

**Prepare for winter**

See page 10

**One-room school**

See page 18

Illinois Rural Electric News September 1992

# RIEN



**Make it  
a safe  
harvest**

See page 6

See Why...

# A Living Trust Lets You Rest in Peace

Did you know that writing a Will may be one of the biggest mistakes we can make?

It's true!

A Will doesn't protect our loved ones against paying huge fees to lawyers, executors and courts for even the smallest estate. Probate can slice up to 10% or so from an estate and take months or years for final settlement.

In fact, the only thing worse than having just a Will is the nightmare that's created when you have no Will at all.

Because then the State steps in to decide who gets our assets -- our bank account, home, car, valuables, other possessions. Money we've worked so hard to earn is gobbled-up by court and legal fees before our heirs ever get one penny.

What can the average wage earner do to avoid the financial headaches of a Will? Plenty.

Today, under current laws anyone can eliminate costly legal and court fees with a little-known, simple legal paper called a living trust. And you don't have to be rich to enjoy its benefits.

A living trust has been praised by our nation's leading financial planners, and reported in publications such as *The Wall Street Journal*, *Money Magazine*, *Business Week* and others because:

- It eliminates the costly and lengthy probate process. The estate goes directly to your heirs without going through the courts.
- It eliminates the need for an attorney and legal fees that cut your estate. Does away with all court costs, too.
- It gives you complete control of your estate to make sure that all your wishes are carried out.
- A living trust is revocable, which means that you can change your mind at any time about who is going to receive your assets.
- It gives you the right in most cases to name yourself as a trustee, and your spouse or someone else as a co-trustee. Plus the right to change trustees at any time.
- If you own out of state real estate, like a vacation house or cabin, you can save a bundle by avoiding the need for probate in a second state.
- Unlike a Will where your finances and everything you own is a matter of public record for anyone to see, a

living trust is secret.

The *Wall Street Journal* reported that it takes two years to complete the average probate in California. The article also stated that since a living trust is much faster, cheaper, and more private than settling a Will, there are many advantages to using a living trust instead of just a Will.

And *Business Week* reported that many people are using a living trust instead of a Will to reduce the possibility of heirs fighting over your estate.

You must never forget that a Will must be probated and the fees for the probate lawyer and executor -- not including court fees -- range from 6% to 10% and are paid before any of your heirs receive their inheritance. That can take a big chunk out of even the smallest estate when attorneys charge anywhere from \$60.00 to \$150.00 an hour or more!

Look at what happened to the modest estate of Simon Morris:

- The Will of Simon Morris, a Florida resident, left \$77,500 in cash to his widow. Before she could receive it, the probate process grabbed \$9,375.
- Mr. Ken Bradley left \$144,567 directly to his surviving spouse. The probate "fees" of \$8,500 were appealed by the widow. The court ordered a refund of \$7,750 with interest.
- R.L. Roberstone probably thought his Will would get his \$162,114 safely to his heirs. As they found out probate fees amounted to \$6,484.59.

The pity of it all is that these people could have avoided having large bites taken out of their hard-earned property by using a living trust. They could have passed every cent to their loved ones without squandering money on probate.

If you think a living trust is only for millionaires --- you couldn't be more wrong. Whether you earn \$25,000 or \$100,000 a year -- and whether your assets are huge or small -- a living trust will save you money. In fact ... on a percentage basis living trusts save more on small estates than large ones!

And you can save even more because we have shown hundreds of thousands of people just like you how to do it. It's simple.

The DSA Living Trust Kit was developed

after much research with a team of legal scholars and practicing attorneys. It explains in easy-to-under-

stand language how to set up your own living trust.

Instructions and guidelines are written in simple English. Illustrated step-by-step forms show you how to custom-tailor a legal trust to meet your special personal needs.

- Titles to your real estate, automobiles, boats, stocks, etc. are all safeguarded in your Trust.

Though DSA's exclusive Living Trust Kit will save you a small fortune -- and save your loved ones thousands of dollars later on -- we have kept the price especially low to enable everyone to benefit from it. And now you can save even more. We've cut the price in half and we insist you examine it on a 90-Day No-Risk Trial.

It's easy to get your Living Trust Kit. All you have to do is print "Living Trust" on a sheet of paper. Send it along with your check or money order in the amount of \$9.95 plus \$2 handling instead of \$19.95 or charge to your VISA/MasterCard by including account number and expiration date to: DSA Financial Publishing Corp., Dept. W4150, 708 - 12th Street N.W., Canton, Ohio 44703. For even faster service, VISA/MasterCard or C.O.D., call toll free 1-800-321-0888, Ext. W4150.

Send for your Living Trust Kit within the next 15 days and you'll also get a unique Free Bonus Report on estate planning. The supplies are limited so you must act now.

*Want to save even more?* Do a favor for a relative or close friend and order a second Kit. That's 2 for only \$20 post-paid. Use your Kit for 90 risk-free days. Show it to your lawyer or advisor. If not 100% delighted--don't keep it. Simply tear off the cover and send half of it back for a full refund. Fair enough?

A living trust is too important to put off another day. Especially when you can get the same kit thousands paid \$19.95 for at half price. So order by phone or mail now!

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**Special Offer**  
**\$19.95 Living Trust Kit**  
**Now \$9.95**

# Illinois Rural Electric News

## A step forward for rural television viewers

Improvements in telecommunications services for people in rural areas took a giant step forward in July when the U.S. House of Representatives overwhelmingly approved a cable television bill amendment that would block practices that deny or overprice popular television programming. Electric and telephone cooperatives urged passage of the amendment.

For several years, a cooperative enterprise formed and owned by electric and telephone cooperatives has worked hard to develop and provide cable-like television services in rural areas, where cable television services generally do not exist. This is Rural TV, a package of satellite television programming available through electric and telephone cooperatives. The selection of channels ranges from a basic package through a series of optional premium channels. Rural TV is owned and operated by the National Rural Telecommunications Cooperative (NRTC), which is made up of hundreds of electric and telephone cooperatives across the nation, including many in Illinois.

