


AUGUST 2021

Illinois Country Living

HAVANA REAWAKENED



Association of Illinois
Electric Cooperatives

Your Touchstone Energy®
Member 
aieccoop

FINEST COOKING
The hottest new
food trend

GREAT OUTDOORS
A trip down
memory lane

PRAIRIE TABLE
Keep on truckin'


CO-OP
NEWS

dish

Save a Bundle on TV and Internet!



\$64⁹⁹

month
for TV

Add Internet!

Blazing-Fast + Internet

2-YEAR TV PRICE LOCK!

It's All Included!

- ✓ Includes 190 Channels with Locals
- ✓ Includes Hopper Smart HD DVR
- ✓ Includes HD Programming
- ✓ Includes One TV, Add More for \$5/ea.
- ✓ Includes Voice Remote Requires internet connected Hopper.



FREE Premium Channels

After 3 mos. you will be billed \$30/mo unless you call to cancel.

NETFLIX

– Fully Integrated –
Just Change The Channel
And Watch!
Netflix subscription required.

~~\$59⁹⁹~~ month
for Internet

\$40
per month
for Internet

- Speeds from 25Mbps-1 Gbps
- No Matter Where You Live
- Now with Unlimited Data!

Save up to \$20/month!*

*\$ off discount offers vary by service address. TV service not required for Internet. Speeds and prices vary by provider. Call for details or visit godish.com/internet.

godish.com/pricelock



¡Se Habla
Español!

1-866-290-7151

Mon-Fri: 7am-10pm • Sat: 7am-9pm • Sun: 10am-7pm Central Time

dish
Authorized Retailer

Offer for new and qualifying former customers only. Important Terms and Conditions:

Qualification: Advertised price requires credit qualification and 24-month commitment. Upfront activation and/or receiver upgrade fees may apply based on credit qualification. Offer ends 11/15/21. 2-Year Commitment: Early termination fee of \$20/mo. remaining applies if you cancel early. Included in 2-year price guarantee at \$64.99 advertised price: America's Top 120 programming package, local channels, HD service fees, and Hopper Duo Smart DVR for 1 TV. Included in 2-year price guarantee for additional cost: Programming package upgrades (\$79.99 for AT120+, \$89.99 for AT200, \$99.99 for AT250), monthly fees for upgraded or additional receivers (\$5-\$7 per additional TV, receivers with additional functionality may be \$10-\$15). Regional Sports: RSN Surcharge up to \$3/mo. applies to AT120+ and higher packages and varies based on location. NOT included in 2-year price guarantee or advertised price (and subject to change): Taxes & surcharges, add-on programming (including premium channels), DISH Protect, and transactional fees. Premium Channels: 3 Mos. Free: After 3 mos., you will be billed \$30/mo. for Showtime, Starz, and DISH Movie Pack unless you call or go online to cancel. Remote: The DISH Voice Remote with the Google Assistant requires internet-connected Hopper, Joey, or Wally device. Customer must press Voice Remote button to activate feature. The Google Assistant Smart Home features require Google account and compatible devices. Google is a trademark of Google LLC. Other: Netflix streaming membership required. All packages, programming, features, and functionality and all prices and fees not included in price lock are subject to change without notice. After 6 mos., if selected, you will be billed \$9.99/mo. for DISH Protect Silver unless you call to cancel. After 2 years, then-current everyday prices for all services apply. For business customers, additional monthly fees may apply. Free standard professional installation only. Indiana C.P.D Reg. No. – 19-08615. ©2021 GoDISH.com. All rights reserved. Internet speeds, prices, and providers vary by customer address. \$40 price refers to widely available plan from multiple providers. Restrictions apply. Nationwide availability of 25 Mbps plan is subject to change without notice. The application of "Unlimited Data with no Hard Data Limits" varies by provider, but commonly mean that your access to the internet will not be stopped by going over a data limit, but that speeds may be lowered. Call for details. Internet not provided by DISH and will be billed separately.



Illinois Country Living

AUGUST 2021
VOLUME 79 • NO. 4

22 Havana reawakened

Small town makes a big comeback thanks to forward-thinking citizens.

27 Sparking hope

Organizations strive to teach children and adults with disabilities independence learning and therapeutic education to aid them in the world.

30 Keep on truckin'

This month **PRAIRIE TABLE** visits **Two Farmers Burgers and Beignets** food truck.



DEPARTMENTS

6 FIRST THOUGHTS

Accelerate efforts to bridge the digital divide

Bipartisan support tackles rural broadband challenges.

7 CURRENTS

This month's highlights

News/Legislation/Trends/Tips

14 ENERGY SOLUTIONS

When to DIY and when to hire a pro

Sometimes it is worth the extra money.

18 SAFETY CHECK

College dorm room safety essentials

Safety tips for students.

20 GARDENWISE

Fall for a fall vegetable garden

Now is the time for planting fall vegetables.

32 FINEST COOKING

Charcuterie

The hottest new food trend.

34 GREAT OUTDOORS

Trapper Jack

A trip down memory lane.

38 SNAPSHOTS

Abandoned

Readers captured the beauty of old, deserted buildings.

A SIMPLER WAY TO ESCAPE



"We used to think we had to raise our family and then build a home in the country. But thanks to Rural 1st financing, we are in our forever home now."

Lauren Sprung
Rural 1st customer

Home Loans • Lot Loans • Recreational Land Loans • Construction Loans

GET CLOSER TO WHAT MATTERS at www.farmcreditIL.com/escape



Rural 1st is the tradename and Rural 1st, the Rolling Hills Window icon, Rural Logic, and Closer to What Matters are exclusive trademarks of Farm Credit Mid-America, NMLS ID 407249. Rural 1st is also available to consumers within the territories of participating Farm Credit System Associations, including Farm Credit Illinois NMLS ID #1844469.



RURAL 1st
Closer to What Matters





60TH ANNUAL WORKING FARM SHOW

SEPTEMBER 17, 18, 19, 2021

Like Us On  [www.ae-ta.com](https://www.facebook.com/ae-ta)

FEATURING
Minneapolis-Moline
Tractors & Implements

Field Demonstrations, Exhibits, & Tractors by the ton!
Plus a working saw mill and more!

\$5 per day (12 and under are Free!) • SERVICE DOGS ONLY

Golf Carts & Gator type vehicles only! (\$10 per day or \$15 per weekend)
13451 IL Hwy 92 • Geneseo, IL 61254 • Exit 6 on I-88 • 3 miles east on R. 92 (follow signs)

**HENRY**county
Tourism Bureau
309-761-8473

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
Kevin Brannan

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 Feraris

CONTRIBUTORS
Nancy McDonald
Kelly Allsup
Jack Spaulding
Brittney 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.

© 2021 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

 Touchstone Energy®
touchstoneenergy.com

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

 American MainStreet Publications

 Alliance for Audited Media
TRANSACTION WITH TRUST

 ENVIRO/TECHNIC
Enviro/Technic is a registered trademark.

Accelerate efforts to bridge the digital divide

FOR MORE THAN A quarter century, policymakers have wrestled with how to bridge the digital divide and bring broadband access to rural America. Yet the gap persists even as we see the light at the end of the tunnel of the COVID-19 pandemic.

The good news, there is strong bipartisan support in Congress and within the Biden administration for tackling the rural broadband challenges.

President Joe Biden's American Jobs Plan envisions spending \$100 billion to connect the more than 35 percent of rural Americans who lack access to broadband at minimally acceptable speeds. The president also prioritized the needs of rural America in his address to Congress, again stressing the need to modernize rural infrastructure and expand broadband access.

In an April 23 visit to New Hampshire Electric Cooperative, Vice President Kamala Harris praised the work of electric cooperatives in delivering affordable broadband internet access, comparing it to the initial co-op electrification efforts in the 1930s.

"It's the same thing that our country decided to do in 1936, saying, 'Let's get electricity to everybody,' and rural America should not be left out of that priority," Harris said.

Last year, Congress approved \$7 billion in funding for broadband deployment and adoption as part of a COVID-19 relief package to benefit communities on the wrong side of the digital divide.

There is still critical work to be done.

The COVID-19 pandemic forced American families, businesses and policymakers to rethink the practice and delivery of health care, education and professional services. It spotlighted the critical need for high-performing broadband for all Americans. As our nation transitions to a post-pandemic period, we must

keep the need for rural broadband access front of mind.

Simply stated, consumers and businesses in rural America will struggle to emerge into a changed world that depends more each day on remote health care, remote education and remote work.

The Federal Communications Commission has taken notable steps to accelerate rural broadband deployment through a series of reverse auctions. The most recent, the Rural Digital Opportunity Fund Phase I auction, is on the verge of providing \$9.2 billion to telecommunications providers to help bridge the gap. Now, the commission must ensure that auction winners provide the quality broadband service they promised.

In addition, Congress must provide sustained investment in broadband programs across federal agencies, targeting resources at unserved and underserved communities. This is critical if we are to reach the goal of universal access to high-speed broadband and not today's minimum standard. How much investment will it take? Recent federal agency estimates peg the cost of truly bridging the digital divide between \$80 billion and \$150 billion over the next several years.

You can't just throw money at this problem.

We also recommend increasing the minimum definition of broadband speed from 25/3 megabits per second to 100/100 Mbps. As the nation's need for broadband access at higher speeds accelerates, maintaining the current 25/3 Mbps broadband definition standard leaves rural communities further behind.

In addition, we urge the FCC, as required by Congress, to improve broadband data collection and mapping to clarify existing gaps in coverage. It's unacceptable that we have better maps of the moon than we do broadband service in rural America. These efforts are critical to ensuring that the needs of underserved or unserved rural communities are identified and addressed.

Electric co-ops aren't simply advocating for rural Americans—they are part of the solution. Nearly 200 electric cooperatives are engaged in providing broadband to their consumers where it makes sense. In fact, electric co-ops were among the successful bidders in the FCC's RDOF auction, winning \$1.1 billion to serve more than 616,000 locations in 27 states.

There is tremendous bipartisan support for addressing the broadband connectivity needs of rural communities. Let's take advantage of this momentum and work together to close the digital divide. 💡

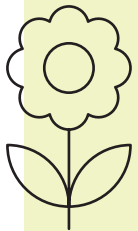


Jim Matheson is CEO of the National Rural Electric Cooperative Association, a service organization based in Arlington, Va. representing the interests of the nation's more than 900 not-for-profit, consumer-owned utilities and the 42 million Americans they serve.

AUGUST CHECKLIST

Back to school.

Now is the time to get children in a back-to-school sleep routine.



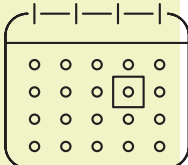
Want spring flowers?

Order spring bulbs for fall planting.

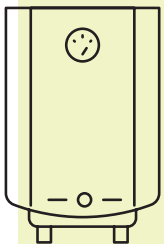
Datebook events.

Visit icl.coop to enter datebook events.

Your event could show up in the magazine.



Tip of the month.



Before purchasing a new water heater, make sure it's the right size for your needs. Visit energy.gov for info.



Use your voice

Help Illinois electric cooperatives, municipalities and workers prevent premature closure of Prairie State.

Illinois lawmakers are on the verge of passing legislation that could raise electric rates and turn Illinois into an exporter of jobs and an importer of energy from neighboring states. The proposal would effectively force the premature closure of the Prairie State Energy Campus, a highly efficient, state-of-the-art power plant in Illinois and open the door to energy produced in other states that are far behind Illinois on meeting carbon reduction goals. It would also jeopardize grid reliability.

Prairie State, which is owned by not-for-profit utilities that serve families across eight states, is an economic engine for southern Illinois, employing more than 650 full-time workers and another 1,000 union contractors. Its annual economic impact on the region is greater than \$785 million per year. Moreover, this reliable baseload generator is integral to the efforts of its Illinois electric cooperative and municipal owners to keep energy affordable and reliable, even as they invest in a cleaner energy future.

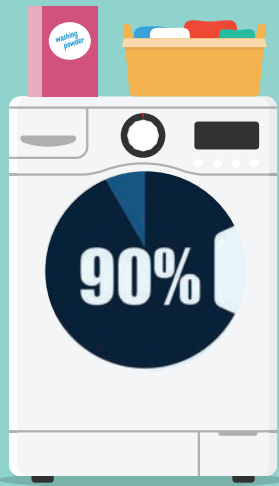
In fact, Prairie State is a viable part of that transition to Illinois' energy future. Coming online in 2012 during the Obama-Biden Administration and purpose-built with \$1 billion of emissions controls, Prairie State stands apart from older, traditional coal plants. Even so, Prairie State is now partnering with state and federal officials to study ways to cut emissions even further.

