Clarence Thomas will "look the American people in the eye" and deny sexual harassment allegations that, suddenly threaten his Supreme Court nomination, his chief defender said Wednesday.

The woman accusing Thomas pledged cooperation with a new Senate probe.

"This is not going to be an easy hearing," Judiciary Committee Chairman Joseph Biden told reporters after a day of drama in which Thomas "vividly and unequivocally" denied the allegations. Biden said the senator's cooperation ended and the Senate agreed to a one-week delay in the hearings.

With the vote put off until next week, Biden said the FBI would be called to investigate the charges and the Senate would be subdued if necessary for a hearing. "We are not able for everyone, but it must be done because we cannot fail to take seriously such a charge," he said.

President Bush and Senate Republicans rallied around Thomas, a Black, conservative federal appeals judge and sought to limit the scope of the renewed confirmation proceedings.

"I have no need for a new use for Clarence Thomas," Senate GOP leader Bob Dole of Kansas said. "It's a test of his character, and I believe he's up to the test."

Dole, R-Mo., Thomas' chief advocate in the Senate, had hoped there would be no "fleeting expedition" or chance for "some people to come forward with whatever they want to dump on Clarence Thomas."

Interviewed Wednesday on ABC-TV's "Good Morning America," Danforth, still angry at the sudden turn of events, and Thomas wished the "tumult" of the delay was over but wanted a chance to refute the allegations.

As his Judiciary Committee begins its new review, Biden said "any questions about his (Thomas') conduct in some of whether or not he harmed this individual or any other individual are relevant." He added, "the beacon of any other allegations of sexual harassment against Thomas."

"Thoms' chances for confirmation in a scheduled Monday evening vote are evaporating in the face of concern over the allegations by Anita Hill, a University of Oklahoma law professor."

Bliss has alleged that after she refused his request for a date, he made inappropriate comments, including descriptions of sex acts he would like to perform on her. Bliss denied the offensive during his panel's handling of the allegations, pledged public hearings in early as Friday.

"What concerns me as much as the allegations themselves is the U.S. Senate's appearance not to take the charged sexual harassment seriously," said Sen. Barbara Mikulski, D-Md., one of the Senate's two women nominees.

A group of outdoors women members of the House tried to bar in a private meeting of Senate Democrats to vote their anger. They settled for a meeting with Michel.

"Nothing has been said about the matter, but plenty has been said about the woman, which is typical," Rep. Louise Slaughter, D-N.Y. said.

Mark K. Williams Awards Ceremony To Be Held

The Mark K. Williams Awards Ceremony, presented by Disney World Productions, was held on Sunday, October 20 at 11:30 A.M. at the Los Angeles Airport Marriott Hotel.

Felted in 1977 following the untimely death of 20-year old California State University Los Angeles student Mark Williams, the memorial foundation provides scholarships for students studying the field of telecommunications. The proceeds from the awards event will go to his school and the foundation to continue its scholarship efforts.

During the last years of his life, Williams, a Black, conservative federal appeals judge, sought to limit the scope of the renewed confirmation proceedings.

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In these proposed Christian schools, moral values would be emphasized in affirming, encouraging and loving manner. Every respect and far ahead of their counter-parts in public schools.

More of a "wait and see" position? Or, do you feel the cold war is over and your help, we will be able to provide your children the best education. We admit that we don't deserve. We believe that all that don't perform well in classes

The National Black Monitor, the newspaper publisher, published an advertisement in the Los Angeles Times asking for various opportunities to earn extra money as well as listen to your voices. The advertisement called "The Black Monitor News".

"Tony Brown is stirring up the marketing muscle of existing operations. That's the question being debated in the House. How To Train Success (212/575-0876), "Tony Brown and Associates, P.O. Box 1581, Riverside, California 92502. We may have to offer. When the day comes, more than 6,000 mental patients were treated every 24 hours.

"The lack of black students at the University of California at Los Angeles is being emphasized. More than 60,000 prescriptions for Valium were dispensed last year, more than 4,000 mental patients were treated everyday. The National Black Monitor, the newspaper publisher, published an advertisement in the Los Angeles Times asking for various opportunities to earn extra money as well as listen to your voices. The advertisement called "The Black Monitor News".

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drug-using mothers need help, not hostility

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The best price on the best tires on the best service guaranteed. If all of the money you pay for the service is not all of the time promised or you next time you call the Good year certified auto service centers we will make you a service call free of charge.
We can't find people with the skills to fill them! Each year we have too many good jobs available in this country, right now... but health professionals, airlines are searching for mechanics and even phone companies do not have enough qualified applicants for positions in operations. In New York City, for example, "we've got 15,000 nurses who have good math and science ability but who have never worked in the city, and the city had 2,000 openings for low-paid, unskilled trash collectors... If America is to compete, adults must become literate. Each year we have lost applications, prospects for work." Children's Coloring Books, and books by Zora Neale Hurston, Langston Hughes, Alice Walker. Americans and other minorities age of these are African American... Children are desperate for positions as operators. In the nineties, employers will require remedial reading, writing and math programs, that's no good enough. The nation's goal should be to reach 100 percent of the first graders who need help before they fall behind to the point of no return. "Dropout" prevention programs should be utilized to keep young people in school...or to bring them back if they leave without a diploma.

"Mental health counseling, drug treatment, teen pregnancy avoidance programs and other social services should be provided within the school environment, we want these youngsters to finish their education." These programs will help our future work force, but what we really need is workplaces.

Workplace Literacy - Most jobs exist in a mixture of grammar school to college age students who read below ninth grade level. If America is to compete, adults must become literate. Each year we have lost applications, prospects for work. If America is to compete, adults must become literate. Each year we have lost applications, prospects for work. If America is to compete, adults must become literate. Each year we have lost applications, prospects for work. If America is to compete, adults must become literate. Each year we have lost applications, prospects for work. If America is to compete, adults must become literate. Each year we have lost applications, prospects for work.

If you can read well, or you know someone who fits this description, get in touch with us. Call Mickey anytime. Call Mickey anytime. Call Mickey anytime.
Conference Focuses On Minority Business

More than 1,500 minority business owners, corporate executives and government officials will meet at the New York Hilton October 20-23 to develop competitive strategies to expand minority business development.

"Supplier Diversity: Sharpening the Competitive Edge" is the theme of the National Minority Supplier Development Council's (NMSDC) 1991 conference. The NMSDC encourages mutually beneficial links between minority suppliers and the public and private sectors, and helps build a stronger, more equitable society by supporting and promoting minority business development.

"The 1990s are a decade of opportunity for the minority entrepreneur with vision and high performance," says Harriet R. Michael, NMSDC president and noted administrator and public policy expert on issues affecting minorities. "We work to expand economic opportunities for those who have historically been left out of the economic equation, acting as a matchmaker between corporations and minority companies."

According to the U.S. Department of Commerce, there are nearly 1.5 million minority business enterprises in the U.S. and this is one of the fastest-growing business segments. Joseph E. Antonini, chairman, president and CEO of Knorr Corporation, says, "There's where I stand, looking at the global economy and how it can be influenced, looking at the challenges of the 21st century; it's just smart business to retain, relate to and promote competent employees and join in partnerships that encourage minority business development at all levels."

