

Illinois Country Living



The **inside** track

Original music is waiting to be found

ARTS AND ENTERTAINMENT

Spreading cheer
with butter art

FINEST COOKING

Canning and jamming

GARDENWISE

Floral food for thought

+
CO-OP
NEWS



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WAYWARD MOTEL

PHOTO COURTESY OF MASON MILLER

Illinois Country Living

JULY 2023
VOLUME 81, NO. 3

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PHOTO COURTESY OF SARAH PRATT



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Protect the skin you're in

Reduce skin cancer risks

SKIN CANCER IS THE most common type of cancer in the U.S. One in five Americans will develop it in their lifetime, and nearly 20 Americans die from melanoma every day, according to the American Academy of Dermatology (AAD) Association.

Although those with fair skin are at greater risk of getting skin cancer, anyone can get it.

Basal and squamous cell carcinomas are the two most common types. Melanoma, the deadliest form of skin cancer, is the third most common type. The risk for melanoma doubles for people who have had more than five sunburns, according to the Skin Cancer Foundation (SCF). However, even without a burn, any sun exposure increases the risk of skin cancer.

The most preventable cause of skin cancer, according to the Centers for Disease Control and Prevention (CDC), is overexposure to ultraviolet (UV) light from the sun or artificial sources, such as tanning beds.

Safety in the sun

To prevent skin cancer, protect yourself from UV rays, not just during the summer but year-round. UV rays can reach you on non-sunny days (cloudy and cool days), and they can also reflect off other surfaces like water, cement, sand and snow.

In the continental U.S., UV rays are strongest from 10 a.m. to 4 p.m., according to the CDC. The UV Index forecasts the strength of UV rays each day. Protect your skin from too much exposure to the sun by following a few simple tips.

- Stay in the shade.
- Wear sun-protective clothing.
- Wear a hat with a wide brim.
- Wear sunglasses that wrap around and block both UVA and UVB rays.
- Apply broad-spectrum, water-resistant sunscreen with an SPF of 30 or higher to cover skin not protected by clothing. Do not forget to apply it to the tops of your feet, neck, ears and the top of your head.
- Reapply sunscreen every 2 hours or after sweating or swimming.

Indoor tanning

Using a tanning bed, booth, sunbed or sun-lamp exposes users to high levels of UV rays. Over time, too much exposure to UV rays can cause skin cancers, cataracts and cancers of the eye, according to the CDC.

Indoor tanning does not protect against sunburns. A “base tan” is a sign of skin damage. Using a tanning bed or other indoor tanning methods can also cause serious injury; burns send more than 3,000 people to the emergency room each year.

The skin you're in

The bottom line is that you should protect your skin from sun/UV exposure at all times. Consider using a self-tanning product if you want to look tan (but be sure to still use sunscreen). Perform regular skin self-exams to detect skin cancer early when it is most treatable. See a dermatologist if you notice something new or suspicious on your skin. 💡



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.

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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SOMEONE YOU CAN TALK TO



Telehealth counseling sessions with SIU Medicine counselors are available for those in need of additional support. Up to six individual, couple or group sessions are available at no cost to the farmer or farm family member with the support of grant funding.

JULY CHECKLIST

Have a safe Independence Day.

Keep children a safe distance from all fireworks, including sparklers. They can burn at temperatures more than 2,000 degrees F.



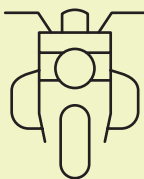
Listen to weather reports.

During severe weather, pay attention to local news alerts, which can quickly change. If a warning is issued, assume the storm is nearby and will likely impact your area.



Share the road.

Look out for bicyclists and motorcyclists while on the road.



Tip of the month.

July is National Grilling Month.

Cooking outside can save energy. By using a grill instead of your oven or stove, you can lower energy consumption and keep your home cooler.



Learning line clearance to retain electric reliability

Severe weather conditions wreak havoc on trees and the electrical system. It is not unusual for branches to cause power outages, and Illinois electric cooperatives plan ahead by performing line clearance to help prevent the loss of power due to trees.

Each year, the Association of Illinois Electric Cooperatives' safety and training department holds Utility Line Clearance School (ULCS), a weeklong series of courses and hands-on training designed to accommodate both experienced and inexperienced employees who wish to become more proficient in the field of line clearance and right-of-way management.

The Southern Illinois Artisans Building in Wittington hosted this year's ULCS May 15-19. The hands-on approach allowed students to learn new skills and apply them to work scenarios in the field while supervised and coached by instructors.

Participants were expected to demonstrate procedures set forth in OSHA regulations and ANSI guidelines, as well as be competent in their application and overall safety, upon completion of the school. 💡

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.

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

Youth Tour gains momentum

National Rural Electric Cooperative Association's (NRECA's) Electric Cooperative Youth



Tour is back in the nation's capital this year with participant numbers approaching pre-pandemic levels.

More than 1,800 youth delegates and chaperones attended at different times over a two-week period, from June 13 to 23. That's a solid increase over last year's 1,300 attendees and not far below the 2,000 who attended in 2019 before a two-year pandemic hiatus. Forty-four states were represented this year, compared to 28 in 2022.

"We are still feeling the effects of the pandemic," said Beth Knudson, NRECA's youth programs and training manager. "Not having our in-person program in 2020 or 2021 put a dent in our applications simply because we don't have those recent attendees in our pipeline to promote the program at school. But we're getting there."

From Illinois, 52 young leaders representing their electric and telephone cooperatives across the state attended this year's Youth Tour. They departed for Washington, D.C. on June 16 and returned June 23. Be sure to check out the August 2023 issue of Illinois Country Living magazine for coverage of the event. 💡

Victoria A. Rocha, NRECA

Mild temperatures to reduce electricity demand this summer

A milder summer will lead to less demand for air conditioning compared to 2022, resulting in slightly less overall electricity demand, according to a monthly forecast from the Energy Information Administration (EIA).

Amid that downward trend in demand in the coming months, more electricity

generation will be available from renewable sources and natural gas, EIA said. Wind and solar will see significant growth.

As a result, coal will make up a smaller share of generation — 17% in 2023 and 16% in 2024, compared to 20% in 2022.

"The increasing share of renewables in the U.S. generation mix is a major feature of our electricity forecast this summer and through 2024," said EIA Administrator Joe DeCarolis. "As electricity providers generate more electricity from renewable sources, we see electricity generated from coal decline over the next year and a half. We expect that the U.S. will generate less electricity from coal this year than in any year this century."



By 2024, the forecast share of electricity generation from renewable sources will rise to 26%, compared to 23% this year and 22% in 2022. The share of natural gas in generation, which averaged 39% last year, will climb to 40% in 2023 before decreasing to 38% next year "as a result of the growing availability of renewable energy-generating capacity and an increase of natural gas prices," the report said. 💡

Victoria A. Rocha, NRECA

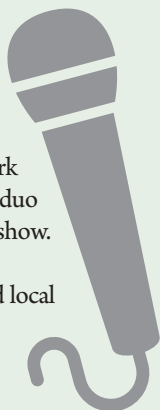
IL ENTERTAINMENT CORNER

Kendell Marvel, No. 1 country hit songwriter, performs Saturday, July 29 at the annual Waverly Old Fashioned Picnic at Salter Park in Waverly. Southern Illinois duo Salmon Creek will open the show.

Marvel, born and raised in Thompsonville, Ill., has played local bars from age 10.

Since moving his family to Nashville, he has written hits for and with Gary Allan, Joe Diffie, Jake Owen, George Strait, Blake Shelton, Chris Stapleton, Kenny Chesney and Brothers Osborne. He has been opening for Stapleton since 2018 on his All-American Road Show and opened for Brooks and Dunn at the Illinois State Fair in 2022.

For more information, visit waverlyoldfashionedpicnic.com. 💡



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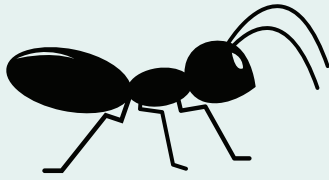
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Where is it?

The winners of the May hidden object contest were Teena Calvert of EnerStar Electric Cooperative and Mary Laux of Clinton County Electric Cooperative. Congratulations! Your ICL Tervis tumblers have been sent.

June's ice cream cone was hidden in the popcorn photo on page 23. 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. July is Picnic Month, so be on the lookout for a pesky ant. 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. 



Cutting through the carbon jargon

What if instead of letting greenhouse gases escape from power plants, you could grab that carbon dioxide before it even reaches the atmosphere?

It's a simple idea that's getting a lot more attention as concerns grow over the effects of burning fossil fuels that power many industries and generate a large share of the nation's electricity.

