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# Illinois Country Living

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## Down to earth answer for EPA rule

### Geothermal heat pumps can help climate change goals

Climate change is a hot-button issue worldwide, as nations wrangle with ways to cut carbon emissions that are warming the planet. The Obama Administration has voiced its commitment to the cause, and through executive order has directed the U.S. Environmental Protection Agency (EPA) to come up with solutions.

Last June (2014), EPA proposed a rulemaking for new regulations under the Clean Air Act section 111(d) that demands sharp reductions in carbon emissions from coal-fired generation facilities. The proposal has everyone involved — from utilities to state regulators—scrambling to offer ways to meet EPA goals while causing the least harm to our still fragile economy.

Here's the rub: Coal still provides nearly 40 percent of the nation's baseload electricity. It is cheap and abundant. And many utilities, especially in the Midwest, rely on coal to satisfy the needs of their ratepayers. So how can they continue to use coal and satisfy our collective need to save the planet from global warming? The answer in part is geothermal heat pumps.

The Geothermal Exchange Organization (GEO) submitted comments to the EPA late last year, urging that renewable thermal energy and geothermal heat pumps (GHPs) be recognized in its proposed rulemaking. The proposed rule allows flexibility in meeting the agency's desired emissions reductions across the nation, including renewable energy and energy efficiency.

In building its case for GHPs, we emphasized the efficiency that the technology can bring to EPA's expected mandates, and benefits of more widespread use by reducing fossil-fuels consumption, leveling

utility loads, and cutting carbon emissions from existing power plants across the United States.

Encouraging GHP technology is one of the few policy initiatives that can simultaneously and cost-effectively help states and EPA advance its renewable energy concepts, as well as its allowances for energy efficiency and reduction in demand.

We then asked EPA to take the next logical step, to specifically recognize within the 111(d) Final Rulemaking the role that renewable thermal energy can play in offsetting carbon and emissions. We believe that GHPs should be specified among the most efficient renewable thermal energy technologies for accomplishing that goal.

Illinois electric cooperatives recognize GHPs offer a unique and efficient renewable energy technology for heating and cooling. They have successfully promoted the benefits of GHPs to their members since the 1980s. Indeed, nearly 10 percent of co-op members in the state have opted for the efficiency and comfort of heating and cooling with GHP systems, tapping the renewable energy of the earth and reducing power and fossil-fuel use for the benefit of all.

Energy efficiency is the least cost, lowest risk energy resource—and GHPs are the most energy efficient technology for satisfying the thermal loads of buildings. Our ability to use the earth for the exchange of free, renewable and readily available energy exchange to homes, buildings of all sizes and even district heating projects, is limitless. The technology is proven and waiting to be used.

To ensure that the full potential of GHPs is realized toward the goal of carbon reductions, EPA must

recognize that GHPs may increase electricity use, but at the same time replace heating and cooling systems that rely on natural gas, propane and fuel oil. Elimination of such onsite fossil fuel use can be an important offset to carbon emissions by power plants. EPA should consider both the renewable thermal energy (BTUs) that GHPs can provide in lieu of electricity generation and the elimination of fossil-fuel burning for heating and cooling of buildings.

GEO hopes that our message to EPA rings loud and clear as the agency considers a mountain of comments on its controversial proposed rulemaking. If the agency specifically includes renewable thermal energy technologies—including GHPs—as a utility compliance option for the states, we believe that GHPs can be flexibly incorporated into utility, state and multi-state carbon emission reduction programs as appropriate tools to reduce consumer energy costs and cut greenhouse gas emissions.

A complete copy of GEO's comments urging EPA to consider thermal energy and GHPs as a renewable energy and efficiency offset under its proposed Section 111(d) rulemaking is available on the GEO website [www.geoexchange.org](http://www.geoexchange.org) ■

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## 2015 is the International Year of Light

Did you know that the United Nations named 2015 the International Year of Light? Last year's Nobel Prize in Physics was awarded for the invention of improved light-emitting diodes, better known as LED lamps. Yet, many people switch on the lights without knowing where the electricity comes from, how it is made, or the impact of their energy-use decisions.

The International Year of Light and Light-Based Technologies (IYL 2015) is a global initiative adopted by the United Nations to raise awareness of how optical technologies promote sustainable development and provide solutions to worldwide challenges in energy, education, agriculture,



communications and health.

The goal of IYL 2015 is to highlight to the citizens of the world the importance of light and optical technologies in their lives, for their futures and for the development of society. IYL 2015 programs will promote improved public and political understanding of the central role of light in the modern world while also

celebrating noteworthy anniversaries in 2015—from the first studies of optics 1,000 years ago to discoveries in optical communications that power the Internet today.

By now you know that Thomas Edison's incandescent light bulb has evolved. January 2014 began the phase out and replacement with more energy efficient options starting this year. Currently, there are only three consumer choices - halogen-incandescents, CFLs and LEDs. With new light bulb standards in place in the U.S., the Department of Energy estimates that consumers will save between \$6 billion and \$10 billion a year in lights costs. ■

## Community solar project opened at Jo-Carroll Energy

This year could be a tremendous year for community solar system development. "The biggest trend for solar at utilities is community solar," says Solar Electric Power Association (SEPA) Senior Research Manager Becky Campbell, co-author of the report "Expanding Solar Access Through Utility-led Community Solar."

Community solar is a shared renewable program that allows co-op members to share the benefits of a solar system at a reduced cost and without some of the installation and maintenance headaches of installing an individual system. It also offers flexibility in the amount of investment a member makes based on the number of panels purchased or leased.

The reality is not all residential rooftops are suitable for solar installations. Some communities may not allow them and some homeowners may not like the look. Renters also don't have the option of installing a solar system. Community solar systems or "solar farms" create some economies of scale, financial flexibility and the opportunity for optimum installation location choices and professional monitoring and maintenance. Recently the SEPA counted 58 community solar programs in 22 states. That number may already be out of date.

Leading the charge in Illinois was Illinois Rural Electric Cooperative, Winchester, installing the first 500 kilowatt solar facility in 2013. Combined with its wind turbine, the



co-op will have renewable resources equal to more than 14 percent of the co-op's peak demand.

Now Jo-Carroll Energy, Elizabeth, is the latest to announce the completion of a community solar project. Pictured here are some of the 456 solar panels. Each panel has a capacity of 275 watts. Members can buy a panel and energy output will be credited to the member's bill. You can view the solar farms output from the co-op's website [www.jocarroll.com](http://www.jocarroll.com), click on South View Solar Farm and then the link in the picture of the solar system that says "Check out South View Solar Farm's output." ■



# Energy forecast predicts more demand and less coal supply

In its recent Short-Term Energy Outlook report, the U.S. Energy Information Administration (EIA) made its first forecasts of energy supply and demand in 2016. Demand is expected to increase slightly in 2016, while the share of coal-fired generation continues to fall.

EIA expects residential retail sales of electricity to decline by 0.3 percent in 2015, largely due to milder winter temperatures. Heating degree days during the first quarter of this year are forecast to be 12 percent lower than last year.

“Milder forecast temperatures during the early part of 2015 should translate to lower household use of electricity, especially for those households that use heat pumps for space heating,” the report said.

In meeting demand, electricity generation is expected to grow by 1.1 percent in 2015 and 0.9 percent in 2016, according to EIA. The share of coal-fired generation is expected to fall to 37.6 percent in 2016 from 39 percent

in 2014 as generators continue to shutter coal plants and increase use of natural gas. To that end, the share of natural gas generation is expected to increase to 28.1 percent in 2016, up from 27.3 percent in 2014. The share of non-hydro renewable sources of electricity is expected to increase to 7.9 percent in 2016, up from 6.7 percent in 2014, according to EIA.

