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Chris Reynolds

GRAPHIC DESIGNERS

Jennifer Danzinger, Kathy Feraris, Sandy Wolske

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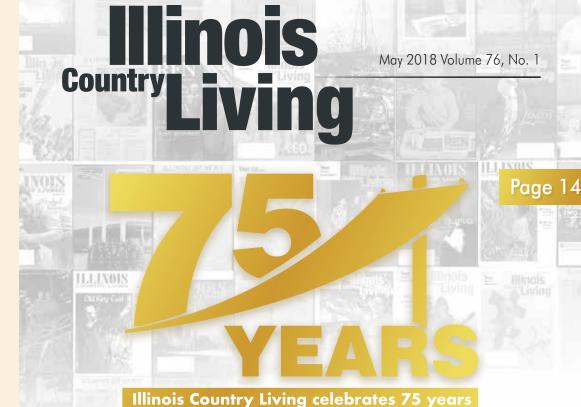
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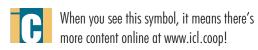
The Association of Illinois Electric Cooperatives and 25 Illinois electric cooperatives are members of Touchstone Energy, a national alliance of 750 electric cooperatives. Touchstone Energy cooperative employees adhere to four core values integrity, accountability, innovation and commitment to community.





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The mission remains the same

After the Rural Electrification Administration (REA) was signed into law by President Franklin Delano Roosevelt on May 11, 1935, rural electric cooperatives were soon formed across our state. A state association, the Association of Illinois Electric Cooperatives (AEIC), was soon created and a statewide magazine was one of the first priorities.

Seventy-five years ago, Illinois REA News published its first edition on May 20, 1943. It was only the second statewide rural electric magazine in the country (the cheese heads in Wisconsin were first!) Illinois REA News was mailed monthly to 58,000 households, whereas today this magazine reaches 188,000-member households.

Throughout its 75-year history, the magazine has been a unified, grassroots voice for rural electrification. It's hard to imagine now the struggles faced by those early pioneers – resistance from the for-profit large utilities, shortage of materials and economic stress, and doubt if farmers and rural people could manage a member-owned, not-for-profit electric cooperative. The magazine championed the cause for rural electrification and provided positive support that helped build a rural economy.

Over the years, the magazine has kept members informed about the progress of important legislative issues on state and federal levels, including landmark legislations, such as the Electric Supplier Act of 1965 and Utility Deregulation in the 1990s. In those early days, calls to action were announced to encourage members to contact members of Congress and Presidents, who tried to cut funding for the REA loans.

The magazine's objective has always been the same – to be the voice of rural Illinois, promoting the safe and efficient use of energy that would, in time, provide for the



economic development of those served by cooperative lines. We have worked closely with your rural electric cooperative, its generation and transmission cooperative power supplier, and other electric cooperative organizations to achieve this purpose.

In January 1996, the first issue of this format, Illinois Country Living, was mailed. The new design allowed for more local news and included more general information, including a guest commentary, columns of horticulture, safety, energy, technology, cooking, economic development initiatives and personal finance, all in an attempt to broaden the appeal of the magazine.

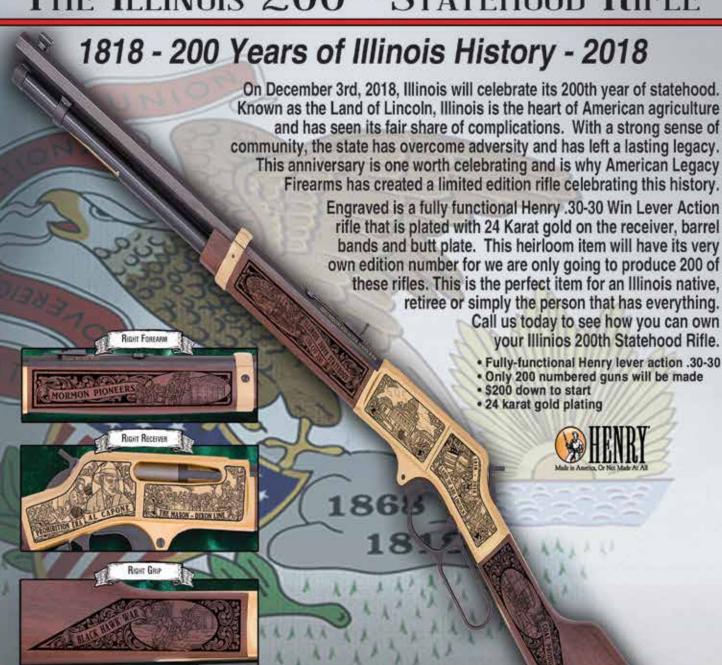
In today's digital age, the magazine can also be read online (www.icl.coop) and individual articles are posted on various social media outlets. Thank you for being a loyal reader of Illinois Country Living magazine. Seventy-five years later, it is still our goal to be the voice, your voice, for rural Illinois. \circ



Duane Noland is the President/CEO of the Association of Illinois Electric Cooperatives, Springfield, lives on the family farm near Blue Mound and is a Shelby Electric Cooperative member.

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USDA REDLG loan awarded to Pana Community Hospital

Pana Community Hospital (PCH) recently received a check for a \$1 million zero-percent interest loan thanks to assistance from Shelby Electric Cooperative (SEC), the USDA Rural Economic Development Loan and Grant program and area community banks.

PCH is undertaking its largest expansion program since the 1970s and will add more than 30,000 square feet to its facility.

"Investing in the rural communities Shelby Electric Cooperative serves is at the core of why electric cooperatives were formed some 80 years ago," said SEC President/CEO Josh Shallenberger. "This continues to be a cornerstone of the rural cooperative movement, whether through direct resource allocation or through opportunities to partner, as is the case with Pana Community Hospital and USDA's Rural Development program. The

cooperative is uniquely positioned and mission-aligned to provide such support through the REDLG program. The investment PCH and the local community banks are making to grow our rural communities and improve our quality of life are to be commended."

"This expansion will improve access to quality health-care not only in Pana, but much of the surrounding area," stated Congressman Rodney Davis, who was on hand for the check presentation. "Partnerships, like the one between Shelby Electric and Pana Community Hospital, through the USDA REDLG program, help our rural communities thrive and greatly improve the quality of life for the residents. I am honored to be a part of this project and look forward to serving the community for years to come." $\$



On hand for the check presentation were (l-r): Doug Wilson, USDA Rural Development Illinois State Director; Josh Shallenberger, president/CEO, Shelby Electric Cooperative; Matt Bevers, president/CEO, First National Bank of Pana; Trina Casner, Pana Community Hospital president/CEO; Congressman Rodney Davis; John Gardner, president/CEO, People's Bank and Trust, Pana; and Duane Noland, president/CEO, Association of Illinois Electric Cooperatives.

Omnibus budget includes electric co-op funding priorities

The House and Senate passed a FY 18 spending package and President Trump signed it into law on March 23. The bill addresses several electric co-op priorities, including improved access to federal lands for vegetation management and broadband funding. The bill includes \$600 million for a new rural broadband grant/loan program to extend broadband service to the country's most underserved areas. The new

funding is in addition to the Rural Utilities Service (RUS) Broadband Loan and Community Connect Initiatives. The bill also includes \$7.5 million to coordinate broadband mapping to provide more extensive and accurate data.

The bill includes language to reform federal land management practices and makes it easier for utilities to maintain power line rights-of-way on federal lands, such as removing trees

and vegetation that threaten reliability and could cause wildfires.

The budget package also maintains RUS Electric Loan Program loan levels, the Low Income Home Energy Assistance Program (LIHEAP) received a funding increase, as did the Federal Emergency Management Agency for its Disaster Relief Fund and Pre-Disaster Mitigation Grants. 8

USDA website on opioid crisis and rural areas

The nation's opioid crisis is so pervasive especially in small towns and rural areas—that it will take "all hands on deck to address," a U.S. Department of Agriculture official said as the agency launched a new website to help those communities fight the crisis.

"The webpage we are launching today...will help rural leaders build a response that is tailored to meet the needs of their community," said Anne Hazlett, assistant to the USDA secretary for Rural Development. She called the challenge of opioid misuse "an issue of rural prosperity."

The National Center for Health Statistics estimates that more than 63,000 Americans died from drug overdoses in 2016. More than half of those deaths involved opioids, including prescription drugs and heroin.

Those fatalities have hit rural areas hard, according to the Opioid Misuse in Rural America

- A December 2017 survey by the National Farmers Union and the American Farm Bureau Federation found that the opioid crisis has affected as many as 74 percent of farmers;
- A November 2017 report from the USDA Economic Research Service revealed rising mortality rates among working-age adults living in rural America, stemming in part from prescription drug and heroin misuse; and
- In October 2017, the Centers for Disease Control and Prevention announced that the rates of drug overdose deaths are rising in rural areas, surpassing rates in urban

The website, launched Feb. 22, contains information on USDA resources to communities and "best practices" in local communities.



