

Canton Observer Roppy



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Sunday, May 14, 2000

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Volume 25 Number 89

Plymouth and

Meet the Candidates erd of Edu and Canton Observers and the Livonia League of Women Voters which includes the **FORUM**

Canton community. The forum will be conducted from 7 to 8:30 p.m. Thursday, May 25, at the Plymouth District Library, 223 S. Main.

Candidates seeking election to two four-year terms include incumbents Liz Givens and Judy Mardigian, and newcomers James Denahue, Kathleen Payne and Carl Battlehill.

■ The forum will be moderated by Anne Marie Graham-Hudak of Canton, a member of the League of Women

Call the Observer at 459-2700 for

WEDNESDAY

Life at Willow Run: The Canton Historical Society will meet at 7 p.m. at Cherry Hill School, Cher-ry Hill Road at Ridge Road. Harold Sherman of the Yankee Air Force will speak on the building of. the Willow Run Bomber Plant.

THURSDAY

Update: Guest speaker Tom Alberty of Rosey's Romper Room will discuss child-care options for employees and employers at the monthly Third Thursday Update Breakfast hosted by the Canton Chamber of Commerce. The free breakfast is set for 7:30 a.m. at the Sum-

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"We were very pleased with the results we got from our Observer classified ad. We sold all the household goods we advertised.

> —Lori J. Canton



Teen faces trial in GHB rape case



Canton resident Dustin Howard Wiecek, 17, was bound over for trial in 35th District Court Friday on charges that he poisoned and raped a 17-year-old girl at his house in June 1999. The teen was arrested in late March.

BY SCOTT DANIEL

A 17-year-old Canton man will stand trial for raping and poisoning a township woman last summer.

Dustin Howard Wiecek was bound

over for trial at Wayne County Circuit Court Friday by 35th District Court Judge Ronald Lowe. He is currently being held without bond in the county

Wiecek faces a pair of first-degree criminal sexual conduct and poisoning

charges. All three are life felonies.

"The proofs suggest that a poison or harmful substance which could cause death was found in a person who testified," Lowe said in binding Wiecek over on the poisoning charge. "She didn't take it (on her own). The prosecution suggests it was given to her with wine. That's probable cause that it hap-

Canton police believe Wiecek used the "date rape" drug GHB to incapacitate a then 17-year-old Canton High

classmate on June 18 of last year at his home and then sexually penetrated

Wiecek and the woman, whose name is being withheld by the Observer, got together to celebrate the end of school, according to testimony given Friday.

"We were going to get drunk and hang out in the hot tub," said the town-

ship woman, now 18. She said she and Wiecek started off

by drinking rum, then moved to beer

Please see RAPE, A2

New chief promises stability, experience

CANTON CHAMBER

BY SCOTT DANIEL AND TEDD SCHNEIDER

Dianne Cojei may be able to offer Canton's Chamber of Commerce something it hasn't had in years - stability.

The township resident was named executive director Wednesday. She is the third person to sit in the chamber's top seat in less than four years. Cojei thinks she will end that trend, howev-

"I plan on being here and being part of the community," she said. "I hope to meet the challenge the board has given me.

Ryan Ambrozaitis resigned as executive director in January. He served in

that post for just 18 months. After his departure, the chamber formed a search committee and began

Please see CHAMBER CHIEF, A4

Union backs Givens and Battishill

BY TONY BRUSCATO STAFF WRITER

The group which represents nearly 1,200 union employees of the Plymouth-Canton school district is recommending to its members they vote for one of two incumbents in the June 12 school board elections, and a former board member who is running once

The Michigan Education Association 2A Coordinating Council, which represents paraprofessionals, custodians and the 1,000-member Plymouth-Canton Education Association, is recom-

Please see UNION, A4



Helping hand: When the children had difficulty performing alone at the talent show at St. John Neumann Church, professionals and volunteers were ready to help. Here occupational therapist Maureen Palmer helps Casey Orr perform a Little Mermaid song.

One shining moment

Children get their chance on stage

STAFF WRITER bkadrich@oe.h

n the course of her work teaching for Speech and Language Systems Inc., Maureen Palmer comes in contact with special kids with special needs all the time.

Thanks to Palmer - with generous amounts of help from Joanne's Dance Extension and St. John Neumann Catholic Church in Canton about 20 of those children got to savor at least a brief moment in the spotlight.

The children, with an enthusiastic crowd of parents and well-wishers looking on, took the stage at the church recently, put their talents on display to plenty of applause and left the audience in tears

"It was a dream and a desire for these children to have their moment, because they may never have some of the moments we have, like weddings or proms," said Palmer. "It really tapped their talents and gifts. There wasn't a dry eye in the house."

Palmer got the idea after watching two of the children with whom she works.

Katie is an autistic child who suddenly started humming a song she'd heard coming from the mobile above her crib when she was a baby. Another, Andy, could recite poetry like he'd written it.

"I started thinking a year ago these children need a place to shine," Palmer said. So the idea of letting the

Please see MOMENT, A5



Kettle o' fun: Matthew Kleinhenz of Livonia performs "I'm a Little Teapot."

Using Beanies to make a point



Symbol of hope: A Beanie Baby named "Hope" sits at the edge of the podium as David Bryant speaks during the Plymouth-Canton Community Prayer Breakfast at Laurel Manor Thursday. For a story and more photos, please turn to Page A3 in today's Observer.

Woodby gets 10 years in roadway shooting

BY SCOTT DANIEL STAFF WRITER sdaniel@oe.homeo

Zachary Scott Woodby will spend 10-15 years in prison for nearly killing Canton resident Dawn Davis a year

That was the sentence handed down by Wayne County Circuit Court Judge Margie Braxton Thursday. Davis' car was riddled with a dozen shots at close range by Woodby on June 25.

'It's a miracle I'm alive," Davis told Braxton. "If it wasn't for God, I wouldn't be here."

Woodby, 21, apologized for the incident, which occurred at the intersection of Palmer and Sheldon roads.

"I'm sorry for what happened," he said before his sentence was given. "I'm glad nobody got hurt. Nothing like this will ever happen again.

Wearing a white dress shirt, tie and

slacks with slicked back hair, Woodby carried a Bible into the court proceedings Thursday.

"I don't believe I meant to shoot her car," he said. "I was extremely intoxicated. I don't remember much of what happened." Woodby pled no contest to assault

exchange for several felony firearm charges being dropped. "He prayed about it," father David Woodby said. "He felt that was what

with intent to commit murder in

the Lord wanted him to do.' Timothy Regan Boster, 23, was with Woodby during the incident. He was found guilty of the same assault charge and several felony firearms charges on May 1. Boster will be sentenced June

Davis was driving west on Palmer

Please see SENTENCING, A4

Sweet

salvation: Resurrection perform some

dance moves

while singing

Gospel music

mouth-Canton

for the Ply-

Community

Prayer Break

fast at Laurel

Manor Thurs-

members are

Mark Walker

Leon Jones of

Detroit, Robert

Ellis of Ypsi-

Dawn Rober

son of Ypsi-

lanti.

lanti and

day. Group

(from left)

of Detroit,

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Attorneys sue to make ballot

By TONY BRUSCATO STAFF WRITER tbruscato@oe.homec

Two local attorneys are going to court in an effort to force the State of Michigan to accept their petitions to run for 35th District Court judge, despite the fact both failed to get the required

William Selinsky of Northville Township and Peter Bec of Plymouth Township say the Board of Elections gave them misinformation concerning how many petition signatures were needed to put their names on the August primary ballot.

And, lending credence to their claims, state officials admit to making a mistake, but say they can't rectify the situation unless forced by a court ruling.

"I didn't have any other choice, there's no other way to get on the ballot," said Selinsky, who filed suit against Secretary of State Candice Miller, Director of Board of State Canvassers. "I was encouraged we received a show cause hearing in Wayne hopeful we'll get a positive response at the May 23 hearing." Bec said he planned to file his



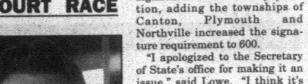
lawsuit by Monday, and is hoping for the same results. "I agree, this is the only remedy," said Bec. "The only relief we'll get is if the court inter-

Both Selinsky and Bec said the Board of Elections told them a mistake was made, and will admit that in court "We would admit to making a

mistake, and would live with the results of a judge," said Thomas. Selinsky was told he only needed 40 petition signatures to get his name on the ballot. Bec was told the same thing, but when he re-checked his information was told by another clerk he

needed at least 100 signatures. In reality, both candidates needed to collect at least 600 valid petition signatures. However, they were told of the discrepancy on May 2, only hours Elections Chris Thomas, and the before the deadline to turn in

State officials learned of the State's office to inquire, I discovmistake when sitting Judge Ron ered they listed the 35th District Court as including only the cities County Circuit Court, and I'm Lowe called the Board of Elecof Plymouth and Northville." tions to inquire about the number of signatures needed.



of State's office for making it an issue," said Lowe. "I think it's unfortunate they (Selinsky and Bec) didn't get the required number of signatures." "It is interesting that the elec-

tions bureau had first been made aware that the number of signatures required for nominating petitions was too low when it received a call from Judge Lowe on the filing date," said Selinsky in a prepared release. "The effect of his call has been to eliminate all other candidates from the ballot

If Selinsky and Bec are allowed to join the August primary, Lowe will be the first siting 35th District Court judge to have a challenger for re-election.

"This has been frustrating because it limits my ability to conduct a campaign," said Selinsky. "It puts me a bit behind."

Selinsky and Bec said if they win their court battles, they will concentrate on other issues in Since the number of required the upcoming campaign.

Rape from page A1

and finally wine. The woman Dr. George F. Jackson said she believes the wine was laced with GHB. She testified she passed out for a period of two the woman's urine was to three hours after drinking the

BOOT CAMP

FOR NEW DADS

"I woke in his bed wearing my flannel pants and a shirt of his," in a human body. The woman testified that

Wiecek told her, "I lost my virginity to you." She said he later called her home on June 18 to apologize for the incident. "He said we were both drunk

pened," the township woman explained. "He said; 'you don't think you got raped do you?' I didn't know what to say." On June 19 of last year, the

voman went to Oakwood Hospitested by Dr. David Weaver, who said. testified Friday. "She was very quiet, reserved

sexually assaulted the day

Saturday, May 20

Saint Joseph Mercy

Saturday, June 3

St. Joseph Mercy Hospital

Wednesday, June 14

McPherson Hospital

Thursday, June 22

St. Joseph Mercy Hospital

9 a.m.- 12 noon

6-9 p.m.

9 a.m.- 12 noon

said the level of GHB in nearly 60 times that of what is naturally found

both externally and internally. He found bruises on her arms and inner thighs.

On cross examination, defense and that it shouldn't have hap- attorney Evan Callanan pointed out that the rape kit turned up no physical evidence of a sexual attack. No semen, DNA or pubic hair was discovered, he added.

As part of the examination, Weaver took a urine sample tal in Canton and had a rape kit from the woman. Tests revealed used to examine her. She was a high concentration of GHB, he

Dr. George F. Jackson, a Pennsylvania forensic toxicologist, and upset," he told the court. "It performed tests on the urine. He became evident she had been said the level of GHB in the woman's urine was nearly 60 times that of what is naturally Weaver examined the woman found in a human body.

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In court: Dustin Howard Wiecek (left) in an earlier court appearance with his attorney, Evan Callanan.

to GHB at some earlier time," the hot tub. Jackson testified.

another judge talking about the

number of signatures required

for filing, and thought our num-

ber was a bit low compared to

other court districts," said Lowe

"When I called the Secretary of

He said one urine test wasn't enough to determine how large a dose the Canton woman was exposed to however.

In defending Wiecek, Callanan attacked the woman's credibility. He described her as being a "seasoned drinker." Callanan

"This individual was exposed removed her swim suit bottom in He asked her if her alcohol consumption had affected her

> "I suppose it possibly could have," he testified. "Could you have forgotten about having sex?" Callanan

asked. "I wouldn't forget about having



The right path

Find the way by reaching out through prayer, speaker urges

BY TEDD SCHNEIDER STAFF WRITER tschneider@oe.homecomm.net

Faced with despair or annihilation the key is to "find the third road" through prayer, David Bryant told participants and guests Thursday at the 10th annual Plymouth-Canton Community Prayer Breakfast.

"Let us have the wisdom to choose to pray correctly according to the way of God, the glory of God," Bryant said to more than 300 people gathered at Laurel Manor banquet hall in Livonia. "The third road is abounding in hope for each of our lives and for our

nation. Bryant, the founder of Concerts of Prayer International and the host of a daily radio program heard on more than 300 stations across the U.S., said society is at a spiritual crossroads. But he believes the prayer movement, particularly young

people "going back to prayer, represents hope. He quoted from the book of Jeremiah, Chapter 33, Verse 3:

"Call unto me and I will answer thee, and show thee great and mighty things, which thou

Several Canton residents

agreed with Bryant's message. "It showed me that there is hope at the end of the tunnel," said Bob Collier, who came to the breakfast with a group from

Canton Free Methodist Church. "I have realized that I need to this provides one more inspiration to do that," he added.



Preaching: Keynote speaker David Bryant talks of inviting God into your life.

the portion of Bryant's talk devoted to changing the status quo was important.

Bryant, of New Providence, N.J., spoke of being a young minister at a congregation near Kent State University when students were gunned down by the National Guard at an antiwar protest in 1970. The experi-

leagues met for hours at a time over a six-week period, helped him formulate his mission in life, Bryant said. Concerts of Prayer Interna-

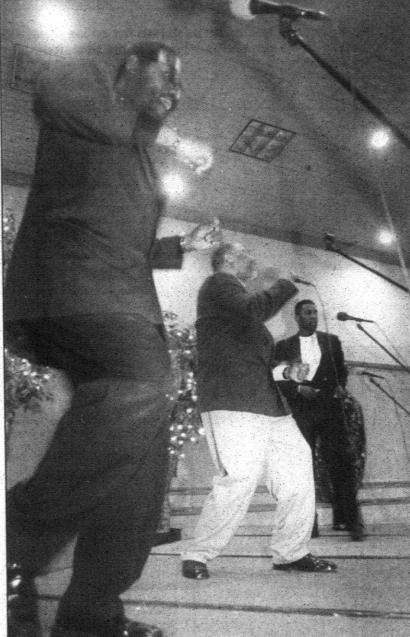
tional is a traveling ministry get prayer back into my life and that conducts evangelical Christian prayer rallies in cities across the country, similar in style to the

Promise Keepers. Bryant was introduced by the Rev. Eric Moore of Canton Community Church. Before Bryant's

remarks, prayers for national and local leaders, churches, schools and families were offered respectively by the Rev. Richard Perfetto of Resurrection Parish, the Rev. Mike Norton of Canton Friendship Church, Linda Acord of Trinity

Angela Stark of Canton said Presbyterian Church and the Rev. Brian Cullum of Tri-City Christian Center.

The gospel-style group, The Resurrection, provided music. It was the group's second consecutive appearance at the annual breakfast, which was sponsored again this year by the Griffin



STAFF PHOTOS BY PAUL HURSCHMAN

Former Westland city clerk to run for state House seat

BY DARRELL CLEM STAFF WRITER dclem@oe.homecom

Former Westland Clerk Patricia Gibbons, showered by public support and sympathy after she was abruptly fired Jan. 18 announced Friday that she will campaign for the 18th District

state House seat. Gibbons, 53, confirmed her Republican candidacy amid a small group of friends, family members and GOP state legislators who gathered outside her

Westland house. Gibbons, whose firing fueled an angry public backlash and an ongoing recall effort against four Westland City Council members, said her supporters urged her to run for a two-year state House

"It is humbling, to say the least, that so many residents have expressed their faith in

Gibbons, a 23-year city has become the only Republican Georga Conant withdrew from ship. the Aug. 8 primary race.

18TH DISTRICT



Patricia Gibbons

Incumbent state Rep. Eileen DeHart, D-Westland, faces term limits and can't seek re-election employee and 17-month clerk, to the 18th District seat that represents most of Westland and contender after former candidate a small portion of Canton Town-

Only one Democrat, veteran

months of her council term

In a curious twist, a Gibbons-Anderson race would pit the for-Westland Councilman Glenn mer city clerk against one of her Anderson, has declared his can-most ardent council supporters. still could beat a 4 p.m. Tuesday Gibbons and strongly defended filing deadline at Wayne County her job performance.

been widely rumored as an 18th District Democratic candidate, but she confirmed Thursday she will not enter the race. Unless she is recalled, Scott said she will serve out the remaining 19

Councilwoman Sharon Scott,

who voted to fire Gibbons, has

"I am going to look forward to retirement," she said. On Friday, Gibbons cited improving education and making schools safer as two of her top priorities as a state House

"I think people want to go to work and feel that their children

of the 18th District."

are safe in their schools and getting a good education," she said. Gibbons described herself as "an independent thinker" and

She said she hopes to restore honesty and integrity to Westland government, which has suffered tumultuous times since Gibbons was fired. "Despite what is happening in the city of Westland, the people who live here truly know what Westland is about," Gibbons said Friday. "It is about good, decent people

Last year's wine and food tast-

ing netted about \$5,000 for the

Lions Club. Williams said he

hopes this year's take is double

Tickets are \$30 in advance,

\$35 at the door and are available

at Holiday Market, 520 S. Lilley

or triple that amount.

Judge won't drop murder charges agree with defense attorney don't know where she died, or

BY TONY BRUSCATO STAFF WRITER

A Wayne County Circuit Court udge has refused to dismiss charges against a Plymouth man accused in the murder and dismemberment of his wife last Judge Patricia Fresard did not

Michael Schwartz, who in court, how she died," said Schwartz. proceedings Friday claimed "There's no evidence to show there isn't enough evidence to who dismembered her. On what charge Azizul Islam with first basis is he bound over for trial?" degree murder and mutilation of Schwartz said he'll file his a body in connection with the objections with the Michigan death of his estranged wife, Court of Appeals next week in hopes of overturning the circuit

"They don't have a case. They court decision.

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at Cherry Hill, the Canton Supervisor's Office, 1150 S. Canton Center, and the Canton Chamber of Commerce, 5820 N. For more information, contact

who work hard, want the very best for their families and would didacy, although other hopefuls Anderson voted against firing do anything to help a friend or neighbor. Westland is the place Wine tasting is a chance to sip a little, munch a lot for charity a meal in the process," Williams tasting," Pardington said. The food spread will include Proceeds will go to the Canton gourmet cheeses, bread baked in Goodfellows, Character Counts! Organizers of the second annu-Literacy Council, Helping Hand a woodburning oven, sushi. Fund and the Leadership Can-

BY HEATHER NEEDHAM STAFF WRITER

al charity wine tasting to benefit local charities say they hope the pasta, hot and cold hors d'oeuway to people's pocketbooks is through their stomachs. "A Toast to the Canton Com-

munity - Second Annual Wine and Food Tasting for Charity" is planned for 7-9 p.m. Friday at the Summit. Sponsors include Holiday Market in cooperation with the Leadership Canton Alumni Association and the Canton Chamber of Commerce.

Pat Williams, past president of the Canton Chamber of Commerce, said though the event is touted as a tasting, visitors can expect to get a meal - and some very good wine out of it.

"Everybody that shows up gets

vres and more. John Pardington, owner of

Holiday Market, said the wine

selection will be very impressive. "We're going to have over 100 different types of wine," he said. The wines served will include domestic varieties as well as imports from France, Italy, New Zealand and other world coun-

"We're going to have lots of good food and lots of good wine," Pardington said.

will pour non-alcoholic wine as one of the "celebrity pourers."

Canton Supervisor Tom Yack Canten Center, north of Ford.

the Canton Chamber of Com Strolling musicians will play merce at (734) 453-4040.

-Dianne Cojei,

outings, fund-raisers and other

special events were just a few of

her duties in Dearborn, Cojei

said. She said she's ready for

for so long, Cojei said, "that I'd

like to do something where I'm

She also worked in the news-

paper business for nearly two

decades. Cojei served as an

advertising director with Her-

itage Newspapers and also

worked for the Dearborn Press

As for her new job, Cojei is a

"But I'm more excited than

Her immediate job will be to

focus on the chamber's member ship. Cojei said she wants to

increase and retain membership.

"The purpose of the chamber

is networking," said Cojei, who

added. "I think we should be

helping local businesses grow

and interact with people that

She thinks networking is a

T've worked as an assistant

bigger challenges.

the decision-maker."

and Guide.

live here."

lent ideas.

vision," he commented.

Cojei lives in town.

little nervous.

anything," she said.

poetry:

Palgut of

Plymouth

recites a

couple of

Shel Sil-

verstein

poems

(from

memory).

Alan

Chamber chief from page A1

work to find a replacement. The chamber received nearly 100 like to do something where I'm the decision-

Extensive interviewing and testing of finalists was done over the past month. President David Griffin feels the chamber now has the right person for the job.

"She has an extensive manhelp find its leisure services agement background," he said. director. Her profile and back-The board feels her depth and ground search from the firm her experience will prove to be "came back with no negatives," valuable assets for the cham-Griffin said.

Cojei, who'll start on June 12. Cojei interviewed with two was offered the job on Monday separate committees that includand accepted Wednesday. Her ed board members Sally Bailey, salary will be between \$40,000-Clarice Killian, Matt Adams, \$45,000, said Griffin. Niki Wilson, Jim Demmer, Judi She comes to the chamber

Fleischaker and Phyllis Redfern. In addition, the chamber used an Ann Arbor human resource firm, Career Directions, recently employed by the township to merce.

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PORTUNE



mending to its membership they re-elect incumbent Liz Givens, who is seeking her second four-year term on the board, and Carl Battishill of new Canton Chamber of Commerce executive director Plymouth, who teaches music in the West Bloomfield school district. Coordinating festivals, golf "Carl will bring a different

perspective to the Board of Education," said Joanne Gustafson, chairwoman of the MEA 2A Coordinating Council. "He's a school employee, and he'll bring an understanding of education to the table. We like his vision on increased funding

for the district. "Liz brings a lot of experience and has a way of dealing with problems," added Gustafson. "She listens to all the facts before making a decision. We're pleased with her commitment to the labor-management process. She has the interest of students and school employees at heart."

Gustafson said the Coordinating Council decided against endorsing incumbent Judy Mardigian because of issues surrounding the new high

"We weren't pleased about the mandate they made administrators sign concerning high school curriculum in exchange for moving the new school closer to the present campus," said Gustafson. "It was unconscionable and unprofessional.

"With three new schools set to open, it's an important time in the district and it's important what direction is set by the board," she said.

"I certainly would love to have had their endorsement. think I have very positive relationships with many of their members,' said Mardigian. "But, I'll continue to press on sustained involvement in the Kathleen Payne.

district since 1994, and I think that will be an asset to me."

The unions have become a force in recent school board elections. With less than 3,000 voters casting ballots in most years, the union's 1,500 members who live in the district have become a huge voting Last year, the MEA 2A Coor-

dinating Council set its sights on defeating two incumbents, board president Mike Maloney and trustee Carrie Blamer. The unions were instrumental in electing Steve Guile and Mark Slavens to take their

"I have no reason to believe that we won't work as hard again this year," said Gustafson.

The other candidates running for the two, four-year with my campaign. I've had terms are James Donahue and

Sentencing from page A1

when she approached a flashing quickly, the shooting left her red light at Sheldon. Standing with many emotional issues, she just off of the road to the south, said. Woodby and Boster opened fire using several types of rifles.

