

HEALTH BRIEFS..
from the Hoffman Medical Center

Each year, many area folks decide to shed some extra pounds and get into shape. Before beginning any physical fitness program, you should check it out with your doctor. You might have a medical problem of which you are unaware, so this is good insurance.

Walking is one of the best forms of physical exercise around. It's easy to regulate the stress level, simply by speeding up or slowing down. It's an option for young and old alike, and often, after a consultation with a doctor, for those with medical problems.

Running or jogging is a very popular form of exercise in

America today. It is interesting to note that a mile of walking and a mile of running each burn about the same amount of calories. The big differences involved are the level of physical strain, the aerobic factor and the amount of time involved.

With a running program, you have to begin slowly. It's good to start by walking. Then, begin to run short distances. When you get tired, walk until you recover, then run again. As time goes by, the runs will get longer and longer.

As far as walking and running equipment goes, shoes are the most important component. Don't skimp here. Get good ones that meet your individual needs. When done properly, a walking or running program can be very satisfying, and can do much to enhance your health.

The Hoffman Medical Center is located on Kelly's Way in East Brady. A full range of family health care services is offered. Office hours are from 8:30 - 5 on Monday, Wednesday, Thursday and Friday, and 8:30 - 8 on Tuesday. New patients are welcome. For an appointment, call 724-526-5600.

Treasure Trove
Antiques and Collectibles
328 Kelly Way • East Brady, Pa
724-526-3454
bellas@alltel.net
www.treasuretroveeastbrady.com

Thurs. 10pm-4pm
Fri. 2pm-6pm
Sat. 4pm - 8pm

Foxburg Library Benefit A Success

The Sky-Dive on the Allegheny Jump into Labor Day" was a big success. Our thanks to Dick Garrard, Foxburg Inn on the Allegheny for his thoughtfulness, dedication and efforts to sponsor this event for the benefit of the Foxburg Free Library. We appreciate all the many companies and individuals who donated, worked or sold tickets. Thanks, to the Emlenton Water Bottle Company for donating the many cases of water. The monies generated for the Foxburg Free Library was approximately \$1,200.00 All aspects of the evening were indeed entertaining, especially the sky divers from Grove City...YOU were great, too bad the weather wasn't! To the Emlenton and Parker Rescue squads...we thank you and commend you for being such an integral part of the event. We couldn't have done it without your assistance in the Allegheny River. Our thanks to the Board of Directors for their help, Dave Colley,

Richard Preston, and a unknown patron for hauling the books for the book sale. Specifically, we wish to thank Linda Mahood, Director, Kay Flores, Assistant Director, and Carol Timblin - Experience Works, for all of their help.

Clothing Giveaway Announced

Bethany Crossroads E.C. Church will be having a clothing giveaway Saturday September 27 from 9-11am at the church. Clothes of many sizes will be available.

Bethany Crossroads Church is located off of route 208 on the corner of Nickleville Road and Crossroads Church Drive.

If you need more information contact Pastor Chris Lewis at (814) 797-1196.

The Leicher Family Farm Market
259 Oak Road Chicora, Pa
724-445-2471
We accept F.M.N.P Vouchers.
Honey, Peaches, Apples, Sweet Corn, Green Peppers.
Tomatoes, Brown Eggs, Cabbage, Green Beans and Bee's Wax Candles.
Bulk Spices: Buy 1 Bulk Spice and get a less or Equal value w/A \$10 Purchase.
Fresh Herbs Cut While You Wait.
Must Present Ad Coupon to receive discount.

Mon-Sat. 10 am - 6 pm

2nd Annual Brion Schiberl Memorial Golf Outing

The second annual Brion Schiberl golf Scramble will be held on Saturday, September 27th at Pine Grove Golf Course in Grove City.

The tournament includes, Lunch, Dinner & Refreshments.

4 Steeler Tickets will raffled along with a 50/50 drawing.

The Tournament is sponsored by South West Airlines.

Anyone wishing to sign up may call Darryl or Holly at 724-867-0952.

Our newest, most flexible plan ever.
FlexPoints
FREE REGISTRATION FOR MEETINGS
1 800 651 6000 WeightWatchers.com

Come See Us in Clintonville!
Union Presbyterian Church
409 Emlenton Rd.
Saturdays - 9am

Registration & Weigh in begin 1/2 hr prior to times listed.

