

C. Gordon Lewis to head library

C. Gordon Lewis of Philadelphia, Pa., will take the directorship of the Farmington District Library beginning Sept. 1.

He replaces Mary Mitchell who is resigning her post to move to Minnesota.

Lewis is presently the branch librarian in the McPherson Square Library of the Free Library of Philadelphia. He has been associated with the Public Library of Youngstown and Mahoning County in Ohio. He has a master's degree in library science from the University of Pittsburgh and a master's degree in education media from Temple University.

He is married and the father of two children.

Gardener wants members for new day lily group

A man who says he has been growing flowers "ever since I was born I think" is in the throes of forming a new chapter in Farmington of the Michigan Day Lily Society.

Dr. H. E. Viergutz said he'd like to get his new chapter under way with several hundred members but he'd settle for 12.

"The day lily is the official flower of Farmington," the gardener said, "so I think it is appropriate that we have a chapter of the society here."

Viergutz explained that members would study and exchange information on breeding, hybridizing and "anything that pertained to day lilies. We'd be a sort of self-help group I guess you'd call it," he said.

Newcomers to growing the flower are welcome. Viergutz said he would offer personal help to the beginner.

"They are hardy and they are prolific," Viergutz said of the flower. "Iris are nice and so are roses but you sure have to work hard with them."

Membership information will be given by Viergutz by calling him at GR 4-5400.



DR. H. E. VIERGUTZ

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Obesity can cause health problems

Watching your waistline during your middle and older years may be more important than you think, said Dr. Olaf Mickelsen, Michigan State University food science and human nutrition professor.

"Obesity may be one of the major factors responsible for many of the medical problems of the elderly," Mickelsen said.

Mickelsen and Eleanor Schlenker, MSU graduate student, report that obesity shortens life.

This is based on both animal studies and insurance statistics.

"Obesity which develops in older animals reduces life expectancy, but not to the same extent as when obesity first occurred in early life," Mickelsen said.

County, Ga., indicated body fatness increased the incidence of diabetes in adults. Death among women with diabetes was three times greater for the obese than for the lean.

Osteoarthritis, the degenerative joint disease common among the elderly, is intensified by obesity.

"Obesity may be an important factor in the development of osteoarthritis, as evidenced by the report that 40 percent of such patients were obese," Mickelsen said.

"THE SEVERITY of the arthritis may be related to the degree of obesity existing prior to the development of the disease," he said.

A study conducted in Chicago clinic indicated that 40 percent of the patients with arthritis were obese.

Of the arthritic obese patients, 30 percent had gained 30 pounds before the disease appeared; 60 percent had gained 40 to 80 pounds and 10 percent gained 80 to 100 pounds.

MANY LIFE insurance companies charge higher premiums for overweight individuals.

"A lean person is less likely to develop cancer than an obese individual," Mickelsen added.

Two studies conducted in Tecumseh, Mich., and Muskegon

Grants available for older students

Women college students over 35 years old may qualify for a scholarship award at Wayne State University, under the Women of Wayne's part-time incentive grants and a \$1,000 award from Clair, Inc.

Older women students who are attending school part-time may

qualify for the awards on the basis of need and merit.

Applications are being processed by the Women of Wayne Alumni Group at WSU through Sept. 3.

For further information contact Dorothy Moor at WSU's Alumni House, 441 West Ferry or call 577-2167.

JCC seniors plan lunch

The Senior Adult Council of the Ten Mile Branch of the Jewish Community Center will hold its second annual Volunteer of the Year Award Luncheon at 12:30 p.m. Thursday, Sept. 12, at the Shiffman Hall of the Jewish Community Center, 18100 Meyers

Road, Detroit. The lunch will honor senior adult volunteers. Singled out will be the senior adult volunteer who has given valuable time and service throughout the year to the activities for senior adults at the JCC.

Redford to hold 25-year reunion

The Redford High School June class of 1949 will hold its 25-year reunion Sept. 7 at Plum Hollow Golf Club, Southfield. Chairman of the event is Milton

Kitchen, former class president.

For information on the dinner dance, contact Betty Hawthorne of Farmington, 474-7525.

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Select picnic food to avoid poisoning

If family outings are part of your plans for late summer fun, chances are you'll be toting food to the picnic site.

To be sure you're not setting the stage for food poisoning, follow these tips from food specialists at Michigan State University.

Wash hands, utensils, and work surfaces thoroughly before you begin to prepare food for your picnic.

Wash again every time you handle raw meat, poultry or eggs.

cooler still frozen. Cool foods quickly so they spend as little time as possible in the danger range.

Put large quantities in shallow containers to speed cooling.

Carry your picnic in the passenger part of your car rather than the trunk. When you get to the picnic area, set it in the shade.

Keep food covered to keep insects out and cover food, utensils, dishes and any other food equipment if you are using insect spray.

THESE FOODS are often contaminated with bacteria that are destroyed by cooking.

Practices like cutting vegetables for salad on the same cutting board you used when you cut up the chicken for the grill can spread bacteria to foods that will not be cooked.

Cook food properly. If cold fried chicken is on the menu, cook it thoroughly at home and be sure it is chilled thoroughly before you put it in the cooler.

Use plenty of ice to keep it cold until used.

Leave highly perishable foods like cream pies, potato or egg salads, casseroles and other moist protein dishes at home unless you are sure you will be able to keep them safely chilled.

PREVENT bacteria growth by keeping hot foods hot — above 140 degrees and cold foods below 40 degrees.

Holding food between these temperatures is inviting bacteria to dangerous levels.

An insulated cooler with lots of ice can be used to keep cold things cold.

Wrap hot foods in newspapers or put them into insulated containers.

Meats that will be eaten hot can be cooked and chilled and reheated at the picnic site.

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