



The Charge!

Volume 1995/96

Voice of the Peoria Jaycees'

May 1996

The Polls are Closed - Election Results

Elections for the 1996-97 Board of Directors for the Peoria Jaycees took place at the membership meeting on April 18, 1996. The ballots are in and accounted for; congratulations are in order for the following: **John Cima** as the newly elected president (**Commander Steve West** gave a major sigh of relief there), **Joann Ziegle** is our new Chapter Management Vice President (and with a phone call to confirm her nomination, Joann stated "Oh, is that tonight?"), **Jeff 'Mad Dog' Bilsland** going for a threepeat as the Community Development Vice President, **Jason Arends** was elected as the 'Powerful' State Director, **Dan 'the Friar' Schmidt** was voted in as our Individual Development Vice President, **Dr. Shari Quin** (aka, 'Membership Woman') was elected as the Membership Vice President, **Frauline Kathy Pulfer** was elected as the new Secretary and **Cindy Schwerer** was elected as the new Treasurer.

Local Directors for the new year are comprised of **Sean Apsey**, **Joe Burkitt**, **Rustin A. Greene**, **Mark Klokkenga**, **Greg Myroth**, **Dennis Owens**, **Sandy Pearce**, **Mike Safford**, and **Susan Wilbur**. Congrats to you all and may 1996-97 be the best year for the Peoria Jaycees!

Recruitment Party Deemed a Success

A recruitment party that was planned on short notice and occurred spontaneously took place at the residence of **Rick Owens** on Sunday, April 28th. Several Peoria Jaycee members were in attendance, including many new members. "We threw this party so that all our new members could better know the regular members", stated **President elect John Cima**, "and hopefully with members bringing guests, we can recruit a few new people. And it gives us a reason to party!"

The party took off with a flying start when the president-elect Cima forgot about the burgers he was cooking. Flames and smoke bellowed out of the grill and towered into the sky while the food began to burn. Once the situation was under control, the gas tank for the grill ran dry. However, the tank was refilled and cooking resumed.

Later in the party, a report came in that people were having difficulties with the toilet. Flushing became a problem. Upon inspection, it was discovered that a chain had fell off the control lever. Rick took command of the situation and temporarily repaired the disabled plumbing unit by using a half dozen paper clips. However at the same time, **Dan 'the Friar' Schmidt** went to replace a roll of paper towels in the kitchen and the paper towel dispenser became unattached to the wall. This problem remained unresolved for the duration of the party. Afterwards, IBF T-Shirts and beer glasses were distributed. **Rusty Greene** had accidentally dropped one of the beer glasses and it smashed, leaving glass debris on the carpet. When the sound of breaking glass was heard, Rick stated, "Now what's broke?!"

By the end of the party, no one was recruited that night, but several prospects were brought to the party and two joined later in the week, and current reports indicate that two others may want to join. However, the party was deemed successful as more mishaps took place than normal, which usually means it was a good time.

Peoria Jaycees Web Page Now On-Line

The Peoria Jaycees Home Page is now up and running! If you have Internet access and a web browser, you can find 'the Page' at <http://www.jaycees.com>. Log in sometime and get lost in cyberspace, a place that is perfect for Jaycees. On 'the Page', you will find the current edition of *The Charge*, along with recruitment information, upcoming projects and other fun and completely useless web sites and pages. For those of you who do not have Internet access, but are looking to subscribe to a service provider, contact **Dan 'the Friar' Schmidt** as he has set up a special reduced rate for Peoria Jaycee members.

The Peoria Jaycees Home Page was made possible by Solution Services, Inc. of Peoria, IL, our benevolent Internet provider!

From The Desk of the Most Dangerous Writer in America

by Rick Owens

Last month, our subscription reached 240 readers, our highest in years, perhaps a new record. This month, the subscription for *The Charge* has reached an all new high.... 4.5 billion people! That's right, the entire world now receives *The Charge*!