The reason for such a service is obvious to people in rural areas. Broadcast television does not provide the selection of television information and entertainment available on cable. Those in rural areas who want more than limited local television

have one basic option: install a satellite receiver.

This is where NRTC comes in. The cooperative-owned organization set out in the mid-1980s to put together a package of satellite programs and channels for satellite receiver owners. NRTC has been successful in providing a pretty good package for the subscribers to Rural TV. There have been serious problems, though, and the electric and telephone cooperatives have been working to create equity in the pricing and availability of the programming. The cooperatives have found that considerable programming is not available to them or it is grossly overpriced. Such practice unfairly discriminates against rural people. NRTC officials went to Congress, and the result was a one-sided victory for the amendment. The House approved the amendment 338-68. The amended bill, the Cable Television Consumer Protection and Competition Act, was approved 340-73 in the House. The U.S. Senate passed similar legislation last winter by a 73-18 vote.

Differences in House and Senate versions will be resolved in a conference committee. Proponents hope the one-sided votes on the original bills in both houses will be repeated during final consideration of the measure, which is scheduled this month.

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## REN

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**Cover: Wayne Anderson is a farmer, and Murray Madsen is a product safety engineer. Both are directors of Farmers Mutual Electric Company, Geneseo. They know the importance of safety awareness in agriculture. See article beginning on page 6.**

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# BRIEFLY

## DOE compares electric motors

**E**fficiency comparisons for more than 7,000 electric motor models are available on a computer at the U.S. Department of Energy, and they're free. The "MotorMaster" program, developed by the Washington State Energy Office with funding from DOE and Bonneville Power Administration, contains efficiency and performance comparisons for most U.S. motors ranging from one to 500 horsepower. Use of the program "should result in decreased electricity costs, less pollution from electric power generation and reduced operating costs to manufacturing companies," says J. Michael Davis, assistant secretary for conservation and renewable energy. Information on the MotorMaster program is available from a DOE hotline: (206)586-8588.

## Super-efficient refrigerator

**T**he first one to invent a super-efficient refrigerator wins—\$30 million, that is. A nationwide network of utility companies is offering that hefty sum to the first U.S. appliance manufacturer to produce a refrigerator that exceeds federal efficiency standards

## Soyland demonstrates proper well-sealing technique

**S**oyland Power Cooperative had an abandoned well on some of its property in Pike County, so when Soyland decided to seal the well, it looked like a good opportunity to demonstrate the correct way to seal a well to keep surface contamination from getting into the aquifer. Galen R. "Mick" Rothering, superintendent of production at Soyland's Pearl Plant, decided to host a well-sealing demonstration August 12. Representatives of the Illinois State Water Survey were on hand, as were people from the Soil Conservation Service, Pike County Health Department, Pike County Farm Bureau, Cooperative Extension Service and Illinois Department of Public Health. The well, on land near Florence, was 65 feet deep and about two feet in diameter. There was about 15 feet of standing water in it. A contractor pulled out the 10-foot concrete casing, filled the well with enough sand to displace the water, then filled it the rest of the way with soil to a depth of about eight feet. Then he finished backfilling, enabling many interested area residents to see just what steps they need to take to seal unused wells.

by 30 to 50 percent. Today's refrigerators consume about 20 percent of all electricity used in American homes, and much of that is wasted, according to Richard Harkness, who is directing the program. A super-efficient model, Harkness

adds, could save so much energy that fewer new power plants would be needed. Today's refrigerators use half the electricity of the appliances of 20 years ago, he says. The utilities put up the reward money so the new refrigerators could be

developed by next year and on the market by 1994, Harkness says. "The fact of the matter is that such a refrigerator would not be available to the public for many years if the participating utilities had not come together to provide a \$30 million to \$40 million incentive for manufacturers to develop the product," Harkness adds.

## U.S., Russia confer on nuclear safety

**T**hree heads may be better than one when it comes to disposing of nuclear waste. Nuclear regulatory officials from Ukraine and Russia are meeting with U.S. nuclear safety experts to find ways they can cooperate to reduce radioactivity hazards. The U.S., which has committed \$25 million to the program, will help the two former Soviet republics analyze fire hazards and safety inspections of nuclear power plants. The U.S. Department of Energy and the Nuclear Regulatory Commission are involved. U.S. nuclear experts have raised concerns about the 15 Chernobyl-type nuclear reactors operating in Eastern Europe and the former Soviet Union. The reactors do not have containment structure to protect against an uncontrolled accident.

## Noise pollution causes lawsuit

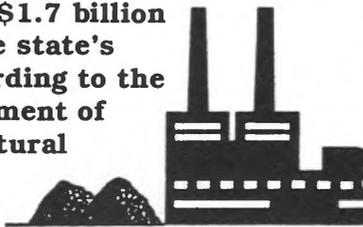
**W**hen residents of Oak Park, Mich., want to listen to their favorite radio show, they turn on the TV. A group of them filed suit this summer against the owners of the Gotham Tower radio antenna, saying that electronic noise pollution forces them to listen to four radio stations whenever they turn on the TV, pick up the telephone or boot up a home computer. "The problem is so severe that all types of electronic equipment are sometimes rendered useless," says Mark Richardson, an attorney for the plaintiffs, who are seeking a permanent injunction against the interference and monetary damages. "Residents are unable to enjoy the full use of their homes. Even garage door openers are affected." Richardson says residents of this Detroit suburb are annoyed with the noise and concerned that exposure to high levels of radio frequency radiation may harm their health.

