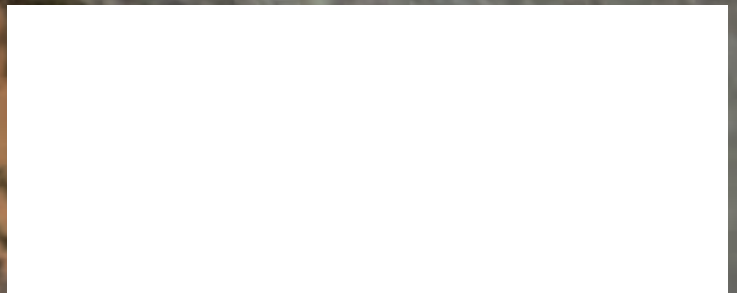


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Illinois Country Living

November 2015 • icl.coop

*The
Color
Purple*



Old Cookbook Reveals

“Amazing Details of Washington’s Dining Habits”

by Guy Coalter,
Special Features Writer

Canton OH, Special - With

hundreds of servants at her command... a person would think our first First Lady was a woman of leisure.

Not so... according to a new historical discovery. A long out-of-print volume entitled, “*The Martha Washington Cook Book*” shows Mrs. Washington personally supervised her entire household staff... and especially the kitchen and dining room servants.

Martha made sure every dish served at Mount Vernon... as well as in the first Presidential “*White Houses*” in New York and Philadelphia... was prepared exactly as called for in her personal cookbook.

The family cookbook was given to Martha at the time of her first marriage.

In 1749, beautiful seventeen-year-old Martha Dandridge married Daniel Parke Custis. As a wedding gift, the Custis family presented Martha with a family cookbook entitled *Booke of Cookery and Booke of Sweetmeats*.

Handwritten by an unknown hand, there is evidence the recipe book had been in the Custis family for generations. It is quite likely this was a family heirloom dating back to the early 1600s. In all, there were over five hundred classic recipes, dating largely from Elizabethan and Jacobean times, the golden age of English cookery.

Later, Martha Custis became a widow and in 1759 she married Col. George Washington. Washington was to become the Father of our country and its first President. Martha, of course, became our very first, “*First Lady*.”

Martha kept and used her family cookbook for over fifty years. In 1799, she presented the book to her granddaughter, Eleanor Parke Custis as a wedding gift when she married Lawrence Lewis.

The cookbook was handed down from mother to daughter until 1892 when the Lewis family presented it to The Historical Society of Pennsylvania where it still resides today.

In 1940, the Society gave permission to historian Marie Kimball to study the manuscript and prepare a cookbook entitled, “*The Martha Washington Cook*

Book.” Although now long out-of-print, an Ohio publisher was recently commissioned to reprint a limited edition of this rare and amusing piece of Americana.

Accordingly, a limited number of copies are being made available to the public at this time. Each volume is numbered and when the present printing is exhausted, there is no contract to print more. These cookbooks could very easily become valuable collector items.



Martha Washington

“*The Martha Washington Cook Book*” includes facsimile copies of several actual pages from the one-of-a-kind original manuscript. Then, Mrs. Kimball chose over 200 delicious unique recipes from Martha Washington’s personal cookbook and completely modernized them so you can easily prepare them in your own kitchen!

The original recipes were written for a huge household including numerous servants. Many called for dozens of eggs and gallons of one thing or another. Marie Kimball “*trimmed*” each recipe to quantities of ingredients for a family of six.

You’ll get dozens of delicious recipes for Soups, Fish, Meats, Meat Pies, Poultry and Game, Sauces, Eggs - Mushrooms and Cheese, Fritters and Pancakes, Pastry - Pies and Tarts, Cakes, Creams and Jellies, Puddings, Preserves, and Beverages.

Perhaps more interesting for us history buffs is the detailed description of the kitchen and dining habits in the George Washington household. Martha sat at the head of the table with her husband at her side to the right.

Despite dozens of servants around the table, either Martha or George always carved the meats to be served!

You’ll absolutely love dozens of other interesting details of this historical dining room.

“*The Martha Washington Cook Book*” is a beautiful perfect bound book you will be proud to display on your coffee table, bookshelf, or where ever you keep your very best books.

Your friends and neighbors are guaranteed to be envious... *and you are guaranteed to be completely satisfied with your cookbook*. You may examine and use it for a full three months and return it for a full no-questions-asked refund if you desire.

Although not available in bookstores, you may order your cookbook directly from the publisher. There is a strict limit however, of only two copies per customer.

To get your copy, simply write your name and address on a plain piece of paper. Mail it along with your remittance of only 19.95 plus \$3.98 postage and handling (total of \$23.93, OH residents please add 6.5% sales tax) payable to: James Direct Inc, Special Offer M851, 500 S. Prospect Ave., Box 980, Hartsville, Ohio 44632.

You may charge to VISA, MasterCard, Discover or American Express by including your card number, expiration date and signature. For even faster service, have your credit card handy and telephone toll-free 1-800-715-9849 and ask for Special Offer M851.

Act within the next 15 days and the publisher will include a free bonus... *a selection of delightful recipes from the personal cookbook of President Thomas Jefferson!*

“*The Martha Washington Cookbook*” makes an appreciated gift for any gift-giving occasion. Readers of this publication may request a second copy for only \$6.07 postpaid. (Total of \$30 for both.)

©2015 JDI M0146S04

<http://www.jamesdirect.com>

Published by

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

www.icl.coop

800-593-2432 • info@icl.coop

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

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Illinois Country Living is a monthly publication serving the communications needs of the locally owned, not-for-profit electric cooperatives of Illinois. With a circulation of more than 190,000, 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: 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.



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.



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Two Vietnam-era Purple Heart veterans share their stories and support for the Wounded Warrior Project, which benefits those who served after 9/11.



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Overcoming challenges and changes is what co-ops do

I have enjoyed my 36 years with Wabash Valley Power Association and rural electrification with the last 10 years as its CEO and I confess I'm also looking forward to enjoying my family more now that I've retired.

I was 26 years old when I came to work for Wabash Valley. I was the youngest employee at the time. It was only my second job out of college. I was three years out of college and previously employed by Arthur Andersen and Company, a nationally recognized accounting firm at the time.

I am considered a dinosaur today when few people stay with a single company for such a long time. I have enjoyed both the people and the challenges inherent in such a capital-intensive industry. Electric utilities are one of most capital intensive businesses in the world. The decisions you make literally last a lifetime.

When I first started in 1979, we had no assets, but the dream of building a nuclear power plant with PSI Energy (now called Duke Energy). I was the seventh employee and we rented a small office. We now have over 1,000 megawatts of generation ownership, and cooperative members in three states.

Wind, solar and other forms of renewable energy were not part of the picture in the late 1970s. We had a simple mission and still do – provide reliable electric service to our cooperative members at an affordable price. We may all have a different view of what is affordable, but that simple mission provided great guidance to me as I made decisions that impacted each member's electric bill over the years. I did not have a conflict between shareholders and ratepayers. At a cooperative the owners are the ratepayers.

Some worry about the future with all the changes we are going through,

“We had a simple mission and still do – provide reliable electric service to our cooperative members at an affordable price.”

but I think the future looks bright for rural electric cooperatives.

We have continued to grow the business over the years. The product we produce (electricity) has continued to grow and is needed more than ever today. We now use electricity for things that did not exist in 1979. Look around your home at all the devices hooked up to your electrical outlets and I think you'll be surprised. Many outlets today have a strip plugged in to hold more devices.

