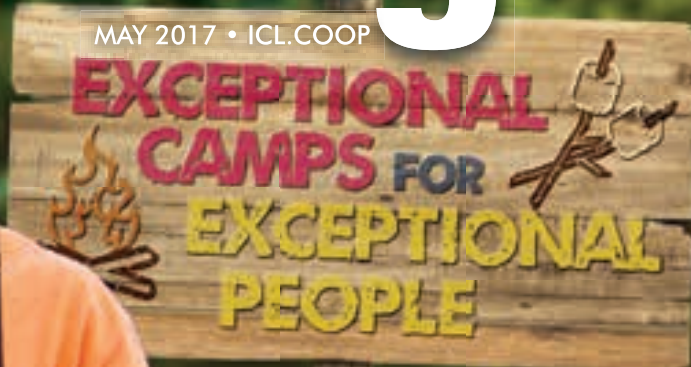


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PUBLISHED BY  
Association of Illinois  
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6460 South Sixth Frontage  
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Illinois Country Living is a monthly publication serving the communications needs of the locally owned, not-for-profit electric cooperatives of Illinois. With a circulation of more than 189,000, the magazine informs cooperative members about issues affecting their electric cooperative and the quality of life in rural Illinois.

Illinois Country Living (ISSN number 1086-8062) is published monthly and is the official publication of the Association of Illinois Electric Cooperatives, 6460 South Sixth Frontage Road East, Springfield, IL 62712. The cost is \$2.88 plus postage per year for members of subscribing cooperatives and \$12 per year for all others. Periodical postage paid at Springfield, Illinois, and additional mailing offices.

**POSTMASTER:** Send address changes to: Illinois Country Living, P.O. Box 3787, Springfield, IL 62708.

**ADVERTISING:** Acceptance of advertising by the magazine does not imply endorsement by the publisher or the electric cooperatives of Illinois of the product or service advertised. Illinois Country Living is not responsible for the performance of the product or service advertised.



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# Illinois Country Living

May 2017 Volume 75, No. 1



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In March, we inadvertently put the wrong name for Phil Carson's daughter. Her name is Katie Carson Geis. We apologize for any confusion.



When you see this symbol, it means there's  
more content online at [www.icl.coop](http://www.icl.coop)!

# Illinois Made Highlights State's Faces of Travel

## *Illinois' Makers Generating Jobs & Tourism in Southern Illinois*

Travel and tourism plays a huge role in every economy—from hotels to dining, tours to attractions—tourism helps drive tax dollars down and provides numerous jobs for people across the state. In 2015, Illinois welcomed more than 111.1 million visitors, which generated more than \$37.2 billion in travel expenditures for the state. This in turn helped reduce the amount of taxes paid by residents and created more jobs by supporting local businesses, including those businesses run by Illinois' artisans and craftspeople, whom we highlight as part of our ongoing Illinois Made initiative.

Illinois Made businesses across the state exemplify this year's theme for National Travel and Tourism Week by the U.S. Travel Association – “The Faces of Travel.” Taking place this year May 7-13, the “Faces of Travel” theme aims to shine a spotlight on the people that make the travel experience what it is. From hotel managers to acclaimed chefs to local entrepreneurs offering one-of-a-kind products and experiences, these people do their jobs to ensure guests and travelers enjoy their stay in our state's destinations.

Illinois has many faces of travel and Illinois Made showcases the faces of the state's amazing makers, artisans and craftspeople, each creating unique local products. U.S. small businesses added 14 million new jobs in 2014, and Illinois Made makers help employ residents in Illinois. The program encourages visitors to extend their travel beyond a day trip and explore the local businesses and attractions in the nearby area. According to market research, 78 percent of Millennials are looking to learn something new while traveling, which we hope they will find by visiting our Illinois Made makers—who can be found all

over, including various towns in Southern Illinois.

If you've ever wondered what beer with hickory, lavender or juniper tastes like, you must try the award-winning concoctions brewed at Scratch Brewing Company in Ava. Using only farm-gathered Illinois ingredients, Scratch creates original recipes for every small-batch brew, making beers for every beer lover. It's a great place to kick back and hang out with friends while enjoying a truly unique brew.

Looking for a sweeter beverage that is also made here in Illinois? Apple Knocker Hard Cider in Cobden produces delicious and innovative American ciders for all to enjoy. The cider-making facility partners with century-old apple orchards and picks only the highest quality apples for production. Sip on the ciders at their tasting room or pick up a four pack—they sell all over the Midwest!

Just a drive away is another Southern Illinois maker—Longshadow Gardens in Pomona. With the company motto being *Fabricio in Horto Nostro*, Latin for “Factory in a Garden,” owners Charlotte and Daniel Ward create beautiful dry cast planter designs for gardens across the world—including the Ritz-Carlton hotels in Dallas and Dubai, to Chicago's Field Museum and Shedd Aquarium, among others. The facility itself provides a serene and peaceful ambience, allowing guests to stroll along and be one with nature.

Continue on to Greenville to learn about the seventh-generation family cheese makers at Marcoot Jersey Creamery. Using traditional Swiss

cheese cave techniques to age their 16 varieties of artisan and farmstead cheeses,

Marcoot produces delicious products that are natural, and energy efficient! Visitors can purchase cheese on-site or take a tour of the family's farm. It's a unique experience for any traveler looking to taste, see and live Illinois like Marcoot Jersey Creamery does on a daily basis.

Our Illinois Made makers really demonstrate what it means to “be” Illinois and craft some amazing products and experiences to share with our visitors. People travel miles to experience all there is to see and do in the state and it is important to share with them a little bit of what Illinois is all about through our Illinois Made program. Travel and tourism touches every aspect of Illinois, and I encourage you, as Illinoisans, to go out and experience something you never have before. It's sitting right here in your own backyard!

Make it a goal or something to add to your bucket list; visit all of the Illinois Made makers in your area, I know you'll enjoy every last one of them. For more about the Illinois Made program and other travel ideas, please visit the brand-new [www.enjoyillinois.com](http://www.enjoyillinois.com). 📍



**Cory Jobe** is Director of the Illinois Office of Tourism and responsible for leading the state's tourism marketing and development efforts.





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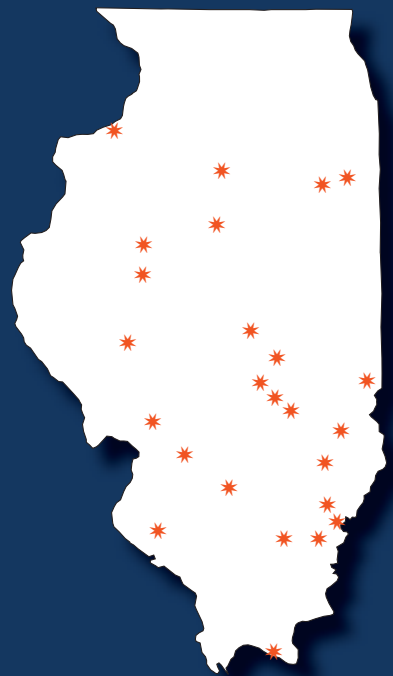
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## Shawnee National Forest launches new tip line

To assist in forest management and law enforcement, there is a new Shawnee National Forest Tip Line. Available 24-hours a day, people now can report suspicious or illegal activities or relay important information about conditions on the forest.

You can text or leave a message at 618-201-3364; if you prefer, you can remain anonymous. To help spread the word of the new tip line, the phone number will be posted in recreation areas, trailheads and other access points. ♡



## Co-op sponsored students meet with state leaders

During the Illinois Electric and Telephone Cooperative's Youth Day, March 29, in Springfield, more than 240 students from around Illinois had an opportunity to visit the state capitol, view state government in action and question their legislators on key issues.

"Elected officials always enjoy the opportunity to meet with students and learn first-hand some of their concerns, especially in this current political climate. Many of the issues debated in the Illinois General Assembly affect their future," said Duane Noland, President and CEO of the Association of Illinois Electric Cooperatives (AIEC).

During lunch, Comptroller Susana Mendoza addressed

students and chaperones and challenged them to take an interest in the political process and encouraged them to use their voices and reach out to their representatives and senators. Sophia Marcolla, the 2016-17 Illinois Youth Leadership Council Representative from Adams Electric Cooperative, spoke about her experience on the Youth to Washington tour and the importance of leadership. While in Springfield, the students also visited the Old State Capitol and Abraham Lincoln Presidential Museum.

