

## Civics lesson

See page 4

## Salad guide

See page 12

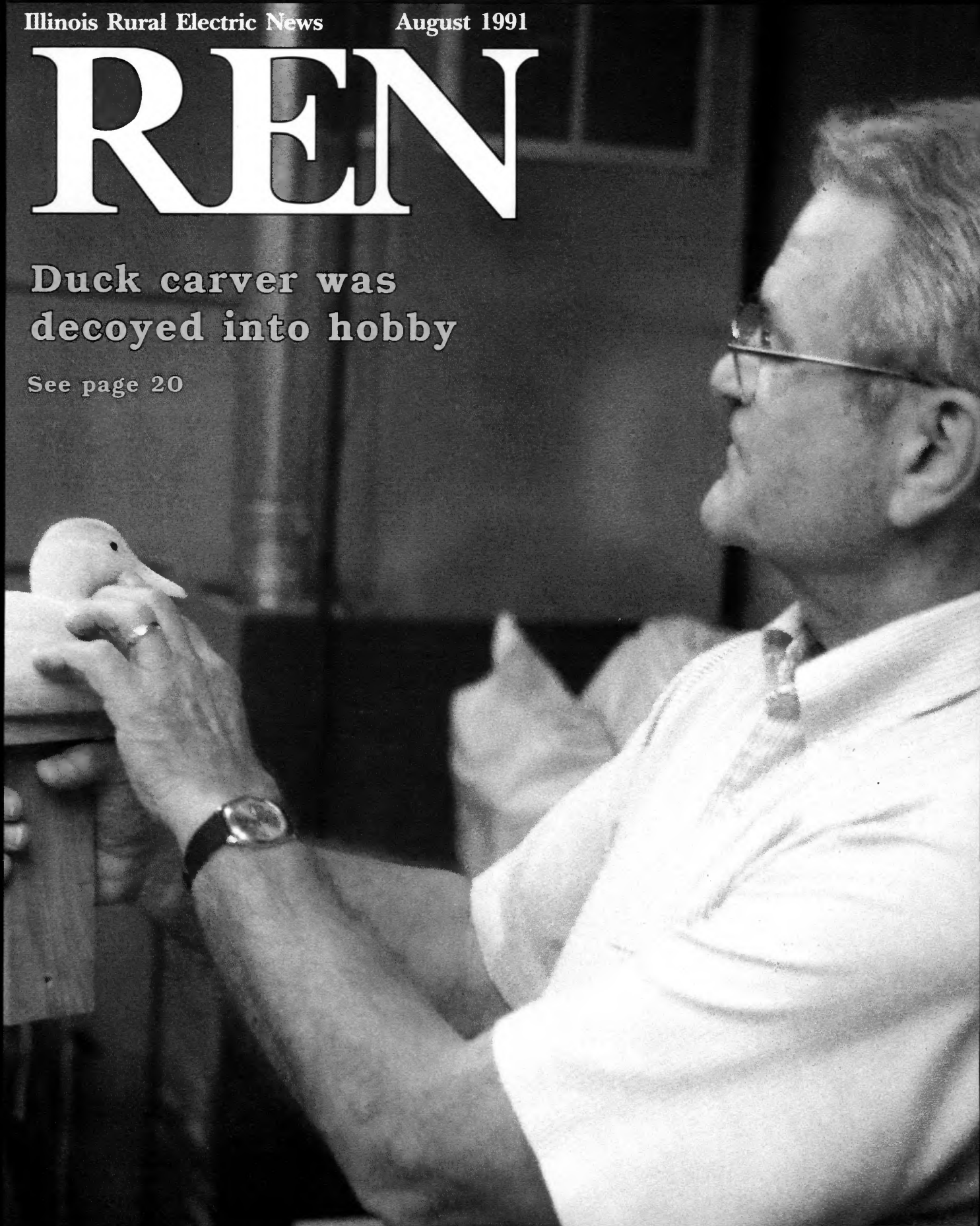
Illinois Rural Electric News

August 1991

# REN

**Duck carver was  
decoyed into hobby**

See page 20



**Experts Report... Once Established... Water Just Once A Week... Be Absolutely Amazed As All Growing Season Long—Week In, Week Out... Compared To Even The Majestic Black Spruce... **WONDER SHADE TREE**...**

# **ZOOMS TO THE SIZE OF A 15 YEAR OLD TREE IN JUST ONE SINGLE YEAR!**

**YES, ROOF-HIGH IN JUST ONE YEAR!**

**and keeps on skyrocketing 30-40-50 EVEN UP TO  
60 FEET HIGH OR MORE in less time than most  
trees nudge themselves a few feet off the ground.**

**IT'S ALMOST LIKE  
GROWING  
INSTANT SHADE**

## **Actually Soars Into A Magnificent Tree IN JUST ONE YEAR!**

Yes! Based on amazing growth rates reported by plant scientists—it grows **SO FAST**... arches out **SO WIDE**... you can actually take a ruler and measure the incredible difference in height every 2 to 3 days! OR, to really leave your neighbors gasping in awe and wonder, give them a yardstick and let them measure the difference **IN FEET** every 2 to 3 weeks!

Yes, goes on to thrust itself so high, so fast that it actually towers over even a Japanese Red Maple, Cherry Tree or even the most graceful silky willow in such a ridiculously short time you will simply refuse to believe your eyes! Think of it!

## **GROWS MORE IN JUST ONE MONTH THAN MOST TREES GROW IN AN ENTIRE YEAR!**

Because according to plant experts, Govt. scientists and Botanical Gardens who researched this wonder-hybrid... once established, you merely water it once-a-week, and be absolutely floored as, during its **SUPER-SOARING** growing season, it **GROWS AS MUCH AS A FULL 1/2-FOOT WEEKLY AFTER EVERY TIME YOU WATER IT!**

That's right! Grows higher than even a full grown Flowering Dogwood **IN JUST ONE SINGLE SEASON!** Grows higher than even a full-grown Star Magnolia **IN JUST ONE SINGLE YEAR!**

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**MATURE GROWTH SIZE:** as much as 40 to 65 feet

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**LIGHT NEEDS:** Grows beautifully in Sunny location.

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**RAPID RATE OF GROWTH:** Experts report growth rates on specimen trees that measure up to 8 FEET THE VERY FIRST YEAR ALONE. That's more than most shade trees grow in 3... 4... 5... even 7 years. Yes, once established will grow ranch-house-roof high **IN JUST ONE SINGLE YEAR**, that's right!—The very next year after planting! Experts also report it soars an amazing 5 to 8 feet each year for YEARS thereafter. Naturally results are based on optimum growing conditions. Takes but 10 minutes to plant and normal care rewards you with a lifetime of beauty starting this very year.

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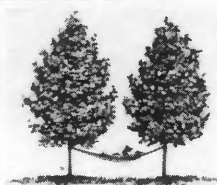
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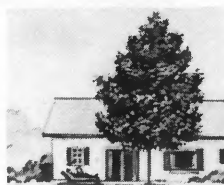
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# Illinois Rural Electric News

## High-tech cooperatives seen for future

Scientific and technological advances may do as much for rural electric cooperatives in the years to come as the Rural Electrification Administration (REA) did for them years ago, says co-op leader Bob Bergland.

Bergland, executive vice president of the National Rural Electric Cooperative Association (NRECA), made his remarks to rural electric leaders at the Rural Electric Research program's second Application of Cooperative Technology and Science Workshop. NRECA is the Washington, D.C., representative for the nation's 1,000 consumer-owned rural electric systems.

"In the 21st century," Bergland said, "your infusion of science and technology into the rural electric program may well turn out to be as critical to our survival as our performance in the legislative and political arenas these past 50 years."

The theme of the workshop was "Research for Sustainable Development," and Bergland told participants that rural electric cooperatives have a history of practicing such development.

