

**Rural homeless**

See page 8

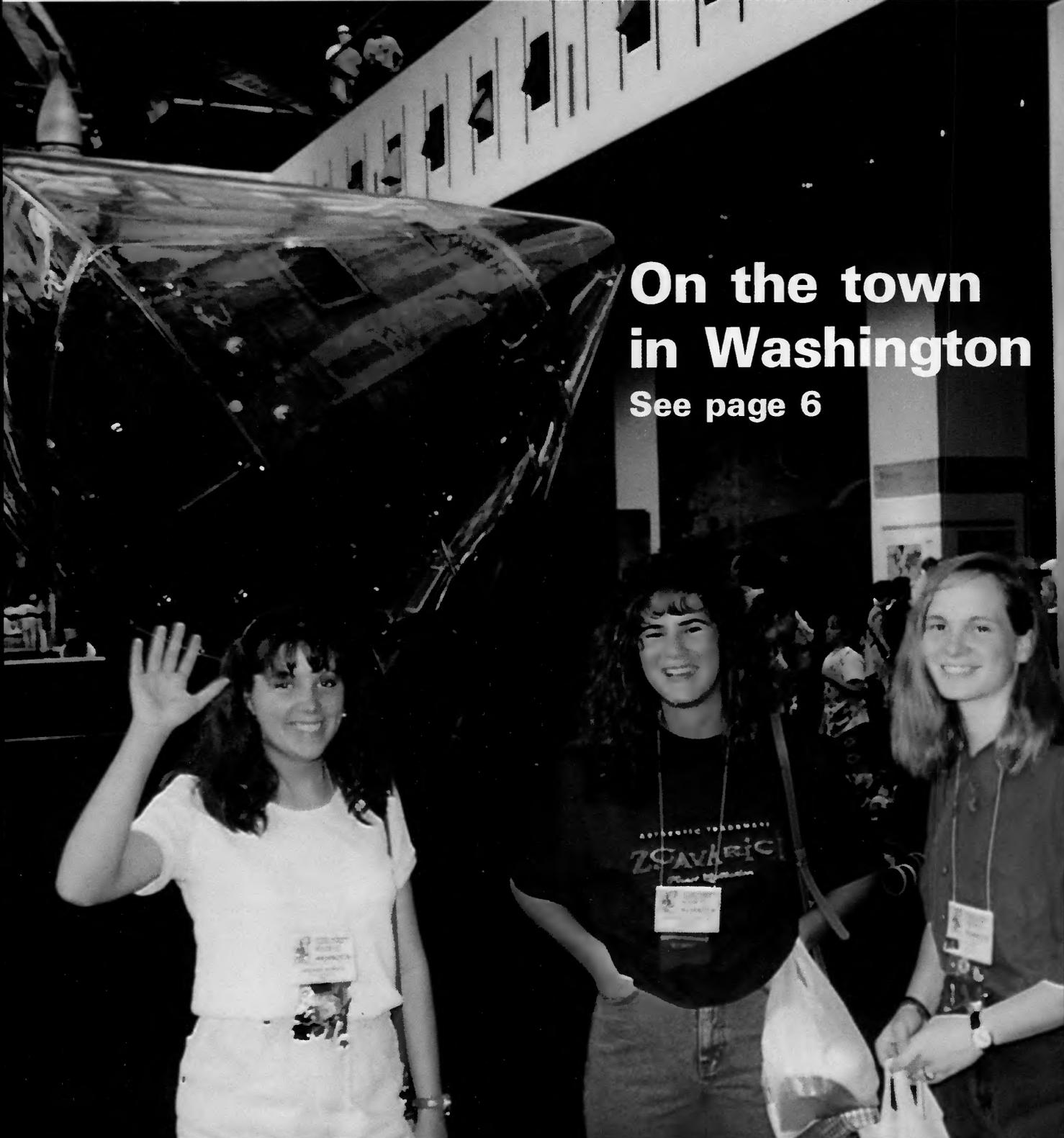
**Lifetime of art**

See page 18

# REN

**ILLINOIS RURAL ELECTRIC NEWS**

**August 1995**



**On the town  
in Washington**

See page 6

# Take an earthworm to lunch

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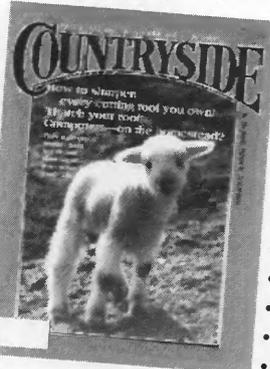
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**Note:** Articles listed here have already appeared in print, and not all back issues are available — another good reason not to miss any more!  
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- How to make sausage
- Thatched roof? Why not!
- Start an “Instant” business
- Computers... on the homestead???
- Raising chinchillas for profit
- Country life... in a Russian city
- Old-fashioned remedies that work
- Invasion of the ladybugs!
- Make Pickled Stuffed Green Peppers
- Basics of the crosscut saw

- How to make goat milk soap
- How a divorced mother built her homestead—from scratch  
...and much, much more!!!

“I enjoy the personal experiences and tips, especially when based on “on hand” or natural products. I mark items I'll want to refer back to with folded-over tape, and my poor May/June issue has a “tape tab” on almost *every page!*”—*Elda, Georgia*

### What you missed in the May/June issue:

- ✓ No more poison ivy itch!
- ✓ Ideas for improving wood stove efficiency
- ✓ Getting started with bees
- ✓ Build a quick and easy tarp shelter
- ✓ Make an unbreakable garden trowel
- ✓ How to make bratwurst
- ✓ Stories from the Depression years
- ✓ Small-scale grain growing
- ✓ Homesteaders and community
- ✓ Build a better mousetrap  
... and much, much more!

