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Bellydancing - Continued from page 2

tension, aids weight-loss, and enhances sexual well-being. Women of all ages can benefit from learning the natural, low-impact movements of bellydancing.

With practice and concentration, anyone can learn to bellydance, even if you've never danced before. The movements are natural and easy. Bellydancing incorporates controlled, gentle movements. Pretend that there is a glass of water on each shoulder and you mustn't spill it. At first you will feel like a robot but you'll lose that stiffness as you become more aware of your body, as you learn to relax and co-ordinate your movements. It's pain-free; it benefits your organs, your breathing, your back and stomach muscles. Share newly learned moves with loved ones. It's fun! ANYONE can learn, from 9 to 90. So go for it! Learn to bellydance. Call Bay Woodyard at 476-7241.

Dance like you're the opening act for River Dance with 40 million viewers... or

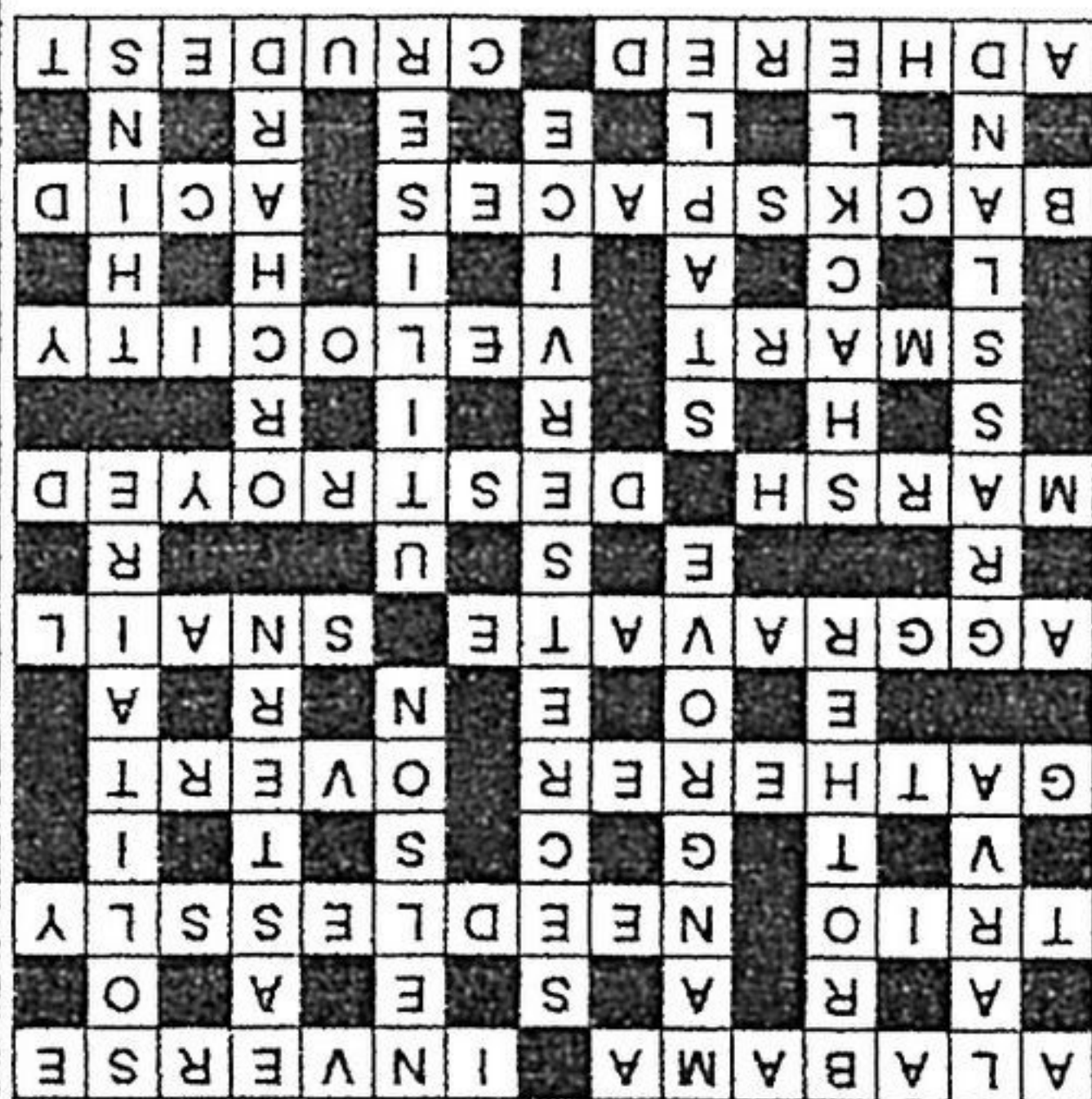
Dance like no one is watching.

Sugar Shack - Continued from page 15

On at least two occasions, I set the final pot of almost finished nice thick syrup on fire. The fire finished it off. The smell of scorched syrup permeated every room. The last year that I did maple syrup, 1989, Des had hooked up an extra stove out on the sundeck so that the house wouldn't become so humid. What he may have forgotten is that I am easily distracted. In fact, my own father always said that I have a one-track mind. I had forgotten the final pot of probable perfection boiling merrily away downstairs on the deck until someone called to my attention that the pot was on fire. We cut the power off to the stove, and allowed the fire to burn down and out as we watched it. I would clean up the mess later. Little did I imagine that that pot would become fused to the element on the stove, and that we would have to turn the stove back on to warm up the pot enough to pry it off again. Like a pit bull terrier stuck on someone's leg, that pot was determined to stay there.

Was it worth the cost of the hydro, was it worth the hours standing over a hot stove, was it worth all that worry and wonder. It sure was. The Wonder Years. I wouldn't have missed it for anything, and I thank God for my good fortune. While we didn't have a horse and sleigh, we did have a Sugar Shack.

PUZZLE SOLUTION



ACROSS

- 1 datA-LAB-AMAlgamation
- 5 IN-VERSE
- 10 TRIO (anag. riot)
- 11 NEEDLES-SLY
- 12 GATHERER (anag. her great)
- 13 OVER-T
- 14 AGGRAVATE (anag. tag a grave)

- 16 S-NAIL
- 18 MARS-H
- 20 DE(S-TROY)ED
- 23 TRAMS (smart rev.)
- 24 VELO(anag. love)CITY
- 26 B-ACKSPACES (anag. packs case)
- 27 AC-ID
- 28 AD(HERE)D
- 29 CRU(DE)ST

DOWN

- 2 LA(R)VA
- 3 B(R)OTHER
- 4 MAN-GROVE
- 6 NELSON (anag. no lens)
- 7 E-A-STERN
- 8 SOLITAIRE (anag. or it's a lie)
- 9 SECRET SERVICE (anag. receive crests)
- 15 GR(ASS-L)AND
- 17 PerU-TIL-I-SERVe
- 19 SHACK-LE (el rev.)
- 21 OR-CHARD
- 22 STAPLE
- 25 THI(N)S

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