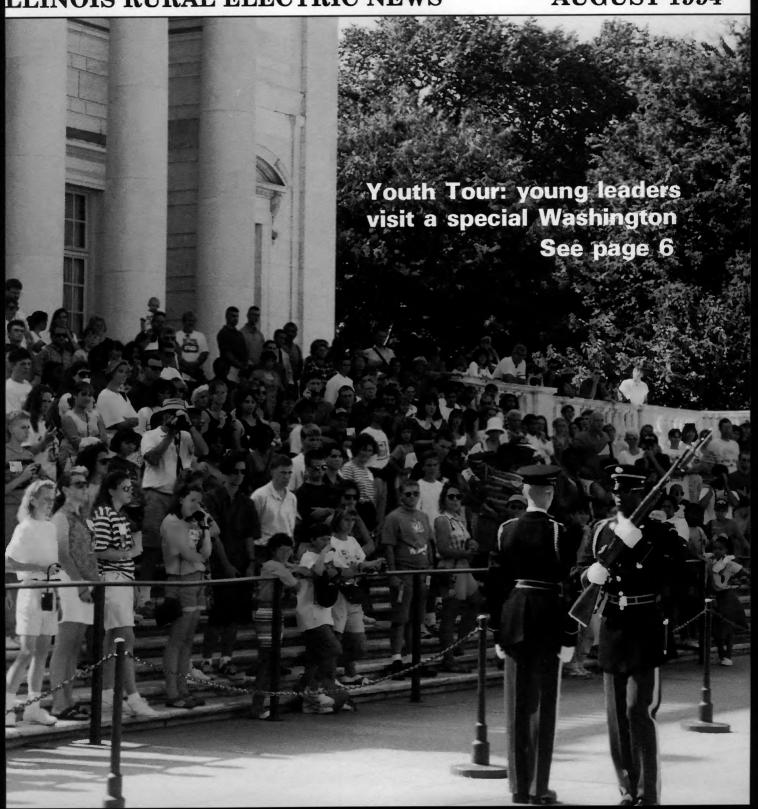
See page 18

REN

LLINOIS RURAL ELECTRIC NEWS

AUGUST 1994



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.

Since ancient times a daily dose of apple cider vinegar has been taken to control appetite and maintain well-

being.

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 superhealing 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 drugfree anti-inflammatory.

Scientific tests show it's a natural storehouse of vitamins and minerals - over 93 different components -- to fight what ails you.

Imagine! Just one spoonful of apple cider vinegar is endowed with vitamins, minerals, enzymes, amino acids, nutrients and important pectin

and beta carotene.

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 treatmentsRelieve nighttime leg cramps
- · Soothe sprained muscles
- · Fight osteoporosis with calcium
- · Help headaches fade away
- · Corn and callus relief
- · Aid to maintain health

Vinegar... Mother Nature's Liquid Gold

- · 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.

Yes, 308 remedies and recipes are yours to enjoy on a no-risk trial basis for 90 life-improving days. Imagine, three full months without obligation to keep this exclusive, one-of-its kind book.

When you read it you'll say: "Is there anything that vinegar is not good for?"

To get your trial copy direct from the publisher at the special introductory price of \$12.95 plus \$2 shipping and handling simply do this:

Write "Vinegar Preview" on a piece of paper and mail it along with your check or money order payable to: The Vinegar Book, 718 - 12th St. N.W., Dept. F5108, Canton, Ohio 44703.

You can charge to your VISA/ MasterCard by mail. Be sure to include your card number and its expiration date. And for even faster service -- credit card orders only -phone Toll Free 1-800-772-7285, Ext. F5108.

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Remember: It's not available in book stores at this time. And you're protected by the publisher's 90-Day Money Back Guarantee.

SPECIAL BONUS - Act promptly and you'll also receive Brain & Health Power Foods booklet absolutely FREE. It's yours to keep just for previewing "The Vinegar Book." Supplies are limited. Order today.

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Energy guidebook draws on collective expertise

Illinois electric cooperative members, and future members, have for their use a new guidebook on home construction that will help save them money. The book, "A Guide to Energy Efficient Construction Standards," is a 16-page informational guide to assist those building new homes in achieving the highest energy efficiency possible.

The book represents some two years of development by electric cooperative personnel. The electric distribution cooperatives in Illinois have staff specialists whose responsibilities include working directly with consumers to help them get the most benefit from their electric purchases. To assist consumers, these employees deal with building contractors, heating and cooling firms, material suppliers and others involved in home construction. They work to keep up to date on the advances in techniques, materials and equipment to provide their consumers with the best energy efficiency information possible.

Experience and knowledge acquired over the years by these energy specialists played a major part in development of the recommendations in this book. They have seen a lot of good and bad in home construction. The guide deals with



various energy-efficient construction standards, including walls, ceilings, floors, windows and doors, space heating and cooling, water heating, lighting and moisture control.

A companion publication is a verification and rating sheet to

enable consumers to score the home and achieve the "Certified Comfort Home" designation. Such designation may provide members with access to special incentive electric rates or rebates, which vary by cooperative. What doesn't vary is the fact that using the construction standards in the guide will assure homeowners that they have built their home to high energy efficiency standards that will save them considerably over conventional construction standards.

