

Bob the Angry Flower BY STEPHEN NOTLEY



Buttercup Festival BY ELLIOTT G. GARBAUSKAS



HOROSCOPES

ARIES If there's something you don't want to talk about, don't. If it won't further the action, keep it to yourself. There's no time, anyway. Things are moving too fast.

TAURUS It's not a great idea to try to argue the minority opinion now. You could be right, but that won't get you far with a person whose mind has slammed shut. Save your breath.

GEMINI You're not quite done with the homework yet, even if you think you are. Try one or two other tricks to cut costs even more. That'll impress your friends and loved ones.

CANCER Let a spokesperson explain your plans. That might be more effective. Besides, it's good for others to know you're not out there all by yourself.

LEO An expert can help

alleviate the pressure you're under at work. Don't feel bad — there's no way you'd ever have thought of this all by yourself.

VIRGO A few choice words are necessary to have the job go the way you want. Don't be afraid to say those words when the moment is right. You'll know when.

LIBRA The day gets more fun as you go along, and not just because it's a Friday. The weekend will be awesome for romance, starting tonight. Set it up.

SCORPIO When you focus your attention, you're awesome. That's liable to happen this weekend. Your home — and possibly something in it — will never be the same. Unleash your creative powers.

SAGITTARIUS Put every penny you can into the best

educational materials. You should also find a way to write them off, since you'll eventually use them to benefit others.

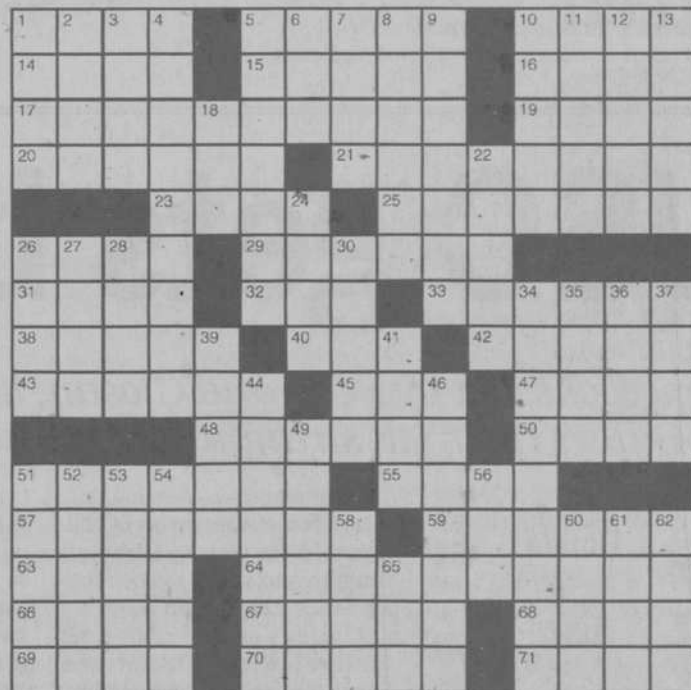
CAPRICORN You may have to holler to be heard above the din. Don't be shy. Your income will go up along with your volume. Let people know what you've got.

AQUARIUS Your planning phase should be nearing completion. New, brilliant ideas come tonight and over the weekend. A gathering of like-minded souls could be the perfect environment, and also a lot of fun.

PISCES It's good to spend some time by yourself in quiet contemplation. Schedule more of that for this weekend. It'll help get you ready for new responsibilities.

CROSSWORD

- ACROSS**
- Rhine wine
 - Santa's little helpers
 - Grouch
 - "Once ___ a midnight dreary..."
 - Military tactic
 - Easy stride
 - Oriental
 - Emanation
 - Jason's objective
 - Electric circuit device
 - Ballpoints
 - Dangle
 - Singer Fitzgerald
 - Influenza
 - Motley horse
 - South African golfer Ernie
 - Ruler measurement
 - Francis ___ Key
 - One of Dumbo's wings
 - Coronet
 - Flings
 - Neon or chlorine
 - Small valley
 - Mom or pop
 - Obey
 - Nasty-mouthed
 - ___Hartley Labor Act
 - Square-jawed pets
 - Polish
 - Part of A.D.
 - Gang chief
 - Crack
 - Novelist Zola
 - Far from plump
 - Potato buds
 - Station
 - Seats for tots



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01/31/03

- DOWN**
- Pique
 - October birthstone
 - Center
 - Knickerbockers
 - Perfume
 - Ignited
 - Deviate
 - Escape hatch

