

AUGUST 2020

# Illinois Country Living

*Soaring*  
to new heights

HISTORY

Celebrating women's  
right to vote

FINEST COOKING

Entrée salads

GREAT OUTDOORS

Fish food for thought

+

CO-OP  
NEWS



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# LESS GARAGE TIME

Electric cars have fewer moving parts compared to internal combustion engine vehicles. As a result, EVs require less maintenance and have lower maintenance costs.

- Idaho National Laboratory



AMERICA'S ELECTRIC  
COOPERATIVES



# Illinois Country Living

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VOLUME 78 • NO. 4



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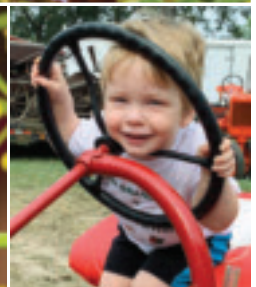
#### Fish food for thought

A variety of aquatic critters can be discovered in lakes and ponds.

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# Seeing 2020

**THE YEAR 2020 IS** the perfect time to bring your eye health front and center. August is National Children's Vision and Learning Month. As your front line, primary eye care provider doctors of optometry are here to assist you and your family as you welcome a new child and as your children go back to school.

The Illinois Optometric Association (IOA) recommends children receive comprehensive eye exams on a regular schedule that includes:

- A comprehensive baseline eye exam between the ages of 6 months and 12 months
- At least one comprehensive eye exam between the ages of 3 and 5 to check for any conditions that could have long-term effects
- An annual, comprehensive eye exam starting with the state mandated, kindergarten eye exam

A child's eyes go through rapid changes, especially in the first six years of life. The IOA recommends children receive a comprehensive infant eye assessment. Several optometrists across the state participate in the InfantSEE program, which provides a free infant eye assessment. An InfantSEE assessment can uncover relatively common vision issues such as refractive difference to more serious issues including pupil abnormalities and congenital cataracts. Undetected deficits in any visual area can impact a child's life, from school to sports to social interactions. Visit [infantsee.org](http://infantsee.org) to



**Dr. Matthew Jones, O.D.** currently serves as president-elect of the Illinois Optometric Association.

learn more about the program and to find a provider near you.

Many children in Illinois are first introduced to their eye doctor with the state mandated kindergarten eye exam required for every child that enters kindergarten. The IOA recommends children receive a comprehensive eye exam before entering kindergarten and annually thereafter, even if they are asymptomatic and low risk, to ensure proper development. Most demands in school are vision related, whether a student is trying to see the board or focus their eyes on reading, children need to be prepared. Without healthy vision, students can face unnecessary challenges not only in the classroom, but also to their mental, physical, social and emotional well-being.

With the concern over COVID-19, this year more than ever, children are engaging in electronic devices. Today, glasses have become specialized through advancements in lens technologies that can protect young eyes from the dangers of blue light. These technologies offer enhancements that were not available decades ago. However, even with these improvements to technology, we want to remind children, their parents and teachers to practice good visual hygiene by taking breaks from screens every 20 minutes to look at something at least 20 feet away for a minimum of 20 seconds.

The year 2020 is the perfect time to begin practicing the 20:20:20 rule and to think about your eyes. To learn more about eyes or to find a local eye doctor, visit: [thinkaboutyoureyes.com](http://thinkaboutyoureyes.com).

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**  
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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,  
Brittney Haag

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\*26% through 2020 and 22% through 2021



## AUGUST CHECKLIST

### Dog days of summer.

Remember to leave plenty of fresh, clean water for pets when it's hot outdoors.



### Preparing for school.

If masks will be required for students when school resumes, have your children practice wearing them now for a few hours each day.



### Prevent vehicle theft.

Always take your keys with you, close windows, lock doors, park in well-lit areas and never leave valuables in sight.



### Tip of the month.

To cool down quickly, place feet in a cold foot bath for 20 minutes.



## Pandemic causes mass cancellations of co-op annual meetings

Electric cooperatives exist to provide safe, reliable and affordable energy to their consumer-members. Equally important is their mission to enrich the lives of all members and serve the long-term interests of local communities.

Every year, the electric co-ops across Illinois conduct an annual meeting of the membership. However, 2020 has proven to be anything but a typical year. With the COVID-19 pandemic, more than a dozen Illinois electric cooperatives have made the difficult decision to cancel their annual meetings. For many, this is the first time canceling the decades old tradition.

“Our concern for our community extends to the overall health and welfare of members,” says Mike Smith, president/CEO of McDonough Power Cooperative. “We are deeply saddened to have to cancel the annual meeting for the first time in our cooperative’s history. It’s a tradition we value and cherish.”


An electric co-op is controlled by consumer-members who actively participate in setting policies and making decisions. The purpose of an annual meeting is to hold the election for the board of directors, hear from co-op leadership, share important financial information, vote on other matters such as bylaw changes and much more. An annual meeting is often a community gathering where

neighbors can meet new neighbors or catch up with old acquaintances.

“Our members and employees will always be our number one priority,” says Shane Hermetz, general manager of Egyptian Electric Cooperative Association. “Ensuring the continued safety of members and employees alike is a daily process and we look forward to the day we see each other again at an EECA annual meeting of members.”

Corn Belt Energy President/CEO Don Taylor says, “We’re not only looking out for the best interest of our members and the public but also taking careful and necessary steps to ensure the health and well-being of our employees so we can continue meeting the needs of our members through this period of uncertainty.”

While two electric co-ops held their annual meetings early in the year before the pandemic reached Illinois, others decided to postpone to a later date. Eastern Illini Electric Cooperative plans to hold its annual meeting at a drive-in theatre in Gibson City where members can listen to the meeting from the comfort of their vehicles. Jo-Carroll Energy plans to cap the number of in-person attendees at 50 to meet a quorum and stream the meeting online, while Rock Energy plans to scale back its meeting to a 30-minute business meeting.

All cooperatives serve both an economic and social purpose. While safe, reliable and affordable electric power is crucial to their mission, improving the quality of life for all members is at the core of what they do every day. Be sure to check with your electric co-op on its annual meeting status. 

## Coronavirus-related Medicare scam alert

Since older Americans are particularly vulnerable to coronavirus (COVID-19), Medicare beneficiaries should be vigilant and take precautions to avoid falling victim to healthcare fraud during this pandemic. Medicare beneficiaries should be aware that scammers may try to use this pandemic to steal their Medicare number, banking information or other personal data.

Unfortunately, scammers take advantage of the most vulnerable people during times of


uncertainty and change. Protect yourself by making sure you only give your Medicare number to your doctor, pharmacist, hospital, health insurer or other trusted healthcare provider.

If someone calls saying they’re from Medicare and asks for your Medicare number or other personal information – just hang up. Medicare representatives will never:

- Call beneficiaries to ask for or to verify Medicare numbers.
- Call to sell you anything.
- Promise you things if you give them a Medicare number.
- Visit you at your home.
- Call to enroll you in a Medicare program over the phone, unless you called first.

Medicare cards no longer have Social Security numbers on them to reduce fraud and protect beneficiaries from identity theft. Even with this change, guard your Medicare card like you would a credit card. Always check your Medicare claim summaries for errors and questionable bills.

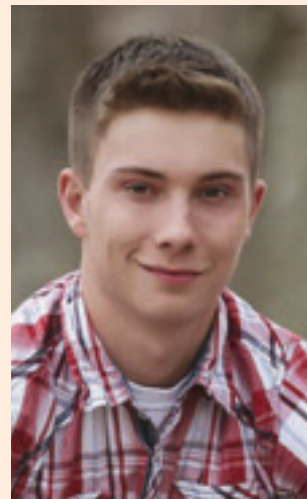
If you suspect Medicare fraud, please report it by calling Medicare’s toll-free customer service center at 1-800-MEDICARE (1-800-633-4227). You can also visit Medicare online at [medicare.gov/forms-help-resources/help-fight-medicare-fraud](http://medicare.gov/forms-help-resources/help-fight-medicare-fraud).

Please help inform others by sharing this message with family and friends. 

Source: Social Security Administration




Menard Electric Cooperative member Sandi Brackney and a young neighbor came up with a unique way to play Tic-tac-toe while social distancing.



## McEntire scholarship recipient announced

The 2020 recipient of the LaVern and Nola McEntire Lineworker’s Scholarship is Blaine Fritz of Gillespie. Fritz is currently enrolled at Lincoln Land Community College (LLCC) pursuing the electrical distribution lineman associate in applied science degree.

The scholarship, awarded for the first time in 2011, was endowed by LaVern and Nola McEntire. LaVern served as a co-op lineman for more than 42 years at McDonough Power Cooperative. He and wife Nola set up the scholarship to assist students attending lineworker’s school at LLCC.

The \$2,000 scholarship is awarded annually to an individual who is related to an Illinois rural electric cooperative employee or director; is the son or daughter of an Illinois electric cooperative member; is enrolled in the Lincoln Land lineworker’s school; or has served or is currently serving in the U.S. armed forces or National Guard. 



**Stop the spread of germs that can make you and others sick!**



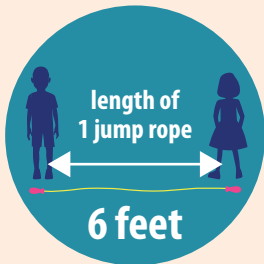
Wash your hands often



Cover your coughs and sneezes



Wear a cloth face cover



Keep **6 feet** of space between you and your friends

[cdc.gov/coronavirus](https://cdc.gov/coronavirus)

**Connect Illinois funds help expand rural broadband**

In late June, Governor JB Pritzker announced \$50 million in Connect Illinois grants to 28 projects across the state. The \$50 million in state grants were matched by \$65 million in nonstate funding for a total of \$115 million to expand broadband access for more than 26,000 homes, businesses, farms and community institutions.

The funds are part of Connect Illinois, the state's \$420 million statewide broadband expansion plan to bring basic access to all communities by 2024.

The first round of \$50 million in grants went to 18 internet service providers, rural cooperatives, nonprofits and local governments to invest in growing broadband capacity across Illinois. Round one leverages more than \$65 million in nonstate match to support fiber infrastructure investments made over the next 12-18 months.



Recipients of the grants include Jo-Carroll Energy, Galena, and Illinois Electric Cooperative, Winchester.