Those who are planning new home construction or have just begun to build should contact the energy specialist at your electric cooperative head-quarters for a copy of this guidebook.

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REN

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Cover: Witnessing the changing of the guard at the Tomb of the Unknowns in Arlington National Cemetery was but one of many special moments for more than 60 outstanding Illinois high school students who participated in this year's Youth Tour to Washington sponsored by Illinois electric cooperatives. (See article beginning on page 6).

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Ron Warfield

IFB presidency is full-time off-farm job

Farming traditionally has meant family togetherness, since the workplace is at home or close by. It is ironic, then, that the duties of Illinois Farm Bureau (IFB) president require Ron Warfield to be away from his farm and family for days at a time.

Last December, the rural Gibson City farmer and member of Eastern Illini Electric Cooperative became president of the Illinois Farm Bureau, which includes nearly 75 percent of all Illinois farmers among its 370,000 members. On a recent windy, gray afternoon, he made a rare appearance in his living room to talk about the work of the IFB and how his duties have changed his daily routine.

"As farmers, we all have our schedule dictated a lot by the weather." Warfield said. "It is unpredictable. Now, my days are more structured, but they're

scheduled very heavily, so obviously it has an impact on my time at home. When you're farming, even at very busy times, you're around the family and see them occasionally during the day. Now, it is not unusual to leave early Monday morning and not get back until Friday night."

Because a Farm Bureau president often lives far from the headquarters city of Bloomington, the organization provides an apartment for that official.

Nearly 20 affiliated organizations exist in the Illinois Farm Bureau "family of companies," from Prairie Farms Dairy to IAA Federal Credit Union. The IFB has more than 300 full-time employees, including county managers for 96 county Farm Bureaus. The many issues and activities concerning these groups require a lot of meetings

and homework for Warfield.

"It is a very demanding job. I knew that going in, and I'm not surprised by that. A typical week would probably entail a couple of affiliated company meetings one day, followed by a special meeting on ethanol, a meeting dealing with funding of the organization, and another meeting that afternoon, then maybe speaking at the annual meeting of a county Farm Bureau."

Warfield said it is tricky shifting gears from one mindset to another, adding, "We have an excellent staff of people, high-quality people in both the Farm Bureau and the affiliated companies who are very dedicated, very loyal, like family."

He adds that the membership and the staff are extremely supportive and helpful, making the job easier and more rewarding.

Describing the IFB structure, Warfield said the president, who is elected by the membership, is the chief executive officer. A management team helps guide the Bureau.

The real bosses, though, he emphasizes, are the members. "The membership is what drives the organization. They are the strength. They determine the policies and give us our direction. It is very much a grassroots organization."

As an example of how the members and the Bureau work together on an issue, Warfield talked about a major agriculture issue in the Midwest — ethanol. A national policy calling for wider use of this corn-based fuel would open up a market for corn producers.

"On this particular issue, we brought in representatives from across the state representing all the counties. We said, 'This is the issue,' armed them with the facts and figures and suggested how to proceed. We answered their questions and got feedback from them," he said.

The result was 12,000 letters (Continued on page 17)

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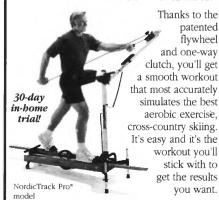


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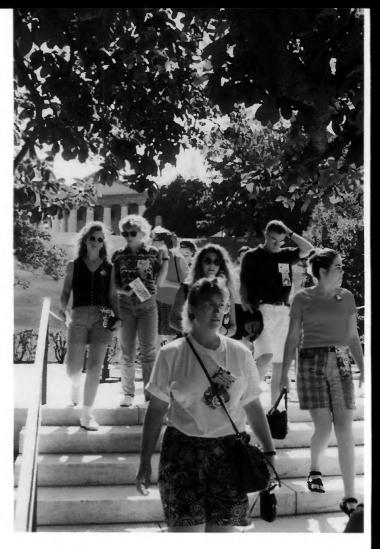






This page: Tour participants descend steps from Kennedy's gravesite at Arlington National Cemetery. Opposite page: Students pose for a group photo with the White House in the background.

Youth Tour participants discover Washington's uniqueness



While waiting under a Capitol Hill shade tree for an appearance by Sen. Paul Simon, you see Oliver North stride across a nearby parking lot. The contrasts, the history - where else but Washington, D.C.? It's the unexpected that adds to the worthwhile experience of the "Youth to Washington" Tour.

Sixty-four high school students representing 20 Illinois electric and telephone cooperatives made the 16-hour chartered bus ride to the east coast. From June 17-24, they saw both the famous sites of the nation's capital and some that few tourists get a chance to view.

This summer, the "Youth to Washington" Tour marked its 35th year. Participants throughout its history have seen Presidents Johnson, Ford and Reagan on the White House grounds, visited with Mamie Eisenhower on the front porch of her Gettysburg farm, and heard first-hand reports from national leaders of rural electrification.

