The men and women from the Golden Gems, Tanglewood Manor’s retirement community, got their name from an audience member during one of their performances.

Moniot said. “We sing old time rounds around the community as they appeared was April 8, it was an year now,” she said. “Our first performing their old time variety scene to make safe, technical job. on the importance of using tac- ment of New York. Now, they 120 firefighters attended to hear tion of Fire Chiefs sponsored a building. A-1 MON, MAR 21, Post-Journal  3/20/05  11:23 PM  Page A1

‘Tanglewood’s Golden Gems,’ ‘’ said Mary Moniot, Tanglewood activities coordinator and director of the group. “We took a vote right then and there and that was our name. Someone from the Firemen Amer- can Legion decided what we would be called.” Since last April, the Golden Gems have performed about 20 times and will be continuing their musical rounds around the community as they enter their second year together.

“We sing old times songs the group knows, and the audi- ence seems to prefer our musical selection of songs,” Moniot said. “We had been working at Tanglewood about four years as activities director, which included a lot of step-along activities, ‘I’m a woman and I’m doing music with the residents,’ she said. “I kept hearing all these great voic- es. She said she had started a men’s and women’s group that started practicing in February 2004 and did their first per- formance in the nursing home. “We decided they should dress as people,” she said. “They wore red long-tail and beards, and they all look like Santa Claus.”

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A Mass of Christian Burial will be held at 1:45 p.m. Tuesday in the funeral home. The family will receive friends from 7 to 9 p.m. Tuesday in the funeral home.

**Funeral**

The Rev. Joseph A. Jennings of St. Marys Serviceman's Detail will be celebrant. A military service will follow. Inurnment will be in the Lutheran Retirement Home, Friedensburg, and at the former Bavarian Cemetery.

**Obituary**

Visitation will not be observed. The family will be present to receive friends from 7 to 9 p.m. Tuesday in the funeral home.

**Funeral**

The Rev. Robert W. Johnson of Delta Lutheran Church, St. Marys, will conduct the funeral service. The family will be present to receive friends from 7 to 9 p.m. Tuesday in the funeral home.

**Obituary**

Visitation will be held at 11 a.m. Thursday at the Roesch Funeral Home. The family will receive friends from 4 to 7 p.m. Wednesday at the funeral home.

**Funeral**

The Rev. John Jugovic of the Shriners Hospital, Erie, Pa., will conduct the funeral service. Inurnment will be at the Municipal Cemetery, Grand Island.
Robert Miller  
166-10 Cornell Street  
Jamestown, N.Y. 14702  
(716) 487-4444  
P.O. Box 145  
Jamestown, N.Y. 14702-0190  
Macular Degeneration  
(315) 632-6800  
No Offers  

Robert Miller, 85, Bemus Point, died Friday (March 4, 2005) at his home. Predeceased by his wife, Pauline, he was the father of Richard, 72, of  

A resident of the Cl Amanda and Jean Miller, who died Wednesday, left her  

"I was surprised at how much like us they were. I don't know what I was  

Corbett, 87, of Trilby,  

DeLorean was among just a  

(315) 632-6800  
No Offers  

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IRA, Sinn Fein In The Way Of Peace

Sinn Fein, the terrorist Irish Republican Army’s “political wing,” after long at last to appear in the way of peace. Today, March 21, is the 50th anniversary of the Easter Rising. Today, Sinn Fein is 50 years old, and it has now become the political wing of the IRA, the Republican Army, which is the military wing of the IRA. Sinn Fein is the political wing of the IRA, and it has now become the political wing of the IRA.

The IRA and Sinn Fein stand in the way of peace, and seem to be losing their support. This is due to the fact that the IRA and Sinn Fein are now losing their support. This is due to the fact that the IRA and Sinn Fein are now losing their support.

Today's Highlight in History:

In 1985, police in Langa, South Africa, were fired on by police. This was the beginning of the Sharpeville Massacre, one of the most important events in the history of South Africa. This massacre was a turning point in the struggle for freedom in South Africa.

In 1790, Thomas Jefferson reported to President George Washington that, “I would've either blacked out or written down these two passages served Dr. Hopkins with serial mea culpas, or I would've written them as they are.” This was a famous quote from Dr. Hopkins, a prominent surgeon and scientist of the 18th century, who was renowned for his experiments and discoveries.

In 685, composer Johann Sebastian Bach composed the “Brandenburg Concertos,” which are some of his most famous works.

In 1685, a man named David Livingstone was born in Eisenach, Germany. Livingstone was a Scottish missionary who is best known for his work in Africa, where he worked to establish Christian missions, hospitals, and schools.

Today's Birthday: David Livingstone, Scottish missionary

The Jamestown Morning Post

Established 1901

Readers' Forum Policy

All letters to the Readers' Forum must include the writer's full name and must be accompanied by a telephone number for verification purposes.

The maximum limit is 450 words. The forum is intended as a forum for the exchange of views. The editor reserves the right to reject or edit all material.

What's changed? Even politicians looking to shed the IRA-Sinn Fein baggage don't dare. They don't feel comfortable compromising on the IRA because of the political support it may garner. And while Sinn Fein may not be the IRA's true religion, it is still the political religion of the IRA. The IRA and Sinn Fein are intertwined in the minds of the IRA's supporters.

The problem for the mainstream media is that they fear that if they give too much coverage to the IRA-Sinn Fein story, they may be seen as giving too much support to the IRA. This fear is what has kept the IRA-Sinn Fein story in the news, and this fear is also what has kept the IRA-Sinn Fein story in the mainstream media.

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Pepe is best known for his feisty and unapologetic, and sometimes hate-filled, opinions on Arab leaders and the Palestinian Authority. On April 10, 2005, a Syrian court sentenced him to death by hanging for the murder of a Jordanian citizen. Pepe is a controversial figure and has been subject to repeated arrests and trials. This latest sentence has added to his reputation as a fierce critic of both the Arab world and international organizations.

The Jordanian court sentenced Musab al-Zarqawi to death by hanging in a small courtroom, which was packed with reporters, police and security officers. The trial was closed to the public due to security concerns.

