

Nutritionist nightmare is junk-food fetish

By M.B. Dillon Ward staff writer

Middle-class American children are the fattest kids in the world. Despite their youth, many already manifest one or more of the "risk factors" that contribute to heart disease — America's No. 1 killer.

So says Dr. Joseph Arends, a Troy cardiologist and fitness expert who adds that high-fat, high-salt foods offered in most school lunch programs only add to the problem.

By age 10, a large portion of children in the U.S. are overweight, have high blood pressure or blood cholesterol. All are factors that promote arteriosclerosis or hardening of the arteries, Arends says.

A recent study that tested 21,000 7th-12th grade students in California showed high blood cholesterol as the most common risk factor, he added.

"In addition to their high levels of blood cholesterol, kids in major metropolitan areas often are depleted of vitamins C and A because their diets are lacking in yellow vegetables and citrus fruits.

"That's in suburban areas, and it's worse among the urban population," contends Arends.

THE SCHOOL LUNCH program offered by the Farmington School District "meets or exceeds the guidelines set up by the United States Department of Agriculture," said Mike Howard, food service director for the district.

"Our goal is to offer the highest quality food possible. But if the kids don't like it, they won't eat it. The kids are my customers, and I have to please them."

Howard periodically attempts to "introduce (students) to new and different things. However, nothing appears to be able to out-pipe submarine sandwiches, hotdogs and hamburgers as the biggest sellers.

"Whatever McDonald's sells is very popular. What's most popular right now in the elementary schools is 'Chicken McNuggets.' In the middle schools and high schools, it's 'McRib,'" added Howard.

THE USDA HAS established as its daily minimum requirements for school lunches: two ounces of meat, poultry or fish; two ounces of cheese;

two eggs; one cup of cooked dry beans, or four tablespoons of peanut butter. Also included are three-fourths cup of vegetables or fruit, eight (weekly) servings of bread or an alternate and eight ounces of milk. Larger portions are recommended for students 12 and over.

Scott Bacon, food service administrative assistant, says the meal plan "is the best the Department of Agriculture can come up with.

"If we meet that, hopefully we'll provide one-third of the recommended daily allowance. But nutrients may be lost during cooking and storage, and even the Department of Agriculture isn't sure if one-third is a necessary requirement, or if there's a better way," Bacon said.

"Even the experts disagree."

A MAJOR PROBLEM Arends sees is the widespread belief that food must always please the palate.

"Commonly, breakfast programs provide chocolate milk and doughnuts — empty calories. The basic rationale is if an authoritative body is providing chocolate milk and doughnuts for breakfast, it must be the right way to eat," Arends said.

"Just try and get hot dogs off a school lunch menu. It's like spitting on the flag.

"If the school doesn't teach them and the parents don't eat properly, kids grow up thinking everything must taste good."

Robert Stone, a registered nutritionist who works with children at a Farmington Hills fitness center, says

more variety is needed in both children's diets and their physical activities.

"My attention is focused on children who have some problem controlling an average weight," he said.

"Our kids are geared toward the elimination of improper eating habits and food choices in the hope that if they learn young, they'll keep good habits throughout life," said Stone, who provides nutritional counseling at the newly opened Junior America center each Saturday.

"IT SEEMS SCHOOL lunch programs are catering much too much to children or their parents. They serve

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Friday at OCC

Hemingway is his one-man challenge

By Steve Bernaby editor

After years of researching, writing, rehearsing and performing his one-man play, Robert Beaupre still stands in awe of its target, American novelist Ernest Hemingway.

"I think he's brilliant, a legend in his own time," said the 49-year-old actor. He will be bringing his portrayal to the Orchard Ridge campus of Oakland Community College Friday at 8 p.m.

The Ann Arbor resident launched his study in 1978, dividing his time between Hemingway and fellow American novelist and journalist Ambrose Bierce.

"The more I read about Hemingway, the more amazed I became with his writing. He led an incredible life. He was ideal material," said Beaupre.

And although he still hopes to develop a performance around the less well-known Bierce, Beaupre dropped that facet of his study and forged ahead with his Hemingway research.

"I read a lot of his novels. I tried to get an impression of him as an artist," he said.

