Vol 79 #66

STATE PRESS
ASU'S Morning Daily Newspaper
December 6, 1994

FINAL EDITION

We're out of here!

HOLIDAY GIFT IDEAS • FUN • GAMES • INTERESTING INFORMATION • AND MORE

ON THE **inside...**



Hey, what the heck... You didn't study anyway, right? Use these "catch all" answers and pass. Page 20.



That's right: Free. Why buy gifts when you can get them free? Pages 56 & 57.



Need to ditch an exam? Not prepared? Don't want to fail? Use the "perfect excuse" on page 2.



Come on, college students! Is there really a santa? Find out on pages 58 & 59 and see who has the better letters!



Take the test and find out. Maybe you can enter the pristine world of politics. Page 47.



Congratulations! (See winning entries in the MU.) Page 37.

CAN YOU FIND THE **FAKE AD?** Clip it out, bring it to Gwen Lawrenz in Room 47 Matthews Center, by Noon, Dec. 9. Include your name & phone number.

State Press takes hiatus 'til Jan. 18

With 71 issues under our belts this semester, we're definitely out of here until the first issue of Spring 1995 on January 18.

Check out this end-of-the-semester grand finale *State Press*! It's loaded with great stuff like holiday gift ideas, tons of money-saving coupons, graduation and career information, crosswords, letters to Santa, very silly stuff, free gifts, contests, classifieds, personals, and even some stuff for mom and dad.

Good luck on finals. Study hard. Have an incredible holiday and we'll see you in January.

Thanks for being a loyal reader. We appreciate it. Enjoy this issue. We're outta here!

Happy Holidays


ARIZONA STATE UNIVERSITY
STATE PRESS
An Independent Morning Daily
Friday, October 29, 1993
Vol. 77 No. 125

Regents debate admitting students with deficiencies

Great Pumpkin ... in your face

DPS to turn

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Halloween, deceas

red for ASU 'natur witch'

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World/ Nation

Sports

Where To Find It

We're Outta Here!

TODAY'S **WEATHER OUTLOOK:** Rainy and cool

IS YOUR FRIEND REALLY A POTATO? See Page 21

FINAL EDITION

Many thanks to the fine people who contributed to the success of the FINAL EDITION.

BEHIND THE SCENES

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SEE YA

The State Press will resume daily publication on the first day of classes, Spring Semester (1-18-95).

The entire staff wishes you much success on finals and a wonderful holiday.

See you next year!

ARIZONA STATE UNIVERSITY
STATE PRESS

Devil DEALS

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Roz Ryan
Photo: Tim Fuller
PURCHASE THE ASU FINE ARTS STUDENT TICKET AVAILABLE AT THE GALVIN PLAYHOUSE BOX OFFICE AND SEE ATC SHOWS FOR ONLY $7

Gifts for grads

Graduation and gifts go hand-in-hand. Whether your tastes run to posh celebrations of success or practical provisions for the grad's new adventure, there's something for everyone in the gift suggestions that follow.

Whether the grad on your gift list just finished high school, college or a vocational school, there's no better way to wrap up a gift than with a card that expresses your sentiments–whether passionate pride, intense relief or a simple "well done."

As for the gifts themselves, the sentimental favorites often are commemorative items meant to last a lifetime–golden pens, silver platters, ornate watches or pieces of jewelry. One favored form of jewelry is the graduate ring, emblazoned with the emblem, slogan or name of the grad's alma mater, as well as the year of graduation.

Simple items such as inspirational coffee mugs also can last a lifetime–and are likely to come in handy for a graduate trying to keep pace with the rigors of higher education or the workplace. While you're at it, present the grad with a coffee maker as well to ensure that he never runs short of fuel.

In fact, since nearly every grad will shortly set up new digs, just about any type of houseware or small appliance can make for a wonderfully practical gift. Kitchen ideas span the likes of toasters, blenders, cookware, dishes and the all-important first cookbook–but don't overlook the likes of furniture, televisions, and linens for bed and bath.

Other practical gifts include personal planners and briefcases perfect for young execs or harried students.

Luggage is another practical gift that can prove to be lasting–and especially welcome when paired with tickets for a well earned vacation before the grad starts on the next phase of his academic or work life.

Also consider the wonderful sensibility of clothing. Whether the grad is headed off to college in a climate different than his former home or to a professional work environment, he's likely to need a new wardrobe.

If the grad will be away from home for the first time, it's likely he'll appreciate a professional family photograph to keep home town memories close, as well as a magazine subscription that will ensure the prospect of receiving regular mail.

Consider also a yearlong gift such as a monthly delivery of flowers or specialty foods that will keep you in the graduate's thoughts and keep him assured of a support group. Just as a recent graduate will want to keep family and friends in mind, so also will he enjoy paraphernalia that reminds him of the institution he's leaving behind–or just entering.

Check out the college bookstore for items emblazoned with the school's insignia–everything from caps to cups, stadium seats to sweat shirts, T-shirts to golf tees, sweaters to stationery, backpacks to coffee-table books, and all sorts of decals and decor for automobiles.

If the grad is a member of a fraternity or sorority, these organizations often have catalogs of merchandise emblazoned with their emblems as well.

Along the same line, if the graduate will continue to live in the town of his alma mater, present him with season tickets to the best of the varsity sports or to the university's theatrical or musical productions.

And for folks wanting to give gifts that rank high on both the scales of poshness and practicality, consider the likes of personal computers and cars.

Wrap it right before you ship it

(NAPS)–Since you've taken the time to choose the perfect holiday gift, why not take a few more minutes to ensure that it arrives safely by wrapping and addressing it correctly? Follow these helpful tips from the U.S. Postal Service throughout the year to make sure your packages are delivered to the correct address, on time and in good shape:

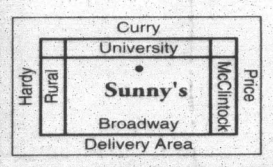
- Select a container strong enough to protect the contents during handling. Fiberboard containers are generally strong enough to ship most materials. Your local post office offers packaging products designed for safe and sound delivery.
- Leave space inside the carton for cushioning. The container should have enough space to hold the contents plus cushioning to prevent damage. Leakproof containers and mailing materials should be used if shipping liquids. Items which have an odor should be placed in a container which is impermeable to the contents.
- Prevent contents from shifting, and absorb shock by using good cushioning materials such as polystyrene, shredded or rolled newspapers, bubble plastic and fiberboard inserts.
- Used reinforced tape–don't use twine and cord; they tend to catch and bind in mail processing equipment.
- Mark the address and the zip code clearly and make special markings to alert the Postal Service to packages that are fragile or should not bend. If you are shipping framed photographs, it is a good idea to remove the glass and wrap it separately.
- Include a return address label inside the package prior to wrapping and sending.

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Protect yourself against credit card fraud

(NAPS)-Credit card fraud is a growing threat to consumers and business alike. In 1992, for example, credit card issuers' losses due to fraud were more than $860 million.

You can become a victim of credit fraud through seemingly normal credit card use. Perhaps someone has been able to get your account number from a charge slip, or you've given the account number and other personal data to someone over the phone who misled you into thinking you were ordering a product from a legitimate business. Such information can then be used to apply for credit in your name and without your knowledge.

Here are some things you can do to protect yourself from credit fraud:

• Be careful in giving out account numbers and other personal information.

• Check your monthly credit card statements carefully for unauthorized charges.

• Occasionally request a copy of your credit report from a national credit rating agency such as Equifax, TRW or TransUnion. Such a checkup should reveal if anyone has applied for credit in your name or whether any accounts are being used without your knowledge, with the billing statement being sent to a different address.

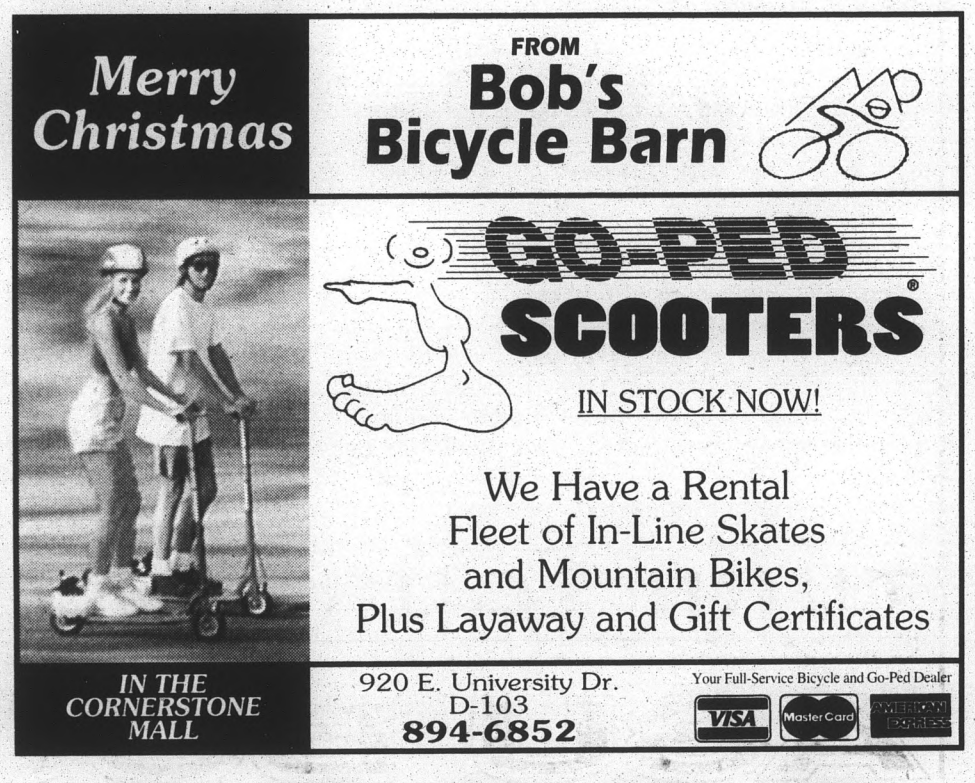
If you believe you are a victim of credit fraud:

• Immediately notify your credit grantors.

• Contact the credit reporting agencies to alert them of possible fraudulent accounts or unauthorized charges. Equifax's Fraud Assistance Unit receives over 200 phone calls and letters each day from consumers who believe they have been victimized by credit fraud. The company works with consumers and credit grantors to remove fraudulent accounts or charges and places a fraud statement on the consumer's credit file to warn credit grantors accessing the file in the future that credit applications need to be verified by phone with the consumer to ensure legitimacy.

Guard your credit carefully. It can be stolen from you like any other valuable property–and can be just as difficult to get back.





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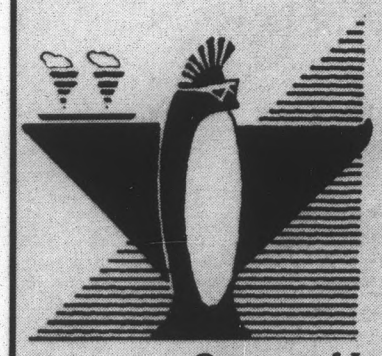
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MR. COTTO–Salami, Pepperoni, Italian dressing, black olives	3.50	4.50
POOR BOY–Bologna	3.00	4.00
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CHARLIE TUNA–Tuna salad	3.60	4.60
VEGETARIAN–Provolone, Muenster & Swiss cheeses, cucumber, bell pepper, sprouts, mushrooms, lettuce, onion, Italian dressing & tomatoes	3.40	4.25
BEEF 'N SPICY/CHEDDAR CHEESE SAUCE–Roast beef and spicy cheese (no veggies)	3.50	
BABY-Q–Roast beef, tasty barbecue sauce, provolone cheese (no veggies)	3.50	
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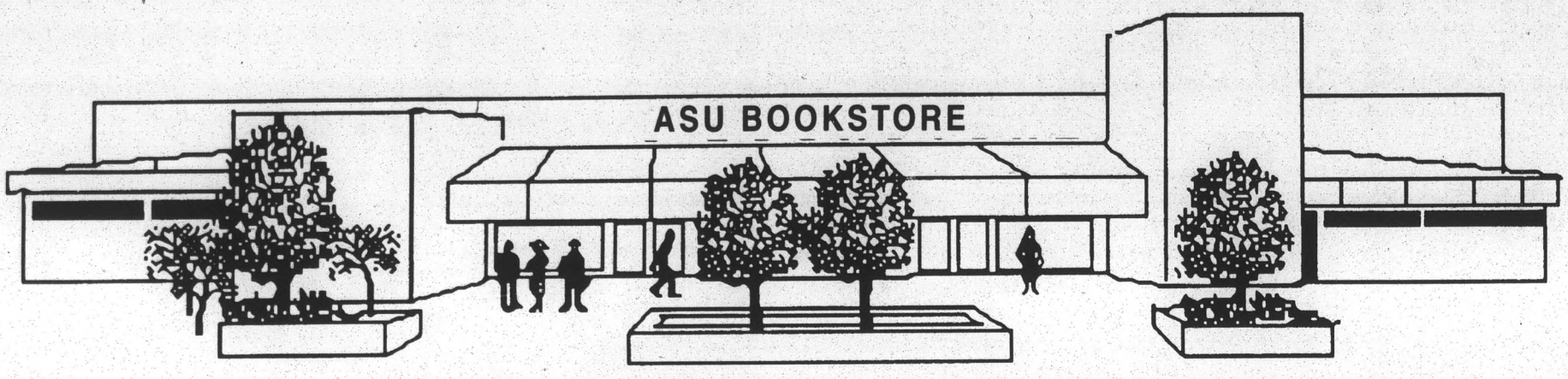
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MU - Southeast Patio

Dec. 12 - 15, 9am-4pm
Dec. 16, 9am-3pm

ASU BOOKSTORE

An Original Swiss Army Knife can help everyone on your holiday gift list

(NU)–Life's little emergencies–from loose threads to minor home and car repairs–have a nasty habit of cropping up when they are least expected and you're least prepared. Why not help everyone on your holiday gift list cope by giving them the Victorinox Original Swiss Army Knife?

It's the perfect choice, even for someone who already owns one of these handy problem-solvers, because one is never enough. Many owners report that they like to keep and Original Swiss Army Knife in several places: briefcase or purse, kitchen, car, workshop or even in a shaving/cosmetics kit for travel.

One of the newest Original Swiss Army Knife models is ideal for keeping almost anywhere. The "MiniChamp" packs 11 useful implements, including a scissor, cuticle pusher and nail file with cleaner into a 2.25-inch-long case that can fit neatly onto a key chain or anywhere you need to be prepared. At a suggested retail price of $30, it can make you a shopping champ, too!

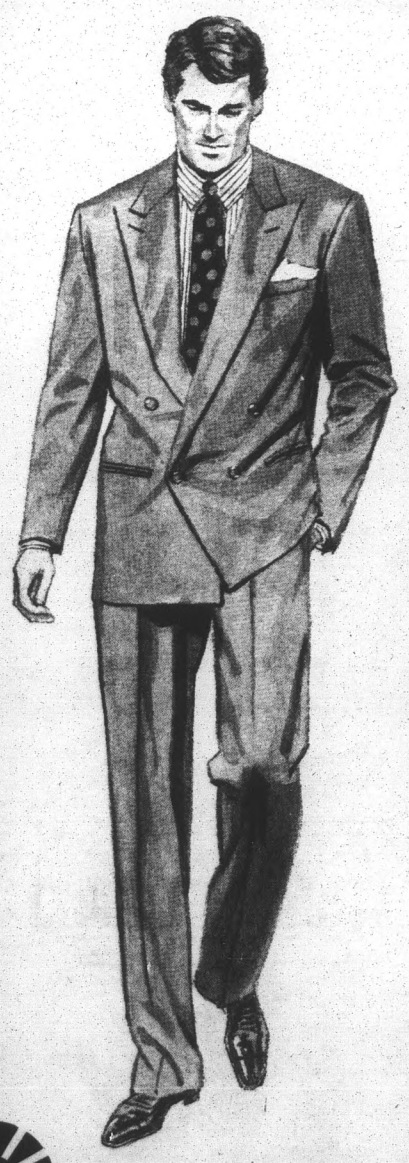
When you're looking for a more elaborate tool, here's another practical new gift idea–the Victorinox "Traveler's Kit." Compact enough to fit in a shaving kit, cosmetic bag or backpack, the "Traveler's Kit" has virtually all of the essential tools for the road or in the great outdoors!

The kit contains a powerful Solitaire Maglite mini-flashlight, a compass/ruler combination with magnifying glass or thermometer and 3.5-inch Original Swiss Army Knife. This red-handled tool includes such invaluable implements as a corkscrew, can opener with small screwdriver, bottle opener with large screwdriver and wire stripper, scissor, wood saw, tweezers, toothpick and ball point pen, to name a few.

All of this fits into an attractive black leather pouch. The "Traveler's Kit" is available at a suggested retail price of $91.

If your friend, relative or coworker has a special hobby, why not give a specialized Original Swiss Army Knife, such as the "Golfer" with a divot fixer, a "Fisherman" with a fish scaler and hook disgorger or the "Mechanic" with three screwdrivers and pliers.

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Your own best holiday gift–getting organized!

Remember holidays past–filled with stress and depression from waiting in long lines, crowds of shoppers, money worries and mental fatigue, not to mention physical exhaustion and lack of energy from having to "shop" for the perfect gift for a special someone?

A new approach with the same gift giving goal for future holidays can offer you an enjoyable experience filled with time to enjoy the holidays, financially saving and even enough energy left over to share your love with others. No longer do we have to dread the holidays, rushing about to buy last-minute gifts. By "Getting Organized" we can manage our time throughout the year to save time right now and enjoy a less stressful gift-giving holiday season. It can be a fun experience adopting some or all of the following holiday gift-giving suggestions:

If the shortage of shopping time has always been a problem during the holiday season, then give yourself more time by controlling your own time early on. Develop a time-management strategy by starting your preliminary list in the downtime after New Year's and before the first round of bills start arriving at the end of January. This is an especially good time since your gift receiving thank-yous are still fresh in your mind. A new list for next year is easy to establish from those names. Even if January has already passed, it's never too late to begin developing your list even starting today.

When making your list, know for whom you want to buy. Initially, you may not know his/her likes and dislikes, but at least jot down the names of the people you think you may want to include. This is a starting point. It is also one list in your life which need not be perfect since an attitude of flexibility can allow your list to be ever changing, right up until the time of the gift purchase.

Next, think of a few descriptive words about the person, and his/her hobbies, interests, likes, etc., during the year and write them down next to the person's name. Do not leave this to memory when shopping. Guaranteed, this is one thing you will not remember later. One method of creating your list is to make four columns on a piece of paper or index card in which the headings are named:

1. Gift Recipient
2. Ideas/Descriptive Words
3. Cost and How Purchased (Cash, Check, Credit Card, etc.)
4. Date purchased and Where

Columns 1, 2 and 3 may change as you work with your list throughout the year. Give yourself the mental permission to alter your list at any time up until the time of purchase. You can also make your list less detailed with just the first two columns and not the remaining two columns. Or expand your list to whatever headings fit your personal needs. A good example of someone on your list: Last Fourth of July at the family cookout, your brother Jim commented he could use some new barbecue mitts. Since you noticed his apron was red, on your list for Jim under "Ideas/Descriptive Words" write "Red Barbecue Mitts." Remember, even Santa is making a list and checking it twice!

One frustration for people who are "Getting Organized" by making a list is they never seem to have their list with them when they hear someone drop a hint about something they need or want. They forget to carry their list where they could fill in the information as it is heard. As the saying goes: "Don't leave home without it!" From the inception of your list until the day of giving the gift, always carry it with you, whether in your wallet, purse, daily calendar or diaper bag. When you least expect, a window of opportunity might open for you to fill in some information (or even achieve the goal of purchasing the gift). "Getting Organized" means always carrying your list, with

TURN TO ORGANIZED, PAGE 8.

EARN EXTRA MONEY ON THE WEEKEND

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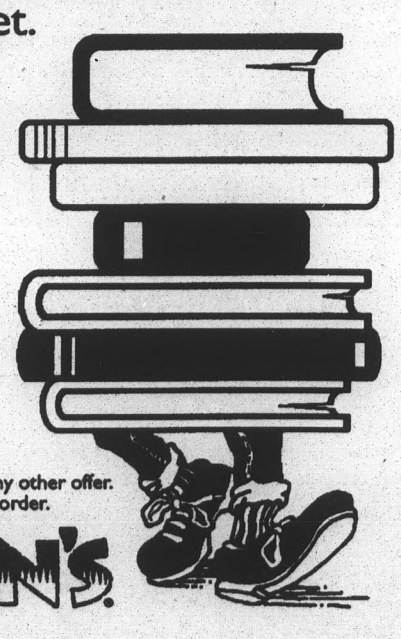
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Organized

CONTINUED FROM PAGE 7.

no chance of double purchasing for the same person, nor having to rely on memory for what to buy.

The reason for "Getting Organized" early is to provide you with fewer time pressures. You begin mentally relaxed and start focusing early on your thoughts for gift selection, thereby not allowing the process to overwhelm you later. "Getting Organized" early allows you to be alert to gift ideas throughout the more relaxed part of the year and not put undue pressure on yourself to buy just anything because you're running out of time. Early thoughts of gift giving will stimulate your mental alertness, creating an opportunity to take advantage of savings throughout the whole year. It allows you to take advantage of seasonal sales, "today only" specials and reduced or discontinued merchandise–each with a huge financial savings, not to mention your most valued asset: time.

After purchasing a gift where would be an appropriate, worry-free place to store your presents? The solution to this depends on whether your gifts are for friends and extended family members or your immediate family living with you.

Let's start with your friends and extended family members: Place the purchased gifts in a cardboard box or storage container in your basement, attic or closet. Mark each gift with the name of the recipient attached to each, or make a list of the box contents with the recipient's name next to each item on the list. Keep the list with the box.

For the family members living with you: Establish a second container or box that needs to be hidden but available to you. Depending on the size, store it (marked as something other than gifts) with other boxes in the basement, attic, closet, trunk of your car, or at a friends or relative's house. Wherever the place and whatever the storage container, "Getting Organized" can help maintain the element of surprise as well as your thoughtfulness.

Since most of our holiday gift giving and stress is brought on by our own self-imposed time and money crunches, "Getting Organized" now can be a major part of your solution for the next holiday season. Implement any of these suggestions into your gift-giving lifestyle for holidays, birthdays and other special occasions. Enjoy a more balanced holiday season by "Getting Organized" now, and let stress-free time become the best gift you will ever give yourself.

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Mensa panel picks best new games

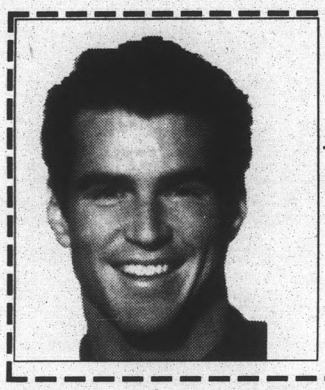
(NU)–A panel of seven game enthusiasts from Mensa, the international high-IQ society, recently picked this year's best new word and strategy games. The "Mensa Mind Games" competition is in its fifth year.

Games were critiqued for their originality, game play, play value, aesthetics and clarity of instructions. This year's "Mensa Select" winners were: "Magic: The Gathering' by Wizards of the Coast; "Char" by Bechter Productions, Inc.; "Chung Toi" by House-of-Chung Enterprises; "Downfall" by Western Publishing Co.; and "Pyraos" by Great American Trading Co.

"Great mind games aren't necessarily complex, and many of the games we liked can be played by children and adults alike," said Steve Weinreich, chairman of the Mensa panel and also an inventor and game expert.

Mensa is a nonprofit organization made up of individuals who have scored in the top two percent of the population on a standardized intelligence test.

American Mensa, Ltd., based in New York, has more than 55,000 members in 142 chapters across the United States. "Mensa Select" games can be purchased in stores nationwide or through Game Show (1-212-633-6328), the official distributor of the winning games. For a free brochure about Mensa, call 1-800-66MENSA, Dept. 6494.



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Catalogs can simplify your holiday shopping

(NU)–Okay Santas, here's a quiz for savvy, smart shoppers. You'll have plenty of time to think about the answers as you lounge in the comfort of your own home.

Q: Name a shopping spot where you can browse as long as you want, knowledgeable sales representatives are waiting to help and you can purchase gifts for the holidays 24 hours a day.

A: Your living room.

All you need is your favorite chair, a pencil and a stack of mail-order catalogs. Chances are you'll find the perfect present for everyone on your list–from consumer electronics and toys to home furnishings, the latest kitchen gadgets and gourmet food.

Q: What percentage of adult population shops by mail?

A: More than half, or 52.6 percent, according to the Direct Marketing Association.

In 1993, 97.7 million people ordered merchandise by mail or phone. Catalog revenues totaled $53.4 billion in 1993 and could reach $69.5 billion in 1997.

Q: What's the deadline for holiday orders?

A: Dec. 23, for many catalog companies.

Most have overnight delivery, offer monogramming services and will send your gift, wrapped in holiday paper, to the recipient's home. If your present turns out to be less than perfect, almost all catalog companies have 100 percent guarantees.

Q: Where do you find shop-at-home catalogs?

A: One easy way to get started is to request the Direct Marketing Association's Great Catalog Guide. The colorful, 32-page handbook features nearly 200 catalogs in 50 categories.

Each listing includes the company's address, telephone order and customer service numbers, a description of merchandise and services and guarantee policy.

For a copy, send $3 check or money order to the Direct Marketing Association, 1101 17th St. NW, Suite 705, Washington, DC 20036-4704.

Turn to Catalogs, page 13.

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...at our do-it-yourself wrappin' station!

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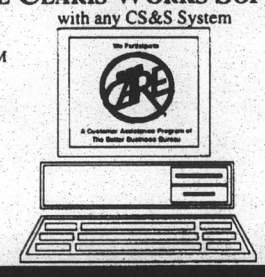
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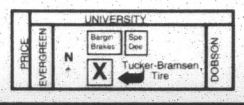
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New credit card promises a true grace period

(NU)–If you're a credit card user who carries unpaid balances from month to month, chances are you're unaware you've forfeited your grace period. A grace period is the time in which you can pay off new purchases without incurring financial charges. Typically, if you do not pay off your entire bill, all new purchases begin accruing financial charges immediately.

A recent consumer survey by American Express discovered that Americans are surprisingly uninformed about the way their credit purchases work.

For instance...

• Sixty-five percent of the people who carry over a balance from month to month have no idea how much interest they paid last year.

• Seventy-two percent of credit card holders don't know how much they're charged for going over their credit limit.

• Sixty-three percent don't know how much they pay in late fees.

• Seventy-six percent of all card holders are unaware that while most credit card issuers allow a "grace period" before interest begins to accrue on new charges, they also take that grace period away when there is an unpaid balance.

Phillip Riese, president of the Cardmember Financial Services Group at American Express calls it a "new kind of credit card, one that gives consumers a break on interest."

The card allows a 25-day grace period on new purchases, even if the card holder is carrying a balance.

In addition to the promise of a true grace period for card holders, there is no annual fee. And customers who enroll in the Express Cash service can use in the card for cash advances at more than 80,000 ATMs.

American Express has created a new consumer education brochure titled "Understanding Credit Card Grace Periods." It was produced in collaboration with the National Institute for Consumer Education and it is free by sending a self-addressed, stamped, business-size envelope to: Office of Public Responsibility, American Express Company, Dept. GP1, 200 Vesey St., New York, NY 10285-4850. The text of the brochures also is available via the Internet by sending a blank electronic mail (e-mail) message to: "grace@hastings.mailer.net.

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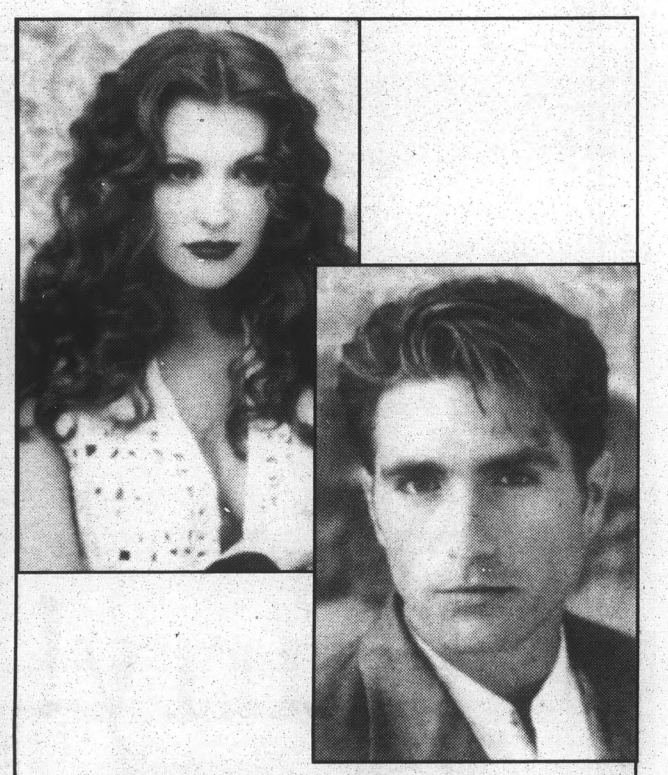
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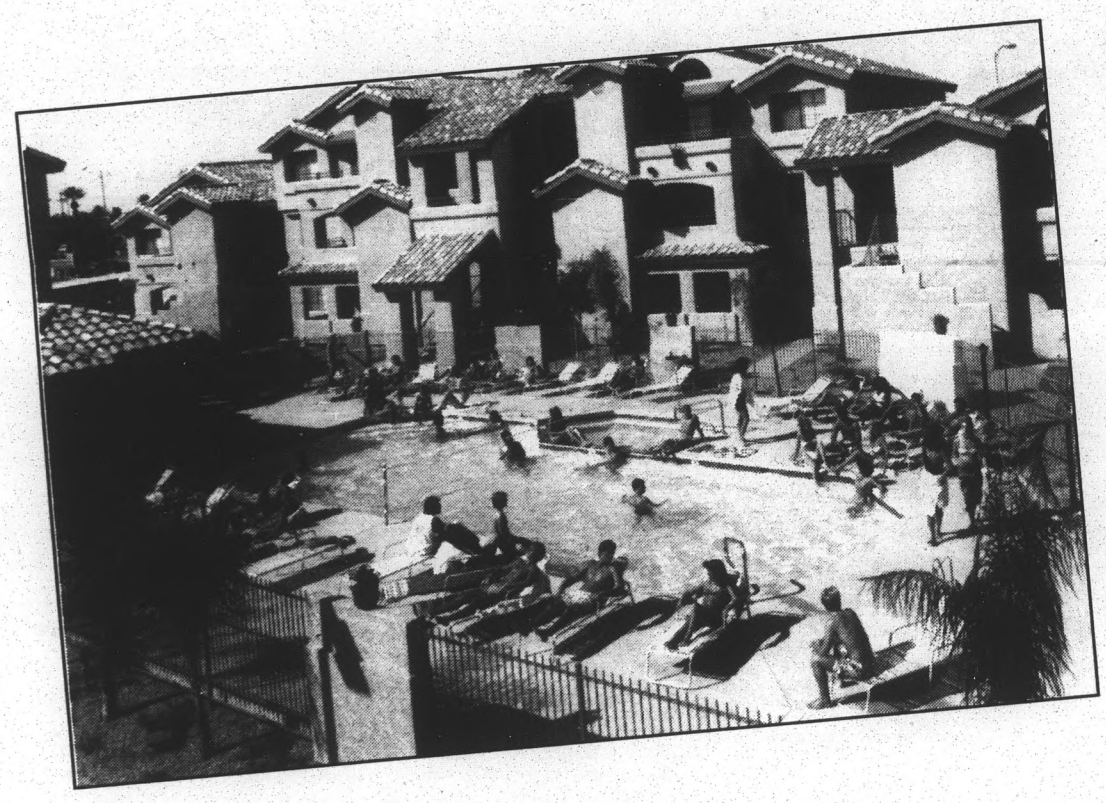
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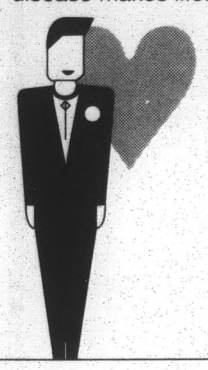
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HEALTH WATCH

Live right beginning this holiday season

Changes in a person's lifestyle can add years to his life. Researchers recently calculated the extra longevity gained when a 35-year-old man who's in danger of getting heart disease makes lifestyle changes.



Years that could be added by changes in lifestyle

4.2	Reducing blood cholesterol level to 200 from 300 or more.
1.7	Reducing blood cholesterol level from 200 from 240 to 299.
2.3	Quitting smoking.
5.3	Bringing diastolic blood pressure down to 88 from 105 or more.

Sources: Harvard University; *Men's Health* magazine.

Catalogs

CONTINUED FROM PAGE 10.

Q: Where do you find tips on catalog shopping?

A: Ask the Direct Marketing Association.