More than half of the 63,000 drug overdose deaths among Americans in 2016 involved opioids, said a federal agency.

Modernizing health care access is one of 31 recommendations in the report. In addition to telemedicine, the task force found that improved access to mental and behavioral health care, particularly drug prevention, treatment and recovery, is vital to battling opioid addiction in rural communities.

"From Michigan to Montana, the opioid crisis is impacting worker productivity, increasing health care demands, and putting substantial stress on limited emergency response and law enforcement resources," Hazlett wrote on a blog published by the National Farmers Union, a federal partner. "This issue is also making economic development even more difficult for rural communities that are already operating on slim budgets and struggling to attract new business."

Source: Victoria A. Rocha, NRECA.

NRECA CEO brings co-op message to Capitol Hill

NRECA CEO Jim Matheson told U.S. senators examining cybersecurity that the electric power sector is well prepared to combat cyber threats, but said the federal government should pursue greater R&D for small and medium-sized utilities and improve information sharing to bolster the industry's cyber defense.

"Protecting the electric grid from threats that could affect national security and public safety is a responsibility shared by both the government and the electric power sector," Matheson told the Senate Energy and Natural Resources Committee at a March 1 hearing.

"Maintaining the resilience and security of the electric grid requires a flexible approach that draws on a variety of resources and

options. As threats and threat actors continue to evolve, so must government and industry's capability to defend against them."

Matheson outlined ongoing cybersecurity measures by the electric sector, including participation in federal exercises such as the Department of Energy's Clear Path and the North American Electric Reliability Corp.'s GridEx.

"The possibility of a cybersecurity attack impacting grid operations is something for which the electric sector has



NRECA CEO Jim Matheson testifies before the Senate Energy and Natural Resources Committee on March 1. (Photo By: NRECA)

been preparing for years," he said.

Matheson pointed to the Rural Cooperative Cybersecurity Capabilities Program, or RC3, a cost-shared partnership between DOE and NRECA that has provided cybersecurity assessment and training to more than 150 member co-ops and developed resources for small and mid-sized utilities.

"It's really a toolbox of different options they can use to identify vulnerabilities and risks and share best practices with each other," Matheson said in response to a question by Sen. Joe Manchin, D-W.Va., about which cybersecurity efforts are working.

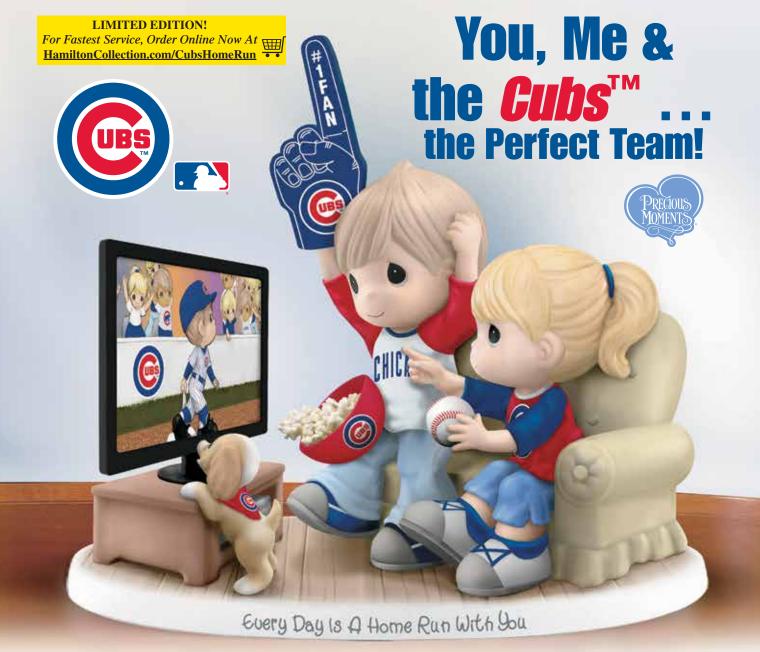
RC3 also involves a continuous improvement process. "We all know wherever we are

today, we've got to get better by tomorrow," said Matheson.

He agreed that America's electric cooperatives face diverse circumstances when it comes to protecting against cyberthreats.

"We try to create a peer-to-peer relationships where co-ops can compare, consolidate and share assets," said Matheson. "We have a really coordinated effort to make sure we are sharing best practices with each other to take on the cybersecurity threat." Source: Cathy Cash, NRECA.





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Since our first issue, safety has always been an important part of the magazine. This article from the June 1990 issue of Illinois Rural Electric News contains much of the same information we still use today regarding being aware of your surroundings and the location of nearby power lines. Awareness is key to staying safe, and as was reported in 1990, "You can't see it, but it sure is there to bite you. That's the unfortunate thing about electricity if you're not careful."

Keep summer safe

Eight-year-old William Foreman was climbing a tree. Antonio Gonzalez was taking down the TV antenna from his roof. And Mark Tracy was trimming shrubbery from around his home.

All three were enjoying summer's balmy days when they became unwitting victims of one of the season's greatest hazards: outdoor electrocution.

"With the advent of spring, we have to watch out more for the power lines above," says John W. Callogero, editor of the National Fire Protection Association's National Electrical Code Handbook. "There's more to do outside in spring and summer, but that also means more opportunity for getting hurt, if we're not careful."

A child who touches a live electric wire while playing in a tree, a handyman whose rooftop project comes into contact with a power line, and a homeowner who reached a bit higher than he should have are dead simply because they didn't look for electric lines.

Summer means outdoor games, gardening and lawn care, boating, cleaning the pool and other fair-weather pastimes. Outdoor enthusiasts can stay safe if they watch for overhead power lines and avoid touching them with their bodies or their equipment.

The U.S. Consumer Product Safety Commission, which celebrated its seventh annual National Electrical Safety Month in May (1990), hopes to teach consumers ways to avoid all the dangers of electricity. Experts say people may be more at risk outside where they least expect to run up against electricity.

"It's a less controlled environment

outdoors," said Rand Scott Coggan, chief of the Naples, Fla., fire department and chairman of the Health and Safety Committee of the International Association for Fire Chiefs. "I don't think the dangers are quite as evident outdoors. And I think people are much less likely to look for electrical hazards outside."

Precise statistics on the incidents of outdoor electrocution and fire caused by electricity are not available, but such incidents occur at least several hundred times a year, officials said. In fact, a study of newspaper reports of such events by the International Association of Electrical Inspectors found 652 accidents involving utility lines alone during the first six months of 1989.

Of course, the dangers are not so great that people should fear their every step outdoors. But officials hope to heighten public awareness of the potential pitfalls of not being alert and cautious while in their seemingly harmless backyards, ballparks and garages.

"You can't see it, but it sure is there to bite you," Caloggero said. "That's the unfortunate thing about electricity, if you're not careful."

Being careful requires people to be conscious of their environment. The experts suggest that people inspect their surroundings for electricity lines or outlets to ensure that any activity – especially those involving water and metal – stays far away.

Public safety officials also recommend that parents warn their children to steer clear of electricity.



"While you might not want to deny your child the experience of climbing trees and flying kites, you can impress upon them that these activities may be carried out with safety in mind," said a report issued by the National Safety Council.

Experts also have issued other electricity friendly advice:

- Never use electrically run TVs, radios or other appliances near water or damp areas.
- Do not use electrical cords that are frayed or taped.
- Use ground fault circuit interrupters that can be plugged into outlets to reduce the risks of electrocution.
- Avoid using aluminum ladders and metal tools, especially around power lines and outlets.
- Don't buy children kites or other toys with metal lines and never let them fly kites near power lines.
- Never let kids climb trees close to power lines.

By heeding such advice, experts say people can safely enjoy a summer spent out of doors.

"The life you save might be your own or that of a loved one," Caloggero says.





























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In the 70s, the world was going through an energy crisis which led to long lines at gasoline stations and higher prices. Energy efficiency was foremost on consumer's minds. Illinois Rural Electric News regularly carried columns to help consumers save on electricity costs and tips to keep appliances working best.

How to keep cool with electricity and keep your cooling costs down

We all should he concerned about using electricity wisely. The following is some helpful hints for this summer prepared by the Extension Division, Virginia Polytechnic Institute and State University—The Editors.

If your home has air conditioning, here are a few ways you can help keep your bills down without losing any of the cooling benefits.

