Coal lesson

See page 4

Rockwell favorite

See page 22

August 1990 Illinois Rural Electric News Operation Falcon Baldwin near Quincy See page 6

Experts Report...Once Established...Water Just Once A Week...Be Absolutely Amazed As All Growing Season Long—Week In, Week Out...Compared To Even The Majestic Black Spruce...WONDER SHADE TREE...

ZOOMS TO THE SIZE OF A 15 YEAR OLD TREE IN JUST ONE SINGLE YEAR!

YES, ROOF-HIGH IN JUST ONE YEAR! and keeps on skyrocketing 30-40-50 EVEN UP TO

60 FEET HIGH OR MORE in less time than most trees nudge themselves a few feet off the ground.

Actually Soars Into A Magnificent Tree IN JUST ONE YEAR!

Yes! Based on amazing growth rates reported by plant scientists—it grows SO FAST... arches out SO WIDE... you can actually take a ruler and measure the incredible difference in height every 2 to 3 days! OR, to really leave your neighbors gasping in awe and wonder, give them a yardstick and let them measure the difference IN FEET every 2 to 3 weeks!

Yes, goes on to thrust itself so high, so fast that it actually towers over even a Japanese Red Maple, Cherry Tree or even the most graceful silky willow in such a ndiculously short time you will simply refuse to believe your eyes! Think of it!

GROWS MORE IN JUST ONE MONTH THAN MOST TREES GROW IN AN ENTIRE YEAR!

Because according to plant experts, Govt. scientists and Botanical Gardens who researched this wonder-hybrid... once established, you merely water it once-a-week, and be absolutely floored as, during its SUPER-SOARING growing season, it GROWS AS MUCH AS A FULL ½-FOOT WEEKLY AFTER EVERY TIME YOU WATER IT!

That's right! Grows higher than even a full grown Flowening Dogwood IN JUST ONE SINGLE SEASON! Grows higher than even a full-grown Star Magnolia IN JUST ONE SINGLE YEAR!

PLANT NOW—REACH OUT AND TOUCH ITS LUSH, THICK BRANCHES FROM YOUR SECONO STORY BEDROOM WINOOW BY THE NEXT SUMMER!

No doubt about it. There's just not another "instant" Shade Tree like it on this planet! Because thanks to this miracle of plant science, instead of spending a small fortune on a tree and then waiting half a lifetime for it to grow . . . get set for the garden-wonder of your life as this super-soaning hybrid rockets forth from a prize nursery-grown plant to a tower of roof-high beauty in less time than you ever dreamed possible.

GROWS IN VIRTUALLY ANY SOIL—REQUIRES NO SPECIAL CARE—SOARS INTO A MASTERPIECE OF BEAUTY IN JUST A MATTER OF MONTHS!

Best of all, unlike most trees that demand constant care, constant pampering . . about the only thing you do after you plant this super-growing wonder-hybrid is water it and enjoy fit That's why leading botanical gardens . . landscape artists . . . garden editors . . can't stop raving about its indescribable beauty . . its trouble-free care . . its surging, towering growth. Small wonder that leading experts hall it in the most glowing terms . . recommended it assistant.

Small wonder that leading experts hail it in the most glowing terms . . . recommended it again and again for homeowners who want a stunning display of beauty . . . both a wind and privacy screen and deep, cool shade . . . and with practically no more work than a thorough watering each week!

VITAL STATISTICS FROM LEADING EXPERTS

MATURE GROWTH SIZE: as much as 40 to 65 feet MATURE SPREAD: as much as 30 to 35 feet

ZONE OF HARDINESS: Hardy from the deepest South to as far North as Vermont, Minn., Quebec, British Columbia. Winter Hardy in areas where temp. drops as low as 30 degrees below zero.

LIGHT NEEDS: Grows beautifully in Sunny location.

OECORATIVE MERITS: Highly recommended by landscape architects as beautiful decorative specimens for homes, parks, highways, etc., where exceptional fast growth and beauty are required. Perfect for fast screening and privacy.

RAPIO RATE OF GROWTH: Experts report growth rates on specimen trees that measure up to 8 FEET THE VERY FIRST YEAR ALONE. That's more than most shade trees grow in 3 . . . 4 . . . 5 . . . even 7 years. Yes, once established will grow ranch-house-roof high IN JUST ONE SINGLE YEAR, that's right—The very next year after planting! Experts also report it soars an amazing 5 to 8 feet each year for YEARS thereafter. Naturally results are based on optimum growing conditions. Takes but 10 minutes to plant and normal care rewards you with a lifetime of beauty starting this very

CARE: Nothing special—just normal garden care. Water fully once weekly. Naturally resistant to most diseases, pests or insects.

WE HAVE AT THIS MOMENT ONLY A LIMITED SUPPLY AVAILABLE FOR RELEASE TO THE PUBLIC...FULL SUPPLY WON'T BE READY UNTIL LATE 1990 SO ACT NOW!

Now the price of this super growing shade tree is not \$20 or \$30 as you might expect, but a mere \$3.95!

That's right, only \$3.95 for this magnificent Beauty that rewards you with such a glorious display of growth IN JUST ONE SINGLE YEAR. However, our supply is limited! Full supplies from the growing fields will not be ready until late 1990 or early 1991. Therefore, all orders must be shipped on a first-come, first-shipped basis. To make sure you don't miss out . . . ACT NOW!

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1990

Remember: Satisfaction is fully guaranteed. You must be thrilled in every way with this spectacular f-a-s-t growing shade tree or RE-TURN AT ANYTIME within 90 days for a full refund of purchase price. . . ANYTIME within 1 year for free replacement. Could anything be fairer? Now is the time to order and replant—so send no-risk coupon today!

Grows More in One Month Than Most Other Shade Trees Grow in An Entire Year—More in One Season Than Ordinary Shade Trees Grow in 2 Years, 3 Years or Even 5 Years! (Illustration shows magnificent size, spread and beauty of mature Populus hybrid-fam. Salicaceae.)

GROWING

INSTANT SHADE

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and handling, of course).

Total amount enclosed \$______. CA, NY, MI, residents please add sales tax. No. C.O.D.'s please.

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Here's a luxurious sight you don't have to wait half a lifetime growing—a matched pair of these towering show-pieces.



Picture your patio bathed in the cool beauty of this show-stopping miracle tree from early spring to the first snows of winter.



Just a few minutes planting time—a few seasons' growing time, rewards you with twin towers of beauty.

Governor Thompson approves Rural Bond Bank funds

Local government units in Illinois are a step closer to reducing their interest costs to finance public works projects and improvements. Governor James R. Thompson in July signed the appropriation bill passed by the General Assembly that fully funds the Illinois Rural Bond Bank, established to help local units of government in 96 counties obtain lower cost funds.

