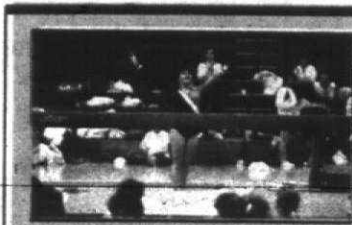


Bass player rocks
with Bob Seger, 1D



Gymnastic
champs, 1B

Preschool program
wins accolades, 3A

Canton Observer

Volume 12 Number 66

Monday, March 9, 1987

Canton, Michigan

46 Pages

Twenty-five cents

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The Canton Connection

BEST ARTISTS: The student fine art awards, sponsored by the Plymouth Community Arts Council for grades six to nine, were held recently with some \$1,000 in prizes distributed.

Winners were: piano, Richel Folland, first, Amy Sullivan and Jeany Cheng, tied for second; art, Jennifer Freese, first, Eric Stanley and Matthew Myhrum, tied for second; violinist, Ian Riley, first, James Gross, second; dance, Augie Raschke, first, Nina Riley, second; voice, Jennifer Hunter, first; creative writing, Neal Lao, first.

MARKING SITES: The Canton Historic District Commission, in celebration of the Michigan Sesquicentennial, has an historic marker program to honor the owners of designated historic sites in Canton.

Bronze exterior wall markers and framed certificates will be presented to the owners of historic buildings that fit the criteria for local designation. The marker program will be kicked off with a presentation by Terri Bennett, commission chair, in recognition of the six sites that already have been designated, at 7 p.m. Tuesday, during the meeting of the Canton Board of Trustees, in the main meeting room.

Residents receiving plaques will be: Mr. and Mrs. John McLaughlin, owners of the Huston homestead on Ridge; Mr. and Mrs. Peter Morrocco, owners of the Truesdell home on Haggerty; the Rev. and Mrs. John Henry, representing the Cherry Hill Methodist Church congregation.

Other buildings to receive the designation include the Cherry Hill School, now being renovated, the Hough School on Warren, and the Canton Historical Museum on Canton Center Road.

HONORED AGAIN: Scott Beaman, social studies teacher at Plymouth Salem High School, has received another honor. Beaman recently was named Teacher of the Year by the Farmington DAR.

After that Beaman was named Social Studies Educator of the Year by the Michigan Council for

Please turn to Page 6

County steps up Canton paving

By Diane Gale
staff writer

Roads in Canton have gone full circle.

Growth spawned more traffic. Increased flows drew attention to improve roads. And better thoroughfares attract more people.

During the next three years, Wayne County has scheduled projects on more than 14 stretches of road.

Why is the county devoting so much money and effort to making Canton streets easier to travel?

"Canton has a lot of gravel roads with a high traffic volume," said Alan Richardson, assistant county highway engineer.

"A lot of the more mature communities to the east don't have the

same needs. And other communities don't have the problems that Canton has."

THE FOLLOWING are road improvement projects targeted by Wayne County:

- Warren will be paved from Canton Center to Beck. A contractor likely will be hired in spring to do initial work and county crews will start paving in fall at the earliest.

- Sheldon Center will be constructed from Canton Center to Sheldon. A contractor has started initial work. County crews are expected to begin paving in fall.

- Hampton Court West subdivision residents complained about potential speed problems with the road that will run through their neighborhood. Richardson said the speed limit will

be determined by traffic studies after the road is completed.

- Warren between Lilley and Haggerty will be paved. Preliminary designs are under way. It's uncertain whether the county will begin paving this year.

- Warren between Lotz and the township line is expected to be paved by the fall of 1988.

- Geddes between Ridge and the county line will be resurfaced by 1988.

- Beck between Joy and Warren will have preparatory work done in 1989 and should be paved in 1989 or 1990.

- Joy between McClumpha and Canton Center will be resurfaced in 1989.

- Joy between McClumpha and Beck will be paved in 1989 or 1990.
- Hannan between Glenwood and

Van Born should be resurfaced in 1989.

- Beck between Warren and Cherry Hill will have preparatory work done in 1990. Paving could begin in 1990 or 1991.

- Cherry Hill between Beck and Ridge will be resurfaced in 1990.

- Ridge between Cherry Hill and Coline should be resurfaced in 1990.

- Joy between I-275 and Hix will be resurfaced in 1990.

OTHER ROAD PROJECTS also are under way.

Residents who live near Haggerty between Cherry Hill and Palmer have rallied county officials to pave the bumpy road. They finally won the battle.

Design work to pave the road has started but it's unclear whether the job will be completed this year. The

project will be funded with 75 percent of the costs coming from federal coffers and 25 percent from Canton's budget.

Morton Taylor between Warren and Joy is expected to be constructed by the Coventry Commons East developer, Nelson/Ross.

The county has requested the right-of-way from Mettetal Airport owners to correct the jog in the road at Lilley and Joy, Richardson said.

Another S-shaped curve that has caused community complaints is Cherry Hill west of Hix and east of Lotz.

"We're presently considering what we want to do about that," Richardson said. The developer east of the S-curve has committed to putting in a new road, Richardson said. The county also is working on a joint project with Westland.

DPW enters the video age

By Diane Gale
staff writer

Videos of floating toilet paper and other sewer debris don't have a chance of hitting the bestseller list.

But they captivate a select audience of Canton Department of Public Works employees who won't tear their eyes from the video screen.

DPW Director Jake Dingeldey says the video equipment should limit excess water seepage into the sewer system. The videos are among other plans to curtail seepage.

"We're getting too much water in our sewer system," Dingeldey said. "Some can be eliminated but all of it can't be."

If every homeowner installed a sump pump it would eliminate the problem, Dingeldey says. He laughed and said it's unlikely that will happen.

IF THE SEEPAGE is limited, there should be less basement flooding. It also will limit the need for the township to pump after heavy rain storms and when large amounts of snow melt.

The Department of Natural Resources criticizes Canton for pumping, citing waste dumped in the Rouge River. Canton development projects have been threatened by

DNR denials of sewer extensions because of alleged excess flow.

But the video tapes are expected to make a difference, Dingeldey says.

The tapes are produced in Truck Number 7. It looks like any other DPW vehicle, until walking inside.

An elaborate video system is inconspicuously at the back of the truck behind the grove equipment. The grove will be used to repair sewer leaks identified on the videos.

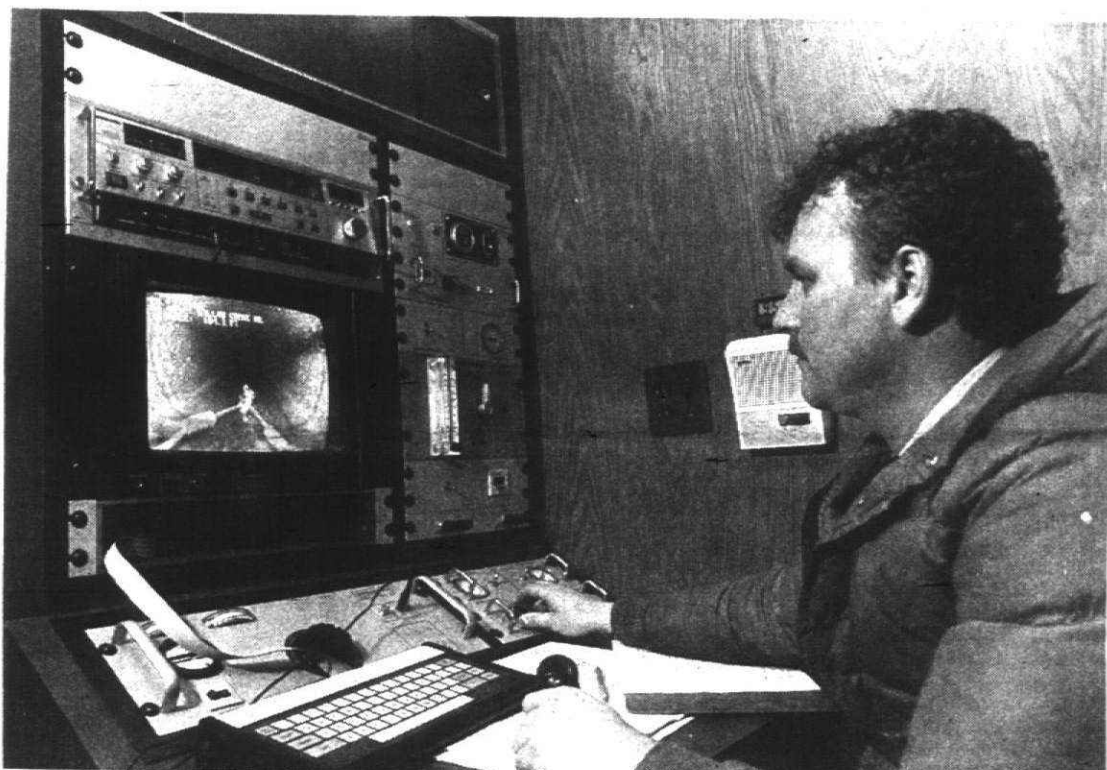
A camera is lowered from a manhole and scans the length of the sewer until it's brought up at the next manhole. An operator makes notes about sewer line conditions as the camera makes its way through the system. The videos will be used to decide where repairs are needed.

Next month, DPW workers will be trained on how to repair the leaks, said Dingeldey.

CANTON BOUGHT the \$122,000 truck last month.

Dingeldey predicts the investment will be recouped by repairing a "couple of the leaks" that could deteriorate and cause a sewer failure. Each sanitary sewer failure costs the township about \$70,000 to repair.

Three employees will be added to the DPW and a crew of workers will work specifically on the sewer program, Dingeldey said. All of the



BILL BRESLER/staff photographer

Karl Gorham, DPW worker, directs a video camera inch by inch through Canton's sanitary sewers looking for leaks or potential problems.

sewers in Canton will be videotaped.

Brookside and Willow Creek subdivisions were the first areas targeted by the crews.

Brookside — south of Cherry Hill and east of Lotz — has the most basement flooding.

Willow Creek — north of Ford be-

tween Lilley and Morton Taylor — has the most sewer line breaks.

Cleaning sewers and maintaining the 4,000 sewer manholes are other programs to limit sewer leakage, Dingeldey said.

"We went to Brookside and repaired all the manholes but we're still getting a lot of water," he said.

"There are no leaks in the system."

Dingeldey said he suspects the water is getting in the sewer system by seeping from the perimeter of the house. He noted the importance of a recently adopted downspout ordinance requiring residents to install extended downspouts from their houses.

Prisons generate few fears locally

By Doug Funke
staff writer

You might think that people who live close to one prison — let alone three — would do so reluctantly, walk around in fear with the doors bolted, shades drawn and sleep with one eye open.

While that might be a popular perception, it doesn't appear to be the reality here.

Listen to the voices of Plymouth Township residents who live on Five Mile Road close to the Western Wayne Correctional Facility, Phoenix Correctional Facility and Scott Regional Correctional Facility.

"We've been out here 20 years," said Florence Cook. "It just doesn't really bother us that much. You just don't think about it."

And you, Joan and Kenneth Bolland, township residents since 1954? "I never even think about it," she said. "What we're thinking is going to squeeze us out is all this industrial coming out."

"They get out, they don't stay around here," he said of escapees. "If you worry about that, you worry yourself to death."

Kenneth Freeman said he's no more fearful now than when he bought his property about 10 years ago.

"It seems more secure now at Western Wayne. If they had problems, they were supposed to call us. They haven't, so I guess there's no

more problems."

NONE OF several people contacted at the Oak Haven Trailer Court, about a mile from the Western Wayne Correctional Facility, expressed fears about living so close to the prisons.

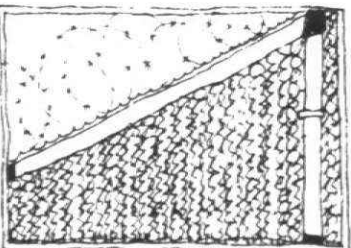
"We've been here about four years and we haven't had any trouble," said Rita Little. "I thought if somebody would escape, they wouldn't come here because they'd probably look here first."

"Plus we have a dog. He'll take care of us," she added with a laugh.

Sherie Hart, another four-year resident, said she's seen inmates in an area prison yard while walking.

"I know they're down there — but they don't bother me," she said. "I never had any safety concerns for myself or little girl."

Robert Hock provided similar analysis of the prisons.



"They seem to be pretty well protected, pretty secure," he said.

ANTHONY BATTLE, who lives off Five Mile, was the only person in the private sector interviewed by the Observer who said that the prisons had a negative impact on his life.

That impact was more economic than social.

"It was mostly valuation of the property," he said. "It had gone down until investors came around for commercial, so we decided to get out now while we can. I was afraid if we didn't sell now, I was afraid I'd lose more."

Supervisor Maurice Breen and Police Chief Carl Berry are most concerned about Western Wayne Correctional Facility. That's because it's the most antiquated of the three and the only one within the township limits.

Security has improved there con-

siderably but there's plenty of room for even more improvement, both said.

Berry maintained that notice of mobilization drills is inadequate.

"Whenever the whistle blows, people in the trailer park are concerned. They get frustrated more than anything else. They want an answer and I can't get them an answer. It's 25 minutes after the whistle blows that we're notified."

KURT JONES, administrative assistant to Warden Emmett Baylor, Jr., took issue with Berry's statement on notification.

"Almost always, according to our records, it's within four or five minutes after sirens go off. His times and our times are never in agreement," Jones said.

Advance notification to local police isn't possible for security reasons, he added.

Some residents might wonder why drills can't be held at a regular time so that they could know whether sirens indicate a drill or escape.

"On the surface, that sounds reasonable. We have three shifts here all of whom have to be expected to respond appropriately," Jones said.

Prisoners, too, must be trained to respond the same way to all sirens, he added.

Residents and government officials were invited to join a community advisory committee at Western Wayne about a year ago. An outcry

in the wake of a mass escape prompted its formation.

NOT A SINGLE resident other than Berry attended the January session.

Jones interprets that to mean residents are now satisfied.

Berry described the meetings as worthwhile but declined to rate their effectiveness because they're so new.

"At least it informs residents in the area and keeps them advised of what's going on."

Those who want to get involved on the committee are asked to contact Jones at 459-2500. There also is talk of expanding the advisory committee to Scott and Phoenix, Berry said.

Township police don't participate in regular mobilization drills at prisons. They only get involved with perimeter activities in the event of an escape.

Not so for the township's fire department.

FIREFIGHTERS made 18 rescue and four fire runs to Western Wayne Correctional Facility in 1986, said Fire Chief Larry Groth.

"Certainly it's not the most desirable place to respond to for EMS or fire."

The reasons? Inadequate water pressure at the site and concerns about personal safety. Groth said.

Please turn to Page 6

what's inside

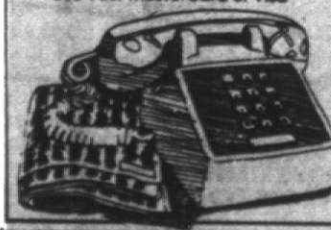
Brevities	8A
Cable TV	2A
Classified	Section
Index	1E
Auto	14E, 7C
Real Estate	1E
Employment	5E
Clubs in Action	3A
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Michigan's past relived

When Pamela VanderPloeg speaks, children listen.

VanderPloeg gives historical sketches of Michigan people and places. She provides folk tales for students to understand better the early days of Michigan.

Included in her recent presentation at Smith Elementary School in Plymouth was a story of the Flery Trail, a description of how timber in the thumb area of Michigan burned in the 1880s after a summer of severe drought.

The storyteller also engaged the children in a humorous sketch describing life in the back woods with a story about how to control potato bugs. This amusing picture of life in the 1870s involved audience participation with phrases, sounds and gestures.

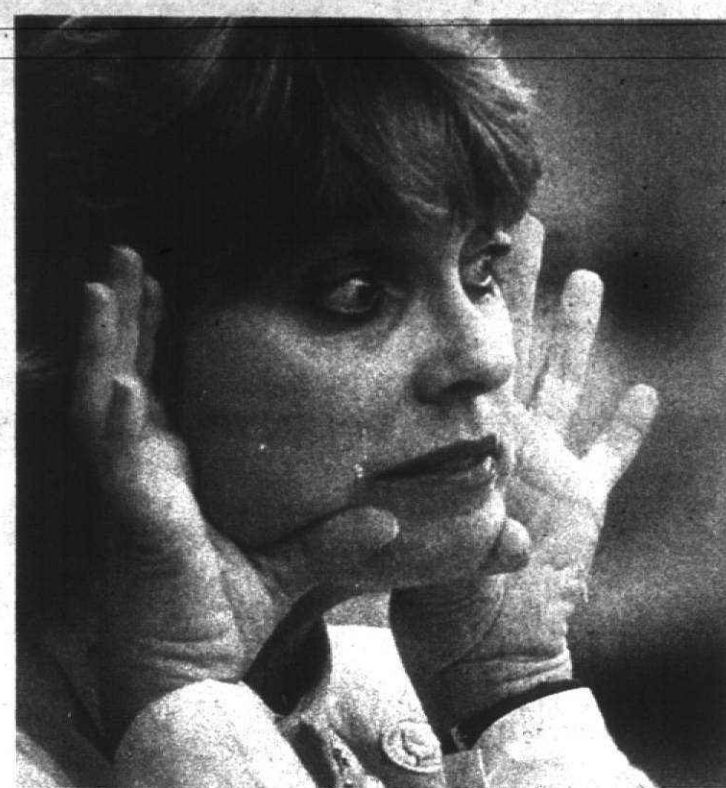
VanderPloeg described in vivid detail the story of how Gull Island got its name. She told her listeners how the family who tried to turn the island into a summer paradise found it to be inhabitable only by the gulls.

IN ADDITION to storytelling, VanderPloeg played a dulcimer built in Elk Rapids in the 1880s. Her quaint costume of the period added to student interest.

VanderPloeg, from Grand Haven, Mich., also will perform for students at other local schools.

Those schools include Fiegel, Field, Isbister, Bird, Miller, Hulsing, Tanger, Allen, Our Lady of Good Counsel Catholic, St. Peter Lutheran, Steppingstone, New Morning, Plymouth Christian Academy, and the Alen Academy of Northville.

The storyteller is sponsored in her



When Pamela VanderPloeg gives historical sketches of Michigan people and places... people, especially children, listen.

area appearances through grants from the Michigan Council for the Humanities and the Plymouth Community Arts Council.

She is appearing as part of the sesquicentennial year celebration to bring a greater awareness of Michigan history to students.

VanderPloeg has three long-playing records of her stories and songs, available in music stores.

neighbors on cable

- CHANNEL 8 MONDAY (March 9)**
- 3 p.m. ... BPW Present — Speaker discusses drug abuse and wellness programs for women.
 - 4 p.m. ... Healthier — An exercise show.
 - 4:30 p.m. ... Community Upeast — Plymouth-Canton school teacher Sharon McDonald and Canton resident Denise Swope produce talk show on sports, schools, dance, law enforcement, community groups, and more.
 - 5 p.m. ... On the Wings of Angels — A documentary on the 40th anniversary of the Blue Angels includes interviews with the pilots and classic footage of the last year they flew the A-4 Skyhawk.
 - 5:30 p.m. ... Visions of Glory — Training of the U.S. Olympic athletes discuss a trip to training center in Colorado.
 - 6 p.m. ... Totally Gospel.
 - 6:30 p.m. ... Masters of Dance — The Atlantic Dancers perform.
 - 7 p.m. ... Milt Wilcox Show — Former Detroit Tiger pitcher Milt Wilcox and co-host Harry Katopodis interview sports and media celebrity guests.
 - 7:30 p.m. ... High School Sports — Best of Winter Sports.
 - 9:30 p.m. ... Omnicon Videotunes Live — Host Dave Daniele and Jim Leinbach. Best of 1985 includes Sir Lanka, Madhatter, and Murry Sharp's Disco Dancers.
- TUESDAY (March 10)**
- 3 p.m. ... Bowery at Midnight — Classic movies. A Bowery Boys adventure film.
 - 4 p.m. ... Devil & Miss Jones — Classic movie.
 - 6 p.m. ... History of NASA.
 - 6:30 p.m. ... Community Upeast.
 - 7 p.m. ... Sports View — Hosts are radio sports personalities Ron Cameron and Bob Page.
 - 7:30 p.m. ... Cross Triv.
 - 8 p.m. ... Economic Club of Detroit — David Roderick of USX Corporation.
 - 9 p.m. ... Darlene Myers Show — An interview with Judy McDonald of First Step about family violence.
 - 9:30 p.m. ... The Sandy Show — Host Sandy Preblich with guest Catherine Kanner.
- WEDNESDAY (March 11)**
- 3 p.m. ... Beyond the Moon — Host Mike Best discusses the stars, planets, moon, and their relationships to each other.
 - 3:30 p.m. ... The Oasis.
 - 4 p.m. ... Darlene Myers Show.
 - 6:30 p.m. ... The Sandy Show.
 - 5 p.m. ... On the Wings of Angels.
 - 5:30 p.m. ... Advantage Sweden — A journey through Sweden.
 - 6 p.m. ... Totally Gospel — Host T.J. Benhamill and Margurita Lloyd discuss gospel music.
 - 6:30 p.m. ... Masters of Dance.
 - 7 p.m. ... Milt Wilcox Show.
 - 7:30 p.m. ... High School Sports.
 - 9:30 p.m. ... Videotunes.
- CHANNEL 15 MONDAY (March 9)**
- 3 p.m. ... Human Images — CEP Psychology Club students talk about teens growing up in these times of drugs, stress and sex.
 - 5:30 p.m. ... Cooking With Cass — Chef Cass Wolzinger prepares a variety of his special collection

- of gourmet selections.
- 4 p.m. ... People & Places — A production by the organization for cultural arts programming of Ann Arbor features local artists, non-profit organizations, community and religious groups, and educational institutional programming.
 - 4:30 p.m. ... Issues For a Nuclear Age — Individuals concerned about our nuclear fate discuss various aspects of the issue.
 - 5 p.m. ... Sports at the SAL — Basketball and floor hockey action.
 - 6 p.m. ... 1st Presbyterian of Northville Presents: "A Celebration." This week's sermon topic is: "The Everlasting Love of a Shepherd."
 - 7 p.m. ... Plymouth-Canton Festival of Choirs — A presentation by a variety of choirs throughout the school district.
 - 8 p.m. ... This is the Life.
 - 8:30 p.m. ... Agape Christian Center — Singing, praise and worship service in Plymouth.
 - 9:30 p.m. ... Topics: Job Training & Employment — Emphasis on on-the-job training for laid-off workers and low-income persons.
- TUESDAY (March 10)**
- 3 p.m. ... Legislative Report — A public affairs program which takes a look at issues in Michigan. Presented by the House of Representatives.
 - 3:30 p.m. ... Canton Update — Canton Township Supervisor James Poole and Sandy Preblich talk about what's happening in Canton.
 - 4 p.m. ... Madonna Magazine — Information about Madonna College, Livonia.
 - 4:30 p.m. ... Jazz on the Run — A Black History presentation of a jazz group with Wendell Harrison.
 - 5:30 p.m. ... Shouldn't Call Iceland-Iceland — A mystical view of this 20-million-year-old land of the Northern Sun.
 - 6 p.m. ... Yugoslavian Variety Hour.
 - 7 p.m. ... Street Smart Kids Are Safe — A live call-in show focusing on the HBO program entitled "How to Raise a Street Smart Child." Marie Edstrom, mother of a child (Kenny Myers) found dead in Ferndale, representatives of the local police departments and schools, discuss some of the techniques the HBO feature suggests to teach your child about safety.
 - 8 p.m. ... How to Communicate With Your Child & Spouse — An Eastern Michigan University professor talks with parents at an elementary school about family communications.
 - 9 p.m. ... Off the Wall.
 - 9:30 p.m. ... Youth View — Kathy Troccoli talks about her latest album and several recent videos.
- WEDNESDAY (March 11)**
- 3 p.m. ... Mustang Monthly.
 - 3:30 p.m. ... Omnicon Sports Scene — Junior A Hockey.
 - 5 p.m. ... Michigan Journal — A public affairs program which takes a look at issues in Michigan. Presented by the Michigan Republicans. Hosted by Spencer Abraham, chairman of the Michigan Republicans Party.
 - 5:30 p.m. ... Human Images.
 - 6 p.m. ... Canton Update.



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15.99 and 19.99

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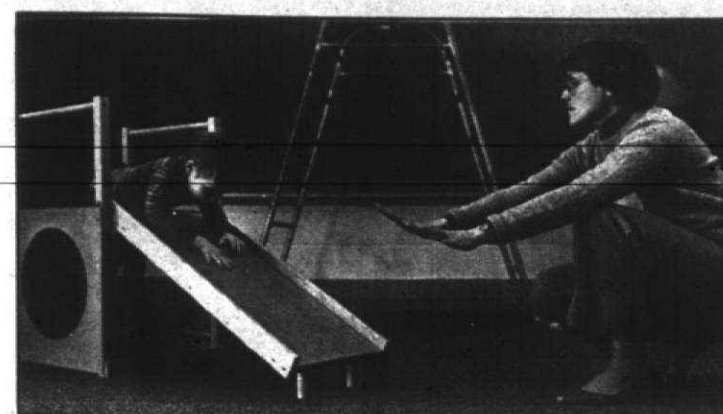
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Lori Franzen works with Nick Russel on occupational therapy.

School program honored

The Infant and Preschool Special Education Program of Plymouth-Canton Community Schools is one of four programs that will receive the 1987 Michigan Speech-Language-Hearing Association Public School Program of the Year award this month.

IPSEP was selected from more than 1,000 speech-language-hearing programs in Michigan to receive this honor.

The award will be presented March 20 at the MSHA annual convention that will be held this year at the Amway Grand Plaza Hotel in Grand Rapids.

This is the second year that the Plymouth-Canton school district won an award from MSHA which is based in East Lansing. Last year, the high school speech and language department, under director Judith Brosnan, was a recipient.

MSHA is a non-profit association that started in the 1930s. The award program is in its fourth year, according to Dawn Kutney, MSHA administrative consultant.

"We felt public school programs needed some recognition," she said.

Pat Weston Howe, one of five people who served on the selection committee said IPSEP was selected for specific reasons.



Teri Dillon, speech and language pathologist, works with Sean Sullivan on the computer.

"The program displayed quality that goes beyond most programs. It demonstrated a trans-disciplinary approach which means that everyone's efforts jelled together. There was continuum of service and competent team members.

"There was also a strong parent component. The law requires that there be one (in special education) but in some programs it takes little more than the form of a newsletter. In this program, there are monthly parent meetings and outside speakers. They also try to do a lot of mainstreaming."

MSHA members are professionals who deal with communication disorders.

Patrick O'Donnell, executive director for Plymouth-Canton schools



Tony Kohmescher plays with a puzzle.

special programs and student services, was pleased to learn of the award.

"I'm surprised, in a positive way, that the school district has been chosen two years in a row. I understand that it has never happened before. I'm happy for the people who work in the trenches."

IPSEP was started in 1977, staffs 11 people and serves 48 students through the speech and language portion of the program, O'Donnell said. Mary Fritz is director. The program is funded by local and federal money.

Mary Fritz (right) is IPSEP director.



Teri Dillon leads a group language session as Jan Migyanka (right) watches.

clubs in action

CANTON BPW

The Canton Business and Professional Women will meet Monday, March 9, at the Roman Forum Restaurant, on Ford Road just west of I-275 in Canton. Social hour will be at 6 p.m., with dinner served at 7 p.m. The speaker, Phil Hotz, regional vice president of A.L. Williams, will discuss financial planning and investments. A representative from F & M will also attend. The Canton BPW meets every second Monday of the month at the Roman Forum Restaurant in Canton. Guests may attend. Membership is open to all working women. For reservations or additional information, call Terry Ponkey, 453-1800, or Teresa Solak, 981-5900.

ARTHRITIS

The Arthritis Support Group will meet at 7:30 p.m. Monday, March 9, in the sixth floor lounge of the Richert Health Building of the Catherine McAuley Health Center, Ann Arbor. Meetings are open to those who would like to learn more about arthritis. The group is co-sponsored by the Arthritis Foundation and the office of services to the elderly.

