

Nutritious treats mean no tricks for Halloween

While Charlie Brown's friend Linus hopes for the Great Pumpkin to arrive on Halloween night, real-life children will be making the annual trick-or-treat rounds. Children will be bringing home their sacks of goodies, most of which contain candies or other foods high in sugar, and low in nutrition.

"Parents who want to treat their children to nutritious snacks can take advantage of both prepackaged and homemade alternatives," says Linda Cornell, Oakland County home economist. "Some of the treats can even be made by children, with adult supervision."

Halloween goodies may contain sugar as long as they provide some nutritional benefit, too. You can buy individually wrapped cookies which contain ingredients like oatmeal or peanut butter. These will provide the child with more than just empty calories.

Commercially packaged items like packets of nuts will provide protein, and boxes of raisins are a good source of iron for trick-or-treaters. Parents who want to give out candy

bars can look for those with raisins or nuts.

HOMEMADE offerings for Halloween include pumpkin seeds. They can be dried naturally or tossed with butter and toasted in the oven or on top of the stove at low heat. Popcorn is another low-cost possibility. Popcorn balls are traditional, but parents might also try sprinkling Parmesan cheese on popcorn, instead of butter.

Packets of "nuts and bolts" (a combination of cereals, nuts and pretzels) are a popular treat for children and adults. For children who want to get in on the Halloween treat making, there are a variety of recipes for no-bake cookies, many using just a few ingredients.

Predictably, trick-or-treaters are going to receive some sweets in their Halloween sacks. The best advice for parents is to be sure their children brush their teeth after eating sugary foods, as sugar is known to contribute to tooth decay.

For further information, contact the Food Preservation Food Safety Hotline, 858-0904, Oakland County Cooperative Extension Service.

Spacing shows break with past

Dear Ms. Green:

I would love to have you analyze my handwriting. I am left-handed and I'm 31 years old. I feel I know myself quite well but certainly enjoy the mystique of someone else telling me what they know. I look forward to your findings. Thank you.

L.K., Livonia

Dear L.K.:

Your marginal spacing, wide on the left and narrow on the right side, suggests you are moving away from the past and into new experiences.

The heavy pressure of your handwriting tells me you have been blessed with lots of vitality for the things you wish to do. However, all of your lines slope downward so I can see you are allowing negative thinking to waste some of this vitality.

The far-right slant and large size of your handwriting addresses your need for people in your life, but you aren't inclined to become too intimate with them. You also have a

need for privacy and space and dislike people prying into your personal affairs.

SIGNS OF a good intellect can be found in the simplifications in your handwriting. However, you are not always receptive to new ideas and/or concepts.

Neither are you a long-range planner. You probably jump right into a task, planning as you go. You have learned to use your time effectively. You spend neither your abilities nor your time on those things which are not meaningful to you. Neither do you assume more responsibility than you can comfortably handle. You may be a "clock watcher" on the job.

Many short "i" bars suggest that you have been under the influence of someone with a stronger will. This has not been conducive to developing confidence in your own ability to plan and set challenging goals for yourself.



graphology
Lorene Green

*I would love
analyze my hand write
left handed and I'm
I feel I know myself*

If you would like to have your handwriting analyzed through this newspaper, write to Lorene C. Green, a certified graphologist, at 36231 Schoolcraft, Livonia 48150. Please us a full sheet of

white, unlined paper writing in the first person singular. Age, handedness and signature are all helpful, and feedback is always welcome.

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Kids invited to storybreak

Bruce Kirk, anchorman for WJBK-TV Channel 2, turns storyteller in a storybreak called "For Kid's Sake."

The storybreak begins at 11 a.m. Saturday, Nov. 21, in Farmington Hills Branch Library, 32737 12 Mile Road.

Admission is free, but reservations are requested by calling the library, 553-0300.

Bruce Kirk

\$7,000 raised

A new plaque on the walls of Farmington Hills Holiday Inn comes from Michigan Cancer Foundation in response to a \$7,000 donation that will be used for cancer research and patient care programs.

The money was raised during a fashion show, staged in conjunction with the completion of the inn's multi-million dollar renovation.

The plaque was presented this month to Fred Keywell and Max Dubinsky by Dale Austin, director of Michigan Cancer Foundation.

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