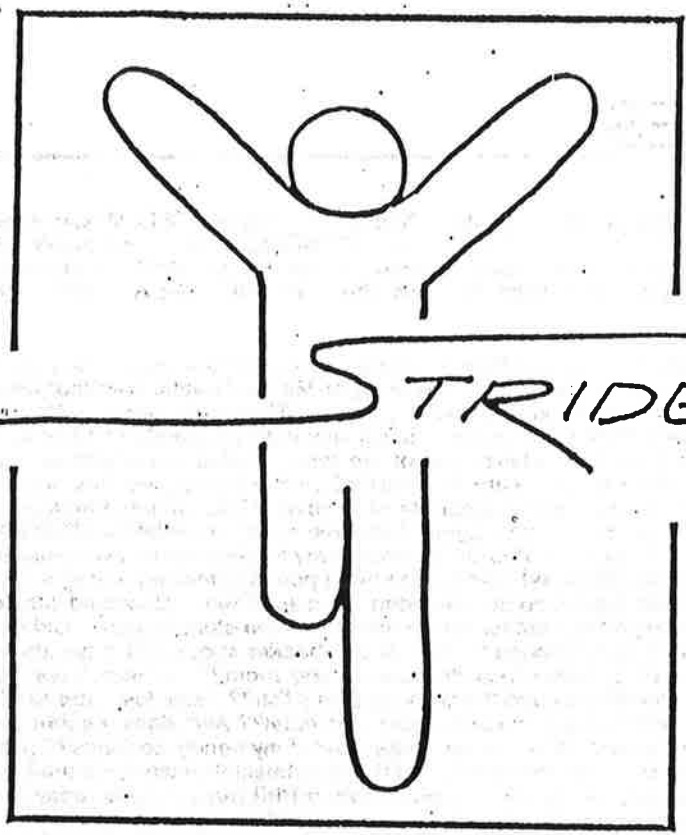


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PRESIDENT

DON SIKORSKI

VICE-PRESIDENT

SUE MACKOWICKI

SECRETARY

KEN RAWN
KRIS-ANNE PARDO

TREASURER

DON LEWIS



October 1990

Membership: 245
TAC Team No.: 28

PRESIDENT'S CORNER

Dear Striders:

I cannot be more pleased with the Mohegan Striders in 1990. The club continued to show its strength, both on the road and socially. The Men's Open team has already clinched its third straight TAC Championship by winning the past four TAC races this summer. The Women's Open team is making a serious run at the rest of the state, and has a very strong chance at finishing second to Converse Athletics. The Men's Masters team has not even been challenged, with the help of a few men challenging for the title of Most Improved. The Women's Masters is again a force in the state; and the newest categories, the Mixed Grand Masters, has been Strider-dominated as well. With the summer picnic August 25, fall meeting and banquet November 9, plus the fall Road Races along with numerous other activities, the Club continues to grow.

I hope to see everyone soon. If I don't know you or you are a new member, step forward and introduce yourself. Social participation is mandatory. Take care...

Don

SHORT TAKES

Okay, **Strider Ladies**, it's our time to shine. Date : October 21. Place : Olde Mystic Village. Time : 10:00 am. Noteworthy Event : The Women's Classic -- a 5K road race FOR WOMEN ONLY (personally, I preferred 'The Fox Trot' but it's not my race). Sponsored by the Guido Brothers Escort Service, this ALL WOMEN race is the only one of its kind in the area. So, **Ladies**, let's strut our stuff while the guys cheer us on!!!! (An ALL MALE chute makes the agony worthwhile...)

