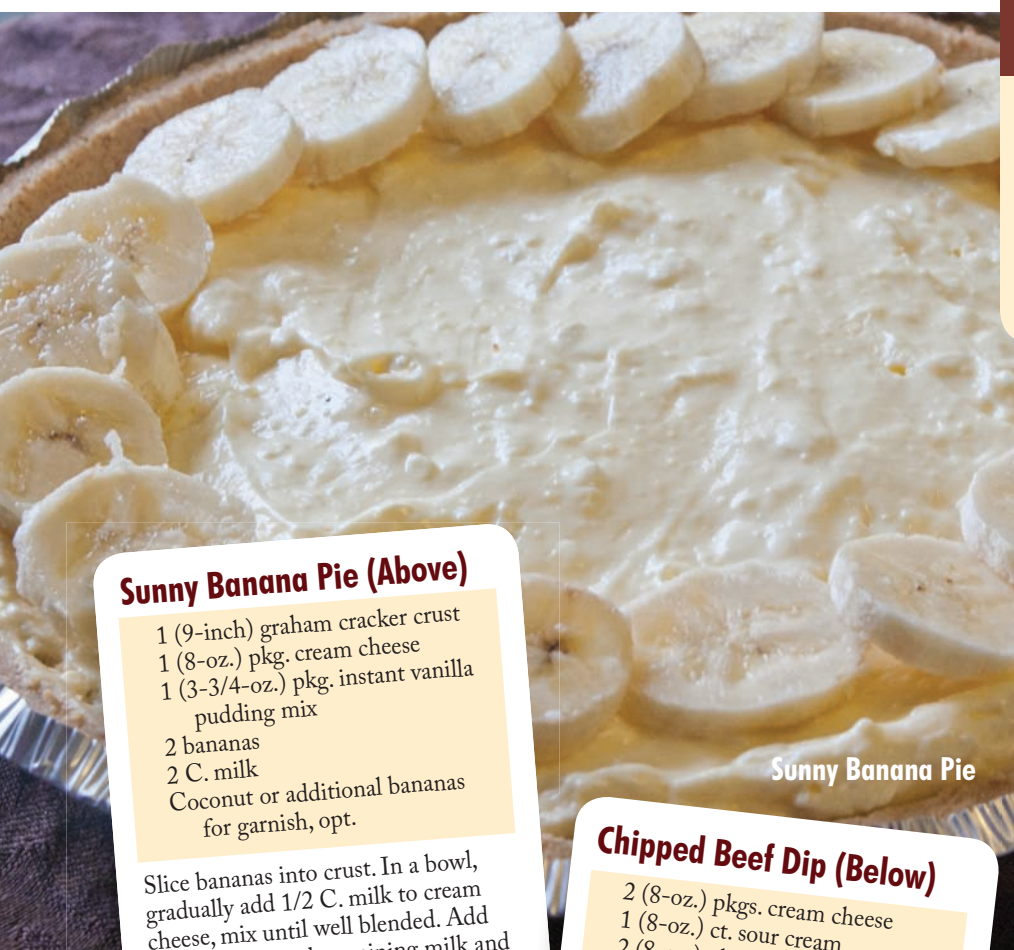
This efficient house construction method uses many insulated wall panels and self-supporting roof trusses.

*Have a question for Jim?
Send inquiries to James Dulley,
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Sunny Banana Pie (Above)

- 1 (9-inch) graham cracker crust
- 1 (8-oz.) pkg. cream cheese
- 1 (3-3/4-oz.) pkg. instant vanilla pudding mix
- 2 bananas
- 2 C. milk
- Coconut or additional bananas for garnish, opt.

Slice bananas into crust. In a bowl, gradually add 1/2 C. milk to cream cheese, mix until well blended. Add pudding mix and remaining milk and beat slowly for 1 minute. Pour into crust. Chill. Garnish with more bananas or toasted coconut, if desired.

