

# Help is called for to handle distress about weight loss



BARBARA SCHIFF

Voice mail message: Barb, I saw the "Company" show when you talked to some women, and a man, who lost huge amounts of weight. I have a problem... a big problem. I continue to feel fat despite having lost 160 pounds.

When I buy clothes I take things off the rack that are far too big for me. I am always surprised when the big sizes don't fit. Also, I am worried about gaining the weight back.

I am preoccupied with this thought. I just don't know what to do about this.

Dear Caller, You are distressed and need psychological counseling. If you do not know how to contact an experienced counselor on your own, please send me your address. I will send you information that will help you to do so.

The following is some information that I hope will give you greater perspective on your problem.

Often, men and women who lose large amounts of weight report "still feeling fat." It is possible that there may be both psychological and neurological reasons for those feelings.

Nearly all amputees report

feeling the presence of their absent limb or limbs. Despite the absence of physical flesh, they describe a full range of sensations, such as heat, cold, pain, movement and touch. Although I did not find similar research with people who lost a lot of weight, it is logical that the two phenomena are related.

Scientists trying to find the origin of these seemingly crazy sensations discovered complicated brain interactions leading to them. The cliché, "It is all in your mind" is true, not because the person is crazy but because the brain is organized to generate a bodily experience even when parts of the body are absent.

So far, scientists do not know how to help amputees retrain their brains so that they are not tortured by their phantom limbs. The answer to that question could help psychologists help people who feel fat.

Right now you need counseling to help you with your insecurities. Most new behavior brings with it a feeling of instability, fears of backsliding. Not knowing "what to do" is an undesirable position, one that furthers your confusion.

Barbara If you have a question or a comment for Barbara Schiff, a trained therapist and experienced counselor, send it to Street Sense, Observer & Eccentric Newspapers, 36251 Schoolcraft, Livonia 48150. You can also leave a message by calling 953-2047, mail box 1877, on a touch-tone telephone.

# 12 or so reasons to see Six Degrees

BY JOHN MONAGHAN  
SPECIAL WRITER

A clean-cut young black man stumbles unannounced into a Fifth Avenue apartment clutching at his side. He tells Flan and Ouisa Kitteridge, a middle-aged art dealer and his wife, that he was mugged in Central Park. He came here because he's a friend of the couple's children at Harvard.

When he introduces himself as Paul Poitler, son of the famous actor, he really gets the couple's attention. He spends the evening and makes them dinner, helping Flan seal a \$2 million art sale to an impressed foreign dealer.

That Paul is really a con-man should come as no surprise. If you didn't hear about John Guare's award-winning play "Six Degrees of Separation," you probably heard something about the much-publicized case on which it was based.

Part of the movie's fascination comes through the thought that

## MOVIES

anyone can be duped, especially when a famous person's name is dropped. But this just scrapes the surface of a story full of clever insights from Guare (who also wrote the screenplay) and director Fred Schepisi.

The director, who began his career in Australia with uncompromising films like "The Chant of Jimmy Blacksmith," understands the subtleties needed in a story like "Six Degrees." He gets big laughs at the foibles of his upper-crust characters, who at their most extreme, appear genuine and human.

Donald Sutherland and Stockard Channing have their best roles in years as the Kitteridges, both outraged and moved by the young con man. Despite his deception, Paul compares favorably to their own son and daughter,

freshmen at Harvard, gagging on the silver spoon.

You can also make a connection between Paul and Flan, who are both sons in their own way. On more than one occasion, the art dealer manipulates customers by giving them the latest details in the continuing saga, which by now has hit "The New York Times."

The story is told by the couple at dinner parties, at art openings and auctions, and each time it goes a little bit further. Intentionally complex, it draws you into each new chapter and keeps you guessing at the outcome.

Those who think that rapper and TV star Will Smith can't handle a role this complex need only look at him play directly to the camera, reviewing the highlights of his false father's career. We can see that he's performing for someone, but for now this little twist stays secret.

Among the more interesting notions in "Six Degrees of Separation" comes through the title, which says that we can connect to anyone else in the world through only six people. You can link the President of the United States to a gondolier in Venice through a chain of friends and relatives.

In between intellectual revelations, there's some amazing use of the Manhattan landscape, which you may think has been filmed from every angle imaginable until you see Schepisi take a crack at it. From the script and direction to the smallest speaking parts, "Six Degrees of Separation" joins "The Snapper" as the year's first must-see films.

