

# First

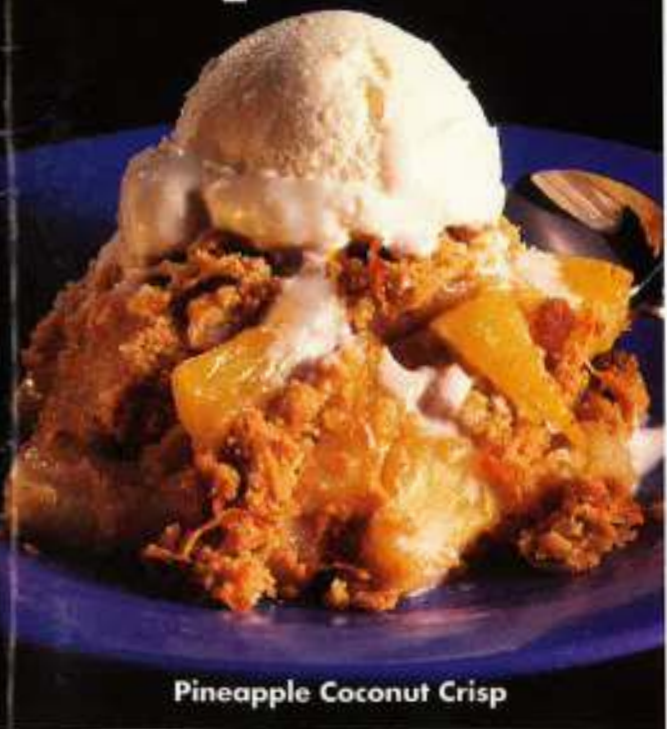
for women

January 11, 1993  
\$1.50

**We've  
got it  
all!**

**How to get  
what you really  
want in bed**

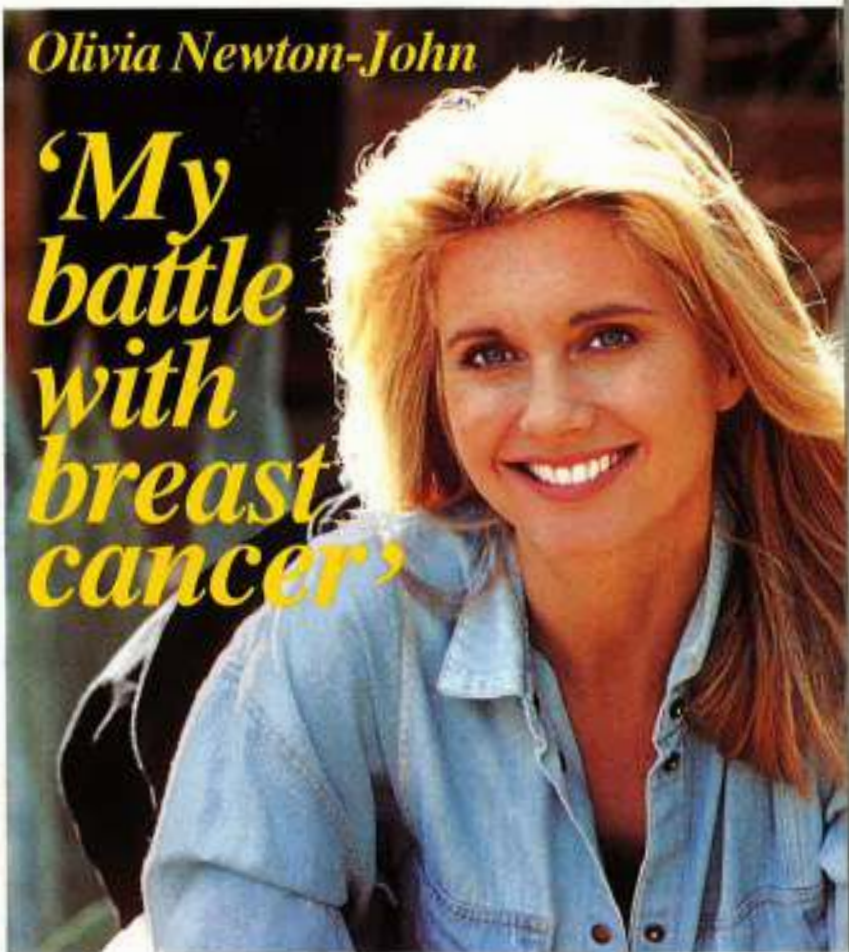
**Collect all  
our super  
recipe cards**



