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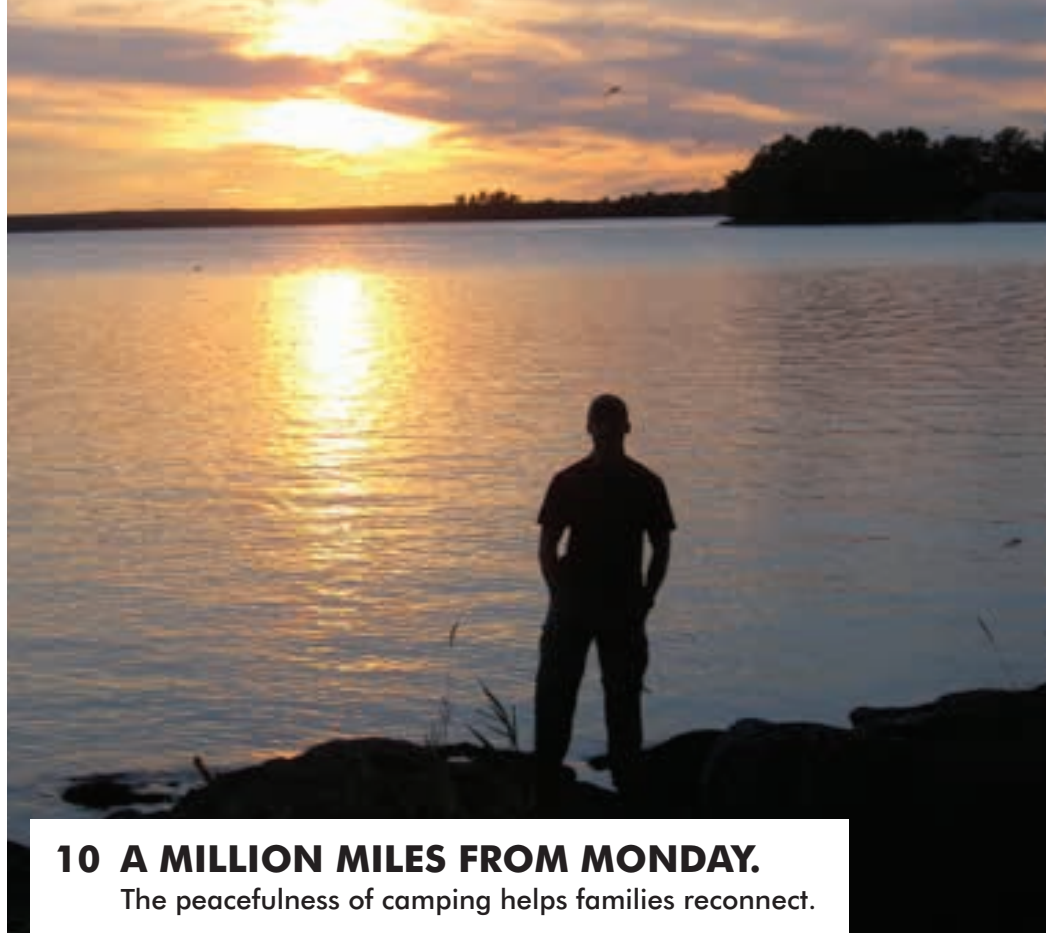


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The peacefulness of camping helps families reconnect.

Volume 72, No. 1, May 2014

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Q&A with new SIPC President

Don Gulley says coal is still critical to power supply

Let me start by saying how humbled and grateful I am that the SIPC Board of Directors entrusted me with this responsibility. Growing up in southern Illinois, I understand the value of hard work and the importance of family and neighbors – southern Illinois values. Coming back “home” to the SIPC member owners was a perfect fit. Born and raised in the area, I genuinely care about how SIPC can best meet the needs of our seven owners (Clay Electric, Clinton County Electric, Egyptian Electric, Monroe County Electric, Southeastern Illinois Electric, Southern Illinois Electric and Tri-County Electric) as well as Norris Electric and the City of McLeansboro through our all requirements contracts.

What is SIPC's main mission?

SIPC is all about those values I described – serving the needs of our member-owners by providing them with reliable, reasonably priced wholesale power through our generation and transmission assets. Safety is paramount and we also conduct our business in an environmentally responsible manner. SIPC's 130 employees (or family) take great pride in the generation we own and operate, as well as the 900+ miles of transmission that interconnects our members to the power grid. In addition, SIPC is an eight percent owner in Prairie State Generation Station and we also have contracts for renewable resources – hydro power and wind generation.

SIPC has been providing service to southern Illinoisans since 1963 and has weathered many changes in our industry. Today we are benefiting from the good decisions that have been made in the past to the decision to participate in Prairie State. We work

together, investing our time and resources for the long term. We are not swayed by the daily changes in the market or investors who scream for higher quarterly returns. We are committed to serving our members today and providing a secure future for our kids and grandkids. That's what being a cooperative is about.

Are there any big issues facing SIPC today?

One of the most critical issues we face as an owner of coal-fired facilities is the Environmental Protection Agency's new limits being set on CO₂ emissions from power plants. The EPA recently established rules for new power plants to limit or capture the CO₂ emissions from coal-fired plants – and yes it is only directed at coal. The EPA is requiring new coal plants to achieve reductions in carbon emissions that are unattainable. Technology to meet the requirements is currently unavailable both from a technical and an economic standpoint. The EPA has touted four projects where carbon capture is being used (but not yet completed). However those are very site specific (in other words it won't work everywhere) and there has been substantial government funding to achieve the reductions.

In June of this year, the EPA will present its rules for *existing coal plants* – without legislative action. The potential impacts could be dramatic. Our concern is that it will cause significant rate increases as a result of costs to comply. Furthermore, natural gas prices are bound to rise as a result of increased demand if generators switch from coal to gas. We are equally concerned about reliability. Recent studies have shown



that even if we could switch from coal to natural gas, the infrastructure to support the added transportation requirements is not sufficient to deliver the amount of gas needed to meet the demand.

We do support the environment, and have taken great strides to make the changes needed to implement necessary controls. We believe it's important that we further study the overall impact and potential outcomes before jumping off this proverbial cliff.

Is there anything members can do to help?

Absolutely! The National Rural Electric Cooperative Association has developed a website, www.action.coop, where people can voice their opinion and join a grass roots movement to let the EPA know how concerned they are about these developments. I encourage everyone to let your voice be heard.

Anything else to add?

Yes. I just want to say how much I appreciate the cooperative family and the work being done by the Association of Illinois Electric Cooperatives. They have done a great deal to save all of us money and provide a good forum for us to discuss the critical issues we face.

And one more thing – It's good to be home! ■

Don Gulley is President/CEO of Southern Illinois Power Cooperative the generation and transmission cooperative serving seven electric distribution cooperatives in Illinois.



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Co-ops react to grid security concern

Jo Ann Emerson, CEO of the National Rural Electric Cooperative Association (NRECA), recently commented on the March 12, 2014, Wall Street Journal article regarding the physical security of the national electrical grid.

"No one takes the security of our nation's electric systems more seriously than the more than 900 private, not-for-profit, consumer-owned electric cooperatives. Every day, NRECA works with our co-ops and partners to find more effective and efficient approaches for affordable, reliable and secure electricity throughout our network.

"We continually assess, improve and update our network to protect our systems from potential threats. There is no "one-size-fits-all" approach to security for any utility. Electric co-ops are committed to working with each other, the Administration and Congress to protect the security of the electrical grid and its components to provide reliable, affordable electricity for all Americans." ■



Co-ops show commitment to community

On March 1, more than one hundred volunteers from Touchstone Energy (TSE) electric cooperatives across the country participated in a project to build two energy efficient Habitat for Humanity homes in Fairview, Tenn.

Volunteers from 35 co-ops arrived in Nashville prior to the start of the National Rural Electric Cooperative Association's (NRECA) 2014 Annual Meeting on March 3. They built one home from the concrete slab and finished a second home. While the volunteers hold a variety of jobs at their co-ops, in general they have a higher than average skill-level in wielding caulking guns and

installing insulation. Those who couldn't caulk walked the neighborhood handing out Touchstone Energy's "101 Easy Ways to Save Energy and Money" to the neighbors.

