

Hey, is that a Beacon in your pocket, or...

by Elizabeth Sivesind
Knight Riddler Newspaper

Boy enters bar and sees girl. Boy likes girl. Boy wants to flirt, but his heart is in his throat. Boy buys beverage, avoids girl and makes a beeline for his chums at the pool table faster than you can say, "Hey baby, what's your sign?"



Photos courtesy of KRT

Hey, you! If this article can help these guys get a date, imagine what it can do for you!

follows. Bradley, who is trained as a registered nurse and hypnotherapist, travels the world to teach singles how to

ask them out?) The best way to start gabbing is by sliding into an already existing discussion. Eavesdrop. Do not be afraid to chime in on Oprah, Enron or origami. When in doubt, ask what they do for a living and appear to be interested.

And if sparks do not instantaneously ignite, never fear, says Bradley. "People meet someone and they expect instant chemistry. Those feelings are chemical; it is nature's way of getting couples together. Do not write someone off if you are not immediately attracted to them. You could be passing up your soul mate."

Remember, flirting is supposed to be fun and good love is a good thing. "It's not love that makes people unhappy; it's people that make themselves unhappy," says Bradley. "It's the expectation that someone should love you exactly the way you want to be loved that makes people unhappy. Ask for 100 percent of what you want 100 percent of the time, but do not always expect to get it. Be prepared to negotiate."

The No. 1 mistake men and women make in the flirting game, says dating and relationships author and expert Susan Bradley, is to not approach a love match when your heart and hormones are prompting.

That said, Bradley has some tips for the flirtatiously challenged. Her lecture "How to Flirt Without Appearing to Be in Heat" was the keynote speech at a recent singles convention in Berkeley, Calif.

Part of the fun is audience involvement. "I act like I am in an improv comedy theater production and the audience is my unwitting cast of characters," Bradley says. "Before they know it they will be flirting with each other and losing their shyness. We will try all sorts of different flirting techniques." A dance party

make their moves. Her clientele is half men and half women, ranging in age from mid-20s to mid-60s.

Bradley's approach is simple and strategic. She calls it the Repeated Contact Rule. Flirter should make three contacts with a flirtee in 45 minutes or less. Environment does not matter - restaurant, bookstore, nightclub - but tactic does.

The point of initial contact is to get noticed for the right reasons. A smile. Eye contact. A walk-by with a meaningful glance.

The second contact involves an actual exchange of words, usually a brief comment or, if you are bold, a compliment.

Contact three is a conversation and the "defining moment" in a flirting scenario. (Hint: If you do not start a conversation, how can you

Through the looking glass

by Mike Pingree, KRT Campus

I'LL GET YOU, SONNY, NOW HOLD STILL

A bull elk became intoxicated when he ate some fermented apples near Karlskoga, Sweden, and then launched a rather unsteady attack on an 8-year-old boy playing in his back yard. The boy was not seriously injured. The police shot the animal.

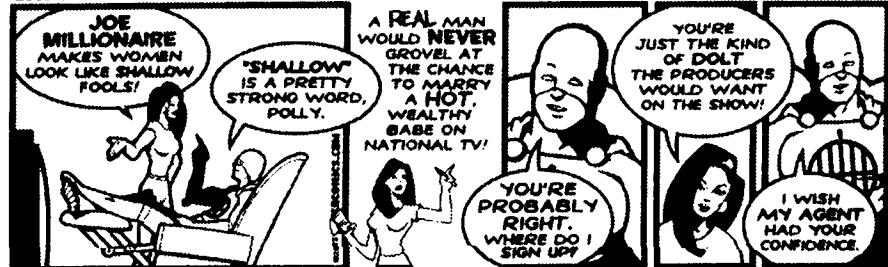
A MARRIAGE MADE IN HEAVEN, SORT OF

A Spanish wife was reasonably happy in her six-year marriage, even though her husband was frequently away on "business trips." It turns out that hubby is actually a Catholic priest, who, when not with his wife and their son, was out ministering to his flock.

