

CROWN CREW

FEBRUARY 1986

THE SELECT SEVEN

Acts 6:3 - "Therefore Brethern, seek out from among you seven men of good reputation,...whom we may appoint."

THE SPACE SHUTTLE CHALLENGER was to continue the exploration program that was begun with the maiden flight of the Columbia in 1981. The horrifying explosion just after launch in view of on-sight spectators and television viewers across the land was an event we knew could happen, but the achievements already accomplished by the Challenger indicated it was not likely to happen.

These exceptional men and women chose to take this flight into space and contribute the best they could offer to make this space shuttle program worthwhile and profitable. They are heroes in the true sense of the word. Christa McAuliffe said, "Once in a while, you should try a real long shot, reach out for something that might be outside your grasp. You never know what might happen."

We want to remember:

GREGORY JARVIS - Electrical Engineer, Detroit, MI - "Payload Specialist"

CHRISTA MCAULIFFE - High school Economics and History teacher, Concord, New Hampshire - "Teachernaut"

RONALD MCNAIR - Phycicist, Lake City, South Carolina - "Crew Member"

ELLISON ONIZUKA - Aerospace Engineer, Kona Coast, Hawaii - "Satellite Deployment"

JUDITH A. RESNICK - Electrical Engineer, Akron, Ohio - "Mission Specialist"

FRANCIS SCOBEE - Aviator, Yakima, Washington - "Commander"

MICHAEL J. SMITH - Aviator, Beaufort, North Carolina - "Shuttle Pilot"

VOYAGER 2 TRAVELS ON

VOYAGER 2 continues its amazing journey into space. Launched in 1977, and hardly noticed by most, it recently made news with the pictures of the planet Uranus. It is now on its way toward Neptune - arrival - 1989!

NAMM - 1986

CROWN INTERNATIONAL was in the spotlight at the National Association of Music Merchants show. That spotlight beams right into 1986 with new products and new applications to excite everyone concerned.

The CROWN CRIER is the monthly newsletter of CROWN INTERNATIONAL, Inc., 1718 W. Mishawaka Road, Elkhart, IN.

DEADLINE FOR NEXT ISSUE - FEB. 19

EDITOR.....Libby Marshall

AUDIO VIEWS

BIRTHDAYS/MILESTONES..Shelda Jensen

MILESTONES PLUS

ON THE OTHER HAND...Dave McLaughlin

PERSONNEL PARAPHERNALIA

BABY FACE.....Toni Myers

PUZZLE POWER.....June Kulp

VITAL STATISTICS

SPORTS SHORTS.....Mary Miller
.....Norma Miller
.....Rick Secor
.....Peggy Scholfield

LOVE LIFE.....Elkhart Gen. Hospital

KALORIE KORNER

TRY THIS!.....Gloria Baloy

EMPLOYEE COMMITTEE REPORT.....
..... Dave Juday

NEW EMPLOYEE PROFILES.Shelda Jensen

CONTRIBUTERS.....Clyde Moore
.....Dave Olszewski

PHOTOGRAPHY.....Don Peterson
.....Max Scholfield
.....Arline Bontrager

PUBLISHING.....Margaret Eaton

TECHNICAL ASSISTANCE...Rox Ann Hart
.....Shelda Jensen
.....Risa Wright

TYPESETTING.....Sheryl Gingerich

editorial

WE ARE ONLY AS STRONG AS OUR WEAKEST LINK.

When each part of Crown works separately we are like separate links in a chain each doing our own job, usually very well.

When there is stress, the weak link shows up easily. There is usually someone who is very ready to identify the weak department or person and say, "It was their fault" that the goal wasn't reached. "They" kept us from achieving our goal." But finding the weak link leaves us just as weak. Maybe weaker!

WE CAN BE ONLY AS STRONG AS OUR STRONGEST LINK.

Our recent success in having six new products ready for the NAMM show proves to me that people who care by supporting other departments that are stressed, enables us to be far stronger than our weakest person or department.

Neither Engineering, Marketing, Manufacturing or Sales could have done this if they had only done their own job. Time after time these last three months, one department and its people would go out of their way to help each other when it wasn't part of their work. This caused us to save days that were needed to make up for problems that we could not foresee or control.

The presentations made at our national sales meetings were interrupted several times by applause because our work was Crown quality and on time. New products, available demonstrators, literature and advertising, coordinated at a national show, was the winning combination. The orders we are receiving are the secure result. Doesn't it feel great when we succeed by helping each other?

WE DID IT - TOGETHER!

- Clyde W. Moore

audio views

FOR CROWN THE NAMM SHOW WAS ONE BIG SUCCESS! Held at the Anaheim Convention Center in California, Jan. 17 - 19, this annual National Association of Music Merchants show hosted exhibitors in related businesses from all over the world.

The Crown contingent was a large one, with approximately 15 engineers, managers, sales and marketing representatives attending. The booth was spacious and impressive with a drum set up on the left, "wired" with 7 mikes on the left half and "equipped" with 7 GLM's on the right. The inconspicuous GLM's stole the show! Shown with some musical instruments, they generated excitement and interest as a surprise new market item.

The new MT600, MT600LX, MT1200, and MT1200LX were displayed on racks on each side of an "infinity box", an arrangement of one-way mirrors which seem to display multiple MT's from every side of the unit in the box. Two 16' banners, "CROWN" and "MICRO-TECH", could be seen from all over the exhibit area.

A sales meeting for the Reps introduced them to the new products and plans. **CLAY BARCLAY** discussed the new amps and **BILL RAVENTOS** explained the mics. **JIM BEATTIE** and **JIM BUMGARDNER** presented the "Rep of the year" award to Kodo Kawamura, President of Kodo Associates, in Minneapolis, Minnesota. **MARK BRADLEY** announced the Sting endorsement. Reps' enthusiasm and product anticipation ran high and everyone involved is looking forward to the year ahead.

MARK BRADLEY's STING ENDORSEMENT POSTER, was a great attraction in the booth and had to be guarded against potential poster theft! Another nifty promotional touch was the "MICRO-TECH/CROWN" T-shirts given to truck drivers, set-up crews, and any workers involved with the exhibit.

UPBEAT DAILY carried a two-page spread on Crown products and PRO-SOUND NEWS also carried Crown advertisement. The response, respect, and orders were gratifying to the Crown exhibitors, who all worked the booth long hours to talk to the steady stream of visitors.

Congratulations to Marketing and Creative Services who put together a great promotional package and to the Product Engineers who produced the goods!

(Looking at these snapshots, one might think we made up the preceding story. Not so! This was just the beginning!)



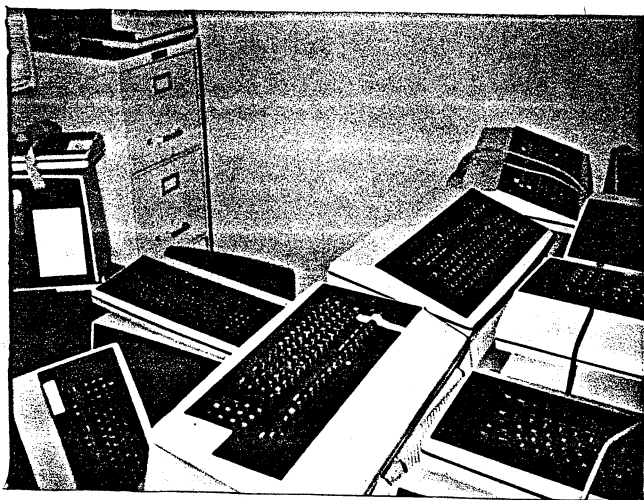
It doesn't look too hopeful, but with the moral support of **CLAY BARCLAY**, (L to R), **TONY SATARIANO** (on ladder, we think!), **JIM BUMGARDNER**, **JIM BEATTIE**, and **WALT WELDY**, it had to happen!

audio views

DALE KAUFFMAN, Customer Service Mgr., reported some statistics at a January assembly which bear repeating. The MT-1000's built since June with current circuitry have had a failure rate of less than 1%, 0.96% to be exact. This is a product sometimes used under very abusive conditions, which indicates a very reliable unit.

This rate was compared with the current rate of the DC300A-2. On units built from January 1 through the end of November 1985, this amplifier came up with an equally incredible failure rate of only 0.39%. The standard has gotten better!

As Dale says, "Hats off to every one involved!"



