

Land Down Under
is diver's delight, 1D



Gymnasts
lauded, 1C

Meet grand master
at baking brownies, 1B

Canton Observer

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Canton, Michigan

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The Canton Connection

Ticket talk

Revenues that could be used to control Main Street cruising in Plymouth aren't as plentiful as they could be, due partly to Canton police, Plymouth city manager Henry Graper said at a recent city commission meeting.

Fines collected by 35th District Court are returned to Plymouth, Canton, Plymouth Township, Northville and Northville Township — the communities served by the local court.

"Canton Township is not writing that many traffic tickets. They don't have enough manpower for a traffic division," said Graper.

Au contraire, say Canton police.

"We wrote 5,418 tickets in 1987 for speeding, operating under the influence of liquor and other non-hazardous driving violations," said Jackie McCurley of the records department.

"That's up 18 percent from 1986 when we wrote 4,608 citations."

Canton Public Safety director John Santomauro said violations so far this year are up 60 percent over the same period in 1987.

Speeding violations were up 33 percent in 1987 over 1986, said Canton Lt. Al Wilson.

"Right now we don't have any statistical data that would indicate that we are understaffed," Wilson added.

It's true Canton doesn't have a traffic bureau. The department's 38 sworn officers share responsibility for traffic enforcement.

"Every member of the uniformed patrol force spends a portion of his or her working day enforcing traffic laws within the community. I would say our efforts directed toward traffic enforcement and motor vehicle safety are appropriate for the overall mission that we have," Wilson said.

In season

Hey, where's the Canton Soccer Tournament? Surely, this gathering of soccer players, families and fans deserves mention in the latest Summer Calendar of Events published by the Michigan Travel Bureau.

However, the annual sports event is not listed. But even with that omission, the brochure, which lists nearly 800 festivals and special events, is handy to have around when trying to think of something to do this vacation season.

In addition to listing events throughout the state, the bureau also has published its 1988 Summer Travel Planner. The 52-page planner lists more than 400 attractions in more than 200 communities.

Taxing

Is your temper getting short not to mention your pencil points and eraser tips? Are you still trying to figure out 1987 deductions and adjustments?

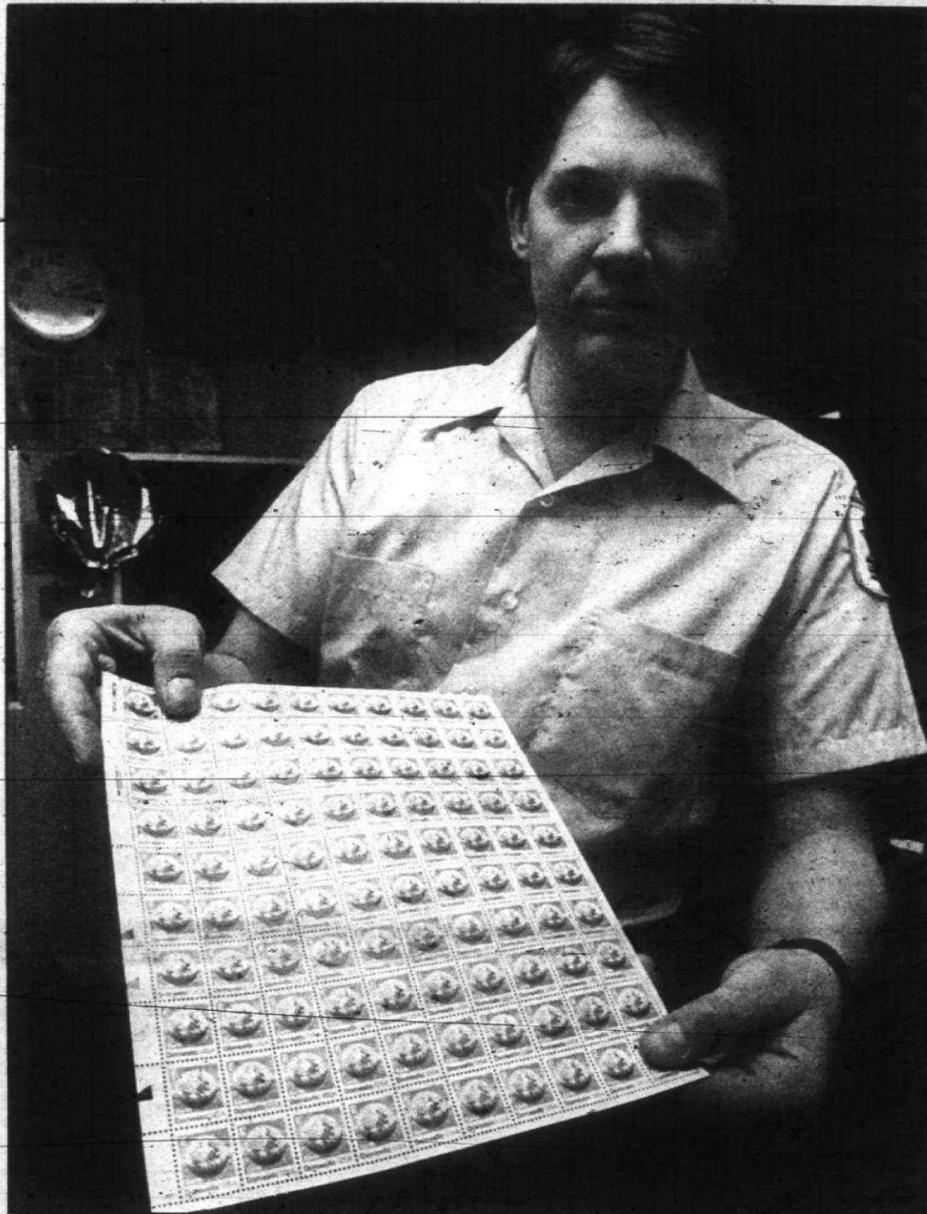
Well the Canton Public Library is coming to your rescue. With the Friday, April 15, filing deadline fast approaching, residents can receive some last-minute tax tips.

Representatives from the Internal Revenue Service will help individuals work through the maze of instructions on a first-come, first-served basis from 9 a.m. to 1 p.m. Saturday, April 9, at the library. For more information, call 397-6999.

In Perspective

The C.E.P. Perspective, the student newspaper of Centennial Educational Park, was named a Gold Crown Award recipient for its 1986-87 publication year.

The award, given by the Columbia Scholastic Press Association, placed the paper in the top 25 high school newspapers in the nation.



BILL BRESLER/staff photographer

Canton Post Office employee Jim Cooper displays \$25 worth of stamps.

Few give new stamp second look

By Doug Funke and Diane Gale staff writers

A .25-cent first-class postage stamp, now in effect, apparently has caused little stir among area consumers.

"At least that's the conclusion drawn from an unscientific survey last week of patrons at post offices in Canton and Plymouth.

"There's nothing I can do to control it," said Debby Mitchell of Plymouth.

"Everything else is going up. I figure why not let them raise that too," said Ed Tomaszewski, a Plymouth Township resident.

Temporary E stamps were readily available at both post offices late last week. Three-cent stamps — to complement existing 22 centers — were another story.

"We have them on hand, but my supply is very low. They're just going, going, going," said Colleen Kresovich, superintendent of operations at the Plymouth Post Office on Penniman.

"BUSINESS HAS been brisk. 'We've been terribly busy,'" Kresovich said.

The response from patrons at the Canton Post Office on Sheldon and Ford Road was basically the same as in Plymouth.

"It's not going to decrease any mailing we have to do," said Margaret Begley of Canton. "The only thing you can do is accept it or write to your congressmen and ask what the problem is."

Sandy Diehl of Canton said: "To tell the truth I just found out about

it. I didn't know until I bought a book of stamps.

"It doesn't really matter to me. I don't do that much mailing that it will make a difference," Diehl said. "There's not much you can do."

JIM HUDDLESTON of Canton said: "I guess it's needed. Everything else has gone up — the cost of living and everything. It's still a bargain."

"Just don't let it go up more than 25 cents," said Phil Longley of Canton.

While most people were resigned to the increases, they weren't unanimous in their acceptance.

Mary Skalski, a Plymouth resident who happened to be in the Canton Post Office, said: "I don't like it, especially with our small post office in Plymouth."

"I'm always waiting in line. They aren't doing anything to improve the service. I find I dread going there," Skalski said.

"You sure don't get much with four for a dollar," said Janet James of Canton. "I can remember the two and three-cent postage."

"As far as I'm concerned, there's no limit to these price increases," said Stanley Lersah of Plymouth Township.

Mail-in rebate offers are going to be less attractive, according to Joanne Rajt, of Canton.

"I send out rebates, and that's really cut into that. Unless they're a good amount, it's not worth it," she said.

"I have a whole bunch of 22-cent stamps," said George Dewey of Canton. "There's not much you can do about it. I don't like it, but everything goes up eventually."

Illness investigated

Virus suspected cause of sickness at high school

By Doug Funke staff writer

Wayne County public health officials this week hope to get a better handle on why more than 200 students and staff at Centennial Educational Park suddenly took ill Wednesday and Thursday with gastrointestinal distress.

"We're looking at possible food or water contamination," said Dr. Donald W. Lawrenchuk, medical director for the county health department.

The symptoms — nausea, vomiting, diarrhea, loss of appetite, chills and weakness — suggests that a virus is the cause, Lawrenchuk said.

"The data is highly suggestive of a common point of outbreak," he said.

The investigation has focused on

the cafeteria, including water supply, at Plymouth Salem High School.

Food and water samples from CEP, plus blood and stool samples from some people who became ill, have been sent to Lansing for analysis, Lawrenchuk said.

School is closed this week due to the Easter break.

"IF IT had to happen, it probably couldn't have happened at a better time," Lawrenchuk said.

No other building in the district experienced a similar outbreak of illness, said Richard Egli, community relations director for the schools.

Students and staff started getting sick Wednesday night. The health department was notified Thursday morning, when absenteeism at CEP rose to more than 200.

No hot lunches were served Thursday.

Virus-induced illnesses generally run their course in 24-48 hours, Lawrenchuk said.

"As with any illness, individuals who are sick should stay home," Lawrenchuk said. "Good personal hygiene, including washing hands before meals, is the best way to prevent the spread of communicable diseases of this type."

While some people were treated at hospital emergency rooms last week, none — to his knowledge — were admitted, Lawrenchuk said.

Two years ago, in April 1986, 160 students and staff at Allen Elementary School were felled by similar symptoms.

That outbreak was traced to a virus, but it was never determined how it got into the school.

Fisher draws life for murder

By Diane Gale staff writer

Charles Fisher said it was appropriate that on Good Friday he would be sentenced to life in prison without parole for the duct tape murder of his wife, because, like Jesus Christ, he also was unjustly persecuted.

"I thought it also was an appropriate day for sentencing," said Mike Reynolds, assistant Wayne County prosecutor.

"But I thought Dr. Fisher picked up on the wrong character," Reynolds said. "His character was more like Judas, because he betrayed his wife and family — not with a kiss, but with a roll of tape."

"It also was appropriate today (April 1), because he would have to be the biggest fool there ever was if

he believes his story," Reynolds said.

FOR SOME 15 MINUTES Friday, Fisher told Wayne County Circuit Judge Thomas Foley and a packed courtroom that the trial — based on circumstantial evidence — was unfair.

After only two hours of deliberations last month, a jury found Fisher guilty of first degree murder in the death of his wife, Ella (Ria) Mercado Fisher, 30.

They believed the 1984 burglary in the couple's Canton home was staged. Fisher said he found his wife with her face wrapped with duct tape.

Fisher, who is appealing the verdict, was on his way to Jackson State Prison Friday.



Charles Fisher

None kidding about calls

When sick calls began flooding Centennial Educational Park offices last Wednesday and Thursday, it probably seemed to administrators like an early April Fool's joke.

Friday was the first day of spring break, and many students were bound for sunny climes.

As it turned out, the absence of 200 students and staffers really was due to an outbreak that health officials suspect is virus-related.

According to students still around Thursday afternoon, many of their pink-cheeked classmates were en route to some pretty nice

places — North Carolina, Florida, Washington, Boston, Texas and even Spain.

How many students were taking vacations?

"Everybody but me," said Cathy Yeung, a Canton junior.

"Everyone I know," said Matt McAmmond, a Salem senior.

Salem junior Andy Bazakis estimated 30 to 50 percent of the student body said sayonara.

To what thrilling destination was Salem teacher Dave Maille heading? "Builders Square," he said, without a whole lot of enthusiasm.

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NEWSLINE . . . 459-2700
SPORTSLINE . . . 591-2312
WANTS ADS . . . 591-0900
DELIVERY . . . 591-0500

Health & Fitness

SPECIAL SECTION
IN TODAY'S ISSUE

Spring brightens view

points of view

Strolling down Main

(Conclusion)
We are on Main Street, Plymouth, in 1880, the year Gilbert and Sullivan wrote and composed "The Pirates of Penzance." We're just passing the school at the corner of Main and Church streets.

That's Orson Polly's blacksmith shop on the other side of Main. The Pollys were born abroad — Orson, 52, in England; Margaret, his wife, 50, in Scotland. The Polly house, next to the old Village Hall, will become the first home of the Plymouth Historical Society in 1962.

We're now coming to Gravel Avenue, later to be renamed Frailick Charley Bennett said there was a wooden bridge on this spot in the 1870s. It spanned a good-sized stream that came down what later became the avenue. Crossing Main, the stream ran east past the lot that would later be occupied by the Plymouth Mail and ultimately by Growth Works. It continued to flow behind what later became the Penn Theatre and Wilcox properties.

Of this stream, a tributary of the Tonquish, Bennett wrote in 1952:
"I WAS not the only Plymouth youngster who used his old straw hat to scoop up minnows under his bridge. During spring rains, I have seen this bridge in grave danger of being washed away. Some days it was impossible to walk from the corner of Gravel Avenue to Corner Hardware store unless one took to the road. The sidewalk was under water sometimes to the depth of three or four feet."

Let's walk past some of the stores in the Phoenix Block on Main Street opposite Kellogg Park. It is called Phoenix because, like the fabulous bird in the Arabian desert, it rose out of its own ashes after the fire of 1856 which wiped out all but two of the buildings. Plymouth had no water mains then, and won't have them until the 1890s.

John Gale, age 31, owns the grocery and drug store at the corner of Main and Sutton. His wife, Fanny, is 20. After the high school fire to come in 1918, Gale's vacant store will be used to house some of the students until the new school is built. In 1920, the Gale store will make way for the Plymouth United Savings Bank. The spot will be occupied in later years by a branch of the National Bank of Detroit.

THAT'S AMITY Hall over R.L. Root's drug store. Public entertainments and private theatricals were held there until 1893 when it was destroyed with the rest of the block in a repeat of the fire of 1856.

Those two windmill peddlers talking to each other in the park are Alfred W. Chaffee, 32 and Lafayette Burch, 44. They both work for the Plymouth Iron Windmill Company. The youth who will become Plymouth's best-known peddler of windmills, then of air rifles, is that dapper-looking teenager strutting into John Gale's for a soda. He's 16-year-old Charley Bennett who will some day travel to China and other foreign lands selling Dixa air rifles.

The old gentleman sunning himself in the Park is A.B. Markham. Born in New York State, Markham was one of the earliest settlers in 1825. His farm is on Six Mile Road in what is now Plymouth Township, but will become Northville Township in the 1890s.

Markham was a speaker at the State Pioneer Society in 1877 when he was 80. He told what it was like here when the pioneers arrived. His recollections are one of the best original sources of information about Plymouth in its early days.

THERE ARE other Markhams living in town this year. One of them is Mary L. Markham, 68. She was born in New York state and has been living with her 39-year-old daughter, also named Mary L. Mary Markham's son, William F.

Phil Markham, age 29, who was born in Michigan is an engineer in Plymouth. He and his first wife, Carrie A., age 23, have two children, Harry, age 5 and Maude, age 2.

Maude will grow up to become Mrs. Maude O'Brien of Detroit. She will try, without success, to break her father's will in the 1930s. The bulk of his \$2 million estate will go to people outside of the family.

That square, brick residence, corner of Main and Ann Arbor Trail, is the home of Judge John Fuller. Fuller, 68, is a retired attorney. Born in New York state, he was justice of peace here for a number of years. His wife, Lois, 63, is the daughter of early settler John Kellogg who built the house for the couple when they married. The spot will become the site of the Mayflower Hotel in the late 1920s.

Let's walk out Sutton Street, past the corner of Church Street. That imposing residence on the right side of Sutton (later Penniman) belongs to E.J. Penniman, the town banker. He was our U.S. congressman in 1851-53. Penniman, 70 years old this year, will live to be 90.

The first wooden sidewalk in Plymouth was built in front of the Penniman residence in 1872. It went from Penniman's to the Corner Hardware Store. That pretty, young girl trimming the roses is Penniman's daughter, Kate. She will become Mrs. Kate Allen. In the 1920s she will be the owner of the Penniman-Allyn Theatre in Plymouth and of the theater in Northville, which later became known as the Marquis.

THE RUSSIANS are in Nicaragua, heterosexual relations are the primary cause of crack cocaine, a new book says Roger Smith is every bit as macho as George Bush, and Ted Koppel has gone back to publishing Mad magazine.

Or something like that. Do the headlines get you confused sometimes? Me, too. That's why it is important to concentrate on the truly important and enjoyable things in life. Such as:

Gas stations on the right side of the road. This is particularly true when that gas station is between your child's day-care drop-off point and the freeway on-ramp. It's even better when there is no line for a gas pump and the station is giving away free cups of coffee. Then you know that life can be good.

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past and present
Sam Hudson

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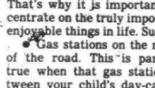
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Mrs. Prescott, 50, is survived by her mother, Florence Mattoon of Houghton; daughter, Cheri Hiltunen of Canton and Mark Hiltunen of Westland; sisters, Janet LePage, Patricia Monticello and Judith Bennett; brother, Robert Moon; and two grandchildren.

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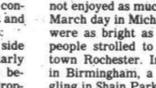
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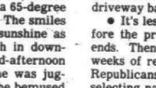
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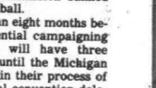
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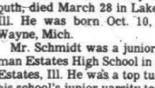
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Mrs. Vanderveen, a homemaker, died March 27 at St. Joseph Mercy Hospital in Livonia.

Mrs. Prescott, 50, is survived by her mother, Florence Mattoon of Houghton; daughter, Cheri Hiltunen of Canton and Mark Hiltunen of Westland; sisters, Janet LePage, Patricia Monticello and Judith Bennett; brother, Robert Moon; and two grandchildren.

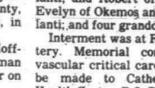
Arrangements were by Vermeulen Memorial Funeral Home, Westland.

BIDS:
ASSIGNED COUNSEL

The 35th District Court is reopening bidding for its Assigned Counsel Program (Court Defender's Program). The new contract will become effective July 1, 1988. All bidders may be single practitioners and must have offices in or reside within the Court's jurisdiction: City of Plymouth, Plymouth Township, City of Northville, Northville Township, or Canton Township. Contact Marion Beading, Court Administrator, for copies of the bid proposal and specifications: 35th District Court, 660 Plymouth Rd., Plymouth, Michigan, 48170, 313/459-4740. Bids will be accepted until and including April 18, 1988.

Published March 31 and April 1, 1988

Local news you can use



Rich Perlberg

after the city commission banned driveway basketball.

It's less than eight months before the presidential campaigning ends. Then we will have three weeks of relief until the Michigan Republicans begin the process of selecting national convention delegates for 1992.

It's a half year before the Detroit Lions will lose another game.

Vacations. Free from work, from responsibility, even from children. It's a wonderful moment that I will be free to enjoy as soon as I finish this column.

Columns that are finished.

Rich Perlberg is assistant managing editor of the Oakland County editions of the Observer & Eccentric Newspapers.

ESTHER F. VANDERVEEN

Services for Mrs. Esther F. Vanderveen of Plymouth were held March 30 at Lambert-Vermeulen Funeral Home with the Rev. Robert S. Shank Jr. of St. John's Episcopal Church presiding.

Report holds key to county's jail expansion

By Tom Henderson
Staff writer

Officials are waiting for a report on the Wayne County Jail before they decide whether current expansion plans are sufficient or if another facility is needed.

The report, which was due March 15, is expected any day. The report, by court-appointed jail monitor Vincent Nathan of Toledo, was delayed by family problems, said county Executive Edward McNamara.

Nathan, who studied conditions at the jail, is to recommend to the county the number of beds he thinks the county needs to house its convicted felons.

Currently there are beds for 1,678 prisoners. About 3,000 prisoners have been released by court order in the last year and a half to relieve overcrowding.

"We're hoping that (the addition of 470 beds at the current jail) could do it," said McNamara. A seven-story addition is being financed by the sale of Wayne County General Hospital and is scheduled for completion in the fall of 1989.

A proposal by Sheriff Robert Fi-

cano to allow triple bunking at the jail would provide for another 500 beds.

