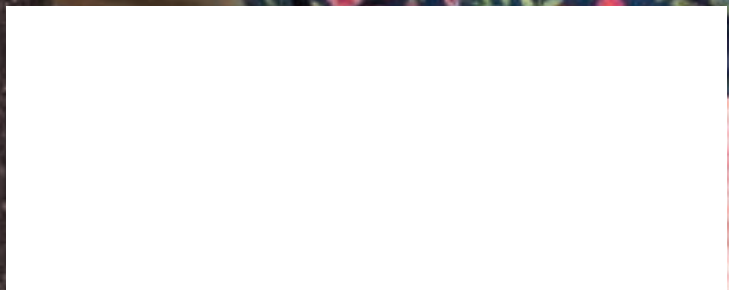


**Your  
Electric  
Cooperative's**

# Illinois Country Living

June 2014 • [icl.coop](http://icl.coop)

*Preserving  
tradition*  
The joy of canning



# How a Chicago Doctor Shook Up the Hearing Aid Industry with his Newest Invention

## New nearly invisible digital hearing aid breaks price barrier in affordability

Reported by J. Page

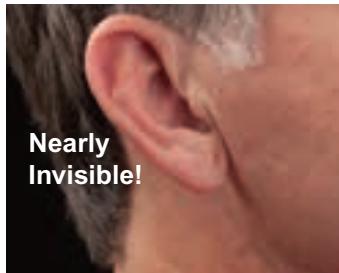
Chicago: Board-certified physician Dr. S. Cherukuri has done it once again with his newest invention of a medical grade **ALL DIGITAL affordable hearing aid**.

This new digital hearing aid is packed with all the features of \$3,000 competitors at a mere fraction of the cost. **Now, most people with hearing loss are able to enjoy crystal clear, natural sound—in a crowd, on the phone, in the wind —without suffering through “whistling” and annoying background noise.**

### New Digital Hearing Aid Outperforms Expensive Competitors

This sleek, lightweight, fully programmed hearing aid is the outgrowth of the digital revolution that is changing our world. While demand for “all things digital” caused most prices to plunge (consider DVD players and computers, which originally sold for thousands of dollars and today can be purchased for less than \$100), yet the cost of a digital medical hearing aid remained out of reach.

Dr. Cherukuri knew that many of his patients would benefit but couldn't afford the expense of these new digital hearing aids. Generally they are *not* covered by Medicare and most private health insurance.



Nearly Invisible!

### SAME FEATURES AS EXPENSIVE HEARING AID COMPETITORS

- ✓ Mini Behind-The-Ear hearing aid with thin tubing for a nearly invisible profile
- ✓ Advanced noise reduction to make speech clearer
- ✓ Feedback Cancellation eliminates whistling
- ✓ Wide dynamic range compression makes soft sounds audible and loud sounds comfortable
- ✓ Telecoil setting for use with compatible phones, and looped environments like churches
- ✓ 3 programs and volume dial to accommodate most common types of hearing loss even in challenging listening environments

The doctor evaluated all the high priced digital hearing aids on the market, broke them down to their base components, and then created his own affordable version—called the MDHearingAid® AIR for its virtually invisible, lightweight appearance.

### Affordable Digital Technology

Using advanced digital technology, the MDHearingAid® AIR automatically adjusts to your listening environment—prioritizing speech and de-emphasizing background noise. Experience all of the sounds you've been missing at a price you can afford. **This doctor designed and approved hearing aid comes with a full year's supply of long-life batteries. It delivers crisp, clear sound all day long and the soft flexible ear buds are so comfortable you won't realize you're wearing them.**

### Try It Yourself At Home With Our 45 Day Risk-Free Trial

Of course, hearing is believing and we invite you to try it for yourself with our RISK-FREE 45-day home trial. If you are not completely satisfied, simply return it within that time period for a full refund of your purchase price.

### Can a hearing aid delay or prevent dementia?

A study by Johns Hopkins and National Institute on Aging researchers suggests older individuals with hearing loss are significantly more likely to develop dementia over time than those who retain their hearing. They suggest that an intervention—such as a hearing aid—could delay or prevent dementia by improving hearing!

### “Satisfied Buyers Agree AIR Is Best Digital Value!”

*“I am hearing things I didn't know I was missing. Really amazing. I'm wearing them all the time”* —Linda Irving, Indiana

*“Almost work too well. I am a teacher and hearing much better now”* —Lillian Barden, California

*“I have used many expensive hearing aids, some over \$5,000. The Airs have greatly improved my enjoyment of life”* —Som Y., Michigan

*“I would definitely recommend them to my patients with hearing loss”* —Amy S., Audiologist, Munster, Indiana



MDHearingAid® 

For the Lowest Price plus  
FREE Shipping Call Today

**800-873-0541**

Phone Lines Open  
24 Hours EVERY DAY

Use Offer Code AD79 to get  
FREE Batteries for a Full Year!  
[www.MDHearingAid.com/AD79](http://www.MDHearingAid.com/AD79)



45 DAY  
RISK FREE  
TRIAL



Proudly assembled in the USA  
from Domestic & Imported Components.



©2014

# Illinois Country Living

## Published by

Association of Illinois Electric Cooperatives  
6460 South Sixth Frontage Road East,  
Springfield, IL 62712

www.icl.coop

800-593-2432 • aieinfo@aiec.coop

**For address changes contact your  
local electric co-op.**

## President/CEO

Duane Noland

## Chairman of the Board

Larry Kraft

## Editor

John Lowrey

## Assistant Editor

Valerie Cheatham

## Contributing Editor

Ed VanHoose

## Public Relations/ Business Development Manager

Lisa Rigoni

## Advertising Coordinator/ Graphic Designer

Sandy Wolske

## Graphic Designers

Jennifer Danzinger, Kathy Feraris,  
Chris Reynolds

## Circulation Coordinator

Connie Newenham

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 181,000, 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 \$2.50 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: Contact Lisa Rigoni, Advertising Manager – 1-800-593-2432 or lrigoni@aiec.coop. 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.



**Touchstone Energy**<sup>®</sup>  
www.touchstoneenergy.com

The Association of Illinois Electric Cooperatives and 24 Illinois electric cooperatives are members of Touchstone Energy, a national alliance of 740 electric cooperatives. Touchstone Energy cooperative employees adhere to four core values — integrity, accountability, innovation and commitment to community.



Printed with  
inks containing  
soy and/or  
vegetable oils

## 10 PRESERVING TRADITION

The tradition of preserving food is making a comeback as individuals look to give their families the very best.

## Volume 72, No. 2, June 2014

### 4 COMMENTARY

Wabash Valley Power Association President/CEO Rick Coons discusses the organization's triumphs and challenges in the past 50 years.

### 6 CURRENTS

EJ Water considered one of the best water utilities in the country.

### 14 SAFETY & HEALTH

Call in an expert before attempting to trim trees around power lines.

### 16 YARD & GARDEN

With a bit of planning, garden paths can lead to a prettier garden.

### 18 FINEST COOKING

### 20 ENERGY SOLUTIONS

Doug Rye says the time to plan for energy efficient components to a new or remodeled home is before you start construction.

### 22 ENERGY FROM THE GROUND UP

Renewable geothermal energy can help homeowners cut costs.

### 24 POWERED UP

How to protect yourself from phishing scams.

### 25 MARKETPLACE

### 27 NRECA LEGISLATIVE RALLY

Co-op Nation tells Congress it's time to act.

### 28 RURAL ELECTRIC YOUTH TOUR

Illinois has been shaping our youth for 55 years.

### 30 DATEBOOK

## Fifty years of history

### WVPA triumphs and continuing challenges

In 2013, Wabash Valley Power marked its 50th anniversary and took the opportunity to reflect back on its rich history. Twenty-one distribution cooperatives came together in 1963 to create the generation and transmission (G&T) cooperative, and there have been many challenges and successes in the decades in between. Through it all, the focus has remained on serving our cooperative members. The Board and staff continue the mission that brought us together in 1963: delivering safe, affordable and reliable electricity to our Member Cooperatives.

Today we serve 26 distribution cooperatives. Twenty-one of those are located in the northern half of Indiana; one is in western Ohio, with one in Missouri and three in Illinois. It's our job to ensure adequate electricity to serve nearly 350,000 meters, in the heat of summer, the bitter cold of winter, the light of day and the still darkness of night.

The Wabash Valley Board of Directors has a long history of supporting diversity in the Association's fuel mix and has worked hard to lessen our dependence on coal as a single fuel source. Some of the nation's most coal-dependent states are in the Midwest – Indiana, Kentucky and Missouri fall in the top five – but because of its proactive approach, Wabash Valley relies far less on coal than its neighboring utilities, and has already made significant investments in both natural gas and renewable fuel sources like wind and biomass. Looking to the future, we're keeping a close eye on solar options, although the pricing is still not in line with other fuel sources.

Despite the fact that we've lowered our use of coal to 50%, we remain very concerned about the EPA's

efforts to ban the use of coal in the future. As we learned during this winter's extreme cold spells, coal-fired power plants were the key to keeping lights, and heat, working. Not only were there problems getting natural gas flowing to the Midwest and Northeast, but the extreme price spikes made it a very expensive fuel source. With affordability and reliability in mind, coal is an important part of our energy future.

As we face the regulations enacted by the EPA, we strongly encourage co-op members to visit [www.action.coop](http://www.action.coop) and lend their voice to these realities. A healthy environment is important to all of us, just as is affordable, reliable electricity.

Wabash Valley's Board has also made a strong commitment to energy efficiency programs, as is evidenced by POWER MOVES ([www.PowerMoves.com](http://www.PowerMoves.com)). With a goal of helping co-op members save energy and money, POWER MOVES is designed to provide benefits today and in the future, to homeowners, farmers and business owners. POWER MOVES delivers information, programs and incentives that make a difference – in your bill, and in the bigger picture.

In fact, in the last few years, members of Corn Belt Energy, EnerStar Electric Cooperative and M.J.M. Electric Cooperative have removed 425 old refrigerators from their homes and the power grid. That amounts to a savings of 336,045 kWh. Furthermore, through the combined efforts of these co-op members, one million kWh have been saved since 2010.

You might wonder why an electric utility would brag about saving energy? We only have one product to sell, and yet we encourage our

members to use less. That's because, ultimately, what's best for our members is best for us. If we can delay the need to build a new power plant, that helps all of us. If we can help cooperative members learn to better manage their own energy use, that helps all of us.

Our Board determined the Association's strategic goals for 2014 during its Fall (2013) planning process. A few of the key priorities for the coming year include:

- Continued diversification of the power supply portfolio – to ensure long-term stability and affordability for the membership
- Support of the communities we serve through enhanced economic development and growth initiatives
- Continual review and enhancement of enterprise-wide risk strategies that support long-term power supply goals.

With a solid 50-year history and the proven leadership of industry professionals, the future of Wabash Valley Power is on firm ground. And with the focus on delivering affordable, safe and reliable power to its member cooperatives, in 1963, in 2013 or in the years ahead, we have the right people and tools in place to accomplish our goals. ■

Rick D. Coons is President/CEO of Wabash Valley Power Association, Inc., [www.wvpa.com](http://www.wvpa.com), a generation/transmission cooperative located in Indianapolis, Ind.