“Jo-Carroll Energy, through its Sand Prairie business unit, is excited about the opportunity the Connect Illinois Program brings to accelerate fiber buildout throughout two rural areas of our service territory,” says Mike Casper, CEO, Jo-Carroll Energy. “Our buildout will provide fiber to nearly 1,600 rural homes and businesses, including farms. We look forward to the public/private partnership and the expanded benefits in education, telehealth, precision agriculture and economic development that it will bring to our members.”

Illinois Electric Cooperative General Manager Randy Long says the grant will be used to install fiber in the Calhoun County towns of Hardin, Brussels, Winneberg, Batchtown and Kampsville. The installation will provide service to 746 unserved households and 95 unserved businesses with a fiber-to-the premises network providing speeds up to 1 gigabit download/1 gigabit upload.

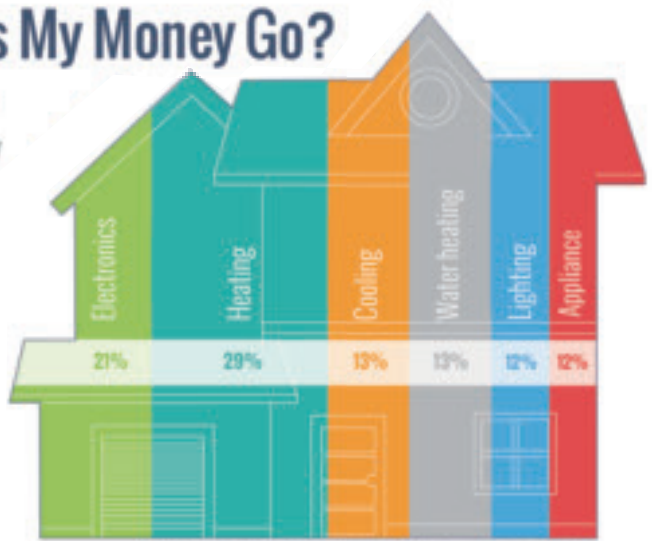
“Illinois Electric Cooperative is pleased to have received this award through the Connect Illinois Grant Program,” says Long. “The need for high-speed internet access has never been more apparent than it is now. Providing fiber service to the towns in Calhoun County will help stimulate the economy and create new opportunities in education and healthcare, as well as enable telecommuting to jobs in the St. Louis Metro area.”

**Where Does My Money Go?**

Annual Energy Bill for a typical single family home is \$2,060

**Electronics include:** telephone and external power adapters, consumer electronics (computer, TVs and DVD player), home office equipment and small appliances

**Appliances include:** refrigerator, dishwasher, clothes washer and dryer



Source: Typical Home Factorial Model, Lawrence Berkeley National Laboratory, April 2012

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1.2 GAL.	TANK SIZE	.95 GAL.
3	OUTLETS	
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79.7 cc	ENGINE SIZE	98.5 cc
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YES	POWER SAVER	YES



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**\$5.99**

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Compare to Blue Hawk 77280 \$19.99

ITEM 69505 62418/64537 shown

3 9 6 6 6 2 3

LIMIT 4 - Exp. 10/12/20

**PORTLAND** 4.5/5 (5604)

1750 psi Electric Pressure Washer

~~\$99.99~~

**\$79.99**

Save \$94

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Compare to Briggs & Stratton 20600 \$174.44

ITEM 63255 63254 shown

3 9 6 6 8 0 4 3

LIMIT 2 - Exp. 10/12/20

**Quantum** 4.5/5 (5137)

588 Lumen Tactical Flashlight

~~\$14.99~~

**\$9.99**

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ITEM 69269 97080 shown

Hot Dog Pancake

ITEM 60637 61615 shown

3 9 6 8 7 3 6 8

LIMIT 2 - Exp. 10/12/20

**drillmaster** 4.5/5 (6084)

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**\$9.99**

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LIMIT 4 - Exp. 10/12/20

**Heavy Duty Foldable Aluminum Sports Chairs** 4.5/5 (4634)

YOUR CHOICE OF COLOR

~~\$29.99~~

**\$19.99**

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Compare to Coleman 635394 \$39.99

ITEM 63066/62314 shown

Green Blue

ITEM 56719

3 9 6 9 5 6 4 9

LIMIT 4 - Exp. 10/12/20

**WARRIOR** 4.5/5 (4846)

29 Piece Titanium Drill Bit Set

~~\$18.99~~

**\$10.99**

Save 83%

Use Online & In-Store

Compare to Dewalt DW1369 \$68.14

ITEM 5889 62281/61637 shown

3 9 7 0 0 6 6 3

LIMIT 3 - Exp. 10/12/20

**HaulMaster** 4.5/5 (6053)

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

~~\$12.99~~

**\$6.99**

Save 69%

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Compare to Keeger 5505 \$22.80

ITEM 63055/63057 63150/63668/63094 shown

3 9 7 0 3 7 3 2

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**U.S. GENERAL** 4.5/5 (677)

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Compare to Snap-On KR44813FPBO \$2,735

ITEM 64446, 64955, 64443, 64954, 64133, 64956

3 9 7 0 8 4 5 4

LIMIT 1 - Exp. 10/12/20

**PORTLAND** 4.5/5 (2700)

14", 9 AMP Electric Chainsaw

~~\$49.99~~

**\$39.99**

Save 50%

Use Online & In-Store

Compare to Craftsman 071-45247 \$80.74

ITEM 64498/64497 shown

3 9 7 1 2 3 8 4

LIMIT 3 - Exp. 10/12/20

**HaulMaster** 4.5/5 (6103)

18" x 12", 1000 lb. Capacity Hardwood Mover's Dolly

~~\$10.99~~

**\$7.99**

Save 65%

Use Online & In-Store

Compare to Buffalo Tools HFDOLLY \$22.99

ITEM 60497/63095/63096 63097/63098 shown

3 9 7 1 2 9 1 2

LIMIT 4 - Exp. 10/12/20

**Two Tier Easy-Store Step Ladder** 4.5/5 (1221)

~~\$29.99~~

**\$19.99**

Save 40%

Use Online & In-Store

Compare to Werner S322A-1 \$33.88

ITEM 67514

3 9 7 1 7 4 0 9

LIMIT 4 - Exp. 10/12/20

**Kenway** 4.5/5 (709)

12v LED Magnetic Towing Light Kit

~~\$34.99~~

**\$22.99**

Save 46%

Use Online & In-Store

Compare to Blazer C7300 \$42.65

ITEM 64282

3 9 7 1 9 5 8 3

LIMIT 2 - Exp. 10/12/20

**CENTRAL MACHINERY** 4.5/5 (1474)

30" Pedestal High Velocity Shop Fan

~~\$149.99~~

**\$119.99**

Save \$70

Use Online & In-Store

Compare to Strongway 49839 \$189.99

ITEM 61845/47755 shown

3 9 7 2 0 4 9 0

LIMIT 1 - Exp. 10/12/20

**HARDY** 4.5/5 (5077)

Powder-Free Nitrile Gloves Pack of 100

~~\$8.99~~

**\$5.99**

Save 59%

Use Online & In-Store

Compare to Venom VEM4445 \$14.97

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**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.

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

**Bipartisan legislation in Congress could save co-ops billions**

In July, members of Congress introduced a bipartisan bill in both the House and Senate that could save electric cooperatives across the country more than \$10 billion by allowing them to reprice loans from the Rural Utilities Service (RUS) at current low interest rates.

The legislation allows co-ops to receive rate adjustments on their existing RUS loans simply by asking the U.S. Department of Agriculture (USDA) within 180 days of the bill's enactment. The Flexible Financing for Rural America Act would waive any prepayment penalties normally associated with refinancing.

The new interest rate available to the co-ops would be the U.S. Treasury rate that most closely matches the remaining term on the loan being repriced, said NRECA lobbyist Hill Thomas, who is leading the association's efforts. Co-ops would receive that rate starting on the date they notify USDA of their repricing request, no matter how long it takes the government to process it.

Based on current interest rates, NRECA estimates that co-ops could realize a net savings of \$10.1 billion from repricing \$42 billion of direct and guaranteed RUS loans held by 500 co-ops. An average co-op with typical RUS debt could save \$2 million a year



in interest payments if they could take advantage of today's rates.

If approved by Congress, RUS loan repricing would provide much needed relief to co-ops that have been hit hard by the financial impact of COVID-19. NRECA economists estimate that co-ops could lose up to \$10 billion in revenue through 2022 as out-of-work consumer-members struggle to pay their electric bills and commercial and industrial customers buy less electricity because of sharp declines in areas like oil, agriculture and tourism.

"America's electric cooperatives face significant financial shortfalls due to the ongoing pandemic," says NRECA CEO Jim Matheson. "Despite that, electric cooperatives are working to help their communities by working with co-op consumer-members on extended payment plans, accelerating cash back programs and expanding broadband access."💡

Source: Erin Kelly, NRECA

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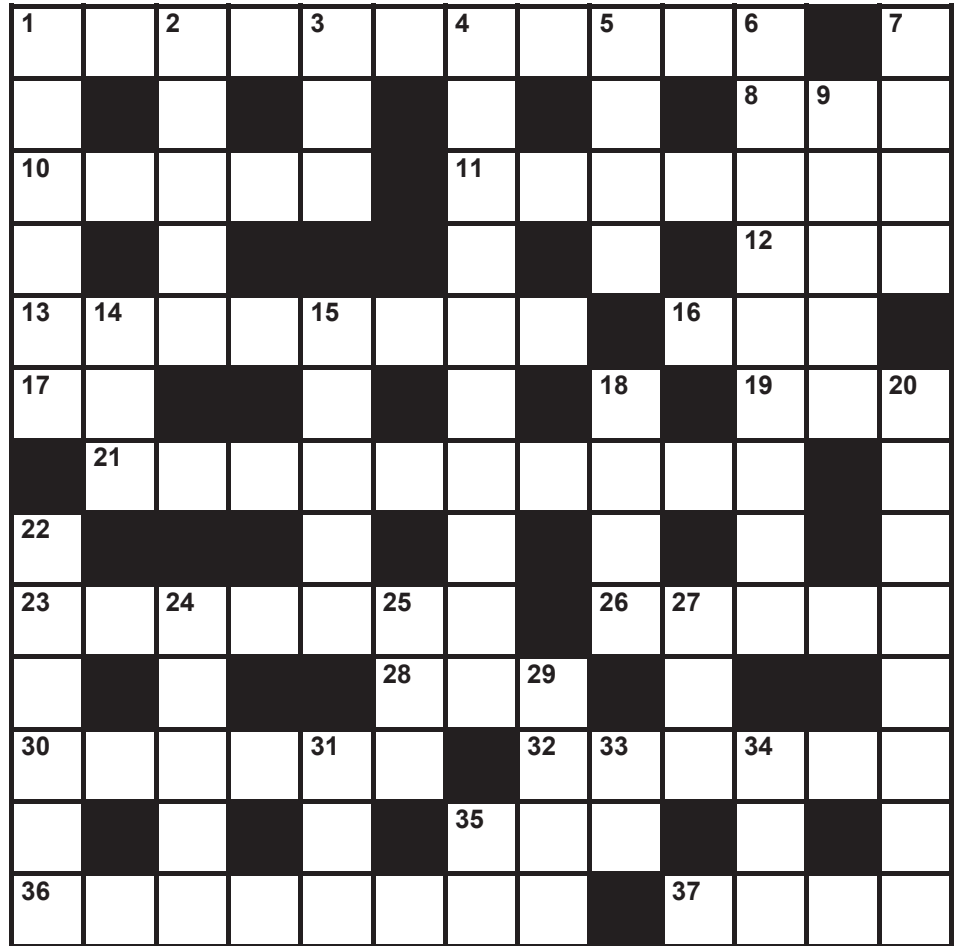
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Datebook is being temporarily suspended until it is safe for everyone to attend events. In its place, we are putting an Illinois crossword puzzle to help you fight boredom. We hope you enjoy it.

