

Illinois Country Living

**A TIME MACHINE
IN ITS OWN RIGHT**
The DeLorean remains an icon

FEATURE
The strange world of
cryptocurrency

SAFETY CHECK
Charging tips for
EV owners

POWERED UP
E-bike basics

**CO-OP
NEWS**

 Association of Illinois
Electric Cooperatives

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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.

www.mascoutaheyecare.com

1-618-566-8899

Office located in Mascoutah, Illinois

Marianne McDaniel, O.D.

www.FoxValleyLowVision.com

1-800-341-8498

Located in Oswego, IL

Ronald Weingart, O.D.

Illinois Country Living

AUGUST 2023
VOLUME 81, NO. 4



PHOTO COURTESY OF TANNER BROWN

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PHOTO COURTESY OF DAVID MCBEE



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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.

PRESIDENT/CEO
Craig Sondgeroth
CHAIRMAN OF THE BOARD
Scott Ury
EDITOR
Colten Bradford
ASSISTANT EDITOR
Lisa Cherry
CHIEF CREATIVE OFFICER
Chris Reynolds
CREATIVE SERVICES COORDINATOR
Kayla Adkins

GRAPHIC DESIGNERS
Jen Danzinger
Kathy Feraris

CONTRIBUTORS
Les O'Dell
Chris Enroth
Jack Spaulding

SALES REPRESENTATIVE
Cheryl Solomon
Cheryl@amp.coop

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PHOTO COURTESY OF MONROE COUNTY ELECTRIC COOPERATIVE, INC.

Thank you for your patience and your kindness

Power outages can bring out the best in people

HOW MANY TIMES CAN someone flip a light switch before they get used to not having power? For me, it's too many to count. My automatic instinct to flip a switch every time I entered and exited a room never left during my three-day power outage.

In the days following the derecho that swept through the Midwest on June 29, I was one of the lucky ones when my power came back on Sunday morning. While my neighbors across the street had every light on in their house the same evening as the storm, many remained without power for a week or more.

The storm's damage was tremendous. The National Weather Service reported more than 300,000 homes and businesses without power the following morning. High winds (including the estimated 100 mph wind in western Illinois) and several tornadoes brought down trees, power lines and utility poles across a large swath of the state.

While my wife and I settled in for our extended outage, we frequently visited our electric utility's Facebook page for updates. While we were there for the updates, we stayed for the comments, and what we read disturbed us.

Without electricity, people in my community were losing their minds. Many seemed to think that power restoration was as easy as the flip of a switch. They didn't seem to consider the severity of the damage to the electric system nor the amount of time it takes to locate the source of

the outage and restore power safely. They wanted their electricity, and they wanted it immediately.

I should mention that I'm not a member of an electric cooperative; rather, my home is on city lines. I want to also note that there were positive comments scattered throughout the negativity, but I couldn't believe the lack of understanding and the sense of entitlement many commenters exhibited.

I then became concerned for the hardworking employees of the affected electric cooperatives across the state. One by one, I checked social media updates for each co-op. However, there was nothing to worry about. Reading these comments, I felt my spirits lift as co-op consumer-members across the state overwhelmingly shared messages of love and appreciation. Of course, there was a smattering of negativity, but no family is perfect.

Most of Illinois' electric cooperatives sustained damage, and an emergency work plan was enacted. Lineworkers across Illinois and Missouri, as well as employees behind the scenes, gave up their Fourth of July holiday and time with their families to get the power back on — not only for members of their own communities but also for people across Illinois. They worked day and night and in heat and rain to achieve that goal.

Just like all the positive messages expressed on co-op social media sites, I'd like to take the time to not only thank the hardworking people who keep the lights on but also everyone who remained patient and kind throughout the extended outage. The co-op community is truly special to be a part of. 💡



Colten Bradford is the editor of Illinois Country Living magazine.

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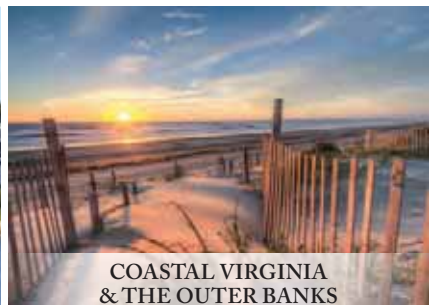
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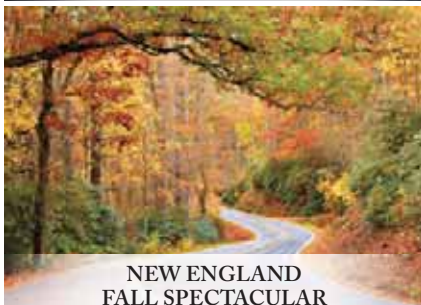
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& THE OUTER BANKS



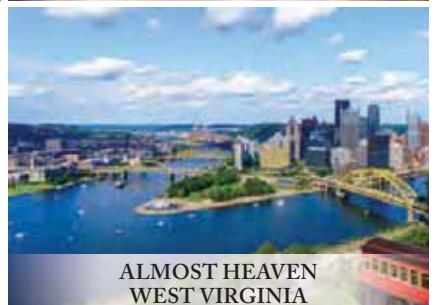
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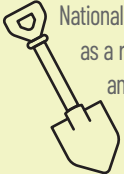
NASHVILLE CHRISTMAS

AUGUST CHECKLIST

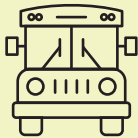
Prepare for a safe harvest. Farmers, be sure to have plans in case of an emergency during harvest, and check that everyone in your operation knows what to do.



Call 811. Aug. 11 (8/11) is National 811 Day. It serves as a reminder to be safe and contact 811 at least five days before any digging project begins to get underground utilities marked.



Stop for school buses. Keep kids safe going to and from school. It's the law to stop for school buses displaying flashing red lights and an extended stop arm.



Tip of the month. To maximize ceiling fan efficiency, rotate the blades counterclockwise during the hot summer months.



Continuing a decades-long tradition

In June, more than 1,800 youth delegates representing electric and telephone cooperatives converged in Washington, D.C. for this year's Youth Tour. This annual tradition has spanned nearly 60 years and is organized by the National Rural Electric Cooperative Association (NRECA).

Fifty-three young leaders represented Illinois during the trip, sponsored by 24 of the state's electric and telephone cooperatives. They boarded buses and departed for Washington, D.C. on June 16.

"Youth Tour is a great opportunity that changes students' lives," said Brooke Gross, Youth Tour coordinator for Illinois. "After touring our nation's capital, meeting congressional representatives and learning firsthand how our government works, they return home with valuable knowledge that helps prepare them for the future and friendships that will last a lifetime."

The students had the opportunity to visit Capitol Hill and met with U.S. Representatives Mike Bost, Nikki Budzinski, Darin LaHood

and Mary Miller. They also visited historical and cultural sites including Gettysburg, Arlington National Cemetery, the Supreme Court and the White House, as well as many memorials and museums.

During the trip, Paris Van Dyke, who represented Wabash Communications Co-op, was selected by her peers as the 2023-24 Youth Leadership Council (YLC) representative for the Illinois delegation. The YLC is a year-long appointment, and Van Dyke will represent Illinois at national and state meetings and events in the year ahead.

In addition, the Illinois delegation interacted with other participants across the nation during the NRECA Youth Day event on June 21. After the weeklong tour, the students returned to Illinois on June 23.

Since 1964, the nation's cooperative electric utilities have sponsored more than 60,000 high school students to visit Washington, D.C., talk one-on-one with their U.S. congressional delegations and learn from energy and grassroots government education sessions. 💡

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

IL ENTERTAINMENT CORNER



A few folks may have heard of a former Champaign rock band that will be taking the grandstand stage this summer at the Illinois State Fair. REO Speedwagon, known for No. 1 hits like “Keep on Loving You” (1980) and “Can’t Fight This Feeling” (1985), performs at 8 p.m. Tuesday, Aug. 15.

The band’s founding members met at the University of Illinois in the 1960s and named their fledgling group after a 1915 truck designed by Ransom Eli Olds. They gained a following and later signed a record deal with Epic Records in 1971. The band achieved mainstream success in the early ’80s with songs like “Roll with the Changes” and “Time for Me to Fly” and has been performing ever since.

Tickets are available through Ticketmaster. Gates open an hour before the show. For more information and other visiting acts, visit statefair.illinois.gov/entertainment/grandstand.



Pickowitz receives All-American Lineworker honor

John Pickowitz, foreman for Coles-Moultrie Electric Cooperative (CMEC), was recently inducted into Lineman Central’s 2023 All-American Lineworker Class, sponsored by Klein Tools. He was one of six to receive the honor this year, which recognizes the best in the trade.

Pickowitz has served CMEC consumer-members for more than 45 years, starting as summer help in the warehouse in May 1977. He went straight from the warehouse into linework. He later became an area serviceman in 2008 and was promoted to foreman in 2016.

The nomination letter stated, “John has possessed initiative his whole career. No obstacle is too big. He is a great mentor and friend to our whole team and co-op family.”

Nominees for the honor must be either active or retired journeyman lineworkers. They are judged on their work history, relationships with co-workers, service to their community and contributions to the electrical industry. Recipients are those who go beyond the call of duty. Learn more at linemancentral.com.

