

**Indoor gardening**

See page 12

**'Good luck' mine**

See page 20

Illinois Rural Electric News

January 1992

# REN



**Fairberry**

**Farm:**

**A place  
for all horses**

See page 4

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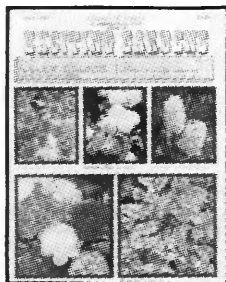


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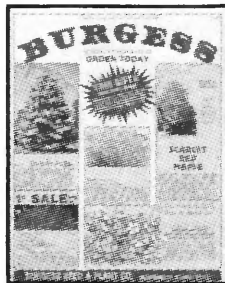
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# New year, new decisions

It's decision time for America again. By the end of this new year, we will elect (or re-elect) a President, all 435 members of the House of Representatives and a third of the Senate. Countless state and local races will round out the ballot.

The rural vote is all the more — not less — important as small town and rural residents go to the polls in the first election after the 1990 Census. That count found the countryside losing influence relative to urban and suburban areas, and the newly redistricted nation is likely to have even less true rural representatives than ever.

But that's no reason to turn our backs on the process. If anything, it gives us even stronger incentives to take an even more active role.

Candidates respond to the people who help them win office, and showing them that rural Americans take an active and informed role by voting in large numbers is just entry-level politics.

We can — and must — do more. Let the candidate put a sign in your yard. Show up at campaign offices to stuff envelopes, type letters and otherwise help out the candidate of your choice. Host an event at which your candidate can meet your neighbors and try to make converts to the cause.

By doing this, you earn a chance to talk to the candidate about the things that matter:

● **Rural economic development.** The countryside took a beating during the 1980s, and the economic recession that swept the United States in the past year hit with particular force in rural

areas. Rural America doesn't need a lot of money from Washington or the statehouse, but it does need attention, advice and full support for programs already on the books. Make sure your candidate understands that a strong rural economy is a basic ingredient of a powerful national economy, and let your candidate know you expect support for effective rural development efforts.

● **Financing for rural electric cooperatives.** Rural development projects can't get off the ground without the basic service provided by our nation's 1,000 rural electric co-ops. For more than 50 years, these systems have made responsible use of one of the most successful government programs in U.S. history, the Rural Electrification Administration (REA). Make sure your candidate realizes how important REA is to preserving the quality of life and future vitality of rural America.

● **Environmental issues.** Nothing is more important than the air we breathe, the water we drink and the land we live on. Rural Americans treasure their clean countryside, and they don't want to endanger it. However, they also understand that hasty legislative action driven by brute political force instead of science and horsesense poses dangers, too. Make sure your candidate is ready to act responsibly when confronted with environmentally popular proposals of unknown costs.

It's decision time again. Let's make sure rural American has a voice in 1992.

—Rural Electric News Service

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## REN

### Illinois Rural Electric News

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**Cover: Harvey and Nancy Vanier have thoroughbred racing in their blood. They own and operate a thoroughbred farm in Monroe County. See article on pages 4 & 5.**

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# Fairberry Farm

## Illinois thoroughbred operation is a full-service facility

Discussions about thoroughbred horses usually include the importance of bloodlines. It isn't a foolproof way to judge horses, but it's a pretty good place to start.

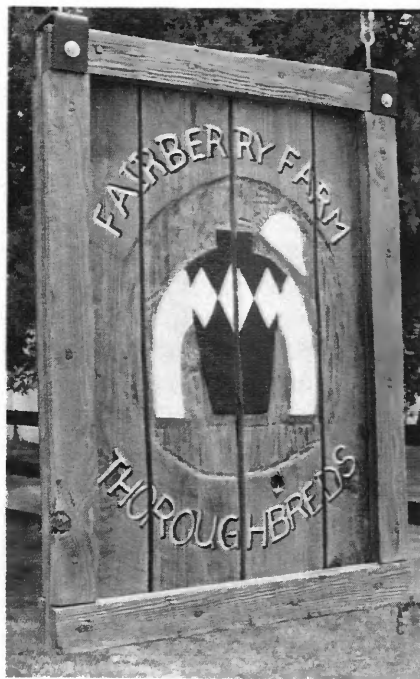
Harvey and Nancy Vanier are not unlike the thoroughbred horses they own, raise and train. They both have pretty good bloodlines, too. The Vaniers, whose Fairberry Farm south of Waterloo in Monroe County is served by Monroe County Electric Cooperative, grew up around horses.

Harvey's father was a horseman in Nebraska. "I went right into the horse business after I graduated from high school," he said. His father was a horse buyer, mainly handling draft and western riding horses. As mechanization moved into agriculture, Harvey said, his father's business dwindled. "He bought a thoroughbred brood mare, and that's what got me interested in the thoroughbred business," he said.

Mainly a trainer, Harvey said he did ride a few races in the Nebraska racing circuit as jockey, but he was really too large to ride.

Kentucky was where the thoroughbred were, he knew, so his career took him to the Bluegrass State. During his time there, he met and eventually trained horses for a Dr. Louis F. Aiken, a St. Louis physician. He and Nancy, a daughter of Dr. Aiken, married in 1960.

Their backgrounds and interests made a pretty good match. They acquired some land in Monroe County from Dr.

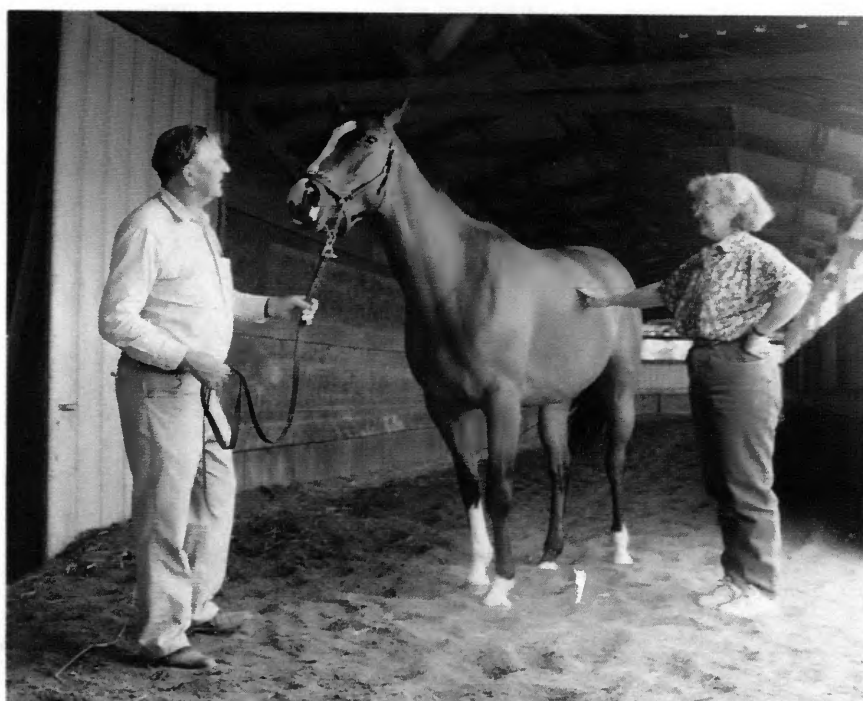


This distinctive sign greets visitors to Fairberry Farm.

Aiken and launched Fairberry Farm in 1960. It has become one of the most successful thoroughbred racing operations in Illinois. (Fairberry Farm drew its name from the Nebraska town in which Harvey grew up, Fairbury. He said he altered the name to give it more of a farm flavor.)

