

When Bad Things Happen To Your Good Name

Identity Theft

It sounds like a nightmare — you wake up one morning and another person has taken your identity. They may be using your credit card to make purchases, your Social Security Number to get government benefits, or your credit history to take out a car loan in your name. How could this have happened? Could it have been prevented?

Learn the steps you can take to guard against identity theft with a new publication from the Federal Trade Commission. "ID Theft: When Bad Things Happen To Your Good Name" looks at how identity thieves get your personal information, how they use it, what you can do to protect yourself and what to do if you are a victim.

Find out how to "opt-out" of prescreened credit card offers

and marketing lists. Learn which questions to ask when someone requests your Social Security Number and how to check information on file about you at the three major credit bureaus. If you are a victim, use the helpful chart to keep track of the actions you've taken to report identity theft.

To protect yourself against identity theft, manage your personal information carefully. Before you give out any information, ask how it will be used.

Put passwords on your credit, bank, and phone accounts so that only you have access to them. It's also wise to limit the amount of personal information you carry. Leave extra credit cards and your Social Security card at home in a safe place.

If you are a victim of identity theft, there are three basic ac-

tions you can take. First, contact each of the three major credit bureaus and have a "fraud alert" placed on your file. Next, contact

your creditors for any accounts that have been tampered with or opened fraudulently. Finally, file a report with the local police and refer to "ID Theft: When Bad Things Happen To Your Good Name," to find state and federal offices that deal with ID theft. This publication cost 50 cents. To get your copy:

- Call toll-free 1-888-8-PUEBLO. That's 1-888-878-3256, weekdays, 9 a.m. to 8 p.m. EDT and ask for Item 372G. This publication costs 50 cents. Have your credit card handy.

- Send your name, address, and a check or money order for

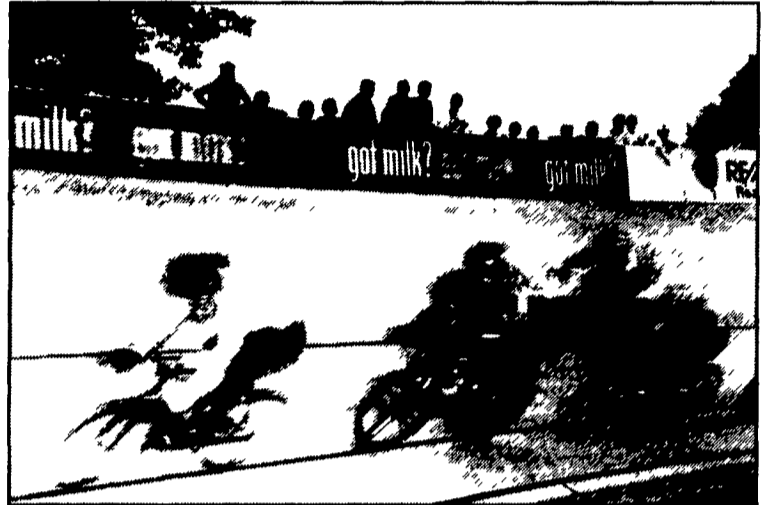
50 cents to Consumer Information Center, Dept. 372G, Pueblo, Colorado 81009.

- Visit www.pueblo.gsa.gov to

read or print this and hundreds of other FCIC publications for

free.

Milk Teams Up With Cycling League Championship



Cyclists race their way to the finish line in the Got Milk? American Team Cycling League Championships at the Lehigh Valley Velodrome in Trexlertown.

PHILADELPHIA — Milk was part of the winner's circle at the Got Milk? American Team Cycling League (ATC) championship held recently at the Lehigh Valley Velodrome in Trexlertown.

A field of 50 cyclists from across the country competed in the championship, which was sponsored by "got milk?" and the American Dairy Association/Dairy Council Middle Atlantic (ADA/DC).

"We are pleased to be the first national sponsor of the ATC championship," said Patricia Purcell, director of advertising and retail for ADA/DC Middle Atlantic. "Cycling is a popular sport here in the Lehigh Valley region and across the country. It's a perfect venue for spotlighting the role milk plays as part of an athlete's training program."

That message was emphasized in the Velodrome's August 2000 souvenir program, which included a page dedicated to the ATC championship. Cycling enthusi-

asts were reminded that "a balanced diet, including at least three glasses of nutrient-dense milk, provides the fuel necessary for active bodies."

"Milk is a natural power drink," Purcell said. "It provides calcium and eight essential nutrients that can help put muscle into your workouts."

