

Illinois Rural Electric News

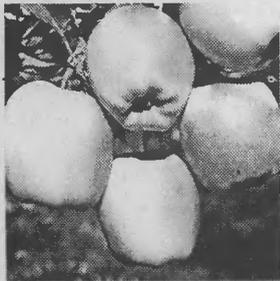
January 1993

REN



**Llamas
in Illinois:
Growing interest
in sociable
animals**
See page 6

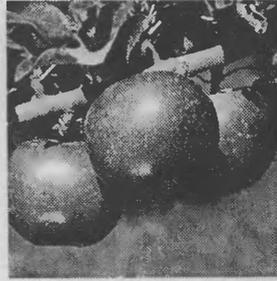
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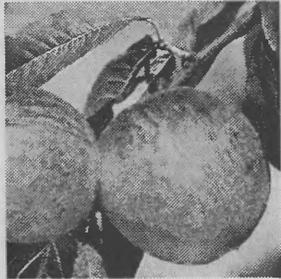
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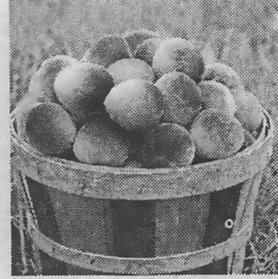
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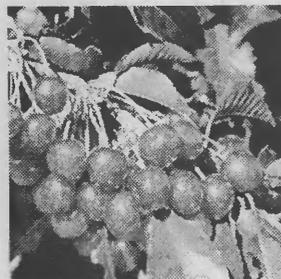
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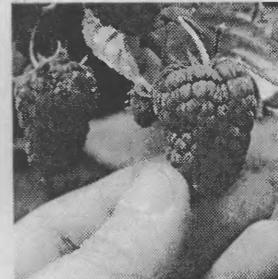
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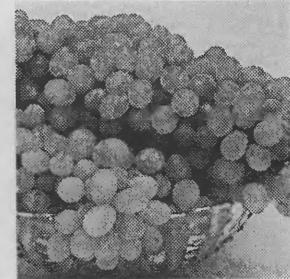
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Illinois Rural Electric News

Ink from the farm

As you read this, you are not likely to notice that you are reading type printed with ink from the fields of Illinois (and maybe a little from other states, too). It is soy oil ink.

If you are a soybean farmer or involved in soybean processing or research, you are familiar with what has taken place over the last few years: The use of soybean oil-based printing ink is rapidly increasing. Hundreds of newspapers across the country have switched to soy ink, and technological advancement now allows use of the ink for coated paper on high-speed, heat-set presses such as those used to print the Illinois Rural Electric News.

Since the mid-1980s, we have monitored the development of the soy oil ink, working with our printer to make sure we were able to use soy ink in this publication as soon as possible. This issue is not the first in which we have used soy ink. The printer for the magazine, the Petty Company of Effingham, conducted extensive testing for many months and found that soy ink out-performed conventional ink. We first used it in the July 1991 issue of the Illinois Rural Electric News. The December 1992 issue also was printed with soy ink.

Certainly, the development of soy oil ink is

important for the agricultural economy. It is estimated that ink offers a potential market for more than 100 million bushels of soybeans per



Trademark of American Soybean Association

year. The growth of the soy ink market also cuts into the nation's dependency on foreign oil, and use of the ink is better for the environment. The soy ink prints brighter colors, and the ink-water mixture makes for improved press management and operation, the printer found.

We at the Illinois Rural Electric News are pleased that agriculture interests and the printing and publishing industry worked so well together to bring this highly beneficial technological development so far so quickly. And, we are pleased that this publication will be using soy ink on a regular basis.

January 1993

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REN

Illinois Rural Electric News

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 **Member of the
Audit Bureau
of Circulations**

Cover: There is a growing interest in llamas across Illinois. Verona Barr of near Bloomington says she finds the animals easygoing and peaceful. (See article beginning on page 6.)

Advertising and editorial inquiries should be directed to the Illinois Rural Electric News, P.O. Box 3787, Springfield, Illinois 62708. National advertising representatives: Fox Associates, Inc., 116 West Kinzie Street, Chicago, Illinois 60610, and The Papert Companies, 800 Hartford Building, Dallas, Texas 75201. Acceptance of advertising by the IREN does

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High energy bills? Shut the door!

Houses that are not energy efficient could benefit from a shot of Rye, those at the Association of Illinois Electric Cooperative (AIEC) Power Use/Member Services semi-annual meeting were told December 3-4 in Springfield.

"If you have an energy-inefficient house," said Doug Rye, "then it's your own cotton-pickin' fault." Rye, who is president of RyeNovators, Inc., a Mablevale, Ark., firm, noted that it should be simple to construct a house that will need hardly any heating, even in Illinois' climate. "And it won't need but very little cooling, either," he added.

"If you want a comfortable house that's inexpensive to heat and cool," he emphasized, "you've got to shut the cotton-pickin' door!"

He added that the door in question isn't the entranceway to the house, but what is really the equivalent of an open door—and maybe two—that exist in just about every house: dozens of small, but expensive nooks and crannies that permit air infiltration.

"It's not the lack of insulation that gets you," he says, "but it's the infiltration. If you're in a jetliner at 30,000 feet, you have an outside temperature of 40 degrees below zero, and a wind-chill factor of 300 degrees below zero, and the fuselage wall of the airplane is only a couple of inches thick. They keep it from being cold not so much by adding insulation, as by preventing air infiltration. That works for a house, too."

RyeNovation, he explained, involves blowing in a wet mixture of cellulose and glue, and other components, to both insulate and seal all those little



A wet mixture of cellulose and glue is blown into place.

holes that permit infiltration—and add up to the equivalent of an open door. The other components are added primarily to repel insects and rodents and to make the material flame retardant.

While most of the homes that have been RyeNovated so far are in the milder climate of Arkansas, Rye notes that people who live in them are excited about the comfort level they enjoy, as well as the low energy bills, which they enjoy even more. "People tell us they don't even know when the weather changes outside," he says.

Rye, who is a licensed architect, says he got the idea to look for a better infiltration-fighting material when he saw a workman putting up fiberglass insulation. "He was plainly visible through the batting," he says, "and that didn't look good at all to me. We've also proven that our insulation is much better at sound deadening, too,

which is especially attractive to people who live in multifamily homes."

If there is a disadvantage to cellulose, Rye says, it's that the initial cost is a little higher. "But that's partly offset by the fact that a bad job of installing cellulose insulation is far better than even a very good job of mineral wool installation. And with the better sealing against infiltration, there's no need for a house wrap, which costs a lot of money and doesn't really do any good. And with wet-blown cellulose, it's possible to heat and cool with a smaller HVAC unit." HVAC, incidentally, stands for heating, ventilating and air conditioning.

Rye, who is setting up dealerships in Illinois for those who want to RyeNovate homes, hopes that a lot of people in the state will want to enjoy more comfort—and save a lot of money—by "shuttin' the cotton-pickin' door!"

