

JUNE 2023

Illinois Country Living



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GARDENWISE
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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 more than 192,000, the magazine informs cooperative consumer-members about issues affecting their electric cooperative and the quality of life in rural Illinois.

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2022 Youth Tour participants pose for a group photo in front of the Washington Monument. A new group of young leaders will head to Washington, D.C. for this year's Youth Tour mid-June.

Kite and key moments

FOR SOME, IT TAKES getting struck by lightning to understand the impact of electricity. Thankfully, I didn't have to resort to using kites and keys.

Prior, my only experience with Tri-County Electric (TCEC), my cooperative, was at the mailbox, usually in the form of a bill. But now I see TCEC's logo in an entirely different light.

In January 2022, I decided to take a chance and "fly a kite." I applied for Youth Tour, a trip to D.C. entirely sponsored by electric and telephone cooperatives. My kite got struck by lightning, and TCEC chose me to go.

I thought the best part of the trip would be all the sights of beautiful Washington, D.C., but it turned out to be the people I traveled with. Despite never having met each other, we became incredibly close. It taught me that when a group of people have the same goals, it's easy to get along and can be so much fun.

I also learned I'm a much more capable leader and speaker than I initially believed. I once again decided to "fly a kite" and gave an

impromptu leadership speech. I walked out of that room having given a speech that I was truly proud of and with more confidence than I'd walked in with.

The outcome of this speech also awarded me a position I never expected to receive. I was named the new Youth Leadership Council (YLC) representative for the state of Illinois and given another opportunity to travel, this time to a national conference with 30 other youth delegates to act as ambassadors in Nashville for the National Rural Electric Cooperative Association's annual conference. There, I created more valuable relationships that I never would have if I hadn't "flown a kite."

These trips were incredible adventures. There are more people than you can ever imagine who are more than happy and willing to help and work with you. The best parts were the relationships I built. That's one of the best things I could've asked for.

My experience on Youth Tour and participating as a YLC were kite and key moments for me. I want to encourage everyone to grab a kite, take a chance and try something new. Tie a key to the end of that kite and fly it, even if it's stormy out, figuratively. Let's make more kite and key moments. ⚡



Abigail Meyer is a recent graduate of Christ Our Rock Lutheran High School. She attended the 2022 Youth Tour in Washington, D.C., representing her co-op, Tri-County Electric Cooperative. She was selected by her peers as Illinois' 2022-23 Youth Leadership Council representative.

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JUNE CHECKLIST

Restock your pantry.

When severe weather rolls in and outages occur, the last thing you need to be worried about is food. Stock up on nonperishable items so you're storm ready.



Have fun in the sun.

If you're taking a dip in the pool, remember that water and



electricity never mix. Use battery-powered items

rather than corded electrical devices near a swimming pool.

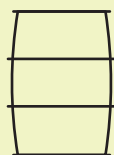
Watch your step.

Heavy rain can cause basements to flood.



Never step into a flooded basement. The water could be energized due to contact with electrical equipment.

Tip of the month.



Did you know installing a rain barrel can greatly reduce water use? Save energy and keep your plants thriving all summer.



Before heading into the Illinois State Capitol building to talk with their elected leaders, co-op representatives gather in front of the Abraham Lincoln statue outside the building.

Co-op leaders advocate for rural Illinois

More than 2,000 representatives from electric co-ops across the nation ascended Capitol Hill in Washington, D.C., April 16-19, to meet with federal representatives and advocate for priorities important to rural America.

From Illinois, more than 40 leaders from 19 entities representing Illinois electric cooperatives joined forces to advocate for rural Illinois at a national level. Just a few weeks later on May 2, more than 60 leaders representing 24 Illinois electric cooperatives gathered in Springfield to meet with their senators and representatives to advocate for the electric co-op program.



Gary Hurley, director of marketing at Corn Belt Energy Corporation, meets with Representative Ryan Spain (R-73).

"It is important that electric cooperative leaders engage with our elected officials to discuss the issues impacting our co-ops and their consumer members," said Nick Reitz, vice president of government relations at the Association of Illinois Electric Cooperatives. "These events provide a great opportunity to advocate for our co-op priorities, share the impact of proposed legislation and tell our co-op story."

These events help to familiarize elected officials with the cooperative program and start a conversation. In addition to telling the electric cooperative story, co-op leaders also discussed the ongoing supply chain challenges that impede the ability of access to key components and materials that result in reliability concerns.

On Capitol Hill, co-op leaders met with U.S. Senators Dick Durbin and Tammy Duckworth, U.S. Representatives Mike Bost, Nikki Budzinski, Darin LaHood and Mary Miller, and the staff of Representative Eric Sorensen to discuss several key topics.

Continued on page 8



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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 33.


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

IL ENTERTAINMENT CORNER

Looking for a movie marathon from the Golden Age of Hollywood? Then check out films starring George Harrington Lloyd. Born in Edinburg, Ill. in 1892, the character actor appeared in several films during a 20-plus-year career in Hollywood.



The World War I veteran was known for his roles as Spike Regan in "Idol of the Crowds" (1937), Little Dutch in "A Slight Case of Murder" (1938), Chick in "Rings on Her Fingers" (1942), and as Judge in "Frisco Sal" (1945), as well as for his work in several other Westerns.

Lloyd died Aug. 15, 1967 at age 74, the result of a cerebrovascular accident and arteriosclerosis. He is buried at Los Angeles National Cemetery in West Los Angeles. 

Continued from page 7



Representatives of Menard Electric Cooperative and the Association of Illinois Electric Cooperatives meet with Congresswoman Nikki Budzinski (D-13).

The federal permitting process needs to be modernized. Congress must pass legislation to create a more streamlined permitting process. The process for conducting federal environmental reviews must be more efficient and streamlined to reduce costs and provide more certainty to electric co-ops across the nation to maintain affordable and reliable energy services.

Supply chain challenges must be alleviated. Electric co-ops need help from Congress to address labor shortages, invest in long-term manufacturing growth and incentivize increased domestic steel production. Ongoing supply chain constraints impede the ability of co-ops to access key components and materials, which creates safety, cost and reliability concerns.



Rock Energy Cooperative leaders talk with Representative Joe Sosnowski (R-69).

Members of Congress were also asked to support co-op priorities in the farm bill by preserving Rural Utilities Service (RUS) electric infrastructure financing, expanding rural broadband access, and maintaining U.S. Department of Agriculture (USDA) rural development tools.

Congress must oppose policies that would lead to higher electricity costs for rural families, businesses and

communities. Electric co-ops use electric infrastructure financing programs and new clean energy initiatives at the RUS to support the deployment of modern electric infrastructure.


Congress must continue to fund rural broadband programs that meet the unique challenges of serving hard-to-reach areas. A reliable broadband connection is vital for rural America and creates new ways to live, learn and earn in rural America.

The Rural Economic Development Loan and Grant program, the Rural Cooperative Development Grant program and the Rural Energy Savings program help create jobs, lower costs and boost home energy efficiency. Congress should preserve these important programs so electric cooperatives can continue improving lives in rural America.



Senator Dale Fowler (R-59) and Representative Patrick Windhorst (R-117) meet with representatives from electric cooperatives in southern Illinois, including Southern Illinois Power Cooperative and Egyptian Electric Cooperative Association.

While families and businesses in Illinois expect the lights to stay on at an affordable cost, the nation's energy policies must meet these fundamental expectations. Electrification of the economy, the disorderly retirement of existing generation, permitting challenges, supply chain issues and the availability of natural gas all impact the reliability of the electric grid.

Electric co-ops want to work toward meaningful solutions to address the reliability challenges spreading across the nation. They believe policymakers should recognize the need for time, technology development and new transmission infrastructure while supporting policies that include all energy sources. 



EIA forecasts a drop in electricity demand

Amid milder temperatures, electricity demand is expected to drop about 1% during the second quarter of 2023 compared to the same period last year, according to the Energy Information Administration (EIA).

The decrease in demand, along with more generation from renewable energy sources and lower natural gas prices, will also “significantly” lower wholesale electric power prices over the next two quarters this year, EIA said in its latest Short-Term Energy Outlook.