# Get Your Energy from the Earth, not a Tank

Tired of the unpredictability of propane supply and prices? GeoComfort geothermal systems use the energy stored in the ground to deliver consistent, affordable comfort to your home year round, while saving up to 70% on monthly utility bills.

Get off the tank – and get to know geo! Contact your local GeoComfort dealer today.

GeoComfort systems provide heating and cooling for a variety of applications, including forced air, radiant floor, hybrid add-on systems, domestic hot water and more! What's more, they don't burn fossil fuel and have a longer life cycle than conventional systems.



[www.geocomfort.com](http://www.geocomfort.com)

**Ask your dealer about the GeoComfort Lifetime Microchannel Air Coil & Compressor Warranty**

**Bauer Comfort Center**  
Cissna Park  
800-457-2589

**Bratcher Heating & Air Conditioning**  
Bloomington/Normal  
309-454-1611  
bratchercomfort.com

**Bratcher Heating & Air Conditioning**  
Champaign  
217-378-4328

**Bratcher Heating & Air Conditioning**  
Paxton  
217-370-6305

**Climate Company**  
Breese  
618-526-2135

**Engel Heating & Cooling**  
Collinsville  
618-344-0359

**Ernst Heating & Cooling**  
Hamel  
618-633-2244

**Fowler Heating & Cooling**  
Marion  
618-997-5288

**Jaenke Heating & Air Conditioning**  
Waterloo  
618-939-8029

**KCH Mechanical Inc.**  
Effingham  
217-347-5755

**LD Mechanical Contractors**  
Charleston  
217-345-9633

**McCann & Sons A/C & Heating Inc.**  
Alto Pass  
618-893-4887

**Neal's Heating & Cooling**  
Marissa  
618-295-3402

**Neuhaus Heating & Cooling**  
Litchfield  
217-324-2818

**Pederson HVAC**  
New Baden  
618-588-2402  
pedersonhvac.net

**Pioneer Homes Heating, Cooling, & Insulation**  
Taylorville  
217-820-0481

**R&H Plumbing & Heating Inc.**  
Altamont  
618-483-6159

**South Side Hardware**  
Greenfield  
217-368-2705

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

**Weidner Refrigeration**  
Divernon  
217-628-3400

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

## GeoAlliance grant program now closed

The GeoAlliance geothermal grant program, which was developed by the Association of Illinois Electric Cooperatives in Springfield and Illinois Clean Energy Community Foundation in Chicago, is now closed. Throughout four phases of the program, which spanned more than 10 years, nearly \$1.5 million was provided to not-for-profit and public entities located in Illinois cooperative territories as an incentive to install geothermal equipment.

While some projects are still under construction or in the process of beginning construction, the final project was recently approved. In all, the GeoAlliance grant program funded 51 projects from small churches to large universities in the service areas of 16 Illinois cooperatives, with approximate savings of 8,730,530 kilowatt hours, equating to about \$628,600 per year.

In addition to the monthly savings they'll see from using geothermal technology, GeoAlliance grantees have also saved between one-third and one-half

of the incremental difference between the cost of a geothermal system and the cost of a traditional HVAC system as an incentive to install the most energy efficient, safe and ecologically friendly systems possible.

For more information about geothermal technology, or the Geothermal Alliance of Illinois, please contact John Freitag, vice president of operations at the AIEC, at 217-241-7973 or at [jfreitag@aiec.coop](mailto:jfreitag@aiec.coop). ■



*A \$50,000 GeoAlliance grant presented to Southern Illinois University Carbondale (SIUC) President Glenn Poshard (center) by Egyptian Electric Cooperative Association Member Services Manager Bryce Cramer and Association of Illinois Electric Cooperative's Marketing Administrator Nancy McDonald was just one of the 51 grants that helped fund geothermal heat pump heating and cooling systems like the one in the Stone Center at SIUC.*



## The Illinois Renewable Energy Conference is July 16th in Normal

The Center for Renewable Energy is leading the coordination of The Illinois Renewable Energy Conference with active participation from four statewide organizations to provide plenary speakers of interest to all areas of renewable energy plus breakout tracks to focus specifically on wind, solar, geothermal and biomass. Representatives from the Illinois Wind Working Group, Illinois Solar Energy Association, Geothermal Alliance of Illinois and Illinois Biomass Working Group are involved in planning the full-day conference on Wednesday, July 16, at Illinois State University. John Freitag from the Association of Illinois Electric Cooperatives and Geothermal Alliance of Illinois will give a brief update and overview of geothermal energy progress in Illinois.

More conference details, online registration, and sponsorship applications are available on the website: [www.RenewableEnergy.IllinoisState.edu/Events/AllRenewablesConf.shtml](http://www.RenewableEnergy.IllinoisState.edu/Events/AllRenewablesConf.shtml). ■



## Illinois Rivers transmission project receives final approval

The decision by the Illinois Commerce Commission (ICC) in February clears the way for the nearly 400-mile-long Illinois Rivers electric transmission project that will create jobs, facilitate the delivery of low-cost power and improve the reliability and efficiency of the electric power grid.

Ameren Transmission Company of Illinois (ATXI), a wholly-owned subsidiary of Ameren Corporation (NYSE: AEE), has received siting approval of final routes and substations from the ICC to build the estimated \$1.1 billion Illinois Rivers transmission project. This is Ameren's largest-ever transmission project and the longest single transmission line project in Illinois history.

The 345,000-volt transmission line, using steel poles with a single shaft, will run from Palmyra, Mo., crossing the Mississippi River at Quincy. It will then run east past Meredosia, Pawnee, Pana, Mt. Zion and Kansas, ending at Sugar Creek, Ind., with additional lines running from Meredosia to Ipava and between the Sidney and Rising substations near Champaign. Line construction is expected to commence later this year.

The project previously received approvals from the Federal Energy Regulatory Commission (FERC) and the Midcontinent Independent System Operator, Inc. (MISO), a regional transmission organization serving a 15-state region and the Canadian province of Manitoba. ■

## Fishing for an Asian carp solution

Asian carp were introduced to America in 1972 to combat algae problems in the fish farms of Arkansas, but since then the monstrous fish has found its way up river systems to Northern states like Illinois and Minnesota. Biologists are trying to prevent the fish from entering Lake Michigan.

Recently the U.S. Army Corps of Engineers was asked to come up with a technological solution to the problem. One of the most talked about solutions is to implement barriers in the canal systems of the Chicago area and permanently separate Lake Michigan's waters. This might cost upwards of \$18 billion and take up to 25 years to complete. While still being a necessary option to consider, it would cause considerable economic impact to the region's shipping industry.

The country of Belize has a similar problem with the invasive lionfish. They have spread throughout the Caribbean Sea since the 1980s, and were first spotted on the Belize Barrier Reef in 2008. The lionfish is an incredibly destructive fish to the reef, having virtually no predators.

What Belize, and notably the Belize Lionfish Project, has done to



Photo courtesy of U.S. Fish and Wildlife Service Headquarters

combat this invasion is set up a commercial fishing industry targeting the lionfish. The lionfish, like the Asian carp, is a tasty fish, with a sizeable market for it throughout Central America and the U.S. This approach has helped the overfished conch and lobster populations and people are actively reducing the lionfish population.

By focusing on attacking the lionfish population through fishing, Belize has created jobs, a food

market, a natural species protection program and has been able to waste minimal time and money doing so. In both Belize and the U.S., it would be impossible to completely fish these species to extinction, but targeted fishing can certainly reduce their numbers and help halt their expansion. It would also buy more time to hash-out a full solution to save the Great Lakes from this invasion.

Source: Evan Hoskins

## Lawmakers slam EPA water rule

A water rule proposed by the Environmental Protection Agency would grind the U.S. economy to a halt by expanding federal authority over everything from ditches to seasonal streams.

“Every hollow and valley in my region has some sort of stream running through it, sometimes dry or intermittent, and those will be under your jurisdiction,” said Rep. Hal Rogers, R-Ky., and chairman of the House Appropriations Committee. “You’re grinding to a halt the economic engine of this country.”

The agency and the U.S. Army Corps of Engineers released the “Waters of the U.S.” proposed rule March 25 to clarify what bodies of water are subject to the Clean Water Act requirements.

Subcommittee Chairman Ken Calvert, R-Calif., said, “Now every small business and farmer could be subject to EPA fines if they disturb a puddle on their land.”

Rogers remained unconvinced and contended the courts will find that EPA “completely overreached beyond its legal authority given by the Congress.”

Electric co-ops are also anxious about the repercussions of the water proposal. “We are reaching out to Congress and the states; we are working with a broad coalition of stakeholders to find a workable solution to maintain clean water for co-op communities without the unnecessary costs this proposal could impose,” said Dorothy Kellogg, NRECA Environmental Principal. ■

Source: Electric Co-op Today

## Where is the best tasting water in Illinois?

It’s in Dieterich, Ill., and surrounding rural areas served by EJ Water Cooperative. The American Water Works Association in its annual “Best of the Best” Tap Water Taste Test rated EJ Water one of the top 20 water utilities in the country and the best in Illinois for 2013. One of the reasons for the great tasting water is the state-of-the-art treatment plant which was opened in 2010. The Delbert D. Mundt Water Treatment Plant, located in rural Beecher City, allows the water co-op to provide great tasting, safe water at a lower cost. The water co-op will have approximately 2.0 MGD of unused capacity that will give years of growth for its members.

Since its humble beginnings, EJ Water Cooperative, Inc. has developed into a ten-county regional water system, serving members in Effingham, Jasper, Clay, Cumberland, Richland, Shelby, Fayette, Crawford, Montgomery and Christian counties. It is one of the fastest growing rural water systems in Illinois. The system currently has over 2,000 miles of water mains and serves a population



*Illinois Director of USDA Rural Development Colleen Callahan (l-r) worked closely with EJ Water’s founding board member Delbert Mundt and CEO Bill Teichmiller to fund the treatment plant and expansion of the water co-op.*

base of approximately 30,000. The water co-op also provides wholesale water to the Villages of Clay City, Dieterich, Edgewood, Louisville, Mason, St. Peter, Watson, Ste. Marie, Stewardson, RE Water Company

and Fayette Water Company. EJ also has interconnects with Effingham, Newton, Moultrie County Rural Water, Shelbyville and Hardinville Water Company. ■





## Beat the peak, and have more fun!

It's finally summertime, and that means two things—outdoor activities and blazing heat. To have more cash and make the season more enjoyable, do chores like vacuuming, washing clothes and running the dishwasher at night when it's cooler. Close window coverings during the day on the sides of your house that are exposed to the sun, and bump the thermostat up a degree or two. Don't leave TVs or lights on in rooms that aren't in use, and turn the water heater down. Keeping an eye on when your electric use is at its peak will go a long way in holding down costs.

For more energy efficiency tips and resources, log on at [www.togetherwesave.com](http://www.togetherwesave.com).



Touchstone Energy®  
Cooperatives

**TOGETHER WE SAVE**



# Preserving tradition

## The joy of canning

By Valerie Cheatham

I still fondly remember as a child playing in my Uncle Ray Herscher's basement in Gilman, Ill. Behind one of the doors was a room where my Aunt Lucille stored all of the foods she had canned. It seemed so big then, those rows and rows of jars filled with every color of the rainbow. It was all harvested from their large backyard garden and it took a lot of food to feed their family of 10!