Some of Hemingway's better-known novels are "For Whom the Bells Toll," "The Sun Also Rises" and "The Old Man and the Sea." He was awarded the Nobel Prize for literature in 1954.



Robert Beaupre portraying Hemingway

After consuming Hemingway's writing, Beaupre turned his attention to the numerous biographies written about him.

"I wanted to show what an incredible artist he was and how his personal life affected his literature."

Some of what he learned was a surprise. Despite Hemingway's contemporary reputation as the traditional

macho man, Beaupre found someone quite different.

"He had a real appreciation of life. He had a great respect for life and the sea," said the University of Detroit graduate, noting the irony that Hemingway took his own life.

The Spartan set which acts as a backdrop to the play reflects the Hemingway that Beaupre got to know after years of study.

Sailing-ship masts spiral in the background. A wicker-type chair reflects Hemingway's years in the Caribbean. A footlocker rests on the floor, a symbol of his worldwide travels. A whiskey bottle rests on the writing table.

Beaupre has divided the play into what he feels are Hemingway's four fascinations — writing, water, women and war.

And if writing the play and designing the set haven't been enough of a challenge, executing the 1 1/2 hour play certainly has added to it over the years, said Beaupre, who has trained in France under Jacques LeCoq, mentor to mime Marcel Marceau.

Transforming himself from a 29-year-old to nearly 60-year-old is no small task, he said. Beaupre must set

aside at least 1 1/2 hours before each performance for putting on his make-up. It takes 40 minutes alone to gray his hair and beard. Then he must age his face and hands.

Although rewarding, the performance is a taxing one, Beaupre admits.

"You don't have anyone to interchange with. If you make a mistake you're on your own," he said of his one-man performance.

"It's an exacting discipline to make a one-man show work," he said.

Beaupre also faces the challenge of portraying a man who was reluctant to appear in public and never granted interviews.

He only has seen one film of Hemingway speaking — his acceptance of the Nobel Prize — and a few other silent films of him fishing.

"I had to ask myself how I would present something this guy would never do. So I went at it like this was the only interview he ever granted," said Beaupre.

Even though Beaupre enjoys performing his own work, he hopes to someday see someone like actor George C. Scott perform the play.



In full costume Bob Beaupre is surrounded by a setting which he feels exemplifies the character of the person whom he has portrayed more than 20 times on the stage — Ernest Hemingway.

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Goodfellows crank up goodwill holiday operation

There's no organization quite like the Goodfellows, especially at Christmas. At their annual Christmas high-off luncheon last week, hosted by the Exchange Club, the Goodfellow organization adopted its 1992 holiday agenda and put it in motion.

On Dec. 3, from 7 a.m. to 6 p.m. the Farmington-area Goodfellows will be peddling papers for their annual year project. From 1938 to 1980, they have worked to keep their pledge, "No Child without a Christmas."

In 1981, they extended their pledge to senior adults. They hope again this year that, with the public's help, no one will miss the bright side of Christmas 1992.

"There has been and is a need," said Shirley Zimmer, Goodfellow's executive director.

"We are able, with the help of hundreds of volunteers to share with those who need help this year."

She estimates there will probably be more than 300 families this year, up more than a 100 from last year, who need help.

"Times are tough," she said, "there are people in our community who, through no fault of their own, wouldn't have a Christmas without the help of the Goodfellows."

Charles Schulkins, known as Mr. Goodfellow, said, "Last year we delivered packages to 210 families, including nearly 600 kids. The list will be longer this year."

For the money is collected in the annual paper sale, it is counted, deposited and divided according to family needs.

The dolls have to be purchased and distributed to the volunteers who sew and fill the doll clothes.

The hand-carved wooden toys, assembled for 44 years by Clayton Gaylord, have to be brightly, and carefully,

painted. Games and puzzles have to be bought or collected through donations.

Dresses and shirts have to be purchased or sewn and organized according to sizes.

The canned goods, cereals and other foods have to be collected and boxed. The Christmas list has to be checked and double checked. Checks, one to the A&P and one to K-Mart have to be written according to a family's need.

Throughout this process, every precaution is taken to insure the privacy

and dignity of the recipients. Having been referred by schools and organizations, all families are first asked if they wish to have the Goodfellows share Christmas with them.