Pineapple Coconut Crisp

*Olivia Newton-John*

**'My  
battle  
with  
breast  
cancer'**



**Where to  
find the  
biggest  
fashion  
bargains**

**12 ways to  
look  
great even  
when you're  
feeling lousy**

**Horoscope '93**  
**Love, money... surprises!**



# HEALTH AND FITNESS



**Whatever your stars bring you this year, overwhelming cosmic forces push you toward a more healthful life**

Headache-prone Aries, you've got to relax and stop solving everyone's problems! If you worry too much or try to do too much, especially in

## **ARIES**

*September*, that slight weakness could turn into a serious ailment. To keep *December* stress at bay, watch your diet and exercise often.

Librans are known for balance, but from *February* to *May* you may feel out of control. Calm down and put your life on track;

## **LIBRA**

your body will respond positively by *summer*. Long-term, keep an eye on posture to stave off back pain. And drink plenty of water!

Zealous Taurus, be realistic about your body. You'll be anxious about weight and health early in the year. Take action, but don't be

## **TAURUS**

obsessive. You will drop pounds by *April* and head off those nagging neck pains in *October* if you simply treat yourself well.

Health is your greatest wealth. And sensual Scorpios need their lovemaking. Try to keep that in mind, especially in

## **SCORPIO**

*May* and *October*, when other commitments are pressing. Sexual tension is behind many of your illnesses.

Your health this year is closely tied to state of mind. You've got to quell nervousness if you want to feel good in *winter* and *spring*.

## **GEMINI**

Breathe deep—and set small goals for *February*, *March* and *May*. You'll get a rush of positive energy when you meet them.

Sagittarians love burning the candle at both ends. But this *February*, as responsibilities increase, you'll have to

## **SAGITTARIUS**

slow down to preserve your health. Start early in the year, and minor ailments and extra pounds vanish by *April*.

Heavy responsibility at work and home may stress you out in *January* and *February*. The result: A grumbling, rumbling stomach!

## **CANCER**

Find simple ways to forget woes, such as brisk walks. The pressure will lessen by *September*; expect a calming end to the year.

Now's the time to recover from a few tough years—and strengthen that sensitive back. *Winter* diet and exercise

## **CAPRICORN**

rewards you with energy. In *July*, will power keeps bugs at bay. Changes in *September* work wonders for self-esteem.

Last year's emotional problems have left you drained and listless. In *March* and *April*, you'll discover the connection between body and

## **LEO**

mind. Pay close attention to cardiovascular health, and you'll rekindle your inner fire in *May*. By *summer*, you'll feel and look much better.

From *February* to *May*, you may lack strength and stamina. Growing old? You're more likely growing tired of a routine

## **AQUARIUS**

that's bad for you. So, seize a *June* opportunity to change old habits—and a glorious vitality sweeps over you.

You're so concerned about those you care for, you've let your own health slip. In *March*, you'll be at low ebb—unless you make special

## **VIRGO**

efforts to keep yourself regular. So, spring into action in *April*! To sizzle in bathing-suit season, watch diet, attitude and lifestyle.

Feeling out of sorts? You may have a diet deficiency or be allergic to a favorite food. Make changes early in the year and you'll be

## **PISCES**

looking and feeling better by *February*. A minor health scare in *March* or *June* is only your body's way of telling you what it needs.



