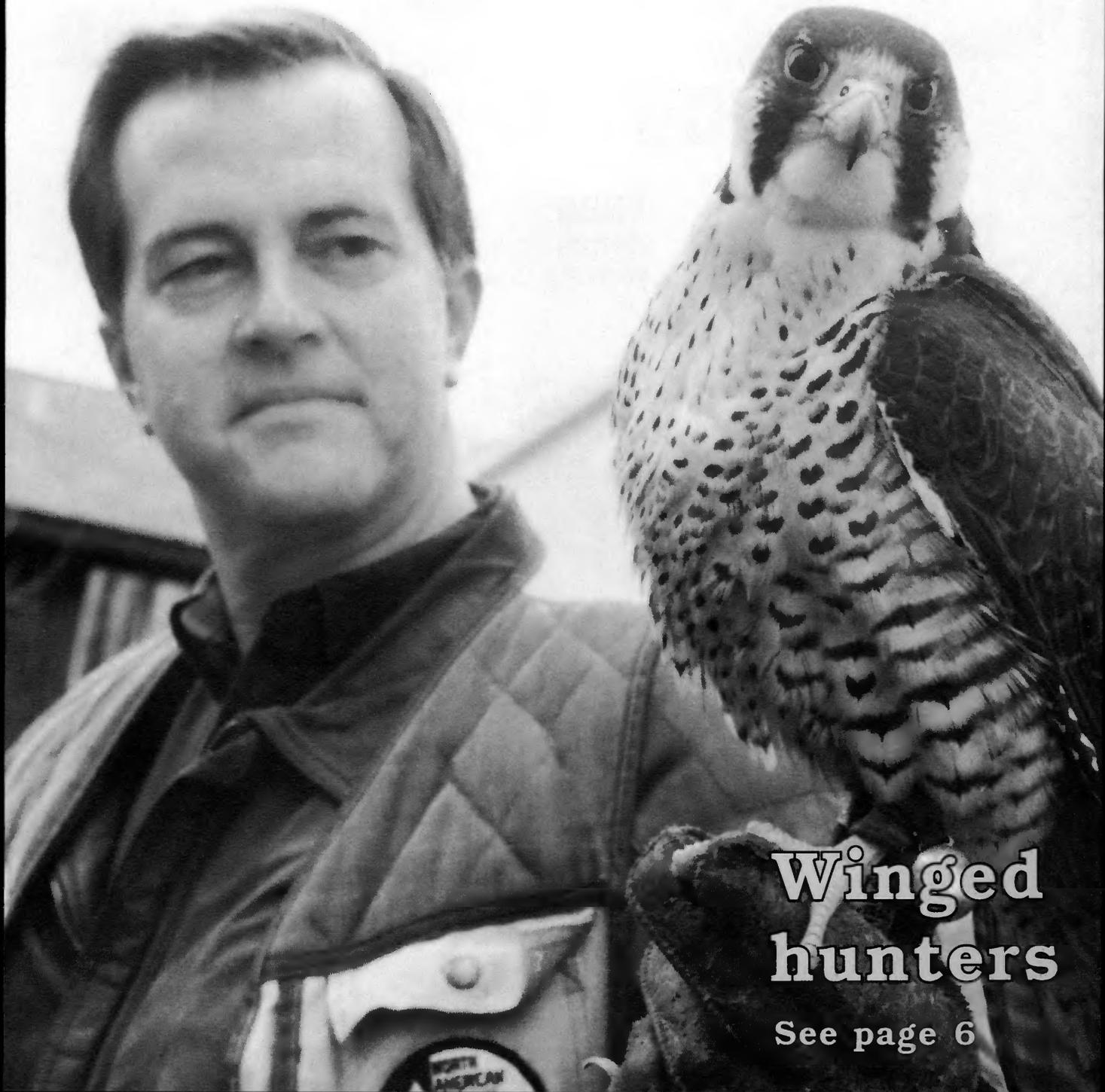


RIEN

Illinois Rural Electric News

May 1993

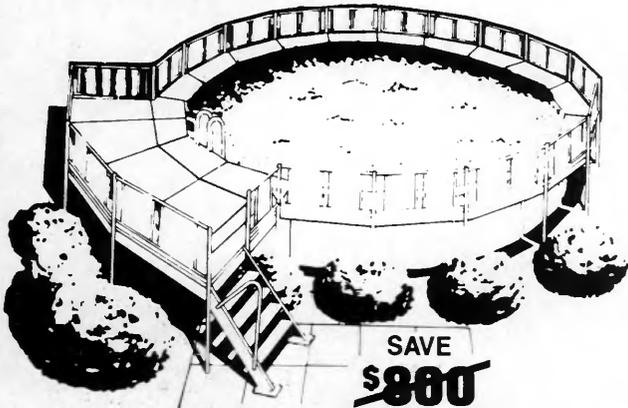


**Winged
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See page 6

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New report compares subsidies

Federal help to rural electric consumers dropped to a national average of \$39 per consumer in 1991, down from \$46 the year before, according to a new National Rural Electric Cooperative Association (NRECA) report.

The study, based on the latest data available from the Energy Department and other government sources, shows the gaps widening between federal subsidies for rural electric, municipal systems, and investor-owned utilities (IOUs):

- Municipal systems got a federal subsidy averaging \$92 per consumer nationwide in 1991, down \$1 from the previous year but \$53 more than the co-op figure.
- IOUs were subsidized an average of \$60 per consumer in 1991, down \$2 but \$21 more than co-ops received.

Prepared by NRECA Chief Economist Don Smith, the report cites conclusions by congressional and administration researchers that all three sectors of the utility industry receive federal subsidies.

The government, the report explains, subsidizes city-owned systems by forgoing tax income from interest paid to investors who buy municipal bonds. The American Public Power Association has estimated that the tax-free status of its members' bonds lowers their cost of money by 25

to 30 percent, while the federal government gives up an estimated \$1.2 billion a year by not taxing the interest on those bonds.

IOUs, meanwhile, have been allowed to retain about \$62 billion that they collected from their customers to pay federal taxes. "The taxes retained," Smith reports, "are equal to revenues forgone by the federal government, which increased its deficits and public debt to compensate for the loss." Based on the government's cost of money to make up for revenue lost to the IOUs, he pegs the federal subsidy at \$5 billion in 1991.

The government had good reason to codify such benefits to all sectors of the utility industry, Smith adds, and it should be careful in terminating any of them.

"The federal subsidies to electric utilities have been developed and provided over the 100-year history of the electric utility industry," Smith concludes in his report. "They support the well-established public policy of universal electric service.

"The subsidy to any single sector should not be abruptly curtailed without consideration of subsidies to other sectors. A 'level playing field concept' is understandable and appropriate. Either existing subsidies to all electric utilities should be maintained or all the subsidies should be terminated. Fairness dictates no less."

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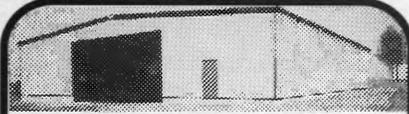


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Cover: Rick Wenneborg uses help when he hunts. Wenneborg, of Chatham in Sangamon County, is a master falconer. (See article beginning on page 6.)