NATHAN'S REPORT will go to the Jail Oversight Committee for study before it is released to the public "in another week or so," said McNamara.

If another jail will be needed, it won't be at the old Detroit Receiving Hospital, which Detroit Mayor Coleman Young had proposed as a possible site.

"The state corrections department came in and looked at it and said absolutely no way we can use it," said McNamara, who said renovations would be so extensive and expensive to bring it up to standards that it would be cheaper to build a new facility.

Nathan is also studying the court system, where the time it takes to process a defendant from arraignment to a determination of guilt or innocence has grown in recent years from 53 days to 103 days, said McNamara.

That part of his report will overlap with the duties of former Chief Recorder's Court Judge Samuel

'We're hoping that (the addition of 470 beds at the current jail) could do it.'

— Edward McNamara
county executive

Gardner, who has been hired by McNamara to study ways to streamline court procedures.

In the last five weeks, two men — one charged with rape, the other with first-degree murder — were released because of a state law requiring a person in jail to be brought to trial within 180 days of being charged.

Jack Fuqua, 37, charged with two rapes, was released Feb. 26 after 199 days in jail and failed to show for his scheduled trial last Monday.

Bruce Williams, 24, charged with shooting to death a 16-year-old Detroit, has been free since March 23 after his attorney discovered he had been awaiting trial for more than eight months. He is scheduled to begin trial Tuesday.

Both were freed on their own recognition.

GARDNER HAS not been officially approved by county commissioners, "but he's already working," said McNamara. "He's knowledgeable and they (Recorder's Court and District Court judges in Detroit) won't take criticism from any lesser figure."

McNamara also acknowledged that Gardner's race will help. He is black, as are most of the Detroit judges. Recently, Michigan Chief Justice Dorothy Comstock Riley ordered Detroit judges to work from 9 a.m. to 4 p.m. five days a week. She is white, and many of the judges charged that the order was racist.

The order came after a check by Supreme Court officials on a recent

Friday afternoon revealed that only four of 28 Recorder's Court judges were in court. Two of them were visiting judges, including Judge James Garber of Plymouth.

According to Ficano, Wayne County, which is the fourth largest county in the country by population, ranks 14th in the number of prison beds.

FICANO HAS petitioned Chief Circuit Judge Richard Kaufman to allow triple bunking at the jail.

"If it's going to be a little uncomfortable for inmates, fine. It shouldn't be a place where you can

smell your mother's home cooking. It should be a place where you don't want to be."

In 1971, there were 3,100 jail beds in Wayne County. About 1,000 were lost when the Detroit House of Correction was sold to the state, and lawsuits brought by inmates resulted in court orders further reducing the number of beds.

According to the National Institute of Justice, a felon released early from the county jail commits between 187 and 287 felonies each year, not counting drug transactions.

Special Olympics needs helpers

Volunteer huggers and score keepers are needed for the upcoming Wayne County Special Olympics Bowling Tournament at the Satellite B-w-l, 25451 Michigan, Dearborn Heights.

More than 900 Special Olympians will participate 9:45-11:30 a.m. and 12:15-3 p.m., Friday, April 15 and 12:15-3 p.m. Saturday, April 16.

To volunteer, call Alice Tamkevici,

582-8125. For additional information about Special Olympics programs, call Joe McFawn, 277-8805.

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I WASHED IT SCATTERED
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BY THE DOOR

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Meet grand master at baking brownies

By Anne Lehmann
special writer

What could be more homey than a fudgey, melt-in-your-mouth brownie paired with a tall glass of icy cold milk?

The number of brownie mixes with new-fangled ingredients on grocers' shelves nowadays is a testament to the popularity of these chocolate confections.

So how does one get back to homegrown brownie basics? We asked John Bloom of Southfield, who — besides balancing a full-time career as a plant manager at Thermolectric Induction, organizing fund-raising events for charities and the arts, and entertaining up to 20 guests several times a month — is a master brownie baker.

"Rich, thick, with a cakey top and bottom, soft and chocolatey on the inside is how I like them," he said.

"The beauty of making these brownies is that it only takes an hour or two and it's wonderful, instant gratification."

What possessed this animated, well-spoken man to become involved with this devilish dessert?

"I came from a home where fine food was a focal point," he said. "But I started cooking 18 years ago when a friend turned me on to Gourmet magazine. Everything looked so pretty, and I just began cooking."

HE EXPERIMENTED over the years, and has become well known among friends as an excellent host as well as a cook.

"He has developed a reputation as a great cook and baker," said Phyllis Mara of Bloomfield Hills, a friend of Bloom's. Mara has worked with him on a number of fund-raising projects.

"I don't eat desserts," she said, "but John's brownies are worth every single calorie. These are extremely special."

Unlike most bachelor pads where, at best, refrigerators contain a carton of souring milk, old mustard and perhaps an unopened jar of Spanish olives, Bloom's kitchen is brimming with cooking paraphernalia.

Though modestly sized, the counters reveal, among other things, a Kitchenaid food master, hard-bound issues of Gourmet magazine and a plethora of odd-sized copper pans — truly suggestive of a food lover at heart.

BLOOM ENJOYS sharing his creations with friends.

"Entertaining is a hobby of mine, and liv-

ing in an apartment, I am limited to what I can do here, so I try to make my dining room the focal point by cooking and sharing great meals," he said.

It takes Bloom up to three days to prepare for a party.

"It's easy in the winter because I use Mother Nature as a refrigerator," he said, smiling and gesturing toward the balcony.

AS FAR AS tastes are concerned, Bloom goes for the "homey and hearty" in American cuisine.

"What," he asks, "is more Americana than brownies?"

He favors Southwest regional cooking, with its robust quality and unique combinations of food, but finds French cooking "contrived."

Not one to fall for stylish trends, Bloom said that, "Cajun cuisine and William 'Refrigerator' Perry have a lot in common. They are both manifestations of the press, hyped up over and above their true value."

Part of the pleasure Bloom derives from making the brownies is giving them away.

"The feeling of accomplishment in creating something, pleasing people and making them feel good — that turns me on," he said.

Since significantly reducing his cholesterol level, however, he refrains from indulging in more than an occasional taste of his homemade dessert.

BLOOM INSISTS that very little creativity goes into his cooking.

"If you like my cooking, then I'm the greatest walking billboard for reading a good magazine like Bon Appetit or Gourmet. There is no trick to it."

Still, when it comes to his brownies, Bloom has ventured out on a creative limb by adding such flavorful ingredients as raspberry liqueur, scotch and raisins, orange, espresso and more.

"You can make any flavor you want," he said, "by adding a half cup of almost anything."

AS FOR BEING timid about cooking, Bloom's advice is to take the plunge.

"Anybody that can read a recipe and look at a picture can become a good cook," he said.



Face the challenge

Brownie-lovers and good cooks everywhere — here's a challenge to you, issued by the Observer & Eccentric. Can you beat John Bloom's brownie recipe with one of your own?

Guaranteed that his recipe is delicious and different, but maybe yours is, too. We'd like to have a copy of your brownie specialty. The most interesting recipes submitted will be published in the Taste section.

Send your recipe by Friday, April 15, to: Brownie Challenge, Taste, the Observer & Eccentric, 36251 Schoolcraft, Livonia 48150. Include your name, address and phone number.

Treat has raspberry flavoring

JOHN BLOOM'S BROWNIES
16 oz. unsweetened chocolate

- 7 eggs
- 1 tablespoon plus one splash vanilla
- 1/2 teaspoon baking salt
- 1/2 teaspoon cocoa
- 1 cup sugar
- 1/2 cup raspberry jam
- 2 tablespoons raspberry liqueur
- 2 1/2 cups flour
- 2 teaspoons baking powder

Preheat oven to 325-337 degrees.

Melt chocolate and butter in a double boiler. Line an 11x7-1/2 cast-iron frying pan with enough extra foil to fold over top after baking. Butter inside of foil-lined pan.

With electric beater mix eggs, vanilla, salt, cocoa, sugar, and jam together. Fold in butter and chocolate mixture, salt, flour and baking powder into the mixture and mix well.

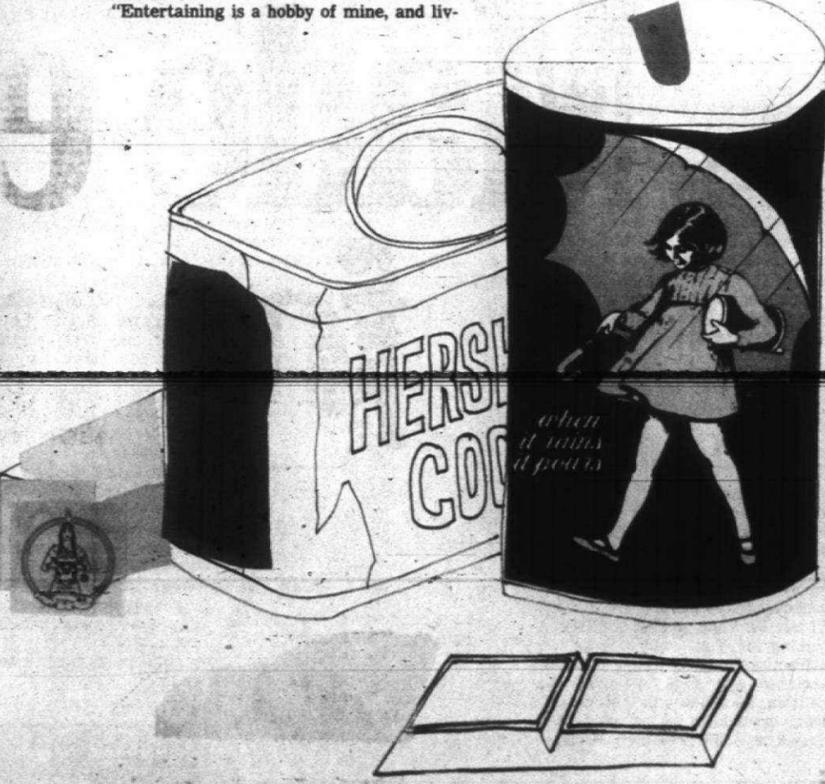
Bake 30 minutes. Brownie cake will rise and



Is your brownie better? Phyllis Mara of Bloomfield Hills thinks John Bloom of Southfield bakes one of the best brownies around.

crack. Cool in pan several hours or overnight. Wrap brownie in foil and refrigerate or freeze. Always serve the brownies at room temperature.

The recipe was tested in the Observer & Eccentric kitchen prior to publication. An 11-inch frypan might be difficult to obtain, 9- or 10-inch skillets may be used by decreasing the amount of butter by one-third. Any remaining batter may be baked in a small loaf or pie pan in similar fashion. Cooking time may have to be increased by one-half hour.



Happy tears flow with nutritious onion

How could something so sweet, so luscious, so unpretentious bring tears streaming down the cheeks of the heartiest of men? It was once called a miracle cure for baldness.

Its medicinal value is said to cure fits and could remedy the bite of a mad dog.

Long before Contact and Actifed were on the market, it was known to cure the common cold, clear up a bad complexion, rid the body of arthritis and aid in digestion.

Long ignored and abused, the onion may be the single most important and most significant addition you can make to any meal.

Nutritionists, scientists and doctors have shown that health-protection chemicals are packed in onions, which have the ability to help contribute toward a more healthy heart and circulatory system.

Many studies and experiments have been conducted throughout the world proving the onion's ability to lower blood pressure, reduce cholesterol levels in the blood and help stop dangerous blood clotting.

EVEN MORE astounding is that it doesn't matter whether onions are raw, boiled or even fried. They still produce the same cholesterol-lowering effect.

Onions contain a mild antibiotic that fights all kinds of infections. Onion odor and chopped onions can be used to draw out the infections of serious wounds within minutes of application.

Onions have always been used by the Indians to soothe burns,

taste buds
chef Larry Janes

bee stings and even the itch of athlete's foot.

If you think you are man (or woman) enough to try, chewing an onion for five minutes will render the mouth and throat completely sterile, which is great for mouth and throat infections as well as cold sores.

And you thought all they were good for was enhancing a spaghetti sauce or heightening the flavor of a roast!

ONIONS ARE low in calories, with only 60 calories in a medium-sized onion. Onions have no fat or cholesterol, yet they are a great source of vitamin C, vitamin B6, potassium and other minerals. This miracle vegetable is even high in dietary fiber.

OK, enough of the Marcus Welby stuff, let's get to the food facts

Onions should be stored in a well-ventilated, dry location. An old pair of pantyhose works well for ventilated storage.

THE ONION'S flavor, odor and tear-inducing characteristics come primarily from sulfuric compounds in this vegetable.

When onions are peeled and sliced, this chemical is freed and can dissolve in small quantities of water within the eyes. This produces sulfuric acid, an irritant that causes crying.

Cutting the onion under cold running water or refrigerating the vegetables for several hours before cutting can reduce the problem.

I have found that your best solution is to give the onion to someone else or throw it in a food processor and let the machine suffer.

However, it is a proven fact that cutting the top off the onion and peeling down without trimming off the root end works best. Supposedly, the cells that release the eye-irritant vapors are most prominent near the roots.

Although breath odor normally comes from onions eaten raw, cooked onions leave virtually no odor on the breath.

Here are some suggestions to help onion odor:

1. Rinse your mouth with equal amounts of lemon juice and tepid water.
2. Chew a citrus peel, whole clove or cinnamon.
3. Eat a freshly washed apple.
4. Probably the best solution of all is to eat a sprig or two of parsley, since parsley contains chlorophyll and is a natural breath sweetener. (And you wondered why restaurants always use parsley as a garnish? When up, folks!)

Onions are an easy way to help make your meals different and exciting.

See recipes, Page 2.

Chef Larry tells ways with onions

GLAZED ONIONS
Serves 6
2 tsp. paprika
1 lb. small white onions
3 tbsp. butter or margarine
1/2 cup sugar
1/2 cup water
paprika

Place warm water in mixing bowl and sprinkle with the yeast; stir until dissolved. Add sugar, 1 teaspoon salt and 2 cups flour; beat until well blended. Add enough additional flour to make a stiff dough. Turn onto a lightly floured board and knead until smooth and elastic, for about 5 minutes. Place in a greased bowl, turning to grease the top. Cover and allow to rise until doubled in bulk, about 1 hour. Punch dough down; divide in half. Cover and let rest 5 minutes. Pat dough into 2 round and greased cake pans, brush with remaining melted margarine, sprinkle with onion. Press onions into dough with fingertips, let rise, uncovered in a warm place until doubled in bulk, about 1 hour. Sprinkle tops with remaining salt and paprika. Bake at 450 degrees for 20 minutes or until golden. Best when served warm.

CHEF LARRY'S BAKED ONIONS
4 large sweet onions, peeled
4 tbsp. butter or margarine
2 tbsp. parsley, chopped
2 tsp. fresh grated parmesan cheese

Make a fairly large hole in the top of the onion. Place 1 tablespoon of butter or margarine in each onion, then top with remaining ingredients. Wrap securely in foil and bake in a 350-degree oven for 45 minutes or until tender. Can be placed directly in the hot coals of a barbecue, if wrapped securely in heavy-duty foil.

CREAMED ONIONS
1 1/2 lbs. small white onions, peeled
1 cup heavy cream
1/2 cup butter or margarine
dash salt and pepper

Cook onions in boiling salted water for 20 minutes or until tender. Drain, add cream, butter, salt and pepper. Heat over low heat until hot.

ONION BREAD
Makes 2 round loaves
1 cup warm water
1 pkg. dry yeast
2 tsp. sugar
1 1/2 tsp. salt
2 1/2-3 cups flour
1/4 cup (1/2 stick) butter or margarine, melted
1 cup finely chopped onions

Progressive dinner needs hostesses, hosts

Hostesses (singles or couples) are being sought for the Livonia Historical Society's third annual Progressive Dinner 6-11 p.m. Saturday, April 30.

Needed are hostesses in homes where at least eight people may be served. After the hors d'oeuvres, the next course is fresh fruit and salad. The main course is roast turkey with trimmings, which will be the same at all homes.

Since the hostess may want to buy a larger turkey for another family meal, each "entree" hostess is being refunded \$8. Menus for the salad and trimmings, along with serving suggestions, will be printed for each hostess.

All hosts and hostesses are being encouraged to participate in the rest of the progressive dinner. Tickets will be available to them for \$12.50 each.

cooking calendar

The spring-summer lineup of cooking classes at the Farmington Community Center includes, along with the return of Chinese cooking, aficionado Ina Tchen, Korean cooking by Moon Ja Yoon and a series hosted by Judy Antishin.

Moon Ja Yoon, author of "Korean Cooking for You," will give simple instructions to make man-doo, which resemble egg rolls. A registered dietitian, Yoon also will give a nutritional breakdown of the foods. Her classes will be presented Wednesday, May 11 and 25.

Judy Antishin's classes continue with chicken and fish on Wednesday, April 6 and 13, salads and salad dressings on Thursday, May 5, and barbecue on Thursday, May 19.

Ina Tchen prepares her Peking duck dinner in two sessions beginning Monday, April 25. Her next class, "Spring Roll vs. Egg Roll," will run Monday, May 16.

For more information, call the community center at 477-8404.

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Kids deserve healthy snacks

By Carolyn DeMarco
staff writer

Start toddlers off right and they may stay on the right track, nutritionally speaking, dietician Betty Maurer says.

The Farmington Hills woman, mother of a 19-month-old toddler, worked as a clinical dietician for Henry Ford Hospital for nine years. She now fills in at the facility two weekends of every six.

"Food preferences are learned," Maurer said. "If they don't like something the first time, keep offering it. They'll take a poke or two at it and somewhere down the road they'll try it."

Maurer lectures for community education centers and clubs. Among her topics: "Nutritious Snacks and Fun Foods for Children."

IN GENERAL, just follow the four basic food groups, she tells parents, grandparents and caregivers who attend her classes. "Toddlers don't eat much. If they're growing, don't worry. Growth is much slower - four to six pounds per year after the first year when weight triples."

Keep portions small, she advises - one tablespoon for each year of life. And make the calories count. Don't serve calorie-high, nutritionally empty foods.

The idea is to avoid obesity, but under age 2 fats should not be restricted, Maurer said. "Use whole milk. They need that fat."

MAURER HIGHLIGHTED three concerns when feeding young mouths - obesity, cavities and iron. "It's hard to get iron as a nutrient in the 12-24 months period. Those that are high in iron are milk, cheese, meat, fortified cereals like Cheerios and Kix, and legumes. Give it to them with a vitamin C source and they'll absorb even more."

Look for snacks that provide nutrients, not just calories, such as fresh fruit, crackers, raw vegetables and dips.

Make a healthy dip by mixing cottage cheese with milk and a little lemon juice and whipping in the blender, Maurer said. Add seasonings or dry soup mixes for flavor. Or dip fruit in a cottage cheese dip flavored with lemon juice and brown sugar.

"There isn't anything you should completely stay away from, but limit it potato chips, cheerios and those types of snacks," Maurer said.

And if you've time on your hands during nap time, you may want to try these recipes provided by Maurer.

MEDA'S TEDDY BEAR BREAD

Thaw one loaf of frozen whole wheat or white bread dough. Cut in half. One half is for the body. Cut the

4 cheeses add flavor as stuffing for chicken

AP - The newest way to stuff chicken is to slip a flavorful mixture between the skin and the meat rather than packing it into the cavity. Not only does this look intriguing when you serve the chicken, but more flavor goes into the meat. You can prepare the chicken breasts and cheese stuffing ahead, then chill separately until you're ready to stuff and bake them.

FOUR CHEESE-STUFFED CHICKEN BREASTS

1/2 cup ricotta cheese
1/2 cup shredded mozzarella cheese
1/2 cup shredded provolone cheese
1/4 cup grated parmesan cheese
1/4 cup snipped parsley
2 tablespoons fine dry bread crumbs
3 whole chicken breasts (about 3 pounds)
2 tablespoons margarine or butter, melted

"If they don't like something the first time, keep offering it. They'll take a poke or two at it, and somewhere down the road they'll try it."

— Betty Maurer
dietician

other half in equal parts. One of those parts is for the head. The other part should be cut into seven equal pieces for the nose, ears, arms and legs.

Roll each piece into a ball. Assemble into shape of a bear. Let rise. Push in raisins for eyes. Brush bear with beaten egg. Bake per directions on package, but check sooner. Tie a ribbon piece around the cooled teddy bear's neck.

Maurer also offers her classes a "from scratch" teddy bear recipe.

GOOD-FOR-YOU VEGETABLE MUFFINS

3 eggs
1/4 cup oil
1 tablespoon vanilla
2 cups shredded zucchini
1/2 shredded carrot
1 1/2 cups sugar
2 cups flour
1 1/4 teaspoons baking soda
1 1/2 teaspoons cinnamon
1 teaspoon salt
1/4 teaspoon baking powder
raisins or ground nuts if desired

In medium mixing bowl combine eggs, oil, vanilla, zucchini and carrot. Mix well. Add remaining ingredients. Stir until moistened. Fill muffin pans lined baking papers 3/4 full. Bake 15-18 minutes at 400 degrees. Makes three dozen standard size muffins.

