

July 1986

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Illinois Rural Electric News



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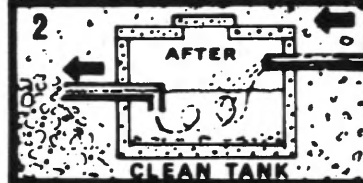
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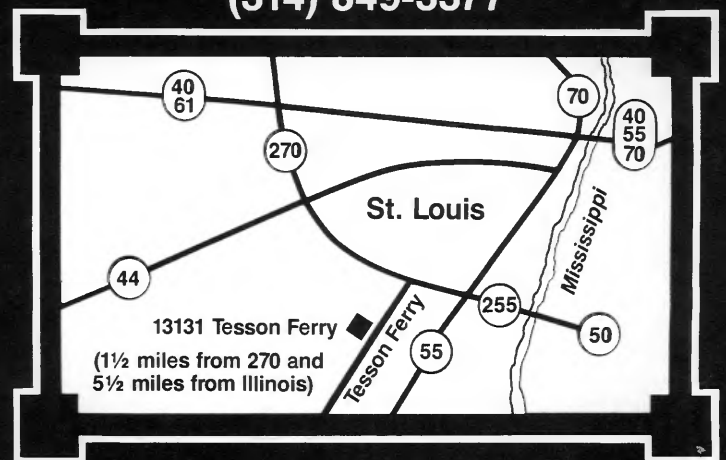
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Cooperative TV plan would benefit rural areas

The National Rural Electric Cooperative Association has outlined plans of the nation's rural electric systems to ensure that high-quality and affordable telecommunications service do not bypass rural America.

Testifying before the House Subcommittee on Telecommunications, Consumer Protection, and Finance, which is investigating the satellite scrambling issue, Bob Bergland, NRECA general manager, stated that one goal is to develop a satellite programming package for rural dish owners. "There is great concern in America's rural areas," he said, "that scrambling may darken the skies."

Currently, many rural residents are unable to obtain quality satellite programming. Cable systems do not serve many rural areas, so for a rural resident to receive the programming he must buy a dish, descrambler, and the programming — all of which is extremely expensive.

The rural electric telecommunications package, being developed by the National Rural Telecommunications Council, would include news, information, and entertainment channels currently scrambled or scheduled for scrambling. It is one part of a comprehensive plan to ensure the avail-

ability of an array of telecommunications services for rural areas at an affordable cost.

The programming could eventually reach some 1.2 million Americans, Bergland said.

Subcommittee Chairman Tim Wirth (D-Colo.) hailed the plan, saying, "I urge the cable industry, and in particular cable programmers, to sit down with the rural co-ops and work as expeditiously as possible in order to see if this plan can be implemented as a feasible means of providing reasonably priced packages of services to rural dish owners."

Bergland assured panel members that REA loans would not be used to finance satellite projects.

The NRTC is made up of representatives from NRECA and CFC. It will be reorganized as a cooperative to oversee the satellite programming project.

"The NRTC will begin the process of putting together a package of currently scrambled broadcast signals which we will make available to rural home satellite dish owners at an affordable monthly cost. We hope to be able to negotiate acceptable terms with the various program providers and begin marketing this package to our consumers in early 1987," Bergland said.

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Cover: Weathered wood and tiger lilies make an interesting summer combination in this photo by Sharon Lashbrook of Camp Point.

“We emphasize the overall concept of wellness as an ongoing thing, rather than just shedding a few pounds.”



Mike Livesay, director, discusses “the wall,” a part of the confidence course called “The Heartland Challenge.” Those who take the optional confidence-building course are split up into teams which, after conditioning and learning, are encouraged to try to get over the wall without tools or outside “helps.” Ropes and high wires add zest to the course.

If you were to take a great sunbelt health spa and confidence building course and plunk it down out in the middle of nowhere in Illinois, what would you have? You would have Heartland, a spa — not a fat farm — geared to the needs of busy Chi-

cagoans who do not want to spend the time or effort to head west to work on their physical condition.

Heartland, which is near the Iroquois County town of Gilman, is served by Eastern Illinois Power Cooperative, Paxton. Early in the

The Heartland: a spa fo



There is a full line of equipment at The Heartland, but much of the emphasis is placed on stress management and proper diet, too.

startup stages of the slimming-down resort, EIPC personnel were involved in helping Heartland slim down its stiff electrical load.

The resort is the brainchild of Gerald Kaufman, a Chicago entrepreneur, and Charlotte Newberger, a partner in a Windy City real estate firm.

When Newberger came across KAM Lake Estate, the old Karl A. Meyer place near Gilman, the two, who commuted regularly to a California spa, knew they had found a place to build their own. It was close enough to Chicago to be reasonably handy, far enough away to be peaceful and serene, and remote enough that a backsliding dieter could not slip away for a diet-busting meal.

Dr. Meyer, who had built the 33-acre farm over a period of many years, had been director of the Cook County Hospital. He had lavished

ILLINOIS RURAL ELECTRIC NEWS

his affections on the place, turning it into a beautiful retreat. He dammed a small, spring-fed creek to make a three-acre lake in front of the house.

A good-sized barn near the house was where he showed off his prize cattle. It is now a pool and exercise complex. There is a tunnel between the house and barn to enable the pampered guests to get back and forth during cold weather — an odd touch, when you consider that there are many outdoor activities during the winter. Heartland is, obviously, a year-round venture, where cross-country skiing is offered during the winter.

But there is far more to a health resort than lakes and buildings and serenity and isolation, notes Mike Livesay, director.

"The people here, the equipment and the diet, along with the education we give, all add up to what we hope will be a new lifestyle rather than just a short-term weight-loss program," he says.

The program is based around education, exercise and nutrition,

Mike says, with a good deal of the education dealing with stress management and proper dietary habits. Food is vegetarian, supplemented by dairy products.

