

Help your heart by planning ways to have healthy holiday

To many Americans, the holiday season means family feasts and celebrating with good friends. But over-indulgence often leads to a New Year's resolution to lose weight.

This year, resolve to maintain a healthy lifestyle and still enjoy the festivities. It's easier than it sounds.

For example, the traditional centerpiece of most holiday tables is a plump, roasted turkey — an excellent low-calorie, low-fat main course. There are only 153 calories in a three-ounce serving of white meat without the skin.

But use good judgment when buying the bird. Some self-basting turkeys are injected with oil that is high in saturated fat and sodium. Choose a plain frozen turkey instead, or check the labels for a self-basting brand that uses unsaturated vegetable oils.

Turkey isn't the only admissible

entree. For those who prefer something a little different, Cornish hens might be the answer.

An exotic low-fat alternative is game. Wild duck and pheasant are acceptably lean, as are partridge, quail and other small birds. Venison is very lean, and rabbit, with a flavor somewhat like chicken, has only a fraction of chicken's fat.

Avoid commercially raised game animals which have a higher fat content than their cousins from forest and field. The American Heart Association Cookbook has several tasty game recipes.

DON'T OFFSET the heart-healthiness of the main course by going overboard on the trimmings. Learn to make a low-fat gravy, and reject that extra helping of dressing. Vegetables are particularly fat-free and low in calories, so don't be bashful about asking for seconds.

But the calorie-conscious should know that butter and cream sauces add unnecessary fat and cholesterol. Flavor with garlic, onion, lemon juice, herbs or spices instead.

The meal ends with good news. There's no reason to skip dessert. Simply use a few tricks to make cookies, cakes and pies that taste great but have less fat and cholesterol. For example, substitute evaporated skim milk for evaporated milk, use three egg whites instead of two whole eggs, and choose low-fat toppings over whipped cream. And don't forget that a simple bowl of mixed fruit is a natural way to satisfy the sweet tooth.

Even if major holiday meals are under control, there is great temptation to nibble at office parties, neighborhood gatherings and family reunions. A smart snacker avoids baked goods and highly salted nuts and

chips in favor of raw vegetables or fruit treats. Partygoers who just can't resist should get involved in a stimulating conversation as far from the food as possible.

THE PARTY shouldn't be an excuse to overdo it — especially when it comes to alcoholic beverages. Limit consumption to a moderate amount, and be sure there's a non-drinker available to do the driving.

Finally, there are many things families and friends can do together besides eat and drink. Schedule an outing that involves exercise, such as a brisk walk, a bicycle ride, ice skating or sledding. And there are plenty of indoor activities such as bowling, racquetball, basketball and volleyball. In many areas, indoor tennis courts and swimming pools are available.



Lorraine Stefano developed the "Think Trim" method of losing weight and developed a set of guidelines on how to fool the Sugar Plum Fairy when confronted with holiday fare.

Slants reveal emotional changes

Dear Ms. Green:

I am an avid reader of your column and find it very interesting. I have heard that changing your handwriting can change your personality. Is this true? Everyone could use some improvement and I, for one, have a few traits I'd like to change. But habits are hard to break. I would be very interested to find out my analysis and you would definitely receive feedback.

Thank you.
J.P.,
Redford

gerontology
A. Jolayne Farrell

I am an avid reader of your column and find it very interesting. I have heard that changing your handwriting can change your personality. Is this true? Everyone could use some improvement and I, for one, have a few traits I'd like to change. But habits are hard to break. I would be very interested to find out my analysis and you would definitely receive feedback.

Dear J.P.:

"Why Johnny Burns His Schools Down" by Dr. H.J. Stoller and "Grapho-Therapeutics" by Paul deSainte Colombe are books that are written to help people change personality traits through handwriting changes. While I have had only limited exposure to this, I do know it is not as simplistic as these authors would have us believe. It requires daily discipline in handwriting in addition to counseling in the areas you wish to make the changes.

The two different slants of your handwriting reveal the changes to your emotional nature.

While you are often caring and sharing, there is some vacillation in your approach to others. At times you appear more friendly than at others. This has a way of leaving others confused about the relationship.

Some ready tact is a definite asset in helping you flow in a pleasant way. Humor is another admirable trait. But you can also be direct and say it like it is when this is necessary.

Some concern or apprehension that you may be currently experiencing is suggested by a wide right margin.

Many of your goals are set at a practical level of attainment. Are you allowing some inferior feelings

which crop up in the face of everyday challenges to prevent you from seeking high goals. The importance of a positive attitude can never be emphasized enough.

It seems quite possible that some of your projects are undertaken with a spirit of enthusiasm and your hopes run high. But once into the project your zeal tends to wane.

Your approach to money matters may vacillate also. You may start out wanting to exercise a little cau-

tion in your spending, but as you become involved you probably spend more than originally intended. In the area of clothes this could be especially true. Clothes and a nice appearance are important to you.

The light pressure of your handwriting suggests a resilient nature and the ability to spring back from experiences.

Extreme fullness in many of your lower loops suggests an active imagination. Bet you can be fun to be with.

If you would like to have your handwriting analyzed through this newspaper write to Lorraine C. Green, a certified graphologist at 36251 Schoolcraft, Livonia 48150. Please use a full sheet of white, unlined paper writing in the first person singular. Age, handedness and signature are all helpful. And objective feedback is always welcomed.

Mercy classes begin Jan. 9

Swim and fitness classes run from Jan. 9 to Feb. 26 for the winter term in Mercy Center, 28600 11 Mile Road.

Open swimming in the pool is offered daily, in addition to early morning swims, lap swim, class and private lessons, the Adult Synchronized Swim Club, lifeguarding and Adapted Aquatics for adults and children.

Classes in the gym are Trim & Swim, Trim-Gym-Swim, co-ed volleyball for adults, and small weight workouts.

One-on-one tutoring is also offered for those from kindergarten to eighth grade, and for college level English and social science.

For registration information, call the center, 476-8010.

Rules to help fool Sugar Plum Fairy

The holidays are a time for giving. "But what we usually get in return are a few extra pounds," says Lorraine Stefano, who tells her students how to develop a more positive attitude about themselves and their relationship to food.

She is the founder and director of "Think Trim," and annually gives her classes in Farmington Community Center.

She believes that being trim starts with thinking trim, and shares her "Rules to Fool the Sugar Plum Fairy."

1. Look forward to the fun of holidays rather than the food. Discover other fun activities for the holiday season besides eating.

2. Start your New Year's resolution to be healthy today. Think how much further along you'll be by Jan. 1.

3. The joy of the holiday season is family, friends and festivities. No food.

4. Leave the table satisfied, not stuffed. Stuffing is only for turkeys.

5. CAUTION: The cookie shaped

like a candy cane tastes just like the Christmas tree shaped cookie. Don't let the cookie cutter fool you.

6. You can always eat again when you're hungry. Don't finish everything at one sitting.

7. Quit saying, "I always gain weight over the holiday." If you keep telling yourself you'll gain weight, you will.

8. WARNING: The foil wrapped chocolate Santa was the Thanksgiving turkey which used to be the Halloween pumpkin which will soon be the Valentine heart.

9. Challenge yourself to give non-food gifts. There are other ways to wish someone "Happy Holidays."

10. Holiday food? There's no such thing. Don't get your fill for the year right now. Prepare your favorite holiday foods when you want them. Yes, even in July.

Give yourself the best gift you can — a healthy and happy New Year. Let visions of a trim you dance in your head, even through the holiday season.

For information on the Think Trim program, call 589-3283.

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