In addition to the Great Catalog Guide, the organization publishes several helpful booklets, including "Tips for Telephone Shopping," available in English, Spanish, Korean, Vietnamese, Japanese and Chinese.

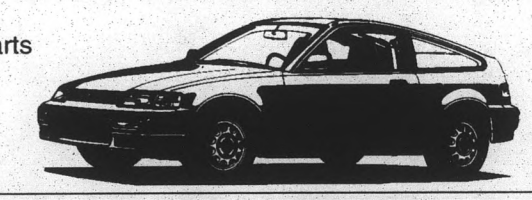
Here are a few tips to ensure a smooth transaction when shopping by phone.

• Check the company's satisfaction and return policies before ordering. Product warranties can be obtained before ordering. Simply ask.

• Save time by having ready, before you call, such information as merchandise order number and description, name and shipping address, and your charge account number.

• Keep a record of your order until you receive the product or have used the service. Retain the company name, address and phone number and a record of payments you have made.

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☐ yes ☐ no Do you have health insurance?
☐ yes ☐ no Have you refilled all necessary prescriptions (birth control pills, etc.)
☐ yes ☐ no Have you had an STD check-up?
☐ yes ☐ no Are you taking care of yourself?
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Good athletic shoes–a gift to yourself

Choices, choices, choices! Air this, Shaq that, gel here, pressurized gas there. How does the average Joe without a degree in biomechanics figure out what athletic shoe to buy?

The decision-making process can actually be reduced to two simple steps.

Step 1: What will you be doing in the shoes? The beauty of today's highly specialized shoe market is that you can find a shoe that is precisely designed for almost every athletic activity. The benefits to the consumer are increased comfort and less chance of injury.

Step 2: As a political strategist might say, "It's the fit, stupid." Try on lots of different models and pick the one that best fits your foot.

For $70 to $120 you can find a stable, well-cushioned running shoe that will be perfect for your foot. Now you can buy models that prevent supination (shoe tends to wear on the outside of the sole) or overpronation (foot rolls in too much).

Even if you're not going to buy running shoes, you should walk into the running section and pick up one of today's high-tech specials–their lightness (as low as 11 ounces for the Asics Gel-Exult) will amaze you.

Basketball shoe prices are very steep, but there are always discounts on the previous year's models. The new king of the marketing hill, the Reebok Shaq Attack was actually the worst performer in a *Zillions* magazine performance test of evaporation rate and weight.

Despite Michael Jordan's retirement, Nike still features Air Jordans at the top of their basketball line. New York Knicks superstar Patrick Ewing has his own company (Ewing Athletic) and sells his shoes at more affordable prices.

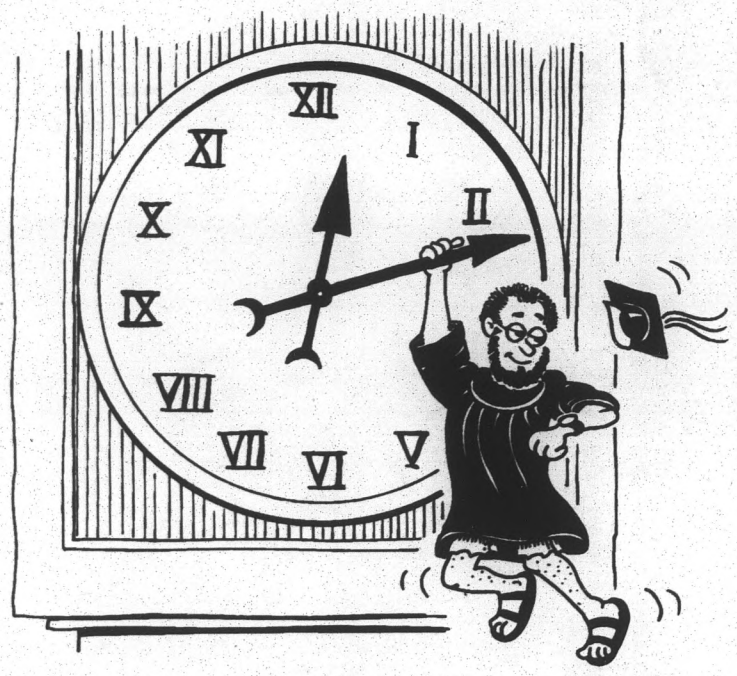
Cross-trainers make sense if you mix up your workouts. However, if you spend more than half your time doing one particular activity, you are better off just getting the shoe designed for that particular pursuit. Cross-trainers usually feature great lateral support but don't have the cushioning and stability of the sport-specific models.

Athletic shoes are not only functional; they're frequently fashionable. Converse and Puma are two companies that have aggressively pursued

TURN TO SHOES, PAGE 15.

THE COUNT DOWN IS ON

BEAT THE CLOCK (AND THE RUSH) BY SIGNING UP NOW FOR AFFORDABLE ASU STUDENT HEALTH CARE COVERAGE



Come to Student Health or call **(602) 965-2411**
to get the information you need.
You'll save time and lots of bucks. The clock is ticking.
Be smart and prepare for the unexpected.
It's the healthy thing to do.

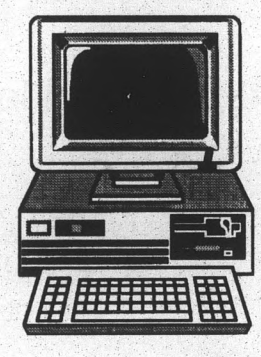
Hint: It's Samaritan Campus Care. It's available through Student Health. It has to do with student health insurance. And, you only have until January 31, 1995.

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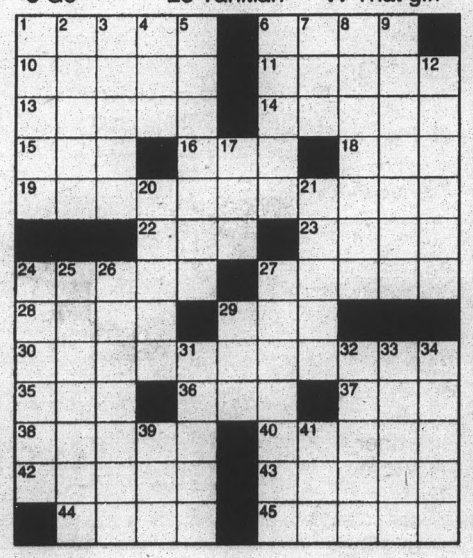
by THOMAS JOSEPH

Puzzle #5

Answers in Second Section

ACROSS
1 Command to the band
6 Remove, as clothing
10 Wear away
11 Improvise on stage
13 Shakespeare's Athenian
14 Queen, in Spain
15 Exploit
16 Morse symbol
18 Tablet for notes
19 Jules Verne character
22 Blunder
23 Occupy the throne
24 Actress Irene
27 Campaign ad target
28 Historic ages
29 Order's partner
30 Jules Verne character
35 Justice Fortas
36 "Golly!"
37 Once around the track
38 Sister's daughter
40 Alan Ladd role
42 The Evil One
43 Become prevalent
44 Salamander
45 Regions

DOWN
1 Indignant (sl.)
2 Kind of coffee or stew
3 Marisa of "My Cousin Vinny"
4 Altar promise
5 Offers
6 Pub game
7 Keats creation
8 Go bonkers
9 Swindle (out of)
12 Wolverine's kin
17 Rowboat need
20 Minimum amount
21 Sad look
24 Pie nuts
25 Mecca native
26 Tahitian port
27 Actress Redgrave
29 Untruth
31 Actor's representative
32 Overjoy
33 Craze
34 Starts the bidding
39 Crow cry
41 That girl



Shoes

CONTINUED FROM PAGE 14.

this market. Puma has re-released the suede "Clyde" and leather "Basket" models that were originally popular in the early '70s, while the classic Converse Chuck Taylor basketball sneaker is an urban style-setter, coming in many exotic designs.

If you take aerobics classes twice a week, you should definitely purchase specially designed aerobic shoes (Avia, Brooks and Reebok are the industry leaders). Wide-heeled running shoes will trip you up, and cross-trainers don't have enough cushioning. When choosing an aerobics shoe, look for lateral support and a smooth area on the balls of your feet for pivoting.

Yes, walking. Research has shown that walkers need shoes with lower heels than runners (Nike Air HealthWalker Plus), while race walkers need a thinner, more flexible midsole (Reebok Limbo). As this paper went to press there was still no word on a sitting shoe, specially designed for repeatedly crossing your legs.

'Tis the season for colds, flus and allergies

Come cold weather, colds and the flu begin making their seasonal rounds–and all most of us do is bundle up and hope for the best.

For most of us, however, this approach doesn't work. The average adult suffers two to four colds annually, while six to 10 colds is average for preschool children. Influenza, or the flu, is also a common problem that can escalate into complications as severe as death.

While the cold and flue are grouped together as winter health woes, it's actually essential that a person suffering from discomfort distinguish whether he has a cold, flu or allergies so that he may treat it properly.

A cold comes on slowly, usually over the course of a day or two. You may feel tired, weak and suffer mild aches and pains, but you probably won't have a fever or a headache. Sore throats are common, but coughing generally is minimal.

The flu comes on suddenly. Within a few hours you feel exhausted and develop chills, headache and all-over achiness. You may have a fever several days in a row and could remain weak and tired for up to a month.

Sore throats are less common than with a cold, whereas coughing can be severe.

Although colds and allergies share similar symptoms–runny nose, sneezing, scratchy throat–colds go away after a week or so, while allergies linger. Another noticeable difference: with allergies, nasal secretions are clear, no yellowish, and sneezing tends to occur in fits.

If you suspect an allergy, over-the-counter antihistamines can block its effects, but most folks deem it wise to see an allergist for recommendations on prescription medications that may have fewer side effects.

Allergists also can apply skin tests that isolate the cause of an allergies so that sufferers can avoid irritants–such as staying indoors when pollen counts are high, or avoiding contact with pets, or staying away from certain foods.

In some cases, allergists will recommend inhalers and allergy shots as courses of treatment.

As for fighting the flu, the best bet is to get a flu shot. This inoculation will prevent the flu for about 80 percent of healthy people who receive it.

While anyone can benefit from these shots, they especially are recommended for people over 65, anyone with asthma or bronchitis and those with a weakened immune system, heart disease or lung disease.

People who can't have a shot due to allergies can try amantadine, a prescription antiviral drug that's effective in preventing the flu or lessening its severity once you have it.

As for colds, they are best prevented by eliminating germs as much as possible. Wash your hands frequently with soap and water, use paper towels rather than sharing cloth towels, and use a household disinfectant to kill cold germs on doorknobs, toys, telephone

TURN TO SICKNESS, PAGE 18.

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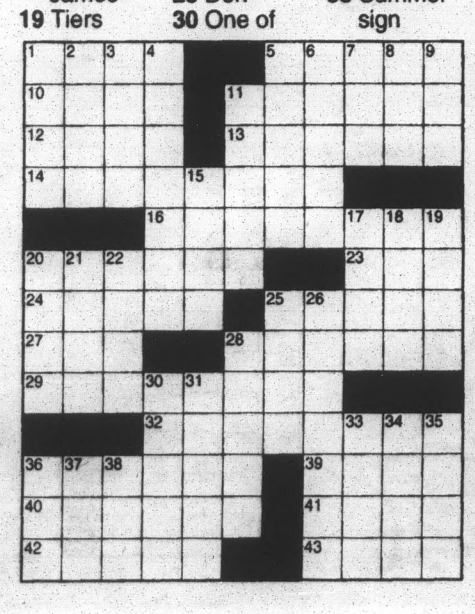
CROSSWORD
by THOMAS JOSEPH

Puzzle #1

Answers in Second Section

ACROSS
1 Barbra's "Funny Girl" co-star
5 Try to get, at an auction
10 Plumbing piece
11 Jockey Eddie
12 Actor Baldwin
13 Appeared
14 Polaris
16 1974 John Carpenter film
20 Must
23 Conceit
24 Wipe clean
25 Kate, for one
27 Actress MacGraw
28 Play parts
29 Texan flag symbol
32 Like top hotels
36 Minstrel's tune
39 Aura
40 Noted cow owner
41 Verve
42 Rorschach offerings
43 Longings

DOWN
1 October birthstone
2 Actor O'Shea
3 Mimicked
4 Wanes
5 Start a pool game
6 Bakery workers
7 Beavers' work
8 Mine yield
9 Tacit okay
11 Jetsons' pooch
15 Glut
17 Sea flyer
18 Writer James
19 Tiers
20 Make sound
21 Singer Guthrie
22 Egocentric
25 Capone feature
26 Chocolatier Milton
28 Den
30 One of the black keys
31 Flies high
33 Story
34 Actor Thicke
35 Howard and Wood
36 Fishing aid
37 Everyone
38 Summer sign



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Sick Buildings

Office buildings with poor indoor air quality cause flu symptoms in 50 million people each year, according to *Working Woman* magazine, costing $15 billion in visits to the doctor. Headaches and fatigue are common signs of poor air quality.

Medical Myths

Here are a few old home remedies you should avoid: Don't apply butter to burns, don't treat ulcers with milk, don't slap a choking person on the back, and don't use alcohol baths to reduce a fever.

Sickness

CONTINUED FROM PAGE 15.

receivers, bathroom fixtures and the remote control. Also consider opening windows slightly–poor ventilation allows the virus to linger longer.

Some experts claim that hot, dry indoor air is the culprit behind many winter colds as a lack of humidity makes it more difficult for the respiratory system to function effectively. They therefore suggest the use of a vaporizer or humidifier to increase indoor levels of humidity.

Once contracted, a cold or flu has to run its course–three to 10 days for a cold, a week or longer for the flu. The good news is that there are lots of remedies available to alleviate the symptoms while you're suffering.

The best remedy of cold and flu symptoms, especially if you have the flu, is rest–get in bed and stay there for as long as possible.

To prevent dehydration, drink lots of fluids–warm liquids such as chicken broth and herbal teas will soothe a sore throat and relieve congestion, as will breathing steam from a hot shower.

Over-the-counter medications such as decongestants, aspirin and cough suppressants also frequently are helpful–especially if you limit use to remedies that target only the symptoms you have.

While the results of several studies indicate that taking vitamin C may prevent colds or ease their symptoms, still other research has failed to show this correlation. The bottom line is that it's wise to aim to meet the recommended daily allowance of 60 milligrams of vitamin C per day, and it won't hurt to take a bit more.

Remember, however, that too much vitamin C can cause gastro-intestinal distress, so speak to a doctor before taking supplements.

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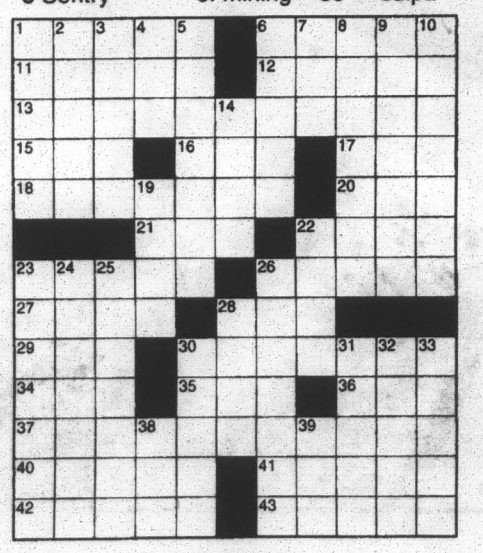
by THOMAS JOSEPH

Puzzle #6

Answers in Second Section

ACROSS
1 Map collection
6 Golfer Walter
11 Rubbish
12 San Antonio landmark
13 Father of medicine
15 Small bill
16 Children's card game
17 Before, in verse
18 Argent
20 Periodical, for short
21 Museum fill
22 FDR's pooch
23 Highlanders
26 Jitterbug's kin
27 Swabs the deck
28 Chess piece
29 Royal flush top
30 Adam of "Saturday Night Live"
34 Francisco or Diego
35 Attempt
36 Citrus drink
37 Sea horse genus
40 Labor group
41 Show surprise, e.g.
42 Trifling
43 Stunned states

DOWN
1 Friend of Porthos and Aramis
2 Singer Lopez
3 Jacket part
4 Nile snake
5 Prenatal parties
6 Anderson of "Dave's World"
7 In the style of
8 Sentry
9 Green gem
10 Small bouquet
14 Supermarket aid
19 Tubs
22 Locate
23 Demolish
24 Colombian export
25 One kind of mining
26 Nautical rope
28 Painter Chagall
30 Impassive
31 Bolivia's largest city
32 Draw out
33 Takes it easy
38 Cook's need
39 — culpa



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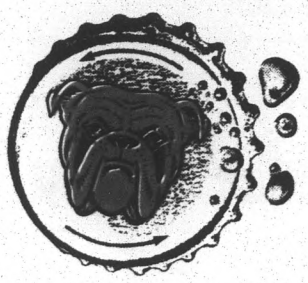
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Learning to cope during the holiday season

Many of us strive for perfection, which by its very nature is unattainable.

Many of us overextend ourselves with multiple responsibilities that often reap stress.

And too many of us may be seriously depressed, unable to cope with daily routines.

Help is available in many forms–from self-help books to psychiatrists. How do we choose an appropriate therapy?

If you're the perfectionist who just has a hard time with your inability to complete every task on your daily to-do list, you may be aided by nothing more than an attitude change. Scores of books have been written on positive thinking and may inspire you to adopt attitudes the authors have found productive.

Stress and depression can be far more severe medical maladies. But many therapies are available that work to eliminate or reduce their consequences.

Stress contributes to heart disease, high blood pressure, strokes and other illnesses. Millions of Americans suffer from unhealthy levels of stress at work and at home. And the U.S. Public Health Service has made reducing stress one of its major health promotion goals by 2000.

Most experts believe the most important treatment to reduce stress begins with understanding its causes. But there are several techniques for managing stress that may offer you relief. You may want to try several to see which works best for you.

Dr. L. Dee Jacobsen, a clinical neuropsychologist, told Family Circle magazine that between 3 a.m. and 8 a.m. is one of the highest-tension times of the day because chemicals are released in your brain that leave you more vulnerable to stress. Understanding that biochemical reality may suggest that you postpone important decisions until later in the day, or that you organize your morning with an eye toward stress reduction.

But some hormones, including adrenaline, can be pumped through our body any time when we're under stress. Dr. Ernest L. Rossi, a psychotherapist and author of "The 20-Minute Break: Using the New Science of Ultradian Rhythms" (Brunner/Mazel) believes you should listen to your body when it becomes too tense and take a break to walk or meditate.

TURN TO COPING, PAGE 21.

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(2) "Tafadhalinilishe mandazi tu."
Pronunciation: (Ta-fa-DA-li ni•LI•she Man-DA-zi TU)
Translation: "Please feed me nothing but donuts."

(3) "Samahani ubao hunidhuro."
Pronunciation: (Sa-ma-HAni u-BA-o hu-ni-DHU-ru)
Translation: "Sorry, but I'm allergic to blackboards."

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Coping

CONTINUED FROM PAGE 20.

Meditation and yoga remain coping methods for many people, as do alternative solutions including scents and music.

"Aromatherapy: The Whole Body Way to Relaxation and Renewal" (Avon) is a "modern guide to the ancient art of healing through scent" by Viktor Blevi and Gretchen Sween. The authors contend that certain essential oils reduce tension and stress, and studies have shown that a spray of your favorite fragrance can even boost your mood.

Olivia Dewhurst-Maddock believes music and sound can relax and rebalance the body and mind, while releasing tension and helping you achieve peak performance. Her book, "The Book of Sound Therapy" (Fireside/Simon & Schuster) presents various "languages of music" as well as specific exercises to achieve self-exploration, meditation and healing with sound.

Dr. Morton C. Orman writes in "The 14-Day Stress Cure" (Breakthur Publishing) that common stress management techniques including meditation and biofeedback are insufficient in reducing stress because they are difficult to incorporate into daily routines and they deal mainly with the symptoms, not causes, of stress.

He espouses "Biolinguistics," a new model for understanding human stress, which he says guides people to discover the specific hidden causes of their stress, then shows them how to deal with these causes effectively.

Depression can be mild, moderate or severe. It can be bipolar, which refers to the manic-depressive disorder characterized by extreme highs and lows.

"Depression is not just 'feeling blue' or 'down in the dumps.' It is more than being sad or feeling grief after a loss," says the U.S. Dept. of Health and Human Services in its booklet, "Depression Is A Treatable Illness." "Depression is a medical disorder (just like diabetes or heart disease) that day after day affects your thoughts, feelings, physical health and behaviors." HHS believes 11 million Americans suffer from some form of depression.

But "depression can almost always be treated successfully either with medication, psychotherapy or a combination of both."

People who have major depression have sever-

TURN TO MORE COPING, PAGE 22.

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How can you tell if your best friend or significant other is really a potato? Use this handy check list to see if you are involved with a spud.

- ❑ Spends a lot of time on the couch
- ❑ Likes heavy starch in shirts
- ❑ Favorite game is "one potato, two potato"
- ❑ Instead of getting smashed, prefers to get mashed
- ❑ Visits Idaho frequently
- ❑ Eats at "Spuds" in the MU often
- ❑ Favorite childhood toy is "Mr. Potatohead"
- ❑ Likes to bake in the sun
- ❑ Speaks French
- ❑ Favorite song is "Peelings"
- ❑ Favorite dance is the mashed potato
- ❑ Has eyes in the back of his/her head
- ❑ Wishes his/her nickname was "Chip"
- ❑ Likes to snuggle in dirt fields
- ❑ Prefers underground transportation
- ❑ Worries about famines

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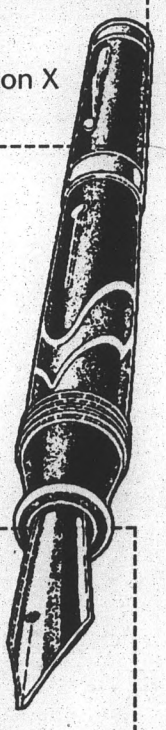
Everyone needs a little help sometime. Here are some good, guaranteed answers that will at least make your professor think you're trying! Grab a pair of scissors, cut out the answers, slip them up your sleeve and take your final! Easy!

$e=mc^2$	ISH	Covey	iambic pentameter
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True	GNP	no way, José	deoxyribonucleic
False	Janet Reno	commodity	acid
Quorum	genre	25+(x-y)(7=8)=49	Internet
Pedagogical	nefarious	Ellen Degeneres	Generation X
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Sincerely,

_____ (fake signature)

(pick one)

P.S. _____ (Your Name) thanks you.

AZ General Hospital

More Coping

CONTINUED FROM PAGE 21.

al of the following symptoms nearly every day, all day, for at least two weeks, says HHS. These symptoms always include at least one of the following:

- Loss of interest in things you used to enjoy.
- Feeling sad or down in the dumps. And at least three of the following:
- Feeling slowed down or restless and unable to sit still.
- Feeling worthless or guilty.
- Increase or decrease in appetite or weight.
- Thoughts of death or suicide.
- Problems concentrating, thinking or making decisions.
- Trouble sleeping or sleeping too much.
- Loss of energy or feeling tired all the time.

Other physical symptoms may include headaches, pains, digestive problems or sexual problems.

If you suffer from too many of these symptoms too frequently, you may need medical help. Your primary care physician is often the first place to seek referral for proper treatment.

There are several kinds of mental health specialists who can help: Psychiatrists are medical doctors who specialize in treatment of mental disorders and can prescribe anti-depressant drugs and other medical therapies. Psychologists hold doctoral degrees in counseling or psychotherapy, but can not prescribe drugs. A social worker or psychiatric nurse specialist may be trained in counseling.

Early treatment may keep the disorder from becoming more severe or chronic, says HHS. And psychotherapy is not recommended alone for severe depression, which requires medicine for effective treatment, says HHS.

The three psychotherapies most often used to reduce depression are behavioral, which focuses on current behaviors; cognitive, which focuses on thoughts and beliefs; and interpersonal, which focuses on current relationships.

TURN TO MORE COPING, PAGE 23.

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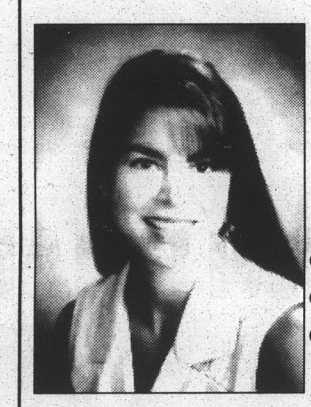
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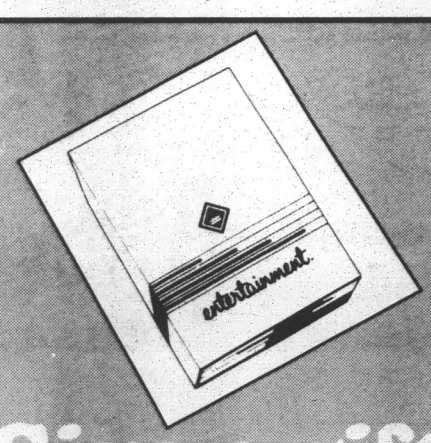
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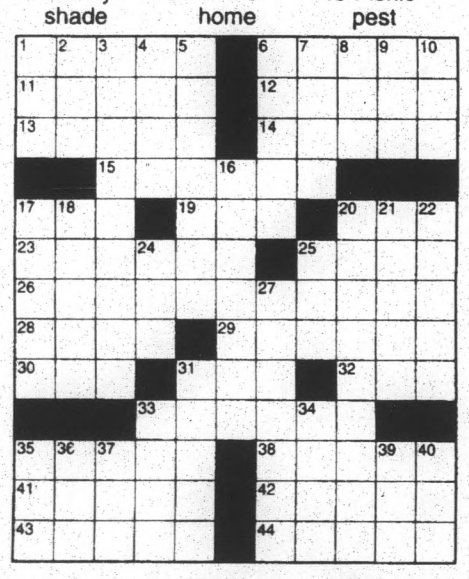
CROSSWORD
by THOMAS JOSEPH

Puzzle #8

Answers in Second Section

ACROSS
1 Sir Anthony's "Shadowlands" co-star
6 Dishonor
11 Spoken
12 Winter drink
13 Spill over
14 Copter part
15 Maintain
17 Tier
19 Laura's TV hubby
20 Cote cry
23 French schools
25 Dresses in
26 Aids for foreign travel
28 Host
29 Inconstant
30 Popular answer
31 Pinnacle
32 Convened
33 Opera star Stratas
35 Take it easy
38 One of the Little Rascals
41 Scent
42 Adam of "Chicago Hope"
43 Government income
44 Wagner's father-in-law

DOWN
1 "—Kapital"
2 Building wing
3 Avid readers
4 Trick
5 Sticks
6 Clean pots
7 Old skirt feature
8 Do something
9 Pasture sound
10 Corn unit
16 Be the subject of, as a painting
17 Settle a debt
18 Earthy shade
20 Readers' accessories
21 Tarsus location
22 Good quality
24 Put down
25 Dopey's pal
27 Like humans
31 J.R.'s home
33 No longer feral
34 Indian dress
35 Scoundrel (sl.)
36 Pitching stat
37 Bagel topper
39 She played Cleo
40 Picnic pest



Work with your doctor

To get the best health care, you must work with your doctor. No one cares more about you than you do, so don't be afraid to be your own advocate. You can make a healthful difference.

First things first: You should trust and respect your doctor. If you don't, find a new physician.

"Patients shouldn't tolerate what they see as high-handed or inconsiderate behavior on the part of a doctor–long waits, rushed consultations, perfunctory examinations. Nor should they tolerate a condescending or authoritarian attitude," advises Dr. Marvin M. Lipman, Consumers Union chief medical adviser and author of the "Office Visit" columns that appear regularly in *Consumer Reports*.

"Consumer Reports Health Answer Book: 300 Questions You've always Wanted To Ask Your Doctor" (Consumer Reports Books) reprints several of Lipman's columns on the topic of working with your doctor.

To find a new physician when you need one, Lipman suggests that you ask a health-care professional–a doctor, nurse or technician–or your local hospital for recommendations.

Once you have a doctor working for you, become an active, not passive, patient. Ask for explanations and don't worry that you will annoy your physician.

"You've come to the office to care for you health, not to please your doctor," says Lipman.

Write down your questions before you get to the appointment. Also ask for written information about your disorder, or read about it at the library.

More Coping

CONTINUED FROM PAGE 22.

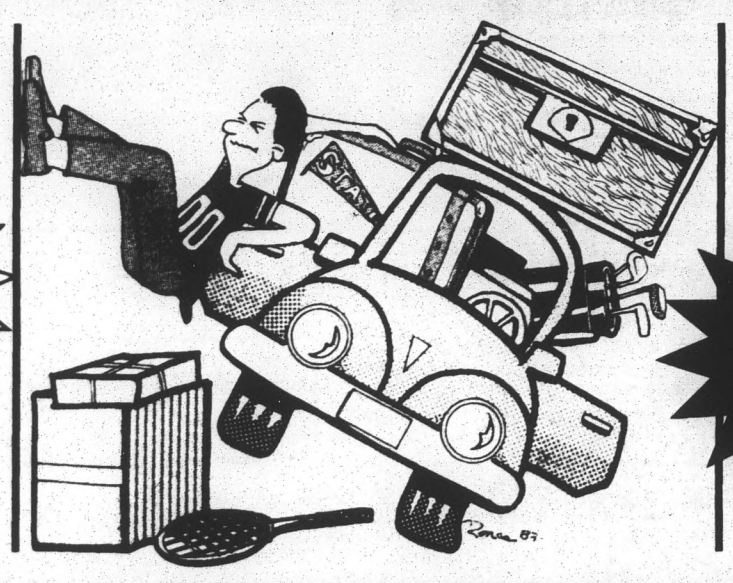
Dr. Daniel Goleman, a psychologist, wrote that you should choose the proper therapist by being an informed consumer. Narrow your choices to those who perform the kind of therapy you are seeking. Get referrals from your primary care physician or from your local professional psychotherapy or psychiatric associations. National organizations that make referrals include the American Psychiatric Association and American Psychological Association, both in Washington, D.C. Goleman further advises that you call three therapist candidates by phone and follow your first impressions.

Certain psychotherapies also can help people rid themselves of debilitating phobias, such as fear of snakes or anxiety.

Goleman believes behavioral therapy is most effective "when your problem is clearly defined, such as a fear of snakes"; while cognitive therapy is most effective "for depression and perhaps for anxiety disorders such as agoraphobia, fear of appearing in public places."

He recommends seeking family therapy, where the focus is on relationship patterns and aims to change problem-causing patterns, when you are in a troubled marriage or in an intense situation with a child. He says supportive therapy, which might include group sessions, may be most effective when you suffer deep depression over an illness, divorce or death.

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Overcoming a bad habit can save a life

It's easy to be an addict.

You simply give up control of your life to a substance or behavior that leaves little room for rational thought–but that somehow offers comfort to a troubled soul.

What's difficult is leaving an addiction behind.

Whether to a substance such as alcohol, tobacco or illegal drugs, or to an activity such as an eating disorder, compulsive exercising or excessive shopping, the first step toward recovery in every instance is the realization on the part of the addict that he is an addict.

Some people come to this realization on their own; others need help to see their addiction. Experts suggest gently guiding people to this realization by asking open ended questions such as: What do you like about drinking-smoking drugs?

What don't you like? How does smoking-purging-drinking affect you, the people around you, the environment, your life? How do you spend your free time?

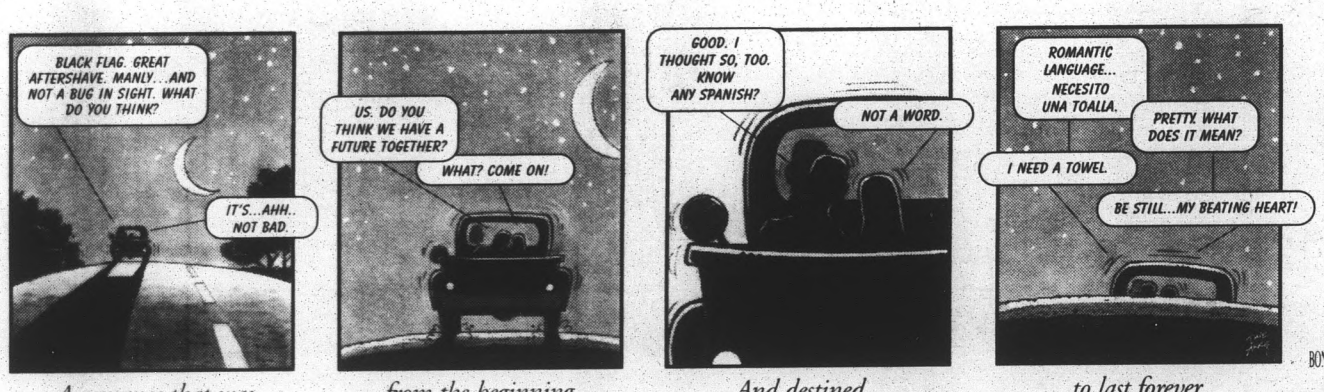
When a person honestly answers such questions, he often begins to see the need for change, and you may be able to ask him if he'd like to "just attend" a meeting of a recovery-oriented group treat ment such as Nicotine Anonymous or Alcoholics Anonymous.