Antonini also serves as chair of the NMSDC's board of directors. Founded in 1972, the NMSDC and its 45 affiliated regional councils are the national link between 3,500 corporate members and 15,000 certified minority businesses. A conference highlight is the NMSDC Opportunity Fair, a national trade show where the top minority business enterprises in the country meet face to face with representatives from Fortune 500 companies such as AT&T, American Airlines, Boeing, Ford Motor, General Electric, General Motors, IBM, Procter & Gamble, Time Warner and Westinghouse.

Architects Featured on KJET

Sometime Ventured: From the Ground Up is an informative essay video profiling: Raw Architecture, the business, the partners, their work. Raw Architecture in the name of the business developed by Steve Lewis, Steve Lott, Roland Wiley of Los Angeles. The story will focus on three men, and their work, such as the work they've done for Kaiser Permanente and others. The program can be seen October 16, 1991 at 12 pm on KJET (PBS) channel 28 in Southern California.

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The revival will continue on the 28th - 30th of October nightly beginning at 7 p.m.

Rev. Richard H. Thompson, pastor and Evangelist will bring the word. This year's revival theme is, "HARVEST REVIVAL", the harvest is plentiful but the laborer's are few.

Some of us have departed from our first love. It is time to repent and return to our first love, THE LORD.

Everyone is invited, just be open and be saved or blessed by God's word. For more information about "HARVEST REVIVAL", call 655-4105, Chapel #1.

Chapel #2 at March AF B conducts a gospel type service and is one of a number of local religious institutions that is bringing the word of "GOOD" to all people, regardless of national origin; that is bringing the word of "GOD" to destroy property. This Young man is groups design to hurt people and Christian Center which is located at Institution Saturday morning and I met...
The Second Annual Cultural Heritage Festival will kickoff with a Cultural Heritage Luncheon on Wednesday, October 16, 1991. The Festival will be held on the Downtown Mall on Saturday, October 26th from 10:00 a.m. to 5:00 p.m. and will feature exhibits of cultural entertainment. This will be a Citywide celebration of ethnic diversity and will foster understanding by creating an atmosphere of awareness of cultures, traditions, similarities and customs.

The Luncheon is being held in honor of the Community Relations Commission and Office of Community Relations are the event coordinators with James Hagen, Principal of the California School for the Deaf, Middletown Middle School, the Festival Chairperson and Toni Rhodes, arts businesswoman and the Luncheon Chairperson. City Departments co-sponsoring this momentous occasion are Parks and Recreation, Police, Fire and City Manager's Office.

The Downtown Main Street pedestrian mall will be turned into a festival of countries featuring costumes representing a variety of ethnic and cultural backgrounds with music and entertainment from around the world. The First Annual Awards presentation ceremony will take place during the Luncheon which includes People Who Make A Difference Awards, a selection from the columns each Sunday in the Press Enterprise which salutes individuals who have made a significant contribution to the community; several Outstanding Citizens, Corporate Business Awards and the William and Irene Williams Humanitarian Award. The Luncheon begins at 11:00 a.m. with a no-host reception with lunch at 11:30 a.m. Tickets are $15.00 per person. Businesses and individuals Major Corporate Sponsors include the Press Enterprise.

The City of Riverside's Community Relations Commission and Office of Community Relations are the event coordinators with James Hagen, Principal of the California School for the Deaf, Middletown Middle School, the Festival Chairperson and Toni Rhodes, arts businesswoman and the Luncheon Chairperson. City Departments co-sponsoring this momentous occasion are Parks and Recreation, Police, Fire and City Manager's Office.

The Downtown Main Street pedestrian mall will be turned into a festival of countries featuring a early California Village, an African Village puppet show, Folklorico Dancers, opening ceremonies with an international flag display, walking stalls of the historic downtown area and V.I.P.'s from countries around the world. We have entertainment scheduled at three locations on the mall, the City Hall Stage, the Showmobile located between University and Seventh, and Pedrito's Restaurant at Sixth and Main. Featured entertainment will include Ballet Lindo and Italian Folklorico, with the KDFP boom box providing background music at Sixth and Main. The showmobile will showcase entertainment from Liberty Elementary School, performing music from other lands, Hawaiian music by Carl Nakamine, Flamenco Spanish Dancers, a Barbershop Quartet and Music America with folk songs from around the world.

The City Hall Stage will feature the Opening Ceremonies beginning at 10:00, next on the full lineup will be the Cultural Heritage Performers, followed by New Wave Dance, doing a variety of 50's songs; and a that's not enough ending the day with the City Hall Band.

Providing the sound system for the day is Jsmour & Isma Records. For information please call Lois Scott at 782-5760.
YOUTH

CHILD ABUSE—EVERYONE’S PROBLEM

The 10th Annual Multidisciplinary Child Abuse Symposium—Child Abuse—Everyone’s Problem—will be held Thursday and Friday, October 10th and 11th, at the Sheraton Riverside Hotel. The Symposium will offer workshops on effective multidisciplinary response to child abuse and maltreatment. For more information, call (714) 283-4204.

ANNOUNCEMENTS

LESLEY UGGSAM TO STAR IN STRINGBEAN

The world premiere of “Stringbean,” starring Leslie Uggams as bluegrass singer Ethel Waters, will be staged through October 13 in the Riverside Civic Light Opera at 3 p.m. at the Elks Lodge Home, 1105 Broadway, Riverside. Directed by Susan Gilbert, the musical tells the story of Ethel Waters as she comes of age, becomes the world’s first African American nightclub headliner, and becomes the world’s first African American film star. For tickets, call (714) 527-0505.

HOLLYWOOD, CALIF.

A ward-winning actress, singer, dancer and choreographer, Debbie Allen will make a guest appearance in the November 19-20 production of “Fame” at the Elko Civic Light Opera. Debbie Allen is a Tony, Emmy, Golden Globe and Grammy award winner. For more information, call (714) 527-0505.

BUNNIE’S DEBUT

LUNCHEON FASHION EXTRAVAGANZA

The Seventh Annual Lunccheon Fashion Extravaganza will be held on Wednesday, October 16th, at St. John’s Seminary, 661 South Westmoreland Avenue, Los Angeles. For information, call (213) 744-4629.

Lingerie, clothing, catwalks, prizes

ARROWHEAD ELKS LODGE TO HOLD SMOKED MEAL SERVICE

A rowndale Elks Lodge, located at 117 West Rancho Drive (Burbank, CA 91502), will be hosting a smoked meal service Wednesday, Thursday and Friday from 11:30 a.m. to 2:00 p.m.; 5:00 p.m. to 8:00 p.m. All you care to eat. For more information, call (818) 846-7484.

LEAGUE OF WOMEN VOTERS TO MEDITATE

Decision "91"-A National "Points of Light" program will be held Thursday, October 10th, at 3 p.m. at the Elks Lodge Home, 1105 Broadway, Riverside. For information, call 239-7022.

CAMERA AND SHOW SALE

Buy-sell-trade cameras, lenses, tripods, filters, books, accessories, etc. Tomorrow, Thursday, October 17th, at the Elko Civic Light Opera, 1105 Broadway, Riverside. For more information, call (714) 527-0505.