Griffin believes she has excel-The Canton resident managed to get out of her car and avoid "She has extremely good major injury. One round did graze Davis' lower leg. She also He also likes the fact that suffered minor cuts from flying

"It gives her a little personal Woodby and Boster then fled interest in seeing how the community grows," said Griffin, who's confident in Cojei's abili-

"I think we'll see a chamber and a chamber office that prochance" that she wasn't killed. motes team spirit with a new eader as our executive director,

relieved the ordeal is almost over. "I feel like the stress is

the scene. Township police were ly after sentencing. His parents able to apprehend the duo minutes later after a short car chase. Davis said it was by "mere for Zack." David Woodby said of

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ADVERTISEMENT TO BID 35th JUDICIAL DISTRICT BUILDING AUTHORITY Sealed bids will be received by the 35th District Court Building Authority,

660 Plymouth Road, Plymouth, MI 48170 until 2:00 p.m. on Tuesday, May 23, 2000, at which time bids will be opened and publicly read aloud for the

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FOR THE NEW 35th DISTRICT COURT

All bids must be submitted in a sealed envelope clearly marked with the

name, address and telephone number of the company/person submitting the bid, bid opening date and time. Questions should be directed to Kerry K. Erdman, Court Administrator at (734) 459-4575 or at the above Court address. Specifications are available at the 35th District Court.

CHARTER TOWNSHIP OF CANTON

NOTICE OF PUBLIC HEARING

CONSIDERATION OF LIQUOR LICENSE

FOR SNEAKY'S, INC.

NOTICE IS HEREBY GIVEN pursuant to Act 184 of the Public Acts of 1943

of the State of Michigan, as amended, and pursuant to Liquor License

Ordinance Number 114 of the Charter Township of Canton that the Board of Trustees of the Charter Township of Canton will hold a Public Hearing on

Tuesday, May 23, 2000, in the First Floor Meeting Room of the Canton Township Administration Building, 1150 S. Canton Center Road at 7:00

To hear and take testimony to consider and recommend an action to the

Michigan Liquor License Commission of the request of Gregory B Krystallis, Snesky's, Inc. for issuance of a Class C Liquor License with a

Dance and Entertainment permit to be located at 8663 N. Lilley Road in the

All interested citizens are encouraged to attend and will be offered an

opportunity at said hearing to voice any comments they may have regarding this request. Written comments may also be submitted to the Township Clerk's Office prior to the hearing date.

Only recently has Davis been able to resume normal activities "I'm getting ready to go back to school," said Davis, who's

better things to look forward to." She spoke with Woodby's famiapologized to Davis. "It was totally out of character

The family has since moved to Owosso, a small town between Lansing and Flint. David Woodby, a minister, said the move was done for business reasons.

"We were already in the process of moving when this hapbeing lifted off of me. Now I have pened," he said.

While little good could come from a shooting, Woodby is pleased that both his son and Davis' faith have been strengthhis son. "He's not a bad person.

While physical scars healed The shooting was a big shock to him," he commented.

Clinic set for Kids Day

The offices of Michigan Specifon on child safety and health issues.

Chiropractic in Canton will A special appearance by join other chiropractic clinics nationwide in marking Kids Day scheduled and a police K-9 unit America/International on Saturday, May 20.

The event is designed to promote a healthy, safe environment for families, according to out with face painting and other Alex Tomko of Michigan Specific the Canton clinic's grand open- prize drawings. ing.
The clinic, 7276 N. Sheldon,

will be open from noon-3 p.m. scoliosis screening to all children planned, said Tomko.

with lots of family activities The Canton Police Department will be on hand to provide free fingerprinting for all children

and handouts will be available

"McGruff the Crime Dog" is will be on hand for a demonstration. Special police and fire vehicles will also be on the premises. High school students will help

activities and there will be free Chiropractic. It coincides with balloons, T-shirts, snacks and Tomko and his staff will offer free computerized spinal and

> who attend. All activities are free. Dona tions will be collected for the Canton Police D.A.R.E. program. For information call the clinic

(734) 416-2442.

PLYMOUTH-CANTON COMMUNITY SCHOOLS NOTICE TO BIDDERS

invites all interested and qualified companies to submit a bid for the District-Wide World, U.S., and State Maps. Specifications and bid forms are available at the front desk of the E. J. McClendon Educational Center located on 454 S. Harvey, Plymouth, MI or by contacting Dan Phillips in the PCCS Purchasing Department at (734) 416-2746. For additional information, please contact Penny Joy of the Curriculum Department at (734) 416-3020. Sealed bids are due on or before 3:00 p.m., Wednesday, May 17, 2000. The Board of Education reserves the right to accept and/or reject all bids, as they judge to be in the best interest of the school district. JUDY L. MARDIGIAN, Secretary

Board of Education Plymouth-Canton Community Schools

Bid Opening: Wednesday, May 17, 2000 @ 2:00 p.m. Board Review: Tuesday, May 23, 2000 Publish: May 7 & 14, 2000

PLYMOUTH-CANTON COMMUNITY SCHOOLS NOTICE TO BIDDERS

The Board of Education of the Plymouth-Canton Community Schools invites all interested and qualified companies to submit a bid for *District-Wide Elevator Maintenance*. Specifications and bid forms are available at the front desk of the E. J. McClendon Educational Center located on 454 S. Harvey, Plymouth, MI or by contacting Dan Phillips in the PCCS Purchasing Department at (734) 416-2746. For technical information, please contact Brian Goby, Procurement & Project Analysis Coordinator, in the Maintenance Department at (734) 416-2953. Sealed bids are due on or efore 4:00 p.m., Tuesday, May 16, 2000. The Board of Education re the right to accept and/or reject all bids, as they judge to be in the best interest of the school district.

JUDY L. MARDIGIAN, Secretary Board of Education Plymouth-Canton Community Schools

Bid Opening: Tuesday, May 16, 2000 @ 4:00 p.m. Board of Review: Tuesday, May 23, 2000 Publish: May 7 and 14, 2000

OBITUARIES

Barkenquest officiating. Burial

He was born Sept. 19, 1927, in

K of C St. Rita's Council. He was

a veteran of the U.S. Navy serv-

Survivors include his wife.

Mary; seven sons, James Boyd

son of Brooklyn, Paul W.

ing during WW II.

Services for Charles A. Truax. was in St. Joseph Shrine Ceme-73, of Plymouth were held May 9 at the Schrader-Howell Funer-Lincoln Park and died May 7 al Home. Plymouth, with Mr Sanford Burr officiating. Burial He retired from Ford Motor Co. was in Riverside Cemetery, Plyin 1986. He was a member of St. Rita's Catholic Church and the mouth.

CHARLES A. TRUAX

He was born April 22, 1927, in Cadillac, Mich., and died May 5 in Plymouth. He was selfemployed from 1951 to 1997 doing painting and wallpapering. He was an expert in his | Richardson III of Garden City. field and was respected by those | Patrick M. (Kathleen) Richardhe worked for. Mr. Truax was born in Cadil- (Wanda) Richardson of Brook-

lac and moved to Plymouth in lyn, William (Susan) Richardson 1929. He spent the rest of his of Perry, Mich., Robert (Julie) life in Plymouth among family | Richardson of Brooklyn, John and friends. He was a member | (Amy) Richardson of Brooklyn of First United Methodist and Daniel (Suzanne) Richard-Church in Plymouth and was a son of Cement City, Mich.; Mary life member of V.F.W. Post 6695 | Frances Benjamin of Brooklyn, in Plymouth. He served in the | Janice (Fred) Crissey of Ply-U.S. Coast Guard during World | mouth, Joyce (Rick) Eathorne of War II. He enjoyed doing wood | South Lyon and Joan (mike) working in his shop next to his Herman of Marshal; two sisters, garage. He enjoyed hunting and fishing with his sons. Survivors include his wife, Richardson; 11 grandsons; 11

Avis K. Truax of Plymouth, four granddaughters; and one greatchildren, Brad Truax of Plygrandchild mouth, Claudia (Larry) Krueger of Unionville, Mich., Blenda (Dale) Chmielewski of Warren and Brian (Vicki) Truax of Ply-Wyandotte, Mich.; and seven | Burial was in Oakview Cemegrandchildren, Michael, Sarah, Matthew Charles Andrew Daniel, Clinton and Jon Paul. Memorials may be made to

Post No. 6695, Plymouth. JAMES BOYD RICHARDSON JR.

Services for James Boyd Catholic Church with Fr. Lahr | of Plymouth.

Arbor Hospice or the V.F.W.

MARGARET B. CARLEY

Services for Maragret B. Carley, 96, of Plymouth were held mouth; two brothers, George | May 13 at the Schrader-Howell (Alverna) Truax of Ondaga, Funeral Home, Plymouth, with Mich., and Sylvester Truax of the Rev. Dean Klump officiating. tery, Royal Oak.

Joyce Lee and Virginia Bauer;

one brother, Wayne (Connie)

1903 in Plymouth and died May 10 in Westland. She and her husband, Raymond, owned and operated Plymouth Secretaria Service for more than 31 years in Plymouth. She was a life-long Richardson Jr., 72, of Brooklyn | resident and a member of the were held May 9 at St. Rita's First United Methodist Church



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Mrs. Carley was a life member of the order of Eastern Star No. 115, Plymouth, and a member of the Plymouth Grange. She was the oldest graduate to attend the

Plymouth class reunion at the Bunyea Farm. She was a member of the Maccabees and Rebeccas. At one time she served on the Plymouth Draft Board and actually signed her husband's draft notice. She was a driver for Army Motor Corp. during World War II. She attended Michigan their State Normal College (now East-

ern Michigan University). Mrs. Carley was preceded in death by her husband. Survivors include her daughter, Barbara Glumm of Plymouth; one son, Robert Carley of Plymouth; nine grandchildren; six great-grandchildren; and one great greatgrandchild. Memorials may be made to the

Karmanos Cancer Institute.

CW Painting

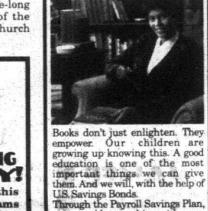
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Mrs. Carley was born Oct. 29,



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Moment from page A1

kids have their moment took root, as did the theme: "Twinkle. Twinkle Little Star." She sound ed out the church, and parents began signing up. Seeking "Our kids help to choreo- are always graph a musi- there to

cal number, they turned to help.' Joanne Zavisa, -Joanne Zavisa who turned to the students in

students volunteered for 13 consecutive Saturdays, giving up the usual teenager fare like mall-hopping and sleeping in.

help," said Zavisa. "They were very good about donating their Saturdays. They're just really good kids.

The



STAFF PHOTO BY SHARON LEMBEUX

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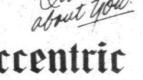
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Democrats say Metro audit demands smack of politics

State lawmakers have given new marching orders to the director of Detroit Metropolitan Airport: Turn over records quickly to the state Auditor General's office so it can complete its review of some 35 airport con-

The state's Detroit Metropolitan Airport Joint Select Committee issued that directive Wednes-

procedure for getting documents requesting them through the airport director's office - was too slow and cumbersome.

"They say this isn't an audit, it's a review. I question whether the state has the authority to do that," Rep. Raymond Basham,

D-Taylor, said. "Oversight for

But, according to one member

of the panel, it smacks of poli-

not the state and if Wayne County wanted to be difficult about it, they could go to court and they might get a judge to agree with

The only reason Wayne and airport officials are being cooperative, Basham believes, is to avoid bad publicity.

would be another headline,"

target for critics. "Wayne County don't want any more bad press,'

In fact, the entire airport rass McNamara for his manageinvestigation is partisan politics, according to Basham - the result of a personal vendetta between state House Speaker Chuck Perricone and Wayne County Execu-"If we tell them we don't want tive Ed McNamara. It all began to give them the records, that with a heated exchange between

day, May 10, after hearing com-plaints from auditors that the County Board of Commissioners, County is, it becomes an easy year ago. Now, Basham con-from the back-up at Metro Airtends, state Republicans are port during the major snowstorm using the airport committee to early last year, leaving travelers dig up dirt, intended to embar- stranded on the runways for

A review of services at the airment of the facility. port, flight delays and problems Not so, says Mike Murray. with baggage handling has led communications director for Sen. the state to send four to six Glenn Steil, R-Grand Rapids, a member of the committee. He members of the state Auditor General's office to Metro Airport said the review is a response to to review its relations with concomplaints about the airport the two at the Leadership Con- from its users. The "final straw" tractors.

Of concern are about 33 contracts for services to the airport, including food concessions, construction, maintenance, parking and snow removal. Preliminary results indicate there are no records to show that 21 of those contracts were subjected to a competitive bid process.

"We are not pointing fingers, Murray said. The lack of bids does not mean anything wrongful was done, he said. It doesn't even mean that those contracts weren't bid, but the airport lacks records. It could just be sloppy bookkeeping, Murray suggested. And it does raise questions about

the cost of services there. The committee heard complaints recently from the Auditor General's office that the process for getting the documents they need to finish the review has been too slow

Despite the auditors working on-site in the airport's administrative offices, they have had to make their requests for records through the director's office: That system began under former director David Katz and has continued under the new director, Legter Robinson

The reason for the cumbersome system, airport officials explained, was so that they could keep track of which documents had been requested and which had been turned over.

At least one airport official expressed indignation at the direction the review is taking with auditors now asking for access to employees and files.

"It's starting to get pretty irritating when they start challenging the qualifications of people having years and years of experience" in running the airport, said Michael Conway, county airports public information

"The local lay of the land is very important in being an effective airport director," he said, pointing out new director Lester Robinson spent two years as airport deputy auditor. Besides, he said, Robinson "is

See AIRPORT, A7



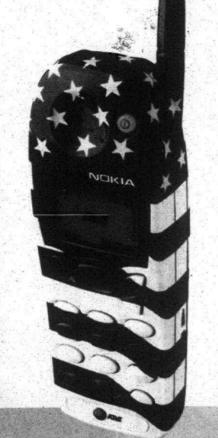
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Paving millionaire builds roads to future for deserving students

BY RICHARD PEARL STAFF WRITER rpearl@oe.homecom

Bob Thompson may have sold his paving company, but he isn't through building roads.

The former owner of Michigan's largest asphalt paving firm - the farmboy-turned-multimillionaire who rewards determination, loyalty and hard work and disdains retirement - is working with Schoolcraft College and other institutions of higher learning to create avenues over which he hopes deserving, but less fortunate, people will travel to build better lives.

"Anywhere there are young people who want an education and don't have the means, we want to be involved," said Thompson, who is working toward that goal with wife Ellen through their Thompson-McCully Foundation.

Already, the Thompsons have contributed \$500,000 for scholarships at Livonia-based School-

The aim, said Norene Thomas, the college's director of marketing and development, is to provide 75 to 100 scholarships per year for the next three years that will cover a student's tuition and books for their entire career at Schoolcraft.

The scholarships, which begin next fall, are available to all students, but are aimed particularly at minorities and women reentering the work force. Each award will average \$1,500,

pledging cooperation with them,"

access to records followed parti-

Grand Rapids; and Sen. Phil

Airport from page A6

The vote to order quicker Leland, D-Detroit.

Rep. James Koetje, R- recommendations for improve-

Grandville; Sen. Glenn Steil, R- ments in airport operations.

opportunities Schoolcraft could provide," she said. It is hoped the students will continue and earn four-year degrees, she

Bridge the divides

Richard McDowell, Schoolcraft president, said Bob and Ellen mpson are working to bridge both the digital (computer) divide and the even larger economic divide that are growing between groups of people in the United States.

"You can work hard from sunrise to sunset" in this country today "and you're not going to get ahead" without higher education, said McDowell, echoing "We are terribly concerned."

said Thompson, a tall, soft-spo-ken 67-year-old who left the family farm years ago on a football scholarship to Bowling Green University and now keeps trim by running three miles a day.

"There's a huge separation between haves and have-nots and it could lead to disaster," he ters on Belleville Road, Thompsaid during an interview last son is serving as adviser to the week. "If we can help in some company's new owners and operway to bring back folks in dan- ators. ger of dropping off the edge - to me, that's what education is.

"We've got a wonderful country," he said. "Hopefully, educasome of their problems" by helping them to earn better livings and live more productive lives.

Murray said the hope is that the

Basham contended the real

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"We are trying to get people to Being able to earn \$13-15 per Schoolcraft from areas" such as hour and more - or having the the inner cities which lack "the means to get the education to do so - "just changes a person's life," he said.

Why Schoolcraft? "We believe in Schoolcraft and in Dick (McDowell) and how he

operates," said Thompson The Thompson-McCully Foundation, the outgrowth of the \$450 million which the longtime Plymouth residents received for their company two years ago, additionally has funded 100 scholarships at Michigan Technological University and also is working with the Cornerstone Schools, said Thompson.

The Thompsons' near-legendary regard for people - par ticularly those with dedication and a strong work-ethic became known soon after the company's sale when the couple earned instant headlines by sharing over \$120 million of the sale money with their employees, to reward their loyalty and

hard work. Besides the foundation, which operates a few yards from Thompson-McCully's headquar-

That's fine with him: "My goal in life was never to take it easy, he said.

"I used to have a fear of having tion will help people to solve to retire," he said. "Knock on wood, that hasn't happened." Said Schoolcraft's McDowell:

in the making.

contributed to this report.)

Worth Suburban Tewelry Hoffman, R-Horton. Democrats conclusion will be that Republi-Gervices include Basham and Sen. Burton cans will take credit for the improvements in facilities and services already taking place at san lines. Republicans on the committee will complete its review the airport, when in fact those committee include Mortimer; this summer, and will then make improvements have been years (Staff writer Richard Pearl

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Benefactor: Robert Thompson (left) with Schoolcraft President Dick McDowell.







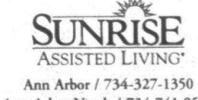
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Race track protest spoils Big-4 8 Mile lovefest

BY PAT MURPHY STAFF WRITER

They gathered to commemorate improvements along Eight Mile Road – and beautifying things to come.

But they quickly became embroiled in the new auto racing track proposed along Woodward Avenue south of Eight Mile in Detroit – with pickets outside, insisting it would destroy the quality of life in southern Oakland County as well as the tranquil and viable neighborhoods adjacent to the state fairgrounds.

The so-called "Big Four" political leaders of southeast Michigan - Dennis W. Archer, mayor of Detroit; John C. Hertel, chairman of the Macomb County Board of Commissioners; Edward H. McNamara, Wayne County executive; and L. Brooks Patterson, Oakland County executive - gathered for the leadership luncheon of the Eight Mile Boulevard Association Thursday at Vladimir's in Farmington Hills.



festive, ceremonial occasion,

with much of the actual work of

improving Eight Mile falling to

individual committees and the

volunteers they recruit, accord-

But the auto race track contro-

"I thought it was a good meet-

ing," said Kevin F. Kelley, Red-

ford Township supervisor and a

member of the association's

board of directors. "It's a contro-

versial topic, and people wanted

versy upstaged everything.

ing to members.

STAFF PHOTO BY BILL BRESLES

As part of their two-minute introductory remarks, in response to questions from the packed audience or privately, each of the big four voiced their respective positions.

Hertel, who is also executive director of the Michigan State Fairgrounds, said he is pushing for the race track as part of the extensive development proposed by the Nederlander Theatrical Organization, including theaters, motels, a senior citizens center, shopping facilities and affordable housing.

Noise levels, he insisted, can be minimized and brought down to acceptable levels, as demonstrated by recent tests.

Archer said he favors the development, "but not at the expense of the quality of life in those neighborhoods."

McNamara said the development could be beneficial, but only if the noise problem is adequately addressed and if the neighbors are convinced it is acceptable.

Patterson said he generally favors the development because it would contribute to economic development as well as fighting blight in the area. "It's important that Eight Mile (and other major corridors) look good," he

Not only to impress visitors, Patterson continued, but "if it looks good, chances are it is good."

Asked if the Silverdome would be a good site for a race track – once the Detroit Lions move back to Detroit – Patterson said it would be up to Pontiac officials who control the property.

Carla A. Gribbs, chairwoman

of the association board of directors and regional manager of Detroit Edison in Oakland County, termed the luncheon a success. "We had more than 400 people attending," she said. "That shows support (for improving Eight Mile) and it shows

commitment."
Since the association was established seven years ago, it has led the effort to rid the Eight Mile corridor of trash, including

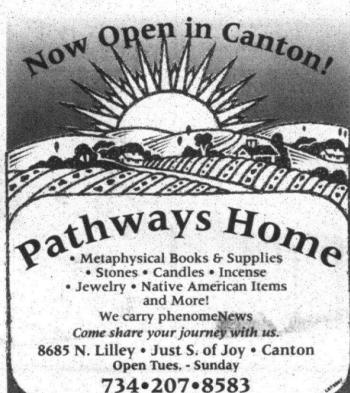
some offensive adult entertainment establishments, according to Mayor Archer.

The association's greatest success to date, according to Gribbs, is the planting of 24 perennial gardens to beautify Eight Mile.

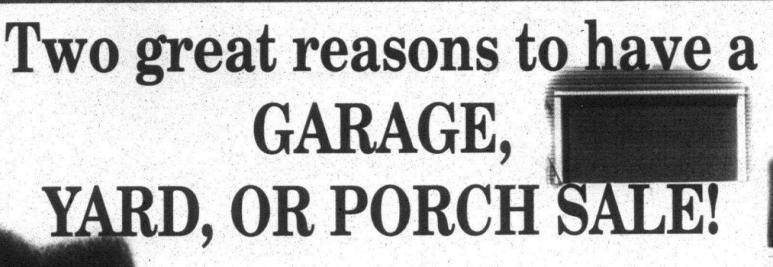
But future projects are also important, insisted Gribbs, the daughter of former Detroit Mayor Roman Gribbs who was in the audience.

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OBSERVER SPORTS SCENE

Indians rule Braves

The Michigan Indians under 12 boys baseball team finished second at the Ann Arbor Braves Classic, a USSSA Tournament qualifier, May 5-7. The Indians defeated the Michigan Area Rams 18-4, the Oakland Rams 14-4, the Portage Cobras 8-2 and the Westland Wildcats 11-1. They lost to the Ohio Titan's 8-7.

Their second-place finish qualified them for the USSSA AAA Tournament in Hutchinson, Kan., in July.

In the five games and 23 innings, Indian pitchers Sean Baker (from Canton), Kevin Gordon (Redford), Justin Latin (Canton), Sean Little (Canton), Greg Marrone (Plymouth), Steve Merlo (Livonia) and Nick Sarkissian (South Lyon) gave up 19 runs and 15 walks, striking out 23.

The Indians outscored their opponents 58-19 in the tournament, posting a team batting average of .397. Leading hitters for the Indians were Eddie Duggan (Livonia), .571; Kyle Gendron (Plymouth), .462; Gordon, .750; Brian Kirkendall (Plymouth), .556; Little, .500; and John Scanlon (Plymouth), .500.

The Indians home-opener is 6 p.m. May 26 at Plymouth's Massey Field. This Saturday (May 20) at 10 a.m., the Indians will be having a car wash at Sam's Club in Westland.

On June 2-4, the Indians will host an AAU, Qualifier at Massey Field and Central Middle School, also in Plymouth. The tournament winner advances to the AAU World Series Tournament at Disney's Wide World of Sports in Orlando, Fla., in August.

All-League

Jason Whalen, a senior at Albion College from Plymouth (Walled Lake Central HS), was named to the all-Michigan Intercollegiate Athletic Association boys track team. It was Whalen's second time earning a berth on the squad.

Whalen repeated as champion in the javelin at the MIAA's Field Day with a toss of 199-feet, 10-inches. His Albion team placed second to Calvin at Field Day.

Canton baseball camp

The Plymouth Canton baseball coaching staff and players is sponsoring the Canton Chiefs Baseball Camp for kids 7-14 years old. The camp is scheduled for 9:30 a.m.-1:30 p.m. June 19-23 at Canton's varsity baseball diamond.

The camp will focus on both group and individual instruction in all phases of the game: throwing, hitting, pitching, fielding, base-running.

Cost is \$85 if received before June 10. At-the-gate registration is \$90. Included is a T-shirt and lunch. The camp is limited to the first 125 players, so early registration is encouraged.

In addition: A one-day camp for eighth-graders will be at 9:30 a.m.-1 p.m. Saturday, June 24 at Canton's field. Cost is \$15 and lunch will be included.

