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Canton Observer

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BILL BRESLER/staff photographer

John Minuth, writer of editorial that irked homosexuals and lesbians.

Anti-gay column sparks protest

By Peggy Aulino
staff writer

An anti-gay column written by a Canton high school student and published in the school newspaper has sparked a controversy that could result in picketing by an Ann Arbor gay rights group at Centennial Educational Park.

The column was written by junior John Minuth and published in the CEP Perspective on Jan. 19. It carried the headline: "Homosexuals forfeit judicial rights."

The piece prompted a group of gay students at the high school to contact the Lesbian and Gay Rights Organizing Committee (LAGROC), according to Brian Durrance, a

member of the University of Michigan-based organization.

LAGROC brought the matter to the attention of The Michigan Daily, the university's student newspaper. That publication ran an editorial March 10 calling the column "an example of the way the public school system reinforces the homophobia that is rampant in our society."

The Perspective has also gotten some response to the column via letters to the editor. "I was appalled to find such a blatantly homophobic article in a newspaper which serves an institution of learning," a letter from a student teacher at Salem High School said.

MINUTH SAID Thursday he was

"somewhat" surprised by the stir caused by the column. He said he was on his way out of town for a spring break vacation and could not comment further.

Chris Martiniano, one of the editors of the Perspective's opinion page, said the paper is going to publish an editorial "explaining what happened and ... defending our First Amendment rights."

"We are not defending his ideals, we are defending ours," Martiniano said. He would not comment when asked if he agreed with the sentiments Minuth expressed.

MINUTH'S COLUMN was based on a Washington Post news story about a judge in Texas who sen-

tenced a man to 30 years in prison rather than life for the murder of two gay men. The judge said he handed down the lighter sentence because the murder victims were gay, sparking criticism from gay and civil rights groups.

"Homosexuals are not inhuman and should be allowed to exist," Minuth wrote. "But if someone does murder one or two, they should not receive the same punishment as if they killed a heterosexual."

The column also said the shooting victims "were out in public trying to pick up young men" and that "with the recent AIDS scare, these men were asking for trouble and they deserved to be shot."

'... If someone does murder one or two (homosexuals), they should not receive the same punishment as if they killed a heterosexual.'

— from John Minuth's column

GINNY McCULLOH, another LAGROC member, called the column "intolerable."

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Female cop breaks barriers

By Diane Gale
staff writer

When Sandy Miller joined the Michigan State police in 1974 she was one of only six women ever hired by the department.

It was a time when women were delegated to working with juveniles and on drug details. Patrolling roads was left to men. That changed, however, shortly after she joined.

"For many, many years the feeling was now you can work the road, but lead men? I don't see doing that," she said.

But that changed, too.

Last month Miller was promoted to commander of the Washtenaw Auto Theft team and the surveillance and investigative teams at Western Wayne Auto Theft, which is supported by state police, Canton, Plymouth, Redford, Westland, as well as other western Wayne communities.

MILLER SLOWLY broke through barriers in the traditionally male field, working patrol and other jobs at various posts in Michigan. She made an especially long stride when she became the state's first woman desk sergeant.

"I've had some real bad times with men, and I've also had some real strong support from some of the men. The majority are there because they're good people; whether they're male, female, black or white.

"I'd like to think of myself as a role model for females wanting to get into the department."

During the years, however, she and the state police have matured, Miller said.

Discriminatory comments that irked her when she was 24 years old don't bother her as much now. Also, attitudes and departmental policies dealing with women have softened, she said.

"That doesn't mean men and the

Please turn to Page 2



BILL BRESLER/staff photographer

Egg scramble

Children search for candy during the annual Easter egg hunt, held Saturday at Griffin Park in Canton. The event, for children 10 and younger, is sponsored by the Canton Parks and Recreation Department and attracts hundreds of youngsters each year.

"We got lucky with the weather," said Bob Dates, Canton's recreation supervisor. "That's the most important thing." Some lucky children won special prizes, donated by McDonald's of Canton and the Parks and Recreation Department.

Layoff plans questioned by area teachers

Related story, 2A

Teachers in the Plymouth-Canton school district doubt the wisdom of a school board plan to lay off 75 instructors while maintaining athletics and after-school activities.

School officials say the layoffs, and a reduction in the school day from six hours to five, will be necessary if voters turn down a 4-mill tax increase in a June 12 election.

The board of education proposed \$3.1 million in cuts at its workshop last week, with formal approval expected April 10. Budget cuts are proposed in 21 areas.

If voters approve the millage, the district will restore \$1.8 million in personnel and programming expenditures. Residents at the polls also will be asked to renew 8 mills.

For the owners of a \$100,000 home, approving the 4-mill levy will mean \$200 in additional taxes.

"I feel they could have made other cuts," said Marguerite Vollrath, president of the teachers' union.

"The board has said their main goal was to maintain excellence in the classroom, yet they have not followed through on that goal. I haven't seen the whole budget, but I did see them leave athletics and after school activities."

The impact of losing an hour in the school day "is almost immeasurable," said Vollrath.

"We will lose our North Central Accreditation and our (University of Michigan) accreditation. Our students will not have choices. They will have to take basic classes. The damage that can do is basically immeasurable."

Voter approval of the millage "is absolutely necessary to maintain the level of education in the district," said Maryann Ligato, of the Michigan Education Association, which handles bargaining for Plymouth-Canton teachers.

"The cuts they made last year that we are living with now are cutting into the bone. It's not like we're cutting fat out of the budget. There's none left," said Ligato.

Seventy-four teachers were laid off last year after voters defeated a millage request. On staff now are 774 teachers. An equal percentage of layoffs are proposed for the elementary, middle and high school levels. Most of the teachers targeted for layoff have two years' seniority.

Ligato doesn't know why "this community doesn't believe what the board and administration is telling them. It would be complete and utter disaster if the 8 mills didn't pass. The 4 mills is needed to maintain the bare bones. It really is crucial for this district."

Teachers plan to work with a Citizens Election Committee, recently formed to help pass the millage.

"We will do anything they need to get the work done," said Vollrath. "I'm sure they will need donations, and we will donate whatever they need. We are willing to work on committees, to be speakers, to give information, whatever they need."

"I am going to work very hard, and I hope our efforts are productive," said Ligato, who also plans to help the citizens' committee.

"People in Plymouth-Canton are getting every penny's worth of their tax money. They're conducting education in this district much cheaper than in other districts in the rest of the state."

Ligato once covered an area for the MEA that extended from U.S. 27 to Lake Huron, and from Flint to Roscommon.

"Plymouth-Canton has a reputation of being a quality district, and of doing more a whole lot less expensively than other school districts. But I think they've reached the end of the line."

"Class sizes this year are off the wall, and the number of cuts and enrollment are continuing to grow," said Ligato.

Not all teachers support the millage, said Vollrath.

"Some need more information to be supportive, just like the community at large. The majority realizes the seriousness of our problem here and are willing to do what needs to be done to alleviate that."

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HEALTH & FITNESS

SPECIAL SECTION
IN TODAY'S ISSUE

2 dead; 1 survives car accident

An early-morning accident killed two people and left another injured in Canton Friday.

Township police would not release the names of the victims pending notification of their families. But officers said none of the car's occupants was from Canton.

The accident occurred about 4 a.m. on Michigan Avenue just west of Beck Road. The car, a late-model Ford Mustang, was headed west when it "left the roadway and struck a tree," according to police.

The female driver, a University of Michigan student from New Jersey, is expected to survive, police said.

The passengers were identified only as a woman from Tecumseh who is a student at Eastern Michigan and a man from Kalamazoo.



BILL BRESLER/staff photographer

Two died and one was injured when the Mustang hit a tree.

Student's column sparks protest

Continued from Page 1

"Here's a young person expressing opinions in a high school newspaper, where a lot of irresponsible people will read it, saying that homosexuals are expendable," McCulloch said. "I think there's something wrong with the editorial policy if it allows this to be printed without the juxtaposition of an opposing viewpoint."

LAGROC members said they have sent a letter to school officials offering to meet with students to educate them about what it means to be gay. If the group does not get a satisfactory response, it "may be forced to take some public action," McCulloch said.

Plymouth-Canton High School principal Thomas Tattan said he had not received the offer as of Thursday. The school was closed for spring break Friday.

Having LAGROC representatives come to the school "may well have to happen in order to deal with this situation," Tattan said.

School administrators do not approve the content of the newspaper before it is published.

"We are not into prior restraint," Tattan said. "The way we have been handling the Perspective is that it's their article and they need to respond."

HARRIET DART, a member of a support group for parents of gay people, said she believes education is the key to ending gay oppression.

"It would probably be helpful if the kids in their education had a real course in human sexuality, so they would know that we are all different, that human sexuality has a lot of different facets to it," Dart said. "It would certainly help if there were more role models, but it's because of that mindset (expressed by Minuth) that people don't (let their sexual orientation be known)."

Dart is a member of the Detroit chapter of Parents and Friends of Lesbians and Gays, a national organization. Members of the local chapter would also be willing to present an educational program to Plymouth and Canton high school students, she said.

Cop gets the top job — commander

Continued from Page 1

department don't have a long way to go."

She paused, laughed and said: "Especially the department." She was able to fend off her detractors by rising through the ranks. "I'm a veteran now," said Miller. "So now the troops don't look at me as Sandy Miller the female, but Sandy Miller the lieutenant. I'd like to think that, anyway."

She credits her mother with giving her strength and independence.

"She's why I am what I am and who I am. She worked hard for her family and with a lot more obstacles," Miller said. "When my mom was working I think she could have been a corporate head, yet her role was seen as a secretary. The sacrifices from women like her is really what made it easier for us."

WHEN MILLER was on road patrol, the gender issue was set aside by the immediacy of crises.

In 1981 she was working on a bikeathon in Superior Township. Sewer trenches in a new subdivision collapsed, burying two people. The residents rushed to Miller, who dug a man out and administered cardiopulmonary resuscitation. However, the rescue attempts were too late for a 14-year-old boy, who although was pulled from the ditch, later died.

"Saving a life was one of the

'I saw hundreds of people who were unhappy in their jobs. And I stumbled into a career I love.'

— Sandy Miller

highlights of my career in terms of something I accomplished," she said.

The experiences, though, haven't all been bright. Last year, for instance, she shot a man in Detroit. It was the first and last time she has ever shot anybody, and she said: "That will always be with me."

Out of uniform and on surveillance at Schoolcraft and Evergreen, she left her car to make a phone call from her car at a pay phone.

"I looked to my right and I sensed something was wrong," she said.

A man approached her car, reached inside and jammed what she believed was a gun in her ribs and said: "Don't move or I'll kill you."

He reached over, turned her car off and told her to move over, he was taking her for a ride, said Miller. She said she believed he was going to rape her.

Acting as if she was moving over, she grabbed her gun, pointed it at him and told him to stop.

"He lunged for the gun and I shot him in the chest," she said explaining that the bullet hit the tip of his heart.

He continued to struggle for the gun and she shot him again in the knee cap. He fled and Miller started to chase him. Also, she called her surveillance crew and they tracked him.

The attacker survived open heart surgery and is serving 40 to 80 years for the attack.

"I'm proud of the way I responded," she said. "I was attacked as a woman, but I responded as a police officer."

Miller said she loves the excitement of working surveillance.

"You work odd hours. It's kind of like you and them (the police team) against the world," she said. "It's the anticipation of what could happen at any moment."

MILLER TRADED that for a desk when she accepted the promotion last month.

"Withdrawal symptoms are strong because I do love police work. I like to think it's noble."

people

But it was only one of the changes she has gone through.

"There are things I kick myself about, but overall, I like the person I've been molded into."

"About dating and getting married, many times men are intimidated," she said. "Not so much by the job but from the confidence you get from it."

"On occasion I say I would have been married with a family and I can miss that."

Miller, who studied social work at the University of Nebraska, said that becoming a state trooper was a fluke.

A trooper happened to stop at her parent's party store in Hersey and prompted her to apply.

But in 1972 women weren't accepted in the state police recruit school. That changed two years later. And by that time she quit a job as an employment counselor and was working for Social Security.

"I saw hundreds of people who were unhappy in their jobs," she says of her counseling position. "And I stumbled into a career I love."



Sandy Miller

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Teachers plan to help pass millage

Plymouth-Canton teachers plan to join a citizens' committee in efforts to help pass a millage increase June 12.

The Plymouth Citizens Election Committee has formed a speakers' bureau that "will speak to any group, large or small," said Betty Bloch, committee co-chairperson.

"Both school district personnel and citizens of the community are

willing to speak to service organizations, school groups, and neighborhood groups," she said.

Speakers will answer the questions:

- How have last year's cuts affected education?
- My taxes are up. Why don't the schools have enough money?
- What cuts will occur if the 4-mill increase does not pass?
- How much will the 4-mill increase cost me?
- What restorations will occur if the 4-mill increase is passed?

For more information, call Bloch

at 451-1037, or William Pearson at Hoben Elementary, 981-4560.

ANOTHER COMMITTEE, called "CARE," also is working to pass the millage. The citizens' group plans a volunteer rally for 7 p.m. Tuesday, April 4, in the Canton High School cafeteria.

"Our goals are to help the district maintain educational quality, distribute appropriate and accurate information, and win the election," co-chairperson Jack Farrow said.

Questions to be addressed at the rally include:

- How do the mills affect your taxes?
 - How will the millage benefit students?
 - How will the millage benefit the community?
- Board members, faculty, students and residents will field questions. Volunteers are needed to help with publicity, promotion, fund raising, voter registration, phone banks, a speakers' bureau, a May rally and on election day.
- For more information, call Farrow at 456-8749 or co-chairperson Debbie Drinkhahn at 453-9289.

clarification

The millage being sought by the Plymouth-Canton Community Schools district should have been listed as 4 mills in the March 23 issue of the Observer.

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Abused women finding First Step

Shelter helps change lives

By Diane Gale
staff writer

He put his hands around her neck and the woman was convinced he would kill her.

"I was really afraid of him when he would drink and use drugs," said the woman last week at First Step, a shelter in western Wayne County for abused women and their children.

At the shelter, young boys run down the hall, too busy playing to notice visitors while "Lost in Emotion" plays on the radio and the aroma of baking dough fills the kitchen.

The shelter looks, smells and sounds like most homes. That is, until you listen a little closer to stories of the battered women and their children.

"I thought I could get through it on my own," the woman, who asked not to be identified, said.

"I had to say to myself whatever I have to go through it has to be by myself and my mate."

SHE REALIZED nothing would change in the relationship. Contributing to those beatings were alcohol, drug use and jealousy, she said. The woman returned home from work one night recently and "knew something was wrong." A fight started when her mate questioned her about where she was a night earlier in the week, she said. "He was sitting by the door and I

was thinking how am I going to get out of the apartment without him jumping on me."

The argument became more heated and he threatened her repeatedly. Then he put his hands around her neck. "I thought this guy is really trying to kill me," she said.

He went to the bathroom and she ran out of the house, but he caught her and dragged her back. A neighbor called police.

She spent the night at her pastor's house and the following day her welfare social worker suggested calling First Step.

"I'm thankful for First Step, because without it I don't know what I would have done," she said. She wants to make changes in her life and "that was my first step," she said.

She can stay at the shelter for 30 days. During that time she has to look for independent housing and make decisions about what she plans to do.

A LOT of the women are on welfare and are emotionally as well as physically beaten, said Judy Imus, First Step counseling coordinator. Sometimes they believe there's no choice but to go back to the abusive men.

"He makes promises to change," Imus said. "And she wants to believe that this time he'll do it."

Spouse abuse affects one out of every three Michigan families, said

Ellis said. "We're adding the service to help the sex assault (by a stranger). We're beginning to do that minimally and we're asking communities to support us."

Another push is to inform police, children and abuse victims of options, said Judy Ellis, First Step executive director.

First Step is working in schools informing children of what their families can do if someone is emotionally or physically abused as one way to filter information to the parents, Ellis said.

Judy Ellis, First Step executive director.

And unless there's intervention, the problem will continue to snowball, she said. Ninety-three percent of children who witness violence will abuse or be abused, she said.

"We try to empower women to take charge of their own lives," Imus said. "The women come from all socio-economic levels, races and cultural levels. There is help available."

Ellis said First Step doesn't encourage women to press charges, leave the home or stay.

Whether they're ready to leave the home or not, First Step can help, said Imus explaining that in addition to providing a shelter, the agency acts as a referral service.

FIRST STEP assigns the women and their children to a counselor.

Last Wednesday there were eight women and 14 children in the shelter.

"We try to make it as much like a home as possible," said Ellis, pointing out the kitchen and laundry rooms. Foster grandparents visit the children.

"Traditionally children in shelters are considered second class," said Ellis, adding First Step believes mothers and their children are a unit.

Murals depicting Easter bunnies hang on the wall.

"The art some of the kids draw is enough to rip your guts out," Ellis said. "One had a guy coming at the mother with a knife."

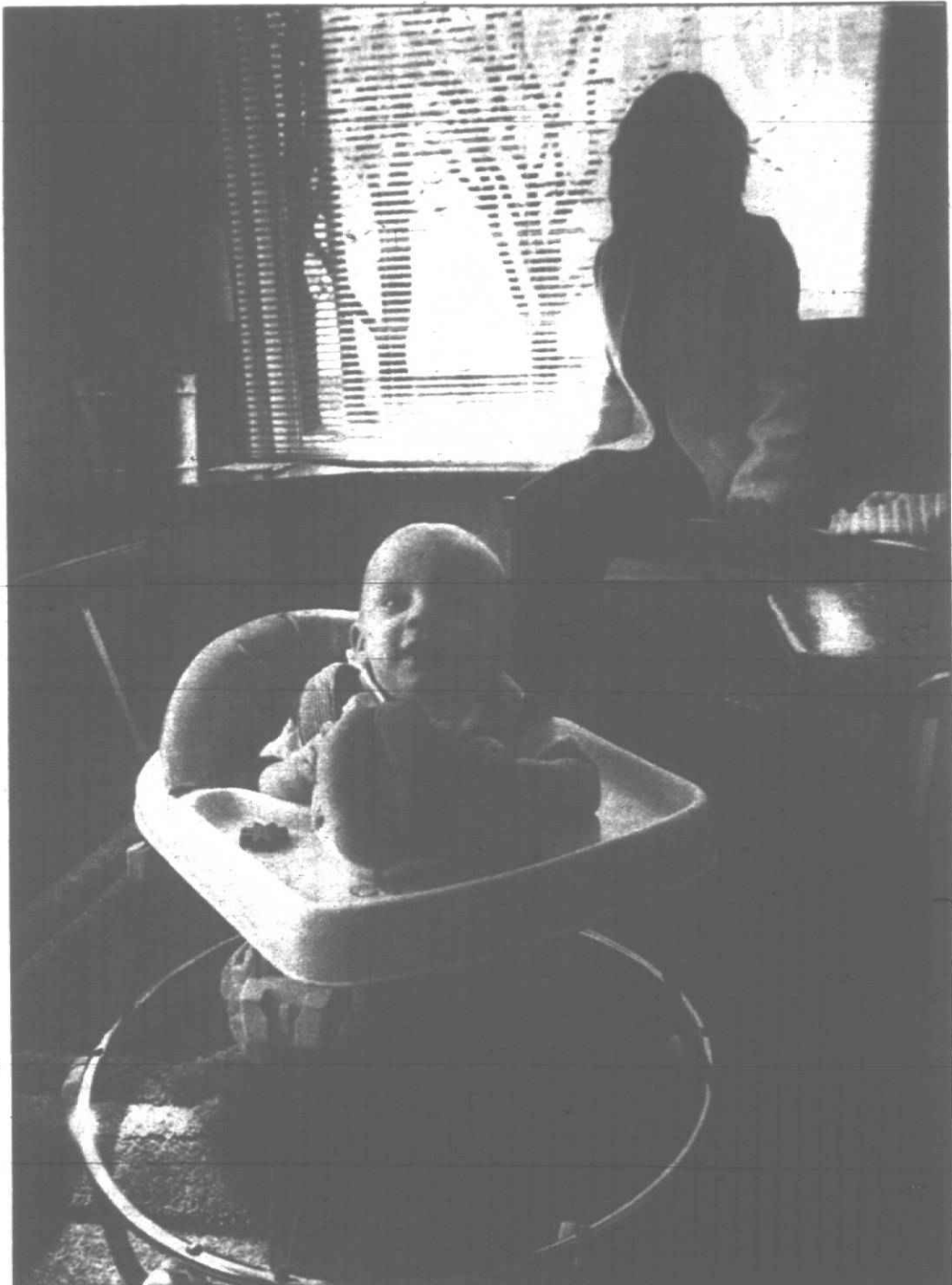
Framed cross sticks hang on the wall. Mickey Mouse smiles over one doorway.

The agency operates from private donations that come from community organizations, the state department of Social Services, United Foundation and other groups.

Even a playground set was donated, Ellis said.

"We've come a long way in the past few years. People are recognizing the problem. We have a long way to go."

First Step's 24-hour Crisis Line can be reached by calling 459-5900.



