

Home safety

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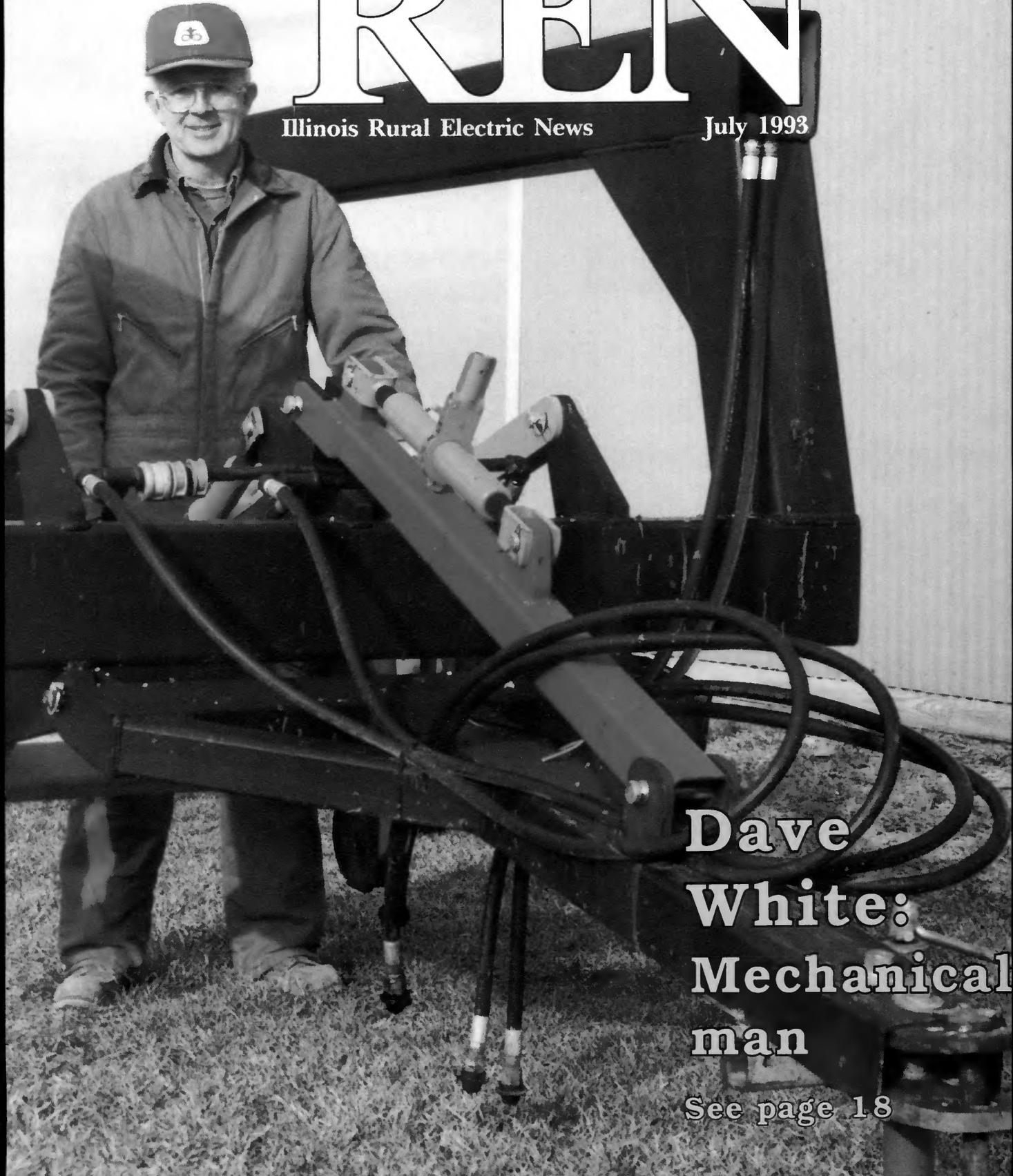
Legislative Conference

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REN

Illinois Rural Electric News

July 1993

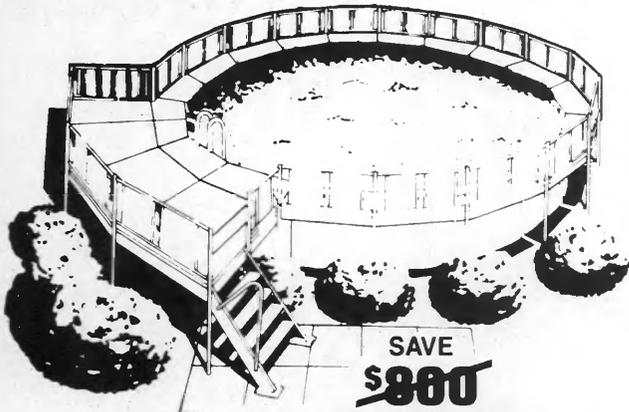


**Dave
White:
Mechanical
man**

See page 18

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Illinois Rural Electric News

Administrator says REA's work 'far from complete'

The Rural Electrification Administration (REA) is in an ideal position to create much-needed jobs and generally enhance the quality of life for people in small town and rural communities, says the head of the federal agency.

"The agency has been able to accomplish many things for rural America," REA administrator James Huff said in testimony presented to the House Subcommittee on Environment, Credit and Rural Development. "But there remains a significant role for REA in the areas of management, financial, and technical advancement assistance."

Included in that assistance, said Huff, is a small loan program that has created more than 7,000 jobs in rural areas since 1989.

Huff said that under that REA economic development loan program the agency has made 339 loans for a total of \$28.6 million to electric and telephone utilities. By relending this assistance to local businesses and community organizations, local consumer-owned utilities have funded business startups and expansions, and community

projects such as fire stations, town halls, and child care centers. He said that in the last four years the program has created 7,613 jobs.

Huff credited the success of that program to the fact that these projects are handled through locally owned utilities "closely connected to rural America."

He described a new REA program to help rural communities use telecommunications to link their schools and hospitals with large medical centers and universities.

Huff said, "Today, America's agricultural industry competes and communicates in a global market, with the family farm and other natural resource industries no longer providing the primary support for the rural economy. Rural America is in transition and needs the infrastructure to participate fully in the new global economy."

"REA's work is far from complete. Rural America is changing, and REA can and should play a role in the changes," Huff concluded.

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Larry F. Elledge
Editor

Gordon M. Olsen
Managing Editor

Jack D. Halstead
Associate Editor

Peggy Wade
Advertising Coordinator

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REN

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Cover: Dave White, who farms near Farmersville in Sangamon County, has put his inventiveness to work in his farming operation. The electric cooperative director says no-till farming helped him get started developing new devices. (See article on pages 18 and 19.)

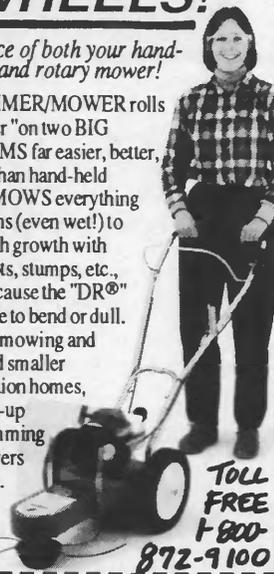
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Safety

Take an inspection tour of your home

When you flick on the lights in your home, do you think of the energy process needed to power the light bulb? Probably not. When you turn on the dishwasher or washing machine, do you wonder if your electrical system will supply power so you can have clean dishes and clothes? Probably not. Most of us don't think much about electricity unless we are forced to go without it.

But, just like light bulbs and appliances, the electrical system in your home deserves your attention. By maintaining the system and making repairs when problems are found, consumers may help prevent many electrical shocks and fires.

According to the Consumer Product Safety Commission (CPSC), every two days on the average in the United States someone is electrocuted at home. And CPSC says each year an estimated 880 people die in residential electrical fires. According to CPSC, many of these deaths may have been prevented by a routine, self-conducted home electrical inspection.

Electrical systems warrant attention just like other parts of your home. You should check the condition of the system regularly and have it repaired when the problems are found.

