

Berry Morning Mash

Provided by www.prevention.com

What you need:

- 1 cup fat-free blueberry yogurt
- 1/2 cup reduced-fat cottage cheese
- 1/2 cup blueberries and/or sliced strawberries
- 1-2 tablespoons fat-free granola
- 1 teaspoon crushed walnuts or almonds
- 2 teaspoons grated dark chocolate

What to do:

In individual cups or large bowl, combine the yogurt, cottage cheese, berries, granola and nuts. Sprinkle the chocolate over the top.

Makes 2 servings

Prep time: 7 minutes

Scene at USC

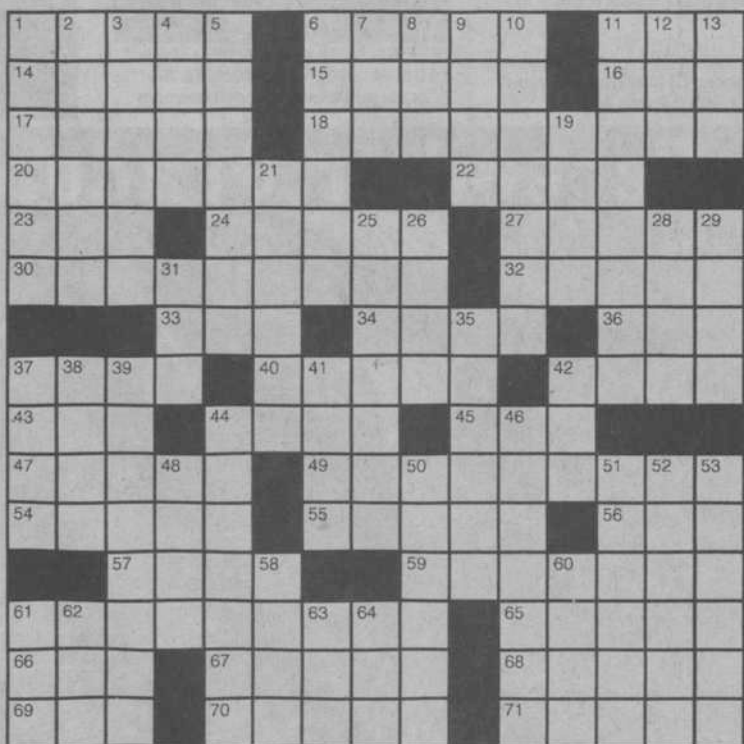
The Bravery



Today
"HAPPY ENDINGS": 7, 9:30 p.m.
 Nickelodeon Theatre, 937 Main St., \$5.50 with student ID
"RED DRAGON": 8 p.m. Russell House Theater
MIKE SUPER: MAGIC AND ILLUSION: 8 p.m. Russell House Ballroom

Tuesday
THE BRAVERY, PEOPLE IN PLANES, VHS OR BETA: 8 p.m. New Brookland Tavern, 122 State St., \$13, all ages
"RED DRAGON": 8 p.m. Russell House Theater
SOUL THERAPY POETRY SERIES: 7 p.m. Jammin' Java, 1530 Main St., \$3, all ages

CROSSWORD



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10/24/05

- ACROSS**
- 1 Nebraska city
 - 6 Suffers defeat
 - 11 Spider's lair
 - 14 Wanderer
 - 15 Dickens' Heep
 - 16 Tiller's tool
 - 17 Stagnant
 - 18 Creating farmland on hillsides
 - 20 Monstrous
 - 22 Coin channel
 - 23 Gatos, CA
 - 24 Flock members
 - 27 Fertile loam
 - 30 College of voters?
 - 32 Kukla's friend
 - 33 Clergyman's title: abbr.
 - 34 Take a break
 - 36 Rage
 - 37 Effortless
 - 40 Key of "Eroica"
 - 42 Hive dwellers
 - 43 Fruit beverage
 - 44 Ali, formerly
 - 45 Top card
 - 47 More docile
 - 49 Hallway items
 - 54 Wide grin
 - 55 Follow subsequently
 - 56 Ignited
 - 57 Diplomat's skill
 - 59 Provencal verse
 - 61 Loco in the Old West?
 - 65 "Driving Miss Daisy" star Jessica
 - 66 Nol of Cambodia
 - 67 Disney's middle name
 - 68 Napoleon's fate
 - 69 Civil War general
 - 70 Swine supper
 - 71 Chopped into small cubes

