



No Cosmetic care for cellulite fat

Question: I have tried a number of commercial treatments to reduce the cellulite deposits on my thighs and buttocks. All have been unsuccessful. What exactly is cellulite and how does one get rid of it?

— Overweight in Southfield

Despite the fact that most medical and nutrition authorities contend that there is no such thing as cellulite, that it is just plain fat tissue of a different consistency, the cosmetics industry insists cellulite does exist.

Cellulite is the term used to describe a peculiar type of fatty tissue, causing the overlying skin to appear dimpled like an orange peel.

Proponents claim it is due to "trapped fat" in the connective tissue, a major layer of the skin, which creates the unsightly bulges. Cellulite is believed to be different from normal fat storage in that, if pinched, the squeezed tissue produces lumps and bumps rather than a smooth surface.

Cosmeticians estimate that more than two-thirds of all women

have some cellulite deposits, most often located in the thigh, buttocks and knee areas.

WHETHER THIS cosmetic condition is unique and can be specifically treated is indeed questionable.

Exorbitant fees are often charged for unfounded "cures" based on a variety of prescriptions for treatment. Unfortunately, the primary reduction often occurs in the subscribers' billfolds.

While vigorous exercise and caloric restriction will cause a general reduction in body fat stores, there is no conclusive scientific evidence that massage, sauna, special skin creams, body wrappings or pseudoelectric devices will break up or reduce cellulite deposits.

Dr. Franklin is co-director of cardiac rehabilitation at Sinai Hospital and a faculty member in the Wayne State University School of Medicine. Send him questions in care of this newspaper.

SEMTA appoints director

Rachel Shrauner, former manager of scheduling and service evaluation for the Southeastern Michigan Transportation Authority (SEMTA), has been named its director of operations.

Ms. Shrauner, 31, heads SEMTA's largest department, with responsibility for 1,000 employees and three operating divisions. The youngest of SEMTA's seven directors, Shrauner is also the first woman to head a department at the authority. As director of operations, Shrauner is responsible for the daily operation of SEMTA's large buses, Dial-A-Ride buses and commuter rail systems, which carry a total of 14 million passengers annually.

Shrauner came to SEMTA in 1976. She entered the public transit industry in 1972 as a bus driver for the Glenview (Ill.) Bus Co. She worked as a dispatcher and then as assistant schedule analyst for the Manhattan and Bronx Surface Transit Operating Authority in 1973-75, and then moved on to scheduling for the San Diego (Calif.) Transit Corp. Shrauner holds a bachelor's degree in economics from Oklahoma Baptist University and has completed graduate courses in traffic engineering at the Polytechnic Institute of New York and in transportation planning at the Transportation Center of Northwestern University in Illinois.

Furniture that's in Vogue!

Calypso by Vogue rattan

featuring fine quality rattan framing. Just the right touch for your home.



\$659.95

See our complete line of Ficks, Reed, Clark and Brown Jordan rattan at...

Terrace
CASUAL, CONTEMPORARY AND PATIO FURNISHINGS

13021 Grand River Farmington Rd. Farmington Hills, MI 48334
10 Mon. - Thurs. 10:00 - 6:00, Fri. 10:00 - 5:00, Sat. 10:00 - 5:00
Master Charge and Visa accepted to use our finance program

Over three years,
how much more
does it cost
to commute
downtown by car
instead of by train?

About as much
as a car costs.

SEMTA

For information, call 962-5515 in Detroit or 1(800)462-5161 toll-free.

SILVER REPLATING SALE



FREE DENT REMOVAL-QUADRUPLE PLATE
GUARANTEED 25 YEARS
HOUSE OF RENEW
CUSTOM REPAIRS
251 MERRILL AVE. SECOND LEVEL
BIRMINGHAM CLOSED MONDAYS
642-0363

25% off
on internationally famous
STEMWARE & DINNERWARE

- LENOX
- ROYAL DOULTON
- NORITAKE
- MIKASA
- MINTON
- OXFORD
- FOSTORIA
- CRISTAL D'ARQUES
- GORHAM
- DURAND
- AMERICAN

Ask about our bridal registry

YANKEE PEDDLER

TWELVE OAKS 349-8090 SOUTHFIELD 357-2122 LIVONIA 522-1850 FAIRLANE 336-6388 WESTLAND 721-5410

Block's Clothes

Of West Bloomfield

SEMI-ANNUAL SALE

through July

- Entire stock of suits, sportcoats, and slacks **20-50% OFF** on Givenchy, Adolfo, Jean-Paul Gaultier, Oleg Cassini, San Remo, Le Baron, Lanvin, Society Brand, Rubin Bros., Cornelianni
- From the House of **GIORGIO SUITS** reg. \$265 now **\$149**
- Dress Slacks values to \$75 now **\$29.88**
- Large Selection of Furnishings **20-50% OFF**
- Designer Ties values to \$25 now **3 for 12.88**

In the Orchard Mall on Orchard Lake Road, just 1/2 block north of Maple Road • 851-9080
STORE HOURS: MON., TUES., WED., and SAT. 10-6 pm THURS. and FRI. 10-9 pm SUN. 12-5 pm



Jewelry Appraisals

By Appointment ... done while you wait. Photos included.

Fredrick Jewelers
444 West Long Lake Road
at Telegraph
646-0973

Amana Appliance Service

V.I.P. SERVICE
Refrigerators And Freezers
Room Air Conditioners
Dehumidifiers and Ranges
Radaraange's
Deepfreeze
Amana
30411 SCHOOLCRAFT
LIVONIA, MI 48150
PARTS & SERVICE
525-4694

SAVE 10%
Coupon
Amana V.I.P. Service is the best available for your Amana appliance. To prove it to you, we will take 10% off the cost of the parts needed to repair your Amana appliance when you call for in home service during the month of July.
Don't GAMBLE away hard earned \$\$\$ on just any service. Call us Today.
Cut out and attach to your AMANA appliance to insure handy access to authorized service.

Amana Parts & Service: an Unbeatable Combination for Security

Murphy's Law
according to Carlos Murphy.
Law #4

"ABSTINENCE MAKES THE HEART GROW NAUSEOUS."



There's a time for holding back. And a time for letting go. If you guessed that the former is Carlos Murphy's time, then we're definitely going to have a failure to communicate.

See, Carlos thinks self-restraint is great if you're a monk. But we reserve our praise for those of you who really like to eat. And there's plenty of opportunity for it here. Strut your stuff on our famous Irish stew or in a Mexican steak burrito. Then stick your face in one of our gargantuan adult-style drinks, and leave it there. We won't accuse you of being rude.

Of course, if you insist on being delicate, there are all kinds of quiches, crepes, salads and cute little side dishes to choose from. Drop by, and put your heart into it.

CARLOS MURPHY'S
FRESH-NEEDY CAFE

© Universal Restaurant System, Inc.

AMERICAN EXPRESS CARD
Don't leave home without it

29244 Northwestern Hwy. Southfield, 352-6330
Open Daily From 11:00 a.m. Sunday Brunch 11:00 a.m.-3:00 p.m.