

National Capital Velo Club, Inc.

P.O. BOX 14004, BENJAMIN FRANKLIN STATION, WASHINGTON, D.C. 20044



NCVC NEWS

MARCH 1978

A JOURNAL OF BICYCLE RACING AROUND THE NATION'S CAPITAL

BUTLER NAMES '78 TEAMS

The NCVC/Georgetown Cycle Sport/Canetti Racing Team has been announced. The A Team will consist of the club's top riders who are capable of finishing in the top three places of any given race. They will be expected to set an example in attitude, fitness, approach, appearance and sportsmanship and to act as Ambassadors of the sport, our club, and our sponsors. They will take priority in club and sponsor support and assist in the development of the club's racing potential.

The B Team will concentrate on support for the A Team. But, they will not be restricted to this function and if the opportunity presents itself, they are expected to win. Riders will be added and dropped from either team throughout the season if performances warrant such changes.

Team goals are:

- 1) Victories for NCVC/Georgetown Cycle Sport/Canetti
- 2) I.D. points for as many riders as possible
- 3) National Classic points for as many riders as possible
- 4) Sectional Classic Champion
- 5) State Champions
- 6) Medals at the Nationals

All team members are expected to fill out an application for team membership as well as any other club member who would like to apply for the teams. An application form is contained in this issue of the newsletter. Any club member racing will receive support when available.

The teams listed below are from the membership rolls as of March 11, 1978.

A Team

1. Rick Barnett (Captain)
2. Jim Bradford
3. Larry Black
4. Ned Carey
5. Ellen Dorsey
6. Kevin Lee
7. Reno Rashid (B Team Captain)
8. Steve Wood (Junior)

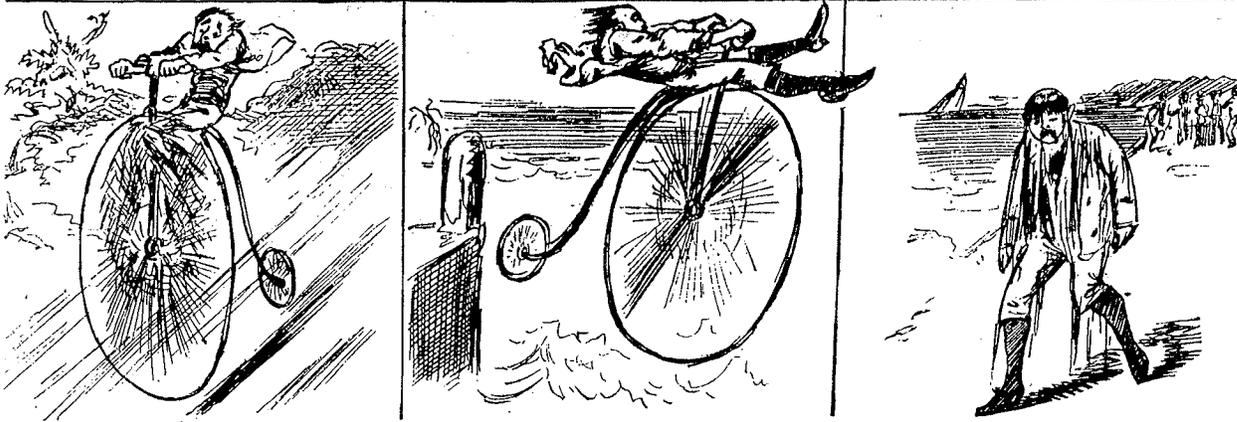
B Team

1. Chris Cressy
2. Bob Fisher
3. Gail Fetterman
4. Don Geise
5. Hal Mattes (Junior)
6. Roy Morris
7. Jerry Nugent (Veteran)

ASPIRANTS: Pete Czapiewski, Bill Forlifer, Jeff Johnston

There will be a Racing Team meeting on Monday, March 20 at the Rashids. Call Reno or Alan at 229-0346 for directions. Starting time is 8:01. Team members are expected to be there. Club members who are interested in making the team are welcome, but please call Reno so that he will have an idea as to the number of persons expected.