Jo Ann Emerson, CEO of the NRECA, was one of the volunteers. "It's a privilege for me to work alongside so many dedicated co-op volunteers," said Emerson. "A concern for community differentiates not-for-profit, member-owned cooperatives from other utilities, and for us today that community is Fairview. We're not only going to be building houses, we're going to be spreading the message about energy efficiency." ■

Community service volunteers included Kevin Bernson, Vice President of Media and Public Relations at Shelby Electric Cooperative (third from left) and Aaron Ridenour, Manager of Marketing & Business Development at Prairie Power, Inc. (on far right).





Electric co-ops praise senator's energy white paper

Jo Ann Emerson, CEO of the National Rural Electric Cooperative Association, welcomed U.S. Sen. Lisa Murkowski's (R-AK) speech on Feb. 11 announcing her Energy 20/20 White Paper at the National Association of Regulatory Utility Commissioners.

Emerson said, "Senator Murkowski's paper is spot-on in its call for a more reliable and affordable electricity grid. Her assessment of the factors influencing the electric grid brings to light the importance of honest dialogue, and co-ops look forward to being part of that conversation."

"Regulations cannot occur in a vacuum. They must be deliberate and thoughtful. Folks in Washington often forget about the impact at the end of the line, but electric

co-ops know first-hand the effect even a small price increase can have. That's why we stand strong in supporting a true all-of-the-above energy policy that helps keep electricity affordable."

Electric cooperatives serve the majority of the persistent poverty counties in the country. As defined by the U.S. Department of Agriculture's Economic Research Service, these counties have had 20 percent or more of their populations living in poverty over the last 30 years. View the map depicting electric cooperative service territory overlaid with the persistent poverty counties at <http://www.nreca.coop/wp-content/plugins/nreca-interactive-maps/persistent-poverty/>. ■

Overhaul of FEMA disaster funding rules needed for rural areas

Governor Pat Quinn in February delivered the keynote address at the National Journal's Natural Disaster Forum in Washington, D.C., where he discussed Illinois' preparedness and response to several major natural disasters and called for needed changes to the Federal Emergency Management Agency's (FEMA) disaster aid criteria.

A tornado outbreak on Nov. 17, 2013 killed eight people, damaged or destroyed 2,500 homes and severely impacted the towns of Brookport, Gifford, New Minden, Diamond and Washington, Ill. The state was struck by 25 confirmed tornadoes in three hours during November. Despite requests from Illinois, FEMA denied

request for federal assistance based on the existing federal criteria.

These recent disasters highlight the need to update FEMA's criteria for awarding federal disaster aid. Legislation introduced in the U.S. House and Senate would bring more fairness to the federal disaster declaration process.

The Fairness in Federal Disaster Declarations Act of 2014 will give FEMA a clearer, more substantive formula when evaluating disaster areas. It will modify a flawed system that places small and rural communities in highly populated states at a disadvantage.

Rural electric cooperatives are supportive of this effort. Without FEMA

disaster funding ice storms, hurricanes and tornadoes can be financially devastating. Recently an Iowa electric co-op was denied and this raised concerns nationally among electric co-ops. Without this safety net one ice storm could "bankrupt" a small not-for-profit electric cooperative. ■



Aging infrastructure number one concern for utilities

Many electric co-ops are celebrating their 75th anniversary and lines, like the one pictured here, were built 50 to 75 years ago. Replacing that aging infrastructure is the top concern of many utilities.

To better understand how electric utilities are meeting challenges such as slow demand growth, the rise of distributed generation (DG) and regulatory burdens, Siemens recently commissioned Utility Dive, a Washington, D.C.-based media startup, to survey 527 industry professionals nationwide.

Aging infrastructure emerged as the top concern



(48 percent), followed by 32 percent citing threats to the current regulatory model (seen as poorly designed for the evolving utility environment), recruiting a new generation of employees (31 percent) and issues related to DG (30 percent). However, 57 percent see DG as an opportunity, and a strong 67 percent believe utilities should take a direct role in supplying DG to those they serve, either through owning or leasing systems or

partnering with established companies. ■

Source: CFC Solutions NewsBulletin

Illinois electric co-op named 2013 Wind Cooperative of the Year

The U.S. Department of Energy and the National Rural Electric Cooperative Association (NRECA) in March recognized Old Dominion Electric Cooperative (ODEC) of Virginia and Rural Electric Convenience Cooperative (RECC) of Illinois as the 2013 Wind Cooperatives of the Year.

The awards were presented at the TechAdvantage 2014 Conference and Expo in Nashville, Tenn., to honor electric cooperatives that demonstrate outstanding leadership in advancing U.S. wind power. The two power providers were selected by a panel of judges from the wind industry, utilities, government, national laboratories and cooperatives, and were evaluated for their corporate leadership, project innovation, and benefits to customers.

RECC teamed up with the Illinois Department of Natural Resources (DNR) to provide its 5,800 customers with new sources of energy, while

transforming a “brownfield” site into a source of clean, renewable energy. By installing a utility-scale turbine on the elevated section of an abandoned mine, RECC is able to capture a large amount of wind energy that is unavailable at a lower elevation. Wind speeds in central Illinois are typically slower than in northern parts of the state, so the 14-foot, 60-acre tailings pile owned by DNR gives the installation the sufficient height it needs to capture winds strong enough to power a 900-kilowatt turbine.

Several factors enhanced the project’s feasibility, including clean renewable energy bond financing, a long-term lease agreement for the site with the DNR, and proximity to a RECC substation.

David Stuva, President and CEO of Rural Electric Convenience Cooperative in Auburn, Ill., said the visibility of the GobNob 900-kilowatt wind turbine just off I-55 serves as a way to educate the public and



co-op members on the benefits of the renewable resource.

“Since 2009, hundreds of school kids have learned about wind energy by visiting GobNob while the project has produced about 10 million kilowatt-hours of renewable energy for our members,” said Stuva. ■



Our cooperative will be closed on Monday,
May 26th, in honor of Memorial Day.

As you kick off the summer season
celebrating with friends and relatives,
please take time to remember the brave
men and women who gave their lives
for this great country. They are, after all,
the reason for the holiday.



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A million miles from Monday

Get off the couch and into the great outdoors

by Valerie Cheatham

Whether pitching a tent in your own backyard, at a local campground or hauling a fifth-wheel camper hundreds of miles, both are done with one idea in mind – rest and relaxation. The need to get away from the demands of a fast-paced lifestyle and kick back while reconnecting with family and friends compels more than 38 million people to hit the road each year in search of that perfect retreat.

Camping opens up the world of the great outdoors and offers enthusiasts the opportunity to live a simpler life, waking up to the sounds of nature and falling asleep to the stars. Many participants have been camping since childhood when parents or grandparents first took them along for the fun. Such is the case with cooperative employees Chris Reynolds, Tim Frick and Laura Dotson.

A family camping tradition

Reynolds, Coordinator of Web Services/Graphic Designer for the Association of Illinois Electric Cooperatives, says his first experiences camping came as an infant on his grandparent's land on Glenn

Shoals Lake in Hillsboro. His earliest memories include fishing, boating and sitting around a campfire.

The majority of the time Reynolds uses a camper, but when he was younger he would invite friends out and they would pitch a tent close to the water or go out in the timber. "Most of my childhood consisted of water skiing, potato guns and things like that I could do out there," explains Reynolds. "We even had a go-cart we ran around on."

"Camping has been such a big part of my summers for most of my life," Reynolds says. "It's spending time with family. That's really what it's all about with me, the ground itself is almost part of the family."

His grandmother Barb Denton, and her late husband Bud, started camping while in their twenties and took their children with them. They owned everything from a pickup topper to pull-behind campers and finally a motor home. They decided to buy a permanent place when they had increasing trouble getting reservations at their favorite campgrounds.

After hearing about a lake being formed in the Hillsboro area, they decided to buy an acre to camp on, but ended up with 11 acres. According to Grandma Barb, as she likes to be called, they thought about possibly opening a campground when they retired. They left everything as natural as possible, although they did install in-ground electrical line and water.

Her family spent a great deal of time out at





the lake. "I raised my girls out there. Actually, I raised about half the town's girls out there," she chuckles.

After her husband passed away, she sold their motor home and built a small log cabin on the land. Her children, grandchildren and great grandchildren all regularly take advantage of the peaceful spot. It's not all fun and games though, there's a lot of upkeep on 11 acres including mowing and the annual spring and fall clean-up of leaves and fallen branches.