EIA projected that electricity use will drop to 4,000 billion kilowatt-hours in 2023 from last year’s record high of 4,048 billion kWh. As economic growth ramps up, power use is expected to rebound to 4,062 billion kWh in 2024.

For all of 2023, EIA expects coal to provide an average of 17% of generation, down from 20% last year. About 24% of generation is expected to come from renewables, up from 22% last year. New solar capacity drives much of that growth in renewables — an additional 27 GW of new solar capacity this year, up 38%. The natural gas share of generation is expected to remain about the same at 39%, while nuclear’s share will inch up to 20% from 19%. ¹

Victoria A. Rocha, NRECA

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Where is it?

The winners of the April hidden object contest were Terry Grissom of Coles-Moultrie Electric Cooperative and Clara Sanders of Jo-Carroll Energy. Congratulations! Your ICL Tervis tumblers have been sent.

May's apple was hidden in the group photo of Youth Day participants on page 4 in the First Thoughts section. Winners' names will be drawn, and they will be notified. Visit Illinois Country Living on Facebook after each month's deadline for a closeup of the object's location and winners' names.

It's time for a new hidden object search. June is Dairy Month, so be on the lookout for an ice cream cone. The symbol can vary in size and will never be on this page, a lettered page or in an ad.

Entries must include your name, address, name of your electric co-op (non-members are also eligible), and the page number and location of the symbol. Visit icl.coop/hiddenobject and fill out the entry form (also found under Contact Us on the website) or mail a postcard to Illinois Country Living, Hidden Objects, 6460 S. 6th St. Frontage Road East, Springfield, IL 62712. We will NOT accept letters or entries via phone call. All entries for that month must be postmarked or received digitally by the 15th. Winners' names and the symbol's location will be published in each month's issue of Illinois Country Living.💡



Showcasing future lineworkers

Every spring and fall, the Association of Illinois Electric Cooperative's safety department facilitates the electrical distribution lineworker programs at Lincoln Land Community College (LLCC), Springfield. This year, an LLCC Student Showcase was held on May 1 at the LLCC lineman yard. Students were broken up into crew-sized groups and set to work on real scenarios lineworkers face day to day on the job. Employers were invited to come and observe the students in action, as well as ask questions and view resumes.💡

Students to attend Youth Tour in memory of Tootie Holmes

Cooperative Choice Network Credit Union (CCNCU), which serves Illinois electric and telephone cooperative members, has established the Tootie Holmes Memorial Fund in recognition of the dedication of former longtime Credit Union Division Manager Shewan "Tootie" Holmes, who passed away unexpectedly in 2020 at age 64. Holmes worked for the credit union for 32 years.

Monies from the fund, which will be awarded to children of electric and telephone cooperative employees, will be used to sponsor a student to attend Youth Tour every year in Holmes' memory. The Electric and Telephone Cooperative Youth Tour has taken high school students to Washington, D.C. for a week in June every year since the late 1950s.

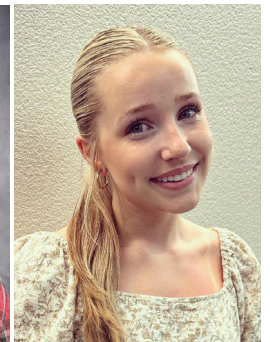
"I remember talking about the trip with [Holmes] on several occasions and how much she encouraged people to go if given the opportunity. She was a chaperone on the trip ... and said it was interesting and worthwhile," said former co-worker and current CCNCU Division Manager Lisa Widner. "She was also a judge for several years, reading the essays the students would write and interviewing them to determine who she felt deserved to go."

The trip, which emphasizes the importance of rural electrification and embraces the cooperative principles of giving back to the community and education, is organized so students can see their nation's capital up close, learn about the political process and interact with their elected officials. Approximately 2,000 students from rural areas and small towns across the U.S. participate in this program every year.

"The scholarship fund was created as a way to honor [Holmes'] years of support for the Youth to Washington Tour," added Widner.



Owen Northern

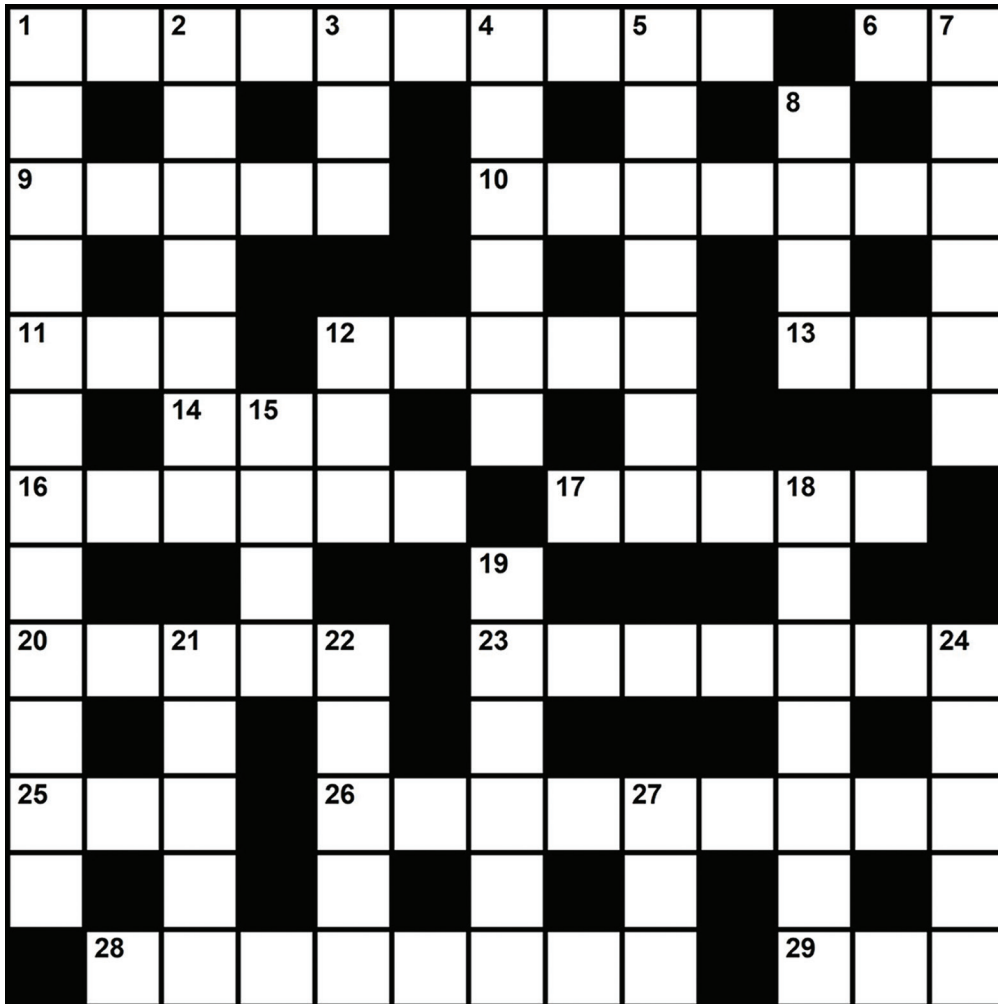


Caroline Guthman

While the fund is intended to finance the trip for one student annually, two were selected for this year's Youth Tour. Owen Northern, son of Bridgette Northern with Adams Telephone Co-Operative, and Caroline Guthman, daughter of Brooke Guthman of Egyptian Electric Cooperative Association, will join more than 50 other students and chaperones during the trip, which will be held June 16-23.

"I have heard so much about Youth Tour, and I was unsure if I'd ever get the opportunity to go," Caroline said. "Because of the Tootie Holmes Memorial Fund, I can attend and am looking forward to the opportunity and experience. I'd like to thank those involved in selecting me to attend in her name."

