

JUNE 2020

# Illinois Country Living

THROUGH  
THE LENS OF

GEOFFREY MIKOL

WILDLIFE

Rescue, rehabilitate,  
release

GARDENWISE

Back to the basics

PRAIRIE TABLE

Pizza, pizza

+  
CO-OP  
NEWS

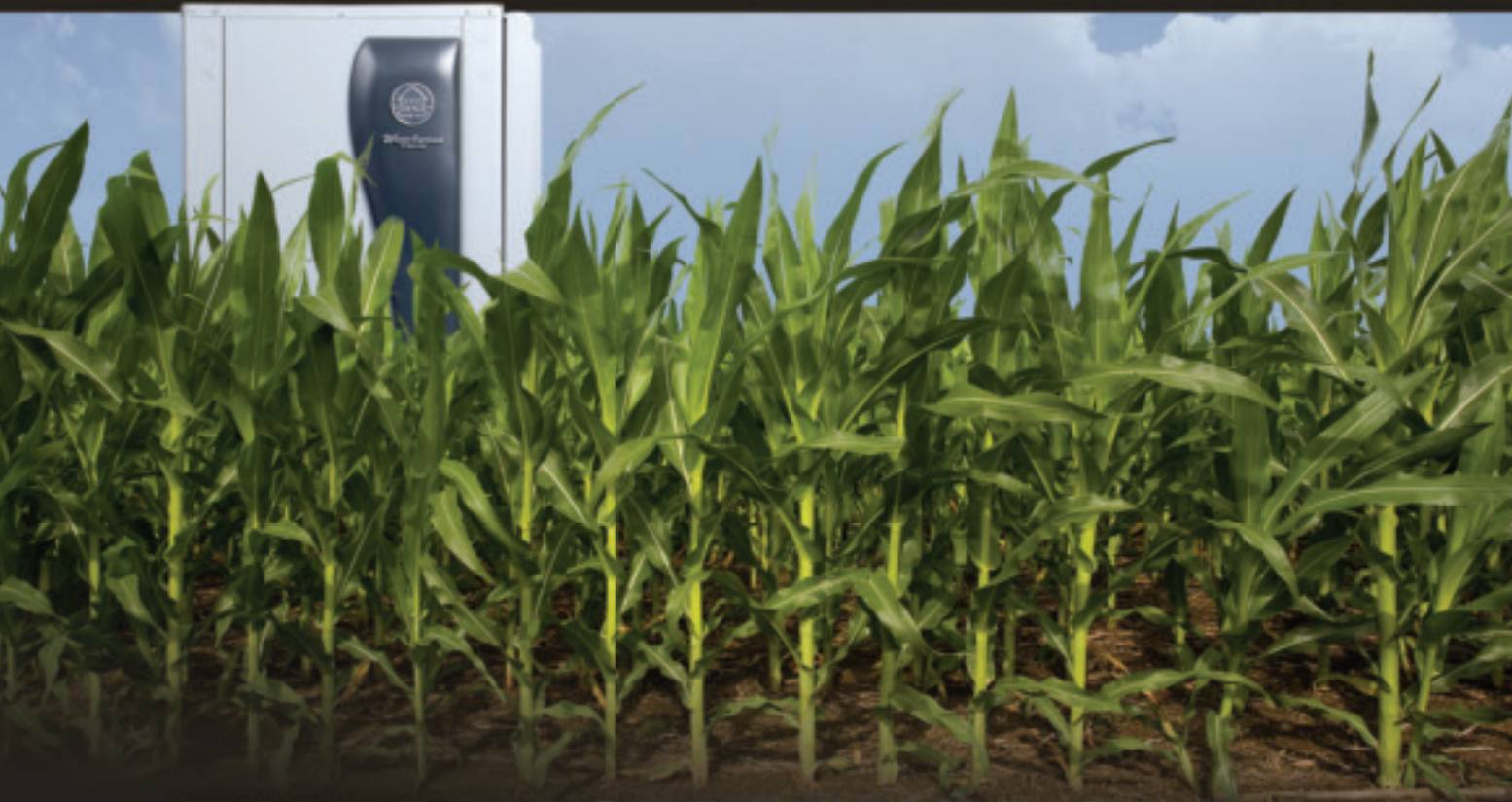


Association of Illinois  
Electric Cooperatives

Your Touchstone Energy®  
Member



aiec.coop



# THERE'S A TREASURE IN YOUR BACKYARD

*and it isn't just corn.*

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

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

**Delevan**  
Jeckel Plmb & Htg  
(309) 244-8265

**Goodfield**  
Hinrichsen Htg & A/C  
(309) 965-2604

**Marion**  
D & C Htg & Clg  
(618) 997-6577

**Springfield/Petersburg**  
Collins Plmb, Htg & Clg  
(217) 793-8031

**Decatur**  
Design Air  
(217) 423-4713

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

**Macomb**  
Arnold Bros.  
Htg & Clg  
(309) 833-2852

**Paxton/Gibson City**  
Houston Plmb,  
Htg & A/C  
(217) 379-2329

**Thomasboro**  
Hoveln Htg & Clg  
(217) 643-2125



**7 Series**  
The ultimate comfort & efficiency



visit us at [waterfurnace.com](http://waterfurnace.com)

WaterFurnace is a registered trademark of WaterFurnace International, Inc. ©2020 WaterFurnace International, Inc.

\*26% through 2020 and 22% through 2021



# Illinois Country Living

JUNE 2020  
VOLUME 78 • NO. 2

## 22 Through the lens of Geoffrey Mikol

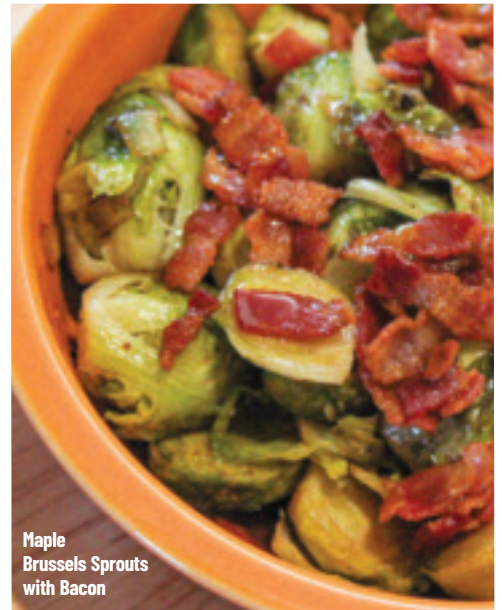
Photography becomes more than a means of support for one young man, it gives hope to others. First Light (cover) and feature photos provided by River Bend Gallery.

## 27 Rescue, rehabilitate, release

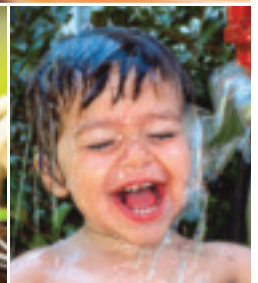
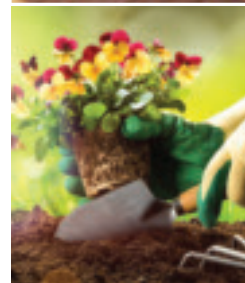
TreeHouse Wildlife Center is on a mission to care for injured, sick or orphaned wildlife.

## 30 Pizza, pizza

This month PRAIRIE TABLE visits Greathouse of Pizza in Casey.



Maple  
Brussels Sprouts  
with Bacon



## DEPARTMENTS

**4 FIRST THOUGHTS**  
**New broadband funding will spark economic flame across rural America**  
Co-ops and their communities look for ways to close the rural broadband divide.

**6 CURRENTS**  
**This month's highlights**  
News/Legislation/Trends/Tips

**14 ENERGY SOLUTIONS**  
**The blue logo that changed efficiency standards**  
The easy way to know if a product is more energy efficient.

**16 POWERED UP**  
**Sanitizing electronics**  
Keeping devices clean and germs at bay.

**18 SAFETY CHECK**  
**Trees and power lines don't play well together**  
Consider the location before planting a tree.

**20 GARDENWISE**  
**Back to the basics**  
Tips to be a successful new gardener.

**32 FINEST COOKING**  
**Potpourri**  
Catching up on reader submitted recipes.

**34 GREAT OUTDOORS**  
**Take the cooking outside**  
The three basics for cooking over an open fire.

**38 SNAPSHOTS**  
**H2O**  
Readers tested the waters with their photography.

# New broadband funding will spark economic flame across rural America

**BROADBAND ACCESS IS THE** great equalizer. It enables a virtual workforce, distance learning and telemedicine, and connects local communities to the global economy.

Yet, more than 21 million Americans lack high-speed internet access simply because of their zip code.

In 2020, that's unacceptable. Especially since efforts to address the digital divide began nearly 25 years ago.

The need to invest in rural broadband hits especially close to home for electric cooperatives, which are led by and belong to the rural communities they serve. An estimated 6.3 million households in co-op-served areas lack broadband access, leading to \$68 billion in lost economic value over 20 years.

If the task was easy to solve, big telecom corporations would have already done it. Low population densities and rugged terrain make for challenging economics. The diversity of local circumstances in communities across the nation require tailored plans and innovative partnerships to solve the digital divide. Electric co-ops

can be an important part of the solution. More than 100 electric co-ops are already providing broadband solutions in their communities. These co-op projects cover areas ignored by other service providers and they're paying off.

As co-ops and their communities face the future together, federal and state partners have a supportive role in the fight to close the digital divide. That has not always been the case, but the tide is shifting.

In 1996, the Federal Communications Commission (FCC) launched the Universal Service Fund. Roughly half of the USF funds are designed to help enhance internet coverage in rural and hard to reach areas. Those

funds were largely available only to telephone companies in existence when the USF began. In 2018, the FCC reversed course by allowing electric co-ops to receive these funds to bring broadband to high-cost areas.

Earlier this year, the FCC began the process of establishing the rules for its \$20.4 billion Rural Digital Opportunity Fund (RDOF) auction, which will make \$16 billion available over 10 years in the first of two auctions later this year. This represents one of the largest infusions of funding for rural broadband deployment ever.

The final rule governing the auction applies important lessons learned from previous broadband funding, including changes that will promote higher internet speeds for consumers. With the RDOF auction, the FCC is poised to build on a successful Connect America Fund (CAF) II auction and take a serious step toward closing the digital divide.

The details of this next auction matter greatly, and as they come into focus, it's important for policymakers to keep their eyes on the ball.

The FCC is still determining the specific areas that will qualify for funds. This is an important detail to ensure that every community that completely lacks connectivity is eligible for funding through the first auction. It's also important for the FCC to allow the participation of states that have dedicated their own funds for broadband deployment. State broadband funding is a key piece of the puzzle that complements federal efforts, and one for which the FCC should not penalize states.

A 2018 study by Purdue University found that every dollar invested in rural broadband returns nearly four times that much to the state of Indiana's economy. The analysis also showed the state could unlock \$12 billion in net economic benefits over a 20-year period if broadband was deployed statewide.

Addressing the digital divide requires continued commitment and funding by Congress and other federal and state agencies. As policymakers implement rules to expand rural broadband access, they must consider the diverse nature of rural communities and the challenges they face.

Electric co-ops remain committed to working with policymakers to find solutions and reach the shared goal of digital equality in rural America. 💡



**Jim Matheson** is CEO of the National Rural Electric Cooperative Association, a service organization based in Arlington, Va. representing the interests of the nation's more than 900 not-for-profit, consumer-owned utilities and the 42 million Americans they serve.

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 191,000, the magazine informs cooperative consumer-members about issues affecting their electric cooperative and the quality of life in rural Illinois.

**PRESIDENT/CEO**  
Duane Noland

**CHAIRMAN OF THE BOARD**  
Warren Goetsch

**VICE PRESIDENT OF COMMUNICATIONS/EDITOR**  
Valerie Cheatham

**ASSISTANT EDITOR**  
Colten Bradford

**SALES REPRESENTATIVE**  
Cheryl Solomon  
Cheryl@amp.coop

**CREATIVE SERVICES MANAGER**  
Chris Reynolds

**CREATIVE SERVICES ASSISTANT MANAGER**  
Lisa Cherry

**GRAPHIC DESIGNERS**  
Jen Danzinger,  
Kathy Ferraris

**CONTRIBUTORS**  
Nancy McDonald,  
Kelly Allsup,  
Brittnay Haag

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.

© 2020 Association of Illinois Electric Cooperatives. All rights reserved. Reproduction in whole or in part without written permission is prohibited.

**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.

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

icl.coop

800-593-2432 info@icl.coop



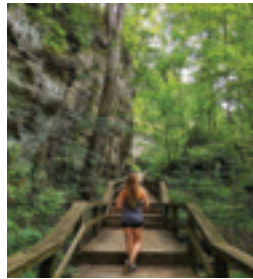
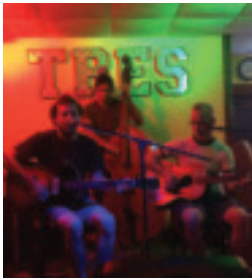
Member of AMP network of publications, reaching more than 9 million households and businesses.





# ADVENTURE CARBONDALE

**Spend the summer** in Carbondale, Illinois sipping wine and soaking up the sun on the Shawnee Hills Wine Trail, hiking and biking the trails of Giant City State Park and the Shawnee National Forest, unwinding with live local music, food and drinks downtown, and enjoying a late-night sweet treat from Dairy Queen!



126 S. Illinois Ave. | Carbondale, IL 62901  
618.529.4451 | [carbondaletourism.org](http://carbondaletourism.org)



**Happy  
Father's Day**  
Sunday, June 21

## JUNE CHECKLIST



**Go purple.** Join the Alzheimer's Association by wearing purple in June to honor those fighting the disease.

**When thunder roars, go indoors.** Lightning can strike as far as 25 miles away from its parent thunderstorm.



### Protect your noggin.



Always wear a bicycle helmet – they save lives.

