

There's little heart for this shape-up

On Valentine's Day you have the right to expect cupid's, sweets, and enchantment. Unfortunately, all I can come up with is calories, sweat and exhaustion. You see, the New Year's shape-up campaign isn't going too well.

Christmas has always been by dogfall. It's a time of love and good wishes, and this fondness extends to my stomach. "It's Christmas, after all. Let the dear little thing have what it wants."

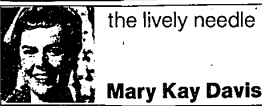
By Twelfth Night, the dear little thing isn't so little any more and severe measures have to be enforced. But that's not as easy as it used to be. When we were very young, there were babies to tug, pick up, put down and chase. Calories got worn away by the rigors of maneuvering little people into and out of snowsuits. Who needed to diet? Once during the Terrible Two's I even tried to gain weight. Unfortunately, I succeeded.

NEEDLEWORK, to be brutally frank, doesn't help much. When the world was full of toddlers there was never enough time to finish anything. Who could sit still for a full afternoon of interrupted stitching? The baby would have eaten the cat.

But now there's time. One can sit and thread up, and sit and stitch, and sit. No diapers, no cat, no wondering what's wrong because it's suddenly so quiet.

The area that gets the heaviest (sorry) workout is the sitter. Like any other muscle, it expands with use. Unfortunately.

January has been spent with calorie counters and Canadian Air Force exercises. It's unfair that eating gives such instantaneous pleasure, while ex-



the lively needle
Mary Kay Davis

ercising, like dusting, just begs to be done all over again once you're through. Maybe, somewhere down the road, I'll look like Farrah Fawcett-Majors — but that road looks very long and frankly I'm beginning to wonder where it leads.

THERE MUST BE some positive feedback to all of this. Muscles ache, stomachs grumble, boredom sets in and scales move with the ebb of an arthritic tortoise. Relax for just one glorious meal and you're right back where you started — guilty.

My Puritan ancestors would have loved all this. They called it "mortifying the flesh" and somehow (exactly how was never made clear to me), mortification was Good For You. When I was little, if it didn't hurt, taste horrible or feel uncomfortable, it couldn't possibly do you any good. We used iodine long after painless antiseptics were available. It hurt so much that it had to be more effective.

I wouldn't have made a good Puritan. On the other hand, I don't think that I'm turning into Farrah Fawcett-Majors, either. If any of you have found a slender compromise between the two, please — let me know.

Pat Bordman

They paint and then they eat

Do you have a child who loves to draw — but only on your newly papered wall?

Has your little one just learned the pleasure of self-expression — all over your white tiled kitchen floor? Is your little shaver a budding Chagall — windows his specialty?

If any of these are true, perhaps this painting exercise will temporarily deter him or her.

You'll need milk, food coloring, four paper cups, small clean paint brushes, and bread slices.

Mix the milk and food coloring so that your child can choose from blue, red, yellow, and green. Place each mixed color into a separate paper cup. Make sure the colors are intense, not pale.

Put one bread slice on a plate and give your child the small paint brush and colored milk mixtures. The bread slice is the canvas. Don't allow the bread to become too soggy. It can be

toasted after painting and used for sandwiches, or with jelly, butter, cream cheese, or any other spread.

What's important about this project is that it is meant to be imprudent. Adults often make an issue about "saving" children's art efforts, as though they are sacrosanct.

Children have a much different attitude about art. Often, they don't really care once the project has been completed. If they eat their art, no one can be disappointed.

Initials, words, and pictures can all be painted on the bread. What a way to eat your words.

Patricia Bordman has taught elementary school and conducted workshops and lectures on education. She has studied photography at Oakland University. She and her husband have two daughters and live in Farmington Hills.

Bread is the canvas for this artistry. (Photo by Pat Bordman)

Bud Guest is Methodist home benefit speaker

Edgar A. Guest Jr. is guest speaker at Methodist Children's Home Society's Valentine Benefit Luncheon for Children's Village at noon Thursday, Feb. 14, in Mercy Center, Detroit.

"Bud" Guest is well known to Detroiters for his morning radio program of many years, "The Sunny Side of the Street."

Bud's father, Detroit poet Edgar A. Guest, bought the first membership in Methodist Children's Home Society's League of Children's Friends when it was organized in 1930.

Special feature of the luncheon will be musical selections played by Jay Nordville Jazz Band. During the past year this group of 24 young musicians, under the direction of Michael Rumbel, has

received standing ovations from audiences throughout the greater Detroit area.

Chairperson for the event is MCHS Board Member Dave Zimmerman of Northville. Joan Gurgan of Livonia, president of the League of Children's Friends, will welcome the guests and R. H. McManus, president of the board of directors of the society will introduce the guest speaker.

The Rev. Dr. William D. Mercer, minister of Nardin Park United Methodist Church, Farmington Hills, will deliver the invocation and benediction.

Proceeds from the event will go toward support of services to children in residential treatment at Children's Village.

Friedman to talk about women

Dr. Sonya Friedman, cial correspondent, will be the keynote speaker at the 87th meeting of the psychology and TV spe-

cial correspondent, will be the 87th meeting of the psychology and TV spe-

Ancient cure

Vinegar has been valued since ancient times. The Babylonians used it as a preservative and condiment and began flavoring it with herbs. Hippocrates,

considered the father of medicine, valued its curative power. As recently as World War I, vinegar was used to treat wounds.

Lindblad's World of Travel

By Lars-Eric Lindblad

The Galapagos — The Incredible Adventure

When Charles Darwin visited the Galapagos Islands in 1835, his scientific mind was overwhelmed. Here was a living laboratory full of strange and wonderful creatures that, because of limited human contact, were completely tame.

As he studied them in the lush forests and sandy coves, the simple evidence of natural selection became obvious. The visit became a basis of his revolutionary text, "Origin of the Species," which has changed man's perception of himself and his past forever.

I have voyaged to the Galapagos on several occasions and highly recommend the trip to anyone with an inquiring mind who enjoys not only contemplating the puzzles of nature, but actually participating in its mysteries.

One of my favorite pleasure trips is snorkeling in a quiet pool full of friendly seals, whose sleek bodies glide in graceful arcs within inches of my mask before playfully weaving off to make a new approach. Also a delight is walking around this equatorial paradise watching penguins, flightless cormorants, iguanas, and here and there a bull sea lion, with the harem of twenty or thirty females, patrolling nervously for any male intrusion; or surprising a few stragglers from a freshly hatched green sea turtle's nest. I plan these adventures with plenty of time to enjoy it all.

The first departure date is December 25, 1979, with subsequent ones in May, June, July, October, November, and December of 1980. This is one of the great vacation opportunities.

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