



retirement memos

Margaret Miller

How's fishing? Getting better

"I supposed that when Joe and I came to Florida to retire fishing would play a major role in our lives. Retired people go fishing, don't they? Especially in Florida, where opportunities are all around. And especially when, like Joe, they have enjoyed fishing a lot in earlier years."

We located on property that fronts both the Gulf of Mexico and Sarasota Bay. We even acquired with our condominium a docking berth for a small boat. We were ready.

But we were pretty busy during those first months, what with getting settled and taking on assorted projects and doing a bit of traveling. Joe took rod and reel to gulf or bay a few times but reported it was mainly a matter of feeding the pelicans and he didn't lack for seafood dinners.

WHENEVER WE thought of boat-shopping, we tended to put it off. Joe's feeling was that you have to really want a boat to even consider buying one. I agreed we should wait.

He did go out fishing one day with a friend who owns a beautiful boat. It was an enjoyable day and the pompano he caught was delicious. But he came back convinced that boat-owners devote a great deal of their being to that ownership.

Then there was the day he went out on the bay with a condominium neighbor who has a somewhat smaller boat. They didn't catch anything. Joe said the

bay was beautiful, but the late spring sun was terrifically hot and his friend kept telling him about all the vandalism along the bay.

And there has been another factor. Midnight Pass, a somewhat erratic waterway that used to be about a mile south of us, has been closed going south two years now, and there's not much reason to hope it will be opened soon. Reports are that fishing in the bay isn't as good now, and it's a long way to other passes and gateways to the gulf.

BUT RECENTLY, Joe has been trying some surf fishing in the gulf on summer mornings. And, when the wave action is not too high and not too placid, he's found the whittings biting pretty well.

Even after he's fed the resident heron — on a small fish offered by choice and a large one the bird grabbed after tipping over the bucket — we've been able to enjoy several fish dinners without going to the market. "Real fish somebody caught," as one of the daughters once put it.

Our fish story is maybe just beginning. Or maybe that's it. Time and inclination will tell.

Margaret Miller was Suburban Life editor for Observer Newspapers for 16 years. She and her husband Joe have retired to Florida, where she writes Retirement Memos.

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 bulge.

Stefano, who designed the system of weight loss she calls "Think Trim," will be telling her approach to participants 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 successful

in losing weight and keeping it off," she said.

She thinks of herself as her best advertisement for the seminar by saying, "I gained it, I lost it, I put it on and I took it off, again and again, and I was no different than 95 percent of all people who go on diets."

As for statistics, Stefano said, "It is true that only 5 percent of all people who go on diets are successful. It is also true that 80 percent of all Americans will struggle with a weight problem at one time or another in their lifetime."

THE TECHNIQUES that Stefano passes along in her workshop stemmed from training she received while work-

ing on a master's degree in social work at University of Michigan.

"I learned about cognitive therapy, which is using the head, and the thinking powers that change behavior. You change the thinking first, and then the behavior will follow," she said. "I realized that could apply to the way I viewed food."

Imagery comes into play here, the imagery of looking trim, instead of thin, which she says is beneficial for the dieter as well as the person who wants to control their weight.

"Not everyone needs to be thin, and not everyone needs to be the weight listed on the insurance company's chart," she said.

She advocates finding the weight at

which the individual feels good; getting rid of the idea that will power is going to help; and getting rid of the negative image most overweight people hold of themselves.

Techniques circle around these facts as well as the Transactional Analysis "child" who wants the place of cake and the "parent" who says no.

"The result is a big mental battle. The rebellious child generally wins. But every person's makeup also includes an adult voice of reason. What do I help get it all sorted out and develop some adult attitudes," she said.

Fee for the daylong seminar is \$35, payable with registration in the center on Farmington Road, north of 10 Mile Road.

Concentration is well developed

Dear Lorene:

I work as a bookkeeper and secretary in a small tool and machine company in Farmington.

I read your column quite often and am interested in having my handwriting analyzed. I am 46 years old, married and very active.

J.C. Livonia

Dear J.C.:

You are probably well-suited to your job as bookkeeper/secretary as your concentration is well developed. You can zero in on your work and not need to be on center stage. You may, however, be inclined toward clock-watching.

By nature you are friendly and talkative. Others appreciate your candid manner. A little tendency to sometimes lose discretion in what should be told and what should be held in confidence is suggested.

Some areas of your life find you quite enthusiastic. And those around you can be carried right along with it.

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 manage a career and still find time to be active in other things.

You adhere to your beliefs and are not looking for any other. Once your mind is made up you can be a tad stubborn.

You want others to see you more sophisticated than you may inwardly feel. You often come on strong and use pretense to cover less confident feelings. Some shrewdness in dealing with others is here too. And an element of suspicion or distrust may influence your relationships.

At the time of this letter, you apparently were not feeling real comfortable with yourself or your circumstances. It seems some unresolved emotional scars resulting from a past trauma 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 the newspaper, write to Lorene 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.



graphology

Lorene Green

I work as a bookkeeper in a small tool & machine company in Farmington area. I am

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Photos pile up waiting for pickup

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 would return to pick them up after publication.

The staff always compiles with these requests. The pictures held for pickup are placed in a folder on the front desk, and more often than not the owner will come in and redeem them. But now that one folder is two folders and the unclaimed pictures number in the hundreds.

The address here is 33203 Grand River

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.

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

ACT-SAT Testing

Thinking about taking the ACT or SAT test? Individualized instruction is now available so you can improve your score.

Call 398-0116 after 4 p.m.

Also tutoring in all subjects (your home)

Playgroup has openings

Farmington Playgroup, made up of parents and tots from infancy to five years of age, has openings for other parents and their children. The self-governing group of parents meet one

afternoon a week to spend time exclusively with their children.

Inquiries will be taken by Faye King, 944-9457.

LOAN GROAN

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