

Canton Observer

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Come one,
come all!

You are invited to attend a **Candidate Night for the 1998 Plymouth-Canton Board of Education election**, sponsored by the Plymouth and Canton Observer Newspapers. The forum will be 7-8:30 p.m. **Wednesday, May 27**, in the new **Plymouth District Library**, 223 S. Main, just south of Plymouth City Hall. Candidates seeking election to two, four-year terms include incumbent **Susan Davis**, newcomers **Shella Friedrich**, **Richard Ham-Kucharski**, **Darwin Watts**, and **Judy Mardigan**, who is seeking election to a two-year seat to which she was recently reappointed. The forum will be moderated by **Tim Richard**, state and regional reporter for HomeTown Communications Network, which owns the Observer Newspapers. Observer reporter **Tony Bruscato**, as well as Plymouth Observer editor **Joanne Maliszewski**, and Canton Observer **Tedd Schneider** will host the event. Call the Observer at 459-2700 for information.

THE WEEK
AHEAD

WEDNESDAY

Prayer breakfast: *The Canton-Plymouth Prayer Breakfast offers early-morning inspiration with keynote speaker Wintley Augustus Phipps, a pastor and gospel singer. The breakfast is 7:30-9 a.m. at the Summit. Tickets are \$10 each and the reservation deadline is Monday. Call 495-3548.*

SATURDAY

Clothing drive: *Youth Team members from the Canton Target store will hold a clothing drive to benefit First Step, a local shelter for abused women and children. Anyone may drop off clothing, new socks, underclothes shoes and slippers in boxes at the front of the store. Call 454-1133 for more information.*

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Canton home a real steel

■ Dan and Michele Hall started building their new home at Pheasant Run last April - but you'd be wrong if you said construction was lumbering along.

There's no question that a home Dan and Michele Hall are building on the 18th hole of Pheasant Run Golf Course has caused the most rubbernecking from golfers and neighbors.

That's because they didn't use lumber.

"People will stop and say, 'What the heck is that?'" Hall said.

The massive steel shell looks more like an industrial building than a home. The 3,600-square-foot house is built from light gauge metal framing - not wood.

Hall designed, engineered and constructed the home, which he began building last April in his spare time evenings and weekends with help from several friends in various trades.

Instead of hammers and nails, they used saws and screw guns.

Hall is a project superintendent for O'Neal Construction Co. in Ann Arbor. Some projects he has overseen include the construction of Canton's Summit on the Park community center and Temple Baptist Church in Plymouth.

"The walls are as straight as an arrow. Wood has a natural bend," he said.

The frame is non-combustible, rot-free and made from recycled galvanized steel so Hall also can be lauded for saving several trees in the process.

Metal is used for home construction in states such as Hawaii and Florida to protect against termites and strong winds. Hall's steel-framed home is the first for Canton.

"We've been using it in commercial developments for 10 to 15 years," he said. "Not many residen-

Please see **STEEL HOUSE**, A7



Man of steel: Dan Hall fastens steel beams with a power screwdriver. The metal-framed home he is building on the Pheasant Run Golf Course is a first for Canton.

Students opt out of MEAP

Most junior class students at Canton and Salem high schools exercised their right of refusal by declining to take the revamped, but controversial, Michigan Educational Assessment Program tests given last week.

In fact, more than 600 of the 988 juniors at the high school complex refused to take the test, which measures skills in reading, writing, math, and science.

"The last two years we saw 92 percent of the students take the tests," said Joan Claeys, Salem assistant principal. "However, after a revolt against the exam last year in Oakland County, more parents and students here opted out of the tests."

The MEAP tests became controversial because they were long, difficult and resulted in debatable scores.

The exams were shortened to about eight hours by the state after complaints the nearly 11 state of testing were too long.

Last year, students who passed were labeled as "proficient" and given a gold endorsement sticker on their diploma. Those who fell short of that were labeled "novice" or "not yet novice."

College-bound students were afraid of taking the tests and failing to get a "proficient" sticker, believing anything less would hurt their chances of getting into college.

This year, the stickers have been eliminated. However, the results go on the high school transcripts.

"Many parents and students thought that was less satisfactory," said Claeys. "There's a real concern on the part of juniors applying for college because they don't know how the results will affect them, compared to ACT and SAT scores."

Claeys notes that without at least 85 percent junior class participation, the results will have no meaning.

"The MEAP shows how we are doing

Please see **TEST**, A7

Chamber director Flaharty leaving June 1

Canton Chamber of Commerce Executive Director Carleigh Flaharty will be leaving at the end of this month to head the Farmington/Farmington Hills Chamber of Commerce.

Flaharty, 25, has been Canton's chamber director since July of 1996 when longtime director Linda Shapona resigned to become the director of Westland's Chamber of Commerce.

She begins her duties June 1 at the Farmington chamber, which is the third largest in the greater Detroit area. Flaharty is taking the place of Maria Esposito, who accepted a posi-

tion as director of lifelong learning at the Grosse Pointe War Memorial. Esposito's last day was April 28.

"This is a good opportunity professionally for me. It's a larger organization with 720 members and a larger staff (of five)," Flaharty said.

The Canton chamber had just under 400 members when Flaharty joined the organization and now has grown to 455 members in two years. It has a two-member staff.

"The Farmington area has tremendous diversity in its business community. Farmington being home to many

family-based businesses and retail with a downtown ... and Farmington Hills being headquarters to large corporations," she said.

Canton chamber President Pat Williams said he wasn't surprised Flaharty decided to leave for larger opportunities. "She did an outstanding job. She's a very talented and bright girl. I guess someone of her caliber, you kind of expect it."

Canton will likely be without an executive director for one month as its 18-member board of directors begin searching for her replacement. A com-

mittee was formed to review job candidates.

"It was a difficult choice because of the people here. They welcomed me with open arms. I was new not only to Canton, but to Michigan," Flaharty said.

Originally from Seattle, Wash., Flaharty and her husband came to Michigan after he received a position as a mechanical engineer for firm in Troy. They live in Berkley.

An English major at the University

Please see **CHAMBER**, A7

Making the turn Students' commitment to change lauded

Plymouth Salem High School student Kelly Kubeck will graduate in a few weeks.

She's been active in various school activities, spends a number of hours performing community service, has lettered on the Salem varsity tennis team, and has a job ... all while getting A's and B's on her report card.

And in the fall, the 17-year-old Plymouth Township resident will head down the road to Michigan State University.

Despite all the accomplishments, Kelly is most proud of the fact that she has been sober for 17 months and six days.

Kelly, along with 26 other students in the Plymouth-Canton school district, were honored Tuesday at the third annual Turnaround Achievement Awards sponsored by Super Bowl Lanes at the Summit on the Park in Canton.

The students, who ranged from elementary to high school students, were honored for their effort, perseverance and commitment to turning their lives around.

"I was dependent on drugs and alcohol for four years, got into some trou-

Please see **TURNAROUND AWARDS**, A2

It's your turn to shine

The following students were honored Tuesday in the 1998 Turnaround Achievement Awards:

- Serene Garlow-Wyatt • Bird Elementary
- Jacob Whinnie • Eriksson Elementary
- Christian Smith • Field Elementary
- Keith Porter • Gallimore Elementary
- Michael Kratzchak • Hulsing Elementary
- Daniel McClure • Miller Elementary
- Brent Deaver • Central Middle School
- Ryan Case • Central Middle School
- Christopher Hutchinson • East Middle School
- Kimberley Diedrich • East Middle School
- Christina Hughes • Lowell Middle School
- Tim Kastan • West Middle School
- Jentae Geftos • West Middle School
- Andrew Leonard • P-CEP
- Cars Szymanski • P-CEP
- Kevin Globko • P-CEP
- Chris Miller • P-CEP
- Bobbi Jones • P-CEP
- Mark Snyder • P-CEP
- Lauren Wozniak • P-CEP
- Michael Reeser • P-CEP
- Kelly Kubeck • P-CEP
- Amanda Heady • P-CEP
- Beth Pope • P-CEP
- Steven Tutor • P-CEP
- Jana Jacobs • P-CEP
- Mary Ann McMullen • Starweather Center

Little space, lots of love in winning mom's house

More Messages to Mom, A4

Growing up in a large, blended family was an "extra special" experience for Canton resident Melanie Smith.

That led Smith and her two sisters - Theresa Gross and Kathy Soltis, also from Canton - to nominate their mother, Connie Sienkowski, in the Observer Mother's Day contest. Smith's short, simple e-mail missive about her sibling-filled household was chosen as our contest winner.

Smith wrote: "Why My Mother Is Special? Our mother married our father who was widowed and left with nine children, ages 3 to 15, gave birth to two more and had enough strength and love for all of us. Everyone called her crazy, but we call her extra SPECIAL."

In a brief telephone interview this week, Smith said her stepmom "never treats us differently than her own kids. That was true growing up and it's still true."

Connie Sienkowski, 58, and her husband Leonard, 62, live in Sterling Heights. Their extended family now includes 11 children 21-40 years old and 20 grandchildren.

Even the story of how her father and stepmother met has a nice ring to it. When her mother, Caroline,



Connie and Leonard Sienkowski

died in December 1971, the family turned to the Catholic church for help, Smith said. The church sent a young woman studying to be a nun to the Sienkowskis to work as a nanny.

The nanny, of course, turned out to be Connie Martin, who fell in love with Leonard Sienkowski and married him in 1974.

For her entry, Smith wins dinner for four at Max & Erma's in Canton. Our guess is there might be a few more people at the table.

Turnaround awards from page A1

ble and couldn't stand it any more," said Kelly. "I just hit rock bottom."
 Kelly was able to pull herself together for what turned out to be the biggest challenge of her young life.
 "I had my mom and dad get me into a recovery program in Ohio, a lockup facility for four weeks," Kelly said. "Then I went to court and the judge gave me one last chance. So far it's worked."
 Along with her parents and

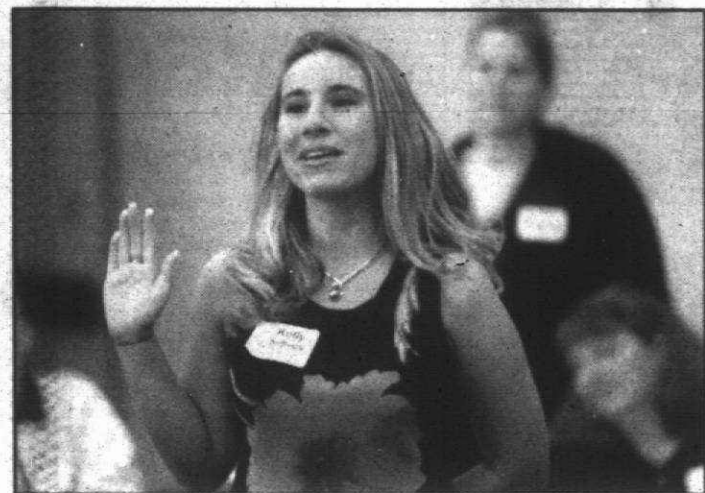
teachers, Kelly credits the student services program at the high school for keeping her sober.
 "The alternative education program helps people get into rehab, get sober, and help identify themselves," said Kelly. "The teachers introduced me to their aftercare group where there are about 10 recovering students. We have Alcohol Anonymous meetings for the entire school every Friday, and learn how to turn around your

whole life."
 Lynn Sandmann, who directs the program with Diane Matsumoto and Allie Suffety, presented the Turnaround Award to Kelly.
 "Kelly is an amazing and courageous young woman," said Sandmann. "She has created new life options for herself... and is working hard at balancing priorities in her life."
 And it goes without saying that her parents are proud of the way Kelly has turned her life around.
 "We went through some tough times, but we're very proud of her," said Ken Kubeck, Kelly's father. "It was like gaining our daughter back after she went through rehab and the help at the school."
 "There were some very key people who entered her life at a very critical point and helped her, and thank God for them," said her mother, Kathy. "No one else could do this for her; she had to do this herself."
 Kelly, who helps mentor other students, has some words of advice for those who face the same tough road she traveled.
 "There is a chance to turn your life around," she said. "You need self confidence, courage, and can't be afraid to stand up for what you believe is right... even if you're the last one standing."
 Each of the 27 students presented awards had success sto-

ries, those you don't hear about every day.
 Michael Krafchak is a Hulsing Elementary student who couldn't read well in the third grade. His work and determination raised his reading skills to a fifth-grade level, defying research which indicates that children who can't read by the third grade will never catch up.
 Brent Dreaver is an eighth grader at Central Middle School who had a 1.3 grade point average with discipline and behavioral problems. Today, he is an honor student with a GPA over 3.0.
 Ryan Case, also of Central Middle School, spent more time in the office than in class with a 1.6 gpa in sixth grade. Now, an eighth grader, Ryan raised his GPA to a 3.6 and has become a model student.
 Kevin Globke, a Salem senior, began his high school career with a 1.16 GPA, and finished his sophomore year not much better, mainly because of a lack of attendance and initiative.
 In the summer of 1996 Kevin received a heart transplant and was out for about 10 weeks. Kevin worked hard to make up the credits he lost through class work and independent study, and last semester finished with a 3.3 GPA. He will graduate with the rest of his class in June.



Vows: Field Elementary student Christian Smith promises: "If it is to be, it is up to me."



New life: Kelly Kubeck recites her pledge during the awards ceremony. Twenty-seven students were honored at a luncheon Tuesday at Summit on the Park.

'Arsenic' at Summit May 17

Canton Project ARTS will host a special presentation of the Plymouth Theater Guild's "Arsenic and Old Lace" 6:30 p.m. Sunday, May 17 at the Summit.
 The event is part of the Project ARTS Spring Theater Series and is co-sponsored by the Observer Newspapers.
 The popular play - which has seen several Broadway revivals and is community theater staple - revolves around a nephew's discovery of his aunt's interesting hobby. The slightly sinister comedy was made into a 1944 movie featuring Cary Grant.
 Tickets are \$8 in advance and \$9 at the door. They are available in the Maple-Oak Room at the Summit.
 For more information call Kathleen Salla, 397-6450.

Canton Observer

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THE Observer NEWSPAPERS

CCC MPA SN 1996 General Excellence Award

Newcomers pitch in

Last week's raffle raised \$6,100 for Community Hospice

It was the largest raffle to date for the Canton Newcomers, who sold 6,000 tickets and raised \$6,100 in donations for Community Hospice & Home Health Care Services of Plymouth.

About 100 people gathered at the Newcomers monthly gathering place at the Sunflower Clubhouse on Hanford Road to draw the winning tickets.
 Grand prize winner Debbie Zamorski won a Las Vegas Get-A-Way for two, courtesy of Elliot Travel and Rock Financial and a Princess Di Beanie Baby, courtesy of Dixboro General Store.
 First prize winner Amy Young of Canton won a \$350 gift certificate for furniture courtesy of Blackwell Ford and Walker/Buzenberg Furniture and a decorative rug, courtesy of Accurate Flooring and \$40 gift certificate for wall decor courtesy of Art Advocate.

Second prize winner LuAnn Ross of Canton won a \$400 Summit on the Park gift certificate courtesy of Pulte Homes and a Pheasant Run Golf Package and lunch for two, courtesy of Pheasant Run Golf Course.
 Third Prize winner Elizabeth Bright won a 14 karat gold ring, courtesy of Crystal Diamond Setters, Genit's Dinner Theater for two, courtesy of Genit's, an overnight stay at Marriott, courtesy of Livonia Marriott and a \$40 salon gift certificate.



Lucky entries: Joan Noricks (from left), Kathy Randinitis and Laura Baptist, Newcomers fund-raising co-chairwoman, pull out the winners at Wednesday's raffle.

cate, courtesy of New Attitude Salon.

Fourth prize winner Carol Sturgeon of Canton won a two-night stay at Bavarian Inn in Frankenmuth, including dinner. There were 30 other prize packages donated by area businesses raffled off throughout the night.

"It was really a collaborative effort between the club and the community - from members to businesses to individuals who purchased tickets," said Newcomer Kristy Engle.

The proceeds from the raffle go to Community Hospice, which plans to open a Grief and Healing Center at its Plymouth branch office in the West Financial Building on Main Street.

The Grief and Healing Center will allow people to stop in and browse through its library of bereavement literature and videos, seek short-term, drop-in counseling from an on-site social worker or become part of a support group.

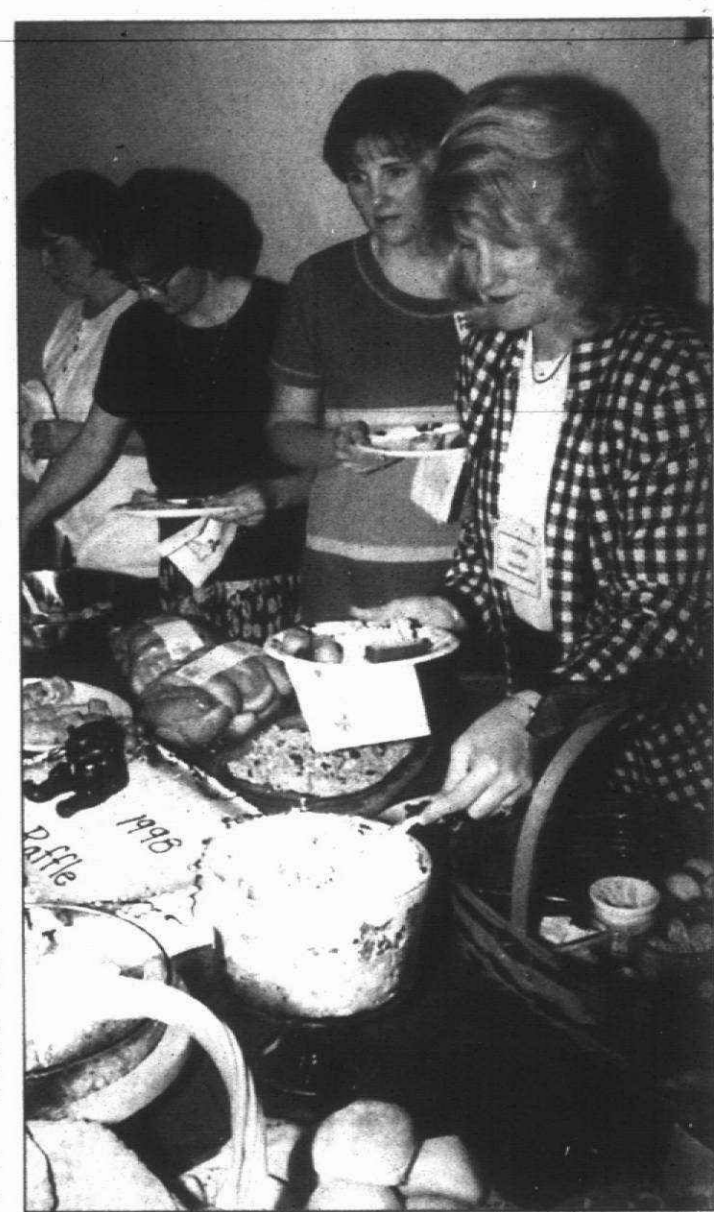
Community Hospice services terminally ill patients in western Wayne, southern Oakland and eastern Washtenaw counties. The main office is headquartered in Westland.

The money raised in the Newcomers raffle supports numerous programs, including patient care, children's bereavement and Hospice Home.

Hospice Home is a \$2 million project to build a 10-12-patient home for terminally ill patients who can't be cared for in their own home.

As of the night of the raffle, the Newcomers had 160 members the highest membership it has had in five years. The group meets the first Wednesday of the month September-June.

The raffle is sponsored by the Newcomers Club, in cooperation with the Canton Community Foundation. Last year, the group raised \$4,400.



Good time: Party-goers sample the buffet. The Canton Newcomers sold 6,000 tickets and raised \$6,100 in donations for Community Hospice & Home Health Care Services of Plymouth.

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Arbor Health Building - 990 W. Ann Arbor Trail	May 12, 1998	10:00 - 11:00 AM, Community Room
	May 19, 1998	10:00 - 11:00 AM, Community Room
Baker's Square Restaurant - 5946 Sheldon Rd.	May 14, 1998	2:30 - 4:30 PM
	May 19, 1998	2:30 - 4:30 PM

— Refreshments will be served —

Care Choices SENIOR
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THE Observer NEWSPAPERS

CCC MPA SN 1996 General Excellence Award

Suppliers, dealership like Chrysler-Daimler merger

The Chrysler-Daimler Benz merger announced Thursday drew favorable reaction from local Chrysler dealers and suppliers.

"I feel it can only be a good venture," said Dick Scott, owner of Dick Scott Dodge on Ann Arbor Road. "Everybody's excited, it's kind of the buzz with employees and customers. I have not heard anybody talk negatively about it. I think we're going to create more jobs, not lose them," he said.

The new company is to be called DaimlerChrysler AG. It will be the third largest manufacturing company in the world, behind General Motors and Ford.

"You're talking about a great car company in Mercedes Benz. The point is everyone has to realize if this works you're looking at probably a five-year program before everything is ironed out," Scott said. "As a dealer I welcome this venture. It's great for the auto business and it's great for Chrysler employees."

Christopher Swartwout is controller of ProCoil Corp. in Canton, a rolled steel supplier to both Chrysler and Mercedes Benz, which has an Alabama plant making sport utility vehicles.

"I think it's a good thing," Swartwout said. "We know that both Chrysler and Mercedes have some very tight quality guidelines, we're certainly up to the challenge."

In contrast to the atmosphere at Dick Scott Dodge on the day the deal was announced, Swartwout said, "We haven't talked about it today."

Does ProCoil view this merger as having a significant impact on their supplier business? Swartwout said it could increase work for Chrysler and Mercedes.

"What amazed me the most was no merger on this scale has ever occurred. I've been following the story," he said.

The new company is to be dual headquartered in Auburn Hills and Stuttgart, Germany. The merger is to take effect in October.

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Tell us how 'Seinfeld' will end

After nine seasons, the top-rated comedy "Seinfeld" is coming to an end. The topic of the last episode, 9 p.m. Thursday, May 14, has been kept hush.

Tabloids, magazines, television show and fans have all speculated on how the half-hour sitcom will wrap up its run. One tabloid ran a story in March saying "Seinfeld" would feature a dream sequence where Kramer and Newman started a rickshaw business. The episode ran in April and it wasn't a dream.

A tabloid television show reported this week that one of the characters is a victim of a carjacking. Fans of the show have guessed that Jerry and Elaine will marry.

Now it's your turn. Call or e-mail us with your predictions for the last "Seinfeld" at (734) 953-2130 or cfuoc@oe.home.com.net by 9 a.m. Tuesday, May 12. Make



Message to Mom

My mother, Sarah Lula, taught me about God and was a living example of what she was teaching. She always puts others first, like the time I had a cesarean section, she stayed up all night pushing the morphine pump but so that I could rest.

Alison DeAngelis
Mother: Sarah Lula

This is what makes my mom special. She loves me very much, and tells me she loves me. She cares about me, we go shopping together and to the movies and helps in my classroom. She tucks me in at night, these are some reasons that make my mom special. I love my mom very, very much. She's the best mom in the world.

Amy Lesinski
Mother: Mary DeAngelis

My mom thinks of other people before her self. Everyday she tells me how much she loves us. She goes out of her way to please me everyday, she works hard at work, she doesn't get to go out and enjoy herself. Mommy! Love You! You deserve a break!

Sara Higgins
Mother: Sarah Higgins

I love my mom, Kathy Baker, because she takes care of me in sickness and in health. She also makes me delicious meals! She helps me with my homework and book reports whenever I ask her. Last but not least, she brought me into the world. That's why I love my mother so much!

Kelly Baker
Mother: Kathy Baker

My mother is special because when ever I am sick she is there. When ever I am sad she is there. She always takes time out for me when I am sad and when I am in a bad mood, she can always make me feel better. My mother is special to me because I know she loves me and would do anything for me. I can always come to my mom for anything and she will help me. Even when my mom is mad at me I know she still loves me. My mother is not only my mother but is also a friend! This is why my mom is so special to me.

Andrea Derovin
Mother: Mary Derovin

All moms are special, however, mine is my hero. I can always count on her and she never lets me down, yet always brings me up. I admire and adore her, aspiring to be who she is. No super powers, she's simply, Mom. The most natural, lovablest hero I know.

Jennifer Bryan
Mother: Ruth Bryan

The question why my mom is special is very simple to answer. From day one my mom has always been there for both my brother and I. With her around the days are even brighter. If it wasn't for my mom then we would be living in a trashy house because she does a great job of keeping up the house. So mom, on this special day I want to say I Love You and Thanks!

Lord Azzopardi
Mother: Chris Azzopardi

Marvelous
Outragious
Terrific
Happy
Enthusiastic
Reliable
Mom is my confidante, my friend and my greatest supporter. She gives me direction yet allows me to make my own choices without judging me. She is the most kind and caring woman I have ever known and I'm proud to call her mother.

Michelle Daugherty
Mother: Dawn Taylor

Shall I mother cry, my flame would die, drowned by her tears. To her face, I dare not lie, for she is quite dear, she gave me life, love, equality, for her care I'd risk it all, she gave me freedom for the dream to be, her love covers me like a comforting shawl.

Sarah K. Poon
Mother: Sarah K. Poon

My mom is special because she is my Brownie leader. She let's me take friends places, she helps me with homework, and she lets me go to the ice cream place. She loves me and takes care of me. My mom is always there for me, she's the best!

Ashley White
Mother: Vicki White

My mom is special because she lets me go to hockey and she lets me go to Cub Scouts. I am her favorite 7-year old, she takes me to get ice cream, she helps me with my homework, she feeds me when I am hungry.

Jared Diebel
Mother: Lisa Diebel

My mom is special because she takes care of me, feeds me and all that other house stuff. She is so helpful and always there for you, without mom, life would be boring. In other words, she's the best mom in the Universe!

Hannah Diebel
Mother: Lisa Diebel

My mom is the best mom in the whole world because she feeds me, tucks all the time.

Aaron Diebel
Mother: Lisa Diebel

My mother is important because her love is like a star, so radiant, so wonderful that every time I think of her, a thousand moments sparkle brightly. Touch me lightly and suddenly the world is filled with every joy I've ever shared with her magic shining everywhere. All I need, or wish, or want is the gentle warmth of my mother.

Stephanie Ghall
Mother: Gordon Ghall

In the picture albums that she beholds, her childhood that she

me. She buys me clothes, takes me to stores. She cares about my grades. She calms me when I have scary dreams, but most of all she loves me!

Elise Berry
Mother: Jill Berry

My mother is a very special person because she's been there for me all my years in the world. The number one reason she's special is she loves for me who I am. Her care for me helps me grow every day. That is why my mom is so special!

Jessie Elmers
Mother: Kristi Whitlock

I know God has sent an Angel in disguise, and we've shopped together at the mall. Our conversations can never end, she's a true best friend. Our mother is the most valuable, special, and important part of our family.

Lindsay Whitlock
Mother: Kristi Whitlock

I remember my mom once raising her voice or complaining of her many daily duties. Everything she did was for us. She lived for us!

Laura Gillo
Mother: Mary Jane Gonzalez

My mom's special because she's my mom. She's always doing what's best for our family. Deborah Lang's the mother of five kids 24-7. It's a full time job that she's great at. When I make mistakes she's always right leaning over my shoulder helping me touch out life.

Sarah Lang
Mother: Deborah Lang

I remember my mom and I raking leaves and burning them, hanging out laundry and talking with neighbors, making delicious dinners, talking about the day as we washed the dishes, having a great disposition, calm, even-tempered, and a great sense of humor. There was and still is, a sense of peace and joy within her. She truly is a reflection of God's love!

Kathy Boliske
Mother: Lillian Swiderski

She puts others first before her self. She goes out of her way for my sister and I just to please us, thought she knows sometimes it might screw up her schedule. She works hard at work to provide food on the table and the expensive things we want. We love her either way!

Maria Higgins
Mother: Janice Higgins

My mother is thoughtful, kind, loving, generous, caring and helpful. She taught us right from wrong and to respect others. She tries to take care of everyone, our friends all grew up thinking of her as "Mom". She's the best! My mom is my hero. I love her more than words can say.

Shelia Smith
Mother: Clara Calleso

My mom is special because she is: 1) beautiful, 2) smart, 3) thoughtful, 4) loving, 5) truthful, 6) nice, 7) comforting, 8) kind, 9) generous, 10) teaches me, 11) playful, 12) pleasant, 13) pleasing, 14) buys me Nintendo, 15) takes me to soccer, 17) takes me to McDonald's, 18) makes my dinner, 19) takes me to Skateland, 20) takes me to school, 21) takes me to see movies, 22) takes me to my friends, 23) buys me clothes, 24) buys me food, 25) rode on Jetakis with me, 26) bought me a hockey stick, 27) brings home work to me when sick, 28) tucks me into bed, 29) does homework with me, 30) and loves my family more than anything in the world.

Brandon Sykora
Mother: Michelle

I love my mother because when I am hurt, she cuddles me and it makes me feel like a special person. At night she comes up and reads a book to me. Sometimes she lets me stay up late, and she lets me pick dinner.

Beth Cochran
Mother: Sue Cochran

My mom is special because she does my dishes and laundry. She helps me read. She lets my friends come over. She helps me do my homework. She lets me and my brother get a Hot Wheel at the store. She lets me watch TV. That's why she is special.

Matt O'Wach
Mother: Cathy O'Rear

My mom is special because I love her. That is special to me, and I'm loved by her. I like Mother's Day. My mom is fun to be with. Sometimes she is funny. She takes me to the Canton Library. She takes me to the movies. She buys me Beanie Babies.

Stephanie Brennan
Mother: Vicki Brennan

My mom is special because I know she loves me and she knows that I love her.

Debra Parshcher
Mother: Mary Rose Matthey

My mom is very special because she helps me on homework like math, social studies and spelling. She even taught me how to read and do subtraction. She also had me when I was a baby. She also bought me stuff that I needed. All I love my mom.

Kathy Bradley
Mother: Janet Bradley

My mother is special to me because she takes care of me and gives me the best of joy. Whenever she sings it brings warmth to my heart. She brings back warm feelings inside she is my mom and I love her and this is why my mom is special.

Eric Freeman
Mother: Lorrie Freeman

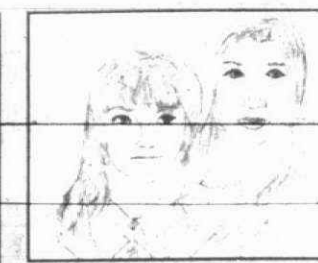
My mother is special because she cares about me and she loves me, she has trust in me and she has faith in



Sent in by Amy Lesinski



Sent in by Sarah K. Poon



Sent in by Sarah K. Poon

GOP leads the way on vote to cut state income tax

The Senate Republican steamroller flattened divided Democrats and voted to cut Michigan's income tax rate from 4.4 to 3.9 percent over five years beginning in 2000.

