



Packing toys: Paul Goodman of Benchmark Outfitters helps Goodfellows Renita Mayberry and Elaine Roberts.



Donated: Bob Schappell and Bob Ellis unload donated items that will be boxed for the approximate 100 families in need for the holidays.

Goodfellows from page A1

toys and food for the families who will receive their boxfuls this weekend.

"We have a good contingency of retired guys who come in in the mornings," Tupper said, adding the wrapping and packing has been going at a good pace and everything will be

ready for Saturday morning's delivery.

This year again, area residents didn't see the Goodfellows selling papers on the streets.

"Five years ago, we had two men hurt. We took an inventory and decided it wasn't worth someone getting hurt. So we changed our format and

increased our revenues almost double. We sent out 40,000 community mailings to residents and businesses," Tupper said.

DELIVERY DAY

Don't overdo at parties

It's that time of year again and most of us will attend at least one holiday party. These special occasions are often centered around food and can make many of us lose control. Try to remember the following tips for a happier, healthier holiday season.

Don't arrive at any celebration hungry. Try to eat a piece of fruit or some yogurt before you go.

Make one trip around the food table before eating anything. Decide what you really want and then go back for it. Force yourself to make some choices without feeling the need to try everything.

Position yourself as far away from the food table as you can. If you have to cross the room every time you want something to eat, you may think twice before reaching for something you don't really want.

Eating slowly and savoring each taste is also a good way to stay in control. Try putting your fork down between bites, holding a glass of refreshing spring water, and engaging in conversation.

Plan for celebrations by fitting in some extra activity during the week.

Regular exercise during the busy holiday season will not only make you feel better, but it will reduce the stress that so often accompanies the holidays.

Don't keep candies and cookies within reach at home or at the office. Try to keep fruits and vegetables handy when you need a snack.

Remember that none of us is perfect. If you do overindulge at a celebration don't beat yourself up. Just pick yourself up, brush yourself off and start all over again. Two or three big meals won't make a difference in the long run. It's what you do the other 362 days of the year that really count.

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