## 1990 sees fewer farmers than ever

**T**he latest figures from the Census Bureau and the U.S. Department of Agriculture show that 4,591,000 people lived on farms in 1990, which is 24 percent fewer than the 6 million who lived on farms in 1980. And not everyone who lives on a farm is a farmer. The report found that 55

## Coal Awareness Week scheduled October 18-24

**T**he fourth annual observance of Coal Awareness Week in Illinois is scheduled October 18-24. The week-long observance proclaimed by Governor Jim Edgar will focus on the theme of using Illinois coal for a cleaner environment through the use of clean coal technologies (CCTs). The purpose of Coal Awareness Week 1992 is to illustrate that Illinois coal, with the use of CCTs, assists in ensuring a clean environment and will continue to be a strong energy source. Students and the general public will gather at the Illinois Coal Development Park in Carterville on October 21. Last year more than 400 students attended. That day includes a mine rescue demonstration, mine models, displays and hands-on activities designed to teach students about Illinois' most abundant natural resource. Also, a delegation from Japan will be touring and inspecting CCT projects. Other activities to highlight the week are being scheduled. The clean coal technologies are being studied to ensure the continued use of Illinois coal by providing a means to burn coal in an environmentally safe manner. Through private, state and federal funding, more than \$1.1 billion has been committed for 20 CCT projects. Illinois' commitment to the technologies are expected to protect more than seven million tons of coal annually by 1995, saving nearly 1,280 direct mining jobs and 4,800 spin-off jobs. Many communities, especially in Southern Illinois, rely on the industry as a primary source of employment. Coal provides 10,000 mining jobs and nearly 50,000 spin-off jobs. It is estimated that the coal industry adds \$1.7 billion annually to the state's economy, according to the Illinois Department of Energy and Natural Resources.



percent of employed farm residents worked at something other than farming. Contrast these numbers with the 1890 census, which found 39 percent of this country's 63 million people on farms. Today, just 1.9 percent of the population lives on farms. The income of farm households is getting closer to that of non-farmers. In 1990, the median income of farmers was \$28,824, just \$84 less than the median income of those who don't farm.

## Solid Gold Futurity horse show

**T**he Solid Gold Futurity, one of the top multi-breed horse shows in the world, is scheduled September 25 through October 4 at the Illinois State Fairgrounds in Springfield. Nearly a quarter of a million spectators are expected, and 3,500 horses from throughout the U.S., Canada, Mexico and Europe compete. This year's activities feature the International Professional Rodeo Central Region Finals September 25-26 and the entertainers Sawyer Brown and Lorrie Morgan October 3. The event offers the annual trade show; various lectures and demonstrations for the horse owner and prospective horse owner; an intercollegiate judging contest with national participation; and grade school field trips. For ticket or general information, contact the Solid Gold Futurity, Ltd. at 209 Bruns Lane, Springfield, IL 62702, or call (217)787-4653.

# Farm safety



Murray Madsen (right) and Wayne Anderson check equipment at Anderson's farm near Geneseo. Madsen is product safety engineer for agricultural equipment for Deere and Company, Moline.

**A**s you drive by a farm, it's hard not to envy the families who live and work there. Rows of corn sway gently. Soybean leaves ripple rhythmically. Farmers get to work at a variety of different chores, and they spend much of their time outdoors. It is a bucolic, almost utopian kind of lifestyle.

Don't be deceived.

In those beautiful acres of waving corn and soybeans, as well as in the buildings and vehicles on the farmstead, are hazards to health and risks of injury. According to the National Safety Council, farming is one of the most hazardous industries. In 1991, agriculture-related work accidents resulted in an estimated 1,400 deaths and 140,000 disabling injuries. This figures out to 44 deaths for every 100,000 workers in the agriculture sector. Only miners and construction workers have it worse, and the three industries often trade off for the dubious distinction of being the absolute worst.

Murray Madsen of Geneseo, a director of Farmers Mutual Electric Company since 1986 and now vice president, is one of many people working to make things safer for farmers. He serves as product safety engineer for agricultural equipment at Deere and Company, Moline, and was recognized for his work late last year by the Equipment Manufacturers Institute (EMI). He received that organization's prestigious Engineering Merit Award, which recognizes the efforts and contributions made by a representative of an EMI member company to the engineering and safety programs of the institute and the industry it represents.

Madsen notes that tractor overturns, "passengers" falling off tractors and others who are run over, plus entanglements in moving parts of equipment, are major contributors to the machinery-related toll. Of course there are many other hazards on farms.

"Use of a rollover protective structure and a seat belt is relatively inexpensive protection. As far as a person falling off a tractor, it's even easier to prevent that and doesn't cost anything to keep passengers off. You just shouldn't have a second person on the tractor."

Madsen's company, like all farm equipment companies, is working to continuously improve the safety of farm machinery and encourage safer use of it. A power takeoff, for example, turns with a lot of speed and torque. If the guards are not replaced or if a farmer steps across the driveline an entanglement can happen — and be over — in an instant."

"Any kind of harvesting unit," he says, "has some way for the crop to get into it. If you put a hand in there for any reason, the equipment can't tell that from the crop."

He notes that some farmers run equipment with

the guards and shields off, because they've done some repair work and neglected to put them back, or they want to have more convenient access to the machine's workings in case of trouble, or any one of numerous excuses.

"It's very dangerous to do that," he says, "because all those safeguards have been put in place for the user's safety, and if you leave them off, you're defeating the purpose. It really bothers me to see machinery being used with safety equip-



**Murray Madsen (left) and Wayne Anderson discuss agricultural safety. Both are directors of Farmers Mutual Electric Company of Geneseo.**

ment missing or not working, because I know the operator is more at risk than they'd be if they'd maintain things the way they should be."

Madsen is especially troubled to see children, some of them quite young, using equipment.

"Equipment is designed for use by adults," he stresses, "and young people may not have fully developed motor skills, and the information processing abilities needed, especially in unusual circumstances or complex operations."

While many of us envy the variety of tasks a farmer does, that variety, and lots of long, hard hours, can pose problems. While accidents involving equipment receive a lot of publicity, we're also becoming more aware of the other health hazards involved in farming. For example, those many hours outdoors can lead to problems with skin cancer and visual problems stemming from ultraviolet rays.

Time spent in the field can result in pollen allergies, and working in livestock confinement buildings offers health hazards, too. Animals themselves, as might be expected, can be hazardous to work with.

"It's nice not to have to do the same thing day after day," he says, "but some farmers get into a situation where they have to be a combine driver, a truck driver, a tractor operator, a mechanic, an electrician, a pesticide applicator, an agronomist,

a marketing expert, and so on. It's difficult to be able to do so many jobs well, and to restrict your attention to only the task you're doing now, and that adds to the danger."