A resident and a child enjoy a lounge area.

New festival is a Challenge

By Diane Gale
staff writer

Canton Challenge Fest organizers are fitting together pieces in the new event and they're sending you a puzzle as a reminder to take part.

Canton Challenge Fest puzzles will come to residents in the mail as a promotion for its first year. It replaces the Canton Country Festival, previously known for its cow chip fling — the purpose of which was to see who could throw pieces of sun-baked cow dung the farthest.

The Canton community switches "from cow chips to computer chips," said Bill Joyner of Public Administration Research Group, a newly

formed public relations firm hired for \$10,000 to promote the event.

THE FESTIVAL theme is family, fun and fitness.

"Canton needs to feel good about itself and the Challenge Fest gives them two weeks to do that," Joyner said. "It's a transition from the old to the new. And it's a transition to develop a sense of community."

The event starts May 24 with 220 teams competing in the Canton Soccer Tournament. It's expected that the teams will play on a field behind township hall, Canton Center south of Proctor.

The festival wraps up with the June 4 Walk/Run for Literacy at the

Church serves up tradition



Choir members at St. John Neumann Catholic Church in Canton sing during a Good Friday Mass. The afternoon service was among a number of Holy Week activities held at Canton-area churches.



Bob Jones serves coffee to Julie Ford and Carole Mathews during the breakfast at the First Presbyterian Church of Plymouth. Women's Association members at the church have held an annual "White Breakfast" for 40 years.

Many years ago, a member of First Presbyterian Church of Plymouth attended a "White Breakfast" in Muskegon.

"The idea was brought back to us to our association," said Millie Ferreri of Plymouth Township, co-president of the Women's Association at the church.

The morning of Thursday, March 23, Women's Association members participated in the 40th "White Breakfast." The origins of the name are unknown.

"Of course, the ladies all used to wear their Easter bonnets," said Doris Richard of Plymouth Township, co-president of the Women's Association. Women also wore white gloves in those days, it may be that the tables were decorated all in white.

"But we really don't know exactly," Richard said. "It's been very popular." A total of 140 people attended Thursday's service, one of a number of Holy Week activities held at First Presbyterian Church of Plymouth and other area churches.

The morning began with a worship service. The speaker was the Rev. Teri Taylor from the staff of the Presbytery of Detroit. Singers Karen Chapin, Judy Ancona and Beth Stewart performed during the service, with Mary Spear introducing the speaker.

The breakfast — not limited to food in white tones — followed. The tables were, so to speak, turned, with the men waiting on the women guests.

"They've been a great help," said Doris Richard, whose husband, Bruce, was among the hard-working men. "We couldn't do it without them."

Ferreri and Richard are confident the annual Maundy Thursday tradition will continue at their church for another 40 years.

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points of view

A day in Washington D.C.

One recent morning in Washington D.C., I was able to listen to the Watergate tapes in a National Archives warehouse. During part of the "Smoking Gun" tape, President Nixon tells Harry Haldeman that getting \$1 million in hush money after the break-in at Democratic headquarters will be no problem.



M.B. Dillon

The Ollie North trial was next on my agenda. When I arrived, former national security adviser Robert McFarlane was testifying about an agreement he reached with an ambassador from a Middle Eastern country in 1984. The country would give the Nicaraguan contras \$1 million a month after Congressional funding of the Central American war was cut off. President Reagan said not to share the information, McFarlane testified.

"The President said, 'If such a story gets out, we will be hanging by our thumbs in front of the White House,'" said McFarlane. At lunchtime, I walked over to Union Station, where vendors in a beautifully refurbished train station sell everything from sushi to tacos. About to throw away what I couldn't finish and stack my tray, I noticed a middle-aged, bedraggled-looking man eyeing my leftover rice. He approached me and asked, "Can I have that?"

A few seconds later, he was wolfing down the meager remains of my Mexican lunch.

TWO DAYS BEFORE, I'd had the good fortune of meeting Colman McCarthy, a Washington Post syndicated columnist, at a lecture he gave on non-violence.

When he learned I worked for a newspaper, he suggested I visit some shelters for the homeless. He gave me some names and addresses.

McCarthy's suggestion was easy to follow. Sleeping on subway grates and begging on the streets, the homeless seem to be everywhere.

On the sidewalk outside Union Station near Capitol Hill, I almost kicked over an old potato salad container. In it were a few coins and singles.

Sitting on a step a couple feet away was a red-haired woman dressed in black. A cardboard sign bundled up with a few of her belongings read, "Food, shelter for D.C. Homeless. Please."

"My story is pretty basic," she told me. "I lost my job, and I can't afford a place of my own."

"More and more people are homeless," she said. "It isn't only single people, or the stereotype of the drunken bum. The homeless are people with families who had jobs."

"Our system favors the rich. Whatever happened to our Statue of Liberty's motto, 'Bring me your homeless and needy'?"

I found my way to Mt. Carmel House, a shelter for homeless women on a dead-end street.

Sister Rosa opened the door, and the look on her face told me I'd come at a bad time. Dinner was being prepared, and she didn't have time to talk. I mentioned that Colman McCarthy had told me about her. I offered to pitch in with dinner.

Speaking with a Spanish accent, Sister invited me inside the 10-year-old building, originally an orphanage, and gave me an apron. I joined a young married couple and their friend in the kitchen. They were washing dishes and serving tuna casserole, mixed vegetables, rolls and puffed cake to a dining room full of women.

Young, old, black, white, Oriental, healthy, sick, hopeful, desperate — the women had one thing in common. They were hungry and homeless.

As I put plates down before them, some gazed past me with vacant stares. Others seemed so starved for love they were numb to the world around them. One gave me a big smile and a thank you.

After dinner, Vivian, an elderly black woman, was lying on a cot in a bedroom she shares with seven women. Her face was wet with sweat. She was trembling and mumbling incoherently.

"Get under the covers, you'll feel better," said Sister Rosa, her hand on Vivian's forehead.

Vivian is a paranoid schizophrenic who's suffered several attacks since

coming to Mt. Carmel House four months ago.

"Last week we thought Vivian was having a heart attack," said Sister Rosa.

"An ambulance took her to D.C. General. In the emergency room, we said, 'Please call us once you know something.' After no one called, we called them. They told us Vivian wasn't registered."

"A few hours later, Vivian came to our door. The same night, she collapsed."

"She was taken in an ambulance to George Washington Hospital. After two days in the cardiac unit, she was discharged, and she is sick. When you're homeless and don't have insurance, they do the minimum for you."

"Almost all the women here were abused all their lives," said Sister Rosa, who has a scar over her eye, left by a woman who turned violent in the shelter one night.

"They've been raped and robbed so many times they have very little resistance. One woman told me that when she was little, her mother threw her in the garbage three times."

"Her grandma took her out each time."

Sister has a couple of happy stories about women who've managed to get their lives back together. But only a couple after nine years.

Marika, a young Yugoslavian woman, "Was with us almost two years. Her English wasn't too good, and she was mentally ill," said Sister, whose Spanish order houses 42 women on \$90,000 a year — donated by individuals and Catholic charities.

"She would shoplift at the grocery store and I had to go to court with her. The judge wanted to put her in jail. I said she didn't need to be in jail. She should be in the hospital. This happened many times."

"Marika cried and cried, talking very loud in her own language. She maintained she wanted to kill herself. We never took it seriously. One day she left and said she wasn't coming back."

"When she didn't come back, we called other shelters with no luck. One day on the news we heard they found the body of a woman in the Potomac River. We called the morgue, described her and they said no, they didn't have her. We left our

number anyway."

"Later they called us. We went to the morgue and identified the body." Sister Rosa said she found some writings in Marika's room and took them to an embassy to be translated.

"She'd written about how difficult life was, how it wasn't worth living anymore, and how painful it was," said Sister.

"We finally found her mother in Yugoslavia and told her her daughter was dead. I sent Marika's things to her — it wasn't too much — close to \$400, some pictures of her mom, brothers and sisters, her writings and a few clothes."

I wondered how much more the sisters could have done for Marika if Mt. Carmel House received even a little government help.

"God bless you," Sister said as I left, hugging me and pointing me in the direction of the nearest subway stop.

I walked six blocks through the darkness, through Chinatown to the subway.

On the train, I sat among well-heeled businessmen and women carrying leather briefcases and Gucci bags, and thought:

In giving, when you least expect it, you receive in return. My own problems had paled in the face of the suffering I'd witnessed. I was more in touch with my fellow human beings, and in a better spot to do something about their pain.

I wished we would reorder our national priorities. I decided I should reorder mine.

And I was filled with respect and affection for a journalist so determined to help ease suffering around him that he was able to inspire an acquaintance to do the same thing, if only in a small way.

One of McCarthy's favorite sayings is, "Don't worry about being successful. Just be faithful."

Too bad we don't have more Colman McCarthy's around. If we did, there'd be a lot more love and laughter in our world.

Marybeth Dillon is a reporter for the Plymouth and Canton Observers. She visited Washington D.C. with students and faculty from Plymouth-Canton Community Schools on a fellowship from Close Up, a national foundation dedicated to hands-on learning about government.

from our readers

Millage questioned

To the editor:

I just finished reading the Plymouth-Canton Community Schools newsletter.

Just owning commercial property in Plymouth does not give me the privilege of voting, just the privilege of paying more taxes each year. Retired and self-employed people are tired of paying more and more each year.

The school board will have to do like we do, live on what we have because no one gives us a raise when we come up short.

The Plymouth council and township boards saw that all the "good old boys" got their tax abatements approved. Ford Motor has \$9 billion in cash and got a tax abatement.

Ford Motor would have added the presses if they had been turned down but the township board doesn't have any guts.

I see the superintendent gets \$84,000 a year plus \$6,000 car allowance. No wonder he can drive around town in a \$30,000 Cadillac. The taxpayers buy it for him. I'd buy him an \$8,000 Escort and tell him to use it for school business for the next four years.

Don't ask the Ford and Chevy buyers to support the Cadillac and Lincoln the "good old boys" can afford with their tax breaks and car allowances.

When the school board runs the school instead of the kids, I might have a different attitude. A visit to school and you will see what I mean.

Dean H. Leubels, Plymouth

Student happy after trip

To the editor:

I am a member of the Close Up Government classes at Centennial Educational Park and I recently attended the annual seminar in Washington D.C. The trip was an excellent educational experience for me, and I thoroughly enjoyed myself.

Men, if you're about to turn 18, it's time to register with Selective Service at any U.S. Post Office.

I would like to thank Marybeth Dillon, one of your reporters, who went with us on our trip and did a great job covering the event. I was very pleased with the coverage she gave us.

Thank you once again Marybeth! Shelley Rodgers, Salem Close Up Student

Happy with city police

To the editor:

I would like to thank the Plymouth Police and emergency unit for their quick response to my accident on March 9, on Main and Mill streets, and for their genuine concern for my well-being.

It's comforting to know they are there when we need them. I would also like to suggest a left-turn arrow at that intersection, as it is a very dangerous corner.

Mrs. Edith Henderlog, Plymouth

Opinions are to be shared

Opinions and ideas are best when shared with others.

That's why the Plymouth and Canton Observer newspapers encourage readers to share their views with others by making use of the From Our Readers column.

When the newspapers express their opinions on the editorial pages, we always leave space open for our readers to express their ideas.

Submitting a letter to the editor for publication is easy. We ask that letters be typewritten or printed legibly and kept to about 300 words. Letters must be signed and include the address of the sender.

Names will be withheld only for the best of reasons, and the decision to do so will be made by the editor. Letters should be mailed to: Editor, Canton Plymouth Observer, 489 S. Main, Plymouth 48170.

It's quick. It's easy. And it's the law.

Sheriff will get his day in court on jail

By Wayne Pool
staff writer

Wayne County Sheriff Robert Ficano is back in control of the county jail, at least temporarily, after a ruling Friday by the Michigan Supreme Court.

The high court temporarily set aside the order giving jail control to Wayne County Executive Edward McNamara and ordered the Michigan Court of Appeals to give "immediate consideration" to Ficano's appeal of that order.

Chief Wayne County Circuit Judge Richard Kaufman appointed McNamara jail receiver Feb. 16. Ficano is appealing that ruling.

Appeals judges were ordered to hear the case within 60 days and "is-

sue an opinion as expeditiously as possible." A court spokeswoman said it was possible the court could issue its ruling well before the 60-day time period expired.

"WE ARE thankful for the Supreme Court's ruling and we're confident we'll be successful in our appeal," Ficano said. "We've always felt we were correct on merits."

Ficano will retain control of the jail at least until the appeals court issues its ruling.

McNamara, contacted Friday afternoon, said he hadn't seen the high court's ruling.

"It amazes me they'd do something like that, that's just ridiculous," he said.

Appeals judges were already scheduled to hear Ficano's appeal, though a court spokesman said a court date could have been many months away.

IN LIMBO, for the time being, is Peter Wilson, the jail administrator appointed by McNamara. Wilson, head of the county youth home, had been overseeing jail operations since March 16 under terms of Kaufman's order. However, McNamara said the appeal process wouldn't affect Wilson's employment.

Kaufman had ruled Ficano wasn't doing enough to improve inmate conditions and ordered McNamara's office to take control of the jail for one year as receiver.

Earlier this month, the appeals court rejected Ficano's initial motion for a stay blocking the jail take over. The sheriff subsequently appealed to the state Supreme Court. The high court declined to hear the Ficano's appeal. Instead, it sent mat-

ters back to the appeals court with the order for immediate consideration.

The Michigan Sheriffs Association has gone on record in support of Ficano's appeal. It is believed Ficano was the first county sheriff to have had supervisory powers over his county's jail taken away by the courts.

The case stems from a 1971 jail lawsuit. At that time, inmates sued the county alleging inhumane conditions existed at the jail.

Inmates alleged they were being housed three-to-a-cell, often without mattresses or blankets, that the jail suicide rate was excessively high, that recreational activities and psychological counseling were inadequate or nonexistent and that prisoner living areas were infested with rats and cockroaches.

The county circuit court ordered the county to improve conditions at the jail and has been overseeing improvements since then.



"We've always felt we were correct on merits."

— Robert Ficano
Wayne County sheriff

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Variety highlights S'craft offerings

The following classes and/or activities are sponsored by Schoolcraft College. Classes and activities are offered at the college unless otherwise indicated. The college is at 18600 Haggerty, between Six and Seven Mile roads in Livonia.

Poetry reading

Michigan poet Herb Scott will read from his works 8 p.m. Monday, March 27, in the college's liberal arts building.

The reading is sponsored by "The MacGuffin," the college's literary magazine.

Scott, an English professor at Western Michigan University, has received the Pablo Narada Prize for Poetry, a Michigan Council for the Arts Fellowship and a National Endowment for the Arts Fellowship.

Scott, judge of "The MacGuffin" 1989 Poet Hunt, will announce the poet competition winners at the event. The reading is free and open to the public.

More information is available by calling Arthur Lindenberg, 462-4400, Ext. 5292.

Bowling benefit

A bowling benefit on behalf of the Schoolcraft College Alumni Association will be held 2-5 p.m. Saturday, April 1, in Merri-Bowl Lanes, Livonia.

Bowlers 17 and older will raise money for student scholarships. Games and shoes are free to participants. Bowling teams are welcome.

Additional information is available by calling the alumni relations coordinator, 462-4400, Ext. 5046.

Learn to kayak

Beginning kayaking is being offered through the college's continuing education services division 7-9 p.m. Friday, April 21, and 10 a.m. to 3 p.m. Saturday, April 22. The fee is \$75.

The class provides students with the skills to navigate in open water.

More information is available by calling 462-4413.

Hunter education

Hunter education is the focus of a continuing education services class at Schoolcraft College.

The class meets 7-10 p.m. Friday, April 14, 9 a.m. to 3 p.m. Saturday, April 15, 9 a.m. to noon Saturday, April 22, and 7-10 p.m. Friday, April 28.

The class provides instruction in home firearm responsibility and hunter safety as outlined by the Michigan Department of Natural Resources.

The course is open to anyone 12 or older. There is no charge.

Additional information is available by calling 462-4413.

able by calling 462-4413.

Swimming classes

Parent and tot swim sessions will be held at Schoolcraft College 6-7 p.m. Tuesdays beginning April 11 and 4-5 p.m. Thursdays beginning April 13.

The fee for the seven-week program is \$35.

The class is designed to teach toddlers and young children to swim. There must be one parent registered for each child attending the class. Enrollment is limited to the first 15 parents and children registered.

More information is available by calling 462-4413.



New counsel named

Saul Green, chief counsel of the Detroit office of the Department of Housing and Urban Development, has been appointed Wayne County Corporation Counsel. He replaces newly appointed Wayne County Circuit Judge Samuel Turner in the post. Green, 41, received his law degree from the University of Michigan. As corporation counsel he is the county's chief attorney in all non-criminal cases and represents all county officials and departments. Green previously served as an attorney with the Michigan Court of Appeals and was assistant U.S. attorney for the eastern district of Michigan. He is president of the Wolverine Bar Association. Green, a Detroit resident, is a married father of one.



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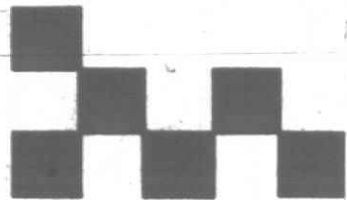
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5. Cut down on total fat intake from animal sources and fats and oils.
6. Avoid obesity.
7. Be moderate in consumption of alcoholic beverages.

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Taste buds

chef Larry Janes



Catfish aren't funny

I can remember growing up in Wyandotte and riding my bike down to where the Boblo boat used to make its second stop.

Slung over my shoulder was my 10th-birthday present, a Zebco rod-and-reel combo. Shoved into one jacket pocket was a cottage cheese container of nightcrawlers that my dad and I searched for the night before, after a full afternoon of lawn watering.

The other pocket was crammed with a waxed-paper-wrapped peanut butter sandwich and a quarter that, if memory serves, would get me two bottles of Coke. I went searching for perch but mostly ended up with a few carp and an occasional catfish.

I always cringed when the slimy thing with whiskers that "would sting ya if you didn't watch out" was hauled in. I recall once offering an elderly fisherman to my right a quarter if he would "get it off the hook" for me.

After losing my refreshment money a few times, I figured it was just easier to use the hankie Momma always would stuff into my pants pocket.

Ah, but the image of the bottom feeder catfish is rapidly changing. Granted, they can still be caught downriver, but the grocer or fishmarket has fresh catfish available year-round here in the metropolitan area.

NOT RIVER-FED catfish, mind you, but farm-raised, grain-fed, Delta Pride catfish is what suburban shoppers are discovering to be the "in" fish.

What's the difference, you ask?

First off, they're gaining a reputation for being light textured, sweet tasting and totally lacking the fishy odor that plagues most other fish. Seems these farm-raised catfish live an approximate 18-month life in crystal-clear and man-made ponds.

After hatching, the fingerlings are fed a mixture of soybeans, corn, wheat and fishmeal, along with essential vitamins and nutrients that float on the top of the ponds which, in turn, make the bottom sucker naturally seek out nutrition from the surface.

This natural feeding, in addition to the cleanliness of the ponds, makes for a fish that is sweeter and, as this writer can attest after purchasing some in his favorite grocery, has relatively no fish odor. (What will they think of next?)

In addition to a gentle, sweet taste, the fresh farm-raised catfish fillets I purchased (at a little under \$5 per pound) cooked up beautifully. First, I experimented with a light coating of crushed Ritz crackers, seasoned with a little paprika and garlic powder. A light dipping in an egg wash and a quick roll in the seasoned cracker crumbs, along with about four minutes in a hot skillet seasoned with about a tablespoon of oil, produced a picture-perfect pan-fried fillet.

Later, I talked personally with John Polase, executive chef of Delta Pride Catfish, who told me about many other ways farm-raised catfish can be cooked.

Restaurants to be reviewed

Restaurant reviews will appear in Taste every other week, starting Monday, April 3. Dining spots in communities covered by the Observer & Eccentric will be featured. The critic will remain anonymous, to ensure getting the same service any other customer would receive while dining out.



JIM JAGDFELD/staff photographer

Waitress Suki Lee shows customers how to dip raw beef and vegetables into a pot of simmering sukiyaki sauce, during dinner at Akasaka Japanese Restaurant in Livonia. The dish sukiyaki typifies nabemono, which is one-pot cookery.

Do it yourself

Cook the meal when dining out

By Janice Brunson
staff writer

Imagine dining in a restaurant and cooking the food yourself.

Dining out. Cooking. An obvious conflict of terms that fail to fit one another. A genuine oxymoron, as it were.

But look again.

This is exactly what's happening at two area restaurants where essential ingredients are provided table-side for cooking by diners who pay for the privilege.

Charley's Clamdiggers in Farmington Hills has introduced the latest culinary sensation, do-it-yourself hot rock cooking based on ancient technique.

Akasaka Japanese Restaurant in Livonia nurtures traditional, Oriental cuisine that is virtually unknown in the West, do-it-yourself nabemono.