If you have a comment for John Monaghan, call him at 953-2047, mailbox 1866, on a touch-tone phone, or write to him care of Street Sense, Observer & Eccentric Newspapers, 36251 Schoolcraft, Livonia, MI 48150.

## SCREEN SCENE

A sampling of what's playing at alternative movie theaters across metro Detroit as reviewed by John Monaghan.

### DETROIT FILM THEATRE

Detroit Institute of Arts, 5200 Woodward Ave., Detroit. Call 833-2933 for information. (\$5)

"The Accompianist" (France — 1993). 7 and 9:30 p.m. Jan. 28-29; 4 and 7 p.m. Jan. 30. In German, occupied France in 1942, an impoverished but quietly ambitious girl is swept into a world of privilege and comfort when she is hired as piano accompanist to a successful singer.

### KINOTEK

Capitol Theatre and Arts Centre, 121 University, Windsor. Call (519) 971-5160 for information. (\$4.50)

Sicko '60s double bill — "Mondo Topless" (USA — 1966) at 9 p.m. and "Manson" (USA — 1972) at 10:30 p.m. Jan. 28-30. In "Topless," smut master Russ Meyer provides a humorous document of the '60s topless craze, filmed atop oil rigs, Cadillac and on the streets of San Francisco.

"Manson," meanwhile, gives a very unusual portrait of the cult leader and killer, with interviews from Lynette "Squeaky" Fromme and yippee Jerry Rubin. The documentary was actually nominated for an Academy Award.

### MAGIC BAG THEATRE,

22918 Woodward, Ferndale. Call 544-3030 for information. (Ticket prices vary)

"Third Annual Metropolitan Film Festival," 8 p.m. Jan. 27. The second in a three-night festival featuring short works from around the world, including "Suite Harry," "A 3333 Film," "Doctor Alzheimer's Medicine Show" and "Bombing L.A." (\$5)

"Maurice" (Britain — 1987). 1, 3:30, 6 and 8:30 p.m. Jan. 30. An-

other pretty Merchant-Ivory production, based on a novel by E.M. Forster. Here a young man comes of age (and out of the closet) in Britain in the 1910s. (\$8)

### MAIN ART THEATRE

118 N. Main St., at 11 Mile, Royal Oak. Films play through at least Thursday. Call 542-0180 for information and show times. (\$6.50; \$4 students; \$3 twilight/matinees)

"King of the Hill" (USA — 1994). Stephen Soderberg ("sex, lies and videotape" and "Kafka") directed this tale of a boy's coming-of-age during the Depression.

"Schindler's List" (USA — 1993). Stephen Spielberg may finally get his Academy Award for this story of Oskar Schindler (Liam Neeson), a war profiteer and Nazi enemy who protected and saved the lives of more than 1,000 Jews during the Holocaust.

"Six Degrees of Separation" (USA — 1994). Based on John Guare's award-winning play, a savvy young man (Will Smith) poses as Sidney Poitier's son to cajole his way into the home of a Fifth Avenue couple (Donald Sutherland and Stockard Channing).

### MAPLE THEATRE

4135 W. Maple Road, Bloomfield. Call 855-9090 for information. (\$5.75; \$3.95 matinee; \$2.95

twilight)

"The Snapper" (England/Ireland — 1993). When 20-year-old Sharon announces to her working-class parents that she's pregnant, her family and neighborhood react in some most surprising ways. The second film adaptation of Roddy Doyle's trio of books about Dublin life ("The Commitments" was the first) is a disarmingly funny movie, highlighted by Colin Meaney's performance as Sharon's ram-bunctious father.

"In the Name of the Father" (Britain — 1994). In this true story, Daniel Day-Lewis plays an Irishman falsely accused of bombing a pub near London in 1974. The story of the miscarriage of justice is written and directed by Jim Sheridan, who copied Day-Lewis an Oscar for "My Left Foot."

"Schindler's List." See Main Art Theatre listing above.

### MICHIGAN THEATRE

603 E. Liberty, Ann Arbor. Call 668-8397 for information. (\$5; \$4 students and senior citizens)

"It's All True" (USA — 1943/1993), through Jan. 27 (call for show times). Fifty years ago, Orson Welles was sent to South America to make a documentary. While the project was scrapped, the footage he did shoot (includ-

ing a bullfight and Rio's raucous Carnival) surfaces in this new documentary, which includes interviews with Welles and cinematographer Joseph Biroc. A must-see for fans of the maverick director.

