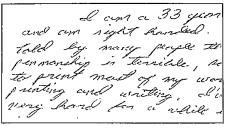
egibility points to friendly neatnik

I am anxious to know what your reading of my writing will divulge. I shall give you feedback. I have been reading it for a long time, and I feel some of your answers relate to me but the writings are variable.

R.D. Livenia Handwriting such as yours, that is attractive, neat, legible and right-slanted all point to a person who is warm, friendly, affable, spontaneous and neat. Your kind heart usually rules your support coarned to lagratiate yourself to others by making an effort to be friendlier than you may inwardly feel. You both enjoy and need attention. And a little showmanship and humor may help you accomplish this quite successfully.

Marginal spacing and attractive capital letters suggest a sense of aesthetics.



Family oriented, many of your val-ues and traditions are of long standing. A tendency to be possessive of those you love seems quite possible. There is a basic optimism and belief in a higher being here. Also a spirit of adventure and imagination in those high flying i dots and t bars.

Your attitude toward many may vary somewhat. You probably start out your shopping wanting to be a tad careful with your spending. However as you become involved you may spend more than orginally intended, right?
This pattern can be hard on a budget. You strive to do all things well. Pride

and discipline are both here. After you have done your best and worked to please others, you try to tell yourself you don't care when other are critical. Seemingly, you do not always perceive yourself the same. Sometimes you hold rather modest feelings, even to the point of under estimating yourself. Still there are times you realize how much you really have going for you. It is important to be aware of your uniqueness and think positive at all times. (Three different personal promoun I's combined with the total picture of your handwriting.)

If you have a question about your handwriting or would like to have a complimentary analysis, write to Lorene C. Green, a certified graphologist, in care of this newspaper. Please use a full sheet of white unitined paper writing in the first person singular. Age, signature and handedness are helpful, Feedback is always welcome. Green regrets she can answer letters only through the column.

Adding calcium may subtract brittle bones

Close to 20 million persons in the United States have brittle bones, ac-cording to the National Institutes of Health expert consensus panel on os-teoporosis.

Health expert consensus panel on osteoprosis.

Moreover, this condition is responsible for 1.3 million fractures per year, especially of the spine, wrist and hip.

While there are many possible causes, a chronically low intake of calcium is recognized as a major factor in osteoprosis.

To help prevent osteoprosis, nutrition experts recommend taking 1,000-1,500 milligrams of calcium per day.

UNFORTUNATELY, MOST
Americans consume only 450-550
mg/day of calcium, considerably
abort of even the current Recommended Dietary Allowance (RDA) of
800 mg for most adults.
Most people probably need more
calcium. This may not only protect us
against osteoprosis, but high blood
pressure as well.
A number of scientific studies suggest that too little calcium is associated with high blood pressure (hypertension).
For persons with mild byportension UNFORTUNATELY. MOST

tension).

For persons with mild bypertension

... the wisest couse may be to ensure that intake of the dictary sources
of calcium, mainly milk and cheese,
not be reduced . . . "wrote Dr. Norman M. Kaplan in a recent issue of
the "Annals of Internal Medicine."

THE BEST source of calcium, ac-

THE BEST source of calcium, ac-cording to most nutrition experts and organizations such as the American Society for Bone and Mineral Re-search, is calcium-rich foods. Dairy foods, in particular, offer a number of advantages for people con-cerned about increasing their calcium intake.

number of advantages for people coneerroed about increasing their calcium
intake.

Milk and other dairy foods are the
major dietary sources of calcium in
the United States. Dairy foods suppiled 72 percent of the available calcium in the U.S. diet, according to
1992 government statistics.

A single eight-ounce serving of
milk (whole, low-fat or skim) contains
about 300 mg, calcium.

THIS AMOUNT of calcium also is
provided by one cup of yogurt, 1½
ounces of cheese (American, cheddair), two cups of cottage cheese, or
1½ cups of locating cheese, or
1½ cups of locating cheese, or
1½ cups of locating toods contain a
lot of calcium, but the calcium is
readily available to the body. This is
because of the vitamin D and lactose
content of milk and many dairy products.

Ninety-eight percent of all milk in
the U.S. food supply is fortiffed with
vitamin D.

This vitamin, in its activated form,
This vitamin, in its activated form,

Co-op nursery opens fall registration

Mayfair Co-operative Nursery School, 30550 Farmington Road, is accepting enrollment for students in morning and afternoon classes. The co-operative nursery offers parents and children the opportunity to participate together in the child's preschool education through the parent's. The school also offers a non-co-

operative pre-kindergarten enrichment class. Tuesday and Thursday afternoons. This class is geared toward the older pre-schooler or kindergartener who will benefit from more classroom coxperience.

Maylair is staffed by two certified preschool teachers in addition to one teacher's aide. The student-adult ratio is maintained at approximately 5-1 which gives the child individual adult ratio.





SUNDAYS

OPEN HOUSE

TUES., AUG. 27

7 P.M.

MONTESSORI 6201 W. Maple, West Bloomfield, 1 Ml. E. of Henry Ford Hospital

OPEN 7:30-5:30

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You don't allow your child to go
you don't allow your child to go
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to be concerned about for a charge. Time
for a chold concerned where your child
for a charge concerned where your child
can learn things like reading, writing and
arithmetic.

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