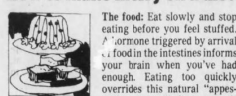


More about New Year's

How to make merry on a diet



The foods eat slowly and satiating before you feel stuffed. A "sommone" triggered by arrival of food in the intestines informs you that you've had enough. Eating too quickly overrides this natural "appetite" and you'll find yourself reaching for seconds while the firsts are still in your stomach.

Eat favorite foods first. That way you'll be more likely to stop when you're satisfied rather than after you've cleared your plate.

The drink Alcohol is a sneaky source of empty calories and undermines the resolve to eat sensibly. This late in the season, though, it ought to be somewhat easier to resist the high-calorie holiday drinks like eggnog, punches and hot buttered rum.

If you are still tempted by eggnog, make it a small one, then switch to a less rich, longer-lasting drink like a wine spritzer (wine with club soda or mineral water). A wine spritzer or hard liquor with plain soda or water in a tall glass with lots of ice obviously lasts longer. If you need a refill, skip or cut down on the alcohol portion.

If you wish to stay away from alcohol entirely, you might try the spritz or a fruit juice (orange, grapefruit or apple) mixed with a noncaloric sparkling water.

Toe that line — now!

Trying to convince a drunk that he or she shouldn't drive home? These tests may be just what you need. Have him or her pick up three coins tossed on the floor, walk heel-to-toe in a straight line, take a few steps in a duck walk position, recite the alphabet, turn in a circle three times without staggering. If any of these fail, arrange a ride for them, call a cab or show them to your guest room at home.

The day after the eve before

"There is no cure for a hangover, save death," said humorist Robert Benchley, who probably researched the matter tirelessly. And many would add that the best weapon against a hangover is with that view.

No trial date was set Wednesday by an Oak Park district judge.

The charges were filed earlier this year but the case was delayed until Walker, 60, a former Detroit and Miami boarding house operator, stood trial for kidnapping five women.

Walker was convicted on three kidnapping counts and sentenced to four years in prison. The latest charges involve the life savings of Leonie Bruno, whom police say Walker met in a Miami hospital and brought to Oakland Court on charges she embezzled the stock portfolio of a 95-year-old Florida woman.

No trial date was set Wednesday by an Oak Park district judge.

The charges were filed earlier this year but the case was delayed until Walker, 60, a former Detroit and Miami boarding house operator, stood trial for kidnapping five women.

Walker was convicted on three kidnapping counts and sentenced to four years in prison. The latest charges involve the life savings of Leonie Bruno, whom police say Walker met in a Miami hospital and brought to Oakland Court on charges she embezzled the stock portfolio of a 95-year-old Florida woman.

No trial date was set Wednesday by an Oak Park district judge.

Skin cancer is a sneaky disease

SKIN, from Page 1B

carcinoma has between a 22 and 50 percent chance of having another one within 18 months, according to Menn.

Squamous cell carcinoma accounts for about 35 percent of the 400,000 new skin cancer cases reported annually by the American Cancer Society. This cancer develops commonly from neglect of a pre-cancerous condition called actinic keratosis. It is the skin cancer most likely to spread to other organs.

Actinic keratosis appears on the skin like small rough patches or little carpet tack bumps. It can be treated with chemotherapy, which involves burning the area — sometimes the whole face — with a cream derived from a chemical called 5-fluorouracil. The treatment, while briefly disfiguring, leaves the skin smooth. Malignant melanoma is the most dangerous of all skin cancers. Of an estimated 6,900 skin cancer deaths in the United States this year, the American Cancer Society says, 5,100 will result from malignant melanoma.

Although less directly related to sun exposure, melanoma still is more common in sunny climates than cold ones. Queensland, Australia, has the highest incidence in the world of melanoma.

This is the disease that may be suspected if a mole changes shape or color or if a new mole appears in an adult. It is most often blue-black, but likely to be other colors.

getting it straight

To insure accuracy, the Free Press will correct in this space any factual error which may occur in our news columns.

Exercise apparel modeled in Thursday's The Way We Live section was from the Dance Centre store in Hunters Square shopping center.

obituaries

George Osborne, DAC employee

By MARCIA VALENTINE
Free Press Staff Writer

George Osborne was supposed to be a tailor. He was trained to be one, as a child on the West Indies island of Montserrat.