Blinds — Keep the hot sun out. Draw your blinds, shades or draperies during the day, particularly on the sunny side of your home.

Insulation — Insulate your home. Even if you can't get into the side walls, extra insulation in your attic will not only keep you cooler in the summer but also warmer in the winter.

Air—Take advantage of cooler air.

When the outside temperature drops below the temperature inside your home—as in the evening— open your windows to let the inside heat escape.

Attics — Install an attic vent fan. The temperature in your attic can reach 140-160 degrees on a hot day. A small attic vent fan will exhaust the heat and keep it from radiating downward through your home.

Heat — Don't add extra heat. Cut down on heat-producing uses inside the home, such as unnecessary cooking, ironing, lights, television sets, and radios that are on but not being used or watched.

Cooling — Don't overcool. A fivedegree change in your thermostat setting can mean a substantial decrease in your operating costs. Raise your setting to 76 How to Keep Cool

With Electricity
And Keep Your
Cooling Costs Down

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June 1973

degrees or 78 degrees as recommended by most air conditioning specialists.

Temperature — If you are a working family or plan to be away all day, raise the thermostat setting on your air conditioner by five degrees when you leave.

Care — Have your central cooling unit serviced each year. An air conditioner that is out of adjustment can increase your operating costs while giving you very little cooling.

When major appliances get vacation

If you're planning a couple of weeks of active vacation, it's wise to give some thought to the "still life" of those automatic appliances that will be idle while you're gone. Let common sense and good housekeeping be your guides.

Range—If you have a self-cleaning oven, take advantage of it. After dinner the evening before you leave, set the controls and let the oven clean itself while you perform last minute packing.

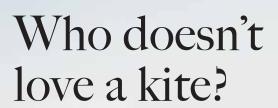
Refrigerators—Before leaving, clear the refrigerator of perishables. If you have a combination refrigerator-freezer, check those perishables to see if they can bestored in the freezer section for an excellent first meal or hearty snack upon your return home.

Food Freezer—Celebrate your homecoming before you ever start your vacation by stocking your freezer with food for the first major meal upon your return. This eliminates the need for an immediate trip to the market for first-meal fixings.

Dishwasher—If yours is a portable dishwasher, be sure the hoses are disconnected. Soiled dishes and silver should be cleaned before leaving. The short cycle on some dishwashers is ideal for doing last-minute odds and ends.

Washers and Dryers—Turn off your laundry faucets to relieve pressure on the hoses connected to your automatic washer. A dryer takes no special care but be sure all controls are turned off.





With vibrant colors, shapes and patterns, they mesmerize us as they dart through the sky. Things can turn dark, however, when kites make contact with power lines. Check the area for power lines before a kite-flying activity, and make sure your children know to never try to free kites that have become entangled in power lines.

Stay safe, have fun and keep the color in everyone's lives.

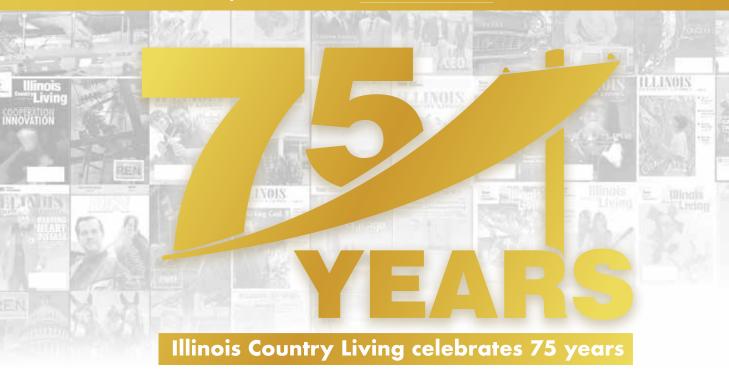
For more information about electric safety, call your local Touchstone Energy cooperative.



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ILLINOIS RANEWS

Illinois Rufa Electric News



Seventy-five years ago, on May 20, 1943, the first issue of a magazine produced by the Association of Illinois Electric Cooperatives (AIEC) was published, only the second of its kind. Known as the Illinois REA News, The Voice of 58,000 Members, it was and continues to be the voice of rural Illinois.

The original publication had a newspaper format and its introduction to rural electric readers explained its purpose was to advance and protect the Rural Electrification Association cooperative movement in Illinois. That first issue encouraged cooperatives to make "Illinois REA News a voice of thousands of Illinois farmers – and such a voice can be heard in the halls of Congress, in the state legislature and in your own communities bringing your message and expressing your views for the everlasting value of the REA program."

In 1943, our country was in the midst of World War II, and the REA

movement had slowed due to a shortage of building supplies. However, the country was hopeful there would soon be an end to the war, and Congress continued to appropriate funds to expand the rural electrification movement. Expectations were high for the rapid development of cooperatives once our men returned home, 40 percent which were from farms.

The Menard Electric Cooperative offices served as the headquarters of the statewide association and REA News. It was determined that the most up-to-date news would come into the statewide office and the magazine would be there to report on issues of

utmost importance to its rural members. National and state news came to the desk of the statewide coordinator where it was assembled and edited for the benefit of all cooperatives.

Columns about safety, both in the home and regarding electricity, were included in the magazine along with regular editorials, homemaking tips, drawings and photos of devices farmers could build to make their jobs easier, recipes, pen pals, and clothing and household patterns.

Several cooperatives were pioneers in using the magazine to help keep members informed on what was happening in their service









areas. Menard Electric Cooperative, Petersburg; Western Illinois Electrical Coop., Carthage; Jo-Carroll Electric Cooperative, Elizabeth; Clinton County Electric Cooperative, Breese; M.J.M. Electric Cooperative, Carlinville; Southwestern Illinois Electric Cooperative, Greenville; Norris Electric Cooperative, Newton; Wayne-White Counties Electric

Cooperative, Fairfield; Illinois Valley Electric Cooperative (now part of Corn Belt Energy), Princeton; Tri-County Electric Cooperative, Mt. Vernon; and Adams Electric Cooperative, Camp Point submitted information that was included in the magazine each month. Many years later, the cooperatives were given the opportunity to produce their own

four-page spread that was included in the center of the magazine.

In September 1953, the magazine was renamed Illinois Rural Electric News and five years later changed from a newspaper to magazine format. In 1996, the publication became known as Illinois Country Living and today is delivered to 189,000 member homes from 20 Illinois co-ops.

Yesterday and today

Looking back on that first issue, it was interesting to note that many topics of interest to rural cooperatives and their members in 1943 still resonate today. Rural issues played an important part of the educational information in the magazine then and now. Seventy-five years ago, farmers were trying to produce more food

for the war effort and find innovative ways to use salvaged materials to build their own hay hoists and other devices to make farm work a bit easier, since many of their farmhands were in the war. Today, farmers and agriculture are at the forefront of feeding the world. While many farms were still without electricity in 1943, farmers today are

interested in how rural broadband can change the way they do business.

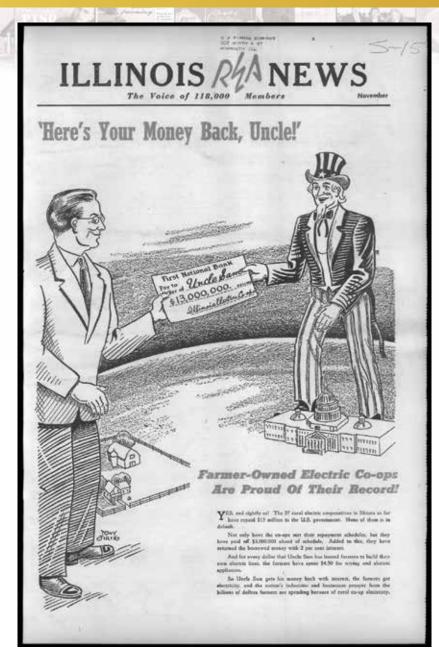
The Illinois REA Safety and Job Training program was one of the first of its kind in the U.S. and drew national interest. In July 1941, only five Illinois REA employees had American Red Cross First Aid training, and today that training is offered

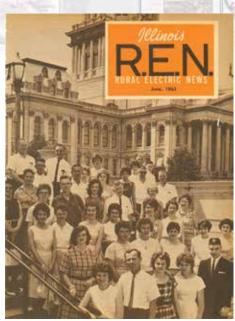
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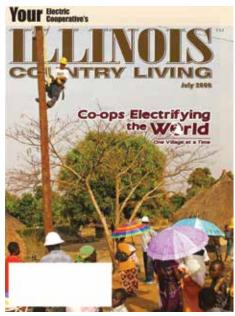
REN Illinois Rural Electric News

REN

ILLINOIS RURAL ELECTRIC NEWS







to all employees at every cooperative in the state. Ongoing safety training for linemen has proven to be of great value. Nationally, in 1943, an alarming total of 93,000 persons had been either killed or seriously injured in accidents. REA promoted safety programs for members and employees helped to educate them on how to take measures to prevent accidents on the farm and

by REA employees. Today, the occurrence of these types of accidents have dropped significantly.