The demand for greater reliability of electric service has also grown. None of us likes to come home and see the electric clock blinking. We have a committed workforce and board members who care about the price and quality of electric service.

We have diversified our electric generation resources to include wind, solar, landfill gas, coal, petroleum coke and natural gas. Diversification of energy sources has been a founding principle for our cooperative over the years. That philosophy has served us well. Just as you will want to diversify your retirement plan assets, we want to diversify our fuel mix. The new EPA regulations will limit the type of fuel utilized to produce electricity in the future. Natural gas and renewable energy will lead the way for new electric energy production.

Yes, there are challenges ahead. There have always been challenges

for rural electrification and there always will be. I look back and we had a natural gas shortage in the 1970s, Y2K, Enron, \$5,000 per megawatt-hour power in 1998, clean air regulations, etc. We worked through them and will continue to do so.

I leave behind a great staff I am very proud of, and they are prepared for whatever lies ahead. I am smart enough to know that one person cannot do it all. I will not miss the travel, the daily commute to and from the office...the daily grind. But I will miss the people in the cooperative family. That includes the employees of Wabash Valley Power, the CEO's of our member cooperatives, the directors of the member systems and my colleagues throughout the industry. Cooperation among cooperatives is one of our strengths and all of you have supported me. For that I am eternally grateful.

Life is a journey and not a destination and it is time for me to move on. It is time for me to be second in command at our home, a new grandparent and a lifelong partner. I can do that with a lot of confidence in the staff and new leadership that will navigate Wabash Valley Power in the future. I wish all of you the best as you wander through your own journey in life. ■

Rick Coons retired in October as President/CEO of Wabash Valley Power Association, the wholesale electricity provider for 23 electric distribution cooperatives.



Introducing *The new and revolutionary* Jacuzzi® Hydrotherapy Shower.



The Jacuzzi® Hydrotherapy Shower provides a lifetime of comfort and relief... safely and affordably.

As we age, the occasional aches and pains of everyday life become less and less occasional. Most of us are bothered by sore muscles, creaky joints and general fatigue as we go through the day- and it's made worse by everything from exertion and stress to arthritis and a number of other ailments. Sure, there are pills and creams that claim to provide comfort, but there is only one 100% natural way to feel better... hydrotherapy. Now, the world leader in hydrotherapy has invented the only shower that features Jacuzzi® Jets. It's called the Jacuzzi® Hydrotherapy Shower, and it can truly change your life.

For over 50 years, the Jacuzzi® Design Engineers have worked to bring the powerful benefits of soothing hydrotherapy into millions of homes. Now, they've created a system that can fit in the space of your existing bathtub or shower and give you a lifetime of enjoyment, comfort and pain-relief. They've thought of everything. From the high-gloss acrylic surface, slip-resistant flooring, a hand-held shower wand, a comfortable and adjustable seat, to strategically-placed grab bars and lots of storage, this shower has it all.

Why wait to experience the Jacuzzi® Hydrotherapy Shower? Call now... it's the first step in getting relief from those aches and pains.

AGING = PAIN

For many, arthritis and spinal disc degeneration are the most common source of pain, along with hips, knees, shoulders and the neck. In designing the Jacuzzi Hydrotherapy Shower, we worked with expert physicians to maximize its pain relieving therapy by utilizing the correct level of water pressure to provide gentle yet effective hydrotherapy.

JACUZZI® SHOWER = RELIEF



Four Jacuzzi® ShowerPro™ Jets focus on the neck, back, hips, knees and may help ease the pain and discomfort of:

- Arthritis
- Circulation Issues
- Aches and pains
- Neuropathy
- Sciatica
- Inflammation



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EPA Tightens Ozone Standard

The Environmental Protection Agency tightened the ozone pollution standard from 75 parts per billion to 70 parts per billion, a move the agency says will protect public health and leave only 14 counties out of compliance by 2025.

Ozone, a gas created when volatile organic compounds or nitrogen oxides mix with sunlight, can lead to smog formation. Any combustion source, including power plants, vehicles and industrial facilities emit nitrogen oxides.

“While NRECA believes EPA should have fully implemented the 2008 ozone standard before moving the goalpost with a tighter standard, we appreciate that EPA Administrator Gina McCarthy has publicly stated



that the science didn't support setting the standard lower than they did,” said Ted Cromwell, Senior NRECA Principal, Environmental Policy.

The EPA set the standard at the upper end of its Clean Air Science Advisory Committee's range of 60 ppb to 70 ppb.

“My final decision to strengthen the standard for 70 ppb reflects my

consideration of that advice and my obligation to weigh the science, including the uncertainties that remain,” McCarthy said in announcing the new standard Oct. 1.

The EPA estimates public health benefits of the updated standards will be \$2.9 to \$5.9 billion annually in 2025, and outweigh the estimated annual costs of \$1.4 billion. ■

Source: Cathy Cash, Electric Co-op Today

18th Annual Lineman's Safety Rodeo held in Springfield

The flag was raised to the top of a pole by hand, in lineman fashion, at the Association of Illinois Electric Cooperative's 18th Annual Lineman's Safety Rodeo held in Springfield, Sept. 18. At the rodeo, 14 co-op lineman teams were judged not just on their skill, but their safe practice of those skills. The winning team this year was from SouthEastern Illinois Electric Cooperative and included Ryan Johns, Clayton Gulley, and Austin Lewis.

“We had a couple of rain delays, but all-in-all the 18th Lineman's Safety Rodeo was a success,” said Mary Zitek, AIEC's Safety and Education Services Coordinator. “The rodeo was dedicated to the memory of Bob Moss, who was killed in a freak sink hole accident while working an outage for Illinois Electric Cooperative earlier this year. We also raised money in a raffle for the Burn Center here in Springfield and Irby, one of our sponsors, had a raffle for a generator, which raised nearly \$500. The funds were matched by Irby to benefit Gerry Kinney, an Illinois cooperative lineman who recently lost both hands in an accident.”

The Lineman's Safety Rodeo is held on the Chuck West Lineman's Training Field at Lincoln Land Community College (LLCC). The college hosts a lineman training program coordinated by the AIEC. Courses are



designed for new linemen and to help existing electric line personnel improve their work skills in safe and efficient ways. Each year at the rodeo, teams of linemen from Illinois electric cooperatives participate in competitive events using skills that focus on agility, speed and accuracy. While these skills are part of the competition judging, above all the linemen are judged on safe work practices.

To learn more about the lineman training program, contact Roger Larkin, AIEC's Manager of Lineworker and Apprentice Development - rlarkin@aiec.coop. ■



Photo courtesy of American Red Cross

U.S. POSTAL SERVICE — STATEMENT OF OWNERSHIP, MANAGEMENT AND CIRCULATION (Required by 39 U.S.C. 3685)