SHANELL WATERS TO STAR IN "FAME"

Shanell Waters, who starred in the hit show “Fame” for six months, will be joining the show for the first time on Monday, October 14th. Shanell is a 29-year-old singer, dancer, actress, and choreographer. For more information, call (714) 527-0505.

BETHUNE CENTER SPONSORS YOUTH CONFERENCE

November 20th, Riverside Civic Light Opera

Sponsors of the conference are the Riverside African-American Chamber of Commerce, the Riverside Civic Light Opera, the Riverside National Association Women of Color (RNAWC), the Riverside County Bar Association, the Riverside City Recreation Department, the National Council of Negro Women, and their local affiliates. The conference will offer workshops on both national and local issues on youth and problems which will be presented by key speakers. As the same time, a youth talent show, there will be a surprise performance by special youth entertainers.

CLARENCE MUUSE FROM FRONT PAGE

Dancer, Your Life is a Gift Program, which Mr. Green has continued for more than 30 years, is the reason why the Green Family Foundation exists. It is the Clarence Muse Dancer, Your Life is a Gift Program that organized a major dance competition and awards luncheon for dancers of all ages. The competition was held in Los Angeles, California.

Riverside Jazz Festival Begins Countdown

Riverside, CA - Lee Ritenour, David Benoit, the Toshiko Akiyoshi-John Clayton Jazz Orchestra, Poncho Sanchez and Michael White, and the Riverside Gospel Choir, led by the director of the Riverside Gospel Choir, will perform Saturday, October 12, from 1:30 p.m. to 7:30 p.m. at the Riverside County Fairgrounds. The event includes Spyro Gyra, The Duke Ellington Jazz Community Band, Doug Stone and his band, the Toshiko Akiyoshi Jazz Orchestra, the Rhythm and Blues Band, and the Imperial Dance Group.

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We can help you

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14400 et. seq. b&p code) does not of itself authorize the use in this state of a fictitious business name or names listed above on 11-1-91.  
I hereby certify that this copy is a correct copy of the original Statement file with the county clerk or Riverside County on 11-1-91.  

This filing does not give the rights of another Federal, or common law (sec. 14416 Martin Pl. Riverside, CA 92507  

This business is conducted by an Individual.  
I hereby certify that this copy is a correct copy of the original Statement file with the county clerk or Riverside County on 6-9-91.  

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NAME STATEMENT The following persons are doing business as: 

Riverside, CA 92507 Riverside, CA 92507

2308 Alessandro Blvd. Suite #4

This registrant commenced to transact business under fictitious business name or names listed above on 8-26-91.

This registrant commenced to transact business under fictitious business name or names listed above on 11-1-91.  

This registrant commenced to transact business under fictitious business name or names listed above on 8-26-91.  

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IT IS FURTHER ORDERED that a copy of this complaint and order of citation be immediately served on the defendant, and that a copy of this complaint and order of citation be published at least once in the newspaper of general circulation published at Riverside, California, in the manner and form prescribed for the publication of general circulation in this matter. Dated Sept 6, 1991.

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SMITH, JANET C.
NOTE:科學家的名稱

CASE NUMBER: 000309

DATE OF CALENDAR CALL: September 3, 1991

REASONS FOR ISSUANCE OF SUMMONS: The City of Riverside has had reasonable steps in accordance with the Civil Rights Act of 1964 and Title VII of the Civil Rights Act of 1963, and the Fair Labor Standards Act of 1938, to ensure that no worker shall be excluded from any opportunity to participate in the economy of this City.

Pursuant to the authority granted to the City of Riverside by the State of California, the City has the duty to ensure that all workers are included in the City's public works contracts and subcontracts and to ensure that all workers are included in the City's public works contracts and subcontracts and that a copy of this complaint and order of citation be immediately served on the defendant, and that a copy of this complaint and order of citation be published at least once in the newspaper of general circulation published at Riverside, California, in the manner and form prescribed for the publication of general circulation in this matter. Dated Sept 6, 1991.

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Pay Less Drug Stores To Open In City of Riverside

When the doors open on the new Pay Less Drug Store in Riverside, they will open onto a building that is state of the art in terms of energy conservation, and solid waste management. "We want to be environmentally responsible in the way we do business," began Tim McAlear, President and CEO of Pay Less Drug Stores. "That effects the way we construct our stores, and how we operate them once they open."

That system includes insulation in the outside walls and roof of new stores which exceeds normal code. In addition the store air conditioners employ what is known as energy economizers. These economizers measure outside and inside temperature, and, when appropriate, use outside air rather than refrigerated air to cool the store. The energy savings effect the lighting system as well. The fluorescent fixtures are equipped with energy saving ballasts, which are more efficient in their energy usage. The fixtures are recessed, and have reflective backs to increase their efficiency.

The California Energy Code, also referred to as Title 24, sets the most stringent standards for energy conservation in the western United States. Pay Less has adopted these standards as a minimum for all new construction, even that outside California. "In many cases we go beyond the Title 24 standards, just to be as energy efficient as possible," said Joe Sweeney, Electrical Design Engineer for Pay Less.

In addition, further testing is being done in new store locations. Those tests include the use of electronic transformers in the lighting system. Another option being explored is the use of triphosphorus lamps in the fluorescent fixtures. These lamps produce more light per unit than typical lamps. For that reason less lamps are needed, and less power is consumed.

According to Sweeney, the company is continually breaking new ground in energy conservation. "For nearly twenty years Executive Management has given us a great deal of latitude in trying out new options. Through experimentation and study we have developed a store plan that is extremely efficient."

One of the major features of the energy savings program is a computer monitored energy management system. The operating information collected from each H.V.A.C. unit allows the equipment to be run at peak efficiency. Like many other systems, those in Pay Less Stores tie lighting and temperature control to the time of day, automatically changing the thermostat setting to conserve energy. The unique feature of the Pay Less monitoring system is that each store is linked by computer to the Construction Department in the Corporate Office where equipment status can be checked chain wide.

All this adds up to a savings of over 20 percent in energy usage over stores that are not similarly equipped.
**FACTS AND FILLERS**

**Grand Slam:** Bob Welch, an Oakland A's pitcher and 1991 Cy Young Award winner, had his first alcoholic beverage at age 10. By the time he graduated from high school, he was a compulsive drinker, reports the October 1990 Reader's Digest. Welch says he denied his drinking problems until, at age 23, the Los Angeles Dodgers sent him to an addiction treatment center in Arkansas. As a "recovering alcoholic," Welch attends Alcoholics Anonymous meetings and counsels other baseball players with drinking problems. "As much as I try to help other people, my main responsibility is to myself," Welch says. "I didn't give up drinking to make a comeback in baseball. I did it to save my own life, and enjoying a good life, even long after I'm out of baseball."

**Cancer Vaccines:** Cancer victims don't prevent diseases, but they may help destroy secondary growths and prevent recurrences of some cancers, reports the October 1991 Reader's Digest. Vaccines against colon and kidney cancer and melanoma are being widely tested. Scientists are beginning to do laboratory work on vaccines for cancer of the lung, cervix and breast. The ultimate goal is an arsenal of vaccines that doctors could administer to prevent various types of cancer from occurring, but that may be many years away. This year, cancer will strike more than 1 million Americans. Half will die. In 1973, the disease killed about 531,000 Americans. Last year, about 510,000 died of cancer.

