

Dennis Wolfberg has traded in his school books for a life as a comedian. He's coming to town this weekend, and Street Scene decided to take a closer look at this new jokester to kick off its newest feature, the Comedy Page. See Page 11.

Discovering the waistline goes healthy in the 1980s

By Mary Rodrigue
staff writer

The last piece of chocolate mousse raspberry torte is a fading memory — packed away with the holiday decorations.

Unfortunately, its storage place is your waistline and its a stubborn tenant. As sure as winter sets in, the desire to get back into shape gnaws at a great many folks who know they've gone overboard during the holidays.

"January through June is always the busiest time of year for health clubs and diet programs," said Kim McDonough, nutritional counselor for Nutritek, a Livonia-based weight control program.

"The new years resolutions last from January through March, then the desire to look good for summer kicks in through the spring."

Aside from talk-show queen Oprah Winfrey's highly publicized melt-down of 67 pounds on a liquid protein diet, all is quiet on the diet front.

"There hasn't been a whole lot brewing," McDonough said, adding that she cringed at a recent supermarket tabloid headline proclaiming a new fast-food diet.

"What a contradiction in terms," she said.

Today's weight-conscious consumer is wary of fad diets, pills and

quick schemes and is more apt to look for a healthier lifestyle. Things like health club memberships, aerobics classes, home exercise videos and equipment and a nutritionally balanced diet that includes foods from the basic four groups are gaining prominence.

McDonough's Nutritek, for instance, gives clients a computerized nutritional analysis based on urine and blood tests. The profile is placed in one of 28 categories, which helps the client learn about his metabolism.

"WE COUNSEL on how to eat, what to stay away from, things like high-sodium, high-fat foods and sugar," she said. "Sugar is the biggest problem today. The body craves it like a drug, but the longer you stay off it, the less you want it."

McDonough said cooking food yourself instead of relying on fast-food, canned goods (generally high in sodium) or frozen commercial products is a healthier choice.

"By making your own dinner you can control what's in it," she said. "A good meal like broiled chicken breast and steamed vegetables can take 20 minutes to make and it's so simple."

The key, she said, is organization.

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Discipline, common sense are best weight reducers

Dr. Nathan Brooks has seen fads come and go for half a century.

The Southfield physician specializing in cardiology and internal medicine for 50 years preaches common sense when it comes to diet and exercise.

"I don't think any of the fad diets are effective unless under the supervision of a doctor," he said. "At worse, some may cause harm, causing serious disturbances of metabolism. Some may not be applicable for diabetics, those with hypertension, or even the general population."

Oprah Winfrey's Optifast liquid diet clearly isn't for everyone.

"ONE WOULDN'T ask a neighbor how to treat an illness," Brooks said. "Those victims of the holiday sweet tooth who are looking to shed just a few pounds probably don't need to see a doctor, Brooks added.

"Most times they can just use discipline and common sense." Likewise, exercise should be ad-

justed to the individual's lifestyle.

"Some people may play tennis frequently and can stand more vigorous exercise," he said. "But those leading a sedentary lifestyle should start out with simple exercise, like walking."

HEALTH CLUBS are a good thing, Brooks said, because trained staff are on hand to oversee the workout program.

"Exercise should start early in life and continue all through life. Like diet, to begin an exercise program depends on a person's age, physical condition and previous level of activity."

Although people tend to think more of exercise in the winter months, Brooks cautions against being a periodic exerciser.

"Do it on a consistent basis," he said. "To go on one annual exercise binge makes as much sense as splurging on a shopping spree and spending more than you have."

Warp Factor

Karlos Barney



Besides being stylish, Riley's alligator shoes virtually guaranteed him space on the crowded subway.

Luxembourg: It's small, but it's full of surprises

By Iris Sanderson Jones
contributing travel editor

Q. My husband is going to Luxembourg on business in May. His air fare is paid and my Dad offered to pay mine because he fought in Luxembourg in 1914, and he wants me to see it. We've been saving for a two-week vacation in Europe this year or next, but this way my husband would be working the first week, and we'd only have one more week for the rest of Europe. Should I go or hang in there for my dream vacation?

A: Go. Tomorrow never comes, especially one that offers two free air fares. The weather is good and the tourist crowds less in May than in summer.

If I had to pick one country as a home base for a European trip, I'd pick Luxembourg. It isn't much bigger than the tri-county area around Detroit, but it is Europe in miniature — sidewalk cafes, mountain villages, vineyards, ancient castles, the works.

The Grand Duchy of Luxembourg, with 400,000 people, led by the Grand Duke Jean, is 50 by 35 miles and is bordered by Germany, France and Belgium in the heart of western Europe. Car rentals are less expensive than in

other countries. Fast, inexpensive train service takes you to the rest of the continent.

If you are based in Luxembourg City, the capital, you will be 152 miles from Frankfurt; 202 miles from Paris; 235 miles from Amsterdam and 360 miles from London. That is like driving to Grand Rapids, Muskegon, Traverse City or Sault St. Marie respectively.

Most Luxembourgers speak English and they love Americans, because U.S. servicemen like your father rescued them from the Germans during World War II. They call it the Battle of the Ardennes; we call it the Battle of the Bulge. There are bronze and stone memorials all over the duchy.

You can take motor coach tours, or drive your own car. A typical one-week tour of Luxembourg would take you around to Luxembourg City, founded by the House of Luxembourg in the 10th century, the vineyards along the Moselle River, the mountain villages of the Ardennes in the north, especially the glorious medieval castle at Vianden, and many small villages with historic churches, town squares and sidewalk cafes.



Cascades of flowers greet visitors to the "Place Guillaume."

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