



Land Improvement Contractors Of America · Illinois Chapter

May - June 2011

Steve Anderson
Chairman of the Board

David Kennedy
President

David Haag
Vice President

Neal Barnes
First Vice President

Janet Burtle-Doubet
Secretary

Forrest Davis
Treasurer

Directors

Brian Brooks
Dave Hurst

Stuart Anderson
Steve Anderson

Carol Kiley
Mike Yordy

Eric Layden
John McCoy

Brent Breedlove
Joe Streitmatter

Bill Dean
Jon SeEVERS

Neal Barnes
John Barttelbort

Tom Beyers
Norm Kocher

Janet Burtle-Doubet
Executive Director

Upcoming Events:

Summer Members Meeting

Cisco, IL - June 25, 2011

DWM Workshop

Rochester, MN - July 14-15, 2011

Drainage Workshop

Decatur, IL - August 2 - 4, 2011

SUMMER PICNIC AND MEMBERS MEETING (page 8 - 9)



GOOD FOOD & FAMILY FUN



MEMBERS MEETING & TRAIN MUSEUM TOUR

Also Featured Inside

New Areas Host April Member Meetings (page 6 - 7)

Summer Drainage Workshop Registration (page 13)

Return To: Illinois LICA
P.O. Box 474
Brimfield, IL 61517

Please Remember All Of Our VETERANS This Memorial Day; May 30th

It is the
VETERAN,
not the preacher,
who has given us freedom of religion.

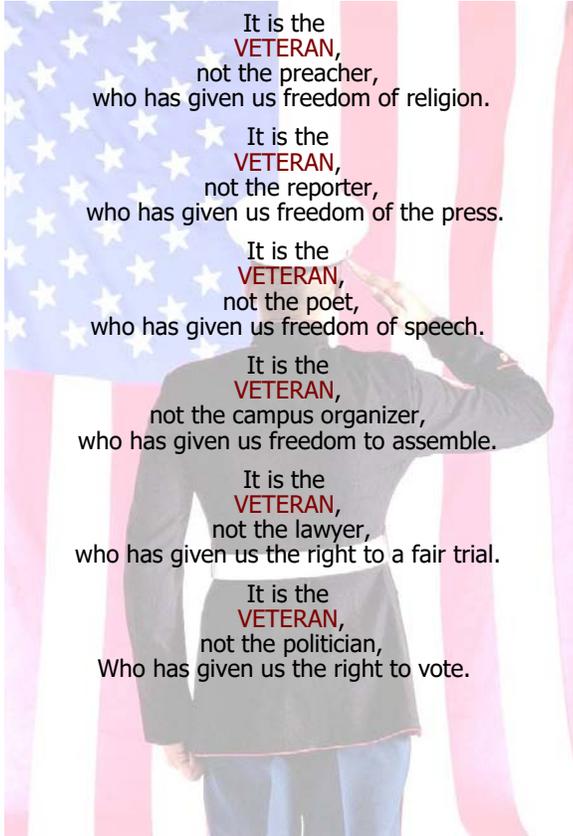
It is the
VETERAN,
not the reporter,
who has given us freedom of the press.

It is the
VETERAN,
not the poet,
who has given us freedom of speech.

It is the
VETERAN,
not the campus organizer,
who has given us freedom to assemble.

It is the
VETERAN,
not the lawyer,
who has given us the right to a fair trial.

It is the
VETERAN,
not the politician,
Who has given us the right to vote.



**ROLAND
MACHINERY CO.**
Komatsu Distributor

Time for New Equipment? Choose Roland

Reliable Equipment

- Manufactured to withstand any environment



Responsive Service

- Roland provides service on the job site or in their state-of-the-art facilities



KOMATSU

Call the Roland Location nearest you today!

Bolingbrook 630-739-7474	Carterville 618-985-3399	Marengo 815-923-4966
Palmyra 573-769-2056	Springfield 217-789-7711	www.rolandmachinery.com

Central Illinois Ag Since 1898
TAKEUCHI Parts, Sales & Service
Open Monday-Saturday



(800) 334-8942
www.centralilag.com

The ILICA News



Editor / Advertising Manager
Janet Burtle-Doubet

Chairman of the Board
Steve Anderson, Marseilles

President
David Kennedy, Colfax

Vice President
David Haag, Kempton

1st Vice President
Neal Barnes, Millstadt

Secretary
Janet Doubet, Williamsfield

Treasurer
Forrest Davis, Manito

Educational Advisor
**Professor Richard Cooke
University of Illinois**

The *ILICA News* is the official publication of Illinois Land Improvement Contractors Association, Inc. at 118 E. Knoxville St., Brimfield, IL 61517. (309) 446-3700.

Subscription price is \$25.00 per year, issued bi-monthly: Jan.-Feb.; Mar.-Apr.; May-June; July-Aug. Sept.-Oct.; Nov.-Dec., and includes one annual directory.

FEATURES

- New Areas Host April Member Meetings6
- Annual Picnic and Summer Members Meeting Registration. 8
- We Want To Know What YOU Think!9
- Iowa LICA Field Day Near Melbourne IA 11
- Tentative Drainage Workshop Agenda 12
- August Drainage Workshop Registration13
- Legislative Committee Meeting Results14
- ADMC Drainage Water Management Training15
- LICA Summer Meeting 19
- The Cranes: Celebrating The Real Wetland Story 22

COLUMNS

- Board Meeting Notice3
- Presidents Message4
- New Members 5
- ILICA Ladies Page 10
- Legislative Update: LICA Resolution14
- 2011 Committee Members. 16
- Member Application17
- ILICA Benefits18
- Advertisers Index 19
- Calendar of Events19
- University of IL - Healthy Eating Plan and Energy Drinks 20
- Safety Feature: The Deadly Dozen. 21

The LICA Creed



Land, the foundation of the Nation
 The basis of all wealth
 The heritage of the wise
 The thrifty and prudent
 The poor man's joy and comfort
 The producer of food, fiber and fuel
 The basis of factories
 The foundation of banks

All that man builds is from the land. We often take it for granted or even abuse it; And yet many, unthinkingly and unknowingly pass the land by. What man does with the land will be the deciding factor of his survival.



Meeting Notice

**Summer Member Meeting
June 26, 2011 - 2:00 pm**

**Jon & Veronica SeEVERS Home
Cisco, IL**

Board of Directors - 1:30 pm



PRESIDENT'S MESSAGE



Hello from Colfax,

I need to apologize in advance for the brief message this time. It has only been a couple of weeks since the last message and not a lot has happened.

(I wonder if this means I lead a boring life?)

As I write this, we have enjoyed a little good weather to get some work done as well as a rainy spell. A little more dry weather would be welcome just to stay less than 12 months behind schedule, and I am sure that everyone is in the same situation. I even found time to do a little "weekend farming" myself. Corn and soybean planters have been catching up to us in the fields so we will have a short reprieve until we begin our summer work. I'm sure we can all appreciate the effect the price of commodities has had on our workload.

I do want to encourage everyone to plan on attending the picnic on June 25 & 26 at Jon and Veronica Seevers home. Jon guarantees that it will not be as hot as last year and if it is, his garage will be air conditioned. Once we get through the business part of the weekend, there are several activities

planned that should entertain almost everyone. Jon has made arrangements for our group to enjoy a private ride into town on the newly restored steam locomotive at the Monticello railway museum as well as securing a nearby golf course for Sunday afternoon to satisfy the hackers in our group.

On a personal note, Lori and I are planning on traveling to Europe this summer to see our daughter, Jamie, whose husband Daniel is stationed at Papa, Hungary. I hope to be able to visit some farms and check out a few European conservation practices, if my tour guide will allow. It might be interesting to see different solutions to many of the same problems we face in the states.