In both instances, diners anticipate more than tasty cuisine. Hot rock and nabemono are dining experiences in which the chef is the guest of honor.

This dining involves more than simply eating. It is a complete dining experience.

"PEOPLE LIKE it very much, especially men. We have lots of male customers," said Suki Lee, one of the Akasaka waitresses most experienced in the art of nabemono. Through her gentle tutelage, Westerners and others who have never before cooked or eaten nabemono quickly acquire the skill.

Loosely translated, nabemono means pot of food or cooking in a pot. Akasaka offers three variations of "pot food," beginning in price at \$14.95 each.



With chopsticks, diners remove cooked food, then dip it into whipped egg.

- Sukiyaki - thinly sliced beef, tofu, bamboo shoots and other vegetables in sukiyaki sauce.
- Shabushabu - thinly sliced beef and vegetables in broth.

Please turn to Page 3

Japanese meal in pot

This recipe for sukiyaki is from "The Cooking of Japan" in the Life-Time "Foods of the World" series of cookbooks.

NABEMONO: One-Pot Cookery

In all "nabe" — one-pot, do-it-yourself — cooking, the actual cooking is done at the dinner table, although the uncooked food is sliced and arranged in advance. An electric skillet or casserole is most effective in preparing "nabemono," but a heavy,

Please turn to Page 3

Fanciest desserts come easy

By Arlene Funke
special writer

Sure, that chocolate walnut torte cake sounds heavenly. But who has the time — or desire — to chop, stir, mix and decorate a fabulous dessert?

Nancy Pringle Davis does. Her Plymouth bakery, called Pringle's Pastries of Old Village, produces tasty desserts made the old-fashioned way.

"Everything is made from scratch," said Davis, 46. "Seventy percent of the women are working today. Many of them are probably gourmet cooks, but they don't have the time. They tell me that they want something to complement a fine meal. But they are also looking for quality."

Davis specializes in cheesecakes and torte cakes. She uses no mixes. Among the choices are chocolate walnut torte cake and walnut graham torte, Kahlua milk chocolate cheesecake and chocolate mousse pie. She also makes bite-sized tarts, specialty cookies and cupcakes and miniatures of several varieties.

"I didn't want a traditional cake shop," said Davis, a former Plymouth resident who now lives in Howell.

DAVIS' BAKERY is the fulfillment of a longtime dream. A self-taught baker, she launched her business last year after accepting a buyout from General Motors Corp. when

Please turn to Page 4



BILL BRESLER/staff photographer

Nancy Pringle Davis shows some of the delicious cakes she bakes at Pringle's Pastries in Plymouth's Old Village.

Pringle's Pastries gives its recipe for shortbread

SCOTCH SHORTBREAD

- ¾ cup butter, softened to room temperature
- 2 cups all-purpose flour
- ½ cup sugar
- 1 teaspoon vanilla

Mix butter and sugar thoroughly. Measure flour by dipping measuring cup into flour and leveling off with knife. Work in flour with hands. Chill dough. Heat oven to 350 degrees. Roll dough to ¼ inch thickness on surface sprinkled with granulated sugar. Cut into fancy shapes (ovals, squares, hearts). Place on ungreased cookie sheet. Bake 20-25 minutes. (Tops do not brown.) Makes two dozen 1½-inch cookies.

TART SHELLS (Bite-Size Shortbread Tarts)

- ½ cup butter, softened
- ¼ cup sugar
- 1 egg
- 1 teaspoon almond extract
- 1¼ cup all-purpose flour

In a large mixer bowl combine all tart shell ingredients. Beat at medium speed, scraping bowl often, until

mixture is crumbly (2-3 minutes). Shape dough into 1-inch balls. Place balls into mini-muffin pans; press on bottom and sides to form shells. Bake at 350 degrees for 5 minutes or until very lightly browned. Cool slightly before filling. Yield: 3 dozen.

Fill with your choice of fillings. Some suggestions would be: lemon filling, topped with meringue; blueberry topped with whipped cream; or, a favorite at Pringle's Pastries, pecan filling, topped with a pecan half (recipe below).

CARAMEL PECAN FILLING

- 1 cup powdered sugar
- ¼ cup butter
- ¼ cup dark corn syrup
- 1 cup chopped pecans
- 36 pecan halves

Combine all filling ingredients in 2-quart saucepan, except chopped pecans and pecan halves. Cook over medium heat, stirring occasionally, until mixture comes to a full boil (4-5 minutes). Remove from heat and stir in chopped pecans. Spoon into baked shells. Top each with a pecan half. Bake for 5 minutes. Cool. Remove from pans. Makes 36 tarts.

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Cook the meal yourself when dining out

Continued from Page 1

Yusenabe - assorted seafood, including shrimp, white fish, scallops and crab, and vegetables in broth. An essential ingredient with each dish is raw egg, beaten into a froth and used for dipping each bite of food. The raw egg cools the freshly cooked food, making it edible immediately after removing it from the cooking pot.

No other seasoning is offered or needed. Nabemono is a popular way of casual dining in the Orient, according to Shigeru Yamada, owner of Akasaka Yamada, who came to the United States in 1979, managed the Kyoto Japanese Steak House in Detroit, Dearborn and Troy before launching his restaurant last June.

"JAPANESE PEOPLE, especially like nabemono during winter time on tatami (straw mats)," Yamada said. His restaurant has three tatami rooms - enclosed areas featuring privacy and dining on low tables while seated on floor mats. Tatami rooms must be reserved far in advance due to popular demand.

Suki Lee places a gas burner in the middle of the table, turns the jet to high and begins heating a trace of oil in the heavy metal pan. She momentarily disappears, returning with an enormous platter of sukiyaki - raw food arranged into an elaborate floral design. Thin medallions of ruffled beef serve as the outline of the flower, encasing a center filled with sprigs of chrysanthemum greens (that taste surprisingly like spinach) and geometrically arranged carrots, scallions and burdock (a large-leaved plant) sliced thin. There are also black mushrooms and starch noodles that cook transparent.

Using chopsticks, Lee deftly demonstrates nabemono by placing pieces of raw food into the hot pot of simmering sukiyaki sauce. The food cooks quickly. Lee removes it to individual eating bowls where diners attack it with chopsticks, first dipping each bite into whipped egg and then eating it. And so it goes, amid oohs, aahs and general merriment, until the last morsel is consumed, a messy feast certain to satisfy the chef-diner.

AT CLAMDIGGERS, hot rock cuisine was introduced to area diners last December. "It's the arena that sells it. That, and seeing it done," Jim McIntyre, who manages Clamdiggers, said of the hot rock sensation. In recent months, interest in and devotion to the cooking method has increased enough so that "people call to reserve their rocks" on week-end nights, according to McIntyre. The restaurant has rocks enough for 40 diners at one time. Each rock may be reused for reuse throughout the evening.

The rock, a five-pound slab of polished granite, measures six-by-six inches and is one and one-half inches thick. Each rock requires an initial heating time of several hours. Once served, it retains a 500-degree cooking temperature for about half an hour. Wearing a black bow tie, waitress Donna Kondrat demonstrates hot rock technique with a flair, enthusiastically over the results.

"You cook it yourself, as much as you want, as long as you want. And then I clean up the mess," she says, applying a dollop of liquid casino butter seasoned with garlic to the preheat for several minutes. Hold the folded strip of fat with chopsticks or tongs and rub it over the bottom of the hot skillet. Add 6-8 slices of meat to the skillet, pour in 1/4 cup of soy sauce, and sprinkle the meat with three tablespoons of sugar.

Cook for a minute, stir, and turn the meat over. Push the meat to one side of the skillet. Add approximately 1/2 of the scallions, onion, mushrooms, tofu, shirataki, greens and bamboo shoot in more or less equal amounts, sprinkle them with 1/4 cup sake and cook for an additional four to five minutes. With chopsticks or long-handled forks (such as fondue forks), transfer the contents of the pan to individual plates and serve. Continue cooking the remaining sukiyaki batch by batch as described above, checking the temperature of the pan from time to time.

Continued from Page 1

shallow casserole or skillet set over an alcohol burner, charcoal-burning hibachi, or gas table burner does almost as well.

SUKIYAKI
Beef and Vegetables Simmered in Soy Sauce and Sake
To serve 4

1 pound boneless lean beef, preferably tenderloin or sirloin
8-ounce can shirataki (long noodle-like threads), drained
1 whole canned takenoko (bamboo shoot)
A 2-inch-long strip of beef fat, folded into a square packet
6 scallions, including 3 inches of the stem, cut into 1 1/2 inch pieces
1 medium-sized yellow onion, peeled and sliced 1/2 inch thick
4-6 small white mushrooms, cut into 1/2-inch-thick slices
2 cakes tofu (soybean curd), fresh, canned or instant, cut into 1-inch cubes
2 ounces Chinese chrysanthemum leaves, watercress or Chinese cabbage

3-5 tablespoons sugar

1/4-3/4 cup sake (rice wine)

Prepare Ahead: 1. Place the beef in your freezer for approximately 30 minutes, or only long enough to stiffen it slightly for easier slicing. Then, with a heavy, sharp knife, cut the beef against the grain into slices 1/4 inch thick, and cut the slices in half crosswise.

2. Bring one cup of water to a boil and drop in the shirataki; return to the boil. Drain and cut the noodles into thirds.
3. Scrape the bamboo shoot at the base, cut it in half lengthwise, and slice it thin crosswise. Run cold running water over the slices and drain.
4. Arrange the meat, shirataki and vegetables attractively in separate rows on a large platter.

To cook and serve: If you are using an electric skillet, preheat to 425 degrees. If not, substitute a 10-12 inch skillet set over a table burner and

Sauce
1/4-3/4 cup Japanese all-purpose soy sauce

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granite. The butter sizzles but, curiously, there is no splatter. Nor is there undue heat from the rock. The rocks are served in specially designed platters with geometric edges, around which food and sauces are artfully arranged. Each platter equates an individualized setup for cooking and dining.

"ACTUALLY, IT'S thousands of years old," said Terry Moritz, who with his wife Ingrid founded the modernized version of hot rock cooking named New Age, which is now used at Clamdiggers. New Age was

started after the couple brainstormed the hot rock idea seven years ago in their native Germany. "What's new about it is this is healthy and clean," Moritz added, in a phone conversation from California. New Age has FDA (Federal Drug Administration) approval. McIntyre said New Age is endorsed by Weight Watchers because food prepared without casino butter or other cooking oil is low in calories. More important, "Much less food is going back to the kitchen," he said, because diners who are cooking their

own food are able to prepare it exactly as they wish. The preferred entrée is a medley of Caribbean lobster, gulf shrimp and tenderloin of beef, served with an assortment of vegetables and fruits, including yellow and green squash, pea pods, pineapple, and carambola - a golden star-shaped citrus fruit that originally hails from China. A fragrant teriyaki-ginger glaze and a snappy red-bell-pepper cream sauce accompany the meal that costs \$22.50 per person. The menu has been perfected by chef Craig Common.

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Fanciest desserts come easy to baker

Continued from Page 1

the facility where she worked was closed. A senior specification analyst, Davis had been employed by GM for 19 years.

"It was just time to change careers, and I have always liked to bake," said Davis, who is married and the mother of four grown children.

"This is something I've wanted to do, and it's fun," she said.

Davis, who is of Scottish extraction, chose several of her most special recipes. Many, such as her smooth and buttery Scottish shortbread, had been in her family for many years. Others were favorite recipes clipped from magazines.

"My grandma and her sister used to cook from scratch," Davis said. "I just capitalized on it."

Pringle's Pastries is in a turn-of-the-century Victorian house, so typical of the Old Village section of Plymouth, several blocks from the downtown area. The building is blue and white and sports a sign with a shell crest. The shell is the Pringle clan identification, according to genealogical studies from Scotland.

Davis said she chose to settle her business in Plymouth because the residents are so enthusiastic.

"It's a community that is really interested in supporting the businesses in town," Davis said. "I opened in November and already have some wonderful, loyal customers."

BEFORE OPENING. Davis spent a month perfecting her recipes, giving samples to "anybody who was around, including the workmen" renovating the building.

Davis is admittedly fussy. She uses pure flavorings and butter, not margarine.

"I can tell the difference," she said.

Frostings are made from scratch, and cooked. Only fresh lemon juice is used in Davis' tarts. She does most of the baking herself, and only in quantities which she can sell within a day or so.

"I want to maintain quality," Davis said. "I make my cookies every day, even if I only bake up six or seven."

Although Davis hates to turn away business, she won't be rushed into turning out less than outstanding baked goods.

"Today's market is ready for quality," Davis said.

Torte cake often is made with fine, dry bread crumbs rather than flour. These cakes, which come in many varieties, are rich in eggs and brimming with nuts.

Davis' torte cakes come in chocolate, walnut, pecan and walnut graham flavors, frosted with mocha icing or buttercream. The walnut graham torte pairs a graham cracker cake with finely ground walnuts, fresh whipped cream and a brown sugar topping.

Also available are a Kahlua milk chocolate cheesecake and Grand Marnier cheesecake, with white chocolate filling and a macadamia nut crust. The chocolate mousse pie offers a chocolate cookie crumb crust with chocolate mousse, whipped cream and chocolate ornaments.

THE CAKES. which serve several people, range in price from around \$9 to around \$15 each. Some choices have smaller, less costly versions. Cakes also are available by the slice.

"I make a lot of different things that aren't on the menu," Davis said.

"People come in on Saturday morning, and they find out what I have."

When Davis received a special request for a grasshopper pie she consulted with her mother, retired and living in Florida.

Davis creates bite-sized tarts filled with cream cheese, cherries and tiny chocolate chips. Her black bottom cupcake — dense, deep chocolate surrounding a dollop of cream cheese — is a favorite recipe from a Bon Appetit magazine.

One of the most popular cookies is a walnut cheesecake thumbprint with raspberry filling.

"We also make oatmeal and chocolate chip cookies," Davis said.

"That's what the men want."

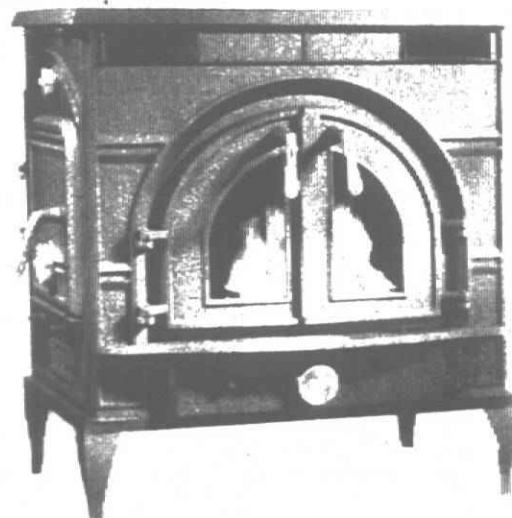
Pringle's Pastries of Old Village is at 735 N. Mill, Plymouth. Hours are 9:30 a.m. to 6 p.m. Tuesdays-Saturdays. Phone: 453-4226.

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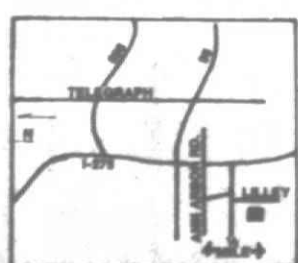
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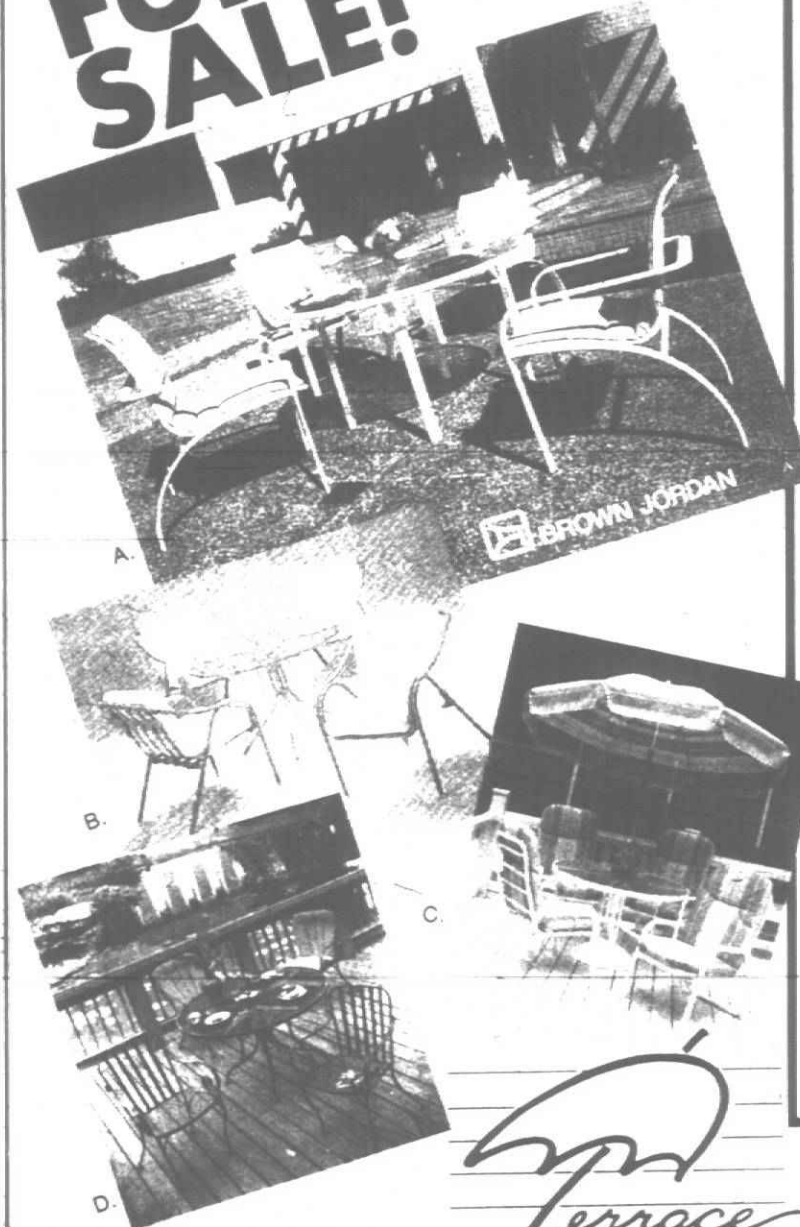
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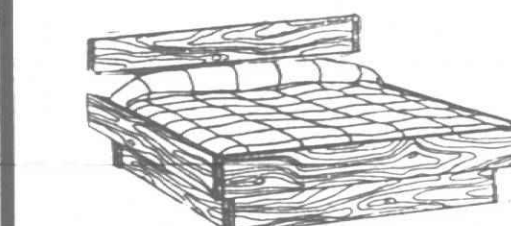
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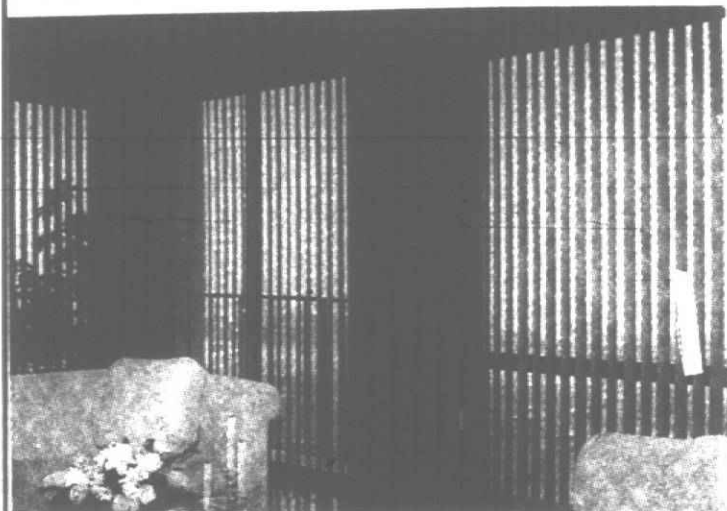
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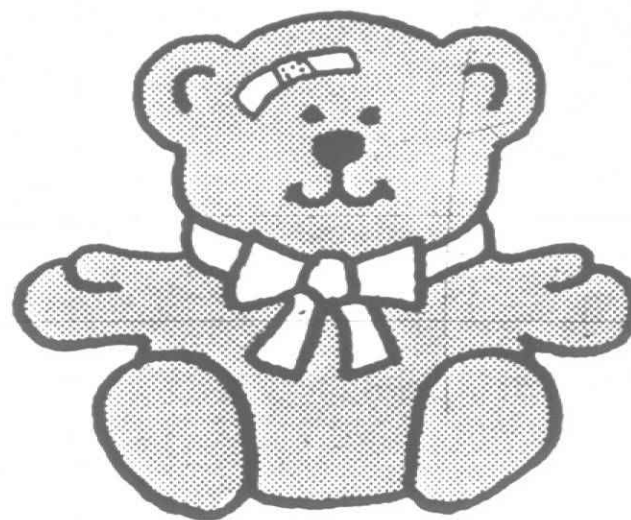
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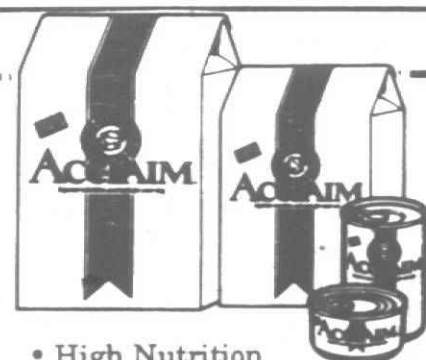
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Sports

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

Monday, March 27, 1989 O&E

(P.C)1C



Shannon Meath (17) returns for her senior year of soccer at Plymouth Canton. She will play the center-striker position again, having scored a

team-high 13 goals during the 1988-championship season.