Title of publication — Illinois Country Living.
 Publication No. — 258420.
 Date of filing — Sept. 21, 2015.
 Frequency of issue — Monthly.
 No. of issues published annually — 12.
 Annual subscription price — \$12.
 Complete Mailing Address of Known Office of Publication — Illinois Country Living, P.O. Box 3787, Springfield, Sangamon, Illinois 62708-3787.
 Complete Mailing Address of Headquarters or General Business Office of Publisher — Association of Illinois Electric Cooperatives, P.O. Box 3787, Springfield, Illinois 62708-3787.
 Full Names and complete Mailing addresses of Publisher, Editor and Managing Editor — Publisher, Association of Illinois Electric Cooperatives, P.O. Box 3787, Springfield, IL 62708-3787. Editor — John Lowrey, P.O. Box 3787, Springfield, IL 62708-3787. Managing Editor — John Lowrey, P.O. Box 3787, Springfield, IL 62708-3787.
 Owner — Association of Illinois Electric Cooperatives, P.O. Box 3787, Springfield, Illinois 62708-3787.
 Known Bondholders, Mortgagees, and Other Security Holders Owning or Holding 1 Percent or More of Total Amount of Bonds, Mortgages or Other Securities — None.
 Publication Name — Illinois Country Living.
 Issue Date for Circulation Data Below — October 2015.
 Extent and Nature of Circulation — Average No. Copies Each Issue During Preceding 12 Months ; Actual No. Copies of Single Issue Published Nearest to Filing Date
 Total No. Copies — 187,138; 188,587
 Mailed Outside-County Paid Subscriptions-187,138; 188,587
 Mailed In-County Paid Subscriptions — None; None
 Paid Distribution outside mail including Sales Through Dealers and Carriers, Street Vendors, Counter Sales, and other Non-USPS - None; None
 Other Classes Mailed Through the USPS - None; None
 Total Paid Distribution — 187,138; 188,587
 Free Distribution by Mail Outside-County— 429; 413
 Free Distribution by Mail In-County — None; None
 Free Distribution-Other Classes Mailed Through the USPS— None; None
 Free Distribution Outside the Mail— None; None
 Total Free Distribution — 429; 413
 Total Distribution — 187,567; 189,000
 Copies Not Distributed — 463; 345
 Total — 188,030; 189,345
 Percent Paid and/or Requested Circulation — 99.77%; 99.78%
 This Statement of Ownership will be printed in the November 2015 issue of this publication. I certify that all information furnished on this form is true and complete. I understand that anyone who furnishes false or misleading information on this form or who omits material or information requested on the form may be subject to criminal sanctions and/or civil sanctions.
 /s/John Lowrey

Tools to prepare for an emergency

“Emergencies can hit without warning, and the aftermath can affect small businesses and schools the most,” says Dominick Tolli, Vice President of Preparedness for the American Red Cross.

The good news is that pre-planning tools exist to enable businesses, organizations and individuals to measure how ready they are to deal with emergencies. Check out the self-paced Red Cross Ready Rating program at www.readyrating.org.

The program encourages members to recognize five essential components of preparedness.

1. Commit to preparing. The steps are making preparedness a priority, engaging senior leadership and appointing someone to assess your readiness level.
2. Understand threats to your place of work. Gather information about possible emergencies that could impact you or your business, and understand your ability to respond to and recover from a disaster or other emergency.
3. Ensure you have the right equipment and your facility is ready. Have a written plan and make sure that you have supplies, equipment and other resources on hand to support your emergency plan.
4. Practice your plan. The key to implementing your plan is to make preparedness a way of life. By conducting drills (at home or at work), you can test your plans and make sure everyone knows what to do.
5. Help your community get prepared. Preparedness cannot be done in a vacuum. “In order to be a truly resilient community, all its parts (households, businesses, schools, non-profits and the government) rely on each other in many ways,” Tolli said. “If everyone is prepared, that positively influences how well the community bounces back from a disaster situation.”

For instant access to expert guidance, the free Red Cross First Aid app gives advice on how to handle the most common first aid emergencies. Also try the Red Cross Emergency app.

Courses on first aid, CPR and the use of AEDs are also available. To learn more, visit www.redcross.org/TakeAClass. ■

Source: American Red Cross

Solar farms growing in electric co-op territories

Two generation and transmission cooperatives serving distribution cooperatives in Illinois are adding solar farms to their generation portfolios. Prairie Power, Inc. dedicated two 500 kW solar farms in October, and Hoosier Energy had an open house at a 1-megawatt solar farm in September.

The Hoosier Energy solar farm is the second of 10 solar farms that the G&T cooperative is installing to benefit its 18 members in Indiana and Illinois. The solar farm covers about 10 acres and consists of 4,420 solar panels. Officials at Hoosier Energy say it is part of their “all-of-the-above” energy portfolio strategy. It also represents an opportunity to learn how this variable energy resource integrates with the grid and members’ demand cycle for energy.

Prairie Power, Inc. (PPI) completed two solar farms that combined will have a total output of 1-megawatt. Each was built on about five acres, one in the territory served by Shelby Electric Cooperative and the other at Spoon



River Electric Cooperative. The solar energy will benefit all ten distribution cooperative owners of Prairie Power.

Dan Breden, PPI Interim President and CEO, says “Managing a power supply portfolio is similar to managing one’s personal investments, and diversity is essential. Solar and other forms of renewable energy will provide additional diversity in our power supply portfolio, which has the potential to reduce risks and costs over the long term.”

The Spoon River Solar Farm also has a unique “farm-based” learning center. Bill Dodds, the Manager at Spoon River Electric Cooperative in Canton, had the vision to engage young people through the schools in learning about renewable energy. He worked with Tracy and Scott Snowman, two prominent artists and designers from Canton, and they brought the vision to life in the form of the Learning Center that is designed for ages 5 and up. ■

Photosynthesis process could create solar fuel

Argonne National Laboratory, headquartered in Argonne, is researching photosynthesis and the creation of solar fuel. Refined by nature over a billion years, photosynthesis converts carbon dioxide (CO₂), water and energy from the sun into chemical energy. It has given life to the planet, providing an environment suitable for the smallest, most primitive organism all the way to our own species.

While scientists have been studying and mimicking the natural phenomenon in the laboratory for years, understanding how to replicate the chemical process behind it has largely remained a mystery — until now. We are now one step closer to harvesting “solar fuel.”

Lisa M. Utschig, a bioinorganic chemist at Argonne for 20 years, said storing solar energy in chemical bonds such as those found in hydrogen can provide a robust and renewable energy

source. Burning hydrogen as fuel creates no pollutants.

“We are taking sunlight, which is abundant, and we are using water to make a fuel,” said Utschig, who oversaw the project. “It’s pretty remarkable.” Unlike the energy derived from solar panels, which must be used quickly, hydrogen, a solar fuel, can be stored.

Sarah Soltau, a postdoctoral fellow at Argonne who conducted much of the research, said “The key finding of Argonne’s most recent research is that we were able to actually watch the processes of electrons going from a light-absorbing molecule to a catalyst that produces solar fuel. This piece of knowledge will help us develop a system to work more efficiently than the one we can create now, and, years on, may allow us to replace oil and gas.”

Argonne has been studying photosynthesis since the 1960s but this



particular experiment has been pursued for about a year. Soltau said scientists may be several years from using these techniques to generate storable solar fuels to power cars or households, but that this could be made possible once researchers learn ways to make the process more efficient.

“We need to look at ways to make solar fuel production last longer,” she said. “Right now, the systems don’t have the stability necessary to last weeks or months.”

For more, visit www.anl.gov. ■

MAKE VETERANS DAY ABOUT VETERANS



Droves of people stand along Main Street, their flags waving to the beat of the marching band. They impatiently crane their necks to catch the first glimpse of camouflage uniforms. Suddenly, they see them—worn, yet elated, men and women marching in formation. The sound of cheers, whistles and clapping is deafening. Their mothers, brothers, fathers, sisters and cousins are home from deployment.

This year on Veterans Day, think about the people who have protected this country's virtue. Your freedom has been their sacrifice.

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The Color Purple

by Valerie Cheatham

"If you're gonna step out of that tank and walk into that house where you know you might be blown up, you gotta be tough, you gotta be strong, you gotta be ready-top of your game. When you go from that to literally not being able to brush your own teeth the next day, that's a pretty long psychological fall. And, no one can see that by looking at you."