While implement manufacturers design and manufacture equipment carefully, he notes, in the final analysis, a big part of the problem will be solved when farmers take ownership of agricultural safety and health issues, as a community. That is the goal of many organizations, which are working to emphasize health and safety

among those engaged in agricultural activities.

People such as Madsen, and the companies they work for, will continue to engineer for safety. "And," he says, "We'll do our part to educate on the hazards associated with machinery and how to operate equipment safely. Working with others, we're also trying to get attention to all those other hazards on the farm, from noise and dusts to structures, falls and so on. We think a more aware, better informed farming enterprise with a commitment to safety will produce a safer future."



## Preventing injury or death on the farm

Agriculture is dangerous business. In fact, it's one of the most dangerous industries in the nation, and the National Safety Council hopes to do something about that fact. Through increased

awareness and strengthened effort, the Council hopes to reduce the accident statistics significantly. Here are some tips the organization offers to help prevent injury or death on the farm:

### Tractor safety

Train all workers in safe and proper use of the tractor.

Install a roll-over protective structure, or ROPS, on any tractor that could have one. More than half of the fatalities involving tractors are the result of rollovers.

Install and use safety belts.

Set the wheel tread as wide as practicable.

Where possible, avoid operating a tractor near ditches, embankments and holes. Stay off steep slopes.

Avoid jerky turns, starts or stops

Do not let children ride as extras on a tractor.

Lock brake pedals together before traveling in transport gear. Be sure brakes are equalized so the tractor will not pull to one side.

Disengage the power take off, lower equipment to the ground, turn off the engine, put the transmission into neutral or park, set the brakes and remove the key before getting off the tractor.

### Trucks

Train new drivers on safe truck operation. Be sure they realize that a heavily loaded truck can't accelerate or stop as quickly as an unloaded truck or car.

Don't allow riders in truck or pickup beds.

Comply with all federal and state regulations that apply to your trucks — licensing requirements, transport of hazardous materials, wide loads and placarding.

Keep trucks in good operating condition. Make sure all lighting works, that brakes and tires are sound and other safety-related equipment such as wipers, defroster and turn signals all function properly.

Keep loads within rated capacity.

Secure the load if necessary so it can't shift or fall off. When hauling farm machinery, load it for minimum overhang.

Wear your safety belt.

Obey speed laws pertaining to trucks, and drive slowly over rutted rural roads. Watch for soft shoulders and abrupt drop-offs.

Keep an adequate following distance, especially if you're heavily loaded and/or the road is slick.

Be especially careful at railroad crossings.

### Electricity

Be extremely careful when moving augers or other tall equipment and when moving other long metal items such as irrigation pipes or ladders near power lines.

Check electrical wiring and make any necessary repairs. As power needs grow, you expand your

*(Continued on page 15)*



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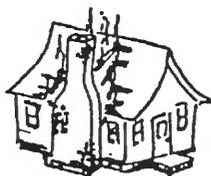
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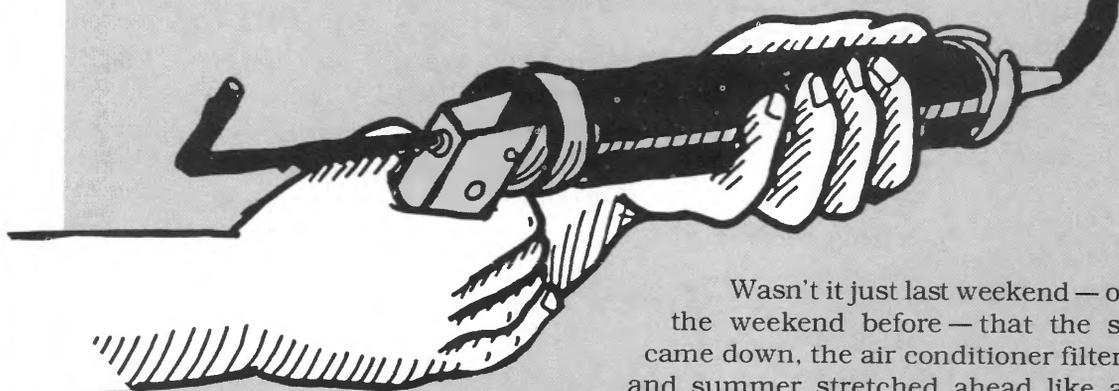
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# It's never too early to prepare for winter



Wasn't it just last weekend — or at the earliest, the weekend before — that the storm windows came down, the air conditioner filters were cleaned and summer stretched ahead like a warm, sandy daydream?

It is difficult to be the messenger — like the first sun-colored leaf drifting from a tree — but once again this year winter will come, and no doubt it will seem to arrive earlier and harder than last year.

Maybe you can replace some of winter's icy edge with the satisfaction of being ready for it this year. You also might save a couple of bucks — one of the best forms of revenge.

For your first step, don't even get off the couch.

**\$** Think about the way you live indoors, the pattern of your life. Is there unused space that can be shut off (an attic for example) or bedrooms of children who have left home or haven't yet arrived? The smaller the space one heats and lights, the less aggravating one's winter bills.

**\$** Seal off crawl spaces. If practical, caulk the openings until spring. If not, consider fitting sheets of plastic over the openings.

**\$** Don't put furniture, carpets or drapes over heat registers. The bottom of your couch

doesn't need to absorb that much heat.

**\$** By most estimates, a dollar spent on caulking can save more than five dollars on heating costs the first year.

**\$** Weatherstripping is also money well spent: \$20 worth can save up to twice that much on a year's heating bill.

**\$** Remember to keep the fireplace damper closed when it is not in use. Keep shades and drapes open during the day to let the house absorb heat from the sun.

# Other ideas to save some money on heating and lighting bills:

**\$** Lower the thermostat setting to 55 degrees when your family is out of the house for four hours or more.

**\$** Install water-flow restrictors on shower heads.

**\$** It's obvious, but dress more warmly—even indoors—and keep thermostat settings as low as is comfortable for the family. Each degree the thermostat is lowered can save an average of 3 percent off the heating bill. In other words, if it costs \$100 a month to heat your home to 78 degrees, it would cost only about \$70 to heat it to 68 degrees. However, some older people and infants need a warmer environment for good health. Families with such members probably should keep the house at least 70 degrees.