“I bought your magazine at a newsstand and just devoured it. I plan to use many of the hints and ideas. My only regret is that I didn't find you long ago and have missed so many years of good reading, ideas, etc.”—*Ed, Missouri*

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## Electricity leads energy growth

Electricity will remain the fastest growing form of end-use energy worldwide for at least the next 15 years, according to the U.S. Energy Information Administration's latest international roundup.

Worldwide electricity use, the organization's report said, should climb 2 percent a year — with regional variations — through 2010. The administration's International Energy Outlook 1995 is the first such annual report to include electricity trends.

"Electricity is undergoing fast-paced growth, particularly in Asia, where the economies of such nations as China, South Korea and Taiwan are rapidly expanding," the Energy Department's independent statistics agency concluded in the 100-page report.

"Indeed, about 42 percent of the increase in total worldwide fuel consumption projected for the 1992-2010 period is expected to be for electricity generation."

Other trends and projections:

- Energy-efficient technologies are slowing the growth of energy consumption in all forms

worldwide. World consumption is projected to rise 1.6 percent a year between 1990 and 2010, the report said — "much lower than the 2.6 percent annual growth rate of the previous two decades, reflecting the adoption of more energy-efficient technologies worldwide."

- The energy consumption gap between developed and developing countries will narrow to nearly nothing within the next 15 years. While energy use in North America, Western Europe, Japan and Australia is forecast to grow 1.3 percent annually through 2010, consumption will climb 1.8 percent a year in South America, Asia, Africa, Eastern Europe and the former Soviet Union.

- Environmental concerns will make natural gas the fastest growing fossil fuel. Oil will hover around 39 percent of total consumption through 2010, while coal is projected to dip to 25 percent from its 1990 market share of 27 percent. Gas will pick up the 2 percent coal loses, moving to 23 percent of total consumption by 2010.

—Rural Electric News Letter

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## REN

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**Cover: Students on the 1995 "Youth to Washington" Tour experienced a full week of travel and learning. These three are enjoying the visit to the Smithsonian Air and Space Museum. From left are Jana Raye Roberts of Odin, Stephanie McCollum of Louisville and Stacy May of Bluford. (See article beginning on page 6.)**

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# BRIEFLY

## WIU establishes rural education research center

**T**he Illinois Center for Rural Education Studies (ICRES) at Western Illinois University, a cooperative effort between the Institute for Rural Affairs (IIRA) at Western Illinois University and the WIU College of Education and Human Services, was recently endorsed by the National Rural Education Association, making the WIU center one of five accredited rural education research centers in the United States. Center co-directors Bob Hall, professor of educational administration and supervision, and Bruce Barker, chair of media and educational technology, said the WIU center will assist local public education officials find solutions to problems and conduct on-going research about concerns facing rural education. Hall said the Center will identify and evaluate long-term education policy alternatives that benefit rural residents by enhancing education opportunities. Current research and service under way by ICRES faculty include an entrepreneurship program in which students will start and manage small businesses; assistance in implementing technology in Illinois rural schools; and evaluating the effectiveness of school reorganizations. The IIRA MAPPING the Future of Your Schools program helps school districts with long-term strategic planning and goal-setting. "Rural schools often don't have long-range plans. Through the Center we can help them with planning," Hall said. The ICRES also is organizing

the 10-day teacher exchange program between teachers from rural Illinois schools with those in England and Ireland to better understand how the increased globalization of the economy affects the school curriculum.

## Help wanted: Nurses desperately needed

**A**ccording to Dr. Jonathan Weiner of Johns Hopkins University, 10 years from now, the U.S. will have 165,000 more physicians than it needs. However, the American Association of Colleges of Nursing is predicting a shortage of allied health personnel as the country moves toward managed health care. The Johns Hopkins study assumes that within 10 years 40 to 65 percent of the population will receive care through health maintenance organizations, compared with 20 percent today. Weiner says that it will not be unreasonable to see doctors carrying patient loads of 700 in the 21st century. The drive toward increased efficiency and reduced costs will depress the demand for doctors, but it will increase the demand for nurses and allied health workers. Managed-care plans shift some physician responsibilities to physician assistants and highly skilled nurses. According to Weiner, in the next few decades, nurses and allied health professionals will be in high demand in HMOs; community clinics; sub-acute, long-term, and outpatient-care facilities; and home-health-care services, as health care becomes more concentrated in these non-

hospital settings. The U.S. Department of Health and Human Services predicts that the supply of nurses with master's and doctorate degrees will satisfy only half the demand for those personnel by the turn of the century. The factor contributing to this situation is the lack of money for teaching staff. Most nursing schools are unable to attract qualified faculty due to low pay. Furthermore, men and women with the potential to be excellent skilled nurses often also have the potential to become medical specialists and make a lot more money. The Bureau of Labor Statistics projects that the number of physicians, dentists, and other health-diagnosing professionals in the labor force could grow from 875,000 in 1992 to 1.2 million in 2005, a 28 percent increase. The number of registered nurses, physician's assistants, and other health assessment and treating professionals could rise from 2.4 million to 3.5 million, a 43 percent increase.

## **Automakers still balking on electric cars**

**A** study commissioned by automakers found that making batteries for electric cars could cause serious lead pollution.

Researchers at Carnegie Mellon University found that the mining, smelting and recycling of lead used in the batteries would expose people near industrial sites to toxic emissions. The study acknowledges that widespread use of electric cars would reduce urban smog. However, the study emphasized the hazards to the environment and health that such a large-scale production of lead batteries would pose. Efforts to reduce urban smog to meet the standards of the Clean Air Act, California, New York and Massachusetts are requiring that the cars emitting no pollution be introduced by 1998. The

only "zero-emission" cars that are close to mass production are powered by electricity stored by conventional lead-based batteries. Exposure to small amounts of lead can harm the brains of children, lowering their intelligence and impairing their behavior, studies have found. Extensive exposure can kill. The California Air Resources Board, the first to enact the zero-emission mandate, favors electric cars because it believes lead emissions at industrial sites will be easier to control than tailpipe emissions from millions of moving cars. Automakers are afraid no one will buy the vehicles because they are expensive and require frequent recharging. A typical car with a lead battery has to be recharged every 50 to 60 miles and could cost \$20,000 more than cars now on the road, said Ford spokeswoman Pam Kueber. "We are mandated to sell these things, but no one is mandated to buy them," she said. Utilities and United Parcel Service are testing Ford's Ecostar electric minivan. It can go 100 miles between charges of its 800-pound sodium-sulfur battery. But safety is a concern since the battery sometimes catches fire and would be too costly to mass-produce by 1998 with current technology, she said.

