



Officers to be elected at membership meeting

By BEATRICE RILEY
Secretary

Each July, on the third Saturday, there is a Membership Meeting at which the business of the Association is reported. This year the Annual Membership Meeting will be held on July 15.

More important than reports, the membership of the Board of Directors is elected. The Board is made up of 12 voting members, plus one alternate, the Vice Chair, who acts and votes only in the absence of the Chair.

The term of office for the Chairman and Vice Chair is one year. The remainder of the Board is made up of five representatives from the camping sector and five representatives for the residential sector. The term of office for these members is three years and they are chosen on a rotating basis. In addition there is a representative from Carriage Manor, who is appointed by their association.

The President, Vice President, Secretary, and Treasurer are not named by the association membership, but are chosen by the board members themselves, immediately following the conclusion of the annual membership meeting.

This year there will be six positions on the ballots. They are Chairman, Vice Chairman, two camping reps, and two residential reps. If you feel you have an area of expertise or experience that would be an asset to the association and have the time to devote, please run for a seat on the Board. Our association is a million-dollar business and needs a good, intelligent, and well rounded Board of Directors to oversee its management and set policy.

The Board regularly convenes once a month. It holds a workshop monthly, and occasionally convenes for special called meetings, when issues arise that need a decision and cannot wait for the regular monthly meeting. In addition, as a board member, you should plan to accept appointment to one of the committees of the board (finance, building) or take on tasks as assigned by the President or board.

If you are interested in becoming a member of the board, you must be 18 years of age or older and a member in good standing.

First, submit your resume or a petition to a member of the Nominating Committee — Jay Illingworth, Jan Mickel, Greg Lamm, or to one of the current board members. The Nominating Committee will be submitting its recommendations to the board for the six open seats.

The board, in turn, based on the recommendations of the committee, will nominate a slate of officers sometime in March. Our By-Laws call for nominations not less than 120 days prior to the Annual Membership Meeting.

Additional names will appear on the ballot by way of petition. You may present a petition to run for either Chairman, Vice Chairman, camping rep or residential rep and signed by a minimum of 50 members in good standing and eligible to vote. If a couple own one lot on which their dues are paid, that couple is entitled to one vote — hence only one of them should sign your petition.

(Continued on Page 2)

Snow puts strain on POA finances

By BEATRICE RILEY
Secretary

The winter storm in January caused another financial strain on our budget. We apologize for not being able to get the major streets plowed immediately, however, it took us some time to locate a contractor able to do the job.

With the plowing that was done and the sand and salt dispensed, it cost the POA nearly \$4,000. Some funds are budgeted for such emergencies, but the unusual amount of snow and ice depleted that fund and more.

Also a great number of potholes have developed, so our maintenance department has added road repairs to its ongoing list of projects. As if that weren't bad enough, three POA vehicles were disabled due to use on the icy roads. Two have been repaired, but one of the maintenance trucks appears to be beyond fixing.

You will be getting a copy of our budget with the billing for your dues. The board has approved a dues amount of \$278.96 for this year.

In the February issue of the Royale Reporter, there was an error regarding the dates for nominations and petitions.

Nominations must be made by the Board for the upcoming election by March 17. That means a special called board meeting will be needed in March, as the Regular meeting would be on March

18. The deadline for petitions is April 15.

Danger to pedestrians from loose dogs has been an ongoing problem for years. Finally our police department has located a school where the officers can get training and certification for use of tranquilizer guns. Let's hope this method of animal control will ease the situation.

If you have dogs that are not being restrained, you should best consider using some form of restraint from now on. I understand the fine for recovery of animals from the pound is sizeable.

Be sure to make reservations for the Mardi Gras being planned by the recreation committee. Last year's Mardi Gras was loads of fun, so don't miss the Y2K party scheduled for March 11.

The next time you are at the

lodge, be sure to go out on the patio. Beautification has purchased two lovely concrete tables with benches, which have been placed there for everyone's enjoyment. They have plans to spruce up the interior as well as landscape the exterior this spring and summer.

Thanks to all you hard-working volunteers.