Sunny Banana Pie

Chipped Beef Dip (Below)

- 2 (8-oz.) pkgs. cream cheese
- 1 (8-oz.) ct. sour cream
- 2 (8-oz.) pkgs. Buddig beef
- 2 tsp. garlic powder

Mix cream cheese, sour cream and garlic powder together. Chop beef and add to mixture. Mix well. Serve with an assortment of crackers.



Chipped Beef Dip

Three-Bean Dinner Casserole

- 1 (15-oz.) can pork and beans
- 1 (15-oz.) can kidney beans
- 1 (6-7 oz.) can lima beans
- 6 slices bacon
- 1-1/2 lbs. hamburger
- 1/2 C. sugar
- 1/2 C. brown sugar
- 1 tsp. mustard
- 3/4 C. catsup

Brown bacon; drain and cut up. Brown hamburger, drain and combine with bacon. Add pork and beans, and drained kidney and lima beans. Mix in catsup and mustard. Add sugar and brown sugar and mix well. Place in 9x13-inch baking dish. Bake at 350 degrees for 30 minutes.

Easier Than Apple Pie

- 1 refrigerated pie crust
- 1 egg white, lightly beaten
- 3/4 C. sugar
- 2 T. cornstarch
- 1 T. ground cinnamon
- 4 C. thinly sliced, peeled apples
- 1 tsp. sugar

Prepare pie crust as directed on package. Place on foil-lined 12-inch pizza pan. If needed, press out any folds or creases. Brush crust with some of the egg white. Mix 3/4 C. sugar, cornstarch and cinnamon together. Add apples and toss to coat well. Spoon into the center of the crust, spreading to within 2 inches of edges. Bring crust up over apples to form border of about 2 inches, pleating crust as needed. Brush edges of crust with remaining egg white. Sprinkle with 1 tsp. of sugar. Bake in pre-heated 425 degree oven for 20 minutes or until apples are tender and crust is golden brown. Cool slightly before serving.

Photos by Catrina McCulley Wagner



Linda's Cake Balls

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Linda's Cake Balls

1 cake mix, any flavor
Nuts, opt.
1 C. vanilla frosting
Chocolate bark, melted
Sprinkles or any other type of
decoration

Make the cake according to package directions. Tear into pieces and mix with frosting. Add nuts, if desired. Roll cake into 1 inch balls and dip them in chocolate. Set on wax paper to dry.

Chocolate Shortbread

1/2 C. butter, room temperature
1-1/2 T. cocoa powder
1/2 C. powdered sugar, unsifted
1/2 tsp. vanilla
1 C. flour, unsifted

Cream the butter. Cream in the powdered sugar, cocoa and vanilla. Work in the flour until smooth. Spray an 8x8-inch pan with a non-stick vegetable oil. Firmly press the dough into the shortbread pan. Prick the entire surface with a fork, and bake at 325 degrees for about 30-35 minutes. Don't let the edges get too dark. Let the shortbread cool in its pan for about 10 minutes before you loosen the edges with a knife and flip the pan over onto a wooden cutting board. If the shortbread does not come right out, tap one edge of the pan. Cut the shortbread into serving pieces while it is still warm.

Candy Shop Pizza

1 (18-oz.) pkg. refrigerated chocolate chip cookie dough
1 (6-oz.) C. semi-sweet chocolate chips
1/2 C. creamy or chunky peanut butter
1 C. coarsely chopped assorted candy bars

Press or spread cookie dough evenly onto the bottom of a greased 12 inch pizza pan or a 9x13-inch baking pan. Bake in a preheated 375 degree oven for 11-15 minutes or until the edge is set and center is still slightly soft. Immediately sprinkle chocolate chips over the hot crust; drop peanut butter by spoonfuls onto chocolate chips. Let stand 5 minutes or until chocolate chips become shiny and soft. Gently spread chocolate and peanut butter evenly over cookie crust. Sprinkle candy in a single layer over pizza. Cut into wedges; serve warm or at room temperature.

