

While electricity is safe and useful if used properly, it can be deadly if it gets out of control. This tabletop display shows many of the ways people have of getting in trouble with "harnessed lightning."

4,000 see safety exhibit during Conservation Fair activities

A child climbs a utility pole, another scales the fence of an electrical substation. A girl sits in a bathtub drying her hair with a blow dryer. A farmer sitting in his tractor has his attached grain auger in a 7,200-volt power line, and his daughter runs up to warn him. A car careens into a pole and is energized. A man

working with a TV antenna loses control of it, and a backhoe digs into an underground power line.

All these scenarios and more are depicted in what almost has to be the most dangerous seven square feet anywhere.

Seven square feet?

That's right. It's a model, and all the people who are "in

harm's way" are also models. It's a good thing. The reason so many people are exposed to danger is to show others how to avoid trouble by treating electricity with respect.

Some 4,000 school children were able to see what happens when electricity is misused,

(Continued on page 12d)

Sophomores, Juniors, Seniors Enter Win a Free Trip to Washington

One boy and one girl will receive an expense paid trip to Washington, D.C., June 18-25, 1993.

A boy and girl finalist will be selected from each of the following area high schools: Carmi, Cisne, Clay City, Crossville, Edwards County, Fairfield, Grayville, McLeansboro, Norris City and Wayne City. (A minimum of 10 finalists will be selected.)

The finalists will participate in "Illinois Rural Electric Youth Day," April 21, 1993.

Eligibility:

Any high school sophomore, junior, or senior living within the Wayne-White Counties Electric Cooperative service area is eligible. They need not live in a home receiving electricity from the Cooperative.

Members of the immediate family of the board of directors, employees and winners of previous Washington, D.C. trips are not eligible.

Topic:

Rural health care.



The two students who represented WWCEC on the 1992 Youth Tour are pictured with Congressman Terry Bruce. From left are Amanda Bruce of Wayne City, Congressman Bruce and Paul Briggs of Cisne.

ESSAY DEADLINE

Essays and entry blanks must be received by noon, March 16, 1993. Enter now!

Wayne-White Counties Electric Cooperative, P.O. Drawer E, Fairfield, Illinois 62837

Please send an entry blank and information concerning this summer's "Youth to Washington" essay contest.

Name _____ Date _____

Parent's Name _____

Address _____

Telephone No. _____ Age ____ Sex: ____ M ____ F

High School _____ Class Year _____

Form:

Length — not less than 500 nor more than 1,000 words. Typed on 8½ × 11-inch paper, double-spaced and on one side only. Footnote information source. Number each page. Do not type your name on the essay; type it on a separate sheet. Preliminary judging will be made by number.

Information:

May be obtained from Wayne-White Counties Electric Cooperative office, Fairfield, Illinois, or schools in the cooperative area.

Entry:

Deliver the essay to the teacher in charge or mail to Wayne-White Counties Electric Cooperative, Drawer E, Fairfield, Illinois 62837, no later than March 16, 1993.

Sponsored by
Wayne-White Counties Electric Cooperative
Fairfield, Illinois
Serving Rural America

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our Essay Now . . . D.C.



Washington trip blends fun, learning



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Safety exhibit

(Continued from page 12a)

during the Illinois Conservation Fair held in October at the State Fairgrounds in DuQuoin.

Five Southern Illinois electric cooperatives, including Wayne-White Counties Electric Cooperative, took part in the safety demonstration, by providing one of the "stations" children from seven counties were able to visit. Many of the other exhibits related to soil and water conservation, notes Margaret Fertaly, resource conservationist for the Perry County Soil and Water Conservation District, who was one of many resource persons involved.

"The State requires that children have eight hours of conservation instruction," she says, "and this activity is recognized as fulfilling that requirement, so a lot of teachers bring their classes here for that purpose. It's a good opportunity to expose a lot of young people to conservation in an efficient way."

The stations—usually about 30 on any given day—are set up

around the fairgrounds, and some 30 minutes are allocated at each one, with groups moving through the process in a fairly efficient manner.

While it may seem a little out of place to have an electrical exhibit at a conservation fair, it makes a great deal of sense to WWCEC. Since the fair is geared to children in the kindergarten through eighth grade groups, it provides an ideal opportunity to reach young people who are old enough to understand the message, and who are perhaps getting old enough that they may be tempted to climb a power pole or get into a substation.

The display is graphic enough to give strong second thoughts to such youths. It is energized with low voltage electricity that comes in through a transformer, and is roped off with warning signs. A presenter uses a dry wooden stick to move the "victims" into contact with electricity, to show what can happen when people and electricity mix. There is a fat blue arc and a

burning odor, and the audience is warned that electricity is always seeking a way to get to ground, and when it goes through a human body to get there, it often does great harm.

The presenter points out that electricity is powerful stuff, that it has been referred to as "controlled lightning," and the fact that it can do a lot of good work is proof that it can also do a lot of damage. "The secret," he concludes, "is to keep it under control. Properly controlled and contained, it's a powerful servant. Out of control, it's potentially lethal."

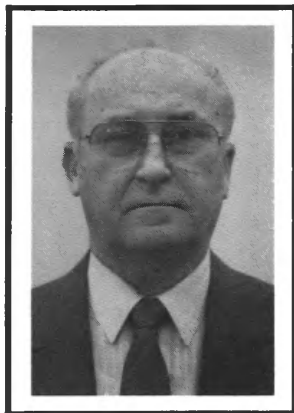
Resource people came from a mixture of government agencies and volunteers, Fertaly notes, and they represented Jackson, Franklin, Perry, Williamson, Washington, Jefferson and Randolph Counties.

Other electric cooperatives taking part were Southern Illinois Electric Cooperative, Egyptian Electric Cooperative Association, Southeastern Illinois Electric Cooperative and Tri-County Electric Cooperative



Clockwise from left: Royce Carter, manager of marketing and member services for WWCEC, ticks off some electrical safety points for a class. There is a question and answer session during the display, and this one was a lively give-and-take. Carter discusses electricity with another class.

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Dale Warren

General Manager's Comments

by Dale Warren

Reduce cooperative costs and member costs

Disconnecting a member's electric service for non-payment is probably the most difficult job we have to do. It is not a pleasant job for employees, but to keep bad debts down — a cost every member shares — we must do it.

Wayne-White Counties Electric makes several attempts to alert members of delinquent accounts. Delinquent notices are mailed after the monthly due date. A delinquent notice clearly states the date of disconnection if payment is not made.

When a Wayne-White Counties Electric employee arrives at the residence to collect or disconnect the service, it is too late to request an extension agreement. There is a collection trip charge of \$25 and a reconnect fee of \$25. All disconnected accounts must be paid in full prior to reconnection.

We understand the various financial difficulties of our members from time to time. If you cannot pay a monthly bill, an agreement can be written to extend the due date. These deferred payment agreements are available during the months of December, January and February, only. This agreement must be completed prior to the day of disconnection. To file an agreement, a member in good standing must contact Wayne-White Counties Electric's billing department during normal business hours. Letters and notes by mail or left in the night depository are not ac-

ceptable. This procedure has strict guidelines and may only be used for emergency situations. The due date will not be extended beyond the end of the month.

The billing department is willing to work out payment arrangements that will benefit both parties. We make these payment arrangements as a service and a privilege to our members. When this promise is not fulfilled as mutually agreed upon, we are not obligated to extend this courtesy the following month.

Members qualifying for state assistance should notify the billing department to make special arrangements. State agencies providing assistance to our members must notify the cooperative of amounts that will be paid before special arrangements can be completed.

Members who have trouble paying their bill should talk to the cooperative about installing a Powerstat Meter. Powerstat Meters allow the member to pay as you use electricity. The meter shows the member how much they use in dollars and cents, not kwhs. The member can pay for their electricity each week, as they get paid.

Don't make your situation worse by adding additional charges to your account. Contact the billing department prior to disconnect date on the delinquent notice and make arrangements with the billing department for paying your electric statement.

Dirty humidifiers may cause health problems

Consumers should be alert to possible health hazards resulting from dirty room humidifiers, according to the U.S. Consumer Product Safety Commission (CPSC). The CPSC has found that bacteria and fungi often grow in the tanks of portable and console room humidifiers and can be released in the mist. Breathing dirty mist may cause lung problems ranging from flu-like symptoms to serious infection. This information is of special concern to allergy or asthma sufferers whose symptoms may be increased.

Film or scum appearing on the water surface, on the sides or bottom of the tank, or on exposed motor parts may indicate that the humidifier tank contains bacteria or fungi. A crusty deposit or scale may also form with the tank or on parts in the

water. This scale is composed of minerals that have settled out of the water creating a surface on which bacteria or fungi may grow.

Minerals can also be released in the mist and settle as fine white dust. This white dust may contain particles that are small enough to enter the lungs. The health effects from inhaling this humidifier dust are not clear; any impact on human health will depend upon the types and amounts of minerals found in the water used.

To reduce the possibility of health hazards from dirty room humidifiers, the staff of the CPSC recommends that you take the following precautions:

- Do not allow film and scale to develop in your humidifier. If possible, change the water in your room humidifier daily.

Empty the tank before you fill it. If the tank is not removable, clean it often according to manufacturer's instructions.

- Use distilled or demineralized water in your room humidifier to reduce the buildup of scale and the release of dust; tap water contains more minerals. Use demineralization cartridges or filters if supplied or recommended for use with your humidifier.

- Drain and clean the tank of your room humidifier before you store it. Clean it after summer storage. Remove dust on the outside of your unit.

- Clean your room humidifier well and often during the heating season. Be sure to unplug the humidifier before cleaning. Following the manufacturer's suggested cleaning methods. If chlorine bleach or other cleaning product or disinfectant is used, make sure to rinse the tank well to void breathing harmful chemicals. Use a brush or other scrubber to clean the tank. Be careful not to damage the motor or to scratch the inner surface. Clean or replace sponge filters or belts when needed.

- Maintain the relative humidity in your home between 30 and 50 percent if possible. Humidity levels above 60 percent may allow moisture to build up indoors and condense on surfaces, where bacteria and fungi can settle and grow. You can measure humidity with an instrument called a hygrometer, available at your local hardware store.

What do you know about you as a taxpayer?

Here are some things you probably didn't know about Illinois taxpayers:

If you paid approximately \$838 in Illinois state income tax for 1990, you were average.

5.1 million Illinoisans paid \$4.2 billion in individual income taxes for 1990.

6,143 Illinoisans had adjusted gross incomes greater than \$1 million.

Between 1981 and 1990 consumer prices have risen

43.8 percent. State and local taxes climbed 80.7% per person in Illinois.

The number of single taxpayers increased by over 750,000 between 1975 and 1990.

The number of married taxpayers dropped over 170,000 in the same period.

About 45 percent of the state's tax filers were married. (From "It's Your Money" by Dawn Clark Netsch, Comptroller State of Illinois)

Mark your calendar
March 26, 1993 annual meeting
Fairfield High School gym 7 p.m.