Donations to help support the fund are accepted throughout the year. For those interested in donating, contact the credit union at 217-529-6045 or 800-757-7432.💡



Across

- 1 “_____ and the livin’ is easy”
George Gershwin song
- 6 Medium for news and shows
- 9 Fishing line material
- 10 Tennis equipment
- 11 “__ Light Up My Life”
- 12 SkyMiles airline
- 13 It laps the shore
- 14 Jet _____: go fast over the water
- 16 Get away
- 17 Cruise ship levels
- 20 Shoreline
- 23 They are used to steer boats
- 25 Fall back as a tide
- 26 Swimming stroke
- 28 Pizza topping
- 29 Moor

Down

- 1 Great locations for vacations, 2 words
- 2 Clam or squid, for example
- 3 Very very long time
- 4 Long-living swimmer
- 5 Knot-tying art
- 7 Outlooks
- 8 Beach volleyball equipment
- 12 Party preparation
- 15 Strikeout symbols, in baseball scorecards
- 18 Go to the gym and run daily, e.g., 2 words
- 19 Cave
- 21 Stroll
- 22 Dining room feature
- 24 Fashionable elegance
- 27 Former Giant QB

Solution on page 33.



Follow the rules of the road


The League of American Bicyclists’ five Rules of the Road prepare you for safe and fun bicycling no matter where you’re riding.

Follow the law: You have the same rights and responsibilities as drivers. Obey traffic signals and stop signs. Ride with traffic by using the rightmost lane headed in the direction you are going.

Be predictable: Make your intentions clear to everyone on the road. Ride in a straight line and don’t swerve between parked cars. Signal turns and check behind you well before turning or changing lanes.

Be conspicuous: Ride where people can see you and wear bright clothing. Use a front white light, red rear light and reflectors when visibility is poor. Make eye contact with others and don’t ride on sidewalks.

Think ahead: Anticipate what drivers, pedestrians and other people on bikes will do next. Watch for turning vehicles and ride outside the door zone of parked cars. Look out for debris, potholes and other road hazards. Cross railroad tracks at right angles.

Ride ready: Check that your tires are sufficiently inflated, brakes are working, chain runs smoothly and quick-release levers are closed. Carry tools and supplies that are appropriate for your ride. Always wear a helmet. 

The League of American Bicyclists

LET'S GO!

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



Christopher Homecoming

JUNE
1-4

Enjoy a fun-filled time at the Christopher Homecoming. Events and activities will include a vendor fair, 5K race, a Saturday car show, free music entertainment, cow patty bingo, a Sunday morning community worship service and more. Go to cityofchristopher.org for a full schedule.

June 1-4, 2023; times vary

- Dennison Memorial Park, IL-14, Christopher
Admission: varies
618-218-2967 or cityofchristopher.org

Yoga: Connecting with Agriculture

JUNE
3

Join others on the mat for a gentle flow finishing with relaxing Yin yoga. Delicious smoothies and egg bites will follow the practice. The event will end with a behind-the-scenes meet-and-greet with Neely Farm and resident animals.

June 3, 2023; 8-11 a.m.

- Neely Farm, 12126 E. 1525th Ave., Hutsonville
Admission: \$20
facebook.com/neelyfarmillinois



ShrimpFest and Brew Hullabaloo

JUNE
3

Princeton Rotary Club presents its 2nd annual ShrimpFest and Brew Hullabaloo. Enjoy live music, food and beverages. Food trucks will fire up their griddles, and members of the Princeton Rotary will cook and serve grilled and fried shrimp boats. Kids' activities include face painting, play areas, train rides and more. Proceeds from ShrimpFest will benefit local high school students with scholarship funding as well as various community groups and organizations.

June 3, 2023; 11 a.m.-9 p.m.

- Rotary Park, 13593 Bicentennial Drive, Princeton
Admission: free
princetonshrimpfest.com

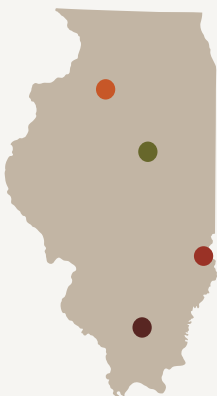
Lavender and Lemons Kitchen Tour

JUNE
17

Tour beautiful indoor and outdoor kitchens at this popular annual event benefiting the Illinois Symphony Orchestra's programs for area school children. The new and remodeled kitchens on the tour feature a variety of styles, sizes and budgets and are located in new and historic neighborhoods. Tickets are on sale at The Garlic Press and OhmFit in Normal, and in Bloomington at Casey's Garden Shop and Florist, Growing Grounds, Wendell Niepagen Greenhouse, AB Hatchery and the Hy-Vee customer service desk.

June 17, 2023; 10 a.m.-4 p.m.

- Various locations in Normal and Bloomington
Admission: \$20
309-585-1036 or ilsymphony.org/concerts-events/lavender-lemons-a-tour-of-kitchens-more/1



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One lightning strike, and you're out

Play it safe during sporting events

THERE'S NOTHING LIKE SPENDING a warm day outside enjoying a favorite sports activity, whether it's on the golf course, baseball diamond or soccer field, to name a few. As

Two-thirds of those fatalities are associated with outdoor recreational activities. Be safe this season with the following tips to protect yourself while participating in outdoor sports.

hard-topped metal vehicle with the windows rolled up provides good protection from the elements.

Because electrical charges can linger in clouds even if the storm

has passed, weather experts recommend you wait 30 minutes since you last heard thunder before resuming any outdoor activity. If it is an organized sports activity, the designated official should make the call on when to return to the field.

Lightning isn't the only thing to be careful around. Any outdoor activity that has a power source or is near power lines can present a potential hazard.

Be sure to look up and around for power lines before raising a ladder or tall tool or using lift equipment.

You or anything you are holding should not be within 10 feet of a power line.

Other potential hazards include electrical equipment exposed to weather conditions, such as electric panels, conduit and wiring, or outlets. Report worn or damaged equipment, cracked wire insulation and outlets that do not have covers or GFCIs (ground fault circuit interrupters), so repairs can be made by a qualified electrician.

Whether it is an organized sports activity, a round of golf with friends or a game of basketball in the driveway, plan to make your outdoor sports safe, and don't let lightning strike you out. For more information on electrical safety, visit SafeElectricity.org.



athletes, coaches, parents and spectators head out to sporting events this summer, Safe Electricity urges everyone to be aware of safety concerns that could come into play.

Although physical safety is often the first concern associated with playing sports, there are other factors to consider. Safe Electricity reminds everyone to keep outdoor electrical dangers in mind — the potential for lightning strikes as well as other hidden electrical dangers.

When the weather is right for outdoor sports, it can also be perfect conditions for a thunderstorm to roll in, with the potential for lightning. About 30 people are killed by lightning each year, according to the National Weather Service.

Organized sports activities should have a designated official who will watch for approaching dark clouds and any lightning in the area. Designated officials and anyone participating in outdoor sports should have a lightning safety plan with tips on when the activity should be stopped, where people should go for safety and when activities can resume.

Stop the game if you see lightning. Lightning can strike up to 10 to 15 miles away from a storm. Follow the simple phrase, "When thunder roars, go indoors."

No place outside is safe during a storm, including dugouts, sheds and rain shelters. If you don't have access to a sturdy building, a



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.

RECHARGEABLE Hearing Aids



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Surprising facts that make dollars and sense

WE'RE MORE ENERGY EFFICIENT than you might think, and we can do even better with a little innovative thinking. Electricity touches our lives nearly every minute of every

day and makes up about 5% of the nation's Gross Domestic Product (GDP). So, it makes sense to use it wisely, whether you're concerned about how it affects the environment and/or you want to save money.

was 30 years ago. That's because we're making strides in a range of ways, from building codes to light bulbs and vehicle mileage. These improvements are expected to

Slaying vampires

the old to the new is to Google "flip your fridge." That takes you to an ENERGY STAR calculator that compares the energy use of your current appliances to what's available in stores.

Did you know you could be spending \$100 to \$400 a year on energy you don't need? That frightening fact even comes with scary names — phantom power or vampire electronics. It's the TV and video games that draw power so they're ready to turn on instantly. It's the digital clocks. It's the computers and phones plugged in even though they're fully charged.

Getting rid of phantom power can be tricky. You may not want to regularly shut off your wireless router or constantly reboot your smart TV, but you can plug several devices into a power strip and turn them off with one switch when they're not in use.