EMPATHY

Information on empathy training for volunteer peer counselors will be provided at a 10 a.m. Tuesday, March 10, meeting at the Women's Resource Center of Schoolcraft College, 18600 Haggerty Road, Livonia. Group interviews will be held. The eight-week empathy training course will meet from 9 a.m. to noon Mondays and Wednesdays, beginning March 23. Those who complete the course are asked to serve as volunteer peer counselors three hours a week for a minimum of four months. To arrange for an appointment or for additional information, call 591-6400 Ext. 430, or visit the center, in the second house south of the campus on Haggerty Road. Hours are 9 a.m. to 3 p.m. daily and until 8 p.m. Wednesdays.

DIVORCE GROUP

The Women's Divorce Support Group will meet 7:30 p.m. Tuesday, March 10, at the conference room of the Lower Waterman Campus Center of Schoolcraft College, 18600 Haggerty Road, Livonia. Discussion will focus on useful ways to deal with problems. The support group is for women who are separated, divorced, considering divorce or in the process of getting divorced. Reservations are not required. For additional information, call the Women's Resource Center, 591-6400 Ext. 430.

GENEVA CO-OP

The Geneva Food Co-op will meet at 7 p.m. Tuesday, March 10, at Faith Community Moravian Church, 46001 Warren Road, Canton. Those who are interested in high-quality, low-cost, nutritious food may attend. For additional information, call Theresa Kearney, 728-0440.

NOT TO WORRY

The Women's Resource Center at Schoolcraft College in Livonia will offer the second of a four-part open forum series on "Why Worry?" Elizabeth Allen, assistant professor at the University of Michigan and a consultant for the Northville Regional Psychiatric Hospital, will speak on "Worrying Creatively." The session will be 7-9 p.m. Tuesday, March 10, in the Upper Waterman Campus Center, 18600 Haggerty, Livonia. Discussion and a question and answer period will follow the presentation. Attendance is free and advance registration is not required. For additional information, call 591-6400 Ext. 430.

ALPHA XI DELTA

Alpha Xi Delta Alumnae of Western Wayne County will meet at 7:30 p.m. Tuesday, March 10, at the home of Diane Coates in Plymouth Township. The meeting will focus on the American Lung Association and Camp Sun Deer. Those at the meeting will make Easter baskets for Chanwood House. Those who plan to attend should call Diane, 459-3772.

ROSE SOCIETY

The Huron Valley Rose Society will meet at 7:30 p.m. Tuesday, March 10, at the Matthaei Botanical Gardens, 1800 N. Dixboro Road, Ann Arbor. For additional information, call Gary Hausman, 453-8163.

PARENTING

The Plymouth Childbirth Education Association is offering parenting classes at 7:30 p.m. Tuesday, March 10, at Kirk of Our Savior Church, 36660 Cherry Hill Road, Westland. This is a six-week series designed as a support and discussion group for parents and infants (birth to 6 months) during the postpartum adjustment period. To register or for additional information, call 459-7477.

NOT TOO EARLY

"It's Never Too Early to Think About Breastfeeding" will be offered for prospective mothers and their families at 7:30 p.m. Tuesday, March 10, at the Arbor Health Building, 990 W. Ann Arbor Trail, Plymouth. The

program is designed to help pregnant women and women who are considering becoming pregnant decide whether breastfeeding is right for them. Husbands, mothers, sisters and other relatives and friends of the prospective mother may attend. There is a \$10 fee per family. The course is co-sponsored by Catherine McAuley Health Center's department of maternal child health and the office of health promotion. For additional information, call 455-5869.

IRISH DANCERS

The St. John Neumann Women's Guild will meet at 7:30 p.m. Wednesday, March 11, at the St. John Neumann parish activities building, Canton. Following the monthly meeting, Tim O'Hare's Irish Step Dancers will provide entertainment. Those attending should wear green. All area women may attend.

PROMISE CIRCLE

Girl Scouts in the Bird Elementary School attendance area will gather at 3:45 p.m. Thursday, March 12, in front of the school for a "Promise Circle." Former Girl Scouts, former leaders and others who have been involved in Scouting may attend. The event is being held to celebrate the 75th anniversary of Girl Scouting in the U.S. The program will last no later than 4:30 p.m.

PARKINSON'S

The Parkinson Support Group will meet at 7-8:30 p.m. Thursday, March 12, at Hull Elementary School, 34715 Lyndon, Livonia. Cindy Rutkowski from Ann Arbor Hospital will discuss nutrition. The meeting, sponsored by the Michigan Parkinson Foundation, is open to those with Parkinson's, their friends and family members. The group meets every second Thursday evening for fellowship and information sharing. Those who are interested in an afternoon meeting may call 459-0216.

LOCAL NOW

The Western Wayne County Chapter, National Organization for Women, will meet at 7:30 p.m. Thursday, March 12, at Room 5 of Emerson Junior High School, 29100 W. Chicago, east of Middlebelt in Livonia. The speaker will be Barbara Harvey, a labor and civil rights attorney. She will discuss the American Civil Liberties Union's position on picketing of clinics by those opposed to abortion. The topic of reproductive freedom will be incorporated into her presentation. The public may attend. For additional information, call 591-9344.

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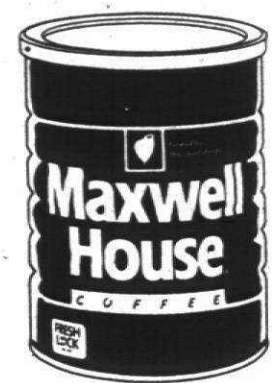
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County trims \$3.3 million

By Wayne Peel
staff writer

Wayne County Executive Edward McNamara did not get what he wanted Thursday when county commissioners voted on his proposed budget cuts.

McNamara didn't receive all the cuts he wanted — and received a few he didn't want — but the \$3.3 million in cuts matched McNamara's proposed figure.

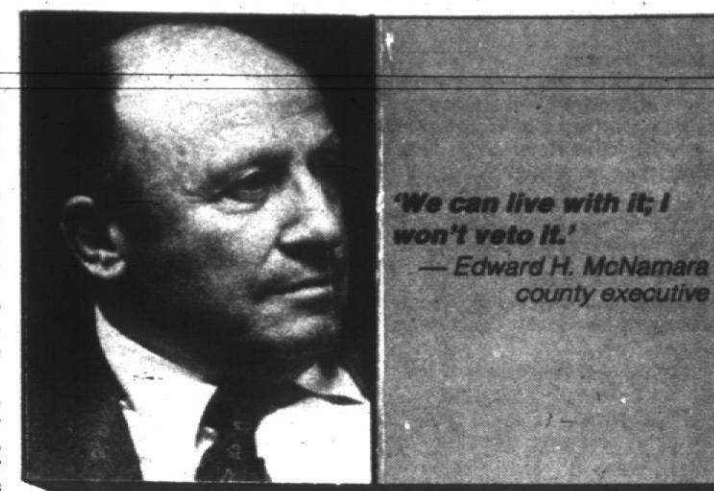
"We can live with it, I won't veto it," said McNamara who was present when commissioners debated the budget-cutting package.

Local commissioners Kay Beard, D-Inkster, Susan Heintz, R-Northville, and Milton Mack, D-Wayne, supported the cuts. Commissioner Richard Manning, D-Redford, was absent. The package was approved 11-1 with one abstention.

Clarence Young, D-Detroit, chairman of the commission's ways and means committee, said debate centered on where, not how much, to cut. "We agonized over them (the cuts), but we did agree on cutting \$3.3 million," Young said.

Ways and means committee members approved shifting nearly \$1 million of McNamara's proposed cuts to other budget areas when they met earlier last week. Those changes were whittled down during Thursday's commission meeting.

Overall, the commission restored



"We can live with it, I won't veto it."
— Edward H. McNamara
county executive

\$775,792 from McNamara's proposed reductions but trimmed a matching figure from other budget areas.

THE BIGGEST gainers were: cooperative extension services, \$260,100; treasurer's department, \$200,000; and youth development \$145,500. Commissioners also restored \$52,993 to the commission budget, \$54,776 to the legislative research bureau, \$27,903 to the county clerk's department and \$25,420 to the office of public information.

Even with the restored funds, the

county will contribute \$147,900 less to cooperative extension services, which aids agricultural businesses. The treasurer's department faces a \$55,000 cutback in staffing. A \$100,000 reduction in park spending was untouched.

The biggest losers were: corporation council, \$287,701 was trimmed from its claims settlement fund; information processing, \$250,000; and drains, \$100,000. Commissioners also trimmed \$73,091 from the office of management and budget, \$50,000 from public service support services and \$15,000 from the auditor general's department. None of those cuts was proposed by McNamara.

Cuts approved Thursday represented the first round of McNamara's plan to reduce county red ink. A second round, involving jail staffing, court costs and indigent health care, is pending.

McNamara also seeks to reduce county deficits by expanding the county's tax base.

In a spending increase, commissioners approved a \$5,000 per month contract between the county executive and Karoub Associates, a Livonia-and-Lansing-based lobbying firm, that McNamara called "vital" to his second round of cuts.

"Now, it's on to Lansing," McNamara said, indicating the firm would lobby legislators for reductions in the county's indigent health care liability.

McNamara said the state should assume greater health care responsibility for indigent county residents, during his first state of the county address in January. At the same time, McNamara said the county was running a deficit of more than \$100 million.

McNamara said he will discuss jail staffing in a Wednesday, March 18, meeting with Chief Wayne County Judge Richard Kaufman. Kaufman is heading a jail space committee in an effort to settle the dispute between the executive's and sheriff's offices.

Job hotline targets state's older workers

People age 55 or older may call the state older worker hotline 1-800-922-HIRE to inquire about jobs or job training programs.

Under the direction of Project ABLE (Ability Based on Long Experience) of southeastern Michigan, the hotline averages 300 calls a month.

Jobs range from \$3.35 per hour to \$52,000 a year, though roughly one-third of all jobs pay more than \$5 per hour.

The hotline connects workers with Project ABLE staffers. Staffers take applications and contact older worker programs in their counties. After completing follow-up mailings, staffers match workers with one of 47 statewide job agencies.

The hotline is funded by the federal Job Training and Partnership Act and Older Americans Act, as well as the C.S. Mott and Traveler's Insurance foundations.

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Tax cut isn't simple in Senate

By Tim Richard
staff writer

Even a little thing like cutting the state personal income tax rate 0.2 percent can get complicated.

Ask the Michigan Senate, which spent three days last week locked in argument over amendments, parliamentary procedure and guesswork over revenues.

"It's a rite of spring," said state Treasurer Robert Bowman after the Senate vote. "It comes as surely as the buds on the trees. This is the fifth year I've been here and the fourth year I've heard talk about tax cuts."

THE SENATE vote of 342 didn't reveal the partisan rancor over reducing the rate to 4.4 percent from 4.6.

"It's unconstitutional," said Sen. Jack Faxon, D-Farmington Hills, "to give the state treasurer power to change tax rates. Changing a tax rate is a power we (legislators) can't delegate. It makes the state treasurer the czar of Michigan finances."

Faxon, who opposed the measure, along with Sen. David Holmes, D-Detroit, argued against a provision that would empower the treasurer to adjust the rate as much as 0.05 percent depending on federal tax law changes.

All other area senators supported the bill.

TALK OF A rate cut started because Michigan's definition of tax-

able income is tied to the federal tax law, which Congress drastically revised last year.

Federal deductions were removed and rates cut. The result would have been more income for the state to tax and \$170 million more in revenue unless rates are cut to make the state tax "revenue neutral."

At least that's the best guess anyone in Lansing can make. Thus the effort, opposed by Faxon, to give the treasurer power to juggle it if revenues appear to be more or less.

The average resident will barely notice the difference — about \$20 per person a year, beginning April 1.

IN THE HOUSE of Representatives, many would prefer to keep the "windfall" for social services, prisons, schools or any of a long list of other uses.

Faxon called the cut "miniscule. I can't see anyone clamoring for 2 percent."

"People back home are outraged over property taxes. Everywhere I go, every call I get. Assessments have just come out in the mail, and there have been increases. Our income tax is among the lowest; our property taxes are among the highest."

But Sen. R. Robert Geake, R-Northville, spoke for the majority when he said, "Property taxes are raised by local government and spent by local government. The Legislature should not take responsibility

— or credit — for changing property tax levies."

To leave the income tax rate at 4.6 percent, Geake argued, "is equivalent to raising taxes without a vote of the Legislature. We have a duty to return the money to the people."

Those were only a couple of the complications.

SENATE DEMOCRATS argued the blind, senior citizens and the unemployed should get special relief because the federal law changes removed some of their special exemptions.

And so there were two days of arguments over whether to include such relief in the tax cut measure (Senate Bill 7) or write a separate bill.

Republicans finally won the argument, beating down efforts of freshman Democratic Sens. Chris Dingell of Trenton and John Cherry of Mount Morris to amend the main bill.

Sen. William Faust, D-Westland, bitterly denounced the Republican maneuver as circumventing the rules. He was blistered back by GOP floor leader Phil Arthurhult of Whitehall who said he "used to look up" to Faust.

AFTER LONG party caucuses, they cut a deal:

• Republicans will support state tax breaks for seniors, the blind and unemployed.



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New trial on murder case adjourned

By Doug Funke
Staff Writer

A man whose 1982 conviction for the murder of a Plymouth woman was reversed last fall by an appellate court came one step closer to freedom Friday.

35th District Judge James Garber ruled after legal arguments that the prosecution had not presented enough evidence — excluding sophisticated blood enzyme analysis — to establish probable cause that Darol W. Holbrook killed Janet Reynolds.

The Canton Connection

Continued from Page 1

the Social Studies. The special award is given to outstanding teachers committed to excellence in the classroom, says Rebecca

Canton Observer

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The hearing was adjourned until June 1.

Holbrook won a new trial on the basis of a Michigan Supreme Court decision last summer in a different case that electrophoresis, enzyme analysis, of dried blood isn't yet reliable.

Analysis of dried blood on Holbrook's shoes was presented during both his preliminary exam and trial. Robert Agacinski, assistant Wayne County prosecutor, said he will attempt to prove through expert witnesses that enzyme analysis of dried blood has advanced to the point where it should be accepted as evidence.

FAILING that, Agacinski said he may have other evidence to cross the probable cause threshold. He declined to elaborate.

If Garber eventually determines that probable cause exists that Holbrook committed the murder, he will be retried in Wayne Circuit Court. Holbrook must be freed if probable

Canton Township Hall.

Boards and commissions to be represented include: Beautification Committee, Board of Election Commissioners, Building Authority, Economic Development Corporation, Election Board of Canvassers, Golf Course Committee, Historical Commission, Library Board, Merit Commission, Planning Commission, Recreation Advisory Council, Senior Advisory Council, Zoning Board of Appeals. Refreshments will be served.

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cause isn't found.

Holbrook, who was serving a life sentence at Kinross Correctional Facility, is expected to be transferred to the Wayne County Jail until Garber makes his ruling.

"You are very close," Garber told Agacinski in refusing to bind over Holbrook Friday. "I will allow you to reopen the case."

Agacinski said he would search nationally, if necessary, for expert witnesses.

Garber granted the request of Holbrook's court-appointed lawyer,

Prison perception false

Continued from Page 1

The township has yet to be reimbursed by the state for the rescue runs, Breen said. Non-residents and residents outside of prison walls have a much better record of paying bills for ambulance transport services.

One of Breen's biggest gripes, though, is the physical appearance at Western Wayne Correctional Facility. He specifically mentioned junk vehicles on the property.

"That's not exactly following a good neighbor policy as far as I'm concerned."

Jones said clean-up efforts were expected soon. It may be three to four years before the facility is completely remodeled, he added.

"We are sympathetic to community concerns and we would make any attempt we could to be open to community input . . . or address any concerns people might have," Jones said.

brook's court-appointed lawyer, Craig Daly, for a court-appointed expert witness on blood enzyme analysis.

Agacinski argued during Friday's hearing that Holbrook and Reynolds were seen leaving a bowling alley together and that her battered body was found a mile away the next day. Her car, shoes and purse contents were discovered at the bowling alley, he added.

APART FROM more detailed analysis, blood matching Reynolds's type was found on Holbrook's shoes,

Agacinski said.

A rebuttal attempt at romance may have provided a motive for the killing, he added.

"When you apply all circumstances together, that should be enough to show probable cause," Agacinski said.

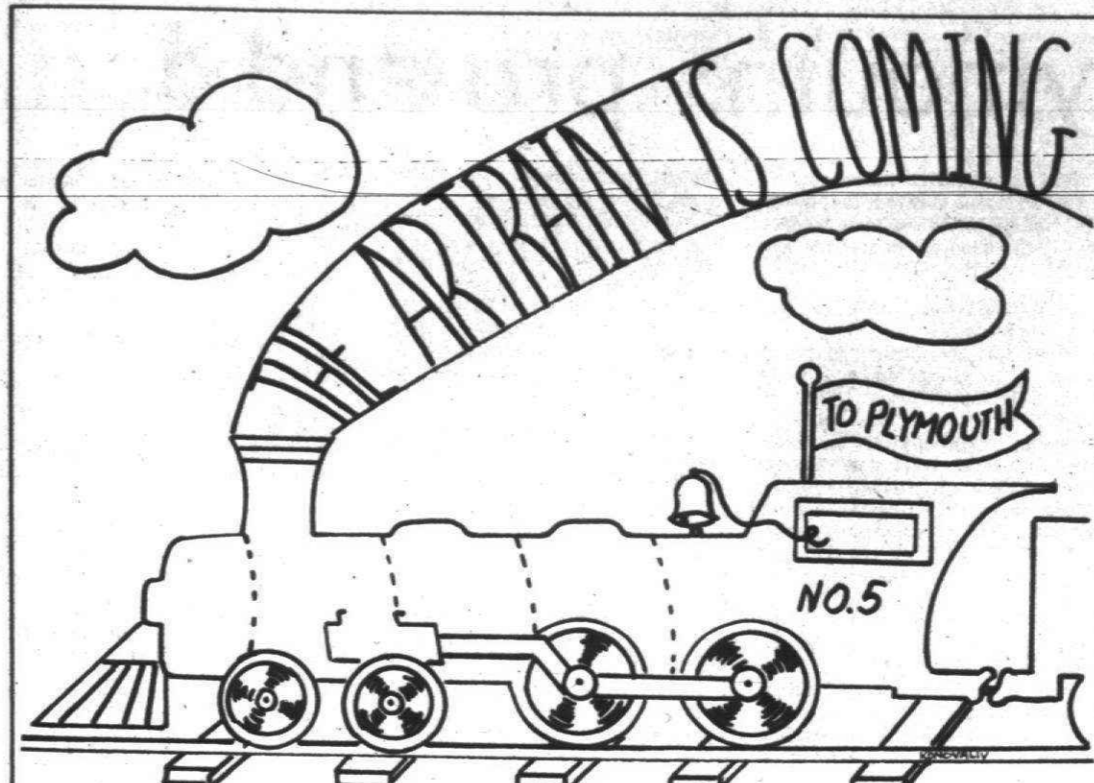
Daly argued that Holbrook never was placed at the crime scene and that Holbrook and Reynolds had the same blood type — along with 43 percent of the population.

"He's asking you to speculate, guess and fill in gaps," Daly said.

Breen, Berry and State Rep. Gerald Law, R-Plymouth, believe it's up to them to keep watchful eyes on the prison situation here.

"I won't tell you there's anybody here pounding on doors but I don't think the connotation is that they're satisfied," Breen said of community reaction.

"If you ask the question, 'Do you wish these prisons could disappear into thin air?' I guess the answer would be, 'Yes.'"



Artrain coloring contest

Artrain is coming to Plymouth April 1-5. Youngsters are asked to join in the fun by entering the Artrain Coloring Contest by coloring the official picture printed above. The original drawing was done by Sue Konovaly and son Christopher. A \$15 first prize will be awarded in all three age groups — ages 3-5, 6-8 and 9-11. All entries are due by

Friday, March 27, and will become the property of the Plymouth Community Arts Council. Entries may be submitted to: Plymouth Community Arts Council, 332 S. Main, Plymouth MI 48170. Be sure to include a paper with your name, age, telephone number and address with your entry.

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4, 5, 6 p.m. . . News File at Four, Five and Six.
4:05 p.m. . . Nature News Break — A 60-second profile on a nature topic.
5:05 p.m. . . Family Health — Health issues are discussed by a doctor.
6:10 to 10 p.m. . . 88 Escape — New music.

MONDAY (March 9)
6:10 p.m. . . News File at Six — with Eric Varton.
TUESDAY (March 10)
6:10 p.m. . . Nancy Reagan Battles Drug Abuse.
WEDNESDAY (March 11)
6:10 p.m. . . Community Focus — Host Dan Johnston.
THURSDAY (March 12)
8 p.m. . . 88 Escape — Host Jeff Krolnick.
FRIDAY (March 13)
6:10 p.m. . . CEP Sports Weekly

— Sports Director Jeff Umbaugh.
7:30 p.m. . . District Championship Basketball — If Plymouth Salem or Plymouth Canton advance.
MONDAY (March 16)
5 p.m. . . News File at Five — With Cheryl Williams.
TUESDAY (March 17)
6:10 p.m. . . Nancy Reagan Battles Drug Abuse.
WEDNESDAY (March 18)
4 p.m. . . Studio 50 — Host Chris McCormick.
6:10 p.m. . . Community Focus — Host Dan Johnston.

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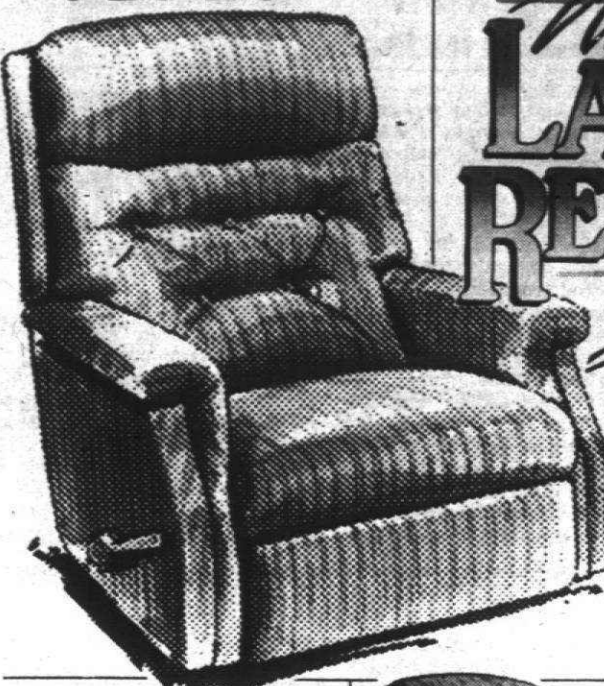
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Daisy's influence on Plymouth: pro and con

(Part 10)

Many in the city of Plymouth reacted with surprise and dismay in 1957 when the Daisy Manufacturing Co. announced it was transferring its air rifle operation to Arkansas.

The firm had been in Plymouth for 75 years.

For most of those years it had been the area's largest employer and a strong force in community affairs. Daisy officials had served on the local board of education, had served on township and city commissions, and had been village presidents and mayors of the city.

LEWIS CASS HOUGH, one of the founders of the firm and its first general manager, served on the Plymouth Board of Education for 10 years beginning in 1903. He was its president in 1901.

His son, Edward Hough, followed in his father's footsteps, serving as president of the board for 10 years from 1902 to 1912. Charles H. Bennett was a school trustee from 1921 to 1933 and president part of that

past and present


Sam Hudson

time. And Robert Wesley was president of the school board in 1940-51.

Daisy executives also helped to run the township and village. Michael Conner was village president ten times up to 1890. L.C. Hough was township supervisor in 1890. George Hunter was village president in 1893-94. Fred Bennett in 1900, W.J. Burrows in 1920, and Cass Hough in 1950. Russell Deane had the longest tenure, serving as mayor of Plymouth from 1952 to 1956.

Daisy's interest and participation in local affairs also was exhibited behind the scenes. One city commissioner who became mayor told him he ran for the city commission at the suggestion of Charley Bennett.

Another well-known local resident

told me that when he left Daisy in the 1920s for another firm that paid higher wages, his new employer was approached by the president of Daisy and told that if he "stole" any more of Daisy's employees he would have trouble getting his loan renewed at the bank.

MOST IN THE community felt that, by-and-large, Daisy's actions were benevolent and beneficent.

The firm was one of the first in the U.S. to provide a profit-sharing plan for its employees. Charley Bennett and Ed Hough were generous in their donations to local churches and charitable organizations. Hough contributed substantially to the enlargement of the Dunning-Hough Library.

And when Daisy moved out in 1958, Ed Hough saw to it that no one who had deposited money in the Daisy Credit Union would stand to lose by the firm's move.

BUT DAISY had its critics as well as its supporters.

Some said the firm "ran everything" in the village and was loathe to pay its fair share of the taxes. When the Plymouth Citizens' League presented a petition to the city commission in 1949 demanding removal from office of city manager Harold Cheek, charging that he had violated the city charter, mistreated public and city employees, encouraged secrecy in commission business, and was responsible for a high turnover in municipal personnel, one of the names on the petition was Daisy's president, Charles Bennett.

Some said Daisy opposed Cheek because the city manager had tried to increase Daisy's water taxes. One of the supporters of the Citizens' League told me that during the recall of the city commission following its refusal to oust Cheek, Charley

Bennett "was always ready to pick up the bill for the mailings." On the other hand, Sidney Strong, Plymouth's village manager from 1920 to 1927, told me he never agreed with those who said Daisy ran the village. "The complaints were just a natural human reaction to a big company in a small town," Strong said. "Daisy was always cooperative."

And Cass Hough wrote me in the 1970s that "an examination of the tax rolls will reveal that Daisy paid far more than its proportionate share of the taxes of the city, and assessment records will reveal that Daisy's assessments were constantly being raised, disproportionately to the properties of other taxpayers."

The truth is never easy to come by. The story of the blind men and the elephant applies here as it does in most complicated situations. There is no doubt, however, that Daisy and its air rifles put Plymouth on the map when it was nothing but a small hamlet; that it provided employment for many Plymouth resi-

dents when other industrial firms had yet to discover Plymouth; that the taxes it paid were a substantial contribution to the city coffers; that local printing shops, retail stores and other commercial establishments benefited from the firm's presence in the town; and that its executives' voluntary services on commissions and boards were of no small order.

ON BALANCE, Daisy was an asset to the town during the three-quarters of a century it called Plymouth home.

Even before Daisy moved in 1958, the firm's influence had begun to diminish. Burroughs opened its plant on Plymouth Road in the township in 1938 and Evans Products Co., Whitman & Barnes, Barnes-Gibson Raymond and other industrial firms came here right after World War II.

A new era was beginning. Daisy was no longer the biggest frog in a little pond. (Next week: The Hamilton Rifle plant.)

brevities

DEADLINES

Announcements for Brevities should be submitted by noon Monday for the Thursday issue and by noon Thursday for the Monday issue. Bring in or mail announcements to the Observer, 489 S. Main, Plymouth 48170.

PLYMOUTH LIBRARY BOARD

Monday, March 9 — The Plymouth District Library Board will hold its regular monthly meeting at 7:30 p.m. in the library. Open to the public.

DRIVER'S EDUCATION

Tuesday, March 10 — Plymouth Community Family YMCA will offer driver's education training 5:30-7:30 p.m. Tuesdays and Thursdays in Room B103 at West Middle School. Students ages 15-18 will have both

classroom and behind-the-wheel training. Graduates will receive a driver's education certificate upon completion of the state-approved course. For information or to register, call 453-2904.

MASSAGE TECHNIQUES

Tuesday, March 10 — Plymouth Community Family YMCA will offer an introduction to massage techniques class 6-7 p.m. Tuesdays and Thursdays in Webster Elementary School. Learn to massage away aches and pains, increase range of motion, relax tense muscles, reduce stress, and prepare muscles for athletic events. To register, call 453-2904.

