

Beware of ghosts and goblins

Candy disappearing from a once overflowing bowl and reappearing as a bulge at the waist, hips and thighs is not simply a phenomena of Halloween. But around this time of year, the magic — that bumps the numbers up the scale — is usually blamed on ghosts, goblins or other forms of the supernatural.

A recent survey conducted for Weight Watchers International revealed that one out of every three women has a sweet tooth. For the weight-conscious individual, resisting temptation can be particularly frightening.

"It's difficult to refrain from nibbling during Halloween, especially if you're handing out candy all night

long," says Florine Mark, area director of Weight Watchers. "You don't have to eliminate snack treats when trying to lose weight, just know how to plan for them. Select the piece of candy you want, and really savor it as a Halloween treat. The focus on enjoying the meritment of the evening — costumes, children's excitement, telling scary ghost stories — to keep your mind off of the candy bowl."

WEIGHT WATCHERS offers these tips to help scare away the most ghoulish goblins this Halloween:

- Buy only as many treats as you might need for the trick or treaters.

Leftovers will come back to haunt you.

- Buy candy that is not your personal favorite. Or hand out low-calorie pre-packaged snacks such as popcorn, fruit rolls, dried fruit snacks or sugarless gum.

- Put the Halloween treats in small individually wrapped bags to give to each trick-or-treater. The candy will be less tempting to you if it is kept "under wraps."

- Give out non-food treats such as gift certificates from a local restaurant or small pencils or note pads wrapped in orange and black ribbon.

- Keep a jack-o-lantern filled with unbuttered popcorn close by in case you're in the mood for something crunchy.

- Eat a meal before handing out goodies. If you skip dinner, you're more likely to nibble.

- Keep a distance between you and the candy bowl. If temptation drives you batty, encourage the support of family members and ask someone else to greet the trick-or-treaters.

- Don't be discouraged if you get off track from your food plan. Forgive yourself and start Nov. 1 with a positive attitude.

- Prevent your stomach (and scale) from going bump in the night. With determination and a little planning, you can "exercise" those extra pounds away.



Art a la Carte

Tommy Yates and his sister Katie were two of the youngsters who learned how to paint with acrylics on foil during Art a la Carte. About 250 children turned out for the workshops, designed to encourage free expression and creativity, sponsored by Farmington Friends of the Library.

MCI employees host Halloween party

Employees of MCI Telecommunications Corp. will host 25-30 children of the St. Vincent and Sarah Fisher Center for a Halloween party today in the center.

The neglected and emotionally and physically abused children are housed at the facility, while its staff attempts to solve home situations

that may have required the children's temporary removal from their families' homes.

MCI employees, who work out of the company's Southfield sales office, will decorate the facility, paint children's faces and supervise dancing, pumpkin decorating and bobbing for apples.

The children will enjoy pizza, potato chips and dip, pretzels, pop, Halloween cookies and bags of candy.

Approximately 25 MCI volunteers are donating their time to the event.

MCI provides a full range of global telecommunications services to businesses, residences and governmental agencies. The company owns

and operates the world's second largest communications network, employing advanced fiber optics, digital microwave, satellite and digital switching technologies.

MCI Midwest is a Chicago-based operating division of MCI Telecommunications Corp. serving Michigan, Indiana, Illinois, Ohio and Wisconsin.

Fireside chat announced

As part of Madonna College's "Fireside Chat Series," Managing Our Lives Through Stress Management, will be offered at 7 p.m. Wednesday, Nov. 14 in the Founders' Room, Residence Hall. The guest speaker will be Larry Wall who will give the dynamics of coping with daily stressors and setting life goals

to help increase mental and physical stamina.

Sponsored by Providence Hospital and the Madonna College Cultural Affairs Committee, the event is open to the public and free of charge.

Madonna College is at I-96 and Levan Road in Livonia.

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