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What to look for in surge protection equipment

Last month we discussed how voltage "spikes," especially those caused by lightning, animals in substations or car accidents involving power poles, can damage electrical and electronic equipment. There are two basic types of protection devices to prevent damage.

The whole-house protector is either installed between your meter and the meter base or connected to your service panel. These units generally cost \$100 to \$200 and will protect against many, many moderate "hits" on your power lines. If a major lightning strike occurs nearby, the unit may sacrifice itself to protect the house's wiring and its appliances.

If that happens, you will still have appliances and electricity, but no more whole-house protection. You will need to buy another unit.

"If there is a really severe lightning strike nearby," Jerry Durlinger, member service manager at Corn Belt Electric Cooperative, Bloomington, says, "even that may not be enough. We encourage our members to look at a whole-house unit, and separate in-house protectors as a good form of insurance if they're concerned. I don't think there's anything on the market that will offer absolute protection from lightning."

A whole-house unit will withstand thousands of minor hits that would, over time, gradually damage motors and delicate equipment. That's another

advantage to protectors: They make appliances last longer.

After you take care of surges coming into your home from lightning and other disturbances, you may need to protect some of your sensitive equipment from surges originating in your house.

These devices plug into wall outlets and will protect appliances plugged into them. They cost very little and are good low-cost protection. They cost from \$10 to about \$20. Some electric cooperatives sell them, and they are available at hardware stores and discount stores, too. For the most part, they will do a good job of protecting your equipment from day-to-day voltage fluctuations, even your sensitive equipment.

They will not protect against lightning strikes, although they may help back up your whole-house unit.

Once you are protected from external surges and internal surges, things get a little more complicated. There are a couple of other "power inlets" that you may need to protect: your telephone line and your TV antenna lead. TV sets, VCRs, fax machines, computers, answering machines and modems are all vulnerable to current coming into your house from sources other than your electric lines. That's because equipment-damaging spikes can run in on your telephone line. If you have a computer, printer and modem all hooked together, and your

modem is connected to the telephone line, they can all still take a damaging jolt, even if they're protected on the electrical side.

To completely protect them, you need a suppressor on your telephone line, too. Some of those built for electric lines also have sockets available for telephone lines.

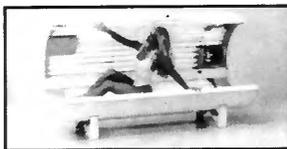
Similarly, if you have a coaxial cable coming in from a satellite dish, a TV antenna, or a cable TV service, you need to protect your VCR and TV set, since both are connected together. Inexpensive units are available to protect them, too.

Some surge suppressors are better than others, and a good one will cost very little more than the ones that don't work all that well. For best protection, look for the following features. Any surge suppressor should have a metal oxide varistor, should meet the Underwriters Laboratories (UL) 1449 rating, and should offer three modes of protection: neutral-to-ground, line-to-ground, and line-to-neutral. If it doesn't say that on the package, forget it, because it won't have it. Look for one that has a 345-450-volt breakdown voltage, or less, and that has a response time of 3 nanoseconds or less. All units have a "Joule" rating, and that's a measure of the number of hits it will take before it fails. The higher the number, the better.

Surge protectors are designed to save your equipment from abuse by absorbing that abuse themselves, and it follows that eventually they will fail. Look for one that has a warning light that indicates they are working. When the light is gone, so is your protection.

If you want to protect your equipment, check with your electric cooperative. If you need really well-conditioned power, with protection from severe lightning and more, Durflinger recommends an even better unit.

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A falcon rests while eating part of its prey. Rick notes that raptors won't hunt unless they're hungry.

Birds of prey

The hawk circles majestically in the leaden gray sky, looking for prey. Far below, a flock of ducks swims peacefully on an ice-rimmed pond. Suddenly, a dog runs barking at the ducks, which lift off the water in a noisy panic. The hawk straightens, then folds its wings, hurtling toward one hapless mallard. On the ground, a man watches in fascination, for he is in reality the hunter.

Rick Wenneborg, minister of the Chatham Christian Church in Chatham (Sangamon County),

is an avid falconer, and he hunts with his birds often.

He is a member of Rural Electric Convenience Cooperative Co., Auburn. Until recently, he had a falcon and a hawk. He lost the falcon when hunting near his home. Before he lost her, he would take one or the other of the raptors hunting regularly during the hunting season. "I tried to take one of them out nearly every day," he says, "except when the weather was absolutely terrible. We usually hunted rabbits, squir-

rels, ducks and pheasants. Pheasants aren't all that common around here, though, so we didn't hunt them very often. It's a real treat when we get the opportunity."

Falconing has been around for a long time and will likely be around for a long time to come. It is the oldest form of hunting sport in recorded history, he says, and records of hunting activities go back to 2,000-3,000 years before the time of Christ.

"We're told that Ghengis Khan had 1,000 falconers who traveled with him," Rick adds, "and falconing was considered the most efficient method of hunting birds and other small game until the advent of firearms. The golden age of falconing was in England during the Renaissance."

While falconing fell out of favor in the west over the last few centuries, it has remained more popular in Asia, where large golden eagles are still trained to catch wolves. At one time, it was probably as much a worldwide sport as anything today.

Rick emphasizes that falconing isn't for everybody, but once you're bitten by the bug, it keeps you hopping. "My wife, Marilyn, isn't all that interested," he says, and neither are my daughter, Nicole, or my son, Matt. I took them out once and let them watch, and they seemed to enjoy it. But they just said, 'Hey, that's really neat,' and that's all there was to it. It wasn't like that with me. I got hooked and stayed hooked."

He still recalls the time he was introduced to falconing. A long-time bird enthusiast, he had a parrot and had talked with friends about birds in general.

"I was at a preachers meeting one day, about 10 years ago," he says, still smiling at the memory, "and Roy DeWitt walked in. He was the minister of another church in Chatham. Anyway, one of the men there said, 'You're going to like this



Rick puts the bird on her passenger seat.

guy,' and we got started talking birds. He was right. I did like him, and it was the beginning of a long and friendly relationship. In fact, he was my sponsor when I set out to get my license."

A look at Rick's car might suggest a more than minimal interest in the sport. His vehicle has a "doghouse" on the back and a falcon's perch on the dashboard on the passenger side. The license plate reads "Hawk 49." That has a meaning all its own, Rick explains. "After my first real year in falconing, my bird had gotten 48 rabbits, so I asked for a plate that said Hawk 48. When it came, it had 49 on it, and when I got to thinking about it, I realized that she'd gotten a coot, too, so it added up after all."

Falconing, which is enjoying a modest boom, is a tough sport to get involved in, Rick says, because of the strict regulations dealing with the ownership and handling of wild birds of prey and the fact that a long apprenticeship is required before an enthusiast can own more than one bird.

