

Getting Around

By ETHEL SIMMONS

Diet pizza? Yes, there is such a food on the menu at Friar Tuck's Diet Delle in Clawson, along with all kinds of baked goods, ice cream and luncheon entrees.

Birmingham resident Mike Foley runs the restaurant and carry-out operation at 449 W. Fourteen Mile Road. It's a member of Weight Watchers, and foods available at his place are the equivalent of Weight Watcher portions.

Foley has just printed for his customers an equivalency sheet that lets them see at a glance what each serving represents.

FOR EXAMPLE, pizza is equal to 1 bread and 1 ounce cheese on the Weight

Watchers daily menu. You can have your cake and eat it, too, if it's Foley's Chocolate Cake (11 bread, 1 egg, 1/2 milk).

A 1/2 milk—with ice cream—is another 1/2 milk portion translated into a four-ounce sugared Frozen Delle, his special ice cream.

If you're dieting but get tired of the same old breakfast things, a package of three blueberry, pineapple or apple rum muffins equals 1 bread, 1 egg, 1/2 fruit and 1/2 milk or—in Weight Watcher terms—one breakfast.

Foley himself has been on and off and on again the Weight Watcher program. Last September, he joined Weight Watch-

ers for the second time. "I want to stay just under 200 pounds," Originally, Foley weighed 280 and lost 85 pounds on the program. Now he's up to 240.

"I'm prone to putting it on."

FOLEY HAS worked for Burger King and Taco Bell. His partners in the Diet Delle restaurant are Tony and Anne Rarbo, who own Friar Tuck's Inn in Warren.

That restaurant features a Weight Watcher menu in addition to its regular menu. Foley used to attend a Weight Watcher class there Sunday mornings, which is how he got together with the Rarbos.

Foley said as far as he knows his restaurant is the only one in the metropolitan area that is strictly for Weight Watchers, with a diet menu only.

Some of his customers come from as far as Flint, Toledo and Port Huron. They may pick up 10 items, come back every week for more.

"Sometimes one gal does the shopping for two or three gals in the neighborhood," he said.

One man used to come in twice a day, seven days a week for ice cream. Accord-

ing to Foley, the ice cream lover still managed to lose 60-65 pounds on the Weight Watcher diet.

You don't have to be a Weight Watcher to take advantage of Foley's menu selections. No salt, shortening or sugar is used in any of the items, so diabetics and others on special diets can try them, too.

NIGHTPLACES: Mel Ball, who plays drums with his group, Mel Ball and Company, told how he chose the word "Cuckoo" for part of their name. Ball said (between acts at Yesterdays in the Sheraton-Southfield Hotel) he came across the word spelled with a "u" in a magazine, and it suggested all kinds of ideas to him in terms of musical sounds and moods.

Flannan Bob Milne, rocking with Bob Seeley, playing rags at the piano bar in Chuck Murr's Clamzingers, Farmington Hills, explained ragtime is short for "ragged time," with one hand's music lagging behind the melody.

Advertising man John Hurley of Bloomfield Hills claims that Hurley's, in the new Northfield Hilton in Troy, was named after him—sort of.

Hurley said he sat in on a brainstorm-

session to name the entertainment room, and someone half jokingly suggested his name, which is also the name of a popular New York spot.

Hurley's created a lively image, so that's what they're calling the contemporary lounge that features a stainless steel dance floor. The combo Surety opened there Monday.

AT BOBBIES PUB in Bingham Farms, the Bob Bender Show opened Tuesday for a one-month stay Tuesday through Saturday. Two one-hour shows are presented each night, dance music in between.

Shows are at 7 p.m. Tuesday, Wednesday and Thursday at 9 p.m. Friday and Saturday. Monday night entertainment is by vocal pianist Susan Michael, performing from 8 p.m. till 1 a.m.

The revolving restaurant Rondo View now features Judy and the United Sound for listening and dancing from 8:30 p.m. to 1:30 a.m. weekdays. Ray King's songs and piano have moved downstairs for the same hours Tuesday through Saturday in the Pearly Ray Lounge.

Rondo View is in the Holiday Inn of Southfield on Telegraph Road.

Dining And Entertainment Guide

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