With the exception of when Reynolds was younger, he and his family have always used a camper.

Chris, along with his wife Whitney, and two girls Avery and Ella, camp almost every weekend during the summer. The majority of the time they are out at the lake. Almost every weekend after Reynolds gets home from work, he hooks up their camper and his family heads out to the lake until Sunday evening.



Barb and Bud Denton

Every year the Reynolds family vacations involve camping, and several times each summer they go to Lithia Springs in Shelbyville. "The fun behind that is it's a different experience. It's almost like in the movies when everybody in a neighborhood knows each other and say hello. Everybody's polite. It's an interesting dynamic, not like staying in a

hotel and you never say anything to anybody. At a campground, everyone instantly has something in common because they all have an investment in their equipment. You can always talk about your camper.

"The camping community is really great," he continues. "My mom always says, 'we're like turtles, we just take our home on our backs wherever we go.'"



Campfires, hiking, canoeing or best of all - nothing to do

The first memories of camping for Tim Frick, Certified Energy Specialist for Eastern Illini Electric Cooperative, were at about the age of 10. His parents had an old popup camper they would take on family vacations.

After Frick married, he and his wife bought a small popup camper with just two beds and no cooking capabilities. It was so small they could pull it with his Camaro Z28. His kids grew up with that camper until they eventually traded up to a much larger popup which was more convenient for the family. Five years ago, he and his wife bought a fifth-wheel trailer. "It's not like bringing home with you, but it's pretty darn close," Frick says. "Fortunately, or unfortunately, depending on how you look at it, we had to buy a bigger truck to pull it!"

According to Frick, he would go back to a popup any day just because it is easier to maneuver and doesn't cut his gas mileage in half when he pulls it. But he loves camping.

"I just love to get away from everything," he explains. "We seldom go camping by ourselves, it's usually with friends. We don't usually go that far away. Often we go over to Kickapoo

State Park, which is probably our favorite spot. I look forward, more than anything, to sitting around the campfire of an evening and talking and telling stories. Most of the stories we've heard before, but it's fun to reminisce with friends."

He and his wife will often take advantage of hiking trails and canoeing or tubing down a river, if those activities are available. "It's hard telling what we might do, but I'm perfectly happy if there's nothing to do. I don't have a bit of a problem with reading the paper or listening to a ballgame," says Frick. "It seems like if you are at home, there's always something you feel like you ought to be doing. When you're camping, you don't worry about it. Of an evening, we typically have dinner and get a fire built, as the sun is going down, and everyone brings their lawn chairs out and we sit around the fire and visit."

Frick also farms, so you won't find him camping until after the crops are in the ground. They usually wrap up camping for the year with a traditional trip on Columbus Day weekend with several friends. For almost 40 years, a group of 10-12 families would go down to McCormick's Creek near Bloomington, Ind. for the long weekend. They had a tradition of burying

a time capsule and each year would go out in the woods, dig it up, take photos of those present that particular year, write notes about the past year and bury it again. Sadly, about five years ago, when the group dwindled to three or four families, they stopped doing it.

The Frick family still vacations together. Both daughters and their families have tents they bring along, although two or three grandkids usually end up sleeping in the camper. He's found the majority of people at campgrounds are a mix of young and old, but Frick says you can usually guess how old they are by the kind of equipment people have. The older folks tend to be able to afford a nicer camper while the younger ones often have tents.

"You don't see many people in their seventies camping - most are younger," Frick says. "It's been such a big part of our lives, I hate to think about the day when we stop."

Leave the video games at home

Laura Dotson, Manager of Communications for Adams Electric Cooperative in Camp Point, recalls first camping when, as a child, her grandparents would take her with them each year to a gas engine show held at Argyle Lake State Park in rural Colchester.

Once she got married, Dotson and her husband would tent camp. They started out with a very small tent, which worked well when it was cold enough to frost. It helped keep the heat inside on those cold nights. They moved up to a larger tent which was much better for allowing air circulation on those hot summer days; eventually graduating up to a camper.

"When we tent camped, my husband and I would use primitive sites, which was fine for us. But there are so many other things you have to take with you," explains Dotson. "The nice thing about the camper is that pretty much everything is there and ready when we want to go. I even have

camping clothes I keep in the camper. When we tent camped, I had a long checklist of items to take, but now with the camper I have a shorter list and it's easier. I plan meals that are different than what we usually eat, and we build a fire and take a small grill. I enjoy cooking outside."

Dotson loves being able to relax with family and not having to worry about the chores sitting at home. Her husband and two kids enjoy nature too, and often take their bikes along on the trip or spend time fishing, hiking or playing with remote-control vehicles. Dotson loves crafting and will take that along with her. Sometimes she will plan a craft her children will enjoy.

Whether by themselves, or with friends, they just enjoy spending time outdoors. "It's just so relaxing," she says. "We leave the video games and stuff at home and just enjoy being together as a family."

Try it before you buy it

Not sure if camping is for you? Before you buy, consider borrowing a tent or renting a camper before sinking a lot of money into the equipment. This will allow you to "test drive" the experience. You might even want to consider renting a cabin, many campgrounds have them available.

Do some homework first. Consider the type of campground and amenities you want. Some campgrounds have hiking trails, swimming pools, fishing, etc. Do you want electricity and water? What about showers? These are all considerations you should make before making a reservation.

Whatever you decide, as the Illinois Campground Association materials say, "It's a million miles from Monday."

Where to go

Whether you prefer to rough it in a primitive campsite in a national forest, or find a campground with multiple activities, there is an abundance of information available on the Internet.

For a listing of private Illinois campgrounds, amenities and reservation information, go to www.IllinoisGoCamping.com.

If searching for something outside Illinois, try www.gocampingamerica.com.

Information on national parks and facilities can be found at www.Recreation.gov or by calling 877-444-6777.

Think safety first!

Before you leave home:

1. Pack the basics like water, sunscreen, insect repellent, flashlight and fire extinguisher.
2. In case of emergency, be sure to tell someone at home where you are going and when you'll return.
3. Know basic first aid and take a first aid kit with you. You can find a listing of the basics that should be included in a first aid kit on the American Red Cross website at www.redcross.org or complete kits can be purchased at most pharmacies or department stores.
4. Have the proper clothing and equipment for any weather you may encounter.
5. Make sure you have access to clean tap water. If you aren't sure, take bottled water.
6. Take the time to make sure your vehicle is road ready.



Glamping

If you like the great outdoors but camping isn't for you, consider glamping.

Glamping is luxury camping that gets you away from the busyness of life, but in a more glamorous camping style. The accommodations allow you to experience nature in your own private secluded tree

house, yurt, cave, luxury tent, etc. It's the opportunity to sleep in a one-of-a-kind setting without sacrificing comfort.

You can find glamping sites with access to activities such as mountain biking, hiking trails, rafting or wine tasting. To learn more go to www.glampinghub.com.

How to safely use herbicides and pesticides

As a boy, I had the wonderful opportunity to grow up around a farm. I got to help plant, cultivate, grow and harvest crops, raise and work cattle, and get up way before the sun did to milk dairy cows on a Holstein dairy farm. Back in the day of the small square bales, I think I hauled enough to cross the U.S. if they were set end to end. At least it sure felt that way.

And to be honest, there were some mornings when the alarm would go off at 3:30 sharp, and I really wondered if farming was really what I wanted to do for the rest of my life. Though farming isn't for everyone, there is something about being outside and seeing what one can do with the land before him that is a wonderful thing.

In thinking back to my years spent on a dairy and hog farm, and what I have been able to learn since then, I realize I did some things, and worked with some equipment and products, that had the potential to be dangerous. I somewhat blindly used products that had a serious potential for harm. I just didn't know better. One type of product I now know more about are herbicides and pesticides that were used to control certain weeds and pests. So, I would like to share some safe work practices for working with herbicides and pesticides on your farm.

In Illinois a commercial entity, either for-hire or not-for-hire, which purchases and applies herbicides and pesticides is required by law to take and pass an industry specific test every three years. The exam refreshes the individual on safe transport of product, tank-mixing, spraying and drift, and proper disposal of containers.