ANSWER KEY CAN BE FOUND ON PAGE 37.



### Across

- 1 Popular style for the living room/kitchen design, 2 words
- 8 Addition, of a sort
- 10 Mountain home
- 11 Breakfast pan
- 12 Pops
- 13 Use sprinklers, for example
- 16 Exercise area
- 17 British princess
- 19 Window type
- 21 A light purplish blue
- 23 Invigorate
- 26 Cut back
- 28 "\_\_\_\_ Not Unusual," Tom Jones hit
- 30 Herbs and shrubs
- 32 Warm climate shrub with yellow or white flowers
- 35 Powertrain capability on Jeeps and Land Rovers
- 36 Places for new plants to grow
- 37 Actor brothers Rob and Chad \_\_\_\_

### Down

- 1 Colorful and elegant indoor flower
- 2 Fireplace remnant
- 3 Recyclable container
- 4 Small bulb in the bedroom, 2 words
- 5 Give off
- 6 Favorite toy, 2 words
- 7 Snow transport
- 9 South American animal
- 14 Carpenter's cut with the grain
- 15 Dirt
- 18 Leave out
- 20 Bargain-hunters' mecca, 2 words
- 22 Window accessories
- 24 Mirror holder
- 25 Bro's sibling
- 27 Pretty \_\_\_\_ picture, 2 words
- 29 Carpentry tools
- 31 The clawfoot type is popular
- 33 Data storer
- 34 Top exec, (abbr.)
- 35 Promotional effort



# DRINK UP!

Water is essential to life, yet most of us probably don't drink enough each day, especially when we're sweating in the summer. Here are some general signs that you need to hydrate more often:

- Dry mouth
- Muscle cramps
- Headache
- Fatigue
- Constipation
- Poor skin health
- Sugar cravings
- Decreased urination and/or dark urine

*For more information, contact your doctor or local health department.*

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## Sealing air leaks, step by step

Dear Pat and Brad: I love my older home, but it's drafty and uncomfortable at times. What can I do to reduce drafts that won't cost me an arm and a leg? – Cris



Electrical outlets on outside walls are a common source of air leaks and are easily patched. Photo: Marcela Gara, Resource Media

**DEAR CRIS: THIS IS** a common problem, particularly in older homes. In many homes, about half of the conditioned air leaks to the outside every hour. The good news, especially if you don't want to spend a lot of money, or if you're hesitant to invite contractors into your home right now, is that you can seal air leaks on your own with a little time and effort.

Here are three steps to get you started. Keep in mind, there's much more to learn about sealing your home than we can cover in this article, so consider researching trusted websites for additional tips and tutorials.

### Step 1: Find the leaks

The first step is a thorough visual search of the interior and exterior of

the home. Look for gaps and holes in exterior walls, flooring and ceiling. These will often occur where different building materials meet, such as the top of cement foundation walls or around windows and doors. Another common source of air leaks is where pipes or wiring penetrate a wall, floor or ceiling. Ductwork located in unheated crawl spaces or attics can also contain air leaks.

Exterior doors and windows that open deserve your attention. Open each door or window and place a dollar bill between the door or window sash and the frame. If you can pull the bill out easily when the door or window is closed again, the seal is not tight enough. Also, a window isn't sealed sufficiently if it rattles when it's closed during windy days.

The best way to find all air leaks is to hire an energy auditor to do a blower door test. The blower door is a large fan that is mounted in a doorway to depressurize the house. The auditor can then find the leaks and may even be able to recommend ways to seal them.

It's also possible to conduct your own whole-home pressure test. The Department of Energy provides detailed instructions at <http://bit.do/sealing>.

### Step 2: Gather the materials you'll need

Here's a quick list of materials to get you started:

- **Caulk:** You'll need a caulk gun (\$4+) and caulk (\$4 to \$10). We recommend indoor/outdoor waterproof silicone or latex caulk that is water-soluble until it cures and is paintable when dry.
- **Expanding spray foam:** One can typically costs \$4 to \$6. This is an effective way to plug leaks, but keep in mind, it's a messy job.
- **Weather stripping:** Prices vary depending on type and length of the materials, but there's a wide variety of weather stripping options made of vinyl, metal and felt, or open-cell foam that works for most situations.
- **Pre-cut foam socket sealers:** You can typically purchase a pack of 24 sealers for about \$3.
- **Chimney plug balloon:** Prices range from \$50 to \$90. You may need a chimney plug balloon if your chimney flu doesn't seal well. Buy a square or round one to match the shape of your chimney flu.
- **Adhesive plastic window insulation sheets:** Prices range from \$2 to \$14 depending on size. You may need insulation sheets later in the year for windows that can't be sealed and don't have storm windows.

### Step 3: Do it!

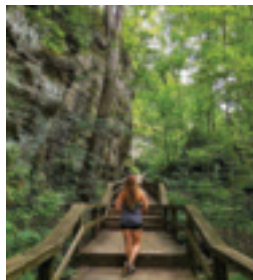
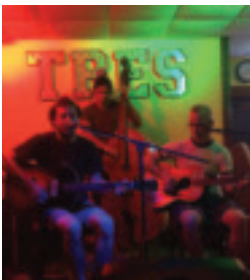
If you are unfamiliar with how to apply any of these materials, we recommend watching online tutorial videos. Sealing air leaks is one of the best ways to boost your home's energy efficiency. Whether you're a DIY pro or novice, with a few simple steps (and low-cost materials), you'll be well on your way to a sealed, more efficient home. 💡

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



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## All roads lead to e-transportation

**TEN YEARS AGO, ELECTRIC** vehicles were a rare sight, but today, you see them on roadways all across the country. Advancements in battery technology have led to smaller, even more efficient batteries,

on paved surfaces like sidewalks. Electric scooters' limited range and speed also make them unsuitable for long distance travel.

Another newer form of electric transportation is the electric bicycle.

electric modes of transportation are fun, their faster speeds can also make them more dangerous, which makes wearing helmets and knee pads especially important.

For those looking for more exciting forms of e-transportation, there are many innovative options being developed. One of these is the electric unicycle, which is a self-balancing device. You can speed up and slow down the device by simply leaning forward or backward. The electric unicycle is easy to store or carry around and, because of its large wheel, it can drive on a variety of terrain like grass, gravel, curbs and potholes. The major drawback is that it's relatively difficult to learn how to ride the electric unicycle, so be prepared to spend a few hours just to learn how it works.

For even faster speeds, there is the electric motorcycle. This mode of transportation has many benefits when compared to gas-powered motorcycles, such as increased performance, less maintenance and lower fuel costs. Although, a couple of major differences between the electric and gas-powered motorcycles is that electric motorcycles cannot drive as far and are much quieter, which may be less appealing for long-distance road trips.

Since these technologies are relatively new and more complex, price tags for all of these modes of transportation will be higher than their conventional counterparts. Each mode includes a variety of features, so it's important to consider all options. Before purchasing any of these newer forms of e-transportation, make sure you research to find the mode of transportation that best matches your needs. 💡



**Electric scooters are relatively easy to use, inexpensive and some versions are even foldable, making it compact and easy to carry and store.**

which has opened the door to new forms of electric transportation, or e-transportation. Let's take a look at some of today's novel modes of e-transportation.

One of the newer forms of electric transportation is the electric scooter. They're relatively easy to use, inexpensive and some versions are even foldable, making it compact and easy to carry and store. There are also several electric scooter rental companies that offer their services in many major cities, making it especially easy to find a nearby scooter to use for a limited time. However, something to consider is that electric scooters' small wheels are only meant to be ridden

These modern versions of the familiar bicycle offer the same ease of use while requiring much less physical exertion. Travelers can ride longer distances without being as fatigued and they can be parked easily at bike racks.

Some of these electric forms of transportation can be used for recreation in addition to everyday use. For example, the electric skateboard has additional power that a normal skateboard does not have, and the user can still perform tricks while riding it. Another example are electric roller skates which are just as entertaining as normal roller skates, and users can maintain fast speeds without the effort. While these



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

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# Cookies!!!

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Enter online at [www.icl.coop/contest](http://www.icl.coop/contest). Each entry **MUST** include your name, address and phone number **PLUS** the name of your Illinois electric cooperative, or it will be disqualified. You may also mail entries to Illinois Country Living Cookie Contest, P.O. Box 3787, Springfield, IL 62708. Entry deadline is September 18, 2020.



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# Know how to identify and help an electric shock victim

**WOULD YOU KNOW WHAT** to do if you encountered an electric shock accident? Knowing critical information ahead of time will help protect you and could save someone's life. The Safe Electricity program encourages you to be prepared by learning the symptoms of electric shock and knowing how to help someone who gets shocked by electricity.

our bodies come into contact with electricity with tragic results.

According to the National Institutes of Health and the U.S. National Library of Medicine, electric current can cause injury to our bodies in three ways: cardiac arrest from the electrical effect on the heart; muscle, nerve and tissue destruction from the current pass-

- Numbness or tingling
- Breathing problems

If you come upon someone who you believe is in contact or has just suffered an electrical shock:

- Look first. Do NOT touch. The person may still be in contact with the electrical source and be energized. Touching the person could pass the current through you. If there are others nearby, make sure they do not touch the person either.
- Call 911 and the electric cooperative, or have someone nearby call.
- Turn off the source of electricity, if known and if safely possible (i.e., circuit breaker or box). If you are not sure, wait for help from emergency responders.
- Only once the source of electricity is OFF, check for signs of circulation (breathing, coughing, or movement). Provide any necessary first aid.

