

Struck is AIEC CEO

Page 3

House honors Moore

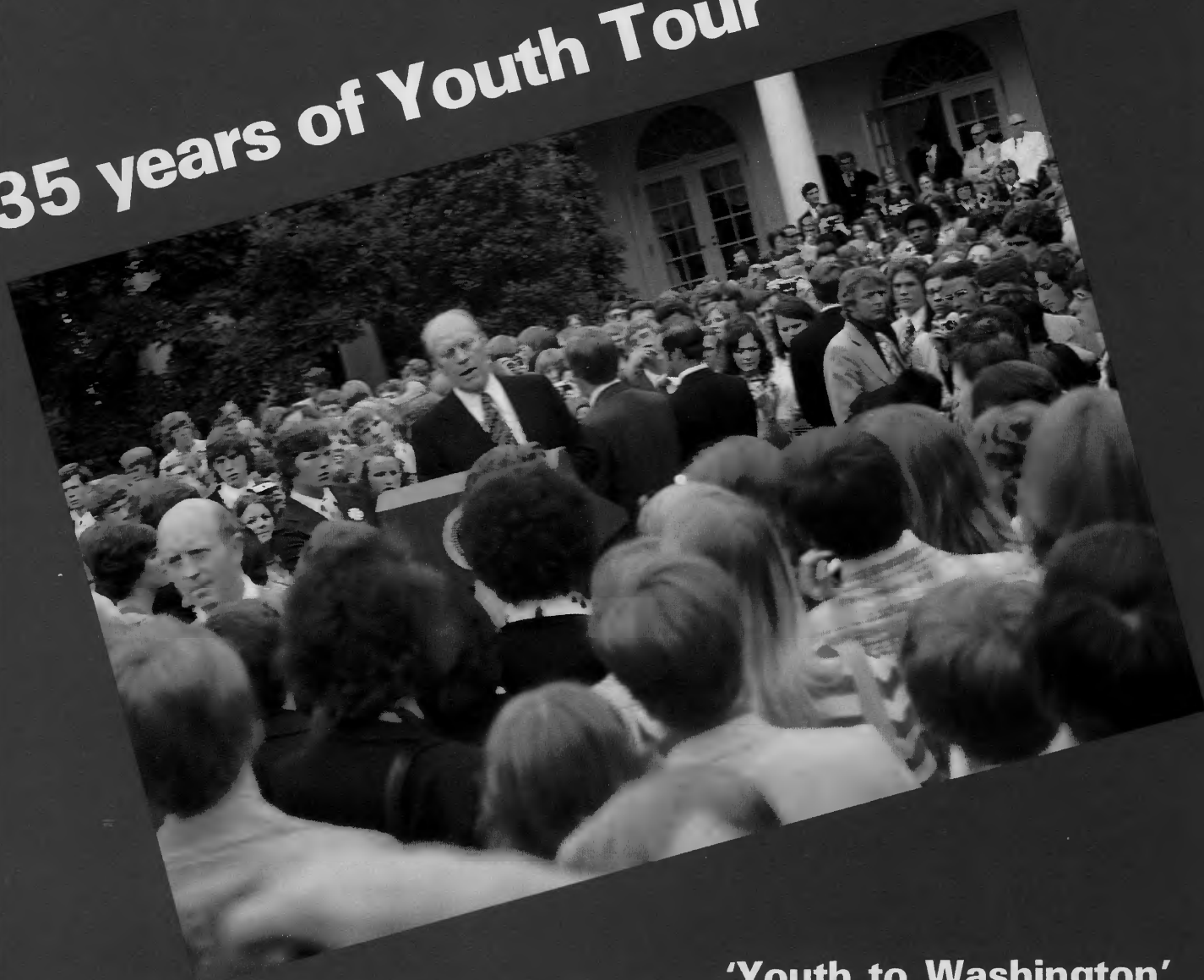
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REN

ILLINOIS RURAL ELECTRIC NEWS

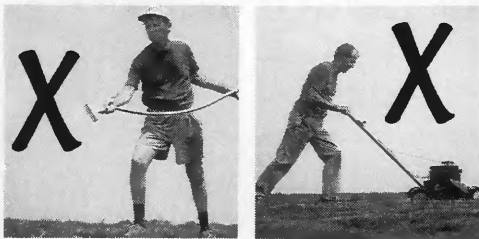
MARCH 1994

35 years of Youth Tour

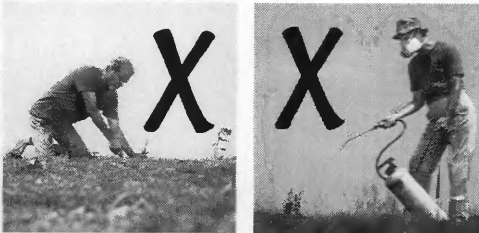


**'Youth to Washington'
alumni: What are
they doing now?**

Page 4



Watering chores, water bills! Sweating behind a roaring mower!
Spraying poison chemicals and digging weeds...



...you can end such lawn drudgery—here's how!



Amazoy is the Trade Mark registered U.S. Patent Office for our Meyer Z-52 Zoysia Grass.

Mow your zoysia lawn once a month—or less! It rewards you with weed-free beauty all summer long.

7 Ways Your Zoysia Grass Lawn Saves You Time, Work, and Money!

1 CUTS WATER BILLS AND MOWING AS MUCH AS 2/3

Would you believe a lawn could be perfect when watered just once? In Iowa, the state's biggest Men's Garden club picked a zoysia lawn as "top lawn—nearly perfect." Yet, this lawn had been watered only once all summer to August!

In PA, Mrs. M.R. Mitter wrote "I've never watered it, only when I put the plugs in . . . Last summer we had it mowed 2 times . . . When everybody's lawns here are brown from drought, ours stays as green as ever." *That's how zoysia lawns cut water bills and mowing! Now read on!*

2 ENDS RE-SEEDING NEVER NEEDS REPLACEMENT

Plug in our zoysia grass and you'll never have to spend money on grass seed again! Since you won't be buying seeds, you won't need to dig and rake—then hope the seeds take root before birds eat them or the next hard rain washes them away.

