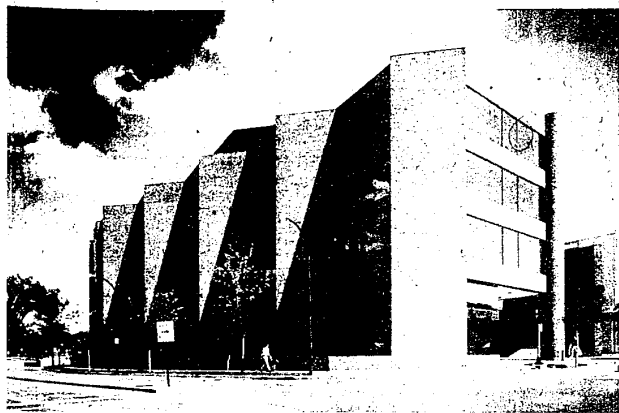




Great American Insurance office building in Birmingham.

Designers win honors

The North Hills Christian Reformed Church of Troy, the Great American Insurance Co. building in Birmingham and Gordon Hall at Cranbrook in Bloomfield Hills were winners of 1976 "M Awards" for excellence in masonry design.

The awards were given by Masonry Institute of Michigan in Farmington Hills. Winning projects were announced at a banquet held on Jan. 15.

These three buildings were among four in Michigan considered "outstanding and worthy of honor awards" by three Philadelphia-area architects who served on the awards jury.

Winning area architects included:

• Straub, Van Dine, Dzurman Architects of Troy for North Hills Christian Reformed Church.

• Rossetti Associates Architects Planners, Detroit, for the Great American Insurance Co. Office Building.

• Taranata MacMahon Paulsen Associates, Inc., Bloomfield Hills for Gordon Hall, Cranbrook.



Gordon Hall at Cranbrook in Bloomfield Hills.

BUSINESS PEOPLE

CRAIG A. DUKES of Troy has been promoted to branch officer in the credit department at Manufacturers Bank. Mr. Dukes joined the bank in 1971, the year he was graduated from Bowling Green State University.



Dukes

E. MARJIN STILES of Bloomfield Hills was named vice-president-sales for the Fastener Group of Key International, Inc. In his new position, Stiles directs the sales efforts of Towne Robinson Fastener Company, Dearborn; Industrial & Automotive Fasteners, Inc., Royal Oak; and Bear-Kat Products, Inc., Troy.

JAMES W. MURRAY of Birmingham has been appointed product manager for the Automotive Marketing Group of Raybestos Manhattan Industrial Products. He had been vice-president and general manager of Quality Gasket Manufacturing Co. in Clawson before joining RMICO.

BRADLEY G. FIELD of Walled Lake has been promoted to manager of administration of Johnson, Johnson & Roy Inc.

WB unionist appointed to art council

Adam M. Donaldson of West Bloomfield, business manager and financial secretary-treasurer of Sheet Metal Workers Local Union 292, has been appointed to the Michigan Council for the Arts, succeeding John F. Mayhew of Ann Arbor, who has resigned.

He will serve the remainder of a term expiring June 1.

A graduate of Wayne State University and Wayne State University Labor School, he has taught construction safety at the WSU Labor Studies Center and related trades courses at Schoolcraft College. He

has served on the executive board of the Michigan Building and Construction Trades Council and as president of the Michigan State Council of Sheet Metal Workers. The appointment, announced by Gov. William Milliken earlier this month, requires senate confirmation.

Juvenile services has new boss

John E. Dowsett is the new director of juvenile services for the Oakland County Juvenile Court. Dowsett today replaces James W. Hunt, who has been the director since 1953.

Dowsett was assistant director for seven years

and prior to that served in various capacities, including court service director, administrative assistant, supervisor of court services, and case work supervisor. He began his employment as a caseworker in the juvenile court.

Dowsett, 45, attended Central Michigan University, receiving a BA in psychology and social services. He also attended Michigan State University for two years. Dowsett resides in Waterford Township with his wife Dorothy and their six children.

Auto club opens new suburban office

Automobile Club of Michigan opened a new branch in Troy Monday to serve more than 20,000 members in the northern suburbs.

It will serve members living in the Troy-Rochester area.

Previously, auto club members used the Rochester-Utica branch, 45700 Mound Road. This will become the Utica branch.