There are federal laws and guidelines as outlined by the United States EPA, and in Illinois the use of herbicides and pesticides fall under the close eye of Illinois agencies like the Department

of Agriculture, EPA, Department of Transportation, Emergency Management Agency and more.

If you are on a farm in Illinois, there is little doubt you use some form of herbicides and/or pesticides. Here are some reminders for using these products while being as safe as you can.

- ☠ Always remember that a herbicide label is a legal document and should always be read before using that product and referred to if you have questions.
- ☠ When transporting herbicides or pesticides never have them close to food or grain products, and never have them inside a closed vehicle.
- ☠ If transporting more than 1,000 pounds, special considerations are needed and regulated by the Federal hazardous material transport rules.
- ☠ Never put unused product in an unmarked container.
- ☠ The one instruction that is on every product label is to "Keep out of Reach of Children". This is essential!
- ☠ When mixing or pouring product into a tank keep the container below eye level so product cannot splash into your eyes.
- ☠ Proper clothing should always be worn when mixing or applying herbicides and pesticides. Rubber gloves, aprons, face shields, goggles and unlined rubber boots are all good to wear while handling such products.
- ☠ When mixing a spray tank, give care that no product spills out and runs to a drain or water source of any kind.
- ☠ Always mix products in a well-lit and ventilated area with some sort of spill containment.
- ☠ If there is a spill, do everything you can to stop and contain it.
- ☠ Spray drift is the number one complaint among the public, though there are issues with any wind options, one should not spray if the wind is in excess of 10 mph.

- ☠ A buffer zone of 66' should be observed when spraying around surface water such as streams, creeks, rivers, lakes, and ponds.
 - ☠ If there are bee keepers nearby, they should be notified of your intent to spray.
 - ☠ All re-entry intervals listed on the label should be observed for workers and cattle.
 - ☠ If clothing gets spray drift on it, it should be removed and laundered that day.
 - ☠ If clothing gets soaked in the product, remove and dispose of it as the label instructs.
 - ☠ When spraying, if you have excess product when done, you are permitted to dilute the amount in the tank and re-apply to an area, as long as it does not exceed amounts per acre as indicated on the label.
 - ☠ When disposing of used containers, follow the process on the label and by guidelines established by the Illinois EPA.
 - ☠ Do not spray if heavy rain is expected.
 - ☠ Scouting is the first and most important step in determining the weed or pest you are trying to control with herbicides and pesticides.
- There are many more ideas and safe work practices when using herbicides and pesticides, but following these will greatly reduce your risk. You can contact the Illinois Department of Agriculture at 217-782-2171 or www.agr.state.il.us for more information. ■

Ken Macken is the Manager of Safety and Loss Control for the Association of Illinois Electric Cooperatives.
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Bringing in the butterflies

By L. A. Jackson

Spring is an ideal time for gardeners who love ornamental plants to plan for not only a bountiful show of blooms but also butterflies. That's right—butterflies.

These bright flits of kinetic color are enough to make even the most distracted backyard grower take notice. Stray butterflies will fly into the garden just about any time during the spring and summer months, but when it comes to finding these beautiful winged insects in the landscape, the more the merrier! And the best way to bring in more butterflies is to simply offer them something to eat.

This can be done by serving up plants off of butterflies' Most Preferred List. Mature butterflies go for flowering, nectar-producing plants, while their young—caterpillars—prefer to munch on plant foliage.

Nectar-loving adults are drawn to blooming plants, favoring plants with red flowers first, followed by yellows, pinks, whites and purples. Also, they like blossoms that are flat-topped or clustered to allow them to land so they can feed while in park. Call it a fly-in diner, if you will.

What flowers are butterfly magnets? Spring bloomers such as primrose, money plant, lilac, sweet William, rock cress and candytuft are great for attracting an assorted variety of adult butterflies in the spring.

In the summer, butterfly weed, bee balm, purple coneflower, butterfly bush, cosmos, lantana, periwinkle, lavender, hydrangeas and zinnias are good choices to take over from the spring flowers and continue attracting butterflies. Butterflies will flock to fall flowers as well such as sedums, asters, and swamp sunflowers.

The blossoms of many native trees also double as desirable food for adult butterflies. Even weeds will draw these winged beauties into your yard. Clover,

henbit, morning glory and dandelion are all native “volunteer” plants that serve as sources for nectar.

The difference between a “weed” and a “native plant” often lies in its desirability in the garden. Many native plants are simply too pretty to not be included in cultivated gardens, and their nectar also attracts adult butterflies. Such indigenous lovelies include liatris, black-eyed Susan, cardinal flower, coreopsis, Indian blanket and ironweed.

Butterfly larvae also like weeds and munch on the foliage of these plants that many gardeners find undesirable; the caterpillars are actually helping with landscape maintenance. Some chew on certain tree leaves as well. Elm, river birch, poplar, willow, dogwood and cherry trees seem to be tops on many of their dining lists.

Interestingly, some butterfly caterpillars tend to be plant-specific. A good example is butterfly weed. While this native perennial's nectar is a big favorite for many different adult butterflies, its foliage is especially sought out by Monarch larvae.

Black Swallowtail caterpillars have a preference to feed on the native golden Alexander and related plants. Golden Alexander is from the Parsley family, which includes three other plants young Black Swallowtails prefer: the popular garden herbs parsley, fennel and dill. Many concerned herbalists coexist with these larvae by either picking them off the plants and moving them to other greenery, or planting more parsley, fennel and dill than man or beast will ever consume in a summer.

A good way to attract more adult butterflies is to concentrate the right plants in large enough numbers so these fliers can easily see what you have to offer. A clump or two of purple coneflowers won't effectively do the job, but a massed bed or border filled



An Eastern Tiger Swallowtail exploring a butterfly bush blossom.

with these plants in full bloom will be a big neon sign that, to butterflies, spells “F-O-O-D!”

Another trick is to add shallow dishes of water, wet sand or mud in the garden. You will be surprised how many of these winged beauties will congregate around such watering holes! Since butterflies also like sweets, sugar, honey or pieces of fruit can be added to enhance this butterfly bar, but such treats will also catch the attention of ants, wasps and bees.

One more amenity that can appeal to these wonderful winged insects is large, flat rocks placed in an area that receives the morning sun. Butterflies are cold-blooded creatures and will seek out such toasty spots to warm themselves up at the start of a new day.

Of course, if you are committed to bringing in more butterflies to your garden this growing season, one other item you might think about picking up is a good book that identifies the different types of butterflies in your region. It can become a fascinating hobby, and, after all, you wouldn't want to mistake an American Painted Lady for a Great Spangled Fritillary, would you? ■

L.A. Jackson has been a garden editor, lecturer and writer for over 20 years and has led many tours overseas through the great gardens of Europe. He lives in North Carolina.



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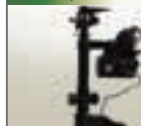


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Cooking



Strawberry Pie

Cold Summer Spaghetti (below)

- 1 – 12 oz. box spaghetti
- 1/4 c. olive oil
- 3 T. lemon juice
- 1 c. fresh basil
- 3 c. finely sliced tomatoes
- 1/2 c. grated Parmesan
- Pinch of salt and pepper

Cook spaghetti; drain. Stir in olive oil and lemon juice; set aside. Add chopped basil, tomatoes and Parmesan cheese. Salt and pepper to taste. Mix gently and serve.

Quick Fruit

- 1 refrigerated pie crust
- 1 egg, beaten
- Sugar
- Any flavor preserves
- Any stone fruit (peaches, plums, etc.)

Roll out pie crust on a pizza pan. Spread preserves on crust. Arrange sliced fruit in center. Fold up sides around fruit, leaving a circle open on top. Brush with egg wash. Sprinkle with sugar. Bake at 350 degrees for 20-30 minutes until crust is browned.



Cold Summer Spaghetti

Factory Favorites

Who: White House Manufacturing Social Committee

Cost: \$22 includes shipping

Details: hard-backed, ring bound

Pages of recipes: 125

Send checks to: White House Manufacturing, Attn: Stephanie, Route 67 North, Whitehall, IL 62092 or call 217-374-2141.