RAMBLING with the BIG WHEELIE



1978 is off and running. Fort Hunt was a success, thanks to Big Al for a fine promotion. Congrats to Ned Carey, Thom Tallent and Grahame Reffell; winners all, of the season opener. Thanks to bad weather and construction, the Time Trial will not have a full month's ride. The first general membership meeting finally was held, after two delays due to the little white stuff from the heavens! However, it was worth the wait as the turnout was the largest I've seen in many moons. I don't know if the turnout was to see Pete Stevens, Rick Barnett and JimBob in the movies, or to collect Fort Hunt prizes but people sure showed up and we had a very constructive meeting. I sincerely hope that it's a trend because it is enjoyable and encouraging to hear other views and see an interest shown in the running of the club.

Thanks to our sponsors, Georgetown Cycle Sport and Canetti Tires. All entry forms should reflect those names. As stated before, you will not be allowed to race in an open race without a club jersey and that is a promise! Remember, Associate members cannot represent the club in open races and will be required to pay double entry. If you plan to ride any open races (any sanctioned race), pay the extra \$5 and you'll come out cheaper.

The National Capital Open is just around the bend and it is a dress rehearsal for the BIG ONE which is June 25. So, if you're not riding, call Karen Miller and tell her you'll be available to be a road marshal. Then, on April 16, bring a friend to keep you company while you're road-guarding, and while they're there, they can see a very exciting race. Call early if you want to be assigned near the Finish line. Would you believe that as of March 6, we had more volunteers from PPTC than NCVC? Come on people, show how much you really love your sport!

Every year at this time I like to play a game called "Spot Potential". Last year I picked Kevin Lee and Chris Cressy (not bad, eh?). So, at this time, I invite you to keep your eyes on Reed Scarce, Dave Beers, and Thom Tallent.

How many of you John Howard fans noticed that ole John won a cyclocross race last month? Think he'll make a comeback?

I received a very nice letter last week from our club members in Indiana; the Llewellyn racing team wishing us well and offering suggestions of the Junior Worlds.

Say, what are you doing on April 30th? If you're not going to be out of town racing, and you plan to take a long ride, why don't you Ride a Bike for the Retarded in Montgomery County. Last year we helped raise \$33,000. So, for information call Ms. Carol Kirby at 933-4343...then on April 30, put on your club jersey and help sell your sport.

Speaking of selling your sport, how many people have you introduced to the sport of bicycle racing? How many people have heard about the NCO and Junior Worlds from you? If the answer is zilch, you are not selling.

For you oldtimers with the club, I saw a face from the past on a bike recently; Gentry Gingell is back. And, for a little news not related to racing...on March 5, when it was too cold to TT, big Al Rashid won the Pinball Playoffs while brother Mark took the "Right hand Only" event!

1977 District Championship medal winners can pick up their medals at the club meeting on Monday, April 3.

If I don't see you on the streets, I expect to see you at the meeting on April 3, then at the clinic on April 7th.

Cheers!

Mike

CLUB OFFICERS

<u>Title</u>	<u>Name</u>	<u>Phone</u>
President	Mike Butler	588-4571
Vice President & Editor	Pete Swan	649-4841
Vice President Publicity	Larry Black	277-2555
Treasurer	Paul Lenz	279-0061
Secretary	Pete Rusk	933-7848
Membership Chairman	John Prehn	301/268-3477
Maryland Rider Rep	Alan Rashid	299-0346
Virginia Rider Rep	Hal Mattes	569-5144

EDDIE BORYSEWICZ CLINIC

While in Florida for a week of training this past January Larry Black had the opportunity to attend the Eddie B. Rider and Coaching Clinic. About 40 riders, mainly from Florida, were present for the two days of lecture and on-the-bike positioning discussions. Topics of hygiene, massage, tactics, training, winter activity, attitude and others were discussed. Some very useful information, especially in the areas of training schedules and diaries.