"We have room for 28 people," he says, "and we provide the clothing and all the little amenities they'll need while they're here. We really try to pamper them, and educate and exercise them so they won't want to go back to the old lifestyle of being out of shape, overweight and under stress. We emphasize the overall concept of wellness as an ongoing thing, rather than just shedding a few pounds."

The house once had a good-sized art gallery, which is now a lounging and TV room. Group discussions and wellness lectures are frequently held there, with fitness experts from nearby universities as guest speakers. A kitchen, a small lounging area, a yoga room and offices take up a good part of the ground floor, while the upstairs area is for lodging.

The one-time barn houses a full-range, high-tech spa, complete with hydraulic weight equipment, gravity-inversion equipment and exercise bicycles. "We put a lot of emphasis on aerobic-cardiovascular conditioning," Mike says, "and we

Part of the gym complex is reflected in KAM Lake. Those who take a leisurely turn around the lake on the colorful water tricycles get credit toward their daily exercise needs.

he busy



“The challenge ties in with our belief that everybody has an almost unlimited potential, but they’ve built their own self-imposed barriers over time and have to get past them to realize their potential.”

make good use of our aerobic dance floor. We also have several exercise games that we play in the pool. Naturally, we have saunas and whirlpool baths. Massages and facials are included in some of our programs, and are optional with others.”

There is still more to this particular spa than diet and exercise machines and dance classes and hiking trails and fresh air. The retreat has set up “The Heartland Challenge,” a series of tests designed to bring out the best qualities in its participants, and to help them stretch their limits. One obstacle, a 12-foot barrier that must be scaled by a team without the use of ladders or other helps, teaches groups to stop and think a problem out before trying to do anything. “We’ve had several teams figure out different ways to get over,” Mike says, “and there’s usually some really ingenious thinking that goes on before a team gets over.”

Another course works on the thought-and-balance idea, warming up the participants for the rope course, which is enjoyed about 30 feet off the ground.

The confidence courses, Mike notes, are different from the weight-loss side of the operation, and are options that a newly trimmed-down person might want to try, or to stretch his limits.

The person who wants to attempt the course is strapped into a safety harness and is secured or “belayed” by a staff member, and begins climbing a pole to the first segment of the course. Pegs screwed into the pole make that part a cinch. From there, things get a little tougher. There is a cable stretched between two poles, and two ropes, about two feet apart, five feet above. The subject steps onto the cable, holds onto both ropes and crosses. The next challenge consists of a cable between two poles, with one rope about five feet above it. The intrepid crosser stands on the cable, holds onto the rope and slides across to what Mike calls “the humbler.” A cable stretches between another two poles, and there are two ropes. The difficulty is that the ropes cross in the middle,

leaving little room for finesse. The aspiring gap crosser needs to do some fancy foot-and-hand-work to cross. While the segment does not appear to be too difficult, there does not seem to be a graceful way to complete it. A simple pole attached between the two upright ones — still about 30 feet up — is the last stage, and the fortunate subject then goes down the “whizzer,” an inclined cable with pulley, that gives a thrilling ride. Those so inclined can then go on to the super-thriller, in which they stand on a small platform still 30 feet up, and jump for a nearby trapeze bar.

Mike reemphasizes time and again that the challenge is an option, and that many of the people who arrive to trim off a few pounds and reshape their bodies never get involved with the ropes, cables and walls.

“The challenge ties in with our belief that everybody has an almost unlimited potential,” Mike says, “but they’ve built their own self-imposed barriers over time and have to get past them to realize their potential.”

Within reason, he continues, physical condition should not present a problem either. “This is a form of obstacle course,” he emphasizes, “but the biggest obstacle is really mental. It’s actually about 10 percent physical and about 90 percent between the ears. If a person can take a brisk walk and walk up a few flights of stairs, they can make the course. If they believe they can.

“We’re trying to get the people who want to expand their horizons to look at the course. Instead of saying, ‘I can’t do it,’ we want them to learn to say, ‘how can I do this?’ and go on about it. It’s a good capability-stretcher and confidence builder for people involved in problem solving. And all the necessary moves are taught on a preliminary course on the ground, in a different form.

“When he thinks for a while, a guy can say, ‘I did this over there on the low courses, so I can do that on the high one.’ We don’t just send them up cold turkey. And they’re in a safety harness at all times.”



Jill DeAtley

The Louis Krumwiede home, just east of Buckley in Eastern Illinois Power Cooperative's service area, is a lot like most in that there are numerous snapshots of the family's children on the walls. One photo

Mamer fund benefits Youth Tour winner

shows their daughter, Jill, as a pert three-year-old, "cooking" on a toy electric range.

Jill, now Mrs. Steve DeAtley, who was a participant in Eastern's 1981 and 1982 "Youth to Washington" essay contests, has been awarded a \$1,000 scholarship from the Mamer Scholarship Fund.

The fund was established to assist students of outstanding ability who hope to become involved in teaching appliance usage. There is a slight "edge" built into the selection process in favor of youths who have been involved in Illinois electric cooperative activities, such as the Youth Tour contests, electricity workshops or summer or part-time employment.

The scholarship is funded jointly by Louisan Mamer, Lyle and Donna Jordan Mamer, and June Mamer

Edwards, to help students in their junior and senior year.

Louisan, a graduate of the University of Illinois, was teaching in DeKalb in 1935 when word went out that a new agency of the federal government, the Rural Electrification Administration (REA), was hiring people for exciting new jobs.

Louisan got on a bus and went to Washington, D.C., to talk to friends who had already signed on. She took a job too, and stayed — for 45 years, teaching appliance use to people who were getting electricity in their homes for the first time.

Hoping to teach farmers — and farm wives — how to use electricity safely and efficiently, Mamer and Daniel W. Teare, an agricultural engineer, put together the "Farm Tour," an appliance and farm equipment show in a truck driven by Teare, and in a trailer pulled behind Louisan's 1936 Ford convertible. They toured the Midwest, stopping on a regular basis to set up shop and demonstrate the use of appliances and farm equipment.

