

Discover New Crafts

How do craftspeople who work with fiber, but live far from cities with an array of yarn and fabric stores, find such supplies as Angora fiber, raw wool fleece, silk cocoons, Alaskan musk-ox fiber, English chamois leather, water-proof fabrics, knitting machine or lacemaking tools? *The Fabric & Fiber Sourcebook: Your one-and-only mail-order guide*, The Taunton Press, Newtown, Conn., offers the answer, telling where to order thousands of supplies from the commonest to the most exotic.

Michael Scott, editor of *The Crafts Report*, the magazine that tracks the crafts industry said, "The quantity and quality of information gathered for this sourcebook is awesome... fabric and fiber people will revel in this overflowing fountain of knowledge about available resources."

Fiber artists find this encyclopedia reference book so useful because it gives paragraph descriptions of each mail-order supplier, including discount schedules, catalog prices, complete addresses and phone numbers. Fascinating fiber facts and lore are included as well.

Author Bobbi McRae, herself a fiber artist, says, "This book should be about discovery. Whatever you decide to do, be daring. Fibers and fabrics are warm and sensuous. They feel good to touch and take on a life of their own. But beware—this stuff is habit forming!"

A Luxury Cruise in the Grand Tradition



In the grand tradition of ocean liner travel of the 20's, 30's and 60's, The Norway will be sailing with the famous name of the French Line's "France" once again. The December 1989 cruise conjures up images of glamorous past voyages with names such as Chaplin, Fairbanks, Pickford, Dali and Grant on the guest book.

The one glorious Caribbean cruise, billed as the "Epicurean Feast of the Century," will boast a corps of 37 famous European chefs and musicians on board, along with VIP's and a few lucky travellers.

Compagnie Generale Maritime French Line supported this nostalgic recreation of past times by requesting memorabilia from antique dealers, and travel agents, editors and buffs. Harvey Ardman, author of "Normandie: Her Life and Times," will be on board with others presenting authentic artifacts from the period.

If you have personal knowledge of travel aboard French Line vessels or have mementos of cruises, please write to CGM Communications, 3015 Glendale Boulevard, Suite 200, Los Angeles, California 90039.



SHARING SUPPORT—The Rev. Floyd Stokes and his congregation at the Sharing Word, Church of God in Christ are working with Coors Brewing Company to deliver tons of canned goods, babyfood, diapers and clothing to Hurricane

Huge victims. On Sept. 22, hours after the hurricane hit the South Carolina coast, Coors Brewing Company transported 67,000 quart bottles of Rocky Mountain spring water to Charleston disaster sites.

Lower Your Mortgage Payments

New Bi-weekly Payment Plan Now Offered Nationwide

(NU) - There are two ways to pay a 30-year-fixed rate \$100,000 mortgage. Under the conventional method of monthly payments at 10 percent interest, your total payments will be the original principal plus \$216,000 in interest. Under the new system of one-half your monthly payment every two weeks, your new total will be the principal plus only \$137,400 interests.

Advocates of the bi-weekly mortgage payment system point out that the homeowner saves over \$79,000 in interest payments over 30 years — an average of \$2600 per year in interest.

This new home mortgage payment program was first devised by a New Hampshire financial group, Bi-weekly Mortgage Acceptance Corp. — known as Billie Mac. The reason Billie Mac's program saves

the homeowner major interest costs is that Billie Mac, in conjunction with Citibank, N.A., collects one-half the monthly mortgage payment from the homeowner on a biweekly schedule and places it in an interest bearing account. Later in the month, Billie Mac pays the monthly mortgage on schedule.

\$2600 Yearly Savings

The result is that over a 12-month period the interest accrued in Citibank plus the extra biweekly payments will average about \$2600 a year over a period of 30 years.

This concept was first introduced in October 1988, by Billie Mac of Manchester. According to the company, the response has been tremendous particularly from knowledgeable groups such as mortgage

bankers, insurance advisors and financial planning consultants.

This program — also called the equity acceleration method (TEAM) — has spread all over the country. Billie Mac representatives are located in most metropolitan areas. If you want further information, telephone Billie Mac at 603-624-0024 or write Billie Mac, PO BOX 1901, Manchester NH 03105-1901.

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Secrets of Good Night's Sleep

Therapist Gives Several Methods to Beat Insomnia

By Ralph Slawson/News USA

(NU) - A new book by a sleep specialist discusses natural ways to attain the blissful experience of sleeping like a baby for the one-in-three people who suffer a particular type of hell called insomnia.

Therapist John Selby, in "Secrets of a Good Night's Sleep", published by Avon Books, gives the details of how to conquer insomnia by natural and gentle methods, without drugs.

The book's 12 chapters discuss all aspects of sleep, as well as sources of insomnia, and how to overcome them. Basic to sleeping is a sense of security, and in communal units like a family, a sense of belonging and safety aids against sleeplessness.

Regaining Childhood Security

When people lose their childhood memories of togetherness, emotional or economic developments threaten their security and sense of belonging. With this threat often comes an inability to relax into the ancient process of nightly cycles of sleep.

Waking up refreshed is a function of the amount of "delta" sleep you get, the fourth, and deepest, level of sleep where you relax completely. People who need very little sleep go almost immediately into delta sleep

rather than going through the other three levels of more shallow sleep. The average person needs only 45 minutes of delta sleep each night.

Sleep researchers conclude that there is no set rule for how long an individual should sleep. Requirements vary.

Facing and dealing directly with inner conflicts that cause insomnia can be accomplished by individuals, although some might need a little professional help to do this. Delta sleep is a psychological process which the body needs to experience each night.

Based on 20 years as a therapist, Selby writes his book so that the individual who is willing to try may use it as professional direction to find insight, personal growth, and a good night's sleep.

Each chapter in the 120-page book ends with a practical way to encourage sleep. Meditation is the central technique to relax the mind, turn off the chronic flow of thoughts, and precisely guide attention to personal well-being. "Getting a Good Night's Sleep" which retails at \$3.50 at local bookstores, shows how to quiet your thinking, worrying and problem-solving mind so that relaxation can bring sleep. ☆

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The United Negro College Fund's mission is rooted in a simple belief: "A Mind Is A Terrible Thing To Waste."

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leaders and entertainers including Vice President Dan Quayle, Bill Cosby, Senator Ted Kennedy, Marilyn McCoo, Congressman "Gus" Hawkins, Sammy Davis, Jr., Nancy Wilson, and scores of other American notables.

Sign up with the stars and join us in celebrating the 10th Anniversary of the Lou Rawls Parade of Stars.

ANHEUSER-BUSCH COMPANIES
Anheuser-Busch Companies, Inc. is the parent company of Anheuser-Busch, Inc. brewers of Budweiser, Michelob, Michelob Light, Budweiser Light, Natural Light, Blue Bonnet, L.A., Michelob Classic Dark beer and King Cobra Premium Malt Liquors.



"A Mind is a terrible thing to waste"

SALE after thanksgiving

A harvest of savings for your holiday shopping!

Our doors will open on Friday, November 24, at

8:00 am

On Saturday, November 25, our doors will open at

9:00 am

On Friday, you'll enjoy additional savings with ★Early Bird Specials from 8:00 'til 11:00 a.m. Starting Saturday, all stores will open at 9:00 a.m. every Saturday through December 23.

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SPECIAL DOWNTOWN HOLIDAY SHOPPING HOURS: November 27- December 23, Mon.-Fri. 9:30 a.m.-9:00 p.m. Sat. 9:00 a.m.-9:00 p.m. PARK FREE after 6:00 p.m. Friday and all day Saturday in the lot bounded by Wilmington and Davis Streets.