— Ron Stephens

War. Only those who have actually participated in it, understand it. There's nothing romantic about it. It's ugly, heart-wrenching, and one hesitation or decision can literally cost you your life, or that of a fellow soldier. But, even when returning home, for many the war isn't over. Whether physically wounded or not, it's still running through veterans' minds and the smallest, unexpected sounds or smells can take them back to the battlefield.



Above: Sergeant Ron Stephens being presented his Purple Heart by an U.S. Army General while recuperating from his injuries at Walter Reed Army Medical Center.

For 173rd Airborne Army Sergeant and former State Senator Ron Stephens, it was a long, tiresome and challenging journey. Stephens asked to be drafted after one of his classmates and lifelong friends, Billy Bane, was killed in Vietnam on his first mission as an Army helicopter pilot. At that time, Stephens was a college student with a draft deferment, but remembers vividly how that event changed his life. He recalls going to the recruitment center and turning in his deferment. He felt compelled to go to Vietnam, and three months later he got his wish—he was in the army.

On June 2, 1970, Sergeant Stephens was leading a patrol down a hillside to make contact with the enemy. Between the bottom of the hill and rice paddies, they encountered more Viet Cong than anyone expected. Havoc ensued. Stephens remembers being shot, lying face down in the dust, not able to get up, and preparing to die.

After waking at Walter Reed Army Medical Center in Bethesda, Md., oddly enough, his first thoughts were, “How are my guys? Did we get everybody out? Who’s in charge here because I need to get back out there.”

Stephens spent 18 months recuperating from wounds to his head, back, shoulder and hand. Once released, his battle wasn’t over. He was sure that someone from his unit had been killed by the rounds that hit him, but the army kept telling him it never happened and he needed to get over it.

“I thought I was crazy,” recalls Stephens. “I thought in the back of my mind that something was wrong with me, and I didn’t want to talk to anyone about it. I figured I was normal when I went into the army and, despite my activities, I’m normal now. Right? It’s normal to drink yourself to sleep at night, isn’t it? So I put it all in a box in my mind, and in my heart, and whenever that box got jostled a



Ron Stephens is passionate about the Wounded Warrior Program and makes presentations to a variety of organizations in support of it.

Lisa Stephens is a constant source of support.

little bit, I would drink it back into its corner.”

The turning point for Stephens came almost 20 years later when he met some other veterans, who had been in Vietnam, and they started talking about their experiences. They could tell something wasn’t right and helped Stephens revisit some of those memories.

It turns out his radio man, Joseph Michael Justus, was killed that day, but the army had him listed under the wrong unit. Stephens hadn’t imagined it!

However, there was guilt yet to be dealt with. He felt Justus died because of his actions. He had told Justus that, as his radio man, he should always

be right behind him. The radio had broken, but Justus was where he had been told to be when Stephens was hit.

He was finally released from that guilt twenty-five years later when he found Justus’ sister, Peggy. After telling her his story, she said, “Has it ever occurred to you that Joe followed you, not because you told him to, but because he was just as brave as you?”

The relief was immediate. “I felt like the weight of the world was lifted from my shoulders,” remarks Stephens. “I had never considered that, and she was absolutely right. Even though the radio was broken, he followed me because he wanted to be there.” All of those pent up feelings compounded over 25 years were finally released.



The journey to Vietnam was a different one for Pastor Kenneth Capps. He didn't ask to go, but answered the call when it came. Capps was a Specialist 4th Class of Company A, 1st Battalion (Mechanized) 50th Infantry of the U.S. Army, based out of Fort Hood, Tx. He was intending to marry his sweetheart, Diana, but the army had different plans. About two months before the wedding, he received his deployment orders. Capps took an emergency leave, went home and married Diana and moved her to Killeen, Tx.

Before leaving for Vietnam, he received a letter of encouragement from a friend. Capps kept it in his Army-issued New Testament, in his shirt pocket right next to his heart until the day it was lost in the worst battle he encountered. The verse from Psalms, "A thousand shall fall at thy side, and ten thousand at thy right hand; but it shall not come nigh thee," was a source of constant assurance to him on some of his darkest days. And there were many.

March 31, 1968, is a day etched in his mind. Having arrived in-country about seven months earlier, he had jumped from helicopters into rice paddies, dug fox holes in the swampy land, and seen many battles, but this time he received his first physical wound.

"While on a search and clear mission my company was exposed to enemy fire," he says haltingly, as his eyes fill with tears. "My First

Sergeant was wounded and would have been left behind if we didn't go after him." Kenneth Capps is possibly five-foot five, and 125 lbs., soaking wet, and his sergeant was more than six feet tall and 275 lbs. It was no small feat, but he and another soldier got it done. Since his wounds weren't life-threatening, the shrapnel was removed and he was sent back to his company. Capps was awarded the Bronze Star and a Purple Heart for his heroism that day.

The second time was worse. After hearing about a build-up of enemy around their base camp the company was out on reconnaissance in "Sniper Alley" and was unknowingly being led into an ambush. For an entire day he recalls fighting in the sweltering 120 degree heat as his company was decimated. He could have returned with those rescuing the wounded, but he didn't want to possibly take the seat of someone else. He joined C Company, a tank outfit, whose gunner was wounded. Capps had never been inside a tank, let alone fired from one, but he agreed.

If he thought it was hot outside, it was an oven inside the tank. Everyone had stripped off their shirts to try to get relief from the heat. While on guard duty he noticed movement in his night scope. About 15 minutes

later the tank was hit with rockets and a round passed between Capps and others and killed the tank commander. Capps took shrapnel in his back, yet the verse from Psalm 7 went through his mind – "A thousand shall fall at thy side..." He lost his bible that day but not his life, the Lord had protected him yet again.

He received another Purple Heart and the Bronze Star with V Device for his extraordinary valor in close combat against an overwhelming number of enemy. And, there are many more medals. In all, he was in 12 major conflicts and was awarded 11 medals. But in humility he says, "These are nice, but they wouldn't mean anything if I didn't come back. I give God all the credit for his protection and mercy."

After returning to civilian life, Capps focused on church, family, career and community. He has pastored Belknap Pentecostal Church for almost 18 years, and it has only been in the past year that he has been able to talk with his children about combat details and the medals he earned.

Although he has never been to the Vietnam Veterans Memorial in Washington, D.C., he has seen the traveling version and was moved to tears for the thousands who gave all. He says, "But for the grace of God, my name would have been there."



WOUNDED WARRIOR PROJECT

War-time experiences are what helped compel Stephens, and Capps, through his church's donations, to support the work of the Wounded Warrior Project (WWP). WWP, whose mission is to honor and empower Wounded Warriors, serves veterans and service members who incurred physical or mental injuries related to their service on or after September 11, 2001. Many patriots felt it was their duty to volunteer after the horrific events of that day.

With advancements in battlefield medicine and body armor, an unprecedented number are surviving injuries. It's somewhat of a double-edged sword – many survive the battlefield only to return home and face an entirely different challenge – their psyche. According to a WWP survey of its alumni, 65.2 percent had a military experience that was so frightening, horrible, or upsetting that they had not been able to escape from the memories or effects of it.

In fact, WWP estimates as many as 400,000 soldiers are returning with the invisible wounds of combat-related stress, major depression and post-traumatic stress disorder. And, as many as 320,000 servicemen and women are believed to have experienced a traumatic brain injury.