They list their needs on an itemized evaluation form: size of family, children's ages and sizes.

Money, toys, games, dolls, clothes, food, checks — when they're all collected they have to be packed. And each package is individually filled to meet the family's Christmas list.

Finally, it's delivery time. Each year a warehouse or empty building is donated for the coordination, packaging and distribution of the holiday supplies.

Schulkins, in charge of gathering the thousands of items and Bill O'Connor, in charge of distribution and delivery, coordinate the final stage. After the volunteers pack for three days, the fleet of twenty vans are loaded.

"I have a routing system so the drivers don't have to back-track. We get the deliveries made in about seven hours," Schulkins said.

Bruce Habermehl, chairman of the paper sale, reported the papers and bags would be ready for pick up at his Center Tire Co. He congratulated the Farmington-Farmington Hills fire fighters for collecting \$2,205 last year — the highest total for any organization. The receipts for the one day were more than \$8,000.

Vivonne Singer, of Farmington Hills Parks and Recreation, and Mary Di-

Manno are co-chairmen of the senior adult Goodfellow program.

Singer noted that last year 62 community seniors were on the Christmas list. This year she anticipates another twenty will be called on with packages.

The seniors have been busy knitting this year. Senior adults receive writing paper and stamps, paper products or light bulbs, depending on their needs.

A GOODFELLOW volunteer for the last eighteen years, Shirley Richardson has headed the Dress and Toy's Shirt Program for the past fourteen years.

She showed the 75 luncheon guests samples of the dresses and shirts.

"Due to the many dedicated individuals and businesses who support the Farmington-area Goodfellows, we have been able to keep costs down; therefore, a donation of \$10 will provide a dress for an elementary school-

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oral quarrel

How do you feel about your eating habits?

American children are the most overweight kids in the world — due largely to the excessive fat and salt they consume, according to nutritionists.

Unbalanced diets may be to blame for the appearance during childhood of "risk factors" such as obesity, high blood pressure and cholesterol — conditions that contribute to heart disease.

Though the United States has fallen from first to sixth place in the worldwide incidence of coronary disease, the

malady still kills more Americans than any other disease. While 30 percent of the population dies of cancer, heart disease kills the lives of 85 percent.

Oral Quarrel would like to know: Have you changed your eating habits since a health craze gripped the nation several years ago?

Please call 477-5498 to give us your 30-second reply. You have until 1 p.m. Friday to respond.

Look for your answers and those of your neighbors in Monday's Farmington Observer.

Mass accident closes freeways

A severe 17-car accident that closed the I-696 and I-275 interchange from 2:45 a.m. until early afternoon Saturday morning — Botsford General Hospital.

William Lancaster of Westland remained in critical condition in the intensive care unit at Botsford with multiple head injuries, a hospital spokesman said Wednesday.

Sgt. Thomas Jefferson of the State Police, who called the accident the worst he's seen in four years, said the multi-car pile-up began when Gayle Lambert of Livonia lost control of her vehicle while traveling from westbound I-696 to southbound I-275.

"She spun out and hit the guard rail. When she tried to wade down traffic, another car lost control and hit her car, and so on and so on," said Jefferson.

"Cars were jammed up so tight they couldn't get the people out of the cars. It looked like a scene from the Dukes of Hazzard."

Unlike lower freeway surfaces which were dry, the elevated overpass was icy, Jefferson said.

OTHER ACCIDENT victims included Gary Park of Farmington Hills, who sustained injuries to his right leg, and Ann Zimeba who suffered a fractured pelvis. Both were taken to Providence Hospital in Southfield.

Another victim, a pedestrian with a broken leg, was standing on the roadside when he was hit by a vehicle and pinned against a cement barrier, added Jefferson.

Responding at the scene were emergency medical units from Farmington Hills, Novi and Livonia; five wreckers; night and day crews from the Michigan State Police and Farmington Hills police.

The I-696-I-275 ramp remained barricaded for nearly 12 hours as officers tried to reconstruct the accident.

"So many cars had jammed into the ramp that we had to spray paint white the cars were, photograph them and tow them out one by one," said Jefferson.

Police said no charges have yet been filed in the accident. Their investigation is still pending.

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