This idea has a name: carbon capture — two words that have created a whole new set of jargon within the energy industry.

Carbon capture is an expensive and complicated idea to turn into a widespread reality. But understanding some of the terminology associated with this complex process can shed light on this unique way of managing greenhouse gases. Let's take a closer look at three key terms related to carbon capture.

Net zero. This means you don't increase the amount of carbon dioxide in the atmosphere — essentially, any greenhouse gas you emit is reduced in some other way. Net zero typically takes the form of a nation or commercial business setting a goal to offset carbon emissions it produces from burning coal, oil or natural gas.

Those offsets can be as simple as planting lots of trees that convert carbon dioxide to oxygen as part of their photosynthesis process. Or it can be as complex as building high-tech equipment to remove greenhouse gases before they reach the air or even after they are emitted. Furthermore, some industries intend to pursue electrification of their operations, which would have profound impacts on electric cooperatives and other electric utilities.

Net zero was first widely discussed 10 years ago, as countries met to negotiate the Paris Climate Agreement and determine the language to discuss reducing greenhouse gas emissions. Since then, nearly 500 nations, cities and states and more than 700 companies have set goals of reaching net zero within the next 30 years.

Another term for net zero is "carbon neutral." In 2020, Microsoft Corporation announced a

goal of going carbon negative, meaning it would remove more greenhouse gas from the air than it emits. Last year, the U.S. Department of Energy announced the Carbon Negative Shot, a project to remove carbon dioxide directly from the atmosphere that borrows the "moonshot" phrase for other ambitious projects.

Carbon capture, utilization and storage.


This is one tool for reaching net zero. In the past, it was simply called "carbon capture," but is now often referred to as CCUS.

Nearly 50 years ago, the idea of preventing carbon dioxide from being released into the atmosphere started when carbon dioxide in natural gas wells was captured and then reinjected underground to boost production from oil wells.

As concerns grew about the effects of greenhouse gas, researchers started exploring technology that would remove the carbon dioxide from coal power plant exhaust, then permanently store it in underground rock formations, adding the word "storage." The word "utilization" became another part of the phrase as efforts grew to find other uses for the carbon dioxide, particularly to make cement and other building materials.

CCUS has been criticized by some as being expensive and a distraction from the goal of replacing fossil fuels with renewable energy. However, with projections that even by 2050 nearly half the electricity in the U.S. will still be generated by coal or natural gas, a recent federal report says, "CCUS has a critical role to play in decarbonizing the global economy." The 2021 federal infrastructure law includes some \$12 billion for CCUS development as well as potentially lucrative tax credits such as Section 45Q carbon sequestration incentives.

Carbon dioxide removal. CDR for short, this term doesn't center on keeping greenhouse gas from entering the atmosphere but rather taking it out of the air. It's also often referred to as direct air capture (DAC). One company is starting to build industrial plants for just that purpose. Other businesses are already using carbon dioxide from DAC for other reasons, like fertilizer production.

There's no denying the drive toward reducing carbon emissions and increasing electrification across the economy, and it will require a variety of approaches — from innovative carbon capture equipment, to reforestation, to energy efficiency. 

Paul Wesslund, NRECA

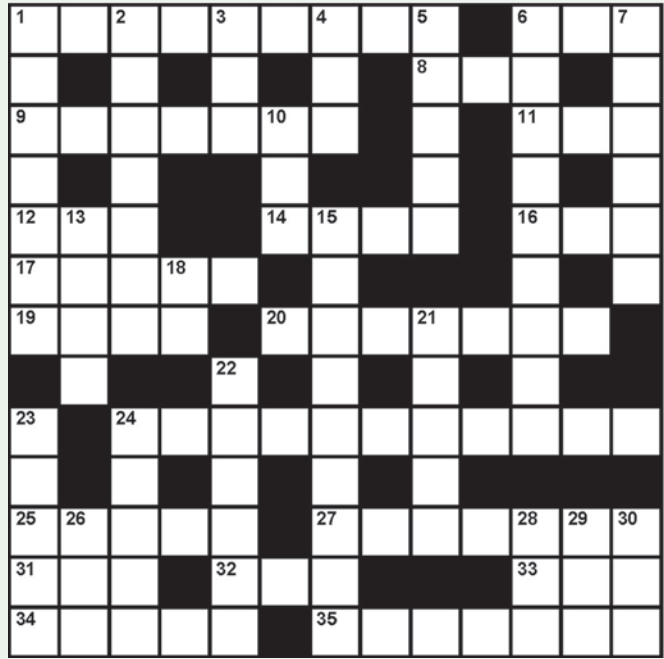
Across

- 1 Trips away from home, often
- 6 "Persian" pet
- 8 Famous computer of sci-fi
- 9 Falls where you can ride on the Maid of the Mist
- 11 "Peace Piece" artist
- 12 Away from home
- 14 Cream or Lady Antebellum, for example
- 16 Cell stuff, abbr.
- 17 Vineyard fruit
- 19 "_____ Street Blues"
- 20 Architect of Navy Pier and the Field Museum, Daniel _____
- 24 Location of Abe Lincoln's library and museum
- 25 Location of the Starved Rock State Park
- 27 1922 novel with a Dublin backdrop
- 31 Prevent

- 32 Young kid
- 33 Employ
- 34 Figure skaters' feats
- 35 _____ National Forest: the "Garden of the Gods"

Down

- 1 Famous painter whose works can be seen in the Art Institute of Chicago, 2 words
- 2 Close to the shoreline
- 3 _____ Ceremony you can enjoy at Rockford's Anderson Japanese Gardens
- 4 "Not _____ bet!" 2 words
- 5 Chicago "oceanarium"
- 6 Aka "The Bean" sculpture
- 7 Dana _____ house: a Frank Lloyd Wright mansion in Springfield
- 10 BBQ food
- 13 "Exodus" author Leon
- 15 Scuba divers



- 18 Place (abbr.)
 - 26 _____ deductible
 - 21 Neat
 - 28 Tanning source
 - 22 Goodies for the kids
 - 29 Compass direction
 - 23 Resort west of Curacao
 - 30 Go visit
 - 24 Paris river
- Solution on page 33.*

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LET'S GO!

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



Archeology Day

JULY

15

Celebrate 70 years of archaeological education and research at Archeology Day with the Center for American Archeology (CAA) in Kampsville. Archeology Day is the CAA's free public event for all ages. Explore the fascinating 12,000-year history of the Lower Illinois River Valley through hands-on activities, exhibits, presentations and site tours by CAA archaeologists.

July 15, 2023; 10 a.m.-3 p.m.

● Center for American Archeology, 101 N. Broadway, Kampsville
Admission: free
618-653-4316 or caa-archeology.org

Hume Sesquicentennial Extravaganza

JULY

21-22

This small village in Edgar County is turning 150 years old this year. Join the community as it celebrates Hume's sesquicentennial. The day will be filled with traditional family fun and a few surprises. The party runs July 21-22 and will be highlighted by an exhibit of the town's history. Be ready for many free activities, including a Friday night foam party and a movie, as well as inflatables, a zipline and a parade on Saturday. The festival is topped off with a Jonah Fish Fry on Saturday night.

July 21-22, 2023; all day

● Russell Grafton Memorial Park, Center Street, Hume
Admission: free
217-714-0679



Bos Brothers Old Fashioned Threshing Bee

JULY

28-30

Enjoy a summer threshing show and see how wheat from the field gets turned into a fresh loaf of bread. Every step of the process will be shown. Many other demonstrations will be available, including hand quilting, pottery throwing, rug weaving, spinning, wood carving, wood turning, basket weaving and more. Friday and Saturday will have live music with Rusty Strings, and a church service will be held on Sunday at 9:30 a.m.

July 28-29, 2023; 8 a.m.-5 p.m. and July 30, 2023; 8 a.m.-3 p.m.

● Bos Brothers Historical Farm, 8105 Springhill Road, Erie
Admission: free
309-781-6394 or bosbroshistoricalfarm.com

Wild Child Flower Farm's Vendor Market

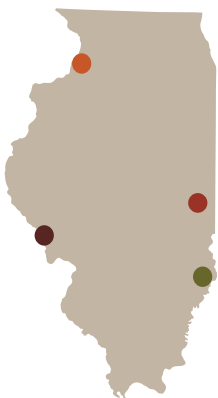
JULY

29

Join Wild Child Flower Farm for its 3rd Annual Vendor Market. This family-friendly event will feature local vendors with crafts, clothing, dog collars, handmade soap, local honey, food trucks and much more. After shopping, pick your own flowers to take home.

July 29, 2023; 9 a.m.-4 p.m.