As we enter our summer workload, take time to enjoy the results of your hard work and planning and above all, take time to enjoy life overall. Work hard and be safe.

David Kennedy, President



STADEL ELECTRONICS LASERS

Authorized Service and Sales for Laserplane-Trimble
Also servicing most other models

SOLVING YOUR LASER PROBLEMS FOR OVER 30 YEARS

Call anytime 815-777-0193
Tom Stadel 5928 W. Stagecoach Trail Galena, IL 61036



Know what's below. Call before you dig.

CALL J.U.L.I.E. OR GO ON-LINE BEFORE EVERY JOB!

Agri Drain CORPORATION
Your Partners in Water Management

We offer America's most complete selection of water management products for wetlands, ponds, lakes, controlled drainage, and sub surface irrigation. Along with tools, survey and safety equipment, and many hard to find items.

Wetland Water Level Control Structures

For a FREE catalog or to place an order—Call 1-800-232-4742

P.O. Box 458 • 1462 340th Street • Adair, Iowa 50002
Fax: 1-800-282-3353 • Email: info@agridrain.com
www.agridrain.com



NEW MEMBERS

Active Contractors

Justin Quaka

Quaka Trucking & Excavating
1708 E. 27th Rd, Ransom, IL 60470
Ph: 815-586-9181

Chris Hauptman

Hauptman & Daughters
9074 Gemini Drive, Bloomington, IL 61705
Ph: 309-826-5174

Darrell Smith

Smith Excavating
4155 Thomas Road, Decatur, IL 62521
Ph: 217-864-5582

Active Contractors (cont.)

Russell Hopper

Hopper Excavating
R.R. 1, Box 274, Gays, IL 61928
Ph: 217-752-6568

Jerry Gunn

Gunn Construction Co.
P.O. Box 438, Camp Point, IL 62320
Ph: 217-593-6629

Ed / Mike Kendrick

Kendrick & Kendrick
1345 E. 1200 N Road, Melvin, IL 60952
Ph: 217-388-2430

Thank You!

You may notice a slight difference in the listing of new members above. Since it is so long between publication of the annual member directories, new member contact information will now be published in this section as they are introduced to the organization. If you already know any of these new members, please give them a big ILICA welcome the next time you see them and let them know how glad we are they decided to join!

Heiser Insurance & Financial Services

At Continental Western Group, business insurance is what we do; period. Our single focus is to provide our customers with the business insurance coverage they need today and in the future. Continental Western Group is the Illinois **LICA endorsed carrier** for property and casualty insurance. Contact Tim Neuhauser at Heiser Insurance at 1-800-727-9775 or Continental Western Group directly at 1-800-235-2942 for more information.



Period!

Continental Western Group

www.cwgins.com

A BERKLEY COMPANY SM

NEW AREAS HOST APRIL MEMBER MEETINGS

This spring brought a renewed energy to Area member meetings with the help of several new membership committee volunteers, secured by committee co-chairs Wayne Litwiller and Norm Kocher. Each ILICA Area now has at least one person on the committee to help promote and execute local meetings in the continuing effort to expand ILICA's name throughout Illinois. The success of the past few years has made it possible for these new recruits to say, "I can do that", adding to our momentum and growth.

Area's 3 and 8 have been hosting these meetings for two years now and Area 8 had already held their spring meeting on March 10th at BM Truck Equipment in Olney. The four new Areas decided to wait for Jerry Biuso's return in early April for the official kick off Area's 1, 2, 4 and 5 member meetings.

Corey Getz, Brian Brooks, Steve Anderson and Ron Masching all worked to promote the first combined Area's 1 and 2 meeting sponsored by ADS/Hancor with a tour of their manufacturing plant in Mendota. Our members and guests met at Ziggy's Family Restaurant just a mile from the plant for the evening meal and then traveled the short distance for a private tour lead by plant manager, Jason Hartman. Since the plant runs 24 hours, attendees were broken up into two groups for safety and to make sure everyone could hear over the sounds of everyday production on the plant floor. One new member sponsored by Ron Masching, was signed up on the spot; even before Jerry had a chance to speak!



(above) Attendees with Dave Mosier and Jason Hartman (center) with some last minute safety instructions before the ADS/Hancor plant tour. Quincy attendees going through the buffet line with Susie Meyer, First Mid-Illinois Commercial Banking Assistant attending to every detail. (below left) Group shot at Birkey's after Thursday's meeting in Area 4.

On Wednesday, the traveling membership committee struck out for Quincy for the first meeting in Area 5. Although there had been a joint Missouri / Illinois LICA meeting last fall in Palmyra, Missouri, this visit would mark the first meeting on the Illinois side. It was a beautiful day, which may have worked against our potential attendance but our first new member from that part of the state, Pete Million joined us along with several other contractors, who we are still working on to convert into new members. First Mid-Illinois Bank & Trust were wonderful hosts and secured an additional guest speaker from Titan Wheel, a long time business leader in the community. ILICA members Clay Dean, Mike Slaughter and Bill Dean traveled all the way across the state to attend the meeting, providing their support and humor to the evening event.

MEAL SPONSORS

AREA 4 MEMBER MEETING AT BIRKEY'S

Fratco, Inc.

Prinsco, Inc.

Springfield Plastics, Inc.

THANK YOU! THANK YOU! THANK YOU!



NEW AREAS HOST APRIL MEMBER MEETINGS (CONT.)

Thursday, after a relatively short ride back to Peoria, it was time to gather another stack of newsletters, membership applications and our thoughts and head for Bloomington and the third meeting of the April series and first Area 4 meeting at Birkey's beautiful facility. Birkey's had hosted a backhoe rodeo and lunch for our group during the January convention at this outstanding property and welcomed ILICA back with over 40 guests and members attending. Meal sponsorship was secured with the help of Day Drainage from Fratco, Inc., Prinsco, Inc., and Springfield Plastics, Inc. Through their generous sponsorship, everyone enjoyed an outstanding catered smoked brisket dinner and sides from Longhorn Smokehouse. *(which I would not hesitate to recommend highly!)*

The featured speakers for the meetings in Quincy and Bloomington were provided by Illinois State Police Commercial Vehicle Enforcement divisions. The presentations by these officers are always very popular with our contractors. All and all, this April series of member meetings was very successful, securing a total of four new contractor members and several strong leads that will be pursued until the directory is closed in May. Our heartfelt thanks goes out to our hosts, our meal sponsors and our guests as well as everyone who helped coordinate these spring meetings. Local meetings continue to grow in popularity with the help and support of our outstanding members who promote and attend these events. Thank you again, for all you do for Illinois LICA.



(above, left to right) Attendees gather in the ADS plant entry, waiting for the plant tour to begin. Clay and Bill Dean with John Johannes, President at First Mid-Illinois Quincy location, visiting a little before the catered dinner. Guests at Birkey's during the ISP presentation in Bloomington.

Success Begins with the right Ground Work.



First Mid-Illinois Bank & Trust offers the right financial tools to get your land development started. Whether you're looking to farm your ground or create a smart business plan for it, First Mid can help. We offer Ag Services, Business Lending, Insurance, and more!

Let us help with your success... call us today.

- Ag Services Department 1-888-518-7878
- Business Development Department 1-877-561-7107

You can also visit us online to learn more. www.firstmid.com

With 38 locations across Illinois, there's a First Mid near you!