Larry also got a chance to exchange ideas with coaches and riders from other clubs, and also placed in a training race, despite the extremely cold Florida temperature of 58° F. (Poor babies!) Larry is looking forward to sharing this experience with you at the April 7-8 Training Seminar at Georgetown Cycle Sport. (See separate article)

TRAINING CAMP APRIL 7-8

Georgetown Cycle Sport, Bethesda, will be the site of the spring NCVC training camp. Rick Barnett, Larry Black, and Reno Rashid will lead discussions on training and tactics, hygiene and diet, bike mechanics and positioning. Cost is \$1.00. The Friday session will start at 7:00 p.m. and end at 11:00 p.m. Refreshments will be served. Saturday's session will start at 9:00 a.m., with a training ride, leaving from Georgetown Cycle Sport, Wildwood Center. If you are committed to this racing season, you are advised to attend this clinic. Juniors, Category III-IV Seniors and Women are especially encouraged to attend.

BIKE BONANZA 1&2

Phase I

On April 9th from 12:00-3:00 p.m. in the Montgomery Mall Shopping Center the first part of Bike Bonanza will provide a gala bicycle show featuring displays of equipment, bikes, and clothing in information booths by all local cycling clubs and organizations, including NCVC. The highlight of the afternoon will be the NCVC Roller Championships.

Bike Bonanza's main purpose is to familiarize the public with the entire realm of bicycling and its latest developments. We would like a strong showing of NCVC riders to answer questions and demonstrate rollers, clothing, etc. One idea is a training ride which would end at the mall. If you have any ideas or suggestions or would like to help, call Larry Black 277-2555 night or 768-8400 day. NCVC and the Montgomery County Recreation Department are the co-sponsors of this event.

(Editors Note: A strong showing at this event would definitely help Larry's Velodrome project at the Montgomery County level)

Phase II

On April 23rd, Bike Bonanza II will provide open USCF races for Senior III-IV, Vets, Intermediate, Midget, and three Novice classes. This will be a further effort to introduce new people to the sport of cycling and also provide racing time for those who didn't qualify for the National Capital Open on April 16th.

BIKE-LINE

Beginning about mid-March, we will be starting a telephone information service for races and all other bike related activities in the area. This will be a taped recording and will provide the very latest and corrected information. At the end of the message callers will be able to leave messages on bike related activities or updates on the recording. As soon as the message from the caller is verified, the will be changed. This will be valuable to out of towners who want the latest race information or just want to know what is going on in the area.

The number will advertised and listed in all local newspapers, as well as national magazines, Velo-News, and other pertinent media. The recording will also carry addresses or phone numbers of clubs and sponsoring organizations to call for further information on any particular event. We will try to list training rides as time on the tape permits.

The answering equipment, installation, and accessories cost about \$250. The phone line will be about \$12 /month. NCVC Publicity VP (and all purpose cycling promoter!) Larry Black has funded the equipment with his own funds and Linda Dockendorf will be financing the phone line for the first year. Bike-Line will be listed as an NCVC project in an effort to promote the sport of bicycling. If you have any suggestions or would like to contribute information please send it to Larry Black, Box 208, College Park, Md. 20740.

MONTGOMERY COUNTY BIKE TRACK UPDATE

We wish to thank all of those of you who have helped by writing letters or testifying at the County Council hearings this past winter.. We are almost certain of getting the \$5000 appropriation for planning and study of the recreation and racing Velodrome. If you wish to help make this Velodrome a reality, your help is badly needed. Please write a letter to James Gleason, County Executive, 100 Maryland Ave, Rockville, Md. 20852. Tell him in your own words how you feel a recreation and racing Velodrome in the county would serve many purposes, encourage more and safer use of bicycles, and serve as a center for cycling education and other outdoor programs, etc. The project number is "PDF 1247".

