

MAMMA And Tennis Pro Develop Fitness Booklet

TOWSON, Md. — If you are looking for exercise tips on how to get in shape, World Class Tennis Player, Pam Shriver, has developed an easy to perform exercise routine that almost anyone can do. The exercise routine is published in a booklet

called, "Fifteen Minutes To Fitness" and is being offered free of charge from the Advertising and Promotion Agency of the Middle Atlantic Milk Marketing Area.

In the booklet Pam demonstrates a series of exercises that make getting in shape or staying in

shape easy. The exercises require no special equipment and can be performed at home, in a gym, or even in a hotel room for busy travelers like Pam.

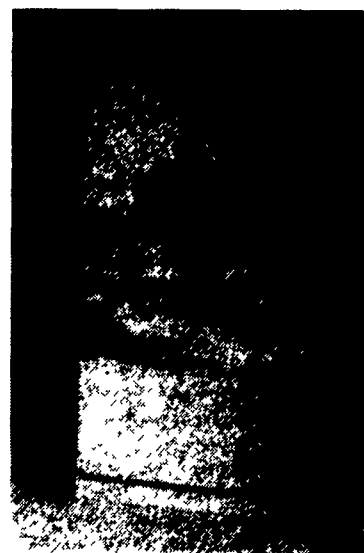
The last exercise in the routine is what Pam calls the, "Sit Down Head Tilt." For this exercise she

tells the health enthusiast to lean back in a comfortable chair, slowly drink a tall glass of fresh cold milk and relax. Included on the back page of the booklet are some of Pam's other recipes for fitness — Ham and Swiss Open Face Sandwiches and Cheese-Vegetable Roll Ups.

Colorful, attention getting display bins have been produced to distribute the booklet at the point-of-sale in the dairy aisle of food stores. One million copies of the booklet have been printed.

Over 1,200 food stores will be distributing "Fifteen Minutes To Fitness" beginning in late March.

Copies of the booklets are also being offered free of charge to individuals or groups from MAMMA. To receive a free copy, send a self-addressed, stamped envelope to: Fifteen Minutes To Fitness, Middle Atlantic Milk



Marketing Area, 216 Carroll Building, 8600 LaSalle Road, Towson, MD 21204.

NEW STEEL UNDERGROUND FUEL STORAGE TANKS

Capacity (Gallons)	Diameter	Length	Gauge (Thickness)	Weight (Pounds)	Price FOB Quarryville
285	3'0"	5'6"	12	277	149.00
550	4'0"	6'0"	10	537	225.00
550	4'0"	6'0"	7	738	280.00
1,000	4'0"	10'8"	10	845	380.00
1,000	4'0"	10'8"	7	1,158	440.00
1,000	5'4"	6'0"	7	1,059	445.00

Tanks are fabricated in strict accordance with the specifications of Underwriters' Laboratories, Inc. Exteriors of underground tanks are coated with black asphaltum paint. Exteriors of above ground tanks are coated with red primer.

NEW STEEL UNDERGROUND sti-P3 FUEL STORAGE TANKS

Capacity (Gallons)	Diameter	Length	Gauge (Thickness)	Weight (Pounds)	Price FOB Quarryville
550	4'0"	6'0"	7	831	555.00
1,000	4'0"	10'8"	7	1,266	820.00
1,000	5'4"	6'0"	7	1,164	820.00
1,500	5'4"	9'0"	7	1,577	1,100.00
2,000	5'4"	12'0"	7	1,914	1,248.00
3,000	5'4"	18'0"	7	2,657	1,670.00
4,000	5'4"	24'0"	7	3,403	2,080.00
5,000	6'0"	23'10"	1/4"	5,508	3,090.00
5,000	8'0"	13'4"	1/4"	4,800	2,660.00
6,000	6'0"	28'10"	1/4"	6,239	3,535.00
6,000	8'0"	16'2"	1/4"	5,500	3,000.00
8,000	8'0"	21'6"	1/4"	6,927	3,660.00
10,000	8'0"	26'10"	1/4"	8,357	4,310.00
10,000	10'0"	17'0"	1/4"	7,446	4,020.00
10,000	10'6"	15'9"	1/4"	7,412	4,070.00

The sti-P3 tanks bear Underwriters' Underground Label, sti-P3 Label, 30-year limited warranty. The sti-P3 tanks are equipped with sacrificial galvanic anodes, urethane paint and dielectric bushings. The sti-P3 are equipped with the Protection Prover II (to monitor anode voltage).

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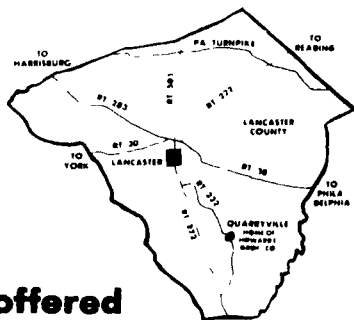
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Birdwatching: An American Pastime

Americans are flocking to the woods and fields in record numbers to take part in the fast-growing national pastime of bird watching, a recent issue of "Reader's Digest" reports.

According to the National Audubon Society, there are about 30 million bird watchers in the United States. As part of a multibillion-dollar industry, scores of companies now run "birding" field trips and produce specialized equipment — including computer-graphics displays of bird shapes and markings.

If you are a would-be birder, you only need three basic tools to get your hobby off the ground:

1. Binoculars — Buy the best you can afford. They should have coated lenses — bluish- or metallic-tinted glass — which produce brighter images and reduce unwanted reflections. And

generally, the greater the field of view, the easier it is to locate birds. Ideal are 7 x 35 binoculars (magnification power 7; the 35 relates to light-gathering capability).

2. Bird guides — There are two major ways of illustrating bird guides: paintings and photographs. Both are valuable, but the "Audubon Society Field Guide to North American Birds" points out: "A good photograph captures the natural color and stance of birds as you usually see them in their natural setting, making identification that much easier."

3. Recordings of common birds songs — Listening to records such as "Common Bird Songs" helps bird watchers to more easily recognize the calls of various species in the wild.

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