● Wild Child Flower Farm, 12186 Union Chapel Road, Sumner
Admission: free
618-928-1510 or wild-child-flower-farm.square.site



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Providing your own power during an outage

How to sort the many choices in home generators

IF YOU'RE WONDERING WHETHER to buy a home generator in case of a power outage, you're not alone. Backup power sources have gotten so popular that manufacturers now offer a range of choices.

From pull-start gasoline models costing a few hundred dollars to permanent outdoor installations for several thousand, the variety of options makes it easier to get

know the wattage of the appliances you want to run so you know the capacity of the generator you need.

Here's what to know about the four basic choices in home generators.

Portable generators

These generators are small enough that you could take them on camping trips. The costs for these vary from more than \$2,000

to as low as \$400.

Most should be able to run a refrigerator or a window air conditioner.

Special attention to safety is required. They should never be used indoors, not even in a garage. The carbon monoxide they produce can be deadly in minutes. The Consumer Product Safety Commission reports that 85 people die each year from carbon monoxide poisoning caused by gasoline-powered portable generators. Portable

generators should be operated more than 20 feet from the house and be connected only with outdoor extension cords matched to the wattage being used. Look for models with a carbon monoxide detector and automatic shutoff.

Appliances should be plugged into the generator, and the generator should never be plugged into an outlet or your home's electrical system.

You should also spend the money to have an electrician install a transfer switch. It acts as a mini-circuit breaker to protect your appliances and can be an easier way to connect the house to the generator.

Inverter generators

These are the higher-tech versions of the standard portable generator. The power these produce changes to match what the appliances are using. Although they are more expensive, they use fuel more efficiently and make less noise. The same safety guidelines apply to both inverter and standard portable generators.

Standby generators

While they can cost \$7,000 (plus installation), they have the benefit of turning on automatically during a power outage and running your whole house. Standby generators are typically permanently mounted outdoors, are connected to your home electrical system and run on propane or natural gas. They must be installed by a professional electrician.

Power stations

Also known as batteries, power stations charge themselves while the power is on. They're not as powerful as other options and can be more expensive, but they're quiet, easy to operate, and some are designed to look good hanging on the wall. They can cost between \$400 and \$6,000.

One common use of power stations is to pair them with rooftop solar panels so electricity from the sun can also be available at night.

Regardless of what you choose, another part of your planning should be contacting your electric co-op to get their expert advice on the best and safest fit for your home. 💡



Most standby generators are permanently mounted outside and connected to the home's electrical system. They must be installed by a professional electrician.

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exactly what you want. But it also makes it harder to choose.

First, ask yourself if you really need a generator. According to the Energy Information Administration, the average U.S. home is without power for about seven hours a year. Is that enough to justify the expense and attention?

Then consider what you want a home generator to do. Do you just want to keep your phone charged? Do you want to make sure food doesn't spoil? Do you want to have heat and air conditioning through an extended outage? Answering those questions will require you to



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.



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Like millions of older Americans, I struggle with mobility. For years, I watched my quality of life slip away, as I was forced to stay home while friends and family took part in activities I'd once enjoyed. I thought I'd made some progress when I got a mobility scooter, but then I realized how hard it was to transport. Taking it apart and putting it back together was like doing a jigsaw puzzle. Once I had it disassembled, I had to try to put all of the pieces in the trunk of a car, go to wherever I was going, and repeat the process in reverse. Travel scooters were easier to transport, but they were uncomfortable and scary to drive, I always felt like I was ready to tip over. Then I found the *So Lite™ Scooter*. Now there's nothing that can hold me back.

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Don't let wasted energy darken your door

THE FRONT DOOR SETS the stage for your home and is the first impression for your guests. Beyond curb appeal, the front door is also a good place to look for energy savings.

its efficiency, consider upgrading to an ENERGY STAR-certified model. The ENERGY STAR certification ensures the door you buy meets efficiency criteria for your area. It also means the National Fenestration Rating Council independently tested and verified the door.

Certification requires any windows in the door to be double or triple pane to reduce heat flow, which results in a more efficient home. While windows in doors offer aesthetics, more glass means less efficiency. ENERGY STAR offers different criteria based on the amount of glass the door has. That means the bigger the windows in a door, the lower the efficiency. The most efficient doors

polyurethane foam core. They are built to fit snugly into their frames, reducing drafts and airflow.

When it comes to doors, you don't have to sacrifice style for efficiency. There are many styles available to match the architecture, whether your home is historic or modern.

When completely replacing a door and the frame, you can use expanding foam or caulk to fill the space between the door jamb and structural framing. ENERGY STAR doors have specific installation instructions to ensure the desired efficiency.

If a new door isn't in your budget, there are less expensive options to reduce air leakage and improve your home's efficiency.

All the coming and going throughout the years can wear out weatherstripping. If you can see daylight around the edges of the door or underneath it, it's time to stop those air leaks.

Weatherstripping around the door jamb can be adjusted to make a snug seal or replaced if it's too far gone. Apply one continuous strip along each side, and make sure it meets tightly at the corners.

There are many types of weatherstripping products on the market, so shop around for what's right for you. Don't forget the door sweep at the bottom of the door.

Adding a storm door can also help and is less expensive than replacing the entire door. Most storm doors have options for using a screen or glass. Swapping the screen for the glass insert can help save energy in both the winter and summer. Consider a storm door that's easy to switch between glass and screen to maximize the benefits.

Open the door to energy savings by improving the efficiency of your exterior doors without compromising the aesthetics of your home. 💡



Replacing or improving your front door can help you save without compromising the aesthetics of your home.



Miranda Boutelle is the director of operations and customer engagement at Efficiency Services Group in Oregon, a cooperatively owned energy efficiency company.

Efficient exterior doors seal tightly and don't allow air to pass through. Limiting airflow from exterior doors can result in lower heating and cooling costs. Throughout the years, the construction of exterior doors has improved to increase their efficiency. If your door is older, it likely is not insulated.

There are two strategies to address an inefficient front door: Purchase a new one or work with what you have.

If you want to replace your front door for aesthetic purposes, make it more functional or improve

have no glass or windows in them.

U-factor is the primary rating for efficiency on doors and windows. U-factor is the inverse of R-value, which is the rating used for insulation. Unlike R-value where higher is better, the lower the U-factor, the more energy efficient the door. Check the U-factor on ENERGY STAR doors at a hardware store or online to help choose the most efficient door in your preferred style.

ENERGY STAR-certified doors are made of the most efficient materials, such as fiberglass, wood cladding and steel with

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Considering solar? Contact your electric co-op first

WITH RESIDENTIAL SOLAR BEING installed and electrically interconnected with electric providers, your electric cooperative should top your list of project contacts when considering such a purchase.

to be expected along with its corresponding value, and the ability to determine how long it will take before you achieve a return.

Many solar installers provide quotes using national averages for

ground-mounted system. The cost for roof installations can vary with different roof designs, just as the location of a ground-mounted array can vary based on soil types and the distance an array is from the interconnection site.



Consider energy goals

Your home's average energy use will be reflected in your bills from the previous year, and remember, certain factors may change your use over time. For instance, a growing family will use more energy, but the departure of college-age children would reduce energy consumption. Careful consideration and addressing the energy efficiency of your home may reduce the size of the solar array you will need. Many electric co-ops offer energy audits to help identify opportunities for savings.

Illinois' electric cooperatives are well-versed in both the pros and cons of solar installations. They can help you make an informed decision and navigate the interconnection process (to connect your system to the electric grid). Your electric cooperative likely has a specific process by which planned solar arrays are approved prior to installation and inspected afterward.

energy prices to calculate your annual savings. These calculations can be wildly inaccurate as energy prices range considerably across the country. The assumption for increases in energy prices over the lifespan of your solar array can't be ignored but is often calculated at a rate that is higher than that experienced over the last 15-30 years.

Do your research

Selecting a professional installer, the right system and solar warranties are equally crucial considerations. The solar panel and inverter manufacturer usually provides a guarantee of 20 to 25 years for the panels and five to 25 years for inverters. Moreover, installers may provide a labor warranty.

Installing solar is a major decision. You need a reputable energy partner to help you decide. Remember to contact your electric cooperative first. They're ready to answer your questions and help you make an informed decision. 💡

Is solar worth the investment?

For homeowners, solar installations are considered an investment. As with any investment, you need a clear understanding of your final costs, the annual energy production

Finding the right location

To successfully install solar, you must first overcome location obstacles. Choosing an unobstructed, sunny location to install solar panels on your property is important, as is the choice between a roof or



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

Popular CoQ10 Pills Leave Millions Suffering

Could this newly-discovered brain fuel solve America's worsening memory crisis?

PALM BEACH, FLORIDA — Millions of Americans take the supplement known as CoQ10. It's the coenzyme that supercharges the "energy factories" in your cells known as *mitochondria*. But there's a serious flaw that's leaving millions unsatisfied.

