



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 members serving as the pit orchestra.

The cast and crew of the Rogers and Hammerstein show is made up of members of Farmington Community Band and Farmington Musical, both winding up their 20th anniversary season, and the Farmington Community Chorus, celebrating its fifth year.

The cast numbers about 50, Community Band. "It's a show for and students, available by calling seats at Harrison."

backed up by another 150 workers every member of the family with Fern Barber at 661-464, or Mary Orwig, 477-3596. "Don't evaluate price with value," who work at it by avocation. The Barber said. "The low price is to dates are arranged so there is no make it reasonable for the parents school the next day. The price is with 10 children. Lawn tickets are right. And tickets are sold on a re-solding for \$27.50 at Pine Knob now, served-seat-only basis so parents Our offer makes it as easy as we can don't have to rush to get a start, then make it for the entire community to sit for an hour with wiggly kids waiting for the show to start." Tickets are \$4, or \$2 for seniors we have here. And there are no bad

lines actors, singers and musicians

Show time is 8 p.m. Thursday through Saturday, June 19-21, and at 2:30 p.m. Sunday, June 22, in Harrison High School's auditorium.

"This is family entertainment, across the board," said Paul Barber, who founded and directs Farmington

Community Chorus, often a soloist or a performer in one of the group's specialty numbers.



Dodie Hutchins as Liat and Jim Whitten as Lt. Joe Cable handle one of the romantic interests in the production of "South Pacific" that celebrates the anniversaries of three Farming-

ton musicale 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 Nellie 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 at 10 a.m. to 6 p.m. Saturday at all 19 Great Scotts in the metro area.

The supermarkets here are located at 25700 Middlebelt Road and 25555 Orchard Lake Road.

The four-week program, developed by Dr. Martin Katahn, a professor of psychology and director of a weight management program at Valderrill University in Nashville, Tenn., is designed to provide infor-

mation to help lose weight and develop a healthier lifestyle.

PATTERED 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 relative guilt-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 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 Rotation Diet is no different.

"Be sure to have your doctor look over the diet material before you begin. If you have special circumstances, you can follow 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 80 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 nutrition-balanced program to make Metro-Detroit slim and healthy,"

said Paul Coleman, communications director of Great Scott Supermarkets.