For further information, call Sharon Hanson at (734) 459-8477; Linda Wall at (734) 455-6285; or Carole Reddy at (734) 451-2084.

Girls hoop camp

The 2000 Canton-Salem Summer Girls Basketball Camp will feature two sessions throughout June and July.

For girls entering fourth through seventh grades, there will be two choices, both from 1-3 p.m.: June 19-22 and June 26-29

For girls entering eighth and ninth grades this fall, choices are July 5-7 and July 10-13, both from 1-3 p.m.

Cost is \$65 per session. Checks should be made payable to Plymouth-Canton Community Schools and mailed to the Plymouth-Canton Community Education Department, Starkweather Center, 550 N. Holbrook, Plymouth, MI, 48170. With the payment, include the grade your child is entering, her age, height and shirt size.

For more information, call Bob Blohm at (734) 414-8156 or Fred Thomann at (734) 459-7315.

Anyone interested in submitting items to Sports Scene or Sports Roundup may send them to sports editor C.J. Risak, 36251 Schoolcraft, Livonia, Mi. 48150, or may FAX them to (734) 591-7279.

Johnson carries Canton past Western



Seems to have been a week for long balls. On Friday, Jon Johnson's homer in the sixth got a win for Canton. Last Wednesday, Salem set a school record by clubbing five homers in a win over Livonia Franklin.

Jon Johnson did it all for Plymouth Canton's baseball team Friday at Walled Lake Western.

The senior pitcher stopped the Warriors on four hits, then slugged a game-winning solo home run in the top of the sixth to lead the Chiefs to a 3-2 triumph.

The win makes Canton 14-5 overall, 5-1 in the Western Lakes Activities Association's Western Division. Western is 0-6 in the division.

Johnson was a one-man demolition team against Western; he went 3-for-3 at the plate, starting Canton's two-run rally in the second inning with a double. Jay Sofen's single scored Johnson. After Jason Evans reached base on an error, Sofen scored on Mike Jopps' fielder's choice.

Sofen and Jimmy Reddy had two hits apiece for the Chiefs.

On the mound, Johnson surrendered two earned runs on four hits and one walk, striking out nine. Rob Pisha took the loss for Western, in relief of brother Mike Pisha.

It was an important win for Canton, particularly going into this week. The Chiefs host Northville Monday — they haven't beaten the Mustangs in two years — then, after traveling to Walled

Lake Central Wednesday, play a double-header at Farmington Harrison Thursday.

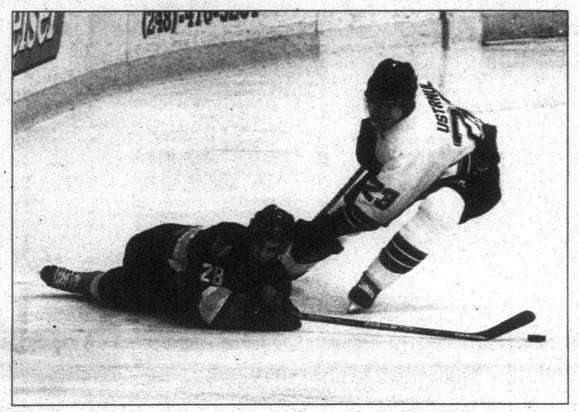
Northville, Harrison and Canton are all vying for the division championship.

Salem 15, Franklin 6: On Wednesday at Salem, the Rocks set a school record for home runs in game by slugging five of them in a rout of Livonia Franklin.

The game was scheduled to be played at Franklin, but the Patriots' field was flooded by the previous day's rain, prompting it to be relocated.

Please see BASEBALL, B4

Closing in



Down - and almost out: A dramatic third-period win Friday put the Whalers within one victory of an OHL title. The Whaler defense has been instrumental in the title run, keeping the league's top scorer, Shel-don Keefe (28), from doing much damage as illustrated by Libor Ustrnul (23).

> FILE PHOTO BY PAUL HURSCHMANN

Whalers a win away from crown

BY ED WRIGHT

Some teams require an inspirational pep talk to kick-start them into a higher gear during tense moments in championship-caliber games.

A fluke goal did the trick for the Plymouth Whalers Friday night during their 3-1 victory in Game Five of the Ontario Hockey League Championship Series against Barrie.

A fluke goal against them.

The Whalers saw their fragile 1-0 lead disappear with just over nine minutes left in the game when Barrie forward Blaine Down's slapshot deflected off a Whaler defenseman in front of the net and knuckled over Plymouth goalie Rob Zepp's glove into the net.

Instead of knocking the wind out of the Whalers, the unorthodex goal seemed to give them a boost.

Twenty-nine seconds after Down's goal,

GAME FIVE

Plymouth forward Randy Fitzgerald deposited a pass from George Nistas into the net to give the Whalers a 2-1 lead.

Tomas Kurka sealed the game for Plymouth with an empty-netter with just 49 seconds to go.

Plymouth leads the best-of-seven series 3-2 heading into tonight's Game Six at Barrie.

"Of the five games that have been played in this series, three of them have been three of the best games I've ever seen in my seven years of junior hockey," Plymouth coach Pete DeBoer said. "I thought it was fitting that Randy Fitzgerald scored the game-winning goal since he has been at the right place at the right time for us all season."

Zepp was brilliant in net for the

Whalers, turning back 27 shots. He almost single-handedly kept the Whalers in the contest during the first two periods when the Colts outshot Plymouth 24-14.

"Even after they scored that fluke goal, I was confident that we were going to win," Zepp said. "We were taking it to them the entire period, so I was sure we were going to get one back."

Plymouth outshot Barrie 14-4 in the final 20 minutes.

"Rob was outstanding for us again," DeBoer beamed. "He was our most valuable player without a doubt. He's so good so often that it's hard not to take him for granted sometimes."

The Whalers didn't muster a shot on goal until the 16:10 mark of the first period, but it was well worth the wait. Seconds after Finley kicked away Dami-

Please see WHALERS, B4

BASEBALL

Madonna region run still alive

It was a long first day for Madonna University at the NAIA Region VIII Baseball Tournament.

Tournament:

The Fighting Crusaders opened the four-team, double-elimination tournament, hosted by Indiana Wesleyan University in Marion, Ind., by losing to Marion (Ind.) College 9-5. A six-run fifth inning doomed Madonna, although it did get back to within 6-5 entering the bottom of the sixth.

That put the Crusaders, facing elimination, up against Huntington College, which fell to Indiana Tech earlier Friday. This game took 12 innings before Madonna emerged with a 7-5 victory and life for another day.

day.

The game-winning rally against Huntington in the top of the 12th inning started with a Derick Wolfe lead-off single. After Neil Wildfong (Plymouth Canton HS) struck out, Todd Miller (Farmington/Birmingham Brother Rice) singled with Wolfe advancing to third.

The Crusaders then pulled off a double-steal, Wolfe scoring the go-ahead run and Miller reaching third on an error by Huntington's second baseman. A single by Eric Lightle (Livonia Churchill) scored Miller with an insurance run.

Mitch Jabczenski went all 12 innings on the mound for Madonna to earn the victory; he gave up five earned runs on 13 hits and one walk, striking out five.

Lightle finished with three hits, including a double, and three runs batted in, with run-producing sin-

Please see MADONNA, B3



STAFF PROTOS BY PAUL HURICHDIAN

Falling short: After winning the first set, Matt Nagy, Canton's No. I singles, lost two tough sets to Salem's Faraaz Siddiqui.

Rocks rule Chiefs

Two of four singles flights in Friday's Plymouth Salem-vs.-Plymouth Canton tennis meet went the three-set distance, with tie-breakers playing a decisive role in both. Canton won one of those. Salem won the other.

So ended the drama of this cross-campus rivalry, due to the Rocks' dominance in every other flight — all of which they won, giving them a 7-1 triumph.

Salem completes its WLAA campaign with an 8-2-1 mark in dual meets.

No. 1 singles provided perhaps the best action of the meet, with Salem's Faraaz Siddiqui outdueling Canton's Matt Nagy 2-6, 7-6,

At No. 3 singles, it was Canton sophomore Kyle Andrews who hung on against Salem's Jon Machnacki for a 4-6, 7-6, 7-6 triumph.

It wasn't as dramatic anywhere else. At No. 2 singles, Salem's Ben Bartlett defeated Chris Foss

Please see TENNIS, B4



Something to smile about: Salem's No. 1 doubles team of Todd Schmalhurst (left) and Jason Meininger won in straight sets over Matt Schmidt and Erik Durance.

North's rallies doom Salem Canton can't keep

the Rocks, going 4-for-5 with three singles

and a double. Jacqui Slebodnick had two hits

and Katie Kelly had two hits and scored two

Liz Dekarske took the loss for Salem,

allowing five earned runs on 11 hits and four

walks, with seven strikeouts, in nine

ed North Farmington to a 6-3 triumph over Plymouth Salem in a Western Lakes Activities Association Lakes Division softball game

Salem had a 3-2 lead going into the seventh, and it should have been more, according to coach Bonnie Southerland.

"The girls hit really well, they just didn't string them together," she said. "We had the bases loaded twice (in the sixth and ninth innings) and didn't score). "We had the opportunities, but luck wasn't

on our side today. It was one of those games you've got to win. We had 'em." But the Rocks couldn't put the Raiders hits and two walks with nine strikeouts.

away. Salem answered a two-run North surge in the top of the first by scoring two of its own, with Kelly Jaskot and Amy Szawara each getting run-scoring singles. Salem took a 3-2 lead on an RBI single by Dawn Allen in the fifth, but the Raiders

bounced back to tie it in the seventh on a double by Samantha McComb and an RBI single by Chrissy King. In the 10th, North strung together fivestraight hits to put the victory away. Alyssa

Reinhardt singled in another. "It was a good game," said Southerland, noting the 13 Salem baserunners left on base. "We've just got to capitalize when we

Stanbridge doubled in two runs and Kristy

innings. Slebodnick took over with the bases The win went to Beth Danielewicz, who gave up two earned runs in 10 innings on 14

Salem 3, Franklin 0: It might not have seemed like a big deal, this WLAA crossover played Wednesday at Livonia Franklin because Salem's field was unplayable). But don't tell Liz Dekarske that.

The senior hurler remembered Salem's opening game at the Taylor Kennedy Tournament April 14 against Franklin, when she started strongly but then gave up three runs in the latter stages as the Rocks lost 3-1. "She really wanted this game because she

lost to them in Taylor," said Salem coach

Bonnie Southerland. Dekarske got what she wanted, shutting out the Patriots on three hits; she walked

one and struck out seven. Tara Muchow took the loss for Franklin, she surrendered three SOFTBALL runs on six hits without a walk, fanning five. Kelly Jaskot led the Rocks with two hits, Szawara had a good day at the plate for

one of them a run-scoring single in the first inning. Dekarske also had two hits, and Jen Allen drove in two runs on a fielder's choice n the fifth. Salem's defense certainly played a part in

the victory. The Rocks committed one error; Franklin had three. "My infield is just superb right now," said outherland. "Our defense is playing well

In the bottom of the sixth, with Canton

to Canton's attack.

The loss left Franklin at 7-7 overall.

Canton 5, John Glenn 3: Laura Stewart was working on a shutout until the seventh nning, when Westland John Glenn struck for three runs in a game played Thursday high jump (4-8). (after Wednesday's postponement) at Glenn. It could be said that Stewart, whose strikeout total is among the best in the state (186 first and a second for Canton. in 112 innings), won this game with her bat.

meters (5:50.0) and placed second in the 800 (2:37.0). clinging to a 3-0 lead, Stewart smacked a two-run triple - delivering the runs that proved to be the game-winners. Fox got a victory at the wire On the mound, Stewart allowed three runs with a season-best in the 400 on four hits and two walks, striking out 11. (1:00.8) and took a second in Jonelle Brown added two hits and an RBI

pace with Western

In a Western Lakes Activi-ties Association dual meet e Girls Track errupted several times by thining, Plymouth Canton's girls track team couldn't keep

Kim Yount got a win in the discus (84-4) and Michelle Kloeckner was first in the shot ace with host Walled Lake Vestern Thursday in falling nut (29-3 1/2). Other seconds for Canton a half-dozen firsts, two of them

went to Pam Reasor in the 1,600 (6:05.0); Mary Maloney by Amy Driscoll, who won both the long jump (15-feet, 7-inch-es) and pole vault (8-6); she in the 3,200 (13:11.0); and Deanna Mullins in the discus also finished second in the Several dual meets were

washed out by the lightning Sarah McCormack and storms that ravaged the area Thursday, including Plymouth Aeredith Fox both collected a Salem's meet against Walled McCormack won the 1,600 Lake Central. If - and when - they'll be made up is uncer-

> Both Salem and Canton compete in the Division I state regional at Redford Union Fri-

SPORTS ROUNDUP

WAYNE COUNTY COMMISSION

NOTICE OF PUBLIC HEARING

The Detroit Emergency Telephone District, which includes the cities of Detroit, Hamtramck, and Highland Park; and

The Conference of Eastern Wayne District which includes the cities of

Grosse Pointe, Grosse Pointe Park, Grosse Pointe Woods, Grosse Pointe Farms, and Harper Woods, and the village of Grosse Pointe Shores;

The Conference of Western Wayne District which includes the cities of

Livonia, Northville, Plymouth, Westland, Inkster, Garden City, Wayne,

Dearborn, Dearborn Heights, Canton, Romulus, and Belleville, and the Townships of Redford, Northville, Plymouth, Huron, Sumpter, and Van

The Downriver Mutual Aid District which includes the cities of Ecorse, River Rouge, Melvindale, Lincoln Park, Allen Park, Southgate, Wyandotte, Gibraltar, Flat Rock, Riverview, Trenton, Woodhaven, Taylor, and Rockwood

These amendments recognize and provide for the distribution and use of additional revenue resulting from fees charged under State law to users of

The hearing will be held:

THUREDAY, MAY 18, 2000, 10:00 A.M.

COMMISSION CHAMBERS ROOM 400

600 RANDOLPH STREET

DETROIT MICHIGAN 48226

Copies of the above item may be obtained or reviewed at the Commission

OHL FINALS

ce, 406 Wayne County Building, 600 Randolph, Detroit 48226.

and the townships of Brownstown and Grosse Ile.

cellular telephones for emergency telephone ope

(313) 224-0903.

nts to the Enhanced 9-1-1 final service plans for:

Tennis camp

Plymouth Salem tennis coach Tom Kimball will offer a summer tennis camp for kids 10-18 years through the Plymouth Canton Community Education Depart-

ment, starting in June. Students interested in taking the camp will be offered 12 lessons on the following dates: June 21, 22 and 26-29, and July 5, 6 and 10-13. No make-up dates are scheduled unless more than two of the dates are can-

celled. Registration fee is \$60. Beginners (ages 10-14) will meet from 9-10 a.m.; beginners (ages 14-18) meet from 10-11 a.m.; and intermediate/advanced

(ages 12-18) meet 11 a.m.-noon. For sign-up information, contact the Community Ed department at (734) 416-4900.

Girls softball clinic

A clinic in the fundamentals of softball will be conducted by the Plymouth Canton girls softball varsity team and coaches from noon-4 p.m. Saturday, May 20 at the Canton softball field.

The clinic is for interested girls ages seven and over. Cost is \$25 per player.

Register with the Plymouth Canton Softball Parent's Club 39601 Mayville, Plymouth, MI,

Thursday, May 18 Canton at Harrison (2), 4 p.m. Farmington at Salem, 4 p.m. The Wayne County Commission will hold a public hearing on proposed Wayne at Trenton, 4 p.m.

Franklin Rd. at Huron Valley, 4:30 p.m. Friday, May 19 A.A. Greenhills at PCA (2), 4:30 p.m. Churchill at W.L. Western, 4 p.m., Northville at Franklin, 4 p.m. Stevenson at N. Farmington, 4 p.m. W.L. Central at John Glenn, 4 p.m.

Saturday, May 20 Taylor Kennedy Invitational, 10 a.m.

(at W.L.Western), 4 p.m. Franklin at Churchill, 4 p.m. Wayne at Allen Park, 4 p.m.

Wednesday, May 17 Canton vs. W.L. Central

Churchill at Salem, 4 p.m. Franklin at Farmington, 4 p.m. Harrison at Stevenson, 4 p.m. W.L. Western at John Glenn, 4 p.m. Woodhaven at Wayne, 4 p.m.

PCA at S'field. Christian, 4:30 p.m.

Huron Valley at Fairlane, noon:

PREP BASEBALL Monday, May 15

Northville at Canton, 4 p.m Salem vs. W.L. Central Stevenson at Farmington, 4 p.m. N. Farmington at John Glenn, 4 p.m.

Tuesday, May 16 B.H. Roeper at PCA, 4:30 p.m. Bethesda at Huron Valley (2), 4 p.m. Madison Hts. at C'ville, 4:30 p.m.

(at W.L. Western), 4 p.m.

hold a meeting to discuss the following:

Economic Development Bonds.

THE WEEK AHEAD (Liv. City Tourney at Ford Field) Churchill vs. Stevenson, 10 a.m.

Consolation at Franklin, 3:30 p.m. GIRLS SOFTBALL Monday, May 15 Canton at Northville, 4 p.m. W.L. Central at Salem, 4 p.m. Churchill at Franklin, 4 p.m.

Franklin vs. C'ville, 1 p.m.

Championship final, 3:30 p.m.

Farmington at Stevenson, 4 p.m. John Glenn at N. Farmington, 4 p.m. Allen Park at Wayne, 4 p.m. Tuesday, May 16 A.A. Gabriel Richard at PCA, 4:30 p.m. Huron Valley at Bethesda (2), 4 p.m.

Luth, W'sld at Allen Park, 4 p.m. Wednesday, May 17 Salem at Churchill, 4 p.m. W.L. Central at Canton, 4 p.m. Stevenson at Harrison, 4 p.m. John Glenn at W.L. Western, 4 p.m. Wayne at Woodhaven, 4 p.m. Thursday, May 18

Harrison at Canton (2), 4 p.m. Salem at Farmington, 4 p.m. PCA at S'field. Christian, 4:30 p.m. Trenton at Wayne, 4 p.m. Country Day at Churchill (2), 4 p.m Franklin Rd. at Huron Valley, 4:30 p.m. Friday, May 19

W.L. Western at Churchill, 4 p.m. Franklin at Northville, 4 p.m. N. Farmington at Stevenson, 4 p.m. John Glenn at W.L. Central, 4 p.m. Saturday, May 20

Salem Invitational PCA at Huron Valley, 11 a.m. John Glenn at Dearborn (2), 11 a.m. Madonna Tournament

at Canton Softball Ctr., TBA. (Liv. City Tourney at Ford Field) Churchill vs. Stevenson, 10 a.m. Franklin vs. C'ville, 1 p.m. Championship final, 3:30 p.m. Consolation at Franklin, 3:30 p.m. BOYS TRACK Monday, May 15

the 100 (13.6).

Redford CC vs. Brother Rice at Liv. Ladywood H.S., 4 p.m. Tuesday, May 16 Farmington at Salem, 3:30 p.m. Canton at Franklin, 3:30 p.m. PCA at MIAC meet, TBA W.L. Western at Churchill, 3:30 p.m

W.L. Central at Stevenson, 3:30 p.m John Genn at N. Farmington, 3:30 p.m. Wayne at Belleville, 3:30 p.m. Luth. Westland, Clarenceville at Macomb Lutheran North, 4:30 p.m.

Friday, May 19 Division I Regional at RU, 2 p.m. GIRLS TRACK Tuesday, May 16 Franklin at Canton, 5:30 p.m.

Salem at Farmington, 3:30 p.m. PCA at MIAC meet, TBA Churchill at W.L. Western, 3:30 p.m. Stevenson at W.L. Central, 3:30 p.m. N. Farmington at John Glenn, 3:30 p.m. Lutheran Westland, Clarenceville at Macomb Lutheran North, 4:30 p.m.

Friday, May 19 Division 1 regional at RU, 2 p.m. Saturday, May 20 Division II regional at Algonac, TBA. GIRLS SOCCER Monday, May 15

Canton vs. Salem, 7 p.m. Wayne at Southgate, 4 p.m. Luth. W'sld at Harper Wds., 4:30 p.m N. Farmington at John Glenn, 530 p.m. W.L. Western at Churchill, 7 p.m. Stevenson at Farmington, 7 p.m. Wednesday, May 17

Canton at W.L. Western, 7 p.m. W.L. Central at Salem, 7 p.m. Ypsilanti at Wayne, 4 p.m. Liggett at Luth. W'sld, 4:30 p.m. Churchill at Stevenson, 7 p.m. Franklin at W.L. Central, 7 p.m. John Glerin at Harrison, 7 p.m.

Thursday, May 18 N.B. Huron at Luth, W'sld, 4:30 p.m. Friday, May 19 River Rouge at Wayne, 4 p.m. Garden City at John Glenn, 5:30 p.m.

Rochester at Churchill, 7 p.m. Saturday, May 20 Stevenson at Troy Athens, 11 a.m. OHL CHAMPIONSHIP FINALS Sunday, May 14 Whalers at Barrie (Ont.), 6 p.m.

Tuesday, May 16 Barrie (Ont.) vs. Whalers at Plymouth Compuware, 7:30 p.m. (if necessary) TBA-To Be Announced

FREE ESTIMATES



Council (name to be changed as incorporation papers are introduced) which shall have the power to provide funding to Regional Cultural institutions from a 0.5 mill ad valorem tax on the taxable value of the taxable property of the County. (2000-69-008)

Tuesday, May 16, 2000, 11:00 a.m. Commission Hearing Room 402 Wayne County Building 600 Randolph, Detroit, Michigan

You finally made

sunny disposition.

Love, Mom, Dad, Aunt Sarah

and Pogo.

Acutal size of your message

proof they're all wrong!

Congratulations to our beautifu

Love, Mom, Dad, and Andy

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beauty and

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same body.

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talent and

regional intra-modal mass transportation system.

Additional information may be obtained by contacting the Commission Clerk's Office, 406 Wayne County Building, 600 Randolph, Detroit, MI

WAYNE COUNTY COMMISSION

NOTICE OF MEETING

The Committee on Ways and Means of the Wayne County Commission will

1) An Ordinance to create a Department of Rapid Transport; and to

4) A Resolution to place on the ballot a vote for the Metropolitan Region

authorize the Chief Executive Officer to conduct studies and to take an

assertive role in negotiating with surrounding counties, the state and







(IF NECESSARY)

TUESDAY, MAY 16TH @ 7:30

VIP \$15 EXECUTIVE RESERVED \$10 CHARGE BY PHONE AT (734) 453-8400 OR STOP BY

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Salute that special graduate in your own special way! ON SUNDAY, MAY 21, 2000

Say Congratulations to your special graduate in your hometown newspaper for just \$20. Select a picture of your graduate when he or she was a little person, or a send a current picture by Monday, May 15, 2000.

Indicate whether you'd like your message to appear in The Observer or Eccentric newspapers.

Mail your check or money order along with photo and message to:



36251 Schoolcraft, Livonia, MI 48150 Attention: "Graduate"

NOTE: If you would like your picture returned, enclose a self-addressed, stamped envelop

Season to remember



Trophy time: The PC Jaws of the Plymouth-Canton Hockey Association had a lot to show for their recently-completed PeeWee season, including six trophies (above). The Jaws posted a 46-14-2 overall record, a 15-2-1 league record, and were Little Caesars Division 9 champions and MAHA District Four finalists. They were first at the Ice Mountain Invitational and the Detroit Extravaganza and were finalists at the Farmington Hills Holiday and Birch Run Spring Thaw tournaments. Team members are (first row): Mohammad Shahid, Brian Phillips. Ben Underwood, Bob Reilly, Kyle Kowalski, David Leslie; (middle row) John Sudia, Keith Jourdan, Tony Hulko, Brandon DeMars, Troy Thorne, Rob Dew, Kyle Blakely, Nick Foster, Ben Laurin, Ryan Stamm; (back row) assistant coach Rick Thorne, head coach Keith Laurin, assistant coach Bill Stamm.