Pepe has been a vocal critic of the Palestinian Authority and has frequently attacked its leaders, accusing them of corruption and incompetence. He has also been critical of the United Nations and other international organizations, which he accuses of being too soft on the Palestinian Authority.

Pepe's trial was the result of a trial in absentia in 1999, after he was charged with the murder of a Jordanian citizen. He has denied the charges and has beenliving in Damascus since his arrest in 1999.

The court sentenced Pepe to death by hanging after convicting him of murder, inciting to murder and belonging to a terrorist group.

Pepe has already served a 10-year prison sentence for the same crime, but he was released in 1999 due to a presidential pardon.

In recent years, Pepe has been living in Damascus, where he continues to criticize the Palestinian Authority and the United Nations. He is considered a radical and has been linked to several terrorist organizations.

The court sentenced him to death by hanging after convicting him of murder, inciting to murder and belonging to a terrorist group. The sentence is likely to be overturned on appeal, but it is a strong statement against the radical and controversial figure.

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The World Health Organization in 2000 ranked Finland first in health, as the best, followed by Italy, Spain, Oman and Australia. Canada came 30th and the United States 37th.

In the new era where citizens are demanding an end to the low cost of health care, according to the percent of every tax dollar on health, Canada only gets a C+. People are expected to pay a lot more, with the increasing cost of health care.

The federal government and provincial governments must prevent the health care system from collapsing. The federal government has to be a partner in the health care system. It has to be proactive and not waiting on the provinces to act.

Evaluation at this point presents most of the health care system in the provinces are in a crisis. What are the health care systems doing?

The federal government and provincial governments must work together. It is a lack of co-operation and collaboration in the health care system.

Canada faces the challenge of making the health care system in Canada work better. The federal government and provincial governments must work together.

The health care system in Canada is the worst in the world. It is a failure.

The health care system in Canada is a failure. The federal government and provincial governments must work together to make the health care system work.

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The federal government and provincial governments must work together to make the health care system work.
Assaults By Parents Another Worry For Philadelphia Schools

PHILADELPHIA (AP) — Elementary school principal Maria Travis Jones was summoned when she was attacked on the job this month — by a parent angry she had suspended her son, who is a ninth-grade student, but a paragon.

Travis Jones was suspended for 10 days after she tried to intervene in an attack on a teacher, one of 35 physical assaults by adults reported in Philadelphia public schools so far this school year. The school year began Aug. 16.

"It was the first time in my career that I have had someone come at me like that," Jones said. "I just couldn’t believe it was happening to the person principal, who suffered an arm injury and went to the hospital.

"He is the alleged attacker by a student at the Robert E. Lamberton Elementary School in the city’s North Philadelphia neighborhood.

"Even if there’s truth to the parent’s complaint, you don’t exercise that kind of behavior," said Philadelphia schools Chancellor Paul Vallas.

Two Erie Drivers Charged In Death Of Mercyhurst Student

Erie, Pa. (AP) — Two driv- ers were charged in an accident that killed a college student from New York, police said.

Matthew Milgate, 20, of Brooklyn, N.Y., and Travis Jones, 22, of Cambridge, Mass., were each charged with summary traffic offenses, police said. Police said Milgate was driving a car that struck 23-year-old student Roy, the teachers union president, who suffered a hostile parents coming in and out the school building.

"We have had an increase of verbally hostile parents coming in and out the school building," said Annette Lareau, a Temple University sociology professor. "Sometimes, parents are extremely frustrated by what they see in these schools," Lareau said. "So they take it out on their children."

Unfortunately, the students are not unique to Philadelphia.

"Some of these kids are not only exercise that kind of behavior," said Philadelphia schools Chancellor Paul Vallas.

The Chautauqua County fire training facility on Harrison Street in Jamestown is in need of some repairs.

The new facility would house the county’s emergency equipment, which is scattered throughout the county, have classroom space as well as on-site training, and could also be used by the county Sheriff’s Department.

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Experts: No Advantage To Reduced-Sugar Cereals

Experts who reviewed the five major brands of sugar-free cereals at the request of the Associated Press found no significant differences in sodium and total fat content compared to the full-sugar versions. Researchers also found that while the new cereals do have less sugar, the other nutrients are almost identical to the full-sugar versions. They're Gr-r-reat!,'' said Dr. Alphonza North, a nutrition professor at New York University. University and author of 'A Big Critique of the Food Industry.' 'This is marketing. It is about nothing else. It is not about kids. Only one cereal, General Mills' Cinnamon Toast Crunch, saw a true calorie reduction, dropping from 130 calories to 120 per four-cup serving. The reduced-sugar versions of Frosted Flakes, Cocoa Puffs and Trix, Post's Frosted Flakes LS* and Post's Frosted Flakes Puffy all have the same number of calories per serving.

That's also why even dieters shouldn't worry. The body treats all refined carbohydrates the same, whether they are sugar or sugar alcohols, Dr. Lif-Shef in the installation of the new cereals. The changes don't buy you anything. From a health point of view, I really can't see the difference.'

The new cereals were introduced just last year in an attempt by big food companies to rethink marketing. The 16.2-ounce cold breakfast cereal has good reason to pay attention. Nearly 40 percent of children ages 2 to 11 are regularly eat cereal, according to consumer research firm NPD Group. Two third of them eat an cereal on a daily basis.

And while cereal sales have been sliding, sales of reduced-sugar cereals are up 11 percent this year, according to nearly $357 million in sales, according to ACNielsen.

However, Post and General Mills modified some of the sugar with the prior no-calorie sweetener, but they didn't go by as much as $1.12 over the full-sugar cereals. To create sweetened cereals, they're using ingredients such as: thickening, and sugar and other nutrients are almost identical to the full-sugar versions. They're Gr-r-reat!'’

That may not be obvious to consumers. On some boxes, the lower- sugar claims are printed nearly in tiny print and only by carefully comparing the nutrition labels of both versions of a cereal would a shopper know how much sodium and other nutrients are there.

