



Experiencing a much slower time

Hurry, hurry, hurry. Either we're running late (a strange expression if you slow down to think about it) or we're trying to fit more activity into a day than the day can handle.

The leisurely family meal, a stroll down a country lane, and lingering discussion have been replaced by fast food, fast travel and fast communication.

We have lost the perspective of time to pass on to our youngsters. The value of a moment's reflection, the meaning of quiet contemplation, the sense of having a place of importance on this earth have been lost in the great rush. It is possible to experience a slower time, to recreate the deliberate movements of a more tranquil setting. Metro Beach Metropark in Mount Clemens will transport you by handmade canoe through swamps and marshes. You will paddle all the way back to the era of French Canadian fur traders who traveled in canoes like these through similar swamps.

A naturalist accompanies each canoe as guide and story teller. You might see the illusive resident swans, the cleverly camouflaged muskrat homes or the underwater plant life.

You will sit so close to the water, you can truly appreciate the delicacy of the surroundings. The water is so shallow where the canoes go you can actually look over the side of the canoe and see the bottom of the pond. The area remains undisturbed and unspoiled as it is too shallow for motorized boats.

A reservation is necessary for these weekend guided trips. Between six and 20 people may travel by birch bark canoe for \$10 per canoe. Each passenger is outfitted with paddle and life jacket. For more information, call 463-4581.

Mrs. Bordman welcomes suggestions and comments. Please write her c/o the Observer & Eccentric Newspapers, 36251 Schoolcraft, Livonia 48150.
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Catherine Monaghan



Ms. Monaghan began her training at Kendall School of Design where she learned her basic interior design skills. Shortly after, she joined the Gorman's staff and since has designed such varied interiors as a Renaissance Center

law firm and a fashionable Southfield beauty salon. She has also created distinguished designs for homes and summer homes, in both traditional and contemporary styles. Her services are available to you at Gorman's.

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Use horse sense approach to diet

I recently heard a discussion on the radio about diet. It's easy to find a discussion about diet by just turning your dial. At any given time, a conversation sometime, somewhere, is going on.

Some are straightforward and informative, others add to the confusion of information thrown at us each day. The one I heard was again controversial.

It was said that it is better for a person to be heavy than to lose and regain, lose and regain with the process continuing throughout a lifetime. This is what I call the Yo-Yo syndrome.

I have also heard it is better to lose weight even if you do regain. The reasoning is that during the time your weight is down you are healthier.

I'm not sure which of these statements is true, but I tend to believe the theory that at least while you have lost weight, you are in a healthier condition. It's horse sense that tells me so.

THERE ARE OTHER areas in the health field that seem to be equally confusing. There are those who say too much cholesterol will cause an overall health problem. Then there are those authority figures who state that the cholesterol problem has been exaggerated and there is very little or no danger. I tend to believe that moderation is the answer.

The discussions continue in Washington about the safety of saccharin and cyclamates and the addition of other chemicals to our food. Then we hear that nitrosamines are cancer-causing agents, that estrogen therapy can be dangerous, that obesity can lead to certain types of cancer.

The debates go on, and meanwhile the public is confused. I have pored over books, articles in journals, listened to talks by

tipping the scales

Nancy Austin

experts in the fields of diet and nutrition and read the propaganda. When I'm finished, I feel like I'm on a treadmill. I don't know if I am any farther ahead than I was years ago, before the health and nutrition education became so "in."

HOW DOES one sort it all out? I say use common sense. Most people know when they are eating in excess. Most people are aware of what foods contain high amounts of cholesterol. Most people know when they are eating junk food to excess. Most know when their sugar intake is too high.

When Polly Bergen was a guest speaker for the Livonia Town Hall series last year she spent about 20 minutes on the subject of diet.

But what has stayed with me was her advice to trust instincts. She said we spend too much time listening to others tell us what to do, when really no one knows us better than we know ourselves. That statement can apply to many areas of our lives and works especially well when we consider our eating habits.

Maybe the experts aren't really so expert after all.

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