"It's intended as a merit scholarship," Louisan says, "and selection is based on three principal criteria: academic aptitude, potential for contribution to the home economics profession, and enrollment in or completion of specified courses or participation in the activities of the Association of Illinois Electric Cooperatives."

Jill notes that she hopes to carry on the tradition of teaching wise appliance usage in non-school settings, such as the Cooperative Extension Service, or a business setting.

"The trip to Washington was a great trip," she says, "and it was well-planned, fun and we saw a lot of interesting places. Even if participating in the contest hadn't helped me get the Mamer Scholarship, it would still have been a wonderful experience."

Persons interested in applying for the scholarship should write to: Director, School of Human Resources and Family Studies, 274 Bevier Hall, 905 South Goodwin Ave., University of Illinois at Urbana-Champaign, Urbana, Illinois 61801.



Underground cost cutting

Above: Alfred Toennies, left, who installed the Water Furnace system, points out features of the unit to Joanne and John Hempen.

“We expect their hot water to be free during the summer and some 40 percent cheaper during the winter.”

John and Joanne Hempen are “going underground” to cut their heating, air conditioning and domestic hot water costs. Their home, which they are just putting the finishing touches on, is about six miles north of Carlyle, and is served by Clinton County Electric Cooperative, Breese.

They did not, however, build their house underground — just the heating and cooling source. They installed a closed-loop, earth-coupled ground-water heat pump system that uses “new” technology that should enable them to heat their 1,630-square-foot home for about \$400 a year, or for about \$260 if they decide to insulate their basement.

As a bonus, they should also see a hefty reduction in the cost of their domestic hot water. “The system saves most during the summer and winter, when the unit is heating or cooling,” says John Winter, member service staking engineer for Clinton. “We expect their hot water to be about free during the summer and some 40 percent cheaper during the winter.”

The combination heating-cooling system, which is just now becoming popular in America, has been in use for many years in Europe, where energy costs have been high all along. It is well-proven in areas where winters are rough and electricity is expensive.

Regular air-to-air heat pumps were promoted in the Midwest a couple of decades ago as a means of heating homes, but they did not live up to expectations, for two reasons. First, units on the market then were simple air conditioners whose functions could be reversed — they’d pump heat out of your house in the summer, and pump heat in during the winter. But a heat pump, to do the job right, needs to be more robust than a cooling-only air conditioner, and there were many equipment failures years ago.

Another reason for their poor showing had to do with the bitterness of the Midwestern winters. While a heat pump can do an amazingly good job of pulling heat out of cold air and concentrating it to warm your home, it needs something to

work with. At 40 degrees F or so, an air-to-air heat pump would do an excellent job for you. At 20 degrees, it isn't exactly a bargain, and as the temperature plummets, efficiency drops sharply.

Closed-loop, groundwater heat pumps were designed to correct these problems, and they do a very good job.

They use water from a pipe grid buried in the yard — or a well — to constantly bring in water at about 50 degrees F, which the new, sturdier heat pump concentrates and shunts into the house during the winter. In summertime, the process is reversed, and the unit moves heated air out of the house and puts it back into the grid, to warm the house next winter.

You need to be careful to build enough of a grid to warm your home

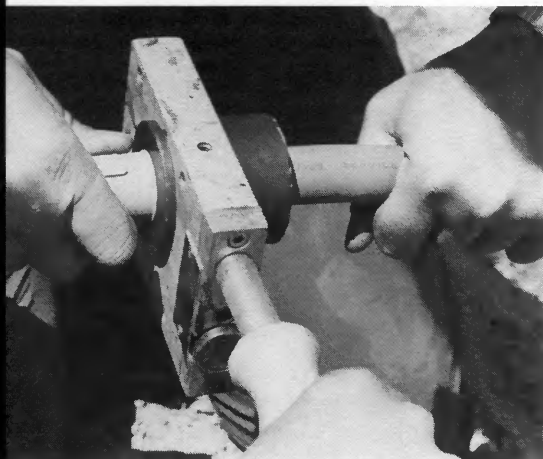
all winter, but not too much, or you'll be wasting money. There's no benefit to overdoing it.

"It depends on the soil," says Alfred Toennies who, with his sons Randy and Mark, installed the Water Furnace heat pump at the Hempens' home. "We dug down here and found that the ground was pretty dry," he adds, "so we decided to put in a grid made up of 1,500 feet of pipe. If the soil were better, 1,200 feet would have been enough. And you want to have good soil contact with the pipe once it's buried, and the grid should be far enough beneath the surface that the temperature doesn't fluctuate."

The Hempens' grid is laid one pipe above another, the lower one at five feet, the other two feet above it. The house, which John is building himself, "with a lot of help from friends and relatives," is well insulated, but is not a super-insulated unit. It has an inch of urethane foam on the outside, three and one-half inches of fiberglass in the stud cavities, and a carefully built vapor barrier. His brother, Dennis, is doing the wiring, and, Joanne says, "We're going to have plenty of outlets."

Their house, while carefully insulated, has no special or unusual features that would make it extraordinary, so it will be a good test of the system.

Clockwise from below, Randy and Mark Toennies discuss the installation. With good earth contact such an important part of the operation, backfilling is done very carefully. A hand-held, electrically operated machine is used to splice pipe ends to prevent leaks.



Severe weather conditions in Illinois such as heat waves, tornadoes, floods, blizzards or even hurricanes often result in power failures, water damage, or extreme temperature variations. The safety of your perishable foods and canned or dry goods may be at risk. Consumers can take

still have ice crystals may safely be refrozen. Cooked meat and poultry dishes that have remained at 40 degrees F or below should be used as quickly as possible, but may also be refrozen. Remember, raw or cooked meat and poultry products that remain above 40 degrees F for more

Protect perishables in bad weather

steps to help prevent or minimize the loss of meat, poultry and other foods during bad weather. The following questions and answers and storage chart will guide you in protecting an important investment — your food supply.