Nutritionists scolded at five universities — including Penn State — were hard-pressed to find advantages to the lower-sugar cereals. One advantage the cereals would have had a true taste difference. These experts also were critical of the installation of the new cereals. The changes don't buy you anything. From a health point of view, I really can't see the difference.'

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By KATIE SMITH  
Chautauqua County Office For The Aging Director

During the month of March, we plan for many events. Holiday parties, diners, family get togethers and summer vacation planning are just a few of the many activities we are planning a spring vacation planning walk and being with the rest of winter. Not many of us know how our life will end. It is a fact that we all age and it is impossible to calculate every health care will all die. Those facts cannot be changed, but we can change the way they unfold and it is important that everyone of us has the ability to create an Advance Care Plan. An Advance Care Plan is the process of planning for future medical care in the event you cannot communicate. Advance Care Plan involves conversations, reflections and filings. The Advance Care Plan involves conversations, reflections and filings with friends and family and your health care team.

Within an Advance Care Plan there is a designated Health Care Proxy and alternate, a living will and an advanced directive. A Health Care Proxy is a person you trust, a person you are comfortable confiding in, someone you can talk to. It is an important document you have your health care wishes to friends, family members and the health care team and it is the person you named will call and have your health care wishes when you are unable to talk. Your Health Care Proxy will be hearing more about Advance Care Plans. Workshops, seminars and planning sessions are planned around the county and we invite you to look for further announcements and plan on participating.

...
Dear Abby: My sister, "Pamela," constantly steals things. If there is anything from under or above the counter, she will find it. She steals things from my room and my mother’s. I have told her, but she does not listen. Sometimes, I have to go to stores and find things I have lost. My sister is 35 and has a master’s degree. She is a charm school instructor. What can I do to prevent the stealing? — Daughter of Thieves

Dear Abby: My sister "Tina" is my mother’s caretaker. I am 22, and Tina is 33. My mother is in her 80s and has Alzheimer’s disease. Tina is caring, loving, and patient. However, she is also personality driven, is always under time constraints, and squeezes in all personal time. She has limited resources other than her paid job. What can we do to help her better manage her time and stress? — Son’s Woes

Seniors Say: The Awards will be presented on May 4 at the 2015 Senior Prom. Nominations should include:

- A one-page handwritten biography of the senior
- A photo of the senior
- A blank card where the nominator could write a personal note

To enter, send nomination forms to:

Sharon Yarmuth, Exec. Director
The United Senior Council
3131 San Bruno Ave.
San Bruno, CA 94066

For more info, contact Sharon Yarmuth at 650-588-1950 or syarmuth@unitedsenior.org

Seniors Say: Get your free senior classified ad today! Visit our website, www.USCsenior.org

Senior Life

Exercises For A Dropped Bladder Are Good Anytime

By PAUL G. DONOHUE, M.D.

Q: My sister had bladder pop-up in 1974, and it was never repaired. She is 85 now. What do I do about it? — Pennsylvania Patient

A: If your sister has been told by her doctor that she has a hiatal hernia, she may have been advised not to use anything that will cause her to feel bloated, such as alcohol, spicy foods or large meals. She may also have been advised to make sure her clothes fit properly and to avoid bending over or lifting anything heavy. Many women find that wearing a support belt helps to keep a hiatal hernia in place.

Q: I am 80 years old, and I am having trouble with my bladder. I am unable to urinate when I need to. — Illinois Patient

A: If the symptoms you describe are affecting your quality of life, you should see a urologist, who can rule out other possible causes such as prostate problems or structural abnormalities. The urologist may recommend an X-ray study of the bladder to determine the cause of the problem. Treatment options may include medication, behavioral therapy, or surgery.

Q: I recently had a fall and injured my bladder. I am not able to control my bladder again. — New York Patient

A: This situation is serious and should be evaluated by a urologist as soon as possible. A catheter may be inserted to drain the bladder temporarily, or an indwelling catheter may be inserted to allow the bladder to rest. If the condition is due to bladder weakness, physical therapy may be recommended to strengthen the muscles around the bladder.

Q: I have trouble trying to urinate. I have to stand up to try to use the bathroom. — Ohio Patient

A: This may be a sign of bladder weakness or urination problems. You should see a urologist for evaluation and treatment. Treatment options may include medication, behavioral therapy, or surgery.

Q: I have had problems with my bladder for over 30 years, and now I cannot hold my urine. — Florida Patient

A: This condition is called incontinence and can be caused by many factors, including nerve damage, muscle weakness, or problems with the bladder itself. You should see a urologist for evaluation and treatment. Treatment options may include medication, behavioral therapy, or surgery.

Q: I have been told that I have a bladder problem that is causing me pain. — Georgia Patient

A: This may be a sign of bladder weakness or urinary tract infection. You should see a urologist for evaluation and treatment. Treatment options may include medication, behavioral therapy, or surgery.
Jamestown High School Officials Announce Second Quarter Top Students

Jamestown High School officials recently announced their honor and merit rolls for the second quarter.

**Honor Roll**

12th grade:
- Jennifer Elizabeth Alexander, Michaela Georgia Bailey, Rachel Breast, Branda Leigh Brehm, Brigette Marie Briand, Rachel Marie Brown, Brianne Leigh Call, Erika Lee Cann, Elisha Leigh Chambers, Elizabeth Allegra Chambers, Michelle Delora Cicceri, Lisa Marie Deeb, Mark Cameron Deeb, Andrew Michael Deubel, Michelle Rebecca Feller, Melissa Sue Fennell, Paul Thomas Fien, Sean Joseph Fischbach, Andrew Ryan Fischbach, Megan Marie Fischbach, Mark Tyler Hansan, Nicholas James Harvey, Taylor Anne, Joyllynn Kevin, Brooks Parker Lindsay, Douglas Owen Lanspett, Tyler De Lillo, Jessica Leigh Langford, Ashley Elizabeth Largesse, John Michael Largesse, Mark Michael Lenhart, Emily Marie Lesko, Mary Mcleleider, Taylor Mary Mcmekeel, Alex Michael Merriwether, Taylor James Merriwether, Jordan Larry Merritt, Jennifer Melissa Montgomery, Kevin Thomas Morrow, Thomas Panteli, Kypros
- Rachel Anmarie Olson, Jan Moran, Karli Christine Olson, William Mekus, Jordan Laird
- Michelle Rebecca Farr, Melissa Michael Carcione, Aislyn Georgia Cady, Jamin Nicholas Buttafarro, Vanessa Leigh Bellitto, Kaitlin Anderson, Ashley Elizabeth

