

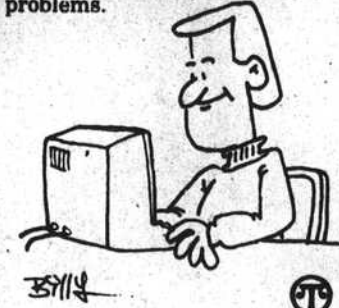


A CELEBRATION—Bidding "Auld Lang Syne" to president and Mrs. Ronald Reagan during the finale of the 11th annual presentation of "The Kennedy Center Honors: A Celebration of the Performing Arts," to be broadcast Dec. 30 at 9 p.m. on CBS Television, is a stage-full of famous names, including left to right, Kathleen Turner, President-elect George Bush, Kennedy Center Honors producer George Stevens Jr., John Denver, Cicely Tyson and Bob Hope.

IT'S A FACT!



Here's a fact that may feel like a breath of fresh air for those who work in climate-controlled buildings. According to experts, a survey of a building's heating, ventilation and air-conditioning (HVAC) system by a trained professional, and a thorough check of possible pollutants, usually pinpoints a remedy for "sick building syndrome" (SBS), in which polluted air causes health problems.



The experts at Honeywell Inc. cited the following as frequent contributors to a poorly functioning HVAC system: maintenance neglected for ten years or more; the system isn't modified as building occupancy increases; maintenance workers aren't trained to follow system's specifications. For information call 1-800-328-5111, Extension 766, or write: Inquiries Supervisor, Honeywell Inc. MN12-4164RE13, Honeywell Plaza, Minneapolis, MN 55408.

HOLIDAY EATING WITH NO REGRETS

Too many temptations can break down even the most disciplined dieter's defenses during the holiday season. The good news from Dr. Michael Feuerstein, one of the country's leading behavioral psychologists, is this: if you know which social and psychological traps to look for during the holidays, you can breeze through the festive season slender and stress-free.



Dr. Feuerstein, Director of Behavioral Medicine at the University of Rochester, has conducted extensive research which pinpoints an individual's potential psychological and social obstacles to weight loss. This is the basis for the Personalized Weight-Loss Profile™ questionnaire developed specifically for the Nutri/System Weight-Loss Program. Feuerstein recommends that people interested in losing weight should beware of the flavor enhancers,

which satisfy the need for flavor without adding calories. They're available at over 1,000 Nutri/System Centers nationwide. Even though you'll be extra-busy during the holidays, be sure to continue exercising moderately, Dr. Feuerstein adds. Aerobic activity suppresses your appetite and keeps your metabolic rate high even after you're finished cycling, swimming or jogging.



In the early days of the petroleum industry, during the late 1800s, Kerosene ranked as the leading product of refineries. Gasoline was considered a useless byproduct.

Pvt. Completes Basic Training

Pvt. 1st Class Robert M. Bower, son of Lee F. and Ruth C. Bower of 5029 Yadkin Drive, Raleigh, has completed basic training at Fort Jackson, S.C.

During the training, students received instruction in drill and ceremonies, weapons, map-reading, tactics, military courtesy, military justice, first aid, and Army history and traditions.

His wife, Barbara, is the daughter of Tim and Agnes Murray of 3887 Willow Wood Way, Lawrenceville, Ga.

He is a 1988 graduate of Jesse O. Sanderson High School, Raleigh.

Merry Christmas to One and All!

Thank you for making this past year our best ever.

MORT'S Inc.
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Gift of the Maji



In peace, welcome the wonder of Christmas.

DR. GEORGE C. DEBNAM & Staff
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JOY

Chiming in with this expression of our hopes for you at Christmas — joy to all!



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JOYOUS NOEL



Ring out, O Christmas bells, across the countryside. Our wishes to all for a Happy Yuletide.

Wachovia Bank & Trust

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Joyful And Triumphant!

Christ the King has arrived to bring His blessing to us. His gift has been a certainty that love will find us one and all.

JIMMIE'S DOWNTOWN MARKET
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