Power failure

Q.What can I do to keep my freezer as cold as possible while the power is out?

A.You should know that food in a full freezer will stay frozen about two days, and food in a half-full freezer about one day. If your freezer is not full, group the packages together so each frozen package acts as a “block of ice” to protect the foods around it.

For refrigerators with freezer units, you can put block ice in the freezer section and transfer all perishable foods from the refrigerator into the freezer section. You may want to place meat and poultry items in a pan to catch juices that drip as the food begins to thaw.

Avoid the temptation to open the refrigerator and freezer doors to “see how things are doing.” This unnecessarily lets cold air escape.

If you think the power is going to be off for several days, you can put dry ice in your freezer. Remember, don't touch the dry ice with your hands because it is extremely cold and freezes everything it touches. Do not inhale the fumes.

Q.Once my power returns, can I refreeze my meat and poultry?

A.Raw meat and poultry that

than two hours should be discarded to avoid food poisoning.

Q.Are there other tips on what I can do to prepare for future power outages so I won't have food safety problems?

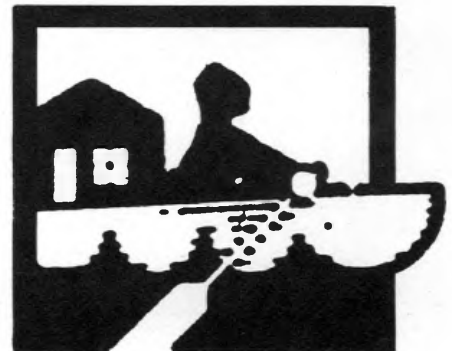
A.Yes, here are a few tips to help:

- Keep several blue-ice freezable paks (available in larger supermarkets) in your freezer;
- Keep an insulated ice cooler on hand for storing foods on ice;
- Develop an emergency plan to store your food with a friend whose power source may not be interrupted;
- Freeze containers of water in your freezer;
- Know in advance where you can buy dry and block ice; and
- Store pre-cooked canned or shelf-stable foods.

Water damage

Q.What precautions can I take to prevent canned and dry food from water damage?

A.If you live in an area where flooding occurs, don't store food in the basement. Store canned items on the upper shelves of your pantry or



closets. Mark each can with the purchase date and use the oldest cans first. Dry food items, such as grains and cereals, will last longer if stored in air-tight containers.

Q.What should I do if canned goods have become damaged by flood waters?

A.Flood waters may contain harmful bacteria, so it is important to disinfect the cans. Wash them with warm soapy water, rinse, and then immerse the cans in a diluted laundry bleach solution. Dry them off before opening. If the canned goods do not show signs of rust, dents, or bulging, they can be used. If cans are rusty, bulging, or dented, they should be discarded because bacteria may enter through microscopic holes and contaminate the product.

Cold damage

Q.How can I best store canned goods to prevent freezing during extended periods of cold weather?

A.Canned goods should be stored in a heated room — not, for example, in a garage.

Q.I left some canned goods in the garage and they froze. Is the food safe to eat?

A.Freezing may cause damage to the can which may or may not be visible. When the can is in the frozen state, bacterial growth does not occur. However, frozen canned goods should be used as soon as possible. If they begin to thaw, the cans should be placed in the refrigerator. Before eating the contents, heat them to boiling and simmer for 10 to 15 minutes.

Q.What about canned good that have frozen, thawed, and refrozen?

A.These cans should be discarded, because bacteria may have entered

the cans through microscopic holes caused by the pressures of the frozen materials on the can seams.

Heat damage

Q.What are some food safety problems that occur because of high temperatures?

A.When temperatures are unusually warm, food poisoning bacteria begin to multiply rapidly. Therefore, during extended periods of warm or hot weather, consumers need to be especially careful about keeping perishable foods cold. Some important points to remember:

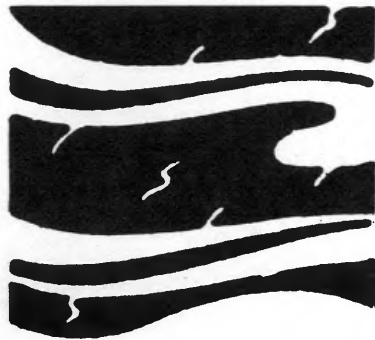
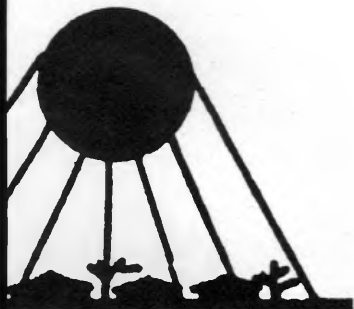
- Never thaw food on kitchen counters; and
- Leftovers do not need to be cooled before being placed in the refrigerator or freezer. Store in shallow pans.

Q.How can I safely get food home from the grocery store that is far away from where I live?

A.Take a freezer chest partially filled with ice or freezer paks with you to the supermarket. Place your perishable items in the freezer chest. Place meat and poultry items in separate plastic bag in the chest to make sure blood does not drip on other food. For the trip home, place the chest in your car rather than the trunk. Don't stop to do errands on the way home. Once home, immediately put perishable food items in the refrigerator or freezer.

Q.How can I safely store canned foods during a heat wave?

A.Canned goods must be stored in rooms below 100 degrees F. This is usually in rooms at or below ground level. When stored above 100 degrees F, certain harmless bacteria commonly present in canned foods may grow, causing the cans to swell, or the contents to sour, without swelling.



SHRIMP NEWBERG

- 2 lbs. shrimp, cooked and deveined
- 1/2 stick butter
- 4 green onions
- 1 small yellow onion, chopped
- 1 small green pepper, chopped
- 4 cups milk
- 4 tablespoons cornstarch
- 2 teaspoons chicken soup base
- 2 cups American cheese
- 2 tablespoons cooking sherry

In a skillet saute the onions, celery and green pepper. In a saucepan heat the milk. Add the cornstarch and the soup base stirring constantly with a wire whisk until the mixture thickens to a cream sauce consistency. Reduce the heat and add the cheese. Simmer until cheese is melted and add the shrimp and onion mixture. Simmer for about 30 minutes. Add the sherry and taste for seasoning. Serve over rice or cheese souffle.