"Forman in formation!" - David Horst

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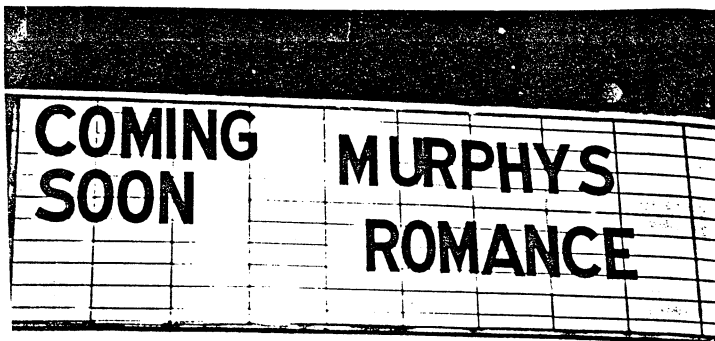
"Most regretablely perposterous!" - Kim Laffoon

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"Intensive Care Unit for the Terminally Ill." - Dave Olszewski

THE TEACHER wrote the following sentence on the blackboard and asked her pupils to paraphrase it. "He was bent on seeing her." Little Willie turned in this paraphrase: "The sight of her doubled him up."

caption contest



VALENTINES

It's fun remembering days gone by,
The valentines that made us sigh,
The box at school with bright red hearts
That held the penny cards with darts
Or homemade greetings made in haste
With lacey trims and flour paste.

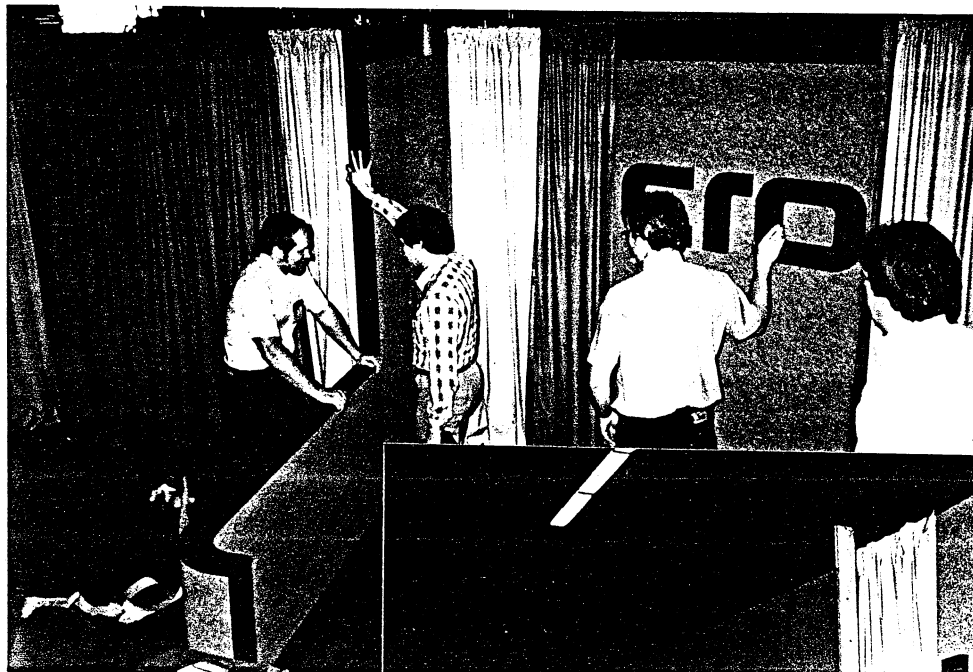
How we loved each valentine
With sentiment, "Will you be mine?"
These gems now rest in faded books,
Tucked away in storage nooks.
It's great when there is time to while
To read again these cards and smile.

We reminisce about those days
So much a part of memory's maze,
And wonder 'bout the friends of yore,
Who added to our childhood lore;
Those whose names are on the lines
Of our keepsake valentines!

- Virginia Borman Grimmer
Schereville, Indiana

--- Continued

L to R, DAVE ENGSTROM, ENOS YODER, BRUCE BARTLETT, & JIM BUMGARDNER hold up the walls!



DeFUNitions

Two fibs paralyze
 Not against 'em forum
 Place where you fish appear
 Cheaper than day rates nitrates
 Wig swapper trespasser
 Additional girls molasses
 Bad hotel violin
 Pot holders panhandlers
 Polluted swimming hole dirty pool
 Man's first wife primate
 Golf course foreground
 Unmarried pregnancy misconception
 Inferior whiskey suburban
 —Selma Glasser

THE AVERAGE EMPLOYEE spends 14.9 minutes a day making personal phone calls. On an annual basis that adds up to 62 hours—a work week and a half.

Success

birthdays



FEBRUARY

1	Beverly Laws
1	Carol McQueen
2	Nancy Brock
2	Yuriko Lavelle
2	Irma Shank
4	Bob Leininger
6	Evelyn Hostetler
6	Jerry Roach
8	Cheryl Porter
9	Ed Weidenhaft
10	Imogene Fields
12	Margaret Eaton
12	Lucy Gary
12	Cindy Swald
13	Tony Satariano
14	Mabel Healey
14	Laveta Randall
16	Marie Kasa
17	Jim Bontrager
17	Ken Bontrager
17	Don Peterson
18	Sheila Cook
20	Scott Burden
20	Teresa Miller
22	Elizabeth Pettifor
22	Max Scholfield
22	Karen Troxel
22	Mary Williams
23	Lynn Gran
25	Leora Overholser
26	Jim Braden
26	Patricia Harris
26	Carolyn Landis
27	Bill Housley
27	Beryl Moore
28	Ruby Hunsberger

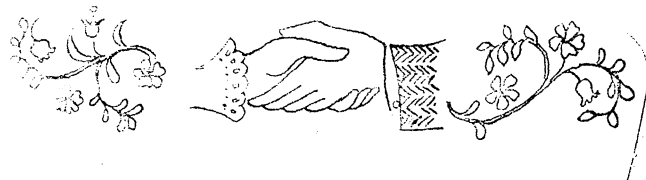
ANNOUNCEMENTS

DIET CLASSES conducted by Elkhart General Hospital, will begin Wed. Feb. 5 at 3:45 p.m. and Thurs., Feb. 6 at Noon in the Assembly Area. The total cost for each employee for the 12 weekly classes is \$25 payable by the employee at the start of classes.

milestones

FEBRUARY ANNIVERSARIES

Larry Dennison	17 years
Tom Szerencse	17 years
Steve Peer	15 years
Richard Putz	13 years
Dave Menges	13 years
Nancy Brock	13 years
Jim Putz	12 years
Steve Myers	11 years
Ruth Overhulser	10 years
Carol McQueen	7 years
Carla Lancaster	5 years
Vicki Chamberlain	4 years
Tom Sneddon	2 years
Marie Kasa	1 year
James Saylor	1 year
Kelly Guin	1 year
Sharon Westlake	1 year
Edith Poe	1 year
Larry Shank	1 year
John Mendez	1 year



LOVE: GOD'S GIFT DIVINE

By Helen Steiner Rice

Love is enduring
 And patient and kind,
 It judges all things
 With the heart not the mind,
 And love can transform
 The most commonplace
 Into beauty and splendor—
 And sweetness and grace—
 For love is unselfish,
 Giving more than it takes,
 And no matter what happens
 Love never forsakes,
 It's faithful and trusting
 And always believing,
 Guileless and honest
 And never deceiving
 Yes, love is beyond
 What man can define,
 For love is immortal
 And God's Gift is Divine!

milestones plus



Twenty years "...doesn't seem that long!" to GERALD STANLEY, Research and Resource Manager at Crown.

"In some places 20 years could be a long time. Because of the quality of people here, the emphasis on Christian principles, and the way we work together, they have been 20 good years. That is not to say we don't have disagreements, because we do, but we have a way of working things out. I have been happy to be a part of the [Crown] team."

Gerald began working with tape recorders at Crown when he was a student at Michigan State University, where he earned his Bachelor's degree. He was here during breaks and summers as a technician, draftsman, and engineer in the Engineering Department and took Crown projects with him for his lab work at school. For example while studying for his Masters Degree at the University of Michigan, he worked on the electrical circuitry package that ultimately became the DC-300.

At that time under Chief Engineer, Max Scholfield, the Engineering Dept. consisted of only four or five people. Gerald also worked as a bench technician, which was part of the Engineering responsibility then, getting the DC-300 into production.