On a more personal level, they have made longtime friends, met future college roommates and, in at least one case, a future spouse. Some have gone on to political careers, perhaps inspired by this special look at the workings of government.

Most of the participants were chosen by their electric cooperative through essay contests or written tests of cooperative knowledge.

As in past years, the trip agenda was crowded with non-stop sightseeing and activities. For example, in the course of one day the students attended church in historic Alexandria, Va., brunched at a 200-year-old restaurant, visited George Washington's home, toured the Smithsonian's Air and Space Museum, had supper at the Old Post Office food court in downtown Washington, and finished the evening attending a lively stage musical at Ford's Theater.

During a day spent on Capitol Hill, the group met Illinois Congressmen Glenn Poshard, Jerry Costello, Richard Durbin, Lane Evans and Thomas Ewing. Sen. Simon greeted the students outside in the shade during a typically humid summer afternoon. A tour of the Capitol included a view from the gallery and a chance to watch the House of Representatives in session.

Illinois' Youth Tour students also get the rare opportunity to enter a foreign embassy, in effect "leaving" the United States for a couple of hours. Inside the Royal Embassy of Saudi Arabia, the group watched a presentation about life in that country, then asked questions of an embassy official. Always welcome is the reception and native refreshments that follow.



While the Youth Tour focus naturally falls on history and government, in recent years it has also provided a learning experience in cooperative operations. To accomplish this, a group of the students creates a co-op based on the structure of an electric cooperative; the rest of the travelers are customers, or members.

This particular cooperative sells soft drinks and chips throughout the trip. During the bus ride east, a nominating committee solicits and interviews candidates for a board of directors. The board hires a manager; a staff sets up the concession stand at various points in the Youth Tour. The open coolers were a welcome sight, especially after a hot walk around the grounds of Mount Vernon.

On the board of this year's cooperative, named the Deflated Cost Food Service (DCFS), were Justin Blandford of Fults (Monroe County Electric), president; Nathan Winner of Carbondale (Egyptian Electric), vice president; Kim Sluis of Princeton (Illinois Valley Electric), secretary; Christina Vogel of Hoopeston (Eastern Illini Electric), treasurer; Angie Worrell of Winchester (Illinois Rural Electric), marketing vice president; Heather Roberts of Tolono (Eastern Illini Electric); Matt Powell of Winchester (Illinois Rural Electric); and

Sara Baker of Lincoln (Menard Electric). Jan Nolte of Golden Eagle (Illinois Rural Electric) was named manager, and Ryan Brandner of Spring Valley (Illinois Valley Electric) was assistant manager. Nick Chatterton of Ellisville (McDonough Power) was the co-op's employee.

An important selection during Youth Tour is the Illinois representative on the Youth Consulting Board of the National Rural Electric Cooperative Association (NRECA). During a meeting of the Illinois group, students elected Mark Guzzardo of Kewanee (Illinois Valley Electric) as the delegate. The Illinois representative serves as the official spokesperson for rural electric youth in the state and may be called upon to participate in meetings of the Illinois electric and telephone cooperatives. Guzzardo is to attend the NRECA Annual Meeting in Orlando, Fla., in February.

Runner-up in the YCB election was Sara Baker of Lincoln. As such, she represented Illinois in the Energy Bowl quiz, held during a mass meeting of Youth Tour groups from all over the U.S.

In only a week, Youth Tour participants cover about 2,000 miles. They likely gain as many new experiences during those crowded days, experiences that just might shape their futures.

BRIEFLY

Southwestern Electric and City of Carlyle agree on hydro project

vdroelectric generating at Carlyle Lake is a step closer to reality. Representatives of the City of Carlyle and Southwestern Electric Cooperative on June 16 signed contracts covering construction of a generating plant and the sale of the electricity it will generate. The agreement will assure the cooperative it has a market for the power the plant will generate and the City of Carlyle will be assured of a source of lowcost power for 40 years. Southwestern Electric plans to build five 800kilowatt turbine generating units to be driven by water siphoned over the top of the dam. The estimated cost of construction is approximately \$8 million. Alan Libbra, president of Southwestern Electric Cooperative's board of directors. credited Southwestern manager Gary Wobler with seeing the potential for low-cost electricity at Carlyle Lake. "Our position was this if it could produce electricity for 40 to 50 years then the job should be done," Libbra said. Southwestern Electric will be unable to use the hydro electricity because it has an all-

Rural water service being planned by Southern Illinois Electric

outhern Illinois Electric Cooperative has taken the first steps toward supplying quality water to much of its service

territory. The SIEC board of directors has applied for funds to create a water distribution system throughout its service area. The first phase would be built in Pulaski and Alexander counties and portions of Union and Johnson counties. Many rural residents in those counties are served by private wells that are unreliable or provide poor quality water. SIEC's system would tap into a plentiful underground water table that runs across the southern tip of Illinois. Cooperative officials prepared applications for financing to meet June and July deadlines. At SIEC's Aug. 4 annual membership meeting, the cooperative's members will be asked to vote for a bylaw change that permits this new venture. "To make sure that our rural members are included in a water project, we are taking the lead to establish a large-scale pipe and treatment-plant system that also adequately serves the rural consumers," noted Larry Lovell, SIEC general manager. Though the plan primarily targets Alexander and Pulaski counties. Lovell said that in the future the system will be expanded to serve other locations. Guy Casper of Cypress, SIEC president, said that a reliable water supply would encourage people to build new homes in rural areas. "The addition of homes to the cooperative's electric

requirements power supply contract with Soyland Power Cooperative. It will be six months to one year before construction will actually begin on the hydroelectric project. The next step will be for Southwestern Electric to apply to the Federal Energy Regulatory Commission for a license to construct the generating station. Actual construction will take 12 to 14 months, Wobler said.