"The General Assembly created the Rural Bond Bank a year ago and start-up funds were approved beginning last January," said Lt. Governor George Ryan, chairman of the Rural Bond Bank. "The first year operating funds, and a fully funded debt reserve of \$4.8 million, were appropriated by the General Assembly and approved by the Governor on July 13.

"The funded debt reserve is of great importance. The bonds of the Rural Bond Bank will receive much higher ratings from the rating agencies like Standard and Poors and Moody's Investor Services, resulting in lower cost to taxpayers and much greater salability.

"The General Assembly saw the need and acted, and Governor Thompson has come through for this one-time appropriation. For the benefit of our local governments, I am delighted that it has worked out successfully."

The Illinois Rural Bond Bank is closely patterned after the very successful bond bank in Indiana, as well as those in 11 other states.

The Bond Bank will assist all local units of

government in 96 Illinois counties (except cities above 25,000 population) to obtain lower-cost funds for local improvement and development projects. Those may include water and sewer system improvements, general municipal infrastructure developments, upgrading of school facilities and fire protection and park district projects.

The sponsors of Rural Bond Bank legislation are Rep. Dick Mautino, D-Spring Valley; Rep. Ted Leverenz, D-Maywood; and Rep. Tom McCracken, R-Westmont; Sen. Penny Severns, D-Decatur; Sen. Jack Schaffer, R-Crystal Lake; and Sen. Dick Luft, D-Pekin. The sponsors of the start-up appropriations were Rep. Tom Ryder, R-Jerseyville; Rep. Mautino; and Senate Minority Leader James "Pate" Philip, R-Wood Dale.

"The Rural Bond Bank will loan funds to local governments by purchasing their local government bonds and other securities," Ryan said. "Those are 'pooled,' and one single Illinois Rural Bond Bank bond is sold on the national securities market."

The Rural Bond Bank is governed by a board of commissioners. Lieutenant Governor Ryan is chairman, and Treasurer Jerry Cosentino is vice-chairman. Commissioners are Robert Anstine, mayor of Macomb (McDonough County); Wally Furrow of El Paso (Woodford County); Ron Lawfer of Stockton (Jo Daviess County); Ed Williams of Decatur (Macon County); and Jim Walsh of Carmi (White County).

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Cover: An Illinois Air National Guard F-16 Falcon stands guard at Baldwin Field near Quincy. The plane was one of six of the fighters based in Springfield that were used in "Operation Falcon Baldwin," a unique exercise designed to test the Guard's preparedness. (See article on pages 6 and 7.)

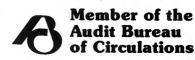
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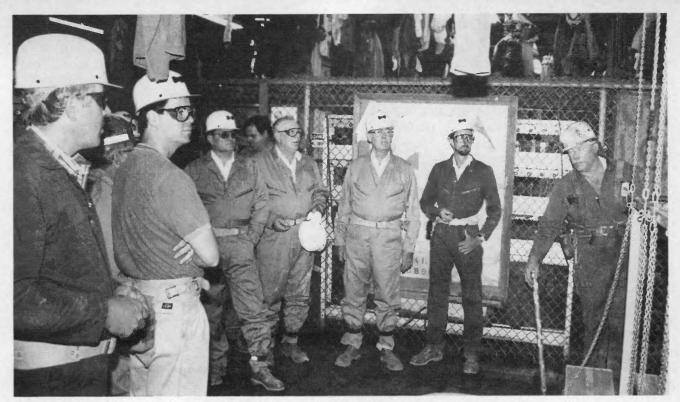
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Last-minute briefing before entering the mine

A lesson on coal

They sat scrunched up in steel seats, dressed in coveralls, hardhats and steel-toed boots. They carried air filters on their belts, along with the batteries for their helmet-mounted headlights. They talked in hushed tones as the car lurched and clattered down the steep slope into the blackness.

It was an unusual setting for a board of directors meeting, but an enlightening one. Those on this tour of an underground coal mine were members of the Soyland Power Cooperative board. For many, it was the first time in an underground coal mine.

The board gathered in Collinsville early on July 17. Before the dust would settle, they would tour an underground mine, a surface—or strip—mine, a coal preparation plant and Illinois Power Company's (IP) Baldwin Power Station. Soyland has an "as-if-owned" interest in several IP coalfired plants, including Baldwin.

The Decatur-based generation and transmission cooperative also owns outright some 13.2 percent of the nuclear Clinton Power Station. Soyland's 21 member-cooperatives serve about 500,000 people throughout much of Illinois.

The tour was initiated to enable Soyland's board members to get a look at electricity production "from the ground up" and took them from the mines to the power plant, to familiarize them with the entire process. Future tours are planned.

While on the bus to the Peabody Coal Company mines near Marissa, the directors were briefed by Louis Diewold, coaling yard supervisor for IP, who noted that his company is taking a look at low-sulfur coal as a matter of necessity, because of the growing furor over acid rain and greenhouse gases.

"We plan to do a test burn of low-sulfur coal," he said, "and we intend to try it in all three of our Baldwin units."

Most low-sulfur coal is brought in, usually by rail, from mines in western states, and a shift to its use might well idle many Illinois mines.

The mine tour itself began with a safety demonstration, and directors tried on air filters that would enable them to breathe for a short time in the event of an emergency. Those units were carried on the belts worn as part of the equipment. Each participant was introduced to an oxygen unit, too. Dennis Robinson, assistant superintendent at the mine, stressed the importance of working oxygen units, which are not carried, but are stored at strategic placed in the mine. "Fire and smoke are all we're worried about in this coal mine," he said, adding, "we can get you out if we can keep you breathing."

After suiting up and going down in the trolley, the group split up into two bunches, each with (Continued on page 16)

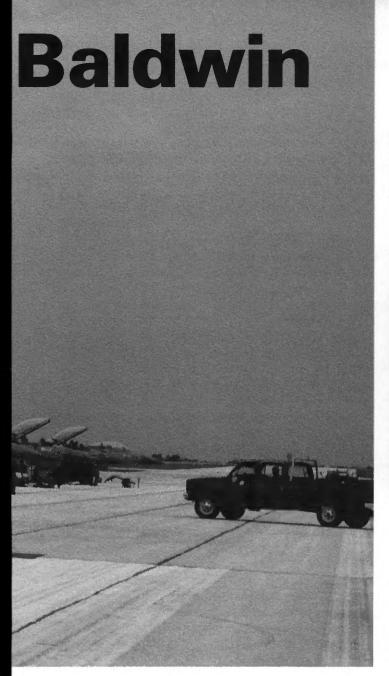


Operation Falcon



Top: F-16s line up on the runway. Right: A Scout group tours the ANG installation.