Strawberry Pie (left)

- 1 c. sugar
- 3 T. cornstarch
- 2 T. corn syrup
- Pinch of salt
- 1 c. water
- 1 sm. pkg. strawberry gelatin
- 4 c. strawberries
- 1 baked pie shell

Combine first 5 ingredients in saucepan. Tint with food coloring if desired. Cook until thickened and clear, stirring constantly. Add gelatin; stir until gelatin dissolves. Cool. Fold in strawberries. Spoon into pie shell. Chill until serving time. Garnish with whipped cream.

Layered Tuna Salad

- 4 c. shredded lettuce
- 1-1/2 c. macaroni, cooked
- 2 c. chopped cucumber
- 2 c. chopped tomatoes
- 2 – 6-1/2 oz. cans tuna, drained
- 1 – 10 oz. pkg. frozen peas, thawed
- 1 c. cheddar cheese
- 1-1/2 c. Miracle Whip

Layer lettuce, macaroni, cucumber, tomato, tuna, peas and cheese in bowl. Spread Miracle Whip over salad, sealing edges of bowl. Cover. Refrigerate several hours or overnight. Toss and serve.

California Club Pizza

- 1 tsp. vegetable oil
- 1 pkg. refrigerated pizza crust
- 2 c. diced, cooked chicken
- 1 c. shredded cheddar
- 1 c. shredded Monterey Jack cheese
- 2 plum tomatoes
- 1/4 med. red onion
- 1 med. avocado
- 1 lemon
- 6 slices bacon, cooked

Preheat oven to 425 degrees. Brush oil onto cookie sheet. Press pizza dough into cookie sheet. Top with chicken and cheese. Bake 16-18 minutes until crust is golden brown. Let cool. Slice tomatoes and remove seeds. Dice tomatoes, avocado and onion; put in bowl. Toss with juice of lemon. Spread over pizza. Sprinkle bacon over top. Cut into squares and serve.



Strawberry Salad

Golden Delights

Who: Fairview Haven Retirement Community

Cost: \$25 includes shipping

Details: soft-backed, spiral bound

Pages of recipes: 331

Send checks to: Fairview Haven Retirement Community, Attn: Sally, 605 N. Fourth St., Fairbury, IL 61739 or call 815-692-2572.

Beef Kabobs

5 lbs. lean round or sirloin steak
1 c. salad oil
1/2 c. soy sauce
1/2 c. lemon juice
1/2 c. Worcestershire sauce
1/2 c. prepared mustard
1 T. salt
1 T. coarsely ground pepper
2 cloves garlic, minced

Cut steak into 1-1/2" cubes. Mix remaining ingredients well. Pour over steak and refrigerate for 8 hours. When grilling, use hot coals. Brush kabobs with butter often. Carrots (partially cooked), onions and green peppers are also good placed on the skewers between pieces of meat. Marinade can also be used for pork chops.

Chicken Salad Pitas (below)

1/4 c. sliced almonds
1 c. sliced, skinless chicken breasts, cooked
1/2 c. chopped dried apricots
1 celery stalk, chopped
1/2 c. fat free plain yogurt
2 T. coarsely chopped cilantro
1 T. Dijon mustard
1 tsp. orange zest
1 tsp. honey
2 whole wheat pitas

Combine ingredients. Fill pita pockets. Yields 4 (1/2 cup) servings. Note: Roast almonds at 300 degrees for 7-8 minutes to make them crunchy and bring out flavor.

***Editor's note:** Most of the cookbooks we receive do not have the number of servings listed, however if you are looking for recipe nutrition information there are a number of websites that will do just that! One of my favorites is www.myfitnesspal.com/recipe/calculator.*

Recipes prepared, tasted and photographed by Valerie Cheatham. For more recipes and photos go to www.icl.coop. Questions? Email finestcooking@aieccoop.



Strawberry Salad (above)

Salad:

Mixed greens
Fresh strawberries, sliced
Feta cheese, crumbled
Candied pecans:
2 T. butter
1/2 c. brown sugar
1/4 c. cider vinegar
3 C. pecan halves

Salad dressing:

1 can frozen strawberry daiquiri
1 c. cider vinegar
1 c. oil
1-1/2 c. sugar

Preheat oven to 350 degrees. Melt butter in large skillet and add pecans. Saute' until lightly browned. Add brown sugar and cook until slightly caramelized. Add vinegar and continue cooking on low heat, stirring continuously, until all liquid is evaporated. Spread pecans on baking sheets and lightly sprinkle with salt. Bake 5-10 minutes, turning once. Mix dressing ingredients and shake until well mixed. Toss all salad ingredients together along with candied pecans and drizzle with dressing.

Apricot Mist

1 - 46 oz. apricot nectar
1 - 46 oz. pineapple juice
3 - 6 oz. cans frozen limeade,
plus water
3 - 28 oz. bottles Ginger Ale

Mix together apricot nectar, pineapple juice and prepared limeade. Can be frozen and served as a slush. Add Ginger Ale just before serving.

Calling all cookbooks!

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



Chicken Salad Pitais

A different kind of envelope

Making your home more like an ice chest

Oftentimes I refer to the term “building envelope” or “thermal envelope.” Both are interchangeable and synonymous. So, just what is a building envelope? Well, in simple terms, it is the building components that separate the building interior from the exterior environment. And since this column is about energy efficiency, let’s call it the “thermal envelope.” On the simplest of buildings, the thermal envelope consists of the floor, the four walls and the ceiling or roof.

There are two things that can affect the energy efficiency of the envelope. One is the insulation value of the components and the other relates to the amount of air that can transfer to and from the envelope.

For the sake of teaching, picture a normal ice chest. It’s a miniature ultra-efficient structure where the floor, walls and the roof are super-insulated, and there is only one doorway leading in and out. Some have a capped plumbing penetration – the drain plug. This structure requires very little energy to fulfill its job of keeping its contents chilled. However, lifting the lid introduces air infiltration and will affect the energy consumption (melting ice), energy cost (buying more ice) and comfort (warm soft drinks). Keep the lid closed, and the content stays cold and the ice lasts much longer. You may not be aware that many of today’s new homes are insulated with similar foam used in ice chests. Plus, existing homes can be retrofitted as well.

So how does an ice chest relate to a dwelling? After all, nobody wants to live in a big insulated box. Most people prefer to live in a building that contains amenities, comfort and improves our quality of life. Of course, we also want affordable utility bills.



Well, the good news is building an efficient new home or retrofitting an existing home is doable. However, the bad news is many desired amenities can adversely affect the energy efficiency of the thermal envelope.

For example, the installation of windows into a well-insulated wall will almost always decrease the energy efficiency of the thermal envelope. This is because the windows may have some air leakage, and the insulation value of the window is less than the well-insulated wall. Also, the glass will allow more heat rays from the sun to enter the house. We all want windows in our house, so what can we do to enjoy the benefits of windows without dramatically affecting the envelope? The answer is that we must analyze the efficiency of each component and its direct impact on the envelope.

In this particular case, we could install the fewest number of windows necessary to make us happy, and

choose the most feasible energy-efficient new home or retrofitting an existing home is doable. However, the bad news is many desired amenities can adversely affect the energy efficiency of the thermal envelope goes down, then the energy bill usually increases. We will continue this subject in next month’s column.

Learn about the thermal envelope while visiting www.smartenergytips.org and your local electric co-op’s website.

Please call my office at 501-653-7931 if you have questions, and I will be happy to help you. Or you may attend one of our seminars sponsored by your local electric co-op. ■

Doug Rye can be heard on several different Illinois radio stations. You can go to Doug Rye’s Web site at www.dougyrye.com, e-mail him at info@philliprye.com, or call 501-653-7931.



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Treasure hunts along the road

Family-friendly sleuthing makes traveling more exciting

By Amy Higgins

Road trip activities are often tedious and predictable: the license plate game, 10 minute pit stops, mounds of munchies and the occasional snooze. But there are ways to break up the monotony, get a little exercise and have fun.

Try geocaching and letterboxing. These scavenger hunts aren't new, but they aren't as familiar as your traditional traveling games. They have gained worldwide attention and can be played within feet of your home, in the middle of nowhere and abroad. No matter where or how far you travel, it's practically guaranteed a geocaching or letterboxing treasure is nearby.

On your next road trip, take a little detour and include a few stops to search for hidden treasure.

