

No miracles included


Weight control course takes years

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 in 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.


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As with any addition there are no miracle formulas; the 2 are no staples in the diet, no wine jags, 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 sell.

It does, however, produce excess weight. 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.

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 great to spouse, friends or a boss when the overweight person becomes thin. Excess 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, the 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 payoffs."

By applying years of research in weight control, 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 around 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 in not eating other things and leads 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 controls 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 phases 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 shouldn't have the where-with-all and a new capacity to deal with them," said Boothman.

Phase three has an added incentive. Six 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.

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 338-4797 in Oakland County or 994-8019 in Ann Arbor.

Soloists get top ranking

Sixteen Farmington High School students received top ratings in the annual State Solo and Ensemble Music Festival at Harrison High School.

Soloists who received a 1 rating from judges representing Northwestern Michigan were: Betty Bolk, Carol Kamm, David Otto, Bonnie Fuchs, Aa, Pete Sitnick and Doug Williams.

Ensembles (attaining top ratings were Doug Fazzini and Shane Tucker, Vera Brown and Cindy Weaver, and Mark Sternberger and Dan Gadda.

The saxophone quartet of Tim Glennie, Pete Sitnick, Joe Najorka and Doug Williams also received 1 ratings.

Students receiving 11 ratings were soloists Doug Fazzini, Dan Gadda, Lisa Karlsson, Beth Knighton, Barbara Tupper and Jane Vagerter.

Rating 11 ensembles were Heather Hart and Mary Lauer, R Iph Dingle and Kathy Miller.

The brass quartet of Mark Hershorn, Shane Tucker, Tom Hadjak and Bob Basman received 11 ratings.

Other participants were Mark Sternberger and Greg Sawl.

Snail habitat found

Habitat for the snail darter, a small, three-inch long species of fish discovered in Tennessee in 1973, has been determined by Interior's U.S. Fish and Wildlife Service. Keith M. Schreiner, associate director, announced.

The snail darter, *Percina tanasi*, occupies a 17-mile stretch on the Little Tennessee River in Loudon County, Tennessee. It inhabits only portions of clean, gravel shoals with cool, swift, low-turbidity water. The food of the snail darter is almost exclusively snails which are abundant on these shoals and also require clean gravel bottom for their survival.

One consideration used in determining the endangered status that was given to the fish last fall (and the threatened destruction or modification of its habitat and range).

The Fish and Wildlife Service has determined that impoundment of water behind the Tennessee Valley Authority's proposed Tellico Dam would result in the total destruction of the snail darter's present known habitat and eventually cause the last natural occurrence of population of the fish in the wild to be destroyed.

The dam project, underway for about eight years, is more than half completed.

Several specimens of the species have been transplanted to the Tennessee River, a tributary of the Tennessee River, and appear to be doing well.

However, biologists believe it will take several years before they know for sure if the transplanted population survives and reproduces.



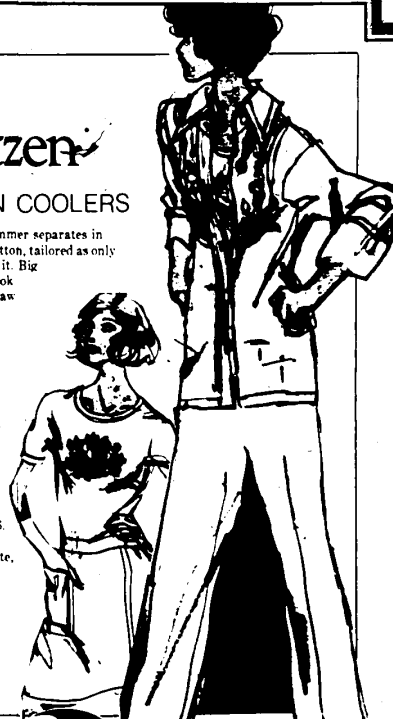
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