


# Illinois Country Living



*The cost of opioid addiction on rural Illinois*

 Association of Illinois  
Electric Cooperatives

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MAKING A DIFFERENCE  
Pollinator habitats

GREAT OUTDOORS  
Hen of the woods

PRAIRIE TABLE  
Decades of tradition

 CO-OP  
NEWS

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# Illinois Country Living

SEPTEMBER 2019  
VOLUME 77 • NO. 5

## 22 Pain, relief, addiction, repeat

The never-ending cycle of opioid abuse is stretching rural resources.

## 26 What's new with electric vehicles?

EVs are on the rise in the United States.

## 28 Making a difference for monarchs

Increasing efforts to enhance pollinator habitats.

## 30 Cheeseburger, cheeseburger

This month **PRAIRIE TABLE** visits Bill's Toasty in Taylorville.



## DEPARTMENTS

### 4 FIRST THOUGHTS

#### Back to school

Education never ends at your co-op.

### 6 CURRENTS

#### This month's highlights

News/Legislation/Trends/Tips

### 14 ENERGY SOLUTIONS

#### Insulating for comfort

Proper insulation increases comfort and saves money.

### 16 POWERED UP

#### Authentication

Adding multi-factor security.

### 18 SAFETY CHECK

#### The bird on a wire phenomenon

Why are they safe?

### 20 GARDENWISE

#### Drought tolerant perennials

These plants like it dry.

### 32 FINEST COOKING

#### Hand-held meals

Sandwiches are handy for meals on the go.

### 34 GREAT OUTDOORS

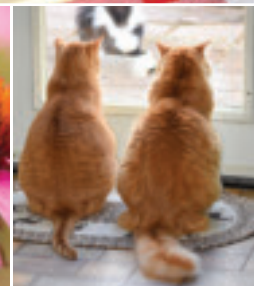
#### Fall mushroom hunting

Hen of the woods is an autumn delight.

### 38 SNAPSHOTS

#### Four-legged friends

Readers share photos of their beloved pets.



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 almost 189,000, the magazine informs cooperative consumer-members about issues affecting their electric cooperative and the quality of life in rural Illinois.

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

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**COOPERATIVE MEMBERS:** For address changes contact your local electric cooperative.

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

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## Electric co-ops continually learn to improve service for members

IT'S A NEW SCHOOL year and kids of all ages have begun a fresh year of learning! From kindergarten through college, students attend school to gain knowledge about a broad variety of subjects and learn new skills that will prepare them for the future. In a similar vein, Illinois' electric cooperatives are continually learning in order to advance technology that improves electric service, reliability, safety and in turn, enhances quality of life for members in their local communities.

Illinois' electric cooperatives keep abreast of industry trends because the energy sector rapidly changes. Innovations in technology and energy types fuel demand for more options. On the consumer front, people look for more ways to manage energy use with smart technologies. Consumers expect more convenient payment methods – whether through automatic bill pay, pre-pay, online or in person.

They work to help sift through the options for their members in ways that benefit the greater community. At the same time, they never lose sight of the top priority—providing safe, reliable and affordable electricity.

### Technology improves operational efficiency

For example, automated meter reading (AMR) technology automatically collects energy consumption data and transfers it from the electric meter to the co-op. Because this information can be collected remotely, it enhances the system's efficiency, helps control costs and improves work processes.

Similar to AMR, advanced metering infrastructure (AMI) is an integrated system of smart meters, communications networks and data management systems that enables two-way communication between utilities and consumers. In

the event of an outage, AMI helps distinguish between events that impact a single home or multiple outages. This is critical because resolving either issue requires a different process. The two-way communication is integral to AMI because it provides a means to verify that power has been restored after an outage. However, one of the biggest benefits from improved technologies, especially for outages caused by extreme weather, is pinpointing the outage location. This helps reduce risk for crews on the road during severe weather events.

In addition to providing essential information during major outages, your cooperative analyzes AMI data for anomalies including faults, damaged meters or energy theft. Detecting these problems early helps your cooperative save money and improve reliability for the whole community.

### Energy for the future

Consumer interest in green energy sources and renewables is at an all-time high. Nationally, the increasing use of solar energy is paving the way for new methods of generating and using electricity. In Illinois, community solar programs allow co-op members to share in a remote solar array that generates electricity from the sun. U.S. energy experts say we will not be able to meet national energy goals unless we increase our solar energy capacity.

That's why Illinois electric cooperatives continue to research how best to adjust our energy mix using an all-of-the-above mix of solar, wind, natural gas and coal.

Whether it's examining green energy options or exploring how emerging technologies can better serve members, for Illinois' electric cooperatives, the "school year" is never over. They will continue to learn from members about their priorities for the future and study and research the issues so they can better serve you, now and in the future. 💡



Anne Prince writes on consumer and cooperative affairs for the National Rural Electric Cooperative Association, the national trade association representing more than 900 local electric cooperatives.



# Eye Doctor Helps Illinois Legally Blind To See

*High Technology For Low Vision Patients Allows Many To Drive Again*



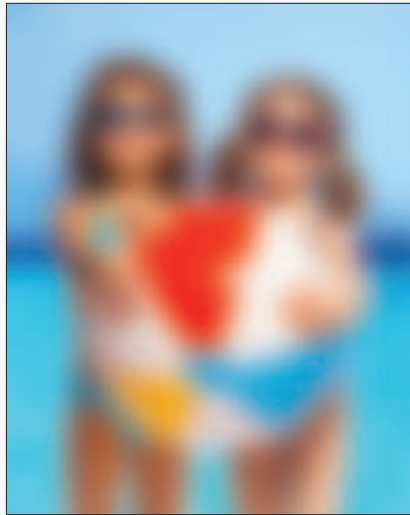
**F**or many patients with macular degeneration and other vision-related conditions, the loss of central visual detail also signals the end to one of the last bastions of independence: driving. A Mascoutah optometrist, Dr. Marianne McDaniel, is using miniaturized telescopes that are mounted in glasses 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](http://www.lowvisionofsouthil.com)

**1-618-566-8899**

Office located in Mascoutah, Illinois

**Marianne McDaniel, O.D.**

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

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## SEPTEMBER CHECKLIST

### Snack healthy.

Stock up on snacks you can easily grab such as fruits, vegetables, whole grain cereals, yogurt or milk.



**School routine.** Getting enough sleep is critical for a child to be successful in school. Set



a consistent bedtime and stick with it every night.

**Laundry tip.** Dry towels and heavier cottons separately from lighter-weight clothing. You'll spend less time running the dryer for the lighter items, which saves energy. **Source:** [energy.gov](http://energy.gov)



**Tip of the month.** Make sure your refrigerator door



seals are airtight for maximum energy efficiency. Test the seal by closing the door over a piece of paper

(so that it's half in and half out). If you can easily pull the paper out, your seal may need to be replaced or the latch may need to be adjusted. **Source:** [energy.gov](http://energy.gov)



## United effort to help electrify village in Guatemala

It may be hard to imagine living without electricity today, but it is a reality for many around the world. In October, Illinois electric cooperatives are partnering with those from Iowa and Wisconsin to help electrify a village in Guatemala.

The project, directed by National Rural Electric Cooperative Association (NRECA) International, will provide power to 42 homes, a school and health post in the village of Salinas 7 Cerros in north-central Guatemala.

In June, a technical team leader from each state visited the area to familiarize themselves with the project design and address any questions or concerns in order to determine the number of workdays required.

Shannon Davis (in red shirt), Tri-County Electric Cooperative, Inc., is the Illinois team leader. Davis and three other Illinois linemen will form a team of 12 with four linemen each from Iowa and Wisconsin electric cooperatives. Davis says he is excited for the



**It may be hard to imagine living without electricity today, but it is reality for many around the world.**

opportunity to help electrify the village. "It is a beautiful country and the villagers are proud of it," he says. "I can only imagine how much it will change in the years to come with access to electricity." 💡



For the latest currents news go to [www.icl.coop](http://www.icl.coop)

## Trump administration offers rule to manage power plant carbon emissions

The Trump administration recently issued a rule to reduce power plant carbon emissions. Known as the Affordable Clean Energy (ACE) rule, the new regulation will require power plants to work with state regulators to assess steps that can be taken to cut emissions through energy efficiency improvements.

America's electric cooperatives welcomed the new rule, noting that it is far preferable to an earlier and far costlier attempt to regulate carbon emissions that ultimately was put on hold by the Supreme Court.

"The ACE rule represents a more flexible path forward that will minimize the cost to consumers and preserve the reliability of the electric grid as electric co-ops work to promote a healthy environment and vibrant rural communities," said Jim Matheson, CEO of the National Rural Electric Cooperative Association.

"Electric cooperatives have invested billions of dollars in diverse energy sources and emission-reduction technology to meet the electricity needs of their local communities while protecting the environment," Matheson said. "The ACE rule gives electric cooperatives the ability to adopt evolving technology and respond to market and consumer demands while continuing to serve as engines of economic development for one in eight Americans."

Matheson stressed that the ACE rule will allow electric co-ops to ensure that affordable and reliable power remains available throughout communities like Dongola and Paris.



Prairie State Generating Campus

Power plant emissions have steadily declined due to market forces and evolving consumer expectations.

Nearly 60 percent of the electricity supplied by electric co-ops comes from low- or no-emission energy sources. Electric cooperatives have reduced carbon emissions 9 percent since 2009, even while increasing electric generation by more than 12 million megawatt-hours. And co-ops are investing in research to develop proven carbon capture, storage and reuse technologies that can extend the operation of coal-fueled power plants.