**\$** Install insulation behind electrical outlets and switch plates, and add insulation over the attic stairs.

**\$** If you are in the position to choose a new heating system, consider adding an electric heat pump. Heat pumps are energy efficient because instead of using energy to heat and cool air they move existing air to where you want it cooled in summer and heated in winter.

**\$** An often-overlooked measure is vacuuming dusty baseboard heaters. The dust can leech away heat that would be more effective if spread around the room.

**\$** A leaky faucet, small as it may be, is an energy waster. The fix may be as simple as a new washer.

**\$** Storm windows can reduce a heating bill as much as 15 percent each winter. Insulate outside walls, attics, between floors, and around heating ducts and pipes exposed to cold air. A properly insulated house can be half as expensive to heat as a house with poor insulation.

**\$** Serious-minded energy savers who have the expertise to do more difficult jobs might consider digging away the earth from the house at the point where the

**\$** frame and the basement intersect and applying a heavy layer of caulking or some other sealant. That will keep out moisture and allow heating equipment to work more efficiently.

**\$** If you have a fireplace, install an insert that directs heat back into the room instead of up the chimney. That warms your room quickly and wastes less energy.

**\$** There are times when using safe, indoor-approved portable heaters in a remote (but still inhabited) zone of the home can be more efficient than turning up the thermostat until heat reaches the outer regions.



**\$** Finally, check the wiring on your heating system. Have a qualified contractor repair inadequate or faulty wiring. If you haven't had your system checked in a while, consider having an expert do so. Clean or replace furnace filters before the heating season arrives.

Think of it this way: Any time or money you invest in preparing for winter while the weather is still pleasant is a downpayment on weekends spent watching the football games or leisurely reading the newspaper while the winds are howling outside.

—Rural Electric News Service



# Fun-to-eat foods

## CRAZY CUTOUT SANDWICHES

- 1 cup granola-type natural cereal
- 3/4 cup creamy peanut butter
- 1 teaspoon fresh grated orange peel
- 1 orange, peeled, cut in bite-size pieces, drained\*
- 1-2 tablespoons honey
- 12 slices wheat bread\*\*

In medium bowl, combine cereal, peanut butter, orange peel and pieces; add enough honey to make a spreadable consistency. To make cutout sandwiches, use large, fun-shaped cookie cutters to cut shapes from bread slices before making sandwiches. For each sandwich, spread filling between 2 bread cutouts. Place each sandwich in a Sure-Seal sandwich bag. Makes: 2 cups filling.

\*For bite-size orange pieces, cut each peeled orange in half lengthwise and with a shallow "V" shape cut, remove the white center core. Place the halves cut-side down; cut lengthwise and crosswise. \*\*Freeze bread for easier cutting.

## PACK-A-SNACK CAKE

- 1 medium orange, unpeeled
- 1/2 cup margarine or butter, softened
- 1/2 cup creamy peanut butter
- 1 cup packed brown sugar
- 2 eggs
- 1/2 cup milk
- 1 1/2 cups flour
- 1/2 cup cocoa
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 1 cup peanut butter chips

Preheat oven to 350 degrees. Line a 13x9x2-inch pan with heavy duty aluminum foil; set aside. Cut orange into large chunks. In food processor or blender, process orange until pureed (yields about 1/2 cup); set aside. In large bowl, with an electric mixer, cream together margarine, peanut butter and sugar. Add pureed orange, eggs and milk; beat well. Combine flour, cocoa, baking soda and salt; add to creamed mixture. Beat until well blended. Spread batter into foil-lined pan. Sprinkle peanut butter chips in rows on top of batter. Bake 30 to 35 minutes or until toothpick inserted in center comes out clean. Cool in pan on wire rack. Lift foil by ends onto cutting board. Cut cake into squares and pack in sure-seal sandwich bags. Makes: 24 squares.

## PITA PRETZELS

- 2 (5-inch) pita breads, split
- 3 tablespoons margarine or butter, softened
- 2 teaspoons grated Parmesan cheese
- 1 teaspoon garlic spread concentrate
- 1/2 teaspoon oregano leaves

Preheat oven to 350 degrees. Line a cookie sheet with heavy duty aluminum foil; set aside. Combine margarine with Parmesan cheese, garlic spread concentrate and oregano leaves. On a cutting board, spread rough side of each pita round with flavored margarine. Cut each round into eight (1/4-inch wide) strips. Using a pancake turner, transfer strips to foil-lined cookie sheet. Bake 7 to 9 minutes or until pretzels are lightly browned on edges. Cool. Pretzels will become crispier while cooling. Pack in Sure-Seal sandwich bags. Makes: 4 snack-size servings.

## NEPTUNA PITA POCKETS

- 2 cans (6 1/2 oz. each) water packed tuna, drained
- 1 small red apple, cored and chopped
- 1/2 cup light mayonnaise
- Lettuce leaves
- 3 (6-inch) pita breads, cut in half
- 2 oranges, peeled, cut in "half-cartwheel" slices\*

In medium bowl, combine tuna, apple and mayonnaise; set aside. Arrange lettuce, 1/2 cup tuna mixture and orange "half-cartwheel" slices in each pita bread half. Makes 6 sandwiches.

\*For orange "cartwheels," cut a thin slice from both ends of peeled oranges. Then slice the fruit crosswise into the desired thickness. Cut cartwheels in half for half-cartwheel slices.

## CRUNCHY MUNCHY MUFFINS

- 1 1/4 cups whole wheat flour
- 1 teaspoon ground cinnamon
- 1/2 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/4 teaspoon salt
- 2 eggs
- 1/2 cup raisins
- Grated peel and juice of 1 orange (1/3 cup juice)
- 1/3 cup honey
- 1/4 cup vegetable oil
- 1 cup shredded carrots
- 1/2 cup chopped walnuts

Preheat oven to 375 degrees. Place 8 paper or foil bake cups in muffin pan; set aside. In large bowl, combine flour, cinnamon, baking powder, baking soda and salt. In small bowl, beat eggs, orange peel, juice, honey and oil until well blended. Stirring just until dry ingredients are moistened, add egg mixture to flour mixture. Stir in carrots, walnuts and raisins. Spoon batter into bake cups, filling to top. Bake 20 to 25 minutes or until toothpick inserted in center comes out clean. Cool in pan on wire rack. Pack in Sure-Seal sandwich bags. Makes: 8 muffins.