Dim or flickering lights, arcs or sparks, sizzling or buzzing sounds from the electrical system, odors, hot switch plates, loose plugs and damaged insulation, among other things, are signs of potential hazards, and should be looked at by a

qualified electrician.

Consumers can identify and correct many potential hazards themselves. They can check to see that lamps and extension cords aren't cracked, frayed or covered by rugs or furniture. The wattage of light bulbs should be checked to determine that the wattage is appropriate for the lighting fixtures. And consumers can check to see that electrical appliances are kept away from damp and hot surfaces and have appropriate air circulation.

The CPSC says from 1987

For a free booklet on how to conduct a complete electrical inspection of your home, send a postcard with your name and mailing address to: Electrical Safety Checklist, Washington, D.C. 20207.

through 1990 there were about 21,300 electrical fires involving switches and outlets. Such fires accounted for about 12 percent of the total number of electrical distribution system fires for that period.

Many outside receptacles, bathroom, kitchen, basement, and garage and crawl space receptacles should be protected by ground fault circuit interrupters (GFCI).

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a particular outlet, the outlet may be worn and could overheat; a qualified electrician should check it.

Outdoor receptacles should have rain-tight covers to help protect against shock hazards. Close the covers on all unused outlets.

Put inexpensive safety covers over receptacle outlets to help prevent children from inserting small objects into the outlets.

All switches and outlets should be checked periodically to make sure they are not hot to the touch. If switches and outlets don't work properly, are hot to the touch, spark or arc when used, or if the switch or outlet blows a fuse or trips a circuit breaker, this could indicate an unsafe wiring condition. Have an electrician check the switch or plug.

All outlets should have a faceplate to prevent consumer exposure to wiring.

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Financing, jobs top concerns

In mid-February, President Clinton announced on national television that he would reduce the federal government's subsidy to rural electric cooperatives. In early May, more than 3,000 electric cooperative managers, employees and board members converged on Capitol Hill to take up their case with members of Congress.

The annual Legislative Confer-

ence is organized by the National Rural Electric Cooperative Association, which represents the nation's consumer-owned utilities in Washington, D.C.

Co-op supporters had several things on their minds when they arrived in Washington. Among them were financing, energy, the environment, taxes, rural economic development, and health.

Sen. Paul Simon (left) greets Thomas H. Moore, manager of the Association of Illinois Electric Cooperatives. Sen. Simon and Sen. Carol Moseley-Braun met with the Illinois representatives on the second day of the conference.



Legislative Conference

Financing

Rural electric cooperatives currently borrow money at a 5 percent interest rate from the government's Rural Electrification Administration (REA). President Clinton, during his State of the Union address, proposed eliminating the subsidy that keeps that interest rate low. Only co-ops that can prove they are "hardship cases" will have access to the low-interest loans.

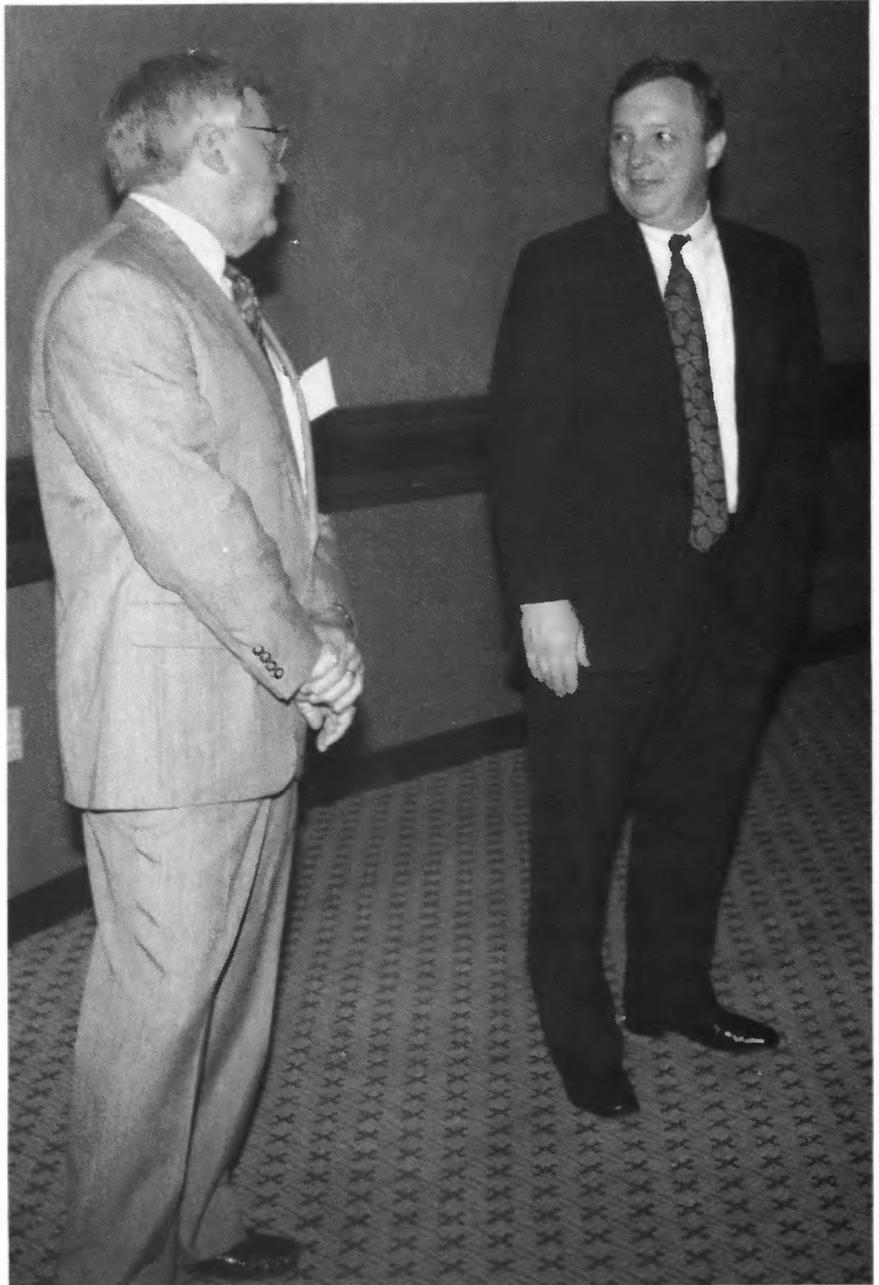
Co-op leaders have said they are willing to make their fair share of sacrifices to support Clinton's deficit-reduction plan. But they're reminding Congress that co-ops need access to affordable loans. Seventy percent of rural electric co-ops must charge their consumers higher rates than the nearest non-cooperative utility, largely because co-ops serve more low-population areas.

Rural electric advocates hope Congress will help the co-ops find alternative sources of affordable loans.

They spoke to members of Congress about two other financing options as well.

Under one proposal, Congress would consider allowing co-ops to issue tax-exempt bonds, similar to those issued by city-owned utilities. Municipal electric companies sell tax-free bonds to pay for construction and other utility projects. Currently, co-ops may not do that.

The second scenario would allow large generation cooperatives to prepay their government loans and then refinance them at cheaper interest rates. Allowing those co-ops to prepay and



Roger C. Mohrman (left), manager of Adams Electrical Co-Operative, Camp Point, introduces Rep. Dick Durbin. Rep. Durbin met with a large group from his 20th Congressional District.

refinance high-interest debt would save rural electric consumers across the country some \$356 million a year in interest costs.

Legislative Conference



Sen. Carol Moseley-Braun talks to Illinois electric cooperative leaders.

In addition to the senators and representatives pictured, two other representatives took time from busy schedules to meet with Illinois electric cooperative delegates: Second District Rep. Mel Reynolds and Fourth District Rep. Luiz V. Gutierrez.

Energy, environment

People who work for rural electric cooperatives favor federal protection for endangered animals, but are concerned that bureaucratic and legal red tape surrounding the Endangered Species Act can endanger jobs and the economic well-being of many workers.

