

Bicyclists ripped-off and injured

By BARBARA UNDERWOOD
An Easter vacation bicycle ride to a sporting goods store at Greenfield and Eight Mile in Oak Park turned out to be a one-way trip for two Bloomfield Hills teenagers Monday.
Jeff Golze, 15, and Jeff Baer, 14, were left stranded and injured near the Northland shopping center when their youths rode off on their bikes.
The Oak Park Department of Public Safety's detective bureau is attempting to find the missing bicycles after receiving several numbers of both and a description of the two youths who took them.
The incident occurred after Jeff cut his leg when he rode too close to a sharp metal projection on the lower part of a sign alongside the parking lot at the shopping center on the east side of Greenfield. Gray, believing the cut would require stitches, went to the J.C. Penney store near the Northland shopping center, across the street from where Jeff was injured, to call

Jeff's mother. He told Mrs. Baer to pick them up under the Northland water tower.
HE RETURNED to where Jeff waited and as they prepared to cross Greenfield to wait for Mrs. Baer, they saw two older boys approaching them.
"One of them took off his belt and sort of rolled it up in his hand," Gray said Tuesday. "The other one hopped on Jeff's bike and rode off."
The second youth grabbed Gray's bike and threatened him with the belt if he didn't let go. Gray said when Gray argued with him and continued to hold the bike, the youth hit him in the face with the buckle end of the belt. Examination later revealed a broken nose and a cut which required 15 stitches to close.
Despite their injuries, the boys crossed Greenfield and were waiting at the water tower when an unidentified woman stopped her car and asked them what had happened.
She flagged a police car and the boys


were given first aid before being taken to Providence Hospital. They later were transferred to St. Joseph Mercy Hospital in Pontiac for treatment. The cut on Jeff's leg required eight stitches.
Oak Park public safety officials were called from Providence when it was determined that the incident had happened in Oak Park.
"WE NEVER responded to the scene because we were not called until about 2:15 p.m.," Sgt. Dennis Labou said Tuesday. The incident occurred between 1:30 and 2 p.m. The boys described the pair as Negro males about 14-15 years old and gave a fairly detailed description of their clothing. He added

Gray's mother has devoted countless hours to programs for teens such as the YWCA, youth guidance and Pontiac Boys Club. She said the incident made her "really angry."
"We teach our kids not to discriminate, to fight fair and not to be violent. How do they help themselves?" she asked.
"I want to warn parents their kids are not safe at 1:30 in the afternoon," Mrs. Golze added. "I feel so helpless. It's bad enough when people steal, but when they viciously attack a fellow human being, it is unendurable."
Mrs. Golze said both she and Mrs. Baer regretted that no one obtained the name of the woman who stopped to help the boys and flagged the police car.

Group sees diet habits as key to weight control

By CHRISTINE WALDEN
Participation in the Weight Control National program could get you in shape for the summer, providing the summer you're getting in shape for is 1977.
According to Terry Boothman, director of the year-long weight loss program, the problem isn't losing the weight but changing the habits that caused you to gain in the first place.
"We want to control and change eating habits," he said. "It's like breaking any addiction."
As with any addiction there are no miracle formulas; there are no staples in the car, no wired jaws, no 10 glasses of water a day.
Instead, it is a long, hard time of changing habits. It isn't easy and therefore, said Boothman, it doesn't succeed.
It does however produce success.
"The longer the program the longer lasting the results," said Boothman.
During the year that habit of reaching for a cookie whenever you're depressed is broken. Individuals learn about nutrition and proper eating and finally, they acquire a system of controls that, according to Boothman, work where nothing else has.

STILL, ATTACKING the problems of the overeater isn't easy nor is it a fly-by-night commitment.
"We are somewhat evangelistic about what we are doing because of the seriousness of the problem," said Boothman. "There are so many problems caused by overeating. It complicates every other problem and affects your ability to function. It's really an incredibly debilitating thing."
Persons interested in finding out more about Weight Control National and its program may attend a special program at 2 p.m. Sunday in the Southfield Sheraton Hotel or may call 438-8707 in Oakland County or 994-0119 in Ann Arbor.



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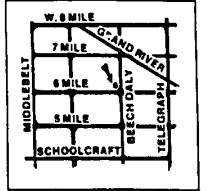
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THE PROGRAM does all that in spite of the social and cultural pressures that cause people to overeat.
"There are many reasons why people overeat," said Boothman. "The impact of the environment on the individual is tremendous. There is a constant bombardment of food and food-related advertisements."
There is also a threat to spouses, friends or a boss when the overweight person becomes thin. Since fat is associated with failure, the overweight person need not be reckoned with, but if he loses weight, there is a change in how he is perceived by others.
While that is a myth, it is one that is believed, said Boothman, and causes problems for the overeater.
The problems include sabotage which both the dieter or the friend trigger.
If, for example, one roommate successfully loses weight, the other may encourage him to start eating again.
"People don't like other people to succeed where they failed," explained Boothman.
The wife who loses 30 pounds also becomes a threat to a husband who liked her the way she was. As a result, the husband may encourage her to fall at her diet.
"People aren't aware of what the failure is," said Boothman. "The pain of failure is greater than the problems of overeating. Then, there develops self-sabotage. Well, I know I probably won't succeed. It's not that it's hopeless, I wanted to fail. Next time I will do well."
"ESSENTIALLY, THE dieter is taking on the whole world," said Boothman.
Weight Control helps by "accentuating the positive, people like to work for pay."
By applying years of research in weight control and behavior, the program teaches individuals that there is a greater reward in drinking orange juice than in eating apple pie.
Consider, said Boothman, a piece of chocolate cake. The overeater may think only of the immediate reward of eating that cake. It would taste good and perhaps turn off some negative feelings. That it would show up a few days later under the waist is not considered.
Weight Control changes the eating habit so that the temporary reward of the cake is replaced with another short term reward which focuses on feeling good for not doing something. That short term reward helps build up confidence to not eat other things and head toward the final goal of developing into a happy, healthy person, said Boothman.
"It's all aimed at getting away from that piece of cake, minute by minute."
THAT IT takes a year isn't surprising. There are three phases to the program. The first is a training period.
They are given a set of tools to manage eating habits," said Boothman.
In the second phase the training period continues, but the learned tools are polished and refined and the control system is perfected. "You hammer out all the bugs."
After about six months in phase one and two, a maintenance period begins. During that time the client goes out on his own and applies the controls he has learned.
If something goes wrong, the individual returns to Weight Control for further help.
"We expect problems to come up, but they should then have the where-with-all and a new capacity to deal with them," said Boothman.
Phase three has an added incentive. Its sessions are paid for in advance, and if the individual is successful on his own and never attends another session, the money is refunded. That, said Boothman, often offers encouragement.
Boothman partly attributes the success of the Weight Control program to its reasonable approach and the research that goes into it. The sessions are run by professionals, such as psychologists, nutritionists, sociologists and others who have been trained in the area.