Electric cooperatives work hard to minimize the cost of new regulations to reduce the impact on electric rates for their consumer-members. In this instance, the ACE rule is consistent with the co-op mission to provide consumer-members with safe, reliable and affordable power, while continuing to reduce emissions and meet other important environmental goals. ♻️

Source: Dan Riedinger, NRECA

## Geothermal Exchange seeking coordinator



The Geothermal Exchange Organization (GEO), the national trade association representing the geothermal heat pump industry, seeks to fill the position of Electric Cooperative Coordinator. The position is responsible for the analyses of generation and transmission (G&T) and distribution cooperatives (DC) across the country resulting in the expansion of existing programs to promote the adoption of geothermal heat pumps (GHPs) or help cooperatives create new programs to incent cooperative members to install GHPs.

The position is responsible for creating and attending a schedule of electric cooperative conferences/meetings including, but not limited to, the NRECA annual meeting, targeted statewide conferences, and G&T and DC annual meetings. Extensive travel is required. The position will report to the President and CEO of GEO and work directly with the Utility Initiative Committee of GEO. Salary will be commensurate with qualifications and experience.

Interested candidates should send a resume and cover letter to Douglas Dougherty, President and CEO of GEO at [doug@geoexchange.org](mailto:doug@geoexchange.org). ♻️



## Why you receive Illinois Country Living from your co-op

Did you know Illinois Country Living magazine is provided to you by your local electric cooperative?

You get a copy of Illinois Country Living each month because it is the most convenient and economical way for your co-op to share information with its members.

Cooperatives are founded on seven co-op principles with the fifth principle being "education, training and information." To live up to this principle, Illinois' electric co-ops use Illinois Country Living to educate and inform their members. Each month, the co-ops publish information about co-op services, director elections, annual meetings, rate changes, energy-saving options, safety tips and more. Sending all that information in individual mailings would increase costs and add to your electric bill.

Many co-op members have a tendency to simply toss flyers and newsletters that only contain electric news. By weaving the electric information you need to know throughout an interesting magazine that covers a wide variety of interests, readership increases and you learn more about your cooperative.

By working with other Illinois electric cooperatives to publish part of the magazine, your local co-op can send all of this information to you at an affordable cost. ♻️



### Why vaccinate?

Parenting is an amazing, but often challenging, journey. With every milestone, you face new questions. How can you keep your child safe? How can you help them grow? The right choices aren't always clear.

Like many parenting topics, vaccination can feel overwhelming at first. The good news is there are clear recommendations backed by extensive research.

- Vaccination is a highly effective, easy way to keep your family healthy.
- On-time vaccination throughout childhood is essential because it helps provide immunity before children are exposed to potentially life-threatening diseases.
- Vaccines are tested to ensure that they are safe and effective for children to receive at the recommended ages. 💡

Source: cdc.gov

## Communities fighting Social Security fraud

Older people are at a greater risk of fraud and other forms of financial exploitation. The United States Postal Service has seen an increase in mail fraud and is promoting community strength and fraud awareness to prevent abuse. Social Security agrees. You can help your more vulnerable loved ones fight fraud.

You or a loved one might receive an advertisement in the mail, but it could be from a private company or even a scammer. United States law prohibits people or non-government businesses from using words or emblems that mislead others. Their advertising can't lead people to believe that they represent, are somehow affiliated with, or endorsed or approved by Social Security.

Scammers commonly target people who are looking for Social Security program and benefit information. If you receive misleading information about Social Security, send the complete advertisement, including the envelope it came in, to: Office of the Inspector General Fraud Hotline, Social Security Administration, P.O. Box 17768, Baltimore, MD 21235.

The more you know about what your loved ones are exposed to, the better you can protect them.

We also receive reports where someone pretending to be a Social Security employee has contacted members of the public. The intent

of this type of call may be to steal your identity and/or money from your bank accounts. They may state that your Social Security number will be suspended, or they may demand immediate payment. The caller generally asks you for personal information such as your Social Security number, date of birth, your mother's maiden name, or your bank or financial account information. You should not provide any of



this information to these individuals.

Remember, Social Security employees will never threaten you or demand any kind of payment in exchange for services.

It's important to report any and all fraud. This can only strengthen our communities and your family. You can report Social Security fraud at [oig.ssa.gov/report](http://oig.ssa.gov/report). 💡

Source: Social Security Administration

## ELECTRICAL SAFETY CHECKUP: Switches and Outlets

- Are any switches or outlets warm to the touch?**  
→ That could indicate an unsafe wiring condition.
- Are any outlets or switches discolored?**  
→ It could mean a dangerous heat buildup.
- Do plugs fit snugly into outlets?**  
→ Loose-fitting plugs can cause overheating and fires.





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## Always remember, never forget

Since 2017, the Gold Star 500, an annual endurance cycling event, has honored the service and sacrifice of nearly 300 servicemen and women from Illinois who gave their lives in Iraq and Afghanistan.

Gold Star Mission, a 501(c)3 organization, hosts the event to preserve the memory of those fallen heroes who made the ultimate sacrifice while protecting and aiding people of foreign lands – people they likely never knew or met.

On Sept. 23, a team of primarily veterans and service member bicyclists will begin a 500-mile journey traveling through central, northwestern and northern Illinois. In past years they have traveled in southern and central Illinois. The five-day journey will take them through many of the communities where those fallen heroes served including towns such as Marseilles, Dwight, Pontiac, Bloomington/Normal, Peoria, Galesburg, the Quad Cities, Rock Falls, Rockford, Woodstock and St. Charles.

The intent of the ride is to carry the torch of personal sacrifice in honor of those service members, carry on their stories, their courage and to honor the legacy of their names.



Cycling for 500 miles in five days sounds daunting; the ride will be difficult and arduous. Each day the riders will experience the extreme discomfort of cycling great distances, but the discomfort is a reminder of the pain and suffering endured by those fallen service members, their Gold Star families, teammates and communities.

The riders start and finish the ride together, experience pain and joy together, exemplifying the military mentality of teamwork.

Gold Star Mission, through the Gold Star 500, raises funds through generous donations to help provide scholarships to help those in need and are named in honor of those

servicemen and women, thus preserving their names forever.

Over the past two years, more than 60 - \$1,000 scholarships have been awarded. To learn more about Gold Star Mission, the ride and how you can contribute to its mission, go to [goldstarmission.org](http://goldstarmission.org).

You are welcome to cheer the riders on along their journey. 📍

Source: Gold Star Mission



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# SEPTEMBER Datebook

LET'S GO!

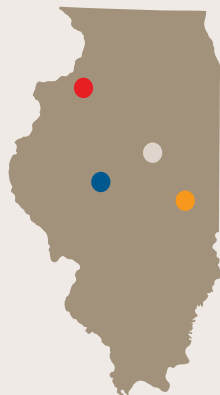
**7**  
**Friends & Family of the Farm**  
 NORMAL  
 Working farm with family fun activities

**7**  
**Smiley Family Farm Pumpkin Patch**  
 INDUSTRY  
 Opens for season

**14**  
**Finders Fall Market**  
 DECATUR  
 Treasure shopping

**28**  
**7th Annual Fall Craft/Vendor Fair**  
 MULKEYTOWN  
 Arts and crafts

For more information, a complete listing of events or to submit an event, visit [icl.coop/datebook](http://icl.coop/datebook).



## 49th Annual Broomcorn Festival

**SEPTEMBER**  
**6-8** Visitors can see broom making, broom activities, arts and crafts vendors, free entertainment, great food, and a gigantic parade featuring the Lawn Rangers, a local precision lawn mower drill team. The event honors Arcola's position in the late 19th century as a center of broomcorn production.

Sept. 6-8, 2019; all day  
 ● Downtown Arcola  
 Admission is free  
[www.arcolachamber.com/broomcorn-festival](http://www.arcolachamber.com/broomcorn-festival)

## Geneseo Quilt Guild's Biennial Quilt Show

**SEPTEMBER**  
**13-14** Check out the wide array of quilts on display, vote for your favorite and be sure to enter the raffle to win a beautiful handmade quilt valued at \$1,700. There will be raffle baskets of goodies, vendors, quilt appraisals, bed turning and quilters' treasures. Quilter Flo Lynn and her work will be featured. Lunch is available.

Sept. 13-14, 2019; Fri. 9 a.m.-5 p.m., Sat. 9 a.m.-4 p.m.  
 ● Geneseo Community Center, 541 E. North St., Geneseo  
 Admission is \$5



## 14th Annual McLean Co. Barn Tour

**SEPTEMBER**  
**14** Take a drive on the Lexington Memory Mile, a remnant of old Route 66 and visit a variety of old barns. The Welcome Center is at Church of Christ Uniting, 108 N. Pine St., Lexington (open 9 a.m.-2 p.m.) and Kelly's 66 Café on Rte. 66 will be serving a "barn tour special" beginning at 11 a.m. Barn Keepers is an Illinois-based, not-for-profit organization devoted to the documentation, preservation, restoration and celebration of area barns.

Sept. 14, 2019; 9 a.m.-4 p.m., rain or shine  
 ● Lexington and Money Creek Townships  
 Admission is \$20 per carload, \$15 for members  
[www.barnkeepers.org](http://www.barnkeepers.org), Facebook or 309-475-6951

## Alpaca Farm Days

**SEPTEMBER**  
**28-29** Learn more about alpacas at this fun family event. Pet these docile animals and learn about their care and processing of their fiber. Activities include fiber demonstrations and kid's activities. Alpaca products will be for sale.

Sept. 28-29, 2019; 11 a.m.-3 p.m.  
 ● Alpacas of Indian Point Hills, 17229 Vaneman St., Petersburg  
 Admission is free  
 217-632-2590







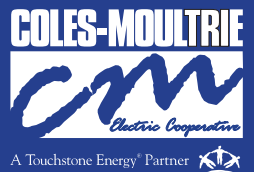
Touchstone Energy®  
Cooperatives

# DRIVE ELECTRIC

The average electric vehicle can save a driver who drives 15,000 miles in a year about \$850 annually on fuel. All-electric vehicles start to pay for themselves a long time before they reach the end of their expected lifespans, leading to significant savings over time.