The Rural Utilities Service, formerly REA, today faces issues of reduced appropriations and resistance from investor-owned utilities for programs that would benefit electric cooperative members, just as it did in its early years. The investor-owned utilities and

electric cooperatives have had a long and sometimes tumultuous relationship.

Editorial comments in our first issue stated, "The private utilities for years scorned this rural market for electricity, preferring to skim the cream from the urban areas. But when the federal government under the New Deal began to take steps to make electric current available to farmers, the private



power trust played dog in the manger and fought the program all the way through. Pres. Roosevelt recently paid tribute to the REA and its work in these words: 'The extension of electric service to a million farms was an important step in preparedness for

ultimate victory...As the wartime strain on manpower grows, the nation for use in war or peacetime activities, will realize ever more clearly how much the rural electric co-operatives have added to its strength.'The Capital Times."

In the early years, it involved spite

lines being built so that cooperatives couldn't build lines to the farms that wanted electricity. Over the years it has changed, and today's challenges include territory disputes and what regulations should apply to not-forprofit cooperatives.

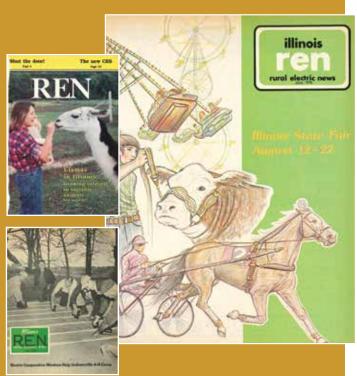
Telling the Illinois story

Illinois Country Living is devoted to telling the story of rural Illinois. Those of us involved in it are devoted to keeping members informed about industry issues while also promoting rural stories from across the state. It is part of helping to fulfill the cooperative principle of providing information, education and training to members.

However, it is more than just news of the electric industry; the magazine contains features about people, places and things we believe would be of interest to our readers. We've highlighted a WWII veteran who was on Iwo Jima, a triathlete blind since birth, women in agriculture, and mothers and fathers of the year nominated by our readers. We have looked for opportunities to raise awareness of rural businesses and the ways Illinois electric cooperatives have helped bring electricity to areas unserved around the world.

Along with recipes, we have begun showcasing Illinois diners and food establishments in our Taste of the Prairie monthly feature and have continued informative articles on safety, energy efficiency and gardening. Additionally, your participating cooperative includes pages of interest to

Unlike 75 years ago, you can now search for back issues, old recipes and information on our website at icl.coop and follow us on Facebook. While many enjoy looking for information on technology, one thing remains true - we are a print magazine. Our readers enjoy reading each issue and we appreciate that loyalty.



Illinois Country Living may have had a number of editors over the years, but all have considered it an honor to tell the cooperative story. We know it is your story we are telling, and your communities and businesses we are promoting, and we wouldn't have it any other way.



As Illinois Country Living celebrates its 75th year, so do the recipes pages, From the very first issue, recipes and homemaking tips were a part of the magazine. We thought it was only appropriate to go back and include recipes across the years. This month, we have one recipe from each decade including the first recipe from the inaugural issue for rhubarb pie.



1-1/2 T. quick-cooking tapioca

1-1/3 c. sugar

1/4 t. salt

1 t. grated orange rind

1 T. melted butter

4 c. cut rhubarb

1 recipe pie crust

Combine ingredients and let stand about 15 minutes. Line a 9-inch pie plate with pastry rolled 1/8-inch thick, allowing pastry to extend 1-inch beyond edge. Fold back to form standing rim. Fill with rhubarb mixture. Moisten edge of pastry with cold water, arrange lattice of pastry strips across top. Flute rim with fingers. Bake in hot oven (450 degrees F) 15 minutes; then decrease heat to moderate (350 degrees F) and bake 30 minutes longer.



Delicious Rhubarb Pie

products and let stand tes. Line a 9-tuck pic

sters; then decrease heat to a (350° P.) and bake 30 misus

WE NEED RECIPES!

Upcoming monthly topics include picnic foods, summer recipes and recipes using tomatoes or peaches. Please email submissions to finestcooking@icl.coop or mail them to Finest Cooking c/o Illinois Country Living, P.O. Box 3787, Springfield, IL 62708. Please include your name, address, phone number (for questions), and the name of your electric cooperative. Recipes not included in the magazine can be found on our website at icl.coop/finestcooking.

Oatmeal Bread - 1953

2 c. boiling water

2 c. rolled oats

1 T. butter

1/2 c. molasses

1/2 t. salt

1 cake yeast (is equal to 1 pkg. of dry yeast)

1/2 c. lukewarm water

About 5 c. flour

Add boiling water to rolled oats; let stand one hour. Add butter, molasses and salt, then yeast which has been dissolved in lukewarm water. Add flour to make stiff dough, turn out on floured surface and knead lightly. Place dough in greased bowl, cover and let stand in warm room overnight. Next morning, shape into loaves, place in greased loaf pans and let rise until double in bulk. Bake in moderate oven (350-375 degrees F) about 45 to 50 minutes. Remove from pans, brush with butter if desired and cool. Makes two loaves.

Stuffed Pork Chops – 1963

4 pork chops, cut 1-1/4-inch

thick

1/2 c. chopped onion

1/2 c. chopped celery 2 T. chopped green pepper 2 T. butter or margarine

1-1/2 c. bread crumbs

4 T. fat

1/2 t. dried thyme leaves

6 medium potatoes 4 medium carrots

Have chops slit from fat side to bone to form a pocket. Saute' onion, green pepper and celery in butter until lightly browned. Add 1 t. salt, crumbs, thyme and moisten with water. Fill pockets of chops and fasten with toothpicks or tie with string. Brown chops in hot fat in heavy skillet. Add thickly sliced pared potatoes and cleaned whole carrots. Sprinkle 1-1/2 t. salt over all. Cover and bake at 325 degrees F for 1 hour. Remove picks before serving.

Picnic Chicken Salad – 1973

2 frvers 2 medium onions (mince one)

1 carrot 1 stalk celery

1 c. chopped cabbage

2 cloves garlic, minced

1 large dill pickle, finely chopped

3 – 4 T. capers and liquid

3 T. malt vinegar 3 T. sour cream

6 T. mayonnaise

2 T. Madras curry powder 1 or 2 green peppers, finely sliced

Salt and pepper

Poach chicken in 2 cups water. Add carrot, whole onion and stalk of celery to water and season with salt and pepper. Cook chicken in stock. Skin and bone chicken and cut into bite-sized pieces. Combine with all other ingredients.

Fresh Coconut Cake – 1983

1 stick oleo (margarine)

1/2 c. sugar

3 eggs

1/2 c. white Karo (corn syrup)

1-1/3 c. water

1 pkg. white cake mix

Frosting:

2-1/2 c. sugar

1/2 c. water

1/2 c. white Karo

2 egg whites

2 T. sugar

1 t. vanilla

Grated coconut



For cake, mix all ingredients well in order listed. Bake in 3 greased and floured pans for 30 minutes at 350 degrees. Cool cakes 10 minutes, remove from pans and let cool completely. For frosting, cook sugar, water and Karo until firm ball is formed when a drop of syrup is dropped in a glass of cold water. Beat egg whites, add sugar. Beat until stiff. Add syrup mixture slowly as you continue beating egg whites, until mixture will hold its shape. Add vanilla. Spread on cake layers, top each layer with fresh grated coconut. Spread frosting on sides of cake. Sprinkle sides with coconut. (Editor's note: The frosting has a marshmallow consistency and was a challenge to make. I used a candy thermometer but taking the syrup to hard ball stage made it too stiff once the vanilla was added. I made a second batch and took it to about 255 degrees and that worked better, but it sets up quickly.)

Guacamole with Cheese and Chilies - 1993

peeled and mashed 2 c. (8 oz.) finely shredded Monterey Jack cheese 1 med. tomato, finely diced 1/3 c. finely diced onion

3 ripe medium avocados, seeded, 1 (4 oz.) can diced green chilies 1 – 2 cloves garlic, minced 2 T. fresh lime juice Cilantro or parsley leaves for garnish

Combine all ingredients (except cilantro or parsley) in medium bowl; mix until blended. Garnish with cilantro or parsley leaves. Serve with fresh vegetable sticks (such as carrots or jicama) or with tortilla chips. Makes approximately 5-1/2 c. guacamole.