"These cuts start when the others (24 tax cuts signed by Gov. John Engler) start," said Sen. Mike Bouchard, R-Birmingham. "It's fiscally sound and forward thinking. It gives a clear picture of Michigan policy."

One group of Democrats, led by Gary Peters of Bloomfield Township, wanted to begin the tax rate cut immediately, this year.

"The money's going to be there to cover it," said Peters, quoting the GOP-run Senate Fiscal Agency as predicting a \$90 million budget surplus. "Don't promise it in the future just because it's an election year."

"Let's not dilly-dally," added George Z. Hart, D-DeARBorn.

A second group of three Democrats - Alma Wheeler Smith of Salem, Jim Berryman of Adrian and Joe Conroy of Flint - said Michigan's economy is too precarious to vote tax cuts in 1998 that will take effect in 2000-2004.

"Parents in the Plymouth-Canton School District will tell you K-12 is seriously underfunded," said Smith. She said the full tax cut will save families about \$147 a year but, when universities raise tuition 5 percent, will cost them \$600 more to go to college.

After more than three hours of debate over Democratic amendments, the Senate on May 6 voted 33-3 to adopt all five annual income tax rate cuts, sponsored by Republicans Loren Bennett of Canton, Mat Dunaskis of Lake Orion and Willis Bullard Jr. of Milford, along with Joel Gougeon of Bay City and Dale Shugars of Portage.

Voting yes were all 22 Republicans (including Bob Geake of Northville and John Schwarz of Battle Creek) and 11 Democrats (including Peters, John Cherry of Clio and Hart). One Detroit Democrat was absent.

Both sides accused each other of "election-year politics."

Peters twitted Republicans as "outrageous" when they refused to adopt his amendment giving total income tax relief to families with less than \$15,000 annual income.

Mike Rogers, R-Brighton, twitted Peters for ignoring the \$25,000-income families in Livingston and Shiawassee counties and branded the Peters amendment "a farce."

The Senate Republican plan, advocated in the state of the state message by Engler, faces a rocky future in the House, which adopted Democratic tax cuts - for dependent care, earned income and child care expenses. The Senate Finance Committee hasn't acted on the House Democrats' bills.

It's possible a compromise will be reached by the end of June, when budget bills are due to be adopted and campaigning starts for the Aug. 4 primary.

How bills work

Please see TAX, A8

Pressure on to merge bus systems

Wayne County commissioners and state lawmakers have placed more pressure on the Suburban Mobility Authority of Regional Transportation and Detroit Department of Transportation to merge systems and consolidate routes.

First, state lawmakers threatened to withhold funds to the systems if they didn't discuss the merger, and now county commissioners attached conditions with their support Thursday of a SMART ballot proposal.

With the resolution approved that day, commissioners say they will have the final authorization over millage renewals or increases for ballot proposals requested by the Wayne County Transit Authority.

Commissioners also established what they called a "sunset" date for the Wayne County Transit Authority's articles of incorporation of May 1, 2001, and called on the authority to publish a map of SMART and DDOT routes to distribute to Wayne County residents.

The resolution was supported by Commission Chair Ricardo Solomon, D-Detroit, Vice Chair Kay Beard, D-Westland, Vice Chair Pro Tem Edna Bell, D-Detroit, Commissioners Ed Boike, D-Taylor, Chris Cavanagh, D-Grosse Pointe, George Cushingberry, D-Detroit, Susan Hubbard, D-DeARBorn, Kathleen Husk, R-DeARBorn Heights, who also represents Redford Township, William O'Neil, D-Allen Park, and Jewel Ware, D-Detroit.

Commissioners Thaddeus McCotter, R-Livonia, Bernard Parker, D-Detroit, and Bruce Patterson, R-Canton, were opposed.

Not voting were Robert Blackwell, D-Detroit, who was excused, and Kim Cockrel, D-Detroit, who left the room.

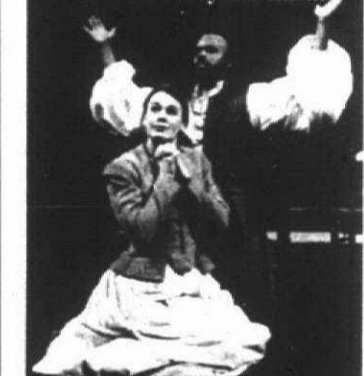
Who authorizes?

Commissioners approved the ballot proposal after debating over whether they should or should not authorize it, since the Wayne County Transit Authority, the taxing authority over the transportation millage, approved the four-year, 1/3rd of a mill, renewal question several weeks ago.

Please see BUS, A8



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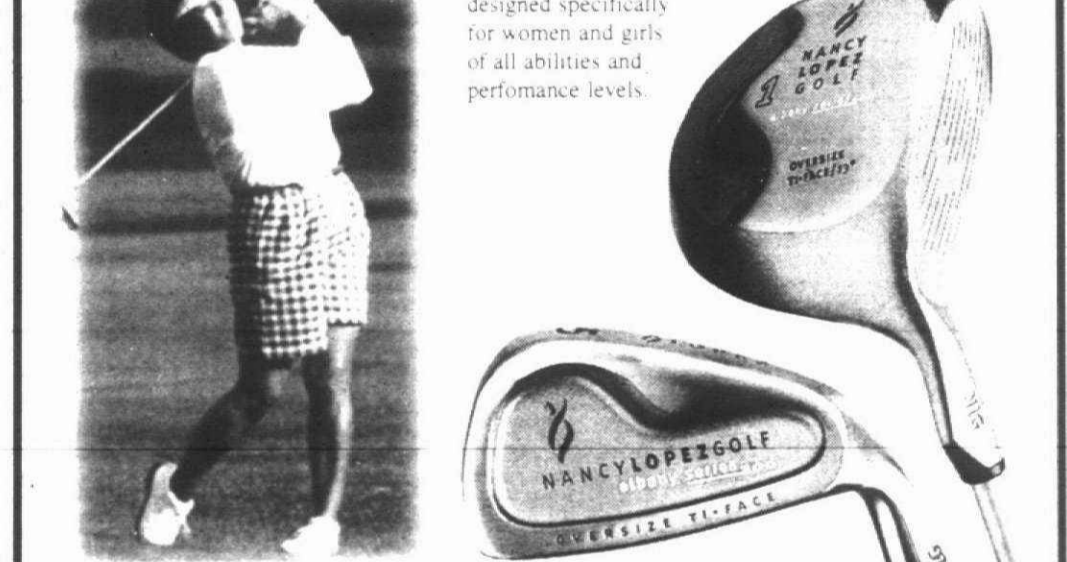
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- 1216 S. GRATIOT off 96 mile North of 16 Mile (313) 461-2626
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- 3336 WASHINGTON West of U.S. 24 (313) 973-9434
- 26112 FORD RD. 1.6 miles W. of Telegraph (313) 562-5560
- 246 E. SAGINAW at Abbott (313) 317-9636
- 2105 26th Street S.E. bet. Brown & Sylvania (616) 452-1199
- 19435 MACK AVE. just North of Moravia (313) 885-0800



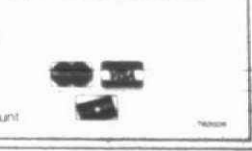
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THE CHARTER TOWNSHIP OF PLYMOUTH REQUEST FOR PROPOSALS VOICE COMMUNICATIONS

The Charter Township of Plymouth is currently seeking proposals from qualified bidders to provide voice communication solutions. Plymouth Township communication needs encompass four separate sites and seven different buildings. Innovative proposals are encouraged and should include telephone, computer equipment, internet access, cellular phones as well as pagers.

Request for Proposals may be obtained at The Office of the Clerk, 42350 Ann Arbor Rd., Plymouth, Michigan 48170.

Sealed bids are to be delivered to the Office of the Clerk by Friday, May 15, 1998 no later than 3:00 p.m.

Publish: May 10, 1998

PLYMOUTH DISTRICT LIBRARY PUBLIC NOTICE

The Plymouth District Library Board will hold its REGULAR meeting Tuesday, May 19, 1998 at 7:30 p.m. at 223 S. Main Street, Plymouth, Michigan 48170.

The Plymouth District Library will provide necessary reasonable auxiliary aids and services, such as signers for the hearing impaired and audio tapes of printed materials being considered at the meeting, to individuals with disabilities at the meeting/hearing upon seven (7) days notice to the Plymouth District Library individuals with disabilities requiring auxiliary aids or services should contact the Plymouth District Library by writing or calling the following:

Barbara Kraft, Library Secretary
Plymouth District Library
223 S. Main Street
Plymouth, MI 48170
313-453-0750
X217

Publish: May 10, 1998

CANTON TOWNSHIP PLANNING COMMISSION CHARTER TOWNSHIP OF CANTON NOTICE OF PUBLIC HEARING

PROPOSED AMENDMENT TO THE ZONING ORDINANCE OF THE CHARTER TOWNSHIP OF CANTON, WAYNE COUNTY, MICHIGAN.

NOTICE IS HEREBY GIVEN pursuant to Act 184 of the Public Acts of 1943 of the State of Michigan, as amended, and pursuant to the Zoning Ordinance of the Charter Township of Canton that the Planning Commission of the Charter Township of Canton will hold a Public Hearing on Monday, May 18, 1998, in the First Floor Meeting Room of the Administration Building, 1150 S. Canton Center Road at 7:00 p.m. on the following proposed amendment to the Zoning Ordinance:

CONSIDER A REQUEST TO AMEND CENTRAL PARK PLANNED DEVELOPMENT DISTRICT (PDD) AGREEMENT AND EXHIBITS AS PERMITTED IN SECTION 27.041.3 OF THE ZONING ORDINANCE. Parcel nos. 076 99 0008 000, 076 99 0009 000, 078 99 0011 000, 079 99 0001 000, 079 99 0002 000, 079 99 0003 000, 080 99 0002 000, 080 99 0003 000, 080 99 0004 000, 113 99 0001 000, 113 99 0002 000, 113 99 0003 000, 114 99 0001 000, 114 99 0003 000 and 117 99 0001 000. Properties are located south of Cherry Hill between Beck and Denton Roads and also west of Denton Road.

Written comments addressed to the Planning Commission will be received at the above address up to the time of the hearing.

SEE ATTACHED MAP

VIC GUSTAFSON, Chairman

Publish: April 29, May 7, 1998

Kids get kick from Allen shoe drive

Just do it. And that they did. Four students at Allen Elementary surprised even themselves when the final tally was in from their week-long old shoe drive. The total: 1,702 pairs of shoes.

"I didn't even expect 1,000 shoes," said Adriana Blazek, 11, of Canton who was one of the student organizers of the project. "Some of the shoes are given to kids in other countries, and the rest are shredded and recycled."

Allen students teamed up with 2nd Chance Shoes in Southfield,

■ 'We thought about having a contest to raise money for the school, but then decided we wanted to do something that would help other people.'

James Odom
Allen School student

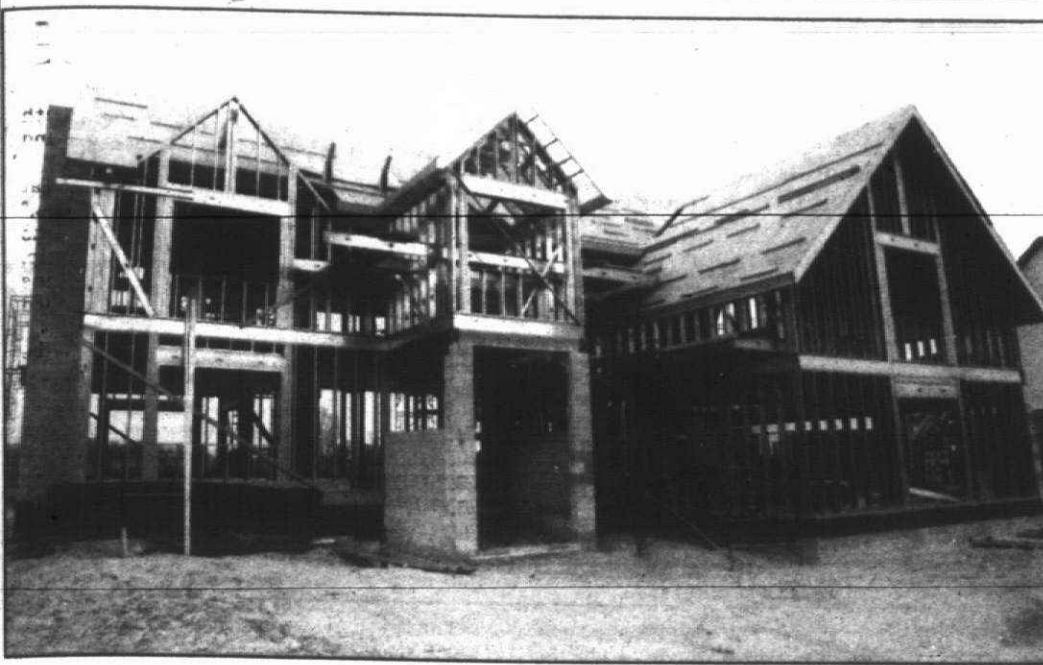
which is trying to make the public aware that landfills are expanding with unnecessary waste, including old shoes. The project is designed to help children in other countries who don't have shoes and to teach the importance of recycling. "We thought about having a contest to raise money for the school, but then decided we wanted to do something that would help other people," said James Odom, 11, who lives in Plymouth Township.

"For two days we dressed up as shoe characters to get each grade to bring in old shoes," said

Brian Jones, 11, of Plymouth Township. "We put barrels and extra bags in the hallway."

"The second grade did a great job bringing in the most shoes," said 10-year-old Eric Nicole, who also lives in Plymouth Township. "We even got some donations from outside the school, which helped a lot."

The group worked hard to be successful because the real goal was helping people. "I got the pleasure of knowing there were kids with smiles on their faces when they got the shoes," said James.



Golping up: The Hall house will overlook the 18th hole at Pheasant Run Golf Course. Dan Hall's company, O'Neal Construction, was the general contractor for the Summit.

Steel house from page A1

builders know how to use it." He said he always wanted to build his own home, and when the opportunity arose, he chose the metal fabricate. The frame is attached to a reinforced masonry shear wall chimney.

The house is divided into two wings connected by a great room on the first floor with bridge and open stairway to the second floor. It has three large bedrooms, two full baths upstairs with a future "bonus suite" over the three-car garage.

When completed, the exterior will be all brick with limestone accents and tinted glass. The interior will have maple floors and vaulted second-floor ceiling. An in-ground pool is planned for the backyard.

Some other features include radon gas evacuation system, radiant in-floor heating and efficient zoned cooling air handlers. And what about lightning? "It's the best protection against lightning," he said. "It's copper grounded."

In fact, Hall joked that he was thinking about getting a yellow "shelter" sign for the front lawn

so that neighbors know where to go in case of a tornado. Hall had to decide in advance where the kitchen cabinets would be so that he could run wood behind the drywall to attached them. A similar process will be used in various rooms to hang pictures; Refrigerator magnets won't be necessary.

Hall estimated that it cost 20 percent more to build using the light-gauge metal framing. "It's a better value. It might be more expensive upfront, but it'll last forever," he said.

The Halls and their two children are expected to move in this summer. They currently live in the Morton Taylor and Ford area of Canton.

Gas station project wins OK

Construction is scheduled to begin in May on a combination gas station-convenience store-cafe and restaurant at the southwest corner of Michigan Avenue and Haggerty Road.

A site plan for the On The Move Marathon combination was approved unanimously by the Canton Township board of trustees at its April 28 meeting, following an earlier approval recommendation by the planning commission.

Construction is expected to take about six months. The original plan had been tabled by the planning commission March 2 so that the architect, Kobesist Associates, Inc. of Dearborn, could consolidate the restaurant and station/convenience store into one building, revamp the canopy above the pumps and meet landscaping requirements.

The consolidation eliminated a planned drive-through restaurant, resulting in one with seating, said Michael Kobesist.

He said Issam Berry, the owner, who has a Marathon station in Redford, is negotiating with the Arby's national restaurant chain about the Canton site.

Test from page A1

as a district in meeting state teaching guidelines," said Claeys. "These results are meaningless because maybe some of the best students participated and the scores could be high, or maybe some of the worst students took the exam and our scores are low. There is no way to get an accurate assessment."

The district not only spent money to administer the tests, but also released 10th and 12th graders for a total of nine hours while the juniors took the test.

"As an educator, I personally feel that everyone should have taken the test," said Superintendent Chuck Little. "There are a whole lot of arguments why the tests are a good or bad idea... but I'm very confident our young people could do well on the test. It wasn't good use of our money."

School board president Mark Horvath believes the state needs to change the rules. "It's another case where we're being forced to pay to give the tests, but at the same time the state gives students the opportunity not to take the test," said Horvath. "It's unfair of students and staff to make them prepare for tests the state doesn't think enough of to make students take."

OBITUARIES

HAROLD A. BLOCK
Services for Harold A. Block, 85, of Plymouth were private. Local arrangements were made by the Schrader-Howell Funeral Home.

He was born Feb. 9, 1913, in Chicago, Ill. He died May 5 in Southfield.

He was a metal lather and general superintendent with McNulty Brothers for 45 years. He came to the Plymouth community in 1986 from Detroit. He was a member of Nativity Lutheran Church, Detroit. He belonged to the Ladies Local No. 5 for more than 50 years. He was an avid gardener and clock builder.

He was preceded in death by one son, Larry. Survivors include his wife, Dolores of Plymouth; two sons, Gary Block

(Dianna Rorabacher) of Plymouth, Mel (Susan) Block of Seattle, Wash.; one daughter-in-law, Mary Louise Block of Taylor; three grandchildren; one niece, Carol Ann Lebiada; and two great-grandchildren.

WILLIAM NELSON LOW
Services for William Nelson Low, 85, of Plymouth were May 7 at the Schrader-Howell Funeral Home with the Rev. Jerry Yarnell officiating. Burial was at Glen Eden Cemetery, Livonia.

He was born Aug. 1, 1912, in Michigan. He died May 4 in Plymouth. He was a sales agent for a life insurance company of Virginia. He retired after 20 years of service in 1977. He came to the Plymouth community in 1976 from Westland. He was originally from the Livonia community. He was a member of

the Masonic Lodge No. 112 of Wayne and he was a lifetime member of the V.F.W. He served in the U.S. Navy as a torpedo man during World War II. He was a life member of the U.S. Submarine Veterans of World War II. He loved to recall his old Navy days. He loved to walk. He was very helpful and a good neighbor; he often did errands for his neighbors and took them to doctor appointments.

Survivors include his two daughters, Janice (Gale) Urbanski of Harrison, Mich., Nancy (Robert) Quirk of Northville; five grandchildren; and one great-grandchild.

Memorials may be made to the charity of your choice.

EDNA M. MCCLAUGHLIN
Services for Edna M. McLaughlin, 79, of Canton will be

held May 11 at St. Michael Lutheran Church with the Rev. David K. Woodby officiating. Local arrangements were made by the L.J. Griffin Funeral Home, Canton.

She was born April 9, 1919, in Detroit. She died May 7 at Angela Hospice.

She was preceded in death by her husband, Leo W., and two brothers, John M. Raymond and Delbert. Survivors include two sons, Ted M. (Mary) Stevens, Rick A. (Linda) Stevens; two daughters, Donna L. (Millard) Grubb, Diana L. (Gary) Dowdell; two sisters, Bernice Sherwood, June Tasker; two brothers, Robert O'Beirne, James O'Beirne; seven grandchildren; and three great-grandchildren.

CITY OF PLYMOUTH ORDINANCE NO. 98-1

An Ordinance adopted pursuant to the Charter of the City of Plymouth, Michigan, for the purpose of amending the Code of Ordinances of the City of Plymouth, Michigan by Amending Chapter 34, Article III, Division 3, Noise, and replacing it with a new Division 3, Non-Vehicular Noise, to be numbered sections 34-86 through 34-100.

THE CITY OF PLYMOUTH ORDAINS:

Section 1.
CHAPTER 34, ARTICLE III NUISANCES, DIVISION 3, NON-VEHICULAR NOISE

SEC. 34-86 Scope.
Excessive sound and vibration are serious hazards to the public health, welfare safety and quality of life. A substantial body of science and technology exists by which excessive sound and vibration may be substantially abated. The people of Plymouth have a right to and should be ensured an environment free from excessive sound and vibrations that may jeopardize their health, welfare or safety or degrade their quality of life. It is the policy of the City of Plymouth to prevent excessive stationary sound and vibration which may jeopardize the health, welfare or safety of its residents or degrade the quality of life. This chapter shall apply to the control of all stationary sound and vibration originating in the City of Plymouth; this chapter is not designed to impede any person's First Amendment rights of freedom of speech. This chapter is not designed to impede the growth or economic health of the commercial or industrial sectors of the City of Plymouth. This chapter is designed to prohibit excessive sound and vibrations that are hazards to the public health, welfare, safety and quality of life only.

Sec. 34-87. Applicability:
The provisions of this ordinance apply to all sources of sound except: 1) motor vehicles as defined in the State Motor Vehicle Code, 1949 P.A. 300 (MCL 257.1 et seq.); 2) aircraft in flight or in operation at an airport; 3) railroad equipment in operation on railroad rights of way.

Sec. 34-88. Definitions:
A. "dB(A)" means the intensity of sound expressed in decibels read from a calibrated sound level meter utilizing the A-level weighting scale and the fast meter response, as specified in the American National Standards Institute.
B. "Commercial" means a use of the property for purposes other than residential.
C. "Property line" means the real or imaginary line which represents the legal limits of property (including an apartment, condominium, room, or other dwelling unit) owned, leased or otherwise occupied by a person, business, corporation or institution. In cases involving sound from an activity on a public street or other public right of way, the property line shall be the nearest boundary of the public right of way.
D. "Residential" means a legal use of property for temporary or permanent dwelling purposes.

Sec. 34-89. Maximum Permissible Sound Levels.
No person, business, or institution shall conduct or permit any activity that produces a dB(A) beyond their property line exceeding the levels as specified in Table I. Where property is used for both residential and commercial purposes, the residential sound levels shall be used only for measurements made on the portion of property used solely for residential purposes.
Sound measurements shall be made at or inside the property line of the person complaining of excessive noise or vibrations. The measurement shall be taken from five (5) feet above the ground or floor level.

Use of Property Receiving Sound	7 a.m.-10 p.m.	10 p.m.-7 a.m.
Residential	61	55
Commercial	71	61

Sec. 34-90. Limited Exemptions.
The following limited activities are exempted from the sound level limitations of Section 34-89.

A. Operation between 7:00 a.m. and 10:00 p.m. of power equipment that does not produce a sound level exceeding 90 dB(A) beyond the property line of the property on which the equipment is operated.

B. Construction, repair, remodeling, demolition, drilling, wood cutting or excavations work conducted between 7:00 a.m. and 8:00 p.m. Mondays through Saturdays, except legal holidays which does not produce a sound level exceeding 105 dB(A) beyond the property line of the property on which the work is being conducted. Also, a person may engage in such activities between 9:00 a.m. and 9:00 p.m. on Sundays and legal holidays.

C. Operation or use, for any non-commercial purpose, of any loud speaker, sound amplifier, public address system, or similar device, to amplify the human voice between 7:00 a.m. and 10:00 p.m. This exemption applies to the use or operation of mechanical loud speakers on or from motor vehicles only if a specific permit for the activity has been granted by the City Clerk's Office in conjunction with the City Commission. Such a permit shall be issued when it meets the following requirements:

- The applicant has a non-commercial message that cannot be effectively communicated to the public other means of communication available.
- The applicant will not use the equipment in residential areas between 10:00 p.m. and 7:00 a.m.

Sec. 34-91. General Exemptions.
The following activities are exempted from the sound level limitations of Section 34-89:

A. Emergency work necessary to restore property to a safe condition following fire, accident or natural disaster. To restore public utilities, or to protect persons or property from an imminent danger.

B. Sound to be made to alert persons to the existence of an emergency, danger or attempted crime.

C. Activities or operations of governmental units or agencies.

D. Parades, concerts, festivals, fairs or similar activities subject to any sound limits in the approval by the City.

E. Athletic, musical, or cultural activities or events (including practices and rehearsals) conducted by or under the auspices of public or private schools.

Sec. 34-92. Temporary Exemptions:
A. The City Manager is authorized to grant a temporary exemption from the maximum permissible sound levels established by this ordinance if such temporary exemption would be in the public interest and there is no feasible and prudent alternative to the activity, or the method of conducting the activity, for which the temporary exemption is sought.

B. The following factors shall be considered by the City Manager in determining whether to grant a temporary exemption:

- The balance of the hardship to the applicant, the community and other persons in not granting the variance against the adverse impact on the health, safety and welfare of persons adversely affected and any other adverse effects of the granting of the variance;
- The nearness of any residence or residences, or any other use which would be adversely affected by sound in excess of the limits prescribed by this ordinance.
- The level of sound to be generated by the event or activity.
- Whether the type of sound to be produced by the vent or activity is usual or unusual for the location or area for which the variance is requested.
- The density of population of the area in which the event or activity is to take place.
- The time of day or night which the activity or event will take place.
- The nature of the sound to be produced, including but not limited to, whether the sound will be steady, intermittent, impulsive, or repetitive.

C. A temporary exemption must be in writing and signed by the City Manager or his/her designee. The exemption must set forth the name of the party granted the exemption, the location of the property for which it is authorized, the date(s) and time(s) for which it is effective and the dB(A) level(s) authorized.

D. A temporary exemption may be granted only for the period of time that is reasonably necessary to conduct the activity, which in no case may exceed 30 days.

Sec. 34-93. Variances:
Person(s) or businesses wishing to continue activities which commenced prior to this ordinance that exceed the dB(A) levels enumerated in this ordinance may seek a variance from the City Commission. Such a variance may be granted if the Commission finds that strict application of this ordinance would cause an undue hardship and that there is no reasonable and prudent alternative method of engaging in the activity.

Sec. 34-94. Liability of Owner, Lessee, or Occupant:
If the person responsible for an activity which violates this article cannot be determined, the owner, lessee or occupant of the property on which the activity is located shall be deemed responsible for the violation. A person found responsible under this ordinance shall be guilty of a civil infraction punishable by a fine of \$50.00 to \$500.00 plus costs. For a second offense within a two year period, the fine shall be \$100.00 to \$500.00 plus costs. For third and subsequent offenses within a two year period, the fine shall be \$200.00 to \$500.00 plus cost.

Sec. 34-95-34-100. Reserved

Section 2. Severability.
The various parts, sections and clauses of this Ordinance are hereby declared to be severable. If any part, clause, sentence, paragraph, or section is adjudged unconstitutional or invalid by a court of competent jurisdiction, the remainder of this Ordinance shall not be affected thereby.

Section 3. Effective Date.
This ordinance shall become effective on May 25, 1998 or after publication, whichever is later.

Adopted by the City Commission of the City of Plymouth on May 4, 1998.

DONALD DISMUKUE MAYOR
LINDA J. LANGMESSER, CMC CITY CLERK

Publish: May 10, 1998

Chamber from page A1

of Washington, she was planning a career in education when she became a chamber intern during her junior and senior year. "It really lit my fire," she said. "I decided I wanted to work with business," she said.

Flaharty served as community and government relations manager for the Southwest King County Chamber of Commerce, which served a suburban tri-city area outside of Seattle. She also served as interim general manager before leaving for Michigan.

Meet Our Latest Arrivals

Oakwood Healthcare Center - Canton is proud to announce the newest additions to our obstetrical staff, Edward T. Merkel, M.D. and Roger D. Smith, M.D. Both physicians have been practicing within the Oakwood Healthcare System for the past two years and are currently accepting new patients.

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Edward T. Merkel, M.D. Roger D. Smith, M.D.

Oakwood
Center - Canton

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Canton, Michigan
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Tax from page A5

Here's how the GOP bills would work:

■ The personal income tax rate, now at 4.4 percent, would be cut to 4.3 in 2000, then to 4.2 in 2001, 4.1 in 2002, 4 in 2003 and 3.9 in 2004.

■ Revenue loss would be \$124 million in 2000, then \$307 million, \$508 million, \$728 million and \$968 million in the following years.

■ Impact on families would vary with their income, number of dependent exemptions, and even gifts to public institutions such as public TV and colleges. The lowest estimate was \$27 a year.

■ Public schools would be "harmless" - that is, guaranteed their aid despite the cut in the income tax, of which 25 percent is currently earmarked for the school aid fund.

Smith got GOP sympathy - but none of its votes - for her amendment to hold harmless the appropriations for 15 universities and 28 community colleges.

"Currently we are using 25 percent of the income tax for higher ed," said Smith, whose district includes the University of Michigan and Eastern Michigan University. "What brings business to Michigan is quality education," she said, noting that the Senate raised higher ed money 3 percent over Engler's

recommendation.

Tuition hikes seen

Cherry predicted massive tuition hikes without the Smith amendment.

But Bouchard of Birmingham objected that Smith's amendment would tie the hands of the Senate Appropriations Committee. Bennett of Canton said universities have options. "It's not always raising more money from tuition. They can put more tenured professors in the classrooms," he said.

And Sen. Dale Shugars, R-Portage, said Smith "would rather take care of higher education than people on welfare, the mentally ill and people without medical insurance."

Smith's amendment was rejected, 13 Democrats in favor, 22 Republicans and one Democrat opposed.

Meanwhile, the Senate took no action on SJR A, a proposed constitutional amendment that would require a 60-percent "super majority" of the Legislature to increase any tax rate or tax base. Sponsored by Bouchard, SJR A would need a two-thirds vote from both the House and Senate to be put on the ballot - a dim prospect this year.

Bus from page A5

The question will be placed before voters in Garden City, Livonia, Redford and Westland on the Aug. 4 ballot, the same date as the primary election. The owner of a \$100,000 home with a taxable value of \$50,000 will pay \$16.50 annually for the millage.

At first, Ben Washburn, legal counsel for the commission, was asked whether the commission should act on the ballot proposal. The commission had the authority to place questions on the ballot, but so did the authority, Washburn said.

"It would be best to authorize the same language," Washburn said. "So it is redundant, but it also eliminates any question about the ballot proposal."

Commissioner George Cushingberry, D-Detroit, had argued the commission had the authority to place the issue on the ballot, stating that since the millage expired, the authority no longer had the power to place the issue before voters. Cushingberry

chairs the commission's Ways and Means Committee, which sent the resolution to the full commission for approval.

'Horrible precedent'

McCotter later railed against the resolution's amendments, stating that mayors and supervisors in his district wanted the authority to remain with SMART, and not the county commission.

"This sets a horrible precedent," McCotter said.