The changes at Crown have been radical in the past twenty years. Early in

Crown's history it was a tape recorder company and the amplifiers were an accessory to that business. Some people used the amps for other purposes, however, and eventually profitability came with the manufacture of the amplifiers and the tape recorders became accessories to the business.

Looking back over these changes, Gerald suggested that the fire really brought about a profound change which was not bad. Material things were lost, but the people and the spirit of working together were not only retained but resulted in a new emphasis towards building a strong company. Gone was the old chicken coop structure but the foundation remained!

Other things were developing besides amplifiers during Gerald's student days here. Ellen Cook had also been working part time as a student, as Clarence Moore's, Edwin Moore's and Clyde's Moore's secretary at various times. She later became Mrs. Gerald Stanley. Their sons, Mark and Randy, 15 and 16, are a junior and senior, respectively, at Penn High School.

April, 1986, is actually Gerald's twentieth anniversary for full time employment here at Crown. He has made major contributions to most of Crown's electronic products since the CX series tape recorder electronics. Only the FM3 and more recent mics have not had his involvement from inception to production.

Gerald presently is responsible for five patents and four more for which he has applied. All Crown amps are covered by at least one of these patents.

As the Manager of the Research and Resource Department Gerald Stanley provides and directs a problem-solving service, in the form of hardware and software designs. Any product which demands new electronic circuitry will involve Crown's engineering research.

milestones plus



DON EGER's Crown career began Jan. 27, 1964 in the Tech Dept. assembling electronics and tape decks together and adjusting the tape head tracking to magnetic tape. When Ron Harner, the Supervisor, became Supervisor of the Transport Dept., Don became Supervisor of the Tech Dept. which later included the Wiring Dept., better known as the "Hen House". The wiring crew was made up of Bill Myers of Wakarusa and six ladies.

Engineering status came with the drafting and technical design work Don was doing with the hardware and asthetics (cosmetics) of the IC150 and DI50, in-house voltmeters, and the EQ2 (same motif also used in the PSA2, SA2 and DL2). Don did the mechanical and electrical design of the SL1 and the mechanical design of the PL1.

In 1970-71, Gerald Stanley, Verne Searer and Don were appointed a 3-man committee to run the Engineering Dept., assisting in engineering and product development. The agreements for the PZM's were reached during this time and Don worked on the development and design for the 30GP, the 6LP, the 30S and the PX-18 and PA-18 power supplies. Later he trained John Bachman to handle the mics.

Another highlight of the 1970's was the licensing agreement for the TDS ("Time Delay Spectrometry") for which Gerald Stanley did the product engineering. Don was instrumental in the licensing and marketing activities for TDS and in April, 1981 moved to the Marketing Dept. to reactivate an industrial marketing

program. One year later Howard King joined the department as Sales Manager for the Techron Division. When Chuck Gushwa came on board as Marketing Manager, the Industrial Division, Techron, with TDS and power supplies, came under Don's wing as Division Manager.

Techron now employs nine people including two Software Engineers, amplifier applications engineer and technician, Sales Manager and Sales Specialist, and two secretaries.

One of the most rewarding associations that has resulted from the TDS involvement for Don is having the privilege to know and work with Richard Heyser of Jet Propulsion Labs, a brilliant scientist in this field of electronic accoustical measurement research.

The development of the PZM was a dramatic step for Crown into the field of accoustics as well as electronics and the future possibilities are endless. Don refers to Crown's growth from electronics to strong instrumentation "futuristic". His enthusiasm and excitement for his job and Crown's future is obvious.

Looking backward he recalls the thrill and interest of personal involvement in the mission field with technicians that came to Crown to work and especially the building of the 500,000 watt transmitter for HCJB in Ecuador. He would like to see this again at Crown.

Crown was Don's first full time employer after he graduated from Valparaiso Tech. He received a BS in Business from IUSB with a major in Production Management and minor in Marketing, in 1977. He met his wife, Sylvia, at church when she was a student at Goshen College. They have a son, Tim, 9, and daughter, Heather, 7. Don feels that this is what makes it all worthwhile and what makes his job all the more pleasing, knowing they will benefit from the fruits of his labor.

on the other hand



Wash It or Trade It

- Dave McLaughlin

One of the least understood rituals in American life takes place when we set about to tidy up our road hardware. It is often believed that we wash our cars in order to keep them clean. Not true. We wash our cars as a cultural statement.

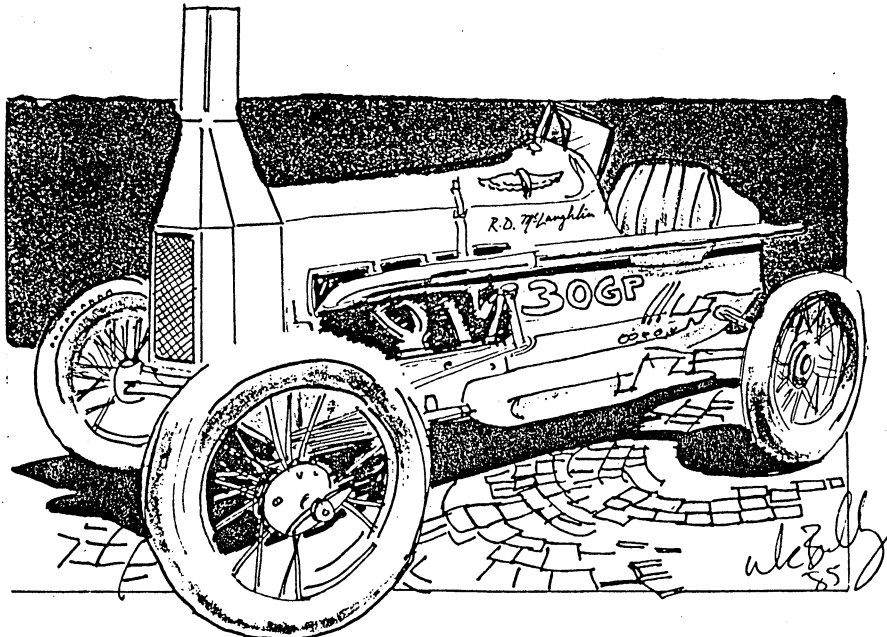
We have never been able to admit to ourselves that cars are tools - occasionally useful things to get us around. We choose our cars to express our personalities. If we have more than one personality, we need more than one car. We choose them to impress other people. We want to give the world a message about ourselves. We discuss our cars in personal terms, and treat them as if they were truly important. Never are they viewed as mere tools.

Of course, you may not recognize yourself here. I speak in broad cultural generalities. Broadly, culturally, and generally, we also buy expensive cars because they confirm our view of ourselves as successful, and we want others to share that view. Fast, sporty cars sell because we like to think of ourselves as fast, sporty people. Sometimes we buy less expensive cars than we can afford because we want other people to realize that we are humble and not ostentatious (this is more convincing than buying a Mercedes and putting a sign on the door explaining that we are humble folk and please do not be misled by the car). Buying a car more expensive than we can afford shows everyone else that we are daring and aggressive.

I myself buy rusty cars, mostly by mistake. Someone once asked me why my cars always seemed to be rusty. I inspected both of my cars, which happened to be handy, and sure enough, they were rusty.

"I donno," I confessed in some puzzlement, "They weren't that way when I got 'em. Do you suppose they got wet?"

The person who had asked the question shook his head and walked away. I am afraid he thought I might be getting a little rusty myself, just because of my cars.



I probably do not wash my cars as often as a lot of people do. As long as I can still guess the original color three out of four times, I figure it's clean enough for an overpriced, deteriorating machine that has to work in a lot of dirt. And the stickier the seats get, the less I have to worry about my kids not wearing their seat belts. But it worries me when people think of me as a dusty, tar-spattered person just because my car is that way.

As I suggested before, there are people who go beyond my modest program of automotive upkeep. "Detailing," for example, is a practice designed to carry the car owner's love affair with his toy to a place two or three worlds removed from reason.

As I understand the practice, detailing will get you a vehicle washed, waxed, and vacuumed as a start. In addition, every precious square inch of the car will be carefully checked, cleaned, restored, polished, touched up, and patted down. It is similar in its effect to applying a week's worth of Avon and a jar of Chanel No. 5 to a cow before sending her out to graze. The fine aura will almost immediately wear off, and the cow will still be a cow. Some people have their cars primped in this fashion on a regular basis, however, and even refuse to drive them if some event disrupts the perfect beauty of their conveyance.

