

consumer mailbag

What is ascorbic acid? Is it harmful? It seems to be used as an additive in lots of foods.

Ascorbic acid (vitamin C) is a safe food additive. It inhibits the formation of dangerous nitrosamines in cured meats and serves as a nutrient additive in soft drinks and cereals.

Can I recycle newspapers for money? Billy S., Detroit
Yes, newspapers can be collected and sold by individuals. However the

volume needed to make it financially profitable can be a deterrent. Last week newspaper was being bought for about \$1.40 per 100 pounds by local waste paper companies. At this rate you would need a truckload to make a profit.
Several community recycling centers operate in the tri-county area. They collect newspaper and recycle profits back into the community.

What can an individual do to prevent a developer from coming into his area and chopping down all of the trees? We live in a semi-rural community on four acres of land. Recently a large parcel was sold and will be developed.

Mr. & Mrs. A.F., Pontine Township.

Yes, you can have a say in what goes on in your community. An excellent publication is available free of charge from East Michigan Environmental Action Council. For a copy of "Community Care: A Guide to Local Environmental Action," send a stamped self-addressed envelope to EMEAC, 5500 Crooks, Troy 48068.

Ec-Tip: Use your vote to protect Michigan's environment. Send for a copy of "Michigan's Environmental Voting Record," Michigan Environmental Council, 400 1/2 Washington, Lansing 48933.

Telethon volunteers needed

Labor Day stay-at-homes are needed to answer incoming telephone calls during Jerry Lewis' super show for Muscular Dystrophy.

p.m. Aug. 31 and continues through 6:30 p.m. Sept. 1, will feature hourly local segments in addition to the network production originating from Las Vegas.

Volunteers can answer calls during one of four shifts available throughout the 22-hour Labor Day Telethon. Millions of local television viewers will watch the show on Detroit's WJBK-TV2, and call in their contributions.

Several telephone centers will be located throughout the tri-county area. Volunteers interested in answering phones in an Oakland County Center should call 399-8800.

For a position at a Wayne County telephone center, volunteers should

call 381-3838. In Macomb County, the number is 779-7660.

All proceeds raised during Telethon '80 will benefit the Muscular Dystrophy Association (MDA). That organization offers diagnostic services, clinical treatment, therapy and equipment free of charge to persons afflicted with neuro-muscular diseases.

The funds will also be used to finance medical research and muscular dystrophy-related programs such as the MDA Detroit area summer camp.

Red Cross pleads for donations

The American Red Cross, faced with a potentially critical blood shortage, is urging persons to donate blood before the approaching Labor Day holiday weekend.

Regional donor centers at 2388 Franklin Road in Bloomfield Township and in Detroit, Oak Park, Roseville, Livonia, Dearborn and Wyandotte will be open on Saturday, Aug. 30. Livonia,

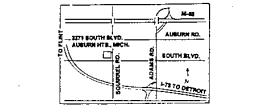
Wyandotte and Roseville centers will be open from 9 a.m. to 3 p.m. on Labor Day.

For additional information call 833-4440 or the nearest center.

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tipping the scales Nancy Austin A diet melange from the mailbag From the mailbag: The National Association to Aid Fat Americans (NAAFA) meets monthly. The organization is mainly a social one, although there are political causes as well. The group is comprised primarily of fat people who accept being fat as their comfort zone. According to Carol Pegouski, Michigan chairperson, there are about 70 members in Michigan. Events in the planning stages include a tour of the state capitol, a weekend trip to Canada and attendance at the national convention in Chicago. For information on the meetings write or call Ms. Pegouski at 6155 Scofield Road, Maybee, Mich. 587-2239. • CheeseCake Cruiser: That's what Slimways is calling their calorie counting cruises which sail from New York to Bermuda and the Bahamas. Slimways is a division of Austin Travel (no relation) in New York. The agency has reserved 40 cabins aboard Holland America's S.S. Rotterdam as a major factor not only in control of calorie counters at a cost of \$415 for seven days. Based on the concept that people can expect to gain a minimum of 10 pounds on a cruise (four meals per day plus snacks and drinks), and based on the concept that most people don't want to gain weight, the group has engaged the services of two slimming gourmet cooks to direct the weight-watching fare in the special kitchen. Calorie intake is planned around 1350 calories per day. Several dinners are described in the brochure, one of which is Chicken à l'Orange Fusar. It is described as "braised chicken marinated in orange sauce laced with Marsala wine, and spices served on a bed of wild rice and vegetables. Non-alcoholic beverages will also be available at the bar. For information on the cruises write Austin Travel, 560 South Broadway, Hicksville, N.Y., 11801 or call (516) 822-2222. • Congratulations to Weight Watchers, who recently received the Gold Leaf Certificate of Merit. The award is sponsored by Family Circle Magazine and the Food Marketing Institute. They cited the organization for creating outstanding nutrition, educational and community public service materials. The materials were designed for expectant mothers, new mothers, teenagers and families. Judging was conducted by a panel which included home economics educators, government and public interest representatives. • Word comes now that sugar intake is a major factor not only in control of obesity, diabetes and heart disease but also has a direct relation to the amount of tooth decay suffered by the population. According to the National Institute of Dental Research, research shows that (parents will be interested in this) sweetened cereals and potato chips caused more decay than caramels or chocolate bars, although the latter two are still potent threats. They say that foods these foods contain sugar which are necessary for decay-causing bacteria to grow. Cream-filled cookies and candies also are high in sugar.

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