Madonna from page B1

gles in the first and seventh home run, back-to-back singles my Stevens, who allowed seven innings. Wildfong also had three by Wildfong and Miller, and a hits (one a double), scoring three runs and knocking in another. and Miller added three hits.

runs scored, and Bob Hamp had with a three-run sixth, all scor- allowing two runs on three hits two hits and an RBI as the top ing on Wolfe's second home run and two walks, striking out one. five batters in Madonna's order of the game. accounted for all 13 hits.

to Wolfe, who homered twice. and of the fifth on Wolfe's lead-off

of them gave

their lives

emember

GLEN EDEN

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them.

sacrifice fly by Lightle. But Marion pushed across six in the bottom of the inning to Andrzejewski (Plymouth Salem). Wolfe had two hits and two take control. Madonna answered pitched the final three innings,

In the first game against Mari-RBI paced the Crusaders, who rival Indiana Tech at 1 p.m. Saton, the Crusaders led briefly and also got three hits from Miller urday at Indiana Wesleyan in

continued to battle back thanks and two apiece from Wildfong regional elimination game. The They scored twice in the top half (Livonia/Catholic Central HS). * at 3 p.m. The pitching loss went to Jere-

and one walk, with two strike outs, in five innings. Ryan

The Crusaders faced Wolver-Wolfe's two homers and four ine-Hoosier Athletic Conference Mario D'Herin winner played unbeaten Marion

The Annual Glen Eden

Memorial Day

Observance

Sunday, May 21, 2000

3:00 pm

Please join us for an afternoon

of remembrance, reflection, song

and prayer- as we honor

the lives of our loved ones

who sacrificed so much for

their country and its hallowed

tradition of liberty.

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248-477-4460

www.glenedenmemorialpark.org

Title shot

Canton wins Western Division

The title in the Western Divi- onship game. And who they will Friday at Huron. sion of the Western Lakes Activi- play is definitely in their own ties Association was clinched by Plymouth Canton Wednesday when the Chiefs edged Livonia Churchill 1-0 at Canton. The win allowed Canton to

conclude division play with a blemish on either team's Lakes perfect 5-0 record. Churchill fell to 7-3-1 overall, 3-1 in the divi-Anne Morrell accounted for the each did against the Western game's only goal, on an assist Division teams.

Amy Dorogi was in goal for the shutout, making nine saves.

game today," said Canton coach Don Smith of Dorogi's performance. "(Churchill) had a couple of good scoring opportunities, but so did we. They hit the post a couple of times." The Chiefs are now assured of Canton, blanking Ann Arbor

berth in the WLAA champi- Huron in a non-league match

In the Lakes Division, Plymouth Salem and Livonia Stevenson played to a 1-1 tie earlier this season, the only record. Which means the Lakes Division representative will be decided the tiebreaker - how

from sister Abi Morrell, scored Canton and Stevenson played with 18 minutes left in the first earlier this season to a 1-1 tie; Salem is thus far perfect against Western teams. However, Salem meets Canton at 7 p.m. Monday. "She played an outstanding The outcome of that game should decide who plays in the WLAA title match.

> Canton 5, A.A. Huron 0: Amv Dorogi posted her third-straight shutout in goal for Plymouth

The goals came from five different sources. Abi Morrell had a goal and two assists to lead the Chiefs, who led 2-0 at the half. Anne Morrell, Amanda Lentz and Nicole Schilk each had a

goal and an assist. The win pushed Canton's overall record to 12-1-1.

Salem 10, Franklin 0: Here's one that should have been stopped by halftime.

Plymouth Salem remained undefeated with this lopsided WLAA match, improving its overall record to 12-0-1. Franklin fell to 1-10-1

Kellee Mullin and Jeannine Edwards each scored a pair of goals for the Rocks, Edwards also assisted on two others. while Mullin had one assist. Jenny Fitchett was in goal for the Salem shutout.

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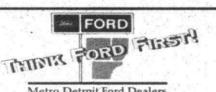
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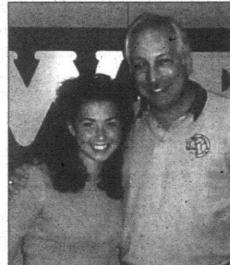
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Whalers from page B1

an Surma's shot - the period after Whaler forward lers' first of the contest -Jamie LaLonde was sent to George Nistas pounced on the rebound and shoveled it past a the box for an unsportsmandiving Finley at the 16:05 Surma were credited with Whalers outshot Barrie, 3-1. ists on the goal.

"We are a very confident eam right now," Nistas said. "All four of our lines are play-

Barrie outshot Plymouth 8-5 there won't be a Game Seven in the penalty-free opening

Plymouth's penalty-killing

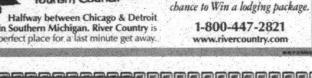
units excelled throughout the

game, shutting out all four

Colt power-play opportunities. The most-crucial one came are going to have to keep us

at the 14:13 mark of the third alive (Sunday night)."

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Plymouth has shut down

O'Keefe and Ryan Barnes

Tuesday night at Compuware

Arena, said Barrie interim

"There's no doubt we have to

get our big guns going," he

confirmed. "They got us this

far and they're the ones that

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head coach Bud Stefanski.

LaLonde was in the box, the

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Tennis from page B1

6-0, 6-4, and at No. 4, Andy Fen- Rocks wreck Franklin ton beat Andrew Wagner 6-0, 6-

Salem. Jason Meininger and Todd Schmalhurst defeated Matt Schmidt and Erik Durance 7-5, 6-0 at No. 1; Yigo Ling and Jason Schamberger bested Kevin Nuttall and Brian Balfour 6-3, 6-4 at No. 2; Scott Peruski and Evan Roller topped Brad Kreger and Adam Landy 6-3, 6-3 at No 3: and Jon Neal and Mark Coates scored a 6-0, 6-4 triumph over Chris Slupek and Mike Han at No. 4.

Next on the agenda for both Salem and Canton is the WLAA Tournament, which begins Tuesday at Livonia Stevenson.

Nary a set was lost Wednesday

when Plymouth Salem rolled past host Livonia Franklin 8-0. Indeed, the four singles players for the Rocks lost a total of just 12 games. At No. 1, Faraaz Sidiqui beat Franklin's Matt Clearman 6-0, 6-3; at No. 2, Ben Bartlett defeated Jeff Beydoun 6-0, 6-3; at No. 3, it was Jon Machnacki overwhelming Vimlesh Shukla 6-1, 6-2; and at No 4, Dave Daigneau bested the Patriots' Corey Clearman 6-2, 6-

players filled the No. 1 flight for Farmington Harrison Monday Doubles play was much the when Plymouth Salem hosted same, with the Rocks ruling every set. At No. 1. Jason Rocks ruled in posting a 7-1 vic-Meininger and Todd Schmalhurst beat Scott Gomez and

diqui lost to Harrison's Ryan Shade 6-2, 6-0. After that, it was all Salem. At No. 2, Ben Bartlett defeated

Tim Kupferer 7-5, 6-4; at No. 3. John Machnacki beat Dan Price 6-1, 6-4; at No. 4, it was Andy Fenton over John Kluka 6-1, 6-1. In doubles play, the Rocks' Jason Meininger and Todd

Schmalhurst bettered Robb Platt and Rahul Boinpally 6-3, 6-2 at No. 1; Yibo ling and Jason Schamberger defeated Branden Laczkowski and Ralph Plumley 3-6, 6-1, 7-6 at No. 2; Scott Peruski and Evan Roller topped Rob Taylor and Matt Pelletiere the Hawks. But after that, the 6-4, 6-4 at No. 3; and Jon Neal and Mark Coates were winners over Brian Studer and Charles Lublinat No. 4 doubles

Baseball

n't indicate it, the game was never had one of each kind in a to force a three-way tie for first close until the sixth inning. Franklin scored three runs in the first and trailed by just one, 4-3, entering the sixth — when

the Rocks struck for 11 runs. Eight of those were accounted for by homers. Salem had gotten a solo homer from Steve Gordon in the second inning and a tworun shot from Mike Thackaberry in the fourth.

In the sixth, the Rocks loaded grand-slam homer Gordon followed with his second solo homer of the game, and Jason Lukasik then sent a three-run shot over the season.

having four in a game before." said Salem coach Dale Rumberger of the home-run barrage. which covered the entire spectrum: solo, two-run, three-run

Gordon finished with three hits in the game, while Thackaberry had two. Jason Furr collected two singles and an RBI and Steve Stiles had a single and

Ryan Tracy had two singles and an RBI for Franklin.

Gordon went the distance on did not allow a baserunner. the mound for Salem, allowing striking out two. the bases and Ian Winter three earned runs on eight hits promptly unloaded them with a and a walk, with eight strikeouts. Joe Ruggiero took the loss three runs in the fourth and ed 10 hits in the game. for the Patriots "Hopefully, our pitching will Lukasik had two hits including a

hold up," said Rumberger as the solo home run, Ian Winter had the fence, his seventh homer of final two weeks of the regular two doubles, Chris Trott had a for-2 and Ronnie Williams made "I've been around here for a pitching better, when we have ry had a run-scoring double, and in the fifth. while, and I don't remember the right pitchers on the

> Salem 5. Stevenson 3: It was a much-needed victory. On Monday, the Rocks edged best to stay on top of the West- in the fifth.

and grand slam. "We certainly Livonia Stevenson at Stevenson ern Lakes Activities Associain the WLAA's Lakes Division.

Adam Koppin 6-0, 6-2; at No. 2,

Jason Schamberger and Andy

Fenton defeated Chris Dorr and

Chris Harris 6-1, 6-4; at No. 3,

Kyle Jose and Evan Roller

topped Rob Shaffer and Mike

4, Dave Wallen and Jon Neal

clipped Jason Hudy and Matt

The loss left Franklin at 4-6-1

One of the state's best singles

At No. 1, Salem's Faraaz Sid-

overall, 2-6-1 in the WLAA.

Salem stops Harrison

Nelson 6-0, 7-5

ouchelle 6-3, 6-4; and at No.

Salem and Stevenson split their home-and-away series this year. Jason Lukasik was the win- a 4-2 victory on the Spartans' ning pitcher for Salem, allowing home field. three runs (one earned) on three The Spartans are 9-7 overall hits and five walks, striking out six in 6 1/3 innings. Chris Hardy

came on to pitch the final 2/3 of Brad Buckler picked up the an inning and get the save; he victory with a four-hitter in which he struck out seven and

walked five. Jeff Mitchell took the loss for

Pete Pinto went 2-for-4 and added two more in the fifth drove in two runs. Brian Campbell and Dan Ross each went 2

Adam Kolb had a hit and an Stevenson 4, John Glenn 2: ately regained the lead with a Livonia Stevenson is doing its run in its fourth and added two

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tion's Lakes Division.

Stevenson improved to 5-1 in the division by keeping Westland John Glenn winless Friday with

while the Rockets are 5-14, six of them WLAA contests.

Stevenson led 1-0 after three

John Glenn as Stevenson collectinnings, but Salem struck for

season approached. "We've been two-run single, Mike Thackaber- his only hit a two-run home run The Spartans clung to a 1-0

lead until the Rockets tied it in the fourth. Stevenson immedi-

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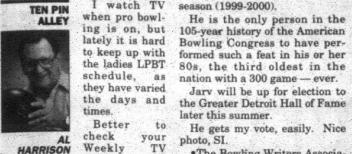
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BOWLING AND RECREATION

TV bowling brings out the stars



the ladies LPBT 80s, the third oldest in the schedule, as they have varied the days and Better

•The Bowling Writers Associaguide tion of America have chosen Earl Anthony and Marion Ladewig as Last Monday night there was the top male and female bowlers the Ladies Tour from San Diego of the past century. at 9 p.m. and there was more Dick Weber and Don Carter than just the bowling, as one of finished second and third in the front row spectators was none voting. Lisa Wagner and local other than Joe Norris, one of the favorite Sill were the second and all-time greats from Detroit. third vote-getters on the wom-

Norris was recently honored as one of the top 20 bowlers of the 20th century.

Now at the age of 92, Norris still looks great and we all hope to see him here in August, as he has always flown in from San Diego to bowl in the annual John P Gavie Memorial Tournament It was Kim Adler rolling to vic-

tory in the San Diego Open, winning the final match over Michelle Feldman. A strong contingent from our better than the rest.

area on the tour includes Aleta Sill, Marianne DiRupo, Cheryl Daniels and Lisa Bishop. Sill is the first and only lady

bowler to top the \$1 million on and a lot of awards were given the tour. out based on performance.

·Look for the current issue of Sports Illustrated magazine included Jackie Haner, Brent (May 15, 2000, page 39) for a clip Kossick, Bill Collins, Pat Barter, on Jarvis Woehlke, the senior Steve Engebretson, Roy Hixson, wonder, who at age 86 has Amber Henn, Scott Clemons, bowled two 300 games in one Kim Trumbulf, David and Mike runner-up squad included Trey

titles than anyone else, 41 on the regular tour plus seven senior Ladewig of Grand Rapids was just a superior talent, often aver-

aging more than the men in nament competition. and Jon Robison. Most other women bowlers just did not stand a chance against her, she was so much

•The Western Wayne Youth Warren. The W.W.Y.T.C. had a grand Traveling Classic League held its annual banquet at the Wayne Community Center last Sunday

Clemons.

into fine players. Members receiving accolades

Members of the Wayne Bowl

area's two other top youth traveling leagues in the annual Team Challenge, Sunday. June 4 at Ypsi-Arbor Lanes. The Sunday Youth Classic League and the Wards Youth Traveling League will also participate. The mini-camp is scheduled for Saturday-Sunday, Aug. 12-13 at Wayne Bowl. The mini-camp serves as a tryout venue for aspiring youth bowlers who would like to join the league, and also an instruc tional format for just about any one at any age who would like some coaching help with their •The Livonia Parks & Recreation youth bowling program

Anthony was a true master of Ageless wonder: Jarvis Woehlke (third from left) the game and captured more receives his gold 300 ring at Mayflower Lanes in Redford. Taking part are (from left) Jack Dahlstrom, GDBA Executive Director Mark Martin and Ron Lancaster.

> Jacobs, Steve Reitzel, Luke Raines, Natasha Martin, Dale Watkins, Dan and Ken Paczas, Moore, Matt Fochler and Ray Tim Moncrieff, Derek Paquin Perusse

> carryover from the Y.A.B.A. Haner was the winner for girls Banquet, held a day earlier in high game and series with Bill Collins and Brent Kossick

> year, and many of the bowlers shared boys high-game honors, made much progress developing each posting a 300 game. Collins The league champion Colonial in doubles with 1,304, while Ken Lanes team included Niki Bazman and Natasha Martin

Watkins, Roy Hixson and Scotty led the girls (195).

Some of the trophies were a Watkins with 814, while Jackie

and Philicia Anderson were tops Moore, Ryan Mortensen, Luke took second with 1256.

Steve Engebretson (207). Haner Fultz, Joe Celano, Keith Choma

Guys high series was by Luke

Juniors - the Cloverlanes team of Daryl Rayen, Dave Furtak, Adam Woodward (158 average, 174-204), Joshua Truax

and Julie Kuebler

(167 average, 234-197) and Scott Jones (147 average, 203-165). Bantam -the Merri Bowl team of Alex Manetti, Austin Marchio, Andrew Szczepaniak

had their championships on May

3 at Merri Bowl with 250 young-

Preps - the Woodland Lanes High average for boys went to team of Dianna Brda, Justin (average 76, 144-178) and John

35/578; Hahk Zajac. 2 16/629: Joe Newton, 3 04/813: Roy Prater, 229-04/637; Joe Suhagian, 278-2 00/725; Walt Arsena 43/539: Audrey Hom 203/541: Reggie Budzik, 256/63 Ken McDanlel, 216/581: Jer age, 228-215/604.

Westland Bowl E/O Friendship: Michael Garl 22/612; Patrick Tapper, 252/5 nette Allison and Diane Van

E/O Hard Times: John Chub lemke, 245/645; Dale Ritt Debra Chubb, 244/622; Kat rown, 204/527; Toni Fine E/O Double Trouble: David Fish

Asyer, 219/580; David Labon, Jr. sters competing in three age 10/595: Cathy Palloni, 179. divisions - bantams (ages 6-8) Thursday Nite Mixed: Ken Fabe preps (9-11) and juniors (12-up). 235/617: Keith Post, 235/65 Teams competing included Brian Bailey, 217/546: Ken Force four Livonia bowling centers -217/613; Audrey Chaffin, 188

Cloverlanes, Wonderland Lanes, andy Bailey: 187/524. Westland Champs: Sunday Gains, 245/688: Candy Loschiavo. Merri Bowl and Woodland Among the championship 225/572: Lucia Oliverson teams in each division: 212/527; Mary Ann Burke 210/556; Cathy Franczek, 201

Charlene Keller, 200/549. Woodland Lanes (Livenia) Senior Neuse: Doug Spic 258/724; Ed Zieman, 268/704 Gary Duarard, 256/725; Craig John son, 266/739; Mike Yaros

> 233-207/611; Colin Zurenko, 205 leff Thomas, 210-258/656; Chris enhardt, 204-209/601; Steve enhardt, 214; Melinda Thomas, 210; Alex Way, 211; Crystal Webb,

Red admiral leads in butterfly appearances



several.

spring than in past On the flip side, I have not seen a redspotted purple yet. Usually I see them they spent the winter. They are resiin the early spring on the gravel roads.

This is the spring of Where are they this spring?

terfly, about the size of the all white Several times this cabbage butterfly frequently seen early spring, at various loca- in spring. tions. I've seen not just one red admiral, but

Bowling Congress to have per-

nation with a 300 game - ever.

Jarv will be up for election to

the Greater Detroit Hall of Fame

He gets my vote, easily. Nice

later this summer.

photo, SI.

enis side.

TV

A contender for the most frequently seen year is the spring are vermiculated and camouflaged. azure. There seem to be more around this seen in southeastern Michigan did not

Red admirals are a medium sized but-

Prominent reddish-orange bands across the front and hind wings are the

field marks to look for in this species. They contrast strikingly with the black background and white spots near the spring butterfly this tips of the front wings. Their undersides All the red admiral butterflies I've

emerge this spring here in our state. Early spring individuals moved northward from the southern states where dents in Georgia and Florida and breed

In spring, red admirals begin moving next spring. northward. By April they have reached

Those individuals I've seen thus far may be on their way farther north. Along the way males and females will mate and lay their eggs on nettles. Armored with stout spines, the caterpillars are safe from many predators.

During the summer fresh new adults will be emerging in southeastern Michi-When fall arrives, all adult red admiral butterflies will begin moving southward. No caterpillars, eggs or chrysalis-

es will spend the winter in Michigan.

But, depending on how prolific the

In 1990, the State of New York had a major influx of red admirals. Over the history of the annual butterfly count at

Maybe this will be the year?

next. Extended cold periods in winter

Some day scientists will understand all the variables that cause these changes. Until then, we can enjoy their

OUTDOORS CALENDAR

CLASSES/

CLINICS

Paint Creek Outfitters in Rochester offers a variety of fly tving classes for beginners and advanced tyers. Call (248) 650-0440 for more information or to make a reservation for an upcoming class. FLY TYING

River Bend Sport Shop in South-

field offers fly tying classes for beginners, intermediate and advanced tyers. Classes will be held at various times. For more information and to register call (248) 350-8484 or (248) 591-

Westbank Anglers, located in the Bloomfield Plaza at Telegraph and Maple roads, offers fly tying clinics (beginning, advanced, Atlantic salmon and fly tying round table). All clinics will be conducted at the store and will cover tying tools, tool uses, and understanding of materials. All

classes are limited to six stu-

dents. Call (248) 538-3474 for

specific times, dates, fees, and

registration information. FLY CASTING

Westbank Anglers, located in the Bloomfield Plaza at Telegraph and Maple roads, offers fly cast ing clinics on Sundays through nid July. The clinics, designed to run from 9 a.m.-3 p.m., will be held at Cranbrook Academy. Students are instructed in basic casting techniques, overview of fly fishing tackle and knots, basic entomology, fish fighting skills, stream etiquette, and how to release a fish. Call (248) 538-3474 with questions regarding dates, times, fees and availabili ty. Class size is limited. 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.

DETROIT AREA STEELHEADERS Detroit Area Steelheaders, Inc membership meetings are held the last Tuesday of each month at Knights of Columbus, St. Piu X, 6177 Chicago Road, in Warren. The public is welcome. More information can be obtained by calling Ed Wilczek at (810) 757 7365 or club President Ray Ban

DETROIT ARCHERS OF WEST BLOOMFIELD

ACTIVITIES

Open shoot hours are from 1-5 p.m. Saturday and Sunday and 6-10 p.m. Thursday. For more information, call (313) 825-2110. LIVONIA RANGE The Livonia Archery Range is

open to the public. The range 10 a.m. to 4 p.m. on Saturdays open Tuesdays and Thursdays ton Road. Call (734) 466-2410 for more information

BASS TOURNAMENT naw Bay, May 27; Lake St. Helen, June 3; Wixom Lake, 26-27. Guaranteed payoffs will mined by the number of entries. 729-1762 or (734) 422-5813.

The club meets monthly at Gan-

Mike Daly at (248) 666-8910 for more information.

bury at (810) 598-0310.

features seven field lanes and one broadhead lane and is open and Sundays. The range is also by appointment only through the end of November. Cost is \$4 for adults and \$2 for children, Livonia residents shoot free of charge. The range is located on Glendale Ave., east of Farming-

The 2000 Top Bass Tournament will be held at various sites throughout the summer months. The schedule is as follows: Sagi-June 24; Sanford Lake, July 8 Wixom Lake, July 22; Lobdell Lake, Aug. 5; Lake St. Helen, Aug. 19; and Wixom Lake, Aug

For more information, call (734)

der Mountain in Waterford. Call

METRO-WEST STEELHEADERS Metro-West Steelheaders meets at 7:30 p.m. on the first Tuesday of each month in the cafeteria at Garden City High School. Call Dominic Liparoto at (248) 476-

The Michigan Fly Fishing Club meets at 7:30 p.m. the first and third Wednesdays of each month at Livonia Clarenceville Middle School, located on Middlebelt Road between Seven and Eight Mile roads. Call (810) 478-1494

The Four Seasons Fishing Club

Wednesday of each month at the

meets 7:30-9:30 p.m. the first

Civic Park Senior Center, 15218

FOUR SEASONS

Fishing Buddies Fishing Club meets the third Tuesday of each month in Rochester Hills. Meetings are open to all anglers boaters and non-boaters). Call (248) 656-0556 for more informa-

meets the third Thursday of each month at the Knights of Columbus Hall, 27600 Hall Rd., Flat Rock. Call Carroll White at (734) 285-0843 for more informa

than other years. Heritage Park in Farmington Hills, the

most individuals recorded was in 1994. It will be interesting to see when we have another peak in their numbers. It's hard to say what allows more but terflies to survive one year and not the

could cause the death of some eggs or chrysalises here in Michigan.

mine how many individuals we will see snow and cold temperatures, we had a mild winter. So this idea cannot explain Some years we see more red admirals why I have not seen a red-spotted pur-Butterflies do need moisture and adequate plant growth so that caterpillars

will emerge and have plenty to eat. Maybe last summer caterpillars of the red-spotted purples were unable to find adequate food and thus perished. Fewer

caterpillars means fewer adults to emerge in spring. Each year brings a different set of conditions and various numbers of indi-

abundance while they are here.

CLINTON VALLEY BASS

Clinton Valley Bass Anglers club

is seeking new members (boaters and non-boaters are welcome.)

5027 for more information. MICHIGAN FLY FISHING

for more information.