RANDY BORST/staff photographer

Canton remains talented ballclub

By Dan O'Meara
staff writer

The challenge facing the Plymouth Canton girls soccer team is no easy task, but it's one the Chiefs know is possible.

Canton enters the 1989 season with the hope of retaining the Class A title it won last spring.

And, while winning back-to-back state championships is a lot to expect of any team, no one can doubt the Chiefs have the talent to repeat.

Third-year coach Don Smith has 13 players back from that team, including nine seniors and all-Observer selections Shannon Meath and Michelle Fortier.

"We could definitely be a contender," said Smith, who has a 28-5-4 record as Canton's coach. "But nobody is going to walk away with it. (Plymouth) Salem will have a good team, too — and (Livonia) Churchill only lost three players."

Salem was the 1987 state champion which lost to Canton in the district final last year, and the Chiefs edged Churchill 2-1 following a shootout in the state championship game.

"I'M SURE (opponents) will be coming after us," Smith said. "Everybody likes to beat the champ. We'll have to give 125 percent to do it again."

On the other hand, the success of last season will have some carryover benefit for the Chiefs, especially since their team returns virtually in tact.

"It has to help us," Smith said. "You have to feel you can win. That's the big thing in any sport."

"Any time you think you can win, you've got a chance. If you think the other teams are better, chances are you probably won't win."

Besides losing four seniors from a team that was 17-2-1, Canton's offensive potential was dealt an unexpected

soccer

'We could definitely be a contender . . . But nobody is going to walk away with it. I'm sure (opponents) will be coming after us. Everybody likes to beat the champ.'

— Don Smith
Canton soccer coach

ed setback when senior Julie Stabnick injured a knee playing indoor soccer last December. She is expected to miss the entire season.

But fortunately for the Chiefs they still have three experienced forwards, including returning starters Meath, who will play center striker, and senior Jenny Russell.

"They're going to be key players," Smith said. "The pressure will be on them, but I think they'll be up to the challenge. There might be some players who are better, but you won't find any who play harder."

MEATH WAS the team's leading scorer with 13 goals and 11 assists, and Russell had nine and 10, respectively.

Sophomore Ayana Nash, the No. 1 substitute at forward last year, will replace Stabnick, who contributed 11 goals. Nash scored three goals and had six assists in her first year of varsity play.

"The starting three are pretty solid," Smith said. "They all play with

the same intensity. They'll run until they fall. If you give them a step, they're hard to catch, and they'll fight you tooth and nail for the ball."

Canton lost midfielder Renee Rice to graduation, but the Chiefs have a veteran group that includes seniors Fortier, Jenny Steinhebel, Candi Jones and Molly Menard and sophomore Lynne Nichols. Together, they provide Canton with a real asset in the transition between defense to offense and vice versa.

"I guess we'd have to assume that," Smith said. "Our midfield is pretty strong. That's where ball-games are won or lost. They have to come through, but the (forwards) have to put it away."

The midfielders, however, did their share of scoring last year, too. Nichols was the top scorer among them with six goals (two assists). Fortier had four goals and five assists, Menard and Steinhebel three goals apiece and Jones one.

Furthermore, Smith can move any one of the five up to forward. Sophomore Christine Reilly, a transfer from Maryland, and junior Sonya Malkhassian, who played JV ball, are additional forwards. Freshman Christina Stansell will help with midfield depth.

THE CHIEFS lost an excellent goalie in Jen Saul to graduation, and Jacqi Walkowiak, who was the goalkeeper on the JV team that was 11-2-1, takes her place. Fortier can also play goalie as she did when Saul got hurt during the tournament, but Smith prefers to have her in the field.

"Jen Saul didn't have a lot of experience until she played high school soccer," Smith said. "She didn't play premier soccer, and Jacqi is the same way. But she's played indoor soccer, and she's a good, hard-working player."

Please turn to Page 2

Fear is fleeting Confident gymnast wins MAC title

By C.J. Risak
staff writer

It's often said a race can be lost before it starts. The importance of mental preparation is the reference.

It's hard to be ready if you're scared, though. And being unafraid is part of what makes a great gymnast, according to Deb Skeppstrom.

"A lot of gymnasts have the ability to do stuff," said Skeppstrom, a sophomore at Central Michigan from Plymouth (Canton High School). "But fear gets in the way and they can't do it."

Skeppstrom admits she harbors such fears. And yet, the event she is most comfortable in would be terrifying to others: the uneven parallel bars.

"I like it the most," she said. "I have fun doing it. I've been hurt before when I couldn't do much of anything because of a bad ankle. But I could always work on the bars. I never got hurt on them."

"The bars give me the most confidence."

SKEPPSTROM PUT her confidence on display at last weekend's Mid-American Conference championship meet at Bowling Green State, tying for first in the bars with a 9.40 score.

Skeppstrom also earned a tie for third, with three others, in the vault with a 9.40 score. She competed in the floor exercise as well, but did not place; she scored 8.90. She was not in the balance beam.

Her performance helped CMU record its best MAC finish ever, at the conclusion of its best season ever. Last year the Chippewas were fourth in

'I'd like to do the all-around next year, and I'd like to improve my bars score . . . I really want our team to make it to regionals and to win the MAC. Those are my biggest goals.'

— Deb Skeppstrom
Mid-American gymnastics champ

the MAC, and preseason expectations for this season were not much better. They surprised, however, by finishing second to Kent State by just .20. Kent State scored 183.15 to CMU's 182.95.

"It was real exciting," said Skeppstrom. "I think we opened some people's eyes. We came a long ways from last year. Until this season, we'd never scored over 180. Our best team score last year was 176. This year, we had a 183.75 at home against Kent State."

THAT MAY be one of the few disappointments of the season. CMU beat the Golden Flashes twice in dual meets this season, but came up just short at the MAC meet.

Another was how close the Chippewas came to qualifying for the NCAA regionals. The top seven teams in a region, determined by averaging each team's best five scores, qualify; CMU will finish in the top 10 in its region (final team listings will be released later this week).

"Coming into the season, we had no clue we'd ever get this close (to regionals)," said

Skeppstrom. "No one expected Central to do that well."

But, then again, she didn't anticipate the kind of season she's enjoyed, either. Her best score on the bars was 9.45; she failed to qualify individually for the NCAA regional meet because she wasn't in enough all-around competitions (the seven individual qualifiers are determined by averaging their five best all-around scores).

PERHAPS IT'S just as well that the season had its share of disappointments. It makes goal-setting easier.

"I'd like to do the all-around next year," said Skeppstrom, whose best all-around score this year was 36.35. "And I'd like to improve my bars score, and I'd like to make it to regionals."

"I really want our team to make it to regionals and to win the MAC. Those are my biggest goals."

A dietetics major, Skeppstrom is already working towards those goals. One reason for this year's success was a change in preparation by coach Jerry Reighard. "He changed our program a lot this year," said Skeppstrom. "There was more conditioning, more intense workouts. I think those had a big effect on us."

The payoff came in the team's success, and the final tally might not be in yet. The Chippewas are still riding the momentum from their 12-3 dual-meet season (5-2 in the MAC).

"We've started working on new tricks for next year," said Skeppstrom, who plans to take classes and continue training in Mount Pleasant this summer. Effort carried the Chippewas a long way last year, so why change?



photo by Robert Barclay

Deb Skeppstrom, a Canton High graduate, tied for first place on the uneven bars in the Mid-American Conference gymnastics meet.

Parry, distance runners known Salem talents

By Dan O'Meara
staff writer

Like any team in preseason stages, Plymouth Salem has its share of uncertainties regarding possible individual and group contributions to the coming campaign.

Roger Parry and the long-distance runners are not to be counted among those unknowns, however.

Parry is a senior whom the Rocks will count heavily upon. In his first year of track and field, he emerged as one of Salem's top performers last year.

He placed third in the high jump at the Western Lakes Activities Association meet after reaching a height of 6 feet, 3 inches, but he went out at 6-4 a couple times and is a consistent 6-4 jumper.

Parry will be an asset primarily in "specialty events," according to coach Gary Balconi, since he can also long jump and run the hurdles.

Salem's cross country team was among the WLAA contenders last fall, and many of those team members are running track.

SENIORS SCOTT Stryker and Bob Anzivino,

juniors Brendon Masterson, Dave Hamway, Mike Barretta, Greg Christensen and Sean Speakman and sophomores Mike Patterson and John Thomas make distance running the team's obvious strength entering the season.

"At this point it is," Balconi said. "I told them at the beginning of the practice, we're counting on them to get us going, because we have a lot of holes to fill."

"I know those kids, and I know what they're doing on the track," he added. "All of them are running together in a pack, so when we put them in a relay they're going to do pretty well."

In addition to the returning distance runners, a pair of juniors coming off successful winter-sport seasons, Jeff Gold (basketball) and Brian Burlison (wrestling) will supplement the corps of veteran trackmen.

The sprint events will be more of a question mark, but the Rocks do have some good ones, most notably junior Steve Burlison, who placed fifth in the 200-meter dash at the WLAA meet and will be a key man anchoring relays.

"Steve is the one we're counting on most based on his sophomore performance," Balconi said. "You have to put someone in there

who can catch people, and Steve is the one we're going to put there."

The Rocks might not have the outstanding sprinter they did two years ago in Brian Neubardt, but they will have depth.

SENIORS RANDY Fitt and Dave VanHoose, juniors Pat Bowie, who led off the 400 relay, Mike Rafail, Todd Marsee, Todd Cimo and Scott Robertson and sophomores Joe Pawluka and Matt Pefron are returning sprinters. Plus, freshmen John Bosworth and Leon Hister show promise, Balconi said.

Please turn to Page 2

exercising options

Myrna Partrich

Is her body-fat content too low?

Dear Myrna: I am a thin woman. I've always been the athletic type. I run and do aerobics a total of four or five times per week. My body fat is 12 percent. Is that too low? I do eat mainly a low-fat diet. Should I worry?

Birmingham Thil Woman

Well, you've given me lots of information, but no age. May I assume you are in your 30s? The question here is how lean is too lean?

Let me answer the question for both men and women. Healthy, fit women naturally have more body fat than fit men of the same fitness level. Athletic men who undergo endurance training commonly have a body-fat content of only 5 percent. It's almost impossible for a woman's body fat to get that low.

There have been women marathon runners who have lowered their body-fat to 7 or 8 percent, but that is rare. Women athletes generally stay above 10 percent (and they are thin people).

The normal body fat for a woman who exercises regularly and eats basically low-fat to medium-fat foods, ranges from 15 to 25 percent. Genetics do play a part here. Also, many women who are chubby children, have a hard time depleting those fat cells. Some women struggle to lower fat cells by diet and not exercise which results in losing muscle mass.

In your case, I'll bet you were always thin with a low fat content (only guessing, of course). Do you have irregular or absent menstrual periods? If so, pay a visit to your doctor just to check it out. If you have no irregularities or absence of menstrual periods, your body-fat content is all right for you.

Also, where did you have this body-fat test taken? How accurate did the medical or exercise expert say it was?

There are a variety of ways to test fat content. Check it out! Your body composition (fat test) sounds great to me. Very healthy — don't worry.

(Myrna Partrich, co-owner of The Workout Company of Bloomfield Township, is happy to answer any questions readers may be regarding exercise. Please send your questions to: Sports Department, Myrna Partrich, 1225 Bowers, Birmingham 48012).

Burlison key sprinter for Salem

Continued from Page 1

"On paper, it looks like we're not going to have a Neuhard on the end or a Garrett Bowie, but we'll have four who can all run about the same," he said.

But the Rocks are always competent in relays. Salem won the league title in the 400 and finished third or better in the 800 and 3,200.

"We've been real fortunate at Salem," Balconi said. "We manage to find sprinters some place. I guess I'll stick my neck out and say before the season is done we'll have good sprinters this year, too."

Complementing Parry in the high jump will be senior Mike Albertson, who couldn't compete last year be-

cause of a knee problem. He'll also run the 200 and 400 dashes.

Salem graduated the district and WLA discus champion in Jay Blaylock and another good thrower in Romolo Maura. Senior Rick Vandomele was the No. 3 shot put last year, and other prospects include juniors Mike Cygon and Jack Lupo and sophomore Rob Casler.

The long jump is a wide-open event with the graduation of Lamar Crayton, and the non-pole vaulting Rocks will spot the opponent an automatic nine points in that event again.

MIKE PARK, who scored in both hurdles events at the WLA, has graduated. Parry will specialize in

Chiefs enter season as defending champs

Continued from Page 1

"You can't expect your goalie to be outstanding," he added. "The goalie can't stop everything. You need a lot of help back there."

"That's why a good defense is important. You have to worry about (the goalie) making good saves and helping to win ball games."

And the Chiefs will have a quality defense to assist Walkowiak. Canton last defensive standout Leo Stoecklein, another all-Observer star who plays for Schoolcraft College now, but it returns Erin Morgan, Tricia Greenhalge and Chris Zawacki, who



soccer

scored the winning goal in the state final.

Smith plans to move Morgan to the sweeper position left vacant by Stoecklein, and Laurie McNamara, who came up from the JV team for the tournament last year, becomes the fourth starter. Senior Lisa Dean and junior Becky Shankie, both returning players, and sophomore Denise Koonitz, provide depth on de-

fense.

"THE ONLY thing we don't want (the defense) to do is get lackadaisical," Smith said. "Although we don't have a super, super goalie, I don't think they will."

"When you have an all-state goalie, they start thinking she's going to stop everything, and you end up getting hurt."

"I think they realize they've got to help the goalie," he added. "They have to stay alert at all times and not let the easy ones get by."

The Chiefs open the season on Wednesday, April 5, with a home game at 7 p.m. against Brighton.



Michelle Fortier

Hawks optimistic despite losses

By Steve Kowalski
staff writer

If Farmington Hills Harrison girls track coach Mark Babcock had his way, maybe he'd start the season today.

Before anyone else moves away. Three key performers off last year's team — Liz Tucker, Kamala Malosh and Lanell Sheenmaker — no longer attend Harrison after relocating with their families.

Babcock doesn't understand the unfortunate timing, but he'll have to do without the trio and also find a replacement for Tracy Radke, who graduated. Harrison was 4-2 in duals a year ago, finished third in the Western Division of the Western Lakes Activities Association and eighth at the league meet.

Consider how fast Farmington Hills is growing. It must be just a coincidence Babcock is being abandoned.

Though Harrison lost some outstanding talent, 47 girls have come out for the '89 team and that's about twice the usual number, Babcock said.

Already, he added, the Hawks have showed signs of improvement with their performance last weekend in the Huron Relays at Eastern Michigan University.

"We didn't knock anybody over or get a trophy," Babcock said, "but it was by far our best performance (since 1980) at the Huron Relays. We improved in every event."

HEADLINING THE list of returnees are senior sprinters Jane Peters and Maria Chalogianis. Peters was the WLA champion in

MALOSH TOOK with her school records in both the 100- and 200-meter dashes. Where are you now, Babcock must be asking.

"Every once in a while we get a kid to move in and make a contribution, but a lot more move out than come in," Babcock said. "I don't know if it's the area or what. It's just unfortunate. You'd think it would balance out."

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experience and a lot of talent."

Babcock believes Harrison is strongest in the sprint and middle distance events, and many of those runners are underclassmen. Among the juniors expected to contribute are sprinters Nivin Hakim and Nicole Leo. Jenny Carpenter and Sonja Magdeski also are juniors who will compete in the distance events.

The freshmen and sophomore classes could be a surprise. Leading the freshmen group are sprinters Nicole Addis, Audra Cockerham and Heather Conley and distance runner Alice Chu.

SOPHOMORES ON the roster include distance performers Joanne Hannawa, Alyssa Imami, Jeannie Klotzer and Kerrie Hentik.

Tracy Delbussio is another sophomore who excelled last fall on the cross country team, qualifying for the state Class B meet.

"I expect improvement over last year — and I thought we had a decent year. I didn't like the way we finished at the league meet, but we're going to be better."

—Mark Babcock
Harrison track coach

The 300 hurdles as a sophomore. Other seniors include shot put and discus thrower Almee Jarvenpaa and hurdler Michele Rebovy.

"I look to our seniors to lead us through," Babcock said. "They (Peters and Chalogianis) have been to the state, so those are the ones to keep an eye on. They have a lot of

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sports shorts

VOLLEYBALL INFO

The Plymouth-Canton Volleyball Club will conduct tryouts on Sunday, April 2, in the Salem High School gym according to the following schedule: grades 7 & 8, 12:30-2 p.m.; grades 9-10, 2:15-3:45 p.m.; grades 11-12, 4:30-5:30 p.m.

The tryouts are open to all female volleyball players from Salem or Canton. All parents are encouraged to attend. Players should bring practice clothing and a \$50 check made payable to Plymouth Salem Volleyball.

For more information call Salem volleyball coach and PSCV coordinator Betty Smith at 451-4565 during the day or 455-5614 in the evening.

Harrison's team consists of Julie Wright, Scott Wright, Brian Forbes, Sean Goodwin and Kyle Goodwin. Goodwin had a 690 series and a 368 game. The highest score of the elimination tournament was by Ben Smock of Davison High. Smock rolled a 289 game and 730 series, but Davison did not qualify and was unable to score.

The bowling championship is the brainchild of Harry Burkley and Michael Marquis, who organized and directed the event. Hopefully, this tournament will increase enthusiasm at the high school level. I hope that interested parties will come out to the finals at Emerald Lanes, 1950 Square Lake Road.

The Sunday Youth Classic Traveling League held its final competition at Parkway Lanes in Trenton. Leading the action was Steve Lingert of Novi, who rolled a 733 series on games of 244-235-254. Julie Wright of Farmington Hills was the best girl finisher with a 600 series and Dave Merwin, 572.

At Oak Lanes on Middlebelt Road in Westland, the youth league action featured a 659 series (245-232-182) from John Wodarski, and a 619 series (215-209-195) from Kris Moore. In the Sunday Fun-times Mixed, Glenda Davis rolled a 216

series. Redford's Hank Wozniak was named "Senior Bowler of the Month" in an awards presentation at Merri-Bowl Lanes in Livonia. Warren Teubert, a Greater Detroit Bowling Association member, presented the award. There is a point format for pins over average to decide the winner of this award each month.

Congratulations to Hank and all the wonderful people in this league. The Wing Dingers range in age from 60 to the upper 80s, and bowl every Wednesday at 2:30 p.m. If you are a senior and interested, come on down to Merri-Bowl and check it out.

In the West Side Lutheran League at Redford Lanes, Frank Dubiel led the scoring with a 696 series on games of 219-231-246. Bob Johnson had a 628 series with a 241 high game. Don Johnson rolled a 609 and 233 game. Terry Courter had 604 and Larry Davis, 600.

The girls were led by Jenny Kriest's 219 game and 562 series. Stella Pontal with 202, and Ruth Zarza, another 202. In Woodland Lanes Senior House League, Tony Kempinski shot a 239, and his series was 692. Bud LeBlanc, Jr. had 706 and

MIKE ROSE finished with a 700 series. The West Chicago Morning League was led by Dave Kleas's 288 game and 706 series and Jerry Johns finished with a 254. Bar Bar saw Gary Marla had a 279/690. Tom Martin, 369/666, Craig Dehlo, 248/681; Bill Pankke, 365/676; Len Slinger, 238/664; Tim McCarthy, 255/687; Cliff Williamson, 346/661; Don Depalma, 230/647; and Jeff Wolber, 246/641.

In the Wednesday Men's Trio, Tom Matheson had a 706 series and Terry Dobbie, 690. The Ford Parts League included a 680 series by Dennis Westford. Ron Gilbert's 267 game, Tom Cyrul's 265, giving the Apple Printing team a 3,064 series.

The Alley Cate had Sharon Ford with a 231 game and 611. The Morning Stars saw Denise Wolber with 601 and the also rolled a 660 in the Thursday morning ladies. Holiday Park Ladies had Brenda Harper with 235. The Ford Transmission Ladies saw Karen Brown roll a 234 and the Easy Rollers were led by Doris Good, bread with a 601 and the Woodland Rollers with Dawn Seclunas at 604.

Bowling tip of the week: Stay in shape. You will bowl better. If you're carrying around a few extra pounds, this definitely will not help your bowling. Excess weight may make it more difficult to keep up a good balance line, and it also can throw off your timing. Exercise and diet are important, because eating the right foods will not only improve your health, but increase your bowling scores as well.