When shopping for new electronics and appliances, look for the latest ENERGY STAR-rated models that take vampire loads into account. To start exorcising the phantoms, take a notepad through each room of your home to list anything plugged in, so you can figure out which energy users you might be able to control without causing much inconvenience.

Phantom power costs add up, but your home has much bigger energy users. If you're concerned about energy costs, make sure your heating and cooling system is up to date and working efficiently, and that your windows and doors aren't leaking air.

continue. The Department of Energy projects energy intensity will decline by 30% over the next 30 years.

Out with the old, in with the new

The old phrase "you have to spend money to make money" is catchy because at first, it sounds like it doesn't make sense. But when it comes to appliances that consume a lot of energy, it can make dollars and sense.

From dishwashers to computers, energy efficiency is improving every year as technology, federal rules and competition give you a better bang for your buck. In fact, if your refrigerator or dishwasher is more than 10 years old, a new appliance could pay for itself in just a few years with the money saved on energy use.

The yellow Energy Guide labels found on products at your appliance store will tell you how much you can save with a new purchase. Another way to compare

Here are three surprising facts about energy efficiency that can help you make the best use of your electricity.

Proof of efficiency

A little-known way of measuring efficiency is with a statistic called the energy intensity index. It shows how much energy it takes to produce a dollar of the economy's GDP. Another term used for that idea is energy productivity.

The indexes show that we're getting better at creating more economic activity with less energy — energy intensity is down, and productivity is up. Way up.

The numbers show that energy intensity is about half of what it

Phantom power is energy consumed by electronics and appliances when they're in standby mode but not being used. Phantom power costs typically range from \$100 to \$400 annually.



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

PHOTO COURTESY OF LOUIS POITRAS



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Beware of juice jacking

Think twice before using public USB charging stations

ALL COMMUNICATION STOPS, PRODUCTIVITY is halted, and anxiety starts to set in. You wonder how you are going to pass the time. What happened? Your cellphone battery has died while waiting on a 2-hour layover at the airport. No problem, right? You think all you need to do is find the nearest USB charging station and plug in, but not so fast. There are risks associated with using public charging stations.

The FBI recently warned consumers against using free public charging stations, saying scammers have managed to hijack public chargers and can infect devices with malware or software that can give hackers access to your phone, tablet or computer.

“Avoid using free charging stations in airports, hotels or shopping centers,” a tweet from the FBI’s Denver field office said. “Bad actors have figured out ways to use public USB ports to introduce malware and monitoring software onto devices. Carry your own charger and USB cord and use an electrical outlet instead.” The Federal Communications Commission has also warned about “juice jacking,” a term used for the malware loading scheme.

While it may be convenient to use public phone chargers when your phone battery nears the zero mark, there are security risks associated with using them. Public phone chargers can pose a security risk as they may transmit malware that steals your personal information. Consumer devices plugged into compromised USB ports can be hijacked through software that can siphon off usernames and passwords.

It is generally recommended to avoid using public phone chargers, if possible. If you must use them, make sure to take appropriate precautions, such as using a portable charger or a data blocker (which disables data transfer), and only using reputable sources. It is a good idea to regularly back up your phone and update your security software to minimize the risk of potential security breaches.

Here are some ways to protect yourself from these risks:

Bring your own charger. The easiest way to protect yourself is to bring your own charger and plug it into an electrical outlet.

Use a portable charger. If you’re frequently on the go, invest in a portable charger to keep your phone battery charged without relying on public chargers.

Use a data blocker. A data blocker is a small device that you can plug into a USB port to block any data transfer between your device and the public charger. This prevents malware from being transferred onto your device.

Disable data transfer. Some phones have the option to disable data transfer when connected to a USB port. Make sure to enable this setting before using a public charger.

By taking these precautions, you can protect yourself from the security risks associated with public phone chargers. 💡



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



The Invention of the Year

The world's most fun-to-drive and portable mobility device

Once in a lifetime, a product comes along that truly moves people. Introducing the future of battery-powered personal transportation . . . *The Zinger.*

Throughout the ages, there have been many important advances in mobility. Canes, walkers, rollators, and scooters were created to help people with mobility issues get around and retain their independence. Lately, however, there haven't been any new improvements to these existing products or developments in this field. Until now. Recently, an innovative design engineer who's developed one of the world's most popular products created a completely new breakthrough . . . a personal electric vehicle. It's called the *Zinger*, and there is nothing out there quite like it.

"What my wife especially loves is it gives her back feelings of safety and independence which has given a real boost to her confidence and happiness! Thank You!"

-Kent C., California

The first thing you'll notice about the *Zinger* is its unique look. It doesn't look like a scooter. Its sleek, lightweight yet durable frame is made with aircraft grade aluminum so it weighs only 47.2 lbs. It features one-touch folding and unfolding - when folded it can be wheeled around like a suitcase and fits easily into a backseat or trunk. Then, there are the steering levers. They enable the *Zinger* to move forward, backward, turn on a dime and even pull right up to a table or desk.



Available in Green, Black and Blue (shown)



With its compact yet powerful motor it can go up to 6 miles an hour and its rechargeable battery can go up to 8 miles on a single charge. With its low center of gravity and inflatable tires it can handle rugged terrain and is virtually tip-proof. Think about it, you can take your *Zinger* almost anywhere, so you don't have to let mobility issues rule your life.

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ICONIC ILLINOIS FOOD

By Colten Bradford

MANY DISHES COME TO mind when thinking of foods that define Illinois. At the top of the list is often the Chicago-style hot dog, which is an all-beef frankfurter on a poppy seed bun and topped with yellow mustard, white onions, green sweet pickle relish, a dill pickle spear, tomato wedges, pickled peppers and a dash of celery salt.

There's also the Chicago-style pizza, which is baked in a deep-dish pan with a large amount of cheese and topped with chunky tomato sauce. And Chicago-style popcorn, which is a mix of caramel and cheese popcorn. The Italian beef sandwich, comprised of slices of seasoned roast beef on a French roll and served with au jus and Chicago-style giardiniera, originated in Chicago. In 1893, the World's Columbian Exposition was held in Chicago, which also marked the debut of the chocolate brownie.

However, iconic Illinois cuisine extends much farther than the Chicago metropolitan area. From unique dishes to produce grown on farms across the state, Illinois has much to offer. Here are some dishes that define Illinois found outside of Chicagoland, and some accompanying recipes if you want to try making them at home.

Horseshoe sandwich

Take two thick slices of Texas toast, top with your choice of meat, pile on crispy French fries and drizzle cheese sauce over the top, and you've got a horseshoe. According to Visit Springfield Illinois, the open-faced sandwich originated in Illinois' capital city in 1928, created by Chef Joe Schweska and his wife Elizabeth and served at the Old Leland Hotel. The shape of the ham in the original horseshoe (along with the fries representing the nails) is how the name of the dish came about. The cheese sauce was a secret recipe until Schweska decided to print it in the 1939 Christmas Edition of the State Journal-Register. Go to visitspringfieldillinois.com for that original recipe.

Horseshoe Cheese Sauce

Servings: 4

4 tablespoons butter	2 teaspoons Worcestershire sauce
2 tablespoons flour	4 eggs, lightly beaten
1 cup stale beer	1/2 pound brick cheddar cheese, shredded
2 teaspoons dry mustard	Salt, to taste
1 dash cayenne pepper	
1/4 teaspoon paprika	

In a double boiler, melt butter and stir in flour. Slowly add the beer and cook until sauce thickens, stirring constantly. Add spices and Worcestershire sauce and mix well. Add cheese and continue to cook until it melts. Stir a ladle full of hot cheese into the eggs and slowly stir the egg mixture into the cheese. Add salt to taste. Nutrition information: 444 calories; 35.2g fat; 526mg salt; 7.4g carbohydrates; 20.9g protein.





Cozy Dogs

Anyone attending the Illinois State Fair or local county fairs can rely on the delicious treat of a battered hot dog on a stick. While commonly known as a corn dog, the original Cozy Dog can be enjoyed year-round at Springfield's Cozy Dog Drive In. Developed by Ed Waldmire, Jr., the Cozy Dog debuted at the Illinois State Fair in the 1940s, according to the restaurant's website. Corn dogs have been a fair staple ever since.