### Tip of the month:

When picnicking, food should never sit out for more than 1 hour if temps are above 90 F.



A quick, skilled response by CMEC employees helped save the life of a Vietnam War veteran at his home in Casey. From left: Mitch Stanciu, Bob Schafer, Jim Geldert and Brock Cook. Photo by Carla Bradbury, CMEC

## CMEC 'angels' help save Vietnam veteran's life

A routine service call turned into a rescue mission when a team of employees at Coles-Moultrie Electric Cooperative (CMEC), Mattoon, helped save a Vietnam veteran's life.

Training, technology and quick thinking by CMEC employees came together April 3 to save a co-op member, who'd suffered a stroke and heart attack.

"It's just incredible that all of the employees stopped what they were doing in different locations and saved this man's life," said Amy Borntrager, the co-op's CEO and president. She said the line crews "totally and absolutely" took up the role as first responders that day.

CMEC's Mitchell Stanciu, Bob Schafer, Brock Cook and Jim Geldert were on call at the Casey home of Bill Hadix, 72.

"I noticed an 11th Cavalry sticker on (Hadix's) truck, so I thanked him for his service," said Schafer. "He was telling me a little bit about his experience in the country and how he had taken over guardianship of his grandchildren."

Hadix went inside the house and reappeared a few minutes later to check on the playing children.

"A dazed look was on his face," said Schafer. "I figured he had taken some medicine that

affected him strangely, or possibly had a stroke. But not knowing him from Adam, I went about my work and kept an eye on him."

As the crews were loading up and getting ready to leave the worksite, Schafer saw Hadix stumble against his garage and fall, hitting his head against the building. He and Stanciu, both trained in first aid, rushed over. Hadix "was still conscious but not very responsive," said Schafer.

Social distancing guidelines due to the coronavirus pandemic meant that office employees were either working at home or on staggered shifts. Summar Smith, one of six member services representatives working at home that day, took Stanciu's "mayday" call over the radio and dialed 911.

What happened next was a textbook execution of the co-op's emergency rescue procedures.

"When we get these calls, we typically think of a lineman or outside personnel making contact with an energized line, but this was a mayday call for a member, not one of our guys," said Borntrager.

David Welsh, CMEC's IT chief, was working remotely and in his truck when he heard the call. His vehicle's GPS system located Stanciu's truck,

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

and Welsh gave coordinates to EMS personnel, who arrived within 15 minutes. Kelsey Hawkins was in the co-op office that day, recording events as they took place.

“Technology-wise, the individuals working at home still have their office phone and are hooked into the office computer and radio during the situation,” said Welsh. “That made it pretty helpful, even though they’re not physically by each other.”

Back at Hadix’s home, EMS personnel arrived and took Hadix to a local hospital. The lineworkers, who had retrieved his cellphone, stayed with the children and called their guardian, who arrived minutes later.

Hadix was airlifted to a hospital in Urbana, where surgeons removed a blood clot from his brain, his daughter, Amanda, wrote on the co-op’s Facebook site.

Calling her father’s rescuers “angels,” she wrote: “Our heartfelt thanks go to these men who didn’t pause in the face of a crisis ... five minutes more, and they may not have saved him.”

Update: Unfortunately, Bill Hadix’ medical issues were too severe and he passed away on April 28. 🕯

Source: Victoria. A. Rocha, NRECA

## Note from the editor

In this unprecedented time, a myriad of challenges to everyday life have presented themselves. One of those was producing the May and June magazines remotely. This is the first time Illinois Country Living has been produced by a staff completely working from home. Our challenges are nothing compared to those of our healthcare workers, emergency services personnel, teachers, those stocking grocery shelves and employees at your electric cooperatives. All deserve our highest gratitude.

We appreciate your readership and, in this time of social distancing, want you to know you can depend on us to bring you valuable information from your electric cooperatives. Some co-ops are choosing to postpone annual meetings until a later date in order to keep you safe. Watch for updates in your co-op’s center pages as future plans are announced.

We are all weathering this crisis together. Hold your loved ones a little closer and stay safe. Blessings to you and yours,  
Valerie Cheatham 🕯

## The difference between cleaning, disinfecting and sanitizing

When it comes to cleaning, not all jobs are created equal. Cleaning dirt or food from a surface, for example, doesn’t necessarily kill germs and bacteria that can cause us to become sick. That’s why it’s important to know the difference between cleaning, disinfecting and sanitizing. The CDC offers the following guidance.

**Cleaning removes germs,** dirt and impurities from surfaces or objects. Cleaning works by using soap (or detergent) and water to physically remove germs from surfaces. This process does not necessarily kill germs, but by removing them, it lowers their numbers and the risk of spreading infection.

**Disinfecting kills germs** on surfaces or objects. Disinfecting works by using chemicals to kill germs. This process does not necessarily clean dirty surfaces or remove germs, but by killing germs on a surface after cleaning, it can further lower the risk of spreading infection.

**Sanitizing lowers the number of germs** on surfaces or objects to a safe level, as judged by public health standards or requirements. This process works by either cleaning or disinfecting surfaces or objects to lower the risk of spreading infection.

Pay close attention to hazard warnings and directions on product labels. Cleaning products and disinfectants often call for the use of gloves or eye protection. For example, gloves should always be worn to protect your hands when working with bleach solutions.

Visit [www.cdc.gov/coronavirus](http://www.cdc.gov/coronavirus) for more information on how to protect yourself and your family. 🕯

Leave that to the professionals...

One DIY project you should never tackle is trimming trees near power lines.

Only trained professionals should trim those trees.

Learn more at:

 Safe Electricity.org





## Youth to Washington Tour cancellation

For more than 50 years, teens from rural Illinois have been going to Washington, D.C. for the “trip of a lifetime” courtesy of their sponsoring electric and telephone cooperatives, the Association of Illinois Electric Cooperatives (AIEC), and the National Rural Electric Cooperative Association (NRECA). Co-op delegates have toured some of the finest museums in the world and visited America’s most historic monuments. They have met with their elected officials, explored Capitol Hill and learned about the impact electric cooperatives have on their communities.

This year, due to COVID-19 and Center for Disease Control recommendations, the tour has been canceled for the first time in its history. It is a disappointment for everyone involved, especially students. However, the NRECA is hoping to proceed with the selection of a Youth Leadership Council (YLC) representative from each state. The Illinois YLC is being chosen from among 16 2019 delegates who submitted video interviews.

“While we are disappointed Youth Tour has been canceled this year, it is more important for everyone to stay safe,” said Ashley Graham, Illinois Youth Tour coordinator.

Most co-ops are offering to let their delegates attend the 2021 Youth Tour and all are eligible to apply for the Glenn English Scholarship in the future. 💡

## Open for business

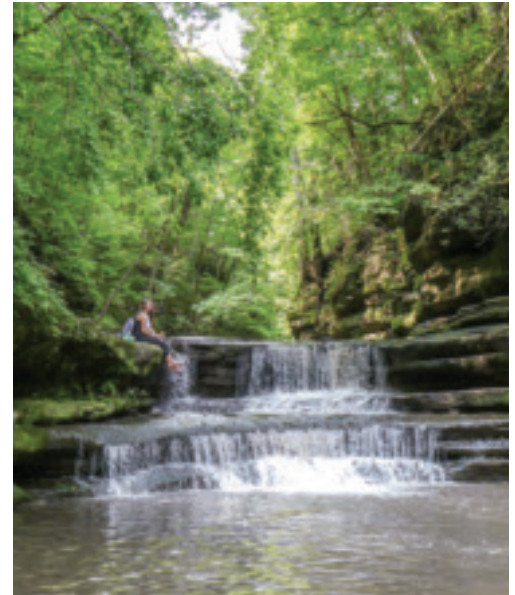
Beginning on May 1, many of Illinois’ state parks reopened to allow individuals to engage in a variety of outdoor activities including hiking, biking and fishing (with a limit of two per boat regardless of relationship of the people in the boat). At time of publication the following areas are open for your enjoyment:

**Northwestern Illinois:** Argyle Lake State Park, Jubilee College State Park, Lowden State Park, Morrison-Rockwood State Park, Rock Island Trail State Park, Shabbona Lake State Recreation Area

**Northeastern Illinois:** Adeline Jay Geo-Karis Illinois Beach State Park/North Point Marina, Chain O’ Lakes State Park, Illinois and Michigan Canal State Trail (includes Buffalo Rock, Channahon, Gebhard Woods, and William G Stratton), Kankakee River State Park, Moraine Hills State Park

**East Central Illinois:** Clinton Lake State Recreation Area, Eagle Creek State Park, Kickapoo State Park, Wolf Creek State Park

**West Central Illinois:** Eldon Hazlet State Recreation Area, Jim Edgar Panther Creek State Fish and Wildlife Area, Sangchris Lake State Park, Siloam Springs State Park, Washington County State Recreation Area



**Southern Illinois:** Fort Massac State Park, Giant City State Park, Stephen A Forbes State Recreation Area, Wayne Fitzgerald State Recreation Area

Many national parks are open, but it is wise to check ahead before traveling. As always, whatever you pack into the parks, bring back out with you, and adhere to all park regulations. 💡

Source: IDNR

**LIGHTNING SAFETY**  
Summer is the most dangerous season for lightning.  
Most lightning fatalities occur in June, July and August.

**64%**  
Sixty-four percent of lightning fatalities result from outdoor recreation. A large portion of these are from water activities and sports.

www.weather.gov/lightning



# HOME SAFETY DEVICES

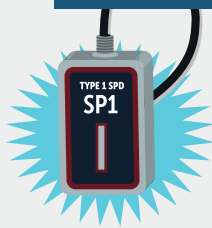
Renovate your Home to Code

The National Electrical Code is revised **every three years** and outlines the minimum requirements for **safe electrical installations**. Many older homes may not have an adequate electrical system to meet the electrical demands of today. If you're renovating your home, **make sure to have the following electrical devices installed** to maintain an electrically safe home.

## Safety Devices



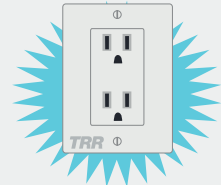
**Arc-Fault Circuit Interrupters (AFCI):** Available as a circuit breaker and receptacle. AFCIs protect against electrical fires from malfunctions. The Consumer Product Safety Commission estimates that 50% of home electrical fires can be prevented by proper AFCI protection.



**Surge Protective Devices (SPD)** protect against surges that can damage or reduce the lifespan of your electrical system and devices.



**Ground-Fault Circuit Interrupters (GFCI):** Available as a circuit breaker and receptacle. GFCIs protect against electric shock and are required in areas where water and electricity may come in contact.



**Tamper Resistant Receptacles (TRR)** function like normal receptacles but they include an internal shutter system to prevent foreign objects, other than plugs, from being inserted into the outlets.

## 2020 Code Requirements

Renovating the following areas in your home? The following protection is required in these areas as of the 2020 National Electrical Code:

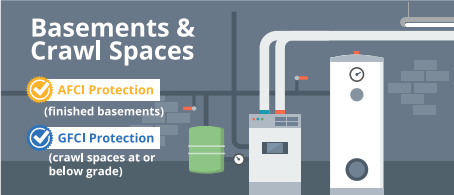
### Bathrooms

GFCI Protection



### Basements & Crawl Spaces

AFCI Protection (finished basements)  
 GFCI Protection (crawl spaces at or below grade)



### Bedrooms

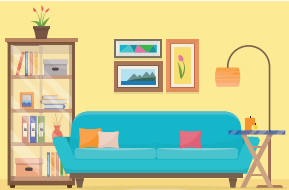
AFCI Protection



### Common Rooms

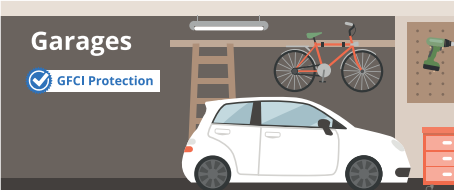
AFCI Protection

(Family, dining, parlor, libraries, dens, recreation, and similar rooms)



### Garages

GFCI Protection



### Hallways & Closets

AFCI Protection



### Kitchens

AFCI Protection

GFCI Protection  
(Where the receptacles are installed to serve the countertop surfaces or where receptacles are installed within 6 feet of a sink)



### Laundry Areas

AFCI Protection

GFCI Protection



### Outdoors

GFCI Protection



## 2020 National Electrical Code Highlights



All receptacles in homes, garages, accessory buildings, and common areas of multifamily homes **must be protected by TRRs**.



New and replaced service equipment are now required to be protected by **listed Type 1 or Type 2 Surge Protective Devices**.



**Outdoor emergency disconnects** are required for new construction, and homes having their service replaced.



# CURRENTS

## Sudoku

Complete the grid so every row, column and 3x3 cube contains every digit from 1 to 9 inclusive with no repetition. Solution on page 37.

|   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|
| 9 |   |   |   | 2 |   | 1 | 5 |   |
|   |   |   |   |   | 7 | 4 |   | 3 |
|   |   |   |   |   |   |   | 2 | 8 |
|   | 8 | 1 | 3 |   |   |   | 9 | 5 |
|   |   | 9 | 7 |   | 2 |   |   |   |
|   |   |   |   | 9 |   |   |   |   |
|   | 6 |   | 5 | 3 |   | 2 |   |   |
| 4 |   |   |   |   |   |   | 3 |   |
|   |   | 2 |   |   |   |   | 8 |   |



Test smoke alarms monthly, change batteries annually and replace the unit every 10 years.

## Stay safe at home

Each year, electrical malfunctions account for thousands of home fires, injuries, death and property damage. The average American home was built in 1977, and many existing homes simply can't handle the demands of today's electrical appliances and devices. Keep safety in mind with these helpful tips from the Electrical Safety Foundation International.