3 NO NEED TO DIG UP OLD GRASS

Plant Amazoy in old lawn, new ground, whatever. Set plugs into holes in the soil 1 foot apart, checkerboard style. Plugs spread to drive out old, unwanted growth, weeds included. Easy instructions with your order. If you can put a cork into a bottle, you can plug in Amazoy.

4 FOR SLOPES, PLAY AREAS, AND BARE SPOTS

You can't beat Amazoy as the low cost answer for hard-to-cover spots, play-worn areas, or to end erosion on slopes.

Endless Supply of Plug Transplants

Transplant plugs from established Amazoy as you desire—plugged area grows over to provide all the plugs you'll ever need.

FREE! Exclusive Step-on Plugger with orders of 600 plugs or more.

Starting your lawn is easy with this sturdy, 2-way plugger. Cuts away unwanted growth as it digs holes for plugs. Saves bending, time, work. Invaluable transplant tool.

5 IT STAYS GREEN IN SPITE OF HEAT AND DROUGHT

"The hotter it gets, the better it grows!" Plug-in zoysia thrives in blistering heat, yet it won't winter kill to 30° below zero. It just goes off its green color after killing frosts, begins regaining its green color as temps. in the spring are consistently warm. Of course, this varies with climate.

6 NO NEED TO SPEND MONEY ON DANGEROUS CHEMICALS

Since zoysia lawns resist insects AND diseases, you avoid the risk of exposing your family or pets to weedkillers and pesticide poisons. Plug in Amazoy and save the money, avoid the risks!

Meyer Z-52 Zoysia Grass was perfected by U.S. Govt., released in cooperation with U.S. Golf Association as a superior grass.



Thrives from part shade to full sun.

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Struck becomes third AIEC Executive Vice President

Earl W. Struck, a member of the staff of the Association of Illinois Electric Cooperatives (AIEC) since 1979, has become the organization's third chief executive officer in its 52-year history. Struck, who has 27 years of experience with organizations committed to rural interests, replaces Thomas H. Moore, who retired January 31 after more than 32 years as executive vice president and general manager of the AIEC.



Struck

Struck had served as director of the Legal and Public Affairs Department of the AIEC since 1983. He managed Farm Bureau organizations in Washington and Kane counties from 1967 until 1974, and he served as assistant director of legislation for the Illinois Farm Bureau prior to joining the AIEC staff.

The son of Mr. and Mrs. William J. Struck of rural Murphysboro, long-time Egyptian Electric Cooperative members, Struck is a graduate of Murphysboro High School and has a bachelor's degree in business administration from Eastern Illinois University. He and his wife, Sherry, have three children: Amy (Mrs. Mark) Kluemke of

Greenville; Brad, a recent graduate of Eastern Illinois University; and Bill of Springfield. Sherry is Special Assistant to Gov. Jim Edgar.

"The future will be an exciting and challenging time for Illinois electric cooperatives," Struck said. "They not only continue in their original mission of delivering an adequate and reliable source of electric energy to their members, but are also taking a lead in many areas of rural economic and social development.

"For example, several are currently involved in projects to bring water distribution systems, on a not-for-profit basis, to rural areas. Cooperative directors and employees have the expertise, and the commitment, to be leaders in providing modern systems of education, health care, transportation and communications to rural Illinois. Those things, along with continued excellence in electric service, are necessary for residential, agricultural and commercial growth.

"That's really what cooperatives are all about — making our rural areas and small towns better places to earn a living and raise families.

"The AIEC provides a unified voice for our member cooperatives in relations with government, other trade associations, and the utility industry. That unity is the real strength of our program. It is what has allowed us to be successful in the past and is the key to the future."

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REN

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Cover: An opportunity to see the President is a highlight of the "Youth to Washington" Tour. This photo taken in 1975 shows President Gerald Ford surrounded by tour participants. Turn to page 4 for an article dealing with what a number of former tour participants are doing today.

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Washington trip alumni: What are they doing now?

Shaking hands with the President outside the White House.

Meeting the Secretary of Agriculture or a Supreme Court justice.

Touring a foreign embassy.

Witnessing the quiet splendor of the Gettysburg battlegrounds or George Washington's home at Mount Vernon.

Viewing Apollo 10 or a Picasso at the Smithsonian.

Dining on busy Capitol Hill with an Illinois Congressman or Senator from "back home."

These are just a few of the experiences available to a select group of Illinois high school students in mid-June every year. The electric and telephone cooperatives of Illinois sponsor the "Youth to Washington" program, taking two busloads of outstanding high school juniors and seniors to the nation's capital for a week of visits on Capitol Hill and sightseeing.

This is no "Johnny-come-lately" project. It started in the late 1950s and has continued every year since. The 1994 tour, planned June 17-24, marks the 35th anniversary of the program. During those years, nearly 1,800 have experienced the nation's capital, met elected leaders and viewed their government in action.

Some of these students have

since moved on to other states and countries. But others have stayed home in Illinois, some working in their home communities. Leadership is a common thread.

The electric and telephone cooperatives sponsor the "Youth to Washington" tour for a variety of reasons. The trip is one way of rewarding outstanding achievement and recognizing young leaders. It's also a way to educate bright young people about the cooperative form of business, while getting them interested in government. And it's a way to encourage and develop leadership.

Thirty-five years later, the program continues to work, and hundreds of rural leaders can still recall their "Youth to Washington" experiences.

Nina Ferrell, postmistress at the Elizabethtown Post Office, was a high school junior in 1971 when she won her "first big

trip." Representing Southeastern Illinois Electric Cooperative, she recalls meeting President Richard Nixon at the White House, looking out over the Capitol from atop the Washington Monument and meeting other tour participants from across the country.

"This was my first big trip away from home and that's what made the big impact upon me," she remembers. "The trip broadened my life a lot because it took me to new places and I got to meet new people. It let me know that there is a whole big world out there."