"Sustainable development does not overtax our precious resources of land, air and water," he said. "This right-minded kind of development does not aim to wring the last dollar out of a project in one generation or less. 'I believe rural electric systems—out of all segments of the electric utility

industry today—know and have a profound feeling for what this issue is all about."

Directed research, Bergland continued, can produce technological gains that will help electric cooperatives compete and flourish in the years ahead. Among the developments he cited:

- Automated distribution. "We just cannot continue to have a co-op employee drive some 50, 60 miles round trip to read a few meters." Automated functions "will be an essential part of the operational costs of any co-op system which hopes to remain anywhere near competitive with other utilities," Bergland said.

- Power quality. As rural electric consumers add their own high-technology devices to their homes, businesses and farms, co-ops must keep up with better and better service. "Our consumers are rapidly becoming aware of and are demanding power quality," Bergland said. "Minimizing the frequency and duration of outages is crucial."

- Improving end-use efficiencies. "Developments in this area alone could net us many, many times over our initial research investment," Bergland said. Ground-coupled heat pumps and other technology pioneered by rural electrics will be even more important as an industry contribution "as legislative debate over global warming and climate change heats up."

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### In this issue

<b>Civics lesson</b> . . . . .	<b>4, 5 &amp; 6</b>
<b>Briefly</b> . . . . .	<b>10 &amp; 11</b>
<b>Crosswires</b> . . . . .	<b>14</b>
<b>Ohio River exhibition</b> . . . . .	<b>15</b>
<b>New salads classics</b> . . . . .	<b>16 &amp; 17</b>
<b>Sewing crafts</b> . . . . .	<b>18</b>
<b>Woodworker's ducks</b> . . . . .	<b>20 &amp; 21</b>
<b>Illinois Marketplace</b> . . . . .	<b>22 &amp; 23</b>

## REN

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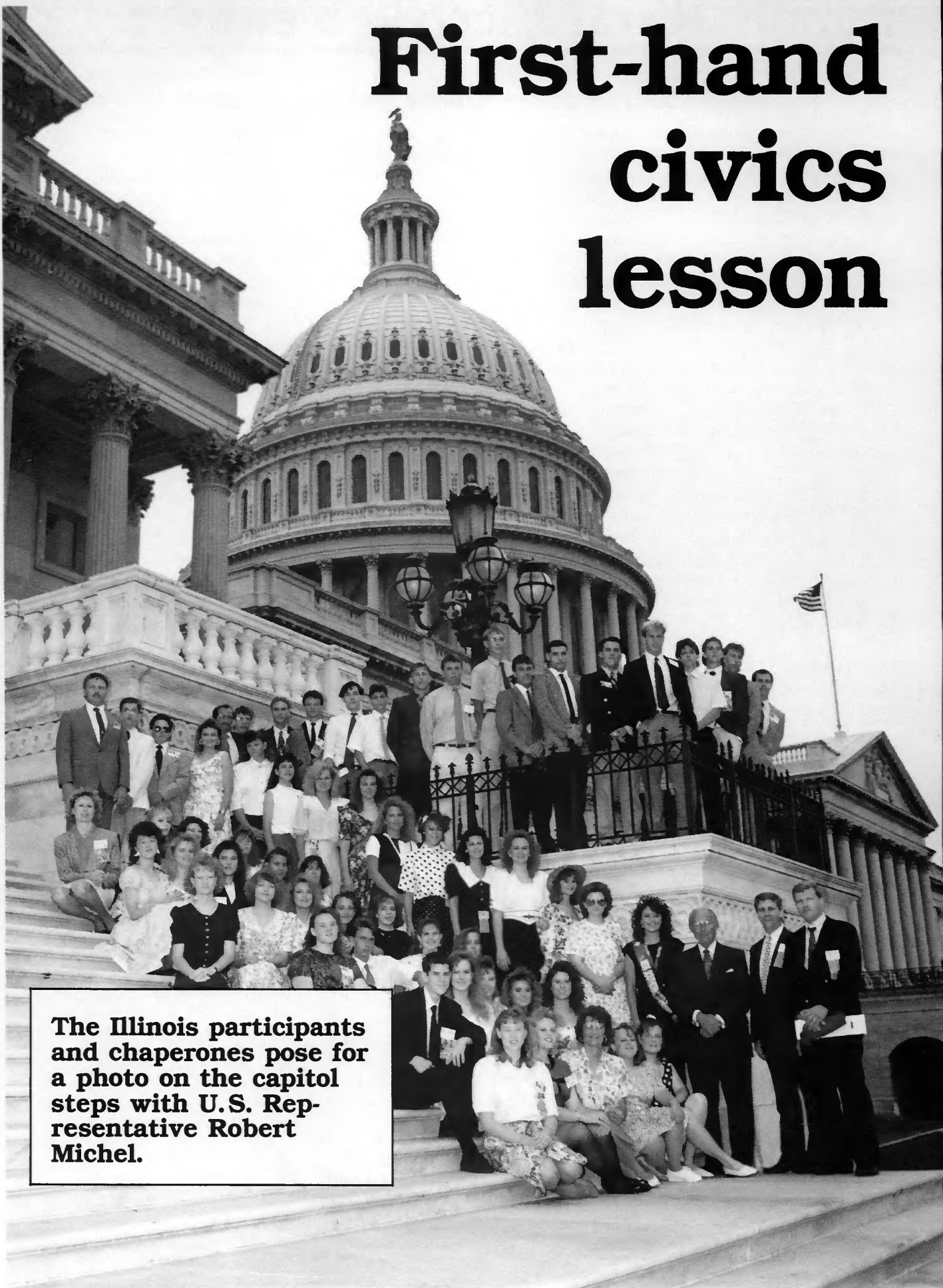
**Cover: Don Pittman of the Iroquois County community of Bayles Lake was talked into his duck carving hobby by a friend who collects duck decoys. (See article on pages 20 and 21.)**

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# First-hand civics lesson



**The Illinois participants and chaperones pose for a photo on the capitol steps with U.S. Representative Robert Michel.**

**M**ore than 30 years ago Lyndon Johnson, then a U.S. Senator from Texas, urged electric cooperative leaders to send young people from rural areas to Washington, D.C. In the nation's capital, he said, these future leaders could learn about their government and see it in action.

Since then, electric cooperatives across the country have been sending high school students to Washington each summer on the Youth to Washington tour. In mid-June, 57 of Illinois' outstanding young people joined some 1,400 youth from across the country for a week in Washington, meeting national leaders and touring the historic sites.

Meeting with the members of the Illinois Congressional delegation has always been one of the tour's high points. This year's contingent met with Senators Alan Dixon of Belleville and Paul Simon of Makanda and Congressmen Richard Durbin of Springfield and Robert Michel of Peoria. The young leaders also had lunch on Capitol Hill with Congressmen Lane Evans of Rock Island, Terry Bruce of Olney and Glenn Poshard of Carterville.

The legislators answered questions and discussed politics and issues. They also had some advice for the young people.

Senator Simon urged the students to get involved in the political process.

"Volunteer in either political party or get involved in an issue. It might be mental health or agriculture or whatever. You get involved in one thing or another and pretty soon you'll be involved politically," Simon said.

Senator Dixon and Congressman Evans, who serve on the Armed Services Committees in the Senate and House, respectively, answered the many questions about the Persian Gulf crisis and America's military.

Evans said he opposes in-

vesting millions of dollars in high-tech, "Star Wars" weapons, but supports placing more of America's military investment in conventional programs.

"I'm very optimistic that the Cold War is ending and that a lot of these gold-plated systems aren't going to be necessary. This should give us an opportunity to re-define what our national security needs are," Evans said. "I have been a strong supporter of putting more of our dollars into conventional programs, for the equipment and weapons systems that we needed in Grenada, Panama, Lebanon and most recently in the Persian Gulf war."

