retirement memos

Margaret Marga Miller

How's fishing? Getting better

"I supposed that when Joe and I came to Florida to retire fishing would play a monifor role in our lives. Retired people go lishing, don't they? Especially in the property of the property of

Think trim to take off the pounds

Dieters who come to Lorraine Stefano for help in how to take off the pounds might be told to get rid of the bathroom scale. She suggests that those who weigh too much start thinking about being trim instead of thin. And she calls upon the parent-child-adult characters in Transactional Analysis to play a role in the battle against the buige.

Stefano, who designed the system of weight loss she calls "Think Trim," will be telling her approach to participatis in her workshop from 9 a.m. to 4 p.m. Saturday, Oct. 5 in Farmington Community Center.

"Think Trim looks at our relationship to food and how we can change that relationship so we can be success-

ful at losing weight and keeping it oft."

at University of Michigan.

"I elarned about cognitive therapy,
"I gained it, I lost it, I put it on and I took it off, again and again, and I was no different than 55 percent of all people who go on deta."

"As for statistics, itelano said, "It is took it off, again and gain, and I was no different than 55 percent of all people who go on deta."

"As for statistics, itelano said, "It is took it off, again and gain, and I was no different than 55 percent of all people who go not deta."

"In a for statistics, itelano said, "It is took to find the could apply to the way I away in the people and the percent of all people in a tone time or another in their life time."

The TECHNIQUES that Stefano passes along in her workshop stemmed passes

Concentration is well developed

you are rather emotional. Much energy is expended on feelings that can run from high to low.

You have learned to use time effectively. Little is spent on things that are not meaningful to you. This probably allows you to make a catter and still fallow you to make a catter and still fallow high the second to the control of the control

not looking for any other. Once you mind is made up you can be a tad stubborn.

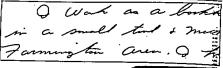
You want others to see you more so-phisticated than you may inwardly feel. You often come on items and use prefense to cover less confident feelings. Some shrewdness in dealing with others is bere too. And an element of suspicion or distrust may influence you relationships.

At the time of distrust may influence you relationships.

At the time of this letter, you apparently were not feeling real comfortable with yourself or you circumstances. If seems some unresolved emotional scars resulting from a past traums may be bothering you. Perhaps this is a good time to deal with these inner concerns.

If you would like to have your handwriting analyzed through this newspaper, write to Lorenc C. Green, a certified graphologist. Please use a full sheet of white, unlined paper writing in the first person singular. Age and handedness are also helpful. And feedback is always welcome.









Fall Classes Forming Nowl , Call 684-FACE

Photos pile up waiting for pickup er and office hours are from 8:30 a.m. to 5 p.m. weekdays. Rose Butler will help the picture owners going through the folders.

governing group of parents meet one

Playgroup has openings

Farmington Playgroup, made up of afternoon a week to spend time exclu-parents and tots from infancy to five study with their children. Years of age, has openings for other parents and their children. The self-articles will be taken by Faye King.

Photographs that do not belong to the Farmington Observer are being held here waiting to be picked up by their owners.

These are pictures that were either dropped off or mailed to be published, accompanied by a note stating that the owner will return to pick them up after publication.

The staff always compiles with these requests. The pictures held for pickup and more often than not the owner will do more of the more will be the more distinct than the companied by a note stating that the underded.

The address bere is 33203 Grand Riv-

Pictures dated before Jan. 1, 1985, will be scrapped the week of Oct. 14.

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