

# REN

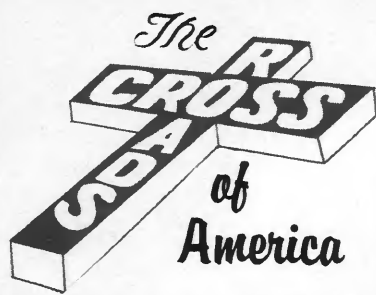
Illinois Rural Electric News  
December 1989

**Hypothermia:  
Quiet killer**  
See page 12

**Ice cream  
by the bag**

See page 20





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FROM: San Diego, CA HEIGHT: 4'0"  
DOB: 11/03/80 WEIGHT: 70  
WHITE FEMALE HAIR: Blonde



**TONETTA Y. CARLISLE**

LAST SEEN: 03/16/89 EYES: Brown  
FROM: Chattanooga, TN HEIGHT: 5'1"  
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BLACK FEMALE HAIR: Black

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# The issue is more than clean air

When Washington came to Southern Illinois in early November to sound out Illinoisans about proposed clean air legislation, an electric cooperative message was clear: No one is against cleaner air, but the proposals under consideration will mean increased costs and a resulting heavier economic burden for electric ratepayers.

Elsewhere in this month's issue is the text of testimony provided by a Southern Illinois electric cooperative manager during a Congressional subcommittee hearing in DuQuoin. There are major economic implications to the proposals in Washington. These additional pollution control costs will be added to costs ratepayers are already paying for clean air controls that have been in place for many years, and the state's coal industry would be hit hard again.

In addition, Walter V. Truitt, Jr., manager of Southeastern Illinois Electric Cooperative, said in the testimony, a Southern Illinois generation and transmission electric cooperative is working with private interests and the federal and state governments to test innovative clean coal technology. Southern Illinois Power Co-operative, pending final approval by federal agencies, plans to install and operate a clean coal technology demonstration project that is anticipated to show dramatic emission reductions.

Electric cooperatives in Illinois and the nation have long demonstrated their concern for clean air. While they own only 6 percent of the nation's

coal-fired power generation, electric cooperatives have installed and operate 20 percent of the sulfur dioxide pollution control equipment in operation by electric utilities nationwide.

A recent poll indicated that the environment ranked behind only jobs and drugs on the list of answers when rural Americans were asked to name "the most important problem facing rural America." Another poll indicated that residents of a northeastern state believe protecting the environment is very important and that they are willing to make sacrifices to do so.

It is a strong thread that ties all of this together. People want a cleaner environment, including cleaner air. They also want a strong economy—jobs. In some parts of the country, perhaps consumers can tolerate yet-higher electric costs. But, it is certain that there are many regions of the nation—including Southern Illinois where unemployment has been considerably above the national average for many years—where increased consumer costs would be a major problem.

Congress has a difficult task in deciding on what clean air proposals to add to the rules already in place. Electric cooperatives ask that any new rules not put an extraordinary economic burden on midwestern states and that utilities that have already spent considerable amounts of money for pollution controls be given credit for that expense as Congress seeks solutions to a nationwide problem.

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*Editor*

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*Managing Editor*

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*Associate Editor*

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## REN

### Illinois Rural Electric News

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**Cover: Curt Jones thought of making ice cream pellets while working for a livestock feed company. Diane Eichorn (left), owner of Montego's Pizza House in Metropolis, and Jones' sister, Connie Ulrich, show off the pea-sized confection. Montego's was an early retailer of the unique ice cream treat. (See article beginning on page 20.)**

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# Clean air hearing draws state interest

## *Congressmen tour SIPC plant*

Southern Illinois aired its concerns about proposed federal clean air legislation during a hearing conducted in November at DuQuoin by the U.S. House Subcommittee on the Environment and Labor.

United States Rep. Glenn Poshard of Carterville (D-22nd) and Rep. Esteban Torres (D-California), chairman of the Environment and Labor Subcommittee of the U.S. House of Representatives Committee on Small Business, conducted the hearing, which dealt with legislation currently pending in Congress that would amend the federal Clean Air Act.

Walter V. Truitt, Jr., manager of Southeastern Illinois Electric Cooperative, Eldorado, was among the witnesses testifying at the hearing. In his testimony he reviewed Southern Illinois Power Cooperative's (SIPC) investment in pollution con-

trol equipment, discussed its joint effort with a private company on a clean coal technology project to implement new methods of reducing flue gas emissions, and urged that Congress implement a national "cost-sharing" plan for compliance with new Clean Air Act requirements. SIPC is a generation and transmission electric cooperative made up of Southeastern Illinois Electric, Egyptian Electric Cooperative Association of Steeleville, and Southern Illinois Electric Cooperative of Dongola.

Also testifying at the hearing were representatives of public utilities, coal mining interests, members of the Illinois General Assembly and other Southern Illinois business leaders.

Before the hearing, Rep. Poshard and Rep. Torres were guests of SIPC for a tour of the cooperative's generating plant at Lake of Egypt just south of Marion. Designed to emphasize the cooperative's commitment to burning high-sulfur Illinois coal in an environmentally acceptable manner, the tour was conducted by SIPC general manager James R. Chapman and Richard G. Myott and Howard McDannel of the SIPC staff. Of particular interest to the Congressmen was a tour of the pollution control equipment used to bring the cooperative's Unit No. 4, which went into service in 1978, into compliance with present Clear Air Act requirements. In addition, the Congressmen were informed of the clean coal technology grant awarded to SIPC to test new methods of acid rain control.

In addition to the SIPC representatives, others touring the plant with the Congressmen included Tim Reeves, manager of Southern Illinois Electric; Truitt; and Earl W. Struck, director of the Legal and Public Affairs Department of the Association of Illinois Electric Cooperatives, Springfield.

The electric cooperative leaders emphasized to the Congressmen and their staffs the potential impact of proposed legislation, especially regarding loss of jobs in the coal fields of Southern Illinois and the resulting effects on the economy of the area.



**U.S. Rep. Glenn Poshard (right) of Carterville and Rep. Esteban Torres (center) of California listen as Richard G. Myott of the Southern Illinois Power Cooperative staff explains operation of the cooperative electric generating plant near Marion.**

## Effects of proposed clean air legislation on electric co-ops, their members and economy of Southern Illinois

(This is the text of testimony provided by Walter V. Truitt, Jr., manager of Southeastern Illinois Electric Cooperative, Eldorado, before the U.S. House Subcommittee on the Environment and Labor November 6.)

Thank you for allowing me to appear before this hearing dealing with the effects of proposed acid rain legislation on workers and small businesses in Southern Illinois.

I am Walter V. Truitt, Jr., general manager and executive vice president of Southeastern



Truitt

Illinois Electric Cooperative of Eldorado, Illinois. Our cooperative provides electric power to approximately 18,500 families in the southeastern part of Illinois. As you know, the members that we actually serve also own our cooperative. Because of this personal ownership, I, as co-op manager, am personally aware of the impact of this issue on our membership. I hope to, with my testimony, express the concern of our membership with the proposed legislation. Our members believe in protecting the environment and have expended considerable amounts of money to clean it up. In 1978 pollution control equipment was installed on Southern Illinois Power Co-operative's Marion Unit No. 4 at a cost of \$23.8 million. (Southern Illinois Power Co-operative is a generating and transmission cooperative owned by Southeastern Illinois Electric Cooperative of Eldorado, Illinois, Southern Illinois Electric Cooperative of Dongola, Illinois, and Egyptian Electric Cooperative of Steeleville, Illinois.) This money was expended to remove sulfur dioxide and particulate matter from the flue gas. Southern Illinois Power Co-operative, in recognition of the growing concern over acid rain, has been working for several years with TransAlta Technologies on a project to burn coal more cleanly.

This technology, which was developed originally by Rockwell International, is termed the low nitrogen oxide/sulfur dioxide (LNS) burner. This technology, which SIPC hopes to install on their Marion Unit No. 1, reduces the sulfur dioxide emissions between 70 percent to 90 percent and should reduce the nitrogen oxide emissions approximately 80 percent to a goal of 0.2

pounds per million BTU.

After the feasibility of the project was determined, a proposal was made to the U.S. Department of Energy Innovative Clean Coal Technologies Program. In the latter part of 1988, the LNS burner technology was chosen as one of 16 programs to be funded by the Department of Energy. The U.S. Department of Energy will fund 50 percent of the \$13.6 million that the program is estimated to cost, with the Illinois Coal Development Board through the State of Illinois Department of Energy and Natural Resources contributing another 20 percent of the costs up to a \$3 million maximum. The remainder of the costs will be paid by interested utilities and other organizations.