PEANUT BUTTER HONEY BEES

1/2 cup peanut butter
1/2 cup nonfat milk powder
2 tablespoons toasted sesame seeds
2 tablespoons toasted wheat germ unsweetened cocoa
flat almond slices

Mix together peanut butter and honey. Stir in milk powder, sesame seeds and wheat germ. Lay waxed paper on baking sheet. Using a teaspoon at a time, shape the mixture into ovals to look like a bee's body. Set on baking sheet. Dip toothpick in cocoa powder, press across to make stripes. Insert almonds for wings. Chill. Makes 28.

Other Maurer suggestions:
• Ants on a Log is a celery stick spread with peanut butter and studded with raisins. Use Rice Krispies to make it a Crowd in a Canoe.
• Raw apple slices can make Ap-



Nineteen-month-old Michael Maurer is taste tester for his mother's recipes. Here he holds a basket of Teddy Bear Bread. DAN DEAN/staff photographer

ple Smiles. Spread peanut butter between and add mini-marshmallows for teeth.

• Involve your toddler by allowing him/her to select neat treats from a bulk food warehouse.

• Got a problem with non-sharing siblings? Let one child divide the treat and the other one choose first.

• Let your child make a bird feeder and a kid feeder. For the birds, spread a pine cone with peanut butter and roll in bird seed.

For the kid, spread a cracker with peanut butter and add sesame seeds.

• Put food coloring in milk. Let the toddler "paint" on bread, and toast the finished portrait for an interesting effect.

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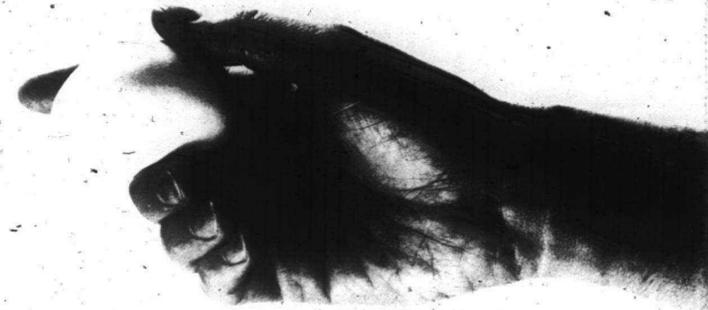
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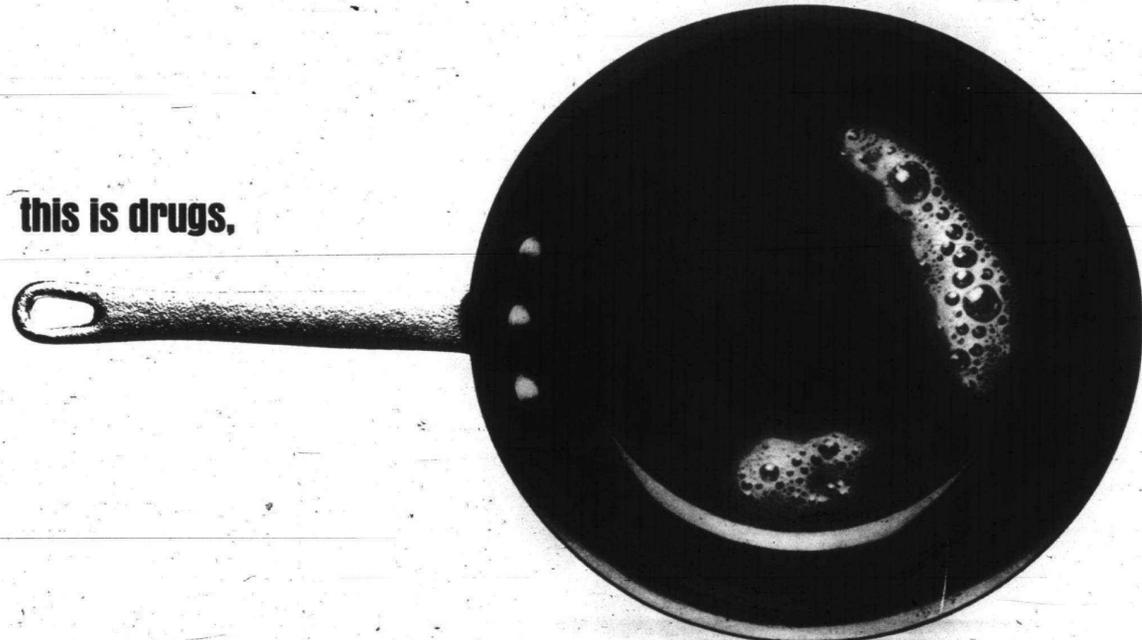
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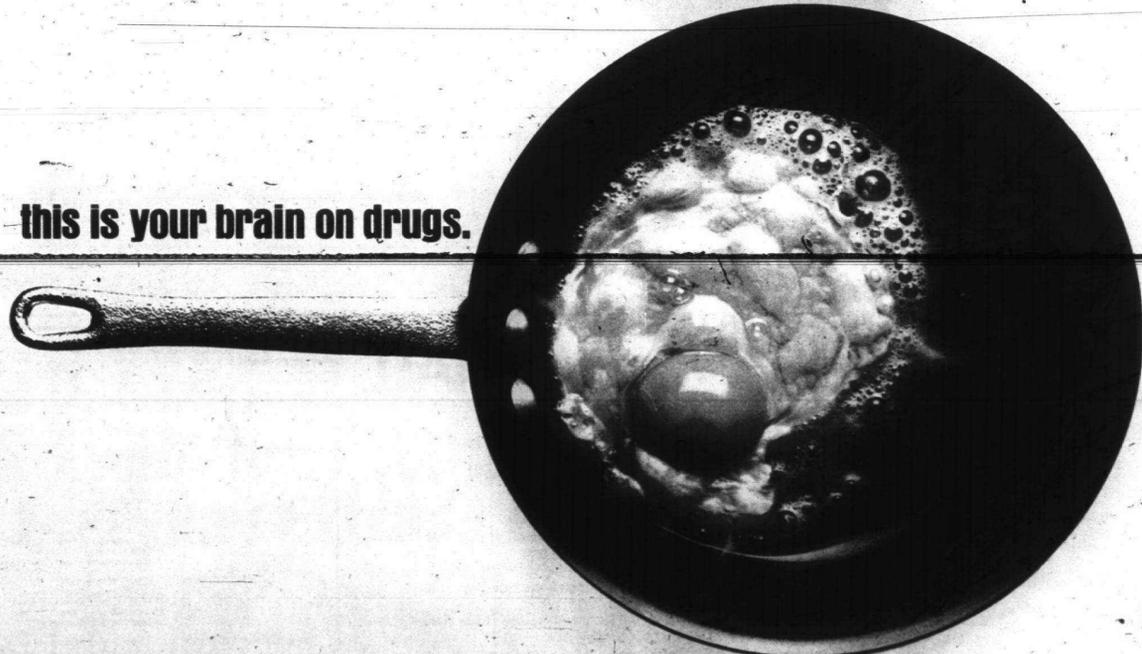
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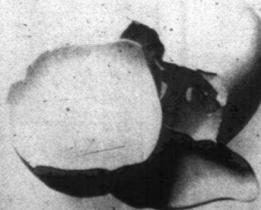


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STEVE FECHT/staff photographer

Thousands of youngsters showed up for Friday's "Great Marshmallow Drop" in Hines Park. Youngsters scrambled for marshmallows, dropped from a helicopter, and returned them to park officials for treats. The event is the annual kick off for Wayne County Parks' spring season.

Marshmallow scramble

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SC hosts wildflower walks

Wildflower Walks will be held in Bicentennial Park, Livonia, beginning Monday, April 18 through Saturday, May 28. Guides will direct participants on a 45-minute tour of park nature trails. The annual event is free and open to the public. It is sponsored by the Schoolcraft College Biology Department, Bicentennial Park features more than 35 species of wildflowers.

UF seeks grant proposals

The United Foundation is accepting venture grant proposals from non-profit organizations that will develop programs for area residents 55 and older. Grants of up to \$25,000 a year are available.

Peace exhibit features student work

Visions of Peace, a children's art exhibit, will be displayed April 11-25 at the Fisher Building, Second and West Grand Boulevard, Detroit. The exhibit features the work of metropolitan-area students in the 4th through 12th grades. It is sponsored by the Center for Peace and Conflict Studies, Wayne State University, the Detroit Council for World Affairs and Swords Into Plowshares Museum.

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Property tax reform divides legislators

By Wayne Peal staff writer

Area legislators say they wouldn't mind seeing changes in the Michigan school finance formula - provided school districts actually benefit from the change. State House members are currently debating whether to change the way Michigan's public school districts are financed. But agreement could be a long way off.

It's a battle, you pick up something here and lose something there, said state Rep. William R. Keith, D-Garden City, one of two area representatives serving on a special bi-partisan House committee that discussed the changes last week.

Three potential changes are being discussed, said Rep. James A. Kosteva, D-Canton Twp., another committee member. Proposals include a "basic foundation grant" to all Michigan public school districts, "power equalization" of all millages, allowing one mill to raise the same tax revenue statewide and sharing Michigan's tax among all Michigan school districts, Kosteva said.

THERE'S MANY proposals and many options within each proposal, Kosteva said. "I'd say it would take at least two more weeks of hard work to get something that could be adopted."

In addition, Gov. James J. Blanchard is backing a proposal that would mandate money to preschool and anti-drop out programs, as well as programs that would reduce class sizes.

Earlier this month, the state Senate called for a vote of the people on a new formula that would slice property tax assessments in half, raise the state sales tax and distribute more state aid to schools. "I've seen an analysis that shows you would be adding \$180 million in taxes and cutting \$59 million," Keith said. "That's not going to fly."

Other area legislators were also hesitant to endorse the Senate proposal, at least without changes.

"I'D LIKE to see some guarantees that money would go to education," state Rep. Lyn Banks, R-Livonia, said. "You'd think we would have learned our lesson with the Lottery."



Justine Barns Westland

Added state Rep. Justine Barns, D-Westland: "I wouldn't want to see the state putting just a little into education and diverting the rest to the (state) general fund."

Under the Senate proposal, homeowners' school operating taxes would no longer be based on property tax assessments of 50 percent of market value. Instead, residential taxes would be based on 25 percent of market value. Business taxes would be based on 35 percent. It would mean a 50 percent cut in school operating taxes for Michigan homeowners; however, city, county, community college and township taxes would be altered. Taxes used to retire school bonds would also continue to be based on the present 50 percent formula.

To make up the difference, the state sales tax would rise from four to six percent.

In addition, 12 percent of the state budget would go to schools, that figure is currently 10.7 percent.

Shifting a greater percentage of school financing to the state's sales tax posed problems for other area representatives.

"There doesn't seem to be a cap on local units in terms of raising their millages," said Rep. Gerald Law, R-Plymouth. "You could wind up with the same amount of school taxes with increased millages replacing the assessment loss."

"I DON'T think people will vote for it because I don't think they trust the Legislature," Rep. John Bennett, D-Redford, said. "The only viable solution is the one I have."

Bennett's proposal would earmark 30 percent of taxes raised through new business and other state economic growth to education and require school districts to reduce their local taxes to offset the new state revenue.

"It's difficult to get something like that to pass," Bennett said. "I suppose that's because it takes the discretion out of the governor's hands."

Kosteva has proposed a package more closely resembling the Senate bill.

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Former S'craft dean to head OCC campus



Dr. Richard Saunders "leader"

By Tim Richard
staff writer

Dick Saunders is coming home. Well, almost home. The former Schoolcraft College dean and one-time Livonia high school music teacher will return to the metro area after five years in Traverse City to be president of the Highland Lakes Campus of Oakland Community College.

"I can do some things for them," said Saunders in a telephone interview, touching on health programs and economic development.

OCC Chancellor R. Stephen Nicholson recommended, and the board of trustees agreed, on Saunders, 53, as president of the western outpost in OCC's five-campus sys-

tem. He starts July 1 at \$68,100, replacing Dr. Ned Brodbeck, who has health problems and will have central office duties until he retires next year.

ONCE A CLARINET player and music teacher, Saunders has been on a fast administrative track in recent years.

Currently academic vice president of Northwestern Michigan College in Traverse City, Saunders has been a finalist for several presidencies around Michigan.

He taught music in western Wayne County K-12 schools until 1971, when Schoolcraft hired him as director of fine arts. He rose to the dean level by 1983 when he moved to Traverse City. His four degrees — including a

doctorate in education administration — were earned at Wayne State University.

"Highland Lakes was one of the first two OCC campuses. Its original emphases were health occupation and business programs," Saunders said. "They also have liberal arts transfer programs. They're very good at what they do. It has a quality faculty — very dedicated.

"BUT THEY'RE NOT as involved in economic development as they'd like to be. That's an outsider's reading. I've done strategic planning and have been a consultant with private business here.

"I shared that with the selection committee, and they seemed to agree."

The Highland Lakes Campus, in Union Lake, has built several new buildings and remodeled some old ones in recent years.

OCC officials say libraries are a priority because they have been neglected during the recent years' emphasis on technology programs. That suits Saunders, who has been involved with Northwest's library expansion.

CAN A FORMER musician find happiness on a campus whose magnet programs are in health careers?

"I've done a number of health programs," who was responsible for setting up a cardiovascular technology program at Schoolcraft. "I have connections with hospitals that I'll be able to make work for the college."

His wife, Janis, is a physician who helped expand his knowledge of health careers. Two weeks ago, she gave up her Traverse City practice to head a "by women, for women" health center in South Bend, Ind. That was before they knew he would get the Highland Lakes presidency.

"We'll have a commuter marriage for a while. She'll live out her one-year contract, then come here," Saunders said. They have three sons. Schoolcraft President Richard McDowell said Saunders' "major strength is leadership. He involves staff in the examination and improvement of college programs and services, and in exploring additional ways for the college to serve the community."

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Sports

Brad Emons, Dan O'Meara editors/591-2312



Monday, April 4, 1988 O&E

(P.C.)C

Top teams take top gymnastics honors

By Dan O'Meara
staff writer

NOT SURPRISINGLY, Plymouth Canton and North Farmington, with the best gymnastics teams in Observerland, filled half of the 12 positions on this year's All-Area squad.

Canton, which finished ninth in the state, was accorded four first-team berths; and North Farmington, which won its 11th consecutive league title and placed 11th in the state, put two gymnasts on the elite team as did Plymouth Salem and Westland John Glenn.

While their teams were not as strong as the Chiefs and Raiders, John Glenn probably had the best one-two combination in Angie Temelko and Debbie Williams, and Farmington's Jackie Daly was certainly one of the premier performers of 1988.

In addition, Temelko and Williams are both first-team repeaters along with Mary Jo Charron, one of the Canton foursome.

The collection of talent is a veteran group with seven seniors among the honored gymnasts, but the others certainly will be heard from again, some for quite a while. North Farmington's Kristin Szutarski and Canton's Heather Murphy are only freshmen.

Introducing the 1988 All-Area gymnastics team:

FIRST TEAM

Angie Temelko, senior, John Glenn: Temelko qualified for state the last two years and achieved All-American status on the uneven bars, an event in which she shares the school record (8.9) with Williams.

She averaged 8.4 on vault, 8.45 on bars, 8.05 on the balance beam, 8.3 in floor exercise and 32.55 in the all-around. She had season highs of 8.55 on vault, 8.9 on bars, 8.85 on beam, 8.9 on floor and 33.8 in the all-around.

Temelko placed fourth on beam and



Mary Jo Charron
Canton



Amy Pastori
Salem



Sharon Moran
Canton

said. "Her ability to concentrate in any situation is her best asset."

Amy Pastori, senior, Salem: Pastori was league champion and an All-American in floor exercise. She qualified for state on the beam and bars after finishing seventh and eighth, respectively, in those events at the regional level.

Pastori had season-high scores of 8.6 on vault, 8.35 on bars, 8.7 on floor and 8.75 on beam. She placed in the top 10 in all events at the league meet and was sixth in the all-around.

"Beam and bars were her worst events, but she worked hard all year and ended up doing the best in those events at the regionals to qualify for state," coach Kathi Kinsella said.



Dana Holda
Salem



Maureen McLean
Canton



Heather Murphy
Canton

all-area gymnastics	
1988 ALL-AREA GYMNASTICS TEAM	SECOND TEAM
FIRST TEAM	
Kristin Szutarski Nicki Yuskowatz Angie Temelko Debbie Williams Jackie Daly Mary Jo Charron Heather Murphy Maureen McLean Sharon Moran Denise Ahnert Amy Pastori Dana Holda	Amyl Mosakowski Darcy Gignac Monique Kozorocky Tina Hauptman Debbie Popp Julie Mansell Canton Canton Wayne Memorial N. Farmington Salem Clarencville
	HONORABLE MENTION
	Farmington: Debbie Ford, Julie Lawton; Wayne: Cheryl Crowton, John Glenn; Vicki Sever, Nicki Coombs; Clarencville: Jennifer Kapiro, Roberta Stevens; Canton: Shannon Connell, Kase Koor, Salem: Sharon Way, Debbie Drabek, Jenny Krueger, Harrison: Jenny Rak, N. Farmington: Rita Dunn, Mary Fotts, Ellen Weismann.

10th in the all-around in regional competition and was 25th on beam at state.

"(Temelko) brings strong leadership and dedication to her practices and meets," coach Pam Yockey said. "You can never get Angie down."

Debbie Williams, junior, John Glenn: Williams also earned All-American honors on the vault and bars. She was among the top 50 gymnasts in the state on vault, beam and floor exercise.

She had season averages of 8.76 on vault, 8.3 on bars, 7.86 on beam, 7.97 on floor exercise and 32.95 in the all-around. Williams registered season highs of 9.25 on vault, 8.9 on bars, 8.85 on beam, 8.35 on floor and 34.25 in the all-around.

In regional action, Williams was second on vault, fourth on bars, sixth in the all-around and eighth on beam. She was second in the WLAA on vault and bars.

"Deb is a strong, consistent performer with top-notch ability and skill," Yockey

Maureen McLean, senior, Canton: McLean was a two-time Western Division champion on vault and bars. She qualified for All-America recognition in the latter event.

McLean recorded season-high scores of 8.75 on vault, 8.55 on bars, 8.35 on beam and 8.0 on floor.

"Maureen was my strongest performer on bars and vault, having the team highs in both events," coach John Cunningham said.

Sharon Moran, senior, Canton: Moran, a four-year letter winner, qualified for state competition on the beam and finished 11th. She also was eighth in that event at the prestigious Freeland Invitational and received an All-American rating.

Moran's best scores last season were 8.4 on vault, 8.7 on beam and 8.8 on floor. She also was sixth on beam in the league.

"Sharon is my most improved and consistent gymnast," Cunningham said.

Heather Murphy, freshman, Canton: In her first season of high school competition, Murphy captured third place on-beam in the WLAA meet, fourth in the Plymouth Invitational and eighth in the regional at Hillsdale.

Furthermore, she won the beam competition during a quadrangular meet at Freeland, and her initial season resulted in her being named All-American in that event.

"Heather is a strong, consistent performer with top-notch ability and skill," Yockey



Nicki Yuskowatz
N. Farmington



Kristin Szutarski
N. Farmington



Angie Temelko
John Glenn



Debbie Williams
John Glenn



Jackie Daly
Farmington



Denise Ahnert
Clarencville

Please turn to Page 2

Top area talent lifts Titan unit

By C.J. Risak
staff writer

Signs are set high for University of Detroit's baseball team.

"I want to win our division this year," said Bob Miller, a Redford resident who is in his 24th season as Titan coach. "We want to win the (Midwestern Collegiate Conference) tournament and get that automatic berth to the NCAA. It's been a long time since we last went, in 1965."

Optimism is every coach's privilege, and Miller takes full advantage. His goals may have seemed out of focus before the season-opener, considering 13 of 28 players are newcomers — including 10 freshmen.

But 13 games into the '88 campaign, his optimism may have been well-placed.

The Titans are 6-6 (one game was suspended before completion), and several newcomers have played pivotal roles in their development.

BUT FIRST, two returnees have anchored the team with strong hitting. Mike Cloutier, a junior catcher/outfielder from Birmingham (Groves), and Jon Draper, a senior outfielder from Troy (Athens), are both off to strong starts.

