

**E J Water**

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**Geothermal**

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# RIEN

Illinois Rural Electric News

October 1993

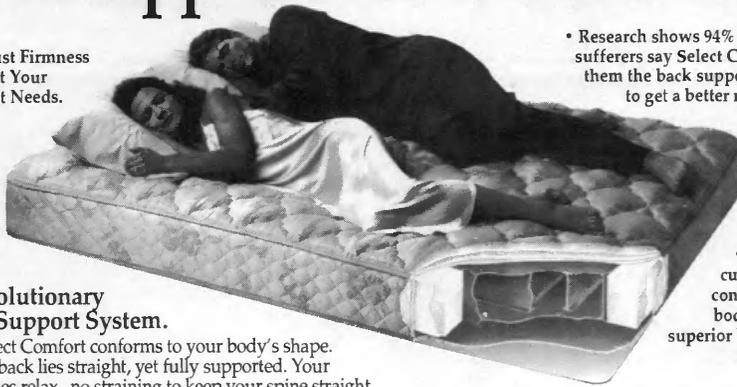


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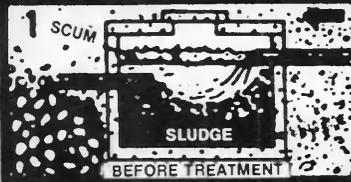
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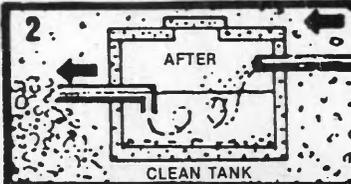
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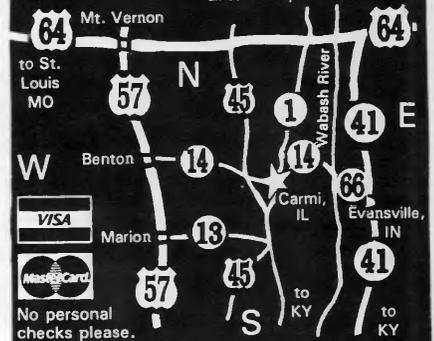
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# A co-op way of life

(October is Co-op Month, and it is a time for rural electric cooperatives and thousands of other cooperatives to reflect on what makes cooperatives a special part of this nation. These comments are by J.C. Roberts, president of the National Rural Electric Cooperative Association, the Washington, D.C., service organization for the nation's 1,000 consumer-owned electric co-ops.)

Among the many things I find rewarding about working with people in the rural electric program is the way we never seem to take for granted the fact that we work for consumer-owned cooperatives.

October is the month designated for acknowledging what cooperatives mean to us. One good way to do that is to pause for a minute and ask, "Why do those of us in the rural electric program care about cooperatives so much?"

One answer is obvious: As a unique kind of corporation owned by its members, a co-op is both similar to and different from other businesses.

A unique aspect of cooperatives that inspires a lot of discussion is the six principles of cooperatives adopted in 1966 by the International Cooperative Alliance: open and voluntary membership, democratic control, limited interest on shares, return of surplus to members, cooperative education and cooperation among cooperatives.

There's a lot of wisdom in those principles, and there's good reason to hold onto them as anchors keeping us from drifting with each fashion. There's also good reason to reexamine them

regularly and deeply, and loudly. Sound principles should have no trouble surviving the most rigorous examination.

But I don't believe the business aspects are the most important reason that co-ops inspire passion. Co-ops meet basic human needs that stir up emotions far deeper than the product or service being provided. "Sad irons" and funerals for kerosene lamps became symbols of what the coming of electricity meant in rural people's lives. Providing electricity was not a technical matter; it was a social, emotional matter that defined people's relations to the world.

In similar ways co-ops meet basic needs in almost every area of modern life. In cities, housing co-ops provide affordable shelter. Parents all over the country join child care co-ops. Credit unions offer financial services to millions of people. Sunkist, Ocean Spray, Land O'Lakes, Farmland and other marketing and supply co-ops help our farmers feed the world. Other familiar co-ops include the Associated Press, Group Health, CARE, Ace Hardware and Florists Transworld Delivery (FTD).

One of the great co-op thinkers, the late Gene Clifford, who worked for the Cooperative League of the USA and for NRECA, said, "The idea that the person who uses the cooperative is the person who owns it — well, I believe that adds dignity to life. People have dignity when they own and control things."

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## REN

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**Cover: Farmers look in many directions to find ways to diversify their operations. Some are taking a good look at ostriches. Ron Rieches of Buckley is one of those pioneers. (See the article beginning on page 18.)**

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# E J Water Corporation up and running

A spray of water on a sweltering August morning symbolized the importance of both a reliable water supply and cooperation as organizers officially opened the E J Water Corporation near Dieterich.

The "Big Splash" ceremony, marking four years of efforts by many local residents and organizations, took place Aug. 27 at the water system's new water tower three miles north of Dieterich. Through cooperation, the organizers are helping alleviate a chronic water shortage that has plagued residents and discouraged economic development.

U.S. Rep. Glenn Poshard (D-Carterville) and State Rep. Charles A. Hartke (D-Teutopolis) were among those on hand as a hydrant was briefly opened, sending up a cool jet. More importantly, the system will be sending safe drinking water to 1,100 users over 100 miles of pipe.

This is the first of two phases planned for the water project. Phase 2 will add 600 customers on 180 miles of pipe. Together, the phases will encompass almost 450 square miles roughly from Effingham to Newton, and from Sigel on the north to the Clay County line bordering the south. The "E J" in the system's name represents Effingham and Jasper counties.

Customers now receiving piped-in water had previously relied on their own wells, which were at the mercy of a season's rainfall. Even in rainy years, many households had to limit the length of showers for family members. During a dry year, water was brought in by truck to replenish wells.

Delbert Mundt of Dieterich, a main force behind the water project and president of the board of Norris Electric Cooperative, credits the Dieterich Community Ruritan Club for launching the work. Club members, meeting to discuss ways to bring new business to the area, realized that the water situation would block their efforts. The first Ruritan-sponsored informational meeting was Feb. 23, 1989, at St. John Luthern Church, Dieterich. A month later came a decisive meeting at St. Joseph Parish Center, Island Grove, when backers committed themselves to developing a water system.

Many other informational meetings followed in the next few months, and a steering committee was formed representing surrounding townships and the Village of Wheeler. Volunteering their time and efforts, the committee members went out to sign up prospective customers. Mundt said they were surprised by the overwhelming reception to the idea.

From the steering committee came a board of directors, with Mundt as its president. Other directors included Earl Meinhart of rural Wheeler, vice



Officials of E J Water Corporation watch as the new system is officially opened at the system's water tower.

president; P.B. Finley of rural Newton, secretary; Victor Lidy of rural Wheeler, treasurer; Michael Brummer of rural Dieterich; Larry Thoele of rural Teutopolis; John Traub of rural Dieterich; Clarence Vahling of rural Jewett; and Daniel Mahaffey of rural Wheeler, who became E J Water Corporation's general manager. Darlene Mammoser is office manager.

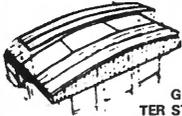
The creation of a water system required many steps. Funding was obtained from the Farmers Home Administration and the Illinois Department of Commerce and Community Affairs.

A reliable source of water was located in the Embarrass River bottom on the Don and Helen Lambird farm, and Dorothy Eberhard allowed a portion of her land to be purchased for a water treatment plant. Alvin and Darlene Mammoser sold a parcel of their land for a water storage tank.

The process led to the bright sunny day of the "Big Splash." Legislators Hartke and Poshard commended the E J group for realizing an important local project through cooperation. To

**(Continued on page 21)**

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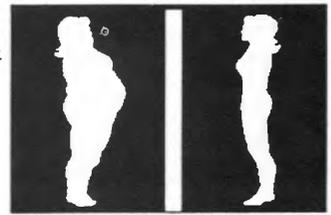
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Homeowner Joe Miles (center) stands with Steve Wisdom (left) and Steve Smith on the front yard of Miles' new Jersey County home. Beneath the surface is the piping field that is the heart of the geothermal heating and cooling system.