Nancy Colbert, home economics teacher at Norris City-Omaha-Enfield High School, said she gained "a lot of encouragement" from the 1961 tour when she represented Wayne-White Counties Electric Cooperative. "Winning this trip gave me the idea that I could accomplish something," she

Keep those cards and letters coming

The brief "Where are they now?" article in the November 1993 issue of the Illinois Rural Electric News drew a large response. We are still looking for Youth Tour alumni. If you did not write last fall, drop us a note now to: John Freitag, Tour Director, Association of Illinois Electric Cooperatives, P. O. Box 3787, Springfield, IL 62708.

noted. Both Nancy and her brother, David Sutton, who represented Wayne-White on the 1963 trip and now is partner and operator of Haydens Mill in Omaha, returned home to pursue careers. "A lot of people want to get away from home, but I wouldn't want to live anywhere else," she said.

Cindi Young, farm director at Springfield radio station WTAX-AM, has visited Washington, D.C., several times since representing Illinois Rural Electric Co. in 1979.

"The youth tour was by far the best trip. I saw more things in that fast-paced week than on any other trip to Washington," she noted. "While it was exhausting, it was great."

She recalled meeting former Congressman Paul Findley and gaining the impression that all people play a part in the legislative process.

Another farm broadcaster, Vicki Eilers, farm services director for Quincy stations WTAD-AM and WQCY-FM, represented Adams Electrical Co-Operative on the 1987 tour. She recalled meeting Supreme Court Justice Sandra Day O'Connor on that tour, noting "to meet someone like her was really eye opening."

A history buff, Eilers fondly recalled touring the Gettysburg battlefields and Smithsonian museums, and taking an etching of a name off "The Wall," or Vietnam War Memorial. Visiting the U.S. Capitol and meeting with the Illinois Congressmen and Senators also made a big impression. "It really made me realize how important it is to pay attention to what is going on in our government," she noted.

Ruth Ann (Floyd) Nicewonger, librarian at Heyworth High School, represented Corn Belt Electric Cooperative on the 1969 tour. Her daughter, Beth, won the cooperative's essay contest last spring and represented Corn Belt on the 1993 tour.

(Continued on page 6)



The Youth Tour is well represented at the State Capitol in Springfield. From left are: Rep. Art Tenhouse of Liberty, Janet Delassus of Jerseyville, Rep. Tom Ryder of Jerseyville, and Mona Martin of Springfield.



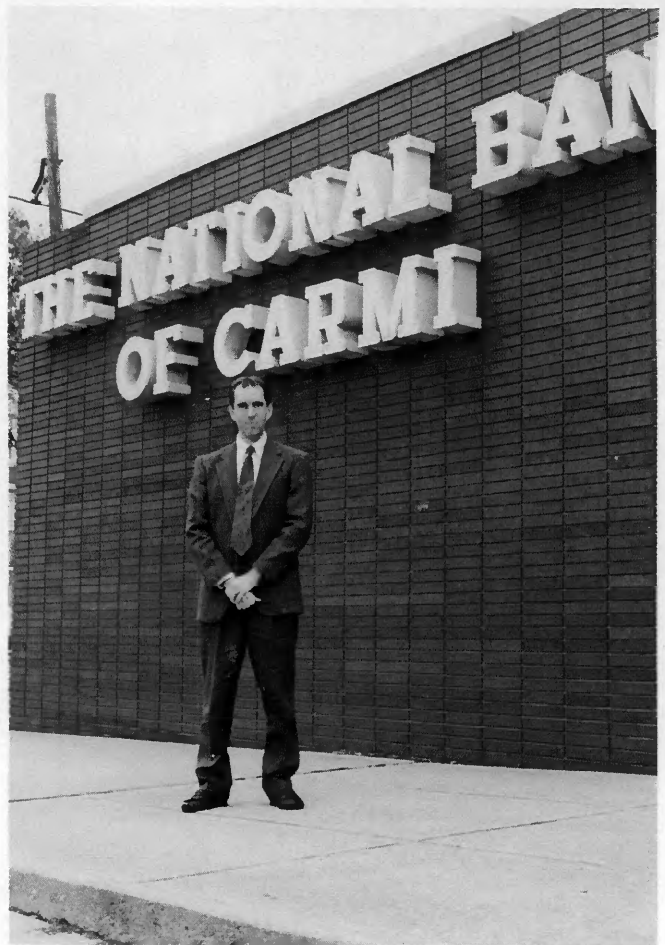
Randy Rings



Allen Worrell



Beth and Ruth Ann Nicewonger



James Whetstone

Youth Tour at 35

Beth and her mother recalled that much of their tours was similar, although their circumstances were different. "My family had never really had a vacation, so this was really the first time that I had been away from home," noted Ruth Ann. "Beth has been on several long trips through school, to Florida and Washington, D.C., so this wasn't so much of a new experience."

Ruth Ann recalled a rally with President Richard Nixon on the White House grounds, while the visit to the Royal Embassy of Saudi Arabia was a highlight for Beth. She also recalled meeting students from Virginia who talked about the small size of their schools, with approximately 1,500 students. "We have about 200 at Heyworth High School," Beth noted.

Lynell Rice, mortgage loan officer at The National Bank of Carmi, remembered the Jefferson

Memorial on the 1979 tour. "That's one of my most patriotic memories. It was really touching."

Rice, who represented Wayne-White Counties Electric Cooperative, was able to meet Chip Carter, son of President Jimmy Carter, at the White House. She also had breakfast with Paul Simon, then a congressman, and met Senator Charles Percy on the Capitol steps.

"I recall that we were always treated like VIPs. We got in to more places than we ever would have by ourselves," she remembered.

Her boss, James L. Whetstone, is president of the Carmi bank, and he recalled the ongoing Watergate hearings in 1974 when he represented Wayne-White Counties Electric on the tour. "There were reporters all over Washington. That was big news back then," he said.

He also remembered meeting

former First Lady Mamie Eisenhower at church in Gettysburg and sitting with Congressman George Shipley at a Capitol Hill breakfast. "I gained a lot of interest in government because of this trip," he noted. "It was an experience that I thoroughly enjoyed. This is something that you cannot really comprehend until you experience it."

Allan Worrell, farm manager for Elliott State Bank in Jacksonville, recalled seeing President Richard Nixon at the White House during the 1972 tour. Worrell represented Illinois Rural Electric Co. on the tour. Worrell said the trip "increased my awareness of our government. But what was really enjoyable was getting to meet so many other young people from across the state."

