

Classifieds

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BEWARE: Employment offers that suggest guaranteed out-of-state or overseas positions may be deceptive or unethical in nature. If you have any doubts about the nature of a company, contact the local office of the Better Business Bureau, (213) 251-9696. The El Segundo Herald does not guarantee that the advertiser's claims are true nor does it take responsibility for those claims.

Schofield Realty
We receive 50 phone calls a month for rental units in town. We need homes & apartments to lease. Call KEN about our Mgmt. program for Homes & Apartments.
310-322-4660

APARTMENT FOR RENT
1BD/1BA. Spacious, Immaculate, Free Utilities, Walk to Northrop Space Park, Security, Patio, No Pet. 15001 Condon Avenue, Lawndale. \$1050/mo. (310) 798-4323

CHILD CARE SERVICES
Loving Child Care. Infant to school age. CPR and First Aid trained. State licensed. Close to Aerospace. Joan 310-643-6126.

HOUSE FOR RENT
2 BD/1BA. w/Jacuzzi Bath. Nice clean home. Wiseburn School District, Del Aire, Hawthorne. All kitchen/laundry appliances. Large fenced yard w/hot tub, Dbl. detached garage. \$1600/mo. (310) 675-7106.

SPACE FOR RENT
Clean Space for Rent. Could be used for Retail Store, Light Manufacturing or Office. 1800 sq. ft. Call (310) 322-5565.



Wanted:
Two part-time office workers.

Herald Publications has two positions available:
One position is for **Monday 9-4 and Tuesday 9-2 p.m.**
Second position is for **Thursday 9-4 and Friday 9-2 p.m.**

The positions consist of computer entry, customer service, formatting documents and general office work. Applicants must be familiar with computers (Macs preferred) and detailed orientated. \$10/hr. Please send resume with references, by email to: management@heraldpublications.com.

You will be contacted after October 26th for interviews.

FOOD & DINING



MAKE YOUR SNACKS COUNT
Eating a snack or two between meals can curb hunger so that you don't inhale the dining room table when you finally sit down to supper. Snacking can also help you get in all the nutrients you need. On the flipside, grazing all day—particularly on foods of little nutritional value—may result in eating too much and packing on extra pounds. The key is taking a smart approach to snacking. Here are five simple strategies to get you started.

Snack (and multitask) mindfully. Munching mindlessly in front of the TV is a surefire way to gain unnecessary pounds—but that doesn't mean you can never enjoy your favorite program over a bowl of freshly popped popcorn or (fill in your favorite snack). Instead of popping a big bag of microwave popcorn, for example, choose a "mini" 100-calorie bag. And be sure to account for those calories elsewhere in your day.

Use snacks to fill nutritional gaps. Make your snacks count. Choose those that provide calcium and fiber—two nutrients that people often skip on. Two snacks to try: a cup of yogurt with a half-cup of whole-grain cereal mixed in, or a skim latte plus an apple.

Brown-bag your snack. Skip the vending machine and satisfy the afternoon "munch-

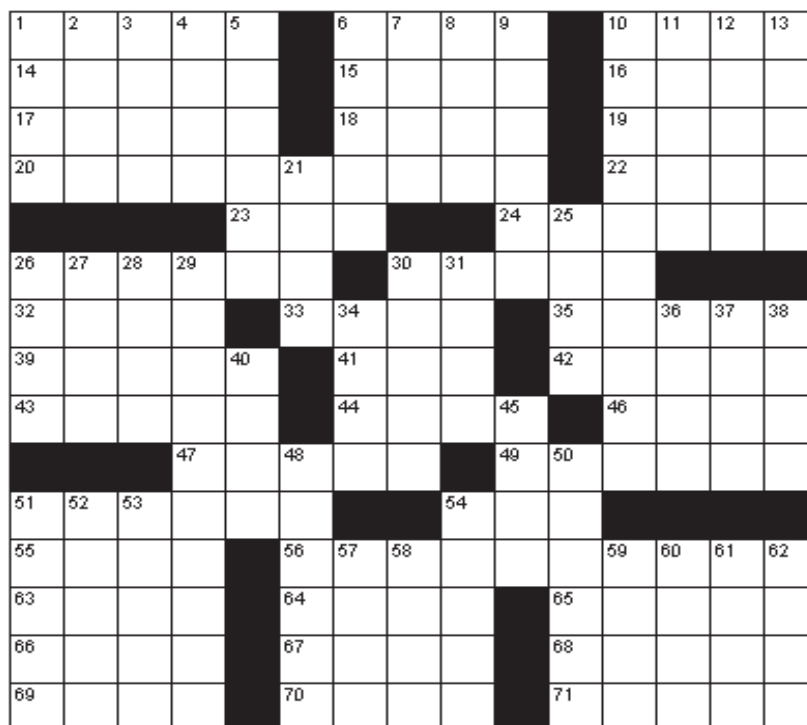
ies" with a healthy snack you packed at home. You'll save money and get a bigger bang for your nutritional buck. Try an ounce of almonds and an orange or a handful of pretzels with some hummus. Planning snacks that provide both carbohydrates and protein will help tide you over until dinner.