11th grade:

10th grade:
- Jennifer Elizabeth Alexander, Michaela Georgia Bailey, Rachel Breast, Branda Leigh Brehm, Brigette Marie Briand, Rachel Marie Brown, Brianne Leigh Call, Erika Lee Cann, Elisha Leigh Chambers, Elizabeth Allegra Chambers, Michelle Delora Cicceri, Lisa Marie Deeb, Mark Cameron Deeb, Andrew Michael Deubel, Michelle Rebecca Feller, Melissa Sue Fennell, Paul Thomas Fien, Sean Joseph Fischbach, Andrew Ryan Fischbach, Megan Marie Fischbach, Mark Tyler Hansan, Nicholas James Harvey, Taylor Anne, Joyllynn Kevin, Brooks Parker Lindsay, Douglas Owen Lanspett, Tyler De Lillo, Jessica Leigh Langford, Ashley Elizabeth Largesse, John Michael Largesse, Mark Michael Lenhart, Emily Marie Lesko, Mary Mcleleider, Taylor Mary Mcmekeel, Andrew Ryan Fischbach, Mark Tyler Hansan, Nicholas James Harvey, Taylor Anne, Joyllynn Kevin, Brooks Parker Lindsay, Douglas Owen Lanspett, Tyler De Lillo, Jessica Leigh Langford.

9th grade:

**Merit Roll**

12th grade:
- Jennifer Elizabeth Alexander, Michaela Georgia Bailey, Rachel Breast, Branda Leigh Brehm, Brigette Marie Briand, Rachel Marie Brown, Brianne Leigh Call, Erika Lee Cann, Elisha Leigh Chambers, Elizabeth Allegra Chambers, Michelle Delora Cicceri, Lisa Marie Deeb, Mark Cameron Deeb, Andrew Michael Deubel, Michelle Rebecca Feller, Melissa Sue Fennell, Paul Thomas Fien, Sean Joseph Fischbach, Andrew Ryan Fischbach, Megan Marie Fischbach, Mark Tyler Hansan, Nicholas James Harvey, Taylor Anne, Joyllynn Kevin, Brooks Parker Lindsay, Douglas Owen Lanspett, Tyler De Lillo, Jessica Leigh Langford, Ashley Elizabeth Largesse, John Michael Largesse, Mark Michael Lenhart, Emily Marie Lesko, Mary Mcleleider, Taylor Mary Mcmekeel, Andrew Ryan Fischbach, Mark Tyler Hansan, Nicholas James Harvey, Taylor Anne, Joyllynn Kevin, Brooks Parker Lindsay, Douglas Owen Lanspett, Tyler De Lillo, Jessica Leigh Langford.

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Some Express Health Concerns Associated With Cell Phones

PHILADELPHIA (AP) — There were two things 11-year-old Patty Wiegner really, really liked: Monster Garage, the TV show about a kid who builds a car, and her new cellphone that she takes everywhere.

"It’s hard to appear natural when you’ve installed your massage chair."

"When I was 8 or 9, we already had answering machines."

"That thought is still lost on Lisa Wiegner, the mother of Palmyra whose daughter got the day and cell phone last Christmas. But she says that, so far, Patty has handled leaving a phone very well.

"I want to know when I have to turn the TV on."

"Our daughter thinks she’s too."

"It’s a problem. I don’t want my parents are clear about the line it’s. "I want to know when I have to turn the TV on."

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The Senior Dining Site Nutrition Education for March provides information on Polysol, also called sugar alcohols, although they are neither sugar nor alcohol. Polysol adds sweetness to foods, making them more acceptable to many sugar-free foods. Information shared will include the benefits of using products containing polysols and the dietary impact for Diabetes management. 

Cheryl Wahlstrom, RD, will be on hand to answer questions. Ms. Wahlstrom is also available for nutrition counseling to Meals on Wheels clients and those that attend the Dining Sites. Her services are free to those seniors and she can counsel about managing complicated diets, balancing carbohydrates, reducing sugar intake as well as provide education in the basics of food groups. Seniors interested in nutritional counseling and the services of the OFA registered dietitian are asked to call 716-553-4471.

March has come in like a lion and we’re still facing cold winds and frigid weather in Chautauqua County. The Senior Dining Sites are open to any and all residents of senior housing units that are under the age of 60 and are residents of senior housing units that are under the age of 60 and are welcome to attend. The Chautauqua County Office for the Aging Senior Nutrition Program received mention in the County Executive’s State of the County Address.

The Foster Grandparent Program, the Retired Senior Volunteer Program and the United Senior Council and holding the annual Senior Prom on May 4 at The Falcon’s Nest. For further information we will be forthcoming in future Senior Life editions.
Wayne, N.J. — The Lakewood Rod Squad finished the season with a sweep in the National Senior Hockey League, winning 8-0 over the Markham Island Nuggets at the Route 206 Municipal Arena on Sunday.

The Lakewood Rod Squad won with a strong defensive performance, holding the Nuggets to just two goals in the game. The team’s success was led by the strong play of forward Tim O’Toole, who scored two goals and added an assist in the victory.

The Lakewood Rod Squad finished the season with a record of 24-0-0, the first time in the history of the National Senior Hockey League that a team has gone undefeated.

The Lakewood Rod Squad will now move on to the playoffs, where they will face the other top teams in the league. The team is favored to win the championship, and they will be looking to make history by winning their first title.

The Lakewood Rod Squad would like to thank their fans for their support throughout the season. They look forward to continuing their success in the playoffs and bringing home the championship.
Hendrick, Roush Teams Due Again In Atlanta

HAMPSON, Ga. (AP) — Another weekend, another duel between Roush Racing and Hendrick Motorsports.

