Help your heart by planning ways to have healthy holiday

But the calorle-conscious should know that butter and cream sauces and unnecessary fat and cholesterol. Flavor with garile, onlon, 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 cookles, 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 lemptation to mibble at office parties, neighborhood gatherings and family reunions. A smart snacker avoids baked goods and highly salted nuts and

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

and amount, and or sate tasks as the condition of the revenue of the driving limits, there are many things families and friends can do together besides cat and drink. Schodule an ouling that involves cerecks, such as a brisk walk, a bicycle ride, ice skuing or stedding. And there are plenty of indoor activities such as bowling, acquetabll, hasketball and volley-ball. In many areas, indoor tenis courts and swimming pools are available.

ro many Americans, the boliday 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 illestyle and still enjoy the festivities. It's easier than it sounds. For example, the traditional recleriptee of most holiday tables is a plump, roasted turkey — an excellant low-calorie, low-fat main course. There are only 163 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 urand that uses unsaturated vegetable oils. Turkey isn't the only admissable 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

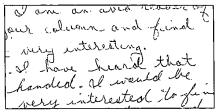
have heard that changing your person-ality. Is this true? Everyone could use some improvement and I, for one, have a few truits I'd like to change. But habits are hard to break. I would be very interested to find out my analysis and you would definitely receive feedback.

Thank you.

Dear J.P.:
"Why Johnny Burns His Schools
Down" by Dr. R.J. Stoller and "Grapho-Therapeutles" 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

since to this, I do know it is not a since to this, I do know it is not a since to this, I do know it is not a simplistic as these authors and a simplistic as the since the sin





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 neces-

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 every-

which crop up in the face of every-day 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 spurt of enthusiasm and your hopes run high. But once into the project your zeal tends to wane. Your approach to money matters may vacilitate also. You may start out wanting to exercise a little cau-

If you would like to have your handwriting analyzed through this newspaper urite to Lorene C. Green, a certified graphologist at 36251 Schoolcraft, Livonia 49150. 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

children.
Classes in the gym are Trim &
Swim, Trim-Gym-Swim, co-ed volleyball for adults, and small weight orkouts.
One-on-one tutoring is also offered

for those from kindergarden to eighth grade, and for college level English and social science. For registration information, call the center, 476-8010.

tion in your spending, but as you become involved you probably spend
more than orginally intended. In the
area of clother 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.

Sugar Plum Fairy

The holidays are a time for giving.

"But what we usually get in return area in twentra pounds," mays formain Stefans, who tells here 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 reclasses in Farmington Community Center.

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

• Look forward to the fun of holidays rather than the food. Discover other fun activities for the holidays reason besides cating.

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

1.

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

• Leave the table satisfled, not stuffed. Stuffing is only for turkeys.

• CAUTION: The cookie shaped

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

Rules to help fool

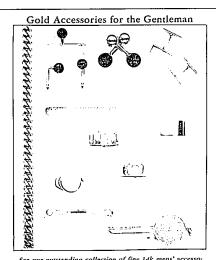
begin Jan. 9

Swim and fitness classes run from Jan. 9 to Feb. 26 for the winter term in Mercy Center, 28509 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, Ilfessving and Adapted Aquatics for adults and children.

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