Coping with winter outages

Winter outages can be miserable. It's almost always dark, always cold, always dismal. Try as we might, they'll always be with us.

But a winter outage doesn't have to be disastrous, and you can be relatively cozy if you do some planning and take a few precautions.

When the power goes off, the first thing to do is disconnect those electric circuits that serve delicate electronic appliances and entertainment equipment. This will protect them from any surges that may occur when power is restored. When it is restored, wait for 15 to 30 minutes to ensure that the outage is over, then reconnect those circuits.

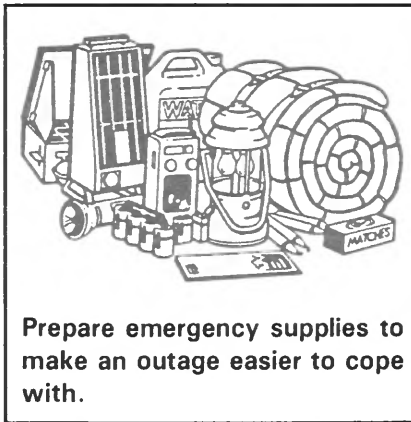
And, if the lights go dim and stay that way, disconnect those circuits that serve motor operated appliances. Dim lights mean that the voltage coming into the home is not high enough to adequately serve motors—a low voltage situation. Operating motors at low voltage may damage them.

For warmth

1. Several layers of lightweight clothing will keep a body

warmer than one heavy piece.

2. A backup heater can be used in good stead, but carefully. If the heater has a flame, ventilation must be provided.
3. During an extended outage, use one room (preferably one on the sunny side of the house with few windows) in the house to conserve as much heat as possible. Open curtains during the day and close them at night.



Prepare emergency supplies to make an outage easier to cope with.

For light

1. Know where the flashlight and fresh batteries are.
2. For safety, place lighted candles in containers such as coffee cans.
3. Have extra lantern fuel on

hand if lanterns are used for light. Refill the lanterns outdoors.

For food

1. Stock supplies of food such as canned meat, tuna, powdered milk and juices, cereal, peanut butter and crackers.
2. Fill plastic jugs with water.
3. Have throwaway plates, plastic silverware and a manual can opener on hand.

During an extended outage

Shut off the water supply (and the electricity to the pump, if you have one) and drain the system. Pour antifreeze into the plumbing fixtures in the bathroom and the kitchen.

Have the following general items on hand

1. Wind-up alarm clock
2. Battery powered radio
3. Extra blankets

Prepare as if every winter outage will be a long one and you'll not be caught short of creature comforts. You can be confident and rest assured that your electric cooperative will work around the clock to restore service to all members as quickly as possible.

Inspect home wiring for safety

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

That's the message of the United States Consumer Product Safety Commission (CPSC), the National Electrical Manufacturers Association (NEMA), and Underwriters Laboratories Inc. (UL).

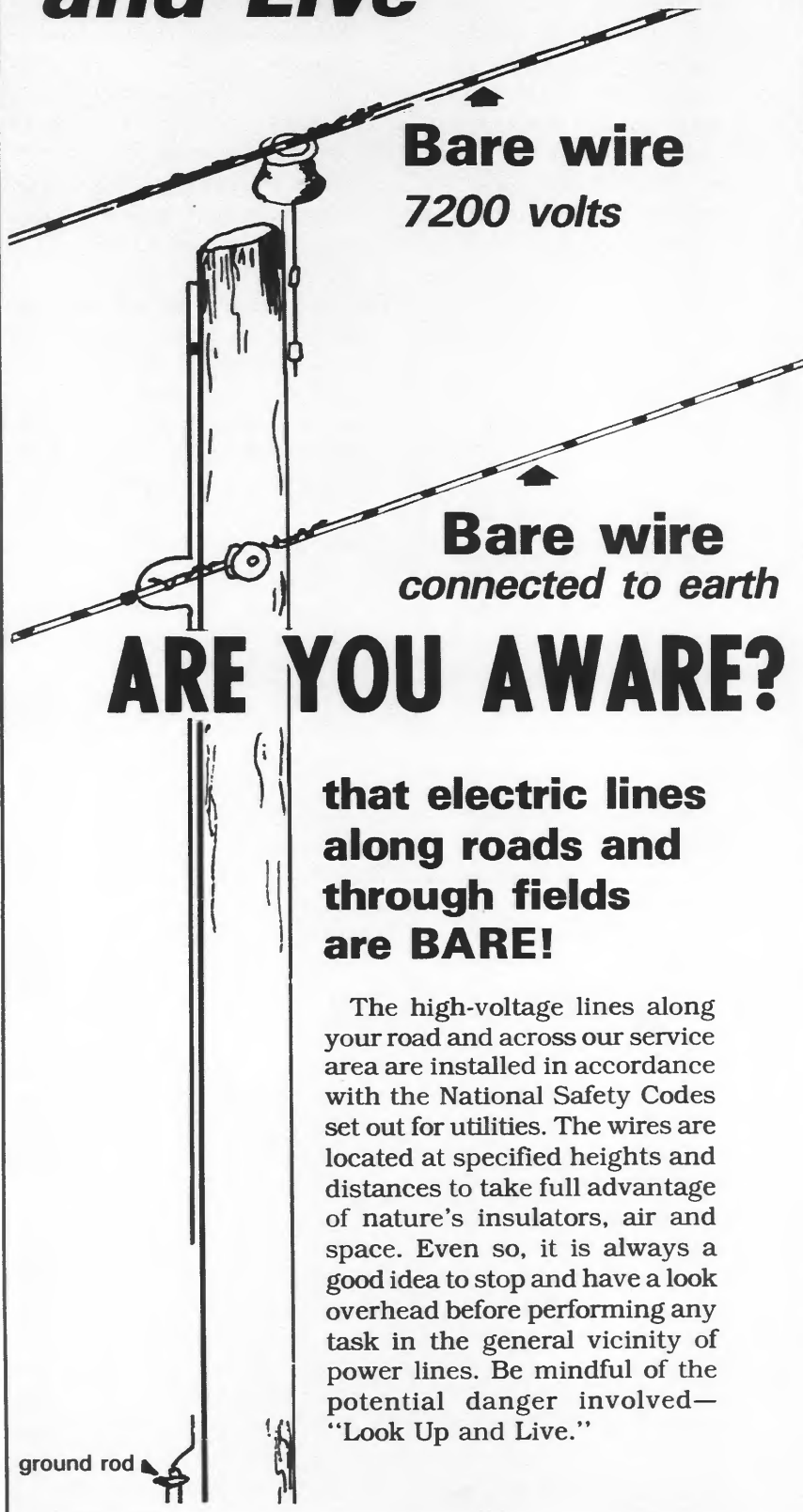
According to the CPSC, every two days on the average in the United States, a person dies from an electrocution at home and an estimated 880 people die each year in residential electrical fires. Many of these deaths may have been prevented by a simple, routine, self-conducted, home electrical inspection.

Dim or flickering lights, sparks, arcs, buzzing or sizzling sounds from within the electrical system, odors, hot switch or outlet plates, loose plugs, and

damaged insulation, among other things, are telltale signs of potential hazards and should be looked at by a qualified electrician.

Consumers can identify and correct many potential hazards themselves. Light bulbs should be checked to determine that the wattage is appropriate for specific fixtures. Lamp and extension cords should be examined to make sure they aren't cracked, frayed, or covered by furniture or rugs. Electric ap-

'Look Up and Live'



ARE YOU AWARE?

that electric lines along roads and through fields are BARE!

The high-voltage lines along your road and across our service area are installed in accordance with the National Safety Codes set out for utilities. The wires are located at specified heights and distances to take full advantage of nature's insulators, air and space. Even so, it is always a good idea to stop and have a look overhead before performing any task in the general vicinity of power lines. Be mindful of the potential danger involved—"Look Up and Live."

pliances must be kept away from damp locations and hot surfaces and they must have appropriate air circulation.

"One of the most important precautions consumers can take to prevent severe electrical shock is to have GFCI's installed in their homes," says Tom Castino, president of the Underwriters Laboratories. GFCI's, or ground fault circuit interrupters, detect stray electrical current and will instantaneously shut off the flow of electricity before a serious shock or electrocution occurs. "GFCI's are the most effective means for protecting yourself and your family from severe electrical shock," Castino said.

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

Weatherize

A hole in your wall four by five inches. That's what you have when a gap just one-eighth of an inch wide exists around your home's exterior door. And just think of the other spaces around windows and openings for pipes and wires.

You can fill the gaps in those spaces, so you won't lose the warmth of your house to the outdoors this winter.

Check the insulation in your attic and under the floors. Stop drafts by caulking around windows and doors. Seal cracks and replace worn weatherstripping. Consider putting in storm doors and windows or covering doors with plastic.

Weatherizing your home not only keeps the heat in during the winter, but lowers energy costs in the summer by keeping heat out.

The work will pay for itself in lower heating and cooling costs.



Wayne-White Counties Electric Cooperative

P.O. Drawer E
Fairfield, Illinois 62837
Telephone: (618) 842-2196

Dear Member:

Your board of directors joins in extending to you an invitation to our 56th Annual Meeting to be held March 26 at the Fairfield Community High School gym, Fairfield, with registration and dinner starting at 5 p.m.

We will be entertained by the Fairfield Community High School Show Choir.

We hope you will find the time to come to your annual meeting this year. This is one way that we can become better acquainted with each other, and by your interest your cooperative will prosper. It will be a chance to meet old friends and acquaintances and in general, have a good time.

Around March 10 you should have received the program of the meeting. Bring this program with you. Tear out the card for aid in speeding up the registration and later on to be used for drawing of the prizes.

Hope to see you March 26 at the Fairfield High School gym.

Board of Directors

"Owned By Those We Serve"

Wayne-Wh

56 YEARS

Attend Wayne-White Counties Elect

Friday night, March 26
Fairfield Community High School

Registration at 5 p.m.
Free pork chop dinner at 5 p.m.
Business meeting begins at 7 p.m.

Come visit
With your friends and neighbors at
Wayne-White Electric's annual meet
Serving from 5 p.m. til 7 p.m.

Grand prize
25-inch color
Also — Electric water
Door prizes for every fam
Attendance prizes

A Special Invitation

Stop by our display and learn about our \$100 rebate on electric water heaters, and about our money-saving "Switch & Save" program.

