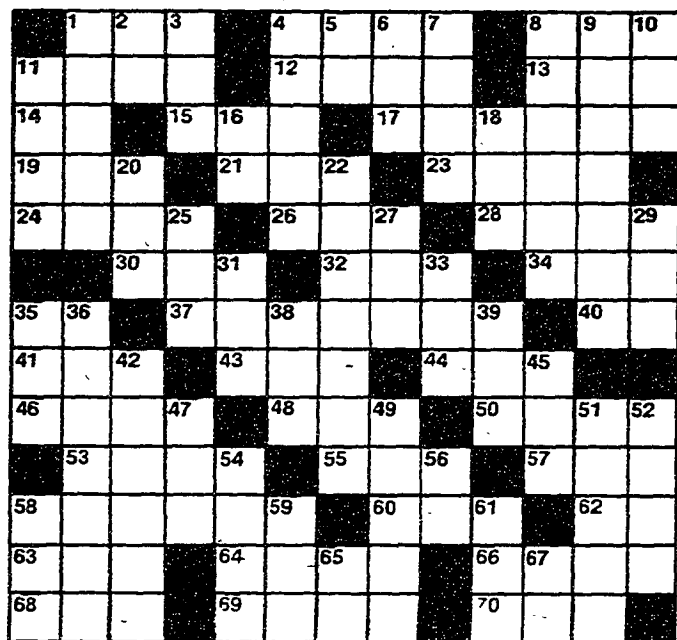


Crossword Companion



- ACROSS**
- 1. Able
 - 4. Pop
 - 8. Ocean
 - 11. Lady
 - 12. Former Russian Emperor
 - 13. Small bug
 - 14. Article
 - 15. 7th Greek Letter
 - 17. Elater
 - 19. Make tatting
 - 21. Old
 - 23. Hymn
 - 24. Expression of sorrow
 - 26. Dine
 - 28. Mistakes
 - 30. Scar
 - 32. 17th Greek Letter
 - 34. Self
 - 35. Atop
 - 37. Tongue
 - 40. Prefix meaning in
 - 41. Sack
 - 43. Done
 - 44. Haul
- DOWN**
- 1. Water channel
 - 2. Form of be
 - 3. Born
 - 4. Old
 - 5. Bone
 - 6. Bit
 - 7. Region
 - 8. Irony
 - 9. Grow
 - 10. Eat (p.t.)
 - 11. Information
- 46. Tehran is the capital**
- 48. Gang
 - 50. Substance
 - 53. Iran's monetary unit
 - 55. Angry
 - 57. Peak
 - 58. Park police
 - 60. Help!
 - 62. Exist
 - 63. N. American Indian
 - 64. Bright star
 - 66. Aid
 - 68. Ever (Poetic)
 - 69. Freshwater duck
 - 70. Each
- 16. At**
- 18. Before (Poetic)
 - 20. Cap
 - 22. Territory of an earl
 - 25. Unhappy
 - 27. Article
 - 29. Father's boy
 - 31. Free
 - 33. Fall month (abbr.)
 - 35. Sash
 - 36. Tell
 - 38. Focus
 - 39. Clothes
 - 42. Type of dive
 - 45. Sage
 - 47. Gripe
 - 49. Lowest
 - 51. Serious
 - 52. Allowance
 - 54. Season of fasting
 - 56. Achieve
 - 58. Woe
 - 59. Fish eggs
 - 61. Sucker
 - 65. Eastern State (abbr.)
 - 67. Exist

Is humidity getting you all steamed up?

Health Center—Is your hair dryer than usual? Is your skin starting to flake? Is your throat dry in the morning?

You may be able to solve these little problems by increasing the humidity in your room, home, or apartment.

Humidity is the amount of moisture in the atmosphere. We normally think of humidity as being uncomfortable, especially in the summer months when it is apt

to reach ninety-five percent. However, during the winter months, we should keep the humidity level up to at least fifty percent.

Here are some helpful hints to add humidity to your home: place pans of water in front of or on heating ducts, keep furnace filters clean, and keep your heat down to sixty degrees.

Nosebleeds are very common in

winter months due to the decrease in humidity. Creating pressure on the lower third of your nose with your thumb and forefinger can help to stop a nosebleed. Keep the pressure on (gently, not enough to cause pain) for about ten minutes without letting go. If your nosebleed has not stopped by this time, add a cold washcloth or ice pack to your nose. If bleeding persists, SEEK MEDICAL ATTENTION.

Jonathan started out trying to score. And ended up being the target.

GOTCHA!

His first time may be his last.



PG-13 A UNIVERSAL PICTURE

Feb. 21-23, R117, 8:00 pm - SPC Sponsored.

Donald Kaul - continued from page 6

ferent flavors, but they all taste the same, like a slightly acidic mush. Veal Parmesan, Glazed Chicken, Fish Divan, you can't remember what you're eating unless you take the picture on the package and prop it up in front of you — which I did. On the other hand, there is no reason to want to remember what you're eating.

"Why does it have to taste so awful?" I asked.

"Because it's a diet food," said my wife. "The whole point of a diet is not to enjoy your food, it's to stop eating it."

"Oh," I said. Then I ran across an article on health eating in a news magazine. It quoted a lot of experts on the subject of which foods are good for you. Some of them thought you should eat this but not that, others the opposite. Except for Julia Child.

It was Julia Child who started me on the road to ruin, truth be known. It was she who introduced my wife and me to gourmet cooking (and eating) through her television show and cookbooks in the '60s. Before that, I hadn't

cared much about food. I was skinny. Now, I eat food for the taste and look at me.

Her advice was simple. Eat the greatest variety of good, fresh food, she said. "Don't be afraid of your food so that when you eat, all your juices go backward and you can't digest your food

and you get into real-trouble."

That had the ring of truth to it. Who wants to be skinny at the price of backed-up juices?

Besides, maybe I'll look good with numbers painted on my fuselage.

Bon appetit.

THE CARD GALLERY

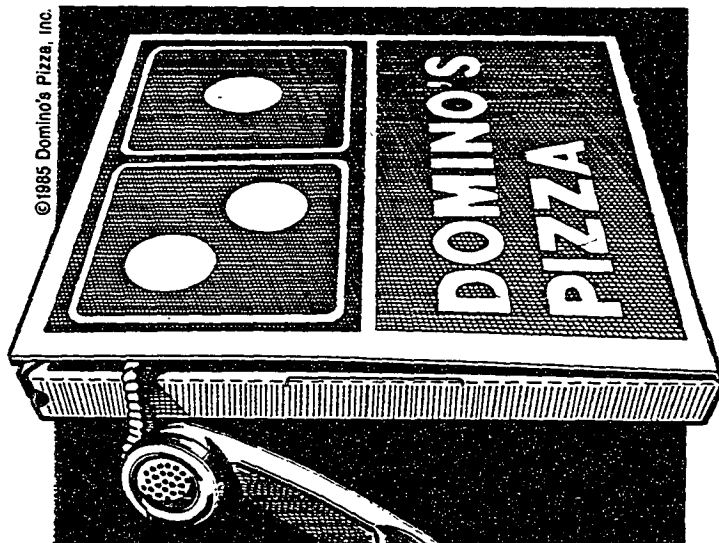
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