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STREET SCENE

Inside **S²**

Strictly mom and pop

As a stand-up comic for 12 years, Mark Schiff has emerged at the top of his comedic class. His style is strictly mom and pop — impressions of people, not of famous people, but of your mother, your father, your uncle, your cat. Find out more about Schiff on Page 5B.

The Observer & Eccentric Newspapers

Monday, March 27, 1989 O&E

★ ★ 10



Artist Deborah Kashdan entitled this work — oil on canvas — "Museum Performance Piece: Our Crowd."

STEPHEN CANTRELL/staff photographer

Art to wear or hang on a wall



Pam Jablowski (right) and Kim Cox show off some of the hand-painted denim jackets the former creates with a set of acrylic paints and a paint brush any day.

PAM JABLOWSKI

By Debbie Sklar
special writer

Dressed in one of her husband's old oxford shirts, splattered with a menagerie of oil paints, artist Deborah Kashdan steps back from her painting to reassess it and put on the final touches — an antique pair of earrings.

Kashdan, 42, of Franklin creates wearable art creations. She paints people in social situations, attaching to some previously owned items like jewelry and clothing.

"I've been painting for as long as I remember," she said. "From my earliest memory, I have always been an artist. I've worked in everything from watercolor to stone."

She calls herself a commentator of the urban scene, a reporter of worlds in paint.

"My works are narratives, documenting the social dramas of life past, present and future," she said. "At the same time, they're abstract reality, challenging the viewer by forcing them to interact with the painting. The viewer must decide where reality ends and fantasy begins."

Kashdan's paintings usually involve people who are in real situations whether it's at a party, a club or in a restaurant.

"My people are from other lives, theirs and mine," she explained. "They appear as archetypes for people who are ambiguous in time, representing a universal person, a person whose actions and interactions are timeless. They appear in dramas that record the innuendoes of social intercourse."

SHE LIKES to add old pieces of jewelry or clothing to the people in the paintings to give them more character and life. "Whenever anyone has anything to throw out, they know who to give it to," she said.

Her paintings range in price from \$1,500 to \$7,500. Most are on the large size (8 by 5 feet) and require not only a spacious wall, but "a family who feels comfortable living and looking at these people I've painted."

In addition to her paintings, she also creates free-standing sculptures, incorporating previously owned items.

Kashdan studied at the Center for Creative Studies, College of Art and Design, Michigan State University and took courses at the Birmingham Bloomfield Art Association. She has showcased her work at numerous galleries and exhibitions across the country.

Please turn to Page 6

Warp Factor

Karlos Barney



For some inexplicable reason, Ranger Bob always felt at home among the beavers.

Is there a doctor in the house?

By Iris Sanderson Jones
contributing travel editor

When I caught my finger in a heavy hotel door on Padre Island, Texas, a friend drove me to a local clinic for stitches.

When I overindulged on clams last fall in Ireland, I suffered all night and went to see a pharmacist in the morning.

When a centipede bit me while I was sleeping in a pup tent in the Himalayas, the desk clerk in my Kathmandu hotel called an English-speaking doctor.

Do I spend all my travel time in medical crisis? Absolutely not, but it does occasionally happen, and I have had a lot of questions recently from travelers who worry about it. Most of their questions are in the "what do I do if..." department.

What you do "if" may be the same thing you do at home — suffer a little, try to get by with medications at hand, or go to a doctor. Sometimes the problem is with a traveling companion, in my case

with my photographer/husband Micky Jones.

When Micky put his foot out a car door in Mexico before the car

was fully stopped, he found a local doctor, bought a pair of crutches and carried on. When he broke his tooth on a bread roll in Yugoslavia,

via, the hotel clerk sent him to a local clinic in Dubrovnik.

The moral of the story may be "don't worry, you can cope." But you can do more than that. Smart travelers do a little advance homework.

YOUR COUNTY health department will give you the information you need about required or recommended immunization (there aren't many) or you can make an appointment with a medical facility like Interhealth, a service of the Department of Infectious Diseases at William Beaumont Hospital in Royal Oak.

According to Dr. Jeffrey D. Band, chief of infectious diseases at Beaumont and medical director of Interhealth, the risk of serious medical problems experienced by overseas travelers is very low. Most problems are not serious, and can be prevented.

Clients make office appointments at Interhealth either be-



MICKY JONES

The sign on a street in Puerto Vallarta, Mexico, says it all for a sick traveler. The doctor speaks English.

Please turn to Page 4

MOVING PICTURES

'Beverly Troop' doesn't deserve its merit badge

"The Adventures of Baron Munchausen" (A, PG, 126 minutes) finally opened and, as noted here on March 13, it's a marvelous fantasy with magical elements highlighting the story of Baron Munchausen and his fabulous friends.

Terry Gilliam ("Brazil," "Time Bandits") amply demonstrates his conviction that if you believe, magic is possible. Great entertainment for all ages.

"Dead-Bang" (*, R) looks like a big, splashy detective movie based on the actual experiences of a Los Angeles homicide detective, Jerry Beck.

Starring Don Johnson of TV's "Miami Vice," "Dead-Bang" was directed by John Frankenheimer whose noted 1963 film, "The Manchurian Candidate" (A, PG, 126 minutes) was recently released. Frankenheimer's other credits include "Birdman of Alcatraz," "The Fixer," "Seven Days in May," "French Connection II" plus 152 live television dramas in the '50s.

Space precludes listing all the ridiculous, foolish and terminally idiotic elements in "Troop Beverly Hills" (F, PG, 100 minutes).

Try just one: The film's conclusion turns on a woman — Velda, the nasty Wilderness Girl's Club leader — with a broken leg suddenly getting up and walking away after Shelley Long and eight wealthy, over-indulged adolescents schlepped her several miles through the forest to prove their metal.

If you believe that, then the rest won't bother you.

Miss Long portrays a useless Beverly Hills soon-to-be divorcee who assumes leadership of her daughter's Wilderness Girl's group and thereby affirms her human potential (and

the movies

Dan Greenberg

theirs) with an unimaginative application of wealth, prestige and family connections to sell Wilderness Girl Cookies, get merit badges in jewelry appraisal and generally display ugly Americanism at its worst.

STILL PLAYING:
"The Accidental Tourist" (C+) (PG) 120 minutes.

Slow-paced family melodrama. "The Adventures of Baron Munchausen" (A, PG, 126 minutes).

Murvelous fantasy, super special effects and great performances by all-star cast.

"Beaches" (A+) (PG-13) 120 minutes.

Bette Midler and Barbara Hershey in fine show of friendship.

"Bill & Ted's Excellent Adventure" (B-) (PG-13).

George Carlin gives the boys the key to a time-traveling, A-plus history project.

"The Barbe" (D) (PG) 95 minutes.

Impossible muddle with Jason Roberts in Corey Feldman's body.

"Farewell to the King" (C-) (PG-13) 105 minutes.

Pompous and ponderous World War II movie behind Japanese lines in Borneo.

"Dangerous Liaisons" (C+) (R) 115 minutes.

Charming romantic comedy about life, love and marriage.

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After failing to locate a band of dangerous killers, Chief Dixon (Tim Reif) informs detective Jerry Beck (Don Johnson) that the criminals have escaped in a scene from Warner Bros. "Dead-Bang."

Even lush images and good acting can't overcome the non-cinematic quality of this boring story of pre-Revolutionary French decadence. "Dream a Little Dream" (F) (PG-13) 110 minutes.

Impossible muddle with Jason Roberts in Corey Feldman's body.

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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

human greed, fear and cruelty. A must-see.

"Naked Gun" (D) (PG-13) 90 minutes.

Overly broad farce never gets off the ground floor of the police squad room.

"New York Stories" (A+) (PG) 130 minutes.

Three superior short stories about life in New York's last lanes directed by Martin Scorsese, Francis Ford Coppola and Woody Allen.

"Police Academy 6: City Under Siege" (*) (PG).

One's sensibilities are also under siege.

"Rain Man" (A+) (R) 130 minutes.

Tom Cruise and Dustin Hoffman star as brothers in every sense.

"The Rescuers" (A) (G) 77 minutes.

Disney animation about two brave mice who rescue kidnapped orphan.

"Roofride" (D) (R) 95 minutes.

Super-silly dance epic pitting inner-city N.Y. youth against drug dealers.

"Ski Deep" (*) (R).

John Ritter drinks, womanizes and wonders why his marriage fails.

"The Gear" is not only cashing in

with returnables, the band is seeking pay-backs on its soon-to-be released four-song EP, "In the New Hitsville."

After 14 years of playing the local circuit, The Gear has something to show for its efforts. The vinyl offering is sparse in terms of sound.

The Gear rely on a stripped down approach. The vocals nor the instrumentation will overwhelm at first, but after awhile the simplicity of it has an endearing quality.

WHILE THE sound is definitely their own, The Gear's status in the area music scene could be lumped together with a handful of other bands, such as the Volebeats, the Gories and Gangster Fun.

The Gear doesn't have a fast-talking manager, nor do they possess a high-powered marketing strategy. Nonetheless, they're there.

The Gear can be found playing earnestly in clubs like the Hamtramck Pub and Paycheck's Lounge, but they also perform in places of non-high visibility, such as benefits.

In the final analysis, the music is

but the basic premise of all that devotion is a rather selfish father, the pastor, who felt service to him and his community was more important than self-fulfillment and the natural lives his daughters might have led had he not interfered with their love affair.

That story, no matter how well told, doesn't touch or teach us nearly as much as "Babette's Feast" about school, about birth and death, about destroyed and unfulfilled, tragic forces.

Nonetheless, both "Babette's Feast" and "Au Revoir Les Enfants," with their excellent subtitles, are fine additions to every tape library. Check them out when they hit the streets on March 30.

The bottom line is the music. And The House of Freaks have another batch on the market with their latest LP, "Tanilla." Those who liked "Monkey on a Chain Gang" will probably like to the new offering. Aside from the added element of keyboards, The House of Freaks' sound is basically just Harvey on guitar and Hott on drums.

AS FAR as the critical expectations, Hott doesn't give a hoot about that either.

The predominant mood and feel throughout the LP is that of Motown Records. It's a modern day Motown sound better than any that the modern day Motown groups are producing.

It starts off with the current single, the danceable "She Drives Me Crazy" and quickly bubbles into "Good Thing" which features excellent piano playing from David Steele and great Motownish backing vocals.

There are only three tracks which don't impress, one of which is a terribly light cover version of the wonderful Buzzcocks' "Ever Fall in Love."

The other seven tracks more than make up for those three and special attention should be paid to "I'm Not the Man I Used to Be," "As Hard as It Is," "Tell Me What (It may well be Smokey Robinson) and the bouncy, Marshall Crenshaw styled "Don't Look Back."

street seen

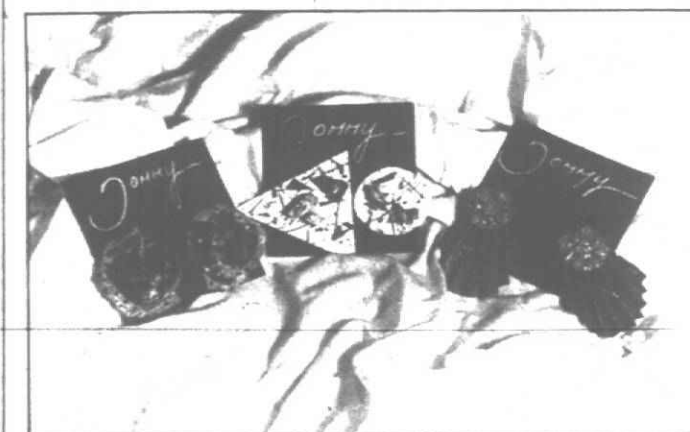
Charlene Mitchell

Street Scene reporter Charlene Mitchell is always looking for the unusual. She welcomes comments and suggestions from readers and entrepreneurs. Write her in care of this newspaper, 36251 Schoolcraft, Livonia 48150, or call 591-3300, Ext. 313.



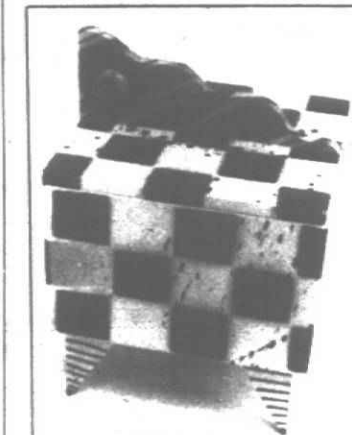
Palsy-walsy

It's the latest in home decor — "table top art" and it includes the "Fat People," Italian, signed ceramics at \$80 per person. It's all part of a collection at the Linda Hayman Gallery in Southfield. Hayman also offers a tip card on how to buy art; free simply by sending a SASE to Art Tips, Art Poster Co., 29555 Northwestern Highway, Southfield 48034.



Now (h)ear this

Lightweight construction, unique designs and comfortable backs are selling points of the new line of paper napkins by fashion designer Theresa Anne which appear in area boutiques under the name of "Tommy." They're available at Unique Accessories in Plymouth, "Sun 'N' Fun" in Livonia, and Bags 'N' Things in Farmington.



Whatchamacallit

Some things don't have a specific purpose which is the case this clever looking wood box made with a removable decorated lid. A soft pad inside makes it a perfect storage place for jewelry or other little doo-dads. By artist Hollis Feingold, \$45. Escapades/On the Boardwalk, West Bloomfield.



Painting the Perfect Picture
THE UNIVERSITY OF MICHIGAN

Alternative 'Go Blue'

A modern black M, inspired by the modern art posters of today, is the result of a contest held last year in Michigan's Art School and won by Michelle Nagel, now a junior. The colorful graphic design was then produced by another M student, Brad Keywell of West Bloomfield, through his company Key Creations. Said Nagel: It symbolizes the spirit of the ever-changing university and the "perfect picture" is the block M, which is large and bold, yet subtle within the painting. The full-color lithograph is a limited edition. A percentage of the profits have been pledged to C. S. Mott Children's Hospital of Ann Arbor "Art for Kids" fund. \$12. It is available by writing Key Creations, PO Box 708, Franklin 48025.

STREET SENSE

Too much love spoils relationship

Dear Barbara,

I am a 30-year-old woman. I've always been considered beautiful and sometimes unapproachable. I am a talented musician. My work, not in the musical field, provides a living, but it is not in an area that is creative or fulfilling.

I really want success in my career, but presently, I am more concerned about getting married and starting a family. I'm having even less success with men than I am in my career.

I don't want to waste time just dating around. I want to find a man who is ready to make a commitment to marriage and family. I think I would feel better about putting my career on hold, if I could find happiness in a relationship.

My past relationships seem to burn hot and intense only to fizzle out in a few months or a year. My last very serious boyfriend moved in with another woman shortly after we broke up. I wanted to marry him; he didn't want to marry me. He said he wasn't ready for a commitment. I guess he was letting me down easy because he soon found another woman and he's going to marry her.

When I enter a relationship that I think could be permanent, I get

wrapped up in it heart and soul. I want to be with him all the time. I want to be an integral part of his life. Men don't seem to feel the same way I do about the relationship and I get hurt.

What can I do about finding a man that wants the same kind of relationship I want?

Needing a Man

Dear Needing a Man,
Your pride, beauty and talent should make it easy for you to get a man, however, your neediness and controlling of the man could cause him to run to avoid being engulfed by you.

It is possible that the dependent, needy man would love to have you take care of him. The odds are that that is one kind of man that you wouldn't want. Thus you end up alone despite your assets.

Do you think you could change?

Barbara

Dear Barbara,
My friend recently alerted me to the possibility that my husband was having an affair. I searched for evidence and found bundles of love letters from his girlfriend. When I confronted him, he said he was sorry



Barbara Schiff

and knew that he had a problem. We then went to his girlfriend's home and confronted her and her husband. I don't know what to do now. He's not sure he can make a commitment that includes fidelity. Should I consider an open marriage?

Sally Livonia

Dear Sally,
There is not enough material about you in your letter to answer

this question. I don't know if you are weak or strong, dependent or independent.

That you would consider an open marriage so that you could keep your husband points to a weakness, and because of this, I don't know what you are capable of doing.

My experience with other women in your predicament is that the weak women stayed with their husbands and accepted the bitterness of an open marriage or they began an affair with another man before they got a divorce.

It's like someone hanging on to one side of a swimming pool and not wanting to let go until they have their other hand on the other side. Those women with extra long arms may succeed in this impossible feat. Of course, the other side of the swimming pool could be as crumbly and unsafe as the first side.

Barbara

If you have a question for Barbara Schiff, a trained counselor and therapist, send it to Street Sense, 36251 Schoolcraft, Livonia 48150.

Travel Ills: Don't worry, you can cope

Continued from Page 1

cause they want to avoid them, or know how to cope with them when they travel. You pay \$27 for an office consultation (rate goes down as the number of people goes up) plus the cost of any immunizations or prescriptions.

Interhealth will take a medical history, get a computer printout about the areas you will visit, talk to you about precautions you should take in those areas and advise you on any health concerns you may have related to your trip. They also give you a booklet of good advice to take with you.

The two most serious problems for travelers are infections and accidents. Older travelers may also worry about aggravating existing problems," Land said. "People sometimes leave their common sense behind when they go overseas."

At home they use their seat belts, avoid overindulging, avoid drinking and driving. On vacation, they may do all those things, as well as climb mountains they are not equipped to climb.

INFECTIOUS diseases are less of a problem in places like Europe, Japan, Australia or Canada than they are in developing countries, but lack of common sense is also part of the problem. Queasiness, upset stomach and diarrhea may not be infectious at all. They are often the result of too much food and drink, especially food we are not used to.

"Traveler's diarrhea is the number one health problem for travelers; as many as 40-60 percent may get it in Mexico," Land said. "We've learned that it is almost impossible to prevent, but that very early intervention can solve the problem."

"At the first sign of queasiness, take Pepto-Bismol, which absorbs many of the toxins involved in traveler's diarrhea. If that doesn't work, or you get cramping, go to step two, which is something like Lomotil or Imodium. I recommend Imodium, which you can buy over the counter in liquid form. It works faster and has fewer side effects than Lomotil."

"There are some conditions for which you definitely do not take these medicines, especially if there is blood or mucus in the stool, or if you have a fever," Land added. "In that case see a doctor."

If you don't have those problems, but the diarrhea persists beyond 12-24 hours, Land recommends you to stage three and take an antibiotic. There is no magic antibiotic for everything but "80-85 percent of traveler's diarrhea problems respond to bactrim or septrin." Dr. Land prescribes these antibiotics to interhealth patients, if appropriate.

MY EXPERIENCE certainly supports what Land says. I carry Lomotil (prescription required in the United States but not in Mexico). At the first small sign of Montezuma's Revenge, I take one tablet and that is usually all I need. Too much of any foreign food, including Mexican tacos or Irish claims, can create this problem. (Mexicans often get it when they come to the United States.)

But what if you need a doctor? Interhealth gives clients a list of English-speaking doctors in their area of travel. You can get a worldwide list, plus weather, immunization and health precautions, from a good organization called International Association for Medical Assistance to Travelers (IAMAT), 188 Nicholas Road, Guelph, Ont., Canada N1H 7L5.

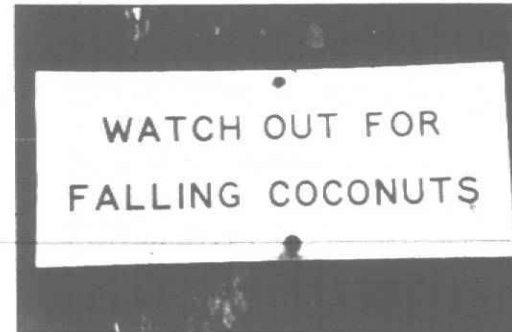
IAMAT was founded by Dr. Vincenzo Marcolongo, who has since died, so the organization may not be quite as active and up-to-date as it

once was, but it is highly respected and worth an inquiry. They don't charge fees, but accept donations.

Several organizations sell insurance against health problems, trip cancellations, lost baggage, etc. Among them is Access America (telephone toll-free 800) 284-8300) and Travel Guard International (toll-free 800) 826-1300).

Their rates are high, so make these calls first. Ask the Automobile Club of Michigan what is covered in an AAA membership, which gets you all their other services. Find out if your credit card (especially a gold or platinum card) covers any such problems. Find out what your own health insurance covers you when you are away from home.

REMEMBER, too, that our medical costs are higher than in most other countries. When I got strep throat in Australia, the bill was under \$25. I think Mickey's Yugoslavian tooth repair was less than \$5.



Reading signs is a good way to avoid injuries while traveling.