Member FDIC · Equal Opportunity Lender

JUNE 25TH 26TH ANNUAL PICNIC & MEMBER MEETING REGISTRATION



Optional Morning tour:

- ◆ 9:30 am - Meet at the Monticello Railroad Museum for the 9:45 am departure of our private round trip train ride.
- ◆ 10:45 am - Noon - Tour the Museum and/or travel 1/2 mile to the Remote Control Airplane Park
- ◆ 12:30 pm - Lunch at the Seevers' Home (in their air-conditioned garage)
- ◆ **1:30 pm - Board meeting/Annual Members meeting**

Optional Saturday Afternoon activities:

- ◆ Swimming at the Seevers' in-ground pool (changing room available)
- ◆ Hillbilly Golf tournament
- ◆ Washer ring-toss tournament
- ◆ Couples golf cart racing
- ◆ Socializing



Overnight accommodations

- ◆ Monticello Best Western (217) 762-9436 - \$84.99
- ◆ Friends Creek Campground (217) 423-7708 - Sites w/Electric @ \$18 per day or w/o electric @ \$12 per day; **Reservations encouraged!**

Saturday Evening Events

- ◆ Little Theatre On The Square - Sullivan (Footloose - afternoon matinee or evening) Tickets are \$35.50
- ◆ Trailblazers Rodeo in Monticello (Gates open at 5:00 pm, rodeo begins at 7:00 pm)
- ◆ Swimming & fire pit at the Seevers home with Pizza or Hickory River BBQ catered.

Sunday Events

- ◆ List of local churches will be available
- ◆ Golfing on Sunday afternoon at Monticello Golf Course (Additional fees shown below)
- ◆ Optional Lunch on Sunday

FREE REGISTRATION FOR NEW CONTRACTOR MEMBERS!

June 25 - 26, 2011 - Picnic Registration

FREE REGISTRATION FOR NEW CONTRACTOR MEMBERS!

Name: _____ # Attending: _____ X # Days _____ X \$8.50 = _____

(Per person, per day registration fee goes towards meals for that day. **New members receive FREE registration** to the picnic but registration form is required for meal counts.)

Please mark ALL activities you and your family will participate in

- | | |
|---|--|
| <input type="checkbox"/> Monticello Train Museum & RC Airport Tour | <input type="checkbox"/> 12:30 pm Lunch & Meetings |
| <input type="checkbox"/> Little Theater on the Square (Footloose) | <input type="checkbox"/> Monticello Trailblazers Rodeo |
| <input type="checkbox"/> Catered Saturday Evening Meal at the Seevers' | <input type="checkbox"/> Sunday lunch |
| <input type="checkbox"/> Monticello Golf Course: 9 <input type="checkbox"/> Holes - \$27 18 <input type="checkbox"/> Holes - \$43 (Per person; includes cart for 2; Sunday afternoon) | |

Return To: ILICA - Janet Doubet - P.O. Box 474
Brimfield, IL 61517 or Fax: (309) 446-3744
Or email info to: janet@illica.net

Total Amount Enclosed: \$ _____

Bill Me

WE WANT TO KNOW WHAT YOU THINK!

As mentioned on the preceding page, the summer member meeting is scheduled for June 25th in Cisco, IL. Members meetings are held twice per year and are designed to give every contractor member in the organization an opportunity to voice their opinions. It is easy to let the board and executives take care of ILICA business, especially when things are going well; but it is the collective understanding of the entire organization that will make ILICA stay strong.

The organization has been lucky to gain several new committee and board members over the past few years, bringing fresh ideas and a new perspective to the regularly scheduled meetings. It is important to keep that renewal going though, and members meetings are a perfect chance to do that without committing the time required for committee or board responsibilities. And, there is the added benefit of FREE registration for new members for the tours, activities and delicious home cooked meal that the picnic has to offer.

Back by popular request, this year's event will also include Saturday evening activities with camping or hotel accommodations in Monticello and a friendly golf outing set for Sunday afternoon. Guests are welcome to attend for the weekend, for one day, or just come for the great lunch and stay for the members meeting immediately following. If it happens to be warm that day and you're not shy (*like Bill*

Dean, shown below), bring your family and your trunks and enjoy the in-ground pool. There's a changing room attached to the air-conditioned garage where lunch will be served.

The Seevers' home provides a very family friendly atmosphere with a huge lawn, in-ground trampoline, and several yard games to entertain kids of every age. Stan's grilling expertise is well known in the Decatur area, with he and his traveling grill providing the main course for many church and community functions. And Veronica's 5-cup salad and home-made ice cream are enough to make the trip worth while all by themselves!

The ILICA board and executives encourage you to consider joining in on this fun and relaxing event, set for June 25th and 26th. Admit it, by that time of the year, aren't contractors looking for a reason to take a much deserved day off? So bring the family and let ILICA take care of the details. We think you'll be glad you did.



Tek Collect

Providing your business with the most advanced accounts receivable management, collections and customer retention solutions.

Douglas Rasmussen
Area Manager

douglas.rasmussen@tekcollect.com

871 Park St.
Columbus, OH 43215
866.652.6500 ext. 1743

Local Office: 2 Clarebrook Dr.
Washington, IL 61571
(309) 202-7181

www.tekcollect.com

WATER MANAGEMENT SOLUTIONS

PRINSCO
ENGINEERED WITH INTEGRITY™

For over 30 years, Prinsco has been developing more than just plastic pipe. We've been developing a reputation that's founded on one simple thing: **INTEGRITY**. It's how we design our products, it's how we treat our customers, it's how we do business.

Look for our **GOLD STRIPE** of quality to ensure your pipe has been engineered with integrity.

800.992.1725 | WWW.PRINSCO.COM

CORPORATE HEADQUARTERS: 1717 16th Street NE | 3rd Floor | Willmar, MN 56201
LOCATIONS: Fairfax, MN | Prinsburg, MN | Rose Creek, MN | Chatsworth, IL | Fort Dodge, IA | Jesup, IA | Bethany, MO | Fresno, CA



ILICA LADIES' PAGE

10 Snacks That Fight Fat

Reprinted from: Womenshealthmag.com

For help choosing smart snack options at the grocery store, we turned to Tara Gidus, R.D., of the American Dietetic Association. "A snack should fill you up, be reasonably nutritious, and be in the 100- to 200-calorie range," Gidus says.

KASHI CHEWY GRANOLA BARS: Don't confuse them with other types of Kashi bars — look for "chewy" on the label. They have 130 to 140 calories each, 4 grams of fiber, 5 g of protein, and they're made with real nuts and whole grains.

FROZEN PEAS AND CORN: Half of a cup of peas has 55 calories and 3 g of fiber; the same amount of corn contains 72 calories with 2 g of fiber. They're firm, but not rock hard, and they melt in your mouth. "You can use the same trick with fruit," Gidus says.

TOTAL YOGURT: Try Fage Total Greek Yogurt. This imported greek yogurt is strained, which makes it fluffy. It'll fool you into thinking it's fat-filled. The 80 calories per serving give you room to maneuver, so sweeten the pot with chopped apricots or dates.

A DRESSED-UP APPLE: A 2003 Brazilian study found that three apples a day can keep weight gain at bay — and can even help you lose. If you've got 5 minutes and a knife, cut your apple up and mix it with some chopped walnuts and a teaspoon or two of maple syrup.

FROZEN JUICE BARS: "They're sweet and tangy, and anything frozen takes longer to eat," Gidus says. "They're just a few calories, and they've even got some vitamins." Our favorite: *Edy's Tangerine*, with flavor as bright as its color — and a mere 80 calories.

QUAKER EXPRESS OATMEAL: Office-friendly, it's packaged in an individual cup. "Studies have found that oatmeal is more filling than dry cereal with the same calories and fiber content," Gidus says.