In mid-July a good-sized part of the 183rd Tactical Fighter Group of the Illinois Air National Guard (ANG) picked up—lock, stock and airplanes—shook the dust of Springfield off its boots, and temporarily relocated to Quincy, in a unique exercise labeled "Operation Falcon Baldwin." The name is a combination of the F-16's nickname, the Falcon, and the name of the airport, which is named after a turn-of-the-century Quincy aviation pioneer, Thomas Baldwin.

Adams Electrical Co-Operative, Camp Point, and Soyland Power Cooperative, Decatur, were among several organizations who encouraged the ANG to visit the Gem City's airport. Adams serves the field.

Speaking at one of several civic club functions, Lt. Colonel Wayne Rosenthal said, "When we



Curious youngsters inspect a display.

started planning this, many people asked, 'Why Quincy?' and our response was 'Why not Quincy?' It has a really fine airport, with three high-quality, concrete runways. There was enough open space on the field for us to put up all our support facilities, and it was well out of town, so the noise and the planes flying overhead wouldn't bother people."

The fact that Quincy is just at the southwest corner of the Howard Military Operations Area (MOA) didn't hurt the city's chances, either. A roughly rectangular block of airspace stretching from about Quincy nearly to Springfield, and about 35 miles from north to south, the MOA is almost perfectly sited for operations out of the city. It stretches from about 10,000 feet elevation to some 29,000, and can be closed to civilian traffic as needed, while planes are able to fly under or over it, in complete safety.

"But a good part of the reason," Rosenthal emphasized, "was the supportive attitude of the people in the area. Wherever we went, whoever we talked to, it seemed that people were very receptive to the idea of our locating here temporarily, and there were many who indicated that they'd like to see a permanent Guard presence at Baldwin Field."

Roger Mohrman, Adams Electrical Co-Operative

manager and vice president of the Great River Economic Development Foundation (GREDA), is one supporter. "Our area's economy still isn't all we'd like it to be," he said, "and we'd love to see more economic activity here. We hope the Guard will come back year after year. There's been some talk of a satellite facility from the Springfield unit being located at Baldwin Field, and we'd like to see that happen. If it doesn't, we hope they'll come back often."

James Mantesti, executive director of GREDA, echoed those sentiments. "They brought some 340 people into the area, some of them for more than a week, and they put a lot of badly needed money into our economy. That does a lot of good. And they were just wonderful people to work with," he said.

Anyway, the mission of the "Fly'n Illini" was to take a gaggle of airplanes into a "bare" airport—one that has no military support facilities available—and operate out of it much as they might have to do in an emergency.

The fact that the 183rd had swapped in the old F-4 Phantoms for the newer, sleeker, smaller F-16's helped matters. The plane has only one engine as compared to the Phantom's two, it's only half as big, burns half as much fuel, inflicts



Roger Mohrman (left), manager of Adams Electrical Co-Operative, talks with Lt. Col. Wayne Rosenthal.

half the headaches on the maintenance people, and requires half the spare parts.

The idea behind Falcon Baldwin was to set up a complete support and control facility from scratch and to protect it from "enemy" fighters. The aggressors, in this case, were other ANG planes, who added a little realistic zest to the festivities by trying to intrude from Springfield. Attacking and blocking were done electronically, without weapons actually being fired.

While the support facilities were being set up,

and nearing completion, the half dozen fully loaded Fighting Falcons took off for Quincy, via the scenic route. Departing Springfield, they went first to Nebraska, where they refueled in flight. A jog southward put them over a bombing range in Kansas, where they got in a little practice, dropping their concrete-filled bombs. Then they headed for Quincy, where they landed for their stay. Nine other pilots shared the planes once they were at the base, to maximize the training value.

The tent city there was to be their home, more or less, for a week. While an emergency bare-base operation would possibly involve living on the field, the Guardsmen were quartered in Quincy motels. Most personnel were housed off the base, and the mess hall, which could have provided three meals a day if necessary, served just the midday meal, with others being rolled into the lodging costs.

Since the exercise was a simulation of operations the ANG may have to set up "cold turkey" sometime in the future, emphasis was placed on realism. The ANG brought in its own control tower, security, radar system, generators, fuel, partial feeding facilities, spare parts, medical tent, communications, and other facilities. There was also a well-staffed fire department.

Guard units from different areas perform different functions, and several other units were involved in Falcon Baldwin, with a total of eight states represented. Units came in from Missouri, Ohio, Indiana, Minnesota, Iowa, New Mexico and Wisconsin to support the Springfield fighter unit.

The Guard closed off the airport's northwest-southeast runway and placed its tent city on the taxiway leading to it from the terminal area. The runway itself was used as a hardstand for the planes. They took off and landed on the main runway, which boasts a 150-by-7,100-foot concrete surface.

Future operations of this sort, wherever they're held, will involve a military presence on a civilian airport, so the ANG took special pains to do its tasks with a minimum of inconvenience to the civilians who were also using the field.

Operation Falcon Baldwin was partly the brainchild of Congressman Dick Durbin, who learned a couple of years ago that such operations in Germany were to be cut back because of the costs involved. He knew there was a first class airport near Quincy, and it seemed that a merger of the airport and the soon-to-be-shelved German operations would be a boon to the Air Guard, the Gem City and the taxpayer. So the event was gradually nudged into place.

While the bare-base idea was a first for the 183rd, and a first in the U.S., the work of bringing the activity to Quincy was part of an ongoing effort by many people in Western Illinois, and they're still at it.

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I free ... 2.49 each This common Weeping Willow mokes o large lacy tree with long branches weep-ing to the ground. Gaad far planting near water ar as a planting accent alone or in groups of two ar three in maist locations. Ultimate height 40 feet.



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Jap. Snawball, 1-2'2.4	19	ec
8lue Hydrangea, 1-2' 2.4	19	ec
Pussy Willaw, 3-5' 2.4	19	ec
Azalea: Red/Pink/Purple, 4-8"1.2	25	ec
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SHADE TREES — 1-2 Years Old
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Celeste Fig, 1-2 ft 4.98 et 25 Sauth Privet, 1-2 ft 8.9
25 Narth Privet, 1-2 ft 8.9

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Concard	Grape	8lack,	1/2-1	ft.	3.98	ea

Concard Grape 8lack, 1/2-1 ft. 3.98	ea.
Niagara Grape White, ½-1 ft.3.98	
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Lodi Apple, 3-5 ft3.79	ea.
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8urbank Plum, 3-5 ft 3.79 ea	
Santa Rasa Plum, 3-5 ft 3.79 ea	

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temales. Tria Pack - \$9.95, includes 2 female & 1 male vine ta ensure adequate pallination.