At present, TransAlta Technologies Inc. has submitted all required information to the Department of Energy and is awaiting final approval from DOE. An important concern that, at present, has not been addressed is the need for the U.S. Environmental Protection Agency to issue a "No Action Assurance." At this time, they have not done so. As soon as all final approvals are met, SIPC and TransAlta hope to be on line and operating within 18 months.

As Bob Bergland, executive vice president and general manager of the National Rural Electric Cooperative Association, recently said of this project, "This is a clear indication of the commitment rural electric leaders have to a clean and wholesome environment." Bergland also noted that although rural electric cooperatives own only 6 percent of the coal-fired generation in the country, they have installed and operate about 20 percent of the sulfur dioxide scrubbers in operation in the utility industry nationwide.

Southern Illinois Power Co-operative, our generation and transmission cooperative, recently received a pollution retrofit cost estimate from the U.S. Environmental Protection Agency, which was prepared as part of the National Acid Precipitation Assessment Program. In this document, the USEPA estimates that to retrofit Units 1, 2 and 3 with sulfur dioxide control would cost approxi-

*(Continued on page 11)*

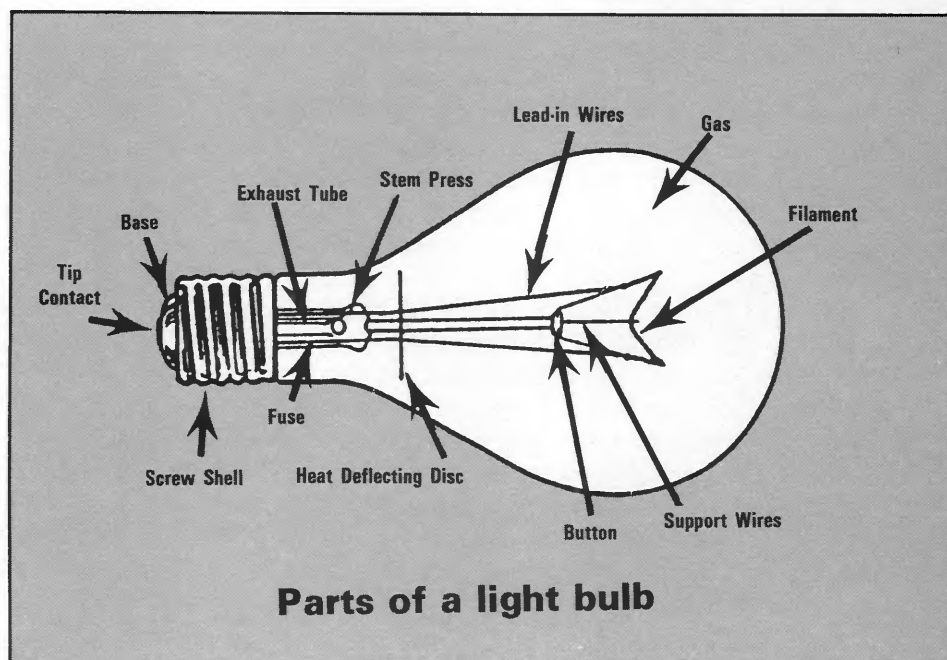
# The light bulb

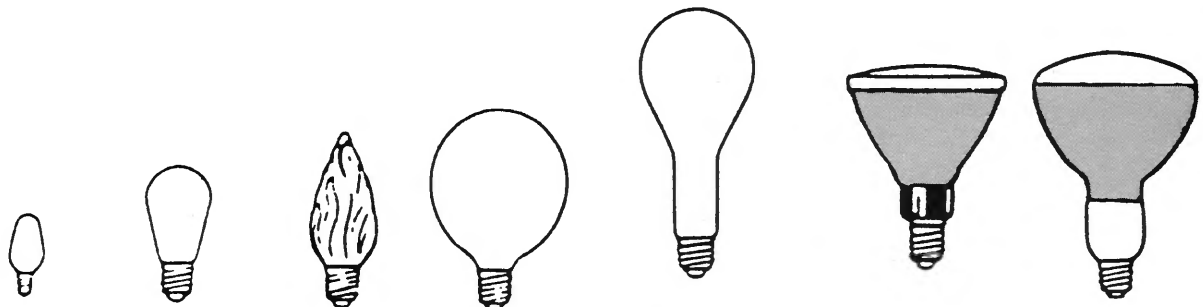
**This is one in a series of consumer-oriented articles relating to home energy use. The articles are prepared in coordination with the Association of Illinois Electric Cooperatives Member Services/Power Use Section, which is made up of staff personnel of the state's electric cooperatives who are directly involved in consumer energy efficiency activities.**

Incandescent lamps were the first type of electric light developed. To most people, a light bulb is a cheap, throw-away item—but in actuality it is a well-engineered device. The incandescent lamp consists of a wire filament on a suitable mount enclosed in a glass bulb usually con-

taining the two inert gases argon and nitrogen—although a bulb may also be in a vacuum.

The filament is made of tungsten, which is strong and durable. Tungsten is considered the best filament material because it can be burned very near its melting point (more





**"C"**  
Cone

**"S"**  
Straight

**"F"**  
Flame

**"G"**  
Globe

**"PS"**  
Pear  
Straight Neck

**"PAR"**  
Parabolic  
Reflector

**"R"**  
Reflector

The bulbs of incandescent lamps come in various shapes and sizes. Bulb shapes are identified by letters followed by their maximum diameter expressed in eighths of an

inch. For example, many common household bulbs are designated A-19 because they are of the "A" series and are 19/8, or two and three-eighths, inches in diameter.

than 6,000 degrees F) without evaporating rapidly.

When the lamp is connected to an electrical circuit, the electric current passing through the filament must overcome the filament's resistance. The power consumed to do that heats the filament until it glows, or "incandesces."

Due to the high temperature at which the tungsten filament operates, some of the tungsten material slowly evaporates. This evaporation of tungsten is deposited on the bulb wall and is seen as a "blackening" of the bulb. Even though a mixture of argon and nitrogen gases is used to slow this evaporative process, it still occurs, causing a reduction in the light output of the lamp over time. In a gas-filled lamp, the convection currents set up by the hot gas carry the tungsten particles upward to be deposited on the bowl if the lamp is burning base down or on the neck if burning base up. In a vacuum lamp, the blackening occurs rather evenly over the entire inside of the bulb.

A light bulb usually seems to burn out the instant it is turned on. The reason for this is that the resistance of tungsten when it is cold is only 1/15th of its resistance when it is hot. The momentary current is high when the bulb is first turned on, and this high inrush of current causes the bulb to burn out.

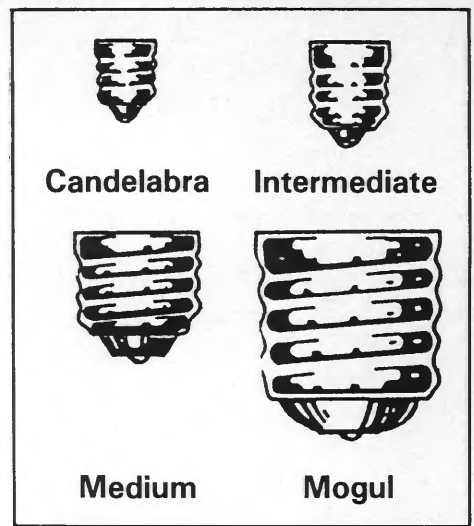
Most lamp bulbs are made from "soft" or lime glass, which will allow safe operating temperatures. Projection lamps or pyrex glass bulbs used in reflector lamps are made out of "hard" glass. Hard glass is needed when bulbs must be of high wattage. It is also used to prevent glass breakage due to exposure to moisture or bugs when the lamps are used outdoors.

The most common finish of household bulbs is the light inside coat (standard coat). This coating spreads the brilliant filament image and partially diffuses the light, resulting in a reduced glow if lamps are used bare (without shades). However, the lamp may still be putting out more glare than is com-

portable and may require use of lamps with a soft white coating. This type of coating hides the filament while providing a ball of light the size of the lamp. Other common bulb finishes include clear, daylight, and white bowl.

There are several different types or lamp bases for incandescent lamps. Whatever the shape or size, each base performs two important functions: (1) it holds the lamp firmly in place, and (2) it conducts the electrical circuit into the lead-in wires of the lamp.