Rep. Billy Tauzin (D-La.) and Rep. Jack Fields (R-Tex.) have introduced amendments to the Endangered Species Act that would require regulators to look at the human side of animal protection. The legislation would encourage voluntary

efforts to protect animals, even before they're classified as "endangered." It would also give workers who lose their jobs "standing" in court and compensate landowners who lose property in order to protect endangered species.

Taxes

In an effort to pare the federal deficit, President Clinton has proposed a broad-based energy tax to raise \$71 billion over five years. The tax — on most fuels — would cost each household around \$110 a year in increased energy costs, and another \$200 a year in higher prices on manufactured goods.

Legislative Conference

Co-op leaders asked members of Congress to make sure rural electric co-op consumers are not "unfairly burdened" by the new tax. And they stressed that coal should not be taxed at a higher rate than other fuels.

Treasury Secretary Lloyd Bentsen has said that rural people — particularly the poor — would get some reprieve from the tax through proposed increases in the LIHEAP (Low Income Home Energy Assistance Program), which helps low-income families pay their fuel bills. Between 1994 and 1998, the administration proposes to add \$2.9 billion to the fund.

Rural electric advocates endorse those increases.



Rep. Lane Evans (left) of the 17th District visits with Wayne Bollinger (center) of Browning and Dickson L. Dunsworth of Macomb. Bollinger is a director of Spoon River Electric Co-operative, and Dunsworth is manager of McDonough Power Cooperative, Macomb.



Rep. George E. Sangmeister (right) of the 11th District talks with, from left, James E. Campbell of Flora, manager of Clay Electric Cooperative; Earl W. Struck, director of legal and public affairs for the Association of Illinois Electric Cooperatives, Springfield; and T. L. Christensen of Princeton, manager of Illinois Valley Electric Cooperative.

Legislative Conference



A large crowd of constituents gather around Rep. Glenn Poshard of the 19th District following a breakfast on Capitol Hill.



Rep. Donald Manzullo of the 16th District listens as Connie M. Shireman, manager of Jo-Carroll Electric Cooperative, Elizabeth, explains electric cooperative legislative concerns. At the right is John Selleck, Jo-Carroll assistant manager.

Health care

Rural people have limited access to health care, largely because there are fewer doctors practicing in sparsely populated areas than in urban centers. They are less likely to have health insurance; many are self-employed or work for small businesses that can't afford to provide it.

Co-op leaders told their legislators that they "applaud the administration's desire for meaningful (health care) reform," but added, "We also appeal to the administration to be fair and recognize the unique aspects of the medical delivery system in rural America." In rural areas, they said, available health care can be the hook that convinces a new business to move in.

Rural electric leaders support

Legislative Conference

managed care in rural areas as a way to contain health care costs. They asked their representatives to consider new ways to help patients pay for health care without stressing the federal budget. They called for market reforms that will help all Americans — including the poor and the elderly — to afford health insurance. And they endorsed innovative solutions to rural America's health care problems, including economic incentives to attract doctors to underserved rural areas.

Rural economic development

Rural electric cooperatives have a long history of providing more than electricity to their consumers. They actively solicit new businesses to their service areas as a way to bring jobs to rural people.

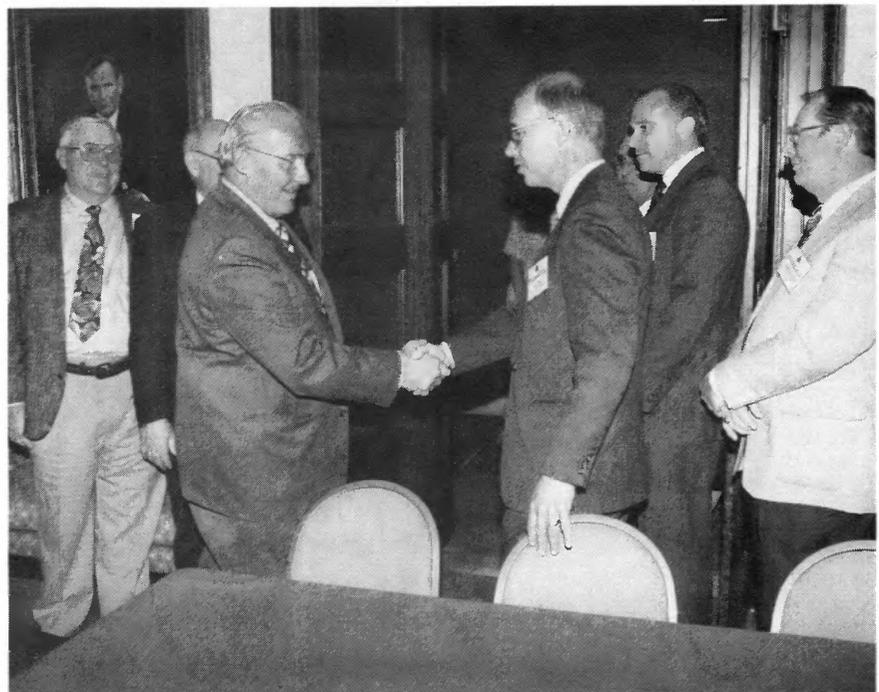
Rural electric representatives stressed the benefits of joining government with private efforts through the Rural Electrification Administration's work with local co-ops. In 1987, REA started a rural development loan program to "promote rural economic development and creation projects." By the end of fiscal year 1992, REA had approved 314 projects totalling \$27.2 million — and creating 6,713 jobs.

The co-ops support expanded lending for rural development and jobs creation through REA and the Rural Development Administration, as well as through as-yet unfunded provisions of the 1990 Farm Bill.

—Rural Electric News Service



Jeffrey D. Reeves (left), manager of Corn Belt Electric Cooperative, Bloomington, discusses rural issues with Rep. Thomas W. Ewing of the 15th District.



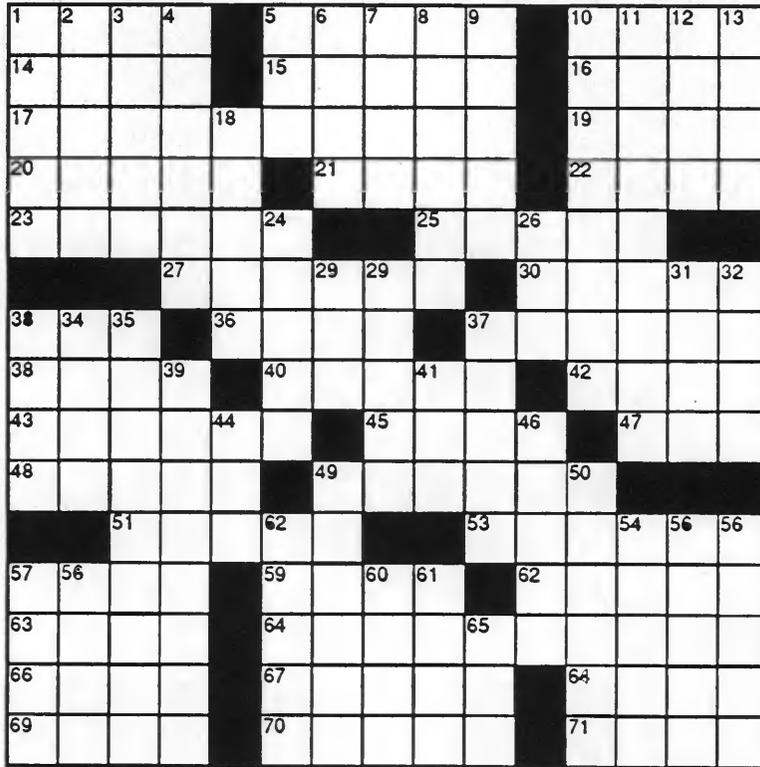
Rep. Robert H. Michel (left foreground) greets Kent Wick, manager of Soyland Power Cooperative, Decatur. Others identifiable in the photo are, from left, John W. H. Tompkins of LeRoy, director of Corn Belt Electric Cooperative; George F. Hart of Girard, director of Rural Electric Convenience Cooperative; and Gregory A. Campbell of Canton, manager of Spoon River Electric Co-operative.