Fairberry Farm consists today of about 300 acres. A key component of the operation is the training center, which features a covered, all-weather, one-seventh-mile galloping track. "We can train in all kinds of weather, even winter," Harvey said. About half of the 100-150 horses at Fairberry Farm are owned by the Vaniers. Other owners place horses there for breeding and training purposes.

Harvey said the training at



Harvey and Nancy walk a horse on the all-weather galloping track.



Harvey Vanier shows off one of the two studs at the farm.

the farm is available for young horses and for what he calls "lay-ups," or horses that have been racing and need rest or rehabilitation.

The Vaniers have been taking in horses at the farm for about 20 years. "We do everything for a horse," Harvey said.

As at any horse farm, spring is a busy season. "We have about 30 foals a year," Nancy said, indicating that the mares are watched day and night from early February through June, the usual foaling period.

"We perform the service of foaling other people's mares. A lot of people want Illinois horses. There are races for Illinois-bred horses only, and to be eligible for these races, they have to be

foaled in the state," Harvey said.

They have two studs at Fairberry Farm: Real Landing and Magloire. "We also own shares in studs in Kentucky, and we send mares down there to be bred. If the foal of a mare bred elsewhere is born in Illinois, it is still considered an Illinois-bred," she added.

Horse racing fans in Illinois will recognize the Vaniers' most notable racing successes. "Play Fellow really helped us in 1983," Harvey said. The horse won five grade one stakes races, he said, and was third in horse of the year voting. "For a long time he was leading, but his final race was a major factor. In a race at Belmont Park, he got beat. It was the Jockey Club Gold Cup

race late in the year, a mile and one-half," he added.

A few years later, a son of Play Fellow, Western Playboy, was a highly regarded three-year-old. "He became the first Illinois thoroughbred to win over a million dollars," Harvey said.

Play Fellow, of which the Vaniers owned one-third, did not place in the Kentucky Derby or Preakness Stakes as a three-year-old. However, he won the Bluegrass Stakes early in the year and won the prestigious Travers Stakes race later in the year. "Some people consider the Travers as a better test of three-year-olds than the Triple Crown races," he said. "Play Fellow was the best horse I ever trained," he added.

# Education

## Rural Partners coordinators focus on its importance

Speakers during a Rural Partners meeting in December underscored the importance of giving education a high priority in economic and community development. Rural Partners is a broad-based coalition for rural economic development that is strongly supported by Illinois electric cooperatives.

Louis S. DiFonso, executive director of the Illinois Rural Affairs Council, commented on Rural Partners' momentum, and added, "I hope to increase membership in Rural Partners. I hope we can find projects that can bring about real member involvement. We hope to hook schools and business together in various relationships. We want to get more involved in satellite educational programs for our schools, too."

DiFonso noted that satellite educational programs were making it possible for high school students to take courses they could only dream about before. "There are kids at small rural schools taking German, calculus, and Japanese. In fact," he added, "There are six kids up at Kewanee taking marine biology.

"It's a laboratory course, and they had been sent a baby shark for dissection purposes. It's a really fascinating system. It's made up of a two-way audio, and one-way video, and it's been working well. I would encourage you to talk to your local schools about getting involved in the system if they're not already."

David Taylor, dean of education at Western Illinois University, stressed the needs for a

university-business partnership to restructure teacher education and for getting community involvement back into the educational process. "We are in a very real crisis in America," he said, "and it's a business crisis, an industrial crisis, an educational crisis and a community crisis."

He noted that years ago many segments of society worked together to provide an education to students who would go into the workforce and be able to function there. "We've gotten away from that," he said, "because we've failed to all work together in the last several years. We're not doing as well now as we did in the past.

"We did better because everybody was involved. Everybody had a vested interest, and knew it." Business, he added, worked

and industries who would come into the elementary schools and tell the kids what they did, and why they liked their jobs. Later on, at the junior high school level, we would have 'career awareness,' and kids would start zeroing in on what kinds of things interested them. In high schools we were into career preparation."

He stressed that back then there were two levels: one for graduates going on to college, and another for those who, for whatever reason, weren't going to college.

"I'm convinced," he continued, "that while we've done okay in dealing with those who wanted to go to college, we haven't done all that well at all for those who didn't."

He said the old vocational education classes had more



Left photo: Ray Carrell (left) quality control manager of Nationwide Testing Services, Schaumburg, talks with Lou DiFonso, executive director of the Illinois Rural Affairs Council. In the center photo is David Taylor, dean of education at Western Illinois University. At the right is Norman Walzer, director of the Illinois Institute for Rural Affairs.

with schools, schools worked with communities, and many people worked together.

"For a while there," he said, "we had people from businesses

relevance, generally, than the "tech prep" classes today have, and that that problem will have to be addressed.

"We especially need to work

more with kids in helping them decide what they want to do with their lives after they get out of school. We've put a great deal of emphasis in education, and too little on preparation for living. The career preparation things did a lot to address this problem a few years ago, but there's not that much of it now. Most people, by far, fall into a job with little or no planning.

"We did a survey of people and their job choice," Taylor said, "and it was astonishing how many had gone into a job because their father did it, or an uncle or aunt. Or they took a job in an auto assembly plant because there was an opening there. Many had given no thought at all to what interested them, or what they would enjoy doing."

He added that at the end of World War II both of the major defeated powers copied one important aspect of American life: universal public education. "We thought we had done enough," he said, "so along about 1950, we started to coast." That was a mistake, he emphasized. "We're in a life-or-death struggle that is probably more important than World War II was," he said.

Norman Walzer, director of the Illinois Institute for Rural Affairs, also stressed that a different kind of education is needed for some youths. "We're interested in an entrepreneurship education type of approach," he said, adding, "It seems to me that we're training a lot of kids to go to college, and unfortunately they don't come back. The reason they don't come back is because there aren't any jobs.

"I would like to look into some things we could do with the satellite system to give kids the kind of skills that would enable them to do jobs in their communities, and let's face it—half the kids we train aren't going to leave and go to college, for one reason or another. We've got to

figure out what we can do for them. I think an entrepreneurship idea might help, by enabling some of them to set up their own businesses, right at home."

In his welcoming remarks, Doug Dougherty of Soyland Power Cooperative noted that Rural Partners had come a long way in a short time. "A few

years ago," he said, "Rural Partners was just a conceptual thing. Then a lot of people went to work, and built up some movement." The meeting was designed for Rural Partners county coordinators and was held at the Decatur headquarters of Soyland Power Cooperative.

# DENTURES

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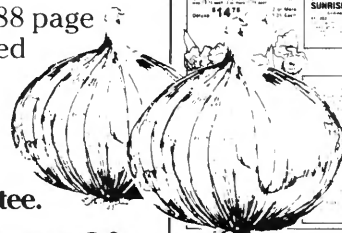
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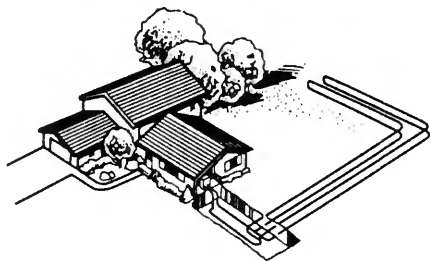
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# BRIEFLY

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News items of interest to members of Illinois electric cooperatives

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## **Rural community development institute scheduled March 17-18**

The third annual Institute for Rural Affairs/Rural Partners Economic Development Conference will be held at the Holiday Inn East in Springfield March 17-18. The program will feature successful economic development strategies used by cities and counties. Workshops on economic development techniques and programs will be conducted. Opportunities for questions and interaction with economic development professionals will be provided. Local community leaders and economic development practitioners are especially encouraged to attend. Registration will be \$35, and additional information can be obtained from: Norman Walzer, Illinois Institute for Rural Affairs, Western Illinois University, Macomb (309)298-2237.