INCOME TAX HELP

Tuesday, March 10 — The first of Canton Public Library's income tax assistance programs is scheduled for

6-8 p.m. Counselors from the IRS will help residents fill out their income tax forms. Anyone may attend, but reservations are requested and space is limited. Call the library at 397-0999. Additional tax help sessions are March 19, 24, 26.

SAFE BOATING CLASSES

Tuesday, Thursday, March 10, 12, 17, 19 — Plymouth-Canton Community Education Department is offering an eight-hour course on safe boating conducted by the Wayne County Sheriff's Marine Division. The class is for ages 12-16 to earn a safe boating certificate to operate a motor boat without adult supervision. The classes will be 7-9 p.m. Tuesdays and Thursdays in the cafeteria of Plymouth Canton High. To register, call 451-6660 before March 10. There is no charge for this class.

SCOUT DISPLAY

Thursday, March 12 — Canton Historical Museum will have a special display of Girl Scout memorabilia, honoring the 75th Anniversary of the Girl Scouts of America, on display during March. Museum hours are 1-3 p.m. Tuesdays and 1-4 p.m. Saturdays. For more information, call the museum, 397-0088, during regular hours.

CEP PARENT COFFEE

Thursday, March 12 — A CEP Parent Coffee will begin at 9:30 a.m. in the conference room of Plymouth Canton High School. Hosts will be Canton principal Tom Tattam and Salem principal Gerald Ostro. Sharing information will be area coordinator David Opple. Parents of high school students at the CEP are encouraged to attend.

ICE CAPEDES

Saturday, March 14 — Canton Parks and Recreation is sponsoring a special field trip to the 1987 Ice Capades at Joe Louis Arena to see "The Best of Times" with Olympic medalists Kitty and Peter Carruthers and Teddy Ruxpin. The bus will leave Canton Administration Building at 10:15 a.m. and return about 2:45 p.m. The trip is for grandparents and their grandchildren, ages 17 and younger. There is a limit of two grandchildren per grandparent. The charge of \$8.50 includes the ticket and transportation. Register in person or by mail to Canton Parks and Recreation, 1150 S. Canton Center Road, Canton Mich. 48188.

TRAIN SHOW

Sunday, March 15 — Plymouth's original will be held from 11 a.m. to 4 p.m. at the Plymouth Cultural Center, 525 Farmer at Theodore. The

fee is \$2 per person. There will be more than 100 tables of new, used and antique trains. Besides the show in the Cultural Center, where buying, selling and trading will occur, people will be able to climb aboard a real Chessie System Locomotive and Caboose located trackside at the C&O main line near the former roundhouse in Old Village. This is the seventh bi-annual show — the next one being Oct. 11, 1987.

ST. PAT DANCE

Tuesday, March 17 — Canton residents 55 and older may attend the fifth annual "St. Pat's Day Dinner Dance" from noon to 1 p.m. in the Mayflower Meeting House. Tickets at \$7 per person are available from Canton Seniors. The price includes a sit-down dinner (choice of roast sirloin of beef or baked filet of cod), entertainment by Johnny Chase, and prizes.

BLOODMOBILE VISIT

Wednesday, March 18 — The American Red Cross Bloodmobile will be at the Plymouth Church of the Nazarene, 41550 Ann Arbor Trail just east of Riverside in Plymouth, 3-9 p.m. For an appointment, call Sharon Barnes at 453-1525 or Dean Hamilton at 420-2950 or 459-7660.

FAMILY & THE GIFTED CHILD

Thursday, March 19 — Dr. Robert Fink will speak on "Personality Development of the Gifted Child as Affected by Family Relationships" beginning at 7:30 p.m. at Steppingstone Center for Potentially Gifted Children at 15525 Sheldon Road north of Five Mile. Fink's appearance is for the fourth in a series of meetings/lectures sponsored by the Parent Support Group of Steppingstone. Fink is a clinical psychologist specializing in child, adolescent and family counseling. He also works on legal issues, custody cases, etc., and

currently is working at Oakland University on a program of special services for gifted children and their parents. Admission is \$3 per person or \$5 per couple.

DOG OBEDIENCE

Monday, March 23 — Plymouth Community Family YMCA will offer dog obedience classes 7-8 p.m. or 8-9 p.m. March 23 through May 18 (omit April 20) on Mondays in the Oddfellows Hall in Plymouth. Dogs are taught to sit, stay, down, stay and come when called, and heeling. To register, call 453-2904.

Canton police traced the license plate on a car — left by the suspects in the driveway — to a Canton home, said Dave Boljesic, Canton police information officer.

military news

SCOTT D. HINCKER

Pvt. Scott D. Hincker has graduated from a helicopter repair course at the U.S. Army Transportation School, Fort Eustis, Va. He is the son of C. Douglas and Jo Ellen Hincker of Plymouth and a 1986 graduate of Plymouth Salem High School.

MICHELE SCHULER

Airman 1st Class Michele A. Schuler, daughter of Paula A. Gilligan of Waterliff, N.Y., and Earl B. Gilligan of Canton, has arrived for duty with the 40th Combat Support Squadron, Italy.

Schuler is an airfield management specialist.

CRAIG YARES

Airman Craig M. Yares, son of Barbara J. and James Yares of Canton, has graduated from the U.S. Air Force aircraft electrical repair course at Chanute Air Force Base, Ill. He is a graduate of Plymouth Salem High School.

DAVID WARUNEK

David S. Warunek, son of Ronald J. and Gail M. Warunek of Canton,

has been promoted to the rank of airman first class. Warunek is a tactical aircraft maintenance specialist at Davis-Monthan Air Force Base, Ariz., with the 355th Aircraft Generation Squadron.

RICHARD GRYGLAS

Pvt. Richard A. Gryglas, son of Christina and Bogdan Gryglas of Plymouth has completed military police training at the U.S. Army Military Police School, Fort McClellan, Ala.

LEO TYNAN

Pvt. Leo C. Tynan, son of Lawrence K. Tynan of Canton has completed training as an Army military police specialist under the one station unit training program at Fort McClellan, Ala.

OSUT is a 13-week period which combines basic training with advanced individual training.

JANETTE DEVENNY

Second Lt. Janette L. DeVenney, daughter of Dorothy F. DeVenney of Canton, has completed the U.S. Air Force military indoctrination for

medical service officers at Sheppard Air Force Base, Tex. She is a 1986 graduate of Madonna College, Livonia.

MARIA RAVIDA

Army Spec. 4 Maria E. Ravida, daughter of Elaine M. Ravida of Canton and John Ravida of Allen Park, has arrived for duty at Tripler Army Medical Center, Honolulu, Rivia, a medical specialist, is a 1984 graduate of Plymouth Salem High School.

JOHN ELLIOTT

Airman John M. Elliott, son of Linda L. Elliott of Rochester Hills and Lloyd J. Elliott of Canton, has graduated from the U.S. Air Force aircraft armament course at Lowry Air Force Base, Colo. He is a graduate of Rochester High School.

JOY TOBIAS

Army Pvt. Joy L. Tobias, daughter of Joan A. Kaitner and stepdaughter of Bruce E. Kaitner of Plymouth, has arrived for duty with the Lettman Army Medical Center, Presidio of San Francisco. Tobias, an X-ray specialist, is a 1985 graduate of Lutheran High West High School, Detroit.

ANTHONY SCHNEIDER

Marine Cpl. Anthony L. Schneider, son of Michael R. and Myrna C. Schneider of Plymouth, was recently awarded the U.S. Marine Corps Good Conduct Medal. Schneider received the award for good behavior and conduct over a three-year period in the Marine Corps.

He is currently serving with 2nd Marine Aircraft Wing, Marine Corps Air Station, Beaufort, S.C.

DARRIN PERKOWSKI

Marine Pfc. Darrin T. Perkowski,

is a 1986 graduate of Plymouth Salem High School, recently graduated from the Basic Landing Support Course at Marine Corps Base, Camp Lejeune, N.C.

KENNETH MICOL

Army Pvt. Kenneth A. Micol, son of Betty J. and Robert L. Micol of Plymouth, has arrived for duty with the 205th Transportation Battalion, West Germany.

Micol, an aircraft powerplant repairer, is a 1984 graduate of Plymouth-Canton High School.

STEVEN WILLIS

Army Private Steven L. Willis, son of Richard L. Willis of Belleville and Joyce E. Chumbley of Canton, has completed one station unit training at the U.S. Army Infantry School, Fort Benning, Ga.

Willis is a 1986 graduate of Plymouth-Canton High School.

JAMES HALEY

James B. Haley, son of Barbara J. Moehs of Plymouth, has been promoted in the U.S. Army to the rank of sergeant. Haley is a combat engineer in West Germany with the 13th Infantry.

RICHARD A. LANG

Army Pvt. Richard A. Lang, son of Richard and Patricia Lang of Canton, has arrived for duty with the 1st Support Battalion, West Germany. Lang, a medical specialist, is a 1981 graduate of Plymouth Canton High School. His wife, Trina, is the daughter of Leonard and Sally Stephenson of Canton.

ROBERT JUTRAS

Army Pvt. Robert M. Jutras Jr., son of Robert M. and Linda L. Jutras of Canton, has arrived for duty with the 377th Field Artillery, West Germany. Jutras, a power generator re-

pairer, is a 1986 graduate of Plymouth-Canton High School.

NICHOLAS MESTER

Pvt. Nicholas G. Mester, son of Nicholas C. and Catherine L. Mester of Plymouth, has completed training as an Army military police specialist under the one station unit training program at Fort McClellan, Ala. He is a 1986 graduate of Plymouth Salem High School.

JOHN THOMPSON

Army Spec. 4 John H. Thompson, son of Ellen A. and Robert M. Thompson of Plymouth, has arrived for duty with the 3rd Armored Cavalry Regiment, Fort Bliss, Tex. Thompson is a cavalry scout.

DUANE EADES

Duane Edward Eades has enlisted in the U.S. Navy's delayed entry program. Eades is the son of Charles and Patricia Eades of Canton. He enlisted for four years as a quarter-master and will attend basic training at the Naval Training Center, Orlando, Fla., followed by classroom instruction. Eades left for basic training on March 2.

CHRISTOPHER W. WHITE

Christopher W. White, son of Carolyn White of Canton, has been promoted in the U.S. Army to the rank of Private 1st Class. White is an air defense gunnery crew member with the 52nd Air Defense Artillery at Fort Seward, Ga. He is a 1985 graduate of Plymouth Salem High School.

PAUL D. KNIGHT

Marine Pvt. Paul D. Knight, son of Judith Knight of Plymouth, recently reported for duty with the 3rd Marine Aircraft Wing, Marine Corps Base, Camp Pendleton, Calif. He is a 1986 graduate of Livonia Churchill High School and joined the Marine Corps in June 1986.

NORMAN J. GREGOR

Navy Seaman Recruit Norman J. Gregor has completed recruit training at Recruit Training Command, Naval Training Center, San Diego. Gregor is the son of Norman and

2 men held on drug charge

By Diane Gale

staff writer

A kilo of pure cocaine was seized by undercover officers and two men are being held under \$1 million bond, in the largest drug seizure by the Redding Wayne County Drug Enforcement team, formed last fall.

The men were arrested March 5 at a residence in the Joy Road and I-275 area of Canton after a month-long investigation.

Police allegedly bought a kilo — or 1,000 grams — of pure cocaine with a street value of more than \$200,000 after it's cut.

The jailed men are believed to be Cuban and the U.S. Immigration and Naturalization Service is investigating their status in this country.

The men are David Williams Vasquez, 33, and Gill R. Gavilan, 39, both of Detroit. They were arrested in 35th District Court March 5 on one count each of delivering more than

650 grams of cocaine. An innocent plea was entered for both.

JUDGE JOHN MacDonald set bond at \$1 million cash. Both men failed to post bond and were taken to Wayne County Jail.

Preliminary examinations to determine if there is enough evidence to hold trials are scheduled March 13 in 35th District Court. The drug charge carries a mandatory life imprisonment sentence.

"The kilo looked like it came from straight out of the country," said an officer, who asked to remain anonymous.

"It was unopened, untouched and there was Spanish printing on the package."

Police also confiscated a 1984 Oldsmobile valued at about \$6,000.

Goods seized from convicted drug dealers are forfeited and used for drug enforcement, according to state law.

THE DETROIT address the men gave as their residence is a half-way house, police said.

Although the men could speak English, interpreters were called in after the arrests.

The Wayne County Drug Enforcement Unit covers Canton, Plymouth, Plymouth Township and other communities west of Telegraph to Washtenaw County and north to Oakland County.

It involves Michigan State Police and officers from participating communities, which also support it financially.

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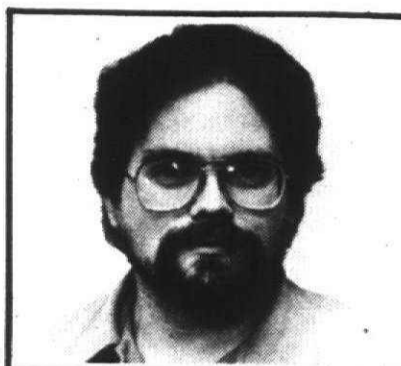
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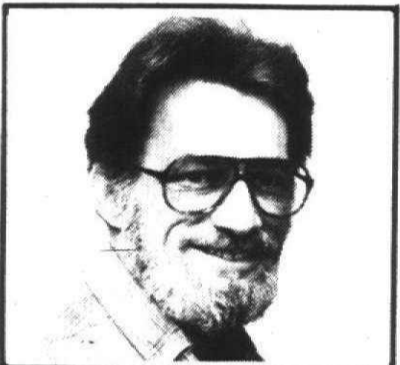
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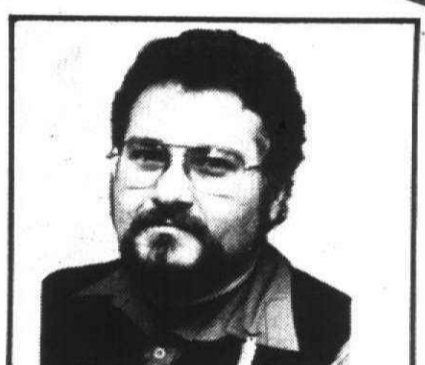
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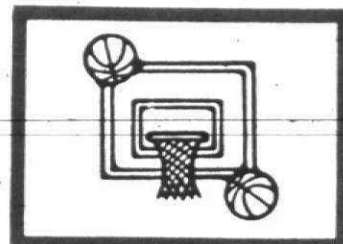
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Sports

Chris McCosky, Brad Emons editors/591-2312

Monday, March 9, 1987 O&E

(P.C)1B



Raider dominance

North rules in WLAA gymnastics final; Salem 2nd

By Bill Parker
staff writer

It was a team effort all the way. It was a combination of the new and the old.

It was Lucine Toroyan, Kim Heller, Kara Karhu and Nicki Yuskowatz. It was Marilyn Dunn, Cindy Tijan and Sharon Hewett.

It was Raider night at North Farmington.

The Raiders hosted the Western Lakes Activities Association gymnastics meet Thursday and when the team points were finally tallied, North stood head and shoulders above the pack. A team score of 138.30 points enabled the Raiders to clinch the league title for the 10th consecutive year.

Plymouth Glenn surprised Westland John Glenn, finishing ahead of

gymnastics

the Rockets with 130.70 points. Glenn settled for third at 126.10 followed by Plymouth Canton (124.70), Northville (120.35), Farmington (118.00), Farmington Harrison (111.25), Walled Lake Western (100.40) and Walled Lake Central (94.30).

"I DIDN'T think it would be a runaway at all," said North coach Jeff Dwyer, who took over the reigns at North after Mary Glitz retired. "I knew we had to hit and we hit. This is our highest team score of the year and it should get the girls up going into the regional tournament."

"Mary Glitz deserves a lot of credit for our success. She had these seniors for three years. The talent was already there when I took over, all I had to do is to get the girls to believe in themselves."

And believe they did. The Raiders placed three girls in the top 10 on the vault, four in the top seven on the bars, four in the top five on the beam and they swept the top three spots in the floor exercise.

"Today we had about a 34.5 (team) average in each event," Dwyer said. "The beam and the floor exercise are probably our strongest events when we hit. We don't have any one really high scorer. Everyone contributes. We're real balanced and when we get our fourth scorer up there we do OK. The girls get all the credit. Everyone came through tonight."

THE TEAM leadership was split between the reliable veteran and the new kid on the block.

Toroyan, a senior with four years of varsity experience, paved the way for the Raider triumph winning the all around title with a total of 35.80 points. She placed first on the uneven parallel bars (9.0), the balance beam (9.3) and the floor exercise (9.0) and placed 10th on the vault (8.5).

Heller, a freshman in her first year of varsity competition, did an outstanding job for the Raiders finishing second in the all around with a total of 34.75. She placed second on the vault (9.0), third on the floor exercise (8.9), and fifth on the bars (8.6) and the beam (8.25).

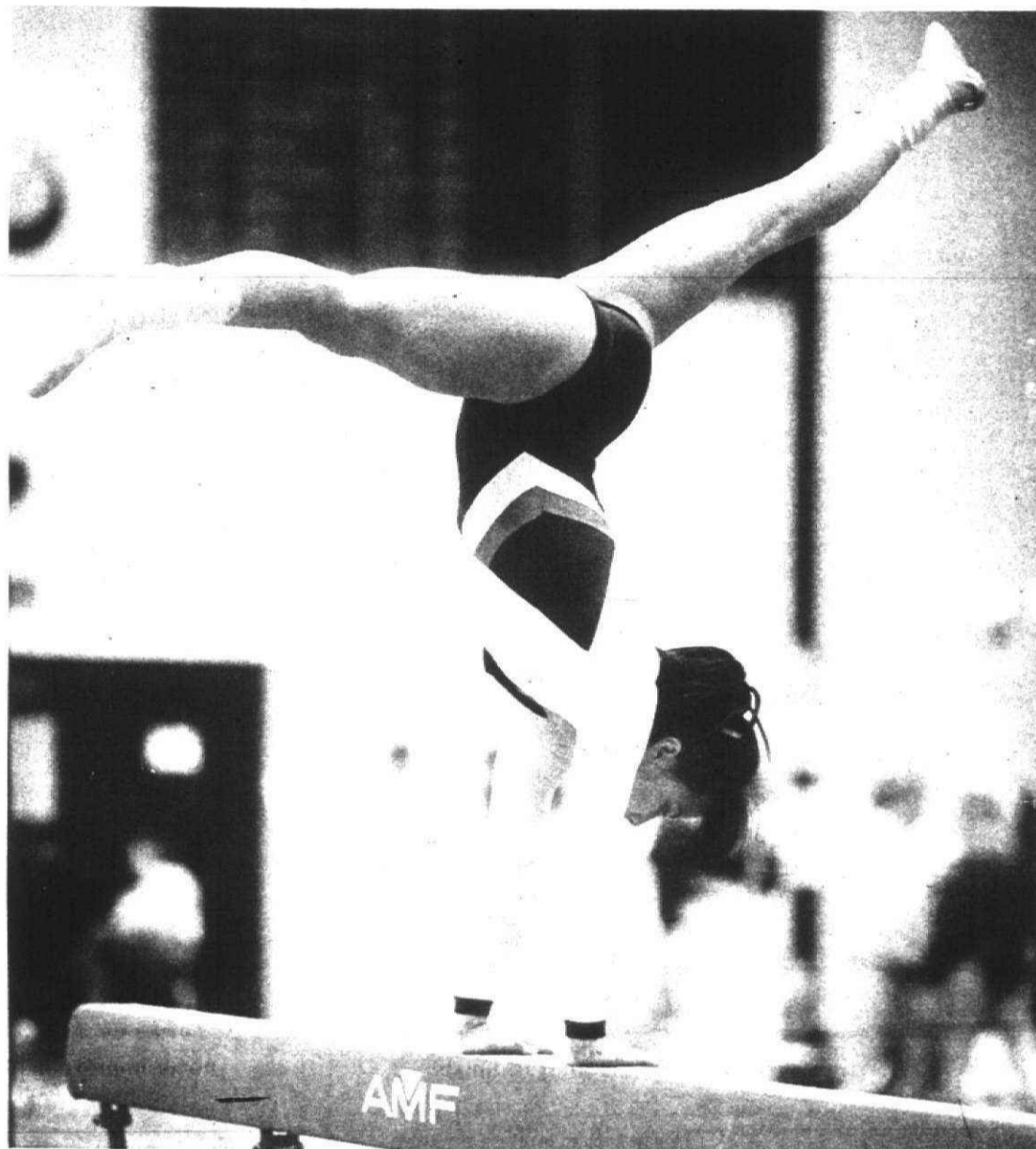
"I don't feel anything yet," said Toroyan after learning she won the all around. "I'm just real happy we took the team title. I just wanted to work real hard because this is my last year here. This is the best way I can think of to end my career at North."

PLYMOUTH SALEM'S Jackie Huff captured third place honors in the all around competition with 34.05 points. She finished second on the bars (8.8), fourth on the vault (8.75), sixth in the floor exercise (8.50) and seventh on the beam (8.0).

North's Karhu gained fourth in the all around (33.95) followed by Glenn's Debbie Tomasko (33.35), Salem's Becky Talbot (32.75), Canton's Brenda Perry (32.00), Harrison's Tracy Solomon and Glenn's Angie Temelko (31.95) and Northville's Wendy Beach (31.80).

The top five finishers on the bars were: Toroyan, Huff, Dunn (8.70), Talbot (8.70) and Heller.

The top five in the vault were:



photos by RANDY BORST/staff photographer

Salem's top scorer in the all-around competition was Jackie Huff, who finished third with a 34.05 total.

Tomasko (9.4), Heller, Farmington's Jackie Daly (8.9), Huff and Farmington's Amy Frontier (8.70).

Top finishers on the balance beam were: Toroyan, North's Tijan (8.55), Canton's Mary Jo Charron (8.35), Karhu (8.35) and Heller.

The top five in the floor exercise were: Toroyan, Karhu (8.95), Heller, Talbot (8.65) and Tomasko (8.55).

Salem's second place team finish was satisfying for coach Kathi Kinsella, although she was a bit disappointed with some of the individual events.

"I WAS HAPPY with our finish,

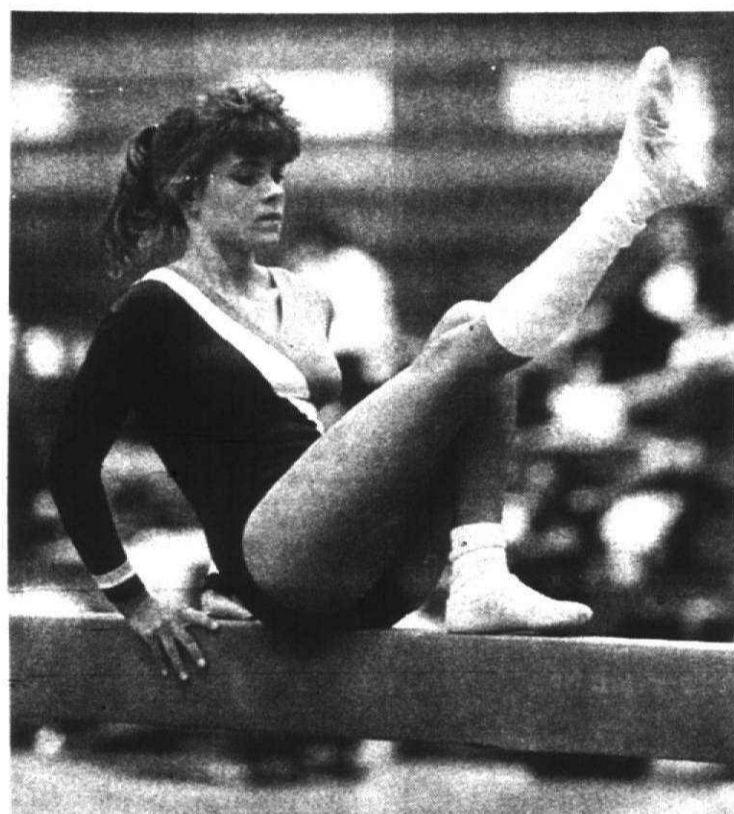
but I thought we could have done better," she said. "The girls did well under pressure. We had problems on the bars and that was our first event. It kind of shook the girls, but they recovered well. I wasn't real happy with our performance on the beam, but that's one of those things where you either hit or you don't. Overall we did pretty good. I thought the scorers were tough but that's good. It will get the girls ready for the regional."

On March 14, the Rocks will compete in the Adrian regional, while North travels to the Troy Athens regional and will square off against the

top-ranked class A Red Hawks.

"IF WE HIT at the regional like we did today, we should do OK," said Dwyer. "Troy Athens will really be tough, but I don't know who else will be there. Anything can happen. We have to go there and hit. Last year we thought we'd do OK and a team from nowhere (Lakeville) came up and beat us. You can't be sure of anything."

The one thing the Raiders can be sure of is that they are the reigning WLAA champs for the 10th year in a row. And that's got to be a big boost entering the regional competition.



Maureen McLean of Canton finished 17th on the balance beam with a score of 7.35 at the WLAA championship meet.

District opener pits Canton and Salem

By C.J. Risak
staff writer

No fanfare, please. Forget the blaring trumpets and the fever-pitched rhetoric, all aimed at whipping the masses into a frenzy.

It's not really money, anyway. Not when Plymouth Canton and Plymouth Salem clash on the basketball floor.

They will. Again. Tonight's state district basketball tournament opens at Salem with the Rocks meeting — who else? — Canton. It's hardly a surprise. Every year, it seems the Chiefs and Salem draw each other in the first-round game.

At least this CEP showdown won't pit two teams that practice in gyms connected by 150 yards of sidewalk, but are otherwise totally unfamiliar with each other. They've met on the hardwood before, and both times Salem came away with wins. The last time was only 10 days ago, in the Western Lakes Activities Association championship game.

YES, THESE two opponents are well-known. The only mystery surrounding them: Can the Chiefs find a way to beat their crosstown nemesis?

"I think it's a challenge," said Canton coach Tom Niemi, who guided Canton to a 12-8 record and a Western Division title. "We'll have to work awfully hard. We have to play a near-perfect game to be successful against them."

Don't expect some miracle cure to save the Chiefs. They'll go in as underdogs, as almost everyone will when facing the 18-2 Rocks. There's no hidden formula, no new strategy to unveil to guide them to that elusive victory. Besides, it's far too late in the season to start tinkering with a winning team.

"We have to go to the dance with what got us there," said Niemi. And what got the Chiefs to the top of

their division was mistakes defense aimed at forcing mistakes and an up-tempo offense to score off those created opportunities.

What Niemi needs is for his team to execute with perfection against Salem. In the first meeting, the Chiefs lost 64-63 in overtime when Salem's Bryan Kearis sank two free throws with three seconds left. The WLAA title game was a different story, as Salem dominated in a 59-45 victory.

"All year long, our bench has done very well," said Niemi. "In that (second) game, we didn't get a spark from them. Everybody has to contribute for us to be successful."

WHILE NIEMI has tangible, physical problems to work out — like how to stop Salem's all-league front line tandem of 6-foot-5 Mike Hale and 6-7 Rick Taylor, and contain all-WLAA point guard Kearis — Salem coach Bob Brodie is concerned with his team's mental attitude.