This is an excellent arrangement for the 'detailer'. He charges a lot of money to do a job that will need to be repeated 30 seconds after the 'detailee' drives his shiny instrument out into the dirty old world. Butch Cassidy and the Sundance Kid, were they alive today, would be into detailing.

Once the detailer has performed his magic, you could certainly eat off the car. Imagine the physical and mental anguish of the detailee if a person were to slap a couple of Whoppers and a fistful of fries down on the fender and proceed to lunch.

All lunching aside, I favor detailing wholeheartedly, with the possible tiny quibble that it has been applied to the wrong items until now. It's fine to spend your afternoons swabbing down Lancias and Lotuses with a toothbrush, but think of the truly needy vehicles that cry out to be detailed.

Do a garbage truck. Get down into the cracks and dents and under the floor mats and polish it until it gleams. Put a denim tux on the driver. Class up your trash.

Refine an Amtrak express with the detailer's art. Make the red, white, and blue stripes fairly leap off the tracks. Sometimes the trains do that without the detailing.

Detail a tractor. Take a John Deere with a manure spreader attached down to your local detailer and give him a shot at both. Imagine the pleasure of approaching the fields on a May morning knowing that the equipment looked better than Joan Collins at that hour.

The next time my children all climb into the car at once and leave a ring, or I lose the ketchup and a carton of milk while trying to handle a left turn in the middle of a Charles Kuralt supper, I will be grateful one more time that I haven't washed the car in a couple of fortnights, and my neighborhood detailer does not yet know my number.

Snowflake Drama



*The snowflakes drifting silently
down past my windowpane,
Fall gently to the barren ground
and for a time remain,
Transforming with their beauty
winter's dark and dismal plight
Into a state of loveliness,
so clean and crisp and white.
Something tugs inside my heart
as I watch the scene unfold.
For I sense that God is present
in this tale of nature told.*

—Dianne Birl

personnel paraphernalia



The Elkhart Truth
January 28, 1986

Page B3

WAYNE ROYER (right), president of the Elkhart Community Day Care Corp., presents retiring board member Kathy Long with a plaque of appreciation for her seven years of service to the corporation. Dr. L. O. Rupe, Joan Miller, Sherman Hansen and Sara Boyland also received plaques. Looking on is Marty Bender, director of the Elkhart Community Day Care Center, 2121 Prairie St. (Truth Photo)

WAYNE ROYER, Engineering Services Mgr., has also served the Community Day Care Center as Secretary and Vice President and will continue another term as President. Even though his children were past the day care age, he has had an interest in the day care service and was involved when his engineering expertise was needed for a building project. Once again this is the case. Hats off to Wayne for contributing to this valuable community effort!

CONGRATULATIONS TO MICHEAL MOON, who has been promoted to Corporation Information Systems Manager, in charge of Data Processing and Communications Systems.

CONGRATULATIONS TO CYNTHIA AND BRIAN TOMLONSON!



CYNTHIA and BRIAN TOMLONSON



IN APPRECIATION, PRESKEL GAYHEART
(Ask Preskel what they have in Hollywood, CA that they don't have in Stroh, IN.)



DIANE and KENT ANGLEMYER

CONGRATULATIONS TO WALT WELDY on adding a son to his beautiful family!

personnel paraphernalia

CONGRATULATIONS TO JULIE & STEVE NELSON who were married Jan. 25, 1986 at the Cedar Road Missionary Church, Osceola.

Prior to the wedding Julie was feted to a shower by Lines 1, 2, & 3 with a beautiful Valentine-like cake.

STING POSTERS were hot items at last week's lunch time give-a-way. Each employee had a claim check for one and those that didn't promptly warm department walls, went home to teen-age sons and daughters. Definitely COOL!

If you have wondered about the elegant blue turtle, this clipping from SEVENTEEN magazine will explain.



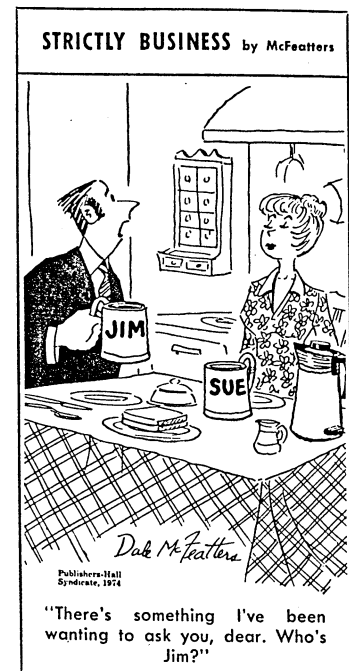
Movie of the month



Sting

BRING ON THE NIGHT. You might not think that Sting could bring a tear to your eye, but wait until you watch the pop singer cut the umbilical cord at his son's birth in this enthralling documentary. It's a transfiguring moment that makes you part of his private world. Sting is a multi-talented artistic chameleon. He has won global fame as a member of the Police, the rock trio, with such appealing ballads as "Every Breath You Take" and "Message in a Bottle." He has proven himself an actor of considerable size, most recently in "Plenty." And here, he is seen flexing his musical muscle as he puts together a new jazz-rock band to back him on his first solo album, "The Dream of the Blue Turtles." The

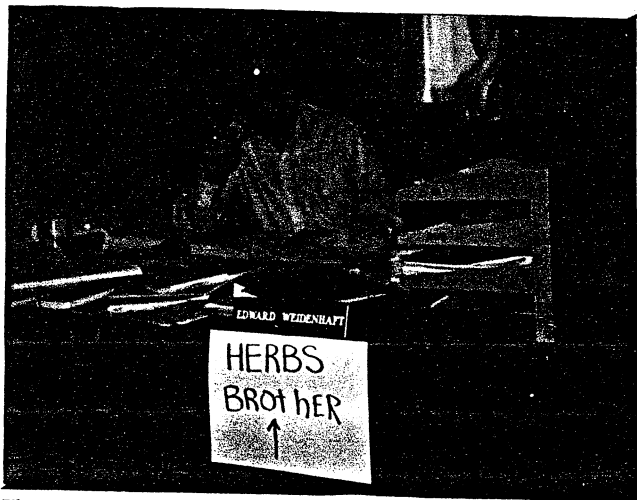
movie, under director Michael Apter, was shot in France at a château near Paris where the band rehearsed and then in concert. With telling observation and wit, it covers the interplay between the members of the band as they grow to know each other. Band members include Branford Marsalis on horns, bass player Darryl Jones, keyboardman Kenny Kirkland, drummer Omar Hakim, and backup singers Dolette McDonald and Janice Pendarvis. Also taking part is Sting's close companion, Trudie Styler. The Sting you meet in "Bring On the Night" is an unusually charismatic man—one of the very few performers in any area of show business who can be called that without hype. PG-13.



personnel paraphernalia

CONGRATULATIONS TO DON FLOREA on discovering a new way to make his phone work!

Did you know that **ED WEIDENHAFT** is



There's a new image in the Service Dept.. Do you recognize this man?



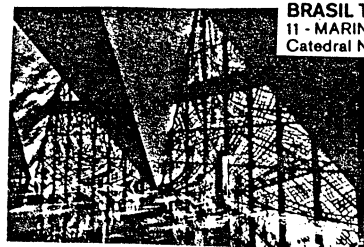
ART MATTOX is it you??

HERMAN MACK is missing from our ranks, having temporarily joined those of the Elkhart General Hospital. Our thoughts and prayers are with you Herman; hurry and get well!

AARON CARPENTER'S mischievous cohorts got so used to missing him, they packed his personal effects in boxes and moved in a new lady to sit at his desk, to welcome him back from a 3-week trip to Brazil! Aaron, his brother Andrew, their wives, and another brother, joined the 4th brother in Rio de Janeiro, where they saw some old friends from their family missionary days, and toured the city and area. Welcome back, Aaron!

CRAIG SCHROEDER'S birthday was celebrated (?) by the inimitable skunk who loves to put Crown personalities to ballad! Thanks(?) to Debbie and friends!

IRMA SHANK is recovering from back surgery. She appreciates the prayers and good wishes. Keep them coming until she is back with us!

