

Solving hunger problem takes personal focus

MOST OF THE holiday trimmings have been packed away by now. Even the post-holiday sales have given way to the everyday prices of January. After a whirlwind of shopping, parties and gift returns, life is settling into just plain winter.

For some, this all means the doldrums. For others, it means skiing and such. But there is another group of folks out there whose concerns are as basic this week as they were in those weeks before the holidays.

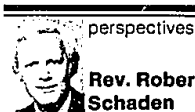
For them, the question is not so much the depth of the bite as Bonye as it is the food supply at home.

THE SALVATION Army has broken camp at the malls. One can even pull up to a traffic light without being tapped for a donation. Many of the groups around town who successfully collected food and toys for Christmas drives are intent on doing even better next year.

In the meantime, however, hunger knows no calendar. The same people who benefited from the food drives of December are huddled in hunger in the off season.

The question, of course, is what can be done the rest of the year for these people about whom so many were concerned in December? To run food drives of holiday magnitude and number throughout the year does not appear to be realistic. To insinuate that no one cares is not being fair to the many generous and truly concerned folks who are counted among the fortunate.

RECENTLY I was on the sidelines of a dinner table discussion on the issue. The person who initiated the conversation expressed his concern that not enough is done throughout the year for the hungry.



perspectives

Rev. Robert Schaden

He said that if only someone could come up with an idea, he sure would like to be a part of the effort. Well, it so happened that at that very table someone did have an idea.

She suggested that he check out the voting records of his representatives in government on hunger-related issues. She also proposed that such efforts, coupled with a similar check of candidates, might be used in making decisions at the voting booth the next time around.

Her suggestions were met with a

comment about Communism and the conversation was quickly ended by the person who began it.

FRANKLY, the woman was right on target. Surely one election will not turn the hunger tragedy around. But she was correct in suggesting that it is a systemic issue.

The food drives, as necessary and generous as they are, provide little more than Band-aid treatment for a condition that is perpetuated by those systems supported by the very agencies that supply the Band-aids.

Perhaps we don't have the wherewithall to put on a food drive every week. Nor was the woman at the dinner table proposing the entire solution.

That does not let us off the hook, however, as long as we proclaim to be for a moral order in society. The only

Are we willing to begin talking about hunger and justice of distribution with at least as much enthusiasm as we discuss the sports scores or the weather?

real order includes justice and where hundreds of thousands of people are without life's essentials, through no fault of their own, justice does not exist.

THE REASONS for this tragedy are many. But in a world where so much intelligence has conquered so many things, I cannot believe that we do not have the intelligence to come up with workable solutions to the horror of hunger.

Experience shows us that we are most likely to do something about the things we think of the most. By the same token, we tend to think about those things we talk about.

Are we willing to begin talking about hunger and justice of distribution with at least as much enthusiasm as we discuss the sports scores or the weather? Or might we tend to change the conversation if someone at the table comes up with a possibility we would rather forget?

Forget fads, plan a long-range diet

If fad diets, pills and devices can pose more health problems than they solve, what is a dieter to do? Is there a safe, effective way to lose weight?

Every year starts with the idea of starting a diet springing at you. You are continually bombarded by ads for a "new and effective way to lose weight" through pills, drinks, books, etc.

However, the longest-lasting answer does not involve miracles or new discoveries. To lose weight, you must simply use up more calories than your body takes in.

This can be achieved by eating less or by exercising more or by a combination of both as most experts recommend. The benefits of a regular exercise program go beyond its calorie-burning capacity.

SOME authorities believe that exercise actually decreases the appetite for a period of time after exercising. In addition, many people find they feel better when they exercise regularly, which is psychologically advantageous to the dieter.

Before starting on a weight-loss program, you should consult your doctor for any underlying medical problems and to insure that the diet program you are starting is right for you.

Women face more of a challenge in losing weight than men do. Because they usually need fewer calories than men to maintain their weight, women must reduce their caloric intake to a lower level to lose.

FOR EXAMPLE, most men can lose one to two pounds a week when consuming 1,500 to 1,600 calories a day. Many women must cut down to 1,000 to 1,200 calories a day to achieve the same weight loss.

Because women are consuming fewer calories, they must pay close attention to the nutrient value of the foods eaten. No person should attempt a 1,000-calorie-a-day diet without consulting their doctor about there possible need for vitamin-mineral supplements.

While women face more of a challenge to lose weight, the same basic principles of healthy weight loss apply to both men and women:



consumer mailbag
Terry Gibb

• Consult a physician and, if possible, a dietitian before starting on a very restricted diet.

• Aim for a moderate weight loss of one to two pounds per week. Research shows that losses in excess of this tend to be losses of water and lean muscle, not body fat.

• Reduce portion-size, but maintain a balanced diet from the four food groups: grains and cereals, eggs and dairy product, fruits and vegetables, and meat, poultry and fish.

• Limit intake of fats, sweets and high-calorie foods.

• Exercise regularly — increase exercise if possible.

Some dieters find more success if they count calories to keep track of how much they're consuming.

It may also be helpful to eat more small meals rather than three large meals a day.

Once the desired weight is lost, to keep it off experts suggest that dieters become aware of the eating habits that caused the weight gain so they won't return to them.