Youth Day is designed to introduce young rural leaders to state government. There were 25 co-ops from across the state represented at the event. ♡







## Illinois electric cooperatives electrify villages in Bolivia

Linemen from nine Illinois electric cooperatives brought power and opportunity to four Bolivian villages in March. The 12 linemen returned to Illinois safely after spending three weeks in central Bolivia constructing a power distribution system to 62 households and two schools.

"These three weeks in Bolivia were a life changer," said Matt Eisenmenger, safety instructor for the Association of Illinois Electric Cooperatives (AIEC). "Not only do I have a newfound appreciation for the blessings and opportunities we have here at home, but I'm also optimistic about the future of the villages we illuminated."

During the trip, these volunteer linemen constructed almost 30 kilometers of power lines, and installed 21 transformers. Two schools and a facility for handicapped individuals are now receiving electricity from Rural de Electrificación (CRE), a Bolivian electric cooperative.

"This mission involved helping CRE to extend the electric service to these remote areas," said Phil Carson, NRECA board president from Illinois who joined the team for the celebration. "NRECA has had a relationship with CRE that spans more than 50 years, and this work is a testament to our global commitment in helping expand access to reliable electricity to communities that

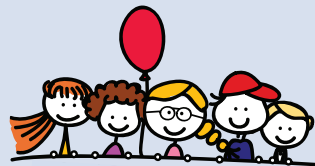
were very much like ours 75 years ago."

The trip was sponsored by AIEC and managed and coordinated by NRECA International. NRECA International, an affiliate of the National Rural Electric Cooperative Association (NRECA) has been working in developing countries since 1962. Today more than 300 member electric cooperatives support its work through monetary contributions, material donations, and sending hundreds of electric co-op linemen and employees abroad as volunteers.

Linemen and their respective cooperatives participating in the project are: Joseph Alexander and Ryan Little from Illinois Electric Cooperative; Timothy Baker and Bret Richards from Corn Belt Energy Corporation; Shannon Davis and Brannon Dasch from Tri-County Electric Cooperative; Eric Dewitt from McDonough Power Cooperative; Matt Eisenmenger from AIEC; William Fields, Jr., from Norris Electric Cooperative; Kurt Krohmer from Jo-Carroll Energy, Inc.; Terry Riggins from Eastern Illini Electric Cooperative; and Troy Shafer from Menard Electric Cooperative. The linemen from Illinois and Bolivia took time for a group photo. The Illinois linemen are in yellow. ♡



## Rural day care problem solved cooperatively



“Grim” is how working parents Jon and Laura Dronen describe the day care situation in Hazen, North Dakota. Ever since the couple’s long-time baby-sitter retired in May 2016, the parents of two children under age eight have had four different providers, including a cousin they flew in from Oklahoma.

Jon, a Procurement Operations Administrator at the Hazen office of Basin Electric Power Cooperative said, “We had heard about the shortage of day care but we didn’t know it was this bad.”

“It got to the point where I brought this forward to my boss,” added Laura, an Engineering Supervisor at Dakota

Gasification Co., a Basin Electric subsidiary. “I said, ‘I might have to go part-time or quit.’”

But help will soon be on the way. The Dronens, Basin Electric, other parents and businesses are part of the solution. For the past few months, they have helped renovate an old church to open it this month as the Energy Capital Cooperative Child Care.

The co-op is the creation of Basin Electric/Dakota Gasification and seven other companies with large numbers of employees looking for safe, reliable and quality care for their babies, toddlers and school-age children.

Erin Huntimer, a Project Coordinations Representative at the generation and transmission cooperative, recognized that parents were “jumping through flaming hoops” to find child care. “I thought, ‘Why not take a cooperative approach? Let’s see if we can’t use the same methods that brought electricity and telephone service to this part of the country to bring day care, too.’”

Basin Electric hopes this will help the community and the G&T retain and recruit employees. Who knows, maybe this cooperative day care idea will catch on in other rural areas of the country. ♡

Source: NRECA, Victoria A. Rocha

## New executive order calls for review of the Clean Power Plan



Throughout the 2016 campaign, Donald Trump pledged to review burdensome federal regulations when he became president. On March 28, President Trump took an important step to follow through on that commitment by signing an executive order to promote energy independence. The order also calls for review of the Clean Power Plan.

“Electric co-ops have two key missions - providing electricity and other services to more than 42 million consumers and empowering the communities they serve,” said Jim Matheson, CEO at the National Rural Electric Cooperative Association (NRECA). “The Clean Power Plan jeopardizes co-ops’ ability to accomplish both.”

“If implemented, the plan would hit many of our electric cooperatives extremely hard by forcing them to prematurely shut down existing power plants. Those co-ops would in essence be charged twice for their electricity - once to continue paying down the loans on the closed power plants and again for the cost of purchasing replacement power,” he said.

Co-ops were so concerned about the economic impacts of the Clean Power Plan that they petitioned the courts to review and reject the regulation. The Supreme Court sided with co-ops and imposed a stay of the rule-essentially freezing its implementation.

It will take the Trump administration a long time to navigate the maze of administrative, regulatory and legal procedures necessary to review the Clean Power Plan. In the meantime, electric co-ops will keep supporting an “all of the above energy policy.” That includes supporting coal mined by Illinois coal miners like the ones in this photo from Prairie State Generating campus, one of only three coal plants in Illinois that uses Illinois coal. ♡

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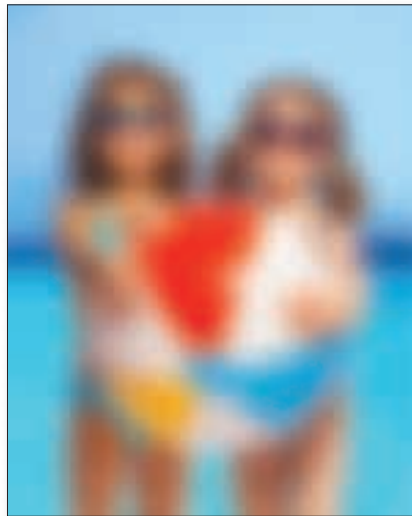
**F**or many patients with macular degeneration and other vision-related conditions, the loss of central visual detail also signals the end to one of the last bastion of independence: driving. A Mascoutah optometrist, Dr. Marianne McDaniel, is using miniaturized telescopes that are mounted in glasses to help people who have lost vision from macular degeneration and other eye conditions.

"Some of my patients consider me the last stop for people who have vision loss," said Dr. Weingart, one of only a few doctors in the world who specialize in fitting bioptic telescopes to help those who have lost vision due to macular degeneration, diabetic retinopathy, and other debilitating eye diseases.

Imagine a pair of glasses that can improve your vision enough to change your life. If you're a low vision patient, you've probably not only imagined them, but have been searching for them. Bioptic telescopes may be the

breakthrough in optical technology that will give you the independence you've been looking for. Patients with vision in the 20/200 range can many times be improved to 20/50 or better.

Macular degeneration is the leading cause of blindness and vision loss in people over 50. Despite this, most adults are not familiar with the condition. As many as 25% of those over the age of 50 have some degree



*A scene as it might be viewed by a person with age-related macular degeneration.*

of macular degeneration. The macula is only one small part of the retina; however, it is the most sensitive and gives us sharp central vision. When it degenerates, macular degeneration leaves a blind spot right in the center of vision, making it difficult or impossible to recognize faces, read a book, or pass the driver's vision test.

Nine out of 10 people who have macular degeneration have the dry form. New research suggests vitamins can help. The British medical journal

BMC Ophthalmology recently reported that 56% of patients treated with a high-dose combination of vitamins experienced improved vision after six months.

While age is the most significant risk factor for developing the disease, heredity, smoking, cardiovascular disease, and high blood pressure have also been identified as risk factors.

Macular degeneration accounts for 90% of new legal blindness in the U.S. While there is currently no cure, promising research is being done on many fronts. "My job is to figure out everything and anything possible to keep a person functioning, especially driving," says Dr. McDaniel.

"Bioptic telescopes can cost over \$2,000," said Dr. McDaniel, "especially if we build them with an automatic sunglass."

"The major benefit of the bioptic telescope is that the lens automatically focuses on whatever you're looking at," said Dr. Weingart. "It's like a self-focusing camera, but much more precise."