But a hurricane in the mid-1920s changed all that.

Because of the storm's devastation, he left Montserrat for another island in the West Indies, where he found work with Shell Oil Co.

In 1929 Mr. Osborne moved that job, but his \$500 savings in his pocket and headed for the United States. He "hated" New York and left the next day for Detroit, according to his daughter, Gwendolyn.

MR. OSBORNE forgot his tailoring career and worked on the steamship lines that ran from Buffalo to Cleveland and Detroit. In 1942, he was hired as a waiter at the Detroit Athletic Club, where he worked until last year.

Mr. Osborne, 77, died Sunday in Harper Hospital after a long illness.

"He couldn't find work as a tailor," Gwendolyn said. "The opportunities were good as the DAC."

Mr. Osborne "loved the U.S.," and thought it was "great" because of its opportunities, she said. "He

didn't want to go back to the island."

He is survived by his wife, Rita; four daughters, Jennifer Keener, Janet, Jill and Jackie; a brother, two sisters, and two grandchildren.

Services will be at 11 a.m. today in Immaculate Conception Catholic Church, 814 W. Neppesing, Lapeer, with burial in Mt. Loretta Cemetery, Lapeer.

Arrangements were made by Muir Bros. Funeral Home, Lapeer.

Herbert Trapp Jr., projects supervisor

Herbert Trapp Jr., a projects supervisor for the Wayne County Road Commission, died of a heart attack Wednesday at his home in Livonia. He was 46.

Mr. Trapp worked at the Road Commission for 26 years.

He is survived by his wife, Joyce; two daughters, Renee and Beth; a son, Christopher, and two sisters.

Services will be at 10 a.m. today in Peace Lutheran Church, 945 Meridian, Livonia, with burial in Glen Eden Cemetery, Livonia.

Arrangements were made by the R.G. & G.R. Harris Funeral Home, 15451 Farmington, Livonia.

Lucille Walker faces embezzlement trial

PONTIAC — Lucille Walker, convicted in June of kidnapping elderly boarders, has been ordered to stand trial in Oakland Circuit Court on charges she embezzled the stock portfolio of a 95-year-old Florida woman.

No trial date was set Wednesday by an Oak Park district judge.

The charges were filed earlier this year but the case was delayed until Walker, 60, a former Detroit and Miami boarding house operator, stood trial for kidnapping five women.

Walker was convicted on three kidnapping counts and sentenced to four years in prison. The latest charges involve the life savings of Leonie Bruno, whom police say Walker met in a Miami hospital and brought to Oakland Court on charges she embezzled the stock portfolio of a 95-year-old Florida woman.

No trial date was set Wednesday by an Oak Park district judge.

The charges were filed earlier this year but the case was delayed until Walker, 60, a former Detroit and Miami boarding house operator, stood trial for kidnapping five women.

Walker was convicted on three kidnapping counts and sentenced to four years in prison. The latest charges involve the life savings of Leonie Bruno, whom police say Walker met in a Miami hospital and brought to Oakland Court on charges she embezzled the stock portfolio of a 95-year-old Florida woman.

No trial date was set Wednesday by an Oak Park district judge.

The charges were filed earlier this year but the case was delayed until Walker, 60, a former Detroit and Miami boarding house operator, stood trial for kidnapping five women.

Walker was convicted on three kidnapping counts and sentenced to four years in prison. The latest charges involve the life savings of Leonie Bruno, whom police say Walker met in a Miami hospital and brought to Oakland Court on charges she embezzled the stock portfolio of a 95-year-old Florida woman.

No trial date was set Wednesday by an Oak Park district judge.

The charges were filed earlier this year but the case was delayed until Walker, 60, a former Detroit and Miami boarding house operator, stood trial for kidnapping five women.

Walker was convicted on three kidnapping counts and sentenced to four years in prison. The latest charges involve the life savings of Leonie Bruno, whom police say Walker met in a Miami hospital and brought to Oakland Court on charges she embezzled the stock portfolio of a 95-year-old Florida woman.

No trial date was set Wednesday by an Oak Park district judge.

