



NANCY MULLER ALREADY AT WORK.

POA welcomes manager

By ELAINE LASHOCK

Along with the new year came the new Lake Royale Property Owners Association Manager, Nancy Muller.

We had the opportunity to personally welcome Ms. Muller on Friday evening, Jan. 14, at a reception sponsored by the Recreation and Welcome Committees.

Nancy is a new Tar Heel, having been born and raised in Virginia and spending 47 years in Virginia Beach. After graduating from high school and attending college, she worked at various jobs until finding the right forte, property management.

During her 15 1/2 years in this field in both small and large scale associations, she has continued to take courses and attend seminars in property management to enhance her knowledge and expertise in all facets of the daily operation of the association. Nancy firmly believes in organization and prioritizing the departments in maintenance of the communities.

Nancy is a single mom with her 21-year-old daughter a junior in college studying to be an accountant. Her parents live in Chesapeake, Va.

Nancy has inspected and observed the community and finds it to be a very comforting and joyful place to reside. She feels that with the cooperation of the members, committees, volunteers, and board of directors in working closely together, will bring this

community back to its high standards of a pleasant, peace of mind living.

Nancy and the current POA office staff are working very diligently to improve and enhance the customer-owner relationship. She has been meeting with the committees and reviewing their Year 2000 plans and goals to assist her in the preparation of the budget for 2000. Nancy's goals for Lake Royale are to bring the association up to the property standards that the property owners expect and warrant.

She encourages owners and committees to correspond with her so she may be kept abreast of all activities involving the association. She looks forward to attending the social functions that the community provides for property owners and looks forward to seeing you at the functions.

Nancy is a "hands-on" person and will be inspecting concerns or complaints that are received by the POA. She will be following through with POA maintenance items to insure they have been completed and meet the guidelines or the codes set forth for the State of North Carolina. Her objectives are to guide the Board of Directors and all operational committees to stay within their guidelines set forth by the Lake Royale POA.

"Thank you for the opportunity of serving you," Muller said. "I look forward to serving the property owners in a business and professional manner."

Bridge repairs may start soon

By BEATRICE RILEY
Secretary

The monthly meeting of the POA Board was held Jan. 15. It started at 9 a.m. and lasted well into the afternoon.

We are one step closer to getting the bridge repaired. FEMA has provided the engineer with the needed information, and soil testing for load bearing weight is completed. The plans, permits, and bid packets are being prepared. Hopefully, by the end of February, you will see some construction equipment on site and work started.

At the recommendation of the Finance Committee, the board approved the purchase of some new exercise equipment for the weight room.

We have received word that Franklin County will possibly get the O.K. from the state to issue building permits on houses. If they do, it will be contingent on the county not granting an occupancy certificate until we have county water. (The Franklin Times has mentioned several target dates for when water will arrive at Lake Royale; March, May, summer 2000.)

The Recreation Committee is working diligently on plans for activities throughout this year. Be sure to check the calendar for all

upcoming events.

Jan Mickels, Jay Illingworth, and Greg Lamm have been appointed to the Nominating Committee. There are six positions open for election this year: chairman, vice-chairman, two residential and two camping board members. If you feel you can contribute to the work done by the board and have time to commit, be sure

to contact someone on this committee so that your name can be considered. Nominations will take place in April.

Another means of running for the board is to submit a petition signed by a minimum of 50 property owners in good standing. The deadline for petitions is May 16. Serving on the board can be a rewarding experience.

Petition drive begins to reduce toll charges on calls to Raleigh

By DALE DODSON

Petition signing to reduce telephone rates will start this month. We are hoping to reduce or eliminate long distance charges on calls made to Raleigh, Zebulon and Wake Forest.

You will see your neighbors at the gate with petitions to be signed. If you have not signed these new petitions within the last 90 days, please do so, if you think our phone rates are out of reason. This is your opportunity to voice your concern.

We will have folks at the gate

on Friday and Saturday of each week throughout February. The dates will be Feb. 4 and 5, 11 and 12, 18 and 19, and 25 and 26. We need more volunteers to work at the entrance gate. We also need volunteers to work in the town of Spring Hope.

In June, we will continue getting signatures to include the summer property owners. If you wish to sign this petition, you must list your telephone number and it must be in the (478) prefix group.

Please call Dale Dodson at 478-7709 if you can help with this project.