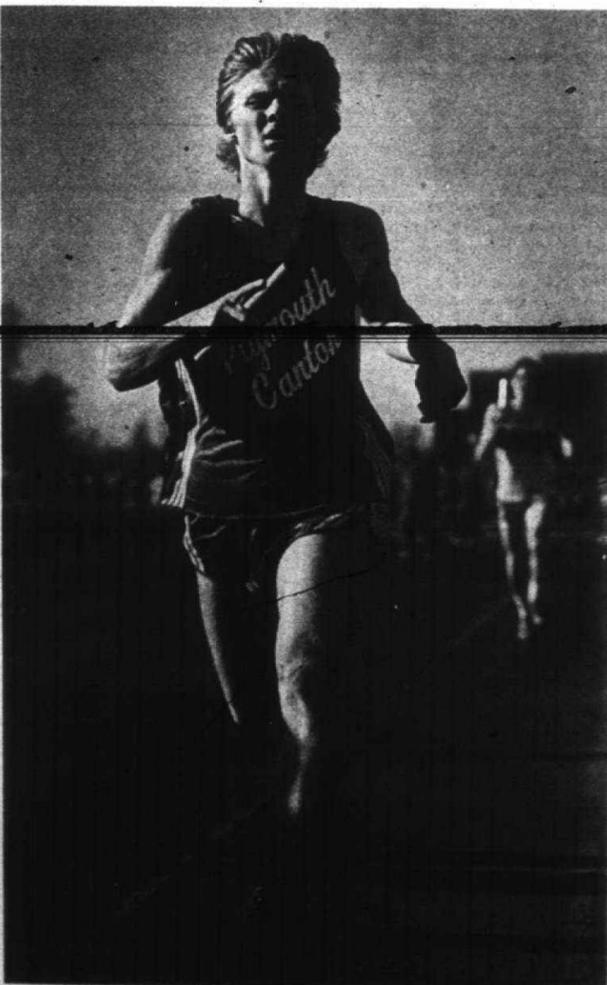
Cloutier hit .284 last year with four homers and 22 runs batted in, including three game-winners; Draper had a .286 average, one homer, 14 doubles and 29 RBI.

Both are producing at a higher rate this season. Cloutier is hitting .362 with four doubles and a team-leading four homers and 12 RBI, while Draper has a .383 average, four doubles, a triple, three homers and eight RBI, with team highs in slugging percentage (.702) and runs scored (15).

"Cloutier and Draper are our home run and RBI threats," said Miller. "Cloutier doesn't surprise me at all. He got off to a slow start last year, but came on by the playoffs. If anything, his consistency has been surprising."

"Draper is a good RBI hitter. He's using the whole field, which has made him a better hitter."

Please turn to Page 2



BILL BRESLER/staff photographer

Jay Swiecki, completing a successful run in the two-mile relay, will be Canton's top distance runner and a key man in distance relays.

Davidson ousted in second round of Easter Bowl

Seniors give Canton cause to be optimistic

By Dan O'Meara
staff writer

Coach Rob Neu has a collection of athletes that could very well have Plymouth Canton at the top of the

track in boys track by late May.

The Chiefs would be no strangers to such a lofty position, having won the league championship two years ago and been runners-up a year ago.

"We're coming off two exceptionally successful seasons," Neu said. "We've had success over the years, but I'm not about to ask the team to duplicate those feats."

"I just want them to come out and do the best they can do."

And if their best ends up taking Canton all the way again, that would be fine with Neu.

TWO ATHLETES who will undoubtedly be responsible for any success the Chiefs enjoy in '88 are seniors Jay Swiecki and Roger Trice. Both are part of a strong nucleus of senior returnees.

Swiecki was a member of the All-Observerland cross country team last fall and will pace Canton's performance in the distance events.

"He looks great and we're really expecting good things from him this year," said Neu of the school record-holder in the 1,600-meter run.

Swiecki also can run the 800 and 3200 runs, and the distance events may, in fact, be the No. 1 area of strength on the team, a benefit derived from a successful cross country campaign.

Senior Al Byrnes will complement Swiecki in the 3200, and senior Bob Beebe can run the 800 and/or 1600

track

'We're looking for possible big things from (Jerry French) this year. He's going after the record in the discus. That's his big goal.'

— Rob Neu
Canton track coach

besides helping the Chiefs in the distance relays.

Neu calls Trice, a three-sport star who was a running back in football and a guard on Canton's division-winning basketball team, "a tremendous athlete."

TRICE WILL BE one of the area's best long jumpers, an event in which he was third in the league with a leap of 20-9½. His season best a year ago was 21-6¼.

But Trice also stands out in the 200 and 400 dashes, and he will be the key man on Canton's sprint relay teams. Trice ran the third leg of the state-qualifying 800 relay team last year.

Two of Trice's teammates off the 19-5 basketball squad, seniors Mitch Fyke and Matt Littleton, will be counted on to bolster the track team again.

Fyke can run the 400 and 800, and

the Chiefs will capitalize on his 6-foot-3 height and leaping ability in the high jump, a new event for him. Canton lost Steve Genyk, who jumped 6-4 and was among the area's best to graduation.

Brian Bartlett, who jumped 6-feet as a freshman, gives the Chiefs another quality individual in the high jump.

Littleton also runs the 800 and complements Trice in the long jump. He will most likely team up with Swiecki in the distance relays, too.

Senior Jerry French, another three-sport athlete who was a two-way lineman in football and a second-team, all-area heavyweight in wrestling, makes the Chiefs competitive in the weight-throwing field events.

"WE'RE LOOKING for possible big things from him this year," Neu said. "He's going after the record in the discus. That's his big goal. And he's gotten so much stronger it's unbelievable."

"We have a strong nucleus of seniors, and we're looking to fill some key positions with young, inexperienced athletes," Neu said. "We'll get stronger as the season goes on, once those guys get a little experience under their belts."

Canton would be in even better shape if it hadn't lost three athletes temporarily to pre-season injuries. Sprinters Brian Wukie and Dave Martin and 800 runner Brian Munte are presently sidelined.

"When we get those three back, we'll be competitive," Neu said.

Canton gets the '88 season under way on Saturday, April 16, in the annual Elks Relays.

Observerland players fared relatively well at the Omega Easter Bowl junior tennis championships held last week at the Doral Hotel and Country Club in Miami, Fla.

In the Girls 18's, Livonia's Carrie Cunningham, the No. 5 seed, reached the quarterfinals before losing to No. 4 seed Deborah Graham of Fountain Valley, Calif., 7-5, 6-1. Both are members of the newly created U.S. Junior National Team.

Cunningham, a student at Churchill High School, scored victories over Karyn Sue Moss of Pembroke Pines, Fla. (3-6, 7-4, 6-3), Kylie Johnson of Escondido, Calif. (6-0, 6-3) and Jennifer Brennan of Houston, Tex. (6-1, 6-2).

In the Boys 18's, Mike Herb of Bloomfield Hills

reached the round of 16 before falling to No. 7 seed Frank Salazar of Glendale, Calif., 6-4, 6-0. The Birmingham Brother Rice student scored wins over David Blair of Gainsville, Fla. (7-5, 6-1) and Joey Deer of Westfield, N.J. (6-1, 6-2).

Meanwhile, Redford Catholic Central High senior Steve Campbell, a Detroit native, was dumped in his first-round match by Puerto Rican Orlando Bravo, 6-4, 6-4.

IN THE GIRLS 16'S, Kori Davidson of Farmington Hills was ousted in the second round by No. 9 seed Meredith Geiger of Oklahoma City, Okla., 6-1, 6-4.

Davidson, who attends Harrison High, downed Kristina Soderquist in a first-round match, 6-1, 6-3.

Youthful U-D is aiming high

U-D'S WEAKNESS was expected to be scoring runs this season. That puts more pressure on Cloutier, who bats fourth in the lineup, and Draper, who hits fifth. So far, they've handled it well.

Of course, it helps to have a bat like Lance Sullivan's preceding them. Sullivan, a freshman from Livonia (Churchill), has been a pleasant surprise. The first baseman has played in 12 of 13 games and is hitting .341 with two doubles, 11 runs scored and two RBI, one a game-winner.

That came against Pittsburgh Sullivan went three-for-five with two RBI, scoring Draper with the winning run in the 11th inning.

"He's going to be a great college hitter before he's through," said Miller. "I didn't start him in our first game because he's just an 18-year-old kid, but he's played every game since."

NOT ONLY is he starting, but Sullivan is batting third.

"He can handle it because he's got such a good bat," said Miller. "If he can learn the strike zone a little better and let the pitcher get him out, and that'll come with experience, then he'll be a great hitter."

Sullivan isn't the only freshman surprise. At second base, Rick Tavormina has made a spot for himself. The Westland John Glenn graduate has "got some pop in his bat," according to Miller.

We moved him from shortstop to second, and I know he's going to start. His defense is fine. He's going to have to work on his pivot at second base. He's always been a shortstop."

Observer's top tumblers lauded

Continued from Page 1

"Heather is the best freshman I have ever coached," Cunningham said.

Mary Jo Charron, senior, Canton: Charron, who holds the school record on the beam with an 8.95, has twice been named an All-American in beam and floor exercise.

She was the Western Division's dual-meet champion on beam, floor and the all-around. Her best scores during the last season were 8.7 on vault, 8.15 on bars, 8.95 on beam, 8.95 on floor and 33.45 in the all-around. Charron was the team captain the last three years.

(She) is an exceptional all-around gymnast — my best four-year competitor," Cunningham said.

Jackie Daly, junior, Farmington: Daly finished 10th in the state in floor exercise (8.7), and she was seventh in that event at the regional. The Falcon standout has achieved an All-American status on vault, beam and floor.

Rookie coach faces rebuilding task

By Steve Kowalski
staff writer

Matt Davis begins his first year as North Farmington's girls soccer coach without last year's leading goal scorer and, likewise, without any high expectations.

Davis would be thrilled to finish the regular season at or above 500. That would be an accomplishment, considering North must find a replacement for graduated all-stater Jean Anzlovor, who last year scored 24 goals. For her career, Anzlovor collected a school-record 106 goals.

Senior Lisa Nordini is the leading goal scorer returning, and she scored four goals last year.

"I'd like to finish about 500," said Davis, an assistant coach last year at Northville. "A lot depends on the strength of the other teams and our ability to play a disciplined brand of soccer."

INCLUDING Anzlovor, eight players were lost to graduation from a team that finished the season at 7-10. Nordini heads a group of five seniors returning for their final year. The others are midfielders Nicole Zambelli and Sue Keller and fullbacks Christy Aoki and Shelly Hall.

Nordini, Aoki and Hall all started last year, while Keller did not play at the varsity or junior varsity level in 1987.

Nordini was named team captain last week and with that comes a lot of responsibility.

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baseball

TITAN ROLE CALL

Local baseball players currently on the University of Detroit baseball roster, with their current statistics or status:

- Dwayne Bennett, junior catcher (Plymouth Canton graduate) — .429 average, 4 runs batted in.
- Dennis Bushart, sophomore shortstop (Redford Union) — .43 games, .186, 2 doubles, 1 home run, 6 RBI, 1 error.
- Mike Cloutier, junior catcher/outfielder (Birmingham Groves) — 13 games, .382, 4 doubles, 4 homers, 12 RBI, 13 runs scored.
- Mark Coburn, junior pitcher (Plymouth Canton) — 13 innings pitched, 3-0 record, 1 save, 0.69 earned run average, 3 runners picked off.
- Jon Draper, senior outfielder (Troy Athens) — 13 games, .383, 4 doubles, 1 triple, 3 homers, 6 RBI, 15 runs, 702 at-bats.
- Doug Fitzer, freshman pitcher (Birmingham Brother Rose) — 2 games, 0-0 record, 1 inning pitched, 1 earned run, 8.00 ERA.
- Pat Miller, sophomore pitcher (Redford Union) — 3 games, 0-0 record, 6 1/3 innings pitched, 0 earned runs, 8.57 ERA.
- Mike Stefanick, freshman catcher (Redford Union) — 6 games, 167, 1 RBI, 3 runs, 4 base runners thrown out.
- Lance Sullivan, freshman first baseman (Livonia Churchill) — 12 games, .341, 2 doubles, 2 RBI, 11 runs.
- Rick Tavormina, freshman second baseman (Westland John Glenn) — 10 games, .294, 1 homer, 8 RBI, 4 runs.
- Mark Terry, freshman pitcher (Redford Union) — 12 games, 0-0 record, 10 1/3 innings pitched, 0 earned runs, 8.57 ERA.
- Joe Bob Wenson, sophomore infielder (Farmington) — 12 games, 1 double, 3 RBI.
- Steve Wujczyk, junior utilityman (Southfield-Lathrup) — Out for the season with a knee injury.

Tavormina is batting .294, with four runs scored and eight RBI in 17 at-bats. He has one homer.

Two reasons for Miller's initial optimism were improved defense and pitching. In the former, Dennis

Bushart, a sophomore from Redford (Union), has made a major difference.

THE SHORTSTOP hasn't hit the ball well so far (a .186 average, two doubles, a triple and a homer, with six RBI), but his fielding has sparked. He has made just one error in nine games at short and four at second. A year ago, Bushart committed 10 errors in just 13 games at short.

"He's playing major league defense for us," said Miller. "He's settled down, he's not worried anymore, plus he's injury-free. If he hits a little bit, he'll really be dangerous."

Bushart bruised his heel early last year, then broke his little finger and missed the remainder of the season. He batted .263 with two homers and six RBI in '87.

U-D's best pitcher thus far this season has been Plymouth Canton grad Mark Coburn, a junior who played two years at Kansas City Community College. He's one of three current Titans from KCCC.

"He's a knobby pitcher," said Miller. "He knows how to set up a hitter and he's dependable."

THE LEFTHANDER has started just once — he's 3-0 with one save and a 0.69 earned run average — but will start more, according to Miller.

"I like to use him in relief because he's so good at keeping runners on base (three pickoffs this season). But he's our best pitcher from the left side, so we'll probably use him both ways."

No task too big for 'Sweet Ice' class reunions

By Steve Kowalski
staff writer

Westland native Jeff Styers is the only white fighting training at the Coleman Young Boxing Club in Detroit.

And although Styers doesn't like to belabor the issue, he is convinced his style is unlike other "Great White Hopes" in the sport, who have relied more on brawn, not quickness.

"I believe I have an original style," said Styers, undefeated in two professional fights. "I don't take three hits to give a hit. I rely on my quickness and speed. My fight philosophy is make them miss and make them pay dearly."

Styers' trainer is Taylor Smith, who has trained Thomas Hearns and Tyrrell Biggs, among others. Smith, who works for manager Johnny Ace Smith of the Boxing Promotions in Detroit, believes Styers has a legitimate shot at someday challenging for a world lightweight title.

AND THAT means beating all challengers — most of whom will be black or Hispanic, so if he's going to survive, he's going to have to beat black fighters," said Taylor, who is black. "That's what I'm training him for, to beat fighters no matter what color they are."

"If he keeps the same kind of attitude he has today, he'll go a long way. Jeff's style is similar to Ray Leonard's."

In a sense, Styers considers himself a pioneer in the sport. Not only because of his skin color, but also because he does not resemble some fighters, who wear their nose on one side of their face instead of in the middle.

"The reason I don't look like a fighter is because I don't take punches," he said. "I don't want to look like a fighter, even though I have scar tissue on my left eye and have dislocated my thumb."

STYERS, 21, also has broken his nose twice, but you wouldn't know it without him telling you.

Styers started boxing in 1982 and earned a 20-4 record while fighting as an amateur. His first professional fight was Jan. 25 when he defeated Jose Loya in four rounds. Styers' latest success came last Wednesday when he knocked out Everett Anderson of Louisville, Ky., at the 54 second mark of the

fight. "I wasn't a boxer 'I'd be content with it," Styers said. "But my dream is to be a world champion, not an inside salesman."

Around the Coleman Young gym, Styers is known as "Sweet Ice." He explains how he got the nickname: "When Ernest 'Ted' Tea' Houser retired from the Coleman Young gym, he wanted me to carry on his name. He's like poetry in motion, so they called him 'Ice,' and when someone is good, the guys there call it 'sweet'." So I combined the two names and got 'Sweet Ice.' Besides that, I'm sweet and cool."

Styers prefers "Sweet Ice." He's not just another "Great White Hope."

BIRMINGHAM SEAHOLM — The class of 1968 will hold a 20-year reunion Saturday, July 23. For information, call Class Reunions at 773-8820 or write P.O. Box 1171, Mount Clemens 48046.

BISHOP BORGESS — The class of 1978 is planning a 10-year reunion for Oct. 22 at Mercy College of Detroit. For more information, call Lori (Quick) Kuk at 937-0086 or Janet (Antony) Nelson at 531-5839.

BLOOMFIELD HILLS ANDOVER — The class of 1963 will have a 25-year reunion Friday-Sunday, Oct. 14-16, at the Kingsley Inn in Bloomfield Hills. For more information, call Rita Clevers-Ritter at 644-0069.

The class of 1968 will hold its 20-year reunion Saturday, Nov. 5, at the Kingsley Inn in Bloomfield Hills. For information, call Shelby Shannon at 471-7269. Tickets at \$40 per person, can be bought from Kathy Quail at 939-4935 or Geraldine Adams at 861-6402.

CABRINI — The class of 1978 will hold its 10-year reunion Saturday, Oct. 28. For information, call Class Reunions at 773-8820 or write P.O. Box 1171, Mount Clemens 48046.

CASS TECH — The class of 1958 will hold a 30-year reunion Saturday, Oct. 15, at the Rosters in Detroit. Tickets at \$40 per person, can be bought from Kathy Quail at 939-4935 or Geraldine Adams at 861-6402.

EAST DETROIT — The class of 1958 is looking for classmates for its 30th reunion Friday, Oct. 7. For more information, call 949-9309, 776-3252 or 731-2128.

EDSEL FORD — The class of 1960 will hold its 30-year reunion at 2 p.m. Saturday, Aug. 6, at Ford Field in Dearborn. For information, write Pat (Forbes) Squibbs at 3521 Bennet, Dearborn 48124, or call Margie (Floyd) Lucas at 562-0666 or Barb (Foss) Church at 274-7114.

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CHERRY HILL — The class of 1973 will hold a 15-year reunion on Aug. 27-28. For more information, call Linda Quezada Freshwater at 453-8126 or Cheryl Miller Barnes at 271-9778.

CHIPPWA VALLEY — The class of 1978 will have its 10-year reunion Saturday, May 14, at Tina's Country House in Mount Clemens. The committee is searching for graduates. For information, call 465-2277 or 263-8603, or write Reunion Planners, P.O. Box 291, Mount Clemens 48043.

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CLAWSON — The classes of 1956-58 will hold a combined reunion Friday, July 15. For information, call Class Reunions at 773-8820 or write P.O. Box 1171, Mount Clemens 48046.

CODY — The January and June classes of 1963 will celebrate a 25-year reunion Saturday, Oct. 8. For information, call Terry (Shurly) Kleczar at 661-5753 or Sharlyn (Nichols) Schleicher at 295-7492.

COMMERCER — The January and June classes of 1938 will hold a 50-year reunion brunch at noon Sunday, May 22, at the Kingsley Inn in Bloomfield Hills. Classmates can call Virginia Pinto Watkins at 245-1883 to update the mailing list.

COMMERCER/EAST COMMERCER — The Commerce/East Commerce Alumni Association will hold its 11th annual luncheon for graduating classes 1908-1966 at 11 a.m. Saturday, April 23, at the Radisson Plaza Hotel, 1500 Town Center, Southfield. For more information, call Dixie Elam at 464-3018 between 10 a.m. and 7 p.m. or Freddie Payne at 963-4710 from 9 a.m. to 3 p.m.

COOLEY — The class of 1938 is planning a 50-year reunion Friday, May 20. For information, call Class Reunions at 773-8820 or write P.O. Box 1171, Mount Clemens 48046.

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COOLEY — The class of 1963 is planning a 25-year reunion for Saturday, Nov. 5. For more information or to help in locating class members, call Roger Avie at 855-2929 or Laura Biddinger at 540-2247.

CRESTWOOD — The class of 1968 is planning a 20-year reunion for Friday, Sept. 30. For information, call Class Reunions at 773-8820 or write P.O. Box 1171, Mount Clemens 48046.

DEARBORN HEIGHTS RIVERSIDE — The class of 1968 will hold a 20-year reunion Saturday, July 30, at Mama Mia's Restaurant in Livonia. The evening will include cocktails, dinner and dancing and cost \$25 per person. For tickets or further information, call Helen (Loeber) Kelietyka at 946-9288 or Connie (Theofil) Livanos at 420-3185.

DENBY — The class of 1943 will have its 45-year reunion Saturday, June 4, at the Georgian Inn in Roseville. For information, call John Nelson at 773-5994, Mickey Jones at 574-2432 or Henry Przybylski at 334-9397.

DETROIT EASTERN — The class of 1958 is planning a 30-year reunion Friday, June 24. For information, call Class Reunions at 773-8820 or write P.O. Box 1171, Mount Clemens 48046.

LIVONIA BENTLEY — The class of 1968 is planning a 20-year reunion Saturday, Sept. 24, at the Novi Hilton. For information, call Marilyn Creighton, 464-0579, or Gary Cutsy, 421-1142.

