

Let astrology set the stage for love

by Gena Atkinson

Setting the stage for finding the perfect mate can be quite a drama, to say the least. Dating disasters and ruinous relationships involving the desperately seeking Susans, dangerous liaisons, the looking for Mr. Goodbars, the fatal attraction types, and Sybils are not necessary before finding Mr. or Miss Right. Unlike the princess, one doesn't have to kiss a lot of toads to find a prince. The secret to match-making success lies not in movies and literature, but in the stars.

Whether looking for that special someone, or just wondering exactly why you do or don't fit well with a current pick, it's helpful to understand astrology's role in love. Understanding one's own relationship and compatibility needs is essential before choosing someone to fill these needs.

ARIES Like an infant, Aries thrives on sensation and experience. Aries love to tackle challenges. With a natural, almost naive, exuberance for life, Aries throw themselves into everything undertaken. Look to a Sagittarius or a Gemini to

share your adventures. Both will allow freedom and revel in the Aries' energy and enthusiasm.

TAURUS Where the Aries needs excitement, Taurus craves stability. A long-lasting relationship is what the Taurus needs to bring out that loving, affectionate side that is sometimes hidden. Libra brings balance and tenderness to life. Capricorn is another Earth sign who understands the need for security.

GEMINI Often accused of being fickle, the free-spirited Gemini shies away from commitment because they need variety and freedom in life. They bore easily, and consequently need someone exciting who won't be suffocating. Two partners who won't try to tie down the foot-loose and fancy-free Gemini are Aquarius and Sagittarius. Both are too busy with their own adventures to make too many demands!

CANCER Emotional security is number one on the Cancer's relationship-priority list, and fittingly, Cancer's life centers around the home. Cancers thrive on the response of others, and need to feel wanted. For this reason they spend much

time helping and doing for others. The earth-bound Taurus offers both stability and loyalty.

LEO This charismatic life of the party has no problem attracting admirers. However, in one-on-one relationships, Leo has a tendency to be domineering and egotistical. A Taurus will appreciate Leo's strength and warmth and let Leo think he's in control. Scorpio is a challenge and a match in the power game, a game that neither will ever lose.

VIRGO The zodiac's perfectionist, Virgo can be overly critical of others, as well as themselves. Always being concerned with "doing the right thing" is a full-time job. But when Virgo takes time off from this admirable endeavor, he'll look to someone just as hard-working and responsible to be their romantic partner. Capricorn fits the bill perfectly: A match made in heaven.

LIBRA Bringing balance to other's lives, the diplomatic and charming Libra thrives on making others happy. But just what makes a Libra happy? Libra shies away from excitement, preferring to coast through life without too many

disruptions in routine. Taurus makes the perfect partner, dependable and loving, and most importantly, won't make too many waves.

SCORPIO An intense, "all-or-nothing" person, Scorpio can be seen as passionate and exciting, but also possessive and overly secretive. Scorpions keep an essential part of their personality locked up from everyone else. The one sign to break into the Scorpio's private life and balance their burning passion for life is Leo, who attracts Scorpio like a moth to a flame.

SAGITTARIUS The adventurous archer needs constantly to be on the go. Forever optimistic and cheery, Sagittarius is looking for someone to travel the world with and have a lot of fun along the way. Making friends comes easy to the Sag, but any overly-romantic moves will be met with trepidation. Sagittarius loves freedom and needs an Aquarius or Gemini who will not try to infringe.

CAPRICORN The ever-serious Capricorn approaches relationships in a cautious, realistic and practical manner. Often, at the first stirring of romance, Capricorn will try to

avoid any sentimental feelings that might interfere with more important goals in life. Taurus shares the love of stability and Virgo the sense of responsibility. Both will be patient while waiting for Capricorn to warm-up to the idea of being swept off his feet.

AQUARIUS Unconventional and visionary, Aquarius is unique in refusing to fit into anyone's mold. One thing for certain, the need to feel inwardly free, cannot be understated. Gemini and Sagittarius are the only signs who can truly understand this. Aquarius needs a partner who is neither too dominant nor too passive, but can be an equal on all levels.