SOY CHIPS: Soy protein, according to a recent study in the *International Journal of Obesity*, not only helps facilitate weight loss, but also helps ensure that the



weight lost is fat rather than muscle. A pack of soy chips has up to 7 g of soy protein in about 100 calories.

GUM: Before you reach for a snack — even one on this list — ask yourself if you're really hungry. If you're not or you're not sure, reach for a stick of gum.

LICORICE: There are two ways licorice works. The first involves blocking an enzyme that plays a role in fat accumulation. The second is simpler. "Licorice can reduce appetite," We're not talking Twizzlers; go for the real thing, with licorice extract high on its ingredient list. (Look for it in grocery, not convenience stores.) A handful is about 150 calories.

BARBARA'S CINNAMON PUFFINS: You know fiber promotes weight loss; Barbara Cinnamon Puffins are crunchy, puffy, and very, very cinnamon. A 3/4-cup serving has 100 calories and 6 g of fiber. Add low-fat milk if you want, but Puffins can stand alone.



SNAP, crackle... Pops!

Crispy snacks make parties sparkle!

Kids of any age love gooey marshmallow treats and candy. Combine the two, put them on a stick, and you'll be a real star in their eyes!

These patriotic pops are a hit at any family's Fourth of July get-together. Just slip them into cellophane bags, tie on red, white & blue ribbons and give them out as favors. Tuck several pops into a flowerpot for a unique Independence Day centerpiece.

Crispy Star Pops

- 8 Cups miniature Marshmallows
- 6 Tbsp. butter, cubed
- 12 Cups Rice Krispies
- 12 - 15 Popsicle sticks
- 1 Cup white baking chips
- 1/2 tsp. shortening
- Red, white & blue sprinkles

1. In a Dutch oven, heat marshmallows and butter until melted. Remove from heat; stir in cereal and mix well. Press into greased 15" x 10" x 1" baking pan. Cut with a 3" star-shaped cookie cutter. Insert popsicle stick into the side of each star and place on wax paper.
2. In a microwave, melt white baking chips and shortening; stir until smooth. Spread over stars. Decorate with sprinkles. Yield 12 - 15 pops.



Helpful Hints !

Delivery Guaranteed!

When I send a get well card to someone in the hospital, I always put her home address, not mine, as the return address. So if she leaves the hospital before the card gets there, she'll be the one it's "returned" to.

(Susan Weiner, Spring Hill, Florida)

Earring Saver!

If you lose an earring backing at work, try cutting the eraser off a pencil. Push the post in the eraser to make a hole, and voila! You have a temporary backing that will keep your earring in place.

(Agnes Ward, Stratford, Ontario)

Instant Organizers!

Don't limit those hanging three-tiered wire baskets to holding vegetables in the kitchen! Spray-paint them any color you like and use them to hold small toys in a child's bedroom, toiletries in the bathroom or office supplies next to a desk.

(Sheila Styles, Travelers Rest, South Carolina)



Reprinted from *Country Woman Almanac*



IOWA LICA FIELD DAY NEAR MELBOURNE, IA - JULY 27 - 28, 2011

Iowa's Midwest Construction Expo and Field Day will be held on Wednesday and Thursday, July 27

& 28, 2011. The site is located 1/2 mile east of Melbourne, Iowa at 1741 290th Street.

This year, Iowa LICA will be constructing terraces, waterways, a sediment control structure, and installing drainage tile. The focus of the Expo and Field Day is to show contractors the proper checkout methods of conservation projects. Other projects under consideration are septic installation and the construction of a "rain garden". The rain garden will collect the storm water runoff from the Iowa LICA building on site.

There will also be equipment set up for demo operation on the farm site so consider making the short drive to visit our LICA neighbors to the West. Additional information will be available soon on the Iowa LICA website and in the next issue of the National LICA newsletter.



Continental Western Group®

LICA RECOMMENDED INSURANCE PROGRAM



HOW DOES YOUR POLICY STACK UP?



- POLICIES DESIGNED SPECIFICALLY FOR DIRT MOVERS

- A SAFETY GROUP PROGRAM, OVER \$1,000,000 PAID BACK TO LICA CONTRACTORS IN THE FORM OF A DIVIDEND



FOR MORE INFORMATION, CONTACT PRINS INSURANCE BY CALLING 1-800-831-8545 OR EMAILING BRUCE MOSIER AT BMOSIER@PRINSINS.COM

UNIVERSITY OF ILLINOIS
EXTENSION

TENTATIVE DRAINAGE WORKSHOP AGENDA

AUGUST 2ND & 3RD - SURVEY & DESIGN

AUGUST 4TH - DRAINAGE WATER MANAGEMENT & BIOREACTORS

The agenda printed here is tentative, therefore sessions may be presented in a different order and the times listed may change slightly as the dates approach. Richard Cooke, University of Illinois Extension, will facilitate all sessions. Additional information will be published in the next issue of the *ILICA News* and as the session order is finalized.

Please note that laptops will be VERY helpful for the survey and design workshop, especially during the in-depth drainage guide session. Sessions on each day may include a field segment, so plan to dress accordingly (hat, sunscreen, raingear, etc.). All sessions qualify for CEU's for the ILICA certification program.

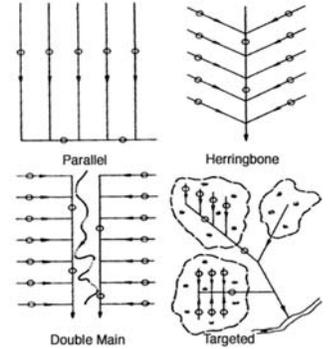
The advanced session on August 3rd will utilize the DWM structures and bioreactors installed during the 2006 Conservation Expo at Progress City. Research data has been collected from the bioreactors since that time and will also be presented during Thursday's sessions.

If you have questions about this workshop, please call the ILICA office and keep checking our website, www.ilica.net for more detail as the date gets closer.

August 2nd: 9 am - 5 pm (lunch & breaks included)

August 3rd: 8:30 am - 3 pm (breakfast, lunch & breaks included)

- Understanding Latitude/Longitude
- Introduction to GPS
- Laser Guided Land Leveling
- Field Session - Laser surveying
- Excel Lat/Long Converter
- Field Data Analysis
- Drainage Design
- Drainage Coefficients
- Soil Properties
- In-Depth Illinois Drainage Guide Session
- Resource Mgmt. Mapping Service
- Optional ILICA Certification review & testing (3 pm Thurs)



August 4th - 8:30 am - 4 pm breakfast, lunch & breaks included)

- Drainage Water Management and Bio-Reactors



FRATCO... Now serving Indiana AND Illinois!

With more than 86 years of supplying quality drainage products, you can count on FRATCO!

FRATCO DELIVERS - We maintain a full inventory of drainage products ready for delivery, so we always have what you want, when you want it. Our extensive manufacturing capabilities ensure that your order is filled promptly and accurately.



FRATCO IS FRIENDLY - Our friendly staff is available to answer any questions about our products and will provide unparalleled delivery and flexibility. Call us any time for answers to your questions about manufacturing or installing HDPE pipe and fittings!



FRATCO PRODUCES - Our products include:

- 2" - 24" HDPE Single Wall Pipe
- 4" - 60" HDPE Smooth-Corr Pipe
- Water Tight and Silt Tight Joints
- Full line of HDPE Fittings and Accessories
- Custom Fabricated HDPE Fittings
- Septic Tanks, Distribution Boxes, and PVC Pipe



FRATCO NOW SERVES ILLINOIS

- This Spring, Fratco acquired Eastern IL Clay Company. We look forward to introducing new customers to our unparalleled quality and friendly service!



FRATCO INC.