LIVONIA FRANKLIN — The class of 1968 is planning a 20-year reunion for Saturday, Aug. 27, at the Novi Hilton. For information, call Charlene (Cornett) Teeter, 261-3249.

LIVONIA STEVENSON — The class of 1969 is planning a 20-year reunion. For information, call Kathy Nisun-Lulek, 522-6619.

OSBORN — The class of 1978 is planning a 10-year reunion for Saturday, Sept. 10, at the Pontiac Silverdome's Main Event. To help call Debbie Adams at 474-0404, by June 1.

PERSHING — The class of 1948 is planning a 40-year reunion for later this year. For information, call Billie Campbell, 375-9733, or write her at 953 Wildwood, Rochester 48309.

PINCKNEY — The class of 1978 will hold a 10-year reunion 6 p.m. to 1 a.m. Saturday, Aug. 20, at the Marton House in Howell. Tickets: \$35 per couple or \$20 per person. For information, call Kim (Wilson) Rule, 227-5783, or Sandy Yost, 546-9558.

PLYMOUTH — The class of 1938 will have a 50-year reunion Saturday, June 25. For information, call Helen E. Sheppard, 464-0384.

PLYMOUTH — The class of 1968 will hold a 20-year reunion Saturday, Aug. 20, at the Novi Hilton Hotel. For information, call Larry Olson, 453-2434 or 455-9451.

PLYMOUTH SALEM — The class of 1978 will hold a 10-year reunion at 6:30 p.m. Saturday,

Sept. 17, at the Sheraton Oaks, Novi. For information, call Reunions, a Class Organization, at (312) 397-0010.

PONTIAC CENTRAL — The class of 1943 is celebrating its 45th reunion Friday-Saturday, July 8-9. Events will include a pool party Friday and a Saturday 9 pin-dance at the Kingsley Inn. For information, call Wanda Sipple (Mrs. Morgan), 334-5984.

PONTIAC CENTRAL — The class of 1968 is planning a 20-year reunion Friday, July 22, at the Pontiac Silverdome's Main Event. Tickets: \$25 per person, \$50 per couple. For information, call Shirley Glazier, 335-1869, or Christine Bommarito, 334-0498.

PONTIAC NORTHERN — The class of 1978 will hold a 10-year reunion Saturday, Aug. 20, at the Guest Quarters Hotel. For information, call Jeff and Chris Hendrickson, 498-3559, or Charlene Diehl, 474-2396.

REDFORD — The classes of 1964 (January, June) and summer school and January '65 graduates) will have a 25-year reunion Saturday, July 15. Anyone interested in attending, helping with the planning or knowing the whereabouts of other classmates, can call Ann Smedley, 689-8815.

REDFORD — The class of 1968 is planning a 20-year reunion Saturday, Oct. 1. For information, call Tan Line Sun-tan Center, 459-2207.

REDFORD — The class of 1956 will hold a 30-year reunion Friday, Aug. 12. For information, call Class Reunions at 773-8820 or write P.O. Box 1171, Mount Clemens 48046.

REDFORD — The class of 1963 will hold a reunion Saturday, July 16, at the Novi Hilton Hotel, 11 Haggerty, Novi. Tickets: \$30 per person. Deadline for ordering: Saturday, July 9. Checks should be made payable to Redford High School 1963 Class Reunion and sent to Judy Valance, 1034 Springfield Drive, Northville 48167. For information, call her at 448-2678.

REDFORD UNION — The class of 1958 will hold a 30-year reunion Saturday, April 23. For information, call Class Reunions at 773-8820 or write P.O. Box 1171, Mount Clemens 48046.

ROBICHAUD — The class of 1968 will hold a 20-year reunion Friday, July 15. For information, call Class Reunions at 773-8820 or write P.O. Box 1171, Mount Clemens 48046.

ROCHESTER HIGH — The class of 1963 will hold its 25-year reunion Saturday, July 23, at the Pontiac Silverdome's banquet facilities. Tickets: \$25. For more information, call Cindy, 651-6541.

ROCHESTER HIGH — The class of 1968 is planning a 20-year reunion Saturday, July 16. For information, call Class Reunions at 773-8820 or write P.O. Box 1171, Mount Clemens 48046.

ROCHESTER ADAMS — The class of 1943 will hold its 45th reunion Saturday, July 16, at the Rochester Elks Club. For information, call Eleanor McCotter, 651-6427, or Laura Me, 651-0556.

ROCHESTER ADAMS — The class of 1983 will hold a five-year reunion Saturday, July 30. For information, call Lisa Wozniak, 375-0356.

ROYAL OAK — The class of 1938 will have a 50-year reunion Friday, May 13. For information, call 647-6400 or 398-4333.

ROYAL OAK — The January and June classes of 1953 will hold a 35-year reunion 7 p.m. to 1 a.m. Friday, June 17, at the Red Run Golf Course. For information, call 852-2360 or 626-5514.

ST. HENRY — The class of 1968 will hold a 20-year reunion Saturday, Aug. 20, at the Novi Hilton Hotel. For information, call Larry Olson, 453-2434 or 455-9451.

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class reunions

As space permits, the Observer & Eccentric Newspapers will print without charge announcements of class reunions. Send the information to Reunions, Observer and 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.

ALGER — The classes of 1900-1945 of Alger Elementary School, Detroit, will hold a reunion Saturday, April 23. For information, call Class Reunions at 773-8820 or write P.O. Box 1171, Mount Clemens 48046.

ANDOVER — The class of 1968 will hold a 20-year reunion at 7 p.m. Saturday, Nov. 5, at the Kingsley Inn, 1475 N. Woodward Ave., Bloomfield Hills. For information, call Reunions, A Class Organization, Inc., at (312) 397-0010.

ANN ARBOR — The class of 1948 will hold a 40-year reunion Saturday, June 25. For information, call Class Reunions at 773-8820 or write P.O. Box 1171, Mount Clemens 48046.

AVONDALE — The class of 1976 will have a 12-year reunion Friday, April 29, at Petruzzello's in Troy. Organizers are looking for graduates. For information, call 465-2277 or 263-8603 or write Reunion Planners, P.O. Box 291, Mount Clemens 48043.

BENEDICTINE — The class of 1968 will hold a 20-year reunion Saturday, July 23, at Roma's of Bloomfield. For more information, call Jim Mumma at 531-6480.

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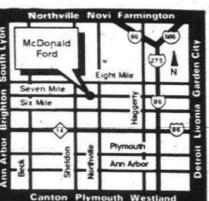
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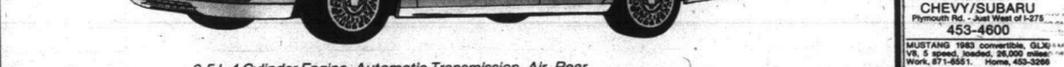
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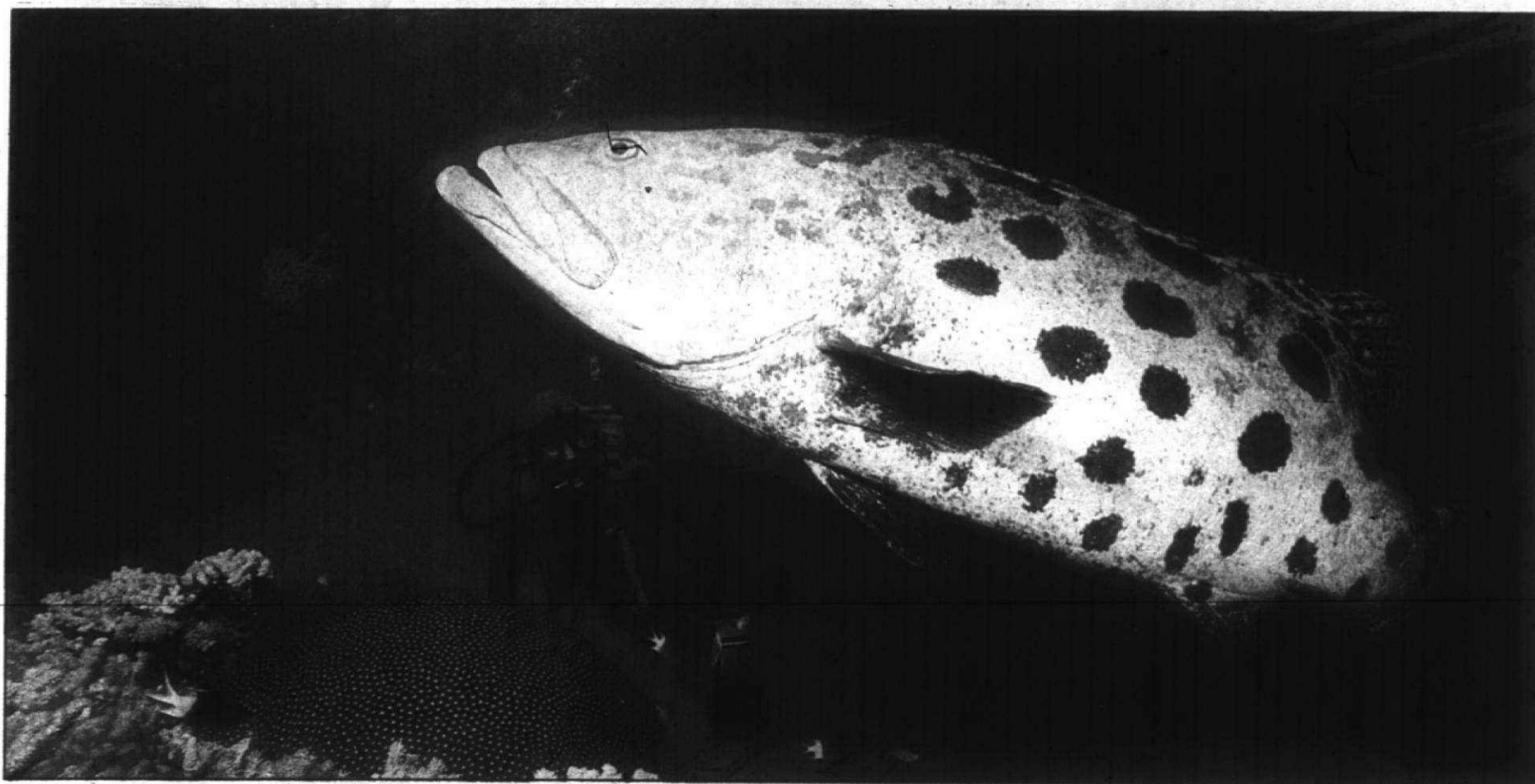
'Waltzing, Matilda'

From swagmen to billabongs, koala bears and collie trees, Australia's "wild west" is a sharp contrast to its more urbanized coasts. For more on the Outback, see Page 6D.

The Observer & Eccentric Newspapers

Monday, April 4, 1988 O&E

★1D



At the famous Cod Hole in the Ribbon Reefs, members of the Rec Diving party hand-fed and mingled with Potato Cods, a member of the grouper family that can reach weights of up to 500 pounds.

AUSTRALIA

Reef is as attractive as shore

By Sue Mason
staff writer

Potato cods, weighing up to 400 pounds, and merry wrasse, or Napoleon fish, of similar size, gladly accept handouts from the tourists. A few white-tipped reef sharks cruise in to share in the bounty.

No, it's not a typical day at a marine life theme park. It's the Great Barrier Reef of Australia. And the tourists are diving enthusiasts from the Detroit metropolitan area.

"Pacific diving is so much different than Caribbean diving," said Mike Kohut of Recreational Diving of Royal Oak. "The fish are more colorful; there's more variety of coral and more tourists."

"And the diving in Australia is considered the best in the world," Kohut should know. He has been group leader on two Rec Diving trips to Australia, one in 1985 and the other in 1987.

For about \$3,000 a person, the divers are treated to a week of shipboard life and SCUBA diving along the Great Barrier Reef more than 200 miles offshore from Townsville, Queensland.

THEY ALSO spend a week touring the province from its northern beaches through the mountains and rain forest to the edge of the tablelands "to get a feel for the land," he said.

The Great Barrier Reef is a diver's paradise, a patchwork of passages, reefs and islands that stretches nearly 1,000 miles along the length of the Queensland coast.

Discovered in 1770 by Capt. James Cook, it is the richest and most diverse coral reef area in the world and is the only sign of life on earth visible from the moon.

Cook had been on a scientific voyage to chart the path of Venus across the face of the sun. Astronomers believed that with that information they would be able to calculate the distance between the earth and the sun.

His work done, Cook charted a course that he thought would take him back to England. He ended up discovering what is now Sydney harbor and the warm tropical waters of the Great Barrier Reef.

The reef offers divers plenty of excitement — soft and hard corals ranging from deep golden yellow to rich red in color and colorful fish, many of which are so iridescent they almost glow.

The Ribbon Reefs are the site of the famous Cod Hole, where divers are encouraged to hand feed potato cods and merry wrasse.

There also are opportunities to feed the more passive white-tipped reef sharks, a sharp contrast to their more well-known cousin, the great white shark.

Rec Diving is popular in Australia because of the diving experience offered the Australians.

"THE BIG thing Australia has going for it is its people; they're fun and upbeat," he said. "They like Americans and they care about you. It's just a super country . . . next to the United States."

Tim Scheer of Redford shares Kohut's enthusiasm.

Scheer was totally inexperienced in ocean diving when he signed up for Kohut's 1987 trip. He had taken pool classes to learn SCUBA diving; his only other dive was in a stone quarry to gain his certification.

"Australia is set up very well to handle vacationers," he said. "They go out of their way for you."

Since it was his first real diving experience, Scheer, 26, decided to "go at it full steam ahead." And while it was enjoyable, he had to admit there was one time he was "pretty apprehensive."

Divers swim with a buddy and on one dive Scheer was so engrossed in his surroundings that he lost eye contact with his buddy for about 20 yards. He glanced out of the corner of his eye, saw something that he presumed was his buddy and kept swimming.

Please turn to Page 4



Tim Scheer of Redford didn't think twice about signing up for the Australian diving trip even though he had no Australian diving experience.

'The big thing Australia has going for it is its people; they're fun and upbeat.'

— Mike Kohut,
Rec Diving

R.U. Syrius

Karlos Barney



Three blind men.

Expo '88, bicentennial: Australia has it this year

By Iris Sanderson Jones
special writer

World Expo '88, the highlight of Australia's 200th birthday party, will be held from April 30 through Oct. 30 in the city of Brisbane.

Brisbane is in the state of Queensland, on the northeast coast of the island continent, and is one of the jumping-off places for the Great Barrier Reef.

The theme of the fair is Leisure in the Age of Technology. If you attended Expo '86 in Vancouver, Canada, you may see some similarities. This year's fair also is built on a waterway in the very heart of a city — 99 acres on the south bank of the Brisbane River, less than 1,000 yards from the heart of downtown.

The giant canvas sun sails, symbolic of Australia's first fleet, dominate the Expo scene in this city of 1.1 million. It is a prosperous modern city. Ground already has been broken for the world's tallest building, which will be 1,460 feet high, a few feet higher than the Sears Tower in Chicago.

Brisbane is the capital of the state of Queensland. The Aussies winter along the Queensland coast the way Americans winter in Florida. Winter temperatures are comparable to those in Tampa or Orlando.

Remember that seasons are reversed Down Under, so April to October in Australia is like October to April in North America, autumn moving through winter, into spring.

FIGURE THE weather out this way: Take the U.S. from Florida to Cincinnati and turn it upside down, because the weather gets warmer as you go north. The middle of the winter is mild in Sydney, about 50-70 degrees; Melbourne is cool to frosty. They get light snows in Tasmania. It is always hot in the inland desert areas.

If you plan to travel Down Under, book tickets soon because demand exceeds supply. You may want to book a tour with a tour company that reserved seats long ago. The same with accommodations. Check with your travel agent.

Please turn to Page 4



Mike Jones

Just the mention of Australia conjures up images of one of its most well-known inhabitants, the koala bear, which includes the eucalyptus tree as one of its favorite handouts.

Fox grows up in 'Big City'

RECENT RELEASES

"Bright Lights, Big City" (B+) R 110 minutes.
 Jamie Conway (Michael J. Fox) shows the dark side of a young man's life. Cocaine, alcohol and New York at night are his diversions to escape the pain of life and death. Michael J. Fox finally appears in a mature role and does it well. *Reviewed by Kathy Guyor.*

"The Seventh Sign" (*) (R)
 How inappropriate, opening for the Easter season — Demi Moore and Jurgen Prochnow in an occult thriller of the coming of the apocalypse?

STILL PLAYING:

"Action Jackson" (C) (R) 90 minutes.
 Action movie set in Detroit plus police Sgt. "Action" Jackson (Carl Weathers) against corrupt auto magnate.

"Bluxi Blues" (B+) (PG-13) 105 minutes.
 Eugene Jerome (Matthew Broderick) learns about life, Army and otherwise, in this nice period piece set in Biloxi (Mississippi) boot camp, 1945. Good performance by Christopher Walken as tough but sensitive sergeant, whipping raw recruits into shape.

"Broadcast News" (A-) (R) 135 minutes.
 Entertaining and well-done, albeit contrived, story of life in the network news fast lane. Holly Hunter, Albert Brooks and William Hurt revel in all the glitz and sham of contemporary newscasting.

"The Dead" (A) (PG) 80 minutes.
 John Huston's last film is superb characterization of a turn-of-the-century Irish family. Based on James Joyce's story of the same name from "The Dubliners."

"D.O.A." (C-) (R) 100 minutes.
 Professor of English Dexter Cornell (Dennis Quaid) is poisoned and sets out to get his killer before he dies.

"Fatal Attraction" (A) (R) 110 minutes.
 Michael Douglas, family man, and his one-night stand that turns into a nightmare at the hands of a psychotic woman (Glenn Close).

"The Fox and the Hound" (A) (G) 80 minutes.
 Animated Disney film about unusual friendship between young fox and hunting hound. An array of talking forest creatures make this a typical, enjoyable Disney film. *Reviewed by Kathy Guyor.*

"Frantic" (B) (R) 110 minutes.
 Mrs. Walker (Betty Buckley) is abducted upon arrival in Paris and her husband, Dr. Richard Walker (Harrison Ford), chases her kidnappers with help from hippie-smuggler Michelle (Emmanuelle Seigner).

"Good Morning Vietnam" (A) (R) 120 minutes.
 Non-stop Robin Williams at his

"The Last Emperor" (A) (PG-13) 125 minutes.
 Bernardo Bertolucci's stunning presentation of the epic tale of China's last emperor, Pu Yi. A fascinating story of survival through two world wars and Mao's Communist takeover of mainland China.

"Masquerade" (F) (R) 95 minutes.
 Animated Disney story of heires (Meg Tilly) and three fellows after her money.

"Moonstruck" (A+) (PG) 102 minutes.
 Cher as a 37-year-old Italian widow in Brooklyn about to remarry. She's terrific and Nicolas Cage, Vincent Gardenia and Danny Aiello are great in this pure distillation of the American ethnic sketch.

"A New Life" (A) (PG-13) 100 minutes.
 Alan Alda's latest is a frank, intelligent romantic comedy about divorce, love and remarriage and all

"School Daze" (D) (R) 120 minutes.
 Director-Writer Spike Lee ("She's Got a Love on Her") tries to do it all in two hours with a comic-spoof-satirical musical mockery of black college life.

"She's Having a Baby" (B) (PG-13) 105 minutes.
 Entertaining slice-of-life comedy starring Kevin Bacon and Elizabeth McGovern. Bacon, the wedding-be writer, narrates story from wedding day to birth of their baby.

"Shoot to Kill" (B+) (R) 100 minutes.
 FBI agent Sidney Poitier and his faithful mountain guide (Tom Berenger) track a killer whose hostage (Kirstie Alley) just happens to be Berenger's gal.

"Switching Channels" (B) (PG) 110 minutes.
 Modernized remake of "The Front Page." This time it's cable news network reporter (Kathleen Turner) and her ex-husband (Burt Reynolds) as news editors.

"Hope and Glory" (A+) (R) 120 minutes.
 An absolutely charming and marvelous two hours of World War II in England through the eyes and from the viewpoint of 6-year-old Bill (Sebastian Rice Edwards). Sarah Miles is his mother and the rest of the cast, although locally unknown, are superb.

"Johnny Be Good" (D-) (PG-13) 85 minutes.
 Anthony Michael Hall as high school football superstar faced with ethical choices as college recruiters descend en masse. Not even worthy of dollar night.

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Grading the movies

A+	Top marks - sure to please
A	Close behind - excellent
A-	Still in running for top honors
B+	Pretty good stuff, not perfect
B	Good
B-	Good but notable deficiencies
C+	Just a cut above average
C	Mediocre
C-	Not so hot and slipping fast
D+	The very best of the poor stuff
D	Poor
D-	It doesn't get much worse
F	Truly awful
Z	Reserved for the colossally bad
*	No advanced screening

very best as Armed Forces Radio D.J. in Vietnam.

"Hairspray" (C) (PG) 88 minutes.
 Tasteless parody of teenage life in Baltimore during the early '60s centers on local TV dance show.