There are four common lamp bases. The candelabra, intermediate, medium (also called Edison base), and mogul screw bases are used for most general lighting lamps. In each of these four types,



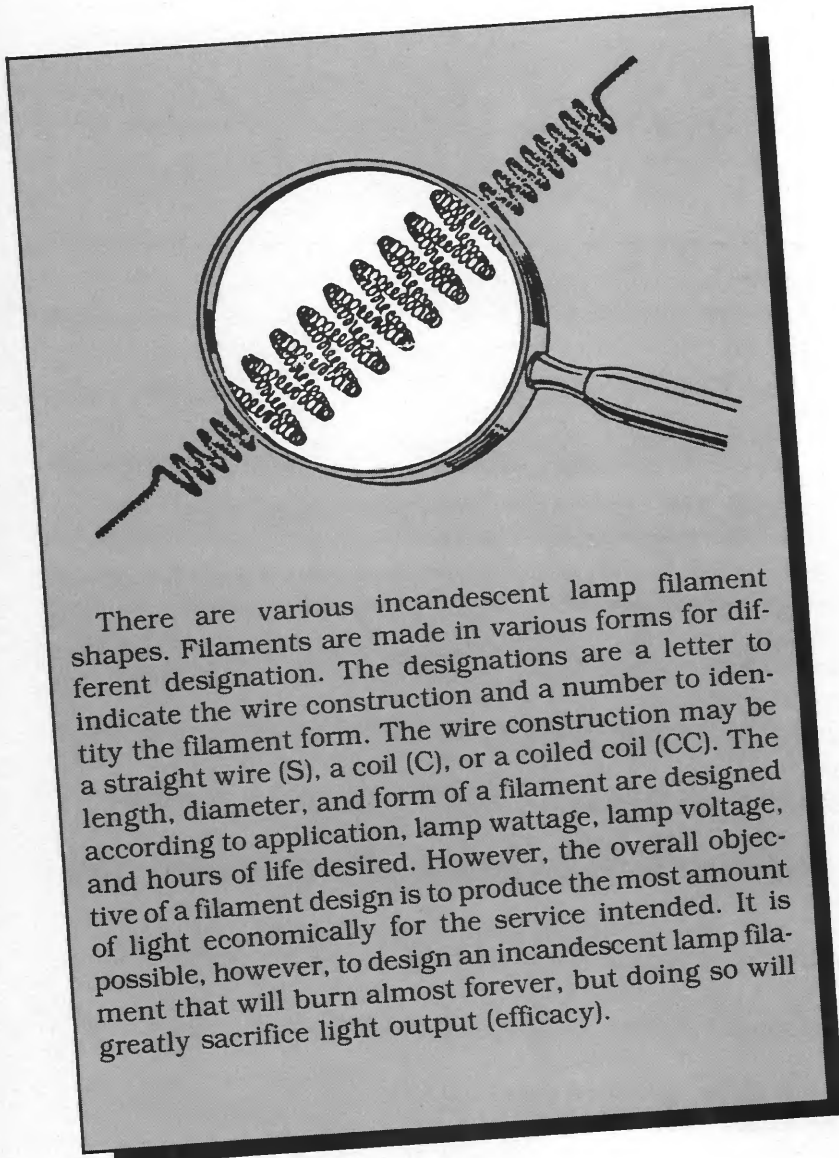
the bases are cemented to the glass bulb. With each size or style of base, it must be mated to its corresponding socket in order for the lamp to perform.

On the bottom of the lamp a small metal piece or button makes the tip contact with a similar button on the socket. The electricity enters the bulb through this tip contact and travels through one of the lead in wires, then across the filament, and returns through the other lead in wire. The electricity leaves the bulb through the outer shell of the lamp base making the "shell" contact with the threads of the lamp socket.

Three-way light bulbs are very similar in operation to normal incandescent lamps except they have three contact points on the base and two separate filaments. It has the usual tip contact and shell contact but also has a "ring" contact as well. Its mating socket has the usual tip and shell contact but also includes a ring contact around the tip contact.

This extra ring contact on the bulb is connected to the second filament found inside the bulb. In a 50-100-150 watt three-way bulb, one filament uses 50 watts, the other 100 watts, and the two together use 150 watts. When the switch is turned to the first position, usually the lower wattage filament is energized. In the second position, the higher wattage filament is energized. In the third position, both filaments are energized to give the lamp its full lighting capacity.

*Next month: fluorescent lighting*



There are various incandescent lamp filament shapes. Filaments are made in various forms for different designation. The designations are a letter to indicate the wire construction and a number to identify the filament form. The wire construction may be a straight wire (S), a coil (C), or a coiled coil (CC). The length, diameter, and form of a filament are designed according to application, lamp wattage, lamp voltage, and hours of life desired. However, the overall objective of a filament design is to produce the most amount of light economically for the service intended. It is possible, however, to design an incandescent lamp filament that will burn almost forever, but doing so will greatly sacrifice light output (efficacy).



# **BRIEFLY**

News items of interest to members of Illinois electric cooperatives

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## **Illinois electric cooperatives increase Hugo contributions**

A check for \$4,000 from Southern Illinois Power Co-operative, one for \$1,000 from Menard Electric Cooperative and a \$100 contribution from Illinois Valley Electric Cooperative have brought contributions from Illinois electric cooperatives to more than \$27,000 for the "Electric Cooperatives Disaster Relief Fund" in South Carolina. The check from SIPC represented contributions of \$1,000 each on behalf of SIPC and each of its three member-cooperatives—Southeastern Illinois Electric, Southern Illinois Electric and Egyptian Electric Cooperative. Donations in Illinois have come from individuals as well as the cooperatives. Initiated by the South Carolina statewide electric cooperative association, the Electric Cooperative Disaster Relief Fund was created to provide food, clothing, shelter and medical supplies for electric cooperative members in the aftermath of Hurricane Hugo, which ravaged South Carolina in September. Expenditures from this relief fund are being coordinated with the Salvation Army, South Carolina Department of Social Services, Red Cross and Governor's Office of South Carolina to assure that assistance is provided to those who need the help. Anyone can contribute: Send your donation to Electric Cooperative Disaster Fund in care of Electric Cooperatives of South Carolina, 808 Knox Abbott Drive, Cayce, SC 29033.

## **McDonough Power provides satellite TV dishes for local schools**

Doors to new educational worlds have been opened for five high schools through McDonough Power Cooperative's recent donation of satellite TV dishes. The McDonough board of directors voted to donate the TV equipment to five schools in its service area that had not qualified for state grants to purchase equipment on their own. Bushnell-Prairie City, Colchester, Macomb, Northwestern and Warren high schools have installed or are in the process of installing the dishes and related equipment. In October, personnel representing the schools met at Northwestern High School for a workshop about the TV systems. Co-sponsoring the workshop on educational uses of satellite TV equipment were William C. Lemons, manager of McDonough Power Cooperative; Diane Van Fleet, Northwestern's principal; and Ron Davies of TI-IN Network, Macomb, a satellite TV firm. Davies volunteered his time to describe the basics of tuning in the TV signals and reading satellite channel program listings. He also pointed out examples of programming that could relate to foreign language, home economics, physical education and other classroom subjects. Southern Illinois Electric Cooperative and Southeastern Illinois Electric Cooperative have also donated satellite TV equipment to local schools during the past year.

## **Two Illinois cooperatives awarded NRECA Safety Accreditation**

The National Rural Electric Cooperative Association Safety Accreditation Committee recently announced that Clinton County Electric Cooperative and Edgar Electric Co-operative have attained the honor of Safety Accreditation. Both cooperatives had been previously accredited. Their applications for accreditation during the years 1990-92 were reviewed with those of 90 other electric cooperatives from throughout the United States. Seventy-four of the applications were approved in October. Fifteen Illinois electric cooperative have now been awarded NRECA Safety Accreditation.

## **Bush gives limited support to development bill**

The Bush Administration gave its support "in concept" to many of the provisions in a bill to create a Rural Development Administration and greatly change the way money is channeled into rural projects. The bill would allow the Agriculture Department to shift money among its rural development programs so funds would be available for the most important projects in a region. Local leaders would develop long-range development plans and assign priorities to projects. Congress has devoted attention to rural economic development because of growing problems facing rural America: low incomes, high jobless rates and problems in obtaining health care and

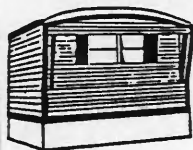
schooling. A quarter of the U.S. population lives in rural areas. "The status quo is not doing a sufficient job," said Rep. Tom Coleman (R-Mo.), who joined Rep. Glenn English (D-Okla.) in writing the bill being considered by English's subcommittee. Agriculture Under Secretary Roland Vautour told the panel, "The Administration supports in concept the majority of the rural development-related provisions contained in the proposed legislation."