CROSSWIRES

By Eric Albert

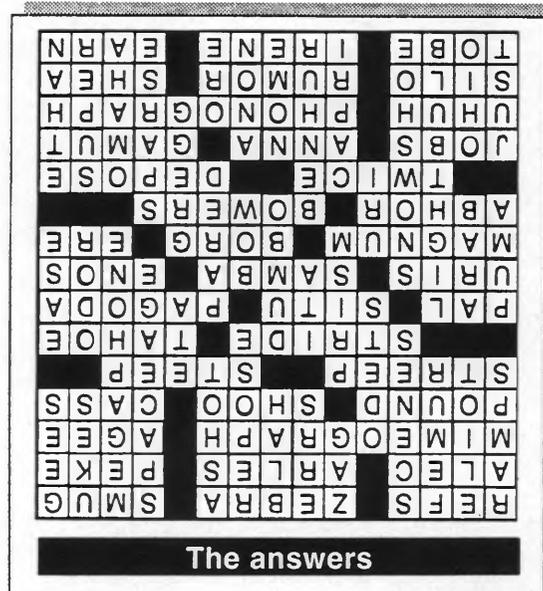
ACROSS

1. Foul callers
5. Striped animal
10. Complacent
14. Smart guy?
15. Van Gogh worked here
16. Lap dog
17. Edison invention of 1875
19. Pulitzer novelist
20. Sixteen ounces
21. "Scat!" a cat
22. Silas Marner's stepdaughter
23. Actress Meryl
25. Having a sharp rise
27. Long step
30. California-Nevada lake
33. Buddy
36. In ____ (not moved)
37. Far East temple
38. *Exodus* author
40. Brazilian dance
42. Grandson of Adam
43. Big wine bottle
45. Bjorn of tennis
47. Before, to poets
48. Despise
49. Arbors
51. Two times
53. Remove from office
57. Tasks
59. Tolstoy's Karenina
62. Full range
63. "Nope"
64. Edison invention of 1878
66. Missile holder
67. Unconfirmed report
68. Mets stadium
69. Choice for Hamlet
70. Dunne of Hollywood
71. Deserve for deeds



DOWN

1. Parking-garage features
2. Prufrock's poet
3. Leg bone
4. Movie sections
5. Sharp turn
6. Goes astray
7. Inspired
8. Rest
9. ____ in the Dark
10. Sputnik started it
11. Edison invention of 1878
12. Strummed instruments
13. Alphabet letters
18. *Waiting For Lefty* playwright
24. Rainbow producer
26. Zeta follower
28. "Let's call ____ day"
29. Ear-y elephant
31. What the nose knows
32. Make more bearable
33. Wild cat
34. Bedouin
35. Edison invention of 1886
37. Removed the rind
39. Far North footwear
41. Archer's weapon
44. Psychic Geller
46. Cher's husband for nine days
49. Epic movie of 1959
50. Spread thin
52. Sinatra song site
54. City on the Missouri
55. Outstanding
56. ____ Frome
57. Barely
58. "Buckeye State"
60. Dome home zone
61. Shortly
65. Raw metal





Summer lights

TROPICAL ICEBERG LETTUCE SALAD

- 1 cucumber, peeled and seeded
- 1 small jicama root, peeled and cut into medium dice or 1 cup sliced radishes
- 8 pieces canned hearts of palm, julienned
- 8 cherry tomatoes, halved
- Vinaigrette Dressing (recipe follows)
- 1 head Iceberg lettuce
- 4 oz. Lite cheese, thinly sliced using cheese plane

Slice cucumbers in half moons. Combine cucumbers, jicama, hearts of palm and tomatoes in glass baking dish. Prepare vinaigrette. Pour vinaigrette over vegetable mixture and marinate in refrigerator for 1/2 hour. Chop enough lettuce to make 4 cups (saving remainder for another use). Divide among four salad plates. Mound equal amounts of the vegetable mixture in center of chopped lettuce. Arrange cheese on top and drizzle with any remaining dressing. Serves 4.

Vinaigrette Dressing: Whisk 2 tablespoons olive oil, 4 tablespoons white wine vinegar, 1 teaspoon dried tarragon and 1 teaspoon honey together in small bowl.

SAVORY PASTA TURKEY SALAD WITH CHILI WALNUTS

- 1 head Iceberg lettuce
- 1 teaspoon olive oil
- 1 tablespoon chili powder
- 1/2 cup walnuts, coarsely chopped
- 3 cups cooked (6 oz. dried) fusilli pasta*
- 1 red bell pepper, seeded and julienned
- 1 yellow bell pepper, seeded and 1 julienned
- 2 green onion (scallion), finely sliced
- 2 cups cooked turkey, shredded
- Vinaigrette Dressing (recipe follows)

Core, rinse and thoroughly drain Iceberg lettuce. Gently separate leaves and lift from head to form "cups"; set aside. Preheat oven to 350 degrees. In small bowl, combine olive oil and chili powder. Add walnuts and stir to coat. Place on a lightly greased baking sheet and bake for 8 to 10 minutes or until crisp. (OR place walnuts in single layer on glass pie plate and microwave on high for 5 to 6 minutes, stirring every 2 minutes.) Cool. In large mixing bowl, combine pasta, red and yellow pepper, onion and turkey. Prepare vinaigrette; toss with pasta. Arrange lettuce cups on four serving plates. Spoon equal amounts of the pasta salad into lettuce cups. Garnish with chili walnuts. Serves 4.

Vinaigrette Dressing: Whisk together 1 1/2 tablespoons olive oil and 4 tablespoons sherry wine vinegar with 2 tablespoons EACH honey, cumin and Dijon-style mustard.

*Substitute: bowties or elbow macaroni.

AZTEC CHICKEN SALAD

- 1/3 cup walnuts
- 1/2 cup corn meal
- 1 tablespoon paprika
- 3 egg whites, lightly beaten
- 2 tablespoon Dijon-style mustard
- 2 chicken breasts, halved, boned and skinned
- 1 head Iceberg lettuce
- 2 medium apples, peeled, cored and sliced into eighths
- 1/4 cup shredded Lite cheese (1 oz.)
- 3/4 cup walnuts, coarsely chopped (optional)
- Lemon or orange wedges (optional)
- Vinaigrette Dressing

Preheat oven to 350 degrees. In blender or food processor fitted with a stainless steel blade, process walnuts in a fine flour. In a shallow mixing bowl, combine walnut flour with corn meal and paprika; set aside. In shallow mixing bowl, combine egg whites and mustard. Dredge chicken breasts in egg white mixture, then into walnut mixture to coat. Arrange chicken breasts in shallow baking pan sprayed with non-stick vegetable spray. Bake at 350 degrees for about 20 minutes. Cool to room temperature. Slice lettuce head crosswise into four 1-inch "rafts." Place rafts on four serving plates. Slice each chicken breast into fan shape. Arrange each with apple slices and cheese on top of raft. Garnish with chopped walnuts and lemon or orange wedges, if desired. Serve with dressing. Serves 4.

SPICY ORIENTAL SHRIMP SALAD

- 1 head Iceberg lettuce
- 1 teaspoon dried crushed red pepper
- 1 2-inch cube fresh ginger (1 1/2 oz.), peeled
- 1/2 cup fresh basil leaves
- 3 cloves garlic
- 1/2 cup rice wine vinegar
- 2 teaspoons roasted or dark sesame oil
- 1 tablespoon low sodium soy sauce
- 28 large uncooked shrimp, cleaned and deveined
- 1 to 2 limes, cut into wedges, (optional)

Vinaigrette Dressing (recipe follows)
Core, rinse and thoroughly drain lettuce. Refrigerate in airtight container to crisp. Combine pepper, ginger, basil, garlic, vinegar, oil and soy sauce in an electric blender or food processor fitted with a metal blade. Blend to form a rough paste, pulsing blender on and off, scraping sides as needed. Transfer paste to a large mixing bowl. Add shrimp and stir until coated. Cover and refrigerate for 2 hours or overnight. Preheat broiler. Broil shrimp in shallow pan, turning once just until pink, about 2 minutes each side. Shred lettuce; arrange on four plates. Top with grilled shrimp. Garnish with lime, if desired. Serve with dressing. Serves 4.