The proposed legislation that would close Prairie State is an unfortunate case of policy getting ahead of technology. The current state of renewable solar and wind generation with its intermittent output cannot reliably or cost-effectively replace the steady baseload generation Prairie State provides.

Should Prairie State close prematurely, we will sacrifice affordability, reliability and jobs in Illinois. While Illinois is already outperforming U.S. Climate Alliance goals, we will end up importing power from neighboring states who are far behind on those goals, hoping they can keep our lights on.

We support a common-sense energy transition in which Prairie State can serve as the bridge to Illinois' energy future. Tell Illinois policymakers to keep energy affordable, reliable and made in Illinois.

Call the Governor's office and your local legislators to oppose this legislation. Visit voicesforcooperativepower.com/illinois to send a letter of opposition. 💡



About 90%
of the energy
used by washing
machines goes to
heating the water.

**Save on
energy costs**
by using cold or
warm water.

Source: [Energystar.gov](https://energystar.gov)


**Safe
Electricity.org®**

Scholarship recipient announced



Cole Sinn of Heyworth has been chosen as recipient of the 2021 LaVern and Nola McEntire Memorial Lineworker's Scholarship. Sinn is a graduate of Heyworth High School and played football at Aurora University while completing his undergraduate degree.

The \$2,000 scholarship helps pay costs to attend the lineworker's school conducted by the Association of Illinois Electric Cooperatives (AIEC) in conjunction with Lincoln Land Community College, Springfield.


Thad France, AIEC manager of lineworker and apprentice development, said, "Cole was a hardworking, engaged and top performing student during spring classes and will make a great lineman upon completion of his coursework." 

Wattles re-elected



Alan Wattles, Monroe County Electric Cooperative, Inc. (MCEC) president/CEO, was recently re-elected National Rural Utilities Cooperative Finance Corporation (CFC) board president at the organization's

40th annual meeting. Wattles represents District 5 and has served as president/CEO of MCEC, Waterloo, since 2002. He serves on several cooperative boards including Southern Illinois Power Cooperative (G&T), ACES and United Utility Supply, where he is vice chair.

CFC was created and is owned by America's electric cooperative network. CFC, a nonprofit finance cooperative with more than \$28 billion in assets, provides industry expertise, flexibility and responsiveness to serve the needs of almost 1,000 member-owners across 49 states. It is guided by a 23-member board of directors that represents 10 geographically defined districts. 




USDA invests \$59.1 million in Illinois

United States Department of Agriculture (USDA) Acting State Director Molly Hammond announced that USDA is investing \$59,168,800 to equip, rebuild and modernize essential services in rural areas of Illinois.

"We know that rural communities need robust, modern infrastructure to flourish, which is why USDA invests in much-needed community facilities and services in rural Illinois," Hammond said. "These improvements, while continuing to help those rebuild from the pandemic, are also a part of USDA's commitment to being a solid partner for rural communities in deploying critical infrastructure."

USDA is investing in nine projects through the Community Facilities Direct Loan and Grant Program. Examples of the investments include:

- Wabash General Hospital District - \$13 million loan to assist in new construction and additions to existing buildings.
- Johnson County - \$8.5 million loan to construct a courthouse.
- Salem Fire Protection District - \$654,800 loan to purchase a pumper truck.
- Village of Goreville - \$25,000 grant to purchase a patrol vehicle.
- Village of North City - \$19,800 grant to purchase and install an early warning system. 

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

Decatur

Design Air
(217) 423-4713

Delevan

Jeckel Plmb & Htg
(309) 244-8265

Gifford

Duden & Silver
(217) 568-7954

Goodfield

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

Macomb

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

Marion

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

Parker Htg & Clg
(618) 357-8951

Paxton/Gibson City

Houston Plmb,
Htg & A/C
(217) 379-2329

Springfield/Petersburg

Collins Plmb, Htg & Clg
(217) 793-8031

Thomasboro

Hoveltn Htg & Clg
(217) 643-2125



7 Series
The ultimate comfort & efficiency

WaterFurnace
Smarter from the Ground Up™



visit us at waterfurnace.com

WaterFurnace is a registered trademark of
WaterFurnace International, Inc. ©2021 WaterFurnace
International, Inc.

Interagency agreement announced

The U.S. Department of Agriculture (USDA), Federal Communications Commission (FCC), and National Telecommunications and Information Administration (NTIA) announced an interagency agreement to share information about and coordinate the distribution of broadband deployment federal funds. Leaders announced their agencies would consult with one another and share information about the distribution of new funds from the FCC's high-cost programs that support broadband buildout in rural areas, the USDA's Rural Utilities Services grant and loan programs and program administered by NTIA.

"Generations ago, the federal government recognized that without affordable access to electricity, Americans couldn't fully participate in modern society and the modern economy. Broadband internet is the new electricity. It is necessary for Americans to do their jobs, participate equally in school learning, health care and to stay connected," said U.S. Secretary of Agriculture Tom Vilsack.

"The last 15 months demonstrated like never before that broadband is no longer a luxury, but a necessity. Congress rightfully funded broadband deployment at levels we've seldom seen in recent years in response to the pandemic," said FCC Acting Chairwoman Jessica Rosenworcel.

"Access to reliable, affordable high-speed broadband is critical to the economic well-being of communities and small businesses across America. This lays important groundwork for collaboration between agencies to ensure the federal government's effort to expand broadband access are as effective and efficient as possible, reaching every corner of the country," said U.S. Secretary of Commerce Giuna M. Raimondo.

As part of the agreement, each federal agency partner will share information about existing or planned projects that receive funding from the previous federal funding sources. Each partner will also identify entities providing broadband service in a specified geographic area; the level of broadband service in that area, including broadband speeds and technologies deployed; the geographic scope of broadband service in that area and each entity in that area that has or will receive funds from these programs. 📍

Source: USDA

Sudoku by Myles Mellor and Susan Flanagan

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. Level: Medium

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



Bins expand and contract. Sealants crack and leak. Grain rots, bins rust & bugs thrive.

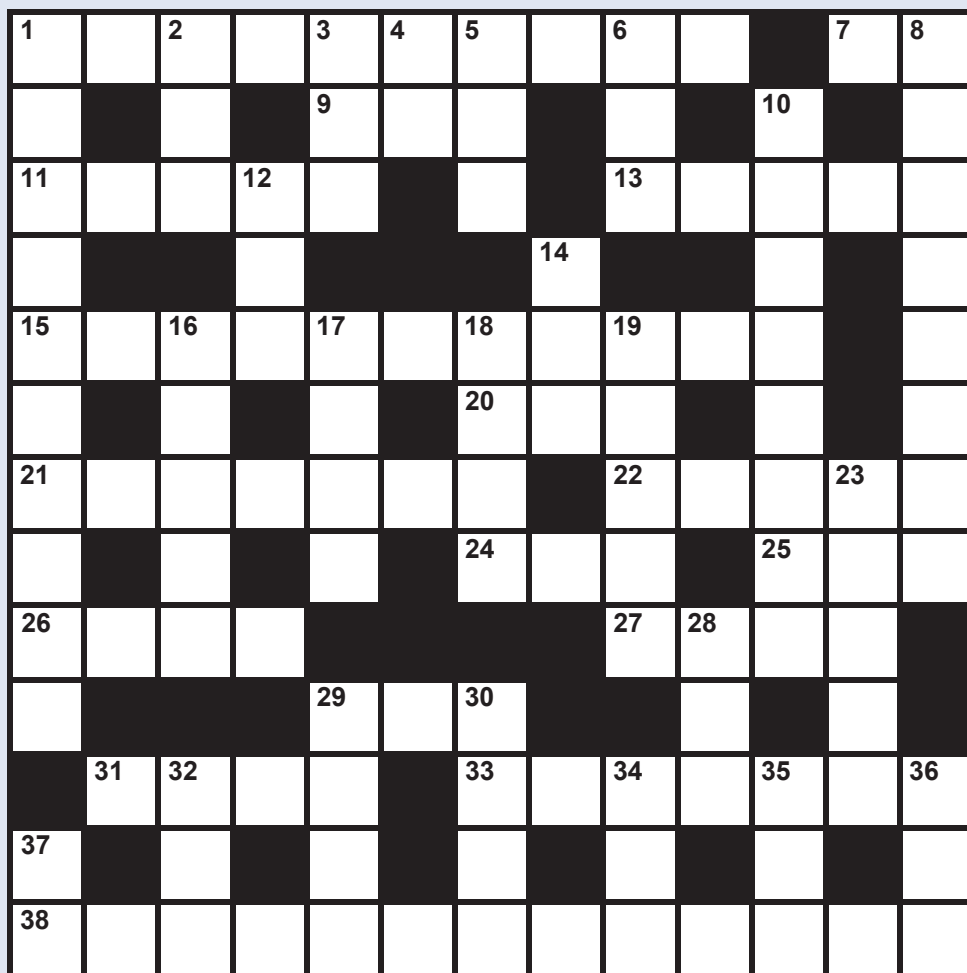


All-Bin Flex Skirt
Permanent Fix
Easy Installation



moveitinc.com

509.269.4632



Across

- 1 County fairgrounds that have hosted the longest running county fair
- 7 Room, for short
- 9 Air travel protection group, abbr.
- 11 Lukewarm
- 13 Lavender shrub
- 15 Illinois' largest water park, 2 words
- 20 "What _____ to do?", 2 words
- 21 Zoo creatures
- 22 Plants and animals of a region
- 24 Color
- 25 They are Blue in Las Vegas

26 Healthy seaweed

27 Cubs big hitter

29 Plus more: Abbr.

31 Shore-castle material

33 Party planner

38 Thrilling ride

Down

- 1 You'll get wet in these attractions, 2 words
- 2 What waves do on a shore
- 3 "_____ be a pleasure!"
- 4 Top grades
- 5 Place for muddy boots
- 6 EVOO for example
- 8 Illinois shares this lake's shores

10 Flowers

12 Third in line in the family

14 Zodiac creature

16 Cook on the barbecue

17 Cool!

18 Small stream

19 Feelings, in slang

23 Cubs and White Sox

28 Available for purchase

29 Innovative quality

30 Delicious bar

32 Everyone

34 Swell place

35 "Dig in!"

36 Title for Elton and Mick

37 Polite address

Solution on page 37.



Extra Help program

If you are having trouble paying for your medications and/or affording Medicare Part D monthly premiums, Social Security has a program called Extra Help. It helps defray co-pays at the pharmacy, monthly premiums on Medicare Part D plans and reduce or eliminate the annual deductible.

To qualify, individuals must have Medicare Part D. Annual income limits are \$19,320 for individuals (asset limit of \$14,790) and \$26,130 for married couples (asset limit of \$29,520).

To apply, call your local senior center, apply online, or for those in southern Illinois, call Southeastern Illinois Agency on Aging at 618-262-2306 extension 21 and ask for Megan. ☎

LET'S GO!

For more information, a complete listing of events or to submit an event, visit icl.coop/datebook.



Cobden Peach Festival

AUGUST

6-7

Enjoy a homecoming style event featuring rides and games, Peach Queen contest, homemade food and peach cobbler, 5K run/walk and parade. Enjoy the local peach harvest, sponsored by the Cobden Lions Club.

● Aug. 6-7, 2021, 4-10 p.m.
117 S. Appleknocker Dr., Cobden
Cost: Free
800-248-4373 or southernmostillinois.com

NASCAR Truck Series and IndyCar Series

AUGUST

20-21

The NASCAR Camping World Truck Series 200 will be paired with the NTT IndyCar Series making for an on the edge of your seat doubleheader that no race fan should miss. The moment a fan walks through the gates, the atmosphere is electric with the roar of the engines. Visitors can enjoy enticing food and beverages from signature restaurants and a variety of musical entertainment.

Aug. 20-21, 2021, all day
● 700 Raceway Blvd., Madison
Cost: visit website
618-215-8888 or indycar.com/Schedule/2020/Indy-Lights/Gateway



General Grant's Home Front Reenactment

AUGUST

28-29

Experience the 1860s through a living history encampment and Civil War battles. Battles take place Saturday at 11:30 a.m. and Sunday at 1:30 p.m. Enjoy the Sanitary Fair (a Civil War Ladies bazaar supporting our troops) with beautiful handmade items for sale. *Free admission for those in full scout or military uniforms.