Corn Dogs

Adapted from natashaskitchen.com

Servings: 12

- 1 quart vegetable oil
- 1-1/2 cups fine yellow cornmeal
- 1-1/4 cups all-purpose flour
- 1/4 cup granulated sugar
- 1 tablespoon baking powder
- 1/4 teaspoon salt
- 1/8 teaspoon black pepper
- 1-3/4 cups buttermilk
- 1 egg
- 12 hot dogs
- 12 wooden skewers

Pour 3 inches of oil into a large pot and heat to 340 F over medium heat. Whisk together cornmeal, flour, sugar, baking powder, salt and pepper. Separately, whisk together buttermilk and egg. Combine wet and dry ingredients and pour into a tall glass. Pat hot dogs dry with paper towels and insert a stick into each. Dip hot dogs in the batter to coat. Let excess drip off. Using tongs, carefully hold the corn dog by the stick and submerge it in the hot oil for a few seconds to let it seal so it doesn't stick to the bottom of the pot, and drop it in the oil. Fry in batches (2 to 3 at a time) for 3 minutes or until browned. Drain on paper towels. Nutrition information: 357 calories; 21.6g fat; 750mg salt; 30.5g carbohydrates; 10.6g protein.

Southern Illinois barbecue

In 2015, the Illinois House unanimously voted to name Murphysboro the BBQ Capital of Illinois. In large part, this was thanks to 17th Street Barbecue and Pat's Barbecue and Catering. Both restaurants have won numerous awards and recognitions over the years. In addition to these award-winning hometown heroes, there's also the annual Praise the Lard barbecue cook-off, which will be held this year Sept. 21-23.

Simple Barbecue Sauce

Servings: 16

- 2 cups ketchup
- 2 tablespoons apple cider vinegar
- 1/3 cup brown sugar
- 1 tablespoon Worcestershire sauce
- 1 teaspoon onion powder
- 1 teaspoon chili powder
- Salt and pepper to taste

Mix all ingredients in a small saucepan. Heat on the stovetop until the sugar dissolves. Nutrition information: 43 calories; 0.1g fat; 347mg salt; 10.9g carbohydrates; 0.6g protein.



Pork tenderloin sandwich

While more of an icon of the Midwest as a whole, you cannot travel far in Illinois without finding a restaurant that features the beloved pork tenderloin sandwich that is oftentimes as big as your head. The pork tenderloin commonly takes up most of the real estate on the plate with a bun that looks comically inadequate to its counterpart. Made with a center-cut pork loin pounded flat, breaded and deep-fried, the tenderloin is served on a bun with a variety of toppings, including mustard, ketchup, mayonnaise, lettuce, onions, tomatoes and dill pickles.



Homemade Pork Tenderloin

Adapted from Food Network and Better Homes & Gardens

Serves: 4-8

- | | |
|---|------------------------------------|
| 2 pounds center-cut boneless pork loin | 1 teaspoon pepper |
| 2 eggs | 1/4 teaspoon cayenne pepper |
| 2 cups buttermilk | 2 sleeves saltine crackers |
| 1 teaspoon garlic powder | 2 cups flour |
| 1 teaspoon salt | Vegetable oil, for frying |

Trim off fat and cut the pork loin crosswise into 4 pieces. Slice each piece horizontally until almost in half, but don't cut all the way through. One at a time, open each piece like a book, spray with a mist of water and place between 2 pieces of plastic wrap. Pound flat to 1/4 inch thick with a mallet. Whisk the eggs, buttermilk and spices in a shallow bowl. Add the pork, cover and refrigerate at least 4 hours. Crush the crackers into coarse crumbs and transfer to a shallow dish. Put the flour in another dish. Remove each piece of pork from the marinade, letting the excess drip off. Dredge both sides in the flour, dip back in the buttermilk, and coat with the crumbs. Heat 1/2 inch of vegetable oil in a large skillet over medium-high heat to 350 F. Fry until golden, about 3 minutes per side. Drain on paper towels. Nutrition information: 678 calories; 31.5g fat; 893mg salt; 35.8g carbohydrates; 56g protein.



Pumpkins

While often thought of as a Thanksgiving requisite, pumpkin pie was voted the official state pie of Illinois in 2015 under the State Designations Act. Why? Because Illinois is the top pumpkin-producing state in the country. According to the U.S. Department of Agriculture (USDA), Illinois harvests more than twice as many pumpkin acres compared to other top states at 15,900 acres. In the same study by the USDA, 80% of pumpkins grown in Illinois are destined for pie filling.

Classic Pumpkin Pie

Servings: 6

- | | |
|-------------------------------------|--|
| 3 eggs, beaten | 1/2 teaspoon salt |
| 1 15-ounce can pumpkin | 1 cup sugar |
| 1 teaspoon ground cinnamon | 2 tablespoons vegetable oil |
| 1/4 teaspoon ground ginger | 1 cup milk |
| 1/4 teaspoon ground nutmeg | 1-1/2 teaspoons vanilla extract |
| 1/4 teaspoon ground cloves | 1 unbaked pie shell |
| 1/4 teaspoon ground allspice | |

Preheat oven to 425 F. Place all ingredients in a large bowl and mix until combined. Pour into an unbaked 9-inch pie shell and bake for 20 minutes. Reduce heat to 325 F and bake for 45 minutes or until the center of the pie is done. Cool at least 4 hours before serving. Nutrition information: 263 calories; 8.8g fat; 269mg salt; 43.9g carbohydrates; 5.1g protein.

Pink cookies

They aren't just sugar cookies with pink icing. Pink cookies are a delicacy in the southern part of the state. These super sweet, vibrant cookies are most notably found in bakeries across southern Illinois. If you're in the area, be sure to drop by Davis Pastry in Anna, Cristaudo's Bakery or Larry's House of Cakes in Carbondale, or Dixie Cream Donuts in West Frankfort for an authentic pink cookie. You can even order Davis Pastry's version online. Each bakery has its own take on the pink cookie, so be sure to try them all.

Homemade Pink Cookies

Makes: 2 dozen

3/4 cup butter, softened

1 cup sugar

2 eggs

1 teaspoon vanilla extract

2-1/2 cups flour

1 teaspoon baking powder

1 dash salt

Frosting:

3 cups powdered sugar

1-1/2 teaspoons vanilla extract

4 tablespoons milk

Red food coloring

In a mixing bowl, combine butter, sugar, eggs and vanilla. Blend in flour, baking powder and salt. Once combined, cover and chill for 1 hour. Preheat oven to 400 F. Roll out dough and use a circle cookie cutter to cut out cookies. Place on a baking sheet and bake for 8-12 minutes. Allow cookies to cool completely on cooling rack. Prepare frosting by stirring together powdered sugar, vanilla and milk. Add red food coloring until you get the desired pink color. Dip the tops of the cooled cookies in the frosting, let the excess drip off and let rest for several hours until the frosting hardens. Nutrition information per cookie: 196 calories; 6.3g fat; 56mg salt; 33.5g carbohydrates; 1.9g protein.



Popcorn

According to the Illinois State Museum, more than 300 Illinois farms grow popcorn on 47,000 acres of land, which makes Illinois the third largest grower of popcorn in the U.S. In fact, popcorn was designated as the official state snack food of Illinois in 2003 under the State Designations Act. However, popcorn has been celebrated in the state for a long time. This year during Labor Day weekend, the city of Casey will celebrate its 36th anniversary of the Casey Popcorn Festival.

Buttered Popcorn

Servings: 8

2 tablespoons coconut oil

1/2 cup popcorn kernels

1/4 cup clarified butter, melted

Salt, to taste

Melt the coconut oil in a large pot over medium-high heat. Add a couple of kernels as a test and wait for them to pop. This is so you know the oil is hot enough. Add the remaining kernels, cover with the lid, and swirl the pot for 30 seconds. Return to heat. Shake the pot gently on the burner until the popping slows and remove it from heat. Shake until the popping stops. Add half the butter, cover and shake to coat. Repeat with remaining butter. Salt to taste and serve immediately. Nutrition information: 120 calories; 9.7g fat; 148mg salt; 9.7g carbohydrates; 1.4g protein.