## **Electric cooperatives in 'Eldercare Illinois' coalition**

The Association of Illinois Electric Cooperatives is among more than 70 organizations that have become members of Eldercare Illinois, a statewide coalition formed to increase awareness of aging. Its objective is to foster communication among diverse networks and industries to increase awareness of what aging means to society and to share information about programs for older adults and their families. "The Eldercare Illinois coalition is an excellent example of the partnership efforts that have been a cornerstone of this administration—public and private groups working hand-in-hand to meet common goals," explained Governor Jim Edgar. The coalition's creation was announced during the 1991 Governor's Conference for the Aging Network, the largest annual gathering of Illinois aging professionals. The coalition is made up of representatives of business, labor, education, religion, media, social service, government and advocacy organizations. The coalition will work to make Illinois residents more aware that all people have a stake in aging—whether it is caring for an older relative, responding to an aging workforce or planning own retirement. Additionally, the program is designed to make businesses and groups in the public and private sector better aware of what aging means to society. The Illinois Department on Aging will serve as an information clearinghouse.

## **Rural Bond Bank completes third bond issue**

The Illinois Rural Bond Bank has completed its third bond issue, totaling \$4,710,000 for five units of local government. "In a time of tough budgets, I am very pleased that the Rural Bond Bank continues to serve the needs of local governments in the non-metropolitan counties of our state," said Lieutenant Governor Bob Kustra, who chairs the Rural Bond Bank. "In this fall bond issue, we have saved tax dollars for two water districts, a village water system, a village sewerage system, and a park district." The local governments participating in the fall 1991 bond issue are: Mill Creek Water District (Adams County), \$1,065,000 for required refinancing of U.S. Farmers Home Administration loan; Village of Rockton (Winnebago County), \$1,025,000 for improvements to village water system; Groveland Township Water District (Tazewell County), \$1,440,000 for refinancing of prior bonds to save interest costs; Village of Diamond (Grundy County), \$650,000 for construction of a new sewer system; and Momence Park District (Kankakee County), \$120,000 to replace pedestrian bridge in Island Park at Momence. The Rural Bond Bank, which finances infrastructure improvements for local governments, has now completed three bond issues in the past year, totaling \$11,465,000 for 21 local bodies. Their total cost savings as a result of using the Rural Bond Bank amount to more than \$1 million through lower interest payments. "In the past, smaller governments have been infrequent issuers of bonds and have been subject to high interest rates and issuance costs," said Kustra. The Rural Bond Bank ensures that rural governments receive all the financial benefits that are accorded to larger urban governments. The spring 1992 bond issue is scheduled for May 1.





Having poor luck growing plants from seeds? Houseplants anemic and spindly? You're ripe for indoor light gardening.

For a few cents' worth of electricity and very little extra effort, even beginning gardeners can assure themselves of a much happier return on their seed and time investment. Using artificial light, particularly fluorescent, they can grow sturdy bedding plants and have year-round blooming plants indoors as well.

Most seed catalogs have a section devoted to indoor light garden appliances and seed-starting kits. If finances won't permit this kind of head-start, follow this plan of action:

Secure a fluorescent shop light—the kind with two 48-inch tubes. In the basement or a spare room suspend it from joists or the ceiling by two lightweight chains bought at the hardware store. Loop the chains through the light fixture brackets and use S-hooks to make lamp heights adjustable. For a deluxe fixture, add a 24-hour timer (about \$15) between it and the electrical outlet. One more thing may be useful—a three-to-six-foot loop of electrically heated soil cable designed to operate at 70 to 75 degrees.

Under the shop light, position an old dining table, or an old door supported by two sawhorses. Using 1 inch x 2 inch lumber, make a frame measuring about 2 by 5 feet. Lay it on the table top, then drape a double thickness of 4-mil plastic over the frame. The plastic can be lightly tacked to the outside of the frame. (Two adjacent fixtures and a bigger frame work even better.)

Onto the plastic spread a one- or two-inch layer of well-washed pea-sized gravel or sand. Dampen it with water. Now you've created the proper environment of light, heat and humidity for successful seed germination and plant growth.

## Use sterile mixes

Next comes the planting medium. Raw garden soil is seldom acceptable because it harbors many diseases, insects and weed seeds. And its heavier texture does not encourage young root growth. In some cases garden soil can be blended in planting mixes after it is sterilized by steaming or fumigating. Some people bake garden soil in an oven, but later have regrets. The smell is sickening. A better way is to do a batch outside in an old electric roaster or over a barbecue grill. Heat it from 30 to 45 minutes at 250 degrees.

Far better results can be obtained from sterile, soilless mixtures. They are available at garden centers, by mail, or can be made at home.

Many experienced gardeners follow this pro-

cedure for starting small seeds under lights:

Fill a small, shallow cake pan, bowl or fiber flat with milled sphagnum moss. (Sold in local garden stores under the name Nodampoff.) Lightly smooth the surface of the moss, or, if desired, press slightly indented "rows" into the moss. Dampen the moss until it turns dark by adding small amounts of water at the edges or by a misting spray.

Tap the seeds uniformly or in rows over the moss. Sift a small amount of moss over the seeds—no more than twice the thickness of the seeds. The tiniest seeds need not be covered at all. Apply another mist of water. Place the pan or flat on the wetted gravel. Lower the fluorescent light to within four inches of the flat.

Some growers operate the lights continuously

# Indoor gardening —electrically

until the seeds germinate. Others prefer a lighting period of 16 to 18 hours. If no bed of gravel is used, it may be best to cover the flat with a piece of glass or clear plastic so seeds never dry out while sprouting. In any event, a daily misting of lukewarm water is advisable.