GE introduces efficient bulb in Europe

eneral Electric Lighting recently introduced a new, energy-efficient electronic light bulb in Europe that should be available to Americans by 1995. The new bulb, named Genura, uses just 23 watts of electricity to produce light output similar to the light of regular 100-watt bulbs. That is a 75 percent savings of electricity. Genura uses a magnetic field to create light, unlike regular bulbs, which use heated filaments. The electronic light bulb will cost about \$20. It will last about 10 times longer than a regular bulb. John Breen, vice president of technology at GE Lighting, told the Wall Street Journal, "If you look at it as energy saved over the life of the product, it will

save the customer about \$40 in energy costs compared to an incandescent bulb." Breen also said that the price of the bulb should drop as technology improves and more are sold. GE Lighting has been working on the energy-efficient bulb since 1970. One competitor, Intersource Technologies, hopes to get a similar bulb on the market in the next few months.

Americans warm up to technology

mericans—as evidenced by their widespread use of personal computers—are embracing the technology of the 1990s, according to a new study by the Times Mirror Center for The People and The Press. More and more Americans are using technology, including bank machines, VCRs, personal computers and fax machines. Nearly one in three American households has a personal computer, the study says. About 23 million adults use a home computer nearly every day. In the office, 55 percent of workers use a computer. About 47 percent of consumers have a bank machine card and at least 13 million pay some of their bills electronically. Eighty-five percent of all American households have a VCR. The survey gueried 3,667 adults and 400 children about their use of 20th Century technology. It found that Americans are not only comfortable with using

system means the cost of our electric operation can be shared among more people. This benefits all the cooperative's members by holding down electric rates." The proposed water service would provide water in two ways: through retail sale directly to a customer, or wholesale to another distributor - for instance, a town's water department or an existing water district. Lovell said the proposed water system would in no way affect the electric rates of cooperative members. "The water service would be operated separately and stand on its own. The financing of the construction and operation will not be tied to the electric cooperative. Our electric consumers will not subsidize the operation of the water system."

AIEC's Earl Struck a member of Distance Learning panel



Struck

Earl Struck, executive vice president and general manager of the Association of Illinois Electric Cooperatives, Springfield, is among several appointed to the board of the Illinois Distance Learning Foundation.

The appointments were made by then-Lt. Gov. Bob Kustra, who as lieutenant governor served as chairman of the foundation said the organization will seek to improve educational opportunities for rural students in Illinois through the increased use of communication and information technology. "Distance learning is one of the best avenues for helping rural students and school districts to overcome geographic and economic barriers to education," said Kustra. "This non-profit foundation will serve as a new financial and information resource for rural

computers, "they have become indispensable tools for people who own them. Two out of three computer users (65 percent) said they would miss their personal computer 'a lot' if they no longer had it." Just 2 percent of those questioned had all four of these devices: a personal computer, a fax machine, a video camera and a bank machine card. But two in three had at least one of those, the survey shows.

Rural industries growing faster

ome industries are growing faster outside of urban areas, causing the incomes of rural residents to rise at greater rates than the incomes of urban residents, according to a Commerce Department report. Between 1990 and 1992, the income of rural counties grew at an annual rate of 5.5 percent, compared to a 4.8 percent growth rate in urban counties. Rural incomes increased at a faster pace in New England, the Great Lakes region, the Mideast, the Far West and the Southeast. Analysts said reduced manufacturing of durable goods in cities is the main reason for this trend. Also, some companies are leaving the cities for suburbs and rural areas because of high urban crime rates. The report also found reduced construction and defense spending added to the decline of income in

cities. Despite slower income growth in cities, per capita income is still larger in urban areas. San Francisco had the highest per capita income—\$31,262—in 1992. The lowest-ranked per capita income is in the area of McAllen, Mission and Edinburg, Tex., where per capita income is \$9,802.