PISCES A romantic dreamer, the sentimental, compassionate and sensitive Pisces can be one of the most tender and devoted partners. In return, Pisces needs someone more bound to reality and who won't step on those sensitive toes (Sagittarius has a tendency to do this). Cancer offers all the protection and emotional security Pisces could ever desire, as well as the need for romantic bliss.

FAT

crispy; creamed, cream sauce, or in its own gravy; au gratin, Parmesan, in cheese sauce, or scalloped; au lait, a la mode; marinated, stewed, basted and hollandaise."

Although this may seem a severely limiting list, there remains much that a person can feel free to indulge in. Brody's

LOVE — HATE

fats." While real fat has about nine calories per gram, most fake fats only have up to two calories per gram.

The idea of eating ice cream containing Simplese, made with egg whites and milk protein instead of the real fat that sticks to a person's hips and creates love handles, may seem

BACCHUS

Palmieri said. "We try to give information about both sides of drinking and its consequences."

The program was organized at the end of the spring '91 semester. Nine students are involved in the organization. Ray Rodriguez, health educa-

book lists healthy dishes described as follows: "tomato sauce, steamed, in broth; in its own juice, poached or garden fresh; roasted, stir-fried or cocktail sauce."

"Fats are a learned taste," said UNLV nutritionist Lisa Cavaretta. "If a person begins eating good, low-fat foods, they

like the answer to every dieter's prayers, but, as with anything else, moderation is important.

"The fake fats become dangerous when people abuse the products," Cavaretta said. "They start eating twice as much because they think it's

tor, said the group is looking for more students to become involved with BACCHUS so there is campus recognition.

Palmieri believes alcohol awareness has increased drastically. "Attitudes towards partying have changed," he said. "Now you see designated driv-

ers and non-alcoholic drinks being served at parties. It's a lot different than it was five years ago."

Sitting at that elegant restaurant, staring at all of the mouth-watering descriptions of favorite foods, remember what Cavaretta said, "Fat is not bad, it is overindulgence that makes it unhealthy."

fat free, therefore it's okay"

If one were to eat sensibly on a daily basis, it would not be necessary to deprive a person of their favorite foods from now until death. As Brody states in her book, "It doesn't hurt now and again to splurge on special occasions, as long as the exception does not become the rule."

BACCHUS will be located next to the purple and green palm trees during Health Awareness Day.

from page 7

HEALTH

ness of the health options in our community," Wassell said.

A blood drive, sponsored by United Blood Services, will be held throughout the day.

There will be free yogurt from TCBY, a music listening room for relaxation and meditation, a workshop titled "Wisdom In Nutrition" from 2 p.m. to 4 p.m., mocktails presented by the Hotel Association and a raffle.

"You can win a round-trip ticket for two to San Diego, a free one-month pass to a local gym and 10 free passes donated by 'Catch a Rising Star,'" said Director of the Student Health Center Lori Winchell. "Laughter is the best medicine and (this will be) in honor of April Fools Day."

The Student Health Center is offering free HIV testing between the hours of 10 a.m. and 4 p.m., a shot for mumps,

measles and rubella (MMR) will be available for \$3 between the hours of 9 a.m. and 11:30 a.m. and from 1:30 p.m. to 4:30 p.m., a cholesterol screening will be \$5. The Student Health Center advises no eating and plenty of water 12 hours prior to cholesterol screening.

Information regarding sex education, learning abilities and exercise for health and weight maintenance will also be available.

Health Awareness Day will kick off as an event sponsored by the UNLV Student Health Center and the Student Health Advisory Committee in conjunction with the Public Relations Student Society of America.

Admission is free and everyone is welcome to this event. For more information please call the Student Health Center at 739-3370.

The state of being overweight is the supreme state of self-indulgence. Too many "good" things with no real nutritional value. YOU can take control of your life as you live it one day at a time.

The Focal Point

.....

It's in the ear.
459-3337



Do your part.
Recycle this paper