Parker argued for commissioners to make a stronger statement for the merger. Detroit pays \$62 million into the DDOT system, while 38 percent of Detroit residents do not own cars, Parker said. "We are the last major city that doesn't have a major regional system," Parker said.

Patterson disagreed with Cushingberry's contention that the resolution superseded the transit authority's articles of incorporation.

"The communities that didn't

opt out had relied on local control and they had entrusted in the authority," Patterson said after the meeting. "If the commission can yank back this authority, then the communities have bought a pig-in-a-poke and don't have any local authority."

Beard supports ballot

Beard said the commission needed to work with state lawmakers over funds for the system. If commissioners acted to block the ballot proposal, it would be "tragic," Beard said.

"It would be hurting people we know need these services," Beard said.

Solomon told commissioners he wanted a task force of county commissioners and Detroit city council members to continue to study the transportation issue.

"It's time we put something on the table in terms of a merger," Solomon said.

But McCotter said the debate wasn't about public transportation itself, nor whether the com-

mission should place the issue on the ballot. His opposition was due to the commission's attempt to wrest control from the authority.

Richard Kaufman, general manager of SMART, called the resolutions "dubious," particularly the provision calling for commission approval of ballot proposals.

"This is of doubtful legal validity since the charter of the transit authority is perpetual and (authority members) are the only ones who can pass a resolution to put on the ballot," Kaufman said, regarding the SMART millage. "I'm not sure of the legal effect, but it seems to me tenuous at best."

Kaufman said SMART contacted DDOT more than a year ago for maps, but has not heard from officials there.

"It's hard for me to believe the Wayne County Transit Authority will have a better chance," Kaufman said.

Read Arts & Leisure in today's Observer

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2 UNIQUE



KELLI LEWTON

Greek islands offer simply delightful food

I've just returned from a wonderful vacation with my twin sister, Karen, in Greece. During our 14 day adventure we managed to take in much of what Athens, and many of the Cyclades Islands, had to offer. Every new territory we embarked on was rich in culture, history and food.

There was fabulous food to be found everywhere, which helps account for my seven pound weight gain. What distinguishes Greek cuisine from others is fresh ingredients, judicious use of herbs and philosophy, their philosophy concerning matters of eating, drinking and sharing meals, and the country itself.

Natural foods

Due to the warm climate, produce is grown in a natural, organic fashion in Greece. For the most part, the animals are free range. I was amazed at all the goats and lambs that were roaming freely in pastures rich in herbs. This would support the flavorful taste of their meats. I've never eaten lamb so flavorful or tender, and seafood from the Mediterranean is a treat.

After spending the majority of my trip island hopping in the Aegean Sea, I was amazed at how crystal clear the water was at every port of call. There probably are large fisheries, but the only ones I saw were small family, one boat operations, which reminded me of old movies from my youth. Santorini, also known as Thera, now reinstated as its official name, is the largest fragment of a volcanic archipelago made up of the old broken remnants of the most massive caldera on Earth. This is often thought by many to be the origin of the Atlantis legend.

Visiting Oia

The view from the glass-like Aegean Sea was breathtaking, and the people were very friendly. We spent our last night in Santorini roaming the very quaint village of Oia. On our stroll, we happened upon a dazzling jewelry store, Oro, which means gold in Spanish. The owner, Alexander, and his wife Martha, were so hospitable. They offered us some famous Santorini wine, and explained the history of their town. Ironically, Martha was Mexican, and grew up in the same small suburb as my sister's husband, Xico.

At Alexander's suggestion, we stopped at a local taverna called S'Agpo Santorini - "I love you Santorini." After our 10 minute walk, we entered the charming cottage like tavern. We were seated by Marco, our German host, who would later be our server. There were no menus. The only bound papers in the taverna were wonderful thick books filled by patrons from around the world who shared feelings about their evening at S'Agpo Santorini.

Marco told us he was the menu and told us what fresh foods were available. We told him things we liked - fresh grilled lamb, octopus, tomatoes and feta cheese, and asked him to be the captain of our ship.

Sharing a meal

As food started arriving, so did our new friends from the jewelry shop. I think there were seven or eight of them. We joined tables and shared some of the most amazing food, wine and spirits I'd encountered in my travels through Greece.

We had lamb, rubbed delicately with herbs, olive oil and garlic, and roasted to perfection over amber coals in the courtyard of the restaurant.

The tomatoes were very flavorful, and the housemade sausages and feta cheese left me speechless. I'm sure the rustic breads we broke were made by someone's grandmother.

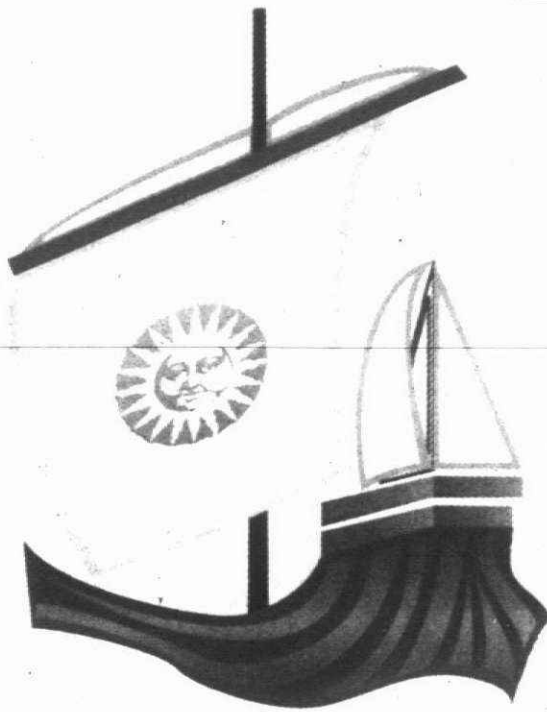
Please see UNIQUE, B2

LOOKING AHEAD

What to watch for in Taste next week:

- Focus on Wine
- For the Love of Food

RIDE THE WAVES OF AGING IN GOOD HEALTH



Voyage

STORIES BY PEGGY MARTINELLI-EVERTS · REGISTERED DIETITIAN

Baby boomers are entering their 50s, and are a hardy breed for the most part. They work hard to age gracefully and fill their leisure hours with travel, sports and hobbies.

The best advice for successful aging is to work on controlling your environment and make the most of your genetic make-up.

It is important to remember that nutrition plays an important role in helping our body respond to the physiological changes of aging. This means eating nutrient dense foods every day.

Chronological aging and biological aging are not synonymous. There are general processes that occur as we age. These include a loss of lean body tissue such as muscle, a loss of bone density, and an increase in internal body fat. The body's ability to correct for nutrient imbalances declines with age. This is why it is important to pay attention to what we eat. Poor eating habits, plus chronic diseases, may place heavy demands on nutrient reserves.

Here is a list of important tips to help you feel good inside and outside:

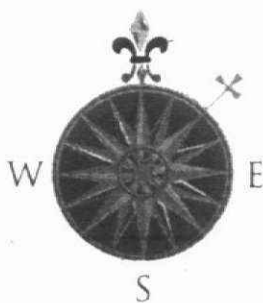
■ **Drink milk** - Bone loss is accelerated as we age, both in men and women. Include beverages

and foods high in calcium such as milk, yogurt and cheese in your diet for bone health. Vitamin D, which is also important, is found only in fortified milk, not yogurt, so drink your milk. Choose fat-free or low-fat milk most often. Calcium fortified orange juice is an option for those with milk intolerance.

■ **Eat whole grains** - Breads, cereals and grains contain important B vitamins and most are fortified with folic acid. Plus, grains contain fiber which helps prevent constipation and may reduce the risk of colon cancer.

■ **Focus on fruits and vegetables** - There are protective components in fruits and vegetables called antioxidants. Vitamins C, E and beta carotene are known to be involved in reducing your risk of certain forms of cancer, heart disease, cataracts and other degenerating diseases. Rich sources of these nutrients include citrus, green peppers, strawberries, cabbage, green leafy, yellow or orange vegetables. Nuts, seeds and whole grains are also good sources. Also, choose a general multi-vitamin/mineral supplement with not more than 100 percent of the U.S.

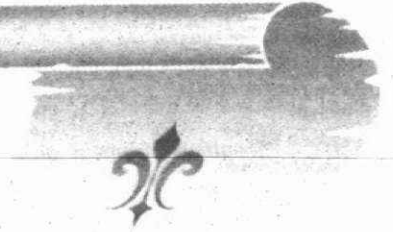
Please see AGING, B2



GET GOING IN THE RIGHT DIRECTION

Calories needed in proportion to how active you are. As we age, we need fewer calories to maintain our weight. To calculate the calories you need:

- Weight in pounds x 10 (sedentary)
- Weight in pounds x 15 (moderate activity)
- Weight in pounds x 20 (very active)



ENJOY YOUR GOLDEN YEARS

The patient said "I know I'm overweight, but I do watch my diet and I've given up a lot of things that are bad for me so why am I facing _____?" Fill in the blank with heart disease, diabetes, high blood pressure, etc.

The answer is - "You've never been this age before." In other words, you can get by with poor eating habits and cheat for the first half of life, but it will catch up to you eventually.

Aging is like a glass half full/half empty. For those in good health it can be the most fulfilling time, and for those whose health fails, it may be a time of compromised expectations.

Because life expectancy is increasing, we may spend nearly one-third of our lives in retirement. The years past 50, in order to reach the "golden years," must be lived with a certain amount of conscientious effort to making good food choices. We may also have to consider the health of one of our spouses since how they age will make a difference in the quality of our years left together.

When the husband of a couple I know had a heart attack their lives changed forever.

One of the biggest adjustments was in their relationships with friends and family.

Every get together was a challenge. Late evenings out were forbidden. Stopping for cocktails before going out to dinner was another temptation. Tailgating at a sports event could be life-threatening. Making plans with old friends, or celebrations with the family, became a dreaded event.

But instead of becoming isolated and depressed, this couple decided to take a proactive approach. Instead

Please see GOLDEN, B2

Cheesy macaroni satisfies taste buds, health goals

MAIN DISH MIRACLE



MURIEL WAGNER

While passing through the supermarket freezer section, I thought about how much my taste buds missed macaroni and cheese. I picked up a package and read the nutrition label - 18 grams of fat, eight grams saturated fat and well over 300 calories per cup.

I returned the package to the freezer, but the tasty memory lingered long enough to prod me into developing a macaroni and cheese recipe that would satisfy my taste buds and health goals.

This was not an entirely selfish mission, however, my patients have been asking me for a palatable reduced fat and calorie version of macaroni and cheese for some time.

I began with a recipe from a 1950s cookbook and made 1998 substitutions. I used evaporated skim milk instead of whole milk. The evaporated milk makes a richer tasting sauce than regular skim milk. I increased the seasonings and added veggies for color, flavor and nutrition. The sauce seemed to cling better to the ridges of rotini (corkscrew macaroni) than the regular macaroni.

The problem was the cheese. Cheddar cheese has nine grams of fat per ounce, with 75 percent of the calories from fat, and 50 percent of those calories are saturated fat. Cheese has a higher percentage of calories from fat

and saturated fat than pork sausage or spare ribs. I tried fat-free cheese, but the flavor wasn't very good. What I finally settled on was a reduced fat cheese (2 grams per ounce) augmented with Parmesan cheese and a cheese flavor substitute. Of course, Parmesan is not a low-fat cheese, but it has lots of flavor per ounce. One tablespoon is only 1/4 of an ounce, and that has only 2 grams of fat.

Try my recipe, and see what you think. It has less than half the fat and saturated fat of the original recipe. It's also a perfect vegetarian entree. You needn't worry about adding one of the big threes - chicken, meat or fish for protein. There's plenty of protein from the milk, cheese and even the rotini.

MACARONI (ROTINI) AND CHEESE

- 2 cans (14 ounce) evaporated skim milk
- 3 tablespoons cornstarch
- 1 1/2 teaspoons dry mustard
- 1 teaspoon Worcestershire Sauce
- 4 green onions, chopped
- 1 red bell pepper, chopped
- 5 teaspoons Molly McButter All Natural Dairy Sprinkles - Cheese Flavor
- 8 slices Kraft 2 percent milk singles
- 4 tablespoons grated Parmesan cheese
- Dash paprika
- 8 ounces dry rotini
- Nonstick spray

Prepare rotini according to package directions. Set aside.

Mix cornstarch with dry mustard. Add a little evaporated skim milk to make a paste. Combine with remaining milk and Worcestershire Sauce. Heat over very low heat, stirring constantly until thickened, or place in a 2-quart measuring cup in microwave on high for about 4 minutes, until thickened.

Stir in 6 slices of cheese until melted. Add Parmesan and Molly McButter Cheese. Stir until combined. Add rotini and chopped vegetables. Stir gently until mixed through.

Pour into a 2-quart casserole that has been sprayed with nonstick spray. Top with remaining cheese slices. Sprinkle lightly with paprika. Bake in a moderate oven 375°F about 25 minutes until heated through and lightly browned. Serves 6.

■ **Nutrition facts:** 1 cup serving
Calories 248; Total Fat, 5.6g; Saturated Fat, 3.3g; Cholesterol, 15mg; Sodium, 655mg

■ **Food exchanges:** 1/2 fat-free milk, 2 starches, 1 fat

Muriel G. Wagner is a registered dietitian and nutrition therapist with an office in Southfield. She publishes "Eating Younger," a quarterly newsletter filled with recipes and nutrition tips. To subscribe, send a check or money order for \$13.50 to Eating Younger, P.O. Box 69021, Pleasant Ridge, MI 48069.

Treat your family, friends to brunch

See related story on Taste front.

I like this recipe because it's easy to make, and you make it in one skillet so cleanup is simple too.

If you use egg whites, you can use the egg yolks as a rinse for your hair.

TLC BRUNCH SKILLET

Recipe serves 6

5 ounces lean turkey sausage
1 cup chopped red bell pepper
1 cup chopped green pepper
12 egg whites, or the equivalent in egg substitute
1/2 cup non-fat ricotta cheese
1 teaspoon salt
1 teaspoon pepper

Nonstick cooking spray
Salsa of your choice (optional)

In a large nonstick frying pan,

sauté crumbled turkey sausage over medium heat until thoroughly cooked. Remove meat from pan and drain any fat. Return pan to cooktop and sauté onion until soft and slightly transparent. Add peppers and sauté until cooked, but still firm.

In a separate bowl, beat egg white with salt, pepper and ricotta until combined. Remove vegetables from pan and turn heat to very low, spray pan with nonstick cooking spray and return to burner. Pour egg white mixture into pan. When bottom is slightly set, arrange sausage, peppers and onions on top. Cover and cook over very low heat until set through, about 10-12 minutes. To serve, invert onto platter and cut into wedges. Warm salsa in microwave and set on the side so guests can help themselves.

Nutrition information per serving: Using egg whites, excluding salsa
Calories 91.71; Protein 15.63g; Fat 3.18g; Sodium 644.0mg; Carbohydrates 8.28g.

LOW-FAT APPLE BRAN MUFFINS

3 cups bran cereal (recipe tested with All-Bran)
3 egg whites
2 cups skim milk
1/4 cup molasses
2 1/2 cups whole wheat flour
2 1/2 teaspoons baking soda
2 tablespoons cinnamon
1/4 teaspoon each: ground nutmeg, ground ginger (optional)
1 cup raisins
2 cups chopped apples

Preheat oven to 400°F. In a large bowl, combine cereal and boiling

servicing: Using egg whites, excluding salsa
Calories 91.71; Protein 15.63g; Fat 3.18g; Sodium 644.0mg; Carbohydrates 8.28g.

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Preheat oven to 400°F. In a large bowl, combine cereal and boiling

Aging from page B1

Daily Recommended Daily Allowance. Don't waste your money on "anti-aging" concoctions.

Exercise - Our metabolism decreases as we age, and this can result in weight gain and fatigue. Regular physical activity helps increase energy, improves self image, boosts immunity, fights depression and enhances the quality of sleep. Take care when you exercise to avoid injury. Stay on softer, level surfaces and warm up with stretches.

Exercise doesn't have to be strenuous to be good for you. Find something you enjoy doing and can do regularly. Golf (when you walk the course) is great. Ballroom and Swing dancing are becoming very popular again. Sign up for lessons. Swimming is wonderful exercise, as is water aerobics. Choose the activity

that is right for you and try varying activities, too.

Flavor it - Our sense of taste and smell diminishes as we age. We need to add flavorings that don't add excess sodium. Excess sodium not only pulls calcium out of our body which affects our bone health, it also can aggravate high blood pressure. Add herbs, butter flavoring, wine, reduced stocks and flavored vinegars.

Get enough protein, but watch the fat - The recommended amount of protein for women over 50 is 50 grams, and for men 63 grams. This is the protein in seven to nine ounces of meat, poultry or fish. However, there is protein in dairy foods and grain, so eating five to seven ounces of meat daily is sufficient.

Peggy Martinelli-Everts of Clarkston, is a registered dietitian and director of clinical operations for HDS Services, a Farmington Hills-based food service and hospitality management company. Look for her story on the second Sunday of the month in Taste.

AP - Monkfish grills very well, says Leslie Revisin, author of "Great Fish, Quick: Delicious Dinners From Fillets and Shellfish" (Doubleday, \$27.50).

This Monkfish Grilled with Rosemary-Garlic-Lemon Oil is one of the recipes in her book, which she promises are all quick, simple and made with readily available ingredients.

The Rosemary-Garlic-Lemon Oil "is one of the great all-purpose marinades," said Revisin. "I keep a jar of it in my refrigerator at all times."

It's also good with cod, grouper, trout, swordfish, tuna, shark, and salmon fillets, as well as with lobster and soft-shell

fresh rosemary leaves (see note)

1 large garlic clove, unpeeled
1 1/2 teaspoons grated lemon zest, with no white pith
1 cup olive oil
Salt and freshly ground black or white pepper to taste
1 3/4 pounds cleaned and trimmed monkfish fillets

Start a medium-hot fire or preheat the oven broiler.

Fifteen minutes before you're going to grill the monkfish fillets, put the grill grate about 4 inches from the glowing coals. (I also like to brush the top of the grate with

vegetable oil just before grilling to help prevent sticking.)

Roughly chop the rosemary and put it in the food processor. (Note: If rosemary stems are very young, they are tender and edible so don't worry if some get into the mix. But more mature stems are woody and indigestible.)

Crush the garlic clove with the side of a large knife, peel it and put it in the food processor with the lemon zest. Process the ingredients to break them up and combine their flavors, about 1 minute. Add the olive oil and process everything until the solids are chopped into tiny pieces, about 2

minutes. Season the oil with salt and pepper.

Make sure the monkfish fillets are trimmed of all membrane and fat. Cut the fillets into 2-inch-thick cross-sections and dry them well with paper towels.

Put them in a bowl, season them with salt and pepper, and pour 1/4 cup of the rosemary-garlic oil over them, stirring to coat them thoroughly. Marinate them, covered, for 30 to 60 minutes if possible, at room temperature (unless the kitchen is very hot, or grill them right away).

Place the cut fillets on the preheated grill rack. Grill them until the first side is brown, about 5

minutes. Turn them over and grill them until they're cooked through and still very moist, about 5 minutes more. To check, make a small slice in the center of one piece to see if it's white and opaque all the way through.

Serve the fillets immediately on warm dinner plates, drizzling them with more room-temperature rosemary-garlic-lemon oil.

Makes 4 servings (plus enough oil for 2 more fish preparations).

Preparation time is about 25-30 minutes, with an optional 30-minute marinating time.

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VINTAGE MARKET

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<p>USDA Choice 100% Ground Beef from Chuck \$1.29</p> <p>5 Lbs. or more Only 1 lb.</p>	<p>USDA Choice Porterhouse or T-Bone Steaks \$4.69</p> <p>Only 1 lb.</p>	<p>USDA Choice Boneless Pot Roast \$1.99</p> <p>Only 1 lb.</p>	<p>US Grade A Amish Whole Chicken \$1.49</p> <p>Only 1 lb.</p>
<p>Alaskan Jumbo King Crab Legs \$9.99</p> <p>Only 1 lb.</p>	<p>USDA Choice Boneless Sirloin Steak \$3.69</p> <p>Only 1 lb.</p>	<p>USDA Grade A Lean & Meaty Country Ribs \$1.69</p> <p>Only 1 lb.</p>	<p>Our Own Slow Cooked USDA Choice Rotisserie Roast Beef \$3.99</p> <p>Only 1 lb.</p>
<p>Kowalski Premium Smoked Hard Salami \$3.19</p> <p>Only 1 lb.</p>	<p>Lipari Premium 99% Fat Free Turkey Breast \$2.59</p> <p>Only 1 lb.</p>	<p>California Iceberg Lettuce 99¢</p> <p>Only 1 head</p>	<p>Kruskas Polish Ham \$3.79</p> <p>Only 1 lb.</p>
<p>Our Famous Homemade Baked Beans \$1.79</p> <p>Only 1 lb.</p>	<p>Lipari Real American & Muenster Cheese \$2.29</p> <p>Only 1 lb.</p>	<p>California Sweet Rippe Strawberries 99¢</p> <p>Only 1 pt.</p>	<p>Budweiser 24 Pk. cans \$13.99</p> <p>tax & deposit</p>
<p>Armor 1877 Virginia Baked Ham \$2.99</p> <p>Only 1 lb.</p>	<p>20 oz. Pepsi 8 Pack All Varieties \$2.99</p> <p>Only 1 pack</p>	<p>Bob's of Canton</p> <p>8611 Lilley Road • Canton • (313) 454-0111</p> <p>Hours: Mon - Sat 9-8; Sun 10-6 • We Accept U.S.D.A. Food Stamps</p> <p>Prices Good May 11th - May 17th</p> <p>Bob Says: Watch for our Grand Opening flyer in your mail soon. Still taking applications for our Westland Store.</p>	

Golden from page B1

of entertaining friends with cocktails and going out to dinner at a restaurant, or becoming caught in one of the other challenging situations is for someone with heart disease, my friend hit upon the idea of serving a Sunday morning brunch.

While the invitees are at church, playing golf, or just enjoying a leisurely morning, the host and hostess are cutting fresh fruit for the giant platter that is the centerpiece of the event.

Ease of preparation is important so chopping the vegetables for the omelet and preparing the muffin mix is done the night before. Last minute details are kept to a minimum, and the event is casual.

A variety of interesting breads, muffins and bagels are paired with lite veggie cream cheese, no sugar added jams and jellies, and an olive oil/balsamic vinegar and herb blend. Ice water, coffee, tea and a specialty fruit drink are also served.

For entertainment, the couple sets up a croquet game, badminton set or bocce.

The brunch has become a favorite event. The couple doesn't lose touch with friends, the brunch is fun for everyone involved, and other couples who are also aging and must watch their diets, get some good entertaining ideas.

Unique from page B1

Dinner was served with the house white wine, which seemed sweet, crisp, dry and fruity all at the same time. Santorini wine is famous throughout the world.

Gathering around a table with family and friends to share a meal at the end of the day is a time held in reverence by all inhabitants of Greece.

As we shared food, and wine, many languages and cultures, including Greek, English, German and Spanish, it hit me - wow! for a change I was not thinking about what to have for dessert or what I had to do after dinner.

I enjoyed every bite of food, word spoken and sip of wine at that moment. It seemed like all

MONKFISH GRILLED WITH ROSEMARY-GARLIC-LEMON OIL

2 tablespoons lightly packed (chopped)

1/2 teaspoon salt
1 teaspoon fresh cracked pepper
1 box phyllo dough, thawed
1/2 stick butter
1/8 cup bread crumbs

In a large pot heat olive oil. Sweat onions until translucent. Add spinach, a handful at a time, and wilt. Cook down approximately 5-8 minutes.

Place in bowl, mix with feta, herbs and seasoning.

Take phyllo (working quickly or

MEDITERRANEAN COUS COUS

1 cup Cous Cous
8 black olives (pitted and chopped)
1/4 cup red onion (minced)
1/2 cup English cucumber (peeled, seeded, diced small)

1/4 cup Feta cheese (crumbled)
1/4 cup red wine vinegar
1/2 cup Greek olive oil
Pinch of oregano and fresh basil
Salt and pepper to taste

Boil water with a pinch of salt and oil.

Add cous. Boil approxi-

SPANAKOPHA (SPINACH PIE)

4 pounds fresh spinach (chopped)
1 large Spanish onion (diced fine)
1/8 cup extra virgin olive oil
1 bunch scallions (minced)
1 cup fresh feta cheese (crumbled)
3 tablespoons fresh dill (chopped)
1/2 cup fresh parsley

Combine ingredients. Great for beef, pork or lamb.

ADD Attention Deficit Disorder Conference

ADD Conference '98
Clarion Hotel & Atrium
Ann Arbor • May 15-16

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For more information or to register call (734) 426-0116 or you can register on-site ADD P.O. Box 1701, Ann Arbor, MI 48106 E-Mail: ADDEN@att.com WWW.ADDEN.ORG

GLEN EDEN MEMORIAL PARK

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MEMORIAL DAY SERVICE

SUNDAY, MAY 17, 1998

3:00 P.M.



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8611 Lilley Road • Canton • (313) 454-0111

Hours: Mon - Sat 9-8; Sun 10-6 • We Accept U.S.D.A. Food Stamps

Prices Good May 11th - May 17th

Bob Says: Watch for our Grand Opening flyer in your mail soon. Still taking applications for our Westland Store.

<p>Great For The Rotisserie</p> <p>ROLLED-TIED SIRLOIN TIP ROAST</p> <p>\$2.09 LB.</p>	<p>Prices Are Going Up Buy Now And Save</p> <p>WHOLE N.Y. STRIP LOINS</p> <p>\$3.69 LB.</p>	<p>Chicken Sale</p> <p>WHOLE FRYERS</p> <p>77¢ LB.</p>	<p>Bone-in-Split BREAST</p> <p>\$1.29 LB.</p>
<p>Made Fresh Hourly</p> <p>GROUND BEEF</p> <p>From Fresh Ground Sirloin</p> <p>\$1.79 LB.</p>	<p>Fresh DRUMSTICKS</p> <p>59¢ LB.</p>	<p>Boneless Lean PORK TENDERLOINS</p> <p>\$3.99 LB.</p>	<p>Boneless Juicy Country Style SPARE RIB</p> <p>\$1.99 LB.</p>
<p>Boneless Lean BUTTERFLY PORK CHOPS</p> <p>\$3.29 LB.</p>	<p>Fish-on-the-Grill Yes - Yes - Yes</p> <p>LEMON PEPPER OR CAJUN CATFISH</p> <p>\$4.99 LB.</p>	<p>Dearborn Sausage Smoked Polish SAUSAGE</p> <p>\$3.29 LB.</p>	<p>Lean - Juicy Tender N.Y. STRIP STEAKS</p> <p>\$4.59 LB.</p>
<p>Center Cut PORK ROAST</p> <p>\$2.89 LB.</p>	<p>Just For The Grill HOT DOGS</p> <p>\$5.69 EA.</p>	<p>Grill Ready - Lean PORK SPARE RIBS</p> <p>\$1.99 LB.</p>	<p>Lipari TURKEY BREAST</p> <p>\$2.99 LB.</p>
<p>Savien's SMOKEHOUSE HAM</p> <p>\$3.99 LB.</p>	<p>Lipari AMERICAN CHEESE</p> <p>\$2.19 LB.</p>	<p>Lipari CORNED BEEF</p> <p>\$3.59 LB.</p>	<p>FRESH AMISH CHICKEN Leg Quarters</p> <p>69¢ LB.</p>
<p>FRESH FLOWERS</p> <p>\$9.95 Flat 5 Flats \$40</p> <p>Beautiful Selection!</p>			

PLYMOUTH MARKETPLACE

The Ultimate Gourmet Shopping Experience!

110 W. Ann Arbor Road at Lilley in Plymouth
Prices good thru May 16th, 1998
HOURS: Mon - Fri 9-7; Sat 8-7; Sun 9-6 (734) 453-2535

<p>BiColor SWEET CORN</p> <p>8 for \$2.00 / 29¢ EA.</p>	<p>New Crop VIDALIA ONIONS</p> <p>.49¢ LB.</p>
<p>JUMBO CANTALOPES</p> <p>\$1.99 EACH</p>	<p>New Crop - w/seeds WATERMELONS</p> <p>.39¢ LB.</p>
<p>ALL COKE PRODUCTS</p> <p>2 liter bottles</p> <p>79¢ EA. NO LIMIT</p>	<p>California PISTACHIO'S</p> <p>\$2.99 LB. NO LIMIT</p>
<p>Beringer WHITE ZINFANDEL</p> <p>2 for \$9.00 / \$5.99 EA.</p>	<p>MILLER LITE & GENUINE DRAFT</p> <p>\$12.49 CASE - deposit</p>
<p>U.S.D.A. Choice N.Y. STRIP STEAKS</p> <p>\$4.99 LB.</p>	<p>Fresh Pork SPARE RIBS</p> <p>\$1.99 LB.</p>
<p>FRESH AMISH CHICKEN Leg Quarters</p> <p>69¢ LB.</p>	<p>Sara Lee HONEY HAM or TURKEY</p> <p>\$4.99 LB.</p>

Viscount Spectacular Summer Splash



YOUR CHOICE \$3,499

The Rough Cedar II Deck and Fence Pool has a frame integrated design and wood grain wall. It comes complete with 7" wide Everguard coated rails, a premium blue 2000 series liner and a 25-year warranty. The wall and frame are Everguard coated to last. Includes a 36" aluminum white fence and brown carpeted patio deck with in/out ladders.

Gigantic Round 24 Pool Regular Price: \$6,768

Huge Oval 15 x 24 Regular Price: \$7,152

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20-lb. Pail of Chlorine

Your Choice of: Sticks • Granular • Small Tablets

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on the web: <http://observer.eccentric.com>

Sunday, May 10, 1998

MEDICAL BRIEFS

Prostate health

Men concerned about prostate health are invited to attend a free informational presentation Wednesday, May 13 at Botsford Inn Banquet Center, 28000 Grand River Ave. Botsford urological surgeon Steven Roth, D.O., will host the discussion. Attendees will be eligible for a free prostate screening and PSA test this month. Preregister by calling (248) 477-6100.

Better hearing

Personalized Hearing Care of Westland is presenting the Second Annual Better Hearing and Speech Day 10 a.m. to 6 p.m. on Saturday, May 16, at MedMax in Westland. Attendees can meet with hearing and speech professionals and people who are successfully coping with hearing and speech problems. MedMax is located at 35600 Central City Parkway, behind Westland Shopping Center.

Sacred Energy

Sacred Energy Balancing seeks to tap and release life-draining energies (repressed memories/emotions) which prevent people from realizing their potential. To learn about these techniques that can help bring peace of mind, attend SANN's lecture featuring Paul Samaroo. Monday, May 18, at 7 p.m. at the Sinnett Holistic Health Center in Livonia located at 29200 Vassar in the Livonia Pavilion, Suite 140, across the street from Sears. Admission \$5. Call (313) 247-4971.