Conflict of interest aside, let's carry on.....Happy Happy Birthday to new **Strider Master, Dennis Tetreault**. Welcome to an already tough **Strider Masters** team, **Dennis**.....Speaking of Master Greats, was that **Dave Mills** I saw chatting amicably with Bill Rodgers after the Corporate Classic??.....Stroke, **The-mum**, stroke.....Hey, **Volkmar**, wanna play a little fozzeball?? Loser walks the winner's bike home.....Block Island police reported finding the **SNERRO** van 'parked' on a dark, secluded side street close to the finish line of the race. Further investigation revealed **Mo** and **Hubby** inside--getting carried aWAY!!.....**Aille** and **Aldo** are NOT related.....**Vogue** magazine has requested that **Lynne Valorie** interrupt her intensive training schedule and participate in a cover photo shoot/interview for an upcoming article tentatively titled 'Fashion and the Female Athlete'. **Lynne** has been asked to model her **SNEEKERS** Fun Run first place prize--graciously donated by S.A. Sports, Inc. (that's Salvation Army for those of you who missed the race).....While on that same subject, **Strider Prez Don Sikorski** saw no shame in publicly smoking a stogie after the **SNEEKERS** run. Yes, it's on film and will be available shortly (no pun intended) for a small fee.....Unsolved **Strider Mysteries** : Did **Walt Smo** really break his elbow by falling off of a ladder while painting his one-story house?? Did the length of **Don Lewis's** pin adversely affect the recovery of his collarbone?? Was **Nick Checker** successful in his attempt to impress **Ballards'** women by flaunting his gymnastic prowess in a crowded dining room?? Where have **Pat** and **Dave Lathrop** disappeared to?? Did **Gianni 'Marlin' Ficarra** and the boys catch any fish?? How does **Sue Smith** keep track of all those men?? Did **Kris-Anne** and her 'Boss Cruiser' make it back to the hotel?? And, does a sober **Greg Quint** regret joining the **Striders**??.....So, **Clem**, don't be shy. What do you really think of my trendy stockings?? (I think the exact quote was : 'Short, those things suck--but don't take it personally.').....Intradepartmental challenge is the big news at EB these days And the winner appears to be **Kenny Wimberly**, especially since **Phil Belnor's** whoaman left with **Kenny** after the Block Island race. Once again, youth prevails over age (paying attention, **Volkmar**??).....Hey, **Rosemary**, how'd you like your first **Strider** meeting?? Exciting, huh?? Maybe next time we can bypass the bylaws and go right into **Rose Arts**.....Is **Tommy Lee** running awesome or what??.....AND, special thanks to **Judy McGrath** and **Sue Gilger** for joining me in my comeback race at Narragansett. My tibia survived the stress and we survived the miles--together. Let's do it again.

And, in closing, IN?????? WITH?????? HAVE YOU FLIPPED???????

STRIDER FALL MEETING

Friday, November 9, 1990 8-11 pm.

Thames Yacht Club, 396 Pequot Av, New London

Tickets should be purchased in advance - 10 dollars/person

Contact Don Sikorski (376-9666 (H) or 447-1235 (W))

Sponsored by the Mohegan Striders and Runners Catering, tickets will be \$10 each (\$5 for children 12 and under) and features the Mohegan Striders Awards Ceremony, Kevin Gallevan's food, beer, soda, music, etc. See Don Sikorski (376-9666) for tickets.

STRIDER TIDBITS

STRIDER TIDBITS

STRIDER TIDBITS

KELLEY'S RACE

August 4. Probably the best bargain for your entry free (or is that fee?). Way Hedding once again continues to make the race a success. "Young" Timmy Smith was Top Strider--this guy just doesn't slow down.

NEWEST MASTER SUPERSTAR

Dennis Tetrault (September) now joins the best Master's team in Connecticut by turning 40 years young.

GET INVOLVED IN CLUB ACTIVITIES

Membership is over 300, but only a small percentage donate their time and effort. Contact Don Sikorski or any of the committee chairpersons.

TEAM PINHEAD DOES BATTLE WITH THE ELECTRIC RACING TEAM

Ken "Maxwell" Wimberly Vs. Lynn Valorie. "The Fall Challenge Ladies Wear Race" November 17. Stay tuned.

MOHEGAN STRIDER SECOND ANNUAL FOOTBALL GAME MUD BOWL II

Sunday, November 25 at Kelly Junior High, Norwich. Young vs. Old. Last year's results: Old 6, Young 0. Contact Don Sikorski or Steven Hancock.

