



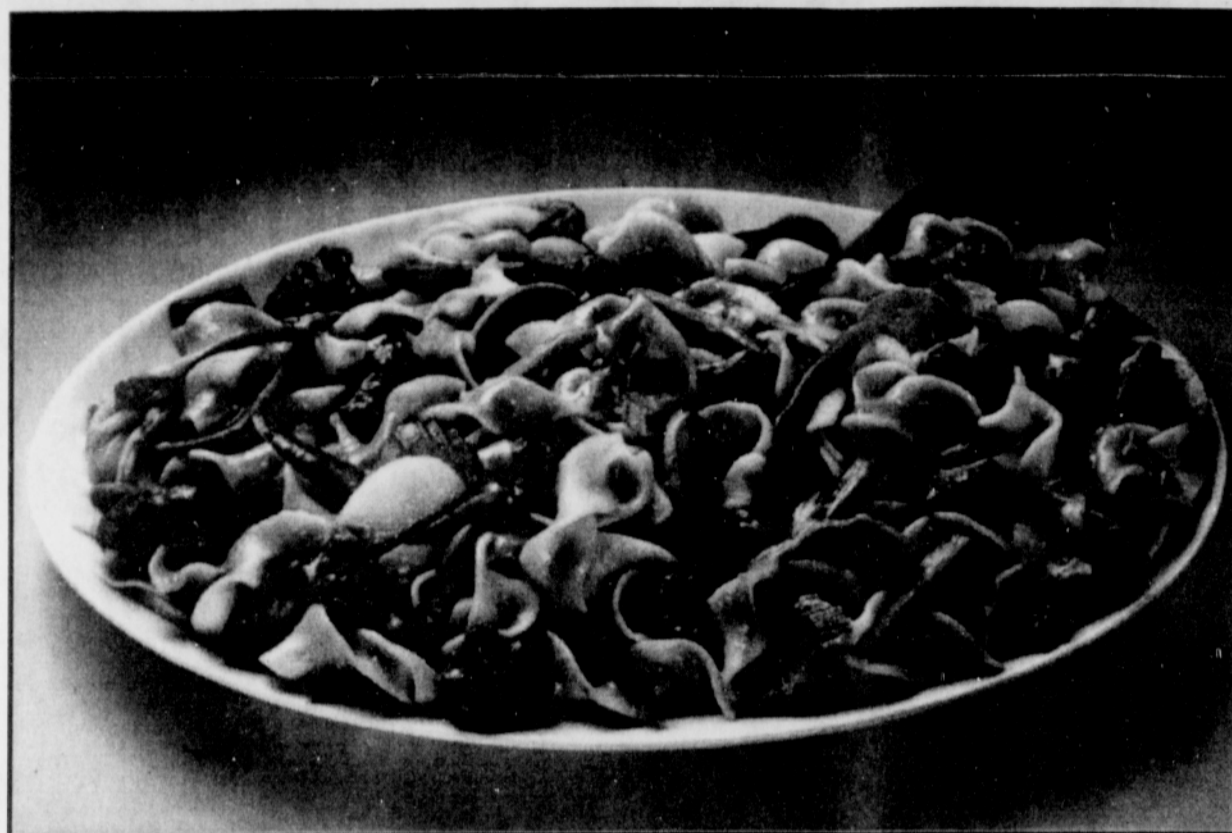
FOOD DAY



Come

And

Get It!



Flav-R-Pac has introduced four tasty new convenient and affordable dinners: Just Add Chicken (two varieties), Just Add Beef and Just Add Hamburger, making it easy to get dinner on the table quickly without sacrificing quality or nutrition.

Available in four varieties—Chicken Japanese Yakitori, Chicken Creamy Country Sage, Beef Oriental Garlic & Ginger and Hamburger Vegetable Stroganoff — each family size 1 lb. 10 oz.

package delivers a complete meal which can be prepared in less than 15 minutes.

"Just Add dinners are perfect for everyone who wants to spend less time thinking about and preparing meals without sacrificing taste," says Norpac vice president of retail sales Roy Flaherty.

"Since each package is large enough to feed the whole family and the protein is suggested for each variety, Just Add dinners cut down on preparation time in

the kitchen, allowing cooks to spend their limited free time doing other things."

Just Add meals are especially convenient to purchase and prepare because they are protein specific and include vegetables, pasta or rice and a complete sauce. Consumers don't have to spend time figuring out what protein to serve with a meal.

Optional preparation suggestions also are included on each package.

CENTURY RECALL

TO REPAIR LIL' NAPPER INFANT SWINGS

In cooperation with the U.S. Consumer Product Safety Commission (CPSC), Century Products Company of Macedonia, Ohio, is voluntarily providing a free repair kit for about 125,000 Century Lil' Napper infant swings. These swings have shoulder harness straps that are placed over each shoulder and buckled between the child's legs. If the straps on these swings loosen or are unbuckled, a child can become tangled in the straps and strangle.

CPSC and Century are aware of three deaths and one near-strangulation which occurred when children from six to nine months old became entangled with the harness straps around their necks.

Century is offering a free repair kit consisting of a new seat pad with a restraint system that has waist and crotch straps and installation instructions. The new pad and straps can be installed easily on the Lil' Napper swing without using any tools.

Lil' Napper infant swings subject to this recall are model numbers 12-

344, 12-345, 12-347, 12-475 and 12-476. The model number is located on a small white sticker on the bottom of the swing seat under the foot area. Each swing has a plastic, two-position seat with a removable plastic tray. The seats are covered by either a vinyl or fabric seat pad. There are four white tubular metal legs supporting the swing. The Century brand name and swing controls are on the motor assembly at the top of the swing. Other Century swing models have different restraint systems and are not being recalled.

Juvenile product, department, and discount stores nationwide sold the swings beginning in 1991 until early 1997 for about \$90.

Consumers should stop using the Lil' Napper swings immediately and call Century at 1-800-231-1448 for a free in-home repair kit with installation instructions, or write to Century Products Company, 9600 Valley View Road, Macedonia, Ohio 44056.

Consumers should not use the swing until the new pad and restraint system are installed.

Become Somebody!

New Fitness Program Has Men and Women Lining Up for Class

Expect the weight room to thin out and the aerobic room to fill up again, thanks to a new exercise program from New Zealand called Body Pump. The Step Company, responsible for energizing a stale aerobic market in 1990, is aggressively rolling out the new program at fitness clubs nationwide following a successful Atlanta test. The new movement stresses the health benefits of building lean muscle mass by combining the body-changing results of high repetition weight training to music in an aerobic environment. Having been introduced in July

at IDEA International, Body Pump is getting the same reaction that step aerobics received in the early 90s. Refined through seven years of development in New Zealand, Body Pump offers a variation to traditional aerobic workouts, creating a challenging, but simple routine.

Participants take hold of a specially designed barbell system with adjustable weights and pump up every major muscle group in their body, all to the motivating beat of a cross section of popular music.

For more information about The Step Company, please call 1-800-SAY-STEP (1-800-729-7837).

THE JOYCE WASHINGTON MEMORIAL SCHOLARSHIP FUND

Joyce Washington was tireless in her devotion to children and building a better community.

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