"Auto Club's membership in the Troy-Rochester area has mushroomed to the point where a new branch was needed to meet their needs," said Henry O. Morelli, the new office's manager.

Morelli, 41, is the former manager of the downtown Detroit branch.

A 16-year employee, Morelli started his auto club career as an underwriter-trainee, becoming a regional underwriting manager in 1966 and an underwriting staff assistant one year later.

He will be assisted by James W. Caylor, who was assistant manager of the Grand River office.

Caylor joined the organization in 1956. After serving 10 years as a claim adjuster at the northwest Detroit office, he was appointed Hamtramck branch assistant manager. He was transferred to the Grand River office in 1967.

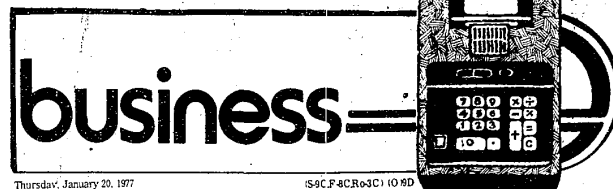
THE NEW TROY office features a fully carpeted, modular-style interior to help reduce office noise and to provide for future expansion.

Services will include auto, boat, home and life insurance, loans, plus worldwide and domestic travel planning.

A brick facade on the building is designed to save energy. The building is fully insulated and bright, efficient fluorescent lighting is suspended as part of the acoustical ceiling.

The reception center and service center has six modular domestic travel counselor stations and an adjacent world travel counselor center to give fast service.

An office-length, modular mural of a forest scene separates the reception and service center from the modular offices.



\$2 bill: It may become Edsel of U.S. currency

Two dollar bills are moving about as fast as molasses in January, say local bankers.

Banks have been encouraged by the federal government to circulate the bills, 400 million of which have been distributed since last April.

"Many of our customers say, 'Oh, I don't want that thing,'" said Evelyn Kelly, of Detroit Bank and Trust in downtown Birmingham.

"Our instructions were to put as many of them in circulation as possible to cut down on printing costs for one dollar bills. But we still have a lot of brand new ones on hand. Very few people will accept them."

Mrs. Kelly said bank customers have reported that some merchants are reluctant to accept the two dollar bills, or deuces, because they don't have a slot in cash drawers for them. "It's also easier to make mistakes when you're making change for a customer," Mrs. Kelly added.

Joyce Snapp, manager of a Michigan National Bank branch office in Troy, echoed Mrs. Kelly's observations.

"The businesses bring them right back. They say it's easy to confuse them with twenties," she said. Mrs. Snapp speculated that some superstitious customers don't want to carry around two dollar bills because they supposedly bring bad luck.

'Many of our customers say, 'Oh, I don't want that thing.'

—Evelyn Kelly,
Detroit Bank and Trust

THE TREASURY Department decided to reissue two dollar bills last year in an effort to save an estimated \$27 million annually in printing costs.

One dollar bills usually wear out in 18 months, and it costs about 1.5 cents to print each of the 1.6 billion singles produced annually.

Since it costs no more to print two dollar bills, the government figured it could save money by replacing half of the worn out singles with deuces.

Inflation was another consideration. The dollar buys less than it used to so the two dollar bill was thought to be a more convenient and logical denomination.

Despite all that, people are shunning the two dollar bills like the plague.

After checking with tellers at the City National Bank in Troy, Asst. Mgr. Dorothy Harrison said, "There are certain customers who will not accept them. I guess they just don't like them, or are afraid they'll give them away as ones."

Added Fred Stonebeck of Wayne-Oakland Bank in Troy, "Most people

don't want to be bothered with them. I guess it's just out of habit; they're not used to them. We've had people refuse to take them."

THE OTHER BANKERS reported similar experiences, adding that they don't force two dollar bills on customers who don't want them.

"We're not going to lose any customers over it," said Mrs. Kelly.

The deuces enjoyed an initial popularity as a new fad, according to Mrs. Kelly. And some people, apparently thinking they will be discontinued, collect two dollar bills as souvenirs.

Merchants are faced with the problem of where to put two dollar bills in cash register drawers. Some contain only four slots and the extra slot on five-slot drawers is usually reserved for checks and coupons.

