



ART EMANUELE/staff photographer

Pompon action

North Farmington Cheerleaders (above) placed 12th in the Mid-American Pom-Pom Inv. regional competition Feb. 15 at Garden City High School. Only the top-

eight Class A schools qualified for the state finals Feb. 22 at Oakland Community College's Orchard Ridge Campus.

Library gains cable programming grant

Thanks to a more than \$2,000 grant from the Southwestern Oakland Cable Commission (SWOCC), the Farmington Community Library is participating in cable access programming.

On recommendation of the Cable Access Committee, SWOCC awarded a \$2,450 grant to the library to produce cable television programs. The money is to be used to pay contract staff to produce the shows, said Lark Samouelian, SWOCC executive director.

"It (awarding the grant to the library) is appropriate because the money is to provide cable (programs) for community consumption," Samouelian said.

Library officials plan to have 21 cable access programs — to be aired over public access Channel 12 — ready to go by June 30, said Library Director Beverly Pappal.

Even of the 21 half-hour programs will be about services provided by the Farmington Community Library. "They will be geared toward showing the public what the library offers," Pappal said.

SOME OF the shows will include a basic introduction of services, another about the library's data bases, law and business collections, the Michigan History Room, extension services and the

Library for the Blind and Physically Handicapped.

The remaining 10 shows will be preplanned library programs geared for children. Last year, for example, the library offered more than 1,000 programs. Half of those were for children.

"Many of these programs would have been excellent for cable," Pappal said.

Some of the preplanned shows will include, for example, a young writers' workshop, and kids interviewing an author of children's books. Library officials applied for the SWOCC grant as a means of "heightening community awareness of library services," Pappal said. The grant will also serve to initiate staff training in cable services, she added.

Although library staff will serve as the talent in the programs, library officials will be hitting temporary employees (the grant will pay wages) to do the technical work for the shows. The grant does not cover the cost of making duplicates of the programs for library use, Samouelian said.

The Farmington branch, at 23550 Liberty, was recently wired for cable television. The Hills branch at 32737 12 Mile will be wired when the weather improves.

Physicians WEIGHT LOSS Centers® Celebrates 4th Anniversary

This month, Physicians WEIGHT LOSS Centers® is celebrating its fourth year in Detroit. Currently, there are five locations in the Detroit area and over 180 Centers nationally.

The company, which began in 1979, guarantees that patients will lose 3-7 pounds per week if the patient follows the prescribed program. Essentially, this means a patient could lose between 42 to 98 pounds during a 14-week period. This amazingly fast rate is closely monitored by a medical team of doctors, nurses and certified weight loss counselors to ensure the safety and health of each patient.

Anyone who has ever tried to lose weight would probably be skeptical of such promising figures, but Physicians WEIGHT LOSS Centers has the proof to support its claims—thin, healthy, and happy patients. The Physi-



THE LIVONIA STAFF

Left to Right: Carol Migoski, Director, Lisa Langley, Staff Counselor, Linda Fraser, Staff Counselor, Serena Marshman, Staff Counselor, Gail Ronayne, Staff Counselor, Anita Harris, L.P.N.

those receiving therapy lost the same amount of weight in six months as those on the low-calorie diet lost in four months. But they regained only half as much in the year after treatment ended. Those in the combination group did the best of all, however. They lost the most weight, and a year later they had regained the least...



THE ALLEN PARK STAFF

Left to Right: Joanne Tamburino, R.N., Deborah Bihun, Behavior Modificationist, Mary Higdon, Counselor, Linda Kovacs, Manager Gary Kovacs, Director

Extra Pounds Gone Forever

Physicians WEIGHT LOSS Centers believes their job isn't finished once the patient has reached their goal weight. Often, the hardest part of dieting is keeping the pounds off for good. When patients finish the weight loss portion of the program, they have the eating habits and knowledge needed to maintain their ideal weight virtually forever.

Once the patient's goal weight is reached, a period of caloric adjustment follows to stabilize the body's new weight. In addition, a full, one year maintenance schedule is established and encouraged.

In the year following, if up to three pounds are gained, Physicians WEIGHT LOSS Centers invites each patient to return at no additional charge. The counselors will gladly help the patient lose these few extra pounds before more weight is gained and the weight problem recurs.

Program Now 50% Off

In celebration of their fourth anniversary, Physicians WEIGHT LOSS Centers is offering a spectacular 50% savings on enrollment. This special runs for a limited time only, so call your nearest Center for a free consultation!

cians WEIGHT LOSS Centers' difference is its fine reputation, 7-year track record of success, and respect even among the medical community.

Physicians WEIGHT LOSS Centers' prices are very reasonable considering the one-to-one personalized attention and medical supervision each patient receives. Patients soon realize that the benefits of being thin and healthy far outweigh the small cost involved, especially after the cost of expensive junk foods has been eliminated from their grocery bills.

Medical Staff Provides Supervision

As an out-patient medical weight loss clinic, Physicians WEIGHT LOSS Centers is serious about health safety. Each patient undergoes an initial medical screening before acceptance into the program. The patient then receives medical supervision throughout their program by the centers' staffs of medical doctors, registered or licensed practical nurses (R.N.s or L.P.N.s) and certified weight loss counselors.

For ultimate convenience to the patient, all medical services are performed right at the centers, which are open Monday through Friday 9 a.m. to 7:30 p.m.

Delicious Dieting—Without Hunger

Imagine losing weight while feasting on lobster, chicken, beef, turkey, fish, shrimp, vegetables, fruits, breads and cereals! Physicians WEIGHT LOSS Centers incorporates these, and other grocery store foods into a diet that looks more like the menu of your favorite restaurant.

Each food on the patient's carefully-planned daily menus is chosen to comprise a well-balanced, nutritious meal or snack. The best part is that the patients are not hungry;

in fact, many patients complain there is too much food to consume each day!

Behavioral Guidance A Key Factor

Physicians WEIGHT LOSS Centers not only addresses weight loss biologically, but psychologically as well. Through behavioral guidance classes, patients become aware of unproductive, self-defeating eating habits. The benefits of this combined approach were illustrated by a recent University of Pennsylvania Study, reports TIME magazine in their January 20, 1986 issue: "Obese patients were randomly assigned to groups using three techniques. One group was put on a low-calorie diet. Another underwent behavior therapy... the third got a combination of the two methods.

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