White House goes 'green'

he White House now has a "Golden Carrot," the most energy-efficient and environmentally safe refrigerator available. The refrigerator, which does not contain the ozonedepleting coolants called chlorofluorocarbons, is part of the first phase of a project called the "Greening of the White House" that should decrease energy use at the White House and Old Executive Office Building by 30 percent by 2005. "For as long as I live in the White House, I want Americans to see it as a symbol of clean government and also a clean environment." said President Clinton. The first phase of the project will improve the lighting, heating and air conditioning systems in the buildings to make them more energy efficient. Waterconservation devices are being installed. The recycling program is being expanded. The greening plans should save about \$140,000 a year on the annual \$1.6 million energy bill for the two buildings. Consultants for

technology offer students in rural areas new and exciting ways to learn. Computers, satellite broadcasts and interactive television link students in remote locations with qualified instructors in other educational facilities, allowing them to participate in advanced mathematics. sciences and foreign language courses." Kustra, who announced his resignation in late June, described distance learning as "personalized learning," explaining that it removes the barriers of space, time and location — an approach that is especially beneficial to students in rural areas. "Ensuring quality education for all children is one of our greatest responsibilities," said Kustra. "Ensuring educational equality in rural areas is one of our biggest challenges." Other directors are: Ron Warfield of Gibson City, president of the Illinois Farm Bureau; Harry L. Crisp, II, of Marion, president and chief executive officer of Pepsi-Cola Bottling Company in Marion; Wally Furrow of El Paso. director of the **USDA Farmers Home Administration** in Champaign; Orion Samuelson of Northbrook, farm director of WGN Radio in Chicago; Barbara Baie of DeKalb, a broker and associate of Martin, Goodrich & Associates, Inc.: James D. Blanchard of Madison, Wisc., regional vice president and general manager of GTE North Incorporated in Bloomington; Hans Becherer of Moline, chairman and chief executive officer of Deere and Co.; Colleen Callahan of Kickapoo, agri business director of WMBD AM-TV in Peoria; Becky Doyle of Carlinville, director of the Illinois Department of Agriculture; Sally A. Jackson of Chicago, president and chief executive officer of the Illinois State Chamber of Commerce; Richard A. Lumpkin of Mattoon, chairman of Consolidated Communications, Inc.; Naomi Lynn of Springfield, president of Sangamon State University; Ann Olson of Frankfort, president and chief executive officer of Top-Soil Testing, American Laboratories, Applications Mapping; Mary Patino

schools. Recent advances in education

the project say they hope the White House will be a good environmental model for businesses and homes across the country. In fact, as an educational program, there should soon be a computer disk available that people can use to "tour" the new environmentally safe features of the White House. One hundred environmental experts and consultants spent a year developing the White House greening program.

Developing countries causing more pollution

eveloping countries have begun to produce more carbon dioxide emissions than industrialized countries, according to an Energy Department study. The study found developing countries produced 52 percent of the world's carbon dioxide emissions as of 1992, compared to 43 percent in 1970. Between 1970 and 1992, emissions in developing countries grew 82 percent. As developing countries become more industrialized, they use more fossil fuels for energy and transportation. They do not have as much money as industrialized countries for pollution control and cleaner forms of energy such as nuclear power. Industrialized countries increased their energy demands by 40 percent between 1970 and 1992. vet carbon emissions only rose 28 percent. Industrialized countries use cleaner energy

sources than developing countries. Carbon dioxide traps heat in the atmosphere. Some scientists blame carbon dioxide emissions for what some people term global warming. A 1994 international treaty signed by both developing and industrialized countries requires carbon dioxide emissions in industrialized countries to be reduced by the year 2000.

Use power tools carefully for safe summer gardening

f you think gardening's greatest risk is the occasional bee sting, think again. The biggest risk you face in the garden is from power garden tools. In 1992, about 135,000 people were treated in emergency rooms for injuries caused by power lawn and garden tools, according to the Consumer Product Safety Commission. Here are some simple tips for avoiding injuries from power garden tools: • Wear long pants and

- Wear long pants and long-sleeved shirts to protect yourself from thrown objects.
 Wear tight-fitting clothes and avoid wearing jewelry so that nothing will be snagged in moving parts.
- Wear sturdy shoes with rubber soles so you won't slip. ●Remember to wear protective items like goggles, heavy gloves, and earplugs (for loud, motorized equipment).
- Before you begin working, remove sticks, wire, stones, glass, metal or any other objects from

of Barrington, director of the Business and Professional Institute at the College of DuPage in Glen Ellyn; Jesse W. Price of Decatur, assistant to the president of Illinois Power Company; Stephen Schnorf of Rochester, director of the Illinois Department of Central Management Services; and Doug Whitley of Batavia, president of Ameritech Illinois in Hoffman Estates. Board members do not receive compensation for services.

Southern's Larry Lovell named to NRECA/CFC rural water panel



Lovell

Larry Lovell, manager of Southern Illinois Electric Cooperative, has been appointed to the Member Task Force on Rural Water Infrastructure, a joint organization of the National Rural Electric Cooperative Association and the

National Rural Utilities Cooperative Finance Corporation. Lovell is one of 12 electric cooperative and statewide managers serving on the task force. He will serve on the group's financing, legal and industry relations subcommittee. The subcommittee will focus its attention on rural electric systems' involvement in the rural water business.

your work area that could injure you or damage your tools. • Make sure that young children are not in the area. Do not ever let them operate power tools.

• Teenagers should operate power garden tools only if they are strong and mature enough. A responsible adult should supervise them. •Be sure that the safety features of the garden tools are working.

