

# Put things in perspective when trying to lose weight

According to the world-famous Hayden Planetarium in New York City, if you weigh 130 pounds, you would tip the scales at an incredible 41,318 pounds on Jupiter and a hefty 2,337 pounds on Neptune. Yet you'd weigh just 14 pounds on Mars and a measly two pounds on the moon. Thankfully, though, we don't have to travel for light years eating freeze-dried food or drink space shakes to lose weight effectively.

Everything is relative in life, especially when you consider weight loss, said Florine Mark, area director of Weight Watchers.

"Put weight loss in perspective," she said. "Losing just five pounds is extremely important when you need to slim down to stay healthy. If you set realistic goals for yourself and stick to your weight loss plan, you will shed those extra pounds and not only look, but also feel great."

"When you reach a weight loss goal, reward yourself," she said. "For every five pounds lost, enrich yourself with tickets to an entertaining event, a new book or a new addi-

tion to your wardrobe. You're that much closer to being healthier and more sharply."

"But don't beat up on yourself if you stray from your food plan. Instead, forgive yourself and get back on your program the next day. What's important is that you keep trying and never give up."

THE SAME holds true with physical activity.

"Every bit of exercise is beneficial as long as it is a low-to-moderate-impact, long-duration activity that you do on a regular basis," said Dr. William McArdle, exercise physiologist for Weight Watchers International.

"Use it or lose it. Your body can't store benefits gained from exercise. It loses them if the momentum is not kept up. People of all ages can enjoy walking, biking, swimming and gardening."

Weight Watchers offers the following tips to help you keep things in perspective:

- Visualize yourself at goal

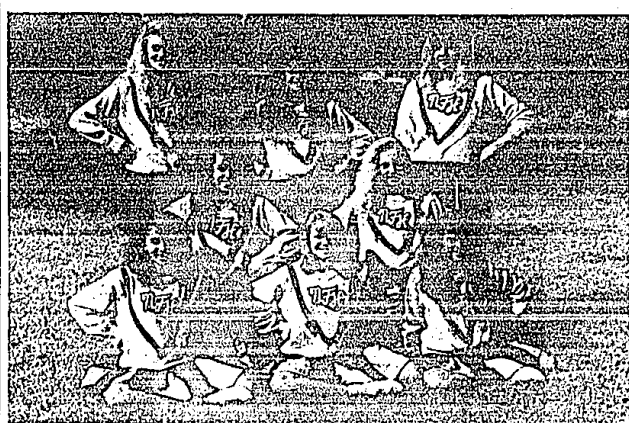
weight. Motivate yourself by comparing your pre-weight loss image to a new you in a trim outfit or bathing suit.

• Discuss your weight loss experiences with friends, family or formal support groups who can relate to what you're going through and provide emotional support. Talking with others can help identify what triggers binges or other self-defeating activities.

• Interact with people instead of keeping yourself from having fun because food may be involved. It's important to focus on aspects of a social event besides the food that is served. Enjoy the atmosphere, fun activities and the opportunity to meet some interesting new people. Having a good time includes much more than eating.

• Learn how to eat properly while losing weight or you'll gain it all back. Devote your energy to eating good health and eating habits, rather than fads and short-lived weight loss that might damage your confidence and vitality.

It's all right to reach for the stars when exploring the new slimmer you; just be sure to keep your feet on the ground and put things in perspective. In weight loss, as in life, everything's relative.



## Freshmen winners

Members of North Farmington High School's Freshman Cheerleading Squad are (standing back) Courtney Kling, Nikki Blank and Jodi Lesnick. In the middle row are Terri Fogel and Hope Hoffman. In front are Nichole Avatori, Penny Davis and Pam Meklik.

Meklik took second place, Blank took third place and Hoffman took fourth place in individual competition in cheerleading camp this summer. The squad placed second in their home cheer and third in the state cheer competition.

## Savor the flavor later

"If your garden has left you overwhelmed with a bumper crop of dill, basil, parsley or the like, you can easily preserve the wonderful aroma and flavor for the months to come," says Sylvia Treftman of the Oakland County Cooperative Extension Service. Drying and freezing are two very easy methods of preserving herbs and both take very little time and preparation.

If you need advice on how to preserve herbs or some ideas on healthful ways to enhance your recipes with herbs, help is available from the Oakland County Cooperative Extension Service Hotline, Monday-Friday 8:30 a.m. to 5 p.m. at 485-0304.