**Blind Faith:** Don Wardlow, 29-year-old radio announcer for the Miami Miracle minor league baseball team, is blind. Wardlow triumphs over his blindness with an inimitable style and confidence, reports the October 1991 Reader's Digest. "I'll Live! From Pompano Beach Municipal Stadium, this is Miracles Baseball!" On my right, doing tonight's play-by-play, is Jim 'Tiny' Lucas. And under the desk, as always, Gizmo the radio dog...

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**READ The Community Weekly!!!**
Fall is for . . . Fresh Garden Vegetables

Fall is a great time to plant a "salad garden," according to the American Association of Nurserymen (AAN). Unlike the vegetables of the summer garden, home grown radishes, lettuce, onions and herbs can flourish with cooler weather, less sunlight and less garden space.

Below, Dr. H. Marc Cathey, well-known garden communicator and former director of the U.S. National Arboretum in Washington, D.C., shares his tips on creating an easy-to-care-for edible fall garden.

First, says Dr. Cathey, be sure to utilize all of the cultivated land in your lawn or garden, including the areas behind shrubs which are usually left bare.

Radishes, lettuce, onions and herbs can thrive in patches of land that are virtually any size, shape or depth. With careful planning, you can build an aesthetically pleasing landscape which features bits and pieces of your salad garden tucked among your other plants, shrubs and trees.

Simply take care that the areas you select will provide your vegetables with at least four to five hours of direct sunlight, recommended Dr. Cathey.

Second, prepare the spot you have selected with additional organic matter. This will increase the site's capacity to hold water. Dr. Cathey suggests adding a layer of three inches of peat moss or compost, as well as gypsum and limestone at the rates of .05 lb each per 10 square feet.

Add in a small amount of fertilizer and dig all of these nutrients into the natural soil, preferably to a depth of at least nine inches. Level the soil mixture and you're ready to plant.

Third, says Dr. Cathey, plant each patch you have cultivated with one kind of seed. After sprinkling the seed on the prepared soil surface, cover the entire patch with one fourth of an inch of the soil mix, or as recommended on the seed packet.

Lightly firm the soil mix into place with a rake, water it gently and cover it with newspaper. As long as the soil temperature is at least 60°F, lettuce and radishes should germinate in three to five days.

Vegetable gardens are also easy to care for. If a week passes without significant rainfall, water your garden thoroughly. Apply a light application of fertilizer to help your garden green up and to encourage growth.

You should harvest your salad garden as soon as the first plants reach edible size. This will give the remaining plants space to develop. Create a colorful, flavorful "salad garden" this fall—and enjoy the compliments you're sure to receive from family and friends alike!

Give Your House Plants Room to Grow

Don't forget to provide your indoor houseplants with room to grow, says the American Association of Nurserymen (AAN). When a plant's roots begin to fill the container and grow out of the openings in the bottom of the pot, the plant should be repotted.

You'll find a wide selection of styles when you look for a new pot for your plants at your local garden center. Whether you choose clay, plastic or ceramic containers, look for a pot one size larger than the pot you are currently using.

For example, if you have a six inch pot, select a seven-inch pot. Repotting your plants into an overly large container is as bad as keeping them in an overly small one. In a pot that is too large, there will be too much soil. The soil, in turn, will retain more water than the plant's roots can absorb and the result will be root rot.

To get your repotted plant off to the best start, AAN suggests you:

- Place a layer of gravel or other drainage material in the bottom of the pot underneath the soil.
- Use one of the commercial potting soils. They provide houseplants with fertilizers, water retention properties and enhanced drainage.
- Scoop the new soil to the sides of the pot to make a place for the rootball of your plant. Place your plant in the middle of the new container. Fill in and around your plant with soil, but be sure not to add soil above the original soil line.
- Firm the soil lightly and water the plant until you see excess water draining out of the pot.

Your plant can now grow comfortably in its new setting—and you can continue to enjoy the color and living beauty it brings to your home!

Two-For-One Coupons

LANDLORDS! BUSINESS OWNERS

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New Exhibit To Open At Local Museum

Entitled "20th Century Mexican Masters," it will include oil paintings, watercolor etchings, graphics, a bronze, mixed media, pencil and charcoal sketches, lithos. All of the modern Mexican artists represented are tops in their field, recognized around the world as masters. Included will be Jean Charlot, Raphael Coronel, Diego Rivera, David Alfaro Siqueiros, Pablo O'Higgins, Vladimir Cora, Gustavo Montaya, Jesus Guerrero Galvan, Rufino Tamayo, Raul Anguiano, Ricardo Martinez.

"Mexican Masters" will feature works loaned by the B. Lewin Collection, Palm Springs, and the M/M Victor Black collection. A public opening will be held on Sunday, December 8, from 2-4 p.m. General admission of $1 will include the opening and exhibit. The Friends of the Museum will host a special for members and guests on December 8 from 5-7 p.m. The show will run through January 19, 1992.

County Pageant Seeks Entrants

Miss County of San Bernardino, "The Official County Pageant" recognized by the County Board of Supervisors, is now accepting applications for all age divisions. The Competition will be held on Saturday, November 2, 1991, at the Fontana High School Auditorium in the City of Fontana. Deadline for applications is Friday, October 18, 1991.

The TEEN (13-17) and SENIOR (17-26) will each receive $1000.00 College Scholarships, and entry into Major State Pageants. The SENIOR Queen will represent our county in Mazatlan, Mexico for one week, all expenses paid.

The Children's Divisions are 7 age divisions for girls from the age of 1 day to 12 years. The winners will ride in parades, and will represent San Bernadino County with their Beauty Fee Paid in the Empire America National Scholarship Pageant.

For applications and information please call (714) 874-7057, 24 hours daily.

YOUR Community Newspaper

Save Energy Through Landscaping

If you're buying or building a new home, or just making improvements to the one where you now live, don't forget that proper landscaping can help you reduce your heating and cooling costs by 10 to 30 percent, says the American Association of Nurserymen (AAN).

Landscaping plays this money-saving role by moderating the temperatures inside your house. Outside, your home will sport a more colorful and lively yard and garden!

To get started with your landscaping project, take stock of the features of your home and the way your house is situated on your land. Next, think about the places in your house that feel uncomfortably cool in winter and hot in summer.

Through well-planned landscaping, you can better regulate the internal temperatures of your home. For example, if rooms on the north side of your house are unpleasantly cold during the winter, you could block frigid winds with plants. Trees or shrubs could be used to shield the exterior walls of the room, or they could be planted as part of a windbreak to channel cold winter winds away from your house.

Windbreaks are one way to force the wind to take an alternate route to avoid your home. Windbreaks can be created with any series of barriers, such as channels of trees, hedges and fences. Generally, they should be located on the north and west sides of your home.

Trees used as windbreaks should be sturdy trees that resist the drying effects of strong winds. They should also be selected for their ability to survive severe storms and their capacity to withstand the weight and stress of snow and high winds. Coniferous plants and trees, or those that keep their leaves throughout the year, are always a good bet for windbreaks. Check with the experts at your local garden center to find out which trees or shrubs work best for your climate, and how to place trees and shrubs for an energy-saving landscape.

