

# Dr. J shrugs off estranged wife's release of sex tape

THE ASSOCIATED PRESS

NEW YORK — Julius Erving's spokesman said it was "disappointing" that a tape was released showing the NBA Hall of Famer having sex with a woman in a hotel room.

"The media is always going to be a part of my life as long as I'm breathing and even after I'm gone," Erving said before the Philadelphia Sports Writers Association's 100th annual banquet, where he was an honored guest

Monday night. "I'm not stressed about it."

The tape was delivered to the New York Post while Erving divorces Turquoise Erving, his wife of 31 years. It shows Erving having sex with a young woman in a

hotel room while a radio plays, the newspaper said.

"This is a tape that was made 15 years ago, while Julius and his wife were separated," spokesman Dan Klores said Monday. "The decision by his wife's advisers

to release it during their divorce negotiations is disappointing, especially since Mrs. Erving has had it in her

possession for all these years."

The divorce case is proceeding in Florida.

## Atkins diet balances role of saturated fat

Continued from page 4B

high-volume fare, including soup, whipped and air-filled food. "One thing that was borne out in our study is that people on the low-carb diet lost more weight because they were eating less," said Frederick Samaha, chief of cardiology at the Philadelphia

VA Medical Center. "That happens more easily on diets that are more satiating."

Protein and fat still have calories. Just because you cut carbs doesn't mean you can add endless amounts of other food. "People sense they can decrease their carbohydrates and don't pay attention to how

much fat or protein they have," says Gary Foster, clinical director of the University of Pennsylvania's Weight and Eating Disorders Clinic. "If you get people to eat less of whatever they are eating, that is probably the best advice."

Other fats can satisfy, too. Fish, lean meat, poultry with-

out the skin and nuts have lower amounts or healthier types of fat, yet can still produce the same sense of fullness. "The fun part in the beginning of Atkins is eating the foods that [weight-conscious] people have been avoiding for years," says Bonnie Brehm, professor of nutrition at the University of Cincinnati School of Nursing. "But I have no doubt that the Atkins diet can work ...with healthier foods."

## There's money in them cushions

Continued from page 4B

away from the old necessity of sorting and rolling one's own change to take to the bank, the machines spit out a voucher that can be exchanged with a store cashier for cash. Roughly \$2 billion in coins went through the company's machines last year.

Dan Long entered a Food Emporium in New York's Union Square carrying a large red Martin's Handmade Pretzels tin filled with three years' worth of change. He was using Coinstar for the first time. "Worked pretty well," he reported, having tallied \$170. "I've got to move on Monday, so I figured: Why bother moving 20 pounds of coins?" Breezing past, Alejandra Lora from Peru threw in her two cents with a laugh, saying she had been under the impression that people in this land of plenty simply threw out their loose change. Jamie Kirmser, a customer at the Harris Teeter on Army Navy Drive in Arlington, was happy that after using the Coinstar to turn \$36.55 in coins into a \$33.30 voucher so he could "get an extra steak and some more beer."

Last year a disagreement over profit percentage points led grocery chain Safeway to end its relationship with Coinstar.

In contrast to the way Coinstar has done business, Cash Technologies offers its machines to grocery stores at a one-time price and takes no percentage of transactions. That means that after its initial purchase of a machine, a grocery store would be free to charge whatever percentage it wished, and pocket all the profits.

The life of an individual coin is approximately 30 years; pennies tend to live a little longer. According to the U.S. Mint there are 255.9 bil-

lion coins in circulation: 174.1 billion pennies compared with a little more than 31 billion each of quarters and dimes; there are just 18.9 billion nickels. Along with the new quarters featuring individual state designs (they are being put into circulation in the order in which they entered the Union), two new designs for the back of the nickel, celebrating the Louisiana Purchase and the journey of Lewis and Clark, will debut this year. The dime goes about its business quietly. The poor penny, however, finds itself embattled as the subject of a "change change" movement advocating the coin's demise. Organizations such as Citizens to Retire the Penny and the like-minded Washington lobby the Coin Coalition have waged small-scale battle against the Washington lobby Americans for Common Cents, among other groups.

But the penny debate hasn't stopped some collectors. In 2001 Sylvester Neal, a retired state fire marshal, took nearly a million pennies he'd collected since the early 1960s, carted them in numerous trips from his car using a red wagon, and put them through a Coinstar in Anchorage, converting all that copper into nearly \$8,000 in currency. Neal had claimed a prestigious title by setting the national penny cash-in record. (In December 2003, Lynn Wagner of Pennsylvania cashed in at several banks more than a million pennies — more than \$10,000.)

When asked why he collects the coin with such dedication, Penny Man Neal replied: "It's just a different color; it stands out and it's something that is often overlooked and neglected. Actually, as a black growing up in the South, I found a lot of parallels with my life and

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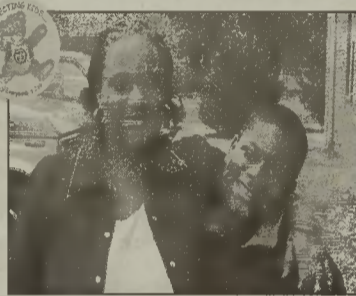
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## Kids advocate for other children and themselves

Every child wants a home," says 12-year-old Cronetta. "So help the children in the world because everybody needs a parent."

Cronetta and her brother Robert, age 10 are spokespeople for children in foster care who are waiting for adoptive families in Mecklenburg neighborhoods. They know what it feels like to be waiting — they are waiting for parents to adopt them.

"Cronetta is insightful, engaging, and outgoing — she has a strong sense



Cronetta and Robert are two of many children waiting to be adopted in Mecklenburg County.

of responsibility, appreciates guidance, and has a positive outlook on life," says long-time friend Evelyn Dillard. "Robert has an engaging smile, pleasant personality and has a special interest in music." Both Cronetta and Robert sing

in the church choir together.

"I love my brother, he's always been part of my life," states Cronetta. "I want to be adopted into the same family with Robert."

If you are interested in finding out more about Cronetta and Robert or other children awaiting adoption, call Mecklenburg County Department of Social Services at 704-336-KIDS (5437).



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