Chocolate Peanut Butter Cups

1/3 lb. crushed graham crackers
(about 11 crackers)
1 lb. powdered sugar
1 C. margarine, melted
1 C. peanut butter
1 (12-oz.) pkg. chocolate chips

Combine graham crackers, powdered sugar, margarine and peanut butter together and press into the bottom of a 9x13-inch pan. Refrigerate until firm. Melt chocolate chips over a double boiler. Pour melted chocolate over pan. Let cool before cutting. This recipe can also be done in paper candy cups.

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

'Stop' Telespam

Has your evening quiet time or dinner been interrupted by a call from a telemarketer? If so, you're not alone. And with many people now moving to cell phones as their primary communication device, this "telespam" can be both time consuming and financially costly.

Most people assume that having a cell phone means you're automatically exempt from telemarketing calls. In fact, that's not quite true. Telemarketers have found a loophole that allows them to call your cell phone anyway. Don't worry though! You can still get rid of those annoying calls and texts.

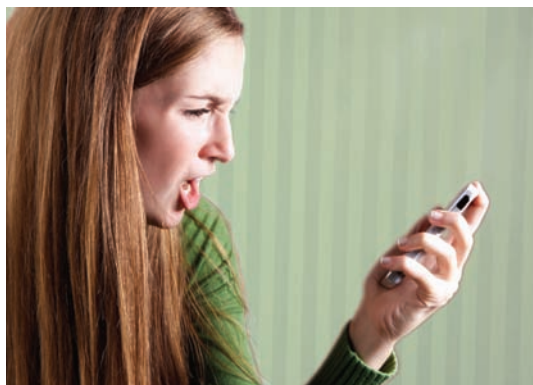
Congress first passed the Telephone Consumer Protection Act (TCPA) in 1991 in response to consumer concerns about the growing number of unsolicited telephone marketing calls to their homes and the increasing use of automated and pre-recorded messages. The original rules require telemarketers to comply with any do-not-call request you make during a solicitation call. Telemarketers covered by the National Do-Not-Call Registry have up to 31 days from the date that you register your telephone number to remove it from their call lists and stop calling you. In June 2003, the FCC supplemented its original rules implementing the TCPA and established, together with the Federal Trade Commission (FTC), the national Do-Not-Call list.

The Do-Not-Call list has alleviated much of the problem you may experience with telespam because it specifically prohibits the use of automated dialers to place calls to cell phones. However, there is a trend currently happening where telemarketers are hiring staff to place calls rather than using automated systems.

A FCC article points out the

loophole saying, "You may have received an email telling you that your cell phone is about to be assaulted by telemarketing calls as a result of a new cell phone number database; however, that is not the case. FCC regulations prohibit telemarketers from using automated dialers to call cell phone numbers."

Keep in mind though, the Do-Not-Call list is universally applied to all numbers. So, when you request your



number to be added to the list, you are covered from all types of calls, including those made manually.

Due to cell phone popularity there is another trend occurring as well. You may have received an unwanted text message, even when you don't have a texting package on your phone! At the very least, these messages can be costly if you don't have an unlimited text package.

There are several ways to combat this type of charge.

What to do if you receive an unwanted text message

First, make sure you scrutinize your bill every month. You may see unwanted charges hidden within the pages.

Second, try responding to the text message by typing back the word "Stop." Many times that will remove you from a list to which you have inadvertently been added. (Note: There is a possibility responding could

make the situation worse. Make sure you follow up with step three!)

Third, call your cell phone carrier. Ask them to block text messages incoming to your phone and remove any charges you have received for unwanted texts. Be sure you have your bill in hand when placing the call.

If all else fails, file a complaint with the FCC. You may file a complaint if you receive:

- an unwanted commercial message sent to a wireless device
- a telephone solicitation made to a wireless device for which the phone number is registered on the national Do-Not-Call list
- any auto-dialed text message on your wireless device, or an unwanted commercial message to a non-wireless device from a telecommunications company or advertising a telecommunications company's products or services.

