

Alter actions, lose weight

A program on the behavioral approach to weight loss will be held at Oakland University's Continuum Center, 7-9 p.m., Tuesdays, April 11 through May 30.

The program will be led by Steven May, of the Center for Behavior Change in Ann Arbor. Program fee for the eight-session workshop is \$80.

Participants will explore their own eating patterns and learn techniques for changing those eating habits through behavior modification. The program will focus on setting goals, controlling habits, designing food patterns that fit your individual life style, rewarding yourself for new eating behavior. The program will be held at the Continuum Center on Adams Road at Butler, on the east side of the Oakland University campus in Rochester.

Advance registration is required. For further information, please contact the Continuum Center for Adult Counseling and Leadership Training in Rochester or call 377-3033.

Graphologically Speaking

Dear Mrs. Green,

Does my writing give you any clue as to why I subscribe to the Birmingham Eccentric rather than the Grosse Pointe News? You get 10 points for every correct assumption.

M.P., Grosse Pointe

Dear M.P.,

I would like to try for 20 points with the following two assumptions.

First, your handwriting tells me you are a discriminating woman. You have an active mind that quests for knowledge and you enjoy investigating and analyzing. (Points on the tops and bottoms of your small letter m's and n's.) Also, you are not a strongly traditional person and somewhat independent. (Shape of your capital I and very few lead-in strokes on your words.) Considering all these factors, I see you selecting the better paper.

Then, at the risk of sounding conceited, my second assumption is that you subscribe to our paper for Graphologically Speaking. Several things in your handwriting tell me you like

people. (Large size, full lower loops and the rightward slant.)

With your probing mind and strong interest in people, you are going to be

attracted to a people-oriented column like Graphologically Speaking. How do I score?

Lorene Green, certified graphologist, will answer questions about personality. Write to her on a sheet of unlined paper in the first person singular. Time allows answering your letters only through the column.



LORENE GREEN

to the Bhm. Eccentric rather than the Grosse Pointe News. You get 10 points for a very correct assumption.

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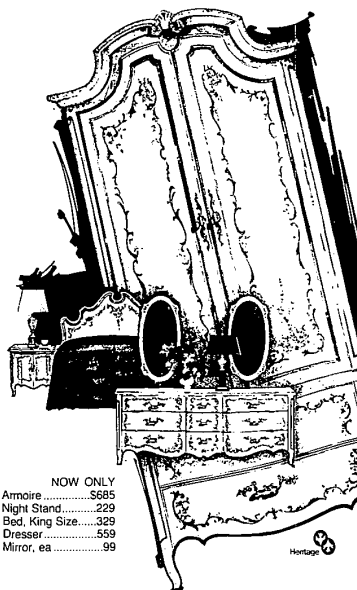
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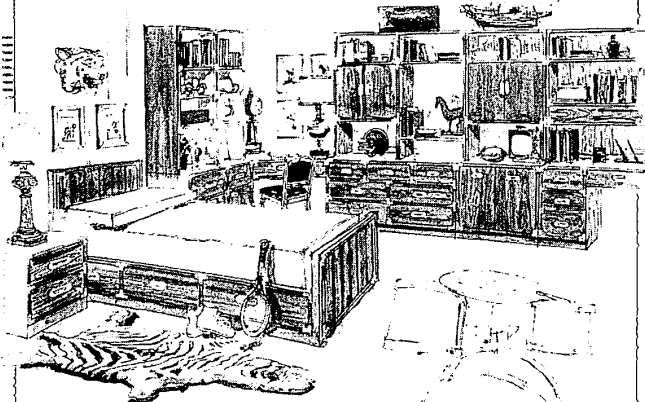
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