Although the share of utility-scale solar generation will remain less than 1 percent in 2016, utility solar capacity likely will increase by 60 percent. Despite the high growth, wind generation will remain the dominant non-hydro source of renewable power.

“Wind capacity, which grew by 10 percent between 2012 and 2014, is forecast to increase by about 23 percent between 2014 and 2016,” EIA said. “The absolute amount of the increase in capacity is more than twice that of solar: 15 GW of wind versus 6 GW of utility-scale solar.” ■

Source: CFC Solutions Scott Gates

# Hannah recognized by Illinois Cooperative Council

Jacqueline Hannah, General Manager of Common Ground Food Cooperative, Urbana, was presented with the 2014 Illinois Cooperative Council’s (ICC) Outstanding Cooperative Manager Award on Monday, Jan. 13. Presenting Hannah (right) with the Illinois Cooperative Council’s Outstanding Manager Award, is ICC Chair Nancy Rhoads McDonald.

Hannah also recently became the Co-op Development Specialist with the national Food Co-op Initiative [www.foodcoopinitiative.coop](http://www.foodcoopinitiative.coop). The Food Co-op Initiative is helping “pave the way for new food co-op excellence, leading to better fed, healthier communities with local control and connections.”

Fred Iutzi, Program Manager for the Illinois Cooperative Development Center, Illinois Institute of Rural



Affairs, who nominated Hannah for the award, says, “Jacqueline has been a transformative general manager at her co-op. Jacqueline also embodies the ‘cooperation among cooperatives’ principle, giving generously of her time and expertise to mentor start-up food co-ops and supporting cooperative development efforts in both Illinois and Indiana.”

McDonald said, “Jacqueline’s

enthusiasm for the advancement of Common Ground Food Co-op, and the cooperative business model is contagious and to be commended. She is truly the ‘best of the best’ among cooperative leaders and is so deserving of this award.”

For more than 30 years the Illinois Cooperative Council has promoted a positive climate for cooperatives and helped educate the public about the value and impor-

tance of cooperatives in their everyday lives. The council has publicized the wide range of essential goods and services cooperatives offer and the differences between cooperative and corporate business models.

For more information about cooperatives or the Illinois Cooperative Council, contact Nancy McDonald, Illinois Cooperative Council chair at [nmcdonald@aicc.coop](mailto:nmcdonald@aicc.coop). ■

## EPA delays carbon dioxide rule until mid-summer

Final federal regulations to control carbon dioxide emissions from new, modified and existing electric generating units will be delayed until mid-summer, the Environmental Protection Agency said Jan. 7.

NRECA CEO Jo Ann Emerson said EPA should use the extra time to study the 1.2 million comments that flooded the agency from advocates for electric cooperatives concerned about the proposals' impact on affordable, reliable electricity.

"We hope the EPA will be using this additional time to consider, thoughtfully and carefully, the numerous comments on proposed greenhouse gas limits for new, modified and existing power plants," Emerson said. "If the final rules look anything like the proposed rules, a delay will do nothing to

soften their impact on American families and businesses."

The arctic weather now punishing the Midwest and East Coast "reminds us that affordable electricity is vital for families, especially low-income families, across the nation," said Emerson. "By continuing along the course it has set, EPA puts affordability and reliability at risk."

Janet McCabe, acting assistant administrator for EPA's Office of Air and Radiation, noted that the proposed rules targeting emissions from coal-based power plants attracted more than four-million public comments. "A lot of very thoughtful and good suggestions have come in and we'll work through those," she said. ■

Source: Electric Co-op Today Cathy Cash

## DOE pulls the plug on hope for Illinois' FutureGen clean coal project



At a time when our most plentiful and affordable energy source is at a crossroads, the Obama administration has pulled the plug on FutureGen 2.0, which everyone hoped would be America's first near-zero emissions coal-fueled power plant.

The FutureGen concept was initiated as part of the Clinton Administration's Vision 21 program and has enjoyed strong bipartisan Congressional support. The original FutureGen project was conceived during the Bush administration with hopes of demonstrating on a commercial level the feasibility of clean coal technology. All along FutureGen had its ups and downs and was ambitious and expensive. FutureGen 2.0 was the second iteration of the project and the \$1.68 billion price may

have been the ultimate obstacle.

Almost everyone supported the advancement of clean coal technology. The exception was the Sierra Club which filed a legal challenge as recently as December to stop the project. U.S. Senator Dick Durbin (D-IL) said, "A decade-long bipartisan effort made certain that federal funding was available for the FutureGen Alliance to engage in a large-scale carbon-capture demonstration project. But, the project has always depended on a private commitment and can't go forward without it.

"I worked on FutureGen 2.0 believing it would create jobs in Illinois and demonstrate a viable environmentally acceptable use of coal to generate electricity. I am encouraged by the news that the Department

of Energy values the injection site in Morgan County as a world class sequestration opportunity. I am hopeful that Illinois will continue to play an integral role in developing this technology."

Peabody Energy Chairman and Chief Executive Officer Gregory H. Boyce said, "It makes no sense to pull the plug on \$1 billion committed to America's signature near-zero emissions power project at such a critical time for these investments in technology. The Administration has pledged \$1 billion for advanced coal projects in China, and I urge them to support investments in the United States. We have the knowledge to advance low-carbon technologies to commercial scale and must demonstrate our leadership and our will." ■



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# Keeping your family healthy

*Eating habits are hard to change*

by Adam Castelli

**T**he foods you eat can make you sick or heal you. They can keep you young or age you. Of the top causes of death and disability in the United States, the majority can be escalated or discouraged by different foods, from cancer to heart disease to diabetes to Alzheimer's disease.

In the United States, it's common knowledge that obesity is a growing problem. Everyone knows that health is tied to nutrition, and everyone knows someone that has tried to deal with these problems. If you've ever known anyone who tried losing weight, or if you yourself have ever tried losing weight, you know how incredibly difficult it can be.

From time to time, disease organizations have awareness campaigns to make sure that more people know and understand the issues, but nutrition is an issue that needs no more awareness. It is everywhere you turn. The television is inundated with news stories about the issues, and every other TV ad is someone selling some brand new diet or weight loss product of some sort. These ads also appear in conjunction with advertisements for fancy new types of food, with "healthier" items being offered at every restaurant and grocery. Every aisle of the grocery store is filled with new products touted as "natural" "organic" "gluten-free" "high

fiber” and a long and lengthening list of additional nutritional adjectives, some of which actually mean something. There is no end to the parade of health gurus or nutritional books being published, and yet with all of this coverage, all of this awareness, and all of this effort, the societal problems around dietary health continue to grow.

Somewhere between the baby boomers and generation X, life expectancy in the U.S. is expected to, for the first time in the history of the country, stop increasing. The progression that has seen every generation grow up more prosperous, healthier and longer lived than their parents, will end sometime in this period. This all is occurring despite the most modern medical technologies and one of the best healthcare systems in the world. People in the U.S. spend billions of dollars every year on gym memberships, diets, exercise equipment and training. They spend trillions on healthcare.

So why isn't it working? The only thing more common than diet and nutrition ads are the fingers being pointed. The fast food companies, federal government, schools, agribusinesses, and of course the people. There's plenty of blame to go around for how and why people are getting sick from the foods they eat, but of course blame hasn't helped any more than the diets or the trendy health foods. Certainly the best way to help people become healthy isn't to blame them more.