As you look for a new home or work to improve your current home, you might think of landscaping as nature's way of using the elements to your best advantage. In this way, you can create an energy-saving landscape without fighting against the natural features of your site.

For example, one effective way to look at landscaping is to determine how you can best utilize the sun in both winter and summer. The sun plays as large a role as the wind in affecting the temperatures inside your house.

Trees, shrubs and other plants that are deciduous (lose their leaves in the winter) can be used to soak up the sun's rays and shade your home during the hot summer. During the winter, they allow the sun to strike your home's exterior walls and enter your home's windows and sliding glass doors.

To best capture the winter sun's warming rays, plant deciduous trees along the southern and western sides of your home. Since deciduous trees shed their leaves in the fall, they can shade your home during the summer and expose it to the sun during the winter.

Trees are a big part of an energy-saving landscape project, but vines, water, rocks, earthberms, walls, fences and natural landforms can play an important role as well. Ask the professionals at your local garden center for advice on home landscaping. It may help if you hire a landscape professional to assure that you get the most for your money.

Support Our Advertisers

Either way, you will reduce your heating and cooling bills and conserve energy if you keep these guidelines in mind, says AAN:

- Use plants that will thrive in your climatic zone. The better suited your plants are for your geographic area, the more likely they are to remain healthy and live longer. This, in turn, reduces the amount of work required to maintain your plants. Stronger, healthier plants require less fertilizers, fewer pesticides and less care all around.

- If you decide to use water or light-colored wooden fences in your landscape, remember that these materials will reflect the sun's rays. This can be pleasantly warming in the winter, but if you live in an area that gets hot in the summer, you may want to select different landscape features.

- If you decide to use a windbreak, be sure it is appropriate for your climate and your site. If you force winter winds away from your home, you may be missing the cooling breezes of summer. The solution, however, could be as easy as creating two windbreaks on different sides of your home. The two would serve different purposes, with one windbreak welcoming cool summer breezes and the other repelling blustery winter winds.

Landscaping provides an exciting alternative to consuming excessive amounts of energy to warm and cool your home. Do your part for the environment—and live more comfortably year round—through careful landscaping.
Exciting Equestrian Events Planned For 45th Farmer's Fair

Equestrian enthusiasts will find plenty of events to their liking at the 45th annual Farmers Fair. Themed "Fun In The Country," this year's event runs October 11-20 at the Lake Perris Fairgrounds. The equestrian schedule gets underway on opening day at 9 a.m., prior to the horse breed demonstration.

Also on Friday, October 14, the Farmers Daughters will compete in the tractor driving portion of their competition. The country fun doesn't end there, as the fair's closing weekend is also full of exciting events. Saturday, October 19 will feature a Farrier Competition beginning at 8 a.m. An open horse show, sponsored by the Pacific Coast Quarter Pony Association, will also begin at 8 a.m.

The highlight of the day is PRCA rodeo action at 2 and 7:30 p.m. in the Coors Arena. This event is sponsored by Bill Tibbetts Chrysler/Dodge in Perris. Sunday, October 20 caps off the equestrian schedule with a mule and donkey show at 9 a.m., barrel racing at 10 a.m., as well as a stock dog demonstration at 5 p.m.

The 45th annual Farmer's Fair, themed "Fun In The Country," runs October 11-20 at the Lake Perris Fairgrounds.

Additional equestrian activities are scheduled for the opening weekend with an Arabian Horse Show beginning at 8 a.m. on Saturday, October 12. Presented by the Rancho California Arabian Horse Association, the fifth annual show will run throughout the day and feature a full array of open, junior and amateur classes including halter, English, Western, driving and Arabian costume.

Also on October 12, potbellied pigs enter the competition arena at 11 a.m. The Farm Skills competition will provide a different sort of attraction, as the action heats up at noon with such traditional favorites as hay bucking and hay stealing.

A Llama Show and Exhibition is set for Sunday, October 13. This presentation will feature such competitions as public interaction and an obstacle course. Also in the equestrian area will be a 4-H Horse Show. Both events begin at 8 a.m. and run throughout the day.

Additional events during the week include team penning Wednesday, October 16 at 7 p.m.; and the Businessman's Rodeo Thursday, October 17 at 7 p.m. This amateur rodeo will feature backyard cowpokes competing in such events as calf dressing and cow milking. The Arlington FFA Drill Team will also be performing Monday through Friday, October 14-18 at 5 p.m., prior to the horse breed demonstration.

COMMUNITY NEWS
Thursday, October 10-17, 1991 - Page 5

Birth, death or critical illness—when they need to know, we reach them.

No matter where our Armed Forces are—the Persian Gulf or anywhere else—if it's an emergency, the American Red Cross delivers the message. Whatever it takes, more than 4,000 times a day, emergency messages are delivered—whether it's the birth of a child or the death of a parent. Twenty-four hours a day, 365 days a year, we never stop working hard to bring home closer to these men and women. We also provide other critical services for their families. Isn't it good to know that when it's an emergency, the American Red Cross will be there.
Wednesday, October 10-17, 1991 - Page 6

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CLIP & SAVE
Duo-Pianists Open UCR Music Series

The 1991-92 Contemporary Music Series of the University of California, Riverside will open with the exciting artistry of duo-pianists Karl and Margaret Kohn in concert at 8 p.m., Saturday, October 12 in UCR's University Theatre.

The program will feature a rare live performance of Bela Bartok's dynamic "Sonata for Two Pianos and Percussion" in which the pianists will be joined by percussionists Teresa Dimond and Mark Nicolay; Stravinsky's "Concerto for Two Pianos Soli"; and Paul Hindemith's "Sonnata for Two Pianos".

Tickets are $7 general admission and $3.50 for students and senior citizens, and are available through the University Theatre Box Office, phone (714) 787-4331. Free parking is available in lots 5 and 6. The concert is sponsored by the UCR Department of Music.

Karl and Margaret Kohn, born respectively in Vienna and Boston, began their musical partnership when they were undergraduates at Harvard University. They have concertized widely both in the United States and Europe, with a repertoire that includes most of the music composed for two pianos and for one piano, four hands, with special emphasis on the music of the 20th century.

The Kohns are particularly identified with Los Angeles' famed Monday Evening Concert series, where they have collaborated with many renowned 20th century composers (including Stravinsky, Bartok and Boulez) in the premiers of new works.

Orange County Youth Expo Shines Like A Star

Area youth can reach for the stars at the 1992 Youth Expo, held May 1-3 at the Orange County Fairgrounds in Costa Mesa. Themed "Astronauts, Mars and Faraway Stars," the 13th annual Youth Expo is open to Orange County youth from the Orange County Fairgrounds in Costa Mesa. Themed "Astronauts, Mars and Faraway Stars," the 13th annual Youth Expo is open to Orange County youth from

TEMECULA, CA—For the first time in two years, the isolated Dorland Mountain Arts Colony will allow a limited number of people to visit its arts colony and Nature Conservancy.

The Open House will be held October 13, 11 a.m. to 3 p.m., and will be limited to 250 persons. The public is invited to mail a $10 per person donation to P.O. Box 6 in Temecula, to reserve a place. Reservations will be taken at the gate, if the limit has not been reached by mail. Check the message machine at the colony: (714) 676-5039.