Alas, our web page is here and on-line! The Peoria Jaycees have harnessed the technology of the Internet and is the first Jaycee chapter to arrive to the 21st Century. And of course you know what this means? It's merely another way to deliver the fastest growing and most popular publication in Central Illinois. Using this type of medium, the Peoria Jaycees Home Page will be able to present Peoria and the rest of the world more timely news from the chapter. For the next year, I not only have the honor of the editorial responsibilities of the newsletter, but I will also be maintaining this web page. In order to bring you the most recent news and events, I will try to update 'the page' every two weeks, probably after the Board meeting and after the Membership meeting.

With 'the Page', this publication won't be limited to printed text on paper... no more running out of toner, no more typesetting, no more going to the post office and NO MORE FOLDING! Now if only everyone had Internet access. However, if you do have access to the Internet, check out our Home Page at <http://www.jaycees.com> as I plan to eventually include pictures and maybe a feature or two that you cannot get on the printed version of *The Charge*.

Until next month, I thank you for your support.

The Charge
An Official Publication of the Peoria Jaycees

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Disclaimer: Portions of this newsletter are used for entertainment purposes only and they should not be taken seriously.

Mark Your Calendars

May

Chamber of Commerce Business After Hours; Thursday, May 9, 5:00pm - call the Commander for location

Installation Banquet; Thursday, May 9, 6:30pm, Alexander St. Steakhouse - call Commander Steven J. West

Friday Fest; Friday, May 10, 5:00pm, downtown Peoria - call 'Friar' Dan Schmidt

State Convention; Friday, May 10 - May 12, Rosemont Convention Center, Chicago - call Rusty Greene or the Commander

Membership Meeting; Thursday, May 16, 7:00pm, Amvets, downtown Peoria - call Commander West

Louie Louie Parade/Riverfront Grand Opening; Friday, May 31, 3:00pm, downtown Peoria - call Sandy Pearce

June

Board Meeting; Thursday, June 6, 6:30pm, location TBA - call John Cima

Caribbean Rendezvous; Friday, June 7, 6:00pm, at Jeff Pulfer's residence (aka 'Party Central'), Marquette Hts. - call John Cima

Newsletter Articles Due; June 7 - call Rick Owens

Chamber of Commerce Business After Hours; Thursday, June 13 - call Joann Ziegler for location

SteamBoat Days; Friday, June 14 - 16, call the 'Good Friar'

Membership Meeting; Thursday, June 20, 7:00pm, Amvets, downtown Peoria - call the John Cima

American Cancer Society Relay for Life; Friday, June 21, 4:30pm - midnight - call Rick Owens

July

Firecracker 5000; Thursday, July 4; pre-race set up at 5:00am, race starts 8:00am - call Dan Schmidt or Jeff Bilsland

Hog Roast; Thursday, July 4 - call Dennis Owens

Chamber of Commerce Business After Hours; Thursday, July 11 - call Joann Ziegler

Louie, Louie Parade

The Louie, Louie Parade for Leukemia will be held on Friday, May 31, the same day as the RiverFront Grand Opening in downtown Peoria. The Peoria Jaycees are planning to take part in this event and march in the parade.

Sandy Pearce is chairing this outing and so far has 10 people signed up to participate. However, Sandy has set a goal for 20-25 people to attend. In addition, recruitment efforts will be engaged in the bars before and after the parade.



Meeting time for everyone that is marching has yet to be announced, however, if you are interested in having fun in this event, call **Sandy Pearce** at 679-4463 (or her cellular at 253-2827) for the latest details. Hope to see you there!

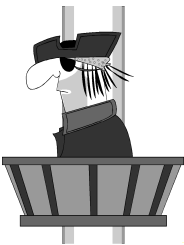
Friday Fest

The Peoria Area Community Events (PACE) is once again looking for expert beer pourers and party specialists to help with their Friday Fests event. The first Friday Fest is to be held on Friday, May 10th starting at 5:00pm at the new RiverFront in downtown Peoria. PACE is looking for 4 people to sell tickets, 4 people to man the gate and 10 people to serve beer. There are two shifts, 6:00pm to 9:00pm and from 9:00pm to midnight.