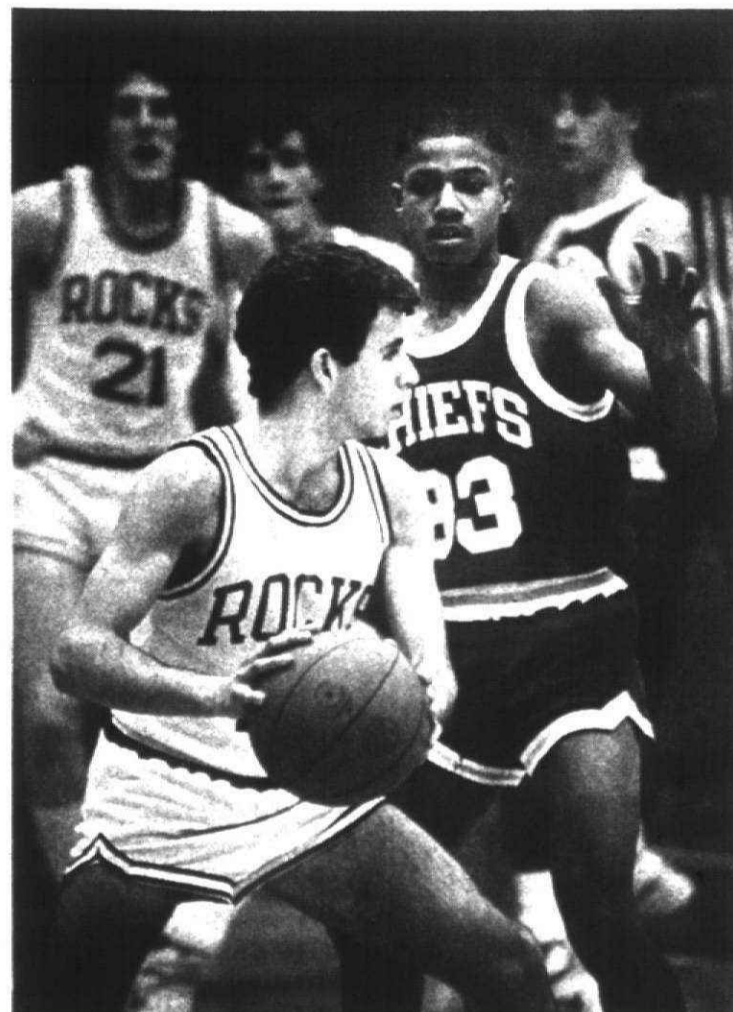
"It's always tough playing a team three times," said the Rocks' coach. "Our only salvation is that it's Canton. When you beat a team twice, it's hard getting up for them again. I don't think that'll be a problem with Canton."

"At this point, all we're doing is fine-tuning. The main thing is to be ready emotionally, mentally."

The week layoff between the WLAA championship and the start of district play was frowned upon by both coaches, but Brodie figured if any team benefitted, it was his. "After two emotional games like we played back-to-back (against John Glenn and Canton), the week off probably didn't hurt us as much as some others."

BRODIE IS playing no surprises for the Chiefs. Why should he?

Please turn to Page 2



BILL BRESLER/staff photographer

Salem's Ted Hanosh will be searching for ways to beat Canton's defense once again when the two city rivals meet for the third time this season tonight.

Golden opportunity for teams of mettle

IT'S THAT TIME of year again for area high school basketball teams to show their mettle. But excuse me, according to Webster, it's mettle.

Either way, March Madness starts a bit late this season and I can't ever remember the Michigan High School Athletic Association's tournament beginning on the ninth day of the month.

It seems we've experienced a "dead week" during the final stretch of the regular season. Most teams, which swing back into action this week, have been idle for nearly 1½ weeks.

What will the future bring for area teams?

It's time to quote a few precious metals because there's going to be a busy three weeks of tournament action. Here is a prospectus on the state tournament.

PLATINUM (\$527 per ounce)

See you next season: There are no legitimate state contenders from Observerland, but Redford Bishop Borgess is a team to watch in the future.

GOLD

Westland John Glenn (18-2): The Rockets have all the right stuff to make a run to the state



Brad Emons

Class A semifinals because they host both the district and regional and face a weak Troy Athens regional champion in a potential quarterfinal matchup. The key is getting center Andy Grazulis more involved in the offense. Stumbling block: Glenn could have its hands full with the winner of the Detroit Cody district — which features four outstanding teams in Borgess, Detroit Cooley, Mackenzie and Cody. But look for Glenn to breeze through its own district.

SILVER (\$5.45 per ounce)

Plymouth Salem (18-2): The Rocks open district play against rival Canton, a team that can give them trouble. If they get past the district, Salem could bump into the Gibraltar-Carlson district champ (probably Monroe) and then would face either Wayne, Romulus, Ann Arbor

Please turn to Page 2

Wayne is ready for district play

Wayne Memorial appears to be peaking at the right time for the state basketball tournament.

The Zebras, who clinched the Wolverine A League title two weeks ago, committed only seven turnovers Friday in their lopsided 73-39 victory over visiting Dearborn Fordson.

Wayne, which has won seven straight, finished the regular season at 16-4. The Zebras meet Belleville Tuesday at home in a district Class A opener. (See tournament pairings).

In the win over Fordson, Wayne jumped out to a 33-12 halftime lead and then blanked the Tractors in the third quarter, 20-0, before coasting home.

Everyone scored for the Zebras. Mark Robinson, a senior point-guard, led the way with 14 points. Mark Claiborne and Curtis Adams added 13 and 10, respectively. Dave Senowick clipped in with nine points.

Bassom Karkaba tallied eight in a losing cause.

CATHOLIC CENTRAL 82, DET. NORTHERN 79: Senior guard Vince Vaccarella had his best outing of the season Wednesday, leading the Shamrocks (14-6) to a non-league triumph over visiting Detroit Northern (11-4).

Three other Redford CC players scored in double figures: Brian Dugas (19), Pat McGrath (15) and Anthony Arrington (13). Northern led 35-24 at halftime, but CC came storming back in the second half to post the victory.

David Groz, a 6-foot-8 junior center, led the Huskies with 20.

"He (Groz) took steps a couple of times early and that helped us because when he got the ball inside, it was going in," said CC coach Bernie Holmbeck. "He was a bit tentative after that."

DEARBORN 50, REDFORD UNION 48: The host Pioneers wrapped up the Northwest Suburban League championship Friday with a two-point win over hard-luck Redford Union, which finished the regular season at 4-15 overall.

"It was a good effort, but we broke down under their three-quarter court pressure," said RU coach Tip Smathers. "We missed three or four assignments and we couldn't get to the line."

PLY. CHRISTIAN 59, FAIRLANE 47: The Eagles closed out the regular season Friday with a non-league triumph at Dearborn Heights Fairlane Christian.

Plymouth finished the regular season at 17-3 overall.

Pat McCarthy led the winners with 16 points and eight rebounds. Mike Warmber contributed 15 points and 16 rebounds.

Don Farago paced Fairlane with 18. Plymouth Christian took a 28-19 halftime lead and then blew things open with a 16-8 spur in the final quarter.

THURSDAY, MARCH 12: North Farmington vs. Bloomfield Hills Andover, 8:15 p.m.; West Bloomfield vs. A-B winner, 8 p.m.

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Precious few will survive early tests

Continued from Page 1

Huron, Pioneer or Ypsi (the regional host). If front line standouts Mike Hale and Rick Taylor get help from the bench, Salem could conceivably win its district and take the regional.

Wayne Memorial (16-4): Mark Robinson and company could be playing the best basketball in Oserverland these days. The Zebras have no real size, but coach Chuck Henry nearly pulled off the upset of last year's tournament, losing to state champion Romulus in triple overtime. The Zebras host their own district, but it won't be easy with the likes of Romulus, Belleville and Tri-River League champion Taylor Kennedy.

Steve Moore scored a game-high 22 points for the Pioneers, who finished 6-3 in NSL play.

Steve Sterlitz, who crashed the offensive boards, led RU with 12 points. Dave Marshall added nine.

OAK PARK 72, GARDEN CITY 47: On Thursday, guard Heath Thomas poured in 25 points and 6-7 center Marcus Belton added 18 as the visiting Redskins ran away with the non-league victory.

"They were a big physical team," said Garden City coach Bob Dropp, whose team finished 7-13 overall. "When we missed, we only got one shot."

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goes 6-9 center Brad Ridgeway. Unfortunately, they open Class B district play at Madison Heights Bishop Foley against Royal Oak Shrine, a Catholic League playoff semifinalist.

Redford Thurston (9-11): The Eagles play a rubber match against Dearborn Heights Crestwood in their Class B district opener at Dearborn. Can they stop Crestwood's Larry Alsbrooks? Reaching the district final would put them against either Dearborn Heights Robichaud or Dearborn Divine Child, two formidable teams.

Livonia Churchill (8-12): The Chargers will have a battle on their hands with Franklin in their opener. Beating Glen is a pipe dream. Don't buy anything with the name "Livonia" on it.

Livonia Stevenson (11-9): Coach Jim McIntyre's team drew a bye and will face the winner of the Glen-Garden City district opener. You can figure out the opponent and the outcome.

Livonia Clarencville (10-10): The Trojans may have the best player in Livonia, junior forward Gregg Buell. Beating host Foley in its Class B opener is possible, but highly unlikely.

Livonia Franklin (3-17): Franklin owns victories over Farmington, Churchill and Northville. That's progress after going 0-20 the year before.

Redford St. Agatha (11-8): The Aggies have an unsung player in 6-4 center Kevin Rich. They open Class C district play against host Orchard Lake St. Mary's, a team which beat them a week earlier.

Coach Larry Dupke's team, however, won't get past the second round because state-ranked Detroit Country Day is waiting in the wings.

Garden City (7-13): The Cougars started out strong, faded, upset Dearborn and then have fallen flat on their face again. Oh, what a season it could have been had not 6-6 Skip Barnett moved to Georgia.

Redford Union (4-15): Coach Tip Smathers has made some progress with the Panthers, who have won more games this year since the 1980-81 season. RU has also lost several heartbreakers, but the Panthers will need a heart transplant to beat the winner of the CC-Southfield game.

Farmington (2-18): It's been a long year for first-year coach Bob Kaump, whose team fell on hard times almost from the start. Steve Howell, not a bad scorer, has been one of the team's bright spots.

LEAD
(26 cents per pound)
Farmington Harrison (10-10): The Hawks have been up and down this season. They go, as

ZINC
(41 cents per pound)
North Farmington (8-12): The Raiders play in the state of the Walled Lake Western. Coach Tom Negoshian has pulled some upsets in past years. His team opens with Bloomfield Hills Andover, which is no great shakes and would probably face Walled Lake Central for the title. Who knows?

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Ocelots tourney trip is a short one

It was a long road trip to Vincennes, Ind., for Schoolcraft College's men's basketball team last week. Running out of gas made it a short one, too.

No, the Ocelots were not stranded somewhere in the Indiana outback. The bus made it to Vincennes, but SC could not make it through its first game of the NJCAA Division I regional tournament Tuesday. A 40-38 halftime lead disintegrated in the final 20 minutes and the Ocelots fell 84-73 to Cincinnati Tech.

"We played extremely hard and well for most of the game," said SC coach Bob Weitzel. "We simply could not make the plays to win the game in the last six minutes."

A season-long Ocelot problem has been lack of size, which has plagued their inside offense, their defensive assignments and their rebounding. That deficiency, combined with a limited bench, also has affected their endurance. By game's end, the Ocelots were worn out — or out of gas.

DERRICK KEARNEY did his best to keep SC in gear. The 6-foot-4 forward sparked, connecting on 14-of-17 floor shots and both his free throws to net 30 points. He also hauled down 14 rebounds.

But it was hardly enough. Two other scorers the Ocelots rely on, Reggie Stevens and Desmond Steele — managed to hit just 10-of-26 field goal attempts combined. Stevens

scored 14 points, Steele had 11. Les English added 10. No other Ocelot had more than six.

Rebounding was worse. After Kearney's 14, the next highest rebounder was Stevens with five.

The season-ending loss dropped SC's final record to 11-18.

GOALS. Joel Stempien and A.J. Plasekey also scored. Joe Domperiere was in the nets for the winners.

Both CC goals were scored by Scott Haller.

The Shamrocks end their season at 18-4.

On Feb. 28, CC finished its regular season with an 8-1 rout of Milford-Lakeland at Redford Arena. Lee Ziegler got three of the Shamrock goals, with Mark Johnson getting two and two assists and Todd Johnson collecting two goals and an assist. Chris Peters also scored for CC.

The Shamrocks advanced to play Rice in the regional after Southfield-Lathrup forfeited its scheduled first-round match Monday with CC.

STEVENSON 4, PIONEER 3 (OT): Matt Mulcahy knew what to tell his Livonia Stevenson ice after they had survived a furious third-period Ann Arbor Veterans Arena. Lee Ziegler got three of the Shamrock goals, with Mark Johnson getting two and two assists and Todd Johnson collecting two goals and an assist. Chris Peters also scored for CC.

"I've played and reffed and coached overtime games," Mulcahy said, "and it's not the perfect pass or perfect goal that wins it. I told them to just throw the puck in toward the net."

The Spartans listened well. Paul Tusian made Stevenson a winner — the first time the Spartans have beaten Pioneer in 14 years — by flipping the puck toward the goal from just inside the blue line. His shot eluded four players and went in. Steve Kuphal was credited with the assist.

The final 15 minutes of play belonged to Rice. The Warriors outshot CC 9-1 in the period, but they didn't put the game away until the final five minutes, when they scored twice.

Tony Thompson got two of Rice's

game advances to play Farmington, which went 2-18 and occupied the cellar of the WLA's Lakes Division, at 7:30 p.m. Wednesday.

Get the picture? Monday's victory is almost certain to reach the district finals; the other finalist will be the winner of the Novi-Northville game. One of those teams can match Salem or Canton in ability.

But, as both Niemi and Brodie said, in the state tournament anything can happen.

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Derrick Kearney collected 30 points and 14 rebounds for Schoolcraft, but it wasn't enough.

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Tony Thompson got two of Rice's

game advances to play Farmington, which went 2-18 and occupied the cellar of the WLA's Lakes Division, at 7:30 p.m. Wednesday.

Get the picture? Monday's victory is almost certain to reach the district finals; the other finalist will be the winner of the Novi-Northville game. One of those teams can match Salem or Canton in ability.

But, as both Niemi and Brodie said, in the state tournament anything can happen.

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S'western express flattens Borgess

By Bill Parker
staff writer

There was a little bit of everything Friday night at the University of Detroit's Callahan Hall.

There were blocked shots, missed shots, blind passes and steals. There were reverse lay-ups, slam dunks and even an uncharacterized flight across the key.

The only thing there wasn't enough of were baskets for Redford Bishop Borgess.

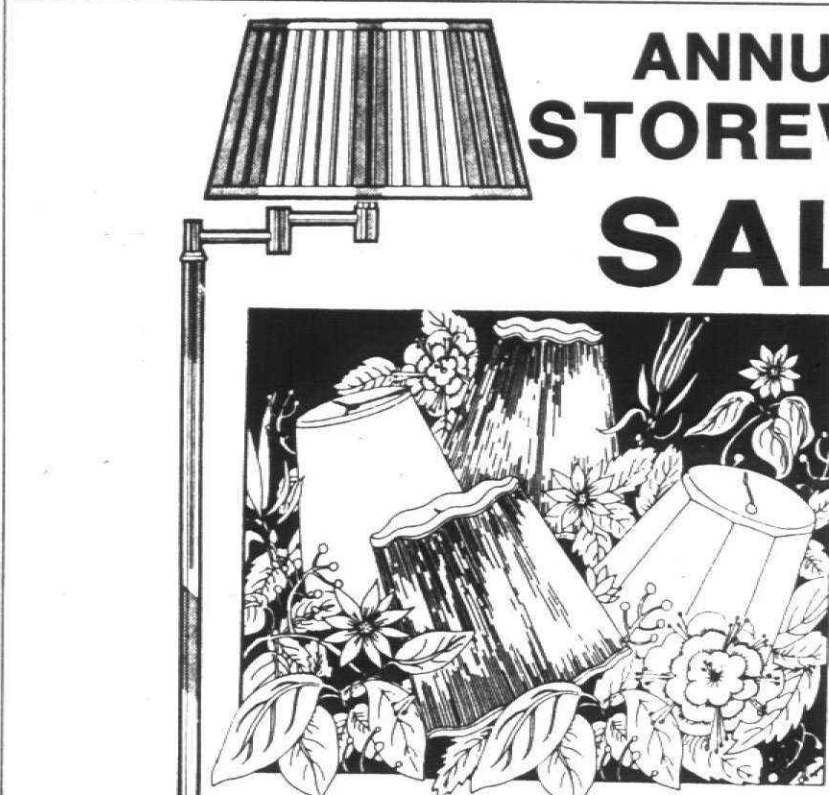
The Spartans, champions of the Catholic League, squared off against Public School League champion Detroit Southwestern in the Operation-Friendship boys basketball championship.</

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volunteers

SENIOR TAX COUNSELORS

The Plymouth-Canton-Northville branch of the American Association of Retired Persons will help prepare tax returns for senior citizens — low income and shut-ins. Tax preparation will be now through April 15 at sites in Canton, Plymouth and Northville. For information call 474-1645 or 397-1000, ext. 278.

FREE TAX PREPARATION

Free tax preparation for the elderly, low income persons and shut-ins will run from 10 a.m. to 4 p.m. now through April 15.

Canton residents may call Diane, 397-1000, Ext. 278, for an appointment.

Bring a copy of your 1985 taxes and statements for all income received in 1986.

TRAINING MENTORS

Youth Development is a diversion program, in cooperation with the Plymouth, Plymouth Township and Canton Township police departments and Growth Works, for juvenile first-time offenders. The program is designed for both the youth and his/her parents as an alternative to the juvenile court system.

Growth Works trains volunteers to work on a weekly basis with the youth. The training covers communication skills, empathy listening skills, building and bonding relationships, alcohol and substance abuse, decision making, consequences of behavior, parenting skills, and crisis intervention. Training sessions totaling about 20 hours is open to all interested people willing to commit to at least six months of about three hours per week. For information, call Sue Davis, 455-4902 Monday through Friday.

FISH NEEDS HELP

Plymouth-Canton FISH needs new volunteers. For information, call 420-2046.

CEP VOLUNTEERS

Teachers at Plymouth Salem and Plymouth Canton high schools need volunteers to type, make bulletin boards, help in the reading lab, input for computer circulation in the library, or serve as speakers and resource people in the areas of social studies, German and French. Native French and German speakers also are needed. If you can donate an hour a week, call Cyndi Burnstein 1-

10 p.m. at 459-9435.

AMATEUR PERFORMERS

The Plymouth Community Arts Council is updating its list of amateur performers who are willing to share their time and talent with students. The resource list is provided by the PCAC to all elementary teachers in Plymouth-Canton Community Schools. Particularly needed this year are dancers, singers and musicians. If you or someone you know has a special skill they are willing to share, call Pat MacIsaac at 453-8051.

VOLUNTEERS SOUGHT

Canton Care Council, an affiliate of the Ann Arbor-based Community Councils Association, is seeking volunteers interested in enhancing the quality of life for nursing home residents.

Volunteers serve on the council, which meets once a month to plan social, service or educational activities for residents at Canton Care Center. The time commitment is three to six hours per month. For more information, contact Kathy Belisle at 981-2382.

EMERGENCY VOLUNTEERS NEEDED

The Plymouth Township Office of Emergency Preparedness needs volunteers to be trained in skills that will be used during an emergency or disaster. Training includes damage assessment, shelter management, first aid, emergency operating center support and service weather spotting.

Training meetings are held from 9 a.m. to noon on the fourth Saturday of each month in Plymouth Township Hall at Ann Arbor Road and Mill. Township residency is not required. All training is free.

WANTED: CIVIC RADIO HELP

Plymouth Area REACT Team is looking for members for emergency radio communication (no experience necessary) and other community programs. All residents from Plymouth, Canton, Northville and surrounding areas are invited. The group meets at 8 p.m. the second Thursday of each month at Plymouth Township Hall, Mill at Ann Arbor Road. For more information, call 455-9609 or 453-7641.

“RIDE WITH US”

Plymouth Area Citizens Team program is made up of volunteers from Plymouth and surrounding communities who patrol the Plymouth area. The organization is looking for volunteers to devote one night (four-five hours) per month to be the “eyes and ears” for the community. Those interested in going on an observation ride with a PACT member should call 459-2075.

HISTORICAL MUSEUM

Volunteers are needed at the Plymouth Historical Museum. Are you interested in antiques and Plymouth history? Come in and visit your museum and see what's there. The museum needs volunteers for changing displays, helping in the gift shop, typing, printing, sewing and helping in the educational program for school children. Call 455-8940 or stop in from 9 a.m. to 4 p.m. Wednesday or Thursday to ask what you can do to help.

DELIVERING MEALS

Residents are encouraged to volunteer their time to deliver meals one day per week to the homebound elderly in the city of Plymouth and in Plymouth Township. Delivery takes about one hour, 11:45 a.m. to 12:45 p.m. Drivers are needed daily except Thursday. Mileage reimbursement of 23 cents per mile is available. For information, call Margaret Foster, 453-9703, 10-11 a.m. Monday-Friday.

except Thursday. Mileage reimbursement of 23 cents per mile is available. For information, call Margaret Foster, 453-9703, 10-11 a.m. Monday-Friday.

MEALS ON WHEELS

The Senior Nutrition Program, “Meals on Wheels,” needs clerical volunteers for its main office at Five Mile and Sheldon roads in Northville. To volunteer, call 453-2525.

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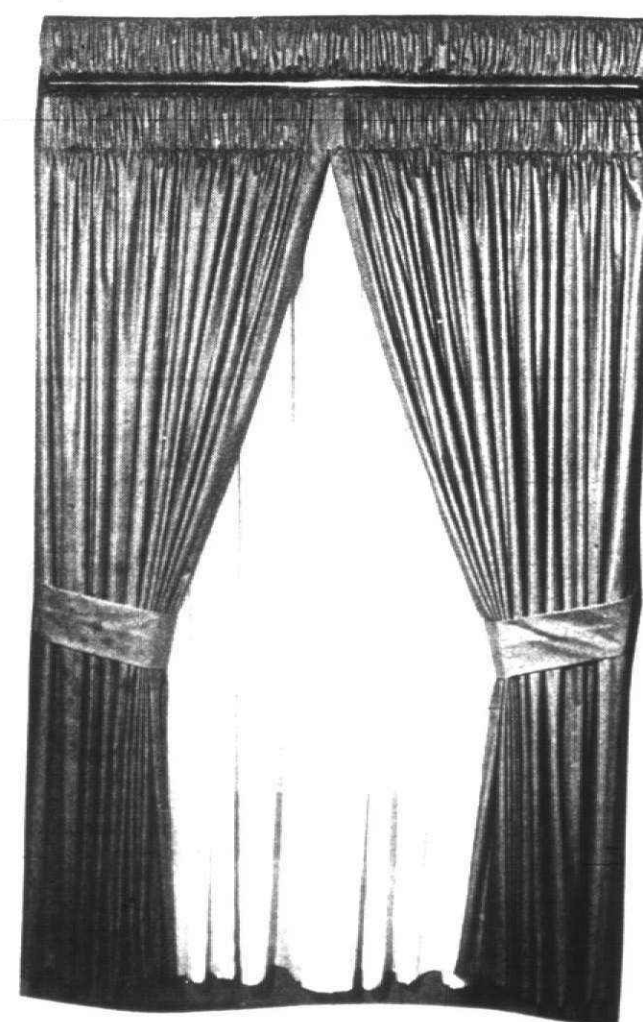
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Parents want kids self-reliant

In the 1950s parents were more likely to prefer obedience and good manners in their children; today they are more likely to look for independence and self-reliance — possibly because society itself has changed.

Duane F. Alwin, a research scientist at the University of Michigan's Institute for Social Research, says the apparent revolution in parental values is documented in studies conducted over the years in Detroit, Muncie, Ind., and in national samples of the United States.

ALWIN, who also is professor of sociology, cites several factors that may be involved:

- The changed modern family offers more freedom and autonomy to all of its members.

- An increasingly complex American society requires different socialization of young people.

- Basic attitudes toward child-rearing appear to have changed among certain segments of the population, particularly among Roman Catholic ethnic groups.

- In data from the Institute's sample surveys of the Detroit metropolitan area conducted in 1958, 1971 and 1983, Alwin found among par-

ents "a clear and consistent increase in the valuation of autonomy for children and a decrease in preferences for obedience."

- The change was most pronounced among Catholic parents, a finding that Alwin says is consistent with "recent historical movements of Catholics away from what are often considered traditional definitions of family relationships."

- The U-M researcher says data from the Detroit, Muncie and U.S. studies indicates that today "there are no significant differences in parental values between Protestants and Catholics."

Alwin notes that the social changes span a long time period in U.S. history. Some change was inevitable as the nation moved from the agrarian economy of the late 19th century through urbanization and into today's technological era.

HE FOUND "an increasing number of important changes in the nature of the American family" over the past several decades, many of which "reflect a somewhat broad-based shift in the direction of granting greater autonomy to family members, particularly women and children."

"Parents experiencing social change are likely to want to raise their children differently from what they perceive were their own parents' approaches to child-rearing, adapting values and practices to meet the demands of social life as they currently experience it," Alwin explains.

In addition, family size has decreased substantially over the past 20 years, and research suggests that parents in smaller families may place less emphasis on conformity, Alwin explains. He notes that since 1970 there has been a 40 percent increase in the number of children living with a single parent.

Increased female labor force participation, which has helped delay childbearing and reduce family size, also dictates less time for mothers to spend in child care, he adds. This too may encourage the desire for autonomy in children.

The research indicates that longer exposure to education and "modern" values has led to greater intellectual flexibility.

As modernization increases the complexity of society, Alwin explains, young people face the need for more technical training and greater educational certification

among professional occupations. Self-direction has become more important.

ALWIN NOTES that these findings are similar to a shift in parental attitudes found by other researchers in studies made a half-century apart (1924-1977) in Muncie.

The Muncie studies showed that adolescent children had become more independent of their parents in 1977 than they were in 1924, and that the changes were more pronounced among girls than among boys.

Adolescent girls in 1977 were more likely to spend evenings away from home, and less likely to depend upon parents for spending money. Both sexes were less likely to depend on their parents for information about sex. In general, Alwin says, adolescents in 1977 wanted from their parents greater respect for their opinions and less nagging.

Although observers have differed about the meaning of the findings, Alwin concludes that "there seems to be substantial evidence in favor of the observation that parents desire greater independence and less obedience in their children, and that these values are to some extent embodied in their children's behavior."

Heating bills dip this winter

Natural gas customers of Consumers Power Co. should save more than \$150 on a typical home this winter.

Twin reasons, said the utility, are decreasing rates and one of the mildest winters on record in Michigan. The company serves most of the metro Detroit suburbs.

The utility's major supplier, Trunkline Gas Co., has announced a reduction of 4 percent in the rate Consumers Power pays for natural gas. That will save an average resi-

dential gas customer approximately \$6.50 annually.

OTHER RATE reductions announced earlier by Trunkline and Panhandle Eastern Pipe Line Co. are saving a typical residential gas customer \$89 from September 1986 to September 1987. In 1986, the rates Consumers Power charged to residential natural gas customers were 7 percent below 1985 rates.

Unusually mild weather this winter has saved the average residential

customer approximately \$59 comparing bills for the three-month period of November and December 1986 and January 1987 with the same months last winter.

"The reduction in rates by our major supplier enables us to continue to provide gas at competitive rates for our industrial, commercial and residential customers," said Robert J. Odlevak, vice president of fuel supply for Consumers Power.

Trunkline Gas Co. supplies approximately 61 percent of the utility's annual gas requirement.

WEATHER DATA compiled by the utility indicates that the winter of 1986-87 is the second warmest in the past 20 years. Temperatures averaged 3 degrees Fahrenheit warmer than a typical winter over the past 30 years.

Consumers Power, Michigan's largest utility, serves almost 6 million of the state's 9 million residents in 67 of the 83 Lower Peninsula counties.

SC offers foundation grant

Applications are available for Schoolcraft College's 1987-88 Foundation-Scholar Award. The grant applies for the 1987-88 school year.

Candidates must have completed at least 30 credit hours at Schoolcraft and be currently enrolled as full-time students, carrying 12 or

more credit hours. Applications must be completed by Friday, April 3. Additional information is available on the Foundation-Scholar Award or other Schoolcraft College Foundation scholarships by visiting the financial aid office, 18600 Haggerty, or by calling the office at 591-6400, Ext. 350.

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Job-hunting workshop set

Area residents are invited to join Schoolcraft College students for a free job-hunting workshop Wednesday, March 18. The workshop begins at 6 p.m. in the Waterman Campus Center, 18600 Haggerty, Livonia.