Geocaching

Geocaching was first reported by *The New York Times* in October 2000. It has since become a worldwide sensation, says Eric Schudiske, public relations and special media manager for geocaching.com. Geocachers can be found all over the world, several

of which are deeply ingrained in the geocaching community. Several groups go so far as to schedule geocaching events and outings.

Geocaching uses GPS devices to locate the coordinates to a specific treasure, or geocache. Simply register for a free basic membership on geocaching.com, locate the "Hide & Seek a Cache" page, enter the postal code, state or approximate address of your desired location and click on any geocache in the list provided. Lists are sizable and range in difficulty and terrain, so you'll have many options to choose from.

Once you decide which geocache is the most enticing, enter the coordinates in your GPS device and follow the clues. Find out if the geocache's description offers additional hints, such as a decryption, as these hints can be critical to finding the cache. And remember to pack a pencil and notebook for the road.



Smartphone users can install the free "Geocaching Intro" app, which accomplishes the same goals as the website but its portability comes in handy, especially on road trips when you need to look up a tip or resolve to abort a particular mission and move to a different cache.

Geocaches have hidden compartments and come in many forms: plastic containers, boxes, bags, fake rocks and logs, tools, nuts and bolts, and magnetic containers such as the geocache titled "Cherry Knolls 8: Elvis" in Centennial, Colorado. With a difficulty rating of one star, this particular find is easy enough for an amateur geocacher, but fun to hunt down nonetheless.

When you find the geocache, open it, check out the contents, sign the logbook and take a picture as a reminder of your journey. Some caches contain treasures. If you choose to take one, it is expected that you replace the treasure with another of equal value. When your mission is complete, it's important to return the cache to its original spot so others can enjoy the treasure hunt in the future.

As you become more familiar with the game, challenge yourself to the more difficult hunts. Or, relocate or create a geocaching trackable, a traveling game piece. Common types of trackables include Travel Bug® Trackables and Geocoins. These game pieces are etched with a code so users can find details of the trackable on the Geocaching.com website. The game piece travels from one cache to another, sometimes all over the world and, recently, one traveled to space.

To learn about space travel, the





5th grade class at Chase Elementary School in Waterbury, Connecticut, gave astronaut Rick Mastracchio a special Travel Bug® that traveled with him to the International Space Station in November 2013. The Travel Bug® is expected to arrive back at the elementary school when he returns in May 2014.

Letterboxing

It is believed that letterboxing began in 1854 in England. In a hard to reach area of the park, James Perrott, a Dartmoor National Park guide, left his contact information in a bottle, inviting those who found the bottle to contact him and to leave their own information for others to find. That was letterboxing in its infancy. The game never went away, but it didn't gain a lot of popularity in North America until it was resurrected in 1998 when *Smithsonian* magazine wrote an article about the pastime.

Today, letterboxing is different. Letterboxing players start by establishing a trail name and stamp design as their identification. Many die-hard letterboxing enthusiasts create their own one-of-a-kind signature stamp using wine bottle corks, foam, erasers, rubber or any other ink-absorbent material. Then, with a writing implement, notebook, inkpad, compass and clues in hand, they set

out to find letterboxes.

Letterbox clues can be found online at letterboxing.org or atlasquest.com. By doing a simple location-based search, players can obtain a list of letterboxes in that area. Choose your desired letterbox, read the clues, print a map of the area, gather your letterboxing supplies and you're ready for the hunt.

Letterboxes range in size and type. One letterbox could be a Tupperware container while another might be a fake rock, so be observant. Many letterboxes require you to hike for miles and others can be found feet from your home.

When you locate a letterbox, you'll find a logbook and stamp inside. Imprint the enclosed stamp impression in your personal logbook and write about your experience. Next, stamp the letterbox's logbook with your personal stamp and record your letterboxing name, hometown and date. Lastly, return the letterbox and its contents to its original location.

The LetterBoxer's Companion – Exploring Mysteries Hidden in the Great Outdoors by Randy Hall is a popular guide for letterboxing newbies and could come in handy during your letterboxing road trip. In the book, Hall offers tips on following clues, creating your personal stamp and letterboxing etiquette.

Actively Searching

With geocaching and letterboxing you're not only experiencing a fun adventure and testing your problem-solving skills, you also benefit from the exercise. "There's a study, for the first time, that tracks the health benefits of geocaching," Schudiske says. "People who geocache are less likely to be obese or call in to work sick."

Studying 1,000 participants, researchers of the Geocaching for Exercise and Activity

Research (GEAR) project will determine how much physical activity is involved hunting for geocaches. Study participants are using a pedometer to track their movement while geocaching. Results of the study will be available in March or April 2014.

Who doesn't like a little treasure in their life? Start a tradition and give letterboxing or geocaching a shot on your next road trip. Whichever path you choose, be sure to go back to their websites and share your experience with people who enjoy treasure hunting as much as you.

Amy Higgins, a Centennial, Colorado, writer with Colorado Country Life magazine, enjoys geocaching with her son, Jack, 7.



Keeping children safe from online predators

Too often in the news we hear of child predators, and many times the stories reference online activity as a starting point where the predator first came into contact with the child. For that reason, I am often asked by parents what they can do to keep their children safe online.

Some people say they simply do not allow their children to go online. But, with the number of connected devices available to a child these days, I have always tried to provide my own children a safe environment in which to use the Internet for learning and play. However, that does mean taking some steps to ensure appropriate use.

First, there is the common sense approach. Do not allow children to use connected devices in their bedrooms. It's simply best to keep everything in public areas. Set up a location in your home where the computer "lives." If they have a laptop or tablet, be sure they check it in at night before going to bed. You could put a charging station in place where all mobile devices (including phones) must be plugged in before everyone retires for the evening.

Second, did you know that Windows has some options for family security? It does take a bit to set up, but once you have it running, the time spent is well worth it. You can even install an optional software to monitor the settings you choose.

To get started, first download the Family Safety Filter and install it on every computer you wish to monitor. Microsoft's Family Safety Filter is part of the Windows Live package, so you will probably need to both download Windows Essentials, and sign up for a live account if you don't have one. Once you have the software installed, you can sign in to begin setting up your children's accounts.

In order to sign in visit <http://familysafety.microsoft.com>, and enter your live credentials. If you don't have credentials, just use the "Sign up now" button at the bottom. After you have signed in, you should see an option to set yourself up as a parent in order to monitor your child's usage. By following the links at the bottom of the page, you can set up your children's accounts and turn on Family Safety for them.

Now you can also add additional parental controls like time limits, age-ratings for games or other content, and blocks on programs you don't feel are appropriate for them.

In order to enable parental controls, click Start, Control Panel and then, under User Accounts and Family Safety, click Set up parental controls for any user. Under Parental Controls, click On, enforce settings. Once the parental controls are turned on, you now have options. For instance, you can set certain times when your child can use the computer. All you have to do is click Time limits and then drag in the grid the hours you want the computer available.

If you want to block certain games, there are several options available. Again, go to the Parental Controls section, and click Games. Then you can decide game ratings or content levels appropriate for your child.

You may only want your child to be able to use certain programs. In order to set those restrictions, go to the Parental Controls section, and click Block specific programs. Then, simply choose the programs you wish to allow.

As I said at the beginning of this column, it can take a bit to get things set up, but once you do, maintaining your family's online safety becomes much easier. For a complete list of steps on how to set up Family Safety, visit <http://windows.microsoft.com/en-us/windows/set-up-family-safety#set-up-family-safety=windows-7>



Reply Online

Have a technology issue and want some advice? Visit www.icl.coop and click on Powered Up to respond. Your response might even be included in a future column.

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



evanhooose@aiec.coop



Central/ Southern Illinois

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The advertisement for Worldwide Steel Buildings features a large, dark-colored barn with a prominent white door and a small cupola on the roof. Above the barn, a circular logo with a globe inside is labeled "WORLDWIDE STEEL BUILDINGS". Below the logo, the text "protect what matters" is written in a script font. The main headline reads "looks like mother nature finally met her match." in a mix of bold serif and sans-serif fonts. A white banner hanging from the barn says "30x40 starting at \$7,914". In the foreground, a sign on the left says "CALL NOW FOR CURRENT SPECIALS 800-825-0316". On the right side of the barn, a circular seal with wings around the number "50" says "YEAR STRUCTURAL WARRANTY". At the bottom, a line of text says "Visit WorldwideSteelBuildings.com for more information."