The project takes a holistic approach, serving veterans and their families to find a new normal. WWP has a vast network of volunteers, many are former military, who welcome home these wounded warriors, sometimes at the airport and often at the hospital. They want them to know they are appreciated and someone is there for them.

Through his work as a pharmacist at Dale's Southlake Pharmacy in Decatur, and its distributor Cardinal Distributing, Ron Stephens has been doing fundraising walks to benefit the Wounded Warrior Project for the past four years. He walks a mile for every \$100 raised, and Cardinal Distributing matches it dollar for dollar. The first year, Stephens raised \$4,000 and walked, flag in hand, from Decatur to Springfield. His wife, Lisa, followed in a vehicle with water and a place for him to sit and take a break.

The walks give him the opportunity to tell others about the Wounded Warrior Project, how it ensures that soldiers are welcomed back to America, and will help them with housing and education and workplace issues. And, how they can donate to the cause.

He chokes up when remembering a mother, and her two sons, standing and saluting him as he walked past their farmhouse. Stephens says that as he walks through towns and the countryside, he has his own "one man parade and every soldier deserves that. I kind of feel like I'm representing a lot of folks that didn't get to experience that. It's very

emotional for me. To walk thru places with little welcoming committees cheering me on and tears running down my face, it means so much that our sacrifice meant something."

Those donations, big and small, have totaled a quarter of million dollars in just four years. That's a lot of miles for someone his age, but Lisa is always there to support him. From New Baden in southern Illinois to Elwood in the north, she is always by his side.

Stephens says, "War is unfair and hurtful. It is a tremendously courageous act to volunteer to go and fight. Then think about the unfairness when you're hurt and not treated right when you come home. We don't want to make those mistakes anymore; we learned from our experiences in World War II, Korea and Vietnam. With as good a job as the military and Veterans Administration do, they don't do the best job. Wounded Warriors picks it up where they leave off."

To learn more about the Wounded Warriors Project, go to www.wounded-warriorproject.org. There are chapters all across the country.



Stephens picks up a small parade as he walks through a town in support of WWP.

Hunters - be aware of target safety around power equipment

Be aware of what's behind that big buck, or it might cost big bucks!

Across the U.S., thousands of dollars per year are spent repairing equipment and power lines that have been struck by a stray bullet. Not-for-profit cooperatives, owned by the members, all share in the expense.

This doesn't even include the inconvenience, damages and hazards to members down the line who require power for medical equipment or other needs while a lineman does some hunting of his own to locate the problem.

Hunters and other gun-owners should not shoot near or toward power lines, power poles and substations. A stray bullet can cause damage to equipment, could be deadly to the shooter, and potentially interrupt electric service to large areas.

Sometimes the damage isn't noticed for several weeks or months, and is only discovered when an unexplained outage occurs.

Landowners are also encouraged to take note of nonmembers who are hunting on their property, and remind them to be aware of power lines.

Hunting safety tips:

- Do not shoot at or near power lines or insulators.
- Familiarize yourself with the location of power lines and equipment on land where you shoot.
- Damage to the conductor can happen, possibly dropping a phase on the ground. If it's dry and the electricity goes to ground, there is the possibility of electrocution and wildfire.
- Be especially careful in wooded areas where power lines may not be as visible.



- Do not use power line wood poles or towers to support equipment used in your shooting activity.
- Take notice of warning signs and keep clear of electrical equipment.
- Do not place deer stands on utility poles or climb poles. Energized lines and equipment on the poles can conduct electricity to anyone who comes in contact with them, causing shock or electrocution.
- Do not shoot at, or near, birds perching on utility lines. That goes for any type of firearm, including pistols, rifles or shotguns.
- Do not place decoys on power lines or other utility equipment. Anything attached to a pole, except utility equipment, can pose an obstruction — and a serious hazard to electric cooperative employees as they perform utility operations.
- Avoid the use of lofting poles near

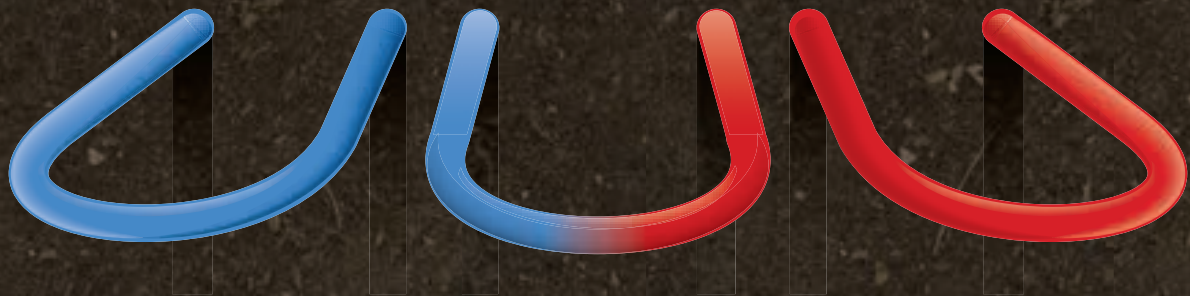
overhead power lines — remember, electricity can jump across a considerable distance.

The majority of hunters practice safe hunting and understand the potential risks when discharging a firearm. We encourage experienced hunters who are familiar with the area to identify the locations of utility properties and equipment to young or new hunters in their group and remind them to avoid shooting toward these facilities. Enjoy the great outdoors. Just be sure to hunt only what's in season. ■

During hunting season, please remember that electrical insulators, conductors and electrical equipment are NOT on the hunting season list.

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Gentlemen, prep your engines for winter

Mr. Rogers, my junior high shop instructor, would probably be upset over my lack of knowledge of small engines. Sure, I remember terms such as piston, oil and carburetor, and know that gasoline makes it all run with a spark plug.

In my car, I can put in windshield washer and change a tire if necessary.

But that's the extent of my knowledge of how those engines work. Sure, if I wanted to, I could go online and learn, and probably sit through one of those adult-education classes. But it's like the light switch. Flick the switch and if the lights come on, all is good and right with the world. If it doesn't, try to remember where the light bulbs are kept.

This all comes to play during November, when most of the garden-related small engines are put to rest and the (gasp!) snow blower is prepared for the winter.

With the simple garden spade, shovel and rake, all you have to do is clean off the caked on soil and debris, maybe with lots of water and elbow grease, scrub the rust off with some steel wool, and spray a light covering of oil on the metal parts. WD-40 works well, but so does sewing machine oil. Then just hang the tool on a hook off the floor.

If you have the time and inclination, you can sharpen the shovel's and hoe's blades, getting a start on next spring. Don't forget to coat the freshly ground edge with an oily product to prevent rusting during the winter.

Pruners and loppers require the same care, though really there shouldn't be much to do since you



should have been cleaning them after each use, wiping away the debris and making sure the cutting blades are sharp. Of course we all do that.

The power tools require a little bit more care, and this is where that little booklet that came with the tool comes in handy. Yes, you should keep it around, preferably someplace where you can remember.

Most gas-powered mowers, saws, edgers and leaf blowers would prefer to have no gasoline left in the engine for the winter, as it can suffer changes during freezing and thawing, separating and becoming gel-like. Probably a better terms are "icky" and "gunky" though they're not as technical as most manufacturers would prefer.

That means you should either drain

the gas or gas-oil mix, which is much easier to say than do, or run the machine until it sputters and dies. The problem with the latter is the need to keep holding the handles to prevent the auto shut-offs from kicking in.

Of course, there are ways around that. Bungee cords, clamps and just plain cord can be tied around handles to keep the machine running until the fuel is used. This probably isn't too bad unless you're dealing with things that can cut off such as fingers and other body parts, which to be honest, includes most of the power equipment.