Once a person is aware that he has a problem and is ready to seek change, professional help often is essential to success. To begin, talk with a physician, clergyman or counselor. In some cases they may be able to help immediately–as in the case of providing medication that can help normalize irregular chemical messages in the brain that can contribute to eating disorders. Or, in providing a prescription for nicotine patches to help kick a smoking compulsion. These adhesive stickers, which are changed daily, release nicotine into the body through the skin.

Typical treatment involves wearing the patches for nine to 12 weeks, with the nicotine dosages gradually being reduced until the craving is not so severe.

In other instances, professionals may refer recovering addicts to substance abuse treatment or behavior disorder rehabilitation centers. In severe cases, hospitalization is required–for example, to supply intravenous nutrition for an anorectic or to gradually wean someone away from his addiction to an illegal drug in a clinical setting.

TURN TO ADDICTION, PAGE 25.



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Addiction

CONTINUED FROM PAGE 24.

For some, non-traditional treatments such as hypnosis, biofeedback and acupuncture can provide results. Most experts insist, however, that to truly conquer a compulsion requires that a person not only stop the behavior but also get to the psychological root of the problem.

In many cases, addictions and compulsions can be traced to the use of that behavior as a tool to relieve emotional or psychological stress.

Comprehensive therapeutic treatment, therefore, demands that the therapy identify the stresses–among which could be abnormalities in the family or interpersonal relationships, other family members with addictions, sexual abuse problems, inadequate self-image or any number of other stresses such as poverty, the threat of early retirement or the onset of menopause.

Some people respond best to individual therapy, others prefer the community feel of group settings that can help addicts realize that they are not alone in their fears and behaviors. In other instances, entire family counseling is required to correct dysfunctional behaviors that have led to the problem–for example, the case of a bulimic whose father is an alcoholic, or a teen anorectic whose parents are overly controlling, to the point of denying her even the right to express anger.

Extremely popular are 12-step programs such as those offered by Alcoholics Anonymous and Overeaters Anonymous. Other group programs and supportive literature for a variety of addictions can be found through local health departments, hospitals, community colleges and nationwide organizations such as:

- American Lung Association
- American Cancer Society
- American Anorexia-Bulimia Association
- National Association of Anorexia Nervosa and Associated Disorders
- National Council on Alcoholism and Drug Dependence
- U.S. Surgeon General's office

In addition to professional and group support, experts suggest that recovering addicts identify a friend or family member to serve as a break-the-habit buddy. The support of family and friends can play an important role in a person's attempt to modify behavior.

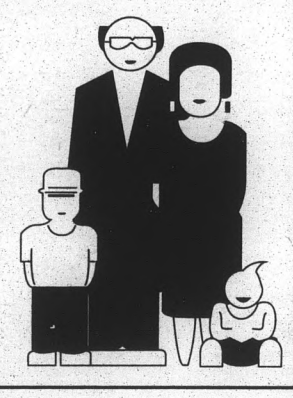
It's also recommended for family and friends to seek support in coping with a loved one's addiction. Groups such as Adult Children of Alcoholics can provide support, as well as books–there's a virtual library full of advice and support tomes such as "Freeing Someone You Love from Eating Disorders" by Mary Dan Eades (Perigee).

HEALTH WATCH

Ten things to do to extend your life

Those who wish to live to a ripe old age can do much to help their chances.

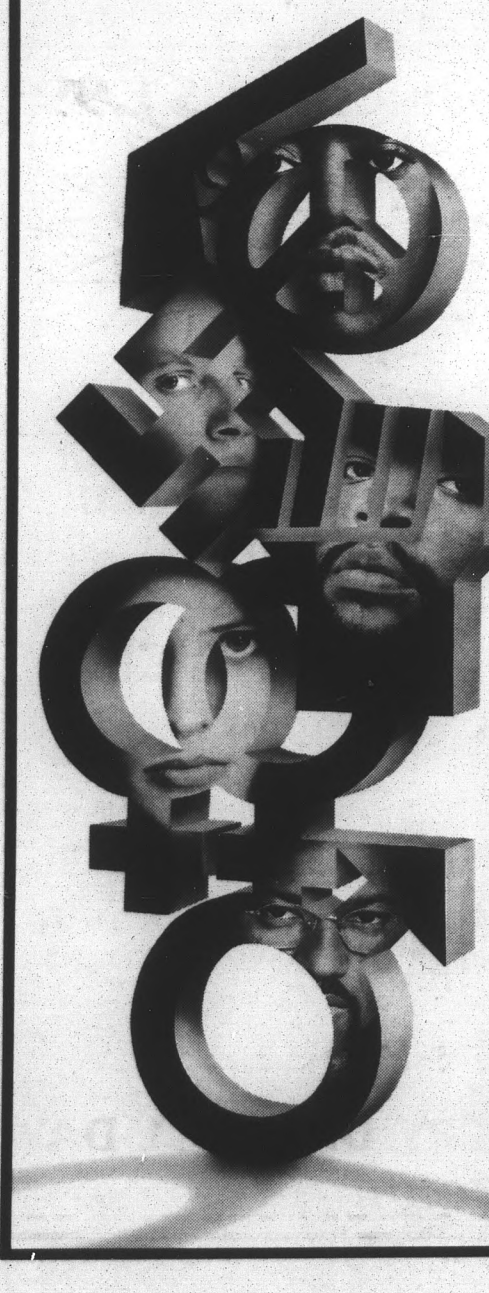
1. Have a best friend/mate or pet.
2. Get a yearly physical
3. Exercise at least three times a week.
4. Learn to deal with stress.
5. Don't smoke.
6. Women should have regular pelvic exams, regular mammograms starting at age 40.
7. Drink eight glasses of water a day.
8. Avoid too much sun, use a good sunscreen.
9. Limit dietary fats.
10. Have a dental checkup twice a year.



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You are what you eat more than ever

Ever more research is backing up the age-old claim, "You are what you eat."

It's much clearer today that what we eat can have an impact not only on the quality of life, but on its sheer longevity. There are relationships between diet and chronic diseases, including heart disease, cancer and diabetes.

In 1988, the surgeon general, the U.S. Public Health Service and the National Academy of Sciences recommended certain dietary changes among Americans precisely because of the link substantiated between diet and disease.

Those recommendations suggested that we reduce fat intake, especially saturated fat, reduce cholesterol and sodium intake, maintain appropriate body weight, and consume adequate amounts of calcium and fiber.

Here are some of the reasons why, according to the U.S. Food and Drug Administration:

- Diets low in saturated fat and cholesterol and rich in fruits, vegetables and grain products that contain some types of dietary fiber, particularly soluble fiber, may reduce the risk of heart disease.
- Diets low in sodium may reduce the risk of high blood pressure, which can contribute to heart disease; the most common form of sodium is table salt.
- Low-fat diets rich in fiber-containing grain products, fruits and vegetables may reduce the risk of some types of cancer.
- Low calcium intake is one risk factor of osteoporosis, a condition of lowered bone mass or density.

Now the FDA has made it easier to know exactly what we are eating.

As of May 8, 1993, new labels have been required on foods regarding health claims, and as of May 8, 1994, they also require information on nutrition and nutrient content claims.

Almost all foods will soon sport labels that read "Nutrition Facts." The labels reveal more than yesteryear's listing of calories, protein/carbohydrate/fat grams and percentages of U.S. recommended daily allowances of certain vitamins and minerals.

The new labels tell us how the particular food fits into an overall daily diet, lists the saturated fat, cholesterol and dietary fiber per serving, and even lists how many calories come from fat among the overall calories.

The labels will help with more than just processed packaged foods, too. While the FDA's nutrition information is voluntary for many raw foods, including produce, meats, poultry and fish, there are strong incentives for retailers to label these foods at the point of purchase. FDA guidelines for the new program warn that if voluntary compliance isn't sufficient, the agency may make the labeling mandatory for raw foods, too.

The new labels will also allow statements about the relationships between calcium and osteoporosis, fat and cancer, saturated fat and cholesterol and coronary heart disease, fiber sources and cancer and heart disease, fruits and vegetables and cancer, and sodium and hypertension.

Here are some other facts of nutrition to ponder. If indeed you are what you eat, it makes good sense to choose with health in mind.

Turn to Nutrition, page 28.

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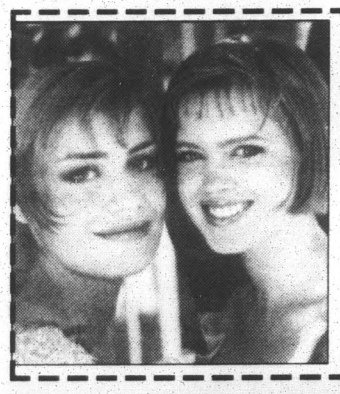
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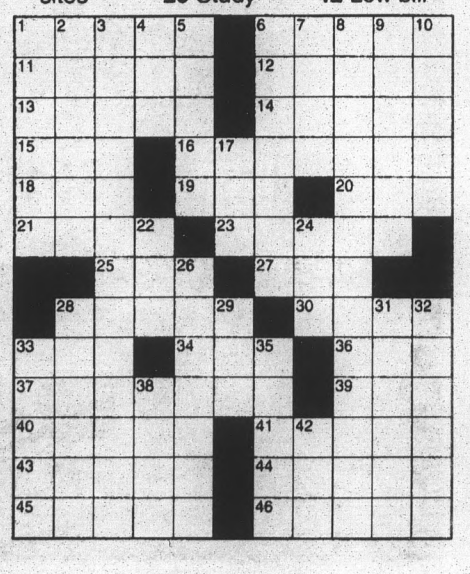
by THOMAS JOSEPH

Puzzle #2

Answers in Second Section

ACROSS
1 Trattoria choice
6 Pie nut
11 Lucy's pal
12 Ralph's wife
13 Snapshot
14 Sorceress of myth
15 Each
16 Swindled
18 End for persist or depend
19 Nervous spasm
20 Good times
21 Track event
23 Unspoken
25 Belief
27 Balderdash (sl.)
28 Avarice
30 Sing à la Ella
33 Dopey's chum
34 TV mogul Turner
36 Pindar piece
37 Run-of-the-mill
39 Samovar
40 Blazing
41 Golfer Julius
43 Less pronounced
44 Loosen
45 Church parts
46 Midterm events

DOWN
1 Shaker stuff
2 Wise goddess
3 Electrical problems
4 Asian holiday
5 In the air
6 Indy leader
7 Writer Wiesel
8 Trial settings
9 Take
10 Requisites
17 Illuminated
22 Language ending
24 TV comic, for short
26 Professions
28 Blunder
29 Study
31 Skilled
32 Prepares for an attack
33 O'Neill creation
35 First appearance
38 Corner
42 Low bill



Nutrition

CONTINUED FROM PAGE 26.

The American Heart Association and American Dietetic Association recommend that no more than 30 percent of daily calories should come from fat. Some research today suggests 20 percent is a better target.

And some physicians recommend no more than 10 percent, notably Dean Ornish, M.D., author of "Eat More, Weigh Less" (Harper Collins), whose medical research has indicated reversal of heart disease in many patients who adopted his "only 10 percent from fat" vegetarian diet combined with moderate exercise and meditation.

Saturated fat should be less than 10 percent of daily calories, say the AHA and ADA, while polyunsaturated fat should not exceed 10 percent.

Cholesterol should not exceed 300 milligrams per day. Carbohydrates should account for 50 percent or more of your daily calories; complex carbohydrates found in whole grains, fruits and vegetables are best.

Sodium intake (what we often call salt) should be limited to 3 grams (3,000 milligrams) per day.

Meanwhile, the American Cancer Society has its nutritional recommendations, too, since diet has been linked especially to breast and colon cancer, as well as other cancers.

ACS recommends that people cut down on fat intake (average fat intake today is 37 percent of daily calories), eat more high-fiber foods, eat foods rich in vitamins A and C, eat cured or smoked foods sparing-

TURN TO MORE NUTRITION, PAGE 29.

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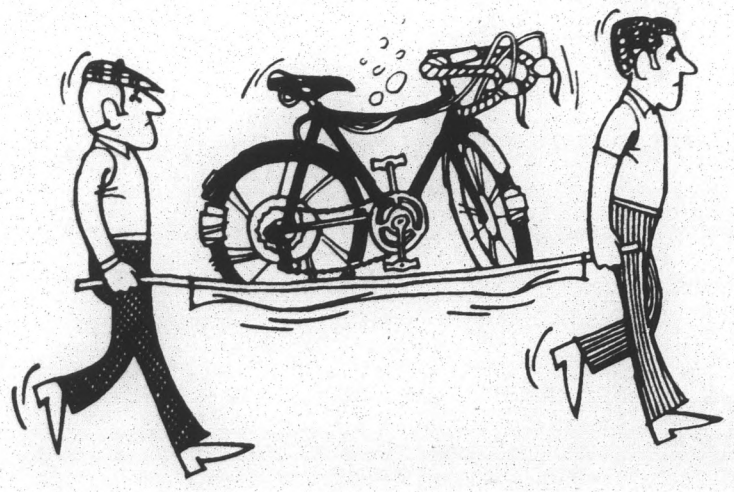
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More Nutrition

CONTINUED FROM PAGE 28.

ly, and drink no or only moderate amounts of alcohol.

So how do you make adjustments in your diet, knowing these basic facts? Here are some useful tips from "Why Should I Eat Better?" (Avery) by Lisa Messinger.

What exactly is low fat?

"Think that for every 100 calories of a product you eat, ideally there should be no more than 3 grams of fat," Messinger advises.

One teaspoon of salt contains 2,300 milligrams; remember that when you're remembering the guideline to limit sodium intake to 3,000 milligrams per day. A low-sodium product would contain less than 140 milligrams per serving; very low, less than 35 milligrams per serving.

A product labeled low in cholesterol would contain less than 20 milligrams of cholesterol per serving.

"The Really Simple No Nonsense Nutrition Guide" (Conari Press) by Edward R. Blonz, Ph.D., also offers some useful facts. As we begin to count grams of fat as well as calories, how many grams are low? Blonz offers some useful benchmarks:

An average, a lightly to moderately active woman, 25 to 50 years old, 5 feet 4 inches tall and 120 pounds requires about 2,200 calories a day; a man, same age and activity, 5 feet 10 inches tall and 174 pounds, about 2,900 calories.

The woman could eat 49 grams of fat a day if she were trying to keep fat intake to no more than 20 percent of her daily calories, 73 grams to keep fat intake to no more than 30 percent. The man could eat about 63 grams for 20 percent intake, 95 grams for 30 percent. A 1,400-calorie diet would include no more than 31 grams of fat for 20 percent intake, 47 grams for 30 percent.

Blonz's diet for a healthy heart contains the antioxidant vitamins E, C and beta-carotene, as well as other minerals. Get vitamin E from wheat germ, nuts and seeds and their oils. Beta-carotene's best sources are sweet potatoes, papaya, apricots and dark yellow and green

TURN TO MORE NUTRITION, PAGE 30.

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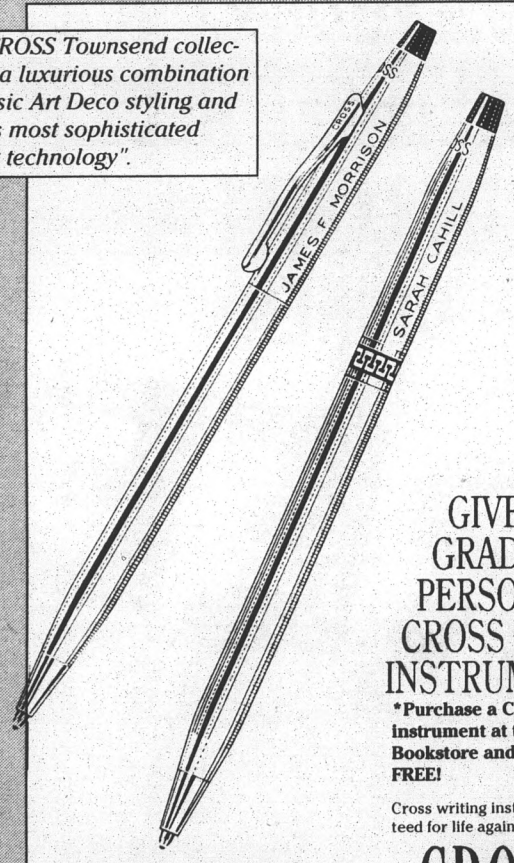
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More Nutrition

CONTINUED FROM PAGE 29.

vegetables. Vitamin A, which is made in the body from beta carotene, is also found in fortified foods, egg yolks and liver.

Good sources of vitamin C include citrus and tropical fruits, melons, berries, peppers, broccoli. Selenium is a valuable mineral found in seafood, cereals, meats, whole grains, Brazil nuts. Zinc is another important mineral found in oysters, whole grains, seafood, and organ meats.

Blonz's anti-cancer diet contains beta-carotene, vitamin C, selenium, zinc, vitamins E and A, and omega-3 fats from fish such as salmon.

"Yogurt, too, may turn out to be an important anti-cancer weapon," says Blonz. "A recent clinical study at the University of California at Davis found that a daily intake of yogurt (with active cultures) had a positive effect on the immune system."

Good guys for bolstering the immune system include beta-carotene, vitamins E, C and A, selenium, zinc, omega-3 fatty acids, as well as vitamin B-6, which is found in chicken, fish, liver, pork and eggs as well as brown rice, soy beans, whole wheat, oats, peanuts and walnuts.

Folic acid is an immune-system booster found in liver, yeast, leafy vegetables, legumes and some fruits. Iron is another contained in meats, eggs, vegetables and cereals.

Blonz's basic principles for adopting these facts in our daily diets include: Make your diet's foundation grains, vegetables and fruits; aim for at least five servings (about one piece of fruit, 1 cup of leafy vegetable, 1/2 cup of fruit or cooked vegetables) per day of fresh fruits and vegetables. Don't overdo animal-based foods. Follow principles of balance, variety and moderation.

• Caffeine. "Except for the side effects from sudden withdrawal, there are no well-established problems associated with caffeine in moderate amounts, which translates to no more than a few cups (of caffeinated beverages including coffee, tea and cola) a day," says Blonz.

But Messinger points out that a 1990 study by scientists at Boston University and Brown University showed that people who drank a lot of coffee, tea or caffeinated cola were more apt to develop osteoporosis. A 1991 Stanford University study showed that healthy men who drank 3 to 6 cups of coffee a day saw a significant drop in blood pressure when they stopped drinking it, and most physicians recommend pregnant women to stop drinking coffee.

Meanwhile, the FDA labels caffeine as "generally regarded as safe."

• Water. "It's true that drinking plenty of water can help you lose weight," says Messinger.

That's because water helps your liver and kidneys function. Water also helps flush out your system.

"Those watching their weight should try to drink eight 8-ounce glasses of water per day. Add an extra glass for every 25 pounds of excess weight."

• Vegetarianism. The American Dietetic Association reports, according to Messinger, "Vegetarians are at lower risk for noninsulin-dependent diabetes, have lower rates of hypertension, osteoporosis, kidney stones and gallstones than nonvegetarians. Mortality from coronary artery disease is lower in vegetarians than nonvegetarians.

Vegetarians have lower rates of mortality from colon cancer than does the general population. That may be due to increased fiber intake, decreased intake of total fat, cholesterol and increased intakes of fruits and vegetables."

Messinger does point out that strict vegetarians who never eat any animal products must get vitamin B-12, D, iron and calcium from other sources. For calcium: soy beans and other legumes, tofu, broccoli, mustard and collard greens, spinach, almonds, sesame seeds. For vitamin B-12: B-12 fortified soy milk and other B-12 fortified products made from soybeans. For iron: legumes including dried beans and peas, tofu, green leafy vegetables, whole wheat and dried fruit. "Absorption of iron is enhanced by vitamin C," she adds.

Good sources of vitamin C: citrus fruits and juices, tomatoes, broccoli, strawberries, peppers, dark green leafy vegetables and potatoes with their skins. For vitamin D: vitamin D supplements.

• Calcium. Lack of calcium has been linked to osteoporosis, the brittle-bone disease that strikes the elderly. While dairy products are known as good sources of calcium, remember the admonition to cut down on fat.

So good sources of calcium are plain and fruit-flavored low-fat yogurt (415 and 345 milligrams respectively), skim milk (which actually has more calcium than whole milk, 302 milligrams compared to 291), buttermilk (285 milligrams), Swiss and Cheddar cheeses (272 and 205 milligrams, respectively) and low-fat cottage cheese (154 milligrams).

Calcium is found as well in collard greens (335 milligrams), bok choy (250 milligrams), roasted soy nuts (230 milligrams), turnip greens (200 milligrams), broccoli (180 milligrams), soybeans (175 milligrams) and kidney beans (115 milligrams). Sardines pack 372 milligrams of calcium; oysters, 226 milligrams; pink canned salmon, 167 milligrams; tofu, 154 milligrams.

• Fiber. The foods highest in fiber are beans, including baked beans, kidney beans, navy beans and lima beans, as well as dried cooked peas. High-fiber fruits are apple, pear, raisins, raspberries and strawberries. High-fiber veggies include parsnips, potato with skin, brussels sprouts, broccoli and spinach. All-Bran cereal contains more fiber than any of those foods.

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Nonalcoholic cheer

Although so-called nonalcoholic beers contain tiny amounts of alcohol, they have become a good alternative to those choosing to abstain.

Brewers have striven to create better-tasting brews so that now there are only slight taste differences between most nonalcoholic beers and the large U.S. brands. Buckler, Kaliber, Sharp's and O'Doul's are all widely available.

Nonalcoholic wines are also improving. Some, like beers, are fermented, then de-alcoholized. These still contain traces of alcohol. Others are simply grape juice packaged in wine bottles or carbonated and placed in "champagne" bottles. Brands like Ariel, St. Regis and White Fang may be found in the wine section or in the juice section of stores.

Many hot drinks are nonalcoholic but festive.

Chocolate Peppermint Coffee

6 ounces brewed chocolate-flavored coffee
1 peppermint candy cane
2 ounces whipped cream
1 teaspoon nutmeg
1 teaspoon chocolate powder or shavings
Yields 1 serving.

Pour brewed coffee into mug, add candy cane, top with whipped cream and garnish with nutmeg and chocolate.

Mulled Cider

1 cup apple cider
1 cinnamon stick
Pinch ground cloves
Yields 1 serving.

Combine ingredients and heat on stove or in microwave for 3 minutes on high.

H_2O Scam

If you drink bottled water for better health, be sure to check its source. One-fourth of all bottled water is actually tap water. A new Food and Drug Administration proposal will require truthful labels on bottled water.

Who sweats most?

You might think that a couch potato will start sweating the minute he starts exercising, but research shows that fit people actually start sweating faster than their sedentary counterparts. Women take longer to start sweating than men.

Easing muscle soreness

If hiking in the woods or running a 10K leaves your muscles sore, take 400 milligrams of an anti-inflammatory drug (like ibuprofen) four hours after the activity. Continue to take it every eight hours for the next day or two.

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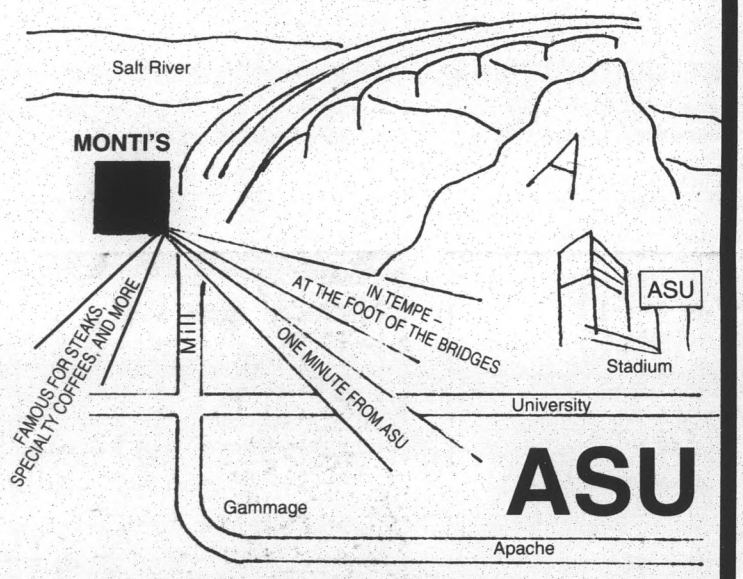
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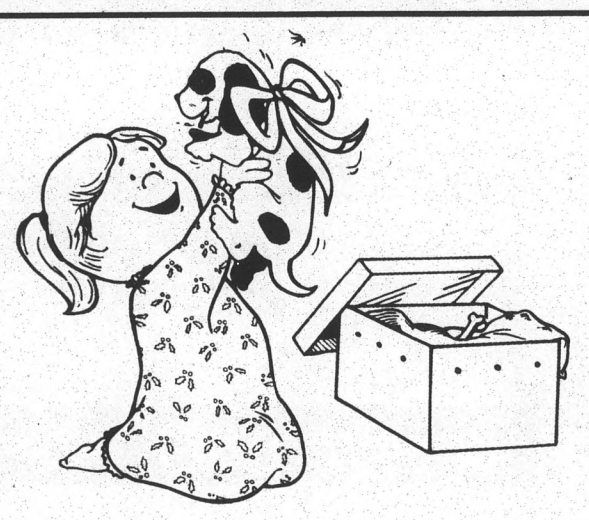
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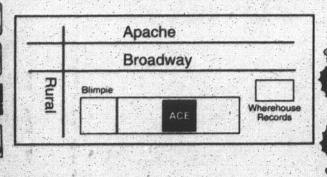
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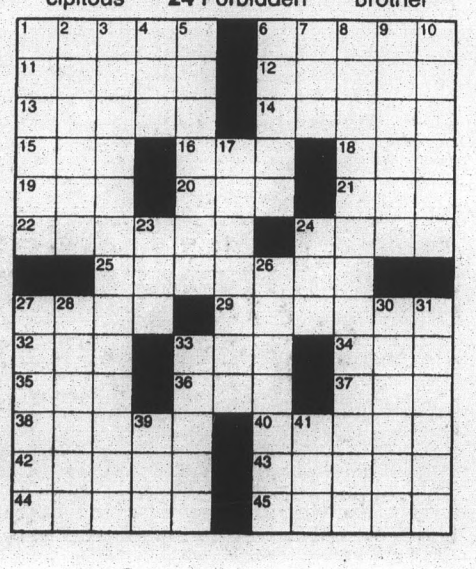
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by THOMAS JOSEPH

ACROSS
1 Post-workout problem
6 Houses, to Juan
11 Sound sheepish?
12 Baseball great Tony
13 "Blue Chips" star
14 Like some paper and jackets
15 Language ending
16 "Foucault's Pendulum" author
18 Terminus
19 Stimpy's pal
20 No-star review
21 Epoch
22 Pilfered
24 Utopia
25 Peso part
27 Urban woe
29 Votes in
32 Pallid
33 Diner owner on "Alice"
34 Mine yield
35 Hostel
36 Name on the "Double Fantasy" album
37 Diarist Anaïs
38 Sculpture in St. Peter's Basilica
40 Sots
42 TV's DeGeneres
43 Wear down
44 Store come-ons
45 Challenged

DOWN
1 Doubleday et al.
2 Storage spot
3 "Tangerine" singer
4 Mom's order
5 Become more precipitous
6 Sideways umlaut
7 "Prince —" (song from "Aladdin")
8 "Nothing Compares 2 U" singer
9 Get even for
10 Make blue
17 Scout's need
23 Trip part
24 Forbidden fruit recipient
26 Legal
27 Steals
28 Fidel Ramos' capital
30 Electron tube type
31 Felt
33 Sounds of suffering
39 Kicker's aid
41 George's brother

Puzzle #9

Answers in Second Section



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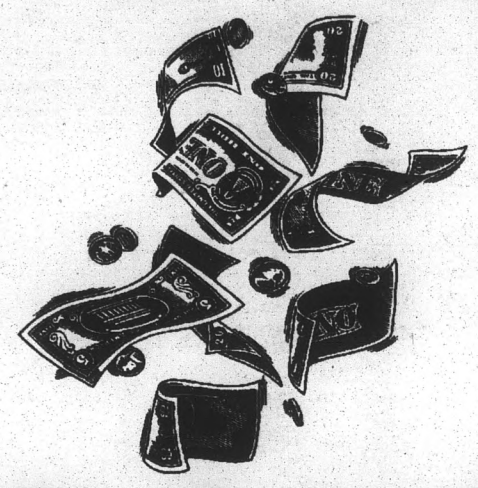
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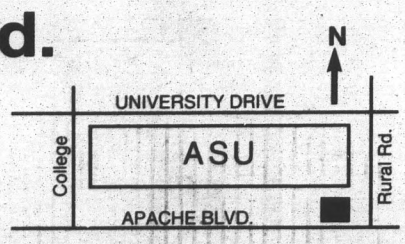
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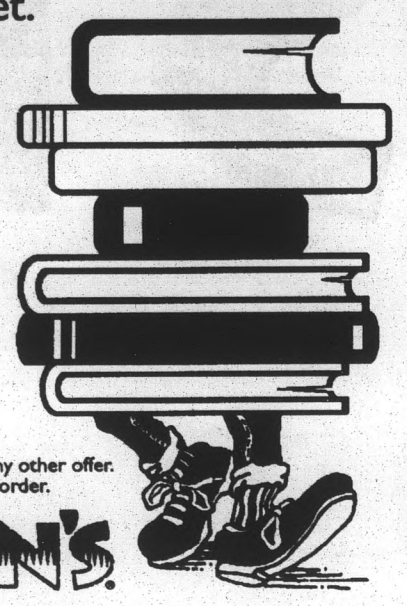


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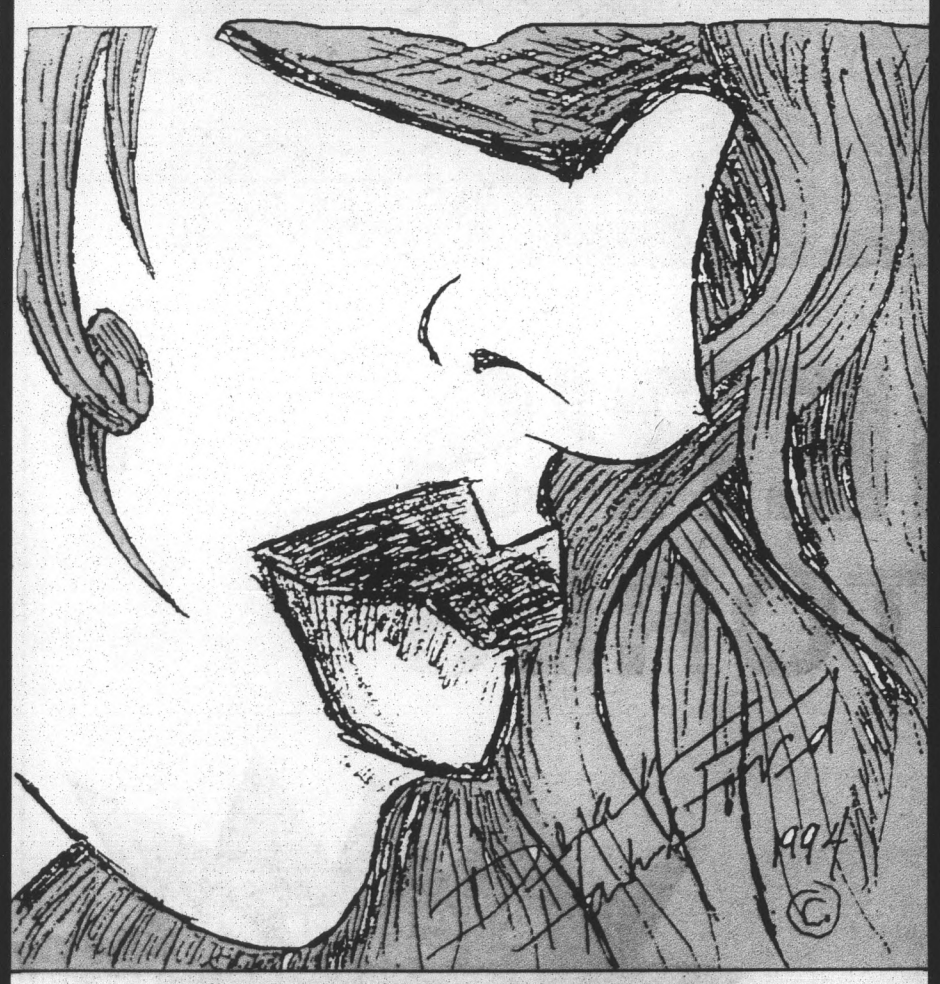
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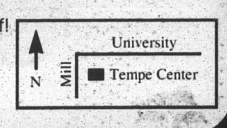
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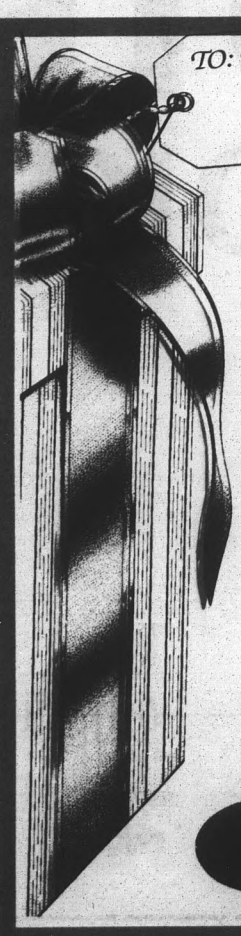
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STARTER

Get in shape for the ski season

Don't just sit idly dreaming about skiing–hot chocolate in hand–as you count down the weeks until that first ski trip.