### *It's all about education*

But what is there to do, then? One of the first and most important strategies is nutrition education – with ourselves and with our families. The ability to sort through good information and bad, to decipher the nutrition information on the items in the grocery store, and tell the difference between fad diets and healthy lifestyle choices all begins with education. When the problem is one where



better choices can make a difference, education is a type of preventive medicine.

This nutrition education starts with the basics – which nutrients promote health and which ones are empty calories. In general, whole foods – that is, foods that are raw, have expiration dates, came from living plants and animals rather than from mechanical or chemical processes – will contain more fiber and nutrients than processed foods. The reason for this isn't some conspiracy: It's a simple fact that

if you walk down the baking aisle of the grocery store, things like sugar, oil and salt can all sit on a shelf at room temperature for a long period of time. Creating foods that are constituted mostly of these ingredients, makes them longer lasting and cheaper to produce. The result is that many of these foods are essentially empty calories. A diet that is completely made up of these items will result in malnourishment and sickness, in the same way a diet lacking nutrition because it lacks calories will.



### *Food preparation – a lost art*

A second part of nutrition is the skills needed to put the food together. When a group of people becomes sick, it can help to look at a time when they were healthy to see what changed and if it can be changed back. In the 1970s, 90 percent of the food dollars people spent were used on fresh foods to be prepared at home. In the 70s, less than half of adults were overweight or obese, and the obesity rate for children wasn't even monitored directly but is estimated to have been under 5 percent.

Today, more than three-quarters of food dollars are spent on fast food or heat-and-serve food for home preparation and the adult obesity rate is nearing 75 percent. The obesity rate for children has also increased dramatically, and is nearing 20 percent. When food was primarily prepared from scratch, people in this country were much healthier. Developing the ability to plan meals, shop for nutritious food, and prepare that food at home are all vital skills that promote health.

Much of the loss of home cooking habits and

skills can be traced to people working longer hours, women moving into the workforce, longer commutes, and the need for convenient food that doesn't require a lot of time and planning.

Think about it – when foods like “hot pockets” were first invented, they were often greeted by consumers with disgust. People didn't start eating these things because they were more delicious than foods their parents made at home. Many companies seek to recreate things “just like momma did” at home, but they seek to create them as conveniently as possible rather than making them the right way with real ingredients.

Cooking is an entire education in itself because it requires the ability to understand and plan recipes, select and purchase high quality whole foods, and break those foods down into full meals. Eschew convenience – if the food doesn't take time to prepare, it should be viewed with suspicion. Plan ahead. If you don't have dinner planned by the time you are eating breakfast, chances are you will opt for fast food.

## Changing habits

The final piece of the nutrition puzzle is the habits that lead a person away from temporary diet changes, fad exercise programs, and a never-ending struggle to lose weight rather than a focus on a fulfilling, healthy life outside of the bounds of a strict program. People with the healthiest lifestyles are generally not trying to lose weight. Instead, they have a series of habits that lead them to make better choices without having to constantly deny fast foods.

The habits around meals include eating when you are hungry, not when bored or curious, and stopping when you are full. If you aren't hungry enough to eat an apple, you aren't hungry. Removing food from the reward and punishment cycle is another important habit. Many people eat when they celebrate, eat when they are disappointed, and eat when they are contented, whereas healthier habits include rewards like physical activity or family time.

Children are offered cake at school almost every week because it's someone's birthday every day of the year, and this habit follows most of them to adulthood. It's possible to make these celebrations healthier but finding celebrations and activities that avoid food entirely makes for a more successful approach.

Healthier people are also active during the day, reaching their recommended thirty or more minutes of vigorous physical activity, and as a result they sleep a full eight hours per night. Sleep regulates hormones and can cause the body to burn more fat and consume fewer calories during the day.

I've been called old-fashioned, but the fact is that the obesity epidemic is a recent phenomenon. The habits and skills that people lived with a generation or two ago can each impact lifestyle disease – working hard during the day, cooking full nutritious meals, eating together with their families,



and sleeping through the night. A healthy lifestyle is based on habits and skills rather than on temporary diet or exercise programs.

*Adam Castelli is Program Administrator for genHkids, a Springfield, Ill.-based coalition committed to educating youth and families and ultimately improving their health.*

An infographic for Choose MyPlate.gov. On the left, a white plate is divided into four colored sections: red for Fruits, orange for Grains, green for Vegetables, and purple for Protein. A blue circle labeled 'Dairy' is positioned to the right of the plate. A silver fork is on the left. Below the plate is the text 'Choose MyPlate.gov'. To the right of the plate are five horizontal panels with tips and images: 1. 'FOCUS ON FRUITS' with a bowl of fruit; 2. 'VARY YOUR VEGETABLES' with various vegetables; 3. 'MAKE AT LEAST HALF YOUR GRAINS WHOLE' with whole grains; 4. 'GO LEAN WITH PROTEIN' with various protein sources; 5. 'GET YOUR CALCIUM RICH FOODS' with dairy products. At the bottom are logos for 'GET YOUR PLATE SHAPE', 'MyPlate', and 'SIMPLY GOOD NUTRITION'.

## Modifications that create a safe home

### Taking the right precautions for a family member with dementia

Not every person struggling with dementia lives in a nursing home or assisted-living facility.

In fact, more than 15 million Americans – usually family members or friends – provide unpaid caregiving to people with Alzheimer’s disease and other forms of dementia, according to a 2014 report by the Alzheimer’s Association.

Although it’s wonderful so many are willing to assume that responsibility, it’s also important they take steps to make sure the home is a safe place, says Kerry Mills, co-author with Jennifer Brush of the book “I Care: A Handbook for Care Partners of People With Dementia.”

Part of that is to focus on potential hazards. The concept is not unlike new parents making a house “childproof.” Many of the concerns are similar, such as stairs, electrical sockets, sharp objects and swimming pools.

At the same time, it’s easy to go too far, Mills said. Ideally, the environment for the person with dementia should be as unrestricted as possible.

“For example, if your loved one enjoys cooking for a hobby and can safely cut and peel vegetables, then by all means, encourage it,” Mills says. She suggests several ways to make a home safer for someone with dementia.

- **For the front and back doors.** Use bells on the doors, motion sensors that turn on lights or alerts, or other notifications that make the care partner aware when someone has gone out. Add lamps or motion-activated lighting so people can see where they are going when they are



entering or leaving the house.

“Another way to discourage someone from wanting to leave the house is to make sure that he or she gets plenty of outside exercise whenever possible,” Mills says.

- **For stairways and hallways.** Add reflective tape strips to stair edges to make stairs more visible. Remove obstacles, such as mats and flowerpots, to minimize risks of falls on or by the stairs. Also, install handrails in hallways and stairways to provide stability, and install a gate on the stairway to prevent falls. Improve the lighting around hallways and stairs by installing more ceiling fixtures or wall sconces.
- **For the bathroom.** Install grab bars and a raised toilet seat to help both the individual with dementia and the care partners so they don’t have to lift the person on and off the toilet. Add grab bars inside and outside the tub, and a non-skid surface in the tub to reduce risks of falls. You can also add colored tape

on the edge of the tub or shower curb to increase contrast and make the tub edge more visible. Lower the water temperature or install an anti-scald valve to prevent burns, and remove drain plugs from sinks or tubs to avoid flooding.