PO BOX 368	PO Box 657
Francesville, IN 47946	St. Anne, IL 60964
PH: 800-854-7120	PH: 800-475-8144
F: 219-567-9296	F: 815-427-8150

www.fratco.com / office@fratco.com





QUALITY - STANDARDS MEAN SOMETHING! That's why every inch of FRATCO pipe that bears ASTM and AASHTO markings is manufactured from 100% virgin HDPE that is in-house tested for the full performance criteria that these standards require. Our philosophy is that pipe installed in the field is no less important than pipe installed under a highway.



AUGUST DRAINAGE WORKSHOP REGISTRATION



**Richland Community College
Shilling Center - Salon II
One College Park, Decatur, IL**

**Aug. 2 - 3: Drainage Survey & Design
Aug. 4: Drainage Water Mgmt & Bioreactors**



Pre-Registration Workshop Fees - ILICA Members		
	<i>1st Attendee</i>	<i>Additional</i>
Full Registration for all Sessions:	\$175	\$150
Session Pricing		
Survey & Design Registration	\$110	\$100
DWM & Bioreactor Registration	\$ 65	\$ 50

Pre-Registration Workshop Fees - Non-ILICA Members		
	<i>1st Attendee</i>	<i>Additional</i>
Full Registration for all Sessions:	\$230	\$210
Session Pricing		
Survey & Design Registration	\$155	\$145
DWM & Bioreactor Registration	\$ 75	\$ 65

After July 10, 2011 or On-Site Registration		
	<i>1st Attendee</i>	<i>Additional</i>
Registration for all Sessions:	\$200	\$180
Session Pricing		
Survey & Design Registration	\$150	\$125
DWM & Bioreactor Registration	\$ 80	\$ 70
Optional Certification Review & Testing on Aug. 3rd at 3 pm (2 year certification period)		
\$100—Initial Certification Per Applicant \$50—Bi-Annual Renewal Per Applicant		

After July 10, 2011 or On-Site Registration		
	<i>1st Attendee</i>	<i>Additional</i>
Registration for all Sessions:	\$265	\$240
Session Pricing		
Survey & Design Registration	\$200	\$180
DWM & Bioreactor Registration	\$100	\$ 90
Optional Certification Review & Testing on Aug. 3rd at 3 pm (2 year certification period)		
\$500—Initial Certification Per Applicant \$200—Bi-Annual Renewal Per Applicant		

Yes, I will attend the following August Workshop and/or Certification Review and Testing program.

- Survey & Design Drainage** (2 days)
- Advanced Drainage** (1 day)
- ILICA Certification** (see schedule above)

Name: _____ Area #: _____

Address: _____ City, State _____

Company Name: _____ Phone # _____

Additional Attendees _____, _____, _____

Pre-Registration fees must be received in our office by deadlines stated above.

Mail to: ILICA - P.O. Box 474 - Brimfield, IL 61517 or Fax: (309) 446-3744 Total Enclosed: \$ _____

Although there is no formal room block for the workshop, the following is a partial list of local hotels with their standard rates:

Sleep Inn - 217-872-7700 3920 E. Hospitality Lane Decatur, IL - \$84.99	Fairfield Inn - 217-875-3337 1417 Hickory Point Dr. Forsyth, IL - \$109.99	Comfort Inn - 217-875-1166 134 Barnett Forsyth, IL - \$79.00	Hampton Inn - 217-877-5577 1429 Hickory Point Dr. Forsyth, IL - \$129.00
---	--	--	--

LEGISLATIVE COMMITTEE MEETING RESULTS: PREVAILING WAGE UPDATE



A legislative committee meeting was held on Saturday, May 7th prior to the regular scheduled board meeting with ILICA members Tom Beyers, Carol and Jim Kiley, Don and Dave Hurst, Steve Anderson, Eric Layden, and Dave Haag attending. Special guests Nathan Hinch, ILICA associate member and attorney with Mueller & Reece, LLC, Rich Nichols, Executive Director of the AISWCD, and Josh Joseph, Peoria County SWCD also attended to lend their expertise.

The group discussed the possible motivation behind the introduction of HB3094, which called for an exemption from prevailing wage for projects under \$20,000. The consensus was that a local municipal unit requested relief. The committee also felt that Rep. Tryon was unaware of our interest in a similar relief. HB3094 was voted down in Labor Committee and re-referred to Rules in March.

Rich Nichols offered to contact Rep. Tryon to discuss our interest and to inform him that we are in the process of building support for either a dollar amount exemption or an across the board exemption for conservation.

Everyone felt it was more likely that change would come through legislation, so a plan to seek support for an exemption was decided upon. Rich Nichols will submit a resolution supporting an exemption at the next AISWCD meeting. Likewise Josh Joseph will submit the idea of a resolution to the Peoria County SWCD Board to get their opinion. It will be up to ILICA to contact other groups to get support. We will need members that have contacts with farm groups to present our ideas to as many as possible as soon as possible to build momentum. The following list contains those that were discussed in the meeting: Corn Growers, Bean Growers, Pork Producers, and Beef Producers. However, this is a pretty short list so we welcome other suggestions and any ideas will be greatly appreciated. Any group that has private landowners as members would work.

The committee would like to thank Rich Nichols for offering to be the lead in the meeting with IDOL and presenting a Resolution to AISWCD. Thanks to Josh Joseph and Nathan Hinch for their interest and input.

Submitted by: Dave Hurst and the Legislative committee

LEGISLATIVE UPDATE: LICA RESOLUTION



The following resolution was passed by the National LICA Board of Directors at the Board Meeting in Las Vegas, NV on Monday, March 21, 2011, at 11:20 AM. This problem occurs at all levels of government that require permits for various reasons. This resolution was written to address the problem at the federal level of government first. State and local resolutions may follow.

Land Improvement Contractors of America (LICA) resolution dealing with problems encountered when having to obtain necessary permits needed from multiple federal, state, and local agencies required for construction projects.

RESOLUTION

Whereas the federal permitting process for all manner of construction and developmental projects involving earthmoving, construction, demolition, etc., requiring multiple federal agencies issuing permits such as the USACE, EPA, USDA, & DOT have become extremely difficult to coordinate and actually obtain, and -

Whereas the time and cost of obtaining all needed permits can take months and even years to obtain, significantly delay-

ing environmentally and economically sound projects and increasing their costs significantly, now therefore -

Be it resolved that the Land Improvement Contractors Association of America (LICA) will seek Congressional assistance in setting up a federal agency clearing house that would advise and help obtain all necessary federal permits needed for construction projects. Such clearing house should not be a newly created federal agency but should be staffed by officials from all permitting agencies and located in one central agency such as the USACE.

Resolution passed without dissent, 21 MAR 2011.

Edited and rewritten 23 MAR 2011/jwp

Comments by Biuso/03/31/11

By: John Peterson, LICA Director of Government Relations

ADMC **Agricultural Drainage Management Coalition**

Kahler Grand Hotel– Rochester, MN

Drainage Water Management Systems Training

Thursday, July 14th, 2011

8:00 a.m. to 4:30 p.m.

Day 1

Workshop Highlights

- Instruction for planning and design of DWM Systems.
- Upon completion you will receive a 'Certificate of Competency'.
- Reference manual for DWM.

TENTATIVE

Technical Service Provider (TSP) Certification

Friday, July 15th, 2011

8:00 a.m. to 4:30 p.m.

Day 2

Technical Service Provider (TSP) Orientation and Standards

- Upon completion of DWM Training you will be eligible to be certified as a Technical Service Provider (TSP) for NRCS.
- Technical Service Provider (TSP) Orientation.
- Conservation Planning training.