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Mugha Pine, 1-2 ft	ea
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Golden Chain Tree, 2-4'	
Redspire Callery Pear, 2-	4′5.98 ed
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Our plants are nursery grown from cuttings, seeds or budded stock unless otherwise stated. These have never been transplanted. Plants are inspected by the Tennessee Department of Agriculture. This gives you a chance to buy at lower prices. You may order as many or as few plants as you wish. Send \$2.75 extra with order for postage and packing, RUSH YOUR ORDER TODAY! TWO-WAY GUARANTEE: We ship live plants packed well to reach you in perfect condition. However, sometimes a package gets lost and stays in transit a long time. In this case, in the Fall and Winter when plants are dormant, you can scrape on the bark and tell whether the plants are alive or not. If the bark is green, it is alive. We believe we have the best guarantee any mail order nursery could possibly offer. Here is our two-way guarantee. First guarantee - When you receive your order, if there are any plants in bad condition, you notify us immediately and we will replace absolutely FREE. Second guarantee - The reason we make this strong quarantee is because there is no reason any of the plants should die. However, if any fail to we make this strong guarantee is because there is no reason any of the plants should die. However, if any fail to live within 12 months from the date of delivery, we will replace for one-half of the original purchase price, plus \$1.00 for postage and handling. No return of dead plants necessary. We guarantee our plants to be true to name and color. Anything that proves to be wrong color or variety, we will replace free.

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5.D. Grimes Galden, 3-5 ft. . . 3.98 eo.

5.D. Ladi, 3-5 ft. 3.98 eo.



Energy efficiency standards

This is one in a series of articles relating to energy in general. The articles are prepared by the Rural Electric News Service of the National Rural Electric Cooperative Association, the service organization of the nation's rural electric systems.

Did you know:

- One-third of the electricity produced in the United States is used in homes?
- Refrigerators alone use the same amount of electricity that 20 nuclear power plants could produce?
- The use of appliances, heaters and air conditioners costs the average American household more than \$1,000 a year?

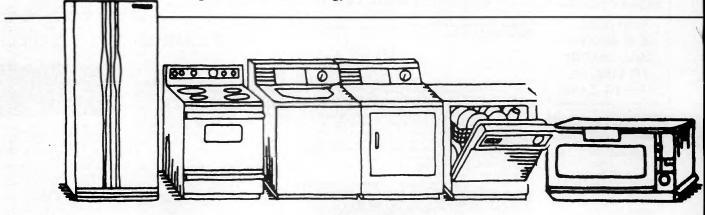
Do you break out in a cold sweat each month when your electric bill arrives in the mailbox?

Well, those days may be over, thanks to the passage of new energy conservation standards for refrigerators and freezers that will translate into lower electric bills for consumers.

The National Appliance Energy Efficiency Standards, which were required under an energy conservation law that Congress passed in 1987, require new refrigerators and freezers to use 25 percent less electricity than current models by 1993.

According to the American Council for an Energy-Efficient Economy, the law established minimum efficiency standards for major home appliances, heaters and air conditioners. The standards for clothes washers and dishwashers took effect January 1, 1988. The standards for most other appliances went into effect last January 1.

Congress passed these appliance regulations because of a consensus among energy efficiency groups, manufacturers, state regulatory agencies, utilities and others that manufacturing regulations were needed, says Doug Abramson, staff engineer with the Energy Department's Office of Codes and Standards.



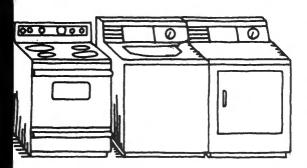
"In the absence of federal standards, there were 26 or more states that had their own energy standards for appliances, and the manufacturers couldn't keep up with all of them," Abramson says.

Abramson predicts that the standards will allow more equal competition among appliance manufacturers. "When people go to purchase a refrigerator, the first things they consider are color, features, size. Energy efficiency is usually fourth or fifth on the list. Now, the consumer won't have to worry about whether or not the refrigerator is energy efficient because all of them will be made energy efficient," he says.

Because of the new standards, the average price for a refrigerator (a model with a top freezer and automatic defrost) will go from \$513 in 1990 to \$553 in 1993. But this means that the consumer will actually see an average reduction of about \$20 a year in the household electric bill. Also, the overall cost of owning and operating an energy-efficient refrigerator will be reduced by \$155 over its lifetime.

Other household appliances are going through an energy makeover, too. Consumers are finding more fuel-efficiency standards placed on room air conditioners, water heaters, mobile home furnaces, kitchen ranges and ovens, pool heaters and television sets.

A recent progress report from the Energy Department says consumers favor energy conservation. Consumers are becoming aware of the operating costs of their appliances and they want to get the most for their money when they buy them.



What's more, those black and yellow "Energyguide" labels consumers find on new appliances may have raised consumer awareness of energy-efficient appliances. The labels were designed by the Energy Department and the Federal Trade Commission and were first put on

Checklist for appliance shoppers

When purchasing an appliance, be sure to:

- Note the different models on the market and read information on all brands.
- Be aware of different distinguishing features on each appliance.
- Check the warranties of the appliance you select before you purchase it. Some appliance warranties don't cover the entire appliance.
- Decide if the appliance in question meets all your needs: Is it big enough? Do you really need all those special features? If it needs repair, is there a convenient service outlet? Will it fit inside your house?

appliances around 10 years ago, Abramson says. The labels appear on appliances such as refrigerators, freezers, water heaters, dishwashers, clothes washers, air conditioners and furnaces.

"Energyguide" labels contain such useful information as: the national average cost for electricity, based on how much it will cost to run the appliance; the estimated operating cost for the same size model that is cheaper to operate, and the estimated annual operating cost of the appliance. It's illegal for these labels to be removed from appliances before they are sold to the consumer.

"Energy efficiency was seen as a way to reduce pollution, reduce dependence on (oil) imports and reduce the cost of energy," Energy Secretary James Watkins said recently. Watkins is overseeing a proposed national energy strategy that President Bush says will enable the U.S. to chart its energy future.



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Lawyer Warns . . .

Did You Make This Mistake In Writing Your Will?....

Canton, OH (Special) - You can spend money for a Will only to have a an unnecessary part of your assets needlessly taken by lawyers, courts and executors through the probate process.

Why should you avoid probate? Simple. It costs too much and takes too long. Probate also creates an "invasion of your family's financial privacy!"

Probate can slice up to 10% from an estate and take months or years for settlement.

In fact, the only thing worse than a Will for the average wage earner is the nightmare created by no Will at all. Because then the State decides who gets everything you own.

Now there's a far better way to protect your estate than having only a Will. A new study reveals that a Living Trust is a low-cost alternative to probating a will, even for an average sized estate.

Today you can eliminate costly, time-consuming probate and legal fees by using a simple legal paper called a revocable Living Trust. It avoids probate attorney, managerial, and court fees because there is no Will to probate. Your family suffers no expense or settlement delays. And since a Living Trust is revocable, you can change your mind at any time about trustees and who gets your assets. Unlike a Will the estate goes at once to whomever you name -- in complete secrecy.