Farmington Road, in Livonia. Call Jim Kudej at (734) 591-0843 FISHING BUDDIES

HURON VALLEY STEELHEADERS The Huron Valley Steelheaders

BASS ASSOCIATION

The Downriver Bass Association. a non-tournament bass club. meets at 6:30 p.m. the fourth Tuesday of every month at the

(734) 676-2863 for more informa- Ortonville Recreation Area is

The School for Outdoor Leadership, Adventure and Recreation (SOLAR), a non-profit organiza tion 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

SHOOTING RANGES **BALD MOUNTAIN**

Bald Mountain Recreation Area

information.

in Lake Orion has shotgun (skeet & trap, sporting clays, 5 stand), rifle, pistol, and archery shooting facilities. Hours for archery and clay target shooting are noon to sunset Mondays and uesdays; 10 a.m. to sunset Wednesdays; and 10 a.m. to 6 m. Saturdays and Sundays. Rifle range hours are 3 p.m. to sunset Mondays and Tuesdays; 10 a.m. to sunset Wednesdays; and 10 a.m. to 6 p.m. Saturday and Sundays. 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

PONTIAC LAKE Pontiac Lake Recreation Area in Waterford has rifle, pistol, shotgun, and archery ranges. Range nours are 10 a.m. -5 p.m. Friday: through Sundays. Pontiac Lake Recreation Area is located at 7800 Gale Rd. Call (248) 666 1020 for more information.

ORTONVILLE RECREATION

That would not apply to this past winadults are during the winter, will deter- ter, except for a period of time with

METROPARKS

Ortonville Recreation Area in

Ortonville has rifle, pistol and

shotgun shooting facilities.

Range hours are noon-5 p.m.

METROPARK REQUIREMENTS Most Metropark programs are nal fee. Advanced registration and a motor vehicle permit are required for all programs. Call the respective parks toll free at the following numbers: Stony Creek, 1-800-477-7756; Indian Springs, 1-800-477-3192; Kensington, 1-800-477-3178; Hudson Mills, 1-800-477-3191.

2000 PERMITS The 2000 Huron-Clinton Metroparks annual vehicle entry permits and boat launching permits are on sale at all Metropark offices. Vehicle entry permits are \$15 (\$8 for senior citizens). The annual boat launching permits are \$18:\$9 for senior citizens). Call 1-800-47-PARKS for more

SPRING BOAT SHOW More than I 000 of the finest

information.

new and used boats will be displayed at the Spring Boat Show May 18-21 at Metro Beach Metropark near Mount Clemens Large boats, ski oats, cruisers sailboats, jet skis, dinghies, marine equipment and more will be exhibited on the shore and in the water. Boat show hours are 12 p.m. 8 p.m. each day. Admission is \$5 for adults; children inder the age of 12 are admitted free. Metro Beach is located at the end of Metropolitan Parkway, three miles east of I-94. CANOEING

Voyageur Canoe Day" is sched-

iled for Saturday, May 27 from 11 a.m.-4 p.m. at Stony Creek Metropark near the Rochester/Utica area. Learn its impact on the Great Lakes. Participants must be at least sin years of age. Pre-registration is required. Meet at the Mount Vernon Picnic Area. For additional information or to register contact the Nature Center at (810) 781-4621.

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 pro grams throughout the year. A state park motor vehicle permi is required for entry into all state parks and state recreation areas. For registration and addi tional information on the programs at Maybury call (810) 349-8390. For programs at Baic Mountain call (810) 693-6767. For programs at Proud Lake and Highland call (810) 685-2187. For programs at Island Lake cal (810) 229-7067.

WAYNE COUNTY

Wayne County Parks offers nature interpretive programs throughout the year. Advanced registration is requested. Call (734) 261-1990 to register and for more information. (To submit items for considere

tion in the Observer & Eccentric's Outdoor Calendar send information to: Outdoors, 805 E. Maple Birmingham, MI 48009; fax information to (248) 644-1314 3

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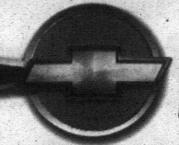
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PLYMOUTH RO.

Page 1, Section C

day, May 14, 2000

ARTISTIC EXPRESSIONS



LINDA ANN CHOMIN

Van Gogh's impact felt more than 100 years later

incent van Gogh would probably be amazed that a Livonia business owner would love his art so much as to create a promotion in his honor. But that's just what Christine Van Dam has done with her Van Dam Meets Van Gogh campaign at her women's boutique in Laurel Park

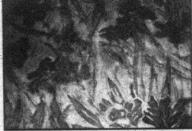
More than 100 years after his death van Gogh and his work are still making an impact on the world. Even though the Dutch painter remained relatively unknown in his day, Van Gogh: Face to Face, an exhibit of the artist's portraiture, continues to draw sell-out crowds to the Detroit Institute of Arts.

"I'm trying to make people aware of the exhibit and because I'm Dutch, I love van Gogh," said Van Dam, who's owned the original Van Dam's store located in the Renaissance Center for 23 years. "We've brought in all of these posters. It's just for fun."

Uniting people

But Van Dam didn't just hang posters of van Gogh's work, she commissioned Chrystyna Nykorak to create a dozen of her batiked silk scarves inspired by van Gogh's paintings of sunflowers and irises. Van Dam learned about Nykorak's art from Reinhard Lemke, the portfolio manager at Laurel Park Place. Lemke knows Nykorak from serving on the board of the Livonia Chamber of Commerce for which Nykorak is vice president of

membership development.
"It's so nice to build bridges between people," said Lemke, who's also general manager at Wonderland Mall. "I knew van Gogh continues to





Inspiring irises: This batik design scarf by Chrystyna Nykorak was influenced by the paintings of Vincent van

have an impact after his death, but I never expected van Gogh to bring. retailers together."

One of the ingredients in running a successful business is offering merchandise that's unavailable anywhere else. At Van Dam's, customers looking for "contemporary clothing with a vintage mood" can find one-of-a-kind items that add an element of fun to their wardrobes.

"I try to bring in new and upcoming designers," said Van Dam. "I buy only one of a size so you're not watching yourself coming and going. Most of the accessories are hand crafted by artists around the country and locally as with Chrystyna when possible."

Van Gogh Gold

Nykorak's original scarves heighten the senses with their vibrant blues and yellows. Like all of Nykorak's work they were created using the wax resist method of batik. Nykorak learned the ancient art while studying with British and Norwegian artists in Africa.

"I thought the designs would be difficult but I learned a lot from looking at van Gogh's backgrounds," said

Please see EXPRESSIONS, C2



ook for the yellow and red balloons hung out-

side Plymouth businesses Friday-Sunday, May 19-21 – that's where the artists will be.

Plymouth is Artrageous returns with dozens of

artists and music playing on the streets as the

tunities to meet the artists.

three-day event kicks off Friday evening. Eleven

participating businesses will host receptions com-

plete with hors d'oeuvres, refreshments and oppor-

"It's a unique event," said Annette Horn, co-chair

3-day art event returns to the streets of Plymouth BY LINDA ANN CHOMIN

. STAFF WRITER . PHOTOS BY PAUL HURSCHMANN

Art offerings: At left, Kay Rowe of Village Artists Studio of Plymouth, poses with her watercolor titled, "Pray NOW!" At right, Susan Horstmann's replica of the Mayflower Hotel will be unveiled at Wild Wings Gallery.



of Artrageous with Scott Smith of Pen-niman Gallery. Horn is co-owner of Native West Gallery. "It's a coming together of community. Non-art related

businesses can host artists. Every year we try to make this a fun event. Visitors will be walking on chalk art created by students and we have more musicians than we've ever had. When people are leaving the stores they'll be hearing music immediately

"Plymouth is still Artrageous," continued Horn. The kick-off is exciting with about 18 Plymouth Symphony Orchestra musicians playing on Penniman by the symphony office at 6 p.m. And at 5:45

first 100 people."

Canton artist Kay Rowe had a good time at last year's Friday night reception at the Plymouth Coffee Bean Co. She's returning this year with 11 of her students from the Village Artists Studio. In addition to the more than 50 paintings on exhibit, Rowe and student members of the studio will demonstrate watercolor and pen and ink techniques on Saturday and Sunday. Students of the Village Artists Studio, novice and professional alike, exhibit their works monthly at the Plymouth Coffee Bean

"Everybody really loved it," said Rowe. "The reception was so much fun. Our group is like family. We had a chance to meet everyone's family. It's really an opportunity for the artists to exhibit."

Memories

This is Susan Horstmann's first time exhibiting at Plymouth is Artrageous but not her first visit to the city steeped in history. She grew up in Plymouth and has exhibited at Art in the Park for more than

seven years.
Wild Wings Gallery will unveil Horstmann's resin replica of the Mayflower Hotel during Artrageous. The gallery commissioned the Saline artist to recreate the structure which stood at the corner of Main Street and Ann Arbor Trail for more than 70 years. It was demolished in 1999 to make way for a complex of offices, stores and a major restaurant.

Horstmann, a sculptor known for replicating the architecture of homes and businesses in clay and resin, remembers Sundays spent at the Mayflower with her family.

"We used to eat brunch there and then walk up to Cloverdale in summer to get ice cream," said Horstmann. "The Mayflower was part of downtown."

Horn can't wait for the arts extravaganza to begin even if the Mayflower, located two doors down from Native West, is nothing but a hole in ground. She'll showcase the beaded work of Gwen Fedor in addition to the usual jewelry, painting and home acces-

Plymouth is Artrageous

When: 6-9 p.m. Friday, May 19, 11 a.m. to 5 p.m. Saturday, May 20, and noon to 4 p.m. Sunday, May

Where: Downtown Plymouth, Main Street, Ann Arbor Trail and Penni-

ries stocked at the gallery aturing Southwest American Indian art. Fedor, who earned her bachelor's of fine arts degree at Eastern Michigan University, beads reproductions of Sioux dress and amulets as they existed in the 1800s. Hundreds of seed beads and uncounted hours of labor went into the smoked tanned hide ceremonial dress on display at the gallery.

"Gwen has gone to museums across the country studying the authentic objects," said Horn. "Her amulets, shaped like lizards and turtles, were

given to infants to promote health, happiness and a long life. They originally held the infant's umbilical cord and were believed to bring protective spirits. We'll also have Gwen's dolls dressed to represent the Sioux and Plains Indians in the 1800s.

Additional participating art walk businesses, nearly all of which will feature demonstrations: Plymouth Beading - Lori Grba and Pam Nichols exhibit jewelry and decorative objects made from glass and handmade beads. Livonia bead maker Don Miller demonstrates glass bead making

Sunday, May 21. Frameworks - A bonanza of artists including Judith Braun, Stacy Dumas, Steve Martin, Jeffrey St. John, Marissa Lenert, and Rachel Siggens exhib-

Please see ARTRAGEOUS, C2

Indian inspired: A Sioux umbrella and fringed dress of smoke-tanned hide and

fully-beaded Chief's vest of flour bags by artist Gwen Fedor at Native West.

CONCERT

MOT joins with youth choirs to bring Broadway home

Community" concert

Opera Theatre artists

Good Counsel Church.

Wednesday, May 17

Where: Our Lady of

Good Counsel Church

Plymouth. For more

features Michigan

and the children's

choirs and youth

When: 7:30 p.m.

1160 Penniman,

453-453-0326

BY LINDA ANN CHOMIN STAFF WRITER

Susan Lindquist is glad she invited the Michigan Opera Theatre back to work with the youth choirs at Our Lady of Good Counsel Church in Plymouth. On Wednesday, May 17, they'll all be Broadway bound when MOT artists Mark Vondrak, Karl Schmidt, Maria Cimarelli and Betsy Bronson join the 145 young singers for a concert "Coming Home: A Celebration of Community."

At Monday evening's rehearsal, Vondrak mesmerized the youths with the magic of professional theater as he showed them the choreography that will go along with the music Lindquist taught them earlier. Some of the students had worked with Vondrak two years ago when they performed selections from Les Miserables, so they wasted no time at rehearsals for the finale, an 18minute medley from Joseph and the

Amazing Technicolor Dreamcoat. The MOT artists will perform selections from Stephen Sondheim's

Into the Woods and Andrew Lloyd Webber's Phantom of the Opera after the four youth choirs sing brief representations of the liturgical repertoire they rehearse and perform all year long.

"It was most enjoyable to see the fun the kids had and their responsiveness to his directions." said Lindquist, director of the children's music ministry at Our Lady of Good Counsel. "And it was sur-

prising how quickly they brought it to life. You always have to give children a model to look to. To have them stand on stage with performers of the caliber of MOT is wonderful. It raises their whole expectation and raises themselves in all that they do. The high school kids love having the opportunity to act as well as sing in these roles."

Lindquist didn't have to work too hard to prepare the students for the

rehearsal with Vondrak. What: "Coming Home: A Celebration of After all, their vocal abilities have already won them invitations to sing at Carnegie Hall, the EPCOT Center, and the International Children's chorale at Our Lady of Choir Festival in London and Paris in August. Lindquist's biggest challenge was funding the concert until Johnson Controls Inc. stepped in to pay for the MOT cominformation, call (734) munity program.

Community bound

Thanks to Johnson Controls' generosity the students in the Junior (third grade) and Senior Singsations (grades 4-5), the Counsellor's Youth Chorale (grades 6 and up), and the CYC High School Ensemble were able to learn the finer points of musical theater from the experts at MOT. The choirs are open to students regardless of where they live or their religion. Members of the

Please see MOT. C2



Broadway bound: Michigan Opera Theatre artists Mark Vondrak (top left clockwise), Karl Schmidt, Betsy Bronson and Maria Cimarelli will join the youth choirs at Our Lady of Good Counsel Church for a "Coming Home" concert.

Through June 3 - The Many Moods

of Wooden People by sculptor Chris

Washington, Ann Arbor. (734) 761-

Through May - Altered Landscapes

(three Canadian perspectives) by

James Gordaneer, Jeremy Gordanee

LECTURES

John McCulloch, chairman of the

Commissioners will lecture on the

Southeastern Michigan at 7:15 p.m.

Tuesday, May 16 at the Art Center

1516 S. Cranbrook, Birmingham.

and John Climenhage. 2661

Bond: Photographs, 215 East

EITGEIST GALLERY

Michigan, Detroit.

BBAC ANNUAL MEETING

Oakland County Board of

future of arts and culture in

Donnelly. Through June 17 — Howard

FINE ARTS

Polk Art Competition features innovative, unpredictable works

In the three years that the Polk Company has sponsored Art & Technology, entries have ncluded everything from aerial photography to computer-generated images to a virtual pet, where a bell would ring inside an empty cage.

"This is certainly not predictable," said Ruth Nelson, Pelk's vice president of marketing and one of the driving forces behind the annual juried competition which awards \$23,000 in prize money to Michigan artists, students and faculty.

And predictable is not where it should be when the subject is

Cutting-edge innovations are what's expected, and that's what the exhibit, which opens today (Sunday, May 14) at the Birmingham Bloomfield Art Center in Birmingham, aims to deliver.

But don't expect video project tion or computer art, which would be a natural assumption given the theme. Instead, the work in this exhibit incorporates old and new technology rather than replace one with the other.

Beverly Hills artist Jim Nawara captures this in his oil painting Blue Fence, where a horizon of office buildings loom over a lazy barnyard landscape.

Educating the masses "What is technology? Technolo-

gy has been with art from the very beginning when artists mixed paint," said Mitchell Cope, a Hamtramck artist. His two mixed media works personalize textures from the city such as a park plug or razor.

The absence of direct refer-

What: Third-annual Polk Competition: Art & Technology When: Sunday, May 14-Satur day, May 27. Public reception is 1-4 p.m. Sunday, May 21 Where: Birmingham Bloomfield Art Center, 1516 S. Cranbrook, Birmingham, (248) 644-0866

ences to cars is also evident, but Ann Arbor's Mark Wentzel offers entary on industrialization with a blown-out tire - his own version of found art.

"My professor once joked to me saying, 'One of your artworks just hit me.' I like to say that I'm showing around the country," he The idea for the Polk Art Com-

petition came when the 78-yearold family-owned consumer marketing firm was merging its offices to one location on Northwestern in Southfield. When the subject of decorating came up, both chairman and CEO Stephen Polk and company president and COO Art Olsen supported the suggestion to obtain original works from Michigan students and artists

"Why not do something that educates?" said Preston Burke, of Preston Burke Gallery in Royal Oak, recalling his early conversations with Polk as the idea for the collection was com-

"Not only does it educate. employees, but it educates other businesses," he said.

Certainly it's not unusual for private companies to collect original art. Several office buildings along the Golden Corridor in Troy hold impressive works by major 20th century artists.

What is rare, however, is for

Expressions from page C1

tion with substantial prize money for the winners, and then purchase a number of the works for their own collection.

And what is remarkable about Polk, which also recently pledged \$3 million for the Detroit Symphony Orchestra Hall expansion, is its sole dedication to Michigan artists, a oint immediately evident at its headquarters entrance.

Greeting visitors and employees is Royal Oak artist Robert Martin's Boomerang, a colorful abstract image which merges aspects of traditional oil painting with a computer-generated pro-

Martin, an art professor in the electronic arts program at Wayne State University and a juror in this year's competition, is the only artist to have had two works purchased by Polk.

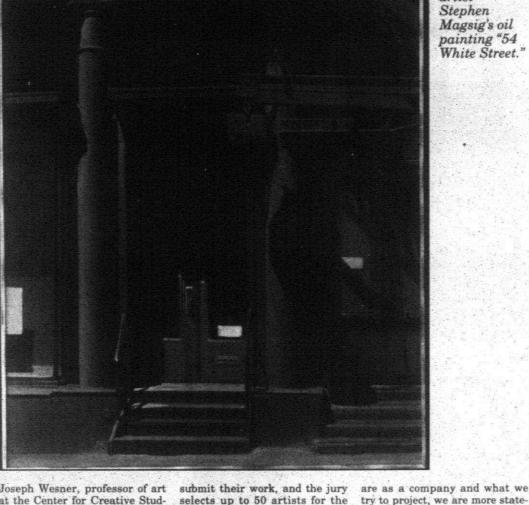
"It's a great competition, one of the few in the nation that supports both students and professors," he said. "It's promoting technology in a lot of different areas, from traditional landscapes to kinetic works of sculp-

Notable jurors

This is the second year that the BBAC is displaying Art &

Janet Torno, BBAC executive director, said the exhibition attracts many artists who don't routinely submit to other competitions, though visitors to last month's Michigan Fine Arts Competition will recognize West Bloomfield resident Neil Farkas' Child, an iris print grid portrait.

Along with Martin, jurors for this year's competition include John Pappas, professor of art at Eastern Michigan University;



brook Art Museum.

at the Center for Creative Stud- selects up to 50 artists for the es: Marvann Wilkinson, curator exhibition. Nelson said the Polk of 20th century art at the Detroit Company then purchases 10 owned company interested in the Institute of Arts; and Gregory works for its permanent collec- arts," said Nelson. Wittkopp, director of the Cran- tion based on the jurors' recommendations. Every year, hundreds of artists "When we looked at who we

of-the-art, but also a family-

can do to support the communi

"This is the kind of thing we

artist

Stephen

Magsig's oil

painting "54 White Street.

Nykorak, a Warren resident. "He has a lot of movement in his Van Gogh: Face to Face, to flowers. They're not just straight up and down. Doing the scarves technique before sitting down to art influenced other artists and also made me more aware of design the scarves. color. Van Gogh's colors are

Nykorak visited the exhibit. research the artist's palette and sad is he'll never know how his

"The portraits of peasants where, more intense. Suddenly, I'm were dark then he went to Paris Van Gogh: Face to Face contin-

Tired of paying top dollar?

change in the colors from the brooding to the bright. What's so that his work is on exhibit every-

painting more intensely because and he brightened up," said ues through Sunday, June 4 at Nykorak. "You can see the the Detroit Institute of Arts,

5200 Woodward. For tickets, call phia Museum of Art, discusses (248) 433-8444 or the Van Gogh van Gogh's legacy and his influ-Hot Line at (313) 833-8499. Joseph Rishel, senior curator tion of artists from Matisse and of European painting and sculp- Picasso to Chuck Close and story? Call Linda Ann Chomin

ence on each successive genera-Have an interesting idea for a

the Detroit Institute of Arts.

ture before 1900 at the Philadel- Andy Warhol 2 p.m. Sunday, Artrageous from page C1

Penniman Gallery - Cathy

■ Gabriala's - Painter Dorian Artist Suzanne Lawrence.

■ Linden Art Glass - Joe jewelry making.

George Pozan, and Michael Fill exhibit glass art. ■ Delta Diamond Setters & that explore the culture and

Jewelers - Designer Deborah spiritual traditions of California ■ Creative Framing & Gallery Piotrowski-Lobb demonstrates Native American tribes. wax carving, the first step in

Arthritis Today JOSEPH J. WEISS, M.D. RHEUMATOLOGY 18829 Farmington Road Livonia, Michigan 48152 Phone: (248) 478-7860 LEG PAIN It is fortunate that most leg pain clears itself. For the physician tracking down the cause and recommending a treatment is difficult. The reason most leg pain resolves is that a muscle or tendon strain is the cause. The physician floots such problems vexing because unlike leg problems involving, oints, arteries or nerves, pains coming from tendon and muscle strains are eliusive to identify.

Joint pain in the leg characteristically becomes worse on walking and is relieved by rest, at least any on, your sleep is not disrupted by night pain. Problems with clogged arteries in the leg have-milar features, except the pain comes on soon after walking, and is relieved by a short rest, only to

Nerve pain often includes a component of numbness or tingling. The distribution of the discomfort conforms to anatomical pathway of the nerve in the leg. Furthermore, nerve pain is worse at rest and tileved by activity. This feature relates to points of pressure on the nerve, and the distraction from in that comes when you are busy.

Muscle and tendon pain can be presented both when you are at rest or in movement. Only a part of e muscle or tendon may have injury or inflammation causing pain, so the precise location latornically is obscure. Furthermore, the pain can vary, and be gone just when you want to show our doctor where it is and where it goes. Muscle and fendon pain can last for months. Usually it will disappear as mysteriously as it came or

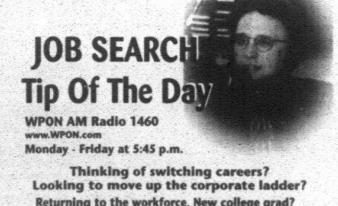
d generally it does not return. In the interim, you can only do as your body directs best eases the

North Brothers Ford Westland Send in your yearly payment for your 10% off parts and /or service bill of \$100 or Observer or Eccentric newspaper and receive a money-saving **Westland Car Care** HomeTown Savings Card that you Westland can use in places like these.. 10% off any service of \$100 or more YES! I would like to have a HomeTown **Eclipse Window Tint** Savings Card. Enclosed is my \$47.40 avment for the year. 10% off \$200 or more Jim Fresard Pontiac-Buick Royal Oak 10% off parts and service The Observer & Eccentric Newspapers PO BOX 3004, Livonia, MI 48151-9942

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ok for our complete HomeTown Savings card directory of participating businesses publishe



Returning to the workforce, New college grad? Downsized, Laid-off, Unemployed?

CUSTOMIZED RESUMES (\$59-\$89) Call Job Coach Larry Goldsmith (248) 569-5377

uture Trends for Employment Practitioners Presenter: Larry Goldsmith & Panel May 16 Southfield Ramada Inn isor: MI Employment Counseling Associations isor: The Southfield Career Center Workshop registration \$27 (248) 476 0791

Hands on Leather & Jewelry - Ken Wright demonstrates the

MOT from page C1

their religion. Members of the high school ensemble come from Plymouth Canton, Plymouth Salem, Gabriel Richard in Ann Arbor; Mercy High School, Farmington Hills; Ladywood Livonia, and the University of

"It's all about community, said Lindquist. "We wouldn't have been able to do it without Johnson Controls and the support of pastor John Sullivan who's a strong believer in music education.