- **For the possibility the person becomes lost.** Provide your loved one with an identification or GPS bracelet in case he or she wanders. Label clothes with the person’s name, and place an identification card in his or her wallet with a description of the person’s condition. Notify police and neighbors of the person’s dementia and tendency to wander. ■

Kerry Mills, MPA, is an expert in best care practices for persons with dementia. She has served as executive director and regional manager for numerous long-term dementia facilities. For more information go to [engagingalzheimers.com](http://engagingalzheimers.com).

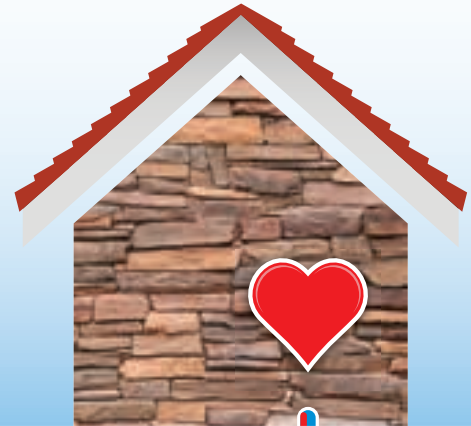


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## Proper pruning pays

### Damaged trees deserve professional care

**T**here is nothing worse than a storm wreaking havoc on your trees. It's enough to make you cry.

Several years ago, an ice storm hit my yard, snapping the tops out of the clump birch trees. You could hear the limbs breaking, and it was heart breaking knowing there was nothing to do but wait it out. Fortunately, the trees were nowhere near the power lines, so at least that worry was abated.

Allow me a little diversion here. IF you have limbs on or near power lines, do NOT try to remove them yourself. That's what the electric cooperative employees are trained to do. Ninety-nine percent of you don't have that skill, and even if you think it's nothing more than "just moving the branch a bit." DO NOT. DO NOT. DO NOT.

A quick survey of the broken limbs told me a few things. First, they weren't going anywhere. They weren't hanging from the tree, but actually broken and just hanging around, sort of like an unwanted teenager at home.

Next, they weren't going to cause any hazards to my neighbor. They weren't hanging on her property and it would take a tornado to fracture them to the point they'd fall on the house, car or yard. And if a tornado did that much damage, the limbs would be the least of our worries.

Third, I made a call to a professional.

Sure, there are fly-by-night operators who after a big storm soon prowl the streets, asking if people need help. Sadly, with an ice storm, or tornado, there are unscrupulous



folks that come out like cockroaches at night and prey on unsuspecting homeowners.

The next DO NOT, is DO NOT hire fly-by-night operators.

Again, if the limbs are on the wires, call the electric cooperative. Otherwise, take a deep breath, relax, have a cold beverage (during the summer) or a warm one (during the winter) and look in the yellow pages.

Now, for those young ones out there, the yellow pages come in a phone book which is a paper item thrown on your porch in December if you have a land line phone.

Otherwise, a digital version can be found on the Internet under Yellow Pages.

Look under Trees, Tree Service or Tree Surgeons. Then start calling and asking questions.

Ask first if they are a certified arborist, which is a training program operated by either the National Arborist Association or the International Society of Arboriculturists, which happens to be headquartered in Bloomington, Ill. You can use its website <http://www.isa-arbor.com> to find a

local certified arborist. Again, hire a tree expert, not just some guy with a chain saw.

If they aren't, ask their opinions on "topping trees." If they say "well, if that's what you want" or "we do it all the time," hang up the phone without even a thank you for your time. Topping trees went out of style about the same time Reagan left office. It's just not a recognized good practice.

Sure it's easier than judicious pruning. If you can do the job in one-fourth the time and make some quick bucks, and then leave the area, why wouldn't you try to sell someone on topping?

But topping only produces weak growth that will snap faster in the next wind or ice storm.

Branches need to be pruned to develop a strong structure. It does take time. It probably will cost you more, but like that old car commercial, do you want to pay me now or pay me later?

Just remember:

- DO NOT TOP A TREE.
- ONLY HIRE PROFESSIONALS.
- DO NOT REMOVE LIMBS FROM ELECTRICAL WIRES. ■

David Robson is Extension Specialist, Pesticide Safety for the University of Illinois. [drobson@illinois.edu](mailto:drobson@illinois.edu)





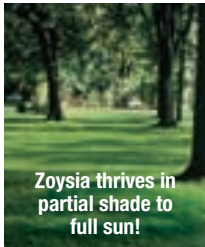
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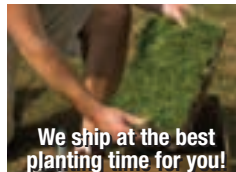
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Maple Rolls



### Maple Rolls (above)

2 T. yeast  
 1/4 c. warm water  
 3/4 c. milk  
 1/3 c. margarine  
 1 tsp. salt  
 2 eggs, beaten  
 1/2 tsp. maple flavoring  
 1/4 c. sugar  
 3 1/2 - 4 c. flour

**Filling:**  
 2/3 c. nuts, chopped  
 1/3 c. sugar  
 1 1/2 tsp. maple flavoring  
 1 tsp. cinnamon

**Icing:**  
 1 1/2 c. powdered sugar  
 3 T. milk  
 Maple flavoring

Dissolve yeast in warm water and set aside. Scald milk, add margarine and cool to luke-warm. Add salt, eggs, 1/2 tsp. maple flavoring, 1/4 c. sugar and softened yeast. Gradually add flour. Work dough together and let rise to double (45-60 min.) While dough rises combine nuts, 1/3 c. sugar, 1 1/2 tsp. flavoring and cinnamon in a bowl. Divide dough into thirds and roll each third into a 12" circle. Place 1/3 on a greased pizza pan, butter and put 1/2 of the filling on top. Repeat. Top with last of dough. Mark, but don't cut a 2" circle in the middle. Then cut from the outside edge to the circle, making 16 pie shaped wedges. Leave on pizza pan. Twist each wedge 5 times. Let rise until double (30-45 min.) Bake at 325 degrees for 20 minutes or until golden brown. Ice while warm with a mixture of the powdered sugar, milk and maple flavoring.

### Taste of Tradition

**Who:** Mid Century Telephone Cooperative and Adams Telephone Co-Operative

**Cost:** \$15.15 includes shipping (\$10 at offices)

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

**Pages of recipes:** 234

**Send checks to:** Paula Monari, Mid Century Telephone Cooperative, P.O. Box 380, Fairview, IL 61432 or call 217-778-8611.

### Cherry Chocolate Pie

6 oz. semi-sweet chocolate, melted  
 2 - 8 oz. pkgs. cream cheese, softened  
 1/3 c. Karo light corn syrup  
 2 eggs  
 1/3 c. whipping cream  
 1 1/2 tsp. vanilla  
 1 - 9" graham cracker crust  
 1 - 21 oz. can cherry pie filling

Melt chocolate. Beat cream cheese, add whipping cream and blend in chocolate. Gradually add syrup beating until blended. Add eggs, one at a time. Add vanilla. Pour into crust. Bake 40-45 min. at 325 degrees. Cool. Cover and refrigerate at least 3 hours. Top with cherry pie filling.

