

Rhythm, flow show discipline

Dear Mrs. Green:
Your column is delightful, as well as intriguing. I would be fascinated by your analysis of my handwriting, if you should choose to do it. I am 48 years old and right-handed.
S.D., Bloomfield



graphology
Lorene Green

Complicated. I would be fascinated by your analysis of my handwriting, if you should choose to do it. I am 48 years old and right-handed.

Dear S.D.:
All pervasive in your handwriting sample is the element of control which you exercise over yourself so much of the time. Emotions are not allowed to run rampant for you work to keep them on an even keel.
Your modus operandi is always within the framework of rules and regulations. You require structure and security in your life. You are usually fastidious about details and doing things properly.

You know where you are going in life and how you are going to get there. Goals are carefully planned and you proceed efficiently, though often cautiously, toward their achievement. Your self-discipline has you persevering even when you may not feel like continuing.

The rhythm of your handwriting reminds me of a Sousa march and should serve as an asset in organizing your time and performing your work methodically and without lost effort.

While all of these characteristics are admirable, they can also be the cause of stressful situations, especially when working with other people whose standards are quite different than yours. Some worry, perhaps over-truffles, is present as is some possessiveness on your part.
You are well acquainted with many of the finer things life has to offer. They, quite naturally, influence your choice of friends, books and leisure-

time activities. A flair for the written word seems evident.

If you have a question about your handwriting, write Mrs. Lorene C. Green, a certified graphologist, in care of this newspaper. Please use a full sheet of unlined, white paper, writing in the first-person singular. Don't forget to include your signature, Age and handedness are also helpful.

Women denied equal pay, advancement as managers

In a recent survey on women in management, 81 percent of female managers and 56 percent of male managers surveyed said they believe that women in management do not receive equal pay with men, that it is more difficult for women to advance, and that sex does affect upward mobility.
That's the findings of a report in a

from supervisory as well as top-management positions.

A majority of managers, both men and women, said they believe it is harder for women than men to advance in their organization and that a person's sex does affect his or her movement up the corporate ladder. A majority of women, 88 percent, surveyed said they believe there are more women in dead-end jobs than men. Of the men surveyed, 71 percent agreed that there are

more women in dead-end jobs.

MOST OF BOTH the male and female respondents agreed that women in management are under greater pressure to perform well than their male counterparts.

For a copy of the article on women, managers, send a 37 cent stamped self-addressed envelop to "Men vs. Women," Administrative Management Society, 2380 Maryland Rd., Willow Grove, PA 19090.

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recent issue of "Management World", the monthly magazine of the Administrative Management Society (AMS), headquartered in Willow Grove, Pa. Based on responses from 172 AMS members, the survey included 87 men and 85 women in management positions with small, medium and large firms. Almost half were from firms with under 100 employees. While most of the respondents held middle-level management positions, some were also

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gerontology
A. Jolayne Farrell

Fast food is OK for seniors

Dear Joe:
My sister and I really enjoy eating out. Often we can only afford fast-food "dining," but nevertheless we like the food and the fast service. I have a problem with my blood pressure so I don't go for the saltier foods. Are most fast foods made up of empty calories? Should we avoid them at our age (we're in our 70s) or just continue to enjoy?

Mrs. Mary O.

Dear Mrs. O.:
According to Consumer Reports (September 1979), which has done a study of 17 of the major fast-food chains, yes, you can continue to enjoy fast-food "dining."

The article looks at fast-food restaurants and rates them according to serving size, calories, fat, carbohydrates, total sugars, salt, protein, vitamins and minerals.

The average entree, be it hamburger, sandwich, fish, chicken or specialty has a serving size of seven ounces, and the calories count ranges from a low of 226 calories to a high of 660 calories.
A well-balanced diet consists of three balanced meals a day with each supplying approximately one third of the total nutrients. Too many calories and too few nutrients result in empty calories of junk food.

Fast food restaurants do not serve junk food. An entree plus french fries and a shake provides about one third of the nutrients that you need in a day. Unfortunately, the meal also provides over half of the calories recommended daily for a person your age and your sister's age. You will have to allow for this by reducing the number of calories at the other two meals.

For the population in general, fast-foods should

be eaten occasionally not at a steady diet. For you Mrs. O., with your desire to reduce your salt intake because of your problem with your blood pressure, I suggest that you get a copy of the article and read it carefully so that you are aware of the amount of salt that is reported to be in each food item.
Salt is abundant in fast foods. On a moderate salt-restricted diet you should only take in 1,000 milligrams of salt daily. The entrees range from 421 to 1333 milligrams of salt per serving, so if you also order fries and a shake you may take in more salt just one meal than you should in an entire day.
Some fast-food chains, at the urging of the U.S. Food and Drug Administration, are considering posting nutritional information for persons such as you and your sister who are interested in proper nutrition.

Master gardener classes starting

If you're an avid gardener or horticulturalist, and if you enjoy sharing your knowledge with other people, the master gardener program of Michigan State University Extension Service is the educational program you have been looking for.

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