The Marine Corps veteran told the students that the U.S. has placed too much emphasis on weapons systems such as the B-1 and B-2 bombers.

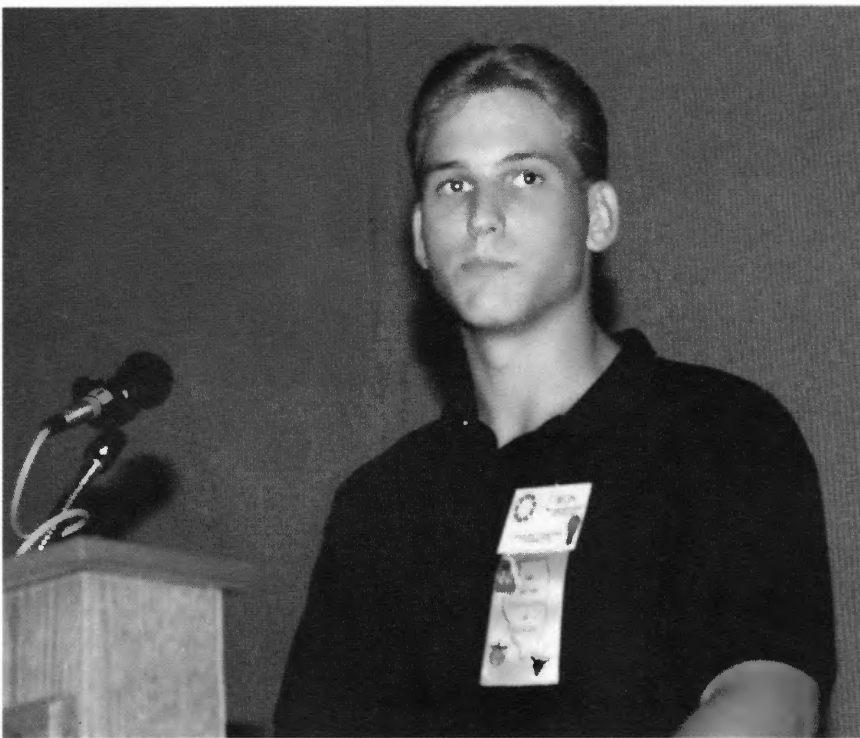
"One B-2 bomber costs more than the whole Disney World complex, including the M.G.M. studios, just to give you an idea of how much these things cost. And that's just for one of them,"

he said. "We have 79 B-1 bombers in inventory so we have enough to destroy not only the Soviet Union, but the whole world, 26 or 27 times I'm told. I always thought that after four or five times it got a bit redundant and that we didn't need much more than that."

Dixon told the students that the U.S. troops succeeded in Desert Storm for many reasons, including their education and training.

"One of the reasons was our technological superiority and our weapons systems, which were far superior. But our military people are part of an all-volunteer force in which 97 percent of the people are high school graduates," the senator said. "In Desert Storm I think we saw that they had the intellectual capacity to make a difference in the decision-making process and to run this technologically superior equipment that we have."

But he warned that America must upgrade its education system if it is to remain a leader



Ron Wickenhauser of Heyworth is the Illinois representative on the 1991-92 Youth Consulting Board of the National Rural Electric Cooperative Association. Ron, who represented Corn Belt Electric Cooperative on the tour, was elected by his fellow tour participants.



Above: U. S. Representatives Terry Bruce and Glenn Poshard talk with Illinois young people. Below: Chaperone Kay Simpson of Camp Point gives a youth tour tee shirt to U. S. Representative Richard Durbin.



in the 21st century.

"We need to develop the kinds of programs that will better use our intellectual capacity and our abilities as a nation," Dixon said. "Do you know there are 30 million illiterate people in this country today? Do you believe that? That's almost three times the number of people who live in Illinois that are illiterate in this country right now."

Congressmen Bruce and Poshard answered a variety of questions, including those concerning the Clean Air Act and clean coal technology. They both agreed that it is imperative for the southern Illinois economy that new markets for Illinois coal are developed. He and Poshard have worked to fund the Coal Research Center at Southern Illinois University at Carbondale and studies on coal gasification and other uses for coal.

Poshard emphasized the importance of electric utilities, the major user of Illinois coal.



Bruce is the primary sponsor of legislation that would allow utilities tax credits and other incentives for complying with Clean Air Act standards quickly.

"We're initiating legislation that will provide incentives to allow utilities to burn Illinois coal cleanly," Poshard said.

The students didn't spend their entire week visiting with legislators on Capitol Hill, however. They toured the Smithsonian museums, National Cathedral, Arlington Cemetery, FBI Headquarters, Supreme Court, National Geographic Society Headquarters, Kennedy Center for the Performing Arts and Civil War battlefield at Gettysburg, Pennsylvania. They rode to the top of the Washington Monument and visited the Lincoln and Jefferson memorials and the Vietnam Veterans Memorial. They toured President George Washington's home in Mt. Vernon and saw a musical performed at Ford's Theatre.

The students even officially "departed" the country for an hour or so to attend a reception in their honor at the Royal Embassy of Saudi Arabia.

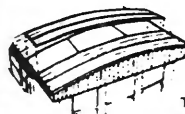
During the tour the students elected Ron Wickenhauser of Heyworth, who was sponsored by Corn Belt Electric Cooperative, as the Illinois representative to the national Youth Consulting Board (YCB). Tom Norbut of Bluford, who represented Tri-County Electric Cooperative, was the YCB runner-up. He represented Illinois in the "Energy Battle" game show, sponsored by the National Rural Electric Cooperative Association during the week.

The tour marked the end of the year-long term of Mike Rice of Murphysboro as president of the YCB. Rice represented Egyptian Electric Cooperative Association on the 1990 tour and was elected president of the national youth board last summer.

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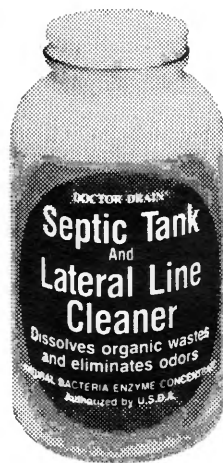
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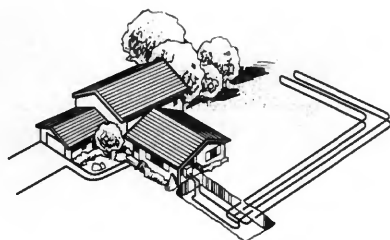


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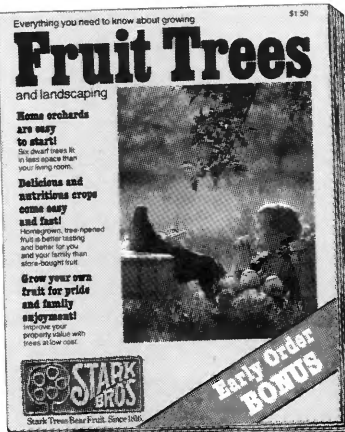
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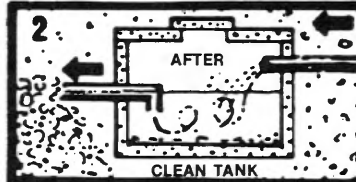
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# BRIEFLY

News items of interest to members of Illinois electric cooperatives

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## **IFEC to coordinate 'Electric Concepts' tent at 1991 Farm Progress Show**

Visitors at this year's Farm Progress Show will have the opportunity to learn more about electrical safety on the farm. Electric cooperative personnel will help staff an "Electric Concepts" tent sponsored by the Illinois Farm Electrification Council, and the primary focus will be electrical safety. One of the main drawing cards will be Eastern Illini Electric Cooperative's high-voltage safety demonstration, as well as the Association of Illinois Electric Cooperatives' popular Pedal Power display. The 1991 Farm Progress Show will be held September 24-26 on three farms just north of Dalton City. Nearly 300 hybrids of corn and 200 varieties of soybeans have been planted in demonstration plots at the show's grounds. Richard Boggs of rural Macon, a director of Shelby Electric Cooperative, will have 250 acres of crops shown as part of the show. Visitors to the show can also compare more than 70 varieties of grain sorghum and 78 alfalfa varieties. More than 300 commercial exhibitors are expected to display their products during the show, often referred to as "America's Premier Farm Show." Between 200,000 and 250,000 people attend annually. Admission and parking are free.

