



graphology

Lorene
Green

Dear Mrs. Green:

I am a 52-year-old lady with many interests, one of which is graphology. I am right-handed. Would you please give me your interpretation of my handwriting?

In reading the Eccentric I'll keep my eye on your very interesting column to discover whether my handwriting is there.

Thank you so much.

P.S., Bloomfield Hills

Dear P. S.:

Indeed you are a woman with a wide spectrum of interests. Many of these probably take place within your own home. Projects and activities are often solitary pursuits and do not always require other people.

Cultural exposure has been yours

and you are no stranger to the finer things in life. Creativity is prominent in your handwriting. A good mind and math aptitude are also here.

The sensuousness in your handwriting tells me you receive pleasure from any or all of the five senses. Your aesthetic sense is well developed.

You are an observant person. Fastidious would describe your attention to

details. And strong discipline has you handling all these details.

Basically you are an introspective person, one who often withholds her true feelings. Through the years you have learned to present a more amiable and friendly facade than you may inwardly feel. Other times there is a directness about you and you have no problem saying it as you see it.

It appears you are not finding your life as fulfilling as you might wish for at this particular time. Still there is optimism here, especially regarding your personal goals. Occasionally you retreat to an ivory tower to engage in a little daydreaming.

Early life reveals more mother influence than father.

If you have a question about your handwriting, please write to Lorene C. Greene, a certified graphologist, in care of this newspaper. Use a full sheet of white, unlined paper, writing in the first person singular. Age and handedness are also helpful. If you would like to furnish feedback on your analysis for the column readers, please enclose a self-addressed envelope with your letter.

Creativity, discipline evident

I am a 52-year-old lady with many interests, one of which is graphology. I am right-handed. Would you please give me your interpretation of my handwriting?

Senior citizens are warned: Hot weather can be harmful

Hot weather can be very dangerous for the elderly. It can lead to life-threatening heat exhaustion, heart failure, and stroke.

To help you learn how to protect yourself, symptoms to watch for, and what the remedies are, the U.S. Office of Consumer Affairs has published a special report. For your free copy of "Heat Stress," write to the Consumer Information Center, Dept. 652K, Pueblo, Colo. 81009.

The body needs time to adjust to hot weather. Therefore, a sudden increase in temperature is especially serious, because it can put a dangerous strain on the heart and blood vessels before the body has a chance to acclimate itself.

The reason the elderly are more vulnerable to heat stress than younger people is that they don't adjust as well to heat. They perspire less. They are also more likely to have health problems requiring medicines that work against the body's natural ability to adjust to heat.

IT'S IMPORTANT to know the warning signs of heat stress. Early symptoms feeling hot, uncomfortable, and listless are mild and usually pose no threat unless they persist. However, because the serious signs of heat stress are usually preceded by milder ones, it's important that you get medical attention if you experience any of the following: dizziness, rapid heartbeat, diarrhea, nausea, cramps, throbbing headache, dry skin but now sweating, chest pain, great weakness, mental changes, breathing problems, or vomiting. These symptoms can also signal other major problems, such as heart failure. If you experience any of

them, call a doctor immediately.

Here are some ways of keeping cool, so that heat stress can be avoided:

- Fans and air conditioning can provide lifesaving relief from heat stress, especially if you have any history of heart disease. If you don't have air conditioning go somewhere that does, such as a library, shopping mall, senior center or movie.

- Cool baths or showers provided relief from the heat because water removes extra body heat 25 times faster than cool air. Placing ice bags or wet towels on the body is also helpful.

- Curtail physical activity during extremely hot weather. Activity adds to heart strain.

- Avoid hot foods and heavy meals. Digesting them adds heat to your body.

- Your body needs more water in hot weather. Don't wait until you are thirsty to have a drink. If you are taking any medication or have a problem with body water balance, check with your doctor for advice on how much water you should drink.

- Avoid alcohol. It acts as a diuretic, resulting in fast water loss. In addition, alcohol can promote a sense of well-being making you less aware of the danger signs of heat stress.

- If you live alone, make sure a relative or neighbor checks on you regularly.

When you order "Heat Stress" (free), you'll also receive a free copy of the Consumer Information Catalogue. Published quarterly by the Consumer Information Center of the General Services Administration, the free catalogue lists more than 200 selected free and moderately priced federal consumer booklets.

... a sudden increase in temperature is especially serious, because it can put a dangerous strain on the heart and blood vessels.



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Thursday, July 7, 1983 O&S

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class reunions

(As a public service, the Observer and Eccentric Newspapers will publish announcements of class reunions. Send the information to Marie McGee, 36251 Schoolcraft, Livonia 48150.)

• OAK PARK

The Oak Park High School class of 1973 will hold a 10-year reunion Sept. 10 at the Somerset Inn in Troy. For information, call 357-4353 or 557-3235.

• FARMINGTON

Farmington High School class of 1943 will hold its 40th reunion Aug. 20 at the American Legion Hall in Farmington. For more information, contact Shirley (Barber) Murray, 474-7425.

• NORTH FARMINGTON

North Farmington High School

class of 1973 will hold a 10-year reunion Saturday, Aug. 20 at the Chalet of Farmington Hills. Cost is \$20 per person. For more information, call Brooke Jenks at 478-9569 or Carl Goetzke at 478-9819.

• ANDOVER

The Bloomfield Hills Andover class of 1973 will hold a 10-year reunion in August. For more information, call 285-9560.

• REDFORD UNION

Redford Union class of 1988 will hold a 15-year reunion Friday, July 22. Cost is \$13 per person. For information, call 538-0184.

Redford Union class of 1958 will hold a reunion Nov. 25 at Farmington Hills Country Club. Cost is \$50 per couple. Contact Sharon Wall, 592-4859 or George Levine, 644-0274.

Seminar for Brides

The which, why and how much you need for your new bed and bath are subjects of this month's session

at Oakland, Thursday, July 14, 6:30 p.m. and Lakeside, Saturday, July 16, 9 a.m. There's a lot to know that your grandmother forgot to tell you, such as the importance of thread counts in sheets. And a lot more that's new, like contemporary fibers and blends. Plus decorating advice. All from the knowledgeable Heather Denier. And manufacturers' representatives to answer specific questions. Door prizes and refreshments, too. Tickets are 2.50 each, at Hudson's Oakland and Lakeside Brides Registry. Or call for reservations, 223-1895.

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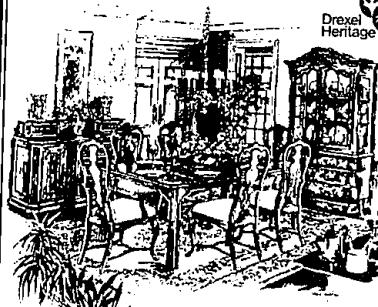
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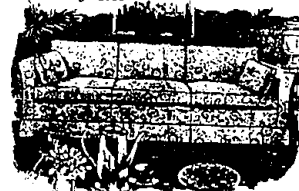
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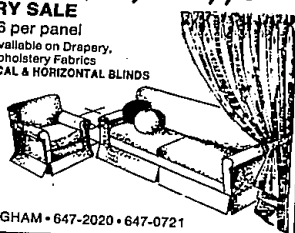
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