Aug. 28-29, 2021, all day
● 91 Bouthiller St., Galena
Cost: \$5*
224-639-3436 or galena.org

Farm Progress Show

AUGUST

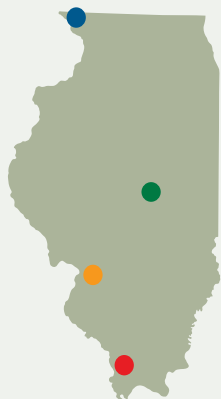
30

SEPTEMBER

2

Known as the nation's largest outdoor farm event, the show annually hosts more than 600 exhibitors displaying new farm equipment, tractors, combines and farm implements, seed and crop protection products and more. Field demonstrations are a show mainstay.

Aug. 31 - Sept. 2, 2021; all day
● Progress City, E. 6th Progress St., Decatur
Cost: \$10-\$20
866-264-7469 or farmprogressshow.com



lively™ mobile+

The independence you want. The safety you need.

In emergencies big or small, the Lively™ Response Team is here for you, 24/7. Just press the button on the Lively Mobile Plus medical alert to speak to a friendly, caring certified Urgent Response Agent.

The Lively Mobile Plus has the fastest call response time¹, enhanced GPS accuracy and the most reliable network coverage². It's also one of the most affordable mobile medical alert systems you can purchase³.

Adding Lively's Fall Detection service⁴ means that when you wear your Lively Mobile Plus on our specially designed lanyard, you'll be connected to an Agent when a fall is detected, even if you're unable to press the button.

The Lively Mobile Plus is a truly mobile medical alert that doesn't require a landline or a base station. It offers you two-way communication with the Lively Team. They can dispatch emergency services or connect you to a board-certified doctor or a registered nurse at the touch of a button.

And the Lively Link™ app alerts family and friends anytime you contact Urgent Response. It's waterproof and even has a long-lasting battery so it can go anywhere and everywhere that you do.

Plus, AARP members save \$60 per year on the Preferred or Ultimate Plan.



PLANS AS LOW AS
~~\$24.99~~ **\$19.99**
A MONTH*
LIMITED TIME

**No long-term contracts
No cancellation fees
No equipment to install**

**The Lively™ Mobile
Plus medical alert.**



Exclusive discount for members.

Save \$60 per year on the Preferred or Ultimate Plan.

lively™

First month free at:

**BEST
BUY**

**RITE
AID**

Walgreens

To order or learn more, call Lively at

1.866.490.9510

lively.com

¹GreatCall review[®], TechRadar.com (Jul. 21, 2020). ²Consistently rated the most reliable network and best overall network performance in the country by IHS Markit's RootScore Reports. ³Based on device cost, activation fee, plus 12 months of service among competitors with similar products and services (comparison conducted on 3/4/21). ⁴Fall Detection is an optional feature and may not always accurately detect a fall. Users should always push their button when they need help, if possible. Fall detection only available with purchase of Ultimate Health and Safety Plan. ⁵\$19.99 Basic Health & Safety service are only valid for new lines of service. Offer valid 7/26/21 through 8/28/21. Urgent Response Service tracks an approximate location of the device. Urgent Response or 9-1-1 calls can only be made when cellular service is available. Urgent Care, provided by FONEMED[®], is not a substitute for dialing 911 and should not be used in a case of emergency. FONEMED's registered nurses and contracted physicians, through MDLIVE, offer advice regarding healthcare decisions and may prescribe certain medications and make diagnoses. We are not liable for any act or omission, including negligence, of any FONEMED employee or contractor. Waterproof rated for up to 3 feet for up to 30 minutes. LIVELY is a trademark of Best Buy and its affiliated companies. © 2021 Best Buy. All rights reserved.

AARP commercial member benefits are provided by third parties, not by AARP or its affiliates. Providers pay a royalty fee to AARP for the use of its intellectual property. These fees are used for the general purposes of AARP. Some provider offers are subject to change and may have restrictions.



Some do-it-yourselfers are comfortable tackling an attic insulation project. The steep pitch of this roof and the plywood decking this person is kneeling on makes this project appear easy, but in most homes, you'll only be able to stand on the floor joists or rafters. Photo Credit: The EnergySmart Academy

When to DIY and when to hire a pro

Dear Pat and Brad: I'd like to make my home more efficient, but I'm not sure where to start. When does it make sense to take on efficiency projects myself, and when should I hire a pro? - Chari

DEAR CHARI: WHEN IT comes to home DIY projects, I recently asked myself, "Why hire someone to do a mediocre job when I can do a mediocre job myself?" That may sound odd, but I recently hired a contractor to remodel my kitchen. Needless to say, I was not happy with the quality of work. Unfortunately, hiring a contractor based on online reviews doesn't always guarantee quality work.

One reason to DIY (do it yourself) instead of hiring a contractor is if you're convinced you can do a better job. This depends on the scope of the project and how knowledgeable you are about it. Here are additional reasons to tackle a home efficiency project yourself.

- You're unable to find an available and reasonably-priced contractor.
- You need the work completed quickly or during odd hours.
- You're certain you can save a lot of money.
- The job is one you'd enjoy doing yourself.

On the flip side, there are several good reasons to hire a contractor.

- **Specialized equipment is required.** For example, the best wall insulators use a fill tube, which results in a higher R-value performance. Some contractors use an infrared camera to review wall framing and air leaks.
- **Specialized materials are needed.** Attics need proper ventilation, and contractors might have easier access to attic insulation baffles or roof vents.
- **There's a safety issue.** I was moving insulation in our attic and accidentally stepped onto the sheetrock ceiling and fell through to my waist. My legs were dangling in the air and the room below was littered with broken sheetrock and insulation. I wasn't hurt but could have been. As I repaired the damage, I regretted the decision not to hire a contractor.
- **Expertise is required.** Tasks like tuning a furnace or repairing holes in a sheetrock wall to match the wall around it may be beyond the homeowner's capability.
- **Tackling the project yourself will save little or no money.** I discovered years ago that some contractors could install insulation cheaper than I could buy it.

As you consider whether to do the job yourself, be sure to research the tools and supplies you'll need. Fortunately, there are amazing resources online.

When you search for information like "how to insulate an attic" or "how to air seal a home," you'll find fact sheets and video tutorials from contractors, home improvement shows, big box suppliers and material manufacturers. YouTube videos often show experts making the installation of anything seem simple, but beware, some of these videos are aimed at other experts and not DIY homeowners.

To ensure you're getting sound information, visit ENERGY STAR's website (energystar.gov). A good energy auditor can be another great source and can provide specifics about materials needed, local contractors and suppliers.

Our advice, don't tackle energy efficiency projects unless you've thoroughly researched it. Another benefit of doing the research up front, it will help even if you decide to hire a contractor. You'll be able to identify a knowledgeable contractor and hire one that knows you recognize a quality job. Good luck! 💡

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

Celebrate YOUR TEAM in Style!

Crystal glasses and decanter are rimmed with gleaming 12K gold for beauty and years of use

CHOOSE YOUR NFL TEAM!

An elegant arrival is guaranteed with this satin-lined, gift box.



Shown smaller than actual size. Decanter is 9" tall. Glasses are 3½" tall. Drink responsibly.

The four crystal tumblers and decanter arrive together in a distinctive, cushioned gift box. But don't delay, or you could miss out! Each team Legacy Crystal Decanter Set is exclusively available from The Bradford Exchange, and sellout demand is expected. Act now to acquire your own team's set in four easy installments of just \$42.50, totaling \$169.99*. The set is backed by our 365-day money-back guarantee. Send no money now. Just complete and return the Reservation Application today!



49ers 006 Bears 011 Bengals 019 Bills 017 Broncos 002 Browns 020 Buccaneers 032 Cardinals 015 Chargers 031 Chiefs 026 Colts 023
Cowboys 001 Dolphins 027 Eagles 009 Falcons 016 Giants 028 Jaguars 024 Jets 029 Lions 021 Packers 005 Panthers 018 Patriots 012
Raiders 030 Rams 013 Ravens 010 Seahawks 003 Saints 007 Steelers 004 Texans 022 Titans 033 Vikings 014

ORDER TODAY AT BRADFORDEXCHANGE.COM/NFLDECANT

Where Passion Becomes Art

©2021 BGE

01-25268-001-BIS



RESERVATION APPLICATION SEND NO MONEY NOW
The Bradford Exchange

9345 Milwaukee Avenue, Niles, IL 60714-1393

Limit: one per order.

Please Respond Promptly

YES. Please RESERVE the NFL Legacy Crystal Decanter Set for me as described in this announcement.

Please print the team name and 3-digit number for the Decanter Set you wish to order in the space above.

Mrs. Mr. Ms.

Name (Please Print Clearly)

Address

City

State

Zip

Email (optional)

01-25268-001-E38501

*Plus a total of \$20.99 shipping and service per set; see bradfordexchange.com. A limited-edition presentation restricted to 95 firing days. Please allow 4-8 weeks after initial payment for shipment. Subject to product availability and order acceptance.

Seniors born before 1956 get big boost

SLEEK NEW MEDICAL ALERT DEVICE IS FLYING OUT THE DOOR

COMES WITH NO CONTRACTS, NO DEPOSITS AND NO MONTHLY BILLS



Seniors get new medical alert device that instantly connects to free unlimited nationwide help with just the push of a button

Seniors born before 1956 get new medical alert device

Special Report:
Demand for new Medical
Alert Device soars

The phone lines are ringing off the hook.

That's because for seniors born before 1956, it's a deal too good to pass up.

Starting at precisely 8:30 am this morning the Pre-Store Release begins for the sleek new medical alert device that comes with the exclusive FastHelp™ One-Touch E 911 Button that instantly connects you to unlimited nationwide help everywhere cell service is available with no contracts, no deposits and no monthly bills ever.

"It's not like old style monitored help buttons that make you talk to a call center, only work when you're at home and come with hefty bills every month. FastHelp comes with state-of-the-art cellular embedded technology. That means it works at home or anywhere, anytime

Instantly connects you to free unlimited nationwide help with no contracts, no deposits and no monthly bills ever

cell service is available whether you're out watering the garden, driving in a car, at church or even hundreds of miles away on a tour or at a casino. You are never alone. With just a single push of the One-Touch E Button you instantly get connected to free unlimited help nationwide with no monthly bills ever," said Jack Lawrence, Executive Director of Product Development for U.S. based Universal Physicians.

"We've never seen anything like it. Consumers absolutely love the sleek new modern design and most of all, the instant rebate that practically pays for it and no monthly bills ever," Lawrence said.

FastHelp is the sleek new medical alert device with the best of combinations: a quality, high-tech engineered device that's also an extremely great value because there are no monthly bills ever. ■

Comes with new cellular embedded technology that works at home or anywhere you go so you are never alone

All seniors born before 1956 are getting an instant \$150 rebate making this deal just too good to pass up

Nothing to hook up. You don't need a land line or cell phone. It's ready to use right out of the box

Sleek new modern design makes you look important not old

Doctor urges seniors to get new medical alert device

Seniors snap up new medical alert device that comes with no monthly bills

People don't always do what their doctor says, but when seasoned veteran emergency room physician, Dr. Philip B. Howren says every senior should have a medical alert device, you better listen up.

"Seniors are just one fall away from being put in a nursing home," Dr. Howren said. "With a medical alert device, seniors are never alone. So it keeps them living independently in their own home. That's why seniors and



their family members are snapping up a sleek new medical alert device that comes with no monthly bills ever," he said.

Many seniors refuse to wear old style help buttons because they make them look old. But even worse, those medical alert systems come with monthly bills.

To solve these problems Universal Physicians, a U.S. company, went to work to develop a new, modern, state-of-the-art medical alert device. It's called

"FastHelp™" and it instantly connects you to free unlimited nationwide help everywhere cell service is available with no contracts, no deposits and no monthly bills ever.

"This slick new little device is designed to look like the pagers doctors wear every day. Seniors love them, because it actually makes them look important, not old," Dr. Howren said.

FastHelp is expected to hit store shelves later this year. But special newspaper promotional giveaways are slated for seniors in select areas that call 1-800-275-0444 Ext. HELP3216. ■

(Continued on next page)

No contracts, no deposits and no monthly bills ever

FastHelp is the only Medical Alert device that won't break the bank. That's because it comes with no contracts, no deposits and no monthly bills ever – which makes FastHelp a great choice for seniors, students and professionals because it connects to one of the largest nationwide networks everywhere cell service is available for free.