The Welcome Committee has been hard at work preparing for the publication of a booklet crammed with information vital for newcomers. They hope to have it published in April.

They have also established a web site to dispense critical information. The address is lakeroyale.tripod.com.

Get involved. Run for office. Join a committee. Make Lake Royale the great place it can be.

Square dance class formed

By BARBARA C. BRETON

Every Friday night at 7 p.m. in the Lodge you can enjoy an evening of fun and fellowship.

We are privileged to have Walter and Alto Woodard from Spring Hope, who come to teach us to square dance.

They were formerly members of the Rocky Mount Twirlers Square Dance Club. We are also blessed to have Gladys Cone of Spring Hope who comes to teach Line Dancing. Slow dancing is also offered as an extra.

The present class was formed in January of this year. Membership for that group ended in February.

They will continue for three months and then another group will form. This enables each class to learn the basics, and then go on to more advanced skills.

Come and watch to decide if you would like to participate. Experienced dancers are always welcomed. So come enjoy the fun, fellowship, and refreshments. We look forward to seeing you on Friday night.

Board member dies Jan. 31

By ELAINE LASHOCK

Long time Lake Royale resident Mrs. Ann Eaton Montague, a POA board member, passed away on Jan. 31.

Many hundreds of friends and relatives gathered together Friday evening, Feb. 4, at the Bunn Middle School to offer tributes and reminiscent remarks honoring the memory of Mrs. Montague.

Funeral services were held at Wakefield Baptist Church in Zebulon on Feb. 5.

Survivors are her husband, Julius; a son, DeMario; her mother, Mrs. Rosanell Eaton; sister, Armenta Eaton; and brother, Rev. Jesse Eaton. (Armenta was a former POA Office Manager for years and very active with the Relay for Life fund raising campaign.)

Ann had been one of the new

members joining the Board of Directors in July, 1999, representing Carriage Manor.

She was a Student Assistance Program Coordinator and Substance Abuse Counselor for Franklin County Schools and was involved with many church and civic groups.

Lake Royale property owners extend sympathy, prayers and support for the Montague and Eaton Families.

Manager's corner

By **NANCY MULLER**
General Manager

The end of the day for school students is a great time to play and unwind with your classmates as you walk home from school.

However, the association needs to remind the children, teenagers, and parents of Lake Royale that while the students are entering Lake Royale at the main entrance they need to be cautious of ongoing traffic entering and leaving the property.

When children or teenagers have the need for a drink at the drink machines that are provided at the front of the property, we encourage all parents to remind your children that this is a very heavy traffic area for vehicles to pick up their mail, newspaper, etc.

The bottom line: make sure your children are attentive to their surroundings.

All children do not need to play near the roads. Please walk on the shoulders as you go home, not in the middle of the street, and most important please do not run back and forth across the road. Many of the roads have curves and hills and the person walking the street cannot be seen from a distance. There may not be time for a vehicle to stop to avoid hitting someone.

We also ask that all vehicular drivers observe the speed limit at all times. When you have the need for a drink at the ice machine building at the front of the property, please be careful of vehicles picking up their mail and newspapers from this area.

The association wants to thank the parents for their patience and understanding during the recent snow storm in having to either take their children to school or bring them to the main entrance to ride their scheduled bus.

Who am I?

In my awakening each morning I have noticed a large rash has surfaced on my layers of skin and the rash comes in all sizes,

shapes, colors, and smells.

People have tried to use methods to cover the rash up, but it reappears in a few days again.

When people see me in this state they have a very bad opinion of me. They talk bad about me and do not care to help. They would rather look the other way, have no time, or say it is not my responsibility, let someone else take care of it.

I look forward to people having respect for me. I make them look good every day when they leave their home to go to work and I embrace them in the dark when they return from work.

I would like for people in Lake Royale to adopt a part of me and work together to keep me fit.

By the way if you have a large or small appliance, tree debris, batteries, tires, etc. that needs to be disposed of, please take these items to the Franklin County Landfill on Timberlake Road. It is located near the D&J Motors and the Hon Furniture Company, on the left hand side. Hours of operation are 7 a.m. to 6:30 p.m. This would greatly be appreciated and lessen my load and improve my appearance.