"You have to pass a federal examination," he says, "then you build facilities, which the Department of Conservation inspects. You also need equipment

— scales, bells and gloves, and so on. Then you need to find a licensed falconer who'll take you as an apprentice for two years. When you get all that done, you get a 'capture permit,' which entitles you to capture a red-tailed hawk or a kestrel. After completing the apprenticeship and becoming a general class falconer, you can have two birds, including hawks and falcons. A master falconer can have three birds and can fly anything the law allows."

A master falconer, Rick has a hawk and a falcon. Like most sports, falconing has its tournaments and competitions. Many of them are held out west. A field meet might draw as many as 300 of the 3,000 or so

licensed falconers from all over the country. Colorado and Texas are popular places for such meets, and the jackrabbit is the prey of choice at many such meets. "I've seen a Harris hawk that weighed two pounds catch a jackrabbit that weighed seven and a half pounds," he says. "They're really impressive."

Hawks and falcons tend to work differently, he remarks, and falcons are often worked with a small radio transmitter attached to them, so the hunter can track them down if they fly off and don't return. Hawks, which tend to work closer to the hunter, don't need that. As previously mentioned, there are risks involved to the birds, too. Rick lost a fine bird three or four years ago as a result of a freak accident. "She'd just caught a bird," he says, "and was landing on a power pole. A sudden gust of wind caught her, and she got her wings across two power lines and was killed instantly, and I lost my falcon, which I'd only had for about six months, just a few weeks ago. She was turning out real well, and I was hoping to have several years of good hunting with her."

Even with the disappointments and setbacks, he adds, there's hardly anything that beats watching a hawk break out of a circling pattern, fold its wings and drop like a bomb onto its prey. "It's something you have to see for yourself," he says, "but it's a beautiful sight."



Watching a good bird of prey at work is pure joy.

REA and rural development

Rural electric cooperative leaders exchanged letters with the White House and Congress after President Clinton, in his first State of the Union Address, proposed to eliminate an interest subsidy on loans the government makes to electric cooperatives.

Bob Bergland, general manager of the National Rural Electric Cooperative Association (NRECA), said in a letter to all members of Congress that the Rural Electrification Administration (REA) "instead of being considered part of a deficit reduction package . . . should be strengthened."

REA is the U.S. Department of Agriculture agency that lends money to rural electric cooperatives. Currently, electric cooperatives pay 5 percent interest on money borrowed from REA to extend and upgrade service to consumers. The electric cooperatives borrow 70 percent of what they need from REA, and they borrow the other 30 percent from other sources at market rates. Under Clinton's proposal, they would pay the same rate the Treasury pays for long-term money it borrows, about 2 percent higher.

Rural residents often pay more for their electricity than city dwellers because there are fewer people to absorb the costs in rural areas. "REA is a necessary component of our nation's policy to provide universal electric service, no matter where you live or travel," Bergland wrote. "It helped overcome the obstacles of distance and terrain, which drive up the cost of electric power, resulting all too often in the higher rates paid by rural consumers."

Under Clinton's plan, REA would continue to lend money to consumer-owned electric cooperatives, but would no longer subsidize the interest rate,

except in a few cases. A small pool of \$25 million would be lent at 5 percent to "hardship" borrowers, until 1998.

The government estimates it will save \$374 million over four years by eliminating the subsidy.

"REA was created in 1935, when only 11 percent of farms in

"It may be currently fashionable to criticize REA as an old agency, but an impartial analysis will reveal that, at very little cost to the taxpayer, REA provides essential support to ensure a strong electric infrastructure in rural America while promoting rural economic development. Some also argue that rural electrification is now complete and that REA can be ended. In fact, rural communities are ever changing and their utilities must be kept up, or the communities will die."

the U.S. had electric service," says Clinton's written proposal, called, "A Vision of Change for America." "Now nearly 100 percent of rural area have this service."

But Bergland, in his letter to Congress, countered, "Who would suggest that federal airport or highway improvements should be ended simply because the facilities are in place?"

The plan does not acknowledge the difference between rates paid by residents of sparsely populated rural areas and those who live in urban centers.

It also does not address the high cost of maintaining electric equipment in rural areas, or the

co-ops' role in rural economic development.

"It may be currently fashionable to criticize REA as an old agency," Bergland wrote to Congress, "but an impartial analysis will reveal that, at very little cost to the taxpayer, REA provides essential support to ensure a strong electric infrastructure in rural America while promoting rural economic development.

"Some also argue that rural electrification is now complete and that REA can be ended," Bergland added. "In fact, rural communities are ever changing and their utilities must be kept up, or the communities will die."

Ironically, elsewhere in Clinton's plan, the president recognizes that "rural areas were among those hardest hit by the recent recession." The proposal offers ways to provide "needed assistance for the special concerns of rural areas."

Among them are rural water and sewer loans and grants. Water quality the plan says, is a "matter of increasing concern." Some rural areas are unable to pay the high cost to comply with federal water standards. The Administration proposes to offer \$470 million more in loans and \$281 million in grants for the Rural Development Administration to help poor rural communities comply with clean water standards.

Also, \$6 million in grants and \$3 million in loans would be added for a Farmers Home Administration program that helps rural, very low-income applicants repair or rehabilitate their homes to remove safety and health hazards.

Another proposal would increase the amount of loan guarantees to rural homebuyers by \$235 million because of increased demand for the program.

—Rural Electric News Service

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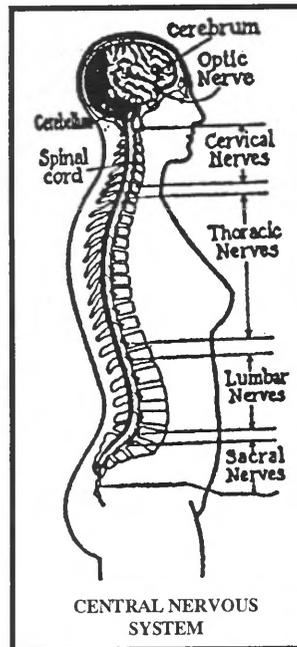
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Worldwide farms losing ground

Around the world, fewer acres of soil are being used for raising grain as more and more farmland erodes or turns into subdivisions. Increased population and "urban sprawl"—the expansion of cities into suburbs and suburbs into the country—have farmers in China, Thailand and Egypt turning their land into residential areas. Farmers are also abandoning cropland where degradation, mostly from soil erosion, has made the ground unfit for planting. These trends were uncovered by the Washington, D.C.-based Worldwatch Institute, which tracks changes in the world economy and the environment. To combat degradation, about a tenth of U.S. cropland has been converted to grass or woodland under the Conservation Reserve Program since 1985. The program aims to convert cropland to grasses and trees to save it from losing its productivity and becoming wasteland in the future. Increases in land productivity, however, are helping the world's farmers keep up with the demand for grain despite the loss of cropland and the growth in population. In some areas

Thomas H. Moore honored by SIU for 'Service to Agriculture'



Moore

Thomas H. Moore, executive vice president of the Association of Illinois Electric Cooperatives, Springfield, was honored by the Agricultural Student Advisory Council of Southern Illinois University at

Carbondale as the recipient of its 1993 "Service to Agriculture" Award. The presentation was made at the annual All Agriculture Banquet sponsored by the Agricultural Student Advisory Council in the Student Center Ballroom in Carbondale February 26. In addition to the "Service to Agriculture" award, Dr. William Herr, interim dean of the College of Agriculture, and officers of the Advisory Council presented awards to two outstanding alumni and named the recipient of its 1993 Faculty Service Award. As a representative of the electric cooperatives, Moore was recognized for his assistance to the College of Agriculture and for activities carried out in cooperation with Southern Illinois University at Carbondale for the benefit of agriculture and rural Illinois. More than 60 representatives of the electric cooperatives, mostly from Southern Illinois, attended the recognition banquet. Moore cited the many contributions of the SIU-C College of Agriculture to the entire state of Illinois. He said his association with electric cooperatives in Illinois goes back almost 32 years. He noted that Southern Illinois

of the world multiple cropping—such as raising rice in the summer and wheat in the winter—is also becoming popular.