SPAGHETTI CASSEROLE

- 8 cups water
- 2 teaspoons salt
- 1 cup spaghetti
- 1 1/2 lbs. hamburger
- 1 small onion, chopped
- 1 1/2 cups tomatoes
- 1 tablespoon Worcestershire sauce
- 1/2 cup grated cheese
- Dash of paprika

Bring water to boil; add salt and spaghetti. Cook until tender. Brown hamburger and onion in skillet; add tomatoes and Worcestershire sauce. Simmer for 20 minutes. Add spaghetti to meat mixture; mix well. Pour into a 2-quart casserole; top with cheese and paprika. Bake at 350 degrees for 20 minutes. Yield: 4 to 6 servings.

CHIMICHANGAS

- 1/2 teaspoon salt
- 1 lb. lean ground beef
- 1 garlic clove, crushed
- 1 teaspoon ground cumin
- 1 teaspoon oregano, crushed
- 1/4 cup canned chopped green chilies
- 1/4 cup bottled taco sauce
- 1/4 cup sour cream
- 2 tablespoons cider vinegar
- 1/2 cup butter or margarine, melted
- 6 seven-inch flour tortillas
- 1 pkg. (4 oz.) shredded cheddar cheese
- 1/2 cup sour cream
- 1/2 cup bottled taco sauce
- 1 1/2 cups shredded lettuce
- 1 ripe avocado, sliced

Sprinkle salt in medium skillet. Place over medium heat. Add beef, garlic and spices. Cook, crumbling with fork, until meat loses its pink color. Stir in remaining filling ingredients. Remove from heat; cool. In 8-inch skillet melt butter or margarine. Dip both sides of one tortilla into butter or margarine; drain off excess. Mound a rounded 1/3 cup filling on center of tortilla. Fold tortilla envelope fashion. Place seam side down in an ungreased 11 1/4 x 7 1/2-inch baking dish. Repeat with remaining tortillas and filling. Can be made ahead. Cover and refrigerate up to 24 hours. Preheat oven to 500 degrees. Uncover chimichangas and bake until crispy, about 15 minutes. Sprinkle with cheese, return to oven for a few seconds to melt cheese. Serve topped with sour cream and taco sauce, with lettuce and avocado on the side. Makes 4 servings, about 855 calories each.

BEEF CANNELONI

- 3 lbs. ground beef
 - 1 small onion, finely chopped
 - 3 ribs celery, finely chopped
 - 1/2 green pepper, finely chopped
 - 1/2 teaspoon pure granulated garlic
 - 1/2 teaspoon chili powder
 - 1 teaspoon cumin
 - 1/2 teaspoon seasoning salt
 - 2 tablespoons red cooking wine or burgundy
 - 1/2 cup tomato puree
 - 1/2 cup sour cream
- Sauce:
- 4 cups milk
 - 4 tablespoons cornstarch
 - 2 teaspoons chicken soup base
 - 1/2 cup American cheese
 - 1 cup parmesan cheese, freshly grated

In a saucepan saute the beef, breaking it apart with a fork, until it is lightly browned. Add the remaining ingredients and simmer about 30 minutes. Do not let mixture boil. Place mixture, divided evenly, into 16 crepes. Roll and place seam down, side by side, in a lightly greased baking dish. In a saucepan heat the milk. Add the cornstarch and soup base stirring constantly with a wire whisk until mixture thickens to a cream sauce consistency. Add the cheese and simmer until cheese is melted. Pour sauce over crepes. Sprinkle with parmesan cheese and bake at 350 degrees until bubbly. Serves 8.

Creme Batter:

- 1 cup flour
- Dash salt
- 2 eggs
- 2 tablespoons butter, melted
- 2 cups milk

In a bowl sift the flour and the salt together. Add the eggs, butter and milk and beat with a mixer until smooth. Lightly butter a small skillet or crepe pan with a pastry brush. Pour a small amount of batter into a pan and roll it out to the edge of the pan. Cook like pancakes, turning once until lightly browned.

HOT CHICKEN SALAD

- 2 6 oz. jars chicken
- 1 can cream of chicken soup
- 2 cups chopped celery
- 1 tablespoon minced onion
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1 tablespoon lemon juice
- 1/2 cup slivered almonds
- 3 hard-cooked eggs, diced
- 3/4 cup mayonnaise
- 2 cups crushed potato chips

Mix all ingredients except potato chips; place in casserole. Cover with potato chips. Bake at 350 degrees for 1 hour. Yield: 4-5 servings.

SALMON CROQUETTES

- 1 15 oz. can pink salmon, drain and save juice
- 1 egg
- 1/2 cup flour
- Pepper to taste
- 1/2 cup chopped green onion
- 1/2 teaspoon Worcestershire or to taste
- 1/4 cup salmon juice
- 1 heaping teaspoon baking powder
- Deep fat for frying

Mix salmon and egg with fork. Add 1/2 cup sifted flour and stir. Mixture will be thick. Add pepper, onions and Worcestershire. In the 1/4 cup salmon juice, put the baking powder and beat with fork until it foams. Pour this into salmon mixture and mix with fork. Drop by small spoonful into deep hot fat. Be sure and cook within 15 minutes of mixing. Very light and lacy. Serves 4 to 6.

BANANA PUDDING

- 1 large instant vanilla pudding
- 1 cup Eagle Brand milk
- 2 cups sweet milk
- 1 large non-dairy whipped topping
- 4 or 5 bananas that have been soaking in frozen orange juice concentrate

Mix pudding according to package directions. Add Eagle Brand and sweet milk. Fold in non-dairy whipped topping. Layer until all mixture is gone.