Rural bridges are older, shorter and have more structural problems than urban bridges, according to the Agriculture Department. A report on rural bridges says Missouri has the greatest number of rural bridges with structural problems, while Texas has the least modern bridges in rural America. Rural Arizona, the report says, has the best bridges. In farm communities, the average age of bridges is 37.2 years, while the average age of all other bridges is 34.9 years, the report says. Bridges in farm towns have more structural and functional problems than those in other areas. Slightly more rural bridges located in farming communities are single-lane than those located elsewhere. The report recommends that 76 percent of the deteriorating bridges in rural America should be replaced. More than a third of all rural bridges are in seven states: Texas, Iowa, Kansas, Ohio, Illinois, Missouri and Oklahoma.

## Farm values steady

Farmland values, which have recorded gains for the past two years, should grow at steady, moderate rates during the 1990s, making land a good investment, experts say. Land values crashed during the agricultural recession earlier this decade but began a turnaround in 1987. The government said the nationwide average value at the start of this growing season was \$597 an acre, compared with the record \$832 an acre set in 1982. Real Estate Research Corp. interviewed 13 agricultural experts for its report on real estate trends.

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## Proposed legislation

(Continued from page 5)

mately \$38.8 million dollars. To retrofit Units 1, 2, 3 and 4 with nitrogen oxide controls, assuming that such control was commercially available, would cost on the order of \$6.3 million. The original capital cost of the control is not as worrisome as the resultant annual operating costs. The USEPA estimates that additional costs on the order of \$17 to \$18 million per year would be incurred by SIPC.

This translates to at least 10 percent increase to our consumer-owners and perhaps higher. We have projected that the cost per family in SEIEC's area would be \$204 per year on an average all electric member's bill or an increase of about 15 percent. It is important to keep in mind with this estimate, SIPC's present revenue of approximately \$38 million must be increased by \$17 million to \$55 million.

Our service area is an economically depressed region as identified and documented by the Southern Illinois Regional Planning and Development Commission to the Department of Commerce Economic Development Administration. The region has experienced alarmingly high unemployment rates since 1980. Presently, the service area unemployment rate is 15 percent and has been consistently above the national unemployment rate for many years.

The area has suffered a downfall from a two-product economy, mining and agriculture, which can be documented by per capita income and poverty level statistics for the region. The per capita income level for the service area is \$5,488, which translates into a 20 percent poverty level for the area. The standard of living indicators show the extreme economic deterioration and instability of the region's economy.

In the state of Illinois, less than 1 percent of the work force is employed in the mining industry. In our five-county region, 10,800 people, or 17.7 percent, are employed in the mining industry. Unemployment rates, per capita income and poverty statistics show the Southeastern Region economy is experiencing economic depression.

We believe that our members are aware of the various environmental issues and are perhaps more informed than most people in the nation. In addition to acid rain, our members are presently struggling over the wilderness issue. Within our service area lies a portion of the Shawnee National Forest. It is a beautiful area with an abundance of trees that is amenable to various forms of recreation, which must be balanced with the commercial development of the area, particularly lumbering. We do realize that making the area available for recreation does have a direct cost, particularly with the loss of revenues, real estate



Southern Illinois Power Co-operative's generating station south of Marion.

taxes, and potential industries that are prevented from developing in the area.

We would like to discuss the particular concerns that we have with some of the major bills that have been introduced. One major concern is the capacity usage cap, which limits older plants' actual annual hours of operation to an average based on 1985, 1986 and 1987. Our problem with this particular section is that in 1978 SIPC completed construction of a new generation unit, Marion Unit No. 4. Because of the availability of Marion Unit No. 4, during the 85, 86 and 87 period, SIPC operated Units 1, 2 and 3 at an approximate capacity factor of 29 percent. We expect as we experience load growth during the early and mid 1990s, we will need additional generation from Units 1, 2 and 3. To be limited to an artificially low usage factor would not seem to be in our consumer-owners' best interest.

SIPC also has utmost concern about the section 508 definition of the clean coal technologies. As we discussed earlier, SIPC is involved with Trans-Alta on a low nitrogen oxide/sulfur dioxide burner project and would like it to be included as a section 508 definition.

We are also quite concerned about cost-sharing provisions. Although we recognize that acid rain is a national problem, requiring a national solution, we would like to have some sort of credit for utilities that have already spent considerable amounts of money for pollution control.

In closing, our members would like to express their agreement with the goal of cleaner air, but, they are very concerned about the method that is being used to achieve it.

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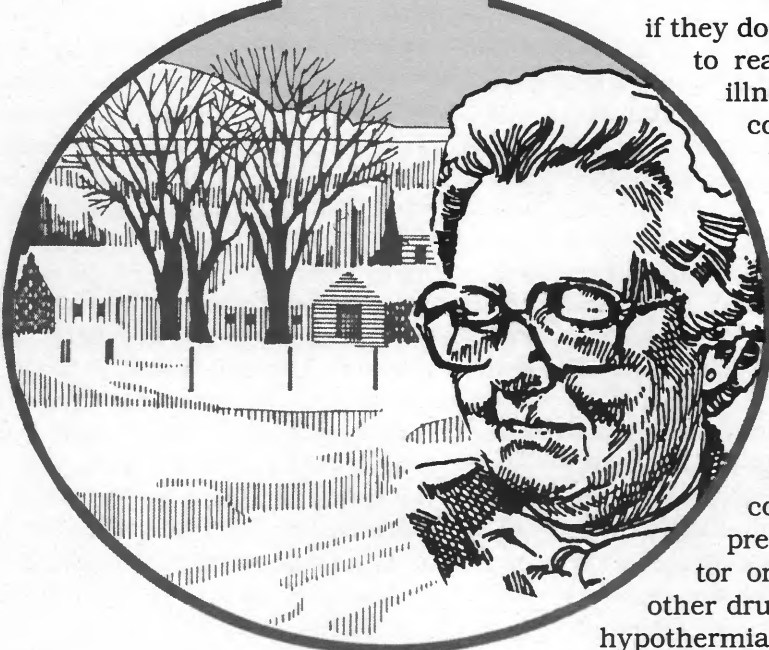
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Hypothermia (literally "low-heat") is a condition marked by an abnormally low internal body temperature. It develops when body heat is lost to a cool or cold environment faster than it can be replaced. Temperatures do not have to be below freezing for hypothermia to occur, especially in vulnerable individuals. Many older adults can develop a low body temperature after exposure to conditions of mild cold, which would only produce discomfort in younger people.

Although older adults are more vulnerable to hypothermia than younger members of the population, infants under one year are also particularly susceptible. Among the elderly, those most likely to develop hypothermia are the sick, the frail, the very old, the poor who can't afford enough heat, and those medically vulnerable individuals who do not know how to keep warm when exposed to the cold.

Others who are susceptible include individuals who (1) live alone or in isolated areas (particularly

# Hypothermia: Quiet killer



if they don't have access to nearby phones to reach help in case of accident or illness); (2) do not shiver or react to cold; and (3) take certain medications that prevent the body from regulating temperatures normally such as anti-depressants, sedatives, tranquilizers, and cardiovascular drugs. Drugs deserve special mention because they are thought to be a major predisposing factor to hypothermia in older adults, who, while comprising little more than 10 percent of the population, consume 25 percent of the nation's prescription drugs. Check with a doctor or pharmacist for information on other drugs that increase susceptibility to hypothermia.

Hypothermia can cause illness and death. Although there are no accurate data on the number of elderly persons dying of this condition, it is estimated that about 10 percent of all persons over 65 have some sort of temperature-regulating defect, and between three and four percent of all hospital patients over 65 are hypothermic. The National Institute on Aging (NIA) estimates that more than 2.5 million older Americans are especially vulnerable to hypothermia, and Dr. Richard

Besdine of the Harvard Medical School estimates that 25,000 older adults may die from hypothermia each year in the United States.

To avoid being harmed by hypothermia, now that cold weather has come to Illinois, here is some practical advice from the U.S. Office of Consumer Affairs:

- If you live alone, arrange for a daily check-in call with a friend, neighbor, relative, etc.

- Insulate your home properly. Caulking is a particularly low-cost and effective technique.

- Wear warm clothing. Instead of tight clothing, wear several loose, warm layers. Wear a hat and scarf to avoid significant heat loss through your head and neck. Stay dry. Moisture from perspiration, rain, or melting snow can seriously reduce or destroy the insulating value of clothing because water conducts body heat over 25 times faster than air.

- Use extra blankets because hypothermia can develop during sleep.

- Eat nutritious foods and exercise moderately; proper diet and physical conditioning help protect you against abnormal heat and cold.