Study shows poor prognosis for rural health

A new study says that 88 percent of National Health Service Corps physicians eventually leave the rural areas to which they are assigned. Donald E. Pathman, a researcher at the University of North Carolina at Chapel Hill, conducted a long-term study of 303 Corps doctors working in rural areas as a way of repaying medical school debts. Pathman, a former Corps doctor himself, followed the careers of physicians who worked in rural clinics between 1979 and 1981. He found that rural non-Corps doctors had a better retention rate than Corps doctors. After three years, half of Corps doctors left, while only 30 percent of non-Corps doctors changed communities. After eight years, 88 percent left compared to 61 percent of the other doctors. Pathman says these statistics challenge the National Health Service Corps "to acknowledge that the retention is not good." Mary Krywucki, chief of the Corps recruitment branch,

says that the recent one-year retention rate in the loan repayment department is nearly 50 percent but admits there is room for improvement. Corps doctors move on for several reasons, says Pathman. Some are poorly matched to the area. "Frequently a doctor wants to practice in a rural area. The problem is that he didn't want that particular rural practice."

EPA wants printers that use less energy

Computer printers soon will use less energy while standing idle—a time period sometimes stretching over the entire day in a slow office. The Environmental Protection Agency has asked laser printer manufacturers to come up with a machine that uses less power when on standby. Manufacturers that come up with an acceptable design will get an "energy star" on their packages. The new printers could save \$450 million worth of electricity a year, the agency estimates.

Central air common in new homes

Chances are, your next home will come equipped with central air conditioning. Seventy-seven percent of all new homes are. In the South, 97 percent of new homes have

is home to one of two generation and transmission cooperatives in Illinois, Southern Illinois Power Co-operative. He said its three member systems — Egyptian Electric Cooperative Association, Steeleville; Southeastern Illinois Electric Cooperative, Eldorado; and Southern Illinois Electric Cooperative, Dongola, provide electric service to approximately 40,000 meters, as well as assistance in economic and community development.

Dale Warren receives 'Citizen of Year' award in Fairfield



Warren

Dale Warren, an employee of Wayne-White Counties Electric Cooperative since 1949 and manager since 1990, was recognized March 7 as the Greater Fairfield Area Chamber of Commerce's "Citizen of the Year" at the Chamber's awards dinner. The

annual event was attended by more than 200 community leaders. Several other awards were also given, and Wayne-White received one in recognition of its economic development activities. Warren has been involved in community activities for many years. He also serves as a director of the Soyland Power Cooperative. In addition to electric cooperative responsibilities, he has served on the Wayne County Housing Board for 24 years, and he has been its chairman for the last 22 years. He serves on the Fairfield Hospital Board, Fairfield Zoning Board and the Wayne County Public Aid Board. A member of the Reorganized Church of Jesus Christ of Latter Day Saints, he teaches a Sunday School class at his local branch. He has served as branch president and district president, a post he held for 18 years, and as a counselor to the regional presidency. He has served for 30 years as chairman of the Brush Creek Reunion Grounds Committee.

central air. The amenity is found in 77 percent of the homes in the Midwest, 54 percent in the West and 53 percent in the Northeast. A survey by the Departments of Commerce and Housing and Urban Development found that the typical new home not only has central air, but three bedrooms and a two-car garage. Twenty-nine percent heat with electricity—66 percent with warm-air furnaces, 24 percent with heat pumps and 6 percent with hot water or steam. Fully 5 percent of new homes have no heating system at all, while others have electric baseboard heat, radiant heat or space heaters. Complementing the heating systems were single fireplaces in 58 percent of the homes. Six percent of the structures had two or more fireplaces, while 36 percent had none.

Clinton wants EPA in cabinet

Environmental Protection Administrator Carol

Browner says elevating her agency to Cabinet-level would raise environmental issues to a level "that crosses traditional department boundaries." And President Clinton is moving on his campaign promise to make the EPA a full Cabinet department, she said. The move requires congressional approval. Browner, despite Clinton cost-cutting plans, is making plans to expand the EPA beyond just a title change.

"Recipes From Hope, Arkansas The Birthplace of Bill Clinton"

by Murry L. Broach - Staff Writer

Hope, Arkansas (Special) Some local observers give the water in Hope, Arkansas credit for the success of Hope's favorite son, President Bill Clinton.

Others say, "no way! It had to be the mouth-watering Arkansas cooking of his grandma..." that was responsible.

To show America how to prepare the delicious dishes Mr. Clinton enjoys now and as a youngster, a local resident, Wanda Powell, organized the Hope community to publish a new cook book.

It's entitled, "Recipes From Hope, Arkansas... The Birthplace of Bill Clinton."

The Hope Public School District will receive royalties on the book. They "hope" to raise enough money to pay for seating in their new combination cafeteria - auditorium.

The book is really much more than a "cook book." A special section tells all about Hope, Arkansas and Bill Clinton, "then and now."

It has many never-before-published pictures. You'll see a cute little Bill as a three year old..., and in the first grade.

There are pictures of his home when he was born and the home he moved to as a four year old.

"There is even a picture of a little Bill with his elementary school "heart throb", the first girl he ever kissed."

You'll get unique copies of invitations to his third and fourth birthday parties. The four year old invitation features a puppy and bunny theme.

Yes, there is even a picture of a little Bill with his elementary school "heart throb", the first girl he ever kissed.

The now grown-up "little girl" still lives in the Hope area. In the recipe section of the book, she gives you her favorite recipe!

Probably the most precious memorabilia are copies of a teenage Bill Clinton's handwritten letters to his grandmother. They begin "Dear Mamma," and impart a real sense of the love between the young President-to-be and his grandma.

There is a copy of the very emotional Benediction which Bill gave for his high school graduation. Amazingly, it kind of "foretells" the future!

"The handwritten letters which begin, "Dear Mamma," impart a real sense of the love between the young President-to-be and his grandma."

There is a signed letter from then Governor Clinton thanking purchasers for buying the book.

