



THE WOMAN DRIVING this car ended up with three wheels of her automobile inside the premises of the Mobil gas station at Orchard Lake and 12 Mile Road.

Eric Chamberlain, the station manager, was on duty at the time. The accident happened at 5:25 p.m. Monday.

## Dig Your Own Grave . . . With Your Knife and Fork

One of the more universal of the heart attack risk factors in America is obesity.

Nothing in this well-fed United States today seems to be quite so common as being more or less overweight—rich and poor, men and women, employed and unemployed, even children.

As a coronary risk factor—this being a habit or medical condition associated with an increased risk of heart attack—the newest studies have shown that obesity is not so important as cigarette smoking, lack of exercise, high cholesterol blood level. It is not nearly as important as your sex; men get at least six times as many heart attacks as women.

Obesity, however, has its own serious health hazards. In itself it increases an individual's risk of diabetes, high blood pressure and gallbladder, kidney and liver diseases, says the Michigan Heart Association.

In recent years, definitions of obesity have become complex. Some people have bigger bones and more muscle than others; proper weights—there is no such thing as a normal weight—can vary widely for men and women of the same height.



Because half the body fat is stored under the skin, researchers have found that the average is a determination of fatness.

An easier but more approximate way to determine obesity is to use the individual's weight at a time of good physical condition during his early 20s. An increase over this figure is obesity; nobody grows after the early 20s.

Obesity has only one essential cause, says the association, a Michigan United Fund Agency. And that is regularly eating more calories than are consumed by exertion.

In the United States today, food, rich with fats is highly available, abundant and comparatively inexpensive. On the other hand, the jobs and the ways of life which call for intense physical exertion have been almost ended by mechanization.

There is the vicious circle of obesity. The heavier a man gets, the less he exerts himself; the less he exerts himself the heavier he gets; this continues until his doctor or his wife or his mother—somebody who cares—convince him the chances are good he is on a short road to illness or death.

For persons who need more ammunition to motivate a friend or relative, the Michigan Heart Association, 13100 Puritan, or its regional offices and centers have a number of free booklets on obesity available on request.

How much fat in the body is too much? For men, fat in excess of 30 percent of the total body weight is considered too much for good health; for women, 35 percent.

In addition to a better chance for good health, keeping your weight down offers a double bonus:

You feel better.

You look better.

And who could ask for anything more!

## Honor Students at Farmington Jr. High

### SEVENTH GRADE

Gail Allen, Kip Anderson, Roselyn Angella, Nancy Ayres, Janet Baker, Nancy Belanger, Bruce Belcourt, Mary Benedel, Jacqueline Bennett, Lee Biedgett, Jay Book, Laurie Breisch, Terry Brennan, Deborah Burke, Vicki Cable, Sarah Caldwell, Alice Carley, Sherri Chastain, Marcia Cline, Dianna Cochran, Charles Cook, Denise Datta, Wendy Dawson, Barbara Dew and Daniel DeWar.

Deborah Dillenheim, Dennis Dishman, Carol Ditzhazy, Jeffrey Donovan, Christopher Duval, Jennifer Fleming, Suzanne Flanagan, Deborah Foster, Margaret Gargari, Lisa Getzler, Jeffrey Gill, Catherine Giza, Gayla Gregory, Russell Griffin, Denise Guay, Sarah Hawkins, Susan Hildebrandt, Sandra Hopkins, Jane Hulet, Jeffrey Hutchins, Carol Jackson, Karla Jaska, Janice Jeffries, Sidney Johnson, Stephen Kalousick, Nancy Kamm, Thomas Kempf, Karen Larson, Darcie Layne and Steve Lord.

Laurie McCallum, Diane McGregor, Jane McNeely, Michelle Moffat, Mary Miller, William Miliken, Amanda Mills, Penelope Morgan, Laurie Moore, Lora Norman, Donald Neely, John Newman, Jane Niberg, John North, Denise Norston, James Nuttal, Floyd Osgood, Sharisse Parker, Sally Watkins, Ross Kiddell and Wendy.