## **Dixon Springs field day, open house**

**T**he University of Illinois Dixon Springs Agricultural Center will hold a field day and open house on August 3 from 8 a.m. to 1 p.m. The field day will provide information and presentations by the agronomy, animal sciences, horticulture and veterinary medicine departments, as well as the Illinois Forest Resource Center. In addition, more than 40 commercial exhibitors will be on hand to display their products, equipment and services available to southern Illinois producers. For more information, please call 618-695-2441 to request a program.

# Capital tour unlike any other

---

## Illinois students take special trip to Washington

"I've been on a group trip to Washington before, but we never saw as much or learned as much as on this trip!"

It was an observation shared by many of the 69 participants of the 1995 "Youth to Washington" Tour, sponsored by the electric and telephone cooperatives of Illinois. The young people, mostly high school juniors and seniors representing 21 cooperatives, boarded two chartered buses in Springfield on June 16 for a full week of sightseeing and education. It was the tour's 36th year.

A visit to the nation's capital spins a kaleidoscope of images for Youth Tour students. The gleaming white marble of the Capitol dome lingers in the

memory, along with what likely is their first look at people sleeping on benches and living in cardboard boxes. They remember a glimpse of a prominent senator and a newly made friend whose D.C. trip was sponsored by a Texas electric cooperative. There are visions of 16 hours overnight on a bus and the three hours on an evening cruise down the Potomac River.

Many of the students on Youth Tour won an essay competition to earn a spot. Others paid their own way for the chance to see Washington as few tourists do. The reception at the Royal Embassy of Saudi Arabia alone was an unusual experience not available to the general public.

On the subject of rare opportunities: With a jam-packed



A highlight of the annual tour to Washington is the visit to the National Cathedral. The structure's stunning exterior architecture (opposite page) and the guided tours of the unique interior leave lasting impressions for the students.



agenda, a visit to the hotel swimming pool was an opportunity that most Youth Tourists didn't get. They usually left the hotel by 8 a.m., not to return till 11 p.m. Between breakfast and lunch on a typical day, the group sat in the U.S. Supreme Court, walked throughout the Capitol and, after setting off the metal detector with their jewelry and pocketknives, watched a debate from the House of Representatives gallery. In one afternoon they roamed the grounds of General Washington's home, then wandered through as much of the Smithsonian museums as an hour allowed.

The Youth Tour specializes in giving history lessons at the scenes of the events. It starts on the way to Washington, during a stop at the Civil War battlefield of Gettysburg. At Christ Church in Alexandria, Va., students can see the George Washington family pew and the place where Robert E. Lee was baptized. While enjoying a lively stage musical at Ford's Theater, one's eyes can't help but wander up to the box from which Abraham Lincoln watched a more fateful performance.

They can also see history being made, and those who make it. During their visit to Capitol Hill on a humid June afternoon, the group met Illinois Congressmen Jerry Costello, Lane Evans, Ray LaHood, Glenn Poshard and Richard Durbin. On the sweltering steps of the Capitol they were introduced to Senators Paul Simon and Carol Moseley-Braun.

For the past four years the Youth Tour has mixed a lesson in cooperative business with the historical perspective. The students formed a cooperative to

***(Continued on page 10)***



Carole Brown is surrounded by some of the materials SICH uses in the rebuilding of houses for the homeless.

# Homeless not confined to metropolitan areas

It happened with the suddenness typical of a tornado. One minute, Carole Brown says, she was "just another person." A twister's sudden passage changed that.

"I lost nearly everything," she says, "but I was one of the lucky ones. Even though I lost my professional library, my art collection, furniture and family memorabilia — including my journals — I was fortunate. I say that because I had a friend who would lend me the use of a hunting cabin until I could get back on my feet."

Even so, she adds, being homeless is a crushing experience. "It affects every part of your life," she says, "and has a lot to do with your self-esteem."

Even in her misfortune, she was luckier than most. With family nearby and good job skills — she taught English for 25 years — she was spared some of the stresses that are so devastating to many.

But her home loss may well turn out to be a boon for others: It gave her a rare insight into a problem that most of us never see first-hand, and that isn't going away. Now, when she talks to people seeking help in her job as executive director of the Southern Illinois Coalition for the Homeless (SICH), she can honestly say she has "walked a mile in their shoes."

SICH is a not-for-profit corporation set up by several rural social service agency directors who saw rural housing problems become critical in recent years. It serves a 24-county area in southeastern Illinois, from Crawford County southwesterly across the lower part of the state to the Mississippi River.

"The nature of rural America has often obscured the growing numbers of homeless and near-homeless people living outside metropolitan areas," she says, "and this is partly because friends and neighbors try to take care of their own. Many

homeless move in with friends or family, so they're kind of hidden."

With that in mind, and her own experience not so far behind her, Carole is a tireless worker for the homeless. "They're not strangers and ne'er-do-wells," she says, "but rather people who are often homeless as a result of bad planning — or bad luck — as much as anything else.

"You so often have the stereotype of someone lying drunk in a gutter or in an alley in the city, but that's not the kind of people we're dealing with here. Most of the homeless here are our friends and neighbors, or our brothers, sisters, aunts and cousins. With the economy the way it is today, many people are just a divorce or a job loss away from homelessness."