Making connections

There are several ways you can reach the Observer Health & Fitness staff. The Sunday section provides numerous venues for you to offer newsworthy information including Medical Databook (upcoming calendar events), Medical Newsmakers (appointments/new hires in the medical field), and Medical Briefs (medical news, short news items from hospitals, physicians, companies). We also welcome newsworthy ideas for health and fitness related stories. To submit an item to our newspaper you can call, write, fax or e-mail us.

CALL: (734) 953-2111
WRITE: Observer & Eccentric Newspapers (Specify Databook, Newsmakers or Briefs) Attn: Kim Morsion 28251 Schoolcraft Road Livonia, MI 48150
FAX: (734) 991-7279
E-MAIL: emorsion@oe.homecomm.net

Quaker Oats wants you to enter Smart Heart Challenge

The Quaker Oatmeal Cereals company wants to bring the Smart Heart Challenge to a community such as Plymouth, Canton, Westland, Garden City, Livonia or Redford with a chance for you to win a \$5,000 cash prize and become a hero in your town.

In January, 101 people in Lafayette, Colorado volunteered for the challenge and ate oatmeal for 30 days to see if simple lifestyle changes, including eating oatmeal, could help reduce their cholesterol. After 30 days, 98 percent of them lowered their cholesterol, on average by 27 points.

In addition, by becoming an "Oatmeal Ambassador," you can win \$5,000 cash if your community is chosen as the next Smart Heart Challenge town or \$1,000 if you're among the nine finalists.

Approximately 150 participants in your community will receive cholesterol testing free-of-charge which will be administered by professional medical staff.

Quaker Oatmeal Cereals will sponsor events during the 30 days and a local heart-healthy organization will benefit from a donation for every bowl of oatmeal eaten during the challenge.

To receive an entry form: Call 1-800-735-3555 or visit www.quakeroats.com and follow the prompts to the Smart Heart Challenge Search. Print out the entry and fill it out.

Mail all entries to: The Smart Heart Challenge Search, P.O. Box 2356, Maple Plains, MN 55922-2356. No purchase necessary. Entries must be received by June 5, 1998. You must be a United States resident and 18 years of age or older to enter.

hal-i-to-sis (hal'ə-tō'sis) L.hal-i-to-sis + smelling breath.

CURES ARE BETTER THAN COVER-UPS

The onions you piled on your hot dog at lunch or the garlic butter you spread on a dinner roll may not be the primary reason you have halitosis. For better or worse, it's also known as — bad breath.

Truthfully, 90 percent of bad breath is usually the result of an oral problem such as faulty dental fillings, gingivitis, abscesses, dentures, oral cancer and extruded teeth.

Halitosis is caused by volatile sulphur compounds (VSC) produced by active bacteria that breeds around the gums and tongue. The sulphur causes the pleasant odor that has led consumers to spend approximately \$500 million annually on mouthwash, mints and toothpaste.

According to Richard Miller, D.D.S. in his book "Beating Bad Breath," traditional over-the-counter dental products do nothing to treat the bacteria problem only masquerade the "bad odor with a stronger, more pleasant-smelling one."

If halitosis is the diagnosis you suspect, or you've been discreetly told by a friend or loved one, there is a viable solution says dentist Brian Andress, who recently merged his 10-year Livonia practice with Herbert Elfring Jr., D.D.S., to a new location in Novi. "One of the most important factors in treating halitosis is to break down the sulphur compounds produced by the bacteria," said Andress. "In order to do that your dentist needs to evaluate what's causing the accumulation of bacteria and treat the cause whether it's gum disease or a loose crown that needs to be removed and cleaned before it can be replaced."

Andress said if in fact you have a loose crown, ordinary brushing and rinsing won't take care of the real problem — the build up of bacteria that may be active under the unstable dental appliance. The bacteria needs to be destroyed not covered up with breath mints or fruity mouthwash.

As unpleasant as it may sound, the tongue is a large breeding ground for the bacteria that causes halitosis. It harbors a significant amount of bacteria due to numerous coatings that build up from foods and beverages such as milk, sauces, coffee, and foods creamy in nature that leave behind thick coatings and substances around our taste buds every time we swallow.

The layers enable the bacteria to go unaffected "in a warm, low-air environment and produce the sulphur compounds of halitosis," (Beating Bad Breath, Miller)

Andress recommends using a simple tool called a tongue scraper to remove the build-up of coatings that may be causing your bad breath. The tool, typically plastic, can be purchased at a drug store in the hygiene aisle or obtained from your dentist.

The tool in no way reduces bacteria around the teeth and gums, but the device can be effective to reach the back portion of your tongue that you might not touch with the toothbrush. Your dentist can give you a few simple tips on its use to be one step closer to having better breath and a healthier smile.

Unfortunately said Andress, one of the most effective ingredients in the fight against halitosis is not found in over-the-counter toothpaste and mouthwash. CLO₂, chlorine dioxide, works to destroy the sulphur at the molecular level.

Alcohol free, safe for your teeth and gums, CLO₂ attacks the source of the bacteria treating the com-



Breath check: Dr. Brian Andress observes the Halimeter results as patient Debbie McElroy has her breath checked. Looking on is Dr. Herbert Elfring Jr. The Halimeter gauges the level of bacteria in an individual's mouth that can cause halitosis.

pounds for up to five hours in contrast to traditional toothpaste and mouthwash that may work for only two hours. However, an over-the-counter mouthwash containing an antiseptic ingredient, such as Listerine®, works to kill active bacteria, said a local dental hygienist.

The Novi dentist said you can obtain CLO₂ products from your dentist, orthodontist, or oral surgeon. Two examples include Oxyfresh™ and Retardex™. Other products and devices that can help fight bad breath include floss, a soft bristle toothbrush (regularly replaced), tongue scraper and water irrigator.

Andress and Elfring utilize a device in their office called a Halimeter. The apparatus measures the concentration of bacteria in parts per billion. A patient who believes they have or is aware of a halitosis problem, places a small plastic straw in their mouth that is attached to the Halimeter. The straw can be moved around the tongue while the machine measures the concentration of volatile sulphur compounds.

Andress said the back of the tongue usually reads a higher level of compounds than the front. The dentist said an average patient will register between 80 to

120 parts per billion. However, if a significant amount of bacteria is found the number can be as high as 180. "Then we know for sure how serious the halitosis problem is and can look for causes such as gum disease, decay or something as simple as replacing an older filling."

Some people may be surprised to learn prescription medications and medical conditions can also cause halitosis. For example, commonly used medications such as decongestants, antihistamines, antihypertensives, antidepressants and antipsychotics can possibly cause halitosis.

Diabetes, liver failure, gall bladder disease, tonsillitis, sinusitis, emphysema and pneumonia are just a few conditions that also trigger bad breath.

"If your dentist determines it's not a dental problem then you should seek medical attention from your physician who can advise a treatment in conjunction with an improved cleaning regimen," suggested Andress.

Oral care is your best defense against halitosis. If you suspect you have a problem don't wait until a spouse, friend or co-worker has to break it to you gently — "You have bad breath."

May 11 to 15 is Food Allergy Awareness Week

Following the announcement that May is Asthma & Allergy Awareness Month, The Food Allergy Network (national nonprofit organization) has declared May 11 to 15 Food Allergy Awareness Week.

According to Anne Russell, R.N., Plymouth resident and director of a Food Allergy & Anaphylaxis Education & Support group, Gov. John Engler likewise made the declaration for the state of Michigan.

"I am very pleased that Gov. Engler has approved May 11-15 as Food Allergy Awareness Week," said Russell. "Living with life-threatening food allergies is a challenging and often frightening burden for children. Hopefully, this awareness week will serve to get accurate medical information to the general public in order to increase their knowledge and sensitivity about serious food allergies."

Doctors across the country report an increase in the incidence of food allergies. Children are the largest group affected. One group of doctors reported a 55 percent increase in peanut allergy in children in the past 10 years.

"Food allergies affect an estimated 4 to 6 million Americans," said Anne Munoz-Furlong, founder of The Food Allergy Network (FAN), "yet most peo-

ple believe food allergies are rare or affect only a small number of adults." At the upcoming Friday, May 15, meeting of the Michigan Food Allergy Network, Dr. Marc McMorris, a University of Michigan pediatric allergist, will discuss peanut allergy diagnosis and management. The meeting will begin at 7 p.m. at the Arbor Health Building in downtown Plymouth.

Food allergy is caused by an abnormal immune system response to a food. Reactions can range from mild to life-threatening. Doctors estimate that hundreds of Americans die each year as a result of a food-allergic reaction. Symptoms can include hives, abdominal cramps, vomiting, diarrhea, swelling of the mouth or throat, difficulty breathing, asthma and respiratory diseases. Severe reactions can sometimes prove fatal.

Eight foods cause 90 percent of the allergic reactions in the U.S. they are milk, eggs, peanuts, tree nuts, shellfish, soy and wheat. There is no cure for food allergies. Strict elimination of the food in question is the only way to avoid an allergic reaction.

Convincing others food allergies are real and getting accurate information about ingredients while eating at restaurants are two of the most diffi-

Food allergy is caused by an abnormal immune system response to a food. Reactions can range from mild to life-threatening.

cult problems of living with food allergies, according to The Food Allergy Network's 18,000 members.

Restaurants offer an opportunity for improvement. Few offer training for employees to teach them how to properly answer questions from food-allergic consumers. From a consumer's perspective, the fear of having a reaction because someone else didn't take them seriously or provide the information they need is well founded.

Allergic reactions have been reported and several people have died because restaurant staff were not properly trained in food allergy awareness.

Doctors reported that most allergy reactions occur when allergic individuals, after being assured that their meal is "safe," eat a food that they are allergic to. One peanut-allergic individual reports, "Someone told me the nuts on a danish

were almonds and lo and behold, they were peanuts. I ate them, my throat got itchy, I got stomach cramps, diarrhea and was gasping for breath to the point where I passed out."

Schools across the country are reporting an increased number of children with food allergies. A study in the New England Journal of Medicine of 13 children were fatal and near fatal food-induced allergic reactions, found four of the six cases of fatal food-induced allergic reactions had occurred in school.

Food allergy appears to be increasing, allergic reactions can be severe and have caused fatalities. "Until we educate others that food allergies are real, millions of Americans will continue to experience allergic reactions — for some, the reactions may cost them their life," said Munoz-Furlong.

For free information, call 1-800-929-4040 or visit FAN's Web site at www.foodallergy.org

The monthly meeting of the Food Allergy & Anaphylaxis Education & Support group is open to the public. Individuals and children from Wayne County and surrounding communities are welcome. The meetings are free and donations are accepted. For more information, call Anne Russell, (734) 420-2805.

MEDICAL NEWSMAKERS

Items for Medical Newsmakers are welcome from throughout the Observer area. Items should be sent to: Observer Newspapers, 36251 Schoolcraft, Livonia 48150. Our fax number is (734) 991-7279. E-mail: kmorsion@oe.homecomm.net

St. Joe's recognized
St. Joseph Mercy Hospital-Ann Arbor has been named winner of the Overall Environmental Excellence Award by the Washtenaw County Environmental Issues Group.

The award was one of 16 presented to businesses and organizations that practice environmentally sound behavior in the areas of water quality protection, pollution prevention, waste reduction and recycling.

"We're very proud of our accomplishments and strong commitment to protecting the environment," said Duane Newland, executive vice president. "Each employee plays a role in our success, and their efforts have definitely made a difference."

Cash for kids

This spring, every level of Michigan's food industry including The Kroger Co. of Michigan, Farmer Jack, Foodland and the area's food brokers will join together to support the "Cash for Kids" program, to benefit YARETY — The Children's Charity.

Beginning Monday, June 1 through Saturday, June 7, metropolitan Detroit's food industry will sponsor "Cash for Kids" a coupon redemption program to benefit Southfield-based Variety — The Children's Charity.

New director
Sara Garmel, M.D., has been named director of labor and delivery in the Oakwood Division of Maternal Fetal Medicine of the Oakwood Healthcare System. She also works at Oakwood Healthcare Center-Canton.

"As our Division of Maternal Fetal Medicine continues to grow, we are excited that Dr. Garmel has joined our practice. She will be a great asset to the community in providing quality clinical care to high risk pregnant mothers," said Dr. George Kazzi, corporate director of Oakwood Maternal

and Fetal Medicine.

Education recognition

Metro Home Health Care Services Inc., is the first home care agency in Michigan and the second in the United States to be the distinction of American Diabetes Association Certificate of Recognition. The award was presented for a quality diabetes education program.

MHHS has 19 qualified diabetes program instructors that serves patients in 11 counties including Wayne county and the city of Detroit.

Podiatrist relocates

Podiatrist Dr. Ellen Mady specializing in the Tri-corrected bunionectomy has relocated her practice to 38215 W. Ten Mile Road (Suite 8) in Farmington Hills under the name, Feet First Podiatry.

The procedure is performed on an outpatient basis and allows most people to return to tennis type shoes within two weeks. A plastic surgery technique is used on the skin so scarring is minimal. For information call (248) 478-FEET (3338).

Rite Aid offers free mammograms

Rite Aid drugstores has launched its annual Mother's Day Mammograms program in Michigan. The award-winning initiative now in its ninth year, educates women about the importance of practicing healthy breast care habits and reminds them to have yearly mammograms beginning at age 40. Mother's Day Mammograms links uninsured or underinsured women with sources for free mammograms.

Free Mother's Day Mammogram cards are currently available in Rite Aid's 380 stores in Michigan. "Do it for yourself and those who love you," said Michelle Engler, first lady of Michigan.

The cards feature a toll-free hotline that links callers to free mammogram programs in their area. In Michigan, the program is being presented in partnership with the Michigan Department of Community Health.

"Approximately 180,000 women are diagnosed with breast cancer each year," says Suzanne Mead, vice president of corporate communications for

MEN'S HEALTH

"Just the Facts," on prostate cancer. One in eight. That's the number of men, who will get prostate cancer sometime during their lifetime.

An estimated 184,500 new cases of prostate cancer will be discovered nationally in 1998, and an estimated 39,200 men will die of it this year according to the American Cancer Society.

Early detection and education continue to be the best medical tools in fighting the disease. Cancer experts estimate that as many as 80 percent of the deaths from prostate cancer are preventable. The risk of prostate cancer increases with age. Although 80 percent of all prostate cancers are diagnosed in men over the age of 65, men age 40 and older should be alert to the signs of prostate cancer and have a digital rectal exam done annually.

Contact your local hospital for prostate screenings or make an annual appointment with your primary physician.

MASSIVE BLOWOUT

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MEDICAL DATEBOOK

Items for Medical Datebook are welcome from the Observer-area medical community. Send to: Medical Datebook, c/o The Observer Newspapers, 36251 Schoolcraft Road, Livonia 48150 or faxed to (313) 591-7279.

MON, MAY 11

CELIAC SPRUE SUPPORT
Tri-County Celiac Sprue Support Group (TCSSSG) is a support group for persons who have been diagnosed with Celiac Sprue and Dermatitis Herpetiformis. Group will meet at 7 p.m. at Southfield Presbyterian Church, 21575 West 10 Mile Road. Call M. Campbell (248) 477-5963 or E. Lobbestael, (313) 522-8522.

BREASTFEEDING SUPPORT
LaLeche League of Livonia meets monthly for breastfeeding support and information. Babies and children are always welcome. Meeting begins at 7 p.m. Please call for location and additional information. Theresa (734) 261-6814; Vicki, (313) 937-3011 and Michele (734) 591-7071.

FREE CANCER SCREENING
To inform and educate men on the importance of prostate health, Dr. Derrick Williamson, D.O. and Dr. Steven Roth, D.O., Botsford urologist to conduct free lectures, physical screening exams and PSA blood tests. 7 p.m. at Botsford General Hospital's Community Room, 28050 Grand River Ave., in Farmington Hills. Call to preregister, (248) 477-6100.

TUE, MAY 12

HEALTH FAIR
Camelot Hall Convalescent Center in Livonia is hosting a free health fair from 10 a.m. to 2 p.m. May 12 to celebrate Nursing Home Week. Complimentary blood pressure and cholesterol screening is available. Camelot Hall is located at 35100 Ann Arbor Trail west of Wayne Road. Call Joyce at 522-1444.

BASIC LIFE SUPPORT
Intended for those 12 years and older interested in learning basic knowledge of the hear, lungs, signs and symptoms of heart attack and CPR, choking rescue skills. \$25. Providence Medical Center Livonia, from 6-9 p.m. Call 800-968-5595 to register.

POSTPARTUM SUPPORT GROUP
St. Mary Hospital in Livonia will offer a Mother-Baby Support Group on Tuesday, from 10-11 a.m. The group meets in the West Addition Conference Room A near the South Entrance. Registration is required, call (313) 655-1100 or toll free, 1-800-494-1615.

OSTEOPATHIC MANIPULATION
Therapy and Health. Botsford physician Jan Danto, D.O., discusses how hands-on manipulation of bones, muscles and joints can be beneficial. The two-hour class, 9:30-11:30 a.m. at Botsford General Hospital's Classroom 2 East, A & B, 28050 Grand River Ave., Call to register, (248) 471-8020. \$5 fee.

PRE-POSTNATAL EXERCISE

St. Mary Hospital in Livonia will offer a six-week Pre-Postnatal Exercise Class from May 13 through June 17. Designed to promote fitness and a healthy lifestyle prior to and following delivery. The class will meet in Pavilion Conference Room A, from 6 to 7 p.m. Cost, \$35 per person. Call (734) 655-1100.

BLOOD PRESSURE
St. Mary Hospital in Livonia will present a two-part class on "The Ups and Downs of Blood Pressure," beginning Wednesday, May 13, from 7:00 to 9:00 p.m. in Pavilion Conference Room A, near the Levan Road Entrance. A \$10 class fee covers course materials. Registration is required. Please call (734) 655-8940.

MEDITATION AWARENESS
This program examines the science of meditation and energy awareness. Participants will learn to meditate, blending the body, mind and spirit for better health. Free at the Oakwood Healthcare Center, North Westland (36555 Warren Road). Call (313) 414-9001.

Outing to benefit pituitary patients

Golfers who want to putt for patients of pituitary diseases have until May 15 to register for a special benefit tournament. The golf charity, the first of its kind in the country, will take place June 3 at Dunham Hills Golf Course in Hartland, beginning at 10 a.m. The event is sponsored by the Michigan Chapter of the Pituitary Tumor Network Association, a non-profit organization dedicated to increasing public awareness of pituitary diseases.

The four-person scramble costs \$100 for an individual entry and \$400 for a foursome. Business organizations may sponsor special events, including the Hole-in-One and Longest Drive contests, or holes.

Teresa Sullivan, the coordinator of the Michigan Chapter of PTNA in Brighton, said proceeds from the event will help the chapter promote and sponsor various events to educate pituitary tumor patients and their family members about the effects of such tumors.

While only 1 or 2 percent of the world's population experience pituitary tumors, Sullivan said, the number of cases has been increasing in recent years as detection and diagnostic methods improve and physicians' understanding of pituitary disease increases.

The pituitary gland, located at the base of the brain, regulates hormone secretion in the blood, which in turn signals other glands, such as the thyroid and pancreas, to produce additional hormones.

The slow-growing pituitary tumors are almost always benign, but they cause over-secretion or decreased secretion of hormones. Large pituitary tumors also may impair vision by spreading to nearby optic nerves.

For more information on the golf outing, contact Teresa Sullivan at (810) 227-5615.

WED, MAY 13

OSTEOPATHIC MANIPULATION
Therapy and Health. Botsford physician Jan Danto, D.O., discusses how hands-on manipulation of bones, muscles and joints can be beneficial. The two-hour class, 9:30-11:30 a.m. at Botsford General Hospital's Classroom 2 East, A & B, 28050 Grand River Ave., Call to register, (248) 471-8020. \$5 fee.

THUR, MAY 14

HEALTH SCREENING
St. Mary Hospital in Livonia will hold a blood pressure and cholesterol screening on Thursday, May 14 from 5:30 to 8 p.m. in the Pavilion Conference Room A. The cost of the cholesterol screening is \$15 and it includes both the total and HDL cholesterol. Registration is required call (734) 655-8940.

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Web gets deeper with new sites



MIKE WENDLAND

PC TALK
Someone once said that it isn't important to know a lot of facts ... only where you need to go to find them.

And that's what the World Wide Web so fun. Because there is very little in facts, data or information that, with a few keyword searches, you can't locate online.

I am amazed every week by the things I find. Here are some other neat sites I surfed across this past week:

■ **AnyWho** (www.anywho.com) - A few weeks ago, I wrote about a number of sites that are called People Finders, resources for locating phone numbers, addresses and maps. It's so good I put a permanent, full-time link to it on my PCMike site (www.pcmike.com).

You can do a reverse phone number search here; great for finding out who's paging you.

■ **Cyberpaperboy** (<http://www.cyberpaperboy.com>) - This site just gets better and better. A labor of love from Net aficionado David Akerley, this site lets you search by individual states for local and

regional news.
 ■ **U.S. Library of Congress News** (<http://lcweb.loc.gov/rr/news/ot/hint.html>) - Even the US Library of Congress is into online news. On this site, they've put links to hundreds of the world's online newspapers and journals.
 ■ **Babynames.com** (<http://www.babynames.com>) - Whether you're an expecting parent, new parent or just interested in names and meanings, you will find what you need on this site. Instant search for the meaning behind the most popular names.

■ **Cancer Trials Web Site** (<http://cancertrials.nci.nih.gov/>) - The big health story last week dealt with an experimental drug that has been shown to cure cancer in mice. This site from the National Cancer Institute offers information on the role of cancer trials in advancing cancer research.

■ **MEAP Scores** (<http://www.mde.state.mi.us/reports/meap/>) - There's been a lot of controversy about the MEAP scores of Michigan students. This is the official state site that lists them all.

■ **Tiny Keychain Guns** (<http://www.cnn.com/TRAVEL/NEWS/9805/06/keychain.guns/index.html>) - There was a tremendous amount of news coverage last week about those small, inexpensive, two-shot pistols

that have gone undetected through metal detectors at airports in Europe. I've received e-mail from a couple of teachers asking for a picture.

■ **Computer Virus Myths** (<http://kumite.com/myths/>) - Webmaster Rob Rosenberger is an expert on computer viruses and he says that almost every warning you receive by e-mail is a hoax.

■ **Online printing** (<http://www.originalab.se>) - This site is in Sweden but it allows you to create business cards, calendars from year 1800 to 9999, and greeting cards. You get a back ready for your printer, or you can take the file to your local print shop for printing. And best yet, it's all free.

■ **Free PC Mike Mailing List** (<http://www.pcmike.com>) - My column only appears in the Sunday editions of the Observer & Eccentric Newspapers and my WXYT-Talkradio and WDIV-TV reports from Friday through Sunday. This free e-mail newsletter will keep you up to date on late-breaking news and resources affecting PC users and the Internet. You can subscribe free from the pcmike.com page.

Mike Wendland covers the Internet for NBC-TV Newschannel stations and can be seen locally on WDIV-TV4. You can reach him through his Web site at <http://www.pcmike.com>

BUSINESS CALENDAR

MON, MAY 11

RETAINING EMPLOYEES
 Don Vlcek (former VP of Domino's Pizza), and Paul J. Theisen (employment specialist) are hosting a seminar on obtaining and retaining quality employees. 7:50 a.m. to noon at Laurel Manor located on Schoolcraft Road in Livonia. Cost, \$297 for workshop. Call 1-800-459-0438 for reservations.

workshop. Call 1-800-459-0438 for reservations.

TUE, MAY 12

ACCOUNTING CONFERENCE
 An Accounting for Tax Practitioner Conference will be held at the Laurel Manor in Livonia. The registration fee is \$135 for MACPA members; \$175, non-

members. Suggested CPE credit: eight hours. accounting/auditing credits.
MFG. RESOURCE PLANNING
 The Michigan Manufacturing Technology Center will host a workshop on Manufacturing Resource Planning (MRP II) at Schoolcraft College from 8 a.m. to noon (\$175 cost). Call Barbara Bartolatz, 1-800-292-4484, Ext. 4165, for more information.

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Classical Bells: Kay French (first row, left), Carl Reyes; Darlene Ebersole (second row), Donna Calhoun, Corrine Kert; Darcie West (third row), Millie Everson, Sue Trisch; and Doris Edwards (fourth row), Judi Rachwitz, and Julie Sigler ring their handbells in a Sunday, May 17 concert at St. Matthew's United Methodist Church in Livonia.

Teamwork gives Classical Bells a very nice ring

Darlene Ebersole compares her Classical Bells ensemble to the Rockettes or a football team.

The 13-member group must work together to make "Maple Leaf Rag" sound the way Scott Joplin intended. The ragtime tune is one of several with which Classical Bells will ring in their 15th anniversary Sunday, May 17, with 135 handbells and 63 hand chimes at St. Matthew's United Methodist Church in Livonia.

"Chattanooga Choo Choo" never sounded like this. Classical Bells' toe-tapping music, a mixture of jazz, ragtime, popular tunes and sacred favorites including Handel's "Pascaglia," "Takeda Rhapsody" with oriental gong, "Ain't Misbehavin'," and "Song of Triumph" with harp and

chimes, is sure to please everyone on hand.

"The most contagious part is the teamwork involved and that's what makes it fun," said director Darlene Ebersole of Canton. "It's like no other instrument. It's like taking a piano apart and giving everyone two to three keys to play."

Techniques

During a rehearsal on May 4, the handbell ringers used a variety of techniques from hitting the bells

with mallets to plucking the bells and damping the ring. Depending on the song, Ebersole switches ringers around from section to section for variety.

"It's very demanding to play whether in the bass or treble section, which at times requires four to six bells in hand," said Ebersole, who is also bell director at St. Matthew's United Methodist Church.

Added Julie Sigler of Troy, "ringers in the bass section we found out they burn out in a couple of years because it's just so much work."

Classical Bells, like most handbell choirs, wear gloves while playing with sound justification. Ebersole compares the bronze handbells to the Liberty Bell and tower bells that form a green patina from exposure to the elements.

"There's a number of reasons for the gloves," said Ebersole. "It's traditional for bell ringers number one, but we've also got our hands on the bells for certain techniques and there's no protective covering. It also prevents our hands from getting callouses during a 3-hour rehearsal or performances during the week and many ringers play in two or three choirs."

Bells of every size lay on the black velvet-covered tables in front of the ringers who play from piano scores. These bells are cleaned and clappers removed once a year. Twice a year, they're polished on the outside.

Please see **TEAMWORK, C5**

ART HOMETOWN CANVAS

MAKING ART MATTER



Betty Ruedisuelli



Bill Waterhouse



Janet Torno and Gene Hammonds



Bob Sheridan



Jennifer Tobin



Marsha Chamberlain



Fern Barber

MARKETING A CAUSE

Advocates make case for lifelong learning through the arts

For art organizations throughout the area, the ubiquitous "m" word keeps coming up — marketing. Clearly, it's a sign that those who promote the arts aren't practicing elitism but a new-styled salesmanship aimed at mass appeal.

Throughout a recent two-hour public discussion entitled, "Building the Arts from the Grassroots," a panel of eight arts advocates swatted at the "m" word as it fluttered like a cagey bee around their heads.

Apparently, they're getting used to talking like brazen entrepreneurs. Actually succeeding at marketing, however, is a game of hit and miss.

Welcome to Arts Advocacy 101, also known as, "How to sustain the arts at the edge of the 21st century."

According to panelists, the formula for success sounds like a 1990s mantra — a blend of populist appeal, capitalist zeal for self-sufficiency

and a finely tuned marketing plan. "Building the Arts from the Grassroots" was part of the ongoing public discussion about culture and community sponsored by the *Observer & Eccentric Newspapers*.

Central to life

Other than to keep open their doors, the overriding objective for arts organizations is to convince their respective communities that the arts aren't tangential to life but central to lifelong learning.

The arts, the panelist agreed, provide an "inclusive" way to promote diversity and community pride.

That's hardly a surprising position. But the panelists' idealism is tempered with a pragmatic attitude.

"I'm an idealist. My goal is to keep the arts alive," said Janet Torno, executive director of the

Please see **CAUSE, C2**

WHAT: "Building the Arts from the Grassroots" was held Saturday, May 2, at the William Costick Activities Center in Farmington Hills in conjunction with the Third Annual Farmington Festival of the Arts.

The forum was part of an ongoing discussion initiated by the *Observer & Eccentric Newspapers* about the state of the arts in our communities. It is in response to the "American Canvas Report" released by the National Endowment for the Arts in the fall of 1997. This is the third of a series of articles, which addresses this subject. Previous articles were published on Oct. 26, 1997 and Feb. 1, 1998.

WHO: Participants in this forum, which addressed the mission of local arts organizations, included representatives from:

- **Ann Arbor Art Center** — Marsha Chamberlain
- **Birmingham Bloomfield Art Center** — Janet Torno
- **Canton Art Association** — Gene Hammonds
- **Farmington Arts Commission** — Fern Barber
- **Livonia Arts Commission** — Bob Sheridan
- **Paint Creek Center for the Arts, Rochester** — Betty Ruedisuelli
- **Plymouth Arts Council** — Jennifer Tobin
- **Southfield Parks & Recreation Dept./Centre for the Arts** — Bill Waterhouse

NOTE: These arts organizations offer a range of fine art classes, exhibits, annual art fairs, outreach programs and performance venues. The commissions serve as umbrella agencies for local arts groups.

Available on Cable/Video

"Building the Arts from the Grassroots" will air during May on Channel 8 in Farmington/Farmington Hills. For a copy of the videotape, call Sally LePia-Perry, Farmington Area cultural arts coordinator, (248) 473-9583.

Glitter of glass mesmerizes artist

What: An exhibit of glass vessels and flowers by Theresa Pierzchala, an instructor at Center for Creative Studies College of Art and Design.

When: Through Wednesday, May 27. Hours are 9 a.m. to 9 p.m. Monday to Thursday, until 5 p.m. Friday and Saturday, and 1-5 p.m. Sunday.

Where: Livonia Civic Center Library (second floor showcases), 32777 Five Mile Road, east of Farmington Road.

Theresa Pierzchala was working at a pizzeria for more than 10 years when she decided at the age of 30 to return to school. Intrigued by glass art from childhood, Pierzchala entered Center for Creative Studies College of Art and Design with no idea that creating art with hot glass would become a passion.