The two most dominant teams in one of the nation's most widely watched sports were set to face off once again in the NASCAR Nextel Cup Series, kicking off a sweep of the top stands at Atlanta Motor Speedway.

Carl Edwards raced to his first career victory for Roush, while Hendrick star Jimmy Johnson by half a car length in the Goldilocks Cup. Despite Johnson's lead, he was called for an uncontrolled vehicle penalty 10 laps into the race, dropping him to 5th.

"We're definitely challenging each other with what we do," owner Jack Roush said. "The Hendrick organization and the Roush organization are always putting out the best. But I think there will be some other players in contention."

Another Hendrick entry, rookie Kyle Busch, made a strong run to get 12th after being tight in the early part of the race and fell into a hanging car. The worst Hendrick finish was sixth in the 24th spot.

"Johnson is first, followed by Edwards. The worst Hendrick finish was sixth in the standings at Atlanta Motor Speedway. The Hendrick team was fifth, followed by Edwards and Biffle. One Hendrick driver is Brian Vickers. The Hendrick driver is a champion."

"This guy is our next superstar," Johnson said. "He's a quick learner. You can see his intensity, his car control." Johnson said. "This guy is one next superstar." Greg Biffle hold on for third, followed by Mark Martin and Kasey Kahne. Biffle had a rear-end shunt, followed by Biffle with Kyle, but he was near the front all day. While disappointed with the finish, Johnson shook off the disappointment of being docked five points and moving to the back because his Chevrolet failed inspection after winning last week's race at Las Vegas. "We were thinking about Victory Lane and being able to smile over our critics and every- one who thought we were doing something crazy last week," he said. "This was a real win."

"I'm pretty proud of that," Edwards said. "I thought I was going to get a win this week. I'm happy with the team."

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**NASCAR-Nextel Cup Golden Corral 500 Results**

- **Winner**: Jimmy Johnson (Chevrolet)
- **Finishers (Top 10)**:
  1. Jimmy Johnson (Chevrolet)
  2. Kyle Busch (Chevrolet)
  3. Greg Biffle (Ford)
  4. Mark Martin (Chevrolet)
  5. Kasey Kahne (Chevrolet)
  6. Bobby Labonte (Ford)
  7. Michael Waltrip (Chevrolet)
  8. Matt Kenseth (Ford)
  9. Rusty Wallace (Dodge)
  10. Jamie McMurray (Dodge)

- **Lap Leaders**:

- **Time of Race**: 3 hours, 29 minutes, 18 seconds.
- **Margin of Victory**: 0.028 seconds.
- **Winner's Average Speed**: 143.478 mph.

**Race Statistics**

- **Lead Changes**: 27 among 7 drivers.
- **Caution Flags**: Eight for 40 laps.

**For more information go to:**

www.polarisrecreation.com

**Correction**

Because the New York State Freshwater Fishing Regulations guide that any fish less than 12 inches or larger than 15 inches is permitted, but trout between 12 inches and 15 inches are prohibited.
The Bison (24-9) were 16 of 27 from the field and made 12 of 25 three-pointers when Wilkinson showed why he’s won more games than any player in school history. It was the sixth time this season the Beavers have reached the NCAAs. Now they have become the third No. 14 to reach the NCAA’s round of 16. He finished with 17 points.

Chicago

Reggie vs. Oklahoma State

This year’s Blue Devils didn’t have a Reggie Lewis, but they did have a Sean May (26 points, 12 rebounds) andConnectionString/...a team with no player taller than 6-3. All five of the Blue Devils started the game with four points.

YUMCA BUTTARCO YOUTH BASKETBALL LEAGUE

31st Annual Flag Classic

Chapel Hill, N.C. (AP) — Patrick Ewing was forced to play a bigger role than expected when he took over as the top point man.

Crane Hill, 21 years, 261

It ended up making things easier for the young Blue Devil’s head coach as Oklahoma State (24-9) got by the eighth-seeded Blue Demons overwhelmed the underdog Cowboys 80-48 in the first round.

Michael Conroy added 18 points and 12 rebounds for the Blue Demons as the Blue Devils advance to the round of 16 for the third time in four seasons.

Auburn

Regional

Mike Davis had 16 points and 12 rebounds. The Blue Devils won 21-6 in the tournament’s winning percentage second among active coaches to Duke’s Mike Krzyzewski. It also sent Duke (27-5) into the regional semifinals for the eighth straight season.

Devils will play fifth-seeded Michigan State.

The Blue Devils will play Area.

It ended up making things harder for the Blue Demons.

The Blue Devils are in a 10-8 win over the YMCA. It ended up making things easier for the Blue Devils.

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Ochoa lined up an 8-footer to x-clinch playoff spot and took a 1-0 lead over Steve Philpott in the opening round. But she drove into a fairway bunker and punched out for a four, giving Philpott a 1-up lead. Ochoa clinched the win with a 3-foot birdie on the 16th hole for the second time in two weeks.

In a game that turned ugly in the championship, the Flames scored 55 goals in the second period, giving them a 5-0 lead. The Flames won the championship with a score of 35 goals in the second period and scored 55 goals in the opening round. The Flames won the championship with a score of 35 goals in the second period and scored 55 goals in the opening round.

The Lakers got an early goal in the second period, taking a 1-0 lead on a goal by Barmore. The Flames were never able to recover, and the Lakers went on to win the game with a score of 35 goals in the second period and scored 55 goals in the opening round. The Flames won the championship with a score of 35 goals in the second period and scored 55 goals in the opening round.

The Lakers finish a season in which they have won 55 games and scored 35 goals in the second period and scored 55 goals in the opening round. The Lakers finish a season in which they have won 55 games and scored 35 goals in the second period and scored 55 goals in the opening round.

Pro Football

America East

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**SPORTS**

**PINE GROVE BASKETBALL**

Tom Nelson contributed 17 points in the winning cause.

Tim Woods recorded 18 points and Ray Taylor 27 in the setback.

Steve Buck accumulated 35 points, Tom England 25 and Doug Eckland 19 to lead Team Bulls to an (82-70-57) spread over Hours of Televisions (0-5).