## FUDGE UPSIDE-DOWN CAKE

- 2 cups all-purpose flour
- 1/4 cup unsweetened cocoa powder
- 4 teaspoons baking powder
- 1/2 teaspoon salt
- 1 3/4 cups sugar
- 1 cup walnuts, coarsely chopped
- 1 cup milk, room temperature
- 1/4 cup unsalted butter, melted
- 2 teaspoons vanilla extract
- 1 oz. unsweetened chocolate, melted
- 1 cup sugar
- 1 cup firmly packed dark brown sugar
- 1/2 cup plus 2 tablespoons unsweetened cocoa powder
- 1 3/4 cups hot water
- Vanilla ice cream

For cake: Preheat oven to 325 degrees. Generously butter a 9 1/2 x 13 1/2-inch glass baking dish. Sift flour, cocoa powder, baking powder and salt into large bowl. Mix in sugar and nuts. Whisk milk, butter and vanilla in medium bowl. Add to dry ingredients and beat well. Beat in chocolate. Spoon batter into prepared dish; smooth top. Set aside while preparing sauce. For sauce: Mix both sugars and cocoa in medium bowl. Gradually add hot water and stir until smooth. Gently pour sauce over back of spoon onto cake batter, covering completely. Bake until cake is firm to touch and top is well browned, about 50 minutes. Let cake cool slightly.

## ORANGE SMILES

For easy-to-eat orange "smiles," cut the fruit in half crosswise; then cut 3 or 4 wedges from each half. For traditional wedges, cut the fruit in half lengthwise; then cut each half into wedges.

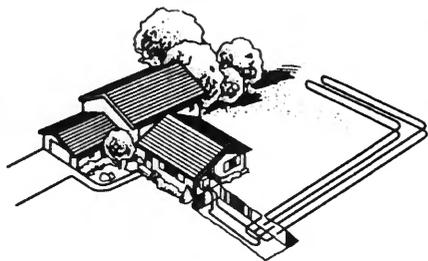
## SANDWICH CUT-OUTS

Start with frozen bread slices. Cut star, heart or airplane shapes with metal (not plastic) cookie cutters. Freeze extra bread cut-outs in Sure-Seal bags to shorten lunch preparation time. Save leftover edges of bread to feed the ducks at a local park or zoo.

## MINI-COOLER

For a "mini-cooler," put one juice carton in a quart-size food storage bag. Fill bag with ice (about 2 cups) and seal bag. Pack the mini-cooler in a lunchbox to chill the juice and keep sandwiches cold.

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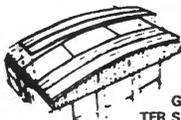
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**(Continued from page 8)**

system to accommodate them. When possible, install lines underground.

Don't overload circuits. If lights dim when you turn on a motor or tool, lighten the load or plug into a less-loaded circuit. Replace blown fuses with the same type and rating.

Install ground-fault circuit interrupters (GFCIs) for areas such as milking parlors and milk houses, farm shops, patio outlets and bathrooms to prevent electric shocks.

Check power cords for signs of wear or damage before use. Be sure extension cords have the capacity to carry the required current without overheating.

Always unplug electrical devices before you repair or service them. Unplug power tools before you change bits, blades or grinding wheels.

Protect light fixtures in buildings or storage areas that contain combustible materials to reduce the risk of fire.

Know what to do if someone suffers a severe electrical shock. Don't touch the victim until you are sure the power has been switched off or the person is no longer in contact with the power source.

## Chemicals

Pesticides can enter the body through many routes, but the most common ways are through the skin and by inhaling. To prevent skin contact and inhalation of pesticides, applicators should wear protective clothing and equipment.

When using diluted pesticides, wear chemical-resistant coveralls or an apron.

When handling concentrates during mixing and

loading, wear a face shield, unlined rubber gloves and boots, and a lightweight rubber apron.

Wash boots and aprons daily with soap and water, and dry them thoroughly inside and out.

Wash all clothing worn while handling pesticides daily, and do not wash them with other clothing.

## Cleanup-fixup

A neat, well-maintained farm will provide fewer safety hazards. While it's not necessary to have a "picture postcard" farmstead, it is a good idea to have things tidied up and well organized.

Have a place for everything and keep everything in its place when it's not being used. Make the best use of available storage space and add more if necessary.

Check all buildings for tripping and fire hazards. Get rid of unnecessary clutter, unused tools, obsolete parts, and trash.

Repair steps and stairs. Fix or install handrails if they're wobbly or missing. Provide ample lighting.

Clear away dry weeds and brush from around buildings to reduce fire hazards.

Repair fences and gates, livestock pens, ladders, and anything else that could enhance safety and efficiency.

Check machinery. Replace damaged or missing shielding, faded safety decals and slow-moving vehicle emblems, and burned-out bulbs.

In short, remember that farming is a hazardous occupation and that you can increase your chances of being safe by taking good care of your equipment and using it safely.

## Stress-related conditions

According to a study by the National Institute for Occupational Safety and Health, farmers and laborers had the highest rates of death due to stress-related conditions. Heart and artery disease, hypertension, ulcers and nervous disorders top the list of killers.

The American farmer has to cope with more stress than an average worker. Droughts, floods, pests, long hours, money problems and other complications can lead to feelings of frustration for farmers and their families.

The National Safety Council offers the following tips to reduce stress and improve mental and physical condition:

- Acknowledging that stress exists in your life is the first line of defense.