In order to help such people, SICH was designed to provide low-cost housing, using some creative methods. "We look for older homes that don't

necessarily have a great deal of 'curb appeal' but that are structurally sound and are preferably in declining neighborhoods. We'll pay a maximum of \$12,000 for them; less, if possible. We're always on the lookout for donations, of course.

"We got a 'free' house in Mt. Vernon," she says. "It was given to us by the Logan Street Baptist Church, which wanted to enlarge its parking lot. We had to find a place for it, and the City of Mt. Vernon donated the new lot for the house."

Once a house is obtained, it is refurbished. Each house gets a new furnace, foundation work, roof, wiring system and water heater, and it is also weatherized, to keep heating and cooling costs down. Other improvements are added as needed. The idea is to provide the new owners with a home that will not need any serious maintenance for a long time.

"We've placed 18 very low-income families in homes," Carole says, "and that number is growing all the time. We hope to get a house going soon in each of our 24 counties. So far, we have some 31 houses redone, and we're closing on two more soon. We try to buy one a month."

When a house is ready, she says, families are interviewed to determine their willingness to keep up their end of the bargain — to commit themselves to paying for the home.

"We lease the house to a family for six months," Carole says, "and the family is expected to pay 28 percent of its monthly income for rent. After a six-month trial period, the whole deal is reviewed. If the coalition approves and the family decides it would like to own the home, the family agrees to purchase it for \$10,000, with rent already paid serving as the down payment. The payments remain at 28 percent of family income, and the loan is interest-free."

The money paid for the house

## ***SICH consists of the following agencies:***

Wabash Area Development, Inc., Eldorado and Enfield  
Anna Bixby Women's Center, Harrisburg and Carmi  
SWAN, Inc., Olney

Volunteer Services, Inc., Marion

Peoples National Bank, Grayville

Wayne County Bank and Trust, Fairfield

American Savings Bank: Albion, Sumner, Du Quoin, and  
Mt. Vernon

Greater Wabash Regional Planning Commission, Albion

Southeastern Illinois Regional Planning and Development  
Commission, Harrisburg

Affordable Budget Coalition, Makanda

Embarras River Basin Agency, Olney

Charter Bank, Carbondale

Williamson County Crisis Center, Herrin

Women's Center, Carbondale

Franklin County Council on the Homeless, West Frankfort



**Deana Barger and Roger Gunning work with Carole at SICH.**



A couple of refurbished houses; the one on the left has been repainted since this photo was taken.

goes back to the coalition, to buy more houses, and money from other sources goes to pay contractors to refurbish them.

As important as bricks and mortar and lumber and plumbing are to the project, there's more to it than that, and just putting a family into a house is no guarantee of a happy ending.

"That's where the creative solutions come in," Carole says, "because we want to do more

than just put a family in a house. We work with other agencies to help families with budgeting, job training skills and whatever else it takes to get them up to speed. We have several people who have gone on to complete their education, and who have gotten good jobs. The whole idea is to get more and more people into the work force, where they're earning good money and paying taxes.

"That's why this is a long-term project. We're able to work with families up to five years to get them back on their feet, and that's the way it should be. I like to think of this as a permanent solution, not just a quick fix," she adds.

People who want to contact Carole can reach her at ICHA, 828 E. Poplar, Harrisburg, 62946. The phone number is (618) 252-0059.

## Tour

*(Continued from page 7)*

sell soft drinks, chips and apples during the trip. On the first day of travel, a nominating committee sought and interviewed candidates for a board of directors. The entire body elected the slate of directors, which then hired a manager. The manager in turn employed a staff to operate the business. Throughout the rest of the trip, at stops like the Washington Monument and Mount Vernon, coolers of pop and boxes of chips were opened to help restore energy to the weary travelers.

Serving on the board this year were Chris Fieser of Cahokia

(Monroe County Electric), Bill Heyen of Gillespie (M.J.M. Electric), Katie Roley of Windsor (Shelby Electric), Heather Oates of Delavan (Corn Belt Electric), Clinton Flowers of Patoka (Tri-County), Zechariah Vincent of Chatham (Rural Electric Convenience) and L.C. Coghill of Colchester (McDonough Telephone Cooperative).

Managing the outfit was Tim Paschal of Mt. Vernon (Tri-County Electric), assisted by his employees Curt Schossler of Centralia (Tri-County) and Nate Taulbee of Taylorville (Shelby Electric).

Another election by the Youth Tour group named Illinois' representative on the Youth Consulting Board of the National

Rural Electric Cooperative Association (NRECA). Katie Roley of Windsor (Shelby Electric) was elected as the delegate. The Illinois representative is 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. She is to attend the NRECA Annual Meeting in Houston, Texas, in March 1996.

Runner-up on the YCB election was Chris Fieser of Cahokia (Monroe County Electric). He represented Illinois in the Energy Bowl quiz held during an assembly of Youth Tour groups from other states also visiting the capital.