If you are willing to offer your partying credentials to this worthwhile effort, call **Dan Schmidt** at 674-5290 to sign up.

Caribbean Rendezvous...

... or a dirty pirate looks at 40, Part 2. What does a Jaycee chapter do with an unused 18 cases of micro brewed beer? Remember the 40th birthday party for **Jeff Pulfer** last year; well, that's what they do with it! Mark your calendars for Friday, June 7th, 6:00pm, at **Jeff Pulfer** Party Central, 301 Beloit, Marquette Hts., for the kickoff party of... well, that weekend anyway.



The party will coincide with a new member orientation, which is to start early at 6:00pm and should not take that long. There will also be a new board orientation that same night. But don't get the idea that it's going to be nothing but Jaycee work, there's going to be plenty of food, snacks, fun, music and of course micro brewed beer (and there will also be plenty of Budwiser and Miller for you American junkies)!

Unfortunately, Herr Pulfer claimed that **Mistress Dawn** from the Club Cabaret was not on the invite list, however, someone might want to let **Norm Huff** know about this.

Peoria Riverfront Grand Opening

The grand opening of the new Peoria Riverfront is to take place on the weekend of May 31st to June 2nd. As things stand now, manpower assignments are completely up in the air, but it is believed that most of the assistance from the Jaycees will definitely be needed on Sunday, June 2nd.

There will be plenty of music going on that weekend as on Friday, May 31 will be nothing but rock bands, Saturday, June 1 will be country bands and then on Sunday, June 2, will be big bands.

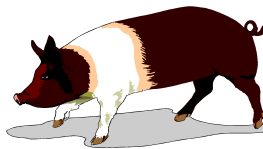
More information will be posted on the Jaycees Home Page as it comes in, or call **Dan Schmidt** at 674-5290.

Rock-A-Hula Luau

Break out your grass skirts, the Rock-a-Hula Luau is going to be in Lincoln, IL at the Holiday Inn Express on July 27 at 2:00pm. Hors d'oeuvres, tea, soda, swimming, spa, music, games and 50/50 raffles are on the agenda. The cost is \$5.00 per person and rooms are available (but please reserve in advance). A registration form will be sent to the Peoria Jaycees so stay tuned for further details.

However, if you are ready to sign up now, contact the Lincoln Jaycees at 732-9440, **Cindy Fisher** at 735-3723 or contact **Jason Arends**, the new and all powerful State Director.

Hog Roast



Dennis Owens will be hosting a hog roast at his humble abode, located at 7608 N. Radnor Rd. on Peoria's north side, Thursday, July 4, 1996. Festivities will commence promptly at 2:00pm, but if you want to arrive sooner to help with hog roasting, feel free to stop by. Beer and a hog will be provided, however, please bring a dessert or some type of dish that everyone can share.

Other events that will be featured will include the nighttime golf contest and of course fireworks ignited by several drunken individuals will surely take place.

Attention Race Fans!

If anyone is interested in attending the 1996 Indianapolis 500 and is looking for tickets, please contact **Rick Owens** at 691-9292 for details. Has 4 tickets in the 3rd turn; \$55/ticket.

State Director's Report

by Rustin A. Greene



It is I, **Rustin A. Greene** and I am still the powerful state director for the Peoria Jaycees. As the year comes to a close and the new state director takes over, I would hope all of you would reflect back on the past year and say, "WOW, He really

was a 'powerful' state director." I want to thank **Jeff Pulfer, Dennis Owens, Rick Owens, Dan 'the Good Friar' Schmidt, Val Mount, Sue Wilbur, Steve West** and the new state director, **Jason Arends** for their help on past visitations. Many other people have helped make the visitations fun, like **Dubby** who is still away eating jelly donuts and has not been seen for 8 months, and I thank you all! Please support Jason as he takes over office in the upcoming month.