Instead, use this time to get in shape for the best season yet.

After all, alpine–or downhill skiing–is a physically demanding sport requiring agility, speed, strength and endurance. Take the time to become fit now, and it's bound to show in your performance later. With proper conditioning, most skiers are better able to ski at a higher skill level more efficiently and with less fatigue, and possess more of the strength and endurance needed to handle challenging hills and valleys.

Those who take the time to get into prime shape before strapping on their skis also seem to enjoy their sport more, and–most importantly–they greatly reduce their risk of injury.

How much time should one devote to a preseason conditioning plan? While the answer depends largely on the skier, his or her present level of fitness and goals, conditioning programs generally run from three to five days a week, six to 12 weeks prior to the first day on the slopes.

That said, following are some ways to prepare for the chills and thrills that lie ahead.

By becoming aerobically fit during the pre-ski season, you'll build vital strength and endurance.

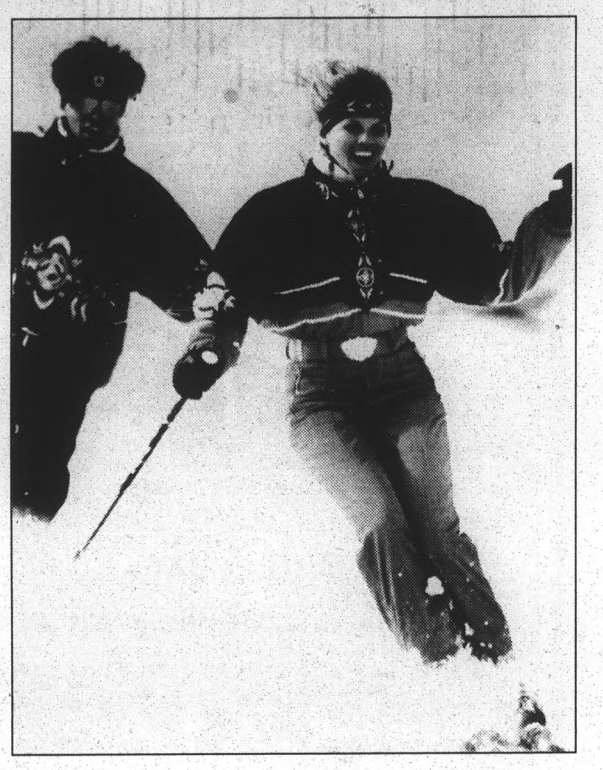
When the time arrives to hit the hill, you'll probably find that you're less tired, more tolerant of the cold alpine temperatures and suffer fewer injuries.

The reason? A good aerobics program will not only help increase your heart and circulatory system's ability to deliver oxygen rich blood to your muscles during exercise but will also increase your muscles' ability to use that oxygen. In other words, your body becomes a more efficient ski machine.

With aerobic activity, skiers have many choices. Running, cycling, in-line roller skating, step aerobics and working out on the cross-country or stair-stepping machine are among the top workout picks.

Before you start pounding out the miles and elevating that heart rate, however, determine your present level of aerobic fitness. Then embark on a safe yet sane program that contains the right mix of the three aerobic fundamentals: intensity, duration and frequency.

TURN TO SKIING, PAGE 39.



December 6 – December 12, 1994 Bar Guide

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andersons 5th estate 994-4168	75¢ Drinks all night Hip Hop, House, Alternative	THE ORIGINAL TRASH DISCO $1 Any Drink 8-10pm $2 Any Drink 10pm-1am No Cover w/ 70's Disco outfit	OLD SCHOOL FUNK NIGHT Funk Music of 70's & 80's $2 Teas $1.50 Dom. Bottles	LADIES NIGHT No Cover for ladies all night 2 for 1 any drink for all 8-10pm Ladies $1 Drinks 10pm-1am Men $1 Draft 10pm-1am	CLASSIC ALTERNATIVE NIGHT Classic Alternative Music of 80's 2 for 1 any drink 8pm-10pm	Live Concert John Stewart	MONDAY NIGHT FOOTBALL $2 PITCHERS 50¢ Hot Dogs
club 411 966-2020	LADIES NIGHT No Cover for Ladies til 10:30pm 1¢ Well, Draft (7-8PM) $1.00 Well, Draft All Night $2.00 Anything All Night	CLOSED	CLASSIC ALTERNATIVE NIGHT 50¢ Drinks 8-11:30pm! NO COVER WITH COLLEGE I.D.	2 for 1 drinks (4-10pm) COMPLIMENTARY BUFFET (5pm) $2 any shot (10pm-close)	$1.00 Well, Wine & Draft for Ladies ALL NIGHT $1.50 Longnecks for everyone 8-10:30pm	FOOTBALL CARDS VS. REDSKINS Complimentary Buffet	Hip Hop w/DJ Turn Table Prince Party Starts at 10pm
gibsons 967-1234	FLAVORSHOP Ladies free until 11pm! $1.00 Well, Wine & Draft 8-11pm	SPINNING JENNY with POSTVALE ROAD and SATELLITE	THE REFRESHMENTS CD Release Party! with POLLIWOG	KZON Presents PALADINS with ONE	Gibson's Christmas Party WISE MONKEY ORCHESTRA with NEWTON	BOOGIE KNIGHTS	CLOSED
martini ranch 970-0500	JOIN US FOR LUNCH TODAY, AND EVERY DAY!	WALT RICHARDSON UNPLUGGED	HUCKLE BONES	NEWTON	CHADWICKS	NFL FOOTBALL	CLOSED
old chicago 921-9431	One Free Bar Appetizer per Blue Card	Wing Ding 10¢ Wings	Glass Night	$5.00 Any Mini Pitcher	2 for 1 Pasta Bar $5.95	2 for 1 Pizza	$6.00 any Entree or Pizza
	THESE ARE BLUE CARD SPECIALS. COME IN AND FIND OUT HOW TO GET YOUR BLUE CARD.						
ozzies 966-7788	CARVIN JONES BAND 4-8pm Happy Hour $1.50 Shots/ 2 for 1 Ladies Mixed Drinks	WARSAW Th: NEWTON F: HUCKLE BONES S: INNOCENT BYSTANDERS	BOX OF CHERRIES 4-8pm Happy Hour $1.50 Shots/ 2 for 1 Ladies Mixed Drinks	THE BED SPINS 4-8pm Happy Hour $1.50 Shots/ 2 for 1 Ladies Mixed Drinks	POLLIWOG 4-8pm Happy Hour $1.50 Shots/ $3 Domestic Pitchers	WASHINGTON vs CARDS 4-8pm Happy Hour $4 Domestic Pitchers	BRIAN O'CAROLL 4-8pm Happy Hour $1.50 Shots/ 2 for 1 Ladies Mixed Drinks
partners bar & grill 929-9755	7:30 8-BALL SINGLES TOURNEY. LADIES NIGHT 7-CLOSE 9:00 KARAOKE	HUMP DAY Free wings 6-7 w/ drink purch. 7-Close $1.50 Shots Schnapps 7pm Blind Draw Dart Tourney 9pm Karaoke	KILLIAN RED NIGHT $4 Large Pitcher, $2 Small 7pm Shuffleboard Tourney, 9pm Karaoke	9pm BUDDY REED & RIP IT UPS	Bloody Marys $1.50 till 1pm 3pm Shuffleboard Tourney, 9pm Karaoke	Open 10am Bloody Marys $1.50 till 1pm NFL FOOTBALL 7 TV's 5:30 Blind Draw Dart Tourney 9pm	FOOTBALL 7 TV's Drink Specials Import Night Corona Moosehead Hein Guiness $2 7-Close
	OPEN MON-SAT • 6-9AM HAPPY HOUR • 3-7PM HAPPY HOUR • 10¢ WINGS • OPEN SUNDAY 10AM						
philly's sports bar 946-6666	FREE * SUNS PAY-PER-VIEW * FREE $3.00 PITCHERS, EVERY DAY, EVERY NIGHT!						
phroggs 967-2422	TEA FOR TUESDAYS $1.00 Long Island & Long Beach Teas	LADIES NIGHT 50¢ Well, wine, draft for ladies No Cover for ladies	10¢ Well, wine, draft til 10 pm $1.00 Miller Lite Ice bottles	50¢ Drafts & Margs till 11pm THE UNDIE 100 Ladies: Wear your best undies & win $100	No Cover til 8 pm Wall to Wall partying	CLUB COURTESY NIGHT $1.00 U-Call-it	CLOSED
pranksters 967-8875	Happy Hour Every Day 3-7pm, $3.75 Domestic Pitchers Buy First Drink, Get second drink 50¢ Pizza Tuesday, first 2 toppings free	Come Try our Daily Food Specials! 15¢ Wings 3–7pm	Happy Hour 3-7 pm, 15¢ Wings 12 TV's, 6-ft Big Screen Student I.D. Night Kami's 50¢	Happy Hour 3-7 pm, 15¢ Wings, 6 ft. Screen TV, 12 TV's, 3 Satellites Rumplemintz 7pm-close $1.00 shot	Happy Hour 3-7 pm, 15¢ Wings all day $3.75 domestic Pitchers, All college games every Saturday, Satellite T.V., Sandwich Specials	NY Style Pizza, Lg & small, 2 Toppings free ALL DAY Miller and Coors Lite Pitchers $3.75 All NFL and College Games, Big Screen TV, 12 TV's	Happy Hour Everyday 3-7pm NFL FOOTBALL 15¢ Wings
quilas 820-0400	COUNTDOWN TRIVIA Happy Hour 4-7pm	RESTAURANT APPRECIATION NIGHT Trivia Competition Between Restaurants Happy Hour 4-7pm	SPORTS TRIVIA 6:30-8pm Happy Hour 4-7pm $1 Draft $2 Margaritas	LATE NIGHT ADULT TRIVIA Complimentary Buffet	COLLEGE FOOTBALL QB1	FREE BRUNCH 11am-2pm Happy Hour All Day • QB1	MONDAY NIGHT FOOTBALL Free Hot dogs Happy Hour During Game • QB1
sawmill saloon 966-2508	$1 Purplehooters	LADIES NIGHT 50¢ Drafts & $1 Wells for Ladies	$1 Vodka Wells	Jaeger Nite	Jack Daniels Nite	$1 Screwdrivers	$1 Kamikazes
	HAPPY HOUR 3-7PM, $3 DOMESTIC PITCHERS ALWAYS, TODAY DEC. 6 1ST ANNUAL SAWMILL STUDY HALL. FREE FOOD, SODA & COFFEE 10AM - 6 PM						
sharks 970-4930	Club Edge DJ Willobee Live Music-Jesus Chrysler	Male Dancers 6-8pm Exclusively 80's with Alex C. No Cover $2 U-Call-It for everyone	Ladies Night Power 92 DJ Super Snake Ladies No Cover til 9pm	LIVE JAZZ Complimentary Happy Hour Buffet Ladies No Cover til 9pm $2 Drinks 5-8pm	MALE DANCERS 6-8PM DJs Guy and Leon Ladies : Make your reservations for your bachelorette or B-day Party	18 and Over Nite Power 92 DJ "Mario Devoe" Concert Ticket Giveaways	CLOSED
sneaky pete's 350-9328	Shot Specialitys	14 Pool Tables 5 Dart Boards	$3.50 Pitchers 1pm-7pm $1.50 Mix Drinks	Happy Hour 11am-7pm Great Fun and Tunes	POOL TOURNAMENT 8pm-11pm	NFL TICKETS	$2 All Drinks Monday Night Football

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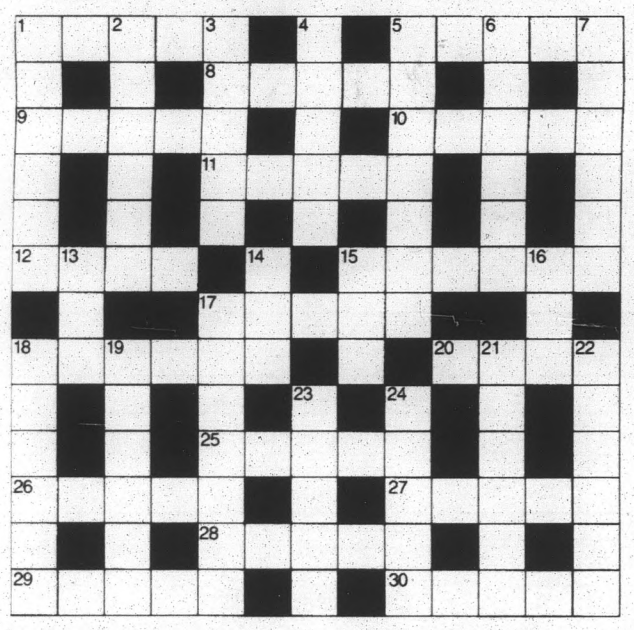
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CLUES ACROSS

1. Harmony
5. Royal
8. Yellow pigment
9. Cogitate
10. Rent
11. Explode
12. Pitcher
15. Marionette
17. Ultimate
18. Conventional
20. Worry
25. Hibernian
26. Prick
27. Decorate
28. Open sore
29. Astound
30. Drunk

CLUES DOWN

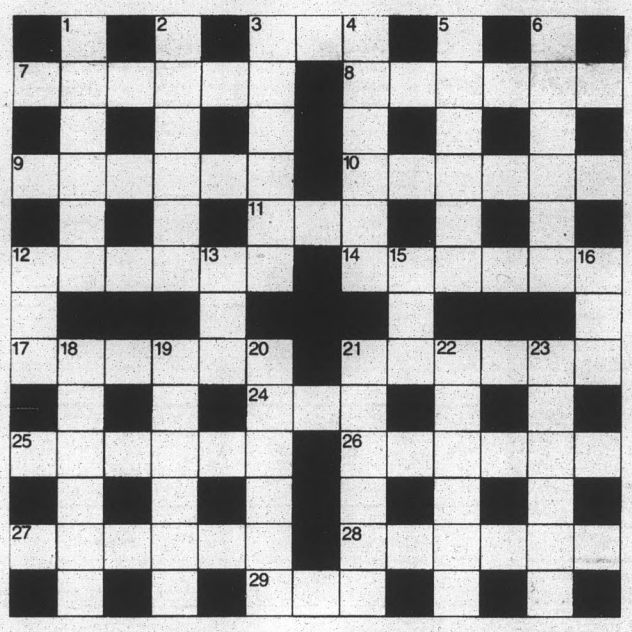
1. Dress
2. Stalactite
3. Country bumpkin
4. Bellow
5. Tranquil
6. Horse's fast pace
7. Most recent
13. Court
14. Nothing
15. Pad
16. Female sheep
17. Exhaustion
18. Carnival
19. Part of eye
21. Regain
22. Loudspeaker
23. Nip
24. Sea map

SOLUTION—ACROSS
1. Amity 5. Regal 8. Ochre 9. Think 10. Split 11. Erupt 12. Ewer 15. Puppet 17. Final 18. Formal 20. Fret 25. Irish 26. Stung 27. Adorn 28. Ulcer 29. Amaze 30. Tipsy

SOLUTION—DOWN
1. Attire 2. Icicle 3. Yokel 4. Shout 5. Restful 6. Gallop 7. Latest 13. Woo 14. Nil 15. Paw 16. Ewe 17. Fatigue 18. Fiesta 19. Retina 21. Recoup 22. Tannoy 23. Pinch 24. Chart

NO BRAINERS

CROSSWORD



CLUES ACROSS

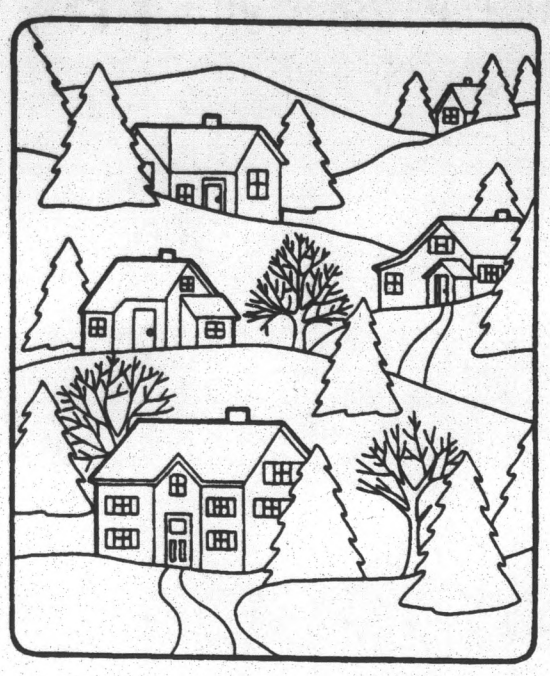
3. Married
7. Tremble
8. Astounded
9. Baby head-covering
10. Affable
11. Tint
12. Erase
14. Rat
17. Tin and lead alloy
21. Curt
24. Curve
25. Tax
26. Gaming house
27. Disclose
28. Uncertain
29. Observe

CLUES DOWN

1. Select
2. Retaliate
3. Squirm
4. Hazard
5. Cautioned
6. Keep
12. Douse
13. Fasten
15. Globe
16. Small bird
18. Durable paint
19. Loo
20. Sweepstake
21. Accumulate
22. Withstand
23. Larder

SOLUTION—ACROSS
3. Wed 7. Shiver 8. Amazed 9. Bonnet 10. Genial 11. Hue 12. Delete 14. Rodent 17. Pewter 21. Abrupt 24. Arc 25. Tariff 26. Casino 27. Reveal 28. Unsure 29. Eye

SOLUTION—DOWN
1. Choose 2. Avenge 3. Writhe 4. Danger 5. Warned 6. Retain 12. Dip 13. Tie 15. Orb 16. Tit 18. Enamel 19. Toilet 20. Raffle 21. Accrue 22. Resist 23. Pantry



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Thinking about a career in politics?



Take this simple little aptitude test to see if you've got what it takes to succeed!

Who knows... maybe you'll be governor some day! Just think, your bumpersticker could be on the back of every politically aware car in the state. Gee.

DO YOU HAVE WHAT IT TAKES TO LEAD THE GLAMOROUS LIFE OF A PUBLIC SERVANT? JUST TAKE THIS TEST AND EVALUATE YOUR ANSWERS.

1 You are invited to dinner at your professor's house and he is going to recommend you receive a full scholarship to grad school...plus a monthly stipend! You notice the professor has an unsightly booger hanging from his nose so you:

a. ignore it and never look at his face
b. tell his wife so she can wipe his nose
c. tell him he has a booger hanging out of his left nostril and ask if he would mind ditching it for the evening
d. tell your hosts you grew up on a farm in Omaha where many of the hired hands often had boogers hanging from their noses at dinner time and you just can't handle it today
e. try sneezing and blowing at the professor's nose in an attempt to sever the little booger from his irritated nostril
f. tell your hosts you're not feeling well and must leave immediately

2 You are invited over to the same professor's house the next weekend (still haven't received that scholarship) and cringe to discover that his wife has spent the afternoon preparing a special dinner of sauteed baby (wah!) beef liver in a cream sauce smothered with pearl onions. Your eyes focus in and your stomach decides:

a. to ignore it and just spread the food around the plate so it looks like you've eaten some of it
b. to tell the wife that you hate liver but would she mind not telling the professor so you won't lose the scholarship
c. to tell the professor you hate liver and apologize for not asking what was for dinner before accepting the invitation
d. to tell your hosts that you grew up on a farm in Omaha where your paw gave you a little calf for your seventeenth birthday and ever since, you have been unable to eat any beef products, especially organs
e. to hide the liver in your dinner napkin; let the liver slide onto the carpet where Fido will finish the job
f. to tell your host that you're not feeling well and must leave immediately

3 Your professor (the same one who is dangling the scholarship in front of you) gives you an A for your twenty-page paper on evolution of feminism and also gives you an A in the course to reiterate his appreciation of a true commitment to excellence. The problem is that you bought the paper from one of those sleazy ads in the back of *Rolling Stone*. You decide to:

a. ignore it, skip class and get an A (good for the old GPA)
b. tell your TA how you got the paper after you have made him swear that he'd never tell a soul what you were about to tell him so you could still get the scholarship
c. tell the professor (jokingly) that you bought the paper from *Rolling Stone* and had never expected an A but will gladly accept it
d. tell your professor you grew up on a farm in Omaha and never got an A before on a paper and really are having a difficult time accepting the A he gave you
e. take the A, smile, grab the paper and burn it, destroy the evidence and still skip class for the rest of the semester
f. tell your professor you're not feeling well and must leave immediately, with the paper

4 You are waiting to hear from your professor about your full scholarship plus stipend to grad school when suddenly the phone rings. It's your professor. You think it's the news you've been waiting for, but all the professor is calling for is to see if you would be "his companion" for the weekend in Ajo where you might have the opportunity to "discuss" the scholarship in further detail. You flush, but decide to:

a. ignore the implication and get ready for Ajo
b. tell your TA just in case you don't get the scholarship
c. tell the professor you'll go to Ajo with him but really think you could discuss the scholarship in less than a weekend
d. tell your professor you grew up on a farm in Omaha and were eager to visit the likes of Ajo and hope they could stay in a bunkhouse like Omaha has and "discuss" the scholarship
e. go ahead and go to Ajo but plan to see your aunt and uncle who live there and offer the comfort of their home for the weekend where you could "discuss" the scholarship
f. tell your professor you're not feeling well and can't be his "companion" to Ajo



SCORING

If you answered mostly:

a You have some political aptitude.

b You're spineless and somewhat manipulating and have political potential.

c You are waaaayyyy toooo honest for a life in the political arena. Change your major while there's still time.

d Put your tail in between your legs, borrow someone's spine and get a job in customer service at your local department store's merchandise return desk. Then you can whine to them.

e You are definitely political material. Go for it!

f Drop out of school today and go back home to live with your mom and work in the shoe department at K-Mart.



A quote from Ross Perot: "I would rather have brain surgery without anesthetic than enter politics." (Are you sure you want a career in politics?)

Skiing

CONTINUED FROM PAGE 35.

To come up with a regimen that's right for you, consult a personal trainer, enroll in an aerobics class taught by a qualified instructor or read up on the subject through books and magazines that offer in-depth coverage of ski or aerobic fitness.

To meet the physical demands of skiing, you'll also need muscular strength–especially in the abdomen, back and legs.

The best strategy for strengthening muscles is to work out with free weights or a weight machine –perhaps at a health club or within the confines of your own home gym. Determine load and repetitions with the help of a personal trainer or ski fitness expert.

There are, however, some exercises you can do using your own body resistance. Two from *American Health* magazine include:

• Toe stand, to strengthen your calves, which assist with balance: Stand on your left foot and lift up onto your tiptoes. Slowly lower your heel to the floor. Do 25 times. Reverse legs.

• Balance squat, to strengthen hamstrings and protect knees: Stand with your back facing a chair. Lift your right leg up behind you and rest it on the chair. Keeping your back erect, slowly bend your left knee and lower your body until your thigh is nearly parallel to the ground. Return to starting position. Do 15 times. Reverse legs.

You may not be able to work on your turns and traverses just yet. But through cross-training, plenty of other sports can help prepare you for the ski season.

Sports such as in-line roller skating, tennis, mountain biking and ice skating will not only improve aerobic ability and coordination, but they also share some of the same essential motion patterns that skiing employs.

Thus when you participate in any of these sports, you can get in a little dry-land practice that will benefit you on the hill later on if you become aware of the common movements, then work to perfect your execution and performance.

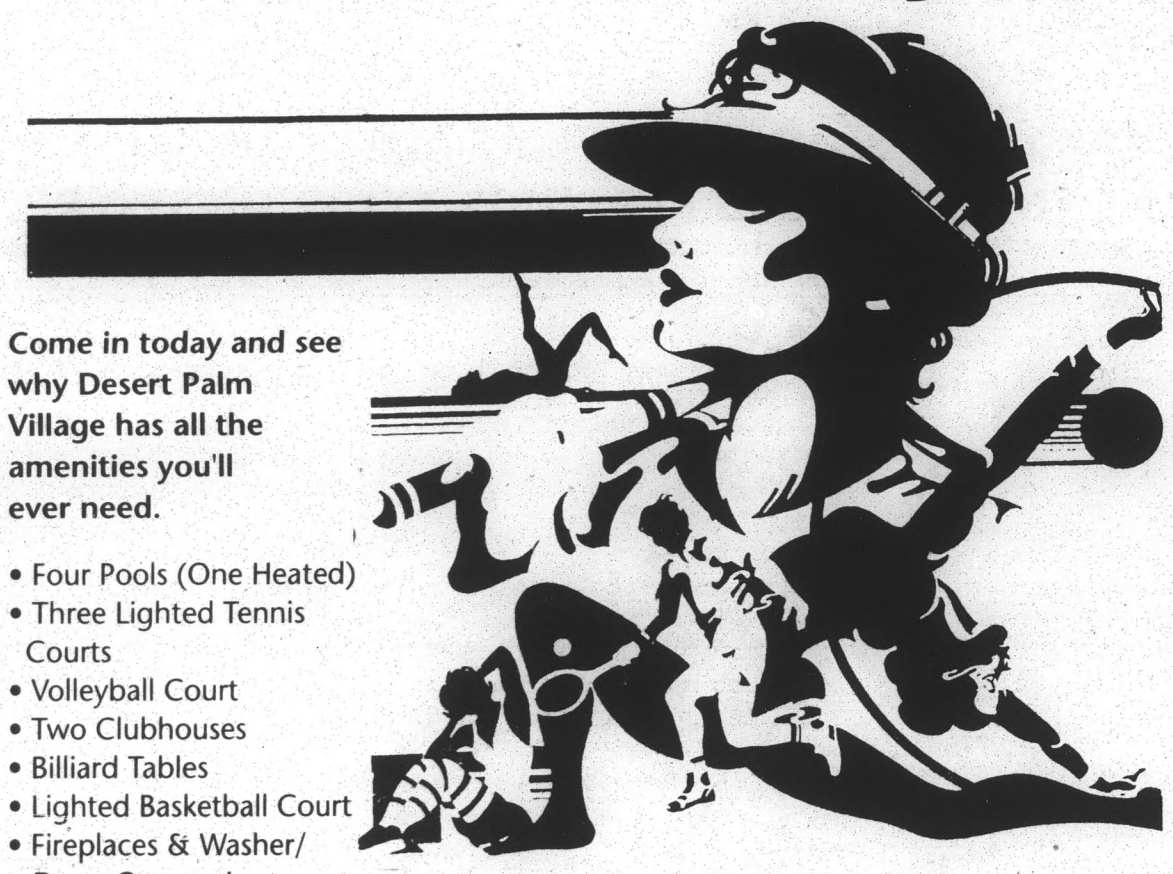
Then, when ski season rolls around, you'll be friendly and familiar with the twists, turns, arm lifts and bends because you've already worked on them.

Another idea lies in hitting the downhill ski machine at your health club or purchasing one for home use.

TURN TO MORE SKIING, PAGE 44.

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The man who hears with his hair

CROSSWORD

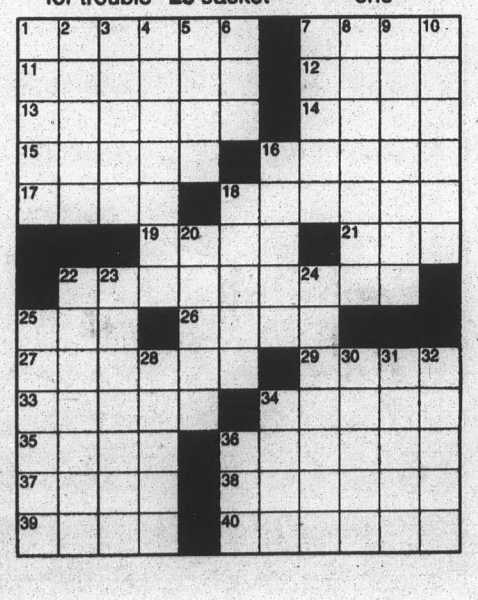
by THOMAS JOSEPH

Puzzle #10

Answers in Second Section

ACROSS
1 Appear unexpectedly
7 Pornography
11 Daikon, e.g.
12 Church leader
13 Made amends
14 Azerbaijan neighbor
15 Aviary residents
16 Superman's adopted parents
17 Middling
18 Want
19 Sound the alarm
21 Writer Buntline
22 Send-off wish
25 Cambodia's — Nol
26 October birthstone
27 Okays
29 Head of France
33 Meter men?
34 Gave out
35 Louis XIV's "L'—, c'est moi"
36 Secant's reciprocal
37 Not recorded
38 Warring woman
39 Visionary
40 Johnson and Bush

DOWN
1 Beach creatures
2 Fraction's kin
3 Bouquets
4 Hold to a promise
5 Avails
6 Advanced deg.
7 Moles, e.g.
8 Half the day
9 Cornered
10 Prepared for trouble
16 Nairobi's nation
18 Plummets
20 Swears
22 Western neckwear
23 Vacationing from the base
24 Ornette Coleman's instrument
25 Jacket parts
28 Playful mammal
30 "My Fair Lady" role
31 Mortise's partner
32 Perfect places
34 Rotunda topper
36 Manx, for one



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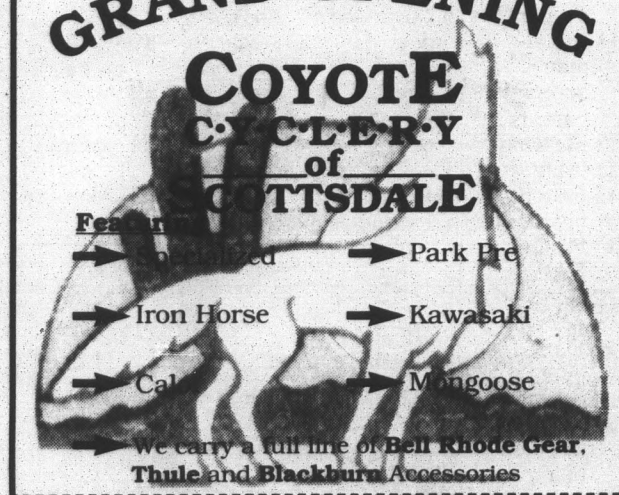
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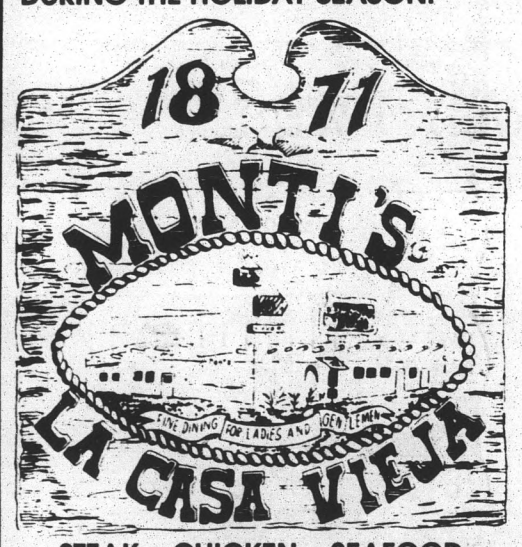
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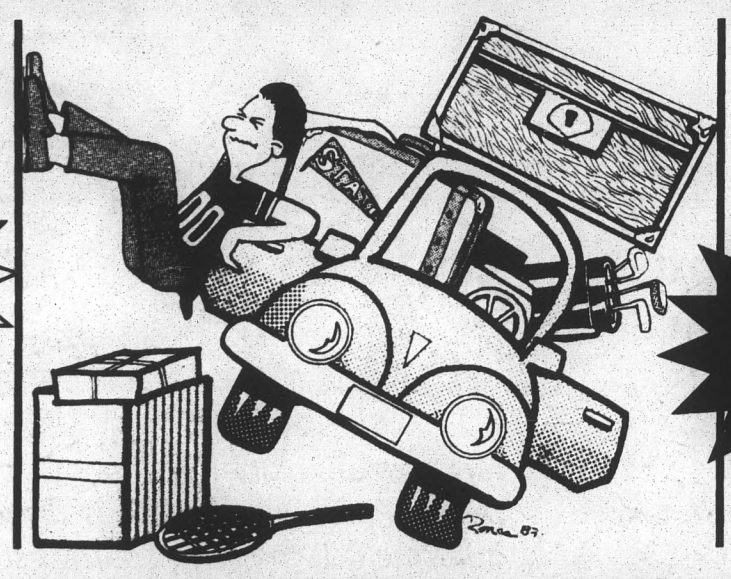
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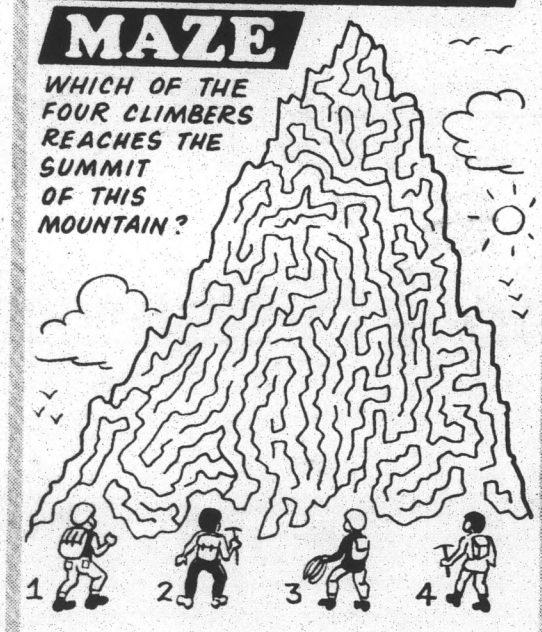
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-OR- IF THEY'RE TOO TOUGH FOR YOU...GIVE 'EM TO YOUR LITTLE BROTHER OR SISTER!