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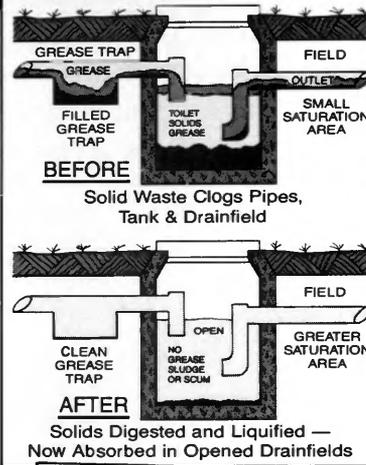
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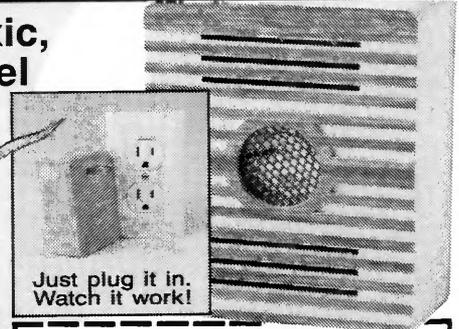
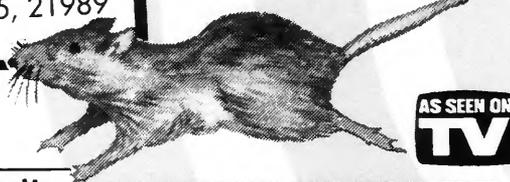
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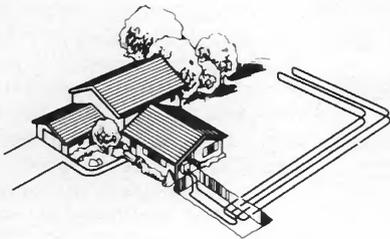
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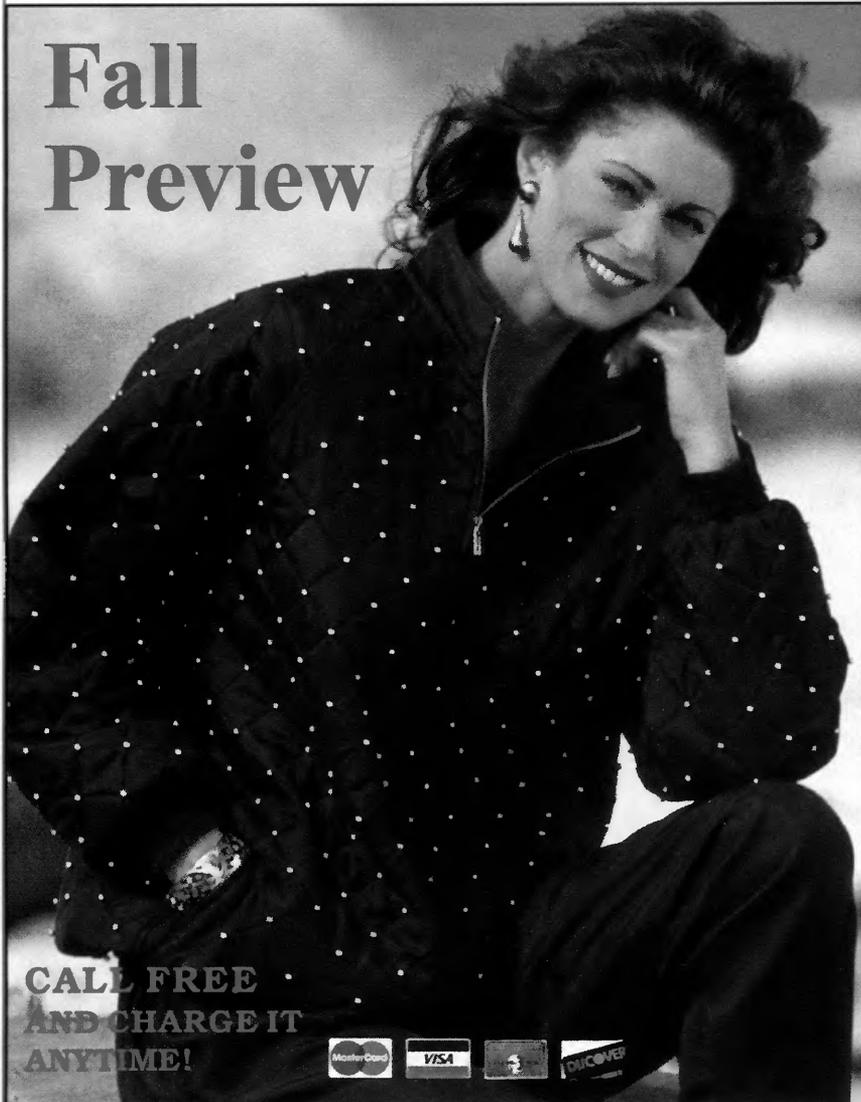
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# Summer assortment

## SQUASH CASSEROLE

- |  |                                      |
|--|--------------------------------------|
| 2 lbs. fresh squash (4 cups)           | 8 oz. sour cream                     |
| 1 onion                                | 1 can sliced water chestnuts         |
| Salt, pepper and seasoning salt        | 1 stick butter                       |
| 1 can cream of chicken soup, undiluted | 1 pkg. Pepperridge herb stuffing mix |

Cook squash with onion and seasonings. Drain, let cool. Mix in soup, sour cream and water chestnuts. Melt butter with dressing mix. Line pan with half of dressing mix. Pour squash over this. Add other half of dressing mix on top. Bake 30 minutes at 350 degrees. Freeze beautifully.

## SALMON CHEDDAR QUICHE

- |                         |                         |
|-------------------------|-------------------------|
| <b>CRUST:</b>           |                         |
| 1 cup all-purpose flour | 3 tablespoons lard      |
| 1/4 teaspoon salt       | 3 to 4 tablespoons milk |
| 3 tablespoons butter    |                         |

### FILLING:

- |  |                     |
|--|---------------------|
| 1 can (16 oz.) salmon, drained, boned and flaked | 1 tablespoon flour  |
| 1 cup (4 oz.) shredded Cheddar cheese            | 1/2 teaspoon salt   |
| 1/4 cup chopped green pepper                     | 1/8 teaspoon pepper |
| 1/4 cup sliced green onion                       | 1 1/2 cups milk     |
|  | 3 eggs, beaten      |

For crust, combine flour and salt. Cut in butter and lard until mixture resembles coarse crumbs. Sprinkle with milk, one tablespoon at a time, mixing until flour is moistened. Shape dough into a ball. Roll out on lightly floured surface to form a 13-inch diameter circle. Line a 9-inch pie plate with pastry; turn under edge and flute, forming a high rim. Preheat oven to 350 degrees. For filling, combine salmon, cheese, green pepper, onion, flour, salt and pepper; toss lightly to combine. Place cheese mixture in bottom of pastry shell. Combine milk and eggs; pour over cheese mixture. Bake 45 to 50 minutes, or until a knife inserted near center comes out clean. Let stand 10 minutes before serving.