# Geothermal

## Field day demonstrates system

While flooding in the area probably kept attendance down, a geothermal field day at the Joe Miles home in Jersey County typified such energy-efficiency demonstrations sponsored regularly by electric cooperatives.

Mark Martin, director of member and public relations for Illinois Rural Electric Co. (IREC), one of the sponsors of the event, said IREC and other sponsors — M.J.M. Electric Cooperative, Carlinville, WaterFurnace of Illinois and Winters Energy, a heating and cooling contracting firm — found the pace steady.

Those who attended were interested.

Several electric cooperatives have sponsored field days in the last few years to demonstrate geothermal heating and cooling installations, and all have roughly the same format: The equipment is installed but not enclosed, and most of the hardware is visible. Since many geothermal installations require a fairly large area for piping, the "field" is usually left visible. Representatives of the cooperative, the installer and the geothermal unit's manufacturer talk to visitors. If possible, the

display is set up at a time when the homeowner is available, too. Displays and brochures are available.

Rick Winters, owner of Winters Energy of Alton, didn't see the size of the crowd as a problem. "We were never swamped by the number of people, but we almost always had someone there to talk to, and they were all interested and had a basic understanding of what a geothermal system was all about."

Winters notes that a couple had driven more than 35 miles, after hearing about it at their



Steve Smith hangs up a WaterFurnace Field Day sign at the Miles home. Looking on is Rick Winters, the heating and cooling contractor who did the geothermal installation.

cooperative's recent annual meeting.

"They'd been using resistance electric baseboard heat that they had installed many years ago," Winters says, "and it was more expensive to operate than they felt they could afford. Instead of keeping warm, they'd gradually kept turning their heating thermostat down lower and lower, and spending each winter chillier and chillier. And they hadn't had central air conditioning — they'd just cooled with window units. They were looking for affordable year-round comfort.

"I showed them the cost figures, and they asked me to submit a proposal for a system for their home. I was able to show them some real savings. And the \$500 rebate that Soyland Power Cooperative just started offering was a big help. That makes the system a lot

more affordable to many people."

Steve Wisdom, special services manager of IREC, also represented IREC, and Randy Myers, member services representative for M.J.M., represented that cooperative. Steve Smith, manager of WaterFurnace of Illinois, and Art Carlo, sales representative for WaterFurnace, also lent a hand. WaterFurnace of Illinois is a subsidiary of Soyland Power Cooperative, which is a power supplier for 21 electric distribution cooperatives in Illinois.

Miles, a Jerseyville carpenter, has built a 1,130-square-foot home, which has a WaterFurnace unit that Winters installed. Miles, his wife, Jane, and their eight-month-old son, Robbie, planned to move into the home in mid-September.

"The enthusiasm was fantastic," says Winters. "One man

drove back home to Jerseyville to bring back his house plans. A young woman had asked me to submit a bid for an installation in a home she was planning. Almost everyone who came expressed a real interest in building a new home with a geothermal system, or retrofitting an existing home. From my standpoint, it was a real positive showing: a great field day."

If anybody knows about the efficiency of geothermal heating and cooling, Winters should. He put a highly efficient heat pump in his home in 1983, and it did a good job.

"It was a good unit," he says, "and it was highly efficient for its time. Nearly two years ago, though, I installed a geothermal system in my home, where I live with my wife and our two children. The difference was like night and day! It wasn't so much

**(Continued on page 15)**



The interior of Walter Hurt's plumbing and heating business in Manchester provides a contrast with his modern thoughts about heating and cooling. Hurt hasn't changed the inside of his store much in 50 years, but he has altered his opinion about heating and cooling systems.

## Nearly 50 years in business

# Walter Hurt says geothermal 'best'

It has been almost 50 years since Walter Hurt opened Hurt's Plumbing and Heating in Manchester (Scott County). During those many years since his 1945 kickoff, he has seen many different heating and cooling systems come and go. He's convinced that the best of them all has finally become available, and he is installing them as fast as he can.

The system he likes best is the geothermal heat pump system, and he says one of the very best available is the unit offered by WaterFurnace of Illinois.

"It's a really good system," Hurt says, "and the rebates offered by local electric cooperatives are a big help in getting prospective buyers over the initial price of the unit."

Hurt notes that installation

affordability is less of a problem than many people believe, because a geothermal unit saves so much in energy costs that it more than pays for itself.

"I like the comfort, too," he says, "although it takes a little getting used to. If you put your hand over the register, the air coming out seems to be cool. But it's warm enough to heat a house. It's just hard to believe.

"I remember," he continues, "when we took out people's old wood and coal heaters and put in gas. They thought those gas units would never take the place of the older ones. Before long, they were tickled with them, because there was no bother with carrying fuel and ashes, and the new systems were cleaner than the old ones."

He notes that some of his geothermal customers have con-

cerns about what they perceive to be cool air from the registers, for a little while. "Once they're used to it," he says, "they say they'd never go back. And it's cleaner and less expensive, too."

While geothermal units produce air that seems cool to some people's touch, it should be kept in mind that it is "cool" only in comparison to the human body. For most people, a home kept at 75 degrees is reasonably comfortable, especially if there are no "surges" in the heat and if the heat is uniform throughout the house.

"You don't have the long 'on and off' spells with a geothermal unit that you have with others," he says, "but the unit runs almost constantly, bringing in a steady flow of warm air, rather than alternating bursts of hot air and then none. It tends to keep the entire house more evenly warm, too."

Ironically, it was a matter of the elder learning from a younger generation, in the case of Hurt and WaterFurnace. Hurt was a gas furnace man from the word go when his grandson, Randy Myers, began working with him. Myers is now member services representative for M.J.M. Electric Cooperative, Carlinville. Together, they installed many a gas furnace.

"About eight years ago," Randy says, "I got involved with WaterFurnace, and after a while I convinced granddad that the geothermal system was the way to go. We've installed about 20 of them since then. I'm convinced it's the only way to go."

"We like WaterFurnace for one important reason," Hurt adds, "and that's because we can get service from them without any trouble. I want people who will go through the unit with me, and I want to know I can get parts for one on short notice. With WaterFurnace, I have that. I think it's the best unit, for the best kind of heating and cooling on the market."

# BRIEFLY

## Electric research group turns 20

**I**t was 1973 and Congress was debating the value of imposing a federal research and development program on the utility industry. Memories of the 1965 Northeast Blackout were still fresh, as were wars in the Middle East that underscored the dangers of the nation's reliance on oil for generating fuel. So industry leaders countered the congressional proposal with one of their own. And they set up their own privately funded collaborative research program, jointly managed by rural electric cooperatives, investor-owned and municipal utilities. That's how the Electric Power Research Institute was born. Today, EPRI is one of the nation's largest and most innovative private research organizations, working with universities, government laboratories and private industry. It is in constant contact with its more than 700 utility members to design a research agenda and deliver advanced technology to meet current and future needs. EPRI partnerships have helped utilities improve efficiency, develop clean energy technologies, promote health and safety, improve environmental protection and contain costs. Another utility research group, the Rural Electric Research (RER) program,

## Electric co-op role expanding

**T**he role of rural electric cooperatives is expanding beyond providing basic electric service and should be strengthened even more, rural electric cooperative spokesman Bob Bergland told Congress. Calling small business "the economic anchor of the rural community," Bergland, head of the Washington, D.C.-based National Rural Electric Cooperative Association, said the government should support co-op efforts to provide or help start businesses that provide water and sewer service, telecommunications, health care and transportation. In a statement submitted to the Senate Small Business Subcommittee on Rural Economy and Family Farming, Bergland described an NRECA project designed to help rural communities find financing and technical help to start new businesses. NRECA sends "resource teams," made up of a dozen experts in development, transportation, health, marketing and financing to a community to make recommendations for development. "Small business is the key to keeping people in rural America," Bergland said. He added that NRECA's program is "bottom-up and builds on the highly successful model of the rural electrification program." He added, "We know economic development is impossible unless local people take the initiative" the way farmers in the 1930s built their own electric utilities after investor-owned companies refused to serve their sparsely populated farm communities.

also turns 20 this year. RER is sponsored by the National Rural Electric Cooperative Association, which represents the nation's 1,000 consumer-owned co-ops in Washington, D.C. RER allows electric co-ops to pool funds for research and to participate with EPRI on its projects.