Conservation proposal overburdens co-ops, risks grid reliability

A proposal to expand federal conservation authority over public land should be withdrawn because it would disproportionately burden rural electric cooperatives while threatening grid reliability, the National Rural Electric Cooperative Association (NRECA) told the Bureau of Land Management (BLM).

“This proposed rule could potentially remove large swaths of public lands from uses such as utility rights of way, mineral and natural gas development, and food production,” said Megan Olmstead, NRECA regulatory affairs director. “It could have far-reaching impacts on electric co-ops across the nation and electric reliability in terms of natural gas and coal availability and siting transmission, generation and distribution infrastructure on public lands.”

In comments filed with BLM, NRECA emphasized the agency’s failure during its rulemaking to conduct appropriate administrative due diligence or to engage with stakeholders as required by the Federal Land Policy and Management Act. As a result, the proposal fails to address the many significant challenges that co-ops would face should the current draft be finalized.

NRECA also explained how the remote nature of co-ops’ service territories requires more special use authorizations, easements and rights of way across public lands than other electric utilities.

“Increased planning, permitting, access, mitigation, fuel supply and vegetation management requirements and costs that result from this proposal could jeopardize the reliability and affordability of electric service throughout [co-op] territories, which include 92% of the nation’s persistent poverty counties,” Olmstead said. “NRECA urges BLM to withdraw this proposed rule.”

NRECA has joined a coalition led by the U.S. Chamber of Commerce to oppose the BLM proposal.

Cathy Cash, NRECA



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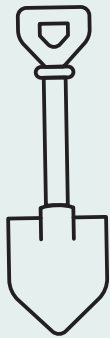
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Name (Please Print Clearly)

Address _____

City _____ State _____ Zip _____

E-mail _____

01-33969-001-E38501



Where is it?

The winners of the June hidden object contest were Abigail Mullins of Corn Belt Energy Corporation and Linda Phillips of Jo-Carroll Energy. Congratulations! Your ICL Tervis tumblers have been sent.

July's ant was hidden on the bottom left of page 30 near the page number. 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. Be on the lookout for a shovel in honor of 811 Day. 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. 📍

2023 scholarship recipients announced

The Thomas H. Moore Illinois Electric Cooperatives (IEC) Memorial Scholarship Fund announced recipients for 2023. The fund has grown from initially awarding two \$1,000 scholarships in 1996 to now offering 15 \$2,000 scholarships.

The Illinois Community College System Foundation (ICCSF) administers the IEC Memorial Scholarship Fund.

Of the 15 annual awards, 14 are specific for high school seniors who plan to enroll in a full-time undergraduate course of study at an accredited two- or four-year college, university or vocational/technical school.

Of those 14 scholarships, nine are awarded to students who are the sons or daughters of an Illinois electric cooperative consumer-member. Four are

reserved for students enrolling full-time at a two-year Illinois community college who are sons or daughters of an Illinois electric co-op consumer-member or employee.

The Earl W. Struck Memorial Scholarship is awarded to one student who is the son or daughter of an Illinois electric co-op employee or director.

One scholarship, the LaVern and Nola McEntire Memorial Lineworker's Scholarship, is awarded to an individual to attend lineworker's school conducted by the Association of Illinois Electric Cooperatives in conjunction with Lincoln Land Community College (LLCC), Springfield.

Congratulations to the 2023 Thomas H. Moore IEC Memorial Scholarship recipients. 📍

Four-year college or university recipients



Brooklyn Bender
EnerStar Electric Cooperative



Hank Bouillon
M.J.M. Electric Cooperative



Hayley Drake
Egyptian Electric Cooperative Association



Jacob Furlong
Jo-Carroll Energy



Hayden Habermehl
Monroe County Electric Cooperative



Morgan Klaas
Illinois Electric Cooperative



Abigail Meyer
Tri-County Electric Cooperative



Rhylee Sauerbrunn
Southern Illinois Electric Cooperative



Isaac Vahling
Norris Electric Cooperative



Earl W. Struck Memorial Scholarship

Lucas Dotson
Adams Electric Cooperative

Community college recipients



Erik Keeton
Rural Electric Convenience Cooperative



Sophie Trainor
Shelby Electric Cooperative



Bree Vollman
Wayne-White Counties Electric Cooperative



Sierra Wilson
SouthEastern Illinois Electric Cooperative



LaVern and Nola McEntire Memorial Lineworker's Scholarship

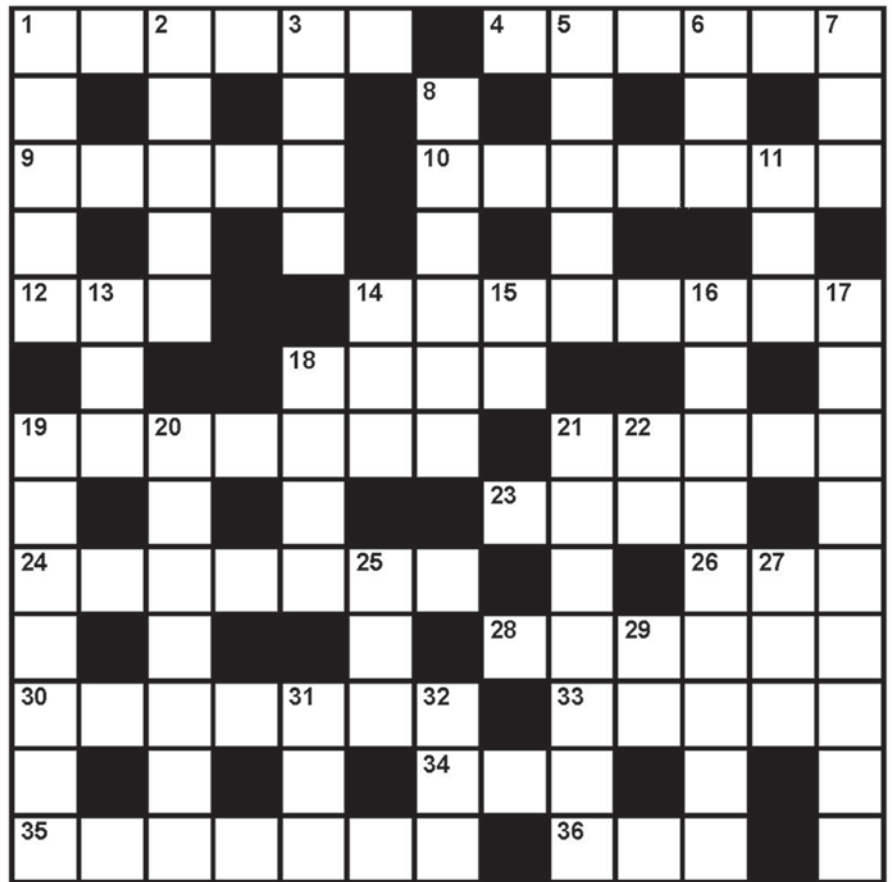
Deavan Malott
Spoon River Electric Cooperative

Across

- 1 Park features
- 4 River crafts
- 9 Avian homes
- 10 Evergreen conifer
- 12 Tree resin, for example
- 14 Covers for sleeping under the stars
- 18 Come together
- 19 Deep valleys
- 21 Olive-colored songbird
- 23 Bottom of a boat
- 24 They're useful to start camp fires
- 26 Sweet orange vegetable
- 28 With agility
- 30 Progress
- 33 Goes out in a boat
- 34 Wedding promise, 2 words
- 35 Water measurements
- 36 Silent sign of agreement

Down

- 1 Outdoor sleeping shelters
- 2 Greek fable writer
- 3 Rich as vegetation
- 5 Trembling tree
- 6 Wonderment
- 7 Cry for help, abbr.
- 8 Climbs
- 11 Stage background
- 13 Eureka!
- 14 Affleck of Hollywood
- 15 Word introducing location
- 16 It catches the worm, in a saying, 2 words
- 17 High waves and high winds description, 2 words
- 18 Night flying insect
- 19 Setting up a tent
- 20 Untouched, as an environment
- 21 Deer meat
- 22 That is, for short
- 25 Complete
- 27 Everyone
- 29 Mother for short
- 31 At an earlier time
- 32 Relative, for short



Solution on page 33.

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ONCE THE POWER IS OUT HOW IS IT SAFELY RESTORED?

When conditions are favorable for a storm, severe weather can take down power lines or disrupt electric service in several ways.

Please know that when the power goes out, your electric cooperative is doing all it can to safely and efficiently restore power. Here are the steps taken in the restoration process.



STEP 1: ASSESS THE DAMAGE
The damage to utility equipment and power lines across the service area is assessed.



STEP 2: ADDRESS SAFETY RISKS
Immediate safety risks, including downed power lines, are addressed.

STEP 3: RESTORE ESSENTIAL SERVICES
Public health and safety facilities are prioritized in power restoration.



STEP 4: PRIORITIZE REPAIRS
Repairs are usually done in this order: transmission towers and lines, substations, distribution lines, and then service lines to properties.



If you see a downed power line, always assume it is live and deadly.

LET'S GO!