## SPANISH RICE ROAST

- |                                       |                              |
|---------------------------------------|------------------------------|
| 3 lb. beef chuck roast                | 1/2 cup water                |
| 1 1/2 cups tomato juice               | 1 tablespoon snipped parsley |
| 1 6 oz. pkg. Spanish rice mix         | 1/2 teaspoon salt            |
| 1 3-oz. can sliced mushrooms, drained | Dash of pepper               |

Trim excess fat from roast. Season meat with a little salt and pepper; place in center of long piece of wide foil. Combine tomato juice, rice mix, mushrooms, water, parsley, salt and pepper; spoon around roast. Seal foil. Place foil packet on rack in shallow roasting pan. Cook at 350 degrees for 2 1/2 hours or till meat is tender. Makes 6 servings.

## SAWMILL SOUP

- |   |                                  |
|---|----------------------------------|
| 4 large potatoes                            | 1 teaspoon black pepper          |
| 3 large onions                              | 2 cans Hormel chunk ham, chopped |
| 2 cans mixed vegetables (or fresh to equal) | 1 teaspoon crushed red pepper    |
| 2 cans condensed tomato soup                | 2 teaspoons salt                 |
|   | 2 cubes beef broth               |

Peel potatoes, onions and dice. Add ham. Place all ingredients in a large pot and add at least a quart of water. Cover, bring to a boil, lower fire almost to a simmer and cook for 45 minutes. Makes a gallon of soup. This soup is good served with crackers and cheese.

## BROCCOLI RICE CASSEROLE

- |   |                              |
|---|------------------------------|
| 1 pkg. (10 oz.) frozen chopped broccoli, thawed | 1 can cream of mushroom soup |
| 1 cup chopped celery                            | 1 can cream of chicken soup  |
| 1/3 cup chopped onions                          | 1/2 soup can of milk         |
| 2 tablespoons butter                            | 1 16 oz. jar Cheez Whiz      |
| 3 cups cooked rice                              | 6 slices American cheese     |

In large skillet, cook celery and onions in butter until tender crisp. Add rest of ingredients except cheese slices. Pour into a 13"x9" baking dish. Microwave 25 minutes. (Stir and turn dish around after 15 minutes.) Top with cheese slices.) Microwave until melted on top. Estimated time: 3 minutes.

## BEAN CASSEROLE

- 2 cans French-style beans
- 4 small onions with green tops
- 3/4 cup vinegar
- 1/2 cup water
- 1/2 cup sugar
- 6 tablespoons bacon fat
- 1/2 lb. crisp cooked bacon

Drain beans, chop onions and tops. Heat vinegar, water, sugar and bacon fat until boiling. Pour over beans and onions. Let marinate overnight in refrigerator. Put in oven and heat but not to boiling point. Crumble crisp-cooked bacon over top. This is a good luncheon dish.

## DEVILED ROUND STEAK

- 2 lbs. beef round, cut in serving size pieces
- 1 teaspoon salt
- 1/4 teaspoon pepper
- 1 egg, beaten
- 1 cup finely crushed corn flakes
- 2 teaspoons chili powder
- 1/4 cup oil
- 1 medium onion, sliced
- 1 small green pepper, sliced
- 2 (8 oz.) cans tomato sauce with mushrooms
- 1 cup water

Trim all fat off steak, pound with metal mallet or edge of saucer. Sprinkle with salt and pepper. Dip into egg, then into crushed corn flakes mixed with chili powder. Heat oil in large skillet; brown meat on both sides. Add onion and green pepper. Pour in sauce with mushrooms and water. Cover and simmer 45 to 60 minutes, or until tender. Makes 5 to 6 servings.

## SPINACH RICE

- 1 can cream chicken mushroom soup
- 3 cups cooked rice
- 1 pkg. (10-oz.) frozen chopped spinach, thawed and drained
- 3/4 cup shredded sharp Cheddar cheese
- 1/4 cup sliced green onions
- 1/4 teaspoon pepper
- Chopped pimento for garnish

In 1 1/2-quart casserole, combine all ingredients except pimento; mix well. Bake at 350° for 25 minutes or until cheese melts. Stir before serving. Garnish with pimento. Makes 5 cups or 6 servings.

## NACHO FUDGE

- 1 can nacho cheese soup/dip
- 1 cup shredded Monterey Jack cheese
- 1/4 cup milk
- 1/2 cup salsa

In 1 1/2-quart saucepan, stir soup. Stir in cheese and milk. Heat over low heat until cheese is melted and mixture is smooth and bubbling, stirring constantly. Stir in salsa; remove from heat. Serve in fondue pot with chips, bread chunks or fresh vegetables for dipping. Makes 2 1/2 cups.

## CARAMEL PIE

- 3 cups milk
- 2 cups sugar
- 3 tablespoons cornstarch
- 4 eggs, separated
- 2 tablespoons flour
- 1 teaspoon vanilla

Caramelize 1/2 cup sugar in heavy skillet. Do not stir while browning. Cook first 6 ingredients till begins to thicken while the sugar is melting and browning. When sugar is caramelized, add other mixture to it. Stir until mixture is smooth. Pour into a baked crust. Top with meringue made with egg whites. Makes 2 pies.