Presented by Schoolcraft's Career Planning and Placement Center staff, the two-hour session highlights job search, resume writing and interview skills.

More information is available by calling 591-6400, Ext. 371.

'87 grads eligible for scholarships

Schoolcraft College is offering \$500 Trustee Scholarships to area high school graduates.

Scholarships will be offered to 1987 graduates of Clarenceville, Garden City, Livonia, Northville and Plymouth-Canton high schools. The scholarships are renewable.

The application deadline is Tuesday, March 31. Application information is available by calling 591-6400, Ext. 354.

SC alumni plan Pistons game trip

Members of Schoolcraft College's Alumni Association are inviting area residents to join them for the Detroit Pistons-Milwaukee Bucks professional basketball game Sunday, April 5.

Reserved tickets are \$8. Call 591-6400, Ext. 322, for more information.

Business index slips


In January, the Michigan Business Activity Index (MBAI) fell five points to a level of 136 compared with 141 in December, according to Manufacturers Bank economist David Littmann.

December's index was revised downward by one point, as a result of a downward adjustment in the average hourly work week in the manufacturing sector. In January, nearly all components of the index showed modest declines, with the exception of hours and earnings. Steel production also exhibited an increase.


Currently, January's level of 136 is 0.7 percent above the level of 135 posted in January 1986.

The index is compiled monthly from 10 different measures of Michigan economic activity by the economics department of Manufacturers Bank. It is seasonally adjusted, corrected for inflation and expressed on an index basis with a 1982 equals 100 base.

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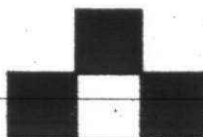
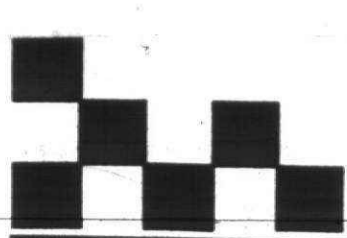
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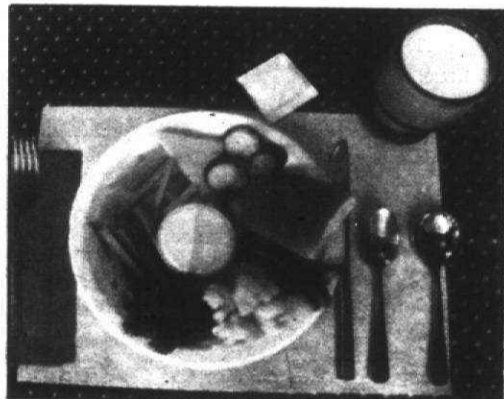
Livonia:

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'Most of the things with a real ethnic flavor seem to go better than anything else. Hot dogs and hamburgers are pretty passe nowadays.'

— Kathy Wright
Food service director,
South Redford schools



It may look more nutritious, but this veggie, cheese and dip meal contains the same nutrients as the pizza and fries lunch. It also is considered a Class A meal.



DAVID FRANK/staff photographer

Pizza, french fries and chocolate cake are among the more favorite lunch items of area students. At first glance the meal may seem to be less than nutritious. However, the meal above meets state Class A standards for nutrition.

School Lunches Menus tend toward trendy

By Mary Klemic
and Cathie Breidenbach
staff writer

Planning menus can be hard in any household. But imagine the task faced by Mark Kozub.

He has to come up with lunches for a "family" of several thousand young people.

Kozub is interim director of food service for the Livonia Public School District. Like his counterparts in local school districts, he balances popular tastes with nutritional value to come up with menus for every school day.

"Everybody wants to go to McDonald's or Taco Bell, so we try to work in those items," Kozub said.

STUDENTS' PALATES apparently speak more than one language. In Wayne County, french toast, tacos, burritos and pepperoni pizza are among the most popular lunch items, along with pancakes, chicken nuggets and hamburgers.

In Oakland County, Mikey likes chicken nuggets best.

Pizza and tacos run a close second among hot lunch favorites in Southfield, Troy, Birmingham, West Bloomfield, Rochester and Farmington schools.

"Most of the things with a real ethnic flavor seem to go better than anything else," said Kathy Wright, food service director for South Redford. "Hot dogs and hamburgers are pretty passe nowadays."

TYPICAL LUNCH items today include: spaghetti, roast beef sandwiches, cheeseburgers, hot dogs, fish



Dolores Crosier, supervisor of food services in the Rochester schools, takes inventory as Dolores Greyerbiel and Mary Madison work to prepare the day's lunch.

sandwiches, cheese croissants, sloppy joes, fried chicken, meat and noodle casserole, tuna croquettes, pancakes, nachos, tacos, ravioli, a salad bar, and submarine sandwiches.

A la carte selections include cakes, cookies, ice cream, pudding, soup, hot vegetables, potatoes, salad, fresh fruit, juice and milk.

Livonia high school lunches are "more or less all a la carte," Kozub said. Those menus include salad bars, spaghetti, meat loaf, macaroni and cheese, baked chicken, mashed potatoes and gravy, chili and hot soups.

CLARENCEVILLE offers "promotion days," when fathers, mothers or grandparents are invited to have lunch with the students.

Plymouth-Canton Community Schools have used special promotions such as deli bars and nutrition sticker booklets to increase participation in the lunch program.

"We plan around different theme days — St. Patrick's Day, the first day of spring," Wright said. "We'll have something out of the ordinary. On the first day of spring, we'll have a chef's salad. We'll have ice cream, a treat on a day like that."

"The most popular (a la carte selections) are cheeseburgers, pizza

subs and cold sandwiches," said Mary LaCroix, food director for the Redford Union School District. "We have hot pretzels every day, bagels and sweet rolls we make ourselves."

"WE HAVE our own bakery in the school district," she said. "We do everything from loaves of bread to hard rolls."

Reports from cooks at individual schools are important ingredients for updated menus.

"We do consider the comments we get from students," LaCroix said. "The menus are made up by the managers in the individual kitchens who work individually with students."

In some districts, the food is prepared at a central kitchen and delivered to individual schools. Some schools cook meals on the premises.

STUDENTS' CULINARY likes and dislikes are important marketing information for school lunch programs, non-profit businesses that must serve what their customers like to stay within budget. Kids are their customers.

"Today's kids are a sophisticated, eating-out group," says Bob Brady,

Please turn to Page 2



Lining up for lunch at the salad bar last week in Livonia's Franklin High School were Scott Marinkovich (left), Derek Holzwarth, Sasha Christie, Bev Campbell and Rhonda Kaczmarek.

Students debate lunch that's great

By Mary Klemic
staff writer

If meals were music, lunch at Livonia's Franklin High School would be a symphonic experience.

Culinary arts staffers plan and prepare student meals and serve them in three shifts from 10:45 a.m. to 12:10 p.m. each day. Besides that, The Patriot Inn restaurant, open to the public, is housed in the school building.

"That's where the real lunch is," one student says with a smile.

But Franklin's food repertoire wins mostly "bravos" from the lunchtime audience.

"Pizzas — with pepperoni, cheese and sauce," says 10th grader Chris Jaynes, when asked what he likes best of the lunch menu. "The spaghetti is decent."

"The french fries," 10th grader Brenda Claus replies to the same question. "They're good." Others have told her they have noticed the potatoes are freshly fried, she says.

Please turn to Page 2

taste buds

Turkey offers year-round treat

One thing today's turkey lover can really be thankful for is that our native North American bird is no longer limited to once-a-year holiday visits to the family dinner table. It used to be that preparing a turkey dinner was a major culinary event proceeded by hours of cooking and days of preparation.

I can remember mama buying a bird so large that it took three days and the entire bottom of the fridge with three shelves removed just to thaw. When it was time for the bird to get placed in the roaster, dad was ordered to find two small cinder blocks which were then wrapped in newspaper to keep the roaster lid closed. (We used the food section, of course!)

It used to be that that if turkey was what you wanted, a turkey was what you bought: the whole thing! Choices were limited to big, bigger and too big for the oven. Today, all

that has changed thanks to modern processing techniques.

The least expensive and most convenient to purchase are whole turkeys. They come mainly frozen and can range in size from seven to 30 pounds. I don't recommend the purchase of self-basting turkeys unless you happen to be one of those "cooks" who tend to overcook everything.

There's no significant difference in flavor or tenderness of tom or hen turkeys, however, toms usually tend to be larger, naturally. Most self-basted birds have been injected with added fat or oil that can up the cost significantly (as well as the calories). The added fat is usually cooked out



Chef
Larry Jones

of the bird, so in the long run, frequent basting of your own can save \$\$\$\$\$.

According to Department of Agriculture data, whole, ready-to-cook turkey is about 27 percent bones, so you will need to allow two servings per pound (approximately).

Turkey averages at about 120 calories per three ounce serving. White meat from the breast is the most lean and has about 100 calories per three ounce portion while the wings come in at about 130 calories per three ounce portion and the dark meat from the thighs belly up at about 170 calories per three ounce portion.

Any expert will gladly tell you there's only one way to cook turkey — his way. Whatever way you prefer, the more the bird is covered, the more it will taste "steamed" and the

Please turn to Page 2

Cooks offer their cafeteria recipes to make at home

From angel biscuits to French Onion soup to pizza casserole, the following recipes were labeled as some of the noontime favorites at area schools.

NUT CRUNCH COOKIES BIRMINGHAM

1 cup sugar
1 cup powdered sugar
1 cup butter/margarine
1 cup oil
1 tsp. almond extract
2 eggs
4 1/2 cups all-purpose flour
1 tsp. baking soda
1 tsp. cream of tartar
2 cups coarsely chopped nuts (almonds or walnuts)
1 6-7 oz. pkg. Heath Almond Brickles
Bits

Cream butter and sugar then add almond extract and eggs. Lightly spoon flour into measuring cups and

level off. Mix dry ingredients and blend with wet ingredients. Blend well. Stir in nuts and Brickles Bits. Form into balls and roll in additional white sugar. Place on ungreased cookie sheet. Flatten with fork dipped in sugar. Bake at 350°F for 12-18 minutes or until light golden brown.

ANGEL BISCUITS BIRMINGHAM

Dissolve 1 level tbsp. yeast or 1 cake yeast in 2 1/2 tbsp. warm water. Set aside.

Sift together:
5 1/4 cups flour
2 tbsp. baking powder
1/4 tsp. baking soda
1 1/2 tsp. salt
1 tbsp. sugar

Cut in 1 cup shortening. Add 2 cups buttermilk and yeast mixture.

PIZZA CASSEROLE WEST BLOOMFIELD

Brown 1 1/4 lb. hamburger, 1 chopped onion and 1 chopped green pepper. Drain grease and put aside. Cook, but do not overcook, 1 lb. rotini macaroni. Drain and set aside.

Mix:
2 (8 oz.) cans pizza sauce
3 (8 oz.) cans tomato sauce
1 (8 oz.) can mushrooms — sliced
1/2 pkg. sliced pepperoni
12 oz. shredded mozzarella cheese
Parmesan cheese, optional

Mix ground meat with rotini and

Please turn to Page 2

School lunch menus tend toward the trendy

Continued from Page 1

assistant food service manager for Southfield Public Schools.

"They want the atmosphere, the excitement, and the opportunity to choose what they've become accustomed to in restaurants," adds Dolores Crozier, supervisor of food services for the Rochester Schools.

SOMETIMES KIDS surprise the experts. Who would believe that raw veggies with ranch dip would be a hot seller in Birmingham elementary schools? Or that build-your-own yogurt sundae would be a winner among the peanut-butter crowd?

And salads. "I always thought elementary kids liked salad. They love it," says Southfield's Brady.

Even raw broccoli, cauliflower and chick peas move well at the salad bar at West Bloomfield High School, according to Lillian Perri,

food service manager.

"Not only foods have changed, so have students' expectations," says Crozier, noting that students want fast food and choices.

BILLIE BARTLING, food manager at Power Middle School in Farmington, says students in upper schools have six or seven choices for lunch each day.

"We're treating them like adults rather than like children," she adds.

Most high schools also have a separate fast food line as well as self-serve food bars and salad bars.

Birmingham students heap assorted toppings on baked potatoes at the potato bar, in Farmington, even the hot lunch line is self-serve. Food service managers predict that build-your-own sandwich bars are next.

Has nutrition gone by the wayside with the popularity of the fast food lunch? Hardly.

"IT'S TRUE. The lunch program is a business," says Gail Moran of Troy. "If you take away favorites like french fries, we would not survive. But fast food doesn't have to be a bad choice."

In Troy, the much-maligned french fry is made healthier with top quality potatoes that don't absorb as much grease and by not using salt. Moran also buys water-packed tuna to reduce the fat in student diets.

In West Bloomfield, Perri buys hot dogs and lunch meats made with turkey products and fish is baked rather than fried to cut down on fat. All of the schools provide low fat milk and most offer skim milk.

FOOD SERVICE personnel think about nutrition with every menu they buy. The challenge is to get kids to think about it, too.

"You've got them for the lunch period. They're yours to try to create good eating habits," says Brady.

"Nutrition is going to have a long impact over a student's life span," adds Crozier. "But we haven't given it the emphasis it needs."

Even though school districts use convenience foods for such dishes as pizza and pancakes, they don't abandon from-scratch home cooking. All school districts make homemade soup daily and many also bake every day. The freshly baked angel biscuits in Birmingham and the fluffy dinner rolls in West Bloomfield are legend among students.

SCHOOL LUNCHES offer good value at a low price. Elementary students in Rochester and Troy pay \$1 for a hot lunch and prices in other districts range up to \$1.30 in Birmingham. At high schools, Rochester students pay the least at \$1.15 and

Farmington students the most at \$1.60. At all of the high schools, salad bars and fast foods cost a bit more than the basic lunch.

For a Wayne County lunch made up of meat, bread, milk, vegetables and fruit, costs range from around \$1 for elementary to \$1.40 for secondary students.

Years ago school districts generously subsidized their food programs, but today's food service program is expected to break even.

MARKETING MAKES a difference when school lunches compete with fast food restaurants that lure students from open campus high schools. Even younger students like the marketing they see in restaurants and want the same at school.

Brady uses graphics on the send-home monthly menus and informs kids what's in a new item, like burritos, in language worthy of a restaurant menu: "Seasoned ground beef and refried beans wrapped up in a tasty flour tortilla."

Ambience also matters to kids who dine out regularly, says Crozier.

"They want more than food, they want aesthetics, pleasant surroundings to unwind in and to talk with their friends," she says.

ROCHESTER is remodeling its dining area to be more like a commons. Long prison-like gang tables will be replaced by more conversational seating and a new fast food serving line will be added.

The school lunch has come a long way from the old institutional lunchrooms and the no-choice menus they once served. Lunchrooms are becoming like restaurants with fast-food options, varied menus, self-serve food bars and a more relaxed atmosphere.

Cooks offer their cafeteria recipes

Continued from Page 1

sauce. Put in casserole and top with remaining cheese. Bake at 350°F for 45 minutes.

FOOLPROOF "GO WITH ANYTHING" BAKED RICE
SOUTHFIELD

2 1/2 tsp. butter
1 1/2 tsp. chopped onion
1 cup long grain rice
1 1/2 cups canned broth (chicken or beef depending on what you'll serve it with)
1 bay leaf
2 tsp. dried parsley
Salt to taste

Preheat oven to 425°F. In heavy over-proof saucepan melt 2 tsp. butter. Add onion and cook stirring until onion is translucent. Add rice and cook stirring 3 seconds. Add broth, parsley, bay leaf and salt. Cover and put pan in oven. Bake 20 minutes, no longer. When done stir with remaining butter. Makes 6-8 servings.

FRENCH ONION SOUP
WEST BLOOMFIELD

1 quart dehydrated onion or about 3 cups sliced fresh onion
2 gallons water
1 cup dried beef bouillon
1/2 tsp. basil
1/2 tsp. oregano
1/2 tsp. black pepper
1 tsp. garlic powder
1 tsp. dried parsley
Stem ingredients in pot on

HOT APPLESAUCE CAKE
FARMINGTON

1 cup butter
2 cups flour
1/2 cup sugar
1 cup raisins
2 tsp. cinnamon
1 tsp. nutmeg
1 1/2 cups applesauce
2 tsp. baking soda
1/2 tsp. salt
1/2 cups chopped nuts (optional)

Melt butter in pan and add applesauce. Heat just until warm. Mix dry ingredients and raisins. Add to applesauce mixture. Stir well. Pour into greased 8x8 inch pan. Bake 35 minutes at 350°F.

CHEESE DREAMS
ROCHESTER

1 dozen hamburger buns
1/2 lb. melted margarine or butter
1 lb. plus 2 oz. grated processed cheese (American)
6 oz. grated sharp cheese (cheddar)
1 lg. egg
3 oz. milk

Put buns open-faced on baking sheet. Mix remaining ingredients for cheese topping. Spread mixture over bun halves. Bake at 400 degrees until cheese mixture is fluffy and lightly golden brown.

Students rate favorite noon meals

Continued from Page 1

"The mashed potatoes are good," says Maria Sabagh says. She also likes the cheeseburgers, french fries and salad bar.

Jim Warner, an 11th grader, Joyce Compton, a 10th grader, and Dan Inagami, a ninth grader, praise the pizza, french fries and submarine sandwiches.

MARGARET ZABAWA is culinary arts manager and head cook at Franklin. She proudly takes a visitor on a tour of the kitchen, as student workers slice and dice, move trays and arrange foods with the quiet assistance of musicians tuning or playing instruments. Some 120 students work in the food service program at the school, 15 of them in the kitchen preparing lunch.

It's no small task. Each day, 300 pounds of french fries, 90 grilled cheese sandwiches, 25 heads of lettuce, five pounds of turkey, one-half gallon of salad dressing (ranch buttermilk is the favorite) are consumed at the school. Sixteen trays of pizzas, yielding between 200 and 240 slices total, are made each day.

"All fresh," Zabawa says. "We use little bit of ice cream from vending machines during their lunch period only."

"We're getting away from processed foods," Teeple says.

Salad bars, started last year, are a hit with students. Last year, more than 100,000 salad bars were made. "You can't go to a Wendy's or a Burger Chef and not see a salad bar," Teeple says.

Zabawa has tried new items on the menu. Some, like "pizza pockets," chicken and stacked ham and cheese sandwiches, have been popular. Others, like pork sandwiches or barbecue foods, haven't.

"I just put on the menu," Zabawa says.

period only.

"We're getting away from processed foods," Teeple says.

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"We're getting away from processed foods," Teeple says.

Turkey talk

Big bird no longer is just for the holidays

Continued from Page 1

more the meat will fall from the bones.

Regarding defrosting, it is recommended that you defrost the turkey in its wrapper in the bottom of your fridge for three to four days (24 hours for each five pounds of weight).

After defrosting, unwrap the bird and rinse thoroughly under cold water, making sure to remove the neck, giblets, liver. I'll never forget the time we had dinner at sis's house and when the bird was carved, she discovered the little baggie of neck bones and giblets!

If you're really in a hurry, place the wrapped frozen turkey in a deep sink and fill with cold water, change the water every 30 minutes. Stuff the turkey immediately before roasting if desired. If the turkey is not stuffed, rub the inside of the cavity with some salt and pepper and stick in a few onions and carrots for added flavor.

Roast the bird in a 325° oven, following the time recommended below. It is not necessary to preheat the oven.

You can bake the turkey with any liquid, but for something different, try some cheap champagne, dry vermouth, cider or apple juice.

A tent of aluminum foil placed loosely over the bird will eliminate basting and prevent excess browning. If using a meat thermometer, a reading of 175° will indicate done-ness.

A 12-16 pound bird will usually take about 4 1/2 hours and you can roughly add one hour of cooking time for every additional five pounds.

Before carving, allow the turkey to stand for 20 minutes to allow the juices to "set." Meat will be moist if you do not attempt to carve it immediately.

Sk don't wait for the pilgrims, surprise the family and enjoy a turkey... today! Bon Appetite!

TEQUILA TURKEY

1 whole turkey
1 medium onion, peeled
1 cup tequila
1 cup orange juice
1 small clove garlic, peeled
2 tsp. dried oregano
2 tsp. cumin (cumins) powder
Dash salt and pepper

Place all ingredients except turkey in a blender or food processor and process until smooth. Use the mixture as a baste while turkey is

roasting in the oven... Baste frequently.

HAWAIIAN TURKEY

1 whole turkey
1 cup unsweetened pineapple juice
1/2 cup soy sauce
1 stick butter or margarine, melted

Combine juice, soy sauce and melted butter and use as a baste for turkey while roasting. Baste often.

TURKEY IN CHOCOLATE AND CHILE SAUCE

1 disjointed turkey, cut into serving pieces
6 green canned chiles, peeled and chopped
2 cups chicken stock (fresh or canned)
1/4 cup blanched almonds
1 cup drained, canned Italian tomatoes, chopped
1/2 cup seedless raisins
1 clove garlic, finely chopped
1/2 tsp. cinnamon
1 tsp. salt
1/4 tsp. fresh ground black pepper
1 1/2 squares unsweetened chocolate

Place the turkey pieces in a casserole and roast in a 325° oven for 1

hour. Drain. Prepare the sauce by placing the hot chicken stock, blanched almonds, tomatoes, raisins, garlic, cinnamon salt, pepper and chocolate in a blender or processor and processing till smooth. Add chiles. Pour sauce over the turkey and return to the 325° oven and roast, uncovered, basting frequently for 30-35 minutes or until turkey is completely cooked.

LO-CAL ROAST TURKEY WITH MUSHROOM STUFFING

1 lb. turkey
Dash salt and fresh ground black pepper
1/4 cup chicken bouillon (liquid)
2 medium, onions, diced
1 lb. fresh mushrooms, sliced
5 cups fresh bread crumbs
1 tsp. poultry seasoning
3 tsp. minced parsley

Season the turkey with salt and pepper. Saute onions and celery in chicken bouillon till tender. Add mushrooms. Toss with bread crumbs that were soaked in a little water to soften. Add seasonings and parsley. Put the stuffing in the turkey and place on a roasting pan. Roast for 3 hours or until tender.

Hospice hosts wild game spring dinner

If you're interested in a spring-time feast of fresh Michigan game, reserve your tickets now for the second annual Hospice Foundation benefit Wild Game Dinner and Wildlife Art Show and Auction.

This year's event "Spring Feast," will begin at 6 p.m., Thursday, March 19, at Detroit's Austin Hall, 18000 E. Warren at Mack. Dinner will be served at 7:30 and the art show, auction, drawings and raffles will run throughout the evening.

The appetizer menu will feature a gourmet cheese and fruit extravaganza, duck liver pate, fresh Lake Huron poached salmon and a spring vegetable medley. This should wet

the palate for the main meal, Parisienne cream of asparagus soup, a fresh medley of green garden vegetables with a raspberry vinaigrette dressing, young spring Michigan pheasant with apple chardonnay sauce, sauteed new garden peas with fresh mushrooms and dilled new potatoes. For dessert, key lime mousse with freshly whipped cream will be featured.

Chairpersons for this year's event are Dr. and Mrs. Harry Shecter of Farmington Hills and Mr. and Mrs. John F. Staub of Grosse Pointe. Gary Cubberley, host of Channel 2's "Sunday Magazine" will emcee throughout the evening.

Tax deductible tickets are \$50 per person and must be obtained in advance. Those wishing to attend "Spring Feast" should make checks payable to Hospice Foundation of Southeastern Michigan and send to the Hospice Foundation, 28100 Providence, Suite 472, Southfield 48075. Tickets also may be charged by calling Pam DeSantis at 755-2300.

The Hospice Foundation is a non-

profit organization founded in 1984 to raise the additional funds necessary to support Hospice of Southeastern Michigan's programs of care for terminally ill patients and their families.

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Nuts make smart, healthy adult snack

Snacking has become the way adults on the go eat.

The good news is that studies have shown that smaller meals eaten over a longer period of time are just as good, if not better, than three square meals.

This means snacking doesn't have to be a dietary disaster. The secret is to snack with foods that contribute to daily nutritional requirements. This means selecting fresh fruits and vegetables, cheese, raisins and nuts.

"Nuts have often gotten a bad rap as a snack good because consumers think they are high in fat. Actually nuts are a natural capsule of vitamins, protein and carbohydrates," said Gail Heeb, home economist. "For example, the walnut is a good source of potassium, protein and has no cholesterol. Unlike empty calorie snacks, nuts quiet those hunger pangs and can be the health-conscious person's answer to between-meal cravings."

Nuts are easily portable as well. Fill a sandwich bag with a generous portion for a convenient pick-me-up throughout the day.

"Curried Spiced Walnuts" are seasoned with curry, garlic and cinnamon for a spicy snack. They can be prepared conventionally or in the microwave. Pop them into a

sandwich bag and they're ready to go for terrific snacking the next time an urge to nibble strikes.

CURRIED SPICED WALNUTS

1/4 cup butter or margarine
3 tbsp. sugar
1 tsp. curry powder
1 1/2 tsp. ground cinnamon
1 1/2 tsp. garlic salt
4 cups (1 lb.) walnuts halves and pieces
8 sandwich bags

Melt butter in small skillet. Add sugar, curry powder, cinnamon, and garlic salt; stir well. Place walnuts in 2-quart glass casserole. Pour butter mixture over walnuts and mix well. Turn mixture into ungreased jelly-roll pan. Bake at 350°F for 20 minutes, or until crispy; stir once. Cool; stir frequently. Place 1/4 cup seasoned walnuts in each sandwich bag. Microwave directions: Melt butter in 1-cup glass measuring cup in microwave oven 30 seconds at HIGH, or until melted. Proceed as directed to prepare recipe. Cook uncovered in glass casserole 5-6 minutes at HIGH, or until hot; stir after each minute of cooking. Proceed as directed.

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Tips for breakfast on the run

Alarm clock rings, time to get up what about breakfast?

Most of us were brought up to believe that breakfast is an important meal. However, 25 percent of all adults usually skip this meal.

People that skip breakfast say they are trying to lose weight or that eating breakfast increases their appetites later in the day. Many that skip this meal "starve and stuff" the rest of the day on high calorie and low nutrient foods. Breakfast needn't be boring or a long, involved meal, but a good healthy meal that can be prepared and eaten very quickly.

Some of the best and worst foods are served at breakfast. Foods such as bacon, sausage, butter and cream cheese add great amounts of saturated fat to the traditional breakfast.

Doughnuts, danish and syrupy pancakes can add sugar, fat and calories. Many cereals supply hefty doses of sugar and sodium. Wise, healthy choices need to be made for all meals, including breakfast.

The nutrients from a good breakfast should make up one-quarter to one-third of your daily nutritional requirements. Running your body without needed nutrients is similar to running a machine without fuel or oil. Squeaking occurs and eventually damage can result.

Your body needs constant atten-



Lois Thieleke
home economist, Cooperative Extension Service

tion, a steady flow of nutrients. The long stretch from last night's dinner to today's lunch means you will have to rely on stored nutrients and some are not stored in the body.

Some nutrients are better eaten along with others because the body uses some combinations better than singles. You need bulk and fiber from foods in addition to the nutrients they supply rather than simply taking a vitamin pill.

A well-balanced breakfast is the answer but time is still a problem. Most non-breakfast eaters are not willing to sacrifice precious morning minutes to prepare breakfast. Quick-fix or ready-to-eat convenience foods and breakfasts in restaurants or drive-through facilities on a regular basis are not economically feasible for most families.

There are four good reasons that breakfast is coming back:

• **Economics** — breakfast foods are the best buys of the day. Breakfast costs a lot less than lunch or dinner.

Or frozen pancakes, waffles and french toast. Commercially made ones may contain lots of sodium and if you are trying to cut back you may have to make your own, freeze and toast.

Build a better breakfast for yourself and family by making some wise choices. Since eggs are traditional breakfast food and you're concerned about cholesterol, use more white and less yolk. If you're making a cheese omelet, use one whole egg with 1-3 whites, season with herbs.

Toast has the same calories as the bread — toasting simply removes the moisture. Make toast from bread of 100 percent whole wheat flour to get the most nutrition. Bagels are made from high protein flour and lit-

tle fat. Croissants contain butter and sugar which add saturated fat, cholesterol and calories.