- Unplug tools or disconnect spark plugs on gasoline-powered tools before you begin to clean moving parts or fix them.
- Turn off all tools that you leave unattended.
- •Be careful with gasoline. Don't fill gas tanks if the

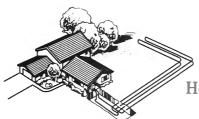
garden tool is on or still hot. •Store gas in proper containers away from the house. •Don't smoke or use any flames near gasoline. If you carefully follow these tips, your gardening season should be safe and pleasant. You may not be able to prevent bee stings, but you can prevent a trip to the hospital.

Utilities: EVs could become as common as PCs

magine a day when energy-efficient electric cars will be as common as personal computers. Electric utility workers think that will happen. That's why 13 utilities have joined EV America, a funding program to buy more than 5,000 electric vehicles by the end of 1997. The utilities involved in the program will either use the electric cars, vans and trucks or help place them in the fleets of other companies. The utilities involved in EV America will also charge and repair the electric cars. Industry officials say they hope EV America will lower the cost of electric cars, make consumers more aware of electric cars and improve the technology. While electric cars may be expensive for consumers at first, prices should drop, according to Ted Morgan, president of U.S. Electricar Inc. Morgan said that just as the price of personal computers fell as more were sold, the price of electric cars should, too.

Cooling Efficiency At Its Best!

Mater Tunges.



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

How a geothermal system cools your home.

In summer, the unit removes heat from your home and transfers it back to the circulating water in the underground loop system, where it is then distributed into the cooler earth.



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Cheesecake variety

GRASSHOPPER CHEESECAKE

11/2 cups finely crushed creme-filled chocolate sandwich cookies (about 18 cookies)

tablespoons margarine or butter,

(8-oz.) pkgs. cream cheese, softened (14-oz.) can sweetened condensed milk (NOT evaporated milk)

eggs tablespoons unsweetened cocoa teaspoons vanilla extract

tablespoons green creme de menthe tablespoons white creme de cacao

Chocolate Glaze

Combine crumbs and margarine; press firmly on bottom of 9-inch springform pan. In large mixer bowl, beat cheese until fluffy Gradually beat in sweetened condensed milk until smooth. Add eggs; mix well. Divide batter in half (about 3 cups each); beat cocoa and vanilla into one half. Pour into prepared pan. Stir liqueurs into remaining batter. Spoon evenly over chocolate batter. Bake 1 hour and 10 minutes at 300 degrees or until center is set. Turn off oven and allow cheesecake to cool 1 hour in oven with door slightly open. Remove side of pan. Spread top with Choco-Chill thoroughly. Refrigerate leftovers.

Chocolate Glaze In small saucepan, over low heat, melt 3 (1-oz.) squares semi-sweet chocolate with 1/3 cup whipping cream, unwhipped. Cook and stir until thickened and smooth. Immediately spread over warm cheesecake.

GERMAN CHOCOLATE CHEESECAKE SQUARES

1½ cups graham cracker crumbs ½ cup finely chopped pecans

13 cup margarine or butter, melted 3 (8-0z.) pkgs. cream cheese, softened 1 (14-oz.) can sweetened condensed

milk (NOT evaporated milk)

2 (4-oz.) pkgs. sweet cooking chocolate, melted

1 tablespoon vanilla extract **Coconut Pecan Topping**

Combine crumbs, pecans, sugar and margarine; press firmly on bottom of 13x9 inch baking pan. In large mixer bowl, beat cheese until fluffy. Gradually beat in sweetened condensed milk until smooth. Add chocolate, eggs and vanilla; mix well. Pour into prepared pan. Bake 40 minutes at 350 degrees or until center is set. Cool. Top with Coconut Pecan Topping. Chill. Cut into squares. Refrigerate leftovers.

Coconut Pecan Topping

In heavy saucepan, combine 1 (14-oz.) can sweetened condensed milk (NOT evaporated milk) and 3 egg yolks; mix well. Add ½ cup margarine or butter. Over medium-low heat, cook and stir until thickened and bubbly, 8 to 10 minutes. Remove from heat, stir in 1 ($3\frac{1}{2}$ -oz.) can flaked coconut ($1\frac{1}{3}$ cups), 1 cup chopped pecans and 1 teaspoon vanilla. Cool 10 minutes.

ORANGE RICOTTA CHEESECAKE

2 tablespoons plus 1 teaspoon orange-flavored liqueur 11/4 cups graham cracker crumbs cup margarine or butter, melted tablespoons flour

2 teaspoons vanilla extract

1/3 cup orange marmalade
Fresh orange slices or orange (15-oz. or 16-oz.) containers ricotta cheese

(14-oz.) can sweetened condensed milk (NOT evaporated milk)

Combine crumbs, sugar and margarine; press firmly on bottom of 9-inch springform pan. In large mixer bowl, combine cheese, sweetened condensed milk, eggs, 2 tablespoons liqueur, flour and vanilla; mix well. Pour into prepared pan. Bake 1 hour and 20 minutes at 325 degrees or until set. Cool. Heat remaining 1 teaspoon liqueur with marmalade; spread about three-fourths on top cheesecake. Top with orange slices then remaining marmalade mixture. Chill thoroughly.