- Prevent shock. Lay the person down and, if possible, position the head slightly lower than the trunk with the legs elevated.
- Do not move a person with an electrical injury unless the person is in immediate danger.

Remember—DO NOT touch the person if he or she is still in contact with the electrical current. Do not get near high-voltage wires until the power is turned off. Call 911 and the utility to have them come and de-energize the lines.

Anyone who has come into contact with electricity should see a doctor to check for internal injuries, even if he or she has no obvious signs or symptoms.

For more information on staying safe around electricity, go to [SafeElectricity.org](http://SafeElectricity.org).

## WHAT TO DO: ELECTRICAL SHOCK SCENARIOS



### IF YOU SUSPECT SOMEONE HAS BEEN SHOCKED:

- 1 PROTECT YOURSELF:** Do not go near the victim in case stray electricity is present.
- 2 CALL 911** and let the dispatcher know a power line or other electrical source is involved.
- 3 DO NOT** go near high-voltage wires, a pad-mounted transformer or other source of electricity.
- 4 WARN OTHERS** to stay away to help keep them safe.
- 5 TURN OFF** the electrical source if possible and safe to do so.
- 6 ONLY IF** power source is off, follow the 911 dispatcher's instructions to help the victim.
- 7 ALWAYS** assume a downed power line is live, even if it doesn't buzz or spark.

"Human beings are good conductors of electricity. That means that electricity can easily pass through our bodies," explains Jim Miles, Association of Illinois Electric Cooperatives vice president of training, safety and loss control. "In the right conditions, electrical contact can cause serious injury or death."

In most situations, there are safeguards to keep us isolated from the dangers of electricity, like high-voltage power lines high on poles or buried underground, insulated wires on tools and appliances, and ground fault circuit interrupters (GFCIs) on outlets in locations where water and electricity might come together. However, sometimes through accidents, equipment failure, or poor decision making,

ing through the body; and thermal burns from contact with the electrical source. In many cases, injury is obvious with the electricity causing heart stoppage, burns, broken bones and seizures. In other cases, the injury might not be as evident, because electrical contact affects the body from the inside out.

If you or a loved one is involved in contact with electricity and there are no obvious injuries, watch for these symptoms that something is wrong:

- Changes in alertness
- Headache
- Problems with vision, swallowing, or hearing
- Irregular heartbeat
- Muscle spasm and pain



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## Easy to grow and pollinator friendly

**WOULD YOU LIKE TO** contribute to pollinators like bees and butterflies but don't know where to start? Starting a pollinator garden can be somewhat confusing. Instructions include information like providing rich sources of nectar through native plants and selecting annuals throughout the entire growing season while implementing plants that serve as larval sources like milkweed for monarchs.

If you provide lots of sun and well drained soils, you can plant five herbs that are easy to grow and will be pollinator magnets in your landscape.

### Lavender

Lavender flowers will attract bees and butterflies all summer long. English lavender, a hybrid of English and Portuguese, and French lavender cultivars are recommended if you are looking for varieties attractive to insects. The varieties Grosso (blue) and Edelweiss (white) have been shown in recent research to be the most productive in terms of nectar. The commonly grown small Hidcote strain is not reliable as a forage source for insects.

Timely pruning helps lavender stay compact and optimizes flower production. Prune in the spring when the new growth appears. Prune off dead stems down to

the first set of green leaves. Newly planted lavender should be watered regularly the first year. Once established, lavender is more drought tolerant.

### Thyme

Thyme's small, lipped flowers also attract bees and butterflies and is a favorite of bumblebees. It is hypothesized that antibacterial and antifungal compounds produced by the plant may have some benefit. Creeping thyme is recommended by the University of Minnesota in establishing a bee lawn because of its low sprawling habit and prolific flowering. Thyme also attracts hoverflies in abundance. Perennial thyme plants should be divided every four years in the early spring.

### Borage

Borage is a rich source of nectar for short tongued bees, native bees, hoverflies and honeybees, providing flowers for months. These bright blue star shaped flowers, when planted next to strawberries in a University of Minnesota experiment, improved pollination and increased the size of the berry. Borage is easily grown from seed directly sown in the garden after frost is past. Borage prefers full sun and once established does well in dry soils.

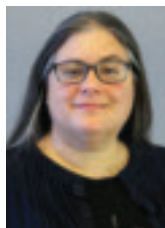
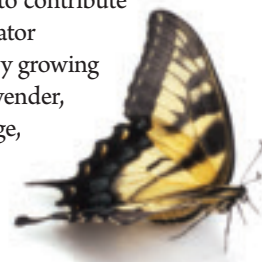
### Chives

Chives may misbehave at times and self-seed, but are a bee magnet, and much loved especially by short-tongued bees. Pink blooming common chives open early providing an early food source. White garlic chives bloom in the middle of the growing season and attract bees and butterflies. Chives prefer a full sun location and are tolerant of a wide variety of soils.

### Parsley

Parsley is a host plant to the eastern black swallowtail larva. These caterpillars are light green with black stripes and yellow dots and eat the parsley leaves. If disturbed, they send out a scented orange forked gland called an osmeterium. Parsley makes a great ground cover, border or addition to a container. It should be planted about 1/8-inch-deep and plants should be spaced 10 inches apart. It can be slow to germinate, so be patient and keep watering to ensure it does not dry out. Curly parsley grows shorter and flat leaf parsley has a better taste.

It is easy to contribute to the pollinator movement by growing herbs like lavender, thyme, borage, chives and parsley. 💡



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.



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# Soaring

to new heights



*By Colten Bradford*

**"I THINK WE ALWAYS** have a dream to fly," says Lisa Kempner, sales director of Lindstrand Balloons USA. "That ability to leave the earth ... there's an excitement of not knowing where you're going because you're moving with the wind. I think it opens our imagination."

Kempner, along with company president Phil Thompson, founded the hot air balloon manufacturing business in 1994. Initially, while setting up the business, Lindstrand imported balloons from England, and the company eventually built its first balloon in early '96. In 2000, Lindstrand built a factory on Jo-Carroll Energy lines in Galena.

Lindstrand Balloons' 12 employees produce an average of 32 to 38 hot air balloons a year, selling both commercially and to private balloon hobbyists. At the factory, balloons (also known as envelopes) are sewn and designed, baskets are produced, and tanks and burners are tested. The burners are made by another company but manufactured to Lindstrand's standards.

The balloon manufacturing process begins with the custom design of the balloon envelope with 24 colors from which to choose. On Lindstrand.com, there's an app clients use to mock up a design. Lindstrand then uses an advanced 3-D program to replicate the work to show how it would look in real life. "Most people don't realize the artwork on a balloon is not flat," Kempner says. "We have to manipulate every single angle so it looks straight on a curve, and that gets complicated."

From balloons with eye-catching geometric patterns to those with company logos and detailed graphics, Kempner says, "We're known for our artwork." Lindstrand Balloons' CNC (computer numerical control) cutting machine helps the company produce intricate designs. "If we were hand cutting, it would be far more difficult to do," she adds.

One design element that sets Lindstrand apart is its use of appendages added to a standard balloon. "We did a cute balloon that has flip flops on the side that were 3-D," Kempner says. "Just totally adorable and a lot of fun."

The fabric is specially manufactured for Lindstrand and shipped from the United Kingdom. Kempner explains there are three standard fabrics used in balloons that are durable, long-lasting, fire-resistant and made to withstand high temperatures. The fabrics on the top two parts of the balloon are nylon-based, offering high strength-to-weight ratio, with the fabric on top coated with silicon. The area closest to the burner is made of Nomex, a flame-resistant fabric also used for racing suits.

The baskets are trimmed with leather or suede, and the woven part is made with a wicker harvested in Malaysia.

Certified by the Federal Aviation Administration (FAA) to build aircraft, the balloon factory goes through several inspections every three years. Kempner explains the facility is examined from top to bottom to check quality controls, receiving controls, manufacturing practices and inspection. "They use the same rulebook used at Boeing or any other aircraft manufacturer, and they just adapt it for the processes we have," she says.





## Touchstone Energy balloon takes flight

Lindstrand Balloons USA manufactures hot air balloons for the Touchstone Energy Hot Air Balloon program. Touchstone Energy is a network of electric cooperatives across 46 states that provides resources to help member cooperatives better engage and serve consumer-members. To date, Lindstrand has made 10 Touchstone Energy balloons, which are owned by Cooperative Balloon Associates (CBA).

CBA was formed in 1999 by 10 Illinois Touchstone Energy cooperatives looking for a unique way to introduce the brand to members. These co-ops include Coles-Moultrie Electric Cooperative, Mattoon; Corn Belt Energy Corporation, Bloomington; Eastern Illini Electric Cooperative, Paxton; Jo-Carroll Energy, Inc., Elizabeth; McDonough Power Cooperative, Macomb; Norris Electric Cooperative, Newton; Prairie Power, Inc., Springfield; Shelby Electric Cooperative, Shelbyville; Southern Illinois Power Cooperative, Marion; and Rural Electric Convenience Cooperative, Auburn.

“We’re now the second longest operating corporate hot air balloon program in the country,” says Kevin Bernson, CBA board vice chairman and vice president of media and public relations for Shelby Electric. “Touchstone Energy came along the year before as a brand, but this was the first tangible asset that Touchstone had out there for cooperatives to use as a marketing effort.”