### Learn the warning signs of an overloaded electrical system:

- Frequent tripping of circuit breakers or blowing of fuses
- Dimming of lights when other devices are tuned on
- Buzzing sound from switches or outlets
- Discolored outlets
- Appliances that seem underpowered

### How to avoid overloading circuits:

- Label your circuit breakers to understand the different circuits in your home.
- Have your home inspected by a qualified electrician if older than 40 years or if you've had a major appliance installed.
- Have a qualified electrician install new circuits for high energy use devices.
- Reduce your electrical load by using energy efficient appliances and lighting.

### Working from home? Follow these electrical safety tips to keep you and your home safe from electrical hazards:

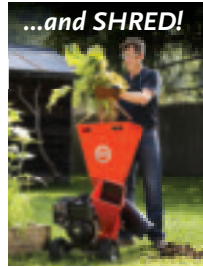
1. Avoid overloading outlets.
2. Unplug appliances when not in use to save energy and minimize the risk of shock or fire.
3. Regularly inspect electrical cords and extension cords for damage.
4. Extension cords should only be used on a temporary basis.
5. Never plug a space heater or fan into an extension cord or power strip.
6. Never run cords under rugs, carpets, doors or windows.
7. Make sure cords do not become tripping hazards.
8. Keep papers and other potential combustibles at least 3 feet away from heat sources.
9. Make sure you use proper wattage for lamps and lighting.
10. Make sure your home has smoke alarms. Test them monthly, change batteries annually and replace the unit every 10 years. 💡

Source: Electrical Safety Foundation International



Proud to power our  
**COMMUNITY**  
when it matters most.

**Yard Cleanup is EASY with a DR® Chipper Shredder!**



**CHIP** branches up to 5" in diameter.  
**SHRED** yard and garden waste up to 1.5" thick.  
**POWERFUL ENGINES** spin massive flywheels and shredding hammers to reduce everything **FAST**.

*Towable and PTO models too!*



[DRchipper.com](http://DRchipper.com)

**Make Stumps Disappear with a DR® Stump Grinder!**



**CARBIDE-TIPPED TEETH** take 360 "bites" per second, reducing stumps to sawdust in minutes!

**FASTER, SAFER, AND EASIER** than digging, burning, or using chemicals.

**TOWABLE** with your riding mower or ATV.

*Self-Propelled Model Available!*



[DRstumpgrinder.com](http://DRstumpgrinder.com)



1B0ECA © 2020

1B0ECB © 2020

**FREE SHIPPING** | **6 MONTH TRIAL** | **EASY FINANCING**

SOME LIMITATIONS APPLY. GO ONLINE OR CALL FOR DETAILS.

Go Online or Call for **FREE Info Kit!**

TOLL FREE **888-212-2849**

\* Assembled in the USA using domestic and foreign parts.

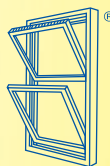


**America's Largest Replacement Window & Remodeling Company**

**OFFERING ENERGY SAVING PRODUCTS**



**Window World**



*"Simply the Best for Less"*



Call to schedule your **FREE** in-home estimate today!

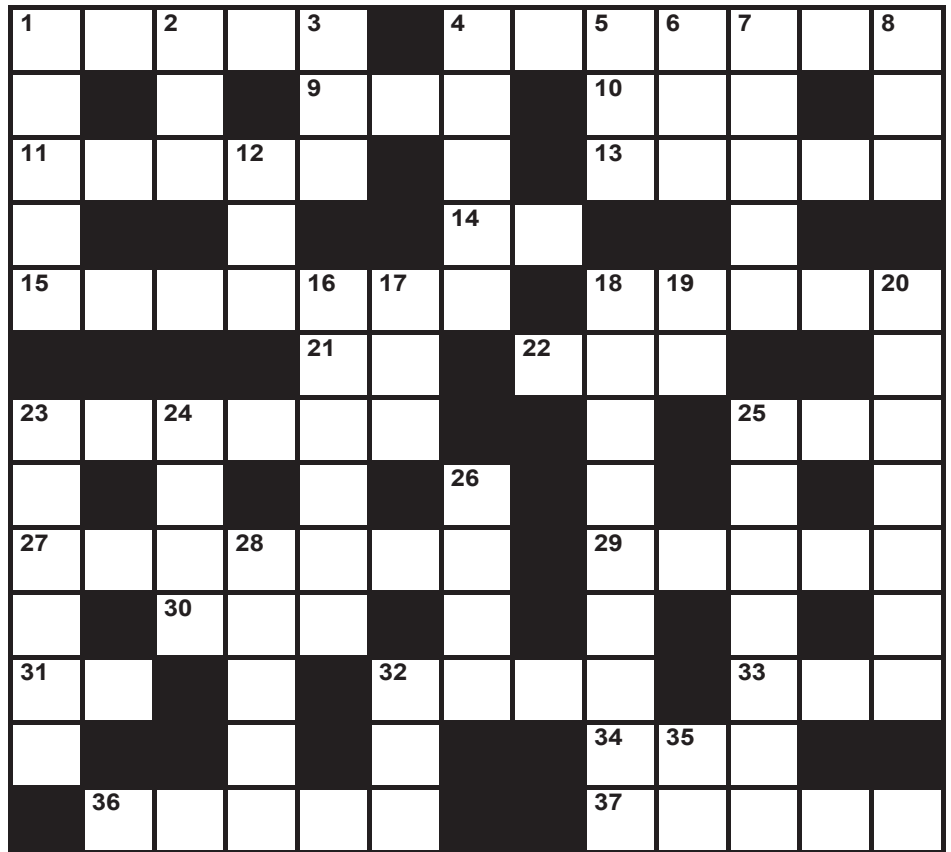
**1-800-GET WINDOWS**  
[www.windowworld.com](http://www.windowworld.com)

"Not only do we stand behind our windows, we stand on them!"





**Datebook is being temporarily suspended until it is safe for everyone to attend events. In its place, we are putting an Illinois crossword puzzle to help you fight boredom. We hope you enjoy it.**



### Across

- 1 Inventor of the first successful steel plow, who lived in Grand Detour
- 4 President who moved to Grand Salem when he was 21
- 9 Compete (for)
- 10 Former Bears kicker who served on the Illinois Supreme Court, \_\_\_ Thomas
- 11 Actor Vaughn of Wedding Crashers, who grew up in Buffalo Grove, Ill.
- 13 Long time Chicago resident who founded Mercury Records, Berle \_\_\_\_
- 14 "Love \_\_\_ love you, baby"
- 15 Founder of a newspaper conglomerate and UPI, born in Rushville, Ill.
- 18 19th century painter famous for his portrait paintings which included several Presidents: a resident of Chicago, George \_\_\_\_
- 21 West coast city
- 22 Fighting Illini baseball player who was drafted to the Tampa Bay Rays in 2019, \_\_\_ Troike
- 23 Comedian famous for Ghostbusters who was born in Evanston

25 Container

- 27 Illinois village where Ronald Reagan was born
- 29 Brouhaha
- 30 Ancient
- 31 Trendy
- 32 Chicago architect and leader of the American Craftsman movement
- 33 Scores for the Bears, abbr.
- 34 Much \_\_\_ about nothing Shakespeare
- 36 First word in the title of a famous R&B and funk band founded in Chicago
- 37 New Age great instrumentalist who played at the Chicago Theater

### Down

- 1 Jazz great born in Alton
- 2 Very long time
- 3 Jennifer "\_\_\_" Garth, Beverly Hills, 90210 star, born in Urbana
- 4 Pulitzer prize winner for *August: Osage County* who spent many years with the Steppenwolf Theater Company

5 Basketball org.

- 6 College of Dupage, colloquially
- 7 President who was an Illinois senator and became President
- 8 Votes against
- 12 Midwestern city, abbr.
- 16 Pleasantly calm
- 17 Hand over cash for
- 18 Nobel Prize winning author, born in Oak Park
- 19 Inside prefix
- 20 White Sox rivals
- 23 She received an Oscar for Children of a Lesser God, born in Morton Grove
- 24 Dallas QB who won the Walter Payton Award with Eastern Illinois
- 25 First Lady born in Chicago
- 26 Former Bulls star, Joakim
- 28 Small pincer in a toolbox
- 32 Coll., e.g.
- 35 Leonardo's middle name

**ANSWER KEY CAN BE FOUND ON PAGE 37.**

# Celebrate Flag Day

COVID-19 has caused a great deal of uncertainty, but through acts of kindness, generosity and sacrifice we've seen how Americans have come together in our time of need. Though this virus has caused us to be apart physically, it will never divide who we are together. We are the United States of America.

On June 14, proudly fly your flag, the symbol of the enduring strength of this great country.

*Brought to you by  
Touchstone Energy Cooperatives*



Touchstone Energy®  
*The power of human connections*

# The little blue logo that changed efficiency standards

**THE LITTLE BLUE (AND sometimes black) logo with the star inside that you see on all sorts of appliances and electronics has changed the way we view savings through more efficient products.**

The ENERGY STAR® program claims credit for reducing pollution and greenhouse gas emissions, and for saving Americans \$30 billion



**In 2017 alone, Americans bought more than 300 million ENERGY STAR-rated products.**

in energy costs. Analysts credit the program with innovating the energy industry as manufacturers set goals of making more energy efficient products than their competitors.

What the program does is make it easy to know whether a product you're thinking about buying is more energy efficient. Essentially the program looks at the average energy use of each type of product, and awards the ENERGY STAR rating to top performers based on different criteria—a refrigerator needs to be 9 percent more energy efficient than the minimum efficiency standard; a computer needs to use 25 percent less electricity than conventional models and include a power-saving mode option when it's not being used.

So, if the appliance or electronic device you're purchasing includes

the ENERGY STAR logo, you know it's among the most energy-efficient products available. That simplicity is the secret to the success of the program that is run by the U.S. Department of Energy and the Environmental Protection Agency (EPA).

The program's effectiveness comes from a complex process of making sure the logo is accurate and trusted—and the numbers show it is trusted. Americans bought more than 300 million ENERGY STAR-rated products in 2017 alone, and an ENERGY STAR study found that three-fourths of U.S. households say the label influences their purchases. According to [energystar.gov](http://energystar.gov), the EPA uses the following specifications to determine if products meet the ENERGY STAR standard:

- Product categories must contribute significant energy savings nationwide.
- Certified products must deliver the features and performance demanded by consumers, in addition to increased energy efficiency.
- If the certified product costs more than a conventional, less-efficient counterpart, purchasers will recover their investment in increased energy efficiency through utility bill savings, within a reasonable period of time.
- Energy efficiency can be achieved through broadly available, non-proprietary technologies offered by more than one manufacturer.
- Product energy consumption and performance can be measured and verified with testing.

- Labeling effectively differentiates products and must be visible to consumers.

Today, more than 500 certified labs in 25 countries around the world test more than 1,500 products a year, along with surprise inspections, to manage a list of 60,000 product models. ENERGY STAR runs seminars on how to meet its standards. Those standards require that TVs must use 3 watts or less when switched off; light bulbs must use two-thirds less energy than standard incandescent bulbs; and home furnaces must be between 4 and 15 percent more efficient than standard furnaces.

Tests also require quality standards in addition to just energy efficiency. In general, products must have popular features, like internet connectivity for smart TVs. Light bulbs must last up to 15 times longer and produce 70 to 90 percent less heat than conventional bulbs.

In 2018, ENERGY STAR tested 1,792 models, disqualifying 59 of them. Of the 858 varieties of lighting and fans tested that year, 51 were disqualified. Of the 35

TVs tested, two were disqualified.

ENERGY STAR has caught on because it has something for everybody—ways for consumers to save money; ways for businesses to promote efficient products; online

calculators for those wanting deep dives into finding the ideal energy use; and for the rest of us, a simple little logo that tells us we're buying one of the most energy-efficient products available.💡



**Paul Wesslund** writes on cooperative issues for the National Rural Electric Cooperative Association, the Arlington, Va.-based service arm of the nation's 900-plus consumer-owned, not-for-profit electric cooperatives.

# ADVANCED DIGITAL HEARING AID TECHNOLOGY

## Now Rechargeable!

**BUY 1 GET 1 FREE** Reg: \$599.98  
**Only \$299<sup>99</sup>**  
Each When You Buy a Pair - **LIMITED TIME ONLY!**

### How can a rechargeable hearing aid that costs only \$299<sup>99</sup>

be every bit as good as one that sells for \$2,400 or more?

**The answer:** Although tremendous strides have been made in Advanced Digital Hearing Aid Technology, those cost reductions have not been passed on to you. Until now...

The MDHearingAid® VOLT uses the same kind of Advanced Digital **RECHARGEABLE** Hearing Aid Technology incorporated into hearing aids that cost thousands more at a small fraction of the price.

Over 350,000 satisfied MDHearingAid customers agree: High-quality, digital, FDA-registered **rechargeable** hearing aids don't have to cost a fortune. The fact is, you don't need to spend thousands for a hearing aid. MDHearingAid is a medical-grade digital rechargeable hearing aid offering sophistication and high performance, and works right out of the box with no time-consuming "adjustment" appointments. You can contact a licensed hearing specialist conveniently online or by phone — even after your purchase at no cost. No other company provides such extensive support. Now that you know... why pay more?

**MDHearingAid®** >>>

DOCTOR DESIGNED | AUDIOLOGIST TESTED | FDA REGISTERED



**SHOP AT HOME!**  
Skip the Clinic  
with Remote Care

*"I was amazed! Sounds I hadn't heard in years came back to me!"*

— Don W., Sherman, TX

**CHARGE AT NIGHT AND GO ALL DAY**



**CHARGING READY**

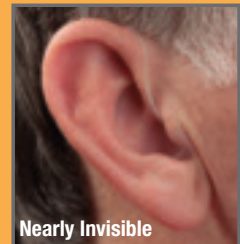
### 45-DAY RISK-FREE TRIAL!

If you are not completely satisfied with your MDHearingAids, return them within 45 days for a FULL REFUND!

**For the Lowest Price Call**

**1-800-605-0731**

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



Nearly Invisible

Use Code **JY65**  
and get **FREE Shipping**

Proudly assembled in America!