## CARROT CAKE

- 1 pkg. banana cake mix
- 3 eggs
- 1/3 cup oil
- 1/4 cup light molasses
- 1 (6 oz.) can sliced carrots (drained)
- 2 teaspoons cinnamon
- 1/2 teaspoon nutmeg
- 1/4 teaspoon cloves
- 1/2 cup raisins
- 1/2 cup chopped nuts

### Glaze:

- 1 cup evaporated milk
- 1 cup sugar
- 1 teaspoon vanilla
- 1/2 stick butter

Heat oven to 350°. Grease and flour a 10" tube pan or long pan. In large bowl, blend first 8 ingredients until moistened. Beat 2 minutes at highest speed. Fold in raisins and nuts. Pour in pan and bake at 350°: tube pan—50 to 60 minutes; long pan—30 to 40 minutes or until toothpick inserted in center comes out clean. For tube pan, cool upright 25 minutes. Blend glaze ingredients and bring to a boil, boil 2 minutes. Spoon over cooled cake garnish with pecan or walnut halves. If desired, refrigerate leftovers.

## PEANUT PATTIES

- 3/4 cup white corn syrup
- 2 1/2 cups sugar
- 2 1/2 cups peanuts & pecans
- 1 cup milk
- 1 cup powdered sugar
- Red food coloring

Cook syrup, sugar, nuts and milk until it reaches hard ball stage when dropped in cold water. Remove from heat and add powdered sugar and food coloring. Drop by spoonfuls on wax paper to cool.

## ANTI PASTO

- 2 (4 oz.) cans tiny mushroom buttons
- 1 (14 oz.) can artichoke hearts, chopped
- 1 jar small stuffed olives, chopped
- 1 jar sliced pimento, drained
- 1/2 cup chopped bell pepper
- 1/2 cup (or more) chopped celery

Mix all these ingredients. Then combine the following and bring to a boil:

- 3/4 cup white vinegar
- 3/4 cup salad oil
- 1/4 cup minced dry onion
- 2 1/2 teaspoons Italian seasoning
- 1 teaspoon salt
- 1 teaspoon seasoned salt
- 1 teaspoon garlic salt
- 1 teaspoon onion salt
- 1 teaspoon sugar
- 1 teaspoon Accent
- 1/2 teaspoon seasoned pepper

Pour this mixture over the chopped ingredients and serve as an appetizer on Melba toast or crackers.

## EGGPLANT LASAGNA

- 2 (6 oz.) cans tomato sauce
- 1/2 teaspoon oregano
- 1/4 teaspoon basil
- 1/2 clove garlic, crushed
- 1 teaspoon salt
- 1 large eggplant, sliced
- Oil
- 1 cup ricotti or cottage cheese
- 2 tablespoons parsley
- 3 tablespoons Parmesan cheese
- 4 ozs. mozzarella cheese, thinly sliced

Combine sauce and spices. Place eggplant on baking sheet and brush with oil. Broil 5 minutes on each side. Mix ricotti with parsley. In a large casserole, layer sauce, eggplant, mozzarella and repeat until all ingredients are used. End with layer of mozzarella. Sprinkle with Parmesan. Bake at 350 degrees for 20 to 25 minutes.

## CREAM OF RUTABAGA SOUP

- 6 cups chicken stock (see recipe)
- 3 tablespoons unsalted butter
- 1 large onion, finely chopped, about 1 cup
- 2 lbs. rutabaga, pared, dice into 1/2-inch pieces
- 1 teaspoon salt
- Freshly ground pepper
- 1 cup heavy cream
- 1 tablespoon minced fresh parsley
- 1 tablespoon minced fresh chives

Make chicken stock. Melt butter in large heavy saucepan over medium heat. When foam subsides, add onion; saute, stirring frequently, until softened but not browned. 5 to 6 minutes. Meanwhile, heat salted water in heavy medium saucepan to boiling. Add rutabaga; cook just until barely tender, 3 to 4 minutes. Drain. Add rutabaga and 6 cups chicken stock to onion in saucepan; heat over medium heat to boiling. Reduce heat to low; simmer, covered, until rutabaga is tender, 10 to 15 minutes. Remove from heat; let cool slightly. Process soup, in batches, in food processor to thick puree. Pass puree through food mill or fine sieve, return to rinsed-out saucepan. Add salt and pepper to taste. Heat over medium heat to boiling; add cream. Cook just until heated through; do not allow to boil. Serve in warmed soup bowls, garnished with parsley and chives. This is one of her husband's favorites. He serves it from a "cabbage" tureen with matching bowls. Makes 8 servings.

## FRENCH DRESSING

- 1 can tomato soup
- 1 teaspoon salt
- 1 tablespoon Worcestershire
- 1/2 cup sugar
- 1 teaspoon prepared mustard
- 1 cup salad oil
- 3/4 cup vinegar
- 1/2 teaspoon paprika
- 1/2 teaspoon pepper
- 1 tablespoon minced onion
- 1 garlic clove

Mix all ingredients except garlic clove in blender or food processor. Place in container with garlic clove and store in refrigerator. You can use this recipe with less oil making it a low calorie dressing.

## SQUASH CROQUETTES

- 2 lbs. yellow squash
- 1 large onion grated
- 2 cups fine breadcrumbs
- 2 eggs
- 2 teaspoons salt
- 1 teaspoon pepper
- 1 cup cornmeal
- Hot salad oil

Cook squash in a small amount of water until tender, drain and mash. Add onion, breadcrumbs, eggs, salt and pepper. Add more breadcrumbs if mixture is too soft to handle. Shape mixture into croquettes. Roll each in cornmeal; deep fry in hot oil until golden brown. Yield: 6 servings.