- Get proper rest; fatigue makes you more vulnerable to subnormal heat and cold.

- Drink adequate amounts of liquids, such as water. Limit your alcohol intake because alcohol speeds up body heat loss.

Some people die of hypothermia because they or those around them do not recognize the symptoms. Here are some signs to watch for:

- Muscles: The muscles are often unusually stiff, particularly in the neck, arms, and legs. This stiffness may be accompanied by a fine trembling, perhaps limited to only one side of the body or one arm or leg.

- Shivering: Shivering is a sign that the body is having trouble keeping warm. The shivering response is frequently diminished or absent in older adults, and the fact that an older person is not shivering in a cool or cold environment does not guarantee that the person is not cold.

- Face: The face is frequently puffy or swollen, and this can be an important sign, especially when found in combination with cold skin and signs of confusion.

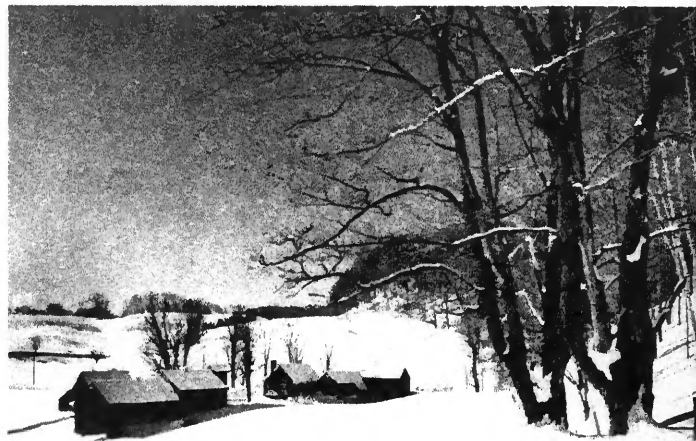
- Coordination: The person often has difficulty walking and has problems with balance. Look for poor coordination and jerky movements.

- Breathing and heart rate: Both are slowed at low body temperatures and may be very difficult to detect in severe hypothermia.

- Skin: The skin is cool or cold. Pay special attention to the abdomen, lower back, arms, legs, hands, and feet. The skin color is usually very pale, but it may also have large, irregular blue or pink spots.

- Consciousness: As the body cools, consciousness is depressed. Some hypothermia victims will

still be conscious when their body temperatures are as low as 80 degrees. Remember, though, that "conscious" and "mental clarity" are two different things. A person can be "conscious and reactive" and yet still be in a confused, disoriented, and hypothermic state, so the level of



consciousness is not always a reliable indicator of the victim's condition.

- Confusion: One of the first changes brought on by hypothermia is a growing mental confusion, which becomes progressively worse as body temperature falls. Logical thinking becomes impossible and the person may become completely disoriented. Memory is affected and familiar things are often forgotten.

- Attitude: Apathy is common. Often the person doesn't care what happens and will do nothing to help reduce the danger; he or she may behave strangely, or become irritable, hostile, mean, and aggressive.

Note: Keep in mind that these signs do not necessarily mean a person is suffering from hypothermia; they are listed to alert you to the possibility.

If you believe someone may be a victim of hypothermia, call an ambulance or rescue squad immediately. Hypothermia is a dangerous, complicated medical problem and the victim needs professional attention. However, before help arrives, here are some suggestions:

- Be very careful in handling the person. Failure to do so can cause sudden death because the heart is very weak when the body is cold.

- Insulate the victim with available covering such as blankets, towels, pillows, scarves or newspapers.

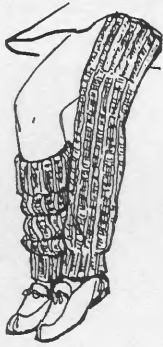
Some steps can worsen a victim's condition:

- Do not attempt to rewarm the victim at home. Hot baths, electric blankets, and hot water bottles can be dangerous.

- Do not give the victim any food or drink.

- If the victim is unconscious, do not raise the feet; this will cause cold blood from the legs to flow into the body "core" and further depress the body temperature.

# KNIT OR CROCHET



5121: Knit or crochet legwarmers in two colors of soft mohair-type acrylic to match your favorite outfits. Easy, cozy fashion accessory. Directions, charts included.

OFFER GOOD THROUGH MAR. 31, 1990



## COUNTRY CRITTERS



5122: Create cute, colorful dog and cat spare roll covers. Easily styled to match any decor. Perfect gift or bazaar items. Printed pattern, directions included.

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5651: Simply charming. Dress options: sleeveless or short sleeves, collar or collarless and with or without flounce. Sizes 2,3,4,5,6,7 and 8 years included in pattern.

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## Adorable Dolls



5118: Adorable early American doll creates the ideal home accent or gift for a special girl. Directions, printed pattern for 21" doll and eight piece wardrobe included.

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## DESIGNER PATTERNS

Pure femininity, a soft gentle curve. Stylish choices: dress or tunic, full and slim skirts and tie! Designer Pattern 5648 is available in Misses' Sizes 10 to 24. State NN(10-12-14-16) or WW(18-20-22-24) when ordering.

OFFER GOOD THRU MAR. 31, 1990



5615: The all-enveloping grace of a cocoon jacket covers a simple shell and partially elasticized skirt. Misses' Sizes 10 to 20. State N(10-12-14) or U(16-18-20) when ordering.

OFFER GOOD THROUGH MAR. 31, 1990



5647: Retire gracefully. Leisure value: housecoat, long robe and bed jacket. Misses' Sizes: State MD(14-16), LG(18-20) or XL(22-24) when ordering.

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5646: Perfectly proportioned for Half Sizes. Figure flattering dress has an easy fit waist and comes in three sleeve lengths. Half Sizes. State A(14½ to 24½ included) when ordering.

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## Cozy Crochet



5061: Traditional granny square design crochets quickly into cozy afghan, pillow and slippers. Use lightweight mohair type yarn for pillow and 46" x 64" afghan. For slippers use worsted weight.

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5652: Nothing's better for the figure than soft, easy lines. Stylish choices: dress or tunic and pull-on skirt. Misses' Sizes: State NN(10-12-14-16) or UU(16-18-20-22) when ordering.

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## Home Decorating



5120: Express your individuality in home decorating! Curtain package includes charts, yardage formulas and styling tips for drapes, cornice, swag and jabot. Simple directions.

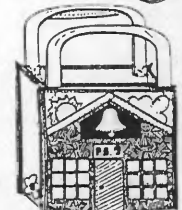
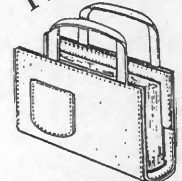
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5557: Sophisticated styling in two pieces. Easy to sew pullover top and trumpet skirt look great together or separately. Misses' Sizes 8 to 18 are included in pattern.

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## TOTE-ALLY PREPARED



6022: Make a tote to suit every occasion. This Workshop tells how to whip up ten different kinds.

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# PATTERNS

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Illinois Rural Electric News  
P.O. Box 3787  
Springfield, Ill. 62708

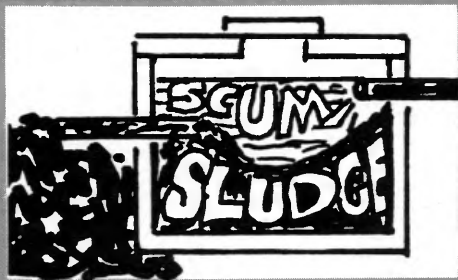
I have enclosed \$\_\_\_\_\_ (\$4.00 per pattern — cash, check or money order accepted) for the following patterns (please allow four weeks for delivery):

Print Name _____	Pattern No. _____	Size _____	Pattern No. _____	Size _____
Address _____				
City _____				
State _____ Zip _____				

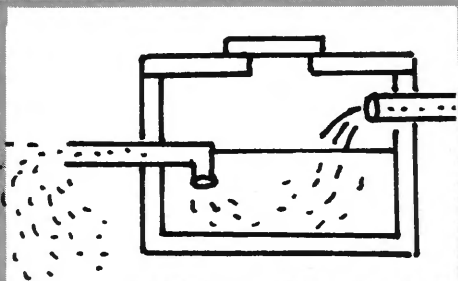
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**RESULTS VISIBLE  
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**WHY SEPTIC TANKS BACK UP** Septic tanks Clog, Backup and Smell because of household cleaners, which are great for dishes, laundry and floors, but kill good bacteria in your tank and cesspool that normally digest solid wastes, fats, greases and starches. Without this bacterial action solid waste builds up in your system. They overflow into and clog your drainfields, lines and back up into your tank, causing overflows and smells. Even pumping your tank will not clean out the pipes or drainfields, but SEPTIPRO® will!