- Carnal
- Grip
- Postman's course
- Front part of a stage
- Whiskers
- Perfect serve
- Atoll
- Bargain basement event
- Formerly, formerly
- Crazy
- Vientiane's location
- Habitual practice
- Sundown
- Windstorm
- Genealogical diagram
- Round of applause
- Halfhearted
- Harangue
- Relished
- Hollywood hopeful

Solutions

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

- Current government
- Degrade
- Bugs of Hollywood
- Forearm bones
- Spills
- Service charge
- Cut with shears
- Notion
- Lowest high tide
- Sea fliers
- Day-__ paint

Macrobiotics

CONTINUED FROM PAGE 5

eating whole grains, beans and vegetables and allows for foods such as white fish and nuts in moderation.

The plan also stresses eating a variety of foods by instructing dieters to fill their plates with a "variety of colors."

While macrobiotics actually entails a change in lifestyle, not just nutrition, one does not have to be New Age to appreciate the beneficial effects of whole grains and vegetables. The foods promoted by the diet are rich in beneficial vi-

tamins and nutrients without a large saturated fat content. Although mostly vegetarian, the macrobiotic plan does encourage dieters to consume beans and other soy products, both of which are high in protein. Foods such as fish that are allowed in moderation cause the program to be more balanced than other strictly vegetarian diets.

When following the macrobiotic plan, dieters are supposed to stay away from foods that include additives and preservatives — the macrobiotic diet recommends organic foods. Avoiding the many unnatural, over-processed foods that crowd the supermarket shelves can only aid in the quest

for improved health.

Overall, the rich eating plan promoted by the Atkins' diet may indeed work well for the most active of people — they are able to burn off the bad effects of their fat and calorie consumption.

Average Americans are undoubtedly much safer, however, sticking to programs that promote naturally beneficial foods and will certainly lose weight faster if they avoid the saturated foods that have caused Americans to gain weight in the first place.

Comments on this story? E-mail gamecockmixeditor@hotmail.com

CALENDAR

'The Crime of Father Amaro'

Friday, Jan. 31

- "SWEET HOME ALABAMA": 8 p.m. Russell House Theater.
- MATTHEW KAHLER: Jammin' Java, 1530 Main St.
- THE VERNA CANNON: Lettuce Lounge, 114 State St.
- MANDIBLE CD RELEASE PARTY WITH BOLT, HOT LAVA MONSTER AND EUGENE ERICKSON: 9 p.m. New Brookland Tavern, 122 State St. \$5; includes free CD.
- WINTER SPLASH REGGAE FEST: Senate Park, 931-B Senate St.
- MAN AT ARMS WITH LAST TO KNOW, THE MANHATTAN PROJECT AND ARIA: Uncle Doctors, 1734 Mobile Drive.

Saturday, Feb. 1

- BRAD BENNETT, ADAM CULLUM: 9 p.m. Jammin' Java.
- LOVE APPLE, FEABLE WEINER, THE STARCHILDREN: 9 p.m. Lettuce Lounge. \$5.
- DANIELLE HOWLE AND THE TANTRUMS WITH



ROCKEFELLER HORSECOLLAR: New Brookland Tavern.

ATHENAEUM WITH EXIT 101 AND TEN MILE RIDE: Senate Park.

Sunday, Feb. 2

- SEVEN NATIONS WITH LOCH NESS JOHNNY: New Brookland Tavern. \$10.

Newly ordained priest Father Amaro goes to a small parish church in Los Reyes, Mexico, where he falls in love with a 16-year-old girl and discovers that, in this Mexican town, corruption and the church go hand in hand. 3, 7 and 9:20 p.m. Nickelodeon Theatre. Friday through Sunday.

garnet&black
CATCH IT ON STANDS FEB. 10

THE MASS 101
EVERYTHING YOU ALWAYS WANTED TO KNOW ABOUT THE CATHOLIC MASS BUT WERE AFRAID TO ASK

What's up with all the standing and sitting and kneeling?
Who can go to Mass?
How old is the Mass?
What does "Mass" mean?
What is "Eucharist?"
What happened to Latin?

TUESDAY FEB. 4
7:00 P.M.

ST. THOMAS MORE CATHOLIC CHAPEL
1610 GREENE ST.
(OPPOSITE THE NURSING BUILDING)
799-5870