



It's All In The Stars

MURIAL AND JERTHA LOVE



WEEK OF MAY 27-JUNE 3

For the butterfly that is forever flitting here and you, you had better get ready to go through your changes with grace. This cycle will find you feeling quite good and for sure this is your time of the year. Let your mind be focused on your accomplishments and especially those that have been held in check. Your personal ambitions are in the forefront and you will be able to see results from all efforts towards achievement. With the New Moon coming in you will find yourself involved in a get-up-and-go attitude. After all, this is your cycle for a new beginning. Happy Natal Day. Remember, it's all in the stars. Wearing a lot of green this year will be good for you and make all changes on Wednesdays.

ARIES

March 21-April 20

The mind lately has been focused on \$\$\$ and this may be just the right time for all the juggling to come to a halt. After all, the mind is in a receivable mode and with just a little enthusiasm in your heart the outcome will be in your favor. Expect the best and get the best.

TAURUS

April 21-May 21

For the moment you Taurians are having a time keeping your thoughts far from wondering where the next \$\$\$ may be coming from. However, as you stay on guard to your purse strings, you will begin to accumulate more for the very needed vacation. Keep up with your obligations first. Someone you have connected with recently is going to make a difference.

GEMINI

May 22-June 21

You may have wondered why all of this did not happen before. However, remember, the Sun just entered your mansion and Mercury and Venus are right behind. The brilliance of the Sun is on you and for sure the blessings are here, too. For all of those born during this cycle, remember to have a happy natal day. It's all in the stars.

CANCER

June 22-July 22

The open line is now for communicating with those who have had more or less to do with the many changes that are taking place in your world. However, remember, you Crabs have to let another crab out of the basket. This could be a week that brings many upheavals in your life. Stay in a quiet mode and this will help in the confusion. Stay happy.

LEO

July 23-Aug. 23

Watch the extravagant mood that you may find yourself in. This is a good cycle for you to begin to accomplish some very good plans that will bring some added responsibilities, and also some good do-re-mi. Keep an eye on outgo, and let some of the new ideas flow productively.

VIRGO

Aug. 24-Sept. 23

The relationships that you have had lately may be making you take a close look at the values that you have set up for yourself. The best news yet is that you have some great news coming that will help you make the decision as to who you will end up with. Perhaps it's the job that you have been wishing for.

LIBRA

Sept. 23-Oct. 23

For your sake, Libra, don't just sit back and do nothing. Let someone know just what it is that you want for the outcome of that project to go just right. Perhaps this could bring in a new, exciting person to your life. I know that you like that.

SCORPIO

Oct. 24-Nov. 22

Getting out into some fresh horizons that can bring you to an exciting point in your life may be just what you need to make it through the hot summer. That is a good exercise program. Look up, it's all in the stars... smile.

SAGITTARIUS

Nov. 23-Dec. 21

You may have to look across the street to your opposite sign, Gemini, for your salvation during this cycle. For sure this will bring some new light onto the subject concerning your business as well as personal life. Remember, you are at the right place should you feel the balance.

CAPRICORN

Dec. 22-Jan. 20

Some reorganizing may be in line with what is happening now. The Sun passing through the mansion of Gemini may keep you alert and awake, for sure. Remember it's sometimes more blessed to give than to receive. Keep a tight rope on what comes from your mouth. Remember, you may have to eat your words.

AQUARIUS

Jan. 21-Feb. 19

This is a time when you feel way high and for sure this could bring you the right mood to take action on those ideas that you have been hovering over. That is to make the right mood switch. Go for it...

PISCES

Feb. 19-March 20

It's time to get in there and do some last-minute spring cleaning, so get with it. Remember, Pisces, this is a good time to write those letters that you have been putting off. The right job is right around the corner, so hang in there.

The Sun in Gemini is a time for all the zodiacal signs to beware of their communicative skills and use them. Remember, to successfully use your mind to the fullest, you must drink plenty of good, fresh water, eat lightly and get out and walk daily—exercise.

Stay tuned every Tuesday at 7:30 p.m. and Saturday at 10:30 a.m. on Channel 68 UHF and Channel 60 Cable. Also daily from 10-11 a.m. on WLE-AM 570.

Arista Records Donates To Mom And Pop Stores

Arista Records will donate a portion of its profits to the Los Angeles Music Relief Fund to help black-owned mom and pop record stores affected by the recent riots. The program will run during the month of June in honor of Black Music Month.