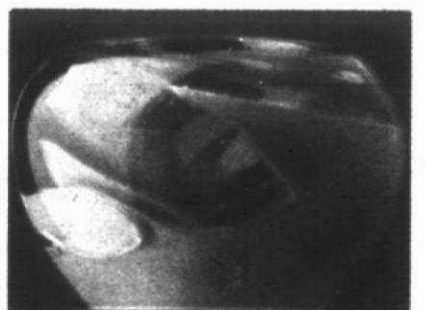
The 39-year-old Detroit artist is now an instructor in the crafts department at Center for Creative Studies College of Art and Design where she received a bachelor of fine arts degree. It's evident when Pierzchala talks about glass,

she's still mesmerized by the medium.

"Being Polish, I've always been fascinated with the cut glass at the Polish Cultural Center," said Pierzchala, who grew up on Detroit's eastside. "I always wanted as a kid to live in stained glass windows. Even now, I wouldn't mind taking an excursion inside."

Pierzchala likes to refer to her blown glass vessels as landscapes. Not merely surface decoration, Pierzchala layers various colors of glass to instill depth

Please see **GLASS, C2**



Hot glass: Theresa Pierzchala layers dimension into vessels resembling abstract landscapes.

ARTS FESTIVAL



Woodcut print: "No One is to Blame" by artist Michael McCullough.

Greektown art fair delivers food, culture

Michael McCullough is working night and day to make sure he has enough woodcut prints for the Greektown Arts Festival Friday-Sunday, May 15-17.

The Farmington Hills artist is doubling his stock of black and white and color woodcuts of nature, lighthouse, animal, and ethnic scenes. They were a popular item at last year's show.

"Greektown is an excellent show along with Art in the Park in Plymouth and the Birmingham Art Fair in fall," said McCullough, a graduate of

Churchill High School in Livonia.

McCullough likes the "energy of German Expressionists" Edvard Munch, actually a Norwegian, and Franz Marc who frequently used woodcuts, lithographs and intaglio prints to address social issues and political injustices in early 20th century Germany. McCullough's own prints convey a similar power. A black and white stormy seascape is reminiscent of the terror in Munch's work.

Please see **GREEKTOWN, C5**

Greektown Arts Festival

What: Produced by the Greektown Merchants Association in cooperation with the Michigan Guild of Artists and Artisans, the eighth annual festival features work by 125 visual artists and entertainment by local and national touring acts.

When: 5-10 p.m. Friday, May 15, 11 a.m. to 10 p.m. Saturday, May 16 and noon to 6 p.m. Sunday, May 17. The Imagination Station offers free art activities for kids and their parents from noon to 5 p.m. each day of the festival.

Where: Monroe, St. Antoine and Beaubien streets in Detroit's Greektown.

Cost: No charge. For more information, call (313) 963-5445 or (734) 662-3382.

Cause from page C1

Birmingham Bloomfield Art Center. For Torno, that's meant changing the name of what was known as the Birmingham Bloomfield Art Association, thereby broadening its identity from a neighborhood organization to a regional center.

Correction Notice

In our May 10th ad, we incorrectly stated that the Aiwa CT-X428M car deck was a CD deck with CD changer control. This is a cassette deck.

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said Marsha Chamberlain, executive director of the Ann Arbor Art Center. "It'd be a mistake to position ourselves as an alternative (to public arts education)," she said. "We provide programs to augment curriculum."

Glass from page C1

enough money and in-kind services were raised to support the event, said Barber. To succeed aimed a climate of reduced public funding while trying to attract volunteers, corporate sponsors and members, art organizations are learning to sound and act like aspiring entrepreneurs.

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CASINO WINDSOR \$160,000 reasons to smile

While Livonia and the Farmington area have the equivalent of a cultural affairs office, only Southfield has an actual physical structure — an "arts center." "It's a tough sell," said Bob Sheridan, chair of the Livonia Arts Commission. "A great deal of the budget goes to basic city services. Libraries and the arts just can't seem to get enough."

ART FAIRS & FESTIVALS

BIRMINGHAM FINE ART FESTIVAL May 11 - In celebration of their 20th Anniversary, the Michigan Association of Calligraphers is sponsoring an exhibit, "Calligraphic Continuum," through June 29.

ADDITIONS, COMPETITIONS & SCHOLARSHIPS

BBAC Birmingham Bloomfield Art Center Calligraphy Study Grant for students, teacher or practitioners of calligraphy. Deadline: June 1. Submit proposals to Janet Torno, executive director, BBAC, 1516 S. Cranbrook Road, Birmingham, 48009; (248) 644-0866.

CASINO WINDSOR \$160,000 reasons to smile

Lorraine S. has \$160,000 reasons to smile

CASINO WINDSOR MILLIONS OF REASONS TO SMILE!

While attracting members and funds is also priority, arts organizations also hope to deflate the mystique of the arts, according to the panel. "We're attempting to bring art to a level where the average person can appreciate it," said Sheridan of the Livonia Arts Commission.

ART FAIRS & FESTIVALS

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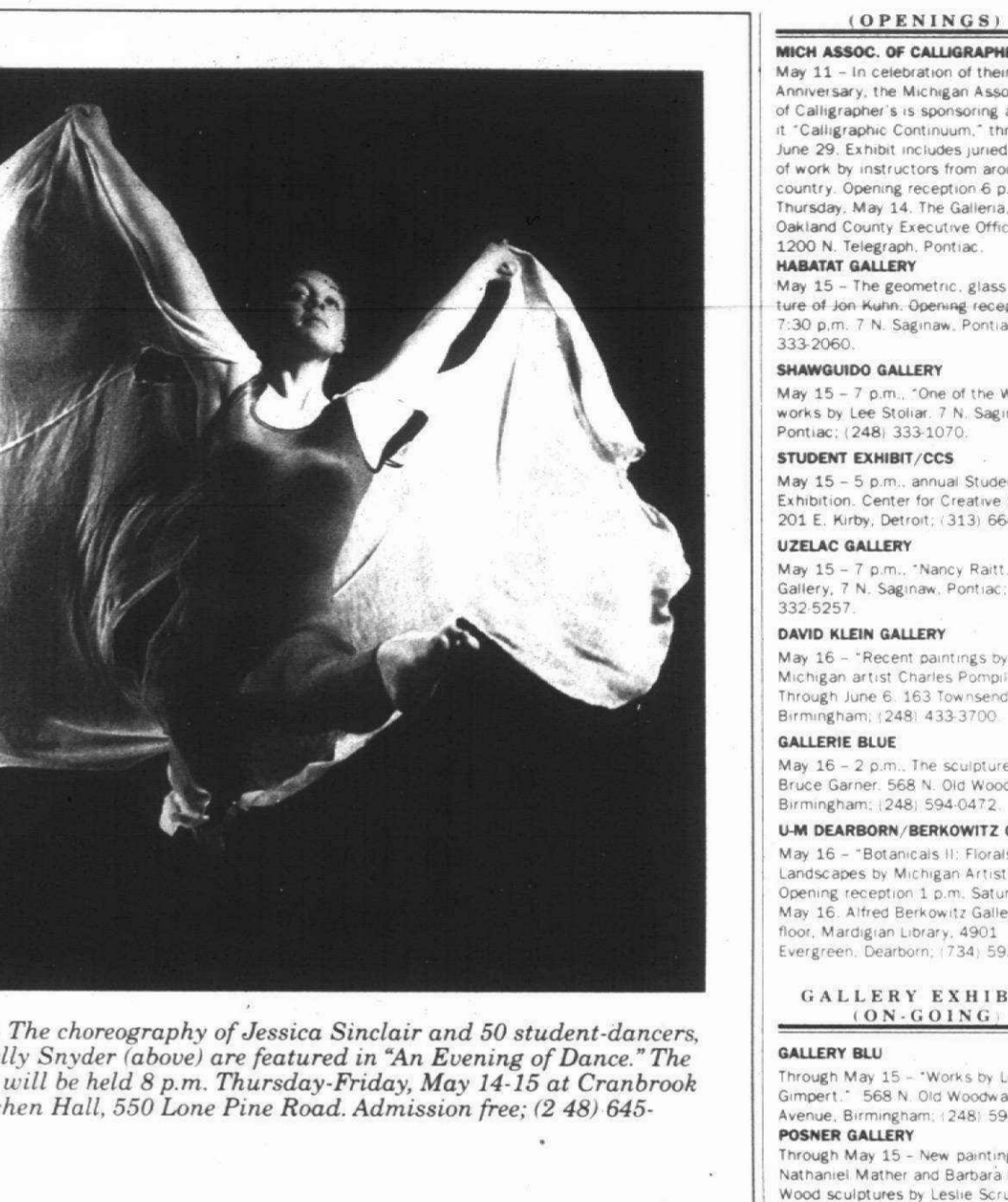
CASINO WINDSOR \$160,000 reasons to smile

Lorraine S. has \$160,000 reasons to smile

CASINO WINDSOR MILLIONS OF REASONS TO SMILE!

Note worthy Gallery exhibits, art shows, classical concerts

MAKING CONTACT: Please submit items for publication to Frank Provenzano, The Eccentric Newspapers, 805 E. Maple, Birmingham, MI 48009 or fax (248) 644-1314



Taking flight: The choreography of Jessica Sinclair and 50 student-dancers, including Kelly Snyder (above) are featured in "An Evening of Dance."

TELEGRAPH ROAD (248) 594-1414. MUSICIA VIVA INTERNATIONAL "An Evening at the Ford House with Flutist Theodosios Passov," 8 p.m. Saturday, May 16. Benefit performance on behalf of the American Cancer Society of Childhood Cancer. Tickets: \$15. Ford House, 1100 Lakeshore Road, Grosse Pointe Shores; (313) 884-4222.

OPERA THEATRE "The Elton of Love," by Gerald Donatelli, 8 p.m. Wednesday, May 13. Friday & Saturday, May 15-16, 2 p.m. Sundays, May 10 & 17. Detroit Opera House, at the corner of Madison Avenue and Broadway, one block east of Woodward Avenue, Detroit. Tickets: \$18-\$95, call (313) 874-7464 or (248) 645-6666.

LECTURE AUTHOR/ACTIVIST PAT MORA Pat Mora, 7:30 p.m. Wednesday, May 20, as part of the Emily Fisher Lecture, Kingswood Auditorium, Cranbrook Educational Community, 1221 Woodward, Bloomfield Hills; (248) 645-3492.

MUSIC STUDY CLUB OF METRO DETROIT An Afternoon of Gipsy Swing with Cantor Stephen Dubov and accompanist Zina Shavskel, 1 p.m. Tuesday, May 12. Temple Bar, 1500 Telegraph Road and 14 Mile Road, Bloomfield Hills; (248) 851-4307.

MUSEUM OF AFRICAN AMERICAN HISTORY Through June 21. "Affirmations," the sculpture of Richard Hunt, through June 30. "The Life & Times of Paul Robeson," Coleman A. Young Exhibition Room, 315 E. Warren, Detroit; (313) 259-4109.

(OPENINGS) MICH ASSOC. OF CALLIGRAPHERS May 11 - In celebration of their 20th Anniversary, the Michigan Association of Calligraphers is sponsoring an exhibit, "Calligraphic Continuum," through June 29.

OPERA

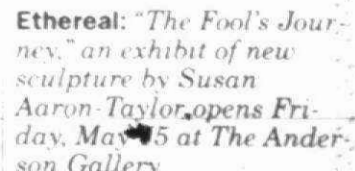
MICHIGAN OPERA THEATRE "The Elton of Love," by Gerald Donatelli, 8 p.m. Wednesday, May 13. Friday & Saturday, May 15-16, 2 p.m. Sundays, May 10 & 17. Detroit Opera House, at the corner of Madison Avenue and Broadway, one block east of Woodward Avenue, Detroit. Tickets: \$18-\$95, call (313) 874-7464 or (248) 645-6666.

LECTURE AUTHOR/ACTIVIST PAT MORA Pat Mora, 7:30 p.m. Wednesday, May 20, as part of the Emily Fisher Lecture, Kingswood Auditorium, Cranbrook Educational Community, 1221 Woodward, Bloomfield Hills; (248) 645-3492.

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GALLERY EXHIBITS



Ethereal: "The Fool's Journey," an exhibit of new sculpture by Susan Aaron Taylor, opens Friday, May 9 at The Anderson Gallery.

BOOKS

Food writer's memoirs recall a tumultuous life and times

Tender at the Bone: Growing Up at the Table by Ruth Reichl (Random House, \$23)



This flavorful, satisfying memoir authored by New York Times food writer Ruth Reichl begins with a rather startling revelation: When she was a small child growing up in New York City, she learned her way around the kitchen in order to save herself and others. Her high-strung mother, she relates, was "tastebly and unafraid of rot." And, though this may seem slightly comical some 30 or 40 years later, Reichl assures us that, at the time, it was something to be dealt with seriously.

days at the University of Michigan and on trips abroad. She also racked up some highly valuable experience at a San Francisco collective during the '70s where "everybody did everything, from cooking the food to mopping the floor." ... there was no job I didn't like," Reichl says of the time she spent at the collective restaurant "from lifting fifty-pound sacks of flour or the delivery truck to burning my hands on hot plates as I snatched them from the dishwasher." While food, glorious food, may be the centerpiece for "Tender at the Bone," Reichl's book, however, is ultimately a look at people, places and an era. Lucky for us, it is rendered in an engaging journalistic style, spiced with wit and humor, and leavened with a healthy dollop of insight. (Occasionally, it is enlivened, according to Reichl, with a soupçon of fantasy, too.) If it's a bit of a mishmash in regard to form and structure, its hodgepodge quality seems to detract relatively little overall. Reichl's various and lively cast is headed up by her highly unpredictable, unstable mother, who was often given to grandiose plans for parties, entertaining and life in general that she would eventually abandon to her husband and young daughter. ("When lithium entered our lives 40 years later we were deeply grateful," writes the author, in reference to her mother's eventual diagnosis and treatment.) Other important players here include Aunt Birdie, who could "cook but did not make the world's best potato salad; Serafina, Reichl's beautiful and mysterious Ann Arbor roommate; the author's "sweet and accommodating" — though rather insular — father; and Doug, the hungry

BOOK HAPPENINGS

- Book Happenings features various offerings at suburban bookstores. Send news leads to Hugh Gallagher, Observer & Eccentric Newspapers Inc., 36251 Schoolcraft, Livonia, MI 48150, or fax them to (313)594-7279, or e-mail him at hgallagher@oe.com
- Nancy Washburne signs "Snorkeling Guide to Michigan Inland Lakes," 7:30 p.m. Friday, May 15, at the store 17111 Haggerty Road at Six Mile, Northville.
- BARNES & NOBLE (BLOOMFIELD HILLS) Joyce White signs "Soul Food: Recipes and Reflections from African-American Churches" noon Friday, May 15; St. Dunstan's Theatre Guild cast members "Into the Woods" read stories "Lobbying for High Education: How Colleges and Universities Influence Federal Policy," 4 p.m. Wednesday, May 13; Joseph Novakovich reads from "Salvation and Other Distresses," 8 p.m. Thursday, May 14, at the store 313 South State Street, Ann Arbor 734-662-7407.
- BORDERS (ANN ARBOR) Mitch Albom signs "Tuesdays with Morrie," 7:30 p.m. Monday, May 11; Nancy Washburne signs "Snorkeling Guide to Michigan Inland Lakes," 7 p.m. Tuesday, May 12; Signid Nurser signs "Mitz: The Marmoset of Bloomsbury," 7:30 p.m. Wednesday, May 13; Rick Moody signs "Purple America," 7:30 p.m. Thursday, May 14; Dorinda Hafner signs "United Tastes of America," 3 p.m. Saturday, May 30 at the store 612 E. Liberty, Ann Arbor (734)668-7652.

- Arts Ensemble performs 7 p.m. Friday, May 15; Dandy the Chip Bear with Mike and Daniel Campbell, 11 a.m. Saturday, May 16 at the store, 5601 Mercury Drive, Dearborn, (313)271-4441.
- SHAMAN DRUM Judith Elkin discusses "The Jews of Latin America," 4 p.m. Monday May 11; Grace Lee Boggs reads from "Living for Change: An Autobiography," 8 p.m. Tuesday, May 12; Constance Cook discusses "Lobbying for High Education: How Colleges and Universities Influence Federal Policy," 4 p.m. Wednesday, May 13; Joseph Novakovich reads from "Salvation and Other Distresses," 8 p.m. Thursday, May 14, at the store 313 South State Street, Ann Arbor 734-662-7407.
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Park West auctions art works

SOUTHFIELD, Mich., May 7/PRNewswire/— When the auctioneer's hammer falls on May 24 and 25, Park West Gallery of Southfield, Michigan will offer more than 400 custom-framed original works of fine art at a public auction. The auction, featuring creations by old and modern masters, Altman, Peter Max, Tarkay and more than 30 contemporary living artists, begins at 3 p.m. on Sunday, May 24, and at 8 p.m. on Monday, May 25, at the Marriott East Lansing, 300 M.A.C. Avenue in East Lansing, Michigan. There will be a one-hour preview before each auction time. Auction items, spanning five centuries, include wood engravings by Renaissance artist Albrecht Durer, rare etchings by Rembrandt; etchings by Goya; hand-signed works from the 1920s-'60s by Picasso; a selection

of aquatints, etchings and lithographs from most periods by Miro, original prints by Chagall, and a special collection of rare hand-signed Dali wood engravings from the '50s and '60s. "Since 1969 Park West has worked directly with artists and estates in bringing high quality works of fine art at affordable prices directly to the public," said Albert Scaglione, president and Founder of Park West Gallery. "We liquidated the estates of Erte and Escher. We have the exclusive worldwide contracts for new works at auction from Tarkay, Krasnansky, LeKinff, Pietot, Goklar, Wood, Finch, Medvedev and many other artists. We continually bring new high quality works to the auction market. Buying from us is buying from the artist. No other auction company can make that claim," continued Scaglione. Also crossing the auction block will be the Park West Collection, over 400 paintings, watercolors, drawings, lithographs, serigraphs and etchings by many world renowned living artists — Altman, Pietot, Goklar, Fanch, Moully, Mase, Cambier, Duse, Chemikant, Ali Goklar, Dubi Arie, Steynovitz, Wood, Cambar, Tarkay, Krasnansky and many more. The Park West Collection works come directly from the artists and, in most cases, Park West is the world's largest dealer for the artist's works. Park West is the only touring auction gallery to give complete catalog descriptions which meet all federal and state requirements. Each work comes with a Certificate of Authenticity. For additional information, contact Park West Gallery at 248-354-2343, or 800-521-9554.

GUIDE TO THE MOVIES

Table with multiple columns listing movie titles, theaters, and showtimes. Includes sections for General Cinema, Star Southfield, United Artists, Terrace Cinema, Main Art Theatre, Birmingham Theatres, Maple Art Cinema, Orchard 3, and MIR Theatres.

Greektown from page C1

"You don't see a lot of woodcuts," said McCullough, a native of Redford Township. "People like that primitive appeal." McCullough exhibited his prints for the first time in fall of 1996. He began working in the medium while studying for his bachelor of fine arts degree at Eastern Michigan University in the early 1990s. He frequently carves during fairs, and has an example of a finished woodblock, rice paper and the kitchen spoon used to hand-rub the prints in his booth. "I enjoy the process, the challenge of drawing it backwards," said McCullough. "I can't wait till I see the first print."

Teamwork from page C1

"Each bell is a different size and labeled by octave," said Doris Edwards, one of the original Classical Bells. Edwards, who directs the bell choir at Mt. Hope Congregational Church in Livonia, has researched the history of bells and ringers. She fashioned primitive man rang bells fashioned from clay or wood from the beginning of time. Handbells, however, were devised in the 16th and 17th century as a way for English tower bell ringers to practice change ringing. Larger sets of hand bells were cast by foundries in the 1700s when "tune ringing" became popular eventually flourishing in 19th century England. Hand bells first arrived in America in the 1840s when P.T. Barnum brought a Liverpool tune ringing band to America for a tour. Groups of tune ringers in America didn't form until the 1920s. "One of our first bell ringers was Paul Revere who had a factory in Boston that manufactured hand bells," said Edwards.

ART BEAT

Art Beat features various happenings in the suburban art world. Send Wayne County arts news leads to Art Beat, Observer Newspapers, 36251 Schoolcraft, Livonia, MI 48150, or fax them to (313) 594-7279. Joshua Cullen, a 13-year-old piano prodigy from Livonia, will perform 4 p.m. Sunday, May 10, in the recital hall in the new music building at Central Michigan University. The program includes compositions by Beethoven, J.S. Bach, Rachmaninoff and Frederic Chopin. Cullen was accepted into the University of Michigan's School of Music at age 12. He began piano studies at age 5 and made his professional debut with the Livonia Symphony at age 8. A year later, he performed with the Moscow Philharmonic. In April, he tours as a soloist with the Chicago Sinfonietta in Switzerland and Germany. In June and September of 1999, he will perform with the Czech National Symphony.

Greektown Arts Festival Entertainment

The Greektown Arts Festival Stage on Beaubien Street at Monroe Street in Greektown will offer free a variety of acts from rockabilly and soul to latin rhythms and acid jazz. For more information, call (313) 963-5445. Entertainment Schedule: Friday, May 15: The Shack Shakers, rockabilly swingers from Nashville, perform 5:30-6:30 p.m.; Black Beauty, a new rockabilly act featuring former Twistin' Tarantula member George Friend, and Thornetta Davis perform 6:50-8 p.m.; and "rockabilly songbird" Robert Gordon hits the stage 8:20-9:30 p.m. Saturday, May 16: The Helene Society starts off the day with traditional Greek dancing, noon to 1 p.m.; African Rhythm Project performs traditional African rhythms and jazz 1:15-2:10 p.m.; Pena World Beat plays Latin rhythms rock and jazz 2:30-3:40 p.m.; The New Orleans-style brass band Motor City Street Band hits the stage from 4-5 p.m.; Bird of Paradise Orchestra plays jazz and swing 5:30-6:30 p.m.; Sugarfoot performs acid jazz and funk 7-8 p.m.; Sugar Ray Norcia, former Roomful of Blues frontman and harpist, plays with the help of an expanded version of Johnny Bassett and the Blues Insurgents 8:25-9:30 p.m. Sunday, May 17: Tru Light Temple Gospel Choir sings 12 p.m.; The Bill Heid Trio featuring jazz guitar great Perry Hughes plays from 2:30-3:30 p.m.; and Johnny Bassett and the Blues Insurgents return to the stage with Detroit blues legends Johnny "Yard Dog" Jones, Thornetta Davis and Joe Weaver 4:50-5:30 p.m.

Teamwork from page C1

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BEADWORK DEMONSTRATION

The Woodland Indians Trading Company and Gallery presents a beadworking demonstration by Ojibwe Indian Karen Rossi noon to 5 p.m. Sunday, May 17 in its new location at 26161 West Six Mile Road, between Inkster and Beech Daly, in Redford. The fee for making your own earrings is \$5. For more information, call (313) 387-5930. Hours are 11 a.m. to 7 p.m. Tuesday-Wednesday, until 8 p.m. Thursday-Friday, and 10 a.m. to 4 p.m. Saturday. Closed Sunday and Monday except for special events like the beadwork demonstration. CANTON ARTIST SHOWS Connie Lucas exhibits her work in a one person show through May 13 at the Left Bank Gallery, 503 East Street, Flint. Viewing hours are noon to 4 p.m. Tuesday to Saturday. For more information, call (810) 239-2921. "Exploring the Human Condition" consists of work about social and political issues in society. Lucas addresses issues of violence, war, peace, child abuse, aging, anger, and feminist concerns.

Summer 1998 advertisement for THE MS WALK. Includes dates June 19-21, July 23-25, and August 13-15. Features a list of sponsors and contact information for the Michigan Chapter of the National Multiple Sclerosis Society.

Nifty gadgets give gardeners a helpful hand

BY DONNA MULCAHY SPECIAL WRITER

Gardening, like everything else in life, is easier when you have the right tools...

One of the things there that caught my eye is the electronic Home & Garden Whiz...

Other neat things at Brookstone include: A five-piece, hand-held garden tool set...

SHOPPING CENTERED



DONNA MULCAHY

planter, trowel and narrow weeder, all with a comfortable grip and made out of rust-proof die-cast aluminum...

A padded, steel-frame platform for kneeling or sitting...

A garden seat/tool caddy with 12 tools...

Mike Bovio, purchasing manager for English Gardens, which has four locations...

Whisk Rake, by Lewis Tool. It's a small, six-tine rake the size of a white broom...

Gardener's Lever Loops by Bosmere. \$2.98 for a package of 50. They're little plastic clips that open and close with a squeeze...

Hide-A-Guide rhubarb hose guiding system, \$3.98 by Aquapore Moisture Systems. When not in use, the guide can be pushed flush into the ground...

Floral snips by Fiskars, \$5.98. They're great for delicate shaping and dead-heading. Bovio said.

Bill Saxton, co-owner of Saxton's in Plymouth, which sells gardening and power equipment, recommended Preen by Greenview. It's a chemical that stops weeds from spreading...

Denny Snell, garden store manager for Bordin's Nurseries in Rochester and Clarkston, recommended the Gold Digger, a new tool with a 3-foot handle and several different heads...

Another new product he likes is the Soil Scoop by Garden Works, \$16.98. It looks like a serrated spoon and is good for scooping, digging and tilling soil in a pot.

It's also recommended Lewis Lifetime hand tools, about \$10 each; tie-joint weeders for picking weeds out of sidewalk cracks, \$5.99; and electronic pH meters, which start at \$9.98.

Happy gardening!

Happy gardening!

The Saks experience

Somerset expansion aims to make it fun for shoppers

While Saks Fifth Avenue was pleased to announce the opening of a 40,000-square-foot expansion of the Men's Store at its Somerset South location...

Indeed, few shoppers will even notice that such major construction work is going on. Yet, the major changes at the store aren't taking place gradually...

For example, last Thursday the entire Men's Store made a coordinated move from several locations into its new consolidated location...

What they didn't see were the 60 Saks employees who finished a busy workday Wednesday, then stayed after the mall closing at 9 p.m. working into the wee hours to move menswear stock displays and set up registers and furnishings in their new locations.

The new Men's Store carries designer selections which include Giorgio Armani, Canali, Corneliani, Hickey Freeman, Donna Karan, Calvin Klein, Hugo Boss and Oxford. For store manager Kim Nye...

There, we found the spacious new Chanel Ready-to-Wear boutique. There's also an elegant St. John Shop, a Birger Christensen Fur Salon and Fifth Avenue Club Suite...



On the move: Helping set up stock displays and handle last minute arrangements in Saks Fifth Avenue's new Men's Department are visual manager Michael Knically, left, and visual stylist Bill Fuller, early Thursday morning before the opening hour.

third of its previous 125,000-sq.-ft. size.

Nye, a Bloomfield Hills native now living in Troy, began her retailing career with Saks while working in the Somerset store after graduation from Michigan State 18 years ago.

Nye took Eccentric staffers on a quick pre-opening tour of the new Men's Store facilities Thursday morning, right after that late-night relocation, and then expanded our tour to include a look at what is happening upstairs on the Second Level of the new addition, too.

"We've planned to do it, and do it well," Nye said. "That's the only way we know at Saks. Shopping is supposed to

be a pleasant, fun, relaxing experience." She pointed out the finished walls, installed to screen construction areas during store hours, noting few shoppers have even realized that work was going on.

As for finding the merchandise in its new relocations, all the store employees are making it a personal duty to ease any confusion and make it easy for patrons — and for a Saks shopping excursion, that says it all.

The complete remodeling, including a new Elizabeth Arden Spa, will make the Saks Somerset location the premier Saks Fifth Avenue site in the region.

The majority of reconstruction and renovation — including new elevators — is expected to be complete before Christmas 1998, says Nye, but some remaining detail work will go over into 1999.

ADDED ATTRACTIONS

Wardrobing seminar. Liz Claiborne Seminars feature dresses and sportswear, commented by Liz Claiborne specialist, Heather Guild. Elisabeth Dept. 1:00 p.m.

Wardrobing seminar

Liz Claiborne Seminars feature dresses and sportswear, commented by Liz Claiborne specialist, Heather Guild. Elisabeth Dept. 1:00 p.m.

Where can I find?

- What we found: For Margaret Murrays Hardware on Plymouth road in Redford sharpens knives... Rubi Glo is carried at Walgreens... Linda Kelly from Lord & Taylor at Fairlane called to say Nars cosmetics is not sold locally...

- We're still looking for: Solid Almond-color (no pattern) Corelle by Corning dishware... Nancy is looking for Johnsons Jubilee (white) wax for application... Thomas wants a mini cheer horn that was advertised in the newspaper from the winter Olympics in Nagano...

RETAIL DETAILS

Macomb opens new stores. Macomb Mall, at Gratiot and Masonic in Roseville, has announced the opening of three new stores: Norma Jeans, featuring handbags, jewelry and women's accessories...

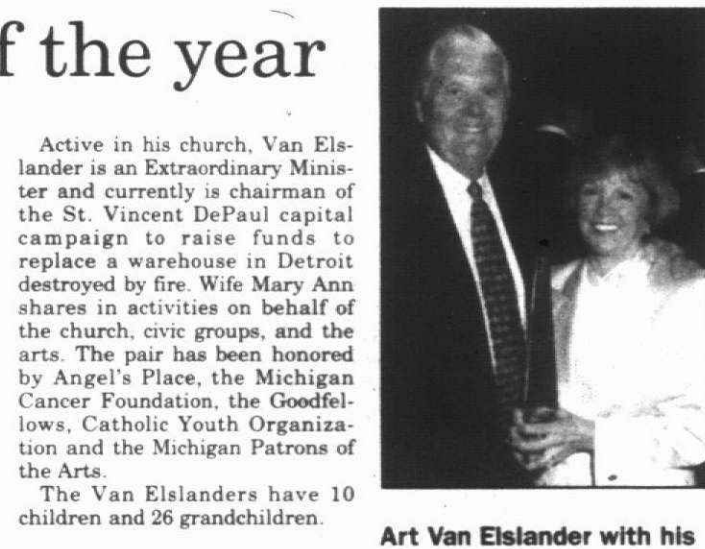
Mall walkers meet. Westland Walkers Club holds its monthly meeting 9:30 a.m. Wednesday, May 13 in the lower level auditorium of Westland Center on West Warren.

Watch Fair are 10 a.m.-8 p.m. Friday and 10 a.m.-5 p.m. Saturday. Beadwork demo. Karen Rossi of Karen's Kreations presents a demonstration of North American Indian beadwork creation...

Spring Sample sale. MVP, Inc. will offer an extraordinary selection of Maria Pinto day and evening clothing, stoles and scarves, sizes 4-16, at reduced pricing during its Spring Sample Sale...

Art Van is retailer of the year

Art Van Elslander, chairman and CEO of Art Van Furniture, is the National Home Furnishings Association's 1998 Retailer of the Year. Van Elslander was cited for outstanding leadership performance in three areas: contributions to the industry, community service and personal business achievements...



Art Van Elslander with his wife Mary Ann.