Cooperative 56th Annual Meeting



heater



**Entertainment by the Fairfield
Community High School Show Choir**

SPECIAL Water heater

**52-gallon Mor-Flo electric water heaters
regular price \$206.66**

\$100 Rebate

to WWCEC members

your total cost — \$106.66

- R-20 insulation
- The amazing Lime Eliminator — self-cleaning — reduces lime buildup automatically
- Eight-year warranty

Available at Wayne-White Counties Electric Cooperative office in Fairfield



Available from
Wayne-White Counties
Electric Cooperative

NETLINK

KCNC—Denver	C1-04
KMGH—Denver	C1-06
KRMA—Denver	C1-12
KUSA—Denver	C1-02
KWGN—Denver	C1-14

BASIC SERVICES

\$19.00	BASIC SERVICE	Arts and Entertainment	G1-12
\$11.50		CNN	G1-07
		Country Music Television	G1-13
		Discovery	G1-22
		ESPN	G1-09
		Family Channel	G1-11
		Headline News	G1-08
		Nashville Network	G1-02
		USA	G1-21
		WGN	G1-03
	WTBS	G1-18	
\$8.50	G1 BASIC	KTVT	S3-05
		Learning Channel	F1-02
		Nickelodeon	G3-19
		Nostalgia	F4-21
		Travel Channel	F1-09
		Weather Channel	G3-13
		WPIX	S3-09
		Black Entertainment	F1-20
		MTV	G3-17
		Prime Network	F3-11
EXPANDED BASIC	EXPANDED BASIC	VH-1	G3-15
		WABC	F2-04
		WBBM	F2-02
		WXIA	F2-12
		WSBK	S3-03
		WWOR	G1-15
		Lifetime	G3-20

\$12.50 G1 BASIC w/NETLINK
15.70 BASIC w/NETLINK
23.70 EXPANDED BASIC w/NETLINK

PREMIUM SERVICES

HBO	East	G1-23
	West	F1-13
CINEMAX	East	G1-19
	West	F1-23
SHOWTIME	East	G1-05
	West	G1-16
MOVIE CHANNEL	East	G1-10
	West	G1-14
DISNEY	East	G1-04
	West	G1-24
Any 1—\$7.95	Any 2—\$14.95	Any 3—\$20.95
	Any 4—\$27.95	Any 5—\$33.95
PRIMETIME 24		\$4.00
WBBM—		F2-02
WABC—		F2-04
WXIA—		F2-12
SKYLINE SILVER		\$3.00
WWOR—		G1-15
WSBK—		S3-03
KTLA—		S3-15
SAT SPORTS NETWORK		\$7.95
Home Sports Entertainment, Prime Ticket, Home Team Sports, Sunshine Network, Pro Am Sports Association, Prime Sports Network		
ORBIT	1 Year Subscription	\$40.00

Wayne-White

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02

NEWS



Dale Warren, right, manager of Wayne-White Counties Electric Cooperative, Fairfield, congratulates Edward Baumgart of Carmi on his election to the cooperative's governing board. Looking on are Vernon Gwaltney of Fairfield, a Wayne-White director since 1984 who was reelected, and Curtis Endsley of Mt. Erie, who was elected to his first three-year term. The elections were held during the 56th annual meeting of Wayne-White members March 26 in Fairfield. Baumgart succeeds retiring director James T. Walsh of Carmi, who had served the cooperative since 1981. Endsley succeeds Robert D. Glover of Mt. Erie, who had served the cooperative since 1975.

Two elected, one retained at annual meeting

Two area community leaders have been elected to three-year terms on the board of directors of Wayne-White Counties Electric Cooperative. They are Curtis Endsley of Mt. Erie and Edward Baumgart of Carmi. Returning to the Wayne-White board for another three years is Vernon

Gwaltney of Fairfield. Gwaltney has been a director of the not-for-profit electric utility since 1984.

Director elections were conducted during the 56th Annual Meeting of Members of Wayne-White Counties Electric Cooperative, March 26 at Fairfield High School. Endsley replaces

Robert D. Glover of Mt. Erie, who had served on the Wayne-White board since 1975. Baumgart replaces James T. Walsh of Carmi, a Wayne-White director since 1981. In the only contest for the three director positions, Baumgart defeated David Simmons of Carmi by a vote of

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187 to 166.

Jerry Carter of Mills Shoals, president of the Wayne-White board, advised members that the recently proposed federal tax on the heat content of coal could cost the average consumer \$400 per year and that changes in the Rural Electrification Administration (REA) loan program proposed by the new Clinton Administration will increase the cost of interest on loans the cooperative receives from the REA. "Without these low interest loans, our operating costs would surely increase," Carter said. "You the member would bear all of this cost."

Carter urged members to write the President and member of the Illinois Congressional Delegation. "Let them know the REA is not a federal giveaway program as the news media sometimes implies," Carter said. "All money is repaid with interest . . . this lower than market interest is the only subsidy the REA offers."

The federal subsidy to rural electric consumers averages \$46.25 per consumer per year, according to figures presented by Dale Warren, manager of Wayne-White Counties Electric Cooperative. He said customers of municipal electric systems presently receive an average of \$93.37 per consumer per year because of their ability to issue tax-free bonds, while investor-owned utilities, through tax deferrals and other programs, receive government assistance in the amount of \$61.89 per consumer per year. "Of the three types of energy suppliers, REA's government benefit is by far the lowest," Warren said.

"Consumer-owned electric cooperatives paid the federal government more than \$3 billion in loan interest and principle repayments during the 1992 fiscal year that ended



WWCEC Manager Dale Warren, who made all the presentations on these pages, presents a 25-year pin to Luther Dunn, while Dale Harris and Jim Meritt await their turns. Glen Stull, at right, received a 35-year pin.

September 30," Warren continued. Borrowing in the 1992 fiscal year amounted to just \$600 million from the REA, for a net loan repayment to the U.S. Treasury of more than \$2.6 billion. "REA is our banker and loans money to the electric cooperatives . . . we receive no grants," Warren emphasized. He said he was deeply concerned about several news stories that have appeared in national print media and on television that presented what he termed misleading and distorted facts regarding the rural electric program.

"The job of this cooperative is not finished nor is the job of REA," Carter said. "The need for cooperation of the membership, working together to meet common needs, is greater today than it was 57 years ago."

Carter said Wayne-White is trying to work through local and state organizations to promote economic development to create



President Jerry Carter speaks.

jobs and keep young people in this area. "I want to inform everyone that Wayne-White has the ability through REA to loan up to \$400,000 at zero interest to aid community development in our service area," Carter said. He urged anyone who knows a business wanting to relocate or expand within the Wayne-White service area to contact the cooperative's Member Services Department.



Alfred "Cot" Venters receives his 45-year award.



Jim Walsh, director since 1981, receives a service award.



Robert Glover, director since 1975, receives a service award.



Mike Richardson receives his 5-year pin.



Keith Ellis receives his 5-year pin.



David Cunningham receives his 5-year pin.

Gwaltney, in his treasurer's report to members, said cooperative income declined last year by more than \$1 million due to mild weather. As a result, margins for the year totaled only \$176,000 compared with \$612,000 in 1991.

Following the annual member's meeting the board of directors met to reorganize for the coming year. Carter was re-elected president and Gwaltney was elected vice president. Richard Rubenacker of Dahlgren was elected treasurer; Robert Drake of McLeansboro was re-elected secretary. Endsley was elected assistant secretary and Baumgart was elected assistant treasurer.



"Guaranteed Success," the Fairfield Community High School Choir group, provided entertainment for the meeting.



Dale Warren, right, manager of Wayne-White Counties Electric Cooperative, receives his Community Service Award. Making the presentation was Royce Carter, manager of marketing and member services. The award was made at the Greater Fairfield Area Chamber of Commerce's annual awards banquet March 7 in Fairfield.

Warren is 'citizen of year'

Dale Warren, an employee of Wayne-White Counties Electric Cooperative since 1949 and manager since 1990, was recognized March 7 as the Greater Fairfield Area Chamber of Commerce's "Citizen of the Year," at the Chamber's awards dinner. The event, attended by more than 200 community leaders, is an annual one, and awards are

also presented to the "Business of the Year."

Several other awards are also given, and Wayne-White received one in recognition of its economic development activities. The group makes an effort to see that the honoree is present, if possible, and WWCEC staffers kept after Warren to attend. That was no surprise,

since he has attended the event regularly for years.

"I know the people who have received the award before me, and it's a great honor to be in that company. I'm humbly proud," he adds.

Warren notes that he has been involved in community activities for many years. "I'm pleased to be recognized with this award," he says, "and I believe that the greatest asset any community can have is a group of people who are willing to work together for the common good, and that's what these awards are all about."

Warren and his wife, Erma Lou, who is Fairfield's librarian, have two sons, both of whom attended the awards ceremony. Faron and his wife Keyna live in Fairfield with their daughter, Xylinn. Michael and his wife Brenda live in Woodlawn with their children, Jared, Amanda, Nicholas and Kelli.

As manager of Wayne-White, Warren also serves as a director of the Soyland Power Cooperative. In addition to co-op responsibilities, Warren has served on the Wayne County Housing Board for 24 years, and has been its chairman for the last 22 years. He is a director of several other Wayne County organizations. He serves on the Fairfield Hospital Board, Fairfield Zoning Board and the Wayne County Public Aid Board. A member of the Reorganized Church of Jesus Christ of Latter Day Saints, Warren teaches a Sunday School class at his local branch. He has served as Branch President and District President, a post he held for 18 years, and has served many years as a counselor to the Regional Presidency, served on World Church Committees and served for 30 years as chairman of the Brush Creek Reunion Grounds Committee.

Walk for the health of it

It's hard to believe something so easy can be so good for you.

But walking 20 to 30 minutes a day three to four times a week can not only help with weight reduction, but may actually lengthen and improve your life.

Walking is probably the safest and most economical form of exercise. You need to have a cardiovascular/aerobic exercise three to four times a week and walking will do that and is something most everybody can do.

The health benefits of a regular walking program speak for themselves:

- strengthens the heart
- reduces risk of heart attack and stroke
- improves circulation
- improves breathing
- helps in weight loss and permanent weight control
- reduces blood fat and cholesterol
- normalizes blood pressure

- improves most medical conditions or limitations
- strengthens bones
- tones muscles and develops lean tissue
- reduces anxiety and tension
- improves endocrine functions
- improves self esteem
- Makes you feel and look younger and more energetic

A long-term program of walking may help you live longer, too. A recent study followed the exercise habits and mortality rates of 17,000 Harvard alumni for more than 12 years. It found that men who walked a lot and were otherwise physically active lived longer. Also, life expectancy improved steadily as exercise increased, starting at 500 calories spent per week and continuing up to 3,500 calories per week. Exercising more than that was counterproductive. A brisk walk (3.5 mph) for one hour burned an average of 460 calories for men and 370 for women.

To benefit from walking you

have to challenge yourself. This means three to four times a week for 20 minutes to receive the benefits. Walking two times a week will keep you at your current fitness level.

You have to make sure you're walking hard enough and fast enough, but this doesn't mean burning yourself out.

A five-minute warm-up and cool-down and 20 minutes of brisk walking in your target heart zone should be about right. It takes about two weeks to adjust to exercising and you can see results in about two to three weeks.

So how hard do you need to walk?

If you can walk and talk at the same time you're exercising at a good rate, exercise specialists say.

Being able to exercise and socialize at the same time may be one reason walking has the lowest dropout rate of any exercise program.