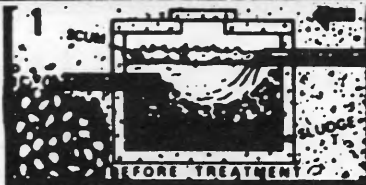
**HOW SEPTIPRO® WORKS TO SAVE YOUR DYING SYSTEM!** It goes to work immediately with 3 Safe Potent Enzymes and Bacteria supplement that works with your good bacteria to break down and digest fats, greases, starches, and all organic waste materials including paper and cotton fibers. It converts and liquifies all organic solid wastes. Cleans tank, pipes, and drainfields. Drainfields become porous allowing earth to absorb. The entire system opens and works from beginning to end.

**SEPTIPRO® SAVES YOU MONEY!** No more costly mechanical cleaning, digging or pumping.

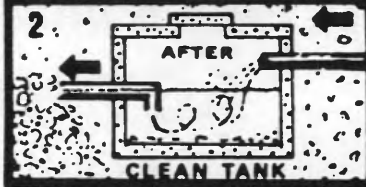
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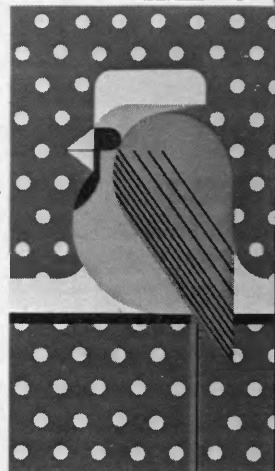
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AIE2

Paid Advertising

# New Cream Astounds Public

This is a new cream on the market that's so fantastic many may not believe it. However, many local people have enthusiastically given testimonials as to how it has helped them.

The cream "**Derma-Tec**" was developed by Dr. Willam C. Thomas of Pensacola. He has been testing the product for 10½ years. Presently it is being tested for acceptance as an over the counter drug.

After many years of being used as a cream to correct skin conditions such as age spots, dry skin, acne, etc., these people are now telling us how it has been amazingly helpful in so many other ways.

Perry Smith, owner of the Crestview Apothecary, says "**Derma-Tec**" is the most effective product, (prescription or non prescription), he has seen in his 38 years of being a pharmacist. He tells of one experience recently of a crying two year-old being brought into the store with a badly burned hand. She had put her hand to a wood stove—the hand was a solid blister. He immediately applied a good coat of "**Derma-Tec**". About (5) five minutes later the child was asleep on

her mother's shoulder. Rev. Doug Newton in Pensacola says he used it on his grandchild who had a bad rash problem and after trying a dermatologist's formula with no success, he used "**Derma-Tec**" said Smith. "The preacher told me the child was in good shape within a few days and had completely healed in a week.

The results for arthritis have been just amazing. There are numerous people in the Crestview area that buy "**Derma-Tec**" for that reason alone.

Mrs. Ola Scott's hand and arm was badly swollen after being broken in a fall. Most of the swelling and discoloration was gone in about a week after using "**Derma-Tec**". She never swelled or turned red.

"**Derma-Tec**" also has been praised for stopping sunburn—you will have to try it and see what it will do for you!

The 4 oz. jar, only \$19.85, 1 oz. jar \$6.95. Check your local pharmacy or order by mail: Derma-Tec, P.O. Box 10398, Pensacola, FL 32524. M/C, Visa accepted at 1-800-462-3754. Add \$1.50 postage and handling.



# Festive holiday fare

## FESTIVE COCONUT COOKIE STARS

3/4 cup butter  
 1/2 cup sugar  
 1 egg  
 2 1/4 cups sifted all-purpose flour  
 1/2 teaspoon vanilla  
 1/2 teaspoon almond or lemon extract  
 2 1/3 cups (about) coconut, finely chopped  
 Light cream or half and half

Cream butter. Gradually add sugar, beating until light and fluffy. Add egg and beat well. Add flour, a small amount at a time, mixing thoroughly after each addition. Stir in vanilla, almond extract and 1 1/2 cups coconut. Divide dough in two portions and wrap each in waxed paper. Chill 30 minutes. Roll chilled dough 1/8-inch thick on lightly floured board. Cut with star-shaped cookie cutter. Using a plastic straw, make a hole at one point. Brush tops with cream and sprinkle with remaining coconut. Bake on ungreased baking sheets at 400 degrees for about 6 minutes, or until edges just begin to brown. Cool. Insert ribbons for hanging. Makes about 5 dozen.

## ICE BOX FRUIT CAKE

3/4 lb. butter or margarine  
 1 lb. marshmallows  
 1 lb. vanilla wafers  
 4 cups shelled pecans  
 4 tablespoons brown sugar  
 1 lb. pitted dates  
 2 teaspoons vanilla  
 1/2 lb. crystallized cherries  
 1/2 lb. crystallized pineapple  
 Angel Flake coconut

In top of double boiler or over low heat, melt butter or margarine, marshmallows and dates. In large bowl, put other ingredients and melted mixture and mix well (use hands). Mold or shape into rolls or loaves. Easy to shape into rolls by placing a thick layer of Angel Flake coconut on wax paper placing part of mixture on this, folding paper over and rolling to desired size. The roll should be coated with coconut. Keep wrapped in wax paper and store in refrigerator. To eat, cut in thin slices. Will keep indefinitely.

## CHEESE CAKE

1 8-oz. pkg. cream cheese  
 1 pkg. lemon Jello  
 Pinch salt  
 1 cup hot water  
 2 lemons, juiced  
 1 cup sugar  
 1 can evaporated milk, chilled

Add jello, lemon juice, sugar. Put in refrigerator until cold. Cream cheese and salt together. Add to Jello mixture. Fold in whipped milk. Pour in graham cracker crust.

### Crust:

2 1/2 cups graham crackers  
 1 stick melted margarine  
 1/4 cup powdered sugar

Press graham cracker crust in large cake dish. Pour in filling. Sift crumbs over top. Let set 4 to 6 hours. This will last for several days.

## ORANGE SLICE CAKE

1 lb. orange slice candy, cut up  
 1 pkg. dates, chopped  
 2 cups pecans  
 1 3/4-oz. can coconut  
 1/2 cup flour  
 1 cup oleo  
 2 teaspoons orange rind  
 2 cups sugar  
 4 eggs  
 1 teaspoon soda added to  
 1/2 cup buttermilk  
 3 cups flour  
 1/2 teaspoon salt

Combine candy, dates, pecans and coconut. Add 1/2 cup flour to this mixture. Set aside. Then mix oleo and sugar, beat well. Add eggs one at a time, soda and 1/2 cup buttermilk. Blend well remaining 3 cups flour, salt and rind. Add candy mixture mixing well. Bake in greased and floured tube pan for 1 hour 45 minutes at 300 degrees. Glaze.

### Glaze:

1 cup orange juice  
 2 cups sugar  
 Mix together and pour over hot cake in pan. Cool. Place in refrigerator overnight.

## CARROT NUT CAKE

2 1/2 cups flour  
 2 cups sugar  
 1/2 teaspoon cinnamon  
 1 teaspoon soda  
 1 cup oil  
 1 cup chopped nuts  
 1 cup drained pineapple  
 1 cup coconut  
 1 cup chopped raisins  
 4 eggs  
 2 cups grated carrots

Beat eggs, add oil. Add other fruit and carrots. Mix with dry ingredients. Bake 1 hour at 300 degrees.



## DATE BALLS

1 lb. chopped dates  
 1 stick butter  
 2 egg yolks  
 2/3 cup sugar  
 1 teaspoon vanilla  
 2 cups Rice Krispies  
 1 cup chopped pecans  
 1 can coconut  
 Using the chopped, sugar rolled, packaged dates makes this quick and easy

Cook dates, butter, yolks, sugar and vanilla in a heavy iron skillet, stirring constantly until mixture boils. Let boil, stirring for 5 minutes. Add Rice Krispies and nuts. Shape into bite size balls, then roll in coconut.

## GUM DROP COOKIES

1 cup soft oleo  
 1 cup white sugar  
 1 cup brown sugar  
 2 cups flour  
 2 cups oatmeal  
 1 cup orange slices, chopped  
 1 cup coconut  
 2 eggs, beaten  
 1/4 teaspoon salt  
 1 teaspoon vanilla  
 1 cup nuts  
 1 teaspoon soda  
 1 teaspoon baking powder

Cream oleo, sugar. Add eggs, beat well. Add dry ingredients. (Put part of flour over chopped fruit to keep from sticking together.) Drop on cookie sheet. Makes good holiday cookies.