During the cycling championship, more than 2,800 fans cheered on their favorite team while participating in a number of "got milk?" events. All young fans received a "got milk?" book cover and had a chance to compete in a "milk and cookie toss" in the infield. The two winners, who pitched the most cookies into their bucket, were awarded a "Chocolate Milk" mountain bike.

In addition, 1,700 single-serve containers of chocolate milk from Wawa Dairies were served to fans before, during and after the races. "Go Go Go got milk?" banners were prominently displayed around the track, and numerous

public address announcements highlighted milk's sponsorship of the race.

Representatives of the dairy industry — including dairy princesses and ADA/DC Middle Atlantic staff — participated in the awards ceremony at the end of the race. The big winner in the men's division was the Trexlertown Express, earning its second win in the ATC's three-year history.

Manheim Craft, Antique Show

MANHEIM (Lancaster Co.) — The Manheim Historical Society's annual Fall Craft and Antique Show is Oct. 21-22. Show hours on Saturday are 8 a.m. to 4

p.m. and Sunday from noon to 4 p.m.

More than 80 vendors of handcrafted items and antiques will represent the show held in the

Manheim Community Farm Show buildings, Adele Ave., next to Manheim Central High School.



Generating media attention is the world's largest milkshake made with 4,270 gallons milk, 1,526 gallons ice cream, 67 gallons chocolate syrup, 67 gallons vanilla, and 70 gallons natural flavor. On Aug. 1, Comfort Diner and Parmalat USA teamed up with the American Dairy Association and Dairy Council, Inc. to serve the milkshake to thousands of New Yorkers.

Do You Suffer From Fibromyalgia?



When I was introduced to New Image I was 50 pounds over weight and suffered from fibromyalgia I was so depressed and in pain the majority of the time. I was taking steroids and four other medications, one of which made me so "groggy" I could hardly get out of bed and another gave me ulcers. I began taking New Image secretly because I thought my family would make fun of me. After a month, I discovered I had lost eight pounds and seven inches. Wow! Then it dawned on me, I was feeling better, the depression and pain were gone. In two months I was off all medications. "I feel SUPERIFIC!" Now, two years later I have lost 43 pounds and 30 inches. Thank you New Image for giving me a new life again. Judy Swift - Mt Washington, KY

All Herbs Plus One Mineral!

Nil does not make any health claims this is strictly personal testimonies of product users.

Firmer • Trimmer • Leaner
All Natural Dietary Supplement

JUST 3 TABLETS AT BREAKFAST

New Image - Plus®

NEW HIGH ENERGY SOURCE

\$29.95 One Month's Supply

Has been known to work great on weight loss, cholesterol, high & low blood pressure, arthritis pain, sugar problems, varicose veins and many, many more!

No drugs, chemicals or preservatives!

Your Independent Distributor Is

Gerald & Margie Jones

75 Goodyear Rd
Carlisle, PA 17013

Toll Free - 888-788-5572
To Order Call or Write



D.S. Stainless Steel Canners

Rectangular Canners

Sizes: 24" x 24" (\$429.00)*

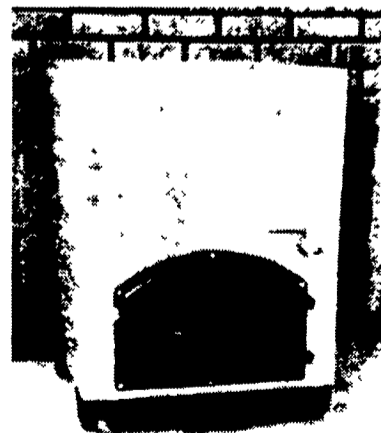
Round Canner

Size: 25" round (\$389.00)*

Features: Double wall firebox for maximum heat protection and minimum heat loss; drain valve; all cast iron door and frame; 6" flue with baffle; portable; for use indoors or outdoors; uses minimum amount of wood

Use: canning, frying, soup making, or lots of hot water

Optional: LPG burner



* Price includes wooden can rack and stainless steel lid

D.S. Machine Shop Stoves & Chimneys

238B Old Leacock Road • Gordonville, PA 17529

717/768-3853

DEALER: NIPPENOSE CHIMNEY & STOVES
RD 3 Box 367 (Rt 64) Williamsport, PA 17701



Canning Jars & Lids

All shapes and sizes!
Factory direct pricing!
Distributor inquiries welcomed!

Fillmore Container Inc.

2316-B Norman Rd.,
Lancaster, PA 17601
Ph. (717) 397-4131
Fax (717) 397-0941