WENDY SAARI, William Schiefer, Pamela Schuetzler, Michelle Schwartz, Clara Schuchow, Charles Seavey, Janet Skinner, Cynthia Smith, Gregory Smith, Katherine Smith, Theodore Smith, Gary Sondergaard, Gregory Steele, Gary Staszewski, Gary Teschke, Toni Thomas, Janet Tushak, Kim Vahtrian, Linda Vandeneuvel, Keith Welsch, Steven White, Patricia Wickham, Kathy Williams, Karen Wilson, Charles Wolfenberger, Joel Yoder, Pamela Young and Kim Yuhara.

### EIGHTH GRADE

Shirley Allison, George Annis, Lynnette Balze, Gregory Ballinger, Dale Bergan, Elizabeth Biedgett, Mary Blodgett, Cindy Borgman, Jerri Bowers, Alinda Boyles, Debra Bradley, Deborah Brodie, Robert Brown, Barbara Cerny, Douglas Carvell, Robert Chapman, Laura Cole, Bradford Cook, Laurie Cotton, Marilyn Ribbis, Robin DeCook, Dawn Dick, Diane Douglas, Diana Duncan, Timothy Edwards, Laura Elsenmann, James Ellis and George Fair.

Sarah Fell, Lisa Forester, Susan Gibson, Julie Graham, Michael Greenan, Mary Hacht, Vicki Hagen, Cheryl Hart, Mary Hendrix, Kim

Hildebrandt, Martha Hoffman, Michael Hoffman, Marilyn Hogberg, Michael Holley, John Hulet, Kim Jaska, Karen Jensen, Sandra Kamm, Richard Kibby, Pamela Kleibusch, Debra Kiehl, Amy Kleinachmidt, Michael Kleppinger, Larry Kord, Stephen Larson, Laura Line, Ann Lyng-Klip, Gary McCue, Dale McDowell, James McGlothlin, Debra McGovern, James Malatesta, Lorraine Mann, Ellen Mehl, Michele Messino, Claudia Misch, Deborah Moss-hamer and Terry Murland.

John Naughton, Pamela Platto, Sue Ratajsky, Bradley Read, Mary Ellen Reiss, James Rowe, Mary Royce, Robert Schiefer, Michael Shelly, David Sherris, Charles Sidor, Mary Simmons, Charles Searly, Daniel Sleinke, Karen Stoupe, Nadine Taranan, Noreen Terzano, Karen Tucker, Gary Vilemonte, Robert Walling, Christine Washburn, James Williams, Michael Zemanick and Linda Zimmerman.

### NINTH GRADE

Gayle Annis, Jolynn Balm, Bill Belcourt, Kirstin Bell, Mark Bender, Marilyn Bertrand, William Bishop, Jeffrey Blackwell, Paulalette Blanchard, Jean Boise, Carolyn Bridges, Suzanne Bronx, Anne Brown, Elizabeth Caldwell, Carla Campbell, Vicki Campbell, Daryl Carlson, Jack Chefan, Kay Lynn, Clement Craig Cleveland, William Cline, Martin Close, Susan Kukila, Janice Kulbaba, Charles Kuparichmidt, Lawrence Lanson, Carol Larsen, Ronnell Lee, William Livingston, Marian Lloyd, Roberta Longtime, Joy Love, John Lyngklip, Kathleen Lynott, Dennis MacDonald, Susan McFarland, Mark Manley, Lorraine Marra, David Melnick, Lane Myrdere, Sandra Nordyke, Priscilla Northrop, Elizabeth Oates, Patricia Och, Roberta Pauline, Susan Polgar, Michael Randall, Gary Rapson and Paula Rayer.