County lets contract to run water line from Bunn to LR

By MARGE NEWLIN

At the Jan. 3 meeting of the county commissioners, a contract was awarded to Roger Haddock, Inc of Greenville to install a water transmission main from the town of Bunn to Lake Royale.

According to county commissioner Rick Leary, as soon as the contract has been signed and materials are ordered and received,

it will take approximately 45 days of construction to complete. He is projecting a completion date near the end of March.

This line will have one master meter at a connection point within Lake Royale.

Building permits for new construction are now being issued as long as the contractor is aware that no certificate of occupancy will be granted until county wa-

ter is flowing in the Lake Royale community.

Bill Shoney, the new CEO of Johnson Properties, which owns Riviera Utilities, said that new meters will be installed at each residence in the community, but could not give a date for this to occur. He said that the first one hundred have been purchased. Further information should be forthcoming.

Updated phone book to be published soon

By CAROL WINTERS

The new Lake Royale/River phone directory will be published in the near future. The purpose of this directory is to better acquaint us with our neighbors.

Many people in our community are looking for someone to do local work for them and would prefer to hire a neighbor rather than blindly picking someone from the yellow pages. Others in our community are looking for people with like interests or hobbies.

Please take this opportunity to introduce yourself to your neighbors. Tell us about your interests or let us know if we can hire you to build a deck or pave our driveways.

The Welcoming Committee has received quite a few forms

from property owners with information they would like to have included in their listings. In addition to those who submitted a form the committee is including phone listings as they appear in the local phone books. This will allow the directory to be large enough to meet the needs of the community and also enable an early spring printing deadline.

If you prefer your listing from the local phone book *not* appear in the community phone directory or if you would like to make additions, changes or corrections please contact Carol Winters at 478-4717.

Your cooperation with this endeavor is appreciated. The Welcoming Committee members all hope this new phone directory will fill a niche in our community.



ENJOYING A FEAST — Lake Royale property owners and their families enjoy the annual Thanksgiving Feast, held on Nov. 20 at the lodge. The Property Owners Association provided the turkey, ham, and drinks, and families brought covered dishes and desserts to share with their neighbors.

Board adopts forum to hear owners

Lake Royale monthly Board of Directors meeting is changing some of the procedures to better accommodate the owners.

Meetings will begin at 10 a.m. After the meeting is called to order and opening remarks, a new Property Owners Forum will be held.

There will be a 20 minute time frame for the forum. Each person who wishes to speak will sign in, their name, area they live in, and

their concern. The board will recognize those who have signed in who have a concern to speak about, and they will have three minutes to speak. This will create a better atmosphere for the owners at the meetings and allow them to speak of their concerns and be able to leave the meeting and go on about their business for the day.

As it becomes closer to the board meeting time, the POA will

post a notice at the bulletin boards, POA office, and the lodge to remind owners of the reformatting of the Property Owners Forum.

The POA hopes the changes will better suit the community.

Community notes

By ELAINE LASHOCK

Our congratulations to:

• Marge and Glenn Causey, who recently welcomed new twin granddaughters, Elizabeth and Margaret. This is the second set

of twin grandchildren. The Causeys live at 1137 Sagamore Drive.

• Delcie and Bill Wakefield of 959 Sagamore Drive who welcomed a new granddaughter, Allison Wagner Wakefield, on Jan. 18.

Our prayers are sent to:

The friends and family of Mrs. Ann Montague. She will be missed. She has recently joined the board of directors.

Our thoughts and good wishes to:

All those who have been sick with the flu, pneumonia, and colds. We hope you get well soon.

Look for something new in next Reporter

By ELAINE LASHOCK

Starting with the March issue of the Royale Reporter, we will be having a new feature on the subject of gardening in our area.

One of our property owners is a Master Gardener and will provide us with helpful information.

Anyone with a question, please write it up and bring or send it to the POA office. Look for the answer in a future issue.

Unlike the "Frankly Speaking" section which requires your name to be published, it is unnecessary to sign your "Questions for the Gardener."

Publication Committee

Pat Belscher
Dale Dodson
Elaine Lashock
Marge Newlin
Ruth Travers

Deadline for Articles:
February 18

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- ALIGNMENT
- BRAKES
- INSPECTIONS
- COMPUTER DIAGNOSTICS

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Fifty-Plus group starts year with roast, election of officers

By DALE DODSON

On Jan. 8, we started our new year with a really super supper party in honor of Doris McLendon's birthday.