There were many other contenders for this iconic Illinois food list. Collinsville claims to be the horseradish capital of the world (due to having the most concentrated growth of the root vegetable) and celebrates it during the annual International Horseradish Festival, held this year June 2-3.

Arenzville and Chandlerville in Cass County, Franklin in Morgan County, Brighton in Macoupin County and Utica in LaSalle County host annual events that revolve around burgoo, a stew consisting of a variety of meats and vegetables. Plus, southern Illinois and Calhoun County peaches are summer delicacies.

No matter where you go in Illinois, whether it's the big city or rural farming communities, food is enjoyed and celebrated. 🍷



PHOTO COURTESY OF GOLDMOOR INN

Be their guest

Illinois offers a variety of bed and breakfasts

By Jim Winnerman

IF YOU HAVE EVER opted for staying at a bed and breakfast instead of a traditional hotel, it is likely you have enjoyed a home-cooked breakfast versus a standard hotel continental breakfast bar, as well as the friendly conversation and helpful local knowledge of the inn owner.

Most inns are in private homes and feature up to eight rooms, each decorated differently and often in keeping with the history of the home. Usually, the congenial owner lives on the property.

For first-time visitors and people who prefer to stay at an inn, these six, scattered throughout the state, may be worth a visit. Room rates shown are the lowest offered throughout the year, but prices vary by type of room, day of the week and season.

Goldmoor Inn

9001 W. Sand Hill Road, Galena

Surrounded by thick woods on three sides and featuring 180-degree views of the Mississippi River on the fourth, the Goldmoor Inn offers a classic country inn experience just 6 miles from Galena, where 85% of the village is included in the Galena Historic District.

The once privately owned estate was transformed three decades ago into a country inn offering a variety of accommodations for overnight guests. Situated on 21 acres of gardens and grounds, room choices include suites in the main lodge, cabins and cottages.

“Many have private, stunning views of the Mississippi River,”

says co-owner Birgit Radin. Along with husband Sloba, the couple has more than 25 years of hospitality experience for hotels and resorts on three continents.

Amenities normally not found at an inn but included at the Goldmoor are a restaurant on the property, a spa and breakfast delivered to each guest room every morning. All rooms have a jacuzzi tub, king bed, fireplace and a fully equipped kitchenette.

A 15-minute drive into Galena takes guests into the heart of the historic town, which features a variety of boutique shops, restaurants, entertainment venues and Civil War history.

goldmoor.com

Rooms from \$330

Things to do:

Galena. Go to visitgalena.org for a comprehensive guide of places to eat and shop, galenahistory.org for historic sites, and galenatrolley.com for narrated tours.



PHOTO COURTESY OF MAKANDA INN

Makanda Inn

855 Old Lower Cobden Road, Makanda

While Greg Wellman was teaching in the aviation department at Southern Illinois University, he found 18 acres of land where he could build his dream of a sustainable resort. As a result, the five-suite Makanda Inn and three cabins were developed as an eco-friendly retreat in the heart of the Shawnee National Forest in southern Illinois. Tucked deep in the woods, the retreat is surrounded by nature, including a creek that flows through the property.

Both high- and low-tech methods for minimizing the impact on the environment were used in the construction of the inn and cottages. Straw bales for sound and energy efficiency fill the walls, and earthen plaster, recycled plastic roofing materials and reclaimed wood for doors and roofing are all integrated throughout the inn. One cottage even features a living roof of native growing plants.

All rooms in the lodge and the cottages were designed from the bed outward, with views of the woods a paramount consideration.

The resort also features the work of several area artisans who handcrafted much of the furniture, created an enormous copper sun sculpture, and made custom-crafted doors and woodwork. Two cottages feature backsplashes made by Shauna Wellman from scrap tile, broken dishes and whatever else she found for inspiration.

Breakfasts are included in the room rates for the inn, and specially made dinners can be ordered.

makandainn.com

Rooms from \$149

Things to do:

Makanda Boardwalk. Dating to the late 1800s, this block of storefronts contains an eclectic collection of boutique stores a short walk from the inn.

Giant City State Park. This park features spectacular woodlands and sheer sandstone walls for rock climbing and rappelling enthusiasts. The park also offers hiking trails and horseback riding.

Cache River State Natural Area. Made up of 14,960 acres, the area is home to America's northernmost cypress swamp and contains trees more than 1,000 years old. The

site offers biking, hiking, seasonal hunting and fishing.

Breese Inn

670 N 8th St., Breese

Few inns have a family history that rivals that of the Breese Inn. When co-owner John Foppe's parents were seeking a larger home for their family in 1972, they reached an agreement to purchase this 1906 Victorian home with its prominent turret. However, they worried that John, who was 2 at the time and born without arms and with birth defects in his hips, would not be able to manage three flights of steps. They never closed on the purchase.

Then, 23 years later, when John was 25 and his career as a motivational speaker was well-established, he learned the home was for sale and purchased it, completely unaware of his mother's earlier intentions.

After living in the home for eight years, he met his wife Christine, and they decided to move to nearby St. Louis. John sold the home to his mother and brothers, who added bathrooms to each of the four bedrooms and opened it as a bed and breakfast.



PHOTO COURTESY OF BREESE INN



PHOTO COURTESY OF HARPOLE'S HEARTLAND LODGE

“When our daughter was born in 2007, we decided to move back to Breese, and I purchased it again,” John says. “Then in 2021, we added our own living area, upgraded all the guest rooms and reopened it as the Breese Inn. Mom had operated her inn successfully, so we were confident it would work.”

Rooms and wallcoverings have been selected to mimic what guests in the early 1900s would have expected, accentuated with purchases made during Foppe’s travels around the world. Some walls display watercolors John painted using a brush held between his toes.

“We love this town,” John says. “My family has been here since 1842, when they immigrated from Germany and took up farming.”

breeseinn.com

Rooms from \$89

Things to do:

The Hett Center for the Arts. Southern Illinois’ performing arts venue features world-class dance, drama, classical music and jazz. The auditorium is located on the McKendree University campus in Lebanon.

Carlyle Lake. The largest man-made lake in Illinois offers all kinds of outdoor sports, including sailing, boating, fishing, hunting, birdwatching and golfing.

Eversgerd’s Civil War Fort. The replica is the 30-year passion of one man and features a jail, a one-room home, livery and log cabins.

Harpole’s Heartland Lodge

10236 393rd St., Nebo

Gary Harpole’s happy recollections of visiting his centennial family farm led to him returning to the acreage after college. “He wanted to have dogs, horses and the freedom found in the country,” says Gary’s mother Wanda.

Then Gary had the idea to develop the land into a retreat for others to enjoy. “If Colorado can use its mountains and Florida its beaches, we can use the resources we have in Pike County,” he said, and he proceeded to build.

The 9,500-square-foot Heartland Lodge was constructed in 1995 on 1,200 acres, and the 10,000-square-foot Prairie Ridge Lodge was added in 2005. The 10,100-square-foot Sunset Valley Lodge was constructed in 2014, followed by the Heavenly View Cabin in 2015. Five private cabins are the latest additions.

The prevailing theme for all lodge common areas and rooms is “cabin rustic.” Rooms feature knotty pine and cedar walls, vaulted ceilings, hand-carved Old Hickory furniture and outdoor-themed décor. Some have fireplaces and whirlpool tubs.

In addition to being used for romantic getaways and family vacations, the resort includes a large multipurpose hall for weddings, reunions and meetings.

Activities available on the property include guided hunting

(deer, turkey and waterfowl) and fishing trips, sporting clays, half-day excursions on the Mississippi River, morel mushroom hunting, horseback and ATV/UTV trail rides (bring your own), a free pistol range, and hayrides and bonfires.

heartlandlodge.com

Rooms from \$95

Things to do:

Clarence Cannon National Wildlife Refuge. Covering 3,750 acres of Mississippi River floodplain, the refuge provides a feeding and resting area for migratory birds. Nearly 300 bird species visit the refuge annually.

Pittsfield. The nearby town offers a recorded tour of local homes and sites highlighting their connection to President Lincoln.