Pure fruit or use applesauce as a pancake syrup. Margarine has the same fat and calorie content as butter but is free of cholesterol. Diet margarine contains more water, so it has half the calories and fat.

Make french toast, use whole wheat bread and egg white with skim milk with a hint of vanilla or grated orange rind.

For those occasions when family members are late for work or school, foods which can be eaten along the way may mean the difference between breakfast or no breakfast.

Foods you can snack on for breakfast are: fresh fruits such as apples, bananas, oranges, strawberries and tangerines, celery stuffed with peanut butter or a meat or cheese spread, cherry tomatoes, strips of carrots, celery and green pepper, raw cauliflower and broccoli are all nutritious finger foods. Cheese and crackers or a carton of milk are quick and easy to carry.

Some sandwich fillings can be prepared ahead of time. Cold sliced meatloaf or the leftover chicken or turkey are possibilities. Try these combinations: cottage cheese, shredded carrot, minced green pepper, and tomato or tuna, sliced green olives, and salad dressing.

These selections are all better for you than a sweet roll with coffee and far better than skipping breakfast!

No time for breakfast? Well, a good breakfast will... help you turn out more work during the late morning hours, give you quicker reaction both mentally and physically during the late morning hours, and will give you the energy so that you will tire less easily.

Eat something! Juice is better than nothing.

Lois Thieleke is a home economist with the Oakland County Cooperative Extension Service. Watch for her next column, "An Apple a Day/A Salad a Day."

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Mickey Rourke is Harry Angel, a private eye, who becomes involved with Lisa Bonet as Epiphany Proudfoot, daughter of a voodoo priestess, in "Angel Heart."

the movies
Dan Greenberg

'Angel Heart' is a real loser

This week's overdose of unpleasant, explicit violence is well-packaged in two recent releases, "Lethal Weapon" and "Angel Heart," both rated for many good reasons.

While it may be hypocritical to say so, the Mel Gibson-Danny Glover performances, along with Shane Black's screenplay and some pretty snappy editing, make "Lethal Weapon" a potent and entertaining film in spite of its violence.

Nothing, however, can save "Angel Heart" from what it is: an old story, which becomes fatally confused as it explains the mystery that private eye Harry Angel (Mickey Rourke) was hired to solve.

There's an all-star cast — Robert DeNiro, Mickey Rourke, Charlotte Rampling and Lisa Bonet — and a number of fine supporting performances. Michael Seresin ("Midnight Express," "Fame" and "Birdy") has created gripping, suspenseful photography. The film also has a fine music track. However, writer-director Alan Parker ("Midnight Express" and "Fame") presents a frightening story whose structure collapses in disaster during the film's last 30 minutes.

ANOTHER MAJOR complaint, it seems that the production's chief expense was for enormous quantities of stage blood. Even the love scene that private eye Harry Angel (Mickey Rourke) found objectionable is drenched in blood.

"Angel Heart" highlights the utter nonsense associated with the rating council and its irrational system, which makes films prey to a constantly shifting appeal process and re-rating system.

According to a Tri-Star Pictures news release, the film was rated X and then received an R when 10 seconds of two people making love was cut. But it's OK to drench the remaining footage in blood.

What a marvelous hypocrisy! The film is allowed to show a good deal of the lovemaking process, as well as hearts torn from living bodies, enormous quantities of blood, voodoo ceremonies, vivid and vigorous violence of all sorts and gross descriptions of a gentleman asphyxiated with his own genitalia. But 10 seconds of the sex act is offensive?

Wow! What priorities! Where does the rating council find such values? Our media teach that violence is the way to resolve conflict, violence is fun, violence is entertaining, violence makes money — but be careful about explicit sexuality.

MAYBE THE rating council finds its values in American society.

Nonetheless, Mickey Rourke's Harry Angel is vintage private-eye stuff. "Angel Heart" opens with a nifty sequence establishing Angel as an offbeat, unsuccessful private de-

etective whose Brooklyn background generates sharp dialogue in the best private-eye tradition.

Harry is hired by the mysterious Louis Cyphre (Robert DeNiro). This is 1955 and Cyphre has a contract on Johnny Favorite, a pre-World War II crooner who has disappeared.

Harry's search for Johnny leads him all over, up in Harlem and down to Louisiana. Harry is always going up dark stairs to the accompaniment of tense, nervous music, where he discovers another dead body and more blood. The staircases often look similar and the blood of his dreams is just a shade lighter than the blood of his reality. Perhaps he doesn't dream in full Technicolor?

It's all very intimidating and could have been a pretty good movie. But its excessive violence and poorly structured conclusion, one without much plot support, makes "Angel Heart" a loser in this corner.

EVERY ONCE in a while two actors strike a certain spark that enlivens an otherwise routine cop show as in "Starsky and Hutch" and the Cosby-Culp "I Spy" some years ago. Whatever the secret of their charisma, Mel Gibson and Danny Glover have it in "Lethal Weapon."

This fast-paced film is slick and pleasantly tense, as much from expectation as from actual graphic grossness, although it is by no means for the faint-hearted.

On his 50th birthday, Detective Sgt. Roger Murtaugh (Danny Glover) is teamed with a new partner, Martin Riggs (Mel Gibson), a suicidal undercover cop whose CIA training in Vietnam makes him a registered "lethal weapon."

Riggs is a real nut but has a good sense of his own craziness, which makes him quite appealing. Riggs and Murtaugh get off to a rocky start as Riggs jumps off a roof with a suicidal character threatening to do himself in. Fortunately, the net was in place.

While the film's opening credits were rolling, a successful suicide took place. Or was Amanda Hunsacker (Jackie Swanson) pushed? It just so happens that her father saved Murtaugh's life in Vietnam, so he owes him.

THE FILM HAS Mr. Big and his sadistic albino henchman running a big dope ring. Sound familiar? Well, it is, except that the way in which the story is told, and how the actors tell it, makes all the difference in the world. "Lethal Weapon" is fresh and entertaining because of its high-energy pacing and the electricity between Gibson and Glover.

Despite its violence, and some exaggerated action bordering on the ridiculous, "Lethal Weapon" is enjoyable and nowhere nearly as offensive as "Angel Heart."

'Angel Heart' highlights the utter nonsense associated with the rating council and its irrational system, which makes films prey to a constantly shifting appeal process and re-rating system.

Food's good at the Mayflower

Your traveling taster visits area eateries and rates them on a 100-point scale. Up to 30 points are awarded for ambiance, which includes general atmosphere and service; 55 points for food, and 15 points for price/value rating. A total count of 50 points or less indicates a restaurant is not recommended; 60-74 points signify from passing to good; 75-89 points designate very good with some extraordinary features, and 90-100 points show that a very special dining experience awaits you.

THE MAYFLOWER HOTEL, 455 S. Main, Plymouth (455-1620), sets out to recreate the feeling of Plymouth, Mass., in colonial times. A replica of the Mayflower, Pilgrim scenes on the walls and even the lighting contribute to the effect. In other areas of the hotel, too, there are objects from earlier times, which makes it fun to browse a bit before or after your meal. The main dining room is a comfortable place, clean and neat, with fresh flowers on the tables. No tablecloths are used, and the casual setting attracts a very nice clientele of all ages, some in suits and some in sweaters. We visited the restaurant on a Sunday night when the menu is slightly different from other nights, with a more limited selection. Hostesses were pleasant, and we were seated promptly. Dinner took an hour and three quarters. General Atmosphere — 15 points maximum. Points awarded — 13.

a counting for taste
D. Gustibus

Our waitress, friendly but sometimes overly familiar, was not the best one in the dining room. Other tables were better attended than ours as we waited 25 minutes for water. In fact, the busing was generally very poor. Water was never refilled, dishes were not cleared even after our repeated requests. Nonetheless, once our waitress took the order, the food flew out at us, sometimes before we were ready for it. Thus, the actual eating of the dinner took only about half the time that we were there, and the rest of the time was spent waiting to order and to pay. Service — 15 points maximum. Points awarded — 9.

Generous portions, lots of courses and plenty of good food marked our meal. Included with the entree are soup, salad, vegetable and potato. As a result, we did not order a separate appetizer. The chicken rice soup was hot, hearty and richly flavored, with plenty of chicken and vegetables. The salad, which was mostly lettuce, was fresh but not as cold as it could have been. The house dressing, a creamy gar-

lic, was mild but very tasty. One of the highlights of the entire meal was the superb nut bread which was deliciously flavored and not at all heavy. The other rolls were also fresh and enjoyable. The drinks were about average in price and strength. Before the Entree — 15 points maximum. Points awarded — 13.

The Sunday dinner offerings are all fairly "traditional" in the sense that they are American cuisine without a lot of fancy sauces or additions. Roast duck (\$11) was a special, which we enjoyed very much in spite of the greasy-appearing gravy on it. Once the gravy was removed, the duck proved tender and juicy. A 16-ounce T-bone steak (\$15.25) was another special. Although it came somewhat overcooked, the meat was nicely flavored and quite tender. The orange roughy (\$13) was fresh but had a slight fishy taste. It was good but not memorable. The other outstanding dish of the evening was the corn custard, a concoction with cinnamon that was unusual and delicious. The green beans were

cooked properly but did not have the unique appeal of the corn. The whipped potatoes did not have much taste. Entree, Vegetables and Garnishes — 30 points maximum. Points awarded — 22.

The rice pudding (\$2) was a nice dessert for this meal. It was creamy and rich, with plenty of raisins. The only objection we had was that it was topped with canned whipping cream, an unwanted addition. The cherry pie (\$1.50) was "colonial" but not anything special. Another slice of nut bread and some more corn custard would have made a better dessert. Dessert — 10 points maximum. Points awarded — 6.

We received a lot of food, ranging from adequate to very good, for \$41 per couple with tip. We left the restaurant both full and satisfied. Price/Value — 15 points maximum. Points awarded — 13.

A Counting for Taste — 100 points maximum. Total points awarded: 76. The Mayflower is an inviting and pleasant place for families or couples. Better service would make it special.

D. Gustibus welcomes your reactions, comments and suggestions of favorite restaurants. The Observer & Eccentric area. Write to D. Gustibus, in care of Observer & Eccentric, Entertainment Department, P.O. Box 3503, Birmingham 48012.

table talk

On the move

Mark Davis, owner of Punchinello's, has signed a purchase agreement to buy the vacated Sportman Bldg. on Pierce Street in Birmingham. Davis hopes to move his restaurant there. He will know definitely on April 6 if the purchase is completed. The restaurant presently is in Birmingham's Continental Market.

Menu specials

St. Patrick's specials including corned beef and cabbage and Irish lamb stew will be on the menu Tuesday, March 17, at the Clarkston

Cafe. Beer and other beverages will be green.

New Age composer-pianist Jim Bajor will be joined by Miriam and Company, who sing and play traditional Irish instruments, for entertainment from 5 p.m. to midnight.

DINING & ENTERTAINMENT

On the Town



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And so we are nearing our journey's end.
Where time and eternity meet and blend.
Robin John Webb, Growing Old

Aging in the 80s

A special supplement appearing Thursday, April 2, 1987 in

THE
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class reunions

As space permits, the Observer & Eccentric Newspapers will print announcements of class reunions. Send the information to Reunions, Observer & Eccentric Newspapers, 36251 Schoolcraft, Livonia 48150. The date of the reunion must be included in the announcement, along with the first and last name of at least one contact person and a telephone number.

ADAMS

The class of 1977 is planning a 10-year reunion for Saturday, July 4. For more information, call 651-5508.

ATHENS

The Troy Athens class of 1977 will have a 10-year class reunion Saturday, March 28. Help is needed in locating former classmates. For more information, call Joyce at 652-0268.

BARN THEATER

The Barn Theater Performing Arts Group of Oakland University will have a 20-year inclusive reunion Friday, July 31. For more information, call Class Reunions at 469-1410.

BENEDICTINE

The class of 1967 will hold its 20-year reunion Saturday, Sept. 19. For more information, call Bob Lulek, 522-6619, or Marianne (Hodge) Fox, 698-9549.

BERKLEY

The class of June 1946 is looking for class members for a reunion tentatively set for June. For more information, call 282-8717, 548-3847 or 546-3332.

The classes of January and June 1961 and January 1962 will have a reunion Friday, March 28. For more information, call Class Reunions at 469-1410.

BIRMINGHAM GROVES

The class of 1967 will have a 20-year reunion Saturday, Aug. 8, at the Kingsley Inn in Bloomfield Hills. For more information, call Julie (Farb) Love at 855-9843.

BISHOP BORGESS

The class of 1977 will have a 10-year reunion Friday, Sept. 25. For more information, call Pat (Erpled-ing) Horgan at 522-0359.

BLOOMFIELD HILLS

The class of 1967 is planning a 20-year reunion. For more information, call Lynne (Roberge) Roland at 540-7510, John Coe at 979-4400 from 9 a.m. to 5 p.m. or Barb (Stewart) Hertzler at 644-4138 after 5 p.m.

CASS TECH

The classes of 1941-45 will have a reunion in Southern California Thursday through Sunday, June 25-28. For more information, contact Bernard Elbinger, 18800 Sears Lane, Fort Bragg, Calif. 95437. Or call (707) 964-3548.

The class of 1967 is planning a 20-year reunion. For more information, call Barry Blauer at 546-3563.

CLARENCEVILLE

The Clarenceville School District is looking for former district students and employees to add to the sesquicentennial invitation list. A four-day celebration is planned for June. For more information, call 473-8905.

CODY

The class of January 1967 is planning a 20-year reunion for Saturday, March 14, at the Karas House, 23632 Plymouth, Redford Township. For more information, call Camille at 879-6547 or Linda at 292-9748.

The class of 1977 will have a 10-year reunion Saturday, July 11. For more information, call Joan Kutykowski at 565-8322.

COOLEY

The class of 1957 plans a 30-year reunion. For more information, call Sue at 274-1629 or Linda at 645-9599.

The class of 1962 is planning a 25-year reunion. For more information, call 553-7363 or 471-3896.

CRESTWOOD

The class of 1967 will have a 20-year reunion in October. For more information, call Class Reunions at 469-1410.

DENBY

The January and June classes of 1937 are planning a 50-year reunion. Graduates of 1936 and 1938 also may attend. For more information, call Millie (Tobin) Harrison at 886-6457 or Bill Albus at 535-2192.

The January and June classes of 1947 will have a 40-year reunion Saturday, Sept. 26. For more information, call 427-0579 or 884-2874.

The classes of January and June 1948 are planning a class reunion. For more information, call Norinne (Gabbana) Manzoni at 777-1310 or Marianne (Singer) Smith at 773-1009. Information may be sent to Norinne Manzoni at 17938 Nine Mile, East Detroit 48021.

DETROIT EASTERN

Detroit Eastern High School class of 1941 is looking for classmates for a reunion. Write to P.O. Box 1362, Berkley, Mich. 48072.

The classes of 1955-57 will have a reunion Friday, May 1. For more information, call Class Reunions at 469-1410.

EAST DETROIT

The class of 1967 will have a 20-year reunion Saturday, July 11. For more information, write East Detroit High School Class of 1967 Reunion c/o Kimberly Jewelers, 775 Big Beaver Road West, Suite 113, Troy 48064. Or call 362-0202.

EDSEL FORD

The class of January 1966 will have a 21-year reunion. For more information, call Pam Brundage-Stonepainter at 288-3980.

The class of June 1967 will have a 20-year reunion Saturday, Aug. 15. For more information, call Marie (Major) Tolonen, 525-3624, or Alice (Paynter) Sada, 277-0631.

FERNDAL LINCOLN

The class of 1937 is planning a 50-year reunion. For more information, call Pat (Price) Newton at 681-0963, Dorothy (Bone) Ager at 545-1233, Ruth (Kotowski) Kuxhaus at 542-4168 or Winnie (Hunt) Findlay at 643-7444.

GARDEN CITY EAST

The class of 1977 will have a 10-year reunion Saturday, Oct. 24. For more information, call 261-5048 or 522-0276.

GARDEN CITY WEST

The class of 1967 will have a 20-year reunion Saturday, July 18, at the Holiday Inn in Farmington Hills. For more information, call Bob Gajda at 326-8044 or Renee Hensley at 722-4849.

HAZEL PARK

The class of 1942 is planning a 45-year reunion. Send information to Bill, Gibson, Hoover Elementary School, 2372 Hoover, Hazel Park 48030. Or call Roberta (Cook) Baran at 547-8780 or Emma (Skinner) Makinen at 553-2156.

JOHN GLENN

The class of 1967 is planning a 20-year reunion. For more information, call Linda (Johnson) Thompson at 471-4814 after 6 p.m. or Cindy (McCreery) Quackenbush at 769-7033.

LUTHERAN WEST

The class of 1962 will have a 25-year reunion Saturday, June 20, at the Hyatt-Regency in Dearborn. For more information, call Craig Fleming at 459-6100.

MACKENZIE

The class of 1938 (January and June) is planning a 50-year reunion. For more information, contact Marion (Teclu) Brodie at 3668 S. Shimmings Circle, Auburn Hills 48057. Or call 373-8414. Or call Vera Koepke Rowden at 532-6375, Shirley Craig Young at 255-9824 or Margaret Humm Kasenow at 532-7395.

Anyone from the class of 1939 interested in getting together for a class reunion may call Aaron Friedman at 549-4400.

The January and June classes of 1942 will have a 45-year reunion at 6 p.m. Saturday, Aug. 29, at the Dearborn Hyatt-Regency. For more information, call Joe Kilmer at 553-4878, Rose (Hammock) Snell at 348-2764, Lillian (Dore) Chagnon at 349-4657, Alice (Kelly) Pooley at 348-2284 or Harry Orton at 642-7812.

The classes of 1957-62 will have a reunion Friday, June 5. For more information, call 642-8777.

The January and June classes of 1959 will have a reunion in the spring. For more information, call Virginia Fine Vahlbusch at 591-1987.

The classes of January and June 1962 will have a 25-year reunion Saturday, June 6. For more information, call after 6 p.m. Claudia (Gehrer) Colatruglio at 522-5270 or Martha (Simatos) Schultz at 427-9663.

The classes of 1970-77 will have a reunion Saturday, May 9. For more information, call 837-2536.

MOTHER OF OUR SAVIOR

The grade school class of 1970 and the high school class of 1974 are planning a reunion for the summer. For more information, call 474-8205 or 541-0525.

NORTHVILLE

The class of 1938 is planning a 50-year reunion. For more information, call Gwen Marburger at 349-0524 or Leona Leavenworth at 455-2523.

Members of the class of 1967 are needed in order to plan a 20-year reunion. For more information, call Elaine (McLean) Hawkins at 477-0711 or Pat (Moase) Monson at 421-6489.

PLYMOUTH

The class of 1967 is looking for classmates' addresses. For more information, call Mary at 453-3695 or Pat at 459-0436. Or write to Class of '67, 134 N. Holbrook, Plymouth 48170.

Buy wilderness sites now-group

MICHIGAN conservationists are pressuring Congress to spend \$10 million next year to buy nearly 11,000 scenic acres in the state.

The purchases would include privately held tracts within the Sleeping Bear Dunes National Lakeshore and in Pictured Rocks National Lakeshore, the Huron and Hiawatha National Forests, and the Kirtland's Warbler management area.

The Michigan proposals were among \$687.8 million in land purchases that a coalition of 12 environmental groups recommended Thursday to the House Appropriations interior subcommittee for fiscal 1988.

LOSS OF habitat has been a critical factor in the decline of many species of wildlife — especially for the Kirtland's warbler.

This little bird nests only in Michigan under jack pine trees three to 20 feet tall. Purchasing additional land will provide management teams with more suitable habitat to help this species survive.

Preserving America's natural area requires more than just protecting a scenic feature or resource. Encroaching development outside the preserve can affect — severely — the integrity of the resource we are trying to save.

Development of buildings or lumbering of timber can alter the scenic appearance of natural areas. It can even disrupt the watershed of the preserve.

"PUTTING OFF these investments is shortsighted in the extreme," said George Frampton Jr., president of the Wilderness Society. "If we don't buy such lands today, they may be gone tomorrow."

Money for the purchases would come from the Land and Water Conservation Fund, established in 1965 so that a portion of the federal revenue from offshore oil drilling would be used to benefit the environment. Up to \$900 million may be appropriated each year.

The Reagan administration has sought a three-year moratorium on spending from the fund, for fiscal years 1986-88. Reagan wants to rescind \$188 million approved by Congress for fiscal 1987, including \$3 million for purchases in Michigan.

nature

gan's Ottawa National Forest and \$300,000 for the Kirtland's warbler area.

The conservation groups are seeking \$2 million for the purchase of about 725 acres in Sleeping Bear Dunes to protect lands that otherwise may be logged or subdivided, according to the Wilderness Society.

"Sleeping Bear Dunes is one of Michigan's greatest natural assets," said Michael Kellett, the society's Michigan representative. "Protecting it deserves to be a top priority."

OTHER PROPOSED purchases in Michigan are:

• **Manistee River**, in northwest lower Michigan — \$6 million for 5,000 acres of waterfront property to enhance recreational opportunities and improve habitat for bald eagles, deer and other wildlife.

• **Pictured Rocks National Lakeshore**, along Lake Superior in the upper peninsula — \$500,000 for 2,000 acres, to provide greater protection for the sensitive Lake Superior shoreline and improve public access.

• **Huron National Forest**, in the northeastern lower peninsula — \$678,000 for an 848-acre tract surrounding Tubbs Lake, popular with swimmers and anglers.

• **Hiawatha National Forest**, in the UP — \$602,800 for nine parcels of land encompassing 1,234 acres.

• **Kirtland's warbler area** in the northern lower peninsula — \$530,000 for 1,065 acres to help the recovery of the bird that nests only in Michigan.

To fully protect a sensitive area, we need to preserve its entire ecosystem. Wildlife benefits from additional lands, which help buffer the habitat. Man benefits by more scenic, unspoiled beauty for a memorable outdoor experience.

The Associated Press contributed the Washington portion of this report.

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MUSCLE RELAXANTS AND BACK STRAIN

Muscle strain is a common cause of low back pain, but physicians rarely prescribe muscle relaxants in these cases.

One of the side effects of these drugs is to cause the individual to become sleepy, listless, and lose his or her gait and hand coordination. Such side effects become particularly hazardous when the patient is an elderly individual who lives alone, as a fall in the bathroom or accident in the kitchen may go unnoticed for hours. Thus, in the elderly, use of relaxants must be limited.

Another problem associated with muscle relaxants is the question of how much and how long. At present there is insufficient experience in their use for physicians to be confident how long to prescribe such drugs before causing addiction or having the body build up a tolerance to the dose being taken.

Prescribing muscle relaxants for back pain may delay pursuing the main treatment for this condition: education and institution of proper body mechanics. Muscle relaxants have a place in medicine, but not in the treatment of low back pain where therapy depends on personal effort rather than medication.

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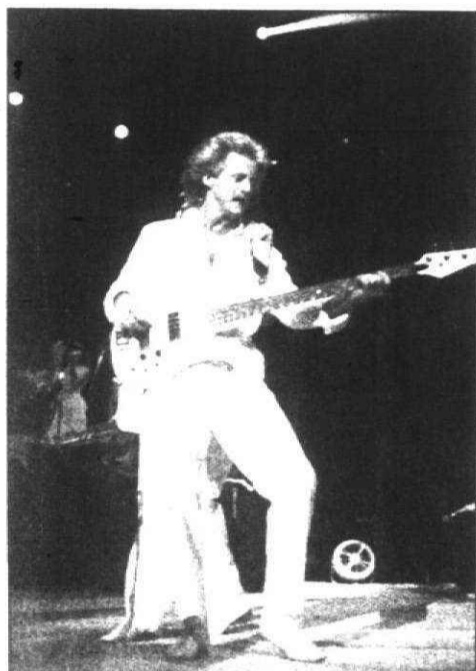
Monday, March 9, 1987 O&E

★ 10

Bob Seger rocked his hometown once again last week in a series of concerts at Joe Louis Arena.



Seeger's sound support



photos by DAN DEAN/staff photographer

Chris Campbell of Plymouth accompanied Seger on the bass guitar — as he has for 17 years.

By Larry O'Connor
staff writer

The rock 'n' roller never forgets. For Chris Campbell, who grew up in Plymouth, another tour with Bob Seger and the Silver Bullet Band is winding down. Perhaps, some have murmured, the last tour.

So a little reflection is understandable from a guy who's been with Seger for 17 years.

The bass guitarist can remember a simpler time, far removed from the hustle of today's mega-tours in Roman Coliseum-sized venues. Places the group performed in their infancy in the late 1960s and early '70s, such as the Grande Ballroom in Detroit, are sharply etched in his mind.

But what stands out most was what was being played.

"The music," said Campbell, 38, who in 1969 joined what was then called the Bob Seger System. "Back then, the people who were playing it loved to play it."

"You were playing to smaller crowds and things were more intimate. There weren't any barriers in front of the stage with 6-foot security guards."

Barriers are something Bob Seger and his band have been able to transcend. As Frank Sinatra sings — they did it their way.

The band has been successful, without pandering to the glitz of the rock business. Being guest veejays on MTV is something Campbell and his cohorts have avoided.

SEGER AND the Silver Bullet Band have a wide range of appeal, stretching from pubescent youth to corporate presidents. It's something few rock artists, perhaps only Seger and Bruce Springsteen, have been able to attain.

But save the obituary.



Campbell (right) also gives buddy Bob a vocal assist.

Rumors about the band calling it quits after this tour it seems are just that — rumors.

"The only truth to it is that Bob is getting up in years (he's 41), and he wants to settle down and start a family (Seger is getting married in July)," Campbell said. "But many people have done both (career and family)."

Campbell said a record deal is in the offing, which could have the band back in the studio in two months writing new material. Any tours, he said, would probably be smaller ones.

The plan would be to do 50 shows in major cities, taking a few days off between each performance.

"There would be more time to rest between shows," Campbell said. "It can be very hard on Bob's throat. He sings very hard, you know."

All of this, of course, would suit Campbell fine. The 105-date tour the band is concluding has been quite a grind at times.

Living in transit for 7½ months is no fun.

"When we have a day off, we're usually traveling so we can get into a city early and rest," he said. "You're always packing and unpacking. There's only a certain



The crowd loved hearing those old Seger favorites again.

amount of clothes you can put into a suitcase.

CAMPBELL'S SUITCASE has been packed from the

Please turn to Page 5

Live bullets from Chris Campbell

Some comments from Chris Campbell on being a member of the Silver Bullet Band.

On the crowds for the "American Storm" tour. They've been great. We've been well-received wherever we've been. We've sold out everywhere with the exception of Texas, in Austin and San Antonio.

We've always had a wide variance of ages at our shows. Personally, though, I'm starting to notice some more older fans coming out.

On working with the raspy-voiced rascal himself, Bob Seger.

Please turn to Page 5

Inside



Bon appetit

Young entrepreneur Chris Angelosante has tasted a good share of success with his chain of Appetizer Restaurants.

Heart smart

Forty percent of all men who suffer heart attacks have no advance warning of the attack. But the proper diet, exercise and attitude can prevent attacks before they occur.

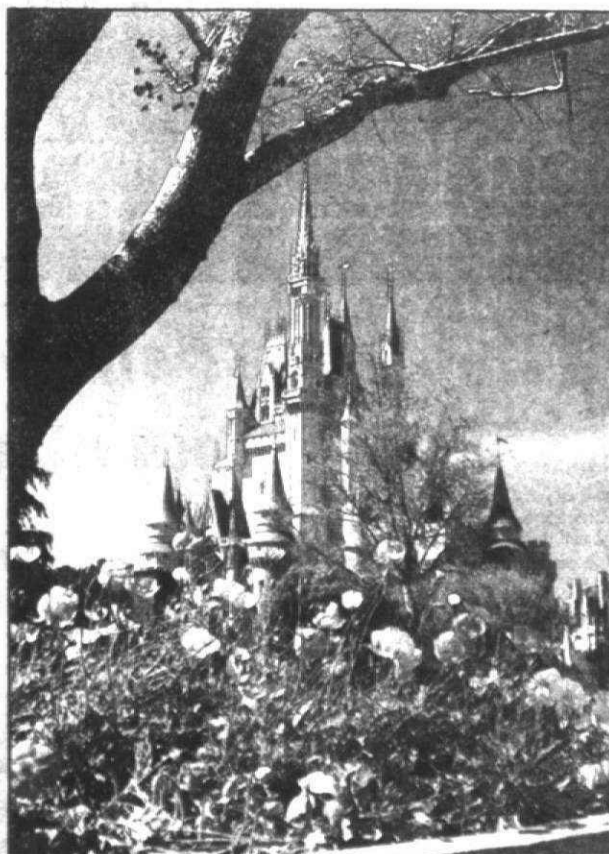
Laugh it up

Researchers are finding that when it comes to stress, laughter is the best medicine. It's really a good idea to chuckle while you work.