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Don't Tell Mom The Babysitter's Dead	0385708	Jungle Fever	0559104
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MY COUSIN VINNY	1033109	THE MAMBO KINGS	1014901
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An American Tail 2: Fievel Goes West	0397604	Cape Fear	0779909
Fatal Attraction (Director's Series)	0691501	Singin' In The Rain (40th Anniversary Edition)	0693606
Fatal Attraction	0439307	Chitty Chitty Bang Bang	0054909
Dead Again	0392605	The Commitments	0691303
Little Man Tate	0691600		

Bill And Ted's Excellent Adventure	0391201	Bill And Ted's Bogus Journey	0379305
Final Analysis	1014703	Radio Flyer	1014604
Willy Wonka And The Chocolate Factory	0606103	Misery	0776302
The Land Before Time	0582205	Rain Man	0286906
Raiders Of The Lost Ark	0910802	Indiana Jones & The Temple Of Doom	0910703

Indiana Jones & The Last Crusade	0910604	9½ Weeks	0270801
Scarface (1983)	0216804	The Naked Gun	0447102
The Naked Gun 2½	0842609	Dying Young	0029009
Double Impact	0396507	The King And I	0034702
The Good, The Bad And The Ugly	0058206	Out For Justice	0977207
Die Hard	0367607	Die Hard 2	0041806
Alien	0000208	Aliens	0360909
My Fair Lady	0350751	Peter Pan	0897009
Road House	0287508	Charlotte's Web	0209528
My Girl	0693408	Rock A Doodle	1001403

Lawrence Of Arabia (Restored)	0591909	Batman (1989)	0642504
Top Gun	0426932	Problem Child	0498204
Problem Child 2	0559500	On Golden Pond	0052357
Back To The Future	0211409	Back To The Future II	0921304
Back To The Future III	0497008	South Pacific	0350603
Hard To Kill	0953505	The Princess Bride	0125005
Out Of Africa	0213116	When Harry Met Sally	0391409
Not Without My Daughter	0722603	Apocalypse Now	0200113
Predator	0364901	Predator 2	0104307
Harlem Nights	0911800	Grease	0207431
Above The Law	0633602	Oklahoma	0005405
The Bear	0599308	West Side Story	0050591
Regarding Henry	0842906	Glory	0855700
Mo' Better Blues	0498006	This Is My Life	1010909
Lethal Weapon 2	0642702		

HOME ALONE	0104208	ROBIN HOOD: PRINCE OF THIEVES	0976803
GHOST	0826008	THE COLOR PURPLE	0630103
THELMA & LOUISE	0743203	ALL DOGS GO TO HEAVEN	0289702
TERMINATOR 2: JUDGMENT DAY	0233205	THE GODFATHER PART III	0842302
CITY SLICKERS	0862904	BOYZ N THE HOOD	0385906
BACKDRAFT	0559005	STAR WARS	0056408
THE TEN COMMANDMENTS	0202606	LETHAL WEAPON	0630806
THE SOUND OF MUSIC	0003905	THE WIZARD OF OZ	0001404

Steel Magnolias	0597807	Dirty Dancing	0495515
Driving Miss Daisy	0982207	An Officer And A Gentleman	0202135
The Godfather	0000802	Coming To America	0441600
The Godfather Part II	0001802	Edward Scissorhands	0104604
Dr. Zhivago	0002600	Death Warrant	0916809
Point Break	0337204	Spartacus (Restored)	0551002
		Camelot	0602748
		Hot Shots	0029108
		Blazing Saddles	0001248
		Hamlet	0970608
		Patton	0004333
		The Music Man	0614701
		The Abyss	0881102
		Seven Brides For Seven Brothers	0251835
		Willow	0198200

Casablanca (Colorized)	0291708	Bird On A Wire	0497305
Doc Hollywood	0977801	Field Of Dreams	0923006
Fiddler On The Roof	0055103		



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The Bible 0074708

HERE'S HOW TO GET YOUR 6 MOVIES FOR 39¢ EACH!

Just write in the numbers of the 6 movies you want for 39¢ each, plus shipping and handling. In exchange, you agree to buy just six more movies in the next three years, at our regular Club prices (which currently start as low as \$29.95, plus shipping/handling) — and you may cancel membership at any time after doing so. What's more, you can get two more movies for the low price of \$9.99 each and have much less to buy later (see complete details in coupon).

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Also send my first selection for \$9.99 plus \$1.75 shipping/handling which I'm adding to my \$11.34 payment (total: \$23.08).
 I then need buy only 5 more (instead of 6) in 3 years. # _____

Also send still one more selection for an additional \$9.99 plus \$1.75 shipping/handling (total: \$34.82). I then need buy only 4 more (instead of 6) in 3 years. # _____

Account # _____ 2TM/2TP/2TR

Llamas

on the

prairie

Travelers heading west out of Watseka (Iroquois County) on Route 24 are treated to an unusual sign if they keep their eyes open. Eastern Illini Electric Cooperative members Art and Greta Burns have "Llama Crossing" signs set up by their farm, so motorists will be on the lookout for wayward llamas. Cary and Verona Barr, on the other hand, don't have to worry about that. The rural Bloomington residents — members of Corn Belt Electric

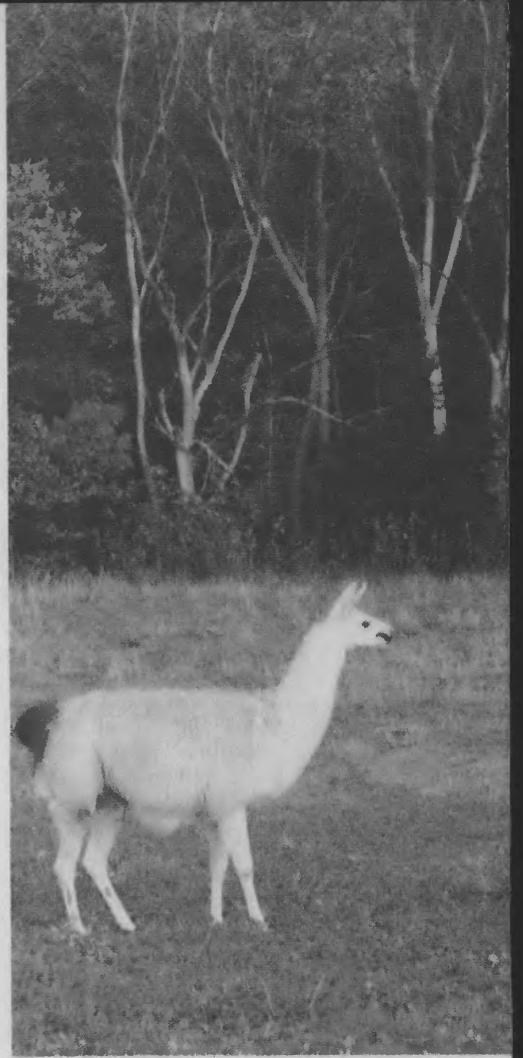
Cooperative — live far down a winding road, west of town.

