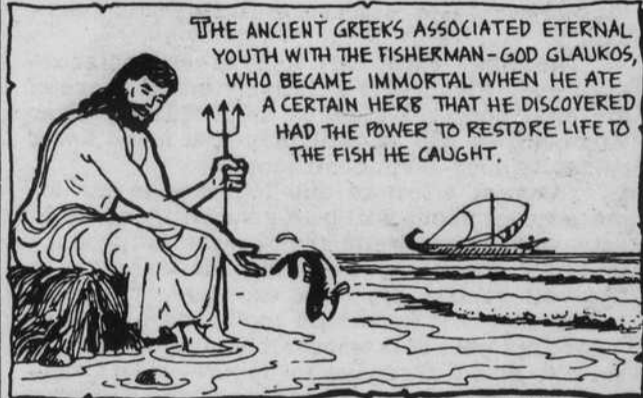
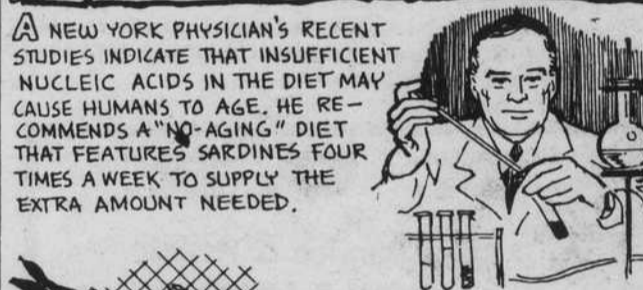


# You Should Know...

FROM THE BEGINNING OF TIME MAN HAS PURSUED THE SECRET OF ETERNAL YOUTH ... ALEXANDER THE GREAT SEARCHED FOR A FABLED "RIVER OF IMMORTAL LIFE" DURING HIS CAMPAIGNS IN INDIA ... PONCE DE LEON SPENT A LIFETIME SEEKING THE LEGENDARY "FOUNTAIN OF YOUTH," DISCOVERING, INSTEAD, FLORIDA AND BIMINI.



THE ANCIENT GREEKS ASSOCIATED ETERNAL YOUTH WITH THE FISHERMAN-GOD GLAUKOS, WHO BECAME IMMORTAL WHEN HE ATE A CERTAIN HERB THAT HE DISCOVERED HAD THE POWER TO RESTORE LIFE TO THE FISH HE CAUGHT.



A NEW YORK PHYSICIAN'S RECENT STUDIES INDICATE THAT INSUFFICIENT NUCLEIC ACIDS IN THE DIET MAY CAUSE HUMANS TO AGE. HE RECOMMENDS A "NO-AGING" DIET THAT FEATURES SARDINES FOUR TIMES A WEEK TO SUPPLY THE EXTRA AMOUNT NEEDED.



TIP: SARDINES FROM MAINE TOP THE LIST OF FOODS HAVING THE HIGHEST LEVELS OF NUCLEIC ACID. SARDINES HAVE OTHER HEALTH BENEFITS TOO-- THEY CONTAIN PRACTICALLY NO CHOLESTEROL AND ARE RICH IN PROTEIN, VITAMINS AND MINERALS. IN FACT, SARDINES FROM MAINE PROVIDE ONE OF THE CHEAPEST SOURCES OF HIGH QUALITY PROTEIN-- ITS COST PER "PORTION" FALLING BELOW THAT OF PROTEIN FOUND IN EGGS OR MEAT! ASR

## Tips For Safe Bicycle Riding

Nearly one million bike riders sustain serious injury or are killed every year. Most of them did not follow the "Rules of the Road" for safe bike riding.

"Anyone riding a bicycle should know and obey all the same traffic laws as a motorist," says Wayne Lindemann, a traffic safety expert at CNA Insurance.

"Parents can do a lot to help their children learn and use safe bike-riding practices," Lindemann comments. "For one thing, children learn from observing... how do you drive your car or your own bike?"

He offers these tips for safe bike riding:

- Be sure the bike is in good condition. Many local police departments provide a free bicycle inspection -- often coupled with a safety program and riding skills test.
- Make certain the bike and its rider can be seen and heard. Reflectors visible from all four sides, a good headlight and a loud bell or horn should be standard on all bikes. At night, the rider should wear light-colored clothing with reflective strips on the arms and legs.
- One of the most dangerous practices is to ride a bike while listening to "earphone" type radios. This prevents the bike rider from hearing both auto and pedestrian traffic.
- Tricks and "daredevil"



type stunts should be done only by the professionals on bikes that are built specifically for this purpose. A bike can be easily damaged by stunts and result in a serious accident at a later date.

- Yield the right-of-way to everyone... including pedestrians. Even though you must obey all traffic laws, a bike is no match for a car, truck or bus.
- Contact your local school, police department or bike shop for illustrated brochures explaining the many safety rules pertaining to bikes.
- "Bicycle riding is popular with all age groups," Lindemann points out, "and everyone who rides a bike, from pre-schoolers to grandparents, should be familiar with the safety rules."