# Sanitizing electronics

**DURING THE NATIONAL HEALTH** crisis, you probably have been sanitizing everything in sight and the same goes for my family. Even prior to the COVID-19 outbreak, I was frequently asked, “What is the proper way to clean electronic equipment?” This is a pretty broad question, but let’s look at some common devices and how you might go about cleaning them.

### The solution

There are many products on the market for cleaning electronics. There is no need to rush out and buy something; chances are you already have what you need. One of the easiest cleaning solutions to make at home is a simple water and vinegar solution. Simply mix 50/50 and use distilled water to prevent spots. This solution is completely safe for most devices. Another cleaning solution I use is a 50/50 mixture of water (preferably distilled) and 70 percent isopropyl alcohol.

### Cell phones

You’re probably aware that a multitude of bacteria is clinging to your phone. Fortunately, our

phones are personal and we don’t usually share them with other people. Most of the bacteria found on your phone is the same as that on your hands. However, that doesn’t mean you shouldn’t clean and disinfect it. Simply remove your phone case, apply your cleaning solution to a clean microfiber cloth and wipe everything down. It’s important to always spray the solution on the cloth and not directly on the device. Apple and many manufacturers recommend against using any type of alcohol or ammonia-based product – doing so can damage the screen.


### Screens

TVs, tablets, laptops and cell phones ... so many of our electronics have screens, and many are touch screens that collect grime from everyone that touches them. Many screens today, and screen protectors, have a protective coating to help with glare and fingerprints. This coating can be sensitive to certain cleaning chemicals which should be avoided. A lightly dampened cloth with water may be the safest option. Be careful with the amount of pressure used to clean the screen. A light touch is all that

is needed in most cases. Pressing too hard can damage or crack the screen and using anything other than a microfiber cloth can scratch it.

### Keyboards, mice, game controllers

These are all devices that need cleaning from time to time. For keyboards, be sure to turn them upside down and gently tap to remove any debris that has fallen between the keys. I personally like to use the alcohol and water solution for these devices. Water and electricity do not mix well, so always be sure to disconnect and turn off the device before cleaning. Again, it is important to apply the cleaning solution to a soft microfiber cloth before wiping down the device.

If you need to get into small cracks and crevasses, you can always use a cotton swab lightly dampened with your solution of choice. If in doubt, it’s a good idea to refer to the manufacturer’s cleaning recommendations. This is just one more step we can take to prevent the spread of viruses like COVID-19. 



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



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





# READY TO TAKE YOUR LIFE BACK?

LIMITED-TIME

Get Up To

**20%** OFF MSRP

FREE Shipping and a RISK-FREE TRIAL.\*

MKT-P0157

© 2020 Inogen, Inc. All rights reserved.

Over 775,000 people in 47 countries have taken their lives back with a lightweight Inogen One portable oxygen concentrator. Dealing with a chronic respiratory disease, such as COPD, is burdensome enough without having to struggle with heavy tanks, constant refills, or being tethered to a stationary system. For nearly 20 years, Inogen has been the global leader in portable oxygen concentrators, exclusively dedicated to innovative oxygen solutions. It's time to reclaim your freedom and live your life in moments, not minutes left in an oxygen tank.

Call NOW and speak with an Inogen Oxygen Specialist to request your free informative brochure or to take advantage of our 30-Day Risk Free Trial.\* Plus, receive **FREE SHIPPING** on your order!

**1-800-986-3049**

or visit [GetInogen.com/discount](https://www.getinogen.com/discount)



\*Applicable for purchases only. Restocking fee may apply.

## Trees and power lines don't play well together

**AN IMPORTANT VARIABLE TO** consider when planning your landscape has nothing to do with a tree's appearance or function—it is the tree's location. A young and slender tree trunk, that could be compared to a lanky teenager, may look small and harmless when you buy it, but

to Yost. "No body part, no tool, no piece of equipment can enter into it [the MAD] unless it's an insulated conductor," he says.

Throughout his career, Yost has learned that no two trees are the same; no two branches react in exactly the same manner. "You may cut one branch and it acts a certain way, but you change the temperature by 5 degrees or change the wind speed by 1 or 2 mph, and that [branch] reacts in a totally different way," he explains.

Another life-threatening situation around trees and power lines involves children. Kids love to climb trees, but tall trees can provide direct access to power lines. When Tiffany Pagel was 9 years old, she died after making contact with a power line near the top of a tree across the street from her home.

People often don't stop to realize that the high voltage in power lines can kill. Kids and adults alike see birds sitting on power lines unharmed. People also wrongly assume if lines are coated, they are safe to touch. That is NOT true.

When someone makes contact with a live power line and is touching anything else, an extension ladder, uninsulated tool or tree for example, that individual becomes a pathway to the ground for the electrical current. The body literally becomes the pathway of least resistance.

Safe Electricity offers the following reminders about trees near power lines:

- If you have trees growing into power lines, contact your electric cooperative for guidance. Never prune them yourself.
- Specialized tree trimmers who are OSHA certified in utility clearance are the only persons legally allowed to trim within 10 feet of power lines.
- The majority of power outages are caused by trees that interfere with power distribution.
- The recommended mature height for trees planted near power lines is 15 feet.
- Tall-growing trees should be planted a minimum of 20 feet away from power lines. To avoid future pruning/power line issues, plant them 50 feet away.
- Fire is another hazard which can start when electrical arcing and sparking transfers from a wire to a nearby branch.
- Before digging, call 8-1-1 to notify the underground utility locator service to mark underground utilities.
- Look up and around for power lines before sending your kids outside to play, especially when they plan to climb trees, fly kites or use remote control devices.

Research various types of trees by consulting your local arborist or tree nursery. Contact your electric cooperative with questions about tree growth or other obstructions near power lines or other utility apparatus.

Think ahead when considering where to plant trees and remember that power lines need space, at least 10 feet away from anything else. For more information about electrical safety, visit [SafeElectricity.org](http://SafeElectricity.org).💡

trees that have the growth potential to encroach power lines can create serious problems.

Tree species that typically grow to 20 feet tall or higher may present pruning challenges and safety issues when fully grown. Trimming trees is tricky, especially near power lines. That is why it should be left to an industry professional like Jason Yost, a general foreman with Wright Tree Service.

Specialists who provide power line clearance undergo thorough and continuous training. Line clearance workers use job briefings — a tool that outlines the job, its hazards, and a minimum approach distance (or "MAD") from any energized conductor — according



# Lakeside Memories

## WALL CLOCK

Hand-crafted clock shaped like a fishing boat features James Meger imagery on the clock face

Hand-painted sculptural fishing poles, lures and bobbers plus two fish on the end of the lines

Precision timepiece with accurate quartz movement



Almost  
1 1/2 Feet  
High!

Shown smaller than actual  
size of about 16 3/4" H x 7 1/4" W.

Requires 1 "AA" battery  
(not included).



Three-dimensional  
clock is sure to  
be a standout  
wherever you  
display it.

**ONLY FROM THE BRADFORD  
EXCHANGE. ORDER TODAY!**

Make the limited-edition *Lakeside Memories Wall Clock* yours in three installments of \$33.33, totaling \$99.99\*, backed by our unconditional, 365-day satisfaction guarantee. Send no money now. Return the Reservation Application today!

©James Meger © 2019 BGE 01-29896-001-BIR

[www.bradfordexchange.com/lakeside](http://www.bradfordexchange.com/lakeside)

RESERVATION APPLICATION

SEND NO MONEY NOW



9345 Milwaukee Avenue · Niles, IL 60714-1393

**YES.** Please reserve the *Lakeside Memories Wall Clock* for me as described in this announcement.

Limit: one per customer.

Please Respond Promptly

\*Plus a total of \$14.99 shipping and service; see [bradfordexchange.com](http://bradfordexchange.com). Limited-edition presentation restricted to 295 crafting days. Please allow 4-8 weeks after initial payment for shipment. Subject to product availability and order acceptance.

Mrs. Mr. Ms. \_\_\_\_\_

Name (Please Print Clearly)

Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_

Zip \_\_\_\_\_

Email (optional) \_\_\_\_\_

**01-29896-001-E38501**



## Back to the basics

Helpful tips for new gardeners

**LOOKING BACK, WE MAY** realize this was the year we had a surge in cultivating new gardeners and nature enthusiasts.

While most people who read gardening articles look for new tips and interesting information, there are brand new gardeners who can do without technical jargon and nuanced garden issues. So, let's go back to the basics. Here are a few tips to be a successful new gardener.

### Start small

Transforming your entire back yard into vegetables and flowers may be the goal, but it can be overwhelming once weeds germinate and plants get thirsty. Start with some outdoor pots, a corner garden or add to your existing landscaping.

### Weed early and often

Before you plant, know how to attack weedy invaders. Weeds will compete with your plants, leaving them less productive. Each gardener has a favorite tool, but all ages will appreciate a shuffle hoe or Dutch garden hoe, which allows you to uproot small weed seedlings without bending over. A weeding knife gets deep in the soil to the roots of larger weeds. If weeds get too big, mow or whack before they flower and seed.

### Check your garden daily

Be diligent and pay attention to the plants. Have fun watching them grow and caring for them. Know that watering in the summer is

more intense as the plants are bigger and the temperatures are higher.

### Be persistent

Don't give up if they don't grow well or fail to give you the produce you hoped for. Sometimes plants fail and sometimes they surprise you. Many factors can be out of your immediate control – not the right plant for the location, not the best soil or best weather, not enough water or too much of it. Most gardeners with lush gardens won't tell you how many plants they had to kill to get the impressive show. Start with easy-to-grow vegetables like eggplant, tomatoes, potatoes, leafy greens and herbs, or annuals (continuous blooms all summer) like dragon wing begonias, zinnias, sweet alyssum or marigolds.

### Track the rain

Most plants require an inch of rain a week and prefer two inches in hot, dry weather. Long, slow, deep waterings are the best for preventing heat stress, preferably in the morning when water loss from evaporation is less. Water at the driplines of trees and shrubs, not at their trunk. Water slowly so there is no run-off, and the water slowly permeates into the soil with the goal of wetting the ground to a depth of 8 to 12 inches. Basically, use the shower setting, not the jet setting, on your hose head and the water will absorb slowly.

### Plant native Illinois plants

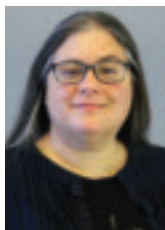
Most native plants are adapted to our soils and our environment and will thrive with little effort on your part. They are key in contributing to wildlife like butterflies and birds. Visit [gardenillinois.com/native-plants](http://gardenillinois.com/native-plants).

### Seek advice and ask questions

Adopt the new perennial theory with Roy Diblik, author of "The Known Maintenance Garden." Diblik encourages tested plant combinations that interact with each other in self-sustaining communities that enable them to live well with minimal input. These plant communities eventually knit together forgoing weed issues. Roy also questions tilling, mulching, adding compost, and gives great tips on managing weeds and watering in the first three years of the perennial bed.

Contact your local Extension office for resources. Most offices have horticulture specialists and master gardeners that are committed to helping you solve any of your gardening woes. Look for gardening Facebook groups in your area. Many of these groups will answer your questions in minutes and a consensus will be made.

Be creative and add your own artistic flare. 💡



Kelly Allsup is a horticulture educator with the University of Illinois Extension serving Livingston, McLean and Woodford counties. She is a Master Gardener, Master Naturalist and has a passion for ecological gardening.



# Bad to the Bone

Full tang stainless steel blade with natural bone handle —now **ONLY \$79!**

The very best hunting knives possess a perfect balance of form and function. They're carefully constructed from fine materials, but also have that little something extra to connect the owner with nature.

If you're on the hunt for a knife that combines impeccable craftsmanship with a sense of wonder, the **\$79 Huntsman Blade** is the trophy you're looking for.

The blade is full tang, meaning it doesn't stop at the handle but extends to the length of the grip for the ultimate in strength. The blade is made from 420 surgical steel, famed for its sharpness and its resistance to corrosion.

The handle is made from genuine natural bone, and features decorative wood spacers and a hand-carved motif of two overlapping feathers—a reminder for you to respect and connect with the natural world.

This fusion of substance and style can garner a high price tag out in the marketplace. In fact, we found full tang, stainless steel blades with bone handles in excess of \$2,000. Well, that won't cut it around here. We have mastered the hunt for the best deal, and in turn pass the spoils on to our customers.

**But we don't stop there.** While supplies last, we'll include a pair of \$99 8x21 power compact binoculars *and* a genuine leather sheath **FREE** when you purchase the **Huntsman Blade**.

**Your satisfaction is 100% guaranteed.** Feel the knife in your hands, wear it on your hip, inspect the impeccable craftsmanship. If you don't feel like we cut you a fair deal, send it back within 30 days for a complete refund of the item price.

**Limited Reserves.** A deal like this won't last long. We have only 1120 **Huntsman Blades** for this ad only. Don't let this beauty slip through your fingers. Call today!



**BONUS!** Call today and you'll also receive this genuine leather sheath!



**EXCLUSIVE FREE**

Stauer® 8x21 Compact Binoculars

-a \$99 value- with purchase of Huntsman Blade

## What Stauer Clients Are Saying About Our Knives



*"This knife is beautiful!"*

— J., La Crescent, MN



*"The feel of this knife is unbelievable...this is an incredibly fine instrument."*

— H., Arvada, CO

**Huntsman Blade** ~~\$249\*~~

Offer Code Price Only **\$79** + S&P **Save \$170**

**1-800-333-2045**

Your Insider Offer Code: **HUK171-01**

You must use the insider offer code to get our special price. **Rating of A+**



**Stauer®** 14101 Southcross Drive W., Ste 155, Dept. HUK171-01  
Burnsville, Minnesota 55337 [www.stauer.com](http://www.stauer.com)

\*Discount is only for customers who use the offer code versus the listed original Stauer.com price.

