

Service academy nominees:

Four area residents are among 55 from Michigan nominated by U.S. Senator Donald Riegle to the nation's Armed Services Academies.

They are:
• Annapolis Naval Academy: James Douglass, Southfield, Paul Judge, Rochester Hills.

• Air Force Academy: Jason Lamb, West Bloomfield.

• Merchant Marine: Chris Gasiorok, Rochester Hills.

"It is an honor and a privilege to have this opportunity, as a member of the United States Senate, to nominate such highly qualified young people to our service academies," Riegle said.

The nominees were chosen from more than 500 applicants throughout Michigan. To ensure the highest caliber nominees, Riegle formed seven regional screening committees across the state. The senator and the academies rely heavily on the results of these committees' personal interviews with each applicant.

Based on the committee's recommendations, Riegle submits 10 names for each vacancy to be filled. The academy then makes the final selection of the best qualified among that group of nominees.

Riegle says he has one of the highest acceptance rates in the nation. Last year, 29 of his 43 nominees were offered appointments at the various academies.

Admission to the United States Service Academies is based on scholastic examination scores, physical aptitude scores, high school class standing, leadership potential, medical examinations and individual qualifications.

Host families sought

Oakland County host families are needed for high school students from Spain, Germany, France, Japan and Hong Kong for the 1991-92 school year. These English-speaking students have their own spending money and health insurance. They need a family to provide them with a place to live while they study and learn about America.

The students' main objectives are to improve their English while living the life of an American teenager.

These students are all sponsored by the American Institute for Foreign Study. All families, with or without children, are welcome to apply. The local coordinator for AIFS will work with families to help them select an international son or daughter who appears best suited to the family's interests and lifestyle. The coordinator serves as a counselor who helps the students and families in many ways throughout the year.

Applications are available now for your selection. The students will arrive at the end of August for either one semester or for the full academic year. If your family is interested in obtaining more information about hosting a student, call Lynne Levenbach (313) 453-8562.

Lecture highlights Edison

Thomas Edison, who lived his boyhood in Port Huron, will be the next person featured in the Enigma of Genius lectures sponsored by Oakland University.

OU Professor Richard B. Stamps, director of the Port Huron Archaeological Project, will discuss Edison 7-9 p.m. today at Meadow Brook Hall.

Stamps has conducted extensive archaeological and historic research into Edison's boyhood.

The Enigma of Genius series offers lectures on notable figures from literature, music, science and the arts. Upcoming lectures include "Genius Influencing Genius," with Mark Volpe, executive director of the Detroit Symphony Orchestra, on Feb. 14 and a discussion on Neil Simon by theater critic Lawrence Devine on March 18.

Tuition for the Simon lecture is \$25. For other sessions it is \$15, including refreshments. Additional information is available at 370-3120.

The series is co-sponsored by the OU Division of Continuing Education and the College of Arts and Sciences.

consumer mailbag

Q. I have a number of special social functions in the next few months. Do you have any suggestions for maintaining my diet without appearing "anti-social"?

A. If you've been on a diet — strict or not-so-strict — special occasions can undo all the progress you've achieved by reviving old eating habits.

Geneen Roth, author of "Feed The Hungry Heart," gives wonderful suggestions for eating without dieting or depriving yourself. While her

suggestions are aimed at compulsive eaters, many can be adapted for the regular eater.

1. EAT ONLY WHEN HUNGRY

Many of us eat because it's "time to eat" or "it's there," not because we're really hungry. Try not eating at your usual mealtime. Wait 20-30 minutes.

Keep a chart for a week of when you eat and whether you were hungry at the time. Many people eat for

other reasons — they're happy, frustrated, angry, lonely, celebrating — that have no relation to hunger.

Try to stop yourself when reaching for something to eat when you're really not hungry. Find another way to indulge yourself that doesn't involve food.

2. EAT ONLY FOODS THAT YOU ENJOY

Ignore the calories. If you eat a food because it's "low-cal," not because you want that particular food, you won't be satisfied. So, you'll eat something else that will satisfy you. Try to examine what food will satisfy you at that time and eat it without feeling guilty about the calories.

3. PAY ATTENTION TO HOW YOU EAT

It's very easy to overeat, both at meals and social gatherings. If you're not paying attention to how the food tastes or how much you've eaten.

Sit down for all meals and don't eat alone if possible. By sitting down in a pleasant atmosphere to enjoy what you're eating, you've given yourself permission to eat. Eating with others makes you aware of how much you're consuming.

At social gatherings, don't eat sitting down. It's much harder to handle a full plate of food while standing, so you tend to choose only what you really want. Also, if you're sitting down, the whole plate or bowl of whatever is handy will disappear into your mouth without your realizing it.

Finally, if you're standing, you tend to mingle more and lively discussions make great substitutes for the need to have "something to munch on."

MAKE COMPROMISES. If a particular food is high in calories, choose a diet drink or water to go with it. Eat every other vegetable on the relish tray without the dip. Take one pretzel, chip, nacho, or peanut at a time rather than a handful. You may still eat the equivalent of the handful, but it'll take you all evening.

Because eating and food is viewed as a social function rather than a basic need, it's easy to eat more than you want or need to be sociable.

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