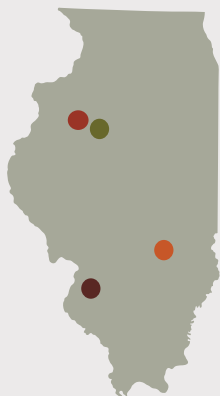
5
Farmers Market at Picquet Park
 SAINTE MARIE
 Held the first and third Saturday of each month through September

5
Quilters Public Stash Sale
 NORMAL
 Fabric, yarn and pattern bargains at the Mennonite Church of Normal

5
Back to School Bash
 SPRINGFIELD
 A fun-filled day of games and learning to get kids pumped for the upcoming school year

19
Farm Yoga
 HUTSONVILLE
 Register online for the event featuring cows, coffee and yoga at Neely Farm

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



Gateway Dulcimer Music Festival

AUGUST
4-6
 The annual festival will include workshops on mountain and hammer dulcimers as well as autoharp and ukulele on Friday and Saturday from 9 a.m.-4 p.m. followed by evening concerts at 7. The cost for full participation on both days is \$160 or \$80 for one. There are discounts for children under 12. Those who just wish to attend the concerts may purchase tickets at the door for \$10 per concert. There will be hymns on Sunday morning at 9 at no charge.

Aug. 4-6, 2023; events begin 9 a.m.
 ● Four Points by Sheraton/Fountains Conference Center, 319 Fountains Parkway, Fairview Heights
 Admission: varies
gatewaydulcimer.org or email gdsmf98@gmail.com

Frogfest

AUGUST
5
 Enjoy this family-friendly festival that celebrates frogs at the Dahinda Methodist Church. Come enjoy fried frog legs, barbecue pork, fresh produce, lemonade and iced tea. There will be fun for all with live music, a variety of games and frog-jumping contests.

Aug. 5, 2023; 4-7 p.m.
 ● Dahinda Methodist Church, 1739 Victoria St., Dahinda
 Admission: free



Mill Road Thresherman Association 42nd Annual Show

AUGUST
10-13
 Explore a century of farming at the Mill Road Thresherman's Show. The four-day show will take you back to country life on the central Illinois prairie. Enjoy farming and tractor events, horse farming, bluegrass music and much more. Camping is available on the grounds. This year, the event will celebrate John Deere with the Model G Reunion, Centennial D Celebration and the Toughest G Competition Pull.

Aug. 10-13, 2023; times vary
 ● Effingham County Fairgrounds, 722 E. Cumberland Road, Altamont
 Admission: varies
 217-821-1426 or millroadthresherman.org

RVAA's 39th Annual Old Fashioned Tractor Show and Swap Meet

AUGUST
26-27
 Hosted by the River Valley Antique Association (RVAA), bring the family to enjoy all things tractor at the group's annual antique tractor show and pull. A variety of craft vendors will be on location. Breakfast and lunch will be available for purchase.

Aug. 26-27, 2023; begins at 8 a.m.
 ● Butler Haynes Park, 9424 S. Mapleton Road, Mapleton
 Admission: free
 309-745-9102 or rvaatractors.com



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Charging ahead

Safety tips for new EV owners

CHARGING IS A CRUCIAL concern among new electric vehicle (EV) owners, whether plug-in hybrid or full electric. Fear of inconvenience is one of the biggest barriers to widespread adoption of EVs.

Many are concerned that there aren't enough public charging stations in the area — and even if there are, should they be relied upon when the need to recharge arises?

An EV charging station at home can solve this challenge of inconvenience, but are these systems safe? Absolutely — as long as they're installed correctly.

The first thing EV owners should consider is how they will charge their vehicles. A licensed electrician can evaluate a home's EV charging situation and determine the following:

- The vehicle's charging requirements, which vary depending on the make, model and type.
- The location of the panel and vehicle, including the distance from the panel to the garage, the degree of difficulty and whether the garage is attached or detached.
- The capacity and condition of your home electrical system to identify concerns.

Know your options

There are two common types of home charging options. Level 1

charging is a straightforward plug-in of the EV into any standard 120-volt electrical outlet. This requires no electrical modification, and it normally takes 14-20 hours to fully charge the EV.

Some EV manufacturers and sellers provide inaccurate information on charging, suggesting that a standard 120-volt outlet is all that's needed. Unfortunately, this degree of charging may not always match the driver's daily travel needs.

Level 2 charging units are sold separately from the vehicle. These units must be installed by a licensed electrician, because they plug into a 240-volt outlet and charge much faster, typically 4-8 hours.

Safety considerations

Check with your electric cooperative and a licensed electrician before modifying your electrical system or installing a charging station. An electrician will need to make sure your home's wiring complies with local, state and national codes, and a permit may be needed prior to installation.

Be sure to select charging equipment that is certified to meet safety standards. Plug Level 1 EV chargers directly into an outlet designed to handle the amperage of the charging device. Never use a multi-plug adapter or extension cord. Charging cables are tripping hazards, so be aware of the cable's location.

Purchase a Level 2 charging device certified by a nationally recognized testing laboratory. This means the device has gone through rigorous testing and certification by a third-party company with the knowledge and pedigree in certifying EV technologies.

EV chargers are thought to be extremely safe, but follow these fundamental guidelines to further reduce potential hazards:

- Place all charging components out of the reach of children.
- Maintain the components of your charging station according to the manufacturer's guidelines.
- Cover the EV charging station outlet to prevent water exposure. Check the manufacturer's guidelines to make sure it is safe to charge your EV in wet conditions.
- Most charging stations are equipped with safety devices such as ground-fault circuit interrupters, which will identify electrical shorts and stop power to the charger to minimize risks. There is a low risk of electric shock, but automatic safeguards are built into the equipment.

Remember to contact your electric co-op before installation. They can answer any questions you have and provide additional information on EV programs and rates. 💡



Jennah 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.

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PHOTO COURTESY OF MIKE TEEGARDEN

In the kitchen, keep the refrigerator door shut. Teach kids to take a quick peek and shut the door while they think about their snack options.

Teach your children well

It's never too early to learn how to save

"WHEN I WAS A kid, I dreamed of one day having a home where I could pay my own electric bills," said no one ever. While it's not the most fun way to spend money, most want to live in homes with electricity. Educating kids on energy use and costs can help engage them in your family's goal to use less electricity. They can be electric conservation champions if you ask them to help. Here are some ways you can teach kids to use less electricity.

Show them how to read the electric bill. Focus on what you can control: kilowatt-hour use. If they are old enough, teach them how to do the math. You can calculate kWh use by multiplying wattage by hours used and dividing by 1,000. Multiply this by the kWh rate found on your electric bill to estimate how much you spend on power for each household appliance.

For example, if you have a space heater that uses 1,500 watts and is on for four hours a day for a month, it uses 180 kWh. With an average kWh rate of 13.7 cents in the U.S., the space heater costs about \$25 a month to operate. Your kWh rate

may be lower or higher depending on your electric cooperative.

For household appliance wattage, look for the amount stamped on the bottom, back or nameplate. If the nameplate does not include wattage, figure it out by multiplying the voltage by the amperage.

To teach children the impact of saving energy, have them help you conserve with the household's biggest energy-consuming appliances: heating and cooling. Teach kids to dress appropriately for the season, even when they are indoors, which allows you to set the thermostat to balance comfort and savings.

You can also leave the house during the hottest times of the day to go for a swim or play outside. Before you go, nudge up the thermostat a few degrees to avoid wasting energy by cooling an empty house. Turn off fans when you leave a room. Fans only provide a cooling effect, but they don't actually cool a room.

The second highest use of electricity is typically the electric water heater. Use a shower timer so bigger kids can monitor how long they are in the shower. Teach them to

wash their clothes with cold water. If you have a gas water heater, look at the gas bill to find opportunities to save.

Other ways to save include turning off lights when you leave a room and switching lightbulbs to LED lighting. Powering down gaming stations and computers is another way to save. In the kitchen, keep the refrigerator door shut. Teach kids to take a quick peek and shut the door while they think about their snack options.

After teaching your kids about electric bills and showing them how to save electricity, make a game out of your family's energy conservation efforts. Challenge the family to use less energy than last month or the same month last year. Use the savings to reward them with a treat or let the winner pick the game night activity or film for family movie night.

You can also teach children where the electricity for their home comes from. Check out your electric co-op's website or give them a call to find out what energy sources power your home. 💡



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

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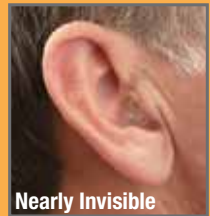
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E-bike basics

Electric bicycles open up possibilities

IN AUSTIN, TEXAS, WE pedaled a bicycle through downtown neighborhoods while listening to a songwriter-turned-tour guide spin behind-the-music-scene tales, and during a stop on the Gulf Coast, we rented bikes to explore the island city of Galveston on our own.



PHOTO COURTESY OF MELINDA SCHNYDER

These were our first experiences with electric bicycles, and my husband went along with my plans reluctantly. He wanted the outings to be exercise and didn't like the idea of the bike doing all the work. When we discovered that each rider chooses their level of pedal assist (including none), it turned into a win-win. He got a workout, and I was able to see more of both cities by engaging the bike's electric motor when I needed a boost.

After these excursions, I better understood why e-bikes have been the fastest-growing segment in the U.S. cycling market as far back as 2018.

Zipp E-bikes owner Seth Leo, who fitted us with the bikes in Galveston, said we weren't the first to think using a motorized bicycle was "cheating." He advised my husband

to turn off the assistance and pedal with the e-bike's nearly 20 extra pounds to increase his workout.

