

Diabetic guests need no pampering

By SUSAN TAUBER KLEIN

A host or hostess always strives to make the dinner serve to his guests the most tasty and well prepared meal possible. This means taking into consideration the likes, dislikes and dietary habits of the guests so they'll feel at home at someone else's dinner table.

At one time, the host had to prepare a special meal for his diabetic guest. This not only made the guest uncomfortable, since he might feel different,

but also put a burden on the host to serve what his diabetic friend could eat.

Kay Claus, chief nutritionist for the Oakland County Department of Health, said the host shouldn't panic any longer if a guest is diabetic.

"It's the diabetic's responsibility to eat what he knows he can eat," said Ms. Claus. "The diabetic knows to stay away from concentrated sweets and heavy sauces and eat just the chocolate cake and not the frosting and not eat the sauce on the meat."

However, a host or hostess can make things easier for the diabetic by following certain procedures that will also help other guests eat foods the way they like them.

MS. CLAUS suggests considering family-style or buffet service. This will allow the diabetic to take the amount wanted and avoid embarrassment of leaving food on the plate.

Other suggestions include the following:

- Serve a meal of fairly plain, recog-

nizable foods, so the guest can judge the amount and ingredients to consuming. A roast, steak or chop, or piece of fish is easier to estimate accurately than a casserole.

- Plan your menu from the wide variety of foods the diabetic can eat. Most diabetic diets allow meat, mashed or baked potato, cooked and raw vegetables, tossed salads, fresh fruits, bread or rolls and a beverage, such as diet pop.
- Serve salad dressing, sour cream, extra butter or other meal accom-

paniments separately.

• Choose one of a number of desserts generally allowed on a diabetic diet such as a tray of cheese with fruit, a fruit cup of fresh or unsweetened canned fruits, ice cream such as vanilla or chocolate, a wedge of melon and a baked apple without sugar.

"It's perhaps more important when you serve your meals than what you serve," said Ms. Claus. She explained dining at a specific time is important. Since he takes insulin, a diabetic has to have food at regular hours to combat the peak action from the insulin. This helps the diabetic stabilize the blood sugar level.

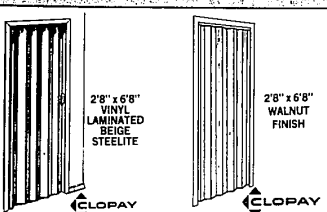
"The way the diabetic controls his blood sugar is with exercise, food and insulin."

IF YOU are going to serve a meal later than the time when your diabetic guest eats, Ms. Claus suggests serving a snack of milk or cheese and crackers before the meal.

"And you can have as much rabbit food for the diabetic as you want. He can eat a fresh vegetable dip without the dip and can eat such foods as cauliflower, carrots and broccoli to fill up since these foods don't have to be measured in his diet."

The Oakland County Division of Health at 1200 N. Telegraph and at 2725 Greenfield offers diabetic classes that teach the diabetic and his family about diabetes, about choosing foods, the diet, how to shop, about insulin and about physical care.

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Viewpoint '77 shows uncharted art

By HELEN ZUCKER

Surprise is the stuff art is made of. The new "Viewpoint '77" show at the Cranbrook Museum should be approached with this maxim in mind. It is the first exhibition of unstretched canvas and free-standing painting to be presented at Cranbrook.

Bring along your sense of balance and your sense of fun as well—or the viewpoint will be quickly lost.

THE SHOW CLAIMS a bit much for itself, but one can enjoy it nonetheless. "Viewpoint '77" is, at bottom, an amalgam of happenings, conceptual, and for the most part, Process Art.

The show is presented with high seriousness, but if the viewer works his way past the too-serious tone, he is rewarded with an interesting glimpse of contemporary artists hacking their way through the real jungle of materials. This is really what "Viewpoint '77" is about, and the show might have been more aptly named "Exploration '77."

The first sight of Sam Gilliam's enormous, paint-splattered dropcloths suspended from ceiling to floor gives the viewer the impression that he has wandered into the museum during extensive redecoration.

THE SIGHT OF BEAMS tied with twine, and canvas lashed to the wall with thick ropes and metal rings, adds to this impression. The lashed and stiffened canvas looks like a collapsed sail from a boat the size of a battleship.

What has happened is not a redecoration spree. Unstretched canvas has worked its way inland, from both coasts, where it has been flourishing for the past 10 or so years.

Gilliam, a Washington artist, works with hanging canvases—canvases no longer tied to stretchers. Gilliam creates different edges than the ones we are used to. He seems to be struggling in a big way to tell us that he is surprised at what he can do with canvas, paint, twine and metal. (The viewer is surprised as well.)