Monitoring your heart rate

To gain the full health and fitness benefits, you should work out hard enough, but not too hard. Your aerobic training zone should be 60 to 85 percent of your predicted maximum heart rate (PMHR). Your PMHR can be determined by subtracting your age from 220. To determine the aerobic range, multiply your PMHR by .60 and again by .85. See chart on page 12d.

The lower and upper ends of your target

heart rate zone are expressed in heart beats for a full minute. You cannot take an accurate exercising heart rate for a full minute, however, because the heart rate begins to slow down as soon as you stop exercising. therefore, an exercise heart rate is taken for 10 seconds and multiplied times 6 to get the pulse for a full minute.

The chart gives you an idea of the aerobic ranges for certain benchmark ages.

Co-op well represented during



Those representing Wayne-White Counties Electric Cooperative on the Illinois Rural Electric and Telephone Youth Day Wednesday, April 21, took time out to have their photo taken with area legislators at the State Capitol in Springfield. Pictured are, front row, from left: chaperone Judy Colyer of Wayne-White, Kim Price of Norris City, Jennifer Rodgers of Noble, and Holly Dewitt and Gwendolyn Basinger, both of Norris City. Back row, from left, are: Royce Carter of Wayne-White, chaperone, Torrey West, Russ Stallings and Paul Kelly, all of Norris City, Chris Swinson of Noble, Jason Anselment of Dahlgren and Representative Larry Hicks. The youths also met with Senators Bill O'Daniel and Jim Rea, and Rep. Chuck Hartke.

Nine area students representing Wayne-White Counties Electric Cooperative got a first-hand look at state government in action on Wednesday, April 21, when they met with Senators Bill O'Daniel and Jim Rea and Representatives Larry Hicks and Chuck Hartke at the State Capitol in Springfield.

The Wayne-White representatives were part of a group of more than 200 students from downstate Illinois who participated in "Illinois Rural Electric and Telephone Youth Day." In addition to meeting with their area legislators, the students also met with Illinois Comptroller Dawn Clark Netsch, who

delivered the noon keynote address to the group.

Netsch, the first woman to be elected to a constitutional office in Illinois, spoke to them at some length about the state's economic situation. "Wherever I go," the former law professor said, "I try to tell people about the system. If they understand it, they'll be better able to take part in its activities, and it works better when a lot of people are involved."

She added that the state had a \$30-billion budget for this year, and that her office would write some 15-million checks in the same time frame.

"We're facing a financial

crisis," she said, "because on April 15, a date your parents will no doubt remember as tax day, we had \$900,000 to spend. On that same day, we had \$829-million in bills.

"It sounds kind of crass," she continued, "but it's true: In a very real sense, a great deal of government is about money. We have to decide who pays and where the money goes. State money and how it's spent represents some of the most important decisions in state government."

Karla Miller of Carbondale, Illinois representative on the National Rural Electric Coopera-

(Continued on page 12d)

g 'Youth to Springfield' day



Clockwise from above: The Illinois Vietnam Veterans Memorial was an important part of the tour. Wayne-White representative Jason Anselment leads the way after touring the Lincoln neighborhood. The WWCEC delegation awaits their turn for a special tour of the governor's office. Jennifer Rodgers, second from left, ponders the answer to a question during a game show quiz. She's the daughter of John Rodgers of Noble.



(Continued from page 12b)
 tive's Youth Consulting Board (YCB), told of her experiences during the year that had passed since she had been on the Youth Day tour, and noted that she had had some interesting travel experiences. She urged those who were going on the Youth to Washington tour to seek election to the YCB, as she had.

And she also urged them to get active politically. "When I spoke to a group a few months ago," she said, "I said that the problem isn't that adults aren't listening to youth, it's that youth aren't saying anything. While I believe that's a problem, I don't think it's enough to just talk. I think we have to do something. We sometimes think we can't do much, but if we start, maybe others will see what we're doing

and start doing something, too." After the luncheon, the students toured many of the historic sites of Springfield, including

the Old State Capitol, Lincoln's Home and Neighborhood, Lincoln's Tomb and the Illinois Vietnam Veteran's Memorial.

Target heart rate ranges by age

Age	Predicted Max HR	BPM 60% PMHR	BPM 85% PMHR	Target HR zone 10 second count
20	200	120	170	20-28
25	195	117	166	19-28
30	190	114	162	19-27
35	185	111	157	18-26
40	180	108	153	18-25
45	175	105	149	17-25
50	170	102	145	17-24
55	165	99	140	16-24
60	160	96	136	16-23
65	155	93	132	15-22
70	150	90	128	15-21

HR — Heart Rate
 PMHR — Predicted Maximum HR
 BPM — Beats per Minute



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KCNC—Denver	C1-04
KMGH—Denver	C1-06
KRMA—Denver	C1-12
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KWGN—Denver	C1-14

BASIC SERVICES

\$19.00	BASIC SERVICE	Arts and Entertainment	G1-12
\$11.50		CNN	G1-07
		Country Music Television	G1-13
		Discovery	G1-22
		ESPN	G1-09
		Family Channel	G1-11
		Headline News	G1-08
		Nashville Network	G1-02
		USA	G1-21
		WGN	G1-03
	WTBS	G1-18	
\$8.50	G1 BASIC	KTVT	S3-05
		Learning Channel	F1-02
		Nickelodeon	G3-19
		Nostalgia	F4-21
		Travel Channel	F1-09
		Weather Channel	G3-13
		WPIX	S3-09
		Black Entertainment	F1-20
		MTV	G3-17
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		WABC	F2-04
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MOVIE CHANNEL	East	G1-10	
	West	G1-14	
DISNEY	East	G1-04	
	West	G1-24	
Any 1—\$7.95		Any 2—\$14.95	Any 3—\$20.95
Any 4—\$27.95		Any 5—\$33.95	
PRIMETIME 24		\$4.00	
WBBM—		F2-02	
WABC—		F2-04	
WXIA—		F2-12	
SKYLINE SILVER		\$3.00	
WWOR—		G1-15	
WSBK—		S3-03	
KTLA—		S3-15	
SAT SPORTS NETWORK		\$7.95	
Home Sports Entertainment, Prime Ticket, Home Team Sports, Sunshine Network, Pro Am Sports Association, Prime Sports Network			
ORBIT	1 Year Subscription	\$40.00	

Youth to Washington Tour

Award-winning essays

Jason Anselment McLeansboro High School

As new medical and modern technological advancements continually surge ahead, ironically, American rural health care is approaching near extinction. Rural hospital closures, lack of physicians, and inability to pay, head the list of problems. For many Americans, this scrutiny is resulting in the loss of one of their basic rights. The importance of rural health care on a national level was clearly illustrated in last year's Presidential election where it became a top issue of each candidate. As the crisis continues to gain more attention, people are beginning to realize that the house call doctor system of more than a century ago, was more serviceable than our high technological system of today.

For expanding economies today, an established health care system is essential. Large cities have few problems attracting available medical physicians, however, rural communities bear the inadequacies. For those communities fortunate enough to maintain their hospitals, they are in most cases, the largest employer in the area and often the biggest economic catalyst in a community. To emphasize the necessity of such a facility one source states, "New businesses will not even consider locating a factory or opening an insurance office in a town without a hospital."

The first of a long list of complex problems surrounding rural



Jason Anselment

health care is the lack of physicians. Although there is a rapid growth in demand for tests and operations, the supply of physicians is rising much more slowly. Small communities are hit even harder by the shortage because, quite frankly, doctors tend to make much more money in metropolitan areas than in rural areas. Also, according to an SIU school official, "We see a lot of people going in to anesthesiology, dermatology, or emerging medicine." These specialities simply are not needed in smaller areas. Even the doctors that do decide to work in small towns find themselves overworked. Young medical students see such labor as another drawback in the rural health care profession.

In economics, when there is more demand than supply, prices tend to soar. The same is true in medicine. With fewer and fewer physicians prices have

sky-rocketed. Malpractice lawsuits have forced many doctors to acquire an abundance of costly medical insurance which they transmit to patients in the form of higher fees. The effects of such transmission can easily be seen in a simple check-up bill. Another problem is the large proportion of elderly and poor residents who are left in the small towns after the young and middle-aged wage earners flee to the cities. With lower Medicaid and Medicare reimbursement and the forecast for possible cuts in these areas, doctors are intentionally avoiding such circumstances.

Rural health care problems are much like former President Reagan's "trickle down economics." The shortage of physicians causes higher prices, which are the source of an inability to pay, spurs migration and finally results in the closure of hospitals. With increased communication and easier access to travel, more and more people continue to search for the most favorable medical attention. Just as consumers bypass local stores to go farther to shop, many patients are choosing where they want to be examined. This decline in local patients projects many other problems, and together, result in rural health care inefficiency.

The growing concern to solve the rural health care crisis has consequently conveyed many plans aimed at controlling its expansion. The obvious plans

are directed toward gaining more physicians. "To relieve doctor shortage the U.S. needs to import more foreign physicians and expand its medical schools, with a special emphasis on steering far more doctors into primary care." To draw these students, plans suggest offering financial assistance to help pay for expensive medical education. Political leaders such as President Bill Clinton have proposed other plans to solve the profusion of malpractice lawsuits. His plan suggests national guidelines for doctors, which if followed, would protect doctors from litigations.

★

Holly DeWitt
Norris City-Omaha-Enfield
High School

Consider this. If you were having a heart attack, would you rather be 40 miles from a well staffed, high technology hospital facility or five miles away from a small, understaffed facility with limited technology and equipment? The answer to this question is obvious. All people would like to be near an establishment where care could be given in order to save a life if it was necessary.

For many people living in the United States, access to health care has become a problem that residents can do almost nothing about. Years ago, many towns had an individual doctor, or maybe a doctor and a nurse. This is no longer the case.

A new era is ahead for hospitals. Faced with mounting pressures to reduce their costs while making sure everyone has access to health care services, hospitals will be challenged in the coming years to redefine and re-evaluate the manner in which health care services are delivered. The evidence is clear — there is an enormous problem with our health care system and significant change in the system is needed if Americans are to be assured of access to high-quality

Of course, there is a multitude of other plans such as increased Medicare reimbursement for doctors, subsidy funding for local hospitals, and encouraged networking among smaller communities. Nearly all of these plans look nice on paper, however, unless enacted, fail to solve the issue.

As the twenty-first century approaches and our political leaders begin to make the needed cuts to control the nation's deficit, they will need to take extra precaution in cutting health care funds. With more and more physicians heading to

health care services.

The rural health care system is steadily growing worse from year to year. In early years, health services were taken care of by physicians who were general practitioners in a private practice in the rural area. These doctors provided a full range of medical services that were needed. Since the turn of the century residents, including doctors, have been migrating away from rural areas. By 1980, rural residents made up only 26% of the population.