-Fleet Carma

CONTACT YOUR LOCAL CO-OP FOR MORE INFORMATION.



A Touchstone Energy® Partner

## HARVEST SAFETY TIPS FOR FARMWORKERS

- **Maintain a 10-foot clearance** around all utility equipment in all directions.
- **Use a spotter and deployed flags** to maintain safe distances from power lines and other equipment when doing field work.
- **If your equipment makes contact with an energized or downed power line, contact us immediately** by phone and remain inside the vehicle until the power line is de-energized. In case of smoke or fire, exit the cab by making a solid jump out of the cab, without touching it at the same time, and hop away to safety.
- **Consider equipment and cargo extensions of your vehicle.** Lumber, hay, tree limbs, irrigation pipe and even bulk materials can conduct electricity, so keep them out of contact with electrical equipment.

*Source: Safe Electricity*



AMERICA'S ELECTRIC  
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# DRIVE ELECTRIC

The average electric vehicle can save a driver who drives 15,000 miles in a year about \$850 annually on fuel. All-electric vehicles start to pay for themselves a long time before they reach the end of their expected lifespans, leading to significant savings over time.

-Fleet Carma

CONTACT YOUR LOCAL CO-OP FOR MORE INFORMATION.

## Insulating for comfort and energy savings

**Dear Pat and Brad: We're dreading winter. It feels like every year, no matter what we do, our home still feels cold and our heating bills go through the roof. We think our home may need more insulation. Any advice before winter hits? – Grace**

**DEAR GRACE: THERE'S A** good chance you are right about the problem. Most older homes, and many newer ones, are not properly

insulated, and adding insulation can be a good investment year-round since it can help keep out the summer heat as well.

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**It's a good idea to seal up air leaks before you add more insulation.**

This column was co-written by **Pat Keegan and Brad Thiessen** of Collaborative Efficiency. For more info, visit [collaborativeefficiency.com/energytips](http://collaborativeefficiency.com/energytips).



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Customer Rating **★★★★★**

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**RAPID PUMP® 1.5 TON LIGHTWEIGHT ALUMINUM FLOOR JACK**

• Weighs 34 lbs.

Customer Rating **★★★★★**

~~\$79.99~~ **NOW \$59.99**

COMPARE TO K TOOL **\$151.42**  
 MODEL: KT163094

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**HARDY** **SUPER COUPON**

**POWDER-FREE NITRILE GLOVES**

PACK OF 100 • 5 mil thickness

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COMPARE TO VENOM **\$14.97**  
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32069229

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**PORTLAND** **SUPER COUPON**

**7 AMP ELECTRIC POLE SAW**

9.5" BAR • 6 ft. to 8 ft. 10"

Customer Rating **★★★★★**

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COMPARE TO WORK **\$99.98** **SAVE \$39**  
 MODEL: WG309

ITEM 68862/63190/56808/62896 shown

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**HaulMaster** **SUPER COUPON**

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ITEM 62515/66911 shown

32092540

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**PREDATOR** **SUPER COUPON**

Customer Rating **★★★★★**

**3500 WATT SUPER QUIET INVERTER GENERATOR**

- 212 cc OHV engine, 6 HP
- 11 hour run time

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COMPARE TO HONDA **\$2,019** **SAVE \$1,319**  
 MODEL: EU3000IS1A

ITEM 56720/63584 shown

32098948

LIMIT 1 - Coupon valid through 1/1/20\*

**CHICAGO ELECTRIC POWER TOOLS** **SUPER COUPON**

**RECIPROCATING SAW WITH ROTATING HANDLE**

Blade sold separately.

Customer Rating **★★★★★**

~~\$29.99~~ **NOW \$19.99**

COMPARE TO PORTER-CABLE **\$59.98** **SAVE 66%**  
 MODEL: PCE360

ITEM 65570/61884/62370 shown

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LIMIT 3 - Coupon valid through 1/1/20\*

**CENTECH** **SUPER COUPON**

**AUTOMATIC BATTERY FLOAT CHARGER**

Customer Rating **★★★★★**

~~\$9.99~~ **NOW \$4.99**

COMPARE TO SCHUMACHER ELECTRIC **\$30.41** **SAVE 83%**  
 MODEL: SCT1

ITEM 69955/64284/42292 shown

32145532

LIMIT 2 - Coupon valid through 1/1/20\*

**ZURICH** **SUPER COUPON**

**OBD2 CODE READER WITH ABS ZRT11**

Customer Rating **★★★★★**

~~\$139.99~~ **NOW \$119.99**

COMPARE TO BOSCH **\$169.99** **SAVE \$50**  
 MODEL: OBD1150

ITEM 63807

32149008

LIMIT 1 - Coupon valid through 1/1/20\*

**HaulMaster** **SUPER COUPON**

**4 PIECE, 1" x 15 FT. RATCHETING TIE DOWNS**

Customer Rating **★★★★★**

• 400 lb. working load

~~\$12.99~~ **NOW \$6.99**

COMPARE TO KEEPER **\$22.80** **SAVE 69%**  
 MODEL: 5505

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**6 GALLON, 150 PSI PROFESSIONAL OIL-FREE AIR COMPRESSOR**

• Air delivery: 2.5 CFM @ 90 PSI

Customer Rating **★★★★★**

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 MODEL: DWFP55126

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**HaulMaster** **SUPER COUPON**

**3/8" x 14 FT., GRADE 43 TOWING CHAIN**

• 5400 lb. capacity

Customer Rating **★★★★★**

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COMPARE TO MIBRO **\$64.99** **SAVE 69%**  
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**BADLAND** **SUPER COUPON**

Customer Rating **★★★★★**

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- 11-1/8" L x 4-1/2" H

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COMPARE TO SUPERWINCH **\$189.99** **SAVE \$140**  
 MODEL: 1125220

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LIMIT 2 - Coupon valid through 1/1/20\*

**PITTSBURGH** **SUPER COUPON**

**9 PIECE, 1/4", 3/8" AND 1/2" DRIVE WOBBLE SOCKET EXTENSION SET**

**LIFETIME WARRANTY**

Customer Rating **★★★★★**

~~\$14.99~~ **NOW \$9.99**

COMPARE TO KLUTCH **\$22.99** **SAVE 56%**  
 MODEL: 40033

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# Is it really you?

Adding extra security with authentication

**HAVE YOU EVER HEARD** the terms multi-factor authentication or two-factor authentication? You have likely been prompted by your phone or cloud-based service to turn on two-factor authentication. Let's look at what this multi-factor thing is all about.

to unlock an office door or open a security gate, this is also considered something you have. If one of these items happen to be compromised, it is relatively easy to replace.

**Something you know:** The most common one here is a password, although it could include a

are also unique. The specific way you type on a keyboard, the way you walk, your facial gestures and even your voice can all be used to identify you.

Typically, biometrics are hard to steal, fake or imitate, unlike passwords. They are part of who we are, which makes them easy and convenient to use. On the other hand, if your fingerprint is compromised, it's difficult to replace.

Multi-factor authentication is any time we utilize more than one of these factors. I do want to clarify a common misconception. A username AND password are NOT two-factor authentication. Your username simply identifies WHO is trying to authenticate.

For instance, if am required to use my fingerprint, then provide a password along with a one-time security pin that was texted to my phone, that would be considered three-factor authentication, something I am (fingerprint), something I know (password) and something I have (one-time pin from text message).

In today's world, any one factor is susceptible to compromise. By combining more than one factor, it is easy to understand why this is becoming the preferred method of truly secure authentication. The next time you are asked if you would like to turn on multi-factor authentication, take the few extra steps to set things up in order to keep your identity and data more secure. 💡

## Multi-factor authentication



**Something you have**



**Something you are**



**Something you know**

There are basically three factors or types of authentication. This includes something you have or possess, something you know, and something you are. Location is now being integrated as a fourth factor in authentication but is self-explanatory, so we won't be covering it here. Let's break down what each one means, why it is important and how they can work together to provide better security.

**Something you have:** This is probably the simplest and easiest to use. It includes items like your house key, document, or a card like your driver's license or work badge. If you use a proximity card

passphrase, an answer to a security question or a pin code like you might use for a debit card. This has become probably the least secure method of authentication but is easy to replace or a new password, passphrase or pin number can be generated.

**Something you are:** This is where things get interesting. Most of us are familiar with the term "biometrics," usually associated with fingerprint readers, iris scanners and facial recognition we use on our phones. This factor is unique to you based on your genetic makeup. Interestingly, it can also include behavioral attributes that



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Dan Gerard, CISSP, is the Chief Technology Officer for the Association of Illinois Electric Cooperatives in Springfield.



# Will Big Pharma Block This Non-Prescription Anti-Aging Pill From Being Sold?



**A Major Breakthrough in Aging:** The active compound in AloeCure has been shown to trigger a phenomena in the body where it begins to repair itself.

A new pill proves aging might not be the inevitable process we thought it was. Uses the body's own immune system to revitalize old cells.

**US** - Researchers say they may have just caught their first big break while experimenting on a newly discovered anti-aging compound that shows to have more positive effects on wellness and longevity than virtually all anti-aging ingredients known to exist.

When taken orally, the compound, a plant-based extract, was shown to rejuvenate elderly cells all over the body. Even more remarkable, it targeted the weakest, most vulnerable cells first.

The result was so profound that the extract was immediately formulated into a pill.

And after extensive testing on results and being free of adverse effects, it has been approved for nationwide release. Millions have already been sold.