Today, with the increasing interest in eating locally-grown foods and growing your own, "old-fashioned" canning and preserving are making a comeback. Although there is nothing quite like venturing into your garden and biting into a big, juicy,

ripe tomato, the closest you can come to capturing that flavor year round is by canning. Even if you don't have a garden, local farmer's markets and orchards offer a variety of freshly-picked vegetables and fruits.

Unlike those canned vegetables you purchase in your local grocery store, you know the ones you are using are at their peak of freshness. And, your family is being fed the very best! It's not an easy job, but capturing those bright flavors is well worth the effort and it is economical.

### Seventy-two seasons of tradition

For 91-year young Jean Gillespie, an Eastern Illini Electric Cooperative

member from rural Ashkum, Ill., canning was, and is, a way of life. Growing up during the Great Depression, Gillespie learned to can by watching her mother. Living on a farm in the 1920s, preserving food was a necessity, not a pleasure. Back then you didn't run to town for a few items like today. And, during the Depression there wasn't money to spare, and canning was what fed the family.

The pressure canner she uses today is the same one her father gave her when she got married and it's still being used 72 years later! She says the only thing it needs is an occasional seal replacement.

Gillespie canned to help feed her

late husband, Clyde, and five children – Don, Penny, Dan, Linda (deceased) and Jon. Living on a farm, she also fed farmhands and guests through the years, thanks to a large garden and the beef cattle and pigs they raised. In addition to cooking three big meals each day, she also handled all of the bookkeeping for their farm, trucking and grain elevator operations.

Son Jon recalls the winter of 1983 when a snowstorm stranded 32 people at their house on Route 45-52, due to low visibility and drifting snow. Motorists on their way to Chicago on Interstate 57 tried to use other north-bound roads when the interstate was closed. They found themselves stranded, not far from the Gillespie home. The stranded travelers were very appreciative of the Gillespie family hospitality. She was able to feed everyone three meals a day for two days, thanks to her well-stocked canning cellar.

She still cans beef and pork, as well as a wide variety of fruits and vegetables. And it's not unusual to find jars of carrots, peaches, plums, pears, tomatoes, green beans, salsa, tomato juice, jams and jellies and pickles in the cellar. Plus, she keeps a freezer with corn and applesauce.

Their large garden provides an abundance of vegetables to can or freeze. She still helps with the garden and its wide variety of vegetables. In addition to the usual sweet corn, green beans, green peppers and variety of tomatoes, you can also find broccoli, cabbage, eggplant, zucchini and jalapeños. Her backyard also has an assortment of fruit trees including apple, pear, cherry and plum.

To better accommodate their mother's desire to continue gardening, her sons bought an older Harley Davidson golf cart a few years ago and refurbished it to make a gardening cart for her. While she recovered the seats, son-in-law Mike had it painted, grandson Steve checked out the engine and son Don added a flatbed to the back for her gloves and garden

tools. The cart helps with navigating the uneven ground out to the garden and hauling the bounty back to the house.

When asked why she continues to garden and can, she says, "It saves money, and it feels good to preserve fresh vegetables for my family to enjoy." She usually cans more than 60 quarts of tomato juice in addition to everything else. What she doesn't use, she gives to a local food pantry.

One item that has been a huge help to her over the years is the dumb-waiter they installed when they had to rebuild their house after a fire in 1983. A neighbor had one and said it was

the favorite thing he had put in, so she and Clyde decided to install one as well. It comes in handy for transporting all of those jars back and forth to the basement cellar. Now the family will load it up in the basement with items she regularly uses and send it upstairs, which keeps her from having to navigate the stairs.

She still takes real joy from feeding her children and their spouses, grandchildren and great-grandchildren. They all have their favorites, two of which are her frozen corn and pineapple/pear jelly, the recipes which she graciously shared.



*For Jean Gillespie, canning is a way of life.*

## Safety tips for home canning:

- ✎ Follow recipe instructions, especially if you are new to the process of canning.
- ✎ Know which foods to can in each type of canner. Low acid foods need a pressure canner.
- ✎ Check your jars to be sure there are no nicks or cracks that can prevent the jars from properly sealing or shattering during processing.
- ✎ Check the seal on your pressure canner and have gauges tested. Check with the manufacturer of your canner about how to get your gauge tested or attend a local extension class in your area.
- ✎ Check processed jars for proper sealing once cooled. If not sealed, you can add a new lid and re-process within 24 hours.
- ✎ Always use new lids.
- ✎ Only use clean kitchen surfaces, utensils and dish towels.
- ✎ Sanitize your jars before using.
- ✎ Know how to leave the appropriate amount of head space in jars. Too much or too little can keep them from sealing properly.
- ✎ Never put hot jars from the canner directly on a counter, they may shatter. Set them on a rack or kitchen towel to cool. Once cooled, store in a cool, dry place – 50 to 70 degrees is optimal.



## Grandma Gillespie's Freezer Corn

- ★ 1 – 12 oz. can evaporated milk
- ★ ¼ c. sugar
- ★ 1 stick butter
- ★ 16 c. sweet corn, cut from cob

Mix all ingredients together in a large pot, bring to a boil, stirring frequently. Remove from heat and cool. Once cool, spoon into freezer bags and place in freezer. When ready to use, thaw and warm before serving.



## Pineapple/Pear Jam – a Gillespie Family Favorite

- ★ 2 c. finely chopped peeled pears
- ★ 2 c. finely chopped pineapple
- ★ 7 c. sugar
- ★ 1-1 ¾ oz. pkg. fruit pectin

In a 6- to 8-quart heavy pot, combine fruit, sugar and pectin. Bring to boiling over medium heat, stirring to dissolve sugar. Boil 1 minute, stirring constantly. Remove from heat; skim off any foam with a metal spoon. Ladle into hot, sterilized half-pint canning jars, leaving ¼ inch headspace. Wipe jar rims and add lids. Process in a water bath canner for 5 minutes (start timing when water returns to a boil). Remove jars; cool on a rack.



# Yes! You CAN

Whether a seasoned veteran, or new to the process of canning, it's never too late to learn new tips about food preservation. The University of Illinois (U of I) Extension Service offers food preservation classes across the state entitled "Yes! You CAN: Preserving Safely." You can learn the basics of food preservation, receive the most up-to-date home food safety guidelines and methods for preserving food safely and get your dial pressure canner gauge tested by the University of Illinois Extension, all for a nominal fee. To find a class near you, contact your county extension office. For your local extension office go to <http://web.extension.illinois.edu> and click on Offices.

Canning is an economical way to preserve food. It can save you half the cost of buying commercially-processed and gives you a sense of pride and fulfillment knowing you are giving family and friends the best you have to offer. Home-canned foods typically contain more vitamins and nutrients because they are harvested at their peak of freshness and processed much more quickly than those sent to commercial facilities.

Before starting food preservation, there are a few considerations you need to make, according to Caitlin Huth, U of I Nutrition and Wellness Educator serving DeWitt, Macon and Piatt counties. "The start-up costs of canning can be a little pricey in order to purchase all of the necessary equipment," says Huth. "But once you have it all, you'll save money. You also need to figure out if you have the space to store all of the jars or containers after you've done all the work."

Once you've decided to jump in, Huth says food safety should be paramount. Botulism is the biggest safety risk of home canning. While relatively rare, botulism is very dangerous

because "you can't see it, smell it or cook it out of food." You also need to be sure your hands, counter tops and dish towels are clean and you are using food that is clean and not past its' prime or bruised.

Huth also explains it is important to know which vegetables require pressure canning and those that can be processed using a water-bath canner. "It comes down to the pH levels in each vegetable or fruit. Pressure canning is for vegetables low in acid," she explains. "Most fruits can be processed in a water bath, however, some recommendations have changed. For instance, paraffin is no longer a recommended method for sealing jams and jellies because it doesn't make a tight enough seal. They should be processed in a water-bath. Also, years ago many used a water-bath canner for green beans - it is now recommended they be processed using a pressure canner. You should always follow the recipe's processing directions and, if not sure, call your county extension office."

Another good source of material about processing methods for all types of food preservation is the website of the National Center for Home Food Preservation (HFP), [www.homefoodpreservation.com](http://www.homefoodpreservation.com). The site

has a multitude of factsheets about food preservation, including pickling, freezing and drying, compiled by the University of Georgia along with a link to the book, *So Easy to Preserve*.



The book, which Huth highly recommends, covers the basics from how to put together the equipment, safety considerations and frequently asked questions, including a list of the recommended process for a variety of foods. It also includes more than 180 recipes. At the HFP site, you can also download the United States Department of Agriculture's *Complete Guide to Home Canning*.

## Leave tree trimming to the experts

When you are outside enjoying the warm weather and walking through your yard, you will probably be doing the same thing that a lot of others do, admiring the beauty that nature has to offer. Each year I can't wait for winter to be over! When spring finally arrives, I enjoy watching all the plants and trees in my yard come back to life, and when I notice the unfortunate decline or damage present in the trees in my yard.

There are many factors that contribute to these issues. Decline or dying-back could be due to a pest or deficiency that directly impacts the appearance of the tree. Many times the weather plays a large role in damaging our trees. Heavy ice and snow-loading, as well as wind and lightning, are all contributing factors. Either case can pose a hazardous situation for you and your family.

### Identify hazards in your trees

- Look for discoloration or lack of foliage
- Appearance of physical damage (hanging or broken limbs)
- Uprooting or visible damage to root system

These are just a few simply identified hazards. Another one often overlooked, and potentially the biggest hazard of all, is the proximity of trees growing under or near power lines.

### Safe guarding the hazards

After recognizing the hazards present in your trees, it's time to decide how to safeguard them to prevent further damage or harm. Not everyone is a tree-care professional. Before deciding to attempt the work yourself, you should consult a professional who is trained and qualified to complete the work. **If power lines are present contact your cooperative!**

Your utility can assist in eliminating electrical hazards. Keep this in mind when trees have been damaged by bad storms and have fallen into or through power lines. There could be deadly electrical hazards present.

### Things to be aware of

- Overhead and/or nearby electrical wires create potential hazards and limit the options for tree cutting. Torn, hanging limbs overhead could make it extremely dangerous to cut downed limbs beneath.
- Most chain saw work on large limbs or trees requires the experience of a trained operator to prevent injuries. Wood under tension (one or both ends of the fallen tree or branch pinned under other branches or debris) can have binds at different places. Releasing that tension with chain saw cuts is extremely dangerous and can seriously, or fatally, harm the chain saw operator.
- Uprooted root plates or root balls are unpredictable. Cutting the trunk of a fallen tree from an uprooted plate releases the pressure holding the root plate. The roots are still anchored and may have enough tension to pull the stump and root ball back into the hole. It could suddenly sit back into the root hole, trapping anything nearby underneath it.
- Slopes and uneven footing surfaces are dangerous while operating a chain saw.



- Watch that bar tip! Cutting branches on the ground can cause you to bury the saw bar in the dirt or hit hidden obstacles, causing chain saw kickback.
- Many homeowners injured doing their own tree work were working alone at the time, significantly lengthening emergency response time and hospital stays. Always have at least one other person work with you. If you get trapped or injured, there's someone to call for help.