### Chili-Cheese Potato Tots

2 lbs. ground chuck  
 1 onion, chopped  
 2 - 15 oz. cans tomato sauce  
 2 - 14.5 oz. cans fire-roasted diced tomatoes  
 1 T. ancho chili powder  
 1 tsp. ground cumin  
 1 tsp. ground black pepper  
 1/2 tsp. salt  
 2 - 32 oz. bags frozen potato tots, baked or fried and kept warm  
 1 - 15 oz. jar nondairy pasteurized cheese dip, heated  
 Chopped onions and pickled jalapenos for garnish

In a large Dutch oven, combine ground chuck and onion. Cook over medium-high heat until beef is browned and crumbly, drain well. Add tomato sauce, diced tomatoes, chili powder, cumin, pepper and salt. Bring to a boil over medium-high heat. Reduce heat and simmer for 30 minutes. Divide cooked potato tots evenly among serving dishes. Top with desired amount of chili. Pour desired amount of cheese over chili. Garnish with chopped onion and pickled jalapenos, if desired. Serve immediately.

*Editor's note: I used shredded cheddar in place of the cheese dip to reduce the amount of calories and preservatives.*



Curry Dip

## Cooking with the Scotties

**Who:** Waverly Elementary School

**Cost:** \$15 includes shipping

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

**Pages of recipes:** 167

**Send checks to:** Waverly Elementary School,  
Attn: Karen Bennett, 499 W. Elm, Waverly, IL  
62692 or call 217-435-2331.

### Macaroni and Cheese

- 1 T. vegetable oil
- 1 lb. elbow macaroni
- 1 stick butter or margarine
- 1 c. (8 oz.) shredded cheddar cheese
- 1 c. (8 oz.) shredded Monterey Jack cheese
- 2 c. milk
- 1 c. (8 oz.) Velveeta, cubed
- 1 c. (8 oz.) Parmesan cheese, grated
- 2 lg. eggs
- 1/4 tsp. salt
- 1/8 tsp. pepper

Bring large pot of salted water to boil over high heat. Add oil, then the macaroni. Bring to a boil and cook until the macaroni is just tender (5-7 min). Drain well. Return to pot. In small saucepan, melt butter. Stir into macaroni. Take about 1/4 c. of each of the cheeses and set aside. Add the remaining cheeses, one at a time, to macaroni. In a small bowl, beat eggs and add to milk, then add to macaroni. Season with salt and pepper. Pour macaroni into a deep greased casserole dish. Sprinkle remaining cheeses on top. Bake at 350 degrees for 35-40 min. until bubbling around the edges.

### Apricot-Glazed Pork Tenderloin Medallions

- 1 lb. pork tenderloin, cut into 1/2" thick rounds
- Salt and pepper to season
- 2 tsp. sesame oil
- 1-1/4 c. apricot preserves
- 1/4 c. tamari or soy sauce
- 1 T. pickled ginger

Season both sides of pork with salt and pepper. Heat oil in large skillet over medium-high heat. Add pork and sear 2 minutes per side. Add apricot preserves, tamari or soy sauce and ginger and bring to a simmer. Simmer 5-15 minutes until pork is cooked through and sauce reduces. You can also use light or sugar free preserves.

*Recipes prepared, tasted and photographed by Valerie Cheatham. For more recipes and photos go to [www.icl.coop](http://www.icl.coop). Questions? Email [finestcooking@aiec.coop](mailto:finestcooking@aiec.coop).*



### Curry Dip (above)

- |                         |                               |
|-------------------------|-------------------------------|
| 1 c. real mayonnaise    | 1 tsp. garlic salt            |
| 1 tsp. curry powder     | 1 tsp. horseradish            |
| 1 tsp. red wine vinegar | 1 tsp. grated or minced onion |
| 1 tsp. dry mustard      |                               |

Mix well and chill. Serve with fresh vegetables of your choice.

### Frozen S'Mores (below)

- |   |   |
|---|---|
| 6-8 Keebler Ready Crusts – mini graham cracker pie crusts | 1-1/2 c. cold milk                        |
| 1/2 c. milk chocolate chips                               | 1 - 3.9 oz. box instant chocolate pudding |
| 1/4 c. whipping cream                                     | 1 - 8 oz. container Cool Whip, thawed     |
| 2 c. mini marshmallows                                    | 1/4 c. mini chocolate chips, as topping   |

Place milk chocolate chips and whipping cream in a small bowl and microwave for 30 second increments, stirring between, until melted and smooth. Divide evenly into bottom of pie crusts. Put the mini marshmallows on top of the chocolate mixture, dividing evenly. In a separate bowl, mix the pudding and milk on medium speed for about 2 minutes. Fold in half of the Cool Whip. Pour into each pie crust. You may have some left over. Use a knife to smooth out the tops level with the top of the pie crust pan. Freeze for at least 2 hours. Before serving, spread a layer of Cool Whip on each pie and sprinkle top with mini chocolate chips.



Frozen S'Mores

## Don't just treat the symptoms

New help finding the root causes for energy problems

**M**y name is Brian Kumer and I am the owner of Thermal Imaging Services of Central Illinois, Inc. Thermal Imaging Services is a small one person energy consulting business based out of Peoria, Ill. I am originally from the village of Bryant, a small central Illinois town in Fulton County, population 350.

After receiving my associate's degree in HVACR from a local community college, I started my business in 2000 to lower utility bills and solve comfort problems for homeowners and businesses. At that time, with energy costs much lower, homeowners did not feel the need to hire someone to save them money on their energy bills. But, diagnosing reasons for comfort issues is what jump started my business. We all have lived in homes with cold floors, dramatically uneven temperatures from room to room and floor to floor, condensation or ice on the windows and the list goes on and on. I hate to break the news to you, but the best heating and cooling systems on the market cannot fix these building problems.

I am excited to have this opportunity to write for Illinois Country Living. I have spent more than a decade investigating failed homes and very efficient homes, from small modest homes to multi-million dollar homes and businesses. I welcome this great opportunity to share my experiences with many of you who are experiencing some of the same issues with your homes.

I have based all of my research, experience and recommendations



to repair failed homes on building science: heat flow, moisture flow and air flow. I do not sell any products or service so you will get unbiased information. If something works I will tell you, if something doesn't work I will shout it out! You work hard for your money so you need to be well informed of what works and what doesn't - that's my job! If you think about it the homeowner, that's you, is the general contractor of your home. You decide what gets done, in what order, the materials that will be used, you hire and fire the help and pay all the bills.

Home performance is not just insulation, air sealing and fixing leaky ducts. There is a lot going on under the roof of a home and definitely more than I can cover in one article a month. In the months to come I will expand on interesting topics that are relative to the time of year. I will try to include links to other helpful articles or websites so you can do your own research.

If your home is not performing the way it should, you need to determine the biggest problem down to the smallest. Having an energy audit (I prefer the term energy evaluation) done on your home will prioritize your energy improvements allowing you to get the biggest bang for your

buck. Your local electric cooperative can help you with that.

For example, do you know what part of the home typically has the greatest amount of air leakage? It is between the living space of the house and the attic. Now, as the general contractor of your home, you should hire a good

reputable insulation contractor to blow more insulation into your attic, right? Wrong. Before insulation, the attic floor must be air sealed, and tested with a blower door to verify that all of the holes and cracks have been properly air sealed, before the insulation is blown into the attic covering the real problems!

I would like to leave you with something to think about until the next time we meet. Homeowners need to fix the root cause of their problem and not just treat the symptom! Do you know that in the winter you should NEVER need to add humidity to a home? If you do have to add moisture, your home's air infiltration rate is too high and the home needs to be air sealed to keep the moisture in. Maintaining 35 to 40 percent relative humidity in the winter will keep you and your home healthy.

See you next month with more ideas to lower your utility bills and keep you comfortable. ■

Brian Kumer can be contact at [brian\\_kumer@yahoo.com](mailto:brian_kumer@yahoo.com) or call 309-547-5000.