Visitations are fun!! Make new friends, remeet old friends. Have projects coming up? Visitations are a great way to promote chapter projects and socials. Good source of manpower too! See how other chapters motivate members, solve problems. Get ideas on recruiting and extensions. Find a wife, spread a fungus!

You are all invited to join me on the last visitation of my term. May 7th in wonderful downtown Princeville, IL, at the Town Hall, 7:30pm. Call me for details at 243-1027. Refreshments to follow the meeting at Christie's Den in Dunlap. Wear your worst clothes; no ties!!

And as always, I, **Rustin A. Greene**, am very proud to provide thoughts and wisdom to the Peoria Jaycees.

"Live fast, die young and leave clean underwear."

P.S. Look for the Rustin A. Greene Editorial Page coming up in the months ahead.

Chapter Management

by Valerie Mount

Installation Banquet

The banquet to install the new chapter officers is to be on Thursday, May 9 at 6:30pm. Our lustrous Commander has reserve room for us at Alexander St. Steakhouse for this event. Please be there and support the 1996-97 Board as they take office. For more information, call **Steve West** at our Jaycee hotline at 676-JAYC.

Epicurean Night

The next Epicurean night planned will be held at Barnacle Billies on Thursday, May 30th. We feel that since members are already spending enough money at the Installation Banquet, Epicurean night will give them a break and offer an

Membership Report

by John Cima

Who's Due

In May, no one is due!

In June, the following members will be due:

Nick Dervenis	Jennifer Misak
Frank Hess	Mark Monge
Norm Huff	Mark Mount
Dubby	Bill O'Neil

Membership Status

April was actually a positive growth month (+2), with 2 renewals and 5 new members: **Chris Alcocer** (referred by **Jeff Bilsland**); **Tammy Bill** (referred by **Jason Arends**); **Steve Venzon**; and **Jennifer Routzon** and **Heather Zech** (both referred by **Shari Quin**).

Speaking of the aforementioned Ms. Quin, let me take the time to congratulate her on her election as Membership VP. She is off to an outstanding start, as she has already managed to out-recruit the last two officeholders of the position. Keep up the good work!

A recruiting cookout was held at **Rick Owens'** house on Sunday, April 28. Despite the dismal weather, about 15 Jaycees and five guests attended the festivities. The guests included **Chris Alcocer, Heather Zech, Chris Marshard** (guest of **Susan Wilbur**), **Kevin McCarthy** (guest of **Cindy Wrobel**), and **Emily Meinert** (guest of **Cindy Schwerer** and has signed up as of May 5th). Both Chris A. and Heather signed up that day, despite what Rick wrote on the front page of this publication; just shows that he doesn't know what's going on in this organization.

Several ID projects spawned out of the cookout, including: surfing the net for choice body parts (/nipple.com?); a hummis cookoff; how to convert ground animal flesh into an inedible carcinogen; and squid fishing dynamics. The bottom line?: a good time was had by all.

affordable meal. Cocktails will start at 5:30pm that night and dinner at 6:00pm. If you have any questions or ideas for a future Epicurean night, call **Sue Wilbur** at 685-8365

Business After Hours

We had a good turnout for the Chamber of Commerce Business After Hours last month at O'Learys. In attendance was **Jason Arends, Dan Schmidt, Mark Rosenburg, Mark Monge, Jennifer Misak, Kathy Pulfer** (who once again won a raffle), **Rick Owens** and **John Cima**. Please try to make it to future Business After Hours as it is a fun time and offers a chance to meet new people.

Community Development

by Jeff 'Mad Dog' Bilsland

WANTED: A Few Good Umpires

Just when you thought it was safe to 'Play Ball'. The Peoria Heights Jaycees T-Ball League is back! They are looking for a few good Peoria Jaycees to serve as umpires. No previous umpiring experience necessary. The T-Ball games will be June 5, 12, 19, 26 at 5:30pm at Kelly School in Peoria Heights. Please call **Bob Klannukarn**, president of the Peoria Heights Jaycees at 693-2417 to become one of the few, the proud, a T-Ball umpire!