RIDE A BIKE FOR THE RETARDED

On Sunday April 30th, (rain date May 7th) the Montgomery County Association of Retarded Citizens will promote fund raising rides on dozens of courses in various parts of suburban Maryland, with riders choosing their favorite routes. This is an excellent way to get that early season training and support a great cause. This group of volunteers boasts one of the lowest overheads of any charity we know of, and best of all, they have done much to promote cycling and safe riding.

In past years, NCVC riders have been among the riders logging the highest mileage. Jim Bradford won a ten speed bike for his effort two years ago and Ken McCormick receive an electronic watch for his ride of over 100 miles in the six hour period allowed. Prizes will be awarded for most miles completed and the most funds raised. For further information stop in at the MCARC Booth at Bike Bonanza I or II or call 933-4343.

VELO-NEWS

Mr. Prehn informs us that only a small percentage of NCVC members took advantage of the Velo-News bulk subscription offer. Since this was a substantial savings over the 75¢ newsstand price, we are afraid many riders will go without the publication. Larry Black and Danny Wagner of Georgetown Cycle Sport of Alexandria and Bethesda, noting that their personal copies are often Borrowed on extended terms, have offered to sell Velo-News to NCVC members with current club ID cards for 1/3 off, or only 50¢.

JUNK FOOD: trouble in paradise

The only thing wrong with junk food is that, by definition junk food supplies only calories, and no other nutrients. It is sometimes assumed that these empty calories pose no problem to the cyclist, whose active life and good physical condition prevent him from accumulating fat. After all, during the height of the season, one can hardly get enough to eat! Junk food is convenient, tasty, easy, cheap, and fast (like we, the cyclist, like to be, no?).

Let's expand the definition a bit to include non-foods and food whose value is outweighed by harmful elements like sugar, saturated fats, and chemicals. Besides being harmful, foodless foods use up space where nutrients ought to go. Nobody suggests feeding the starving multitudes a diet of coke and fries, and greasy sandwiches.

Junk food includes, but is not limited to: fast-food restaurant fare, Chinese restaurant fare, Colas and other sodas, hot dogs and hamburgers, sausage, pepperoni, chocolate bars and candy, cookies, cakes, ice cream (even Breyer's), frozen yogurt, Kentucky Fried Chicken, coffee and doughnuts, any chocolate foods, pretzels, potato and corn chips, Cheese Puffs, even Dannon yogurt with fruit preserves....practically everything you like to eat, right? When a rider succeeds on a diet like this, you can assure yourself that it is in spite of it rather than because of it. Anyway, we're talking about you and your training, and you, apparently, want to go faster.

Maybe you're young and healthy, and have never had any digestive problems. Maybe you've been eating this way all your life. Maybe you've never known any better. Sound familiar? Consider for a minute how many hours and how much effort you put into training. How about the races, are you really trying? How much money do you have tied up in equipment? How many miles do you travel and how much money do you spend chasing the races? More than you'd like to think about? Does it seem like you make a lot of sacrifices to be a bicycle racer? Would you like to be better than you are?

I am not going to advocate any bizarre or "fad" diets. If anything, junk food is a fad. Good eating has been around since the Dawn of Man. Nor am I making any claims about miracle results. There is only this: as long as you are still eating junk food, you are not giving your all in training, and you cannot hope to realize your own potential.

Did you "used to" eat better, even vitamin supplements and all that? Only to find that you were going broke and still not winning any more races? Does it look like a sea of confusion out there, in nutrition land? Do you dislike major change in your lifestyle? I hope to use this column to explain food theory to you, as cyclists, and athletes, that should be very useful, augmented wherever possible, with practical advice.

Do not take my word for it: try things for yourself. DO NOT eliminate all these bad things from your diet from this day forward, and then feel deprived (and hungry). Begin to develop an awareness about what you eat, and why. Try replacing some of the junk food with real food; Raisins, fresh fruits, and dried fruits, for sweets-sugar, candy, pies, whatever,....Barbara's of California makes a delicious line of cakes and other baked goods using natural sweeteners (honey, molasses, dates, raisins...), a better alternative when you're "in the mood..." But, read labels and be on guard. Even Tiger's milk bars and Granloa bars contain sugar and artificial ingredients.