If you accidentally fill the machine with too much fuel, there are products that stabilize the fuel over the winter. Those fuel stabilizers aren't a bad choice even if the tank is only half-full. Follow the directions on the label.

Most gas products can be stored a couple months without problems, unless there's ethanol added, which can destroy some of the rubber and plastic parts in the fuel system.

And don't store those gas cans in the freezing temperatures either without stabilizers. Otherwise, you may find wonderful layers that don't mix next spring, and you're left holding the can wondering what to do with the icky gunky mess. ■

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



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Cooking



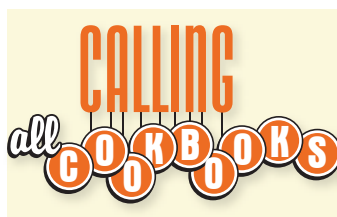
Asian Hot Wings

Asian Hot Wings

Canola oil, for frying
 24 chicken wing parts (12 wings separated into 2 pcs.)
 3/4 c. plum jelly
 1/4 c. soy sauce
 1/4 c. rice wine vinegar
 1/4 c. brown sugar
 2 T. minced fresh ginger

2 T. minced red onion
 1 T. minced garlic
 1 T. red pepper flakes
 3 - 4 assorted hot peppers (serrano, jalapeno, etc.), minced fine
 Thinly sliced carrots and cucumber for serving

Preheat oven to 325 degrees. Heat 3 inches of canola oil in a heavy pot to 375 degrees. Add half the chicken wing parts to the oil and fry until they are golden brown and fully cooked, 5 to 7 minutes. Remove and drain on paper towels. Repeat with the other half of the wings. Add the plum jelly to a bowl. Stir in soy sauce and rice wine vinegar. Add brown sugar, ginger, red onion, garlic, red pepper flakes and hot peppers. Stir to combine and then pour into a saucepan and bring to a boil over medium high heat. Reduce the heat to medium low and cook the sauce until slightly thickened, about 15 minutes. Turn off the heat. Place the wings in an oven proof dish and pour the sauce over the top, reserving some for serving. Toss to coat and bake for 15 minutes. Serve with the extra sauce over the top with the cool vegetables to go with the heat.



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

Marissa #40 Cookbook

Who: Marissa Junior/Senior High School Student Council

Cost: \$10 includes shipping

Details: soft-backed, comb bound

Pages of recipes: 63

Send checks to: MHS Student Council, c/o Katie Peck, 300 School View Dr., Marissa, IL 62257

Crockpot Chicken Chili

1 - 15 oz. can black beans, drained and rinsed
 1 - 15 oz. can corn, undrained
 1 can Rotels tomatoes, undrained
 1 pkg. ranch dressing mix
 1 tsp. cumin
 1 T. chili powder
 1 tsp. onion powder
 1 - 8 oz. pkg. light cream cheese
 1/2 - 1 lb. chicken breasts
 1/4 tsp. cayenne pepper
 1/2 tsp. garlic powder
 1/2 tsp. pepper
 1 c. diced onion
 1 T. olive oil
 2 garlic cloves, minced

In a large skillet, heat oil and cook onion for 8 minutes, then add garlic and cook for 1 minute. In a crockpot, on low heat, add chicken, cooked onions and garlic, black beans, corn, Rotels, ranch mix, and all seasonings. Stir and add cream cheese on top. Cover and cook for 6-8 hours. Before serving, shred chicken.

Chocolate Chip Cheese Ball

1 - 8 oz. pkg. cream cheese, softened
 1/2 c. butter, softened
 3/4 c. confectioners sugar
 2 T. brown sugar
 1/4 tsp. vanilla
 3/4 c. miniature semisweet chocolate chips
 3/4 c. finely chopped pecans
 Graham cracker sticks or vanilla wafers

In a medium bowl, beat together cream cheese and butter until smooth. Mix in confectioners sugar, brown sugar and vanilla. Stir in chocolate chips. Cover and chill for 2 hours. Shape chilled cream cheese mixture into a ball. Wrap with plastic and chill in the refrigerator for 1 hour. Roll the cheese ball in the pecans before serving. Serve with graham cracker sticks or vanilla wafers.

Nikki's Hot Spiced Cider

1 gallon apple cider
 1 sm. pkg. cherry Jello
 3 cinnamon sticks

Simmer ingredients together in a saucepan. Serve hot or refrigerate and serve cold.



Cajun Pork Roast

Fruit of the Spirit

Who: Wesley United Methodist Church Women

Cost: \$20 includes shipping

Details: hard-backed, ring bound

Pages of recipes: 120

Send checks to: Ina Bradford, 806 Smith Dr., Normal, IL 61761

Pumpkin Gingerbread Trifle

- 1 – 5.1 oz. pkg. cook & serve vanilla pudding mix
- 1 – 30 oz. can pumpkin pie filling
- 1/2 c. packed brown sugar
- 1/3 tsp. ground cinnamon
- 1 – 12 oz. carton whipped topping
- 1 – 14 oz. box gingerbread mix

Bake gingerbread mix according to package directions; cool completely. Prepare the pudding according to package directions and set aside to cool. Stir the pumpkin pie filling, sugar and cinnamon into the pudding. Crumble half of gingerbread into the bottom of a large pretty bowl. Pour half of the pudding mixture over gingerbread, then add a layer of whipped topping. Repeat with the remaining gingerbread, pudding and whipped topping. Refrigerate overnight. Makes 10 to 12 servings.

Barbeque Pecans (below)

- 4 c. pecan halves
- 1/2 c. butter, melted
- 2 tsp. seasoned salt
- 1 tsp. barbeque sauce
- 1/2 tsp. hot pepper sauce
- 1 tsp. liquid smoke
- 2 T. Worcestershire sauce

Mix all ingredients together. Using parchment paper, line a 13x9 inch baking sheet with sides. Spread out pecans. Bake at 300 degrees for 25 to 30 minutes, stirring every 8 to 10 minutes. (May bake longer if you desire crunchier nuts.) Let cool.

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

Butternut Squash & Apples

- 1 butternut squash, peeled, seeded, cut into 1-inch cubes
- 2 apples, cored and sliced
- 1/4 c. butter, melted
- 1/3 c. brown sugar
- 1/2 tsp. salt
- 1 tsp. ground cinnamon
- 1/4 c. flour

In a 2 quart casserole with lid, mix squash cubes, apple slices and flour. In separate container, mix melted butter, brown sugar, salt and cinnamon. Pour over squash and apples. Place lid on casserole and microwave 8 minutes on high. Remove lid; stir. Replace lid and microwave an additional 8 minutes. Let stand 10 minutes before serving.

Cajun Pork Roast (above)

- 2 lb. boneless loin pork roast
- Cooking oil
- 3 T. paprika
- 1/2 tsp. red cayenne pepper
- 1 T. garlic powder
- 2 tsp. oregano
- 2 tsp. thyme
- 1/2 tsp. salt
- 1/2 tsp. white pepper
- 1/2 tsp. cumin

Rub surface of loin lightly with oil. Combine seasonings and rub well over all surfaces of roast. Place roast in shallow pan and roast in 350 degree oven for about an hour, until internal temperature is 155 degrees. Remove from oven. Let rest 5 to 10 minutes before serving. Serves 4 to 6.



Barbeque Pecans

Recipes prepared, tasted and photographed by Valerie Cheatham.

For more recipes and photos go to www.icl.coop. Questions? Email finestcooking@icl.coop.



To humidify or not to humidify?