Hannibal, Mo. The home of Mark Twain is a 40-minute drive away.

The Tiskilwa Inn

155 High St., Tiskilwa

This stately Italianate-style manor house has been recognized in an Illinois Historic Structures Survey as “a place of special interest because of its aesthetic, architectural and technological significance.”

Built in 1848 by John Stevens as a wedding gift to his daughter and named for a Pottawatomie village and Native American chief, the home features a center hallway with a front stairway of cherry wood and a back stairway of walnut.



PHOTO COURTESY OF THE TISKILWA INN



PHOTO COURTESY OF MARKET STREET INN

Opened as an inn in 2019, it is an elegant step back in time. Original geometric designs of molded plaster grace the ceilings in the library and formal dining room, and five of the home's original fireplaces remain, each with its own distinctive design. A large glass room known as a Belvedere and common in Italianate architecture sits atop the roofline, offering magnificent views.

Five guest rooms feature antique furniture, private baths, toiletries and guest robes.

The inn is known for its gourmet breakfasts, which include baked eggs with Havarti and dill, homemade buttermilk biscuits with venison-sausage gravy, Tasso ham and Gruyere quiche, and the always popular cinnamon roll bread pudding served with local farm bacon.

thetiskilwainn.com

Rooms from \$149

Things to do:

Tiskilwa Farms Alpacas. Enjoy a farm visit to the herd of 100 alpacas as well as sheep, chickens, turkeys and Akbash dogs.

Hennepin Canal Trail. The 60-mile trail is known for excellent hiking, biking, kayaking and birdwatching.

Princeton Historic District. The 1830-era area is known for boutique shopping and one-of-kind dining choices.

Market Street Inn Bed and Breakfast

220 E. Market St., Taylorville

This inn has an interesting past, having been built in 1892 using plans for a Victorian-style home sold through a mail-order catalog marketed by American architect George Barber. A variety of plans were drawn by Barber and sold all over the world.

Originally, the Market Street Inn was a 4,400-square-foot private residence, but today the main house has been expanded with the addition of rooms on the third floor. Today, its 7,100 square feet features eight ensuite bedrooms (most with fireplaces and whirlpool tubs), two parlors and a large dining room. Two additional rooms are in a carriage house, including the 550-square-foot Hunt Club Suite with a fireplace in the main room and a second next to a whirlpool tub for two.

Native Taylorville innkeepers Joe and Myrna Hauser are celebrating 29 years of innkeeping and ownership, having acquired the property in 1993. They met in town, married, moved away and returned after successful business careers.

Guests at the inn are added to a long list of international visitors from more than 40 nations who have enjoyed the Hauser's hospitality.

marketstreetinn.com

Rooms from \$130

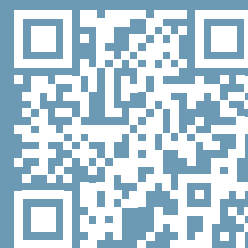
Things to do:

Lakeshore Golf Course. Along the banks of Lake Taylorville, this golf course features rolling terrain, tree-lined fairways and lake views.

Lincoln Prairie Bike Trail. The trailhead begins a few blocks from the front door of the inn. The trail is nearly 15 miles of paved asphalt that connects the cities of Pana and Taylorville.

Small Town Taylorville. Explore the locally owned shops and eateries located throughout the town. Visit smalltowntaylorville.com to see everything Taylorville has to offer and discover upcoming events.💡

KNOW OF OTHER
GREAT INNS? ADD
THEM TO OUR BED AND
BREAKFAST MAP.



icl.coop/illinois-bnbs



A lesson in chemistry

Use pesticides responsibly in your lawn and garden

CICADA KILLERS ARE FASCINATING creatures. The larger docile female is equipped with a stinger but avoids using it unless there's a cicada. The smaller more territorial male doesn't have a stinger. He's all bark and no bite. Recently, a homeowner called the local Extension office concerned about cicada killers.

I immediately set about my normal talk describing the benefits of cicada killers and how they are not prone to sting humans. The homeowner graciously listened to my pitch and then said they understood but objected to how the cicada killer makes their lawn surface so bumpy. I conceded their point and set about gathering more information for chemical treatment recommendations.

The homeowners described how they enjoy relaxing on the shore by their pond, which as it turns out is where the cicada killers reside. During our conversation, I learned that last year the homeowner treated their lawn with an ammonia-based home concoction they found on the internet. They believed the remedy had worked before, but it doesn't seem to be doing the trick anymore.

We must use pesticides responsibly. In this scenario, there was no registered chemical. It was a mixture of ingredients obtained on the internet and under the kitchen sink. There are many nefarious do-it-yourself instructions online, and even recipes using all organic ingredients can be unsafe.

Nicotine can be considered organic, yet it is one of the most toxic substances on the planet. Even so, there are pages on the internet explaining how to make nicotine-based pesticides powerful enough to kill both Japanese beetles and the human spraying the concoction.

Understanding the pest you are attempting to control is also part of the equation. It is unlikely the ammonia-based product worked, as cicada killers are only active for a few weeks in the summer. More than likely, it was the end of the cicada killer's annual life cycle, and the homeowner was needlessly spraying chemicals.

Another call I received involved a vegetable garden and a frugal husband. The husband purchased a home defense insecticide, meant to be sprayed around the outside perimeter of a building. After

spraying his home, he had some insecticide left over and decided to apply the remainder to the family vegetable plot, with logic dictating that if this kills insects entering his home, it should take care of the ones going after their veggies.

His wife then called me, worried the vegetables sprayed by her spouse may not be safe to eat. When consulting the label of the insecticide, it was apparent this spray was never intended for use on edible crops.

After speaking with the manufacturer of the chemical, I had to break the news that the entire garden would have to be culled and lay dormant for a year. For a family that loves gardening and perhaps depends on homegrown produce, this can be disastrous. This is a poignant lesson on why we must always be responsible with landscape chemicals.

Always follow pesticide label directions. The labels are there to ensure the proper use of the product, which protects you, your family, your neighbors and the environment. If you have questions about a pest or what pesticide is well-suited for your situation, contact your local Illinois Extension office. 💡



Chris Enroth is a horticulture educator with the University of Illinois Extension, serving Henderson, Knox, McDonough and Warren counties. This column also appears in the "Good Growing" blog at go.illinois.edu/GoodGrowing.

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Sisig, a popular Filipino dish made from minced pork, chopped onion, chili peppers and topped with an egg



A taste of Filipino cuisine

By Les O'Dell

IT'S LATE THURSDAY MORNING and already the staff at M.A's Filipino Cuisine are busy. Cars are lined up at the drive-thru window, the telephone rings frequently, and owners Aicy Munsell and Monette Laird smile as they carry trays through the dining room and hand out samples of the day's features to patrons ready to place their lunch orders.

You might not think the restaurant would be so busy at 11:15 a.m.; nor might you think that a shopping center not far off of Interstate 57 in Marion would be a hotbed for Filipino food, but locals and visitors alike have fallen in love with the restaurant and the cuisine, making the restaurant — and its charming co-owners — popular ambassadors for both their homeland and its food.

Munsell and Laird are natives of the Philippines but had never met until both relocated to southern Illinois. They



Owners Aicy Munsell and Monette Laird

became fast friends and, as is often the case with friends, conversations turned to food and how they both loved to cook. This camaraderie evolved into a desire to share the tastes of their native country beyond their families and friends.

The pair opened a food truck, but soon discovered its popularity exceeded what they could produce. "We had high demand, but a lot of people couldn't catch us," Munsell recalls. "We would run out of food because a food truck has limited space and we were the only Filipino restaurant around."

Parking the truck late last year, the pair opened the restaurant, where they found space to offer more selections, a dining room and serve more happy customers. The brick-and-mortar location also gives them a chance to share the hospitality of the Philippines.

“The main thing is for us to share our culture, to bring Filipino culture here through our food,” Munsell says.

She adds that the restaurant’s most popular dish has a bit of an American twist to it. “It’s the pork barbecue combo — while it is Filipino, it’s the most American thing we have, and you can’t go wrong with the barbecue. It is pork barbecue on a stick.”