ON CLOSER INSPECTION, it seems as if the wall the canvas is lashed to behaves as a kind of stretcher, a framing or mounting device. And why the free-hanging canvases are "paintings," rather than three dimensional sculpture is not clear. However, it's food for thought.

Looking at Martin Myers' "free-standing painting," one feels as if one were in F.A.O. Schwartz, the posh toy store.

Why Myers' four foot columns and skyscrapers are "paintings" rather than pieces of sculpture is not clear

either. But the columns do look like miniature Los Angeles skyscrapers. They appear to be over-sized Tinker Toys, and the tiny painted squares, looking like thousands of lit windows, are quite engaging.

Rafael Ferrer, a Buffalo artist who works with environments and events, has a surprising mobile on view. It's constructed of bent pennies, rainbow-painted coffee cans, children's tops, colored pencils, a stuffed parrot, and whatever came to hand.

One gathers that Ferrer would like us to look closely at every-day objects and see the stuff of art in them, as he is obviously doing.

This viewpoint is not exactly new to '77, but Ferrer's mobile is so startling and so deliberately primitive, one is struck anew by this timeless idea.

TERENCE LA NOUE makes forms out of latex, fiber, rubber, acrylic, metallic powder and tobacco cloth. He does complicated, much-worked surfaces, and is into sophisticated uses of materials. His work looks like large, hanging shields done in graduated tones of brown.

Diane Carr, a Detroit artist, uses spackling paste, rhexel, pigment and string to construct cracked and tied squares. The five works in the show, "CrisCross," "Stria I," "Stria II,"

"Marigold" and "Stella," all done in 1977, look rather like the inside of a burnt oven before cleaner has been applied. Ms. Carr sees "support and structure as an integral part of painting." She emphasizes this by saying, "Support and pigment are part of process and surface."

Is Ms. Carr, by the use of cracked surfaces, trying to tell us that the world is falling apart? Or is she simply reminding us that foundation and house are one and the same? Her works, all somber and of the same size, march down the walls, elaborate constructions telling us no more than that the house can't exist without the undergirding.

To search for larger ideas is absurd. Looking at these works as experiments—a mix of old and new materials—is really tough.

A show like "Viewpoint '77" is perhaps best presented in a working studio. One gets carried away and looks for finished expression. It will be interesting to see what these obviously accomplished contemporary artists from both ends of the country—and Ms. Carr in the middle—come up with when they have left off wandering in fascination through hardware and supply shops.

"Viewpoint '77" runs through Feb. 12. The Cranbrook Museum is open 1-5, Tuesday through Sunday.

'Valentine' cautions teens

Planned Parenthood League, Inc., has chosen Valentine's Day, Feb. 14, as "Love Carefully Day" in order to focus on teenage pregnancy and related issues.

Jennifer Kundak, assistant coordinator of community education for PPL, said, "Teenage sexual activity is increasing, and presents a major challenge to those concerned with encouraging responsible parenthood."

The group, she said, is hoping renaming Valentine's Day in such a manner will help promote the understanding of the need for a realistic approach to teenage pregnancy and childbirth. "We hope," she added, "to reach teens as well as adults with important information on contraception and parenting."

Among the risks and realities of teenage pregnancy mentioned by Ms. Kundak were:

- Nearly a fifth of all births in the metropolitan Detroit area in 1976 were to teenagers, according to the most recently available figures.
- Teenage mothers account for half the total out-of-wedlock births in Oakland, Wayne and Macomb counties. As one result, the numbers of teen mothers receiving ADC has increased noticeably.
- Half of all unmarried women have intercourse by age 19.
- While the fertility of older women has been declining in the past few years, the proportion of

births to teenagers has been increasing, especially among those aged 14 and younger.

• Although most teenage pregnancies are unwanted, many young women use contraception only sporadically or not at all, usually out of ignorance to the risk of pregnancy.

• Teenagers account for about a third of all legally performed abortions.

• Only three of every 10 sexually active teenage women use contraception consistently.

• Teenage mothers face higher health risks with their pregnancies, and their children are more likely to have health problems than babies born to women in their 20s.

• Nearly half of all teenage marriages break up within five years; teenage marriages resulting from pregnancy are three times more likely to dissolve.

• Half of all sexually active teenage women (about two million) are still not receiving family planning services from clinics or private doctors.

• Venereal disease poses serious risks—teenagers age 15-19 are three times more likely to contract gonorrhea than people over 20, and the risk of syphilis is 61 per cent greater for teens.

• The right of minors to purchase non-prescription contraceptives was upheld by the U.S. Supreme Court in a June 1977 decision.

• Unmarried teenagers are legally entitled to contraceptive services and venereal disease treatment on their own consent in Michigan.

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