The Burnses got into the llama business in 1987, in an effort to diversify their operation, which was made up largely of an implement dealership and a Hereford cow-calf herd. The shaggy beasts have since become much more than just a part of the business, though, Art says.

"Once into the business," he adds, "we found the llamas were even more interesting and loveable than we had ever anticipated. They are easy to care for and eat very little. We have 25 llamas on about 10 acres and we have to mow the grass, as they don't even keep it eaten down. A bale of hay will feed a llama for two weeks. We train them to lead, drive, pull a cart, and so on. Our grandkids love them.

"Every one of them has a personality," he explains, "and they're all different. They'll really grow on you. In fact, I've come to like them so much that Greta and I, and our employee, Bonnie Butzow, have set up a 'love a llama' club for area kids. We set it up so kids could come here and learn how to care for the animals and how to show them in competition. We had 18 kids come for the lessons once a week last year, and we're still at it."

Art and Greta have been asked



so many times why they got into the llama business that they've put together a little answer sheet to give to people who put the question to them. And they always have some Llama Association literature handy to pass out, too.

Art notes that a good part of the pleasure of dealing in llamas has to do with the kind of people you meet at events all over the country. "Jack McMillan, of the Seattle Seahawks, is a llama enthusiast," Art says, "and he shows up at a lot of the shows and sales we go to. So does Dennis Weaver, who used to be on the old 'Gunsmoke' TV series, and who has starred in several others since."

Verona adds that Michael Jackson, Kim Novak and Jerry Van Dyke are also llama enthusiasts, but that the love of llamas has a very real tendency to cut across class lines. "There



Art Burns stands in front of one of his llama warning signs.



Verona Barr with some of their animals.

are a lot of really wonderful people in the business," she says, "and you're likely to see doctors, lawyers, executives, farmers and blue collar workers at llama shows, too."

Art notes that a show was set up in Tecumseh, Okla., several years ago, and that it outgrew the facilities there in no time. It has since moved to the Ak-Sar-Ben complex at Oklahoma City, where there's enough room to accommodate the growing number of llama lovers.

The animals generally have a lifespan of from 15 to 20 years, he says, and grow to a weight of some 280 to 450 pounds. They'll average about 40 to 45 inches at the shoulder when full grown. They weigh 20 to 35 pounds at birth and are usually delivered during daytime without assistance. Since they're native to the harsh weather of the Andes Mountains, they easily tolerate

the climate of Illinois and don't present any unusual health problems.

"People often ask what they're used for," Art says, "and there are any number of uses for them, including just pleasurable companionship. But they're used for breeding stock, to carry loads, to pull carts and wagons, for wool production, and for therapy, too."

It's the pleasurable companionship that Verona likes most about llamas, too. "We got into the business in 1985," she says, "because we wanted to live in the country and grow something that wasn't necessarily going to be consumed, and our place was too small to have a conventional farming operation. We thought of it from the start as a business, though."

The business, Tranquility Llamas, was named after their easygoing nature. "You can pet

a dog or cat," Verona says, "and get some comfort from that, but you don't have to even pet a llama. Just having them around is a help. There's just something peaceful about them."

Art adds that the woolly creatures are intelligent and easy to train. "It takes just a few repetitions, and they'll pick up and retain many behaviors such as taking a halter, being led, getting into and out of a vehicle, pulling a cart, or carrying a pack," he says.

They're good pack animals, boasting a fair amount of sure-footedness, and they are able to carry a respectable load. "They'll carry anywhere from 50 to 120 pounds," Art says, "and do it well. But they're just not big enough to be ridden by adults, although kids can ride them."

They're sociable animals, gentle and curious, with a streak



Llamas respond to the dinner bell.

of independence. Their calm nature and easygoing personalities make them easy for people to handle, even children, Art says.

Always there's the question: Do they spit? "Yes," Art explains, "they do, although it's not nearly as frequent an occurrence as a lot of people seem to think. Spitting is a way of saying, 'Get lost!' It's usually used to get rid of unwanted suitors or to ward off a perceived threat. Actually, the most common use is simply to establish mealtime pecking order!"

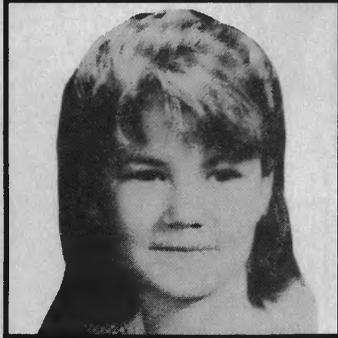
He adds that a llama that has been subjected to excessive human handling will spit at people if it feels threatened.

Art notes that if there is one disadvantage to llamas, it has been their high cost, and Verona agrees. But that's changing, they say. "For a long time they were pretty expensive," she says, "and that scared a lot of people away from them. Prices have started to soften in the last few years. They're not cheap, but at least they're more affordable. That'll make it easier for others to get involved in the business, and that'll make things better for everyone."



Cary and Verona Barr feed a couple of their favorites.

MISSING



REBECCA ELIZABETH WEST

LAST SEEN: 10/21/91 EYES: Brown
 FROM: Spokane, WA HEIGHT: 4'7"
 DOB: 09/17/79 WEIGHT: 95
 WHITE FEMALE HAIR: Dork Blonde



BRANDY LYNN MYERS

LAST SEEN: 05/26/92 EYES: Blue
 FROM: Phoenix, AZ HEIGHT: 2'5"
 DOB: 03/13/79 WEIGHT: 75
 WHITE FEMALE HAIR: Blonde

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-

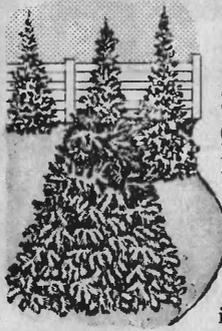
Have a set of your child's footprints or fingerprints taken by local law enforcement or qualified professionals, and be able to locate dental records if necessary.

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

1-800-222-1464

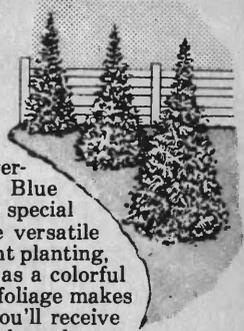
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 DEPT. 3941-37 1704 Morrissey Drive
 Bloomington, Illinois 61764

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 _____ N6208. 3-Year Old Blue Spruce \$ _____
 Ill. Residents add 6 1/2 % Sales Tax. TOTAL \$ _____

NAME _____
 ADDRESS _____
 CITY _____ STATE _____ ZIP _____

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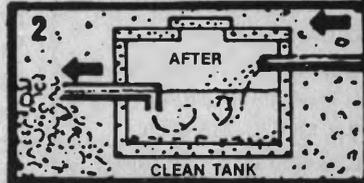
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BRIEFLY

