

Pampering

Start new year off right way

TALK TO THE MIRROR



FLORINE MARK

It's the day after Christmas and all the presents have been unwrapped, the guests have all gone home and the new year is still a week away.

As you reflect on the past holiday season, you may not have accomplished everything you set out to do, but so what? You may have eaten too many desserts, forgot to send a gift to someone special, or even snapped at your family.

Just remember, none of us is perfect — but hopefully you spent some quality time with your loved ones, enjoyed good friends and decided that, overall, 1996 was a huge success.

Before we jump into the new year, why not take a break, gear down and treat yourself to a little pampering.

Let's face it, you've been rushing around for the past several weeks tending to the needs of others often at the expense of your own.

Why not start the new year off right by enjoying one of the following:

- Take a soothing bubble bath — for the ultimate in relaxation, add some candles and your favorite magazine.
- Make a cup of hot cocoa and curl up in front of the fire with a good book.
- Put on some headphones and escape with one of your new tapes or CDs.

Let's make 1997 a great year by making a few promises to ourselves.

- Be good to yourself.

Remember that you can do anything you want to do, but don't expect too much. Character is built more from challenges and failures than from any other experience. Attitude is also very important — you are what you believe you are.

Strive for success in everything you do. Take control of the situation and decide what you want and what you are willing to give up to get it. Set realistic goals and write them down to make them real.

Develop a strong support system by surrounding yourself with family and friends who are willing to encourage you in all you do.

Don't forget the importance of being good to others! Make sure you spend time sharing meaningful experiences with those you love.

As members of the community, it is also our duty to reach out to those less fortunate than us.

I believe that happiness stems from a true passion for life. By having a fire in our belly and passion in our heart, we can each make a difference in someone's life — even if it's only our own.

I would love to hear from you! Please submit your health and nutrition questions, or suggestions for upcoming articles to:

"Talk to the Mirror," Weight Watchers Corporate Communications, P.O. Box 9072, Farmington Hills, Mich. 48334-2074 or fax: (810) 553-7106.

Florine Mark is the president and chair of the Weight Watchers Group Inc. headquartered in Farmington Hills.

Test out new blades, start year on fit note at Silverdome

The Pontiac Silverdome is eliminating harsh weather as an excuse for not sticking to this year's New Year's Resolution to stay fit. Roll-in-the-Silverdome has begun and transformed the Silverdome into the ultimate in-line skating rink.

Whether it's for fun or fitness, the public can enjoy skating around the world's largest indoor rink from 6-9:30 p.m. on the

lower level concourse on the following dates:

- Dec. 21-23, 26-31
- Jan. 2-17
- Feb. 8-9, 19, 20
- March 5-7, 11-14, 16-20
- April 15-16, 21-25, 29-30
- May 1-31

On Saturdays, Sundays and during the holiday season, patrons also can skate from 1-6 p.m. Christmas Eve and New

Year's Day hours are from 1-5 p.m. only. Speed skating is offered Wednesdays from 9:30-10:30 p.m. for advanced in-line skaters. All times are subject to change. Please call the Roll-in-the-Silverdome Hotline at 810-456-1646 to confirm dates and times.

The cost is \$6 for adults; \$5 for students with school identification; City of Pontiac residents

and senior citizens age 55 and older; \$4 for children 12 and younger; and \$1 for spectators. Season pass and group rate information is available by calling 810-456-1600.

The Silverdome provides more than 250 pairs of Rollerblade® brand skates and safety equipment for rental along with free coat check and free parking at the North gate.

Non-skaters also may use the Club Level Concourse to walk or jog on the same dates and times. Anyone 18 and older interested in taking advantage of the walking/jogging program may apply for a pass at the Silverdome Ticket Office during regular business hours from 8:30-5 p.m., Monday through Friday. A \$3 per season application fee will be charged.

At Your Metro Detroit Lincoln-Mercury Dealers

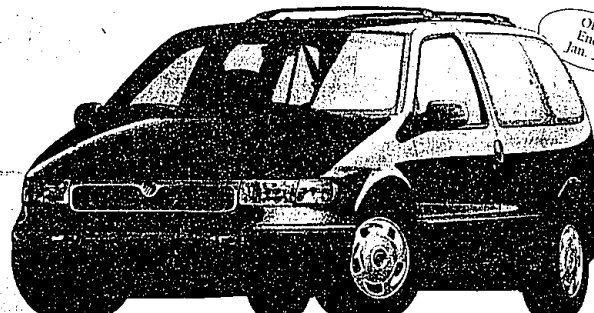
Save Now On Special Dealer Purchases.