The recipe section shows you how to prepare scads of melt-in-your-mouth special Arkansas delicacies... over 340 recipes in all.

Bill Clinton's own personal favorite recipes are included. (These are guaranteed to surprise you!)

You'll get Hillary Clinton's favorite recipes... including her now famous chocolate chip cookies. Also included is Chelsea's favorite cookie recipe!

There are dozens of other tasty recipes from Bill Clinton's grandmother, aunts, cousins, and neighbors.

Most of the recipes are for real southern Arkansas, home-style dishes. Surprisingly, however, there is not a single recipe for fried chicken!

When asked, "Why not," Mrs. Powell says proudly..., "Even in

Arkansas, we're now a little more conscious about our cholesterol.

Several of the first people (in different parts of the nation) who have seen the book have written letters to Mrs. Powell.

The reoccurring theme in the letters seems to be, "These are wonderful, but such easy and simple recipes. I can put them together with the things I already have in my kitchen. I don't have to go out and buy fifty dollars worth of new items just to try them!"

The three-color cover of the book has an authentic copy of an autographed picture of Mr. Clinton set within an outline of the State of Arkansas. It could possibly become a collector's item in the years to come!

Although not yet available in book stores, you can get a copy of the new Hope, Arkansas Recipe Book direct from the publisher.

All you have to do is write your name and address along with the words, "Hope Cook Book" on a plain piece of paper. Mail it along with your remittance of only 12.95 plus \$2 postage & handling to:

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You may charge to your VISA or MasterCard by including your card number, expiration date and signature. For even faster service VISA/MasterCard, call toll-free 1-800-238-2583, Ext. D1068.

The "Hope Cook Book" makes a tasteful gift for any occasion. Readers of this publication may request a second copy for only 9.95. That's 2 for \$24.90 postpaid!

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Mexican fiesta

MEXICAN CORNBREAD

- 1 cup corn meal
- 1/2 teaspoon salt
- 1 cup cream style corn
- 1/2 cup cooking oil
- 1 cup grated cheese
- 1 cup buttermilk
- 1/2 teaspoon soda in buttermilk
- 2 eggs
- 1 jalapeno pepper, chopped

Combine all ingredients except for 1/2 cup grated cheese in bowl and mix well. Pour into iron skillet and top with remaining cheese. Bake at 350 degrees for 40 minutes.

FIESTA BEEF STEAK

- 1 boneless beef sirloin, top round or chuck shoulder steak
- 1/3 cup prepared salsa (mild, medium or hot)
- 2 tablespoons fresh lime juice
- 1 clove garlic, minced
- 1 teaspoon dried oregano leaves
- 1/4 teaspoon ground cumin

Combine salsa, lime juice, garlic, oregano and cumin. Place beef steak in plastic bag; add salsa marinade. Tie bag securely and marinate in refrigerator 6 to 8 hours (or overnight, if desired), turning at least once. Remove steak from marinade; reserve marinade. Place steak on grid over coals, turning once. Follow Beef Grilling Guide for approximate cooking time. Brush with reserved marinade occasionally. Carve steak into thin slices. A boneless beef steak will yield 4 (3-ounce) cooked, trimmed servings per pound.

MEXICAN RICE

- 1 tablespoon vegetable oil
- 1 cup uncooked rice
- 1/2 cup chopped onions
- 1 clove garlic, minced
- Beef broth
- 1 teaspoon ground cumin
- 1 tablespoon tomato paste
- 1/2 cup frozen green peas, defrosted
- 1/2 cup finely diced tomatoes

Cook rice in hot oil in 2 to 3-quart saucepan over medium heat, stirring constantly, about 2 minutes. Stir in onions and garlic; cook, stirring about 1 minute. Add broth* and cumin. Heat to boiling; stir once or twice. Lower heat to simmer; cover with tight-fitting lid. Cook according to time specified**, or until rice is tender and liquid is absorbed. Combine tomato paste and 1 tablespoon water. Stir tomato mixture, peas and tomatoes into rice; fluff with fork. Makes 4 servings.

*Use 1 1/4 to 2 cups broth for regular-milled long grain rice; 1 1/2 cups broth for regular-milled medium or short grain rice; or 2 to 2 1/2 cups broth for parboiled or brown rice.

**Cook regular-milled long, medium or short grain rice for 15 minutes, parboiled rice for 20 to 25 minutes, or brown rice for 45 to 50 minutes.

CINCO DE MAYO SALAD

- 3 cloves garlic, minced to a paste
- 1 teaspoon salt
- 1/2 teaspoon ground black pepper, divided
- 1 1/2 lb. well-trimmed beef top sirloin steak, cut 1" thick
- 3 cups cooked rice, cooled to room temperature
- 1 ripe medium avocado, seeded, peeled and diced
- 3/4 cup cherry tomato quarters
- 1/3 cup sliced ripe olives
- 1/4 cup sliced green onions including tops
- 3 tablespoons red wine vinegar
- 1 tablespoon + 1 teaspoon olive oil
- 1 tablespoon fresh lime juice
- Lettuce leaves

Combine garlic, salt and 1/4 teaspoon pepper; spread over both sides of steak. Place steak on grid over coals, turning once. Follow Beef Grilling Guide for approximate cooking time. Let stand 5 minutes. Carve steak into thin slices; cut into bite-size pieces. Combine steak, rice, avocado, tomatoes, olives and onions in large bowl. Whisk together vinegar, oil, lime juice and remaining 1/4 teaspoon pepper; add to rice mixture and toss. Serve salad on lettuce-lined platter. Makes 6 servings.

GUACAMOLE WITH CHEESE AND CHILIES

- 3 ripe medium avocados, seeded, peeled and mashed
- 2 cups (8 oz.) finely shredded Monterey Jack cheese
- 1 medium tomato, finely diced
- 1/3 cup finely diced onion
- 1 can (4 oz.) diced green chilies
- 1-2 cloves garlic, minced
- 2 tablespoons fresh lime juice
- Cilantro or parsley leaves for garnish

Combine all ingredients (except cilantro or parsley) in medium bowl; mix until blended. Garnish with cilantro or parsley leaves. Serve with fresh vegetable sticks (such as carrots or jicama) or with tortilla chips. Makes approximately 5 1/2 cups guacamole.

SALAD

- 1 can French green beans
- 1 can English peas
- 1 can Chinese vegetables
- 1 red onion, sliced
- 1 bell pepper, sliced
- 1 cup sliced celery
- 1 cup oil
- 1/2 cup vinegar
- 3/4 cup sugar
- Salt and pepper

Combine all vegetables. Separately combine oil, vinegar, sugar, salt and pepper. Heat until sugar dissolves. Pour over vegetables while hot. Let set 24 hours in refrigerators to crisp.