Besides the fact that bikes are fun, those who rent or buy from his shop typically choose an e-bike so they can go faster, farther and reduce their environmental impact by riding a bike rather than driving a vehicle.

"E-bikes open up possibilities," he said. "Now you can pedal up that super steep hill you couldn't pedal up before. We see people who have physical limitations due to injury or age and thought they'd never be able to ride a bicycle again get on an e-bike and get back to doing something they love."

About the bike

Electric bicycles don't look much different than traditional bikes except for the small motor, battery and control panel on the frame. They can be as much as 20 pounds heavier than regular bicycles, though weights continue to drop as the market matures.

Power plants, batteries, riding ranges and features vary among the brands and models, but the industry has developed three standard classes of e-bikes: Class 1 has a motor that you can set to assist you as you pedal and maxes out at 20 mph; Class 2 also reaches 20 mph but has a throttle-powered mode that does not require pedaling; Class 3 bikes are pedal-assist only, but they can reach 28 mph.

Where to ride safely and legally

Follow the same bicycling safety precautions as with traditional bicycles. Be considerate while riding on trails with others — passing a pedestrian at 20 mph can be startling. Spend time researching

where you're allowed to ride an e-bike. If you're renting, check to see if the outfitter has restrictions and ask about areas such as parks that don't allow motorized bicycles. Regulations are different in every state and can be specific to a city or land manager. Resources, such as PeopleForBikes' Ride Spot app and local bike shops, include information about where to ride, but always check with the location you plan to ride.

Remember, regulations are changing regularly as more e-bikes enter the market. The National Park Service announced in 2020 that superintendents throughout the system can allow Class 1 e-bikes on roads and trails where traditional bicycles are also allowed; however, they retain the right to limit e-bike use for safety reasons.

Battery and charging safety

The lithium-ion batteries that power e-bikes must be used properly to avoid overheating. When the batteries are poorly made or charged too long, they can cause fires. The New York City Fire Department issued a bulletin addressing the issue, providing the following advice.

Only buy or rent e-bikes certified by a nationally recognized testing laboratory (UL, ETL and CSA). Use the original battery, power adapter and power cord supplied with the device, or a manufacturer-recommended and/or a testing laboratory-certified replacement.

Plug the e-bike directly into a wall outlet when charging and charge in a safe area, like a garage. Make sure no combustibles are nearby and add a smoke detector in the area. Monitor the e-bike and battery when it is being charged. ⚡

MeLinda Snyder is a freelance journalist based in Wichita, Kansas. Her first grown-up bike was a used yellow Schwinn 10-speed that would now be considered vintage and cool.

The Miracle of Hemp in a Pill?

New hemp technology is 450% better for discomfort relief than regular hemp oil

Americans are rejoicing about a brand-new technology that gets the goods on the health benefits of hemp.

A next generation hemp technology is now available across the nation and can be purchased without a prescription.

And the best part, it comes with a new delivery system that's 450% more absorbable than oil.

So you can say good-bye to pills, oils and creams.

Canna LS contains pure "full spectrum hemp," which works to relieve joint discomfort, restore sharp memory, and support a healthy normal inflammatory response, to name a few. And since it has no THC, it heals without the "high."

Exciting new scientific research shows that hemp contains special molecules called cannabinoids which bind to receptor sites in the brain and body. When taken orally, hemp activates these receptors.

Why This New Technology Is Better Than Hemp

Unfortunately, most hemp found on the market can't deliver a fraction of these results. "The problem is, most hemp formulas come in oil form," according to Chief Technologist Mi Hwa Kim of The Green Gardener. "Oil doesn't breach the cell membrane, which is where the real healing happens. Our body is 80% water, our cells 90%. And you know what they say about oil and water — they don't mix."

This is why **Canna LS** contains a unique "water soluble" system. The technology is shown to improve absorp-

tion in the cells by 450%, quickly boosting the body's cannabinoid levels.

"The other problem is that most of these formulas only contain a single compound extract," says Ms. Kim. "Hemp's full spectrum of cannabinoids are shown to work synergistically. In short, they work better together. It's called the "entourage effect." Most miss out on the full effects because they are missing some of the best rejuvenating compounds within the hemp plant. This is why we've made **Canna LS** with "full spectrum" hemp." "Finally, most hemp formulas are made on foreign farms with pesticides, or grown using non-organic seeds and processes. We've grown the hemp in **Canna LS** at a 100% organic American farm, under strict agricultural guidelines. It's grown without pesticides or GMOs. And it's grown to contain no THC."

How It Works

The key to hemp's health benefits is the Endocannabinoid System, a network of receptors in the cells. The system is there to maintain homeostasis (balance). In response to toxins in our body, it releases cannabinoids to set things back to their natural state.

"It's really an amazing God-given system that's been completely overlooked," says Ms. Kim. "Our bodies are practically designed to work with the compounds in hemp, which is why we needed a technology like **Canna LS** that unleashes its full potential."

Over time, with aging, the

endocannabinoid system eventually burns out. Fewer cannabinoids are released, so the body's levels deplete. The result is, all sorts of symptoms of aging like age-related memory loss, blurry vision, joint discomfort, and much more.

"This is why there's almost nothing hemp can't do and no health concern it can't address," says Mi Hwa. "The trouble is, most hemp formulas are just not absorbable enough for the cell, so they fail to activate the endocannabinoid system. This is why they don't deliver anything close to the full range of potential results."

Fortunately, **Canna LS** is clinically shown to enter the cell membrane 450% more powerfully. This is how it boosts cannabinoid levels fast, helping to relieve joint discomfort... re-store foggy memory... and support healthy blood sugar. And what most people really love is that the "pearl" gel is easier to take than taking a pill or oil.

Not Yet Sold In Stores

Full-spectrum hemp, like **Canna LS**, is available nationwide. However, several major pharmaceutical companies are currently testing hemp in clinical settings, which means it may require a prescription in the future. It's advised to get **Canna LS** while you can.

Taking All The Risk Off Consumers

A large percentage of men and women using **Canna LS** experience truly amazing results. That's why it's now being sold with a guarantee that goes way beyond the industry standard. "We can



only make this guarantee because we are 100% certain our customers will be satisfied," says Ms. Kim. We want to take full risk off consumers. So in addition to offering substantial discounts for first-time customers, we also make them a huge promise that ensures they don't have to risk a cent."

Here's how it works: Take **Canna LS** exactly as directed, and you must be thrilled with the results! Otherwise, simply return the bottles and any unused portion within 90 days of purchase.

Where To Find Canna LS

To secure the hot, new **Canna LS** formula, buyers should contact the Sears Health Hotline at 1-866-560-2027 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 **Canna LS**, 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."

Call NOW at 1-866-560-2027 to secure your supply of **Canna LS**. Use Promo Code ICLCA823 when you call. Lines are frequently busy, but all calls will be answered!



***A TIME MACHINE
IN ITS OWN RIGHT***

The DeLorean remains an icon

By Les O'Dell

IN A BARN NOT far from the Ford County community of Piper City, Rich Weissenal tinkers with a vintage piece of equipment, restoring it to like new. The 1980s-era machine is not green or red. Nor is it yellow or even orange. This antique vehicle, along with several others in his shop, is stainless steel.

These machines are not antique tractors or other farm implements, either. Weissenal, 59, is working on one of the DeLorean DMC-12 automobiles in his collection. Like hundreds of Illinoisans and thousands of others worldwide, he is a devotee of the classic gullwing-door, two-seater cars manufactured during a three-year span beginning in 1981 and made famous by the 1985 film "Back to the Future."

"The stainless steel and the gullwing doors are what first draws your attention, but it's really the sleek, almost timeless lines of the car that really grab you," says Weissenal, who bought his first DeLorean in 1985. "It still turns heads."

The car

In its Belfast, Ireland factory, DeLorean Motor Company built fewer than 10,000 DMC-12s (the "12" reportedly to indicate the car's target list price of \$12,000). The company was the brainchild of John Z. DeLorean, a superstar engineer with General Motors credited with the development of the Pontiac GTO and other innovations. Setting out on his own, DeLorean imagined a futuristic touring car, working with noted Italian automobile designer Giorgetto Giugiaro, who gave the DMC-12 its unique styling.

The car was, admittedly, short on both power and sales, despite a network of dealers that included 21 in Illinois. It still appealed to many, however, even after the last unit rolled off the assembly line in 1983 following corporate financial struggles and accusations that founder

and president John DeLorean was involved in cocaine trafficking. He was acquitted in 1985.

"The DeLoreans were ahead of their time in several ways. First, there are the stainless-steel exterior and the doors. Either one of those would set the car apart, but when

with his brother's car, he got the job. Since then, his expertise with DMC-12s and his role at the shop both increased. Today, he is the co-owner of DeLorean Midwest and is a recognized authority on the car. "You know, they say you're an expert after 10,000 hours on any



you put them both together, it really makes the DeLorean extremely unique," says Mike McElhattan of DeLorean Midwest, an automobile service, sales, parts and restoration business in the Chicago suburb of Crystal Lake. McElhattan's company works exclusively with DMC-12s.

