

Wayne Supervisors Back Metro Expansion

Airport expansion, renewed support of county home rule and completion of pay adjustments for Wayne County employees were the major items acted upon by the Wayne County Board of Supervisors at its latest meeting.

The supervisors, meeting Nov. 26, approved a \$69 million revenue bond issue for improvements at Detroit Metropolitan Wayne County Airport, which is operated by the County Road Commission.

The improvements, to be financed by airport revenues, not by tax money, are designed to keep pace with the increasing air traffic.

Major items in the bond issue are \$16.4 million for terminal expansion and additional passenger gates, \$10 million for an additional 10,000-foot runway to accommodate the jet, \$10 million for land acquisition for the runway, \$6,400,000 for a 2,000 car expansion of the parking garage and \$9 million for storm water drainage facilities.

THE BOARD OF Supervisors also endorsed a proposal by Grosse Ile Township Supervisor Marie Solomon that the township acquire the Grosse Ile Naval Air Station after the Navy moves out, and operate it as a civilian airport. The Naval Air Station is scheduled to be closed within a year.

The County Road Commission recommended endorsement of the Grosse Ile proposal as a move to meet a serious need for an airport for private and business aircraft and to alleviate the crowded conditions at Metropolitan Airport.

In other action, the Board of Supervisors reaffirmed its support of county home rule without a dissolving vote.

The Board's resolution stated the new directly elected Board of Supervisors, which will take office Jan. 1, is "strongly urged to place the home rule question on the ballot at any special election which might be held prior to the next county-wide primary or general election."

There is talk of a special community college election being held next June.

A PROPOSAL to establish a charter commission to write a county home rule charter was defeated in the Nov. 5 election, as was the community college proposal.

The Board of Supervisors

also approved labor contracts and special pay adjustments covering about 2,500 county employees who were not included in the contracts which became effective last April 1.

Among the wage adjustments are increases which raised the pay of patrolmen in the sheriff's department to match that of Detroit patrolmen. The new scale for deputies will start at \$7,500 and go to \$10,300 in four years, compared with an old range of \$7,424 to \$8,335. County officials said the increases were necessary to en-

able the county to compete with other jurisdictions in the hiring of qualified officers.

The wage adjustments exceeded the \$2.8 million included in the new county budget for that purpose by \$747,000.

Ways to trim other appropriations by that amount will be considered at a meeting of the Supervisors Ways and Means Committee in mid-December.

EXAMINING A PIECE of sculpture — John Manooogian, son of Mr. and Mrs. John A. Manooogian, 9450 Ivanhoe Drive, Plymouth, a senior, is majoring in industrial design at Michigan State University. With him is Melvin Leiserowitz, assistant professor of art at MSU.

New \$142 Million Budget Passed For Wayne County

Improved services at Wayne County General Hospital, measures to bolster crime prevention and better child-care are

among the major features of the new Wayne County budget which took effect this week. The county began its 1968-

69 fiscal year Dec. 1 with a record budget of \$142.4 million, which is about \$1 million above last year's outlays.

There was no increase in the county property tax. The larger budget will be financed by increased revenues from grants and fees, from new construction and rising land values and from more State income tax revenue.

"The county's public service programs have been improved and expanded as much as possible, within the means available, to meet the needs of our growing population more adequately," said John L. Canfield, chairman of the County Board of Supervisors.

The budget of Wayne County General Hospital, the largest single county facility, was increased from \$27.3 million to \$30 million. A total of 158 new positions were added at the hospital. Waits of more than an hour for out-patient treatment have been reported as a result of staff shortages.

THE BOARD of Supervisors earmarked \$125,000 to start on improvements at the county jail, as recommended in a recent study of the jail by the Citizens Research Council of Michigan and the National Council on Crime and Delinquency. In addition, 15 positions were added to the force of sheriff's deputies at the jail and nine new jobs were established at the sheriff's road patrol.

Teenage Girls Find Calories A Problem

Whether trying to lose pounds or fighting to keep from gaining them, most teenage girls are concerned about their weight.

Geraldine Acker, University of Illinois Extension foods specialist, emphasizes that weight-watchers need the same kinds of foods for health as everyone else. This means you should have foods from each of the four basic food groups each day: meat, fish, poultry and eggs; milk products; fruits and vegetables; and breads and cereals.

Weight control involves calorie counting. It's important to learn how many calories you need a day and how many you normally eat.

THE TERM "caloric value of food" refers to the heat or energy that can be obtained as muscular work or heat when the body uses that food. And when you eat more calories than your body can burn up, the extra calories are stored and you gain weight.

Miss Acker explains that 3,500 stored calories equal one pound of extra weight. Therefore, if you eat 500 calories a day more than you actually need, you will gain about one pound a week. On the other hand, 500 calories a day less than actual energy needs will mean a loss of about a pound a week.

Calorie needs, of course vary with individuals. Miss Acker recommends that you check with your physician to learn how many calories you need. The Recommended Daily Dietary Allowances established by the National Research Council vary between 2,300 and 2,500 calories per day for teenage girls.

After you know how many calories you need, and how many you normally eat—including snacks—the next step is to figure how you can decrease

your calorie intake. The easiest way is to eat smaller servings than usual.

ANOTHER WAY is to select the lower-calorie items within the same food group. For example, choose skim milk in place of whole milk, a lean meat rather than a fat meat, a plain bread instead of a sweet roll.

Anybody who has a weight problem should watch the snacks. Substitute a low-calorie treat for a high-calorie soft drink or milkshake.

And remember that crash diets and meal skipping cheat the body of vital nutrients. The U.S. Department of Agriculture has published a pocket-sized pamphlet with tips on weight control and the calorie count of hundreds of foods in serving portions. Single copies of "Calories and Weights" are available free from the USDA Office of Information, Washington, D.C. 20250.

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