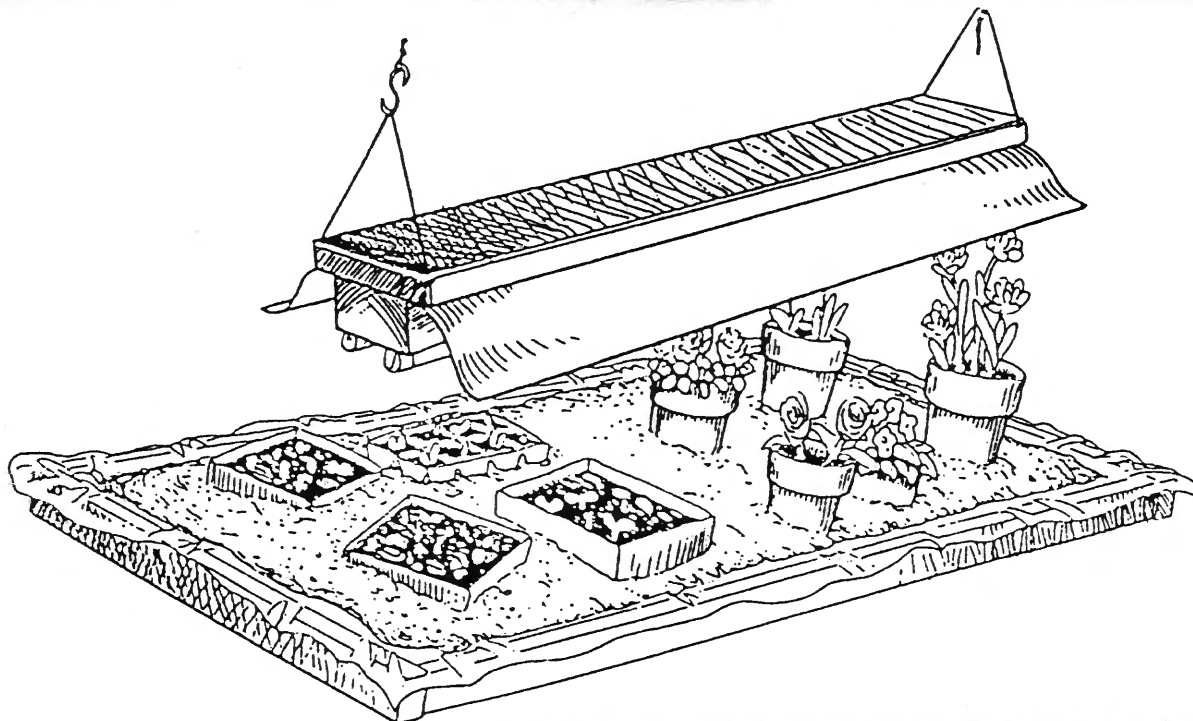
Germination periods can range from four to 18 days. Sometimes bottom heat from a single strand of electric soil cable helps. Other plants, particularly perennials, require a period of cold, even freezing, before germination. Soil-heating cables, if used, should be disconnected after leaf growth appears.

When the young plants begin forming true leaves (the second pair), they should be fed a weak solution of fertilizer (¼ teaspoon of Hyponex/2 quarts of water) twice a week.

As soon as the plants have four true leaves they are ready for transplanting to peat pots or divided plastic containers that have been saved. Good commercial growing mixes can be used; or do-it-yourselfers should get excellent results from the renowned Cornell University Peat-Lite formula: (for one peck) Mix thoroughly 4 quarts vermiculite (perlite can be used); 4 quarts shredded Canadian peat moss (can be siftings from baled peat moss through ¼-inch hardware cloth); 1 tablespoon 5-10-5 fertilizer; 1 tablespoon ground limestone.

The Cornell soilless mix also is quite satisfactory for houseplants, if regularly fertilized.

Because bedding plants do exceptionally well under fluorescent lights (special "grow lamps" are not needed unless a lot of indoor blooming is



**Sketch of easily constructed indoor light garden, using an ordinary fluorescent shop light for illumination. Supporting chains and "S" hooks allow ends of the fixtures to be adjusted for plants of varying heights. The shop light plugs into an inexpensive automatic electric timer.**

desired), seeding dates are important. Slow-starting plants, such as geraniums, snapdragons and petunias can be seeded in mid-February. Mid-March to the first of April is best for most other plants.

## Start vegetables early

Many vegetables can get terrific headstarts indoors under lights. Heading varieties of lettuce do well in peat pots if early outdoor planting is impossible. Squash or eggplants needing long growing seasons are helped, too. And tomatoes, perhaps, do best of all.

Try this for tomatoes: Obtain 3- or 4-inch peat pots. Fill with a 50-50 mixture of sterilized soil and the Cornell Peat-Lite mix (sometimes sold as Jiffy-Mix, Grow-Mix, etc.). With a pencil, make two ¼-inch indentations, about an inch apart in the center surface of the packed pot. Insert a tomato seed in each. Cover with mix until level. Set the planted peat pots in trays or large cake pans. Add water and sprinkle the pots so growth can start.

Sprouting may show in four or five days. Keep the fluorescent lights four to six inches above the tips of the plants, adjusting the chains as the plants grow. With regular fertilizing the tomato plants will grow quite stocky and roots will fill the peat pots and become visible.

About the fifth or 10th of May (earlier in the South) the plants can be moved outdoors in a protected place, with some sun, to harden off. Water daily. In about a week they can be set deep in prepared garden soil. Tops of peat pots must be

peeled off or covered, or they will act as wicks and dry out the roots of the plants.

The instructions for tomatoes generally apply to other plants as well.

Enthusiasm for gardening by artificial light was stimulated about 35 years ago when growers of African violets, gloxinias and begonias saw what fluorescent lights did for their plants. Now, aided by research from the electrical industry and horticulturists, gardeners produce a wide variety of quality plants, ranging from ferns to orchids.

## Good advice available

Persons who want to learn more about indoor gardening should be able to secure good advice and publications from their local county Cooperative Extension Service offices.

Those who desire more complete, specialized information would do well to contact the Indoor Gardening Society of America, a thriving organization headquartered in New York that has members in every state and chapters in 16 states. For general information, contact the president Robert D. Farriss, 3358 Altamont Ave., Cleveland Heights, OH 44118-1810, phone 216-321-6049. IGSA memberships at \$15/year can be secured from Mrs. Robert Morrison, 5305 SW Hamilton St., Portland, OR 97221. The society's magazine *The Indoor Garden*, published six times a year, is included in a membership. For a list of many helpful indoor gardening guides published by IGSA, write Farriss, or M.T. Dieterich, 481 Great Rd., Acton, MA 01720.

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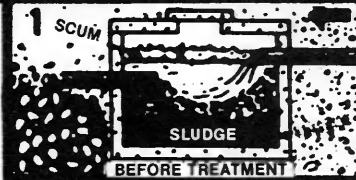
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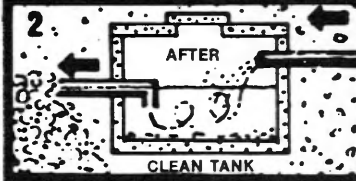
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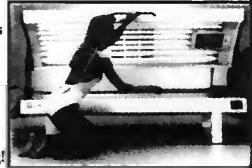
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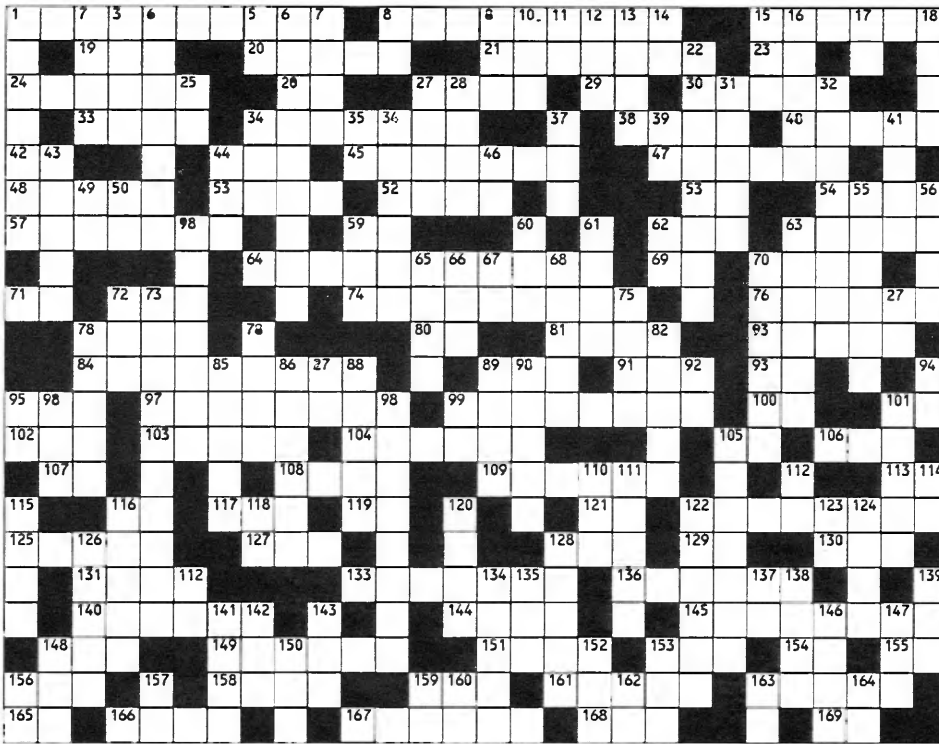
# Rural Electric News Service

