

volunteers

The Oakland County Volunteer Bureau, a program of the Volunteer Action Center of United Community Services, has weekly listings of volunteer opportunities.

Further information about these and other volunteer needs at more than 200 agencies may be obtained by calling the bureau at 642-7272. Any non-profit organization needing volunteer assistance may also call the bureau.

HOME NURSING INSTRUCTORS Persons interested in learning various aspects of home health care of the sick are being recruited by the American Red Cross. Assignments are flexible and will be made following completion of nine two-hour courses on home care.

ADMINISTRATIVE AIDE Persons with knowledge and an interest in the arts are being recruited by the Southfield Cultural Arts Department to handle various administrative duties. The commitment is one-half day a week for six months.

TRANSPORTERS Persons with a valid driver's license and an automobile are being recruited by the Royal Oak Senior Citizens Center. Volunteers will transport seniors to shopping and other necessary errands in and around Royal Oak. This is a flexible commitment that can be scheduled as little as once a month.

class reunions

PONTIAC CENTRAL 1945

The class that graduated in 1945 from Pontiac Central High School will hold a reunion Oct. 11. Classmates may get more information by writing to Chuck Zamek, 51 University, Pontiac, or calling him at 333-7858.

DETROIT SOUTHWESTERN '30s

Members of Southwestern High School's classes of 1930 through 1939 will gather for a reunion Oct. 10 at the Detroit Yacht Club on Belle Isle. A similar reunion 10 years ago drew 710 alumni.

Those interested in attending may reserve tickets with Alfred Peterson, Petersen American Corp., 21200 Telegraph, Southfield, telephone 353-6400. In requesting tickets, the graduation year should be noted for seating purposes.

DETROIT MACKENZIE 1950

Mackenzie High School alumni from January and June, 1950, will hold a reunion dinner beginning with a social hour at 7 p.m. Oct. 18 in St. John Armenian Church Hall, Southfield.

Classmates interested in attending may call Betty (Lucas) Ravary, 382-7660; or June (Jackson) Grace, 332-4429.

GARDEN CITY EAST 1970

The 1970 graduating class at Garden City East High School will hold a 10-year reunion Nov. 15 in the Monsignor Hunt Knights of Columbus Hall in Dearborn. Information is available from Sue Takessian, 421-8461.



tipping
the scales

Nancy
Austin

Obesity gets medical attention

Sometimes I really wonder about the obese people in our society. I wonder what makes them tick — or not tick, as is often the case.

Obesity is the cause of a great deal of sickness for the millions fighting the condition. We are told it may lead to heart disease, stroke, hypertension, cancer and death. Doctors treating obese patients get discouraged because of patients' non-compliance (failure to follow orders).

I wonder why we do it to ourselves.

Obese patients fill hospital beds, occupy space in doctors' offices and use physicians' precious time while truly sick patients wait.

Research into the causes of obesity costs taxpayers millions of dollars, because the government is so heavily involved in seeking solutions to the problems.

"I've never seen so many heavy people as there are here in this country," a shirttail relative of mine remarked while visiting from Italy. It seemed a strange remark from one whose homeland brings to mind the rotund lady cuddling children on an ample lap.

Other countries seem to have more citizens with slender figures. Statistics show that the United States leads other

countries in deaths from heart attack and stroke, both known side effects of obesity.

We fatten ourselves up, then look to the professionals to slim us down. Those doctors who have selectively chosen to help the obese experience a very low success rate. The reason most often given for this is lack of patient compliance. I wonder what it takes for a patient to listen to the advice of a physician. A life-threatening situation?

NEXT WEEK, the American Society of Bariatric Physicians will hold a two-day conference in Las Vegas discussing the problems of treating the obese. The subject matter is interesting.

One workshop is titled, "Ultralow Calorie Diets: Are they ever indicated? Which is best?" Another is "The Secret Ingredient to Compliance in Obesity Management." Three hours will be devoted to the discussion of sexuality and obesity — "Sex and Obesity: What's the Connection?"

The thyroid gland and its connection with obesity will occupy another three hours. It has been stated that only 5 percent of obese patients have thyroid trouble. Yet one-fifth of the time of the conference is devoted to the discussion.