We were lucky to have a Hollywood star, Barbara Tetterton, present a cute skit, "There's A Strange Old Lady In My House." Barbara did a great job of showing us that someday we may find a strange old lady (man) in our house.

After this skit, we were treated with the roasting of Doris; we even witnessed the arrest of Doris and the payoff to the police to ensure her release.

It was a good, fun time and Doris enjoyed the gifts and roast-

ing. Thanks to the Tettertons for a great party.

Our next event was the Friday luncheon on Jan. 21. We held elections for new officers for the year 2000. They are as follows:

President: Al Newlin
 Vice President: Mitch Mitchell
 Secretary: Dale Dodson
 Treasurer: Delcie Wakefield
 Member-at-Large: Barbara Tetterton

The vote was unanimous for the entire slate.

We were very happy to have as the guest speaker, Ms. Nancy Muller, our new manager of the P.O.A.

Ms. Muller gave us a brief history of herself and also discussed new ideas she has for Lake

Royale. Thank you, Nancy, for sharing your time and ideas with us.

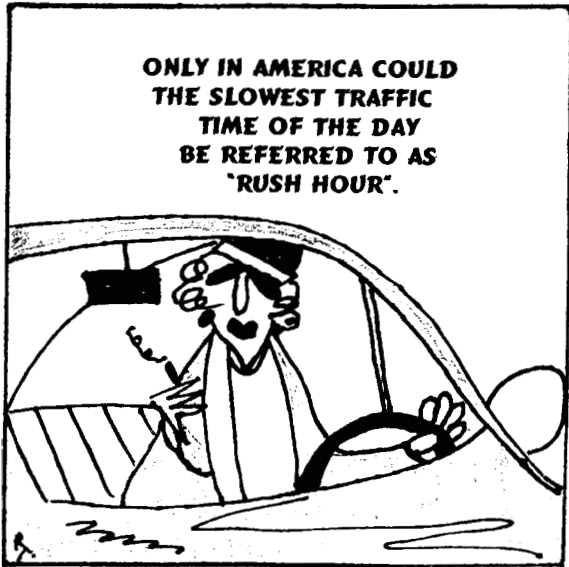
Thanks to Paul and Rita Schiller for hosting our Friday luncheon, with tables set in a half-circle in front of the cheerful fireplace. Tables were decorated with snowmen and mums.

Our next social is Saturday, Feb. 5, at 7 p.m.

NOTE: This time change is for this Saturday only due to the Red Cross use of the lodge for training sessions. This extra half hour will allow hosts time to prepare the lodge for our social.

All other Saturday socials will be at the regular time of 6:30 p.m.

On Friday, Feb. 18, we will have our luncheon at noon.



Teenagers needed to serve on teen recreation committee

By MICHELE BEASLEY

Teenagers are wanted to form a Teen Recreation Committee.

The purpose of the committee is to provide perspective and input to the Lake Royale Recreation Committee regarding recreational activities and events which are of interest to Lake Royale youth.

The Recreation Committee envisions three categories of program:

1. Recreational and social activities (casual, unstructured activities as well as planned special events).

2. Leadership and Educational Events.

3. Community Service Projects

Teens on the committee will assist with the planning of the events as well as setting up and running the event. Parents and Grandparents, we need your help to make this a success. Please volunteer to chaperone for just ONE event during the next year.

Interested teens, parents and grandparents, please attend an organizational meeting on Sunday, February 6th at 3:00 at the Lodge.

For more information call Michelle Beasley 478-4909



MARDI GRAS 2000

Saturday, March 11th
8:00pm - 12:00am
"Bourbon Street" Lodge

Advance tickets \$5.00 available at POA Office
Tickets at the door \$6.00
ADULT ONLY EVENT

VOLUNTEER

Volunteering is a self satisfying way to meet new friends, impart knowledge, build community, accomplish, and make Lake Royale an even better place to play, visit, and live.

Experience the fun of volunteering for the POA. There are many opportunities available for all your skills and limited time. To volunteer your help in one of the following areas, please call the POA office at 478-4121:

Beautification Workdays, Community Watch, Emergency Operations, Mass Mailings, Recreation Events, Recreation Planning, Committees, Lake Water Testing, American Red Cross Shelter, Annual Meeting.

State passes new watercraft law

By DALE DODSON

At the Fifty Plus meeting on Dec. 17, the group was informed by Charles Schafer, North Carolina Wildlife officer, of the new law governing watercraft use on North Carolina lakes.