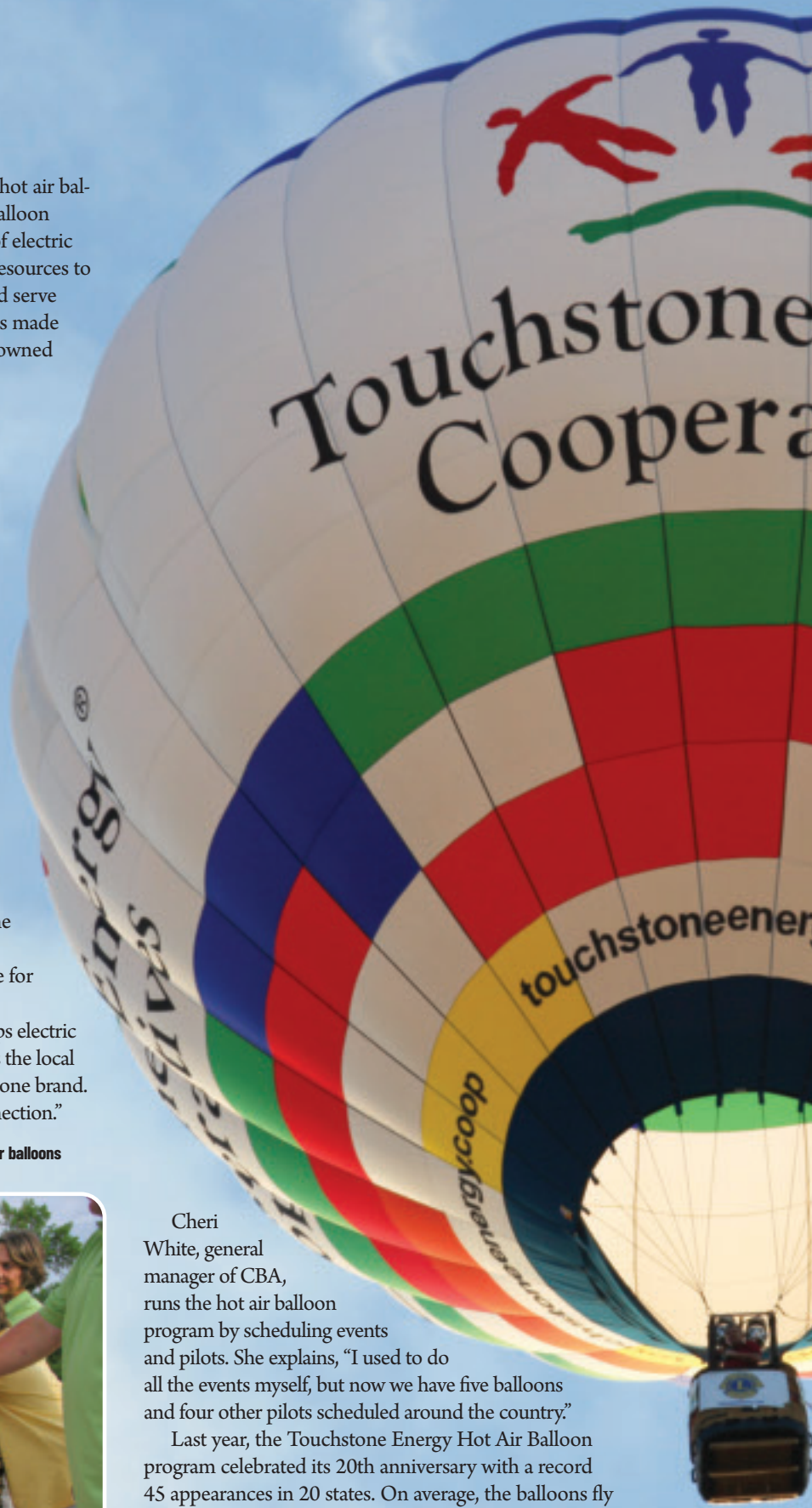
Bernson says the Touchstone balloon helps electric cooperatives with brand awareness. “It allows the local cooperatives to tie themselves to the Touchstone brand. ... The balloon is one way to make that connection.”

**Cheri White (center) has piloted Touchstone Energy hot air balloons for more than 20 years.**

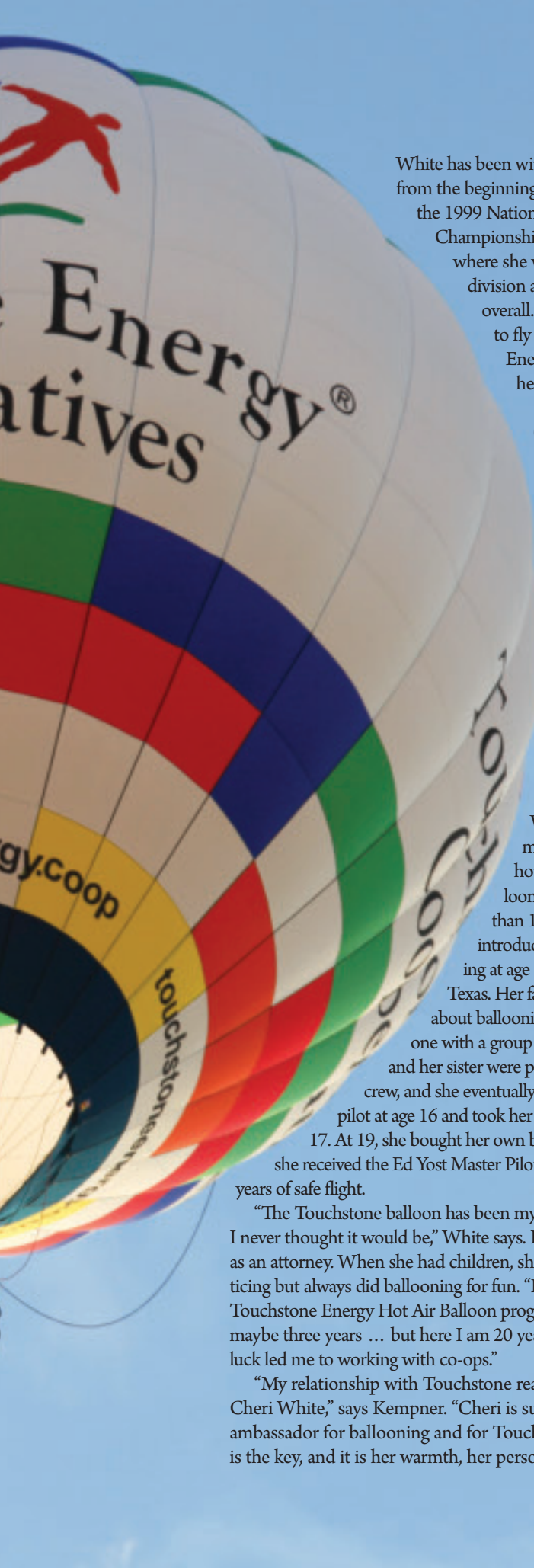


Cheri White, general manager of CBA, runs the hot air balloon program by scheduling events and pilots. She explains, “I used to do all the events myself, but now we have five balloons and four other pilots scheduled around the country.”

Last year, the Touchstone Energy Hot Air Balloon program celebrated its 20th anniversary with a record 45 appearances in 20 states. On average, the balloons fly in 30 to 35 events across the nation annually. With the COVID-19 pandemic this year, they have had many postponements and cancellations. “We went from our very best year in 2019 to our very worst year,” White says.







White has been with the program from the beginning, starting with the 1999 National Balloon Championship in Rantoul, where she won the women's division and placed 10th overall. She was asked to fly a Touchstone Energy banner on her balloon.

"The Illinois (electric) co-ops involved saw the balloon with the banner and got excited about it," White says. "They got together to get the seed money to buy the first balloon. The rest is history."

As a pilot, White has logged more than 2,650 hours flying a balloon. That's more than 110 days. She was introduced to ballooning at age 13 growing up in Texas. Her father got excited about ballooning and purchased one with a group of people. White and her sister were part of her father's crew, and she eventually worked for a pilot at age 16 and took her first solo flight at 17. At 19, she bought her own balloon. Recently, she received the Ed Yost Master Pilot Award for 40 years of safe flight.

"The Touchstone balloon has been my life for 20 years. I never thought it would be," White says. Her career started as an attorney. When she had children, she quit practicing but always did ballooning for fun. "I thought the Touchstone Energy Hot Air Balloon program would be maybe three years ... but here I am 20 years later. Fate and luck led me to working with co-ops."

"My relationship with Touchstone really stems to Cheri White," says Kempner. "Cheri is such an incredible ambassador for ballooning and for Touchstone ... Cheri is the key, and it is her warmth, her personality, her skills



... she makes herself well-known in a male-dominated field. It is fantastic that [the Touchstone balloon] is going strong after 20 years, and it's neat that we are a member of a co-op."

### Have a safe flight

For a hot air balloon pilot, the weather can be an enemy. "In bad weather, you can't do anything," White says. While flying, she explains pilots must also watch for obstacles such as cell towers and power lines. "You're always being very cautious in flying at a good, safe altitude and making sure you have your equipment checked every year."

According to White, every balloon pilot must have a license with the FAA and have three takeoffs and landings within a 90-day period to stay current. In addition, pilots have a biannual flight review with another pilot to review safety and flight maneuvers. Kempner says pilots often bring their balloons to the Lindstrand facility for balloon inspections and to use its on-site repair station.

White says each Touchstone balloon envelope lasts an average of 350 hours of flight time. "Every time you fly a balloon, you log the time you use it," she explains. "When you get to around 350 hours, you start noticing the fabric getting a little porous, and that means you're going through more fuel than you would if the balloon is brand new."

To date, CBA has retired four Touchstone balloons with another set to retire at the end of the season.





## From balloons to face masks

When the COVID-19 pandemic reached Illinois, the production of Lindstrand balloons came to a halt as Illinois' stay-at-home order came into effect. With the demand for face masks skyrocketing, Lindstrand Balloons already had the equipment and began producing face masks.

When Lisa Kempner saw a request for masks from UnityPoint Health, which published a mask pattern, she purchased fabric and allowed a few employees to come in and sew masks. Lindstrand's facility has 8,000 square feet, which allowed for social distancing, and everything was sanitized.

With that, they used a computer patterning program that makes patterns for a cutting machine, and they got to work sewing masks. "We could do social distance really well and keep the place clean, and we take temperatures now when people come in," Kempner says.

Initially, Kempner couldn't find any elastic, so many of the masks were made with cord from the balloons instead. They even tried using hair ties. "We got really creative with bits and pieces," she says.

Lindstrand produced hundreds of face masks instead of balloons for seven weeks. "We didn't charge anything. We just gave them away as people needed them," Kempner says. They also donated precut masks to other groups to sew.

"We are firm believers that we are responsible for our neighbors," Kempner says. "We have to stay safe so they can be safe." 🙏

However, the original burner and basket purchased in 1999 is still used. "We always fly good, safe equipment," White says. "We have the best burners you can get and really nice quality fabric."

### Illinois hot air balloon festivals

If you've attended one of the many hot air balloon festivals across Illinois, you most likely have seen a Lindstrand balloon. "There are some festivals where we have to laugh," Kempner says, commenting on the number of their balloons they see. For example, 75 to 80 percent of the balloons at the Macomb Balloon Rally last September were Lindstrand balloons. "For a small balloon event, we were in awe. Almost every balloon was a Lindstrand."

