

Weight loss duo resets 'Bodystat' for fitter body

Most Americans weigh more than they'd like, and have struggled ceaselessly with their weight, bouncing from one diet to the next, often with disappointing results.

Now, in "Bodystat: How to Reset Your Fat Thermostat Permanently," (Viking, \$22.95) Dr. Eric Witt and Carol Wirth show how the "bodystat" can be reset permanently, resulting in an easy to maintain, fitter body. Carrying the research of Dr. Dean Ornish and Cuervo Bailey several steps further, Witt and Wirth suggest several low fat/exercise combinations, combinations appropriate for almost every lifestyle, from traditionally sedentary to active.

Witt, a research biochemist studying nutrition at University of California, Berkeley, will be doing a seminar and signing of his new book at Borders Books & Music on Friday, April 19 at 7:30 p.m., 30995 Orchard Lake Rd., Farmington Hills.

Wirth is a weight loss workshop instructor and biology and chemistry teacher. The duo based their

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book on research of the latest scientific studies, combining this knowledge with that of personal experience (both have been overweight in the past) and of the nutrition workshops they regularly teach. Married, they live

low calorie diets only work in the short term: when calorie consumption is too low, the body sends out signals for fat conservation, a dieter reaches a depressing plateau, and ultimately regains most of the weight when normal eating resumes. Only when the bodystat is actually lowered, through low fat eating and exercises, does weight loss stick, and Witt and Wirth show precisely how this can be done.

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provide a range of exercise and eating combinations designed to adapt to all lifestyles, making it easy for everyone to set realistic, fat reduction goals.

Their plan includes recipes, diagnostic quizzes and snack ideas, and shows how successful weight loss can occur by keeping fat at either 10 or 20 percent of daily calories. It also includes tips on healthy eating in restaurants, reading food labels and integrating exercise into daily activity.

Call (810) 737-0110 for more information.

Jaycees honor Farmington chapter

At the recent Michigan Jaycees Winter Assembly at the Holiday Inn-Fairlane in Dearborn, the Farmington Jaycees were honored as overall programming "Chapter of the Quarter" in their population division.

This announcement was made by Walter Downes, Michigan Jaycees state president, during the banquet.

The Farmington Jaycees were chosen for this award based on their outstanding efforts in meeting the management, membership, individual development and community development needs of their chapter.

In addition, the Michigan Jaycees honored the Five Outstanding Young Michiganders: Michelle Engler, Sandra Frost-Purish, Todd Harding, Jeffrey Cutter, and Sarah Holland.

Outstanding Young Governmental Leader, William Gable, Outstanding Young Farmer, Jeffrey Sundborn; and Family of the Year, Rodney and Carlene Hook.

The Jaycees are a leadership training organization for individuals ages 21-39. Leadership training opportunities are available through participating/supervising community improvement projects, various training courses, and other activities.

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tional resource, our children.

It's about the direction that the district is headed, and about how parents can decide for themselves if their child is being educated to his or her full potential.

"Outcomes Based Education" is the current educational fad. It's primary purpose is not high individual academic attainment for children; it is an educational social program written by the same people who attempted to give us socialized medicine.

It attempts to equalize academic achievement of all children throughout the educational process.

Dr. Maxfield once stated to me that his objective was that within three years I will not be able to see any difference on standardized test scores between children of any school in the district. That is the rhetoric of a social worker, not an educator.

I believe that it is every American child's birthright and in every child's best interest to be provided all the educational opportunities that their individual abilities and perseverance dictate; that no bureaucrat be empowered in a free society to decide otherwise.

Outcomes Based Education is founded on the flawed premise that all children are inherently equal and that given enough time and sufficient attempt, all children can learn.

In reality the district is lowering the academic content of the curriculum.

I am not suggesting that we do not meet the needs of children who require special assistance. As a society we are obligated to meet the needs of all children.

What I am suggesting is that we resist lowering the academic content in the classroom to the level of the least able student. One does not have to be a rocket scientist or even a high school physics

teacher to understand that doing so will not move us closer but further away from "World Class" academic performance.

If one lowers the water in the pond, regardless of how seaworthy the craft, it too will sink.

There is an article in the Feb. 19 issue of "Newsweek" magazine entitled "Your Child's Brain" that explains an educational concept that I endorse. It states that in the education process there are windows of learning opportunities that slam shut at pre-defined times in a child's life.

If a child is not taught a particular skill within the window of learning opportunity, that learning is not just postponed but is forfeit for life. The district's Outcomes Based Education philosophy, by scaling back the academic content of its curriculum, attempts to teach skills after the window of opportunity has slammed shut for many children. Not stressing grammar in elementary school is a prime example.

One of the first warning signs of a district's impending transition to Outcomes Based Education is the attempt to downplay the importance of standardized testing and replace it with subjective tests, portfolios, and other alternate assessments that make comparisons between children impossible, minimize school accountability, and further help to obscure the real trend.

A parent, not the district, nor my opinion, can use their own child's standardized test scores using the information provided to determine if their child's academic needs are being met, if their child has an unfulfilled potential or is being adequately educated.

The parent, through active participation in the educational process, will become both enlightened and empowered to ensure his or her child's greatest possible chance of academic success.

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age. She is healthy today.

"(Liv) has been totally supportive of me," Rainey said. "The schools encourage community service and she has worked with me helping with fund raising. I paid for my husband and daughter to accompany me to Hawaii. My daughter ran the hospitality suite after the race."

Part of the pledges pay for the marathoners trip to the race destination, in Rainey's case, that cost was \$1,200 for Hawaii.

"People sometimes get the idea that this is a fabulous trip, that they're paying to send me to Hawaii," Rainey said. "But I paid taxes on the \$1,200 'gift'. And \$2,300 went directly to the Leukemia Society."

For Hawaii, Rainey collected pledges from family and friends. This year, she'd like to include some business sponsors for the Alaska marathon.

She is a team captain for the Michigan contingent, which means she oversees 10 marathoners.

"I must motivate them to raise funds, give them ideas, organize fund-raisers," she said. "And I'm required to call them all at least once every two weeks."

Approximately two hundred people in Michigan signed up for the Alaska marathon.

In 1994-95, TNT raised \$3.2 million in more than 40 markets for the Leukemia Society of America. The program started in New York in 1986.

Rainey will receive pledges at (810) 553-7597. To find out more about TNT, call the Michigan chapter of the Leukemia Society at (800) 456-5413.

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