Marilyn Schuler, Wanetta Schultz, Susan Shaw, Patti Shook, Susan Shreve, Nancy Sisson, Michael Skinner, John Smith, Linda Smith, Nancy Jo Smith, Robin Spjeldet, Mary Smith, Carolyn Steele, Kurt Stratton, Cheryl Sturt, Marianne Tashan, Janet Taylor, Doris Toney, Guy Trambauer, Dean Tucker, Cheryl Watson, Jan Weber, Paul White, Frederick Wickham, Cynthia Wilson and Diana Wolf.



KIDS AT NORTH FARMINGTON High advance their coming Sno-Ball in the most effective way possible. Date of the holiday dance is Friday, December 23.

## N.F. Sno-Ball

North Farmington's annual Christmas Sno-Ball is off to a good start. Committees of students have been working hard to make the year's dance a great success.

The Student Council, which sponsors the dance, especially invites all graduates of North to attend this holiday festivity. The Sno-Ball will be held Friday, December 23, from 9 p.m. until midnight. The cost is \$2.00 per couple and \$1.50 per student. Tickets will be sold during school and also at the door.

The dance will feature the "Unit," a band from Birmingham. Guests are asked to come "dressed," which means not quite semi-formal. The Sno-Ball will be a good way to start off the holiday vacation.

## Special Holiday Events Listed By Mayfair Club

The Mayfair Double Club will wind up the year 1966 with two special master point games and a New Year's Eve party. The first special game will be held Tuesday, December 20, at 7:45 p.m., at 32905 Northwestern Hwy., above the Northwest Bowling Lanes.

The other extra master point game will take place in Birmingham, at the YMCA, on December 22, at 8 p.m.

Our traditional New Year's Eve party and duplicate bridge game will begin at 9 p.m., and will be followed by a late buffet. Reservations must be made in advance, and the size of the party will be limited, so that reservations will be closed when our quota has been filled. For further information, call MA. 6-2109.

## FAO Issues Blunt Warning

### Famine Threat Growing

Most people know the term "population explosion." But few understand the awesome warning behind the words. A man who does understand is Dr. B. R. Sen of India, Director-General of the Food and Agriculture Organization of the United Nations. In a recent New York address, he spelled it out: the world is producing people faster than food.

"The enormous increase, both actual and potential, in the world's population, has created a situation of immense gravity and danger for mankind. At present about one half of the world's people are undernourished or badly fed, or both."

For the rich countries of North America and Europe food is no problem. Dr. Sen said. "But for the developing countries the threat of hunger is always present, and the spectre of famine just waits around the corner. It is not that these nations have failed to step up their output of food. They have achieved almost exactly the same rate of increase between the pre-war years and 1963 as the more advanced countries. But per capita production has fallen because of the population explosion."

The earth already houses about three billion people and this number will double within 30 years. If the peoples of Africa, Asia and Latin America are to receive an adequate diet, by the year 2000 their food production must be increased five-fold.

Despite its dimensions, Dr. Sen said the situation was far from hopeless.

Many scientists believe that rational exploitation of the earth's prodigious resources could usher in an era of plenty for all men. The oceans, for instance, cover 71.7 per cent of the globe but supply scarcely 1.5 per cent of man's food.



Dr. B. R. Sen

which certainly could be increased. Chemists, using inorganic substances, can effect a synthesis of most elements essential to human nutrition. Proteins can be extracted from micro-organisms produced from petroleum.

But these are hopes for the future and the immediate problem of feeding hungry people is already upon us. In the past food stocks from rich nations like Canada and the United States helped save the day.

"But these stocks have recently fallen dramatically, and it is therefore all the more essential for the developing countries to increase their own production," he said. Yet to do this they need fertilizers, pesticides, farm equipment, which cost money they don't have.

"The only way in which they can be supplied, therefore, is through a new international program of assistance . . . a massive program of at least \$200 million per annum."

Dr. Sen welcomed the United States' proposal for the creation of a World Food Reserve of 10 million tons. "The time has surely come for a more equitable sharing of the burden of food aid as part of an expanding total flow of aid."