Active in his church, Van Elslander is an Extraordinary Minister and currently is chairman of the St. Vincent DePaul capital campaign to raise funds to replace a warehouse in Detroit destroyed by fire...



The Village Garden... a peaceful setting for our brand new retirement community located on Northville Road south of Five Mile

Advertisement for The Village Garden retirement community, featuring text like 'We offer elegant luxury apartments with services and amenities to provide you an exciting retirement lifestyle.'

Dentistry in the 90s by Herbert M. Gardner, D.D.S.

LIVONIA VILLAGE DENTAL 19171 MERRIMAN • LIVONIA (248) 478-2110

SKATELAND WEST INLINE HOCKEY LEAGUE Ages 5 to 14 FINAL DAY TO REGISTER TUESDAY, MAY 19th

MARQUETTE HOUSE "The Ultimate in Senior Assisted Living" Studio, One and Two Bedroom Apartments...

SKATELAND WEST 37550 CHERRY HILL (at Newburgh) Westland 326-2800

Learn to call 911 quickly if you have one or more symptoms of stroke. American Heart Association.

SAINT MARY'S COLLEGE It's Here!

ST. MARY'S COLLEGE at ORCHARD LAKE Orchard Lake and Commerce Roads For immediate information CALL (248) 683-0406

TRAVEL

Naples, Fla., offers a beautiful, year-round getaway

BY BRIGITTE D. KNUDSON
SPECIAL WRITER

Naples is southwest Florida's answer to Miami's trendy South Beach and Palm Beach's inescapable luxury all rolled into one neat package.

Located on the calm and clear Gulf of Mexico about 35 miles south of Fort Myers' Southwest Regional Airport, Naples offers something for everyone - pleasant weather, pristine beaches, great shopping, diverse restaurants and plenty of interesting things to see and do.

While Naples is a haven for weary northerners in the winter, it is a wonderful place to visit year round. In fact, after April the population begins to decrease, making restaurants and other attractions less crowded and more affordable.

The average high temperature is 77 degrees, with lows in the winter months usually in the mid 50s. During summer, expect temperatures in the mid to upper 80s during the day, and the low 70s in the evening. While water temperatures in the

Gulf of Mexico hover in the mid to upper 60s during winter, they rise to the mid 80s during summer months.

Lodging is amply available at various prices and styles, depending on your budget and taste. The Ritz-Carlton Hotel of Naples, featured on TV's *Lifestyles of the Rich and Famous*, is located on scenic Vanderbilt Beach. Rooms are available from \$350-\$525 per night from December through April, but the price drops to \$145-\$275 per night from June to September.

If renting a condo is more your style, average prices of \$600-\$2000 per week during the peak season drop considerably to \$300-\$1000 weekly during late spring and summer.

Naples is home to 41 miles of pristine, white beaches. Southwest Florida is famous for the amount of shells that wash up on its beaches, and shelling is a favorite pastime of beach-goers.

If shopping is your forte, Naples offers an abundance of world-class shopping. The Village on Venetian Bay is a beautiful

site to shop or take in a meal. Built on stilts right on the bay, these scenic, pastel shops are reminiscent of Venice, Italy.

The 5th Avenue Shops, located in Olde Naples, offer many upscale boutiques and restaurants. During the evening, the area becomes a stomping ground for the well-heeled in search of quality live entertainment and gourmet food.

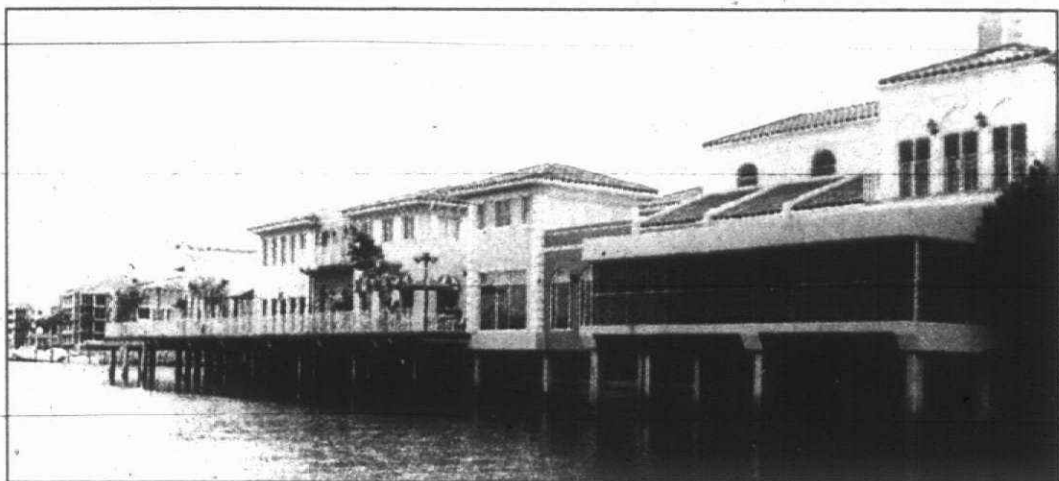
Finally, a trip to Naples is not complete until visiting the eclectic shops at Tin City. Tin City is located on US-41 right at the Naples Docks. Tin City features shops that carry everything from T-shirts to crystal. Weary shoppers can dine while overlooking the gorgeous bay at Merriman's, a wonderful seafood restaurant.

Naples is home to an abundance of good restaurants. A good bet for the breakfast and lunch crowd is Mancini & Moise, a Jewish-Italian restaurant (3745 Tamiami Trail N.). The friendly people here bake all of their own breads and bagels and home cook all of their featured meals (pastrami, brisket, turkey and corned beef).

If a pub and grill is more your style, the recently opened McCabe's Irish Pub & Grill, located in The Inn on Fifth (699 5th Ave. S.), is a fun choice. Run by a second-generation Irish-American, the inside of the pub was built in Ireland by master craftsmen and then shipped in pieces to Naples. A crew was then brought from Ireland to assemble the pub.

After you've shopped, dined and eaten, it will be time to take in a little activity. Naples offers activities for all interests and ages.

If golf is your game, there are over 40 courses available in Naples and Marco Island (just south of Naples). While tee



Prime shopping: The Village at Venetian Bay is one of Naples' most popular shopping centers.

times can be reserved with a telephone call at public courses, the various private courses operate a little differently.

Nature lovers find a proverbial jungle of activities while visiting Naples. The Everglades lie southeast of the city, and many tour operators offer a variety of excursions ranging from guided nature tours to swamp buggy rides.

The Corkscrew Swamp Sanctuary, located northeast of Naples and operated by the National Audubon Society, is an 11,000 acre sanctuary that features 500 year-old cypress trees and is home to a number of local animal species, including alligators, white-tail deer, and a number of bird species. A 2.5 mile nature trail winds through these various environments. Admission for adults is \$6.50, children 6-18 \$3, under 6 free. National Audubon Society members pay \$5.

But visitors need not leave the

city of Naples for wildlife adventures. The Conservancy (14th Ave. North off of Goodlette-Frank Rd.) features a wildlife rehabilitation center as well as kayak rentals, guided boat tours, and an outdoor aviary. Kids will really love the indoor Discovery Center, with its animals and hands-on displays. The Southwest Florida Museum of Natural History is housed here and features seven aquariums as well as daily sea-turtle presentations. Admission is just \$5 for adults, \$2 for children 12-15, and free for children under 3.

If you love the sea, a variety of choices await you at the Naples Docks. Charter boats offer half and full day deep-sea fishing, dolphin watching, and dinner cruises. Day trips to Key West also leave from this location and include breakfast and dinner at rates starting from \$70 per person.

On a May deep-sea fishing excursion, I caught many red

grouper and snapper.

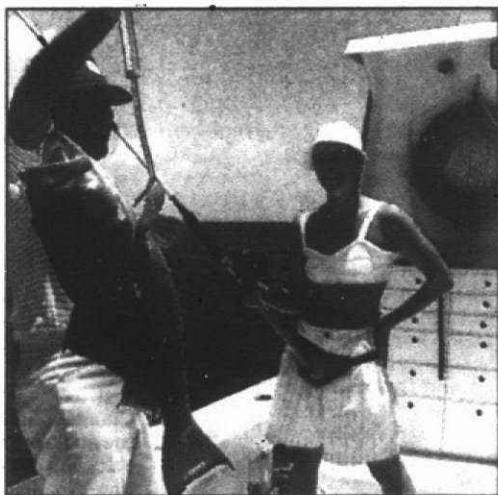
The Gulf of Mexico can also be enjoyed by landlubbers at the historic Naples Pier, located a few blocks west of the Olde Naples area. The pier features ample seating for enjoying the ocean and beach scenery. A fishing license is not needed for fishing at the pier.

Finally, for the young and young at heart, the Teddy Bear Museum of Naples (2511 Pine Ridge Rd.) hosts a collection of over 3,000 teddy bears and limited-edition bears. Bear-making demonstrations are popular, but be sure to call first at 598-2711 for availability.

If you are planning a visit to Naples, Fla., be sure to visit their web site (www.naples-florida.com), which offers further information on places to stay, dining, golf, attractions, weather and local businesses.

Brigitte Knudson is Livonia free-lance writer.

Big catch:
Livonia's Brigitte Knudson had no trouble landing the big ones in the Gulf waters off Naples.



GREAT ESCAPES

Great Escapes features various travel news items. Send news leads to Hugh Gallagher, assistant managing editor, Observer & Eccentric Newspapers Inc., 36251 Schoolcraft, Livonia, MI 48150, or fax them to (313) 591-7279.

TELL US YOUR STORY

We want to hear from you? Have you been someplace interesting? Have you had a special adventure? Is there a quiet island you'd like to recommend or a highly promoted place you'd like to warn against? Do you have special tips for other travelers to make their journeys easier?

er? Have you met some interesting people in other countries that you'd like others to know about? We want to share your stories and your color pictures on our travel page. Call Hugh Gallagher at 734-953-2118, or fax him at 734-591-7279 or e-mail him at hgallagher@oe.homemom.net.

LIGHTHOUSE CRUISE

The Great Lakes Lighthouse Keepers Association is hosting a Detroit to Toledo lighthouse excursion aboard the Diamond Jack on Sunday, Aug. 23. The full day of cruising will provide views of the Grosse Ile, Boblo,

Detroit River and Toledo Harbor lighthouses plus other maritime sites. Three light meals are included, \$78 per person. Deadline is June 20. Write to: GLLKA, Henry Ford Estate, 4901 Evergreen, Dearborn, MI 48128. Phone 313-436-9150 or fax 313-436-9143. GLLKA is a non-profit organization dedicated to lighthouse preservation and education.

AIRPORT ALERT

WJR-AM (760) has created an hourly airline travel update which airs two minutes after the top of every hour during peak drive times. Operations director

Al Mayers said the reports were started to provide air travelers with important updates during Northwest Airlines contract negotiations. The reports include cancelled and delayed flights information. The reports air during drive times except during play-by-play sports broadcasts.

CYCLING CLASSIC

The Harbor Springs Cycling Classic is Saturday, May 30. The annual tour begins three miles north of Harbor Springs at the Birchwood Inn and travels M-119, one of the most scenic Lake Michigan shoreline roads. To accommodate a range of cycling

ability, rides of 20 miles, 40 miles and 100 kilometers are planned. For information and lodging packages, call the Birchwood Inn at 1-(800)530-9955.

SAFE BOATING

The Michigan Boating Industries Association is offering, free to the public, the 1998 edition of the Michigan Boating Annual (a \$7.95 value) and a safe boating kit as part of National Safe Boating Week, May 16-22. The Boating Annual is designed for boaters who travel and travelers who boat as it highlights different ports around the state. The publication offers a listing of

U.S. Coast Guard, U.S. Power Squadron and local sheriff's departments and other boating services. The boating safety kit includes information designed to help boaters operate their vessel responsibly and in accordance with the U.S. and Michigan regulations. The theme of this year's National Safe Boating Week focuses on flotation devices. The slogan is: "Wear Your Life Jacket - Boat Smart From the Start." To receive your free copy call (734)261-0123 or stop in or write to the MBIA at 31398 Five Mile, Livonia, MI 48154-6109.

How to become an exchange student

The May 3 Travel section featured a story by Caitlin Kilkka of West Bloomfield on her year as an exchange student in Finland. Here is some information if you are interested in becoming an exchange student.

There are many opportunities to live in various countries as an exchange student for a summer, a semester or a school year. Planning a year or more ahead allows students to plan their school schedules to incorporate the experience better. Several established programs include:

■ Youth for Understanding, based in Washington, D.C., offers summer, semester and

year programs in 30 countries. Costs range from about \$3,000-\$3,500 for many summer programs to \$5,700-\$6,100 for academic year programs. Deadline for summer and fall departure applications is April 1, while winter departure applications are due Oct. 20. Early fall applications for the following year allow the best choice of countries, possible scholarships and early-bird discounts. YFU also sponsors foreign students coming to the United States and is actively seeking host families for the 1998-99 school year. Call 1-800-TEENAGER for information.

■ American Field, based in New York, offers similar programs. In addition, a summer language study/home stay program is offered in five countries. Contact AFS at 1-800-237-4636.

■ Rotary International sponsors year-long exchanges to 75 countries. Students apply to local Rotary clubs through written applications and interviews. Students pay their own round trip transportation and insurance costs while Rotary provides educational expenses and a monthly allowance. Call Rotary International at 1-847-866-3000 for a local contact.



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DOOR COUNTY

OBSERVER SPORTS SCENE

Mat winners

It was the culmination of the first-ever Community Education-sponsored all-city middle school wrestling program: the individual weight division champions.

The program, though always lobbied for by those involved in Plymouth Canton's and Plymouth Salem's high school wrestling programs, didn't get off the ground until this year, thanks in great part to the direction provided by John Demsick, himself a championship-caliber wrestler at University of Michigan.

"The lack of competitive middle school wrestling teams here puts both our teams behind right from the start," said Demsick, considered the leading candidate for the vacant Canton wrestling coach's position. "Belleville, Romulus and Ann Arbor are among the majority of schools that have a three-month season for middle schools with dual meets and tournaments.

"I knew it would be a help to offer a city-wide program that at least ended with a tournament."

Demsick's middle school program ended with a tournament at Canton HS. First-place winners were: in the 58-73 pound class — Zachary Streif; 82-88 — Alex Freitag; 95-105 — Richard Demsick; 118-122 — Jeff Hamilton; 123-133 — Doy Demsick; 135-139 — Skye Matuniak; 143-149 — Dan Cepela; 151-173 — Bob Moore; 177-185 — Shahein Rajae; 195-201 — Philip Rothwell.

Other medal-winners were: Justin Bulmer, Steve Carter, Jason Cepela, Nathan Dillard, Matt Fiorenzi, Jon Kleemann, Steve Koenig, Andrew Koppin, Scott Marinski, Martin Mayotte, Ken McDonnell, Matt McKinley, Pat Moran, Chris Pockock, Evan Reisenweber, Quinn Richards, Kevin Rodriguez and Jeremy Walker.

Simons signs

Missy Simons, Plymouth Salem's all-purpose soccer star, has signed to attend Wofford College in Spartanburg, S.C.

Simons has played sweeper, stopper, midfielder and, this season, has been at striker most of the time. She is the Rocks' leading scorer.

A starter at Salem since her freshman year, Simons will bring size and strength, as well as well-developed overall abilities, to the Lady Terriers' program. She is the third recruit signed by Wofford coach Josef Lorenz.

Cruisers honored

The Plymouth-Canton Cruisers finished their winter session with their awards banquet, with honors presented in three categories.

The 4-D Award (given to those whose attitudes reflect desire, determination, dedication and dependability) was given to Colin Smith and Allison Arble in the 8-and-under age group; Stephen Orey and Kristen Nevi in the 9-10 division; Mike Horgan and Amy Mertens in the 11-12 division; and Brian Mertens and Alex Evans in the 13-14 group.

The Achievement Award was presented to: Trevor Silbernagel, Alyssa Johnson and Emily Stephens, 8-and-under; Ryan Smith and Amanda Newman, 9-10; Ben Dzialo, Jeff Nevi, Jamie Bielak and Sarah Bealafeld, 11-12; and Brad Nilson and Kari Foust, 13-14.

The Most Improved Swimmer Award was given to: Steve Johnson, Katie Gorman and Lucy Liu, 8-and-under; Greg Calabrese, Patricia Ahern and Elaine Lafayette, 9-10; Adam Sonnanstine, Matt Vivian, Katie Bielak and Alex Derian-Toth, 11-12; and Garrett Stone, Nick Markou and Beth Evan, 13-14.

Kristen Stone was named the 15-18 division's most valuable swimmer.

Chiefs boosters

The Canton Chiefs Football Booster Club will meet at 7 p.m. Wednesday, May 13 in Room 165 of Plymouth Canton HS. Among topics to be discussed will be fund-raising goals for the upcoming season.

All parents of Canton football players are asked to attend. Parents who will have freshmen football players at Canton this fall are also encouraged to attend. Future meetings will be held at 7 p.m. on the second Wednesday of the month in Room 165 of Canton HS.

For further information, please call booster club president Anne Sicilia at (734) 397-3046.

Booming bats bail out Salem, 12-11



Throughout the season, different parts of Plymouth Salem's game have shone brightly. Problem is, the Rocks haven't had all phases glowing at once. Against John Glenn, it was the offense that pulled out the victory.

Just when it was needed most. The Plymouth Salem softball team's bats came alive Thursday when they were needed most, allowing the Rocks to overcome an 11-7 deficit and eventually escape with a 12-11 triumph over visiting Westland John Glenn Thursday.

The win, combined with Wednesday's 6-3 victory over Walled Lake Western, boosted Salem's record to 9-10-1 overall

and to 6-7 in the Western Lakes Activities Association. The Rocks are 4-4 in the WLAA's Lakes Division.

Glenn overcame a 6-2 Salem lead by scoring five runs in the fourth inning and four more in the fifth. The Rocks narrowed the gap to 11-8 with a run in the fifth, then tied it with three runs in the sixth — the first scoring on Dawn Allen's sacrifice fly, the second on a wild pitch, and the third on Katie

Kelly's single.

Heather Sonntag, who had two hits in the contest, scored the game-winning run in the bottom of the eighth on a base hit by Becky Esper. Esper had three hits in the game, driving in two runs.

Allen also had two hits, including a three-run triple in Salem's six-run third, to finish the day with four RBI. Kelly added three hits and one RBI. Karen Prosyk had two hits and two RBI, and Stefanie Volpe got a hit and an RBI.

Amanda Sutton was the winning pitcher (she's now 6-5) in relief; Shannon Coultas started but left after sur-

rendering 10 runs (seven earned) in 4 1/3 innings. Sutton worked the last 3 2/3 innings, giving up just one run.

In Wednesday's victory at Western, Sutton again was the winning pitcher. She worked all seven innings and did not allow an earned run, allowing seven hits and two walks, with two strikeouts.

Volpe had three hits, including a double, and drove in two runs, while Esper collected two hits and three RBI. Allen also had two hits and Coultas totaled one hit and one RBI.

Please see **SOFTBALL, D3**

A team to be wary of Chiefs could be the upset specialists

If you're looking for a darkhorse in Tuesday's Western Lakes Activities Association tennis meet, Plymouth Canton may just fit the role.

North Farmington is, without question, the favorite to take the title while Northville is a close second. But the Chiefs, which have won six straight dual meets, might just surprise a few folks and walk away with the crown.

"There's an outside chance," Canton coach Barb Hanosh said of taking first place. "But the chance is there."

Considering how the Chiefs have played of late, it may not be such a remote possibility.

Canton dismantled Livonia Churchill at home Thursday to the tune of 7-1. It bumped the Red and White's record to 8-2-1 on the season.

The Chiefs swept the singles competition.

Shab Singh defeated Rob Aloe in straight sets 6-2, 6-2 at the No. 1 slot. Vinnie Ikeh dispatched Ian Quay 6-4, 6-4, while Matt Nagy ripped Tom Fitzstephens 6-1, 6-0.

The sophomore has put together quite a year. He's currently second in the league and boasts a 10-1 record.

"He has played very well all year," Hanosh said.

At fourth singles, Richie Ikeh defeated Churchill's Ken Tfeng 6-3, 6-4. Canton was nearly as dominant in doubles.

Gary Levenbach and Jason Darow teamed to take a two set win over Bob Koivunen and Mark Waldron, 7-6(7-4), 6-0.

Churchill's lone win came at No. 2 doubles. Scott Risner and Eric Williams defeated Canton's Scott Mincher and Chris Houdek 6-2, 6-1.

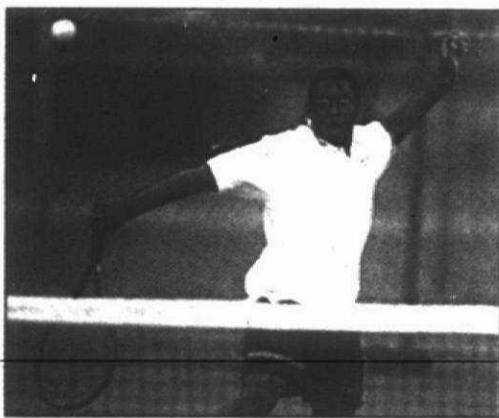
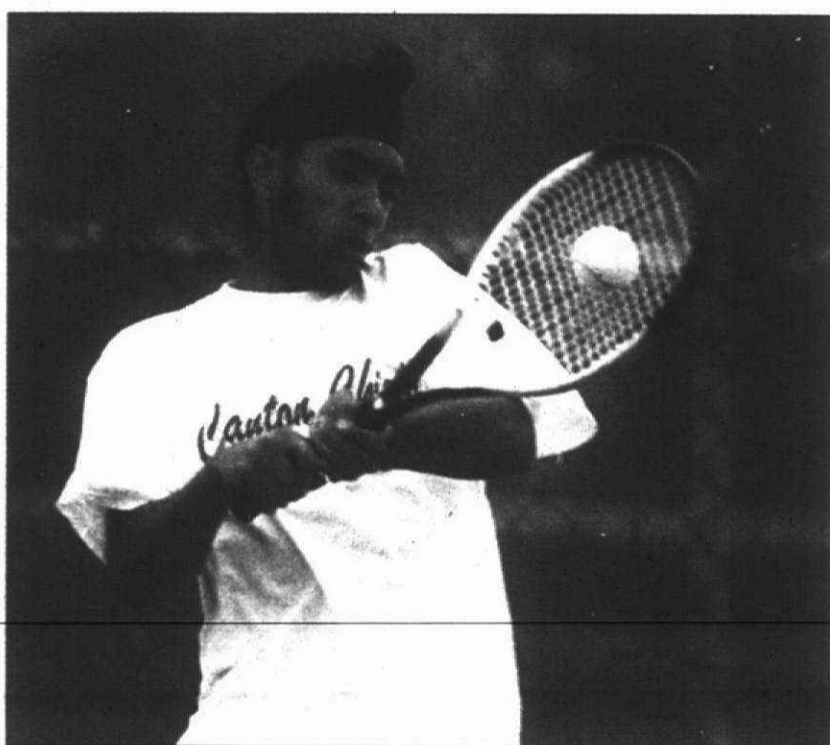
The Chiefs took the final two matches in straight sets.

Chris Foff and Nate Mootart defeated Ben Luong and Mike Horka 6-0, 6-3. Andy Oleszkowicz and Luke Montgomery beat Adam Rourke and Chris Singleton 7-5, 6-1.

"It has been a great season," Hanosh said. "I knew we had great potential just by seeing the talent we had last year."

The coach felt the Chiefs could've accomplished a little more than they did last year. She challenged her team to play more in the off-season and return this spring in better shape.

"We needed a change in perspective,"



A strong start: Canton concluded its dual-meet season on a winning note, winning seven of eight flights against Livonia Churchill — including a sweep of all four singles, with No. 1 Shab Singh (above) and No. 2 Vinnie Ikeh (left) both winning their matches in straight sets.

Please see **TENNIS, D2**

Canton's depth a winner

Posting all those impressive times sure looks good in a track roundup, but when it comes to winning dual meets, what really counts is what comes after the first-place finishes.

For Plymouth Canton's boys team, that's what won it in Thursday's meet at Farmington Harrison.

The Chiefs remained unbeaten in the Western Lakes Activities Association's Western Division, thanks to sweeps in four of the individual running events that allowed them to cruise to an 81-56 triumph.

"I was surprised," said Canton coach Bob Richardson. "I had no idea we could sweep them in all of those, especially the 400."

Canton improved to 4-0 against division foes; its overall dual-meet record is 4-1. Harrison is 0-4 within the division, 1-4 overall.

The Chiefs didn't just get victories in the 400-meters, 800-meters, 1,600-meters and 3,200-meters. They got second and third, too.

Bryan Boyd finished first for Canton in both the 1,600 (4:50.0) and 3,200 (10:49.0). In the 1,600, the Chiefs also got a second from Jerry Reynolds (4:53.0) and a third from Shaun Moore (4:56.0); in the 3,200, they got a second

from Jason Rutter (10:53.2) and a third from John Mikosz (11:00.4).

Jerry Gaines won the 400 for Canton (53.5), with Larry Anderson second (53.6) and Jack Tucci third (55.1). And Marty Kane finished first in the 800 (2:05.9), with Moore second (2:06.4) and Steve Blossom third (2:09.5).

Kevin Keil and Mark Popejoy gave the Chiefs a solid one-two punch in the shot put and discus. Keil was first in both (46-feet, 8-inches to win the shot, 156-1 for a first in the discus), with Popejoy taking second (44-11 in the shot, 141-3 in the discus).

Another Canton winner was Eric Larsen in the long jump (20-4 1/4). Larsen was also second in both the high jump (5-10) and 200 (23.2).

Gary Lee, Karamjit Singh, Jason Falardeau and Nate Howe combined for a Chiefs' win in the 400 relay (48.1), and Blossom, Dave Hytko, Rutter and Kane teamed for a first in the 3,200 relay (9:34.8).

A win Tuesday at Northville would guarantee Canton the outright Western Division championship. The Chiefs compete at the Class A regional at Redford Union Friday.

Salem still 1st

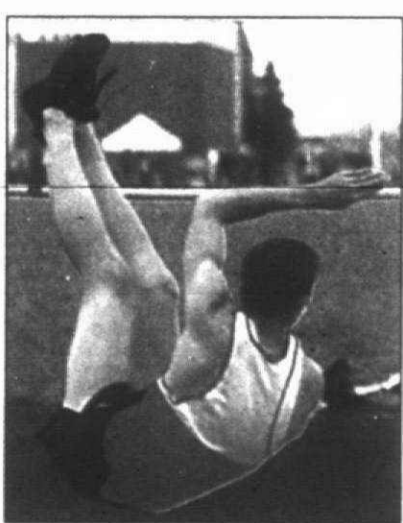
ton won its first match this spring, but then tied Walled Lake Central.

"I felt we should've beat them," Hanosh said.

The coach shook her lineup up following the tie. The rest, as they say, is history.

"We've stayed with that lineup

Please see **BOYS TRACK, D2**



Point-winner: Canton's Eric Larsen won the long jump and was second in the high jump.

Plymouth Salem remained perfect in WLAA dual meets with an 82-55 win over North Farmington Thursday at

Please see **BOYS TRACK, D2**

Lukasik's 2-hitter lifts Rocks to win

Plymouth Salem's 5-0 road win over Westland John Glenn Thursday was classic baseball: Good pitching, timely hitting and excellent defense.

The Rocks used all of those ingredients to beat their hated Lakes Division rival. Jason Lukasik tossed a two-hitter and struck out nine Rocket batters.

"He had a lot of first strike pitches," Assistant coach Aaron Rumberger said. "That allowed him to use his curveball and changeup later in the count to get the strikeouts."

It was Salem's third win in a row. Not bad for a club that was on a six-game downer going into the week. The Rocks, at any rate, improved to 12-10 overall, 6-6 in the WLAA and 4-4 in the Lakes Division.

Salem got all the runs Lukasik needed in the first inning. Mike Hoben and Kurt Berlin each knocked in runs with ground balls.

The Rocks added single runs in the third, fourth and seventh innings. Tony Bernhardt squeeze bunted a run home in the fourth while Joe Rizzi knocked in another in the seventh.

Lukasik was helped out with some excellent Salem fielding. The Rocks picked up double plays in the second and third innings to keep the sophomore right hander out of trouble.

Rumberger added that his team didn't commit an error in the contest.

"We played as well defensively as we've played all year," he said.

Franklin 5, Canton 4: If timing is everything, then Plymouth Canton's clock must've stopped.

The Chiefs kept coming close to Livonia Franklin Thursday, but they couldn't beat their WLAA Western Division rivals.

"We had plenty of opportunities to score," said Canton coach Scott Dickey, his team now 8-10 overall and 5-7 in the WLAA. "We just couldn't get the runs in, we couldn't get the job done."

Ben Tucker started and absorbed the loss for the Chiefs, allowing five runs (two earned) on five hits and one walk, with three strikeouts, in 4 1/3 innings. Kevin Tomasaitis worked the final 2 2/3 innings, surrendering three hits.

Joe Cortellini led the Canton offense with two hits and two runs batted in. Oliver Wolcott, David Kwiatkowski and Andrew Copenhaver each had one hit.

Canton 9, Farmington 1: On Wednesday, Canton had no problem finding runs in a lopsided win at Farmington.

Oliver Wolcott, a freshman second baseman, provided the offensive firepower. Wolcott went 4-for-4, including two doubles, and drove in three runs. Andrew Copenhaver and Pat Van Hull each had a hit and scored two runs, and Joe Cortellini had a hit and an RBI.

Jeff Page was the winning pitcher. He tossed a three-hitter, walking three and striking out six.

Salem 9, Western 8: Mark Runchey singled Jeff Bennett home in the bottom of the fifth inning Wednesday to lift the

Please see **BASEBALL, D3**

Rocks roar past Raiders

What North Farmington's girls track team had to offer wasn't much, compared to Plymouth Salem.

The Rocks totally dominated this Western Lakes Activities Association dual meet, winning 14 of 17 events in running their record to 5-1 overall (3-1 against WLA Lakes Division rivals) with a 108-29 triumph Thursday at North.

There were two double-winners in individual events in the meet, one from each school. Salem's Rachel Jones finished first in both the 100-meters (13.1) and 200-meters (26.6); North got wins from Melissa Gratz in both the shot put (36-feet, 8-inches) and discus (129-1).

The Raiders (1-4 overall, 0-4 in the Lakes) only other win was by Katie Gaffey in the 100 hurdles (17.1).

GIRLS TRACK

400 (1:06.3); Annemarie Verduyse in the 800 (2:29.1); and Ellen Stemmer in the 3,200 (12:26.47).