MOHEGAN STRIDERS "FALL CHALLENGE TRACT WORK SERIES"

At East Lyme High School track every Tuesday night, 6 p.m., October 2 to November 13. All levels of ability are welcome. Contact Don Sikorski or Way Hedding. Distance runs also take place at East Lyme High School every Tuesday from now until next May. All are welcome and encouraged to attend.

MOHEGAN STRIDER SWEATSHIRTS

Available for \$20. See Don Sikorski (376-9666).

NOTICES

Any club member wishing to run as a group from a designated sign, contact Don Sikorski or Carl Mailhot and every effort will be made to spread the word.

Any Strider who doesn't plan to race a TAC event might enjoy being a spectator. Participation as a team really seems to help the Striders perform even better and is very much appreciated.

NEW MEMBER

The Mohegan Striders welcomes a new Grand Master member, Otto Schaefer, from North Branford.

Our condolences go to Otto for the recent loss of his son Mark to a biking accident. Mark was an outstanding person and will be missed by many. He was responsible for getting his father into racing.

Mark would be proud of his father placing second at Fairfield and Rose Arts behind Bob Sieller (the state's top Grand Master). Otto has won his class many times since turning 50. He is a strong distance runner, especially good on hills. Bob Sieller and John Dugdale will attest to that since he passed them on the hills at Rose Arts and Bob had to come from behind to beat him.

RACING ROUNDUP

Sneeker's Cafe, 2 Miles: Striders: Don Sikorski, Chris Hansen, and Jeff Green tied in 10:22 (with a pinhead banner in hand). The awards received made it worth the effort (nice Leisure suit). Pete Volkmar did a great job! The President highly recommends this race. The 5-mile featured some fantastic Strider effort--Bill Marshall out-dueled Mr. Improved Tommy Lee for a Master's record, with third-place finisher Greg Quint and fourth-place finisher Craig Eisman being Top Strider who had to chase Tim Kane and Wayne Jacob.

Willimantic 5K: Men's Open team clinches State title with the help of Steve Swift, Joe Swift, Ed Zubrisky, Chris Hansen and Don Sikorski holding on for a 43-second victory in the 5K (Quote: "Kelley's Pace did not Place"). Mike Fusaro, Mike Whittlesey, Walt Smolenski and Sal Ulto also showed the rest of the state the Strider depth. The Women's Open team had its best performance of the year--Kelly Pickney, Kris-Ann Pardo, "Downtown" Carla Brown & Co. were second overall.

Preston Fair: Roger Zotti did a fantastic job with this Mohegan Strider Grand Prix race. Jeff Kotecki pulled it off again, but not without being chased by the next eight finishers which happen to be Mohegan Striders. Ed Zobrisky (2nd), Jack Silva (3rd), Dave Mills (4th), Mike Smith (5th) and Kevin "The Cook" Gallerani (6th). Very nice post-race party at Roger's house. The best \$3 Road Race in America.

13th Annual Prospect 5-Mile Run 5-Mile Run

Prospect, Connecticut

Division M - Men

1	MOHEGAN		Total Time = 2:15.46	
1	26:30	HANSEN, CHRIS	24 M NORWICH	CT MOHEGAN
2	26:53	ZUBRITSKY, ED	27 M NORWICH	CT MOHEGAN
3	27:13	WHITTLESS, MICHAEL	23 M LAKESIDE	CT MOHEGAN
4	27:25	BELL, JON	23 M CHESHIRE	CT MOHEGAN
5	27:45	SIKORSKI, DON	24 M JEWETT CITY	CT MOHEGAN

6	28:02	EISMAN, CRAIG	23 M COLCHESTER	CT MOHEGAN
7	29:58	SMOLENSKI, WALT	34 M COLCHESTER	CT MOHEGAN
8	31:36	LEVASSEUR, JERRY	52 M MADISON	CT MOHEGAN
9	38:04	CROWLEY, KEVIN	39 M NORWICH	CT MOHEGAN