There is no charge for filing a complaint. You can file online at: <http://www.fcc.gov/complaints>. You can also file your complaint with the FCC's Consumer Center by calling 1-888-CALL-FCC (1-888-225-5322) voice or 1-888-TELL-FCC (1-888-835-5322) TTY; faxing 1-866-418-0232; or writing to:

Federal Communications Commission
Consumer & Governmental Affairs Bureau
Consumer Inquiries and Complaints Division
445 12th Street, SW
Washington, DC 20554

Ed VanHoose is the
Digital Communications
Administrator/IT Manager
for the Association
of Illinois Electric
Cooperatives in Springfield.



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Farm Waste to Energy: Atlas Energy Technologies, Inc. has developed an advanced fixed membrane, mobile anaerobic digester test module for use in the animal husbandry industry. We are completing a test on dairy waste and are presently looking for a hog installation to test for methane production. The unit allows Atlas to determine the amount of tank space required, methane production and the residence time that is required for the hog installation. This will allow Atlas to provide a firm price quotation for that type of hog operation. Interested farmers must have a solids issue in their pond, be interested in moving forward with a waste to energy system and willing to sign a letter of intent. This system provides for a very economical solution to waste solids and interested parties should contact Paul Baskis @ 618-841-7428.

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

Deadlines: September issue – July 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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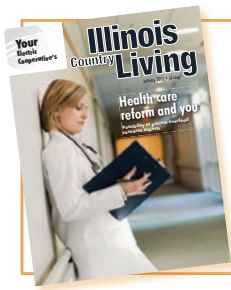
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Generation growing pains

Building an affordable, reliable energy future

By Magen Howard

Tighter government regulations and the high cost to comply with new rules may signal lights out for many of the nation's older power plants at a time when forecasters predict energy demand will eventually outpace supply.

"Americans could see power shortages by the end of the decade if new generation sources don't materialize," cautions Glenn English, CEO of the National Rural Electric Cooperative Association (NRECA), the Arlington, Va.-based service organization of the nation's more than 900 electric cooperatives.

To meet the challenge, electric co-ops are using energy efficiency measures and innovative technology to reduce electric demand. But these measures will only go so far. Eventually, the need to build new generation to "keep the lights on" will take center stage in many regions of the country.

An investment of time, money

The North American Electric Reliability Corporation (NERC), the bulk power grid watchdog for the United States and most of Canada, estimates the country will need

to build 135,000 MW of new generation by 2017 to meet demand. Facilities on the drawing board, though, will only deliver 77,000 MW—leaving an energy gap.

Planning, building, and launching a baseload power plant is no small feat. Even if the permitting process is non-controversial — meaning there are no significant objections to a facility — a coal-fired generating station takes six to seven years from start to finish, a combined cycle natural gas plant three to four years, while a nuclear plant requires 10 years at minimum, notes John Holt, NRECA Senior Manager for Generation & Fuels.

Wind farms and large solar projects, in many cases, need a shorter amount of time to complete, about two years total, but they are handicapped by intermittency issues. Even with good a location wind generation is available at most 40 percent of the time and seldom operates during periods of peak consumption on hot, humid summer week-day afternoons. Solar power systems operate only during daylight hours and are affected by cloud cover. Wind and solar resources must have back-up generation, such as natural gas plants, ready to come online when the wind stops blowing or the sun stops shining, and that adds extra expense.



Source: Tri-State Generation & Transmission Association

Tri-State Generation & Transmission Association, based in Colorado, is part of one of the largest solar projects in the nation, the Cimarron Solar Facility in New Mexico. Solar-powered generation is becoming more popular as states set renewable energy standards.

Federal rules impact energy prices

Rulemakings by the U.S. Environmental Protection Agency (EPA) will impact electric bills and put affordability and reliability at risk. According to the report, Potential Resource Adequacy Impacts of U.S. Environmental Regulations, commissioned by NERC, four pending EPA rules would place new and costly hurdles on power generators. In fact, regulations impacting cooling water intake, coal ash disposal, interstate transport of air pollutants, and using Maximum Achievable Control Technology (MACT) to curb emissions from power plants could force electric utilities to retire or retrofit 33,000 MW to 70,000 MW of generating capacity by 2015. A fifth hurdle, reducing power plant emissions of carbon dioxide, presents an even greater challenge since no viable, commercially tested solution exists.

