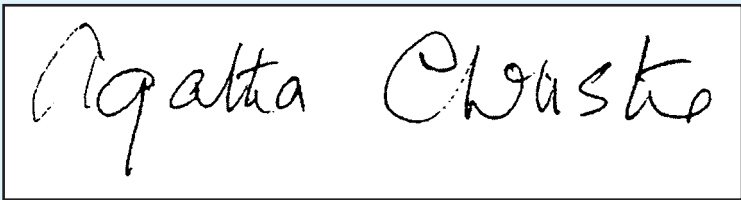


WHAT'S IN A NAME

Agatha Christie



Connective strokes linking the "h" and "r" of her last name reveal her facility in expressing herself. She was a quick thinker with a mind that was open to new ideas. Although a procrastinator, once she got going, she worked efficiently.

Downward curved "t" crossings disclose her ability to exert self control over some aspect of her personality. Her emotions ran deep. She was very insightful and had a need

for solitude.

Mimi Levin, a handwriting analyst, lectures in the Palm Beach County area and does in-depth personality profiles, compatibility screening and personnel screening. She can be reached by writing to her at 5451 Verona Drive, Boynton Beach, FL 33437.



Mimi Levin

How A Bowl of Cereal Can Make A Difference

Life may be a bowl of cherries, but it's a bowl of cereal that could have the greatest impact on a busy people's lifestyle. For example, only about 38 percent of women eat breakfast every day, with "lack of time" cited as the most common reason for skipping this important meal. What these women may not realize is that eating breakfast can help them be more productive by increasing their attention spans and focus throughout the day.



— NAPS



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A man is not old until regrets take the place of dreams. — John Barrymore

A New Year, A New Year's Resolution

By Marcie Gorman

At this time of year, you, like most people, may be having trouble sticking to your New Year's resolutions. Many of you may have already given up. However, there is nothing stopping you from re-committing yourself to your goals.

The first thing you have to do is forgive yourself. Instead, focus on what you accomplished toward your goal that was positive and commend yourself for achieving that. You can also practice some techniques that will help keep you on track.

- Believe in yourself. Know that you can be successful and that you are worth the effort. Any successful person will tell you that they could not have achieved that success unless they first believed they could.

- Picture yourself reaching your goal. Keep that thought in your mind when you are tempted to backslide. It's a wonderful tool to keep you focused on your end result.

- When temptation comes, or when you slip up, stop and ask yourself what that behavior will do toward moving you toward your goal. Will eating that deep dish, extra cheese, and pepperoni pizza help me get back into a size 8 dress? Will I be healthier if I skip exercising for a few hours of television? This works too for self-defeat-

ing thoughts.

- Another good tool to combat internal negativity is to talk to yourself in a positive manner. Tell yourself you can be healthier; that you are a beautiful person; that you can reach your goals! Your self-esteem is only as good as what you tell yourself it is!

The most important thing to remember is that you are only human. Don't set yourself up for failure by expecting perfection. NOBODY IS PERFECT! Bad days will happen. Mistakes will be made. By accepting these as reality and not signs of faults, you WILL be a success! Remember to take it one day at a time. It's an old saying, but it still works!

Marcie Gorman is President and CEO of Weight Watchers of Palm Beach County, Inc., the area from Boca Raton to Titusville.

Weight Watchers is America's trusted name in weight loss and the global leader in weight-loss services, with approximately 46,000 weekly meetings in 30 countries. Weight Watchers' mission is to help people reach and maintain a healthy weight. At the heart of Weight Watchers are weekly meetings which provide the coaching and tools to help people make the positive changes required to lose weight and keep it off. Weight Watchers also offers two subscription products for people wanting to follow Weight Watchers online. To learn more call 1-800-651-6000 or log on to the Weight Watchers of Palm Beach County, Inc website at www.wwpbc.com.

Do You Have A Medication Case?

If you were taking Vioxx when Merck pulled it from the shelves Sept. 30, 2004 under pressure from the FDA, chances are good that your doctor switched you over to Celebrex or Bextra.

All three drugs comprise most of the market for COX-2 inhibitors, prescribed for pain relief from arthritis and other painful conditions. Just as Vioxx was pulled because evidence demonstrated taking Vioxx tripled your chance of getting a heart attack or stroke, reports revealed the manufacturer had known this since 2000, if not before. Through the fall, more evidence emerged of increased heart attack risk with Celebrex and Bextra as well.



Theodore Babbitt

You would think Pfizer might examine its conscience and figure out the right thing to do. Instead, Pfizer cranked its marketing machine into high gear. On Jan. 20, 2005, Pfizer announced that Celebrex sales rose 24 percent in the last quarter to \$1 billion, and Bextra climbed 57 percent to \$417 million. The week before, the government had warned Pfizer to fully disclose the risks of the drugs, saying that its ads left out risk informa-

tion or made unsubstantiated claims. That warning should end the marketing blitz.

Where does this leave you? And do you have a case? If anything, the emerging pattern of neglect and denial by the drug manufacturers should make your case stronger rather than weaker. Grave corporate negligence generally does. If you or a loved one took any of these three drugs and suffered a heart attack or stroke, you should call a lawyer, whether you're 35 or 85.

Still, there is no guarantee of success, let alone a pot of gold at the end of the day. Merck and Pfizer have deep resources with which to fight hard. Find a lawyer with the determination, experience and resources to stick by your case without flinching. It's an investment of your time, but it's your only weapon.

Theodore Babbitt is founding partner of Babbitt, Johnson, Osborne & Le Clainche in West Palm Beach, which has represented catastrophically injured people since 1968. Mr. Babbitt has been listed consistently in the publication Best Lawyers of America. Contact their law firm at 561-684-2500 for more information or visit the web site at www.babbitt-johnson.com

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