"Merchants complain that they have to keep them underneath the cash drawers," said Mrs. Kelly.

"So instead of giving them out as change and circulating them, they end up returning them to the banks."

Diet centres help overweight

Bulges pay for some

By LINDA TAYLOR

Diet programs have become big business in our bulging society.

While weight-conscious persons used to automatically think of one organization as the Alcoholics Anonymous for closet munchers, they now can choose from a number of companies.

One started in the area in 1971 and now operating programs in Michigan, Delaware, Florida, Canada and England is Diet Centres International Ltd.

Founded by Lily Ann and Murray Grossman of Oak Park, where its headquarters is still located, Diet Centres sponsors weekly programs at Birmingham and Farmington YMCAs, Tel Twelve and Oakland malls and Congregation Beth Abraham Hillel in West Bloomfield among other area locations.

What makes Diet Centres different from the others?

According to Elaine Lowenthal, who has slimmed from 203 to 114 pounds during her affiliations with two diet companies, "Diet Centres encourages people to eat normally. You never want to binge."

She explained that while it does involve food exchanges, recording of food intake and weekly weigh-in sessions typical of other programs, it is different because "it requires no radical adjustments."

Dieters are "allowed" to eat some sweets and breads so they don't develop cravings. She specified that the diet plan lets clients eat Fudgies and ice milk with chocolate topping in prescribed amounts.

"And there is no emphasis on one food, like fish," she added.

The results, she said, is the firm's claim that x per cent maintain the weight loss. She admits it was that claim, which she saw personified in her dieting sister-in-law, which lured her to Diet Centres.

She now cites her own maintained weight loss, co-founder's Lily Ann Murray's maintained loss of 43 pounds, Murray's 59 pounds and instructor Kay Huberty of Birmingham's 65 pounds, as examples.

Mrs. Lowenthal also said, as explained in company literature, that the organization is geared to people who "feel they are not fat enough to join other diet groups," those who want to lose 10 or 15 pounds.

The literature says the diet plan was devised with the assistance of a doctor, a dietician and a psychologist. Dr. Leonard Birrdorf of Orchard Lake is named as medical advisor.

SPEAKING RECENTLY to a group of weight-conscious women at a West Bloomfield introductory session, Mrs. Lowenthal said, "I know an awful lot about being overweight and dieting."

She shared her theory that "Thin people and fat people think differently. When there's food, we turn into vacuum cleaners with teeth. If it's there and it's not moving, eat it."

Her comments brought laughter but specific incidents, such as eating bonbons in the closet, also brought nods indicating familiarity with the situation.

The audience also nodded in agreement to her statement that people who tend to overeat "get a little bored and they eat, get a little angry and eat."

"She advised there is no such thing as an average weight loss with any program, but that it usually amounts to approximately two pounds a week."

Any information about the location of sessions, which cost \$2.50 a week after the initial registration fee of \$8, may be obtained by calling 546-7526.



HENRY MORELLI



JAMES CAYLOR

Scientists seek sound snoozing

By WILLIAM J. ONEILL
National Geographic News

Insomniacs, take hope, the best brain science and industry are working on you problem.

Science is concerned because it's part of learning more about sleep. Businessmen are interested because there is money in helping people get a good night's rest.

Pharmaceutical companies made that discovery years ago. But sleeping pills, both prescription and over-the-counter, are being developed today in favor of methods intended to induce "natural" sleep.

Eye masks, for example, come in a wide array of sizes, shapes, forms and prices. Assorted plug-in sound systems will fill an insomniac's bedroom with the soothing sounds of a whispering breeze, an ocean surf or a "light rain."

shumbrous sound of running water for centuries. Country inns were usually laid out so that a nearby brook could be diverted to meander past every room, where its gently murmur would help the guests relax.

Dr. Junji Matsumoto of Japan's Tokushima University thinks he has a cure for insomniacs suffering. In laboratory tests, he connected animals with a weak electric current tuned to the same frequency of brain waves at the point when sleep begins. As the frequency was lowered, the animals fell into a deep sleep.

While some persons need eye masks and ear plugs before they can drop off, others find the right combination of sound and light makes them drowsy—a phenomenon familiar to students who must sit through lectures in dimly lit classrooms.

JAPANESE HAVE relied upon the