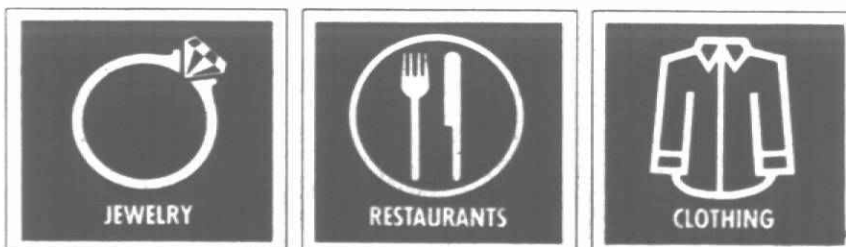
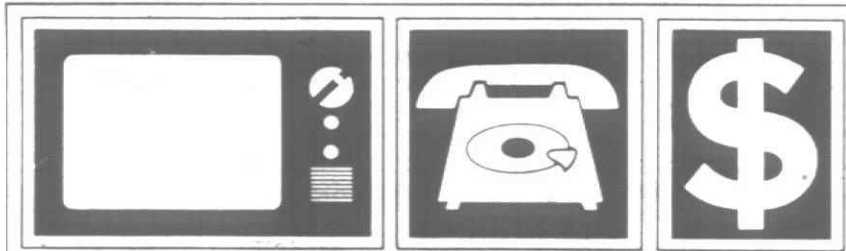
MICKY JONES

And if you find yourself in medical trouble, call the hotel desk or the American embassy. If you have ongoing health problems, offer to pay for a long-distance phone call so the physician can talk to your doctor at home, if appropriate.

Most of all, don't spend too much time worrying. Use your common sense and if you need help ask for it. If you have a travel question for Iris Sanderson Jones, write her at 36251 Schoolcraft, Livonia 48150.

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STREET CRACKS

'Mom and pop' sort of comedian

Schiff taps daily life for laughs

By Larry O'Connor
staff writer

A thousand anecdotes, a thousand places to tell them.

Such could sum up Mark Schiff's comedic career. He can tell you about performing standup comedy in a neighborhood so bad that "bacteria doesn't even like to go in," "Tonight Show" before millions of viewer where Johnny Carson gives him his own seal of approval.

"He gives you that sign with his fingers," Schiff said. As a stand-up comic for 12 years, Schiff has emerged at the top of his comedy class. His style is strictly mom and pop.

You know the stuff. Like the story when you were a kid going on vacation with your parents. You'd misbehave and they would threaten to turn the car around.

Or your father taking you to a baseball game and he gets drunk. Then there's the uncle who was always pulling off your nose.

"I do impressions of people," said Schiff, who will be appearing Tuesday through Saturday at Mark Ridley's Comedy Castle. "Not of famous people, but of your mother, your father, your uncle, your cat. People will stop me in the street and say, 'How do you know my mother?'"

Comedy has always been all in the family for Schiff. Mom and dad indirectly led him to a career in it.

WHEN HE was 12, his parents let him tag along on their anniversary. The family went to the Boulevard Night Club in Queens, N.Y. A hot co-



It's taken 12 years for Mark Schiff to hone his comedic skills, he said that trace their roots back his mother and father.

median was drawing his fair share of laughs while opening up for singer Al Martino.

That's when Schiff got his first taste of no respect. The comedian on stage was Rodney Dangerfield.

"The attention he was getting was unbelievable. Being an only child, we're attention freaks," Schiff said. "I said, 'I've got to get some of that.'"

After 12 years, Schiff has more than his share.

Thanks to cable television, the light of notoriety is only beginning to shine on the Mark Schiff's of the world. In Schiff's case, the time dur-

ing the climb appears to have been well spent.

His craft has been perfected in nearly every comedy club from the East Coast to the West Coast. He's performed at the Comedy Store in Los Angeles, Dangerfield's in New York, Caesar's in Atlantic City along with Mark Ridley's Comedy Castle.

In addition to the "Tonight Show," Schiff has appeared on "Late Night with David Letterman," "Too Close for Comfort," and was a winner on Showtime's "Comedy Laugh Off."

Schiff is busily putting together a comedy show which he hopes to sell to a cable TV network. The more

work, the merrier for Schiff.

"A jazz player can practice in his room," Schiff said. "A comedian needs to practice in front of an audience. We need to experiment before a live audience."

THE MATERIAL he experiments with is timeless. Unless people quit having parents, Schiff appears to have a long career ahead of him. Schiff's parents have been his biggest source for material. Through the years, he estimates they have seen 150 of his shows.

His father was a truck driver who drove a cab on the weekend for extra money. His mother was a real estate agent. Schiff grew up in the Bronx, 10 blocks from Yankee Stadium where his father used to take him to see the likes of Roger Maris and Mickey Mantle.

His father died in October.

"My father was a guy who came home from work every night," Schiff said. "My father was a very funny man. He had a great deadpan."

"We'd go to restaurants together and the waiter would come over and say, 'Can I take your order?' My father would say, 'I'm having this.' My mother would say, 'I'm having this.' Then my father would say, 'I'm not sure what my daughter is having.' It was me he was talking about. He'd say it with such a straight face the waiter would just take the order."

His mother was the opposite. She would become quite angry at the slightest thing, which Schiff said covers the extremes of comedy — deadpan to screaming.

His childhood was perhaps less than idyllic. For the comedian, though, it's first hour in the classroom of comedy.

"You have to come out of some pain to make people laugh," he said.

Mark Schiff will perform Tuesday through Saturday, March 28 to April 1, at Mark Ridley's Comedy Castle, 2583 Woodward, Berkeley. For information, call 542-9900.

COMEDY CLUBS

Here are some listings of comedy clubs in our area. To let us know who is appearing at your club, send us the information: Comedy Listings, Observer & Eccentric, 36251 Schoolcraft, Livonia 48150.

BEA'S COMEDY

Skeeter Murray, Bob Neles and Downtown Tony Brown will perform on Friday and Saturday, March 31 and April 1, at Bea's Comedy Kitchen, 541 Larned, Detroit. Showtimes are 8:30 p.m. and 11 p.m. Tickets are \$13. For information, call 961-2581.

CHAPLIN'S EAST

Joe Vega will appear Wednesday through Saturday, March 29 to April 1, at Chaplin's East, 34544 Groesbeck, Fraser. Showtimes are 8:30 p.m. Wednesday and Thursday and 8:30 p.m. and 10:30 p.m. Friday and Saturday. For information, call 792-1992.

CHAPLIN'S WEST

Greg Travis will perform Tuesday through Saturday, March 28 to April 1, at Chaplin's West, 16890 Telegraph Road, south of Six Mile, Detroit. For information, call 533-8866.

COMEDY SPORTZ

Comedy Sportz at the Heidelberg will have improvisational comedy at 8:30 p.m. and 11 p.m. Friday and Saturday. The club is at 215 N. Main, Ann Arbor. Showtimes are 8:30 p.m. and 11 p.m. For reservations, call 995-8888.

HOLLY HOTEL

Jason Smart will perform along with guests, Chris Jakeway and Rob Taylor, on Thursday through Saturday, March 30-April 1, at the Holly Hotel, 110 Battle Alley, Battle Creek. For information, call 634-5208.

JOEY'S

Mark Sweetman will perform Wednesday through Saturday, March

29 to April 1, at Joey's Comedy Club, 36071 Plymouth, west of Wayne Road, Livonia. Showtimes are 8 p.m. Wednesday and Thursday and 8 p.m. and 10:30 p.m. Friday and Saturday. Thursday is no smoking night. For information, call 261-0558.

MAINSTREET

Steve and Leo will perform on Friday through Sunday, April 7-9, at Mainstreet Comedy Showcase, 314 E. Liberty, between Division and Fifth, Ann Arbor. Showtimes are 8:30 p.m. and 11 p.m. Tickets are \$13. For information, call 996-9080.

SIR LAFF-ALOTS

Darwin Hines will perform on Friday, March 31, and Jeff Niess will perform on Saturday, April 1, at Sir Laff-Alots Comedy Club, 26745 Michigan Ave., just east of Inkster Road, Inkster. For information, call 561-1695.

COMEDY CASTLE

Mike Schiff will appear Tuesday through Saturday, March 28 to April 1, at Mark Ridley's Comedy Castle, 2583 Woodward, Berkeley. Showtimes are 8:30 p.m. Tuesday through Thursday and 8:30 p.m. and 11 p.m. Friday and Saturday. For reservations, call 542-9900.

BOB GOLDTHWAIT

Bob Goldthwait will perform at 7:30 p.m. Sunday, April 9, at the Royal Oak Music Theatre. Tickets are \$17.50. For information, call 546-7610.

STEVEN WRIGHT

Steven Wright will perform at 8 p.m. Thursday, April 20, at the Power Center in Ann Arbor. For information, call 423-6666.

SANDRA BERNHARD

Sandra Bernhard will perform at 8 p.m. Saturday, May 6, at the Power Center in Ann Arbor. For information, call 423-6666.

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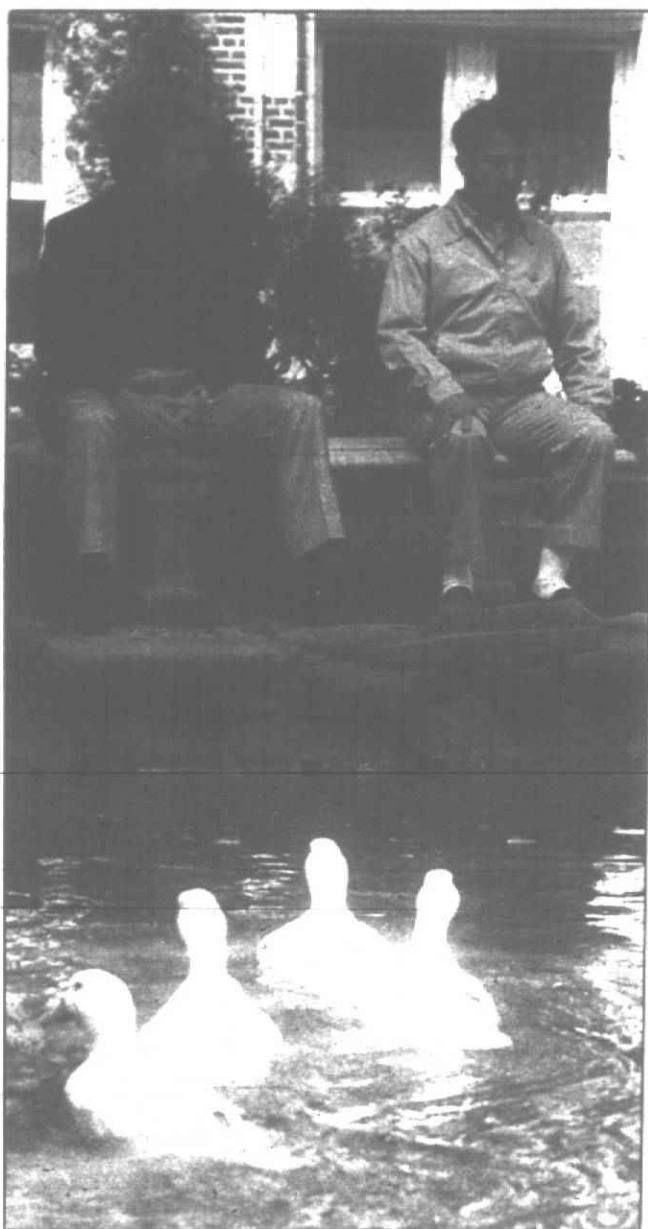
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Under Barry Levinson's direction, Dustin Hoffman was able to project a superb study of an autistic person in "Rain Man."

'Rain Man' has the ingredients to be best film

By Dan Greenberg
staff writer

And now for the big one, the envelope please. The Best Picture of 1988 is...

There are numerous studies which prove most is best. Despite valid arguments against such projections, "Rain Man's" eight nominations may be a good indication of the Academy's thinking.

But the other four contestants for Best Picture also received major as well as minor nominations: "Mississippi Burning" and "Dangerous Liaisons" have seven each, while "Working Girl" garnered six and "Accidental Tourist" four.

Here's how they line up in the top six categories — two more than you need to win the AMC/Observer & Eccentric Oscar Contest. "Rain Man" and "Mississippi Burning" copped the big three — best picture, director and actor, while "Working Girl" matched that only substituting best actress for actor. Our diligent "Girl" also picked up two in the supporting actress category, Joan Cusack and Sigourney Weaver. "Dangerous Liaisons" has Michelle Pfeiffer in that crowd as well as Glenn Close as best actress, but missed on director.

Let's eliminate "Accidental Tourist" right now with only two major nominations, best picture and Geena Davis as best supporting actress.

BESIDES LIMITED nods, the picture was too literary with a character study that didn't work well as all those people seemed to hover around William Hurt just waiting until he needed them.

Certainly, Kathleen Turner's character changed far too abruptly and dramatically while she was away from the action for us to believe the proceedings.

"Working Girl's" sixth nod was for its original song, but that doesn't help win best picture in my book. I'll stick by my original distaste for the film, a pleasant but mindless movie with caricatures rather than characters and a lead who was hardly convincing as a corporate success story.

Although visually rewarding, "Dangerous Liaisons" is too literary and lacks cinematic motion. Its minor nominations are decorative rather than active — adapted screenplay, art direction, costume and original score joining the three major nods it received.

As noted earlier in this series, the film's overall impact and the behavior of its leads was decadent and unpleasant, a fact that works against its overall image.

Which brings us to the big two.

"Rain Man" and "Mississippi Burning." Both deal with unpleasantness, mental illness and family problems in the first case, and Ku Klux Klan oppression of blacks in the south in the second. But both have rewarding, positive conclusions, no matter how much distress along the way.

If we're going to stick to the numbers game, "Mississippi Burning" wins, having more (four of six) in the top categories. Besides those, "Burning" also was tapped for cinematography, editing and sound.

IT'S INTERESTING — and significant — that "Burning" and "Rain Man" shared nominations in the top three categories and in cinematography and editing as well. After all, what determines a motion picture's overall impression? Many things of course, but photography and editing — the way images are joined — head the list.

So the two top contenders for best picture are head-to-head in five important categories, the big three plus those two very important crafts — photography and editing.

Running down the list of minor awards, "Rain Man" competes for original score with "Accidental Tourist" and "Dangerous Liaisons" as well as for art direction with the latter. "Rain Man's" eighth is for original screenplay, a category not populated by any other contender for best picture.

Well, since "Mississippi Burning" can't share this Oscar, there's one other set of numbers that "Rain Man" has going for it, the dollar numbers. As the best seller among the top Oscar contenders — more than \$125 million at last report — it is clearly in position to impress Academy ballot-casters with its success.

Frankly, I'm as impressed as I think the Academy will be with all that success. As much as I liked the film and appreciated its fine art and craft, it's surprising that so many people have paid to see it.

WHAT DOES THAT say about "Rain Man"? That under Barry Levinson's direction, Dustin Hoffman was able to project a superb study of a mentally ill person, a characterization that everyone could watch comfortably. That Tom Cruise fit his persona into that scheme of things and effectively presented the mainstream hustler in us all while also depicting the human ability to learn compassion when the chips are down.

If that's not enough, the other departments also are extremely well done, so "Rain Man" comes out on top as best picture of 1988.

Continued from Page 1

While she may prefer working on canvas, give Pam Jablonski a dozen denim jackets, a set of acrylic paints and a paint brush any day.

What started out as a fluke is now a happy pastime for the 25-year-old Birmingham resident. Her jackets can be found at the Rumors hair salon in West Bloomfield.

"Last February I went with my Dad to Boston and saw these really neat jackets in a cute boutique," she recalled. "What I saw was denim jackets with very little artistic work on them but with large price tags."

Needless to say, Jablonski came back home and began creating her own hand-painted denim jackets. She calls her work L'art de la Vogue/Creative Artistic Gard by Pam.

AND EVEN though she lacks any artistic ability, it hasn't stopped her from creating dozens of unusual jackets.

A friend suggested she try to get them into the beauty salon she goes to, and "when I took them over, a few of the hair stylists asked if I could make them one with their names painted on," she said.

"I did a really neat one for the manicurist," she said. "I had one hand coming up the bottom of the jacket and two hands coming down over the shoulders. I also painted each nail, some with sequins, others with stripes, flowers and other unusual designs."

Prices for already completed jackets range from \$125 to \$250. Custom art designs are \$75, if you bring your own jacket. Current creations sport the late Andy Warhol, street scenes and other abstract works of art. The painting takes between three and eight hours.

Jablonski uses acrylic paints that last for months without cracking or fading.

She has taken numerous art courses at the Center for Creative Studies and Oakland Community College. Although she enjoys painting, she said fashion photography is her latest goal.

While Jablonski aspires to be a photographer, Peggy Jo Marcuse has already been down that path.

In the late 1970s, the Huntington Woods resident owned an art and photography studio in Highland Park. There she designed album covers for Neil Diamond, Helen Reddy and Andy Williams.

NOWDAYS, Marcuse can be found in her living room where she creates "Happy Feet-Sneaker Art by Peggy Jo."

The fun footwear designs are hand painted gym shoes for boys, girls, men and women. To date, actress Lily Tomlin, composer Leonard Bernstein and Barbara Smith, wife of General Motors chairman Roger Smith, all have a pair.

The former elementary art school teacher started the endeavor last summer after experimenting with a pair for her youngest son.

"I've always been very creative," she said. "All through school, I was always keeping up with the latest trends — studding clothes, painting on them, tie dying things."

Today, her shoes can be ordered at Saks Fifth Avenue, Smart Alec and Twigs in Birmingham and through her personally.

Each pair is \$50 (\$45, if you bring your own) and come in their own personalized decorated shopping bag. All shoes are unique and have their own designs, patterns and names. Using special markers, she draws on flowers, dinosaurs, Indian prints and animals among other things.

"Each shoe is a work of art in itself," she said. "No two pairs are ever exactly alike."

Marcuse said her long range plan for Happy Feet is "to become the Mrs. Field's (chocolate chip cookies) of decorated gym shoes."

Possibly, the Mrs. Field's of hand-painted scarves is Gloria del Piano of Philadelphia.

Del Piano's chic silk scarves can be found at Kathryn Post, a new high fashion, upbeat accessory boutique in Southfield. The store carries high fashion jewelry, designed by Post and other jewelry designers.

DEL PIANO IS a good friend of Post's who lives in California. Post is credited with designing the jewelry for such feature films as "Coming to America," "Down and Out in Beverly Hills" and numerous others.

The store's owner, Cathy Marriott, said she decided to showcase del Piano's scarves because "they're beautiful, feminine, fun and very stylish."

Marriott said that while hemlines, necklines and waistlines are forever changing in fashion, one thing remains constant, the need for scarves and accessories to complement the fashions of the day.

Women have fulfilled their need for something to accompany their clothes with Gloria Piano scarves and evening wraps. The hand-painted line of scarves are each special and unique. The combination of original color schemes, designs, size and

Wearable art

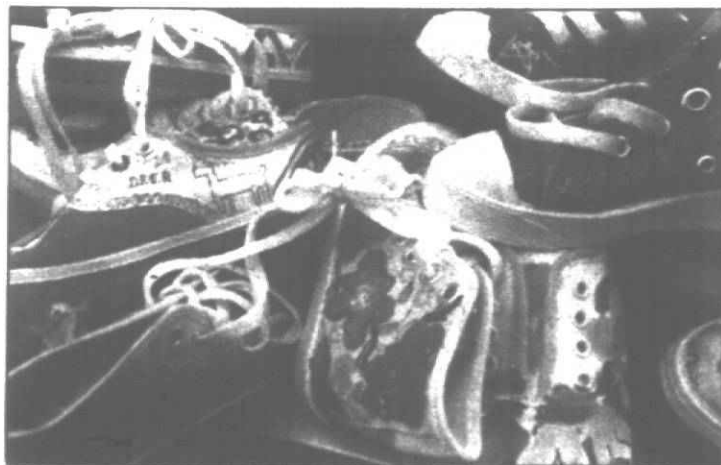
Creations to cover from head to toe



RANDY BORST/staff photographer

Gloria del Piano has come up with a hand-painted line of scarves in a choice of imported

silks and evening wraps and stoles made from fine fabrics like silk, velvets and taffetas.



DAN DEAN/staff photographer

Peggy Jo Marcuse guarantees that no two pairs of shoes are alike. She's the creator of "Happy Feet-Sneaker Art by Peggy Jo," fun footwear designs hand painted gym shoes for boys, girls, men and women.

choice of imported silks is rare in the U.S. marketplace.

The varied floral patterns, jungle scenes and abstract designs are all hand-painted by award-winning designer del Piano in vibrant and iridescent colors. Every design is different from the next. Each hem is hand-rolled. Pieces retail for \$250 to \$450.

Del Piano's other line is composed of evening wraps and stoles made from fine fabrics like silk, velvets and taffetas, all with original shapes and details, but the items aren't hand-painted.

The line also includes wool fashion scarves and more moderately priced

'My people are from other lives, theirs and mine. They appear as archetypes for people who are ambiguous in time, representing a universal person, a person whose actions and interactions are timeless.'

— Deborah Kashdan

because of actress Shirley McLain.

Miner's Dens, with locations in Traverse City, Royal Oak and Franklin, carries numerous forms of crystals, ranging from lapels to quartz.

"It's said that some bring money, health and a better love life," he said. "People feel very strongly about their crystals."

Most people opt to place their crystals in ring or pendant settings — "They want to keep them close to their bodies."