**California residents please call 1-800-333-2045 regarding Proposition 65 regulations before purchasing this product.**

- 12" overall length; 6 1/2" stainless steel full tang blade
- Genuine bone handle with brass hand guard & bolsters
- Includes genuine leather sheath

Stauer... *Afford the Extraordinary.*®



# THROUGH THE LENS OF

## GEOFFREY MIKOL

*By Valerie Cheatham*

**ON A TYPICAL MORNING,** with a Nikon dangling from his neck, 25-year-old Geoffrey Mikol strolls down Galena's picturesque Main Street to pick up his morning iced tea. Along the way, he pauses to say good morning to fellow business owners and may stop and visit for a while. If something catches his eye, he'll hesitate long enough to grab a shot before heading back to his shop, River Bend Gallery.

Geoffrey is friends with many of the other business owners. Paul, Geoffrey's father, says, "One of the things I love so much is that Geoffrey is just another business owner to them. He's part of the family of Galena. It's cool that he's accepted as one of the guys. It's all he ever wanted and all I ever wanted."

Why does this mean so much to Paul? Geoffrey was born with Down syndrome and all his father has ever wanted is for Geoffrey to be accepted.

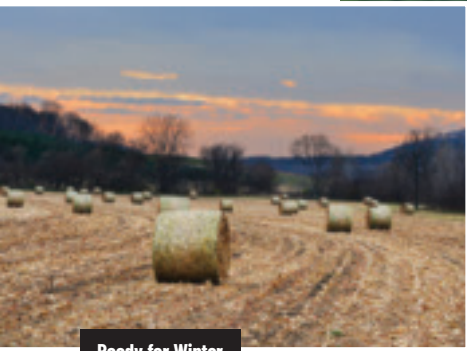
"This community is very supportive," he explains. "For a smaller community, I've never met such a friendly group. It's probably the best place we've ever lived. It's coming up on four years we've been here."

As a preteen, Geoffrey had a smartphone and enjoyed taking photos. Paul noted that even at that age the photos were composed correctly, and he seemed to have a natural eye for it.

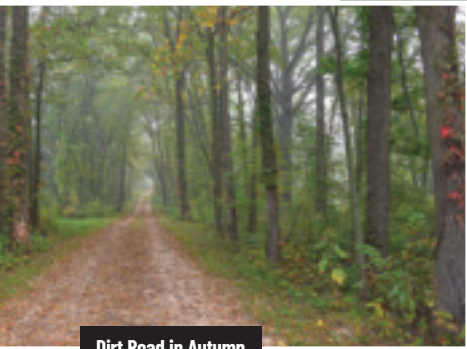
Geoffrey went to high school in the Washington, D.C. area, where he lived with his mother Ann. One of his teachers suggested he take a photography class and he excelled. At the age of 16, from the lens of his Nikon 5300, he began submitting samples of his work in juried art festivals in the Chicago area where he spent summers with his father. His work was usually accepted and won awards.

Geoffrey and Paul participated in eight or nine festivals each summer, however, Paul noticed after the second or third show that people were coming up to





Ready for Winter



Dirt Road in Autumn



Fast Friends

him in the booth assuming he was the photographer.

“I had to tell them, no, no, no,” says Paul. “I just drove this guy here [pointing to Geoffrey]. All of this is his stuff!”

People were amazed by the depth of Geoffrey’s work and it sold well.

After that show, Paul had a t-shirt printed for Geoffrey with large lettering proclaiming, “I’m the artist.” He also had business cards printed. Geoffrey enjoyed talking to everyone and passing out his cards.

That’s when Paul realized photography could be a future means of support for Geoffrey.

After Geoffrey graduated from Harper Community College in Palatine, Ill., there was a lot of interest in his work. The Daily Herald, and a few other Chicagoland newspapers, did articles about him because they thought his artwork was beautiful. That generated even more interest in his photography.

“I want people to like my art because it’s good,” says Geoffrey, “not because I have Downs.”

It was on a trip to the Galena area that Paul, wife Deb and Geoffrey fell in love with the area and relocated. Eventually, Geoffrey’s mother Ann also moved to the area. Paul says Geoffrey is the glue that holds everything together.

The gallery’s name comes from the fact it is located on the Galena River. It started in a much smaller unobtrusive location but quickly outgrew the space. When the current prime location opened up on the south end of Main Street, they jumped on it. They now get greater exposure to visitors with three times the foot traffic they had in their previous location.

River Bend Gallery is manned by Paul, Deb and Geoffrey. Geoffrey does all photography, while Deb and Paul handle matting, framing and other components of running a small business. Paul says photography helps Geoffrey exercise

self-expression and independence, and he has become a good salesman. Several of their best-selling items, coasters, magnets and notecards, were Geoffrey’s ideas.

Geoffrey’s photography captures nature and seems to beckon you to pull up a chair and stay awhile. He catches light streaming through trees, crumbling moss-covered walls, sunsets, and barns that have seen better days but are beautiful through his lens. One of his most popular photos is “First Light,” which he took while in high school.

His favorite photo is called “Dark Rocks.”

Paul explains that Geoffrey imagines there could be caves hidden under the water. When Paul was showing it to Geoffrey, after uploading it to his computer, he asked why it was his favorite.

“It’s a really nice peaceful shot, but I asked why he liked it so much,” explains Paul. “He looked at me like I was a complete idiot and said, ‘the heart.’ The pool in





Dark Rocks

the center forms a heart, and now that you've seen it, you can't unsee it. But that's kind of how artists see things differently than we do. I was with him on this trip when he took the photo, but I didn't see it at all."

Paul says Geoffrey likes things that are a little bit spooky, which is ironic because when you look at his photos, he shoots the light so beautifully. When asked why he likes the fog, Paul explains, "He doesn't like the fog, but it reminds him of 'Lord of the Rings.' It's spooky like that. He imagines Gollum might be hiding in there."

Geoffrey says he likes haunted houses but that his dad doesn't. "I'm not scared, I'm brave," he explains, "but this guy [Paul], he's scared!"

Sometimes on a slow Monday, Geoffrey will grab his camera and walk around town looking for things to shoot or Paul and Geoffrey will take a drive. When the family takes a vacation from the gallery, they go to destinations Geoffrey wants to photograph, such as the lighthouses

in Door County, Wis. On his list of "must see" is the Grand Canyon and the Badlands in South Dakota. Geoffrey says, "The BADlands, it sounds spooky." He also wants to visit his aunt and uncle in Nashville, Tenn., to get some city shots and enjoy the music.

"Sometimes he picks crazy places, like China, that we can't possibly get to," says Paul. "But, we take camping trips or drive around. We don't plop him down in front of a spot, it's all in what he wants to shoot. It's not unusual for him to say, 'Dad, stop now,' when we are taking a drive. He will see something that he has to shoot. The images 'Road Home' and 'Cold Front Coming' are two of those shots."

Geoffrey likes it when his dad goes out to shoot with him and it's rare for Geoffrey to take more than two or three shots of something. Even when Paul encourages him to take more, Geoffrey will tell him, "No Dad, I've got it. You shoot it again." And, he's right, those two or

three shots are all he needs, which amazes Paul.

Paul says he is astonished how they can both stand next to each other, shooting the exact same thing and afterward when he uploads the photos, Geoffrey's are always better.

"I'm always asking him, 'Dude, how did you see that?'" Paul exclaims! "He's able to pull something out of the picture that no one else does. When you look around [the gallery], his shots draw you in. It's not clever marketing on my part. People are truly blown away by it."

When it comes to naming the photos, it's a family decision. Geoffrey, his dad and Deb, sit around the table and come up with something clever or memorable for a name.

Paul points out the photo of an elk that shows Geoffrey's sense of humor.



Father and son



River Bend Gallery is located at 313 S. Main St., Galena.



Hot Summer Night

## LEARN MORE

To view Geoffrey's work and learn more about this talented young man, visit [riverbendgalleries.com](http://riverbendgalleries.com).

"We were in a park in Colorado," explains Paul. "He got a bit closer than he should have, but he got the picture. When we put it in the gallery, it was named 'One Buck' and people like the shot. Geoffrey came up to me about a month later and said, 'Dad, I got a new name for this – Kiss My Ass.' It made total sense! Look at the expression on the elk's face."

His work has been exhibited in Minneapolis, Minn.; Madison, Wis.; Davenport, Iowa and Chicago. But the greatest honor was in July 2018, when Peter Wheeler, 50th World Special Olympic Games chairman from the U.S., visited River Bend Gallery. He was familiar with Geoffrey's work and wanted to meet him. An art show was part of the festivities planned for the March 2019 event. Geoffrey had 20 of his large metal pieces featured in Abu Dhabi, the capital of the United Arab Emirates in the Persian Gulf. Paul says it was quite an honor to have attendees from around the world see his work.

For some, visiting the gallery is an emotional experience. On occasion, Paul has seen people break down and cry.

"Often the people have family members that have Down syndrome or are on the autism spectrum, or fill in your disability," says Paul. "They are inspired by what Geoffrey's been able to do. It gives hope for their loved one. We remain humble that that has happened. When we set up the gallery it was just to display Geoffrey's work, but it has almost taken on an importance that is really cool."

Geoffrey says he's really involved with "my people," his reference to The Workshop in Galena. The multi-disability organization includes him in different events, and he has made many friends. For lack of a better word, Geoffrey has become a role model for others because of his success.

While living in the Chicago suburbs, Geoffrey was part of a theatre troupe that was mostly people with Down syndrome. He likes performing and enjoys singing, dancing and learning lines. He has been in productions of "Hairspray," "Guys and Dolls" and "Fiddler on the Roof." Geoffrey especially likes to play the "bad guy" in productions, or when dressing up for Halloween. Most recently he dressed like Gaston the villain in "Beauty and the Beast," but Paul is quick to tell him that even so, he is a good guy.

As a preteen, Geoffrey took guitar lessons, but Paul says he is actually a better harmonica player.

A man of few words, Geoffrey loves listening to music by Taylor Swift, Maroon 5 and Adam Lambert and loves watching "American Idol." He is a big fan of the Chicago Bears, likes watching sports, especially the Olympics, and enjoys cooking. His favorite? Grilled cheese.

For Christmas, his family got him a new Canon RP and are excited to see what he captures next. 💡



# Rescue, rehabilitate, release

By Colten Bradford

**IT ALL STARTED WHEN** Adele Moore and then husband Richard Evans spotted an injured cottontail rabbit in the middle of the road in 1972. They took the rabbit to a local veterinarian, who stitched it up and sent it back home with them. In their care, the rabbit quickly recovered, and they released it back into the wild where it belonged.

Hooked, Adele and Richard, who later became a veterinarian, rescued more wild animals to rehabilitate and release. They used their nephew's treehouse as a nest box for orphaned raccoons. That nest box became the namesake for the 40-year-old animal rescue they founded called TreeHouse Wildlife Center.

"Our mission is to rescue, rehabilitate and release wildlife, and to provide environmental education to the public," says Kelly Vandersand, fundraising coordinator for TreeHouse Wildlife Center. Because the center is a nonprofit that relies on private donations, grants and programming fees, Kelly writes grants, organizes fundraising events and finds creative ways to help fund care for injured, sick or orphaned wildlife.

TreeHouse Wildlife Center has a small staff of five or six at a time. Kelly has found herself doing animal

care, rescues, education programs and more. "I'm very passionate about TreeHouse Wildlife Center, so I'm willing to get my hands dirty and do anything that needs done." However, she says volunteers keep the center going.

"Our volunteers are the backbone of the organization," she says. "Staff can only do so much. If we didn't have volunteers, we would not be able to do what we do." There are many routes volunteers can take, including landscaping, construction, fundraising, animal rehab and emergency transport.

The transport system allows the center to rescue animals hours away from the facility in Dow, Ill. They've had rescues from Peoria, Springfield, Vandalia and as far as Cairo. "We have a huge range," Kelly says. "We're one of the only centers in south central Illinois with a transport system. We have animals coming in regularly from 2 to 3 hours away."

Once an animal is admitted, the workers give it space for the first 15 minutes to help it calm down. "It's traumatic for them," Kelly explains. "Even domestic pets get stressed at the vet, but at least they have a connection



Above: A bald eagle was released back to the wild on Sept. 3, 2018 at the Audubon Center at the Riverlands. Photo by Amanda Hazelwood Castleman.



**Buddy the eastern screech owl is an education ambassador. He was admitted to TreeHouse Wildlife Center in 2010 after he was hit by a car. Photo by Eric Bloemker.**



with people, whereas all [wildlife] know is they've been captured, they're injured, and they don't know what's going on. We always give them time before the evaluation."

Once the animal has been checked for injuries, dehydration and malnourishment, staff begins treatment and develops a care plan. "The animal will spend time in critical care in our clinic. ... Once they are done with treatment, they will go out to the rehab buildings, which is the next phase before being released, where they will be reacclimated to being outside."

Owls will get the opportunity to go back to a nighttime cycle. Birds are released to the flight cage, where they can learn to fly and hunt again. "Since we've been feeding them, we'll have to make sure they are hunting for food because it doesn't do the animal any good if it isn't able to care for itself when we release it back to the wild," Kelly explains.

Mammals will go to an outdoor enclosure, where they will get food and water and have everything necessary for rehabilitation. For example, squirrels must learn to climb trees and dig for their food. "It is a little bit

of a different concept for each animal," Kelly says. "We never just release straight from the clinic. We always have that transitional phase to going back outside."

However, not all animals can go back to the wild because of their injuries. TreeHouse is a sanctuary for these animals. On M.J.M. Electric Cooperative lines, the facility is located on 8.5 acres that an anonymous foundation helped purchase in 2010. Staff and volunteers are on-site every day for animal care because there are 60 permanent residents in addition to the animals in the hospital and rehab.

In order to help the center survive, it was decided to make it a public, open area where visitors can see and learn more about Illinois' native animals through the outdoor enclosure facility. The facility is accessible to everyone and guests can visit for free.