Many hot air balloon festivals in 2020 have been canceled due to the COVID-19 pandemic, including Great Galena Balloon Race, Balloons Over Vermilion in Danville, Eyes to the Skies Festival in Lisle, The Great Balloon Race in Galesburg and Quad Cities Balloon Festival. Centralia Balloon Fest will host a "balloons-only" event due to social distancing requirements Aug. 21-23.

The Touchstone Energy Balloonfest at Lake Shelbyville is still scheduled for October 10-11. Bernson helps coordinate the event, which coincides with Shelbyville's annual Scarecrow Daze. "When the balloon event came to Shelbyville, I didn't think about the economic impact that even a small balloon event would have," he says. "Local businesses often say it's their best weekend."

Bernson says the final decision has not been made for the event because it is still several months away. Check [Facebook.com/balloonslakeshelbyville](https://www.facebook.com/balloonslakeshelbyville) for updates.

"If you've not had the opportunity to go to a hot air balloon event, or if you hear the Touchstone balloon will be in your area, I highly recommend going because it is a great opportunity and fun for the whole family," he says.

### Sky's the limit

Kempner recommends everyone take a ride in a hot air balloon because the experience is so personal. "The one thing I'll say about the world when you fly, everything looks clean. You get up about 500 feet in the air and look around. You have no idea how perfect the rows are that the farmers plant or how incredible it looks. It doesn't seem real. Everything looks so planned and so perfect."

"It's not jerky at all," says White, describing what it's like flying in a balloon. "People think it will be like a carnival ride, but they don't even know we have left the ground. It is that smooth. When you're flying, you're floating with the wind. ... You can talk to people on the ground, you see deer and all kinds of animals. You go across a cornfield, just flying right above the tassels. Flying above trees and going up to look at your whole city. It is beautiful and peaceful." 🙏



# Celebrating women's right to vote

100 years of the 19th Amendment and women's influence in cooperatives

By Derrill Holly

**THE 19TH AMENDMENT TO** the U.S. Constitution was approved by Congress on June 4, 1919 but it took more than a year for the measure granting women the right to vote to gain ratification by 36 states. On Aug. 18, 2020, the nation marks the centennial of this human rights milestone.

## Illinois - the fight to be first

According to the Sangamon County Historical Society, some women had been advocating for the right to vote since the 1860s but the efforts of Grace Wilbur Trout and her non-confrontational style helped create a statewide suffrage campaign in Illinois. Trout toured the state to encourage other women to join the cause. She worked with many suffragists including Jane Addams, well-known for her formation of Hull House and a Nobel Peace Prize recipient. The two

lobbied Illinois legislature members long before the passage of the 19th amendment.

In 1913, Illinois was one of the first states to grant women the right to vote for president and at some local levels, making it the first state east of the Mississippi to do so. However, they still couldn't vote for statewide or federal offices.

The fight continued with the efforts of numerous women from across the state including journalist and black abolitionist Ida B. Wells who worked to engage black women voters.

June 4, 1919 was a momentous day for those fighting for full suffrage. Congress needed 36 states to ratify the amendment and Illinois fought to be the first.

According to the Springfield Daily Illinois State Register, it took those in the Prairie State less than an hour to ratify the amendment.



Photograph shows suffragists preparing to parade in Chicago outside the Republican National Convention, June 1916.

PHOTO COURTESY OF LIBRARY OF CONGRESS, PRINTS & PHOTOGRAPHS DIVISION, [LC-DIG-GGBAIN-21841]

Official program - Woman suffrage procession, Washington, D.C. March 3, 1913

PHOTO COURTESY OF LIBRARY OF CONGRESS, PRINTS & PHOTOGRAPHS DIVISION, [LC-DIG-PPMSCA-12512]

1998 Celebrate the Century - 1920s: 19th Amendment commemorative postage stamp

The Senate vote was unanimous while the House vote had three dissenters.

Later that day, both Wisconsin and Michigan also ratified it. According to Dave Joens, director of the Illinois State Archives, because of a typo in the papers from Washington, Illinois had to redo its vote the next week, making Wisconsin the first to ratify.

It took until mid-August for Tennessee to become the 36th state to ratify, pushing the amendment over the required number to make it law, just in time for the presidential election.

## Women's voices in rural America

Rural America was built and owes much of its success to family-run farms and businesses. While fathers and husbands are often celebrated throughout history,



wives and mothers have been full partners in creating thousands of communities. Numerous women were Illinois electric cooperative incorporators and board members. In fact, electric cooperatives have served as incubators for the leader-

ship opportunities and fueling passions for full engagement in public life that included political participation.

With the rise of suffragist sentiments in the early 20th century, the Grange routinely included women

a freshman representative in the House of the Tennessee General Assembly.

“Vote for suffrage and don’t keep them in doubt,” wrote Burn to her 24-year-old son. “Don’t forget to be a good boy and help.”



**Left: Grace Wilbur Trout**

PHOTO COURTESY OF LIBRARY OF CONGRESS, PRINTS & PHOTOGRAPHS DIVISION. [LC-B2-3580-7B]

**Right: Rural suffragists traveling to a rally.**

PHOTO COURTESY OF LIBRARY OF CONGRESS, PRINTS & PHOTOGRAPHS DIVISION. [LC-B2-4285-4]



ship skills that guide co-op-served communities today.

### Power and partnership

“Historically, rural wives were always isolated and only had interaction with their husbands and children, but they helped run farms and ranches, and ran their homes,” says Betsy Huber, president and CEO of the National Grange.

Founded in 1867, the Grange chapters took root as fraternal community organizations committed to promoting sound agricultural concepts in the north, south and the expanding west.

“From the beginning, women could hold any office in the Grange,” says Huber. “We have 13 offices, including four that are only open to women.”

By the early 1900s, organizations like the Grange were providing rural women with meaningful

in governance decisions, says Huber. “One of our national agriculture committees early in the last century had six members, including three men and three women, who reviewed and discussed the resolutions submitted by local Grange chapters that ultimately set policy for the National Grange.”

Among the farm women embracing the suffragist cause was Febb Enslinger Burn, a widow from Tennessee’s McMinn County, who played a decisive role in earning women the right to vote and changing U.S. history.

“Suffrage has interested me for years,” Burn once told a reporter.

Between running her farm and caring for her family, she followed news accounts from Nashville and was turned off by harsh opposition speeches against ratification in summer 1920. In August, she penned a letter to her son, Henry T. Burn,

With the letter from his mom in his pocket, Rep. Burn broke a 48-48 deadlock by changing his vote to pass the measure, and women nationwide were guaranteed the right to participate in national elections.

“I spend a lot of time encouraging co-op members to contact their legislators, and mother-son influence is a great example of true grassroots activism,” says Amanda Wolfe, an NRECA senior political advisor.

The area where Burn once farmed and raised her family is still served by Volunteer Energy Cooperative, says Wolfe, adding that voters there are still inspired by the state’s role as being the 19th Amendment’s “Perfect 36”—a reference to its decisive ratification role.

“Voting is more than just a right, it is a privilege,” says Wolfe. “The suffragists fought for generations to finally win that privilege 100 years

ago, and every time we cast a ballot, we honor their memories.”

### Fueling cooperative change

When electric cooperatives were organized years later, many of the same principles honored by

general manager of Wood County Electric Cooperative, which now serves nearly 36,000 meters and still headquartered in Quitman.

“Though it was men who signed their names to charter Taylor EMC [in 1937], women have played a

approved its first loans for electric cooperatives in South Carolina, women were actively involved in the formation of Darlington-based Pee Dee Electric Cooperative.



rural organizations, including recognition of property rights, were among the fundamental tenets included in co-op charters. Family memberships were vested in heads of households, regardless of gender, and women were among the founding members of many electric cooperatives.

When President Franklin D. Roosevelt created the Rural Electrification Administration in 1935, farm magazines published stories about the news. Maye Shaw of Quitman, Texas, was a former teacher and regular reader who knew life on the farm would be easier with electricity.

She wrote Rep. Morgan G. Sanders for information and persuaded her husband Virgil to look into it. By 1937, both were riding through the surrounding countryside recruiting members. Mr. Shaw eventually became the founding

vital role in the cooperative’s development and success,” wrote authors of a 75th anniversary book on the history of Flint Energies. The Georgia-based co-op, originally founded as Taylor Electric Membership Corp., has enjoyed an active female membership since its early days.

Beulah Taylor and Ruby McKenzie became the cooperative’s first female board members in 1938 and helped lead the co-op through its formative years.

“Homemakers living in rural Taylor County spurred the cooperative’s early membership growth,” wrote authors. “Eager to bring the benefits and conveniences of electricity to their homes and farms, they held neighborhood meetings and took applications to further the cooperative cause.”

In 1939, when the Rural Electrification Administration

### Carrying the torch of cooperative leadership

Since the early days of Illinois cooperatives, women have been involved in a variety of aspects including signing up members, serving as co-op directors and handling many duties at the cooperatives – including as managers. These talented and knowledgeable CEOs currently include Marcia Scott, Tri-County Electric Cooperative, Mt. Vernon; Laura Cutler, M.J.M. Electric Cooperative, Carlinville; Alisha Anker, Menard Electric Cooperative, Petersburg; Tamara Phillips, Norris Electric Cooperative, Newton; and Amy Borntreger, Coles-Moultrie Electric Cooperative, Mattoon. Well-respected for their wealth of knowledge, insight and commitment to members, they carry the torch for those who came before and those yet to come. 💡

**Left: The Woman Suffrage Monument, located in Nashville’s Centennial Park, features five women who were in Nashville during the final ratification effort: Anne Dallas Dudley, Frankie Pierce, Sue Shelton White, Abby Crawford Milton and Carrie Chapman Catt, the national suffrage leader who came to Nashville during summer 1920 to direct the pro-suffrage forces.**

PHOTO COURTESY OF ROBIN CONOVER, THE TENNESSEE MAGAZINE

**Right: Erected in 2018, the Burn Memorial depicts Rep. Harry Burn of Niota and his mother, Febb, and honors each of their roles in the ratification of the 19th Amendment.**

PHOTO COURTESY OF AMANDA WOLFE, NRECA





Fried seafood is a staple at Crazy Joe's.

## Crazy Joe's Fish House

By Lisa Cherry

**THE OUTSKIRTS OF AVA**, population 600, may not be the first place a person thinks of for a destination dining experience. But it is somewhere to consider if fried seafood, smoked brisket and barbecue in a friendly, down-home atmosphere is an appeal.