And here's the best part. All those who already have an old style monitored medical alert button can immediately eliminate those monthly bills, which is why Universal Physicians is widely advertising this announcement nationwide.

So if you've ever felt a medical alert device was too complicated or expensive, you'll want to get FastHelp, the

sleek new medical alert device with no monthly bills.

The medical alert device slugfest was dominated by two main combatants who both offer old style monitored help buttons that come with a hefty bill every month. But now Universal Physicians, the U.S. based heavyweight, just delivered a knockout blow sending the top rated contenders to the mat with the unveiling of FastHelp. It's the sleek new cellular embedded medical alert device that cuts out the middleman by instantly connecting you directly to highly trained 911 operators all across the U.S. There's absolutely nothing to hook-up or install. You don't need a land line and you don't need a cell phone. Everything is done for you. ■

The only device that makes you look important, not old

The problem with medical alert devices is, nobody wants to wear them because it makes them look old. Well, that's not the case with FastHelp. That's because it's the first state of the art medical alert device designed to make you look important, not old. Old style monitored help buttons you wear around your neck, or require expensive base station equipment or a land-line are the equivalent of a horse and buggy, it's just outdated.

Millions of seniors fall every year and spend hours lying on the floor helpless and all alone with no help.

But seniors who fall and get immediate help are much more likely to avoid getting sent to a nursing home and get

to STAY living in their own home independently.

Yet millions of seniors are still risking their safety by not having a medical alert device. That's because seniors just can't afford to pay the monthly bills that come with old style medical alert devices.

That's why seniors born before 1956 are rushing to cash in the whopping \$150 instant rebate before the 7 day deadline ends.

So there's no need to wait for FastHelp to hit store shelves later this year because seniors born before 1956 can get it now just by using the \$150 instant rebate coupon printed in today's newspaper before the 7-day deadline ends. If lines are busy keep trying, all calls will be answered. ■

Five Star Customer Reviews

See what actual customers are saying about FastHelp

VERY IMPRESSED

"When I pressed the alert button, I got straight through to help and they answered me immediately. I live out in the country and my cell phone doesn't always get reception... that was not a problem with my FastHelp device."

- Walter, TN

LIFESAVER

"When I got my FastHelp I never thought I'd have to use it, but when I fell and broke my hip it saved my life."

- Harold, OH

Very appreciative of having FastHelp

"I did have an emergency. Help RESPONDED quickly and came in a few minutes."

- Irving, PA

WE LOVE THE PRODUCT

"We bought it outright with no bills ever."

- Rosemary, NY

Safe anywhere

"This little FastHelp device is my guardian angel. I'm so glad my daughter-in-law got it for me."

- Pete, FL

Everyone should have it

"I've been telling everyone to get one. Thanks to the folks at FastHelp for taking good care of people when they need it."

- Mark, IA

Love my unit and feel much safer

"I am a 68 year old recent widow. Standing on a chair to put my tree topper on this Christmas I thought 'What if I fell?' Saw your ad and ordered my FastHelp unit."

- Megan, CA

Unsolicited consumer feedback from satisfied customers as reported to Universal Physicians. Universal Physicians rated these customer reviews 5 stars

HOW TO GET IT

► BORN BEFORE 1956:

Use the rebate coupon to the right and call this Toll-Free Hotline:
1-800-275-0444
EXT. HELP3216

► BORN AFTER 1956:

You cannot use the rebate coupon to the right and must pay \$299 Call:
1-800-281-0344
EXT. HELP3216

BOTTOM LINE:

You don't need to shop around. We've done all the leg work, this deal is too good to pass up. FastHelp with the instant rebate is a real steal at just \$149 and shipping and there are no monthly bills ever.

PROS: It's the sleek new medical alert device that comes with the exclusive FastHelp One-Touch E 911 Button that instantly connects you to free unlimited nationwide help everywhere cell service is available with no contracts or deposits. It connects you to the vast available network of cellular towers for free and saves seniors a ton of money because there are no monthly bills ever making this deal irresistible. Plus it's the only medical alert device that makes seniors look important, not old.

CONS: Consumers can't get FastHelp in stores until later this year. That's why it's so important for seniors born before 1956 to call the National Rebate Center Hotline within the next 7 days. For those who miss that deadline, the sleek little medical alert device will set you back over \$300 bucks.

REBATE COUPON

VALID FOR USE



7 DAYS ONLY

Amount of Rebate (AOR)

1P

\$150.00 OFF

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 32 33 34 35 36 37 38 39 40 41 42 43 44 45 46 47 48 49 50 51 52 53 54 55 56 57 58 59 60 61 62 63 64 65 66 67 68 69 70 71 72 73 74 75 76 77 78 79 80 81 82 83 84 85 86 87 88 89 90 91 92 93 94 95 96 97 98 99 100

2Y

RE: HELP3216

DLVY: ML2077R-1

1 OF 1

College dorm room safety essentials

PERSONALIZATION IS A BIG trend for college dorm rooms and shared housing facilities. College furnishings, from bedding and décor to kitchen supplies and electronics, are often reflective of interests and future aspirations. One essential for the college residence is safety.

frequently causes power to trip off, or if its power cord or outlet feels hot, the appliance should be disconnected immediately and the condition reported to the landlord or campus housing staff.

Safe Electricity offers the following safety tips for students to help

- **Avoid overloading extension cords, power strips or outlets.**
- **Use power strips with an over-current protector that will shut off power automatically.** Never tack or nail an electrical cord to any surface or run cords across traffic paths or under rugs where they can be trampled or damaged.
- **Use the correct wattage light bulbs for lamps and fixtures.** If no indication is on the product, do not use a bulb with more than 60 watts.
- **Keep all electrical appliances and cords safely away from bedding, curtains, papers and other flammable material.**
- **Unplug small appliances when not in use and all electronics when away for extended periods.**
- **Always use microwave-safe containers.** Glass, ceramic containers and plastics labeled “microwave-safe” should always be used. Metal and aluminum foil can damage the microwave or start a fire. If the microwave is damaged in any way, do not use it.
- **Smoke detectors should never be disabled, and fire alarms should never be ignored or taken casually as a drill.** Every time a fire alarm sounds, calmly and quickly follow practiced procedures and immediately exit the building.



As Executive Director at Safe Electricity, **Erin Hollinshead** has a profound passion for saving lives through education. She holds a master's degree in public administration from the University of Illinois and a grad certificate in management of nonprofit organizations.

There is a tendency for college students to want to bring everything they own. The limited number of electric outlets in student rooms can tempt many to use multiple extension cords and power strips, which can cause cords to overheat, creating shock and fire hazards.

Potentially older wiring in student housing and apartments may not be able to handle the increased electrical demand of today's college student. If use of an appliance

prevent and reduce the risk of electrical fires in student housing.

- **Only purchase and use electrical products tested for safety.** The U.S. Occupational Safety and Health Administration (OSHA) publishes a list of approved testing laboratories. Some common approved safety labels include Underwriters Laboratories Inc. (UL), Canadian Standards Association (CSA) and MET Laboratories (MET).

Stress to students that in the event of a fire, it is important to follow safety procedures and get out of harm's way immediately. Property and valuables can be replaced, but lives cannot.

For more electrical safety information, visit SafeElectricity.org.💡



The Biggest Event In Silver Dollar History!

The American Silver Eagle has been the most popular silver coin *on the planet* since its introduction in 1986. Its beautiful, iconic design inspires collectors, and investors love it because it's struck in one full ounce of 99.9% fine silver, and guaranteed for weight and fineness by the U.S. Government. Now in 2021, for the first time ever, the coin's design is changing.

The Most Important Coins in the Modern Era

When President Ronald Reagan signed the Liberty Coin Act into law, he didn't know American Eagles would have the impact they've had, year after year. The coins were so popular that between 1986 and 2020, over 535 million were struck. That's more than **HALF A BILLION** coins, easily making Silver Eagles the most bought coins in the world. Hugely popular now, Silver Eagles may soon become even more popular!

Collectors Crave Firsts

Collectors covet coins with Key Dates. Key Dates mark significance in a coin's history...firsts, lasts, lowest mintage,

new finishes and new designs. Now, for the first time in over three-and-a-half decades, the Silver Eagle is getting a new design, leading to a historic "first" unlike anything we've seen. The iconic Heraldic Eagle reverse is being replaced by a beautiful new "Eagle Landing" design. This is arguably a bigger deal than even the actual introduction of the coin because there's so much more interest now than in 1986, with investors and collectors!

If You Knew Then What You Know Now...

If you'd had a crystal ball in 1986, you undoubtedly would have grabbed every Silver Eagle you could get. Those coins in uncirculated condition continue to be sought-after. Now you're getting another chance to land a big Silver Eagle first, a Key Date. Additionally, since these newly designed Silver Eagles are only being released during the second half of 2021, it's quite possible this will be one of the lowest mintages we've seen. That's significant because it could make 2021 a **DOUBLE** Key Date, with both a new design and a low mintage. Demand for these coins is already sky-high, but if that

happens, watch out! No one can predict the future value of silver, but many Americans are rushing to stock up, for themselves, and their loved ones.

Don't Wait, Order Now! Buy More and Save!

Don't wait another 35 years! Get your 2021 new design Silver Eagles in Brilliant Uncirculated (BU) condition by calling 1-888-201-7639 right now, and using the offer code below. Buy more, save more!

New Design 2021 American Eagle Silver Dollar BU

1-3 Coins-	\$44.95 ea. + s/h
4-9 Coins-	\$44.75 ea. + FREE SHIPPING
10-19 Coins-	\$44.50 ea. + FREE SHIPPING
20+ Coins-	\$43.95 ea. + FREE SHIPPING

FREE SHIPPING on 4 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

1-888-201-7639

Offer Code NRE147-02

Please mention this code when you call.

GovMint.com • 14101 Southcross Dr. W., Suite 175, Dept. NRE147-02 • Burnsville, MN 55337



GOVMINT.COM®

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 or call 1-800-721-0320); to decline, return your purchase pursuant to GovMint.com's Return Policy. © 2021 GovMint.com. All rights reserved.

Fall for a fall vegetable garden

WHILE MOST VEGETABLE GROWERS deal with the harvest of their vegetable gardens, some prepare for their most productive growing season of the year—Fall. Fall vegetables, such as root crops and leafy

Here are a few tips for beginner fall gardeners.

Carrots

Plant carrots at the end of July into early August 1/2 inch deep.

a third of the plant tops for an addition to your salad or morning eggs will not affect future harvest. Thin seedlings 2 inches apart. Harvest when they reach 2 inches in diameter.

Radishes

The radish is the fastest fall crop, ready to harvest in about a month and can be planted until the end of August. Plant seeds 1/2 inch deep and thin sprouts 2 to 4 inches apart.

Other brassicas

Kohlrabi, turnips and rutabaga can be started from seeds. Rutabaga takes the longest and seed should be sown in late July to early August. Kohlrabi is reminiscent of broccoli stems and can be planted through mid-August. Kohlrabi and rutabaga should be thinned to 5 to 6 inches. Turnips can be planted as late as the end of August and then thinned to 2 inches.

Leafy greens

Leafy greens can be grown in full to partial shade in September and October. A mixture of leftover seeds from spring planted weekly into early September will make great baby greens salad. Include kale, Swiss chard, mustard, lettuce, bok choy, collards, arugula, endive, watercress and even beets. For the best taste, harvest when leaves are shorter than three inches. Larger greens are better cooked. Greens thrive in consistently moist soil that's high in organic matter.

While fall offers a second chance at growing cool-season vegetables, it is important to know the first frost date of the season. Whether you are growing an early winter crop of sweet carrots or leafy greens, now is the time to start thinking about fall vegetables. 💡



greens, require less watering and sustain less insect and weed pressure. Lower temperatures trigger a release of sugars that give crops a sweeter or milder flavor.

Popular leafy vegetables, such as spinach, lettuce, arugula, kale, bok choy and mustard greens, are easy to grow in cool weather and can be directly seeded into soil or garden planters. Root crops like radishes, turnips, carrots and beets have short crop times and can be planted by seed into the fall months.

The U.S. Department of Agriculture provides a national hardiness zone map with 13 zones to help gardeners and growers pick the best plants for where they live.