"We don't charge people to visit and walk around the center," Kelly says. "We developed an education center. We have a small gift shop, and people can stop in every day of the year except Thanksgiving and Christmas. ... We figured more education for the public will help improve the lives of wildlife by just learning a little bit about the animals and developing a bond with them. We hope people will take an interest and help ensure wildlife have a better habitat in which to live."

TreeHouse Wildlife Center is a state and federally licensed facility. The state license covers mammals and the federal license covers birds. "We work with most native species that reside or migrate through Illinois," Kelly says. While the center gets a lot of owls, hawks and eagles, they do get a few coyotes, foxes and the occasional bobcat, but squirrels and opossums are the most common residents.

"Many people don't see the value of rehabbing a squirrel, but there are two ways to look at it," Kelly explains. "Squirrels are the largest planters of a forest. They plant trees like crazy. Then they are prey, so they feed other animals. If you return those animals back to the ecosystem, they may live out their lives perfectly happy, but they may also feed a raptor or coyote."

She also explains that opossums are great environmental stewards because they eat ticks and don't carry diseases. "They are a wonderful animal to return back to the environment." Because of state law, the center can't take in bats or skunks.

The center has both on- and off-site programming. They go out to schools or scout events to do educational programs, and some of their permanent resident animals are education ambassadors.

"When we make the decision that an animal cannot go back into the wild, we will evaluate it to see how it interacts with people



**Baby squirrels are common residents at TreeHouse Wildlife Center. Photo by TreeHouse staff.**



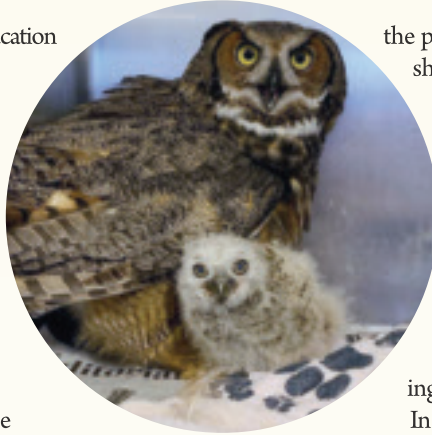
and if it might become a good education ambassador,” Kelly explains.

If the animal takes well to being handled and isn't stressed in public and having people nearby, then it will be trained to be an education ambassador. Kelly says they have some famous ones. Einstein the turkey vulture draws a big crowd, and Buddy, a tiny screech owl, is always a crowd favorite.

“We have five eagles that reside with us,” Kelly says. “They all have permanent wing injuries and can't go back to the wild. During eagle watching, people get to see these animals in their closure up close. It is one thing to see them flying or in a tree, but when you're able to get within 20 feet, it is amazing to see how big and powerful these animals are.”

For the permanent residents, the center offers a guardianship program. This program allows people to sponsor an animal for one year, which helps pay for the cost of food, care, shelter and medical treatment. Guardians receive a certificate, the animal's history and photo, a letter of thanks, and a sign on the animal's enclosure.

Financially, TreeHouse Wildlife Center relies on private donations, grants and fundraisers, and COVID-19 has impacted the center in many ways. All educational and many fundraising events have been canceled, and because the center has been closed to visitors during



**Howie the great horned owl is a permanent resident that fosters owllets. Photo by TreeHouse staff.**



the pandemic, the gift shop has been shut down and all of its proceeds go to the rehabilitation program.

“We're trying to protect our rehab staff as much as possible,” Kelly says. A curbside drop-off has been set up so people can bring in rescues and make donations. “We ask everybody to remain in their cars. If our staff gets sick, we will be in a world of hurt trying to care for our critical patients.”

In hopes to offset lost income, the center applied for grants and started a GoFundMe campaign. “We're all in the same boat,” Kelly says. “We realize people are suffering too, but we have a commitment. These animals are in our care; some are threatened and endangered species. We can't just walk away from them.”

As for TreeHouse Wildlife Center, after 40 years, Adele continues to be the executive director, and Kelly says they will continue their mission to save wildlife and hope people will be able to visit soon. “We are still taking rescues and we need donations to help care for all the spring babies.” She explains any donation is appreciated, even a small one. Just \$1 will be a meal for an animal.

“Wildlife still matters,” Kelly says. “TreeHouse is the voice of wildlife, and while there are a few centers in the state, there's not a lot of resources for wildlife. ... We try to help as many animals as financially possible.”

## LEARN MORE

To learn more about TreeHouse Wildlife Center, find volunteer opportunities or to donate, go to [treehousewildlifecenter.com](http://treehousewildlifecenter.com).



**Nyx and Rizzo the bobcats are permanent residents. Nyx is an education ambassador. Photo by TreeHouse staff.**



Pizza pot pie



## The Greathouse of Pizza

By Lisa Cherry

**ACCORDING TO THE GREATHOUSE** of Pizza (GHOP) owner Trent Groothuis, a picture is worth a thousand words, and pictures of pizza are worth more than 17,000 Facebook followers. For the restaurant's single location in Casey, Ill., a town of 2,700, he says that's "pretty incredible."

Although Trent opened the business in 2008, his background in the food industry goes back much further. "I have always worked in the restaurant business," he says. "I worked my way up from dishwasher to manager to an owner."

His journey began at Richards Farm Restaurant, also in Casey, as a dishwasher and occasional fry cook while in high school. Then, while attending Lake Land College in Mattoon, he worked as a prep worker and cook at Wrangler Roast Beef in Charleston.

He went on to pursue a degree in physical education at Eastern Illinois University. "While attending EIU, I worked at Pagliai's Pizza as a pizza maker, and later became an assistant manager," Trent says. He worked there for 7 years and says his favorite aspect of the restaurant business is creating new foods.

After several interviews for high school P.E. teachers, nothing panned out. Then in 2008, his parents told him the local pizza joint from his hometown was shutting down and for sale.

"I had always enjoyed making pizzas and everything about the pizza industry, so I went for it and here we are now," he laughs. "I graduated with a degree in physical education, so I did what everyone does who graduates with that degree ... I opened a pizzeria!"

The casual "mom-and-pop" pizza joint's name is based on Trent's last name—Groothuis. "Groothuis means big or large house in Dutch, so my family somewhere down the line changed the American pronunciation to Greathouse," he says.

The pizzeria offers both carry-out and delivery, which equates to about 35 percent of business, according to Trent. They recently expanded their delivery radius to 10 miles, including the town of Martinsville.

Favorite items on the menu include their thin crust and homemade Italian sausage. "Our deep-dish pizza, Chicago specialty items and pizzas of the month bring people in from other towns and cities," Trent says. "We have become a destination. Probably 75 percent of our business is from out-of-town people. Our pizza of the month is popular because we do off-the-wall pizzas with crazy combinations. We do a lot of pizzas that other pizzerias in the area don't do." He says the most popular has been the General Rangoon's Special, a crab rangoon and General Tso's chicken pizza.



GHOP gained a multitude of social media followers after posting original pizza art in 2013.



GHOP's pizza pot pies, a seasonal item available in the winter, bring in a lot of people. "People go crazy over them. They are a pot pie filled with a special meat sauce, mushrooms, pepperoni and tons of Wisconsin brick cheese," he describes. "These are popular in the Chicago area, so we started doing our version."

Trent's creativity doesn't end with the menu. GHOP is known for pizza art, which he started posting on Facebook in 2013. "It is just a thing I started doing when I got bored," he says. "I would come in and make pizzas that looked like sports logos or other types of logos."

After receiving a huge response, he continued posting his creations. The St. Louis Post Dispatch shared one of his posts—a St. Louis Cardinals logo pizza. That led to a story in PMQ Pizza Magazine and a segment on Terre Haute's WTWO-TV. A subsequent article from the Mattoon Journal Gazette & Times-Courier was picked up by the Associated Press, which Trent says was shared by hundreds of newspapers in the U.S.—one being the Washington Post.

"Pizza art has helped with social media," he says. "It's content that people like to see. It catches their eye, and people share it or like it. Sharing content is the name of the game; it gets many people to like your social media pages."

"We have a lot of regulars who come several times a month from Terre Haute, Charleston, Mattoon, Robinson and Effingham, as well as all the small towns around. We have some from the Champaign-Urbana

area, Springfield, the Indianapolis area and even Evansville, Indiana!"

After nearly 12 years in business, he recalls heartwarming moments. They've assisted with several "promposals" by making pizza in the shape of a heart with "Prom?" written in pepperoni. Once, they wrote the words "Big Brother" for a family to surprise their son with a new baby.

"We are getting to the point where I have been hearing 'we had our first date here,' 'I met my significant other here,' and 'we have our anniversary dinner here every year'—those are pretty neat things to hear from customers," Trent says.

In the face of the pandemic, GHOP is open for carry-out, curbside pickup and delivery. So far, they have been fortunate and stayed busy with a couple of small changes.

"We started making take-and-bake kits, such as Italian beef, baked pasta and frozen pizzas. The frozen pizzas have really taken off!" They also offer take-home pizza kits to make pizza at home. Kits include a doughball, pizza sauce, mozzarella cheese, sausage and pepperoni. "It gives families a fun activity to do at home," he says.

As for the future of GHOP, Trent says they will keep doing what they are doing. He also mentions a possible expansion to Terre Haute down the line. He adds, "We just want to give a big thank you to all our customers for their support. Without them, we wouldn't be here!"



In the wake of the global pandemic, in addition to curbside pickup and delivery, GHOP now offers take-and-bake kits, frozen pizzas and pizza kits families can make at home.

## LET'S EAT!

### The Greathouse of Pizza

904 North Route 49  
(junction of Illinois Highway 40 and Illinois Highway 49)  
Casey, Illinois 62420

(217) 932-2220 or  
(217) 932-2549  
greathouseofpizza.com

Please call ahead for parties of eight or more.

#### HOURS

Closed Monday and Tuesday.  
4-9 p.m. Wednesday  
4-9 p.m. Thursday  
4-10 p.m. Friday  
4-10 p.m. Saturday  
4-9 p.m. Sunday



## AWARDS

- 2011 Casey Chamber of Commerce Business of the Year (community involvement/service)
- 2015 Jalapeno Popper Pizza named as a Top Recipe in the Industry by PMQ Magazine
- 2016 Top 10 Deep Dish by Onlyinyourstate.com
- 2018 Illinois Country Living magazine Central Region Best Pizza
- 2019 Finals of WTHI-TV Terre Haute Final Fork
- 2019 #4 Best Chicago Style Pizza, USA TODAY Top 10 Travel Awards

## Potpourri

OVER THE PAST SEVERAL months, readers have submitted recipes that didn't really fall into any upcoming category of recipes. We decided to make use of these recipes and hope you enjoy trying them. 📌



CHOC NUT CARAMEL TART

### WE NEED RECIPES!

#### Upcoming monthly topics

Gluten free

Entree salads

Pasta

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.



### Choc Nut Caramel Tart

Submitted by: Clara Lindstadt, Western Illinois Electrical Coop.

Servings: 8

- 1 sheet refrigerated pie crust
- 1-13 ounce jar Nutella
- 20 caramels
- 1/2 cup heavy whipping cream
- 1-3/4 cups nuts, chopped and toasted
- Whipped cream, optional

Preheat oven to 450 F. Unroll pastry into a 9-inch fluted tart pan, trim and crimp. Prick bottom and sides or use pie weights. Bake 9-11 minutes until golden, cool completely. Spread Nutella in bottom of cooled crust. Heat caramels and whipping cream until caramels have melted, cool. Once cool, spread over Nutella and sprinkle with toasted nuts. Chill. Serve with whipped cream. Nutrition information: 482 calories; 28.6g fat; 101mg sodium; 51.5g carbohydrates; 7.7g protein.

### Cornbread Salad

Submitted by: Jack Michael, Shelby Electric Cooperative

Servings: 15

- 3 cups baked cornbread, crumbled
- 1 cup cauliflower, finely chopped
- 1 cup broccoli, finely chopped
- 1 cup carrots, shredded
- 1 cup mild onion, finely chopped
- 1-1/2 cups Miracle Whip
- 2 cups fresh tomatoes, chopped
- 1/4 cup cooked bacon, crumbled

Bake cornbread and let cool, then crumble in bottom of a deep cake pan. Spread cauliflower, broccoli and carrots over cornbread. Spread with onion and tomatoes. Top with Miracle Whip and spread to seal edges. Sprinkle with bacon. Store in refrigerator until time to serve. Mix small amounts for each serving. Nutrition information: 152 calories; 8.7g fat; 415mg sodium; 16.4g carbohydrates; 2.7g protein.

### My Mother's Jumbo Raisin Cookies

Submitted by: William Stroud, SouthEastern Illinois Electric Cooperative

Makes 4 dozen

- |                         |                                  |                          |
|-------------------------|----------------------------------|--------------------------|
| 1 cup water             | 1 teaspoon vanilla               | 1 teaspoon salt          |
| 2 cups raisins          | 1 cup chopped pecans             | 1-1/2 teaspoons cinnamon |
| 1 cup shortening        | 4 cups all-purpose flour, sifted | 1/4 teaspoon nutmeg      |
| 2 cups granulated sugar | 1 teaspoon baking powder         | 1/4 teaspoon allspice    |
| 3 eggs                  | 1 teaspoon baking soda           |                          |

Preheat oven to 400 F. In small saucepan, add water and raisins and boil 5 minutes. Cool. Cream together shortening and sugar. Add eggs and water/raisin mixture and beat well. Add all other ingredients and beat well. Drop by rounded tablespoons onto greased cookie sheet. Bake 12 to 15 minutes. Nutrition information per 2 cookie serving: 325 calories; 16.1g fat; 159mg sodium; 43.7g carbohydrates; 4.2g protein.