1993: A look ahead for rural electric co-ops

From Wheatland, Wyo., to Maryland's Eastern Shore, people involved with rural electric cooperatives have their eye on Washington, D.C., as the new year begins. "The next year will go a long way to tell us whether a new administration will be of greater assistance to rural ratepayers than the prior one," says Charles B. Gill, governor of the National Rural Utilities Cooperative Finance Corp. "The election of the President overshadows everything else," says Bob Bergland, head of the National Rural Electric Cooperative Association. "It is the landmark event of the year." The past two presidents hampered efforts by the nation's 1,000 consumer-owned rural electric cooperatives by cutting their government funding and, at times, trying to eliminate the agency that lends them money. President-elect Clinton has promised to keep the Rural Electrification Administration in business, saying the 57-year-old agency should be more involved in rural economic development. "With Bill Clinton as President, you'll have an attitude of the REA working with the electric cooperative leadership and

Dick Dunsworth chosen to replace Lemons at McDonough Power



Dunsworth

Dick Dunsworth, an employee of McDonough Power Cooperative since 1959, will become manager of the Macomb-based electric cooperative on February 1. The announcement of the appointment was made November 24

by Wade R. Blansett of Macomb, board president. Dunsworth will succeed William C. Lemons, who plans to retire as manager of the cooperative on January 31. Lemons became manager of McDonough Power in December 1987 when the late Robert E. Pendell retired. A native of Adrian, Dunsworth has served as operating superintendent in recent years. He joined the cooperative as storeskeeper in June of 1959 and later worked as a lineman. He attended Western Illinois University before employment with the cooperative. Active in a number of electric cooperative organizations, Dunsworth is a former president of the Illinois Electric Cooperative Plant Supervisory Personnel Association and serves as chairman of the Association of Illinois Electric Cooperatives Job Training and Safety Committee. His wife, Pat, is financial manager for the McDonough County Rehabilitation Center. They are the parents of one daughter in Centreville, Va.; a son in Ballwin, Mo.; and two sons in Bradenton, Fla. They have four granddaughters.

working for them, rather than putting roadblocks in the way," says Carl Whillock, president of Arkansas Electric Cooperative, Inc. Still, co-op leaders will work with members of the new administration to ensure a smooth transition. "A critical issue for 1993 is to quickly get to Congress and start visiting with the nearly 150 new faces that will be working there," says Dennis Hill, executive vice president of the North Dakota Association of Electric Cooperatives. "It will be awfully important that we get there sooner rather than later when it comes to impressing upon them the importance of our program to our country."

New window controls light, heat

Researchers at Tufts University are developing a window that will control how much heat and light to let in. On a hot summer day, the Smart Window will let in enough light to read by but not enough to heat up a house or car. The window works like this: A small electric current varies the number of electrons and ions in an electrochromic film layer. The film automatically changes from transparent to opaque depending on

the number of electrons. "We thought, 'Why not use the visible part of the spectrum, but reject everything else that we don't use for viewing?'" says Ronald B. Goldner, a professor of electrical engineering at Tufts' Electro-Optics Technology center in Medford, Mass. The energy-saving potential is enormous. Some figures show that U.S. office buildings lose \$30 billion to \$50 billion worth of energy a year through overheating in the summer and heat loss in the winter. The concept hasn't been applied yet to full-sized windows, says Goldner. He expects commercial applications in a few years.

Co-op president bullish on America

Minnesota farmer Jay York predicts a bright future for rural America. As president of the National Rural Electric Cooperative Association (NRECA), York has visited rural communities all over the country and says they're in a prime position to improve small-town life. "I'm bullish on rural America," he says. "The cities, they've seen growth. Anything that comes now is going to be out on the freeway strips in rural America. We will see growth." And the nation's 1,000 consumer-owned rural electric cooperatives will play a part in that growth, he says. "We have good managers, good direc-

Toll-free helpline about financial assistance for college or vocational school

A toll-free helpline will be available during the week of February 8 through 12, from 8 a.m. to 8 p.m., to answer questions about financial assistance for college or vocational school. Questions about how to choose a postsecondary institution will also be answered. Illinois students and parents are encouraged to call the helpline with their questions, regardless of the age of the student — from toddler to returning adult. The helpline number is 1-800-628-7939. College financial aid administrators, high school counselors and college admissions counselors will staff the helpline phones and provide information to callers. The helpline and other activities during Financial Aid Awareness Month, February, are sponsored by the Illinois Student Assistance Commission (ISAC), the Illinois Association of Student Financial Aid Administrators (ILASFAA), Inc. and the Illinois Association of College Admission Counselors (ACAC).

Satellite programs on economic development

The Illinois Institute for Rural Affairs, with support from the U.S. Economic Development Administration, has planned a teleconference series on economic development. The satellite program will run approximately once every six weeks and will be fed to some 29 widely dispersed sites in Illinois according to Norman Walzer, director of the Illinois Institute for Rural Affairs. "The sites are pretty well distributed throughout the state," he says, "so

tors," York explains. "We're positioned to really do something for rural America." Rural co-ops, he says, "have been involved in this thing for over 50 years and we've been successful. If the trend continues, we'll continue to be a viable supplier of electricity in rural America for a long, long time to come. There's nothing we can't do as a group. The fact is that we only represent 10 percent of the people, 25 million people, but we're serving over 70 percent of the land mass. To be that sparse and that small, and for our cause to be this successful, shows the rest of America that we are doing a necessary job out in rural America." But electricity isn't the only concern of electric co-ops, he says. "The fact that we're serving them electricity means that we are concerned with the infrastructure of rural America. To do that we have to help with rural health needs, rural telecommunications, everything connected with rural America will come under our purvey."

'Green Lights' sees red

The Environmental Protection Agency's highly touted "Green Lights" program may not be so green after all. "Green Lights" urges consumers to replace old fluorescent lightbulbs with more efficient new ones. But the federal agency could sabotage the program by ruling that the discarded bulbs and ballasts, which contain

small amounts of PCBs and mercury, are hazardous waste. Up until now, the EPA has required hazardous waste disposal only for ballasts that were leaking PCBs. The proposed new rules may prevent consumers from dumping old fluorescent bulbs in landfills because mercury from the bulbs could leak into the ground water. The new rules may also extend rules to cover ballasts that contain PCBs. The move could put an end to utilities' demand-side management programs, says Jim Roewer, program manager for the Utilities Solid Waste Activities Group at Edison Electric Institute. If utilities are held liable for lighting disposal problems, they may not want to subsidize the replacement of bulbs, Roewer says. Faced with higher costs and hazardous waste management, many consumers may not dare to replace old bulbs.

Community involvement should include health care

Pople who live in small communities need to get involved in health care. This is the main message of a new 25-page booklet, "A Practical Guide to Community Health Care Planning," published by the National Rural Health Network. NRHN is a subsidiary of the National Rural Electric Cooperative Association, which represents the nation's 1,000 consumer-owned electric co-ops in Washington,

many people will have an opportunity to attend. We'll have someone at each site providing course materials. Each program will begin at 6:45 p.m. and last until 9:30 p.m." The programs are interactive, with a toll-free line to the presenters. There are six sessions, the first entitled, "Getting Started in Economic Development," was scheduled for January 21. "Creating an Action Agenda" will air February 18, "Successful Local Retention and Expansion Efforts" is set for April 22, and "Stablizing and Revitalizing Downtown" will be held May 20. September 16 is the date for "Financing Economic Development: Practices and Strategies," and "Strategies for Marketing Your Community" is set for October 21. There is a registration fee of \$5 per class to cover the costs of course materials, which will be provided at the sites. Those interested in more course or site information may contact Walzer at the Illinois Institute for Rural Affairs, 518 Stipes Hall, Western Illinois University, Macomb, IL 61455-1396, telephone 309/298-2237 or 800/526-9943.