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Michael Keaton portrays Betegouse, a mostly hilarious, sometimes horrific freestyle "bio-exorcist" in "Betelejuice," a stylish new comedy with a supernatural twist.

"Three Men and a Cradle" (B+) (PG) 100 minutes.
 One pretty baby, three handsome men, many comical situations and a good story equal a very funny movie.

"Vice-Versa" (D-) (PG) 100 minutes.
 Trite and unconvincing as father (Judge Reinhold) and son switch bodies courtesy of a stolen Thai relig-

"The Unbearable Lightness of Being" (F) (R) 167 minutes.
 Dr. Tomas (Daniel Day-Lewis), his

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ious artifact.
"Whales of August" and "Young at Heart" (A+) (PG) 85 and 90 minutes, respectively.
 Lillian Gish, Bette Davis, Ann Sothern, Vincent Price and Harry Carey Jr. give new meaning to the phrase, "the golden years" in "Whales."
 Local filmmakers Sue Marx and Pam Coon's "Young at Heart" is a superb documentary about Lou Gohelf and his recent bride, Reva Shwayder. The lives of these two elderly artists testify to human courage at its very best.

"Beetlejuice" (*) (PG)
 Michael Keaton and Genna Davis in ghost story with a twist. The ghosts are nice quiet folks and the people are noisy and pretentious.

"Moving" (*) (R)
 Richard Pryor relocates his family to Idaho and has a bit of trouble with the movers.

"A Night in the Life of Jimmy Reardon" (*) (R)
 River Phoenix in a story about young man facing up to imminent adulthood.

"Off Limits" (*) (R)
 Army's criminal investigation unit at work stars William Dafoe and Gregory Hines.

"Police Academy 5: Assignment Miami Beach" (*) (PG)
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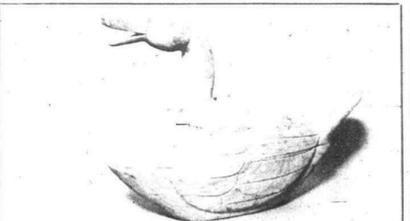
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street seen

Charlene Mitchell



Street Seen reporter Charlene Mitchell is always looking for the unusual and the unique. She welcomes comments and suggestions from readers and enterprising entrepreneurs. Write her in care of this newspaper, 36251 Schoolcraft Road, Livonia 48150, or call 591-2300, Ext. 313.



Sitting duck

A hand-carved wooden duck which opens into two separate pieces — a wonderful accessory to hide old love letters, bills or stash fun money. When the two pieces come together, no one can even tell that the duck comes apart. Approximately 20 inches long and 11 inches high. \$110. Jeff Fontana Designs, Royal Oak.



Nifty neutrals

Local artist Vanessa Moore-head pulls out all the stops with this exotic pin and earring combination made of gunmetal and bronze beads hanging on a lightweight strands of metal. The tri-colored combination is neutral enough to go with just about anything in your wardrobe. Ms. Tique Accessories Plus, 2605 Greenstone, Rochester, 332-8577.

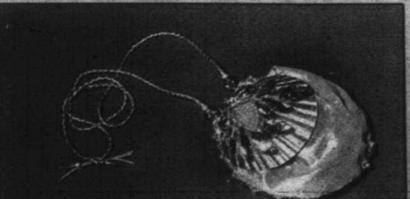
Around the clock

For those whose taste and time schedules call for something different, these one-of-a-kind wrist watches are just the thing. Each face has a hand-painted oil painting by artist David Scherer. Choose between electronic quartz movement or windup style. Bands are exotic skin: alligator, lizard, eel, pigskin or calf. \$95-\$175. Detroit Artists Market, Scott Gregory, Northland, It Was I, Birmingham; and Emery's, West Bloomfield.



Join the party

"Cast Party" by Robin Morris, an original lithograph, 28-by-39 inches, edition of 350. Wonderful colors of crimson, purple, white, green and black. \$600. The Art Show Gallery, Sugar Tree shopping center, Orchard Lake Lake Road, north of Maple in West Bloomfield.



Ever see such a shell?

Look again — this silver leather evening bag has a genuine jumbo seashell closure painted in silver and decorated in silver sequins and tiny bugle beads and seed pearls. Braided leather shoulder strap. LIR the shell, and there's your opening to the purse. A knockout with evening wear. Can be worn on the shoulder or around the neck as a necklace while functioning as a purse as well. \$180. Ms. Tique Accessories Plus, 2605 Greenstone, Rochester.

STREET WISE

A grand tour

Sure, we all want to take the grand tour of Europe. But there are such minor things as the cost that seem to keep us dreaming. Well, American Youth Hostels Inc. may have the answer. It will be offering a European travel workshop, beginning at 1 p.m., Sunday, April 10, at the Berkeley Community Center, 2400 Robina Road, Berkeley. AYH is a non-profit organization affiliated with the International Youth Hostel movement, offering low-cost accommodations for travelers. The workshop will feature information on budget air fares, transportation and lodging as well as free travel literature and scores of budget travel tips. Even the cost of the workshop has a tight budget in mind. It's only \$5.

Be prepared

Remember when it was the Boy Scouts who were encouraged to "be prepared." Well, with AIDS putting the damper on the sexual revolution, "be prepared" now translates into safe sex. The Tech Woman division of Tech Accessories Group Inc. is test marketing the first of its new personal products line for women, appropriately named "Only You." "Only You" is a personal compact designed to hold up to three condoms and fit into a purse or pocket. As the Tech Accessories president

Ken Eisenbraun put it: "Condom manufacturers are finding that, in today's social climate, women are becoming purchasers of their products. . . . We at Tech Woman believe these contemporary consumers would want a circumspect yet attractive way to carry the condoms and we developed a compact to meet that need." The plastic case is available in four colors — silver, black, tortoise shell and pink — at K mart stores, Perry Drugs, Arbor Drugs and Meijer stores for \$2.98.

A modified life

Do you need to stop smoking? Lose weight? Lower your cholesterol level? Manage the stress in your life better? The week-long camp costs \$325 per person or \$540 for a husband and wife.

If you answered yes to any of those questions, you might want to consider a vacation package designed to help you do all of the above.

Dr. Arthur Weaver, professor of surgery at Wayne State University, and his Better Living Seminars, are sponsoring a lifestyle modification health camp May 22-29 at Ranch Au Sable in Grayling.

The live-in seminars to be offered include stop smoking, weight control, creative cooking without meat and stress management.

For a free brochure, write Better Living Seminars at P.O. Box 574, Plymouth 48170 or call 832-7348 or 349-5683.



Meryl Streep and Jack Nicholson have both won Oscar nominations for their performances in "Ironweed."

Williams and Hunter best in acting

By Dan Greenberg special writer

Well, the last two weeks were easy and I'm sticking with "Moonstruck" as the Academy of Motion Picture Arts and Sciences choice for best picture. Again, hands down for Bernardo Bertolucci as best director. Tune in April 11 and check me out on Oscar's big night. When it comes to best actor and best actress and the two supporting performance categories, the going gets tough. There are so many excellent selections and the politics of Hollywood gets more involved in these personality categories than anywhere else.

By now you're probably familiar with the nominees, but let's run through them quickly for the record: Best Actor: Michael Douglas in "Wall Street," William Hurt in "Broadcast News," Marcello Mastroianni for his role in "Dark Eyes," Jack Nicholson for "Ironweed" and Robin Williams in "Good Morning, Vietnam."

Best Actress: Cher for "Moonstruck," Glenn Close in "Fatal Attraction," Holly Hunter for "Broadcast News," Sally Kirkland in "Anna," and Meryl Streep in "Ironweed."

Best Supporting Actor: Norman Aleandro for "Gaby — A True Story," Ann Archer for "Fatal Attraction," Olympia Dukakis for "Moonstruck," Anne Ramsey for "Throw Momma From the Train" and Ann Sothern for "The Whales of August."

Best Supporting Actress: Norma Aleandro for "Gaby — A True Story," Ann Archer for "Fatal Attraction," Olympia Dukakis, Moonstruck, Morgan Freeman, Street Smart, Vincent Gardenia for "Moonstruck" and Denzel Washington for his role as Steve Biko in "Cry Freedom."

Best Director: Bernardo Bertolucci, The Untouchables, Leslie Hallstrom, Bay Linn of Clay, and Norman Jewison, Moonstruck.

HURT IS THE 11th actor to receive three consecutive nominations. He won two years ago for "Kiss of the Spider Woman" and was nominated last year for "Children of a Lesser God."

Looking to other awards already providing patterns and Michael Douglas' role in "Wall Street" already has won the National Board of Review

There's lots of interesting factors to consider among the nominees. Part of the Oscar game is publicity and box office gross. Everybody loves a winner. That bodes well for Robin Williams, whose "Good Morning, Vietnam" has topped the charts for 10 weeks, setting new records. Approaching \$100 million at the box office, "Good Morning" is outdistancing the financial clout of "Fatal Attraction."

To enhance Mastroianni's chances, his distributor has dubbed 20 of the 70 "Dark Eyes" prints now circulating in this country, primarily for the secondary markets — Salt Lake City, Boise, Charleston and others — traditionally areas not highly receptive to sub-titled films.

This is Mastroianni's third nomination, the previous two were "Divorce Italian Style" (1962) and "A Special Day" (1977). If he wins, he will join Sophia Loren ("Two Women" in 1960) as the only performers to win for work in foreign language films.

Surprisingly, Jack Nicholson's ninth nomination, sixth as best actor, is for the somewhat depressing "Ironweed" and not for his successful and upbeat role in "Witches of Eastwick." If Nicholson wins, he will tie with Walter Brennan and Ingrid Bergman who each received three Oscars. Katherine Hepburn leads with four.

Meryl Streep also has a chance to tie with three, if her role in "Ironweed" wins. She and Nicholson could become the sixth acting couple to win for work in the same picture. Holly Hunter and William Hurt also contend for that honor for "Broadcast News."

Despite audience appreciation of love and understanding, so Olympia Dukakis is my choice for best supporting actress.

There's also a lot of sentiment in favor of Ann Archer, the same kind of support and identification that her role in the movie received. No one much cared that "Fatal Attraction" ended on a highly unrealistic note — Glenn Close was choked and drowned, but still living. She had to get up out of the tub, so that Archer could deliver punishment for the pain she had received.

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Among the actresses nominated, Holly Hunter and Sally Kirkland are in the running for the first time while this is Cher's second trip. Her supporting role in "Silkwood" (1983) was her first.

This is probably the toughest choice with Cher, Glenn Close and Holly Hunter running neck and neck. I prefer Cher, but think Hunter will probably win for her obsessed, compulsive television news producer in "Broadcast News."

Among the 10 nominees for supporting roles, only Vincent Gardenia has received a previous nod, in 1973 for "Bang the Drum Slowly" and in 1975 for "The Untouchables."

All things considered, the topic of "Cry Freedom," the popularity and good work of Brooks in "Broadcast News" and Gardenia in "Moonstruck," I think Sean Connery will run away with best supporting actor for his work in "The Untouchables."

Although Ann Sothern might be a sentimental favorite for "Whales of August," I don't think anyone can touch Olympia Dukakis who already has won the National Board of Review award for best supporting actress.

Accompanying him is Walter, a comrade from the days of the fighting in the mountains. It is through Walter's prodding that we find Che writing his life story. It is he who tells Che to make it, a good story.

AND SO we are given the history of Che Guevara. He was born in Argentina, the asthmatic son of a doctor. He was influenced by the liberal beliefs of his parents. He witnessed the Peron years.

And as a generation of the young in Latin America, he witnessed a spurring character in his Che. While this is a fictional biography, "The Death of Che Guevara" may well be the closest one can get to the mind and motivation of a revolutionary.

Cantor's book deals with the human side of Guevara's legend

By John Killeen special writer

books missed or forgotten

Latin America has seemed to hold a strange fascination for most people in this country. We have viewed it in one of two ways — either as a wildly uncontrollable group of countries constantly in turmoil, or as an area where the fantastic and mythical occurs in a simple peasant society.

The people of Latin America are as diverse as those of, say, Europe. They are by no means a monolithic group, occupying interchangeable nationalities. The one thing they all share in common, however, is centuries of foreign domination and exploitation.

That history has given rise to a host of noted revolutionaries. They go back as far as the Incas and Aztec leaders who fought against the European adventurers, and lead all the way up to the various groups struggling to define their government today.

This method allows us to indulge our own sense of myth as far as Che is concerned. It also lets us feel the forces that influenced Che and underpinned his total commitment to a revolutionary life.

THE SECOND part of the novel is set back on the Isle of Pines three years later. The abortive revolution in Bolivia is over and Che is dead. Walter is left Che the darling of the Left both in this country and in Europe. He inspired a generation of Third World dissidents. He was, however, the bete noir of revolution.

Che left a legend so great that most of us ceased to think of him as human. That oversight has been dealt with in Jay Cantor's first novel, "The Death of Che Guevara" (Vintage Books, \$9.95). The novel was written in two parts. The first part is set on the Isle of Pines in 1965. Che has had a falling out with Castro and is sent there to write a self-criticism.

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'Roos to opals: Doing it Aussie style

By Iris Sanderson Jones special writer

I didn't meet Crocodile Dundee or dive the Great Barrier Reef, but I did everything else I ever wanted to do in Australia.

I saw koala bears in the wild, chased kangaroos across the outback, dug for opals; took a tea tram past Melbourne's royal gardens, visited a sheep farm, and rode the Aussie drover coats are everyday wear, and tried all the wine in Oz.

I rode the ferries past the opera house and under the "coat hanger" bridge in Sydney and had shrimp on the barbie. They really do barbecue that marvelous Australian shrimp at the drop of a digger's hat.

I had it at a picnic in Melbourne and in a friend's backyard in Sydney after a day of sailing across Botany Bay — that was the same day we had beer and lunch anchored off an "unofficial nude beach."

"It's Ladies Day at Congwong Beach and those cheeky buggers are here again," the captain said when he saw the naked men, parading down the beach. "They've got lots of official nude beaches in Sydney, so why do they have to use this one?"

Botany Bay is where Captain Cook first landed, but the water is pretty shallow so he soon moved on to a nearby harbor, 750 miles of coastline within the limits of what is now Sydney, the New York City of Australia.

Every American who goes to Australia goes to Sydney to buy boom-crane and other Aussie crafts and to ride the ferry boats that constantly crisscross Sydney harbor.

THEY LOVE us Yanks Down Under. You probably don't realize that the American Revolution had a lot to do with the settlement of Australia 200 years ago. The British needed another place to send the convicts caught stealing books and bread.

When the California gold rush fizzled out, the American prospectors followed the cry of "gold" to the Australian state of Victoria. The Aussies credit American forces with saving

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AMC THEATRES 122 6888 Orchard Lake Road West Bloomfield, MI 48322

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Divers explore Australia from 'down under'

Continued from Page 1

Something, however, told him to take another look. And his buddy turned out to be a 6-foot-long shark not more than 10 to 15 feet away.

When I realized it was a shark, I told myself to stay calm and watch what it was doing," he said. "I just stood there and it started circling me. That's not a real good sign."

The shark circled Scheer once then left and he swam for the surface, where he found his friend. "We missed each other, and I was the one that ended up with a shark as a buddy," Scheer said.

enough to make anyone apprehensive."

KEITH AND Theresa Leigh-Monstevens of Troy mixed business and pleasure on the Rec Diving trip. They spent the week diving before heading off to Melbourne, where Theresa, 29, went shopping at one of his employer's many international manufacturing plants.

"It was good diving and good weather, we hit it at the right time of the year," Leigh-Monstevens said. "But it's still not as good diving as the Red Sea."

"There's probably a lot of Aussies who'd kill me for saying that. He took up SCUBA diving 10 years ago because he was "sick and tired of seeing all those Jacques Cousteau movies and not doing it myself." He's a member of the British Sub Aqua Club's Stratford-on-Avon Club and spent two weeks in 1978 with three friends diving in the Red Sea.

Theresa took up SCUBA diving because of her husband. He involves her in everything he does, and she decided to make an effort when it came to diving.

"With diving you do everything in pairs, and it's not to know your buddy also is your spouse," she said. "Now, he accuses me of wanting to do more than him."

The Leigh-Monstevens were among members of the trip who participated in the shark feeding. Keith wasn't the least bit apprehensive, having been around sharks in the Red Sea. Theresa was, but after it was over, she had to admit it was exhilarating.

"It was my first time, and half of me said yes and half of me said no," she said. "He's my buddy, and I felt

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Grumblecord by Neal Levin





Much of Australia's 16 million residents can be found along the coastal crescent stretching from Sydney in South Wales to Melbourne in Victoria Province and Adelaide in South Australia Province. Photos by MICKY JONES

'Waltzing, Matilda' across the Outback



Sydney Harbor Bridge, the opera house and the Sydney Tower add to the cosmopolitan flavor of Sydney, Australia's New York City.

By Iris Sanderson Jones
staff writer

"Once a jolly swagman sat beside by a billabong/Under the shade of the coolibab tree..."

I've seen quite a few coolibab trees today, rough-barked eucalyptus trees growing at an angle over the red desert landscape of the Outback. They throw a decent patch of dark shade, sometimes beside the road, sometimes over a dry river bed. Just what a vagabond needs after carrying a swag all day in the hot sun.

I haven't seen any swagmen, or many other living souls, on this deserted road, but I have seen a lot of kangaroos, sound asleep in the shade of a tree. As the sound of our van sends them hopping away, tails pumping, through the olive green saltbush that covers the rust red ground to the horizon.

"And he sang as he sat and waited while his billy boiled, You'll come a waltzing, Matilda, with me."

I always thought a billabong was a patch of wet river; it must have been in the green mountains east of here where Andrew "Banjo" Paterson lived when he wrote "Waltzing, Matilda" in 1895. He was celebrating all those wandering sheep and cattle drovers and the dreamers on their way to fame and fortune in Australia's gold and silver mines.

BANJO'S SWAGMAN drowned in the billabong, but he couldn't do it here. A billabong in this part of Australia is nothing but the shallow gully left behind when the river changes course. Like most of the waterbeds in the Outback, it is either dry or in flood.

You can approach the Broken Hill area by train aboard the Indian Pacific, or by car, but the best overall picture of this setting is from the air, when you fly the 500 miles due west from cosmopolitan coastal city of Sydney to the desert mining town of Broken Hill, "capital of the Outback."

The Barrier Mountains, which barred the western migration of pioneers for decades after the first convict colonies were settled near Sydney, drop abruptly out of mountain green trees into desert.

The red land and olive green saltbush spread to the horizon. Every 50 or 100 miles a sheep station, what we would call a ranch, rises out of a scrabble of trees. In most cases, 5,000 sheep range across 100,000 very dry acres.

Broken Hill, a town of 14,000 people and site of one of the richest lead and silver mines in the world, is the capital of this part of the Outback. From there, the School of the Air teaches students, sitting by short-wave radios on distant sheep stations. Families come to shop in town and to send their adolescent children away to private schools.

The Flying Doctor School planes are based at the Broken Hill airport, regularly carrying doctors and nurses into the Outback to give medical care.

BROKEN HILL is also an important cultural center. Rich miners established an excellent art gallery at the turn of the century and their successors encouraged artists to settle in the desert.

Most of the tours into this part of the Outback include trips out of Broken Hill to the lakes formed by the



While kangaroos are a novelty to visitors, they can be dangerous and a garden pest, according to Australians.

Darling River Project, which literally waters the desert; the aborigine cave drawings at Mootwingie National Park; the historic opal mines at White Cliffs; and the tiny nearby desert towns, especially the ghost town of Silverton.

"Down came a jumbuck to drink beside the billabong, and up jumped the swagman and siezed him with glee./And he sang as he stowed that jumbuck in his tucker bag./You'll come a waltzing, Matilda, with me."

You have probably figured out by now that "waltzing Matilda" means walking the roads with a pack on your back. You would never figure out that a jumbuck is a sheep, the kind you see grazing on the salt bush as you drive down the black-topped or the red-dirt roads of the Outback.

You don't spend much time looking at the sheep, however, not when the ostrich-like emus are racing the van at 60 miles an hour, their feathered skirts flying behind them. Not when there are kangaroos sitting and sleeping under every tree. Not when the van driver stops regularly to say "frill-necked lizard on the road ahead," or maybe "snake."

THERE ARE so many kangaroos in this country that Outbackers have heavy steel bars on the front of their vehicles, like the cattle bars you sometimes see in American cow country. Aussies call them "roo bars."

Locals don't drive out of town at night unless they have to because they are always running into kangaroos. Or more likely, the kangaroos are always jumping into them.

The only traffic on our road today is an occasional car, or maybe a sheep drover on a motorcycle, his faithful dog sitting behind him.

A vagabond with a little money is called a tourist, and rides a van, so we were "waltzing Matilda" into the ghost mining town of Silverton, when we met a real swagman for the first time. If you saw the movies "Mad Max" or "A Town Like Alice," you've seen Silverton, because parts of them were filmed here.