Regular trash can be deposited in the large dump site containers that are located on the property.

Is anyone interested in helping? Please call the LRPOA office, 478-4121, if you know who I am and you would like to adopt a part of me.

Old Appliances. We'll pick up your old discarded appliances for a minimal fee. 478-4319

Welcome Committee helps newcomers to feel at home

By **CHERYL PITTMAN**

The Welcome Committee is the newest in our community and is making great strides to make new residents feel at home and make their adjustments to this area as smooth as possible.

There will be a packet of local information compiled of such things as maps of surrounding

area, maps of the lake, information on such things as local voter registration, EMC forms, club and committee activities in our community, church, school, medical listings, adverse weather emergency numbers and much more.

The most exciting is our directory which will be phone listings for all our neighbors, listings, for businesses within our

community and advertising for local businesses that can help all of us function day to day.

We have many talented and useful people and I for one would like to see our neighbors and businesses benefit and thrive within our community. There are plumbers, electricians, building contractors, realtors, landscaping, auto repair, just to name a few.

Lake Royale now has a web site which will contain all this information and more very soon. Our newest committee member, Jeannie Thompson, established this for us and is energetic and full of good ideas. We appreciate anyone who is willing to volunteer their time, ideas, and hard work to making our community a better place to live and raise our children. Please feel free to contact us for more information.

Log on lakeroyale.tripod.com or call Cheryl Pittman, 478-2809, or Michelle Beasley, 478-4909.

Officers to be elected in July

(Continued from Page 1)

Each page of the petition should be headed by your name, the position for which you wish to run followed by columns showing the printed name of the member, their signature, and their lot number. We recommend that you acquire more than 50 signatures, in the event there are signatures which are disqualified.

Our By-Laws state that these petitions must be received by the Secretary of the Association not less than 90 days prior to the annual meeting. That date would be April 16, but as it falls on Palm Sunday and I may very well not

be available to receive your petition on that day, I recommend that you turn in your petition at the board meeting on Saturday, April 15, if not before.

Had you submitted a petition earlier to the Nominating Committee and your name was not included on the board's slate, your name will be added to the ballot as a petitioner, assuming that it qualifies with the required 50 signatures of members in good standing with voting rights.

I wish each of you, who are willing to serve, success in your run for election to the Lake Royale Board of Directors.

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Marge Newlin
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Deadline for Articles:
March 18

Frankly Speaking

Take personal responsibility

Dear Editor:

I have on other occasions written to "Frankly Speaking." This time, however, I feel your word limit would take away from what needs to be said.

The subject I'd like to touch on is "Personal Responsibility," something we all tend to push to the side. We, as members of the POA of Lake Royale, seem to think the dues we pay, should get us everything our hearts desire. Not so, not by a long shot. We are still responsible for our own well being, and being prepared for emergencies.

The last 12 months have brought us everything in the book — rain, wind, floods, snow and ice. When we choose to live in private communities like ours, we must surely realize that we have to be prepared for almost anything.

We as a community, away from the convenience of the city, are prone to delays and inconveniences. So it's up to each of us

to face the facts: we need extra food, extra water, an emergency heat source, emergency power source, extra medication, and some sort of a plan of action to get help, if needed.

The \$253 doesn't cover your personal well being; that's your responsibility. To even think that in some way that the POA is to blame for your inconvenience is ludicrous. I've listened to members say they would not pay their dues because they couldn't get out of their driveway during the last storm, or would not pay if the bridge was not repaired at once. They also said they would not pay any assessment to make storms related repairs.