Icing:

- 1 cup sugar
- 1/3 cup water
- 2 tablespoons white corn syrup
- 1 teaspoon vanilla
- 4 or 5 egg whites, beaten
- 1/2 teaspoon cream of tartar

Cook sugar, water, corn syrup and vanilla to a soft boil stage. Fold in egg whites that have been beaten with cream of tartar. Pour syrup over egg mixture slowly, beating all the time. Place on top of pudding. Brown in oven.

BEEF ENCHILADAS

Meat Filling:

- 1 lb. ground meat
- 1 clove garlic, chopped
- 1 tablespoon water
- 1 can (1 lb.) kidney beans
- 2 teaspoons salt
- 1 tablespoon vinegar
- 1 tablespoon chili powder

In medium skillet over low heat, saute meat with garlic, salt, vinegar, water, and chili powder until browned. Stir in beans and set aside.

Tomato Sauce:

- 3 tablespoons salad oil
- 1 clove garlic, chopped
- 1/4 cup chopped onion
- 1 tablespoon vinegar
- 1 cup boiling water
- Dash ground cumin
- 1/2 teaspoon salt
- 2 cans (10 1/4 oz.) tomato puree
- 1 beef bouillon cube
- 2 tablespoons chopped green chilies
- Dash pepper

In hot oil in skillet, saute garlic and onion until golden (about 5 minutes). Remove from heat. Stir in flour until smooth; then stir in tomato puree, vinegar and bouillon cube (dissolved in water). Bring mixture to boiling point, stirring over medium heat. Add green chilies, cumin, salt and pepper; simmer uncovered about 5 minutes. Use 10 tortillas, frozen or homemade. 1 cup grated sharp cheddar cheese or 1 cup cubed Monterey Jack cheese. To assemble: Preheat oven to 350 degrees. Place about 1/3 cup filling in center of each tortilla, roll up, arrange seam side down in a 13 x 9 x 2 baking dish. Pour tomato sauce over all, sprinkle with cheese. Bake about 25 minutes. Makes 5 servings. Meat and tomato filling can be made ahead of time and refrigerated. Reheat slightly when ready to use. Put each tortilla in hot grease for a minute before assembling.

Summertime

FROZEN COCONUT PIE

- 2 cups crushed graham crackers
- 1 stick margarine, melted
- 1 3 oz. pkg. cream cheese, room temperature
- 2 teaspoons sugar
- 1/2 cup milk
- 3 1/2 cups non-dairy whipped topping
- 1 1/3 cups coconut
- 1/2 teaspoon almond extract

Make crust from graham cracker crumbs and melted margarine. Beat cream cheese until soft, beat in sugar, gradually add milk and beat until smooth, fold in coconut, whipped topping and extract. Spoon into crust and freeze. Set at room temperature a few minutes before serving.

PARTY CHEESE SANDWICH

- 1 8 oz. pkg. cream cheese
- 1 small can pimento
- 1 cup grated pecans
- 1 cup salad dressing
- 2 teaspoons grated onion
- 1/2 stick butter

Mix well and spread on party rounds.

BIG BURGER

- 2 cups all purpose flour
- 2 cups mashed potato flakes
- 3/4 cup butter or margarine, softened
- 3/4 cup milk
- 11 oz. can condensed cheddar cheese soup
- 1/4 cup chopped onion
- 1/2 teaspoon salt
- 1/4 teaspoon pepper

Filling:

- 1 lb. ground beef
- 1 tablespoon catsup
- 1 tablespoon prepared mustard, if desired

Topping:

- 2 tablespoons milk
- 2 tablespoons butter or margarine, melted
- 1/2 cup mashed potato flakes

Preheat oven to 425 degrees. (To measure flour, lightly spoon into measuring cup; level off.) In large bowl, combine flour and flakes. Cut butter in thoroughly with a fork; stir in milk. Dough will be stiff. Press half the dough into a 10-inch circle on ungreased cookie sheet. Brown ground beef; drain. Stir in next six ingredients. Spread to within 1/4-inch of dough edge. On waxed paper, spread or roll out remaining dough into an 11-inch circle. Place over filling and seal edge; brush with milk. Sprinkle with mixture of melted butter and potato flakes. Bake 20 to 25 minutes until golden brown. Refrigerate any leftovers. Makes 4 to 6 servings.



delights

FRESH FRUIT ICE CREAM PIE

- 1 pkg. (4-serving size) gelatin or sugar free gelatin, any flavor*
- 2 cups thawed frozen whipped topping
- 3/4 cup boiling water
- 1 cup fresh fruit*
- 1 cup vanilla ice cream
- 1 pre-baked 9-inch chocolate crumb crust

Dissolve gelatin in boiling water. Add ice cream by spoonfuls, stirring until melted and smooth. Blend in whipped topping and fruit. Chill, if necessary, until mixture will mound. Spoon into crust. Chill about 3 hours or freeze until firm. Garnish with chocolate curls, dollops of whipped topping and additional fruit, if desired. *Try these fruit and gelatin combinations: Raspberries with raspberry flavor gelatin; strawberries, hulled and halved, with strawberry flavor gelatin; peaches, pitted, and sliced, with peach flavor gelatin. NOTE: Fruit may be mixed with 2 tablespoons each rum and sugar; set aside for 20 minutes, stirring occasionally.

