

The Observer

Women

Don't Crash In Dieting, Warns Nutrition Expert

Would-be bathing beauties hoping to slim down for summer are given a warning from health experts at the Northwest Branch YWCA.

"Crash dieting and strenuous exercise are common mistakes made by both men and women in Northwest Detroit," said Ann Hoffa, YWCA director of health, physical education and recreation.

Miss Hoffa cited reducing pills, "water" pills, excessive exercise regimens and artificial reducing machines as the chief reasons so many area residents place their health in jeopardy and still fail to win the "battle of the bulge."

"Many of our members, including men, as well as women, have actually come to the Branch for GAINS after experimenting with reducing methods," Miss Hoffa continued. "We're especially alarmed to find that many of these methods are downright dangerous...hence, our warning."

THE FOLLOWING list of "do's and don'ts" was issued by the YWCA as guidelines to "same slimming."

● Don't "crash diet, take reducing pills, jog, or join health clubs without prior permission from your doctor. Many men and women are unaware that a kidney ailment, heart trouble or nervous condition can be seriously affected by many of these activities.

● Do map out a sensible combination of reduced calories, graduated exercise, and recreational activities with your doctor's guidance. Diet or exercise alone cannot help the person whose goal is to lose inches as well as pounds. Often, a "fun" sport such as swimming or tennis may be recommended in place of "drudge" exercising.

● Don't accept claims that vibration or massage machines will "break down" fatty tissues or "melt away" excess pounds. Machines that only act upon the body, requiring no response from body muscles, will in-

crease flabbiness and reduce existing muscle tone, in addition to risking certain back or kidney injuries.

● Do choose exercise aids such as self-operated bicycle or rowing machines that require your own muscles to do the work. Follow directions carefully as to increasing exercise time or tension strengths on these machines.

● Don't set unrealistic goals or weigh and measure daily unless you plan to dedicate yourself to lifetime fitness. The more intensely you start off, the quicker you're apt to quit, when results fail to justify aching muscles and joyless meals.

● Do allow yourself limited quantities of "forbidden" foods once a week and only measure or weigh yourself once a week. Looking forward to treats and noticing significant results are psychological boosts that encourage staying-power.

● Don't cut out salt or use water pills to aid your slimming process. Salt, and the water it retains, are essential to your body's respiratory and elimination processes, especially in summer weather. A "water weight" loss is only temporary and meanwhile may cause dehydration.

● Do remember that eventually you must return to normal eating patterns, so that crash exercise, unrealistic diets, special diet foods and medications are self-defeating in the long run.

MISS HOFFA cited YWCA policy on conditioning and exercise as being part of a goal toward total health—physical, mental and emotional. Taking all three of these factors into consideration, she said, the Northwest Branch YWCA prefers to analyze each man or woman as an individual, before charting an exercise course.

SCC Alums Set Reunion

Alumni of Schoolcraft Community College will hold their second annual reunion at 3 p.m. Sunday, June 8, in the Waterman Campus Center. Michael O'Toole will be guest speaker, and coffee will be served at 4 p.m. All former Schoolcraft students are invited to attend.



1914 GRAD - It was 55 years ago that Mrs. Maybelle Robinson, 15205 Middle Belt, Livonia, graduated from the school of nursing operated by Detroit's Women's Hospital, now Huron Hospital. Recently she attended an open house that was part of the hospital's centennial celebration and was welcomed by Mrs. John R. Frazier, Huron president. In the background is a mannequin dressed in the style of uniform Mrs. Robinson wore in her days as a registered nurse.

Colorful Murals Trace Styles

Colorful murals of women's dress—all the way from pioneer to mod—are the newest touch in decoration of the circular library in Stevenson High School, Livonia.

They are the work of a team of six students who worked during art classes and free time to make their art both decorative and practical.

The windows they painted in bright acrylics are located behind the library desk. Behind them is a workroom also used for storage.

Debi Keene, Stevenson senior who led the project, explained that Librarian Ivan Kemp wanted some sort of screen to add color while blocking the view to the workroom.

Debi had designed a poster in a recent contest, and used the fashion idea for the window.

WORKING WITH HER were Chris Kramp, Cathie Hawley, Tina Kramp, Kathy Olwean and Debby Fayorlan. Art teacher Ken Rose was the faculty advisor for the project.

"We started with a pioneer woman and the kind of dress she wore," Debi said. "Then we had a Southern belle, a flapper of the 1920's, a woman with the Afro look and one that's real mod."

The windows were treated first—from the back side—with a thin mixture of Elmer's glue and water, painted on.

"And easier to remove if you make a mistake," added Kathy Olwean.

THE WHOLE PROJECT took about two weeks for the six students involved.

The library decoration isn't completed yet. Another set of windows on the other side will

later be decorated with men's clothing down the years by students in the group who will be

turning next fall. "I'm bequeathing that one," said designer Debi.



LIBRARY COLOR - These students created windows of colorful murals in the library of Stevenson High School, Livonia. From left are Chris Kramp, Debi Keene, Cathie Hawley, Tina Kramp, Kathy Olwean and Ken Rose, art teacher.

m. m. memos

"I wish you'd stop putting my Brownies' pictures in your engagement columns," a friend told me last week.

I know just what she meant. There's nothing to foster that I-must-be-getting-old-but-it-can't-be-possible feeling better than realizing that those seven-year-olds of such a short time ago are suddenly rushing for the altar in droves.

Unless it's sitting at this desk and having the pictures of young and younger engaged girls come in even bigger droves. Occasionally it's a bit of a jolt to realize that the bride-elect is the daughter of someone I knew years ago in school.

But not as big a shock as the bridal picture the mail brought recently. The pretty bride looked familiar somehow, and I understood why when I looked at her name.

I never had seen her, but I used to work with her father, to whom she bore a strong resemblance. What's more, it seems to me I remember the day she was born and the happy news was reported at the office.

Anyway, there's nothing like being reminded of advancing years both at work and on the home front.

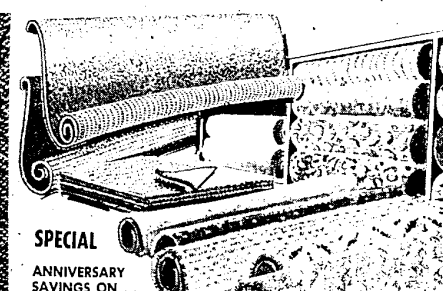
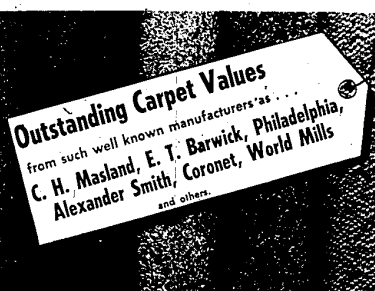
One sample of the latter came a few weeks ago when I received a geranium for having the most girl children at a mother-and-daughter banquet.

One of my girls said she was glad I won in that category because the flowers were pretty. "And I really didn't think you had much chance of being the oldest mother."

—Margaret Miller

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| 12x9.8 Persimmon Herculan (Kitchen)* | \$59 |
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| 12x8.6 Avocado Heavy Wool Plush | \$79 |
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| 12x14.3 Rustic 501 Nylon Tweed | \$69 |
| 12x9.2 Tulane Olive | \$49 |
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| 12x12.9 Green Carved Wool | \$79 |
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| | |
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| 26 Yds. Beige 501 Nylon | \$119.00 |
| 27 Yds. Blue Green 501 Nylon | \$139.00 |
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