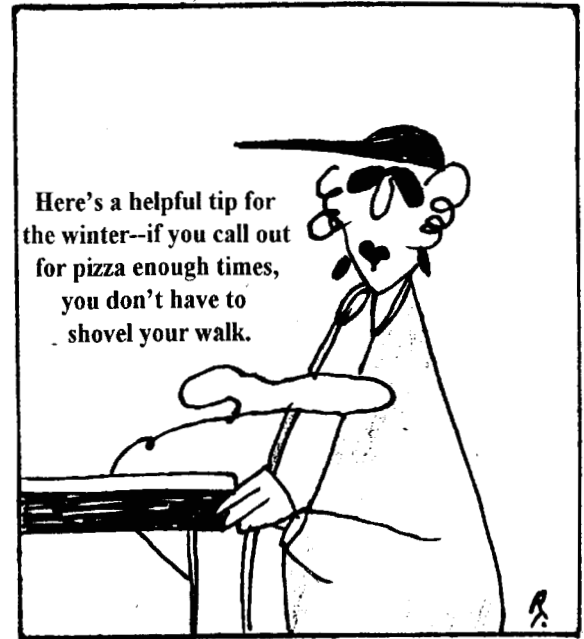
Well, this is our community and it's our responsibility to preserve it. I would much rather have a nice dinner at a restaurant than give the money for storm repair, but if you choose not to pay, you will go to court, just like everyone else that doesn't pay. Privacy comes with a cost, so if you

choose privacy, you should be willing to face the cost and sometimes the inconvenience.

It would behoove each member to read and understand the association bylaws and covenants, but start out with the charter: It gives us, as an association, the right to have bylaws and the basic provisions that they will contain. After that, read GS-801 and 55a. These documents should give you a fuller understanding of the powers of an association like we have at Lake Royale.

In closing, I for one, think \$253.60 per year is cheap for what is available for ourselves, our families, and our guests.

David D. Downey
615 R



Here's a helpful tip for the winter--if you call out for pizza enough times, you don't have to shovel your walk.

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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.

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

Eisemanns moving to Morehead City

By ELAINE LASHOCK

Some time this month two Lake Royale residents will be moving to Morehead City.

The departure of these two, Chaplain Richard and Shirley Eisemann, will create a void here at the lake that will never be filled quite the same. They had a winning combination of being extraordinarily pleasant, plus the willingness to volunteer whenever and wherever help was needed.

To top it off, it would be rare if Richard would not inject his great sense of humor, sharing jokes and antidotes with all of us.

Property owners since 1981, the Eisemanns moved to the lake

in 1992 after a long history of service to our country. Richard served in the Navy from 1944 to 1946 and as a Chaplain in the Air Force from 1961 until his discharge in 1988, many of the years on active duty.

Following the years in the Navy, Richard attended Wittenberg University in Springfield, Ohio, where he met a lovely coed who he wisely made Mrs. Eisemann on June 14, 1953.

Richard continued on with his education and received his Bachelor of Divinity from Hama School of Theology. The very first churches Rev. Eisemann served from 1955 to 1959 were in Shirley's home state of Ohio.

Richard was born in Mineola, Long Island, New York.

The Eisemanns called many places home after 1961, serving at bases in Tacoma, Wash.; Okinawa; Laredo, Tex., two different times; and locations in Germany; South Carolina; Georgia; N. E. Taiwan; Dover, Del.; Ft. Walton Beach, Fla.; and lastly at Seymour Johnson Air Force Base near Goldsboro. During the years three daughters and two sons were born and more recently two grandsons and one granddaughter have joined the family.

Music has been a large part of their lives ever since Richard received his first drum at age 5. From there it progressed to the first set of drums and then combos and bands throughout high school, college, and the Navy. Then came the big bands which Shirley also joined on the keyboard.

While living at Lake Royale, Shirley and Richard were hard working members of the Beautification Committee for over six

years with Richard serving as chairperson most of that time. They saw to it that playground equipment received fresh coats of paint, shrubs were pruned, flowers and trees planted at the entrance, and that the post office and paper box areas were kept clean. They wrote and presented reports, put together luminaries, and made sure they were in place for Christmas time lighting, helped to establish and maintain our Memorial Garden, and were instrumental in getting a bench put in by the lodge, along with many other volunteer activities.