## CREAMED POTATOES

Scoop creamed potatoes with ice cream scoop. Fill center with 1 slice cheese. Roll in butter and bread crumbs and brown.

## PINEAPPLE COCONUT PIE

1 flat can crushed pineapple  
 1 stick oleo, melted  
 2 teaspoons flour  
 1 cup sugar  
 4 eggs  
 1/2 cup coconut

Mix together and cook in unbaked pie shell at 350 degrees.

## MICROWAVE PEANUT BRITTLE

1 cup raw peanuts  
 1 cup sugar  
 1/2 cup white corn syrup  
 1/8 teaspoon salt  
 1 teaspoon margarine  
 1 teaspoon vanilla  
 1 teaspoon baking soda

Combine peanuts, sugar, corn syrup and salt in deep 2 quart bowl. Microwave on high for 7-8 minutes, stirring well after 4 minutes. Add margarine and vanilla. Blend well. Microwave on high for 2 minutes. Gently stir in baking soda until light and foamy. Pour onto greased cookie sheet. Cool for 1 hour. Break into small pieces.

## FUNNEL CAKES

2 beaten eggs  
 1 1/2 cups milk  
 2 cups sifted flour  
 1 teaspoon baking powder  
 1/2 teaspoon salt  
 2 cups cooking oil

In mixing bowl, combine eggs and milk. Sift together flour, baking powder, and salt. Add to egg mixture; beat smooth with mixer. In 8-inch skillet, heat oil to 360 degrees. Hold the end of the funnel close to the surface of the oil. Covering bottom opening of funnel with finger, pour a generous 1/2 cup batter into funnel. Remove finger and release batter into hot oil in a spiral shape. Fry until golden about 3 minutes. Turn and cook one more minute. Drain on paper towel and sprinkle with confectioners sugar.

## DIVINITY

3 cups sugar  
 1/2 cup corn syrup  
 1/2 cup cold water  
 2 egg whites  
 1 teaspoon vanilla

Mix sugar, corn syrup and cold water in pan over low heat. Stir until dissolves. Cook until it is at a soft boil stage. Beat egg whites until stiff. Pour syrup mixture gradually over egg whites while beating vanilla. Continue to beat until forms a hard ball.

# Illinois Marketplace

**LABRADOR RETRIEVER PUPPIES AKC** Registered, 5 weeks old, first shots, wormed, color blacks and yellows, \$125.00. Call 618-557-3310.

**GOVERNMENT SEIZED VEHICLES** from \$100. Fords. Mercedes. Corvettes. Chevys. Delinquent tax property. Repossessions. Call (1)805-687-6000 Ext. S-20126.

Don't die without a will. Two legal Will Forms with correct Instructions \$4.00. Kershaw Co., Crossville, Ill. 62827.

**STOP GUESSING!** Let our **MOISTURE METER** tell when to water your indoor-outdoor plants. No batteries needed. Send \$6.75 plus \$1.25 ship./hand. to: Julians, 2565 Blackburn St., Clearwater, FL 34623.

**GOVERNMENT HOMES** from \$1 (U repair). Delinquent tax property. Repossessions. Call (1)805-687-6000 Ext. GH-20126 for current repo list.

**EARN BIG \$\$\$** with America's **LEADING** clean water filters. Full time or part time, no experience necessary. Bottle quality water for just pennies a gallon. Great for city or well water. J.J. Goodwater, 110 Van Buren, Danville, IL. 61832 (217)446-9650.

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**CROCHETED RUGS** made by Mary Ellithorpe. Machine washable, different shapes, sizes, colors. Write for price list. Box 105, Pomona, IL 62975, (618)893-4593.

For Sale 13 acres three bedroom brick home, fireplace on Route 24 one mile west of Astoria 309-329-2545.

## Illinois Marketplace

Please publish my \_\_\_\_\_ word advertisement for \_\_\_\_\_ times starting with the \_\_\_\_\_ issue. For each month's insertion, I have enclosed \$8 for the first 20 words or less and 30 cents per word for each word beyond 20. Total payment enclosed is \_\_\_\_\_. I am a member of \_\_\_\_\_ electric cooperative and my Illinois Rural Electric News mailing label is attached.

### The policy:

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2. Advertising copy must be in the Illinois Rural Electric News office no later than first of month preceding month of publication.
3. All ads must be in one paragraph form. No centered copy. Maximum of four all-capital words per ad.
4. Cash, check or money order must accompany ad order. No billing or charges. Make checks payable to Illinois Rural Electric News.
5. Please type or print your ad neatly. Include your name, address and telephone number even if they are not part of the advertising copy you plan to run in the Illinois Marketplace.
6. The publisher reserves the right to reject any advertisement not deemed to be suitable for the publication's readership.

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 Illinois Rural Electric News  
 P.O. Box 3787 • Springfield, IL 62708

**WICK BUILDINGS**—Horse barn, livestock, equipment, residential, commercial, Bill & Jim Parkinson, Hardin, IL 62047, Phone 1-618-576-2287.

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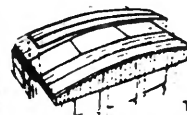


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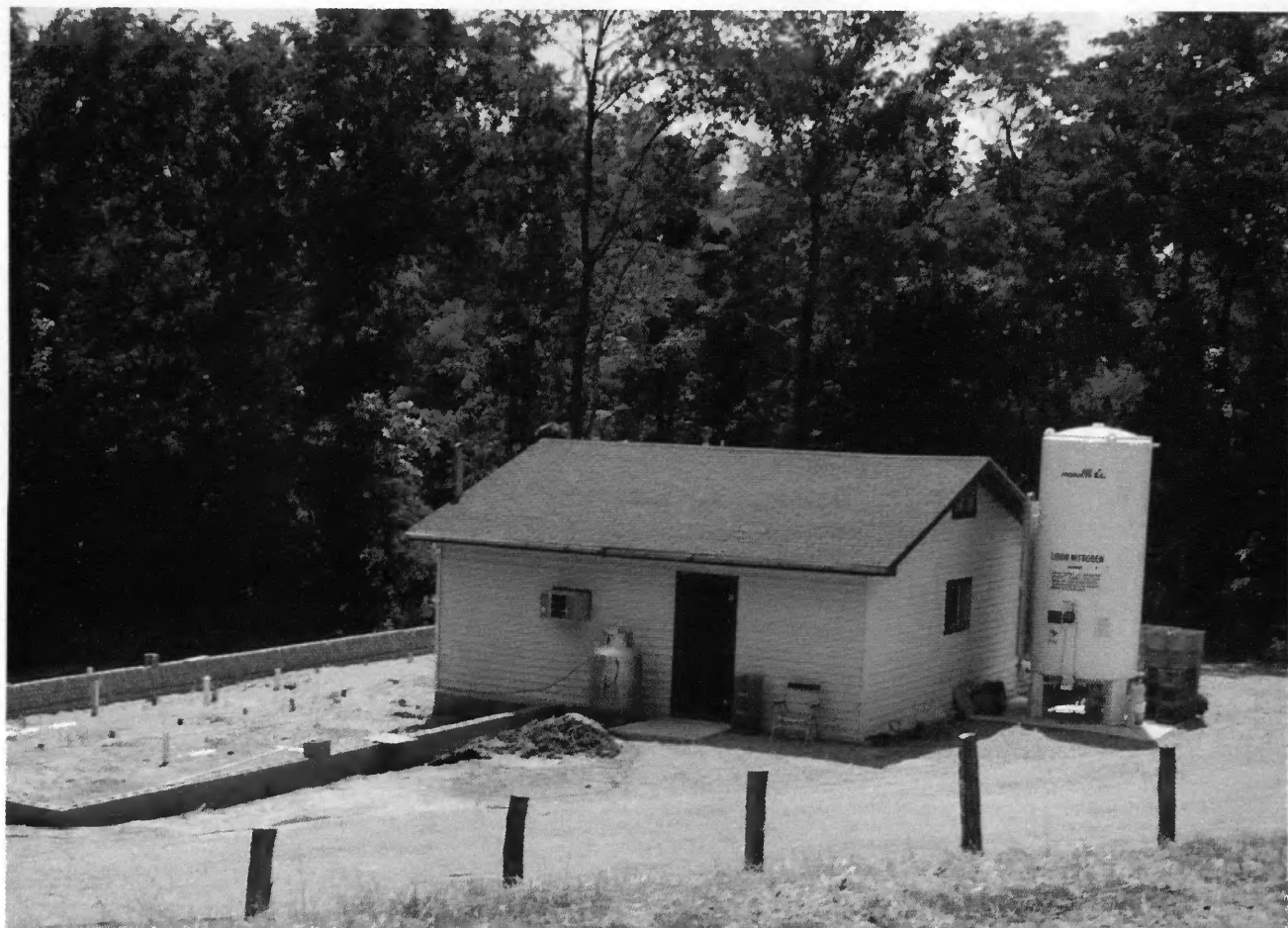


Clockwise from top: Vapor surrounds the pelletized ice cream, easily handled by a ladle. Curt Jones and his wife, Kay. The packaging of the super-cold ice cream.