D.C. "Communities usually think, 'We don't know anything about health care,'" says Jane Mayfield, executive director of NRHN. "As a result, they depend on their providers. But people have to get involved." The booklet's advice has already been taken to heart in Roger City, a small Michigan community that has been struggling to keep its 89-bed health center open. "The piece that's been lacking is the community," says Huron Shores Health Center president Pamela MacFalda. She has passed out copies to her board of directors and community advisory board. The book is easy to

read and also lists services a health facility should provide.

Rural co-ops plan to offer water, sewer

Rural electric cooperatives across the country plan to play a bigger role in bringing water and sewer services to their areas, suggests a new study by the National Rural Electric Cooperative Association. NRECA is the Washington, D.C., service organization for the nation's 1,000 consumer-owned rural electric systems. Nearly half of the 402 co-ops that

Responded to the survey said they plan to seek rural development loans or grants from the federal Rural Electrification Administration (REA) to help establish central water or sewer systems. Fewer than 5 percent of the respondents currently offer that assistance, the survey found. Similar increases appear to be in the works for other kinds of co-op assistance to rural water or sewer systems. About 50 co-ops offer technical help for water service but the number is expected to more than triple in the future. The figure will more than quadruple — from 32 now to 149 — for co-ops offering technical help on sewage systems. Those operating water system facilities are expected to climb from 18 now to 87, and the number of operating sewer systems will jump from 11 to 75. Co-op ownership of water and sewer systems will increase, too. Ten co-ops reported that they own water systems today, with 83 predicting that they will in the future. Five co-ops currently own sewer systems, but 75 others said they plan to own such facilities. More than half of the responding co-ops said 25 percent or fewer of their members are served by a central water system, and more than 80 percent said a fourth or fewer of their members have central sewer system service. More than half said lack of a central water system was a problem for their area, and nearly two-thirds labeled lack of a central sewer system as a problem.

Put pressure back into your cooking

Want to save time cooking an old-fashioned family-style dinner? Dig out your pressure cooker. You can actually cook the same way you did years ago and still get plenty of great flavor without sacrificing even a split-second of your valuable time!

CHICKEN POT PIE

- | | |
|--------------------------------------|------------------------------|
| 1 (3-4 lb.) roasting chicken, cut up | 1/4 teaspoon fresh thyme or |
| 2 cups water | 1/4 teaspoon dry |
| 3/4 teaspoon salt | 1/8 cup butter, melted |
| 1/8 teaspoon pepper | 1/4 cup flour |
| 1/8 teaspoon saffron or tumeric | 1/4 cup sour cream |
| 6 small white onions | pastry for 1 crust |
| 1/2 cup sliced celery | fresh sage leaves (optional) |
| 1/2 cup Julienne carrots | |

Wash chicken and pat dry with paper towel. Place cut-up chicken in a 6-quart pressure cooker. Do not fill pressure cooker over 2/3 full. Add water, salt, pepper and saffron. Close pressure cooker cover securely. Place pressure regulator on vent pipe. Cook for 20 minutes at 15 pounds pressure. Let the pressure drop of its own accord. Remove chicken and slightly cool. Strain broth, skimming off excess fat. Reserve 2 cups broth. Put onions, celery, carrots and thyme in pressure cooker. Close pressure cooker cover securely. Place pressure regulator on vent pipe. Cook for 3 minutes at 15 pound pressure. Cool pressure cooker at once. Remove bones and skin from chicken and break or cut meat into large pieces. Put chicken in pressure cooker with vegetables. Bring to simmering. Blend together butter and flour; add to pressure cooker pan. Stir until thickened. Stir in sour cream. Pour hot mixture into a 2-quart casserole. Roll pastry to fit and cover top of dish. Crimp edges if desired. Brush with cream or beaten egg yolk. Arrange sage leaves on top of crust. Bake in a 450-degree oven until browned. Serves 4-6.

PAPRIKA & PEPPERED SHORT RIBS

- | | |
|------------------------------------|--|
| 3 lbs. short ribs | 1/4 teaspoon cayenne |
| 2 1/2 tablespoons cooking oil | 2 tomatoes, peeled and chopped |
| 2 onions, chopped | 1 cup water |
| 1 teaspoon salt | 1 large green pepper or 1/2 red pepper |
| 1/2 teaspoon pepper | and 1/2 green pepper, cut into |
| 3 tablespoons Hungarian Paprika or | chunks |
| 3 tablespoons paprika plus | |

Remove excess fat from short ribs. Heat oil in a 4-inch or 6-quart pressure cooker. Brown short ribs a few at a time; set aside. Sauté onions in cooker, adding more oil if necessary. Stir in salt, pepper and Paprika; add tomatoes and water. Return ribs to pressure cooker. Do not fill pressure cooker over 2/3 full. Close pressure cooker cover securely. Place pressure regulator on vent pipe. Cook for 10 minutes at 15 pounds pressure. Cool pressure cooker at once. Add peppers. Close pressure cooker cover securely. Place pressure regulator on vent pipe. Cook for 3 minutes at 15 pounds pressure. Let pressure drop of its own accord. Thicken sauce, if desired. Serve with cooked egg noodles, if desired. Serves 4-6.