'Mad Dog' Bilsland wins lawsuit

As reported in the *The Charge* last month, **Jeff 'Mad Dog' Bilsland** was suing the British government over the copyrighted name of 'Mad', claiming that they illegally used it for their cattle disease, 'mad cow' disease. "I am pleased to report to you that a verdict has been made in favor of Mr. Bilsland.", stated attorney **Steven J. West**, confirming a report that the irate and highly strung Bilsland had won the historic lawsuit.

In response to the verdict, the 'Mad Dog' has decided to throw a block party in his neighborhood, that is if the City of Peoria will grant a permit to the overly energetic 'Mad Dog'. The party is also being thrown to show appreciation to those who volunteer at the Firecracker 5000. In addition, it is being held to help with recruitment and for those members in the chapter who actually do or show up at any Jaycee function.

The party is to be held on Wynwood Dr., in Peoria, IL just north of the Knoxville/Lake St. corner. For more information, log onto the Peoria Jaycees web page or call Jeff Bilsland at 682-2897 to get the latest details.

American Cancer Society Relay for Life

The American Cancer Society Relay for Life is to be held on Friday, June 21 to Saturday, June 22 at the Peoria Stadium on War Memorial Dr., Peoria, IL. It is an event where teams of up to 12 members each keep at least one person walking a track from 6pm Friday night to 6pm Saturday night. The tracks are lined with luminaries purchased for \$5.00 in honor of cancer survivors and those not as fortunate. At 10pm, the lights of the stadium are turned off, luminaries lit and names read aloud. The remainder of the event is a celebration, with live entertainment, music, food, etc.

The Cancer Society needs light manpower assistance from the Peoria Jaycees and at the last membership meeting, more than enough people volunteered to help. However, don't let that stop you from getting involved as help is never turned away. If interested in helping, call **Rick Owens** at 243-7319.

Firecracker 5000

The 14th annual Firecracker 5000 is off to a flying start. On Sunday, April 21, we had a total of 15 Jaycee members and non-members show up for a committee meeting and a lot got done. We designated what age groups and awards would be; we detailed assignments and verified who the project sponsors would be. On Sunday, May 5th, we had another committee meeting just as large.



The Firecracker 5000 will be held on Thursday, July 4, 1996 and volunteers will be needed very early in the morning, so we can be ready for when the event takes off at 8:00am. As with every year, the race will start and finish on Constitution Ave. at the River Station restaurant, however this year, we are planning something totally new... rollerblading!

The project chairman and race director is **Dan 'the Friar' Schmidt**. Sub chairpeople include **Susan Wilbur** for race packet pick-up and registration, **Cindy Schwerer & Kathy Pulfer** for post-race refreshments, **John Cima** for security, **Rick Owens** with assistance from **Diana Barach** for awards ceremony, **Joann Ziegle** for manpower, and **Chris Marshard** for the finish line. This has to be a first as Chris is only a prospective member so far and he's volunteering for the Jaycees biggest project of the summer! However, it's not too late to get involved as there are still positions unfilled, and help is always needed and appreciated.

This year we have several major sponsors, including the **River Station, Brewers Distributing, WGLO Radio, Hinkley & Schmitt, Solution Services** and **Caterpillar**.

Packet pick up and registration is being organized to take place at Northwoods Mall on the evening of Tuesday, July 2, 1996. T-Shirt designs are still in the works, but if you have a design or know an artist who would like to design something, call 'the Friar' ASAP at 674-5290 as the shirts need to be ordered immediately. Only one shirt design is being considered at this writing, so hurry if you want your work of art to be on a Jaycee T-Shirt.

If you have any questions or want to get involved, don't hesitate to call **Dan Schmidt** at 674-5290 or **Jeff Bilsland** at 682-2897.