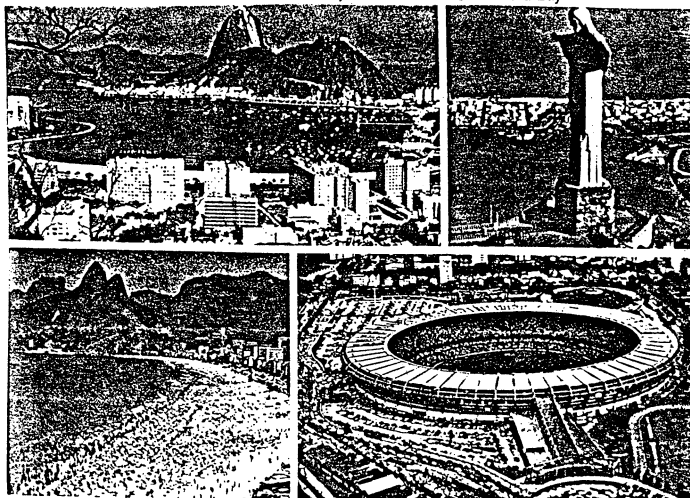


BRASIL TURÍSTICO
11 - MARINGÁ - PR
Catedral Nossa Senhora da Glória



BRASIL TURÍSTICO
90-A - RIO DE JANEIRO - RJ
Os pontos turísticos da Cidade Maravilhosa
The turistic attractions of the Wonderful City

BRASIL TURÍSTICO
46-A - RIO DE JANEIRO - RJ
Vista aérea do Corcovado e Baía de Guanabara
Aerial view of Guanabara Bay



baby face



"STILL LIVIN' THE GOOD LIFE!"

classifieds

RICK SECOR is working part-time, marketing an asset management plan. Anyone interested in lowering their life insurance costs, reducing their taxes, and freeing up more money to save, should contact him.

Also, anyone interested in a part-time business opportunity may contact him.

FOR SALE: Used 35 mm Olympus SLR camera.

Model OM-2, Black body:	<u>New Price</u>
	\$250

Accessories:

- 50 mm F 1.4 Lense (Zuiko)	40
- 28 mm F 2.8 Lense (Vivitar)	50
- 70 mm to 150 mm zoom w/"close focus" F 4.5 (Vivitar)	90
- 2x matched multiplier for zoom (Vivitar)	30
- Philips 25 BC auto flash unit	20
- Olympus manual	<u>9</u>
Total New Price	\$489

NOW ON SALE AT \$225.00. Call Tom Szerencse, Ext. 330.

WANTED: A CRIER reporter to handle a "Kids' page" which would feature some "Vital Statistics" on employees' children. We could also print items of interest for children on this page. Call LM, Ext. 390.

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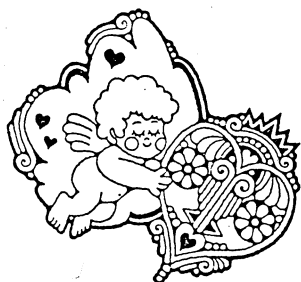
***** For Sale: 100-year-old brass bed, perfect for antique lovers.

.....

*The
Wife's Place
is in the home
and
She should be there
the minute she
gets off
work.*



puzzle power



VALENTINE PRESENTS

Here are some gift ideas for you to consider getting for your loved ones. St. Valentine's Day is the time to show someone how much you care.

1. ALBUM
2. BON BONS
3. BOOK
4. BOX of candy
5. BRACELET
6. CAMERA
7. CANDY
8. CARAMELS
9. CARDS
10. CHAIN
11. CHOCOLATE
12. COLOGNE
13. CREAMS
14. CRYSTAL
15. DIAMOND
16. DINNER
17. FLOWERS
18. GOLD
19. HARD candy
20. HEART candy
21. KITTEN
22. MARSHMAL-
LOW candy
23. MONEY
24. NUTS
25. OPAL
26. PAINT set

O S E L T R U T E L E C A R B
H W T E N I T N E L A V K O O
A E L U T N E S E R P L X I N
R E A E F U R E N N I D U E B
D T P R N F C R Y S T A L I O
L S O K T G E U S M R U B Y N
O R O J D I O D I A M O N D S
G O E A U S I L V E R E E D U
B S S C H A I N O R P U T E I
A E T A L O C O H C O Q T T Y
R S U R Y B P U R S E A I T E
E I N D O E A L B U M L K N N
M O N S F L O W E R S P O I O
A A U G W O L L A M H S R A M
C A R A M E L S D O T O H P W

27. PEN set
28. PHOTO
29. PLAQUE
30. POEM
31. PRESENT
32. PURSE
33. RING
34. ROLLS of candy
35. ROSES

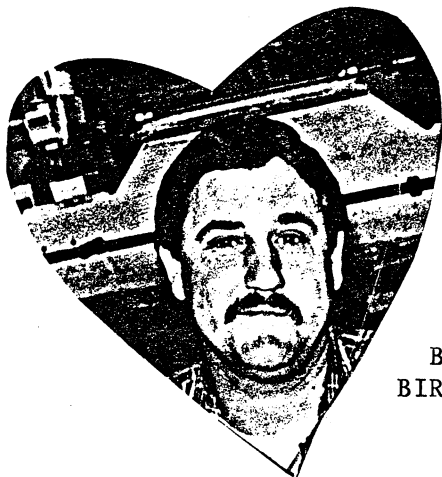
36. RUBY
37. SILK blouse
38. SILVER
39. STUFFED animal
40. SWEETS
41. TEDDY bear
42. TURTLES
43. VALENTINE

Answer on page 81

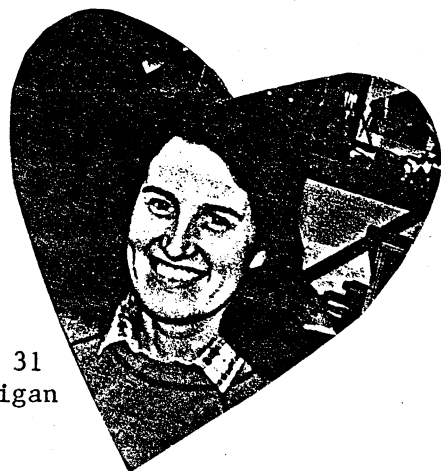
A YOUNG WOMAN was explaining to a friend why she had decided to marry one man rather than another. "When I was with John," she said, "I thought he was the cleverest person in the whole world."

"Then why didn't you choose him?" the puzzled friend asked.

"Because when I'm with Bill I think I'm the cleverest person in the whole world."



vital statistics



JOHN AND NANCY BROSIUS
BIRTHDATE: March 25/December 31
BIRTHPLACE: West Virginia/Michigan

DEPARTMENT: Fab/ Wirecut

CURRENT HOME: Jintown

MARRIED: Ten years ago after a long courtship of six weeks!

CHILDREN: Two daughters

PROJECTS WORKING ON: Remodeling our house.

FIRST JOB: Filling Station/Waitress

FAVORITE BOOK: Autobiographies/Gone With the Wind

FAVORITEFOOD: Pizza/Pizza

FAVORITE PERFORMER: John Wayne/ Bill Cosby

FAVORITE TELEVISION SHOW: The Cosby Show

HOBBIES AND INTERESTS: Woodworking/Crafts and Needlework

FAVORITE CHILDHOOD MEMORY: Camping/Christmas

PERSONAL HEROES: Mother/My Pastors

EVERY NEW YEAR'S I RESOLVE: We don't believe in them!

MY WEAKNESS IS: My Daughters/Diamonds

THE BEST JOB IN THE WORLD: Still Looking/Wife and Mother

IF I WERE GOING TO THE MOON, I'D TAKE: My Family/My Microwave to melt the green cheese over our nacho chips!

THE ONE THING I CAN'T STAND IN PEOPLE: Liars/Rudeness

THE WORST TIME OF MY LIFE: When I was in a car accident/When my brother died.

THE BEST TIME OF MY LIFE: When our children were born.

IF I'VE LEARNED ANYTHING IN LIFE, IT'S: Life is not certain!/
The older I get the more I realize how much I don't know!

sports shorts

LADIES BOWLING

The **CROWN JEWELS** are hoping to move up in the league in the next couple of weeks. They split the last games with the **CROWN** team 2-2. Carmelene Noffsinger had a good night with a 511 series and Norma Miller had a 203-514. The last couple of weeks have seen improvement.

The **CROWN** team has gotten its act together the past several months with these high scores:

HIGH SERIES		HIGH GAMES	
568	Cheryl Crow	215	Cheryl Crow
558	Mary Miller	211	Mary Miller
514	Trudy Szerencse	200	T. Szerencse
505	Roberta Hughes		

Keep on rollin'!

BASKETBALL

The Crown basketball team is 3-4 after seven games. They have defeated CTS twice 66-50 and 57-55 and LeMaster Steel once 58-53. Most of the losses have been decided by a few points.