As you age, your mitochondria break down and fail to produce energy. In a revealing study, a team of researchers showed that 95 percent of the mitochondria in a 90-year-old man were damaged, compared to almost no damage in the mitochondria of a 5-year-old.

Taking CoQ10 alone is not enough to solve this problem. Because as powerful as CoQ10 is, there's one critical thing it fails to do: it can't create new mitochondria to replace the ones you lost.

And that's bad news for Americans all over the country. The loss of cellular energy is a problem for the memory concerns people face as they get older.

"We had no way of replacing lost mitochondria until a recent discovery changed everything," says Dr. Al Sears, founder and medical director of the Sears Institute for Anti-Aging Medicine in Palm Beach, Florida. "Researchers discovered the only nutrient known to modern science that has the power to trigger the growth of new mitochondria."

Why Taking CoQ10 is Not Enough

Dr. Sears explains, "This new discovery is so powerful, it can multiply your mitochondria by 55 percent in just a few weeks. That's the equivalent of restoring decades of lost brain power."

This exciting nutrient — called PQQ (*pyrroloquinoline quinone*) — is the driving force behind a revolution in aging. When paired with CoQ10, this dynamic duo has the power to reverse the age-related memory losses you may have thought were beyond your control.

Dr. Sears pioneered a new formula — called **Ultra Accel II** — that combines both CoQ10 and PQQ to support maximum cellular energy and the normal growth of new mitochondria. **Ultra Accel II** is the first of its kind to address both problems and is already creating huge demand.

Over 47 million doses have been shipped to men and women across the country and sales continue to climb for this much sought-after brain fuel. In fact, demand has been so overwhelming that inventories repeatedly sell out. But a closer look at **Ultra Accel II** reveals there are good reasons why sales are booming.

Science Confirms the Many Benefits of PQQ

The medical journal *Biochemical Pharmacology* reports that PQQ is up to 5,000 times more efficient in sustaining energy production than common antioxidants. With the ability to keep every cell in your body operating at full strength, **Ultra Accel II** delivers more than just added brain power and a faster memory.

People feel more energetic, more alert, and don't need naps in the afternoon. The boost in cellular energy generates more power to your heart, lungs, muscles, and more.

"With the PQQ in Ultra Accel, I have energy I never thought possible at my age," says Colleen R., one of Dr. Sears's patients. "I'm in my 70s but feel 40 again. I think clearly, move with real energy and sleep like a baby."

The response has been overwhelmingly positive, and Dr. Sears receives countless emails from his patients and readers. "My patients tell me they feel better than they have in years. This is ideal for people who are feeling old and run down, or for those who feel more forgetful. It surprises many that you can add healthy and productive years to your life simply by taking **Ultra Accel II** every day."

You may have seen Dr. Sears on television or read one of his 12 best-selling books. Or you may have seen him speak at the 2016 WPBF 25 Health and Wellness Festival in South Florida, featuring Dr. Oz and special guest Suzanne Somers. Thousands of people attended Dr. Sears's lecture on anti-aging breakthroughs and waited in line for hours during his book signing at the event.

Will Ultra Accel II Multiply Your Energy?

Ultra Accel II is turning everything we thought we knew about youthful energy on its head. Especially for people over age 50. In less than 30 seconds every morning, you can harness the power of this breakthrough discovery to restore peak energy and your "spark for life."

So, if you've noticed less energy as you've gotten older, and you want an easy way to reclaim your youthful edge, this new opportunity will feel like blessed relief.

The secret is the "energy multiplying" molecule that activates a dormant gene in your body that declines with age, which then instructs your cells to pump out fresh energy from the inside-out. This growth of new "energy factories" in your cells is called mitochondrial biogenesis.



MEMORY-BUILDING SENSATION: Top doctors are now recommending new **Ultra Accel II** because it restores decades of lost brain power without a doctor's visit.

Instead of falling victim to that afternoon slump, you enjoy sharp-as-a-tack focus, memory, and concentration from sunup to sundown. And you get more done in a day than most do in a week. Regardless of how exhausting the world is now.

Dr. Sears reports, "The most rewarding aspect of practicing medicine is watching my patients get the joy back in their lives. **Ultra Accel II** sends a wake-up call to every cell in their bodies... And they actually feel young again."

And his patients agree. "I noticed a difference within a few days," says Jerry from Ft. Pierce, Florida. "My endurance has almost doubled, and I feel it mentally, too. There's a clarity and sense of well-being in my life that I've never experienced before."

How To Get Ultra Accel II

This is the official nationwide release of **Ultra Accel II** in the United States. And so, the company is offering a special discount supply to anyone who calls during the official launch.

An Order Hotline has been set up for local readers to call. This gives everyone an equal chance to try **Ultra Accel II**. And your order is backed up by a no-hassle, 90-day money back guarantee. No questions asked.

Starting at 7:00 AM today, the discount offer will be available for a limited time only. All you have to do is call TOLL FREE **1-800-830-4373** right now and use promo code **ICLUA723** to secure your own supply.

Important: Due to **Ultra Accel II** recent media exposure, phone lines are often busy. If you call and do not immediately get through, please be patient and call back.

Lyman Ellerman at The Backroom Lounge
PHOTO COURTESY OF LYMAN ELLERMAN



The **inside**track

Original music is waiting to be found

By Lisa Cherry

A NETWORK OF LOCAL bands and songwriters buzzes just below the surface of Illinois' capital city and its surrounding towns. Digging a little deeper to find them yields some surprising results — original music of all genres, hitmakers behind the scenes of the music industry and a passionate desire to write and perform in the heartland.

● Wolf Crick Boys

Menard Electric Cooperative member Greg Patterson fronts honky tonk rock band Wolf Crick Boys. Patterson pens the group's songs and performs them with his signature gritty lead vocals, augmented by the rock-inspired guitar licks of the often sock-footed Tom "Dooley" Woolsey. Enigmatic bassist Keith Ramey and hard-hitting Patrick Miller on skins (drums) together lay down a solid backend that drives the music. Patterson says the group's sound has evolved over its 25 years.

"You've got everyone's influences coming together. I've been playing in bands since I was 15. I've played in every kind of band you can possibly imagine," says Patterson. "I'm an open book when it comes to music, as long as it's good. If it touches you in some way, it doesn't matter the genre."

Patterson, who grew up in Riverton, named the band after a creek in his hometown, though he made one small tweak. "A bunch of my family is from Missouri and Kentucky, and they never said creek. They said crick," he says. "I always thought that was funny when I was a kid."

Many of his songs have an autobiographical element. "I go through phases where I like some better than others. There are songs I haven't played in years that we might pull out of the 'vault,' which is a cardboard box in my closet in the band room. Everything I've ever written is in that box," he says. With a laugh, he admits a lot of it has yet to see a live audience.

Patterson says the band members congregate regularly. "We get together once a week, no matter how much we're playing. We play music and have a meal together. Mostly we joke around; sometimes there's a lot more smoking and joking than playing music," he says. "We're honestly like a family. [You] have to feel that connection with someone musically and on a deeper level."

● The Backroom Lounge

The group often plays Jeb Brown's Backroom Lounge, a "listening room" located in the back of a party store in Riverton. "Jeb and I go way back," says Patterson. "I started Wolf Crick Boys and he started promoting music right around the same time. We've been working together ever since."

"[Wolf Crick Boys] are the only guys who have like a residency here," says Brown. "They play at least once a month." Brown hosts a myriad of musical guests in the intimate, 50-seat, pew-lined room, including prolific singer/songwriters originally from Illinois.

"We still work with Lyman Ellerman — he's been with us since the start. He's a singer/songwriter originally from Riverton. We're blessed to still be working with [him] and Kendell Marvel," says Brown. "Kendell, he's written No. 1 songs, but he's from southern Illinois and still plays this little room. We just sold him out twice." Brown says the venue averages 150 shows a year.

"[We] have been around when some really big songs have been written in the backroom, [when] we've done songwriter retreats," he says. "We're proud of that as well."

Brown says Jeb Brown Productions began in 1999. "This is my 24th season of [being] an original singer/songwriter [promoting] music. For more than 25 years, I've done big festivals all the way down to what I'm doing now," he explains.

Brown says that there aren't many people doing ticketed shows like these for independent artists. "That's what sets us apart," he says.

Ellerman believes what Backroom Lounge is doing is important. Longtime friends of Brown and his dad, the Nashville songwriter says new audience members quickly get a sense of what the room is all about. "I think people are longing for something they can connect to, that's real. ... The venue lends itself to listening. It's just an intimate place where the song gets heard," he says. "There are not a lot of venues like this out there. I've been fortunate to play some of them. Ironically enough, a lot of them seem to be in the Midwest."