## "Jim Tilmon: From The Ground Up"

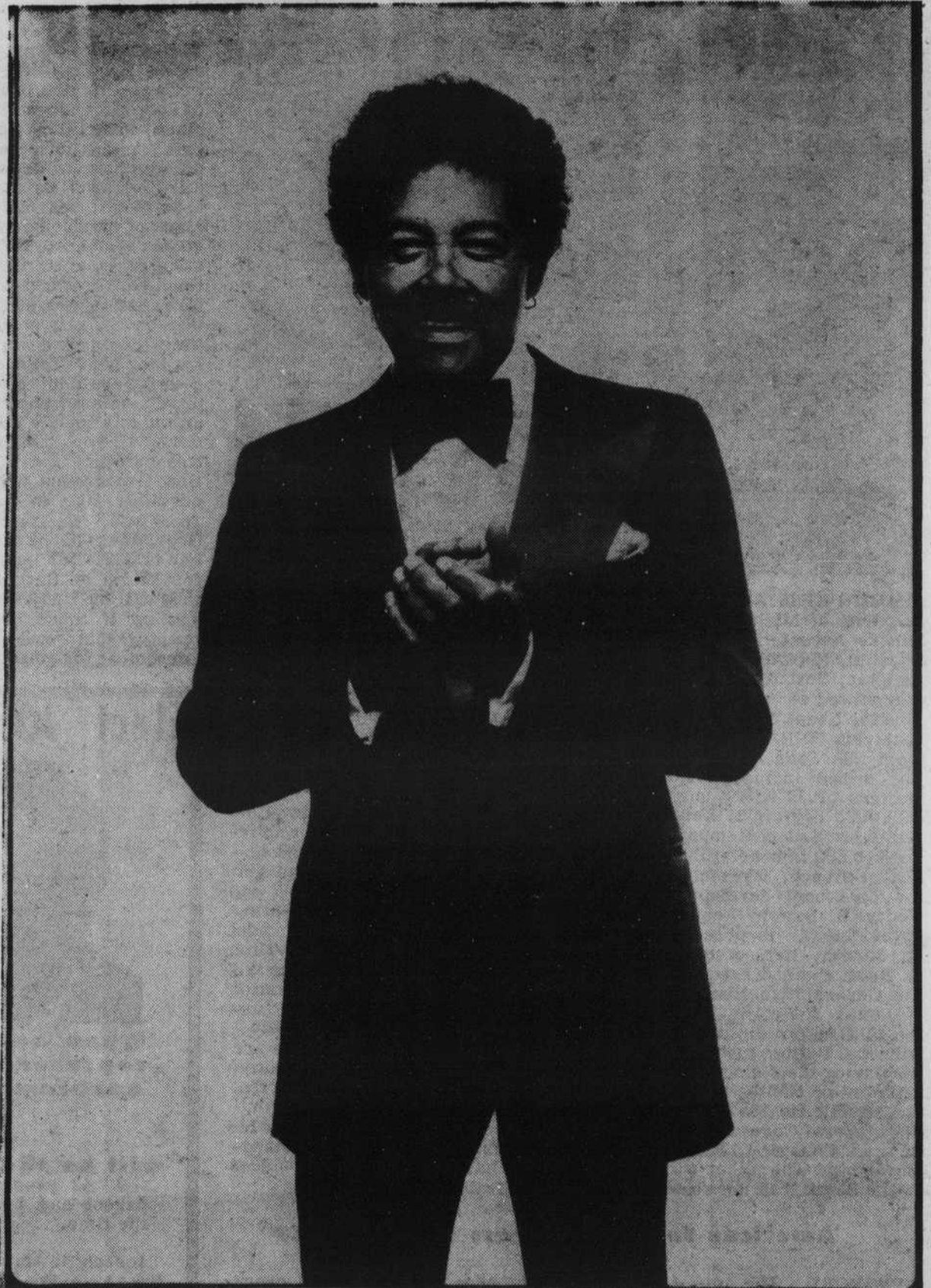
Airline pilot, TV personality and business executive Jim Tilmon will be "roasted" at the 36th annual dinner of the Chicago Chapter, Lincoln University (Mo.) Alumni Association Oct. 2, in the Hyatt Regency, Chicago.

Proceeds from the dinner will benefit the Lincoln University Foundation Fund.

"Jim Tilmon: From the Ground Up" will

highlight the life of the former Lincoln University student from campus days to the hectic ppece he presently maintains as commercial airline pilot, NBC-TV weatherman, host of Tilmon Tempo, a talk-variety-ethnic television show, and owner of a multi-media production company.

## Quincy Jones Productions Signs Billy Eckstine



## BILLY ECKSTINE

Famed singer and world reknown entertainer Billy Eckstine has signed with A&M Records it was announced recently by president Herb Alpert. Eckstine, who for the past forty years has been one of the music world's legendary performers, signed the exclusive pact with A&M where he will be produced by Quincy Jones. In his lengthy career Eckstine has won virtually every award imaginable including a series of 12 gold records, as well as numerous attendance records at concert halls and clubs throughout the world.

Eckstine's first release for the label will be

a single entitled "The Best Thing" produced by Jones and Alpert. Mr. "B" as he is called by his legion of dedicated fans continues to be a major nightclub and concert attraction throughout the world, and after a three year recording hiatus due to the problems of Stax records (his last label), the debut of Eckstine is a welcomed one.

Alpert commented on the signing of Eckstine: "Billy Eckstine is a legend in the world of music. As far as I am concerned there is no better singer alive, and it is an extreme pleasure for everyone at A&M to have a performer of his stature with us on our label."