# Senior Spotlight



Everyone needs help once in a while. It's just a matter of knowing where to get it. Several organizations are designed to help senior citizens get answers to their questions. If you are looking for a nursing home, retirement living community or healthcare assistance, these businesses can help. Give them a call today to find the right solution for you or your loved one.

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# Eat real and move more

## Raising a new generation of healthy kids

By Valerie Cheatham



When was the last time your family sat down to eat dinner together? I'm not talking about opening the bag from your favorite fast food restaurant, but actually preparing a meal at home. As lives have become busier, cooking skills have declined. Many parents feel they lack the time and skills to cook a nutritious meal their children will eat, and instead opt for the ease of processed or drive-thru meals. A Springfield area program is working to change all of that.

### Making a difference

Dr. Kemia M. Sarraf, M.D., M.P.H. was looking to return to private practice after taking time off for her young children. She had seen an increasing number of patients coming into her clinic with lifestyle related diseases such as diabetes, heart disease and cancer; all of which have a dietary risk factor. Thinking of her growing children and the future they would face, she became convinced the only solution was to prevent these problems before they began. Not just in her own children, but in those of her community. Seven years ago, she made the decision to forego returning to practice medicine in order to focus her energies on community outreach and educating people about nutrition and its link to healthy living.

The non-profit genHkids program with its slogan "Eat Real, Move More" became a 501c3 organization two years ago and hired a small full-time staff. Since then the program has tripled in size. GenHkids, which stands for



Generation Healthy, has the mission to "create a generation of healthy kids through education, empowerment, improved nourishment and increased daily physical activity, thereby decreasing the incidence of childhood obesity and its detrimental health effects."

Adam Castelli, genHkids Program Administrator, says that as the incidence of deadly infectious diseases have declined, chronic lifestyle diseases have become common, even in younger people. The goal of the genHkids program is to confront those diseases by educating children and adults.

Castelli explains, "We know that the food children eat and the amount of physical activity they do during the average day are all determined by adults. We try to educate adults on how they can make the children that they care for more likely to become healthy adults."

## Destination Dinner Table

The first specific targeted service program of genHkids was Destination Dinner Table. Program staff go into churches, schools and community centers to educate families.



Jen Dillman, genHkids Executive Director, says that Destination Dinner Table brings in the entire family to learn about nutrition, simple menus and how to stock their pantry. In addition, adults and children prepare a simple, yet nutritious, meal and everyone eats together. Cooking at home with fresh, unprocessed ingredients is the best way to ensure children are eating high quality, nutrient-dense calories.

“We know that most families aren’t cooking as much as they used to do,” explains Dillman. “When they go home after the program, they take a bag of groceries for what they just prepared so they can make it at home. We also send recipes for other easy meals and information on those lost cooking skills.”

The Destination Dinner Table program strives to instruct parents to prepare meals from whole foods – things that are fresh and raw. Cooking homemade meals from

scratch helps with the risk for all of the lifestyle diseases and the more they prepare food at home, the better developed their cooking skills become.

Fresh food, in general, can be a lot more expensive, but the program teaches that certain fresh food ingredients, such as bulk purchases, less expensive meats, beans, grains, or dairy products can be used to construct delicious, nutritious meals that serve a family of four for under \$12. Parents also learn how to find the deals on meats and fresh foods to help offset meal costs. According to Dillman, attendees learn skills to stretch the ingredients, such as buying a whole chicken and using it for two or three meals instead of buying smaller packages that may be more expensive. Parents work alongside one of the genHkids executive chefs to prepare a “kid approved” budget-friendly, from-scratch meal in less than 30 minutes.

Dillman is a single mother with two very active children. “I used to be the poster child of going through the drive-thru,” she says. “There are definitely types of fast food that are cheaper, but eventually those types of things come back to bite us. Fast food that has any nutritional quality is usually a lot more expensive than fresh. The idea is finding the balance where you can afford it, but it still has the nutrition you need.” Now, she takes each Sunday afternoon to do prep work for the week’s meals.



## Eat Real at School

Currently, the genHkids chefs are working with school districts to help educate their staff to make nutritious lunches from scratch. Many schools don’t have the necessary equipment to do anything but heat and serve. The chefs will do a kitchen audit to see what equipment the schools have and what they need. They also do training of the dietary staff and work with them on recipes, menu planning and commodity purchasing. Federal monies allow for buying whole ingredients and chefs work with the purchaser to get commodities that don’t break the bank and will also qualify for federal monies.

GenHkids research has also shown that if the school day is structured in a way to give kids enough time to eat, it makes a difference. Recess before lunch helps calm the students down; they aren’t as likely to throw away their food so that they can get outside to recess. Not only does the activity help kid’s appetites, but genHkids research is showing a decline in waste numbers.

The program has proven that if kids are eating healthier foods and moving more, it will benefit all involved. GenHkids has a wide variety of programs for families, schools and the community. To learn more about all it has to offer, go to [www.genHkids.org](http://www.genHkids.org).

## Always on tech is silently wasting energy

Typically, this column focuses on technology with only minor deviations here and there to discuss other similar topics. But, under all of that technology lies a driving force that provides the power behind what we have come to know as the modern age. I'm writing, of course, about electricity. And, in an effort to better understand electricity, let's start with some basic information about just how that electricity gets to your house.

You might be surprised to know it's really all about magnets.

For the most part, electric current is generated by moving a loop of wire, or disc of copper, between the poles of a magnet. By moving that wire in such a way, the current begins to flow and we can "send" it out across large transmission lines. Once those lines reach a local system's substation, then the current is "stepped down" using transformers.

So what's inside the transformers? You guessed it: more magnets and more wire, among other things. Of course, that voltage is still too high for most uses so when the power gets closer to your actual home, it's stepped down once more. Have you seen the little gray cylinder shaped object hanging from the poles that bring wire into your house? Those are also transformers. They're just smaller versions with more magnets and more wires inside.

In order to bring electric power into our homes, we need many different sizes and quantities of magnets, wire, poles and engineering know-how. Now, if you happen to be an engineer and you're reading this, then you know I have simplified this explanation. But you can feel free to point out some of the details on the website in the comments section if you like.

So our homes and businesses are powered up, now the rest is under our control, right? Unfortunately, these days there are a myriad of devices



we all just take for granted that we assume are powered off when they are actually still "sipping" energy. They are called parasitic loads, phantom loads or energy vampires. Many of us have an "always-on" expectation for our electric service and the technology we plug in. We leave devices permanently connected to power, even when they're not in use. That's only gotten more prevalent with time. For instance, do you unplug your television or computer when you're done using them? Probably not. If not, then both of those devices are still using power, even when you're away. These new vampire loads are sneaky. You turned the TV off right? Yes you did, but in the dark it's silently sipping away on a small trickle of electricity. That trickle is adding up and studies have shown the average home has 5 to 8 percent new load from this new always-on technology.

So, why are devices always on? It's about convenience. Who wants to have to reset the clock every time you turn something back on. We want our computer and television to remember our preferences in order to save us time. Of course, these devices also have batteries in them, but those batteries wouldn't last very long if they were the sole provider of power for that device's memory.

So how do you slay these vampires conveniently? Try plugging computers, monitors, printers, speakers, DVDs, TVs, video game players and cell phone chargers into surge protected power strips. You can virtually unplug all these devices by turning off the power strip.