## Combats the Side Effects of Aging You Hate

Sold under the brand name **AloeCure**<sup>®</sup>, research shows that its primary ingredient helps protect users from the most serious side effects of aging including declining brain, heart, and immune function. It has also been found to combat the visible signs of aging, reducing fine lines and wrinkles while restoring elasticity of the skin.

According to its creators, the secret to its almost unbelievable anti-aging effects is its multiple mechanisms of action. Studies have found it can neutralize the oxidative stress which accelerates aging, protect the DNA responsible for continually renewing the body and even reinforce the part of the skin that keeps bacteria and airborne illness out.

These amazing health-restoring effects are directly linked to the pill's active ingredient, the recently discovered plant-based extract, which acts as a powerful immune modulator.

In laymen terms, an immune modulator throws the immune system into high gear, sending special cells to parts of the body which need them most.

These immune cells work in a number of ways, but the one that have scientists most excited is their effect on inflammation.

"Once your cells *catch fire*, the aging process accelerates. And like a forest fire, by the time its controlled, it's already too late", explains Dr. Liza Leal, a spokesperson for **AloeCure** as well as one of the researchers who participated in its development.

"That's what makes **AloeCure** so amazing. It triggers this phenomenon where the immune system fires on all cylinders, gathering every resource the body has to offer before sending

them to parts of the body which need them most".

"If your joints are burning, it sends relief. If indigestion is ruining your life, it calms it. Wherever inflammation is hiding, it will find it", she continues.

## Anti-Aging Researchers Catch a Huge Break

Dr. Liza Leal says her commitment to **AloeCure** came after experimenting with Aloe Vera Extract at her private practice.

Although it was intended for her patients with indigestion, reflux, and other gastro issues, she began noticing other changes in their health other than digestive relief.

"At first, I thought it was just coincidence. But then, patient after patient began raving about these phenomenal improvements in their health", explains Leal.

"I was astounded. They were in less pain, had more energy, and were sick less often. They have seemed to have a more youthful appearance, especially in regard to their hair and nails."

"I dug a little deeper into aloe vera extract and stumbled on something remarkable, what I consider our first big break in anti-aging research.

"No other natural or lab developed compound can replicate the unique properties that work with the immune system like this."

## An Amazing Age-Reversing Effect

**AloeCure** is an easy to take capsule that has no harmful side effects and it does not require a prescription.

"The active ingredient is a compound only found in Aloe Vera and it's called *acemannan*. Each capsule delivers the highest levels of the world's most bioavailable *acemannan* known to exist."

Your body has millions of cells called macrophages, these are a very important part of your immune system. These cells act as both defenders of your tissues and directors of your immune system. But in order for these cells to

### **AloeCure: A groundbreaking breakthrough that helps give you...**

- **Longer lasting endurance**
- **Higher morning and night energy levels**
- **A more youthful appearance**
- **Sharper, clearer thoughts**
- **Faster thinking**
- **Better protection from illnesses associated with aging**

"work", they need to be fed.

The *acemannan* is like "superfood" for your immune system. Thought to be the best compound in existence because they are just the right size to activate your macrophages, boosting your immunity through the roof.

Once activated, these immune cells patrol your body looking for age-accelerating inflammation and put it out! As inflammation subsides, the body, brain, heart, lungs, liver, skin, hair and nails among other systems - is revitalized.

## A History of Health and Beauty

Studies confirm *acemannan* allows your body to heal itself and can target multiple problem areas as once. In the last 10 years there have been over 690 related publications, 69 of which were human clinical trials including skin aging and protection, wound healing, bioavailability, digestive, and immune functions. The results show fully that *acemannan* is beneficial for reducing wrinkles and increasing elasticity, maintaining health cholesterol and managing oxidative stress, digestive issues including regularity, and supporting the immune system.

## A Complete Health Turnaround

**AloeCure** is an exciting new anti-aging pill that's now helped thousands of people reclaim their energy, vitality, and youth regardless of age or current level of health.

With daily use, it can help you look and feel decades younger and defend against all of the illnesses that accompany aging and can make life hard.

Readers can now regain boundless energy, new vigor and physical capabilities that they once experienced in their youth.

## Risk- Free Supply of AloeCure For Readers

Due to the enormous interest consumers have shown in **AloeCure**, in addition to great return promotion, the company has decided to extend their nationwide savings event for a little while longer. Here's how it works...

Call the **AloeCure** number and speak to a live person in the US. Callers will be greeted by knowledgeable and friendly person approved to offer up to 3 FREE bottles of **AloeCure** with your order. **AloeCure's** Toll-Free number is **1-800-746-2899**. Only a limited discounted supply of **AloeCure** is currently available.

Consumers who miss out on the current product inventory will have to wait until more becomes available and that could take weeks. They will also not be guaranteed any additional savings. The company advises not to wait. Call **1-800-746-2899** today.



PHOTO COURTESY OF MAURICE SHALLOW

## Birds on a wire

**WHILE IT IS SAFE** for a bird to sit on an overhead power line, it is not safe for people to be near overhead power lines. So how can birds sit on a power line unharmed? Safe Electricity reveals insights into the “bird on a wire” phenomenon and separates fact from fiction.

In order for an electrical charge, or electrons, to move from one spot to another, it must be in contact (or sometimes close proximity) with conductive material that has at least two different points of potential. Electrons will move toward lower potential. That is why it is said that electricity is always looking for a path to ground (lower potential).

A bird remains safe because it is sitting on a single wire and is at one point of contact—and consequently one electrical potential. If the bird sitting at this one potential was to also make contact with another object of different potential, that bird would be completing

a path to ground, causing severe electric shock or electrocution. For larger birds with wider wingspans, reaching and touching another cable is a real hazard.

Being in close proximity to overhead power lines is also a serious hazard for people. The utility professionals who work near overhead power lines must wear appropriate safety clothing, use tested safety equipment, and take training to be able to do the installation, maintenance and repair work they do. It is vital that safety equipment is regularly tested as even non-conductive materials, such as rubber, wood or plastic can conduct electricity if damp, dirty or damaged.

It is a myth that all power lines are insulated with a protective coating that prevents shocks. Most power lines are not insulated. The coating on lines is for weather proofing and will not offer any protection from the electrical current.

Safe Electricity urges people to be aware of their surroundings and shares the following safety tips:

- Always look up and look out for overhead power lines.
- Keep yourself and any equipment at least 10 feet away from power lines.
- Remember that getting too close to a power line, even without touching it, is very dangerous.
- Avoid working directly under power lines.
- When working with tall equipment such as ladders, poles or antennas, carry them in a horizontal position as to not risk making contact with overhead lines.
- Always assume that power lines, even if they have come down, carry an electrical charge.

To learn more about electrical safety, visit [SafeElectricity.org](http://SafeElectricity.org).💡



Molly Hall is the director of Safe Electricity. Email [molly-hall@SafeElectricity.org](mailto:molly-hall@SafeElectricity.org). Safe Electricity is a public awareness program of the Energy Education Council. [EnergyEdCouncil.org](http://EnergyEdCouncil.org)





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## Drought tolerant perennials for your landscape

**WE WERE CERTAINLY BLESSED** with a fair amount of rain this spring, but as it goes most summers, what follows are several months of hot and dry weather. Drier conditions in the garden mean that as gardeners we're pulling out the garden hoses, watering cans and sprinkler systems.

Most garden plants will thrive on an average of one inch of water per week and when mother nature doesn't supply that, we look to start watering ourselves. A simple step to conserve water usage in your landscape is to select drought-tolerant plants.

Many drought-tolerant plants have built-in features to minimize water loss and maximize water uptake such as the small leaves or needles on evergreens. Another sign of drought tolerance is leaves covered with a heavy accumulation of wax such as that seen on white fir (*Abies concolor*). This wax serves to conserve water within a plant.

The presence of fine hairs on the leaves of some plants, like silver sage (*Salvia argentea*), is another adaptation that traps moisture at the leaf surface. Drought tolerant plants like false blue indigo (*Baptisia australis*), and many of our other native Illinois perennials, have deep roots that pull in moisture well below the soil surface.

When planting a bed of perennials that come back year after year,

you can be selective on which species you place in the landscape. Once a good root system is established after a few years, there are many perennial beds that will need hardly any additional water added beyond the natural rainfall.

Here are a few of my favorite drought tolerant perennials to add to your garden beds:

**Butterfly Weed** (*Asclepias tuberosa*) – A wonderful Illinois native milkweed species that is a host plant for the monarch caterpillar that grows in a clump 1 to 3 feet tall and features clusters of bright orange to yellow-orange flowers. It grows best in full sun.

**Blue False Indigo** (*Baptisia australis*) – An upright perennial with purple/blue blossoms, it flowers in spring in 12-inch clusters above a mound of bluish-green leaves with ornamental black seed pods. It likes full sun to part shade.

**Barrenwort** (*Epimedium* sp.) – This tough, slow growing groundcover is good for dry, shady areas, even under large trees. The spring flowers range from white and yellow to red and purple. Blooms rise on little stems above foliage.

**Catmint** (*Nepeta* sp.) – Easily grown in average, dry soils in full sun to part shade, catmint features gray-green leaves and pale lilac to deep

violet flower clusters. It thrives in dry soils and is very tolerant of drought.

**Prairie Dropseed** (*Sporobolus heterolepis*) – Native grass with arching foliage, it mounds to 15 inches tall and 18 inches wide. Foliage turns golden with orange hues in fall, fading to light bronze in winter. It tolerates a wide range of soils and is quite drought tolerant.

**Purple Coneflower** (*Echinacea purpurea*) – This Illinois native perennial is easily grown in average soil in full sun to part shade. Its showy daisy-like purple coneflowers bloom throughout summer atop stiff stems. It is tolerant of drought, heat, humidity and poor soil.