The top three scorers are:

	Avg. Game	High
Aaron Carpenter	17.6	22
Kim Curry	15.0	21
Rod Growcock	13.1	16

They have eight games left. Please come out and give them your support. They need people to help keep score as well!

Thr. Jan. 30	8:30	WSE
Tue. Feb. 4	7:15	PME
Wed. Feb. 12	7:15	WSW
Wed. Feb. 19	7:15	PME
Tue. Mar. 4	8:30	PMW
Mon. Mar. 10	7:15	WSW
Thr. Mar. 13	7:15	PMW

West Side Jr. Hi.-East or West Gym
Pierre Moran Jr. Hi- East or West Gym

LADIES SOFTBALL

With the introductory season under their belts these ladies are ready to hit the diamonds! Uniforms are promised. They mean business! Now what they really need is **"SUPER COACH"**!

It is a great opportunity to make a name for yourself! This team got the fundamentals last summer and is now ready to learn the strategies of winning play. If you are a person who knows softball and would like to extend that knowledge to this team - **PLEASE CALL** Angie Johnston or Peggy Scholfield.

ALSO NEEDED ARE ASSISTANT COACHES to help in practice sessions by throwing and batting balls for practice and working with the pitchers.

Let's help build another winning team for Crown!



love life

FAD DIETS ARE OUT OF STYLE (Weight Control)

"Yes indeed, lose those excess pounds in just a few short weeks without dieting, exercising, or prescriptions with the amazing new..." There is no such product.

It's easy to be lured by fad diets that offer an easy approach to quick weight loss. The problem is, they just don't work. There are no miracles to weight loss. The key is weight control.

Maintaining a normal weight is important. It not only helps you look and feel good, it also reduces your chances of developing heart disease and diabetes.

Nobody enjoys being overweight. Maybe that's why millions of Americans begin a new diet every Monday. Unfortunately, when most people think of losing weight, they usually think of torturing themselves for a time with unusual eating behavior. If they survive the ordeal and actually lose weight, they immediately go back to their old eating habits and put the weight right back on again.

Getting and keeping trim is not accomplished through sporadic bursts of abnormal behavior that includes starvation, drowning in liquids and overdosing on grapefruit. Successful weight control requires changes in normal eating habits. In most cases these changes need not be drastic, but they must be permanent.

Controlling weight is simply a balance between the number of calories you take in and the number of calories you burn off. It only takes a small decrease in calorie intake and increase in energy expended through exercise to gradually and effectively lose weight.

To determine the number of calories needed each day to attain a desired weight, multiply the desired weight times 15. To lose one pound a week,

subtract 500 from the total (3500 calories equals one pound, thus 3500 divided by 7 days in a week equals 500). For each additional pound of weight loss per week, subtract an additional 500.

For example, a 170 pound man who wants to weigh 160 pounds multiplies 160 times 15 (2400). To lose one pound a week he subtracts 500 (1900). By maintaining a total of 1900 calories a day he will reach his desired weight in 10 weeks.

To reduce those calories without the pain and agony of crash diets and gimmicks, here are some helpful tips:

*** Don't try to lose too much weight too fast.** A gradual weight loss of one or two pounds a week is safe and effective.

*** Add a program of exercise to your routine.** This will help reduce your appetite and burn off calories. Choose activities you enjoy.

*** You can still eat many of the foods you enjoy:** just reduce the serving size. Also, avoid seconds.

*** If you must snack between meals,** choose items like fruits and raw vegetables.

*** Don't eat when you're not hungry!** Eating out of boredom, while watching TV, or just because the food is in front of you can become a problem. Also, regardless of how your parents may have raised you, don't eat everything on your plate if you are full.

Losing weight is not easy. But, by being smart about how you go about it, and making weight control a part of your everyday lifestyle, you can do it! When you see the end results ... you'll be glad you did.

- Elkhart General Hospital

A man is never so weak as when some woman is telling him how strong he is.

kalorie korner

Beginning with the March issue, KATHLEEN STOUT, Line 6, will be "kalorie korner" Editor. New ideas and goodies ahead!

We fasted in the January issue (no "kalorie korner"!) and with this month's "Love Life" column on diet, it seemed a good time to concentrate on especially healthy foods!

If you don't have the heart for exercise and planning what you eat, you may find you don't have a heart for living! Since the days of Crown's Calorie Cuties (which included men, by the way) in the late 1970's, Dr. Kenneth Cooper's aerobic exercise programs, Nathan Pritikin's Health Centers, and the results of years of research by the American Medical Association, National Heart and Lung Institute and others have proven that cholesterol-blocked arteries have caused the No. 1 killer in the U.S., cardiovascular disease.

We are overwhelmed and confused these days by all the suggestions for good eating. They are frequently contradictory and you find yourself wondering which part of the body you want to nourish and/or protect!

There is no doubt, though, that it is not just a matter of counting calories to lose weight, but it is living and eating the best way possible. Doctors treat ailments but very few really prescribe preventive health care. It is our own responsibility and we care the most!

In this year's issues of the CROWN CRIER we will quote some of the authoritative sources and elaborate on the good points outlined in the "Love Life" article.

* If you must snack between meals, and this is a must for some people, keep those nutritious, healthful snacks handy. Dr. Cooper on his tapes, "Fitness for Life" (available from the Dallas Aerobics Center) specifically recommends eating a good breakfast, balanced lunch, 20 minutes to an hour of good exercise,

a light dinner and snacks as needed. If you get very hungry there is a tendency to eat too much at your mealtimes. Nathan Pritikin, after 20 years of experience in his health centers, says, "The body machinery runs most efficiently when we eat more than 3 times a day."

Years ago, I consulted the pediatrician about how long to continue giving vitamins to my daughters. His reply, "Do they eat vegetables?" I said yes, we always keep fresh carrots and celery in a bowl of ice water in the refrigerator. He said, "Then they don't need vitamins." They have always been healthy and I don't think it is all luck.

We still keep the carrots and celery ready at all times, but we do like a little dip to add interest. The following bleu cheese dip is our favorite and can be seasoned the way you want, even without the bleu cheese. The mayonnaise, sour cream, are sources of cholesterol, and contain sodium (salt) so dip lightly!

BLEU CHEESE DIP

1/2 C. Hellman's Mayonnaise
1/2 C. Sour Cream
2 T. Lemon Juice
2 oz. Crumbled Bleu Cheese (more or less to taste)
1/2 tsp. Garlic Salt (Powder is better for you & tastes just as good!)
1/4 tsp. Onion Salt (Again, use powder to cut down on salt.)
1/4 tsp. Celery Salt (This is the only salt I use.)
1/8 tsp. Ground Black Pepper
1/8 tsp. Paprika
For Variety I sometimes add:
1/4 tsp. Dried Dill Weed
1/8 tsp. Curry Powder

Other good raw vegetable dippers: turnip; mushrooms; radishes; green pepper; cherry tomatoes; broccoli; cauliflower. Eat some every day! They are vitamin rich and complex carbohydrates, add fiber and moisture. Pritikin recommends

two servings of citrus fruit daily, which adds fiber, moisture and vitamins, (rather than juice with its concentrated fructose) plus other fruit as desserts or snacks.

SMOOTHIES

(A Pritikin recipe)

You can make Smoothies so thick they are sherbetlike in consistency; or by adding more liquid (or yogurt), you can thin them down as much as you like.

1/2 C., or more, liquid (nonfat milk, skimmed buttermilk, unsweetened fruit juice, or frozen unsweetened juice concentrate mixed with water), or nonfat yogurt.

1 large frozen banana, cut into chunks
1/2 C. frozen unsweetened berries or other frozen unsweetened fruit
1/2 - 1 tsp vanilla extract (opt.)

Put 1/2 C. liquid into a blender. Add the banana with the rest of the frozen fruit and the vanilla. Blend until smooth, stirring as required, adding more liquid, if desired. Serve at once.

TRY THE UNSALTED TRISCUITS AND FEATHERWEIGHT SALTINES.

Crackers, like vegetables have their own unique flavors which salt covers up. Most of the supermarkets carry unsalted crackers. Air-popped popcorn or oven-toasted corn tortillas, heated 'til crisp then broken into wedges are good nibblers.

There are a few low-cholesterol cheeses on the market. Just Plain Foods sometimes carries Swiss Lace which tastes good. Low fat cottage cheese with unsweetened pineapple or apple butter, or add lots of chives or chopped onions, are another good snack.