Miner's Den can design and cast jewelry for all types of crystals. — "We can do more than just add little silver caps to crystals. We can do anything."

Prices for crystals start at \$5 and up, depending on the gem quality. Setting and design work prices depend on style. Simple mountings start at \$45.

day wear pieces that retail for \$100 to \$350 each.

Closer to home, jewelry designer Mike Showalter of Miner's Den creates some pretty unusual pieces of jewelry incorporating crystals.

"THERE USED to be a time when people just carried the crystals in their pockets," he said. "Today, more and more people are putting them in settings and wearing them as jewelry."

Showalter said crystals date back to the Egyptians who used them for therapeutic value. They regained their popularity about two years ago

Creative Living

Marie McGee editor/591-2300



Monday, March 27, 1989 O&E

★ 1E



condo queries

Robert M. Meisner

Q. I am absolutely disgusted with our board of directors who has hired the management company's attorney to handle our legal affairs, even though we have been having problems with the management company. I understand that the attorney has done legal work for the management company. The other directors are going along with the idea because this attorney is "cheap" and says he represents a lot of condominium associations and has beaten up the big boys. What do I do?

A. Ascertain whether or not the attorney has, in fact, represented the managing agent and whether that fact has been adequately disclosed to the board of directors. If so, there is an absolute conflict of interest. Ascertain why the attorney is "below market," because that may merely be a marketing device on the part of the attorney to attract condominium associations, gaining market share and then raising prices. But in the same vein, you should ascertain how the attorney charges in terms of a minimum charge for phone calls, letters and the like and whether or not he or she has the capability to handle your association's work.

Also, find out how the attorney has done in regard to various lawsuits he has handled of a similar nature to the one you are contemplating and check with judges and other respected attorneys as to the attorney's reputation and expertise in the community.

Lastly, and perhaps most importantly, be sure that the board of directors has independently reviewed the attorney and, perhaps, others to ensure they are getting someone whose best interests are beholden to the association and not the management company. Obviously, an attorney who is representing the management company cannot review the management agreement between the association and the management company. So too, the association may be reasonably concerned about the loyalty of the attorney to the association under these circumstances. Normally, when there is smoke, there is fire.

Robert M. Meisner is a Birmingham attorney specializing in condominiums, real estate and corporate law. You are invited to submit topics that you would like to see discussed in this column, including questions about condominiums, by writing Robert M. Meisner, 30200 Telegraph Road, Suite 467, Birmingham 48010. This column provides general information and should not be construed as legal opinion.



organizing

Dorothy Lehmkuhl

April foolishness

Q: I can never seem to make up my mind about what to do next. Do you think I have a decision making problem?

A: You mean you can't decide if you do or not?

You sound like Jane, a former student of mine, who was such a poor decision maker that her favorite color was plaid. She was registered as an Independent, listed her religion as non-denominational and answered polls as undecided. When her husband asked if she wanted to make love, her answer was maybe. After she wore maternity clothes for eight months, someone asked if she was pregnant and she said, "A little bit." Her children had five names each.

It took this woman until 9 p.m. to decide what to fix for a family dinner and then she decided by tossing the recipes up in the air and fixing the one that fell in the pan. She made stew a lot. She preferred going out to dinner, however, so she could order a combination plate.

Jane worked as a secretary and when a caller asked if her boss was in she'd say, "I don't know, let me ask him." She had only one file — entitled "Miscellaneous." The stacks on her desk resembled Leaning Towers of Pisa and received more topping when she'd look at papers and mutter, "I'll decide about that later." She only made tentative appointments and asked to be put on the waiting list for vacation flights, in case she changed her mind.

All her clothes were either gray or beige, and she decided what to wear by taking the one left on the hanger. This woman insisted that the clerk write "for approval" on the sales slip of anything she bought. For years she drove an old bus to haul her return items to stores.

It took her three years to place an order for a new car, then Jane bought her neighbor's old Volkswagen Bug. Her car was inevitably parked on the line between two spaces. When she wanted to turn right at the next corner she'd put on her left turn signal, just to keep her options open.

My student had a garage sale every year but ended up buying back most of her own things. When she died, her will stipulated her estate was to be held in abeyance for five years, just in case she decided not to go.

If you see yourself mirrored in this April Foolishness, don't miss next week's column.

Designer touches highlight Lagoons

By C. L. Rugenstein
special writer

IT HAS a bathroom Cleopatra would have loved.

The arched window over the Roman bath, the turquoise and gold wallpaper handmade on the site by the contractor, and most of all the gold tiles.

REAL gold. The shimmering tiles tracked around the blue ceramic floor and across vanity in the bathroom of the Lagoons' Bayside model in West Bloomfield.

The Irvine Group, developers and managers for the new condominiums didn't stint when they set out to sell their ideas.

The turquoise and gold bathroom, if requested by a potential buyer, would add \$4,500 to the \$185,900 price tag on the two-bedroom Bayside, said Barbara Hilton, director of marketing for the Lagoons.

"We don't anticipate we'll sell much (of the gold tile)," she said, "but it's nice to show people what they can do with it."

SHOWING PEOPLE what they could do with the three basic Lagoon models was part of the developer's marketing strategy. And to do that they called in Letty Rozell of Designworks, based in Denver.

Designworks touts itself as specializing in merchandising interiors. That means "selling each area of the house with attention to detail and indication of lifestyle," according to their brochure.

Rozell, specializes in "merchandising interiors." They sell each area of the home with "attention to

detail and indication of lifestyle."

The Bayside was shown as a two-bedroom with library, for empty nesters or career-minded couples. There were two arched windows in the living room combined single paneled length windows.

The arched windows and roman baths are standard features. So is the security system shown in the Landing, the three-bedroom traditional townhouse. The charge is for monitoring, which is included in association dues.

"THERE'S ABOUT \$55,000 worth of design features in each home, including wallpaper, furniture and design features," Hilton said.

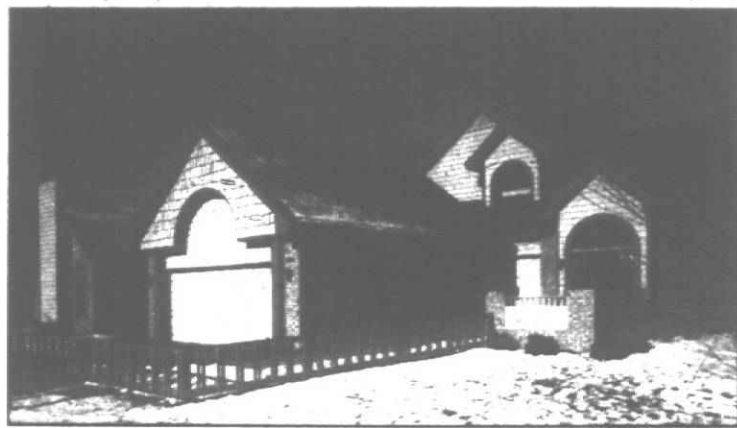
The Landing came in at \$195,000 and is the only two-story home in the development. The Bayside, Cove and Harbor are all ranches.

The Cove, a 2,150 square feet of Oriental delight as interpreted by Rozell and her teammate Kimberly Timmons, is a raised ranch — all the living is done on the upper level.

The Lagoons will live up to its name, Hilton said. A five-acre lake, ponds and wetlands, with jogging/walking paths are included in development plans.

The Irvine Group Inc. is a family business going into its third generation with Paul D. Irvine as its president. In its 70-plus years of homebuilding, they've also built the Meadows, Rolling Oaks West, Nova Woods and Sierra Ridge, all in Oakland County.

For more information about the development, contact Hilton at 661-5100.



BETH SINGER

The Cove model in the Irvine Group's Lagoons Development is a raised ranch — all the living is done on the upper level. The master bedroom includes a double-door entry, sitting room and full-wall closet.

GRAND OPENING! NEW MODELS

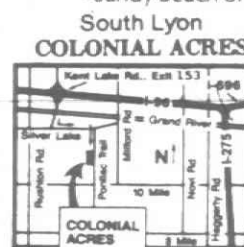
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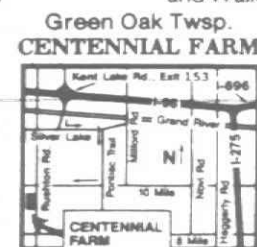
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- 1 & 2 Bedroom Ranch Units
- Private Entries
- Clubhouse and Nature Area
- Sandy Beach or Pool

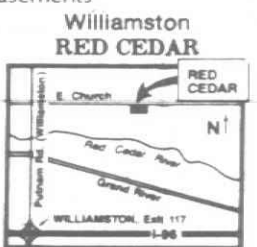
- Hotpoint Appliances
- Full Basements
- Optional Fireplace, Family Room and Walkout Basements



From \$65,900
(313) 437-1159



From \$73,900
(313) 437-6887



From \$58,900
(517) 655-3446

MODELS OPEN: Mon.-Fri. 12-4 P.M./Sat. & Sun. 12-5 P.M.
ALSO OPEN THURSDAYS/Red Cedar Closed Thurs.
CENTAUR CONTRACTORS, INC. • COLONIAL ACRES REALTY, INC.



BETH SINGER

The living-dining room of the Cove, one of four building models in the Lagoons development.



RANCHES • COLONIALS

Priced from... **\$149,550** Plus Lot Premium

Includes professional landscaping, walkouts, golf course views, private court settings

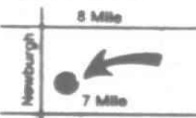
MODEL HOURS 1-6 DAILY (Closed Thursday)

MODEL PHONE 462-1670

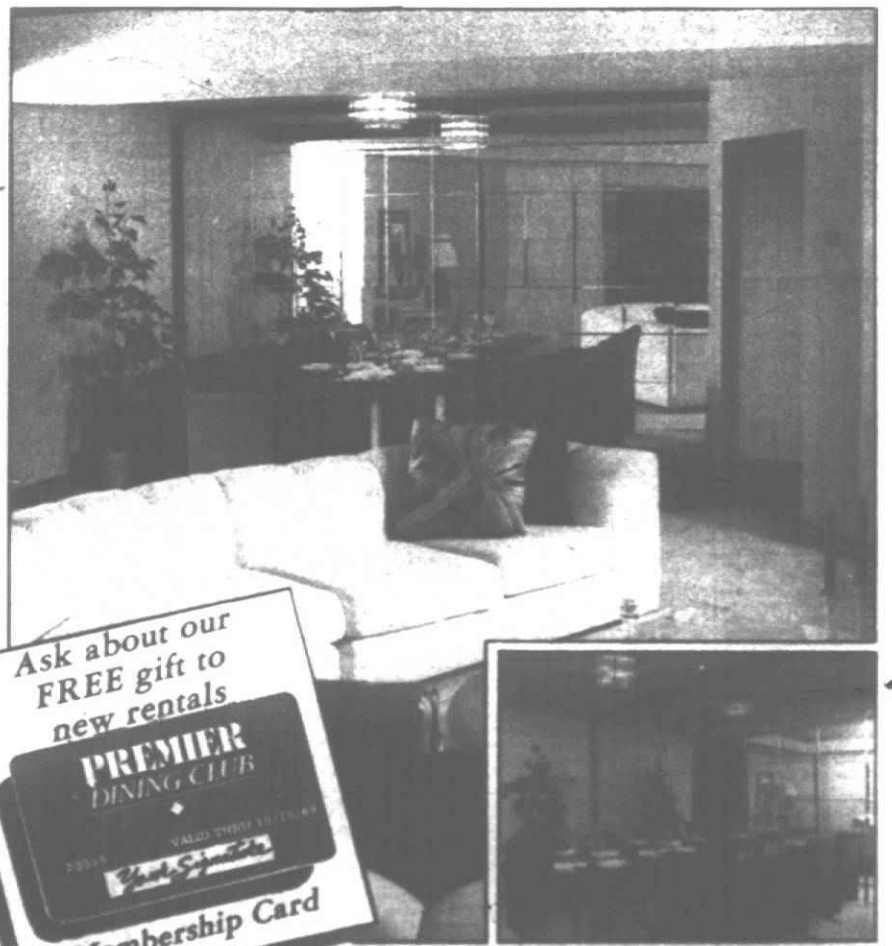
Builder/Developer
Angelo DiPonio
Enterprises, Inc.

WOLFE
SINCE 1926

MARKETING AGENT
421-5880



Located on Newburgh Rd Just North of 7 Mile Rd.



BROKER PARTICIPATION WELCOME!

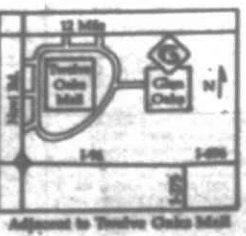
Glen Oaks is a perfect blend of lush natural beauty in a woodland setting with ponds and streams, and of sleek sophistication—that's the Glen Oaks Apartment Community. It's a lifestyle ahead of its time, and it's available to you today. Security, privacy, the ultimate in luxury...all of the things you're looking for in a lifestyle. Make a move to Glen Oaks!

From \$1,100

OPEN DAILY 12-5 pm (Closed Tuesday)

Presented by: **Spring III, Inc.** 489-4010 Real Estate Group

For more information
348-7550



CREATIVE LIVING CLASSIFIED REAL ESTATE

CROSSWORD PUZZLER

ACROSS

1 Arabian garment
2 Island
3 Barber
4 Clothes-maker
5 Pilgrimage
6 Teutonic deity
7 Light cotton
8 Nelson ID
9 Sun god
11 Take a - at (attempt)
12 Divided
14 Liquor
26 Case for small
28 Metric measure
31 Packing vessel
32 Paving
33 Sullivan of
34 Periods of

DOWN

1 Devoured
2 Have (someone) over
3 Three-toed
4 Oodles
5 Speechify
6 Jack
7 Wager
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9 TV
10 Ed's concern
11 Civil injury
12 State for Drake
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404 Houses For Rent

BIRMINGHAM Colonial deck, appliances. \$1450/mo. security.

BIRMINGHAM In-town, very nice, 3 bedrooms. Neutral decor, blinds. Brand new 2 car garage. \$650 mo. Avail. late May

BIRMINGHAM - Midtown/area. Family home, owner abroad. 3 bedrooms, owner's terrace colonial, 1 1/2 baths, kitchen, family room, dining room, deck. Non-smokers only. No. Cal. \$1000/mo.

BIRMINGHAM SCHOOLS - 3 bedrooms, ranch with porch, garage \$585/MO

600s-2700
464-7785

ward tires
and
garage,
spring 8500
462-4668

since 1976

RENT
FOR
CORGOS

642-1820
Royal Oak
3 bedroom
new carpet,
new kitchen
503-2631

KEY HILLS
6500 monthly
483-1489
3 bedroom,
2 bathroom
Security
459-0782

22 bedroom
2 bathroom
or washer
483-1489

OK PARK - clean 3
bath, parking, \$650/mo
483-1489

BIRMINGHAM Brick 2
bedroom, 1 1/2
bath, finished rec room, garage,
\$700 a month plus security
483-1489

BIRMINGHAM, 1259
Hillsboro, 1 1/2
bath, finished rec room,
mint, 1 1/2 car garage,
central air conditioning
483-1489

BIRMINGHAM, 14 Mills/1000
2 bedrooms, basement, split
main blinds, no pests. \$575 and
security deposit
483-1489

BIRMINGHAM 2 bedroom
walk-in closet, 1 1/2
bath, appliances, carpet,
call: 665/0504

BIRMINGHAM 4 bed
2 1/2 bath, 1
range, built in
near neighborhood, 1985
483-1489

BLUEBLOOD H
Kms in the Hills area
400 sq ft
on wooded acreage 3 bedroom
baths 1 1/2
Dues: \$92-1000

CANTON 3-bedroom
couples, family room with fireplace
pool available May 1-
31
Harrison Real Estate

CANTON •
KLIN PALME
VALUE IN AREA
\$440 — Free Heat
Call Palmer and Libbey for more information.
Palmer W. of Libbey
DEPOSIT ONLY \$20
397-0200
Daily 9-6, Sat. 10-4
THE BEST AN

WE CAN PROVE IT
Fountain Park Apartments

1 & 2 Bedroom Apartments,
some with 2 full baths

- Private Entries • Microwave
- Washer & Dryer in each unit
- Self-defrosting Refrigerator
- Stove with Self-cleaning Oven
- Some Units have Large Storage Rooms
- Carpeting • Carpets Available
- Swimming Pool • Tennis Courts
- and Much, Much More

WESTLAND NOV1
458-1711 648-0626
Newburgh Rd. Bldg. Grand River Bldg.
Joy & Warren Meadowbrook & Novi

How to be in the center of it all

Colony Park,

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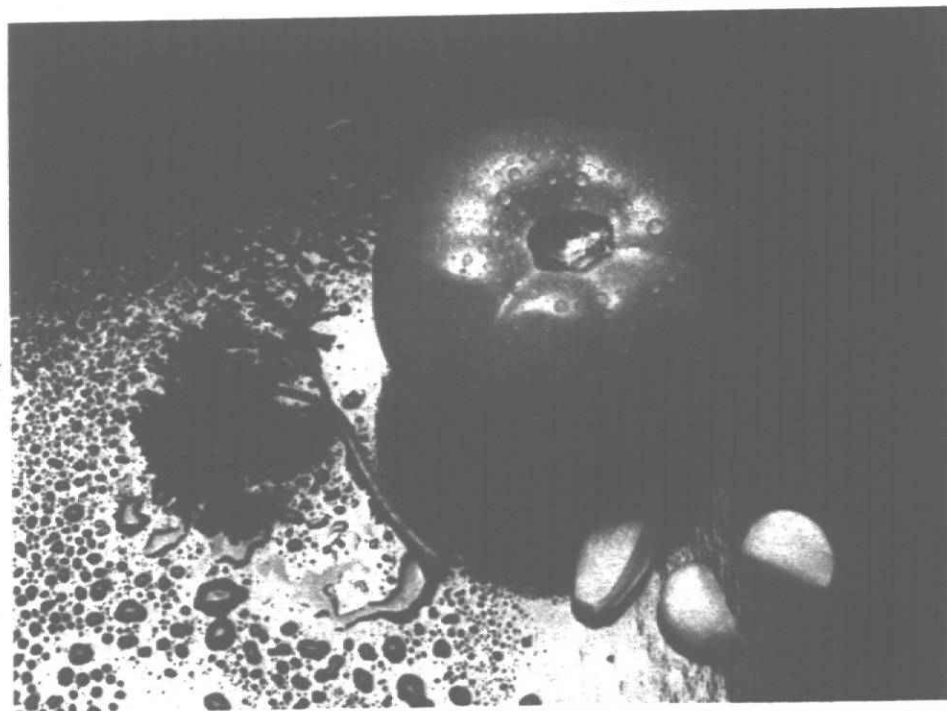
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ARBOR DRUG

Health and Fitness

Monday, March 27, 1989

THE
Observer & Eccentric
NEWSPAPERS





SHRIMP AND TOFU ORIENTAL

2 tbsp. oil
3 cloves garlic, chopped
1 tbsp. fresh ginger root, grated finely
1/2 pound shrimp, boiled 2 minutes, shelled and deveined
3/4 lb. tofu, drained and cubed
1 to 2 sweet red or green pepper, cut in small pieces
5 green onions, chopped
4 cups cooked brown rice
2 cups mung bean sprouts
Soy sauce

In a wok or large skillet, heat the oil over medium-high heat. When hot, add the ginger, garlic, and shrimp, and saute for two minutes. Next, add the tofu, pepper and green onions and cook two minutes more. Add the rice and bean sprouts, and stir-fry over medium-high heat until the heat is hot and the bean sprouts are partly wilted. Sprinkle with soy sauce.

This recipe yields four servings with 12 grams of fat and 414 calories per serving.



Ridicule of tofu turns to praise

WE'VE BATTLED with bok choy, tried jicama — even learned to pronounce it — and can recognize an enoki mushroom at 20 paces. We consumers have, in fact, adapted to an amazing variety of foods. But until recently, most of us have been unwilling to tangle with tofu. And that's a shame.

Tofu is a complete food that can form the basis of a healthful diet. It's rich in protein, low in calories and sodium and easily digestible. It can be scrambled, sauteed, pureed or baked, and its nutrients remain intact.

Throughout East Africa, tofu has been a dietary staple for thousands of years. In the United States, however, it virtually was unknown until the 1970s when health-food converts began promoting it as a low-calorie, cholesterol-free alternative to meat. But those strange white blocks of tofu floating in water simply did not appeal to most people.

THEN TOFU SUDDENLY became trendy with the introduction of a non-dairy dessert. But tofu is much more than dessert.

"Tofu's chameleon qualities can take on virtually any flavor, from familiar to exotic, depending on the seasonings," said Gary Barat, president of the Soyfoods Association and chairman of Legume, a company that markets frozen entrees filled with tofu.

"You can stuff tofu in cannelloni, fold it in enchiladas or layer it in lasagna. The high nutritional value of tofu can be boosted even higher by combining it with whole grains and other components for a well-designed low-calorie, low-fat, all-natural diet."