MOUNTAINOUS MAZE

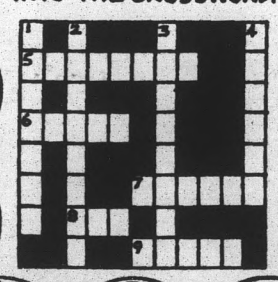
WHICH OF THE FOUR CLIMBERS REACHES THE SUMMIT OF THIS MOUNTAIN?



ANIMAL CROSSWORD

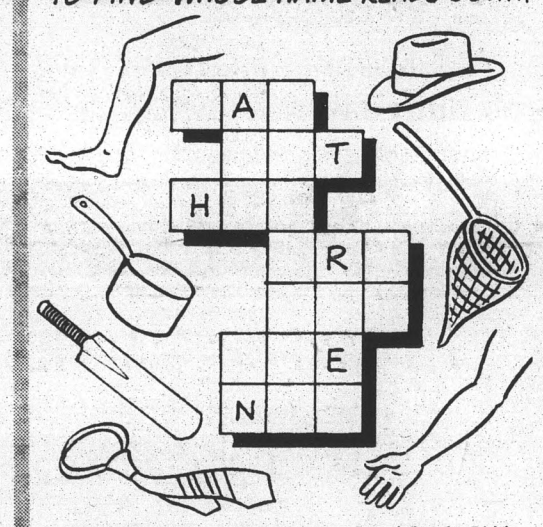
RE-ARRANGE THE JUMBLED LETTERS TO SPELL OUT THE NAMES OF NINE ANIMALS AND PUT THEM INTO THE CROSSWORD.

1. PDA LEOR
2. ENE EIED RR
3. TOPA TONEE
4. EKO DYN
5. HALP ATEEN
6. AN DAP
7. OKN EMY
8. KEL
9. ERZ EAB



FIND THE LADY

FILL IN THE 3-LETTER ANSWERS TO FIND WHOSE NAME READS DOWN.



ANSWER: THE LADY IS NATALIE.

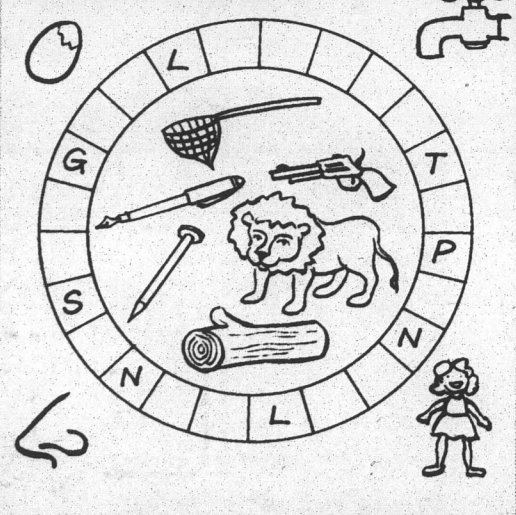
SILHOUETTE

FILL IN ALL THE AREAS THAT CONTAIN A DOT TO DISCOVER A WINTER SCENE.



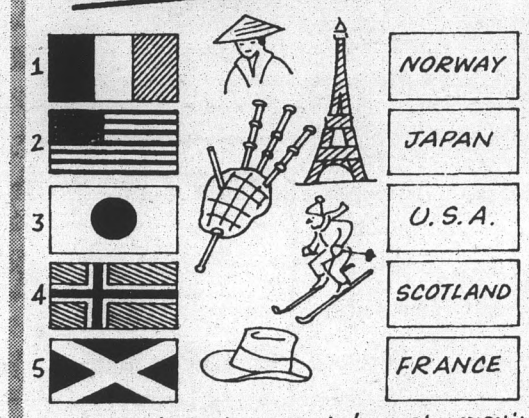
WORD CIRCLE

FIT THE NAMES OF THE TEN OBJECTS INTO THE CIRCLE READING CLOCKWISE. THE LAST LETTER OF ONE WORD IS THE FIRST OF THE NEXT.



COUNTRY PUZZLE

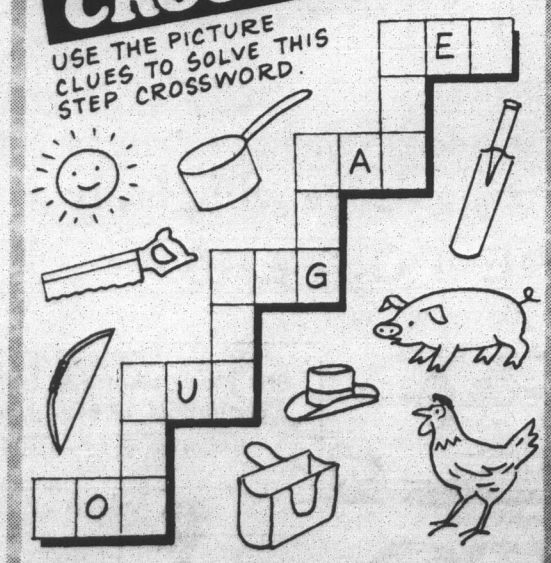
SEE IF YOU CAN MATCH THE FLAGS, THE PICTURES AND THE COUNTRIES.



ANSWER: 1. FRANCE, TOWER / 2. USA, HAT / 3. JAPAN, GIRL / 4. NORWAY, SKIER / 5. SCOTLAND, PIPES

STEP CROSSWORD

USE THE PICTURE CLUES TO SOLVE THIS STEP CROSSWORD.



FLOWER ARRANGEMENT

SORT OUT THE TEN FLOWERS WHOSE FRONTS AND BACKS ARE MIXED UP.

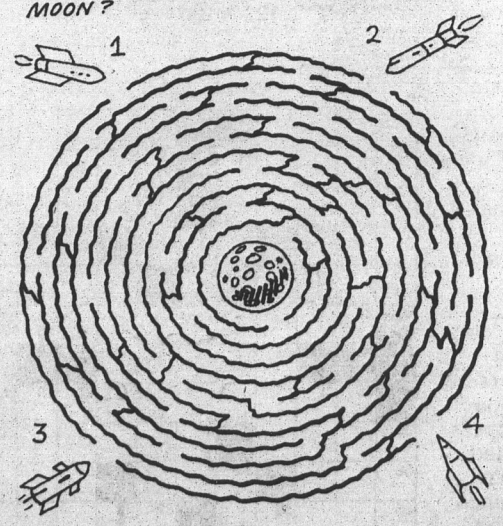


MARODIL
PETCHID
CROANGEA
HYDRIGOLD
ORUNIA
FUSY
TUCUS
DAILIP
ROCHSIA
DAFFSE

ANSWER: MARIGOLD, CROCUS, ORCHID, TULIP, ROSE, PETUNIA, HYDRANGEA, FUCHSIA, DAISY, DAFFODIL.

MOON MAZE

WHICH SPACECRAFT LANDS ON THE MOON?



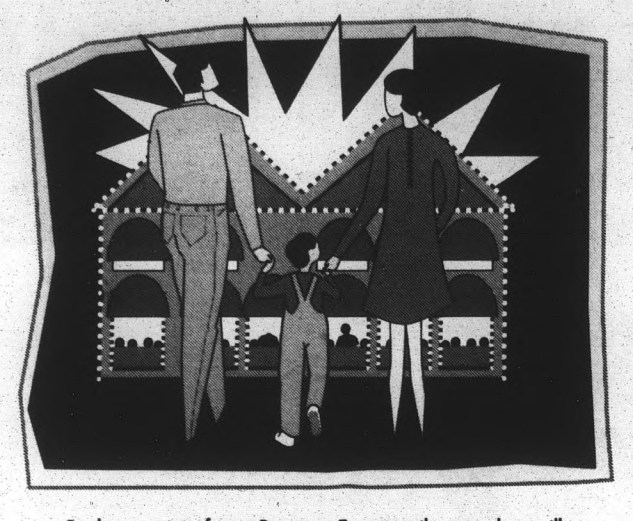


What about Santa's needs? We asked him what *he'd* like for Christmas!

1. Wings and beer instead of milk and cookies.
2. Wider chimneys.
3. A membership to hair club for men.
4. Bucket seats in the sleigh.
5. That Mrs. Claus would lose a few pounds.
6. A pooper-scooper for the reindeer.
7. That Christmas eve falls on a no-burn day!

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Bath and Body Works
The Bike Shop
Binders Art Supplies
Books Etc.
Cactus Sports
Campus Corner #1 on Mill
Campus Corner #2 on College
The Cap Company
Celtic House Imports
Changing Hands Bookstore
The Cool Jewel
Duck Soup
Ehrhardt Schwinn
Everything Earthly
Free Spirit
GNC Health Foods
Game Depot
Gentle-Strength Co-op
Gilbert Ortega
Graffiti Shop
HQ the Headquarters
Herb Stop
Hub Clothing
Leather Mill
Lotions and Potions
Mazar Bazaar
Mission Palms Gift Shop
Miguel's Music
Mill Avenews Newsstand
Mill Avenue Jewelers
Old Town Books
ONE Comics & Video
Paris Optique
Precinct
Quo Vadis Books
Radio Shack
Rare Lion Resale
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Sculptured Jewelry Designs
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The Stamp Mill
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MADRID	555	BANGKOK/SINGAPORE	819	NEWARK	328
SHANNON/DUBLIN	520	JOHANS/LAGOS	1595	DALLAS	182
ATHENS/PRAGUE	875	TELAVIV/CAIRO	900	HOUSTON	184
ROME/MILAN	655	KARACHI/DELHI	1115	HONOLULU	359
WARSAW/BUDAPEST	775	BOMBAY/MADRAS	1100	MEXICO CITY	272
BRUSSELS/ZURICH	600				

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CROSSWORD
by THOMAS JOSEPH

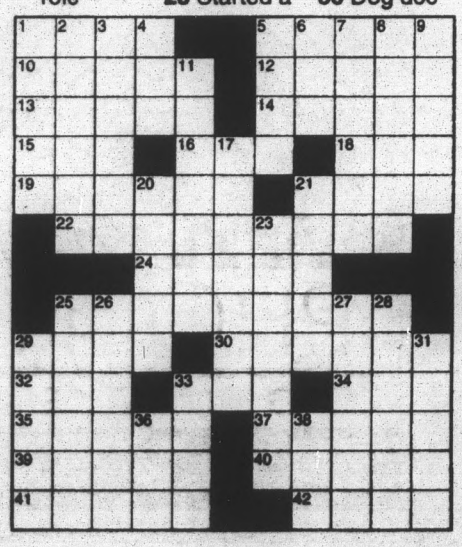
Puzzle #3

Answers in Second Section

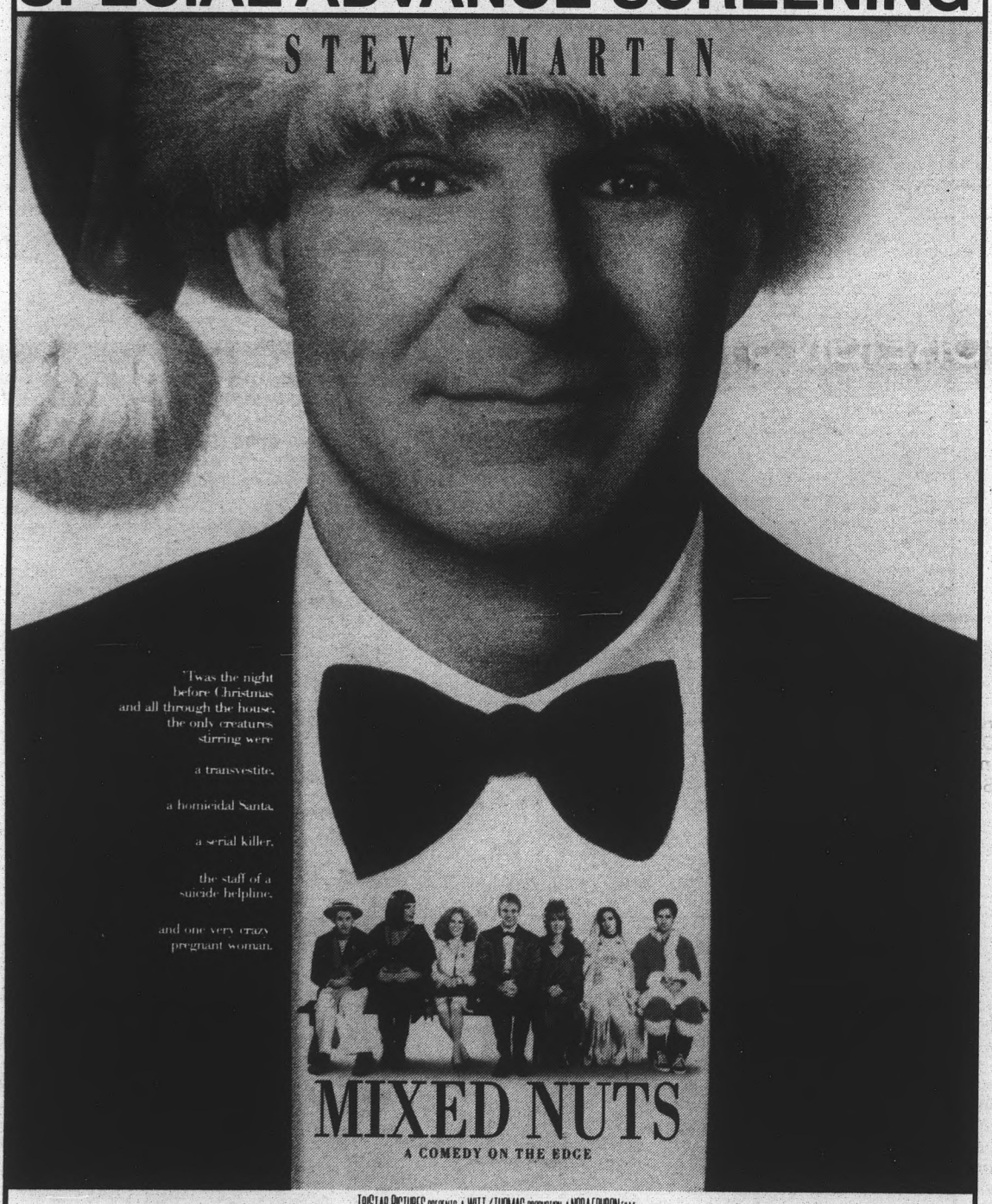
ACROSS
1 Have — (rant)
5 Confronts
10 Fundamental
12 Purplish shade
13 Bouquet
14 Stood
15 File part
16 Annoy
18 Coq au —
19 Tooth coat
21 Slug
22 Bactrian's counterpart
24 Rescues
25 Imagined sequences of events
29 Villain's greetings
30 Like some windows
32 Lennon's wife
33 Flower plot
34 Casual top, for short
35 Figure out
37 Dodge
39 Blubbers
40 Basted
41 Can't stomach
42 Youngsters

(Tom Cruise film)
3 Weather map line
4 Director Burton
5 Linen source
6 Broadcast
7 Hay ingredient
8 Without any trouble
9 Bloodhound's clue
11 Ringo Starr film
17 Raise
20 Heston role
21 Washbowl
23 Makes fun of
25 Mexican state
26 "Calm down!"
27 North American capital
28 Started a garden
29 "Garden of Earthly Delights" painter
31 Cooper role
33 Actress Armstrong
36 Geese formation
38 Dog doc

DOWN
1 Let up
2 "— Away"



SPECIAL ADVANCE SCREENING



TRISTAR PICTURES PRESENTS A WITT/THOMAS PRODUCTION A NORA EPHRON FILM
STEVE MARTIN
"MIXED NUTS" MADELINE KAHN ROBERT KLEIN ANTHONY LAPAGLIA JULIETTE LEWIS ROB REINER ADAM SANDLER RITA WILSON
MUSIC BY GEORGE FENTON EDITED BY JEFFREY KURLAND PRODUCTION DESIGNER BILL GROOM DIRECTOR OF PHOTOGRAPHY SVEN NYKVIST A.S.C. CO-EXECUTIVE PRODUCERS DELIA EPHRON JAMES W. SKOTCHDOPOLE BASED ON THE FILM "LE PERE NOEL EST UNE ORDURE" SCREENPLAY BY NORA EPHRON & DELIA EPHRON
PRODUCED BY PAUL JUNGER WITT TONY THOMAS JOSEPH HARTWICK DIRECTED BY NORA EPHRON
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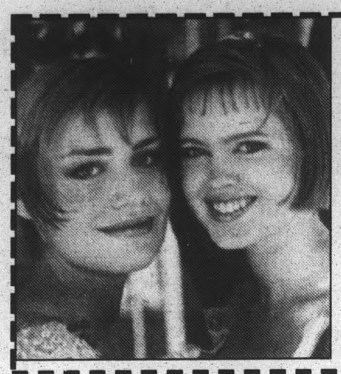
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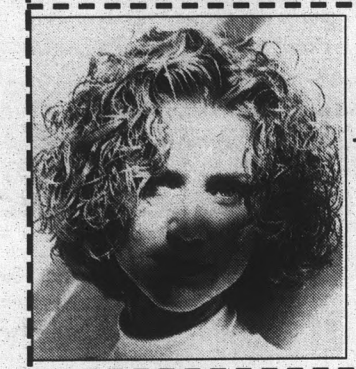
U812 S. Paw St., Chihuahua, Mexico

Best Wishes for a Happy Holiday from the State Press Production Department!



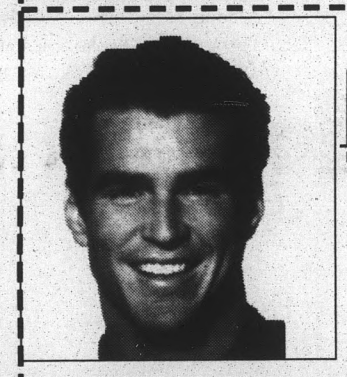
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CROSSWORD

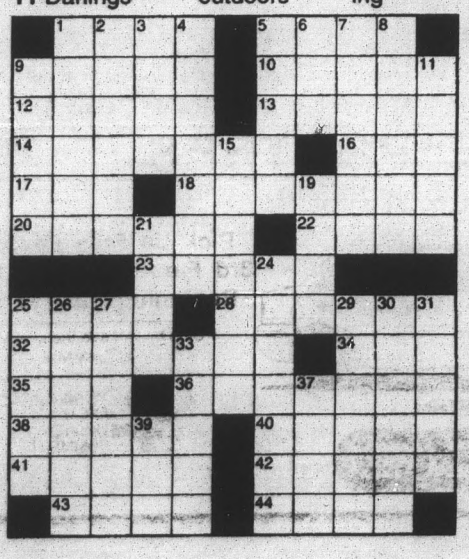
by THOMAS JOSEPH

Puzzle #4

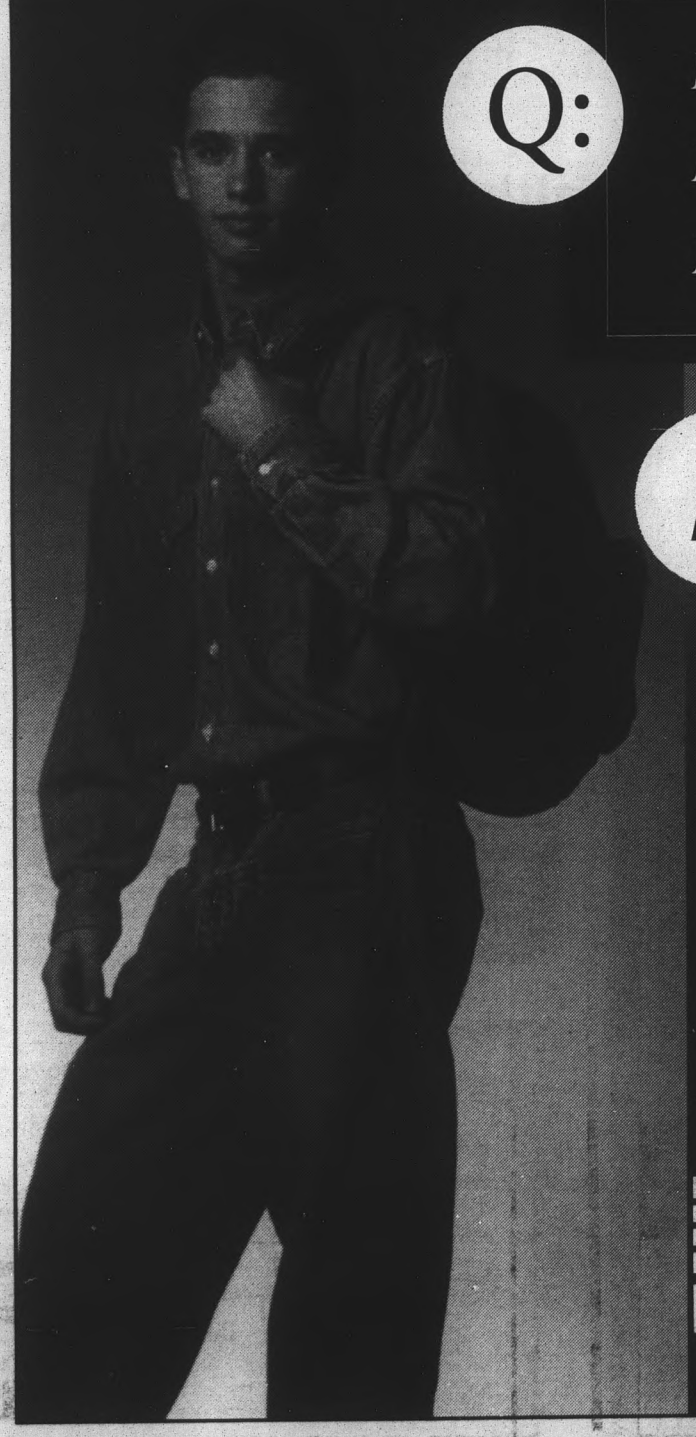
Answers in Second Section

ACROSS
1 Droops
5 Influence
9 Sophia's husband
10 Sharpened
12 Distant
13 Go fishing
14 Chewable sphere
16 MPG raters
17 Greek letter
18 Soda worker
20 One taking it easy
22 Fishing aids
23 Confuse
25 Actor Estrada
28 Deck extras
32 Bible start
34 Lah-di- —
35 Argon or xenon
36 Kafka work
38 Enlighten
40 Quite serious
41 Pranks
42 Long Island town
43 Sleuth Wolfe
44 Prom attendee

DOWN
1 Greet, in a way
2 Scents
3 Dollop
4 Convertible, of sorts
5 Commandments verb
6 Took the trophy
7 " —, My Love" (Duvall-directed film)
8 Cried out
9 Basketball player
11 Darlings
15 Conrad novel
19 Journey
21 Confiscate
24 Goes crazy
25 Goaded
26 Enter data
27 Not outdoors
29 Like some mushrooms
30 Gather, as wealth
31 Flat opposer
33 Authority
37 Love token
39 Supporting



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Q: *I Wonder if I Could Use My Time This Holiday to Make Next Year Easier?*

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More Skiing

CONTINUED FROM PAGE 39.

Perhaps the next best thing to skis themselves, these machines allow you to simulate the knee flexing and turning motion of alpine skiing in the great indoors.

Whether it's a tape of hot-doggers jumping off a cliff or a tome that explains and illustrates skiing basics, skiing reads and videos can help prepare you for your sport during the off-season.

For advice on how to perform or improve a particular skiing technique, turn to an instructional video, book or magazine. Oftentimes, particular moves are illustrated in frame-by-frame style and accompanied by well-written descriptions, so you can actually see the action that you miss while trying to mimic the moves of an excerpt on the hill.

The same resources can give you all the lowdown regarding subjects such as warming up before taking your first run of the day, developing flexibility and mentally preparing yourself for the slopes.

Another way to gear up for the season ahead is by watching a videotape of yourself shot during last year's final ski trip. Since you'll see the good, the bad and the ugly, you'll know what you need to work on in the coming season.

Besides getting physically fit, there are dozens of armchair preparations you can make before the downhill season arrives.

Enroll in ski school or join a ski club now–before the last-minute rush–and have your bindings cleaned and checked and skis waxed and repaired so that all your equipment is in top condition for opening day.

If you'll be skiing at a new resort this year, now's the time to browse through guidebooks and brochures to get an idea of the runs that fall within your skill level.

It's also a good idea to try on all your ski clothing and gear, so that you can purchase what you need at the preseason ski sales and swaps.

Finally, when the time arrives to slide into the chair to the top and hit the hill, don't overdo it.

Even those in peak condition need to take frequent breaks because fatigued skiers are the ones who are most frequently injured.

If you are embarking on a slopeside vacation, make sure you take a day off after several on the hill.

Merry Christmas

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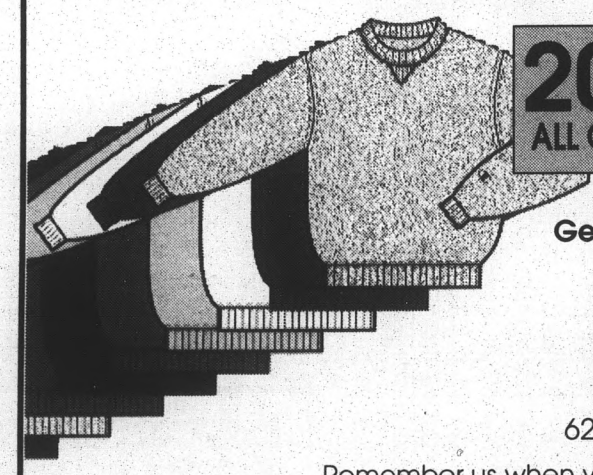
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STUDENT HEALTH FINAL:

☐ yes ☐ no Did you get a flu shot?

☐ yes ☐ no Have you had your annual pap test (women only)?

☐ yes ☐ no Have you had a relaxing massage?

☐ yes ☐ no Do you have health insurance?

☐ yes ☐ no Have you refilled all necessary prescriptions (birth control pills, etc.)

☐ yes ☐ no Have you had an STD check-up?

☐ yes ☐ no Are you taking care of yourself?

If you answered yes to these questions, you have a head start to good health.

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Holiday flicks

Speechless

It takes a very special screenplay to bring together some of the most formidable talents on both sides of the camera...and that is where "Speechless" begins.

In 1989, screenwriter Robert King set out to create a contemporary romantic comedy with the wit and style of the classic comedies of the '40s, but distinctly fashioned for the '90s.

"You can't take what worked fifty years ago and simply set it today," King expounds. "You have to find a fresh arena for it, and I thought politics would give it a fun, exciting and thoroughly modern angle."

He continues, "When these two people meet, they instantly fall so madly in love that they can't keep their hands off each other. It's only then that they discover that this huge problem divides them–the fact that they work on opposite sides of a hotly contested political campaign."

Over two years later, the now-famous Mary Matalin and James Carville rivalry/romance of the 1992 Presidential election would prove King prophetic...but that's another story...

The finished script then came into the hands of producer Renny Harlin and his wife, Academy Award-winning actress Geena Davis. The two had been searching for a project on which they could work together and immediately knew that "Speechless" was a perfect vehicle for them both.

Harlin recalls, "The script was so smart and funny that we started reading dialogue out loud to each other. We realized immediately that we loved the project and agreed that we had to make it happen."

Davis, who makes her producing debut on the film, concurs, "I'm always looking for a great romantic comedy; I think they're very rare and very special. So I was thrilled to come across such a terrific script–with witty dialogue and unexpected situations–that we could start shooting almost immediately."

The actress also appreciated that "Speechless" offered a strong and challenging female protagonist. She found Julia to be not only smart, ambitious and idealistic, but stubborn, opinionated and funny. "I like characters that are kind of mixed up and complicated," she notes.

To helm "Speechless," the producers wanted the best possible director, one who could capture the balance between the scintillating comedy and the wonderful love story that was inherent in the script. Their first choice became Ron Underwood, who had proven his comedic sense and timing, as well as his skill with actors, most notably with the comedy blockbuster "City Slickers."

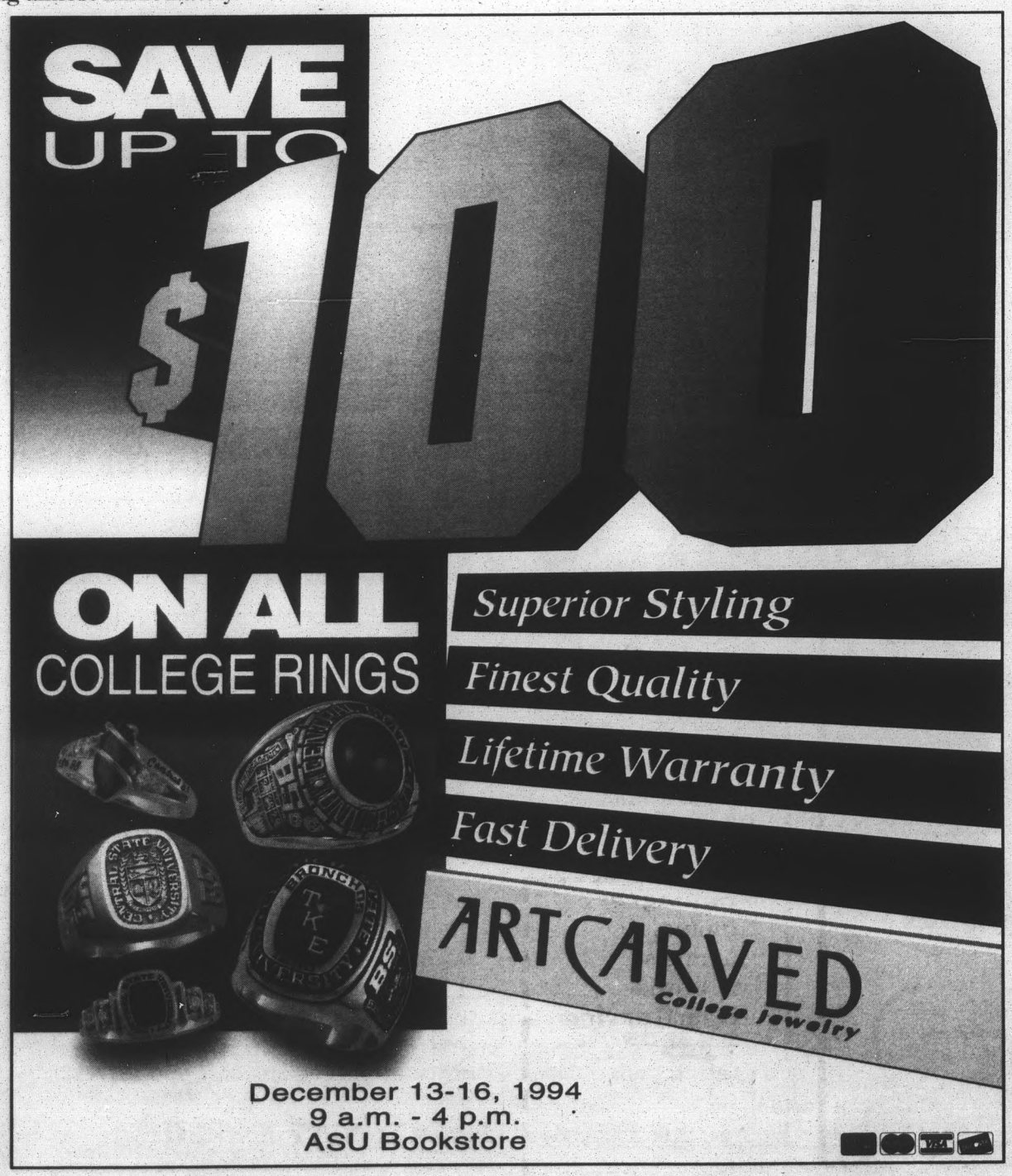
The director immediately fell in love with the script. "It touched me personally," Underwood recalls. "I believe that relationships are destined, for whatever reason, and these two people are so pulled together, so passionate for one another, that even their 'enemy' status can't keep them apart."