## Study warns of world farmland loss

**A**s floods cause erosion and water damage along the Mississippi River, the United Nations reports potentially more disastrous losses of farmland around the world. The U.N. Food and Agriculture Organization estimated that 10 percent of Earth's arable land will lose much of its agricultural value in the next 20 years. "It is terrifying to consider what is at stake," said Edouard Saouma, Lebanese director-general of the FAO in a report. The report, issued in the U.S. as the government scrambled to repair the Midwest flood damage, said that globally in the next 20 years, 245 million acres — an area the size of Alaska — will lose most of its agricultural productivity if nothing is done. The villains are overgrazing, deforestation and poor land management leading to water and wind erosion and decreased fertility. The U.S. has lost about one-third of its topsoil to water and wind erosion

since farming began, the report said. Conservation measures, however, have helped bring the situation under control.

## Food supply dwindles

**I**f the world's fish, meat and grain were distributed equally, every person would have less to eat today than four years ago, a new report shows. Pointing to a trend that population growth is outpacing the food available for humans, the report blames record population growth but also reflects a slowdown in decades of increasing food supplies. The main sources of food—farms, ranches and oceans—all appear to be approaching or may have reached their maximum per capita output, according to "Vital Signs 1993: The Trends That Are Shaping Our Future." The annual report, published by the Worldwatch Institute, also has some good news: Child mortality is falling, people are smoking less, bicycles are becoming more popular, wind power is growing and sales of energy-efficient fluorescent lightbulbs are booming.

## Co-ops to refinance high-interest loans

**A**fter a seven-year effort, rural electric cooperatives have won congressional permission to refinance their high-interest government loans. Generation and transmission cooperatives, which

## Co-ops help flooded neighbors

**R**ural flood victims will get some help from supporters of electric cooperatives around the country, thanks to a relief fund formed by co-op associations in Illinois, Missouri and Iowa. The fund, says Wes Ehrecke, manager of the Iowa Association of Electric Co-ops, was started "so that people living in (rural) areas will not be overlooked." All donations to the REC Flood Relief Fund will be sent to relief agencies in hard-hit rural counties in the flooded Midwest, Ehrecke says. Donations have begun to trickle in from all over the country. "People across the country have called us and asked how they can help," Ehrecke says. Property and crop damage from the flood already tops \$10 billion, according to the Associated Press. Missouri heads the list of the 10 hardest-hit states, with \$2.7 billion in damages, followed by Iowa, \$2.4 billion; Illinois \$1.5 billion; South Dakota, \$1.2 billion; Minnesota, \$718 million; Wisconsin, \$583 million; North Dakota, \$406 million; Kansas, \$350 million; Nebraska, \$338 million; and Kentucky, \$15 million. Forty-five flood-related deaths also have been reported. Donations to the REC Flood Relief Fund should be sent to Wes Ehrecke, Iowa Association of Electric Cooperatives, 8525 Douglas Ave., Suite 48, Urbandale, Iowa 50322. Checks should be made out to "REC Flood Relief Fund."

borrow money from the U.S. Treasury, have not been allowed to take advantage of today's low interest rates by refinancing high-interest loans with lower interest rates. Like a homeowner with a high-interest mortgage, these large co-ops would save significantly by paying off their existing loans with new, low-interest notes. Under the plan, which was approved by the

House and Senate, generation co-ops will pay a penalty for settling their loans early, but then will be allowed to get short-term loans bearing lower interest rates through the government. Nearly \$16.7 billion of co-op debt is eligible for refinancing under the plan. If it all is refinanced, the co-ops will save more than \$400 million a year. Bob Bryant, a spokesman for the

co-ops, called the plan "fair for both rural electric consumers and taxpayers."

## Rural lending program unveiled

**P**resident Clinton unveiled a plan to dedicate millions in "seed capital" to revitalizing poor inner-city neighborhoods and rural areas. The plan is hoped to encourage \$2 billion in new lending in those areas. A nine-member board of presidential appointees would dole out grant money to highly specialized community development banks, credit unions and loan funds. Most conventional banks would not be eligible to participate. The President gave regulatory agencies until January 1 to come up with a system that increases lending in distressed communities. Community development lenders make loans for housing and small businesses in poor areas.

## 'Best of Cable'

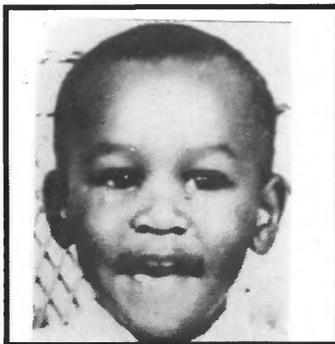
**R**ural television viewers who subscribe to a new service offered by the Natural Rural Telecommunications Cooperative (NRTC) will get the "Best of Cable" next spring—20 popular channels, including the Disney Channel and CNN. NRTC, the parent of Rural TV, has brought affordable television to rural viewers who own or rent satellite dishes. The new package will be offered as part of a new DBS (Direct Broadcast Satellite) service.

## MISSING



**DANIEL DAVE HOHENSTEIN**

LAST SEEN: 12/01/92 EYES: Blue  
 FROM: Paradise Pines, CA HEIGHT: 3'8"  
 DOB: 10/03/86 WEIGHT: 41  
 WHITE MALE HAIR: Lt. Brown



**CURTIS McCOY**

LAST SEEN: 11/18/89 EYES: Brown  
 FROM: Newark, NJ HEIGHT: 1'8"  
 DOB: 10/06/87 WEIGHT: 25  
 BLACK MALE HAIR: Black

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-

Check your child's route to and from school. Call attention to any dangerous spots, such as vacant lots, alleyways, etc. Advise them what to do if a strange person follows or approaches them.

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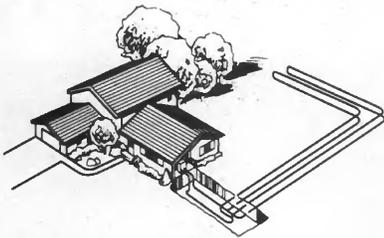
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# Heating Efficiency at its Best

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A geothermal system consists of a buried piping system called a "loop." These loops are laid in the ground several different ways, either horizontally across the property or vertically drilled into the earth. The loops are then connected inside the home to a geothermal unit housing the heat exchanger, compressor and fan. It provides heating, cooling and hot water.

## How a geothermal system heats your home.

In winter, water circulating through a "loop" of underground pipe absorbs heat from the warmer earth and carries it to the geothermal unit where it is extracted, compressed to a higher temperature and distributed throughout your home.

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# HOWL-OWEEN PUMPKIN BASH

## PUMPKIN PATCH COOKIE POPS

### Cookie Dough:

- 2 1/2 cups all-purpose flour
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 1 teaspoon ground cinnamon
- 1 teaspoon ground nutmeg
- 1/2 cup margarine or butter, softened
- 3/4 cup maple syrup

### Colored Glazes:

- 2 cups sifted powdered sugar
- 2 to 3 tablespoons water

### Chocolate Glaze:

- 1 cup semi-sweet chocolate morsels

### Garnish:

- Black string licorice pieces, gum drops, or candy corn

- 1 egg, light'y beaten
- 1 teaspoon vanilla extract
- 1 cup solid pack pumpkin
- 1 cup chopped walnuts or pecans
- Wooden ice cream sticks
- Candied green cherries, sliced

Food coloring, desired

- 1 tablespoon margarine or butter

For Cookie Dough: In medium bowl, combine flour, baking powder, baking soda, cinnamon and nutmeg; set aside. In large mixer bowl, cream margarine and syrup for 1 minute. Beat in egg, vanilla and pumpkin until well blended. Add dry ingredients to pumpkin mixture; mix well. Stir in walnuts. Drop heaping tablespoons of dough 2 inches apart onto greased cookie sheets. With spatula or back of spoon, flatten dough slightly. Insert a stick into side of each unbaked cookie; place a cherry slice at top of each for pumpkin stem. Bake in 350 degrees oven for 13 to 16 minutes or until cookies spring back when lightly touched. Remove from cookie sheets; cool on wire rack. Frost and decorate, as desired.