Thin sprouts to 1/2 inch apart. Three weeks after planting, spread additional soil to prevent sunburn and green tops. Harvest when carrots are 1/2 to 1 inch in diameter. Baby carrots are ready in about 50 days; full-size carrots may take up to 80. Carrots can benefit from a light frost and can be left in the ground until a killing frost.

Beets

Beets can also be planted through late July and early August. Soak seeds at least 24 hours before planting or pre-sprout in a moist paper towel. Beet greens can be harvested as you are waiting for the roots to develop. Taking about



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.

FAN-TASTIC FASHION IS YOURS

CHICAGO CUBS™ TOTE

*Show Your Pride
in the **Chicago Cubs™**
with Fan-friendly Fashion
That's Ready to Go
Wherever You Go*

*Featuring Official
Chicago Cubs™
Team Colors and Logos
in a Custom
Patchwork Design*



Actual size of bag is approximately 16" wide (at top) x 11" high

AN OFFICIALLY LICENSED, CUSTOM-DESIGN
AVAILABLE ONLY FROM THE BRADFORD EXCHANGE

BATTER UP IN STYLE!

Show you're a true fan of the **Chicago Cubs™**... and a fan of fashion, with the **Chicago Cubs™** Tote, officially licensed by Major League Baseball Properties, and available only from The Bradford Exchange.

EXQUISITELY CRAFTED IN A CUSTOM DESIGN

Our custom-designed tote is crafted with official **Cubs™** team logos on team-color poly twill, further accented with faux leather patches in fashionable black, gray and metallic silver. Black double handles complement the look and feature adjustable golden buckles. The lined main compartment closes with a magnetic snap, and it includes an interior zippered pocket and two slip accessory pockets. Plus, two generously sized exterior side pockets help to keep you organized.

A REMARKABLE VALUE WITH SATISFACTION GUARANTEED

This fashionable team tote is available now at the attractive price of just \$119.95*, payable in 4 easy installments of just \$29.99, and backed by our 90-day, money-back, guarantee. Demand is expected to be strong. So don't delay! To acquire yours, send no money now; just return your Priority Reservation today or you could miss out!

Order Today at bradfordexchange.com/23953

Connect with Us!     



©2021 The Bradford Exchange 01-23953-001-BIB



Where Passion Becomes Art

PRIORITY RESERVATION

SEND NO MONEY NOW

The Bradford Exchange

9345 Milwaukee Avenue · Niles, IL 60714-1393

YES. Please reserve the **Chicago Cubs™** Tote for me as described in this announcement. **Please Respond Promptly**

*Plus a total of \$15.99 shipping and service (see bradfordexchange.com).

Please allow 2-4 weeks after initial payment for shipment.

Sales subject to product availability and order acceptance. Product subject to change.

Signature

Mrs. Mr. Ms.

Name (Please Print Clearly)

Address

City

State

Zip

E-mail

01-23953-001-E38501



HAVANA

REAWAKENED

By Valerie Cheatham

WE'VE ALL SEEN IT while driving across rural Illinois – small towns, once thriving, filled with vacant buildings.

Situated on the bank of the Illinois River in central Illinois, sits the small town of Havana, population 3,197. This sleepy little municipality was declining as downtown businesses shuttered or moved to the outskirts of town. It is one of many cities that have suffered over the past 50 years due to an exodus of young people, the draw of big box stores in nearby cities, closure of industry and construction of highways bypassing downtown business districts.

Havana Mayor Brenda Stadsholt says, “I think many small towns like ours saw a decline in the 70s and 80s because larger cities had malls and more shopping opportunities. It forced a lot of small shops to close as people went to Peoria, Springfield, Macomb or Canton to shop. Nearby Canton also had the International Harvester plant close. It was a combination of economic factors.”

A retired educator, Stadsholt first became interested in making a difference in her community when she was asked by the local college to teach an institute called Senior Retirement Advantages. For five years, it was her responsibility to choose 10 leaders from each class to go out and make a difference in their community. Those leaders joined forces in 2008 and created a volunteer committee that renovated the Riverside Club, a former USO club.

The committee formed a foundation and renovated the building. She and two other members were on the city council and went to meetings and asked for monies to help renovate the club. With the renovation complete, the space is rented for special events and is a focal point as it overlooks the river.

When Stadsholt assumed the mayorship, her focus was on downtown revitalization. Stadsholt, Ron Hill, former Havana economic development director, and the city council looked at comprehensive studies and came up with a plan. Previously, tax increment financing (TIF) funds had only been used for street projects. In 2016, a program was developed to offer business owners TIF funds to cover 75 percent of improvements on historic buildings. Owners saw it as their opportunity.

“Since 2013, Havana has been blessed with people with visions, dreams and the desire to preserve our history,” says Stadsholt. “The stars aligned, and owners were motivated to save our downtown.”

One of the first projects was a streetscape program that changed the red brick streets to allow for parking and replaced the crumbling steps up to the sidewalks with curbing to make it safer and more accessible. New streetlights and landscaping were added.

The mayor says the streetscape was the biggest challenge she has faced because many were against investing money downtown and probably weren’t interested in tourism or growth. But she persisted. Reversing the downward trend required the work of forward-thinking people who imagined what Havana could be.

Stadsholt worked to create committees within the community that provided a cross-section of residents with an emphasis on ages 25-55. “That age group has great ideas and are very supportive of updating the streets and making it look more contemporary and touristy,” she explains.

Brenda Davenport-Fornoff, current economic development director and Menard Electric Cooperative member, says part of the challenge has been changing the mindset of people to work collaboratively instead of competitively.

The historic Lawford Theatre is a prominent site downtown and the city is working with owners to update it.



Top: The Riverside Club, a former USO club, sits on the west end of Main Street overlooking the Illinois River.

Middle: The former Mason County Bank building was restored to its original glory and houses The Loft suites.

Bottom: The north loft's bedroom, formerly a lawyer's office, has original polished wood walls.



"We're getting there but aren't there yet," says Davenport-Fornoff. "They realize people will visit Havana from 1-2 hours away but aren't going to do that for one or two boutiques, or one restaurant. Even if they don't visit your restaurant on that particular visit, if they have a good time, they'll be back and try a different restaurant or lodging opportunity."

As streets were modernized, individuals began restoration on historic buildings lining the blocks. As one building was completed, others were seeing the vision. Local craftsmen are seeing a boost in business as they complete much of the work.

While not all business owners can afford to do major restorations, they want their businesses to look better, and a façade program was established. The city goes 50/50 with businesses to update their façade including painting, signage, new awnings and windows, all in keeping the historical feel of the buildings.

As more participate, it motivates others because they don't want to be that one business that sticks out for the wrong reason.

"For many years, downtown was the red-headed step-child," says Chamber of Commerce President April Burgett. "Buildings were falling in and all new development was on the outskirts. No town is vibrant without an active business district. The problem is, you can bypass Havana and never see the downtown district."

A priority is getting signage to direct people downtown and blade signs for businesses so visitors can see at a glance what is available.

Two years ago, Burgett and husband David, Spoon River Electric Cooperative members, purchased the formerly decrepit Mason County Bank building. Erected in 1888, it was one of three banks in Havana and had gone through many modifications before finally being closed. When the bank failed during the Depression, a second story was added to the building. The downstairs was retail space and the second floor held offices for doctors and lawyers.

"When we bought the building, all the upstairs windows were broken and it needed a lot of stone masonry work because everything was coming apart," says April. "It had been boarded up for about 60 years and there were no working utilities. The flat roofs hadn't been maintained so there was water damage from the failing roofs. It took us 16 months to restore."

The Burgetts did demolition and hired a local stone mason and master plasterer to restore the building to its former glory to convert the space into lodging. They kept historical aspects including a large metal fire door from the bank. When the plaster lathe was removed, it revealed ornate crown molding that mimicked the façade on the outside of the building. Although the rest of the building was in shambles, the north loft, which was originally a lawyer's office, was surprisingly intact. The walls were covered with a warm polished wood and a fireplace which are part of that loft.

The Loft was completed in July 2020 and the Burgetts were surprised at the interest generated on Airbnb. They hoped

for a 25 percent occupancy rate when they opened, and were surprised with 60 percent August through October last year. Including The Loft and The Opera House Guest Suites, above the Mason County Democrat office, there are currently about a dozen Airbnb lofts for lodging in downtown Havana.

April says, “You know you’ve found your true passion when you can’t stop.” She and David are 14 months into another project on the south side of Main Street. He joked the building was in such bad shape, “we just bought two brick walls and an address.”

They have since leased it to a professional photographer and are nearing completion. Using the 50/50 program, they replaced windows and updated the façade.

April pointed out that much of the downtown revitalization has been a woman-driven project. Davenport-Fornoff says probably 95 percent of downtown businesses are female-owned or are owned by a couple with the wife taking the lead.

“The future is female in Havana,” says April. “Brenda our mayor, Brenda our economic development director, and I’m president of the Chamber. We have a group that we refer to as the Lady Bosses. We try to meet quarterly to discuss planning and marketing. In the past, it was sort of an ‘every man for himself mentality’ but we are teamwork driven, have partnerships and the ladies just work together. We are so much bigger together – pieces of a puzzle that just fit together. Having multiple boutiques and other businesses brings people into town and it’s good for everyone.”

Davenport-Fornoff says there has been an accounting office, preschool, antique store and bookstore downtown for many years. Now there are multiple boutiques, a paint studio, hair salon, consignment shop, upscale thrift store, home goods store and more in the works. Some of the businesses moved downtown after seeing the momentum.

Former resident Julie Morgan Morrisette moved from California, bought her parent’s house, and purchased a building “she fell in love with.” She had layers of plaster removed from the walls to reveal the original brick and upon removal of the drop ceiling, discovered skylights. In the 1930s, the shop was a bakery with a full kitchen in the back.

Gisela’s Haus opened 1.5 years ago selling a variety of household items and she has plans to offer cooking classes. One eye-catcher is Gigi, a window mannequin that dons different dresses depending on the season. Julie uses her fashion design background to drape dresses from sheet music, cornstalks, evergreen, etc. and Gigi has her own following on Facebook.

She is also renovating the store next door into a craft beverage shop with a sidewalk café she plans to open this summer. She plans to offer craft beverages including coffee and beer along with baked items and charcuterie boards.

An art gallery featuring local artists and a coffee shop with baked goods are planning to open on Plum Street soon.

One business they all agree is missing from downtown is a great breakfast spot. “We are an agricultural community,” says



Gisela's Haus window mannequin Gigi has her own following on Facebook.

Top: Second Saturday Riverfront concerts are one part of the music scene in Havana.

Middle: The riverfront is a well-maintained area to enjoy festivals, boating and picnics.

Bottom: Economic Development Director Brenda Davenport-Fornoff, Mayor Brenda Stadsholt and Chamber President April Burgett are integral cogs to the success of downtown Havana.



Stadsholt. “Farmers get up at 5:30 a.m. and don’t want just coffee and pastries, they want a big hearty breakfast.”

Additionally, they would like to see the renovation of the historic Lawford Theatre, and its original marquee, to be used for local plays and possibly school plays or activities. The city is working with owners because the roof needs to be replaced along with other updates. Prior to the pandemic, it had country-western opera that was popular.

April is a business manager for the University of Illinois Biological Field Station currently located on the river north of downtown. She revealed that it has been in talks with the city for the past two years and plans to erect a \$7 million field station with a visitors’ center just south of Main Street on the river. The center is world-renowned, which will bring field trips and tourism to the site. It partners with the Illinois Fish and Wildlife Service, Illinois Department of Natural Resources, the Emiquon Nature Conservancy and Chatauqua Wildlife Service. The visitors center will help drive business downtown.

Every weekend until October, the city hosts First Fridays downtown when shops are open later and Second Saturday Riverfront concerts. The concerts got a boost with the help of singer/songwriter Edward David Anderson who moved to Havana. He and his wife have been in Havana for eight months and own Black Dirt Records. They are collaborating with the city to bring a vibrant music scene. Their contacts in the music industry are vital to bringing in acts.

Another popular venue is the outdoor beer garden, especially during the pandemic. It regularly features live music. The park along the river is a relaxing spot and the marina offers spots for boats to dock along with rentals of kayaks and canoes.

What does the future hold? Mayor Stadsholt would like Havana to be a hub for tourism including a small hotel overlooking the river and more gift shops/boutiques. “I’d like us to still be economically sound and have an extension of our TIF, which expires in December, or a new one drawn up.”