Shaking hands with President Lyndon Johnson proved to be an exciting moment for Mark Roth,



Vicki Eilers



Mark Roth



Kris Kaelin



Nina Farrell

Youth Tour at 35

Stonington, who represented Shelby Electric Cooperative on the 1968 tour. "I'll always remember shaking hands with the President. That's something you never forget, no matter who the President is."

Roth, who farms 1,450 acres and assists his father, William, in manufacturing reel enlargement kits for combines, also remembered meeting Senator Charles Percy and Congressmen George Shipley and Paul Findley. But visiting historic sites like the White House, the Capitol, National Archives and Smithsonian museums also made a big impression upon Roth.

"I can think of 100 different little things that were great, but one of the best parts of the trip was getting to meet all of the different people from across the country," Roth said.

Helen Mullins, executive secretary at Tri-County Electric Cooperative, termed the tour a

"once in a lifetime opportunity." She won an essay contest sponsored by Wayne-White Counties Electric Cooperative and participated in the 1969 tour, then chaperoned the trip after graduating from college and joining Tri-County. On that second trip, she met President Carter.

Randy Rings, former corporate counsel for the Association of Illinois Electric Cooperatives and now an attorney with the Macomb law firm of March & McMillan, represented Western Illinois Electrical Coop. on the 1978 tour. During that trip he met Senators Charles Percy and Adlai Stevenson on the Capitol steps and was impressed by their interest in high school students from rural Illinois.

"As we asked our questions they would take their time and provide thoughtful answers. They showed they cared and that they were interested," he said. "That made a big impact

upon us."

Rings went on to be selected as the Illinois representative on the national Youth Consulting Board and was elected president of that group.

Kris Kaelin of Lee represented Illinois Valley Electric Cooperative on the 1984 trip. Now an institutional researcher for Waubesa Community College in northern Illinois, she recalled meeting former Speaker of the House "Tip" O'Neil during the weeklong trip. She found the youth tour to be "motivating to continue on with higher education because we saw what people have accomplished and that there's a bigger world out there, and you see what's available."

Charles Beadles, Abingdon, was a participant in one of the earliest cooperative tours back in 1962. Beadles, a licensing representative for the Illinois Department of Children and Family Services, represented



Lynell Rice



Nancy Colbert



Cindi Young

Youth Tour at 35

Adams Electrical Co-Operative.

"The trip was one of the highlights of my youth," he recalled. "Few high school students of those days had the privilege of eating breakfast with Senator Paul Douglas and meeting with Senator Everett Dirksen in his office."

Others have followed their Youth to Washington experiences by working in government — some as elected officials and others as political staffers.

State Representatives Tom Ryder of Jerseyville and Art Tenhouse of Liberty fondly recall their participation in the Youth to Washington program. Tenhouse, who represented Adams Electrical on the 1967 tour, met Congressman George Shipley and Senator Dirksen on the trip. Those experiences helped to interest Tenhouse in the government process.

"If I was going to pick one event in my life as a reason that

I'm in the Illinois General Assembly today, I think it's probably this program," Tenhouse noted. "There's not a better opportunity to participate in the system and learn about government and witness it at work."

Ryder participated in the 1966 tour, representing M.J.M. Electric Cooperative. He recalled sitting in the gallery of the Illinois House of Representatives prior to departing for the Washington trip. "Never did I realize that I would have a chance to someday sit there."

The Jerseyville Republican, who returned on the trip as a chaperone with his wife, Peggy, in 1979, said the tour experience helped him decide to study law and get involved in politics. "Like many people I was at a crossroads in my life. I really believe that had it not been for that trip that I might have made some different decisions."

Ryder's sister, Janet Delassus,

represented M.J.M. Electric on the tour three years after her brother in 1969. She has worked as office manager in Ryder's district office in Jerseyville since 1984. Recalling the 1969 trip, she remembered feeling "very special."

"During the whole trip we really felt like royalty, especially since most of us came from little farm towns," she noted.

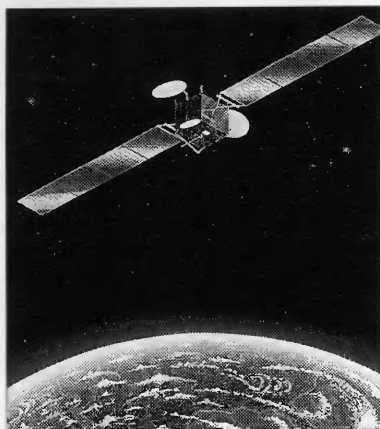
Many other tour alumni have gone on to successful government careers. Mona Martin, director of research and appropriations on the Illinois House Republican staff, represented Eastern Illinois Power Cooperative on the 1983 tour. The Buckley native recalls seeing President Ronald Reagan and meeting Vice President George Bush outside the White House. She also met Senator Charles Percy during the tour and still has an autographed

(Continued on page 12)

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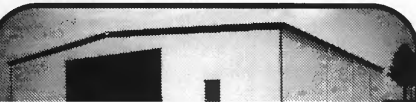
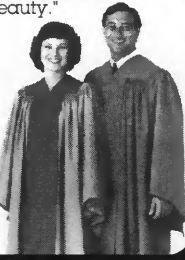
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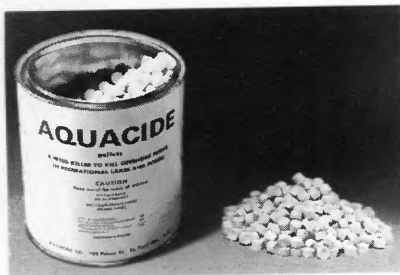
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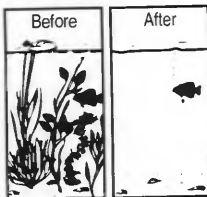
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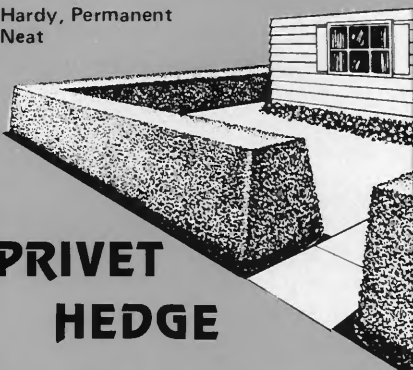
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Now you can purchase the ever-popular, ever beautiful Colorado Blue Spruce (*Picea pungens glauca*) at this special low price only \$1.95 each. These versatile Blue Spruce are lovely as single accent planting, a privacy row or wind break, and as a colorful corner group. You'll receive select, nicely branched 5-year-old transplanted trees that are at least 1 to 2 feet tall. Having been transplanted, the root system is well developed and will help the tree get off to a fast start.