- Don't minimize your reactions to stress. If you keep stress buried inside, it's liable to create mental and physical problems.
- Talk out your problems with family, friends, clergy or seek professional counseling. This will help clear your head and focus on eliminating or reducing anxiety and stress-related ailments.
- Eat a well-balanced diet and limit the amount of caffeine and alcohol. If you smoke, quit.
- Get enough sleep. If you have trouble sleeping, try a little light reading or listen to relaxing music.
- Keep all machinery in good condition. Eliminating possible breakdowns will help reduce stressful "bad days."

## Elder Bear



5159: A charming 22" bear for collectors and bear lovers. Bear and clothes pattern and directions included.

ITEMS SUBJECT TO AVAILABILITY

## Back to School



5663: It's a small world. Charming and practical zip-front jumper tops button-front blouse with peter pan collar. Sizes 3 to 10 years are included in pattern.

ITEMS SUBJECT TO AVAILABILITY

## Country Cow



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

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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.

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5694: For town and travel. Ensemble includes: unlined cardigan, cap sleeved top and hip-yoked skirt. Misses' Sizes. State K(8-10-12) or R(14-16-18) when ordering.

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## For Half Sizes

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5667: Easy to wear. Designed especially for comfort and style. In two sleeve lengths, this free-flowing dress can be belted or not. Looks great with or without yoke ruffle. Half Sizes. State A(14 1/2 to 24 1/2 included) when ordering.

5585: Four piece bonanza! Casual coordinates to mix and match: skirt, blouse, culottes and vest. Half Sizes. State A(14 1/2 to 24 1/2 included) when ordering.

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## 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.

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5596: Relaxed attitudes. Bare with the heat in these loose fitting sundresses. Misses' Sizes 16 to 24. State U(16-18-20) or W(20-22-24) when ordering.

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5551: Daytime dressing for KNITS ONLY. Top can be made with or without collar; skirt is elasticized. Misses' Sizes 6 to 16. State HH(6-8-10-12) or NN(10-12-14-16) when ordering.

ITEMS SUBJECT TO AVAILABILITY

## Timeless

5744: Nightwear choices. long, dress length or short with panties. Misses' Sizes. State SM(10-12), MD(14-16) or LG(18-20) when ordering.

5711: Simply essential dresses: pullover, long sleeved chemise and V-neck or button-front, short sleeve chemise. Misses' Sizes 8 to 18 are included.

5697: Easy elegance for weekdays and weekends. Raglan sleeved dress has an elastic waist and long or short flared sleeves. Misses' Sizes. State N(10-12-14) or U(16-18-20) when ordering.

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 Canada HEIGHT: 3'  
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### -Safety Tip of the Month-

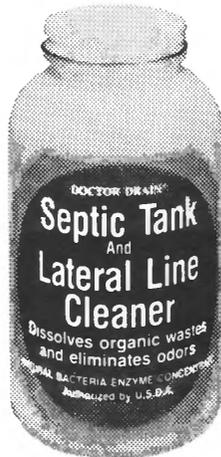
Make a mental note of the clothes your child wears EVERY DAY. Avoid putting your child's name on clothes or books. Children may respond to a stranger who calls them by name.

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The relocated East Nation School building occupies a place on the north side of the Salem Community High School campus. The Marion County Retired Teachers Association led the effort to restore the building and create the memorial to the one-room schools.

# Reclaiming the past

**Retired teachers in Marion County**

**restore life**

**to one-room school**

**S**he taught us how to prepare for life,  
To think fast and stand up tall,  
When these one-room schools were dead, my friends,  
It was a sad, sad day for us all.

Those words make up the final stanza of a poem written by Wayman Presley in 1980. Presley's words reflect the sentiment of a great number of the people who participated in the unique educational experience of the one-room school.

The one-room school is mostly a thing of the past, but a number of retired teachers work hard to make sure it is not forgotten. The Marion County Retired Teachers Association set out in 1977 to reclaim some of the experiences lost when the one-room school disappeared from the nation's school structure. The result of the retired teachers' efforts is the One-Room School Memorial, located on the north edge of the high school campus in Salem. On June 8, 1980, they dedicated the structure, and Presley's poem was written for the dedication.

As a shrinking rural population compelled schools to consolidate, the one-room schools throughout the countryside closed their doors. Teachers who taught in the one-room schools, such as Bertha (formerly See) Roth of Salem, made up a large part of the retired teachers organization in Marion County. They didn't want time to erase the one-room school from history. It was practical, and possible, they figured, to find one of the old school buildings, move it to a central location, restore it to its original condition, and open it to the public. Then everyone, those who remembered the schools and

those who never heard of them, could step back in time.

"We had several school buildings offered to us," Mrs. Roth said. "The building that had been the old East Nation School was the easiest and least expensive to move. There weren't too many left worth moving," she added.

East Nation School was located about four miles south of Salem. It was the result of a division in 1902 of the original Nation School, which was located about five miles southwest of Salem. The new east school district was named East Nation, and the new west school was named Pleasant Grove. (School historians say

people generally referred to it as West Nation School).

"We went into the project blindly," Mrs. Roth said. "It cost \$16,000, but we did eventually come up with the money. I had visions of us retired teachers having chicken noodle dinners every night to pay for it," she added.

The retired teachers did have plenty of chicken noodle dinners, as well as ice cream socials and rummage sales. Many people simply donated cash, too. "It wasn't unusual for people to give us a \$100 bill," Mrs. Roth said.

Even though the East Nation School building was among the best of the old school structures

around, it was not in first-class condition. It had been used as a laundry, among other things, and it had no windows.