Throughout my career I have heard many horror stories associated with this type of work. So many people own chain saws but don't truly understand how dangerous they can be when used improperly. When combined with a lack of safety equipment, skill and training, the results can be deadly. If you are ever in doubt don't risk it. Call a professional. ■

Jim Miles is the AIEC Manager of Safety & Loss Control. He can be contacted at [jmiles@aiec.coop](mailto:jmiles@aiec.coop).



# BuckCreek Food Plots

Custom Food Plot  
Installation-  
Herbicide  
application and  
sales.

Seed sales  
featuring Real  
World Wildlife Seeds  
and custom blends.

Archery supplies by  
T&C Archery

CRP and Pasture Mowing

We grew up farming and  
hunting and have the  
experience to provide the best  
possible food plots you can have.

*If we won't use it, we won't sell it!*



**Contact Tom at (815) 545-2839 or  
visit us at [BuckCreekFoodPlots.com](http://BuckCreekFoodPlots.com)**



## Get the Muck OUT!

**Marble size AquaClear™ Pellets  
clear your lake or pond bottom.**

Beneficial microorganisms. Restore  
balance in natural and man made  
surface waters. Increase water clarity.  
Improve water quality. Eliminate black  
organic muck.

A **10 lb. bag** treats 0.5 to 1.0 acres  
**\$84.00**

A **50 lb. bag** treats 2.5 to 5.0 acres  
**\$324.00**

Apply weekly for 4 weeks, then monthly  
to maintain. No water use restrictions!  
**FREE SHIPPING!**

**800-328-9350**

**KillLakeWeeds.com**

Order online today, or request free information.

Our  
59th  
year

**AQUACIDE CO.**

PO Box 10748, DEPT. 687X,  
White Bear Lake, MN 55110-0748



Dan E.  
Firefighter

Zach K.  
Landscaper

Brook & Matt W.  
Homeowners

**REAL PEOPLE. STIHL PEOPLE.**

**JOIN US.**

**#RealSTIHL**

**FS 38  
TRIMMER \$129<sup>99</sup>**

Lightweight,  
reliable trimmer  
for cost-conscious  
homeowners



**STIHL  
Battery  
KOMBI SYSTEM**

**\$70 MAIL-IN REBATE ON LITHIUM-ION**



**Lithium-Ion  
36v**

Receive a **\$70 Mail-in Rebate** with  
purchase of any STIHL lithium-  
ion unit, battery and charger.

Or, receive a **\$50 Mail-in Rebate** with  
purchase of any unit and battery.\*

*Battery and charger sold separately.*

\*\$70 Mail-In Rebate and \$50 Mail-In Rebate offers 4/1/14 – 6/30/14 with qualifying purchases. All prices and promotions are CDC-SRP. Available at participating dealers while supplies last. © 2014 CDC STIHL CDC14-3ICL22-112407-3

**STIHLdealers.com**

## The enlightened path

**P**aths are, of course, necessities when it comes to walking from Point A to Point B in a garden, but as utilitarian as they are, with proper planning, they can actually add to the beauty of the landscape. Below are some pointers that will help lead you down an enlightened path to a prettier garden.

### Material

What should your path be made of? The best answer lies in the effect you want such a trail to have on the landscape as well as the amount of work you prefer to devote to it. Here are a few suggestions:

- **Grass:** Grass certainly has the natural beauty to accent any garden, but of all the materials that could make up a path, it is one of the highest in maintenance. Coring, liming, mowing, renovating, insect control, disease control, weed control—it can be a lot of work, which is time taken away from other garden chores.
- **Gravel:** Pea-size gravel can visually blend in well with garden beds, but for those who enjoy their quiet time in the garden, keep in mind that each step down such a path will be accompanied by a loud “Crunch!” So, instead of smooth, rounded pebbles, opt for rough, jagged gravel, as it will lessen the noisy “slip-slide” factor. Also, to hold pebble shift down to a minimum, don’t layer this rocky path deeper than 3 inches. And to help prevent weeds, lay down sheets of plastic weed-block on the walkway before spreading gravel.
- **Bark and Wood Chips:** These tree byproducts give a similar natural ambiance to a path as gravel but with much less noise. Bark, as well as wood chips, comes in many shades of brown, so you



*Allowing some plants to playfully flop will soften the edges of a path.*

can fine-tune the visual appeal of a path. Unlike gravel, they will decompose, and replacement or refurbishment will usually be necessary every two to three years.

- **Stone:** Large slabs of flat rocks for paths have much the same appeal as gravel, but without the crunch. Stones can be expensive, but they are also a rather permanent, low-maintenance addition to a garden.
- **Brick and Block Pavers:** Like stone, they can be fairly permanent fixtures in a landscape, and also like stone, they can be expensive. But they do look elegant. The repeat patterns possible from bricks and pavers make them ideal candidates for gardens that have more formal layouts.

### Path Width

There is no set width for a path—just let available space and common sense, along with the following observations, be your guide.

- **One Foot Wide:** If you want to have flashbacks to your days on Marine Recon patrol, this is your kind of path.

- **Two Feet Wide:** Still a little too close, but with tall plants, it could make for a suitable surprise setup leading to the entrance of a special spot or secret garden.
- **Three Feet Wide:** A bit snug, especially for carts, lawn mowers and other such garden helpers, but if it is flanked by border beds that contain low-growing plants, it is adequate for strolling visitors.
- **Four to Six Feet Wide:** Optimum width for a path in a private garden, providing enough room for exploring visitors as well as gardeners on all fours doing plant maintenance without wasting bed space that could otherwise be used to show off more plants.

### Plant Suggestions

Finding flashy flowers is easy—and subject to personal preferences—but for extra character and interest, consider:

- **Floppers:** Think about softening the borders of a path by adding plants that playfully spill over onto the garden lane in a controlled manner. Such candidates include ice plant, woodland phlox, vinca, lantana, Solomon’s seal, purple beautyberry, portulaca and dianthus.
- **Automatic Aromatics:** Make your path a fragrant one and place plants that release their special scents when touched close to the walkway so they will be brushed against. Good choices are Russian sage, bee-balm, scented geraniums, lemon verbena, thyme, rosemary, lemon grass and basil. ■

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



# Wild Horse and Burro ADOPTION



*Thank you for supporting the Wild Horse and Burro Program since 1971.*

July 12 - 13 Ewing, Illinois  
Wild Horse Facility 22295 Sheep Farm Road

Saturday Preview - July 12, 8 a.m. - 5 p.m.

Sunday Adoption - July 13, 8 a.m. - 5 p.m.

Adoption by First Come, First Served

Directions: Ewing is located south of St. Charles, IL. From I-70, take exit 77 for E. 124. Turn east off of the Exit to you're on 2nd Street. At the stop sign, Left (North) on E. 124. Street about 1 mile and turn Right (East) on Irving Road. You'll stop on the road about 1 mile, you'll go through the town of Ewing. Turn Left (North) onto Sheep Farm Road. Follow this about 1.5 miles. You'll see the fence line on the left. At the T-junction, turn left and left into the facility. If you use Google Maps, Mapquest, or other GPS, you can use these coordinates as your destination and it will give you directions right to the facility. 38.07211, 90.74271

866-468-7826 blm.gov



U.S. Department of the Interior  
Bureau of Land Management  
Wild Horse and Burro Program



Go to our website for past issues of

**Illinois**  
Country Living

www.icl.coop

WARM FRIENDLY FLOORS



**SANGAMON RADIANT**

uponor aqua pex tubing products for agricultural, commercial shop floors and homes

(217)971-8592 • FAX (217)483-7973 • Evening (217)483-3223

John D. McMillan - Owner

## DIMENSION BUILDINGS

Best Buildings at the Best Price

For a Complete 30x50 Deluxe Pole Barn Package **only \$3,650**

CALL (618) 997-9568

www.dimensionbldgs.com

All Sizes Available Marion, IL

Pre-Assembled - Installs in Minutes!

**CasCade 5000**

Floating POND FOUNTAIN! Elegance & Improved Water Quality

Aerator Now Available Factory Direct!

MSRP (\$1100) You Pay \$698.95!

Complete with light & timer,

100 ft power cord, 1yr warranty!

Call 7days/week! FAST UPS shipping right to your door!  
(608) 254-2735 www.fishpondaerator.com

## LOWEST COST Term Life Insurance

Issue ages through 90

AGE	\$100,000	\$250,000
45	12.78	22.75
55	16.19	31.28
65	31.06	68.47

Rates depend on mortality rates for female non-smokers only.

**BRANDON RAMLET**  
**(888) 250-5054**

TALIC FORM NO. 1-32097-108

Call Toll Free

**MAPBC**

Other Sizes Available

**MID-AMERICA Pole Barn Co.**

30 x 50 x 10 Galvalume

**\$8,800.00**

Price includes material, delivery, construction, factory trusses, screws.

Open M - F • 8 to 5  
**(866) 456.0959**

Price is subject to change without notice.



## Strength through Innovation

Morton buildings have always been built to last. Now, with the introduction of our exclusive foundation system, our buildings are stronger than ever. The Morton Foundation System utilizes our own pre-cast concrete column that is second to none. In addition, all other components of this column are designed to work specifically with our structures to bring you the best Morton building yet!

Contact a sales consultant or check us out online for more information.

©2014 Morton Buildings, Inc. A listing of GC licenses available at mortonbuildings.com/licenses. Patented product used with permission of Perma-Column, Inc. Ref Code 607



800-447-7436 • mortonbuildings.com



# Cooking



Chinese Pepper Steak

## Chinese Pepper Steak (above)

- |                                     |                           |
|-------------------------------------|---------------------------|
| 1 lb. top round steak, cut 1" thick | 8 cherry tomatoes, halved |
| 1 T. cornstarch                     | 3 T. cooking oil          |
| 1/2 tsp. sugar                      | 1 clove garlic, minced    |
| 1/4 tsp. ginger                     | 1/2 c. water              |
| 1/4 c. soy sauce                    | Blanched almonds          |
| 2 green peppers                     | Cooked rice               |

Partially freeze steak to firm it and slice diagonally across the grain into very thin strips. Combine cornstarch, sugar and ginger. Stir in soy sauce. Pour mixture over meat and stir. Cut green pepper into thin strips. Quickly brown marinated beef strips (1/3 at a time) in hot oil and remove from pan. Reduce heat; add green pepper, garlic and water to pan and cook until green pepper is tender-crisp, 5 to 6 minutes. Stir in meat and tomatoes and heat through. Garnish with almonds. Serve on cooked rice.



Rhubarb Cake

## Recipes & Remembrances

**Who:** Alden United Methodist Church

**Cost:** \$20 includes shipping

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

**Pages of recipes:** 204

**Send checks to:** Karen Beystehner, Alden United Methodist Women, 19305 Crowley Road, Harvard, IL 60033 or 815-943-4315 (before 8 p.m.)

## Raspberry Ring Salad

- 1 – 10 oz. pkg. frozen cranberries, thawed, reserving juice
- 2 – 3 oz. pkgs. raspberry Jello
- 2 c. boiling water
- 1 pt. vanilla ice cream
- 1 – 6 oz. can frozen lemonade, thawed
- 1/4 c. chopped pecans

Drain berries. Dissolve Jello in water. Add the ice cream by spoonfuls and stir well. Add the berry juice and lemonade. Chill until partially set. Add berries and nuts. Pour into mold and chill until firm.