Colored Glaze: In small bowl, combine powdered sugar and enough water to make a glaze consistency; add coloring, as desired.

Chocolate Glaze: In small saucepan, melt chocolate morsels and margarine over low heat, stirring constantly. Cool slightly. Pipe onto frosted cookies.

## CARAMEL-PUMPKIN FLAN

### Caramel Topping:

- 3/4 cup granulated sugar

### Custard:

- 1 cup solid pack pumpkin
- 6 eggs, lightly beaten
- 2 cups milk or half and half
- 1/4 cup granulated sugar
- 2 tablespoons vanilla extract
- 1/2 teaspoon salt
- 1/3 cup orange juice
- Black string licorice (optional)

For Caramel Topping: Preheat oven to 325 degrees. Place 10-inch quiche dish or glass pie plate in oven to preheat. In large heavy skillet, stir 3/4 cup sugar over medium heat until melted and golden brown. With potholders, remove quiche dish from oven; pour melted sugar into dish. Working quickly, swirl melted sugar around bottom and sides of dish to coat; set aside.

For Custard: In medium saucepan, combine pumpkin and milk; well with whisk. Cook over medium heat until warm, stirring constantly; set aside. In large bowl, whisk eggs, 1/4 cup sugar, vanilla and salt; mix well. Gradually stir in warm milk mixture and orange juice. Pour into prepared baking dish. (Dish will be very full.) Set dish into larger pan; place on oven rack. Pour boiling water into large pan 1/2-inch deep. Bake 45 to 50 minutes or until knife inserted near center comes out clean. Remove from hot water; refrigerate 4 hours or overnight. To serve, run small spatula around edge of dish. Invert rimmed serving plate over dish; turn over and shake gently to release. (Caramelized sugar forms sauce.) Garnish with spider "web" cut from licorice, if desired. Cut into wedges to serve.

## PUMPKIN-BARN DOUGHNUTS

- 2 3/4 cups all-purpose flour
- 2 teaspoons baking powder
- 1 teaspoon pumpkin pie spice
- 1/2 teaspoon salt
- 2 tablespoons shortening
- 3/3 cup granulated sugar
- 2 eggs
- 1 cup canned Pumpkin
- 1 cup shredded bran cereal
- Vegetable oil for deep-frying
- Cinnamon-sugar or sifted powdered sugar (optional)

In medium bowl, combine flour, baking powder, pumpkin pie spice and salt; set aside. In large mixer bowl, cream shortening and sugar on medium speed. Add eggs, one at a time mixing well

after each addition. Add pumpkin and cereal; mix well. Let mixture stand 2 minutes. Stir in dry ingredients, half at a time (mixture will be very stiff; knead with hands, if necessary.) Cover; chill 1 hour or overnight. On lightly floured surface, roll half of dough at a time to 1/2-inch thickness. Cut with 2 1/2-inch doughnut cutter. In large pan or deep fryer, heat 2 inches oil to 375 degrees. Fry doughnuts and holes, a few at a time, until deep golden brown and cooked through, about 1/2 minute on each side. Drain well on paper towels. Dip cooled doughnuts into cinnamon-sugar or roll in powdered sugar just before serving, if desired.

### PUMPKIN CARROT GHOST CAKE

#### Cake:

- |                                  |                              |
|----------------------------------|------------------------------|
| 1 pkg. (18 ozs.) carrot cake mix | 1 cup canned pumpkin         |
| 1/3 cup water                    | 3 eggs                       |
| 3 tablespoons vegetable oil      | 1 teaspoon pumpkin pie spice |

#### Cream Cheese Frosting:

- |   |                                 |
|---|---------------------------------|
| 2 pkgs. (3 ozs. ea.) cream cheese, softened | 1 1/2 teaspoons vanilla extract |
| 2 tablespoons margarine or butter, softened | 4 cups powdered sugar           |

#### Garnish:

- Black string licorice, licorice jelly beans and Halloween candy corn (optional)

For Cake: In large mixer bowl, blend cake mix, water, oil, pumpkin, eggs, and pumpkin pie spice until moistened. Beat on medium speed for 2 minutes. Divide batter evenly between two greased and floured 8 or 9-inch round cake pans. Bake in preheated 350 degrees oven for 30 to 35 minutes, or until cake springs back when lightly touched. Cool in pans 10 minutes; remove and cool completely on wire racks. Frost with Cream Cheese Frosting.

To Garnish: Form licorice strings into ghost shapes; press into sides of frosted cake. Use licorice jelly beans for eyes. Arrange candy corn between ghosts on sides and around edge of frosted cake, if desired. Cut into wedges to serve.

Cream Cheese Frosting: In small mixer bowl or in food processor bowl fitted with steel blade, mix cream cheese with margarine and vanilla until light and fluffy. Gradually blend in powdered sugar. Spread between layers and on top and sides of cake.

### CRUMBLE-TOP PUMPKIN MUFFINS

- |                              |   |
|------------------------------|---|
| 4 cups buttermilk baking mix | 1 cup raisins (optional)                |
| 2/3 cup wheat germ           | 3 1/4 cups (30 oz. can) pumpkin pie mix |
| 2/3 cup granulated sugar     | 2 eggs                                  |
| 1 teaspoon ground cinnamon   | Streusel Topping (recipe follows)       |

In large bowl, combine baking mix, wheat germ, sugar, cinnamon and raisins, if desired; set aside. In medium bowl, using a fork, combine pumpkin pie mix and eggs. Add liquid ingredients to dry ingredients; stir until moistened. Spoon batter into 24 greased or paperlined muffin cups. Sprinkle Streusel Topping over batter. Bake in preheated 400 degrees oven for 14 to 16 minutes or until wooden pick inserted in center comes out clean. Cool 5 minutes. Remove from pan; cool on wire rack.

Streusel Topping: In small bowl, combine 3 tablespoons all-purpose flour, 3 tablespoons granulated sugar and 3/4 teaspoon ground cinnamon. Using pastry blender or 2 knives, cut in 2 tablespoons margarine or butter until mixture is crumbly.

### BLACK-EYED PEAS CORN BREAD

- |                          |  |
|--------------------------|--|
| 1 lb. bulk pork sausage  | 1 cup buttermilk                             |
| 1 onion, chopped         | 1/2 cup vegetable oil                        |
| 1 cup white corn meal    | 1 (4-oz.) can chopped green chilies, drained |
| 1/2 cup flour            | 3/4 cup cream style corn                     |
| 1 teaspoon salt          | 2 cups grated cheddar cheese                 |
| 1/2 teaspoon baking soda | 1 (15-oz.) can black-eyed peas, drained      |
| 2 eggs, slightly beaten  |  |

Preheat oven to 350 degrees. Grease a 13x9x2-inch pan. Cook sausage and onions in large skillet until sausage is browned. Drain and set aside. Combine corn meal, flour, salt and soda in a large bowl. In another bowl beat eggs, buttermilk and oil together. Combine with dry ingredients using a few quick strokes (batter does not need to be blended until smooth). Add sausage and onion, chilies, corn, cheese and black-eyed peas. Pour into prepared pan and bake for 50 to 55 minutes or until knife inserted in center comes out clean. Makes 8 to 12 servings.

### APPLE CRUMB PIE

- |                     |                     |
|---------------------|---------------------|
| 4 large tart apples | 1 recipe pastry     |
| 1/2 cup sugar       | 1 teaspoon cinnamon |
| 1/2 cup butter      | 3/4 cup flour       |

Prepare apple, cut in eights and arrange in 9-inch pastry lined pie plate. Mix sugar with cinnamon and sprinkle over apples. Sift 1/2 cup sugar with flour; cut in butter until crumbly; sprinkle over apples. Bake in 400 degrees oven 40 to 50 minutes.

### EASY CHICKEN POT PIE

- |                               |                          |
|-------------------------------|--------------------------|
| 1 boiled chicken, boned       | 1 can cream celery soup  |
| 1 16 oz. can Veg-All, drained | 1 cup flour              |
| 2 hard boiled eggs sliced     | 1 cup milk               |
| 1 1/4 cup chicken broth       | 2 teaspoon baking powder |
| Stick butter                  | 1 teaspoon salt          |

In oblong (14 1/2 x 8 1/4 x 2) pan lay in order. Chicken, Veg-all and eggs. In saucepan heat broth, butter and soup. Pour over layers. Mix well flour, milk, baking powder and salt, pour evenly over ingredients in pan. Bake at 425 degrees for 30 minutes or until golden brown.