COCONUT POUND CAKE

- 3 sticks butter
- 3 cups sugar
- 3 cups plain flour
- 6 eggs
- 1 (8 oz.) carton sour cream
- 1/4 teaspoon soda
- 1 teaspoon coconut extract
- 1 teaspoon rum extract
- 3/4 cup angel flake coconut
- 3/4 cup sugar
- 3/4 cup water
- 1 teaspoon almond extract

Cream butter, adding sugar gradually. Add eggs one at a time and beat well after each addition. Sift flour and soda together. Add to mixture and blend well. Add sour cream flavoring and coconut. Bake in a greased and floured tube pan at 325° for 1 1/2 hours. Combine 3/4 cup sugar, water and almond extract. Boil for 5 minutes. Pour over warm cake.

U. S. SENATE BEAN SOUP

- 1 lb. chopped ham or ham bone with meat
- 1 lb. navy or great northern beans
- 3 potatoes, cooked and cubed
- 1 cup each: onions, and celery, chopped
- 2 cloves garlic, minced

Wash beans and soak overnight. Rinse and add water to make 5 quarts. Add ham bone and simmer 2 hours on low heat. Add vegetables and simmer 1 hour more. Remove bone leaving meat in soup. Season as desired with salt and pepper. Makes about 4 1/2 quarts.



Essentials for rural economic survival

Bulldog tenacity. Adaptability. Creativity.

Those are three characteristics communities will need to survive in the future, according to speakers at the fourth annual "Rural Community Development: Visions for the Future" workshop.

Held in Springfield March 17-18, the get-together was presented by the Illinois Institute for Rural Affairs and Rural Partners, in conjunction with the Governor's Rural Affairs Council. It was designed to enable economic development people from throughout the state to learn from successful people and to hear lecturers speak about their ideas of where and how economic development will take place.

For the most part, those communities blessed with a committed, motivated, well-trained group of local activists will be most likely to succeed, but even those attributes won't guarantee success.

If another theme came from the meeting, it was that a long-time "Cinderella" of job growth is finally beginning to get some attention. Retention and expansion, or R & E, as it's called, is now being recognized by those who went "smokestack chasing" during the last 10-20 years or so.

Communities that once strived to send delegations to European or Pacific Rim destinations are now looking at the

businesses that are already in town, and they are trying to figure out how to keep them there or help them expand.

Electric cooperative people



Mundt

play an important role in many communities' economic development activities.

Steven Hancock, manager of member and public relations at Eastern Illini Electric Cooperative, (EIEC) Paxton, discussed his county's effort to retain a business that had been a branch plant of a major electronics firm that did a lot of defense work. In addition to his duties at EIEC, Hancock is the Ford County coordinator team leader for the Rural Partners-Kellogg Economic Development Program.

"The parent company had decided to sell off the plant," Hancock said, "and it was one of those plants that could be moved fairly easily if the new owners wanted to. It employed

anywhere from 130-150 people, and we wanted to keep it in town if we possibly could. I got a call late one afternoon, and was asked to put together some meetings to see about funding. Time was of the essence, and the prospective buyers, who were employees of the company, wanted total confidentiality.

"I immediately called key local individuals who went to work and set up a meeting in Springfield with our local representatives, the governor and his advisers, and personnel from the state Department of Commerce and Community Affairs, or DCCA."

As time went by, the group secured the funding it needed without a great deal of difficulty, but some friction developed among some of the prospective buyers and some of the team members, and one of the primary buyers opted out of the plan when he felt the offer the group had made was all it could invest, and was turned down. The effort is still under way, with the remaining buyout members still involved.

"In retrospect," Hancock says, "this situation indicates the extreme need to have an appropriate business retention plan in place in your local region or community. In addition, there are some very difficult issues that need to be dealt with up front so as not to cause problems in the future. Addressing these issues will enable you to handle a retention problem with less difficulty and will help you arrive



Representatives of Pike County show their Rural Partners exhibit to Rep. Art Tenhouse (R-Liberty), who stopped by to visit with those attending the workshop. From left are Lita Eatock, Pat Edmonds, Judi Sutton, Blake Roderick and Tenhouse.

at a successful solution to any problems.

"In summation," he said, "you should note that funding was not the most difficult task. The biggest problem was the need to communicate, coordinate and effectively deal with all parties involved. This is by far one of the most critical elements to an effective business retention plan."

Delbert Mundt of Dieterich, president of the Norris Electric Cooperative board of directors, also told of the efforts his community had made to make it a more attractive place to live and improve the local infrastructure. Mundt was one of the founders of EJ Water Corporation, which was set up to bring a good supply of high-quality water to the drought-stricken area of eastern Effingham County.

"Dieterich is a small town," Mundt said, "and like many

small towns, we were educating our kids to leave home. We wanted to try to give them the option of staying home, if they wanted to. So we set out to improve the town's job picture a little."

While Dieterich is little, it more than makes up for that in civic pride and involvement. Many residents, along with the Dieterich Community Development Corporation, or DCDC, set out to spruce up the town, once the water problem was well on the way to a successful conclusion.

Dieterich is home to a school district that much larger towns could well envy, and is proud of its "Movin' Maroons," the school's athletic teams. The decision was made to plant plum trees — which would bear maroon-colored fruit — and to adopt the slogan, "Dieterich is plum proud." There is a lively

business appreciation effort in place and running, and leaders occasionally visit with area businessmen to see if there's anything they can do to help them keep their businesses viable. The town is also working on a community betterment effort. Bill McClain, superintendent of schools, shared the podium with Mundt. He noted that the school is making a very real effort to educate at least some of the area youths to work in local or nearby businesses and industries, many of which are in Effingham, ten miles away.

Amy Glasmeier, associate professor of geography at Pennsylvania State University, discussed the role of "high tech" in local economies and noted that high tech is not the high flyer it once was. "The areas that relied on high tech, the North

(Continued on page 21)

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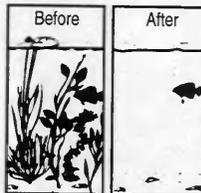
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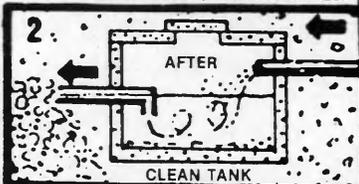
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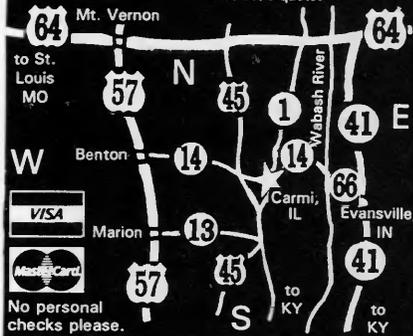
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SIPC:

Service and planning are keys

Southern Illinois Power Cooperative (SIPC) continues to meet the growing needs of today's consumers and strengthen its financial position to assure a supply of electric power into the next century.

Officials of the Marion-based generation and transmission cooperative reviewed the cooperative's activities for the past year during SIPC's annual meeting March 25 at its Lake of Egypt headquarters. SIPC is made up of three electric distribution cooperatives: Egyptian Electric Cooperative Association, Steeleville; Southeastern Illinois Electric Cooperative, Eldorado; and Southern Illinois Electric Cooperative, Dongola. The three member systems provide electric service to nearly 41,000 meters at homes, farms and businesses across a 19-county region of Southern Illinois.