This law will be very helpful to property owners by providing them a possible means for controlling unruly use of watercraft by underaged persons. Please study this and if you see violations, call and make a report.

If enough calls are made, the North Carolina Wildlife Officers will start checking for violations more frequently. Hopefully any future violations will be become minimal to non existent. The number to call on violations is 1-800-622-7137.

Following is the text of the new law:

THE GENERAL ASSEMBLY OF NORTH CAROLINA ENACTS:

Section 1. G.S. 75A-13.3 reads as rewritten:

"S 75A-13.3 Personal watercraft:

(a) No person shall operate a personal watercraft on the waters of this state at any time between sunset and sunrise. For purposes of this section, "personal watercraft" means a small vessel which uses an outboard or propeller-driven motor, or an inboard motor powering a water jet pump, as its primary source of motive power and which is designed to be operated by a person sitting, standing, or kneeling on, or being towed behind the vessel, rather than in the conventional manner of sitting or standing inside the vessel.

(b) Except as otherwise provided in this subsection, no person under 16 years of age shall operate a personal watercraft on the waters of this state, and it is unlawful for the owner of a personal watercraft or a person who has temporary or permanent responsibility for a person under the age of 16 to knowingly allow that person to operate a personal watercraft. A person of at least 12 years of age but under 16 years of age may operate a personal watercraft on the waters of this state if: (1) The person is accompanied by a person of at least 18 years of age who physically occupies the watercraft; or (2) The person (i) possesses on his or her person while operating the watercraft, identification showing proof of age and a boater safety

certification card issued by the Wildlife Resources Commission or proof of other satisfactory completion of a boating safety education course approved by the National Association of State Boating law Administration (NASBLA), and (ii) produces that identification and certification card upon the request of an officer of the Wildlife Resources Commission or local law enforcement agency.

(c) No livery shall lease, hire, or rent a personal watercraft to or for operation by a person under 16 years of age, except as provided in subsection (b) of this section.

(c1) It shall be unlawful for any person, firm, or corporation to engage in the business of renting personal watercraft to the public for operation by the rentee unless such person, firm, or corporation has secured insurance for his own liability and that of his rentee, in such an amount as is hereinafter provided, from an insurance company duly authorized to sell liability insurance in this State. Each such personal watercraft rented must be covered by a policy of liability insurance insuring the owner and rentee and their agents and employees while in the performance of their duties against loss from any liability imposed by law for damages including damages for care and loss of services because of bodily injury to or death of any person and injury to or destruction of property caused by accident arising out of the operation of such personal watercraft, subject to the following minimum limits: three hun-

dred thousand dollars (\$300,000) per occurrence.

(d) No person shall operate a personal watercraft on the waters of this State, nor shall the owner of a personal watercraft knowingly allow another person to operate that personal watercraft on the waters of this State, unless:

(1) Each person riding on or being towed behind such vessel is wearing a type I, type II, type III, or type V personal flotation device approved by the United States Coast Guard. Inflatable personal flotation devices do not satisfy this requirement: and

(2) In the case of a personal watercraft equipped by the manufacturer with a lanyard-type engine cut-off switch, the lanyard is securely attached to the person, clothing, or flotation device of the operator at all times while the personal watercraft is being operated in such a manner to turn off the engine if the operator dismounts while the watercraft is in operation.

(d) No person shall operate a personal watercraft towing another person on water skis or other devices unless: (1) The personal watercraft has on board, in addition to the operator, an observer who shall monitor the progress of the person or persons being towed, or the personal watercraft is equipped with a rear view mirror; and (2) The total number of persons operating, observing and being towed does not exceed the number of passengers identified by the manufacturer as the maximum safe load for the vessel.

(e) A personal watercraft must at all times be operated in a rea-

sonable and prudent manner. Maneuvers that endanger life, limb, or property shall constitute reckless operation of a vessel as provided in G.S. 75A-10 and include: (1) Unreasonably or unnecessarily weaving through congested vessel traffic; (2) Jumping the wake of another vessel within 100 feet of such other vessel or when visibility around such other vessel is obstructed; and (3) Intentionally approaching another vessel in order to swerve at the last possible moment to avoid collision; (4) Operating at greater than no wake speed within 100 feet of an anchored or moored vessel, the shoreline, a dock, pier, swim float, marked swimming area, swimmers, surfers, persons engaged in angling, or any manually operated propelled vessel; and (5) Operating contrary to the "rules of the road" or following too closely to another vessel, including another personal watercraft. For purposes of this subdivision, "following too closely" means proceeding in the same direction and operating at a speed in excess of 10 miles per hour when approaching within 100 feet to the rear or 50 feet to the side of another vessel that is underway unless that vessel is operating in a narrow channel, in which case a personal watercraft may operate at the speed and flow of other vessel traffic.

