

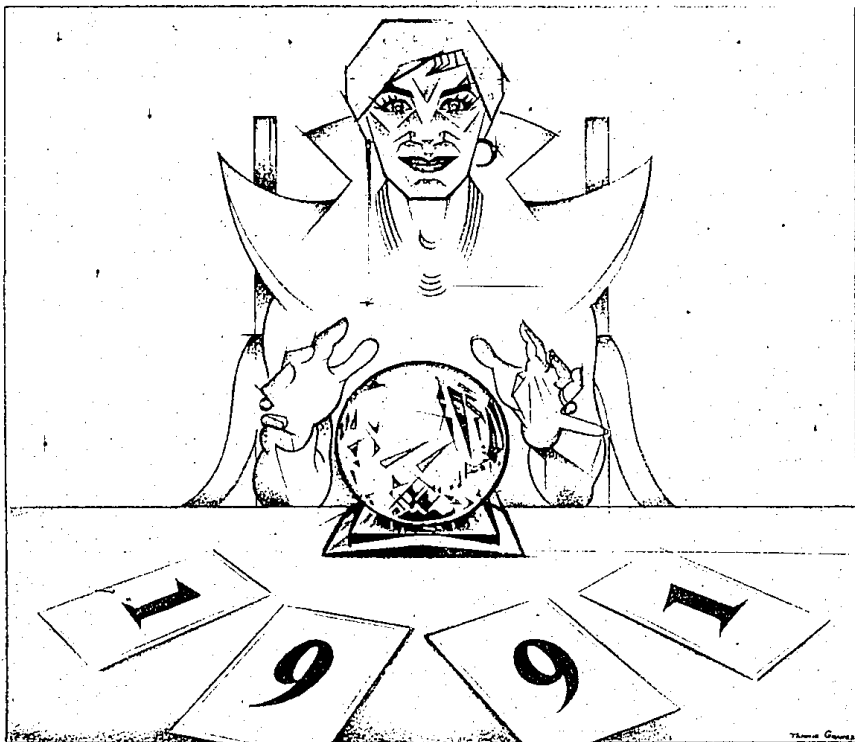
Suburban Life

Lorraine McClish editor / 477-5450



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A new year... A new future

WHAT WILL 1991 have in store for us? Will it be a good year? Will it be one we'd rather forget?

Evelyn Button has taken a long look at the planets and the stars and come up with some yearlong predictions. An astrologer through Jupiter Enterprise, she also is a teacher, lecturer, radio/TV columnist and representative for Astrology Software.

But before she takes a closeup look at individual signs of the zodiac, Button offers this overall look at the new year:

"THE TWO major eclipses this year fall in January and July. The eclipses are known to be triggers of new events which may not necessarily take place on the day itself. It is interesting to note the first solar eclipse falls on Jan. 15, the date set by the U.N. Security Council in their resolution concerning Saddam Hussein.

"My major concern is (the effect) aspects of the eclipse have in President (George) Bush's chart as well as the United States. I feel it is very important for the president to observe good health practices this year. The stress and strain will not be good for him or for our country.

"Recent events could backfire. For those of you who may be curious about Saddam Hussein's sign and birthday, he is a Taurus, born April 28, 1937."

Now, an astrological look at 1991:

ARIES (March 21-April 19) —

Known as the sign who walks where angels fear to tread, you may anticipate a very active year. Many of you born March 28-April 6 will find your restlessness will test your ability to continue with decisions to stay put.

Career and/or relationships are targeted. Hasty actions may lead to regrets. Watch your stress levels. In general, all Aries, watch your stress levels! Don't overestimate your energies; it's best to focus on inner growth.

The later Aries birth may feel the weight of greater responsibilities — for example, caring for others. Some of you can look forward to that promotion that is waiting in the wings.

Your creative talents are at an all-time high. Maintain your health and join an exercise group, even if it consists of a daily walk.

TAURUS (April 20-May 20) —

Your strength and determination have in some cases been tested. However, feelings of self-doubt should start to wane. This is the year to start making those positive changes you have long thought about but put off.

The focus seems to be on relationships, casual or personal. Avoid impulsive actions that could lead to power struggles. Time to let

go of matters that hinder your growth, or you could be a victim of outside influences.

It's a good year to clear the cobwebs and learn some new skills. The fall promises solutions and improvements. In the meantime, meet your challenges; you have what it takes to bend the odds.

If your birthday falls April 20-28, your work load may be heavy, taking on more responsibility either at work or at home. Do you know where your dentist is? You may get to know him better this year!

GEMINI (May 21-June 21) —

Lucky you! This is your year to experience some mind-expanding ideas in education, teaching and communications. Make sure you have your bags packed, because staying at home is not your idea of adventure.

Examine your goals and go for it! Relationships in general should bring the positive support that you need for so long. This will help fuel cheerful attitudes that in turn will expand your horizons both in your career and home front.