13th Annual Prospect 5-Mile Run
5-Mile Run

Prospect, Connecticut

Division W - Women

2	MOHEGAN	Total Time = 1:40.23			
1	31:43	PINCKNEY, KELLY	23 F	COLCHESTER	CT MOHEGAN
2	33:42	PARDO, KRIS-ANNE	26 F	PRESTON	CT MOHEGAN
3	34:58	GARLAND, CINDY	30 F	LEDYARD	CT MOHEGAN

4	35:21	VALONE, LYNNE	23 F	NEWINGTON	CT MOHEGAN
5	39:47	BUCKINGHAM, ROSE	42 F	NO STONINGTON	CT MOHEGAN

SOUTHINGTON DISTANCE CLASSIC - 12K

July 15, 1990

Cloudy 60-70° Day, Very Humid

Strider Finishers

1.	Tom Paskus	23	Terryville	36.33	
5.	Joe Swift	27		32.25	
10.	Tim Kane	33		39.00	Kelley's
12.	Pat Swift	25		39.23	
16.	Ed Zubritsky	27		39.41	
22.	Kevin Pigeon	23		40.14	
24.	Jon Bell	23		40.24	
26.	Dennis Clowe	41		40.28	Kelley's
33.	Bill Marshall	45		41.05	1st Master
35.	Tom Hiten	40	Milford	41.12	2nd Master
46.	Dave Mills	41		42.03	3rd Master
68.	Tom Lee	42		43.23	4th Master
74.	Bob Sieller	50	Caanan	43.52	7th Master
81.	Pete Madden	50	Bethany	44.19	1st GM
88.	Sam Murallo	41		44.50	2nd GM
95.	Otto Schaefer	54		45.15	10th Master
110.	Jerry LeVasseur	52		46.01	3rd GM
117.	Steve Hancock	42		46.35	4th Master
144.	Walt Smolenski	34		48.32	21st Master
145.	Sean Delaney	32		48.32	
151.	John Thomas	51		48.44	6th GM
174.	Jim LaTourette	56		50.04	8th GM
257.	Ron LaFleur			54.59	
279.	Jon Jacobs			56.37	

TOP STRIDERS
By Lynn Valorie

TAC GRAND PRIX STANDINGS
As Of 9/22/90

(Excluding Tarzan Brown, November 1990)

<u>Male Under Age 20</u>	<u>Points</u>	<u>Female Under Age 20</u>	<u>Points</u>
Nick Kelo	475	Tina Tetreault	80
George Jennings	150	Michelle Hancock	60
Sam Leon	100		
<u>Male Ages 20-29</u>	<u>Points</u>	<u>Female Ages 20-20</u>	<u>Points</u>
Don Sikorski	560	Kelly Hawkes	315
Mike Fusaro	555	Kris-Anne Pardo	295
Ed Zubritsky	480	Lori Bartnicki	240
<u>Male Ages 30-39</u>	<u>Points</u>	<u>Female Ages 30-39</u>	<u>Points</u>
Kevin Gallerani	540	Kathy Smolenski	510
Dave Lathrop	525	Ann Powich	240
Dennis Tetreault	480	Pat Tetreault	230
<u>Male Ages 40-49</u>	<u>Points</u>	<u>Female Ages 40-49</u>	<u>Points</u>
Dave Mills	690	Virginia Ereschena	650
Sam Murrallo	640	Geri Palonen	615
Tim Smith	585	Rose Buckingham	470
<u>Male Ages 50+</u>	<u>Points</u>		
Clem McGrath	580		
Jerry LeVasseur	550		
Jack Curran	365		

Team Standings 7/15/90 and Final Standings

Masters

	<u>Men</u>	<u>7/15</u>	<u>10/15</u>	<u>Women</u>	<u>7/15</u>	<u>10/15</u>
Mohegan Striders		12*	24*	Wolfpit Running Club	8	15
Kelley's Pace		6	11	Libra AA	8	8
Libra AA		3	3	Converse/Athletes Foot	7	18*
Top Gun Running Club		3	3	Mohegan Striders	3	10
Wolfpit Running Club		3	9			
Milford Running Club		2	5			

Grand Masters (Veterans)

<u>Combined Teams</u>	<u>7/15</u>	<u>10/15</u>
Mohegan Striders	12	24*
Prospect Running Club	4	9
Wolfpit Running Club	3	6
Warren Street	3	11
Brookfield Chiropractors	2	2

Remaining Races

October 14. Stamford - Marathon (not part of Grand Masters Grand Prix)

6.