Masses of Color Early in the Spring!

CREeping PHLOX

You'll be amazed the way Creeping Phlox (*P. subulata*) which only grows about 4" tall, spreads and spreads to be more beautiful year after year! Best of all, it gives gorgeous color long before most spring flowers. Stays green all year — a wonderful ground cover or border. Thrives in partial shade or full sun. Strong field divisions, our choice of red, blue, white or pink.



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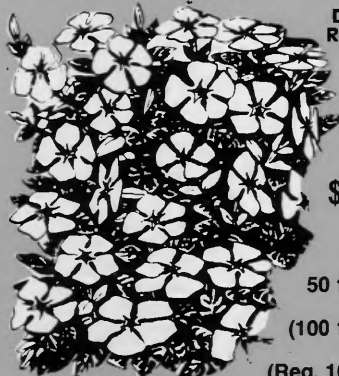
PLANT 4-Season Beauty Now!

PERIWINKLE

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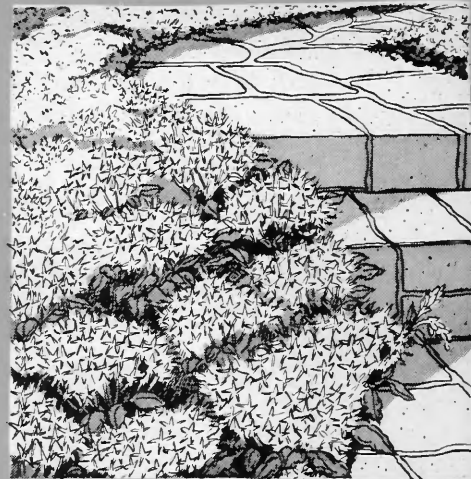
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Shade-loving, wide-spreading Periwinkle (*Vinca minor*) thrives under hedges, on slopes, in rock gardens, in poor soil — places where grass won't grow. Dainty lavender-blue flowers in the spring. Green foliage all winter! One plant will fill two square feet. Nicely rooted, ready to transplant.

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(Continued from page 8)

photo from him.

"As a teenager, this was really a big honor to go on this trip. I was just awe-inspired by the experience," she said. It also inspired her support of Republican politics. "When I got home my room was nothing but Bush, Reagan, Percy and Madigan posters."

Secretary of Agriculture John Block of Illinois spoke to tour participants from across the country during the 1984 tour. Scott Gehlbach of Lincoln, now a legislative assistant for Congressman Tom Ewing, Pontiac, was in the crowd of about 1,200 and recalled Block getting out

his guitar and performing a few songs for the group.

Gehlbach, who represented Corn Belt Electric on that trip, remembered winning the trip by researching acid rain for a high school chemistry project, then reworking his report into an essay for Corn Belt's youth tour essay contest. The Washington trip, he noted, kindled an interest in government and politics.

"The trip really confirmed my interest in politics," he said. "I was really interested already."

Meeting President Richard Nixon at the White House and Senator George McGovern of South Dakota (who went on to

run for President), was a highlight for John Schmitt on the 1971 tour. Schmitt, a native of Keyesport, represented Southwestern Electric Cooperative on that tour and later went on to work as an assistant to Governor Jim Thompson. Today he is the executive director of The Nature of Illinois Foundation.

"That trip made one of the biggest impacts upon me as far as helping me to make up my mind about what I was going to do with the rest of my life," Schmitt said. "Without that trip we would never have had this opportunity to meet so many key leaders and I'll always be thankful for that."

Tour friendship leads to marriage

Over its 35 years, the "Youth to Washington" program has helped to bring a lot of people together, and one of the tour's strengths is that complete strangers come home from the week in Washington as good friends.

Most of them keep in touch for the summer. A few exchange cards on birthdays or Christmas. Some go on to college together.

Two participants on the 1984 tour met, became friends, went to college together and — five years later — were married. Nearly 10 years after the trip they're getting a family started.

Bret Clostermery of Griggsville (Illinois Rural Electric Co.) and Lisa Burling of Carthage (Western Illinois Electrical Coop.) never dreamed that years after the tour they would be married with a young child. Ironically, the two were part of a group of five who were pictured on the cover of the Illinois Rural Electric News in July of 1984.

Noting that it was a "fluke" that the two ever dated and then wed, Lisa recalled that she and Bret were part of a group of five "who kept in close touch with one another" for several years after the trip. Several went on to the University of Illinois together.

It was in a parking lot at the university's Urbana campus where Bret and Lisa were reunited in 1985, more than a year after the youth tour. Lisa recalled going to the school to take the entrance tests. After completing the exam, she returned to her car and then spotted a vehicle with "Bret Lee" license



Bret and Lisa (Burling) Clostermery with Bryce Levi on mother's lap. They met on the 1984 tour.

plates. A few minutes later Bret came out of the building after completing the exam himself.

"We just sat and talked and talked to each other and that was the first time that we had seen each other since the trip," she said. Later they became friends at school and started dating in 1989. "We were best friends and then we just went one step further," Lisa noted.

Both Lisa and Bret graduated from the university's School of Agriculture, Lisa receiving a degree in interior design and Bret earned an agricultural economics degree. Today they live in Decatur, where Bret is comptroller at Corn Belt FS and Lisa is at home with their son, Bryce Levi Clostermery, who was born last July.

Special foods add flair

ZESTY MUSTARD DRESSING

3/4 cup light evaporated skimmed milk
 1/4 cup cider vinegar
 3 tablespoons grated Parmesan cheese
 3 tablespoons prepared stone ground mustard

2 teaspoons lemon juice
 1 teaspoon instant minced onion
 1 teaspoon rosemary leaves, crushed
 1/2 teaspoon garlic powder
 1/2 teaspoon crushed red pepper

In a small mixing bowl, thoroughly mix all ingredients. Refrigerate 2 hours. Serve over tossed green salad. Makes 1 1/2 cups. Per 2 tablespoon serving: 25 calories, <5mg cholesterol, <1g fat.