## Marinated Napoli Salad

- 1 – 8 oz. bottle Italian dressing
- 3 tomatoes, sliced
- 1-1/2 c. zucchini slices, leave peel on
- 1-1/2 c. mushroom slices
- 1/4 c. chopped parsley
- 2 qt. shredded lettuce

Pour dressing over tomatoes, zucchini, mushrooms and parsley. Cover, marinate in refrigerator several hours and drain, reserving marinade. Put lettuce on a platter and arrange vegetables on top. Serve with marinade. Yields 8 to 10 servings.

## Rhubarb Cake (left)

- 1/2 c. shortening
- 1-1/2 c. brown sugar
- 1 egg
- 1 tsp. vanilla
- 2 c. flour
- 1/2 tsp. salt
- 1 tsp. baking soda
- 1 c. sour milk
- 2 c. rhubarb, cut fine

### Topping:

- 1/2 c. sugar
- 1 tsp. cinnamon
- 1/2 c. nuts

Preheat oven to 350 degrees. Cream shortening and sugar, egg and vanilla. Add sour milk alternately with dry ingredients. Stir in rhubarb. Pour into a 9x13" greased pan. Mix topping ingredients and sprinkle on top before baking. Bake for 45 minutes. Serve plain or with whipped cream.

Visit [www.icl.coop](http://www.icl.coop) to see an archive of past Illinois Country Living recipes.



Edamame, Tomato and Feta Salad

### Edamame, Tomato and Feta Salad (above)

- |                                    |   |
|------------------------------------|---|
| 3 T. olive oil                     | 1 lb. shelled edamame, cooked             |
| 2 T. red wine vinegar, or to taste | 10 med. plum tomatoes, seeded and chopped |
| 1 T. water                         | 1/2 c. fresh basil, cut into ribbons      |
| 1 clove garlic, minced             | 1 small red onion, thinly sliced          |
| 3/4 tsp. salt                      | 1/2 c. crumbled feta cheese               |
| 1/4 tsp. black pepper              |   |

For dressing, in a small bowl, combine oil, vinegar, water, garlic, salt and pepper. Mix well and set aside. In a large serving bowl, combine edamame, tomatoes, basil and onion; toss with dressing and sprinkle with cheese.

### Caprese Chicken with Bacon

- |   |                                      |
|---|--------------------------------------|
| 8 bacon strips  | 1/4 tsp. ground pepper               |
| 4 boneless, skinless chicken breast halves (6 oz. each) | 2 plum tomatoes, sliced              |
| 1 T. olive oil  | 6 fresh basil leaves, thinly sliced  |
| 1/2 tsp. salt   | 4 slices part-skim mozzarella cheese |

Place bacon in an ungreased 15x10x1" baking pan. Bake at 400 degrees for 8-10 minutes or until partially cooked but not crisp. Remove to paper towels to drain. Place chicken in an ungreased 9x13" pan; brush with oil and sprinkle with salt and pepper. Top with tomatoes and basil. Wrap each in two bacon strips, arranging bacon in a crisscross. Bake, uncovered, at 400 degrees for 20-25 minutes or until a meat thermometer reads 170 degrees. Top with cheese; bake 1 minute longer or until melted. Makes 4 servings.

Mini-Garlic Monkey Breads



## Singing in the Kitchen

**Who:** Champaign-Urbana Sweet Adelines

**Cost:** \$13 includes shipping

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

**Pages of recipes:** 99

**Send checks to:** CU Sweet Adelines, 3920 Daffodil Lane, Champaign, IL 61822 or call Judy at 815-269-2454.

### Mini Garlic Monkey Breads (below)

- 2 - 7.5 oz. refrigerated buttermilk biscuits
- 6 T. butter, melted
- 3 cloves garlic, minced
- 2 T. dried parsley flakes
- 1/4 c. grated Parmesan cheese, plus 2 T. to sprinkle on top

Preheat oven to 400 degrees. Cut each biscuit into 4 pieces and place in a bowl. In another bowl, combine butter, garlic, parsley and 1/4 c. cheese. Pour over biscuit pieces and toss gently to coat evenly. In a greased 12-cup muffin pan, place 6-7 pieces in each cup. Sprinkle remaining 2 T. cheese over top. Bake for 12-14 minutes. Serve warm. Makes 12.

### Cherry Pudding Cake

- 1 c. all-purpose flour
- 1 tsp. baking powder
- 1/4 tsp. salt
- 1 c. sugar
- 4 T. shortening
- 1/2 c. milk
- 1/2 tsp. vanilla
- 2 c. pitted tart red cherries, drained well and juice reserved
- 1 c. hot reserved cherry juice

Preheat oven to 350 degrees. Grease a 9" square glass cake pan. In a large mixing bowl, combine flour, baking powder and salt. Add shortening, milk and vanilla, mix well. Pour into baking pan. Top with cherries and sugar. Pour hot juice over all and bake for 40-45 minutes.

*What do you feed your farmers as they harvest? Send your recipes to [finestcooking@aiec.coop](mailto:finestcooking@aiec.coop).*

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).



## Building or remodeling?

Get a copy of “The Illinois Touchstone Energy Home” booklet

**Y**ou have to love our weather. As I’m writing the June column, the weatherman just reported that we set not one, but two record low temperatures for May. Many of you were still running the heat pumps and furnaces well into the month of May. It appears we may have one of those years where we transition from the heating season to cooling season overnight.

So, by the time you receive this issue, the summer season will officially be near. And with its arrival, heat does an about-face and will move into the homes we are trying to cool. This movement of energy during summer months is called heat gain. Plus, as the outside temperature rises, so does the amount of energy required to cool your house, which, as you know, equates to a higher utility bill.

Recently, I have received some calls from folks who are planning to build new houses or remodel their existing homes while interest rates are still near record lows. If you are considering building a new home or remodeling please contact me first or pick up a copy of “The Illinois Touchstone Energy Home – Building the Home of Your Dreams” from your local electric cooperative. Do so before you start construction.

The reason I’m putting an emphasis on before is because most energy efficiency components and measures must be installed during the early construction stages. Most generally, I can assist with every energy efficiency component if you contact me before you begin construction.

It’s disappointing when I get a call from my readers only to learn their construction project is under way and energy inefficient methods have been implemented. Oftentimes it’s too late to make any changes unless they want to invest in an expensive job change order.

For example, recently I received a call from a man who is building a new house. He told me that he was employed as a welder and wanted his house built from steel and insulated with open-cell spray foam. His home was 1,600 square feet and on a slab.

Hearing these preliminary details was music to my ears. Then I asked him, “What can I do for you?” He answered that a friend told him that he might have a moisture problem. I told him that we had been involved with several steel-framed house projects that included foam insulation. None had any moisture problems.

That’s when he told me the house was almost completed and he had already installed 9 inches of foam in the exterior walls, 3-inch batts at the roofline and 11 inches of foam in the wood-framed ceiling joists.

I also learned that the ductwork for the heating and cooling system was installed and a four-ton heating and cooling unit was on order. The music in my ears faded to the pit in my stomach.

I am very proud of this homeowner. He had great intentions of building a super-efficient building envelope for his new home. However, there was far more insulation installed than required for our climate zone. Plus the heating and cooling system was incorrectly sized (oversized) for the extremely efficient dwelling. Both conditions equated to unnecessary additional construction costs and, most likely, will attribute to comfort and moisture issues.

As the homeowner and I were discussing the situation, I calculated the heating and cooling load to be about 1.5 tons. While I commended the homeowner for being so energy conscious, the current situation left him without very many solutions. The obvious solution was to install a properly sized heating and cooling system, or

deal with uncomfortable consequences of an oversized unit.

As our call ended, the homeowner understood the nature of an oversized unit and chose to install the proper equipment. But the situation could have been avoided if the homeowner would have called the energy advisor at his local electric cooperative or me, before construction began.



Folks, if you are planning to build a new house, I have two recommendations for you. Call me at my office at 501-653-7931 for help, or contact your local electric cooperative for a copy of the “The Illinois Touchstone Energy Home – Building the Home of Your Dreams” booklet. The earlier you do this, the more we can help you. ■

Doug Rye can be heard on several different Illinois radio stations. You can go to Doug Rye’s Web site at [www.dougrye.com](http://www.dougrye.com), e-mail him at [info@philliprye.com](mailto:info@philliprye.com), or call 501-653-7931.





## **EVERY MEMBER HAS A VOICE. TOGETHER THEY WORK IN HARMONY.**

Every electric co-op member has a say in what's best for the community. Power to the people, from the people. Doesn't that sound good? Learn more about the power of your co-op membership at [TogetherWeSave.com](http://TogetherWeSave.com).



Illinois Touchstone  
Energy<sup>®</sup> Cooperatives

*The power of human connections*  
[www.aiec.coop](http://www.aiec.coop)

**[TOGETHERWESAVE.COM](http://TOGETHERWESAVE.COM)**



# Energy from the ground up

Homeowners can cut costs with renewable geothermal energy

The winter of 2014 was a wake-up call for homeowners facing higher-than-normal heating costs. With the polar vortex came heavy snowfalls and record low temperatures for extended periods. Impacting much of the country, including Illinois, the cost of heating hit many people hard this year. Propane gas, in particular, skyrocketed in price. Some folks paid more than \$5 a gallon for LP gas. And in many areas of Illinois, LP was rationed during the extremely cold weather.

## The hefty costs of heating and cooling

If you're concerned about energy prices and the cost of heating and cooling in the future, perhaps it's time to start looking for new, alternative sources for heating and cooling. Replacing an old gas furnace with a new one will likely provide a modest efficiency upgrade, but fossil fuel furnaces efficiency gains are limited. And they're still dependent on fossil fuels.

There is ONE viable renewable energy solution. It's called geothermal and its energy source is the very earth beneath our feet. Because the earth absorbs 50 percent of the sun's energy - more than 500 times more energy than mankind needs every year - there is an abundant power source in the earth to tap for heating and cooling. Geothermal systems transfer this heat from a home back into the earth during the cooling season and return it to the home from the earth during the heating season. Geothermal is possible because the temperature of the earth at 5 to 6 feet below ground (or deeper) remains relatively constant year-round.

"There are really just two very significant ways that a homeowner can make a major efficiency upgrade. The



first is by improving the building envelope, or adding insulation and weather sealing. The second is by installing a geothermal heat pump," notes John Freitag, Executive Director of the Geothermal Alliance of Illinois and longtime geothermal heat pump advocate. "Because a geothermal system is so efficient, the homeowner usually finds that heating and cooling costs are cut in half ... or more. After a winter like we had last year, this is a pretty significant savings."

Freitag says most Illinois homeowners with geothermal get an incremental payback within 2-5 years. This

payback is the length of time it would take to pay back the additional cost of a geothermal system compared to a conventional heating-cooling system.

"Most people find that the energy savings from a geothermal system will more than cover the cost of financing the efficiency upgrade. So geothermal usually provides a positive cash flow from day one," he says. "But that's just the beginning. It's not just the return on investment, but also the comfort, quietness, longevity and environmentally-friendly nature of geothermal."

## How geothermal systems work

Most geothermal systems start with the installation of what's called a "closed loop" in the ground. There are three types of ground loops. Vertical loops use the least amount of space and are thus often the most practical, and sometimes the only choice for small lots. Horizontal loops are usually more economical, but they also require the most amount of property area.

Slinky (coiled) loops can save time and money. They require less area than the standard horizontal loops and are generally more economical than vertical loops. If a well or pond is available, the loop can be installed in the water.