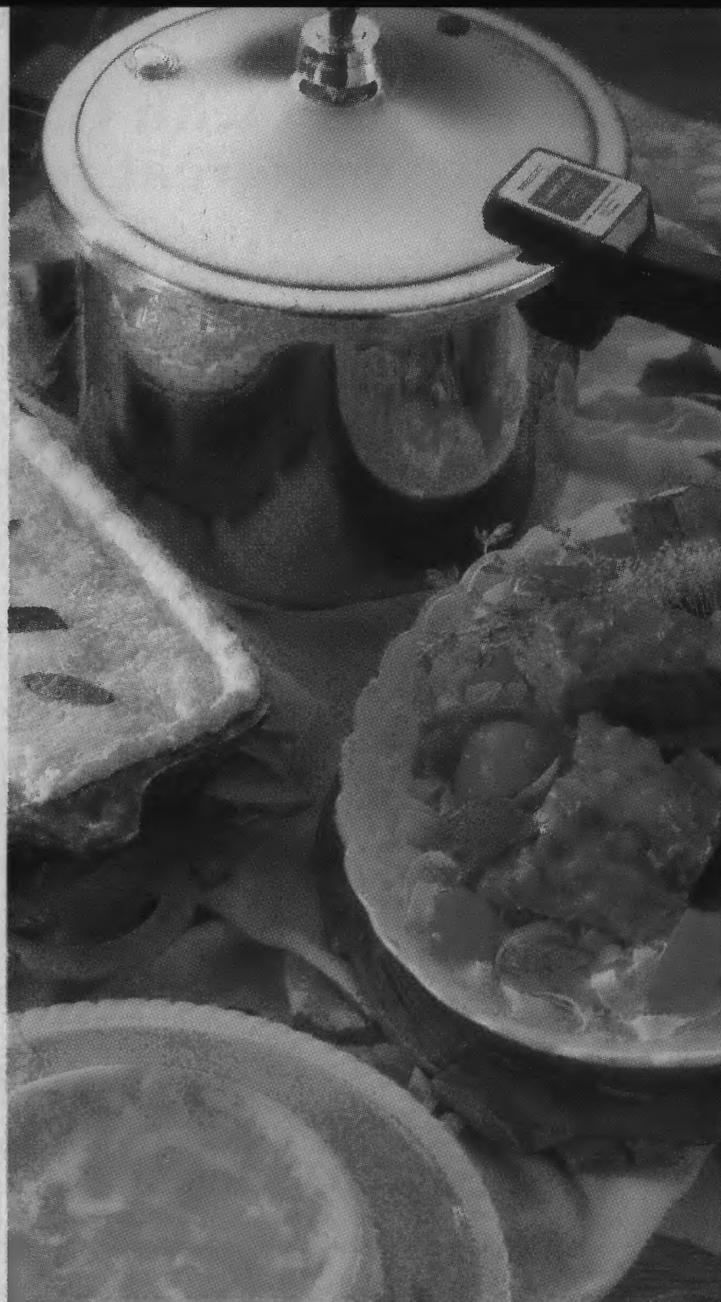
ORANGE CHEESECAKE

- | | |
|--|--|
| 1 (11 oz.) can Mandarin oranges,
well drained (reserve juice) | 1/2 cup sugar |
| 1 (8 oz.) pkg. cream cheese | 2 eggs |
| 1 (3oz.) pkg. cream cheese | 1/2 cup whole wheat bread crumbs,
toasted |

ORANGE SAUCE

- | | |
|------------------------|-----------------------------|
| 1/4 cup sugar | 1/2 cup reserved juice |
| 2 teaspoons cornstarch | 1/2 teaspoon orange extract |

Butter a straight sided 1-quart baking or souffle dish. Dish should be at least 1" smaller than diameter of pressure cooker for proper pressure to be reached and for handling. Decoratively arrange drained orange sections in bottom of dish. Beat cream cheese until smooth. Beat in sugar; beat in eggs one at a time. Pour mixture over orange sections. Sprinkle toasted crumbs on top. Cover bowl tightly with aluminum foil. Place rack in a 6-quart pressure cooker; pour in 2 cups water. Place cheese cake on rack. Close pressure cooker cover securely. Place pressure regulator on vent pipe. Cook for 15 minutes at 15 pounds pressure. Cool pressure cooker at once. Remove cheese cake. Cool. Cut around inside of bowl to loosen; invert on to serving dish. Chill. Prepare Orange Sauce. Combine sugar and cornstarch in a small saucepan; add juice. Cook and stir until mixture boils and thickens. Add extract. Cool. Spoon sauce over cheese cake. Serves 8-10.



SWEET POTATO MERINGUE PIE

- | | |
|--|----------------------------------|
| 1 (30 oz.) can sweet potatoes,
drained and mashed | 1/8 teaspoon lemon extract |
| 1 cup sugar | 1 1/2 teaspoons vanilla extract |
| 1 tablespoon all-purpose flour | 3 eggs, separated |
| 1/4 cup butter or margarine, melted | 1 (10-inch) unbaked pastry shell |
| 1/3 cup evaporated milk | 1/4 teaspoon cream of tartar |
| 1/2 cup milk | 1/2 teaspoon vanilla extract |
| dash of salt | 1/3 cup sugar |

Combine first 9 ingredients and egg yolks; beat until combined. Pour mixture into pastry shell, and bake at 400 degrees for 10 minutes. Reduce heat to 350 degrees, and bake for 30 additional minutes or until set. Beat egg whites with cream of tartar and vanilla until soft peaks form. Gradually add 1/3 cup sugar, 1 tablespoon at a time, beating until stiff peaks form. Spread meringue, over filling, sealing to edge of pastry. Bake at 350 degrees for 10 to 12 minutes or until golden. Cool completely before serving. Yield: one 10-inch pie.

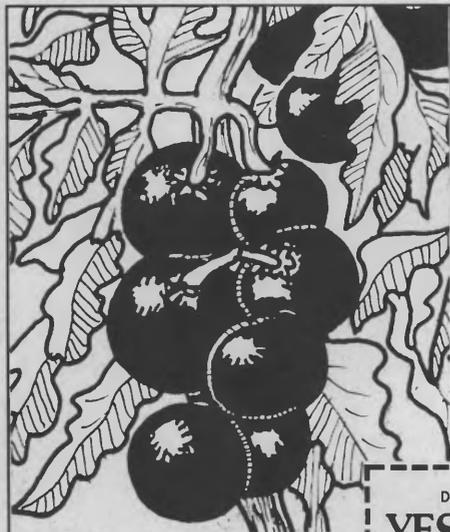
SPICE COOKIES

- | | |
|----------------------------------|----------------------------|
| 1/2 cup butter | 3 cups flour |
| 1/2 cup shortening | 1 teaspoon soda |
| 2 eggs | 1 teaspoon cream of tartar |
| 2 cups firmly packed brown sugar | 1/2 teaspoon salt |
| 1 teaspoon vanilla | 1 cup quick-cooking oats |

Topping:

1/2 cup sugar
4 tablespoons cinnamon
Cream butter and shortening, add eggs, brown sugar, and vanilla. Stir in all dry ingredients. Add rolled oats, mix well. Divide dough into three parts; shape into rolls 12 inches long. Wrap in foil, chill 5-6 hours. Cut in 1/4-inch slices, dip into sugar cinnamon topping. Bake at 350 degrees for 9-12 minutes.