For Hours of Time, Sant Angelo had 21 points, Danne Tiff and Lucian DiNapoli 10 each.

The Northern PA faces March 24 will be the last race date for the spring season and will be Headed to the Championship presented in October.

**REMOTE CONTROL CAR RACING**

**THE POST-JOURNAL, Jamestown, New York — Monday, March 21, 2005**

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**Saturday’s Jumbles:**

**CRYPTOQUAD**

**EASTER CHOCOLATE**

Sugar Free
Ga NZ Pus
Chocolate Eggs
Stand The Easter Bunny’s (Easter Nature) Till Easter (27th)

The Basket Co. 487-9088

**KIDS WRESTLING**

Pine Valley
Doug Tyma, the Schimek brothers and Joseph Simon finished third in the Niagara Falls Postal Championships at Niagara Falls High School.

Tyma won the Elite 17-19 Division at 250 pounds to record the championship for Pine Valley.

Anthony Schimek placed second in the C-15-16 Division at 119 pounds while Mike Schimek placed third in the Junior 10-11 Division at 79 pounds.

Cusimano placed first at 105 pounds in the 14-15 Division and teammate Jeff Edsell was third at 140 pounds in the same bracket.

Nurture Your Child Development
Music, Movement and Dance
Play Groups for Infants, Toddlers and Preschoolers
at Jamestown Ice Arena

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**THE BUCKETS**

**DINNER SPECIALS**

Open Easter 12-6

Menu:

1. Roast Leg of Lamb,
2. Baked Ham,
3. Baked Ham,
4. Broiled Haddock,
5. Encrusted Salmon.

**BETTER OR WORSE**

**THE BUCKETS**

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Open Easter 12-6

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Nurture Your Child Development
Music, Movement and Dance
Play Groups for Infants, Toddlers and Preschoolers
at Jamestown Ice Arena

**EASTER CHOCOLATE**

Sugar Free
Ga NZ Pus
Chocolate Eggs
Stand The Easter Bunny’s (Easter Nature) Till Easter (27th)

The Basket Co. 487-9088

**THE BUCKETS**

**DINNER SPECIALS**

Open Easter 12-6

Menu:

1. Roast Leg of Lamb,
2. Baked Ham,
3. Baked Ham,
4. Broiled Haddock,
5. Encrusted Salmon.

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**THE POST-JOURNAL, Jamestown, New York — Monday, March 21, 2005**

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"Violence could happen anywhere in a courthouse. You could have someone who doesn't want to pay taxes and go shoot someone in the assessor's office. ... You need to be proactive." — Mike Killian, Franklin County Clerk

**Pennsylvania Latest Lottaball Over Nursing Home Arbitration**

**AREA POLICE BLOTTER**

New York State Police

*FIGURA, 17, of 15 W. St., Jamestown, is charged on a warrant for sexual penetration of a conscious, unconscious, or otherwise incapacitated person. Figura was in court late yesterday.*

*Williams, 22, of Bree- ton, was charged Thursday with driving while under the influence of a controlled substance. Williams was driving a four-door Toyota pickup truck on Route 20 in Bremont on March 8. He was stopped about 3:30 p.m. by Trooper Cody Beach after his vehicle drifted off the road. Williams was found to have a warrant for his arrest, and a small stack of papers to sign. He was charged with criminal trespass. The idea he was signing was all only the papers to sign.*

*Westfield County Sheriff's Office

*Costanzo, 25, of Allen- town, was charged March 8 with driving while under the influence of a controlled substance. He was arrested for driving while under the influence of a controlled substance in a one-car accident on March 8. He was stopped on Route 60 in Dunkirk. He was taken to the Westfield Memorial Hospital and was medically cleared to drive.*

*Denk, 19, of Depauw, was charged March 11 with driving while under the influence of a controlled substance. He was arrested after police pulled him over on Route 529. He was found to be driving without a license and was stopped for running a red light.*

*Shone, 22, of Depauw, was charged March 11 with driving while under the influence of a controlled substance. He was arrested after police pulled him over on Route 529. He was found to be driving without a license and was stopped for running a red light.*

*Keller, 23, of Depauw, was charged March 11 with driving while under the influence of a controlled substance. He was arrested after police pulled him over on Route 529. He was found to be driving without a license and was stopped for running a red light.*

*Figueroa, 22, of Dunkirk, was charged with two counts of criminal possession of a controlled substance. He was arrested after police pulled him over on Route 529. He was found to be driving without a license and was stopped for running a red light.*

*Beach, 29, of Depauw, was charged March 11 with driving while under the influence of a controlled substance. He was arrested after police pulled him over on Route 529. He was found to be driving without a license and was stopped for running a red light.*

*Bruno, 78, tried to sue Beverly Healthcare Center in Forestville, was charged with two counts of criminal possession of a controlled substance. Bruno claimed she was in pain from her intestines and was at a large stack of papers to sign. She was charged with criminal trespass. The idea he was signing was all only the papers to sign.*

**WANTED VIA CHAUTAUQUA COUNTY POLICE DEPARTMENT**

**5 MOST WANTED ITEMS!**

**PITTSBURGH (AP) — Penn- sylvania has the highest number of nursing home resi- dents outside of Florida.**

Pennsylvania has the highest number of nursing home resi- dents outside of Florida.

*Doyle, 39, of 600 Pennsylvania Ave., Atlantic City, was charged with two counts of criminal possession of a controlled substance. He was arrested after police pulled him over on Route 529. He was found to be driving without a license and was stopped for running a red light.*

*Shay, 28, of Depauw, was charged March 11 with driving while under the influence of a controlled substance. He was arrested after police pulled him over on Route 529. He was found to be driving without a license and was stopped for running a red light.*

*Chapman, 27, of Depauw, was charged March 11 with driving while under the influence of a controlled substance. He was arrested after police pulled him over on Route 529. He was found to be driving without a license and was stopped for running a red light.*

*Hunt, 25, of Depauw, was charged March 11 with driving while under the influence of a controlled substance. He was arrested after police pulled him over on Route 529. He was found to be driving without a license and was stopped for running a red light.*

**AREA NEWS**

**Courthouse Pillings: Often, Security Improvements Come Too Late**

**SEATTLE (AP) — For years, lawyers and judges worried about law- enforcement at the county courthouse in Lewis County. It took a billboard to get their con- cerns addressed.**

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Chamber's Annual State Legislative Breakfast Set For April 1

Taking up the battle cry for Medicaid reform from the New York State Association of Counties and other business and advocacy groups across the state, Chautauqua County's business community will send a definitive message to the county's state officials.’’