Try new and different combinations on whole grain bread for sandwiches-turkey, ham and cheese, or just cheese (natural, aged, not "processed") sprouts, pickles, green pepper, even peanut butter, honey and bananas. Substitute fruit juices and pure water (spring, distilled or mineral) for Cokes and soft drinks. (Even beer and wine, in moderation, are better for you than soda pop). Perrier (French mineral water, naturally carbonated) and lime, or Perrier and orange juice make fine, healthful carbonated drinks. Avoid "fruit drinks", which are loaded with sugar, just like the worst of the sodas.

Going a little farther with natural food alternatives to junk food, why not broil your own hamburgers, and bake your own fish and chicken? You'll want to avoid hotdogs and lunch meats, which are especially bad from a fat and additive point of view. Eat fresh fruits, raw nuts and seeds, dairy products, especially plain yogurt with fresh fruit. Remember, cheese doesn't come in aerosol cans (or whipped cream), and food processing is not done for your good, only for convenience in handling. Avoid it.

If you are so inclined, try making some things from scratch. Bread isn't hard to make-look for directions in the nearest cookbook, and use whole wheat flour. Make some mayonaise, soak some beans and make your own chili. Milkshakes are easy, with milk, yogurt, honey, bananas, and other fresh fruit, real (not imitation) vanilla

(continued)

or even molasses. You might try sprouting some sprouts (Alfalfa are the easiest). There are no rules that limit these projects to the female sex. If you can read and follow directions, you can do any of the aforementioned, and more.

Pay attention to what you eat, expand your food consciousness, send your questions my way, and next month we will talk about an adequate training diet.

Margy Saunders
3924 W St. NW
Washington, DC 20007
338-8028

Margy Saunders has been a vegetarian since 1972, actively concerned with food and nutrition. Also, she has been a bicycle racer from 1969-1971, and 1974-1977, including 10 state championships (Ohio and DC/Va.), and 2nd, 3rd, and 5th place National Champion (Road and TT). At the height of her career she won more than half the open races she entered (40), in 1975. She placed in all but two of these races, and took home prizes.

Additionally, she worked as cook for LSD, Inc. Bicycle Training Camp in Tallahassee, Florida, from January to June, 1976, for Al Marcossou. Margy has been employed by health food stores since October, 1976, and has been feeding the "Machine" Barnett through his Rider of the Year (NCVC) performance. "Food counts", according to Margy, and this monthly column will pass on this helpful information.

BIKE WEEK TO PROMOTE BICYCLING IN THE NATION'S CAPITAL

Washington-area bicycling groups have announced plans for their upcoming week of bicycling events, Sunday-Sunday, April 16-23, 1978.

Designed to encourage citizens to discover the convenience, health benefits, and pleasure of using bicycles for transportation and recreation, the week-long program will feature commuting caravans, free bicycle safety inspections and registration, bicycle races, a bike rodeo, display booths, and presentations by local bike clubs and merchants.

Kicking off the cycling weekend, the National Capital Velo Club (NCVC) will sponsor the National Capital Open bicycle race on Sunday, April 16th from 10-2 in Rock Creek Park. This nationally recognized bike race will draw racers from throughout the country and will provide an exciting spectacle of U.S. championship racing, and a preview of the action expected in the Junior World Men's Championship Race scheduled for June 25, 1978.

During the week, repair clinics and school programs will be held in each quadrant of the city; evening lectures, movies, and demonstrations at area locations will complement the day's activities.

On Friday morning, April 21, "caravans" led by experienced cyclists will gather in area neighborhoods and ride to the Ellipse; at noon there will be a rally with noted speakers. Saturday's activities will focus on safety inspection of bicycles, tours of Washington, and demonstrations on long-distance touring, racing, hostelling, camping equipment, and club riding. Sunday's bike races in Bethesda are sponsored by NCVC and the Montgomery County Recreation Department; some will be open to riders of specific age groups (See Bike Bonanza II).