Congrats

The Peoria Jaycees would like to offer their congratulations and best wishes to **David Sporrer** on his recent wedding. Best of luck to David and his new bride, Anne.



President's Letter: From the Desk of Commander West

Thanks to All!

I really mean it when I say that it was a great year, and everyone contributed. It seems like it was just yesterday that we were holding our Installation Banquet at Alexander St. Steakhouse and I was imploring all members to make this a fun year and promising to "ream a new ---hole" to anyone unwilling to have fun. Well, it worked! So now it's time to invite all Jaycees' to this years installation banquet. Our 1996 Installation Banquet will be held on Thursday, May 9, 1996 at 7:00pm at Alexander's St. Steakhouse. Be there and support your new and outgoing officers. Dinner will be at 7:00pm and awards will follow after we eat. Each person will pay for their own food and drinks. Try to make it.

They say time flies when you're having fun and I must have had a great time because it really flew. I remember **Jeff Pulfer** called me last year and said that there was a good group of Jaycees willing to run for office, but no one was willing to run for president. I mentioned that I was considering running for office since I was not currently teaching at ICC. I spent the next 90 minutes listening to **Jeff Pulfer** tell me every reason he could think of that I would make a terrible president! Thanks for the positive reinforcement and that strong vote of confidence. In all fairness, at our last board meeting, Jeff gave me the closest thing to a complement that I will ever get from him. He said, "Steve turned out to be a better president than I thought he would be, but no as well as I could have done myself." Thanks again, Jeff!

I thought I would mention a few of my memories. I remember how many race applications **Jeff Bilsland** and **Jay Denton** handed out at other races prior to our Firecracker 5000. We were rewarded with 657 entrants and our 2nd largest race ever. I remember wearing a tuxedo at our car washes and then holding the 'car wash' sign on University Ave. I remember the great harmonica **Rusty** provided at our cook-out at Sam's. I remember all the great stuff we had at our garage sale and then staying late and watching *Pulp Fiction* at **Rick's** house even though he was out of town. I remember the caricatures of various officers that were drawn in the make-up area of the haunted house. We really had some great times on the bus after we shut down the haunted house each night.

I was very proud to be a Peoria Jaycee at our Distinguished Service Award Banquet and we had a large turnout thanks to **Joann Ziegle's** efforts. I kept my campaign pledge to buy 2 pitchers of beer after every membership meeting, and everyone seemed to enjoy the social hours we held at the Amvets bar after every meeting. We threw Rusty Greene one hell of a bachelor's party and gave new meaning to the term "Sheep Shot". I roller bladed for the first time in my life at the Adopt-A-School skating party. I suffered through a Monday Night Football party listening to **John Cima** cheer as the Green Bay Packers beat the Bears. I guess it was worth it, because John is our new president. I remember **Norm** and **Dan** came over for a late night deer dinner at my house. I remember the tattoo contest at the Winter Rock Expo and that several of our women members crashed the Club Cabaret afterwards. **Val** was observed unloading cases of beer at the International Beer Festival and then co-chairman **John Cima** screaming "We're never going to make it!" as we feverishly prepared to day of the beer fest. (Editor's Note: I remember a certain president dressed as a clown at the haunted house always saying 'You'll never make it out alive!') Someone brought a fresh deer heart to our Haunted House appreciation party. Dan still thinks working at the Haunted House 'makes us strong.' **Wac McIntyre** poured several beers down the mouth of the Jabber Jaw mask. A pink flamingo was mysteriously left in **Jeff Pulfer's** front yard. **Janet Nueswanger** and **Rusty** played a mean game of flashlight tag on our campout. **Dennis** not only provided the bus but also created the whole hog grill. **Joe Burkitt** seems to enjoy the torture room entirely too much, I remember all the great snacks that **Kathy Pulfer** and **Cindy Schwerer** baked for our pleasure. I first tried the Baskin-Robbins Polar Pizza thanks to **Terry Gavin**. I tried my first new Miller Beer at the Amvets. I provided limousine service for a Bloomington Jaycees visitation and provided every courtesy when passengers needed to use the bathroom on the return ride. I was kissed by Dan's friend **Warren** who informed me, "I love you, MAN!" What a year!!!