-Register early space is limited-

Remember 50% off registration fees to LICA/ADMC members

Registration and agenda information will be available soon,
visit www.admcoalition.com for additional information.
Please call Jeanne at 507-451-0073 with questions.

Executive Committee:**President & Committee Chair - David Kennedy****Board Chairman - Steve Anderson****Vice President - David Haag****1st Vice President - Neal Barnes****Treasurer - Forrest Davis****Executive Secretary - Janet Burtle-Doubet****Associate**

Corey Getz - ADS / Hancor, Chair

Mark Baker - Springfield Plastics

Mike Bierbaum - CPI Supply

Dave Mosier - ADS / Hancor

Chad Nicholson - Fratco, Inc.

John Pogge - Prinsco, Inc.

Auditing

Forrest Davis, Chair

Steve Anderson

Ron Masching

Awards

Brent & Tracy Breedlove, Chair

Bill & Bev Dean

Bill & Janet Doubet

Budget

David Haag, Chair

Neal Barnes

Forrest Davis

Dan Day

Bill Dean

By-Laws

Stuart Anderson, Chair

Bill Doubet

Dave Hurst

Stan SeEVERS

Joe Streitmatter

Certification

Dave Hurst, Chair

Forrest Davis

Wayne Litwiller

Ron Masching

Prof. Kent Mitchell, U of I

Stan SeEVERS

Certification Board

Dave Hurst, Chair

Forrest Davis

Dave Kennedy

Wayne Litwiller

Ron Masching

Convention

Kristin Kutemeier, Chair

Brent & Tracy Breedlove

Bill & Bev Dean

Greg & Jennifer Furkin

David & Lori Kennedy

Mike & Holly Yordy

**Devotions**

Jean Davis, Chair

Steve Anderson

Norm & Coretha Rozendaal

Education

Brent Breedlove, Chair

Neal Barnes

Prof. Richard Cooke—U of I

J.D. Laster

Eric Layden

Mike Yordy

Golf Outing

Wayne Litwiller, Chair

Jerry Biuso

Forrest Davis

Headquarters

Dan Day, Chair

Steve Anderson

Mark Baker

Forrest Davis

David Haag

Ron Masching

Industrial & Business**Relations**

Bill Doubet, Chair

Charlie Adams

Dan Day

Bill Dean

Wayne Litwiller

Insurance

Vacant, Chair

Charlie Adams

Dan Day

Stan SeEVERS

Ladies

Lori Kennedy, Chair

Judy Beyers

Bev Dean

Cathy Masching

Jackie Streitmatter

Legislative

Steve Anderson, Chair

Neal Barnes

Lee Bunting

Bill Doubet

Dave Hurst

Carol Kiley

Norm Kocher

Joe Streitmatter

Mike Yordy

Long Term Planning

Steve Anderson, Chair

Stuart Anderson

Neal Barnes

Dan Day (cont...)

(cont...) Bill Doubet

Ron Masching

Membership

Wayne Litwiller, Co-Chair

Norm Kocher, Co-Chair

Steve Anderson

Mark Baker

Neal Barnes

Tom Beyers

Brent Breedlove

Brian Brooks

Forrest Davis

Dan Day

Scott Day

Bill Dean

Bill Doubet

Eugene Glueck

Ron Masching

Larry Rhodenbaugh

Nomination

Forrest Davis, Chair

Stan SeEVERS

Joe Streitmatter

On-Site Waste

Wayne Litwiller, Chair

John McCoy

Larry Rhodenbaugh

Jon SeEVERS

Jason Winings

Picnic

Jon & Veronica SeEVERS

Publicity

Bill Doubet, Chair

Mark Baker

Neal Barnes

Wayne Litwiller

Safety

Doug Nicholson, Chair

Brent Breedlove

Dave Hurst

Dave Kennedy

Carol Kiley

John McCoy

Jason Winings

Show & Other Income

Dave Kennedy, Co-Chair

Jon SeEVERS, Co-Chair

Brent Breedlove

Brian Brooks

Forrest Davis

Joe Krupps

Wayne Litwiller

John McCoy

Joe Streitmatter





MEMBERSHIP APPLICATION

Illinois Land Improvement Contractors Association, Inc.

118 E. Knoxville · PO Box 474 · Brimfield, IL 61517
 (309) 446-3700 · Fax: (309) 446-3744 · Email: janet@illica.net

_____ hereby makes application for Active Membership in the **ILLINOIS LAND IMPROVEMENT CONTRACTORS ASSOCIATION, INC.**, (ILICA) and enclose \$_____ as my annual membership dues for the year _____. One dollar (\$1.00), which is included in the \$295 dues, is for a one (1) year subscription to the “ILICA News”, a bi-monthly newsletter.

Send completed application with payment (make check payable to ILICA) to the corporate address above or give to any ILICA member to forward.

Name: _____ DOB:(*required for active members only*)_____

Firm Name: _____

Spouse: _____ County: _____

Address: _____

City: _____ State: _____ Zip: _____

Email : _____ Sponsor: _____

Phone: _____ Cell Phone: _____ Fax: _____

Check All Services Provided

- | | |
|---------------------------------|---|
| CUI - Cable/Utility Inst. | OSW—On Site Waste Treatment |
| DB - Directional Boring | PD - Ponds / Dams |
| DI - Drainage/Irrigation | RBD - Road Boring/Drainage |
| DWM - Drainage Water Mgmt | R - Reclamation |
| EC - Erosion Control | SA - Dealer/Service Co./Government Agency/
Consultant/Insurance Agency |
| EMC - Earthmoving/Land Clearing | SP - Site Prep |
| EXG - Excavating/Grading | SWU - Sewer/Water/Underground Utilities |
| GR - Gravel/ Rock Production | TH - Trucking / Hauling |
| LL - Land Leveling | TW - Terraces / Waterways |
| LS - Landscaping | WM - Water Management |
| ODW - Open Ditch Leveling | Other: _____ |

Active Contractor Membership - \$295 (*One hundred seventy dollars (\$170) for Illinois Membership plus One hundred twenty five dollars (\$125) for National Membership*)

(Active members are individuals engaged in the business of entering into contracts for performing work that will result in soil, land, natural resource conservation or rehabilitation, water conservation, control and prevention of soil erosion, depletion and misuse of natural resources and soil and water pollution and contamination.)

Associate Membership - \$295 (Associate members are those businesses that manufacture or sell equipment, materials or services used by active members)

Affiliate Membership - \$85 (Affiliate members are individuals employed by an active member in the business that makes the active member eligible for membership)

ILLINOIS LICA BENEFITS



Education

Illinois LICA provides many educational opportunities throughout the year with sessions at our annual convention, at Area member meetings and at workshops each year. Almost every Area is hosting meetings this year.

Illinois LICA state convention, which includes exhibits by our associate members, is scheduled each January in various locations around the state. First year contractor members will receive 1 free full participation registration to the convention, which includes all meals during the 3 day event. Several educational sessions are scheduled during the convention along with many social and networking opportunities.



Workshops are offered multiple times per year. In 2011 there were three scheduled; A 4 day safety workshop in February, the University of Illinois Erosion Control workshop in March and a drainage and drainage water management workshop set for August. OSHA 10 Hour certification will be offered every other year and Certified Flagger training is available as often as demand warrants.



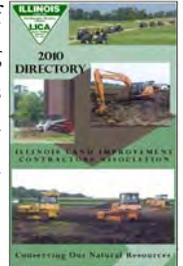
Continental Western Group/LICA Insurance Program

Continental Western Group has designed a comprehensive LICA Insurance program, blending Property, Inland Marine, Crime, General Liability & Business Auto coverage into a simple and convenient policy. It offers standard coverage for many items specific to the Land Improvement industry, providing outstanding coverage at a very competitive rate, even before the Safety Group Dividend potential return. Although the dividend is not guaranteed, the return rate has been between 3.5% and 12% most years.



