



LOOKING FOR A FEW *GREAT* SALES REPS

High Commissions ★ Independent Contractors
Enthusiasm Required ★ Part or Full Time
Print or Radio Sales Experience Preferred But Not Mandatory

BoomerTimes & SeniorLife

Call Anita at 1-800-230-1904

It is Truly a Time of Thanksgiving Dishing It Up Can Be "Fit" For A Feast

By Marcie Gorman

Thanksgiving may be America's favorite feast, but it can also be a challenge for those interested in losing weight or anyone looking to not overindulge. Sure, roasted turkey is low in fat, but add gravy, nibble a bit of the crispy outer bits (heaven forbid! Yes, the skin...ack fat!) and sample any of the other holiday trimmings and the meal can be a full-tilt diet buster.

Remember, Thanksgiving is a day of celebration with food and family and now more than ever, families are taking stock about what is important. Good health and the love and comfort of family are tops on the priority list. Focus on enjoying the time together while sharing a great meal that is not regrettable and above all else, simple so there's more time to relax with one another.

If you're planning the menu, a few well-chosen side dishes can really add a bounty of festive flavors to your turkey dinner while keeping a lid on unnecessary fat. Many good ideas and solutions can be found through a number of resources (local bookstores, seasonal magazines, the library, cooking shows, the Internet). If you have the benefit of *not* being in the kitchen or are deeply involved in the preparation, don't forget these healthy tips:

1) Eat slowly. Give your stomach time to digest the food (about twenty minutes) and let you know if you're full before reaching for more.

2) Set sensible limits for yourself. Though others may overindulge, go

into the meal with your limits in mind and stick to them.

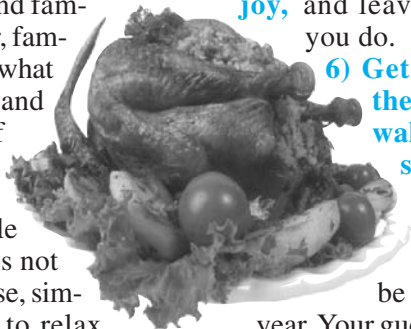
3) Seek support. Let friends and family know that you intend to not overdo it. Offer to bring a low fat or low calorie dish if you are a guest.

4) No food is a "no-no," but watch portion sizes. A spoonful of something high in fat can be enough to satisfy you so taste cautiously (and really remember tip 1).

5) Pass on foods you truly don't enjoy, and leave room for what you do.

6) Get active early in the day and take a walk, stretch or try some stationary exercises. Sunny south Florida's weather couldn't be better this time of year. Your guests may enjoy the suggestion to take an after dinner stroll before considering dessert so dare to ask and take a break in the festivities.

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.



WHAT'S IN A NAME

Elton John



He works efficiently, zeroing in at the heart of the matter quickly. He expresses himself easily. He sets goals that are within his ability to achieve and takes great pride in his work. He is intelligent, a quick thinker, and tactful in dealing with others.

The "E" of his first name is significantly larger than the "J" of John, revealing that his given name has more importance to him than his family name. He is imaginative and discrete, and feels that he "march-

es to a different drummer" than other people.

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



Mimi Levin

Thinking Thanksgiving

Thanksgiving is unique among American holidays. It applies universally no matter what ethnic, social, political or religious group



someone may belong to. It does not matter where you were born or how long you have been in America. We all recognize the value in pausing our busy lives long enough to give thanks for the blessings we enjoy. It does not matter whether that thanks is directed to a supreme being or another human being; everyone has things to be thankful for. That, in addition to a bountiful meal in the company of those we hold dearest, makes this November holiday special for most.

For some, though, this will not be an easy day. Those who have recently lost someone beloved, either through death, separation or divorce, may find it difficult to focus on the blessings. Those who find themselves far away from friends and family may long to be with them. It is for those people that the spirit

of Thanksgiving can offer some comfort.

By consciously looking for the many reasons to be thankful, some respite from the problems of the current circumstance may be found. The old song lyrics, "If you can't be with the one you love, love the one you're with" can help us appreciate all of the people we interact with every day in the here and now because "these are the good old days."

We have an opportunity every day to create special memories and experiences for which we will always be thankful. If you haven't done it already, commit to either extending or accepting those Thanksgiving invitations. If your family is not with you, join someone else's family. If your family is present, invite someone who might be alone. Come Friday, you will be giving thanks for Thanksgiving.

Cheryl Godbout is the Community Development Director for the Dignity Memorial Funeral and Cemetery Providers in South Florida. For information on any of the Dignity Memorial Community Outreach programs, please call (561) 585-0555 ext. 219.



Cheryl Godbout

WeightWatchers®

Join Now

Two Great Ways to Lose Weight

CORE PLAN

FlexPlan

No Counting Points!

Flexible Points Plan!

Two Plans....One Goal!



Marcie Gorman

Call Today 1-800-651-6000

Regular Joining Fee for Palm Beach County is \$38.00 / Seniors \$33 and the weekly fee is \$15 / seniors \$13.
Regular Joining Fee for Martin County through Brevard County is \$35 / Seniors \$30 and the weekly fee is \$14 / Seniors \$12.
© 2005 Weight Watchers International, Inc., owner of the WEIGHT WATCHERS trademark. All rights reserved.
www.wwpbc.com

Are you ready for a new beginning?

At L.I.F.T., widows and widowers share, learn, and make new friends while enjoying monthly luncheons, speakers, outings, and trips. Most of all, we just have fun!

Join us today!

Contact

Lola Navelli

(561) 965-0065 or (954) 784-4000

For information and reservations

L.I.F.T.

Living Information For Today

sponsored by

Dorsey – E. Earl Smith Memory Gardens Funeral Home
Forest Lawn Funeral Homes
Babione Funeral Homes
Riverside Gordon Memorial Chapels