Low sodium carbonated soda, flavored with fruit juices and a slice of lime, on ice is refreshing. Herb teas, such as red bush (Rooibosch) and chamomile, Postum (a roasted grain hot drink) are good beverages to help you cut out the caffeine and sodium. People trying to lose weight should try to eliminate

beverages with meals.

A more substantial snack, or lunch, which is good for pizza lovers, of which Crown has a few, is:

QUICK PITA-BREAD PIZZA

Spread large whole wheat pocket bread halves with the following sauce (or catsup): (for 4 halves)

1/2 tsp Italian seasoning

1 1/2 C. canned tomato sauce

Add:

1 small onion, thinly sliced

1 zucchini, shredded

1/2 C. diced or sliced bell pepper

1/2 C. sliced mushrooms

1/2 C. sliced canned artichoke hearts, water packed

1 C. dry cottage cheese, 1 % fat (by weight) maximum, crumbled if in brick form

2 T. grated Sapsago cheese (Available at Wilt's), but Skim milk Mozzarella and/or Parmesan taste better.

Bake at 425 degrees, uncovered until bubbling hot, about 15 minutes.

SALSA

Good as corn chip dip or as topping.

(Makes 5 Cups)

Place these ingredients in a bowl:

4 C. canned, chopped tomatoes

1 C. chopped onions

1/2 C. chopped Cilantro

2 T. canned tomato paste

1 T. red-wine vinegar

1 T. lemon juice

1 tsp garlic powder

1/4 tsp cayenne pepper

In small saucepan with 1/3 C water, boil and stir-fry 'til pan is dry, about 4 minutes:

4 cloves garlic, minced or crushed

1/2 C. diced fresh green chiles

A couple went to the doctor and when the husband came out after his examination, the physician took the wife aside and whispered, "I don't like the looks of your husband."

"Neither do I," she whispered back, "but he's good to the children."

employee committee report

Month of JANUARY, 1986

Balance as of 12-31-86..... \$ 2914.20*

Income (Receipts):

- Interest 10-1-85

to 12-31-85 \$ 27.75

TOTAL RECEIPTS + \$ 27.75

TOTAL TO ACCOUNT FOR: \$ 2941.95

Expenditures:

- Baby Gifts \$ 20.00

- Bertsch hot cups \$ 141.75

- Flowers \$ 77.12

TOTAL EXPENDITURES - \$ 238.87

BALANCE (IN CHIPPHONE*) AS OF 1-22-86..... \$ 2703.08

*Regular Shares + Share Draft.

NEW OFFICERS AND MEMBERS FOR 1986:

CHIP ESTEP - PRESIDENT

MARY MILLER - VICE PRESIDENT

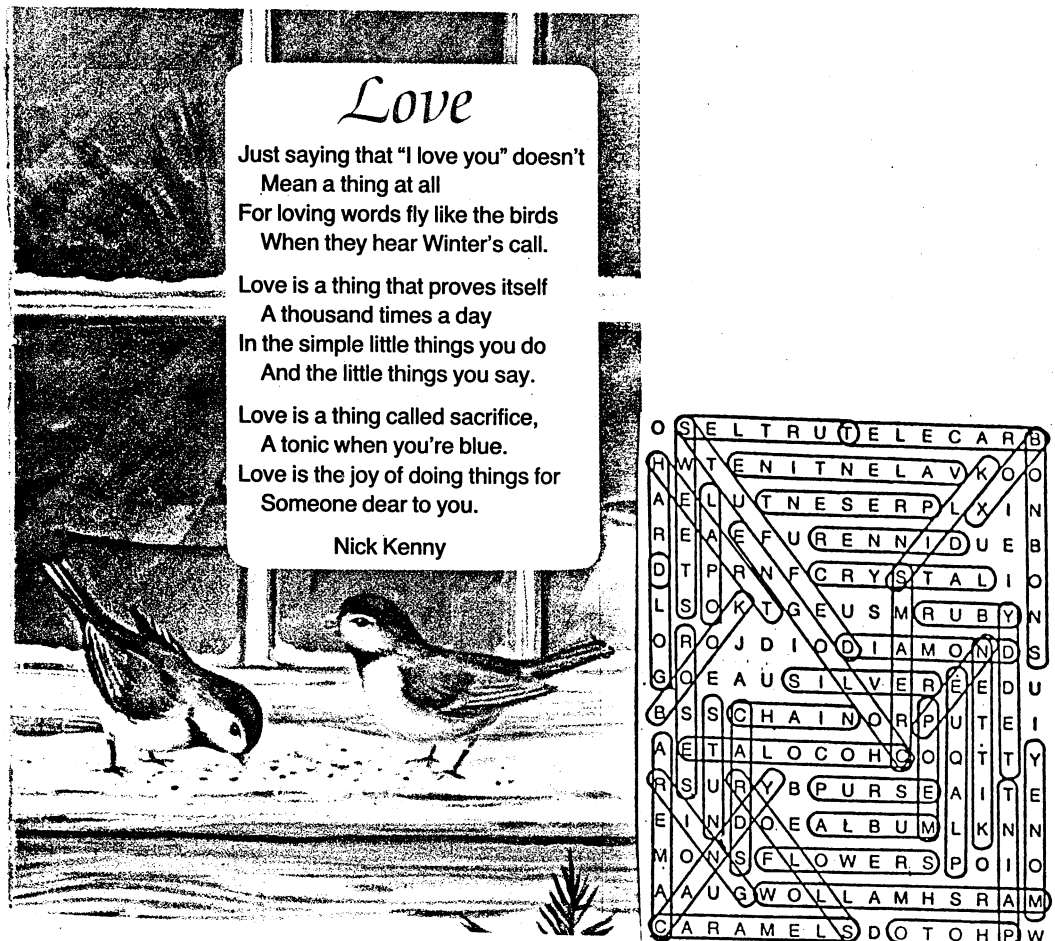
RANDY SECOR - SECRETARY

DAVE JUDAY - TREASURER

GRETCHEN NEELY - HOSPITALITY CHAIRMAN

COMING EVENTS:

ROLLER SKATING PARTY - DATE TO BE ANNOUNCED.



new employee profiles

As you have all noticed, Crown is continually growing!

As a result, it would be very easy for a new employee to get lost in the shuffle.

To help those of us who have been at Crown awhile, a bright yellow dot has been placed on the pictures of the new employees who have started working at Crown since the first of the year.

The yellow dot will remain on the new employees' pictures for one month. The purpose of the yellow dot is to convey to all of us that these people are new.

NAME: Barbara J. McIntosh

BIRTHDAY: March 24

DEPARTMENT: Modules

POSITION: Assembler

HOBBIES & INTERESTS: Sports

AMBITIONS OR GOALS FOR THE FUTURE:
To stay healthy and happy.

HEARD OF CROWN THROUGH: Heard it
was a good place to work.

NAME: Michelle Tucker

BIRTHDAY: March 21

DEPARTMENT: Modules

POSITION: Assembler

HOBBIES & INTERESTS: Reading, running,
ice skating

AMBITIONS OR GOALS FOR THE FUTURE:
I'm going into the marines and from
there to law school.

HEARD OF CROWN THROUGH: A friend

Therefore, they need all of us to extend ourselves to them. I would like to encourage you to shake the hand of a new employee and introduce yourselves. Make a new employee feel comfortable and welcome at Crown!

Take some time to study the picture board. Take note of who the new employees are and their departments.

Make someone feel welcome and start today!
-- Risa Wright

Crown Crier pictures will be returned to individual departments for posting in that department.
-- Libby Marshall



new employee profiles

NAME: Margee Ebright

BIRTHDAY: July 6

DEPARTMENT: Line 6

POSITION: Assembler

HOBBIES & INTERESTS: Swimming,
bike riding

AMBITIONS OR GOALS FOR THE FUTURE:
To be happy and have my 2 boys happy.

HEARD OF CROWN THROUGH: Carol McQueen



NAME: Danette Freel

BIRTHDAY: April 29

DEPARTMENT: Modules

POSITION: Assembler

HOBBIES & INTERESTS: Basketball and
dollhouse miniatures

AMBITIONS OR GOALS FOR THE FUTURE:
Elementary education

HEARD OF CROWN THROUGH: Bob Leininger



NAME: Mary Ann Irvin

BIRTHDAY: July 8

DEPARTMENT: Modules

POSITION: Assembler

HOBBIES & INTERESTS: Roller skating,
horeseback riding, dancing, TV, YMCA

AMBITIONS OR GOALS FOR THE FUTURE:
To return to college and get my degree
in Business Management.