● Lyman Ellerman

Ellerman started playing as a kid in Riverton, which eventually turned into a prolific songwriting career, though music wasn't always at the forefront. "I played the central Illinois bar circuit for a good while, and with a lot of folks in Springfield and surrounding areas," he says, adding that it was later in life in another state when "friends of friends" heard some of what he was writing and introduced him to someone in the business. "That sparked quite a bit of interest, so that was what got me back into it. ... Let's just say I've been fortunate."

He describes his writing as organic. "It's usually things I've experienced with other people or watching other people, just the nature of being human. That's basically what I tend to write



Wolf Crick Boys



Tom Irwin
PHOTO COURTESY OF TOM IRWIN

about,” he says. “I’ve always looked at melody and lyrics like a marriage — they’ve got to complement each other.”

As he matured as a musician, his appreciation of music grew beyond just the good time commonly associated with performing covers, he says, adding that Brown’s venue fosters that higher level experience.

“The focus is on the music at a place like that. ... And for that to be out of Riverton ... that’s fantastic. Just goes to show there is room for it in this community and probably most communities. Sometimes it just takes somebody like Jeb,” Ellerman says. “It’s almost an introspective place, which is counterintuitive, and there’s a variety of folks that wander in and out. That’s good ... it means he’s able to give those people more exposure.”

● **Tom Irwin**

Singer/songwriter Tom Irwin has been a part of the central Illinois music scene most of his adult life. His work as a contributing music writer for the Illinois Times since 2000 has strengthened his relationships with other songwriters and bands in the area.

He mentions Wolf Crick’s Tom Woolsey, who he met as a child. “He was (from) the next farm over. We became friends [when] we were about 12, and we still are. In fact, my oldest son Owen plays with [him] in a band.” He says people often ask him about the group, which is aptly named Owen & Dooley Present. “I tell them, that’s my son, and that’s my best friend,” he says.

“We have played on and off together for years,” Irwin says of Woolsey, adding that he’s known Wolf Crick’s

Patterson for a long time as well. “I’ve known Greg when he used to play drums all the time, and he started playing guitar. It’s a nice history of people around here playing music.”

Irwin and Ellerman are also friends. “We wrote a couple of songs and did some songwriter rounds together in Nashville,” he says.

“I always thought of myself as a writer more than anything. ... The more I played my own stuff, the more people started to ask about it. ... If you want to play your own music, you’ve got to just go do it,” he says. “I’ve never really played a lot of cover songs. My joke always was that I couldn’t learn anybody else. I had to write my own.”

By the late 1980s, Irwin developed more of a folk style, writing stories about his great uncle who lived in Salisbury and tales his grandma told him. “My influences [came] from other writers who decided to stay where they were and wrote about the community they lived in and their family, and connections like that,” he explains.

He wrote “Sangamon Songs,” which he and his sons perform together, based on a diary he found in his family’s farmhouse in rural Pleasant Plains. “[The diary] was written in 1893 by a young boy who lived in the same house where I grew up,” he says.

● **Square of the Roots**

Brian Steinhauer, songwriter and lead singer of the band Square of the Roots, describes his band’s sound as Americana. “It’s had a few different flags over the years. I’ve been doing it long enough to remember when it was alternative country, and then it became Americana. It’s a mix of country, blues and folk music.”

The band has performed in the past with Wolf Crick Boys and has also appeared at Backroom Lounge.

“You find yourself playing in interesting places, [like] the MVP Happy Holler in Newton, Ill. It’s right on the Embarras River,” Steinhauer says. The venue, complete with a wandering potbellied pig and resident rooster, boasts an original stage from an ’80s Farm Aid concert. “To say you played on the same stage as Tom Petty and Willie Nelson is pretty cool,” he adds.

Steinhauer’s father recently “retired” from his full-time position with the band. “I’m a product of my old man,” says Steinhauer.

“I started playing shows by myself, and I’d have my dad join me. We came up with the name because it was roots-based music with country, blues and bluegrass,” he says. Later came a bass player and drummer, and eventually, another guitarist, allowing Steinhauer to incorporate the mandolin.

A multi-instrumentalist, he does most of the songwriting. “I write the songs, and we shape our arrangement of it [together]. ... That is fun to do together as a band,” says Steinhauer. “My whole process is just going back and forth from different instruments with different musical ideas. It takes on a whole other life.”

The band is working on a new album. Their debut video, "Sister Georgia," inspired by Steinhauer's sister, can be seen on YouTube.

"There's so much to it to get a great studio quality recording where you can hear the nuances of the bass and the percussion and the mandolin, and the harmonies and the vocals," he says. "It's nice to be able to play all the different sides of the emotions."

● **Wayward Motel**

Josh Catalano of Wayward Motel admits he was a late bloomer when it came to rock music, and that concert and jazz genres were more his focus growing up. In college, he picked up the guitar. "I never dreamt about being in a band. It was more [about] having fun," he says. "But my buddy, Patrick Miller (also of Wolf Crick Boys), who's a drummer in my band and now has been a bandmate of mine for years, convinced me that we should play some music. ... We've been playing in a band ever since."

The group plays a couple of times a month at local Springfield venues, and Catalano likes it that way. "I toured in my younger days, and I don't want to spend weeks at a time in a van," he says. "Now I want to just make and record music and play it when I can."

"We use synthesizers, but we also like country licks. We do a little bit of everything. I wouldn't say we're

Americana, and we're not heavy. We're not alternative. I don't know what that term means anymore," he laughs. "We're just American music."

The band's latest release, "Beauty Queen," came out in March. The album will be released this summer.

"I like to write a big hook. When I find [one] I like, I write around it," he says. "But I can't write a song twice. ... I [may] want to write something like it again, but I can never do it, because I don't know where they come from. ... For the most part, it just happens."

● **Happy to be homegrown**

Fame and fortune aren't always the driving force behind the desire to create music. "You can stay in your own community, and you can have a career and a life of writing and performing your own music," says Irwin.

To listeners, he adds, "Take a chance [and] go listen to a band that you've never heard before. ... Spend \$15 [to buy their CD] and then listen to it. ... Move beyond the things you already know. Find something new. You might like it. And you might not like it. That's OK. At least you tried it."

As Ellerman says, "Good music will be found."

"It's out there," says Patterson. "You just have to look for it." 📍



PHOTOS COURTESY OF SARAH PRATT



A tradition at the Illinois State Fair

By Diana West

IN THE LATE 19TH and early 20th centuries, butter art became a popular attraction at state and national fairs. At the Illinois State Fair, butter sculpting has a rich history since J. E. Wallace sculpted the first butter cow there in 1922. Except for three years, 1941 and 1942, because of butter shortage during World War II, and the 2020 pandemic, the butter cow has continued to be a fixture at the fair. Like cream rising to the top, the sculpted butter cows continue to be a top draw at the Illinois State Fair.

Sarah Pratt, a butter sculptor there going on eight years, has a background in butter sculpting going back more than 30 years when she began assisting Norma “Duffy” Lyon at the Iowa State Fair in 1991. Lyon had been a butter sculptor at that fair since 1960. Ten years later, she also became a butter sculptor at Illinois’ and Kansas’ state fairs. Pratt took over the helm at the Iowa State Fair in 2006 after Lyon retired and handed Pratt her tools. “Using the same tools that she used is so important to me,” Pratt says. “She was

such a strong influence in building my confidence and teaching me about public speaking and sculpting.” Just like her predecessor, Pratt branched out 10 years later to become a butter sculptor at Illinois’ and Kansas’ state fairs. “The timing was just right,” she says.

A dairy cow is always the centerpiece. Pratt ties it in with each fair’s theme and adds a humorous aspect to the scene because visitors at the fair are typically in a playful mood. Kendra Anderson, farmer relations manager for Illinois Midwest Dairy, says, “It is exciting every year to unveil Sarah’s interpretation of the state fair theme.”

The theme for 2016, Pratt’s first year, was “Producing Our Future,” which was written in butter on the floor. She completed a classic dairy cow for that exhibit.

With the 2017 theme “Generations of Fun,” she sculpted a cow and calf with their tongues stuck out at each other. She says, “Cows do funny things with their tongues.”

The 2018 theme celebrated Illinois’ bicentennial. Pratt sculpted a Grand Champion Dairy Cow. However, when spelling bicentennial, she put the double n in the wrong place but didn’t realize it.

“When I sculpt words on a sign, I start in the middle and work left and right,” she explains. “I do that so it’s centered when I’m finished.” After she returned home to West Des Moines, Iowa, the mistake was discovered. Since the floor was buttered that year, she advised them to take off their shoes and walk softly across the buttered floor and move the n to the correct place while repositioning other letters to make room for it. Although she tries to double-check details like that, she says mistakes happen.