Vinaigrette Dressing: Whisk 3 tablespoons red wine vinegar with 1 1/2 tablespoons olive oil in small bowl.

WALNUT POPPYSEED BREAD

- 3 ripe bananas, mashed (about 1 cup)
- 1/2 cup nonfat cottage cheese
- 1/2 cup 1% buttermilk
- 1/2 cup orange juice
- 2/3 cup honey
- 1 cup shredded Lite cheese (4 oz.)
- 3/4 cup coarsely chopped walnuts
- 1/4 cup poppyseeds (1 oz. jar)
- 3 1/2 cups all-purpose flour
- 1 tablespoon baking soda
- 1/2 teaspoon salt
- 4 egg whites

Preheat oven to 350 degrees. Blend bananas, cottage cheese, buttermilk, orange juice and honey with an electric mixer or a wire whisk in a large mixing bowl. Stir in cheese, walnuts and poppyseeds. Sift flour, baking soda and salt together; blend into banana mixture. Beat egg whites in small bowl just until stiff; fold completely into banana mixture. Pour batter into two 4 1/2-inch x 8-inch loaf pans sprayed with non-stick vegetable spray. Bake at 350 degrees for 30 to 40 minutes or until top springs back when lightly touched. Cool before slicing. Makes 2 loaves or 48 slices.

CRUNCHY FENNEL AND RED ONION SALAD

- 1 1/2 oz. Jarlsberg Lite cheese, cut into small cubes (about 1/2 cup)
- 2 fennel bulbs, cleaned and shredded or 1 1/2 cups chopped celery
- 1 medium red onion, coarsely chopped
- 1 cup canned garbanzo beans, drained
- 2 tomatoes, seeded and cut into medium dice (1 1/2 cups)
- 1 cucumber, peeled and cut into medium dice (2/3 cup)
- 1/3 cup walnuts, finely chopped
- 4 tablespoons vinegar
- 2 tablespoons chopped parsley
- 2 cloves garlic, minced

In large mixing bowl, combine all ingredients. Let marinate in refrigerator 1/2 hour. Divide onto four salad plates. Serves 4.

PEPPERMINT FUDGE BARS

- FUDGE BARS:**
- 1/2 cup butter
- 2 sqs. (1 oz. each) unsweetened chocolate
- 2 eggs
- 1 cup sugar
- 1/2 cup all-purpose flour
- 1/2 cup instant nonfat dry milk
- 1/2 cup chopped walnuts
- FROSTING:**
- 1/4 cup butter
- 2 cups confectioners sugar
- 2 squares (1 oz. each) unsweetened chocolate, melted
- 2 tablespoons hot water
- 1/2 teaspoon vanilla
- 1 cup confectioners sugar
- 2 tablespoons hot water
- 1/8 teaspoon peppermint extract

To prepare Fudge Bars: Melt butter and chocolate; cool slightly. Beat eggs; add chocolate mixture, then beat in sugar, flour and nonfat dry milk. Stir in walnuts. Spread evenly in 13 x 9 x 2 pan; bake 20 minutes at 350 degrees. Cool. To prepare Frosting: In a small mixing bowl beat together butter, 2 cups sugar, chocolate, water and vanilla until fluffy. Spread over Fudge Bars; chill 10 minutes. In a small bowl blend together 1 cup sugar, water and peppermint extract. Drop small amounts over Frosting and swirl with back of spoon. Chill. Cut in bars about 1 x 2 inches. Note: Should be stored in refrigerator.

ZESTY GINGER-FRUIT SALAD

- 1 package (3 oz.) orange gelatin
- 1/4 teaspoon ground ginger
- 1/8 teaspoon salt
- 1 cup boiling water
- 1 bottle (7 fl. oz.) ginger ale
- 3/4 cup fresh orange sections, halved
- 3/4 cup fresh grapefruit sections, halved

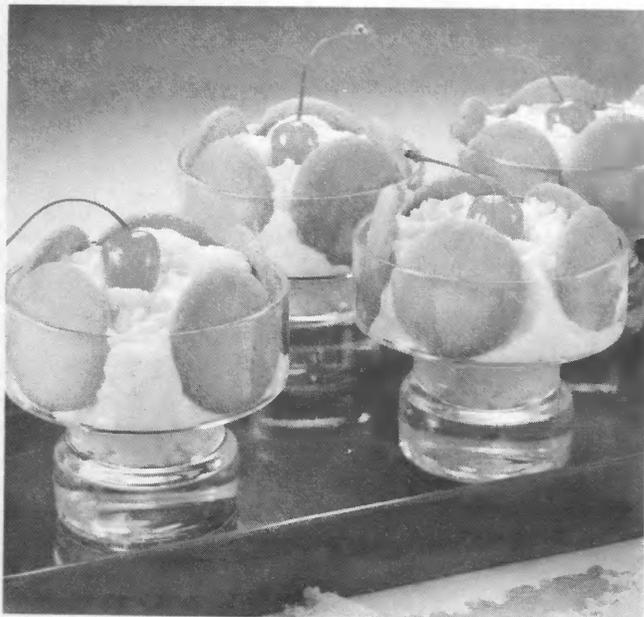
Dissolve gelatin, ginger, and salt in boiling water. Add ginger ale. Place bowl with 1 cup of gelatin in larger bowl of ice and water, stir until slightly thickened. Whip with electric mixer or rotary beater until mixture is fluffy and thick and about double in volume. Pour into an 8-inch square pan. Chill until set, but not firm. Chill remaining gelatin until thickened. Fold in orange and grapefruit sections. Spoon gently over set gelatin. Chill until firm—about 4 hours. Cut into squares. Serve with crisp greens. Makes about 4 cups or 6 to 8 servings.

EASY SALAD

- 1 large container (small curd) cottage cheese
 - (8 oz.) carton Cool Whip
 - 1 can mandarin oranges
 - 1 large (2 small) pkgs. orange Jello
 - 1 (16 oz.) can crushed pineapples, drained
 - 1 cup chopped pecans, optional
- Combine cottage cheese and Jello. Let stand 5 minutes. Add Cool Whip, mandarin oranges, pecans and pineapple. Mix well and allow to set overnight in refrigerator.

BISCUITS

- 2 cups self-rising flour
 - 2 teaspoons baking powder
 - 2 teaspoons powdered sugar
 - 1/3 cup Crisco
 - 8 tablespoons butter
 - 1 cup buttermilk
- Sift dry ingredients, cut in shortening, add buttermilk and stir 12 to 15 times. Knead and roll thick, cut and dip in melted butter. Bake 10 to 15 minutes at 450 degrees.



BANANA RICE PUDDING

- 3 cups cooked rice
- 3 cups milk
- 1/2 cup sugar
- 2 tablespoons butter or margarine
- 1/4 teaspoon salt
- 1 teaspoon vanilla extract
- 1 1/2 cups whipped cream, divided
- 2 medium bananas, chopped
- 40 vanilla wafers
- 8 maraschino cherries

Combine rice, milk, sugar, butter and salt in medium saucepan. Bring mixture to a boil. Reduce heat and simmer 25 minutes, or until thick and creamy, stirring frequently. Add vanilla. Cool. Fold in 1 cup whipped cream and bananas. Line dessert dishes with wafers. Spoon pudding over wafers. Top with remaining whipped cream and cherries. Makes 8 servings.

STRAWBERRY PIE

- Crust:**
- 1/4 cup brown sugar
 - 1/4 cup pecans
 - 1 cup flour
 - 1 stick butter

Combine and press into pie pan. Cook at 350 degrees till brown. Cool.

- Filling:**
- 1 (7 oz.) bottle 7 Up
 - 3 teaspoons corn starch
 - 1 cup sugar

Combine in sauce pan and cook until thick (like Karo) add a few drops red food coloring and cool completely. Add berries (whole or sliced). Pour into crust and top with whipped topping.

If any of the previous recipes fail, try this:

FAVORITE DINNER RECIPE

1. Preset oven to OFF.
2. Place children and/or husband in car.
3. Drive to nearest restaurant.
4. Let each member of family order their favorite dinner.
5. Return home to clean kitchen!