HEARD OF CROWN THROUGH: Lucy Gary



NAME: Susanna Gillison

BIRTHDAY: December 9

DEPARTMENT: Modules

POSITION: Assembler

HOBBIES & INTERESTS: Sports, Great
Danes, floral arranging

AMBITIONS OR GOALS FOR THE FUTURE:
To have a good and secure life.

HEARD OF CROWN THROUGH: Just walked
in and applied.



NAME: Dennise Gary

BIRTHDAY: October 12

DEPARTMENT: Modules

POSITION: Assembler

HOBBIES & INTERESTS: Basketball,
track, singing, playing piano, aerobics

AMBITIONS OR GOALS FOR THE FUTURE:
Be the best mother and wife I can be.

HEARD OF CROWN THROUGH: My sister-
in-law.



NAME: Mui Tran

BIRTHDAY: June 12

DEPARTMENT: Modules

POSITION: Assembler

HOBBIES & INTERESTS: Sports

HEARD OF CROWN THROUGH: Kim Doan



NAME: Janice Pletcher

BIRTHDAY: November 19

DEPARTMENT: Modules

POSITION: Assembler

HOBBIES & INTERESTS: Reading, camping, swimming

AMBITIONS OR GOALS FOR THE FUTURE:
To see my children grown.

HEARD OF CROWN THROUGH: A friend



NAME: Addie Davidson

BIRTHDAY: January 3

DEPARTMENT: Modules

POSITION: Assembler

HOBBIES & INTERESTS: Ball games, crafts, my grandchildren, reading my bible.

AMBITIONS OR GOALS FOR THE FUTURE:
Doing something for my grandchildren

HEARD OF CROWN THROUGH: Stopped in and put my application



NAME: Earnestine Allen

BIRTHDAY: August 28

DEPARTMENT: Modules

POSITION: Assembler

HOBBIES & INTERESTS: Bowling, dancing

HEARD OF CROWN THROUGH: Just heard about it.



NAME: Kathy Gordon

BIRTHDAY: October 3

DEPARTMENT: Techron

POSITION: Sales Secretary

HOBBIES & INTERESTS: Sports,
working with plants, being a member
of Professional Secretaries International
and Beta Chi Nation Sorority - Beta
Alpha Chapter.

AMBITIONS OR GOALS FOR THE FUTURE:
To learn more about Crown and grow
professionally.

HEARD OF CROWN THROUGH: Through a
recommendation by Arline Bontrager



NAME: Joyce Malcom

BIRTHDAY: October 31

DEPARTMENT: Line 6

POSITION: Assembler

HOBBIES & INTERESTS: Sewing, fishing,
family activities, church activities

AMBITIONS OR GOALS FOR THE FUTURE:
Be a successful wife, mother, and
worker.

HEARD OF CROWN THROUGH: Sister who
worked here.



NAME: Renee Feiler

BIRTHDAY: September 15

DEPARTMENT: Modules

POSITION: Assembler

HOBBIES & INTERESTS: Music

AMBITIONS OR GOALS FOR THE FUTURE:
To do the best I can at whatever I'm
doing.

HEARD OF CROWN THROUGH: Kim Limmer



NAME: Kim Chandler

BIRTHDAY: May 29

DEPARTMENT: Data Processing

POSITION: Programmer

HOBBIES & INTERESTS: Skiing, aerobics,
swimming, dancing, plants

AMBITIONS OR GOALS FOR THE FUTURE:
To live in a beautiful house on Fort
Myers Beach in Florida.

HEARD OF CROWN THROUGH: Careers
Unlimited

□ □ □

Marriage counselor: "You might start turning over a
new leaf by calling her 'my wife' instead of 'the
present administration.'"

□ □ □

□ □ □

Woman complaining to marriage counselor about
her husband: "When he won a trip for two to Hawaii,
he went twice!"

□ □ □

HUGS...

It's wondrous what a hug can do
A hug can cheer you when you're blue.
A hug can say, "I love you so,"
Or, "Gee, I hate to see you go."

A hug is, "Welcome back again,"
And "Great to see you! Where've you been?"
A hug can soothe a small child's pain
And bring a rainbow after rain.

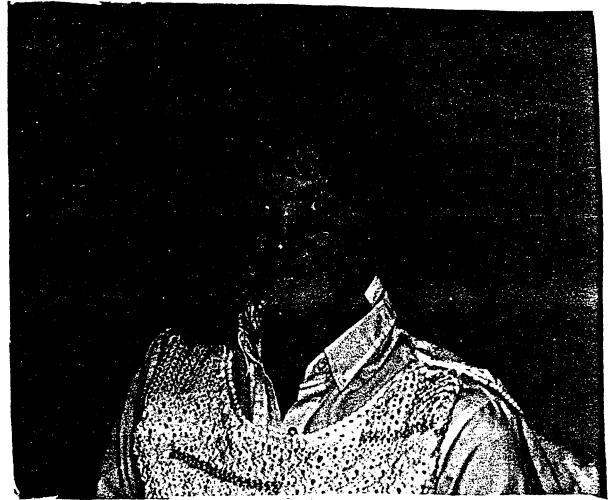
The hug! There's just no doubt about it---
We scarcely could survive without it!
A hug delights and warms and charms.
It must be why God gave us arms.

Hugs are great for fathers and mothers,
Sweet for sisters, swell for brothers.
And chances are your favorite aunts
Love them more than potted plants.

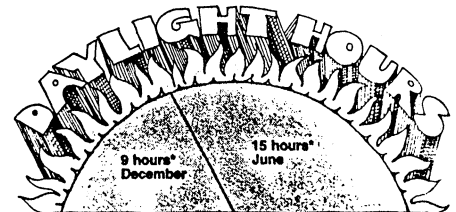
Kittens crave them. Puppies love them.
Heads of state are not above them.
A Hug can break the language barrier
And make your travels so much merrier.

No need to fret about your store of 'em:
The more you give the more there's more of 'em
So stretch those arms without delay
And GIVE SOMEONE A HUG TODAY!!!

----Dean Walley



What light has to do with winter blues



*Approximate figures—from the U.S. Naval Observatory

Many people feel a little blue around this time of the year, but for some people winter really produces dramatic lows. Every fall, as the days get shorter, they sleep more, eat more, and gain weight. They withdraw from family and friends and lose interest in work. Then, as the days lengthen and spring arrives, they bounce back.

Psychiatrists studying people who have Seasonal Affective Disorder (SAD), now think they know the reason for the depression: light starvation.

Daylight in winter may be shortened by up to six hours. Many people get up in the dark, come home from work in the dark, and live in artificial lighting that is dim compared to sunlight. Human beings, like animals, respond to

darkness by producing melatonin, a hormone that induces sleepiness. In susceptible people decreased light in winter appears to "switch on" the process.

Can increased light switch it off again? At the National Institute of Mental Health Dr. Norman Rosenthal has used light resembling sunlight with promising results. For three hours in the morning and three hours later in the day his SAD patients sit in front of a box containing eight Vita-Lite tubes (full-spectrum fluorescent lights) while they read, write, or sew. Most perk up within days, he reports.

Dr. Rosenthal stresses that depressed people shouldn't treat themselves; they should see a doctor. But people who just feel a little blue might try brightening their homes with extra lights.

—P.G.

CROWN CRIER CONTRIBUTION FORM

Place in wooden suggestion box, right of the doorway on the west side of the assembly area or give to Libby Marshall.

SUBJECT: (or TITLE) _____

DATE: _____ FROM: (your name) _____

INFORMATION OR SUGGESTIONS: (Attach articles and/or pictures)

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

1986 CROWN CRIER DEADLINES:

<u>ISSUE</u>	<u>DEADLINE</u>	<u>PUBLISHING DATES</u>
MARCH issue	- Feb. 19	Feb. 24-28
APRIL issue	- Mar. 26	Mar. 31-Apr. 4
MAY issue	- Apr. 23	Apr. 28-May 2
JUNE issue	- May 28	Jun. 2-6
JULY-AUGUST issue	- July 16	July 21-25
SEPT. issue	- Aug. 20	Aug. 25-29
OCT. issue	- Sept. 24	Sept. 29-Oct. 3
NOV. issue	- Oct. 22	Oct. 27-31
DEC. issue	- Nov. 24	Dec. 1-5

Items turned in after the deadline may delay printing because of the last minute time involved in preparing the copy. We may hold material for use in later issues.