In 2019 the theme was “Building Our Future.” “The Dairy Building roof was being replaced along with other renovations at the fairgrounds. Things were literally falling all around us.”

She decided to put a hard hat on the cow, made of butter of course. Also in butter, she formed the letters of the sign with the addition of a hammer, cautionary cones, a screwdriver and nails, all in reference to the building theme.

“Embracing Tradition” in 2021 celebrated the 100th year since the first butter cow was sculpted at the fair.

Last year’s theme was “Grow with Us.” In addition to the cow, she sculpted a farmer planting sunflowers. “The cow has snatched a sunflower, which is sticking out of her mouth,” Pratt says. “Large livestock can be mischievous and playful. We wanted to play into that aspect and have those two figures interacting that way.”

Pratt says some people think the figures are composed completely of butter. However, the butter is layered over an armature, which has an adjustable headpiece and flexible wires attached to a wood base. The armature adds stability and strength to the structure.

The cow is sculpted on a platform that rotates. Pratt turns off the rotation while sculpting but turns it back on periodically to view the figures from all angles.

In Illinois and Kansas, her right-hand man is her husband, Andy. “He shapes the armature for the figures, softens butter and does some sculpting, such as cats and mice, which are commonly found in milking barns,” she says.

There’s a special touch that Pratt only adds to sculptures at the Illinois State Fair. “I hide 13 sculpted hearts that represent the 13 essential nutrients in dairy products.” For example, a heart may be found on the hip of the cow, on the farmer’s shirt pocket, on the leaves of flowers, or a nostril or udder of the cow. She says kids and adults have fun trying to find all the hearts as they view the sculpture that rotates inside the glassed-in case. “The longer they linger, they will read about the nutrition in dairy products and experience the sculpture in a deeper way.”

Altogether, she and her husband log about 90 hours over five days working in a 42-degree Fahrenheit refrigerated room to complete the figures. The sculpture is unveiled in a ceremony the day before the fair begins.

After the fair concludes, a crew dismantles the sculptures and places the butter in cold storage for use the following year.

Anderson says, “Midwest Dairy is proud to partner with the Illinois State Fair every year to continue this unique promotion of the Illinois Dairy Industry.”

Pratt is humbled to perpetuate the butter art tradition at the Illinois State Fair.

Catch a sight of this year’s butter cow at the state fair in Springfield Aug. 10-20. Go to statefair.illinois.gov for more information. 💡



Sarah Pratt with a completed butter cow.



Floral food for thought

Grow edible flowers for summer recipes

FLOWERS ADD BRIGHT COLORS and interesting textures to gardens and are visited by a plethora of pollinators looking for a sweet drink of nectar. Many of the flowers already growing in our gardens are also edible and just waiting for us to harvest and enjoy the blooms. Edible flowers can be the main ingredient in a recipe, a little added spice to a favorite dish or a garnish for added color on a plate.

Edible flowers can be grown in your backyard from seeds or transplants. Incorporate them into patio containers or an existing landscape. If you don't have the space or time to grow your own, mature flowers grown specifically as a food crop can be purchased at a farmers market or found in the produce section at the grocery store.

Use caution when eating any flower or plant from the garden or landscape. Properly identify all the plants in the garden and know what you are growing. Even if the flower is edible, it may not taste the best. Even worse, the plant, or parts of it,

could be poisonous. Ensure that any flowers you plan to eat are chemical-free, and avoid eating edible flowers if you have allergies since there may be some residual pollen.

Harvest edible flowers in the early morning when blooms have just opened. Avoid harvesting unopened or wilting flowers. For most flowers, you will only eat the colorful petals; remove all other parts and immediately place them in a cool location upon harvest to avoid the petals from wilting before using.

When adding flowers to a recipe, try to match the flavor of the flower to the recipe. Add them to your recipe or plate just before serving for the best results.

Chives. Enhance soups, salads and vegetables by adding some onion flavor with sprinkles of these round, purple flowers. They are clump-forming perennial herbs for a full-sun area.

Nasturtium. The brightly colored blooms add a peppery bite and pop of color to fresh salads. It is an annual plant that grows best from seeds started in a full-sun garden.

Borage. These star-shaped blue flowers with a cucumber flavor make a beautiful garnish to a summer salad.

Borage is a full sun-loving annual but will self-seed year after year.

Squash. Stuff these with meat or cheese, batter and fry them, and enjoy. Harvest the male flowers (stem is thin), leaving a few for pollination. My grandma served fried pumpkin blossoms on sliced bread — such a simple but delicious snack from my childhood that I still enjoy today.

Edible flowers can offer beautiful and unique textures, colors and tastes to your next plate. Other flowers to consider are calendula, pansy, rose, lavender and daylily. Harvest more from your garden by incorporating a few edible flowers into the mix. ♡



Brittnay Haag is a Horticulture Educator for the University of Illinois Extension serving Livingston, McLean and Woodford counties. Her work focuses on youth horticulture education through school gardens and Jr. Master Gardener programs.



Scientific Discovery Stuns Doctors

Biblical Bush Relieves Joint Discomfort in as Little as 5 Days

Legendary “special herb” gives new life to old joints without clobbering you. So safe you can take it every day without worry.

According to the Centers for Disease Control and Prevention, more than 54 million Americans are suffering from joint discomfort.

This epidemic rise in aching joints has led to a search for alternative treatments—as many sufferers want relief without the harmful side effects of conventional “solutions.”

Leading the way from nature’s pharmacy is the new “King of Oils” that pioneering Florida MD and anti-aging specialist Dr. Al Sears calls “the most significant breakthrough I’ve ever found for easing joint discomfort.”

Biblical scholars treasured this “holy oil.” Ancient healers valued it more than gold for its medicinal properties. Marco Polo prized it as he blazed the Silk Road. And Ayurvedic practitioners, to this day, rely on it for healing and detoxification.

Yet what really caught Dr. Sears’ attention is how modern medical findings now prove this “King of Oils” can powerfully...

Deactivate 400 Agony-Causing Genes

If you want genuine, long-lasting relief from joint discomfort, you must address inflammation. Too much inflammation will wreak havoc on joints, break down cartilage and cause unending discomfort. This is why so many natural joint relief solutions try to stop one of the main inflammatory genes called COX-2.

But the truth is, there are hundreds of agony-causing genes like COX-2, 5-LOX, iNOS, TNK, Interleukin 1,6,8 and many more—and stopping just one of them won’t give you all the relief you need.

Doctors and scientists now confirm the “King of Oils”—Indian Frankincense—deactivates not one but 400 agony-causing genes. It does so by shutting down the inflammation command center called Nuclear Factor Kappa Beta.

NK-Kappa B is like a switch that can turn 400 inflammatory genes “on” or “off.” A study in *Journal of Food Lipids* reports that Indian Frankincense powerfully deactivates NF-Kappa B. This journal adds that Indian Frankincense is “so powerful it shuts down the pathway triggering aching joints.”

Relief That’s 10 Times Faster... and in Just 5 Days

Many joint sufferers prefer natural solutions but say they work too slowly. Take



The active ingredient in Mobilify soothes aching joints in as little as 5 days

the best-seller glucosamine. Good as it is, the National Institutes of Health reports that glucosamine takes as long as eight weeks to work.

Yet in a study published in the *International Journal of Medical Sciences*, 60 patients with stiff knees took 100 mg of Indian Frankincense or a placebo daily for 30 days. Remarkably, Indian Frankincense “significantly improved joint function and relieved discomfort in as early as five days.” That’s relief that is 10 times faster than glucosamine.

78% Better Relief Than the Most Popular Joint Solution

In another study, people suffering from discomfort took a formula containing Indian Frankincense and another natural substance or a popular man-made joint solution every day for 12 weeks.

The results? Stunning! At the end of the study, 64% of those taking the Indian Frankincense formula saw their joint discomfort go from moderate or severe to mild or no discomfort. Only 28% of those taking the placebo got the relief they wanted. So Indian Frankincense delivered relief at a 78% better clip than the popular man-made formula.

In addition, in a randomized, double blind, placebo controlled study, patients suffering from knee discomfort took Indian Frankincense or a placebo daily for eight weeks. Then the groups switched and got the opposite intervention. Every one of the patients taking Indian Frankincense got relief. That’s a 100% success rate—numbers unseen by typical solutions.

In addition, *BMJ* (formerly the *British Medical Journal*) reports that Indian Frank-

incense is safe for joint relief — so safe and natural you can take it every day.

Because of clinically proven results like this, Dr. Sears has made Indian Frankincense the centerpiece of a new natural joint relief formula called **Mobilify**.

