

Feast and enjoy the holidays, says Weight Watchers expert

With homes, stores, restaurants and parties filled with the offerings of a vast array of holiday foods, it makes one wonder if it is possible to embark on yet another holiday season and get through it without gaining weight.

"All it takes is remembering a few simple tips and a little bit of planning," says Florine Mark, area director of Weight Watchers.

Statistics indicate the average person will gain between two and 10 pounds between Thanksgiving and New Years, but Mark says there are many ways to beat those numbers.

One method is planning ahead. "If you know you are going to a dinner party, eat light that day. Plan your breakfast and lunch around the dinner. Budget your breads, proteins and calories so that you can enjoy the dinner meal," Mark said.

Another important habit to get into is to say "no" to enjoy small portions, especially when it comes to dessert.

"Look at the table, enjoy the view first. Then decide which foods you really want to eat and which foods

you could do without. Eat slowly. Put your fork down between bites and savor each flavor. Share your dessert with a friend," she said.

IT TAKES 20 minutes for food signals to reach your brain and tell you if you are full. Eating slowly aids this process, and by the time you are finished with your plate, signals will have begun to reach the message center.

Exercise is an important part of any weight loss program. During the holidays, exercise plays an even more important role.

Besides eating greater amounts of food, the holiday season often brings on additional stress. Exercise not only burns calories and fat, but is very helpful in relieving stress.

Short brisk walks are healthy as they can clear the head and the stomach. They leave you feeling refreshed and re-energized. Walks are also a wonderful way to find some quality time to spend with visiting friends and relatives.

The most important tip Mark of-

fers for controlling your weight is to remember that you are not perfect. "Don't be too hard on yourself," she says. "If you eat a piece of cake after telling yourself you wouldn't, remember that we are human, these things happen. Just go on from that point."

"Set goals that are realistic and attainable. Take each day at a time, each party at a time."

"The holidays are for enjoying friends and family, so have fun and don't worry."

Evangelist will speak

Chuck Milhuff, evangelist, will be at First Church of the Nazarene at the 9:30 a.m., 11 a.m. and 6 p.m. services Sunday, Dec. 18.

Milhuff's life is filled with a great variety of evangelistic efforts — writer, song composer, recording artist and crusade speaker. He has appeared on national television networks, including his own national television special and has preached on the "Old Time Gospel Hour" with Jerry Falwell several times.

Milhuff is an ordained elder in the Church of the Nazarene. He is an alumnus of Olivet Nazarene College and has a graduate degree from Nazarene Theological Seminary. Mid-America Nazarene College honored him with the doctor of divinity degree for his significant contribution to the field of evangelism.

Born and raised in Chicago, his search for more ways of evangelizing has led him virtually all over the world.

First Church of the Nazarene is at 21260 Haggerty Road, north of Eight Mile.



Decorations at Botsford

The scene around the fireplace is but a small portion of the holiday decorations that are up and around Botsford Inn this month, designed by Carolyn Arlen (at far left), who got help in decking the halls from inn employees Mary Sheets and Jackie Buell. Arlen, who customizes silk floral arrangements from Carolyn's Creations in Northville, used an old-fashioned Christmas theme in keeping with the historical inn's tradition.



Realtors repeat party of 'Bears and Books'

Farmington Hills Real Estate One holiday party will again be "Bears and Books."

The party theme is the same as it was last year when the realtors collected 35 bears and 32 books for Beaumont Hospital's pediatrics unit, one for each child confined for the holidays.

"All of us in this industry recognize that the community provides

our livelihood and it's time we gave back something to say thank you, something that invests in the future for all of us," said Irene Burke, associated counselor at Real Estate One and organizer of the event. "Aren't children our best investment?"

Burke says that she would like to extend the concept companywide next year, and perhaps wider in the future.

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