Weight Watchers®

Valid for a limited time at participating meeting locations. Joining members pay only the weekly fee. Not valid for At Work meetings or Online subscription products. ©2003 WeightWatchers International, Inc. owner of the WEIGHT WATCHERS trademark. All rights reserved.

WHYTE'S

PARKER, PA • 724-399-2541
HOURS: 8-9 MONDAY THRU SATURDAY
8-6 SUNDAY



WE RESERVE THE RIGHT TO LIMIT QUANTITIES... NOT RESPONSIBLE FOR TYPOGRAPHICAL ERRORS.

EVERY WEDNESDAY - SENIOR CITIZENS GET A 5% DISCOUNT AT WHYTE'S COMET MARKET

AD GOOD MONDAY, Sept 15th THROUGH Saturday, Sept. 20, 2003

Now Available - - Propane Gas - - Exchange Service

!Savings!

Wednesday Only Special
Sept 17, 2003

Bulk Wrapped Or **Ground Beef** \$1.59 5lb.
John Morrell **Chopped Ham** \$1.29 lb.

Great Deal On Meats

Pepsi Products
24-oz./6-pk. Btls.
(Limit 6) **3/\$7.00**

Gatorade 32oz Btls. **99¢**

Troyer Farm Potato Chips 11.5oz. **2/\$4.00**

Full Cut Round Steak	lb.	\$1.99
Delmonico Steak	lb.	\$6.49
Boneless English-Cut Chuck Roast	lb.	\$2.69
Boneless English-Cut Chuck Steak	lb.	\$2.79
Lean Stew Beef		\$2.49
Fresh Ground Chuck	lb.	\$2.49
Superior E-Z Carve Boneless Whole Ham	lb.	\$1.89
Superior E-Z Carve Boneless Half Ham		\$1.99
Sugardale, regular or thick, #1 Bacon	lb.	\$2.39
Fresh-Stone Made Ham Loaf Mix	lb.	\$2.69
X-tra Large Chicken Wings	lb.	\$1.19
Whole Bone-in Chicken Breast	lb.	\$1.49
Split Chicken Breast	lb.	\$1.69
John Morrell Chopped Ham	lb.	\$1.69
Smithfield Cooked Ham	lb.	\$1.99
Deli Farmers Cheese	lb.	\$2.89

Pillsbury Cake Mixes		99¢
Pillsbury Frostings	16.5oz.	\$1.28
Franco American Spaghetti or Spaghetti 'Os	15-oz.	2/\$1.00
Prego Pasta Sauce	26-oz.	2/\$3.00
Gia Russa Tomato Sauce	28-oz.	87¢
Campbells Tomato or Chicken Noodle Soup	10.75oz.	67¢
Gia Russo, Penne, Spaghetti Elbow Macaroni or Rotoni	16oz	87¢
Instant or Old Fashioned Quaker Oats	18-oz.	2/\$3.00
Maxwell House, Regular or Master Blend Coffee	13-oz. Cans	\$2.29
Malboro, Priced at \$7.50 off A Carton Cigarettes		
Charmin, Double roll Toilet Tissue	12-ct.	\$6.29
Joy Dish Liquid	25-oz.	\$1.69
Toilet Tissue	6-roll/double	\$3.19

PRODUCE

Bananas **29¢ lb.**

Yellow Cooking Onions 3-lb. Bag **79¢**

Idaho Potatoes 10 lb. Bag **\$1.77**

Loose Paula Red, GingerGold or Gala Apples **77¢ lb.**

Fancy Feast Cat Food Buy Three Get One **FREE**

DAIRY

Deans Orange Juice 1/2 Gal. **2/\$3.00**

Sargento Shredded Cheese 4 Varieties **\$1.77 8 oz.**

So - Dri Paper Towels **2/\$1.00**

Prego Pasta Sauce 26-oz. **2/\$3.00**

FROZEN

Stouffer, 11 Varieties 1 Dish Entrees 10-12oz. **2/\$3.00**

Parkay, 1 lb Quarts Margarine **89¢**

Dole Juice Blends ... 64-oz. **2/\$5.00**

Kelloggs Disney Cereals Hunny B's, Magix or Mud & Bugs **\$2.49** 11.12oz.