Crunchy Pea Salad - 2003

1 (10 oz.) pkg. frozen peas, thawed 1 c. celery, diced 1 c. cauliflower, chopped 1/4 c. green onions, diced

1 c. cashews, chopped

1/2 c. sour cream 1 c. ranch salad dressing Crisp, crumbled bacon (optional garnish) 1 c. shredded cheddar or

American cheese (optional)

Combine all ingredients. Chill. Garnish just before serving.



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



Visit www.icl.coop to see more Illinois Country Living recipes.

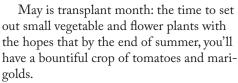


Transplant time



Dave Robson

University of Illinois Extension Educator David Robson wrote the yard and garden column for more than 30 years until his retirement in 2017.



Transplants make it easy for the gardener to obtain plants that might be difficult to raise. For example, petunia seeds are so small that a light breeze can blow them out of your hand. Getting them to germinate is difficult indoors, let alone direct seeding them outdoors.

In fact, any direct seeded plant will do better than most transplants. It just may be impossible to direct seed many plants.

Of course, transplants also provide the uniformity that gardeners need. A row of marigolds will be the same height and color when you buy them; that means they'll also look similar in the yard.

Not everything is grown by transplant. You can't find sunflower transplants on the market. Who really would want, or need, to plant one that way? While you can find cucumber, watermelon, cantaloupe, squash and pumpkin transplants, it really is better to plant those seeds directly in the ground.

There are five recognized characteristics that transplants should have:

- Typical green color. Now, this doesn't mean dark green. Not all plants have dark green leaves. Petunias, for example, have lime-green foliage. Marigolds have a forest-green color. A dark green color may indicate too much fertilizer.
- A short, compact plant. "Stocky" is the term that comes to mind. Plants should not be tall and leggy. Bigger definitely isn't better when dealing with transplants. A stocky plant indicates correct growing conditions, usually on the cool and sunny side. Stocky plants adapt to the garden quicker and are less likely to be damaged by winds.
- No insects or diseases present. Check the plants carefully. Look under the leaves, on the stems, and in the soil for insects. Inspect the leaves for disease spots. There's no need to introduce problems into your garden.
- Roots should be plentiful and white. Avoid plants, if possible, with lots of



roots coming out of the bottom of the pot. There's seldom any way to remove the plant without cutting off these roots. Lift the plant carefully out of the pot. You should see lots of white roots. There should be some resistance to your careful tugging on the plant. If the plant comes quickly out of the pot, chances are the soil has dried repeatedly, causing some root injury. Make sure to look for insects or diseases on the roots.

• No flowers, flower buds or fruits. This is the tough one. Who would buy a flower without knowing what color the flowers will be? Sure, you can almost trust the signs, but who's to say that little Tommy or Mary didn't pick up a plant, and then put it back some place different. I wouldn't buy any flower without seeing what color the blooms are, especially if you want a solid bed of white geraniums. A couple red or pink ones would spoil the effect.

Flowers, flower buds and fruits forming on the vegetable plants take the primary energy from the plant. The goal with transplanting is to encourage root and shoot growth. If the plant is blooming and producing something edible, roots will suffer.

Vegetable transplants shouldn't have any fruit on them. You won't be able to tell colors or size by a small vegetable.

For all other transplants, it's a good idea to remove the flowers and flower buds when transplanting. There's no doubt that this is hard to do, but it is necessary for the plants to produce good flowers and vegetables throughout the summer.





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Youth Day and Youth Tour

Decades of providing leadership to students

By Colten Bradford

uring its 75-year history, Illinois Country Living has followed the almost 60 years that Illinois cooperatives have sent youths to this state and nation's capitals. Throughout these past six decades, students have been given the opportunity to see Springfield and Washington, D.C. up close, learn firsthand about government and meet their elected officials. These students have met with congressmen, senators and even presidents.

According to the National Rural Electric Cooperative Association (NRECA), the first coordinated Youth Tour where state delegations converged to Washington, D.C. for a week in June began in 1964. This tour included approximately 400 students from 12 states. Illinois cooperatives sent 37 young men and women.

Some Illinois electric co-ops began sending students long before that. Youth Tour was inspired by former U.S. President Lyndon B. Johnson, who was a senator from Texas at the time, after he spoke at the 1957 NRECA annual meeting.

"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," Johnson said. He urged electric co-op leaders to send young people to D.C. "where they can witness their government in action."

The following year, an electric co-op in Iowa sent a group of students for a weeklong trip to Washington, D.C., which was followed by a busload of

students from Illinois in 1959. Since then, more than 3,200 students have been given the opportunity to visit D.C., thanks to Illinois electric and telephone cooperatives.

According to NRECA, more than 50,000 students across the U.S. have participated in this program. Last year alone, more than 1,700 students attended Youth Tour, which was a record high.

Student groups are organized by state, but they all come together on a specific day during the tour to hear featured speakers who talk about the role electric cooperatives play in the comminutes they serve and to meet other Youth Tour participants from across the nation.

To participate in this program, students apply and are selected by their electric or telephone cooperative. Traditionally, students selected to go on Youth Tour have competed in an essay contest. While some still

do this, most of the Illinois Youth Tour participants are selected through youth leadership interviews conducted on Youth Day.

In 1973, several electric co-ops added a new dimension to the Youth Tour contest by sending a group of 35 finalists to tour the state capitol, and in 1974, it became an annual event called Youth Day. The first Youth Day brought more than 110 students and chaperones from 10 Illinois cooperatives to Springfield.

Neil Hartigan, Illinois' 40th lieutenant governor, spoke to the students at that first Youth Day. "You are the people who will lead this state and this country in future years," he said. "It is never too early to start thinking about what you want to do with your life. Take part. Participate. Get involved in the running of your state government." These words ring true today.

Every spring since then, Illinois electric and telephone cooperatives have sponsored a day-long



event at the state capitol. Youth Day provides students with a closeup glimpse of how Illinois state government works.

During this one-day trip to Springfield, youth from across the state tour the Illinois State Capitol building, the Old State Capitol, the Supreme Court, and the Abraham Lincoln Museum and meet with Illinois' elected officials.

In 1976, a new addition was added to Youth Tour. The Youth Leadership Council (YLC), formerly Youth Consulting Board, allowed one student from each state delegation to represent their state and come back to D.C. for a leadership workshop focusing on the electric cooperative industry.

The selected student from Illinois serves as the official spokesperson for rural electric youth in Illinois and is asked to attend the annual meetings for NRECA and speak at the Association of Illinois Electric Cooperatives (AIEC) annual meeting.

Matt Rhoades of Illinois Electric Cooperative became Illinois' first YLC representative and the first president of the YLC. The current YLC representative is Faye Yang of Wayne-White Counties Electric Cooperative, and her successor will be selected at the next Youth Tour in June.

Those students interested in being the Illinois representative on the YLC are asked to fill out an application and write an essay. Then during the Youth Tour, the representative is selected by their peers.

In addition to seeing our government in action and visiting the Capitol, Arlington National Cemetery, the Washington National Cathedral, several Smithsonian Museums, memorials and several other historic sites, the students also learn firsthand about cooperatives.

The Chip-n-Pop Co-op is a cooperative formed by the students during the tour. This is a learning experience, from the ground up, on how to form and operate a cooperative as well as provide leadership experience. While all the students are members of their co-op, some are on the nominating committee, some run and are elected

WASHIV





to the board of directors, and others are employees of the co-op.

"We're investing in future leaders with Youth Tour," says Kristin Banks, coordinator of youth programs at AIEC. "This trip is jampacked. These students not only learn about their government and cooperatives, but they also gain valuable leadership skills."

This can be proven by some alumni of Youth Tour. Tom Ryder, 1966 Youth Tour, and Art Tenhouse, 1967 Youth Tour, later served in the Illinois House of Representatives. Dippin' Dots ice cream was invented by Curt Jones who attended Youth Tour in 1976. Others worked in political offices, news publications and some even worked for their electric cooperative. The list goes on.

The Youth Tour and Youth Day legacy continues in Illinois. This year, more than 200 students attended Youth Day in Springfield, and more than 70 students will visit Washington, D.C. in June.



A favorite section of the original publication was the Junior Rural Electric News which included Pen Pals, jokes and safety tips such as remembering bicycle safety rules. For those readers that don't remember pen pals, youngsters would send in letters giving a bit of information about themselves and ask anyone with similar interests to write back to them. In the February 1963 edition, those hobbies included: plays clarinet, saxophone, piano, and accordion; collects cat pictures; likes to sing, swim, write letters, and skate; and another that likes rock 'n' roll.