The many advantages of a thousands of dollars Living Trust for the average-sized estate have been praised by estate planners and reported in financial publications like The Wall Street Journal, Business Week, Money, to name a few. You simply transfer all your assets into a Living Trust and thousands of dollars have kept the price to enable everyone to dinner out. We are you will find it invaling insist you examine to No-Risk Guarantee.



Is your Privacy worth a moment of your time? Attorney Marshall Sanson says, "a Will could 'broadcast' the intimate details of your family's finances."

name yourself or anyone you want as trustees.

Lawyers can charge an average of \$60 for writing a Will -- and then can get up to 10% for probate. It's smart to set up a Living Trust.

Working with a team of legal scholars, DSA Financial Publishing Corp. of Canton, Ohio has prepared a Living Trust Kit designed so you can easily set up your own Living Trust. You'll get complete instructions written in easy-to understand, step-by-step simple language. You'll also get complete guidelines on how to custom tailor your personal Living Trust so that any special wishes you may have for your estate are carried out.

Though DSA's exclusive Living Trust Kit will save you a small fortune -- and save your loved ones thousands of dollars later on -- we have kept the price especially low to enable everyone to benefit from it. Less than the cost of a good dinner out. We are so certain that you will find it invaluable that we insist you examine it on a 90-Day No-Risk Guarantee.

It's easy to get your Living Trust Kit. All you have to do is send a check or money order in the amount of \$19.95 plus \$2 postage and handling or charge to your VISA/ Mastercard by including account number and expiration date to: DSA Financial Publishing Corp., 708 - 12th St. N.W., Dept. W677, Canton, Ohio 44703. For even faster service, VISA/Mastercard only, call toll free 1-800-321-0888, Ext. W677.

Send for your Living Trust Kit within the next 15 days and you'll also get a FREE membership in Pre-Paid Legal Corporation's JUSTICE-900 program. Your membership gives you instant telephone access to over 6,000 attorneys nationwide!

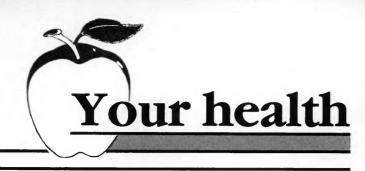
As a JUSTICE-900 member you will be able to consult with a lawyer on any subject, at any time,... any number of times. During each consultation you will have 30 minutes of the attorney's time for only \$9 charged to your telephone bill! As you know, most reputable attorneys charge \$75.00 to \$125.00 per hour for telephone consultations. You can see the big savings even if you only need a lawyer's advice occasionally.

You'll also get any legal service you need in the attorney's office for 25% less than the attorney ordinarily charges for those services. JUSTICE-900 membership could easily be worth thousands of dollars to you.

Your free JUSTICE-900 membership is yours to keep even if you decide to return your Living Trust Kit. Remember though... You must act at once to be sure of getting this valuable Free Bonus!

Do it now... while there is still time to protect your loved ones.

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Take proper steps to lose weight

This is one in a series of articles prepared by the National Rural Health Network, a subsidiary of the National Rural Electric Cooperative Association (NRECA), the Washington, D.C.,-based organization for the nation's 1,000 consumerowned rural electric utilities.

We hear, almost daily, of new and seemingly miraculous ways to lose weight. Obesity is big business, and we try various weight reduction schemes and products for two reasons: They promise quick weight loss, and they promise it with little effort on our part.

To be honest, some people do lose weight using these products and approaches. The trouble is: Those unwanted pounds frequently come right back once we return to our old eating patterns. More importantly, they may alter your body's metabolism and therefore may be hazardous to your own health.

This weight-loss-weight-gain cycle is not only discouraging to a dieter but may be dangerous. Because weight gain is associated with structural damage to the heart and arteries, the person who repeatedly reduces and regains weight actually

may be increasing the risk of heart and blood vessel diseases. Losing those extra pounds may reduce the chances of diabetes and

heart disease and may reduce cholesterol and blood pressure levels two major risk factors that increase our chances

for heart problems. So, what's the first step in sensible weight reduction? The first step is onto a scale. Tighter pants and strained shirt buttons are indications of weight gain, but scales tell

you exactly how much your weight has crept up.

Second, write down what you eat: everything that goes into your mouth for a week. In your food diary, keep track of the time and place you eat. You may be in for a surprise. You may find, for example, that you eat when you're frustrated or angry. Or you may find that you fight boredom by baking (and eating) a big platter of chocolate brownies.

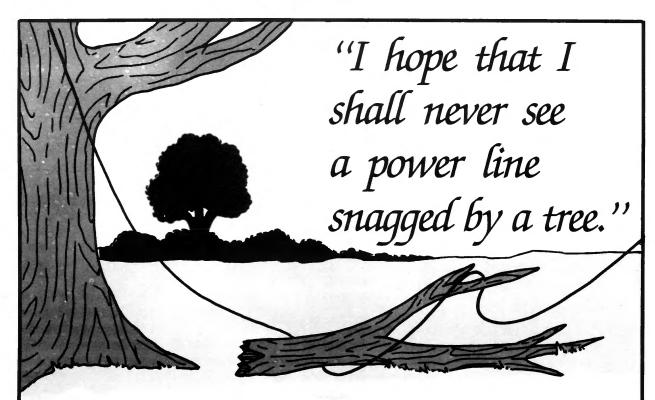
As you begin to see your eating patterns, you can make constructive changes. Substitute fruit and toast for doughnuts and ice cream, and pass by the cream pitcher and sugar bowl when you get your coffee in the morning. Have fresh, crunchy vegetables like carrots, peppers and celery readily available to substitute for chips, and use low-fat yogurt with herbs and spices for refreshing, nutritional dips.

Try to think of your diet needs as a bank account: You can withdraw so much and no more. Invest in a small calorie counter and add up the calories as the day goes by. When you've reached the limit, the food bank is closed.

You'll learn to stretch out those calories over the whole day and not to spend them all on one snack. You'll also learn how much of a difference substituting tasty, lower-calorie foods can make to your daily calorie intake while still satisfying your taste buds.

Don't be discouraged if the pounds don't drop off immediately. Remember, it took you months or even years to accumulate them. It probably won't take that long to shed them, but weight loss—permanent weight loss—should be the slow, gradual process of one or two pounds a week.

It takes a little effort, and it takes a little time. But you can control your weight, and the payoff is that you feel better, you look better and your clothes fit again. More important, you're taking a big step toward a healthier life.



We hope so, too. Unfortunately, the trees we salute in poems and stories often spread their branches into power lines. That may mean "lights out" for you and your neighbors when the wind blows. Storms can snap limbs, which drop onto lines. Even a branch rubbing against a wire can cause an outage.