- DOWN**
- 1 Baseball bird
 - 2 Genghis Khan, for one
 - 3 Strongly disinclined
 - 4 In this place
 - 5 Pretentious performer
 - 6 Part of M.L.K.
 - 7 Mined mineral
 - 8 Titled Brit
 - 9 Jug lugs
 - 10 Onion relative
 - 11 Harmless fib
 - 12 Long time
 - 13 Say pretty please
 - 19 Groovy!
 - 21 Digger's tool
 - 25 Near the beginning
 - 26 Petition
 - 28 Address for a king
 - 29 Goes out with
 - 31 Wail like a baby
 - 35 of Liberty
 - 37 Has a meal
 - 38 Comic Sandler
 - 39 Musical half step
 - 41 Visage
 - 42 Arthur or Lillie
 - 44 Nativity scenes
 - 46 Peaked, as a flood

Solutions

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

- 48 Spirited style
- 50 Evaluate
- 51 Medical facility
- 52 Ignite
- 53 Failed to leave
- 58 Peel
- 60 DeVito TV series
- 61 Feeling under the weather
- 62 Fish eggs
- 63 Duran Duran song
- 64 Blackjack

GAME • CONTINUED FROM 5

gaming news Web sites and "Penny Arcade." The letter was soon posted on the "Penny Arcade" Web site. According to GameSpot, whether the Seattle Police ever received the letter remains unclear.

In the past, Thompson has referred to the gaming community as "morons," "idiots," and a new word of his own devising: "pixelantes."

In response, some video gamers banded together and began a letter writing campaign to press the Florida Bar Association to censure Thompson.

One forum poster said he called the Florida Bar Association requesting an update on the situation and was met with the claim that the Bar had been inundated with calls regarding Thompson all day.

Later in the week, it was

reported by many video game news sites that Thompson was indeed under an investigation by the Florida Bar Association.

Thompson was aware of the campaign against him, and responded with his own letter to the Florida Bar Association. In the letter, he claims Penny Arcade and its employees have continued harassing him.

Comments on this story? E-mail gamecockfeatures@gwm.sc.edu

Quigmans • By Buddy Hickerson



"I don't know, Doc ... I've always had trouble getting close."

The Family Monster • By Josh Shalek



There's always room for ice cream: www.joshshalek.com kid_shay@joshshalek.com

Two Dudes • By Aaron Warner



HOROSCOPES

ARIES If at first you don't agree, try, try again. It might also help to wait until later to make your decision.
TAURUS One of the lessons you're learning is that you can't do it all by yourself. Look around for a partner with complementary skills.
GEMINI Finding out what doesn't work is an important step. Don't be afraid to take it.
CANCER For the next several weeks, you might notice an urge to make long-term commitments. This is perfectly natural and is to be encouraged.
LEO You're running out of time for checking out options. Very

soon, you'll have to choose.
VIRGO Don't go into debt just to impress your friends. That's silly. The people you should hang around with don't want you to, anyway.
LIBRA Keep quiet about your hopes, dreams and suggestions for the future. Write them down, but don't tell anyone yet. You'll get closer to making them happen.
SCORPIO More thought is required. Spend more time cleaning up old messes before drawing attention to yourself. Be patient and diligent.
SAGITTARIUS There's not enough money to launch a new

project yet — unless, of course, making more money is your intention. Even then, plan until after next weekend.
CAPRICORN Careful research is required to make the best decision. Basically, this means you get to do some serious shopping.
AQUARIUS Don't say "yes" to everything. You'd stretch yourself too thin. Finish the job you're doing before taking on something new.
PISCES There's not quite enough money yet to live in the style to which you'd like to become accustomed. Make do with what you've got.