We thought you'd enjoy a look back at some of these young people's letters.

PEN PALS

PLAYS CLARINET

I am 11 years old. My birthday is April 25. I have brown hair and brown eyes. I am in the sixth grade. I am five feet, one inch ta11. My hobbies are collecting stamps, collecting napkins, and playing the clarinet. I would like to hear from boys and girls between ten and 13 years of age. I will answer all letters.—*Betty Barnard, Towanda*

WANTS PEN PALS

I am 13 years old and my birthday



is October 23. I like to listen to the radio and I like TV. I have one brother. My hobbies are riding a horse and fishing I would love to hear from boys or girls. Come

on kids fill my mailbox!—Marilyn Blanchard, Mason City

LIKES TO SKATE

I am 11 years old. My birthday is November 9. I weigh 95 pounds. I am five feet, two inches tall. I would like to hear from boys and girls from 11 to 13. I will answer all letters. I like to skate. —Wayne Smith, Sherman

PLAYS PIANO

I am 11 years old. My birthday is June 5. I have brown hair and eyes. I am in the sixth grade. I like playing the piano. I would like girls between the ages of ten and 14 to write.

—Sandy Slater, Windsor

COLLECTS CAT PICTURES

I am 12 years old. I have light brown hair and blue eyes. I weigh 68 pounds. I am four feet, 11-1/2 inches tall. My birthday is August 23. My hobbies are reading, collecting cat pictures, and collecting stamps. I like all kinds of animals. I would like to hear from boys and girls between the ages of 12 and 14. I will try to answer all the letters I receive. — Dolly Payton, Neoga

PLAYS SAXAPHONE

I play the saxaphone. I like it very much. I am ten years old. My hobbies are playing the sax, typing, swimming, baking and reading. I would like to get letters from boys and girls from ages nine through 12. I will try to answer all letters, if possible.

—Billie Sue Sawyer, Virden

ENJOYS SWIMMING

I am nine years old. I have blue eyes and black hair. I like to read a lot and also like to swim. I am learning how to play the piano. I go to Holy Ghost School in Jerseyville. I live on an apple farm near Grafton. I would like to hear from girls of all ages. Send a picture, if possible.—*Melodye Sargeon, Grafton*

ENJOYS SKATING

I am nine years old. I am in the fourth grade at Ford School. My birthday is July 5. My hobbies are skating and reading. I like to hear from boys and girls between the ages of eight and 11. I will try to answer all letters.

—Marilyn Kreke, Carlyle



Feb. 1963

LIKES TO SING

I am ten years old and my birthday



is December 17. I go to Basco Grade School. I am in the fourth grade. My hobbies are riding horses, roller skating, dancing, and most of all singing in a show. I have natural, wavy

light brown hair and brown eyes. I weigh 86 pounds. I am four feet, 10 1/2 inches tall. I would like to hear from boys and girls between the ages of eight and 15. —Gary Mosley, Basco

LIKES ROCK 'N' ROLL

I am 13 years old. I have blonde hair and blue eyes. I am absolutely crazy about rock 'n' roll music and famous singers such as Fabian, Dion, Chubby Checkers, Connie Francis etc. I'd like to hear from boys and girls of any age. I'll try to answer every letter.

—Faye Watts, Girard

PLAYS ACCORDION

I am 13 years old. My birthday is January 8. I enjoy reading mystery stories, riding my bike, writing letters and collecting travel literature. I also play the clarinet and piano accordion. I would like pictures, if possible. I promise to answer all letters.

-Randy Henson, Keenes

Eye Doctor Helps Illinois Legally Blind To See

High Technology For Low Vision Patients Allows Many To Drive Again



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

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

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

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

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



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

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

Nine out of 10 people who have macular degeneration have the dry form. New research suggests vitamins can help. The British medical journal BMC Ophthalmology recently reported that 56% of patients treated with a high-dose combination of vitamins experienced improved vision after six months.

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

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

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

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

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

www.lowvisionofsouthil.com

1-802-350-6599

Office located in Mascoutah, Illinois Marianne McDaniel, O.D.

www.FoxValleyLowVision.com
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Located in Oswego, IL Ronald Weingart, O.D.





Best bakery (northern region)

Myrtle's Café & Pie has with locations in Princeton and Galena. Myrtle's pie shop is known for making a variety of homemade pies in a casual atmosphere. Each bakery offers seasonal pies from Malted French Silk, Lemon Cheesecake, Dutch Apple and more!

The Princeton bakery is located at 927 North Main Street, call 815-915-8397. The Galena bakery is located at 228 North Main Street, call 779-214-0356. Visit their Facebook page @ MyrtlesCafeAndPie for more information.



Best performing arts venue & theatre (central region)

According to the **Bloomington** Center for the Performing Arts (BCPA), it presents national and international touring artists and holds over 500 events annually, between classes, meetings, seminars, presentations, life events and more. When you enter BCPA's historic space, your artistic experience begins at the door. The intimate auditorium provides a unique setting to enjoy a dynamic season of artists.

To view the BCPA's current season, visit artsblooming.org or call the BCPA ticket office at 309-434-2777. The performing arts venue is located at 600 N. East St. in Bloomington. Ticket office hours are Monday through Friday, 10 a.m. to 6 p.m.



Best place to take the kids (southern region)

The Science Center (TSC) in Carbondale provides kids over 65 hands-on science exhibits, in-house sculptures and educational programs. According to the museum's website, it is dedicated to awareness and exploration of hands-on science to infant children through teen years and their families in southernmost Illinois. Its mission is to nourish and preserve each child's innate curiosity through hands-on, inquiry-based exploration. The center has approximately 70,000 visitors every year and features free day on Thursdays with free admission to all members of the community.

The museum is located at 1237 E. Main, Carbondale, call 618-529-5431. The Science Center is open Tuesday through Sunday. Admission is \$5 per person, infants 2 and under are free. TSC also offers seniors discounts. Visit Yoursciencecenter.org for more information or to learn more about becoming a member.

or the second year, readers nominated their favorites in a variety of categories in the northern, central or southern regions. Each participant cast their ballot in 40 different categories, ranging from eateries and destinations to their favorite service locations. We asked you to vote for the Best in Illinois - varying from your favorite day trip to the best regional attraction.

Several votes were cast for outdoor activities. Your favorite northern regional attraction was Chestnut Mountain Resort. For the best place to get married, readers voted for Allerton Park, and the best place to take the kids in the central region goes to Children's Discovery Museum. Foodies also voted for their favorites selecting Giant City Lodge, in the southern region, as having the best home cooking.

Awards were delivered to 118 businesses during the Best of Illinois contest. All are featured on our website. Visit icl.coop/bestofillinoiswinners to learn more about this year's winners. Below you can discover more about six of the Best of Illinois winners from across the state selected by Illinois Country Living magazine readers.



Best college or university (northern region)

According to **Aurora University** (AU), it offers more than 40 bachelors, masters and doctoral programs that are grounded in real-world experiences and led by experienced, dedicated faculty members. An inclusive community dedicated to the transformative power of learning, AU is a private, nonprofit, independent university accredited by the Higher Learning Commission. Approximately 5,600 students are enrolled at different AU locations, including its main 37-acre campus located 40 miles west of Chicago as well as the Orchard Center in Aurora, the Woodstock Center in Woodstock, George Williams College on Geneva Lake in Wisconsin, and online.

AU's main campus is located at 347 S. Gladstone Ave in Aurora, call 630-892-6431, email admission@aurora.edu or visit aurora. edu.









Best festival (central region)

The Annual Dutch Days Festival is held in the first Friday and Saturday in May. Originated in 1974, the festival celebrates the area's Dutch heritage. The 44th Annual Dutch Days Festival will be held May 4 and 5 from 9 a.m. to 5 p.m. The whole family will enjoy a variety of events. Some of the activities include an Authentic De Immigrant Dutch Windmill, Dutch costumes and dancing, an antique tractor show, live music and authentic Dutch pastries. Besides the 100 arts and craft vendors, attendees can enjoy several area attractions including the Fulton Marina, the 1800s Village at Heritage Canyon and the Martin House Museum.

Visit the only Dutch Festival in Illinois. To find out a complete list of events and attractions, visit citvoffulton.us or call 815-589-3925. Follow @CityOfFulton on its Facebook page.



Best regional attraction (southern region)

Garden of the Gods is nestled in the beautiful Shawnee National Forest. According to the U.S. Forest Service, "Garden of the Gods, made of sandstone, is about 320 million years old." Hikers can enjoy the Camel Rock, Table Rock and Devil Smokestack rock formations. Several trails are offered for different skill levels. Visitors can visit and camp year-round. The Garden of the Gods has several facilities, which include a picnic area, 12 campsites and an observation trail. The U.S. Forest Service encourages visitors to obtain detailed maps before entering the area.