Arista will contribute to the fund three cents per album sold by their urban artists, including Whitney Houston, Aretha Franklin, Lisa Stansfield, TLC, and Damian Dame. These top-selling artists have been responsible for eight No. 1 R&B singles and well over 10 million in record sales over

the past 12 months. Most recently, Stansfield's "All Woman" topped the R&B charts, making her third No. 1 R&B single. Newcomers TLC achieved platinum status with their debut single, "Ain't 2 Proud 2 Beg." Currently, both Lisa Stansfield and TLC are holding top 10 positions on Billboard's R&B Album chart.

With this special program, Arista continues its longstanding support of the black music community. The united effort will take place in lieu of artist campaigns that have traditionally run in conjunction with Black Music Month.

TIPS FOR HEALTHY LIVING

Water: Health Insurance For Travelers

(NU) - Traveling can be exciting, but it can also take its toll on you, both physically and mentally. Smart travelers know that exercising, plus watching what they eat, can help them feel fresh and sharp while on the road. And there's one more easy thing to do to combat the fatigue and other side effects of travel. Drink water, and plenty of it, experts say.

Traveling can be dehydrating. Sitting in an air-conditioned or pressurized environment for long periods, for instance, can have a drying effect on skin, eyes and hair. And rapid climate changes can play games with your body temperature and increase chances of becoming dehydrated.

The body needs water constantly, though, in order to feel and perform at its best.

How can you meet this need on a trip? A few days before you leave, shore up your body's supply by drinking at least 2 1/2 to 3 quarts of water a day from all sources (liquids, solid foods). Of this amount, at least 1-2 quarts should be water itself. Then, begin your travel day by drinking at least one 8-ounce glass of water, and continue to do so throughout the day.

If you're not sure you'll have access to water while traveling, buy some—Evian natural spring water, for example—to carry along.

Q. I have an hors d'oeuvre recipe that calls for "taramasalata." What is it and where can I find it? L.D.

Ft. Myers Beach, Fla.

A. Taramasalata is a creamy Greek and Turkish specialty made from tarama—a dried, salted, pressed fish roe—mixed with lemon juice, olive oil, garlic and sometimes milk-soaked bread. The combination is served with bread and crackers or as dip for crisp vegetables. Tarama can be found in Greek or Italian specialty food shops.

Q. Do you recommend freezing pizza before or after baking? R.D.

Falconer, N.Y.

A. You'll get best results if you partially bake the pizza with its toppings. Bake pizza for about half the recommended time and cool completely on wire rack. To freeze, place pizza on a cardboard circle. Cardboard will absorb moisture and minimize soggy crust. Wrap, label and freeze for up to four months. To bake, place pizza directly on oven rack in a 425°F oven and bake for 10 minutes. Serve immediately.

Q. When I freeze gravy at home,

it's never as smooth as the gravy in a turkey TV dinner. Do you know what the trick is? Or is it a manufacturer's secret?

B.J.K.

Harrison Valley, Pa.

A. Texture of thawed gravy depends on both the texture of the original dish and stirring thoroughly after thawing. While frozen dinner processors have commercial ingredients available only to them, there are ways to minimize separation and thinning.

After thawing, gravy may separate. Whisk it thoroughly to recombine. Gravy will tend to be lumpy if there are not enough juices and meat drippings. Flour-based gravy is more likely to thin

upon reheating. Be sure to heat uncovered over low heat, stirring constantly. And don't add additional liquid until mixture is bubbly and then only if necessary.

Always use frozen gravy, turkey and stuffing within a month of freezing.

Do you have a cooking question? Write "Dear Betty Crocker," Box 1113, Dept. Betty, Minneapolis, Minn. 55440.

Tip of the week: Use hot plates and chafing dishes to keep food hot on a buffet. Place bowls of fruit on crushed ice in a large, beautiful bowl to keep them cold for serving throughout the party.

WORD WISE

Q. Please help me win a bet I have with a friend; a free dinner is riding on your answer. When should I use a capital letter after a colon?

A. You should capitalize the first letter after a colon only if the state-

ment is complete and could stand alone, or for emphasis, as in "The hot color for this season: Green."

Send questions or comments for Word Wise to P.O. Box 4367, Orlando, Fla. 32802-4367.

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