## **Utilities ask for tax-free consumer rebates**

Taxing consumers' conservation rebates discourages energy efficiency and is discriminatory, regulators have told Congress. "Rebates are an important ingredient to a successful conservation and local management program," Scott Parsley, assistant general manager at South Dakota's East River Electric Power Cooperative, told the Senate Finance Committee's agricultural and energy taxation panel. "Subjecting rebates to income tax as prescribed by the Internal Revenue Service is counterproductive," he added. Parsley told Sen. Thomas Daschle (D-S.C.), chair of the farm and energy tax subcommittee, that the nation's rural electric cooperatives support Daschle's bill to restore income tax exemptions for rebates that utilities offer to consumers who install energy-efficient equipment. The IRS canceled that exemption when it expired in 1989, but Daschle's bill and a companion measure sponsored in the House by Rep. Barbara Kennelly (D-Conn.) would reinstate the benefit. East River and its member cooperatives have paid consumers more than \$12 million in such rebates over the past six years, Parsley said, adding that the investment has saved those consumers more than \$33 million in power costs.

## **REA is here to stay**

Congress will remain committed to the rural electric program, Sen. Jim Sasser (D-Tenn.) recently told rural electric cooperative leaders in Washington. "You are the torchbearers and lead institution of economic growth in rural areas," he declared. "Frankly, I think that's the way it ought to stay." Sasser was addressing members of the board of directors of the National Rural Electric Cooperative Association. NRECA is the Washington, D.C., service organization for the nation's 1,000 consumer-owned rural electric systems. Sasser, who chairs the Senate Budget Committee and sits on the Appropriations Committee, said the Rural Electrification Administration (REA) "is not going away" despite Administration efforts to "deal a knockout blow to your historic purpose and mission." REA lends money to the rural electric and telephone co-ops.

## **Marilyn Quayle boosts rural electrification**

Rural electrification got a celebrity boost when the vice president's wife underscored its importance to Bangladesh's recovery from the cyclone that devastated the poor Asian nation in April. "We just offered a grant to Bangladesh to do a rural electrification program based pretty much on our rural electrification program" Marilyn Quayle told Joan Lunden on the morning television show, "Good Morning America." Quayle chairs the International Disaster Advisory Committee. That grant was part of a massive U.S. relief effort, but it's only the latest in a long history of cooperation between the two nations to energize the countryside. NRECA's international programs

division has sent advisers to Bangladesh since 1976. The campaign's goal is to have 65 rural electric co-ops operating by 2002; to date, 44 have been organized and 39 energized.

## Power museum to open in Iowa

One of the first power plants financed by the government's Rural Electrification Administration will soon become a one-of-a-kind museum of rural electrification. The Reeve diesel generating plant, formerly owned by Corn Belt Power Cooperative of Iowa, will document farm life before the lights came on, as well as display some of the early electric appliances used in the Midwest. The Reeve plant, which went on line March 15, 1938, provided power to what was then Federated Cooperative Power Association. Federated later merged with Central Electric Federated Cooperative Association to form Corn Belt Power. A group of volunteers from the Franklin County Historical Society, using grants and donations from Corn Belt and six other cooperatives, installed a new roof, replaced broken window panes, cleaned and painted the interior and made electrical and plumbing repairs.

Each time you use a detergent, bleach, disinfectant or other household cleaner, it destroys necessary bacteria in your septic system. See the Dr. Drain septic tank and lateral line cleaner ad in this issue. Available at Wal-Mart.

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# Your health

For millions of Americans young and old, summer days are "salad days."

If you're a salad lover, the seasonal emphasis on crisp veggies, fresh fruits and light meals may be as refreshing as a dip in the pool. And even if you're a salad hater,



## A guide for salad lovers

eating lots of it may be a vital part of squeezing into last year's swimsuit and getting back into shape for summer fun.

Whatever your reasons for making low-fat, low-calorie salads a mainstay of your hot-weather diet, the idea is a sound one, according to the American Heart Association (AHA). One of the big advantages salads offer is bulk. You can eat a lot and feel full without taking in a lot of calories. But the AHA and many nutritionists also agree that salad eaters need to take a common-sense approach and understand some of the pitfalls an potential nutritional problems they may face.

"For a healthy person, there's no harm at all in eating salads twice a day indefinitely," says Marilyn E. Farrand, an AHA volun-

teer and public health nutritionist in McLean, Va. "But both to maintain a nutritionally balanced diet and to keep from getting hungry between meals, you need to make sure you get sufficient protein and some fat."

Foods with protein and some fat are digested more slowly than carbohydrates and help hold hunger pangs at bay longer, and a small amount of fat will help satisfy appetites that may otherwise go quickly out of control, Farrand points out.

Unsatisfied appetites and between-meal hunger attacks are one of three main obstacles to obtaining the health and weight-loss benefits of a diet built around salads. The second obstacle is the boredom that tends to develop with eating "the same old thing" meal after meal, day after day.

To combat this sameness, Farrand says, don't be afraid to experiment. "Try to vary the color, texture and flavor of your salads by using a wide variety of ingredients," she suggests. "One of my personal favorites is a combination of seedless grapes, pineapple chunks and pieces of lean chicken in a yogurt dressing with a little curry powder. Another is made with spinach, mandarin oranges and minced onion with a vinegar and oil dressing." Shrimp salads and pasta salads also offer more filling alternatives to the lettuce-and-tomato standby.

A third obstacle lies in the fact that many of the ingredients used in salads can be every bit as high in calories as gooey desserts or deep-fried favorites. Unless you're careful, you can easily consume as much fat and calories at an all-you-can-eat restaurant salad bar as if you ordered the biggest steak on the menu, flanked by a baked potato with butter and sour cream.

Even the most healthful of salads can become a dietary disaster if drenched in the wrong kind of dressing. Most of the fat, and therefore, calories in salads come from the dressing.

**This article was prepared in cooperation with the American Heart Association for the National Rural Health Network, a subsidiary of the National Rural Electric Cooperative Association. NRECA is the Washington, D.C., service organization for the nation's 1,000 consumer-owned rural electric cooperatives.**



## Join the underground.

A group of people are enjoying comforts and savings you may not be aware of. Some of them may be your neighbors. They have joined the underground and their numbers are growing. They have installed a geothermal system at their homes. Their household heating, cooling and hot water needs are being provided by a clean, inexpensive fuel supply—the energy within the earth around their home. By installing a geothermal system, they are taking advantage of a low-cost, low-maintenance system that pays for its installation cost in just a few years. You don't need a password to join. Just contact your electric cooperative.



