

Veal Seminar: From Farm To Plate



Participants in the Veal 101 Seminar sponsored by the Pennsylvania Beef Council and Penn State University witnessed veal from farm to plate.

'Annie' Videos A Hit With Kids

When Annie O'Neil moved far away from her nieces and nephews, she didn't want them to forget her. So she taped videos called a "Day With Annie."

Her nieces and nephews loved them so much that Annie is now making videos for children everywhere.

Her videos include "A Day With Annie On The Farm!" "A Day With Annie In the Sky!" and "A Day With Annie At the Circus." The "On The Farm!" video was

filmed at the John Prouty farm in Calvert County, Maryland.

The brisk pace of plowing, planting, and harvesting the soil captures the interests of children from two to 14 years old. Although the video is educational, Annie delightfully portrays enthusiasm and interjects surprises to hold the attention of even the youngest preschoolers.

If your child loves animals and farm equipment, this is a farm video you want regret buying.

The most convincing proof that the videos are worth purchasing is in the children's response.

"I've never had a video that children watched so often. It's their favorite video," said a mom.

"At the Circus" shows clowns, trapeze acts, acrobats, balance experts, a master of the hula Hoop, and the famous elephant Taj. Annie even gets to do some circus tricks.

"A Day With Annie in the Sky!" shows a Wisconsin air show with formation flying, aerobatics, wing walking, and other stunts. Annie takes young viewers right to the action and introduces them to flight crews and pilots.

The videos, which last from 25 to 34 minutes, sell for \$19.95 each. Call 1-800-278-7176 to order or send a check or money order for \$19.95 (per video) plus \$4 for shipping and handling to Annie O'Neil Productions, P.O. Box 641031, Los Angeles, CA 90064.

Check out Annie's website at www.annietime.com

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Leave Message

Does your body get the oxygen it needs?

(Adapted from a quiz by Dr. Eigi Nuguchi)

Check all the boxes which apply to you -

- I wake up tired, even after eight hours of sleep
- I sleep restlessly, waking up frequently
- I suffer from chronic fatigue
- I have poor physical endurance
- I tend to be moody and irritable
- I am susceptible to colds and flu
- I suffer from allergies
- I frequently feel tense and on edge
- I am frequently constipated
- I have frequent pain in my shoulder and/or back
- I have weight problems
- I crave sweets, alcohol or soda

If you checked more than three boxes, your body might not be assimilating sufficient oxygen. Please consult your physician. You may wish to have your blood oxygen levels tested before and after you begin to use the Chi Machine.



HTE USA, INC.

"My research has convinced me that lack of oxygen is the root of most or perhaps even all disease."
- Dr. Shizuo Inoue



"In only three weeks of using the Chi Machine, I lost 15 pounds effortlessly - and hospital lab tests showed that my blood cholesterol level dropped from 225 to 160 mg."

How do I use my Chi Machine?

* Place the machine on a rug. Lie on your back and put your ankles in the grooves of the footrest on top of the machine.

* Set the timer switch to activate the machine for the number of minutes you desire. First time users should start with 2-5 minutes.

* The footrest will begin to move back and forth, carrying your feet briskly from side to side. This movement will carry up through your legs and torso, throughout your entire body, causing you to wiggle back and forth - that's right like a fish swimming in water.

* All you do now is relax and breathe deeply, letting the machine rock you gently but firmly for a maximum of 15 minutes.

* When the time is up and the machine stops, remain lying down for another two to five minutes, relaxing and breathing deeply, enjoying the remarkable afterglow - chi - as it moves throughout your body.

"In two months of using the Chi Machine, my thighs, hips, stomach and buttocks now look as good as they did when I was in my 20's - and I'm almost 52!"

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