This closed loop is connected to one or more geothermal heat pumps inside the house. In the winter, the fluid circulating through the loop absorbs stored heat from the ground and carries it indoors. The fluid going back

into the ground is colder, but it warms as it is pumped through the ground loop. The geothermal heat pumps compress the heat to a higher temperature and distribute it throughout the home. In the summer, the process reverses and heat is exchanged into the ground loop, with cooler fluid coming into the unit.

## Significant savings for homeowners

Geothermal systems are recognized by the U.S. Department of Energy (DOE) as the most energy efficient heating-cooling system of all (saving up to 70 percent on energy bills) and they come with a federal tax incentive credit of 30 percent of total installation costs.

With a geothermal system, there is no direct fossil fuel use (other than the fuel used for generating the

electricity), no direct greenhouse gas emissions, few maintenance issues, and because the loop is underground and the heat pumps are located inside the house, the system is not susceptible to weather or storm damage. Plus, geothermal systems are exceptionally quiet in operation.

"A simple way to look at it is this ... the geothermal system basically pumps water and blows air. That's why it is so energy efficient ... and inexpensive to operate," Freitag says.

**For more information on geothermal systems, visit the Geothermal Alliance of Illinois' website [www.gaoi.org](http://www.gaoi.org). You'll find more information on tax credits and locate quality dealers near you.**



*Holes are being drilled for a vertical loop installation which takes less land area.*

## Gone Phishing

Anyone with an e-mail account knows that no matter how many warnings you get, attackers invariably come up with new ways to scam you. So, let's spend a few moments on some of the ways you can recognize these attacks, in order to avoid them. Specifically, let's talk about phishing.

For those who don't know, phishing is when someone attempts to pass himself off as a trusted source through the use of electronic communication. I say electronic communication because it doesn't only happen in e-mail. Instant messaging, social media and even texting have become channels through which phishing occurs. Still, the vast majority of it occurs in e-mail communications, so let's focus on that medium for now.

With the level of sophistication in some of today's attacks, how can you know if you're being phished?

Always be cautious when receiving e-mails containing calls for action. By that I mean, if an e-mail asks you to click a link to "verify your account information" then you should immediately be suspicious. Even e-mails containing phone numbers for you to call can be fake. Instead of following the information and/or links within the e-mail, consider contacting the organization directly. If it's someone you do business with, or hold an account with, then you should already have the correct contact information.

Be aware that many phishing scams contain warnings that your account will be shut down unless you confirm certain information. In fact, they warn that you have already been "hacked" and now need to take action in order to correct the situation.



### Don't be fooled!

Banks and credit card companies should never ask you to confirm your billing information in an e-mail. Why would they need your account number in this situation? They already have it, because they generated it for you in the first place. In fact, if your account has already been compromised, then one of the first things an attacker will do is to change your contact information. That means you will not have received an e-mail in the first place. In this situation, it is best to simply delete the e-mail.

There are also several characteristics of phishing communications that give them away.

Many times, there are misspellings throughout the e-mail. In the case of links these misspellings are purposeful. For example, [www.visa.com](http://www.visa.com) may be [www.vsia.com](http://www.vsia.com). Oftentimes,

phishing e-mails contain grammatical errors or strange phrasing. Just think of it as trying to have a conversation with Yoda from Star Wars. Inverted word order is common in phishing e-mails due to many attackers having a first language other than English.

Phishing e-mails also employ fake URL's. A URL is the "address" you use to get to a website. For instance, to get to google, you would use [www.google.com](http://www.google.com). But remember, the text used to display that URL can be added to any other URL by a savvy attacker. So, [www.google.com](http://www.google.com) could easily lead you elsewhere.

Most modern e-mail clients (like Outlook) will let you hover your mouse over the link prior to clicking it. Then you can see where the URL actually leads by looking at the bottom of your e-mail window. The best practice is just not to click any links in e-mails at all. Instead, open up your web browser and enter in links yourself. That way, you can be sure you're going where you want.

Keep in mind, these attacks get more sophisticated every day. So, you should always be wary of any communication asking you for your personal information.

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



[evanhose@aiiec.coop](mailto:evanhose@aiiec.coop)

### Never share through email:

- Passwords
- Credit card numbers
- Bank account numbers
- Driver's license numbers
- Social Security numbers



## JoDavie County Property:

Vacation, full-time, weekends. Modern mobile home, 2-story newer garage, wine cellar, many extras. 5 1/2 acres of wooded property with creek. Close to Woodbine Bend, Eagle Ridge golf courses, Chestnut Mt. Ski lodge and Galena shopping. 6200 E. Evans Rd. near Woodbine. [www.woodbineproperty.info](http://www.woodbineproperty.info) for more info. [peg43ray@Jisp.net](mailto:peg43ray@Jisp.net) or 815-858-2173. Just \$124,900 or make offer.

## Log Cabin Resort in Hardin County

**Illinois** located in the Shawnee National Forest. This property has private secluded acreage. Nearby attractions - Garden of the Gods - Cave in Rock State Park, where the cave is open to tourists - Amish community - Metropolis (home of Superman) is 40 miles southeast. [www.hilltophideawaylogcabinresort.com](http://www.hilltophideawaylogcabinresort.com). Telephone: 618-527-6171 or 618-841-4008.

## Central/ Southern Illinois

**Properties Wanted:** Hobby Horse or Mini Farms, Land, Trailer Parks, Victorian & Country Homes, Estates, Log or Lake Houses. We have the #1 Premier Marketing Program designed specifically for these properties! More buyers see our specialty ads! 600% more visit our listings! Buyers easily find and prefer to use our #1 dedicated country website [www.FarmAndLakeHouses.com](http://www.FarmAndLakeHouses.com). Our listings are direct marketed to over 45,000 people alone through our Real Estate Booths at Ag, Sport, Boat & Outdoor Shows in Chicagoland, Joliet, Tinley Park, Springfield, Bloomington, Gordyville, Peoria & Yorkville. 20 years of experience-selling full time, 364 days a year! Call Farm and Lake Houses Real Estate & Broker Jerry Grodesky (217) 386-4220.

## Motorcycle & ATV tire sale.

Same location 35 years. Charlie's Cycle Supply. West Jersey, IL. 309-995-3319.

**Don't overpay for your Medicare supplement.** Average savings \$500 or more. Same plan, same coverage. We will provide you with quotes from 3 or more of the top-rated companies in Illinois. No cost or obligation. No salesman will visit. Contact Senior Financial Solutions, LLC, 707 W. Jefferson, Effingham, IL 62401 or call 1-800-451-4902.

**Vacation in beautifully restored log cabins in Nauvoo, Illinois.** Visit our website [www.nauvoologcabins.com](http://www.nauvoologcabins.com). Call for more information: 217-453-9000.

**Buying or selling farm or hunting property?** Please call Kerry Lusher, Land Specialist-Broker, 309-339-6716. [KLusher@mossyoakproperties.com](mailto:KLusher@mossyoakproperties.com). Auctions & Brokerage. Mossyoak Properties Agirecland.

**Cabins in Shawnee Forest of Southern Illinois.** Five cabins of all sizes with all amenities. Near Garden of the Gods, Rim Rock Hiking area, Pounds Hollow Lake, Cave in Rock State Park and much more. Pet friendly. Excellent reviews. Check [www.rimrocksdogwoodcabins.com](http://www.rimrocksdogwoodcabins.com) for availability. 618-264-6036

**Secluded Cabin at Hidden Springs/ Central Illinois.** 40 acres, pond, 800 square feet. Retreat that is peaceful, quiet and stress free. Check [www.rockspringscabinllc.com](http://www.rockspringscabinllc.com) for availability. 217-690-2844.

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

The advertisement features a large, dark-colored steel building with a prominent white door and a small window. Above the building, a circular logo with a globe and the text "WORLDWIDE STEEL BUILDINGS" is displayed. Below the logo, the slogan "protect what matters" is written in a smaller font. The main headline reads "looks like mother nature finally met her match." in a large, bold, serif font. To the left of the building, a white banner with a black border says "30x40 starting at \$7,914". In the foreground, another white banner with a black border says "CALL NOW FOR CURRENT SPECIALS 800-825-0316". To the right of the building, a circular badge with wings and a gear-like border says "50 YEAR STRUCTURAL WARRANTY". At the bottom of the advertisement, the text "Visit [WorldwideSteelBuildings.com](http://WorldwideSteelBuildings.com) for more information." is displayed.

**Stay and Play in Southern Illinois' Hardin County.** Shawnee Forest, Ohio River, Garden of the Gods, Cave-in-Rock. [www.hardincountyil.org](http://www.hardincountyil.org). Illinois Mile After Magnificent Mile. 618-287-4333.

**Mulch/bedding for sale.** We have several thousand yards of this product. Prices are negotiable depending on quantities you want. 309-531-2434.

**Wanted:** Standing timber. This cash crop needs harvested like any other crop. Cash in while prices are good. Call 618-423-9285.

**Does anybody have a horse they can't afford to feed or can't take care of it?** If so, call me. I might be interested in adopting your horse. 217-855-3988.

**Black walnut for sale:** 10 black walnut trees from 60-81 inches chest high. 5 miles S.E. Rochester. 217-206-0690.

**Resort condo for sale \$150K fully furnished,** 2bedrm/2bath, washer/dryer onsite golf, spa & lake, [www.illinigolfcondo.com](http://www.illinigolfcondo.com).

**Paducah, Ky. 9 plus acre horse farm with new 5 stall barn,** large shop and storage building, beautiful executive home \$479,000. 270-217-3612.

**Lake Weed & Algae Control.** Turn ponds into swimming pools, all natural, proven and guaranteed. The Pond King. 309-826-8444.

**First Street Restaurant Equipment used slicers,** tenderizers, grinders, meatsaws, ss sinks, tables. New and used cooking equipment, pottery wheels and kilns. 2615 So. First, Springfield, 217-522-3934, 217-971-8592.

**Impeccable 3 bedroom, 3 bath lake-front home.** 1.8 private, park-like acres. Venado Lakes. Call Terri Dudis, Jim Maloof Realty, 309-613-4369. \$240,000.

**Mute swans.** Will beautify your pond. Good moss control. No chemicals. Average life 20 years. \$475.00 a pair. 217-320-9763.

**Farm Windmills.** Traditional, old fashioned, water-pumping. All sizes rebuilt mills available. Specialize in large mills for pond filling and pond aeration. Statewide service & installations. USA parts. [Paulswindmillservice.com](http://Paulswindmillservice.com). 217-897-6699.

**100% financing!** Spring Lake home! 5 bedrooms, 2 baths, 2 kitchens, finished basement. Call Terri Dudis, Jim Maloof Realty, 309-613-4369. \$162,900.

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

**Midwest Bird and Animal Swap & Sale,** June 29 at Monroe County Fairgrounds, Waterloo, IL from 5:30 to Noon. 618-939-6809.

**Authorized Rainbow distributor.** Repairs, supplies and service. Living air purifiers. L&L Distributing, 116 S. VanBuren St., Newton, IL 62448. 618-783-3755.

**Insulation.** 4x8 sheets, foil-backed foam. Also rolls of foil-bubble pak-insulation. All factory seconds. [www.nichols5.com](http://www.nichols5.com). Contact Ken Nichols, 800-424-1256.