## EXERCISE BY THE STARS

Every sign has physical trouble spots, says Siri Dharma Galliano, founder of Astroyoga of Beverly Hills. Here are her ideal workouts for each sign: Stubborn **ARIES** loves active sports such as martial arts and aerobics. Arians must

make sure to stretch and cool down after working out. . . . **TAURUS**, prone to neck aches, needs to loosen muscles with neck rolls. Taureans prefer steady exercises like hiking, walking and treadmill. . . . **GEMINI** craves change, so any

fitness program must constantly evolve. The Twins prefer working out with partners and need to keep circulation revved. . . . Cautious **CANCER** must relax the abdomen. This water sign loves swimming and should make sure to get

# FAMILY AND FRIENDS



**Strengthening the bonds of love and reliance are the keys to finding happiness and peace**

Your home situation inspires you to join exciting social circles. Mid-February is a good time to sort out a longstanding quarrel

## **ARIES**

with a family member or old friend—but don't push too hard. Give it some time and by July, you'll be close again.

Your home life will be anything but staid and boring this year. Throughout 1993, but especially in October and November, your circle

## **LIBRA**

of friends will change. Find your roots, water them regularly and, if your social life is sprouting in too many directions, prune it!

A special friend will take center stage in your life this year. Who she is and why she's important will become clearer after March.

## **TAURUS**

If relationships with your family have been strained, June offers strong opportunities for a reconciliation.

You won't need to pick up the phone to make plans during spring and summer. People will come to you! In September, deep

## **SCORPIO**

concerns about past or recurring problems will surface. Talk them through thoroughly, for solutions by year's end.

You seem to think family ties are holding you back. Well, a little restraint might not be so bad! Though you feel the need to

## **GEMINI**

act independently in the winter, honor your commitments. In July and August, you come to value what you already have.

A lot of people depend on you for support this winter. Though this may seem like a heavy responsibility, it'll bring

## **SAGITTARIUS**

great fulfillment later in the year. By September, you can expect a thrilling change in your domestic environment.

You'll experience tension and drama galore in the next 12 months. Let yourself be taken for granted and you'll be taken

## **CANCER**

for a ride. Stand firm in the spring and you'll gain respect. Give way to pressure in November and you'll regret it.

A feud or disagreement festers far too long—throughout winter and spring. Come June or July, you'll finally get the

## **CAPRICORN**

chance to swallow your pride and make peace. Only then can you give new relationships a chance to blossom.

Feeling a bit sentimental about family? Don't give in to temptation and burrow in at home. Despite the happiness loved ones bring,

## **LEO**

you must pursue outside relationships, especially in May and June. To keep the home fires burning, you've got to collect wood!

Imagine striking oil in your backyard! That's how you'll feel this year, when you discover what a precious friend a certain

## **AQUARIUS**

someone really is. By April, if not earlier, you'll see this familiar companion in a wonderful new light.

Can you distinguish real pals from fair-weather friends? Differences will be clear in July—when you find the strength to break

## **VIRGO**

false bonds. At home, 1993 brings hope, expansion, and change. Expect upheaval in the fall, when living arrangements change.

Even if relations with nearest and dearest are strained, you'll be glad for their company and support as '93 unwinds. In spring, you'll cre-

## **PISCES**

ate special bonds with new acquaintances and end tiffs with old pals. By December, you'll be happier at home and more socially settled.

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plenty of fluids. . . . Super-motivated **LEO** is sometimes too aggressive. Lions need to stretch to avoid injury. . . . Perfectionist **VIRGO** burns calories easily, yearns to be ever-skinny. Virgos thrive with yoga and belly dancing—anything that stimulates the digestive tract. . . . Lazy **LIBRA** hates

exercise, but does it for vanity's sake. Librans should work up a sweat with running, aerobics and mountain biking. . . . Sensuous **SCORPIO** likes fluidity of motion: swimming, gymnastics, even sex. Stretching exercises are especially calming. . . . Philosophical **SAGITTARIUS** prefers exercises that

involve the mind—yoga, martial arts—and anything outdoors. Sags also like working with a partner. . . . Disciplined **CAPRICORN** is happiest on treadmills or stair-climbers, but should keep joints flexible and not overdo it. . . . Adventurous **AQUARIUS** loves activities with social significance,

like dancing at an Indian powwow. Skydiving and bungee-jumping also appeal to these individualists. . . . Spacy **PISCES** needs to be grounded by rock climbing, scuba diving, ballet—anything with a mystical side. Massage soothes their sore feet.

—by Donna Cornachio