To learn more about bioptic telescopes or to schedule a consultation, give Dr. McDaniel or Dr. Weingart a call. You can also visit our websites.

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# Thunderstorm safety tips from the American Red Cross

When thunderstorms are rolling your way, stay safe with these helpful tips from the American Red Cross:



-  Listen to local news or NOAA Weather Radio for emergency updates. Watch for signs of a storm, like darkening skies, lightning flashes or increasing wind.
-  Postpone outdoor activities if thunderstorms are likely to occur. Many people struck by lightning are not in the area where rain is occurring.
-  If a severe thunderstorm warning is issued, take shelter in a substantial building or in a vehicle with the windows closed. Get out of mobile homes that can blow over in high winds.
-  If you can hear thunder, you are close enough to be in danger from lightning. It can strike up to 10 miles from the area in which it is raining and you do not have to see clouds for it to happen. If thunder roars, go indoors! The National Weather Service recommends staying inside for at least 30 minutes after the last thunder clap.
-  Turn off and unplug appliances well before a storm nears. Do not rely on a surge protector to save appliances from a lightning strike. Unplug it as well.
-  Turn off your air conditioner to protect the compressor from a power surge and avoid a costly repair job.
-  Avoid electrical equipment and telephones. Stay away from electrical outlets, appliances, computers, power tools and TVs.

Take off headsets and stop playing video games. Use battery-powered TVs and radios instead. A direct strike isn't necessary for lightning voltage to enter your home through phone lines, electrical wires, cables and plumbing.

-  Shutter windows and close outside doors securely. Keep away from windows.
-  Avoid water and contact with pipes including sinks, baths and faucets. Do not wash dishes, shower or bathe during a thunderstorm. Also avoid washers and dryers since they not only connect with the plumbing and electrical systems, but also contain an electrical path from the outside through the dryer vent.
-  If you are driving, try to safely exit the roadway and park. Stay in the vehicle and turn on the emergency flashers until the heavy rain ends. Avoid touching metal or other surfaces that conduct electricity in and outside the vehicle.
-  Don't forget your pets. Dog houses are not lightning-safe and dogs chained to trees can easily fall victim to a lightning strike.
-  If you are outside and cannot reach a safe building, avoid high ground; water; tall, isolated trees; and metal objects such as fences or bleachers. Picnic shelters, dugouts and sheds are NOT safe. ⚡

*Source: American Red Cross and Safe Electricity*

## BE PREPARED BEFORE A STORM STRIKES

In the event of a power outage, be prepared by keeping the following items in an easy-to-find emergency supply kit.

### ■ WATER

Three-day supply, one gallon per person per day.

### ■ TOOLS

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### ■ FIRST AID KIT AND PRESCRIPTIONS

First aid supplies, hand sanitizer and at least one week's supply of prescriptions and medications for the family.

Learn more at [www.ready.gov](http://www.ready.gov)



AMERICA'S ELECTRIC COOPERATIVES

Source: American Red Cross, Federal Emergency Management Agency.





# REHABbing HOMES; REBUILDING LIVES.

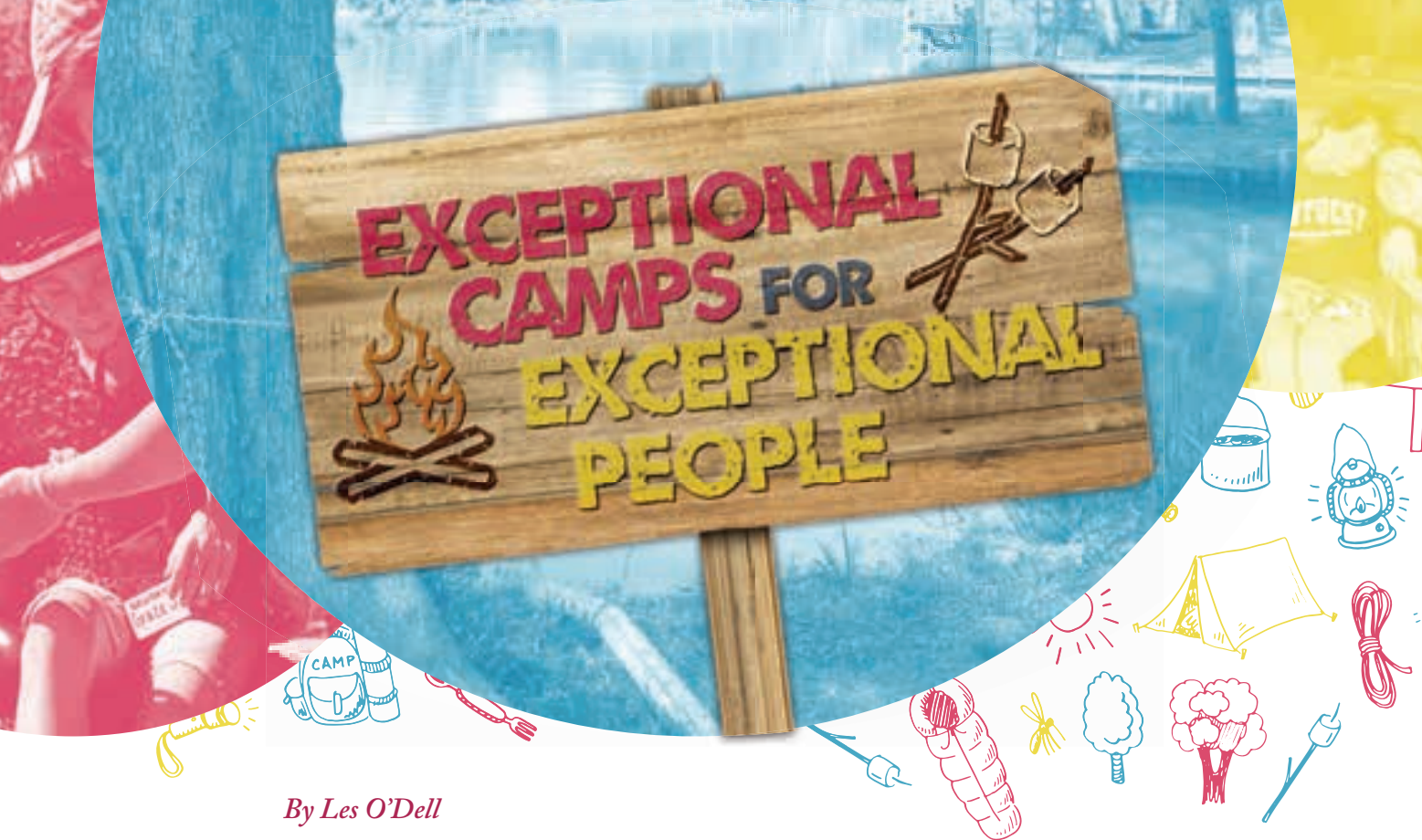
To Touchstone Energy cooperatives, commitment to community is not just words, it's actions, and it's the power of human connections!



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*By Les O'Dell*

Every summer thousands of youngsters enjoy the experiences of summer camps. They make new friends, enjoy new experiences ranging from hiking and swimming to zip line trips, and take in all the great outdoors offers. Scout organizations, church camps and even athletic groups give campers summer adventures they will never forget.

While most camps cater to kids enjoying their summers away from school, a special group of camps organize and hold camping programs for young people (and some adults) who, because of medical conditions or disabilities, cannot participate in traditional camp programs. These are very special camps for very special populations. In each case, camp organizers make appropriate accommodations to serve campers – wheelchair-accessible activities, increased staffing levels and specially-prepared meals are a few examples – but most of all, they try to make the camping experience one that attendees never forget.

“The number one thing we hear from parents who come to pick up

their kids after camp is ‘I never thought my child could experience anything like this.’ For these parents who have wished for normalcy for their children, it is incredibly powerful,” explains Deb Townsend, executive director of Timber Pointe Outdoor Center, a camp located on Lake Bloomington near Hudson. Timber Pointe, which is owned and operated by Peoria-based Easterseals Central Illinois hosts a variety of camps for special populations throughout the summer. Camps range from events specially designed for children with Asperger’s Syndrome and Attention Deficit-Hyperactivity Disorder to those with physical disabilities, or partnered camps organized by the Muscular Dystrophy Association or other

organizations. Some camps are what Townsend calls “integrated camps” where children without challenges – those “typically developing” – participate with those with special needs.

