



James Cox certainly has winning ways according to a "mystery shopper" who found him more than accomodating and well-versed in explaining Gates Rubber Co. products to customers at One Stop Auto Parts in Harris Shopping

Center. As a result of his pleasing salesmanship he wins a prize of his choice, most likely a beverage cooler, and his picture will be published in the Denver firm's newspaper this month. (Photo by Jack Williams)

## Youth soccer sign-up is underway

**Youth Soccer** — Registration will continue through August 30 for boys and girls ages 6-15. The fee is \$7. An organizational meeting for players and coaches will be held Thursday, August 30, at 5:30 at Central Elementary School in Winfall.

**Cheerleading** — Ages 9-12 who wish to be cheerleaders this fall must register before August 30. Fee is \$7.

**Gymnastics** — Registration will continue through September 17. Anyone 6-15 may sign up. The fee is \$7.

**Painting and drawing classes, Halloween ceramic class, Pumpkin Carving Contest.** Adult volleyball will begin in Mid-October.

Upcoming Activities —



**Midget Football** — Anyone ages 9-13 may register with the following exception: 1) all 9 year-olds must weigh at least 100 pounds; 2) 13 year-olds must weigh less than 100 pounds; and 3) all other players must be between 70 and 130 pounds.

The registration fee is \$10 which includes insurance and a

## Exercise for a healthier pregnancy

The health of a newborn baby depends a great deal on how well the mother takes care of herself during pregnancy. In particular, it depends on whether she eats properly, refrains from smoking and drinking alcoholic beverages, and gets exercise on a regular basis.

pregnancy and increases the amount of oxygen supplied to the unborn child. It can make the pregnancy a happier and healthier experience.

Delivery of a child is probably the most physical demanding work a woman will ever perform. Ideally, she should be in top physical condition both before and during pregnancy. A woman who is physically active before pregnancy with less strenuous activity recommended after the seventh month. However, she should consult her physician. If an expectant mother has not been physically active prior to her pregnancy, she should check

with her doctor before starting any fitness program.

Brisk walking is particularly good for a pregnant woman. Start slowly and increase the distance and pace gradually. It will help improve breathing, endurance, circulation, and posture.

Swimming is another excellent activity for a pregnant woman, especially during the hot summer months. The buoyant water eliminates the weight bearing and pounding effect of joints experienced by many land activities. Also, the water keeps the skin cool and refreshed.

## Exercise for fitness

Aging is no barrier to fitness. Of course the earlier you begin, the better quality of life you can lead; but remember, it's never too late to start.

The benefits you, as older adults, can reap from a well chosen program of physical fitness could help you attain, or maintain, the good physical and mental health necessary to lead a mobile, independent, more energetic lifestyle.

Exercise also gives you a life emotionally. It helps release built-up tensions. It helps reduce feelings of loneliness, depression, and anxiety. Fitness builds self-confidence. It helps you look, feel, and act younger.

Organized exercise programs, like line dancing, offer a splendid opportunity to meet new friends and have fun while also improving your health.

**Selecting your exercise program:** You have lots of activities to choose from. Pick one or several that you enjoy and that will be beneficial to your health...particularly your heart and lungs. Brisk walking, swimming, dancing, bicycling, jogging, jumping rope and even cross-country skiing are all good physical fitness activities. Exercising to lively music or with friends brings enjoyment to your fitness activities.

**Starting an exercise program:** It is important to begin your exercise program slowly and progress slowly. Results will not happen overnight, but progress will occur.

Be sure to consult your physician before beginning your exercise program.

**Preparing your body:** Always begin your exercise session with five to ten minutes of total body stretching exercises followed by a period of slow, rhythmic activity such as walking. Warming up increases your circulation and body flexibility. It gives your body a chance to limber up and get ready for more vigorous exercise.

A similar cool down routine should follow your walking sessions to give your body a chance to slowly return to a resting level.

**Exercising for fitness—the talk test:** To improve cardiovascular health and strengthen your heart and lungs, your exercise program should be performed at least three days per week, for a minimum of twenty minutes. Start gradually, with five to ten minutes at first and then increase the amount of exercise each day, up to 20-30 minutes.

When exercising for fitness, use the "talk test" to find the correct pace. Briskly exercise at the pace that makes your heart beat faster and causes you to breathe more deeply. While at this pace, you should be able to carry on a conversation. If you're too breathless to talk, you're going too fast.

Have fun and enjoy your exercise program. Regular exercise enhances the health and quality of your lifestyles.



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|--------------------------------------|---------------|--------------------------------------|-------------|
| RICHFOOD SLICED BEETS..... 16 OZ.    | <b>3/1.00</b> | RICHFOOD SPAGHETTI..... 8 OZ. BOX    | <b>29¢</b>  |
| RICHFOOD INSTANT POTATOES..... 6 OZ. | <b>39¢</b>    | RICHFOOD SHORTENING..... 3 LB. CAN   | <b>1.89</b> |
| RICHFOOD FROZEN LEMONADE..... 12 OZ. | <b>39¢</b>    | RICHFOOD WHIPPED TOPPING..... 12 OZ. | <b>79¢</b>  |



**CUT-UP FRYERS**  
**59¢** LB.

**WHOLE FRYERS**  
**49¢** LB.

**PORK NECK BONES**  
**29¢** LB.

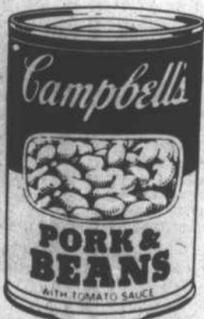
**WHOLE PORK LOINS**  
**1.39** LB.

**TURKEY WINGS**  
**39¢** LB.

**GWALTNEY FRANKS**  
1-LB. PKG.  
**1.19**

**PORK TAILS**  
**29¢** LB.

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|--|-------------|------------------------------|------------|--|------------|
| <b>GWALTNEY BACON..... 12 OZ. PKG.</b> | <b>1.19</b> | <b>TURKEY NECKS..... 29¢</b> | <b>LB.</b> | <b>BONELESS LEAN STEW BEEF..... 1.89</b> | <b>LB.</b> |
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**CAMPBELL'S PORK & BEANS**  
16 OZ. CAN  
**3/1.00**



**BANQUET POT PIES**  
8 OZ. **3/1.00**

**PEPSI-COLA**  
**99¢**  
2 LITER



**JACK-RABBIT DRIED BABY LIMAS**  
1 LB.  
**39¢**

**BANANAS**  
**25¢** LB.

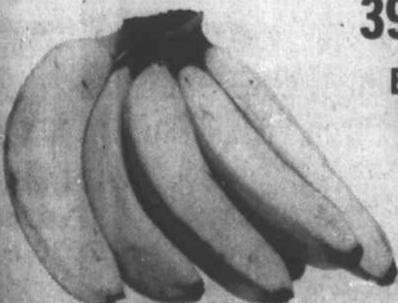
**DEL MONTE CUT GREEN BEANS**  
16 OZ. CAN  
**39¢**



**ARMOUR POTTED MEAT**  
3 OZ. CAN  
**4/1.00**

**CABBAGE**  
**15¢** LB.

**KRAFT ORANGE JUICE**  
32 OZ.  
**89¢**



**CELERY**  
**39¢** STALK



**5 LB. BAG WHITE POTATOES**  
**99¢**

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