In addition the Eisemanns were always willing to assist with the mailings to members. (One of the best times we had working at a mailing was when Shirley

brought her 90-something father along to help! He truly was a dear unforgettable man. Like father, like daughter.) The Royale-Aires lost Richard, their drummer and master of ceremonies, and Shirley, their accompanist, both members since the group was formed.

For several years Richard was chairman of the election committee for the annual POA meeting. He often opened meetings and gatherings with a prayer, especially the Amvets Post 201, the 50+ group, our steak nights and the Annual Meeting.

Thank you Shirley and Ch. E. for all you have done for Lake Royale. We wish you good health and happy days ahead in Home No. 23!

50-Plus group enjoys Valentine's Day social

By DALE DODSON

Our Feb. 5 social was a very special Valentine Dinner. The tables were placed in a heart-shaped design and decorated with cupids, candles and Valentines. Mary and Mitch Mitchell were hosts.

On Feb. 18, we had our Friday luncheon followed by an informative speaker, Dr. Gillet-Karam, president of Louisburg College.

Dr. Gillet-Karam gave us a brief history of Louisburg Col-

lege and some of her plans for the future.

New residents are welcome to come visit us. Our next meeting will be March 4, at 6:30 p.m. at the lodge. Bring a covered dish, your silver, dishes etc. and join us for dinner.

We will also have our noon luncheon on Friday, March 17.

If you know anyone who would make a good speaker or entertainment source for our group, please call Mitch Mitchell at 478-2850.

Community notes

By ELAINE LASHOCK

Our get-and-stay well wishes to:

David Downey who had some sick days in February.


Our deepest sympathy to:

• POA Board Member Vanessa Dunn for the loss of her mother, Lovie Pretty, on Feb. 9.

• POA Board Member Jeanette Beckwith for the unexpected loss of her sister, Magalene Dunn of Raleigh on Feb. 9.

Congratulations to:

The Bunn High School team and the advisors for once again winning the annual Franklin County Library High School Quiz Bowl on Feb. 12. Good luck in the regional competition.



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...NOTICE ...
as of March 16
Lakeside Family Salon
will have a new owner-stylist,
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Please come in and make her
welcome.

478-4939

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What number can you call to resolve your problems?

By RUTH TRAVERS

During the big snow I heard a lot of complaints from a lot of different people. For those of you who are fairly new residents or just don't know whom to call if something is bothering you, I'm going to give you the list of people to call for your complaints. Please call the person responsible for whatever your problem may be.

If you have a question about building anything on your property, what permits are needed, etc., call Bob Benton, Chairman of the Building Committee, 478-5102.

If you need to know something about our by-laws and covenants, call Charles Flowers, chairman, 919-266-3178.

If you have any ideas or want to help beautify our community, call Michelle Beasley, chairperson, 478-4909.

If you have a complaint about the Police or the Guards at the gate, call Ron Holloway, president of the board, either 919-217-9825 at home or 478-7914 at the Lake.

If you want to know anything about the 50Plus club and their functions, call Al Newlin, president, 478-4483.

If you have a question about any of the recreational functions, call Michelle Beasley, co-chairperson, 478-4909.

Hardy football fans enjoy Super Bowl

By LES ROBERTSON

With snow storms and icy roads, no one was certain that the Super Bowl party would have any partygoers.

Putting these doubts aside, the recreation committee met at the lodge at 10:30 a.m. Sunday morning Jan. 30. The eager group was made up of David and Michelle Beasley, Don and Linda Bosworth, Les Robertson, Greg Pittman, and Quintin Womack.

The 10' by 10' big screen TV was the best one yet, being clear and higher quality than those we have had in the past. Many dishes to share were brought by the football enthusiasts including chili, various snacks, popcorn, summer sausage, etc.

The 18 people who did attend enjoyed the game in a cozy arrangement of couches and tables. And the game was exciting to the very end! A great time was had by all.

If you have an article or an idea that you want to put in the Lake Royale Reporter, call Dale Dodson at 478-7709 or Marge Newlin at 478-4483.

Whatever you do, don't call the gate with your problems. They are there to see that the right

people come through our gate. They are not problem solvers.

Also if you have a problem or question that hasn't been addressed in this letter; please call the POA office at 478-4121 and they will direct you to the right person.

