



tipping the scales

Nancy Austin

It's the dieting season

"Can you really lose weight through friendship?" reads the first line of the advertisement. "Lose weight fast!" screams another. A phone call to the clinic reveals this is an "individualized" program, suggesting you can diet successfully without anyone's help, except perhaps the "professionals."

Diet clubs solicit, and woo your membership. Their ranks increase considerably in September. Classes on nutrition, weight control, behavior modification and fitness begin again for the season, and health spas and fitness clubs offer discounts on membership to lure you into their "best" program. There's no doubt about it — dieting is seasonal. Twice a year, in September and in January, everyone begins to do something about excess weight. If you are among those knocking under again, consider the following before undertaking any program.

IS FRIENDSHIP really the answer? Sometimes friends can be your worst enemies. As well-intentioned as they may be, they usually suggest that "just this piece won't hurt."

It will. You know it. I know it. And so do they. Your friends sabotage your efforts, I never will understand.

The best friendship diet is one in which friends lend support, but don't nag or offend. It's a fine line, and you may be better off dieting alone.

Diet clubs can be quite helpful, but keep in mind that the people leading a group cannot lose the weight for you. They may inspire by providing suggestions and incentive, but the buck stops with you, not them.

And any club that is going to be effective for you must have a meeting time, meeting place, and cost and provided a diet that meets your needs.

EVERYONE WANTS to lose weight fast, but this may not be the best way in the long run. Often, the first week of a diet of 1,000 calories a day will result in a weight loss of three to seven pounds. Any expert will tell you this is primarily a water loss. It's an encouraging sign to any dieter. But a safer, more effective way is a slow weight loss over a longer period of time, about two pounds per week. Two pounds a week may not be dramatic, but does will not cause your body adjustment difficulties.

And the longer you take to lose weight, the greater chance you have to change your eating habits. That is the real secret to long-time weight control. Diet clinics are expensive, and you are likely to be handed a diet of 500 or 750 calories, a package of vitamin and mineral supplements and a bill. Expect your visits to average \$25.

consumer mailbag

Using alternate energy

I teach gifted fourth- through six-graders and we are planning a unit on alternate energy sources. Are there any places in the area that use solar energy that we might be able to tour?

R.C., Birmingham

Upland Hills Ecological Awareness Center, Oxford, is a perfect example of the practical application of alternate energy systems, using non-polluting sources of energy like solar and wind power.

Build largely by volunteer labor, this unique building is a nature and conference center. To arrange for a tour call: 693-1021.

What is the difference between "toxic" and "hazardous" wastes?

Many times the term "toxic wastes" is used synonymously for "hazardous wastes." However, toxic (defined as poisonous, potentially harmful to human health, can cause cancer and birth defects; and can contaminate, harm or kill fish and wildlife) is only one type of hazardous waste. The other categories of hazardous wastes are chemical substances which can harm, contaminate, or kill living organisms because they have "ignitable," "corrosive," "reactive" or "toxic" characteristics.

Consumer Mailbag answers your questions on all consumer and environmental issues. Address mail to Concern, Inc., Detroit, 1 Northfield Plaza, Troy 48068.

Meadow Brook offers best meals of years past

For nine years, Meadow Brook Hall has offered Stately Dinners complete with history, wine appreciation, gourmet dining and architecture.

The 1980-81 "Best of the Stateries" series will feature favorite menus of past years. "The best of the Stateries" will begin with aperitifs and hors d'oeuvres served in the Great Hall. Before dinner there will be informal touring of the 100-room historic mansion once owned by Matilda Wilson, widow of auto pioneer John Dodge.

Wine specialist Walter Rosenberg selects and discusses wines for each dinner.

"Best of the Stateries" are scheduled for Oct. 3, Nov. 14, Jan. 9, Feb. 13, March 27, April 10, May 15 and June 12. Reception begins at 7:30 p.m., dinner at 8 p.m. Cost is \$50 per person.

For further information call Meadow Brook Hall, Oakland University at 377-3140.

Yule cards for charity

The Observer & Eccentric Newspapers will print its annual charity Christmas card page on Thursday, Oct. 9.

Pictures of cards being offered by varied charitable organizations and instructions for ordering them will be printed in the Suburban Life sections of all 12 newspapers in the O & E group on that date. As many as possible of the cards being offered will be used then, and others will be pictured in subsequent issues during the holiday preparation season.

In addition to picturing the cards in the Suburban Life sections, the newspaper group have displays of cards available in its offices at 1225 Bowers, Birmingham, and 36251 Schoolcraft, Livonia, beginning Oct. 9.

Organizations with holiday cards to sell should send three samples, for printing and for display in each office. Mail them by Oct. 4 to Margaret Miller, Observer & Eccentric, 36251 Schoolcraft, Livonia, 48150.

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10:00 am-8:30 pm  
Thursday, Oct. 9  
10:00 am-5:00 pm  
General Admission 2<sup>00</sup>  
Free Parking  
Refreshments Available  
**PREVIEW PARTY**  
Tuesday, Oct. 7  
5:30-8:30 pm  
Benefactors, Sponsors, Patrons, Friends Only  
For Further Information Call 881-1274

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