"We're in the midst of monumental things at Our Lady of Good Counsel. We're celebrating the 50th anniversary of the school, which was my motivation for inviting students back to per form. And early this fall we'll be dedicating the new church.

Vondrak understands the mportance of community. That's why MOT originally founded the programs that bring opera and musical theater to audiences wherever they live in the state. He enjoys performing community concerts for such organizations as Canton Project Arts and working with students as he did at Our Lady of Good Counsel.

"We started a few years ago working with schools and hope to instill a love of theater in chil dren. It's an opportunity to get the students involved," said Von-

"It gives children a chance to work on stage with professionals and provides a valid theater experience. Our Community Programs give Michigan audiences a chance to see us in something other than the mainstage productions downtown (at the Detroit Opera House). We come to you. It's education and entertainment. We want to introduce Michigan audiences to opera and usical theater.

The Observer & Eccentric SUNDAY, MAY 14, 2000

Gallery exhibits, art shows, classical concerts

MAKING CONTACT: Please submit items for publication, at least two weeks in advance of the event, to Noteworthy, The Eccentric Newspapers, 805 E. Maple, Birmingham, MI 48009 or fax (248) 644-1314

ART SHOWS

The South Oakland Art Association

brochure call (248) 651-4110.

Mozart, Mommy and Me, the indi-

Birmingham in June. Call (248) 642-

Classes in watercolor, figurative

drawing and painting; workshops i

batik and watercolor monotypes at

the Jefferson Center, Room 16, 9501

Henry Ruff, Livonia. (734) 455-9517

Workshop for screenwriting, fiction

poetry, healing poetry, performance

art, creative non-fiction and Gonzo

Investigative Journalism is held at the

Scarab Club and area YMCA branch-

for non-members. Financial aid avail-

able, Call (313) 267-5300, ext. 338.

CONCERTS

Presents the Merling Trio at 7:30

28611 West 12 Mile, Farmington

p.m. Sunday, May 21 at the Temple,

Presents Kalichstein-Laredo-Robinson

Trio at 8 p.m. Saturday, May 20 at

Seligman Family Performing Arts

Presents Dave Young, Marchus

DETROIT SYMPHONY ORCHESTRA

May 19-21 features works by

Detroit. (313) 576-5111.

ISRAEL MEMORIAL CONCERT

JEWISH COMMUNITY CENTER

FOLK VESPERS

Intro to the Classics is at 3 p.m.

American composer John Adams.

Detroit Symphony Orchestra Hall

Dee Dee McNeil and the Bill Dowdy

Jazz Trio perform from 6-8 p.m. or

Sunday, May 21 at the First Baptist

Church, Willits and Bates Streets in

The Jewish Community Center pre

sents artists from the Michigan

Opera Theatre at 1 p.m. Monday, May

15 in Handleman Auditorium, 15110

West Ten Mile, Oak Park. (248) 967

A Mother's Day luncheon and concert

is at noon Monday, May 15 at 15110

West Ten Mile, Oak Park. (248) 967-

Presents an all Brahms concert at 8

p.m. Friday, May 19 at the Macomb

Performs at 3 p.m. Sunday, May 14

at the Southfield Center for the Arts

24350 Southfield. (248) 788-6618.

Festival of World Music and Dance

Boundaries, 8 p.m. Friday, May 19 at

Community College/Orchard Ridge

campus, Farmington Hills. (248) 522-

The energetic production is May 14

at the Macomb Center for the

TEMPLE BETH EL CELEBRATION

(248) 865-0616, press 2.

Performing Arts at Hall Road and

Garfield, Clinton Twp. (810) 286-

A musical revue marking 150 years o

May 14 at Wayne State, Bonstelle of

DINNER

THEATER

ony 'n Tina's Wedding, 7:30 p.m

Thursdays-Fridays: 4:30 p.m. and 9

p.m. Saturdays; and 2 p.m. and 6:30

248) 745-8668/(248) 645-6666.

ICE COMPANY SHOW

Woodward Ave, in Detroit, Tickets

MACOMB SYMPHONY ORCHESTRA

Center for the Performing Arts.

Garfield at Hall Road, Clinton

The 12th annual International

featuring Flamenco without

the Smith Theatre, Oakland

Township. (810) 286-2222

MOTOR CITY BRASS BAND

Belgrave and Spencer Barefield May

historic Indian Village. (313) 331-

18-20 at the Harlequin Cafe in Detroit

Sunday, May 14. The Classical Series

Center in Beverly Hills. (248) 737-

es. Cost is \$40 for members and \$50

alized play-based multi-sensory

SHAAREY ZEDEK

7933 for information.

ASSOCIATION OF LIVONIA

YMCA WRITER'S VOICE

BIRMINGHAM TEMPLE

CHAMBER MUSIC SOCIETY

CREATIVE ARTS COLLECTIVE

A six-week Creative Writing

VISUAL ART

ART SCAPES

presents the annual spring art show through May 19 at the American Center Building, 27777 Franklin Southfield, (248) 546-7850 **BIRMINGHAM FINE ART FESTIVAL** The festival takes place May 14 in

Shain Park. **GREEKTOWN ARTS FESTIVAL** The festival dates are 5-10 p.m. Friday, May 19: 11 a.m. 10 p.m.

Saturday, May 20 and noon-6 p.m. Sunday, May 21 on Monroe, Beaubien and St. Antoine in Greektown, Detroit. 1-877-GREEK-TOWN. PEWABIC POTTERY SALE

The 10th annual for the house and garden show and sale is 10 a.m. to 5 p.m. May 19-21 at the Birmingham Community House, 313 S. Bates, Birmingham. (313) 822-0954. PLYMOUTH IS ARTRAGEOUS

Come meet the artists in the stores hear the music on the streets, walk on the art and listen to The Plymouth Symphony at the Plymouth Is ARTrageous event in downtown lymouth, 6 to 9 p.m. Friday, May 19, 11 to 5 p.m. Saturday, May 20 and noon to 4 p.m. Sunday, May 21 (734) 455-5531 or (734) 455-8838 ROYAL OAK IN BLOOM

Create vibrant garden canvas with lush plants and garden accessories from 7 a.m. 5 p.m. Sunday, May 14 and Sunday. May 21 at the City Hall parking lot, 11 Mile and Main Street in Royal Oak. Sponsored by the Garden of Royal Oak WALLED LAKE CENTRAL

The senior art show is at 6 p.m. Friday, May 19 at Schoolcraft College, 18600 Haggerty Road, Livonia. (734) 462-4400.

WAYNE RESA ART FAIR

The 3rd annual art, music, dance and theater event is 11 a.m. to 7 p.m. Saturday, May 20 at 5454 Benoy Road, Wayne. For directions or more information check RESA.net.

AUDITIONS & CALL FOR ARTISTS

BIRMINGHAM BLOOMFIELD

ART CENTER Annual \$500 grant to members of the Art Center who have studied calligraphy for at least one year. Application deadline is June 1. Submit to Janet orno, Executive Director Birmingham Bloomfield Art Center. 1516 S. Cranbrook, Birmingham, 48009. (248) 644-0866. PAINT CREEK CENTER

FOR THE ARTS Accepting entries for Celebrate Michigan Artists 2000 fine arts exhi bition. The slide deadline is June 30 at 5 p.m. Curator this year is Helga Pakasaar, curator at the Art Gallery of Windsor, Canada. To receive as application, send a self-addressed stamped envelope to

PCCA/Celebrate Michigan Artists. MUSICA VIVA 407 Pine, Rochester, MI 48307. PCCA is also accepting entries for the Student, Faculty and Staff Art Show that will open on June 2. It is open to students and faculty of all ages who have taken or taught classes at PCCA from June 1999 to June 2000. For more information contact

(248) 651-4110. MEADOW BROOK THEATRE Intern auditions May 22-24 for stage management, lights, sound, props costumes, marketing/PR, casting, etc. For information call (248) 370-

CLASSES

CENTER FOR CREATIVE STUDIES Summer continuing and communit

education classes begin June 19 at the CCS campus in Detroit and at the Civic Center in Novi. For a schedule of classes or more information, call (313) 664-7456. DETROIT BALLET Classes in child and adult classical

ballet, tap and jazz. Adult beginners welcomed. Classes offered at the Betty Johnston Dance Studio in Farmington Hills at Folsom and Nine Mile (248) 474-3174. EISENHOWER DANCE ENSEMBLE

All levels of classes for recreational Vive Les Girls will take place at 2 and professional students, including p.m. Sunday, May 14 at the modern, ballet, pointe, tap and jazz for children ages 3 and older. 1541 Evergreen, Southfield. (248) 354

W. Hamlin, between Crooks and Livernois, Rochester Hills. (248) 852 MEADOW BROOK HALL Mother's Day Dinner at Oakland JEWISH COMMUNITY CENTER University Meadow Brook Hall is at 4 Adult art classes 9 a.m. to hoon p.m. and 6:30 p.m. on Sunday, May every Monday, Wednesday and Friday 14. (248) 370-3140. Woodcarving classes at 9 a.m.

Oak Park, (248) 967-4030 KAMMUELLE & DANCE CLASSES Advanced and professional classical ballet program, 9:30 a.m. Mondayriday; intermediate level, 11:30 a.m. Tuesdays, Thursdays and Fridays, 5526 W. Drake, West Bloomfield. (248) 932-8699

Monday-Friday, 15110 West Ten Mile,

PAINT CREEK CENTER FOR THE ARTS Open registration begins May 23 for summer classes for children and adults including Art Portfolio for high school students and a Watercolor in

the Park workshop for adults. 407

Pine Street, Rochester, For a

FOR KIDS DETROIT SYMPHONY ORCHESTRA ny Tots Series titled Destination Spain is 11 a.m. Saturday, May 20 at the Seligman Family Performing Arts

Center located at Detroit Country Day School in Beverly Hills, 22305 W. 13 Mile. Tickets are \$10 general admission, available at the Orchestra Hall box office or by calling the DSO at (313) 576-5111. Tickets are also available at Detroit Country Day School on the day of the concert.

KINDERMUSIK Enroll anytime for classes for new borns to age 7. Parents participate in classes for children under 3. Classes of Plymouth, 45000 N. Territorial, Plymouth. Call Lori at (734) 354-Through June — Paintings by Diana

approach to caregiver/child interac-PUPPET LADY Betty Appleton of Birmingham will tion for preschoolers, will continue spring programs at Shaarey Zedek in perform The Fire Children at the Southfield. Summer classes begin in

Galleries at 2 p.m. Saturday, May 20. COMMUNITY EDUCATION Rita's songs and puppets for ages birth to 4 years. Classes are at the

Sports Club, Farmington Road, Wes

Bloomfield. Register at (248) 539-

ALLERY 212 GALLERY EXHIBITS (OPENING)

SIRMINGHAM BLOOMFIELD

Competition featuring work of the theme Art & Technology through May 27. Reception 1-4 p.m. Sunday, May 21. Opens Monday, May 15 --Pontiac Student Art Program through

are held at the First Baptist Church Kroll, 2966 Biddle, Wyandotte, (734)

Alva and James Puntigam, 4620 Cass, Detroit. (313) 831-1400. REATIVE RESOURCE GALLERY Detroit Institute of Arts in the African Through May 29 - John Stockwell Contemporary Landscapes, 162 North Old Woodward, Birmingham.

(248) 647-3688

ANICE CHARACH

PSTEIN GALLERY hrough June 22 - Eileen Aboulafia: And the Birds Still Sing. 6600 West Maple, West Bloomfield. (248) 661-

Through May 14 — Endangered Planet, an all media juried exhibition 212 S. Main, Ann Arbor. (734) 665-ABATAT GALLERIES

Spanish sounds

Guitarist: Romerito de Huelva plays with Flamenco Without Boundaries in

the 12th annual International Pestival of World Music and Dance at 8 p.m.

FLAINE JACOB GALLERY

DAVID KLEIN GALLERY

LEMBERG GALLERY

Community College. Call (248) 522-3667

May 19, 1516 S. Cranbroo

HONEY B GALLERY

Birmingham, (248) 644-0866.

Painting by Carole Master will be or

display during a reception 7-10 p.m.

Thursday, May 18, 32751 Franklin

Road, Franklin, (248) 538-1699.

Opens Tuesday, May 16 - Gyan

Shrosbree clothing through May 27.

Closing party is 6-9 p.m. Friday, May

GALLERY

EXHIBITS

GOING)

ON

Through May 19 - Go: Figure. 35

East Grand River, Detroit. (313) 961-

Through May 27 - Canvas, dedicat

Trumbull and Lincoln. Red Building

south of Willis, Detroit,

ANDERSON GALLERY

593-6892

ART CENTER

644-0866.

CARIBBEAN COLORS

ANGEL'S GALLERY

ed to Ann Mikolowski. Alley between

Talk, 135 Pierce, Birmingham, (248)

A Spring 2000 Exhibition, featuring

Lidia Simeonova, continues through

June 30. She will be on hand to greet

visitors from 1 p.m. to 6 p.m. Sunday

Art Awards 2000; BBAC High School

Competition. Through May 27 - Joe

Zaiac: Vitreous Ideas, Art of a New

Century, sculptures by members of

1516 Cranbrook, Birmingham. (248)

Through May 21 - Island Life by Lee

the Sculptors Guild of Michigan

the works of Bulgarian born artist

May 7, Call (248) 547-8383

BIRMINGHAM BLOOMFIELD

SUSANNE HILBERRY GALLERY

555 South Old Woodward.

A.C., T. GALLERY

ALLEY CULTURE

Birmingham. (248) 642-8250.

Friday, May 19, at Smith Theatre on the Orchard Ridge campus of Oakland

Through May 19 - Modernism and

Fort of the Millennium (480, W.

Hancock: Wayne State University

Through May 27 — Dreams and

Durham, and works on paper by

163 Townsend, Birmingham.

IVONIA ARTS COMMISSION

Center Library, the students of

Clarenceville Schools present th

the Livonia City Hall Lebby is an

exhibit by Visual Arts Association

Livonia 33000 Civic Center Drive

Through June 1 - art show featuring

vonia (734) 466-2540

Detroit (313) 833,9700

Mother's Day salon is 3.6 p.r.

and monologues. Through Juhe 3

Reconstructionism featuring Jor

June 10 - Grosse Point Art

Defroit. (313) 886-2993

METROPOLITAN CENTER

FOR THE CREATIVE ARTS

MEADOW BROOK

ART GALLERY

Lockard and Willis Davis. Through

Association exhibit: 17329 Mack

Through May 14 — Progressions.

Department of Art and Art History

Student and Faculty Art Exhibition

Through May 27 - Showcase 9

recent works of nine Wayne State

6911 E Lafayette, Detroit (313)

University graduating MFA students

MANISCALCO GALLERY

MAJESTIC CAFE

artwork, 32777 Five Mile, Livonia,

Reflections by California artist Brad

American modernist Joseph Stella

hrough May 27 - New works by

Jennifer Barry and Joseph Smith, 538

N. Old Woodward, Birmingham. (248

Through May 14 — The 28th Annua Opens Sunday, May 14 - Polk Art International Glass Invitational, 7 N Saginaw, Pontiac. (248) 333-2060. SUSANNE HILBERRY GALLERY Through May 27 - Megan Parr paintings and clothing by Gyan

OAKLAND COUNTY GALLERIA Through June 9 - Voices, an exhibit by the Birmingham Society of Wome Painters. The Galleria is located on the second floor of the Oakland

County Executive Office, Building

1200 North Telegraph in Pontia Call (248) 858-0415. PAINT CREEK

CENTER FOR THE ARTS Through May 20 — Pieces: 25 works in collage and assem blage. Through June 17 - Eric

Mesko: Mixed Media Constructions, 407 Pine Rochester. (248) 651-4110. PALETTE AND BRUSH CLUB

Through June 16 — a juried exhibit the club's paintings at the BPS Corporate Conference Center, 3130: Evergreen, Beverly Hills. (248) 646-

(248) 644-0866. PEWABIC POTTERY **BROWN BAG LECTURE** Through June 3 — Animals:

Bob Gaylor, curator of Rare Books at Vessels & Sculpture. Pewabic Oakland University, hosts a Brown Pottery, E. Jefferson, Detroit. Bag Lecture that asks is There Gold n Your Attic? at noon, Thursday, May 18. Brown Bag lectures are held in the Information Technology Auditorium, on the west side of the county campus in Waterford. For

> Arts, Culture and Film at (248) 858-LITERARY

AGBU MANOOGIAN SCHOOL

ArtServe Michigan's Creative Writers in Schools program, funded by the Michigan Council for Arts & Cultural Affairs, is having a project for fourth through 10th graders from May 8-12 Call Judith Kadri, Upper School Head Teacher, at (248) 569-2988.

BOOK SALE The Friends of the Southfield Library are hosting the Semi-Annual Book Sale May 17-21 with a preview night from 6-8:30 p.m. Wednesday, May 7. 26000 Evergreen, Southfield 2481 948-0470

MUSEUMS CRANBROOK INSTITUTE

The Sunday Brunch lecture is Science in the Service of Art is 11 a.m. Sunday, May 14. Through June 4 -Cranbrook institute of Science Planetarium presents Planet Alignment 2000 Saturday and Sunday 2 and 4 p.m. Saturday and Sunday and 7 and 9 p.m. Friday, Through September 4 — Young Stargazers Sky Journey is 11:30 a.m. Saturday and Sunday, N. Woodward, Bloomfield Hills, 1-877-GO-CRANBrook

DETROIT INSTITUTE OF ARTS hrough May 21 — Detroit Public Schools Student Exhibition. The Enduring Horizon: American Landscape Photographs from the DIA's Collection. Through June 4 -Van Gogh: Face to Face. Through May 31 — Glass, Glass, Glass, Fron the DIA's Collection. Through June 4 - Martin Lewis: Drawings and Related Prints, 5200 Woodward,

Detroit. (313) 833-7900

Presents A Bad Year for Tomatoes. May 18-20, 25-27 at the Depot heater, 4861 White Lake, Clarkston, (248) 625-8811. GEM THEATER

by Jeff Daniels, extended through June 25, 2 g.m. and 8 p.m. Wednesdays: 8 p.m. Thursdays-Saturdays: 3 p.m. Saturdays; and 2 p.m. and 6 p.m. Sundays: 33

Madison, Detroit, \$24:50-\$34.50

MEADOW BROOK THEATRE Two plays made possible through the 2000 Page to Stage program are at 7 p.m. Thursday, May 18 and Echoes of the Earth, at 8:15 p.m. riday. May 19 and 3:15 p.m. Saturday, May 20 on the Meadow

Brook Theatre main stage, Oakland

University campus, (248) 649-3739.

The Male Intellect: An Oxymoron? A humorous play with actor Robert Dubac is May 16-21 at the Music Hall Center for the Performing Arts in Detroit Tickets are \$15-\$35 and may be purchased at the Music Hall and Fox Theatre box offices and all Ticketmaster locations, (248) 645-

Less is More 24350 Southfield PLYMOUTH ARTS COUNCIL

SOUTHFIELD PUBLIC LIBRARY The Teen Drama Club presents Art work of Southfield High School Moliere's Tartuffe at 8 p.m. Foday Achieving in the Arts, also through May 19 at the Plymouth Communit June: 12 handmade quilts created t Arts Council, off Sheldon Road at the Wednesday Night Quilting Sisters

SWORDS INTO

(313) 822-0954

ARTS COUNCIL

POSA GALLERY

PRINT GALLERY

REVOLUTION

SMALL WORLD CAFE

SOUTHFIELD CENTER

FOR THE ARTS

PLYMOUTH COMMUNITY

Through May 25 - Watercolors by

Fhrough May 31 - featured artist of

the month is Patty Auerbach. Summ

Place Mail, Waterford, (248, 683-

Malaysian artist Eng Tay 29173

brough May 27 - Larry Fink.

Theater Without a Plot: Runway

23257 Woodward, Ferndale | 248

Through May 31 - Ocean World

International institute's cafe, 111 f

Kirby, Detroit (313) 871-8600

Through May 30 - Pauline Ender

Paintings by Brian Taylor at the

Northwestern, Southfield, (248) 356

lulia A. Hardy. 774 N. Sheldon.

Phymouth +734) 416:4978

PLOWSHARES GALLERY Peace, 33 E. Adams, Detroit, (313)

Munistry will be on display, 26000

Evergreen, Southfield (248) 948-

SYBARIS GALLERY Through May 20 - Barbara Coope sculptures 202 East Third Street Royal Oak (248) 544-3388. WASHINGTON STREET GALLERY

46th in Detroit. The show runs through June 3. Tickets can be purchased online at www.ticketweb.com

> Presents Forever Plaid, a funny musical revue of early rock 'ny roll music.

May 14, 19-21, 26-27, 752 Chestnut, Birmingham. (248) 644-2075.

Peter Soave, Farmington resident and bandoneon and bayan artist, is featured in an off-Broadway musical; Eurydice, at Studio Theatre, 145 W.

STUDIO THEATRE

VILLAGE PLAYERS

Set aside time daily

to 'Change Your Life'

'This is a clear sign that Detroit is on the rebound. Many

civic supporters believe that the health of the cultural insti-

Hulsker will join with other

orchestra members to give a free

concert during Plymouth is

Artrageous 6 p.m. Friday, May

19 on Penniman. The orchestra

also performs 7 p.m. Sunday,

May 21 for St. John Neumann's

25th anniversary concert at the

church, 44800 Warren, west of

Sheldon, Canton. The concert is

Watercolor artist Kristine

Dumm will display several of her

cat portraits at the Mid-Michi-

gan Cat Fanciers Show Satur-

Allen Park Civic Center.

day-Sunday, May 20-21 at the

Dumm, a Redford resident,

specializes in commissioned

painted from photographs. For

more information, call Dumm at

The teen drama club at the

Plymouth Community Arts

Council is presenting Moliere's

timeless farce, Tartuffe 8 p.m.

Friday, May 19 at the Joanne

Winkleman Hulce Center for the

Admission is by donation. All

Arts, 774 N. Sheldon at Junc-

free to the public.

PET PORTRAITS

(313) 541-7425.

tion, Plymouth.