Campsites are \$10 per night. For more information, contact Shawnee National Forest headquarters at 50 Hwy. 145 S. in Harrisburg, call 618-253-7114 or visit https://www.fs.usda.gov/ recmain/shawnee/recreation



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Leading Acid Reflux Pill Becomes an Anti-Aging Phenomenon

Clinical studies show breakthrough acid reflux treatment also helps maintain vital health and helps protect users from the serious conditions that accompany aging such as fatigue and poor cardiovascular health

by David Waxman Seattle Washington:

A clinical study on a leading acid reflux pill shows that its key ingredient relieves digestive symptoms while suppressing the inflammation that contributes to premature aging in men and women.

And, if consumer sales are any indication of a product's effectiveness, this 'acid reflux pill turned anti-aging phenomenon' is nothing short of a miracle.

Sold under the brand name AloeCure, it was already backed by clinical data documenting its ability to provide all day and night relief from heartburn, acid reflux, constipation, irritable bowel, gas, bloating, and more.

But soon doctors started reporting some incredible results...

"With AloeCure, my patients started reporting less joint pain, more energy, better sleep, stronger immune systems... even less stress and better skin, hair, and nails" explains Dr. Liza Leal; a leading integrative health specialist and company spokesperson.

AloeCure contains an active ingredient that helps improve digestion by acting as a natural acid-buffer that improves the pH balance of your stomach.

Scientists now believe that this acid imbalance is what contributes to painful inflammation throughout the rest of the body.

The daily allowance of AloeCure has shown to calm this inflammation which is why AloeCure is so effective.

Relieving other stressful symptoms related to GI health like pain, bloating, fatigue, cramping, constipation, diarrhea, heartburn, and nausea.

Now, backed with new clinical studies, Aloe-Cure is being recommended by doctors everywhere to help improve digestion, calm painful inflammation, soothe joint pain, and even reduce the appearance of wrinkles – helping patients to look and feel decades younger.

FIX YOUR GUT & FIGHT INFLAMMATION

Since hitting the market, sales for AloeCure have taken off and there are some very good reasons why.

To start, the clinical studies have been impressive. Participants taking the active ingredient in AloeCure saw a stunning 100% improvement in digestive symptoms, which includes fast and lasting relief from reflux.

Users also experienced higher energy levels and endurance, relief from chronic discomfort and better sleep. Some even reported healthier looking skin, hair, and nails.

A healthy gut is the key to a reducing swell-

ing and inflammation that can wreak havoc on the human body. Doctors say this is why Aloe-Cure works on so many aspects of your health.

AloeCure's active ingredient is made from the healing compound found in Aloe vera. It is both safe and healthy. There are also no known side effects.

Scientists believe that it helps improve digestive and immune health by acting as a natural acid-buffer that improves the pH balance of your stomach.

Research has shown that this acid imbalance contributes to painful inflammation throughout your entire body and is why AloeCure seems to be so effective.

EXCITING RESULTS FROM PATIENTS

To date over 5 million bottles of AloeCure have been sold, and the community seeking non-pharma therapy for their GI health continues to grow.

According to Dr. Leal, her patients are absolutely thrilled with their results and are often shocked by how fast it works.

"For the first time in years, they are free from concerns about their digestion and almost every other aspect of their health," says Dr. Leal, "and I recommend it to everyone who wants to improve GI health without resorting to drugs, surgery, or OTC medications."

"I was always in 'indigestion hell.' Doctors put me on all sorts of antacid remedies. Nothing worked. Dr. Leal recommended I try AloeCure. And something remarkable happened... Not only were all the issues I had with my stomach gone - completely gone - but I felt less joint pain and I was able to actually sleep through the night."

With so much positive feedback, it's easy to see why the community of believers is growing and sales for the new pill are soaring.

THE SCIENCE BEHIND ALOECURE

AloeCure is a pill that's taken just once daily. The pill is small. Easy to swallow. There are no harmful side effects and it does not require a prescription.

The active ingredient is a rare Aloe Vera component known as acemannan.

Made from of 100% organic Aloe Vera, AloeCure uses a proprietary process that results in the highest quality, most bio-available levels of acemannan known to exist.

According to Dr. Leal and several of her colleagues, improving the pH balance of your stomach and restoring gut health is the key to revitalizing your entire body.

When your digestive system isn't healthy, it causes unwanted stress on your immune sys-



tem, which results in inflammation in the rest of the body.

The recommended daily allowance of acemannan in AloeCure has been proven to support digestive health, and calm painful inflammation without side effects or drugs.

This would explain why so many users are experiencing impressive results so quickly.

REVITALIZE YOUR ENTIRE BODY

With daily use, AloeCure helps users look and feel decades younger and defend against some of the painful inflammation that accompanies aging and can make life hard.

By buffering stomach acid and restoring gut health, AloeCure calms painful inflammation and will help improve digestion... soothe aching joints... reduce the appearance of winkles and help <u>restore</u> hair and nails ... manage cholesterol and oxidative stress... and improve sleep and brain function... without side effects or expense.

Readers can now reclaim their energy, vitality, and youth regardless of age or current level of health.

One AloeCure Capsule Daily

- Helps End Digestion Nightmares
- Helps Calm Painful Inflammation
- Soothes Stiff & Aching Joints
- Reduces appearance of Wrinkles & Increases Elasticity
- Manages Cholesterol & Oxidative Stress
- Supports Healthy Immune System
- Improves Sleep & Brain Function

HOW TO GET ALOECURE

This is the official nationwide release of the new AloeCure pill in the United States. And so, the company is offering our readers up to 3 FREE bottles with their order.

This special give-away is available for the next 48-hours only. All you have to do is call **TOLL- FREE 1-800-746-2978** and provide the operator with the Free Bottle Approval Code: AC100. The company will do the rest.

Important: Due to AloeCure's recent media exposure, phone lines are often busy. If you call and do not immediately get through, please be patient and call back. Those who miss the 48-hour deadline may lose out on this free bottle offer.



Barbecue – it comes in a wide variety of tastes and, depending on what part of the country you are from, likely differs from your neighbors a state away. There is the sweet-tangy sauce of Kansas City, the vinegar sauce of eastern North Carolina, South Carolina-style mustard sauce, a Texas-style mop sauce and an Alabama white. At Pat's BBQ in Murphysboro, you'll find a sweet vinegar sauce.

Pat's BBQ didn't start with a restaurant, but a love of barbecue and an itch to compete. Pat Burke, an excavator by trade, wanted to put together a barbecue team to compete in national events. Pat says, "A barbecue team is a package. You really need the desire to win, people to make a commitment to help, money and the time to do it."

In 1988, he put together a team called Apple City. One of his close friends, Mike Mills of 17th Street Barbecue, and several others began with a competition in Murphysboro. They did well, receiving trophies in their first three attempts and decided to step it up and go to the Christmas on the River cook-off in Demopolis, Ala., considered Alabama's official state barbecue cook-off. Apple City received three first places and the Grand Championship Award. The team's first time at the World Championship Barbecue Cooking Contest in Memphis resulted in winning the World Championship. Apple City competed in 67 contests and retired in 1994. Mills went on to start serving his own barbecue at 17th Street and Pat stepped away from it for a while.

With encouragement from people he met on the barbecue circuit and his love of barbecue, Pat formed a new team known as Tower Rock BBQ. Over 25 years, he has competed in 250 contests and won 182 grand champions. Last

year, Pat won a Lifetime Achievement Award in Memphis, was inducted into the Kansas City Barbecue Hall of Fame, and just received the Pioneer BBQ award from Jack Daniel's Barbecue.

He says the secret to his success has been consistency. It took much trial and error to get the barbecue the way they wanted it. Pat's BBQ has a 22-hour process that includes cold-smoking for the first 3.5 hours. Pat explains, "We cook it low and slow using apple wood. We hit the shoulder with our 'magic dust' and do our cold-smoking. We found the meat takes on more smoke through cold-smoking because the meat pulls the smoke in, then it goes on the commercial smoker. We are looking for tenderness, flavor and doneness. The sauce goes on at the end because we don't want it caramelizing on the meat."

The sauce has always been vinegar-based. After experimenting, they came up with a sweet vinegar sauce that includes tomato, sugar and honey, and they've used it in competitions since 1998. "It's made fresh all the time," says Patty Welten, Pat's daughter and manager of the restaurant. "We worked it until we had it just right. It has no additives, preservatives or MSG. Down south it's probably considered a dipping sauce because it's not very thick."