The inadequacy of health care has had an effect on both urban and rural areas. Rural areas have been particularly hard hit. There is no clear cut definition of the rural area, but several have been offered. The first is an open country or town with a population less than 2,500. Another classifies rural areas by both population criteria and proximity to urban areas. Finally, rural areas are classified by economic activities. These definitions can often be confusing and contradicting to programs that could help the health care situation. Of Illinois' 102 counties, 56 entire counties and portions of 19 additional counties are designated as physician-shortage areas by the state. About 17% of Americans do not have adequate

higher paying metropolitan jobs, many rural Americans are being left out in the cold. The overall shortage in supply of physicians has resulted in higher medical costs. These are costs that recession-recovering Americans are having a difficult time liquidating. With the lack of support for local hospital facilities, rural hospitals are being forced to shut their doors. Without some immediate plan, those rural Americans in need of emergency treatment and obstetric care will be forced to drive hundreds of miles to meet their medical needs.

★

access to doctors. America has 2.3 doctors for every 1,000 people versus 2.9 in Germany and 2.6 in France, even though the United States spends almost twice as much. The supply of physicians per person is 131% higher in metropolitan areas than in rural areas. As bad as the situation may seem, lack of access to doctors has been most severe in Mississippi where 33.3% of the residents have inadequate services, followed by Louisiana and West Virginia.

Of the total United States population, the elderly residents are the ones who suffer most. These individuals are lacking in health care because they lack in the transportation to acquire the services they need. Elderly people suffer for the reason of expense too. These patients are in need of health care, which can only be given if something is done to improve the system.

The tragic effects of our health care system has not just come about. Both historically and in recent studies, rural residents have shown more serious and severe health problems than the urban population. Research on chronic illness indicates that persons residing in rural areas are more commonly afflicted with arthritis, visual and hearing impairments, ulcers, thyroid

and kidney problems, heart disease, hypertension and emphysema. This greater occurrence of chronic illness in rural areas may be partly explained by the higher proportion of elderly residents. Illinois has a statewide average of 12.2% of the population being 65 and older. With fewer health care providers, limited financial resources and human care, the population is being forced to travel farther than they are sometimes physically able.

Without health care being near, residents may be playing the role of physician instead of seeing a real doctor. Some other reasons for these findings could be more hazardous and strenuous work activities, insufficient financial means for purchasing health services and once again limited access to health care.

The absence of rural health care also contributes to the decrease of activities in daily living along with the number of work related activities. This could also account for the number of sick days in the work place.

The effects of insufficient rural health care does not stop with the state of people's well-being. This problem also contributes to the lower economical status of businesses and fewer jobs for people living in the rural areas.

The loss of health care in an area serves only to further depress the local economy. A doctor may employ from four to eight people and will give business to a number of medical suppliers. If a hospital closes there is a ripple effect. If the hospital has been closed because of a poor local economy, that economy is likely to grow worse. The closure of a communities' only hospital could hurt economic development efforts. Businesses considering relocating to rural areas are unlikely to choose communities without local hospital services.

Rural hospitals have an impor-



Holly DeWitt

tant role to play in designing and implementing changes in the system. Health care can be the biggest economic commodity and already is the biggest non-state employer. "Rural hospitals are, and will continue to be, at the frontlines of care for their communities."

Before changes can be made in the system the causes of this problem must be understood. A number of complicated issues such as changing population, increased demand for specialized services, growing elderly population and poverty rates have contributed to this problem. The three main issues of this problem are economic problems, poorer health status and a shortage of doctors and nurses.

Economic problems have played a major role in the health care system. The 1980's were a time of serious economic and emotional upheaval for rural areas. Rural America did begin to come out of its slump, however, the national recession has taken its toll. These hard times have made money tight and health care facilities, in turn, have suffered. The economic problems have caused population loss, industry reduction and eventually hospital closures in these rural areas. Hospital closures also stem from high numbers of uninsured and

underinsured that cause hospitals to absorb costs that Medicare and Medicaid will not cover. This has also put a heavy strain upon our health care system. Medicare and Medicaid patients account for between 50 and 75% of rural patients. Medicaid shortfalls and unsponsored care burdens are very great. Rural hospitals lost more than 443 million dollars on Medicaid patients in 1989. Unsponsored care burdens at rural hospitals rose from 3.8% of the total hospital expenses in 1980 to 4.9% in 1989, when rural hospitals provided more than one billion dollars worth of unsponsored care.

An estimated 600 rural hospitals will close nationwide in the next few years because of these rising costs. Between 1985 and 1988 4.5% of rural hospitals closed compared with 3.6% of urban facilities. In Illinois, from 1983 to 1990, 23 hospitals closed.

The second of the major causes is the poorer health status in rural areas. Rural residents are more likely to rate their health as fair to poor, largely because of farming and mining. Elderly residents make up a large portion of rural population. This also contributes to the poorer health status. The newest problem is the growing population of those infected with the AIDS virus. The increased population of AIDS patients is largely due to people who are infected moving back to their loved ones after contracting the virus. Rural residents should also realize that benefits could be gained from early preventive care.

The third, and most significant cause of this problem, is the shortage of physicians and nurses. The shortage of rural doctors is one of the most persistent problems to confront American health care this century. This problem is even more severe than the crisis of uninsured and underinsured.

Rural areas have been histori-

cally had a difficult time recruiting and retaining health care professionals. Rural communities tend to have fewer physicians, nurses and skilled care gives compared to urban areas. In 1988, urban counties, on average, had more than twice as many practicing physicians per 100,000 people as did rural counties.

Medical school graduates tend to want jobs in urban areas, which are able to offer more money. Even though doctors are going to urban areas, there is a shortage everywhere. 87% of America's 5,000 hospitals are urgently seeking doctors.

Hospitals have been trying to attract doctors, but when that fails, hospital facilities begin to recruit. Since the late 1970's doctor recruiters have jumped from 25 to more than 1,000. That is one for every 20 annual graduates.

Physicians are not the only professionals in demand. The nursing shortage has presented an equally large problem. In 1985, the nationwide hospital vacancy rate for nurses was just 6%. Between 1985 and 1986 that rate jumped to 13.6% This 13.6% vacancy means there are 100,000 nursing jobs open. According to a survey in 1987, 54% of hospitals were experiencing nursing shortages. One study indicates that by year 2,000 578,000 nursing positions will not be filled. Rural areas are faced with a shortage of skilled medical care that is going to take many years to resolve.

In order to overcome this challenge, each rural hospital has to take a leadership role in working with other organizations and individuals in the community. This step is necessary to assess the importance of these issues that have been named and determine how best to address them.

Economic problems have a large effect on rural health care. In order to begin to turn this issue around we must get unemployment rates to decline and people working in jobs. When this takes place, a ripple effect will be seen as industries begin to grow, population stops decreasing in rural areas and single industries are no longer the sole support of a town. If these actions take place, a great result could be seen. Another benefit coming from the employment standpoint is residents being able to acquire and afford insurance to help cover medical costs.

Elderly residents, which now number higher than ever before, should be cared for more frequently to help eliminate long stays in the hospitals for something that could have been prevented. If smaller bills result, Medicare and Medicaid would be able to take care of more costs and hospitals will be forced to absorb less. Medicare shortfalls have heavily burdened hospitals. The government is now considering "reclassification" for rural hospitals in order to reimburse them for Medicare costs.

To relieve the doctor shortage, one option is to import more foreign physicians and/or expand medical schools. Currently, about 17,500 Indians, Filipinos and other foreign medical graduates have passed the exam and are enrolled in residency. Another 10,000 foreign-trained doctors have passed the exam and are awaiting residency. A plentiful supply of doctors would also force more affordable prices in medical care. Hospitals often offer incentives to doctors, such as houses or perks with the job. Urban areas have more resources to carry out his practice, so rural areas resort to "headhunters" or recruiters to aid the search for medical

personnel. One other way to assure physicians and nurses in the future is to recruit high school students and offer incentives for college. These medical universities then have the ability to affect the proportion of their graduates who could ultimately practice in rural areas.

In the process of making issues of health care better we have to make sure that hospitals and technology are available. In the past, small hospitals of rural areas have joined together to make more successful medical centers. This measure will have to be an example to follow if all rural hospitals are not going to become obsolete.

Education among our society would help the poor health status. With frequent examinations of all ages, people could save money, time and maybe a life just by knowing that prevention is the key.

The problem that is occurring with rural health care is not going to be solved on its own. This current challenge is both threatening and serious to the people of our rural communities.

The need to expand rural economic development is clear. Troubled economics are only making the problem worse, causing more people to turn to urban facilities which are more highly equipped and better staffed.

Clearly, measures have to be taken immediately. Hospitals will have to become an alliance, not just doctors and nurses as separate people doing different jobs. Outside businesses and community organizations will also have to contribute if this problem is to be solved. This vision of a goal of everyone coming together is something we will all have to work for in order to ensure the good health and well-being of rural communities and the residents.

**Office
closing**

**The office of Wayne-White Counties Electric Cooperative
will be closed July 5 in observance of Independence Day.**

Notice!!

Members on Small Interruptible Rate

Interruptible months:
June 15 through Sept. 15

On-Peak days:
Monday through Friday
during those months

Duration of interruption:
up to 8 hours

Notification time:
approximately 1 hour's notice

(Saturdays, Sundays, July 4 & Labor Day will not be interruptible days)



Students from Gina Brown's class at the Crossville Attendance Center hear about the hydrologic cycle from Walt Townsend.

Co-op participates in Conservation Day

The woods around Dolan Lake, in the Hamilton County Conservation area, echoed to the sound of hoofbeats and rang with laughter Friday, May 14, as some 160 fifth graders turned out for a day of fresh air and conservation education.

John R. Hodges, Extension unit assistant-youth, Hamilton, White and Wayne Counties, coordinated the event. Bill Payne, Gina Brown, David Killion, Tom Mears, Richard Stallings and Amy Whittington, all teachers at Crossville Attendance Center, had their classes there, and so did Jane Griffin. She teaches at Booth School, Carmi.

We at Wayne-White Counties Electric Cooperative are as interested in youth and conservation as anyone, and we had a representative there to explain how electricity is generated.

There were seven "stations"

set up in the area, and a different conservation topic was taught at each one, with groups spending about half an hour at one station before galloping to another one for a different lesson.

Royce Carter, manager of marketing and member services for WWCEC, tried to inject a bit of fun into his presentation by picking two children from each group to run a foot race. Then he told them that when they ran, they used energy. They would replace that energy he explained, by eating food, which their bodies would turn into new energy.

"You eat all different kinds of foods to give you energy," he said, "and it's the same way with generating electricity. You can use a lot of different kinds of fuel. You can use nuclear power. You can burn coal, oil or natural gas. You can burn wood or refuse, and you can use the



Royce Carter, left, goes over the program with John R. Hodges, who coordinated the event.



Examining a jar of seeds.



Kevin Woods with his display.



Jane Griffin's Booth School class, Enfield, learns about surveying from Debbie Gray.

power of running water. All you need to do is to provide some way to turn a turbine. The trick is to do that while using as little energy as possible to get the job done."