## Maple Brussels Sprouts with Bacon

Submitted by: Mary O'Rourke, Corn Belt Energy Corporation  
Servings: 8

- 5 cups fresh Brussels sprouts, halved
- 1 teaspoon olive oil
- 2 tablespoons water
- 1/4 teaspoon salt
- 1/2 pound bacon
- 1 cup diced onion
- 1 tablespoon olive oil
- 1 garlic clove, minced
- 1/4 cup balsamic vinegar
- Maple syrup
- 1/2 teaspoon caraway seeds, optional

Mix Brussels sprouts, 1 teaspoon olive oil, water and salt in microwave-safe dish and microwave for 5 minutes or until tender. Meanwhile, fry bacon until crisp. Drain, crumble and set aside. Heat 1 tablespoon olive oil and brown onions for 5 minutes. Add garlic and caraway seeds, if using, and cook 1 minute. Add balsamic vinegar to pan and deglaze any goodness stuck to pan. Add cooked Brussels sprouts and toss to coat. Drizzle with maple syrup, warming through. Garnish with bacon and season with salt and pepper to taste. Nutrition information: 291 calories; 16.8g fat; 991mg sodium; 13.7g carbohydrates; 16.7g protein.



## Crock Pot Brisket

Submitted by: Rhonda Roesch, Eastern Illini Electric Cooperative  
Servings: 12

- 3 - 4 pounds trimmed beef brisket
- 1/4 cup liquid smoke
- 1/2 teaspoon garlic powder
- 1/2 teaspoon celery salt
- 1/2 teaspoon onion salt

Line crockpot with cooking bag. Pour in liquid smoke. Mix dry ingredients and rub on meat. Put meat into bag. Cook overnight on low for 10 hours. Let stand, slice, heat and eat. Serve with your favorite barbecue sauce. Nutrition information: 281 calories; 9.4g fat; 148mg sodium; 0.1g carbohydrates; 45.9g protein.



## Seven Layer Jell-O Salad

Submitted by: Barb Pizzolato,  
Rock Energy Cooperative  
Servings: 15

- 7 small packages Jell-O (1 each - black cherry, red raspberry, lime, lemon, orange, cherry, grape)
- 7 cups hot water
- 2 cups cold water
- 1-1/2 cups evaporated milk

Make this in a clear dish to see the colorful layers. Each layer must set for one hour before proceeding to the next layer. The layers will alternate being clear or frosted. For the first layer, mix 1 cup hot water with black cherry gelatin stirring to completely dissolve, add cold water, mix and pour into clear dish. Refrigerate for one hour. For frosted layer, mix together red raspberry gelatin with 1 cup hot water, and stir to dissolve. Add 1/2 cup evaporated milk. Carefully pour over previous layer and refrigerate for 1 hour. Continue alternating layers until all gelatin has been used in following order: lime (clear), lemon (frosted), orange (clear), cherry (frosted) and grape (clear). Nutrition information: 182 calories; 1.7g fat; 194mg sodium; 36.3g carbohydrates; 3.4g protein.

## Take the kitchen outside

**COOKING OVER AN OPEN** fire used to be the natural way to prepare food. Something about a meal cooked outside over a campfire just seems to taste better. There are several methods for outdoor cooking, but first let's look at the basics: heat source, location and wind.

### Heat source

Campfire cooking requires a clean-burning, hot fire only achieved with dry, seasoned wood. Stripping trees of green wood will not work – the fire will be smoky, burn poorly and create unnecessary

established fire pits, if available, to avoid scarring the area with more fire pits. Another good option is a portable cooking burner which can hold skillets and pots of all sizes and allows you to cook anywhere.

### Wind

Any medium to strong wind is hazardous; errant sparks can ignite a forest fire. Wind will cause coals to reduce quicker and provide less cooking time. If substantial wind shelter is unavailable, any outdoor fire is out of the question.

require more. On windy or cold days, or when cooking a higher volume of food, more coals will be needed. Many things influence the amount of heat coals put out, so you will need to experiment.

**2. Arrange coals in a circle under the oven about a half inch from its edge.** Coals placed on top of the oven should be arranged across and around the lid, keeping the coals as evenly apart as possible so as not to create hot spots.

**3. Add all ingredients to the oven according to recipe directions.** Place oven on the coals, seating it as steady as possible. Cover and place the number of coals needed on the lid.

**4. Most foods will require rotating the oven to avoid hot spots and cook evenly.** When rotating, remove the lid. You do not have to remove coals first if the lid has a lip around the edge to catch coals and dust. Use the handle to rotate it 90 degrees and take time to stir your food and check that everything is cooking properly. Replace the lid and the coals.



pollution. If dry wood is not available, bring it with you. Many public campgrounds supply firewood. Call ahead to see what's available.

### Fire location

Pay close attention to the ground before preparing any fire. In circumstances where building the fire on a rock is not possible, ensure that the base of the fire is on bare mineral soil. A fire that is burning all evening has lots of time to burn through the organic layer of the soil and will not be extinguished with a simple bucket of water. Use previously

### Get cooking

When it comes to cooking over a fire or coals, cast iron, particularly Dutch ovens, are the preferred choice. You can cook just about anything in a Dutch oven from casseroles, meats, soups and even desserts. When using cast iron cookware, charcoal is a good choice.

**1. To get started cooking with a Dutch oven, first prepare the coals.** Use twice as many coals as the size of your Dutch oven; a 12-inch Dutch oven needs 24 to 25 coals and deep ones will

There are options other than cast iron when it comes to outdoor cooking. Many companies have full lines of cooking gear for the outdoors that includes everything from woks, pizza pans, rotisseries and grill pans.

Outdoor cooking is meant to be fun and isn't reserved only for camping. Take the heat from your kitchen and enjoy the outdoors. The possibilities are endless. If it can be made inside, it can certainly be made outside. 💡

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

# Discovered! Unopened Bag of 138-Year-Old Morgan Silver Dollars

Coin experts amazed by  
“Incredible Opportunity”

The Morgan Silver Dollar is the most popular vintage U.S. coin. The Silver Dollar of the Wild West, the Morgan went on countless adventures in dusty saddlebags across the nation. Finding a secret hoard of Morgans doesn't happen often—and when it does, it's a *big deal*.

How big? Here's consultant to the Smithsonian® Jeff Garrett:

*“It's very rare to find large quantities of Morgan Silver Dollars, especially in bags that have been sealed... to find several thousand Morgan Silver Dollars that are from the U.S. Treasury Hoards, still unopened, is really an incredible opportunity.”* -Jeff Garrett

But where did this unique hoard come from? Read on...

## Morgans from the New Orleans Mint

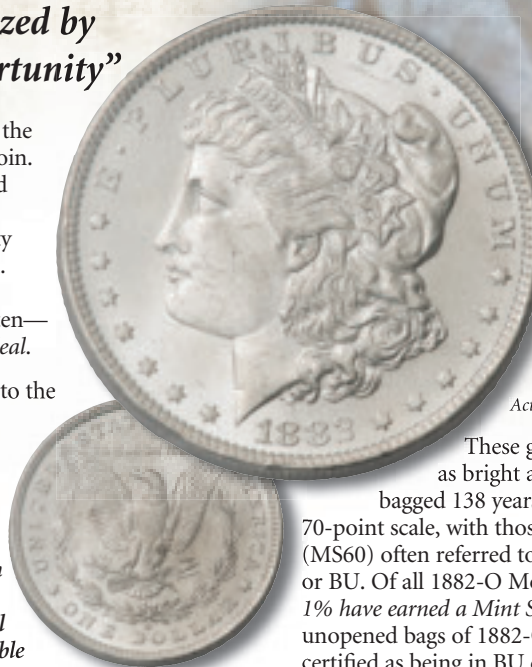
In 1859, Nevada's Comstock Lode was discovered, and soon its silver made its way to the fabled New Orleans “O” Mint. In 1882, some of that silver was struck into Morgan Silver Dollars, which employees then placed into canvas bags...

## The U.S. Treasury Hoard

Fast-forward nearly 80 years. In the 1960s, the U.S. government opened its vaults and revealed a massive store of Morgan Silver Dollars—including full, unopened bags of “fresh” 1882-O Morgan Silver Dollars. A number of bags were secured by a southern gentleman whose upbringing showed him the value of hard assets like silver. He stashed the unopened bags of “fresh” Morgans away, and there they stayed...

## The Great Southern Treasury Hoard

That is, until another 50 years later, when the man's family finally decided to sell the coins—still in their unopened bags—which we secured, bag and all! We submitted the coins to respected third-party grading service Numismatic Guaranty Corporation (NGC), and they agreed to honor the southern gentleman by giving the coins the pedigree of the “Great Southern Treasury Hoard.”



Actual size is 38.1 mm

- ✓ Historic Morgan Silver Dollars
- ✓ Minted in New Orleans
- ✓ Struck and bagged in 1882
- ✓ Unopened for 138 years
- ✓ 26.73 grams of 90% fine silver
- ✓ Hefty 38.1 mm diameter
- ✓ Certified Brilliant Uncirculated by NGC
- ✓ Certified “Great Southern Treasury Hoard” pedigree
- ✓ Limit five coins per household

These gorgeous 1882-O Morgans are as bright as the day they were struck and bagged 138 years ago. Coins are graded on a 70-point scale, with those graded at least Mint State-60 (MS60) often referred to as “Brilliant Uncirculated” or BU. Of all 1882-O Morgans struck, *LESS THAN 1% have earned a Mint State grade*. This makes these unopened bags of 1882-O Morgans extremely rare, certified as being in BU condition—nearly unheard of for coins 138 years old.

## Don't Miss Out—Order Now!

Regular 1882-O Morgans sell elsewhere for as much as \$133, and that's without the original brilliant shine these “fresh” 138-year-old coins have, and without their special NGC hoard designation, and without their ability to tell their full, complete story from the Comstock Lode all the way to your collection.

Given the limited quantity of coins available from this historic hoard, we must set a strict limit of five coins per household. Call quickly to secure yours today as supplies are sure to sell out quickly!

**1882-O Morgan Silver Dollar NGC Certified BU from the Great Southern Treasury Hoard — \$99 ea.**

## FREE SHIPPING on 2 or More!

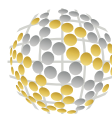
Limited time only. Product total over \$149 before taxes (if any). Standard domestic shipping only. Not valid on previous purchases.

Call today toll-free for fastest service

**1-888-324-9125**

Offer Code MSH205-01

Please mention this code when you call



**GOVMINT.COM®**

GovMint.com • 14101 Southcross Dr. W., Suite 175, Dept. MSH205-01, Burnsville, MN 55337

GovMint.com® is a retail distributor of coin and currency issues and is not affiliated with the U.S. government. The collectible coin market is unregulated, highly speculative and involves risk. GovMint.com reserves the right to decline to consummate any sale, within its discretion, including due to pricing errors. Prices, facts, figures and populations deemed accurate as of the date of publication but may change significantly over time. All purchases are expressly conditioned upon your acceptance of GovMint.com's Terms and Conditions ([www.govmint.com/terms-conditions](http://www.govmint.com/terms-conditions) or call 1-800-721-0320); to decline, return your purchase pursuant to GovMint.com's Return Policy. © 2020 GovMint.com. All rights reserved.

Unopened for  
138 Years!

# Illinois Country Living

Connect with us





**Robert Halleran**  
 Timber Buyer all Species  
 Logging  
 Timber Consulting  
 I buy Storm damaged timber  
 618-528-8088 DeSoto, Illinois



Building Packages: Steel Buildings  
 Construction Materials: Engineered Laminated Posts  
 Contact: 1-618-967-3038  
 High Quality at a fair price!

To advertise in  
 Illinois Country Living  
 email [info@icl.coop](mailto:info@icl.coop)

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



## ENERGIZED

— GRAPHICS —




**Graphic Design & Web Design**  
 Custom brands and communication materials

- Brochures
- Logos
- Apparel
- Booklets
- Signs
- Websites
- Periodicals
- Business Cards
- Magnets
- Stickers

**Chris Reynolds**  
 Manager of Creative Services:  
 ☎ 217/241-7948

**Lisa Cherry**  
 Creative Services Assistant Manager  
 ☎ 217/241-7953

🌐 [energizedgraphics.com](http://energizedgraphics.com)



## Get the Muck OUT!

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

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

A **10 lb. bag** treats 0.5 to 1.0 acres  
**\$97.00**

A **50 lb. bag** treats 2.5 to 5.0 acres  
**\$356.00**

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




800-328-9350

### KillLakeWeeds.com

Order online today, or request free information.

Our 65<sup>th</sup> year

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

## Designed to Last. *Generations.*



**Most companies advertising post-frame buildings are selling you materials produced somewhere else, by someone else. We manufacture our custom-designed buildings right here in Illinois with a large indoor yard to keep our lumber protected. That way we control quality, cost and time of delivery for you.**

**ManseaMetal.com**  
**(217) 864-5835**





**DIMENSION BUILDINGS**

Best Buildings at the Best Price

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

CALL (618) 997-9568

www.dimensionbldgs.com

All Sizes Available Marion, IL

**LOW COST Term Life Insurance**

Issue ages through 85

| AGE | \$100,000 | \$250,000 |
|-----|-----------|-----------|
| 45  | 10.16     | 15.49     |
| 55  | 17.41     | 28.75     |
| 65  | 34.08     | 66.26     |

Rates figured on monthly cost for female non-tobacco users.

**KEN CHRISTY**  
**(888) 412-0518**

PLIC FORM NO. TL-21

**Let's Keep It Simple!**



**Talk and Text \$10\***  
Starting At **10** per month

Give us a call and see how much you can save on your cell phone service!