THE SPUR-OF-THE-MOMENT GANG

Two teenagers in Edmonton, Alberta, confronted a pizza-delivery man and tried to rob him of the four pies he was carrying. Then, they changed their minds and decided to steal the guy's car. They got in and found that they didn't know how to drive the vehicle, which had a stick shift with a clutch. So they went back to Plan A: Stealing the pizzas. A police spokesman said, "It was a toss-up between pizzas and the car, and they knew how to operate pizzas." They were arrested.

CAPTAIN RIBMAN™ by FOX Hunt



by Sprengelmeyer & Davis

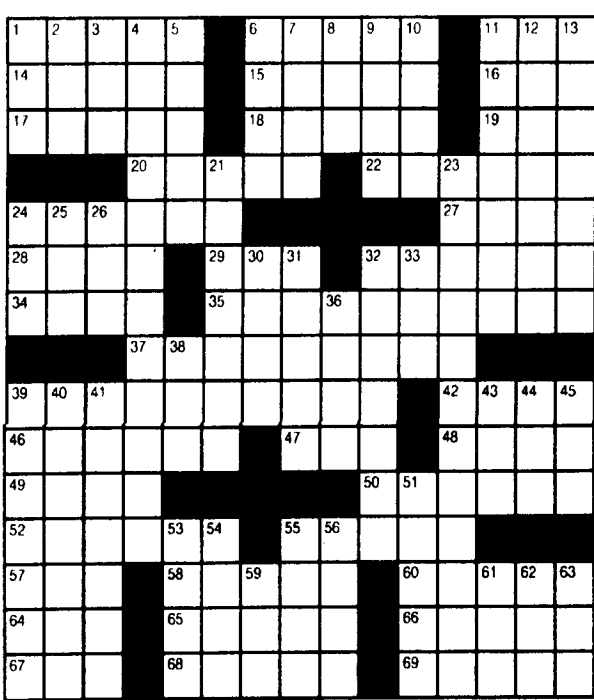
DITHERED TWITS by Stan Waling



"Hello, is this the Jumbo-Tron hotline?"

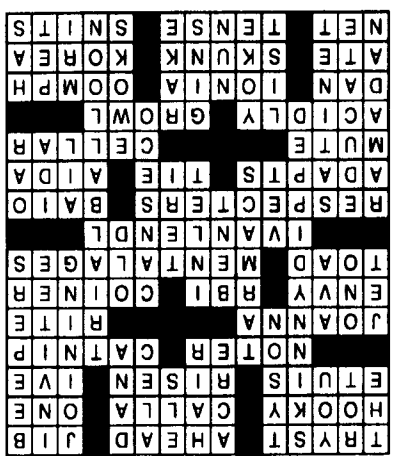
Crossword

- ACROSS
- 1 Meeting between lovers
 - 6 In the future
 - 11 Crane's arm
 - 14 Truancy
 - 15 Lily variety
 - 16 Wallet bill
 - 17 Needle boxes
 - 18 Standing
 - 19 "Gotta Be Me"
 - 20 Observant one
 - 22 Herb for felines
 - 24 "The Mad" mother of Charles V
 - 27 Ceremonial act
 - 28 Green state?
 - 29 Slugger's stat
 - 32 Word manufacturer
 - 34 Frog's cousin
 - 35 Intelligence tests determinations
 - 37 Three-time U.S. Open winner
 - 39 Those showing deferential esteem
 - 42 "Joanie Loves Chachi" star Scott
 - 46 Changes to fit
 - 47 Draw
 - 48 Opera set in Egypt
 - 49 Remote button
 - 50 Storage area
 - 52 With venom
 - 55 Dog's warning
 - 57 Rather or Marino
 - 58 Greek colony
 - 60 Spirited vigor
 - 64 Gobbled up
 - 65 Shutout
 - 66 Part of ROK
 - 67 Trawling device
 - 68 Edgy
 - 69 Agitated states



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Solutions



- DOWN
- 1 Definite article
 - 2 Decay
 - 3 "Are There"
 - 4 Swam, naked
 - 5 Cicely of "The Heart Is a Lonely Hunter"