Great Results for Knees, Hips, Shoulders and Joints

Joni D. says, “**Mobilify** really helps with soreness, stiffness and mild temporary pain. The day after taking it, I was completely back to normal—so fast.” Shirley M. adds, “Two weeks after taking **Mobilify**, I had no knee discomfort and could go up and down the staircase.” Larry M. says, “After a week and a half of taking **Mobilify**, the discomfort, stiffness and minor aches went away... it’s almost like being reborn.” And avid golfer Dennis H. says, “I can attest to **Mobilify** easing discomfort to enable me to pursue my golfing days. Definitely one pill that works for me out of the many I have tried.”

How to Get Mobilify

To secure the hot, new **Mobilify** formula, buyers should contact the Sears Health Hotline at **1-800-342-2154** TODAY. “It’s not available in retail stores yet,” says Dr. Sears. “The Hotline allows us to ship directly to the customer.” Dr. Sears feels so strongly about **Mobilify**, all orders are backed by a 100% money-back guarantee. “Just send me back the bottle and any unused product within 90 days from purchase date, and I’ll send you all your money back.”

Use Promo Code **ICLMB723** when you call to secure your supply of **Mobilify**. Lines are frequently busy and due to heightened demand, supplies are limited. To secure your supply today, call **1-800-342-2154**.



Crab legs

A little bit of Florida in southern Illinois

By Les O'Dell

BEHIND THE BRICK FACADE of Jack Russell Fish Co. in Benton, customers find some surprises, and they begin as soon as guests enter the restaurant. Vibrant paint colors, in shades of orange, yellow and blue, join nautical items and a few prize catches from the sea to give a tropical outdoor feel.

Co-owner Jason Bennett calls the atmosphere “a little bit of Florida,” but there is plenty of the local region represented, too. From old water skis to scenes from nearby Rend Lake, the eclectic mix of the Prairie and Sunshine states work together.

The menu showcases variety as well. Bennett and his wife Erin have expanded offerings in recent years. Crab legs, peel-and-eat gulf shrimp, catfish dinners, fish tacos and clams are among the seafood items on the menu, along with steaks, salads, soup and grilled chicken.

Anchoring the menu is the Old Tavern Fish Sandwich, which begins with a 6-ounce piece of cod. To fully appreciate the flagship sandwich at Jack Russell Fish Co., one needs a bit of a genealogical lesson and some history.

The Bennetts took over the business from Erin's father (the original John “Jack” Russell Moore) about

six years ago. One of the first items Moore began serving when he opened the restaurant in 2002 was a fish sandwich that originated at Tom Raymond's Tavern in nearby Sesser. It was Tom's son-in-law, Pete, who gave the Moore family the recipe and strict instructions on how to prepare it.

Moore's telling of the legend remains on the Jack Russell Fish Co.'s website.

"You've got to fix the fish the same way every time using our special breading, the hamburger dill pickles, the onion slices, the fresh white bread," Moore's telling of Pete's instructions begins. "He said some people want tartar sauce, but they must use our special 'top secret' ketchup to make it a real Old Tavern Fish Sandwich."

Pete was adamant about how the sandwich was to be served and that the restaurateurs should tell customers to "go on down the street if you want tartar sauce on a fish sandwich." The Bennetts, however, are a little more accommodating. They say they will provide the tartar sauce for customers who "insist on screwing up the sandwich."

The fish sandwich was a staple for area coal miners just getting off of their shifts, and Tom was happy to serve it to them. "We still have people who come in and say, 'I remember getting this sandwich 50 years ago, wrapped in a napkin and served in a brown bag,'" Bennett says. "Now it is on a plate, but it still is something good that brings everybody together."

The menu at Jack Russell Fish Co. goes far beyond the still-popular sandwich. Bennett says the restaurant's chicken wings (a Wednesday special) are popular as well. "We try to accommodate for all varieties of life, whether you like fish or not," he says.

It's all served in a laid-back Gulf Coast or beach style. In keeping with the casual theme, the restaurant often features live music on the patio as well as a full bar and a family-friendly atmosphere. It has become the kind of place that appeals to generations.

"Erin's dad had a big following when he had the restaurant, and we're bringing in our generation," Bennett says. "We're seeing all of the 30- or 40-some-things, and they're bringing in their kids. It's fun."



Wings

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Benton, IL

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DINNER HOURS

Mon., Tues., Thurs.: 4-8 p.m.

Wed., Fri., Sat.: 4-9 p.m.

Reservations recommended



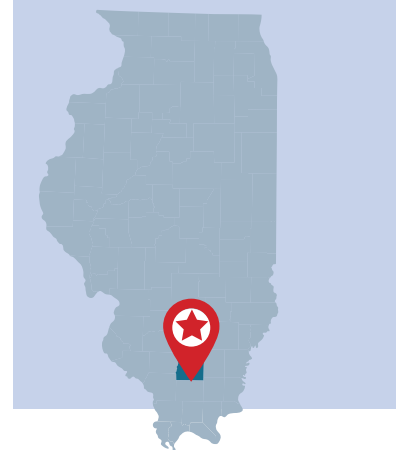
Co-owner Jason Bennett



Old Tavern Fish Sandwich



Patio



Canning and jamming

POP. THAT SOUND IS music to your ears when canning. It signifies a proper seal and makes the hours of preparing and processing jars of jams and jellies worth it. And if you don't get that seal, that means you'll be enjoying the fruits of your labor on toast sooner rather than later. If your jams and jellies are properly canned, the U.S. Department of Agriculture says they can be stored 12 months in the pantry. After opening, store in the refrigerator and use within six months. 💡

WE NEED RECIPES!

Upcoming recipes

- Pizza toppings
- Sugar-free desserts
- Soup
- Recipes for two

Please email recipe submissions or questions to finestcooking@icl.coop or mail them to Finest Cooking c/o Illinois Country Living, 6460 S. 6th St. Frontage Road East, Springfield, IL 62712. Please include your name, address, phone number (for questions), and the name of your electric cooperative. Additional recipes can be found on our website at finestcooking.com.



Recipes are prepared, tasted and photographed by **Colten Bradford**, Illinois Country Living editor.



BUMBLEBERRY JAM

Bumbleberry Jam

Submitted by: *Pat Huth, Corn Belt Energy Corporation*
 Yields: 8 jelly jars

- 1 cup crushed blueberries
- 1 cup crushed raspberries
- 1 cup crushed strawberries
- 6 cups sugar
- 1 pouch liquid pectin

In a large saucepan, combine fruit and sugar. Bring to a full rolling boil over high heat, stirring constantly. Boil until it can't be stirred down. Add pectin. Stir constantly for 1 minute while boiling hard. Remove from heat and skim off foam. Ladle jam into sterilized jars, leaving 1/4-inch headspace. Remove air bubbles. Wipe jar rims with a damp cloth, center lid on jar and screw band until tightened. Place jars in canner, making sure they are covered with water. Bring to a boil and process for 10 minutes. Remove lid and let sit 5 minutes. Remove from canner, cool and store. Nutrition information (per tablespoon): 53 calories; 0g fat; 1mg salt; 14g carbohydrates; 0.1g protein.

Beet Jelly

Submitted by: *Jeanine Harbison, Illinois Electric Cooperative*
 Yields: 12 jelly jars

- 6 large beets
- 6 cups reserved water
- 2 boxes Sure-Jell
- 1/2 cup fresh lemon juice
- 8 cups sugar
- 2 6-ounce boxes Jell-O, your flavor(s) of choice

Trim off greens from beets and scrub until clean. Place in a large pot, cover with water and bring to a boil. Cook until tender, about 15 minutes. Remove from water and save for another recipe, like pickled beets. Strain 6 cups of water through a coffee filter and place in a pot. Add Sure-Jell, lemon juice, sugar and Jell-O. Bring to a boil and cook for 6 minutes. Set aside a few minutes and skim off foam. Put in jelly jars and seal with paraffin. Nutrition information (per tablespoon): 86 calories; 0g fat; 2mg salt; 22.9g carbohydrates; 0g protein.

Corncob Jelly

Submitted by: Margie Buch, Egyptian Electric Cooperative Association
Yields: 6 jelly jars

- 12 corncobs
- 7 cups water
- 1-3/4 ounces powdered fruit pectin
- 3-1/2 cups sugar
- 2 drops yellow food coloring

Remove corn kernels from cobs and save for another recipe. In a large pot, drop corncobs in 7 cups of water and bring to a boil. Boil uncovered for 10 minutes. Throw away the cobs and strain the liquid. Reserve 3-1/2 cups of corncob water and place into a large pot. Stir in the pectin and bring to a strong boil. Add the sugar and bring back to a boil. Skim the foam off the top and add a few drops of yellow food coloring. Ladle the liquid into jelly jars, leaving about 1/2- to 1-inch headspace. Place the seal and rings on the jar and process in a water bath for 10-15 minutes. Remove and set aside. If jars do not seal, refrigerate and use. Nutrition information (per tablespoon): 33 calories; 0g fat; 1mg salt; 8.7g carbohydrates; 0g protein.