*Electric Cooperatives of Illinois*

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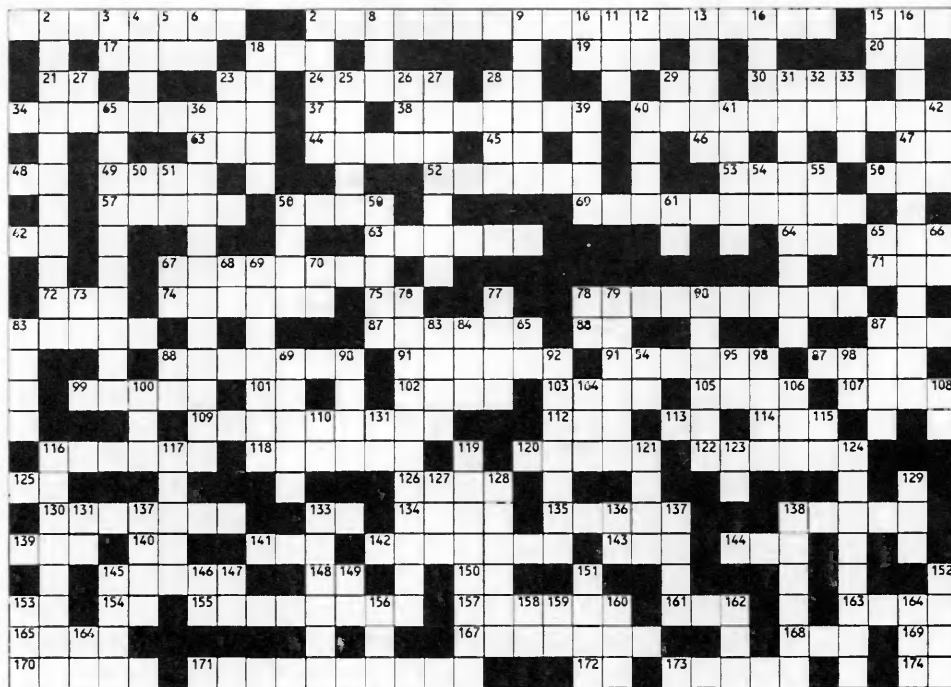
# Rural Electric News Service

## CROSSWIRES

By Judith M. Smith

## ACROSS

1. Cutback or reduction in power
7. Communication by electronic transmission of impulses
15. Opposite of fore
17. Price
18. Stands for Environmental Protection Agency
19. Abbr.: Institute for Cancer Research
20. Centiliter
21. Abbr.: queen
23. Symbol for tin
24. To drag
28. Abbr.: barrel
29. Spanish "yes"
30. Dislike
34. Bought
37. Toward
38. Wandering
40. Use
43. Abbr.: east north east
44. Not old
45. Symbol for rhenium
46. What?
47. Sun god
48. Else
49. Not maxi
52. Fused
53. Lubricates
56. \_\_\_ Thumb
57. Impudent
58. Opposite of ins
60. Hard coal
62. Opposite of PM
63. Armies have these
64. "\_\_\_ La La"
65. Disappears when you stand up
67. Protection
71. Short for gross
72. In no way
74. Medicine
75. Movie about extra-terrestrials
78. Having no foundation
81. Without adornment
82. Alternate route
86. To exist in reality
87. Policeman
88. Stranded in shallow water
91. Sycophant
93. Pedestrian
97. Elton \_\_\_
99. Listlessness
101. Prefix meaning not
102. Nuisance
103. Short for alumni
105. The gist of an action
107. President \_\_\_
109. Paper used for smoothing
112. Carpet
113. To perform or execute
114. Appropriate
116. To promote growth
118. One engaged in buying and selling
120. Encouraged



122. Table linen
125. Toward
126. Smallest unit of matter
130. Act of anointing
133. Opposite of PM
134. Ms. Turner
135. Tested
138. To give off light suddenly
139. Conjunction
140. Ultraviolet
141. Abbr.: energy efficiency rating
142. Alfalfa
143. To get older
144. Barbara \_\_\_ Geddes
145. A statement of belief
148. California
150. Symbol for titanium
153. Short for per
154. Article
155. To prepare for a fight
157. One of Queen Elizabeth's sons
161. Packaged set of related materials
163. Musical instrument
165. Device that grinds grain
167. Customary
168. Sounds made by love birds
169. French article
170. Your mother's brother
171. Effectiveness
172. Postscript
173. Shell
174. Alaska

## DOWN

2. Need

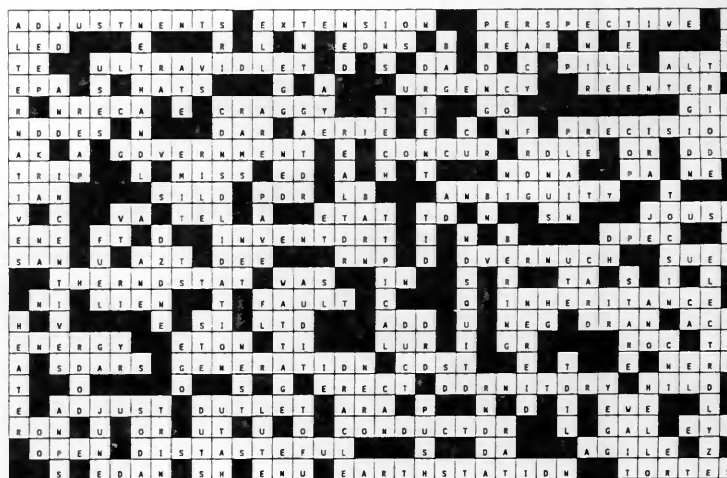
3. Initials for water closet
4. Snack
5. Abbr.: old style
6. Utah
7. Shabby, frayed
8. Meadow
9. Shaped
10. Symbol for nickel
11. Frozen water
12. Costa Rica
13. Threefold
14. Hawaiian island
15. Alternating Current
16. Organic compound dangerous to the environment
18. Opposite of started
22. Abbr.: Uruguay
23. Chinese currency
25. Hens do this
26. Hotel
27. Record
28. Farm animals are kept here
29. Thus
31. One that enlarges or extends
32. Stands for township
33. Et cetera
35. Process of burning
36. One who studies earthquakes
39. Passage at the end of composition bringing it to a close
40. Wagon
41. A large group
42. Vient \_\_\_
50. Abbr.: Irish
51. North America
54. Suffix meaning pertaining to
55. Abbr.: stationary

58. Monster
59. Horse
61. Short for "hello"
65. Abbr.: large
66. Initials for Post Office
67. Symbol for cerium
68. Roman numeral for 6
69. To give a detailed statement
70. Symbol for argon
73. Else
76. Registration of heat and cold
77. Set of clothing
78. Abbr.: Great Britain
79. Shelter
80. Territory

81. Past participle of see
83. A series of rows placed one above the other
84. Not offs
85. Abbr.: rood
87. Pal
88. Symbol for gold
89. Beneath
90. Composed of two parts
92. To give an account
94. Oman
95. "Mister \_\_\_"
96. To cut for harvest
98. Abbr. for Biblical book Obadiah

100. Born
104. Drag
106. Monkey
108. Symbol for Holmium
110. Pennsylvania
111. Abbr.: physical education
115. Abbr.: transmit-receive
116. Spring
117. Artless
119. Pertaining to money
121. Sediment of a liquid
123. Expression of satisfaction
124. Annual
127. Spasmodic contraction
128. A member of an armed force
129. Bashful
131. North Dakota
132. Rotate
133. Extremely cold
136. Iowa
137. To adorn
138. To feather an arrow
145. What you make on a telephone
146. Abbr.: electrical engineer
147. Chemical abbr. for adamsite
149. Preposition meaning at the location
151. Assist
152. To look or peer
153. Abbr.: electromag netic unit
156. Not the truth
158. Stands for decigram
159. Symbol for Ruthenium
160. Be, past tense
162. 2000 pounds
164. Spanish "hi"
166. Abbr.: lower case

## Last Month's Puzzle Solution





# Ohio River exhibition due in Illinois

Many years ago, kids in river towns would keep watch on the river, watching for smoke. The first to yell "Showboat's a-comin'" could be proud of his sharp eyes.

It has been a while since there were showboats on the Ohio River, but there is a floating museum due in Illinois that will help visitors learn more about the Ohio. "Always a River: the Ohio River and the American Experience" is scheduled to make three stops along the Illinois course of the river in late August and early September.