GREEN TOMATO PICKLES (HOT)

- 3 gallons green tomatoes, quartered
- 1 gallon chopped onion
- 1 quart hot green peppers, or bell peppers (hot as desired)
- 1/4 cup crushed red pepper, optional
- 3 pints vinegar
- 6 cups sugar
- 1/2 cup salt

Combine all ingredients; cook and let come to a boil (cook only until it begins to change color). Put in jars and seal. Do not over cook or they will not be crisp.

MEAT BALLS

- 1 lb. ground beef
- 1 small onion
- 1/2 teaspoon chili powder
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1 cup soft bread crumbs
- 1/2 cup milk

- Sauce**
- 1/2 cup catsup
 - 1 cup tomatoes (or 1 can)
 - 2 tablespoons sugar
 - 2 tablespoons vinegar

Soak bread crumbs in milk. Combine beef, onion, chili powder, salt, pepper and bread crumbs and form into balls. Brown in about 2 tablespoons fat (drain when brown). Combine ingredients for sauce. Place meatballs in baking dish and top with sauce. Bake at 325° for 30 minutes. Good with rice or creamed potatoes.

MARINATED VEGETABLE TREAT

- 2 cups thinly sliced cucumbers
- 2 cups thinly sliced carrots
- 1/2 cup sliced celery
- 1 medium onion, sliced in rings
- 1 cup vinegar
- 3/4 cup sugar
- 1/4 cup salad oil
- 1/4 teaspoon celery flakes
- 1 teaspoon salt
- 1/4 teaspoon pepper

In a large bowl, combine cucumbers, carrots, onion and celery. To make the dressing, combine vinegar, sugar, salad oil, celery flakes, salt and pepper in a screw top jar, cover and shake to mix well. Pour over vegetables, stir gently, cover and refrigerate overnight, stirring occasionally.

MOCK APPLE CINNAMON RINGS

- 15-20 large cucumbers (2 gallons)
- 2 cups pickling lime
- 8 1/2 quarts water
- 2 cups red hots (hot cinnamon candies)
- 2 cups water

Select cucumbers that are on the verge of turning yellow. Peel, core the seedy centers, then slice the cucumbers into 1/4 to 1/2 inch rings. Mix pickling lime and the 8 1/2 quarts of water. Soak the cucumber rings in the solution overnight. Meanwhile, mix the cinnamon candies with 2 cups water. Let stand overnight to dissolve. Drain the lime soaked cucumbers. Rinse, then soak them in clear water for 3 hours. Drain. Make a brine by simmering, 1 cup vinegar, 3 oz. red food coloring and 8 1/2 quarts water together. Pour the brine over the drained cucumbers, let set for 2 hours. Drain & discard brine. Make a syrup by boiling the following together, stirring to prevent sticking: 3 cups vinegar, 10-15 cups sugar, 6 sticks cinnamon, broken into pieces and the cinnamon candy solution. Pour the syrup over cucumber rings and let stand 1 day. Pour off syrup and reheat it. Pour hot over the rings and reheat it to boiling again. Pack the cucumber rings in sterilized jars, pour hot syrup over them and seal the jars. If you are a little short of syrup to cover the cucumbers in the jars, cook a little more syrup.

PEPPER JELLY

- 1 cup hot green, yellow or red chilies
 - 1 medium green or red bell pepper
 - 1/4 cup vinegar
 - 4 to 6 cups sugar
 - 1 cup vinegar
- Remove pepper seeds while wearing gloves. In blender, mix peppers and vinegar until fine. Separately in large pot, mix sugar and vinegar. Heat until sugar is dissolved. Add blender mixture and boil slowly 3 to 5 minutes. Remove from heat and remove scum. Add 1 (6 oz.) bottle of Certo and 3 to 4 drops of food coloring*. Pour into 6 or 7 sterilized one-cup jars. Cool and seal with paraffin. Serve on top of cream cheese with crackers as appetizer or hor d'oeuvres.

*Can use green peppers and green food coloring or red sweet pepper and hot peppers with red food coloring. This makes nice gifts for Christmas.

CHICKEN BALL

- 1 1/2 cups cooked cubed chicken
- 1/4 cup minced onion
- 1/4 cup minced celery
- 1/4 cup chopped pecans, optional
- salt to taste
- 8 oz. cream cheese
- 2 to 3 tablespoons mayonnaise

Combine all ingredients in a bowl. Add softened cream cheese and mayonnaise. Shape into ball. Roll in more chopped pecans.

SPAGHETTI PIE

- 6 oz. spaghetti, uncooked
- 2 tablespoons margarine or butter
- 1/3 cup Parmesan cheese
- 2 eggs, well beaten
- 1 cup cottage cheese or ricotta
- 1 lb. lean ground beef or raw ground turkey
- 1/2 cup chopped onion
- 1/2 cup chopped green bell pepper
- 1 can Hunts' spaghetti sauce
- 1/2 cup shredded mozzarella cheese
- 1/2 teaspoon garlic salt

Cook spaghetti according to package directions; drain. Stir margarine, Parmesan cheese and eggs into cooked spaghetti. Spoon mixture into a buttered 9-inch pie plate, pressing to form a "crust." Spread cottage cheese over crust. Meanwhile, brown beef in a large skillet; drain fat. Stir in onion, green pepper, spaghetti sauce and garlic salt. Pour meat mixture over cottage cheese in crust. Bake in microwave oven covered with wax paper for 10 minutes on high. Uncover and sprinkle mozzarella cheese on top. Microwave for another 10 minutes on high and let stand for 5 minutes.

BRIEFLY

Chickens and cherries: New fuel sources?

What do chicken droppings, cherry pits and algae have in common? They are all unlikely potential sources of energy. Fibropower Ltd. is a British company that burns 125,000 tons of chicken droppings and the straw and wood shavings they fall on. That's enough to supply 12,500 British homes with energy, says Simon Fraser, the company's founder. In addition, Fibropower plant creates an ash by-product that can be used as a fertilizer. Scientists at the University of the West of England believe that power plants that burn homegrown algae can be as cost effective as coal or oil plants. Algae is grown in a long tube filled with nutrient broth, explains engineer Paul Jenkins. The tube draws in the sun's heat and light, speeding up the algae's growth. The algae is dehydrated and milled into tiny particles that will be burned in an 800-kilowatt power plant, currently under construction. A recent plan to produce usable amounts of energy from dried cherry pits has been shelved. Cherry Growers, Inc., of Graun, Mich., found it would take too many pits to do the job.

Rural electric co-ops seek budget fairness for rural consumers

Rural electric and government leaders have been discussing possible changes to Rural Electrification Administration loan programs since President Clinton proposed reducing assistance from the REA in his February speech to Congress. The discussions began after Clinton's preliminary budget called for raising the REA interest rate from the current 5 percent, to a level that matches what the U.S. government pays to borrow money, currently about 7 percent. Rural electric utilities worry that the effect of that proposal would be to raise electric rates for rural people compared to neighboring city consumers. Federal assistance to city utilities, rural leaders point out, is untouched by the Clinton proposals. The government aids customers in cities in two ways: through tax breaks to utilities owned by investors, and by allowing city-owned utilities to sell tax-exempt bonds. "We're working with the authorizing committees of the House and Senate, and the administration to see if some agreement can be struck," says Bob Bergland, executive vice president of the National Rural Electric Cooperative Association in Washington, D.C. "Whatever changes we agree to, we need to be treated fairly." One possible alternative being considered in the REA discussions is tying the REA loan rate to the tax-free bond rate. In addition to the REA proposals that single out rural utility consumers, rural leaders worry about the cumulative effect of other proposals, such as the

Refrigerator coolants must be recycled

The Environmental Protection Agency has a new way to say pollution isn't cool: The chemicals that cool your refrigerator and air conditioner must be recycled to help protect Earth's ozone layer. The new law says repair workers who service air conditioners and refrigerators must use new equipment that prevents the chlorofluorocarbons (CFCs) in the coolants from escaping into the air. And when you get rid of your old refrigerator or air conditioner, you'll be responsible for disposing of its coolants in an environmentally safe way. The new regulation will enforce part of the Clean Air Act amendments of 1990 that bar CFC emissions. The United States signed an international treaty calling for the phaseout of CFCs by 1995. Coolants are responsible for more than half of the CFC emissions in the United States. The government previously banned the use of CFCs in aerosol spray cans. CFCs can be removed from the coolants, freeing them of their ozone-depleting properties. The clean coolants can be reused. Scientists have found that the natural ozone layer that protects Earth from

ultraviolet radiation is affected by CFCs and other synthetic chemicals. Some groups are working to find alternatives to the pollution-causing coolants. The Electric Power Research Institute, for example, recently announced a joint effort with the U.S. Department of Commerce to find environmentally friendly replacements.