Gardening corner

By HERBALLY YOURS

Landscaping is a vital part of our communities. Plants add beauty, have a relaxing effect on us and make our community a more desirable place to live.

As in all things; gardening is an ever-changing process. These changes are essential due to many factors. Fran and Floyd dealt their blows, downed trees and many other effects. Last summer brought us drought and the recent snow and ice. What next for our plants?

At this time of writing; snow is almost gone, I am seeing a few bulbs blooming and the plants have rebounded better than one would have expected as you viewed them earlier all covered with snow and ice.

Yes, there are broken limbs to

be removed. Go ahead now and remove all broken limbs, cut back to good wood just above a point where new growth may occur. Leave other pruning for a little later.

A reminder that snow contains many elements needed by our plants. Remember the above when you go out to fertilize, use a little less fertilizer. Mother nature was kind to us with this.

If your plants are still bent over, stake them up with the three-point tie; or let sunshine and nature take care of this later hopefully.

Will leave you this month with possibly the most important new word in gardening today — Xeriscaping.

Until next month, groom your landscape and plan for good gardening spring to summer.

Third Annual Koss Festival Memorial Weekend May 27

10 a.m. to 4 p.m.

PAVILION AT BEACH II
Chuckwagon Drive

Mark your calendar!!!!

Entertainment, games, raffles, food, and also some new surprises.

All property owners and their guests are welcome. This Memorial Weekend celebration is for all. The festival was started to Kick Off the Summer Season here at Lake Royale. It is a good opportunity to meet new friends, visit with the old friends, eat and have fun.

VOLUNTEERS NEEDED: Do you have any special talents? Face painting, clowns, puppeteers, artists.

PRE-TEENS, TEENS, ADULTS, & SENIORS with a desire to help with the festival are asked to sign up at the POA Office or call Michelle Beasley.

WANTED: Hobbyists and crafters for demonstrations. Do you have a hobby or craft that you would be interested in demonstrating?

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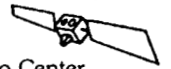
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Lake Royale Reporter Business Ad or

Classified Ad Order Form

Classified Ad - 3 1/2 x 1" space.....\$5.00 per issue
Business Card Size (2 col. x 2")
\$50.00 for 6 months (set price for 6 months)
Full Page Ad - \$125 per month - \$600 for 6 months
1/2 Page Ad - \$75 per month - \$325 for 6 months
1/4 Page Ad - \$45 per month - \$200 for 6 months

Form to Fill Out for Ad

Business Name _____

Owner's Name _____

Address _____

Phone _____

Dates Ad Running _____

Size Ad _____

Total Charge _____
(Cash or check payable to Lake Royale POA)

Deadline for each month is the 20th

Send ad and payment to: Pat Belscher, 283 Lake Royale, Louisburg, NC 27549 or call (252) 478-3147

Family planting new church in Bunn

By REV. LEO A. BRETON

Pastor Joe and Ronna Ferguson along with their two sons, Steven and Adam are being used mightily by God to plant a new church in Bunn.

If you have noticed a lot of activity at the intersection of Pearces Road and Route 98, just west of Bunn, that is God's hand at work. That old concrete block building used to be a multi-purpose building, used for many things. It's now a place of worship for the New Hope Worship Center.

They have Sunday services at 11 a.m. and 6:30 p.m. Wednesday at 7 p.m. is Bible Study for

all ages, and Thursday at 7 p.m. is prayer time. They pray for God's direction and the needs of the community. New Hope Worship Center is affiliated with the Church of God denomination.

Pastor Joe Ferguson was called to ministry while in the Raleigh Church of God. He assisted the Pastor there: teaching Adult Sunday School, leading the Christian Service Brigade, and fill-in preaching occasionally. At that same time Pastor Joe was a manager at Carolina Builders Millwork Division managing 50 people and a \$6 million a year business. He did this for eight years.

The trek to Raleigh each day

from Bunn for work and on Sundays for services gave him lots of time to spend talking to the Lord. God began to impress on Joe that the Bunn area might be a good place to start a church.

