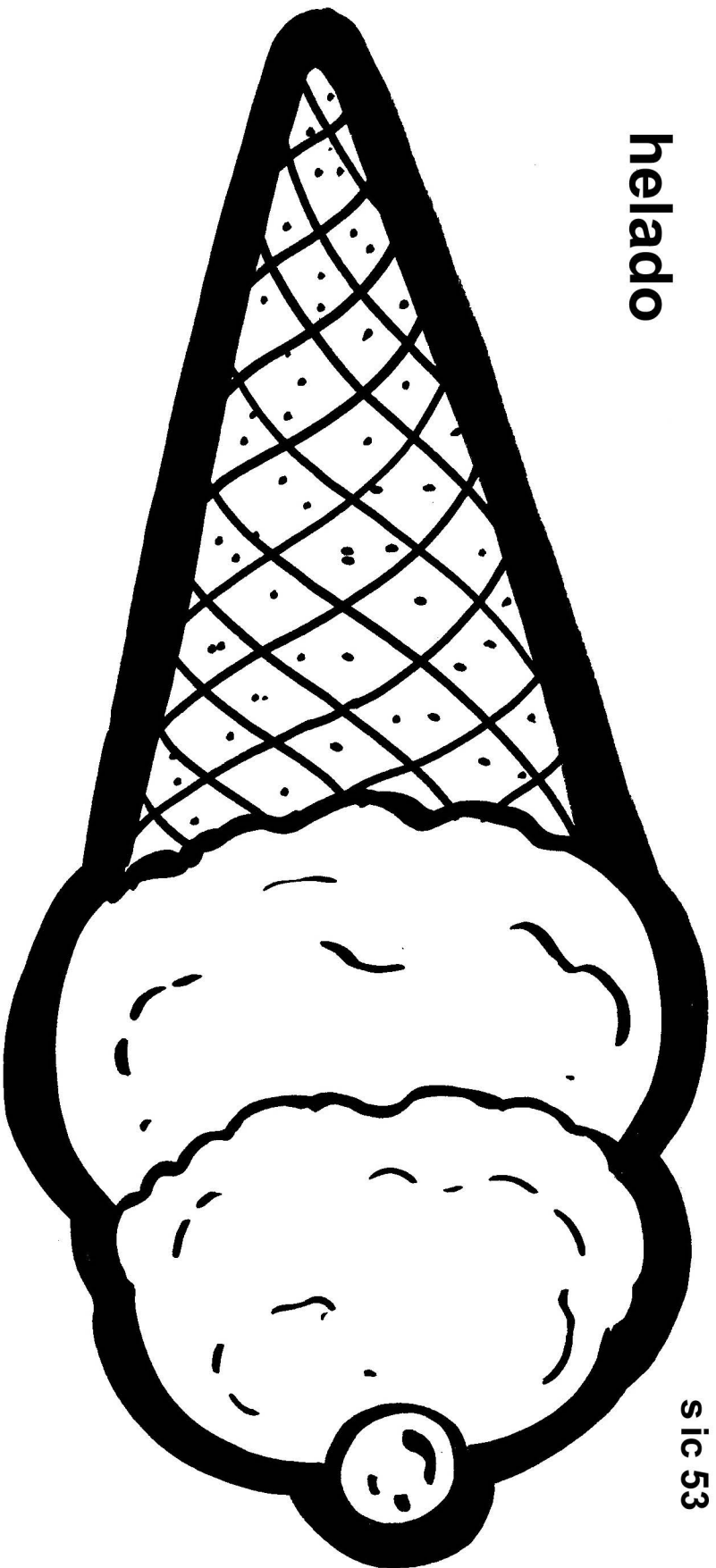
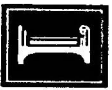


helado



sic 53

Graphics by Mary Connors 2001



UNIVERSITY OF ILLINOIS  
EXTENSION

Visit our website: <http://web.aces.uiuc.edu/wellnessways/>