ILICA News & Annual Directory

The ILICA News is a bi-monthly publication distributed to all Illinois LICA members that contains 24 pages of information relative to the land improvement industry as well as notice of activities and upcoming events. The annual directory of members is published each spring and distributed to all ILICA members and many IEPA, NRCS and SWCD offices throughout Illinois.



Legislative Representation

ILICA has an active Legislative Committee that monitors legislation that impacts small business in Illinois. They participate in the Agricultural Legislative Roundtable caucus and many other events then disseminate that information to ILICA members. They are currently working on a system to streamline this process for more effective communication.

ILICA not only maintains its own relationship with legislative contacts, Illinois along with other state chapters have a combined voice in Washington DC through national LICA. Each year, representation from ILICA travels to Washington DC along with several other chapters, to lobby their congressmen and women regarding legislation that affects land improvement contractors.



National Benefits

A LICA membership entitles contractors to many benefits that can give their company a competitive edge. Listed below are just a few:

- National LICA Contractor Magazine
- LICA Contractor Safety Management Plan
- National Equipment Register
- Beyond Perks Program
- Petrocon Commodities Discount Program
- National LICA Winter Convention and Summer Meeting
- National Scholarship Program
- Land & Water Magazine
- LICA Sponsored Limited Medical Program

CALENDAR OF EVENTS

Illinois

ILICA Summer Picnic & Annual Members Meeting

Jon & Veronica Seevers Home - Cisco, IL

June 25 - 26, 2011

Picnic Lunch - 12:30 pm

Annual Members Meeting - 2 pm

Drainage Workshops

Survey & Design - Richland College - Decatur, IL

August 2 - 3, 2011

Water Control Structures & Bioreactors

August 4, 2011

Illinois Farm Progress Show

Partners In Conservation Tent

Progress City USA - Decatur, IL

August 30 - September 1, 2011

3rd Annual Area 3 Golf Outing

Coyote Creek Golf Course - Bartonville, IL

September 8, 2011 - 1 pm Shotgun Start

National

2011 LICA Summer Meetings

Kahler Grand Hotel - Rochester, Minnesota

July 13 - 16, 2011

ADMC Certified Drainage Water Management Training

Kahler Grand Hotel - Rochester, Minnesota

July 14 - 15, 2011

ADVERTISERS INDEX

Agri Drain Corp 4

Central Illinois Ag 2

Continental Western Group/Heiser Ins. 5

First Mid-Illinois Bank & Trust. 7

Fratco, Inc. 12

Martin Equipment of Illinois 24

Midwest Auger Aerator. 24

Precision Intakes LLC 24

Prins Insurance Inc. 11

Prinsco 9

Roland Machinery Co 2

RWF Bron 23

Springfield Plastics Inc. 24

Stadel Electronics 4

Tek Collect. 9



LICA SUMMER MEETING, JULY 13TH - 16TH

The registration form for the LICA Summer meeting should be out very soon (perhaps even before you get this newsletter!) The meeting venue is the beautiful Kahler Grand Hotel, 20 SW Second Avenue, in downtown Rochester, Minnesota, which offers the following amenities and more:

- Grand Shops, showcasing more than 65 stores, restaurants, boutiques, and specialty shops, adjacent to the hotel
- Domed, sky-lit recreation center, including a pool, whirl-pool, sauna and exercise area
- Fitness center, with upgraded cardiovascular equipment and universal gym



- Tennis, golf, and outdoor recreation, within minutes of our hotel
- Onsite dining, including a casual grill, upscale eatery, and martini lounge
- Onsite service by nationally recognized brands, including Starbucks and Hallmark
- Convenient to Highways 52 and 63 as well as Interstate 90 Just 6.1 miles from Rochester International Airport (RST)

Room rates are **\$89.00 + tax** and the room block is available now. **Make reservations by calling (507) 280-6200.**



UNIVERSITY OF ILLINOIS
EXTENSION

A HEALTHY EATING PLAN MUST INCLUDE SLEEP

Source: Jenna Hogan, Visiting Extension Educator, Nutrition & Wellness, Springfield Center, jmhogan@illinois.edu

Did your new year's resolution include weight loss? If so, you'd better add a good night's sleep to the statement of intention as well! A study by the National Center for Health Statistics showed that irregular sleep patterns contribute to obesity. Jenna Hogan, University of Illinois Extension nutrition and wellness educator and registered dietitian, says, "Lack of sleep can wreck a person's intentions of consuming a healthy diet." Chronic sleep loss slows down metabolism and disrupts hormones, making it harder to maintain or lose weight.



We live in a fast-paced world where, unfortunately, sleep may be put on the back-burner. Centers for Disease Control and Prevention (CDC) estimates that 50 to 70 million Americans do not get enough sleep. This can wreak havoc on one's diet. Hormones that are released during sleep control appetite and the body's use of energy. Without adequate amounts of sleep, you are more likely to crave foods that are high in carbohydrates and fat. Lack of sleep coupled with a full tummy of unhealthy foods can lead you feeling sluggish and

less likely to exercise. Loss of sleep may also increase the storage of body fat and elevate blood sugar levels.

The average normal amount of sleep for adults is 7.5 hours, but the amount of sleep we need varies by age. Most adults need between 7 to 9 hours of sleep each night to feel fully rested. School children aged 5 to 12 years need 9 to 11 hours, and adolescents aged 11 to 17 years require 8.5 to 9.5 hours each night.



Hogan recommends developing an organized sleep schedule. "Whether a weekday or a weekend, you should go to bed around the same time each night and get up around the same time each morning." Also, that caffeine "pick-me-up" that you feel you need may actually be disrupting your sleep. The stimulating effect of caffeine can take as long as 8 hours to completely wear off. Hogan says that sleep is essential to a successful diet. Eating well, being physically active, and getting enough sleep at night is the best plan to maintain a healthy lifestyle.



WHAT YOU NEED TO KNOW ABOUT ENERGY DRINKS

Source: Jenna Hogan, jmhogan@illinois.edu

Energy drinks are the fastest growing beverage on the market. They are most popular with young adults and athletes who are aiming to ward off drowsiness, decrease mental fatigue, or improve athletic performance, which are common claims found on many of these drinks. However, the high levels of caffeine and other added ingredients have some people questioning the safety of the beverage.

Jenna Hogan, University of Illinois Extension nutrition and wellness educator, explains that energy drinks refer to beverages that contain caffeine in combination with other ingredients, such as guarana, taurine or other vitamins and/or minerals, and claim to provide the consumer with extra energy.

The term "energy drink" was created by makers of the beverage industry and is not supported by the United States Food and Drug Administration (FDA) or the United States Department of Agriculture (USDA). As a matter of fact, energy drinks fall under the classification of supplements. In the United States, nutritional supplements are not regulated by the FDA, and without control over the caffeine content and many of the ingredients used in these beverages, the public cannot be

assured of its safety. Many of the ingredients listed on these nutrition labels have not been well-studied.

Energy drinks often contain very high doses of caffeine, which may range from 90 to 500 milligrams per serving. In comparison, an average 8-ounce serving of a soft drink and a cup of coffee contains 24 and 85 milligrams of caffeine respectively. This means that one 8-ounce energy drink can have as much caffeine as 14 cans of cola! For most healthy adults the American Dietetic Association states that moderate amounts of caffeine (200 to 300 milligrams per day, or about 2 to 3 cups of coffee) is not associated with adverse health effects. However, a high consumption of caffeine can be linked to side effects, such as disrupted sleep, dehydration, a decrease in bone mass, high blood pressure, kidney damage, seizures, and stroke.