He saw his first DeLorean when his brother convinced his parents to purchase one at an auction. "I never expected my family to own a car like that, and I really liked it," he says. "The car was pretty cool and I grew up in the 1980s, so I am a product of that."

Exploring a career in automobile mechanics, he answered an ad looking for a specialist to work on DeLoreans. Given his familiarity

given project. I passed that a long time ago on these cars," he acknowledges.

The shop serves as a resource for DeLorean owners across the central part of the country and even hosts annual open houses and conventions for DMC enthusiasts, such as Weissenal, whose stable of DeLoreans includes a number of one-of-a-kind project cars built from pieces of DeLoreans wrecked beyond repair. He has some outlandish creations. If you've ever seen a photo of a DMC-12 body on a monster truck chassis or a DeLorean limousine with three pairs of gullwing doors, you've seen his work.

DeLorean Midwest is an automobile service, sales, parts and restoration business in the Chicago suburb of Crystal Lake that works exclusively with DMC-12s.

PHOTO COURTESY OF DELOREAN MIDWEST

DeLorean dreams

Weissenal and other Illinois DeLorean owners say they have been fascinated by the DMC-12 since the cars were first introduced. He recalls seeing an article in an automotive magazine bought with money from his newspaper route.

“I first saw the prototype in the mid-1970s and then eagerly watched for the first shipments of the production cars,” he says. He still remembers actually seeing one at a Chicagoland dealer for the first time. “It was definitely futuristic — like an X-wing fighter from ‘Star Wars.’ It was a car unlike anything I had seen. This was completely different.”

He bought his first DeLorean after seeing the car featured on an early promotional poster for “Back to the Future,” a now-classic film starring Michael J. Fox as Marty McFly, who teams up with the eccentric Doc Brown using a modified DMC-12 for time travel.

Not far from Weissenal’s Windy City home, Tamir Ardon also grew up fascinated with cars. When

the feature film came out, he was hooked on the featured automobile.

“I was 5 years old and saw the movie, and it made a big impression on me. That’s when the obsession started,” Ardon explains. “About a year later, I saw a DeLorean in person at a gas station, and I remember getting all excited. I was looking at it, and the driver asked if I wanted to sit in it. I said, ‘Yes,’ and I remember barely being able to look over the steering wheel, but I knew that this car would be a big part of my life.”

His premonition was correct. After getting his driver’s license, he found a used DMC-12 listed in the Chicago Tribune classified ads. He bought it at age 17 and still owns it, as well as the listing and a plethora of DeLorean memorabilia. In fact, Ardon, who now lives in southern California, is recognized as one of the premier historians of John DeLorean, his company and the DMC-12 itself. He even wrote and produced the 2019 docudrama, “Framing John DeLorean.”

“I became a DeLorean historian based upon my own passion for the car and the man, because there are so many interesting components to all of it,” he says.

Ardon’s DeLorean is housed in a custom-designed garage in the Chicago suburbs. Along with it, he displays a dealer’s sign and a wooden DMC-12 model, which sat on the founder’s own desk. It still moves him.

“The car has a very striking design, one that evokes emotion from people. It has stood the test of time,” he adds.

Tanner Brown of Casey may be the youngest DeLorean owner in the state. Like Ardon, it was the film that introduced him to the DMC-12. “My parents grew up in the late 1980s, and they introduced me to a lot of movies, nostalgia and pop culture from the time,” he says. “I saw ‘Back to the Future’ for the first time when I was 5, and when the DeLorean came out of Doc Brown’s truck, my jaw dropped. I was in love . . . in love with that car.”

Like many fans, Brown wanted a DMC-12 of his own. Earlier this year, he finally was able to purchase one. According to the Illinois Secretary of State’s office, there are nearly 400 DeLoreans registered in Illinois.

“Having one is surreal. Every time I walk into the garage, I look at it and I can’t believe that this piece of history is just hanging out there. Words cannot express the feeling,” he says.

Marty Maier of Bethalto in Madison County says he has put more than 100,000 miles on his DMC-12 since he purchased it in 1992. He and his wife often join four other couples with DeLoreans on road trips. He has driven his to the top of Pike’s Peak twice, to Banff National Park in Alberta and throughout the southern U.S.

“When they first came out, they were known for their unreliability. I think that was a matter of rushing

One of Lincoln Nation’s
four DeLoreans.

PHOTO COURTESY OF
LINCOLN NATION





There are nearly 400 DeLoreans registered in Illinois, and Tanner Brown owns one of them.
 PHOTO COURTESY OF TANNER BROWN

Rich Weissenal owns a stable of DeLoreans, including one-of-a-kind project cars built from pieces of ones wrecked beyond repair.

PHOTO COURTESY OF RICH WEISSENAL

them to market. Over the years, we've figured out their weaknesses and how to fix them, and now they are very reliable cars. They are comfortable, nice cars to drive long distances. My wife has a BMW, and if we go on a trip, I'd rather take the DeLorean."

Brown agrees. "It's kind of like driving a go-kart because it's not overly powerful, yet it is kind of peppy," he says, adding that it always draws a crowd. "The first day I had it, four people stopped me in the first 15 minutes to take pictures of the car."

Weissenal says there are a lot of fun factors in driving a DMC-12. "There are literally people stopping in their tracks to take pictures," he says. "Stopping to get gas without getting more than a dozen questions is an accomplishment."

The added attention is why Lincoln Nation of Mount Vernon doesn't drive one of his DeLoreans regularly. "I am passionate about the DeLoreans, but I don't like driving them around because of all of the commotion," he says.

Nation currently owns four of the vehicles, with plans on giving one to each of his three children when they reach driving age. He wants them to have the same fun and love for the DMC-12 he has had since buying his first one as a teenager. He calls it "keeping the dream alive," admitting the car brings about nostalgia, too. He

shares fond memories of opening the gullwing doors for his prom date (now his wife) many years ago, and while the car still turns heads, it draws a different sort of attention.

"You know, it's not a chick magnet . . . at least not now," Brown explains. "It's more of a middle-aged man magnet now." But still, thanks to a resurgence of all things '80s and buoyed by "Back to the Future," the car is again very collectible. DMC-12 shoppers should expect to pay upward of \$35,000 for a project car.

"The movies have helped propel the car up and kept it in the zeitgeist for more than four decades now, and I think that it will continue to do that," Ardon says. "The car is starting to get a little bit more appreciated within the car collector circles. I think people are starting to realize that there is something kind of special about that car."

Weissenal sums up the appeal of DeLoreans simply. "There are a lot of aspects of the car that are really timeless." 💡



Bitcoin uses more electricity than Finland

The strange new world of cryptocurrency data mining

By Paul Wesslund

THERE'S A NEW INDUSTRY you may have heard of that uses huge amounts of electricity — as much as all the refrigerators in the U.S. And it may be coming to a town near you.

Cryptocurrency has been around for less than 15 years, so if you're not familiar with bitcoin and other forms of digital currency, what you're about to read will likely sound strange.

Cryptocurrency is a form of money that exists only in the virtual world of the internet, and the annual amount of electricity required to support cryptocurrency already

compares to the amount of electricity used in Finland. The Department of Energy compares its electricity use to 19 coal-fired power plants and foresees that increasing by at least 40% annually.

A new kind of mining industry

Cryptocurrency has created a new class of companies known as bitcoin miners. It's also created controversy. At least one state has restricted bitcoin mining as a drain on local resources, while others are creating incentives to attract cryptocurrency jobs.

There are several cryptocurrencies, but bitcoin is the first and largest. An anonymous founder launched it in 2009 as a way to create an online currency that wasn't part of any government or financial institution. Today, there are some 200,000 bitcoin transactions a day, and about 420 million users of cryptocurrency worldwide.

Of course, the people exchanging all that currency want a guarantee of security — and that's what creates the heavy electricity use.

Bitcoin devised a method of ensuring the safety of its virtual money called "proof-of-work." It's a decentralized way of verifying a transaction by creating a complicated mathematical puzzle for people on the internet to solve. The reward is a valuable bitcoin.

The idea behind proof-of-work is that with so many experts throwing so much computing power into competing to be the first to solve the puzzle, there's no room for fraud or security breaches.

The impact of cryptocurrency data centers on electric utilities

That idea might seem outlandish, but it's worked well enough that the proof-of-work market is valued at more than \$10 billion and is expected to grow to more than \$67 billion in the next three years.

With the popularity of cryptocurrency, the proof-of-work technique calls for tons of electrically powered computing capacity. Bitcoin miners often try to locate their data centers near a water supply to use

Cryptocurrency is a form of money that exists only in the virtual world.



PHOTO COURTESY OF DAVID MCBEE



Cryptocurrency has created a new class of companies known as bitcoin miners. The data centers that support cryptocurrency mining operate 24/7.

as a coolant to keep the computers from overheating. Miners are also flocking to areas where electricity rates are low and regulation is likely to be less burdensome.

Critics say bitcoin mining could strain water resources, raise local electric rates and harm the environment with massive energy use.