### SAND TARTS

- |                              |                        |
|------------------------------|------------------------|
| 1 cup butter                 | 2 teaspoons vanilla    |
| 5 tablespoons powdered sugar | 1 1/2 cup chopped nuts |
| 2 cups flour                 |                        |

Cream butter and sugar. Work flour, vanilla and nuts into mixture. Form into small balls or crescents. Bake on ungreased sheet at 350 degrees for 30 minutes or until lightly browned. Roll in powdered sugar while warm.

### VEGETABLE GARDEN DIP

- |                                   |                                       |
|-----------------------------------|---------------------------------------|
| 1 cup low-fat cottage cheese      | 2 teaspoons finely grated onion       |
| 2 teaspoons lemon juice           | 1 teaspoon finely grated green pepper |
| 4 tablespoons skim or lowfat milk | 1/8 teaspoon garlic powder            |
| 1 tablespoon finely grated carrot |                                       |

Combine cottage cheese and lemon juice in blender. Blend until creamy. Add milk a tablespoon at a time to desired consistency. Place mixture in bowl and add remaining ingredients. Cover and chill. Serve with raw vegetables.

### MEXICAN CORN BREAD

- |                          |                             |
|--------------------------|-----------------------------|
| 1 cup corn meal          | 1/2 cup bacon drippings     |
| 1 teaspoon baking powder | 1 (#2) can cream style corn |
| 1/2 teaspoon soda        | 2 tablespoons flour         |
| 1/2 teaspoon salt        | 3 hot peppers cut fine      |
| 1 cup sweet milk         | 1/2 cup grated sharp cheese |
| 2 eggs                   |                             |

Mix all ingredients except cheese and peppers. Pour half mixture into hot greased skillet. Sprinkle with cheese and peppers. Use rest of batter. Bake at 400 degrees for 40 minutes or until done.

### SPAGHETTI DELIGHT

- |                                |                               |
|--------------------------------|-------------------------------|
| 1 8 oz. pkg. spaghetti         | 3 large cloves garlic         |
| 1 lb. fresh tomatoes           | 1 tablespoon olive oil        |
| 5-6 large sprigs fresh parsley | 1 tablespoon red wine vinegar |
| 6-7 large sprigs fresh basil   |                               |

Cook spaghetti according to package directions, omitting salt. While it is cooking, dice tomatoes. Place tomatoes in large serving bowl. Finely chop parsley and basil. Crush garlic. Add parsley, basil and garlic to tomatoes. Add oil and vinegar. Drain cooked spaghetti and toss with tomato mixture. Serve immediately.

### FILLED BELL PEPPERS

- |                           |                            |
|---------------------------|----------------------------|
| 6 bell peppers            | 6 slices cheese            |
| 1 1/2 cups rice, uncooked | 6 slices bacon             |
| 1 lb. lean ground meat    | Salt to taste (optional)   |
| 2 8-oz. cans tomato sauce | Pepper to taste (optional) |

Cut bell peppers into halves, clearing away seeds and stems. Wash. Place the 12 halves in a 9 by 12-inch olive oil-coated baking pan and put in oven at 200 degrees while you prepare other ingredients. Cook rice in separate pot. As rice cooks, brown ground meat in large heavy pot or skillet. Drain grease from meat; add tomato sauce, cooked rice and salt and pepper if desired. Let simmer while you prepare cheese and bacon by cutting into halves. Fill bell peppers with meat mixture, permitting excess to fall between peppers. Cover with aluminum foil and return to oven at 350 degrees for 20 minutes. In large frying pan or microwave oven, partially cook bacon; drain on paper towels. Remove peppers from oven, discarding aluminum foil. Top peppers with 1/2 cheese slices, adding bacon strips on top of cheese. Place in oven at low broil, watching carefully to avoid burning. When bacon is cooked the way you like bacon, your're finish. Makes 6 large servings.

### CHICKEN A LA CRESCENT

- |                                   |   |
|-----------------------------------|---|
| 1/3 cup crushed herb stuffing mix | 2 teaspoons lemon pepper                  |
| 1/4 cup chopped pecans            | 1 cup chopped cooked chicken              |
| 1 pkg. (3 oz.) cream cheese       | 1/3 cup (2 oz.) drained chopped mushrooms |
| 1 1/2 teaspoons chives            | 1 can (8 oz.) crescent rolls              |
| 2 tablespoons butter, softened    | 1/4 cup melted butter                     |

Combine crushed croutons (stuffing mix) and nuts and set aside. Combine cheese, butter, chives and lemon pepper—mix well. Stir in chicken and mushrooms. Set aside. Separate rolls into 8 triangles. Spread each with 1/4 cup chicken mixture. Roll up, starting at the short side of the triangle. Roll to opposite point. Tuck sides and point under and seal completely. Dip in melted butter then crumb mixture. Place on ungreased cookie sheet and bake at 375 degrees for 20 minutes.

### SPINACH BITES

- |  |  |
|--|--|
| 1 cup sour cream   | 1/2 of a 3 oz. jar real bacon bits                   |
| 1 cup mayonnaise   | 1 1 oz. package dry ranch dressing mix               |
| 6 green onions, finely chopped                               | 8 flour tortillas (one large pkg.), room temperature |
| 2 10 oz. packages frozen chopped spinach, thawed and drained |  |

Mix together sour cream, mayonnaise and onions. Squeeze water out of chopped spinach. Add spinach to sour cream mixture. Add bacon bits and ranch dressing to mixture. Put two tablespoons of mixture in center of tortilla, spread evenly over tortilla, then roll the tortilla into a medium-tight roll. Repeat with rest of mixture and tortillas. Refrigerate 1 hour, then cut filled tortillas into 1 inch slices. Makes about 48 pieces.

### FAVORITE CHICKEN BREAST

- |   |                         |
|---|-------------------------|
| 2 1/2 cups pineapple juice                          | 4 chicken breast halves |
| 2 pkgs. (original) Hidden Valley salad dressing mix | 2 teaspoons cornstarch  |
|   | 2 tablespoons water     |

Whisk juice and dressing mix together. Marinate breasts in 1/2 juice mixture for 2 to 24 hours. Bake at 350 degrees for 45-50 minutes. Combine cornstarch, water and remaining juice mixture in saucepan. Heat to thicken. Brush chicken with sauce. Serves 4.

**(Continued from page 7)**

that the efficiency was so much better, although that was the case. What I really enjoyed was the comfort. There are no hot spots or chilly places, and the house doesn't get hot and then cool down. It's a nice, steady warmth.

"In fact," he says, "I don't emphasize the efficiency and economy as much as I talk about the comfort. That's what I really like about the system."

A geothermal system is built around a heat pump, but with a major difference. The heat pump is connected to a pipe grid buried in the earth, to transfer heat into or out of the home.

The idea behind the geothermal system is to use the warmth stored in the ground to "even out" the temperature the heat pump has to deal with.

Since the temperature of the earth is about 55-60 degrees all year long, both heating and cooling are easier with the geothermal unit. A relatively warm 55-degree solution is pumped through the system during the winter, and the heat is concentrated in the unit and blown into the house. During the summer, heat is pumped out of the house and into the system. The piping is filled with a solution of water and antifreeze, which is sealed in a carefully built pipe loop.

The Miles home has some 600 feet of piping in 300 feet of trenches. There are sometimes other options, such as wells, a large pond, or a vertical piping loop. All work about equally well.

There are several different brands of geothermal units on the market. WaterFurnace is

one of several brand names for the heating and cooling units that are attached to the "loop." "System:GT" is a name adopted by Soyland Power Cooperative for qualifying geothermal systems. Consumer-members of Soyland member systems are eligible for rebates for installation of units that are System:GT qualified. In addition, rebates for geothermal systems are also available to consumer-members of member systems of Southern Illinois Power Co-operative.

Many Illinois electric cooperatives conduct geothermal field days. They provide a good opportunity to learn about how this can reduce your space heating and cooling and water heating costs, as well as maximize comfort. For additional information, contact your electric cooperative.