“Integrated programming makes it possible for all of these children to come and share their week of camp with children with disabilities or who are developing differently,” she says. “The children get to run alongside children they normally wouldn’t be with, and they learn compassion. They actually are able to give back to society in a way. They learn about children who have challenges every day.”

For those with challenges, the week or two at camp can be an unforgettable experience.





"Our first-time campers are nervous, of course, because they don't know what to expect," says J.D. Tanner, director of Southern Illinois University's Touch of Nature Environmental Center. "A common end of camp, however, is tears because they don't want to leave."

Touch of Nature has been home to Camp Little Giant, a camp for children and adults with disabilities, for nearly 65 years. By many accounts, Camp Little Giant was one of the Midwest's first camps for special populations.

"Back when it first started, the 'normal' kids got to go to camp and these populations didn't get that experience. It really was seen as a crazy idea to get these kids outdoors and get them the same camping experience as everyone else," Tanner adds.

Now, the camp serves nearly 250 children and adults every summer.

"Most of our campers arrive on Sunday and they first go through a brief medical screening, with staff and a nurse, to get a handle on needs and medications before they are checked into a cabin," Tanner explains. "The rest of the days are a mix of being on the beach, swimming and boating, arts and crafts, camp fires and more; it's everything that happens at regular camp."

Tanner says that camp activities also include zip line rides, hiking on special trails and even horseback riding utilizing the trails at nearby Giant City State Park.

"We hear from parents and caretakers that campers can't stop talking about camp, and we often hear that they won't take off their camp T-shirt for several weeks. I think it is because camp is one of the few times that these people are given the opportunity to do 'what everybody else does.' Plus, they are able to do it with others who

are in a similar situation so they feel at home and normal at camp."

Vicki Lang, a therapeutic recreation specialist with Camp Little Giant, says camp is the first time that many participants get to do things that they have seen others do for years.

"We have a can-do attitude so that campers can do activities that normally they are told they can't do," she says. "They want to go horseback riding for example and we tell them that we can make it happen."

Timber Pointe offers an adventure day camp where parents and caretakers drop off campers each morning and pick them up again late in the afternoon.

"Parents can opt for day camp so that instead of being in a day care center or in front of the TV, these children are outside, living and growing in an outdoor experience," Townsend says.

All of the camps feature trained





counselors and medical staff specially attuned to special-needs populations. Participants come from near and far for the programs. Of course, day camps attract campers from the immediate area. Some of the weeklong camps include participants from across the nation. Tanner says one of the campers at one of Camp Little Giant's sessions last year was from Montana.

"It's definitely a lifetime experience and one that many of our campers look forward to every year," Lang says. "It's a chance for campers to make friends who are no different than them. We just provide an opportunity for people with challenges who are normally turned away. It's a chance for them to have the time of their life."

Not only do the camps give attendees a chance to have some outdoor fun, the events also serve as a much-needed break from their normal routine.

"Our camp started as a way to give kids time away from all of the medical appointments and give them a week

of normal childhood life. With all of the medical professionals on staff, parents don't have to worry about their children," says Rebecca Budde, development officer with the SIU School of Medicine in Springfield. The medical school started Camp Coco (Children's Oncology Camp Organization) in 1986 as a way of giving children with cancers and related blood disorders an opportunity to enjoy camp. Camp Coco takes place every July at Timber Pointe. For many of the students, it is their first time away from home, but it is one they obviously enjoy.

"Yesterday was my first time I have ever been to camp in my life and it was awesome!" a camper named Leah wrote for the Camp Coco newsletter in 2012. Another camper, identified as M.S., shared daily experiences in the newsletter: "It's only the second day of camp and I've already had a great time. The activities were fun-filled and exciting. For example, we got to pet llamas and shoot B-B guns, which was

exciting and exhilarating."

The camps also give a much-needed break to caregivers and parents.

"Not only do the campers have a great time in an environment which is safe, but it also gives parents or caregivers one or two weeks to have time for themselves and take care of their own needs," Tanner says. "It gives them a breather."

Many of the programs focus on the quintessential camp experience, but some have a very specific focus, such as Timber Pointe's Penguin Project Camp. This camp focuses on young artists with disabilities and features a musical revue at the camp's conclusion. The program is a replication of a similar effort, first started in Peoria, that pairs students without disabilities with those with Down's Syndrome, visual and hearing impairments, cerebral palsy and other neurological disorders. Together, they learn, rehearse and present a play. It's a way to instill self-confidence, build interpersonal skills





and strengthen language skills.

Other opportunities are not organized camps at all. Camp Big Sky outside of Farmington offers a free opportunity for anyone with any disability to enjoy a day in the great outdoors.

"Our mission is to give people with their friends, caregivers and family, the opportunity to enjoy camping, boating, fishing, archery and other activities," says Karla Kane, camp director. "Everything is accessible and open to them. They come out and we have volunteers that work with them to do whatever they want. We're here to give them the experience."

She says, with a day's notice, camp administrators make all the necessary preparations (including finding volunteer hosts) for guests to enjoy outdoor recreation all at no cost.

Kane continues, "There are so many things and opportunities that people with disabilities don't get to enjoy, especially outdoor activities. This is

something that families can do together."


The cost for each camper at overnight camps range from a few hundred dollars to as much as \$1,200 per week for each camper, depending on the camp and the campers' individual needs. But, all of the camp leaders say costs are kept down thanks to donations from civic groups, fundraising efforts and private donations. Tanner says it is not unusual for individuals to sponsor "camperships" to offset the costs. Some camps, like Camp Coco, are free to participants.

Regardless of the cost, campers and their families find the experience invaluable.

"The benefits are crazy," Townsend says. "We are able to serve some of the neatest people in the world at one of

the most magical places. The live-in community builds friendships and memories that last a lifetime."

Camp Big Sky's Kane says she gets a very personal sense of satisfaction from serving special needs campers.

"The really cool thing for me is that people come out and if they've never gone fishing before or never flown a kite or taken a boat ride, that when we give them that opportunity, it's a wonderful feeling," she says. "For me, it's very rewarding to give people that opportunity. There's no better word and no better feeling." 

## Favorite Recipes

**Who:** Richland County Farm Bureau

**Cost:** \$20.95 includes shipping

**Details:** Hard-backed, ring bound

**Pages of recipes:** 235

**Send checks to:** Richland County Farm Bureau, 710 N. West St., Olney, IL 62450; call 618-393-4116; or email [riccofb@frontier.com](mailto:riccofb@frontier.com)

### ▲ Fish Tacos with Honey-Lime Cilantro Slaw & Chipotle Mayo

1 lb. tilapia filets, cut into chunks	1/8 t. cayenne pepper
1/2 c. fresh lime juice	1/3 c. flour
1/3 c. fresh lime juice	2 eggs, lightly beaten
2 T. honey	2 c. panko crumbs
1 T. vegetable oil	Salt and ground black pepper to taste
1 t. ground cumin	1 c. vegetable oil for frying
1/2 c. mayonnaise	2 c. three-color coleslaw blend
2 chipotle chilies in adobo sauce	1 c. minced fresh cilantro leaves
1 T. adobo sauce from chipotle peppers	8 (7-inch) flour tortillas, warmed
1/4 t. salt	

Place tilapia chunks in a flat dish and pour 1/2 c. lime juice over the fish. Cover and refrigerate at least 4 hours. Meanwhile, make the honey-cumin sauce by whisking together 1/3 c. lime juice, honey, 1 T. vegetable oil and ground cumin in a small bowl. Set aside until needed.

**Chipotle Mayonnaise Dressing:** Place mayonnaise, chilies, adobo sauce, 1/4 t. salt and cayenne pepper together in the bowl of a food processor. Pulse until smooth. Cover and refrigerate until needed.

To bread the fish, place the flour, eggs and panko crumbs in 3 separate shallow dishes. Season the fish with salt and pepper to taste. Dip the fish pieces first in the flour, coating evenly and shaking off any excess. Dip next in the eggs and last in the panko crumbs, patting the pieces to help the bread crumbs hold. Set the fish aside on a plate. To cook the breaded fish, pour 1 c. vegetable oil into a skillet to 1/4-inch deep. Heat the oil to 365 degrees over medium heat. Cook the fish, turning until all sides are golden brown and flesh is easily flaked with a fork. Drain on paper towels. Brush the fish with the honey-cumin sauce. Mix the coleslaw and cilantro together in a bowl. Reserve 1/4 cup of the chipotle mayonnaise dressing and pour the remaining dressing over the coleslaw mixture. Toss to coat evenly. Place the warm tortillas on a flat surface and spread with 1 tablespoon reserved chipotle mayonnaise. Divide the fish between the tortillas. Top with cilantro coleslaw.