Now, there are even smart power strips that are color-coded and designed to reduce use by shutting down power to devices that go into standby mode. Most smart strips have three outlet colors. Blue serves as a control plug which is great for something like a TV or computer. Red outlets stay on, which makes them great for those devices needing constant power like a satellite box. The others are often green or neutral in color and are sensitive to current flowing through the blue outlet. Basically, if you turn off the TV plugged into the blue outlet, it will also cut the power to the green outlets.

After you install all your new power strips the next step is getting your kids to turn off their electronics and chargers via the power strip. Sorry, I don't have a technology answer for training kids on turning things off. Let me know if you do. See you next month.

### Reply Online

**Have a technology issue and want some advice? Visit [www.icl.coop](http://www.icl.coop) and click on Powered Up to respond. Your response might even be included in a future column.**

Ed VanHoose is the  
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Cooperative, Inc. in Flora



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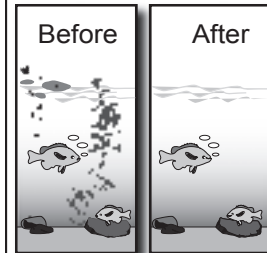


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# No regrets greenhouses

By Kristen Hannum

Like many luxuries once reserved for royalty or the wealthy, greenhouses have come to the middle class. They'll never be as widespread as indoor plumbing, but as the cost of greenhouses has come down, more gardeners want one for themselves.

Karen Higgins bought an 8-by-14-foot greenhouse several years ago as a necessity—her neighbors include voracious herds of deer. Snowy winters and 60-mile-an-hour winds also attacked her vegetable crops, which now nestle safely inside her greenhouse.

"I go out and cut my basil and put it into my dishes fresh year round," she says. "It's fabulous."

If you're a gardener, the winter months are a cruel blow says Shane Smith, perhaps the best-known greenhouse expert in the country. "You get so bummed out that winter is coming. So people fall in love with their greenhouses."

Greenhouses extend the season for gardeners. And a beautiful greenhouse, especially a beautiful attached greenhouse, can increase the value of your home.

A greenhouse can also be cost-effective: that \$3 pack of seeds can become dozens of plants. For gardeners who spend serious money each spring on flats of annuals and vegetables, greenhouses eventually pay for themselves, both in plant costs and as weather insurance. "People can spend \$1,000 on plants and lose them all with a late spring frost," says Andrew Cook, the Belgian-born founder of Exaco, an Austin-based distributor of greenhouses like the Riga 4 that Higgins bought.

Fewer than one percent of American gardeners use greenhouses, according to Cook. That's different from Europe where he says nearly



half of all gardeners have some kind of greenhouse. Cook thinks the difference is partly because European gardeners can go to their local garden center and walk through models of greenhouses. Americans are rarely able to do that.

Smith says that once people factor in where they live, how they want to heat their greenhouse and how much money they plan to spend, then their choices will narrow and they'll find the perfect greenhouse. Hobby greenhouse kits, a popular choice, can cost from a few hundred dollars to tens of thousands.

Smith says that a typical aluminum-frame, 8-by-10-foot or 10-by-12-foot hobby greenhouse kit will probably take a couple weekends to build: one weekend for the foundation and one for the building itself. Then comes the electrical and plumbing.

How about greenhouses' downside? Smith thinks people should be certain

they want a greenhouse as opposed to a sunroom—a cheerful home addition with a couple houseplants and a hot tub—before they begin building. A sunroom is designed for people, whereas a greenhouse is designed for plants.

However, the number one regret Smith hears isn't exactly a cautionary tale. "They tell me they wish they'd gone bigger," he says.

## Greenhouse resource websites

- Greenhouse Garden (<http://www.greenhousegarden.com/>) is Shane Smith's site. This is a great place to begin. Smith is an internationally known greenhouse expert and founder of the Cheyenne (Wyoming) Botanic Garden.
- The Greenhouse Catalogue <http://www.greenhousecatalog.com/greenhouse-information>) offers a wide range of articles in conjunction with its Oregon-based store.

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- 2 Movie Night**, Cache River Wetlands Center, 930 Sunflower Lane, Belknap. Movies about nature provide viewers of all ages with an opportunity to learn about the outside world. This month's showing will be "Leave It To Beavers" from 6-8 p.m. There will be a short discussion by AmeriCorps members following the showing. 618-634-2231.
- 5 Easter Sunrise Service**, Bald Knob Mountain, Alto Pass. Annual Easter Service held at the 111-foot Bald Knob Cross, music & refreshments. Contact [www.baldknobcross.com](http://www.baldknobcross.com) or 618-893-2344.
- 10 Lamplight Tour of the U. S. Grant Home State Historic Site**, 500 Bouthillier Street, Galena. Join the General and Mrs. Grant from 5-6 p.m. as they tour the home. Regular hours for the home are 9 a.m.-4 p.m. Wednesday-Sunday all year. Donations accepted, for more information please contact the Galena History Museum at [www.GalenaHistoryMuseum.org](http://www.GalenaHistoryMuseum.org) or 815-777-9129.
- 11 Birding at Wolff Wetland Guided Hike**, Cache River Wetlands area Belknap, IL. Join Master Naturalist Anne Parmley on a birding walk at Cache River State Natural Area, Michael Wolff Memorial Wetland. Binoculars are recommended. Meet at Marshall Ridge Access, located 3/4 of a mile north of the Cache River State Natural Area headquarters, 930 Sunflower Lane, Belknap, IL 9-11 a.m. For more information contact 618-657-2064.
- 11 Antique Tractor Show**, Main St. Golconda, Illinois. Tractors from several surrounding states line Main Street. Enjoy tractor driving contests, trophies, food, and much more. For more information call 618-683-5637 or visit [www.mainstreetgolconda.org](http://www.mainstreetgolconda.org).
- 11-12 Gem and Mineral Show**, 1602 Sioux Drive Marion, IL. Join in the Annual Gem and Mineral Show at The Pavilion of the City of Marion; showing off Indian artifacts, fossils, lapidary displays, shell crafts and much more. For more information call 618-993-2657.
- 18-19 Morel Mushroom Festival**, Trail of Tears Lodge, 1575 Fair City Road, Jonesboro. Registration information can be found online at [www.trailoftears.com](http://www.trailoftears.com). Advanced registration is \$10/day and registration after March 31st is \$15/day 618-833-8697.
- 18-19 Springthyme in the Country**, Country Lane Treasures halfway between Cereal Springs and New Burnside on Route 166, from 10 a.m.-4 p.m. Come for Bluegrass, Country and Gospel music, country cooking, shopping and good old country fun! Bring a lawn chair and enjoy a weekend of fun. For further information contact Katy Newbold at 618-922-0562.
- 25 The Little Egypt Barbershop Chorus**, Herrin Civic Center, 101 South 16th Street, Herrin. There will be two shows, a 2 p.m. matinee and the second at 7 p.m. Many of the songs will provide humorous entertainment done in barbershop style. For more information, contact Norm Bauer at 618-833-3228 or [nbauer36@gmail.com](mailto:nbauer36@gmail.com).
- 25 River to River Relay**, 1108 Grand Avenue, Johnston City. Come join the fun of the annual relay race held in Southern Illinois. The race stretches from the Mississippi River by Wolf Lake, covering over 80 hilly and curvy miles of 2-way highways to Golconda on the banks of the Ohio River. 240 eight-member teams compete running 3 cycles of approximately 3.3 miles. For more information contact <http://river2river.net/> or 618-727-1892.
- 25-26 Grant's Galena Home Front-Civil War Reenactment and Living History**, along the Galena River bank, Galena. 2015 is the 150th anniversary of Ulysses S. Grant's return from the war. Experience the 1860s through a Civil War battle, walk through a union camp and experience civilian camp events including a black smith shop, period cooking, dancing and a bazaar. Sat. 9 a.m.-5 p.m. and Sun. 9 a.m.-4 p.m., Adults \$5 and Children under 12 free. [www.facebook.com/tristatehistoricalpresentations](http://www.facebook.com/tristatehistoricalpresentations).
- 25-26 2015 Gathering at Macktown**, 2221 Freeport Rd., Rockton, talk with voyageurs, trappers, Native Americans, militiamen, settlers and craftsmen who have gathered to trade news and goods. Demonstrations of blackpowder shooting, skirmishes, tomahawk throwing and fighting, and early crafts and lifeways. Period foods and crafts will be available for purchase. Admission is \$7.00, Students \$5.00, contact [macktown1@frontier.com](mailto:macktown1@frontier.com) or [macktownlivinghistory.com](http://macktownlivinghistory.com) or call 815-624-4200.