Davenport-Fornoff says the council has been working on new grants for signage and for replacing crumbling steps, walls, etc. on the historic water tower. The tower is on Landmark Illinois endangered places and the National Registry of Historic Places.

The group would also like to see downtown murals and everyone taking pride in their homes to show others as they enter the city.

“We always say we were sitting on a gold mine,” says Stadsholt. “We got the right miners to come in and mine that gold. We have a bright future.”💡

Visit historichavanaillinois.com for more information.

Sparkinghope

By Lisa Cherry

IN THE 1950S, TWO separate organizations opened in central Illinois. Both started for similar reasons and have similar goals. Created by parents who had children with intellectual and developmental disabilities and could not find a place to serve them outside of institutionalization, both Hope and SPARC aim to help provide the tools needed for a good quality of life for people of all ages and abilities.

Hope began as Hope School in a one room schoolhouse, according to Jodi Ogilvy, chief communications officer of Hope. It is now a 40,000-square-foot facility housing a creative environment, including individualized playgrounds and sensory rooms within its classrooms. While its mission has remained the same, the organization has expanded exponentially in its 65 years.

In addition to the Hope Learning Academy and the Autism Clinic at Hope located in Springfield, there is another learning academy in Chicago and autism clinics in O'Fallon and Edwardsville, a therapy relief program, the Illinois Crisis Prevention Network and The Autism Program of Illinois. A new school is also slated to open this fall in Edwardsville.

Hope's programs are individualized for each student and "are designed to improve basic life and vocational skills while increasing the potential for independence," according to its website. Together, these entities provide assistance through residential, vocational and occupational services, and community-based support and consultation services, as well as screening, therapeutic recreation and rehabilitation.

PHOTO COURTESY OF HOPE





Hope's model is to reach children with intellectual and developmental disabilities in the least restrictive environment.

PHOTOS COURTESY OF HOPE

Ogilvy says Hope's curriculum is based on Applied Behavioral Analysis, as well as early intervention. "Our model is to get to kids in their communities in the least restrictive environment." She adds that every child is different, but an inclusive environment creates adults who often become advocates for others with disabilities.

"Overall, we strive to teach as much independence as possible to our students. That looks different for each kiddo. In our independence learning and therapeutic education, we teach skills that will aid our students in the adult world. That could mean how to do laundry and prepare a meal, or communicate using a Picture Exchange System (PECS) or a communication device. In the Vocational Academy, we specifically teach our students job skills that can transfer to employment in the adult world. Depending on the job, they might learn how to use a cash register, prepare food, janitorial skills, etc. In the Hope Therapeutic Day Academy, our students need extra support in the social and emotional area of learning, so we teach them social and emotional skills in a highly therapi- zed classroom," says Ogilvy.

The Judith A. Jordan Summer Camp, named after the daughter whose parents originally founded Hope School, offers various hands-on learning opportunities like science labs, art, dance, movement and water play. Ogilvy says Hope hosts larger events as well, including a summer party, performances, a color/bubble run and a Fourth of July parade.

Hope employs a staff of 600-700 and impacts more than 5,400 people with intellectual and developmental disabilities. Admission is on a referral basis, through schools, the Illinois Department of Children and Family Services and the Illinois Department of Human Services (IDHS). Ogilvy says once children reach the age of 22, the team transitions them to a place close in proximity to their families, based on fit.

SPARC, as a CILA provider, is just one of those places. According to the IDHS website, the formal definition of a CILA is "a living arrangement for adults ages 18 and older in a group home, family home or apartment where eight or fewer unrelated adults with developmental disabilities live under supervision of the community developmental services agency. Residents receive complete and individualized residential habilitation, personal support services and support under the direction of a community support team within the local agency."

Denise Schainker, director of communications and fund development for SPARC, says the organization began as "The Little Red Schoolhouse" in 1951, much like Hope, as a solution for seven families with children with disabilities. She says the next hurdle they faced was the absence of potential places of employment. The organization since has expanded to include vocational support and now serves more than 300 adults.

Schainker says the 20 group homes are "just like your home and my home . . . [They are] an option other than an institution where they are a part of



a community with people like them.” The homes are staffed 24 hours a day, seven days a week with a staff of 165 full-time employees, most of whom are direct support professionals. Residents must be referred by the Central Illinois Service Access (CISA), which manages CILA providers.

She says they have residents “from one side of the spectrum to the other and everything in between,” ranging from completely dependent to relatively independent. There are 18 homes in neighborhoods in Springfield and two in Chatham; male and female homes are separate.

Normally, residents work every day, either in the community or at the work center—they have contracts with vendors, like bagging masks for DHS, and manufacturing dog biscuits (making the dough, baking, bagging and delivering them). Residents earn wages, cook and clean. Schainker says they enjoy the social environment. “They cook dinner, eat with roommates, shower and get ready for the next day.” There is also a senior center where residents can choose “retirement” (but not to just sit in a chair and watch television, she says).

It’s more than merely work and household chores, though. Entertainment options include movies, crafts and music therapy, and occasionally special events like baseball games and concerts. “It’s important to be around people,” she says. “They like having things to look forward to and love schedules.”

There is also an IC, or “Intermittent CILA,” where six residents live in an apartment on their own. Staff members check in and do a needs

assessment, which could mean helping a resident balance his or her checkbook or pay bills.

“We are an organization that has been embraced by the community for a long time. [We have] good neighbors, wonderful sponsors and leadership second to none,” says Schainker, who credits these “partners” with the success of the program. “It comes from the community . . . in order to give them this quality of life.”

In addition to these hands-on programs, other agencies advocate for these children and adults behind the scenes, like the Illinois Council on Developmental Disabilities (ICDD), whose mission is to “help lead change in Illinois so all people with developmental disabilities exercise their right to equal opportunity and freedom.”

That mission is currently carried out through a 5-year state plan that aims to systematically facilitate both individual and family advocacy as well as systems change. These goals are broken down into specific projects addressing financial wellness, better health care and expanded life choices, as well as creating local resources for all aspects of community life. Currently, 15 of those projects are making an impact statewide, while the other 15 have a more targeted impact. For more details, visit illinois.gov/sites/icdd.

Together, schools, programs and agencies like these are sustaining and creating new avenues for Illinoisans with intellectual and developmental disabilities. Ultimately, with hard work and dedication, those efforts will continue to foster and grow the quality of life for people of all abilities. ♡

SPARC provides residents with residential and vocational support, including employment, cooking, cleaning, art and music therapy.

PHOTOS COURTESY OF SPARC

RESOURCES

To find out more about providers like SPARC and additional services in your area, visit the IDHS website at dhs.state.il.us and click on “office locator.” Make sure to select “developmental disability services” and county of residence from the dropdown menus.

Hope also has programs in different regions of the state. To find one near you, visit hope.us or contact Rebecca Murphy, director of outreach and case coordination, at 217-585-5120 or rmurphy@hope.us.



Two Farmers Burgers and Beignets

By Valerie Cheatham



TWO SELF-PROCLAIMED FOODIES, DILLON and Chloe Farmer of Mt. Carmel love to travel, try local restaurants and post photos to promote small businesses. On a trip to Miami, the couple saw a bunch of food trucks and loved the vibe.

“Food trucks have this small business feeling but on an even smaller level that we really like,” says Dillon.

After returning home, they decided to try their hand at running a food truck, but first they needed a concept and a trailer.

Dillon loves burgers and wanted to duplicate his St. Louis favorite, a juicy smash-style burger with crispy edges. Not one to settle, he experimented making them for lunch every day for a year (yes, a year) until he had it just right. Then they needed something to set them apart from others.

A trip to New Orleans answered that question. New Orleans is known for its beignets – fried, puffy pillows of dough sprinkled with powdered sugar. Dillon remembers the first bite being a cathartic experience. After returning home, Chloe experimented making beignets. She tried a variety of items, including pizza dough and pancake mix, until she got them just as they remembered.

Everything came together. They needed something to serve with their burgers and decided to try something unexpected like beignets.

Two Farmers Burgers and Beignets was born.

They bought a trailer at the end of January 2020 and quickly worked to fit it with necessary equipment and licensed as a food truck. By the end of March, the truck was ready to go. Next, they needed customers.

In preparation for opening day, Chloe and Dillon “promoted it like crazy on Facebook.” They weren’t sure what to expect in Mt. Carmel, population 7,019.

“The line was a mile long,” Dillon estimates. “People were waiting 2 hours for their food, and they really loved it.”

It wasn’t long until people started reaching out asking them to bring the truck to their sites. The original plan was to stay in Mt. Carmel or Albion, but they started branching out as people heard about the business.

The menu is deliberately limited. They want to keep it small and do it all right. Everything is customizable. “We’ve had people order singles, doubles, triples, quads and some people get crazy and order even more,” he says.

The burgers are available on a traditional bun, but pretzel buns are also offered. The most popular is the grilled cheese bun burgers. Hamburger buns are toasted, topped with cheese and the other side flipped on top. There is one grilled cheese bun on top, one on the bottom and the meat is in between.

“It’s a lot of bread,” explains Dillon, “which is always what surprises me, but our hamburger buns aren’t very dense. I



Grilled cheese bun burger with special sauce



Quad burger with bacon jam

don't know. Maybe it's the novelty that makes them popular."

Beignets are another bun possibility. On a whim, Chloe and Dillon decided to go for it. They had seen burgers on glazed donuts before.

"We were being really silly one night and did it and it was outstanding," says Chloe. "If you like sweet and savory, it's like chicken and waffles and donut burgers. It looks amazing, it's messy [it is served with a fork] and it's so good."

"It's next level," exclaims Dillon. "It's the most underrated item on our menu. We take a beignet, put meat on it, top it with a beignet, hit it with honey and powdered sugar. It's glorious!"

The Farmers want the burgers to stand on their own – no condiments are offered, just meat and cheese. On occasion, homemade macaroni and cheese is available.

Bacon jam from Midwest Fresh is a popular side item that many love on their burgers. It's sweet and loaded with bacon. Dillon also designed a special sauce he says is basically a combination of typical burger condiments. It's Chloe's favorite – a little sweet, tangy and acidic.

The meat is ground fresh by Josh Wagner at the IGA in Albion. It's an 80/20 blend made from chuck, fresh never frozen. It is ground with pieces of fat trimmed from brisket and steak. Dillon gives all the credit to Josh for the great taste of their burgers and says he will never go anywhere else for his meat.

The Farmers serve food as many months as possible. As soon as the weather warms up, they are ready to go and will continue until it gets too cold for customers waiting in line. They are smart with their finances, don't overspend, and pay off items like the trailer so they don't have to worry about payments during cold months when they aren't open. They are currently saving for a quieter generator.

Food is prepped in a commercial kitchen the day before and they pick up their meat. On a Friday in Evansville, Ind., they brought 65 pounds of meat and 350 beignets. The beignets typically sell out first with the burgers not long after.

"It's a balancing act," explains Dillon. "We try to bring enough so that everyone gets food and no one leaves disappointed. We don't want to buy extra meat because we only use fresh. What I don't use today, I don't use."

The food truck is usually open four or five days a week, Tuesday through Friday, and a few Saturdays or Sundays added in. Dillon says business is better by moving around rather than having a static location because there's no scarcity involved with staying in one place.

All donations to the tip jar go to charities including Down Syndrome Awareness and Casas for Christos. In May, they were donating to The Lunch Wagon, a Mt. Carmel food truck that travels the area during summer to give food to kids that may not have enough to eat.

"We really appreciate the tips," says Chloe. "People are generous in addition to their meal."

Burgers are \$6.50 for a double, \$8.50 triple and beignets are \$3.25 for an order of three or \$4.25 for six. Extras include additional patties, cheese, special buns, etc.

Two Farmers Burgers and Beignets recently began offering curbside pickup with online ordering. When visiting, go early or plan to stand in line – it was a block long 20 minutes before opening in Evansville.

"People come because they love our food and we have regulars at each stop," says Dillon. "I want to be proud of everything we put out, and you won't be sorry you tried it." 📍

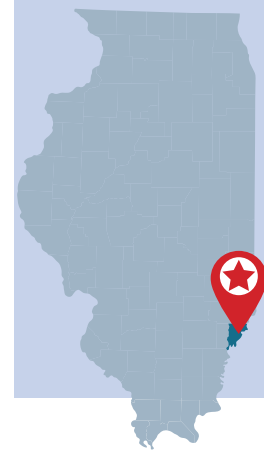


LET'S EAT!