The floating exhibition is on a specially built barge and will be towed 981 miles, the entire length of the Ohio, from where it begins at Pittsburgh, Pennsylvania, to where it joins the Mississippi River at Cairo.

The first Illinois stop will be in Golconda August 27-28. Next is a visit to Paducah, Kentucky, August 30-31, and then it is on to Cairo for a stop September 2-8.

On its way, "Always a River" will dock at 19 river cities and towns. Plans are to set up a tent and stage at each stop, and Indiana University's Hoosier Singers and Opera Theater will perform. Home-grown entertainment, including barbershop quartets, is being lined up, too.

Parades, entertainment and opening festivities will be brought aboard at each stop, to give a local flavor to the floating museum. Interactive displays will invite spectators to become participants. You can pull levers, turn wheels and play riverboat captain. There is a history exhibit, too. The erratic behavior and changes in the usefulness of the river are spelled out for you. There are exhibits showing the development of complex prehistoric societies, the days of the riverboats, and the river's tributaries.

Since roads in early America

were bad at best and railroads were nonexistent, rivers were major transportation routes. The Ohio was one of the most important, so there is a section on the progression of the boats that plied many a mile on the river: dugouts, flatboats, keelboats, steamboats and modern tugboats.

Sponsored by national and

state organizations and coordinated by the Indiana Humanities Council, the unique river exhibit will carry distinguished hosts, including authors, designers, historians and engineers.

For more information about "Always a River," contact the Shawnee Tourism Bureau, 1 800 248-4373.



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# New salad classics

## TACO SALAD

- |                           |                               |
|---------------------------|-------------------------------|
| 1 pkg. tortilla chips     | 1/2 head lettuce              |
| 1 lb. ground beef         | 1 small can black olives      |
| 1 small onion, chopped    | 1 pkg. cheddar cheese, grated |
| 4 jalapeno peppers        | 1 can jalapeno beans          |
| 1 large jar of taco sauce | 1 tomato                      |

Brown ground beef and drain. Add 1/2 jar of taco sauce and beans to meat mixture. Cover bottom of platter with tortilla chips. Cover tortilla chips with meat mixture. Layer the following ingredients onto meat: chopped lettuce, chopped onions, peppers and chopped tomato. Pour on last of the taco sauce and top with olives and cheese.

## FRESH SPINACH SALAD

- |                         |                                       |
|-------------------------|---------------------------------------|
| 1/2 lb. fresh spinach   | 1 cup frozen peas, uncooked           |
| 1 small head lettuce    | 1/2 cup chopped celery or cauliflower |
| 3 green onions, chopped | 1 cup grated cheddar cheese           |
| 3 boiled eggs, sliced   | 1/2 lb. bacon crumbled                |

Tear spinach and lettuce in bite size pieces. Layer all in order except bacon.

### DRESSING:

- |                  |                                     |
|------------------|-------------------------------------|
| 1 cup mayonnaise | 1 pkg. Hidden Valley Ranch dressing |
| 1 cup sour cream |                                     |

Seal with dressing. Let set several hours. Add crumbled bacon, toss and serve. Very Good!

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STATE \_\_\_\_\_

ZIP \_\_\_\_\_

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## Duck carver

(Continued from page 21)

color. That helps them blend in with their surroundings when they're nesting or taking care of their young. The males are a lot flashier, and they require some painting."

Interestingly, Don says he makes his own patterns for the rough shapes, but admits that he couldn't draw a worthwhile duck if he had to. "Somehow everything works for me when I'm working in three dimensions," he says.

One of his goals at present, he says, is to make a pair of blue-wing teals each for his son, Dick, and daughter, Donna Blomberg. He's having trouble. "People see them and want to buy them, and sometimes I'll sell. 'I'll get the job done eventually,'" he says.

Besides loons and blue-wing teals, he's carved mallards, mergansers and buffleheads, and he makes childrens' toys and other craft items, too.

"When I'm using the wood-burning tool and getting in close enough to see what I'm doing," he relates, "My eyes get tired, and I can't do it for very long. When I'm resting my eyes, I make the kids' toys. One, a semi truck made to carry crayons, is especially popular, and I cut deer out of a single piece of two-by-four, and a lot of people like them. It's a good hobby, and one side tends to complement the other."

### CAULIFLOWER SALAD

- 1 head lettuce
- 1 head cauliflower
- 1 lb. bacon, fried and broken
- 1/2 cup mayonnaise
- 1/3 cup grated parmesan cheese
- 1/2 cup sugar
- 1 medium red onion, sliced thin

Tear lettuce and cauliflower into bite size pieces, toss with bacon. Mix mayonnaise, cheese, sugar and onion together. Pour over lettuce mixture.

### CURRIED PASTA SALAD

- 4 cups rotelle or cavatelli
- 1 pkg. (16 oz.) farm fresh cauliflower, baby whole carrots and snow pea pods, or any other combination
- 3/4 cup prepared Italian salad dressing
- 1 to 1 1/2 teaspoons curry powder
- 1 cup halved cherry tomatoes
- 1 medium avocado, diced
- Chopped pistachio or other nuts

Cook pasta as directed on package; drain. Rinse with cold water and drain. Run cold tap water over vegetables in a strainer to thaw completely; drain. Blend dressing and curry powder in a large bowl. Gently stir in tomatoes and avocado. Garnish with chopped nuts. Chill 2 hours. Store any leftover salad in refrigerator. Makes 6 servings. Quick Trick: Drain cooked pasta over vegetables in a strainer to thaw. Rinse with cold water and drain. Then proceed as directed.

### RICE AND BEET SALAD

- 1 1/2 cups minute rice
- 1 1/2 cups water
- 1 tablespoon butter or margarine
- 3/4 teaspoon salt
- 4 cups spinach
- 1 can (16 oz.) small whole beets, drained and quartered
- 1/3 cup halved red onion slices
- 3 hard-cooked eggs, sliced
- 1 cup prepared lemon and herbs salad dressing

Prepare rice with water, butter and salt as directed on package. Chill. Place spinach on serving platter and spoon rice on top. Place beets in center and sprinkle with onion. Place egg slices around beets and pour dressing evenly over salad. Chill 1 hour. Makes 6 servings. Quick Trick: Arranging is a whole new way to achieve salad sophistication.

### FIRE AND ICE TOMATOES

- 3/4 cup vinegar
- 1/4 cup cold water
- 2 tablespoons sugar
- 1 1/2 teaspoons celery salt
- 1 1/2 teaspoons mustard seed
- 1/2 teaspoon salt
- 1/8 teaspoon cayenne
- 1/2 teaspoon pepper
- 6 large ripe tomatoes, peeled and quartered
- 1 green pepper, sliced into rings
- 1 sweet onion, sliced into rings
- 1 cucumber, peeled and sliced

Combine first eight ingredients. Bring to a boil; boil for one minute. Combine tomatoes, green pepper, onion and cucumber. Pour hot vinegar mixture over vegetables. Cover and refrigerate at least four hours. Serve very cold as a relish or on lettuce as a salad. Makes 8 to 10 servings.

### GARDEN PASTA SALAD

- 3/4 cup mayonnaise
- 2 tablespoons cider vinegar
- 1 tablespoon brown spicy mustard
- 1 clove garlic, minced
- 1 teaspoon salt
- 1/4 teaspoon dried dill weed
- 1/4 teaspoon pepper
- 8 ozs. ridged elbow macaroni, cooked, drained, and rinsed
- 2 cups broccoli flowerets, cooked crisp-tender
- 2 medium carrots, cut in matchstick strips
- 1/2 cup cooked green peas
- 3/3 cup sliced green onions

Combine first seven ingredients; mix well. Add remaining ingredients; toss to coat well. Cover; chill several hours. Makes 8 to 10 servings.

