

Legibility points to friendly neatnik

Lorene Green:
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.
Livonia

Dear R.D.:
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 head. But the underdog always gets your support.

You have learned to ingratiate 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.

*I am a 33 year
and am right handed.
told by many people to
penmanship is terrible, as
the print most of my work
printing and writing. It's
very hard for a while.*

Family oriented, many of your values 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 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 originally 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 others 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 pronouns are combined with the total picture of your handwriting.)

If you have a question about your handwriting or would like to have a complimentary analysis, written to Lorene C. Green, a certified graphologist, in care of this newspaper. Please use a full sheet of white unlined 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.

Co-op nursery opens fall registration

Mayfair Co-operative Nursery School, 30450 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 active role in the daily class routine as well as in the function of the school as a whole. The parent's presence in the classroom helps to create a comfortable bridge from home to school for the child while giving the parent insight into the child's development.

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 experience.

Mayfair 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 attention as needed.

Numerous individual and group activities are available to the child daily, including large and small motor activities, music, art, crafts, science and outdoor play.

Classes are available for children 3-5 years. Baby-sitting may be arranged through the co-op for younger siblings. For information call Kay Rowlinson at 553-9585, or 626-2795.

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Adding calcium may subtract brittle bones

Close to 20 million persons in the United States have brittle bones, according to the National Institutes of Health expert consensus panel on osteoporosis.

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 osteoporosis.

To help prevent osteoporosis, 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 short 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 osteoporosis, 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 hypertension "... the wisest course may be to ensure that intake of the dietary 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."

Kaplan is with the University of Texas Health Science Center in Dallas.

THE BEST source of calcium, according to most nutrition experts and organizations such as the American Society for Bone and Mineral Research, is calcium-rich foods.

Dairy foods, in particular, offer a number of advantages for people concerned about increasing their calcium intake.

Milk and other dairy foods are the major dietary sources of calcium in the United States. Dairy foods supplied 72 percent of the available calcium in the U.S. diet, according to 1982 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, cheddar), two cups of cottage cheese, or 1½ cups of ice cream or ice milk.

Not only do dairy foods 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 fortified with vitamin D.

This vitamin, in its activated form, helps the body absorb calcium from the intestine.

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In many schools today, the things that children learn have nothing to do with reading, writing and arithmetic. Often, teachers are so occupied with maintaining order that they have little time to teach.
You don't allow your child to go unsupervised at home, and you shouldn't have to be concerned about what goes on at school. Perhaps, it's time for a change. Time for a school environment where your child can learn things like reading, writing and arithmetic.
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PREGNANCY AND ARTHRITIS
Women in their childbearing years, age 18-40, often have arthritis. The question arises: Does arthritis and its treatment cause difficulty in becoming pregnant or result in a greater chance of delivering an infant with a birth defect?
To date, there is no evidence to indicate that having arthritis creates problems in conception. Furthermore, with the exception of a small number of the women who have lupus arthritis, pregnancy results in a remission of joint pain and swelling. As a result, carrying the baby and giving birth usually pose no special problems.
The most commonly used arthritis medication, aspirin, is not associated with any abnormality in the newborn infant. Experience with other medications is less extensive and it is not possible to answer the question if birth defects are associated with the use of these drugs.
Any woman under treatment for arthritis who becomes pregnant should inform her doctor immediately. Decisions on continuing arthritis therapy over the ensuing months require agreement of both patient and doctor and often include discussion with the husband as well.