**Russian Sage** (*Perovskia* spp.) – A woody perennial which typically grows 2 to 4 feet tall in full sun, it has fine, aromatic gray-green leaves with light blue flowers in large panicles.

**Stonecrop** (*Sedum* spp.) – Groundcover species or tall, upright plants that grow best in full sun, the lower growing species is tolerant of partial shade. This succulent foliage can be variegated, bronze, reddish-purple, green or blue-gray.

**Yarrow** (*Achillea* sp.) – Easy to grow with several selections, the fern-like foliage is topped with large, flat blooms in shades of yellow, pink and red and blooms in late spring to mid-summer. Plant in full sun. ♡



Candice Hart is a Horticulture Educator with University of Illinois Extension serving DeWitt, Macon and Piatt counties. She is also a Certified Floral Designer, Illinois Certified Professional Florist and is an award winning floral designer.





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By Les O'Dell

## *The cost of opioid addiction on rural Illinois*

**GROWING UP IN HAMILTON, Ill.,** Jerome Lee just wanted to play basketball. A three-sport athlete, his future was as open for him as an undefended layup. Then, between seventh and eighth grade, he broke his ankle. It was the first of several injuries. It was the first time he was prescribed painkillers.

Lee didn't want to be in pain, and he didn't want to become addicted. Like thousands of others across Illinois, one pill led to another, one prescription led to another and one addiction led to another.

That first prescription was for an opioid – a class of highly-effective pharmaceuticals such as oxycodone, codeine or hydrocodone. Like illegal opioids, these pain relievers are highly addictive – something providers who wrote prescriptions were not originally aware of. Only in the last few years has the addictive nature of the pills and the widespread abuse of opioids become apparent.

According to the National Institute on Drug Abuse, more than

47,000 Americans died in 2017 from opioid overdoses, including both prescribed medications and illegal opioids such as heroin. As many as 29 percent of patients prescribed opioids for chronic pain eventually misuse them.

"It used to be that if you were in pain, you were prescribed opioids," explains Angie Bailey, system director of community health for Carbondale-based Southern Illinois Healthcare. "Later, we heard people were becoming addicted and it was all without the prescribers really understanding how addictive they were, and how quickly someone could become addicted."

Opioids are still often prescribed for chronic pain or as a post-surgery pain killer because of their effectiveness. However, earlier this year the Center for Disease Control began recommending non-opioid approaches as the first step in pain relief.

"You just have to realize that primary care providers historically have been trained and encouraged

to do all they can to manage people's pain," explains Angie Hampton, CEO of Egyptian Health Department which serves Gallatin, Saline, Wayne and White Counties.

Hampton says that desire to help their patients led to prescriptions for medicines that the physicians themselves, and definitely not the patients, knew could be addictive.

The truth is that as many as 12 percent of patients develop an opioid-use disorder.

"We hear stories all the time about how a young high school kid gets a sports injury and becomes addicted to their pain meds. A few years later, they're addicted to other drugs, and it just spirals as an unintentional consequence," Bailey explains.

Just as for Jerome Lee, taking pain pills every day for years led to more.

"I went from an opioid addiction to a methamphetamine addiction that ended up landing me in prison," he says, adding that he tried meth for the first time not long after



graduating from high school. “It went hand-in-hand with the pills.”

Even after the complete reconstruction of his ankle led doctors to tell Lee he no longer would need pain medicine, he continued to take the drugs.

“That’s when I realized I ‘needed’ the pills,” he recalls. “I used them for years to subdue my emotions and my feelings.”

Lee’s addiction was greater than any prescription he had, so he turned to illegally buying prescriptions from other people.

“It was easier for me to go out and buy them on the black market than it was to talk doctors into giving them to me,” he says.

Adding marijuana and alcohol to the mix, as well as meth, Lee’s life began a downward spiral. He lost his family due to divorce and had a \$700 per day drug habit. To keep it up, he began dealing drugs. Only an arrest, two years in prison and a renewed faith helped him get clean.

Today, he works with the Hancock County Addiction Coalition bringing an addict’s perspective to programs and speaking to groups and students about the dangers of opioids and other drugs.

“When I got out, the first thing I did was go to the sheriff’s office and ask, ‘Do you do anything with DARE (Drug Abuse Resistance Program) or anything? I want to help somewhere.’ The sheriff sent me to a meeting of the coalition.”

Groups like the coalition are working across the state to battle the opioid crisis, especially in rural areas.

“I don’t know if opioid abuse is more prevalent in rural areas or not, but I can tell you that we know about it more often because in these areas with smaller populations we know everybody, and everybody knows everybody’s business,” adds Kristin Parks, clinic practice manager for Ferrell Hospital in Eldorado.

**Lee’s addiction was greater than any prescription he had, so he turned to illegally buying prescriptions from other people.**

She says the lack of population may make area residents more prone to abusing opioids.

“We have to realize that we have very few [medical services] for our young and elderly,” she begins to explain. “If you fall and break your back and are in metropolitan Chicago, you could go two blocks one way to see your physical therapist and you might be able to go two blocks the other way for the occupational therapist. You might not even have to leave the building to see a neurosurgeon. Here, our patients travel no less than one

hour in any direction to be seen at a larger facility. When you have no resources to offer and the limited finances they deal with – some of them don’t even have a car – trying to get from here to a larger hospital is just impossible. So they take to medicating themselves however they can.”

### A snowball

The problems of the opioid crisis reach far beyond individual patients and their families. Opioids are putting a burden on health care systems, social services and law enforcement.

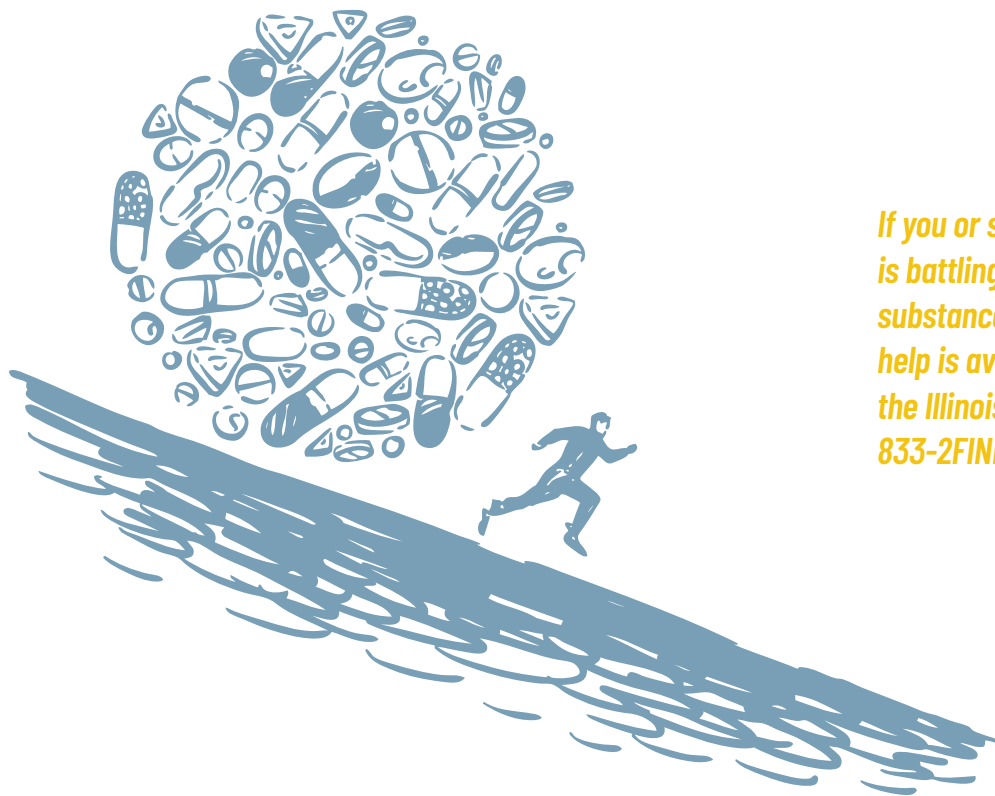
“I’ve really seen an increase in opioids in the last five years,” says Jasper County Sheriff Brandon Francis. “We don’t have that many resources, but we spend a considerable amount of time dealing with all kinds of issues that stem from opioids.”

Francis says his department sees opioids as a part of many other problems.

“We are dealing not just with opioids but with a lot of other things that come with it,” he says. “It is very common that people who are on opioids are committing other crimes. It’s different in every case, but it can lead to burglaries, domestic situations or cases where we have to call in the Department of Child and Family Services. It’s like a snowball.”

Woodford County Deputy Jail Superintendent Dennis Wertz says





**If you or someone you know is battling an opioid or other substance abuse addiction, help is available by calling the Illinois Helpline at 833-2FINDHELP.**

another challenge for law enforcement is the needs of incarcerated addicts. “As far as corrections goes, we get a lot of people here [in the county jail] who are going through withdrawals and we have to start them on a medical protocol to deal with the withdrawals,” he says.

He adds that patrol officers must carry naloxone, a treatment for opioid overdose, and know how to administer the drug.

Opioid abuse reaches across the community says Anna Jurich, executive director with Gateway Foundation, a drug and alcohol abuse treatment organization with 14 locations throughout Illinois.

“There is a huge impact on our communities, and to society in general, as far as the cost of people being unemployed, cost for the medical concerns, problems with needles that are potentially sabotaging our playgrounds, and the families that are impacted,” she says.

#### **Strain on rural communities**

Perhaps nowhere is the burden of opioid abuse felt as strongly as it is in health care settings.

Bailey says a statewide prescription monitoring program is now in place so that physicians and other medical personnel can make certain that patients are not receiving prescriptions for opioids from multiple providers. The effort works through a cooperative effort of health care providers and pharmacists.