Two Farmers Burgers and Beignets

Based in Mt. Carmel, locations vary.

Visit Facebook for weekly locations and times.



Charcuterie

CURRENTLY ONE OF THE hottest trends in food, charcuterie boards are easy to assemble for two or 20. Make it a meal or use as an appetizer before a dinner party. Substitute savory ingredients for sweet and dessert is a snap.

A charcuterie board is quick to prepare. Place large items on the board and fill in with smaller ingredients – let your imagination go! 🍴



WE NEED RECIPES!

Upcoming monthly topics

Onions
Bacon
Pecans

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



Recipes prepared, tasted and photographed by Illinois Country Living staff. For more recipes and photos go to www.icl.coop. Questions? Email finestcooking@aicc.coop.

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



Sweet Charcuterie

Cookies
Marshmallows
Chocolates
Caramels
Sour candies
Gummy candies
Mini donuts or other pastries
Pretzels
Dips (fudge, marshmallow fluff, peanut butter, Nutella, etc.)

Fill small bowls with dips and small candies and arrange on board. Place piles of cookies and pastries around. Fill gaps with pretzels and larger chocolates and candies. This is a great dessert for a party with something for everyone.

Savory Charcuterie

Cured meats
Cheeses, hard and soft
Crackers
Fresh bread
Pickles or relish
Olives or tapenade
Nuts
Fruits, dried and fresh
Fresh vegetables
Preserves, jellies or jams
Mustards
Fresh herbs

Pick out several small bowls and jars, fill with spreads, preserves or anything that needs contained. Place bowls on board. Arrange various meats and cheeses around board and add crackers and breads. Fill in any gaps with fresh or dried fruits, veggies and nuts. Garnish with fresh herbs like basil, rosemary and/or mint.



Trapper Jack

AS A YOUNG BOY, I considered myself an excellent outdoorsman and a real hunter, fisherman and trapper. The truth, I didn't own a gun or catch many fish, and I had to be the worst trapper in history. One

considering I had only four old traps I found in Grandpa's barn.

With the wear and tear on my old hip boots, and the drain on my flashlight's batteries, financially, my trapping career was an absolute bust.

would hit a couple with the car just getting to town.

The bargain I struck with Mr. Mantooth gave me renewed incentive and confidence. Sure enough, I found I was able to outsmart possums.

All I had to do was get them into a gunny sack and drop them off on Anders' porch. Soon the silver was rolling in. My best week, I racked up three possums. I sacked up one small one and two 50-centers. I was swimming in cash.

With the end of trapping season, I had made enough money to buy a kit to patch my hip boots, a new three-battery flashlight, and I'd saved a little too.

One day the following summer, Anders asked if I would like to eat supper with him and his wife Clara. Being polite and always half-starved, I readily agreed, washed up, and took a seat at the table. Clara's kitchen always smelled good, but this evening, it smelled especially good.

I asked Anders, "What's for supper?"

Anders just smiled and said, "Boy, it's something special I know you will like!"

Clara opened the oven, pulled out a roasting pan and set the main course on the table. There looking at me while swimming in a half-inch of grease was one of the 50-centers from last fall!

As I recall the meal ... the potatoes and corn were excellent, and the whole milk was nice and cold. As for the possum ... it was good. The meat was a light yellow in color, a little stringy and somewhat greasy, and with just a few bites, very filling. ☺



entire trapping season, all I caught was a cold. It's depressing for a budding mountain man to know he's being continually outsmarted by the likes of a bunch of muskrats.

Morning after morning, I'd get up before dawn to check my trap line. Slogging around in hip waders and wandering through the dark guided by the weak, flickering light from my old, two-cell flashlight, I made my appointed rounds checking my muskrat sets. I spread the traps along a half-mile stretch of the Big Flatrock River in Indiana. If I didn't spread them out, it wouldn't take long to check the trap line,

About the time I was ready to call it quits, our neighbor Anderson Mantooth asked me how my trapping career was going.

Before I could tell Anders the muskrats on Flatrock River had advanced degrees in trap avoidance, he said, "If you catch a possum, keep me in mind. I'll pay you 25 cents for a small one and 50 cents for a big one."

Eureka ... my little eyes had dollar signs for pupils! Old Anders had just made me a rich man! I knew I could catch possums. Possums were everywhere. Rush County was full of possums. Heck, sometimes Mom

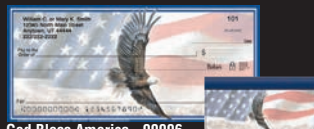


Jack Spaulding is an outdoors writer. Readers can contact the author by writing to this publication or email jackspaulding@hughes.net. "The Best of Spaulding Outdoors," a compilation of 74 of Spaulding's best articles written over the past 30 years is available on Amazon.com.

BUY ONE PACK OF 120 CHECKS... GET ONE FREE!*

as low as
\$3.50
per pack
FREE Standard Shipping
FREE 2nd & 4th pack
20% More Checks!

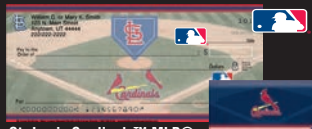
OVER 800 EXCLUSIVE DESIGNS AVAILABLE! CALL 1-800-323-8104 OR VISIT WWW.BRADFORDEXCHANGECHECKS.COM



God Bless America - 00006
Leather Cover and Labels - 00006



Chicago Cubs™ MLB® Logo
-00828 Leather Cover and Labels - 00145
All 30 teams available!



St. Louis Cardinals™ MLB® -
00149 Leather Cover and Labels - 00149
All 30 teams available!



America's National Parks -
00055 Leather Cover and Labels - 00055



Chicago Blackhawks™
NHL® Logo - 00757
Leather Cover and Labels - 00469



Lena Liu's Morning
Serenade - 00029 Leather
Cover and Labels - 00029



A Walk on the Beach -
01020 Leather Cover
and Labels - 01020



Faith, Hope, Christ -
00633 Leather Cover
and Labels - 00633



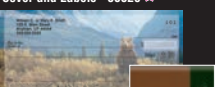
Sunflowers - 00334
Leather Cover and
Labels - 00334



Classic Peanuts -
00708 Leather Cover
and Labels - 00708



Spirit of the
Wilderness - 00024
Leather Cover and Labels - 00024



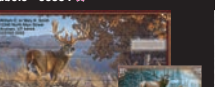
Great Outdoors -
00552 Leather Cover
and Labels - 00552



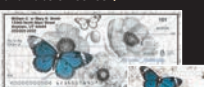
Lightning Strikes -
00176 Leather Cover
and Labels - 00176



Tropical Paradise -
00052 Leather Cover
and Labels - 00052



North American
Wildlife - 00876 Leather
Cover and Labels - 00876



A Touch of Color II -
01370 Leather Cover
and Labels - 01370



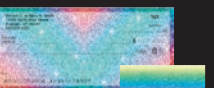
Prayers of Serenity w/
verse "Trust in the Lord
with all your heart" - 00194
Leather Cover and Labels - 00194



Beach Escapes - 00743
Leather Cover and Labels - 00743



Nurses Rule! - 00542
Leather Cover
and Labels - 00542



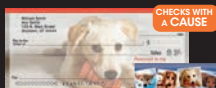
Glitter Sparkles -
01327 Fabric Cover
and Labels - 01327



Thomas, Kinkadee's Faith
for All Seasons w/verse "Believe all things
are possible with God" - 00105
Leather Cover and Labels - 00105



Footprints w/verse "One
night I dreamed that I was
walking along the beach with the Lord." -
00667 Leather Cover and Labels - 00667



Rescued is My Breed
of Choice - 00379 Leather
Cover and Labels - 00379
A portion of the proceeds will be donated to a national no-kill animal shelter.



Rescued is Something
to Purr About - 00525 Leather
Cover and Labels - 00525



On the Wings of Hope -
00384 One Image, Leather
Cover and Labels - 00384
A portion of the proceeds will be donated to fight breast cancer.



Coping Together -
01397 Leather Cover -
00451-003 and Labels - 01397
A portion of the proceeds will be donated to the American Nurses Foundation.



Grandkids Rule! w/verse
"I'd rather be with my grandkids." - 00437
Leather Cover and Labels - 00437



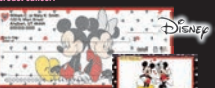
Mountains - 01287
Leather Cover and
Labels - 01287



Words of Faith w/verse
"With God all things are possible." - 00551
Leather Cover and Labels - 00551



Cowboy Boots - 00434
Leather Cover and
Labels - 00434



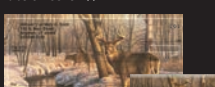
Mickey Loves Minnie -
00422 Leather Cover and Labels - 00422
Celebrating 90 Years of Mickey Magic!



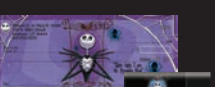
Farm and Tractors -
00785 Leather Cover
and Labels - 00785



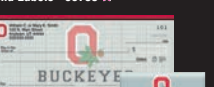
Black & White -
01393 Leather Cover
and Labels - 01393



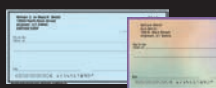
Winter Calm - 00017
Leather Cover and
Labels - 00017



Nightmare Before
Christmas - 00531
Leather Cover and Labels - 00531



Ohio State University -
00513 Leather Cover
and Labels - 00513
More teams available online!



Blue Safety - 00027
One image, Leather
Cover and Labels - 00155



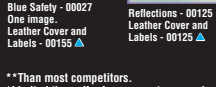
Reflections - 00125
Leather Cover and
Labels - 00125



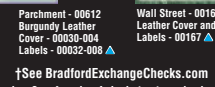
Parchment - 00612
Burgundy Leather
Cover - 00038-004
Labels - 00032-008



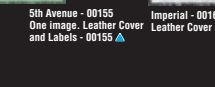
Wall Street - 00167
Leather Cover and
Labels - 00167



5th Avenue - 00155
One image, Leather
Cover and Labels - 00155



Imperial - 00165 One Image,
Leather Cover and Labels - 00165



Chevron Chic - 00678
Fabric Cover and
Labels - 00678

*Than most competitors. *See BradfordExchangeChecks.com
*Limited time offer for new customers when you buy 2 or 4 packs of single top tear checks.

PERSONAL ACCESSORIES

FREE PERSONALIZATION AVAILABLE!

OVER 120 ITEMS TO CHOOSE FROM!

SEE OUR FULL SELECTION ONLINE!

©Tim Coffey ©Georgia Janisse ©Larry R. Martin ©2021 Bradford Exchange Checks

Side Tear, Top Stub & Desk Sets Now Available. Order by phone or web today!

3 EASY WAYS TO ORDER

- PHONE 1-800-323-8104**
Phone Hours: Mon-Fri 7:00 am to 10:00 pm (CT)
Sat/Sun 7:00 am to 8:00 pm (CT)
Mention offer code to receive this special offer. 2-pack minimum and processing fee apply. See habla Español. Call for Signature Required Delivery option.
- INTERNET—SAFE SECURE SITE**
www.BradfordExchangeChecks.com
- MAIL—Send completed Order Form**
Also Include
1. Payment check or money order (no cash please)
2. Voided Check with changes noted OR Reorder Form
3. Deposit Slip from same account Mail to address at the top of coupon

Feel Secure with
• Trackable to you
• Guaranteed delivery
• All check packs ship together...SECURELY
• It's FASTER

EZShield®
Protection Programs
EZShield Check Fraud Protection Program®: Advances up to \$25,000 in the event of 3 major types of check fraud. EZShield Identity Restoration®: Helps restore your identity to pre-theft status. To learn more, visit www.bradford.ezshield.com.

① Your Information

B The Bradford Exchange Checks
9305 N. Milwaukee Ave. Niles, IL 60714

NAME _____
PHONE () _____ ☐ Day ☐ Evening
E-MAIL ADDRESS _____

② Check Options

✓ Check the items you wish to order and enter the price in the spaces provided. Only ONE check design per order.

SINGLE TOP TEAR CHECKS		DUPLICATE TOP TEAR CHECKS	
<input type="checkbox"/> 1 Pack	\$6.99	<input type="checkbox"/> 1 Pack	\$8.49
<input type="checkbox"/> 2 Packs	\$13.98 \$6.99	<input type="checkbox"/> 2 Packs	\$16.98 \$8.49
<input type="checkbox"/> 4 Packs	\$27.96 \$13.98	<input type="checkbox"/> 4 Packs	\$33.96 \$16.98
2nd & 4th pack FREE		2nd & 4th pack FREE	

Check Design _____ Start Checks at # _____
*If no check start number is specified, 1001 will be used.