By now your furnace has been running three or four hours a day and your home is starting to feel a little dry, just like last year and the year before that. So, you make your annual pilgrimage to the basement to bring up and fill your freestanding humidifier, or turn on your furnace mounted humidifier so your sinuses won't dry out at night. When you were kid your mom kept a pan of water on the stove or a register to keep the humidity up in the home. It's just what we do in the winter. Right?

But why do we need to keep adding moisture to our homes in the winter? Growing up we were told the home was dry because the "scorched air furnace" cooked the moisture out of the air.

Well, not exactly. The one thing that was correct was that when air is heated, humidity goes down, but this is not the whole story.

Relative humidity (RH) is the amount of moisture (in percent) in the air compared to what the air can "hold" at that temperature. Warmer air can hold more moisture than cooler air. Rule of thumb: Relative humidity doubles with each 20 degree decrease, or is reduced by half with each 20 degree increase in temperature.

Let's recap: heat air up, RH goes down, cool air down, RH goes up. Or, to make it real simple: "cold = wet," "warm = dry".

This is why hair and clothes dryers use heat to dry. If you want to dry something, heat it up!

So here is the rest of the story, the important point. The real reason the humidity in your home may be low is because the air leakage of your home is too high.

You don't need a humidifier. You need to air seal your home!

Adding humidity to your home in the winter is addressing the symptom and not the root cause of the problem.

Homes are constantly losing and gaining moisture all hours of the day and night. As long as the home loses about the same as it gains, and we can maintain 35 to 40 percent RH, our homes are happy and so are sinuses, etc.

Let's look at three different homes from a winter time humidity point of view. Which of the three homes is most like yours?

Dry home: This home cannot maintain a reasonable humidity level because the home has too much air infiltration—too much drying potential. When the air infiltration rate of a home is 5 to 7 air changes per hour (ACH) and higher, as measured with the blower door test, the home is diluted with too much outside air keeping the humidity levels low. Conventional wisdom tells us to add humidity when the real solution is to lower the air infiltration of the home to keep more moisture in the home.

No humidity problems, high or low: This home has about the same drying potential through air infiltration and mechanical ventilation (kitchen and bath fans) as moisture being generated in the home. Great!

Wet home: This home has tight construction and there is little drying potential from air leakage. The home may have signs of excess moisture such as excessive condensation on the windows and small patches of mold growth around the home. The tighter the home the more important mechanical ventilation is to regulate and maintain our 35 to 40 percent RH.

Building professionals and homeowners tell me all the time, "If you get a home too tight, you will have mold. The home needs to breathe."

In all my years of diagnosing homes with excess moisture issues, 100 percent of them had either excessive moisture sources, poor mechanical ventilation, or some of both. The tightness of the home was NOT the problem.



This common temperature and humidity gauge sells for \$12-\$18. It's nice to have one on each floor. There are several others gauges that work great. You can even get them with three or four sensors that communicate with your smart phone.

I recommend that homeowners monitor their humidity levels with a digital temperature and humidity gauge like the one pictured here. Place the humidity gauge at tabletop height. Do not hang the gauge on a wall. Airflow from ceiling fans or registers can affect the readings. If your humidity is low, contact your local electric cooperative about scheduling a blower door test. If your humidity is high, take a good look around your home for sources of excess moisture and have the airflow of your bath exhaust fans measured to make sure they are moving air and not just making noise.

Remember, in typical homes you should never need to humidify your home. ■

Have questions? Brian Kumer can be contacted at brian_kumer@yahoo.com.



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Volunteerism brought into focus every November

By Marilyn Jones

Family Volunteer Day is Sunday November 22; a day to celebrate the power of families volunteering together, supporting their neighborhoods, communities and the world.

Points of Light created the day 22 years ago to showcase the benefits of volunteering. It is believed that families volunteering together not only address community social problems, but provides quality time, strengthens family communication and provides opportunities for family members to be role models.

Contact Ministries of Central Illinois

For Jim Pauley and his wife Debbie, this family commitment manifests itself with Contact Ministries of Central Illinois where they serve as community and connection outreach volunteers.

“Actually, Debbie is a fulltime volunteer,” says Jim. “We have been actively working in the homeless community for the past 13 years. It’s only been in the past year and a half that we’ve partnered with Contact Ministries.”

Jim explains that Contact Ministries is a women and children’s shelter that is divided into two parts.

“The first part is the emergency shelter, which houses 34 beds, 10 pack-n-plays and five emergency mats,” he explains. “The women and children that stay there can stay up to two weeks. Extensions are available on a case-to-case basis. They are served a hot meal and have access to laundry facilities.

“The second part is a transitional shelter for women and children who are homeless,” Jim continues. “They can stay up to six months and have the opportunity to receive



Contact Ministries Emergency Shelter Manager, Linda Dickerson (R), and volunteer Debbie Pauley team up to make a difference in the community.

case management services and must attend daily life skill classes. Contact Ministries provides daycare accommodations in a positive learning environment while mothers attend classes. While at the shelter, the mothers are saving their money and learning new skills to help prepare for independent living. There are a total of nine private rooms for homeless women and their children.”

Volunteer responsibilities

Debbie’s duties are meal planning for the emergency shelter, shopping for food items at the local food bank and preparing two meals a week for both shelters. Jim assists his wife with meal preparations, public speaking when the need arises to help raise funds for the organization. And his favorite is delivering a motivational

speech during dinner three times a month.

Volunteer opportunities are explained on the website (www.contactministries.com). “Whether you are a member of a group that would like to take on a large project such as painting or mentoring our mothers, or if you would just like to read a book to a child, we certainly have a project for you.”

At any age

Charlotte Hardman has volunteered for ElderHelpers for the past five years, since she was 16.

“I’m a gentle, easy going young person with a lot of drive to help others and a willingness to partake in almost anything. If you can think it up, I can give it my best shot,” says Charlotte.

One of her duties is to care for her

father who suffers from dementia and emphysema.

“The years spent looking after him have helped me develop a certain maturity, sense of responsibility and patience,” she says. “I’m ready and more than willing to not only help an elderly member of society with day-to-day activities and things that they struggle with, but to be a friend and to listen, appreciate and enjoy our time together.”

Charlotte’s profile says she will help shop, clean, cook and garden as well as read and entertain.

The ElderHelpers website (www.ElderHelpers.org) offers volunteers a place to sign up and clients a place to list their needs. Then the volunteer and client are matched taking in to consideration need and location.

“Anyone can get involved,” says Jim. “My suggestion for young families is to allow their children to help as long as they understand what is going on. They can experience different environments and situations. Volunteering can be a very rewarding experience, no matter what your age.”



There are many volunteering opportunities in your community. Debbie Pauley teaches a crochet class at Helping Hands of Springfield.

How to help

Thinking about volunteering as a family or on your own? There are certainly a lot of possibilities.

Volunteer at the local animal shelter, deliver Meals on Wheels or help build a house with Habitat for Humanity. Contact your local nursing home and find out if they can use help in activities or visit with residents who have no family.

No time to commit? You can still help by donating to Habitat for Humanity Re-Store, for example. They accept new and in-good-condition furniture, home accessories, building materials and appliances for resale to the

By definition volunteerism is the policy or practice of volunteering one’s time or talents for charitable, educational, or other worthwhile activities, especially in one’s community.

public. Proceeds go toward building projects.

Goodwill, Volunteers of America and other charitable retail shops can always use in-good-condition clothing and household items. Children can become involved by going through

their own clothes and toys and making donations of items they no longer want or need.