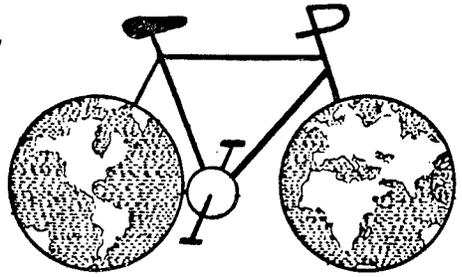
For further information contact Nancy Wyeth at 381-6458 days or 338-5098 evenings.

GET CERTIFIED FOR THE WORLDS

We are in desperate need of Certified United States Cycling Federation Officials for the conduct of the National Capital Open on April 16th and the Junior Worlds on June 25th & 28th. Any one interested in becoming a certified official should contact Mary Pelz at 864-6152.

Volunteers interested in working on the NCO and Junior Worlds in any capacity should also contact Karen Miller at 966-1751 after 6:00 P.M.

CYCLER ET RECYCLER
CYCLE AND RECYCLE
PEDALEAR Y RECICLEAR
1978 - 1989 - 1995



The Philadelphia Bicycle Coalition, in cooperation with Le Monde À Biciclette of Montreal and Todos En Bicicletas of Mexico City, has published its 1978 wall calendar, "Cycle and Recycle."

In French, English and Spanish, the calendar celebrates the bicycle as both vehicle and symbol throughout the world. Included are sixteen extraordinary photos of bicycles as every day transportation, bikes and public transit combined, and massive bike-ins in major cities. Included as well is a directory of sixty bike activist groups in twelve countries. In keeping with its title, the calendar will be reusable in 1989 and 1995 when the 1978 calendar recycles. The calendar is identified as a three-year calendar and is entirely hand lettered and numbered, with the full moon in miniature on each month.

"Cycle and Recycle" is in black and white, size 11" x 17" and mails without cover, tab - closed. To order the calendar, use the order blank and prices below.

ORDER BLANK (PLEASE PRINT)

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NO. OF CALENDARS _____

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BALTIMORE AREA BICYCLISTS ASSOCIATION
333 East 25th St. Baltimore, MD 21218

FROM SEA TO SEA NCVC

NCVC is truly "national" in scope. This year the good NCVC jersey could be seen in races and training rides on our members located in such states as California, Michigan, New Mexico, South Carolina and Rhode Island. Vic Naumann, a former member, has rejoined in Santa Monica, California; Steve Wood is a Junior on our Club racing in Albuquerque, New Mexico; Alison Cohen, formerly of this area, is still going to school at the University of Michigan in Ann Arbor; Al and Donna Tobias are located in Pacolet, South Carolina and still active members of our Club; and Reeves Taylor, former Midshipman at the Naval Academy, is now an Ensign in the U.S. Navy and carries a Rhode Island address.

Al and Donna Tobias included the following message on their membership application form: "Please extend our invitation (providing housing for out-of-town riders) to riders and officials who might be in the Spartanburg, South Carolina area for training, racing, etc."

Wonder how many of you have realized the growing number of Veterans that are now racing with NCVC. The 1978 membership list includes 18 such riders. These racers should lead the way in our Veteran category races in the East this year. Congratulations to them all!

ROLLER RACES

Once again, Georgetown Cycle Sport sponsored roller races in Bethesda. This year there were three series of races; December, January, and February. Heats were 1000 meters in length, and four of those who contested the heats qualified for the semi-finals and finals each week. The foremost riders in the series were Rick Barnett, Ned Carey, Larry Black, Steve Rashid, and Roy Morris with times of 46, 47, 49, 50, and 51 seconds respectively.