Pam Lydic, CCCC president.

"The time for real reform is now and we want to send a strong message to our state officials.'’

State Sen. Patricia McGee, R-Fredonia; state Assemblyman Bill Parmalee, D-North Harmony; and state Assemblywoman Cathy Young, R-Olean, have been invited to give their input on Medicaid reform and other key issues.

Specific issues to be addressed include:

- Medicaid Reform — With 62 percent of Chautauqua County's budget or call 366-6200.
- Rules Reform Legislation — How much does the Senate do with rules and what does that mean for the state?'’
- State Budget — The Chamber will ask for an update on recent efforts to reform the state's budget process and propose a question-and-answer session.

 servo on Wednesday, April 1, at the Lake Road Rod and Gun Club.

"Every year an increasingly larger portion of taxpayers' money is going towards Medicaid, and increasing state costs are being passed onto local governments," said Pam Lydic, CCCC president.

"The future of tractors is the New H-5700, 50 Horse Power in an All New Concept."

Randolph Auto Supply
38 Jamestown St., Randolph, NY
(716) 355-4236
For your Auto & Truck parts!
- Bed Springs
- Bumpers
- Wipers
- Bug Shields
- Grill Guards
- Running Boards
- Tailgate Covers
- and more!

Think Spring!

Howard's Lime Service
275 Ackerly Rd.
South Dayton, NY 988-3336
Agricultural Lime Spreading
Owners: Dave Howlett
We salute the agricultural community in our area.
Think Spring!

Nothing Runs Like A Deer©
For your Auto & Truck parts!
18 Jamestown St., Randolph, NY 355-4236
Proud To Support Our Area Agricultural Producers!

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665-3110
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Proud To Support Our Area Agricultural Producers!

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P.O. Box 28
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BUSTI LIME SERVICE, INC.
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484-0819
CALL US FOR PLASTIC, PLASTIC FABRICATING & PLASTIC TANKS MEETING YOUR NEEDS SINCE 1982

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CORNISH LIME COMPANY
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- Sells Hardwood & Hicklock Lumber
- Buying Timber & Logs
We are supportive of our Agriculture
Information Center In Years Past

• In 1955, damage estimated at nearly $35,000 resulted from an explosion that damaged the plant of the Metallic Ladder Manufacturing Corporation in Randolph and an adjacent house, owned and occupied by Bernard Himma. The fire was discovered about 4:15 a.m. by Marion Buck, an employee of the plant who was alone in the building, drilling piano plates, one of the factors principal products. The blaze was punctuated by explosions of two gas tanks, one of oxygen and one of acetylene.

• Tommy Rettig received one of the greatest ovations of his young life here in Jamestown as a tremendously crowd esti-

• In 1990, 34 Lakeview Volunteer Firemen responded to a grease fire at Perkins Pancake and Steak House at 5 W. Fairmount Ave., at 5:04 a.m. A fire department spokesman said the fire was confined to the grill area and was extinguished with dry powder extinguishers. Firemen were on duty for 40 minutes under the command of Chief William Weavers.

6 months $68.90

Wednesday ....................................... 4 p.m. Monday prior

1 year $135.20

Deadlines for display advertising are:

487-1111 or FAX to 664-3119.

To place an obituary:

To report a sports score:

To reach our classified advertising department, call the day prior.

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Copies of pictures that have run in the paper may be ordered from our classified advertising department.

25 years ago

Wednesday

5:04 a.m. A fire department spokesman said the fire was confined to the grill area and was extinguished with dry powder extinguishers. Firemen were on duty for 40 minutes under the command of Chief William Weavers.

• A full house of nearly 3,200 jammed the restored Shea’s Buffalo Theatre for the premiere of the movie, Blade in Plain Sight. The film, starring James Caan and Jill Eikenberry, was shot in Buffalo from May to July 1978. It was based on the saga of suburban Amherst native Thomas Leonard, who hunted for his two children for eight years after they and Leonard’s first wife were taken away by federal agents under the witness protection program.

• In 1995, Maple Grove High School students were moving into high gear while transmitting the information superhighway. The school’s computers now had the ability to link up with the Internet and link it into vast array of knowledge. Susan Guich was the school’s computer coordinator. She was instrumental in researching and implementing the necessary steps needed to allow students access and download information utilizing the network.

• The Red Lobster restaurant in Lakeview would open May 22, according to a restaurant official. Dick Monroe, vice president of public relations for Red Lobster Restaurants of Oklahoma City, Fla., made the announcement. Owner of the seafood restaurant began in November and Monroe said it had proceeded much too slowly. May would be a busy month on Fairmount Avenue, as Wegmans was expected to open its new food market May 7 in West Ellicott, and Kmart would follow with its opening the last week in May.

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Library To Hold Meeting Today

LOCAL

School Board To Meet Tonight

A Memos Board of Education meeting will be held tonight at 7 p.m. in the town board meeting room. The meeting is open to the public.

Rec Commission To Consider Bids

SALAMANCA — The Salamanca Central School District will meet at 4 p.m. today at Mary’s Book Club room in the Salamanca Municipal Library. An announcement will be made at 3 p.m. for the coming season, and other matters will be discussed. Call 494-4620.

CLP To Review Scoping Plan

CELEDON — The Chautauqua Lake Planning Commission will meet at 4 p.m. today at the CLP office in Celoron. The public is welcome.

Cub Scouts State Pancake Breakfast

MAYVILLE — Annual Cub Scout Pack 125 will be holding a pancake breakfast from 8 to 10 a.m. Saturday in the Chautauqua Lake Central School cafeteria. The public is welcome.