The Dorland Mountain Arts Colony is located on Highway 79, eight miles east of the 15 Freeway. Signs will be posted.

The program for the Open House will consist of tours of the property, exhibits of art, and information about Dorland's activities.

Dorland Artist Colony Opens Its Doors

The Dorland Mountain Arts Colony in Temecula is the only arts colony in Southern California, and it is one of fewer than twenty arts colonies in the United States. It is the only one in the world with the mandate to combine its environmental role with its mission of inspiring excellence in the arts.

Composers, writers, musicians, choreographers, painters and other artists from all over the world stay for two weeks to two months in a rustic, self-sufficient studio cottage. They let their work be influenced by nature, and the work without interruption or distraction. There is only one rule at Dorland: You don't knock on someone else's door. Since the sanctuary atmosphere of separateness from the hectic world is so important at Dorland, visitors are allowed only rarely.

Ellen Babcock

Dorland was a world-famous concert pianist in the early part of the 20th century. She and her husband, Roger Dorland, homesteaded Dorland Mountain in the 1930's. Roger Dorland, a flutist and Manager of the San Diego Symphony, worked in research at Caltech in Pasadena at the time. Albert Einstein, who played the violin, visited their home often. Ellen and her friend Barbara Horton, became officially affiliated with the Nature Conservancy in 1974, and founded the arts colony in 1978.
cooking for

JUST THE TWO OF YOU

the microwave way

Stir-frying is a simple way to prepare a light, nourishing meat-and-vegetable main dish. The use of a microwave browning dish offers two more advantages, according to Whirlpool Corporation home economists — speed and a cool oven. Quickly fry onions and green beans or pea pods. A touch of ginger accents the gently marinated, then micro-stir-fried entree of pork, cut into strips and served with celery, red pepper, a green onion and green beans or pea pods. Orange-Glazed Pork Stir-Fry serves just two, making it ideal for small households or when the occasion calls for something unique when entertaining a special friend.

**ORANGE-GLAZED PORK STIR-FRY**
(2 servings)

1/2 pound pork tenderloin
1 tablespoon soy sauce
3 tablespoons orange juice
1/2 teaspoon ground ginger
1 tablespoon vegetable oil
1/4 cup red pepper strips
1/4 cup diagonally sliced celery
1 teaspoon onion, sliced
1/4 cup green beans or fresh pea pods
1 tablespoon cornstarch
3 tablespoons honey or light corn syrup
2 tablespoons toasted sliced almonds (optional)

1. Cut pork into bite-size strips or chunks. Combine with soy sauce, orange juice and ginger in small bowl. Refrigerate at least 1/2 hour.

2. Reserving marinade, remove and drain pork. Preheat microwave browning dish 8 minutes or as directed by manufacturer of dish. Add oil, red pepper and celery. Microwave at HIGH (100%) for 1 minute or until crisp-tender, stirring once. Add pork to browning dish. Microwave at HIGH 2 minutes longer, stirring once.

3. In 1 1/2-quart glass serving dish, stir together cornstarch, corn syrup and reserved marinade. Add pork-vegetable mixture. Stir. Cover and microwave at HIGH until sauce is thickened and clear, about 1 minute. Sprinkle with almonds, if desired. Serve with rice.

**Nutrition Information**
(per serving)

| Calories | 402 |
| Protein  | 35 g |
| Fat      | 15 g |
| Cholesterol | 106 mg |
| Carbohydrates | 39 g |
| Sodium   | 544 mg |

**Grilled Catfish with Two Sauces**

4 Mississippi farm-raised catfish fillets, about 6 ounces each
1/2 teaspoon garlic salt 1/2 teaspoon pepper

Sprinkle catfish with garlic salt and pepper. Place catfish in a well-oiled grill basket or on a well-oiled grill rack. Grill an uncovered grill directly over medium-hot coals about 5 minutes per side or until fish flakes easily with a fork.

**FRESH HOMEMADE SALSA**

3 medium tomatoes, chopped
3 medium jalapeño peppers, chopped
1/4 cup chopped onion
2 tablespoons white wine vinegar
1 teaspoon salt

In a bowl combine tomatoes, onion, jalapeño peppers, vinegar and salt. Stir until well combined. Let stand at room temperature for 30 minutes before serving. Chill to store. Makes 3 cups.

**BLACK BEAN RELISH**

1/4 cup chopped onion 1 15-ounce can black beans, undrained
1/4 cup chopped celery 1 15-ounce can black beans, drained
1/4 cup chopped carrot 1/4 cup diced ham
3 cloves garlic, minced 1/4 cup chopped cilantro
2 jalapeño peppers, chopped 2 tablespoons butter or margarine

In a medium saucepan cook onion, celery, carrot, garlic and jalapeño peppers in butter or margarine until onion is tender. Stir in black beans, ham, cilantro or parsley and salt. Bring to boil; reduce heat. Simmer, uncovered, for 10 minutes or until desired consistency. Makes about 2 cups.

**Read The Community Weekly**

Versatile and delicious Mississippi farm-raised catfish is available year-round, but there’s no better time to try it than during National Catfish Month, first proclaimed by Mississippi Governor Ray Mabus in 1988.

To start the month off right, try “Grilled Catfish with Two Sauces,” found in The Catfish Cookbook, a new collection of 20 delectable recipes.

For a copy, send $2.00 (check or money order) to: THE CATFISH COOKBOOK, The Catfish Institute, P.O. Box 327, Dept. P, Belzoni, MS 38938.

**Brain Power: Foods That Sharpen Your Mind**

Fish is brain food ... Milk before bedtime induces sleep ... Large amounts of caffeine keep you alert .... Food fact or folklore? Research shows that what you put in your mouth can divert blood from the brain and thereby reduce mental sharpness. Substitute lean ham, eggs or cheese, and drain pork. Preheat microwave browning dish 8 minutes or as directed by manufacturer of dish. Add oil, red pepper and celery. Microwave at HIGH (100%) for 1 minute or until crisp-tender, stirring once. Add pork to browning dish. Microwave at HIGH 2 minutes longer, stirring once.

Fish, dairy, and grain products are good. But don’t eat sugary carbohydrates -- such as oatmeal or whole-grained bread -- and cheese. Problems with a “three-martini lunch” are obvious. But too much sugar, wine, alcohol and coffee can affect your ability to concentrate and think clearly. Use complex carbohydrates. Problems with a “three-martini lunch” are obvious. But too much sugar, wine, alcohol and coffee can affect your ability to concentrate and think clearly. Use complex carbohydrates.

**Read The Community Weekly**
Delicious Fruit & Chocolate Dessert Idea

Get everyone at your house to enjoy more fruit. Serve a beautiful platterful with varied colors, flavors, and textures for dessert—and add some chocolate sauce for dipping. The kids will love it.

What does your family think about eating fruit? Or do they even think about it? One way to get everyone to really enjoy the goodness of fruit is to serve it as dessert. Something as simple as a platter of sliced bananas, juicy pineapple and grapes with a simple chocolate sauce is all it takes. We always hear that fruit is “good for you”—and rightly so. It’s high in fiber, rich in nutrients and low in fat, calories and sodium. But sometimes busy families forget just how really delicious and satisfying fruit is, too!