Place	December	January	February
1st	Larry Black	Rick Barnett	Rick Barnett
2nd	Ken McCormick	Reed Scarce	Larry Black (tied)
3rd	Steve Rashid	Ned Carey	Steve Rashid (tied)
4th	Reed Scarce	Ken McCormick(tie)	Ned Carey
5th	Kevin Lee (tied)	Roy Morris (tied)	Tom Tallet
6th	Fred Sheffield (tied)	Craig Parker	

FORT HUNT CRITERIUM

February saw not only the last of the roller races, but also the Fort Hunt low gear series. Those who rode the races are indebted to the race's sponsor, Georgetown Cycle Sport, the National Capital Park Service and Park Police, Wesley Van Ness, Mike Butler, Steve Rashid, Mark Rashid, and Paul Lenz. Neither should we forget those spectators upon whom we depend to pick the finish. For the most part, the cold kept the action in the races down to a minimum. However, there were those who consistently made the races through their own aggressiveness. C class was clearly dominated by the riding of Graham Raffel. Only two other riders, Shawn Brooks and John Blake seemed capable of maintaining his pace. There was relatively little action in B class which came down to a sprinter's dual between Tom Tallet and Tuan Mattes. A class saw the most action with consistent break-away attempts by Ned Carey, Rick Barnett, Larry Black, and Steve Rashid. In the end, however, the races always ended in pack sprints.

Place	"A" class	"B" class	"C" class
1st	Ned Carey	Tom Tallet	Graham Raffel
2nd	Rick Barnett	Tuan Mattes	Shawn Brooks
3rd	Gail Fetterman	Ed Cottrell	John Blake
4th	Larry Black	Charles Lima	Steve Gutttag
5th	Chris Cressy	Frank Klotz	Jean Claude Trunel
6th	Jack Moschetto	Kurt Mayrand	Gentry Gingell
7th	Bob Fisher	Tim Black	Deborah Neville
8th	Reeves Taylor	Hugh Douglas	Chris Rehm
9th	Hal Mattes	John Long	Gerry Goetz
10th	Mike Petty	Reed Scarce	

Place	Novice	Midget
1st	Mark Serbu	Jeff Kranz
2nd	Tod Goins	Josh Black
3rd	Paul Le Mair	Mike Malina
4th	Paul Wells	
5th	Andrew Brooks	
	Mark Lang	

NCVC NEWSLETTER

Please type and send all listings or announcements by the 15th of the month to the following address:

NCVC NEWSLETTER
1400 Gridley Lane
Silver Spring, Md 20902



10219 Old Georgetown Road
Bethesda, Md. 20014
WildWood Manor Shopping Ctr



1506 Belleview Blvd.
Alexandria, Va. 22307
Belleview Shipping Ctr..

2 lights north of Beltway
exit 18 at Democracy Blvd
301-530-9011

At Ft. Hunt Road 2 Blks
off Mt. Vernon bike path
703-768-8400

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MOA \$ 9.95
Cinelli \$12.95

Wigwam Socks- solaris quiana nylon- excellent for winter liner
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Weyless Rain Jacket--many outstanding unique features, orange or yellow
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Honeywell Strobe-light- uses "C" cells and gives excellent visibility
Now \$13.95

Soyo Tubulars- 300 gm and an excellent training tire
Reg \$19.00, now\$12.95
or \$9.95 in fives

Clement Silks- Del Mondo or Criterium Seta \$27.95

Frame Sets- over 250 frames in stock all featuring 531 tubing and
Campy drops in a wide range of colors.
Starting at \$169.00
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Frame Refinishing- we offer frame repair, modification, braze-ons, and
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strip, clean, sandblast, prime and rust-treaty before painting each frame.
Prices for NCVC members start at \$29.95. (Free Reynolds or Columbus decals
applied to appropriate frames.

Please visit our new location in the Belleview Shopping Ctr.

*Make Buttons
2219 Orontoged Ave.
#201
Silver Spring, Md.
20910*

NCVC NEWS
1400 Gridley Lane
Silver Spring, Md 20902