Salem swept the relays. In the 400, Zdenka Konecny, Wendi Lehnardt, Jones and Michelle Bonior were first (36-4); Hicks, Lehnardt, DeNeen and Jones captured the 800 (1:49.8); Verduyse, Heather Whittington, Erin Kelly and Miranda White were first in the 1,600 (4:35.6); and Stemmer, Evelyn Rahhal, Verduyse and Alyson Flohr got top honors in the 3,200 (11:00.00).

Last Tuesday in the annual Mago Meet, the Rocks came away with most of the firsts against cross-campus rival Plymouth Canton. The meet was non-scoring in terms of team totals.

Salem had three double-winners in individual events against Canton: Tiffany Grubraugh in the shot put (36-4) and discus (118-11); Hicks in the high jump (5-0) and 400 (1:00.1); and Flohr in the 1,600 (5:29.4) and 3,200 (12:04.4).

Other individual winners for the Rocks were Bonior in the 100 (13.1); Jones in the 200 (26.8); and Rahhal in the 800 (2:28.9).

SPORTS ROUNDUP

Salem boosters

The Plymouth Salem Linebackers Football Booster Club will have its monthly meeting at 7:30 p.m. Wednesday, May 20 in the Salem HS cafeteria. Among the topics to be discussed will be the golf outing, picnic and fund-raiser.

Golf opportunities

A ladies league is now in session at the Golden Bear Golf Center at Oasis, located at 39500 Five Mile in Plymouth. Cost for the season is \$215 per person (pre-rated after the April 28 starting date), which includes all fees. Ladies will choose a tee time between 4:30-6:10 p.m. on Monday, Tuesday and Thursday, or on Wednesday between 7:30-9:30 a.m. or 4:30-6:10 p.m., once

their choice has been made, the ladies will play with the same foursome each week through the Aug. 4 conclusion.

The program provides women with the chance to practice pitching, putting and chipping, at the intermediate and beginner levels. Personalized one-on-one instruction, with advanced video technology, is included. Call Stephanie Ashley or Bridgette Orosz at (734) 420-4656 for more information.

*Here's a chance for kids to learn the game of golf. A junior camp, held at the Golden Bear Golf Center at Oasis (39500 Five Mile, in Plymouth), will run from 7:30-noon on Mondays, Tuesdays, Wednesdays or Thursdays from June 15-Aug. 4. Cost is \$128 per child (once a playing time is selected, it will remain the same each week through the completion of the program).

Fees include greens fees, chaperones, starters, picnic, trophies and prizes. Here's a great chance for kids to learn and practice pitching, putting and chipping,

with play at the beginners and intermediate levels. For more information, call Stephanie Ashley or Bridgette Orosz at (734) 420-4656.

SC hoop camp

Registration is now underway for the Schoolcraft College Basketball Camp of Champions, for boys 6-18 years old. The camp will be under the direction of SC basketball coach Carlos Briggs, former NJCAA All-American at SC who later starred at Baylor University. Briggs guided the Ocelots to their best season in school history in his first season as coach last year, and was named NJCAA Eastern Conference coach of the year.

The camp will be from 9 a.m.-1 p.m. daily, from June 22-25. The main focus will be on fundamentals of the game, in shooting, ballhandling, passing and defense, with drills in rebounding and one-and-one play. There will be guest speakers daily,

For Canton, individual-event winners were Nkechi Okwumabasi in the long jump (17-4); Erin Stabb in the 100 hurdles (16.9); and Crystal Alderman in the 300 hurdles (48.9).

The Rocks won all four relays. Jenny Fredrick, Lehnardt, Jones and Bonior teamed in the 400 (51.3); Hicks, Lehnardt, DeNeen and Jones combined in the 800 (1:48.4); Becky Phelan, Hicks, DeNeen and Shannon Will won the 1,600 (4:15.6); and Rahhal, Stemmer, Verduyse and Phelan were first in the 3,200 (10:02.1).

The two dual-meet triumphs capped a strong week for Salem, which traveled to the 20-team Flint Mott Relays May 1 and came away with a narrow victory. The Rocks scored in 13 of 14 events, finishing with 50 points — one more than runner-up Flint Central (49) and two more than third-place Detroit Renaissance (48). Pinnacle was fourth (40).

Salem had just one first-place finish: Flohr, in the 1,600-meter run (5:30.4). Rahhal was second in the 1,600 (5:34.4).

The Rocks benefitted from two other seconds — the high jump relay team of Chappell and Hicks (9-9 combined) and the 4x800 relay of Rahhal, Stemmer, Verduyse and Katie Bonner (10:05.5). They also had four thirds, two fourths and three fifths.

Boys track from page D1

Salem. The Rocks are 4-0 in the Lakes Division, 7-0 overall. North is 2-2 in the Lakes, 3-2 overall.

Salem overcame a stumbling start in the field events — the Raiders won four of the five — to win seven of the eight individual running events and three of the four relays. And the Rocks did it without a single individual event double-winner.

Sean Galvin was their only victor in field events; he finished first in the high jump (5-6).

Other Salem individual-event winners were Dave Clemons in

the 110-meter hurdles (15.3); Est Johnson in the 100 (11.9); Cameron Blanchard in the 200 (23.9); Scott Kinsgallen in the 400 (54.4); Nick Allen in the 800 (2:02.8); Ian Searcy in the 1,600 (4:37.0) and Jon Little in the 3,200 (10:00.0).

The Rocks won the 400 relay in 45.2; the 800 relay in 1:35.1; and the 3,200 relay in 8:51.0.

Salem completes its dual-meet season by hosting Westland John Glenn at 3:30 p.m. Tuesday. On Friday, the Rocks will compete in the Class A state regional at Redford Union.

Tennis from page D1

except for third and fourth doubles, Hanosh commented.

The resulting win streak has put the Chiefs in a solid position for Tuesday's conference match.

Most of Canton's players will be seeded from second to fourth in the WLA. Baring any early round upsets, the Chiefs shouldn't see any North Farmington or

Northville players until the semi-finals.

While it would be nice to take the championship, Hanosh said it wouldn't be a failure for the Chiefs if they didn't.

"To take first, second or third would be great," she said. "I'd be very pleased."

Shamrocks slip past Brother Rice twice

Birmingham Brother Rice pitching ace Tom Marx outshined Redford Catholic Central's ace Tony Nowezki at the plate but certainly not on the mound when their two teams met in a Wednesday double-header at CC.

Marx, a senior left-hander expected to go high in next month's Major League draft, hit a home run in the first game only to lose to his counterpart, 4-3. The Shamrocks completed the sweep with a 2-1 victory in Game 2.

Both wins came when CC scored runs in its last at-bat.

The sweep gave the Shamrocks a 14-4 overall record, 10-4 in the Catholic League Central Division. They needed at least one win in yesterday's double-header against Warren DeLaSalle, which ended the Central Division regular-season schedule, to clinch first place.

The first round of the Catholic League playoffs will be played Saturday in Utica. Matchups will appear in Thursday's Observer.

CC BASEBALL

Nowezki improved his record to 6-0 with a complete-game four-hitter. He walked six and struck out 10.

Nowezki, who carries a 1.27 earned run average with 38 strikeouts and 27 walks in 38 innings, is 10-1 the last two years.

His fastball is his best pitch but he doesn't throw harder than 80 miles per hour, coach John Salter said.

"He seems to be able to get out of trouble, that's what his strength is," Salter said. "He's not overpowering but he's good in the clutch."

Marx, who was idle the previous two weeks because of a leg injury, allowed five hits, walked four and hit four batters with pitches.

Marx gave himself a 1-0 lead with a home run in the top of the first inning.

Chris Woodruff, the Shamrocks' catcher, figured in all of CC's scoring and finished with two hits and three RBIs.

The Shamrocks tied the score with a run in the bottom of the second. Following walks to Chris Woodruff and Anthony Tomez and consecutive steals, Mario D'Herin picked up an RBI with a fielder's choice.

Rice added two unearned runs in the fifth to take a 3-1 lead, thanks to one hit and two walks and two CC errors.

The Shamrocks pulled within one in the bottom of the fifth when Woodruff doubled to score Matt Firlik, who led off the inning with a double.

CC scored twice in the bottom of the seventh to secure the victory, getting help from a passed ball.

Dave Lusky started the rally, reaching first base despite striking out because the second strike got past the Rice catcher and went to the backstop.

Marx then hit Casey Rogowski with a pitch, putting runners on first and sec-

ond. Woodruff followed with a double to right-center field to bring both home for the one-run victory.

Woodruff is now hitting .385 with 18 RBIs, which ranks third on the team behind Rogowski (26) and Lusky (23). He leads the Shamrocks with seven doubles.

"He's been a good, consistent clutch hitter and has improved defensively catching," Salter said. "We knew he could hit. He hit pretty well last year on the varsity."

The Shamrocks eked out another one-run win in the nightcap, breaking a 1-1 tie with a run in the bottom of the seventh.

Adam Harris started things with a single and was sacrificed to second on a bunt by Firlik. A walk to Lusky put runners on first and second and Rogowski followed with an RBI single to score Firlik with one out for a 2-1 victory.

Tomez, throwing five innings in relief

of starter Mike Haller, earned the pitching victory. Tomez allowed two hits, walked one and struck out three to improve to 3-1 on the mound.

Control has been a problem for Tomez. He had walked 17 batters in 16 innings prior to Wednesday's appearance.

Tomez could be a big asset once the state tournament starts and the four-ball, three-strike count is used.

"Anthony does better in the summer when they're playing 4-3 count," Salter said. "That extra ball really helps him. He throws the hardest of all our guys, about 83 or 84."

Rice scored its only run in the first against Haller, using a triple and a ground out to go up 1-0.

The Shamrocks tied the score with a run in the bottom of the first. Lusky and Woodruff both singled to put runners on first and third. Tomez followed with an RBI single to put the Shamrocks ahead 2-1.

Baseball from page D1

Rocks past Walled Lake.

His hit capped an excellent comeback. Western led 7-4 going into the bottom of the third. Brett Burelson cut the deficit to one with a two-run homer and the Rocks added two more runs to take an 8-7 advantage.

Salem led 9-7 when Western got its final run in the top of the

seventh. Scott Hay (2-1) got the win in relief of Berlin. He pitched five innings allowing three runs and three hits.

Ply. Christian 3, Roeser 0: James Jones and Bill Kiesel combined on a two-hit shutout for Plymouth Christian Academy, which improved to 8-7 overall.

and to 4-2 in the Michigan Independent Athletic Conference with Thursday's win at Bloomfield Hills Roeser.

Jones, a senior righthander, worked the first six innings and got the victory, allowing two hits and two walks, with six strikeouts. Kiesel pitched the final inning.

The Eagles scored all three of their runs in the second inning. Travis Yonkman singled in the first run and Evan Gaines singled in the next two. John Iensee and Derric Iensee both went 2-for-3, and each scored a run for PCA, which had 10 hits in the game.

Crusaders win 1st

COLLEGE BASEBALL

Madonna University's baseball team advanced at the NAIA Regional tournament at Marion, Ind., Friday by defeating the University of St. Francis (Ill.), 7-2.

Madonna's scheduled second game against Ohio Dominican was postponed by rain and reset for Saturday.

Mitch Jabzenski went the distance for the Crusaders, raising his record to 7-2 with a seventh-inning homer. He struck out seven.

Jabzenski was cruising along with a shutout and a three-run cushion entering the seventh

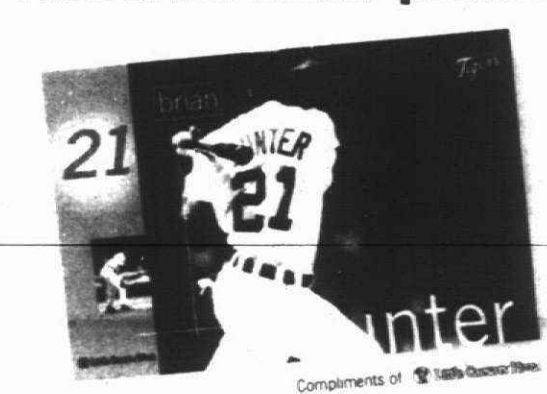
when St. Francis chopped the deficit to a run.

But the Crusaders rallied for four in the bottom of the seventh to put the game away.

J.R. Taylor went 2-for-4, scored a run and drove in one while Daryl Rocho's two-run single was a highlight of the seventh-inning rally.

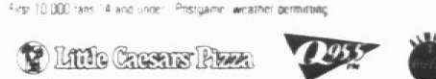
Madonna moved to 30-24-1 with the victory while St. Francis slipped to 25-24.

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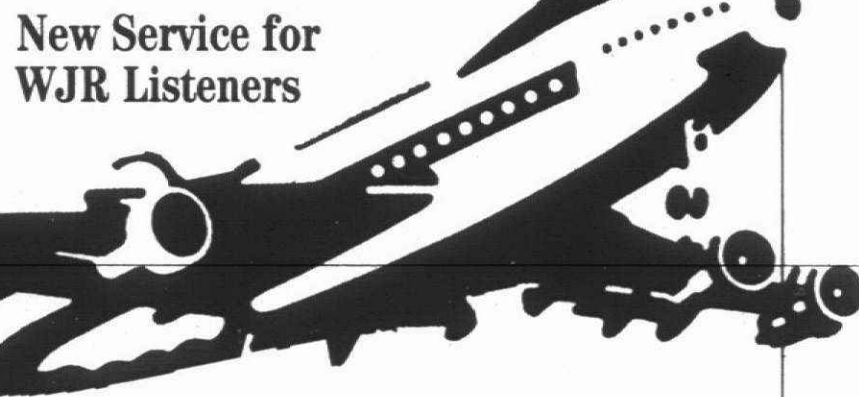
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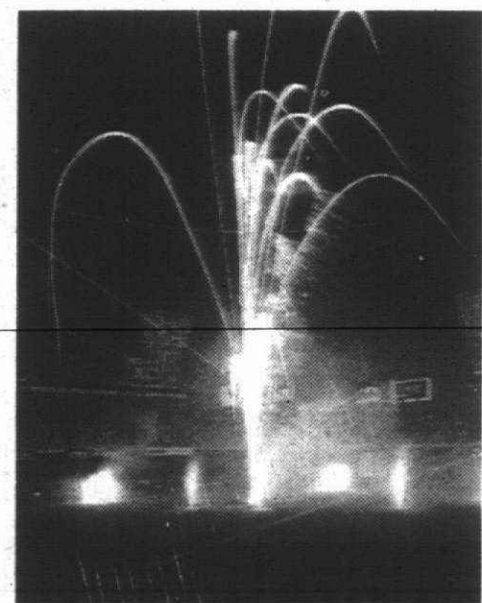
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RECREATION NEWS

Redford lady a Queen again



AL HARRISON

For Betty Trimper of Redford, the Michigan Queens Tournament was a great challenge and she was able to take the crown over a field of the finest women bowlers in the state. "It was my biggest thrill in bowling," said Trimper. But hold on for a minute, that was four years ago at Bowl One in Troy when she won the "Queens" in 1994. Last Sunday it was Betty Trimper again with her second championship crown in the Michigan Queens Tournament at Westland Bowl as she defeated Sandy Winbigger of Roseville in the final match, 238-201. Every year since 1984, The Michigan Women's Bowling Association has run the Queens Tournament. It is considered to be the premier event of the year and brings out the top competitors from throughout the state, and held in a different city every year. In order to reach the winners circle, one has to bowl through the qualifying rounds, make the cut to match play. It then eliminates down to the final five in a stepladder format. Trimper finished the match play in the top seed, so only had to bowl one game in the finals. In the first step of final play Jennifer Slagter of Grand Rapids defeated Carmen Allen of Detroit 264-235. Jennifer then met Susan LaRegina of Midland and in a hot shooting match LaRegina won 249-245. Sandy Winbigger then met and defeated LaRegina 245-235. Then along came Betty Trimper, displaying a powerful shot as she connected five strikes in a row and took advantage of Sandy's nine count taps in the 5th and 6th frames. "I knew then that I could win" said Trimper. She averages 200 in the Luxury Ladies Invitational and the Bonanza Ladies Trio. Although she did not take up the sport of bowling until the age of 17, she has come on as one of the area's fine players. With one 300 game, two MWBA Queens crowns and a high series of 772, she hopes to hit an 800 series

someday. Betty was on the All-City first team 1991-92, Mid-States Masters Champion in 1990, City All-Events actual in 1992 and second team All-City in 1990-91. "I would like to win the MWBA Queens again," she said after accepting her crown and \$4,000 check for first place. Winbigger, who had won this same event in 1996 took home \$2,000 for second place and LaRegina earned \$1,000 for third. All of the competitors showed a lot of talent, the strikes were lighting up the scoreboard and it was a day when anyone could have won with the good break here or there, but Redford's Betty Trimper showed her power and talent on this day. It was her day all the way!

What a way to end a season. It was a real old fashioned slug fest as the All-Star Bowlerettes held a roll-off between first half champs Contour Power Grips and second half winners Hi Tech Pro Shop. The record setting Contour Power Grips team had to be considered a heavy favorite with a line-up consisting of Aleta Sill, Jeanne Gebbia, Cyndi Black, Carmen Allen and Lida Bishop. Everybody was throwing strikes, but Hi Tech had a few more of them with Sandy Winbigger (610), Robin White (693), Novella White (648), Carol Mielczarek (682) and Petesy Wray (635). Hi Tech won the first two games 1130-1002 and 1137-1080. That was enough to seal the victory, buy by rule, a third game was played and again Hi Tech came through with 1001 to 933. The new Champions were recognized at the annual banquet last Monday, and individual awards were also presented. The high game was six-way tie with Gwen Finley, Rose Edwards, Aleta Sill, Peggy Smitley (Westland), Julie Wright (Farmington Hills) and Sandy Winbigger each with a 300 game. High average for the 97-98 season was Farmington Hills own Tamika Glenn with 220.94 including 11 700's. League average for the season was 193.31. High series was 794 by Mickey Webb and most improved bowler was Julie Wright who went up 17.62 pins from the past season. It turned out to be a fantastic year for the league bowling on Monday nights at



Repeat winner: Betty Trimper of Redford was Queen once again.

Cloverlanes in Livonia.

A special treat is in store for PBA Tour fans when the Greater Detroit Open comes to Taylor Lanes this week. On Monday (May 11) at 8:30 p.m. there will be a shoot-out between a team of AMF staff pro bowlers and Storm Products. Using the Baker system format, they will be shooting for a \$3,500 in prize money to the winning team. The Storm team consists of Pete Weber, Del Ballard, Dennis Horan, Brian Himmler and David Ozio. AMF shooters include: Brian Voss, Bob Learn and Joe Firpo. This looks like a fun-filled event to watch, especially under the Baker system with a different bowler for each frame. It is open to the public at no charge for admission, just come on down to Taylor Lanes on Eureka Road a half mile west of Telegraph. If you missed getting in the Pro-Am, give Taylor Lanes a call, there are still a few openings (734) 946-9092.

Noticing what's around you can make it special



TIM NOWICKI

During this past week, the dense fog has made driving more of a challenge than usual. Driving through clouds of water droplets can be treacherous, but when the sun begins to dissipate the fog, we can begin to see things we don't ordinarily see.

When I felt I could take my eyes off the road for a few moments while driving to work in the fog, I was delighted to see what looked like balls of cotton on the vegetation in some fallow fields.

Some balls of cotton were big, most were modest in size, but they appeared to be on every plant. In fact, some plants had three or four. I could see them best when the sun was behind the plants, or they were backlit.

These balls of cotton were spider webs that had collected moisture from the fog. Each delicate strand of webbing was covered with tiny beads of water. All the lines clustered together made it dense enough so I could see the entire web.

I am always amazed at the number of webs in the field. Though I walk by them everyday, they remain invisible — to me and unsuspecting insects — until dewy mornings like we had last week.

Most of the webs I saw from my car were irregular in shape and were only about 2-3 inches around. These little webs were made by spiders in the group called the Therididae. Spiders in this group are not very big, but by the number of webs I say they are very plentiful. Near the tops of plant stems sticking up from last year, they build an irregular tangle of silk designed to ensnare unsuspecting insects.

Larger webs highlighted with dew illustrated the bowl and saucer web design very well. Arched in a well constructed dome was the main body of the web. Above the dome was an irregular tangle of webbing. Some have the dome upside down like a bowl with a saucer underneath serving to catch anything that might fall down. Typically the spider resides in the dome/bowl and waits for an insect to fall in or on the dome. Then the spider reaches through the webbing of the dome and subdues its prey.

Each web has the potential of catching an insect. Though there are far more insects than webs, it's good to know that spiders are out there helping to control the insect population.

It's also enjoyable to see their delicate webs highlighted with dew and backlit by the rising sun. Just one of those simple pleasures of the natural world that can be enjoyed by anyone who takes the time to look!

BOWLING'S BEST SCORES

BOWLING HONOR ROLL	B'Nai Brith Morgenthau L'Chayim/Zeiger-Gross: Lee Weinstein, 217-200/607; Len Moss, 205-209/605; Bill Yaker, 211-202; Bob Franklin, 201-207; Larry Schlusser, 234.	Goodtimers: League Champs: Jo Mason, Eldora Best, Ede Zingler, Wilda Newbold, Kathy Cornell.	Golddusters: League Champs: No Passing Zone: Tyree Trickey, Dennis Sadler, Mary Franke, Lou Tosi.
Plaza Lanes (Plymouth)	Guys & Dolls: Frank Pencola, 268-259/226/753.	Jacks & Jills: League Champs: Branda Reeves, Brenda Sullen, Gary Holloway, Calvin Sullen.	Bowl One Sunday Nighters: League Champs: A.W.K.I.W.R.: Tina Bianchette, Sherry Smigiel, Rick Smigiel, Tony Tomlinson.
Country Lanes (Farmington)	B'Nai Brith Pisgah: Lyle Schaefer, 227-288/744; Bryan Levine, 259-227-210/696; Andy Rubin, 219-236-238/693; Jerry Lash, 224-225-233/682; Allen Zupke, 230-248/660.	Bowl One Lanes (Troy)	Stan's Mixed: League Champs: Living Hell: Penny Welch, Maggie Hunter, John McFall, Don Hunter.
Plum Hollow Lanes (Southfield)	Survivors Mixed: Bob Nolan, 300.	Subway: Scott McGlone, David Silverman, John Neville, Dan Wilson, Brian Craczyk, Michael Hoobler.	Bowl One Jewels: League Champs: Olde Goats: Jim Edgill, Kathy Wells, Isabel Matthew, Jerry Wells.
	925 Classic: Bill Kolar, 298.	Monday Merchants: League Champs: Jeff McIntosh, Gary Palys, John Suderth, Lenny Palys, Greg Suderth, Kevin McIntosh.	

OUTDOOR CALENDAR

ARCHERY JUNIOR OLYMPICS The Oakland County Sportsman Club in Clarkston offers a Junior Olympic Archery Development Program beginning at 1 p.m. on Sundays. Call (248) 623-0444 for more information.	offered Aug. 29-30, Oct. 3-4, Oct. 17-18 and Nov. 7-8. Cost is \$10.50 and includes lunch both days. To pre-register call (313) 532-0285.	(734) 676-2863 for more information.	Waterford has rifle, pistol, shotgun, and archery ranges. Range hours are 10 a.m.-5 p.m. Wednesdays through Sundays. Pontiac Lake Recreation Area is located at 7800 Gale Rd. Call (248) 666-1020 for more information.
BANQUETS DUCKS UNLIMITED The Birmingham-Bloomfield-Troy Chapter of Ducks Unlimited will hold its 21st Annual Sportsman's Dinner on Wednesday, May 13, at the San Marino Club in Troy. The fun-filled evening includes door prizes, raffles, and silent auctions. The event begins with an open bar at 6 p.m., dinner at 7 p.m., and a live auction at 8 p.m. Tickets are \$60 each and \$95 per couple. Call Paul Montgomery at (248) 608-2949 for tickets and more information.	CLUBS SOLAR The School for Outdoor Leadership, Adventure and Recreation (SOLAR), a non-profit organization interested in promoting the appreciation of outdoor activities, meets at 7:30 p.m. on the first Tuesday of each month at the Colony Hall in Southfield. Call (248) 988-6658 for more information.	MEETINGS NRC The monthly meeting of the state Natural Resource Commission will be Wednesday and Thursday, May 13-14 in Lansing. Persons who wish to address the commission or persons with disabilities needing accommodations for effective participation should contact Teresa Golden at (517) 373-2352 a week in advance.	ORTONVILLE RECREATION Ortonville Recreation Area in Ortonville has rifle, pistol and shotgun shooting facilities. The Ortonville Recreation Area is located at 5779 Hadley Rd. Call (248) 693-6767 for more information.
CLASSES FLY FISHING The Michigan Fly Fishing Club will present Fly Fishing For the Beginner on Saturday and Sunday, May 23, 24. Both day-long sessions run 9 a.m. to 5 p.m. and will be held at the Drayton Plains Nature Center. Cost is \$80 per student. Call Rick Sak at (743) 464-3271 for more information and to register.	MICHIGAN FLY FISHING The Michigan Fly Fishing Club meets at 7 p.m. the first and third Wednesdays of each month at Livonia Clarenceville Junior High School. Call (810) 478-1494 for more information.	SEASON/DATES SPEARS/BOWS Spearing, hand netting and bow season for suckers, carp, gar and bowfin runs through May 31 on non-trout waters south of M-46	OAKLAND COUNTY PARKS COUNTY PARK REQUIREMENTS Advanced registration is required for all nature programs at Oakland County Parks. Call (810) 625-6473 to register or for more information.
HUNTER EDUCATION Wayne County Sportsmen's Club will hold several hunter education classes in the upcoming months at its clubhouse and grounds in Romulus. These classes will be taught by certified instructors. Students must be present for both days of their respective class. All equipment will be provided. Classes will be	FOUR SEASONS The Four Seasons Fishing Club meets at 7:30 p.m. the first Wednesday of each month at the Senior Citizen's Center in the Livonia Civic Center. Call Jim Kudej at (313) 591-0843 for more information.	TURKEY The spring turkey season runs through May 31 by special permit in designated areas only.	SPRING STAR PARTY Discover the magic of the spring skies and learn about spring constellations with members of the Nature Center staff and volunteers from the Oakland Astronomy Club during this program, which begins at 8 p.m. Saturday, May 16, at Independence Oaks. MICHIGAN'S ENDANGERED Review the current status of some of Michigan's endangered plants and animals during this program, which begins at 1:30 p.m. Saturday, May 23, at Independence Oaks.
	FISHING BUDDYS Fishing Buddys Fishing Club meets monthly in Rochester Hills. The meetings are open to all anglers. Call (248) 656-0556 for more information.	SHOOTING RANGES BALD MOUNTAIN Bald Mountain Recreation Area in Lake Orion has shotgun (skeet & trap, sporting clays, 5-stand), rifle, pistol, and archery shooting facilities. Range hours are 10 a.m. to dusk on Wednesdays, 10 a.m.-6 p.m. Saturdays and Sundays and noon-dusk on Mondays and Tuesdays. Bald Mountain is located at 1330 Greenshield Rd., which is three miles north of the Palace of Auburn Hills off M-24. Call (248) 814-9193 for more information.	STATE PARKS STATE PARK REQUIREMENTS Maybury State Park, Proud Lake Recreation Area, Bald Mountain Recreation Area, Highland Recreation Area and Island Lake Recreation Area offer nature interpretive programs throughout the year. A state park motor vehicle permit is required for entry into all state parks and state recreation areas. For registration and additional information on the programs at Maybury call (810) 349-8390. For programs at Bald Mountain call (810) 693-6767.

How to make money by marking the tees

Ever wonder where those three-foot tall granite stones standing to the side of you when you're about to tee off come from?

Well, if your teeing it up on area courses, there's a good chance those boulders came courtesy of From Tee to Green.

The brainchild of West Bloomfield resident Dick Steinhart and cousin Joe Korman, who presently lives in Burlington, Ont., From Tee to Green is a business that sells tee markers to golf courses. Not only is there a picturesque layout of each hole — displaying not only the direction, but hazards such as water and sand as well — but also room for advertisers to pitch their products.

"It was pretty much my cousin Joe's idea several years ago," explained Steinhart, whose job it is to negotiate deals with golf courses as well as sell advertising. "We've played a lot of golf together and just one day he got the idea and went with it."

Up and running in Canada prior to January, 1997 when it began operations locally, From Tee to Green has signed deals with such local courses as Links at Pinewood, Cattails and Bushwoods. Steinhart said he is currently in negotiations with Shenandoah in West Bloomfield and Twin Lakes in Rochester Hills.

The rocks, quarried in Quebec and sandblasted in Hamilton run on an average between \$2,500 and \$3,000 apiece and are given to the courses free of charge, according to Steinhart. The sale of advertising covers the cost.

"It's a unique and tasteful way of sponsorship," said Steinhart, who shares his explained. "You're competing with a lot of advertising dollars, but it's well worth it. You have quite a few people going by each day."

Steinhart, who plays quite a few rounds at Links at Pinewood, said he has such local sponsors as Paramount Bank, Carl's Golf, Remax, Tobacco Road, Tri-County Building, Siegel's Deli, Strategic Financial Advisors and Earth-to-Earth already under contract or soon to be for future tee markers.

Anyone wishing for services offered by From Tee to Green can contact Steinhart at (248) 363-1691.

GOLF OUTINGS/CLINICS
The St. Mary's College athletic department is sponsoring the inaugural Eagle Golf Outing on Friday, May 22, at Shenandoah Golf Course in West Bloomfield. All proceeds from the event will benefit the student athletes at St. Mary's College.

Several packages are available, single as well as foursomes, starting at \$125. Corporate sponsorships and dinner-only packages are available.

Prizes and raffles will be included as well as "longest drive" and "closest to the pin" contests.

For more information, call the St. Mary's College athletic department at (248) 683-0344.

Shenandoah Country Club will be the site of a ladies golf clinic this summer.

Sponsored by West Bloomfield Parks and Recreation, the clinic, which will be offered four times throughout the summer, is for beginners and will cover swing, stance, chipping, putting and driving.

Session II runs May 19-June 2 and meets at 6-7:30 p.m. Tuesdays. Session III runs June 8-22 and runs 6-7:30 p.m. and Session IV runs June 15-29 and will be held 9-10:30 a.m. Mondays.

The cost is \$60 for West Bloomfield residents and \$66 for non-residents. Please register one week in advance of each session by calling West Bloomfield Parks and Recreation at (248) 738-2500.

The Academy of the Sacred Heart Parent's Club will host its seventh annual Golf Classic at Great Oaks Country Club in Rochester Hills on Monday, Sept. 28.