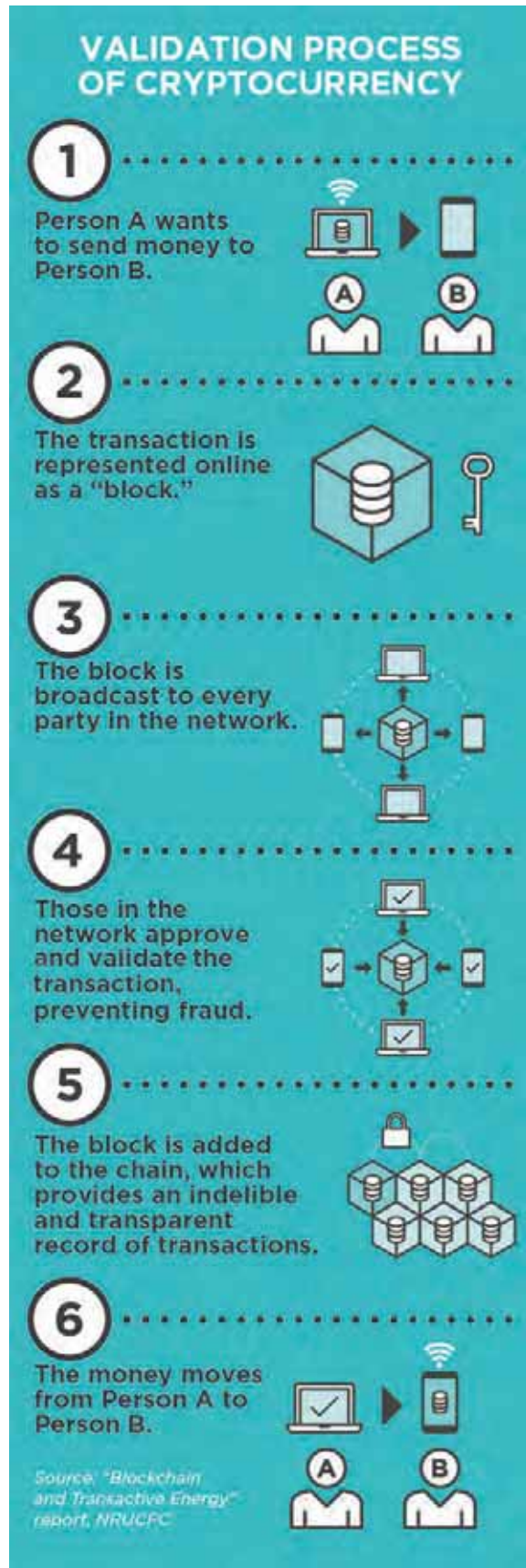
But bitcoin defenders cite the economic development benefits to a local economy. They also say data miners try to locate data centers where green energy is available — near hydroelectric dams or solar- and wind-power sites.

Bitcoin mining could potentially benefit electric utilities by making more efficient use of electricity. Data centers use power 24/7, including at night when excess electricity is available. Since the data centers aren't supplying a life-or-death service, bitcoin miners might be willing to accept a lower electric rate in return for having their power interrupted during times of peak electricity use.

The controversy over data mining's use of electricity could be resolved another way. Bitcoin's biggest competitor, ethereum, has changed its verification system from proof-of-work to something called "proof-of-stake." It's a similar technique that doesn't require solving a puzzle, which reduces energy use by more than 90%.

Some analysts predict proof-of-stake will eventually replace proof-of-work in the industry, all but eliminating the debate over electricity use. Others see proof-of-work sticking around, citing its greater security advantages as well as the fact that a lot of well-established bitcoin miners won't want to abandon a system that's working for them.

Whether cryptocurrency continues to use enormous amounts of electricity or finds less energy-intensive techniques will determine the future of a very young and very strange data-mining industry. 🧐



Sweetgum

Tapped out

Think twice before planting a maple tree

“WHICH MAPLE SHOULD I plant?” is a question I routinely encounter. My response is, “None!”

Maples aren't bad trees. They are great trees. Drive down most streets, and you will see a maple in everyone's yard. Talk to a landscaper about their inventory and what they sell more than any other species are maples. We love maple trees.

The characteristics of red maple, sugar maple or any of the various hybrids exemplify good fall color, decent growth rate, interesting bark and ease of propagation. Their performance puts maple trees in the league of historically top-rated trees, like American elm, green and white ash, and American chestnut.

My use of the term “historically” has two connotations. The first indicates our historic use of the three aforementioned tree species in the U.S. The second connotation refers to the fact that the American chestnut, elm and soon-to-follow ash are history. Like the maple that follows in their trend, ash, chestnut and elm were all heavily planted. One by one, each tree species succumbed to a non-native, invasive pest. Today, our communities are grappling with the effects of emerald ash borer and the vast emptiness left in our urban canopies. What's being planted in the wake of millions of lost ash trees? You guessed it — maples.

Currently, there is a pest called the Asian long-horned beetle that has the potential to completely wipe out North America's maple tree population. The Asian long-horned beetle has popped up in the U.S. already, and fortunately, our methods for controlling this pest have been successful. But things change, pests adapt and new threats emerge.

What can we do to prevent repeating our mistakes of monoculture urban forests? Don't plant them. With the loss of our ash trees, American cities have a great opportunity to plant diverse species of trees. If any of your neighbors have a maple tree, plant something else. Go even farther and take a walk around your neighborhood and identify what tree species may be lacking and seek those out.

When I say to avoid planting maples, most people ask, “Well, what are your favorite trees?” Before I give you my list of trees, you need to know, this is a tricky question to ask of a horticulture educator. It's like asking me why my dog is my favorite dog. She chews on my kids' toys, ruined my front door, destroyed our windows, and steals my children's food, but I still love her and wouldn't trade her . . . most days. Despite all those negatives, my dog's good qualities still outshine the stuffed animal innards

scattered across the living room floor this morning.

My top 10 list of trees:

1. Swamp white oak
2. Bur oak
3. Black gum
4. Tulip poplar
5. Sweetgum (Yes, sweetgum haters, you read that correctly. See the paragraph about my dog.)
6. Bald cypress
7. Kentucky coffeetree
8. American beech
9. White oak
10. Hackberry

Tulip poplar



It is not my aim to make readers anti-maple, but instead pro-diversity regarding our urban canopies.

Doing a neighborhood tree survey and need help identifying a tree? Contact your local Illinois Extension office for resources in tree identification. 💡



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.

Will This Strange Antarctic Squid Solve America's Memory Crisis?

New Deep Sea Discovery Proven to Be The #1 Natural Enhancer of Memory and Focus

Half a mile beneath the icy waters off the coast of Argentina lives one of the most remarkable creatures in the world.

Fully grown, they're less than 2 feet long and weigh under 10 pounds...

But despite their small size, this strange little squid can have a bigger positive impact on your brain health than any other species on the planet.

They are the single richest source of a vital "brain food" that 250 million Americans are starving for, according to a study published in the British Medical Journal.

It's a safe, natural compound called DHA – one of the building blocks of your brain. It helps children grow their brains significantly bigger during development. And in adults, it protects brain cells from dying as they get older.

Because DHA is so important, lacking enough of it is not only dangerous to your overall health but could be directly related to your brain shrinking with age.

With more than 16 million Americans suffering from age-associated cognitive impairment, it's clear to a top US doctor that's where the problem lies.

Regenerative medicine specialist Dr. Al Sears, says thankfully, "there's still hope for seniors. Getting more of this vital brain food can make a life changing difference for your mental clarity, focus, and memory."

Dr. Sears, a highly-acclaimed, board-certified doctor— who has published more than 500 studies and written 4 bestselling books — says we should be able to get enough DHA in our diets... but we don't anymore.

"For thousands of years, fish were a great natural source of DHA. But due to industrial fish farming practices, the fish we eat and the fish oils you see at the store are no longer as nutrient-dense as they once were," he explains.

DHA is backed by hundreds of studies for supporting razor sharp focus, extraordinary mental clarity, and a lightning quick memory... especially in seniors.

So, if you're struggling with

focus, mental clarity, or memory as you get older...

Dr. Sears recommends a different approach.

THE SECRET TO A LASTING MEMORY

Research has shown that our paleo ancestors were able to grow bigger and smarter brains by eating foods rich in one ingredient — DHA.

"Our hippocampus thrives off DHA and grows because of it," explains Dr. Sears. "Without DHA, our brains would shrink, and our memories would quickly fade."

A groundbreaking study from the University of Alberta confirmed this. Animals given a diet rich in DHA saw a 29% boost in their hippocampus — the part of the brain responsible for learning and memory. As a result, these animals became smarter.

Another study on more than 1,500 seniors found that those whose brains were deficient in DHA had significantly smaller brains — a characteristic of accelerated aging and weakened memory.

PEOPLE'S BRAINS ARE SHRINKING AND THEY DON'T EVEN KNOW IT

Dr. Sears uncovered that sometime during the 1990s, fish farmers stopped giving their animals a natural, DHA-rich diet and began feeding them a diet that was 70% vegetarian.

"It became expensive for farmers to feed fish what they'd eat in the wild," explains Dr. Sears. "But in order to produce DHA, fish need to eat a natural, marine diet, like the one they'd eat in the wild."

"Since fish farmers are depriving these animals of their natural diet, DHA is almost nonexistent in the oils they produce."

"And since more than 80% of fish oil comes from farms, it's no wonder the country is experiencing a memory crisis. Most people's brains are shrinking and they don't even know it."

So, what can people do to improve their memory and brain function in the most effective way possible?