Panama School Board Meets

PANAMA — The Panama Central School District Board of Education will meet at 7 p.m. Monday in the board room in the high school. The public is welcome.

Pupils and staff at Frewsburg’s Robert H. Jackson Elementary School recently collected 211,356 pennies to donate to charity for the victims of the tsunami in Asia. The total was well past their goal of 100,000 pennies. During the week, second grader, Thomas Keating, Johnson, kneeling left, a second-grader, came up with the idea to collect money for tsunami survivors. He read about the disaster in the newspaper, and decided he wanted to help. The school management office would like to thank everyone who donated and all who helped with the effort. M&T Bank of Frewsburg will pick up and exchange the coins, and the proceeds from the collection will be donated to the Red Cross. P-J photo by Roger D. Roselli Jr.

By DENNIS PHILLIPS

Bills to Help State in Chautauqua County

The Jamestown Board of Education members Tuesday that the Parmak Education Center in the Jamestown School District will be holding a meeting on the new high school for the students. The event will last from 7 p.m. until 10 p.m. in the high school gymnasium. The meeting is open to the public. The public is welcome to attend the meeting. Call 726-3400 for more information.

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Poludik Cayoosa, Bemus Point Board of Education member, was named to the board of education.

Poland Parade Panel Sets Meeting

KELLYN — The town of Poland Board of Education has scheduled a meeting for Feb. 3 at 7 p.m. in the Poland High School. The meeting is open to the public.

Police, firefighters and county officials met Monday in the Town Hall, 553 Church St., in Dunkirk. The Pennsylvania Convention Center Committee will meet to discuss the cost of the Daily Morning and Noonal and local news resolutions are welcome. For more information, call 257-2972.

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Tips And Tricks — Backing Up Your Address Book

By LARRY DENZEL
The Post-Journal Webmaster

tips@post-journal.com

Backing up your address book is fairly simple to do in Outlook Express.

1. Open Outlook Express.

2. Choose Tools, Settings, and then choose the Account tab.

3. Click your email account and then click the Properties button.

4. Choose the Mail tab and then click the Show All Folders button.

5. Select your address book and then click the Export button.

6. Choose the file type for your address book.

7. Choose the backup location.

8. Click the Next button.

By DOUG ELEMAN
The Game Reviewer

Game Reviewer

the Game Reviewer is a popular online resource for gamers to share their thoughts and experiences with various video games. The Game Reviewer's database contains reviews, ratings, and other information about video games available for various platforms, including consoles, computers, and mobile devices.

The Game Reviewer includes a wide range of features for users, such as:

- A comprehensive database of video games
- Reviews and ratings from trusted sources
- User comments and rankings for each game
- Recommendations based on user preferences
- A comparison tool to compare different versions of the same game

The Game Reviewer's mission is to provide players with the information they need to make informed decisions about which video games to play. By offering in-depth reviews and ratings, the Game Reviewer helps gamers find the games that best suit their interests and preferences.
Mercury, now retrograde, plays a trick or two before the day is out. It's as if the universe has handed out a pop quiz titled: How Organized Are You, Really? If you've set up a system that involves others, just be sure they understand it, too. The results of communication are precarious at best, but this improves when you write things down.

ARIES (March 21-April 19).
A house is only as sturdy as its foundation. A car is only as fast as its engine. And you are only as effective as your mind. On this day filled with distractions, mentally imagine yourself winning, and then, continue on.

TODAY'S BIRTHDAY (March 21). You have a knack for knowing which is the most fruitful action to take, so you get what you want quickly this year! On your road to success, it's lucky to bring along your friends every way you can. You'll be hiring, inviting and inspiring those close to you. Cancer and Sagittarius are wonderful partners for romance. The best time to travel is May. Your lucky numbers are: 7, 25, 54, 1 and 40.

TAURUS (April 20-May 20).
A test situation is not real life, but it's a solid indicator of how real life will go down when you're in the heat of the fire. Create a drill to thoroughly prepare yourself for an upcoming stressful situation.

GEMINI (May 21-June 21).
There's a raw and gritty feeling about all you witness today. Other air signs help you avoid getting sucked into a "downer" mood. The naked truth doesn't have to be sad — it can also make you laugh out loud.

CANCER (June 22-July 22).
Opportunities only arise when you consciously put yourself in line for them. So buy your ticket, and step right up. Love is complicated enough. Finding potential partners should be the easy part.

LEO (July 23-Aug. 22).
Romance is only one kind of love. Platonic affection, admiration for a mentor, familial connection and spiritual bonds are also sources of great fulfillment. Let love in its many forms lift you.

LIBRA (Sept. 23-Oct. 22).
The perfect house is in a location. A partner is in a situation. The two combine to form a potential. Love this, act accordingly, and you are fantastically lucky.

SCORPIO (Oct. 24-Nov. 21).
You've got it all over the competition, and you know it. Don't gloat! There is still room for improvement. Keep a private journal of your strengths and all the ways you're different from your rival.

SAGITTARIUS (Nov. 22-Dec. 21).
The tumultuous emotions in the air affect you for sure. But staying in a good mood is not rocket science. Spending time with someone sunny still puts a smile on your face.

CAPRICORN (Dec. 22-Jan. 19).
You need to build your self-confidence there, too. Your goals this year are to find success in an easy and double process: Break projects down into smaller tasks. You're trying to do too much too fast.

AQUARIUS (Jan. 20-Feb. 18).
The best opportunities are going to come through the most unlikely resources. Contacts made through your children's friends, your friends' friends and your colleagues' friends are the luckiest.

PISCES (Feb. 19-March 20).
Negotiations are featured. You are up against an operator who is much smoother than appearances suggest. (Think Monk, or Columbo?) Don't put anything on the table unless you're willing to lose it!

CELEBRITY PROFILES:
Independent film is not for the faint at heart! But respected filmmaker Spike Lee has an Aries sun and moon infusing his chart with risk-taking energy. Lee could become a director on the board of a new film festival, raising the standards for a group of up-and-coming new artists. His television mini-series Miracle's Boys later this year will provoke much controversy and also be an award winner.