## CASSEROLE SUPREME

- 4 cups cooked rice
- 1 can (16 oz.) tomatoes, drained and chopped
- 1 small onion (1/2 cup) chopped
- 4 chicken breasts, boiled, boned and chunked
- 1 can (7 oz.) chopped green chili peppers
- 1 can (5 1/4 oz.) pitted ripe olives, drained and sliced
- Salt to taste
- White pepper to taste
- 1 cup sour cream (1/2 pint)
- 2 cups sharp Cheddar cheese, shredded
- 2 cups American cheese, shredded

Preheat oven to 350 degrees. Grease 2 1/2 quart casserole dish. Combine rice, tomatoes, onion, chicken, chili peppers and olives in large bowl. Lightly stir together. Season to taste with salt and pepper. Spoon half the mixture into prepared casserole; cover with half of the sour cream; top with half the cheese. Repeat with remaining ingredients. (May be prepared as much as 24 hours in advance.) Bake until golden brown, about 40-45 minutes or 60 minutes if chilled. Let stand 10 minutes before serving. Garnish with parsley sprigs and pimento if desired.

## ZUCCHINI BREAD

- 3 cups sifted flour
- 1 teaspoon salt
- 1 teaspoon baking soda
- 1/4 teaspoon baking powder
- 2 1/2 cups sugar
- 1 cup oil
- 3 teaspoons cinnamon
- 3 beaten eggs
- 3 teaspoons vanilla
- 2 1/2 cups peeled and grated zucchini

After stirring in last 6 ingredients, add the dry ingredients. Add 1 cup of chopped nuts. Spray bread tins with Pam generously. Fill half full and bake for 1 hour at 350 degrees.

## MEXICAN CORN BREAD

- 1 cup meal
- 1/2 cup flour
- 1 teaspoon soda
- 1 cup buttermilk
- 2 eggs
- 1 teaspoon salt
- 2 tablespoons sugar

Mix ingredients in medium bowl. In blender mix:

- 1/4 cup jalapeno peppers, 3 pods
- 1/2 cup onions cut in pieces

Blend until onion and peppers are chopped well. Add 1/2 cup (8 1/4 oz. can) cream style corn. Add mixture and 1/2 cup oil to dry ingredients. Fold in 1 cup grated cheese. Bake at 425 degrees for about 25 minutes or until brown. Use hot oiled muffin tins or iron skillet.

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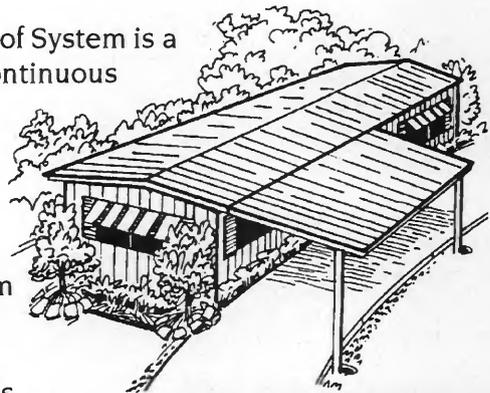
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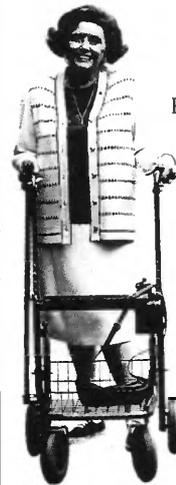
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Right: Joan Fulling titled this painting "The Scary-Go-Round" because she thought the horses' faces looked frightening to children. Below: This is one of her favorites. It is daughter-in-law Debbie and granddaughter Kaycee Jo.



## Artist 'always wanted to paint and draw'



Joan Fulling differs from many artists. A number of others "discovered" their interest or knack during their later years, after their children were grown and gone. Or some discovered a talent when friends or relatives gave them paint sets, or they stumbled into the field after taking a night school class on a whim.

Not Joan.

"I've always wanted to paint and draw," she says, "and I never thought of it as a hobby. I wanted to do it professionally."

Born in Chicago, the Norris Electric Cooperative member grew up in Oak Park, a Windy City suburb. "I went to Oak Park-River Forest High School," she adds, "and they offered an art major there. They had majors in ceramics, oil painting, drawing and jewelry. I did them all."

After graduating from high school, she attended the University of Illinois, majoring in art. It turned out that Max Fulling, a young farmer from rural Palestine, was there, too. He was studying agriculture. They were married and Joan, with a couple of years of university studies behind her, moved to the family farm with her new husband.

They raised three sons, Eric, Bruce and Kyle, and Joan stored a treasure trove of farm images in her mind, while working toward completing her bachelor of science degree in art education from Eastern Illinois University, Charleston. She later went back to school for a master's in art from Indiana State University, Terre Haute.

A year after she received her master's, she was in serious competition and doing well. One of her paintings took "Best of Show" at the Bicentennial Art Center in nearby Paris in 1984. It was her first year of competition. She took home that show's "Best of Show" ribbons in 1988 and 1991, too.

While all these things were

going on, she was still attending workshops. She's studied with Daniel Greene, Jerry Baum, Jean Dobie, George Foster, Dean Davis and Tony Couch. She notes that she doesn't have a particular topic or a special medium that she favors. "I enjoy what I'm working with at the moment," she says. "I enjoy pastels when I'm doing them, and I think I could be happy with them. Then I'll dig out my brushes and get started in oils, which I feel like I could be happy with all the time, too."

It's not surprising that as well as she does in competition, and with her educational background,

she would be involved in teaching, as well. She's a part-time instructor at Lincoln Trail Community College in Robinson, and she also teaches at the Robinson Correctional Center.

As she helped with farming, she did a lot of farm paintings, she says. "But now most of my pig and cattle pictures are in the attic. With the arrival of daughters-in-law Debbie, Debbie and Marilyn, and some 10 grandchildren, I found several interesting new subjects to paint."

She paints portraits, scenics, carnivals, rodeos and the like, and she has done several



**This is a workshop painting, done at the Allerton mansion, where many art classes are conducted. Her work draws many comments about its realistic detail.**



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5554

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5663

5567

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6022

5133

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