She works to erase the stereotypes

HERE WAS a time when people with disabilities duft interact much with other people. More likely han not, a disabled child attended a school far removed from those occupied by children without disabilities. Most adults didn't work with disabled people or have much contact with them elsewhere.

"I think public acceptance has in-creased, just because disabled peo-ple are more visible," said Susan Beauvais, executive director of the Easter Scal Society of Oakland County.
Disabled Vietnam War veterand who came bome in the 1960s and 1970s contributed to that change, she said.

said.
"You certainly had a more visible group."

where. IN THE LAST 15 years or so, dis-that's started to change, and pub-lic attitudes are changing as well. In the last to be a superior of the classes with other students. That ex-

Weight loss program is fast and fexible

It's the start of a new deep to meet the challenges of the '90s with its new Fast and Fleretibe Program. With today's trents focusing on health, personal style and convenience, Weight Watchers has designed a new state of the art program to support the needs of its members. With so many weight loss plans and subject than ever — running off to work, trying to spend time to devote to a weight loss program. And yet they want to lose the gram. And yet they want to lose the will be considered by Market Fasts survey conducted by Market Fasts inc. for Weight Watchers, more than \$t in 10 Annercans consider them.

time to exercise — leaving nuttime to device to a weight loss program. And yet they want to lose the
weight.

According to a recent national
survey conducted by Market Facts
Inc. for Weight Watchers, more than
six in 10 Americans consider themselves to be overweight. In choosing
a weight loss program, people are
looking for a diet that they can feel
comfortable with, is easy to follow
and complements their busy tife
and their properties of the complete of their
possible weight loss without sacrificing heath, sately or delicious food.

The new Food Plan is heathlier
than ever — with more carbohydrates and less fat — and it allows a
variety of food choices for taste and
flexibility.

Pitza, pasta and vegetable-cheese
sauce, oatmeal-raisin cookies or capuccino mouses are just a few of the
recipes provided on Weight Watchers Fast and Flexible program.

"YOU'RE MOST likely to succeed

"YOU'RE MOST likely to succeed with a program that fits your life-

honoring the right foods for family health another challenge facing dieters is understanding whey they're overweight and itdentifying what triggers them to overcat. Almost everyone surveyed goes on a binge at some time or another. The most common trigger is stress followed by eating out and social events.

"Behaviors and habits that lead to overcating need to be recognized and substituted with healthier, positive actions," asys Mark. "Members learn how to control their own eating behaviors with group support and positive reinforcement."

The survey cited that most Americans believe the support of others is those efforts. The Weight Watchers Group Support System is still a main ingredient to member's success, as it has been since its introduction 27 years ago.

LAST 10 DAYS • SALE ENDS MARCH 10 • LAST 10

posure to people with disabilities has helped change attitudes among the young.
Charsle McNeill, business manager for the Easter Seal Society of Wayne County, also has seen some improvement.

"On, definitely yes," said McNeill, who has worked for the Easter Seal Society for about 12 years. "But there still needs to be a for more education. I can celebrate change, but we sattling out long way to group the Easter Seal Society's goals. The Easter Seal Society's goals the Easter Seal Society's goals. The Easter Seal Society's goals and occupational therapy, speech therapy, social and recreational services, medical evaluations, equipment loan and others.

This year's Easter Seal Telethon will be held Saturday and Sunday, March 3-4. The national event will be broadcast locally by WDIV-TV. Channel 4.

The 1898 Telethon raised \$37 million nationally and \$1.2 million locally. The annual event is designed to raise money and increase public awareness.

The Easter Seal Society has been active in working to make the environment more accessible to disabled people, Beauvais said.

"We certainly were leaders in this effort back in the 1908," said Beauvais, a Beverly Hills resident. Many other organizations now work to climinate architectural barriers, although that job hasn't been completed yet.

McNEILL, A Northville residuation.

MeNEILL, A Northville resident, would like to see more buildings made accessible to people with disabilities.

when they're building, they should hink of these people," she said.
MeNeill has found some people are uncornfortable around those who have disabilities. They may assume a person with multiple sclerosis has a mental disability.
"They need to know that that person's mind is just like theirs. They're aware of everything, same as you are."

are."
McNeill and Beauvais have seen

McNeill and Beauvais have seen some greater awareness among em-ployers of the benefits of hiring dis-abled people. "I see more of it now than I've ever seen," McNeill said. More jobs are available, although some dis-abled people have transportation



Susan Beauvals, a Beverly Hills resident, is ex-ecutive director of the East Seal Society of Oakland County. The agency is getting ready

now for its Easter Seal Telethon Saturday and Sunday, March 3-4,

problems that make getting to work difficult. It's only been in the past three or four years that McNeill has begun to get calls from employers seeking job applicants.

SOME PEOPLE with disabilities have been hired as receptionists at the Easter Seal Society of Wayne County office. McNeill remembers a woman who was a topnotch employ-

ee.
"She's a terrific typist, came to
work every day, never missed a

New Sake's a terrific typist, came to work every day, never missed a day."

New computer technology and various helping devices often mean disabled people are able to work.

People really are able to be more independent. I think that's going to be a critical factor." Convincing employers to hire people with disabilities can still be diffinent.

Easier Scal staffers and volunteres also work to increase awareness of language that's offensive. Using terms such as "crippled" offensive. Using terms such as "crippled".

Studies show that one in eight people will have a temporary or permanent disability at some point in their

tives, Beauvais said.
"That really brings it home."
Agency staffers and volunteers
work to help children understand
what being disabled is all about.
That's done in part through the Hopling program at day care centers,
preschools and elementary schools.
That program is offered in cooperation with Century 21. Children get
pledges for a certain number of minutes and then hop up and down dur-

ing that time, raising so much money for each hop. Youngsters also see a wheelchair, crutches, a Braille book and a hearing aid to help demystry disabilities. "It's amazing how receptive these young children are," Beauvais said For information on the Easter Seal Society of Wayne County, cult 722-3055. For information on the Easter Seal Society of Wayne County, cult 722-3055. For information on the Easter Seal Society of Oak-lund County, cult 338-9026.

ACO employee takes outstanding' award

Michelle Hudson, a lifetime resident of Farmington Hills, made the highest score for the third quarter test of the Advanced Course in Hardware Retailing, and was given the outstanding graduate award" when ACO Hardware hosted its 1990 Garden Pro Seminar in Horma's of Livonia last month.

Hudson is a craduate of Harrison

Hudson is a graduate of Harrison High School, a sophomore at Michi-

The Advanced Course in Hard-ware Retailing is a correspondence course in product knowledge admin-istered by the National Retail Hard-

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