

Give yourself a slim chance

It's 1987, and you find yourself with extra pounds left over from last year. The new year - you decided - is an ideal time to take a fresh approach to weight control.

The first step toward changing any bad habit is to take stock. In the case of overweight, begin by assessing what, when and where you eat. What size portions are you giving yourself?

The first week of a weight control program should be spent taking stock. Get a small notebook, or buy a calendar at a bookstore. Each day record everything you eat and drink, and any exercise you get.

With a week's worth of records detailing how you eat and exercise in hand, sit down and study your problem behaviors. Could they include too many second helpings or snacks, eating in front of the T.V. or too little exercise?

"Set a specific, problem-oriented goal and try to achieve it for a couple of weeks," advises Lois Thieleke of the Oakland County Cooperative Extension. The goal should be small. Start with walking three blocks every evening or eating fruit instead of cookies for snacks three days a week.

Most people are not successful at

weight loss if they take an "all-or-nothing" approach, says Thieleke. "Small steps toward changing habits are much more effective."

Thieleke suggests that each week should allow some "treats" whether they are a candy bar, chips, dessert or snack foods. Try to limit treats to four times a week, but plan for them and use them when they are planned, she explains.

Finally, make a date with yourself once each week to review your successes (and lack of successes) for the past week, and plan an approach for the coming week based on that assessment. Tell yourself when you've

done a good job, she says. Too many people only tell themselves what they did wrong, instead of acknowledging what they do right.

Two words of caution should be heeded, says Thieleke. If you plan to exercise and, or diet, and have more than 10 to 15 pounds to lose, consult a physician first. People may want to lose weight fast, but don't give in to the temptation. Weight that is lost at the rate of one to two pounds a week is more likely to stay off.

For information, contact the Oakland County Cooperative Extension Service, 858-0897.

Need for volunteers runs countywide

The Detroit Zoo, needs volunteer docents, 18 and older, with teaching and communication skills to give tours and outreach programs to schools, clubs, senior citizens and other organized groups. Orientation will be Thursday, Feb. 8, at 1 p.m. and interviewing on Feb. 12. Classes begin Feb. 19 and continue for 12 weeks at the Holden Hospital at the 10 Mile Road entrance. Call 338-0903, Ext. 65, 8:30 a.m. to 12:30 p.m. weekdays.

sters four hours weekly in recreational and educational activities on a one-to-one basis. Program volunteers work with peers and staff to implement community programs to prevent juvenile delinquency and child neglect. Call Ruth MacCallum, 858-0041, 8:30 a.m. to 5 p.m., weekdays.

Parents Anonymous of Michigan, 1553 Woodward, Detroit, needs volunteers in Wayne, Oakland and Macomb counties. Volunteer sponsors coordinate weekly support group meetings of parents to help stop child abuse and neglect. The commitment is three hours per week for one year. For more information, call Sandra Murphy, 237-0943, weekdays.

Tri-County Dental Health Council, 16310 W. 12 Mile Road, Southfield, needs volunteer dental health educators in the tri-county area. Dentists, dental hygienists or assistants will present dental health education programs to community groups of various ages using resource material provided. Call Donnie Snider, 550-7767, 8:30 a.m. to 4:30 p.m., weekdays.

Oakland County Youth Assistance, 1200 N. Telegraph Road, Pontiac, needs volunteers throughout Oakland County. People 21 and older, can serve as role models for young-

For more information on other opportunities, or if your organization needs volunteers, call The Center for Volunteerism, United Community Services of Metropolitan Detroit, 833-0022, 8:30 a.m. to 5 p.m., or write 51 W. Warren, Detroit 48201.

Grant covers renters' deposits

Pontiac Area Lighthouse will implement a Security Deposit Loan Fund on Feb. 1. Supported by a grant from the Skillman Foundation, the purpose of this program is to assist in the prevention and stabilization of the homeless individuals and families in Pontiac and North Oakland County. The fund guarantees a landlord a security deposit in the amount

of one month's rent if a tenant defaults.

To facilitate a prospective tenant's acquisition of safe, healthy and affordable dwelling, the program coordinates a contract between Lighthouse, the landlord and the tenant, allowing the tenant to pay a security deposit in monthly installments. The landlord agrees to

accept the monthly installments without late charges or other fees.

Since this program is geared toward tenant responsibility and involvement, to qualify, Lighthouse will require a previous tenant history, agreement to pay the deposit in installments, attendance at upkeep and repair training sessions, verification of income source, and agreement to problem solve with all parties when difficulties arise.

As a result of the concern and generosity of the Skillman Foundation and United Way, Pontiac North/Oakland, Lighthouse will be able to make available an advocate for

tenants in addition to the Security Deposit Loan Program. Up to this point, there hasn't been any service other than the restricted funds from DSS Emergency Needs Program.

Modeled after successful programs in Flint and Lansing, the Loan Fund will include screening and application, with assessment being made based on this information as well as a home site visit. If a tenant qualifies for this pay-back program, a training session is scheduled and follow-up visits will be made.

Initial screening will be done by United Way. For information, call 458-8800.

Bal Polonais IV to mark anniversary of gallery

Bal Polonais IV, scheduled Feb. 21 at the Detroit Athletic Club, will mark the fifth anniversary of the inauguration of the Polish Art Gallery at the Detroit Institute.

The Most Reverend Edmund C. Szoka, archbishop of Detroit; David and Karen DiChera of the Michigan Opera Theatre; and Mr. and Mrs. Samuel Sachs are among the list of honorary co-chairmen.

Alicia Ledwon of Southfield is part of a large contingent of people from

many communities who are serving on committees for the dinner dance.

Chairman Zofia Kafarski says the evening is a black tie event that includes cocktails, dinner, and entertainment including a musicale.

William A. Bostick is doing the design and calligraphy of the invitation.

Ticket information for the Bal Polonais IV is available by calling 642-2730 or 646-5250.

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