"The new windows cost \$75 each," Mrs. Roth said, "so we came up with the idea of a plaque honoring the donors for the windows. We had so many people who wanted to make a donation for the windows that we decided to create a trust fund to ensure the future maintenance of the building." Pointing to several filled



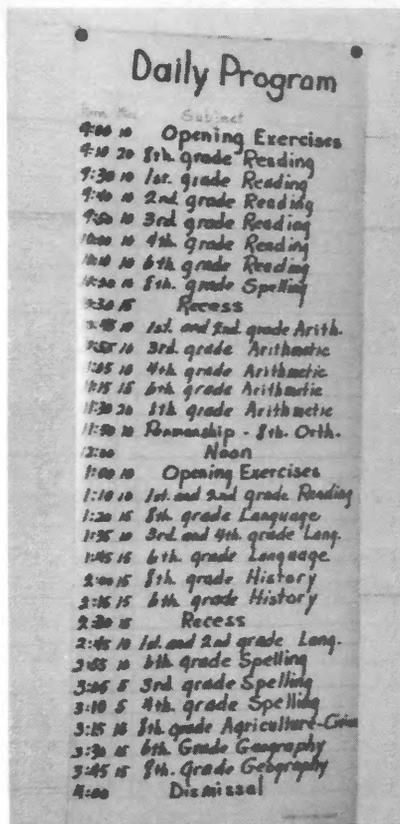
**Bertha Roth shows off the school's bell to Stanley Greathouse of Johnsonville, a director of Wayne-White Counties Electric Cooperative and a former one-room school teacher.**

plaques on the wall, she said the fund's interest is sufficient for the maintenance.

The school is furnished with authentic desks and classroom teaching aids. Mrs. Roth said the Salem Times-Commoner newspaper helped announce the group's need for old oak desks. "Some of the desks people offered were too modern," she said with a smile. Many of the desks have notes attached, indicating what school it came from or the donor's name, or some interesting information about the desk. Presidents Washington, Jefferson and Lincoln look down on the classroom.

The memorial also contains many historical volumes dealing with Marion County education, including a listing all of the one-room school teachers, histories of all the schools, clippings of newspaper reprints of old school photos, and a bookcase of a number of rare school books.

The memorial is located north



The teachers conduct all-day school sessions and follow the posted schedule.

of the square in Salem. A sign along Illinois Highway 37 notes the school building's location near the high school. Mrs. Roth lives only about a block from the school and has a view of the building. She said she keeps watch for visitors who stop and look in the windows.

The official open hours are from 2 till 4 p.m. on Saturdays from April through September. She said it is open at other times by appointment. A highlight for the retired teachers is the school day program they conduct for school children and teachers on field trips. "The students come for an all-day session. They bring a sack lunch, and we take them through a daily program much like the actual school day decades ago," Mrs. Roth said. "This is truly history, and people who come here learn a lot more about it."

For an appointment, you can call Mrs. Roth (618/548-2799) or Lucille Baker (618/548-1429).

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**FOR SALE:** Roomy cottage, two bedrooms, bath, expandable, county water, boat and dock included. Sandy Run Lake Club, Rt. 2, Norris City, IL. Inquire (618)378-3035.

**COOKBOOK:** Over 150 pages of recipes and tips. Send \$10.50 to TELEPHONE PIONEERS OF AMERICA, Chapter 45, 2600 Warrenville Road, Lisle, IL 60532.

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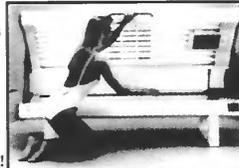
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3. All ads must be in one paragraph form. No centered copy. Maximum of four all-capital words per ad.
4. Cash, check or money order must accompany ad order. No billing or charges. Make checks payable to Illinois Rural Electric News.
5. Please type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

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13	14	15	16	17	18
19	20	21	22	23	24

Additional Words: \_\_\_\_\_ (use separate sheet if needed)

**Mail to: Illinois Marketplace**

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

WHY ARE WE PRACTICALLY "GIVING AWAY"



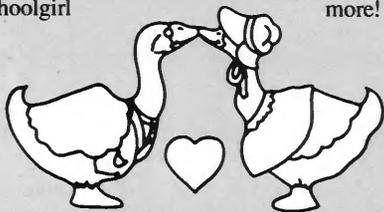
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(By Frank K. Wood)

FC&A, a Peachtree City, Georgia, publisher, announced today that it has released for sale an all-new collection of more than 100 iron-on transfer patterns.

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- "Count-your-blessings" sheep, Noah and the Ark
- Lop-eared bunny, pilot, and politely sitting teddy bear
- Raggedy Ann and Andy
- Rub-a-dub-dub, three men in a tub and "Miss Bubble-bath" bear
- Patchwork pony, a carousel horse
- Kissing geese and baseball bunnies
- Happy pig, smiling kangaroo
- And much, much more!



To order a set, just return this notice with your name and address and a check for \$5.99 plus \$2.00 shipping and handling, and we will send you this exclusive set of "100 Iron-On Transfer Patterns" right away. Or, for only \$9.99 plus \$2.00 shipping and handling, you can get both the special transfer pattern collection and an extra 100 full-size, large, iron-on transfer patterns with a variety of additional pattern ideas!

Send your check along with your name and address to: **FC&A, Dept. AIL-9, 103 Clover Green, Peachtree City, GA 30269.**

You get a no-time-limit guarantee of satisfaction or your money back.

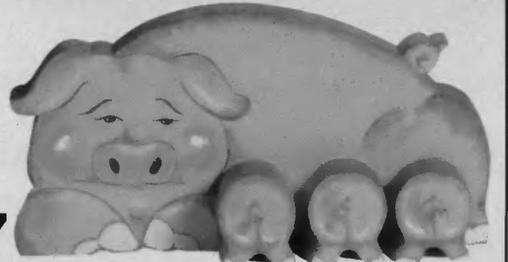
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**IMPORTANT — FREE GIFT OFFER  
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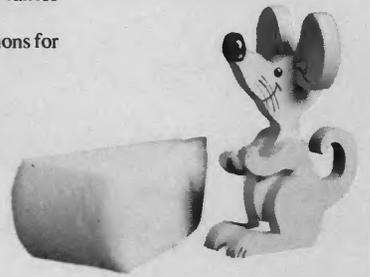
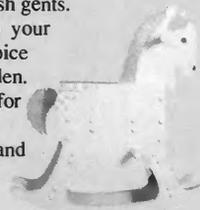
## "347 WOODWORKING PATTERNS FOR ONLY 2¢ EACH?"

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(By Frank K. Wood)

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- Sturdy shelves, shadow boxes, showy plaques.
- Victorian ladies and stylish gents.
- Rack up your spices, spice up your den.
- Holders for candles, napkins and canes.
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- Gaggles of geese, or a goose all alone.
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- Take flights of fancy with fairies and gnomes.
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