Besides consistency, Patty says their customer service is what keeps folks coming back. "You can have the best product in the world, but if you aren't offering it with the best customer service, you aren't going to grow. So, whether people are walking in here in a three-piece suit or sweatpants, they are welcome. We keep our prices affordable and are good to the girls that work for us. They don't earn typical waitress wages but make \$13 an hour. I think by doing

that, it puts their dedication here and they are concerned about what gets put on a plate."

All orders are prepared at a hot table in front of you, so you know where it comes from. Everything is made fresh and nothing is frozen. From the pork shoulder, to salmon during Lent, green beans, mac and cheese or corned beef, everything is smoked.

"If it's coming out of here, it's coming with smoke on it," says Patty. "We have a tiny oven for potatoes and cobblers, and everything else runs through the smoker."

The menu ranges from \$6.25 for a pulled pork sandwich to a sample plate for \$11 and contains a taste of each of their meats and two sides. A full rack of ribs is \$20. You can also buy meat by the pound, and sides by the pint, quart or gallon. Sides include homemade baked beans, potato salad, coleslaw (sweet vinegar style), pasta salad, smoked mac and cheese and grilled green beans. Salads and nachos are also on the menu.

The ribs are moist with just the right amount of smoke, and they are fall-off-the-bone tender. The pulled pork and beef brisket are moist and delicious, and if you order the rib tips, just dig in with your hands, they are a bit messy with a wonderful tangy sweet flavor. We tried several sides and loved them all. The grilled green beans are some of the best I've ever had, and the smoked mac and cheese took on just the right amount of smoke without overpowering the creamy goodness.

Pat's BBQ is on far north 14th Street at the corner of Industrial Park. They are open Tuesday through Saturday, and be sure to bring cash, they don't take cards. If you are interested in catering, contact Patty at pattywelten@gmail.com.









Despicable cow behavior

(This excerpt from William Gillespie's book Cows I Have Known was adapted for publication in Illinois Country Living by William Gillespie and Patty Gillespie.)

Despite being only 7 years old in 1988, I can clearly remember that summer. Dry! Even under the shade trees surrounding our old farmhouse, deep cracks formed in the dry ground of the yard where I played.

By July, our cows had grazed their pasture to shorter than astroturf. Dad had to resort to using hay to keep the cows fed. Yet, the June-harvested hay was needed for winter. Luckily, some big round bales were left over from the previous year. However, to show their disdain for being fed year-old hay, the cows came up with the game

of head-butting the bales.

They would stand there innocently chewing their cuds as Dad lowered the rear-mounted bale fork, eased forward, and allowed the hay bale to slide off. Then before he could hop off the tractor and manhandle the big metal bale ring into place, the cows would rush in and begin smashing and thrashing the bale. Dad yelling at them just made it more fun for the cows. Soon the bale would be reduced to a trampled mess of wasted hay. This was purely despicable cow behavior.

One day at lunchtime, Dad mentioned that he had noticed bumblebees nesting in one of the old bales. To my wonder, Dad's excitement over finding the nest of bumblebees was equal to my apprehension about that nest.



Bumblebees have always been a nemesis of mine. I don't really remember the exact details of my first encounter with them. I was just a toddler with a stick, poking at something, when I felt excruciating pain on my arm and then my leg. Mom, of course, came to my rescue but not before those bumblebees had stung me enough times to make me swell up, as my brother tells it, like the Stay Puft Marshmallow Man.

At the lunch table, Dad was telling his favorite bumblebee story. He says that as a young rascal he would go in search of bumblebee nests. He'd stir the nest with an old broken broom handle or a plaster lath. Then, whack! With quick swings he'd send those bumblebees, one after another, tumbling through the air. This was pure sport for him, and the threat of getting stung only added to the excitement.

As we finished lunch, Dad suggested we watch while he moved out hay; he had a plan.

Out in the pasture, instead of trying to quickly put the feeder ring on the bale as usual, Dad left the bale unguarded. We watched and sure enough, the game was on. The boss cow charged the bale. All of a sudden in mid-head butt, that big cow jerked back and let out a panicstricken "BLAAHHH!" She turned around and ran with her tail flipped up over her back and her udder swaying back and forth. Then she stopped short and looked back at the bale, as if she were trying to figure out what had just happened, and was promptly stung again. She

let out another "BLAAHHH," or some such cow expletive, and rushed headlong into the pond.

Seemingly oblivious, the other cows dashed in. Here was their chance to best the boss cow and be the supreme head-butting machine! A cow would attack the bale, get stung, let out a "BLAAHHH," and hightail it to the pond. Bumblebees were streaming out of that old bale, and the muddy pond was filling up with cows looking all pitiful with only their noses and ears above the water. It served those cows right for wasting so much hay in a dry year.

I looked over at my dad and he was laughing out loud. Mom got so tickled that she had to hold on to Dad to stay

For a time, we all forgot about the dry weather.

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1 Dianne Dooley

Illinois Electric Cooperative

We have three horses that get along great, and they were out in the yard together.

2 Riley Barker

Egyptian Electric Cooperative Association

Five-year-old Lyric visiting a horse barn for the first time.

3 Melinda Garner

Menard Electric Cooperative

Oh deer! There were five buck bachelors in the field. What a sight!

4 Jill Kirts

Norris Electric Cooperative

Going to feed my donkeys and saw this amazing photo opportunity.

5 Tracy Crawley

Spoon River Electric Cooperative

Fallen snow in the Gilson, III. area

6 Larry Sowers

Norris Electric Cooperative

Stars and a thunderstorm over eastern Jasper County.

*photo descriptions have been edited for clarity and space

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To submit a photo

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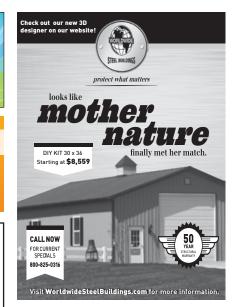
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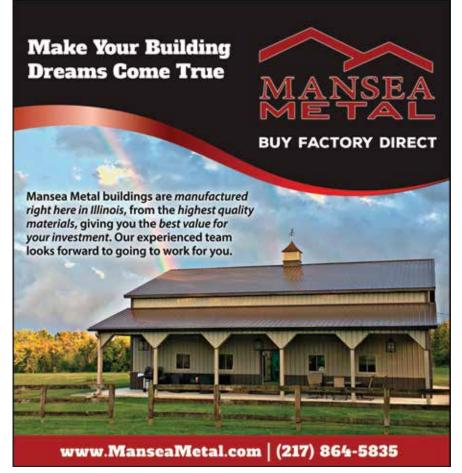
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Date Book





Spring Baby Shower

WHEN: May 12, 2018 – 10 a.m.-2 p.m.

WHERE: TreeHouse Wildlife Center, 23956 Green Acres Rd., Dow

COST: Free, family-friendly

CONTACT: Kelly at 618-466-2990 or www.treehousewildlifecenter.com

TreeHouse Wildlife Center cordially invites you to our annual Spring Baby Shower. Join us to celebrate with our native wild babies. View some of our clinic's current spring orphan patients. Participate in baby shower games, enjoy light snacks and refreshments, and support the care of these little ones. Baby animals are arriving at our center and donated supplies will help provide them the best care possible during their stay with us.

Victorian Grace Spring Fling



WHEN: May 19, 2018 – all day

WHERE: Victorian Grace Antiques & Accents,

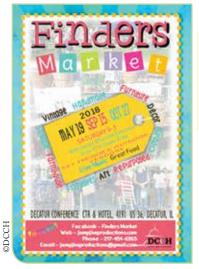
215 E. 3rd St., Prophetstown

COST: Free

CONTACT: Whimsy Pixie Paint at 309-242-7086

Take a trip back in time at this year's Victorian Grace Spring Fling. Featuring more than 50 vendors, the annual event has live demonstrations and music, a vintage photography booth, and activities for the kids, such as face painting, train rides and Victorian era games. With a wide variety of antiques and unique artisan items, this festival transports guests to the mid-19th century.





Finders Market

WHEN: May 19, 2018 – all day

WHERE: Decatur Conference Center & Hotel,

4191 S. 36th St., Decatur

COST: \$5, kids 12 and under are free **CONTACT:** Joy Snow at 217-454-6365

Held both indoors and outdoors, this is a vintage inspired, small business centered, flea market style shopping event. Talented vendors through the Midwest make, flip and pick the most unique, finely crafted and hard to find treasures. Spaces are filled with vintage, mid-century, handmade, flea market treasures, antiques, repurposed, salvaged goods and much more. Take a break at the outdoor gazebo overlooking the pond, listen to some feel good music, grab a bite to eat and register indoors for the all-day giveaways.



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