She says her health care system has also developed a “warm hand-off” program where patients in the emergency department with a substance abuse problem can immediately be referred to a counselor from a drug treatment facility.

Sometimes finding and making referrals to treatment options is difficult.

“The biggest challenge we have is that we don’t have enough detox facilities,” explains Ada Bair, CEO of Hancock County UnityPoint Health – Memorial Hospital in Carthage. “One of the biggest strains on our emergency department is that no matter what the substance is, we have to find a

place that will accept them and transfer. Because we are a small hospital, we are not equipped to keep them to detox and help them start recovery.”

“You have to be able to find a place for them to go for rehab and then make sure your community has support for when they come back. That’s one of the biggest pitfalls,” she adds. “If you don’t have that, they recycle right back into the addictive mode. Recovery is not a short-term thing.”

Health care leaders add that medical providers are taking a leading role in finding alternatives to prescribing opioids. Many are turning to physical therapy or other treatment options instead of pain killers. New surgical methods such as robotic-assisted surgery requires smaller incisions, requiring less treatment of pain.

“Our emergency department providers are taking a very strong stance. They are not prescribing medications unless there’s something that really necessitates it and then only for a day or two until the patient can get back to their primary care provider,” Bair adds.



**Naloxone, a treatment for opioid overdose**



# FACTS ABOUT OPIOIDS

## Opioid overdose emergency department visits rose from July 2016 to September 2017



↑  
**Men**  
30%



↑  
**Women**  
24%



She says patients who are on prescription medications are required to sign agreements that they will use the medicines as prescribed and are willing to be subject to random drug screenings to make sure they are using it themselves.

“We want to see that the medication is truly in their system,” she explains. “We don’t want to see a clean drug screen because that means they might be selling it.”

Once patients no longer need medications, many law enforcement offices, health departments and medical facilities offer drug take-back events or drop boxes where opioids can be disposed of safely.

“We have worked hard to educate the public that you can’t leave old pain medication in your medicine cabinet,” adds Parks. “We’re collecting all of these prescriptions so they’re not sitting out there for anybody with an addiction problem to get their hands on. A lot of it is just community education.”

Community outreach, cooperation and education seems to be the key to combating the opioid crisis.

“We are getting to the point where we can talk about opioid and other substance addictions the same way we can talk about diabetes or high blood pressure,” says Parks. “It’s not the elephant in the room anymore.”

That means former addicts like Jerome Lee will continue to tell their stories.

“I give my testimony and tell everyone that we can beat this,” Lee says. “I think we’re headed in the right direction.”

“I am very proud of what our rural communities are already doing to combat opioids and what they’re attempting to do to educate and support them,” says Bair. “We’re going to get out in front of this and prevent it in the future.”

### Emergency dept visits by age



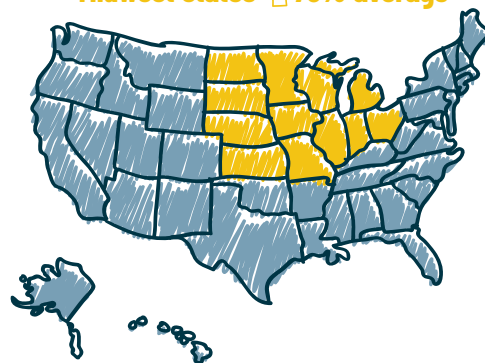
ages 25-34  
↑31%

ages 35-54  
↑36%

ages 55 & up  
↑32%

### National emergency department overdose visits

Most states ↑30% average  
Midwest states ↑70% average



SOURCE: CDC's Enhanced State Opioid Overdose Surveillance (ESOOS) Program

## In Illinois Drug overdose death rate increased 14.3% from 2016 to 2017



The Centers for Disease Control (CDC) has reported that rates of overdose death in rural areas have been rising higher than they have in urban areas since 2006. Today, the agency says people living in rural areas are almost twice as likely to overdose on opioids as urban residents.

Drug overdoses killed 72,000 people in 2017, according to the most recent estimates from the CDC. Claiming nearly 200 victims per day, drug overdose has become the leading cause of death for people under 50 years of age, but it does not only affect the young. In 2015, adults in the 45-to-54 age group experienced the highest death rate from overdose.

Source: civileats.com

# What's new with electric vehicles?



**In 2018, Tesla dominated the EV market in the U.S., making up about more than half of the total EV sales.**

**ELECTRIC VEHICLES (EVs) ARE** on the rise in the United States, and they're providing a new driving experience for many Americans. The benefits are clear from the expansion of the EV market, including less air pollution in congested areas, less carbon emissions, decreased maintenance costs and less oil consumption.

EV sales have climbed in the U.S. since they first came onto the market. In 2011, there were only around 17,000 EVs sold, compared to the 361,000 EVs sold in 2018. Cumulatively since 2011, nearly 1.2 million EVs have been sold, and that number continues to grow.

Tesla has dominated the EV market in the U.S., making up about more than half of the total EV sales in 2018. The first luxury EV was manufactured by Tesla, setting the stage for style and performance. Although Tesla dominates in sales, there are many other popular models available and the competitiveness among them is increasing.



**Maria Kanevsky** is a program manager for the National Rural Electric Cooperative Association, the national trade association representing more than 900 local electric cooperatives.

Back in 2011, there were only two options: the Nissan Leaf EV and the Chevy Volt Plug-In EV. But in 2018, there were eight models that made up 80 percent of total plug-in EV sales. This includes many major manufacturers, like General Motors, Ford, Toyota and BMW.

One reason the EV market has been doing so well is that the total cost of ownership of newer EV models is becoming much closer to that of gas-powered vehicles. Since maintenance costs for EVs are lower than gas-powered vehicles and the price to charge an EV is cheaper than filling a full tank of gas, people are spending less money on EVs over the course of the car's lifetime than they would on gas-powered vehicles.

A lot of the growth of this market sector is concentrated in a few states, mainly in California, the West Coast (Washington and Oregon) and the Northeast (New York, New Jersey, Massachusetts, Maryland and Pennsylvania). California leads the way in EV sales, charging infrastructure and state policies, which all contribute to the fact that California makes up about half of the country's EV market.

With the growth of EV sales comes a growing need to charge those vehicles. There are three main types of charging levels: Level 1, Level 2 and DC Fast charging. Level 1 and Level 2 are mainly for residential charging, while DC Fast chargers are made for a "gas station" experience.

For charging outside of the home, DC Fast chargers can fully charge an EV in 15 to 45 minutes. For longer drives and road trips, these chargers ensure that your car has enough juice to last the whole journey. However, DC Fast charging infrastructure is not growing as quickly as EV sales are, which presents an issue for drivers that do not live conveniently close to them.

There is a strong expectation for EV sales to continue to grow as they have been over the last eight years. Although the charging infrastructure is not evenly distributed throughout the country, there will be a strong need to continue developing it to reach a wider audience.

Many electric cooperatives are positioned to start developing charging infrastructure to address this need. The growth of the EV market and charging infrastructure across the U.S. will be the future of our nation's roadways. 💡



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— J. Fitzgerald, VA



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# Making a difference for monarchs

By Derrill Holly

**THREE TO FOUR GENERATIONS** of monarch butterflies migrated to their summer ranges last spring. Now, a single generation will return to their wintering grounds only to begin the first leg of the 2020 migration early next year.

“We call them the super generation,” says Mara Koenig of the U.S. Fish and Wildlife Service. “They live for about eight months, overwintering down in Mexico and waiting for the right conditions to return to their U.S. range in the spring.”

According to Koenig, communications coordinator for USFWS’s monarch butterfly/pollinators program, the largest migration of butterflies make a 3,000-mile journey to Mexico from states south of the Great Lakes and east of the Rocky Mountains. A smaller population migrates from Arizona and the Pacific Northwest toward the California coast. The immature insects spend the next few months roosting and eating in super colonies in a phase called diapause, when their reproductive organs are not mature.

“They develop those organs as they’re migrating north for the spring,” says Koenig. “They’ll do their first round of life cycle around Texas, Oklahoma and the southern United States and then slowly move north with each life cycle.”

## Milkweed makes the difference

The U.S. Fish and Wildlife Service estimates there are 128 million monarch butterflies left in North America, including a non-migratory population in south Florida. Support for saving the species has grown in recent years, spurred by recognition of pollinator preservation and their symbolic value to environmental stewardship.

“Everybody can play a part in monarch butterfly conservation,” says Koenig. “It takes small, simple actions such as planting milkweed in a garden or even in a pot on your balcony, to having a large swath of landscapes that are conserved for pollinator habitats.”

While various flowering plants provide the necessary nectar needed for

nourishment, milkweed is crucial to the species’ survival because it is the only plant capable of hosting developing caterpillars.

“The monarch caterpillar requires the milkweed plant to survive and go through its life cycle process before it can then migrate back down to Mexico for the winter,” says Koenig, adding that “the plants provide the energy needed to spin cocoons.”

Butterfly backers are out to change the image of milkweed, long considered a nuisance plant, often difficult to control in landscaping and excluded from windbreak and right-of-way plantings.

“We want to plant over 1 billion stems of milkweed throughout the monarch’s migratory range,” says Patrick Fitzgerald, senior director of community wildlife at the National Wildlife Federation. “It would provide enough habitat for the monarch to increase its numbers and reproduce.”

That’s spurred efforts to encourage gardeners to include ornamental milkweed varieties in landscapes and container



gardens. Several colorful species can be cultivated and controlled to prevent them from overrunning garden space.

The National Wildlife Foundation has also partnered with the U.S. Fish and Wildlife Service and dozens of environmental and conservation groups on the promotion of monarch butterfly conservation initiatives.