If I can make a few observations, I would urge the officers to make the organization as fun and as democratic as possible. If everyone participates in the major decisions, you will have gotten everyone involved and that's the whole idea. Get the members involved and respect and encourage participation. I know it is harder to run meetings and to make decisions under a true democracy. But the entire board and the entire membership are necessary for a successful year. Also, this is a volunteer organization and no one is getting paid for their efforts. Make it fun. I know no other group that works as hard and plays as hard as the Peoria Jaycees. I hope it shall always be this way. Thank you for allowing me the honor of being your president. As always, I am proud to be a Peoria Jaycee.

With Regards,
Steve West

Top Ten Mishaps at the Peoria Heights Lawn Mower Clinic

- 10.) Strife with the lawn mower fixxer upper union.
- 9.) Too many attorneys, not enough rules.
- 8.) Everyone tipsy from gas fumes.
- 7.) Letting Bilsland play with sharp instruments.
- 6.) Bob Klannukarn.
- 5.) Replacement of Pennzoil with Wesson oil.
- 4.) Customers overheard Steve West whisper "Hmmm... what would those guys at Meineke do."
- 3.) Shipment of safety glasses turned out to be box of Groucho Marx glasses.
- 2.) Too many power tools!
- 1.) Someone forgot the jelly donuts!

Peoria Journal Star Disbands

Hello, just thought I'd bring to your attention that the Jaycees get no acknowledgment unless the chapter breaks up. The title above is to prove a point. **The Jaycees** are very active, alive and well in Peoria and good news is news! Thank goodness there are quality papers like *The Charge* that publishes the **good** as well as the bad.

Just a subtle hint, regarding the article this week in the *Journal Star* about the Pekin Jaycees disbanding.

Sincerely
Dan 'the Friar' Schmidt

It's A Little Known Fact... On the Job

Workers' computer screens should be as bright as everything else in their field of vision, experts say. Most offices are too well lit for employees to be staring at a black monitor with white letters. Working with a window in the background can cause eye problems, too.

Warm-ups and rest breaks can reduce potential for injury. "Typing is an athletic activity for one's hand and fingers," says Stephanie Brown, CEO of Ergonome Inc., a New York ergonomic software publisher. Hands need a quick warm-up before typing, just as legs do before a long run. Typists should rest their hands about 10 minutes an hour, using short, frequent breaks rather than long ones.

Computer Vision Syndrome: Millions have headaches and focus problems. Eyestrain tops the list of computer users' complaints. More than 10 million workers visit optometrists each year because of computer-related vision problems, and 40% of them get special glasses for their video display terminals. Working at a computer can be more visually demanding than other tasks, given that the screen can cause glare and the monitor is outside the range of most reading glasses. Positioning the monitor about 26 inches from the eyes is optimal, making focusing easier than at closer distances.

Statistics: Let the fingers do the walking? In an eight hour day, typists' fingers can travel more than 16 miles; in one week, they move more than 500,000 times. Computer users' eyes often dry out because they blink only seven times a minute, compared with the regular rate of 22 times a minute, optometrists say.

The Jaycee Creed:

We Believe:

**That Faith In God Gives Meaning And Purpose To Human Life;
That The Brotherhood Of Man Transcends The Sovereignty Of Nations;
That Economic Justice Can Best Be Won By Free Men Through Free Enterprise;
That Governments Should Be Of Laws Rather Than Of Men;
That Earth's Great Treasure Lies In Human Personality;
And That Service To Humanity Is The Best Work Of Life.**

Peoria Jaycees



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This Month:

**Jaycees Web Page Now Online; Election Results; Installation Banquet on May 9;
Friday Fest; Louie Louie Parade; Firecracker 5000 now includes rollerbladers**