

volunteers

The Oakland County Volunteer Bureau, a program of the Volunteer Action Center of United Community Services, has weekly listings of volunteer opportunities. Further information about these and other volunteer needs at over 200 agencies may be obtained by calling the bureau at 642-7272. Any non-profit organization needing volunteer assistance may also call the bureau.

OFFICE CLERK — The Royal Oak Senior Citizen Center in Royal Oak is looking for volunteers 16 and older. Anyone interested should have a pleasant voice and should be able to type business letters and take phone messages. Volunteers are needed 10 a.m. to 4:30 p.m. Monday through Friday. Hours are flexible and training is provided.

GRANDPERSON — Persons 55 and over are urgently needed by the TEAM organization (Talent, Experience And Maturity) to share their skills or talents with youngsters in kindergarten through sixth grades. Help is needed to bridge the generation gap. A commitment of one hour a week is required for a period of one school year.

READERS/RECORDERS — Volunteers with a knowledge of math and science are needed by Readings For The Blind in Southfield to prepare recordings regarding these subjects for use by the visually impaired. The time commitment is four hours each week.

FRIENDLY VISITOR — The Southfield Human Resources Department is in need of persons to visit with a senior citizen on a regular basis when convenient. Days are flexible, approximately two hours per week for a six-month period. Training is provided.

'Think Yourself Thin' gets started Saturday

Losing weight and keeping it off takes more than Weight Watchers, Diet Center, Overeaters Anonymous, costly hormone shots or hypnosis, according to nationally acclaimed nutritionist, writer, lecturer and consultant Muriel G. Wagner.

"The missing and most vital link to permanent weight loss is re-education of food habits," says Ms. Wagner, who is a registered dietitian and is currently consultant to the Ford Motor Co.'s Cardiovascular Risk Intervention Program.

She lists among her credentials 24 years as nutritionist with the prestigious Merrill Palmer Institute; consultant to the McGovern Senate Select Committee on Nutrition and Human Welfare (1971 and 1975); Who's Who in Education; and The World's Who's Who of Women.

To prove her point, Ms. Wagner has launched what is considered to be one of the first weight loss clinics based on nutrition in the metropolitan Detroit area.

The group clinic is an off-shoot of a highly successful individualized pilot program she devised in which many prominent Detroit luminaries have taken part.

CALLED "THINK YOURSELF THIN." Ms. Wagner will be offering two informational meetings outlining her program in Pleasant Ridge Community Center, 10 Mile Road at Ridge Road opposite the Detroit Zoo. The meetings, which are open to the public, will be held 1:30 p.m. and at 7:30 p.m. Saturday.

There is no charge.

"To my knowledge, none of the 'popular' weight loss programs presently being offered in the metropolitan Detroit area provide the expertise of a registered dietitian-nutritionist," said Ms. Wagner.

"Nutrition is the corner stone and foundation for any successful weight loss program. 'Think Yourself Thin' is designed, directed and taught by a professional, rather than a lay person, and that's precisely what makes the program so unique.

"Not only will the program offer a diet personally geared to each individual's needs, but teach nutrition and health; how to change food habits; how to prepare foods; deal with changes in life style; how different foods effect individual metabolisms.

"In short, 'Think Yourself Thin' is designed to transform each person from a gourmand to a gourmet," she said.

In order to facilitate personal attention and group process, 'Think Yourself Thin' groups will be limited to 15 members.

Those attending the informational meetings will be eligible for the introductory offer of \$8 per session as well as a refund incentive program based on weekly as well as total weight loss.

For reservations to the cost-free meeting and for additional information regarding 'Think Yourself Thin' call 548-3215, Mondays through Friday between 9 a.m. and 5 p.m.

consumer mailbag

A recent article described farmlands as an endangered species. Is Michigan losing farmlands?

S.C. Birmingham

One conservationist puts the issue in sharp perspective. "Ten years from now Americans could be as concerned over the loss of the nation's prime and important farm lands as they are today over shortages of oil and gasoline."

A Lansing study group, in a statement issued just last month, warned that Michigan is risking the future of its second largest industry — agriculture — by failing to preserve farmland.

Consider, as an example, that on northern Michigan's Old Mission Peninsula overlooking Grand Traverse Bay, a rare and delicately balanced micro-climate permits the growth of astonishingly productive cherry trees. Seventy-seven percent of the nation's tart cherries are produced in this region. The delicate balance of conditions, including climate, soil and location, cannot be duplicated elsewhere.

But one by one the irreplaceable cherry orchards are being replaced by development. In the last six years, fully half of Michigan's cherry trees have been lost to bulldozers and chain saws.

According to the National Agricultural Lands Study in Washington, farmlands are disappearing at an alarming rate. For more information on farmlands, write to East Michigan Environmental Action Council, 5600 Crooks Road, Troy 48068.

ECO-TIP: Upland Hills Ecological Awareness Center Winter Workshops include Solar, Greenhouse, Wood Heating and Wind Power. For registration information write to the center, 2575 Indian Lake, Oxford 48051.

Consumer Mailbag answers your questions on consumer and environmental issues. Address mail to Consumer Mail, Detroit, 1 Northfield Plaza, Troy 48068.

Class Reunions

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Michigan residents interested in solar energy installations for their homes can get information on financing from a publication of the Michigan Department of Commerce and Energy Administration.

Solar financing facts offered

A free directory describes programs that offer financial incentives to buyers of solar and other renewable energy systems. Called Sun Dollars, the booklet lists government-related sources for loans and grants and describes state and federal tax credits available. Single copies of Sun Dollars may be obtained

by writing to the Michigan Department of Commerce and Energy Administration, P.O. Box 30228, Lansing 48909. It is also available by calling the toll-free energy hotline: 1-800-292-4704.

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