(f) The provisions of this section do not apply to a performer engaged in a professional exhibition, a person or persons engaged in an activity authorized under G.S. 75A-14, or a person attempting to rescue another person who

is in danger of losing life or limb.

(h) Nothing in this section prohibits units of local government, marine commissions, or local wake authorities from regulating personal watercraft pursuant to the provisions of G.S. 160A-176.2 or any other law authorizing such regulation, provided that the regulations are more restrictive than the provisions of this section or regulate aspects of personal watercraft operation that are not covered by this section. Whenever a unit of local government, marine commission, or local wake authority regulates personal watercraft pursuant to this subsection, it shall conspicuously post signs that are reasonably calculated to provide notice to personal watercraft users of the stricter regulations."

Section: 2. G.S. 75A-18 is amended by adding a new subsection to read:

"(c1) Any boat livery that fails to carry liability insurance in violation of G.S. 75A-13.3(c1) shall be guilty of a Class 2 misdemeanor and shall only be subject to a fine not to exceed one thousand dollars (\$1,000)."

Section 3. G.S. 75A-13.2 is repealed.

Section 4. This act becomes effective December 1, 1999, and applies to acts committed on or after that date. In the general assembly read three times and ratified this the 20th day of July 1999.

signed/ Dennis A. Wicker
(President of NC Senate)

James B. Black (Speaker of NC House of Representatives)

James B. Hunt, Jr. (Governor of the State of North Carolina)

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County board honors Floyd volunteers

A Resolution of Appreciation was awarded to the volunteers of Lake Royale by the Franklin County Board of Commissioners for services rendered during the disaster of Hurricane Floyd, Sept. 15, 1999.

"I would like to take this opportunity to thank all the volunteers here at Lake Royale for their assistance," said Mary Lou Illingworth, Franklin County representative of the American Red Cross at Lake Royale. "The list of volunteers is long indeed. Many people made themselves

available for very long hours and through a lot of adversity and it was appreciated."

The Franklin County Disaster Action team (DAT) of the American Red Cross, which consists of George Franke, Dick Maryman, Marge Reilly, T.J. Todd, Barbara

and Bill Wallace, and Jay and Mary Lou Illingworth responded to approximately 20 calls here in Franklin County of Floyd flood-damaged homes.

The team gave the families immediate assistance and referred them for further assistance. The team responded for many weeks following the flood.

The full text of the resolution reads:

"Whereas, the dawning of September 15, 1999, brought a serious threat to citizens and property of Franklin County as Hurricane Floyd was forecast to impact this area; and

"Whereas, emergency professionals, human services agency personnel, other organizations and individual volunteers accelerated preparations to enable the County to withstand the storm's fury; and

"Whereas, the efforts of these individuals culminated in the County being in a high level of preparedness and the provision of safe haven to those citizens in

need; and

"Whereas, these efforts were undertaken by individuals without regard for future recognition, reward or appreciation; their only concern being to help their fellow man deal with and recover from any adversity that might result from the storm; and

"Whereas, it is the sense of the Franklin County Board of Commissioners that citizens would like to express heartfelt gratitude to those who were poised to give of themselves to help others;

"Now, therefore, be it unanimously resolved, that the Franklin County Board of Commissioners, on behalf of all the County's residents, does hereby commend and thank each and every individual who was involved in efforts to aid and support others during this time of adversity.

"Franklin County Board of Commissioners (signed by chairman James T. Moss and Jean Gordon, board clerk.)"

Building Committee improves procedure for building permits

As a result of customer feedback, the Building Committee has developed a proposed solution to improve the process for obtaining a Lake Royale building permit.

The improvements consist of a self-directed application checklist and supporting documents such as a permit fee matrix, plot plan drawings examples, and camping and residential forms. In addition, the new process provides the property owner the ability to obtain a building permit without attending a building committee meeting.

The improvements have been extensively reviewed by the Building Committee. This process is now in effect and it will be monitored to ensure that the committee objectives are achieved.

The following is an overview of the building permit process.