New home? Test for radon

Before you buy that dream house, test for radon. That's the advice of the Environmental Protection Agency, which is recommending that homebuyers ask for radon test results and learn whether the house has a radon reduction system before making the investment. If the seller has not paid for the test already, the EPA says, the sales contract should spell out who will conduct it. The EPA says radon, a naturally occurring gas, is the second greatest cause of lung cancer in the United States. The agency also has proposed new standards for controlling radon before the construction of new home is completed.

EPA said the cost of installing radon-control features during construction of a new home costs between \$350 and \$500. To retrofit an old house, the price tag can run as high as \$2,500.

Poorest workers live in rural areas

The lowest-paid workers in the country live in Starr County, Tex., where median family income is just

proposed energy tax. This proposal could disproportionately affect communities heavily dependent on the energy intensive agriculture industry.

Big Three auto makers, U.S. government work together

U.S. car makers and the federal government could end their tug-of-war over safety, trade and the environment and pool their resources to produce a "clean" car. The Clinton Administration is negotiating with Detroit's Big Three auto makers to form a research alliance that would result in the production of a pollution-free, technologically advanced car. No agreement has been reached yet, but both sides have expressed interest. The U.S. Department of Commerce is heading the effort. The automobile companies — Ford Motor Co., General Motors Corp. and Chrysler Corp. — already have a joint research program called USCAR, which is working to develop new products such as a lightweight, durable battery that could be used to fuel an electric car. They recently received their first joint patent on a process that could lead to more fuel-efficient cars.

Rural consumers pay more excise tax

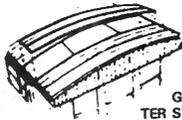
Rural consumers pay more of their income in excise taxes than any other group, says a new study by Auburn University. They pay 52 percent more in excise taxes on gasoline than urban consumers, and give a greater percentage of income in taxes for tobacco, utilities, insurance and other excise taxes. The study was conducted by James E. Long and Robert E. Ekelund, Jr., for the American Agriculture Movement. "Our findings do not provide any comfort to rural Americans," Long said, adding that rural people do not reap additional benefits by paying added taxes.

\$10,903 a year, according to the Census Bureau. And most of the country's lowest-income counties are rural. Families in Owsley County, Ky., East Carroll Parish, La., and Shannon County, S.D., bring home less than \$12,000 a year. By contrast, the largest paychecks are brought home in Northeastern suburbs. The Washington, D.C., suburb of Fairfax County, Va., has the highest median family income at \$65,201 a year. Median income shows that half of the families earn more, and half earn less.

REA to bring lights to remote Alaska towns

The federal agency that brought lights to rural America in the 1930s, 1940s and 1950s is bringing electricity to 214 families living in remote areas of Alaska. The Rural Electrification Administration (REA) is lending \$5.58 million to a local agency in Auke Bay, Alas., to bring electricity to families living in Chilkat Valley and Wrangell Island. The low-interest loans will allow the families to get electric service, which they now receive from noisy, potentially dangerous home generators. Their monthly bill is expected to be \$96.49 each. REA is the U.S. Department of Agriculture agency that lends money to consumer-owned rural electric cooperatives across the country. It was created in 1936 after large, investor-owned utilities refused to bring electrical service into low-population, low-profit areas.

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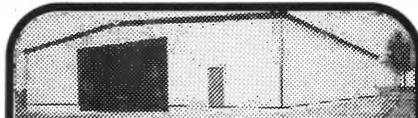


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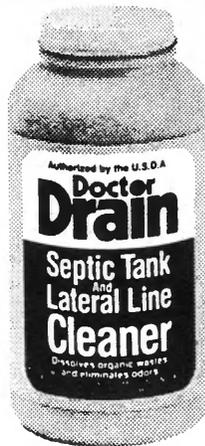
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No-till farming concept keeps inventor busy

Electric cooperative director puts his ideas to work

It has been said that the difference between a man and a boy is the price of their toys. Dave White, a farmer who lives near Farmersville, says his wife, Linda, makes a similar distinction. "She says the difference between a tinkerer and an inventor is that a tinkerer just develops gadgets, while an inventor develops gadgets people will pay money for."

If that distinction holds water, White, a director of Rural Electric Convenience Cooperative Co. (RECC), Auburn, is definitely an inventor, too.

White was elected to the co-op's board last July and notes that there is a lot more to being a board member than he had realized. "It's been a learning experience for me," he says, "and I'm really enjoying it."

Born and raised in the Farmersville area, he attended Farmersville schools until his high school was consolidated, and graduated from the Raymond-Lincolnwood High School. He went on to the University of Illinois, where he received a B.S. degree in general engineering.

Out of the university, he went to work for Procter & Gamble's Charmin Division, the bathroom tissue maker. "The commercials at the time always used to say, 'Please don't squeeze the Charmin,' and it was my job to squeeze the Charmin and make sure it was squeezable for the

customer, too," he says.

From there he went to work for Crown-Zellerbach, in St. Francisville, La., where they had a joint venture going with Time-Life Publishing to make fine coated paper stock and card stock, like that used in the old IBM punch cards.

He then moved to Hillsboro, then Litchfield, and worked at

place, and help my Dad with his farming."

It was the farming — and no-till farming in particular — that got him into serious inventing. "Like everyone else," he says, "we'd farmed conventionally, and we had a separate field cultivator and a drill. I invented my 'equipment caddy' to combine them so I could do my cultivating and drilling in one pass."

Dave notes that such equipment is available now, but both the cultivator and the drill are obviously made by the same manufacturer, and the farmer who already has separate units is out of luck — unless he has something like the equipment caddy.

"And one rig I looked at," he remarks, "has non-standard hydraulic cylinders. If you're working like mad and something goes wrong, at the very least you have to go to your implement dealer, and he may have to special order the part. To make matters worse, there isn't an implement dealer in every little town, like there were years ago. I decided to build mine using standard cylinders that a farmer might have around the farm."