* As of Ridgefield 1/2 Marathon, the Masters Men's team has won the TAC Team Grand Prix - Great Running! Good Job!

Mohegan Striders

Point Standings 7/15/90 And Final Standings

<u>Masters</u>	<u>7/15</u>	<u>10/15</u>	<u>Grand Masters</u>	<u>7/15</u>	<u>10/15</u>
Bill Marshall	22*	32 (4)	Jerry LeVasseur	21*	41 (1)
Dave Mills	18*	45 (1)	John Thomas	15*	31 (4)
Sam Murallo	13*	32 (5)	Jim LaTourette	14*	38 (2)
Tim Smith	11	44 (2)	Otto Schaefer	12	33 (3)
Tom Lee	7	43 (3)	Ron LaFleur	8*	30 (5)
Rich LeGeorge	3	3	Clem McGrath	6	25
Steve Hancock	2	7	Jan Slonski	3	13
Ron Dombrowski	1	1	Jack Curran	3	3
Dave Jacobs	1	9	John Jacobs	2	2
Dennis Tetreault		5			

* Extra 5 points for 3 race participation. I keep hearing comments about all the red uniforms at the TAC races and good comments about the Club. This is because of you and your participation. The club thanks you. All of the above will participate in the money awards split at the end of the season.

Connecticut TAC Individual Grand Prix

Individual Standings 7/15/90 And Final Standings

Masters

<u>Men</u>	<u>7/15</u>	<u>10/15</u>	<u>Women</u>	<u>7/15</u>
Bill Marshall (Mohegan)	28	35 (2)	Barbara Mathewson (Athletes Foot)	30
Dave Mills (Mohegan)	19	31 (3)	Jan McKeown (Libra)	18
Dennis Crowe (Kelley's Pace)	18	28 (4)	Virginia Ereshena (Mohegan)	17
Tim Smith (Mohegan)	18	44 (1)	Sue Weihl (Athletes Foot)	17
Tom Lee (Mohegan)	10	22	Kathy Barry (Wolfpit)	15
Grant Ritter (Kelley's Pace)	9	24 (5)	Laura Bradshaw (Libra)	12
Tom Hiten (Milford)	8		Jennifer Calder (Wolfpit)	8
Browning Garritson (Libra)	7		Janice Barabas (Libra)	8
Dave Whibly	6		Jane Carlin (Wolfpit)	7
Douglas Hood	6		Rose Buckingham (Mohegan)	6

Grand Masters (Seniors)

<u>Men</u>	<u>7/15</u>	<u>10/15</u>	<u>Women</u>	<u>7/15</u>
Bob Sieller (Libra)	30	58 (1)	June Gravener (Prospect)	22
Jerry LeVasseur (Mohegan)	22	35 (3)	Wen-Shi Yu (Wolfpit)	20
Otto Schaefer (Mohegan)	17	34 (4)	Judy Savitt	18
John Dugdale (Wolfpit)	17	57 (2)	Karen Dorney	16
John Thomas (Mohegan)	14	20	Marcia Hewitt (Prospect)	16
Jim Latourette (Mohegan)	12	25 (5)	Helen Sargent (Prospect)	10
Clem McGrath (Mohegan)	9	20	Jean Podiack	9
Pete Madden (Hartford)	9		Audry Cappiello (Wolfpit)	7
Joe Riccio (Warren Street)	6		Lois Kohler	6
Tom Butterfield (Warren Street)	6		Maureen Jones	6