Here are some helpful hints to get you started:

Gather fresh herbs in morning before sun dries them, using scissors

snip amount needed. Harvest leaves before plant begins to flower. Rinse well. Dry on paper towels.

Dry herbs by tying stems together in small bunches and hang upside down in warm dry room or lay on screens in a warm dark well ventilated place.

To dry fresh herbs in a microwave, place several sprigs between paper towels. Microwave on low till brittle 2-3 minutes. Watch very carefully — these can burn.

Dried herbs are stronger than fresh — powdered are stronger than crumbled. ½ teaspoon of powdered equals one teaspoon of crumbled equal two teaspoons of fresh.

Herbs can be frozen without blanching. Wash, drain, spread on a flat tray to freeze. When firm pack into freezer containers.

## Obedience class starts

Beginners obedience class for dogs over six months of age and a head-start class for puppies from three to six months of age both begin Tuesday, Sept. 6. Both are eight week

courses led by members of the Wolverine Dog Training Club at 35582 Elmira in Livonia.

Registration information is given by calling the club, 476-8650.

# FYA lists heavy schedule for fall

Farmington Youth Assistance (FYA) has a heavy schedule of parenting classes and workshops scheduled for the fall.

Once again this fall, the Family Education Committee will present "Children: The Challenges," a class for parents of preschool and early elementary age children, and "Living With Teens and Surviving," a class for parents of pre-teens and teens.

These classes will begin in late

September and early October. Registration is now being accepted.

THREE WORKSHOPS are also scheduled for this fall.

Oct. 23, the Aid Association for Lutherans will present a workshop about substance abuse, "Get Involved Before Your Kids Do." The workshop will assist parents in developing strategies to reduce or eliminate the likelihood that their

children will get involved in substance abuse.

Nov. 8, Sister Karen Havener will present a workshop, "Goals of Misbehavior," which addresses why children misbehave and what they seek to gain from their misbehavior. These workshops have proven quite popular and very informative for parents.

Also Nov. 8, FYA, Nov. Youth Assistance, South Lyon Youth Assist-

ance and Lakes Area Youth Assistance, in conjunction with Providence Hospital, will present a seminar for professionals called "Developing Capable Young People." Stephen Glenn, an internationally acclaimed family psychologist, will present a seminar for parents.

For details, call FYA at 476-3840, 8:30 a.m. to 5 p.m. Monday through Friday.

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**Frank H. Boos Gallery**

Frederic Remington, Harry Roseland, William Glackens, Edmund Osthaus and fine period American furniture highlight the September auction

Property belonging to: Estate of Jane L. Rathbone, Bloomfield Hills  
Muskegon Museum of Art, Muskegon  
Estate of Helen K. Rafferty, Detroit and other owners

The paintings offered in this auction are highlighted by: a William J. Glackens oil entitled "Bathers," thought to be a preliminary study for "Bathing Beach with Bathers and Summer Houses," an award winning oil by Harry Roseland entitled "The Vacant Chair," three extremely fine oils by Edmund Osthaus, in addition to works by J.C. Adams, Bellei, J.F. Brown, Casoldi, Montague Dawson, R. Hopkin, H. Pyle, J.M.W. Turner, D.A. Teed, Mazzanovich, W.L. Wyllie, E. Percy Moran, etc.

Bronzes being offered include one of Frederic S. Remington's masterpieces, "The Cheyenne," Roman Bronze Works cast no. 38, a polychromed bronze figure of an Indian by Carl Kauba and works by C.E. Dallin, I. Bonheur, LaPlanche and more.

There is a wonderful array of American antique furniture including an 18th century mahogany Queen Anne drop leaf dining table, Federal mahogany and gilt looking glass, an 18th century American Chippendale mahogany game table, an 18th century American nine-spindle Windsor armchair, mid-18th century American Chippendale mahogany chest of drawers, etc.

There is a wonderful array of Oriental carpets and other wares, guns (including a fine Belgian superposed 12 gauge shotgun), 19th century maps, ship models, sterling (American and English 19th and 20th century), crystal, jewelry (including a man's 40 carat star sapphire ring and men's gold wristwatches by Piaget and Patek Philippe), graphics, old automobiles, fabrics and so very much more.

**EXHIBITION**  
Wednesday, September 20th, noon-8 p.m.  
Thursday, September 21st, noon-8 p.m.  
Friday, September 22nd, 10 a.m.-2 p.m.

**AUCTION**  
Friday, September 22nd, 7 p.m., precisely  
Saturday, September 23rd, 11 a.m., precisely  
Sunday, September 24th, noon, precisely

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