Choose your "midnight" snack wisely. If a good night's sleep is what you crave, there may be a food combination to help. Specialists recommend a pre-slumber snack that's rich in carbohydrates and contains a bit of protein; this combination is said to increase the tryptophan levels in the brain, causing you to sleep more soundly. Try low-fat yogurt with a sprinkle of granola, a small bowl of oatmeal or a sliced apple with a bit of peanut butter.

Don't get tripped up by travel. However often you fly, prepare in advance so you'll have healthy snacks to eat en route. For shorter flights, pack a quarter-cup of dried fruit, such as apricots, a handful of almonds and a few whole-wheat crackers as healthier alternatives to the salty snacks served in-flight. Sip plenty of water; low humidity and recirculating cabin air can be dehydrating. By EatinWell, Arcamax.com •

WEEKLY CROSSWORD

See answers next week



- ACROSS**
- 1. Fritter away
 - 6. Means
 - 10. Plate
 - 14. Communion table
 - 15. Ends a prayer
 - 16. Ancient Peruvian
 - 17. Plant life
 - 18. Sediment
 - 19. First World War plane
 - 20. Composer
 - 22. Remedy
 - 23. N N N N
 - 24. Gives expression to
 - 26. Toward the center
 - 30. The color of most grass
 - 32. Twofold
 - 33. Gin flavor
 - 35. Sedate
 - 39. Best of the best
 - 41. Before
 - 42. Therefore
 - 43. Permit
 - 44. Inquires
 - 46. Middy
 - 47. Crystal-lined stone
 - 49. A tedious recital
 - 51. To the rear
- DOWN**
- 1. Drift
 - 2. A friendly nation
 - 3. Cease
 - 4. Container weight
 - 5. Found at the end of a pencil
 - 6. Sail supports
 - 7. Leave out
 - 8. Expunge
 - 9. Main course
 - 10. Dissatisfaction
 - 11. Enter data
 - 12. Frighten
 - 13. God of the underworld (Greek mythology)
- ACROSS**
- 54. Horse of a dull brownish grey color
 - 55. Leave in a hurry
 - 56. Not an oil painting
 - 63. Chop finely
 - 64. Astringent
 - 65. Give a speech
 - 66. Otherwise
 - 67. Hindu princess
 - 68. French for "Morning"
 - 69. Fortuneteller
 - 70. "Shucks!"
 - 71. Choose
- DOWN**
- 21. Concludes
 - 25. Net
 - 26. Inspiration
 - 27. Void
 - 28. Cry out
 - 29. With everything included
 - 30. A very spiny and dense evergreen shrub
 - 31. Smell
 - 34. Direct
 - 36. Dwarf buffalo
 - 37. Computer symbol
 - 38. Declare untrue
 - 40. Pitcher
 - 45. Aspersion
 - 48. Forward
 - 50. Revenue
 - 51. Residues from fires
 - 52. Weighing machine
 - 53. Piece of armor for a thigh
 - 54. To yield or submit
 - 57. Winged
 - 58. Albacore or bluefin
 - 59. Verbal
 - 60. Tardy
 - 61. Auditor
 - 62. Apartment payment

Last Week's Answers

T A R O T O C E A N O B I
O B E A H N O B L E W E N
R E G R E T T A B L E I L L
R O O T S D A N C E
S O R R E L S L I G H T
T R O U B L E M A K E R
I R O N Y P A R I S G U T
L I S T T O N E D H E R R
E S T R A D O N M A N G E
G E N E R A L I T I E S
C L O U D S A S S E S S
A L A M O S N A I L
R A T U N C O N C E A L E D
E M E B E A S T A G O R A
T A R T O M E S D A T E D

7	2	3	5	6	8	4	9	1
4	9	1	7	2	3	5	6	8
5	6	8	4	9	1	7	2	3
3	7	2	8	1	5	6	4	9
6	5	4	3	7	9	8	1	2
8	1	9	2	4	6	3	7	5
9	3	7	6	8	2	1	5	4
2	4	5	1	3	7	9	8	6
1	8	6	9	5	4	2	3	7

SUDOKU - (INTERMEDIATE)

9				7		1		
			3			8	7	
	7						4	5
5	9		6					2
			5		2			
6					7		9	8
2	5						8	
		1	8			2		
			7		8			9

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DIRECTIONS: Fill in the blank squares so that each row, each column and each 3-by-3 block contain all of the digits 1 thru 9. If you use logic you can solve the puzzle without guesswork.