2

3

4



MICKY JONES

Who says the Magic Kingdom is just kids' stuff?



for grownups

By Iris Sanderson Jones
special writer

Lights. Night lights twinkling down Main Street USA. One million lights twisting and gleaming on 30 floats and 100 illuminated performers dancing down the streets of the Magic Kingdom during the Main Street Electrical Parade.

A laserphonic light show under a dark Florida sky. Lights swimming past your restaurant table from the headlamp of a diver as you stare through the window into the Living Seas. Michael Jackson gyrating to the music in an explosion of lights during the 3-D Captain EO movie.

Lights, music, sunshine, fantasy. Kid stuff.

You're too sophisticated to enjoy all this, aren't you? So how come you had your picture taken with Minnie Mouse while waiting your turn at Space Mountain? And why did you jump out of your seat in the Land of Imagination when the kid on the movie screen squirted water in your direction?

Don't be embarrassed because you're not alone.

Today Walt Disney World is the single most popular vacation destination on the planet. And the folks queuing up for tickets come

Please turn to Page 6

Every night is . . . Opening night



By Mimi Mayer
special writer

There's a touch of theater to any successful restaurant.

Perhaps no one recognizes this more than Chris Angelosante, the 29-year-old proprietor of the Appeteaser Restaurants in Milford and Birmingham and the newly-opened Appeteaser's Country Epicure in Novi.

"When you pull off a Saturday night, you feel like you're up for a Tony Award," Angelosante said. "You know, it's like you're headlining at the Schubert."

"It's not easy to satisfy people, which we do about 99 percent of the time," he said. "And that's about where we are here."

If the Appeteaser Restaurants were theaters, they'd be more akin to the New Center's Attic than to Rochester's Meadowbrook.

ANGELOSANTE POSITIONED his eateries to appeal to sophisticated diners with a taste for the original while offering an occasional classic.

Dinner entrees, for example, range from flounder praline, a sauté of fish, butter and pecans topped with praline liqueur, to rack of lamb for one. You may also order, from the same dinner menu, a Reuben sandwich or ziti cernino, a pasta vegetable melange.

Yet these meals are available at moderate prices. Dinners for two accompanied by glasses of house wine and dessert will total — on the average — about \$36 sans tip and taxes.

Angelosante aims to serve top quality foods without the lavish prices charged by status restaurants. A story illustrates his point: While dining at an upscale estate restaurant, he noticed two items that also appear on the Appeteaser's menus — at \$10 a plate more.

THIS APPROACH keeps Angelosante's profit margin slender. But after spending half his life in the restaurant business, he says he recognizes proper food and service and won't settle for less.

"And I honestly believe the customer is number one. I ended up dismissing an employee recently because they'd lost sight of that. They were concerned about another important aspect of the restaurant, but they had forgotten the customer."

Not that he feels above censure. Angelosante said a negative review in a Detroit newspaper prompted him to revamp the original Milford Appeteaser from a sandwich

Putting food in the spotlight

shop to a full-service restaurant with a cellar bar.

"A big thing is the willingness to accept criticism and the ability to change. I take it from my friends, my customers, my family, my employees. I've never had a problem with that at all. If they want to point out something, I'll listen," he said.

NOR IS ANGELOSANTE intimidated by challenge.

Maintaining a clear head while putting in the restaurant's 15-hour days is tough. Still, Angelosante radiates energy. He seems the type to always have a project up his sleeve. An ambitious project.

After patrons at the Milford Appeteaser were lined up at the door and spilling onto Main Street, he wanted more.

He nosed out a space in Birmingham, the home of many of Detroit's most demanding diners. He spent a year renovating the site, which opened in May. It is filled five nights a week, Angelosante said.

Acknowledging he still may fail, Angelosante has hedged the bet by improving service. He just hired his first maitre d' — ever — and he initiated late evening dance parties in Birmingham three weeks ago.

This was concurrent with his adding Novi's Appeteaser Country Epicure to his business roster. Formerly the Saratoga Trunk, the Country Epicure has changed in name and menu, duplicating the foods served at the Milford Appeteaser.

He's also sharing the Country Epicure responsibilities with his sister, Karen Angelosante, former manager of Toll Gate restaurant in Dearborn's Hyatt Regency Hotel.

Is this the beginning of a dining dynasty? Will Angelosante restaurants some day be as ubiquitous as Chuck Mue's?

"Whatever comes our way, we'll consider it," Angelosante said. "But not until we're ready to make an honest move."

Appeteaser Milford, 335 N. Main, 665-0989. Serves lunch and dinner Monday through Saturday with Sunday brunch available. Reservations not accepted.

Appeteaser Birmingham, 280 N. Woodward, 646-7001. Serves lunch and dinner Monday through Saturday. Reservations accepted.

Appeteaser's Country Epicure, 42050 Grand River, 349-7770. Serves lunch and dinner Monday through Friday and dinner only Saturday. Reservations accepted.



STEPHEN CANTRELL/staff photographer

Chris Angelosante, who recently opened his third Appeteaser restaurant, compares running a restaurant to putting on a play. "When you pull off a Saturday night, you feel like you're up for a Tony Award," he said.

Perfect menu for the perfect date

By Mimi Mayer
special writer

It's Saturday night, "date night," as the AM disc jockeys used to say.

You've invited a special companion out for the evening and have chosen one of three Appeteaser Restaurants as the setting for romance.

We asked Karen Pattyn of Oak Park to select a menu for two that plays up the restaurants' enticements.

Pattyn owns Gourmet to Go, a catering service, which has furnished edibles for such clients as Troy's Bonwit Teller department store and PR Associates, a downtown public relations firm. Her forte, though, is small private parties.

Pattyn clearly knows her foodstuffs. She's passed on culinary secrets while teaching adult education workshops in Birmingham, Royal Oak and St. Clair Shores.

Currently writing a cookbook, Pattyn has stocked her home library with food reference books that address topics like the timely "Vegetable Cuisine," "Lent and the French" and "Why Plants Don't Have Muscles." Burning questions for those cracked about cuisine.

FOLLOWING A recent meal, the Milford Appeteaser earned a very good rating from Pattyn.

"Unique and original," she summarized the menu. The presentation was understated yet effective, she said. Fresh garnishes, not the canned pineapple, accompanied her chicken Hawaiian main course.

And "the servers weren't on. You know how they are at some restaurants. Our waitress didn't have that personality-plus attitude. She was attractive, down-to-earth and knowledgeable."

Other Appeteaser touches Pattyn appreciated: Menu descriptions that generally avoided superlatives in favor of straightforward lists of ingredients and cooking methods. Fresh flowers on the tables. The plate glass coverings atop pretty chintz tablecloths at the Milford restaurant. Subtle lighting. Gleaming white crockery. The choice of raw sugar, white sugar in festive tubes or good ol' Sweet 'N' Low.

So how does it taste and time?

Although the Appeteaser serves five or six dinner specialties daily — many of them seafood — Pattyn scored the \$9-item standard dinner menu for a his-and-her meal.

For him, she selected an Italian meal starting with soup and salad, two vegetables and, quoting the menu, "appropriate carbohydrate." Her a la carte dinner combines seafood, a salad and a chicken main course. Pattyn's comments follow.

APPETIZERS: For her: moules a la mariniere, mussels steamed with wine and seasonings. "The mussels, I imagine, are a house specialty. The menu says it's the best in Detroit, and it's listed at the top of the menu. They have to try it."

For him: spinach tortellini de firenze. Small spinach pasta pillows stuffed with cheeses. "He is going Italian, plus the restaurant makes its own pasta. I liked the creamy tomato sauce. It's unusual."

SOUPS/SALADS: For her: Eastern Market salad, "sort of a glorified Maurice," but less hearty than the unusual steak or chicken breast and sprouts salads also offered.

For him: minestrone soup, the Italian classic, although "I might go for the soup du jour if it were Italian."

MAIN COURSES: For her: chicken Hawaiian. "I had this and it was delicious! The breading was light with just a bit of coconut. I got a whole breast of chicken, which was perfectly done." The accompanying pilaf, seasoned with turmeric or saffron was tasty, but the sweet and sour sauce "overwhelmed the chicken. Still, I'd order it again."

For him: veal zingara. Less commonplace than the veal piccata also listed. The dish features veal scallops coated in egg and sautéed. The sauce also "appealed to me. It's a julienne of mushrooms and prosciutto (an Italian specialty ham). I've never seen julienne mushrooms. It would be a pretty dish." The "appropriate carbohydrate" is, of course, pasta.

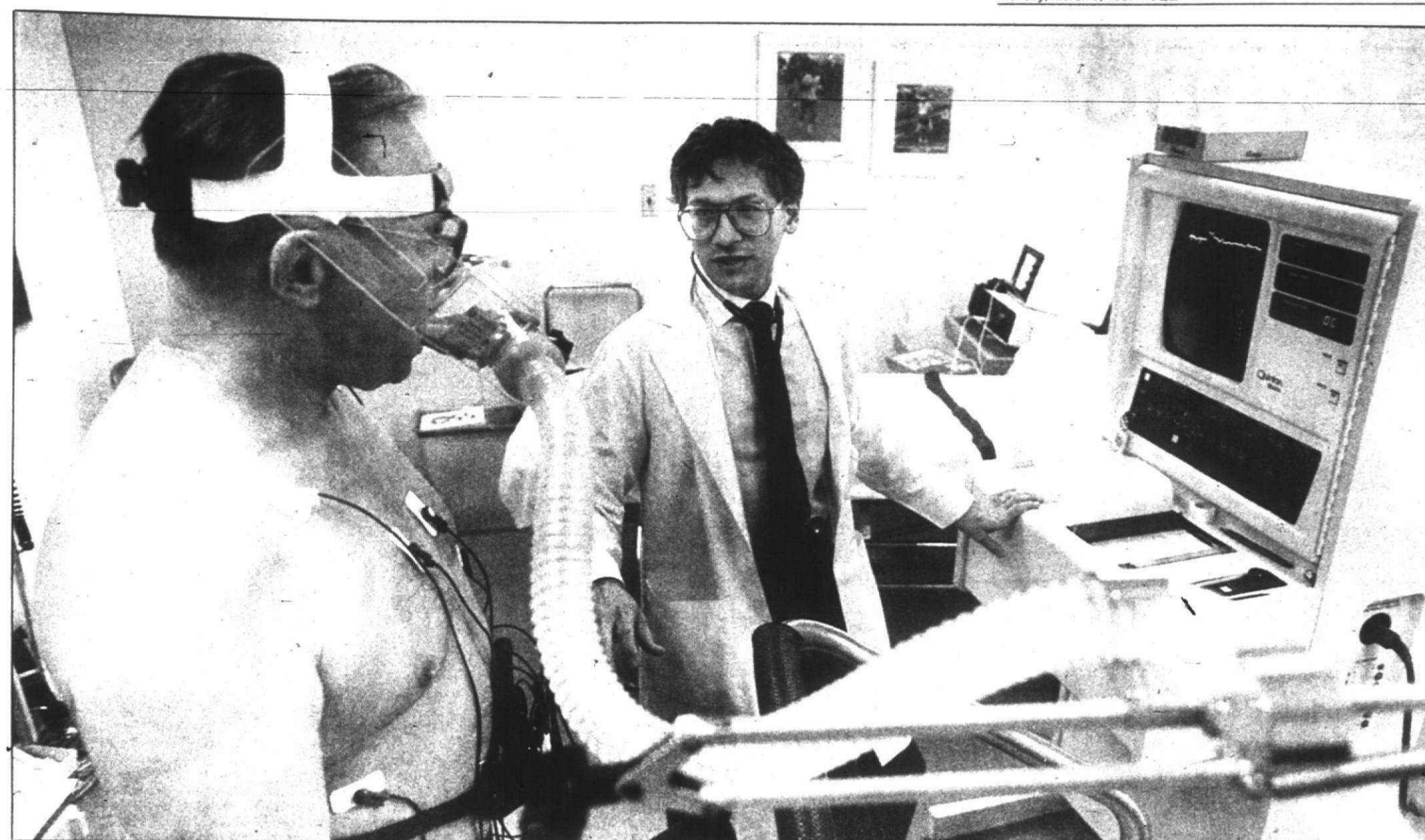
DESSERTS: For her: chocolate mousse bar. A rich confection of chocolate mousse glazed with a dark chocolate frosting. "Chocolate heaven."

For him: pecan diamonds. Another sweet more like candy than dessert, served in a star shape. "I love pecan pie, and that's what I expected. What I got was a creamy dish more like a praline." It's also become the pride of the Appeteasers, since the recipe was printed in Bon Appetit magazine.

The cost for this repast? Approximately \$43, excluding tax, tip and beverages. You can sip cocktails or beer from the full-service bar or choose from more than 63 wines. A bottle of wine will add \$10 to \$15 to your bill, and vintages do not appear on the wine list.

Then, if you can still move, stagger over to the dance floor set up in the Birmingham Appeteaser on Thursday through Saturday nights. Top 40 music plays from 10:30 p.m. till closing with an appetizer bar available until 1 a.m.

It makes your date night a late night but, oh, what a way to go.



photos by STEPHEN CANTRELL/staff photographer

Dr. Steven Korotkin monitors a patient undergoing a stress test.

Taking the offensive against heart attack

By Rich Perlberg
staff writer

Stripped to the waist, the bewildered and alarmed woman hurriedly covered herself as a stranger in jogging shorts strode unannounced into her examining room.

"I'm the doctor," explained Steven Korotkin, peering at the telltale ultrasound image of the woman's heart on an echocardiogram.

"Why do you smoke?" he asked her.

Suddenly wondering if a voyeur might have been a better fate, the woman mumbled an answer. Korotkin seemed not to hear.

"You can't give me one good reason why you should smoke, and I can give you 100 why you shouldn't." And then for the next five minutes he listed nearly all of them, tying smoking to heart disease, emphysema and cancer.

When Korotkin paused for a breath, the woman gasped a last-chance defense. "I tried to quit a couple of years ago, but I put on weight," she said.

"I'd rather you were overweight than to smoke," snapped Korotkin.

Rule Number One: Do not attempt to bum a smoke from Dr. Steven Korotkin.

"I GUESS I am an evangelist when it comes to people taking care of themselves," Korotkin says later. "But if we could outlaw smoking and get people to watch their diet, I could go back to being a playground director."

Korotkin, 38, a former Oak Park playground director, is a cardiologist who in five years has outgrown his original 2,500-square-foot office and now occupies 22,000 square feet of state-of-the-art quarters on Telegraph south of 14 Mile.

In addition to adding Vivian Clark, one of the few female cardiologists in Michigan to his staff, Korotkin also started Cardiology Rehabilitation Associates.

In a year and a half, 225 heart patients have recuperated through Cardiology Rehab which concentrates on exercise, nutrition counseling and large doses of education.

"I was always trying to convince patients that they ought to take care of themselves," says Korotkin. "This way, I have kind of a captive audience."

Korotkin practices what he preaches. He has run 18 marathons, including two last fall after he severed two toes in an accident.

"We are stressing prevention," says Clark. "We need to see a lot of people who have never had a cardiac arrest."

PREVENTION IS necessary, she adds, because a heart attack is the first symptom of cardiac problems for 40 percent of male patients. Another 25 percent suffer sudden death before showing signs of a heart attack. Only 35 percent of male heart attack victims experience chest pains as a warning sign for a heart attack, she adds.

Figures are different but similar for women. "You think of a 40-year-old woman as having no risk. That's not true at all," she says. "For women who are 40-55, heart attacks are the second leading cause of death next to cancer."

Then she adds the obligatory smoking slam. "A woman who is 40 and who smokes two packs of cigarettes a day has 10 times the risk of a heart attack than if she doesn't smoke."

If not smoking is a passive way to a healthier heart, regular exercise and proper diet are promoted as active ways to prevent a broken heart.

"YOU HAVE to make time to exercise," says exercise specialist Jim Cameron, who says the payoffs are a stronger heart, increased oxygen consumption and better stress control.

The heart of a physically fit person may beat 45,000 fewer times a day than someone not so fit, says Cameron, "which saves a lot of wear and tear on the heart."

He says the recommended regimen of 20-minute workouts three times a week is the minimum necessary. He recommends about five workouts a week and says the benefits increase exponentially if exercise time is increased to 45 minutes of continuous and moderate exercise. "After that, the benefits plateau," he says.



Dr. Vivian Clark, one of the few female cardiologists in Michigan, says women should be concerned about heart attacks. Clark is standing by an echocardiogram.

Walking, jogging, and swimming are good exercises, he says, and so are workouts on a stationary cycle or rowing machine.

"Variety is important," he says. "Otherwise it gets boring."

WENDY SCHWARTZ, nutritionist at Cardiac Rehabilitation Associates, knows she isn't going to change the country's eating habits overnight. But she feels more people are recognizing the benefits of a low-cholesterol, low-fat, high-fiber diet.

She encourages people reduce if not avoid red meats, cheeses, eggs, whole milk and ice creams, butter and chicken skin. Feast instead, she suggests, on fish, turkey, skinless chicken, whole wheat bread, oatmeal and pasta.

"The idea is not to make meat a main attraction," she says. "The portion size is real important."

Cardiologist Clark quotes estimates that heart attack risks are reduced by 2 percent for every 1 percent drop in cholesterol counts.

"The American Heart Association recommends a count below 200," says Schwartz. "We recommend between 160 and 180. It's tough, but it's a goal to shoot for."

THE REHAB portion of Korotkin's business is not financially successful. He charges \$40 for a 13-week session of a three-phase exercise program and nutrition courses. As he expected, expenses such as \$53,000 "mouth pieces" easily overshadow revenues.

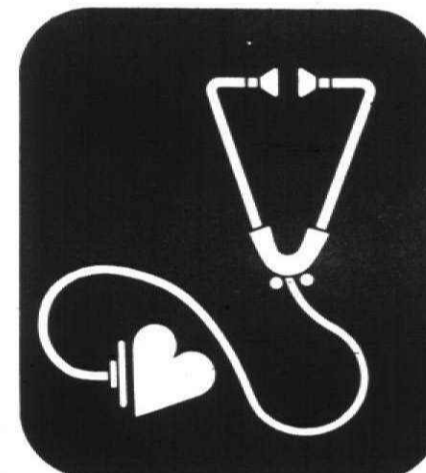
But his practice is otherwise profitable. And there are other rewards. About a quarter of the 225 rehab patients were smokers. Now only three are. The social pleasures and peer pressures also reduce dropout rates from exercise programs for recovering heart attack patients.

"If you can get somebody to do it for eight months, they don't quit," says Korotkin.

He doesn't plan to quit either.

"The bottom line is that every single patient in this program has gotten better," he says. "They have lost more than a ton, there has been no cholesterol increase and some have lowered their blood pressure."

With results like that, he can't quit. He doesn't have the heart.



... if we could outlaw smoking and get people to watch their diet, I could go back to being a playground director.

— Steve Korotkin
cardiologist

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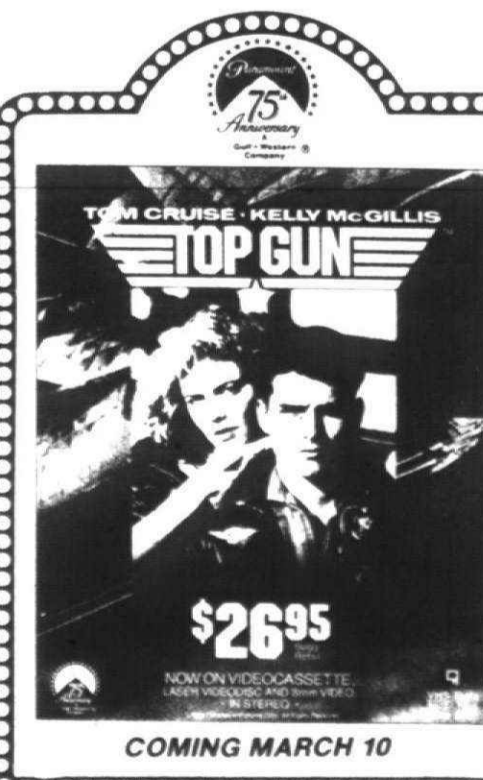


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Smoke on your own time

Is there a time during business hours when smoking isn't frowned upon? Nowadays I always feel guilty when smoking around my non-smoking colleagues.

The simple rule to follow is don't smoke in the presence of non-smoking business associates. Non-smokers are generally prejudiced when it comes to smokers. Leave the office and go to some private spot to smoke if the urge is making it difficult to concentrate. These days there are no "good" times to smoke during business hours.

I know how important remembering names is to a sales representative. What is an easy way to do this?

The most important sound to everyone is their name pronounced correctly. When introduced, repeat the name in your reply: "I've looked forward to meeting you, Deborah, John, etc." Visualize the name spelled out as you say it, repeat the name as often as you can in the course of conversation without seeming obvious. If necessary, ask someone you know to give you the name you've forgotten. If the name is beyond recall and you must use it, then say, "I'm sorry, would you give me your name again, please." But try not to ask this twice; once can be understood, but twice in business is hard.

How do you handle paying for you felt.

business meals? Because breakfast is usually more casual than lunch or dinner, the bill will probably be paid in cash. Tell the waiter or waitress when your order is taken that the bill is yours if you've done the inviting. If credit cards are appropriate then arrive early and give your card to the host or hostess and tell them to write up the bill on your charge. Remember, if someone invites you to breakfast, lunch, tea or dinner, they pay. If you invite them, you pay. If you are the guest, don't offer to leave the tip. Do follow up with a thank you note if it was an interview type of invitation. Call attention to the pleasant conversation and the encouragement you felt.

Twinkle, twinkle little swimsuit, but please don't go near the water

AP — "Mother, may I go out to swim? Yes, my darling daughter; hang your clothes on a hickory limb, but don't go near the water."

That's especially good advice if you're wearing the latest creation from Suhana Swimwear — a black, sleek, sideless one-piece tank suit with 25 twinkle lights that blink in a random pattern.

The \$100 suit wasn't meant for the water, designer Sue Cohen said.

"I did it because I thought it would be a lot of fun," she said.

"People expect and almost demand new things coming out of Suhana. I always say I'm not going to do anything new and I always do."

The idea for adding flashing lights to one of her proven suit designs came to Cohen while she was riding an exercise bike at a local fitness club.

"It was a flash," she recalled. "I pictured the suit lighting up but not necessarily blinking."

Vision is one thing. Translating that into a product is another.

"We went through a lot of research and development," she said.

"First, we tried to solder LEDs (like the digital lights in a watch) but that wasn't working. I went to Los Angeles and made a million phone calls before finally locating the tiny hobby lights."

The lights are powered by AAA batteries concealed in a battery pack that looks like the buckle on the silver belt of the suit. Cohen says one set of batteries lights the suit for more than 20 hours.

"To me the suit has kind of a cosmic look to it like outer space," Cohen says. "I'm inspired by concepts like that."

LAUGHING

until it doesn't hurt!

By Sharon Dargay
staff writer

It's as contagious as the chicken pox and as analgesic as aspirin. It dribbles out slowly in the form of suppressed giggles. Or gushes uncontrollably as a flood of guffaws. It happens spontaneously or becomes as practiced as a daily injection of insulin.

"Part of the magic of laughter — the physiological magic, is that you don't have to be convinced about it because your body doesn't care whether you're convinced that you are really laughing," said Ted Braude, a Royal Oak instructor at Oakland County Community College's southeast campus who teaches classes in "Humor and Health."

"If you laugh and practice it, you'll get an immediate sense of well-being because you get hormones released when you laugh. It's that simple. It works. Just do it. You don't have to believe it."

And you don't need a pie in the face to trigger a few good belly laughs, either.

"I can laugh on command. I can be in the most somber mood, and if I decide to laugh, I'll laugh. The zygomatic exercise is one way of helping develop your ability to laugh. Even if you laugh now, it will enhance your laugh."

Ready? The zygomatic arch is a bony arch on either side of the face just below the eye.

THE ZYGOMATIC exercise divides the physical act of laughing into a series of seven steps, which Braude suggests be practiced in front of a mirror no matter how "silly" and embarrassing.

"Do it while you're on the phone. Work at your own pace. Start a body system with someone."

Try it right now. You can hide behind the newspaper if you feel shy. Sit down if you're standing.

Ready? Slightly curl the sides of your lips. That stretches the zygomatic muscles and tells the brain, "We're going

to have a good time now."

For the second and third steps, squint your eyes, raise your eyebrows and wrinkle and contract your forehead.

Feeling silly? Good. Now drop your neck and lower lip. Hold it right there. Sneak a peek in the mirror. (That's not a part of the exercise, but it can't hurt.)

Now comes the "laugh" part of the process. Hold your hand over your stomach, expel air from your lungs and make a HA HA HA sound.

Continue to laugh — even if it sounds stilted — and begin slapping your knee or rocking in rhythm.

THE COMBINATION should start a rip tide of "real" laughter and may lead to crying, the seventh step in the process.

"The more you do it, the stronger your ability will be to laugh. Your view of the world will change. If you practice, it will enhance your ability to see and experience humorous things."

Why does laughter make you feel good?

It's a little like jogging, in that it exercises the heart. But unlike aerobic exercise, it doesn't heat up your tennis shoes. And it relaxes, rather than exhausts.

"The heart is a muscle and, like other muscles, needs exercise," Braude explained. "It beats faster and makes the blood circulation increase."

Other physical consequences of laughter include:

- Increased breathing. "Getting more air into your system is a good thing. Lungs get more of a workout. It's like aerobics."

- Increased blood pressure which then drops below where it started before laughter began. "The net result is blood pressure goes down, which is a relaxing effect."

- Body temperature rises. "You get that good feeling of being warmed up inside."

- Catecholamines, including endorphines, (hormones) are released. "When they're released you have a sense of alertness, light euphoria and a sense of well-being."

Giggle while you work

By Sharon Dargay
staff writer

The boss paced, red-faced and nervous while the clock ticked away toward deadline like a time bomb.

A few employees crouched under desks with fingers stuck in their ears, grimacing in anticipation of another verbal explosion. One fainted from the tension. One lapsed into instant depression.

Another calmly retrieved the receiver hidden in her desk, took careful aim at her colleagues and squeezed the trigger.

SQUIRT! The scenario is imaginary. But the technique, dousing the fury with a water gun, could help bring levity back into a stressful work situation.

— just as a cartoon on the employee bulletin board turns frowns upside down. Or a funny memo can mend a misunderstanding.

"If work is oppressive, do some things on the sly that will break other people up."

— Ted Braude
OCC teacher

change the oppression but it does change what you allow to happen to yourself."

A COMEDY journal can help cultivate a sense of humor, suggests Dave Tomaszewski, director of education for the Rehabilitation Institute in Detroit.

"Keep a book of what you find funny. Take notes. We do that to learn other things. Why not for laughter?" Tomaszewski asked.

"Learn a style of humor you're comfortable with. Watch your favorite comedies with a library of comedy books on hand. Start staff meetings with a short, humorous film. Encourage employees and colleagues to post humorous posters or appropriate jokes."

Non-competitive games, played on a lunch hour at work or with family members at home, also relieve tension and encourage unity.

Please turn to Page 5

By Sharon Dargay
staff writer

More doctors are writing the prescription for laughter for their patients these days.

And even though juggling cubes and joke books haven't replaced tablets and injections, "needing" is taking on a whole new meaning in the hospital setting. Ribbing has become more than just a part of the skeletal system, and "pill" often refers to a patient's demeanor.