The Electric Power Research Institute (EPRI), an electric utility research consortium that includes electric co-ops as members, contends if EPA designates coal ash, a residue produced by coal-fired power plants that is used as a Portland cement substitute, as hazardous, it could cost utilities and consumer electric bills between \$5.32 billion and \$7.62 billion annually.

“Because of these new rules, we’re expecting a number of existing coal plants to be shut down,” asserts Kirk Johnson, NRECA vice president of energy & environmental policy. “The cost of compliance will simply be too much.”

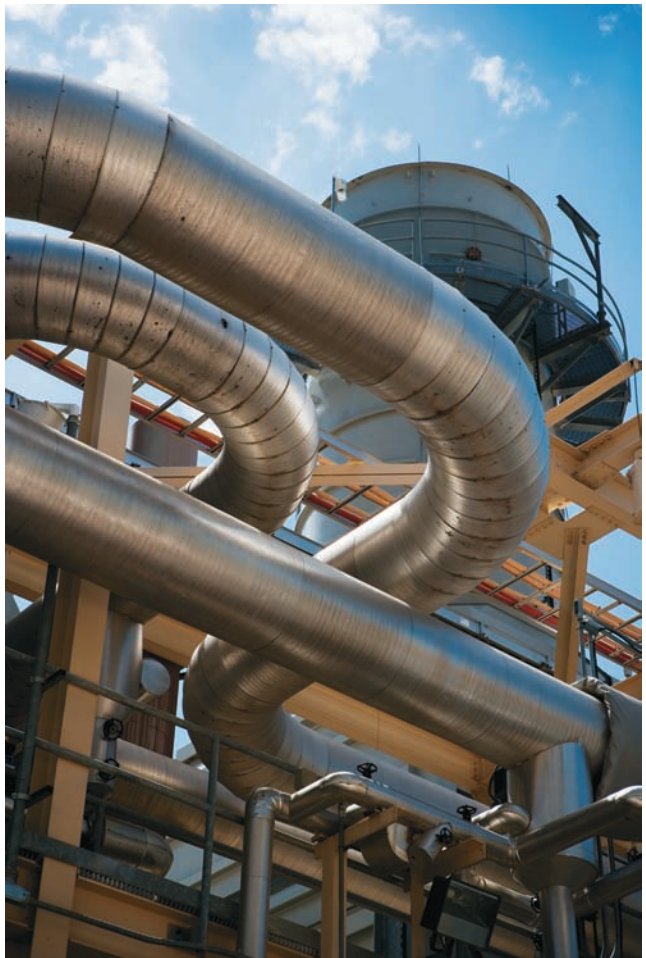
Only two other alternate baseload generation options are currently available to meet America’s demand for safe, reliable, and affordable electric energy — natural gas, which is priced in a volatile commodities markets, or nuclear power, which requires a long lead time for construction and continues to bump up against ghosts of the Three Mile Island accident in 1979 and issues involving disposal of spent fuel.

Natural gas at present seems like an attractive option to satisfy our nation’s energy appetite because the fuel is relatively cheap, power plants that use it can be brought online more quickly.

“But right now, we’re in a natural gas price bubble,” Holt cautions. “While economics today favor natural gas, my concern is just two or three years ago natural gas was three times as expensive. So it could easily and rapidly go up in cost. Over the long term, I expect nuclear power, since it only emits water vapor into the atmosphere, will make a comeback. But there are a lot of ifs.”