BUTTER COOKIES

3 teaspoons baking powder 1 tablespoon milk cup butter cup sugar

1 teaspoon vanilla 2 eggs 3 cups flour

Cream butter, sugar and eggs. Add remaining ingredients; mix well. Refrigerate about 2 hours. Roll out on floured board, working fast while dough is cool. Cut out and place on cookie sheet.

Bake at 300° degrees 8 to 10 minutes. Remove from oven while still white-not brown. The secret to these cookies is not overbaking them.

SOUTHERN BUTTERED PECAN CHEESECAKE
1 (14-oz.) can sweetened condensed
32 cookies) milk (NOT evaporated milk) 1½ cups gingersnap cookie crumbs (about 32 cookies) 1/3 cup plus 2 tablespoons butter or margarine, melted 3 eggs

21/2 teaspoons vanilla extract cup finely chopped pecans (8-oz.) pkgs. cream cheese, 1 (8-oz.) container sour cream,

at room temperature

1 tablespoon brown sugar
Additional chopped pecans, toasted

Combine crumbs and 1/3 cup butter; press firmly on bottom and I inch up side of 9-inch springform pan. In medium skillet, over medium heat, cook and stir 1 cup pecans in remaining 2 table-spoons butter until lightly toasted. Drain and cool. In large mixer bowl, beat cheese until fluffy. Gradually beat in sweetened con-densed milk until smooth. Add eggs and 2 teaspoons vanilla; mix well. Stir in buttered pecans. Pour into prepared pan. Bake 1 hour at 300 degrees or until center is set. Combine sour cream, sugar and remaining ½ teaspoon vanilla. Spread on top of cheese-cake. Bake 5 minutes longer. Cool. Chill thoroughly. Garnish with additional pecans. Refrigerate leftovers.

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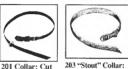
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An encyclopedia of their natural health secrets, called *The Wisdom of Amish Folk Medicine* is now available to the general public. It has hundreds of proven home remedies using simple items you have around your home like vinegar, salt, soda, onions—even olive oil. You'll be amazed at the ordinary spices and herbs the Amish use for their health qualities.

This extraordinary health guide was inspired by a collection of little-known folk medicines gathered by the home remedy editor of a magazine published for the Amish.

Speaking of these health secrets, she says, "A doctor was usually called as a last resort, after everything else failed, and this wasn't often."

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their "Green Mountain Salve" for boils and sores. Mix up some "Good Samaritan Oil" for colds. Discover 6 ways to relieve muscle cramps, how the Amish use red beets to fight infection, which vegetables and fruits can cleanse and heal, and the Amish natural weight loss method that promises good results.

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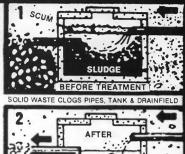
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(Continued from page 5)

from throughout Illinois directed to the U.S. Environmental Protection Agency. It was a well-coordinated effort not only within the Farm Bureau, Warfield observed, but with corn growers and the ethanol industry.

He commented, "This was a model of a successful Farm Bureau effort. The membership has a definite position on an issue that affects their income; we make it a priority. The staff gets the data, we mobilize the counties to organize their members. It is the member on the farm who writes the letters, makes the phone calls, has the personal contact with a legislator."

The Farm Bureau must keep up not only with the issues affecting members but with changes in members themselves. New generations of farmers have different attitudes and backgrounds than their fathers and mothers, even while they carry

on the traditional values.

"Of course, the trend for at least 50 years has been a decline in the number of farmers and a rise in productivity, producing more with fewer people. Technology has helped farmers keep up with the loss of producers. The farmers who are left are much more sophisticated, better educated and extremely talented. We're not just getting the mechanics or agronomists. They are good marketers, good managers, good financial people, and that's what it takes to farm in the '90s and into the 21st century."

Farmers and their families today are also likely to have responsibilities off the farm, as well. "We have two or three county presidents who have full-time or almost full-time jobs off the farm, and they still farm. You see a significant amount of off-farm income and wives working off the farm. On the other extreme are the farmers in

larger categories, who are organized either in partnerships, corporate organizations, or family operations that are still what I call a family farm."

Making up Warfield's own family are his wife, Melanie, and children: Scott, 22, Robb, 19, and Leah, 14.

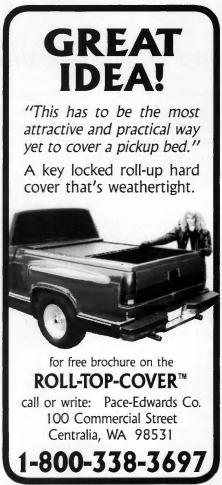
As for the farm itself, he said, "We raise 1,850 acres of corn and soybeans, and we feed about a thousand cattle a year. We are phasing down our livestock, and in fact only have about one load of cattle left," Warfield said.

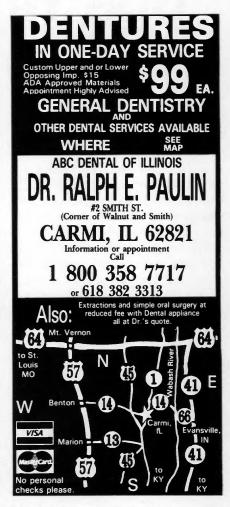
With his new duties calling him off his farm, Warfield's life is reflecting the non-traditional farm operation increasingly seen in today's IFB membership.