TEEN PRODUCTION

OBSERVER & BCCENTRI

(248) 644-FILM AND HAVE YOUR

XPRESS READY. A 51¢ SURCHARG

ELEPHONE SALES - MATINEE MOVIE

NP BATTLEFIELD EARTH (PG13)

12:00, 2:15, 4:30, 7:00, 9:30 KEEPING THE FAITH (PG13)

12:00, 4:30, 7:10, 9:45 MP CENTER STAGE (PG13)

12:05, 2:20, 4:40, 7:15, 9:45 WHERE THE HEART IS (PG13

NP U-571 (PG13)

VEGAS (PG)

RULES OF ENGAGEMENT (

1:20, 4:00, 6:45, 9:20 HIGH FIDELITY (R)

IP I DREAMED OF AFRICA (PG13

Brighton - Cinemas 9

NP BATTLEFIELD EARTH (PG13)

1:10 (4:15 @ \$4.00) 7:10, 9:45

NP GLADIATOR (E)

28 DAYS (PG13)

Waterford Cinema 16 7501 Highland Rd. comer M-59 & Williams Lake Rd 24 Hour Movie Line 248-666-7900

ur expanded parking lot is now ope

NP BATTLEFIELD EARTH (PG13)

12:30, 1:00 (4:00, 4:45 @ \$4.00)

etween University & Walton Blvd 248-373-2660 Bargain Matinees Daily All Shows until 6 pm Continuous Shows Dai Late Shows Fri. Sat. THRU THURSDAY

NP DENOTES NO PASS NP GLADIATOR (R) 45, 1:15, 1:45, 3:45, 4:15, 4:45 NP I DREAMED OF AFRICA (PC13) 10:10

FLINTSTONES IN VIVA ROCK . 12:40, 2:45, 4:45, 6:30, 9:20 THE ROAD TO ELDORADO (PG) 12:30 LOVE AND BASKETBALL (PG13) 1:35, 4:05, 5:40, 9:10 U 571 (PG13)

1:20, 3:50, 5:20, 9:00 NP BATTLEFIELD EARTH (PG13) :15, 1:45, 4:90, 4:30, 7:00, 7:30, NP HELD UP (PG13) 10, 3:15, 5:20, 7:35, 9:4 NP SCREWED (PG13) NP CENTER STAGE (PG13) FINAL DESTINATION (R) ERIN BROCKOVICH (R)

Showcase Dearborn 1-8 Michigan & Telegraph 313-561-3449 All Shows until 6 pm Late Shows Fri. & Sat. NP DENOTES NO PASS

2:10, 4:35, 7:00

NP GLADIATOR (R) 45, 1-15, 1-45, 3-50, 4:20, 4:50, NP FLINTSTONES IN VIVA ROCK VEGAS (PG) 12:40, 2:45, 4:45,6:30, 8:35 OVE AND BASKETBALL (PG13 U-571 (PG13) 12:50, 4:00, 7:00, 9:3 P BATTLEFIELD EARTH (PC13 NP HELD UP (PG13) 1:30, 3:45, 8:15, 10:1 FINAL DESTRIBATION (R)

6:45, 10:20

Showcase Pontiac 1-5 Telegraph-Sq. Lake Rd. W Side of Telegraph 248-332-0241 Bargain Matinees Daily

• All Shows Until 6 pm Late Shows Thurs, Fri. & Set. NP DENOTES NO PASS

NP GLADIATOR (R) 1:00, 3:00, 5:05, 7:10, 9:15

Showcase Pontiac 6-12 405 Telegraph Rd. East side 248-334-6777 Bargain Matinees Daily • All Shows Until 6 pm THRU THURSDAY
NP DENOTES NO PASS

DREAMED OF AFRICA (PG13) 12:15, 10:20 FLINTSTONES IN VIVA ROCK VEGAS (PG) 12:35,2:45, 6:45, 8:30 OVE AND BASKETBALL (PG13). MP HELD UP (PG13) NP CENTER STAGE (PG13) 1:00, 3:50, 7:25, 9:50 NP BATTLEFIELD EARTH (PG13) 1:15, 4:15, 7:15, 9:55 KEEPING THE FAITH (PG13) 1:30, 4:10, 6:50,9:30 U 571 (PG13) 1:40, 4:30,7:10, 9:40

Que Vadis Warren & Wayne Rds 313-425-7700 Bargain Matinees Daily All Shows Until 6 pm Continuous Shows Daily ATE SHOWS FRIDAY & SATURDAY THRU THURSDAY

NP DENOTES NO PASS 15, 1:45, 4:00, 4:30, 7:00, 7:30,

OP BATTLEFELD EARTH (PG13) NP HELD UP (PC13) 1:10, 3:15, 5:20, 7:30, 9:41 1:30, 4:10, 6:50, 9:30 FINAL DESTINATION (R) 1:00, 3:05, 5:10, 7:20, 9:25



One blk S. of Warren 313-729-1060 Bargain Matinees Daily All Shows Until 6 pm

Continuous Shows Daily Late Shows Fir. & Sat. THRU THURSDAY NP DENOTES NO PASS NP GLADIATOR (R) 12:45, 1:15, 1:45, 3:50, 4:20 4:50 No one under age 6 admitted fo PG13 & R rated films after 6 pr

OR SHOWTIMES AND TO PURCHA TICKETS BY PHONE CALL 248-372-2222 www.STAR-SOUTHFIELD.com PI DREAMED OF AFRICA (PG13) FREQUENCY (PG13) NP FEATURES - SORRY NO VIP DISCOUNTFICKETS ACCEPTED FLINTSTONES IN VIVA ROCK 12,30, 2:00, 2;30, 4:00, 4;30, 6:30, NP CENTER STAGE (PG130

1:30, 3:55, 6:50 9:20 U 571 (PG13)

ROAD TO ELDORADO (PC)

Star Theatres
The World's Best Theatres

Ureat Lakes Shopping Cente 248-454-0366

NP THE GLADIATOR (R)

3:50, 4:30, 5:10, 5:50, 6:30,7:10

NP VIRGIN SUICIDE (R)

1:55, 1:55, 4:00, 6:10, 8:2 NP SCREWED (PG13)

NP CENTER STAGE (PG13

NP HELD UP (PG13)

NP BATTLEFIELD EARTH (PG13

2:10, 12:50, 2:00, 3:00, 3:40, 5:3

P I DREAMED OF AFRICA (PG13)

THE FLINTSTONES IN VIVA ROCK VEGAS (PG)

WHERE THE HEART IS (PG13)

1:40 4:20 7:00 9:30

30 4:10 5:20 6:50 8:00 9:20

1:00.3:45, 6:00, 5:55

KEEPING THE FAITH (PG13)

12:35, 3:20, 6:00, 8:55 RETURN TO ME (PG)

THE ROAD TO EL DORADO (PG

12:45, 2:45, 4:45 28 DAYS (PG13)

HIGH FIDELITY (R)

ERIN BROCKOVICH (R)

12:40, 3:30, 6:40, 9:40

FINAL DESTINATION (R

12:05, 2:15, 4:35, 6:45, 9:0 ADRENALINE DRIVE (NR

12;20, 2:40 RULES OF ENGAGEMENT (R)

248-585-2070 CALL FOR SATURDAY SHOWTIME

PC13 & R rated films after 6 pm

12:30, 1:20, 2:10, 3:00, 3:50, 4:40, 5:30, 6:20, 7:10, 8:00, 8:50, 9:40

NP SCREWED (PG13)

NP GLADIATOR (R)

00, 12:50, 1:40, 2:30, 3:20, 4

I DREAMED OF AFRICA (PG13)

WHERE THE HEART IS (PG13)

12:10, 2:40, 5:10, 7:30, 10:00 RULES OF ENGAGEMENT (R)

1:30, 4:20, 7:00, 9:50 RETURN TO ME (PC)

THE ROAD TO ELDORADO

12:15, 2:20, 4:30 ERIN BROCKOVICH (R)

12:40, 3:30,6:30, 9:30 28 DAYS (PG13)

Star Rochester Hills 200 Barciay Circle 248-853-2260

SUNDAY THRU THURSDA

one under age 6 admitted for 13 & Rirated films after 6 pm

NP BATTLEFIELD EARTH (PG13)

11:40, 2:20, 4:50, 7:30, 10:20

NP SCREWED (PG13) 12:10, 2:10, 4:40, 7:15, 9:30

NP CENTER STAGE (PG13)

NP GLADIATOR (R) 2:30, 2:00, 3:45, 5:76, 7:00, 8:30,

I DREAMED OF AFRICA (PG13)

WHERE THE HEART IS (PG13)

11:50, 1:50, 4:00, 6:10, 8:20

2:10, 5:05, 7:35 NO VIP TICKETS

12:30

SUN. 11:30, 12:15, 1:30, 2:20, 3: -4:20, 5:20, 6:30, 7:15, 8:30, 9:30 10-20-MON-THURS 12-15 1-2:20, 3:15, 4:20, 5:20, 6:30, 7 8:30, 9:30, 10:20 NP SCREWED (PG13) 2-20, 2-40, 5:00, 7:20, 9:40 NP CENTERSTAGE (PG13) 1:10, 4:10, 7:10, 10:10 NP GLADIATOR (R)

KEEPING THE FAITH (PG13).

11:50, 5:00, 10:15

2:45, 3:30, 4:00, 4:45, 5:30, 6:1 Bargain Matinees Daily \$5.00 All Shows Starting before 6:00 pm 7:00, 7:30, 8:15, 9:00, 9:45, 10:30 MON-THURS 12:00, 12:30, 1:15, Now accepting Visa & MasterCard "NP" Denotes No Pass Engagement 6:15,7:00,7:30, 8:15, 9:00, 9:45, NO VIP TICKETS Star Great Lakes Crossing

PIDREAMED OF AFRICA (PG13) 12:10, 6:20 NO VIP TICKETS WHERE THE HEART IS (PG13) 1:10, 4:10, 7:10, 10:05 LOVE AND BASKETBALL (PC13) FLINTSTONES IN VIVA BOCK VEGA

(2:00, 2:30,5:10, 7:45, 10:15 FREQUENCY (PGT3) 1:20, 4:20, 7:30, 10:20 1:45, 4:30, 7:20, 10:10 28 DAYS (PG13) KEEPING THE FAITH (PG13) 3:50, 6:50, 9:50 BULES OF ENCAGEMENT (R

THE ROAD TO EL DORADO (PC 12-10, 2-20, 4:30,6:4 ERIN BROCKOVICH (R) FINAL DESTINATION (R 12:30, 3:00, 5:30, 8:00, 10:30

United Artists Theatres Bargain Matinees Daily, for all sho starting before 6:00 PM e've tripled our lobby and added I takland County with the new Dolb NV - No V.LP, tickets accepted

One Block West of Middleb 248-788-6572

1:00, 4:00, 6:50, 9:35

:50, 1:00, 2:20, (4:00, 4:50 @ 4:00) 6:45, 7:30, 9:20, 10:00 -20, 2:40, (5:00 @ \$4,00) 7:45, 9:45 RATTLEFIELD FARTH (PC13) M 12:50, 3:50, 7:00, 9:40 1:40 (4:15 @ \$4:00) 7:20, 9:50 CENTER STAGE (PG13) NV 2:00, 12:30, 1:00, 3:00 (4:00, 4:45 @ HELD UP (PG13) NV 12:20, 2:30, 4:45, 6:55, 9:10 I DREAMED OF AFRICA (PG13) GLADIATOR (R) NV DREAMED OF AFRICA (PG13)/

THE PLINTSTONES: VIVA ROCK VEGAS (PG) 2:30, 1:30, 2:30, 3:30, (4:30, 5:30 @ WHERE THE HEART IS (PG13)NV WHERE THE HEART IS (PC13) 1:45. (5:00 @ \$4.00) 7:30, 10:00

PLINTSTONES IN VIVA BOCK VEGAS (PG) NV 12:25, 2:40, 4:55, 7:10, 9:30 12:30, 2:50, (5:10 @ \$4.00) 7:30 KEEPING THE FAITH (PG13)

1:30, 4:20, 7:15, 9:55 12:50 (4:18 @ \$4.00) 7:00, 9:4 RETURN TO ME (R) (4:00 2 \$4.00) 7:00 ERIN BROCKOVICH (R) FINAL DESTINATION (# 1:45, (4:50 @ \$4:00) 7:40

3330 Springvale Drive Adjacent to Home Depot orth of the intersection of 14 Mile 8 Haggerty 248-960-5801 Bargain Matinees Daily for all Show Visa & Mastercard Accepted

: NV-No VIP Tickets Accepted BATTLEFELD EARTH (PC13) 0:45, 11:25, 1:20, 2:10, 4:00, 5:00

11:05. 4:10. 9:40

WHERE THE HEART IS (PG13) NV

11:20, 2:00, 4:45, 7:35, 10:20 Flintstones in VIVA BOCK VEGAS

(PG) NV 10:30, 12:35, 2:35, 4:40, 6:45 FREQUENCY (PG13) NV

REEPING THE FAITH (ING 13) 10:35, 1:10, 3:50, 7:05, 9:55 RULES OF ENCACEMENT (II)

10:35, 1:15, 4:30, 7:30, 10:2 RETURN TO ME (R)

1:35, 6:50 ENRN BROCOVICH (II) 8:50

Main Art Theatre III 118 Main at 11 Mile Royal Cak 248-542-0180 call 77-PEMS ext 542 CENTER STAGE (PG13)NV 10:55, 1:35, 4:25, 7:20, 10:00 SCREWSED (PG13) NV (DISCOUNTED SHOWSE!)
TICKETS AVAILABLE AT THE BOX CLADIATOR (E) HV 130, 11:30, 12:30, 1:40, 2:40, 3:4

OFFICE OR PHONE 248-542-0180 VISA AND MASTERCARD ACCEPTED SUN. (2:00 4:15) 7:15, 9:3 THE VIRGIN SUNCIDES (R

VIIII)

(2:15 4:30) 7:45, 9:45

SUN. (1:30 4:15) 7:00 9:20 MON-THURS (4:15) 7:00, 9:

UP AT THE VILLA (K) SUN. (1:15 4:00) 6:45, 9:00 MCN-THURS (4:00) 6:45, 9:0 NO 6:45 5/16 EAST IS EAST (R) SUN: (1:45 3:45) 6:45 8:45 MON-WED(3:45) 6:45, 8:45

AMC Livonia 20

Healthy Body, Heal Relationship Haggerty & 7 Mile 734-542-9909 and Connect with God by Becky Tirabassi (G.P. Putnam Sons; Jantheatre for Features and Time uary 2000, \$19.95)

STAFF WRITER

If you want to keep getting out

But, if you're sick and tired of

being sick and tired, and ready

to do something about it. Becky

Tirabassi might be able to help

vou Change Your Life: Achieve a

Healthy Body, Heal Relation-

On Feb. 18, 1984, she made a

conscious decision to spend one

hour a day every day for the rest

to him and he will answer you."

ships and Connect with God.

versation with God.

of life what you're getting, keep

doing what you're doing.

\$1.00 Ford Tel \$1.50 313-561-7200 AFFORDABLE FAMILY PRICES \$1,00 Til 6 pm After 6 pm \$1.50 SUN. No children under 6 after

YOUR BEST \$1,00 AND SCREAM 3 (R) V. 12:00, 2:30, 5:00, 7:30, 9:4 TOY STORY 2 (G)

MON-THURS 5:15 AMERICAN BEAUTY (R)

Sound implausible? Not really. I DREAMED OF AFRICA (PG13) Tirabassi has a system that har-LINTSTONES: VIVA BOCK VEGAS (PC nesses the power of prayer, and gives you the tools to make posi-WHERE THE HEART IS (PC13) tive, lasting changes in your life. 1:20 (4:20 @ \$4.00) 7:00, 9:40 "If you are stuck in unhealthy FREQUENCY (PG13) 1:30 (4:30 @ \$4.00) 7:30, 10:00 relationships, a mediocre job, a poor financial position, or you 12:45, 3:00 (5:20 @ \$4.00) 7:40 repeat harmful or self-destruc-10:00 KEEPING THE FAITH (PG13) tive behavior, it is time to change," said Tirabassi, a

nationally renowned speaker and author But, you must first admit "the reality" of your problem, decide that you "want" to change, and "develop an action plan."

The plan

Tirabassi has a plan - the Change Your Life Daily Journal" - and if you follow it, you'll

of her life having a two-way con-"Through the daily process of ournaling, you will see changes "You can be in a relationship in your life as a result of turning with God," she said. "He'll meet your good intentions into a pracyou right where you're at. It is a tical, daily action plan," she said. relationship where you can write

Her journal has four components - physical, "eat right and exercise regularly": emotional "forgive and give"; spiritual "talk to God and listen to God" and mental, "detail your day and define your dream."

You can purchase the journal she designed or make your own; the important thing is to set time aside every day to do it. Lifestyle

"This is a lifestyle," she said You have to attack it daily. If you miss one or two days you'll

fall out of balance." Tirabassi admits it can be difficult to find the time. "You have to set it aside like an appointment that can't be missed," she

Quoting basketball coach Rick Pitino, she writes, "I have found

nation. The same commitment And do it on a daily basis." Tirabassi believes God has a plan for everyone, and the only way to find out what it is is to isten and read his word in the

resolutions 365 days a year.' The

same resolve. The same determi-

. "You can get truths by reading this book," she said referring to the Bible. "You will hear God's voice. You can make decisions on your life based on this. It hasn't changed, and that's a good thing It will change your life for the

"I have found that the best way for me to find peace in difficult situations is to immediately write down all of my thoughts anxieties and fears and share them with the Lord, I don't always receive immediate solutions, but I always sense that God hears me, is involved in my life, has a plan that will unfold is always present, and desires to

Tirabassi speaks from experi ence. She has overcome alcoholism and drug addition, and recently celebrated her 22nd year of sobriety. Her message is simple — I changed my life, and you can, too, if you're willing to work at it.

"I really see the cheerleader in me able to motivate people on a 🤸 daily basis," she said.

Change your Life is not a quick read. You'll want to sit down with a highlighter so you can mark passages that are especial-

Visit her inspirational Web site www. change your lifedai ly.com for encouragement, and information about the "Change

Author helps investors get 'Serious' about their money

Richard A. Ferri (Portfolio Solutions, LLC, Troy; \$26.95)

STAFF WRITER kwygonik@oe.homecomm.net

Serious Money is what you'll need if you ever want to retire, and if you've been looking for some "straight talk about investing for retirement," Richard Ferri might be able to help.

"I want to help people understand what's going on. I want to do my part to give them the facts and figures," said Ferri, a chartered financial analyst who started his own investment firm, Portfolio Solutions LLC in Troy, after working 11 years for two major Wall Street firms.

Ferri argues a lot of what you read about the stock market is hype that puts money in someone else's pocket, not yours. "When I began in this business I skilled professionals who knew key points. the market inside and out," he churn out commissions. I was strategy, and make a long-term

amazed at how many so-called commitment to low-cost invest 'professionals' lost their clients' money while enriching them-

Ferri holds a master of science degree in finance from Walsh adjunct professor at the college. He self-published Serious Money because, "I didn't have any choice. You can't get published

unless you get published." The best advice on investing, he says, can be found in the academic community, but "it's difficult for a professor on a budge to effectively argue against the marketing clout of large Wall Street firms."

Ferri, a fighter pilot for the Marine Corps Reserves, gives it his best shot offering information in easy to digest pieces that help readers understand the hidden costs of investing. A true educator, Ferri summarizes key points at the end of every chapter, and uses informative charts

believed stockbrokers were and graphs to further illustrate His message is simple: Take

the lowest fees and expenses no-load "index" funds. Consider taking a class. "The classroom is biased investment information." But first of all, get organized.

changed jobs. "Putting all this information in one place and analyzing it as one portfolio is a beginning step toward increasing your invest

ment results," he writes. His book provides a lot of information you can't get any where. The response to his book has been good, and he's looking for a publisher to publish an updated version of Serious Money that includes more information. Serious Money is available locally at Barnes & Noble and the Walsh College bookstore in Troy. You can also request it

online at amazon.com Ferri will be signing books. - 7:30 p.m. Friday, May 19

Look for mutual funds with College, and serves as an a great place to obtain less

Many people have an IRA. You might have a few if you've

said. "I soon realized that I was time to define your investment and giving a 30-45 minute prebeing asked to recommend goals, select an appropriate asset sentation about Serious Money investments to clients solely to allocation strategy, plan a tax at Barnes & Noble in Ann Arbor

FICTION GROUP into a natural habitat for wildlife. A succession of conversations Master gardener Peggy Mainati, and episodic introspection set in

a pancake house, Donald Antrim's newest book promises to be a startling and thought-provoking conversation starter. The discussion is set for 7:30 p.m. Wednesday, May 17, at the Northville Barnes & Noble, Six Mile at Haggerty. For information contact the group facilitator, Jason Coats, at the store (248) 348-0696.

BOOK HAPPENINGS

CREATIVE WRITING WORKSHOP Be a part of the exciting popular group of budding writers at Borders Books & Music in Farmington Hills, 30995 Orchard Lake Road. This continuing monthly series of events is designed to help develop writing skills and creativity. All ages are welcome. This month's session is set for 7:30 p.m. Thursday, May 25. Call (248) 737-0110. **GARDENING DISCUSSION GROUP**

Learn how to turn your back yard

an advocate of organic gardening. will provide you with extensive information on creating a haven for wildlife. Malnati will also discuss the Backyard Habitat Program from the National Wildlife Federation and how you can get your own back yard certi-

fied. The event is set for 7 p.m.

Monday, May 22, at the

Farmington Hills Borders Books & Music, 30995 Orchard Lake. Call (248) 737-0004. ■ Farmington Observer staff reporter and Livonia resident Timothy Smith will be signing

copies of his book, Miracle Birth Stories of Very Premature Babies - Little Thumbs Up! at the follow ing bookstores: # 7 p.m. Thursday, May 18, Borders, 3527 Washtenaw, Ann Arbor, (734) 677-6948;

7 p.m. Friday, May 19,

Waldenbooks, 30200 Plymouth Road, Livonia, (734) 261-7811. Smith can be reached at (248) 477-5450 ■ Devin Scillian, WDIV-TV anchor-

man and author of Fibblestax, a children's book illustrated by Kathryn Darnell, will sign copies of his book 10 a.m. Monday, May 22, at the Barnes & Noble in Bloomfield Hills. George and Michele Zavatsky

authors of Kids Love Michigan! will appear and sign copies of their book at the Livonia Waldenbooks, 30200 Plymouth Rd., Livonia. The signing runs from 1:30 to 2:30 p.m. Saturday.

George and Michael Zavatsky, authors of Kids Love Michigan!, will sign copies of their book from 1:30 to 2:30 p.m. Saturday, May 20, at Waldenbooks, 30200 Plymouth Road, Livonia, (734) 261-7811

Financial gifts to DSO symbolize hope for future

Interim president, Detroit Symphony Orchestra

BY FRANK PROVENZANO

tutions is inseparable from the quality of life of our region.' An influx of millions of dollars may not be the panacea for suddenly transforming the region's culture. There's little doubt, however, that last week's \$28 million in gifts to the Detroit Symphony Orchestra symbolize the prevailing optimism about the region's cultural future.

On Tuesday, the DSO announced financial gifts from corporate, foundation and individual donors as part of the \$125-million campaign to finance the expansion of Orchestra Place and contribute to the orchestra's endowment.

about \$90 million with the remaining or more to the recent \$28 million gift to

penings in the suburban art 3rd Annual Wayne Regional

world. Send Wayne County arts Educational Service Agency

three years. "This is a clear sign that Detroit is on the rebound," said Emil Kang, interim president of the DSO. "Many civic supporters believe that the health of the Seattle Symphony Orchestra. cultural institutions is inseparable from

news leads to Art Beat, Observer

Newspapers, 36251 Schoolcraft,

Livonia MI 48150, or fax them to

Farmington Hills musician

Peter Soave is one of the per-

formers in the 12th annual

International Festival of World

Music and Dance 8 p.m. Friday.

May 19 in Smith Theater at

Oakland Community College in

Tickets are \$16, \$20 reserved.

"Flamenco Sin Fronteras (Fla-

menco without Frontiers)" fea-

tures Cuban guitarist Jorge Luis

Perez, dancer Lea LaGreca,

flutist Ginka Ortega, a jazz

quartet, and Soave on bando-

neon. Soave is currently per-

forming in an Off-Broadway

musical, Eurydice - Legend of

Lovers, at the Studio Theater on

46th Street. Soave created all of

the music for the show and will

be the sole musician. Eurvdice

continues to June 3. For tickets,

Aspiring performing and visu-

al art students in Wayne County

Offer does not apply to Real Estate.

Apartments, Employment or Garage S

Participants must purchase three ads

although it may take only one or two a

to sell the item(s) advertised.

call (800) 965-4827.

(313) 591-7279.

Farmington Hills.

Call (248) 522-3667.

INTERNATIONAL FESTIVAL

\$35 million expected within the next

the quality of life of our region." Among the individual contributors are Sam and Jean Frankel, Bernard struction of a high school for the perand Marilyn Pincus, Max and Marjorie Fisher, and Bob and Maggie Allesee, all of whom are from Bloomfield Hills. In Orchestra Hall, the acoustical gem of a total, 21 donors contributed \$1 million venue that is home to the DSO. To-date, the campaign has raised

> "This is a community of survivors and strong-willed people," said Kang, a an atrium lobby and the music educa-Birmingham resident who joined the DSO last year after a stint with the

Art Beat features various hap- will exhibit their talent at the Wayne State University after 36

(Wayne RESA) Art Fair 11 a.m.

to 7 p.m. Saturday, May 20 at

5454 Venoy Road, Wavne, For

directions, visit the Website at

The fair showcases artwork.

performances and demonstra-

tions by students representing

more than 60 schools in 21

school districts in Wayne Coun-

ty. More than 30 professional

artists will also exhibit and sell

their work which includes carica-

tures by William Tvus, Jr. Tvus.