HERE ARE TIPS FOR TREATMENT AND PREVENTION OF FIVE OF THE MOST COMMON RUNNING INJURIES

1. Knee tendinitis: An inflammation of the tendon at the undersurface of the knee cap, often triggered by running too many miles, too many hills, too much speedwork or running exclusively on concrete sidewalks or other hard surfaces. Treatment: R.I.C.E. (rest, ice, compression, elevation) and anti-inflammatory therapy. Prevention: Make sure your shoes provide adequate support and cushioning and are not worn out. Consider adding an anatomically designed CAPI (Cushioned Anti-Pronation Insert) to your shoes for enhanced support and cushioning. Warm up properly and increase training mileage and intensity slowly.
2. Iliotibial band syndrome: Pain along the outside of the knee or hip, brought on by increased hill running (especially downhill), running exclusively on one side of a crowned road, sudden training changes or a tight iliotibial band. Treatment: Rest (from a few days to a few weeks), ice, stretching and a gradual return to running. Prevention: Make sure your running shoes provide adequate heel support and cushioning, and consider using a CAPI for additional motion control. Vary your training habits to avoid a recurrence.
3. Plantar fasciitis: An inflammation of the connective tissue that runs from the base of the toes to the heel bone. Often caused by over-use, running on hard surfaces or running in shoes with inadequate cushioning. It's most common among runners with high arches or flat feet. Treatment: The earlier, the better. Don't wait until the pain prevents you from running. Use ice massage after running, and see a podiatrist for long-term help. Prevention: Wear motion-control shoes with a cushioned midsole. Consider adding a shock-absorbing insole, such as the SofRunn, from Impac Plus. Or, try an insole that combines support with shock absorption, such as the CAPI.
4. Achilles tendinitis: An inflammation of the Achilles tendon, often caused by overuse or sudden training changes--especially hill running. Tight calf muscles also increase susceptibility. Treatment: R.I.C.E. and anti-inflammatory therapy until acute inflammation disappears. Then, frequent heat treatments (especially moist heat or whirlpool baths) and stretching. Prevention: Wear well-cushioned shoes, and consider adding a shock-absorbing insole such as the SofRunn to further cushion your heel. Warm up and stretch properly, and increase training mileage and intensity slowly.
5. Stress fractures: These hairline ("fatigue") fractures usually occur in the tibia, femur or small bones of the foot. A typical stress fracture begins as a dull ache but grows noticeably worse over time. They are caused by overuse, usually associated with high mileage or running exclusively or too intensely on hard surfaces. Treatment: Long-term rest may be necessary (4-8 weeks); ice, strength-training for the surrounding muscles, biomechanical evaluation and training adjustments. Prevention: Wear shoes that provide adequate cushioning and support. Do strength-training exercises to build up the leg muscles and run on soft surfaces when possible. Consider using shock-absorbing insoles, such as the SofRunns, or Sorbothane inserts, to reduce footstrike impact. Or, try the CAPI to further stabilize and cushion feet.

LETTER TO THE EDITOR:

Thirtieth College Reunion

Five years ago, I was drawn back to my 25th college reunion at Lehigh University, not only by the fact that I would be seeing my old fraternity brothers, but also by a road race. It was a rainy day and the race was run over a cross-country 5K course. I placed fourth behind much younger graduates. Prizes were also given to those who finished closest to their predicted times. No watches could be worn. I slowed down near the end, thinking I was below my predicted time, but I actually finished 30 seconds over it. Running on grass gives the feeling of running faster than you actually are.

After the race, a classmate who had run on the cross country team while at Lehigh asked where I had been 25 years ago. I had run one year on the track team, specializing in the 100.

This year was the tenth anniversary of the race and my thirtieth reunion. After driving through heavy traffic, we arrived in Bethlehem, Pennsylvania, around nine o'clock Friday night. After checking in, I put spikes on my racing shoes. I knew that if it was wet they would be needed on the grass course. In the morning after a night of thunder, lightning and heavy rain, we drove to the race site, arriving an hour before the start of the race. While checking in, I noticed that one runner had predicted 16.00 minutes as his running time. I believe he was from the class of 1980. Another runner had predicted 19.00, and I estimated my time at 19.30, knowing the course would be slow.