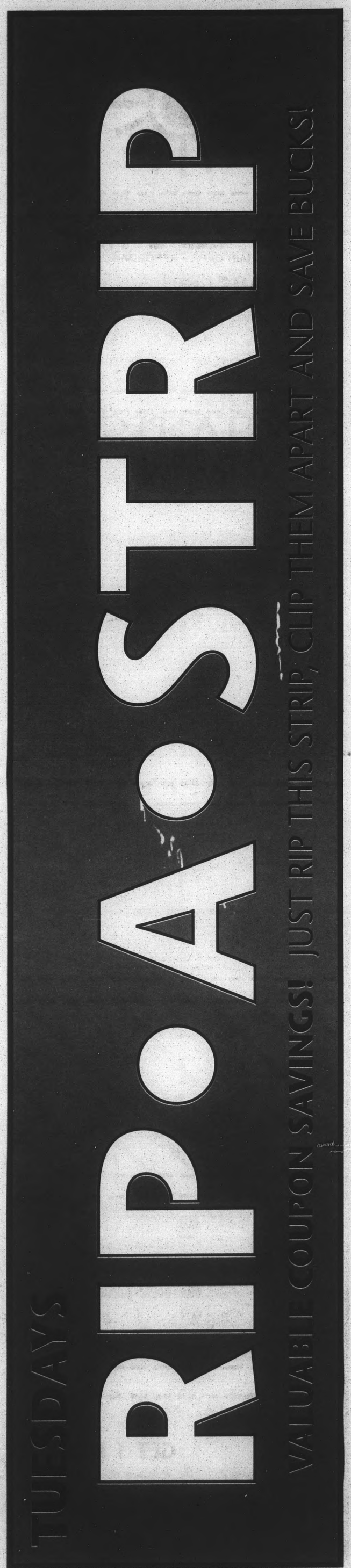
With Davis committed to the role of Julia Mann, the attention turned to the film's other central role. Michael Keaton became the unanimous first choice to play Kevin Vallick. Keaton and Davis already shared an enduring friendship and a respect for one another's work that had begun on the set of their earlier hit, "Beetlejuice."

"Michael was the perfect choice," Harlin attests. "He is one of the few actors who can do it all; he can do the comedy; he can do the drama... And he and Geena have great chemistry; from the first moment they meet in the movie, you just want them to be together."

Keaton has tackled a wide variety of roles in the course of his career, but "Speechless" marks his first romantic comedy. "It was new territory for me," he says,"but anytime you're given a

TURN TO SPEECHLESS, PAGE 50.





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WALK TO ZAHN'S
TEMPE BOWL
1100 E. Apache
Just East of Rural
967-1656

OCEANSIDE ICE ARENA
Skate or Die
2 for 1 PASS
•1st person pays admission
•2nd person skates FREE!
•Skate rental only $1.50
1520 N. McClintock • 947-2470
(next to Big Surf)
Expires 12-17-94

the WIREHOUSE
$4 OFF ANY CD
(reg. priced $14.99 or higher)
One coupon per visit. Void with other offers. Expires 12-20-94.
937 E. Broadway (at Rural) 966-4004

$2 OFF UPS
Ground, 2-day or Overnight & All Other UPS Services.
Per customer, per day.
LETTER
MAIL BOXES ETC.
It's Not What We Do
It's How We Do It
10% off all packing services.
Exp. 12-31-94.
MBE
(south of University)
Tempe • 967-1414
1110 S. Alma School Rd.
Mesa • 946-1001
1739 E. Broadway
(at McClintock)
Tempe • 829-3900

Sno Oasis
"2 FOR 1" 6" SUBS
BUY 1—
GET 1 FREE!
Purchase any 6" SUB and get the second of equal or lesser value FREE
With coupon. Void with other offers. Exp. 1/15/95.
"Good Food & Cool Company"
Corner of Lemon & Rural
967-1114

PUZZLE #1

O	M	A	R			B	I	D	O	N				
P	I	P	E		A	R	C	A	R	O				
A	L	E	C		S	E	E	M	E	D				
L	O	D	E	S	T	A	R							
			D	A	R	K	S	T	A	R				
H	A	V	E	T	O			E	G	O				
E	R	A	S	E		S	H	R	E	W				
A	L	I			S	C	E	N	E	S				
L	O	N	E	S	T	A	R							
			F	O	U	R	S	T	A	R				
B	A	L	L	A	D		H	A	L	O				
O	L	E	A	R	Y		E	L	A	N				
B	L	O	T	S			Y	E	N	S				

PUZZLE #2

P	A	S	T	A		P	E	C	A	N				
E	T	H	E	L		A	L	I	C	E				
P	H	O	T	O		C	I	R	C	E				
P	E	R		F	L	E	E	C	E	D				
E	N	T		T	I	C		U	P	S				
R	A	C	E		T	A	C	I	T					
		I	S	M		R	O	T						
	G	R	E	E	D		S	C	A	T				
D	O	C		T	E	D		O	D	E				
R	O	U	T	I	N	E		U	R	N				
A	F	I	R	E		B	O	R	O	S				
M	U	T	E	R		U	N	T	I	E				
A	P	S	E	S		T	E	S	T	S				

PUZZLE #3

A	F	I	T			F	A	C	E	S				
B	A	S	I	C		L	I	L	A	C				
A	R	O	M	A		A	R	O	S	E				
T	A	B		V	E	X		V	I	N				
E	N	A	M	E	L		B	E	L	T				
	D	R	O	M	E	D	A	R	Y					
			S	A	V	E	S							
	S	C	E	N	A	R	I	O	S					
B	O	O	S		T	I	N	T	E	D				
O	N	O		B	E	D		T	E	E				
S	O	L	V	E		E	V	A	D	E				
C	R	I	E	S		S	E	W	E	D				
H	A	T	E	S		T	A	D	S					

PUZZLE #4

	S	A	G	S		S	W	A	Y					
C	A	R	L	O		H	O	N	E	D				
A	L	O	O	F		A	N	G	L	E				
G	U	M	B	A	L	L		E	P	A				
E	T	A		B	O	T	T	L	E	R				
R	E	S	T	E	R		R	O	D	S				
			A	D	D	L	E							
E	R	I	K		J	O	K	E	R	S				
G	E	N	E	S	I	S		D	A	H				
G	A	S		A	M	E	R	I	K	A				
E	D	I	F	Y		S	O	B	E	R				
D	I	D	O	S		I	S	L	I	P				
	N	E	R	O		T	E	E	N					

PUZZLE #5

H	I	T	I	T		D	O	F	F					
E	R	O	D	E		A	D	L	I	B				
T	I	M	O	N		R	E	I	N	A				
U	S	E		D	O	T		P	A	D				
P	H	I	L	E	A	S	F	O	G	G				
			E	R	R		R	U	L	E				
P	A	P	A	S		V	O	T	E	R				
E	R	A	S		L	A	W							
C	A	P	T	A	I	N	N	E	M	O				
A	B	E		G	E	E		L	A	P				
N	I	E	C	E		S	H	A	N	E				
S	A	T	A	N		S	E	T	I	N				
	N	E	W	T		A	R	E	A	S				

PUZZLE #6

A	T	L	A	S		H	A	G	E	N				
T	R	A	S	H		A	L	A	M	O				
H	I	P	P	O	C	R	A	T	E	S				
O	N	E		W	A	R		E	R	E				
S	I	L	V	E	R	Y		M	A	G				
			A	R	T		F	A	L	A				
S	C	O	T	S		L	I	N	D	Y				
M	O	P	S		M	A	N							
A	C	E		S	A	N	D	L	E	R				
S	A	N		T	R	Y		A	D	E				
H	I	P	P	O	C	A	M	P	U	S				
U	N	I	O	N		R	E	A	C	T				
P	E	T	T	Y		D	A	Z	E	S				

PUZZLE #7

R	O	A	S	T			C	H	A	R				
A	N	N	O	Y		S	H	A	R	E				
H	E	E	D	S		C	U	B	E	S				
R	I	M	S		E	R	M	I	N	E				
A	D	O		A	G	O		T	A	T				
H	A	N	D	S	O	U	T							
	S	E	A	S		N	I	P	S					
			H	A	N	G	S	O	U	T				
P	A	L		S	E	E		P	R	O				
O	B	O	I	S	T		P	U	M	P				
P	A	T	T	I		T	U	L	I	P				
E	S	S	E	N		E	R	A	S	E				
S	E	A	M			E	R	R	E	D				

PUZZLE #8

D	E	B	R	A		S	H	A	M	E				
A	L	O	U	D		C	O	C	O	A				
S	L	O	S	H		R	O	T	O	R				
		K	E	E	P	U	P							
R	O	W		R	O	B		B	A	A				
E	C	O	L	E	S		D	O	N	S				
P	H	R	A	S	E	B	O	O	K	S				
A	R	M	Y		F	I	C	K	L	E				
Y	E	S		T	O	P		M	E	T				
		T	E	R	E	S	A							
R	E	L	A	X		D	A	R	L	A				
A	R	O	M	A		A	R	K	I	N				
T	A	X	E	S		L	I	S	Z	T				

PUZZLE #9

A	C	H	E	S		C	A	S	A	S				
B	L	E	A	T		O	L	I	V	A				
N	O	L	T	E		L	I	N	E	D				
E	S	E		E	C	O		E	N	D				
R	E	N		P	A	N		A	G	E				
S	T	O	L	E	N		E	D	E	N				
		C	E	N	T	A	V	O						
S	M	O	G		E	L	E	C	T	S				
W	A	N		M	E	L		O	R	E				
I	N	N		O	N	O		N	I	N				
P	I	E	T	A		W	I	N	O	S				
E	L	L	E	N		E	R	O	D	E				
S	A	L	E	S		D	A	R	E	D				

PUZZLE #10

C	R	O	P	U	P		S	M	U	T				
R	A	D	I	S	H		P	O	P	E				
A	T	O	N	E	D		I	R	A	N				
B	I	R	D	S		K	E	N	T	S				
S	O	S	O		D	E	S	I	R	E				
			W	A	R	N		N	E	D				
	B	O	N	V	O	Y	A	G	E					
L	O	N		O	P	A	L							
A	L	L	O	W	S		T	E	T	E				
P	O	E	T	S		D	O	L	E	D				
E	T	A	T		C	O	S	I	N	E				
L	I	V	E		A	M	A	Z	O	N				
S	E	E	R		T	E	X	A	N	S				

RESIDENCY
INFORMATION SESSION
Every Wed. & Thurs. 2-3 p.m.
Student Services Amphitheater
New Guidelines for Fall '95

ROSITA'S fine MEXICAN FOOD
Serving Lunch and Dinner 7 Days a Week
WE PROUDLY USE ONLY
* Non-Cholesterol all vegetable oil for frying
* The finest lean beef and skinless chicken
* Produce delivered fresh daily
* Flour tortillas made with canola oil
* We use no preservatives or additives
"YOUR BODY WILL THANK YOU"
COMING SOON TO ROSITA'S:
A MENU DESIGNED WITH NUTRITIONALLY ANALYZED HEALTHY CHOICE OPTIONS.
WATCH OUR AD FOR DETAILS.
ROSITA'S 1/2 PRICE DINNER ROSITA'S
With the purchase of one dinner of equal or greater value.
Not good with any other offer or discount.
Offer good after 2 p.m. Expires 12-13-94.
WITH THIS AD
Mesa
2023 W. Guadalupe
(Southwest Corner Dobson & Guadalupe)
897-9411
Happy Hour Buffet
4-7 p.m.
Monday-Friday
Tempe
960 W. University
(Northeast Corner University & Hardy)
966-0852

University N Price
Sneaky Pete's
Grand Re-Opening
Newly Expanded
Daily Drink Specials • Games & Fun
Satellite T.V. • 5 Dart Boards
Big Screen T.V. • 14 Pool Tables
Happy Hour 11-7 All Week Long
2155 E. University • Tempe, AZ • 350-9328

CALIFORNIA TAN®
Paradise Beach
TANNING SALON
• Wolff Tanning System • Nail Technician
• High Intensity Bulbs • Massage Therapist
8 Tans for $25 or Two Weeks for $19.95
Nails Full Set $29.95
930 W. Broadway • 966-6676

MERRY CHRISTMAS ASU!
SEE YOU IN '95!

INTERNATIONAL BE$T BUY$ DOMESTIC
244-2446

LONDON	485	TOKYO	579	CHICAGO	208
FRANKFURT	495	TAIPEI	650	MINNEAPOLIS	318
PARIS/MUNICH	500	SEOUL/HONG KONG	755	ATLANTA	267
MADRID	555	BANGKOK/SINGAPORE	819	NEWARK	328
SHANNON/DUBLIN	520	JOHANS/LAGOS	1595	DALLAS	182
ATHENS/PRAGUE	875	TELAVIV/CAIRO	900	HOUSTON	184
ROME/MILAN	655	KARACHI/DELHI	1115	HONOLULU	359
WARSAW/BUDAPEST	775	BOMBAY/MADRAS	1100	MEXICO CITY	272

SPECIAL FARES TO S. AMERICA AND MIDDLE EAST
RESTRICTIONS APPLY • OTHER LOW FARES AVAILABLE
FALCON WINGS FOR TRAVEL

THAI MASSAGE
an ancient path to better health
Improve Circulation • Increase Energy
Relieve Stiffness • Improve Flexibility
WORKSHOPS BEGINNING NOW!
840-8667
Winnie Cain, LMT
(Trained in China and Thailand)
Learn the techniques of traditional Thai Medicine Massage in just 2 Days!

PENNZOIL
Pennzoil 10-Minute Oil Change
Performance Protection Quality.™
SAVE $4.00
Full Service $18.95 Reg. $22.95
2014 S. Rural Road • Tempe • 921-9695
250 W. Guadalupe Road • Tempe • 730-8001
Up to 5 quarts • 10/30, 30 wt. • No appointment necessary • Most cars
One coupon per visit • Not valid with any other offer
Expires 12/31/94

The IRISH GIFT House
♣Tara China ♣Apparel • T-shirts
♣Irish Crystal ♣Tapes • Books
♣Celtic Jewelry ♣Claddagh Rings
Unique gifts for all occasions!
731-9755
1335 West University, Tempe
(SE Corner of Priest & University)

DOWNTOWN TEMPE

Happy Holidays!

La Tolteca
Real Mexican Food

Breakfast Special $1.99

HAPPY HOUR 2-8 p.m. BEER from 79¢

SUPER BURRITO $3.29
WITH FREE 32-OZ. DRINK
3-lb. burrito filled with red and green chile, double-wrapped in fresh tortillas, lettuce, tomato & cheese. Choice of chicken or beef.
EXPIRES 12-27-94 One coupon per customer per visit.

Tempe: 216 E. University - just east of Forest - 829-6026
Phoenix Locations: 12th St. & Van Buren, 253-1511 • Central & Southern, 276-7531
32nd Ave. & Van Buren, 272-3239 • 59th Ave. & Bethany Home, 934-6635

PHOTOMARK
POSTER SIZE 20x30
$14.95 EACH
204 E. University • 894-8337
Behind CHUCK BOX • Corner of Forest at ASU
GOOD THROUGH THE MONTH OF DECEMBER

CASH FOR BOOKS
10% Gift Certificate on all buy-backs over $30
Student Book Center
704 S. College Ave.
One Block North of ASU

Shop downtown Tempe for everyone on your list!

CASH FOR BOOKS
10% Gift Certificate on all buy-backs over $30
Student Book Center
704 S. College Ave.
One Block North of ASU

LEATHER MILL
Your Student and Faculty Leather Store
Great Christmas Ideas!
Great Variety – Great Quality – Great Prices!
☆Backpacks
☆Bookbags
☆Briefcases
☆Jackets
☆Hats
☆Wallets
☆Handbags
☆and Much Much More!
HATS: Leather – Felts – Oil Skins
Ask us about our ASU I.D. DISCOUNTS!
Major Credit Cards Accepted
OLD TOWN TEMPE
6th St. & Mill
(just West of Mill)
DOWNTOWN TEMPE
894-0499
THE ARIZONA CENTER
3rd St. & Van Buren
PHOENIX
253-8949
AN ARIZONA FAMILY LEATHER BUSINESS SINCE 1977

MIGUEL'S MUSIC CENTER
➤METRONOMES • ACCESSORIES • ETC.
➤ELECTRIC & ACOUSTIC GUITARS
➤AMPS • ELECTRIC EFFECTS • SHEET MUSIC
➤LESSONS (Rock • Contemporary • Folk • Classic Guitar)
➤REPAIRS ➤ On All Instruments!
...and much MORE!
Next to Ozzie's Warehouse In The Arches Shopping Center
130 E. University Dr. 968-2310

Harkins Luxury Theatres
$3.00 Gourmet Snack Bar • Stereo Surround Sound
▲ denotes Special Engagement

POCA FIESTA 4 — Southern & Alma School 835-1111
LOW DOWN DIRTY SHAME PG (Tues-Thurs) 12:30, 2:50, 5:10, 8:00, 10:10
STAR TREK GENERATIONS PG (Tues-Thurs) 11:30, 12:15, 2:00, 2:40, 4:40, 5:20, 7:15, 7:50, 9:40, 10:20 — ON TWO SCREENS! DIGITAL 6 TRACK
THE PROFESSIONAL R (Tues-Thurs) 11:45, 2:20, 5:00, 7:30, 10:00

FIESTA 5 — 1520 S. Longmore west of Fiesta Mall 834-4600
INTERVIEW WITH THE VAMPIRE R (Tues-Thurs) 11:40, 2:30, 5:15, 8:00, 10:40 — DIGITAL
STARGATE PG-13 (Tues-Thurs) 11:50, 2:20, 5:00, 7:30, 10:20; (Wed) 2:20, 5:00, 7:30, 10:20 — DIGITAL 6 TRACK
BULLETS OVER BROADWAY R (Tues-Thurs) 11:45, 2:15, 4:45, 7:15, 10:00 — ★★★★ Bob Fender, AZ REP
MIRACLE ON 34TH STREET PG (Tues-Thurs) 12:15, 2:45, 5:20, 7:45, 10:30
PULP FICTION R (Tues-Thurs) 12:00, 3:10, 7:00, 10:10

CORNERSTONE 6 — Rural and University 829-8899
MARY SHELLEY'S FRANKENSTEIN R (Tues-Thurs) 11:00, 1:40, 4:20, 7:00
LOW DOWN DIRTY SHAME PG (Tues-Thurs) 11:40, 2:00, 5:00, 7:40
THE PAGEMASTER PG (Tues-Thurs) 11:15, 1:15, 3:15, 5:15, 7:10
THE LION KING G (Tues-Thurs) 11:30, 1:30, 3:30, 5:30, 7:30 — Walt Disney
THE PROFESSIONAL R (Tues-Thurs) 11:10, 1:50, 4:30, 7:20
PULP FICTION R (Tues-Thurs) 1:45, 4:45, 7:50

TRI-CITY 5 $1.50 ONLY 75¢ — Tri-City Mall 464-8800
CLEAR & PRESENT DANGER PG-13 (Tues-Thurs) 1:00, 4:00, 7:00
TERMINAL VELOCITY PG (Tues-Thurs) 1:40, 4:35, 7:25
THE MASK PG-13 (Tues-Thurs) 1:25, 4:20, 7:10
TIME COP R (Tues-Thurs) 1:50, 4:50, 7:40
CAMP NOWHERE PG PLUS! THE NEXT KARATE KID PG (Tues-Thurs) 3:25, 7:50; (Tues-Thurs) 1:05, 5:30

CENTERPOINT 11 — Mill and University 968-2465
Trapped in PARADISE PG-13 ▲ (Tues-Thurs) 2:20, 4:55, 7:30, 10:05
JUNIOR PG-13 (Tues-Thurs) 2:25, 5:00, 7:35, 10:10 — DIGITAL 6 TRACK
STAR TREK GENERATIONS PG (Tues-Thurs) 2:25, 5:05, 7:45, 10:20; (Tues-Thurs) 1:55, 4:35, 7:15, 9:50 — ON TWO SCREENS! DIGITAL 6 TRACK
INTERVIEW WITH THE VAMPIRE R (Tues-Thurs) 2:10, 5:00, 7:50; (Tues-Thurs) 1:20, 4:10, 7:00, 9:50 — ON TWO SCREENS! DOLBY
STARGATE PG-13 (Tues-Thurs) 1:45, 4:30, 7:20, 10:10 — DIGITAL 6 TRACK — A Harkins Exclusive!
CLERKS R (Tues-Thurs) 2:55, 5:25, 7:55, 10:25
MIRACLE ON 34TH STREET PG (Tues-Thurs) 1:45, 4:20, 7:05, 9:40
THE SANTA CLAUSE PG (Tues-Thurs) 12:30, 2:30, 3:00, 4:55, 5:30, 7:25, 8:00, 9:55, 10:30 — ON TWO SCREENS!

Showtimes Good for Tuesday, December 6 – Thursday, December 8

Denver $90*

Chicago	$109*
New York	$184*
Boston	$184*
Philadelphia	$184*
Washington D.C.	$184*
Miami	$199*

* Fares are each way from Phoenix based on a roundtrip purchase. Restrictions apply and taxes not included. Call for other worldwide destinations.

Council Travel
Drop by for a FREE Student Travels magazine
120 E. University, Ste. E
Tempe, AZ 85281
Located at Forest and University (directly across from ASU.)
966-3544
Eurailpasses issued on-the-spot!

DOWNTOWN TEMPE

$5.00 OFF
With Coupon.
For regular price merchandise $49 or more



Not valid on sale items or with other offers.
Expires 12/31/94

great looking Birkenstock sandals
Rockport Timberland
Dr. AirWair Martens
Teva THE SPORT SANDAL.
THE SHOE MILL
398 So. Mill • Tempe • 966-3139
"Where Arizona goes for Comfort"

Happy Holidays!

Gibson
"too much soul to control"

TUESDAY • Dec. 6
FLAVORSHOP
Ladies free until 11pm
$1.00 Well, Wine & Draft 8-11pm

WEDNESDAY• Dec. 7
SPINNING JENNY
with Postvale Road and Satellite
$1.00 Well, Wine, & Dom. Draft 8-10pm

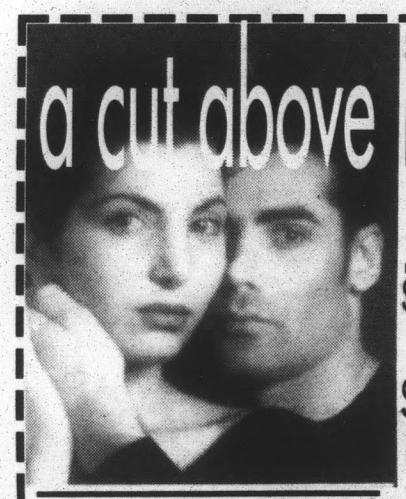
THURSDAY • Dec. 8
THE REFRESHMENTS
CD Release Party!
with Polliwog

FRIDAY • Dec. 9
KZON Presents
PALADINS
with ONE

SATURDAY • Dec. 10
Gibson's Christmas Party
WISE MONKEY ORCHESTRA
with Newton

SUNDAY • Dec. 11
BOOGIE KNIGHTS

410 S. Mill • in Hayden Square • 967-1234



$2 OFF haircut
includes shampoo & conditioner
Expires 1-18-95

$19.95 perm special
(long hair and specialty wrap higher)
Expires 1-18-95

tanning special
$19.95 for 10 sessions or $34.95 for 20 sessions
maximum three packages per person
Expires 1-18-95

we care hair
QUALITY HAIR CARE - AFFORDABLY PRICED
403 w. university
next to tops
phone 829-7774
mon-fri 9-9, sat 9-6, sun 11-5
Paul Mitchell Hair Care Products
NEXXUS

PHOTOMARK
POSTER SIZE
20x30
$14.95 EACH
204 E. University • 894-8337
Behind CHUCK BOX • Corner of Forest at ASU
GOOD THROUGH THE MONTH OF DECEMBER

Layaway NOW for Christmas
Children's Bikes
reg. $129.95 NOW $78.88
FULLY ASSEMBLED
Offer Expires 12/12/94

Great Gift Idea for Families!
A Bike TRAILER to Carry Children
MUCH SAFER than Bike-Mounted Carriers
reg. $350.00
CHRISTMAS SPECIAL $250.00
Offer Expires 12/12/94

Give A Gift That Always Fits
A TEMPE BICYCLE
GIFT CERTIFICATE
Stop In and Discover the Best in MONEY-SAVING GIFT IDEAS – SERVICE, SELECTION, and FRIENDLY HELP!

TEMPE BICYCLE
330 W. University & Farmer
(4 Blocks W. of Mill)
966-6896

411 club
CHECK OUT PAGES 16 & 17 in Section 1
411 S. Mill Ave. • 966-2020

Arizona's premiere downtown for entertainment, dining & shopping

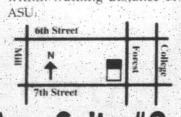
Happy Holidays!

SHALIMAR
Indian Cuisine

WINNER: BEST OF PHOENIX 1994

DAILY LUNCH BUFFET
$4.95
11:30am-2:30pm
Valid w/ coupon thru 12-31-94

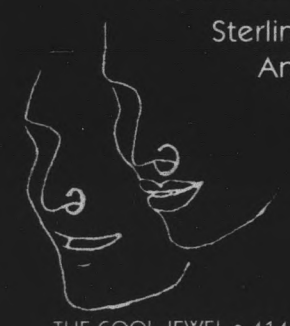
Shalimar is a dream come true, the finest Indian cuisine within walking distance of ASU.



25% OFF
DINNER ENTREES
5:00pm-10:00pm
7 DAYS
Valid w/ coupon thru 12-31-94

616 S. Forest Ave. Suite #2 **967-8399**

REAL PEOPLE WEAR
FAKE NOSE RINGS
(We carry real ones, too.)



Sterling Silver:
Ankle Bracelets
Toe Rings,
Hoops, Cuffs,
Studs and
Lots of
Single
Earrings

THE COOL JEWEL • 414 S. Mill Ave. #121
(behind The Spaghetti Company) • 829-1127

SURF CITY SQUEEZE

Yes mother, I'm eating healthy . . .

- Freshly Juiced Fruits and Vegetables
- Protein Powder
- Wheat Germ
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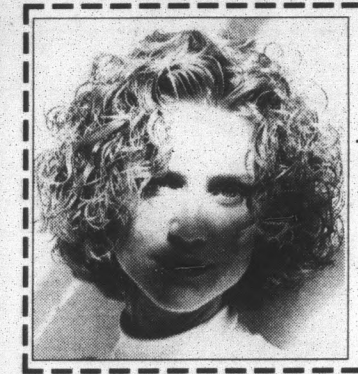
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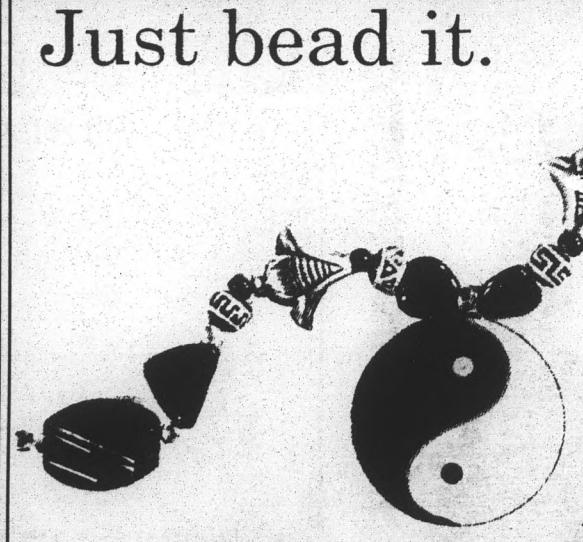
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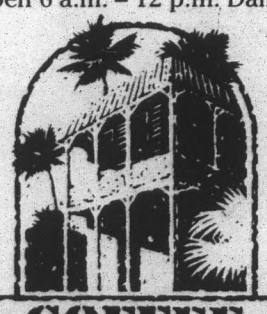
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Speechless

CONTINUED FROM PAGE 45.

script that's well-written, intelligent and has Geena Davis attached to it, it's going to leap out at you."

Underwood observes, "Kevin and Julia are the kind people I would like to have over for dinner. I knew the challenge lay in bringing these characters I loved on the page to life. But, envisioning Michael and Geena in those parts, I knew "Speechless" would be a dream project."

If, in "Speechless," it seems that the fates are conspiring to keep Kevin and Julia apart, aiding in the conspiracy are Kevin's ex-wife and Julia's ex-fiance. The campaign brings reunions with these respective old flames, both of whom are angling to pick up where they left off.

Handsome leading man Christopher Reeve portrays Julia's former–and possibly future–fiance, a dashing network correspondent whose exploits in the Gulf War earned him the nickname "Baghdad Bob" Freed. "My job," Reeve notes, "was to make him a reasonable choice for Julia. Then, if he's oblivious to Kevin's attempts to undermine him, it becomes a force of the comedy."

Bonnie Bedelia stars as Kevin's ex-wife, Annette, a "campaign goddess" as described in the script, which goes on to affirm, "every campaign has one." The outstanding cast also includes: Ernie Hudson and Charles Martin Smith as campaign staffers in Julia's arena; Gailard Sartain as a handler in Kevin's camp; Ray Baker and Mitchell Ryan as the rival candidates; and Harry Shearer and Steven Wright as the stars of a wacky sitcom for which Kevin writes when he is not penning speeches.

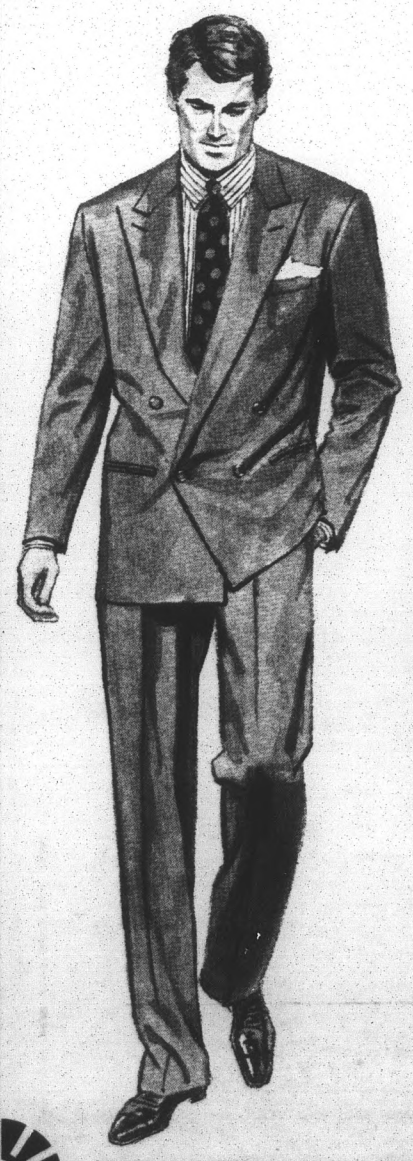
Lending their talents to the distinguished creative team behind the scenes were director of photography Don Peterman, production designer Dennis Washington, costume designer Jane Robinson, editor Richard Francis-Bruce and composer Marc Shaiman.

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Holiday Flicks

Mixed Nuts

Christmas is only hours away, and Philip (Steve Martin) and his dedicated suicide hotline staff are about to go just a little bit crazy. Philip will be dumped by his fiance, his hotline service will be evicted, he will tango with a lonely cross-dresser, and he'll tangle with a gun toting Claus-dresser. Yes, the holidays can be hectic, especially in Mixed Nuts, a romantic comedy for the '90s that grapples with such pressing matters as life, death, love, birth and even fruitcakes.

Philip is a clumsy do-gooder who runs Lifesavers, a suicide prevention hotline service in the funky beach community of Venice, California. Unfortunately, Lifesavers is going to be evicted so the landlord can turn the building into a condominium complex. Philip, however, remains optimistic: He always sees the light at the end of the tunnel, even though it's inevitably the headlight of the next oncoming train. As Martin says: "I play the hapless leader of a hapless bunch of people."

Philip's Lifesavers is a place where the rescuers need help, where the lines of communication are hopelessly tangled, where anxious callers get cut off. Here, disorder is the order of the day, particularly on Christmas Eve, when people can become so overwhelmed by

TURN TO MIXED NUTS, PAGE 53.



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Your quirky charm draws admirers this week—play your cards right, and you're bound for success. Keep an eye on your health. The winter weather takes its toll, and your health may pay the price.

TAURUS
April 21–May 21
Turn up the heat with romance this weekend. Your faithful affections let a loved one know you're in their corner. A long-distance phone call could bring the news you've been waiting for.