SHERRIED HAM AND BANANAS

1 cup sherry
 3 tablespoons cornstarch
 3/4 cup honey

1 tablespoon prepared mustard
 5 to 6 pound bone-in ham
 6 green-tipped bananas

Preheat oven to 325°. In small bowl, stir sherry into cornstarch until dissolved. Add honey and mustard. Place ham in large baking pan; pour half the glaze over the ham. Bake 15 minutes per pound (about 1 1/2 hours), basting with hot glaze in pan every 20 to 30 minutes. Fifteen minutes before baking time is completed, slice bananas diagonally into 2 to 3" chunks and marinate in remaining half of glaze for 10 minutes. Arrange bananas around ham in baking pan; pour remaining glaze over ham and bananas and return to oven for 5 to 10 minutes, until bananas are heated through. Serve sliced ham with glazed bananas. Makes approximately 16 servings.

Per 4 oz. ham and banana serving: 270 calories, 60mg cholesterol, 6g fat.

GOLDEN SWEET POTATO BOATS

4 sweet potatoes or yams
 1/2 cup light evaporated skimmed milk
 1/4 cup margarine
 1 teaspoon vanilla extract

Salt to taste
 2 bananas, cut into 1/4" thick slices
 1/4 cup pecan pieces

Preheat oven to 375°. Wash sweet potatoes and bake 1 hour or until done. Cool to touch. Cut in half lengthwise and carefully scoop out pulp, leaving shells intact. In a large bowl, beat pulp, evaporated milk, margarine, vanilla and salt until fluffy. Fold in bananas and pecan pieces. Stuff shells with mixture and bake 15 to 20 minutes in 350° oven until heated through. Makes 8 servings. Per serving: 201 calories, <1mg cholesterol, 6g fat.

MIRACLE CHOCOLATE SAUCE

10 oz. milk chocolate chips
 3/4 cup light evaporated skimmed milk

1 tablespoon margarine
 1/8 teaspoon salt

In a small saucepan, combine all ingredients. Heat over medium heat until just boiling and all chocolate has melted stirring constantly with a wire whisk. Let cool 1 hour (sauce thickens as it cools). Serve over Honey Banana Sherbet. Makes 1 3/4 cups. Per 1 tablespoon serving: 60 calories, <5mg cholesterol, 4g fat.

HONEY BANANA SHERBET

5 cups mashed very ripe bananas
 (10-12 medium bananas)
 1/2 cup water
 1/4 cup lemon juice

1/2 teaspoon salt
 2 1/2 cups light evaporated skimmed milk
 1 cup honey
 1 tablespoon vanilla extract

In a large mixing bowl, combine mashed bananas, water and lemon juice. Stir in remaining ingredients. Freeze using an ice cream freezer according to manufacturer's directions. Makes 4 quarts. Per 1/2 cup serving: 80 calories, <1mg cholesterol, <1g fat.

Note: Recipe may be cut in half.

HUMMINGBIRD CAKE

3 cups all-purpose flour
 2 cups sugar
 1 teaspoon salt
 1 teaspoon soda
 1 teaspoon ground cinnamon
 3 eggs, beaten

1 cup vegetable oil
 1 1/2 teaspoons vanilla
 1 cup chopped pecans
 2 cups chopped bananas
 1 (8 oz.) can crushed pineapple, undrained

Combine first five ingredients in large mixing bowl; add eggs and oil, stirring until dry ingredients are moistened. Do not beat. Stir in vanilla, pecans, bananas and pineapple. Spoon batter into 3 greased and floured 9" cake pans. Bake at 350° for 25 to 30 minutes or until a wooden pick inserted in center comes out clean. Cool in pans for 10 minutes; remove from pans and cool completely. Spread frosting (recipe follows) between layers and on top and sides of cake. Then sprinkle 1/2 cup chopped nuts on top.

CREAM CHEESE FROSTING

1 (8 oz.) pkg. cream cheese, softened
 1/2 cup butter or oleo, softened

1 (16 oz.) pkg. powdered sugar, sifted
 1 teaspoon vanilla

Combine cream cheese and butter, beating until smooth. Add powdered sugar and vanilla; beat until light and fluffy. Yield: enough frosting for 3 layer cake.

BRIEFLY

DOE takes its own advice, changes light bulbs

The federal Energy Department is doing its part to cut electricity use: It took its own advice and replaced 34,000 light fixtures in its sprawling Washington, D.C., headquarters with more energy-efficient models. Energy Secretary Hazel O'Leary said the change will cut lighting costs at the building by 60 percent and save the government \$340,000 a year. If the more efficient lights were installed in all government buildings, the savings could be as much as \$250 million a year, she said. DOE, which administers federal research and assistance programs for energy conservation, has been criticized by congressional investigators for wasting energy at many of its buildings.

Rural students learn about energy

Students at rural schools are learning about alternative energy and the basics of electricity, thanks to "mini-grants" awarded by the National Rural Electric Cooperative Association and the National Rural Education Association.

Oklahoma congressman to head rural co-op association



English

One of the strongest congressional backers of rural electric cooperatives will become head of the national association that represents them. Glenn English, who represented Oklahoma's 6th congressional district in Congress, in January resigned his seat of 19 years to become general manager of the National Rural Electric Cooperative Association (NRECA), the Washington, D.C., service organization for the nation's nearly 1,000 electric co-ops. He replaces Bob Bergland, former Secretary of Agriculture under President Carter, who will retire in March. English, 53, said he will focus on the economic development of the countryside. As chair of a congressional subcommittee overseeing rural development, English was one of the House's strongest supporters of the federal Rural Electrification Administration (REA). He said it's time for the co-op's national organization to replace the government as the leader in the rural development effort. "The government in the past has pretty much taken the leadership role in that effort," he said of REA, the 59-year-old U.S. Department of Agriculture agency that lends money to the co-ops. "Most people are aware that with the type budgets we're facing, more likely we'll see reductions in that effort by the federal government as opposed to new initiatives." English helped craft and served as chief negotiator for

The \$250 grants allow schools to study how energy relates to their communities and to future generations. In an Alabama school, eighth graders have studied solar, hydroelectric, geothermal and other alternative energy sources, conducting experiments and taking field trips. First graders at a school in Georgia learned how to use a solar-powered oven and calculator. Likewise, a Tennessee school's elementary students are using lab kits that demonstrate that the sun creates energy. Indiana students built an apparatus to convert animal wastes into methane gas. In South Carolina, fifth graders at an elementary school are conducting experiments to change energy from one form to another. In Minnesota, students at a Glencoe school received a grant to study the history of cooperatives.