- 6 Pasture portion
- 7 Narrow margin
- 8 2002 British Open golf champion
- 9 Smart guy?
- 10 Ivey or Elcar
- 11 Merging
- 12 Guest
- 13 Cell phone precursors
- 21 Road surfaces
- 23 Tentative plan
- 24 Black shade
- 25 Lennon's love
- 26 Actress Gardner
- 30 Stoopied
- 31 Small cove
- 32 Ballplayer Jose
- 33 Along in years
- 36 Actress Garr
- 38 Dog's best friend?
- 39 Fast month of Islam
- 40 Teach
- 41 Inferior, shiny fabric

- 43 Be in poor health
- 44 Neighbor of Wash.
- 45 Boat propeller
- 51 Lucas folk
- 53 Categorize
- 54 Oxen holder
- 55 Cotton-cleaning devices
- 56 Roue
- 59 Holy sister
- 61 Med. picture
- 62 Stroke gently
- 63 Possesses

You are what you eat

by Mary-Kathryn Craft
Knight Riddler Newspaper

Mary Hambright sometimes prepares burgers, hot dogs or grilled cheese sandwiches on a George Foreman grill in her Waccamaw Hall dormitory room. But most of the Coastal Carolina University freshman's meals consist of Hot Pockets, Ramen Noodles, microwave popcorn or Cocoa Puffs cereal.

Hambright isn't different from most college students. She chooses foods for convenience and taste, often overlooking nutritional value. Yet healthy foods and proper nutrition are essential for students.

College students, most of whom are already on irregular eating schedules, also consume more junk food during finals than other times of the school year, said Ann Litt, a Washington, D.C., nutritionist and author of "The College Student's Guide to Eating Well on Campus." Balanced meals are important for focus during study time and often improve test performance, experts say.

Throughout the semester, most students at Clemson University visit the grill lines ordering hamburgers, chili dogs, pizza and fried chicken, said food service director Todd Littrell.

Though he's seen an increase of vegetarians on campus in recent years, most students still stick to the junk food, he said.

"I try to remember back when I was that age," he said. "Nutrition wasn't really that important."

Denise Elliott, CCU food service director, sees the same eating patterns among students.

"So many kids in general are growing up on the fast food concept, and that's what they expect when they go off to college," she said.

Dallas, said he gained 10 pounds during each his freshman and sophomore years. This year, he lost 15 pounds. "I've been so busy this year, I don't eat as much," said Clemmensen, a resident adviser who works on campus and is taking a full load of sports medicine and psychology classes.

There are ways to fight the weight gain and get proper nutrition. Substitute fruit and vegetables for chips and sugary food during snack time. Set and stick to a meal schedule.

Ensure balance at every meal by mixing fruits, vegetables, meats and grains.

One reason most students gain weight in college is they don't have regular meal

schedules, said Litt, who studied eating habits at more than 100 colleges for her book. Students eat sporadically sometimes forgetting about food altogether and then gorging when they feel hungry.

"They stress and kind of use food to distract themselves and console themselves," she said.

Christina Gladmon, a CCU freshman from Baltimore, said her meal patterns in college are different from what they were in high school.

Then she had a job and school to occupy most of her time and parents to guide what food she ate. Now, she has much more free time. For many students, free time and long stretches of studying are filled with snacks.

Students don't necessarily eat because they are hungry, Litt said. They eat because they are bored or want distractions from the books. Many snack items are what Litt calls "nonhunger foods," or food that will never satisfy appetites. These foods, such as candy or chips, are for munching, but not all nonhunger foods have to be junk. Students should try baby carrots, popcorn or fruit if they desire a snack.

Throughout the semester, Hambright, a marine science major, has used food as a reward for studying.

"Food is a big part of my day," she said. "You study; you take a break; you eat a snack."



KRT PHOTOGRAPHY BY LUIS SANCHEZ

This young lady likes egg and cheese sandwiches and sharp knives.