### FRUIT SALAD WITH PINEAPPLE DRESSING

- 1 can (15 1/4 oz.) unsweetened pineapple chunks, undrained
- 1/2 cup sugar
- 4 1/2 teaspoons cornstarch
- 1 1/4 cups seedless white grapes
- 2 large bananas, sliced
- 1 avocado, peeled and cut into wedges
- 1/4 cup lemon juice
- 1 can (11 oz.) mandarin oranges, drained

Drain pineapple, reserving juice; set aside. Combine juice, sugar, cornstarch and lemon juice in heavy saucepan. Cook until thickened over low heat, stirring constantly; cool. Combine pineapple and remaining ingredients except avocado. Pour dressing over fruit; toss gently. Garnish with avocado wedges before serving. Makes 6 to 8 servings.

### FRENCH GREEN PEAS

- 4 slices bacon
- 2 tablespoons bacon drippings
- 2 tablespoons vegetable oil
- 1/2 cup unsifted all-purpose flour
- 2 1/4 cups chicken broth
- 2 pkgs. (10 oz. each) frozen green peas
- 2 small onions, thinly sliced
- 2 teaspoons parsley flakes
- 1/2 teaspoon salt
- 1/8 teaspoon pepper

Cook bacon in skillet over medium heat. Reserve 2 tablespoons drippings and set bacon aside. Combine reserved bacon drippings and oil in large saucepan. Stir in flour. Cook 3 to 4 minutes over medium heat, stirring constantly. Gradually stir in broth; heat to boiling. Add peas, onions, parsley, salt and pepper; return to boiling. Cover; reduce heat. Simmer 20 minutes, stirring occasionally. Sprinkle with crumbled bacon. Makes 6 servings.

### WHITE SAUCE FOR BROCCOLI

- 2 tablespoons butter or margarine
- 2 tablespoons all purpose flour
- 1/4 teaspoon salt
- 1 cup milk
- pinch of white pepper
- 1/2 cup Velveeta Cheese

Place butter in measuring cup. Microwave uncovered at high power until butter is melted, 30 to 45 seconds. Add flour, salt and pepper to butter, stir until smooth. Gradually stir in milk until smooth. Microwave milk mixture uncovered at high power until sauce thickens and coats a spoon, 6-8 minutes. Stir sauce after each minute during cooking. Add cheese, stir until melted. Makes about 1 cup.



### GREEN PEPPER STEAK

- 1 lb. beef chuck or round steak
- 1/4 cup soy sauce
- 1 clove garlic
- 1 1/2 tablespoons fresh ginger or 1/2 tablespoon ground ginger
- 1/4 cup salad oil
- 1 cup green onions thinly sliced
- 1 cup green peppers
- 1 cup water
- 1 tablespoon cornstarch
- 2 tomatoes cut into wedges

With sharp knife, cut beef across grain into thin strips 1/8" thick. Combine soy sauce, garlic and ginger, then add beef. Toss and set aside while preparing vegetables. Heat oil in large frying pan, add beef and toss over high heat until browned. Taste meat. If not tender, cover and simmer longer, over low heat. Turn heat up and add vegetables. Toss until vegetables are tender crisp about 10 minutes. Mix cornstarch with water. Add to pan, stir and cook until thickened. Add tomatoes and heat thoroughly. Serves 4.

### CREAM PIE

- 1/2 cup sugar
- 4 tablespoons flour
- 1/4 teaspoon salt
- 2 cups milk
- 2 eggs yolks slightly beaten
- 2 tablespoons table fat
- 1 teaspoon vanilla
- 9-inch baked pastry shell or graham cracker shell

Mix dry ingredients with a little of the milk. Add the rest of milk. Cook over boiling water, stirring until thick. Cover and cook 15 minutes longer, stirring occasionally. Add a little of the hot mixture to egg yolks. Pour back and cook a few minutes longer. Add table fat and vanilla. Pour filling into shell, cool slightly and cover with meringue. Bake at 325 degrees 12-15 minutes or at 425 degrees for 4-5 minutes.

### MERINGUE

- 2 egg whites
- 1/4 tea:poon salt
- 4 tablespoons sugar

Beat egg whites with salt until stiff. Beat in sugar slowly until smooth and glossy.

### FOR VARIETY:

BANANA CREAM PIE—Slice 2 bananas into the pie shell before adding the filling.

COCONUT CREAM PIE—Add 1/2 cup shredded coconut to cream filling; turn into a baked pie shell. Top with meringue and sprinkle with coconut. Bake as for Cream pie.

CHOCOLATE CREAM PIE—Make filling as for cream pie adding 1/2 cup milk, 1/4 cup sugar, and 2 1/2 squares chocolate. Melt chocolate in milk. Top with meringue and bake, or serve plain or with whipped cream.



**CRAFT CORNER**

**7260:** Make a child happy with this cute clown. He has yarn hair, felt features. Directions, pattern pieces for 24" doll and clothes included.

**5141:** Mac ideas for tissue boxes! This conversation piece will brighten up any area. Perfect for basements. Printed pattern, directions for cow tissue box cover included.

ITEMS SUBJECT TO AVAILABILITY

**CRAFT CORNER**

**696:** Easy, quick—3 different designs of old-fashioned girls to embroider and enjoy. Add eyelet edging. Six transfer motifs included.

**5138:** Whimsical, country cows are dressed to delight farm animal lovers of all ages. Printed pattern, directions for 13" cow and clothes included.

ITEMS SUBJECT TO AVAILABILITY

**5602:** Made for each other separates. Three very wearable pieces: cardigan, pullover top and elastic waist skirt. Misses' Sizes. State N(10-12-14) or U(16-18-20) when ordering.

ITEMS SUBJECT TO AVAILABILITY

**Wardrobe Winners**

**4190:** A great value! Three piece suit to mix and match. Misses' Sizes S(8-10), M(12-14), L(16-18), XL(20-22) are included in pattern.

**5683:** Two-piece looks are so versatile. Pullover top is loose-fitting; skirt has elasticized waist. Misses' Sizes. (For Knits) State HH(6-8-10-12) or RR(14-16-18-20) when ordering.

**5727:** Looking pretty is the whole idea here. Dress has eight gore, tulip skirt, elasticized waist; and collar or contrast bow. Misses' Sizes 10 to 20 are included in pattern.

ITEMS SUBJECT TO AVAILABILITY

**DRESSING IN PARTS**

**5738:** Semi-fitted dolman sleeved top (KNITS ONLY) with optional trim has wrapped front; skirt has elasticized waist. Misses' Sizes State A(S,M,L,XL and XXL included) when ordering.

**5742:** Tops have front princess seaming and back ties, one has high round neck, the other a contrast collar. Pants have front pleats and a back elasticized waist. Misses' Sizes 8 to 20 are included in pattern.

**5673:** Worthy of a romantic portrait, blouse and full skirt. Blouse with ruffles on collar has elbow sleeves, blouse without ruffles has long sleeves. Misses' Sizes 8 to 18 are included in pattern.

ITEMS SUBJECT TO AVAILABILITY

**DESIGNER PATTERNS**

**5716:** Beautifully understated. Pullover, short sleeve dress is straight, long sleeve dress has an elasticized waist and self-tie. Misses' Sizes. State N(10-12-14) or U(16-18-20) when ordering.

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**CRAFT CORNER**

**915:** Your dog will love to go out for winter walks in a cozy coat! Put dog's name on coat for a "personal" touch! Knit top style in rib stitch; crochet orther in single crochet. Use worsted. Directions for sizes 10 to 18 included.

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**5660:** For busy days: Loose-fitting dress in sleeveless or short sleeves has ribbed knit bands. Misses' Sizes. State BB(10-12-14-16-18-20-22-24 included) when ordering.