Dr. Sears says, "Find a quality



MEMORY-RESTORING SENSATION: The memory-saving oil in this Antarctic squid restores decades of lost brain power starting in just 24 hours.

DHA supplement that doesn't come from a farmed source. That will protect your brain cells and the functions they serve well into old age."

Dr. Sears and his team worked tirelessly for over 2 years developing a unique brain-boosting formula called **Omega Rejuvenol**.

It's made from the most powerful source of DHA in the ocean, squid and krill — two species that cannot be farmed.

According to Dr. Sears, these are the purest and most potent sources of DHA in the world, because they haven't been tampered with. "**Omega Rejuvenol** is sourced from the most sustainable fishery in Antarctica. You won't find this oil in any stores."

MORE IMPRESSIVE RESULTS

Already, the formula has sold more than 850,000 bottles. And for a good reason, too. Satisfied customers can't stop raving about the memory-boosting benefits of quality-sourced DHA oil.

"The first time I took it, I was amazed. The brain fog I struggled with for years was gone within 24 hours. The next day, I woke up with the energy and mental clarity of a new man," says Owen R.

"I remember what it was like before I started taking **Omega Rejuvenol**... the lack of focus... the dull moods... the slippery memory... but now my mind is as clear as it's ever been," says Estelle H.

"My mood and focus are at

an all-time high. I've always had trouble concentrating, and now I think I know why," raves Bernice J. "The difference that **Omega Rejuvenol** makes couldn't be more noticeable."

And 70-year-old Mark K. says, "My focus and memory are back to age-30 levels."

These are just a handful of the thousands of reviews Dr. Sears regularly receives thanks to his breakthrough memory formula, **Omega Rejuvenol**.

WHERE TO FIND OMEGA REJUVENOL

To secure bottles of this brain-boosting, buyers should contact the Sears Health Hotline at **1-800-966-6213**. "It takes time to manufacture these bottles," says Dr. Sears. "The Hotline allows us to ship the product directly to customers who need it most."

Dr. Sears feels so strongly about this product, he is offering a 100%, money-back guarantee on every order. "Send back any used or unused bottles within 90 days and I'll rush you a refund," says Dr. Sears.

The Hotline is taking orders for the next 48 hours. After that, the phone number may be shut down to allow for inventory restocking.

Call **1-800-966-6213** to secure your limited supply of **Omega Rejuvenol**. Readers of this publication immediately qualify for a steep discount, but supplies are limited. To take advantage of this great offer use Promo Code **1-800-966-6213** when you call.



No ticket necessary

Airport Steakhouse is a popular destination for flyers and locals alike

By Kayla Adkins

“WELCOME TO AIRPORT STEAKHOUSE. Like it or not, we treat you like family,” says a sign on the wall in the family-owned-and-operated restaurant located in the terminal at Coles County Memorial Airport in Mattoon.

The restaurant, which is on Coles-Moultrie Electric Cooperative lines, takes its location to heart. From the real airplanes landing and taking off outside the windows to the model planes hanging from the ceiling, diners are in for a high-flying experience.

Pam Bean has worked at the Airport Steakhouse for 44 years and has owned it for the last three. She inherited it from her father Ron, who owned it for 38 years. Pam can be seen hosting, cooking, baking pies and interacting with customers. She says she has no plans to make any changes to the eatery.

“We don’t change anything here, because our customers are very devoted to what we have,” says Katherine Bennett, an Airport Steakhouse employee. “Don’t fix what’s not broken.”

Customers can always rely on the restaurant’s famous elephant ear tenderloin. This hand-cut, breaded pork tenderloin is the size of its plate, providing a filling meal. It also

plays a part in the logo for the restaurant, which features a smiling elephant dressed as a pilot.

However, there is more to the menu. Appetizers, noted on the menu as “deep fried tasties,” consist of deep-fried delicacies like hand-breaded onion rings, mozzarella sticks and the restaurant’s popular hand-cut, breaded and made-to-order fried mushrooms. Bean says the mushrooms are so popular that they slice up to 40 boxes of them a week.

There are a variety of sandwiches and burgers available, including baked ham, grilled cheese, chicken fried steak, BLT, club, fish, grilled or fried chicken, patty melt, bacon cheeseburger and mushroom Swiss burger. Don’t want a bun? Sandwiches can also be made into wraps.

Dinner meals are served with two sides and a dinner roll. Options include ribeye, steak and shrimp, chopped sirloin, ham steak, butterfly pork chops, fried chicken, chicken livers, mushroom chicken, breaded chicken strips, walleye, fish and shrimp.

Salads can be served as a side or as a meal. Spice things up with a beef or chicken taco salad or choose between ham, turkey or chicken in the chef salad.

With its 7 a.m. opening time, many diners come in to enjoy breakfast, even though it is served all day. Omelets, pancakes, French toast, biscuits and gravy, and deep-fried cornmeal mush are all options on the menu.

Children have some choices of their own on the “tiny humans” menu for kids aged 12 years and younger. Sliders, chicken strips, mini corn dogs, hot dogs, grilled cheese, French toast or pancakes — each is served with a choice of side and small drink.

For visitors with a sweet tooth, there are homemade pies. Flavors include coconut, chocolate, peanut butter, chocolate peanut butter, cherry, apple and pumpkin.

Although the dining room is on the smaller side, all tables have a clear view out of the many windows of the planes on the runway. For larger groups needing more space, there is a banquet room in the back that can accommodate 40 people.

While many customers may be headed off to faraway destinations, the restaurant has its fair share of local support. Some of these “frequent flyers” eat at the restaurant every day.

“We have people coming here who are coming for breakfast, lunch and dinner,” Bennett says. “You’re either a very devoted Airport Steakhouse customer or you don’t know it exists,” she laughs. 🗣️



Chocolate peanut butter pie

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Elephant ear tenderloin



Thursday special:
breaded chicken breast,
green beans, mashed potatoes and gravy

Meals for one

SEVERAL MONTHS AGO, I received a letter from Bill, a Southern Illinois Electric Cooperative member. He requested recipes for those who cook for one. While many recipes printed in ICL serve large families, he reminded me that many live alone, whether single, divorced or widowed.

Julie, a Shelby Electric Cooperative member, responded to the recipe request. In her letter, she explained that it was challenging to cook for one when her husband was away on business. During this time, she developed a series of go-to main courses.

If you're getting ready for the week, I'd recommend prepping on Saturday night and cooking everything Sunday night. The zucchini dish is perfect for a Sunday supper, while the other two are great for lunches and dinners the following three days. 💡

Upcoming recipes

Pizza toppings

Sugar-free desserts

Dinner 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.

ZUCCHINI BOATS



Prep: Chicken, Three Ways

Submitted by Julie Douglas, Shelby Electric Cooperative

- 2 cups buttermilk
- 2 tablespoons hot sauce
- 1 tablespoon whole black peppercorns
- 1 tablespoon garlic, chopped
- 1/2 teaspoon sea salt
- 8 boneless, skinless chicken thighs
- 1 tablespoon extra-virgin olive oil

Begin prepping 24 hours in advance. Mix the first five ingredients in a large bowl. Add the chicken to the buttermilk mixture and massage the chicken with your hands. Cover and refrigerate for 24 hours. The next day, preheat the oven to 350 F. In a large iron or oven-safe skillet over medium heat, add 1 tablespoon of olive oil. Heat to just before it is smoking. Pull out thighs and shake off excess buttermilk. Place in skillet fat side up and sear the chicken, about 4 minutes on each side. Remove the skillet from the burner and place it in the oven for 20 minutes, or until the internal temperature reaches 175 F. Cool and set aside. **NOTE:** Cooked chicken must be stored in the refrigerator and used within three to four days, according to the USDA.

Meal 1: Zucchini Boats

Servings: 1-2

- 1 zucchini
- 1 tablespoon extra-virgin olive oil
- 1/2 shallot, minced
- 1 teaspoon garlic, minced
- 1 15-ounce can diced tomatoes with peppers and onions
- 2-1/2 chicken thighs, chopped
- 1/8 teaspoon pepper
- 1/2 teaspoon salt
- 1/4 cup shredded parmesan
- 1/4 cup shredded mozzarella

Preheat oven to 350 F. Wash and dry zucchini and trim off the top and bottom. Cut it lengthwise and scoop out the "guts" with a spoon, leaving about a 1/4 inch of flesh around the skin. In a skillet on medium heat, add the olive oil and sauté the shallot and garlic for about 5 minutes. Add the zucchini guts and half the can of diced tomatoes and cook until the liquid reduces. Add in the chicken and mix to combine. Season with salt and pepper. Cover a sheet pan with aluminum foil and spray with cooking spray. Place the zucchini boats on the pan and fill them with the chicken mixture. Sprinkle half the parmesan and mozzarella over each boat. Bake for 20 minutes. Nutrition information: 935 calories; 44.6g fat; 1,615mg salt; 17.6g carbohydrates; 114.4g protein.

Meal 2: Chicken Salad in Tomato

Servings: 3

- 2-1/2 chicken thighs, chopped fine
- 8 red grapes, halved
- 1/2 cup sliced almonds
- 2 green onions, green parts only and sliced thin
- 1/2 cup mayo
- 1/4 cup sour cream
- 1/2 teaspoon Old Bay seasoning
- 3 large tomatoes

Place the first seven ingredients in a large bowl and mix well. For each meal, wash a tomato, remove the top and scoop out the seeds. Fill the tomato with a third of the chicken salad. Nutrition information: 555 calories; 34.4g fat; 510mg salt; 22.1g carbohydrates; 41.2g protein.