## Sweet Adelines Mark Christmas

S.O.C. Suburbanette Chapter of Sweet Adelines, Inc. entertained other chapters in the Michigan-Ontario region at a Christmas party Friday, December 16, at Rosedale Park Community Hall, Avon Road, Detroit.

Special feature was a fashion show presented by the SHOMOS quartet, all Farmington residents, under the direction of Mrs. William Greene. Miss Marilyn Olson of Farmington also sang tenor with the SOChelle's quartet, and appeared in the dance line.

## MSU Exercises Include Four

Four Farmington residents were among those graduated at fall term commencement exercises at Michigan State University yesterday.

The four are Karen S. Mancke, of 24355 Dohany Drive, BA in business education; Denise M. Scay, of 28866 Village Lane, BA in elementary education; Larry L. Smith, of 27460 Bramwell, BS in police administration; and Barbara C. Zachary, of 22118 Middlebelt, BA in Spanish.

## Your help goes where hunger is

World reports tell of millions hungry, from Latin America to Africa and Asia. Every dollar given to CARE's Food Crusade sends a package to save lives, help the hungry work to feed themselves. With your dollars CARE delivers U.S. donations of farm abundance, or buys other staples to match local needs. Every package is a personal miracle of kindness, presented with your name and address. Use the coupon to send your help today.

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## Need Volunteers At Oakland Unit Of Foundation

Money will provide many things: laboratories, experimental animals, drugs, microscopes, even scholarships, fellowships and grants. But money will not buy understanding, compassion and dedication to a cause. Money will not buy time. And your time is what the Michigan Cancer Foundation needs. There are many ways in which you can donate your spare hours to the Michigan Cancer Foundation.

If you like going places, doing things and working with people you can join the Foundation's Education program committee which plans meetings, shows films and gives talks to local groups.

If you enjoy writing you can aid in the Public Information program by keeping 10 to 15 newspapers informed about community events involving the Michigan Cancer Foundation.

At present the South Oakland Unit, whose headquarters are located at 1739 Cooldidge in Berkeley, needs both a Public Education and a Public Information Chairman.

Give some of your free time to help those who need it. Telephone John Dine at LI. 8-1866 or 833-0710, Ext. 240.

## Agent at Seminar

Special Agent Thomas A. Wall, Jr. of Farmington, a member of the John A. Edgar Hoover attended a Northwestern Mutual Life Insurance Co. special advance and underwriters seminar in Lansing.

## Honor Scholar

Sandra Schuler, daughter of Mr. and Mrs. Arthur Schuler, of 2414 St. Mary Court, St. Marys, Ohio, a sophomore student at Ohio Wesleyan University, has been named a University Scholar for maintaining a 3.5 point scholastic average out of a possible 4.0.



A CROWD OF 300 people, including local handicapped children, their parents and their brothers and sisters attended a gala Christmas party December 9 at East Junior High School. Guests of honor were the handicapped tots in the Santa Claus, who bent a ear to hear what everybody wants for Christmas. Entertainment included performances by "The Rebels" and the Northville Folk Singers and several movies.

## FBI Report 11 Percent Rise in Violent Crimes

The FBI's Uniform Crime Reports disclose crime in the United States rose 10 percent during the first nine months of 1966 when compared to the corresponding period in 1965 according to figures released today by Acting Attorney General Ramsey Clark.

In making these figures available, FBI Director J. Edgar Hoover stated that crime reports submitted voluntarily by law enforcement agencies nationwide disclosed that crimes increased 11 percent as a group. Individually, these crimes showed increases of 8 percent in murder, and 11 percent in forcible rape, robbery and aggravated assault.

The more voluminous property crimes of burglary, larceny and auto theft also showed increases. Burglary registered a 10 percent increase as a group with burglary up 7 percent, auto theft up 10 percent, and larceny 12 percent.

\$1 delivers a big food package in your name

\$10 gives a child school lunches for a year

\$100 sends more than a ton of food to the hungry

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Iran	Yugoslavia