## CROSSWIRES

By Judith M. Smith

**ACROSS**

1. Auxiliary
8. A form of baptism
15. Trifles
19. Charged particle
20. Looks for
21. A device used to hold a paddle in place
23. Latin: that is
24. Temporary suspension of power
26. Symbol for tantalum
27. Crazy
29. Means long playing
30. Unable to move
33. Makes mistakes
34. Reaching of a goal or objective
38. You keep missles here
40. Encourages
42. Symbol for rhenium
44. Actress Lupino
45. Started again
47. Crownlike part of a structure
48. To put forth effort
51. Stone
52. Cesspool
53. Abbr.: weight
54. Short letter
57. Get off the subject
59. Preposition
62. \_\_\_\_\_, humbug!
63. Type of showy flower
64. Enterprise owned jointly by its users
69. Stands for overtime
70. Prefix meaning partly
71. Stands for physical education
72. Article
74. Commentary expressing opinion
76. Negatively charged ion
78. Line of junction between two pieces of material
80. Abbr.: old English
81. Woe is me!
83. \_\_\_\_\_ Ross
84. Used for viewing ships by subs
89. Abbr.: general
91. Pigpen
93. Prefix meaning two
95. Greek letter
97. Reminder
99. One who plunders for profit
100. Abbr.: lord
101. Symbol for plutonium
102. Noah had one of these
103. Eyed
104. Territory
105. Symbol for beryllium
106. Abbr.: Equal Rights Amendment
107. Not she
108. Taking hold of property as debt security
109. Vision
113. Abbr.: vapor density
116. 3.14



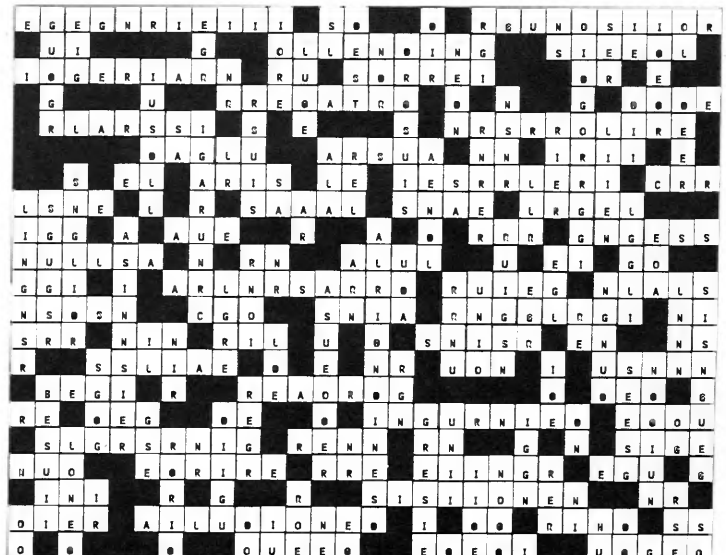
117. Abbr.: saint (feminine)
119. Abbr.: right
121. Abbr.: Greece
122. Scented oils
125. Throwback
127. Donkey
128. Actress Arthur
129. Abbr.: electron volt
130. Bright color
131. Oust
133. Without affectation
136. In truth
140. Removed
144. Type of ranch
145. A person who hides aboard ship to obtain free passage
148. Unopened flower
149. Type of flower or color
151. Actress Donna \_\_\_\_\_
153. Plaything
154. Symbol for chromium
155. Coffee, tea or \_\_\_\_\_?
156. Wager
158. Electric \_\_\_\_\_
159. Abbr.: United States of America
161. Sofa
163. Newspapers come out this often
165. Abbr.: registered nurse
166. Suffix meaning action
167. To drink to excess
168. Not woman
169. Prefix meaning reverse

**DOWN**

1. Scrubbed
2. What we do with our teeth
3. Fly high, glide
4. An ungrateful person
5. To the same extent
6. Instrument that holds back the edges of a wound
7. Twelve months
8. Form of be
9. A long time
10. Sting \_\_\_\_\_
11. Abbr.: senior
12. Sick
13. What we say when we make a mistake
14. North Carolina
15. Ascot
16. Show that is played over again
17. Virgin Islands
18. \_\_\_\_\_ and Crafts
22. One thousand watts
25. Suffix added to -x, -ch, -s
27. Actress Pitts
28. Short for alumni
31. Not South
32. Send
34. Much \_\_\_\_\_ about nothing
35. Symbol for element iridium
36. Settled, complete
37. Opposite of subtract
39. Suffix meaning of
41. Suffix meaning smaller
43. Enforced removal from one's native land
44. Abbr.: Internal Revenue Service

89. \_\_\_\_\_ Reaper
90. \_\_\_\_\_, meeney, minie, moe
92. Abbr.: year
94. Abbr.: queen
95. California
96. Abbr.: Her Royal Highness
98. Written agreement between parties
99. Pennsylvania
101. Covered with asphalt
105. Shortness
110. Get older
111. Extremely serious
112. Perhaps
114. Abbr.: decistare
115. Staff, esp. on a ship
116. Pleasurable satisfaction
118. Symbol for tantalum
120. A coating of filth
122. Individual
123. Abbr.: Uruguay
124. Cats say this
126. Type of fish
128. To lose blood
132. Initials for Ted Turner
134. Not urban
135. Drink
137. \_\_\_\_\_ and behold!
138. Young Women's Christian Assn.
139. "Yes," in sailor lingo
141. Level
142. Expire
143. Abbr.: autograph letter signed
146. Dry
147. Girl's name
148. Gentle \_\_\_\_\_
150. Ancient
152. Not well lit
153. Light brown
156. Symbol for bromine
157. Nickname for Diana
159. Opposite of down
160. Abbr.: Spain
162. Virginia
163. \_\_\_\_\_, re, mi, \_\_\_\_\_
164. French article

**November's Puzzle Solution**





### GOLDEN GRANOLA

- 3 cups uncooked oats
- 1 cup shredded or flaked coconut
- 1 cup coarsely chopped nuts
- 1/4 cup honey
- 1/4 cup butter or margarine, melted
- 1 1/2 teaspoons cinnamon
- 1/2 teaspoon salt
- 3/4 cup raisins

Combine all ingredients except raisins in ungreased 13x9-inch baking pan; mix well. Bake at 350 degrees 25 to 30 minutes or until golden brown, stirring occasionally; stir in raisins. Cool thoroughly; store in tightly covered container in cool dry place or in refrigerator. Serve as cereal with milk or as a snack. Makes about 6 cups.

**MICROWAVE OVEN DIRECTIONS:** Combine all ingredients except raisins; mix well. Cook in ungreased 11x7-inch baking dish in microwave oven at HIGH 8 to 10 minutes or until light golden brown, stirring after every 2 minutes of cooking; stir in raisins.