Lawrence Wilke of Karnak, president, reported that the cooperative is well into an informational and rebate program involving electric heat pumps and water heaters. Wilke said SIPC and the three member systems established a plan under which consumers and heating and cooling contractors receive rebates for installation of either add-on heat pumps or geothermal heat pumps.

Wilke said SIPC's financial condition represents one of its great strengths. "The bottom line of our income statement for 1992 shows a net margin of \$3,355,020. This margin represents the 11th straight year SIPC has had a positive margin," he said.

He added that equity in the organization continues to increase, with the consolidated equity of SIPC and its three



Kenneth R. Webb (seated center) of Tunnel Hill is the new president of Southern Illinois Power Co-operative (SIPC), Marion. He was elected during a board reorganizational meeting following SIPC's annual meeting March 25 at the Lake of Egypt headquarters. Raymond C. Mulholland (seated right) of Marissa was elected vice president, and George R. Inman (seated left) of Grand Chain is the new secretary-treasurer. Standing is James R. Chapman, executive vice president.

member systems at 35.1 percent at the end of 1992. "Many investor-owned utilities operate at an equity of approximately 40 percent. SIPC believes that in today's business climate cooperatives must have strong financial statements to be able to prosper in the future. Your cooperative is at the forefront of generation and transmission cooperatives in securing your financial position," Wilke said.

Manager James R. Chapman updated the delegates of the member systems about the cooperative's successful efforts in 1992 to reduce interest costs. He said the cooperative was able to "reprice" its Federal Financing Bank (FFB) loans to take advantage of lower interests available. He said SIPC made application in 1992 to reprice the notes. "We

were notified in late December that the funds were available to reprice, and the actual repricing took place on January 28, 1993." Chapman said the interest rates on SIPC's \$41 million in FFB notes was 11.4 percent before repricing. After repricing, the rate is 6.59 percent. Chapman continued, "In order to reprice, we were required to pay a premium of \$4,098,671. We plan to write the premium off over a period of four years and reap the benefit of the reduced interest cost for the next 20 years."

Secretary-treasurer Ray Mulholland of Marissa reported that total electric sales to member systems declined by .4 percent in 1992 compared to 1991. He attributed the drop to mild summer and winter weather.



These clients are removing the brand name from tape rolls. They are (left to right) Mattie Polk, Kathy Kimmins, Mike Cornelius, Bobbi Salmon and Robbie Witt.

New quarters help expand training center's services

Staff members of the M.A.P. Training Center run over with enthusiasm when they show visitors around the relatively new center building in Karnak. The two-year-old, 30,000-square-foot building that houses the non-profit education and service center is a step up. Chartered in 1972, MAP — as it is known in Massac, Alexander and Pulaski counties — previously had carried out its important services in overcrowded facilities.

While the enthusiasm springs in part from having new, spacious facilities, the staff's zeal for what they do was clear even before MAP moved into the Karnak location from "make-

do" buildings elsewhere. Wherever they work, what they do is most important. The new building didn't hurt, though.

The Karnak center, which draws its name from the first letter of the three counties it serves, provides a broad range of training and support services to people with developmental disabilities. Karnak's central location in Pulaski County also provides easy access to services for clients who live in the three-county area. Southern Illinois Electric Cooperative, Dongola, serves the \$1-million training facility.

MAP provides service to people with developmental dis-

abilities, though those with other disabilities such as mental illness and visual or physical impairments would be considered for service if it is probable that the individual would benefit from programs offered by MAP. A volunteer board of directors composed of five members each from Massac, Alexander and Pulaski counties governs the center.

Before moving into the new building, MAP operated variously in a partially converted garment factory, an abandoned school, an empty store building, and rented residential property. Overcrowding hampered programs, and poor building design

made loading and unloading trucks difficult. The old facilities also prevented full implementation of some programs, and space was at a premium.

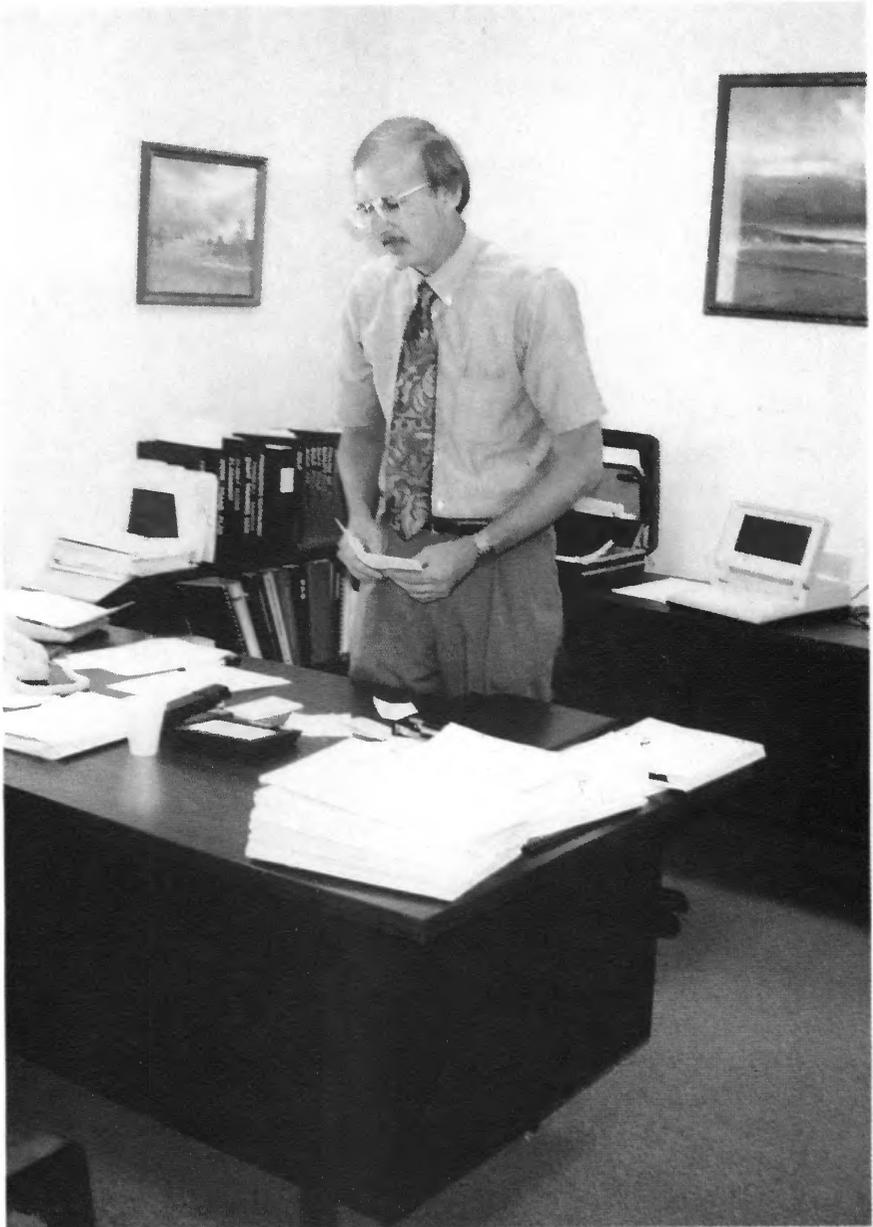
The new metal structure provides adequate space for testing, training, production work, a kitchen and lunch room, offices, and accessible loading docks. Funding for the new place came from a variety of sources, including grants, low-interest loans and community contributions.