FRESH FRUIT MOUSSE PARFAIT

- 1 pkg. (4-serving size) gelatin or sugar free gelatin, any flavor*
- 1 pint fresh fruit*
- 1 cup boiling water
- 2 egg whites
- 1/4 cup sugar
- 1/4 cup sugar
- 1 3/4 cups thawed frozen whipped topping

Place gelatin, boiling water and sugar in blender container and blend at low speed for about one minute, until sugar and gelatin are completely dissolved. Add the fruit, a few pieces at a time, and blend at high speed until thoroughly pureed. Chill mixture until syrupy, about 2 hours. Beat egg whites, adding sugar gradually, until stiff peak stage. Fold in whipped topping, then fold in fruit mixture, working gently so as not to break down egg whites. Mound into stemmed glassware. Garnish with additional whipped topping and serve with cookies, if desired. Makes 6 cups or about 12 servings. *Try these fruit and gelatin combinations: Strawberries, hulled, with strawberry flavor gelatin; peaches, pitted and quartered, with peach flavor gelatin; plums, pitted and quartered, with lemon flavor gelatin; pears, cored and quartered, with lime flavor gelatin.

ICE CREAM

- 1/3 cup flour
- 1 cup sugar
- Pinch of salt
- 1 pint milk
- 4 eggs
- 1 cup sugar
- 1 large can milk

Cook flour, sugar, salt and milk until thick using sauce pan. Beat eggs, remaining cup of sugar and milk together. Combine all ingredients and add 3 tablespoons vanilla in ice cream freezer. Add enough milk to fill can 1 1/2 inches from top of can. Freeze and have fun.

ALMOND PUNCH

- 5 lbs. sugar, dissolved in 4 cups hot water
- 2 tablespoons citric acid (usually found at drug or grocery store)
- Juice of 12 lemons
- 2 oz. vanilla extract
- 2 oz. almond extract

When party time comes measure 1 part of above base to 3 parts water. Add:

- 1 quart ginger ale to each punch bowl as served. A large punch bowl will hold
- 4 cups base
- 12 cups chilled water
- 1 quart ginger ale

Freeze some of concentrate in ring or clear water.

DIP FOR STRAWBERRIES

- 1 oz. pkg. cream cheese
 - 1 7-oz. jar marshmallow creme
- Combine marshmallow creme and soften cream cheese. Mix until well blended. Serve with strawberries or assorted fruit.

RED VELVET POUND CAKE

- 1 cup butter, softened
- 1/2 cup shortening
- 3 cups sugar
- 7 eggs
- 2 teaspoons vanilla
- 1 (1-oz.) bottle red food coloring
- 3 cups cake flour
- 1/4 teaspoon salt
- 1 cup milk
- Cream cheese frosting

Combine butter, shortening and sugar. Cream until light and fluffy. Add eggs, one at a time, beating well after each addition. Stir in vanilla and food coloring. Combine flour and salt, add to creamed mixture alternately with milk, beating well. Pour batter into a greased and floured 10-inch tube pan, bake at 325 degrees for 1 hour and 20 minutes or until a toothpick inserted in the center comes out clean. Cool cake completely. Frost with Cream Cheese Frosting.

CREAM CHEESE FROSTING

- 1/2 cup butter
- 2 (3-oz.) pkgs. cream cheese, softened
- 1 teaspoon vanilla
- 1 (1-lb.) pkg. powdered sugar
- 1 to 2 tablespoons milk

Combine butter and cream cheese, blend until smooth. Stir in vanilla, mix well. Stir in powdered sugar. Beat frosting until creamy, adding enough milk to make frosting of spreading consistency.

ROOM AIR CONDITIONER SELECTION GUIDE

BTU's	WEST		SOUTH		EAST		NORTH	
	Ceiling under occupied room or insulated ceiling under attic	Un-insulated ceiling under attic	Ceiling under occupied room or insulated ceiling under attic	Un-insulated ceiling under attic	Ceiling under occupied room or insulated ceiling under attic	Un-insulated ceiling under attic	Ceiling under occupied room or insulated ceiling under attic	Un-insulated ceiling under attic
33,000	1,740	1,000	1,820	1,050	1,920	1,090	2,150	1,230
22,000	1,440	830	1,510	870	1,590	900	1,785	1,010
18,000	860	510	920	540	970	560	1,060	620
16,000	750	440	820	470	860	490	950	545
14,000	620	370	680	390	720	410	790	450
12,000	470	285	530	305	570	325	625	355
10,000	365	205	360	225	390	235	425	260
8,000	230	140	250	160	290	185	330	210
7,500	170	125	220	140	240	160	280	180
5,000	130	90	145	100	170	110	180	110

The chart shows a simplified way to figure how much BTU air conditioning capacity you need. All you need to know is (1) size of the room, (area in square feet), (2) whether the ceiling of a room under the attic is insulated, (3) location of the room either up or downstairs, and (4) direction the room faces. On the top floor, additional cooling is required to offset heat absorbed through the roof unless properly insulated. Further, rooms exposed to the west will get the sun when it is hottest. After determining from the chart the BTU capacity needed, select the air conditioning unit size closest to, but not smaller than, the BTU capacity needed. Units usually are designed with capacities of 4,800, 5,000, 5,200 BTU's, etc.

Large air conditioner not always right choice

When sizing up a new air conditioner, remember that big is not necessarily better.

Don Jedele, University of Illinois buildings specialist, says that if an air conditioner is too big for a room, it will cool the room but it will fail in its second function — lowering humidity.

"When a unit is too big for a room," he says, "it will cool the room but shut off before the dehumidifying action has removed much moisture from the air. The area will remain humid."

To find the proper air conditioner, Jedele suggests that you first familiarize yourself with two terms — the BTU rating and the energy efficiency ratio (EER).

The cooling capacity of any air conditioner is rated in BTU's, which stands for "British Thermal Units." This rating indicates the amount of heat that an air conditioner will remove each hour under specified test conditions. A room air conditioner with a rating of 5,000 BTU, for example, will remove about 5,000 BTU of heat from a room each hour.

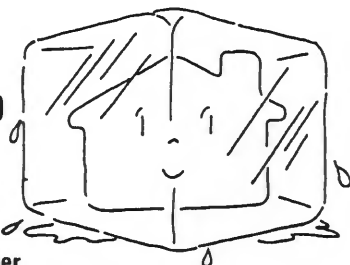
The EER, meanwhile, does exactly what its name indicates; it rates an air conditioner according to its energy efficiency. The higher the EER, the more efficient the air conditioner. A unit with a higher rating may cost more, but it will save money in the long run because it uses less electricity.