WHAT REALLY surprised me was the three hours devoted to pediatric obesity. While I knew obesity was a problem in children, I didn't realize it was of such great proportions that it ranked an important place in society's agenda. This may be the most useful information disseminated at the conference, since the seeds of obesity are probably planted in infancy.

Perhaps, I wonder most of all, why the preoccupation with food in this country. Why the lack of will power? Why do we set ourselves up for so many potential health problems? Why are we so willing to spend billions of dollars to ask someone to tell us how to lose weight. I wonder why we then don't follow through and take the given advice.

I know none of those questions are slated for medical discussion. But if they were, I wonder if even those learned doctors could come up with answers.

It seems that we, the American public, are not willing to solve those problems.

If we could, the exploitation of an overweight society would end, and so would the multi-billion dollar industry we seem so willing to support.

Kresge funds renovation

Oakland University has received a \$235,000 grant from Kresge Foundation for renovation projects at Meadow Brook Music Festival grounds and Meadow Brook Hall.

The award for university cultural facilities is part of \$37,383,000 in new grant commitments just announced by the foundation.

The grants, usually made on a challenge basis, went primarily toward projects involving construction and major renovation of facilities.

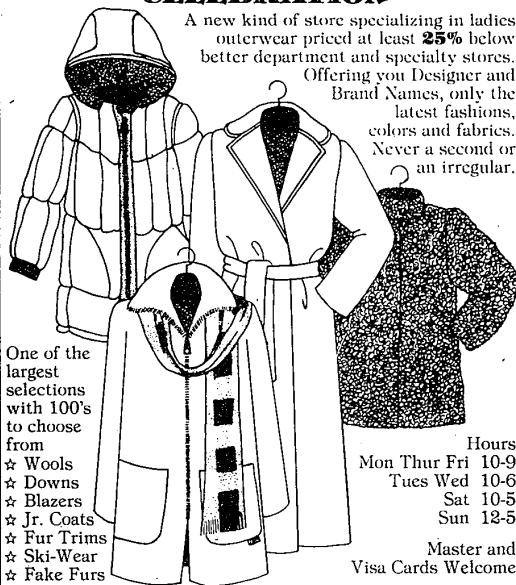
OU Interim President George T. Matthews said the funds will be used for kitchen renovation and chimney repair at the hall and for painting of girders, seating, erosion control, paving and loading door and catwalk renovation at the festival grounds and pavilion.

The university has received \$2,613,255 from the Kresge Foundation since 1960. The initial gift of \$1,500,000 was for the Kresge Memorial Library on campus.

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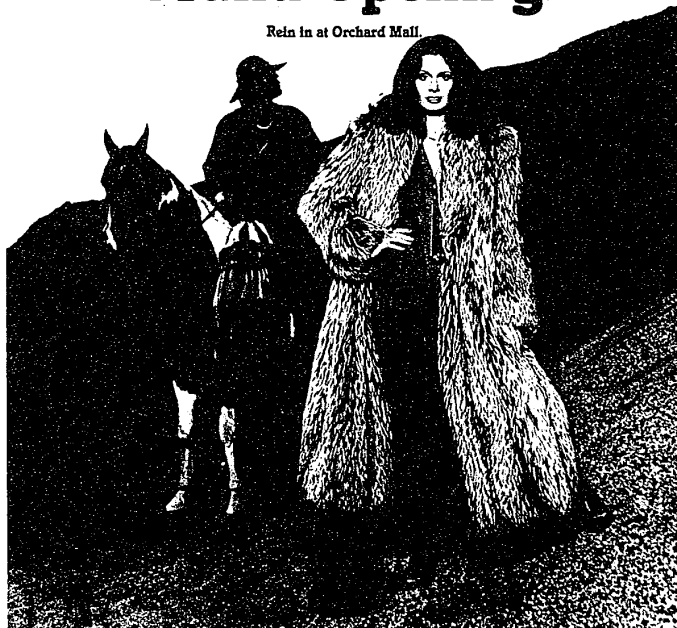
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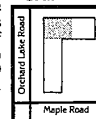


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