Operating without discrimination, the center employs a simple motto: "Making Things Happen." Larry Earnhart is executive director and responsible for the overall management of the center. Some 38 staff members are employed through the center, some on a part-time or on-call basis.

It is a busy place. After a thorough evaluation process, clients who enter the center's programs are offered a wide-ranging selection of individually designed services. Some prospective clients who are evaluated but not accepted into the program are given assistance in locating more suitable services elsewhere.

Following admission, rehabilitation services include vocational evaluation, developmental training, work adjustment training, sheltered employment, placement program, elder/retirement program, and residential services. Rehabilitation services provided by MAP are available free of charge to any residents of the three counties who meet the admission criteria.

Not only is MAP in newer, larger surroundings, but the center is able to provide services for a larger number of clients. MAP previously served 75 clients but can now accommodate as many as 125 and provide more services. The scope of the training ranges from learning the most basic daily living skills to more complex living skills, such as becoming



Larry Earnhart, executive director

employable.

The center has a multitude of purposes, Earnhart says. "People aren't 'just here.' Everything is planned and scheduled. We conduct meetings every morning to review what programs clients are working on so all staff members can be aware of what the goals are for each client," he says.

Charlene Blankenship is program director. She emphasizes that evaluations start when clients are considered for entry into the center's programs and are continuous. "We constantly make assessments as to work, personal living, social community, living and communica-

tion skills. We determine clients' strengths and their rehabilitation problems in consultation with the individual and their representative, our staff teams and appropriate outside consultants such as psychologists, psychiatrists, physicians, speech and hearing specialists, social workers, occupational and physical therapists to establish a plan of development," Blankenship says.

"Safety is our first consideration," she adds.

MAP, which is accredited by the Commission on Accreditation of Rehabilitation Facilities, has admission criteria setting out that residents who receive



The building features a spacious dining room.

services are certified as developmentally disabled, at least 18, do not exhibit behavior that constitutes threat to health, welfare or safety of themselves or others, have physical and psychological examinations not more than one year old, and make proper arrangements for payment for services by an appropriate funding source.

A key element of the center's developmental program is its program of work — projects the center clients do for pay. Brenda Metcalf, production manager, can name all the various contracts the center has with area businesses. "We take on some interesting jobs, and quality control sells us," she says. "Rush orders are a speciality, and the clients are very good at assuring that work is not sloppy."

Earnhart says, "There is nothing we can't do. We'll take a look at any job. We are especially good at taking on jobs in surges, because we have the

ready labor pool."

"We do not compete with people in the community for these jobs," Earnhart stresses. He says most of the jobs are short runs and often work that is of limited duration. Among work under way last fall was a project of removing the brand name from the inside of tape rolls, filling plastic bags with gravel, and relabeling jugs of cat litter material. The center specializes in helping local firms with special, short-term projects that are not particularly suited for the employers' regular employees. Under the sheltered workshop program, eligible people in the program receive wages based on productivity under monitoring by state and federal labor departments.

While not all clients will advance enough in the center's programs to achieve total independence, some do acquire enough training and skills for employment outside the center. The center's staff points with

pride to several clients who have been employed in janitorial, maintenance and groundskeeping jobs at a state-operated highway rest area near Metropolis.

The programs at the center are not static. "We look at the needs of the people we serve," Earnhart says as he explains the new program designed to provide recreational and leisure activities for the older clients. He says local senior citizens helped develop the program.

The center staff receives client referrals through a wide variety of sources, including individuals, other social service agencies or funding agencies. Staff members meet state and federal education and training requirements. The diversity of the clients' skills and needs call for flexibility in serving clients. "There is no textbook or recipe book for running such a facility," Earnhart says.

The facility is open Monday through Friday from 8 a.m. to 4 p.m., and visitors are welcome.

(Continued from page 15)
and the West, were deeply involved in the defense industry," she said, "and now they're in economic turmoil because of cutbacks. Those who thought that high tech would save the rural economy are having to rethink."

She suggested that communities take a good look at how to keep their local "branch plants" in the community. "These are plants that major corporations set up in rural areas to take advantage of low land prices, relatively cheap labor and various other economic factors," she said, "and if you're not careful, they'll move for the same reasons. You should form a kind of partnership with your local branch plant and talk to the local management to see if there's anything you can do to make their stay there more profitable."

"In other words, you need to take new look at your corporate neighbors. Too often we've left them out there at the highway

interchange and said, 'Just stay out there and pay your employees who live in our town.' It's going to take more than that. You need to become what I call a 'smart town,' when it comes to dealing with them. You need to know how they're doing."

Her idea — that of forming a 'partnership' with the business or businesses in your town — was stressed by several speakers, who emphasized that towns need to get involved in helping the local businesses remain viable by helping with employee education, legislative and regulatory issues, or whatever else it takes.

Others suggested job creation "one or two at a time," by creative processes of one kind or another. For example, some larger communities may have deteriorating downtown areas with some buildings closed. Why not, suggested Donovan Rypkema, who represented Real Estate Services Group, a Washington, D.C.-based real

estate and economic development firm, make more use of downtown areas?

Rypkema suggested that many older buildings in downtown areas are unused not because they are useless, but because the businesses they were built to house lost their viability. "If you watch how people get to work," he said, "you'll notice that young women leave their homes in the suburbs, drive to other suburban places, drop off their children, then go to work downtown, where they may be miles away from their children. Why not convert some of those old buildings to day-care centers so mothers can save some commuting time and still be closer to their children?"

He added that more and more people are, for several reasons, choosing to live in downtown areas, and stressed that such a trend should be encouraged, with retail establishments on the ground floor and living quarters above.

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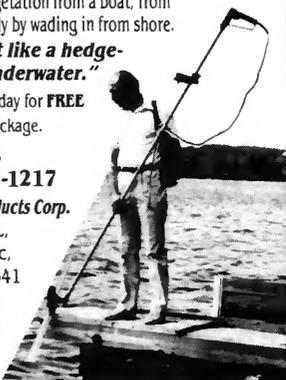
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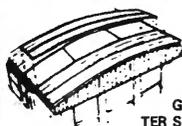
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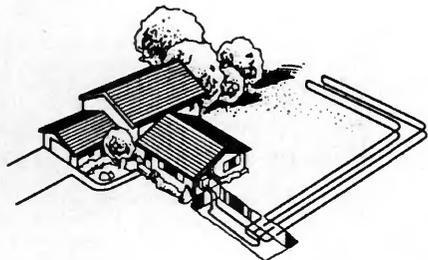
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