# Dippin' Dots

*High-tech ice cream  
packaged in a bag*



It's a long way from livestock feed to high-tech ice cream, but Curt Jones made the transition. Jones, a Southern Illinois Electric Cooperative (SIEC) member and 1976 winner of the SIEC "Youth to Washington" Essay Contest, has invented "Dippin' Dots," pea-sized pellets of ice cream.

Honest, he got the idea from livestock feed. A microbiologist, he was working for a livestock feed company on a project that involved the use of liquid nitrogen to quick-freeze feed. One day, while cranking an old-fashioned ice cream freezer, Jones was inspired. "I got the idea of making little ice cream pellets, or dots, with the process," he says, "and it seemed like it might be a winner."

His sister, Connie Ulrich, takes the story from there.

"I was at the University of Kentucky," she relates, "when he called me. He gave me a quick outline of the process and asked me to do a little research to see if such an idea had been patented. He was kind of excited, and the words were

tumbling out. I had trouble following everything. I said, 'Wait a minute—run that by me again, a little slower, okay?' and he did. Actually, it took several tries.

"Anyway, after a pretty thorough search of ice cream-making patents, I was pretty sure nobody had even come close to making ice cream that way."

It's not hard to understand why. It is an unusual process, combining all the best features of an old-fashioned shot tower, gallons of liquid nitrogen, yards of piping and bunches of stainless steel.

Roughly (very) the process goes like this: Using liquid nitrogen at minus 320 degrees F, the system is chilled, and regular, everyday ice cream or yogurt mix—in any desired flavor—is poured into a hopper. It goes through a sieve-like plate and drops a few feet.

It's during that short drop that the change takes place and where Dippin' Dots become very different from your everyday garden variety ice cream.

The mix is not just frozen. It's

**Jones' plant near Grand Chain in Southern Illinois. The foundation was prepared for future expansion of the young company.**

super-frozen, instantly, and arrives at the bottom of the "shot tower" in little balls—or dots—about the size of baby peas. And that's one of the main advantages of Dippin' Dots. Jones says, "It is the tiny round 'dot' that allows the quick, even freeze that is so important to the taste and consistency of the product."

Essentially, aside from having to be kept very cold, Dippin' Dots are handled pretty much like any other granular product. The material leaves the plant in plastic bags and is shipped to dealers that way.

Jones' Dippin' Dots firm operates out of a tiny plant, about the size of a two-car garage, nestled deep in the rolling hills of Southern Illinois, near Grand Chain. It's located there, Jones says, because he already owned the property.

Aside from the advantages of quick freezing, there is the novelty appeal, and Jones suggests that Dippin' Dots have other pluses, too. "I was at an amusement park not long ago," he says, "and people were lined up to buy hand-dipped ice cream sundaes. I watched the workers behind the counter struggling with the ice cream, which was really hard. It must have taken them 10 minutes to get half a dozen sundaes made. Some of the people who were waiting were getting a little irritated.

"With Dippin' Dots, you just pour them out of a bag—or scoop them out of a bin—and put them


in a cup and pour on the syrup. The labor savings would be a significant factor in some cases, and so would customer satisfaction. And you can do anything with them that you can do with regular ice cream. You can make sundaes, floats, or whatever. They're very versatile."

Jones is trying to decide how to best market his product, or process, or both.

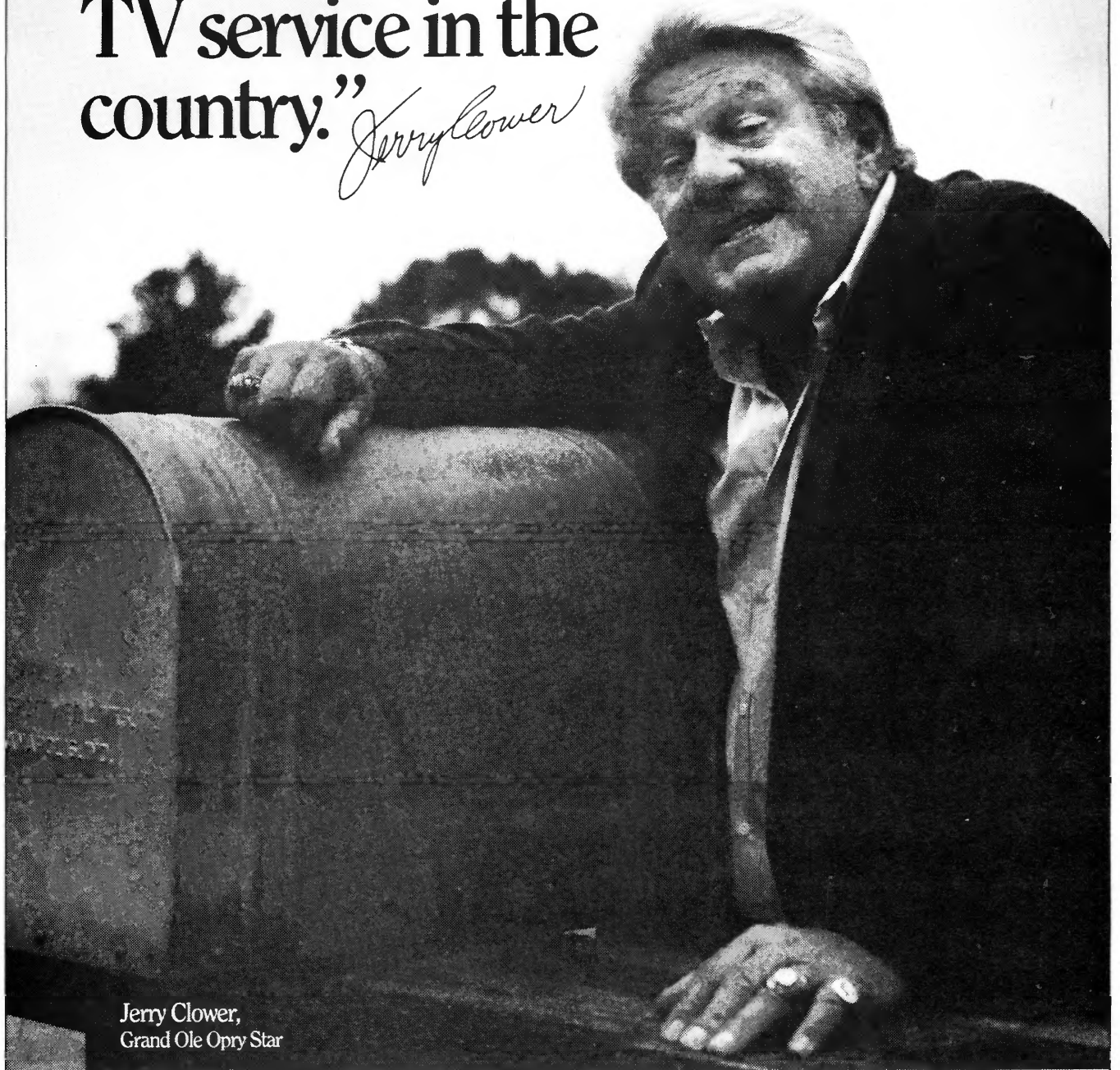
"We've talked to several prospects," Ulrich says, "and there are a lot of people in the area who are selling Dippin' Dots now. At first we were afraid to try to ship them to prospects a long way off, and when we did, we sent them by one of the parcel delivery systems, at considerable expense. Any more, we just put some bags in an ice chest, pour some liquid nitrogen in it, tape on a lid, put the whole thing in a box and ship it by Greyhound. It's no big thing. We shipped some to Tulsa not long ago, and they got there just fine."

Dippin' Dots production is still largely a family affair. Curt, his wife, Kay, his father, Milford, and his father-in-law, Edwin Eastwood, are often up to their elbows in ice cream and nitrogen vapors. Connie, who usually makes use of her MBA and year of doctoral study to keep the business on an even keel, pitched in, too.

Jones says that he's still fine tuning the process, and is constantly working on different flavors, both for ice cream and frozen yogurt.

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