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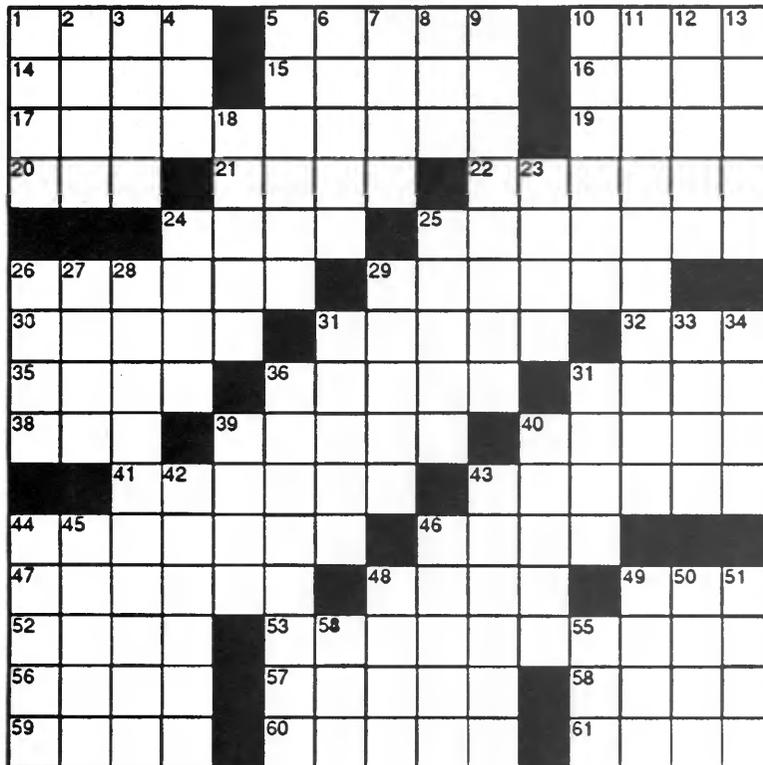
Rural Electric News Service

# CROSSWIRES

By Eric Albert

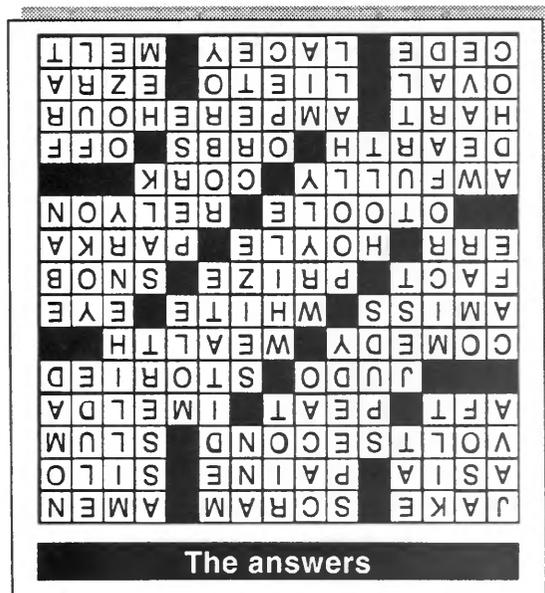
## ACROSS

1. Astronaut Garn
5. "Beat it!"
10. Prayer ending
14. Largest continent
15. Revolutionary War writer
16. Missile holder
17. Unit of magnetic flux
19. Dilapidated part of town
20. Toward a ship's stern
21. Fuel from a bog
22. Mrs. Marcos
24. Martial art
25. Famous in history
26. Funny show
29. Riches
30. Wrong
31. Letter-turner Vanna
32. Watch carefully
35. Bit of truth
36. Hold dear
37. Snooty one
38. Make a mistake
39. Card-game authority
40. Hooded jacket
41. Peter of Hollywood
43. Look to for aid
44. In a terrible manner
46. Wine-bottle stopper
47. Scarcity
48. Spherical objects
49. Light-switch position
52. Male deer
53. Unit of quantity
56. Famed office shape
57. Deceive
58. Poet Pound
59. Give up one's rights
60. *Cagney* and \_\_\_\_\_
61. Go from solid to liquid



## DOWN

1. Indonesian island
2. Since
3. Scottish skirt
4. Consume
5. Very fast
6. Chocolate source
7. Funny fellow
8. Adviser Landers
9. Think deep thoughts
10. State strongly
11. Unit of inductance
12. Get away from
13. Wanderer
18. Potatoes
23. Burrowing creature
24. Joke
25. Take by force
26. Out-of-doors eatery
27. Actor Sharif
28. Unit of capacitance
29. During
31. With irony
33. Artist Ono
34. Israel's Abba
36. Shark's hangout
37. Vaccine creator Jonas
39. Author of *How Children Fail*
40. Intrinsically
42. Michaelangelo, for one
43. Whiskey cocktail
44. Kind of committee
45. Use a loom
46. Mediterranean island
48. Oil cartel: abbr.
49. Soft slime
50. Roll up tightly
51. "Greek" group
54. Farrow of film
55. Garment border





# Ostriches

## Farmers diversify with big birds

All over the country, farmers have diversified into various activities, ranging from growing bird seed, to making arts and crafts items for sale at area shows, to producing and raising unusual crops and livestock.

Ron and Sharon Rieches of Buckley and Dwain McFarland of rural Thompsonville have added a new element to their operations, too: ostriches. The Riecheses are members of

Eastern Illini Electric Cooperative, Paxton, while McFarland is a member of Southeastern Illinois Electric Cooperative, Eldorado. The McFarland farm is also home to some emus and rheas.

Like most farmers, they were looking for a way to increase their profits. "We were looking for something we hadn't been able to achieve in 25 years of crop and livestock farming," Ron says, "and that was a fair

return on our investment." Both found that the birds add a little zest to life, too. Rieches says, "One of the things I like about the ostrich business is that the birds, while not particularly bright, are a joy to work with. They've put some of the fun back into agriculture. I like that."

McFarland, who farms with his sons Jeremy and Jason, agrees, noting that the birds



**Left:** Ron and Sharon Rieches stand among some of their ostrich flock. **Above:** Dwain McFarland reaches out to one of the birds on his farm.

have added some "interest" to farming. His operation consists of raising newborn ostriches to the age of about three months. "That's the hardest part," Dwain says, "and I'm raising them for Southwind Farms, in Indiana. At present, none of the birds actually belong to me."

He notes that his is one of several "satellite" farms Southwind uses to spread the risk around, since raising expensive young ostriches is a chancy proposition.

"A guaranteed fertilized egg costs a lot of money, and so do newborn birds," he says, "so it's understandable that they'd want to be careful. You have to keep an eye on the chicks all the time,

and make sure they're kept fairly warm and dry. They're a lot like baby chicks, but much more valuable."

While birds and fertilized eggs are very salable, Dwain says there is a market for other things, too: for example, blown-out eggshells and feathers. "Most of the feathers are cleaned up, maybe dyed, and end up in Las Vegas or Reno, as part of a showgirl's costume," he explains. "Ostrich skin makes a good leather, and there's a market for that, too."

Both growers emphasize that there's an even more practical reason for growing ostriches. "The whole industry is gearing up to produce ostriches for sale as meat," McFarland says, "because it's low in fat and cholesterol and tastes good. And it's a red meat, not like you get from poultry. I've tried it, and it tastes like beef. It was really good."

At present, however, meat is in short supply since the birds are so expensive. "There aren't many people selling them yet, but there will be a lot of meat on the market when there is a good

flock built up. And that day is coming," McFarland adds.

A day-old chick will be about the size of a full-grown bantam chicken and will weigh from three to three-and-a-half pounds. As they get bigger, they develop an interesting trait — they make a strange "huffing" noise. "All our birds are African black ostriches, and their sound imitates that of a lion, to scare off predators. Even so, they have a defense of their own. They have a kick that just won't quit, and unlike horses, they kick forward. They'll give you warning, and most won't kick unless they're provoked, but when they do, they can really hurt you. We've got some half-inch chipboard panels that they've kicked holes in," McFarland says.

The African blacks he raises, he notes, are smaller and less aggressive than some of the other breeds, and are easier to handle. They'll reach a height of about eight feet to the top of the head, and may weigh as much as 350 to 400 pounds.