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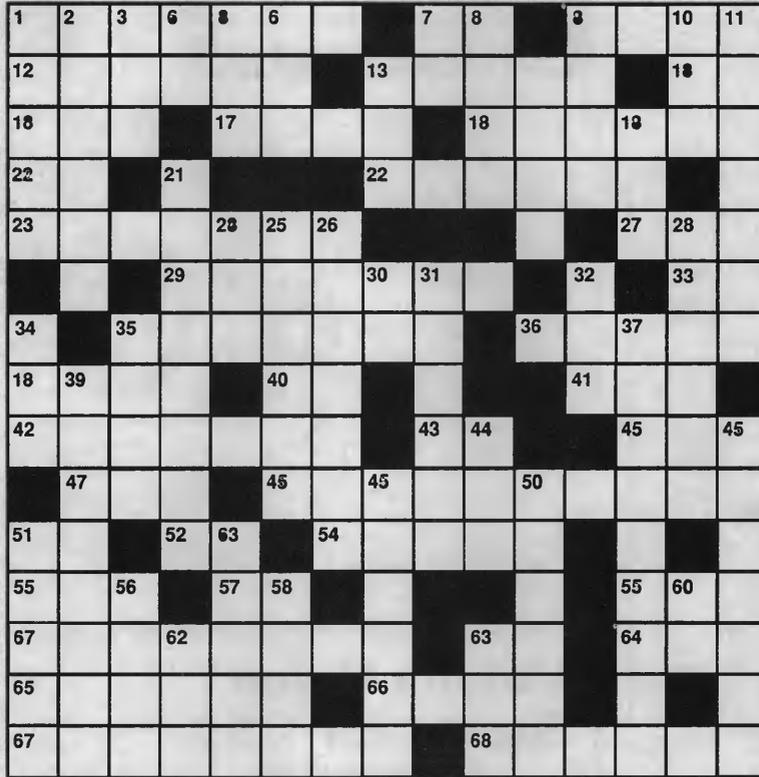
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By Michael Hedges

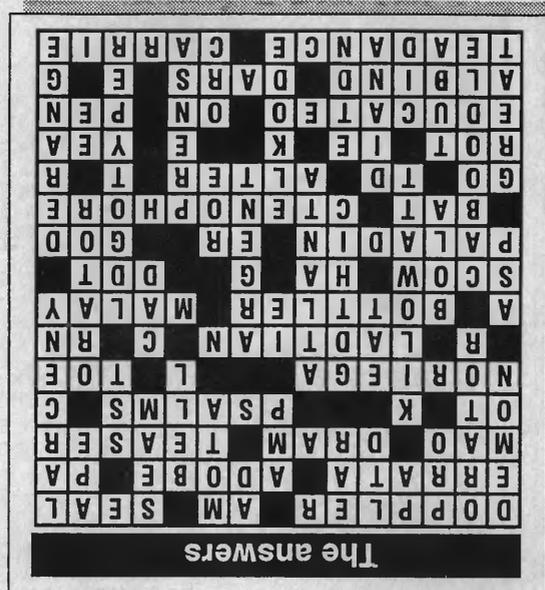
ACROSS

1. Aural effect, receding sound
7. Before noon
9. Close tight
12. Listing of mistakes
13. Baked earth
15. Keystone state, abbrev.
16. Chinese leader
17. Small drink
18. Tormentor or tantalizer
20. Working extra
22. Religious songs
23. Panamanian export to U.S.
27. One of ten to be socked
29. Southeast Asia
33. Registered caregiver, abbrev.
35. One who encloses in glass
36. Lives in Borneo
38. Boat
40. Exclamation
41. Speckle
42. Knight
43. Where you go to be stitched, abbrev.
45. Our father
47. Some are vampires
48. Like a jellyfish
51. Don't stop
52. Score, abbrev.
54. Change
55. Deteriorate
57. Latin for that is.
59. Cheer, exclamation
61. Learned
63. Not off
64. Writing instrument
65. Lack of coloring
66. Need to keep them in the water
67. Late afternoon dance
68. Early Stephen King heroine



DOWN

1. Evil spirit
2. Rhetorician
3. Does it for money, abbrev.
4. Appalachian patriarch
5. British corporation, abbrev.
6. Aural orifice
7. Printed persuader, abbrev.
8. Dodger pinch hitting expert, last name
9. Where it is sewn
10. Large primate
11. Theft
13. Cranks up the music, abbrev.
14. Busted in Philly
19. Fast plane, abbrev.
21. Measure of electricity
24. Some live to do it, all do it to live
25. Medieval architecture
26. Hot town in 1864
28. Accomplished talker
30. Same as 51 across
31. Silver
32. Not a nice guy
34. Cleopatra's nemesis
35. Gaucho weapon
37. One who sets newspaper type
39. Slang, whole collection
44. Fish eggs
46. Make crazy
49. Female quadruped; two words
50. The news, in Spanish
51. Large, mighty
53. Goddess of the hunt
56. Big and brass
58. Fields where English boys play
60. Poet's initials, lowercase
62. Spanish hero. El ---.
63. Sea monster, symbol in Blake's poetry



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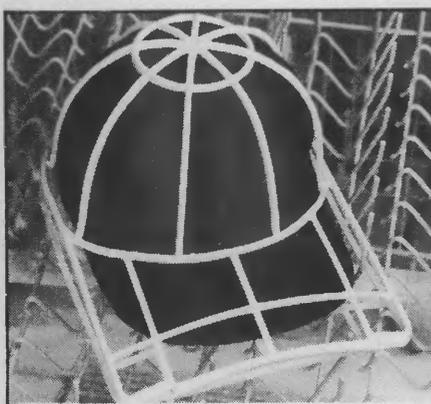
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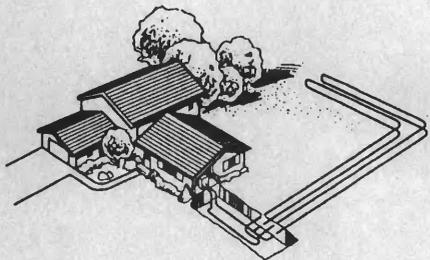
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Mike Tenhouse, unit leader at the Adams County Cooperative Extension Service office in Quincy, is a part of the reorganized structure designed to take CES into the next century.

Cooperative Extension Service aims for new century

Reorganization of the University of Illinois Cooperative Extension Service (CES) began a couple of years ago, and Mike Tenhouse, a director of Adams Electrical Co-Operative and CES unit leader in Adams County, says he thinks the changes that have taken place will help make Extension Services a continued success into the next century.

"They organized a committee several years ago with that in mind," he says, "and they called it CES 2000, to find out what the Cooperative Extension Service should be doing by the year 2000."

What the survey found was that the organization should do much of what it had been doing previously, and that it should add some depth to its offerings. Not surprisingly, it was hoped that it would accomplish those goals with less money than in the past. That was the part that made reorganization and consolidation an absolute must.

Tenhouse, a Coatsburg resident who earned his undergraduate degree in animal science at Western Illinois University and a master's of science in agricultural education from the University of Illinois,

worked for Moorman Manufacturing Co., Quincy, for more than 12 years. "One of the primary reasons I considered a career change to Extension was because of the changes I saw Extension making. It looked to be a progressive move to keep pace with the changing needs of society."

Tenhouse notes that there were two primary reasons for the reorganization: cut costs and provide additional depth in some specialties. "While state and federal funding remained consistent through the 1970s and 80s, inflation and other economic

factors reduced purchasing power. Eventually the Illinois Extension was operating at an annual deficit of about \$7 million a year. Obviously they couldn't keep that up for long.

"During that time," he continues, "they tended to cut costs by not replacing people who left, and the workforce shrunk quite a bit. It got to where something had to be done to restore some of the services that had been lost and to find some other way to stay within budget."

With that in mind, the CES 2000 reorganization established local unit offices, 80 of them in the state, to continue to serve as local or county contact points. The unit offices would then be supported by regional center offices which would house program specialists serving as resource and program delivery personnel in their area of specialization. Counties wishing to retain their own office were encouraged to arrange funding. Many were able to, and some were not.