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*Easy Climber® is the safe, dependable and affordable way for millions to stay safe, stay independent and stay in their home.*

Surveys have shown that more and more people want to live as long as possible in the home where they've raised their children. The key to this new American Dream is to maintain independence and to live safely and securely. For millions of these people, there is a barrier to the life they love... the staircase. As people age, they become less able to climb stairs safely. Going up stairs is a strain on the heart and joints and going down can be even more dangerous. Many of them are forced to spend the day in their bedroom or their night on the couch. Either way, half of their home is off limits.

Whether you're concerned about a dangerous fall from the stairs or simply need a little extra help getting up and down, Easy Climber® gives you access to your entire home again... safely and affordably. It's made by a company that's been making lifts for over 100 years, so they've thought of everything.



Don't wait for a fall to call. Your home is most likely your largest investment. Get the most out of it with Easy Climber. Call now, knowledgeable product experts are standing by to answer any questions you have.

## **The Easy Climber Advantage**

### **Safety and Security**

Soft-touch anti-slip armrest padding  
Higher weight capacity

### **Quality and Simplicity**

Power Swivel Seat and Footrest  
Limited Lifetime Warranty

### **Flexibility**

Adjustable seat-height range  
Lower Profile on staircase



**Call now toll free to find out how  
you can get your own Easy Climber.**

Please mention promotional code 59926.

For fastest service, call 24 hours a day.

**1-844-751-2035**

FREE "THANK YOU" GIFT WITH ORDER OF \$10.00 OR MORE!

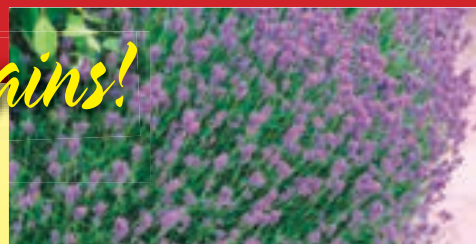
# Springtime Planting Bargains!



## THUJA 'GREEN GIANT'

One of the highest quality evergreens available! Green Giant was introduced to the gardening public by the U.S. National Arboretum. And what an introduction! This outstanding variety is a vigorous grower often growing over 3' per year. Adaptable trees grow in almost any soil conditions. Extremely uniform in pyramidal shape and require no trimming. Green Giant is very tolerant to pests and diseases. Eventually reaches a height of 60' tall with a base measuring between 12-20'. Grow as a specimen tree or as an evergreen windbreak. Plant 5-6' apart for a really fast privacy screen, otherwise 10-12' apart. Green Giant can be trimmed to any height and width. Supplies are limited so make sure to order yours early!

**N7948 \$5.99 each 2 for \$11.79**  
**4 for \$22.99 8 for \$43.99 16 for \$84.99**



## HARDY ENGLISH LAVENDER

**Hardy, sub-zero variety!**

(*Lavandula angustifolia 'Munstead'*) World famous for its dried blooms that fill sachets with a long-lasting fragrance. Lavender-colored flowers on spikes up to 18" tall. Good for flower beds and low hedges. Adds color, beauty and fragrance to gardens from June until autumn. Thrives in full sun. Zones 5-9.

**N6869 \$1.99 each**  
**3 for \$4.99 12 for \$17.88**



## GIANT QUINAULT EVERBEARING STRAWBERRIES

**Bears all season!**

If you love strawberries but don't like to pick them, grow Quinaults. THEY ACTUALLY GROW BIG AS TEA CUPS! And they're just as delicious as they are big. These firm, deep red berries make fancy "restaurant" desserts. Excellent for preserves, freezing and eating fresh, too. When planted in April, Quinaults will produce July through September — right up until frost! Treat yourself to big luscious berries all season.

**N6607 25 for \$6.99**  
**50 for \$12.99 100 for \$23.99**



## GROUND COVER DAYLILIES

**A carefree naturalizer!**

(*Hemerocallis*) A non-demanding cover for steep slopes banks and other hard to mow areas. Plant along roadways, walks and fences. One plant produces 50 or more charming 4-5" blooms a season. Spreads quickly. Grows to about 2' tall. **Mixed colors.**

**N5022 7 for \$9.97**  
**14 for \$19.49 28 for \$37.99**



## CREeping RED SEDUM

**Cover bare spots with blazing color!**

(*Sedum spurium*) You'll be thrilled with this hardy ground cover sometimes called Dragon's Blood. Fills those ugly trouble spots with attractive, thick evergreen foliage all year and amazes you with brilliant, starlike red flowers June through September. These are hardy, northern, nursery-grown plants.

**N7036 12 for \$3.89 24 for \$7.69**  
**48 for \$14.99 96 for \$27.99**



## ROSE OF SHARON HEDGE

**A friendly fence that blooms all summer!**

Delightful blossoms of red, white, or purple each summer in a lifetime fence of natural beauty. These hardy shrubs will grow naturally to 5-10' for an informal privacy screen or can be trimmed for a neat colorful hedge. Bursts into brilliant bloom in mid-summer and continues to flower through fall. Order today and receive 1-2' shrubs. **Our choice of colors.**

**N6877 (30') 6 for \$4.29**  
**(60') 12 for \$8.49 (120') 24 for \$16.69**  
**(240') 48 for \$32.39**

**ORDER ONLINE AT**  
[www.HouseOfWesley.com/quickorder.asp](http://www.HouseOfWesley.com/quickorder.asp)

### ONE YEAR GUARANTEE

If any item you purchased from us does not live, for a one time **FREE** replacement just return the original shipping label along with your written request within 1 year of receipt. Replacement guarantee is **VOID** unless the original shipping label is returned. For a **REFUND** of the purchase price, return the item and the original shipping label with correct postage affixed, within 14 days of receipt.

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 Email \_\_\_\_\_

**Please send the items indicated below:**

HOW MANY	Item #	DESCRIPTION	COST
	N5022	G. C. Daylilies	
	N6607	Q. Strawberries	
	N6869	H. English Lavender	
	N6877	Rose of Sharon	
	N7036	Red Sedum	
	N7948	Thuja Green Giant	
<b>3</b>	—	Hardy Gladiolus (our choice)	<b>FREE</b>

**"Thank you" Gift FREE with a \$10 order!**

Shipping & Processing \$ **3.95**

SUBTOTAL \$ \_\_\_\_\_

IL Residents add 6.25% Sales Tax \$ \_\_\_\_\_

MN Residents add 6.875% Sales Tax \$ \_\_\_\_\_

**TOTAL ENCLOSED OR CHARGED \$ \_\_\_\_\_**

Check or Money Order enclosed.  
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