The EER is computed by dividing BTU's per hour by watts of power used. Both the BTU and watts-per-hour ratings should be readily available on any unit. However, you should not have to compute the EER yourself because it can be found on a metal plate attached to the unit.

In addition to understanding these terms, Jedele suggests that you prepare for your purchase by sketching your home or apartment and noting the size of the particular area that you want to air condition. Note whether the room is used for living, working, or sleeping, and whether it can be closed off or has an open archway. Also, note the amount of insulation in the ceiling and exterior ceiling, the approximate height of ceilings, the number of people living in the house, and the area's exposure to the sun.

If you take this information to a reputable dealer who has experience in estimating cooling capacities, Jedele says it should pay off.

Keep your cool with an efficient electric heat pump



At this time of the year, with the dog days upon us, you don't need a cranky, belligerent home air conditioner.

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Call your electric cooperative for more information.



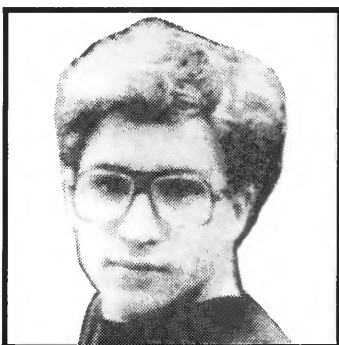
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WHITE FEMALE	HAIR: Brown



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LAST SEEN: 10/5/84	EYES: Hazel
FROM: Huntsville, TX	HEIGHT: 5'9"
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-Safety Tip of the Month-

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Honor at her concert grand harp. A magnificent instrument made mostly of maple, it stands six feet tall. It was made by Lyon & Healy of Chicago, and has about 2,000 parts. Latest technology for the harp dates back about a hundred years although there are some modern materials used.

“I finally settled on ‘I HARP,’ somewhat to my husband’s amusement.”



Effingham harpist

Honor Conway of Effingham was looking for a license plate for her car — a vanity plate, if you will — that would express her musical interests. “As a professional harpist,” she says, “I wanted to have it say ‘Harp 1,’ but I learned that it was already taken. I asked if I could have ‘1 Harp,’ but they said I couldn’t have a numeral before a letter, so that was out. I finally settled on ‘I Harp,’ somewhat to my husband’s amusement.”

Honor, a Norris Electric Cooperative member, has been playing

the harp since she was eight years old. She has some deeper grounding in the art, too. Her mother and aunt were both professional harpists. “I can’t remember wanting to do anything else,” she says.

An aunt, Aileen Peters, was with the Spike Jones band for a while, played restaurants and night clubs and filled in occasionally when the Chicago Symphony Orchestra needed a second harpist.

Honor studied under Edward Druzinsky, Chicago Symphony Orchestra harpist, and got bachelor’s and

master's degrees in music from Northwestern University in Evanston.

She was living in a condominium on Lake Shore Drive in Chicago, making beautiful music in fancy hotels and restaurants, and Effingham was a world away.

Then a friend introduced her to Gene, who later became her husband. It did not look like it was going to work out logistically, at first, she says.

"Anne introduced us at about the time Gene had to move to New York and we really hit it off. I asked her why she didn't introduce us a couple of years earlier, while Gene was in Chicago, when it would have made some sense.

"I didn't have any faith in the old idea that absence makes the heart grow fonder," she says with a smile, "but that's how it worked with us. He commuted to see me, and he had a standard line about it — he'd say, 'The dates are great, but the walk home is a killer.' We got married not long after that."

The suddenness of the marriage surprised even her, a little. Shortly after, Gene took a job as chief financial officer and senior vice president for World Color Press and they moved to Effingham, where the company is based. They looked for a nice, spacious house with a view, and they found one — but the real estate agent warned them that there was a little something about it that they might not like. A six-foot diameter raised area, like a small stage, took up some of the living room, "I can't imagine what anybody would want to put up there," the agent had said.

"I knew the minute I set my eyes on it what I'd put up there," Honor says, still excited about the vision. "It's just right for a concert grand harp, and I could see myself there playing."

She has a couple of harps at home, another at the Ramada Inn in Effingham, where she plays two nights a week, and another at her father's home in Chicago for engagements she still plays there, and to make tapes for commercials. "I play wherever I can," she says, "and I'll take either of my harps I have at

home for weddings or other performing engagements." She is a little proud of her versatility, partly because most people expect only classical music from harps. "I think of myself as a commercial pop harpist in that I'll play a lot of things you normally wouldn't expect," she says.

Since the couple's whirlwind courtship and marriage, Gene has become Honor's greatest fan, and is even learning to play the piano and harp. "He can do a 'hunt and peck' version of Silent Night," she laughs, "but he's coming along."

She has gotten involved in local musical activities, helped form the Effingham County Community Concert Association, and serves as its president. "It's not related to my personal harp work," she says, "but it's my labor of love for Effingham."

She notes that the Effingham area is vastly different from Chicago, and

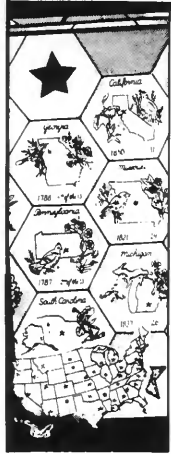


Left: Honor plays her harp on a small stage in her living room. The real estate agent showing the home had warned Honor and Gene about what was considered a drawback. The stage fit into Honor's plans. **Right:** Honor displays her Irish harp, which her mother and aunt both learned on. No longer in use, it serves as an attractive decorator piece.

that she finds the warmth and friendliness of the people "wonderful," and the less hectic pace has been beneficial, too. "I've learned to play tennis, golf and racquetball since we came here," she says, "and I've been giving lessons on the harp."



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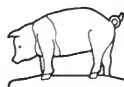
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