Fitzgerald authored the Mayors' Monarch Pledge, which serves as a blueprint for community action, recommending 25 steps groups and individuals can take to help support butterfly conservation and other pollinators.

"We encourage people to look at parks systems, open space, rights of way, schools and other public and undeveloped areas where you could possibly plant and manage areas for monarchs," says Fitzgerald. "We have a guide online and we have webinars to help land managers choose seed mixes and understand what decisions they can make that will help the monarchs.

### How electric co-ops help

Keeping with the seventh cooperative principle of Concern for Community, electric cooperatives, their generation and transmission providers and their statewide associations have embraced monarch conservation.

Vegetation management programs, designed to help maintain the reliability of your electricity, have been adapted to help provide year-round pollinator habitats and food sources for migratory wildlife, including butterflies.

Adams Electric Cooperative, Camp Point, is making deliberate efforts not to spray or mow right-of-way areas where they find stands of milkweed and are marking those areas on its GIS system. It is also considering the possibility of broadcasting

milkweed and other pollinator-friendly plants to create habitats for monarchs.

Dairyland Power Cooperative, the generation and transmission cooperative for Jo-Carroll Energy, Elizabeth, is developing large plots at all of its solar farms to host monarch butterflies, bees and other pollinators. The habitats include a diverse mix of milkweed, black-eyed Susans, sunflowers, cornflowers and other species.

"We also need the other plants that the adult butterflies can use as a food source. They need nectar, so we need other types of plants throughout the range," says Fitzgerald.

"All those blooming flowers that we see in the fall are a great source for them to fuel up," says Koenig. "Making sure that those are available throughout the migratory range ensures they have those reserves to go down to Mexico and wait out the winter and enough reserves to start making that migration back north in the spring."

Along utility pole lines near roadside ditches, across expanses of rural rights of way, and on the grounds of electric substations, power plants and solar arrays, electric cooperatives are working with community groups to make open space even more nature friendly.

"The more habitat that's created, the more likely there is a possibility for the monarch butterfly population to recover to a resilient population," says Koenig, noting that the goal is to reverse a decline first identified more than 20 years ago. "We're creating habitats for monarch butterflies and for other pollinators, including grassland songbirds. Upland game birds and even waterfowl can benefit from this."

Officials at the National Wildlife Foundation agree. They're particularly optimistic about the potential of partnerships with electric co-ops, other utilities, state and local transportation departments and railroad operators.



**Milkweed is crucial to the monarchs' survival because it is the only plant capable of hosting developing caterpillars. Photo courtesy of Davide Mizejewski, National Wildlife Foundation.**



**This monarch butterfly is enjoying Dairyland Power Cooperative's Genoa Pollinator Garden. Photo courtesy of Ellie Meyer.**

"They manage those strips of land that we would call wildlife corridors or monarch corridors," says Fitzgerald. "When we plant more milkweed and more native flowers in these areas, it could make a big difference."💡

**Dairyland Power Cooperative is developing large plots at its solar farms to host monarch butterflies, bees and other pollinators. The habitats include a mix of milkweed, black-eyed Susans, sunflowers and other species. Photo courtesy of Dairyland Power.**







## Bill's Toasty Shop

By Lisa Cherry

**ONCE UPON A TIME**, burgers at Bill's Toasty in Taylorville cost only 5 cents apiece. That may no longer be the case, but much else has remained the same. Numerous guest checks with notes from happy customers on the wall attest to this, especially regarding the quality of the food and its atmosphere.

"It's been 45 years since I've had a Bill's Toasty burger, and it was just as delicious today as it was in 1973. Make that better! Absolutely the best!" —Erick and Tammi, Phoenix, Ariz.

"Best burger in America! I recommend Bill's Toasty to anybody." —Tim, Grunthal, MB, Canada

"Like stepping into a time [capsule] and going back to the '50s—how great to feel like a teenager again." —Judith, 76

The raves don't stop there. Guest checks line the walls with messages from people all over the United States, from Virginia and Tennessee to Texas and California. When the wall no longer had room to display them all, owner Candy Scallions and longtime friend and employee Ursula Hoffmann began keeping a scrapbook of them. They say people have visited from "anywhere and everywhere—even the Netherlands." And it's all through word of mouth.

That's impressive for a small diner in Taylorville, with only 10 stools and a couple of 2-seater booths against the wall (though oftentimes it's standing room only with folks waiting on to-go orders). Bill's has been in business since the 1930s—in the many decades since, it's become an institution.

While burgers are what Bill's is known for, there are other customer favorites. The cheddar burger boasts a "skirt" of cheddar cheese, and "The Works" omelet is a breakfast staple. The milkshakes feature flavors beyond traditional chocolate and vanilla; Candy highly recommends the seasonal pumpkin. There are a plethora of fried foods to choose from, of which cheese balls are the hands-down favorite, though the mushrooms are delicious, too.

Candy remembers her dad Calvin taking her to Bill's as a little girl and propping her up on one of the stools at the counter.

After he retired, Calvin set his sights on Bill's and bought the place in the early '80s. "It was the love of dad's life," says Candy. After living in Minnesota, Texas and Michigan, she returned to Illinois and started doing the books around 1997, with Ursula's help. Her mom, baker of "the best pies," passed away in 1998; her father in 2013.



Candy Scallions' father Calvin bought Bill's Toasty Shop in the early 1980s.



Feeling adventurous? Try the six burger stack.





Guest checks with comments from customers line the wall at Bill's Toasty in Taylorville.



Bill's Toasty has been serving customers since the 1930s.



Cheeseburgers are the outright favorite. They are even offered by the bagful. The onion rings have a reputation, too.

As memorable as the food are the characters—past and present. Bill's is open 24 hours a day, seven days a week, and the different shifts bring in a variety of clientele. Some of those customers included country western stars like Boxcar Willie and Charlie Pride, back when the 1,200-seat Nashville North music hall still hosted major acts in Taylorville.

Ursula says some regulars come in like clockwork. "They come in for breakfast and conversation," she says. "They all know each other... It gives them a place to go." It's an older demographic on the morning shift. Candy and Ursula recall when one of their morning regulars didn't show up, they went looking for him.

The night crowd, though not as wild as they used to be, can prove to be quite entertaining. One customer told Candy that a rather inebriated woman began crying because she couldn't get fried mayo. She is fine with people coming in to sober up. "We don't want them to get hurt," she says of the party crowd.

The staff takes it with a grain of salt. "It's a lot of pressure being in front of everyone," Ursula says. Candy adds that "you have to let things roll off your back."

Sometimes it's the staff members themselves providing the entertainment. Candy mentions Irene and Elsie, two former employees she describes as "the orneriest women on the face of the earth." Ursula says people still talk about them. Though Candy says they used language you wouldn't these days, people liked it—some even came for the show. "There's always been characters, but those two went down in history," says Ursula.

"Dad would just shake his head," Candy says.

Now, with a staff of nine, she wants to keep her family involved so Bill's will keep on going. "We stay open for the people," she says. "There's nothing better than someone walking in, saying 'I remember...,' especially when it's something you didn't know."

While she will continue to do the work needed to maintain the building, Candy plans on keeping things the same. "Otherwise," she says, "it wouldn't be Bill's Toasty." 📍

## LET'S EAT!

### Bill's Toasty Shop

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## Sandwiches

AS SCHOOL RESUMES, SPORTS and extra-curricular activities kick into high gear leaving families scrambling to find a way to provide dinner with their crazy schedules. Additionally, farmers will be returning to fields to harvest and need some form of sustenance for lunch and dinner. Sandwiches may be the answer. These self-contained meals can include everything from the four food groups or as little as peanut butter and jelly. Either way, they are delicious and with a bit of planning can be just what your family needs. 💡

### WE NEED RECIPES!

#### Upcoming monthly topics

Coffee

Root vegetables

Chocolate

Please email submissions to [finestcooking@icl.coop](mailto: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](http://icl.coop/finestcooking).



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

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

### Grilled Chicken and Apple Sandwiches with Sage Pesto

Submitted by: Valerie Cheatham

Servings: 6

- 3/4 cup fresh sage leaves, lightly packed
- 3/4 cup pine nuts or walnuts
- 1/4 cup fresh Italian parsley leaves, packed
- 1 garlic clove
- 3/4 cup plus 3 tablespoons olive oil
- 6 tablespoons freshly grated Parmesan cheese
- 6 skinless, boneless chicken breast halves
- 6 rectangular rolls - focaccia, ciabatta or French rolls, split horizontally
- Mayonnaise
- 3 medium apples, halved, cored and thinly sliced

In blender or food processor, add sage leaves, nuts, parsley and garlic and process until finely chopped. With machine running, add 3/4 cup oil and blend until a thick paste forms. Mix in cheese and transfer to small bowl; season with salt and pepper. Pound each chicken breast between sheets of waxed paper until about 1/2-inch thick. Brush with oil and sprinkle with salt and pepper. Let sit for 30 minutes. Preheat grill to medium heat. Grill chicken until cooked through. Transfer chicken to platter and grill rolls until just beginning to brown. Arrange bottom halves of rolls on work surface. Spread each with a bit of mayonnaise. Top each with overlapping layer of apples and a chicken breast. Drizzle each chicken breast with pesto. Spread pesto on cut side of roll tops and place on top of chicken. Serve.

Nutrition information: 508 calories; 39g fat; 90mg sodium; 34.9g carbohydrates, 10.8g protein.

### Italian Beef Sandwiches

Submitted by: Suzanna Bedrava, Rural Electric Convenience Cooperative

Servings: 12

- 1 - 3 to 3.5 pound boneless chuck roast
- Garlic powder
- Salt
- Pepper
- 1 cup water
- 5 beef bouillon cubes
- 3 bay leaves
- 2 packages Good Seasons Italian dressing mix
- 2 - 3 tablespoons vinegar

Rub roast with liberal amount of garlic powder, salt and pepper. Place in a slow cooker and cook 8 hours or until done. Remove the meat when done, add the remaining ingredients to the juices in the pot. Shred or slice the roast and return to slow cooker. Simmer one-half to one hour. Serve on hamburger buns or poor boy rolls.