### ▲ Fat Burner Avocado & Tomato Salad

4 c. diced avocado	4 T. fresh cilantro, chopped
2 c. grape tomatoes or cherry tomatoes	2 t. fresh garlic, minced
2 c. cucumbers, peeled and diced	2 T. lime juice
1 c. red onion, diced	1/4 c. olive oil
	Salt and pepper to taste

Put the avocado, tomatoes, cucumbers and onion in a bowl and mix. Add in lime juice, cilantro, garlic, and olive oil. Salt and pepper to taste. Mix well. Yield: 8 servings.



## *"Oldies But Goodies" Remembering our Moms...Past & Present*

**Who:** Greenfield Triennial  
Homecoming Committee 2016

**Cost:** \$20 includes postage

**Details:** Hard-backed, ring bound

**Pages of recipes:** 296

**Send checks to:** Greenfield Triennial  
Homecoming, c/o Glenna Wright,  
Sec., R.R. 1, Box 224, Greenfield,  
IL 62044 or call 217-368-2233.

### ^ *Soy Chicken Kabobs*

1 – 15 ¼ oz. can pineapple chunks	5 skinless, boneless chicken breasts
1/2 c. soy sauce	halves, cut into 1-inch cubes
1/3 c. sugar	1 green or red pepper, cut into 1
1 clove garlic, minced	inch pieces
1/2 t. ground ginger	Hot cooked rice, optional

Drain pineapple, reserving 1/3 c. juice. Set pineapple aside. Combine pineapple juice, soy sauce, sugar, garlic and ginger in a dish. Mix well. Add chicken to marinade, cover and marinate in refrigerator 1 hour, turning occasionally. Remove chicken from marinade and reserve marinade. Alternate chicken, green pepper and pineapple on skewers. Grill kabobs over hot coals for 15 minutes, turning and basting frequently with marinade. Serve over rice.

### *Bean & Bacon Salad* >

1 – 15 oz. can kidney beans, drained	<b>Dressing:</b>
2 c. shredded cabbage, or more	1 T. vinegar
if preferred	1/2 c. mayonnaise
1/2 c. diced celery	1 t. salt
2 T. finely chopped parsley	1/2 t. pepper
4 strips bacon, cooked and crumbled	1 T. sugar
1/3 c. finely chopped onion	

Mix together all salad ingredients. Set aside. Combine all dressing ingredients and mix well. Pour over salad and toss lightly.

### *Pickle Wrap Dip*

8 oz. cream cheese, softened	3/4 c. drained and finely chopped
1 c. sour cream	dill pickles
1 t. onion powder	5 oz. dried beef, finely chopped
1 t. parsley flakes	

Combine cream cheese, sour cream and seasonings in a bowl and beat until smooth. Stir in pickles and beef. Cover and chill at least 2 hours. Serve with a variety of crackers or fresh veggies.



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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).

 Visit [www.icl.coop](http://www.icl.coop) to see more Illinois Country Living recipes.

# Windows to the world

## Where to start when replacing your windows

By Pat Keegan and Brad Thiessen

**Dear Pat:** We recently bought a home with windows from the 1960s that are drafty and need replacing. We would like to ensure that our new windows are energy efficient. Can you offer any tips? - Lena

**Dear Lena:** Replacing your windows is often the most costly and least cost-effective energy efficiency investment you can make. But there are sound reasons besides energy efficiency to invest in new windows, such as comfort, resale value and aesthetics.

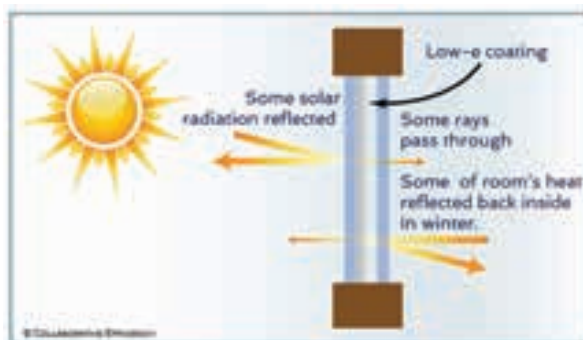
As you look into window replacement, think about your goals. If reducing your energy costs is important, you should weigh an investment in new windows against the other energy efficiency opportunities you may have. An energy audit by a qualified auditor is the best way to compare your options.

The auditor can perform a diagnostic test to determine how leaky your windows are. These tests often show that windows, even old ones like yours, are not as leaky as you might think and that you have more significant air leakage problems elsewhere in the home.

You may discover there are ways to reduce heat loss through your windows without replacing them, such as storm windows or window coverings.

As you begin to explore window replacement, ask yourself if you're happy with the number of windows you have and with the size and location. You could decide to increase or decrease the size of a window, or to replace a window with an exterior door. Sometimes these types of changes are quite affordable, but the cost can be much greater if significant changes to the wall framing are required.

When considering whether to add more windows, remember that



*Low-emissivity coatings reduce heat loss in the winter and reduce unwanted solar gains in the summer.*  
Photo Credit: Collaborative Efficiency

even very efficient ones are much less effective insulators than a home's exterior walls, which means they will be colder to the touch than the wall in the winter. Depending on orientation and shading, windows can let in too much direct sun in the summer, driving up indoor temperatures and air conditioning costs.

Window buyers have a number of choices to make. Double-pane windows are necessary to meet code for most applications, but the additional cost for triple-pane windows could be worth the investment if you live in an area with extreme temperatures. Choosing Argon or Krypton gas between the panes adds a little more efficiency.

A common option that can be well worth the investment is a low-emissivity coating added to the glass. The most important benefit of this "low-e" coating is its ability to reflect heat back into the interior space, which reduces heating bills and increases comfort. These coatings reduce solar heat gain as well, which can help with air conditioning costs.

Window frames can be made of wood, composite materials, fiberglass, aluminum or vinyl. Each has pluses and minuses in terms of cost, maintenance, durability and energy efficiency.

Fortunately, windows are rated for

energy efficiency, so you don't need to know all the details about their construction. The most important indicator of a window's energy efficiency is the U-factor, which measures the rate the entire window loses heat. Lower U-factors are more efficient. The window framing material, the number of layers of glass and the special coatings on the glass all contribute to the overall U-factor. In more extreme climates, it makes sense

to have more efficient windows.

Another simple measure to look for is the ENERGY STAR label. Only windows that are substantially more efficient than the code requires receive the ENERGY STAR label. The ENERGY STAR website ([www.energystar.gov](http://www.energystar.gov)), which is maintained by the U.S. Department of Energy, has a climate zone map and a list of windows, doors and skylights that qualify for the ENERGY STAR label.

Working with a professional is important because a poor installation can result in long-term damage. Moisture problems are common if windows are not installed properly, which can create mold, mildew and rot in the wall. This can prevent the window from operating properly, or cause the paint to peel.

Bids for new windows vary a great deal, so it's worth requesting more than one and comparing qualifications as well as price for something that will change the look and comfort of your home for many years to come. 💡

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*This column was co-written by Pat Keegan and Brad Thiessen of Collaborative Efficiency. For more ideas on energy efficient kitchen remodeling, please visit: [www.collaborativeefficiency.com/energytips](http://www.collaborativeefficiency.com/energytips).*



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# Know what to look for when selecting plants

A trip to the garden center is similar to a trip to the candy store. There are so many wonderful treats to tempt the senses, from fanciful colors to fantastic forms to appealing fragrances, and occasionally some you want to rub against your face.

While the onset of spring can be defined when the first bags of mulch arrive at the gas station, a true gardener can be defined by how far he/she is willing to travel to get a particular plant. Even with Amazon and Google, and every other internet interaction, searching out that plant is not something left to the keyboard.

Over the years, I've gone from Cairo to Rockford, Danville to Quincy and all points in between to find some plants for the garden or decorative pots for the patio. While garden centers are the preferred locations, the big box stores will sometimes surprise you with one of those plants you've been hunting for years, and at a price that makes your jaw drop. So, you grab the best one, and then call all your friends.