**5642:** As feminine as can be, long sleeve, surplice top, short sleeve, wrap top and pull-on skirt (tops). KNITS ONLY. Misses' Sizes. State N(10-12-14) or U(16-18-20) when ordering.

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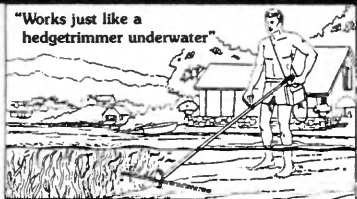
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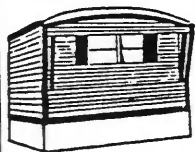
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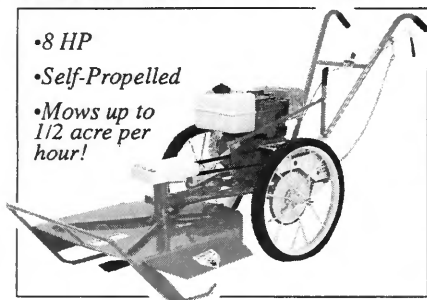
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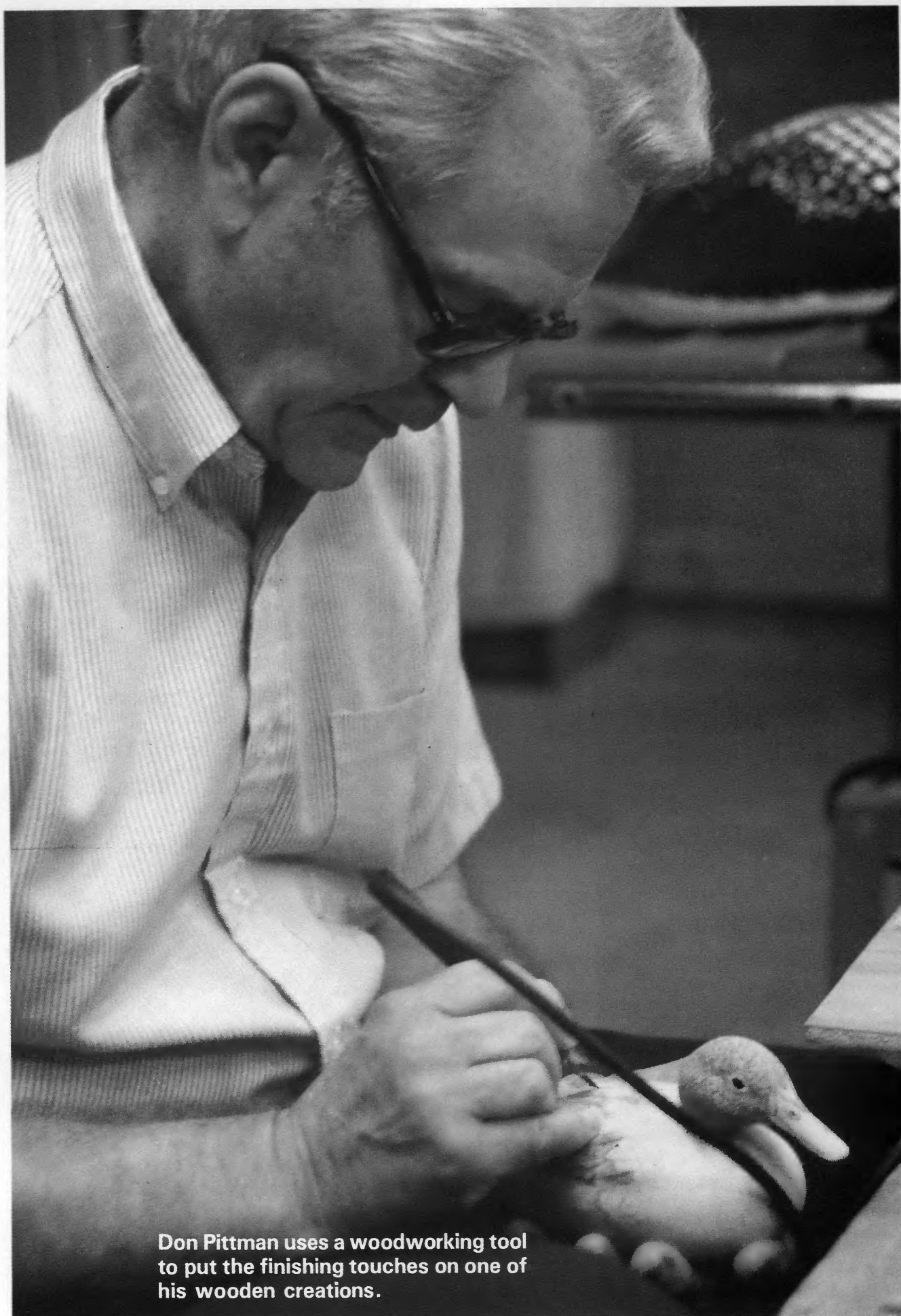
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**Don Pittman uses a woodworking tool to put the finishing touches on one of his wooden creations.**



# Woodworker's ducks

## Decoy collector gets carver started on hobby

Don Pittman, a retired teacher, says people get involved in hobbies for some of the darnedest reasons, and he should know.

A one-time Danville social studies teacher who moved to Champaign in 1963 to coach and teach physical education, Pittman is a case in point. He got talked into carving ducks out of wood.

"I'd been interested in wood-working for a long time," he says, "and in fact you have to have a minor to teach, and one of my minors was in industrial arts. I never taught it, but I enjoyed woodworking as a hobby."

At any rate, Pittman, a member of Eastern Illini Electric Cooperative, had gone on several hunting and fishing trips with a fellow coach, often trekking to Canada to try his luck.

"My friend collects duck decoys," he says, "and he suggested one time that I ought to try my hand at carving a duck. I told him I didn't think I had any talent along those lines, and didn't think much more about it."

The friend kept after him, and eventually Don had a whirl at duck carving.

"It didn't turn out good," he says with a laugh, "and it didn't turn out bad. Anyway, I'm the kind of guy who once he gets started on something keeps at it until he gets it right. So I decided to try again."

He continued his efforts and made it a point to find good illustrations to give him a feel for the way birds—especially ducks—look in their natural

environment. Pittman and his wife, Norma, live at Bayles Lake, in Iroquois County, and that helps.

"I've got a pair of field glasses that I keep on the back porch," he says, "and I just love to watch the ducks, to see how they move and how they swim. I have a spotting scope, too, and it helps when I want to get a good look at feather texture and the like."

One of the birds he has carved is unusual in many ways: a loon, which is not common in this area, but can be seen in parts of Wisconsin, Minnesota and Michigan, where Pittman has done some hunting and fishing. Its size is unusual, too. While loons are good-sized birds, he prefers the handiness of working on duck-sized birds.

Using basswood slabs, he builds up the basis of a duck's "body" into a brick-shaped block that he bandsaws in such a way that the beginning part

resembles nothing so much as an old flatiron. He affixes the the basic head shape and takes it from there.

"I like basswood for several reasons," he says. "It's easy to get and I think it's just about the ideal wood for carving ducks. It's considered a hardwood, but it's at least as soft as pine. Unlike pine, it's not full of pitch, which gums up cutter heads and blades in a hurry. And you don't have to worry about knots."

"Equally importantly, it takes fine texture very well, and that counts for a lot."

Pittman notes that after he gets the basic duck shape blocked out, simple cutting and woodburning tools take care of a lot of the work. "I can get almost all the texture and about 80 percent of the color on female ducks just with the woodburning tools," he says, "because they're mostly earth-toned in

**(Continued on page 16)**



Some of Pittman's handiwork.

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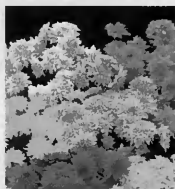
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