1: The property owner applicant will contact the POA office, 252-478-4121, to request a building permit.

2: The POA office, along with the applicant, will complete the pre-registration information and determine the correct forms to be mailed to the applicant.

3: The POA office will mail the agreed-upon forms to the applicant. The applicant will answer and complete the self-directed forms.

5: The applicant will return the completed forms, plans, applicable permits, and the appropriate fees to the POA office.

6: The POA office will con-

tact the applicant to set up an appointment to attend a Building Committee meeting, if requested.

7: The Building Committee will review the applicant's packet on the 2nd and 4th Tuesday of the month for compliance.

8: The Building Committee will notify the applicant of the results of their review via the POA office.

The building committee's objective is to be customer focused, therefore, we believe that we should understand current and future needs of all property owners, meet their requirements, and strive to exceed their expectations.

Rental Properties

All property owners who rent their property must register the names and addresses of their renters with the POA Office

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ALL
PROPERTY
OWNERS



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Do you know your street address?

By MARGE NEWLIN

One of the most confusing and ambiguous problems facing Lake Royale residents is the difficulty in knowing and displaying the correct address on properties.

A lot number is assigned property for use by county officials for tax and realty purposes. In 1996 an ordinance was established in Franklin County to provide a uniform system of street addresses for all properties. This resulted in every lot being assigned a number and a road name, which is the one that *must* be displayed.

These numbers, unlike the lot numbers, are in sequential order, allowing emergency and delivery vehicles the ability to find a given property.

Many older homes and unoccupied properties still display the lot numbers and this creates con-

fusion. If you, or someone in your neighborhood, is still displaying lot numbers and not the correct street address, please correct and remove it immediately. In addition, full time residents have a mailing address, which is the post office box, and has no relation to finding our location physically at our residence

The following is taken from the Franklin County ordinance adopted on April 15, 1996:

"Section V. Display of Road Address Numbers

"Road address numbers must be posted by the owner and must be clearly displayed so that the location can be identified easily from the road.

"(1) The official address number must be displayed on the front of a building or at the entrance to a building which is most clearly visible from the street or road during both day and night.

"(2) If a building is more than seventy-five (75) feet from any road measured from the center of the road, the address number shall be displayed at the end of the driveway or easement nearest the road which provides access to the building. Said numbers shall be at least three (3) inches in height and one-half inch in width.

"(3) Numerals indicating the address number of a single family dwelling shall be at least three (3) inches in height and shall be posted and maintained so as to be legible from the road.

"Section VI. Enforcement

"(a) No building permit shall be issued until an official building number has been assigned for a lot.

"(b) No final inspection shall be released until a building number is displayed in accordance with this article.

"(c) ... (Note: refers to mobile

homes — not applicable to Lake Royale property.)

"After the effective date of this article, any person, firm or agent thereof who intentionally violates this article shall be guilty of a misdemeanor, for the conviction of which, the maximum penalty

shall be a fine of up to \$500 or 30 days in jail."

If you do not know your correct street address, please contact the POA at 478-4121 for that information. Remember, *the lot number is not the street address and should not be visibly posted!*

Facilities available for rent

Are you in need of the Lodge, Pavilion, or shelter for a party, picnic, or a wedding? Any of these facilities are available to rent for a fee from the Lake Royale Property Owners Association. Private organizations may rent up to three months in advance.

For more information on dates, prices, and for application forms, please call the POA office at 478-4121.

Health Tip for the Month

By Ruth Travers, RN, CHTP

10 Foods You Should Never Eat!

1 Quaker 100% Natural Oats & Honey Granola.

Does Mother Nature want you eating half a cup of oats coated with three teaspoons of sugar and laden with more artery-clogging fat than you'd get in a McDonald's hamburger? No doubt she'd prefer you eat low-fat, low-sugar, whole grain cereals like Grape-Nuts, Wheaties, shredded wheat, or Weatibit. If you're stuck on granola (and sugar), at least choose a product like Healthy Choice Low Fat Granola, Nature Valley Low Fat Fruit Granola, or Quaker 100% Natural Low Fat Granola with Raisins.

2 Gwaltney Great Dogs Chicken Franks.

Do you think "chicken" or "turkey" on the label means less fat in the frank? Not necessarily. Compares like Gwaltney and Mr. Turkey make chicken or turkey dogs with 10 or 11 grams of fat each. But most hotdog manufacturers now offer pork, beef, turkey, or soy franks with zero to 2 1/2 grams of fat. Now if they would only cut the salt. (Yves Fat Free Veggie Wieners have the least sodium.)