Volunteer at a hospital or museums, offer office support for a non-profit organization, or mentor at your local elementary school. Even flower arrangers are needed to create bouquets for those in health care facilities.

For a complete list of Illinois volunteer opportunities check the www.VolunteerMatch.org website.

In reality it means a lot more to the volunteer and the people they are helping. Just ask Jim, Debbie and Charlotte.

Time to upgrade to Windows 10

During the course of my career I have installed, used and managed most of the different types of computer systems available on the market. During that time, I learned a very valuable lesson:

Never update your computer to the newest operation system the day it comes out!

I can't begin to tell you how many times people have brought their computers to me asking for help because they decided to go ahead and install the latest and greatest version of Windows on the release date. For you Apple users, don't think you're completely out of the woods on this problem either. From iOS to Mac OSX, there have been countless times when the newest operating system was released with "problems." Even those using Linux can attest to these kinds of issues. These problems ranged from incompatibilities with hardware (rare) to the more common problems with the myriad of software installed on each personal computer.

After all, that's what we're talking about right? It's a personal computer. You probably have some common uses for your computer that you share with the vast majority of people. Things like e-mail and web browsing for instance are pretty standard. These days, even social media uses have become commonplace.

So, it's no wonder the makers of operating systems have such a hard time releasing a product that works right off the bat. In fact, it's a miracle they get one released at all.

Given all that, perhaps you will understand why I say, the average user should never install an operating system upgrade/update when it first becomes available. There are just too many possible things that can go wrong.

Now that we have all of that out of the way, I wanted to let you know I think it's about time Windows users



should feel comfortable upgrading to Windows 10. Remember, before you upgrade it is always a good idea to make a fresh backup of your computer.

Windows 10 is the latest offering from Microsoft, and this time they've decided to make it available for free. There are a few prerequisites to qualify for the free offer though.

First, you must have a computer running Windows 7, or later. So, if your computer has Windows 7 of any flavor, Windows 8, or Windows 8.1 you can take advantage of the free upgrade offer. If you do not have one of those operating systems, you will have to upgrade to one of them in order to qualify for the free offer, or you can purchase Windows 10 for \$119.

Second, your computer must be able to run the new operating system. Fortunately, there is a tool Microsoft has put in place to check whether or not your computer can handle the upgrade. If you decide to use the upgrade, the tool will automatically run. Just visit microsoft.com/en-us/software-download/windows10 and click the button to begin the download.

After the download, a wizard will load to help you through the process. I didn't find anything unusual or difficult to follow, but if you have issues you can

visit windows.microsoft.com/en-us/windows-10/support and find answers to most of the questions people have had about the process.

Keep in mind, if you have a catastrophic failure while doing this install, you will need to visit your local computer professional for help. So, make sure you know where to go and who to talk to, in case that happens.

To date, I have completed the Windows 10 upgrade process 12 times with no problems. Hopefully, you will have the same experience!

Until next month, be safe out there! Have a question or comment? If so, take a moment to visit www.icl.coop to find the Powered Up section, and share!

Reply Online

Have a general computer question? If so, take a moment to visit icl.coop find the Powered Up section, and share. See you next month.

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A D V E R T I S E M E N T

Loose Saggy Neck Skin – Can Any Cream Cure Turkey Neck?

DEAR DORRIS: I'm a woman who is 64 years young who suffers from really loose skin under my chin and on my lower neck.



I hate the term, but my grandkids say I have "turkey neck" and frankly, I've had enough of it! I have tried some creams designed to help tighten and firm that loose, saggy skin, but they did not work. Is there any cream out there that Might help my loose neck skin?

Turkey Neck, Aurora, IL

DEAR TURKEY-NECK: In fact, there is a very potent cream on the market that is designed to firm, tighten and invigorate skin cells on the neck area. It is called the Dermagist Neck Restoration Cream.

This cream contains an instant-effect ingredient that aims to tighten the skin naturally, as well as deep-moisturizing ingredients aiming to firm the skin and make it more supple. Amazingly, the Dermagist Neck Restoration Cream also has Stem Cells taken from Malus Domestica, a special apple from Switzerland.

These apple stem cells target your skin's aging cells, and strive to bring back their youthful firmness, and elasticity. As an alternative to the scary surgeries or face lifts that many people resort to, this cream has the potential to deliver a big punch to the loose saggy skin of the neck. **The Dermagist Neck Restoration Cream is available online at Dermagist.com** or you can order or learn more by calling toll-free, 888-771-5355. Oh, I almost forgot... I was given a promo code when I placed my order that gave me 10% off. The code was "ILN5". It's worth a try to see if it still works.

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There's no time like the present to say thank you and wish you a happy, healthy holiday season! As a token of our appreciation, you can submit a ballot to win a gift certificate for the holidays!

One winner will be randomly selected to receive a gift certificate (value of at least \$100). The participant must select one of the Illinois bed & breakfasts, cabins, or unique lodging destinations on this ballot. You can review their locations by reading page 29. Please submit ballot to:

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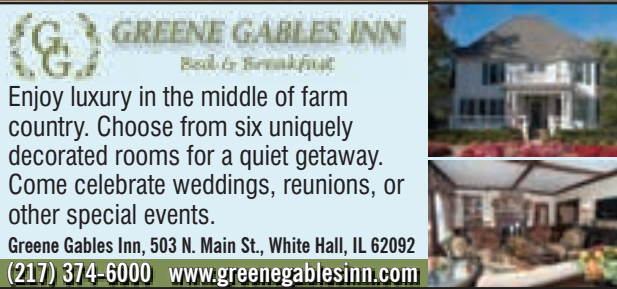
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NOVEMBER 7, 2015 – NOVEMBER 8, 2015

38th Annual Heritage Festival

Saline Creek Pioneer Village & Museum
1600 South Feazel Street
Harrisburg, IL 62946

Come to our “38th Annual Heritage Festival” at Southeastern Illinois College in Harrisburg, Illinois. The college is located 5 miles east of Harrisburg at 3575 College Road just off Il. Route 13. The Festival is November 7 & 8, 9am-4pm on Saturday and 10am-4pm on Sunday, featuring crafts, art, gifts, food and free entertainment at 2:00pm each day in the Student Center. Saturday the entertainment will be the Junior Falcon Productions doing the play “Honk”. Sunday the Eldorado Alumni Band will perform. Admission and parking are free with handicapped parking at either end of the main classroom building. For information call 618-252-5400 Ext. 3213.

NOVEMBER 7, 2015 @ 6:30 PM – 10:00 PM

General & Mrs. John A. Logan’s Grand Ball



Knights of Columbus Hall
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Civil War Ball – gowns and costumes are available for rent, but not required. Tickets – if purchased before October 23, 2015 – adults \$25.00; children 12 and under \$10.00. On or after October 24, 2015 – adults \$30.00; children 12 and under \$15.00. To order tickets contact the General John A. Logan Museum at 618-684-3455 or email curatorvarner@gmail.com



NOVEMBER 13, 2015 @ 5:00 PM – NOVEMBER 14, 2015 @ 2:00 PM

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402 W Gallatin St
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NOVEMBER 14, 2015 @ 6:30 PM – 8:30 PM

Candlelight Tour at Homestead Prairie Farm

Homestead Prairie Farm
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Experience Homestead Prairie Farm by candlelight and lamplight during this special, autumn evening, open house. Step into this 1860s farmhouse, listed on the National Register of Historic Places, and see what it was like living inside before modern conveniences, as guides in period clothing show you around. Hot cider and donuts will be served. Stop by any time during the open house hours, 6:30-8:30pm.





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