That best plant sometimes may not be as "best" as you'd like. But, how many folks do you know that went from gangly teenager to a beauty, either in the feminine or masculine sense? With a little TLC, most plants will respond, especially annuals which put everything into their first and only year.

Still, it doesn't hurt to try to get the best plant. After all, there may be hundreds to choose from, and why not take the best?

For trees, you want to concentrate on the leader the central trunk of the tree. It should be straight and go all the way to the top. Trees with a split leader should be avoided, as this double or triple trunk will usually split about 20 to 30 years down the road, just when the tree is providing the needed shade. This is different from clump trees with more than one plant in the cluster.



Fruit trees are a different ball of wax. Having the leader removed keeps the plant smaller and easier to manage, not to mention harvest.

The more branches the better. For trees, those lower branches provide needed energy and help to make a thicker trunk.

For annual flowers and vegetables, the more compact the plant, the better. Think of one of those stout, short football players instead of a lanky basketball star or Twiggy. Plants grown under cooler temperatures thrive better when we put them in the soil.

And ideally, and this is the gasp-inducing statement, you don't want any flowers or vegetables forming. Instead of rooting and adapting, they concentrate the plant's energy on producing seeds. Sure, you want to know what color the flowers are; just pinch them off immediately before planting, no matter how hard it is.

Realize most perennials will take a couple of years to develop into a mature form. Avoid plants with lots

of roots coming out of the pots. The plant's color should be a rich grass to dark green; avoid yellowish green plants unless that's the nature of the plant.

This spring has nipped many plants, and some of the leaves aren't that great. Some plants may have been cut back severely, while others may have perfect new growth covering damage below. Concentrate on what looks great.

And if you buy too many plants, donate them to friends instead of trying to crowd them in your yard. Plants need room to develop. Or just dig up more of the yard and create more gardens. ♡



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





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# Butterflies, cookies and love

Nancy Agney

2017

Mother of the Year

By Valerie Cheatham

After answering the door to her farmhouse, Nancy Agney led me to her living room. As she turned, I noticed a gold filigree butterfly pin she was wearing on her back. I thought that was an odd spot to wear a pin and she went on to tell me about Courtney. Courtney was the daughter of Kathleen and Troy, Nancy's son and daughter-in-law, who was born with congenital heart defects and other abnormalities. She spent a lot of time in and out of the hospital and passed away before her fourth birthday. Courtney holds a very special place in Nancy's heart.

With tears in her eyes, she explained that the butterfly pin was in remembrance of her precious granddaughter who left this world much too soon. After her passing, Nancy received many sympathy cards and a common thread seemed to flow through them all – butterflies. They are beautiful, but have a short life and are gone much too quickly. Just like Courtney.

Nancy began collecting butterfly pins and always wears one somewhere on her clothing. Today it was on her back. Over the years, her collection has grown to more than 40 of various colors and sizes. It is common for her husband or grandchildren to give them to her.

Nancy and husband James have been married more than 53 years and live on a farm outside of Shelbyville. They have two sons, Troy and Tracy, seven grandchildren and three great grandchildren.

After they were unable to have more of their own, they fostered children.

Nancy says, "We figured the Lord put us here for a reason, and if we couldn't have more of our own, we



would take in foster children."

At the time, they lived in Middlesworth and were permitted to have three foster children at one time. Occasionally, emergencies would occur.

"Late one Sunday night we received a call asking us take in four children," recalls Nancy. "We told them we were full, but because it was an emergency were able to take them. When they brought them to the house, I told them all we had were sleeping bags on the living room floor. But, that was a blessing because those kids were scared and had been through so much that day. They didn't want to be separated. I don't think they would have been happy in

another room without each other.

The Agneys sprang into action. "Troy went to town for milk. I had made cookies that day and we all sat around the table and got acquainted. They left that Wednesday and cried because they had never had it so good."

That call was just one of many the Agneys answered over the years.

Ranging in age from newborn to high school senior, 24 children came in and out of their home. Sometimes they would receive a call from The Baby Fold organization. They would go to the hospital to pick up a newborn and care for it until it would be placed or adopted. Another time, they took in a baby through the organization while her unwed mother, who was not allowed to go home, figured out how to care for the baby on her own.



The anxiety was evident in her voice as she explained one particular situation. "We went to the Sullivan jail one night. They had nine-month-old twin girls they needed us to pick up. I was scared to death I would mix up those girls. As soon as we got home I put a dab of fingernail polish on one so that I could tell them apart!"

Over the years, one particular child grabbed the heartstrings of the Agneys. "She was red-headed and cute as a button," Nancy explains with a sad smile on her face. "I used to make clothes for my foster children. I sewed and sewed and sewed for that little girl! When we got involved with foster care, we were told that if we were thinking about adopting, we were in the wrong place. Well, we had always wanted a little girl. When we heard she was going to become adoptable, we were definitely interested. Then, her mother got out of prison and wanted her back. We decided then and there that we were never going to do that again."

The Agneys were involved in fostering for 14 years, but it became increasingly difficult. When they began fostering, the parents had no idea where their children had been placed. That allowed the kids to feel safe and get more adjusted to family life. Over the years, that changed. Parents knew where their children were, and Nancy says they would sometimes show up intoxicated and want to see them. That made both Nancy and James uncomfortable and concerned for the safety of their boys. So, they ended that journey in their lives.

Nancy and James like to go to Branson, Mo. twice a year. Kathleen recalled how they took all six grandchildren with them the summer after Courtney passed away. She was with them in spirit, and they undoubtedly saw a few butterflies. It was a unique experience they all still talk about.

With tears in her eyes, Kathleen says, "She has been one of the biggest blessings in my life. Sometimes people worry when they marry into a family, but I struck gold! We've had our ups

and downs, but she just accepted me and loved me right from the beginning."

She explained that Nancy is always doing things for others and asking for nothing in return. She is always baking, often making cookies three times a week. Nancy started baking through 4H when she was eight. It's something she has always enjoyed and James likes taking them to his morning coffee buddies. Nancy takes them to various meetings or tractor drives. Not because she was asked, but she knows people might get hungry and like something during breaks.

When Courtney was in the hospital in St. Louis, the Agneys would just show up with homecooked food or money for Troy and Kathleen. Sometimes she would bring cookies for the nurses. "It's stuff she does just out of the blue and because of love," explains Kathleen. That's just one reason Kathleen felt motivated to nominate Nancy for Mother of the Year.

After a recent back surgery, Nancy wasn't allowed to bake. Her granddaughter, Kaylee, told her she had to have cookies in the house, so Nancy directed James in making up a batch of potato chip cookie dough. Kaylee came and baked them for her, and she offered some to me, as she does for all guests. They were chewy, buttery, and delicious!

## A Symbol of Hope

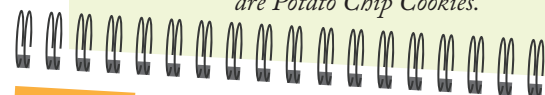
*A butterfly lights beside us like a sunbeam  
And for a brief moment its glory  
And beauty belong to our world  
But then it flies again  
And though we wish it could have stayed...  
We feel lucky to have seen it.*

-Unknown

Nancy has worked as a receptionist at the Shelby County Bank for the past 32 years and isn't looking to retire anytime soon. She enjoys talking to the customers and often brings in cookies or her well-known Payday bars.

If you are ever in the bank and meet Nancy, be sure to look for her butterfly pin. She will be wearing it somewhere, but not always in an expected place like her lapel. Ask her about it and she will likely tell you about Courtney, and offer you cookies.

*One of Nancy's favorites  
are Potato Chip Cookies.*



### RECIPE

#### Potato Chip Cookies

- 1 c. sugar
- 1 c. brown sugar
- 1 c. oleo
- 2 eggs
- 2 c. flour
- 1 t. baking soda
- 6 oz. butterscotch chips
- 2 c. crushed potato chips

Cream oleo, sugars and eggs. Add flour and soda. Stir in potato chips and butterscotch chips. Drop on ungreased cookie sheet. Bake at 325 degrees for 16-18 minutes. Makes 4 dozen.