The original goal under the reorganization was to have 100 local offices. After the reorganization, there were about 95, with about 75 single- and multi-county groups. While that number isn't as high as many would have liked, it's more than the 60 or so that would have been possible if local and state funding hadn't been boosted.

The reorganization has resulted in some confusion, Tenhouse says, partly because of the county offices and centers. "A lot of people in Adams County think there has been a tremendous amount of money added to the program, because there are two offices in Quincy.

"But one is the Adams County Unit office, where I work as the unit leader, and the other is the regional Quincy Center. The specialists at the center have regional responsibilities. There is a small-business specialist there, for example, who's one of just three in the state. The crop

and livestock specialists serve multi-county areas, too."

In addition, Extension centers, which are meant to be roughly within an hour's driving distance of the local offices they serve, are to be near major highways, newspapers, radio and television stations, where possible, to aid in the distribution of information.

Aside from Tenhouse and the two secretaries at the Adams County office, there are several part-time staffers, who work mostly with 4-H and other youth groups. One, he adds, is the "Parenting Pals" operation. "It's an innovative program that's designed to help young mothers who need to learn how to take

care of their babies," he says, and it provides health, nutrition and child care information.

"We've got a reorganization plan," Mike says, "and it's up to us to see that there's some effective programming being delivered. We've been reorganized, we have a new center, a new unit leader, and a new referendum, which made this county office possible. There's been a lot of activity and lots of visibility. "It's been interesting. Now we'll have to get down and work our way through all the problems that major changes inevitably bring. We hope to make sure that Extension is useful and viable well into the next century."



Tenhouse with the secretaries at his office: Darlene Spurrier (foreground) and Betty Clayton.

Guilt-free, energy-saving New Year's resolutions

Are you looking for New Year's resolutions you can handle? Here is a list of things to try this year:

- Do some caulking at the windows and other places where heat escapes from your house. By most estimates, a dollar spent on caulking can save more than five dollars on heating costs the first year.

- Check the wiring on your heating system. Have a qualified contractor repair inadequate or faulty wiring.

- Clean or replace furnace filters. Your furnace may generate much more heat after a simple cleaning and filter change.

Consider buying a new refrigerator. The refrigerator can use as much as 20 percent of the electricity used in a home.



Nationwide, refrigerators use the output of 25 large power plants every year. If everyone had the most efficient refrigerator, the energy produced by 10 of those plants would be saved.

- Don't limit the use of your microwave oven to defrosting food. Microwave ovens can cook

a meal using 90 percent less energy than a gas oven. Clean the inside of the microwave oven frequently; spilled food absorbs waves, making the oven less efficient.

- Lower the thermostat to 55 degrees when your family is out of the house for four hours or more.

- Install water-flow restrictors on shower heads.

- Fix your leaky faucets.

- If possible, run the washer and dryer and dishwasher after 11 p.m. Power plants are built to supply all the electricity necessary at peak-use hours. There is surplus energy available after most people go to bed.

- Lower your thermostat by five degrees. Each degree it is lowered takes 3 percent off your heating bill. Having the home only slightly less warm can save 15 percent on your bill.

- Use fluorescent lightbulbs whenever you can. A fluorescent bulb can be 75 percent more energy-efficient than incandescent bulbs because 90 percent of the energy in an incandescent bulb is heat rather than light.

- Defrost food before cooking and turn your oven off a few minutes before food is to be removed. A well-insulated oven will continue to cook food at nearly the same temperature for several minutes after being turned off.

- Don't overdry clothes you intend to iron, and dry as many loads as possible consecutively to take advantage of the heat generated in the dryer.

- Use weatherstripping where it can stop heat loss. Every dollar spent on weatherstripping can save twice that much off a heating bill in one year.

- Vacuum dusty baseboard heaters. Dust can leech away heat that should be spreading around a room.



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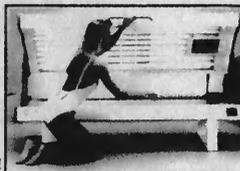
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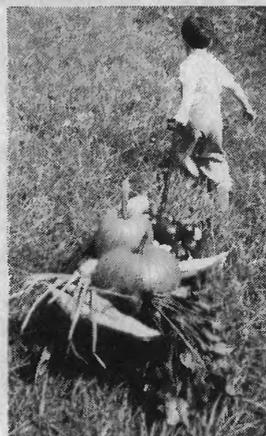
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WHY ARE WE PRACTICALLY "GIVING AWAY"



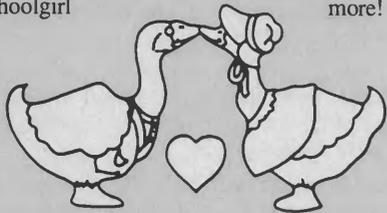
"100 IRON-ON TRANSFERS ONLY 6¢ EACH?"

IF YOU LIKE TO CREATE T-SHIRTS, SWEATSHIRTS AND CLOTHING DESIGNS WITH A PERSONAL TOUCH, THIS IS THE PATTERN SET YOU'VE BEEN LOOKING FOR! USE EACH PATTERN OVER AND OVER AGAIN. TRANSFERS FOR BEGINNERS OR EXPERTS, NOT SOLD IN STORES!

(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.

- Pretty ballerina bear and a bunny bride and groom
- Big bows, little bows, hearts galore
- Slices of watermelon, apple, pear and peach
- Gentle lion, country cow, a fluffy little lamb
- Acrobatic circus clowns by the score
- Tulips tied with ribbon, palm tree, flamingo
- Long-necked and winged dinosaurs
- Fishin' country boy, fashionable schoolgirl
- Prairie schoolhouse, alphabet and numbers
- Bold American eagle, pelican on a perch
- A frosty little snowman, a bearded old St. Nick
- "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-1, 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 FEBRUARY 28, 1993**

All orders mailed by February 28, 1993, will receive 50 special, iron-on transfer patterns as a free gift, guaranteed. Order right away!

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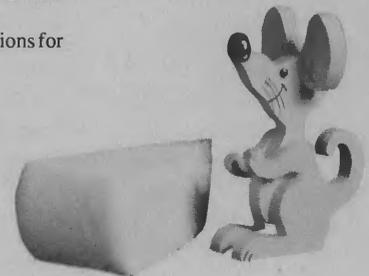
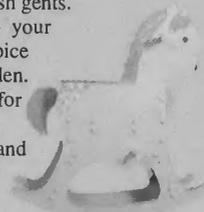
"347 WOODWORKING PATTERNS FOR ONLY 2¢ EACH?"

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 and 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.
- Graceful swan, gangly goose, waddling duck.
- Rocking horse, weather vane, mirrored scone.
- Pretty jewelry ideas for girls of all ages.
- Picture-perfect frames, potted-plant holders.
- 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. NIL-1, 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 FEBRUARY 28, 1993**

All orders mailed by February 28, 1993, will receive 50 special, seasonal, woodworking patterns as a free gift, guaranteed. Order right away!

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