Nutrition information: 612 calories; 34.1g fat; 681mg sodium; 30.7g carbohydrates; 42.2g protein.



## Jalapeno Popper Burgers

Submitted by: Sarah Rahe, Menard Electric Cooperative  
Servings: 4

- 1 pound ground beef
- 2 small jalapenos, seeds and veins removed, chopped
- 1/2 cup cheddar cheese, shredded
- 1 tablespoon Worcestershire sauce
- 1/2 teaspoon salt
- 1/2 teaspoon ground black pepper
- 4 slices tomato
- 4 butter or Bibb lettuce leaves
- 2 slices red onion
- 4 hamburger buns

Preheat grill or broiler on high. In large bowl, combine beef, jalapenos, cheese, Worcestershire sauce, salt and pepper, mix well. Shape mixture into 4 patties. Grill or broil patties 4 to 6 minutes on each side, or until desired doneness. Place each patty on bun. Top with tomato, onion, lettuce and serve immediately.

Nutrition information: 400 calories; 13.7g fat; 702mg sodium; 24g carbohydrates; 42.3g protein.



JALAPENO POPPER BURGERS

## Wrapped Sandwiches

Submitted by: Ellen McReil, Corn Belt Energy Corporation  
Servings: 8

- 1/2 cup cooked ham
- 3/4 cup sharp cheddar cheese
- 12 ripe olives
- 2 tablespoons onion
- 1 green pepper
- 2 hard-boiled eggs
- 1/4 cup ketchup
- 2 tablespoons salad oil
- Hotdog buns

Preheat oven to 350 F. In a food processor or blender, mix first 6 ingredients until coarsely mixed. Lightly mix in ketchup and oil. Carve out buns to hold more filling. Fill buns with mixture and wrap in wax paper, twisting at the ends. Place in oven for 10 minutes. Serve immediately.

Nutrition information: 241 calories; 11.3g fat; 539mg sodium; 25g carbohydrates; 9.9g protein.



HAWAIIAN BEEF SLIDERS

## Hawaiian Beef Sliders

Submitted by: Kaleo Elder, Corn Belt Energy Corporation  
Servings: 4

- 2 tablespoons unsalted butter, softened
- 1 package Hawaiian sweet rolls (12 in a package)
- 1 pound deli roast beef
- 12 slices provolone cheese
- 1 cup French fried onion rings

### Seasoning:

- 5 tablespoons unsalted butter
- 1 packet au jus seasoning mix
- 1 teaspoon Worcestershire sauce
- 1/2 teaspoon onion powder
- 1/2 teaspoon seasoned salt, optional

Preheat oven to 350 F. Butter the bottom of a 9x13" baking dish. Horizontally slice Hawaiian rolls in half and place the bottom half in pan. Layer with 6 slices cheese, roast beef, French fried onions and remaining cheese. Top with the other half of the rolls. For the seasoning, melt butter in microwave. Stir in 1/2 package of au jus seasoning mix, Worcestershire sauce, onion powder and seasoned salt. Top the rolls with this mixture, making sure all the rolls are entirely coated. Bake the sliders uncovered until the tops of the rolls are golden brown, about 15-20 minutes. While the sliders are baking, take the remaining packet of au jus and place in a small saucepan over medium heat. Add 2 cups water and whisk. Bring to a boil and then reduce the heat to a simmer and allow it to thicken. Serve au jus with sandwiches.

Nutrition information: 803 calories; 56.3g fat; 1350mg sodium; 12.7g carbohydrates; 56.9g protein.

## Hen of the woods

**EVERY SPRING AMERICANS WAIT** for warmer weather to arrive for morel mushroom hunting. However, fall is the time of year for hen of the woods, aka maitake mushrooms. I love morels, but I crave hen of the woods.

Hen of the woods is a fall delight. It has a rich flavor with a firm texture that lends itself to almost any recipe. It is usually bug free, at least inside the flesh. Pick over it but unless it is over the hill you will not find much bug larvae.

darker to the outward edges of the caps. The entire fruiting body can be as big as several feet across and weigh 40 to 50 pounds. The underside of individual caps consists of a pure white pore surface.

Hen of the woods is a polypore – a mushroom which disperses its spores from pores as opposed to gills. The pores are close together and tiny, almost difficult to see. The spore print is white, and the caps are firm and juicy. The stem is thick firm, white and branched.

spoon or fan-shaped caps. Once you find one, go back the next year and you're likely to find another.

Hen of the woods is a meaty mushroom, delicious in soups or my favorite preparation below:

**1 pound hen of the woods mushrooms**  
**2 tablespoons butter**  
**2 tablespoons olive oil**  
**2 large shallots, finely chopped**  
**1 clove garlic, minced**  
**1 teaspoon fresh thyme leaves (no stems), finely chopped**  
**Salt and pepper to taste**

Brush any soil off mushrooms and cut into 1-inch dice. Melt butter with oil in large skillet over medium-high heat. When butter stops sizzling, add mushrooms; sauté until tender, about 4 minutes. Add shallots, garlic, thyme, salt and pepper. Sauté 2 minutes and serve.

Try searching out these fall mushrooms abundant this time of year. It's fun to search for these mouth-watering delights, but it's important to be certain what you have is hen of the woods and not a poisonous look-alike. There are mushroom identification books or the internet to guide you in the right direction.

Or, if you can find someone willing to take you out for the first time to help you identify hen of the woods, that is a good option. The problem with the latter is that not many people are willing to show you their good mushroom spots. 📍

It is also easy to store. Chop it into pieces and store in recloseable bags in the freezer. It is also good for you. Studies are beginning to reveal immune enhancing and cancer preventing properties.

The mushroom varies widely in color, from pure white to tan to brown to gray. It appears to get darker in direct sunlight. Large overlapping leaf-like fronds grow in brushy clusters that get larger with time. Each frond is from a half to four inches across and usually

Hen of the woods fruits anytime from early September to late November and seems to be triggered by the first cold nights at the end of summer. It is most often found around the bottom of the trunks of dead or dying oak trees, but under dead maple trees is a possibility. They are often hard to see because their color can blend in with fall leaves. Be prepared because when you find one, it could be bigger than you want to handle yourself. Look for a large rosette with



**Jason Houser** is a full-time outdoor writer and enthusiast from central Illinois who has won numerous awards in the outdoor communication field.



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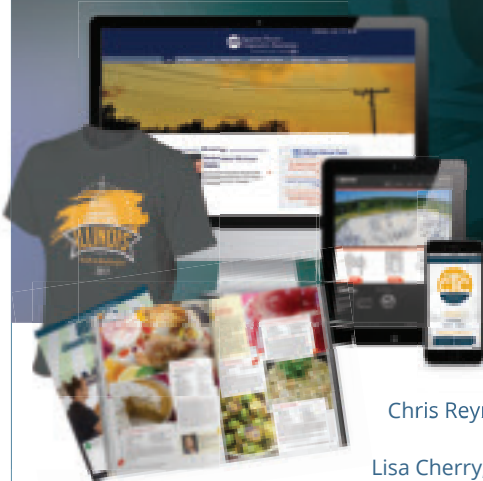

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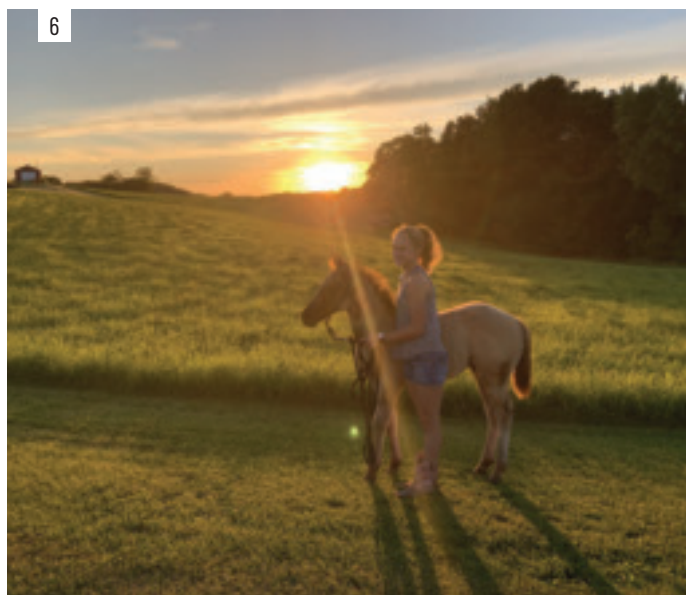
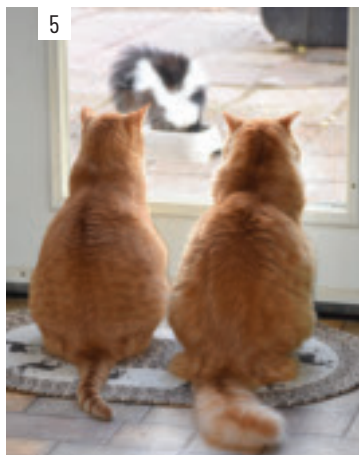
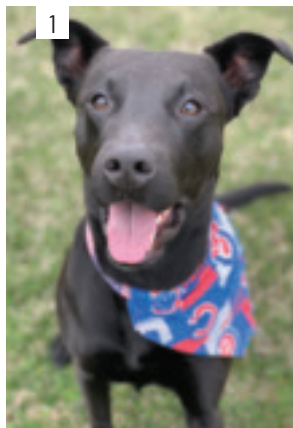


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