Strawberry Banana Jam

Submitted by Cathy Grubar, Corn Belt Energy Corporation
Yields: 8 jelly jars

- 4-3/4 cups strawberries
- 3 bananas
- 3 tablespoons lemon juice
- 1 box Sure-Jell
- 1/2 teaspoon butter
- 6-3/4 cups sugar

Mash all fruit and add lemon juice. Stir in pectin and add butter. Bring to a rolling boil. Stir in sugar and bring back to a rolling boil. Cook 1 minute while stirring constantly. Remove from heat. Skim off foam. Fill jars, leaving 1/4-inch headspace. Turn jars upside-down for 15 minutes. Nutrition information (per tablespoon): 61 calories; 0.1g fat; 2mg salt; 16.3g carbohydrates; 0.1g protein.

Rhubarb Cherry Jelly

Submitted by Linda Pittman, Spoon River Electric Cooperative
Yields: 8 jelly jars

- 6 cups rhubarb, diced
- 4 cups sugar
- 1 21-ounce can cherry pie filling
- 1 6-ounce box cherry flavored Jell-O

Place rhubarb in a large bowl. Pour sugar over top and stir to coat. Cover bowl and refrigerate overnight. Place rhubarb mixture in a pot and cook over medium heat until tender, stirring frequently. Stir in pie filling and Jell-O and bring mixture to a boil. Pour into a shallow pan and allow to cool in the refrigerator. When jelly is cool, pack into containers. Freeze when storing and refrigerate when using. Serve on biscuits, rolls, cheesecake or ice cream. Nutrition information (per tablespoon): 48 calories; 0g fat; 63mg salt; 10.3g carbohydrates; 1g protein.



CORNCOB JELLY



STRAWBERRY BANANA JAM



RHUBARB CHERRY JELLY



Native camp staple born of desperation

WHILE TOURING THE WEST a few years ago, my wife and I stopped at a restaurant in Chinle, Ariz., specializing in Navajo cuisine. Scanning the menu, I quickly settled on a local favorite, a wonderful goat stew served with our favorite frybread. Chris opted for a delicious Navajo taco, which came wrapped in frybread.

Frybread originated in the mid-1860s on the Navajo Reservation during some of the darkest days of our nation's history. During their "resettlement" and a forced migration called "The Long Walk," a brutal 300 miles, many sick and elderly Navajo died as they were forced from their homelands. The tribe was relocated to a reservation at Bosque Redondo, N.M., but the land could not easily support their traditional staples of vegetables and beans.

Food was to be provided to the tribe, but often, the reservation commissary had no meat or canned goods, and the people were given only lard and flour. Lacking conventional wood stoves or baking ovens, the Native people came up with a unique answer to offset starvation

using only flour and lard. Out of desperation, American Indian frybread was born.

Combining flour and water along with baking powder, if available, the Native American cooks would pinch off and form the stiff dough into a ball about the size of a golf ball and pat it out with their hands into a small patty. With a hole punched in the center of the patty, it would be fried in hot oil or lard until browned on both sides. A clean stick was used to flip the patty and inserted through the hole to lift the cooked frybread from the oil. Hot, nutritious and quickly cooked, the delicious frybread staved off starvation during an unimaginable time of hardship.

One of the best frybread recipes we have comes from retired conservation officer Tony Sanders. The ingredients are 2 cups of enriched flour, 2 teaspoons baking powder, 2 teaspoons salt, 2 tablespoons shortening, 2/3 cup of water and vegetable oil.

Instructions are to mix the dry ingredients together and cut in the shortening. Sprinkle in the water

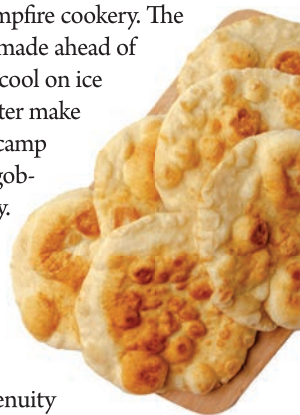
while tossing with a fork until the flour is moist and the dough almost cleans the bowl. Refrigerate and let rest for 30 minutes.

Heat 1 inch of oil in a heavy pan to 400 degrees F. Divide the dough into 12 equal pieces and roll or pat each piece into a 6-inch circle. Let rest a few minutes. Fry until puffy and golden, or about 1 minute on each side.

Topped with powdered sugar or drizzled with honey, frybread makes an excellent dessert. For a real treat, try frybread topped with prickly pear cactus jelly.

Frybread makes a wonderful addition to campfire cookery. The patties can be made ahead of time and kept cool on ice until fried. Better make plenty, as this camp specialty gets gobbled up quickly.

Frybread stands today as a living testimony to Native American ingenuity and resourcefulness. 💡



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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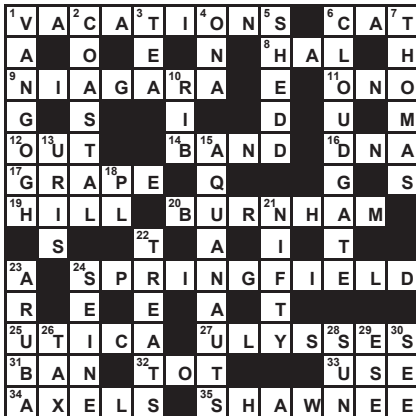
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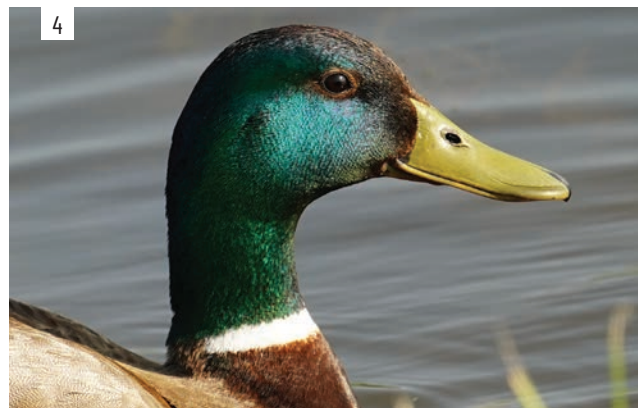
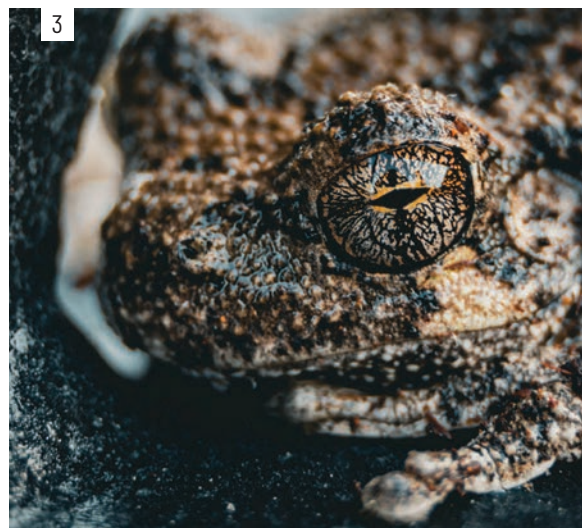
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UPCOMING THEMES

- September – Light
- October – Power lines
- November – Tractors
- December – Architecture



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Eye Doctor Helps Illinois Legally Blind To See

High Technology For Low Vision Patients Allows Many To Drive Again



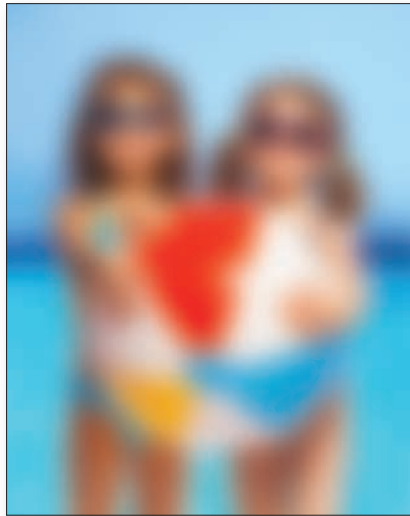
For many patients with macular degeneration and other vision-related conditions, the loss of central visual detail also signals the end to one of the last bastions of independence: driving. A Mascoutah optometrist, Dr. Marianne McDaniel, is using miniaturized telescopes that are mounted in glasses to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