Of course, the restaurant offers a wide range of traditional Filipino tastes, too. “Filipino food is different from other Asian cuisine,” she explains. “It’s more savory and flavorful.” By its nature, Filipino food is a mixture of sweet, salty and sour flavors. Rice, noodles and vegetables are mainstays in many dishes.

“When you think about Filipino food, you are going to think about noodles and things like chicken Adobo and pork Adobo and, of course, lumpia,” she says. “A lumpia begins with ground pork with some vegetables, such as carrots, bell peppers and onions, as well as seasonings. It’s wrapped and fried crispy and served with a sweet

chili sauce.” Be careful not to confuse a lumpia with a spring roll found in other cuisines. “It’s meatier and larger,” she adds.

All the staff members at M.A.’s are happy to share about their products and are even happier to share samples. “We offer free tastes to everyone — samples of what we have ready,” Munsell explains. “We want people to try what we have so that they are not ordering something unfamiliar.”

It is rare that those who sample the food do not like it. Usually, they fall in love with just a bite or two. In fact, Munsell estimates that 90% of her customers had never tried Filipino food before coming into M.A.’s. “They keep coming back,” she boasts. “Plus, we probably get 10 or more new customers every single day.”

She adds that the restaurant’s location close to the interstate makes it a sort of destination for those traveling through the region. “We have about 85% repeat customers,” she says proudly. “I think the others are travelers who just haven’t come back yet.”



LET'S EAT!

M.A.'s Filipino Cuisine

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Marion, IL

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facebook.com/m.a.filipinocuisine

HOURS

Tues.-Sat.: 11 a.m.-8 p.m.



(Above) Halo-halo (which translates to "mix-mix") is a dessert made with a combination of many ingredients, which includes crushed ice, evaporated or coconut milk, sweetened beans, coconut strips, gelatins in various flavors and colors, and more. It is topped with a scoop of ube ice cream.

(Left) Clockwise starting at the top: pancit (a stir-fry noodle dish with vegetables and small pieces of chicken), bistek tagalog (a Filipino beef stew), garlic rice and lumpia rolls filled with ground pork

More Abbott and Costello than Lewis and Clark

MY WIFE CHRIS AND I have an annual canoe ride on the river every summer. While it's not an extended expedition, our short run is more for relaxation than adventure.

On our first canoe trip many years ago, our youngest daughter Jacci came along. We unloaded the canoe, a canteen, three paddles and three life vests.

We found a good place to launch. The water was about 4 feet deep with a few roots sticking out of the bank for secure footing. Plopping the canoe in the water, I instructed Chris to carefully step from the bank into the center of the craft. The last words out of my mouth were, "Watch the bank. It's muddy and slick."

Just as she lifted her left leg into the canoe, her right foot slipped on the mud-covered bank, and she lost her footing. Horrified, I watched as she slid into the water and disappeared under the canoe.

To this day, I will never forget Jacci turning to me wide-eyed, saying, "Dad, you better do something!"

Instantly, Chris bobbed to the surface on the far side of the canoe, spluttered a few times, and said, "Why didn't you tell me the bank is slick?"

I thought our trip was over. Surprisingly enough, Chris wanted to push on with the excursion.

With Chris forward in the canoe and Jacci in the middle, I shoved off. We began to paddle downstream. We made it about 30 feet before we slammed into the bank.

What an embarrassment. My family was incapable of paddling a canoe.

I started a simple line of instruction designed to make canoe paddling easy to understand. "Since you guys are both forward, paddle on the left to make the canoe go right ... unless you're back-paddling ... that will make the canoe go left."

The conversation sounded like an Abbott and Costello routine, and went something like this:

"What did Dad say?"

"He said paddle to the left."

"If I paddle on the left, we'll hit the bank again."

"No, paddle and make the canoe turn left."

"You mean on the right?"

"Right."

"You mean if I paddle on the right, I would be correct?"

About this time, I interjected, "Would you guys paddle right?"

Naturally, when I said, "right," indicating to turn the canoe right, my wife paddled on the right, turning the canoe to the left. I found hollering, "RIGHT, RIGHT, RIGHT," only made her paddle faster and more determinedly on the right of the canoe, which only turned us to the left even faster.

"We're trying to paddle right ... remember, we're new at this!"

"No, I mean paddle on the left, so we'll turn right. I didn't mean you're not paddling right, er, correct."

"Well, why didn't you say paddle on the left-hand side of the canoe?"

"I did ... I said paddle right!"

"OK, now which side do you want me to paddle on, the left or the right?"

"Paddle on the left, and every time you hear me say 'other side,' then switch sides."

Finally, we were communicating, and soon we were paddling along in a relatively straight line.

We finally made it. Parking the canoe, we gave the island a proper exploration and prepared to return.

Starting upstream, the current suddenly spun the front of the canoe toward the bank, and we slid under a low-slung willow tree. Jacci ducked and let the branches pass over her head. We ground to a halt against the bank. Undaunted, I told Jacci to slide out of the canoe and into the shallow water.

"I can't ... there's a really big snake in the limb right over me."

Hearing the word "snake," Chris turned around to discover she was eye to eye with a curious, nonpoisonous 6-foot water snake.

To this day, I have never seen her move with such speed. In an instant, she was out of the canoe and doing a 100-yard dash upstream in waist-deep water. Jacci, the snake and I all marveled at the sight.

As we slid the canoe from under the tree and bid the snake farewell, Jacci said, "We'd better get Mom." Shoving my paddle hard against the current, I replied, "At least she went in the right direction." 🐍



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.

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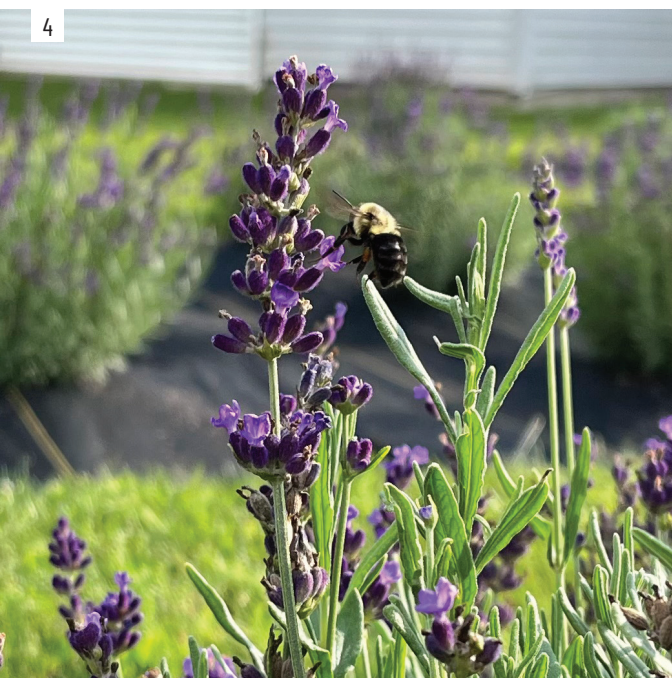
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UPCOMING THEMES

- August - Landscapes
- September - Light
- October - Power lines
- November - Tractors



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Eye Doctor Helps Illinois Legally Blind To See

High Technology For Low Vision Patients Allows Many To Drive Again



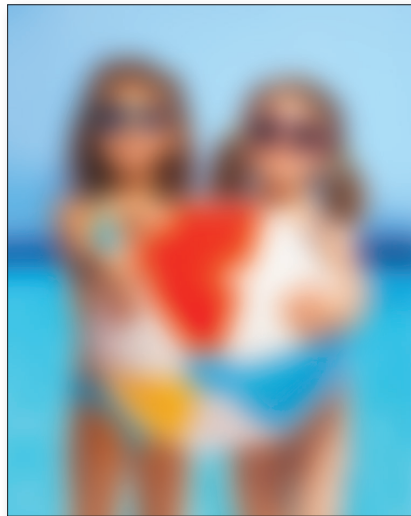
For many patients with macular degeneration and other vision-related conditions, the loss of central visual detail also signals the end to one of the last bastions of independence: driving. A Mascoutah optometrist, Dr. Marianne McDaniel, is using miniaturized telescopes that are mounted in glasses to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

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