

**oral quarrel**

**Callers favor changed diets**

Nutrition is a subject which Americans have found increasingly on their minds. Book have been written about it, school courses are taught about it, and, of course, we're faced with it everyday through advertising in all sorts of media. Today's Oral Quarrel response is to the question, "Have you changed your eating habits since a health scare gripped the nation several years ago?"

Yes, I am trying to eat more fresh fruits and vegetables. Part of the problem is eating too many prepared packaged foods that have no nutritional value.

Yes, I have. Like most people, we have to because the big food manufacturers are not interested or well-informed in our health, only our purse. Also, I wish Dr. Joseph Arends would stop making the front page of our community newspaper for the purpose of insulting our community because our community happens to be ahead of most school districts.

We have changed our lunch program for the better and are teaching nutrition and changed our gym program. I think people should

lower calorie foods and fat foods and shop more in the fruit markets instead of in the supermarkets. But if they go in the supermarket, they should stay in the produce section and the dairy section and eliminate a lot of these high fat contents in food.

I think people should stop eating junk food and attending these restaurants like McDonald's and Burger King. I think emphasis should be put on those restaurants like Healthy Jones in our area. I think it's important that with everything going on about nutrition people should take advantage of such restaurants.

Yes, I have change my eating habits because first of all I want to look thin like other people do. The way you can help is to tell people not to eat junk food and to eat regular food and cut down on junk food.

I think there is only one way to improve your eating habits and that is to count calories and make sure you get a well-balanced diet. Going on crazy diets doesn't help, it only hinders you from losing weight and getting healthy.

Following are the answers.

Yes, I certainly have changed my eating habits within the last few years and I believe everyone should do the same by cutting out and not eating too much. I think that's the real secret.

I really haven't changed my eating habits but I figure if it kills me, it kills me, but, really, I am more

**Give thanks for much, even Bill Bonds' talks**

NO WAY would the American news media wait 25 hours before announcing the death of a renowned public figure as happened in Russia after Leonid Brezhnev died.

If it happened here, before Brezhnev drew his last belabored breath, Channel 7 newscaster Bill Bonds would be doing a special on the canny Communist leader who promoted Soviet political influence around the world through the policy of détente.

Bonds spoke at the annual meeting of the Southfield Chamber of Commerce last week. Someone asked him why the American media used soft brush strokes when painting a picture of the late "Communist terrorist-murderer."

The master newscaster, using a few choice words like "massacre," and "despot," rebutted, "I'm saying it now" before the crowd of 280.

BONDS THEN proceeded to theorize that Yuri Andropov, Brezhnev's successor, is more intelligent, autocratic and devious than his predecessor. One can say things like that be-

fore 280 corporate and business heavyweights in America and it's not considered heresy. But it may be considered evasion by those who wish Bonds and other outspoken media persons would say more to crowds far exceeding 280.

Brezhnev at the height of his power was described as a burly, black-browed, gregarious and talkative, but much aware of his power over associates and adversaries alike.

The irreverent Bonds has a thing for the late Lyndon B. Johnson and Winston Churchill, maintaining they had strong egos, spotted weaknesses in others and exploited them.

LBJ WAS a 6-foot-4 gargantuan with earlobes weighing 7½ pounds each who drank Scotch all day, swore like a lumberjack and hated to be photographed from the right side. That's the picture Bonds painted of Johnson.

Bonds couldn't say things like that behind the Iron Curtain or in many other news-controlled corners of the world without fear of some sinister character knocking on his door in the middle of the night.

Bonds might have said more about Brezhnev. But only in America could he say anything at all. It's that kind of freedom we may well be celebrating on Thanksgiving Day.

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the stroller  
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**And thankful for the memories**

**Stroller has 85th birthday**

EIGHTY-FIVE and still counting. The Stroller said these words after awakening Friday and recalled some of the great anniversaries he has celebrated down through the years. You see, The Stroller's birthday was a bit different; he was brought into this vale of tears on the morning his mother was 21 years old. For years they celebrated together. This brought about many good times and a lot of laughs as we child each other humorously on these occasions.

For instance, there was the morning The Stroller was 21 years old. He sat at the breakfast table and reminded his mother that this was a special day because it was the only time she ever can say that she is twice as old as he was.



The Stroller at 80

MOTHER listened, then smiled and answered, "You are wrong. When you are 42 I will be 84." And we had to do a lot of explaining that she was twice as old only one day in her life.

As he moved along life's highway, The Stroller has enjoyed many fine birthdays. For instance it was on his 16th birthday, back home in the Dutch country, that he first wore long trousers and folks said, "Now you are a man."

Of all the birthdays he has celebrated, there are several that stand out.

Back in 1918 when he labored as a machinist on the night shift at the Bethlehem Steel Co., his birthday fell on pay day. All that night he carried his check in the pocket of his shirt — just for safe

keeping — until breakfast.

THEN, AS he sat across the table from his mother, he slowly took the the envelope from his pocket and slid it across the table to her. She took one look at the figures, then pushed the envelope back.

"You forgot what day this is," she said, "Today you are 21, and this envelope doesn't belong to me any more. But I hope you will be generous in paying board so we can raise your sisters."

The Stroller, touched, pushed it back with the remark that his birthday wouldn't make any difference. The girls had to be raised and he wanted to do his part.

Then came a big moment — one never to be forgotten. After his morning shower, he started dressing to go downtown and found that he was having trouble getting his right foot into his shoe. He examined the trouble and, lo and behold, there was a gift box that contained a gold watch from his mother.

A LUMP FORMED in his throat at the very sight of it. When his father had lived he promised all the children — four girls and The Stroller — they would be given a gold watch when they graduated from high school.

He left us before any of us had finished. But Mother didn't forget. She strived all the harder to make good for him. She rented her services for house work. She baked pies and we youngsters delivered them. She did all sorts of things to help keep our father's promise.

When he came downstairs tears in his eyes to say thanks, his mother just stood there with a broad smile and said, "Happy Birthday — and that comes from your Father, too, who is looking down this morning to see that his promise was fulfilled."

What a birthday. And that's one of the reasons The Stroller keeps going.

So, it is now "85 and still counting."

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