From Carter's station, the groups headed for the Illinois Wildlife display, where Kevin Woods from the Department of Conservation, Olney, told them about the different kinds of plants and animals that inhabit the area, and how they interact with one another—and with man.

"Set your sites on soil" was a demonstration by Debbie Gray, from the White County office of Soil and Water Conservation. She used a surveyor's transit and aerial maps to show how the area has changed over the last quarter-century, and let the kids have a look at the tools surveyors use.

Susan Johnson, a volunteer, showed the students the various edible plants that are common in the area, from dandelions to cattails, dock, plantain, wild mustard and Jerusalem ar-

tichoke. "When the early settlers came here," she said, "they lived by hunting and farming, but they supplemented the foods they grew by eating plants that grew wild in the area. Some plants also had medicinal uses, too. Wild plants played a very important part in early days in Illinois."

Her husband, Dave Johnson, forester for the Illinois Department of Conservation, discussed the effect settlement has had on naturally forested land, and added that the only difference between a lush forest and a desert is some heavy deforestation and the passage of time.

"North Africa used to be a really well forested area," he said, "and it's now a desert. During the time it was being deforested, this country was still heavily wooded. Can anyone tell me what happened there that was different from here?"

Answering his own question, he noted that the people of the Middle East had learned to manufacture bronze, while the native Americans had not, and still used stone implements and weapons.

"It takes a lot of heat to make bronze," he said, "and they got that heat by burning charcoal, which they'd gotten from wood. Now they have a desert. We need to remember that we're standing on the nearest desert, if we don't take care of the forest we have here."

Walt Townsend, Extension Education, explained the hydrologic cycle, or how water comes to the earth in the form of precipitation, is evaporated back into the atmosphere, and returns again as rain, snow, sleet or hail.

Les Frankland, with the Illinois Department of Conservation, talked about soil erosion and how it affects lakes, waterways, fish, waterfowl and other animals.



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SPECIAL Water heater

**52-gallon Mor-Flo electric water heaters
regular price \$206.66**

\$100 Rebate

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your total cost — \$106.66

- R-20 insulation
- The amazing Lime Eliminator — self-cleaning —
reduces lime buildup automatically
- Eight-year warranty

Available at Wayne-White Counties Electric Cooperative office in Fairfield

Member Advisory Committee meets

The Wayne-White Counties Electric Cooperative Member Advisory Committee (MAC) met Monday, July 19, for its regular business meeting.

During the session, Dale Warren, manager of WWCEC, spoke briefly about several topics of interest to co-op members. As might well be expected, much of his talk was given over to a matter of great interest in the area now: efforts to have a "Supermax" prison located near Wayne City. Warren's comments on that subject are covered fully in a separate story on pages 12b-12c of this issue.

Another topic of interest even closer to home is the new rebate program offered by Soyland Power Cooperative for those who install a new geothermal heating and cooling unit.

"Soyland, our power supplier, is offering a \$500 rebate," he says, "and we want to help, too. While geothermal units are very efficient and will provide lower heating and air conditioning bills, the initial cost is hard to swallow. With that in mind, Wayne-White is offering to loan up to \$5,000 at 5 percent interest, to help. The offer is good until November."

In other comments, Warren told his audience that Soyland is still in the middle of an effort to work out an arrangement with the Rural Electrification Administration (REA), The U. S. Department of Justice and the Office of Management and Budget to enable the generation and transmission (G&T) co-op to ease its debt load.

The debt is related to the nuclear Clinton Power Station, which Soyland bought a part interest in some 15 years ago



Melvin Maricle, WWCEC manager of operations, addresses the MAC meeting.

when electric load growth looked like it would always be increasing, and when the plant was projected to cost some \$350 million. After the Three Mile Island disaster, the Nuclear Regulatory Commission dictated so many changes in construction that the plant eventually wound up costing more than 10 times the estimated cost. Soyland then entered into an agreement with Illinois Power Co., the principal owner of the plant, to "cap" its costs in return for a smaller share of ownership.

"Even though Soyland reduced its stake in the plant,"

Warren said, "the costs were far more than anybody had ever expected them to be. Those costs are reflected in our rates, which are higher than we'd like them to be, because high rates hinder our efforts to attract business and industry. We hope Soyland will be able to effect a workout that will enable us to at least keep from raising our rates, which looks like a real necessity in the near future."

The co-op, he added, had managed to get by without increasing rates since 1989, and hopes to keep going without further rate hikes, although that looks more and more difficult.

Warren reported that the co-op had had a flat year in 1992, because both the winter and summer had been mild, but that kilowatt-hour sales had picked up with the near-record high temperatures earlier this summer.

Melvin Maricle, manager of operations, told how the co-op responds to major outages, and of co-op's efforts to keep its system in good shape. "There have been several storms all around us this year," he said, "and we're thankful that the worst of them missed us this time. Some of our neighboring co-ops weren't so lucky. We sent them help through the Association of Illinois' (AIEC) Emergency Work Plan, which is coordinated through the AIEC in Springfield. We're reimbursed for all our costs when we send crews, just as we're billed when we 'borrow' crews."

Maricle noted that when

there's a widespread outage, the co-op tries to get as many members back in service as quickly as possible, then goes after smaller faults that will get more groups of members on. "After that," he said, "we go for individual services."

He stressed that telephone calls, either to an area serviceman or to the co-op's main office, are a help, not a hindrance. "It's important that you call in," he said, "because that's the only way we'll know, in a lot of cases."

Maricle noted that rains pose particular problems in line trouble shooting, and that such problems are sources of frequent complaints. "There may be a fault in an insulator," he said, "and it may not pose a problem during good weather. When it rains, it shorts out and causes an outage. The rain goes away, the problem is gone, and you can't see it from the ground. We do our best to locate such things, but they're hard. We just hope you'll be patient and call us when you're out. We'll eventually find it."

While storms come and go, and rain is an occasional problem, Maricle stressed that by far the biggest maintenance problem the co-op has is trees. "Keeping limbs and trees out of our lines is a constant battle," he said, "and if you see a tree that's close to our lines, we'd appreciate it if you'd let us trim it. If we trim it, we'll have to come back every three years and trim it again. We'd appreciate it even more if you'd just let us cut it down. That way it's no longer a problem. And please, keep us in mind when you're planting a tree. Look up — if a tree will be a future problem where you're going to plant it, please plant it somewhere else. It'll help us prevent outages, and help keep our costs down, too."



Co-op active in qu

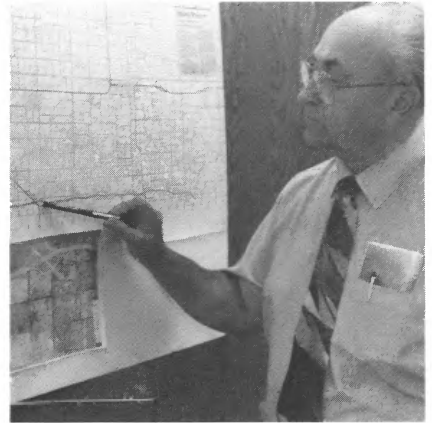
It's enough to make an economic development person drool: several hundred construction jobs, 300-good-paying permanent jobs, and the additional benefits such jobs would bring to an area. "It," in this case, is the much-talked-about "Supermax" prison, and Wayne-White Counties Electric Cooperative (WWCEC) hopes to help attract the economic plum to the Wayne City area.

Dale Warren, manager of WWCEC, notes that the area is at least as good as any other, and may have some advantages that others lack. "I've been working with a multi-county group," he says, "and they've all agreed to

try for this site. They're unified and working together like never before.

"The co-op's role in this effort is to function as a team leader and facilitator," he adds, "and we're coordinating and spearheading the effort, because this is a highly competitive project.

"We went to the Illinois Department of Corrections and found out what they needed. They asked for at least 80 acres. We have an option on 80 acres of good land. They needed transportation, and we're very close to the 100-mile marker on Interstate 64, where Illinois State 242 crosses it. There is an interchange there. The Hamilton



Clockwise from far left: Dale Warren, manager of WWCEC, shows the location of the projected prison site on a state map. It's about 100 miles east of St. Louis, 60 miles west of Evansville, Indiana, and about 270 miles from Chicago. With luck, the prison will be located near this interchange. Warren points out the location of the site in relation to the town of Wayne City and Illinois Highway 242. The land is ready, and so are area residents.



st for supermax prison

County Water District has the water in the amount and the quality they've specified. They said they'd need excellent communications facilities, and David Parkhill, manager of Hamilton County Telephone Co-op, says the cooperative will provide whatever service the DOC needs. And, of course, WWCEC has the electricity.

"Another criterion was that the prison should be located in an area that needs an economic 'shot in the arm'. The Wayne City area could certainly use that. This is a \$60 million project, with a \$20 million annual budget. We're doing our level best to convince the Cor-

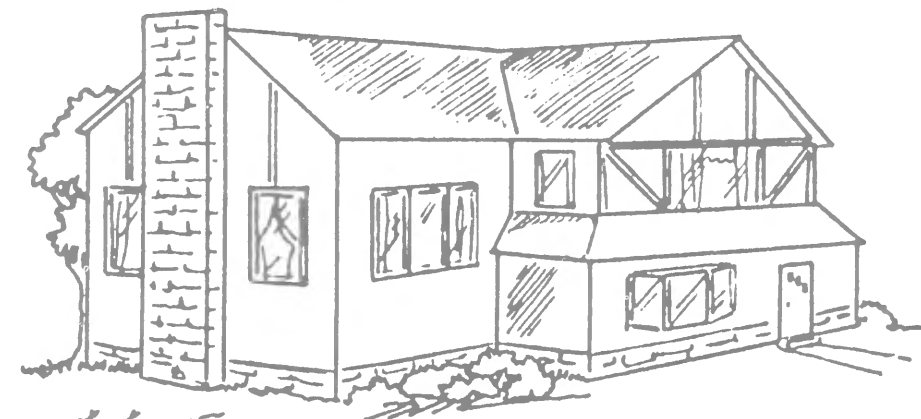
rections people that this is the place to locate. We've also enlisted the support of Sen. Bill O'Daniel of Mt. Vernon, who has offered to lend a hand if his constituents indicate an interest."

Warren notes that he took advantage of Governor Jim Edgar's visit to the Wayne County Fair on July 18 to lobby for the White City site. "The governor seemed receptive to my encouragement to locate a prison here," Warren says, "but I know he's being approached by a lot of other people and organizations, too.

"I also talked to Dave Bender, the governor's chief of staff. They know we want the prison

very much and that we need it badly. I saw to that when I talked to them. We'll either get that prison or keep working for it until we're told flat out that it's going to be located somewhere else. We think it's that important to our area.

"I've been involved with the county boards in Wayne, White, Hamilton and Edwards Counties, as well as many people in community economic development roles in several towns in the area. We've all worked together really well, and even if we don't succeed this time, we'll have a good, hard-working team to work for area economic development in the future."



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Wayne-White celebrates Co-op Month

Wayne-White Counties Electric Cooperative is one of 47,000 cooperatives throughout the United States that will participate in the annual Cooperative Month observance during October. This year's theme is "Cooperatives—Part of Your Life, Part of Your Future."