The Riecheses also note that the potential for danger exists, especially for those who don't



A pair of breeding ostriches will produce about 45 offspring from the 50 to 60 eggs per year.

treat the birds with some respect. "After all," Sharon says, "when you get an animal that big, and with a mind of its own, you have to be careful with them. For that matter, you should be careful around any kind of livestock, and the bigger it is, the more careful you need to be."

Some of Ron's literature indicates that each bird's feed costs should be covered by the revenue from the sale of the two pounds of feathers a bird produces each year.

The beaks are used in the jewelry trade, the eyelashes are used to make paint brushes, and the claws are popular as novelties.

Rieches says ostriches have advantages over cattle: They reproduce much faster, take less land, use less feed, have a higher feed-to-fat ratio and are easier to care for.

"A breeding pair requires about one-third to one-half acre of land," he says, "and will produce an average of 45 offspring a year from the 50 to 60 eggs they produce. The eggs that don't produce ostrich chicks are still worth money. Anyway, those 45 offspring will give you about 5,400 pounds of meat and

630 square feet of hide. In the same time frame, a cow will give you a calf, or maybe two. They'll each produce about 500 pounds of meat, and a 60-square-foot hide. While cattle have a reproductive life of from 10 to 12 years, ostriches can breed 45 to 50 years."

About four pounds of feed a day will take care of them, and several feed producers already have complete ostrich ration pellets on the market.

"Existing buildings can be used for shelter," Ron says. "I provide a couple of shelters for mine, but they seldom go in them. When it's really cold, they just lay down and cover their legs with their wings, and they do well. It's kind of surprising, since they're from the tropics, but they thrive here. I don't really need to fence them to keep them in, as much as to protect them from predators."

McFarland says it's going to be a while before you see packages of ostrich meat in the meat case at your local supermarket, because there aren't nearly enough ostriches around to even make a tiny dent in the marketplace.

"In order to supply just one percent of the hide and meat

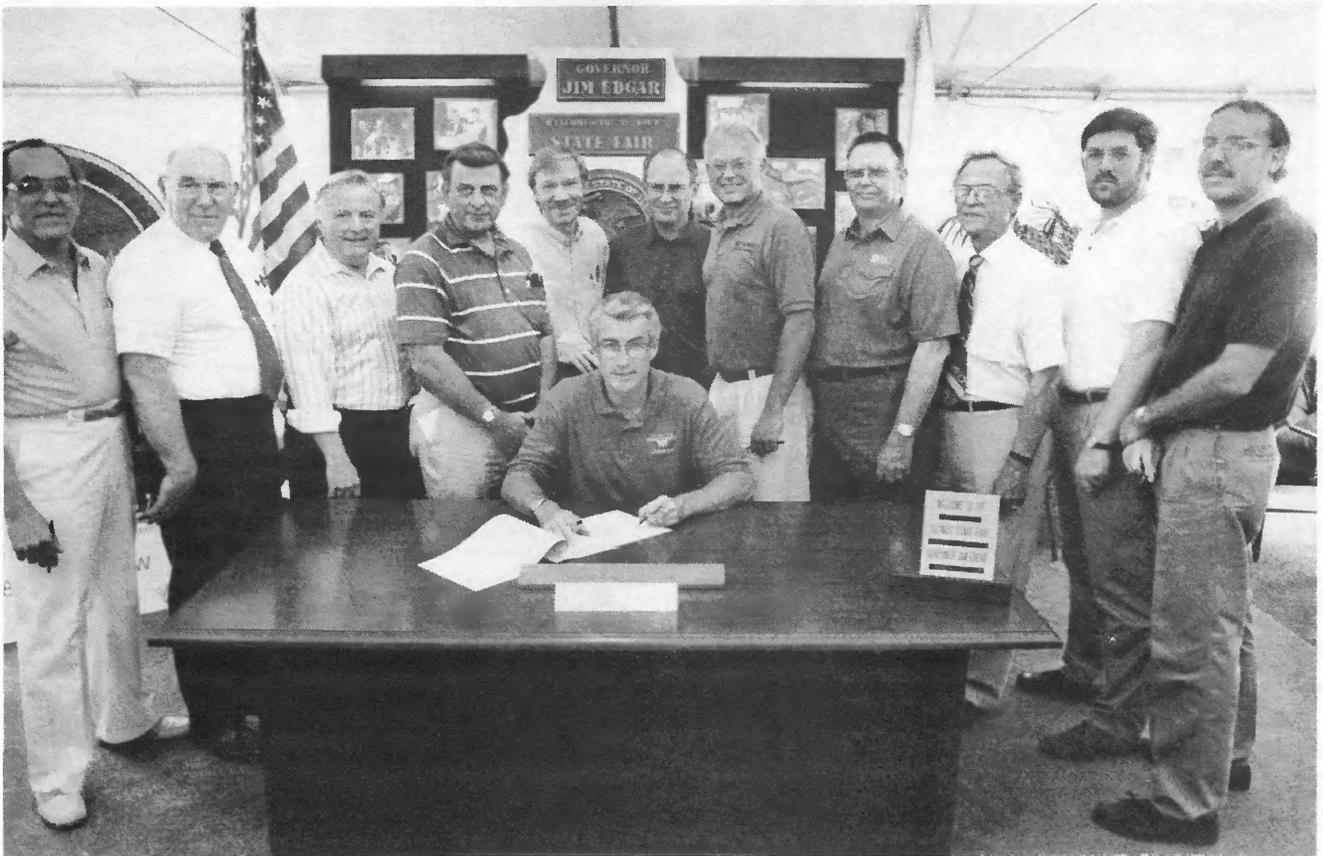
market, the industry needs to come up with 250,000 breeding pairs," he adds, "and there are only 15-18,000 birds in the entire country. When you realize that only 1,800 of them are breeding pairs, you can see that there's going to be a lot of growth in the market for some time. I see this as a great opportunity for American agriculture to diversify."

Rieches notes that there are several ways to get into the ostrich business, depending on how much money you're willing to risk, how much effort you want to put in, and so on.

"You can buy fertilized eggs and incubate them," he says, "or you can buy young chicks and raise them for breeding or sale. You can raise ostriches for others, or you can buy ostriches in virtually any stage of maturity and sell them when it's best for you. Or you can board ostriches for others. I own some, have an ownership interest in others, and board some, too. There are several ways to spread the risk and several ways to make money. It sure beats row cropping in that respect."

"They'll lay an egg nearly as big as a football," Dwain says, "and they're edible, too. As much as they're worth, you'd be crazy to eat a good one, but I had an unfertilized egg that had cracked, so it wasn't any good for anything else. I invited a bunch of friends and relatives over and made an omelette. We couldn't eat it all. They say one egg is equivalent to about three dozen chicken eggs, and I believe it."

While the young are fragile and require a lot of care, the older birds are considered to be quite hardy. Dwain recalls coming home during a hailstorm and expecting to find some of the birds injured. Instead, there were just dozens of black mounds out in the field. The birds had tucked their heads under their wings and sat out the storm.



## Governor signs municipal annexation legislation

Electric cooperative and municipal utility officials attended bill-signing ceremonies August 13 for legislation designed to permit electric cooperatives and municipalities to voluntarily negotiate and enter into service area agreements. Jim Edgar signed the legislation into law on the opening day of the Illinois State Fair. The legislation, which is effective January 1, 1994, also provides for compensation to cooperatives that lose retail service following municipal annexation. Standing, from left, are Del England, manager of Rural Electric Convenience Cooperative, Auburn; Dorland W. Smith, manager of Menard Electric Cooperative, Petersburg; Doug Brown, attorney for the Illinois Municipal Electric Agency (IMEA); Frank Madonia, executive director of the IMEA; Phillip Mueller, director of communications for the IMEA; Earl W. Struck, director of legal and public affairs for the Association of Illinois Electric Cooperatives (AIEC); Rep. Kurt M. Granberg of Carlyle (D-109), principal sponsor of the bill; Morris Bell of Chandlerville, president of the AIEC; Thomas H. Moore, executive vice president and general manager of the AIEC; Michael W. Peters, AIEC corporate counsel; and Donald E. Wood, AIEC public affairs representative. The AIEC is the Springfield-based service association of the 26 electric distribution and two generation and transmission cooperatives operating in Illinois. The bill was co-sponsored in the House by Reps. Art Tenhouse of Liberty (R-96), Charles (Chuck) Hartke of Teutopolis (D-108), Tom Ryder of Jerseyville (R-97) and Larry D. Woolard of Carterville (D-117). Chief sponsor in the Senate was Sen. John Maitland of Bloomington (R-44). Senate co-sponsors included Sens. William (Bill) O'Daniel of Mt. Vernon (D-54), Karen Hasara (R-50), and Penny Severns of Decatur (D-51). The legislation passed each house of the General Assembly with no dissenting votes.

