## TRADING POST

t

|  |  |
| :---: | :---: |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  | Pick voruck pat sus ond













-
Livwe poom fupurve







corsole oparan mus. sell mosid or thomet ixceient
 and Msce inveus rews sifis



 come



 $\frac{\text { PRODUCE }}{\text { PRES. }}$



$\qquad$






## 

## 

## AUTOMOBILES

|  |
| :---: |
|  |  |
|  |  |








AUTOMOBILES WORK WANTED





Park Avenue 7awers

Temporary Information Center: Sherman Hills 300 Parkview Circle
Wilkes-Barre, PA 18702

$$
\text { SUN }-10-3 \quad \text { HOURS: }
$$

[717] 829-5633
E) $\begin{gathered}\text { Equal } \\ \text { opportunin } \\ \text { Housing }\end{gathered}$


## SOU CAN DOIT YOU

 PRESS YOUR TOES TOIMPROVE SNOW CONTACT
 support when you need to make spitit.
second recoveries. However, many
skiers become far too deoendent on skiers become far too depende
them, particularly in moguls. To reduce edependence on your
highbacks, practice several slow highbacks, practice several slow
traverses through a field of moguls.
quickly, voutl nead to also apply
preassure to the tongues of your
bend
 When you are abie to perform this
exercise at siow speeds, pick up the pace. As speed increases, the im.
mediate skil snow contact will be Mediate ski snow contact will ye
more difficult to ottain. Finally, ap

 the tails. of your skisin ordet
estabish skitip contact.