Your electric cooperative systematically inspects its miles of line to make sure they're clear of brush and branches. Trimming is necessary, but our crews try to keep the natural attractiveness of the trees as they work.

You can help, too. The best way to avoid the problem is prevention. When planting a new tree, look to the future. Make sure the growing tree will stay clear of power lines. Proper pruning of young trees controls their branch growth.

Plant wisely. You'll enjoy both the poetic pleasures of your trees and the constant convenience of electricity.



Electric Cooperatives of Illinois

Good for ALL Illinois

(Continued from page 4)

enough members to fill an electric car, yet small enough to hear the explanations of the guides.

To most, the mine was a surprise. The temperature was mild and the darkness wasn't all that bad, since all had their lights on, and the walls are sprayed with powdered limestone, to keep down the danger of fire. Equipment, which moved in surprising abundance, was well lighted, too.

The groups stopped briefly in a deserted stretch of tunnel and shut off all their lights, to get an idea of what real darkness is.

Much of the equipment in the mine was powered by 300-volt overhead power cables, much like old-time streetcars. In most cases, the roof was high enough to permit comfortable standing. To the surprise of some, much of the work was done by sophisticated machinery. In one instance, a mining machine, which almost liter-

ally chews coal out of its seam, was operated by remote control, to get into an area where roof supports had yet to be installed.

Back on the surface, the directors had an opportunity to go into a strip mine and watch an enormous electrically powered shovel that moves 148 cubic yards of overburden at one bite. It's fed by a five-inch diameter power cable that carries 7,200 volts.

Hundred-ton coal and dirt trucks came and went frequently, and a massive drill sat punching holes into the stone for explosives, which are used to break up the overburden before it's taken off by the shovel. Placed on about 30-foot centers, the holes are filled with explosives—550 pounds each—to break up the stone.

At the coal processing plant, the directors learned that coal from three mines is processed there, to the tune of about 5.5 million tons a year.



Not just a horse show! A family affair.

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Summer delights

SEAFOOD SALAD MONTEGO BAY

cups water fresh lime, sliced teaspoon salt bay leaf

l pay lear
8 peppercorns
1½ lbs. mixed seafood (shrimp,
scallops, whitefish)
34 cup mayonnaise
½ cup coconut rum

MONIEGU BAT

1 teaspoon lime julce
1 teaspoon finely chopped fresh ginger
1 can (1 lb., 4 oz.) pineapple chunks,
drained, or 1 small fresh
pineapple, cut into chunks

ripe papaya, peeled, seeded, cubed ripe bananas, peeled, sliced Lettuce leaves 1/4 cup chopped scallion

In large saucepan, combine water, lime slices, salt, bay leaf and peppercorns; bring to a boil. Add seafood. Reduce heat; simmer 3 to 5 minutes until seafood is cooked through. Drain. Place seafood in large bowl; cover; chill. In small bowl, combine mayonnaise, coconut rum, lime juice and ginger; mix well. To seafood, add pineapple, papaya and bananas; pour mayonnaise over all; toss gently. To serve, line serving bowl with lettuce leaves; spoon salad over lettuce. Sprinkle with scallions. Yield: servings.

SWEET PEPPER CORN BREAD

1 cup all-purpose flour 1 cup yellow cornmeal 1 tablespoon baking powder ½ teaspoon salt 2 large eggs

1 cup buttermilk
1/4 cup butter or margarine, melted
2 tablespoons honey
1/4 teaspoon tabasco pepper sauce
1 cup coarsely chepped red bell pepper

in a large bowl stir together flour, cornmeal, baking powder and salt. In a small bowl lightly beat eggs. Stir in buttermilk, melted butter, honey and tabasco sauce. Make a "well" in center of dry ingredients; add milk mixture all at once; stir just to combine. Stir in chopped red pepper. Spoon batter into a greased 9" square baking pan. Bake in a preheated 400° oven for 20 minutes or until cake tester inserted in center comes out clean. Remove to wire rack. Cool 10 minutes. Cut into squares and remove from pan. Serve warm. Yield: 12 pieces.

HONEY WHEAT BREAD

1/4-1/2 cup warm water 3 tablespoons honey 1 pkg. active dry yeast or quick-rising yeast 34 cup whole wheat flour 14 cup instant non-fat dry milk solids 2 tablespoons lard, butter or margarine 1 teaspoon salt

2 cups flour 1 egg Combine 1/4 cup water, 1 tablespoon honey and yeast. Stir to dissolve yeast, let stand until bubbly, about 5 minutes. Fit processor with steel blade. Measure flour, dry milk, lard, remaining 2 tablespeons honey and salt into bowl. Process about 10 seconds. Add yeast mixture and egg to flour mixture. Process about 10 seconds. Turn processor and very slowly drizzle just enough remaining water through feed tube into flour mixtures o dough forms a ball that cleans the sides of bowl, about 25 times. Turn off processor and let dough rest 1 to 2 minutes. Turn on processor and gradually drizzle in remaining water to make dough soft and smooth but not sticky. Process until dough turns around bowl 15 times. Turn dough onto lightly floured surface. Shape into ball and place in lightly greased bowl, turning to grease all sides. Cover loosely with plastic wrap and let stand in warm place until almost doubled, about 1 hour. Punch down dough, shape into loaf and place in greased 81/2-41/2 x21/2-inch loaf pan. Let stand in warm place until almost doubled, about 45 minutes. Heat oven to 375 degrees. Bake until loaf sounds hollow when tapped, 25 to 30 minutes. Remove immediately from pan. Cool on wire rack. I make this for Christmas gifts.

CREAM CHEESE PECAN PIE

1 pkg. (8 oz.) cream cheese 4 eggs 1/3 cup sugar

1/4 cup sugar

2 teaspoons vanilla 1 cup light corn syrup

1/4 cup sugar
1/4 teaspoon salt
11/4 cup coarsely chopped pecans
1 10" unbaked pie shell

In a large bowl combine cheese, 1 egg, 1/2 cup sugar and 1 teaspoon vanilla. Beat on medium speed with electric mixer until smooth; spread on pie shell and sprinkle with pecans. In another bowl, beat remaining 3 eggs until frothy. Add syrup, ¼ cup sugar, salt and 1 teaspoon vanilla; beat until blended. Pour over pecans. Bake at 375 degrees until ¼ from edge is clean, approximately 40 minutes.

Pie Crust:

1 cup all-purpose flour 1/2 teaspoon salt 1/3 cup butter or oleo, chilled 1 tablespoon sugar 3-4 tablespoons ice water

Cut butter into 8 pieces. Mix flour, salt, butter and sugar to texture of coarse meal. Add water till dough begins to form. For cream pies-prick crust and bake at 425 degrees for 10-12 minutes, just until tan.