"About 120 million people in every state of the union receive goods and services from cooperatives," Dale Warren, manager said, "and 25 million of that number are consumer-owners of 1,000 rural electric co-ops." Cooperatives also exist for financial services (credit unions), housing, insurance, farm marketing and farm supply, telephone service, health and

day care, and news services.

WWCEC was incorporated in 1936 and provides electric service to more than 13,100 members in all or parts of Clay, Edwards, Franklin, Gallatin, Hamilton, Jefferson, Marion, Richland, Wabash, Wayne and White counties.

"An electric cooperative stands out as a different kind of electric utility because it is locally owned and controlled," Warren said. "Each person has a voice and vote in the co-op's activities and can be elected to the co-op board," he added. "The cooperative way of conducting business is a true example of grassroots involvement and democracy in action,"

he explained.

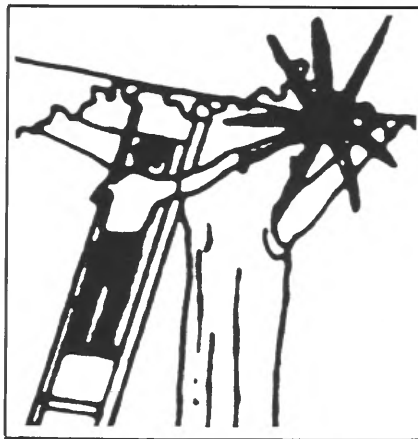
Rural electric systems, many of which were first established nearly 60 years ago, have long been involved in helping start and expand commercial, industrial and community facility projects, producing hundreds of thousands of new jobs.

"Obviously, whatever benefits the co-op and its consumer-owners benefits everyone in the community," Warren said. "And the same holds true for any other kind of co-op, too," he added. "The theme, 'Cooperatives—Part of Your Life, Part of Your Future,' is one of the best explanations anyone can give in describing co-ops," he added.

Be careful with power lines

As the autumn chill in the air becomes noticeable, our thoughts turn to hunting, cutting firewood, and a variety of other sweater weather activities. Unfortunately, in our effort to enjoy the great outdoors, we sometimes cause interruptions in our electric service and cause life-threatening situations by interfering with high-voltage power lines.

Careless hunters are often responsible for broken insulators on power lines and other hazardous conditions each year. Taking target practice on insulators or shooting at birds sitting on power lines is not very sporting and may be fatal if the line is damaged or broken.



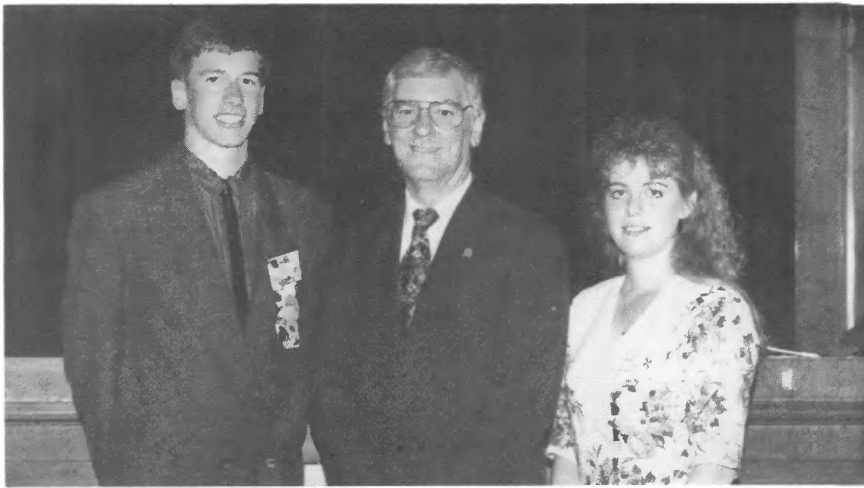
Damaged lines can snap and fall to the ground while still energized, creating an electrocution hazard to the hunter and anyone or anything nearby.

Cutting and trimming trees are frequently the cause of ser-

vice interruptions, shocks and electrocution hazards. Overhead power lines are prevalent in both urban and rural areas today. Unfortunately, many people start cutting before taking a moment to visually inspect the site for power lines and other hazards.

Always call WWCWC if you want limbs near power lines trimmed or a tree cut that has even the slightest possibility of contacting power lines as it falls. We will make arrangements to trim branches or cut the entire tree down if there is any risk of line interference.

This autumn let's take a moment to look up and around for power lines.



The two students who represented WWCEC on the 1993 Youth to Washington Tour met with Congressman Glenn Poshard of Carterville. From left are Jason Anselment of Dahlgren, Congressman Poshard and Holly DeWitt of Springerton.

Anselment, DeWitt on Washington tour

This past summer was no doubt interesting for many people, but it had an especially interesting week for Jason Anselment of Dahlgren and Holly DeWitt of Springerton, who represented WWCEC on the Illinois Rural Electric and Telephone Youth to Washington tour.

They boarded a bus and went to Washington, D.C., for a week of sightseeing and tours that would be difficult for an average traveler to squeeze into a month. During the fast-paced tour, the two saw most of the major attractions in the nation's capital, and enjoyed a dance or two in the process.

But we're getting ahead of ourselves. When they arrived at the headquarters of the Association of Illinois Electric Cooperatives in Springfield on the morning of June 18, things started getting hectic, and got more and more that way as time went by. They were registered, given name badges and assigned to one of two buses, with the

admonition that they should be sure they and their luggage—what there was of it—should be on the same bus. They were urged to take one large suitcase, which would be checked, and a small tote bag, which they'd keep with them, and no more.

Then they were taken in and given lunch and a brief orientation lecture which dealt mostly with keeping up the pace and not straying. While all this was going on, they were getting acquainted with others. Shortly after noon, they were shepherded onto the buses, which headed eastward. After a quick dinner, they headed off again, and kept going most of the night. By morning, they were in Gettysburg, Pennsylvania, and ready for a tour of the famous battlefield that is considered to be the turning point in the Civil War. It certainly marked the northernmost thrust of the confederate armies.

After a tour and photos there, they reboarded the buses and set out for Washington, where they

arrived that evening. It was the beginning of a hectic, interesting, wearying, enjoyable week.

The tour is designed from the ground up to be enjoyable, interesting and educational, and is intended partly to introduce the youths to politics and different cultures. With that in mind, a visit to the Royal Embassy of Saudi Arabia was scheduled, and they were greeted by foreign diplomats at a reception for arranged for them. Visits with legislators from Illinois were also included in the week's activities. Jason and Holly met Congressman Glenn Poshard of Carterville and had their picture taken with him for a news release.

The Kennedy Center for the Performing Arts was on the agenda, as was the Lincoln Monument, the Vietnam Veterans' Memorial, Washington Monument, which they were able to climb to the top of, and the Jefferson Memorial. They visited the National Cathedral, the U.S. Capitol, George Washington's home at Mount Vernon, the Supreme Court, the Bureau of Engraving, National Geographic and the Smithsonian Institution. They also attended a performance at Ford's Theatre.

During all the touring, there was time for fun. They took a riverboat cruise on the Potomac, and were able to dance while gliding by the city's skyline.

Before they knew it, it was the afternoon of Thursday, June 24, and time to board the buses for the virtually nonstop trip home. They arrived at about noon on Friday, June 25, exhausted and excited and having made new friends they'll keep in touch with for years to come. WWCEC is proud to sponsor youths like Jason and Holly on the Youth Tour, to introduce them to the nation's capital.

Farm electrical safety checklist

Service pole and service entrance

YES NO

- _____ _____ Do farm family members and all hired farmhands know where and how to disconnect power in the case of an electrical emergency?
- _____ _____ Are disconnects, especially main breakers, regularly turned off and turned back on to ensure free action and good contact? (Manufacturers of circuit breakers claim that they should be opened and reclosed once per month.)
- _____ _____ In case of fire, can the electricity be shut off to that particular building on fire without shutting off electricity to the water pump?

Animal housing

YES NO

- _____ _____ Do animals enter a building or drink at the stock tanks without hesitation?
- _____ _____ Is the water piping (metallic) and service entrances of buildings properly grounded? (NOTE: Check for corrosion of grounding system by animal waste.)
- _____ _____ Is the farmer using an industry-made electric fencer which bears the UL label?
- _____ _____ Are heat lamps in farrowing houses hanging by the cord only? In case of drop, are there guards on the fixture?
- _____ _____ Are the lights enclosed in globes and guards (where required)?
- _____ _____ Is the wiring suitable for wet conditions (because of the humidity created by the animals' respiration)?
- _____ _____ Does all wiring appear to be in good condition and free from damage by rodents?

Grain-handling equipment

YES NO

- _____ _____ Are overhead lines out of the way of augers and winged-type farm equipment?
- _____ _____ Do all motors have correctly-sized overcurrent protection?
- _____ _____ If magnetic starters are used, are heater coils of the proper size?

Machine shed

YES NO

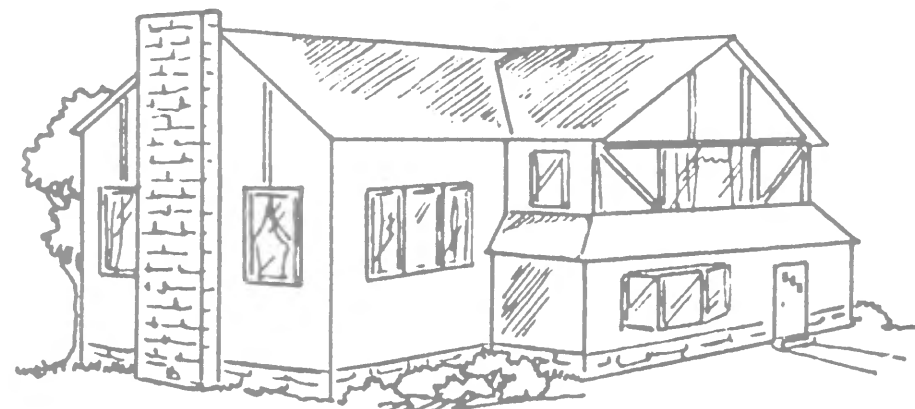
- _____ _____ Is the grounding bayonet on drop cords, power tools, etc., intact?
- _____ _____ Is the service entrance properly grounded?
- _____ _____ Are all receptacles in use properly grounded?
- _____ _____ Are drop cords of adequate size for the appliance or machine it is serving?
- _____ _____ Are drop cords put away after use so machinery can't run over them?
- _____ _____ Are power tools such as circular saws, table saws, drills, jig saws, etc., left unplugged when not in use so that a child couldn't accidentally turn them on?
- _____ _____ Is it adequately lighted?
- _____ _____ Are drop cords in good condition with no sign of insulation damage?

