

The fashion plate

They shed pounds to enjoy fashion

"We treat fat people," says Dr. Peter Miller, director of the weight control center in the Department of Behavioral Medicine at Hilton Head Hospital, S. Carolina.

"Overweight is caused by a negative energy balance. Which means too much food coming in and not enough being burned up. You remedy the problem by decreasing food intake and increasing physical output."

That, briefly, is how you whittle yourself down from a size 24½ to an 8. No one says it's easy, including those patients who come to Hilton Head Hospital, having failed to keep excess weight off from trying the many fad diets sweeping the country.

An increasing awareness on the part of the American people and the medical profession of the importance of physical fitness, from both health and appearance standpoints, triggered the inception of the Weight Control Center on this beautiful resort island.

Former Birmingham and Bloomfield Hills residents Dorothy and Clarence Hatch now live year-round on the island and devote a great deal of their time and interest to the medical and behavioral control programs at the hospital.

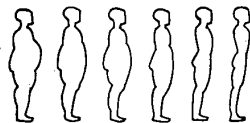
THE GOAL of the Weight Control Center is to offer the overweight individual the opportunity for a longer and more satisfying life through weight loss and permanent control.

Calling it the "fat cell theory," Dr. Miller explained why some people are chronically overweight.

"They develop more fat cells than others," he said. "When you gain or lose weight, the fat cells increase or decrease in size but the number of fat cells does not change. Therefore, some people always have to watch what they eat."

"Fat cells are storage cells, filled with fat. What it comes down to is that overweight people eat too much of the wrong kind of food. In our program, most people lose 20 pounds in a month. As the fat cells decrease and muscle tissue begins to form, they lose three inches all around."

"But the emphasis on weight control should be placed not on weight loss per se, but on modifications in eating habits, activity patterns, and overall life style for permanent maintenance of an ideal weight."



The successful Hilton Head program, in operation for a year, has followed up its first 20 patients for a nine-month period. According to Dr. Miller, other dietary programs have a documented success of from five to 25 per cent, while the Hilton Head program shows a 68 per cent success rate in maintenance of a 20-pound weight loss. Many of these have lost 40 pounds or more and have maintained that weight loss.

PATIENTS LEARN alternatives to fat storing behavioral habits. "Overweight people are more susceptible to the sight or smell of food—it makes them hungry," Dr. Miller said.

"Overweight people are less likely to know when they are really hungry. Fatigue may be interpreted as hunger."

"They think if I eat something, I may feel better. They learn to replace this kind of thinking with non-food alternatives."

Video tapes are used to help them overcome an old eating style. They often see that they take large bites and eat quickly and they learn that their slimmer counterpart takes smaller bites, eats slowly and puts the fork down between bites.

Role playing is an important part of the therapy. The dinner party syndrome is acted out. Participants learn that the "clean plate" theory, perhaps instilled in them from childhood, should be disregarded. They learn that much of their overeating may be done for spite or for reward and they find other outlet channels.

Food is not the only substance abuse. Dr. Miller also succeeds in treating alcohol and smoking abuse which, he says, sometimes goes hand-in-hand with weight problems.

For more information on the program, write Dr. Miller at Hilton Head Hospital, P.O. Box 1117, Hilton Head Island, S.C. 29928.

Volunteers

The Oakland County Volunteer Bureau, a program of the Volunteer Action Center of the United Community Services, has weekly listings of agencies needing volunteers. Further information about these agencies and over 200 others that need volunteer services may be obtained from the Volunteer Bureau, 642-7272.

CAMP OAKLAND is in urgent need of volunteers to work in their summer resident camp program, June 14-August 21. Volunteers may work full or part time as camp counselors, nurse or cook. They must be over 18 years of age and interested in working with special children. Orientation is provided.

THE CITIZEN ADVOCACY PROGRAM, a division of Oakland County Assoc. for Retarded Citizens, is looking for volunteers to work in the areas of script writing and art graphics. Help is needed in designing a new brochure and posters and preparing a script for a slide presentation. The volunteer should have a background in the appropriate field.

SOUTH OAKLAND UNIT OF MICHIGAN CANCER FOUNDATION needs volunteers to act as drivers for cancer patients to be picked up at their homes and taken to either Beaumont, Sinai or Providence hospitals for treatment. Urgent needs are in Oak Park, Royal Oak and Southfield. These volunteers are needed for a six-month period.