Enter Check price from chart above \$ _____

Distinctive Lettering ~~\$2.99~~ each ☐ OR ☐ Cordial ☐ Grand ☐ Script ☐ English **FREE**

Matching Cover Code No. _____ add \$19.99 \$ _____

Matching Labels Code No. _____
Add \$6.99 for DESIGNER Labels (If name and address other than check, please attach separate paper)
Add \$7.99 for CHOICE & MASTER Labels \$ _____

EZShield® CHECK FRAUD PROTECTION PROGRAM® \$2.50 x # of Packs = \$ _____
EZShield® PRO® (Must also purchase EZShield Check Fraud Protection above) Add \$8.00 total \$ _____

③ Shipping & Handling

REQUIRED SERVICE/HANDLING† \$2.95 x # of Packs/Items = \$ _____

SECURESHIP™ (4-9 bus. days) Check packs shipped together. Includes FREE IN-PLANT RUSH (045) Add \$8.95 total \$ _____

☐ IN-PLANT RUSH (checks only) Saves 1-3 Days (070) \$5.99 \$ _____

☐ Untrackable delivery. Allow 2-3 weeks for delivery. All items shipped separately. Delivery to Alaska and Hawaii may take longer. **FREE**

Offer Code: **22530XCH** SUBTOTAL \$ _____
Add your sales tax \$ _____
TOTAL: \$ _____

Christmas Candy Contest

WHAT WOULD CHRISTMAS BE without candy? Candy canes, fudge, caramels, chocolate-dipped toffee, handmade turtles, and the list goes on. What are your family favorites? It could be a recipe passed down for generations or one of your own. Maybe it's sugar-free for the diabetic in your family. We want to know!

You may only enter one recipe. Winning entries will be printed in the December issue of Illinois Country Living. All entries will be included on the magazine's website at www.icl.coop.

Enter online at 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 Candy Contest, P.O. Box 3787, Springfield, IL 62708. Entry deadline is September 17, 2021.

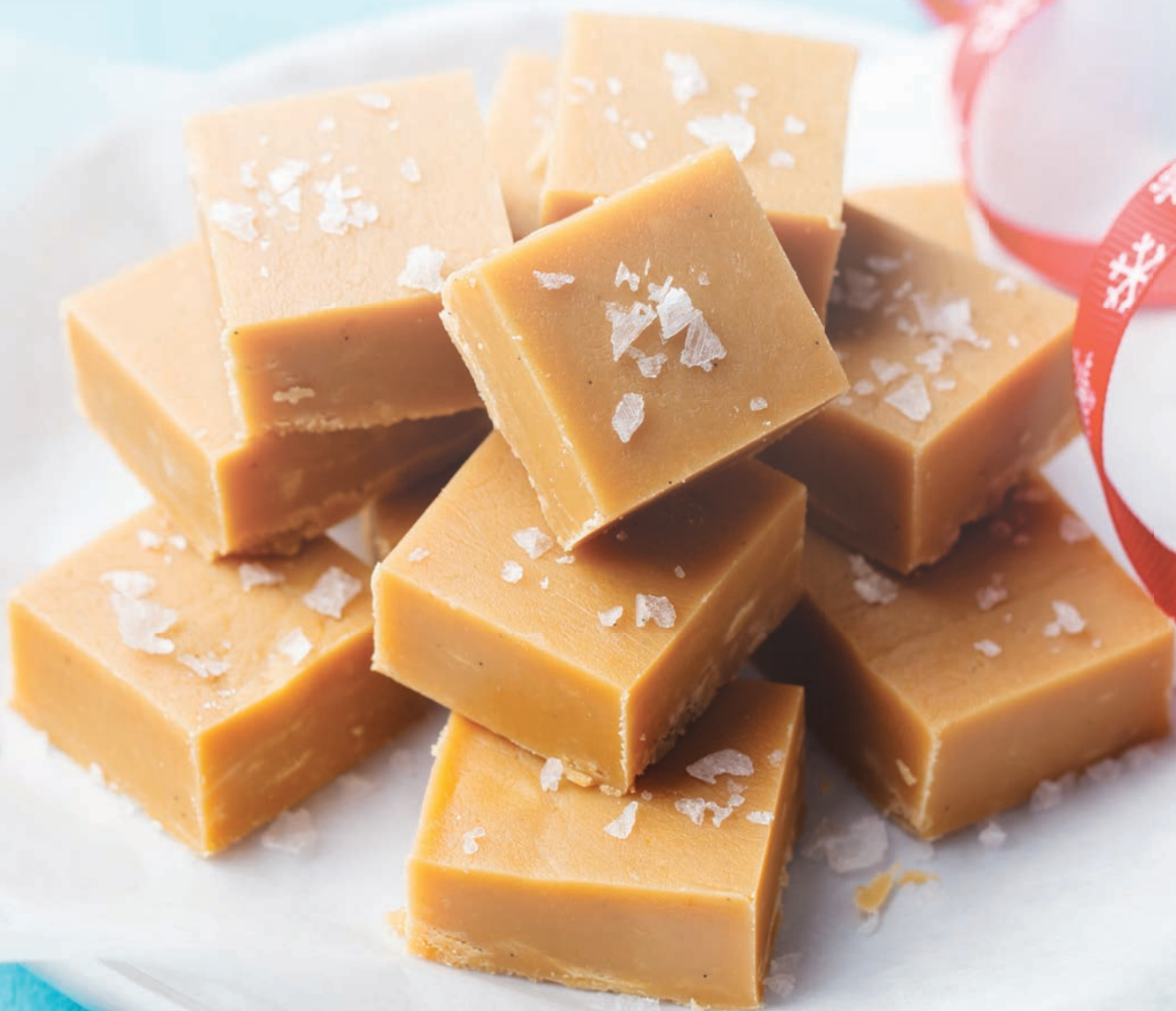
PRIZES:

First place:
\$100 gift card

Second place:
\$75 gift card

Third place:
\$50 gift card

Five honorable mentions:
\$25 gift cards



To advertise in
Illinois Country Living
email info@icl.coop



Paul's
WINDMILL Service
217-897-6699
paulswindmill@gmail.com
www.paulswindmillservice.com

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



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



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
\$102.00

A **50 lb. bag** treats 2.5 to 5.0 acres
\$374.00

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

FREE SHIPPING!

800-328-9350

www.Aquacide.com

Order online today, or request free information.

Our
66th
year

AQUACIDE CO.

PO Box 10748, DEPT. 737X,
White Bear Lake, MN 55110-0748



WANTED STANDING TIMBER

Cash in while
prices are good.

CALL: (618) 423-9285



Robert Halleran

Timber Buyer all Species
Logging

Timber Consulting
I buy Storm damaged timber

618-528-8088 DeSoto, Illinois

Insulation. 4x8 sheets, foil-backed foam. All factory seconds. www.nichols5.com. Contact Ken Nichols, 800-424-1256.

1001 ENERGY TIPS

Save energy at work, at home, in the yard, driving, and in your whole lifestyle.

Dorrance Books, 340 pages,
80 illustrations, \$22⁰⁰

Visit
<https://whclark.com>
for details

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

**MANSEA
METAL**

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

1	W	I	2	L	3	I	A	5	M	6	S	7	R	8	M
	A		A		9	T	S	A		10	B		I		
11	T	E	P	12	I	D		T		13	L	I	L	A	C
	E				I					14	R		O	H	
16	R	A	G	16	I	17	N	G	18	W	A	V	E	S	I
	P		R	E			20	A	M	I	S		G		
21	A	N	I	M	A	L	S		22	B	I	O	T	23	A
	R		L	T		H	24	U	E		25	M	E	N	
26	K	E	L	P					27	S	O	S	A		
					29	E	T	C							
31	S	A	N	D			33	H	O	S	T	E	S	35	S
37	M		L	G				O	E	A		I			
38	R	O	L	L	E	R	C	O	A	S	T	E	R		

Abandoned

1. **RUTH HANEY**
Corn Belt Energy Corporation
2. **CAROLYN POWERS**
Egyptian Electric Cooperative Association
3. **KEN HANCOCK**
Shelby Electric Cooperative
4. **DEBORAH MINGS**
SouthEastern Illinois Electric Cooperative
5. **JOANNA KEY**
Coles-Moultrie Electric Cooperative
6. **WILLIAM BAILEY**
McDonough Power Cooperative

UPCOMING THEMES

October – Power line landscapes

November – Birds

December – Churches

January – Blue



SUBMIT A PHOTO

Online: icl.coop/snapshots
Email: 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 for full terms and conditions.

Eye Doctor Helps Illinois Legally Blind To See

High Technology For Low Vision Patients Allows Many To Drive Again



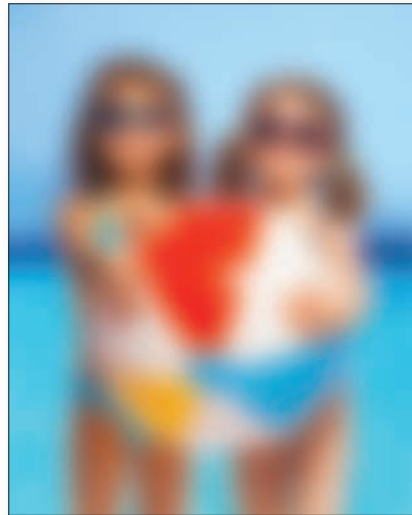
For many patients with macular degeneration and other vision-related conditions, the loss of central visual detail also signals the end to one of the last bastions of independence: driving. A Mascoutah optometrist, Dr. Marianne McDaniel, is using miniaturized telescopes that are mounted in glasses to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

1-618-566-8899

Office located in Mascoutah, Illinois

Marianne McDaniel, O.D.

www.FoxValleyLowVision.com

1-800-341-8498

Located in Oswego, IL

Ronald Weingart, O.D.

WE SELL LAND

TODD HENRY
Broker, Land Specialist
(815) 997-2256

CORPORATE OFFICE
(217) 285-9000

BRENT RENEAU
Broker, Land Specialist
(309) 337-0348

**BRENT RENEAU
&
JASON ENDRES**

JASON ENDRES
Broker, Land Specialist
(309) 224-9135

TYLER SELLENS
Broker, Land Specialist
(309) 341-6431

JOE CEBUJAR
Broker, Land Specialist
(309) 333-5133

CLYDE HUTCHINSON
Broker, Land Specialist
(618) 581-6265

ADAM CRUMRIN
Broker, Land Specialist
(217) 276-2334

CLYDE HUTCHINSON
Broker, Land Specialist
(618) 581-6265

&

JARED WASHBURN
Broker, Land Specialist
(618) 780-3398

JEFF HEIL
Broker, Land Specialist
(573) 880-6150

JUSTIN MASON
Broker, Land Specialist
(618) 638-5031

- Over \$218.4 Million in Illinois land sales the past two years • Over 32,800 Illinois acres sold in the past two years • Over 454 Illinois transactions in the past two years



WHITETAIL PROPERTIES REAL ESTATE

HUNTING | RANCH | FARM | TIMBER

WHITETAILPROPERTIES.COM



Whitetail Properties Real Estate, LLC DBA Whitetail Properties. In the States of Nebraska & North Dakota: DBA Whitetail Trophy Properties Real Estate LLC. Licensed in IL, MD, IA, KS, KY, NE & OK - Dan Perez, Broker. Licensed in AR, CO, GA, MN, ND, SD, TN & WI - Jeff Evans, Broker. Licensed in FL, OH & PA - Jefferson Kirk Gilbert, Broker. Licensed in TX & NM - Joey Ballington, Broker. Licensed in TN - Bill Minor, Broker. Licensed in AL, GA, LA & MS - Sybil Stewart, Broker. Licensed in TN - Tim Burnette, Broker. Licensed in TN - Bobby Powers, Broker. Licensed in AR - Anthony Chrisko, Broker. Licensed in NC, SC, VA - Chip Camp, Broker. Licensed in NC - Rich Baugh, Broker. Licensed in MI - Edmund Joel Nogaski, Broker. Licensed in MD, WV - Debbie S. Laux, Broker. Licensed in MT, ID, UT, WY, OR - Aaron Milliken, Broker. Licensed in NY - John Myers, Real Estate Broker.