Meal 3: Bow Tie Chicken Pasta

Servings: 3

- 1/2 box bow tie pasta
- 3 chicken thighs, diced
- 8 grape tomatoes, halved
- 1 small can sliced black olives
- 2 green onions, white parts only and sliced thin
- 6 tablespoons Italian dressing

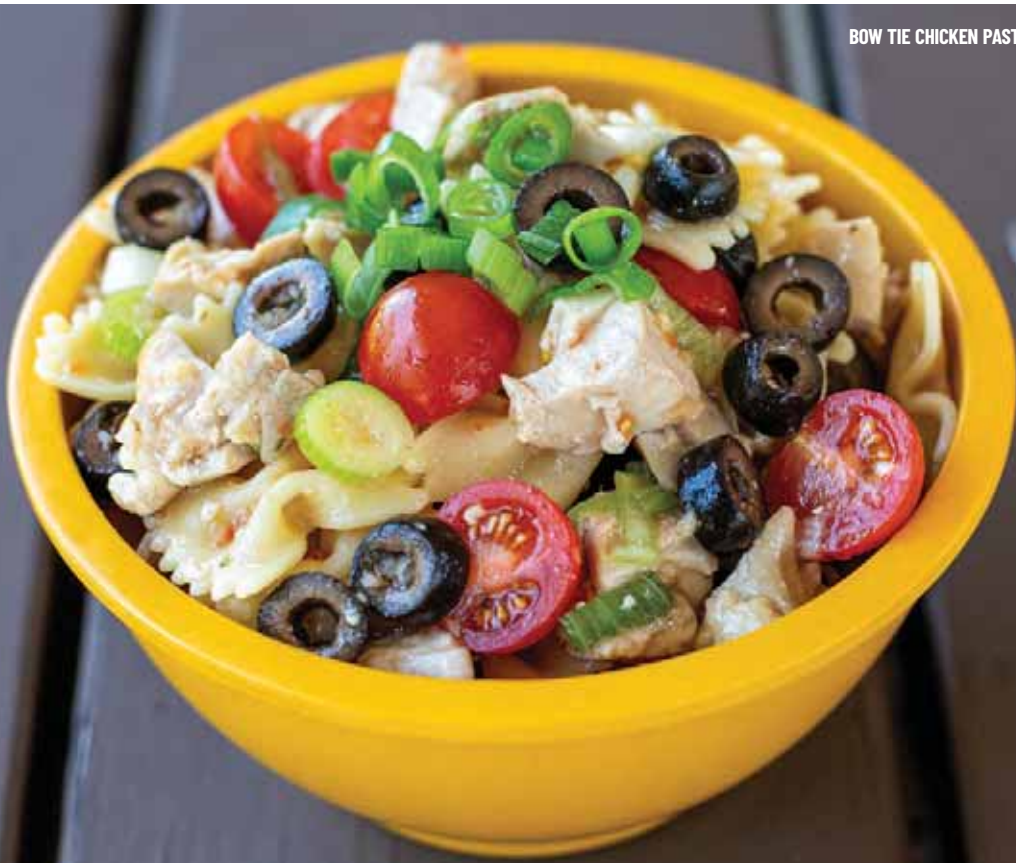
Cook pasta using the box directions, drain and set aside. Mix all ingredients together and divide into three servings. Nutrition information: 448 calories; 22.1g fat; 337mg salt; 17.5g carbohydrates; 45.5g protein.



CHICKEN SALAD IN TOMATO



BOW TIE CHICKEN PASTA



CORRECTION

In the July 2023 edition of ICL's Finest Cooking section, we printed a series of jam and jelly recipes titled "Canning and jamming." Two recipes (Beet Jelly and Strawberry Banana Jam) used paraffin/wax and inverting methods of canning. It has come to our attention that both canning techniques are no longer recommended for health and safety reasons. For best results, use the water bath, pressure canner or freezer methods to can the Strawberry Banana Jam. However, use the freezer method for the Beet Jelly, as the heat in the other methods will break down the Jell-O. Apologies for the error.

The uninvited lunch guesst

MY WIFE CHRIS AND I enjoy eating our lunch in our screened-in back porch. The ceiling fan always produces a nice breeze, and it is so relaxing to listen to the birds along the river.

After lunch, it is almost mandatory to spend a few minutes in the rocker glider and enjoy the peace and quiet.

Laughing, I said, “That’s no way to talk about a guest! It might just be the answer to all the marauding chipmunks we have devastating your plants.”

Yes, Chip and Dale, there’s a new sheriff in town. Better watch your step!

Our two daughters and my wife are tolerant of snakes as a whole. Their education and loss of fear of

grabbed it behind the head, and carefully picked it up.

As I expected, the snake quickly wrapped itself tightly around my arm.

Motioning to the rest of the family, I said, “Come on over and see the snake. I want you to touch it and not be afraid of it.”

With what could be described as great reluctance, my daughters and wife slowly approached, wide-eyed and ready to run at the drop of a hat ... or the drop of a snake!

I told our eldest daughter Kristi to touch the snake.

She replied, “No, they are all slimy and nasty.”

With some encouragement, she finally reached out her hand and stroked the snake. She was surprised to find the snake’s scales were smooth and not “icky.”

Next up was Jacci, who said the snake felt slick and neat.

With a little hesitation, my wife joined the snake-handling crew and felt the smooth scales.

The girls said we needed to name the snake and came up with George.

I said, “What about a name for the smaller snake?”

Without hesitation, the smaller snake was christened “Georgette.”

Unwinding George from my arm, I told the girls and Chris to stand back and watch.

As soon as the snake was on the ground, it headed directly for the big maple tree. Assuming the snake would climb the tree by going around and around, even I was impressed when it went straight up the side.

Years later, the old maple tree split, and half of it hit the ground. In it was a huge hollow with hundreds of old, leathery snake eggs, which had hatched in years past. Looks like George and Georgette took up housekeeping years ago in the old maple tree. ♡



We had just sat down in the glider when I noticed something unusual about the two wooden barrel halves that we have stacked on top of one another. Stacked together, they look almost like the original barrel, but something was strange-looking about the bung. Looking closer, I determined I was seeing the back end of a large snake hanging out of the barrel.

I casually mentioned to my wife, “We have a lunch guest today,” and I pointed to the barrel bung. Once her eyes adjusted and she realized what she was seeing, she quickly moved to the glider seat farthest away from our guest and let out a colorful metaphor describing our visitor.

snakes started years ago when we lived in the country in a big, rambling old farmhouse.

One summer afternoon, we were out in our garden hoeing weeds and tending to the plants when we observed a strange sight. Gliding across the yard only a few feet away from the garden were two black snakes. One snake was a lot bigger than the other.

The initial response from the girls was to squeal and flee. My wife didn’t squeal, but she did step back several paces.

Stepping from the garden with a hoe in hand, I walked up to the larger black snake, gently pinned its head to the ground with the hoe,



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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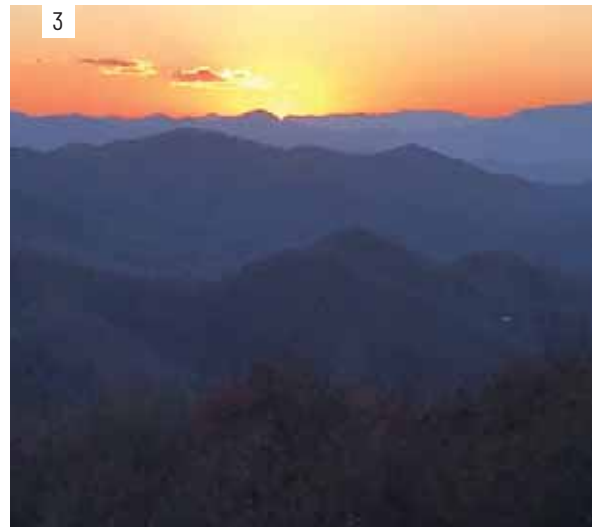
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UPCOMING THEMES
October - Power lines
November - Tractors
December - Architecture
January - Animals in snow



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WE SELL LAND

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Broker, Land Specialist
(815) 997-2256

MARK LEONARD
Broker, Land Specialist
(630) 746-8468

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Broker, Land Specialist
(309) 337-0348

BRENT RENEAU & JASON ENDRES

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

TYLER SELLENS
Broker, Land Specialist
(217) 440-4624

MARLEE JO SCHULTZ
Country Home & Land Specialist
(217) 617-2194

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

TYLER SELLENS & JOE CEBUHAR

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

KYLE LAMORE
Broker, Land Specialist
(217) 883-8418

JOSHUA MALONE
Broker, Land Specialist
(618) 292-9183

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

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

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

JOSHUA MALONE
Broker, Land Specialist
(618) 292-9183

JUSTIN MASON & CHAD WILKINSON
Broker, Land Specialist
Country Home & Land Specialist
(618) 638-5031 (618) 263-8376

- Over \$346 Million in Illinois land sales the past two years
- Over 47,568 Illinois acres sold in the past two years
- Over 577 Illinois transactions in the past two years



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