### BISCUIT MIX

- 1/4 cup shortening, chilled
- 3 1/2 cups flour
- 1 1/2 teaspoons salt
- 1/2 teaspoon soda
- 1 1/2 teaspoons baking powder

Mix all ingredients together until shortening is cut small or place all in food processor with blade in, turn on high for 2 minutes. Take out what you want and mix with buttermilk until the consistency of a biscuit. Bake as usual.

### STEAK WITH ONION SOUP GRAVY

- 1 1/2 lbs. round steak
  - 1 pkg. onion soup mix, dry
- Cut steak into serving pieces and brown in oil. Remove and put in baking dish. Pour off drippings, reserving 2 tablespoons. Mix 2 tablespoons flour with reserved drippings. Add onion soup mix and 3 cups water. Stir until slightly thickens, pour over steak. Cover and bake at 300 degrees for 1 hour.

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# Seafood variety

## SPANISH-STYLE WHITEFISH (Microwave Method\*)

- 1 small onion, sliced vertically
- 1 cup each julienne red and green peppers
- 1 small clove garlic, minced
- 2 tablespoons water
- 1 pound cod, pollock or rockfish, thawed if necessary

### Salsa\*\*

1/4 cup sliced ripe olives  
Dash ground cinnamon  
Combine onion, peppers and garlic; arrange in 2-quart microwave-safe dish. Add water; arrange fish on vegetables. Cover with plastic wrap. Microcook at HIGH (100%) 3 to 4 minutes. Combine Salsa, olives and cinnamon; spoon over fish. Microcook, uncovered, at HIGH about 2 minutes or until fish flakes when tested with a fork and topping is thoroughly heated. Makes 6 servings. Recipe can be halved.

\*Recipe developed for 600 to 700 watt microwave ovens.  
\*\*Bottled salsa can be substituted.

## BASQUE-STYLE SALMON POTATO SALAD

- 1 can (15 1/2 oz.) salmon, drained and chunked\*
- Vinaigrette dressing\*\*
- 1 1/2 lbs. warm, cooked boiling potatoes, cut into wedges
- 2 small tomatoes, cut into wedges
- 1/2 cup thinly sliced green onions
- 10 ripe olives, sliced
- 1 tablespoon chopped green pepper
- 1 lemon wedges

Marinate salmon in 3 tablespoons Vinaigrette Dressing; refrigerate. Marinate warm potatoes in 1/4 cup Vinaigrette Dressing; set aside. Drizzle remaining Vinaigrette Dressing over tomatoes, green onions, olives and green pepper; refrigerate one to two hours. Add potatoes and salmon to vegetables; toss gently to mix. Garnish with lemon slices. Makes 4 to 6 servings.

### Vinaigrette Dressing

Combine 1 large clove minced garlic 1/2 teaspoon crushed thyme, 1/4 teaspoon each sugar and grated lemon peel, 1/4 cup each white wine vinegar and olive oil, dash cayenne pepper and salt and pepper to taste; mix well. Makes approximately 3/8 cup.

\*Two cans (7 1/2 or 7 3/4 oz. each) can be substituted.  
\*\*Bottled vinaigrette or Italian dressing can be substituted.

## PICKLED SHRIMP

- 1/2 gallon apple cider vinegar
- 1/2 cup salt
- 3 oz. Mexican pepper
- 4 tablespoons black pepper
- 2 tablespoons dry powdered mustard
- 1/2 box celery seed

Mix together and boil 30 minutes. Add 5 lbs. prepared shrimp. Boil for 8 minutes, remove from heat. Let stand 30 minutes or until ready to eat. Dip in garlic butter.

## GRILLED SALMON STEAKS

- 1/4 cup white vinegar
- 2 tablespoons lime juice
- 1 tablespoon olive oil
- 1 teaspoon chopped cilantro or parsley
- 1/4 teaspoon each paprika, salt and pepper
- 2 (about 6 oz. each) salmon steaks, thawed if necessary
- fresh spinach leaves
- lime wedges

Combine vinegar, lime juice, oil, cilantro, paprika, salt and pepper; mix well. Marinate salmon in vinegar mixture about 20 minutes, turning once after 10 minutes. Broil about 4 to 5 inches from heat, allowing about 10 minutes per inch of thickness measured at its thickest part or until fish flakes when tested with a fork. Remove center bones from salmon and divide into two half steaks. Arrange on spinach-lined platter. Garnish with lime wedges. Bring marinade to boil; simmer until reduced by half. Serve over salmon and spinach. Makes 4 to 6 servings. Recipe can be halved.

## HALIBUT WITH CREAMY SAUCE

- 1 lb. halibut, thawed if necessary and cubed
- 6 tablespoons butter or margarine, divided
- 3 tablespoons minced onion
- 3/4 heavy cream
- 2 tablespoons dry white wine or cider
- 1/2 teaspoon oregano, crushed
- salt and white pepper to taste

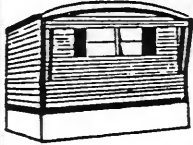
Saute halibut in 3 tablespoons butter over medium-high heat until lightly browned; cook about 5 minutes or until fish flakes when tested with a fork. Remove from pan; keep warm. Add remaining butter and onion to skillet; saute until onion is tender and butter browned but not burnt. Add cream and wine; continue to cook and stir over high heat until slightly thickened. Add oregano and season to taste with salt and pepper. Pool sauce on serving plate; place halibut on sauce. Makes 4 to 6 servings. Recipe can be halved.

## SNOW CRAB WITH LEMON BUTTER

- 1 1/2 lbs. snow crab legs, split legs or clusters\*, thawed if necessary
- 1 clove garlic, crushed (optional)
- 1/4 cup each olive oil and butter or margarine
- 2 tablespoons each lemon juice and dry vermouth
- 1/2 teaspoon grated lemon peel
- dash of cayenne pepper

Steam crab on rack over 3/4-inch boiling water 5 minutes or until thoroughly heated. In a separate pan add garlic to butter and olive oil and heat until butter melts. Add remaining ingredients except crab. Remove garlic and serve as a dipping sauce for crab. Makes 4 to 6 servings. \*Rinse clusters under cool water. Cut crab into serving-sized pieces; score backs of leg sections using large, heavy knife or slit with kitchen shears.

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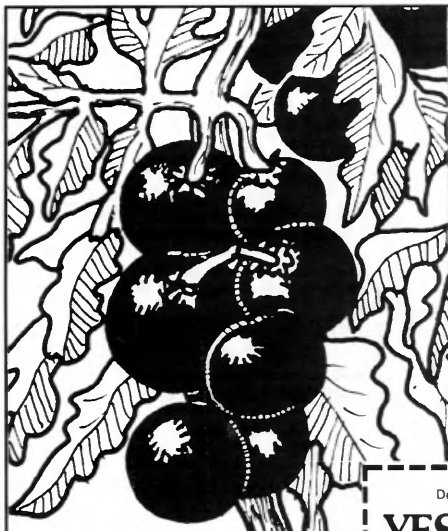
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City \_\_\_\_\_  
State \_\_\_\_\_ Zip \_\_\_\_\_  
U.S. Residents Only, Please 85 3259

**MISSING**



**ILENE MISHELOFF**

LAST SEEN: 01/30/89 EYES: Brown  
FROM: Dublin, CA HEIGHT: 5'3"  
DOB: 03/12/75 WEIGHT: 115  
WHITE FEMALE HAIR: Brown



**ILENE MISHELOFF**

Age Progression by  
NCMEC

(04/91)

If you can identify these or any other missing children, call The National Center for Missing and Exploited Children at:

**1-800-843-5678**

(sightings only)

This message is brought to you as a public service by Association of Illinois Electric Cooperatives, in cooperation with National Child Safety Council.