Working to keep bills affordable

To reduce the need for new power plants, electric co-ops are fashioning a variety of innovative solutions to reduce load during times of peak demand — the electric utility industry’s equivalent of rush-hour traffic when wholesale power costs skyrocket. Some of these solutions include direct control of electric water heaters, air conditioners, electric thermal storage units, and other appliances in the homes of volunteer consumers; interruptible contracts with commercial and industrial accounts, such as irrigation pumps, large retailers, and factories, that are able



Source: Neal Hinkle

Natural gas power plants, like this unit operated by Golden Spread Electric Cooperative in Texas, are likely to fulfill our electricity needs in the short term.

to temporarily shut down or run emergency generators; calling on consumer-owned (distributed) generation to start up; and the new kid on the block, personal energy management using in-home displays, web portals, and smart thermostats that inform consumers, in real time, when load peaks are happening, allowing them to voluntarily decide when and how to curtail electric use to save money.

Most co-ops are also ramping up energy efficiency programs. According to NRECA Market Research Services, nearly all electric co-ops offer efficiency educational resources, and 77 percent offer residential energy audits.

To find out about energy efficiency programs contact your local electric cooperative. ■

Sources: North American Electric Reliability Corporation, U.S. Energy Information Administration, Electric Power Research Institute

Magen Howard writes on consumer and cooperative affairs for the National Rural Electric Cooperative Association, the Arlington, Va.-based service organization for the nation’s 900-plus consumer-owned, not-for-profit electric cooperatives. Megan McKoy-Noe contributed to this article.

- 2-7, **Logan County Fair** in Lincoln. 217-732-3311
- 3-7, **Kankakee County Fair** in Kankakee. 815-935-7390
- 3-7, **McLean County Fair** in Bloomington. 309-663-6497
- 4-7, **The 78th Annual Lake Villa Days** in Lake Villa. 847-356-6100 or www.lake-villa.org/park_information.html.
- 4-7, **Country Theatre Workshop's "Leading Ladies"** at Cissna Park. 815-457-2626, www.countrytheatre.org.
- 5, **Brats, Beer and Blues Festival** in Freeport. 815-235-9755 or www.freeportartmuseum.org.
- 5-7, **Lollapalooza** in Chicago. 888-512-7469 or www.lollapalooza.com.
- 5-7, **Mighty Richland Players Dinner Theater "Ten-Year Review"** in Orangeville. 815-819-1310 or www.mightyrichlandplayers.com.
- 5-6, **Pearl City Homecoming Festival** in Pearl City. 815-443-2137 or www.stephenson-county-il.org.
- 5-7, **Taste of Orland Park** in Orland Park. 708-403-6140 or www.orland-park.il.us.
- 6, **Antique Automobile Exhibit** at the David Davis Mansion in Bloomington. 309-828-1084 or www.daviddavismansion.org.
- 9, **An Evening In The President's Shadow Tasting Reception** in Dixon. 815-288-5176 or www.ronaldreaganhome.com.
- 10-15, **Reagan Trail Days** at various locations throughout Dixon. 815-288-1485 or www.reagantraildays.net.
- 11-14, **The 38th Annual Gurnee Days** in Gurnee. 847-599-7500 or www.gurnee.il.us.
- 11-14, **Northern Illinois Steam Show and Threshing Bee** at Taylor Marshall Farm in Sycamore. 815-895-9388 or www.threshingbee.org.
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- 12-21, **Illinois State Fair** at the Illinois State Fairgrounds in Springfield. 217-782-6661 or www.illinois-statefair.info.
- 12-13, **The Taste of Dixon** on the Riverfront in Dixon. 815-288-2308 or www.reagantraildays.net.
- 12-14, **25th Annual Oblong Antique Tractor & Engine Show**, Crawford County Fairgrounds, Oblong. 618-546-5615. www.theonlyjob-long.com.