### *(Continued from page 4)*

signify the importance of the project to future generations, local young people took part in the ceremony.

Ernest C. Weber, manager of Norris Electric Cooperative and one of the project's supporters, later likened the efforts to those that brought electricity to the region decades ago.

"It's a simple principle, really," Weber said. "A group of people see a need and join forces to meet that need. A cooperative depends on the interest

of its members, and with the water corporation, we've seen a lot of interest from people who, by helping each other, help themselves as well."

Mundt added, "The economic vitality of our community depends on an accumulation of a lot of little successes. One of those basic successes must be a rural water system, and this is the purpose of E J Water Corporation. The benefits to this area will be a community where the present and future generations find opportunities available here to use their talents and resources."

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

### The policy:

1. 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.
2. Advertising copy must be in the Illinois Rural Electric News office 45 days prior to month in which ad is to appear.
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.

1	2	3	4	5	6
7	8	9	10	11	12
13	14	15	16	17	18
19	20	21	22	23	24

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

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**"DO YOU KNOW THESE LITTLE-KNOWN NATURAL HEALING FOODS? WHAT YOUR DOCTOR NEVER TELLS YOU. PLUS, FIVE FOODS YOU SHOULD NEVER BUY."**

**NEW NATURAL HEALING SECRETS REVEALED! 420 WAYS TO PERFECT HEALTH.**

(By Frank K. Wood)

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

- ▶ Deadly Alzheimer's senility — could a common painkiller prevent this tragedy?
- ▶ Shed fat without breaking a sweat — drink this all-natural, nutrient-loaded beverage from your supermarket three times a day!
- ▶ Going deaf? Eating this may help.
- ▶ When a low-salt diet for high blood pressure can backfire!
- ▶ How timing breast cancer surgery to the menstrual cycle can mean life or death!
- ▶ Heart attacks and strokes! How to develop your body's own natural, clot-busting protection.
- ▶ Joint agony from arthritis? You might break out of your painful prison with this new treatment!
- ▶ Stop snoring this easy way.
- ▶ Kill the pain of shingles with this new application of an old remedy!
- ▶ Mysterious cough? Eat this and halt your hacking!
- ▶ Weak bladder? How to strengthen it!
- ▶ This nutrient puts a ceiling on your high blood pressure!
- ▶ How to read your nails for an instant picture of your health!
- ▶ Add years to your life? Why fresh make-up and clean clothes make a big difference!
- ▶ "Skin tags": How to read this early-warning sign of future cancer in time to beat it.
- ▶ Memory loss? It could be the way you sleep!
- ▶ Stomach pains? Scared it's ulcers? Painless, new, doctor-approved, at-home treatment for ulcers cures nine out of 10!
- ▶ Hope for alcoholics — is this amazing mix of nutrients the key to long-term recovery?
- ▶ "Cross out" high breast cancer risk with this powerful



"How many of these little-known health secrets do you know? Could one of them save your health?"

food with the cross-shaped flowers!

- ▶ How some blood pressure drugs trigger diabetes.
- ▶ Pump up your weak bones to greater strength this all-natural way!
- ▶ Trying to kick the smoking habit? Don't be sabotaged by this common part of your daily diet!
- ▶ Psoriasis getting worse? Stop drinking this!
- ▶ Check your feet for these diabetes early-warning signs!
- ▶ Boost your immune system with this quick "killer-cell diet"!
- ▶ Lung power! This nutrient shields your lungs from cigarette smoke!
- ▶ Is your vitamin supplement working? A quick test you can make in your kitchen!
- ▶ Dry, chapped skin? Here's the best, all-natural way to smooth, silky skin!
- ▶ Lowering your cholesterol this way could be dangerous!
- ▶ Menopause symptoms? This might be the culprit!
- ▶ Had a stroke? These common medicines might sidetrack your recovery!

Learn all these natural healing secrets. Book includes 420 ways to perfect health. To order a copy, just return this notice with your name and address and a check for \$5.99 plus \$2.00 shipping and handling to our address: **FC&A, Dept. MIL-10, 103 Clover Green, Peachtree City, GA 30269.** We will send you a copy of "*Natural Health Secrets Encyclopedia*" right away.

Save! Return this notice with \$11.98 plus \$2.00 for two books. (No extra shipping and handling charges.)

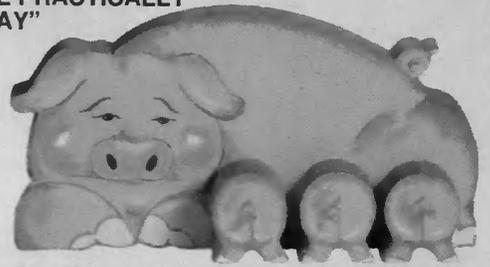
You get a no-time-limit guarantee of satisfaction or your money back.

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**IMPORTANT — FREE GIFT OFFER EXPIRES NOVEMBER 15, 1993**

All orders mailed by November 15, 1993, will receive a free gift, guaranteed. Order right away!

**WHY ARE WE PRACTICALLY "GIVING AWAY"**



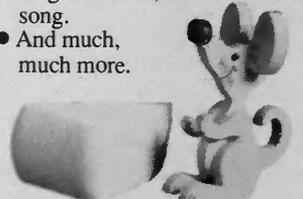
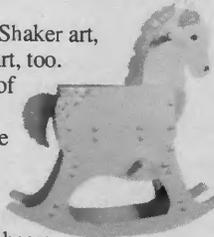
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**IF YOU LIKE TO CUT PATTERNS OUT OF WOOD, THIS IS THE SET FOR YOU! YOU'LL FIND A TREASURE HOUSE OF IDEAS INSIDE. 347 BEAUTIFUL WOODWORKING PATTERNS AND DESIGNS.**

(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.
- Victorian ladies, stylish gents.
- Rack up your spices, spice up your den.
- Holders for candles, napkins and canes.
- Folk art, Shaker art, modern art, too.
- Gaggles of geese or a goose all alone.
- Hanging hearts, huggable bears.
- Doorstop decorations, welcome signs.
- Whizzing whirligigs, models of planes.
- Take flights of fancy with fairies and gnomes.
- Birthday surprises, decorations for major events.
- Dancing bear, prancing pony, soaring eagle.
- Circus animals and barnyard critters.
- Childhood favorites, Noah and the Ark.
- Tulips, bluebirds, springtime motifs.
- Comic cartoons, comfy coat rack.
- Summer garden helpers, lawn deco art.
- Tick-tock clock, chug-along train.
- Pretty jewelry ideas for girls of all ages.
- Picture-perfect frames, potted-plant holders.
- Bunnies for Easter, rabbits to hang on the wall.
- Angels of love, Christmas and song.
- And much, much more.



Build all these wooden favorites. Illustrated plans include full-size patterns and complete instructions. To order a set, just return this notice with your name and address and a check for \$7.99 plus \$2.00 shipping and handling, and we will send you "*347 Woodworking Patterns*" right away. Or, for only \$9.99 plus \$2.00 shipping and handling, you can get both the basic set and an extra 100 large patterns.

Send your check along with your name and address to: **FC&A, Dept. MIL-10, 103 Clover Green, Peachtree City, GA 30269.**

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

You must cut out and return this notice with your order. Copies will not be accepted!

**IMPORTANT — FREE GIFT OFFER EXPIRES NOVEMBER 15, 1993**

All orders mailed by November 15, 1993, will receive 50 special, seasonal, woodworking patterns as a free gift, guaranteed. Order right away!