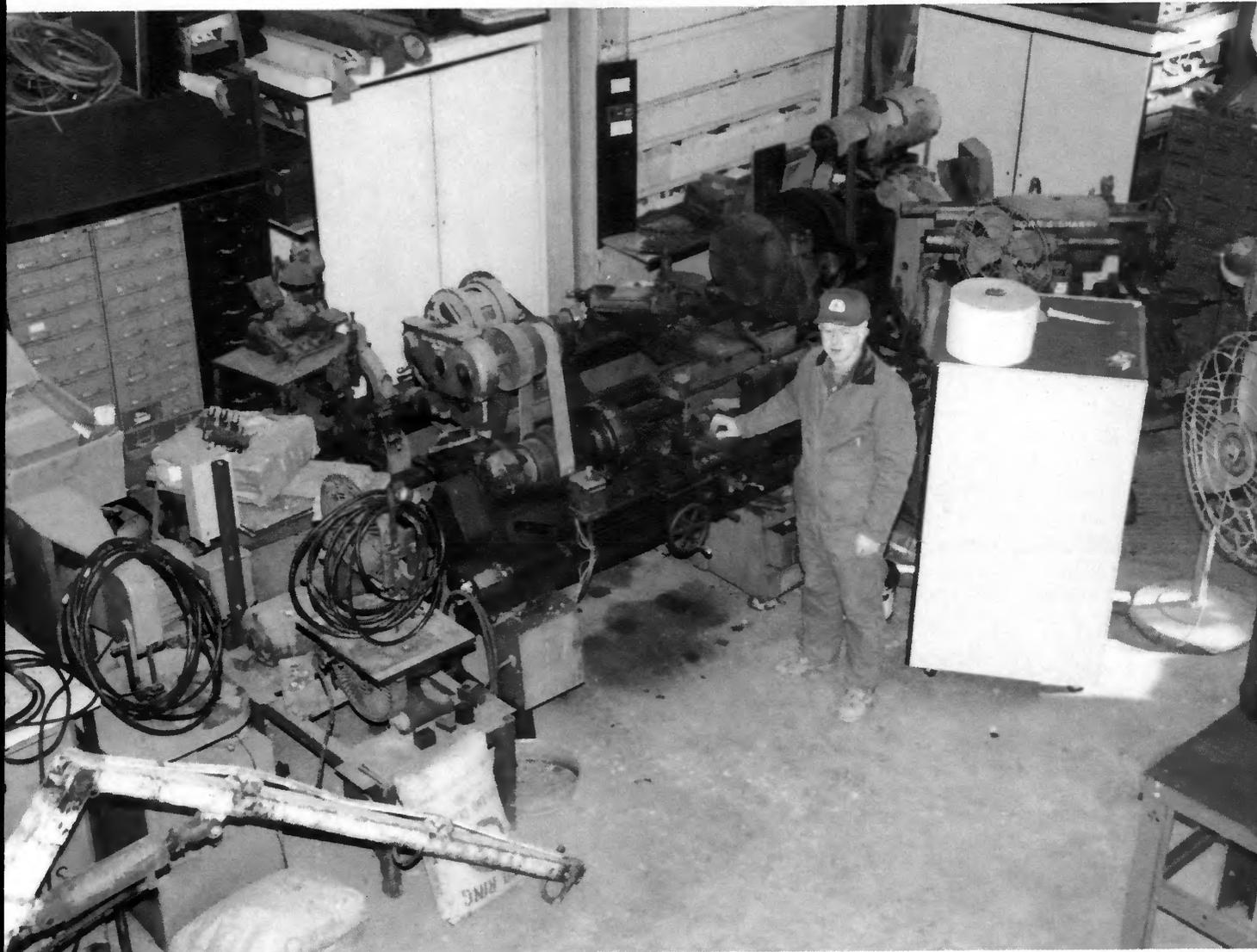
Dave built his unit from hefty rectangular steel tubing, and a pair of category 2 three-point hitches is built in. He replaced the cultivators with bubble coulters.



Dave takes a few minutes to go over his invention scrapbook in his well-lighted shop.

the Central Illinois Public Service Company plant at Coffeen, where he spent five years.

"I moved back up here in 1977," he says, "because I wanted to be near the home



Dave stands surrounded by some of the many pieces of equipment in his well-equipped shop. He notes that he picked up much of the equipment at bargain prices at various sales.

The coultter cart is made from steel tubing, too, and uses coultter mounts from Deere plows. Although his drill isn't designed for no-till, the coultter cart enables it to do a good job, he says.

"There weren't any machines on the market that had coultters and drills operating separately when I built mine," he says, "and I made mine so they would. You have to control the coultter's depth separate from the drill when you're no-tilling."

Another invention Dave came up with is his "down corn retriever." That unit came about as a result of a particularly bad

siege of downed corn several years ago.

"The corn was really bad," he explains, "and I tried everything I could think of to get it combined. Nothing worked. I even tried harvesting only in one direction. It didn't help."

So he hit on the idea of some chain-driven "lifters" to pull the corn up and into the combine. Built on four-inch tubing sections, the "retrievers" are set up on a shaft that is chain driven by an orbital motor connected to the cylinder control for the combine's reel table. They look very much like small trenchers.

"They worked beautifully,"

he says, "and I was able to go through the field like it was just another cornfield. I set it up so that when I need them, the chains ride just a few inches off the snout to pull the stalks into the feed-in auger. When I'm in good standing corn, they pivot up out of the way."

He hopes to market either of his inventions, either as complete assemblies or as plans sets for those who have the skills and equipment to build their own. Anyone interested can contact him at Rt. 1, Box 162, Farmersville, IL 62533. His telephone number is (217) 227-3659.

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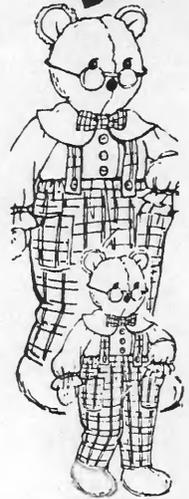
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7330: Fascinate everybody with this unique American history quilt. Presidents from first to forty-first—likeness are extraordinary! Embroider or color faces; dates on 9" x 11" finished blocks. Tissue transfer, charts for quilt 76" x 97".

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

ITEMS SUBJECT TO AVAILABILITY.

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5651

5651: Simply charming. Dress options: sleeveless or short sleeves, collar or collarless and with or without flounce. Sizes 2,3,4,5,6,7 and 8 years included in pattern.

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5712

5712: Looking pretty is the whole idea here. Soft blouses; jabot, bib, bow and shirt with separate tie. Misses' Sizes 8 to 18 included in pattern.

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5670

5670: With no fuss about it, this dress triumphs through subtle seaming and minimalist detailing. Looks great with or without collar. Misses' Sizes 8 to 18 are included in pattern.

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 FROM: Jonesville, MN HEIGHT: 5'1"
 DOB: 01/01/78 WEIGHT: 94
 WHITE FEMALE HAIR: Brown



SHANTA MARIE JOHNSON

LAST SEEN: 07/19/92 EYES: Brown
 FROM: Myrtle Beach, SC HEIGHT: 3'0"
 DOB: 01/03/89 WEIGHT: 44
 BLACK FEMALE HAIR: Black

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RESULTS VISIBLE OVERNIGHT!

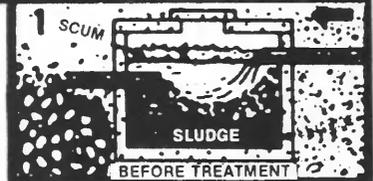
WHY SEPTIC TANKS BACK UP Septic tanks Clog, Backup and Smell because of household cleaners, which are great for dishes, laundry and floors, but kill good bacteria in your tank and cesspool that normally digest solid wastes, fats, greases and starches. Without this bacterial action solid waste builds up in your system. They overflow into and clog your drainfields, lines and back up into your tank, causing overflows and smells. Even pumping your tank will not clean out the pipes or drainfields, but **SEPTIPRO®** will! **HOW SEPTIPRO® WORKS TO SAVE YOUR DYING SYSTEM!** It goes to work immediately with 3 Safe Potent Enzymes and Bacteria supplement that works with your good bacteria to break down and digest fats, greases, starches, and all organic waste materials including paper and cotton fibers. It converts and liquifies all organic solid wastes. Cleans tank, pipes, and drainfields. Drainfields become porous allowing earth to absorb. The entire system opens and works from beginning to end.

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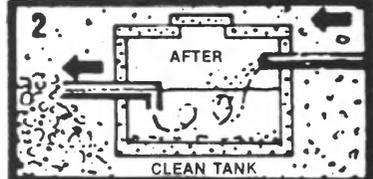
SAFE AND EASY TO USE! Just pour SEPTIPRO® into your commode, let it work! Results usually visible overnight! Non-toxic, Poisonous or Corrosive. Harmless to Humans, Animals or Plumbing. Will make your system odor-free. **SEPTIPRO® IS GUARANTEED TO KEEP YOUR SEPTIC SYSTEM TROUBLE FREE OR WE WILL REFUND EVERY PENNY YOU PAID FOR YOUR SEPTIPRO® .1 lb. for initial treatment of 1000 gal. tank or for maintenance ¼ pound once a month.**

I understand that SEPTIPRO® is fully guaranteed and if it does not do as claimed, I can return the unused portion within 30 days and get all my money back.

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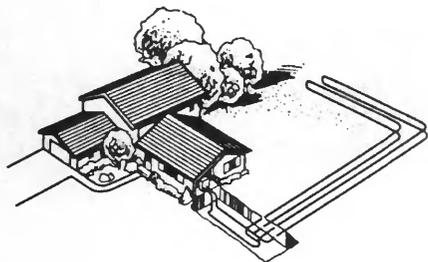
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