3 Entenmann's Rich Frosted Donut (Variety Pack size).

How can one doughnut have as much artery-clogging saturated and trans fat (10 grams) as nine strips of bacon? That's what happens when you completely cover a doughnut in chocolate. Try Entenmann's Light Donuts instead. With anywhere from six to nine grams of fat per doughnut, they're not low fat. But if you've got to have a doughnut, they're a lot better than the regular version.

4 Nissin Cup Noodles with Sriracha.

What could be wrong with a cup of steaming hot, high carbohydrate noodles? Let's just say you'd be better off with a one-ounce bag of 14-on-so potato chips. That's because, like the chips, the noodles are pre-fried and salted. And Nissin compounds the problem by frying in artery-clogging palm oil and dumping on 6 times more sodium (1,070 mg) than the chips contain. Try Fantastic Foods Chicken Free Ramen Noodles instead.

5 Frito-Lay's Wow! Potato Chips.

These chips, like Fat Free Pringles, are fried in Olefin (olestra), the indigestible fat substitute. Olefin doesn't provide any calories, but in many people causes gastrointestinal symptoms — some people have suffered such severe cramps or diarrhea that they had to go to the emergency room. Olefin also prevents the body's absorption of carotenoids. These products won't do much to help you lose weight or reduce your risk of heart attack, but they might cause you a lot of misery. Instead buy baked potato or tortilla chips.

6 Oscar Mayer Lunchables.

It would be hard to invent a worse food than these combos of heavily processed meat, artery-clogging cheese, and mostly-white-flour crackers. The regular line averages 4 teaspoons of fat and 1,790 mg of sodium. And the Lean Turkey Breast and Cheddar cheese on 8 half-dollar-sized "wheat" crackers has as much saturated fat as a couple of pork chops. The Fun Packs and Pizza and Taco Bell kits are almost as bad. As for Oscar Mayer's Low Fat and Reduced Fat Lunchables, they may have about half the fat of regular Lunchables, but they're still a junk food. Instead, try 8 Reduced Fat Triscuits (they're whole wheat) and 2 slices of any Healthy Choice Cold Cuts.

7 Burger King French Fries.

Burger King makes the worst french fries you can buy at a fast food restaurant. Thanks to the salty coating that allows more oil to be absorbed, a King Size order of their fries packs 600 calories and 30 grams of fat — 12 of them saturated. A super size order of McDonald's fries has 26 grams of fat — 4 1/2 of them saturated. Both are fried in trans-laden shortening, which boosts the sat fat numbers even higher. To top it all off, BK's fries have a whopping 1,110 milligrams of sodium (McDonald's has 350 mg).

8 Campbell's red-and-white-label soups.

They're brimming with salt. Half a can averages more than 1,100 mg of sodium. That's about half your ideal quota for an entire day. Try brands like Healthy Choice and Campbell's Healthy Request, which have less than half as much sodium as Campbell's regular soups. You can also check out lower-sodium dried soup cups by Dr. McDougall's, Fantastic Foods, or Health Valley.

9 Bugles.

Snack foods like potato chips, tortilla chips, and pre-popped popcorn aren't members of the Nutrition Hall of Fame, but they're superstars compared to Bugles. What's so bad about Bugles? The highly saturated coconut oil that General Mills fries them in — oil that's about twice as saturated as lard. (Chips are usually fried in corn, soy, or canola oils.) One serving (just over a cup) of these fried wonders will give you 40% of a day's saturated fat. If you're looking for a low fat corn snack, give Baked Bugles a shot, or try low-fat tortilla chips made by Tostitos or Guiltless Gourmet.

10 Contadina Alfredo Sauce.

Why not melt a third of a stick of butter on your pasta? You might as well if you fall for Contadina's refrigerated Alfredo. On the other hand, you could choose Cascio Spicy Red Pepper, Tomato & Basil, or Roasted Garlic, or any sauces from Healthy Choice or Ragù Light instead. All are lower in everything but taste.



Ten Super Foods You Should Eat!

1 Sweet Potatoes.

A nutritional All Star — one of the most nutritious vegetables you can eat. — They're loaded with carotenoids, vitamin C, potassium, and fiber.

6 Cantaloupe.

A quarter of a delicious melon supplies almost as much vitamin A and C as most people need in an entire day.