# Internet of Things (IoT)

You may have heard the phrase, “the Internet of Things,” otherwise known as IoT which has many people just as puzzled as they are intrigued. So, what does the Internet of Things mean? Basically, this is referring to any device, other than your typical computer, tablet or smart phone, that is connected to the Internet. Some of these devices include kitchen appliances, smart TVs, baby monitors, door locks, heart monitors, security cameras, and the list could go on and on. The number of IoT devices is growing at a very rapid rate which has many cyber security professionals concerned.

The main concern is the fact that these devices are being brought to the market without proper security built in. It is thought this is largely because consumers are demanding this technology regardless of the security concerns.

In October, we got a small glimpse of what these devices can do if compromised. DYN, a major DNS provider was taken down by an army of compromised IoT devices. DNS, a core part of the Internet’s backbone, stands for Domain Name Servers, and is basically the equivalent of the phone book for the Internet. DNS resolves host names such as google.com to an IP address. This is how your Internet browser knows where to go to retrieve a Web page. You can also think of DNS like the old switch board operator that would patch you through to Uncle Bob, back in the early days when you had to speak to an operator.

This particular attack on DYN took down some very large websites such as Twitter, Amazon, Spotify, CNN, and many other mainstream sites affecting millions of people. The shocking part is the attack was carried out mostly by IoT devices like printers, DVRs and appliances. You heard me right, your Internet-connected TV may have been a culprit in this attack, and you would have never known.



Now don’t get me wrong, I’m not advocating that you stay away from Internet-connected devices but I do want to inform you of the inherent risk associated with any device that is connected to the Internet. If we fast forward five years from now, I can definitely see a vast majority of households utilizing these devices. These include smart devices such as high efficiency lighting, that can be controlled remotely, or programmed to turn your lights on or off at certain times; door locks that automatically unlock when you are in close proximity; garage doors that automatically open when you pull into the driveway and close when you leave; all of which add some really nice functionality to the home. It is the idea of home automation and efficiency that is appealing to many people, and all the devices I mentioned are available today.

One of my favorite devices is the personal cloud-based assistant, such as the Amazon Echo and the Google Home. You can think of these devices as a command and control center for all your home automation needs. These

fun little assistants allow you to voice control compatible devices connected to your home WiFi.

Next month I will walk you through some of the functionality you can achieve when pairing a cloud-based assistant with some of the home automation devices that are available, such as smart light bulbs or smart light switches. It is my hope to outline some of the advantages and disadvantages of some of the products available today, so you can be more informed if you decide to implement these devices in your own home. Until next month, don’t be too hard on your smart TV for taking down the Internet. It’s not the device’s fault. 💡

## Comment on this column

Visit [id.coop](http://id.coop) and click on Powered Up to respond. Your response might even be included in a future column.



**Dan Gerard, CISSP**, is the IT Manager for the Association of Illinois Electric Cooperatives in Springfield.



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# Living with severe allergies

A child's eye view

By Valerie Cheatham

**E**leven-year-old Miles Kaufmann was extremely excited to take a family vacation to Disney World in Orlando, Fla. A lot of planning went into the trip – where they would go, what they would see, the rides he wanted to experience. The one thing, however, that created the most excitement was eating in the park restaurants. That may seem like a very unusual choice, considering all that Disney has to offer, but for Miles it was the very first time he would eat at a restaurant – ever.

For someone that age, it might be considered odd. For Miles, who lives with extreme food allergies, it was quite a treat.

His first anaphylactic reaction occurred at 8 months old, when eating a creamy baby food for the first time. He broke out in hives on his lips and hands. His mother Jamie gave him Benadryl, but breathing and swallowing problems followed soon after. He was rushed to the emergency room. Jamie was told that had she not given him the Benadryl as soon as she had, his throat could have swollen badly enough to cut off his breathing. She explains, “I have since learned that you have about 15 minutes before an untreated anaphylactic reaction can lead to death. I thank God for giving me the wisdom to give him the Benadryl, even when I had no idea what was happening.”

Miles was tested for allergies, and it was discovered he was moderately allergic to soy, highly allergic to eggs and peanuts, and very highly allergic to milk. Now 11, Miles has outgrown all of his initial allergies except dairy, and is now highly allergic to cashews.



Left to right: Jamie, Graham and Miles shop for safe foods.

“I know I am having a reaction when my throat starts to feel funny, kind of tight and itchy,” explains Miles. “Sometimes it’s my tongue and mouth, and I tell my mom or dad. They used to give me Benadryl, but now my mom says that isn’t good because it hides the reaction. My grandpa is a doctor and says if I am only having one symptom, like a scratchy throat, Benadryl is ok for me.

But if it affects my breathing, then I need to use my EpiPen.”

Jamie says the protocol has changed over the past decade in regard to administering Benadryl. The current school of thought is that the drug is just stalling the reaction and, if it is an anaphylactic reaction, the EpiPen is the best course of treatment. The first time Jamie and dad Jeff needed to use the EpiPen was a



frightening time when Miles ate two little, toddler-sized bites of a cheese square. The pain on her face is evident as Jamie recalls the harrowing experience. “Miles was in his car seat as Jeff drove us to the ER. His lips swelled so big it looked like they could burst and, when we were about five minutes into the trip, he became lethargic and his eyes glazed over,” she says. “Jeff pulled over and administered the Epipe. Miles started crying immediately. That was the best sound! It wasn’t a hurt cry, but instead showed he was responding.”

Much changed in the Kaufmann household due to Miles’ allergies. Jamie and Jeff have learned how to cook without those ingredients and to be very careful he isn’t exposed to them, which included no restaurants. His brother, Graham, also tested high for food allergies, but has since outgrown his. As a result of researching allergies and safe recipes, Jamie started the Milk Allergy Mom blog. It provides a good format for other moms to ask questions and collaborate with each other. Jamie notes that some of their choices may be unconventional, but that every allergy family needs to make their own decisions about how to keep their children safe.

For the Kaufmanns, one of those decisions was to homeschool. Up until the August before Miles was to enter kindergarten, they intended to send him to public school. Jamie planned to go back to teaching and never considered homeschooling. Jeff and Jamie interviewed public and private schools, but after talking to everyone, nobody seemed confident in taking care of his food allergies. So, at the last minute they decided to homeschool, and Miles loves it. He enjoys the flexibility of working on lessons and taking a break.

What does Miles wish he could do, that he can’t? Eat pizza and go to restaurants! And, that’s how they ended up at Disney World.

“It was the most fun vacation I’d ever been on,” says Miles. “We had been to



Branson, Mo., and the Wisconsin Dells, but we always stayed somewhere and Mom cooked everything. At Disney, we ate at four restaurants!”

Jamie, ever watchful, did her research and learned all of the restaurants were supposed to be allergy-friendly. She made reservations at restaurants and told them they had allergies. They found the restaurants had special allergy-friendly menus that listed all of the ingredients in each item. Because Miles’ allergies are so severe, they were able to talk to the chef, who took his order, prepared the food in an allergy-free area and delivered it back to his table – all to prevent cross contamination.


Before they left home, Miles made a list of everything he wanted to try, and he had it all – from cakes, cookies, cinnamon rolls, Mickey waffles, bacon, egg, burgers, and even ice cream. At the end of one day, Jeff realized they had eaten out for every meal – for the first time since discovering the food allergies.

Miles is a typical boy who plays soccer and enjoys being outdoors. He

carries two Epipens, an inhaler and a snack wherever he goes and says that having allergies isn’t all bad. However, one disappointment is when people spontaneously decide to go out to eat or for ice cream. Jamie needs a little planning time so she can pack something safe to eat, including his favorite dairy-free dessert – Oreos. Miles attends birthday parties because Jamie makes him an individual sized cake he can take with him. But, sometimes he’s just not in the mood to watch others eat things he wishes he could have.

“I would love to go back to Florida again,” Miles adds with a huge smile on his face. “I’ve got Mom talked into it, now I need to work on Dad. I want to go to the beach and Universal Studios, to see Star Wars and Harry Potter, and make a new list of what I can do, and what I can eat!”