I ran two miles to warm up and then put on my spikes. At the start, 26 runners formed a straight line across the field. I looked around and saw several younger runners who looked as if they would be fast. As the starting gun sounded, one of the younger runners went out like a shot. Another runner and I followed behind him. I said to myself, "There goes the 16 minute runner blowing the field away." One mile into the race, the leader was out of sight and was approximately 50 seconds ahead of me. At a mile and half, I noticed that I was getting closer to him. I turned to mention to the third runner that we were gaining on the leader, but he had dropped back. The leader started looking back at the corners as I slowly gained ground. I came to a hill, put my head down, pumped my arms and gained ten seconds. The Tiger Light spikes felt great and held firm on the wet grass and mud.

At two miles I was twenty seconds behind the leader. My wife, who was waiting at 2-1/2 miles, told me my time. At that point I didn't care how close I was to my predicted time. I had a chance to win. At least it would be a sprint to the finish. Just before the final turn, there was another hill. Again, I put my head down, pumped my arms and ended up right behind the leader. This turn had a tree in the middle of it. Since it was a right hand turn, I went to the right (inside) of the tree and went outside. I passed him at that point.

With less than one-quarter mile to go, I put on a surge. He did not come. With 50 yards to go I looked behind and he was farther back and feeling good, I went into another gear and sprinted to the finish. I crossed the line in just over nineteen minutes. At the end of the chute, realizing I had won, I raised my arms and was handed the #1 card. There was no tape, few spectators and officials, but a 1960 graduate had beaten all the younger graduates. The recognition given to my accomplishment at the awards ceremony and at the class dinner was really nice. Again, two ex-cross-country runners asked me where I was in '60.

A very nice 30th reunion.

9.

Jerry LeVasseur

EDITOR'S NOTES:

I would be remiss if I didn't at least contribute my "two cents" to this issue of the Mohegan Strider newsletter, which we have come to know as "The Arrowhead." It's NOT evident on the letterhead or introductory page; but nevertheless, it's been a by-word for club news, race events, gossip and social interaction and correspondence. As editor, I suggest we keep "The Arrowhead" as a tie to our inception, our evolution and our success in sustaining this club.

In other news, as the succession of editors has stated their goals and mission, statements regarding "The Arrowhead" newsletter, let me offer my hopes and meager aspirations for this correspondence:

1. I want to get to know you all by face and name, so that I may get more of you known to other club members. This may, from time to time, require a photo-name quiz.
2. As we've grown with this club, it's become an extended family; for some, it is our family. I'd like to see us continue to support this family concept by assisting others--not just in our training and racing, but as people with varied interests. Look around you and reach out to those whom you've not gotten to know, other than their training schedules.
3. Part of me has wanted to do this (write) for a long time; and, periodically, I'd get the time to put a piece into "The Arrowhead" about athletic injuries and running-related articles published in professional journals. However, this editorship forces me to write on a more regular basis about things I enjoy: this community and it's running populace, health and wellness and physical therapy.
4. I pledge to get out at least quarterly newsletters and am willing to publish anything that is submitted. However, just like the "real press," remember I do get the last word. That means that Way Hedding will not be mentioned by name more than three times and Pete Volkman will have other alias names to avoid repetition, repetition, repetition...
5. I need and want all members to submit their thoughts, written or otherwise, to me on improvements, annoyances or race results or articles--whatever. I don't want to be stranded. By the way, "thank-you's" go out to Karen Short, Don Sikorski, Jerry LaVasseur, Rose Buckingham, Bill Marshall, Lynn Valorie and anyone I've forgotten whom I received information from, written or otherwise.
6. Lastly, really, I'm serving notice now that NO ONE will do this job of editing, etc., without help. I'm not putting a life expectancy to my tenure. However, what will certainly affect my efforts is team effort. All those who are committee chairmen and/or submitting information, articles and letters, need to get information to me by December 31, March 31, June 30, and September 30. We've got lots of information, so once you've got something, send it toute suite rather than wait until the last day of these months.

Well, I didn't think I had that much to say, so without further expansion---

Carl