Be careful that you don't overdo it, because the fall of the year suggests that your generosity in the

energy department may exceed your ability to deliver. Exercising restraint will in no way impede success.

If in any litigation, the planets are on your side.

CANCER (June 22-July 22) — A sign known as the caretaker continues to struggle with relationships, casual and/or personal. The eclipses this year seem to be playing the game of tag with your sign. Be careful and don't yield to the temptation of discouragement and frustration.

The July 9-15 birthday should

experience positive changes influencing your life. Recognition and possible advancements may be in the offering. All Cancer signs would be wise to examine their financial goals. Investments and major purchases should be made with the future in mind.

New doors of opportunity start opening in the month of October. Take advantage of the balance of the year as your guardian angel is looking over your shoulder.

LEO (July 23-Aug. 22) — The planet of plenty, Jupiter is walking in your sign. Depending on your

individual chart, this could mean plenty of something or plenty of nothing. Regardless, you are entering in a new 12-year cycle, sprinkling you with confidence and positive growth potential.

Financial improvement may give you a merry-go-round syndrome. Don't mismanage your resources. Job changes, residential moves or repairs and remodeling continue to influence you. The July 23-31 birthday must work a little harder by not forcing issues.

If you are one who has put off getting that medical checkup, tend to it now. It's important you take your R&R as some of you may find your vitality in low gear. Your key word for the first half of the year is self-control; it will be tested.

VIRGO (Aug. 23-Sept. 22) — The analyst of the zodiac continues to analyze. Many of you have crossed the bridge of troubled waters but continue to look back. The adjustments and changes are leading you to a more productive future.

Congratulations, the word compromise is now part of your vocabulary. You are in the rebuilding stages of your life, thus conservation of energy is advised. The month of October puts you in a new 12-year cycle as Jupiter enters your sign.

Look for positive events in business and finances, as the doors of opportunities start to open. A few of you may look for good fortune from an unexpected source.

Many of you may seek new studies inspiring changes in your philosophical outlooks and beliefs, enabling you to set priorities toward new goals.

LIBRA (Sept. 23-Oct. 23) — Good news for the early birthday, Sept. 23-Oct. 2. Look for new people to enter your life as you set new goals for the future.

This is the year for many of you to win recognition if you took the time to lay the groundwork. Your life as a whole should run much smoother. Relationships for many should start the healing process.

A word of caution to the Sept. 30-Oct. 11 birthday. You are entering a rebellious stage. "My way or the highway." Look before you leap. The earlier birthdays can attest to that.

This is an excellent year to focus your energy on self-improvement, which will pay off in dividends. Children should be a source of pride!

SCORPIO (Oct. 24-Nov. 22) —

Continue to maintain your equilibrium. This won't be easy as many of you are experiencing the ground shake. Guard against the tendency to overextend your base.

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Understanding oneself

By Sue Mason
staff writer

Pat Freeman has learned to understand himself like never before. Now he knows a lot of the reasons why he functions the way he does.

The same is true for Marj Keck. She sees herself changing daily and the biggest change is how she sees herself.

And Karen Chiesa has a new awareness of surroundings herself. She feels "awakened."

The three are graduates of "The Power to Live Your Dreams," a 12-week recovery program that looks at the causes of problems and addictions, not just the symptoms, developed by William Amato and Michael Lynn.

BOTH MEN have a lot in common. Both were successful businessmen and both realized, despite all the material trappings of the American Dream, something was missing from their lives.

Each sought answers in different ways. Amato delved into different philosophies and then shared his discoveries with others through seminars and speeches. He even started an in-home meditation group. But he realized that his lectures made people feel good for a few hours or a day. There wasn't a lasting effect.

Lynn began his search through seminars and groups like Adult Children of Alcoholics at Brighton Hospital, where he eventually became a group leader. The programs, he discovered, help with detoxification, but not in developing life to its best potential.

THE TWOSOME got together at one of Amato's

"Nothing ever really worked for me; I'd accomplished the material things, but I couldn't make a relationship work even though I tried to make them work."

—Pat Freeman

meditation sessions. As the saying goes, one thing led to another, and in July 1989, IG-Knights Inc. was formed and "The Power to Live Your Dreams" program was created.

"So many people are slaves to conditioning," Amato said. "They make choices thinking it's a free will choice, but it's based on past conditioning. Childhood training is very influential as to how you will live your life as an adult."

As Amato explains it, a person's self-image is made up of cellular representations of himself or herself. These little cells, formed in childhood, tend to tell a person what his or her self-image must be. These cells also tend to dictate a person's response to situations, making it reactionary.



Bill Amato (from left) works with fellow IG-Knights Michael Lynn, Marj Keck, Pat Freeman and Karen Chiesa as a follow up to "The Power to Live Your Dreams" program at the Peace Center in Brighton.

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