Crazy Joe's Fish Shack, owned by Robert "Rabbit" Martin, is located a couple of miles off Route 151 near Shawnee National Forest in Jackson County. What started out as a concrete slab with a few picnic tables back in 1995 has turned into a hidden gem and a best-kept secret, according to local news source WSIL-TV, on their segment "Brick & Mortar." Martin bought the building from Crazy Joe, the original owner, in 2007. Contractors thought Joe was crazy to build there—hence the name.

The menu certainly lives up to the hype—two of their seafood favorites are catfish strips and fried Alaskan whitefish. Both are prepared with their homemade breading and seasoning, fried until a light golden brown, and served with red slaw and the addictive homemade seasoned Joe fries (homemade chips). Martin recommends visitors also try their secret sauce. Also featured on the menu are a whole catfish, bluegill, frog legs, Cajun crawfish, a codfish sandwich, and every kind of shrimp imaginable (according to the owner, in the words of Bubba from the movie "Forrest Gump")—coconut, butterfly, cheese-stuffed, jalapeno cheese, country-fried, even grilled on skewers.

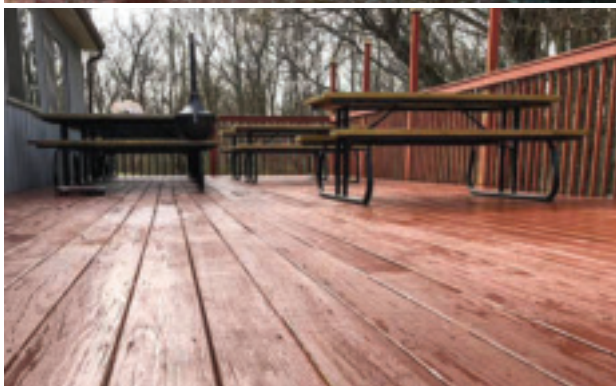
The fried delicacies don't end there. Appetizers include fried green beans, pickles, corn nuggets, the must-have portobello shrooms, cauliflower and even crab Rangoon.

Entrees are not limited to seafood. Martin loves to create in his smokehouse as well. As a result, the menu also boasts a Philly brisket with Swiss cheese, grilled onions and peppers on a hoagie roll and a barbecue brisket with an onion ring and American cheese on a Hawaiian bun. Patrons can also try the BOB, named for the establishment's current owner—pulled pork with an onion ring and bacon on a Hawaiian bun. These, and other entrees and sandwiches, also come with Joe fries or French fries. Martin is currently in the process of moving the smokehouse but is looking forward to getting back to serving chicken and ribs, as well. "People love my ribs," he says.



Homemade tacos available Wednesdays





Crazy Joe's seats about 100 indoors and has eight picnic tables on the deck outside.



Brisket and barbecue are favorites on the menu.

The menu isn't the only reason to visit. Martin and online reviewers say the atmosphere is just as special. It's definitely off the beaten path, but the building, basically a barn with a tin roof decorated in an array of antiques, echoes the welcoming vibe of its owner. "The good Lord puts us where he wants us," he says.

Martin, nicknamed Rabbit, has a gift for making people laugh. He says a buddy gave him the nickname because he was quick on his feet and ran cross-country. "That's my story, and I'm sticking to it," he laughs. "You've got to like people. Everybody has a story—you just have to listen."

Crazy Joe's wasn't his family's first foray in the restaurant business. He and wife Marilynn also own Mary Lou's Grill in Carbondale. They took over the eatery when her mother retired in 1990. This came after Martin's 20-year career with the railroad. He says operating separate establishments is better for their marriage. "It was a bit of a soap opera," he laughs of their banter while working together at Mary Lou's.

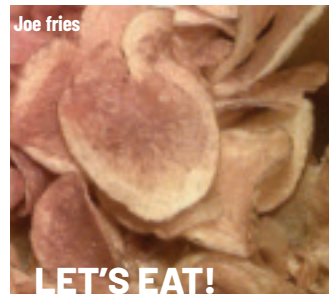
Their sons, Gary and Kyle, have both worked at Mary Lou's over the years. Gary is now working in North Carolina, and Kyle helps at Crazy Joe's. According to Martin, "he's a real go-getter, a big part of the business." He says his son may take over the business, but "as long as I'm alive, I'll be kicking around here."

The establishment, which normally seats about 100 inside and has eight picnic tables outside, has had to adjust during the pandemic. Right now, the restaurant is open three nights a week, Wednesdays 4-9 p.m. and Fridays and Saturdays 4-10 p.m. They take food orders up until an hour before closing each night.

"It's tough right now, but we're doing okay," Martin says. He adds that their demographic includes young and old, and that "20 percent makes 80 percent (of business)" as a rule, regarding their locals. Ava is a small community, but people from Pinckneyville, Carbondale, Murphysboro and surrounding areas, even Missouri, fill in the gap. Visitors also include boaters on Kincaid Lake, campers and hunters in the winter.

If one meal isn't enough, also on the property (located on Egyptian Electric Cooperative Association lines), is a one-bedroom cabin available on Airbnb. Martin says they may build more in the future. "All are welcome," he says. "We'll make you feel at home."

Martin says he is truly blessed. "It amazes me," he says. "God sends us the people, and we do our best." 🙏



Joe fries

## LET'S EAT!

### Crazy Joe's Fish House

693 Suchman Road  
Ava, IL 62907  
(618) 763-4417  
[facebook.com/crazyjoesfishhouse](https://www.facebook.com/crazyjoesfishhouse)

#### HOURS:

Wednesday 4-9 p.m.  
Friday and Saturday 4-10 p.m.





## Entrée Salads

**DURING THESE DOG DAYS** of summer, I don't feel like eating anything heavy. I crave fresh foods, and farmers' markets are full of a rainbow of amazing fruits and vegetables that call out to me. Support your local farmers and enjoy a light meal by making salad your entrée. Just grab a fresh baguette from a local bakery and you have a fulfilling meal. Enjoy! ~ Valerie 📍



ITALIAN CHOPPED SALAD



AVOCADO SHRIMP BOATS

### WE NEED RECIPES!

#### Upcoming monthly topics

Pancakes

Pasta

Chicken

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.

### Italian Chopped Salad

Submitted by: Valerie Cheatham

Servings: 4-6

- |   |   |                           |
|---|---|---------------------------|
| 2 cups ditalini pasta, cooked and drained           | 4 ounces provolone cheese, diced small        | Kalamata olives, pitted   |
| 1 15-ounce can cannellini beans, drained and rinsed | 4 ounces hard salami, sliced into thin strips | Grape tomatoes, halved    |
| 1 head romaine lettuce, chopped                     | 1/4 cup grated Parmesan cheese                | Roasted red pepper strips |
|   |   | 3/4 cup Italian dressing  |

In small bowl, combine dressing and beans and let marinate for at least 15 minutes. Meanwhile, in a large bowl, place chopped romaine. Top with ditalini, cheese, salami, tomatoes, olives and pepper strips. Add beans with dressing and Parmesan cheese and lightly toss. Serve with slices of baguette. Nutrition information: 578 calories; 18.8g fat; 4198mg sodium; 74g carbohydrates; 27.7g protein.

### Avocado Shrimp Boats

Servings: 6

- |   |                                    |  |
|---|------------------------------------|--|
| 1 bay leaf                                | 2 tablespoons shallot, minced      | Finely grated zest of 1 lemon                  |
| 3 ribs celery with leaves, halved         | 2 limes                            | 2 tablespoons fresh cilantro leaves, chopped   |
| 2 flat leaf parsley sprigs                | 3 ripe avocados, halved and pitted | 2 tablespoons flat leaf parsley, chopped       |
| 4 black peppercorns                       | <b>Cilantro dressing:</b>          | Salt and coarsely ground black pepper to taste |
| 1 pound large shrimp, peeled and deveined | 1/2 cup mayonnaise                 |  |
| 3 plum tomatoes, seeded and diced         | 1/2 cup sour cream                 |  |

Make dressing by whisking together all ingredients, then refrigerate. In large pot of water, combine bay leaf, 2 celery ribs, parsley and peppercorns and bring to a boil. Reduce heat to medium and add shrimp. Cook until they float and are opaque, 45-60 seconds. Strain and place shrimp in bowl of ice to chill. When cool, cut shrimp into 1-inch pieces. Finely dice 1 celery rib and place in large bowl with shrimp, shallots and tomatoes. Using a melon baller or small spoon carve small balls from each avocado to make a boat. In small bowl, combine pieces of avocado with lime juice to prevent browning and toss gently. Strain avocado pieces from juice and add to shrimp mixture. Coat the avocado shells with remaining lime juice. Fold the cilantro dressing gently into the avocado/shrimp mixture. Fill the reserved avocado boats with shrimp mixture and garnish with cilantro leaves. Serve immediately. Nutrition information: 489 calories; 40g fat; 269mg sodium; 16.1g carbohydrates; 18.9g protein.



## Gourmet Tortellini Salad

Submitted by: LuAnn Schieferdecker, Corn Belt Energy Corporation

Servings: 4 main course servings

- 8 tablespoons extra-virgin olive oil
- 2 cups leeks, thinly sliced, include white and tender green parts
- 1 cup chicken broth
- 2-4 tablespoons fresh lemon juice, to taste
- 18 ounces fresh cheese tortellini, cooked very al dente (can substitute dry tortellini)
- Red pepper flakes, to taste
- 2-3 large plum tomatoes, chopped
- 5 ounces high quality feta cheese, cut small
- Large bunch basil, about 20 leaves, shredded
- 2 bags fresh spinach
- \*optional - pepperoni or salami chopped

Heat 4 tablespoons olive oil in deep skillet and saute leeks for 2 minutes. Add chicken broth, lemon juice and tortellini. Cook until most of the liquid has been absorbed into the tortellini, about 3 minutes. Move the tortellini around in the pan as it cooks to prevent sticking. If using meat, add now. Add remaining olive oil (can add less if you prefer), red pepper flakes, tomatoes, feta and basil. Remove from heat. Cool and refrigerate. When ready to serve, plate the spinach and top with tortellini mix and a sprig of basil. Beautiful, delicious and super easy. Nutrition information: 732 calories; 33.6g fat; 1077mg sodium; 84.7g carbohydrates; 26.1g protein.