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It's planting time. We have white pine and Norway Spruce to plant as wind break or privacy screen. Call John at TurfGreen Landscaping. The more trees we plant the better for our environment. 217-793-1114 or 217-306-0248.

Stay and Play in Southern Illinois' Hardin County. Shawnee Forest, Ohio River, Garden of the Gods, Cave-in-Rock. www.hardincountyil.org. Illinois Mile After Magnificent Mile. 618-287-4333.

For sale: Waterfront home on Pana Lake. 1200 Sq. ft. double wide. 3 bedroom, 2 bath fireplace, city gas, appliance's Stay City Gas. \$69,900. 217-823-6898.

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Wanted to buy: Standing timber, most species. Pay top prices. Call 217-285-2760.

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- 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: July issue - May 20;
August issue - June 20.

We reserve the right to reject any advertisement. Ads postmarked after the deadline will be placed in the next available issue.

Pursuing a responsible energy future

In just the last decade, generation and transmission cooperatives have invested more than \$3.4 billion to reduce emissions and boost efficiency. They are planning billions of dollars more in further upgrades. Here in Illinois, Southern Illinois Power Cooperative and Prairie Power, Inc. joined six consumer-owned municipal agencies and invested \$1 billion in emission control equipment at the Prairie State Generating Campus. This 1,600 MW supercritical power plant also includes a nearby coal mine, further reducing the cost and emissions by eliminating train transportation.

Cooperatives have always balanced investments in efficiency and the environment with the need to control costs for members. The U.S. Environmental Protection Agency (EPA) is considering a series of new environmental standards for new coal power plants that potentially could have a devastating impact on the ability of electric cooperatives to provide affordable and reliable electricity.

While complying with all these standards could cost power generation cooperatives millions of dollars, “the most pressing issue, and the one that could have the biggest impact on us, is the proposed rule that will come out this June on carbon dioxide emissions for existing power plants,” says Kirk Johnson, NRECA Senior Vice President of Government Relations.

Cooperatives are more dependent on coal-fired generation than the rest of the industry. The reason lies in the tumultuous decade of the 1970s. Remember the oil embargoes, gas lines and soaring prices? For much of the 1970s, the nation was caught up in a complicated energy crisis that involved disruptions in Middle Eastern oil supplies and a conviction the world was running out of oil and natural gas.

In 1977, President Jimmy Carter called

on the United States to “shift to plentiful coal” to meet its growing energy needs. A year later, Congress went further, passing the Powerplant and Industrial Fuel Use Act to block the use of natural gas or oil to generate electricity.

Electric cooperatives stepped up to meet the challenge, adding 15,600 MW of coal-based capacity during the natural gas ban. “That’s when we built 70 percent of our coal generation, during the period leading up to and during the Fuel Use Act,” says John Novak, NRECA Executive Director of Environmental Issues. The Fuel Use Act was repealed in 1987.

Novak says coal-fired units still have many years of effective life and generation and transmission cooperatives have already invested significantly to meet EPA regulations like at the Illinois Prairie State Generating Campus. Coupled with the other rules now being considered by the EPA, the rule on carbon dioxide emissions could be the “straw that breaks the camel’s back,” Novak says.

Co-op representatives, along with NRECA staff, have met with EPA officials to make their case for reasonable solutions. Co-ops also continue to work on upgrades and new technologies to make their plants even cleaner, while still providing the affordable power members expect.

“Our folks are engaged in all kinds of activities to improve the efficiency and environmental performance of our power plants across the board,” says Johnson. “They’re very serious about finding solutions that are affordable for members.”

Co-op members have also participated, sending nearly 300,000 comments and stories, telling the EPA why we need a reasonable balance in our energy and regulatory strategy. You can tell the EPA if you agree by going to the Cooperative Action Network at www.action.coop.

By Reed Karaim who writes on consumer and cooperative affairs for the National Rural Electric Cooperative Association.

Teach your children history by visiting Illinois' past

History is a kind of introduction to more interesting people than we can possibly meet in our restricted lives; let us not neglect the opportunity.

~ Dexter Perkins, Historian and Author

History is like a great novel with its plot twists, characters, places and events. But unlike a good book, we can visit history. It's all around us; as close as a museum or historic site. By introducing our children to this world of ancient culture, explorers and great American statesmen we're proving them a chance to time-travel; fueling their curiosity and helping them better understand the men and women who made Illinois and America great.

Remembering the first residents

Think about a 13th century city bigger than London that existed in what is now Illinois. At a time when great European cathedrals were being built, Marco Polo was exploring Asia and the Mongol Empire, under the leadership of Genghis Khan, conquered Russia.

Although it would be more than 200 years before Christopher Columbus discovered the New World, Cahokia, one of the greatest cities of the world, was a bustling center of Mississippian Native Americans.

Cahokia Mounds State Historic Site, an UNESCO World Heritage Site and National Historic Landmark in Collinsville, offers a look at this sophisticated society of mound-builders. According to archaeological finds, more than 120 mounds were built here over time.

The fate of the prehistoric Cahokians and their city is unknown, but by the 15th century, the site had been abandoned. Exactly where the people went or what tribes they became is yet to be determined.

The **Black Hawk State Historic Site** in Rock Island was occupied by Native Americans on and off for 12,000 years; most recently from 1750 to 1831 by the Sauk and Mesquakie Indians.

In the late 1820s, Anglo-Americans arrived, gradually forcing the tribes across the Mississippi River. In 1832, 1,500 Sauk and Mesquakie, led by the warrior Black Hawk, returned to plant crops, resulting in a 15-week conflict known as the Black Hawk War. Their defeat marked the passing of Native Americans from Illinois.

A visit here is a great opportunity to talk about Native Americans and how European colonization forced them off their lands.

European occupation

Fort de Chartres, built in 1750 near Prairie du Rocher, is the last of three 18th century forts erected near the Mississippi River by the French colonial government. The forts served from 1720 to 1763 as the center of French administration of the area. In 1763 France ceded much of its territory in North America, including Illinois, to Great Britain. British troops occupied the stone fort from 1765 until 1771. It has been partially reconstructed to provide a glimpse of life in Illinois under French rule and many of the original remains have been excavated.

At the **Lewis and Clark State Historic Site**, ask your children what they think it would be like to be asked to travel into the unknown, explore, map and report back to the President of the United States. That's exactly what President Thomas Jefferson asked of Meriwether Lewis and William Clark when the United States made the Louisiana Purchase in 1803 — 827,000 square miles of land west of the Mississippi River. Camp Dubois in Hartford was the 1803-1804 winter camp of Lewis and Clark where they recruited Illinoisans to come with them and prepared for their expedition to the Pacific Ocean.



The Lewis and Clark State Historic Site

Lincoln's life in Illinois

Born in 1809 in rural Kentucky, Abraham Lincoln's family moved first to Indiana and then Macon County, Ill. In 1831 Lincoln moved to New Salem where he worked as a shopkeeper, postmaster and general store owner.

New Salem State Historic Site, a recreated village located near Petersburg, was Lincoln's home when he was elected to the Illinois General Assembly in 1834 and 1836, studied to become a lawyer and was admitted to the bar in 1837.

What was it like to live and work on the frontier in the early 19th century? Furnished buildings including several homes, stores and tradesmen's shops, as well as costumed interpreters, help retell this chapter in state history.

The next period in Lincoln's life chronicles his years in Springfield serving as a lawyer. Lincoln practiced law in the **Lincoln-Herndon Law Offices**, now a State Historic Site.

Old State Capitol

Lincoln visited the capital building frequently as both a lawyer and a politician, serving in the Illinois House of Representatives, delivering the famous 1858 "A house divided against itself cannot stand..." speech and using the governor's rooms as his 1860 presidential campaign headquarters.

His successful election pushed several Southern states to secede by the time of his inauguration in March 1861 and the Civil War began a month later.

It was here that his body lay-in-state May 3 and 4, 1865, after his assassination.

The **Abraham Lincoln Presidential Museum and Library**, **Lincoln Home National Historic Site** and his final resting place at **Oak Ridge Cemetery** are also located in Springfield.

