



Suburban Life

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Bali Ha'i is calling

Anniversaries celebrated with staging of 'South Pacific'

South Pacific, the most ambitious Broadway musical ever attempted by area musicians, is produced in celebration of three anniversaries. The cast and crew of the Rogers and Hammerstein show is made up of members of Farmington Community Band and Farmington Musicals, both winding up their 20th anniversary season, and the Farmington Community Chorus, celebrating its fifth year. The cast numbers about 50, backed up by another 150 workers every member of the family with good music produced by local musicians who are either professional or who work at it by avocation. The dates are arranged so there is no school the next day. The price is right. And tickets are sold on a re-served-seat-only basis so parents don't have to rush to get a start, then sit for an hour with wiggly kids waiting for the show to start. Tickets are \$4, or \$2 for seniors and students, available by calling seats at Harrison.



Dodie Hutchins as Lt. Cable and Jim Whitten as Lt. Joe Cable hand-dio one of the romantic interests in the production of "South Pacific" that celebrates the anniversaries of three Farmington musical groups. Whitten is director of Farmington Community Chorus.



Sue McLean dons her sailor cap to sing "Honey Bun" in her role as nurse Nellie Forbush. McLean is a longtime member of Farmington Community Chorus, often a soloist or a performer in one of the group's specialty numbers.



The role of the U.S. Navy nurse Dinah is portrayed by Marj Dewitt, one of 50 of the area's best singers, dancers and actors that make up the "South Pacific" cast.



Jim Roberts takes one of the lead singing roles in his role as Capt. Brackett for three evening and one matinee performance in Harrison High School's auditorium.

Staff photos
by
Rick Smith

Weighing-in launches Rotation Diet Saturday

The Rotation Diet, a community loss program and a public service campaign sponsored by Great Scott Supermarkets, will be launched with a weighing-in from 10 a.m. to 6 p.m. Saturday at all 19 Great Scotts in the metro area.

The two supermarkets here are located at 25780 Middlebelt Road and 29465 Orchard Lake Road.

The four-week program, developed by Dr. Martin Katahn, a professor of psychology and director of a weight management program at Vanderbilt University in Nashville, Tenn., is designed to provide information to help lose weight and develop a healthier lifestyle.

PATTERNED AFTER the Melt-a-Million campaign in Nashville, where more than 75,000 persons lost a million pounds in a 12-week period, the Rotation Diet alternates low, medium and high calorie days over a three-week period and provides significant weight loss if followed.

The diet avoids weighing food portions, includes a strong emphasis to exercise the equivalent of 45 minutes a day, allows unlimited amounts of certain vegetables and up to three servings a day of fruit

designed to act as a "pick-me-up" or hunger stopper. It also gives dieters a vacation with a special maintenance diet after the third week.

Women spend three days at 600 calories a day, four days at 900 calories and then a week at 1,200 calories. The third week repeats the first. Men use rotations of 1,200, 1,500 and 1,800 calories. After the third week, both men and women rotate off for a week or two of relatively full-free maintenance.

"THE BEAUTY of this diet is that it does not lower the body's metabolic rate which results in increased

chances of keeping the weight off even after the dieter stops rotating," Katahn said.

"The diet works because it is designed to avoid many of the problems of other diets. It offers quick results while keeping a safe program of calorie reduction and exercise."

Katahn lost 75 pounds on a similar diet 23 years ago. He tested the Rotation Diet with small groups in Tennessee over a three-year period, and of the original group, 85 percent have maintained their desired weight.

Early this year, he launched the

Melt-a-Million campaign in Nashville. The campaign here is called "Detroit...You're Going on a Diet."

Winning the war against the waistline has its precautions and the Rotation Diet is no different.

"Be sure to have your doctor look over the diet materials before you begin. If you have special circumstances, be sure to show him one of the 'special' needs' brochures that have been developed for your personal situation," Katahn said.

THE BROCHURES are written for pregnant women, normal weight adults, elderly persons, teenagers,

children, nursing mothers, underweight adults, diabetics and persons recovering from surgery.

All of the information necessary for the diets will be available for the asking during the weighing-in.

"With 90 percent of Americans believing they need to lose at least five pounds, and 20 percent actually overweight, Great Scott Supermarkets is happy to provide a nutritionally balanced program to make Metro-Detroit slim and healthy," said Paul Coleman, communications director of Great Scott Supermarkets.