**Affinity**   
CELLULAR

**855-807-8348**

AffinityCellular.com



**DISCOUNTS & REWARDS**

\*\$10 first 3 months then \$12.39 thereafter.

|   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|
| 9 | 3 | 6 | 8 | 2 | 4 | 1 | 5 | 7 |
| 8 | 2 | 5 | 9 | 1 | 7 | 4 | 6 | 3 |
| 7 | 1 | 4 | 6 | 5 | 3 | 9 | 2 | 8 |
| 2 | 8 | 1 | 3 | 4 | 6 | 7 | 9 | 5 |
| 5 | 4 | 9 | 7 | 8 | 2 | 3 | 1 | 6 |
| 6 | 7 | 3 | 1 | 9 | 5 | 8 | 4 | 2 |
| 1 | 6 | 8 | 5 | 3 | 9 | 2 | 7 | 4 |
| 4 | 9 | 7 | 2 | 6 | 8 | 5 | 3 | 1 |
| 3 | 5 | 2 | 4 | 7 | 1 | 6 | 8 | 9 |

*Paul's*  
**WINDMILL Service**  
217-897-6699  
millfixr1@aol.com  
www.paulswindmillservice.com

- Old Fashioned, Pumping Type
- New & Reconditioned Windmills
- Complete Installation & Repair Service
- Specialize in Large Mills to Fill Ponds

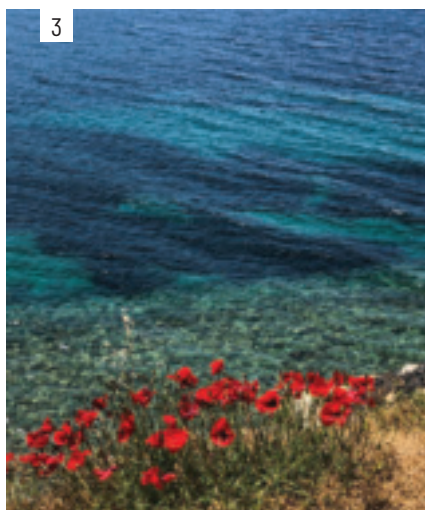
|    |   |    |    |    |    |   |    |   |   |    |    |    |    |   |   |    |   |
|----|---|----|----|----|----|---|----|---|---|----|----|----|----|---|---|----|---|
| 1  | D | E  | E  | R  | E  |   | 4  | L | I | N  | C  | O  | L  | N |   |    |   |
|    | A |    | O  |    | 9  | V | I  | E |   | 10 | B  | O  | B  | O |   |    |   |
| 11 | V | I  | N  | 12 | C  | E |    | T |   | 13 | A  | D  | A  | M | S |    |   |
|    | I |    | H  |    |    |   | 14 | T | O |    |    |    | M  |   |   |    |   |
| 15 | S | C  | R  | I  | 16 | P | 17 | P | S |    | 18 | H  | E  | A | L | 20 | Y |
|    |   |    |    |    | 21 | L | A  |   |   | 22 | B  | E  | N  |   |   |    | A |
| 23 | M | U  | R  | R  | A  | Y |    |   |   | M  |    | 25 | C  | A | N |    |   |
|    | A |    | O  |    | C  |   | 26 | N |   | I  |    | L  |    |   | K |    |   |
| 27 | T | A  | M  | 28 | P  | I | C  | O |   | 29 | N  | O  | I  | S | E |    |   |
|    | L |    | 30 | O  | L  | D |    | A |   | G  |    | N  |    |   | E |    |   |
| 31 | I | N  |    | I  |    |   | 32 | S | H | A  | W  |    | 33 | T | D | S  |   |
|    | N |    |    | E  |    | C |    |   |   | 34 | A  | 35 | D  | O |   |    |   |
|    |   | 36 | E  | A  | R  | T | H  |   |   | 37 | Y  | A  | N  | N | I |    |   |

## H2O

1. **DAVID HILT**  
*SouthEastern Illinois Electric Cooperative*
2. **DONNA M. DONNA**  
*Corn Belt Energy Corporation*
3. **JEN DANZINGER**  
*Rural Electric Convenience Cooperative*
4. **JASON HELMUTH**  
*Coles-Moultrie Electric Cooperative*
5. **LOUISE REESER**  
*Corn Belt Energy Corporation*
6. **MIKE MILLER**  
*Jo-Carroll Energy*

### UPCOMING THEMES

- August - People
- September - Animals
- October - Black and white
- November - Clouds



## SUBMIT A PHOTO

Online: [icl.coop/snapshots](http://icl.coop/snapshots)  
Email: [cbradford@aiec.coop](mailto:cbradford@aiec.coop)  
Mail: Illinois Country Living  
Attn: Colten Bradford  
PO Box 3787  
Springfield IL 62708

Rules: Please include high-quality digital files or an original we can scan. When submitting, include details about the photo, artist's name and the co-op name. If you would like us to return your work, include a self-addressed, stamped envelope. We are not responsible for photos lost in the mail. We retain reprint and online rights.

Visit [icl.coop/snapshots](http://icl.coop/snapshots) for full terms and conditions.

# HARBOR FREIGHT

QUALITY TOOLS LOWEST PRICES

Shop When You Need To In-Store & Online

## ✓ SUPER COUPON

### TAILGATOR

900w Max. Starting 2 Cycle Gas Powered Generator

~~\$124.99~~  
**\$114.99**

Save \$11

Compare to PowerSmart PSS9 \$126.10  
Item 63024/63025 shown



120v grounded receptacle

900 starting watts and 700 running watts

5 hour run time

63cc air-cooled 2 cycle gas engine

Use Online & In-Store

21864156 LIMIT 1 - Exp. 8/1/20

**NOW** GOOD THRU AUGUST 1

**SAVE 80%**

3-1/2" Super Bright Aluminum Flashlight

★★★★★ (2,627)

~~\$179~~  
**\$59.99**

WOW!

LIMIT 3

Compare to Rayovac BR9LED-B \$2.97  
Item 63599 62522/63888 63884/63886 63875 69052 shown

Use Online & In-Store

21866701 Exp. 8/1/20

**✓ SUPER COUPON**

# 20% OFF

ANY SINGLE ITEM\*

Use Online & In-Store

21863411

Limit 1 coupon per customer per day. Save 20% on any 1 item purchased. \*Cannot be used with other discount, coupon or any of the following items or brands: Inside Track Club membership, Extended Service Plan, gift card, open box item, 3 day Parking 1st Sale Item, compressors, floor jacks, power stations, sales, storage cabinets, chests or carts, trailers, welders, Admiral, Ames, Atlas, Bauer, Central Machinery, Cobra, CoverPro, Dayton, Diamondback, Earthquake, Fischer, Hercules, Icon, Joplin, Lince, Poulan, Pressure Trolgator, Viking, Wilson, Zurich. Not valid on prior purchases. Non-transferable. Original coupon must be presented. Valid through 8/1/20.

## ✓ SUPER COUPON

7 ft. 4" x 9 ft. 6" All Purpose/Weather Resistant Tarp



~~\$4.99~~  
**\$2.99**

Compare to Blue Hawk 8G810-Y \$8.78  
Item 69115/69121 69129/69137 69249/877 shown

Use Online & In-Store

21868495 LIMIT 4 - Exp. 8/1/20

## ✓ SUPER COUPON

**WARRIOR** 29 Piece Titanium Drill Bit Set

~~\$18.99~~  
**\$10.99**

Save 83%

Compare to Dewalt DW1369 \$68.14  
Item 5889 62281/61637 shown



Use Online & In-Store

21869658 LIMIT 4 - Exp. 8/1/20

## ✓ SUPER COUPON

Heavy Duty Foldable Aluminum Sports Chairs

YOUR CHOICE OF COLOR  
~~\$29.99~~  
**\$19.99**

Save 50%

Green Item 63066/62314 shown \$39.99  
Blue Item 56719



Use Online & In-Store

21884706 LIMIT 3 - Exp. 8/1/20

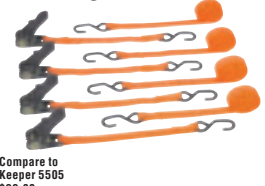
## ✓ SUPER COUPON

**HaulMaster** 4 Piece, 1" x 15 ft. Ratcheting Tie Downs

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

Save 69%

Compare to Keeper 5505 \$22.80  
Item 90984 63056/63057/63150 56668/63094 shown



Use Online & In-Store

21870469 LIMIT 4 - Exp. 8/1/20

## ✓ SUPER COUPON

**drillmaster** 4-1/2" Angle Grinder



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

Save 44%

Compare to Performax 2411-1 \$17.99  
Item 69645 60625 shown

Use Online & In-Store

21887158 LIMIT 4 - Exp. 8/1/20

## ✓ SUPER COUPON

**HARDY** Mechanics Gloves

AVAIL. IN SM, MED, LG, XL, XXL

~~\$5.99~~  
**\$4.99**

Save 66%

Compare to Valeo 25521 \$14.99  
Item 62434, 62426, 62433, 62432, 62429, 64179, 62428, 64178 shown



Use Online & In-Store

21888021 LIMIT 4 - Exp. 8/1/20

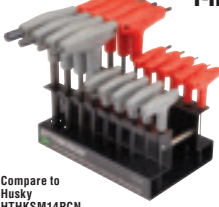
## ✓ SUPER COUPON

**PITTSBURGH** 18 Piece SAE and Metric T-Handle Ball End Hex Key Set

LIFETIME WARRANTY  
~~\$17.99~~  
**\$12.99**

Save 59%

Compare to Husky HTHKSM14PCN \$32.10  
Item 63167 63166/96645 shown

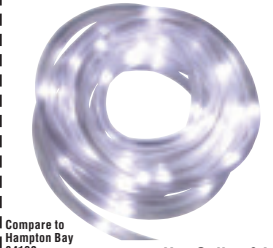


Use Online & In-Store

21888453 LIMIT 4 - Exp. 8/1/20

## ✓ SUPER COUPON

Solar Rope Light



~~\$12.99~~  
**\$7.99**

Save 75%

Compare to Hampton Bay 44150 \$32.97  
Item 63941/62533 64625/68353 shown

Use Online & In-Store

21911548 LIMIT 4 - Exp. 8/1/20

## ✓ SUPER COUPON

**PITTSBURGH SERIES 2** Rapid Pump® 3 Ton Steel Heavy Duty Floor Jack



~~\$109.99~~  
**\$89.99**

Save \$45

Compare to Powerbuilt 647593 \$135.27  
Item 56621/56622 56623/56624 shown

Use Online & In-Store

21934227 LIMIT 2 - Exp. 8/1/20

## ✓ SUPER COUPON

**HaulMaster** 18" x 12" Mover's Dolly



~~\$10.99~~  
**\$7.99**

Save 65%

Compare to Buffalo Tools HPDFOLLY \$22.99  
Item 60497/62399 63095/63096 63097/63098 shown

Use Online & In-Store

21934859 LIMIT 4 - Exp. 8/1/20

## ✓ SUPER COUPON

**U.S. GENERAL** 30", 5 Drawer Mechanic's Cart

~~\$239.99~~  
**\$199.99**

Save \$60

Compare to Snap-On Blue-Point KBCC10TBPE5 \$830  
Item 64033, 64722, 64031, 64721, 64059, 64720, 56429



Use Online & In-Store

21939126 LIMIT 1 - Exp. 8/1/20

## ✓ SUPER COUPON

Two Tier Easy-Store Step Ladder



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

Save 40%

Compare to Werner S322A-1 \$33.88  
Item 67514

Use Online & In-Store

21936369 LIMIT 3 - Exp. 8/1/20

## ✓ SUPER COUPON

**GREENWOOD** 1-1/4 Gallon Home and Garden Sprayer



~~\$13.99~~  
**\$9.99**

Save 28%

Item 63124/61280 63145 shown

Use Online & In-Store

21940934 LIMIT 4 - Exp. 8/1/20

## ✓ SUPER COUPON

**PORTLAND** 1750 psi Electric Pressure Washer



~~\$109.99~~  
**\$79.99**

Save \$94

Compare to Briggs & Stratton 20600 \$174.44  
Item 63255 63254 shown

Use Online & In-Store

21948204 LIMIT 1 - Exp. 8/1/20

## ✓ SUPER COUPON

**Kenway** 12v LED Magnetic Towing Light Kit



~~\$34.99~~  
**\$22.99**

Save 46%

Compare to Blazer C7300 \$42.65  
Item 64282

Use Online & In-Store

21973812 LIMIT 2 - Exp. 8/1/20

## ✓ SUPER COUPON

**BUNKER HILL SECURITY** Wireless Security Alert System



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

Save 69%

Compare to First Alert SFA600 \$32.99  
Item 61910 62447/93068 shown

Use Online & In-Store

21976841 LIMIT 4 - Exp. 8/1/20

1,000+ Stores Nationwide • HarborFreight.com

\*Original coupon only. No use on prior purchases after 30 days from original purchase or without original receipt. Valid through 8/1/20.

At Harbor Freight Tools, the "Compare to" price means that the specified comparison, which is an item with the same or similar function, was advertised for sale at or above the "Compare to" price by another national retailer in the U.S. within the past 90 days. Prices advertised by others may vary by location. No other meaning of "Compare to" should be implied. For more information, go to HarborFreight.com or see store associate.

# Eye Doctor Helps Illinois Legally Blind To See

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



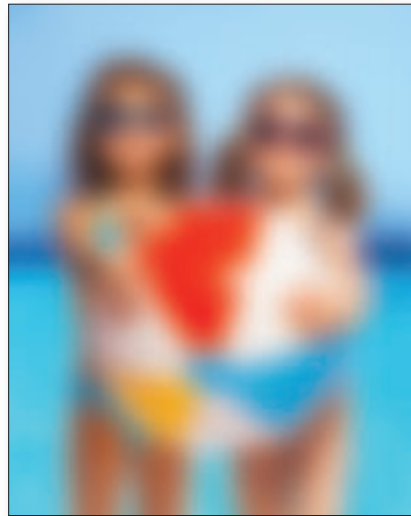
**F**or many patients with macular degeneration and other vision-related conditions, the loss of central visual detail also signals the end to one of the last bastions of independence: driving. A Mascoutah optometrist, Dr. Marianne McDaniel, is using miniaturized telescopes that are mounted in glasses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

**1-800-341-8498**

Located in Oswego, IL  
**Ronald Weingart, O.D.**