"God was dealing with me about starting a fellowship in this area," Pastor related to me.

So they started having church services in their living room at home in June 1994. They purchased a computer-controlled keyboard for the music and began saving for the church that was by God's urging to be in this area. They soon had 10-20 people in attendance.

In addition to Sunday services they started a Boy's Brigade and a Joybelle's program on Wednesday nights. Fifteen to 25 boys and girls became regular attendees to Wednesday nights.

Pastor Ferguson told me: "We prayed for a place to meet, and found the old concrete block building on the corner of Pearces Road."

The owner, June Pearce, rented it to them and allowed the necessary repairs to be made, to use the building as a place to meet and worship. The owner allowed the monies spent on repairs to go toward the rent.

March, 1996, on Palm Sunday, they had their first service there with 60 people in attendance. The following Sunday the attendance was considerably less but it was a new beginning.

June 8, 1997, the State Over-

seer from the National Church of God (Bro. Ray Sanders) came and organized them as an official Church of God with 62 charter members.

Since that time over 30 people have accepted Jesus Christ as their Savior and many have been filled with the Holy Ghost.

Today they have an average attendance of 60 people on Sundays. Wednesday nights are bubbling over with boys and girls and young people who come from around the area to learn more about God and His Son Jesus. It's an exciting time!!!

Now as you go down Pearces Road toward Route 39 from the

present location, you will see on the right (about 1/4 mile from Route 39) a 15,000 square foot building under construction. This will be the new site for the New Hope Worship Center. It sets on nearly eight acres of land, paid for by the hand of God through His people. The building should be ready for occupancy later this year and they and I are giving God the Glory for *all* of it.

Pastor Ferguson has truly been called by God to pastor this work. He and his family are seeking God's direction daily and then go forth in faith.

"For with God nothing shall be impossible" (Luke 1:37).

Health tip for the month

By RUTH TRAVERS, RN, CHTP

Osteoarthritis, a common condition once considered unavoidable, can be slowed or even prevented through natural measures.

Unlike the auto-immune disorder rheumatoid arthritis, Osteoarthritis (OA) is primarily an inflammatory condition. The joint pain, stiffness, and limited range of motion associated with OA are caused instead by mechanical stresses and by biochemical changes in the mechanisms of joint repair. Shock-absorbing cartilage in the joints, which normally fills and squeezes out lubricating synovial fluid as muscles and joints move, becomes dry and worn, causing bone to scrape on bone. Virtually everyone has signs of these changes by age 65, but not everyone progresses to the point where they experience pain. OA most often occurs in weight-bearing joints such as the knee and hips; in the spine; and frequently used hands.

To prevent the development of OA, try keeping your weight in check, get regular exercise, and learn how to use your body in ways that put less stress on your joints, especially when you exercise or when you do physical work. Because there is no cure for OA, conventional medical treatment still focuses on relieving symptoms-pain, decreased mobility, and perhaps inflammation.

The five primary recommendations for patients with OA are aimed at reducing pain, improving range of motion, and slowing down progression of the disease.

1. Lose weight. Excess weight

put stress on the joints.

2. Keep moving. Regular exercise is your best defense against OA. It helps manage weight, encourages the production and flow of joint fluid, builds strength, eases pain, increases function and range of motion, and generally improves health. Lack of activity makes a painful joint worse.

3. Take glucosamine supplements. This supplement helps to build and repair cartilage.

4. Try mind-body medicine. Visualization, self-hypnosis, breathing exercises, and mindfulness meditation can all be surprisingly effective in alleviating OA pain. The Arthritis Foundation offers an excellent six-week course designed by Stanford University that covers arthritis information, relaxation techniques, exercise, and -problem solving strategies. Call (800- 283-7800) for course location nearest you.

5. Use medicines cautiously. They can become habit forming and cause severe gastric distress in the long run.

This information was obtained from Andrew Weil's book on "Self Healing." It is in no way being prescribed for everyone to try without consulting your medical doctor first. If your doctor is interested in helping you get well, he will help you.