**Registered miniature Herefords for sale.** Bull, Heifers, cows. Call for info. and pricing. 217-836-9057.

**Sick camper refrigerator?** Specializing 33 years in rebuilding cooling units. New and used units available. Camper repair. Crutcher's RV, Cropsey, IL. 309-377-3721.

**Used rental work clothes - pants \$4.99, shirts \$3.99, Jackets \$10.95.** Call 1-800-233-1853 or order online [www.usedworkclothing.com](http://www.usedworkclothing.com).

**Wanted to buy:** Standing timber. All species. Pay top price. Clear or select cut. Call 815-434-4141.

**Earn \$2,000 or more a month working from home.** Find out how you can change your life. Call Now! 866-274-0657.

**Wanted to buy:** Standing timber. All species, except pine. Southern Illinois Area. 618-893-4223.



**SLOAN  
IMPLEMENT**

**1.800.745.4020**  
[www.sloans.com](http://www.sloans.com)

**17**  
IL&WI  
LOCATIONS

*YOUR DEERE, STIHL & HONDA DEALER*



**How to place an ad:**

- 1) Type or print ad neatly.
- 2) Count words. Cost is \$30 for up to the first 20 words. \$1.50 each additional word. Ads with insufficient funds will not be printed.
- 3) **Prepayment is required. Include check or money order with ad for amount due.** Also include address label from Illinois Country Living or other proof of Illinois electric cooperative membership. Only members of Illinois electric cooperatives may place Marketplace ads.
- 4) Mail to: Illinois Marketplace, P.O. Box 3787, Springfield, IL 62708, by deadline.  
Deadlines: August issue – June 20;  
September issue – July 21.

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

# Co-ops tell Congress it's time to act

From Illinois and across the country, electric cooperative leaders converged on Capitol Hill to deliver a message to Congress: The time to act is now.

More than 2,500 Co-op Nation citizens rallied at the 2014 National Rural Electric Cooperative Association (NRECA) Legislative Conference on behalf of co-op priorities that stretch beyond the partisan political divide that strangles action in Washington, D.C.

The May 4-6 conference provided CEOs, directors and co-op staffers with briefings from NRECA experts to use during meetings with lawmakers.

"People will know that Co-op Nation is here," NRECA CEO Jo Ann Emerson said at the first conference session May 5 on Capitol Hill. "You do this because you know how important relationships are with your legislators and with your regulatory officials."

"There has never been a more important time for sharing our concerns with members of Congress," said Association of Illinois Electric Cooperatives (AIEC) President/CEO Duane Noland. "There are so many federal bills and regulations that will impact the cost of electricity, your power bill and reliability of your electric service."

Noland said that although public opinion of Congress is very low, Illinois' delegation has been very responsive. "This was the best meeting we've had. Everyone gave us time on their schedule, especially Senators Durbin and Kirk. We had a lot to thank them for and a lot to ask, and they all took the time to listen to our concerns."

The conference came at a fortuitous time. The Senate plans to move ahead on S. 2262, a bipartisan energy-efficiency bill that would enable co-ops to continue to use large electric-resistance water heaters in demand response programs.



*Grassroots representatives from Illinois electric co-ops met with the state's senators and representatives like Aaron Schock (R-IL 18th District). AIEC President/CEO Duane Noland (left) thanked Schock for his support "right out of the box," and for his recent support in addressing FEMA disaster relief funding fairness, which all of the Illinois downstate delegation also support.*

In the House, H.R. 2458, the Electrify Africa Act was expected to be debated on the floor in the next few days. NRECA strongly supports the legislation that fits in with the association's mission of bringing light to developing nations.

The conference agenda included updating the Endangered Species Act, seeking adequate time for comment on upcoming greenhouse gas regulations and demanding greater oversight of the Federal Emergency Management Agency, so its policies are consistent and follow established practices.

The most important request was that the public comment period on proposed EPA regulations on existing power plants be extended for at least 120 days. Electric co-op members can make comments of their own by simply going to [www.action.coop](http://www.action.coop).

"We're concerned because the EPA has chosen to write regulations that rely on technology for reducing CO2 emissions that has not been proven at commercial power plants," said Noland. "Carbon capture and storage methods might look good on paper or in the lab, but unlike Washington, we're not willing to take the risk with our members electric bills. It could

result in a 70 to 80 percent increase in wholesale power costs according to the Department of Energy."

Getting Congress to move away from squabbles and toward common ground also was the theme of the May 5 keynote address of Minority Whip Steny Hoyer, D-Md.

A member of Hughesville-based Southern Maryland Electric Cooperative, Hoyer said he believes members of both political parties can come together on the principles of the "Make It in America" economic competitiveness plan that he has been working on since 2011.

The initiative has direct bearing on the work of co-ops, Hoyer said. It calls for developing a national manufacturing strategy, improving workforce training and promoting technologies and energy, all of which require affordable, reliable electricity.

"That's a unifying agenda, something on which a broad spectrum of Americans can agree upon," he said. "There is too much division in America today. The only people who can defeat America, in my view, is America itself, through our division."

*Source: Steven Johnson, Electric Co-op Today*



## Rural electric youth tour: shaping our youth for 55 years

By Magen Howard, CCC

**T**he Illinois Rural Electric Youth Tour is turning 55! And oh, what a tour it's been. "I've loved this trip. Every year is a new adventure," says Kristin Banks, Illinois Coordinator of Youth Programs.

Anyone who's looked after a group of 16- and 17-year-olds in Washington, D.C., for Youth Tour knows how challenging and physically exhausting it is, not to mention how hot and humid the nation's capital can be in the middle of June.

But there's a reason the program has not just endured but thrived for more than half a century—and why people like Kristin Banks and John

Freitag stick with it year after year: the students.

"It's been an honor and a pleasure to work with new groups of students each year," Kristin Banks says. "It's so rewarding to see each student grow and discover how they can significantly impact their community through this program. This program truly is changing lives."

Youth Tour brings together some 1,600 teens from 43 states for a once-in-a-lifetime opportunity culminating in Washington, D.C. Students dance on a boat cruise down the Potomac and see the roots of American history. They learn about electric co-ops and grassroots political advocacy. They live

in awfully close quarters for up to a week and are given a small taste of freedom and independence. They sleep a little and talk a lot.

These students become college roommates, professional colleagues and lifelong friends. For some, it's a fun trip that later brings fond memories. To others, Youth Tour inspires kids to discover the adults they're going to be.

For those accepted into the Youth Leadership Council (YLC), the experience is even richer. These students — one representative from each participating state — work the congressional action center at the National Rural Electric Cooperative Association's



longtime advocate of electric co-ops, having lobbied for the creation of Pedernales Electric Cooperative in 1937 as a young politician in Texas. The senator and future president declared, “If one thing comes out of this meeting, it will be sending youngsters to the national capital where they can actually see what the flag stands for and represents.”

With that encouragement, Texas electric co-ops began sending summer interns to work in the senator’s Washington, D.C., office. In 1958, an electric co-op in Iowa sponsored the first group of 34 young people on a week-long study tour of the nation’s capital. Later that same year, another busload went to Washington from Illinois. The idea grew, and other states sent busloads of students throughout the summer. By 1959, the Youth Tour had grown to 130 participants.

In 1964, NRECA began to coordinate joint activities among the state delegations and suggested that co-op representatives from each state arrange to be in Washington, D.C., during Youth Tour week. The first year of the coordinated tour included about 400 teens from 12 states.

The Association of Illinois Electric Cooperatives coordinates the daily planning of all events and sites of interest for the tour which travels via two chartered buses. In the past 55 years, more than 3,000 students representing rural areas and small towns across the state have participated in the program.

If you were part of the youth tour, please feel free to contact Kristin Banks at [kbanks@aiec.coop](mailto:kbanks@aiec.coop) with your stories or what you are now doing. She would love to hear from you!

You can follow the trip each year by visiting the Illinois Youth to Washington Facebook page at <https://www.facebook.com/ILYouthToWashington>. For more information on the history of the program go to <http://aiec.coop/youth-programs/youth-to-washington-tour/>

(NRECA) Annual Meeting. They also participate in a special meeting one month after the Youth Tour to delve more deeply into leadership and cooperative grassroots issues.

Much has changed during the past 55 years since Youth Tour was born, but the one constant has been the students, who never fail to be amazed, inspired, humbled and grateful, according to the faithful electric co-op employees who bring new groups back to Washington every year.

For the chaperones and state coordinators, Youth Tour is an enormous amount of work culminating in just a handful of frantic days each year. Flexibility and being able to roll with the punches are must-haves. But it’s a labor of love for most.

“You have to be ready for any change that might happen and deal with any problems that come up, no

matter what, for the safety of the youth,” Kristin Banks says. “You have to be ready to take on responsibility for them.”

“Rewarding” is a common refrain from those involved in the program, from administrators and coordinators to parents and participants—even the bus drivers who stick with a state year after year.

“I’ve had parents come up to me after the program and say, ‘I don’t know what you did, but you brought back a different kid than you took.’ And for parents to say that is gratifying and humbling,” says Banks.

### Rooted in politics

Senator Lyndon Baines Johnson inspired the Youth Tour when he addressed the 1957 NRECA Annual Meeting in Chicago. Johnson was a

