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Our Liz Joins Calorie Counters

With calorie-counting becoming a national pastime, The Observer decided to send an official delegate into one of the many gatherings of lady weight-watchers. Farmington staffer Elizabeth Wissman seemed a natural for the assignment—her co-workers have commented that "she munches Metreplex cookies all day." Here's the first installment of her report.

By ELIZABETH WISSMAN

"Hello, Elizabeth—and how over-weight are you?" That set us back on our heels—our fat heels. We had merely called the Weight-Watchers of Eastern Michigan, Inc. to ask permission to cover a gathering of their clan.

ADMITTING TO over-weight on a public conveyance is as traumatic as stepping on a scale.

Permission was granted and we trekked out to St. Andrew's Church at Telegraph and Maple in a somewhat sceptical frame of mind.

At least, we thought—one Lane Bryant figure looks very much like another and we can hide in a corner so that nobody will see that we also are fat, fat, fat.

SMALL CHANCE.

We had worn a dress we thought concealed the avaricious, but one friendly weight-watcher said on our arrival, "What a great dress. It sure hides your stomach."

Weight-watcher sessions start with congenial, instant pandemonium.

The St. Andrew's group, 70-strong, lined up to pay its \$2 dues (paid each week) and then filed in to the scale for the moment of truth.

Weights were recorded on each gal's card and all cards were handed to Elaine Lowenthal, of Oak Park, who conducts St. Andrew's meetings.

Elaine is as good as any stand-up comedian. But she sells psychology, hitting hard at the unhappiness of being obese.

THESE SESSIONS are like Alcoholic Anonymous meetings or the group therapy employed by psychiatrists. One woman who attends regularly calls it "Getting her fix."

Women who attend are buoyed by being told again that over-weight is not an unsolvable problem.

MAECD Parents Hear Children's Village Head

David Ball, director of the Methodist Children's Village, will address members of the Michigan Association for Emotionally Disturbed Children Wayne County chapter at 8 p.m. Thursday, March 28, in the Garden City Board of Education Room 101.

The chapter will also present its slate of officers for 1968-69 and accept nominations at the session. Refreshments will be served and the public is invited.

AAUW Sets Lansing Day

State Rep. Raymond L. Baker will be the guest of six members of the Farmington branch of the American Association of University Women who plan to attend the AAUW legislative day in Lansing, Wednesday, March 27.

The 64th District Republican will meet with Mrs. Peter Larson, legislative chairman, Mrs. Robert Benjamin, Mrs. John Smith, Mrs. Edge Cope, Mrs. R.M. Grinager and Mrs. Ernest Gaston, Farmington branch president.

The meeting, to be held at the Jack Tar Hotel, will focus on "The Role of the Voluntary Organization in Determining Educational Policy."

Alex Camp, administrative assistant and consultant for legislation and publications for the Michigan department of education, will be keynote speaker.

Michigan legislators will be guests of the AAUW branches in their respective areas at the noon luncheon when Mrs. George Mosher of Birmingham, division legislative program

chairman, gives a resume of the legislative goals of the division.

The Michigan division, long active in the legislative field, has recently approved a resolution supporting the effective budget for both higher and secondary education.

The morning program will feature a panel on pending or needed legislation in the area of education with special emphasis on the financial crisis in public education.

Sweet Adelines Prepare Concert

Several Livonia women will be singing with the Downriver Chapter of Sweet Adelines, Inc., when the group joins the Sharpshooters barbershop quartet to present a concert at 8:15 p.m. Saturday, March 23, in the Detroit College of Applied Science auditorium, Allen Park.

"A Thoroughly Modern Sweet Adeline" is the title of the show.

Area women include Mrs. Joyce Chapman, Mrs. Cathryn Layson and Mrs. Jodi Billington, director.



They can look at Elaine's Rodd Germetrich size figure, look at their own rotundity and rededicate themselves for another week. She freely admits she was once 70 pounds over-weight.

BASICALLY, Weight-Watchers preach self-discipline.

Those who have practiced it enough to have lost weight are commended and encouraged to go on when weight cards are read at each meeting.

It is at this point where the words "illegal" and "illegals" are mentioned. One is "legal" if she has stuck to the diet; "illegal" if she has cheated.

Surprisingly, not many excuses are given for being illegal. The atmosphere seems to negate covering up for eating that hunk of double-fudge chocolate chip cream pie smothered in whipped cream.

If you haven't cheated and have shed 10 pounds you receive a pin engraved with the Weight-Watcher initials and the number 10.

Then you may go on "maintenance" visits to monthly meetings. If you start gaining, you may rejoin and attend weekly.

WE PLAN TO ATTEND another Weight-Watcher meeting next week to copy down some of the recipes to pass along to you.

Besides, it's the middle of the week and we're somewhat in need of another "fix."



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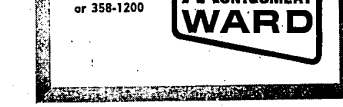


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