2 Whole-Grain Bread.

It's higher in fiber and about a dozen vitamins and minerals than enriched white bread or "wheat" bread.

7 Spinach & Kale.

Loaded with vitamin C, carotenoids, calcium, and fiber.

3 Broccoli.

Lots of vitamin C, carotenoids, and folic acid.

8 Oranges.

Great-tasting and rich in vitamin C, folic acid, and fiber.

4 Watermelon.

Excellent source of vitamin C and carotenoids — and it tastes great!

9 Oatmeal.

Plain, old-fashioned whole-grain oatmeal is inexpensive and has no added sugar or added fat.

5 Beans.

Inexpensive, low in fat, and rich in protein, iron, folic acid, and fiber. — Choose garbanzo, pinto, black, Navy, kidney, or lentils.

10 Fat-free or 1% Fat Milk (but not 2%).

Excellent source of calcium, vitamins, and protein, with little or no artery-clogging fat and cholesterol.



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3. Motion sensor detects any interior movement.
4. Alarm alerts intruder and residents that your sensors have been triggered.
5. Twenty-four hour monitoring for quick emergency response.

Calendar of Activities

- Feb. 2**
 - Board Workshop, 7 p.m.
- Feb. 3**
 - Children's Playgroup, 10 a.m.
 - Bridge, 1:30 p.m.
- Feb. 4**
 - Exercise, 9 a.m.
- Feb. 5**
 - Emergency Mgmt./Safety Committee, 9 a.m.
 - Red Cross (Lodge) 9 a.m.-5 p.m.
 - 50+ Social, 6:30 p.m.
- Feb. 6**
 - Covered Dish Breakfast/Worship Service, 8:30 a.m.
- Feb. 7**
 - Exercise, 9 a.m.
 - Children's Playgroup, 10 a.m.
 - Bridge, 1:30 p.m.
 - By-Laws Committee, 7 p.m.
- Feb. 8**
 - Ladies Golf, 9 a.m.
 - Building Committee, 7 p.m.
- Feb. 9**
 - Exercise, 9 a.m.
 - Welcome Committee, 7 p.m.
- Feb. 10**
 - Senior Men's Golf, 8 a.m.
 - Children's Playgroup, 10 a.m.
 - Bridge, 1:30 p.m.
- Feb. 11**
 - Exercise, 9 a.m.
- Feb. 12**
 - Finance Committee, 9 a.m.
 - Red Cross, 9 a.m.-5 p.m.
 - Dance, 9 p.m.
- Feb. 13**
 - Covered Dish Breakfast/Worship Service, 8:30 a.m.
- Feb. 14**
 - Exercise, 9 a.m.
 - Children's Playgroup, 10 a.m.
 - Bridge, 1:30 p.m.
- Feb. 15**
 - Ladies Golf, 9 a.m.
 - Beautification Committee, 6:30 p.m.
- Feb. 16**
 - Exercise, 9 a.m.
- Feb. 17**
 - Senior Men's' Golf, 8 a.m.
 - Children's Playgroup, 10 a.m.
 - Bridge, 1:30 p.m.
 - AmVets (Police Office), 7 p.m.
- Feb. 18**
 - Exercise, 9 a.m.
 - 50+ Social, noon
- Feb. 19**
 - Board of Directors, 10 a.m.
 - Teen Rec. Committee, 10 a.m.
- Feb. 20**
 - Steak Night (reservations required), 6 p.m.
- Feb. 21**
 - Covered Dish Breakfast/Worship Service, 8:30 a.m.
 - Children's Playgroup, 10 a.m.
 - Bridge, 1:30 p.m.
 - Recreation Committee, 7:15 p.m.
- Feb. 22**
 - Ladies Golf, 9 a.m.
 - Building Committee, 7 p.m.
- Feb. 23**
 - Exercise, 9 a.m.
 - Coffee with the manager (Lodge, Kitchen), 10 a.m.
- Feb. 24**
 - Children's Playgroup, 10 a.m.
 - Bridge, 1:30 p.m.
- Feb. 25**
 - Exercise, 9 a.m.
- Feb. 27**
 - Covered Dish Breakfast/Worship Service, 8:30 a.m.
- Feb. 28**
 - Exercise, 9 a.m.
 - Children's Playgroup, 10 a.m.
 - Bridge, 1:30 p.m.
- Feb. 29**
 - Ladies Golf, 9 a.m.

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