**-Safety Tip of the Month-**

Alert your child to the many tactics used by possible abductors to lure children away with them. Advise them how to respond in these situations. It is best to ignore these dangerous people

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If you want to personally help end this national tragedy, or need additional information, please call:

**1-800-222-1464**



**5724:** An elegant sense of style, asymmetric interest for **STRETCH KNITS ONLY**. Pullover dress has detachable ring cowl. Misses' Sizes. State O(12-14-16) when ordering.

ITEMS SUBJECT TO AVAILABILITY



**475:** Grandmother's Fan quilt to make of pretty prints or left-over scraps for great effect. Patch patterns, directions for single and double size.

Items subject to availability



**5706:** Focus on value. Wardrobe includes raglan blouse with or without neck tie, slim skirt, pleated skirt, jacket and scarf. Misses' Sizes 8 to 18 included in pattern.

ITEMS SUBJECT TO AVAILABILITY



**5678:** Easy going. Loose fitting cardigan, pull-on skirt and pullover dress or tunic with overlack sewing instructions. Misses' Sizes (KNITS ONLY). State NN(10-12-14-16) or RR(14-16-18-20) when ordering.

ITEMS SUBJECT TO AVAILABILITY



**940:** Graceful design plus cozy comfort add up to a winner! Easy! So pretty, no wonder the pineapple design is most popular! Afghan is easy to crochet all in one piece. Use synthetic worsted for a family favorite.

Items subject to availability

**5143:** Colorful cat clowns are the purr-fect home accent or gift for a child and are fun to decorate. Directions, printed pattern for 24" tall cat and clothes included.



**Doll Crafting**



**5142:** Delightful cow in pinafare is an ideal country accent or best selling barcar item. Directions, printed pattern for 24" cow and clothes included.

Items subject to availability



**5109:** Set of four decorative dolls adds a charming accent to your home. Doll measures 21" and is as much fun to create as to display. Choose from artist, cowboy, kitchen witch or cook. Printed pattern, directions included.



**5695:** Forever fresh. Two piece dress includes: top with V-neck, shawl-tie, elongated or sailor collar and trumpet skirt. Misses' Sizes. State H(6-8-10) or O(12-14-16) when ordering.

ITEMS SUBJECT TO AVAILABILITY



**5718:** You'll work wardrobe wouders with this versatile trio: pull-on skirt, pullover top and unlined jacket. Misses' Sizes. State N(10-12-14) or U(16-18-20) when ordering.

ITEMS SUBJECT TO AVAILABILITY



**CRAFT CORNER**



**792:** Sew this huggable 25" doll for a favorite child. She's fun to make. Tissue pattern pieces and directions for making doll and clothes included.

Items subject to availability



**7330:** Fascinate everybody with this unique American history quilt. Presidents from first to forty-first—likeness are extraordinary! Embroider or color faces, dots on 9" x 11" finished blocks. Tissue transfer, charts for quilt 76" x 97".



**5688:** Candid classics. Wardrobe includes pullover dress or top, unlined jacket, pull-on skirt and pants. Misses' Sizes. State K(8-10-12) or O(12-14-16) when ordering.

ITEMS SUBJECT TO AVAILABILITY

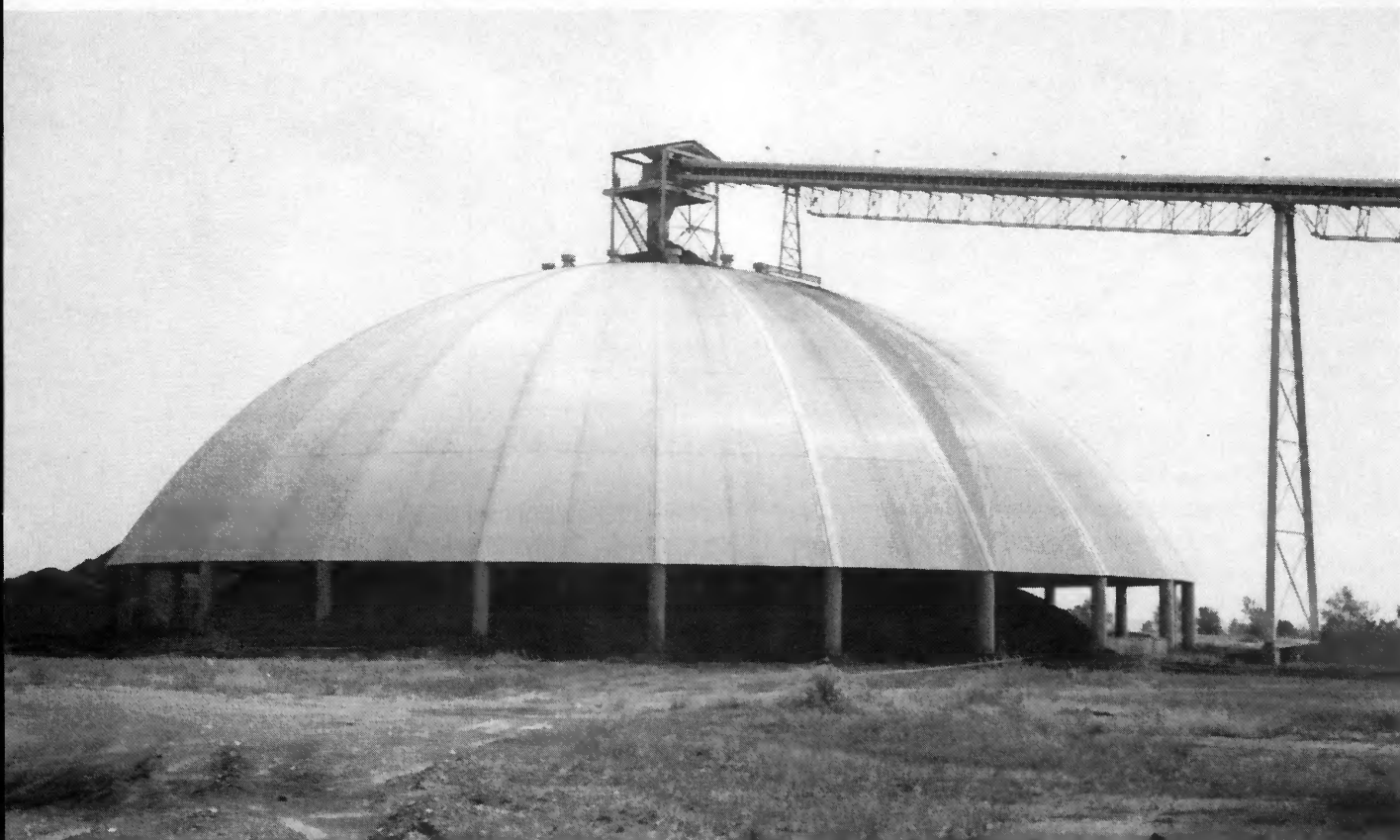
# PATTERNS

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

I have enclosed \$ \_\_\_\_\_ (\$4.50 per pattern — cash, check or money order accepted) for the following patterns (please allow four weeks for delivery):

Print Name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_  
State \_\_\_\_\_ Zip \_\_\_\_\_

Pattern No.	Size	Pattern No.	Size
_____	_____	_____	_____
_____	_____	_____	_____



Pattiki mine's dome-shaped coal storage structure was the first of its kind built in the U.S. to store coal.