GOURMET TORTELLINI SALAD

## Super Salad

Submitted by: Marilyn Hofman, Jo-Carroll Energy

Servings: 6

- |  |                                  |
|--|----------------------------------|
| 6 cups iceberg or romaine lettuce, torn into bite-sized pieces | 1 cup celery, chopped            |
| 2-1/2 cups cooked chicken or turkey, diced                     | 1/2 cup green pepper, diced      |
| 3/4 cup radishes, chopped                                      | 1/2 cup red onion, diced         |
| 10 ounces frozen green peas                                    | 6 ounces shredded cheddar cheese |
|  | 3-4 hard boiled eggs, chopped    |

- 7-10 slices bacon, fried crisp and crumbled
- 1 cup mayonnaise
- 1 cup sour cream
- 1-1/2 tablespoons sugar

In small bowl, mix together mayonnaise, sour cream and sugar and set aside. In large bowl, layer ingredients in following order: lettuce, chicken or turkey, radish, peas, mayonnaise mixture, celery, green pepper, red onion, cheddar cheese, bacon, and eggs. Do not mix. Cover and refrigerate overnight. You can adjust vegetable amounts to your liking. Toss just before serving. Serve with bread or rolls and fresh fruit. Nutrition information: 697 calories; 50.8g fat; 1373mg sodium; 23.5g carbohydrates; 37.3g protein.

## BLT Salad with Homemade Ranch Dressing

Submitted by: Cheryl Gillespie, Eastern Illini Electric Cooperative

Servings: 4

- 8 slices bacon, cooked and chopped
- 1 head romaine lettuce, chopped
- 2 cups grape tomatoes, halved
- 1/4 cup shredded Parmesan cheese
- Croutons, optional

Ranch dressing:

- 3/4 cup mayonnaise
- 1/4 cup buttermilk
- 1 teaspoon granulated garlic
- 1/4 teaspoon cracked black pepper
- 1 teaspoon dill weed

In a jar, mix together all dressing ingredients and refrigerate until ready to use. To assemble salad, divide lettuce between four plates. Add 1/2 cup grape tomatoes to each salad and sprinkle each with 2 pieces of chopped bacon and Parmesan cheese. Drizzle with dressing, add croutons, and serve. Nutrition information: 459 calories; 34.1g fat; 1347mg sodium; 19g carbohydrates; 20.8g protein.



BLT SALAD WITH HOMEMADE RANCH DRESSING



## Fish food for thought

**WHEN THE FISH AREN'T** biting, find out what they bite. That's the motto I live by. For me, fish are often not biting, at least not biting frequently enough to keep me engaged.

for the most part) are intolerant to pollution. Such species are not capable of surviving within an aquatic environment tainted by pollutants nor within water bodies

This is the chance to gain insight into the underwater world. The dipper gets a peek at the food chain. One can infer that the tadpole ingests algae (often called pond scum or moss). The tadpole is nabbed by the extendable jaws of a dragonfly naiad. The naiad becomes the prey of a bluegill. Meanwhile, a snail scrapes away at the photosynthesizing tissues of coontail. Then a redear sunfish cracks the snail's shell, and a bass gulps the sunfish.

By the end of that day, the biologists' dip nets held stonefly larvae, which require high dissolved oxygen levels. The stream had been deemed healthy. I was then hooked, and since then I carry a dip net when near a body of water.

Along the shore of a lake, I extend my reach, dip my net down through the shallows, skim it along the bottom and tug it back. As I lift the net, water drips through. Aquatic species assemble at the bottom of the net. Some wiggle and squirm, some shimmer and sparkle reflecting sunlight, and some jump and flip. At that moment I am no different than a child. I giggle at the little chubby tadpoles, the backward-scooting crayfish and the shiny-sided fry (baby fish). I tip the net over a bucket, and in they go.

I easily spot whirligig beetles and water boatmen swimming in the bucket's water. I focus to detect small damselfly nymphs with three tiny paddle-like tails extending from delicate elongated abdomens. I find crawling naiads with eyes large and prominent, much like those of their adult winged version called dragonflies. I look at salamander larvae with flared feathery gills. I observe and release the organisms back to their watery home. 💡



Anticipation does not motivate me whenever I'm casting a lure redundantly or watching a bobber interminably. So, I grab my dip net (a long-handled tool equipped with a fine mesh net) and off I go to discover all sorts of aquatic critters.

I first discovered the dip net while job-shadowing biologists from the Illinois Environmental Protection Agency whose goal was to monitor water quality at locations downstream of a sewage treatment plant. On that day, the biologists took the dip nets in hand, extended one to me and waded into the stream. They were looking for aquatic macroinvertebrates.

Certain macroinvertebrates (a term indicating immature insects,

depleted of oxygen. Among macroinvertebrates, there are degrees of tolerance. Some species, such as rat-tailed maggots and mosquito larvae, can thrive in yucky water.

If the intolerant, or highly sensitive, species are discovered within the mix of organisms in the dip net, the water is considered good quality. It suggests the body of water can support a complex and diverse aquatic community. For example, a pond community in Illinois will include plants such as algae, water willow, and arrowhead; as well as animals, such as leeches, snails, giant water bugs, predaceous diving beetles, mayfly larvae, flathead minnows, bluegill sunfish, largemouth bass, and the list goes on!



Patty Gillespie is involved in education, agriculture, land stewardship and the study of nature. She writes from the heart and for the sheer joy of it.

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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.

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# Government Melts Over 270 Million Silver Dollars

*But collectors get an unexpected second chance*

It's a *crime*.

Most Americans living today have never held a hefty, gleaming U.S. silver dollar in their hands.

*Where did they go?* Well, in 1918, to provide aid to the British during WWI, the U.S. government melted down nearly half of the entire mintage—over 270 million silver dollars. If all those missing silver dollars could be stacked, they would tower over 400 miles into the sky! If laid in a chain, they would span 6,400 miles—enough to stretch from New York to Los Angeles more than 2½ times!

These vanished coins were not just any silver dollar—they were America's largest circulated coin, the beloved Morgan Silver Dollar. Each Morgan Dollar is struck from nearly an ounce of 90% fine silver and measures a massive 38.1mm in diameter. Morgan Silver Dollars were the engine of the American dream for decades. Created by famed American coin designer, George T. Morgan, they feature Lady Liberty's radiant profile and a majestic eagle, symbols of American strength and prosperity. Since their inception in 1878, they jingled in the pockets of famous and infamous Americans like John D. Rockefeller and Teddy Roosevelt, and desperadoes Jesse James and Al Capone. Today, Morgan Silver Dollars are one of the most collected coins in America.

## Lady Liberty takes a Final Bow

Just three years after the massive meltdown, the government gave the Morgan Silver Dollar a final chance to shine. In 1921, facing a serious shortage, the mint struck Morgan Silver Dollars for one more brief, historic year. Today, the last-ever 1921 Morgan Silver Dollar belongs in the hands of collectors, history buffs, or anyone who values the artistry and legacy of this American classic.

## A Never-Ending Hunt for Collector Quality

Millions *more* silver dollars were melted over the past ninety years and today, private hoards account for virtually all the surviving Morgan Silver Dollars. We should know—we're constantly on the hunt for these historic Silver Dollars, and jump at the chance to secure coins in collector-worthy condition. And what luck—we've managed to locate more than a thousand 1921 Morgan Silver Dollars, all in fantastic Extremely Fine (XF) condition. These coins actually circulated in American commerce nearly 100 years ago!

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## Saved from Destruction, but Bound for Extinction

It's been estimated that as few as 15% of all the Morgan Dollars ever minted have survived to the present day. And the number grows smaller with each passing year. The 1921 Morgan Silver Dollar is the last of its kind. But you can get one now before they're only a memory. Your chance to own this legend won't last long, so get yours today—and at a fantastic value!

## Don't Miss Out on this Incredible Low Price Offer

Today, you can secure your very own 1921 Morgan Silver Dollar—the last Morgan Silver Dollar ever struck—for the incredibly low price of just \$34.95 each! Plus, you can buy with complete confidence. If you aren't completely satisfied with your Morgan Silver Dollars, you can return your coins within 30-days for a full refund (less s/h). So don't wait—order your 1921 Morgan Silver Dollars today!

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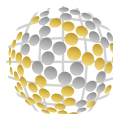
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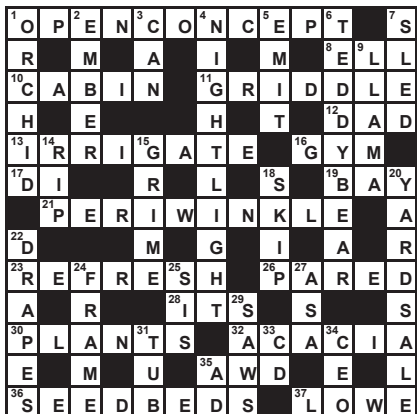


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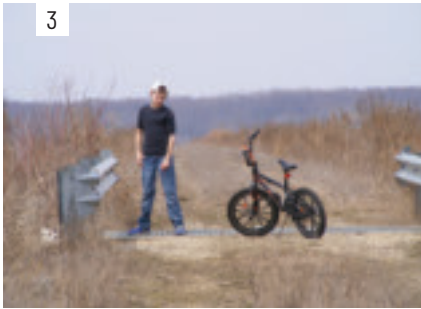
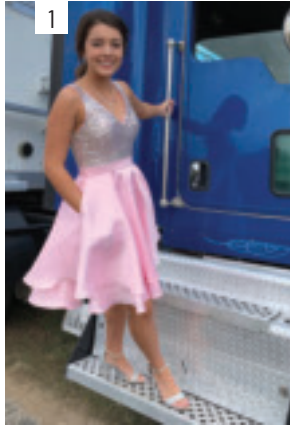
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# Eye Doctor Helps Illinois Legally Blind To See

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



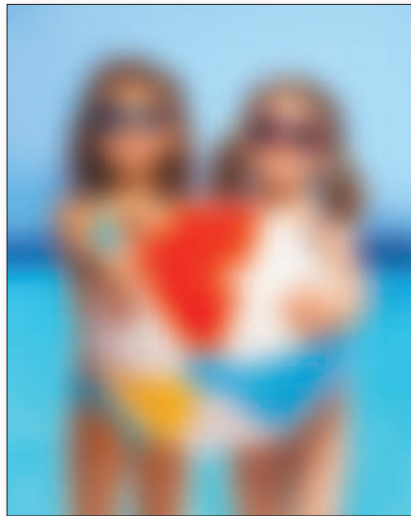
**F**or many patients with macular degeneration and other vision-related conditions, the loss of central visual detail also signals the end to one of the last bastions of independence: driving. A Mascoutah optometrist, Dr. Marianne McDaniel, is using miniaturized telescopes that are mounted in glasses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

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