Farmington Observer

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comment

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, me're faced with it everyday through advertising in all sorts of media. Today's Oral Quarred response it to the question, "Have you changed your eating habits since a health crace gripped the nation several years ago?"

Yes, I have, like most people, we have to heave to

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 specif.

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

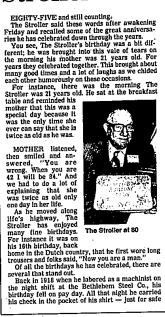
Yes, I have. Like most people, we have to because the big food manufacturers are not interested or well-informed in our health, only our purse. Also, I wish Dr. (Joseph). Arends would stop making the front page of our community newspaper for the purpose of insulting our community happens to be ahead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

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

I think people should stop eating junk food and attending those 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.



🕽 the stroller

And thankful for the memories

Edgar

keeping — until break ast.

Stroller has 85th birthday

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

pocket and sild 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 00 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.

his moliter.

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 lorget. She strived all the harder to make good for him. She rented her services for house work. She baked ples 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."

Give thanks for much, even Bill Bonds' talks

NO WAY would the American news media wait 26 hours before announcing the death of a re-nowned public figure as happened in Russia after Leonid Brezhnev died.

died.

If it happened here, before Brezhnev drew his last belabored breath, bored breath, Channel 7 Channel 7
newscaster Bill
Bonds would be
doing a special
on the canny
Communist
leader who pro-

Jackie Klein

moted Soviet
political influence around the
world through the policy of detente.

Bonds spoke at the annual meet-ing of the Southfield Chamber of Commerce last week. Someone asked him why the American me-dia 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 why wish Bonds and other outspecken media persons would suy spoke 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 irreverant Bonds has a thing

saries alike.

The irreverant 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 gargoyle with earlobes weighing 7½ pounds each who drank Scotch all days swore like a lumberjack and hated to be photographed from the right side. That's the picture Bonds painted of Johason.

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.

night.

Bonds might have sald 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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