U.S. Grant Home State Historic Site

On August 18, 1865, Galena celebrated the return of its Civil War hero General Ulysses S. Grant. Julia Grant recalled that "there was a tremendous



New Salem State Historic Site - Photo courtesy Illinois Office of Tourism

and enthusiastic outpouring of people to welcome him...After a glorious triumphal ride around the hills and valleys, so brilliant with smiles and flowers, we were conducted to a lovely villa exquisitely furnished with everything good taste could desire."

The house, managed by the Illinois Historic Preservation Agency, is where Grant lived with his family during his 1868 presidential campaign, brief periods during his presidency (1869-1877), and his retirement. He visited for the last time in 1880.

Many of the furnishings belonged to the Grant family. Tours emphasize Grant as the victorious war leader, the 1868 candidate for president and his years as the 18th President of the United States.

If you go:

For more information on these and the many other historic sites in Illinois contact the Illinois Office of Tourism by calling 1 (800) 2-CONNECT or check the website at www.enjoyillinois.com.

For more information:

Cahokia Mounds State Historic Site, 30 Ramey Street, Collinsville, IL; (618) 346-5160; <http://cahokiamounds.org>.

Blackhawk State Historic Site, 1510 46th Ave., Rock Island, IL; (309) 788-0177; <http://blackhawkpark.org>.

Fort be Chartres Historic Site, 1350 State Route 155, Prairie du Rocher; (618) 284-7230; www.ftdechartres.com.

Lewis and Clark State Historic Site, 1 Lewis and Clark Trail, Hartford; (618) 251-5811; www.campdubois.com.

Lincoln's New Salem State Historic Site, 15588 History Lane, Petersburg; (217) 632-4000; www.lincolnsnewsalem.com.

Lincoln-Herndon Law Offices, 6th & Adams Streets, Springfield; (217) 785-7289; www.state.il.us.

Old State House, 1 South Old State House Plaza, Springfield; (217) 785-7289; www.illinoishistory.gov.

Abraham Lincoln Presidential Museum and Library, 112/212 N. Sixth Street, Springfield; (217) 558-8844; www.alplm.org.

Lincoln Home National Historic Site, 413 South Eighth Street, Springfield; (217) 492-4241; www.nps.gov/liho.

Oak Ridge Cemetery, 1441 Monument Avenue, Springfield; www.graveaddiction.com/oakridge.

U.S. Grant Home State Historic Site, 500 Bouthillier Street, Galena; (815) 777-3310; www.granthome.com.

- 1 Be Old-fashioned, Eat Organic,** Rock Springs Conservation Area, 3939 Nearing Lane, Decatur. Gardeners in the past relied upon hard work, knowledge and nature to produce a successful garden without modern help. Garden volunteer Marge Evans will show how to grow an heirloom vegetable garden using organic methods. Located at the Homestead Prairie Farm Stage. 2 p.m. Free. www.maconcountyconservation.org.
- 4-8 53rd Annual International Carillon Festival,** Washington Park, S. Grand Ave. and MacArthur Blvd., Springfield. Longest running carillon festival in the world! Carilloners from several countries will perform on this world class instrument. Individuals and families are encouraged to bring a picnic dinner and lawn chairs or a blanket and enjoy the beautiful music of the bells at this free family event. Check the website for daily schedules www.carillon-rees.org or 217-753-6219.
- 6-7 Annual Rhubarb Festival,** Highway 67 and Route 17, Aledo. Bake sale features more than 2,000 rhubarb pies and other delicious desserts. In addition a huge craft show (Saturday only) and flea market, music, food, trolley tours and shopping in the historic district. Free admission. 309-277-0937
- 7-8 Heritage Days Festival,** Old National Road, Martinsville. An old-fashioned weekend of fun. The festival begins with an all equine parade at 11 a.m. on Saturday. Events following the parade will include artist/artisan vendors, quilt show, Native American impersonators, games, music, food vendors and more. Sat. 10 a.m.-9 p.m., Sun. 12-6 p.m. For more information call 217-382-3033 or email mville62442@gmail.com.
- 8 Bluegrass Music Jam,** Rock Springs Nature Center, 3030 Nearing Lane, Decatur. Bring your instrument and play, or just come to enjoy the music. 1-4 p.m. Free. www.maconcountyconservation.org.
- 12-15 Superman Celebration,** 607 Market St., Metropolis. Metropolis, home of Superman, holds a celebration the second weekend in June celebrating the "Man of Steel." A Superman drama kicks off the weekend of contests, music, food and fun, as well as a comic book and artist show, fan films, street vendors, carnival, costume contest and a Super Car Show. 800-248-4373 or www.supermancelebration.net.
- 13-15 Music Fest,** City Park, 100 Block of W. Pearl St., Geneseo. Great family weekend, Friday evening includes the Rotary Club Supper and queen contest. Saturday features the Maple City 4, arts and crafts and other family activities in the park, food and music. Sunday music and arts and crafts continue, along with a parade. 309-944-2686 or www.geneseo.org.
- 14-15 Northwest Illinois Annual Gourd Festival,** 6521 N. Hill Rd., Scales Mound. Gourds extraordinaire! Gourd vendors, growers and artists come together for this special showing, as well as demonstrations and classes. Live music, food and beverages. Bring the kids and water shoes for a day of play and gourds in this unique, rural historic site with a railway station, general store, mill and wading pond. 815-777-2711
- 14-15 20th Annual Historic Cemetery Walk,** Greenwood Cemetery, Gear St., Galena. Follow a guide through one of Galena's oldest cemeteries while costumed reenactors bring to life some of the most interesting residents in this historic cemetery. Being portrayed this year are various notable Galenians. (815) 777-9129 or www.galenahistorymuseum.org.
- 20-22 Long Grove's Annual Strawberry Festival,** Long Grove Historic Village, 307 Old McHenry Rd., Long Grove. Strawberry lovers of all ages flock to the fest to enjoy chocolate covered strawberries, fruit smoothies, ice creams, baked goods and the farm-fresh berries themselves. Free live entertainment all three days with plenty of activities for the family. www.visitlonggrove.com or 847-634-0888.
- 21 7th Gospel Concert on the Farm,** Niemann Farm, Litchfield. Featured musicians are The Chosen One, a family gospel group from Manchester, Ill. The Niemann family, including children and grandchildren, will open the evening with their style of music. In addition, a 50+ piece collection of Allis Chalmers tractors and equipment will be displayed around the farm. Homemade ice cream, cookies, drinks and kettle corn will be available. Open to the public, rain or shine, bring your own lawn chairs. Begins at 5:30 p.m. Directions: located 4 miles south of downtown Litchfield on State St./Niemanville Trail to 8th Avenue. Turn east and go to first house.
- 27-29 Crazy Horse Bluegrass Festival,** Crazy Horse Campground, 2113 Crazy Horse Rd., Ashland. A weekend of family fun – Friday and Saturday music performances, concluding on Sunday with a morning gospel show. Bands include The Harmans, Trinity River Band, Blue Town, Diamond Hill Station, Charlie & the Girls, Blue River, Illinois Rail and Rusty Nail Crossing. Food, camping and entertainment. www.crazyhorsecamp.com or 217-886-2089.



Visit our website, www.icl.coop

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: May 1 for July events. **Mail to:** Illinois Datebook, PO Box 3787, Springfield, IL 62708. E-mail to: datebook@aiec.coop.

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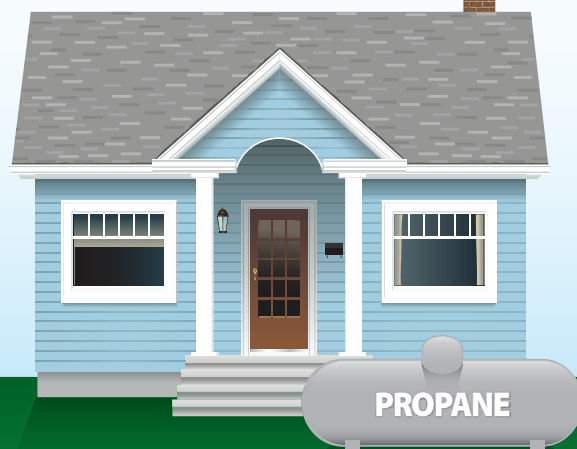
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Weeke Sales & Service
Okawville
618-243-5333
weekecustomcomfort.com

Weidner Refrigeration
Divernon
217-628-3400

William J. Kraus & Son
Keocuk, IA
319-524-3714