General

YES NO

- _____ _____ Do children know whom to call in case of an electrical emergency?
- _____ _____ Do family members know first aid for electrical shock and/or burns?
- _____ _____ Are GFI's installed where required?
- _____ _____ Do appliances function satisfactorily without giving a tingle to user when turned on?
- _____ _____ If lightning protection is installed, are all wires leading to ground?
- _____ _____ Are all electrical fittings on the gas pump of explosion-proof type?
- _____ _____ Before trees are planted, has proper siting been provided to avoid nearby overhead and underground power lines?
- _____ _____ Are trees free and clear of overhead electrical lines?
- _____ _____ Before new buildings are constructed, have the buildings been cleared of nearby overhead and underground power lines?
- _____ _____ Can tractors equipped with end loaders be raised to the most upper position and clear all overhead electrical lines?

Items checked NO indicate a potential electrical safety hazard. Proper action should be taken immediately to ensure safety.



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*Let
us be Thankful*

**Our office will be closed Thursday,
November 25, and Friday, November 26,
in observance of the Thanksgiving holiday.**



Dale Warren, left, manager of Wayne-White Counties Electric Cooperative, presents copies of the Super-Max proposal to Missy Collins, center, who represented Sen. Bill O'Daniel at the meeting, and Debbie Paschal, who represented Rep. Larry Hicks.

Super-Max gone, team still working



Manager Warren, right, is interviewed about the quest for Super-Max.

We didn't get the Super-Max. That's a fact that cannot be overlooked. We did get a lot of teamwork and cooperation among many towns and counties. "That wasn't there before, and that's something we can build on for future efforts," notes Dale Warren, manager of Wayne-White Counties Electric Cooperative (WWCEC), Fairfield.

"There's no use kidding ourselves," Warren says, "this is a setback. But it doesn't make sense to dwell on it and get discouraged. Instead, we should improve on what we have accomplished. Over the last few months we've forged together a diverse, hard-working team, and we've worked well together. We didn't get the Super-Max, but

we did get some valuable experience in working together and in making professional quality proposals. This will serve us in good stead in the future.”

Those who attended a meeting held September 10 at the WWCEC headquarters building in Fairfield, while representing several communities and five counties, were pulling for the location of a prison the intersection of Interstate 64 and Illinois 242, seven miles south of Wayne City.

The meeting was intended to showcase the area's support for such a facility and to enable those boosting the I-64 site to present proposals to area legislators.

Rep. Larry Hicks, Rep. Chuck Hartke and Sen. Bill O'Daniel were invited to the event, and had planned to attend. When Governor Jim Edgar called the legislature into special session, they were unable to do so. Rep. Hicks sent his administrative assistant, Debbie Paschal, and Sen. O'Daniel sent Missy Collins, also an administrative assistant, to the gathering.

In his opening remarks, Warren noted that while his co-op had participated in area economic development activities in the past, this was the first time it had assumed a leadership role.

“We decided to do that because we felt that we could be of more help,” he said, “and we put a lot of effort into the project, just as a lot of other people did.”

“I want to thank all the people who've worked so hard,” he



Representatives of several neighboring communities attended to support the effort to have a prison located near Wayne City. Here, Susan Murphy, City of Carmi Economic Development, and Geoff Gaar, Greater Wabash Regional Planning director, Albion, listen to a speaker.

continued, “and I want to encourage you to keep it up. Even though the Department of Corrections decided not to build here, we've seen teamwork and cohesiveness like we've never seen before. There's a lot of cooperation. We'll need to build on that for future efforts.”

Warren praised his staff, who had put together a professional proposal on short notice and filled it with facts supporting the area's contention that it both deserves a prison and has the infrastructure to support one.

Royce Carter, manager of marketing and member services for WWCEC, stressed that the area was due for a project of some kind. “We've heard of towns or counties who've lost a mine or a factory in the last year or so,” he said, “and that's a hardship for them. Our unemployment levels and poverty rates are right up there with the worst of them, and they've been

there for a decade or more. We feel that's one of the selling points in our favor, since one criterion is that the area needs an economic 'shot in the arm'. The charts in our proposal outline those facts.”

Collins spoke briefly, congratulating the group on its efforts. “Sen. O'Daniel worked hard to get the Big Muddy prison located near Benton, and you can rest assured that he'll work hard for you, too,” she said.

Paschal also spoke, on behalf of Rep. Hicks, and congratulated the group on its efforts, and on the quality of its proposal. “It's obvious that you worked hard, and you should be proud.” she said.

Even though we will not get Super-Max, we'll still be in there pitching. We'll be working with every area group that expresses an interest, trying to get businesses and industries to locate in our area.

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02

NEWS



GLORIA
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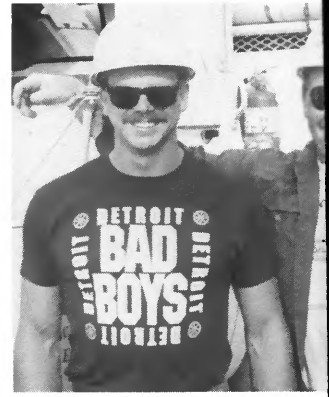
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Donald Wheat and James Gifford



Ken Nordmann and Keith Ellis

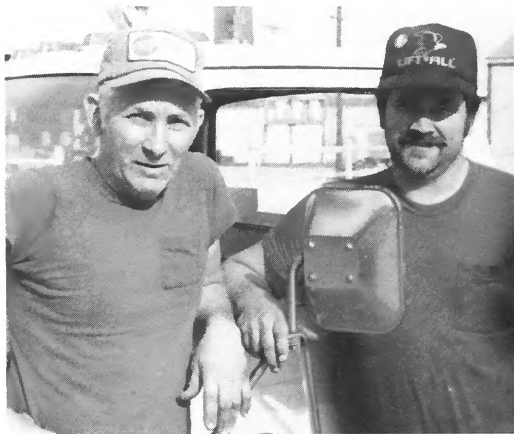


David Bailey and Richard



Virginia Wilkerson, Alkie Murgage and Debbie Locke

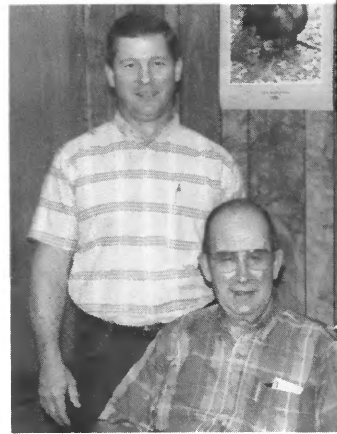
From all of us
 at Wayne-White Counties Electric Cooperat
 to all our members and friends:
 We wish you a
 Merry Christmas and a Happy New Year



Joe Phillips and Earl Young



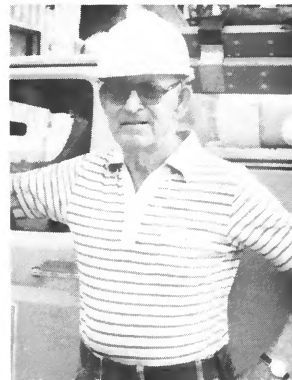
Bill Richards, Pat Gammon and Glen Stull



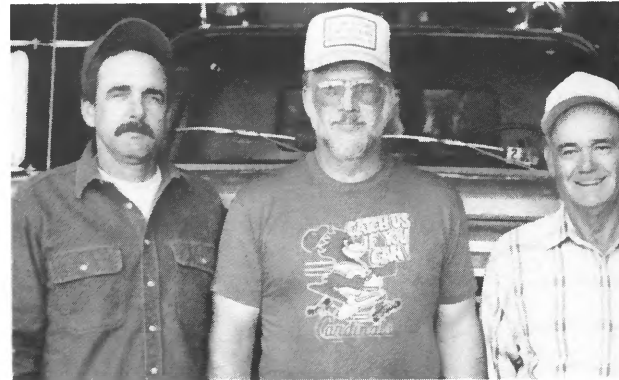
Steve Moore, Ellis Bur



Steve Spicer and Joe Molt



Alfred "Cot" Venters



Mike Richardson, Clarence Reid and Luther Du



Richard Hubele



Lavern Baxter and Stan Garner



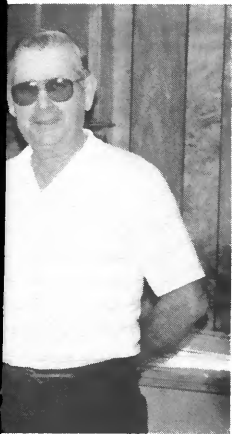
Gene Pilcher and Jerry White



Front row: Tammy Ruhl, Dale Warren and Lisa McMeen. Back row: Dale Kanady, Melvin Maricle, Dale Harris and Royce Carter.



Donna Jordan, Kathy Tracy and Judy Colyer



Bob Flechs



Jack Emery



Leon Carter and Carl McKibben



L. D. Locke



Jim Meritt



David Cunningham





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			Nashville Network	G1-02
			USA	G1-21
			WGN	G1-03
BASIC SERVICE	G1 BASIC	WTBS	G1-18	
		KTVT	S3-05	
		Learning Channel	F1-02	
		Nickelodeon	G3-19	
		Nostalgia	F4-21	
		Travel Channel	F1-09	
		Weather Channel	G3-13	
		WPIX	S3-09	
		Black Entertainment	F1-20	
		MTV	G3-17	
EXPANDED BASIC	BASIC SERVICE	Prime Network	F3-11	
		VH-1	G3-15	
		WABC	F2-04	
		WBBM	F2-02	
		WXIA	F2-12	
		WSBK	S3-03	
		WWOR	G1-15	
		Lifetime	G3-20	

\$12.50 G1 BASIC w/NETLINK
15.70 BASIC w/NETLINK
23.70 EXPANDED BASIC w/NETLINK

PREMIUM SERVICES

HBO	East	G1-23
	West	F1-13
CINEMAX	East	G1-19
	West	F1-23
SHOWTIME	East	G1-05
	West	G1-16
MOVIE CHANNEL	East	G1-10
	West	G1-14
DISNEY	East	G1-04
	West	G1-24
Any 1—\$7.95	Any 2—\$14.95	Any 3—\$20.95
Any 4—\$27.95	Any 5—\$33.95	
PRIMETIME 24		\$4.00
WBBM—		F2-02
WABC—		F2-04
WXIA—		F2-12
SKYLINE SILVER		\$3.00
WWOR—		G1-15
WSBK—		S3-03
KTLA—		S3-15
SAT SPORTS NETWORK		\$7.95
Home Sports Entertainment, Prime Ticket, Home Team Sports, Sunshine Network, Pro Am Sports Association, Prime Sports Network		
ORBIT	1 Year Subscription	\$40.00

SPECIAL Water heater

**52-gallon Mor-Flo electric water heaters
regular price \$206.66**

\$100 Rebate

to WWCEC members

your total cost — \$106.66

- R-20 insulation
- The amazing Lime Eliminator — self-cleaning —
- Eight-year warranty
- reduces lime buildup automatically

Available at Wayne-White Counties Electric Cooperative office in Fairfield