GEMINI
May 22–June 21
Use your inventive gifts this week to impress a higher-up. Your reasoning skills are put to the test during a heated debate. Stay cool—your intellect makes you the victor.

CANCER
June 22–July 22
Be patient with a friend in need. Your understanding nature is the key to an intensified relationship. Keep an eye on your money, particularly when entertaining over the weekend.

LEO
July 23–August 23
Get to the heart of matters in your personal life, but resist the urge to boldly voice your views. Finances will begin to look up by the end of the week.

VIRGO
August 24–September 22
An upset at the office brings you down. Take it easy on yourself—things will work themselves out by the end of the week. Look to a new acquaintance to make an appealing offer.

LIBRA
September 23–October 23
Your loyal nature may make you blind to danger. Take caution—particularly in home affairs. Money matters are looking up.

SCORPIO
October 24–November 22
Determined as you are, now is the time to go after your goals! A sincere offer makes you wonder if you're on the right track for the future.

SAGITTARIUS
November 23–December 21
Your honesty pays off this week as a key to a companion's true motives. Get out and enjoy the winter weather—your fun-loving nature brightens others' spirits.

CAPRICORN
December 22–January 20
Hard work is at hand. Don't despair—your industrious nature pushes you ahead and leaves you with a feeling of accomplishment. Now is a good time to look for that soul mate you've been wishing for.

AQUARIUS
January 21–February 18
Keep your moods in check this week, particularly when dealing with a younger sibling. Dreams are your best companion. Listen to them and discover promising opportunities.

PISCES
February 19–March 20
Use your understanding personality to get closer to a friend in need. Cheer up! Days are getting brighter, and the end of the week brings some refreshing news.

Mixed Nuts

CONTINUED FROM PAGE 52.
all that Yuletide cheer that there's only one thing to do: reach for the phone and call for help.

"Mixed Nuts" is a TriStar Pictures presentation of a Witt-Thomas production starring Steve Martin, Madeline Kahn, Robert Klein, Anthony LaPaglia, Juliette Lewis, Rob Reiner, Adam Sandler, Liev Schreiber and Rita Wilson. Nora Ephron directs the film, which she wrote with Delia Ephron and which is loosely based on the French cult film "Le Pere Noel est une Ordure." The producers are Paul Junger Witt, Tony Thomas and Joseph Hartwick, and the executive producers are Delia Ephron and James W. Skotchdopole.

In truth, Lifesavers is not that different from the outside world it is dedicated to mending. Filled with several lifetimes' worth of unrealized yearnings and unfulfilled fantasies, its office attracts a constant stream of the walking wounded, all tripping over each other as they chase their dreams.

Catherine O'Shaughnessey (Rita Wilson) is a hotline worker with a secret crush on Philip and a deep fear of becoming an old maid. While she's dreaming of romantic interludes with Philip, he gives her a box of pears for Christmas; thoughtful but hardly personal, let alone sexy. Clearly, a gift membership in the fruit of the month club is not in the same league as Catherine's gift to Philip: a pair of pajamas she knitted herself.

Blanche Munchnik (Madeline Kahn), the resident curmudgeon, is the third worker at Lifesavers. An officious widow, she is just trying to get to her dead husband's sister's house for Christmas Eve dinner, but stuck elevators, flying fruitcakes and other strange phenomena conspire to delay her departure.

Speaking of the staff and its professional skills, Wilson says: "They're all really lonely people, and Lifesavers is a place where they come and have a little home. They are all a little inept. They do their best, they really try hard, but I don't think they realize that they're goofing up."

Circulating through and around Lifesavers is a disparate group that includes Gracie Barzini (Juliette Lewis), the feisty young owner of a second-hand clothing store who demands more out of life, if not for herself, then for her unborn baby.

TURN TO MIXED NUTS, PAGE 55.

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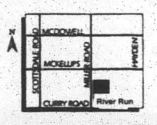
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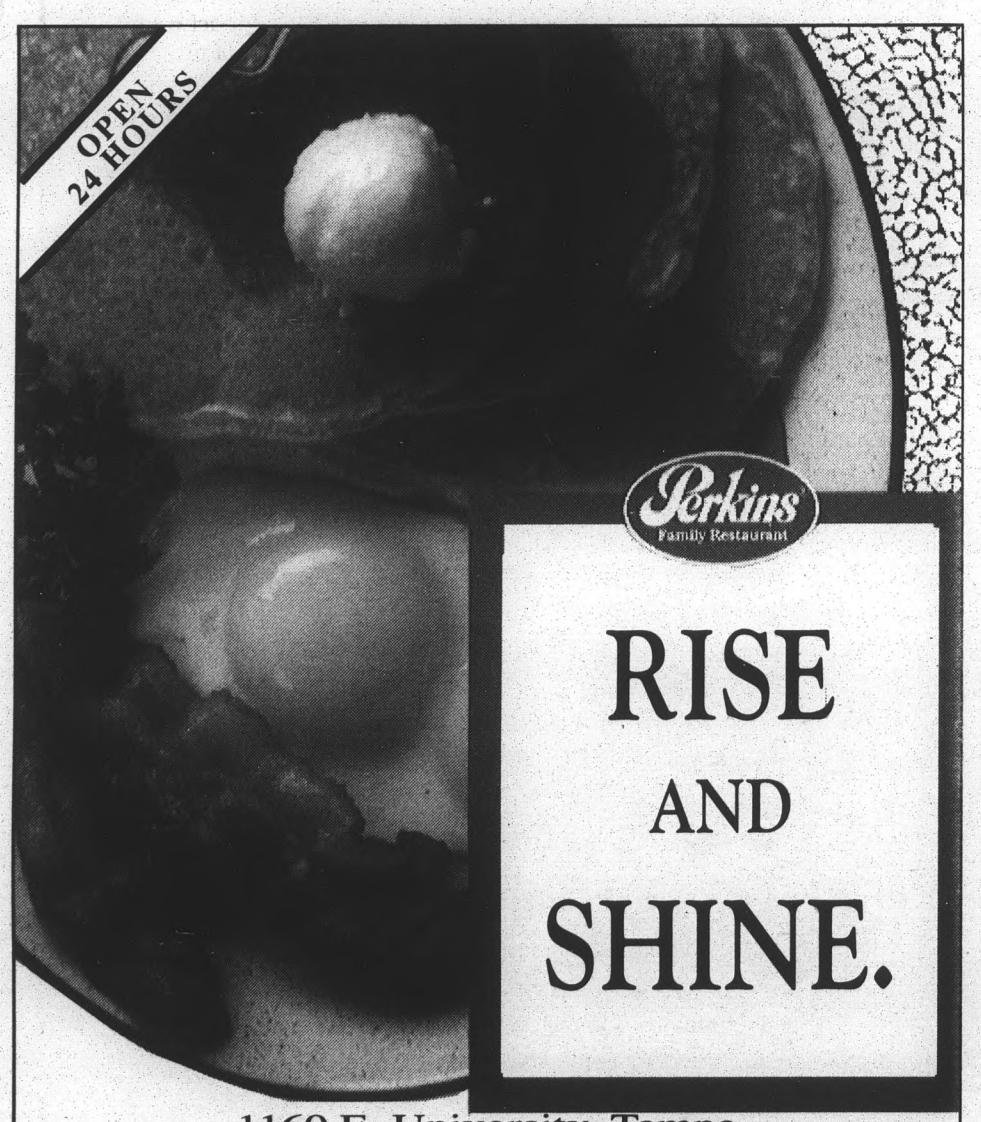
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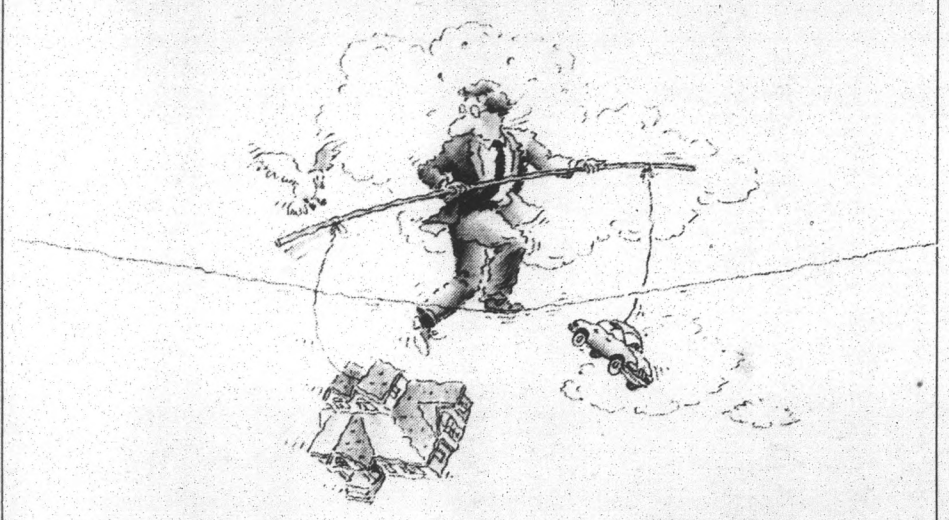
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Mixed Nuts

CONTINUED FROM PAGE 53.

Gracie's Santa Claus suited boyfriend, Felix (LaPaglia), is a flawed father-to-be "who wants to be an artist but who basically is not capable of employment," LaPaglia says.

Then there is Mr. Lobel (Robert Klein), an ornery tenant in the building who is constantly walking his three dogs; Dr. Kinsky (Rob Reiner), a veterinarian pressed into temporary duty as a doctor of humans by his friend Philip; Louie (Adam Sandler), a ukelele playing, songwriting tenant in the same building as the hotline service; Chris (Liev Schreiber), a transvestite who seeks companionship at the Lifesavers office; and Stanley Tannenbaum (Garry Shandling), the heartless landlord who serves Lifesavers with an eviction notice on Christmas Eve.

Kahn notes, "Each person has a dilemma, and they don't see that the solution to their dilemma is right in front of their noses."

Delia Ephron, one of the film's writers and executive producers, says: "The characters in Mixed Nuts are all lonely at Christmas, and they're emotionally displaced in their lives. By the end of the night, they've all found happiness. In the end, it is a fantasy come true."

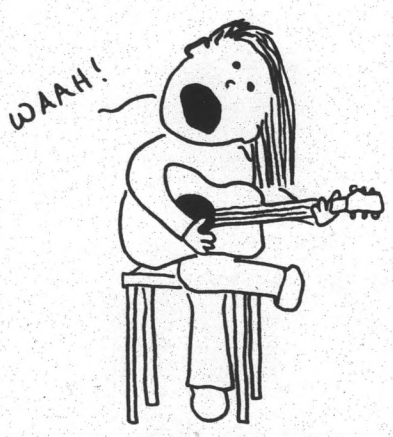
"I think there is a good feeling created by this movie," Martin says. "It is about misfits, and in a way all of us are misfits–some more than others. It's about those people who feel they are in a world where they have no influence and are dependent on just a few people. Mixed Nuts portrays those people and gives them a sense of glory and worth."

"What I love about this movie," says Delia Ephron, "is that it's about love, and it's about one night that can change everyone's life. That's the most magical quality about Christmas–it could be a very special day in your life."

Mixed Nuts moves forward with lightning speed, a sight gag following a punchline and on and on. LaPaglia says: "It's unusual these days to get involved in a project that has the qualities of a farce. This film is really about physical timing and the timing of the dialogue–speed, really ratcheting it up a couple of notches but keeping it real."

Lewis sums it up in a line: "Nora doesn't like any dead time."

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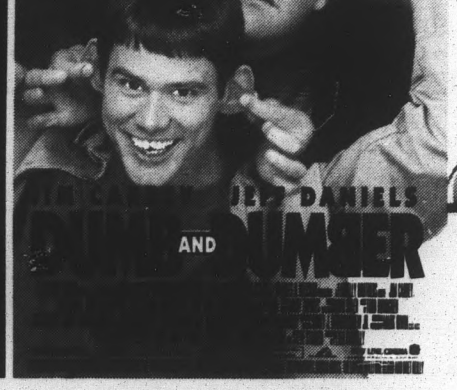
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Tempe, AZ 85287

Impress your family and friends.

Fool your friends and parents with the gift of brains. Impress them. Keep them guessing. Just cut out, white out (your name), type in your name, photocopy, glue onto a business card and there you have it!

Free Gift 2

HAVING AN OFFICE PARTY?

The perfect gift.

A sign for your office mate's door.

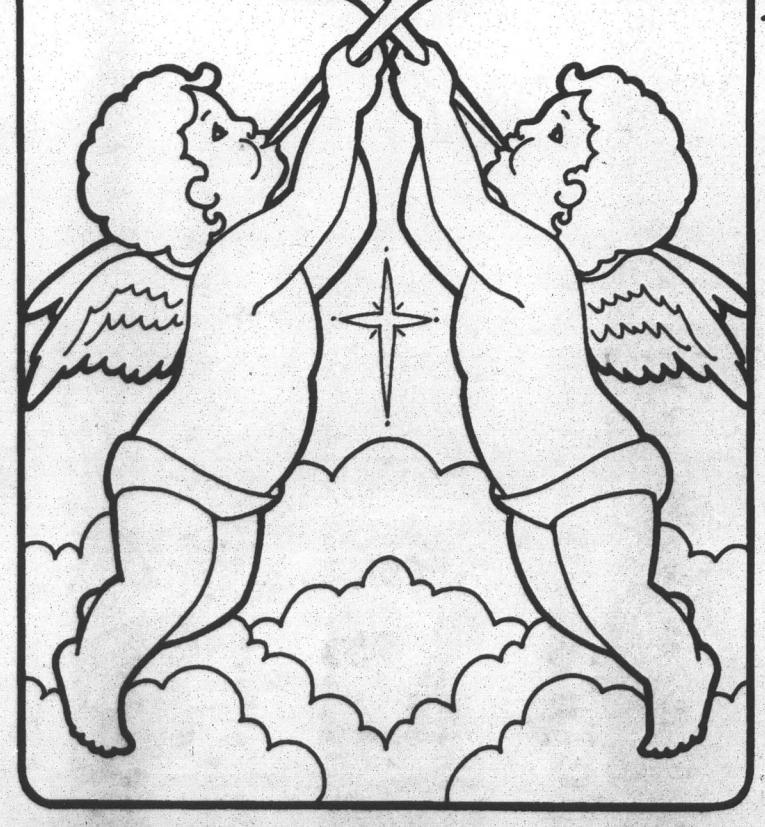
Just cut it out and hang on door. Need it bigger? Enlarge it on the copier! or be really cool and have it laminated!

OUT TO LUNCH

Free Gift 3

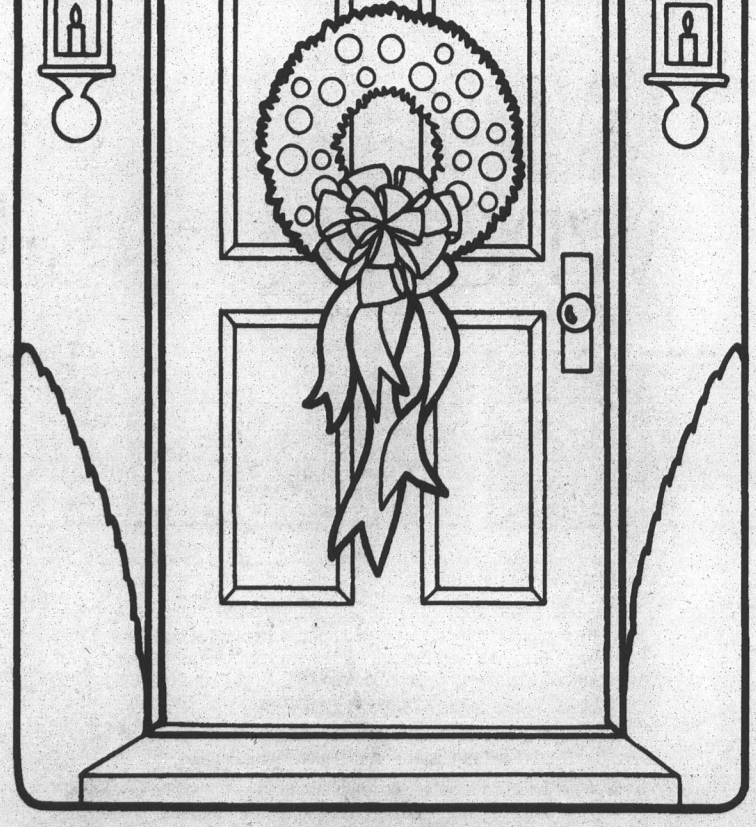
in a pinch for a gift? whip out the crayolas and get busy!





Just color these festive drawings, clip 'em out and give them to your loved ones for the truly "homemade" gift effect.

After all...it's the thought that counts, right?



to: _____ from: _____

to: _____ from: _____

Free Gift 4

Great for Parents!

Need to score some major points in a hurry? Here's your chance. Cut this out, white out the (your names), type in the correct names, photocopy on a 10¢ piece of linen paper and reap the benefits.
You are such a good student. Maybe you'll get that Porsche for Christmas after all.

OFFICE
OF THE
DEAN

ARIZONA STATE UNIVERSITY
TEMPE, AZ

Dear _____,

It is my pleasure to inform you that your _____ (son/daughter), _____ (your name), has been awarded the meritorious "Golden Pencil" award, carefully selected out of a competitive class of over 7,000 worthy students. It was your _____ (son/daughter)'s sensitive account of your family's nightmare while trapped inside a nuclear waste holding tank in upstate New York. It was an astonishing piece of work and we feel strongly that _____ (your name) has influenced _____ (his/her) peers and has demonstrated a brilliant writing aptitude.

Along with the two-semester scholarship _____ (your name) has won, _____ (he/she) will also receive a lifetime supply of number two pencils (hence the Golden Pencil Award), as well as a gift certificate to the campus book-store.

Congratulations Mr. and Mrs. _____ (your parents' name). Your _____ (son/daughter) is an inspiration to us all.

We sincerely hope that your family completely recovers from the fallout.

Best Wishes,

S.O. Terrick
Dean
Office of the Dean
Arizona State University

with these free gifts ... you have no excuses for not giving everyone a token of your appreciation ...

Free Gift 5

EVERYONE should put this gift on their list:

a very special gift

FREE HIV TESTS

Free. Anonymous. On Campus. Call Wednesdays at 8am, 965-4721 for appointment for testing at ASU Student Health Center.

Knowing that you are HIV negative truly is a gift.

Do it as a gift to yourself.

HAPPY HOLIDAYS

Free Gift 6

everyone needs their privacy. what a sensitive gift...

Just clip out, color, glue onto a piece of cardboard and there you have a perfect gift for your roommate or office mate to hang on their door.

I am (check one)

- ☐ very busy
- ☐ eating
- ☐ sleeping
- ☐ with company
- ☐ depressed
- ☐ gone
- ☐ out to lunch
- ☐ playing cards
- ☐ other _____



LETTERS TO SANTA

CONTEST WINNERS

FIRST PLACE WINNER

Warmest & Fuzziest

Rebecca Brown

Congratulations Rebecca! You've won first place with the "warmest and fuzziest" letter to Santa! Stop by room 47 in the basement of Matthews Center, room 47, and see Elf Gwen Lawernz for your $15 dining certificate to Sunny's Pizza! P.S. Way to go with your dad! Our judges were in tears.

Dear Santa,

I'm writing to inform you that your trip this year will be one stop shorter. You see, the fact of the matter is that I don't want anything for Christmas this year. In the last two weeks I have received the best gift I could ever ask for.

For a long time now, I have been holding a grudge against my father. My parents divorced when I was 9-years-old, and ever since then I have hated my father for leaving us (I have two brothers and a very loving mother). I have always accused him of not loving us and not caring enough to try. Until just recently, I have not been able to see past the hate. Thanks to someone very special to me, the wall has crumbled. He showed me that I was so consumed in my feelings that my father didn't love me, that I was neglecting the simple fact that he was just that: my father. I realized that there was no denying it, and began to let my hate go. I remembered all the wonderful things he did for me and how the only time I ever saw him cry was when he said good-bye to me when he moved out of our home. My father loves me, and I finally see it. I even realized just how much I love him. He is a very prestigious and powerful man, but most importantly, he is my hero. We are now able to communicate without arguing and take steps toward each other rather than further away. My whole life has changed now that I have my father back.

So you see, Santa, I'm not asking for anything this year because my biggest dream has finally come true. Christmas is a time for family, and this Christmas will finally feel complete to me. Santa, please give my gifts to someone who really needs them, because all I want for Christmas is something I have already found within myself.

Love Always,

Rebecca L. Brown

SECOND PLACE WINNER

The Best Christmas Spirit

Damian Shaw

Congratulations, Damian, for reminding us that people really do care. You're our second place winner for sharing "the best Christmas spirit." Come to the basement of Matthews Center in room 47 and see elf Gwen Lawrenz for your $10 in movie money from Harkins Theatres!

Dear Santa,

I usually write to you each year with my list of demands. This year instead of a list, I'd just like to tell you about my last Christmas.

Last year, I had two jobs in retail, and they taught me what Christmas was about. Christmas was about shoppers knocking each other over to get the last five in one golf tool. It was about shoppers with Special Edition Cabbage Patch Dolls being escorted to their cars, because of armed robberies aimed at snagging just such dolls. Christmas spirit, as my employers reminded me, was about working no matter how sick you were because there was money to be made!

I had an apartment that I supported with my jobs at the pharmacy and the mall. To save on my electric bill, I built a large fire in my fire place before bed so I could turn down the heater. I had two jobs, but I wasn't rich.

On December 22, at two A.M., a log rolled out of my fire place and started a fire. By chance. I woke up, not quite over come by smoke, I was able to crawl out alive I spent the next three hours watching my apartment and all my possessions burn to the ground. Luckily, everyone else got out safely and no one was hurt.

Taking stock of what I had lost was easy, it was everything. My T.V., my couch, my bed, my clothes, even the underwear I was wearing was stained black from smoke and would have to be thrown out. I didn't have apartment insurance, so none of it would be replaced.

Since my family lived out of town, I stayed with my girlfriends parents. I called both of my employers and explained that I needed a day off to recover, but I'd be in the next day. The pharmacy asked me to come in anyway. Retail at Christmas, after all, was more important than fires.

I was wrong. I came to the door at work to find a sign explaining that an employee had lost everything in a fire and any help would be appreciated. Inside, there were boxes of clothes already, most of them new. I'd never owned a Polo sweatshirt in my life, but there as two of them. And then there was the cash, a couple of hundred dollars, most of it from customers who didn't even know me. On top of that I got sympathetic faces, something I was in real need of three days before Christmas. Oh yeah, and they didn't expect me to work until I wanted to.

I came home to a message on the machine from my other job at the mall. "We've taken up a collection, you can pick it up anytime you like." I came in the next day to find that not only had employees chipped in, but the company had also next-day-aired a check to me for $350. Brookstone, the company that made it difficult to requisition money for batteries, also had money to give.

The phone calls and money also poured in from relatives as soon as they found out. "Hope you're all right, here's fifty bucks." It got to thepoint where I had to ask people to stop giving. I had so many extra clothes that I wound up giving a lot away to fire victims from another apartment complex.

Santa, I appreciate my possessions a little less now, knowing they're not as important as the people around me. So I don't think I'll enclose a list of what I want this year, I'll just appreciate what I have a lot more; and I think I've realized that the Christmas spirit isn't dead quite yet.

Damian Shaw

P.S. I'll still leave out the milk and cookies

Come Get Your Prizes, WINNERS!

Stop by Room 47 of Matthews Center and see Elf Gwen Lawrenz

THIRD PLACE WINNER

Most Innovative

Connie Sue Spencer

This is the most innovative letter to Santa our judges have ever read! WOW! Even though it takes the warms and fuzzies out of Christmas, our judges felt it was an excellent dislpay of creative thinking and evolution of thought. Change happens! Ms. Spencer is encouraged to pursue her future in creative writing! Thanks for a great entry. Stop by and see elf Gwen Lawrenz in room 47 of Matthews Center basement for your coffee mug! Congratulations on winning third place for the most innovative letter to Santa!

CONTEMPORARY COMMUNICATION
" Your Image is Our Business"
2 4 2 4 Suave Square
Tempe, Arizona

December 1, 1994

Mr. Santa N. Clause
dba "Santa's Workshop"
The North Pole

Dear Mr. Clause:

This letter is in response to your inquiry for a more contemporary image for you and your gift-giving enterprise. As the leader in Creative Marketing, it is obvious you have taken the pulse of today's business world and realized it is time for a change. Congratulations on your foresight!
After gathering background information, viewing current photos of you and your staff at work, evaluating the marketplace and discussing the situation in depth, I would like to propose a number of changes which I feel would best project the "90's Image" you desire. We think you will agree, communication is the key! Not only in what you say and how you say it, but in your style of dress, the tools of your trade, and the environment around you. With this in mind, we offer the following suggestions:

Appearance:

It is vitally important that you rid yourself of the red suit and hat and those heavy boots! The color only serves to draw undue attention while the style does little to hide that "round little belly" we've heard so much about. I would suggest you visit with the Men's Design Shoppe at the nearest I. Magnin and look at pieces in a lightweight wool or fashionable blend. Although some 3-piece designs would be suitable, styles that would lengthen the visual line would be preferable. In addition, I suggest you immediately divest yourself of that unruly beard and have your hair styled in something that would reflect more of a GQ impression.
Next, it would be to your advantage to shop for a compartmentalized leather briefcase (black or brown) to take the place of that well— worn sack in which you've been carrying your delivery lists and gift items. In the future, gift items should be shipped UPS or Federal Express; certainly either firm would be willing to enter into a lucrative contractual agreement. It is totally unacceptable for management to handle personal delivery except in the most unusual situations, and this will free you for the more important duties of management.

Headquarters and Staffing

I would suggest you lease office space in one of the more visible metropolitan area high-rise buildings providing accessibility and encouraging productivity among your staff members. Given the current Federal EE0 and discrimination standards, it will be necessary that you balance your staff with more female and minority employees, as well as taller workers that are more representative of the population. Immediately implement a dress code for all employees to eliminate those ridiculous green elf suits.

Communication

It will be necessary for you to attend the latest Dale Carnegie Institute to brush up your public speaking skills. In my opinion, "Merry Christmas to all and to all a good nite" is sadly passe' and fails to communicate the scope of your message. You must strive to adapt to a more politically correct vocabulary and develop your ideas for public presentation. Strive for visibility; one appearance per year is hardly enough to gain public recognition. Eliminate the multitude of look-alike representatives you currently employ and make those appearances yourself. Your public deserves the best! Avoid being alone with young children; the risk of misinterpretation in light of today's child abuse problem is too high.

Transportation

The Wildlife Federation currently takes issue with your exploitation of the reindeer, and it would be to your advantage to update your transportation with a new Lexus or BMW.
I hope you find these suggestion helpful, and wish you every happiness for the Holiday Season.

Sincerely,

Connie Sue Spencer
President
CONTEMPORARY COMMUNICATIONS

BEST COVERT OPERATION

Honorable Mention

ASU Facilities Managements

Sending a very honorable mention to Facilities management for their letter to Santa. The fruits of your labor are infinite! Thank you!

Dear Santa,

We are elves that work for a jolly, optimistic man (who is currently wearing a lot of green and brown) who in many ways is like you. We can relate to your mission statement (Ho Ho Ho!) more than you might realize. You see, your elves and our elves have a lot in common.
We both work around a school year and "kids", more or less. We are at our busiest during the holidays, when we do our "special projects" for them. We look out for our "kids", and generally know when they have been naughty or nice (our groups should compare lists sometime).
We make and do wonderful things for them with no money, no visible support, and "magic dust". We don't have reindeer. We had a patrol horse named Cisco and scooters once. The scooters mostly died, and we had to give the horse away because he kept falling into construction pits.
We do our best work when the "kids" are asleep, partying, busy, or distracted. If they get what they wanted from us they go on as usual thinking about next Christmas, but if they don't, they write memos that say we're not real and we don't love them any more. Elves are universal, we think. No one thinks of elves as having their own families and children. Elves are always pictured as industrious and very busy, but never clocking out, going home, and having another life other than the dream toy assembly line. People probably don't think elves get paid, or need to eat, or get sick, or loose dear ones. Elves are always pictured concentrating or happy. They are never known to cry, or be angry, or win or loose. Elves just are.
As you, our dear Santa, must also know, elves do care about the ones they make their magic for; perhaps they care too much at times. They are hurt when the ones they work so hard to serve do not see the effort, resourcefulness, and love that goes into their magic. Elves are very happy and proud when one of their "kids" goes out into the world a fantastic person, and they weep for the ones who struggle.
This is not an "I want" letter. God knows we both get enough of them, but then that's why we are here. We're sending you all a "dos bolsas" and Feliz navidad". Double bag those big ones and Merry Christmas.
All our love and our best "Magic Dust",

Lattie's Elves

MOST TWISTED

James Frusetta

Conratulations James! Is that a Nerf bat, a plastic bat or an oak bat you're after for a motivational tool? Anyway, we enjoyed your twisted Christmas wishes and wanted to share them with the world. And your prize? Well, you get one FREE personal in the State Press. Pick up your prize from Jackie Eldridge!

Dear Santa Claus –

All right, let's get one thing clear. For 23 years, I've put your standard bribe of milk and cookies out by the tree, and for 23 years I've seen zip.

Yeah, sure, there's always the presents marked "From Santa," but I've seen the Family putting those out, hanging up the stocking, and eating them cookies.

So where thehell are my presents?

The way I see it, I've been missing my piece of the action, and it's about time I saw some of those "back taxes."

Well, this year's going to be a little different. See, I've got Rudolf and the missus here with me, and I don't see some presents, there's gonna be some trouble. You want the red-nosed reindeer and Mrs. Claus back before I hang 'em on the tree, you show up — alone — with a bag full of goodies. *Capice*?

I want:

- Baseball bat for use in staff management;
- New drum for my Thompson;
- Couple of crates of good Scotch (damn Prohibition);
- Bag of cement, shovel and cement-shoe molds;
- Cello case (I got a big gat);
- Every episode of the *Simpsons* on VHS tape, and every episode of *Animaniacs*, too. You gotta problem with that?
- Pin-striped suit and fedora;
- Control of Chicago's underworld;
- Stuffed Cthulhu doll for my gun moll;
- Primary materials on the Macedonian Revolutionary Organizatoin for my thesis.

James Frusetta

WE COULDN'T GO WITHOUT MENTIONING....

Kelly F...Thanks for the letter. It was truly PC, but WAAAAAY too long! We enjoyed your wit. Mind your PC manners and have a great holiday.

Chris C....Your letter is touching. We're sorry about your loss.

Amy S.....Wishing you much luck in the loan and brain departments. Hang in there!

Christy C...You can make your holiday wishes come true...as long as you tell your family exactly what's on your mind! It's amazing what a little communication can do!

Heidi H...get focused! Your cynicism will ensure another year of toilet paper doll covers from your auntie!

Sharla...Keep searching. It'll happen when you least expect it!

Jennifer S...Keep searching! It'll happen when you least expect it!

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Love is a symbol of eternity. It wipes out all sense of time, destroying all memory of a beginning and all fear of an end.
-Anna Louise de Stael

ANNOUNCEMENTS

COUNTRY MARKET & DELI
$1.99 Everyday Sub Special
Incl: 16 oz. soda & chips
$1.49 Marlboros per pack
2044 E. Southern Ave.
Tempe • 838-2259

ANNUAL TOY SALE
Wednesday, Dec. 7
3:30-5:30 at the
Child Development Lab
Discovery Toys, Ed-Mart, Computer Software and Puzzle Sale to benefit the Child Development Lab.
Free merchandise with software purchase ($40 value!)

APARTMENTS

2BD, 2 blks from ASU. Freshly painted, covered parking, pool & spa, laundry room. 1700 S. College Ave. 967-7212.

ASU AREA 1 bedroom apartments from $310 & up per month not incl. util. 966-8838.

BEAUTIFUL LARGE 2bd apt., walk to ASU, pool, laundry rm, 1 blk so. of University on 8th St. Cape Cod Apts. 968-5238.

BEAUTIFUL LG 2 bd apt. Very safe, near ASU. Free cable, laundry , pool. Call 966-4797.

DESPERATE! WILL give $540 & free mountain bike. Located at Quads near Rural/Univ. Call soon for details, 829–9006.

HAYDEN LANE North Apts. Newly remodeled complex. 2bd, $435 remodeled. Close to ASU. Students welcome. Stop by! 1896 E. Hayden Ln. 858-0444.

MOVING TO dorm spring semester? $250 cash now if you sign dorm contract for spring semester under student for student exchange program. Call Chris 784-4524 for details.

HOMES FOR RENT

1BD 1BA, 426 Howe, Old Town, $370. 1bd 1ba, 115 W. Broadway, $310. 3bd 2ba, 12th& Wilson, $850. Tim 894-0288.

HOMES FOR RENT

4BD 2BA w/pool $1050. Call Tim, 894-0288.