Deserted stone buildings are scattered up a dry slope and tourists ride camels for fun. (That's how they explored this Great Australian Desert, by camel.)

Eighty people live in Silverton now, catering to tourists and providing a setting for the occasional movie. Locals, tourists and movie stars all end up at the Silverton Hotel, where Misty the Mare stands in the shade under the overhanging porch roof.

Come on in and have a cold beer, look at the pictures on the wall and read the clippings about movies that have been set in Silverton. Watch the famous cockatoo drink beer out of a can. Watch Misty the Mare peek her head in the door, or even wander up the bar, but don't offer him a drink. Colin McLeod doesn't allow her to drink beer.

IT'S A FUN way to spend an afternoon, but you don't think of it as real life until you meet Colin McLeod.

Colin is an attractive gray-haired man who would look just as much at home in a suit and tie on a city street as he does in his plaid shirt, serving beer behind the bar in Silverton.

Colin was a "ringer," a cowboy to us Americans, in the Northern Territories, when he had a run-in with a scrub bull many years ago. That's a bull that "went to bush," as the Aussies say.

He was a swagman, riding a chestnut horse called Flyaway. The bull gored the horse. The horse fell on top of Colin. And as Colin says, "then the bull had a go at me." He was three days' ride from his sheep station.

"You have to understand how big a station is in Australia," Colin said. "Your King Ranch in America is about 2,200 square miles. We'd call that a horse paddock. We've got ranches that are 13,000 square miles. The one I was on is 8,000 square miles."

Colin was lucky. Somebody found him. He rode three days on the back of a buckboard and then they flew him out by the Flying Doctor service. Now he and his wife Innes run this pub, which once belonged to Innes' father.

I asked Colin to describe a swag. "A swag is a piece of material about eight by ten feet. It's like a cowboy's bedroll, only it's bigger and it's folded different," he said. "A swagman carries it on foot or on his horse, and he also carries a tucker bag for his food."

WELL, YOU probably know the rest of "Waltzing, Matilda" — how the troopers came down and bagged the swagman for stealing the sheep and how the swagman jumped into the billabong so he wouldn't get caught.

"You'll never catch me alive," he cried.

"And his ghost may be heard as you ride beside billabong, You'll come a waltzing, Matilda, with me."

You'd have a hard time drowning yourself in a billabong around here, but if you want to waltz a little Matilda with the few other travelers who come this way, contact your travel agent or Tourism Australia, 2121 Avenue of the Stars, Suite 1210, Los Angeles, Calif. 90067.



The Aborigines are the first known inhabitants of Australia and their artwork can be found throughout the country.

Creative Living



Monday, April 4, 1988 O&E

*1E



organizing
Dorothy Lehmkuhl

Q. I want to hold a garage sale, but keep putting it off. Any suggestions for motivation?

First ascertain if you will earn as much from a garage sale as you would from a tax deduction by giving what you don't need to a charitable organization. That could save you lots of work.

If you want a sale, mark your calendar for the specific date to hold it. A vague "this spring" won't do. If there are no openings on your calendar, then you won't be holding a sale, will you?

Holding a joint sale with a friend or neighbor will provide additional motivation. This can add more fun to your venture and help them get organized, too.

If holding the sale alone, enlist someone else's help and ask them to block out that time on their calendar.

Next, call your favorite charity that provides pickup service. Find out the first time they will be in your neighborhood after your proposed sale date. Make a commitment that they get either what is left from the sale, or everything if you haven't had the sale by then.

Make a file folder entitled "garage sale," clip a pen to it and establish a special place for it. File everything pertaining to the sale in it. So far your work has been minimal but you'll feel the date is "written in concrete."

Chart your preparation timetable. Rough draft your newspaper advertisement and file it with your time chart. Mark your calendar for the date to submit the ad. (Some papers require advance payment.)

At the office supply, buy pricing stickers, using different colors for items owned by different people, along with garage sale signs to direct traffic from major streets. (Don't forget to remove the signs immediately after the sale.) Visit other garage sales to get pricing ideas.

With your folder and a box or bag in tow, systematically search your house. Price each item to sell right then and place it in the receptacle, moving full containers to a specified place.

Make a master list of items. For merchandise too large to move until the last minute, price the item, noting its description and location on your master list. On sale day have plenty of sacks, newspapers, boxes and change on hand.

One key to accomplishment is to set aside a specific time to achieve it; otherwise it probably won't happen. Another key is to be positive, discovering how much fun your sale can be and how you can benefit from dejunking your home.



designing ways
Eve Garvin

Question from a reader: We purchased an older home. We love the area it is in but are unhappy with the old look in our kitchen and bathrooms. We want to start our remodeling with our bathrooms first. Have you any suggestions as to what we can do for cabinets, lighting — anything to give us an updated look? Our furnishings are a mix of everything.

In your powder room or master bath, shop the antique shops for an oval washstand. This will serve as your cabinet in that room.

This piece does not have to fit end to end. It should look like a piece of furniture. These old pieces usually have tile or marble on the counter and back splash. You would recess your sink into the center or the side, depending upon which is more comfortable for you.

The entire wall in back of the piece can be mirrored. If you have a soffit over the cabinet, that could be mirrored as well. The soffit can be a good place to house your lighting. Use a bevel where the mirror sections abut one another.

For a more contemporary look, use a brushed chrome mica for your cabinet. Leave six to eight inches open on either side. Recess your sink into the center, which is curved a radius of 24 inches tapering to 18 inches on the sides.

The cabinet is suspended eight inches from the floor. The brushed chrome with a taupe sink and lucite and polished chrome faucets is a great look. Again, your mirror may cover the entire wall, or try using a mirror the width of the cabinet with the depth 36 to 38 inches.

Add a mirror frame around all sides overlapping the mirror itself. Use a bevel at the inner and outer edges of the mirror.

FOR ANOTHER CABINET, you may consider the waterfall top. This can be made of mica. An interesting look would be using the same color of mica but different finishes. Use the suede mica on the counter top and back splash with your doors in the shiny or wet look mica. You may use the brushed or polished chrome mica in your trim.

Tile is another surface you may consider. Any number of designs are available. A visit to any tile company will give you some ideas. If you are working with an interior designer, ask to visit the Virginia Tile Co. showroom at the Michigan Design Center.

IN RESPONSE TO MY recent column on Wood-Mode cabinetry, dealers in the area include Royal Oak Kitchens, 549-29944 on N. Woodward in Royal Oak and Kitchens by Jensen in Birmingham. There are others as well.

Antique acclaim

Vintage furnishings and collecting made easy

AP — For most of us, there's something slightly scary about a truly superb 18th century drop-leaf table.

A modernist collector might be just as intimidated by a supremely simple (and technologically revolutionary) Charles Eames bent plywood chair.

They are pricey items, yes, but more often it's the challenge of securing a "good buy" in a highly specialized field that robs us of confidence.

But there's nothing really mysterious, say the better antiques dealers and vintage furniture shop owners, about their love for the furniture.

Most are enthusiasts as well as merchants. And, whether their inventories include very old, hand-crafted mahogany pieces or the simple chromed tubular-steel vintage items from the 1930s and '40s, most dealers are happy to share their knowledge with a potential customer.

SO, FOR OLD World charm or retro chic, the experienced dealer is an invaluable resource. Herewith, tips from the dealers to aid your collecting search.

Don't be intimidated by antiques or vintage classics. On this the dealers are almost unanimous. You should buy something only because you love it and can really use it.

Don't be mesmerized by age alone. "Old for old's sake," is how the dealer describes this lamentable syndrome. He adds that "there were perfectly dreadful things made in every period, just as there will be some perfectly beautiful things created in this century, which will always have value." Age, alone, is not enough.

Know that imitations exist. Remember that 18th century designs were revived and reproduced throughout the 19th century, and that knockoffs of 20th century clas-

sics (like the Marcel Breuer chair or Mies van der Rohe's famous 1930 couch) are widely available. The best defenses against outright frauds is to work with a reputable dealer and to know what you're looking for.

DO YOUR HOMEWORK. It's really the best place to start, and it's a labor of love for true collectors who are interested in a chosen field or period.

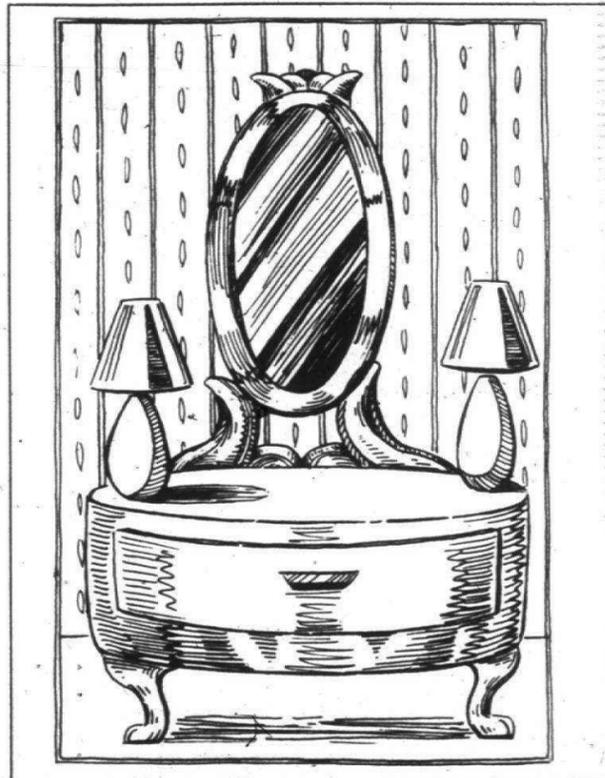
By dipping into the wealth of documentary material on antiques, you'll know that country-of-origin stamps only began to be used about 1890. So if a piece says "Made in England," you can be fairly certain it was made after 1890.

Also, you'll not be deceived by something called a "Chippendale sideboard" — it's a simple fact that 18th century cabinetmakers did not make sideboards.

For 20th century collectibles, the scholarship is thinner, but some good books are available. No matter the period, read up on it, and become familiar with the distinguishing characteristics (markings, patterns, places of manufacture) that other collectors prize.

Adapt and use antiques. Since most of us are not museum curators, many dealers suggest we loosen our purist respect for antiques and make sure we can really use them in the home. Case in point: Lamps made from the many Chinese porcelain vases that were imported into England in the 17th and 18th centuries. "How many vases can you use?" asks one dealer. "But you can never have too many lovely lamps."

Cultivate the dealers in your collecting field. Since most antiques shops and vintage furniture stores are small, private businesses owned and operated by a family or individual, part of your shopping fun should come from chatting with the proprietor. Make use of this conversation. For example, most dealers are



glad to take "want" lists, if you don't see just what you're looking for. Also, don't be afraid to ask questions, to ask for advice, to ask about alternatives in your price range. Ask, too, if your purchase will have trade-in value should you want to upgrade later.

IF YOU SEE something you like that hasn't been refurbished, you may be able to discuss choices of color or fabric with the shop owner. For the vintage furniture collector, some dealers keep rolls of mint-condition vintage vinyl to use in upholstery.

short takes

DURING THE WEEKENDS of April 9-10 and April 16-17, more than 5,000 Century 21 sales associates representing 256 offices throughout Michigan will go door to door collecting dollars for Easter Seals.

More than \$3.5 million has already been pledged by the nationwide system of Century 21 offices in 1988 — the largest Easter Seal contribution ever made by a corporate sponsor.

ENGLANDER'S HAS ADDED a 5,000-square-foot Henredon furniture gallery to its Birmingham showroom, bringing its total number of Michigan galleries to six. The Henredon gallery features a highly diversified offering of fine furnishings ranging from 18th century traditional to the latest in contemporary designs.

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Map of Detroit area showing various neighborhoods like Farmington Hills, Westland, and Livonia.

Advertisement for 'Rent The Michigan Group Realtors' with phone number 591-9200.

Advertisement for 'Redford Gem' real estate services.

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YOU MAY PLACE A CLASSIFIED ADVERTISEMENT FROM 8:00 A.M. TO 5:00 P.M. MONDAY - THURSDAY AND FROM 8:00 A.M. TO 5:00 P.M. FRIDAY

Advertisement for 'Century 21' real estate services with phone number 591-0900.

Advertisement for 'Redford Gem' real estate services.

Advertisement for 'Wolf' real estate services.

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Needed for busy, expanding auto dealership. Income \$30,000. Must have good diagnostic ability, must be conscientious, timely & efficient. Experience only. We offer top flat rate, paid vacation, holiday & school. 5 day work week, uniforms, hospitalization & dental plans. High customer satisfaction. Low Lahr Chevrolet/Subaru, 40875 Plymouth Road, Plymouth 453-4600
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A

THE
Observer & Eccentric
NEWSPAPERS

Health & Fitness

Far from being a passing fad, the pursuit of health and well-being has quickly become a way of life for Americans of all ages. Low impact aerobics, high fiber diets and preventive medicine are just a few of the catch phrases for the health-conscious '80s...

Your grandmother jogs, your younger brother has become an expert on macrobiotic cuisine, and your best friend has just decided to take up body-building training. Your husband or wife is fanatical about attending an aerobics class and your friendly family physician has just informed you that your

cholesterol level is as high as your blood pressure. If this scenario sounds familiar, you are not alone. More than ever before, people are concerned with keeping themselves fit and

healthy. America is shaping up, and the ways and means to do so are becoming accessible to people of all ages and social strata. The rewards of being healthy are great. Feeling less tense, happier about one's body, and more energetic far outweigh the time and effort needed to start a fitness program. And, as if that weren't enough, new research now points to the over-

whelming benefits of exercising and eating correctly in relation to preventing disease.

So next time someone tells you that he or she is running a marathon, join in and put your best foot forward—at least put on your sneakers and walk a few blocks!



MONDAY, APRIL 4, 1988

G. Raymond

The YMCA strengthens more than muscles.

At the Y you can swim, run, play racquetball, work out with weights, take saunas and whirlpools, stretch, dance, enjoy exercise classes, and all kinds of other exciting physical activities for the whole family.

YMCA
Don't put it off.



So don't let procrastination weigh you down this Spring. Get more out of Life by getting involved in a YMCA activity. New classes begin in Mid-April.

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APRIL 16, 1988 — 11:00 A.M. TO 2:00 P.M.

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Financial Assistance Available. Contact the Executive Director.



Focus: Wellness

New facility promotes 'Fitness for a lifetime'

By Cathie Breidenbach
special writer

IF YOU'VE BEEN thinking of joining a health club because your doctor or your mirror have been nagging you to get some exercise, take heart. A club recently opened in Livonia which puts top priority on medically sound fitness and screens all its new members as part of a plan to improve their overall health and well-being.

At some clubs, rumor has it, the parade of would-be Chers in clinging leotards and the bicep machismo of would-be Schwarzeneggers overshadow the main agenda of keeping fit. At the Medical Fitness Center, fitness really is the focus.

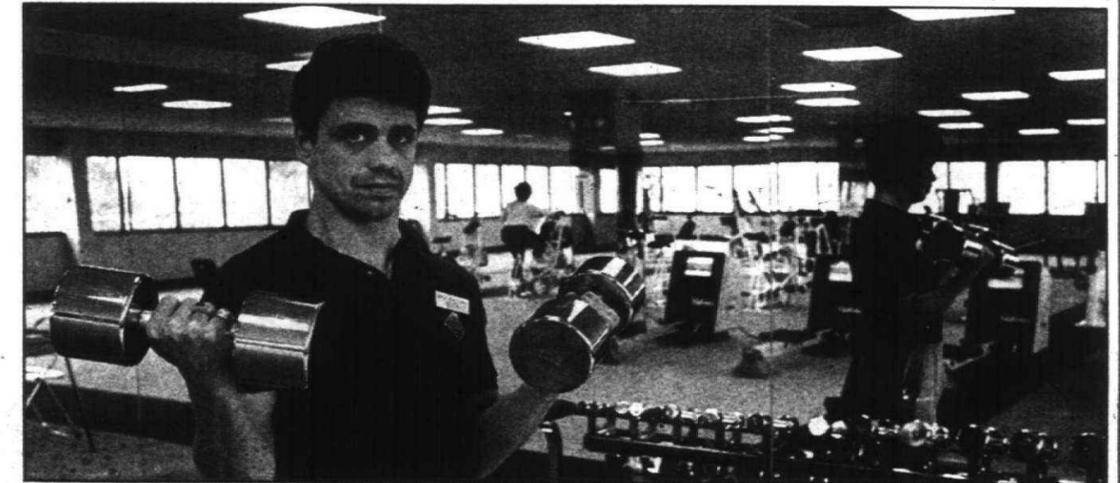
The center, on Farmington Road between Six and Seven Mile, is owned and directed by Dr. Roger Ajluni who is dedicated to using the latest medical knowledge to design and monitor individualized exercise programs for members and to educating them how to change their lifestyle so they'll feel better and live longer.

AJLUNI SAYS, "Medicine is the study of man, not the study of disease, and it ought to be more concerned with the quality of the total life of a person." He feels American medicine focuses too intently on treating diseases and doesn't pay enough attention to preventing illness and promoting well being. "Eighty percent of Americans are dying from diseases which are amenable to prevention: heart disease, stroke and cancer are diseases of lifestyle."

As an internist, he stresses that exercise combined with proper diet helps lower high blood pressure, high cholesterol, and high triglycerides — demons which can lead to disease. Ajluni opened the Medical Fitness Center to help people learn to improve their lifestyles and to provide the facilities they'll need to get fit and stay fit for a lifetime.

For the past 18 years, Ajluni has practiced from his office in the building next door to the new fitness center. The skyrocketing cost of medical insurance concerns him and he says, "If medicine were more committed to educating the American public about health and fitness, to making Americans less dependent on drugs and doctors, in the longterm it could solve the high cost of medical care."

He argues persuasively that insurance systems are outdated because they're geared to the treatment of



DUANE BURLESON/staff photographer

Rick Funke is director of the new Medical Fitness Center, and the spacious workout area reflected in mirrors. All staff members have earned college degrees in health and fitness or exercise physiology.

sickness. So far the Blues and other companies haven't paid for treatment designed to prevent illness. As evidence accumulates that wellness programs really work, Ajluni believes insurance companies will slowly change their ways.

MEANWHILE, INDUSTRIES and corporations pay large percentages of their employees health insurance, so Ajluni is working to convince businesses in the area that membership in the Medical Fitness Center would improve employees overall fitness and well-being, and in the long run lower insurance costs and reduce absenteeism.

Detroit Edison will be the first company to give the plan a practical test. One hundred Detroit Edison employees out of the 400 who expressed interest in the program have been randomly selected to take part in a one year pilot membership in the Medical Fitness Center paid for by the company.

Ajluni located the center on the third floor of his new building and surrounded the exercise area with continuous windows to flood the area with light and give joggers a panoramic view of trees, sky and suburban rooftops as they put in their mileage on the 1/4 mile track.

The track is one of the longest indoor tracks in Michigan and one of the brightest with its circumference of windows. The center staff wears

gray and burgundy uniforms to coordinate with the color scheme on walls and carpeting at the attractively designed center. All staff members have earned college degrees in health fitness or exercise physiology, so they know CPR and can answer exercise questions with authority.

IN ADDITION TO THE jogging track, the center offers the latest weight training equipment — Keiser machines exercise 11 different muscle groups throughout the body. The center sports a variety of cardiovascular exercise machines including stationary bikes, airdyne bikes to work both arms and legs, free weights, and computerized rowing machines. Cartoon figures on the rowing machine's monitors offer colorful competition for those straining at the oars, and the monitor provides continuous data on speed, pulse rate and calories burned.

After a workout, members can ease weary muscles in the dry heat of the sauna or soak away soreness in the steamy whirlpool.

The soon-to-be-complete aerobics room will offer only low impact aerobic exercise classes. Studies confirm that low or non-impact aerobics give a thorough workout with less danger of injury than the high impact aerobics that were the rage several years

ago. In its dedication to wellness, the Medical Fitness Center sponsors lectures and clinics on smoking cessation, stress management, low back pain, women's diseases, and weight loss and nutrition.

Everyone who joins the center is required to have a fitness evaluation to screen for undetected diseases and to determine the ability of the heart and body to withstand strenuous exercise. The evaluation includes a blood pressure reading, a urinalysis, as well as a blood test that screens for hidden diseases and measures cholesterol, high density lipoproteins, and triglycerides among other factors.

Maintaining a reasonable weight for your height is only half the fitness battle nowadays; the other half is increasing the amount of lean muscles and reducing the percentage of fat. Football player types and other solid people who weigh more than weight tables allow for their height, may, in fact, be all muscle and bone and not need to lose an ounce.

For an individual membership, the Medical Fitness Center charges a \$220 one-time fee plus \$35 per month. The center offers reduced rates for senior and junior members as well as for married couples.

Learn 'ins and outs' of nutrition and fitness

Nutrition and fitness fads come and go, but common sense and moderation never go out of style.