ANOTHER WAY to maintain the new weight is to stick with same foods eaten during the diet, but with slightly larger portions. Finally, any exercise program started during the diet period should be continued as part of life's daily routine.

Much of the failure and relapse of dieters is due to unrealistic expectations that fad diets, pills, potions or devices will quickly and magically "burn away" excess weight. Lasting weight loss cannot happen overnight; it is a lifetime endeavor.

Much of the failure is due to unrealistic expectations that fad diets, pills, potions or devices will magically 'burn away' excess weight.

The Consumer Mailbag answers your questions. Address mail to The Consumer Mailbag, Concern Detroit, 1025 Shelby, Detroit, 48226.

Thinking of Selling Your Jewelry?

SEE ROBERT GALE
Fine Jewelry
in Birmingham
725 S. Adams Rd.
N of 14th & I-65
644-6650
Dined Mon.

See thousands at Best
this is just one

Woodward South of 12 Mile • Royal Oak 543-5300

Atlantic Drapery Shoppe
DRAPERY SALE
Labor \$8 Per Panel
Special Prices Available on Drapery.
Sicover & Upholstery Fabrics
BEST PRICES ON VERTICAL & HORIZONTAL BLINDS

Custom Spreads
Custom Slipcovers
(Labor Special)
CHAIR - '78
SOFA - '98

360 E. MAPLE • BIRMINGHAM • 647-2020/647-0721

YOUR LEARNING DISABLED CHILD CAN SUCCEED

303 WEST MAPLE ROAD BIRMINGHAM, MI 48010 • 642-6070

T.L.C. - THE LEARNING CENTER A non-profit school for learning disabled children.

for learning disabled children is NOW ACCEPTING APPLICATIONS. Kendra Tobes, director utilizes her 20 years of experience teaching LD and EL students to offer a multisensory curriculum. Grades 1 thru 8 which include:

LANGUAGE ARTS • MATHEMATICS • SCIENCE • SOCIAL STUDIES • MUSIC • ART.

T.L.C.'s staff and professional consultants include:

- CERTIFIED SPECIAL EDUCATION TEACHERS
- SPEECH & LANGUAGE THERAPIST
- CLINICAL SOCIAL WORKER/LICENSED OCCUPATIONAL THERAPIST
- CHILD AND ADOLESCENT PSYCHIATRIST
- CLINICAL PSYCHOLOGIST
- PSYCHIATRIC NEUROLOGIST

Partial Scholarships Available

GIVE YOUR CHILD A NEW CHANCE. CALL 642-6070 FOR INFORMATION

Go For It!

Be an Observer & Eccentric Newspaper carrier.
Call 591-0500 for details

THREE SALOT
GOMED ON
Classified
ads

ONE CALL DUALS IT ALL
644-1978 Oakland County
853-4000 Wayne County
853-8332 Rochester-Avon Top
Univ. 1984 in MATTESON

One of Michigan's Largest PIANO & ORGAN EXCHANGE
"TRUST THROUGH CUSTOMER EDUCATION"

We explain... Soundboards
Actions... Cabinet Quality
Manufacturers...
Buy Straight from the Owner

OVER 100 PIANOS ON DISPLAY
Kawai, Yamaha, Steinway, Hohner, Wurlitzer, Walter, Schenckel, Yamaha, Kawai, Yamaha, Clavinova, Clavinova, Clavinova

Rent to own \$39 per piano

329 W. 14 Mile • Clawson
bet. Crooks & Livernois
288-1750

OPEN HOUSE
at
echo park school
Since 1961

SUNDAY, JANUARY 26
2:00 to 4 p.m.

ENROLL NOW FOR '86-'87 SCHOOL YEAR AND SUMMER CAMP
• Parent/Toddler • Pre-School
• Junior Kindergarten • Kindergarten

7273 WING LAKE ROAD
Just north of 14 Mile Road
851-1866

60th FUR

Come see Arpan's latest collection of fashion fur. Crafted into today's new designs... and of course, guaranteed of fine quality when you shop.

Duty & Sales Tax Refunded
On U.S. Fur

Furs by Arpan
Fur Specialist for over 40 years
484 Pelissier St. • W
(519) 253-56
Daily 9 to 5
Fit to 5
Parking on On

The Toy Super Store!
CHILDREN'S PALACE
A COLE NATIONAL COMPANY

SUPER LOW LOW PRICES!
...ON THE MOST WANTED BRAND NAME ITEMS!

Pound Puppies
Pound Puppies
1797 each

Princess Power
A PRINCESS OF POWER CRYSTAL CASTLE
2697
A PRINCESS OF POWER FIGURES (set) 5.97

Masters of the Universe
Masters of the Universe
697 each

Masters of the Universe
Masters of the Universe
497 each

Voltron
Voltron
297 each

Voltron
Voltron
997 each

Valiant
Valiant
5997

Valiant
Valiant
6786

Memorex
Memorex
397

Memorex
Memorex
4486

BLOOMFIELD HILLS
2090 Telegraph Road

DEARBORN
Fairlane Town Center
780 Town Center Drive

ROSEVILLE
Across from Macomb Mall
31900 Gratiot

HALL RD. CROSSINGS
Hall Road & Schoenherr

WESTLAND
35300 Cowan Road
(Adj. to Westland Shopping Center)

SOUTHGATE
Southtowne Crossing Shopping Center
Eureka & Dix