TIP FROM THE DOLE KITCHEN: Fruit makes a great take-along food for busy people. Most fresh fruits, dried fruits and fruit juices travel well. Also, remember precut fruits are available in most supermarkets and salad bars these days, so even if you don’t have time to shop, rinse and cut at home, you can still take a fruit salad to work.

FRUIT AND CHOCOLATE SAUCE

1 can (20 oz.) Dole Pineapple Chunks in Juice, drained
1 firm, large Dole Banana, peeled, chunked
1 Dole Orange, peeled, sliced
8 Dole Red and Green Grape clusters
1 Dole Pitted Dates
½ cup bottled chocolate sauce, heated

Arrange fruit on a platter. Pour heated chocolate sauce into serving bowl. To serve, dip fruit in chocolate or spoon chocolate over individual servings. Serves 8. Per serving: 205 calories, 3 g fat (1 g sat.), 45 g carbohydrate, 18 mg sodium, no cholesterol. Preparation time: 10 min.

CRAFT LOVERS, FEAST YOUR EYES! Never before has a book so expansively covered the world of basket-weaving. Here are materials, techniques, and helpful hints for making 32 functional, decorative baskets. Styles are drawn from traditional picnic, wine and fishing baskets; plus magnificent antique herb-drying, wool-drying and harvest baskets. It even includes such historic favorites as the Nantucket Lightship, Heart, and Nathan’s Square designs.

You can weave every one of the 32 basic designs by hand from natural materials—and then go on to create your own baskets, mixing and matching dozens of weaving, shaping and handle variations.

Each basket is shown in a full-page photograph—plus a gallery of 16 beautiful, vivid watercolor paintings of baskets in authentic country surroundings, painted by noted watercolorist Carolyn Kemp.

Over 600 illustrations and easy-to-follow instructions from a renowned basketmaker make this volume one of the most beautiful and extensive ever published on the subject. 144 pages (24 in color), 8 1/2 x 11.

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Dietary Doldrums

Millions of people unwittingly use sweets and other carbohydrates to make them feel better. As the days grow shorter each autumn, for example, some people plunge into Seasonal Affective Disorder (SAD), characterized by depression, hours of extra but unsatisfying sleep, and weight gain. This seasonal weight gain comes mostly from eating carbohydrates in response to cravings that are strongest in late afternoon or evening. To compensate for feelings of irritability, discomfort, moodiness and depression, SAD sufferers begin overeating carbohydrates to increase brain serotonin levels and enjoy a temporary lift out of their dark mood. Bedtime snacks: Carbohydrates (such as oatmeal cookies or an English muffin with jelly) are best. Avoid milk. The protein in it cancels out the soothing effect of the amino acid tryptophan it contains. Remember: As little as 1.5 ounces of carbohydrate on its own can start the reaction that produces calming serotonin in your brain. Eating more will probably make you fatter but no calmer. And it may be an hour before your after-dinner cookies are digested and begin to soothe your mind and ease your appetite.

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Plants Clean Our World

Checklist for Fall...

Prepare your lawn for the fall and winter months and come out a winner next spring. According to the American Association of Nurserymen (AAN), fall is a good time to:

☐ Let the grass grow as tall as you did during the summer until the last mow of the year. At that time, lower the mower height.
☐ Water just one inch or less each week if you are not receiving rainfall.
☐ Fertilize from mid-September to November, based on recommendations for your area. You can ask the experts at your local garden center if you have any questions.
☐ Collect leaves within one week of heavy rains. Collect leaves completely before the first snowfall.
☐ Dethatch, aerate or re-seed if necessary.
☐ Use lime based upon the results of a soil test.

It's encouraging to know what a difference we can make in the world around us, says the American Association of Nurserymen (AAN), if we cultivate and care for trees and other plants.

Trees are one important part of our environmental health. When properly planted and cared for, trees help prevent soil erosion caused by wind and water. Soil erosion may sound harmless enough, but it is actually one of the major causes of water quality problems.

For example, every year, more than three billion tons of topsoil erode from croplands across the country. This pollutes our streams with sediment, fertilizers and pesticides. In light of this ongoing pollution by erosion, it becomes apparent that trees, in reducing soil erosion, help provide us with a clean supply of water.

In fact, strategic tree plantings can slow erosion of the soil through water and wind, as the extensive root systems of most trees help to hold soil in place. Trees also increase the amount of rainwater absorbed into the ground, and in this way, lessen the amount of stream-polluting runoff. According to the United States Forest Service, the improved water quality resulting from tree plantings makes for healthier fish and wildlife.

Trees help to improve our air as well. Trees remove excess carbon dioxide from the air. Some scientists see excess carbon dioxide as one factor which may contribute to global climate change. Fortunately, when trees release oxygen into the environment as a by-product, they are quietly and steadily cleaning the air for us.

Not only do trees reduce carbon dioxide, they help control ozone pollution. Recent studies have demonstrated that trees fight the "urban heat island effect." Urban heat islands are caused in part by cutting down large numbers of trees in one area.

Scientists have found that urban areas, with their concrete structures, highways, glass and other man-made objects, are frequently hotter than the rural areas surrounding them. Urban heat islands increase ozone pollution by reducing ventilation and warming temperatures.

Studies have demonstrated trees prevent the urban heat island effect from occurring. As you might expect, areas with an abundance of trees experience less urban heat island effect, and the air in those locations is not as polluted.

Nature cleans itself through trees and other plants—an encouraging thought. Even better is the notion that you can make a difference in the world around us, simply by planting a tree or developing a garden this fall.

Plants have a vital role to play in our global habitat, and it's never too late to give nature a boost by taking on a garden project of your own.

SUBMIT YOUR NEWS TO THE COMMUNITY WEEKLY
PO BOX 912
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Letters to the Editor

Our paper will be accepting your letters on issues that concern you and your community. Let your voice be heard in our weekly forum by sending your letters to Southern California Community Weekly, P.O. Box 912, 92502.
Co-Workers Can Mean Diet Catastrophe

Every dieter knows that "the battle of the bulge" is no picnic. But do they recognize a diet saboteur when they see one? This culprit comes in every conceivable disguise ready to foil your plans to be thin. He'll pamper you with food, arrange social engagements around eating, and gorge you with guilt when you refuse to indulge. Taking the unsuspecting dieter by stealth, he can lurk in the most unlikely of spots -- consider your workplace... Without realizing it, co-workers could be waylaying your weight loss plans. These diet terrorists will use any number of ploys from the blatant to the latent to upset your weight loss attempt. Although most sabotage is unintentional, the results can be devastating for the dieter. The office environment is a battle ground where business lunches, cocktail parties and "office munchies" are the ammunition of choice, and can easily overwhelm even the most dedicated dieters. The following is a list of the most common office sabotage scenarios and some tactics to overcome these obstacles:

* **The Office Party.** When you or someone in the office closes a deal, acquires a new account, or celebrates a birthday, you can count on attending an office party featuring a host of fattening foods. When faced with this dilemma, eat your prescribed diet food before going to the party. This way, you won't crave those cookies as much, and your stomach won't be rumbling. Once there, try to stick to the veggie tray or, better yet, focus your attention on socializing.