- 13-14, **The 44th Annual Willow Folk Festival** at Willow United Methodist Church in Stockton. 815-947-3789.
- 13, **Downtown Car Show/Cruise Night** in Downtown Mt. Vernon. 618-242-6866 or www.downtownmtvernon.org.
- 13-14, **The 14th Annual Lincolnshire Art Festival** in Lincolnshire. 847-883-8600 or www.village.lincolnshire.il.us.
- 13-14, **The 6th Annual Kite Festival** in Glencoe. 847-853-5440 or www.chicagobotanic.org.
- 13, **Bret Michaels-Get Your Rocks on 2011**, Effingham Performance Center. 217-540-2788 or info@theEPC.org.
- 13, **WingFest VII** in East Dubuque. 815-747-6249 or www.edboosters.com.
- 19-21, **Cultural Festival** at Miller Park in Bloomington. 309-242-4049 or www.culturalfest.com.
- 19-21, **Danvers Days** in Downtown Danvers. 309-963-4928 or www.villageofdanvers.org.
- 19-20, **Grayslake Summer Days** in Grayslake. 847-223-6888 or www.gray-slakechamber.com/default2.asp.
- 20-21, **The 23rd Annual Fine Arts & Wine Festival** in Long Grove. 847-634-0888.
- 20-21, **Chicago Air & Water Show** in Chicago. 312-744-3370 or www.explorechicago.org.
- 20, **Dog Days of Summer** in Homewood. 708-798-3000 or www.homesweethomewood.com.
- 21, **The 3rd Annual Cruisin' with the Classics Car Show** in Mundelein. 847-566-2403.
- 21, **The Third Sunday Market** at the Interstate Center in Bloomington. 217-202-2847 or www.thirdsundaymarket.com.
- 25, **Happy Together Tour 2011**, at Effingham Performance Center. 217-540-2788 or info@theEPC.org.
- 26-28, **The 2011 Lincoln Art and Balloon Festival** at the Logan County Airport in Lincoln. 217-735-2385 or www.lincolnilinois.com/ABF.aspx.
- 26-28, **Dekalb Corn Fest** in DeKalb. 815-748-2676 or www.cornfest.com.
- 27-28, **The 18th Annual Potawatomi Trails Pow Wow** in Zion. 847-746-4000 or www.cityofzion.com.
- 27-28, **The 28th Annual Port Clinton Art Festival** in Highland Park. 847-432-0800 or www.cityhpil.com.
- 27-28, **River Valley Antique Association's 28th Annual Old Fashioned Threshing Show**. Information and vendors call: 309-694-8021 or 309-635-8021.
- 27, **Parrothead Street Party** in Quincy. 217-228-8696.
- 27-28, **Sweet Corn Blues Festival** in Uptown Normal. 309-454-9557 or www.uptownnormal.com.
- 28, **An 1800s Craft Fair** in Lincoln. 217-732-8930 or www.postville-courthouse.com.
- 28, **Apple River Park Days** in Apple River. 815-745-2194.
- 28, **Pioneer Day** in Genoa. 815-784-5559.

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11 DRAWER ROLLER CABINET

INCLUDES:

- 6 Drawer Top Chest
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SAVE \$150

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10977460

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800 RATED WATTS/ 900 MAX WATTS PORTABLE GENERATOR

CHICAGO ElectricGenerators LOT NO. 66619

SAVE \$60

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SUPER COUPON!

CENTRAL FORGE LOT NO. 4030

105 PIECE TOOL KIT

4 DRAWER TOOL CHEST INCLUDED!

SAVE 46%

\$34.99 REG. PRICE \$64.99



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51662849

SUPER COUPON!

LOW-PROFILE CREEPER LOT NO. 2745

300 LB. CAPACITY

SAVE 40%

\$17.99 REG. PRICE \$29.99



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25175084

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1000 LB. CAPACITY MOVER'S DOLLY

HaulMaster LOT NO. 93888

SAVE 46%

\$7.99 REG. PRICE \$14.99



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SUPER COUPON!

HaulMaster LOT NO. 96933/67455

12 VOLT MAGNETIC TOWING LIGHT KIT

SAVE 66%

\$9.99 REG. PRICE \$29.99



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drillmaster LOT NO. 97626

80 PIECE ROTARY TOOL SET

SAVE 65%

\$6.99 REG. PRICE \$19.99



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