# 'Good luck' mine

**Illinois mine  
provides coal  
for Florida  
electric  
cooperative**



Pattiki's engineers keep track of where the coal is being mined and make sure things are done right. From left are Greg Haywood, Jim Brown, Alan Kern, Dan Garrett, and Tim Woomer (seated).

**W**hite County is the home of a unique coal mine. Served by Wayne-White Counties Electric Cooperative, the Pattiki Mine is the only "conventional" mine in Illinois—conventional meaning that instead of having mining machines continuously chewing away at coal seams, the seams are blasted. The coal is loaded and carried to the surface much like it is in any other mine.

While explosives are used routinely in open pit mines, they're not at all common in underground operations, at least in Illinois.

Pattiki, incidentally, is derived from "Pat" and "Tiki." The Pat comes from the name of W.T. Patterson, former president of White County Coal Corporation. He directed MAPCO's (the parent company's) activities in the Illinois Basin for some 15 years. Tiki is Polynesian for good luck, and the Pattiki mine is the seventh MAPCO mine to have that suffix.

MAPCO built the mine after securing a long-term coal supply agreement with Seminole Electric Co-op, a Florida generation and transmission cooperative, says Danny Wooton, Pattiki's general superintendent.

"We're producing from the Herrin No. 6 coal seam, which is about 1,000 feet underground here. That makes Pattiki the deepest mine in the Illinois

Basin," he says.

Wooton notes that the coal quality required by Seminole Electric played a major role in the decision to use conventional mining instead of continuous mining or the longwall processes that are the norm in the area.

"Due to the fact that the shipped coal would be transloaded several times between the mine and its destination, we desired a relatively coarse, dry coal," Wooton says, "and since the company had been previously successful in producing a low-moisture, coarse-grade product, those factors dictated that the conventional mining process be utilized at Pattiki."

He notes that some 260 or so employees produce some 1.75 million tons of clean coal a year at the mine. The mine has a significant economic impact. For example, Pattiki injected nearly \$17 million into the area's economy in 1990, with some \$10 million going to pay employees, \$5 million going to service and supplies from local businesses, \$1.65 million being paid to landowners for royalties and \$230,000 going for property taxes.

Before the coal is shipped, it is cleaned to remove a portion of the sulfur and to get rid of rocks and debris that are part of any mining operation. From the cleaning operation, or prepara-

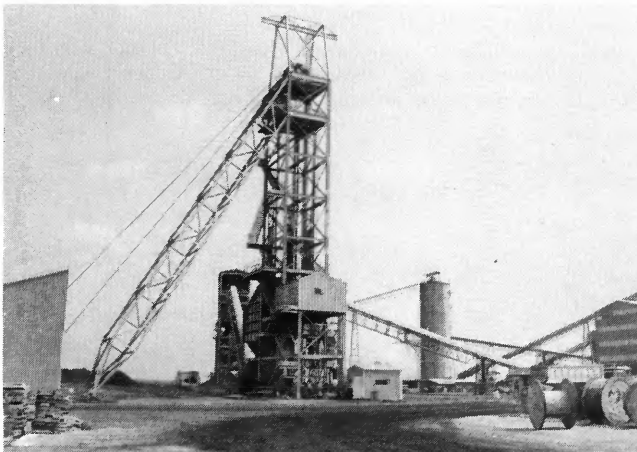
tion plant, it goes to a large dome-shaped storage structure that was the first of its kind in the U.S. built to store coal.

"The shipping process is quite involved," Wooton says, "and it begins with the coal being loaded onto railcars here, for shipment to Mt. Vernon, Indiana, where it's loaded into barges for shipment down the Ohio River to Cairo, then down the Mississippi to New Orleans. It then travels across the intra-coastal waterway to Port St. Joe, Florida, where it's unloaded from the barges and put back into railcars to Palatka, which is near Jacksonville."

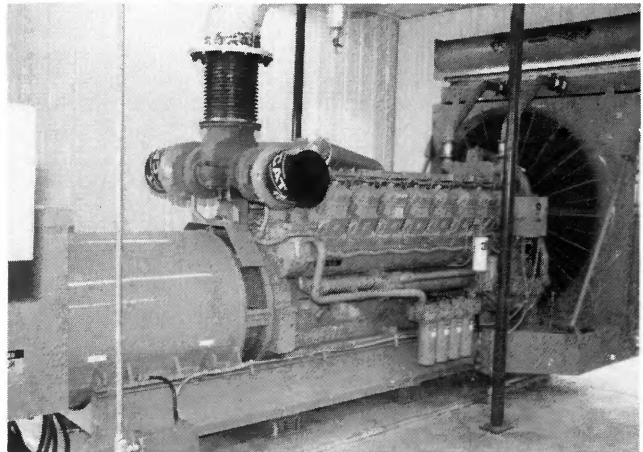
Wooton notes that Seminole Electric purchases about two-thirds of Pattiki's production, and the rest is sold on the spot market.

While conventional mining seems at first glimpse to be hazardous, with blasting—or shooting, as it's called—being done on shift, Wooton emphasizes that the quality of the Pattiki workforce is an important factor in the mine's outstanding safety record.

"The conventional mining system requires that the individual miner be competent in his area of work," he says, "and that he has the desire to safely maximize the efficiency of the cycle. At Pattiki Mine, we're fortunate to have an outstanding, safety-conscious work force."



There are two shafts at the mine, and this is the one the coal is brought to the surface. The preparation plant is at the right.



Diesel-driven generators provide power when necessary. These massive units are computer-controlled from Houston, Texas.

# Illinois Marketplace

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- You must be a member of an Illinois rural electric cooperative in order to qualify for the special rates. Non-members pay \$1.20 per word with a \$24 minimum for 20 words or less. Members must attach their mailing label to their order form.
- Advertising copy must be in the Illinois Rural Electric News office no later than first of month preceding month of publication.
- All ads must be in one paragraph form. No centered copy. Maximum of four all-capital words per ad.
- Cash, check or money order must accompany ad order. No billing or charges. Make checks payable to Illinois Rural Electric News.
- 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.
- The publisher reserves the right to reject any advertisement not deemed to be suitable for the publication's readership.

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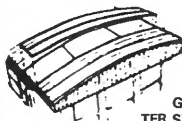
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**NEW NATURAL HEALING SECRETS  
REVEALED! 420 WAYS TO PERFECT  
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(By Frank K. Wood)

FC&A, a Peachtree City, Georgia, publisher, announced today the release of a new book for the general public, *“1992 Natural Healing Foods Encyclopedia.”* In their book, the authors claim many health benefits with full explanations.

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- ▶ This nutritional fighter can knock out cancer before it gets started.
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- ▶ When sifting your flour harms your heart!
- ▶ Feeling his oats – what happened to a 75-year-old man who ate too much of a good thing!
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- ▶ If you’re diabetic, you may not have to give up your sweet tooth completely.
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**Save!** Return your order with \$11.98 plus \$2.01 for two books. (No extra shipping and handling charges.)

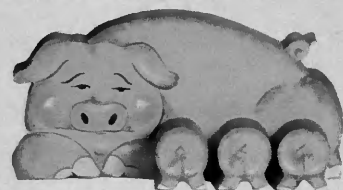
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347 BEAUTIFUL WOODWORKING  
PATTERNS AND DESIGNS.**

(By Frank K. Wood)

FC&A, a Peachtree City, Georgia, publisher, announced today that it is practically “giving away” an all-new set of *“347 Woodworking Patterns”*.

- Curvy curios, charming country cats.
- Sturdy shelves, shadow boxes, showy plaques.
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