* **The "Wet Blanket" Syndrome.** Some people feel put off by those dieting. For that reason, develop some ready-made excuses before encountering certain social situations. For example, when business associates encourage you to have "just one more drink," you may explain that you shouldn't indulge because you have serious work to do that afternoon. Or, if co-workers want you to join them for dessert, simply announce that you never have dessert at lunchtime (implying that it's just one of your idiosyncrasies).

* **Office Munchies.** For all those times the receptionist brings in cookies or your associate springs for sweet rolls in the morning, keep your trusted bag of carrots, celery and other low-cal munchies within close reach. If the temptation is too great, however, remember that one cookie or half a sweet roll will not squelch your dieting efforts. Remember, moderation and self-control are the keys to any successful diet.

Dieters also should make a silent vow not to nag their office mates about their eating habits or brag about their own. Although you may feel wonderful about having achieved your goal, don't let the subject of weight loss consume you.

October Named Healthier Babies Month

The March of Dimes Birth Defects Foundation has declared October "Campaign for Healthier Babies Month." The local March of Dimes chapter is responding by again inviting the public to benefit from the many free education materials offered by the chapter's office. Brochures are now available written in Spanish and English containing information about low birthweight. Also available are fact sheets concerning the various causes of birth defects including chicken pox, battering, smoking and drinking during pregnancy.

The March of Dimes also offers a free video lending library. The videos include information ranging from the prevention of birth defects to "how to's" in caring for a newborn.

October, the Campaign for Healthier Babies month is a busy time for March of Dimes. The monies raised in three fund raisers, Chef's Auction, and two Jail and Bails, scheduled in October will contribute to the grants, educational materials and community services made available through the local chapter.

The March of Dimes' mission is to improve the health of babies through the prevention of birth defects and infant mortality.

For more information about the march of Dimes and the Campaign for Healthier Babies, call (714) 889-0803.

Has Cigarette Bashing Gone Too Far?

It seems lately, city after city across America is passing ordinances to segregate smokers from non-smokers. Many cities have banned smokers from public places altogether. Private businesses are being forced to create costly designated areas for smokers and non-smokers. Do you agree with all of this? It's time for the majority to speak up!

Call now to record your opinion. 1-900-INVOLVE, ext. 555

Callers will be billed 95¢/minute.
Double Your Pleasure....At The Great Chefs Of Orange County

The 6th Annual Great Chefs of Orange County slated at the DOUBLETREE HOTEL in Orange, Sunday, October 20, 1991 from 2 to 6 p.m.

Add together 20 of Orange County's greatest chefs...sprinkle in 20 top California wineries...add a dash of wit and wisdom with restaurant critic, Merrill Shindler...top it all off with a beautiful autumn afternoon of epicurean delights.

"The Great Chefs of Orange County is among the elite of our area's fine dining events" says Event Chair Eay Eurtz. "With attendance limited to 500 people, the participating restaurants and wineries can serve their best, and the guests can enjoy an elegant and relaxing respite."

All proceeds go directly to the programs of The National Kidney Foundation of Southern California, including research into the causes and treatment of kidney disease, summer camp for children requiring kidney dialysis and public education on organ donations. The Kidney Foundation is the only major health organization and prevention of kidney disease.

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VAN BUREN Drive In Swapmeet - 3035 Van Buren Blvd., Riverside. Saturday & Sunday. (714) 688-2360.

LAKE PERRIS Outdoor Market - Lake Perris Fairgrounds. Every Saturday. Free admission, free parking 8 a.m. to 2 p.m. 24 hour information (714) 792-2919.

CHINO AUCTION - 7407 E. Riverside Ave., Ontario. Tuesday, Saturday & Sunday. 8 a.m. to 3 p.m. (714) 877-0790.

COLTON AUCTION - 1902 W. Valley Blvd., Colton. Thursday, Saturday & Sunday. 8 a.m. to 3 p.m. (714) 977-0790.

EL CAJON LIVESTOCK, HORSE & TACK AUCTION - 2025 Harbison Canyon Road, El Cajon. Saturday, 7:00 p.m. (619) 266-0258.

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MIKE'S LIVESTOCK, HORSE & TACK AUCTION - 10145 Limonite Ave., Mira Loma. Saturday, 7:00 p.m. (714) 685-1215.

PUBLIC AUCTION - 8970 Rubidoux Blvd., Riverside. 1st & 3rd Saturday of the month, 9:00 a.m. (714) 788-9113.

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Make TV Help Your Kids

Make TV Help Your Kids

Experts agree too much television can be a bad influence on children. But TV also can become an invaluable teaching tool if you know how to use it, reports the October 1991 Reader's Digest, Aletha Huston, a University of Kansas developmental psychologist, found that youngsters do best in school watching about 10 hours of TV a week. Those who watch more—or less—score lower. Here's how to help your kids benefit from TV:

1. Start monitoring early. A typical child begins watching TV by age 2 1/2. By 4, kids may watch three or more hours a day. These early years are when families pass on values such as honesty, generosity, aspiration and kindness. TV may introduce different values. Scrutinize programs to see what lessons are being taught. If they conflict with your own code—even subtly—choose other programs. Realistically, you can't preview every scene of every program. But at least familiarize yourself with those your child watches regularly. Don't assume a program is rewarding, or harmless, just because it's labeled a children's show.

2. Set ground rules. Don't put a TV in a child's room, which invites unsupervised viewing, or near the dinner table, where it can intrude on meals. The best location is where parents can cast an eye on the screen periodically—perhaps near a play area or in the kitchen. Set viewing time limits. For school kids, 10 hours a week is enough. Have a good reason to extend viewing beyond two hours a day, such as an after-school special or a wonderful children's movie. Homework and family activities should always take priority over TV. Videotape any programs the kids "can't miss." Make sure the entire family, and babysitters or relatives who may provide child care, know the rules. You wouldn't allow your 7-year-old to choose dinner menus. So set TV rules and stick to them.

3. Restrict idle viewing. Many kids turn on the TV because they're bored, tired or "there's nothing to do." Whatever program pops up, they watch. Draw up a week's viewing schedule. Seek out programs the family can enjoy together. Insist on variety—not too many cartoons, game shows or sitcoms. Once the program's over, turn off the set.

4. Tie TV to other activities. TV can inspire interest in books and turn kids into devoted readers. "Little House on the Prairie" stimulated huge sales of the Laura Ingalls Wilder novels on which the pioneer-family series was based. Link TV with other activities. After a Little League game, watch Major League baseball to see how the professionals do it. After "National Geographic," take children to the zoo or the museum.

5. Watch TV together. When a program ends, discuss what seemed real. Ask what point the program made. Let kids explain what they considered terrific or disappointing. Parents' presence helps kids distinguish between quality and junk.

6. Create your own programming. Substitute video tapes for dreary Saturday morning cartoons, says Peggy Charren of ACT (Action for Children's Television), adding: "There's a whole world of wonderful stuff on videotape that's better than network programming."

7. Ride TV's magic carpet. Programs on network, public and cable TV can open windows on distant worlds. Without leaving home, a child in Pittsburgh can meet children in China, or see African zebras and Australian kangaroos.

For a free reprint of "Make TV Help Your Kids," send a self-addressed, stamped envelope to Reprint Manager, Reader's Digest, Dept. D1091, Pleasantville, NY. 10570-7000.
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