The charges were filed earlier this year but the case was delayed until Walker, 60, a former Detroit and Miami boarding house operator, stood trial for kidnapping five women.

Walker was convicted on three kidnapping counts and sentenced to four years in prison. The latest charges involve the life savings of Leonie Bruno, whom police say Walker met in a Miami hospital and brought to Oakland Court on charges she embezzled the stock portfolio of a 95-year-old Florida woman.

No trial date was set Wednesday by an Oak Park district judge.

The charges were filed earlier this year but the case was delayed until Walker, 60, a former Detroit and Miami boarding house operator, stood trial for kidnapping five women.

Walker was convicted on three kidnapping counts and sentenced to four years in prison. The latest charges involve the life savings of Leonie Bruno, whom police say Walker met in a Miami hospital and brought to Oakland Court on charges she embezzled the stock portfolio of a 95-year-old Florida woman.

No trial date was set Wednesday by an Oak Park district judge.

The charges were filed earlier this year but the case was delayed until Walker, 60, a former Detroit and Miami boarding house operator, stood trial for kidnapping five women.

enjoyed working with people and liked the camaraderie of working with them (at the DAC)."

BECAUSE he met his two goals in life — buying a house and putting his daughter through college — Mr. Osborne decided in 1971 to retire. "But he didn't really retire," Gwendolyn said. "He worked up until last year (1981) — there was a certain satisfaction in a job well done and he liked the people. He enjoyed that interaction. He was the kind of man who was strong but a gentle man. He had that kind of quiet touch that endeared him to people."

Besides his daughter, survivors include his brother, a sister and two grandsons.

Services will be at 9 a.m. today at Bethel AME Church, 5050 St. Antoine, Detroit. Burial will be at Detroit Memorial Park, Warren.

Arrangements were made by the James Cole Funeral Home, 2624 W. Grand Blvd., Detroit.

John Clerlew, 99, retired machinist

John Clerlew, a retired machinist, died Wednesday in Presbyterian Village after a short illness. He was 99.

A native of Scotland, Mr. Clerlew lived in Detroit for more than 50 years. He worked for Brown & McLaren Co. in Detroit from 1921 until 1953.

He is survived by a daughter, Barbara Kitchen, and four grandchildren.

Services will be at 2 p.m. today in Kirk in the Hills Presbyterian Church, 1340 W. Long Lake, Bloomfield Hills. Burial will be in Oakview Cemetery, Royal Oak.

Arrangements were made by the Wm. R. Hamilton Co., 820 E. Maple, Birmingham.

Norbert Kapala, retired businessman

Norbert Kapala, a retired businessman, died of a heart attack Wednesday at Lapeer County General Hospital in Lapeer.

Mr. Kapala, 50, owned and operated J.N.R. Heating & Air Conditioning in Troy with his wife for 16 years. In 1976, he closed the business and opened Kapala Heating & Air Conditioning in Lapeer. He retired in January 1982.

He is survived by his wife, Rita; four daughters, Jennifer Keener, Janet, Jill and Jackie; a brother, two sisters, and two grandchildren.

Services will be at 11 a.m. today in Immaculate Conception Catholic Church, 814 W. Neppesing, Lapeer, with burial in Mt. Loretta Cemetery, Lapeer.

Arrangements were made by Muir Bros. Funeral Home, Lapeer.

Herbert Trapp Jr., projects supervisor

Herbert Trapp Jr., a projects supervisor for the Wayne County Road Commission, died of a heart attack Wednesday at his home in Livonia. He was 46.

Mr. Trapp worked at the Road Commission for 26 years.

He is survived by his wife, Joyce; two daughters, Renee and Beth; a son, Christopher, and two sisters.

Services will be at 10 a.m. today in Peace Lutheran Church, 945 Meridian, Livonia, with burial in Glen Eden Cemetery, Livonia.

Arrangements were made by the R.G. & G.R. Harris Funeral Home, 15451 Farmington, Livonia.

2 peace groups protest in D.C.

WASHINGTON — Members of the Guardian Angels, a crime-fighting group that patrols urban neighborhoods in 40 cities, demonstrated in front of the White House Thursday to protest the killing of one of their members a year ago.