PEANUT BUTTER SAUCE

1 cup whipping cream
1½ teaspoons vanilla
1½ cup packed brown sugar
Combine cream, brown sugar, and vanilla in heavy saucepan; heat

on medium until cream begins to bubble. Remove from heat; keep warm. Place peanut butter in medium mixing bowl. Using wire whisk, slowly beat hot cream into peanut butter until blended. Serve hot or at room temperature. Makes 2 cups. Note: Great served over ice cream.

CREAM CHEESE BANANA CAKE 11/2 cups margarine, softened 1 teaspoon salt

11/2 cups sugar 3 eggs

1 teaspoon salt
1 teaspoon baking soda
1/2 cup buttermilk
Cream Cheese Frosting

1½ cups mashed ripe bananas 2½ cups unsifted all-purpose flour

Cream margarine and sugar until light and fluffy. Add eggs, one at a time, beating well after each addition. Add mashed bananas; mix thoroughly. Sift together dry ingredients; add to margarine and egg mixture, stirring until blended. Add buttermilk; mix one minute. Pour into 3 greased and floured 8x1 ½-inch round baking pans. Preheat gas oven to 350 degrees. Bake 25 to 30 minutes. Cool. Frost with Cream Cheese Frosting.

CREAM CHEESE FROSTING:

1 pkg. (8 oz.) cream cheese, softened 6 tablespoons butter, softened 3½ cups confectioners sugar, sifted 2 cups chopped pecans
2 medium bananas, firm but ripe

Cream together cream cheese and butter. Slowly add confectioners sugar and continue beating until smooth. Place one cake layer on serving plate; frost. Arrange thin slices of bananas over frost-ing, repeat with second layer. Add third layer; frost top and sides. Cover sides of cake with chopped nuts. Garnish top of cake with banana slices dipped in lemon juice. Note: For best flavor, store cake overnight in refrigerator before serving.

CARIBBEAN FRUIT FLAMBE'

1/4 cup butter 1/2 cup packed dark brown sugar 1/4 cup slivered almonds toasted 1/8 teaspoon cinnamon Juice of one orange

5 cups sliced fresh fruit: kiwi, mango, papaya, bananas peaches, pineapple, apples, cherries 1/4 cup light rum Vanilla ice cream

Place 10-inch cast iron skillet directly on heat; melt butter on medium setting. Add brown sugar, nuts, and cinnamon; cook and stir until bubbly. Add orange juice and fruit. Cook 1 to 2 minutes, stirring gently to prevent breaking fruit. Sprinkle with 2 tablespoons of the rum. Place remaining rum in a small saucepan on medium setting; heat until almost boiling. Ignite rum; pour over fruit. Serve immediately over ice cream. Makes 8 to 10 servings.

BRIEFLY

News items of interest to members of Illinois electric cooperatives

Southern Illinois Farm Show planning progresses

Planning is under way for the 30th annual Southern Illinois Farm Show. Owen R. Smith of Makanda has been selected general chairman. Smith, an assistant professor of agricultural mechanization at Southern Illinois University-Carbondale, will oversee a committee planning the show, scheduled in March at Rend Lake College near Ina. The event features a trade show, seminars and workshops on the agriculture industry. It is sponsored by SIUC, Rend Lake College, Illinois Farm Electrification Council, the University of Illinois Cooperative Extension Service and eight electric cooperatives. Other newly elected officers for the 1991 show are: Ron Medlin of Dongola, member services director for Southern Illinois Electric Cooperative, exhibits chairman; Royce Carter of Fairfield, manager of marketing and member services for Wayne-White Counties Electric Cooperative, advertising chairman; Dennis R. Epplin of Mount Vernon, Jefferson County Extension Adviser for the University of Illinois Cooperative Extension Service, show adviser on the committee; Paula J. Voss of Murphysboro, public information specialist in the SIUC College of Agriculture, publicity chairman; Bruce Barkau of Okawville, director of marketing for Tri-County Electric Cooperative, show adviser for the committee; Doug Leeck of Opdyke, agriculture mechanics instructor at Rend Lake College, show adviser for the committee; Darwin H. Dailey of Steeleville, purchasing agent for Egyptian Electric Cooperative Association, grounds and safety committee member; Willard P. Wiggers of Waterloo, director of member services for Monroe County Electric Co-operative, treasurer; and David L. Scott of Whittington, agriculture mechanics instructor at Rend Lake College, show coordinator.

Rowland is new Adams Telephone manager



Rowland

Walter M. Rowland of Camp Point has become manager of Adams Telephone Co-Operative, headquartered in Golden. He had been acting manager since January 1 following the retirement of Jack Douglas, who retired after 42 years with Adams Telephone and Adams Electrical Co-Operative. Rowland, an Augusta native, has been an employee of Adams Telephone since 1966. He has worked in a variety of positions, including plant superintendent for the past 10 years. Adams Telephone Co-Operative serves more than 3,800 mostly rural subscribers in all or parts of Adams, Brown, Hancock, McDonough, Pike and Schuyler counties. Telephone cooperatives serve about 21,000 consumers in in 24 Illinois counties.

Many Americans lack health insurance

About 28 percent of the U.S. population lacked health insurance for at least a month during the 28-month period ending in May 1987, the Census Bureau says. The bureau also said in a report looking at gaps in health coverage that the average monthly total of uninsured people in the final quarter of 1988 was 31.5 million, or 13 percent of the population. The figures of the uninsured were sharply higher for blacks and Hispanics.

User-friendly cable bill makes headway

A bill that could lead to re-regulation of the cable television industry is moving through Congress. The legislation, which favors home satellite dish owners, passed the House Telecommunications Subcommittee in early July. The bill, sponsored by Rep. Ed Markey (D-Mass.), includes recommendations made by Rep. Billy Tauzin (D-La.) that would force programmers to make their shows available to home dish users under reasonable terms. Rural consumers who live beyond the reach of cable television have been denied access to some programs because they are "scrambled" beyond recognition by the programmer. This legislation would allow them the same access to the shows as cable viewers in more urban neighborhoods.



KAREN ANN SPENCER

LAST SEEN: 12/29/89 FROM: Miami, OH DOB: 01/17/72 WHITE FEMALE

EYES:Hazel/Green HEIGHT: 5'1' WEIGHT: 120 HAIR: Blonde



SHANE ANTHONY WALKER

LAST SEEN: 08/10/89 EYES: Dk. Brown FROM: New Yark, NY DOB: 12/07/87 **BLACK MALE**

HEIGHT: 3' WEIGHT: 23 HAIR: Black

If you can identify these or any other missing children, call The National Center for Missing and Exploited Children at:

1-800-843-5678

(sightings only)

This message is brought to you as a public service by Association of Illinois Electric Cooperatives, in cooperation with National Child Safety Council.