"Way Down East" (USA — 1920), 7 p.m. Jan. 30. Everyone thought D.W. Griffith was crazy when he wanted to direct an out-of-date melodrama like this one. It still became a classic, thanks to Lillian Gish's grueling performance and the climactic chase across the ice floes, still one of the movie's most suspenseful moments. Shown here with live orchestral accompaniment by Gillian Anderson. (Tickets \$7 this show only)

### STATE THEATRE

2115 Woodward Ave., Detroit. Call 961-5450 for information. (\$1)

"The Cook, the Thief, His Wife and Her Lover" (French/Dutch — 1989), 9 p.m. Jan. 24. If you can stomach the opening scene, you should stick around for the rest of this art-house hit, directed by Peter Greenaway. Most of the action takes place in a fancy French restaurant, where the hot-tempered gangster owner harasses staff, customers and henchmen alike.

— Christina Fuoco

## Success from page 6A

varro of the Red Hot Chili Peppers and ex-Bangles singer Susanna Hoffs, is the label's first. The acoustic act jump in the Water and New York-based singer/songwriter Jane Williams will release albums on the label this year.

Lowen & Navarro are now touring to support "Broken Moon." The tour, which brings them to The Ark in Ann Arbor on Wednesday, Jan. 26, will include a Spanish version of "We Belong," a song they wrote for Pat Benatar.

Opening the show is Billy Falcon, another adult progressive musician who will play material from his upcoming album "Letters from a Paper Ship." Like Lowen & Navarro, Falcon was rediscovered by a longtime fan, Jon Bon Jovi. After a few meetings with Falcon, Bon Jovi signed him to his now-defunct, Mercury-affiliated label Jambo.

The record deal along with recording his first album for Jambo, "Pretty Blue World," helped Falcon get back on his feet after the death of his wife.

"Most of my time (prior to the recording of 'Pretty Blue World') was spent in a family situation. . . . My wife was ill and passed away," said Falcon, who is now signed with Mercury Records.

After his wife died, Falcon found himself the single father of their daughter Rosie and drifted away from writing songs. Bon Jovi's interest in his music, however, sparked his creativity.

"For the first time in five years I felt that I was breathing," he added.

"Pretty Blue World" included the hit "Power Windows," a song that convinced Bon Jovi to sign him. In the album "Letters from a Paper Ship," many of the songs point to Falcon's positive outlook even at the worst of times.

Lowen & Navarro with special guest Billy Falcon perform at 8 p.m. Wednesday, Jan. 26, at The Ark, 8374 S. Main St., Ann Arbor. Tickets are \$5. For more information, call (313) 781-1451, (313) 781-1800 or (810) 445-6666.

## On the Town

DINING & ENTERTAINMENT

**CRUISE NIGHT**  
JANUARY 25  
**Great Italian Meal**  
\$20  
RSVP to DePalma's, Livonia  
at 261-2430 by 1/24/94

**Authentic Traditional THAI CUISINE**  
Try a new taste sensation. It's a little bit of everything sweet, sour, hot and spicy. From famous shrimp soup to peanut chicken. Your senses will be delighted.  
**Daily Lunch Buffet \$6.95**  
11:30-2:30  
Dinner 5:00-8:30  
**BANGKOK CLUB**  
Southfield Road between 12 and 13 Mile Roads  
Southfield Commons 555-1400

Find the pieces & help Bert finish his bath...Enter to win 4 Tickets to Sesame Street Live!

Rubber Duckie, a bar of soap, a soap bubble, a towel, a scrub brush and the shower head to Bert's tub can be found in the picture. Look for the missing pieces. Color them in. Have an adult help you cut them out and then you can paste them in the 62nd space. How color in the rest of the page.

1994 CMC Jim Henson Sesame Street Muppet & 1994 Henson, Inc. The SESAME STREET LIVE! contest is sponsored by CMC Sesame Street LIVE! in cooperation with CMC. Mail your entry, along with your name, address, and telephone number to: Observer/Eccentric/Sesame Street Live!, 600 Civic Center Drive, Detroit, MI 48226. Winners will be picked by random drawing. No purchase necessary. Contest applicable to children 12 and under only. Only colored, completed ads will be accepted. Winner will receive four (4) tickets to the Saturday, February 5, 1994, 2:00 pm performance only. Tickets may not be exchanged for any other performance. Winner will also receive four (4) invitations to a pre-show party prior to the aforementioned performance.

Name \_\_\_\_\_ Age \_\_\_\_\_  
Address \_\_\_\_\_ Day Phone \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
SESAME STREET LIVE! Detroit, Michigan, January 12, 1994