LIHEAP funds considered for cuts

The Clinton administration is considering deep cuts in a program that helps millions of low-income families heat their homes, according to congressional aides. The Low Income Home Energy Assistance Program, or LIHEAP, will spend nearly \$144 billion

this winter to help poor families, particularly those that are elderly or disabled or support children, pay their utility bills. Last winter, the program reached 5.2 million households. Congressional aides have told the Associated Press that the program's budget may be slashed by a third or more than half in President Clinton's 1995 budget to help pay for other administration proposals. The budget for the Department of Health and Human Services, which administers LIHEAP, was still being drafted at the time of that Associated Press report. LIHEAP was created by the Carter administration in response to the energy crisis. Lawmakers and advocates argue that the need for LIHEAP has not diminished although oil prices have long since stabilized.

Low energy prices keeping inflation down

Lower energy prices are keeping inflation under control, according to the U.S. Department of Labor. Consumer prices inched up a restrained 0.2 percent in November, thanks in part to a 1.3 percent drop in energy prices, the Labor Department reported. And low energy prices result in low inflation. Inflation slowed to a 2.8 percent annual rate between January and November, compared with

legislation last year that pared government subsidies to the co-ops but set them up to lead their communities' rural development efforts — particularly in the areas of water and sewer service and telecommunications. A focus on economic development, English predicts, will "move NRECA into the forefront. It's going to be an extremely exciting period in history."

Rural Partners provides assistance for Pike County flood victims

The Rural Partners/Kellogg Program extended a helping hand to the flood recovery effort in Pike County in December with a check for \$10,000. The grant money was presented to officials in Hull and will be used to assess structural damage to buildings in the area caused by the flood and to launch a newsletter for flood victims. Pike County is one of 10 Illinois counties participating in the Rural Partners Program designed to help rural residents plan for and manage development of their communities through private/public partnerships. The grant will be the only one given in the state and was targeted to help with the cooperative effort being played out in the Hull community between a variety of people from all sectors of government, private businesses and volunteers and contributors from throughout the country. Lyle Nichols, who heads the Rural Partners team in Pike County, says the primary goal is to get people back in their homes as quickly as possible. Doug Dougherty, director of Economic Development for Soyland Power Cooperative and chairman of the Rural Partners Program Advisory committee, along with Lou DiFonso, executive director of the Governor's Rural Affairs Council, were on hand to present the check.

a 2.9 percent annual rate in 1992. When energy prices are low, so is the price tag for many other goods and services: Housing costs, for example, barely increased in November — rising just 0.1 percent, as utility and fuel prices dipped. Similarly, private transportation prices fell 0.1 percent in November because the price of motor fuel declined.

Meanwhile, average weekly earnings increased a modest 0.3 percent in November, the Labor Department reported.

NAFTA impact on rural Illinois is subject of free research report

The North American Free Trade Agreement (NAFTA) is the subject of a 12-page research report that is available free from the Illinois Institute of Rural Affairs (IIRA). Prepared by the Illinois Department of Commerce and Community Affairs (DCCA) at the request of the IIRA, the report is designed to assist interested people in evaluating the challenges and opportunities that implementation of the agreement will provide for communities. The report, entitled "Impact of the North American Free Trade Agreement on Rural Illinois Industry," can be ordered by calling the IIRA at Western Illinois University, 309-298-2237.

308 Vinegar Home Remedies for a Longer, Healthier, Happier Life

CHICAGO (Special) - Research from centers around the world report what ancient healers knew thousands of years ago -- *that vinegar is the wonder elixir for a healthier life.*

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Even Japan's feared Samurai warriors of years ago relied on a vinegar tonic for strength and power. A tonic you can make in your kitchen.

Today, countless reports and scientific studies praise the curative and preventive powers of vinegar as part of our daily diet.

And now after long research, for the first time, over 300 vinegar super-healing home remedies and recipes have been gathered by noted natural health author Emily Thacker in her exclusive new book, "*The Vinegar Book.*"

It's the most complete collection since the discovery of vinegar 10,000 years ago.

You'll learn how to control your appetite to lose weight with a meal-time vinegar cocktail.

Find trusted home remedies to beat colds, ease painful arthritis, and other joint diseases.

Vinegar is nature's own drug-free anti-inflammatory.

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More than 70 different research studies have verified that *beta carotene lowers the risk of getting cancer and it boosts the body's immune system.*

And pectin helps your body reduce cholesterol levels to lower the risk of cardiovascular disease.

"*The Vinegar Book*" will amaze and delight you with 308 natural ways to enrich your personal life and home. Time-honored folk remedies that show step by step how to mix vinegar with other kitchen staples to:

- Improve your metabolism
- Aid digestion
- Help lower cholesterol
- Uses for middle ear problems
- Condition problem skin
- Fight age and liver spots
- Gain soft, radiant skin
- Amazing hair treatments
- Relieve nighttime leg cramps
- Soothe sprained muscles
- Fight osteoporosis with calcium
- Help headaches fade away
- Corn and callus relief
- Aid to maintain health
- Skin rashes, athlete's foot
- Relieve insect bites
- Remedy for urinary problems
- Use for coughs, colds
- Destroy bacteria in foods
- Heart and circulatory problems
- Fight high blood pressure

And the above is only a brief sample of the 308 uses for vinegar you'll learn about.

You'll know how grandma's recipe for her famous pie crust depends on a spoonful of apple cider vinegar.

How a combination of vinegar and fruit juices relieves arthritis symptoms and other aches and pains.

Try a delicious low calorie, calcium-and-iron rich chicken soup and vinegar recipe.