-Safety Tip of the Month-

Keep an up-to-date file on your child, include a recent photograph and a physical description.

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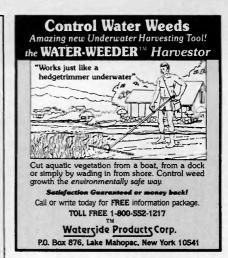
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Betsy Manning and "The Checkup"

Rockwell favorite

The little girl pedaled her tricycle desperately, goaded by sheer terror. Behind her, gaining fast, was a huge, slavering dog. She looked back, lost control and took a spill. As she lay on the pavement crying, the dog licked her face with a wet, raspy tongue.

A tall, kindly man appeared, seemingly out of nowhere. He picked up the frightened girl and held her on his lap, brushing off the dust and comforting her with gentle words.

Then, with a few deft strokes of a pen, he cartooned a series of panels showing a big dog chasing after a little girl, who was riding a tricycle. In the last panel, he put a caption: "You see," it read, "all he wanted to do was give you a kiss anyway."

The kindly gentleman was Norman Rockwell, the famous artist who spent many

years serving up slice-of-life vignettes that portrayed Americans as they looked in the teens through the 1960s or so. The girl on the trike was Anne Elizabeth Campbell, and she was to become one of Rockwell's favorite models. Her family and the Rockwells were friends and neighbors in Stockbridge, Massachusetts, where she lived with her father and mother and three sisters.

The girl, incidentally, is now Betsy Manning, who lives with her husband, Lonnie, and their two children at Harrisburg Lake. They are members of Southeastern Illinois Electric Cooperative. "I still remember that adventure with the dog," she says. "I was absolutely terrified. I thought I was going to be eaten alive by three million dogs."

From the time she was four years old until

adolescence, she was one of his favorite models, and appeared in many of his drawings and paintings. She knew Rockwell as "Uncle Norman" long before she knew he was famous.

Her father, a doctor, was Rockwell's physician and a model for one of the artist's more famous paintings: that of a doctor preparing a syringe while a little boy bares his backside for a shot—all the while reading the doctor's medical school diploma. It graced the cover of the March 15, 1958, issue of *The Saturday Evening Post*.

"It was fun, in a way," Betsy says, "but it was kind of difficult, too. Mr. Rockwell would pose everybody just the way he wanted them, and he'd have a photographer take several pictures. Then he'd do his paintings from the pictures.

"I remember one where I had a particularly hard time. I was leaning against an upturned crate that was serving as a lemonade stand. Two boys were selling lemonade and I was drinking a glass, and he wanted my hands wrapped around the glass just so. I had trouble for the longest time," she relates, "but finally everything was just exactly the way he wanted it, and the photographer took the pictures. He was really a stickler for the fine little details, and that's what made his paintings so popular, I guess. But he was really patient in working with us."

Her upbringing contributed to the problem, she says. "Mom insisted that as a doctor's daughter I should be 'little miss prim and proper.' When Mr. Rockwell wanted spontaneity. I had a little trouble with it."

Another drawing is a case in point. Entitled "Circus," it depicts an older couple—supposedly grandparents—and a boy and girl enjoying the circus. "I was four," Betsy says, "and I was supposed to sit there holding a balloon and a bag of popcorn in one hand and a lollipop in the other, and look excited, like the others did. He kept telling me to act more excited and finally took a bag of popcorn and just threw it all around, kind of playfully, and I couldn't help but laugh."

She noted that the couple in the drawing were a storekeeper and his wife from down the street. Half a dozen other people in the drawing were not there at all, and were simply sketched in, she notes.

"I can't for the life of me remember who the

boy was in 'Circus'," she says, "and the ones in 'Lemonade Stand,' either. But there were some girls I remember. They were in 'The Check-Up' with me, and I was looking at the gap in one girl's teeth, while the other looked on. That was on the cover of the September 7, 1957, issue of *The Saturday Evening Post*. The girls were Eleanor Stevens and Mary Jean Martin. I don't know what became of them." A figurine was offered later, depicting Betsy looking into Mary Jean's mouth. Betsy has one of the figurines, which she treasures.

She also has some autographed Rockwell paintings. Even though reproductions of "The Check-Up" hang on the walls of dentists' offices all across the country, it was some 20 years after she posed for it that she got a copy of her own. Her mother gave it to her as a Christmas gift.

While Betsy was visiting Stockbridge from her New Mexico home, Rockwell stopped in to see Dr. Campbell about a shoulder problem, and Mrs. Campbell asked him to autograph a gift to Betsy. He inscribed, "To My favorite model, Betsy. Sincerely, Norman Rockwell."

While the Rockwell name conjures up visions of wealthy and famous people, they were just another family of nice neighbors when Betsy was growing up. "He was tall and thin and smoked a pipe," she says with a chuckle, "and he always had a smile on his face. He was a nice guy, but not very talkative. I was too little to realize that he was a very famous man."

She recalls spending many a pleasant afternoon with Mrs. Rockwell—Mary—who fed her Coke and cookies—a real treat in those days, she says. "I'd curl up on the couch sometimes," she relates, "and Mr. Rockwell would often stroll through. He'd pop in and out of his studio fairly often, but he was almost always working steadily."

Betsy gave her mother fits, often sneaking over to visit Mary. "I was one of her favorites," she says, "and we enjoyed each other's company. Mom would tell me not to bother our neighbors, so I'd go across the street and kind of around the block, and I'd wind up in the Rockwells' living room. Mary would occasionally give me a pad of paper and a set of pastels, and I'd draw pictures."

(Continued on page 24)

(Continued from page 23)

After she grew up and graduated from high school, Betsy headed west, to visit a sister in Albuquerque and look for a job. "I was kind of transient, as much as I hate to use that word," she says, "and I saw a lot of the country."

While in New Mexico, she met Lonnie, who was born in Vermont and raised in Golconda. They were married shortly afterward. They've lived most of the time since then in New Mexico.

although they did a fair amount of moving around. Their oldest son, Shawn, 15, was born in St. Louis, and 10-year-old Eric was born in Harrisburg. Jeff, 23, Lonnie's son, lives not far from them in Galatia with his wife, Tamy, and their daughter, Holly. "We like having the family nearby," Betsy says, adding, "Lonnie's mother, Margarette Phillips, lives in Harrisburg, and his grandmother, Mildred Kennison, lives in Eldorado."





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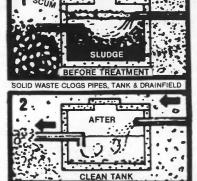
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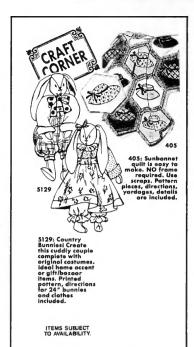


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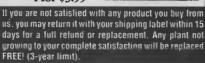
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