Barat, his wife, Chandri, and 3-year-old daughter, Athena, eat tofu every day. Mrs. Barat, president of the fro-

zen food entree company, offered the following recipe:

STIR-FRIED TOFU WITH BROWN RICE AND VEGETABLES

2 tbsps. sesame oil
1 clove garlic, minced
2 Spanish onions, thinly sliced
1 cup diced vegetables: broccoli, celery, mushrooms, red pepper, water chestnuts (select at least two)
2 cups cooked brown rice, prepared according to package directions
12 ozs. tofu, pressed and diced (see note)
1-2 tbsps. shoyu, to taste
4-5 tbsps. ketchup
1/2 tsp. salt

Heat sesame oil in wok or skillet. Add garlic, onions, other vegetables consecutively, stir-frying each 1 to 2 minutes. Add rice, stirring, until well coated with oil. Add tofu and seasonings, stirring constantly until heated through, approximately 3 minutes.

Serves 4.

May be reheated.

Note: To press tofu, drain block of tofu. Wrap in cotton towel. Place on plate with 2- or 3-pound weight on top. Refrigerate for minimum of 2 hours or overnight.

"If you don't have time to cook, you can pop a frozen tofu-based entree in the oven, add a salad and some fruit and you've got a nutritious meal in minutes," said Barat.

Barat's company has developed a "Light Eating Plan" filled with easy-to-follow menus and healthy food tips.

For a copy of the plan, send your name and address plus \$1 for postage and handling to: Legume Inc., 170 Change Bridge Road, D-5-2, Montville, N.J. 07045.

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Exercising Putting muscles to their test . . .

By Noreen Flack
special writer

BEING FIVE pounds overweight feels more like 25 when comparing yourself to someone who looks as though they have just stepped out of a magazine swimsuit issue. And not being able to find lavender tights to go with your lavender bodysuit gives you another reason not to go work out.

At Plymouth Fitness Studio for Ladies, 1058 W. Ann Arbor Road, where sweat is "in" and make-up is "out," working out is no beauty contest. The studio opened in September 1987 and is geared toward women who want to compete with themselves, not others, in feeling better and looking good.

Aerobics instructor Lois "Cookie"

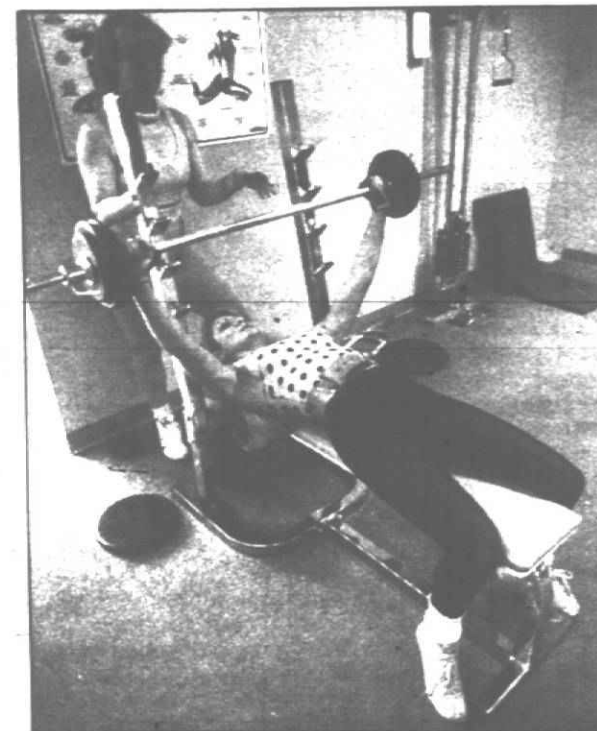
Kinkead, 46, better known as the "drill sergeant" gets exhausted looks from members who say she has no mercy during her workouts. Kinkead's classes include "rubber-band" exercises using an elastic band around legs as a resistance for muscle toning.

"THIS IS NOT A pretty girl club," Kinkead said. "It's not full of beautiful people. Just people looking for a good workout."

Janet Harwood, 49, started Plymouth Fitness Studio after she had been unsatisfied with some of local fitness facilities.

"No one was showing people the safe way to exercise," Harwood said. "We offer a lot of one-on-one instruction. We show them the safe way to

Please turn to Page 8



Treva LaBelle is spotting for Loretta Koehnke in a weight-lifting exercise at the Plymouth Fitness Studio.

BILL BRESLER/staff photographer

. . . or challenging the mind

By Susan Buck
staff writer

UNWIND AND you'll have a balanced mind.

That's the advice of Karen Farkas, a Hatha yoga instructor for Livonia adult ed.

"When you talk about wellness, it goes far beyond simple physical fitness," said Farkas, a 17-year yoga instructor. "There's a wellness that comes from a balanced mind, a mind that can cope easily."

Children savor the present in their play.

They count the petals on a flower, blow a rainbow-ridged soap bubble, jump in rain puddles with bare feet and inspect wet footprints on warm summer sidewalks.

Adults, on the other hand, are caught up in every-day stressful problems. They block out the present while worrying about the past and the future.

"Some think of meditation as an escape. In this discipline, it's the total opposite. It's asking us to be engaged in life as it is right now."

—Karen Farkas

FARKAS TEACHES students to become centered on the here and now. For many people, it's an endeavor that's more easily said than done.

In yoga, the concept of "self-centeredness" is a desirable trait.

"Yoga is a physical exercise of stretching and breathing that helps

people to relax and unwind," said Farkas. "It helps to keep the body flexible and prevent tight lower backs and shoulders. Yoga is a perfect anti-stress antidote."

Fifteen years ago, Farkas joined the Yoga Association of Greater Detroit, a group of 70 yoga teachers, all Americans, in the metropolitan Detroit area, and has been active ever since.

"I had an Indian friend who was a yoga teacher and she told me that the interest in yoga is greater in this country than in India itself," said Farkas, who works as supervisor of placement for the Observer-Eccentric. "I think that's because what's familiar at home, often tends to be overlooked at home."

Farkas began teaching her hobby as a substitute yoga teacher at the Redford YWCA and taught a yoga class of her own for the Farmington YMCA.

FARKAS' INTEREST in yoga resulted from her own tensions, that were derived from what she now, in hindsight, realizes was an ill-suited position as a junior high school teacher in 1971.

A 1960 graduate of Redford Union High School, Farkas holds a 1970 bachelor of arts degree in history

from Wayne State University.

Her extracurricular interest in yoga has since expanded to teaching Vipassana Meditation in her home on Wednesday evenings.

"The word Vipassana means insight or wisdom," said Farkas. "It has no religious connotations at all. The only object of this Buddhist meditation technique is to learn how to live in the present moment. Most of us spend 99 percent of our waking time either in the past or the future. We're either worrying about the past or fantasizing about the future. The mind is everywhere but where we are."

That's a troubled mind and scattered mind, she said. "A scattered mind keeps zooming back and forth. Some think of meditation as an escape. In this discipline it's the total opposite. It's asking us to be engaged in life as it is right now."

Some exercises are helpful to get to that point.

"The happiest person is the relaxed person," said Farkas. "A relaxed person laughs easily. No matter what comes to the relaxed person, they're ready for it. A tense person is already tied up in knots. I know, because I was that kind of person. We

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Adult-ed aerobics

Low key approach with high impact effect

By Cathie Breidenbach
special writer

NINE AND a half years ago, when Jane Fonda was better known for her leftist sympathies than for her workout tapes, Sandie Knollenberg lead her first aerobics class as part of the Birmingham Community Education Program.

Now she heads a full-blown aerobic program of 10 weekly classes at four locations — in Birmingham at Midvale School, Pembroke School, Lutheran Church of the Redeemer, and in Southfield at St. Ives Catholic Church. The low cost, local program is open to everyone, not just those who live in Birmingham.

Knollenberg initiated a flexible card system 2½ years ago similar to card programs used at health clubs. Fifty-five dollars buys a Participation Card good for 20 sessions, and there is no

expiration date. Card carriers may attend whichever of the 10 weekly class times that best fits their schedules and they may take classes at any of the four locations.

"Mix and match, day or night," Knollenberg says of the program. Those people who participate sporadically because they juggle many commitments or travel frequently especially praise the card system's flexibility.

IN A LITTLE OVER two years, Birmingham Community Education has sold more than 1,300 cards, many to repeat customers who have gotten hooked by the program's friendly, low-key approach to aerobic exercise.

"We don't get the hard-driving people you get in a health club," Knollenberg said. "We attract a different market."

Also, at \$2.75 per class, the price is right.

"A lot of people want an aerobics

program but aren't willing to spend the big bucks health clubs charge," she added.

Classes through Birmingham Community Education thrive on a subdued, relaxed atmosphere. Music from a portable tape player doesn't throb with the volume or insistency common at many health clubs. During exercise, Knollenberg carries on a running commentary on the evils of the five S's — sipping, sitting, stuffing, smoking and stress.

Toddlers playing nearby watch their moms exercise and most everybody knows one another in the friendly groups. Facilities at the four locations lack mirrored walls, sophisticated sound systems, and locker rooms for changing, but nobody seems to mind.

KNOLLENBERG, A bouncy upbeat instructor certified by the American College of Health Medicine, will soon complete an Exercise Science

and Technology program at Oakland Community College. She's a local TV celebrity with her own exercise program, "Sandie's Fitness Firm" which airs five days a week on cable channels 3 and 11 in Birmingham, Bloomfield Hills and Bloomfield Township. In Southfield, her show, called "Southfield Body Shop," airs on cable channel 8.

Knollenberg teaches most morning classes herself and schedules five other instructors to cover evening classes. One evening instructor is a phys-ed major, another a pre-med student. All instructors are trained to teach aerobics and, for safety, all are certified to perform cardiopulmonary resuscitation (CPR).

When people begin the program, they fill out a health appraisal form and Knollenberg said she watches for those with heart risk factors such as high blood pressure, smoking and high cholesterol.

"I PERSONALLY call and talk to them about it," she said. She follows medical safeguards to be certain those in the program can exercise safely.

"The classes differ in intensity levels," Knollenberg said, and range from total low impact to relatively high impact with jumping and bouncing. "None are real high impact any longer," Knollenberg said because sports medicine recognizes that extensive jumping can cause injuries."

Classes fall into "people patterns." Mondays draw big groups. Often, 25 people or more show up in leotards or shorts and T-shirts ready to rev up their heart rates and work up a sweat. Many people bring their own mats to use for cool down floor work designed to strengthen muscles — especially to tighten up troublesome "abs" — those abdominal muscles that sag if they're not toned faithfully.

Women predominate in the Birmingham Community Education's program as they do in most aerobic programs, but a few men regularly show up for the 9:15 a.m. classes. More men attend the 7 p.m. sessions. Knollenberg feels classes need at least 10 or 12 people to generate the energy and enthusiasm that makes it fun. Attendance at most classes hovers around 20 of mixed ages ranging from teens to retirees.

MIXED-AGE CLASSES work well because instructors allow participants

Sandie Knollenberg practices what she preaches in one of several morning classes she teaches in the program she initiated two years ago. The program is open to all regardless of where they live.

to create their own pace, slowing down when their heart rates climb too high, or when the intensity level makes them breathless, according to Knollenberg.

In her own classes, Knollenberg first warms up with a brisk Sousa march then launches into combo dance routines to keep the heart rates within target zones for at least 20 minutes in

order to reap the well-publicized benefits of cardio vascular exercise. At regular three or more times a week exercise program reduces the risk of heart attack by improving heart and lung efficiency, lowering resting heart rate, and increasing HDLs (the good cholesterol in the blood).

Most people stick with an exercise program only partly because they know good things are happening internally. Knollenberg said. "Looking good" provides the real motivator that keeps people coming. Aerobic exercise rewards effort by burning calories and toning muscles so people look better.



DAN DEAN/staff photographer

How to treat minor strains and sprains

With the trend toward more participation in sports and other physical activity showing no slowdown, it is only natural that more minor strains and sprains are being reported. Quick treatment often speeds up the healing process and prevents such injuries from becoming severe or recurring problems.

Many physicians recommend a method of treatment identified as the RICE Therapy: Rest, Ice, Compression, Elevation. When initiated immediately following injury, RICE treatment can help control inflammation, reduce swelling, relieve pain and speed the healing process after sprains, strains, tendinitis and many other injuries.

• **Rest:** Do not exercise until pain and swelling have subsided. After several days, you should be able to start moving and exercising the joint, helping to strengthen the muscles and heal the ligaments.

• **Ice:** Apply cold compresses as soon as possible after the injury occurs. An Ace Reusable Cold Compress is recommended for approximately 30 minutes at a time with 30 minutes between applications.

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Gymees — where it all comes together

By Cathie Breidenbach
special writer

Gymees, a new exercise and fitness store at Twelve Oaks Mall in Novi, celebrates muscles — how to build them and how to keep them firm and fit.

Black and white overhead photographs lining the walls of the store glorify the hilly topography of strong, sinewy bodies with bulging biceps and massive quadriceps.

A couple of ceiling-mounted TVs play videos of Mr. Olympia contestants rippling their glistening muscles.

Barrie O'Brien, store manager, says Gymees combines under one roof what the exercise enthusiast previously had to shop for at three separate stores — workout clothing, bodybuilding and aerobic exercise equipment, and food and vitamin supplements. Gymees aims to be "The Fitness Store," the one-stop store for all exercise needs.

The store, located on the lower level of the Sears corridor of the mall, carries a wide variety of men's and women's exercise clothing by major manufacturers. Stretch nylon leotards in assorted combinations for women and workout clothes for men crowd racks lining one full wall of the store.

Clothes range from utilitarian grey sweats and classic solid colors that fit the dress codes of some area health clubs to outfits in electric hues made from sleek, body-hugging fabrics.

FOR THE VERY DARING, Gymees stocks workout clothes with leopard spots and snakeskin patterns to create a wild, untamed look. The new fitness outlet carries clothes bearing popular logos including Reebok, Nike and a full line of Powerhouse Gym apparel.

Except for shoes, which O'Brien explains would require extensive on-site stocking space, Gymees carries nearly everything the well-dressed body builder or aerobic exerciser needs.

In addition to basic workout clothes, the store sells accessories such as sweat bands, weighted belts and vests, hand and ankle weights and exercise mats. Hand held electronic massagers vibrate away soreness on back and shoulder muscles after strenuous workouts. An electronic pulse meter allows exercisers to monitor pulse rate during workouts to keep the rate within safe limits.

Jog meters record miles traveled and an electronic pedometer registers miles walked for those who want to log daily mileage of their workouts. Many walkers or runners like companionship for the long, lonely miles they spend on the road. For them, Gymees recommends a compact Walkman radio.

The new store also stocks videos and popular magazines for the body-

aware consumer. O'Brien says the store will be increasing its stock of exercise videos which include aerobic exercise tapes such as the Jane Fonda Workout tapes.

WITH TITLES LIKE "Beef It" and "Flex," bodybuilding magazine names may seem a bit humorous, but muscular hunks on the covers show that the publications mean business. "Shape," an exercise magazine for women, balances the beefcake on the magazine rack with a cover showing a svelte and shapely woman.

The back of the store is devoted to the chrome and black color scheme of hard core body building machines including heavy benches. Treadmills, exercise bikes, and rowers for the cardiovascular exerciser cluster nearby in Gymees demonstration area.

O'Brien says Gymees stocks 10 or 12 different styles of bikes including a wind bike, which uses wind resistance rather than friction to create a smooth

ride. The wind bike blows a cooling breeze at the rider — a bit like the wind a biker feels if he were pedalling along an open road on a real 10-speed. Gymees bikes begin at \$150 and models range upward to \$2,500 for bikes with elaborate electronic settings. A mid range bike costs between \$300 and \$400. For additional charge, Gymees will deliver and assemble equipment bought at the store. The stock room at the Twelve Oaks mall store is limited, but Gymees' local warehouse holds ample supplies of heavy equipment.

IN ADDITION TO clothing and equipment, Gymees also carries food supplements for exercisers interested in sports nutrition. Canisters of powdered high calorie supplements as well as protein supplements and jars of vitamins line shelves in Gymees' Sport Nutrition section. O'Brien says the supplements are all "safe steroid alternatives."

Often body builders need to increase calorie intake to compensate for a

heavy workout schedule and to give the body the protein it needs to increase muscle bulk or to speed recovery of damaged tissue. Sports medicine recognizes the benefits of "carbohydrate loading" for marathoners, cross country skiers or anybody who takes part in a sport that demands endurance.

Gymees sells carbohydrate supplements to exercisers interested in increasing their stamina. The store also stocks an assortment of vitamins as well as nutritionally balanced liquid meals which are an easy, convenient and low calorie meal substitute for people on diets.

Gymees is a spinoff from the General Nutrition Corp., a chain of stores which sells vitamins and food supplements. General Nutrition has for years run a store in the Twelve Oaks Mall. When it pioneered the concept of "The Fitness Source," the company decided the Novi Mall would be an excellent location for the store.



ART EMANUELE/staff photographer

Gymees manager Barrie O'Brien sits on the latest biking favorite with exercise enthusiasts — the Wyntone which uses wind resistance rather than friction to create a smooth ride. A spinoff of General Nutrition Corp., the store also carries a complete line of sports nutrition products.



Quick application of Ace cold therapy relieves the pain and swelling of strains and sprains.

How to treat minor sprains

Continued from Page 4

● **Compression:** Apply compression with an Ace Elastic Bandage to help reduce swelling. Compression should be used simultaneously with cold compresses.

● **Elevation:** Elevate the injured part, if possible, to help drain excess fluid from the area.

The key to this treatment is the use of cold. The application of cold reduces the flow of blood and other fluids through that area, and therefore helps to reduce local swelling. In addition, cold also helps to relieve pain in the area by reducing the sensitivity of the local nerve endings. When away from

home, the Ace Instant Cold Compress can provide immediate cold therapy without refrigeration.

Heat should never be used when first treating an injury because it increases swelling and tends to immobilize the joint. After 24-48 hours, when swelling has been reduced, alternating heat compresses with the cold compresses will help circulate blood to the injured area, and speed up the healing process.

If pain is severe or persistent, or the area feels extremely tender, see a doctor immediately. There is always the chance that it is a severe strain, sprain or even a fracture. Recurring injuries also should be checked by a physician.

Meditation can offer wellness of the mind

Continued from Page 3

operate on automatic pilot."

Farkas recommends a simple exercise before bed:

● Inhale, exhale and say to yourself the number one.

● Repeat and say the number two. The object is to get to the number five without an outside thought entering in. If it does, go back to the beginning and start again.

"The problem is that you won't be able to get to five without practice. The exercise can be extremely relax-

ing and useful in helping you get to sleep," said Farkas.

As another aid, she also teaches her meditation students to breathe and walk consciously.

Farkas claims success. At least two students, a customer service rep-

resentative and a furniture repairman are now more relaxed in their occupations, said Farkas.

For further information from Farkas, write to Meditation, Box 320, In care of the Observer Newspapers, 36251 Schoolcraft, Livonia 48150.

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Working out is no beauty contest here

Continued from Page 3

use the machines and free weights. We re-educate these gals for strength and flexibility."

The studio offers a childcare area from 9-11 a.m. Monday through Saturday for children to play with a babysitter while mom works out.

"We have nothing against men," Harwood said. "But it can be intimidating to have the guys observe you working out. To have that fear does not allow you to get a good workout. The ladies can't be themselves."

THE STUDIO DOES offer co-ed aerobics class Monday nights and co-ed yoga classes Wednesday's at 8 p.m. taught by Margaret "Marney" Sutton. A masseuse is also available by appointment for men and women interested in a professional massage.

Unlike some larger facilities, the studio claims to maintain a personal interest in each of their some 400



BILL BRESLER/staff photographer

Aerobics instructor Lois "Cookie" Kinhead — better known as the drill sergeant — uses a chinning bar.

members. Members will not be abandoned once they have joined, Harwood said.

"The emphasis is not on sales," member Debrah Bjorge, 34, of Canton said. "Most spas are worried about getting the dollar figure in the

door and then you're on your own. Here, the people stick by you. No matter how long it takes, they want you to get the exercise right."

Mary Starr, 25, of Plymouth, an original member of the studio, said inspiration from staff members has

helped her stay in shape.

"If I haven't been in for a week or two, they call me to make sure I'm not sick or something," Starr said. "They just want to make sure I'm just busy and I'll be in as soon as I can."

"IF SHE WALKS in that door, you know she is already motivated," Harwood said. "Now it is up to us to keep her motivation going."

The Motivator, a computerized body scan, is used to monitor a person's percentage of body fat to lean body muscle. The scan offers ways to convert that body fat into lean muscle and increase energy level.

The sauna and whirlpool area is for relaxing after a tough workout and is kept by Harwood's insistence on cleanliness.

"The clientele appreciate cleanliness," Harwood said. "They act according to the surroundings. They don't mistreat the facility because they like it that way."

Harwood said she has had many requests from local businessmen to open a facility for men. She hopes to open a studio called Plymouth Fitness Studio for Gentlemen geared toward older men interested in keeping in shape.

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