And the brothers Berrigan, whose frequent arrests were a hallmark of the anti-Vietnam war movement, were among 16 people taken into custody Thursday at the Pentagon during a nuclear weapons protest.

The Rev. Daniel Berrigan said the demonstrators were trying to point out "the waste of the world's resources in the service of nuclear arms" and the price paid by the poor and homeless for the arms race.

ANGELS MEMBER Frank Melvin was shot about midnight Dec. 30, 1981, by a Newark, N.J., police officer who said he thought Melvin was about to attack his partner.

Angels founder Curtis Silva, standing outside the White House fence Thursday, complained that Melvin's death had been ignored.

Silva, wearing a gray overcoat and the organization's red beret, spoke while other members of the group huddled against near-freezing temperatures. President and Mrs. Reagan were away, bringing in the new year in Palm Springs.

A promise by Assistant Attorney General William Bradford Reynolds to investigate the shooting has not been kept, Silva said.

Fourteen Guardian Angels, wrapped in sheets, lay down on the concrete sidewalk in front of the cast-iron fence that runs along Pennsylvania Avenue. A coffin-like box nearby was draped with an American flag.

Silva said nobody wants to take responsibility for providing care for Melvin's wife and children.

LAST FEBRUARY, a grand jury cleared Newark policeman Milton Medina of any criminal liability in the Melvin shooting. Medina fired a single shot from the roof of a tavern during a burglary probe in what he said was the mistaken belief that Melvin was about to attack his partner.

The Angels have maintained that Melvin was shot by another officer, Donald Kars, and authorities conspired to cover up the incident.

The Angels have also charged that city officials in October, alleging he was "intentionally and wantonly" killed. The officers have used Silva and his organization for libel and slander. Both lawsuits are in U.S. District Court in Newark.

Silva said there are about 3,750 Guardian Angels in 40 cities in 25 states, including about 1,000 in New York City. Detroit has a small group, 10 members in September. The group was formed in February 1979 in New York to patrol the subways and other high crime areas and to be a visible deterrent to crime.

AT THE PENTAGON nuclear weapons protest, some of the about 75 demonstrators handcuffed themselves together and tried to block an entrance to the Defense Department headquarters. They also spilled what they said was blood on the steps.

Police said 13 men — including brothers Daniel, Philip and John Berrigan — and three women were arrested for obstructing access to the building.

Carroll Weiner at the U.S. attorney's office in nearby Alexandria, Va., said all those arrested were released after being given notices to appear before federal magistrates. Different court dates were set for various members of the group.

DETROIT FREE PRESS/PA. Dec. 31, 1982 38

Death Notices

Funerals Today

Ardell, Carl, Services 10 a.m. at the James Cole Funeral Home, 2624 W. Grand Blvd., Detroit.

Bauer, Marcella, Funeral 9:45 a.m. at the James Cole Funeral Home, 2624 W. Grand Blvd., Detroit.

Benson, Ernest, Funeral services 10 a.m. at the James Cole Funeral Home, 2624 W. Grand Blvd., Detroit.

Carlson, Grace, Funeral 10 a.m. at the James Cole Funeral Home, 2624 W. Grand Blvd., Detroit.

Cherlew, Henry, Memorial services 10:30 a.m. at the James Cole Funeral Home, 2624 W. Grand Blvd., Detroit.

Clerlew, John, Services 7 p.m. at the James Cole Funeral Home, 2624 W. Grand Blvd., Detroit.

Dragnick, Stanley, Funeral 10 a.m. at the James Cole Funeral Home, 2624 W. Grand Blvd., Detroit.

Englund, John, Services 10 a.m. at the James Cole Funeral Home, 2624 W. Grand Blvd., Detroit.

Friedrich, Anna, Funeral 10 a.m. at the James Cole Funeral Home, 2624 W. Grand Blvd., Detroit.

Hayes, Peter, Funeral 10 a.m. at the James Cole Funeral Home, 2624 W. Grand Blvd., Detroit.

Hawke, Charles, Funeral 9 a.m. at the James Cole Funeral Home, 2624 W. Grand Blvd., Detroit.