Hogan, a registered dietitian, reminds us that there are healthier beverage options. "In addition to the high caffeine content, many energy drinks contain a large amount of added sugars. Whether you are an athlete or a student hitting the books, the best drink for hydration is water."





THE CRANES! LET'S CELEBRATE THE REAL WETLAND STORY

Source: Paige Buck, Public Information Officer, Illinois NRCS



Champaign, IL - In February, 2011, a big story emerged in Illinois when two unusual looking birds were seen foraging in a recently restored floodplain. They were migrating whooping cranes--one of the most endangered wetland-dependant species in North America. It was big news, but there's more to it than just the endangered birds.

While the initial photo of the cranes was extremely exciting, with a closer look we can see an even bigger story. While the cranes were searching for food in the far background, mallard ducks were feeding in the shallower water with teal, shoveler and pintail ducks in the shallowest areas. The significance of this is that the wetland had already begun to support a diverse group of bird species, each with their specific needs.

Proximity of this floodplain with other wetland sites is another important feature that demonstrates the positive and immediate usability for our traveling friends. Just as we need hotels, restaurants and gas stations placed along the highway to help us travel across the country, these wet areas work in the same way. Migrating birds move extensive distances and need places to stop, rest and refuel for the next leg of their trip.

The new floodplain that gained recognition for helping the whooping cranes was a product of the President's American Recovery and Reinvestment Act, where flood-prone cropland was purchased and restored to its former wet state. Similarly, since 1992, the USDA Natural Resources Conservation Service (NRCS) has offered options from the Wetlands Reserve Program (WRP) to landowners who have agricultural land in these wet locations. Using this and other voluntary NRCS programs such as the Emergency Watershed Protection program-Floodplain Easement (FPE), Illinois has enhanced or restored almost 100,000 acres dedicated to wetlands throughout the state.

Not all wetland projects are floodplains; some may be wet depressions in cropped fields or edges of fields allowed to be reestablished. In Lawrence County alone, there are 23 WRP and FPE easement sites covering 5,566 acres. Even though not all are located next to each other, they are close enough to recreate what used to be a continuous section of shallow water where birds and other wildlife can find food and shelter. The floodplain that drew so much attention with the whooping cranes is located within a contiguous area of 453 acres of floodplains along the Embarras River.

The whooping crane event was not by accident, nor was it a surprise. It shows that when we restore and protect wetlands like these, the benefits come quickly.

To take it a step further, the land alongside the floodplain can often be converted back to a natural upland habitat. The upland habitat supports native grasses and plants that produce food and shelter for other wildlife such as pollinators, mammals, and game birds like quail. Insects and aquatic life flourish when the plants protect the land from erosion and siltation of the wetland below it. Bottom line, these two different habitats complement each other by completing the whole package.



Not just for the Birds!

Floodplain benefits go far beyond just migrating birds and wildlife. They play an important role for humans as well. From a monetary view, if you compare the cost of flood and crop insurance on a yearly basis, with just one payment for a floodplain easement and restoration, you have saved millions in tax dollars. We often take for granted the broader view of what natural resources like floodplains give us and our communities when properly restored. When done correctly, this is how your tax dollars work for all of us.

Floodplains benefit people and wildlife by:

- holding water from heavy rains, preventing it from flowing downstream and causing damage to roads, communities and agricultural lands, including possible life-threatening events.
- filtering the water of excess nutrients and impurities; they process organic wastes before water re-enters the ground

THE CRANES! LET'S CELEBRATE THE REAL WETLAND STORY (CONT.)

water or other water bodies.

- enhancing communities by providing open space, restoring and enhancing forest lands, creating recreational opportunities, or offering simple enjoyment of their aesthetic beauty.
- providing a diverse habitat and homes for a variety of species which may not - or cannot - exist in any other habitat. Many federal and state listed endangered and threatened species live in these locations as we have experienced in Illinois.



Right - (USGS photo) – Adolescent whooping crane chick hatched and raised at the USGS; all other photo's courtesy of the Department of Agriculture, NRCS Photo Gallery.

The next time you see a flock of migrating birds, ducks or other waterfowl, or happen on some endangered species, remember that we are responsible for their survival or their decline. Giving them back the land they need to survive is what voluntary wetland restoration is all about. **May is designated**

as Wetland Month and what better way to celebrate.

If you think you have land that might be a candidate for the Wetlands Reserve Program, contact your local USDA Service Center, NRCS or Soil and Water Conservation District office. For more general information on Illinois NRCS, go to www.il.nrcs.usda.gov.

To read the original whooping crane story, go to www.il.nrcs.usda.gov/programs/wrp_ewp/wrp_index.html.

THE NEXT GENERATION Is Now Here.



The New BRON Drainage Plow

Introducing the totally redesigned BRON self-propelled drainage plow. From the ground up, new features give you better control, better productivity and better comfort.

- **Balanced Weight Distribution**
- **Improved Operator Visibility**
- **Electronic Digital Controls**
- **Ergonomic Cab Comfort**
- **FOPS/ROPS Certified**
- **Tri-Core Cooling System**

BRON
POWER TO PERFORM



rwfbron.com
1.800.263.1060



Springfield Plastics, Inc.

Your Supplier for Quality Drainage Products
Fast Deliveries & Knowledgeable Staff
Complete Line of **HEAVIEST FITTINGS**
on the Market



100% Certified
VIRGIN Resin Only

*Quality You Can Count On,
The Treatment You Deserve*

800-252-3361 www.spipipe.com

ILICA Supporter for 32 Years

DEERE, MARTIN & TRI-STATE THREE NAMES YOU CAN DEPEND ON!

INDUSTRIAL EQUIPMENT SALES, SERVICE, RENTALS AT 9 LOCATIONS

Goodfield, IL 309-965-2502	Springfield, IL 217-528-4347	Tolono, IL 217-485-6755
Rock Island, IL 309-787-6108	Peru, IL 815-224-4711	Cedar Rapids, IA 319-365-0515
Dubuque, IA 563-588-1950	Ashland, MO 573-657-2154	Palmyra, MO 573-769-2274

BEST TOTAL SUPPORT

MARTIN

TRI-STATE

CONSTRUCTION EQUIPMENT CO.

MARTIN EQUIPMENT OF ILLINOIS, INC.
MARTIN EQUIPMENT OF IA-IL, INC.
TRI-STATE CONSTRUCTION EQUIPMENT CO.

Precision Intakes Full Line of Surface Water Intakes

- 8" & 10" riser with patented 8" & 10" combination Tees.
Also 6" square & round risers with patented reducing Tee.
- Constructed of heavy-weight, high-density polyethylene.
- Parts highly adjustable & interchangeable with others on the market.
- Orifice plate placed at tee level or at ground level.
- Exclusive locking device on each part.
- User Friendly-Priced effectively.
- Adaptor available to repair old metal or broken intakes.



Why inventory 2, when 1 serves both!



"Dealer Inquires Welcome"

~~PRECISION INTAKES~~

Norm & Coretha Rozendaal
2064 Republic Ave West
Monroe, IA 50170

(800) 932-7611
(641) 259-2651
(641) 259-3218 Fax

"LIFE'S SHORT—DIG FAST!"

BUCKEYE 7200 MAGNUM



- STATE-OF-THE ART DESIGN
- HIGHER PRODUCTION
- BETTER BUILT

MIDWEST AUGER-AERATOR

AUGER BACKFILLERS / WHEEL TRENCHERS
AUTHORIZED DEALER — BUCKEYE / SPEICHER
1-800-232-7008

