

He's king of the TOPS losers

By Loraine McEllish
staff writer

DON DAVIES has been named Michigan State King by TOPS (Take Off Pounds Sensibly) and is on his way to Spokane, Wash. where he will vie for the international title July 21-22.

The member of TOPS Farmington Chapter 69 took the title with the loss of 75 pounds over a six month period. The loss made him the biggest weight loser recorded by a TOPS chapter in the state.

"I've been on a lot of diets," the Novi resident said. "Both my wife and I have tried many and have been in and out of a lot of programs and plans. TOPS seems to be the plan for me and my doctor says I'm healthier now than I've ever been since he's known me."

Davies hit his 75 pound loss goal on April 1, 1988, and had to maintain that for a year before becoming eligible for the title of Michigan king. Weight losers who meet and maintain their goal for 13 weeks earn the title of KOPS (Keep Off Pounds Sensibly).

Davies sticks to his 1,000 calories a day which can turn into a habit, he says, and the secret to that is keeping track with a daily calorie chart.

"TOPS does not give you a diet," Davies says. "You work out your own personal diet. TOPS doesn't tell you how to do it. You plan your own."

DAVIES was drawn to TOPS on two counts.

"It is the most inexpensive of any program and it supplies all the moral support and incentive you need to keep going," Davies said.

At a cost of \$1 a week, Davies' wife Betty attended the sessions to keep him company and lost 45 pounds.

TOPS Farmington Chapter is the largest chapter in Michigan with about 80 members who weigh in 6:30-7:30 p.m. every Tuesday in Mercy Center. The hour is also used as a social hour before the meeting begins at 7:30 p.m.

"There is no pre-registration. New members can just show up and introduce themselves," Davies said.

Roll call takes up a large segment of the meetings where members announce a weight gain or loss. Gainers pay a 10 cents per pound penalty. Biggest loser for the week wins money.

In one six month period Don and Betty Davies lost \$150.

"Instead of dwelling on a diet I dwell on the contest aspect of the program — winning that money no matter how small the sum was for the week," Davies said.

As for diet, Davies concentrates on fresh fruits and vegetables, eats very little red meat and very little processed foods.

His last binge came when he and his wife hosted open house for their son's high school graduation party.

"All that party food and all the leftovers were too much for me. In one weekend I could see myself ballooning up all over again," he said.

DAVIES DOUBTS that there will

ever be another binge. He is enjoying his new look too much.

"I exercise — not a lot, but the doctor is satisfied. I feel good. I have a good cholesterol count and the blood pressure is right. I feel positive and I know I look better. I used to be size 48-50 and now I'm wearing a size 42," he said.

Nominees are sought for outstanding awards

The Michigan Office of Services to the Aging is searching for older Michiganders who, by their dedication and effort, have bettered the lives of others.

This annual award is designed to recognize senior citizens for their extraordinary caring and generosity. The awards will be selected from two categories: leadership and service.

The criteria for nomination for this award requires only that the person be 60 or older and that he be nominated by an official organization or agency.

"Most of the previous winners are neither famous nor necessarily highly visible, but all have impacted the life of another in a positive way or bettered their community," said Office of Services to the Aging director Olivia P. Maynard.

The award is sponsored by the Office of Services to the Aging and the Michigan State Fair.

"Most of the people who win this award are really unassuming," she said. "Many of them feel that the effort or acts that got them nominated in the first place were something that any decent human being would do in the same situation."

He is father to two children. Bryan graduated from Michigan Christian School at Rochester this spring. Amy is a junior at Abilene Christian College in Texas.

Davies won his place fare and \$300 in expense money to represent Michigan during TOPS International Recognition Days later this month.



Don Davies talks about TOPS, the weight loss program that works best for him, and how he became the biggest TOPS loser in Michigan.

West Side Story produced at OCC

"West Side story" places the tragic love story of Romeo and Juliet in the contemporary slums of New York City.

Caught between two warring street gangs, The Jets and The Sharks, Tony and Maria try to bridge the gap between the gangs with their new-found love. Set against their idealistic romance is the street-wise love of Anita and Bernardo, also doomed by the passions of their ghetto society.

Heather Phares is playing Frances in this production of "West Side Story." The Harrison High School sophomore has appeared in "Bye Bye Birdie," "Father of the Bride" and last year's Summer Arts Program production of "Grease."

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"West Side Story" is playing in the Smith Theatre on Oakland Community College's Orchard Ridge Campus on Orchard Lake Road and I-696. Performances are at 8 p.m. Aug. 11, 16 and 19. Tickets are \$7 regular admission, \$6 for seniors and students. Call the box office, 471-7700, to order tickets to any performance.

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Paintings, watercolors and drawings are highlighted by such artists as Mary Cassatt, Felix Ziem, Paul Signac, W. A. Heff, M. Barlow, N.-V. Diaz De La Pena, J. Dupre, A. Blais, J.B. Brooks, J.S. Sanderson-Wells and many more.

Fine graphics are being offered by or attributed to Barlow, Cassatt, Eick, Gropius, Haden, Miro, R. Van Rijn, J.A.M. Whistler, Sencho, Toyokuni and Ryder, in addition to a Picasso ceramic plaque.

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