Harabedian, Paul, Services 10 a.m. at the James Cole Funeral Home, 2624 W. Grand Blvd., Detroit.

Hawke, Charles, Funeral 9 a.m. at the James Cole Funeral Home, 2624 W. Grand Blvd., Detroit.

Hawke, Charles, Funeral 9 a.m. at the James Cole Funeral Home, 2624 W. Grand Blvd., Detroit.

Hawke, Charles, Funeral 9 a.m. at the James Cole Funeral Home, 2624 W. Grand Blvd., Detroit.

Hawke, Charles, Funeral 9 a.m. at the James Cole Funeral Home, 2624 W. Grand Blvd., Detroit.

Hawke, Charles, Funeral 9 a.m. at the James Cole Funeral Home, 2624 W. Grand Blvd., Detroit.

Hawke, Charles, Funeral 9 a.m. at the James Cole Funeral Home, 2624 W. Grand Blvd., Detroit.

Hawke, Charles, Funeral 9 a.m. at the James Cole Funeral Home, 2624 W. Grand Blvd., Detroit.

Hawke, Charles, Funeral 9 a.m. at the James Cole Funeral Home, 2624 W. Grand Blvd., Detroit.

Hawke, Charles, Funeral 9 a.m. at the James Cole Funeral Home, 2624 W. Grand Blvd., Detroit.

Hawke, Charles, Funeral 9 a.m. at the James Cole Funeral Home, 2624 W. Grand Blvd., Detroit.

Hawke, Charles, Funeral 9 a.m. at the James Cole Funeral Home, 2624 W. Grand Blvd., Detroit.

Hawke, Charles, Funeral 9 a.m. at the James Cole Funeral Home, 2624 W. Grand Blvd., Detroit.

Hawke, Charles, Funeral 9 a.m. at the James Cole Funeral Home, 2624 W. Grand Blvd., Detroit.

Hawke, Charles, Funeral 9 a.m. at the James Cole Funeral Home, 2624 W. Grand Blvd., Detroit.

Hawke, Charles, Funeral 9 a.m. at the James Cole Funeral Home, 2624 W. Grand Blvd., Detroit.

Hawke, Charles, Funeral 9 a.m. at the James Cole Funeral Home, 2624 W. Grand Blvd., Detroit.

Hawke, Charles, Funeral 9 a.m. at the James Cole Funeral Home, 2624 W. Grand Blvd., Detroit.

Hawke, Charles, Funeral 9 a.m. at the James Cole Funeral Home, 2624 W. Grand Blvd., Detroit.

Hawke, Charles, Funeral 9 a.m. at the James Cole Funeral Home, 2624 W. Grand Blvd., Detroit.

Hawke, Charles, Funeral 9 a.m. at the James Cole Funeral Home, 2624 W. Grand Blvd., Detroit.

Hawke, Charles, Funeral 9 a.m. at the James Cole Funeral Home, 2624 W. Grand Blvd., Detroit.

Hawke, Charles, Funeral 9 a.m. at the James Cole Funeral Home, 2624 W. Grand Blvd., Detroit.

Hawke, Charles, Funeral 9 a.m. at the James Cole Funeral Home, 2624 W. Grand Blvd., Detroit.

Hawke, Charles, Funeral 9 a.m. at the James Cole Funeral Home, 2624 W. Grand Blvd., Detroit.

Hawke, Charles, Funeral 9 a.m. at the James Cole Funeral Home, 2624 W. Grand Blvd., Detroit.

Hawke, Charles, Funeral 9 a.m. at the James Cole Funeral Home, 2624 W. Grand Blvd., Detroit.

Hawke, Charles, Funeral 9 a.m. at the James Cole Funeral Home, 2624 W. Grand Blvd., Detroit.

Hawke, Charles, Funeral 9 a.m. at the James Cole Funeral Home, 2624 W. Grand Blvd., Detroit.

Hawke, Charles, Funeral 9 a.m. at the James Cole Funeral Home, 2624 W. Grand Blvd., Detroit.

Hawke, Charles, Funeral 9 a.m. at the James Cole Funeral Home, 2624 W. Grand Blvd., Detroit.

Hawke, Charles, Funeral 9 a.m. at the James Cole Funeral Home, 2624 W. Grand Blvd., Detroit.