Health care workers are discovering that laughter is one of the best medicines.

"One way to help prevent illness and to recuperate is to see the humorous side of things," said Susan Hicks, president of the Michigan Society of Hospital Social Work Directors and an employee at Crittenton Hospital in Rochester.

"As far as I know, there's no formal program for treatment with humor," added Joanne Langlie, spokeswoman at the University of Michigan Hospital, Ann Arbor. "But humor does abound in a hospital setting, although some might characterize it as black humor."

Social workers, nurses, psychologists and even an increasing number of physicians are likely to use humor as an informal, almost adjunct part

of treatment, said Gail Hoffman, spokeswoman for the psychiatry department at University of Michigan Hospital.

"I think people have always known about the benefits of humor. Most people who interact here with (patients) are doing some of that," Hoffman explained. "We tend to do it among ourselves on staff and impart it (to patients)."

STEVE ALLEN, a family practitioner and son of comedian Steve Allen, last week told University Hospital staff how to reduce stress by mixing laughter and medicine. Allen prescribes juggling and compliments to alleviate stress and prevent illness.

Allison Crane, a registered nurse, has used humor in her work as a consultant in Chicago to help reduce physical pain among patients. Crane also promotes laughter as a means of decreasing hostility, building communication and reducing the patient's feelings of inferiority toward physicians.

In his book, "Anatomy of an Illness," Norman Cousins described his recuperation from a debilitating illness through the use of humorous films and vitamin therapy.

"Norman Cousins isn't a physician but he is an adjunct professor at

UCLA, and his work has been very important," said Ted Braude, Royal Oak counselor and teacher at Oakland County Community College.

"It's not a new area. There's an ancient tradition between humor and health," Braude said, adding that the topic generally isn't included in medical school curriculum. But Braude has spoken to social work students at Wayne State University.

"MOST PEOPLE can accept the intrinsic value of laughter, but as we see more scientific evidence about its benefits, the more likely it will be accepted by society," added Dan Tomaszewski, director of education for the Rehabilitation Institute, Detroit.

"The benefits aren't just psychological but also physical, because laughter and play can be measured biochemically."

"For the most part, medicine has ignored the psychosocial dimension of health care. The overwhelming emphasis is toward the biochemical evidence of health. Nursing, social work and psychiatry have been more creative in their use of humor."

Braude and Tomaszewski have organized programs dealing with humor and health. Along with teaching class on the subject, Braude uses the concept in private therapy.

Tomaszewski oversees the "Light

Laughter: 500 mg. chuckles. Take twice daily. Refillable. Contraindications: None. May cause mirth if taken for an extended period. Continued use may cause feelings of euphoria, physical well-being, happiness. In case of accidental overdose — whoopee!

BARNEY JUDGE 1987 ©

STREET SEEN

Seen it all? Don't bet on it. That's what this weekly column is all about — all that neat stuff in shops and boutiques throughout the area that you've heard about but have never seen. But not to worry, our Street Seen reporter Charlene Mitchell has her eyes peeled for just that kind of item. Keeping watching. You'll see what we mean.



Reel exciting

Pre-orders are being taken now for "Top Gun," starring Tom Cruise and Kelly McGillis, the first movie released on video with a commercial. Papal Cole brings down the cost from the expected \$79.95 to \$26.95. If you're a member at Video Biz, in Crossroads, Nine Mile and Farmington Road, the cost is \$25, available March 11.

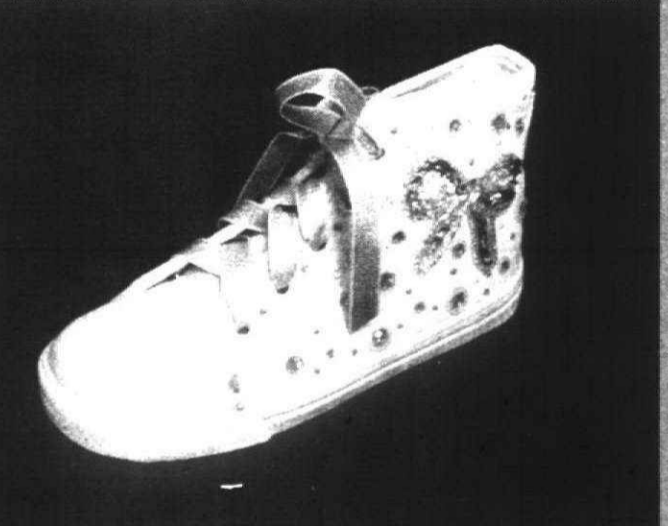


Sporting time

The only way you are going to get the wake-up alarm to shut off is to throw this clock against a wall. The digital figures are encased in baseball, soccer, tennis, football or golf balls — whatever your preference — and sit in a pedestal base. The snooze feature reactivates in five minutes. Available in Let's Entertain, Hunter's Square, Farmington Hills for \$24.95.

HERO worship

He walks. He talks. And he will help you learn about, explore and test the interrelated technologies of robot automation programming, electronics for automation, intelligent machines and robotics. For those who want to prepare for the advanced world of robotics, HERO (Heath Educational Robot) 2000, available in kit form for \$2,500, or assembled, \$4,000 at all Heath outlets.



Sneaky glitz

These high-top glitz sneakers may not be practical for climbing trees or summer camp, but they're sure to bring raves from envious pals. Traditional canvas Keds are decorated with an assortment of pink and silver faux gems. Silver sequins form a bow. From Loretta Lorion, Birmingham, \$75.



Good skate

To celebrate the Red Wings' championship season (so far, anyway), Bricker-Turner furs in West Bloomfield have come up with this friendly, furry hockey player. Reel racoon is used for the hair and beard. The uniform is in red, white and black felt. Comes complete with skate and hockey stick and a price tag of \$90.

He starts each of his Humor and Health classes with several non-

STREET WISE

Elvis Hitler?

Thursday nights are New Wave nights at the Token Lounge in Westland, and Westland may never be the same again. The Vertical Pillows with special guest Rob Tyner (ex of the MC-5) and Vibratory Synd are scheduled to perform this Thursday. The following week the Akwa Bats will have as their (very special, we assume) guests Elvis Hitler and Orange Roughies. (The Token Lounge, 28944 Joy, Westland; 522-0245.)

Irish fling

We've decided to do this Irish item without one faith and begorrah, with nary a "top o' the mornin'." Here it is, just the facts: Irish festival, 4 p.m. Tuesday, March 17, Monaghan Knights of Columbus Hall in Livonia. Traditional Irish musicians, dancers, food, and ales and stouts. Plus, of course, the annual St. Patrick's Day Parade down Michigan Avenue in Detroit at 2 p.m. Sunday. (Monaghan Knights of Columbus, 19801 Farmington, Livonia; 537-3489.)

Syrupy sweet

Ever tap for maple syrup? We're not talking about the time you tapped the restaurant table and said, "Waitress! Syrup, please!" No, we're talking about the real thing, straight from the trees. The Cranbrook Institute of Science offers you the chance to watch the sap flow at its Maple Syrup Festival. The event runs 1-5 p.m. Saturday and Sunday, March 21 and 22. Admission is \$3 for adults, \$2 for seniors and students, children under 5 free. (Cranbrook Institute of Science, 500 Lone Pine Road, Bloomfield Hills; 645-3230.)

Real Kinky

There are few surviving bands from the British invasion of the 1960s. Probably the liveliest of the survivors are the Kinks, still rocking out after more than 20 years. The band, led by brothers Ray and Dave Davies, will appear in an unusual setting — the Fox Theater — on Thursday night. Tickets are \$15. (Fox Theatre, 2211 Woodward, Detroit; 961-5470.)

Swinging jazz

The sweet sounds of jazz and swing will fill Orchestra Hall in Detroit on Wednesday at the Paradise Theater Jazz-Swing Cabaret. The stars of the show will be Marcus Belgrave and the Detroit Jazz All-Stars featuring Ron Jackson. All proceeds benefit programs of Peter Claver Neighborhood Services, a community center in Detroit. Tickets are \$25. (Orchestra Hall, 3711 Woodward, Detroit; 831-7927 or 831-1000.)

Mysterious weekend

Did Col. Mustard do it in the billiard room with the knife? We haven't got a clue. But amateur sleuths will get the chance to test their wits at a Murder Mystery weekend package sponsored by the Novi Hilton Friday through Saturday. It seems

Tigers on TV

Spring must be in the air, because George Kell and Al Kaline are back on the airwaves. The Detroit Tiger broadcasting duo will do their first game of the season — preseason actually — at 8 p.m. Saturday on WDIV-TV, Channel 4. The hated New York Yankees will be the opponents in this exhibition game. The pregame show starts at 8 p.m. Bring on the hot dogs and beer.

Nice on ice

The Ice Capades are back in town, Tuesday through Sunday at Joe Louis Arena. The show features 1984 Olympic silver medal winners Peter and Kirsti Carruthers and Tony Paul and Terry Pagnano, who perform the daring adagio form of skating. Shows are at 7:30 p.m. Tuesday through Saturday and matinees at 11 a.m. Wednesday, 11:30 a.m. and 3 p.m. Saturday and 1:30 and 5 p.m. Sunday. Tickets are \$9.50-\$7.50. (Joe Louis Arena, downtown Detroit; 567-6000.)

'Sherman's March'

"Sherman's March" is not, as its name suggests, a historical film. Instead it's independent filmmaker Ross McElwee's witty record of his search for both the perfect film and the perfect woman. It will be shown at 7 p.m. Friday at the Detroit Film Theatre. (Detroit Film Theatre, Detroit Institute of Arts, 5200 Woodward, Detroit; 832-2730.)

Got something interesting in the works? Why not drop us a line? Send your information to Richard Lech, Street Wise, 36251 Schoolcraft, Livonia 48150.

Seeger's Mr. Bassman

Continued from Page 1

time he heard there was an opening in the Seger System while he was hanging around downtown Ann Arbor.

Dan Honaker, the Seger System bassist at the time, was injured in a motorcycle mishap. The band, which had just released "Mongrel," was set to go out on tour in two weeks.

Campbell, a lead guitarist with another band, heard the news in an Ann Arbor record store. He took the "Mongrel" album and learned it "frontward and backward."

"I went to Bob's house . . . and auditioned," he said. "He told me I had the job."

It was a job that took him from Plymouth where he "cruised the A&W" and "roamed the street for girls" to what eventually became one of top bands in the rock industry.

Campbell was only a few years out of Plymouth High School, now Central Middle School, when he joined the band, "Live Bullet," which was recorded in 1975 and sold more than a million copies, thrust the band into the national spotlight.

Until then, the band was only a household name in the Detroit area.

After "Live Bullet," the band has had a string of successful albums. And the band also has had several personnel changes.

THERE HAVE BEEN times the pace has gotten unbearable for Campbell. He's given thought to leaving the band in the past.

"Ah, sure, we all have (thought about leaving) at one time or another," he says. "It would be an out-and-out lie to say we haven't. You get tired, and it's terrible on relationships (Campbell is divorced)."

"We love to play for people" is why he hasn't left. "That's what amuses me when I hear this might be the last tour. I'm sure there are periods when Bob feels that way, but he's going to miss it."

In fact, on the latest tour, the band has dusted off some of the old hits that put them on the top such as "Turn the Page" and "Traveling Man."

"A lot of the new guys in the band don't know all the old songs," Campbell said. "They just learned 'Get out of Denver' last week in Denver."

But this rock 'n' roller never forgets.

Chris Campbell on touring with Seger

Continued from Page 1

We've been together for 17 years (Campbell joined the Bob Seger System in 1969). He's a helluva guy to work with. We've become good friends. I've been with him longer than I was with my ex-wife.

He and Punch (Andrews, the group's manager), are square shooters. They're good for the (rock 'n' roll) business. They divvy it up fairly.

On why Detroit rock 'n' roll audiences are the greatest in the world. They're really responsive. They go crazy . . . They really love rock 'n' roll, and they're not afraid to show it.

On the success of "Live Bullet." We had shelved a live album because the only successful live album until that time was Peter Frampton's ("Frampton Comes Alive"). We were working on ("Night Moves") at the time, but it took a little longer

than we had thought. So that's how "Live Bullet" was released.

Boom. It took off. It allowed us to finish "Night Moves." It was a springboard for us. As far as knowing if a song or album is going to do well, you don't.

On favorite songs from the past. Oh, "Traveling Man" and "Beautiful Loser" are two. "Turn the Page" is a favorite of everybody's.

On why the band has done so few music videos. Yeah, that's kind of funny. When we were starting out, we couldn't pay people to have us on TV. Then when we became successful, everybody wanted us to come on their shows. We basically said, "No. Where were you when we needed you?"

The reason we didn't do any videos for so long was there weren't any good ones, we thought. We've been so successful and have sold out where other bands haven't. I think that (not being on television as much) has something to do with it.

Work can be a barrel of fun

Continued from Page 4

competitive games. During one two-hour session, students created and recited cheers for each month of the year, brayed and oinked in a chorus of animal sounds and performed a vocal symphony of vowels.

At any time during the class, a student or Braude may call for a standing ovation. The response is an enthusiastic round of applause and cheers.

"Embarrassment can be a problem," Braude admitted. "It's too bad because it makes it hard to laugh about things."

BRAUDE RECOMMENDS a book of non-competitive games called "Play Fair" by Joel Goodman.

He starts each of his Humor and Health classes with several non-

to laugh. Laughing makes me feel good" to help replace negative attitudes with positive beliefs.

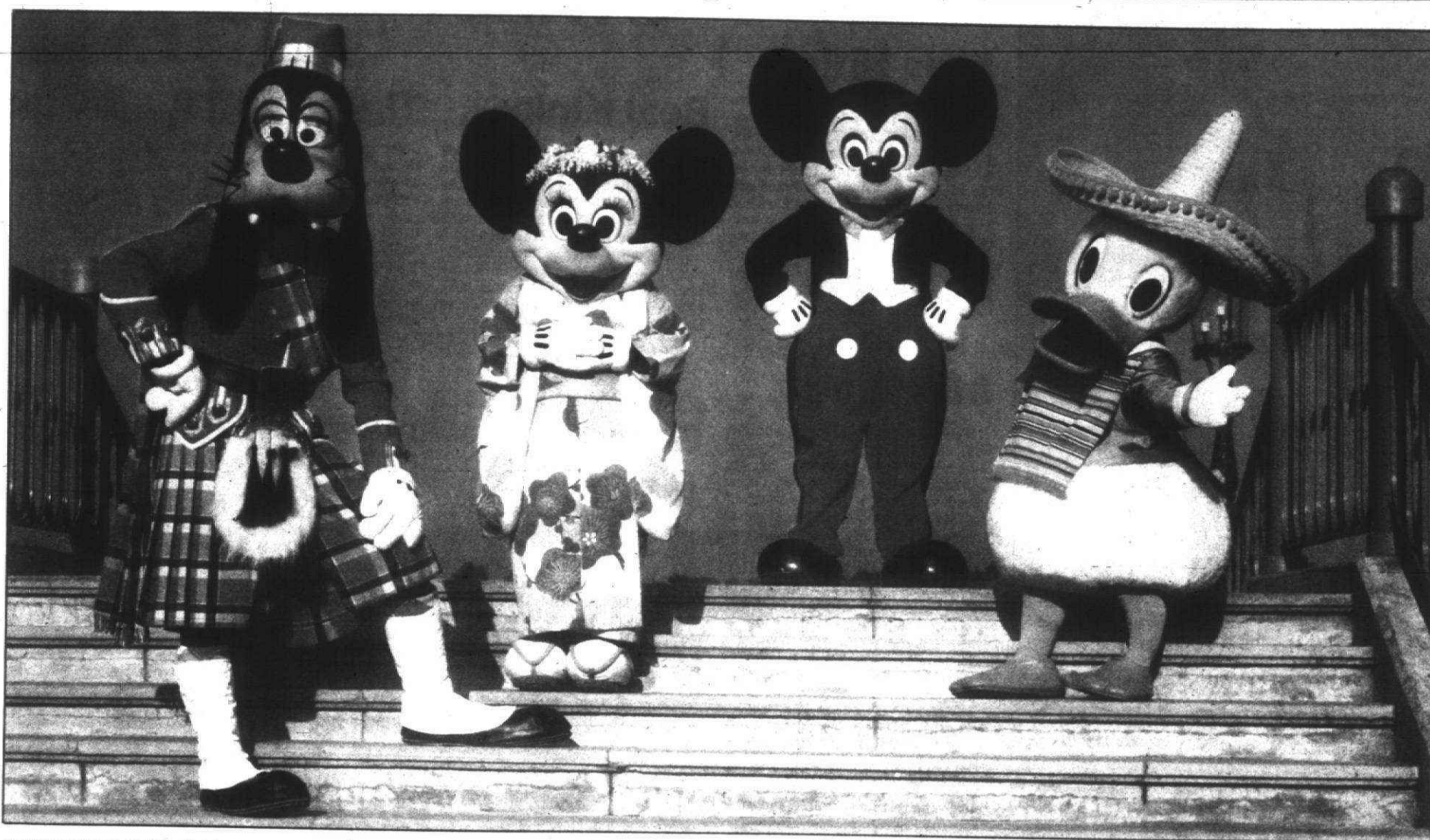
He also encourages children to use their imaginations creatively rather than mull over frustrating experiences. Braude once mentally squished and dropped kicked a man after an angry episode. His frustration quickly dissipated as he began to chuckle.

"When you face attacks and confrontation you can go back into depression, battle it — which can be exhausting — or laugh."

Braude encourages students and clients to recall childhood games and repeat affirmations such as "I love

"Humor is very disarming. It's a form of verbal aikido."





Pictured from left to right are — aw, you know who they are, don't you?

Keys to the kingdom of



Continued from Page 1

in all sizes — not just the pint-sized variety, thanks, in part, to some attractive vacation prices. Right now, during the airline wars, you can get round trip air fare for less than \$200, although you'd have to be lucky to get a seat during spring break or Easter season.

YOU CAN combine Walt Disney World with a cruise for \$500 plus air fare; \$500 also will buy you round-trip air and six nights, per-person double occupancy, in the Sheraton World.

Ask your travel agency about American Express packages, advertised as low as \$139 plus air. Or ask your agent to call CP Air Holidays in Canada toll-free at 1-800-387-2703 for a package available through June 25, or from Aug. 31 to Sept. 30: air fare, a car and hotel for a week for \$449 Canadian, which is about \$327 in U.S. dollars. That's weekend rate from Windsor, per person based on double occupancy; it is \$409 from Toronto. Subtract \$30 from either fare if you fly midweek.

YOU NEED a friend to help you get your time and money's worth amid the fun and games at WDW. Steve Birnbaum's official guide to Walt Disney World, updated yearly, may be the best \$8.95 you spend. Buy it in a bookstore before you leave home and plan ahead. It will help you decide where to stay, eat and play, and includes itinerary suggestions based on the length of your stay.

If you have just one day, you can see either the Magic Kingdom or EPCOT, at \$26 a ticket, not both. The minimum time for a really good look at this wonderful, crazy vacation kingdom is three days. Three-, four- or five-day adult passes, \$66, \$78 and \$88 respectively,

let you go back and forth from the Magic Kingdom to EPCOT Center at will.

If you arrive at WDW in the afternoon, do an overview of the property. Ride the monorail around Bay Lake and Seven Seas Lagoon for a quick skyline view of the Magic Kingdom, change trains at the Transportation Center and spend the evening doing a quick once-over of EPCOT. The lines are shorter later in the day, so you might want to see the Living Seas or Spaceship Earth, which have the longest waits earlier in the day.

WALK TO the right around the lagoon on World Showcase Plaza and join the young noisy crowd at the Rose and Crown Pub. If SkylineScope is on (weekends, holidays and summer) grab a seat early for the war between good and evil — multi-colored light planes in battle with the dragon boats.

Don't miss the Renaissance Street Players in the United Kingdom area. They will be playing their own crazy version of Romeo and Juliette on the street, and 10-1 odds you'll be part of the show.

It's probably too late in the day to reserve dinner at the best World Showcase restaurants. Guests at Walt Disney World hotels can reserve well in advance, but otherwise you must do it after the park opens each day.

WHEN YOU come back to EPCOT in the morning, go straight to the computerized reservation booth, called World-key Terminal, where you can scan the menus and reserve for lunch or dinner. The French pavilion is popular because of the three famous chefs who take turns running it.

My personal favorites are the spicy Szechuan chicken at Nine Dragons Restaurant in China; the Middle Eastern food at Restaurant Marrakesh in Morocco; the Fettuccine Alfredo at L'Originale Alfredo di Roma Ristorante in Italy. These places are often managed by famous restaurant people: Alfredo's is run by Alfredo's of Rome, the originator of Fettuccine Alfredo.

The other great dining experience is the Coral Reef, where you can eat seafood and look through huge plate

glass windows to the underwater life of the Living Seas.

DON'T MISS: Captain Eo, a 3-D movie starring Michael Jackson; you might not like it, but the technology is worth the time.

Living Seas, which opened last year: There's not another aquarium adventure like it. Journey into Imagination: where the 3-D is so believable you will jump back when the kid on the screen squirts water at you.

Of course, you need a day with Mickey Mouse. As you approach the Magic Kingdom, either on the monorail or on the ferry, you will see a huge balloon head of Mickey Mouse flying above Cinderella's Castle and Space Mountain. The 15th Birthday Parade, which celebrates Walt Disney World's anniversary through 1987, will go past in a glory of

light and sound at 3 p.m. Holidays and summers, you will certainly end the day watching the Main Street Electrical Parade with its dozens of floats and 100 performers surrounded by a million twinkling lights.

SPECIAL EVENTS like the Electrical Parade, the fireworks, lazerphonic show and SkylineScope are scheduled only during holidays, weekends and summers, or whenever the parks are open until midnight.

Then it's lights, lights, lights. Everything is lights, unless you ride the Space Mountain coaster in the Magic Kingdom. Then it's dark, dark, dark as you climb slowly up, up to the top of the roller coaster incline and drop like a stone, screaming all the way.

Yeah! The kid in you never had it so good.



EPCOT's British area features this English pub and dining room.

MICKY JONES

You can stay where you play

By Iris Sanderson Jones
special writer

Where you stay determines how you play at Walt Disney World.

What's your pleasure? Modern digs at the Contemporary Resort Hotel? The laid-back atmosphere of Polynesian Village Resort? Or tent and trailers of Fort Wilderness Campground Resort?

All of these accommodations are located around Bay Lake or Seven Seas Lagoon at one end of the 43-square-mile property at Walt Disney World, where bus, ferry and monorail converge on the parking lots and the Transportation Center.



MICKY JONES

Early evening on Main Street at the Magic Kingdom at Disney World.

There is a whole other world at the other end of WDW, five miles from the Magic Kingdom and 2.5 miles from Epcot, in the direction of Buena Vista Lagoon. Five kinds of villas, a conference center, and the hotel-shop-restaurant complex of WDW Shopping Village are here.

The villas offer a great way to have your own home in a private wooded setting and still be just a few minutes from the resort life of Lake Buena Vista or the exhausting fun of the Magic Kingdom and EPCOT.

Book well ahead for the Treehouse Villas. These octagonal two-bedroom stilt houses, with great decks amid the trees cost \$195 per night and sleep six.

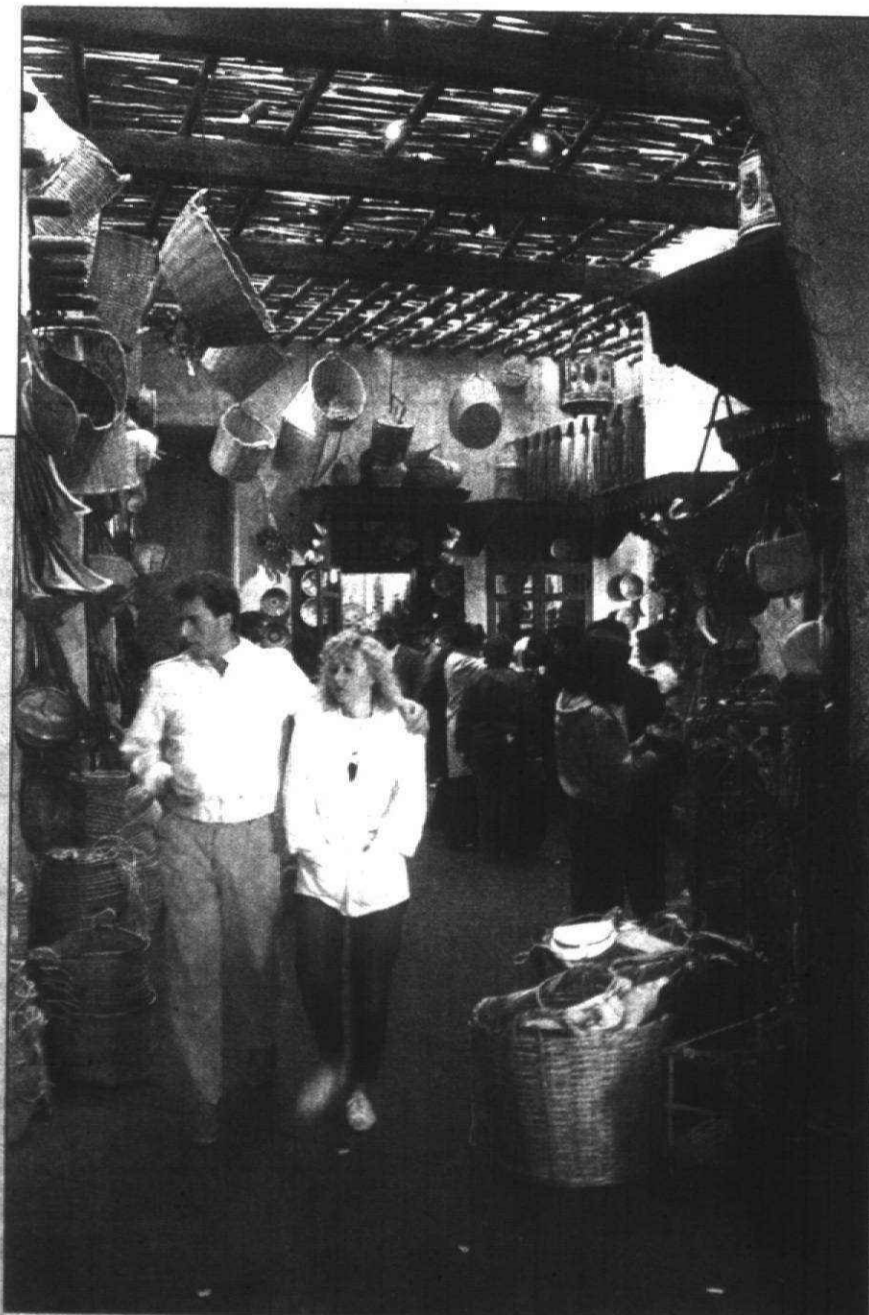
There are several kinds of villas, ranging from \$115 for the one-bedroom Vacation Villas, which sleep four, to \$195 for the two-bedroom units at Vacation, Treehouse or Fairway Villas, which all sleep six. Rates are per villa, not per person.

Of course, you don't have to stay in WDW. If you want luxury I highly recommend the Hyatt Grand Cypress, just half a mile outside the Disney border.

There are hundreds of hotels along the highways approaching WDW and in clusters throughout the area. Most are OK. Many provide regular bus service to Disney World, but be sure you know the transportation situation before you check in. Also check out condominiums and time-share rentals.

For information on accommodations: Call the Orlando Central Reservations Center toll-free at 1-800-322-2220 for hotels outside Disney World. Contact Tourism Development, Greater Orlando Chamber of Commerce, Box 1234, Orlando 32802 or call (305) 425-1234 for apartments, condos and bed-and-breakfast accommodations.

For Walt Disney World reservations call (305) 824-8000. Rates: Contemporary from \$120, Polynesian from \$130, Disney Inn from \$105, Ft. Wilderness trailers \$100 for four, \$120 for six, campsites \$25-35.



MICKY JONES

Exotic Morocco comes to life at EPCOT.