- 3 Alton/Godfrey Fireworks on the Mississippi**, Alton Riverfront Amphitheater, #1 Henry St., Alton. Alton's spectacular fireworks display are a must see! With the Clark Bridge as a backdrop over the Mississippi River, this fireworks show is always a crowd pleaser. 618-465-6676.
- 4-5 Heritage Festival & Duck Race**, 12 Main St., Elizabethtown. Event includes exceptional period entertainment and activities like an 1800s outdoor play, pageant, quilt show, duck race, area craft and food vendors. Festivities also include a period ball, Regal Women's Tea and live entertainment throughout the event. [www.hardincountyil.org/festivals](http://www.hardincountyil.org/festivals) or 618-287-7090.
- 6 Casey Corner Car Show**, 904 Highway 49, Casey. This 10th annual event is presented by car enthusiast Bobby Staley and features Best of Show, Best Paint and Best Engine categories. More than 100 entries in 19 categories. Local charitable groups will have food stands. There is a vehicle registration fee (proceeds to local charities) but admission is free. Located at corner of US 40 and IL 49. [www.cityofcaseyil.org](http://www.cityofcaseyil.org) or 217-932-3007.
- 10-13 I&I Antique Tractor Historic Farm Days**, Penfield. Relive historic farming days at this annual four-day event. Plow and tillage field demonstrations, model gas and steam engines, horse and tractor demos, daily antique tractor pulls and country cooking you won't want to miss. For more information, call 217-351-4133 or visit [www.antiquefarm.org](http://www.antiquefarm.org).
- 12 Archeology Day**, Center for American Archeology Museum, Route 100 & Oak St., Kampsville. Come join us as we celebrate and explore the fascinating world of Illinois archeology. This fun, family-friendly event includes excavation site tours, exhibits and hands-on activities for all ages. Learn all about what life was like along the Illinois River 12,000 years ago. 10 a.m.-4 p.m. Admission is free. [www.caa-archeology.org](http://www.caa-archeology.org), [caa@caa-archeology.org](mailto:caa@caa-archeology.org) or 618-653-4316.
- 12 Annual Ribfest**, 304 W. Main St., Staunton. Annual event starts at 9 a.m. with rib-cookers firing up the grills and Tour de Donut bicycle racers riding through the main street. Ribfest is 50+/- rib cook-off that is full of fun, music and food. Cook-off winners will receive cash prizes. Ribs available for sale at 5 p.m. Local food and drinks available all day. 618-635-2233.
- 19-20 Central Illiana Outdoor Expo**, David S. Palmer Arena, 100 W. Main St., Danville. A diverse collection of outdoor sports-related exhibitors will be on hand along with seminars and free autograph signings with personalities from programs featured on the Outdoor Channel, the Sportsman Channel, and the Pursuit Channel. Special events will also include a kids' zone, Big Buck Wall of Fame and buck scoring opportunities. Adults \$6, ages 5-12 \$4, under 5 are free. Sat. 9 a.m.-5 p.m., Sun. 9 a.m.-4 p.m. [www.centralillianaoutdoorexpo.com](http://www.centralillianaoutdoorexpo.com) or 217-431-2424.
- 24 Taste of Galesburg**, 350 E. Simmons St., Galesburg. Features food from area restaurants, music, children's activities and a beer garden. Entry fee is \$5 and food tokens are \$1. 4 p.m.-10:30 p.m. Stay for the weekend and attend The Great Balloon Race at Lake Storey Park the following day. [www.tasteofgalesburg.com](http://www.tasteofgalesburg.com) or 309-343-2485.
- 25-26 Findlay Walleye Festival**, East South 2nd, Findlay. Walleye is a feature for the festival with the fish being served daily. Plenty of entertainment, ice cream social, fireworks on Friday, kid's games, a farmer's market, tractor pull, car, truck and motorcycle show, 5K event and more. A large parade starts at 10 a.m. on Saturday and plenty of kids activities and games available both days. [www.lakeshelbyville.com/events/walleye.htm](http://www.lakeshelbyville.com/events/walleye.htm) or 217-756-3248.
- 26 Sterling Main Street Music Fest**, Grandon Civic Center, 1608 4th Ave., Sterling. Musical acts for this year's festival include Charlie Siren, four piece pop punk band; Kyle Henderson, a prolific songwriter with a style that melds blues, rock and soul; and The Cole Brothers who have toured with Tony Orlando, and shared the stage with Jackson Browne, Bonnie Raitt and many more. Doors open at 1 p.m. for all-ages festival. Just \$5 for those 13 and up includes great bands, art vendors and a taste of Sterling from a variety of food vendors. [www.sterlingmainstreet.org](http://www.sterlingmainstreet.org) or 815-626-8610.
- 26 Chili Cook-off ICS Illinois State Championship**, 1716 W. Spesser, Taylorville. International Chili Society (ICS) State event held during the Christian County Agricultural Fair at the fairgrounds. \$1000 Grand Prize. Categories: Chili, Chili Verde and Salsa. See website for entry forms and fees: <http://www.christiancountyfair.com/chili-cookoff.html> or 217-433-5583.
- 27 Margaritas & Cheeseburgers Party** at Hill Prairie Winery, Oakford. Join in the Jimmy Buffet tradition with music by The Boat Drunks, along with cheeseburgers, wine margaritas and fun. Noon-6 p.m. 216-635-9900 or [www.HillPrairieWinery.com](http://www.HillPrairieWinery.com).



Visit our website, [www.icl.coop](http://www.icl.coop)

To be considered for inclusion, please submit events in the format used above. Preference is given to events sponsored by non-profit entities. Submitting an event is not a guarantee of publication. Photos are welcome, but will not be returned unless a self-addressed and stamped envelope is provided. Events are subject to change, so please contact the event sponsor for confirmation.

**Deadline:** June 1 for August events. **Mail to:** Illinois Datebook, PO Box 3787, Springfield, IL 62708. E-mail to: [datebook@aiec.coop](mailto:datebook@aiec.coop).



# THERE'S A TREASURE IN YOUR BACKYARD

You may not realize it, but your home is sitting on a **free and renewable** supply of energy. A WaterFurnace geothermal comfort system taps into the stored solar energy in your own backyard to provide **savings of up to 70% on heating, cooling and hot water**. That's money in the bank and a smart investment in your family's comfort. Contact your local WaterFurnace dealer today to learn how to **tap into your buried treasure**.

## YOUR LOCAL WATERFURNACE DEALERS

**Albers**  
Toennies Service Co.  
(618) 248-5130

**Bloomington**  
Wm. Masters, Inc.  
(309) 662-8481

**Brighton**  
Den-Son Heating & Cooling  
(618) 372-8375

**Canton**  
Spoon River Mechanical Services  
(309) 647-5009

GM Mechanical  
(309) 647-5700

**Carbondale**  
GL Morris  
(618) 457-0190

**Cartersville**  
RSP Heating & Cooling  
(618) 942-2424

**Charleston**  
Jansen's Heating & Air  
(217) 235-5223

**Chester**  
Schumer Bros  
(573) 547-6517

**Cobden**  
Davis Heating & Cooling  
(618) 893-2821

**Decatur**  
Design-Air Heating & A/C  
(217) 429-1105

**Delevan**  
Jeckel Plumbing & Heating  
(309) 244-8265

**Edwardsville**  
Cummings Heating & Cooling  
(618) 656-8953

**Effingham**  
Jansen's Heating & Air  
(217) 347-5223

**Fairbury**  
Popejoy Plumbing, Htg & Electric  
(815) 692-4471

**Fairfield**  
Electro Electric  
(618) 847-8102

**Flora**  
Electro Electric, Inc.  
(618) 662-4520

**Gifford**  
Duden and Silver  
(217) 568-7954

**Goodfield**  
Hinrichsen Heating & Air  
(309) 965-2604

**Hamilton**  
Peters Heating & Air, Inc.  
(217) 847-2777

**Harrisburg**  
D&C Heating & Air  
(618) 997-6577

**Lawrenceville**  
Tracy Electric, Inc.  
(618) 943-2243

**Litchfield**  
Snell Enterprises, Inc.  
(217) 324-4560

**Macomb**  
Arnold Brothers Heating & Cooling  
(309) 833-2852

**Marion**  
D&C Heating & Air  
(618) 997-6577

**Mount Vernon**  
Holloway Heating & Air, Inc.  
(618) 242-5481

**Pana**  
Jansen's Heating & Air  
(217) 562-5201

**Paxton**  
Houston Plumbing & Heating  
(800) 379-2165

**Petersburg**  
Collins Plumbing & Heating  
(217) 632-3670

**Pittsfield**  
Peters Heating & Air, Inc.  
(217) 285-1600

**Quincy**  
Peters Heating & Air, Inc.  
(217) 222-1368

**Red Bud**  
DeRousse Heating & Air, Inc.  
(618) 282-2224

**Springfield**  
Collins Plumbing & Heating  
(217) 793-8031

**Taylorville**  
Jansen's Heating & Air  
(217) 824-4138

**Thomasboro**  
HovelN Heating & Cooling, Inc.  
(217) 643-2125

**Tilton**  
Blackie's Automatic Engineering  
(217) 442-1440

**Virden**  
Snell Enterprises, Inc.  
(217) 965-3911

**Waterloo**  
DeRousse Heating & Air, Inc.  
(618) 282-2224

**Winchester**  
Little Heating & A/C, Inc.  
(217) 742-3332



waterfurnace.com  
(800) GEO-SAVE



**LIMITED-TIME OFFER!**

# GET MORE FOR LESS

Smart Pack

~~\$32<sup>99</sup>/mo~~

55+ Channels

PROMOTIONAL PRICES START AT

**\$19<sup>99</sup>/mo**

FOR 12 MONTHS. NOT ELIGIBLE FOR HOPPER OR HD.

## CHOOSE YOUR PACKAGE AND SAVE!

America's Top 120

~~\$54<sup>99</sup>/mo~~

190+ Channels

ACT NOW

**\$29<sup>99</sup>/mo**

FOR 12 MONTHS

America's Top 200

~~\$69<sup>99</sup>/mo~~

240+ Channels

ACT NOW

**\$39<sup>99</sup>/mo**

FOR 12 MONTHS

America's Top 250

~~\$79<sup>99</sup>/mo~~

290+ Channels

ACT NOW

**\$44<sup>99</sup>/mo**

FOR 12 MONTHS

All offers require 24-month commitment and credit qualification. Monthly DVR and receiver fees apply based on number of rooms.



### FREE HOPPER UPGRADE

UNBEATABLE WHOLE-HOME HD DVR

- Watch all your live and recorded TV anywhere
- Instantly skip commercials
- Store up to 2,000 hours of your favorite shows
- Record up to 8 different shows at the same time\*

\*Requires Super Joey. Features must be enabled by customer. Available with qualifying packages. Monthly DVR and receiver fees apply based on number of rooms. Requires Internet connection.

### ACT NOW AND ALSO GET:

**FREE PREMIUM CHANNELS**  
for 3 months



Offer subject to change based on premium channel availability.

**FREE INSTALLATION**  
in up to 6 rooms

**FREE HD**  
for 24 months Available with qualifying packages.

All offers require 24-month commitment and credit qualification.



**BUNDLE AND SAVE WITH DISH**

Ask how you can save \$10/mo.

WITH DISHNET HIGH-SPEED INTERNET



**Call today and save BIG!**  
**1-888-277-9369**



**Important Terms and Conditions: Promotional Offers:** Require activation of new qualifying DISH service. All prices, fees, charges, packages, programming, features, functionality and offers subject to change without notice. After 12-month promotional period, then-current everyday monthly price applies and is subject to change. **ETF:** If you cancel service during first 24 months, early termination fee of \$20 for each month remaining applies. **Activation fee may apply.**  
**Additional Requirements: Hopper:** Monthly fees: DVR service, \$12; Joey, \$7; Super Joey, \$10. With PrimeTime Anytime the AutoHop feature is available with playback the next day of select primetime shows on ABC, CBS, FOX and NBC. Both features are subject to availability. Requires Super Joey to record 8 shows at once. Recording hours vary; 2000 hours based on SD programming. Equipment comparison based on equipment available from major TV providers as of 6/13/14. Watching live and recorded TV anywhere requires an Internet-connected, Sling-enabled DVR and compatible mobile device. **HD Free for 24 Months:** Additional \$10/mo HD fee waived for first 24 months. Requires continuous enrollment in AutoPay with Paperless Billing. After 24 months, then-current everyday monthly price applies and is subject to change. **Premium Channels:** 3-month premium offer value is \$165; after 3 months, then-current everyday monthly prices apply and are subject to change. Blockbuster @Home requires internet to stream content. HD-only channels not available with select packages. **Installation/Equipment Requirements:** Free Standard Professional Installation only. Leased equipment must be returned to DISH upon cancellation or unreturned equipment fees apply. Upfront and additional monthly fees may apply. Miscellaneous: Offers available for new and qualified former customers, and subject to terms of applicable Promotional and Residential Customer agreements. State reimbursement charges may apply. Additional restrictions and taxes may apply. **Offers end 1/16/15.**  
© 2014 DISH Network, L.L.C. All rights reserved. HBO®, Cinemax® and related channels and service marks are the property of Home Box Office, Inc. SHOWTIME is a registered trademark of Showtime Networks Inc., a CBS Company. STARZ and related channels and service marks are property of Starz Entertainment, LLC.