A Family Hair Salon For Sale. A turn-key business opportunity at Lake Royale. Asking \$2000, negotiable. Must sell by March 16. Established clientele. Call pauline at 474-4475 and leave message or Pat at 478-3147

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Other Emergencies	911
Guard House/Gate	(252) 478-3028
The Lodge	(252) 478-4355
EMS	(919) 496-5005
Swimming Pool	(252) 478-9910
The River Pro Shop	(252) 478-3832
Riviera Utilities	1-800-372-9712
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Calendar of Activities

- Mar 1**
 • Board Workshop, 7 p.m.
- Mar 2**
 • Children's Playgroup, 10 a.m.
 • Bridge, 1:30 p.m.
- Mar 3**
 • Exercise, 9 a.m.
 • Square Dancing (Lodge), 7 p.m.
- Mar 4**
 • Emergency Mgmt./Safety Com., 9 a.m.
 • 50+ Social, 6:30 p.m.
- Mar 5**
 • Covered Dish Breakfast/Worship Service, 8:30 a.m.
- Mar 6**
 • Exercise, 9 a.m.
 • Children's Playgroup, 10 a.m.
 • Bridge, 1:30 p.m.
 • Beautification Committee, 6:30 p.m.
- Mar 7**
 • Ladies Golf, 9 a.m.
- Mar 8**
 • Exercise, 9 a.m.
 • Welcome Committee, 7 p.m.
- Mar 9**
 • Senior Men's Golf, 8 a.m.
 • Children's Playgroup, 10 a.m.
 • Bridge, 1:30 p.m.
- Mar 10**
 • Exercise, 9 a.m.
 • Square Dancing (Lodge), 7 p.m.
- Mar 11**
 • Finance Committee, 9 a.m.
 • Mardi Gras Party, Lodge, 8 p.m.
- Mar 12**
 • Covered Dish Breakfast/Worship Service, 8:30 a.m.
- Mar 13**
 • Exercise, 9 a.m.
 • Children's Playgroup, 10 a.m.
 • Bridge, 1:30 p.m.
 • By-Laws Committee, POA, 7 p.m.
 • Recreation Committee, Lodge, 7:15 p.m.
- Mar 14**
 • Ladies Golf, 9 a.m.
 • Building Committee, 7 p.m.
- Mar 15**
 • Exercise, 9 a.m.
- Mar 16**
 • Senior Men's Golf, 8 a.m.
 • Children's Playgroup, 10 a.m.
 • Bridge, 1:30 p.m.
 • AmVets (Police Office), 7 p.m.
- Mar 17**
 • Exercise, 9 a.m.
 • 50+ Social, noon
 • Square Dancing (Lodge), 7 p.m.
- Mar 18**
 • Board of Directors, 10 a.m.
 • Steak Night (reservations required), 6 p.m.
- Mar 19**
 • Covered Dish Breakfast/Worship Service, 8:30 a.m.
- Mar 20**
 • Exercise, 9 a.m.
 • Children's Playgroup, 10 a.m.
 • Bridge, 1:30 p.m.
- Mar 21**
 • Ladies Golf, 9 a.m.
- Mar 22**
 • Exercise, 9 a.m.
 • Coffee with the manager (Lodge, Kitchen), 10 a.m.
- Mar 23**
 • Children's Playgroup, 10 a.m.
 • Bridge, 1:30 p.m.
- Mar 24**
 • Exercise, 9 a.m.
- Mar 26**
 • Covered Dish Breakfast/Worship Service, 8:30 a.m.
- Mar 27**
 • Exercise, 9 a.m.
 • Children's Playgroup, 10 a.m.
 • Bridge, 1:30 p.m.
- Mar 28**
 • Ladies Golf, 9 a.m.
 • Building Committee, POA, 7 p.m.
- Mar 29**
 • Exercise, 9 a.m.
- Mar 30**
 • Children's Playgroup, 10 a.m.
 • Bridge, 1:30 p.m.
- Mar 31**
 • Exercise, 9 a.m.
 • Square Dancing (Lodge), 7 p.m.

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