Hurry! Offers End January 3rd.

Standard Features: • 3.0-liter OHC V-6 engine • Dual air bags* • Multi-point electronic fuel injection • Front-wheel drive • Tilt steering column • Power rack-and-pinion steering • Rear window washer/wiper • Solar tint glass • Electronic AM/FM stereo cassette • Front cornering lamps • Side window deloggers • Childproof lock on sliding door • GS Preferred Equipment Package 692A: • Power windows/locks • Dual power mirrors • 7-passenger seating • Luggage rack • 8-way power driver's seat • Aluminum wheels • Remote keyless entry • 4 captain's chairs • Rear seat heat/air-conditioning controls

\$279¹ Or **\$1,000² Cash**
Per Month, 24-Month Lease On A Purchase Or
RED CARPET LEASE

24-Month/24,000-Mile Red Carpet Lease	
First Month's Payment	\$279
Down Payment	
(Net of Lease Cash Rebate)	\$1,000
Refundable Security Deposit	\$300
Cash Due at Signing	\$1,579



1997 Mercury Villager GS

*97 Villager GS with PEP 692A MSRP \$24,195 excluding title, tax and license fee. Lease payments based on average capitalized cost of 90.89% of MSRP for Villager for 24-month closed-end Ford Credit Red Carpet Leases purchased in the Detroit Region through 10/31/96. Some payments higher, some lower. See dealer for payment/terms. Lessee may have option to buy vehicle at lease end at price negotiated with dealer at signing. Lessee responsible for excess wear/tear and mileage over 21,000 at \$15/mile. Credit approval/insurability determined by Ford Credit. Actual security deposit will vary depending on taxes and other fees. For special lease terms and \$1,000 Lease Cash Rebate, take new retail delivery from dealer stock by 1/3/97. Total amount of monthly payments is \$6,696. See dealer for complete details. For \$1,000 cash back on a purchase or Red Carpet Lease of a 1997 Villager, take new retail delivery from dealer stock by 1/3/97. *Excludes tax and other fees. Always wear your safety belt and seat children in the rear seat.

Standard Features: • Dual air bags* • 5.0-liter V-8 engine • Sequential multi-port electronic fuel injection • Tilt steering wheel • CFC-free air conditioner • Solar tint glass • 100,000-mile tune-up interval** • Illuminated entry system • 4-wheel disc anti-lock brakes • Preferred Equipment Package 655A: • Anti-theft alarm • Running boards • 6-way power sport bucket seats • Remote keyless entry

\$349³
Per Month, 24-Month Lease

24-Month/24,000-Mile Red Carpet Lease	
First Month's Payment	\$349
Down Payment	
(Net of Lease Cash Rebate)	\$1,550
Refundable Security Deposit	\$350
Cash Due at Signing	\$2,249

Special Dealer Purchase.
Great Selection Now.

- All-wheel drive
- Standard V-8
- Running boards



1997 AWD Mercury Mountaineer

See Your Metro Detroit Lincoln-Mercury Dealer Now.

*97 AWD Mountaineer with PEP 655A MSRP \$31,000 excluding title, taxes and license fee. Lease payments based on average capitalized cost of 91.31% of MSRP for Mountaineer for 24-month closed-end Ford Credit Red Carpet Leases purchased in the Detroit Region through 10/31/96. Some payments higher, some lower. See dealer for payment/terms. Lessee may have option to buy vehicle at lease end at price negotiated with dealer at signing. Lessee responsible for excess wear/tear and mileage over 21,000 at \$15/mile. Credit approval/insurability determined by Ford Credit. Actual security deposit will vary depending on taxes and other fees. For special lease terms, take new retail delivery from dealer stock by 1/3/97. Total amount of monthly payments is \$8,726. See dealer for complete details. *Excludes tax and other fees. Always wear your safety belt and seat children in the rear seat. **Under normal driving conditions with routine fluid/filter changes.

Visit us on the Internet at <http://www.lincolnm Mercury.com/detroit>