"I have always had two fulltime men. A year ago we hired a full-time man who is going to take on more management responsibilities. I hope during the busy season I can get back on the tractor for awhile, to help me keep my feet on the ground."



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Two old barns become one fine new house

Merger of Illinois and North Carolina farm buildings

When Leif and Brenda Thompson recycled their barn(s), they did it up right!

"In much of Illinois," Brenda recalls, "we noticed a lot of gambrel-roofed barns. We thought they looked really nice and often talked about how nice it would be to live in one."

But they realized they couldn't live in a barn without extensive modifications. Brenda says, "We didn't think it would be possible to just convert an existing barn and be able to heat and cool it affordably."

The Thompsons live near Philo, which is south of Champaign. They are members of Eastern Illini Electric Cooperative.

Since there was no existing barn, they decided to buy one, relocate it, and build a house from the salvaged materials. As they drove around the countryside, they explored the possibility of buying a barn. "We saw lots of them," Brenda says, "but none we could persuade anyone to part with."

But they started planning. Leif made cardboard models of houses they would like to build out of such a barn, when they eventually found one. After several years of looking, asking, hoping and model making, they found a woman who would sell them a barn. They moved it three miles to the place they had bought earlier.

And there was another barn, too. "My family had an old tobacco barn back in North Carolina built by my father and grandfather," Brenda says, "and we decided to use some lumber from it. We went down and Leif started working on it. It was

rough-cut pine, but it was good lumber. The barn was over 60 years old, and I had a real sentimental attachment to it."

They had the lumber tongueand-grooved and planed there, and Brenda approached a distant relative who owned a trucking firm. "He had trucks that came this way occasionally," she relates, "and I asked him if he could bring our lumber up some time when he had room on a truck, and he did.

"We decided to see if there was enough to do the ceiling. We hoped there would be, and started putting it there, after I stained it. We didn't really do any of the actual building; I just got the wood ready for the builders to use. It turned out that it worked out beautifully."

Brenda notes that it took longer to build the house than



Left: The home's exterior retains the barn appearance. Below: Brenda Thompson stands beside the large fireplace.

they had expected, but that planning had otherwise been about right. They built a big fireplace that is the centerpiece of the house and left the living room open clear up to the roof except for a spacious loft above the entryway. The Thompsons proudly display Brenda's grandfather's scythe and sickle over their fireplace. An unusual addition is a barbecue pit they built in the kitchen. It resembles a tiny fireplace and has its own flue. "We built it because we like to barbecue," Brenda says, "and we wanted to be able to when we couldn't go outside."

Leif added another touch of his own to the kitchen. While looking through magazines, they saw a trestle table they liked and decided to build one. He made it out of an old desk.

Before the workers had even finished, Brenda was busy with furnishings. "I had a dresser that belonged to my greatgrandfather," she says, "and I refinished it. My grandmother had a spinning wheel that I refinished, and there was an old oak Bible table that I redid. They all have sentimental value to me, and I had actually started refinishing old furniture when I was still in high school. We keep



many of our antiques in the loft, which we jokingly call our museum. We keep a few things from the tobacco farm there, because I have fond memories of them."

There is no doubt that Leif and Brenda and their daughters, Sasha and Allie, live in an unusual house, and Brenda says it's great. "Nobody believes it when we tell them we live in an old barn," she chuckles, "and both our families came to see the place and fell in love with it. Ideally, we'd have left it more like a real barn, but we didn't think you could do that and live in it during Illinois winters.

"Anyway, we're delighted

with it. Unusual things fascinate us, and the house has more meaning for us than if we had gone out and bought a 2,000-square-foot tract home or if we had one built from a set of plans. We're still trying to figure out if we saved any money by salvaging lumber."

She remarks that the house presented some difficulties because of its unique nature. "I tell people I wouldn't build another one, but I'm not sure. I don't think I'd build another one with so many angles and peculiarities, though.

"Even so," she concludes, "now that it's built, we're very glad we did it."



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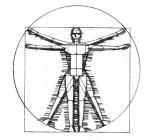
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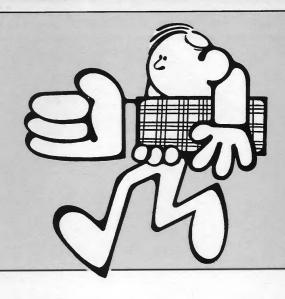
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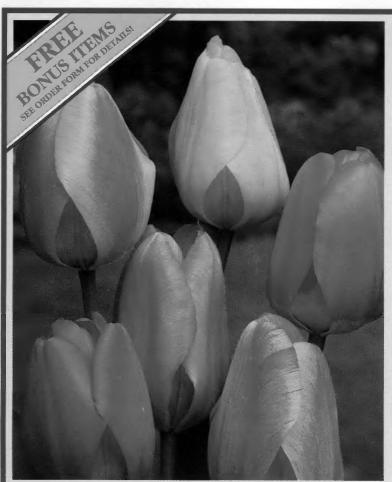
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