Combine your favorite herbs with vinegar to create tenderizers, mild laxatives, mouth washes, tension relievers, and mouthwatering tasty salad dressings and more.

Of course, we all know the cleaning power of vinegar. But Emily Thacker's research has uncovered a host of new moneysaving ways to keep your home, laundry, clothing, brass, copper and other possessions sparkling clean.

And with less effort.

You'll also delight in making and bottling your own special vinegars. It's so simple to follow Emily's recipes. Homemade vinegars make such wonderful gifts. You could even end up selling your creations to food and gift shops.

And get ready for many compliments when the family and friends bite into those delicious pickle treats you make.

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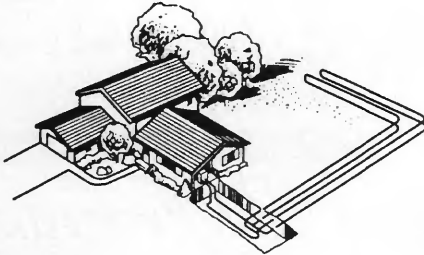
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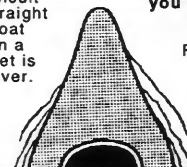
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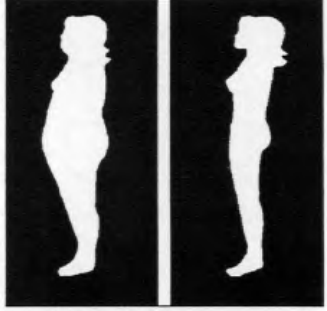
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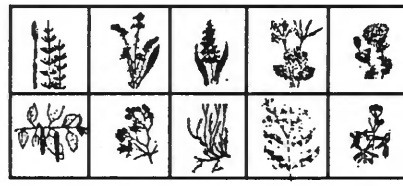
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Rep. Tom Ryder (right) of Jerseyville presents Thomas H. Moore (left), retired executive vice president and general manager of the Association of Illinois Electric Cooperatives (AIEC), with a House of Representatives resolution honoring his years of service. Looking on is Morris L. Bell of Chandlerville, AIEC president.

For service to rural Illinois

House resolution honors Thomas H. Moore

The Illinois House of Representatives paid tribute to Thomas H. Moore, former executive vice president and general manager of the Association of Illinois Electric Cooperatives, with a unanimously approved resolution of appreciation presented January 15.

The resolution was sponsored by Rep. Tom Ryder of Jerseyville. Moore retired January 31 after serving as the association's chief executive officer since 1961.

The resolution read:

"WHEREAS, Thomas H. Moore is retiring as Executive Vice President and General Manager of the Association of Illinois Electric Cooperatives; and

"WHEREAS, He has served with distinction in that position since July 10, 1961; and

"WHEREAS, For more than thirty-two years as Executive Vice President and General Manager, Mr. Moore has built a strong statewide service organization which represents the interests of, and provides services for, the twenty-six electric distribution cooperatives, two generation and transmission cooperatives, and six telephone cooperatives in Illinois; and

"WHEREAS, Mr. Moore has caused to be initiated, and successfully promoted, legislation before the Illinois General Assembly which has benefited Illinois electric cooperatives and the

consumer/members they serve, as well as all rural citizens of Illinois; and

"WHEREAS, Mr. Moore has provided leadership to many rural and community service organizations to the betterment of his fellow man and has been honored by many state and national organizations; and

"WHEREAS, As a result of his foresight and innovative leadership, a new era of programs and services has been implemented to improve the quality of living for Illinois' rural residents, and the rural electrification program in Illinois and the nation has been strengthened; therefore, be it

"RESOLVED, BY THE HOUSE OF REPRESENTATIVES OF THE EIGHTY-EIGHTH GENERAL ASSEMBLY OF THE STATE OF ILLINOIS, that we congratulate Thomas H. Moore on his outstanding service as Executive Vice President and General Manager of the Association of Illinois Electric Cooperatives; that we commend him for his leadership and commitment to the rural citizens of Illinois; and that we extend to him and his wife Claire our sincere best wishes for the future; and be it further

"RESOLVED, That a suitable copy of this preamble and resolution be presented to him as an expression of our respect and admiration.

The resolution was signed by Michael J. Madigan, Speaker of the House.

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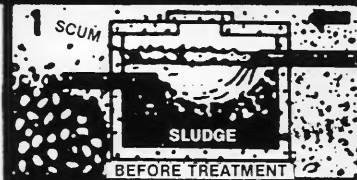
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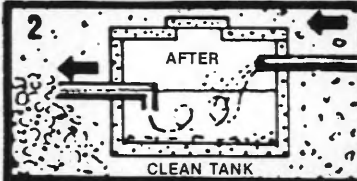
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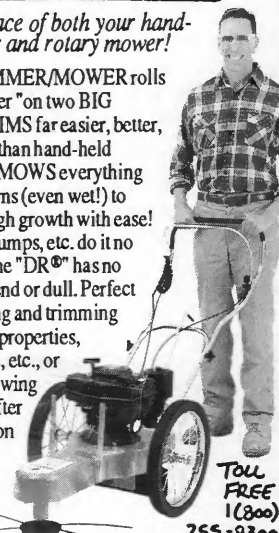
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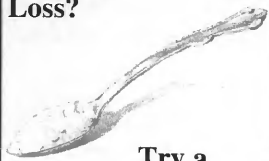
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- ▶ Researchers tried a certain mineral on patients with Chronic Fatigue Syndrome. The results? These tired patients reported improved energy levels, a better emotional state and less pain!
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- ▶ Sounds crazy, but it's true. Researchers found that men and women who eat more than three meals a day have lower cholesterol than those who eat fewer than three meals a day.
- ▶ Constipation? The best natural home remedies.
- ▶ Special news for diabetics: How to lose weight, prevent gum disease, ease foot problems, even take insulin without needles!
- ▶ Why shy people are more likely to have nagging allergies.
- ▶ Allergy relief without antihistamines' side effects.
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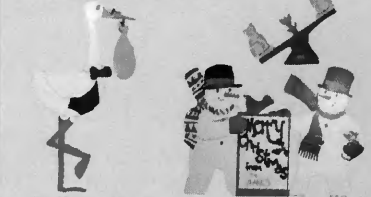
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