# He's king of the TOPS losers

By Loraine McClish stall writer.

ON 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 Tuly 21.22

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 healthler 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 hat for a year before becoming elligible for the title of Michigan king, Weight losers who meet and maintain that great the seems of th

title of KOPS (Keep Off Pounds Sen-sibly).

Davies sticks to his 1,000 calors
a day which can turn into a habit, he says, and the secret to that is keep-ling 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

"It is the most inexpensive of any program and it supplies all the moral apports and incentive you need to keep of the deep of the control of

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.

Ho is father to two children. Bryan graduated from Michigan Christian School at Rochester this spring. Amy is a junior at Abelene Christian College in Tezas.

Davies won his plane fare and 4300 in expense money to represent Michigan during TOPS International Recognition Days later this month.

## Nominees are sought for outstanding awards

The Michigan Office of Services to the Aging is searching for older Mi-chiganians who, by their dedication and effort, have bettered the lives of

others.

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

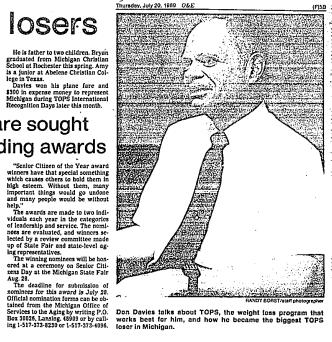
The criteria for nomination for this award requires only that the person be 60 or older and that he be nominated by an official organization or agency.

tion or agency.
"Most of the previous winners are

"Most of the previous winners are neither Iamous nor necessarily highly visible, but all have impacted the ble of another in a positive way 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 pretty 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 on in the same situation.

"Senior Citizen of the Year award winners have that special something which causes others to hold them in high esteem. Without them, many important things would go undone and many people would be without help."



## West Side Story produced at OCC

"West Side story" places the trag-ic story of Romeo and Juliet in the contemporary slums of New York

contemporary alums of New York City.

Caught between two warring street gangs, The Jets and The Sharks, Tony and Marla 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 ghet-

doomed by the passions of their ghet-to society. Heather Phares is playing Frances in this production of "West Side Story". The Harrison High School sophomer has appeared in "Bye Bye Birdle," "Father of the Bride" and last year's Summer Arts Program production of "Grease."





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WELCOMING NATIONWIDE (800) 645-6376 "West Side Story" is playing in the Smith Theatre on Oakland Commu-nity College's Orchard Ridge Cam-pus on Orchard Lake Road and I-696. Performances are at 8.2 m. dec. 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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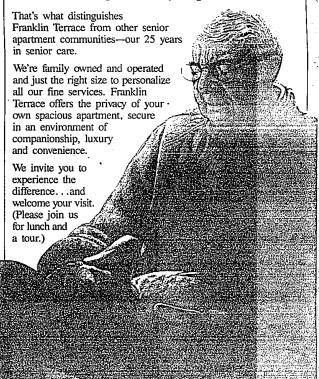
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