Hawke, Charles, Funeral 9 a.m. at the James Cole Funeral Home, 2624 W. Grand Blvd., Detroit.

DETROIT FREE PRESS/PA. Dec. 31, 1982 38

Funerals Today

Ardell, Carl, Services 10 a.m. at the James Cole Funeral Home, 2624 W. Grand Blvd., Detroit.

Bauer, Marcella, Funeral 9:45 a.m. at the James Cole Funeral Home, 2624 W. Grand Blvd., Detroit.

Benson, Ernest, Funeral services 10 a.m. at the James Cole Funeral Home, 2624 W. Grand Blvd., Detroit.

Carlson, Grace, Funeral 10 a.m. at the James Cole Funeral Home, 2624 W. Grand Blvd., Detroit.

Cherlew, Henry, Memorial services 10:30 a.m. at the James Cole Funeral Home, 2624 W. Grand Blvd., Detroit.

Clerlew, John, Services 7 p.m. at the James Cole Funeral Home, 2624 W. Grand Blvd., Detroit.

Dragnick, Stanley, Funeral 10 a.m. at the James Cole Funeral Home, 2624 W. Grand Blvd., Detroit.

Englund, John, Services 10 a.m. at the James Cole Funeral Home, 2624 W. Grand Blvd., Detroit.

Friedrich, Anna, Funeral 10 a.m. at the James Cole Funeral Home, 2624 W. Grand Blvd., Detroit.

Hayes, Peter, Funeral 10 a.m. at the James Cole Funeral Home, 2624 W. Grand Blvd., Detroit.

Hawke, Charles, Funeral 9 a.m. at the James Cole Funeral Home, 2624 W. Grand Blvd., Detroit.

Harabedian, Paul, Services 10 a.m. at the James Cole Funeral Home, 2624 W. Grand Blvd., Detroit.

Hawke, Charles, Funeral 9 a.m. at the James Cole Funeral Home, 2624 W. Grand Blvd., Detroit.

Hawke, Charles, Funeral 9 a.m. at the James Cole Funeral Home, 2624 W. Grand Blvd., Detroit.

Hawke, Charles, Funeral 9 a.m. at the James Cole Funeral Home, 2624 W. Grand Blvd., Detroit.

Hawke, Charles, Funeral 9 a.m. at the James Cole Funeral Home, 2624 W. Grand Blvd., Detroit.

Hawke, Charles, Funeral 9 a.m. at the James Cole Funeral Home, 2624 W. Grand Blvd., Detroit.

Hawke, Charles, Funeral 9 a.m. at the James Cole Funeral Home, 2624 W. Grand Blvd., Detroit.

Hawke, Charles, Funeral 9 a.m. at the James Cole Funeral Home, 2624 W. Grand Blvd., Detroit.

Hawke, Charles, Funeral 9 a.m. at the James Cole Funeral Home, 2624 W. Grand Blvd., Detroit.

Hawke, Charles, Funeral 9 a.m. at the James Cole Funeral Home, 2624 W. Grand Blvd., Detroit.

Hawke, Charles, Funeral 9 a.m. at the James Cole Funeral Home, 2624 W. Grand Blvd., Detroit.

Hawke, Charles, Funeral 9 a.m. at the James Cole Funeral Home, 2624 W. Grand Blvd., Detroit.

Hawke, Charles, Funeral 9 a.m. at the James Cole Funeral Home, 2624 W. Grand Blvd., Detroit.

Hawke, Charles, Funeral 9 a.m. at the James Cole Funeral Home, 2624 W. Grand Blvd., Detroit.

Hawke, Charles, Funeral 9 a.m. at the James Cole Funeral Home, 2624 W. Grand Blvd., Detroit.

Hawke, Charles, Funeral 9 a.m. at the James Cole Funeral Home, 2624 W. Grand Blvd., Detroit.

Hawke, Charles, Funeral 9 a.m. at the James Cole Funeral Home, 2624 W. Grand Blvd., Detroit.

Hawke, Charles, Funeral 9 a.m. at the James Cole Funeral Home, 2624 W. Grand Blvd., Detroit.

H