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	Category	Region	Business Name and Location
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2.	Candy/Chocolate Shop	Central Southern Northern	Flesor's Candy Kitchen, <i>Tuscola</i> The Chocolate Factory, <i>Golconda</i> Lagomarcino's Confectionery, <i>Moline</i>
3.	Home/Country Cooking	Central Southern Northern	Yoder's Kitchen, <i>Arthur</i> Goddard's Barn & Grill, <i>Anna</i> PJ's Restaurant, <i>Erie</i>
4.	Milkshake/Ice Cream	Central Southern Northern	Carl's Ice Cream, <i>Bloomington</i> Likkits Ice Cream, <i>Cobden</i> Dairyhaus, <i>Rockton</i>
5.	Food Festivals	Central Southern Northern	Blues, Brews & BBQ, <i>Champaign</i> Shrimp Festival, <i>Quincy</i> Taste of Chicago, <i>Chicago</i>
6.	Barbecue	Central Southern	Pauley's BBQ, <i>Arthur</i> 17th Street BBQ, <i>Murphysboro</i>
7.	Pizza	Central Southern Northern	Alfonso's, <i>Carrollton</i> Pizza Villa, <i>Anna</i> Lou Malnatti's, <i>Lincolnwood</i>
8.	Desserts	Central Southern Northern	Mel's Riverdock, <i>Hardin</i> Davis Pastry Shop, <i>Anna</i> Bennison's Bakery, <i>Evanston</i>
9.	Hamburger	Central Southern Northern	Pit Stop, <i>Kampsville</i> Fat Patties, <i>Carbondale</i> Barrel House, <i>Moline</i>
★ <b>Destination &amp; Recreation</b>			
1.	Agritourism/Pick-Your-Own Farm	Central Southern Northern	Rader Family Farms, <i>Normal</i> Eckert's Orchard, <i>Belleville</i> Plow Creek Farm, <i>Tiskilwa</i>
2.	Fishing Spot	Central Southern Northern	The McCully Heritage Project, <i>Kampsville</i> Rend Lake, <i>Benton</i> Snakeden Hollow, <i>Victoria</i>
3.	Golf Course	Central Southern Northern	Stone Creek Golf Club, <i>Urbana</i> Kokopelli Golf Club, <i>Marion</i> Eagle Ridge Resort & Spa, <i>Galena</i>
4.	State Park	Central Southern Northern	Pere Marquette State Park, <i>Grafton</i> Giant City State Park, <i>Makanda</i> Starved Rock State Park, <i>Oglesby</i>



5.	Campground	Central Southern Northern	McCully Heritage Project, <i>Kampsville</i> Crab Orchard Campground, <i>Carbondale</i> Mendota Hills Campground, <i>Amboy</i>
6.	Bed & Breakfast	Central Southern Northern	Green Gables Inn, <i>White Hall</i> Rose Hotel, <i>Elizabethtown</i> Farmer's Guest House, <i>Galena</i>
7.	Sporting Event	Central Southern Northern	Peoria Civic Center, IHSA Basketball Tournament, <i>Peoria</i> Rent One Park, Miners Basketball, <i>Marion</i> Wrigley Field, <i>Chicago</i>
★ <i>The Arts</i>			
1.	Museum	Central Southern Northern	Center for American Archeology, <i>Kampsville</i> Cobden Museum, <i>Cobden</i> Museum of Science and Industry, <i>Chicago</i>
2.	Performing Arts/Venue	Central Southern Northern	Calhoun Entertainment Co., <i>Calhoun</i> Marion Cultural & Civic Center, <i>Marion</i> Coronado Performing Arts Center, <i>Rockford</i>
3.	Art Gallery	Central Southern Northern	David Stawn Art Gallery, <i>Jacksonville</i> Anthill Gallery & Vintage Curiosities, <i>Cobden</i> The Art Institute of Chicago, <i>Chicago</i>
★ <i>Getaways</i>			
1.	Place to Take the Kids	Central Southern Northern	The McCully Heritage Project, <i>Kampsville</i> Garden of the Gods - Shawnee National Forest, <i>Harrisburg</i> Chestnut Mountain, <i>Galena</i>
2.	Scenic Drive	Central Southern Northern	Spoon River Drive, <i>Canton</i> Great River Road, <i>Macomb</i> Illinois Route 84
3.	Weekend Get-A-Way	Central Southern Northern	The McCully Heritage Project, <i>Kampsville</i> Shawnee Hills Wine Trail, <i>Jonesboro</i> Galena Area, <i>Galena</i>
★ <i>Shopping</i>			
1.	Antique Store	Central Southern Northern	Paddy Wagon Antiques, <i>Tuscola</i> Countree Peddler, <i>Goreville</i> Rubies n' Rust, <i>Rockton</i>
2.	Farmer's Market	Central Southern Northern	Bloomington Farmers' Market, <i>Bloomington</i> Carbondale Community Farmers' Market, <i>Carbondale</i> Galena Farmers' Market, <i>Galena</i>
3.	Flea Market	Central Southern Northern	Third Sunday Market, <i>Bloomington</i> Fox's Fleas, <i>Carbondale</i> 3 French Hens, <i>Galena</i>
★ <i>Events</i>			
1.	County/Regional Fair	Central Southern Northern	McLean County Fair, <i>Bloomington</i> DuQuoin State Fair, <i>DuQuoin</i> Boone County Fairgrounds, <i>Belvidere</i>
2.	Festival	Central Southern Northern	Old Settlers Day, <i>Kampsville</i> Apple Festival, <i>Murphysboro</i> Art Fest, <i>Stockton</i>
3.	Craft Show	Central Southern Northern	Calhoun Art Guild Craft Show, <i>Calhoun</i> Cedarhurst Center for the Arts, <i>Mt. Vernon</i> River Ridge Craft Fair, <i>Hanover</i>

#### Winner of \$100 Gift Cards ★★★★★★★★★★

Congratulations to Margo Brooks, member of Jo-Carroll Energy; Barbara Webster, member of Norris Electric Cooperative; and Peggy Henson, member of Egyptian Electric, for winning the \$100 Gift Cards for entering the Best of Illinois contest. Keep watching the magazine and our website for the next contest. You could be our next winner!

## Cruise Nights



**WHEN:** May 3, 2017 all-day  
**WHERE:** Downtown Lake Zurich, E. Main St.,  
 Lake Zurich, IL 60047  
**COST:** Free  
**CONTACT:** Bonnie Caputo, 847-438-5146  
**EMAIL:** Bonnie.Caputo@lakezurich.org  
**WEBSITE:** <http://lakezurich.org/603/Cruise-Nights>

The Lake Zurich Cruise Night free monthly event, held the first Wednesday of the month May-October from 6-9 p.m., is one of the best car shows in the area, featuring over 40+ vehicles on display from every era. Cruisers and spectators can enjoy the nostalgic sounds of our DJ and stroll through Lake Zurich's downtown shops and eateries. Trophies are awarded for spectator choice, along with fun car trivia and raffle prizes.



## Victorian Grace Spring Fling



**WHEN:** May 20, 2017 @ 10 a.m. – 5 p.m.  
**WHERE:** Victorian Grace Antiques and Accents, 215 E. 3rd St., Prophetstown, IL 61277  
**COST:** Free  
**CONTACT:** Andrea Murray, 309-242-7086  
**EMAIL:** [andrea@whimsypixiepaint.com](mailto:andrea@whimsypixiepaint.com)  
**EVENT WEBSITE:** <https://www.facebook.com/victoriangracespringfling/>

Come stroll the beautifully landscaped gardens of these two stunning Victorian homes. Shop inside for a wide variety of beautifully displayed antiques as well as many unique artisans and other vendors spread out amongst the property and surrounding area. Enjoy live demonstrations and music by the duo Les 'N Les. Have an old west photo taken by Enchanted Memory Photography atop a vintage covered wagon, doctor's buggy, or choose from a number of other sets. CHILDRENS ACTIVITIES ARE ALWAYS FREE, and include face painting by Whimsy Pixie Paint, Thomas Train Rides, and two interactive story times where each child will be able to plant their own flower to take home and replant. Don't miss out on lunch at the Eureka Inn.

## Big Fat Fundraiser II: Hawaiian Style



**WHEN:** May 13, 2017 @ 6 – 10 p.m.  
**WHERE:** Knights of Columbus Hall, S. County Rd.,  
 Hardin, IL 62047  
**COST:** \$10/ticket  
**CONTACT:** Mary Crawford  
**EMAIL:** [cccfsc@frontiernet.net](mailto:cccfsc@frontiernet.net)

Come show your support for the Calhoun County Senior Center! Join us for a Hawaiian-style dinner (pulled pork sandwiches, sides, dessert, coffee, tea; cash bar available), 50-50, silent auction, and raffle. Live music, too. Proceeds support programs for seniors in our community.





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