



January  
2020



# Biggest Loser Contest

We will once again start our Biggest Loser contest at Burford.

It's become an annual contest here.

I hope the information below will inspire our people  
and those of you out there that struggle as well.

Good luck everyone and Happy 2020!!!

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## Exercise Routine

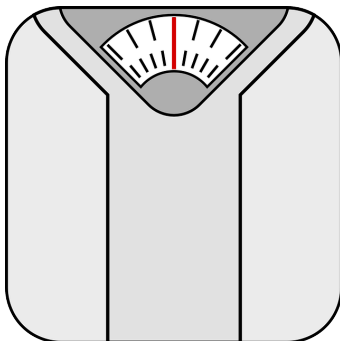
Here is a tip for building your arm and shoulder muscles. You might want to adopt this routine. Three days a week works well.

Begin by standing outside behind the house, with a 5-LB potato sack in each hand. Extend your arms straight out from your sides and hold them there as long as you can. Try to reach a full minute. Relax.

After one week move up to 10-LB potato sacks, then next week 50-LB potato sacks, and eventually try to get to where you can lift a 100-LB potato sack in each hand and hold your arms straight out for more than a full minute.

After you feel confident at that level, start putting a couple of potatoes in each of the sacks, but be careful not to overdo it.

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My appetite is my shepherd; I always want.  
It maketh me sit down and stuff myself.  
It leadeth me to my refrigerator repeatedly.  
It leadeth me in the path of McDonalds for a Quarter Pounder.  
It destroyeth my shape.  
Yea, though I knoweth I gaineth, I will not stop eating  
For the food tasteth so good.  
The ice cream and the cookies, they comfort me.  
When the table is spread before me, it exciteth me  
For I knoweth that I sooneth shall dig in.  
As I filleth my plate continuously,  
My clothes runneth smaller.  
Surely bulges and pudgies shall follow me all the days of my life  
And I shall be "pleasingly plump" forever and ever.

**Enjoy your Black Book!**  
**Teresa J. Ruder**



## Spray Applicator

The Model 824-01 Spray Applicator is designed to spray a variety of liquids directly onto the tops of products to provide a unique look. This system can be ordered for spot spraying or for continuous coverage.

Practical

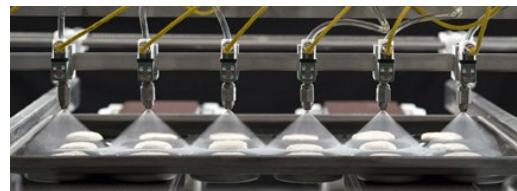
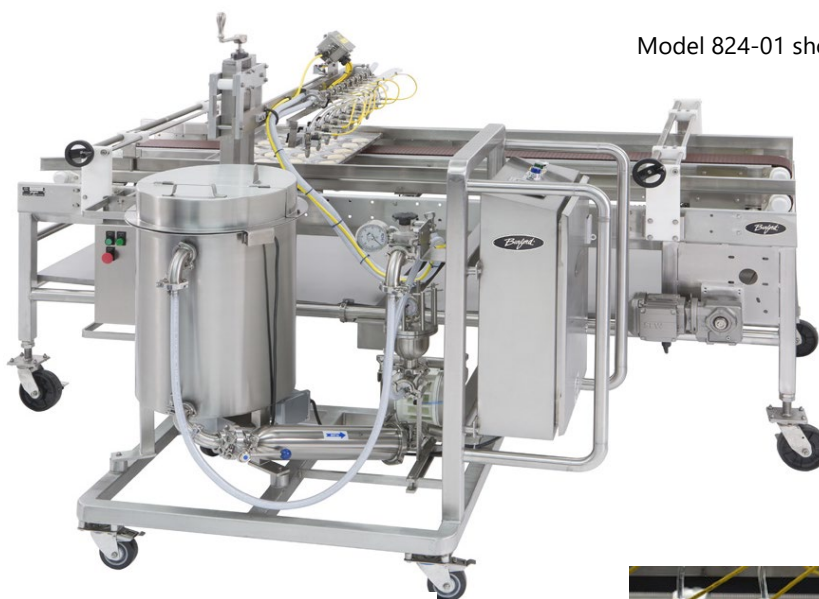
Solutions

Through

Innovative

Technologies

Model 824-01 shown with optional



### Options

- Conveyors
- Mist Collection
- Cantilevered Spray Arm
- Electrical Requirements
- Additional Sprav Nozzles



- Portable cart
- Sanitary fluid path
- Re-circulation loop
- Low pressure wash-down design
- Stainless steel tank with agitator