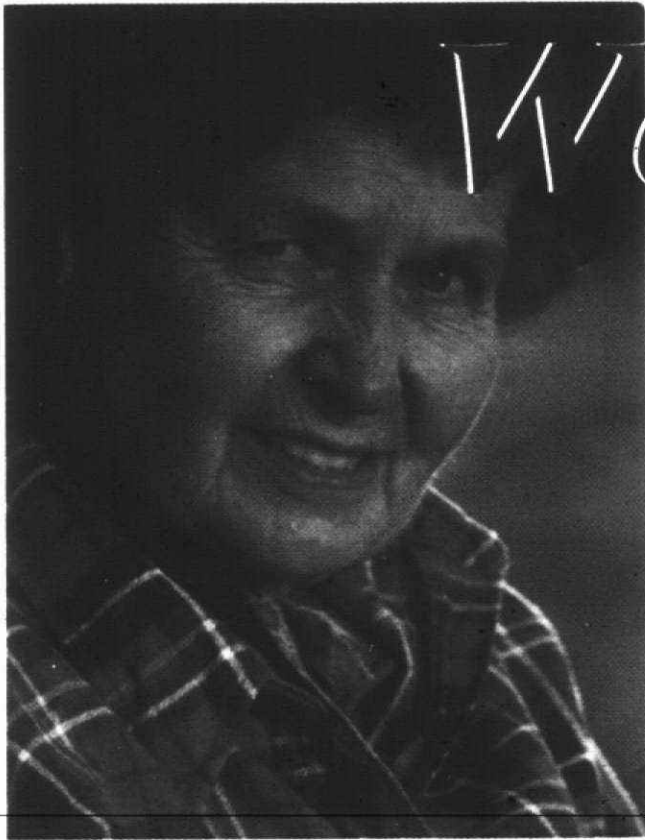
The event includes lunch, dinner, gifts and four-person teams engaging in a best-ball scramble on Great Oaks' challenging 18-hole layout. Prizes will be awarded to winners in each flight, including a separate flight for female foursomes. Additional contests and an informal live auction of golf and various sports packages is sure to make the day a memorable one.

Cost is \$250 per person. Hole sponsorships are available at a cost of \$250.

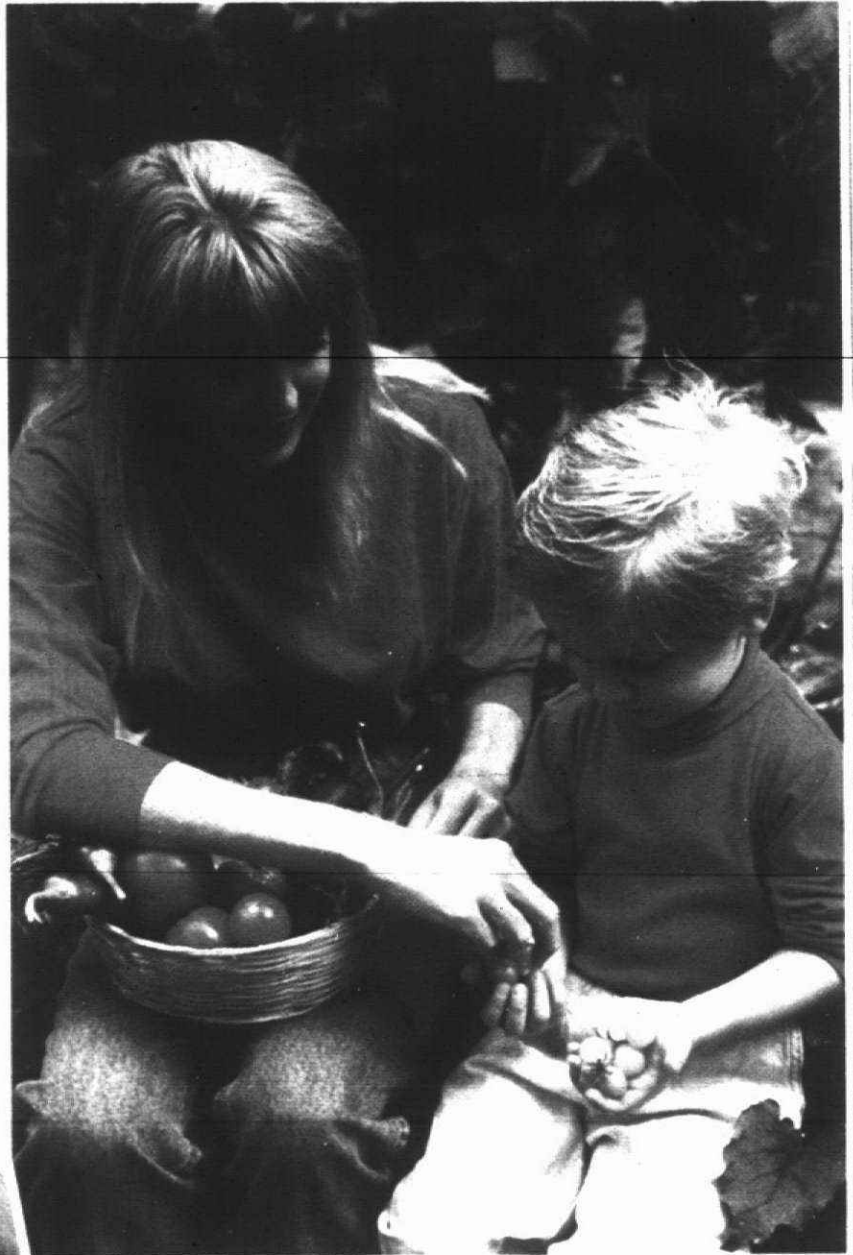
The 1998 Golf Classic is chaired by Academy parents Larry Graves of Bloomfield Hills, Tim Glaros of Royal Oak and Jerry Watson of Troy.

Proceeds from the event benefit the athletic and recreational program at the Academy.

For more information, call the Academy at (248) 646-8900, ext. 172.



Women's Health



SUPPLEMENT TO

THE

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NEWSPAPERS

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SUNDAY, MAY 10, 1998

(★)

Women's Health
Special focus
on women's
health issues

The Observer & Eccentric Women's Health Guide offers information on exercise, nutrition and spirituality. The articles however, should not replace the advice and an annual check up from your physician.

Page 3. Prayer can do wonders for your blood pressure and increase healing.

Top 12 ways to combat stress.

Page 4. Healthy summer cooking tips for lighter, low-cal dishes.

Page 5. Use the Internet as a valuable resource.

Rate your nutrition using scale. Serving guide can help you plan meals.

Page 6. Hormone Replacement Therapy can aid in the reduction of osteoporosis and heart disease.

Page 7. Learn to recognize your own personal joys. Be grateful for your uniqueness.

Walking can be done almost anywhere with plenty of benefits.

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HAZARDOUS
TO YOUR HEALTH**

Loud snoring is not a joking matter. For many it may signal a breathing problem during sleep. Some snorers actually stop breathing for brief periods throughout the night. Take this test.

- YES NO
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 4. Do you wake up with morning headaches?
 5. Do you have high blood pressure?
 6. Are you irritable, fringed, or have difficulty concentrating?
 7. Do you find it hard to stay awake while driving, watching TV, reading a book or attending a meeting?
 8. Do you ever wake up choking, gasping for air or have a skipping or racing heart during the night?
 9. Has anyone watched you sleeping and told you that you hold your breath, snore, and often move during sleep?

If you answered yes to two or more of these questions, you may be suffering from sleep apnea. Untreated, sleep apnea can cause debilitating sleepiness, increase the chances of driving accidents, and may lead to health complication including heart failure. If you can suspect sleep apnea, contact your family physician or call the specialists at Garden City Hospital Sleep Disorder Center.



Dr. John Morrison

JOHN H. MORRISON, JR., D.O., F.A.C.O.I.
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**Healthy, moisturized skin
reflects emotional well-being**

Your skin reflects your overall condition, and putting your best "face" forward might mean confronting the world with anything from acne to a flawless, glowing complexion, depending on your physical and emotional well-being.

The skin protects your muscles and bones by taking the brunt of the environmental elements and injuries we subject our bodies to such as sun exposure, cuts, burns, rashes, bruises and more.

The skin is our bodies shell so-to-speak — a soft veneer that, if not taken care of properly, will show signs of aging and neglect via wrinkles, stretch marks, bruises, psoriasis and more.

To properly protect your skin and restore some of its original, youthful appearance, learn to identify beneficial skin products, design a personal skin-type regimen, learn to use basic skin care products effectively and develop healthy habits.

Ginger Pierce, registered nurse and an independent consultant for Arbonne International, says knowing your skin type and getting into a regular routine

■ 'There's nothing good in terms of your skin and a tan.'

Ginger Pierce, R.N.
—Arbonne International

of skin care are the first steps in restoring some of your once-youthful appearance.

Skin cells replace themselves more slowly as we age, Pierce said. Plump moist cells that grow under your skin gradually surface and become flat and dry. Exfoliate these dead skin cells so that new, rejuvenated cells can repeat the process.

The sun is the worst possible element we could expose our skin, the nurse said. The perceived healthy glow we get from an afternoon of tanning actually means your skin is damaged. The skin defends itself with a protective mechanism — the tan.

"The best tan for your skin would be one from a bottle," said Pierce. Tanning beds are just as hazardous, she said. "There's nothing good in terms of your skin and a tan."

However, sun screens and sun blockers will help protect your skin. Unprotected and exposed skin is a target for cancer. Skin cancer rates have risen 7 percent in the last few years, with people ages 20-44 suffering from the worse form of skin cancer, melanoma.

Other defenders include:
Sun tan lotion, says Pierce, moisturizes your skin but does nothing to protect it from the harmful rays of the sun.

Sun screens with an SPF (sun protection factor) of 15 or higher can be used if you're planning on being in the sun. Sun screens should be applied 15 minutes prior to exposure for maximum results. Reapply the lotion so it remains effective particularly if you're swimming or use a waterproof product.

Children should have a minimum of SPF 15 while outdoors. Apply the sun screen generously to all exposed areas of the skin.

Avoiding the sun's peak exposure time, 10 a.m. to 3 p.m., can go a long way in bypassing a serious sun burn, she said, as can wearing protective clothing including a hat.

Sun blockers, such as zinc oxide, actually provide a little shade by stopping the sun's rays short of your skin.

If you are on medication, ask your physician or pharmacist whether a sun-protection product might interact with your medication to change the protection of the product.

Other factors that can cause skin damage include smoking, and excessive and prolonged alcohol consumption. Smokers over time can develop "smokers face," says Pierce. Smoker's face is a pale and yellow pigment to the skin that evolves over time from nicotine exposure. Wrinkles can develop around the mouth area due to smoking.

If you drink large amounts of alcohol, your skin's pores dilate, and red blood vessels or spider veins develop all over the surface of your face due to a lack of blood flow and circulation.

Pierce suggests getting rid of bad habits such smoking and developing new healthy habits such as exercise, maintaining a balanced diet of fruits, vegetables and fibers and drinking at least eight glasses of water a day.

"Not only will you feel better, but you'll look better," said Pierce.

To develop a skin care program, Pierce, a three-year independent consultant with Arbonne International (Swiss skin care company), suggests keeping three basic principles in mind — clean, moisturize and protect.

On the average you should wash your face twice a day, depending on your skin-type, usually in the morning when you're preparing for the day and before you go to bed. Use a gentle cleanser that doesn't strip away the natural oils of your skin.

Moisturize with a product you know won't cause any allergic reactions and that isn't mineral oil, wax or petroleum-based. These ingredients are considered moisture barriers and can clog and seal your pores, preventing moisture from getting through.

"You should really read the contents of any moisturizing products you purchase," said Pierce. "Some lotions and creams don't even list ingredients on the label."

Knowing your skin type can go a long way in developing a basic skin care regimen. Traditional types include: normal, dry, oily and combination. Pierce said Arbonne International treats those skin types and four more conditions such as mature, troubled, sensitive and acne.

Mature skin is very dry and has a crepe like appearance to it. "You generally see older women with mature skin, which needs a lot of hydration."

Troubled skin requires a combination of a skin care program and the guidance of a dermatologist for conditions such as rosacea, psoriasis and eczema.

When it comes to protecting your skin from elements such as the sun, Pierce said many cosmetics and moisturizers now include sun protection factors (SPF) in their ingredients that can be useful against the sun's harmful rays. You might need a moisturizer that not only nourishes your skin but protects it as well.

Women's Health

**Power of prayer is positive,
offers numerous advantages**

Praying for your physical, emotional and spiritual well-being has many positive advantages, says Anita M. Herman, Ed.D., Madonna University.

"People who go to church regularly have a better immune systems, don't get sick as often and live longer," said Herman, chairwoman and professor, Department of Gerontology. "We know this through research and from our own personal experiences."

While the actual scientific link between prayer and healing can't be explained, Herman attributes the outcome to the idea that if you believe something will happen, it will.

"If you believe you'll feel better you will," said Herman. "Prayer offers hope, comfort ... it increases morale and gives one a sense of satisfaction in life."

Herman also added that in order to be effective, prayer must be non-directive. To reap the benefits physically, psychologically, emotionally and spiritually you must connect with God in contrast to a poem, says Herman,

where the connection is made to the infinite.

The Livonia university educator cited numerous benefits to praying including wounds healing faster, lower blood pressure, faster recovery and reduced heart rate.

Herman said recent research studies have shown that nearly 50 percent of physicians polled said they prayed for their patients and that a study of heart patients (50 percent were prayed for, 50 percent not) resulted in the more rapid recovery of those patients who were prayed for than those who had not.

Investigations have been done with cells, plants, animals, and yeast resulting in the same outcomes — they all grew faster, were more healthy and rallied from suffering more swiftly.

"Prayer can reduce anxiety and stress. Your body uses less oxygen and produces less carbon dioxide, improving your immune responses," said Herman.



Prayer: Anita M. Herman, Ed.D., Madonna University and chairwoman, professor Department of Gerontology addresses a large crowd at the 1998 Womens' Health Day event sponsored by St. Mary Hospital and the Observer & Eccentric Newspapers. Herman talked about the positive effects prayer has been shown to cause both physically, emotionally and spiritually.

How to combat stress

Twelve simple ways to combat stress and anxiety in your life ...

- Treat yourself to a massage. They can be both rejuvenating and therapeutic and they are very reasonably priced. Studies show touch has a tremendous effect on our minds and bodies, including helping with bulimia, reducing stress and increasing job performance, reducing pain and enhancing immune functions.

- Exercise is a great way to release some pent-up tension. It's good for the mind and the body. Even if you're not a marathon runner or an olympic swimmer — 20 minutes of some kind of cardiovascular activity three times a week will get you on the road to being physically fit.
- Talk, talk, talk. Whether you're

Please see **STRESS, A4**

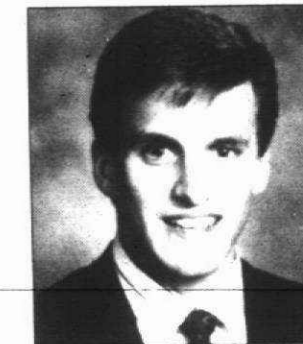
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Women's Health

Fitness, exercise essential

You've heard it all your life: Exercise is good for you. But it's too late to start. You're afraid of injury and failure, feel limited by chronic disease and conditions, and have misconceptions about what type of exercise is appropriate. Besides, you've finally reached your "golden years" and there really isn't any point in worrying about physical fitness — right?

Wrong. The American Council on Exercise (ACE), a nonprofit fitness advocacy organization, says it's never too late to reap the benefits of a regular exercise program — even if you have never exercised a day in your life.

May 27, National Senior Health & Fitness Day, is a great time for seniors, especially women, to start enjoying healthier, active lifestyles, and ACE is here to help them get started.

According to the Fitness Council, 14.2 million people age 55 and older exercise frequently. With one of out every four Americans now over the age of 50, more and more will be turning to fitness to maintain and enhance their quality of life.

"Active seniors will improve their quality of life, reduce the risk of disease and increase mobility and independence," said Gwen Hyatt, an ACE spokesperson specializing in senior fitness. "There may be some limitations, but they should be able to participate

in moderate exercise." According to ACE, most people can significantly improve their fitness with 30 minutes or more of brisk walking daily. Research shows that you can even benefit from exercising three times a day for 10 minutes at a time. Pain is not needed for gain. One of the reasons so many people quit is because they can't maintain an intense program.

Moderate physical activity also improves digestion, aids in sleep, reduces stress, improves endurance and is good for managing lower-back pain, arthritis and diabetes. ACE recommends that seniors begin with non-jarring aerobic activities such as swimming, cycling, walking and low-impact aerobic dance.

Other popular workouts among seniors include aqua-aerobics, yoga, Tai Chi, line dancing, square dancing, ballroom dancing and gardening. Most important is picking an activity they enjoy and sticking with it.

Fitness programs should include aerobic exercise, strength or resistance training and flexibility exercises. Tufts University research found that even the most elderly and unconditioned can benefit from strength training. Current exercises that emphasize balance

Please see EXERCISE, A5

Stress from page A3



Ha, ha: Laughter can be a great prescription for stress.

laughing or crying, talking to a close friend, family member or trusted professional can do wonders for your psyche. Share your feelings and it's quite possible an objective individual can help you work out your problems.

Emotions held in can manifest themselves in weight gain, high blood pressure, acne, headaches and chest pain. Don't wait until it's too late to talk to someone, you're not alone.

- Prioritize your agenda for the day.
- Make time for fun. Cut loose, turn

up the radio, sing and dance, go for a long drive, laugh, sleep in late, treat yourself to your favorite indulgence.

- Create a retreat to escape whether it be a weekend away, a long drive or a 10-minute break from your daily routine.

- Read a book. Bring your imagination to life again.

- Play soothing music

- Take a yoga class. Focus on your breathing and concentrate on the body as a whole. You'll become more flexible, and proper breathing techniques can affect your heart rate, blood pressure and blood sugar levels.

- Use aromatherapy. Essential oils can be found in health food stores and at perfume counters. The scent of orange eases anxiety, constipation and improves the digestive system. Lemon uplifts and rejuvenates. Lavender helps acne and fights colds and colic. Peppermint soothes an upset stomach.

- Know your own limitations. If there is a problem that is beyond your control, why fight it?

- Get a good night sleep. The average person needs at least eight hours sleep for their body to recover from the physical and emotional demands of a normal day. If possible take a 15-minute nap or find some down time in your daily routine to regroup.

Women's Health

Exercise from page A4

and posture are also important for older adults. Before embarking on a new workout regimen, Hyatt recommends that seniors consult their physician and get medical clearance to begin a program.

How to get started:

- Get help. Personal trainers are not just for the rich and famous anymore. A personal trainer can help develop a safe and effective exercise program and provide motivation.

Instead of signing up for two sessions per week every week, spread out a package of visits over a longer period of time (say six months). Make sure instructors are certified by an internationally recognized professional organization, such as ACE, and have some specialty training in senior health and fitness. ACE offers free referrals to certified fitness professionals anywhere in the country by calling ACE, (800) 825-3636.

Botsford General Hospital offers ongoing programs including:

Aerobic Weight Training for Women—A 55-minute workout with emphasis on both cardiovascular fitness and muscle strengthening. Meets for eight weeks, Mondays and Wednesdays from 5-5:55 p.m., \$60. Preregistration required. Call the Botsford Center for Health Improvement, TRACC, at

(248) 473-5600.

Bones in Motion. Individualized programs geared for people seeking to prevent osteoporosis or alleviate its affects. Learn how to exercise safely and effectively while strengthening bone mass. Nutritional counseling for osteoporosis also included. Program is conducted by an exercise physiologist and registered dietitian. Call (248) 473-5600.

Kinetics I & II. This eight-week course offers a light fitness program for individuals who have difficulty with daily activities as a result of musculoskeletal or endurance limitations. Fees, Kinetics I, \$80, Kinetics II, \$70. Registration required, call (248) 473-5600.

Libraries, bookstores and sporting goods stores are filled with books and videos specifically targeted to, or appropriate for, seniors that can start them on a program and teach them new techniques. ACE recommends the following videos and books:

- Pick an activity you're going to enjoy and stick with it. If you like exercising with a group, join a health club or community center. Contact your local YMCA, parks and recreation departments through the Wayne County area to see what kind of group exercise classes they offer.

Abundant nutritional resources

The Kitchen Link
www.kitchenlink.com
A master index of more than 7,453 cooking-related links online.

The Dinner Co-op
dinnercoop.cs.cmu.edu/dinnercoop/
Search for stores, menus, recipes, gourmet food stores, and focus on caffeine, alcohol and vegetarian dishes.

Gourmet World
www.gourmetworld.com
Internet Chef Archive
ichef.cycor.ca/

Food Etc., (recipes, book reviews and food events in the Pacific Northwest)

www.foodetc.com
The Natural Connection, natural kitchen holistic resources, shopping, etc.

www.natural-connection.com
Epicurious Foods, includes recipes, a gourmet forum, cooking dictionary, online cooking classes and uses for leftovers.

www.epicurios.com
Taste of America
A complete cooking class with recipes and menus including appetizers, bread, cheese, eggs, salads, rice, soups, stews and pastas.

www.tasteofamerica.com
Kids Cooking Club
www.kidscook.com

While everyone from grandmothers to the government calls on Americans to assume personal responsibility for their actions, the American Dietetic Association (ADA) is urging consumers to take charge of their eating style and control their nutrition destiny.

"Good nutrition doesn't come in one-size-fits-all," said Cinde Rutkowski, registered dietitian and member of the ADA at Oakwood Hospital/Annapolis Center-Wayne.

"Individual needs and preferences are what uniquely define good nutrition. By stressing that nutrition is 'all about you,' we encourage Americans to integrate basic health principles into their lives with simple, action-oriented tips."

People can achieve a healthful eating style by being realistic, adventurous, flexible, sensible, and active, said Rutkowski. Women in particular should be mindful of their calcium intake regardless of their age. A good foundation of calcium consumption lays the groundwork for strong bones into adulthood to reduce the risk for osteoporosis.

Think about your typical eating patterns and food decisions.

Do you ... (Usually, Sometimes, Please see FOOD, A6

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10 a.m.—Encouraging Speech and Language Development in Children, Cheryl Martin, Speech-Language Pathologist, St. Mary Hospital
1 p.m.—Lipreading, Marilyn Lewis, Deaf, Hearing & Speech Center
3 p.m.—Meniere's Disease and Dizziness, Marie Keys, Meniere's Support Group, William Beaumont Hospital
TBD—Self-Empowerment for Hearing-Impaired People, Self Help for Hard of Hearing People, Western Wayne County

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Women's Health

Hormone therapy can aid in reduction of osteoporosis

Preventing heart disease and osteoporosis are the key reasons doctors are prescribing hormone replacement therapy for women near or past menopause. And women can expect to take it for the rest of their lives, according to Dr. Greg Woodfill, a gynecologist at Garden City Hospital.

Osteoporosis looms once a woman stops ovulating, because her bone density levels plummet. To help offset this biological change later in life, adolescent girls should start getting high levels of calcium to build bones. Woodfill advises, because the more bone that is grown the more they have later in life. Women reach their highest levels of bone density in their mid-twenties.

Once menopause approaches, doctors recommend having a bone density test taken to determine if there has been bone loss, according to Dr. Bruno Borin, a radiologist at Garden City Hospital. This bone density test, using a low dose X-ray, acts as a baseline reading for later tests and to help doctors determine what kind of therapy is needed.

Many factors, like diet and exercise also affect bone density. Soda pop, a large consumption of alcohol and heavy smoking can deplete calcium and add to diminished bone density. On the other hand, a nutritious diet, calcium supplements and exercise help people maintain strong bones.

"It takes time to see the effects of bone loss," Borin said. "Slowly, you see the effects of gravity on the spine. Bones become brittle." Once bones become weak, fractures occur a lot more easily. When the breaks occur in the hips or legs it drastically affects the person's mobility, lifestyle and independence, Borin said. The elderly woman might not be able drive or live on their own anymore and sometimes they're bedridden. When quality of life is affected, the person's attitude plummets and their will to live follows.

Dr. Thomas Lewellen, a gynecologist at Garden City Hospital, said he recommends hormone replacement therapy for every postmenopausal woman he sees.

However, some women fear that hormone replacement therapy will increase their chances of getting cancer. Woodfill and Lewellen aren't convinced that HRT poses strong risks for cancer.

"The health risks involved in not taking it are greater than the risks involved in taking it," Woodfill said. They stress, however, that women who refuse to take estrogen should talk to

Please see **ESTROGEN, A7**

Food from page A5

Never!

Consider nutrition when you make food choices? Try to eat regular meals (including breakfast) rather than skip or skimp on some? Choose nutritious snacks? Try to eat a variety of foods?

Include new-to-you foods in meals and snacks? Try to balance your energy (calorie) intake with your physical activity?

Do you ... Usually, Sometimes, Never!

Eat at least six servings* of grain products daily? Eat at least three servings* of vegetables daily? Eat at least two servings* of fruit daily? Consume at least two servings* of milk, yogurt or cheese daily? Go easy on higher-fat foods? Go easy on sweets?

Drink eight or more cups of fluid daily? Limit alcoholic beverages to no more than one daily for a woman or two for a man?

*Serving sizes vary depending on the food and food group.

Score yourself: Usually = 2; Sometimes = 1; Never = 0.

If you scored ... 24 points or more ... Healthful eating seems to be your fitness habit already. Still, looking for ways to stick to a healthful eating plan and to make a "good thing" even better.

16 to 23 points ... You're on track. A few easy changes could help you make your overall eating plan healthier.

9 to 15 points ... Sometimes you eat smart, but not often enough to be your "fitness best." What might be your first steps to healthier eating?

0 to 8 points ... For your good health, you're wise to rethink your overall eating style. Take it gradually — step by step! Whatever your score, make moves for healthful eating. Gradually turn your "nevers" into "sometimes" and "sometimes" into "usually."

Sample serving sizes

Breads, cereals, rice, pasta group ... six-11 servings daily: 1 slice (1 oz.) enriched or whole-grain bread; 1/2 hamburger roll, bagel, English muffin, or pita; 1/2 cup cooked rice or pasta; 8 oz. 1 cup ready-to-eat cereal.

Vegetable group ... three-five servings daily: 1/2 cup chopped raw, non-leafy vegetables; 1/2 cup cooked vegetables; 1 small baked potato (3 oz.); 3/4 cup vegetable juice.

Milk, yogurt and cheese group/two-three servings daily: 1 cup milk, buttermilk or yogurt; 1 1/2 oz. natural cheese (cheddar, mozzarella, Swiss).

Fruit group ... two-four servings daily: 1 medium fruit (apple, orange, banana, peach); 3/4 cup fruit juice; 1/2 cup canned, frozen, or cooked fruit.

Meat, poultry, fish, beans, eggs and nuts group ... two-three servings daily: 2-3 oz. cooked lean meat, poultry or fish; 1/2 cup cooked legumes (equals 1 oz. meat); 1 egg (equals 1 oz. meat).

Fat, oils, and sweets, use sparingly: Sugars, salad dressings, oils, butter, soft drinks.

— Source: The American Dietetic Association's Nutrition Companion

Women's Health

GOOD READING

Each year more than 450 new food, nutrition and health books flood the consumer market, often leading to confusion about which books and newsletters are credible and scientifically sound. To help readers cut through the clutter, The American Dietetic Association (ADA) has just released its Good Nutrition Reading List.

The American Dietetic Association Guide to Women's Nutrition for Healthy Living, by Susan Calvert Finn. Book offers advice on basic nutrition to disease prevention throughout a woman's life.

Snacking Habits for Healthy Living, by

The American Dietetic Association. Chronimed. The appendix provides calorie, fat, and fiber values of snack foods.

The Supermarket Guide, The American Dietetic Association. Pocket-size book on reading labels and choosing a healthy food, low-fat meal plan.

Calcium in Your Life, by The American Dietetic Association. Chronimed, 1997. Explains why calcium is important for everyone and what eaters can do to build healthier bones.

Eating Expectantly, by Bridget Swinney. Meadowbrook Press, 1996. Comprehensive guide for mothers-to-be provides practical advice about eating before, during and after pregnancy. Includes extensive sets of recipes and menus.

Be aware of heart disease risks

Each year, about the same number of women die from heart attack as men, a fact that may surprise most women. Some 36,070 lives were claimed in 1995 by Michigan's No. 1 killer — heart disease — and more than 50 percent of the victims were women.

"One of every two women will die of cardiovascular disease," said Dr. Pamela Gordon from the Detroit Medical Center. "Yet women can fight these odds."

Women should be aware that they may experience heart disease differently than men, and the classic risk factors may not be the same. For men, the first sign may be angina, the chest discomfort caused by lack of blood flow. Women may experience more shortness of breath, weakness and general fatigue.

What are some of the other differences?

Women tend to develop heart disease about a decade later in life or around

55 as opposed to 45 for men. Before menopause, a woman's risk of heart disease is lower than a man's risk. After menopause, the risk is the same.

Smoking increases risk two to six times. But the problem is more significant for women, because today more women than men smoke.

"Studies indicate that women are less successful at quitting than men. While smoking by men has dropped 36 percent in the past 20 years, the number of women smokers has declined by 30 percent," said Gordon.

Smoking isn't the only risk factor important to women. Forty-six percent of women over 55 have high blood pressure. And women over 75 are more likely to develop the problem than men.

For more information about women and heart disease and stroke, women may call 1-888-MYHEART or visit the American Heart Association's Web site at www.americanheart.org

Walking: Put your best foot forward

It's as easy as putting one foot in front of the other. In fact, it IS just putting one foot in front of the other. Walking is one of the most popular forms of exercise in America. The reasons are obvious ... walking doesn't cost any money, and it can be done by almost anyone, almost anywhere. But is something as simple as walking really beneficial to our health?

Absolutely, say health experts. Walking helps burn fat and calories, relieves stress, strengthens the heart and decreases the risk of some forms of cancer, according to the American Institute

for Cancer Research.

While there's an endless variety of exercise options, taking a daily walk is one of the simplest. Many of the local malls including Livonia and Westland allow people to walk around the Center's before the stores open for business.

AICR recommends at least one hour of moderate physical activity every day. An hour's brisk walk each day is a great way to fit this in. Brisk hill-walking for at least one hour each week is equivalent to the hour of weekly vigorous exercise.

Estrogen from page A6

their doctors about other therapies. Various doses of estrogen and progesterone, as well as other medications, can also be prescribed for women near menopause.

"When you're dealing with health issues and you intervene, there's benefits and risks," Borin said.

When was the last time you felt like this?



Depression hurts. Get help.

Institute for Health

Studies is now studying investigational medication for depression in adults 18 and older. All research care is provided at no cost to those who qualify. Individuals experiencing poorly controlled medical problems cannot be accepted. If you are interested in this research, please call.

Do you experience...

- Feelings of hopelessness and sadness
- Problems with sleep
- Changes in appetite or weight
- Low energy
- Loss of interest or pleasure

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Robert J. Bielski, MD, Medical Director

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