LARGE HOUSE, 5bd, 3ba, pool, w/d, dishwasher. $1250. Apache/Rural 437-1048.

TEMPE 4BD 2ba, lg yard, 1/2 mile from ASU, $875 per mo. 968-5658.

TOWNHOMES/ CONDOS FOR RENT

2 BD/LOFT Townhouse, Papago Park I. Avail. Jan 852-6225.

2BD 2BA condo in Tempe area. W/D, D/W, cvrd pkg. Avail Dec. Contact John at 285-2779.

3BD 2BA condo, Univ/Price, pool, jacuzzi, cvrd pkg, $750/mo. Call 861-2052.

NEAR ASU 2bd 2ba condo, all appl., washer/dryer, pool, parking. Avail 1/95. 852-0787.

RENTAL SHARING

$275 + 1/3 util, recently remodeled. M/F, N/S, dogs welcome, walk to ASU. Sean, 929-0369.

3BD 2BA house w/pool. Dobson/Elliott. $300/mo + 1/2 util. Call Cheryl 831-3853.

BEAUTIFUL TOWNHOUSE to share, own bd, own ba, French doors, private balcony, w/d, fireplace. Great location, Ash/11th. $350/mo. Lisa, 967-5367.

FEMALE RMMT wanted, for Papago Park I townhouse, call Sheri or Peggy 829-1417.

FEMALE ROOMMATE needed for 2bs 2ba apt. $278 + 1/2 utl. Call 968-3880.

HOUSE TO share, 15-20 min on bus line to ASU. $320/mo incl util. W/D, pool. 437-4681.

RMTE WANTED, neat, resp M/F, $275/mo incl all utls. expt. phone. Baseline/Mill 897-0405.

ROOM 4 rent in 3 bd house, 5 min from ASU. Females only, must like cats. $235 mo & 1/3 util. 921-1796.

S. TEMPE, 4 bd, 4 ba, pool, f/p, hot tub, Mill Ave & Superstition. $250/mo. Call Jane 345–2770.

WANTED ROOMMATE to share 2bd apt. Pool and hottub. 5 miles from ASU. $300 + 1/2 util. Call Michael at 941-8404.

ROOMS FOR RENT

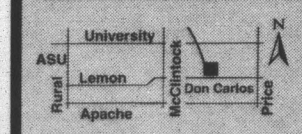
M/F SNS 2 share 3bd 2ba house w/pool. Need Jan 1 or b4. Great deal. Call Alyson or Becky 730-2322. No one 2 anal please but responsible is okay.

State Press Classifieds 965-6735

APARTMENTS

APARTMENTS

Casa Grande
APARTMENTS
ONE HALF OFF FIRST MONTH'S RENT*



1855 E. Don Carlos
PHONE TODAY!
968-6926
• 2 Bedroom $430
• 3 Bedroom $575
• 1 block to ASU
• Sparkling Pool
• Laundry Facility
• Covered Parking
A+ Management & Investment *Call for details

HOMES FOR SALE

UNIVERSITY PARK
4 bd, 1700+ sq ft., walk to campus. Could rent for $1200/mo or more, easily. Asking price $129,000. N. Bettigole/Coldwell Banker 955-0390.

WHY RENT?
when you can
OWN
a 3 bedroom, 2 bath home. Payments from $600 monthly. Down payment from only $1800.
The Royse Team
Realty Executives
831-0322

TOWNHOMES/ CONDOS FOR SALE

2BD 2BA 1100 sf condo, 400yd from ASU, $55K, pg# 205-3063. Jean at Dan Schwartz Rlty.

PAPAGO PARK Village, 2 story 2bd/2ba, loft, park view. Assume, $5000 CTM. 968-9955.

BUY OF THE WEEK
3bd House, pool, 2 miles north of campus. $96,500.
BOB BULLOCK
REALTY EXECUTIVES
998-2992

FURNITURE

7 PIECE bedroom set. 949-8636. Matching white Formica full bed, desk, ent. center etc. $400.

ALL BLACK couch & loveseat. 4 months old. Must sell. $250. Call 804-0163.

APT FURNITURE for sale, in great condition, please call Heather 894-2231.

SOFA SET, dinette, bed, futon, day bed, sleeper, entertainment ctr. Cheap! 234-5729.

WHITE BEDROOM furniture for sale, must sell, please call 350-9068 Amy.

COMPUTERS

2400 BAUD phone modems only $25. Comes w/phone cable, power adpt and inst. 631–7801.

FAX MACHINE, $75. It's a phone - fax & copier. 921-1207.

Microsoft Software Specials!
Macintosh Computers
MS Office V4.2 $134.95
MS Works V4.0 $69.95
MS Word V6.0 $89.95
MS Excel V5.0 $89.95
Windows Computers
MS Office V4.2 $134.95
MS Works V3.0 $69.95
MS Word V6.0 $89.95
MS Excel V5.0 $89.95
ASU ID or class verification required
COMPUTER ROOM
Technologies, Inc.
1130 East University Dr., Suite 205 • Tempe 85281
8am-5pm
829-3137
CALL NOW
We have thousands of other student discounted products available.

JEWELRY

ALWAYS BUYING jewelry. Inclu: gold, ster., pearls, antiques, gems, etc. Rare Lion, 921 S. Mill Ave. Tempe Center 968-6074.

State Press Classifieds wishes you Happy Holidays!

TICKETS

ROUNDTRIP TICKET to Denver leaves Dec. 15, returns Jan 15. $160, call 784-9270.

AUTOMOBILES

$$ CASH NOW $$
Any car or truck, running or not! Cash paid to you in 1 hr! Brian, 246 3147, lv msg 24 hrs. TDG.

84 HONDA Accord hatchback, excellent condition, 102K, ac, heat, cruise control. 961-0008, lv message.

87 FORD Mustang, 67K, 5 sp, cc, pw, am/fm cass, new tires & battery. $3400 obo 894-9478.

91 MITSUBISHI Mirage 83K mi. Custom wheels, 5 spd, 38 mi/gal, like new. Low book $4900, asking $4900, 867-8979.

CLASSIC 64 VW Bug, white, for sale in good condition. $1500 firm. Call 921-8624.

RENEGADE AUTOMOTIVE
Performance Service
• Tune Up Special **$29.95** 4-cylinder
• Emissions Check-Diagnostics Read-out **$50.00**
3209 S. 38th St.
(3 blks S of University)
437-3970
Student Discount
10% discount on labor

BICYCLES

TREK 7000 mountain bike, aluminum, Shimano components, $260 obo. 858-9802.

HELP WANTED-GENERAL

MOTORCYCLES

HONDA SCOOTER Elite 150, Delv Digital Dashboard, low miles, mint cond $900, 491-0646.

GREEKS/CLUBS
Athletics: Get the service that you deserve! Reserve your Spring Vacation to South Padre Island today!! Group di$counts$ for six or more! 1-800-838-8203.

ROCK CLIMBING
Guided trips, 209-4913.

TRAVEL

DISCOUNT TRAVEL: Cheap in your name. I specialize in quick departures. Most places worldwide. I also buy transferable coupons/awards. 968–7283.

HELP WANTED-GENERAL

ACCOUNTANT I
Exc opp for Dec grads! Entry level position avail for indiv w/ BS in Accounting & spreadsheet knowledge. Apply in person at the Personnel Dept M-F, 8:30a-4p, or send resume to: Chandler Regional Hospital, Personnel Dept, 475 S. Dobson Rd., Chandler, AZ 85224. Fax: 821-3298.

BOOKKEEPER/DATA ENTRY-East Valley mfrs rep needs f/t person for temp pos, 2-4 mos; detailed/organized person; 1-2 yrs exp w/Mac-MYOB Acct prgm; 40wpm; invoice; data entry; ship & rec. Mail resume w/salary to: Prsnl Dept, 2256 E. Lakecrest Dr., Gilbert, AZ 85234 or fax to: 602-892-5264

Customer Service
Earn extra $$$
100 Openings
Full/Part-Time
3 Shifts/Top Pay
Tempe Location
966-0709
No Fee

HELP WANTED-GENERAL

.A MEDICAL office in Scottsdale needs pt/ft front and back office person. Will train. Good advancement potential, 4020 N. Scottsdale Rd. Ste. 108. Apply in person.

ALL POSITIONS available, ft/pt, great growth potential. Coffee house bistro Java Brewing Co., 4400 N. Scottsdale Rd. #12, 945-5282. Contact Todd or Jeff.

CHRISTMAS MONEY!
Entertel, Inc. needs sales reps for new pt/ft day and evening shifts. No cold calling, fully automated environment. Hourly base + bonuses, benefits package available. Start on Monday. Call Joe at 941-4240. 8010 E. McDowell, Ste 218, Scottsdale (NE corner of Hayden and McDowell).

CLUB LEADER 15-19 hrs. College coursework pref. 1 yr exp in after school or pre-K program. $6.34/hour. Apply in person, Kyrene School District, 8700 S. Kyrene Rd., Tempe, M-F 7:30am-5pm. Application requires resume & 3 reference letters.

CLUB TRIBECA now hiring barbacks, floorwalkers & door staff who can work over the holiday break. Apply in person 12-3pm, 1420 N. Scottsdale Rd.

CLUCK-U
Join the Cluck-U fleet. Now hiring delivery drivers. Earn $8-$12/hr. Flexible hours. Apply in person 855 S. Rural Rd.

Absolutely NO SELLING or APPOINTMENT SETTING
Work for the best market research firm in Arizona. We offer $6/hr to start & bonuses, scheduled raise reviews, a new spacious office, flexible shifts & guaranteed hours. Convenient location on bus line & excellent carpooling program.
Call Manny at 946-7535

HELP WANTED-GENERAL

COMING BACK early from Christmas break? Disabled woman needs attendants & drivers from Jan 3- Jan 10. Must be avail from 6-8am & early eves. No lifting req. Call 968-6284.

COMPUTER FURNITURE delivery & installations. Flex hrs eves & wknds. Must be clean cut. Great pay. Apply in person at 4010 E. Broadway, Phoenix. Affordable Business Interiors.

COURIERS NEEDED full/part time M-F 8-5. Light truck helpful. Experience preferred. $200-400/wk. 248-7977, leave msg.

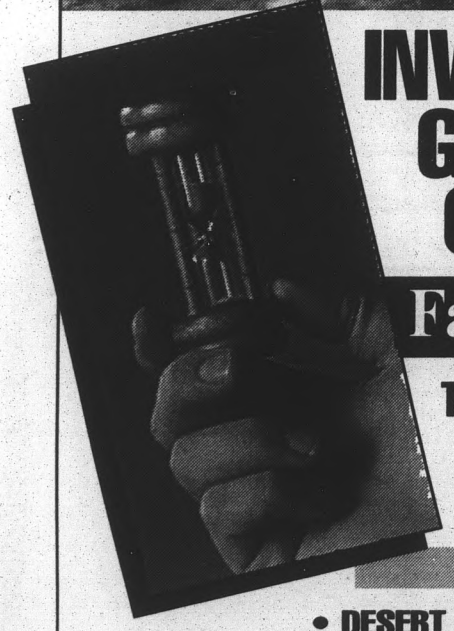
DON'T MISS out on having a great job for the holiday season. The ASU telefund is hiring now. This is a great job for all majors. The flexible schedule we offer will enable you to enjoy the beautiful days while working evening shifts & weekend hours. Give us a call at 965-6754. This is a position you will gladly put on your resume. Don't miss out!

DRY CLEANER counter person needed Monday - Saturday, eves. 25 hrs/ week. We allow time to study. No exp necessary, will train. Starting $5.50/hr & up DOE. Apply in person. 423-0444. Hayden & McDowell.

EAT COOKIES...MAKE $$$. Holiday help needed! Taking applications now! 1st & 3rd shifts avail. Lots of overtime. Fun, festive environment. Bonus incentive avail. Call for details! 838-8405, Kelly Services. Never an applicant fee. EOE.

EXTRA XMAS CASH
50 Merchandisers Needed
2 shifts available
6 a.m.-2:30 p.m.
2:00 p.m.-10:30 p.m.
Must have own vehicle. 28¢ per mile - Lots of variety - Travel involved - Apply now!
Call Stivers 966-1100
EOE
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TEMPORARY PERSONNEL

ATTENTION STUDENTS



INVEST TWO HOURS... GET A LIFETIME OF SUCCESS.
Face-to-Face Interviews
THURSDAY, DEC. 8 - 9:30AM-6PM
Bring ten copies of your resume to:
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111 North Central Ave, Phoenix
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Openings for Sales Professionals, Entry Level, Recent Grads & Career Changers.
The Sales Meeting is produced by The Jonathan Ladd Company. We specialize in helping people find sales positions by matching your qualifications with our clients' requirements to accomplish your career goals. There are no fees to attend. Companies will be present and have open positions - some positions require specific experience. For details call: (301) 470-4100. EOE.
The Sales Meeting OF AMERICA
A Career Fair for Sales Professionals.

HELP WANTED-GENERAL

FIVE STAR

sports and fitness club now hiring locker desk attendants, all shifts, & p/t telemarketers. We offer a competitive wage and positive work environment, and require an outgoing service oriented personality. Apply in person at Western Reserve Club. 2140 E. Broadway, Tempe.

GENERAL ASSISTANCE & cleaning for ASU faculty family. Refs.$6/hr 968-9922 lv msg.

GRAPHICS DESIGNER for in-house advertising & layout to pre-press. Working on IBM using Quark Xpress for Windows, Corel Draw & Photoshop. Call 273-0791 for appt.

HOLIDAY HELP

Semester break openings. $7.45 to start. Flex hrs. No exp req. Apply now, start after finals. Scholarships. Call 12-4 968-4797

INSTRUMENTATION MANUFACTURER'S Rep in Tempe has immed. opening for p/t office help. M-F, 20-25 hrs/week, flexible. PC exp. req. 967-2234.

INSURANCE REQ'S female drivers for disabled woman's van. Must be 21 or over, good driving record, 3 shifts avail. for next semester. Early am, afternoon & wknds. Pay negotiable. Call 968-6284.

KFC NOW hiring team members and delivery drivers. 967-0858. 1030 W. Broadway, Tempe.

MGMT POS open, AZ Fundraising. Transp a must. Evng-p/t. Earn $12.50/hr. Call 210-3573.

MODEL SEARCH, Majestic Lingerie needs models for lingerie show at Pranksters. For info call Majestic at 437–2922.

MODELS/MOVIE EXTRAS. All types needed for music video. Pay $300 per day. 266-6224.

NEW HAMPTON Inn opening soon in Scottsdale. Accepting apps for all positions. Apply at Pima Motel, 7330 N. Pima Rd.

NO EXP nec, p/t, will train. Avg earnings $10-25/hr. Call Mark for info, 800-723-3438.

OFFICE MNGR-EYE Service Plan. People, comp, W/P exp. 30-40 hrs temp, may lead to perm. Very people, comp, wp, legal document literate. 263-7675.

P/T GYM Aide 15-20 hrs/wk. $5/ hr, experience working w/children. Interested? Call 897-6247.

P/T RECEPTIONIST/FILE clerk in medical office. Monday-Thursday 2:45pm-5pm. Call 949-5886.

HELP WANTED-GENERAL

P/T SALES assistant at top Wall Street firm. Great resume builder. Jeff M. 321-7532.

PROGRAM COORDINATOR 20-40 hrs, BA degree pref, 3 yrs experience in administration of after school or pre-K program. $9.60/ hour. Apply in person, Kyrene School District, 8700 S. Kyrene Rd., Tempe M-F 7:30am-5pm. Application requires resume & 3 reference letters.

RE MAJOR/FIN minor pref. Show properties, collect info, must know CAP rate. 820–6432

RECEPTIONIST - Duties incl taking appts, answer phones, & retail sales. Icon Hair, Scotts Fashion Sq. Charlene, 941-8656.

SODA STOCKERS needed immediately! Two shifts avail to stock grocery store w/beverage products. $5/hr plus 28¢/mile. If you are reliable, detail oriented, have good math skills, & own transportation please call today! 838-8405. We encourage a diverse workforce. Kelly Services. Never an applicant fee. EOE.

SPECIALTY SPORTING goods store near ASU. Sales background pref. Call 894-6778.

TEACHER'S AIDE Mon-Fri 8:30-11:30am. Enthusiastic, hard-working, loves kids. 821–0224.

TEACHERS ASSISTANTS needed at Montessori School p/t afternoons, year around only. Near Rural/Guadalupe 730-8886.

THE ARIZONA House of Representatives is seeking applicants for Page positions for the upcoming regular session of the legislature. Pages provide general assistance to members and staff. Positions are fulltime and the pay is $6.23 per hour. Call Shannon or Jenny at 542-3656. Only two weeks left to interview.

VALET PARKING attendants for Christmas season, Dec 1-Jan 15. Must be willing to drive to Phx, Scotts, etc. & avail to work thru Dec. Avg $8/hr. 861-9182.

HELP WANTED-GENERAL

WANTED: PHOTOGRAPHER for Saturday, Dec. 17. Need to see portfolio. Will provide film. Call Kris, 431–8498.

WAREHOUSE

$6-$7/hr MicroAge, a leading computer reseller, is hiring clean cut individuals with whse exp. for the evening shift 4pm-close. Call Pro-Tem Service. Today Tempe 820-4366.

WAREHOUSE & delivery personnel for p/t, f/t permanent pos., handling furniture. Able to lift. Open Mon-Sat, flex sch. Starts at $5.25/hr. Apply at 963 W. 23rd St., Tempe.

WARRIORS GYM in N. Scottsdale is looking for enthusiastic employees interested in working in the health & fitness field. All shifts avail., early a.m. preferable. Contact Dana at 401-4005.

HELP WANTED-SALES

DO YOU have sales experience? We are looking for ASU's top grads, who are hungry for opportunity and $$$! Our Inside Sales Reps are earning $25-60K in their first year. Base, high commissions and rich bonus plans. Professionals need only apply, this is a career position. College degree required. Fax resume to 602-998-1611 or mail to Mastering Computers Inc., attention Director of Sales, PO Box 12009-419, Scottsdale, AZ 85267. No phone calls please.

HELP WANTED-CLERICAL

15 DATA entry positions available. No experience needed, ft/pt flexible hours, $8/hr + bonus. Apply at Autom, 5226 S. 31st Pl, Phx. Pam, 243-5200.

HELP WANTED-GENERAL

HELP WANTED-CLERICAL

EXECUTIVE ANSWERING Svc has immediate p/t positions for friendly operators starting at $6/hr. Must have computer exp, type 45+ wpm & know 10-key. Call 264-4000 for appt.

HELP WANTED-FOOD SERVICE

ACCEPTING APPS for: Drivers, & counter help. $5/hr + tips. Sammy B's Pizza, 945-8850.

CORK 'N CLEAVER

Acc. apps. for lunch host(ess), lunch food server & evening cocktail. Will train, p/t, concern w/appearance, reliablility & personality are important. Apply in person. M-F 2-5pm or by appt. 5101 N. 44th St. 952-0585.

DOC & EDDY'S

Need 3 p/t waiter/waitresses. Must have exp, be sharp & neat. Must be avail. Christmas break. Apply in person, 909 E. Minton, Tempe, Baseline/Rural. 831-0635.

DOMINO'S PIZZA

Come join the excitement with the #1 food delivery team for the ASU area. With the addition of subs & hot wings, this Domino's is one of the top campus stores in the country. We need more f/t & p/t drivers to help us safely deliver all these orders. Drivers make $7-$10 per hour including mileage & tips. Safe driving cash bonuses can also be earned. We are very flexible & can work around your school schedule. We support a drug free work environment. Apply in person after 11am at 903 S. Rural, Tempe, or call 968-5555. EOE.

MARILYN'S MEXICAN Rest needs host & wait staff, cocktailers, bussers & bartenders ft/pt. Apps avail at 7001 N. Scottsdale Rd. & 12631 N. Tatum Blvd.

HELP WANTED-GENERAL

HELP WANTED-FOOD SERVICE

GIANNI RESTAURANT, specializing in authentic Northern Italian cuisine is coming to Tempe! We need bartenders, servers & bussers. Apply at 640 S. MIll #117 Dec. 5 - Dec 9, 10-12am. Ph# 902-0600.

PETE'S 19TH Tee Restaurant accepting applications for p/t kitfchen help & wait staff. Apply in person, 1405 N. Mill, 1 mile north of Mill Ave bridge at Rolling Hills Golf Course.

RED ROBIN Tempe has an immed. opening for a p/t local store marketing coordinator. Apply in person 1375 W. Elliot.

SERVERS/SANDWICH COOKS-Swensen's Tempe has immed openings. No exp nec. Day/evening shifts avail. p/t. Apply Tues-Fri, 4-5pm, Price & Baseline.

HELP WANTED-CHILD CARE

ENERGETIC PEOPLE needed to supervise children at elementary school. Hours 11:30-1:00, $8.22/hr. Call 496-4730.

MOM OF 2 sets of twins, p/t assistance Tues/Thurs/wknds, very flexible hours. $6/hr. Ahwatukee Foothills area. 460–2276.

NEEDED WED & Fri mornings, newborn & toddler, own trans. Scottsdale. Kathleen, 922–9221.

STUDENT NEEDED for p/t evening babysitting for 2 children, located around Camelback & 54th St. References preferred, call after 4 pm. Amy 952-2555.

FREE LOST/FOUND

LOST SET of 6 keys on bench btwn Soc. Science & Lang. & Lit. buildings. Dog tag "Herman Wessendorf". Call 955-7590.

HELP WANTED-GENERAL

JOB OPPORTUNITIES

ATTENTION ALL Students! Over $5 Billion in private sector grants & scholarships is now available. All students are eligible regardless of grades, income, or parent's income. Let us help. For more information call: 1-800-959-1605 ext. F59182.

State Press Classifieds
Matthews Center Basement
965-6735

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HELP WANTED-GENERAL

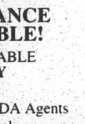
JOB OPPORTUNITIES

NEED EXTRA $ for college & have fun at the same time? Help us distribute our catalogs around campus. U get commissions on each order. There's no selling required. Call Stuff Catalog at 1-800-STUFF-OK.

PERSONALS

ΑΓΔ JAIME good luck on finals! Keep making your mom proud!

ALPHA PI Mu would like to congratulate the Fall 94 initiates. Good work!



AMY ANN, Andrew, Bella, Christa, Craig and Dena: Thanks for your hard work, it paid off! Happy Holidays- Derek.

CESAR SQUEEZER, Te quiero mucho! Love, Norma.

IS YOUR car staying home while you're on X-mas break? Visiting professor needs car to use in Phx 12/13-1/6. Will pay up to $150. Leave message at 285-1786

HELP WANTED-GENERAL

HELP WANTED-GENERAL

Great New Location

The Valley's BEST plasma donation center just got even better!
ABI has moved to a great new facility at 1334 E. Broadway!
We now have MORE MACHINES to serve you better!
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Open 7 days a week for your convenience!
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Broadway & Dorsey *(Across from Native New Yorker)*
968-6139

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Tempe, AZ
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Activity leaders needed for school children. Experience and education preferred. 21 years old. Part-time hours Monday-Friday, 2pm-6pm. $6.22 per hour. Apply with references at:

TEMPE YMCA
7070 S. Rural Rd.

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For information

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Full-service public relations, public affairs, and advertising firm is seeking qualified applicants for 3 to 5 month internships specializing in the areas of public relations, governmental relations, and advertising. 20 hours per week, $5.00/hr. Please forward resume with faculty recommendation(s) and writing or portfolio samples to:

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Attn: Rita Derke
3550 N. Central Ave.
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PERSONALS

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CHRISTA, THIS fall was great! One semester to go. Good luck on Finals! Merry Christmas!-Derek.

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RESTAURANTS/ BARS

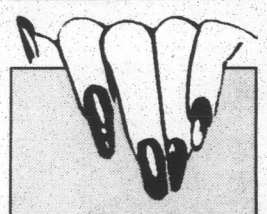
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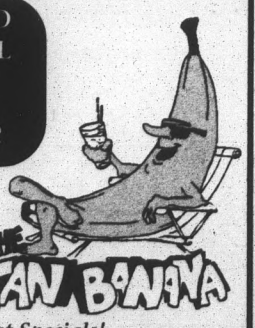
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Happy Holidays to all from State Press Classifieds!

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Samaritan Institute of Reproductive Medicine is seeking qualified women, ages 18 to 50, to participate in a six-month FDA approved study.
Participants receive free investigational birth control pills and physical and gynelogical exams under the supervision of a board certified physician.
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TUTORS

YOUR INDIVIDUAL HOROSCOPE

FRANCES DRAKE

For Tuesday, Dec. 6, 1994

ARIES
(Mar 21 to Apr. 19)
The morning is your best time for business progress. Later, you might be dealing with some temperamental types. Remain level-headed.

TAURUS
(Apr. 20 to May 20)
It's a good day for financial decision-making and meetings with business types. A domestic situation might arise later that will require you to be cooperative.

GEMINI
(May 21 to June 20)
A partner is your best confidante. Morning hours bring opportunity, but you may be contending with office politics or some difficult people before day's end.

CANCER
(June 21 to July 22)
You're efficient on the job. Be wary of those who would take advantage of you financially. Guard against temperamental displays at night.

LEO
(July 23 to Aug. 22)
Dealings with some people will be a breeze, but a sticky family situation may arise later in the day. You might find yourself in a contest of wills.

VIRGO
(Aug. 23 to Sept. 22)
It's too bad if somebody is moody, as you've got work to do. Be detached if others are somewhat childish. Home life is favored over after-dark traveling.

LIBRA
(Sept. 23 to Oct. 22)
Shopping for the home is favored, so long as you're not extravagant. Your thinking is crystal clear. Creative work is a plus. A friend might be difficult.

SCORPIO
(Oct. 23 to Nov. 21)
The day starts out on an optimistic note. Your positive outlook impresses. Buying and selling are favored. Sidestep a confrontational business situation.

SAGITTARIUS
(Nov. 22 to Dec. 21)
You have good ideas and should devote your time to implementing your plans. It's a good day for first steps. Don't waste your time with an opinionated type.

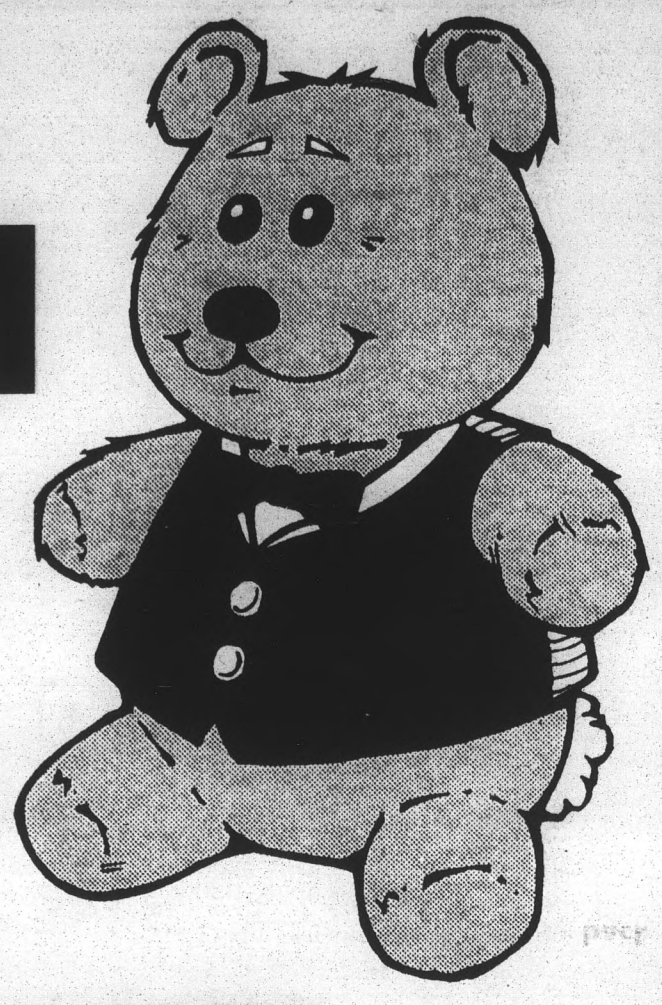
CAPRICORN
(Dec. 22 to Jan. 19)
You'll accomplish much through research and study. Don't get all caught up in a friend's problems. Solitary pursuits are favored over socializing.

AQUARIUS
(Jan. 20 to Feb. 18)
You'll need to be tactful in business. It's best not to force issues. Socially, you'll be making a fine impression. A good idea comes from a friend.

PISCES
(Feb. 19 to Mar. 20)
Talks with higher-ups go well, but relations with a co-worker could be sticky. Stay centered on your goals, for your thinking is very much on target.

YOU BORN TODAY are more home-oriented than the typical Sagittarius. You work well with groups and have an interest in the larger problems that affect humankind and are philosophic in outlook. The arts probably have a strong appeal for you, although you can succeed in business as well. Birthdate of: Steven Wright, comedian; Peter Buck, musician; and Dave Brubeck, musician.

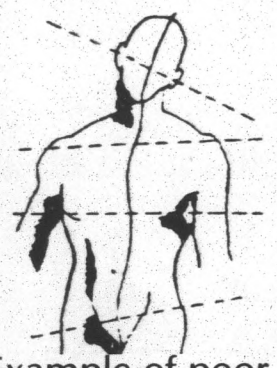
BIG BEAR PROGRAM



Guess what? There is a BIG BEAR at Dr. O'Neal's office!! Any patient who refers a patient to our office from December 1st to December 16th will receive five chances in the ticket box (like a lottery) to win our BIG TEDDY BEAR for the Holidays.

The bear will be on display at the office from December 1st to December 16th. Dr. O'Neal will pull the winning ticket on Friday, December 16th in the morning before spinal care class. The winner will be phoned that morning to pick up the bear!

Contest rules are: For each person you refer in from December 1st to December 16th, we will place five tickets with your name on them in our ticket box. The person you refer will receive a FREE exam and x-rays ($150 value), to see if they can benefit from chiropractic care. We expect this program to be a big success, so please have your family, friends and co-workers call and schedule (only 50 time slots available), so they won't have to wait when they come in.



Example of poor spinal structure.

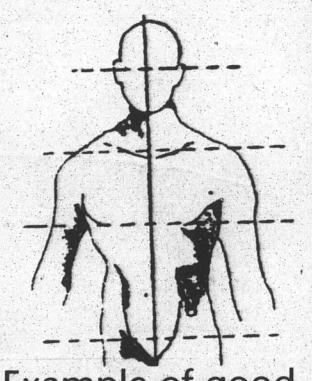
THIS COUPON GOOD FOR A FREE EXAM AND X-RAYS FROM DECEMBER 1ST TO DECEMBER 16TH.

FREE SPINAL EXAM & X-RAYS

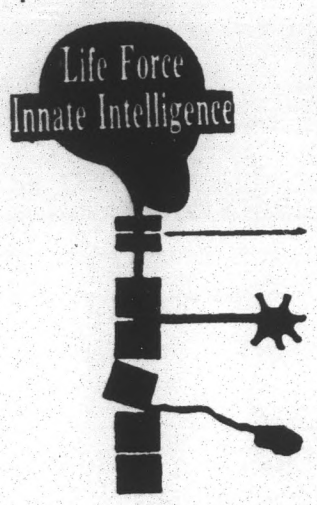
Don't Let Your Friends or Family Members Suffer Needlessly. Give Them This Coupon Today.

I will include an orthopedic test, a neurological test, a spinal alignment check, an examination for restricted or excess motion in the spine, x-ray and a private consultation to discuss the results.

Call Today For An Appointment 491-1242 Most Insurances Accepted Expires 12/16/94



Example of good spinal structure.



Do You Understand the Damaging Effects of Subluxation?

- Only Damaged Tissue Gives You Symptoms.
- You Can Build Disease Without Knowing It.

12 Danger Signals

1. **Numbness in arms and hands**
2. **Restless nights**
3. **Pain between shoulders**
4. **Stiffness of neck**
5. **Nerve tension**
6. **Depression**
7. **Headaches**
8. **Anxiety in the chest**
9. **Stiffness or pain in the lower back**
10. **Tired hips and legs**
11. **Painful joints**
12. **Whiplash**

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O'NEAL CHIROPRACTIC

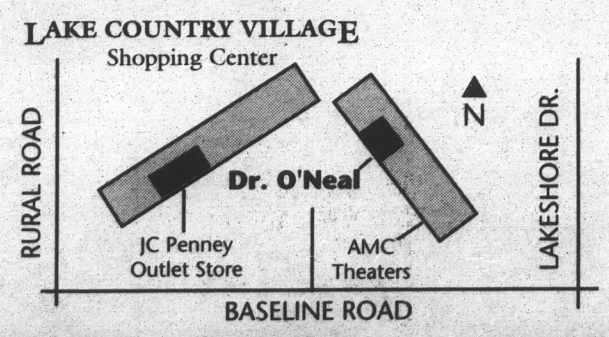
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Team Physician Sport and Fitness Council World Olympic Chiropractic Committee

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