"In compiling our list of what experts say is 'in' and what is 'out,' we found a very healthy trend toward basic food and fitness activities," said Martha Pehl, registered dietitian, and food and nutrition consultant to the Sugar Association.

"Realistic eating and exercise habits are easier to maintain than stressful 'quick-results' regimens," Pehl said, "so you're more likely to realize long-term benefits."

Here is the Sugar Association's compilation of what's "in" and what's "out" in nutrition and fitness.

IN: Moderation and Balance.

OUT: "Dieting"
"If you follow the basic rules of moderation and balance, you may never have to 'go on a diet' again," Pehl says.

Eating a variety of foods in moderate amounts and following a daily routine of physical exercise will do more for your health and figure than all the starvation diets and reducing gadgets in the world.

Your body reacts to low calorie diets by turning down metabolism as a protection against starvation. Exercise can help our body use more calories without going hungry.

IN: Walking
OUT: Running

"Walking is a very efficient way to burn calories," Pehl says, "and it's much easier on the body than running or jogging." A brisk two-mile walk (about 40 minutes) burns about 160 calories and can easily fit into a busy schedule.

Walking stairs instead of riding the elevator and getting off the bus a few stops before you have to are some of the ways you can incorporate walking into your lifestyle.

IN: Sugar

OUT: Artificial sweeteners.
"If you're counting calories, there's no need to give up sugar," says Pehl. Sugar has only 16 calories a teaspoon, fewer than half as many as fat.

It's easy to incorporate sugar and other favorite foods into a weight-loss plan if you remember moderation.

Studies show that artificial sweeteners are not effective weight-loss aids, probably because their sweetness fools the tongue, but not the body.

"You may think you're saving calories with synthetic sweeteners, but experts say that people may simply compensate by taking in more calories from other sources," Pehl said.

IN: "Grazing"

OUT: "Three-square-meals."

Busy lifestyles dictate different eating patterns these days. We're cooking fewer large meals and relying on snacks and smaller meals instead.

This style of eating suits the new nutrition-consciousness because it emphasizes lightness and quality, rather than quantity of food consumed.

"It was never a good idea to skip breakfast or lunch so you could gorge yourself at dinner," Pehl says. "You can space your calorie intake efficiently by eating several small meals throughout the day. Just remember the basic rules of balance and moderation."

IN: Adult non-alcoholic drinks
OUT: Alcohol.

"The days of the three-martini lunch are gone forever," Pehl says. "And, thanks to stiffer drunk driving laws, people are cutting way down on all-drinking."

Serving a non-alcoholic drink is a way of telling your friends you care for them. "Instead of falling back on standard colas, preparing a homemade drink is a wonderful way to offer guests a refreshingly delicious beverage that is safe for their diet as well as their driving record," she concludes.

GINGERITA

1 cup fresh squeezed lemon juice

three-quarter cup granulated sugar

3 tbsp. fresh ginger root, peeled and minced

Few gratings of yellow skin from lemon rind.

In a stainless steel or enamel saucepan combine all ingredients. Bring to a boil, stirring until sugar is dissolved. Simmer about 10 minutes. Cook to lukewarm. Strain through a fine sieve, pressing firmly on solids to extract all liquid.

Garnish the rim of an 8 oz. wine glass with sugar. Put one fourth granulated sugar crystals in a saucer, wet the rim of the glass and shake off excess water. Turn the glass upside down and rotate the rim in the sugar to coat lightly.

Place two ice cubes in the bottom of the glass and add one to two tablespoons of the syrup. Top off with seltzer water or club soda, and add a lemon slice for garnish.

Yield: Approximately one cup of syrup. Approximately 35 calories per tablespoon.

For additional hints on getting — and keeping — fit, write for your free brochure, *The Nutrition/Fitness Puzzle*; c/o The Sugar Association Inc., 1101 15th Street, NW, Washington, D.C. 20005.



Number, please?

The important diet-cholesterol connection

By Hildy Pearl
special writer

WHAT ARE YOU going to say the next time someone asks "What is your number?" If you are like a growing number of people, your number is your blood cholesterol level.

Why should you know your number? Because the evidence is in. According to the National Institute of Health, "... It has been established beyond a reasonable doubt that lowering elevated blood cholesterol levels will reduce the risk of heart disease."

The newest guidelines recommend that adults aim for cholesterol levels below 200 mg/dl and levels less than 180 mg/dl be considered ideal. Now that you know what to do about your cholesterol level, it is important to know how to lower it, or if it's already at a good level, to keep it there.

Your first line of defense is to choose the right foods. There is a lot of information out there on diet and cholesterol... some good, some not so good. Sorting out this information can be a challenge.

The general guidelines call for limiting total calories from fat to 30 percent or less. This means limiting saturated fat to 10 percent, increasing polyunsaturated fat to 10 percent and mono-unsaturated fat to 10 percent. Dietary cholesterol should be a maximum of 300 mg. per day.

YOU NEED TO KNOW not only what types of foods to eat, but how to buy food in the grocery store without being lured by a misleading label. In fact, the dietitians who teach "The Cholesterol Connection" for Health Development Network of Botsford

General Hospital believe this to be crucial in learning about "heart healthy" eating.

To help you accomplish this, let's take a mental tour of your typical grocery store. As you enter, you are likely to first go to the fresh produce section. Most fresh fruits and vegetables are ideal on a "heart healthy" eating plan. One bonus of choosing fruits is that the fiber they contain, called pectin, has been shown to lower blood cholesterol levels. Watch out for avocados which are a rich source of fat and coconuts which are high in saturated fat.

Next, you approach the dairy section. A frequent misconception is that people on cholesterol lowering diets should eliminate dairy products. This is simply not true. Dairy products are a great source of many nutrients, especially calcium and should not be excluded in a well-balanced diet.

It is true, however, that many dairy products are high in fat and cholesterol. But skim or low fat varieties of milk, cheese, yogurt and even sour cream are available. Eggs are often found in the dairy section. Egg whites are fine, but the yolk is very high in cholesterol and should be limited to two per week.

MARGARINES AND BUTTERS can be another confusing lot. Margarine should be chosen over butter, but not all margarines are created equal when it comes to a cholesterol-lowering diet. Even if it is labeled "contains no cholesterol," the margarine can still be high in saturated fat and saturated fats raise blood cholesterol. Choose margarines which have "liquid oil" listed first on the label and/or those which have two times the amount of polyunsaturated fat as saturated fat.

The deli section can be a challenge to the "heart healthy" consumer. Avoid processed meats like salami, bologna and other luncheon meats. These are loaded with fat and sodium. Also, beware of "salads" which are prepared with mayonnaise and other salad dressings and oils.

The cookie and cracker aisle presents a challenge. Many commercially prepared cookies and crackers are high in fat. Don't be misled by a label reading "all natural" or "made with 100 percent vegetable fat." Look for the word "hydrogenated." This indicates that the fat used in that product has been chemically changed from an unsaturated fat into a saturated fat. Additionally, coconut oil, palm oil and palm kernel oil are vegetable oils that are highly saturated and should be avoided.

When shopping for processed, dried, canned or frozen foods, choose those which are low in fat. Only 30 percent

of your total calories should come from fat. Read the label. Find the number of grams of fat in the food and multiply by 9 calories/gram. Divide this into the total calories in the food to get the percent of fat calories. Try to choose those with lower than 30 percent fat calories.

When a label says "contains no cholesterol," the food may or may not be good on a "Heart healthy" diet. First of all, only animal products contain cholesterol. Often a food label such as one on peanut butter will state that it "contains no cholesterol." So what? Peanut butter never contained any cholesterol. Peanut butter is high in fat and can contain hydrogenated fat (saturated) and therefore should be limited.

Hildy Pearl, M.S., R.D., is a health program coordinator at Health Development Network of Botsford General Hospital.

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Use 'em or lose 'em

Exercise those muscles for renewed vitality

By Myrna Partrich
special writer

JUDY LOCKWOOD is turning 35 years old this week and is wondering what is happening to her life.

These years were supposed to be her most productive, the time when she was supposed to feel vibrant, alive and ready to tackle the world.

What happened, she wonders? At 35, Judy has a husband, two children, a dog, a full-time job and no time to take care of herself. She is 15 pounds overweight, tired all the time, experiencing shortness of breath, has upper back problems from stress and periodic headaches. Not only that, but her hair needs to be colored and her nails need a manicure and she can't find the time to go to the beauty shop.

I'M HERE TO HELP Judy Lockwood and maybe you too.

How important is your health? How about feeling healthy also? Your mental attitude toward your body will determine how you actually feel. Think of it this way: "I can be a new healthy me with energy and vitality and able to do all the things I need to do." The answer to your problems is in one simple word — exercise.

Let's begin with motivation. I'll let you in on a little secret. Self-motivating skills are not inherited — they are learned. It appears that for some people, regular exercise routines are as natural as breathing. They were all beginners at one time, just like you. They came up with an many excuses as you have not to exercise. But the bottom line, or the reality of it all, is that if you don't use your muscles, you will lose your muscles.

THERE IS ALSO A psychological benefit from regular exercise. When your body is working out, your mind will experience euphoric activity and the stress that causes upper and low-



'The benefits of exercise are overwhelming. Don't worry about getting old . . . Much of what we call aging is not caused by the wear of activity, but by the lack of use.'
Myrna Partrich

er back pains, headaches and overall tiredness is released. You actually have more energy after you work out.

Now we are ready to pick an exercise program that will work for you. Pick an activity without lots of struggle. It should be something you enjoy and something that won't overwhelm you.

I usually recommend walking at first because it is something everyone can do and needs no special instruction or coordination. I see it as a non-antagonistic exercise — and what better time to begin walking than in the spring. There is so much beauty to see.

Now you're ready for a little organized activity. You are feeling good and want to feel better. A friend invites you to a beginner low-impact exercise class. You might feel:

- awkward
- uncoordinated
- unable to maintain the pace
- unattractive in a leotard
- embarrassed
- have no rhythm
- why, I can't even dance

But you go anyway. The studio seems like a friendly place. Everyone is there for the same purpose so there is a natural camaraderie. There are men and women there of all sizes, shapes and ages, dressed in everything from unmatched sweatshirts to shorts, leotards and tights. Anything goes.

"ARE WE HAVING FUN yet?" shouts the instructor. Being new, you

can stand at the back of the room until you feel comfortable. You don't have to follow all the steps or moves.

Your heart and fat cells won't know the difference — just march in place for a while. If you feel tired, slow down, take a walk to the water machine, take a short drink and walk back to your place. Remember to wear clothes you feel comfortable in. Exercise classes are not fashion shows — I promise.

You have not reached a dangerous stage in exercising. You are feeling good about yourself, you have been walking and going to class regularly and now you are tempted to stop. Why not? You're so busy, and you're feeling great.

The key to success with exercise is commitment. The benefit of this commitment is the results. The value that you receive from exercise is expressed in a healthy you everyday. This only come from being good to yourself by taking care of yourself through exercise. You can make a commitment to be good to yourself and be able to handle all the things in your life better too.

To maintain a healthy body, you need to exercise at least three times a week for minimum of 30 minutes. But if you can only exercise twice a week — do that — It's better than not exercising at all. For the best over-all body conditioning, you should exercise more frequently — five or six times a week. A good instructor will develop a program that

will work just for you.

The program will include strengthening both aerobic and anaerobic muscle groups within the body and flexibility and stretching exercises. By the way, flexibility is one of the major keys of retarding age.

THE BENEFITS OF exercise are overwhelming. Don't worry about getting old — stay young with exercise. Much of what we call aging is not caused by the wear of activity but by lack of use. You are also worried about those extra pounds you've been carrying around. Let us not forget our society's fixation with weight control. Fat people are discriminated against more than any other group of people.

When you exercise, your body will automatically crave a healthier diet. Your body likes being fit. Exercise changes the way your body burns calories. Add exercise to your proper eating habits and you will lose more body fat.

By strengthening your muscles, your metabolism burns many more calories all the time — even while you rest. How about your beauty sleep? You will rest sounder if your body has had an activity. Goodness knows we need our rest.

Myrna Partrich is an exercise columnist whose column appears every Thursday in the Observer & Eccentric sports section. She is also the owner of the Workout Co. at Maple and Telegraph roads.

Enhancing life

Institute programs help with lifestyle decisions

By Cathie Broidenbach
special writer

DR. FRED Stransky, Ph.D. in exercise physiology and director of the Meadow Brook Health Enhancement Institute, has been saying for years that people can reduce the incidence of heart attack, stroke and cancer, and improve how they feel, by changing their lifestyles.

"Life is much more than the absence of disease, it's well being," he said, based on years of helping overhaul lifestyles and seeing the high-energy results.

The institute, which is affiliated with Oakland University, emphasizes four lifestyle factors: exercise, nutrition, stress management and changing bad habits such as overeating and smoking.

As more and more people come around to believing that preventative medicine and exercise can save lives, everybody's jumping on the bandwagon, including the conservative American Medical Association.

"The problem is people wait for something to happen before they see their doctors," Stransky said.

IT TAKES time to change modes of behavior even though it is known lifestyle diseases don't happen overnight and can often be prevented.

Coronary disease, which causes 40 percent of deaths in the United States, takes years, probably decades to develop, as arteries gradually clog with the fatty sludge that can bring on a heart attack.

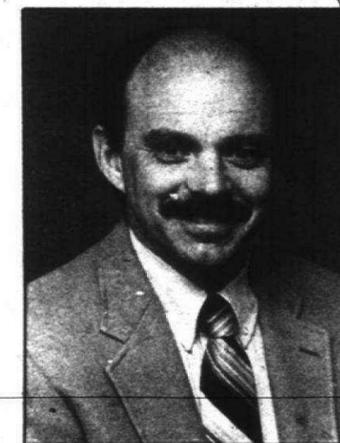
Scientific evidence mounts daily that identifying risks early and changing detrimental lifestyles can dramatically reduce the risk of coronary disease as well as other major killers, such as stroke and cancer.

THAT'S NOT news to Stransky. In 1975, he started the Meadow Brook Health Enhancement Institute as a wellness program for cardiac rehabilitation patients, one of the first such programs in the state.

Today, in addition to an ongoing cardiac rehab program, the institute attracts a wide variety of people who want to improve their health and fitness under the guidance of the M.D.s, D.O.s, dieticians and exercise physiologists on the institute staff.

Fifty percent of the more than 1,000 people who come to the institute yearly for fitness evaluations are referred by their physicians. Others hear the news through the grapevine and call for an appointment.

THE MEADOW Brook Health En-



'Life is much more than the absence of disease, it's well being. . . The problem is people wait for something to happen before they see their doctor.'

— Dr. Fred Stransky
Meadow Brook Health Enhancement Institute director

hancement Institute offers three connected programs: comprehensive fitness evaluations, exercise facilities and intervention programs to give people information on how to change specific lifestyles.

Those who come to the institute can take advantage of any combination of the institute's programs, but if they wish to use the exercise facility they must first have a fitness evaluation. People who show risk factors or who are over 45 are asked to undergo a treadmill test.

The institute offers two fitness evaluations, one more comprehensive than the other.

FOR \$75, the Health Awareness Evaluation checks the basics — resting blood pressure and skinfold measurements with callipers to determine what percent of body weight is fat.

A computerized health history evaluates risk factors on the basis of

family and personal history, and blood studies complete the profile.

"We can tell more a person's risk of coronary artery disease from blood than any other means," Stransky said.

He regards the ratio of cholesterol to high density lipoproteins (HDL) to be the single most important factor in predicting disease.

BOTH CHOLESTEROL and HDL are blood lipids (fats). Cholesterol is bad fat. The AMA recommends keeping cholesterol levels below 200; the institute recommends below 170.

HDL is good fat and increases as a result of regular cardiovascular exercise.

To determine your cholesterol/HDL ratio, simply divide the cholesterol count by HDL. The institute regards a ratio of 3.4 or less for men and 3.3 or less for women as excellent. A ratio greater than 5 is considered "at risk."

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evaluation the institute offers, called a Health Maintenance Evaluation, adds depth to the basic tests included in the Health Awareness Evaluation.

A graded exercise treadmill test evaluates the heart's ability to function under stress (see related story elsewhere on this page); hydrostatic weighing in a tank of water determines more accurately the percent of body fat to lean muscle and bone.

The evaluation includes a test of pulmonary function especially recommended for smokers, people with allergies, bronchitis or suspected emphysema, and for those exposed to pulmonary pollutants.

The \$385 Health Maintenance Evaluation also includes a basic physical, a SMAC profile of 230 blood tests as well as a urinalysis. An informative consultation to discuss the results of all tests concludes the evaluation.

"If anything, we've been criticized for standards people have difficulty achieving," Stransky said. "My responsibility is to point out your options, so you can choose."

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Relieve tension? Self-massage is what you knead

Massage, once revered only by those in athletic circles, has emerged as a mainstream health and fitness routine for people of all ages and activity levels.

Casual strollers, hobbyists and weekend athletes alike can benefit from massage, without paying anywhere from \$20 to \$60 for an hour's worth of a massage therapist's services, by learning the basic techniques of massage and self-applying them.

Self-massage, emerging as one of the hot new self-help therapies of the decade, can help alleviate fatigue, muscle soreness; joint stiffness, tension, lower back pain and pain from arthritis.

"Massage flushes waste material from muscles and stimulates blood flow. By doing so, it forces fluids back through the joints to increase joint mobility, to nourish muscles and to overcome fatigue," says Ed Moore, certified massage therapist.

As the therapist for the Schwinn/Icy Hot professional cycling team, Moore worked with the makers of Icy Hot pain-relieving rub to create the "Icy Hot Self-Massage Program" to introduce non-athletes to the benefits of massage.

MASSAGE HAS THREE basic effects on the body. They are circulatory, conditioning and tension reducing. Almost all massage movements yield more than one of the effects; all massage has circulatory effects, for instance.

Depending on what area of your body you are treating, you might want to experiment with a combination of these techniques.

A lubricant is essential during self-massage to reduce friction between the hands and the skin. A dual-action pain-relieving rub like Icy Hot is ideal if you have sore muscles or joints, because it increases skin warmth, thus enhancing the benefits of massage, and helps to relieve pain at the same time.

The basic techniques of massage are: Stroking, kneading, friction and shaking. With the exception of friction, a lubricant should be applied prior to beginning massage therapy.

FOLLOWING ARE THE basic movements and their benefits.

- **Stroking** begins and ends the massage. It is a long sliding action of the hands along the length of the muscle. Stroking should begin at the point farthest from the heart and always move towards the heart. Stroking stimulates overall circulation, which leads to increased joint mobility.

- **Kneading** uses the fingers, thumb, knuckles or hands to press into muscles. The procedure is very similar to kneading dough.

- For instance, use both hands to clasp the calf muscle. Alternate pressure from one hand to the length of the muscle toward the heart. Kneading is generally recommended for thighs, calves and top of the shoulders.

- **Friction** is a localized, circular or cross-fiber movement done around joints and tendons or across muscles. Friction is applied with fingertips, thumbs or fleshy base of thumbs.

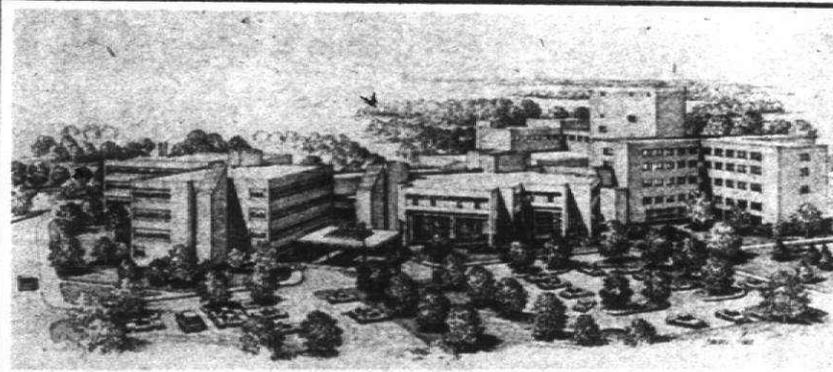
- **Moderate pressure** is applied perpendicular to the length of the muscle or in a circular fashion. After friction strokes are completed, a topical rub like Icy Hot, which combines the pain-relieving ingredients menthol (cooling) and methyl salicylate (warming); should be applied to help ease joint pain and maximize massage benefits.

- **Shaking** is used between other techniques to relax the muscles, joints and tendons. Use both hands on a muscle and shake back and forth in a slow rhythmic fashion. You want to use large, rolling movements in shaking to loosen joint stiffness and immobility.

"Everyone can benefit from learning the Icy Hot Self-Massage Program," says Moore. "Combined with the use of a topical rub like Icy Hot, it can help manage stress, increase relaxation, stimulate circulation and reduce aches and pains from muscle exertion and arthritis."

For a free 15-page "how-to" guide to self-massage, write to: Icy Hot Self-Massage, Dept. MM, Dorf & Stanton, 201 Summer Street, Stamford, CT 06901.

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