50TH DISTRICT COURT IN PONTIAC is looking for volunteers to work in several of their programs.

Volunteer job developers make direct contact with employers to find positions open to probationers. Retired business men and active service groups are preferred for this position. Four hours a week is required, as well as a knowledge of business personnel practices.

Volunteer pre-sentence investigators gather information about the offender's family, health, employment and educational background through an interview. The investigator then writes a report and a recommendation to the judge to supply additional background material. Writing ability and knowledge of a basic interview process is preferred. Students in human science fields are welcome. Training is provided.

UNIQUE MULTI-COLOR TOTE BAG

- Two Separate Pockets DAMP and DRY Items
- Unrolls into 21"x60" Beach Pad with full-length nylon liner
- Bag Size - 21" wide by 16" deep
- Comes in Colorful Prints



Only

\$12.95 plus \$1.00 for tax & delivery

LOTS OF USES

- Beach Bag
- Beach Pad - thick
- Tote Bag
- Tennis Bag
- Racquetball Bag
- Diaper Bag
- Your Own Use



Mail Check/Money Order: All Sports Bag Co. P.O. Box 3711 Oak Park, Mich. 48237 Delivery Guaranteed

THE COMPLETE TIMEPIECE

ROLEX

For **FATHER** June 19th

Durability Unique Design Reliability Chronometer Precision



Separate elements of the Rolex mystique. Owners know all about it. Owning a Rolex is almost as satisfying as making one. For example, this superb, self-winding Datejust, in 14kt. gold and stainless steel, with its exclusive Jubilee bracelet. An officially certified 30-jewel chronometer, pressure-proof down to 165 feet.



Fredrick Jewelers

Hours: Mon-Fri 10-5:30 Sat 10-5:30 Thurs. Evenings 10-9 Appraisals by Appointment 869 West Long Lake Road, just east of Telegraph... 646-0973

QUILTS & PILLOWS
Feather, Down, Wool or Down
MADE or RECOVERED
to any size

- BED PILLOWS - Cleaned & Recovered
- FEATHER BEDS - Made into Quilts & Pillows

BERLIN'S QUILT & PILLOW CO.
For Quilt Brides A Complete Line of New Quilts & Pillows
Free Pickup & Delivery 872-7554

Daisy Dowling Antiques
Complete Household Liquidation
21 North Main-Clarkston, Mi.
Telephone 625-3122 or 625-3062

looking for the best for Dad?
THIS IS IT...

an EMBER-MATIC™ GASGRILL BY ARKLA

a great all-year-round gift
\$169.95
Immediate Delivery

Real "charcoal" flavor with no charcoal mess
Uses natural or bottled gas
Safer, more economical than charcoal or electricity
Grill, bake, fry...any kind of food...any kind of weather

WIGGS • 644-7370 •
4080 TELEGRAPH RD. (at Long Lake Rd.) BLOOMFIELD HILLS
OPEN MONDAY, THURSDAY & FRIDAY EVENINGS 7-9 P.M.

OPEN MONDAY, THURSDAY AND FRIDAY 7-9 P.M.

WIGGS Since 1904

Simmons Hide-A-Beds

10 DAYS ONLY!
Wiggs and Simmons join together to bring you this money-saving event!

You've come to know our superlative Hide-A-Bed Sales...the impeccable styling, wide choice of fabrics, availability of merchandise, and WIGGS UNBEATABLE HIDE-A-BED PRICES. We pride ourselves in bringing you the very best values. Our prices can be compared ANYWHERE. Every beautiful Simmons Hide-A-Bed boasts the world-famous Simmons Innerspring Mattress.

Simmons "Westwood"
66" long Hide-A-Bed opens to Full Size sleeping comfort. Two cushion, tight back, straight arm sleekness.
\$349

Simmons "Atwood"
77½" long Hide-A-Bed opens to queen-size. Two cushion, tight back, lightly curved arms, matching bolsters.
\$349

Simmons "Warwick"
77" long Hide-A-Bed opens to queen-size. Three cushion, loose pillow back style, gently flared tufted arms, matching bolsters.
\$499

Factory Authorized Sale of

TERMS, of course!
TELEGRAPH RD. (at Long Lake Rd.) BLOOMFIELD HILLS • 644-7370