

Experts emphasize that half an hour exercise every day strengthens

# The Daily Herald

## UPCOMING EDITIONS

**3/18** - Spring Home Improvement  
Spring Car Care  
Sweet 16

**3/25** - Business Word Search  
Easter Coloring Contest  
Easter Church Services

**Every Wednesday**

America 250: Famous Pennsylvanians

**Every Saturday**

America 250: Famous Americans

Church Directory

From the Pastor

Kids Page

Subscribers read additional local news

in the Saturday Edition of **The Daily Herald.**

**Order Your Subscription TODAY!**

**The Daily Herald**

**1067 Pennsylvania Ave., Tyrone**

**814-684-4000**

*ads@thedailyherald.net*