Jr and his son Hasani have had

their work published in a book

A free concert by Alexander

Zonjic & Friends begins at 3 p.m.

Live entertainment will be pro-

vided by 17 local schools

The Plymouth Symphony

Orchestra has appointed

William Hulsker to serve as

interim executive director while

the search continues for a new

director. Hulsker is a member of

the orchestra as well as its per-

sonnel manager. He is a past

president of the orchestra's

board and recently retired from

his position as music librarian at

INTERIM DIRECTOR APPOINTED

throughout the day.

about great African Americans.

www.resa.net.

The three-phase Orchestra Place pro-

ject includes the building of administrative offices (completed in 1997), the conforming arts (currently under construction), and renovation and expansion of

to be finished in 2003. The new 550-seat multi-purpose hall, tion center named after the late Jacob Bernard Pincus, will be known collectively as part of the Max M. Fisher Center for the Performing Arts.

club. For more information, call

Initially controversial in 1664

when it was written by Moliere.

the play attacks religious bigots

Plymouth-Canton High School

s hosting the Michigan Percus-

sive Arts Society's Day of Percus-

sion beginning at 9 a.m. Satur-

Registration for the clinics is

at 8:30 a.m. in the Plymouth-

Salem High School Cafeteria. No

percussion skill is necessary,

only an interest in the percus-

sive arts. All skill levels from

elementary to college are encour-

A 7:30 p.m. Concert will fea-

Ensemble directed by Gregg

Rinehart, the Mott Middle Col-

lege Steel Band under the direc

tion of James Coviak, and the

Trinity (Pennsylvania) High

School Percussion Ensemble

The cost is \$10 for the entire

day or \$7 (\$5 students) for the

absolutley free in the next three editions of your

Oakland County: 248-644-1070 Wayne County: 734-591-0900

ochester Rochester Hills: 248-852-3222 Clarkston, Lake Orion, Oxford, Waterford: 249-475-459

Observer & Eccentric Home Town News

directed by Shawn Galvin.

concert only.

(734) 416-4ART

DAY OF PERCUSSION

in France.

day, May 20.

watercolor portraits of pets ture the Plymouth Percussion

Improvements to the hall are expected

plans to offer a broader selection of jazz

and pops programming. Meanwhile, the 2,000-seat Orchestra Hall will receive new heating, ventila-

tion and lighting systems along with elevators and an expanded lobby and backstage. Currently, musicians file into five

trailers that are attached to the back of the hall. mer, said Kang. From June through August the DSO conducts its concert

schedule at Meadow Brook Festival in Rochester Hills. In the last decade, symphony orchestras in Baltimore, Chicago, Cleveland, Dallas and Seattle have either built or renovated their existing halls, said

Fund-raising doesn't end when the renovations and new construction are completed. The DSO must raise approximately \$10 million of its annual \$25 donations.

Fest 2000:

Heritage Park during Liberty

Artists can display their work

under "the big tents" or can

tel, and selected fine crafts

Tuesdays June 6-27 at The Ar

(734) 453-3710.

Road, Garden City.

model is provided.

(734) 513-4044.

ART CLASSES



Philanthropists: The generous donations of Sam Frankel (left) and Max Fisher, among others, will help transform the Detroit Symphony Orchestra.

million budget through grants and

proceeds benefit the teen drama 9th annual Fine Art and Fine 17. The beginning level runs Craft Show 10 a.m. to 9 p.m. 9:30 a.m. to 12:30 p.m. Wednes-Saturday, June 24 and 11 a.m. days, advanced 1-4 p.m. Wednesto 5 p.m. Sunday, June 25 in days A Drop-In Studio continues

> 1:30-3 p.m. Mondays, and 7:15-8:45 p.m. Wednesdays. For more information or to bring their own tent. The show is register, call (734) 416-4ART

uried and each artist is required MOTHER'S DAY CONCERT submit slides of their work "Measure for Measure," the

from the approved categories of men's choral group based in Ann painting, prints, sculpture, Arbor, gives a Mother's Day conceramics, jewelry, drawing, pascert 4 p.m. Sunday, May 14 in Hill Auditorium at the Universi-For information, call Sharon ty of Michigan, Ann Arbor.

Dillenbeck at D & M Studios "Measure for Measure" will be oined by the Ann Arbor Huron High School A Cappella Choir. Tickets are \$12, \$8 students Canton artist Kay Rowe will Call (734) 483-9336. teach watercolor classes 6-9 p.m.

Gallery/Studio, 29948 Ford

Try out for The Who's Tommy, rock opera to be presented by Portraiture classes in any Jack-In-The-Box Productions, medium with individualized 6:45 p.m. (registration), 7:30 instruction by Detroit artist Lin p.m. auditions, May 23-24, at the Baum will run June 1-22. A Livonia Civic Center Library, off Five Mile Road between Merri-To register and for a suggested man and Farmington roads. Presupply list, call (734) 261-0379 or pare 16 bars of a rock/pop song in your range and wear comfort The Plymouth Community able clothes for moving. Call Arts Council begins seven weeks (734) 797-JACK for information Canton Township is still look- of watercolor classes with West- or visit http://jackinthe ing for artists to exhibit in their land artist Saundra Weed May boxprod tripod.com

Got stuff? Stuff you don't need anymore. Stuff that's been piling up in the garage, the basement or the attic. Get rid of it with with a classified ad in your hometown newspaper. We're so sure you'll be able to sell your stuff with three ads, that if you don't, we'll run your ad three more times free. Sell it in three or we'll run it for freethree more times! How can you beat that? You can't! So, what you do is this: Tell us you want our special three-ad deal, then if, heaven forbid!, your stuff is still sitting around after the first three have run, call us and let us know and we'll run your ad

Malls & Mainstreets

Page 6, Section C

Bargains in **Bad Axe**



For a mere \$9.99 am walking tall.

I couldn't resist buying Rocket Dog brand leather shoes with three-inch plat form rubber heels and ivory-colored sneaker like styling during my last shopping trip to

Bad Axe.

The over-sized treasures weigh like anvils on my feet, but they give my image that little something extra the way monster truck tires do on a

Even if I wear them only once, the shoes will be worth every penny l

Never mind the gas and time it took get them, as well as \$58 worth of other bargains I brought home one recent Saturday afternoon. The twohour trip to the near tip of Michigan's thumb is as much a pleasant excursion as it is a shopping trip.

As Van Dyke becomes M-53, the suburban landscape gives way to cornfield, cows and quaint down-

M-53 is no Rodeo Drive and Bad Axe, no Beverly Hills. But if you're looking for a pair of Keds sneakers polyester pants, Levi denim shirts camouflage hunting jackets and snowmobile suits all under one roof your search ends at Norman's in Bad Axe, where bargains are serious busi-

The store, one of five in the "up north" retail chain, is a neon green welcome mat on Bad Axe's southwest side, greeting motorists as M-53 curves east into the city outskirts.

The store exterior looks like one big continuous sidewalk sale.

Depending on the season, you might find athletic bags, soft nylon luggage, Spartan and Wolverine sweatshirts, inflatable rafts and all order of blindingly bright orange hunting gear stacked and hanging along the store facade.

Walk inside, look around and then tilt your head back. Yep, that's merchandise up there at a height only a stilt-walker would love.

Norman's supplies hooked poles at every aisle for extricating fashion from the packed, ceiling-high racks. Try hooking a piece from a group of blouses or shirts before moving on to heavier items. It may feel awkward at first. You'll probably dump a few extra on the floor or nearly KA-BONK a fellow shopper, but practice on a few and you'll be a pro in no

Shoes and boots are an easy search arrayed within reach or by step ladder. I passed on the Take Ten embroi dered pink tennis shoes and snatched up a pair of cushy, fur-lined Skandia boots in winter white for about \$20.

Rocket Dogs in cream color won out over black.

The women's department is a mix of contemporary sportswear and the stuff of memory lane. I found myself exclaiming, "Gosh, I remember polyester pantsuits," and "Gee, I used to fit into size 8 mini skirts."

Norman's stocks lots of novelty tee shirts, athletic team sweatshirts, blue jeans, sporty skirts, blouses sportswear sets and nightwear Sporty describes the men's and chil dren's merchandise, too.

Bulky women's novelty sweaters ranged from \$4.99 to \$9.99. Levi denim shirts were a steal at \$5.99 and ski pants were worth the \$19 price tag.

I bought a white embroidered spring skirt and matching black tee shirt top set for \$9.99 and a pleated denim skirt for about \$6.

I added a pair of winter gloves (\$1.99) and heavy snowmobile mit tens-(about \$5) to my cart.

The overnight bag in burgundy nylon was a last-minute, impulse buy It cost around \$7. I couldn't resist.

I checked out with about \$68 worth of merchandise and waited for my brother-in-law - a diehard Norman's fan - to finish shopping for wool

My parents, who came along for the ride, make Norman's a twice annual pilgrimage. We can't resist, Like the sign says, Lowest Every Day Prices.

socks and other basics.

Norman's also has stores in Bay City, Gaylord, East Tawas and Stan-

The Bad Axe store is open from 9 a.m. to 9 p.m., Monday through Saturday and from 10 a.m. to 9 p.m., on Sundays. Call 517- 269-9222.

-by Sharon Dargay



That includes some merchants with stores on

Walnut or Water street, just a block either side of

Trevarrow includes them in the events calendar,

"During sidewalk sales we offer stores on the side

streets a chance to move up to Main street, " she

added. Offices and merchants who don't participate

in the outdoor sale make space for neighboring

Market, which assembles every Saturday in a park-

ing lot east of Main, will bring attention to down-

slowing device on North Old Woodward will do the

Stone says park improvements and a new traffic-

"The next thing we're working on is the park.

They're (the city) going to remove the ugly fence

there. We're supposed to get more trees and flower

beds and the neighborhood association wants to do

Trevarrow also hopes the city's new Farmer's

Main, and on Main north of University.

businesses that do.

an ice rink," she said.

"This is a revival."

town and neighboring shops.

same for gallery row in Birmingham.

Checking out stores: A shopper strolls along "gallery row" at the north end of Old Woodward, in downtown Birmingham.

Merchants on Birmingham's gallery row celebrate spring

BY SHARON DARGAY

Elizabeth Stone and her neighbors along North Old Woodward are a little like orphans in Birmingham's downtown.

Sure, they're a part of the principal shopping district's retail family, but without an Old Woodward or Maple address they feel distanced from their downtown cousins.

"For people who come to the galleries and shops here, it's a destination. People come here for a reason. You don't get a lot of browsers," says Stone, who sells children's books and original book illustrations from her 10-year-old store. "Being in the uptown area, we need the exposure because we're in such a separate location."

Stone and other merchants along "gallery row," are throwing a party next weekend to lure shoppers and neighboring homeowners to the retail strip south of Oak.

Story tellers, face-painters and information peddlers will set up shop from noon to 5 p.m., on May 20 in Booth Park at Harmon and North Old Wood-

The Birmingham school district's Evergreen Singers will perform and Toty Viola will serenade customers at Salvatore Scallopini. Southeast Oakland County Resource Recovery Authority will lead Rouge River nature walks from 2-4 p.m.

Spring Celebration also will include: A strolling children's fashion show, Lego con test, mini manicures and balloon animals at Annie Dauphinee Youngwear.

An art exhibition and book signing by children's book authors and illustrators, including Denise Brennan-Nelson, Michael Monroe, Matt Faulkner, Cyd Moore, John Sandford, Brenda Shannon Yee, Wendy Anderson Halperin, Lynne Rae Perkins, Rhonda Gowler Greene, Kim Marie Wood, Franziska Schoenfeld and Janie Bynum.

Drawings for gift certificates at Farrell Reis Salon and Gallery Nikko. ■ Storyteller Judy Sima spinning varns from 1-3

p.m., in Booth Park, sponsored by Greenstones Jew-

Free lemonade and snacks, coloring books and crayons at Salvatore Scallopini. Arts and crafts in Booth Park, sponsored by

Metro Parent Magazine. Stone and John Heiney Birmingham's Principal Shopping District director, hope shoppers continue to visit the area long after the hoopla's over.

"My contention is that they are in downtown Birmingham, but there's a gap in the retail

between our core downtown and here," explained Heiney, whose PSD office is located in the North Old Woodward gallery row, about a block from "It's a beautiful walk between the two . By big in stories and on front and back covers of the DDA's

city standards it's nothing, but Birmingham being a twice annual magazine. In Town. small town, it may feel like a long way."

In Plymouth Melanie Purcell, Plymouth's Downtown Development Director, knows the feeling.

Plymouth's Old Village shopping district is located about a half-mile from the central business area, but it's not a part of the Plymouth DDA. Old Village shops and stores located even closer to DDA boundaries, don't benefit from DDA-funded improvements to central business district parking lots, lighting and landscape improvements.

And they can't participate in Plymouth's PSD marketing and promotional events. DDA and PSD boundaries coincide in the western Wayne County

"It's frustrating for them," Purcell said. "There's no formal organization or separate funding for Old Village. We've tried to do some joint but separate) projects."

Halloween is a good example. The Plymouth PSD sponsored a store-tostore trick or treat event on Devil's Night last year. Old Village closed its streets for Monster Mash, an outdoor dance, the following day. "I can't close streets in the downtown without causing a major

impact," Purcell explained. "It worked out well. Halloween is a good example of how we try to play off of each other so that no one is left out." The PSD also works closely with the local Chamber of Commerce

because its membership includes Old Village shops and stores outside "The more participation the bet-

happy and within the fold.

Kristi Trevarrow, special events Event coordinator: Elizabeth Stone, owner of Elizacoordinator for the Rochester Down- beth Stone Gallery, stands near Debra Reid Jenkins' own Development Authority, tries creation I Feel the Wind With Its Whispery Tail." The hard to keep all 350 DDA businesses children's book illustrator will be on hand during for "You find there are some business- Spring Celebration, an event Stone devised to bring es that don't feel as included as oth- more shoppers to North Old Woodward stores.

Retail, style and special store events are listed in this calendar. Please send information to: Malls & Mainstreets, c/o Observer & Eccentric Newspapers, 805 East Maple, Birmingham, MI 48009. Fax: (248) 644-1314. Information must be received by 5 p.m. Monday for publication the following Sunday.

WEDNESDAY, MAY 17

Chanel National Makeup artist Conrad Sanchez

MAKEUP ARTIST

visits the cosmetics department at Jacobson's in Birmingham from noon to 7 p.m. Call (248) 644-6900 for details.

THURSDAY, MAY 18 CONTEMPORARY SPORTSWEAR

WOMYN, a division of Garfield and Marks, will show its collection of functional fashion at Fibres in

Birmingham. The clothing will be on display from 10 a.m., to 8 p.m., today, 10 a.m., to 6 p.m., Friday and Saturday and from noon to 5 p.m., Sunday. Call Fibres at (248)723-2880.

LAFAYETTE 148

Roz & Sherm shows off Lafayette 148 suits, sepa rates, dresses and scarves in a trunk show that starts today and runs through Saturday, May 20. Roz & Sherm is located in the Bloomfield Plaza, 6536 Telegraph, Bloomfield Hills. Call (248) 855-

FRIDAY, MAY 19

CARDS AND COINS Check out the card, coin, stamp and collectibles show at Wonderland Mall in Livonia through Sunday. The free event includes an appearance by World Series Champ Mickey Lolich from 1-3 p.m. on Saturday, May 20.

Don't miss the reservation deadline for Brunch with Chanel, a fashion show to benefit The Haven on May 23 at Saks Fifth Avenue in The Somerset Collection, Troy. Tickets are \$50 and include a brunch at 11 a.m., and fashion show of Chanel's fall and winter ready-to-wear clothing, at 11:30 a.m. Call The Haven at (248) 334-2343, ext 131.

SATURDAY, MAY 20 FUN FOR KIDS

Olde World Canterbury Village in Lake Orion will offers a weekend of fun, including a Lego building competition, a yo-yo competition, face painting and caricatures. Call 248-391-5700 for details.

WHERE CAN I FIND?

This interactive feature is dedicated to helping readers locate merchandise that's difficult to find through reader feedback. If you've seen or are looking for an item, call (248) 901-2555 and leave a message with your name and phone number. We publish readers' requests for merchandise twice. If you don't hear from us or see information about the item within a few weeks, we were unable to locate it. When we find an item owned by another reader, rather than for sale at a store, we will call you. But, please, be patient; we handle an overwhelming number of requests each week.

WHAT WE FOUND: - Penny Brit paste can be purchased through Ed Aghajanian, Inc., P.O. Box 40025, Cleveland, OH 44140, (440) 871-7817.

The Loop Amusement Company, 20224 Van Born Road in Dearborn Heights, (734) 562-8033 may be able to repair the See-

Detroit and suburbs street guide can be purchased at Barnes and Noble and major bookstores. It comes in a hard cover spiral

- Little Tyke's playhouse can be purchased at all Toys R' Us

Almay deodorant is sold at Rite-Aid on Six-mile and New-The following are used bookstores in the Livonia area: Book

Connection 19043 Middlebelt, Livonia, (248) 471-4742, The Village at Joy and Inkster roads, Books Abound at Seven mile and Middlebelt (next to MC Sporting Goods), Paper Backs and Things 8044 N. Wayne road in Westland, (734) 522-8018.

Royal Radio Sales & Services on 612 N. Main street, Royal Oak, (248) 548-8711, will repair the arm on a stereo. - Call Corning/Revere Consumer Information Center (800)

999-3436, to order a glass top for a percolator or for a catalog. - The Master Piece game is sold at Toys R Us stores. The Triangular strainer for a sink can be purchased at Bed

Bath & Beyond. It also comes in stainless. - A reader suggests using plastic cookie bags sold at Kitchen Glamour in Rochester to use for the 4x6-recipe card. She uses them and it works very well.

- For odd shaped glass for picture frames try Henderson glass. A reader has one copy of the Song of the South.

- The monkey sock kits can be purchased at the following stores Joanne Fabrics, the Discovery store at Twelve Oaks Mall. - The Transfer Zone in Oak Park, transfers old movies to

 Buffalo Hot Dogs can be ordered from 1-800-BUY-BUFF. - A reader has Redford Stuckey Elementary School memora-- A reader suggests a look in the want ads under Cameras for

born, which is having a camera show in the next few weeks. - Silk ribbon embroidery kits can be purchased at Michael's, Joanne Fabrics, Mary Maxim's in Port Huron.

Oil Change only \$15.95 (with full-up)

merican Power Wash (734) 722-7276. 1251 S. Wayne Rd. 20% Discount over

Augers Auto Body Collision
Free Exterior Wax/Polish With Any Repair

Battery Solutions Inc, 38680 Michigan Ave. 10% Off New & Biem. Automotive Batteries

Goodyear Automotive Center 19424 Middlebell, N of 7 Mile Rd., Livonia

\$12.95 Oil Change, Free Maintenance Inspection

Hank's Auto Restorations (313) 291-3075

orth Brothers Ford 33300 Ford Road 10% Off Parts and/or Service, Purchase

10% Off Any Service of \$100.00 or More

lestgate Auto Parts 156 S. Newburgh ... 10% Discount

Eclipse Window Tint, 9206 Telegraph, 10% Off Purchase Over \$200

10% Off Parts and Service

\$ Beauty & Health Care P

10% Off On All Supplemen

hecker Drugs 190 S. Wayne Road

Family Dental Center 734-427-9300

Personalized Hearing 35337 Warren

Save 10% on 2 Digital Hearing Aids
Ph.D. Psychologist 724-595-8077
50% Off 3 Visits - No Iris: with Disc

Shear Radiance Sheridan Square 10% Off First Service

S Coffee. Bagels & Baker

Mary Dennings Cakes 10% Off Special Order Cakes

Hands & Hearts Around the World

S Dry Cleaners & Laundry

Park Ave \$1.75 Cleaners 844-5091

Mai Kal Cleaners. All Lo Free Seater or Pant W/\$9.95 Incoming Cleaning

Rags to Riches Cleaners. 15% Off Dry Cleaning Only (Min. \$25 Order

J.S. Prestige Cleaners on 5 Mile

Sir Davide Hair Selon... 20% Off of Hair & Tanning Products

Medical Center Pediatrics DMC

10% Off First Visit & Free consultat

Orthodontics - Drs. Shaw & Ginzler 248-471-1555 .. Livonia.

Westland Car Care

Better Health Store

All Vitamins \$1.00 Off

Farrell Reis \$5 Off Any Hair Service

Partners Salon 476-2849

Posh Salon 20% Off All Services

Spunkys Womens Gym

S Day Care

film projectors, any pawn shop, or the Adray Arena in Dear-

- We found the following items: Master Piece game, super 8 projector, and Sunbeam Mixmaster beaters, A large ell skin purse, WRIF Baby bumper sticker, turntable, Ashton Drake doll, stainless square electric fry pan, 1943 Fordson High School yearbook.

- For Shellacked bread try the Pier One store on Telegraph near Summit Place Mall in Pontiac

- For Ziploc veggie bags call (800) 428-4795 for information on - A 1943, 1944, 1945 Dearborn Fordson High School yearwhere to buy them in your area.

FIND & SEARCH NOTES:

resides in Plymouth

SAVINGS CARD

Kozak Consulting Co., Inc. 10% Discount Off 1999 Income Tax P

Mary Jane Flowers \$5.00 Off Any Purchase Over \$10.00

American Billnd and Wallpaper Factory... 10% Off Order \$50 Min. Mention Code F

Bergstroms Inc Plumbing & Heating. \$15 Off Service Calls 734-522-1350

Coachs Carpet Care

10% Reg. Scheduled Services, Carpet,

Colbys Decorating Center 968 Newburgh 10% Off ALL In Stock Merchandise

Horton Plumbing.
Free Laundry Tub & Faucet with Repipe

First Clean Free with Pre-Paid Service

New Beginnings LLC 734-513-0755 10% Off Painting Two or More Rooms

On The Mark Roofing & Home Improvement 29010 Val

Bright Jewelers 44344 Cherry Hill 734-84 50% Off 14K Gold Chains

O & D Bush Jewelers 734-455-3030.

\$ Landscape & Mainte

Bills Outdoor Care.

D. A. Alexander & Co.

Outdoor Fun Store Co. 10% Off Purchase of

Saxtons Garden Center.

Marias Dell & Pizzeria 734-981-1200

We Will Pay Your Sales Tax Excluding Loose Diamon

Clawson Carousel Building and Painting. 10% on All Labor, 15% Seniors

1 Do Windows 313-927-4990

Steve Codens Flowers
Free Delivery in Metro Detroit Area

James B. Williams, CFP

\$ Florists & Gifts

The Green Bee

hases of \$100 or more \$20 Off Service or \$25 Off SNR

... Birmingham/Royal Oak

Farmington H

- Chuckles Easter bunny candy is no longer manufactured. The alphabet and number ice cube trays are not sold at Bed, Bath & Beyond.

- The telephone number for Things you never knew existed was correct. We do not have the correct number.

- The Livonia Public Libraries take used books for their used ok sales; monies go to the libraries, (734) 466-2491.

 A teacher wants encyclopedias. - The Song of the South video was never released in the United

- For miscellaneous parts to beaters, coffee pots, pots and pans try Culinary Parts Unlimited (800)) 543-7549.

HAT WE'RE LOOKING FOR A Smith Corona Coronamatic 2500 electric typewriter or a

similar one for Dorothy. - A pattern to make a poodle and coat hangar from rug yarn wide at floor, 7x8 inches high can be purchased for Ralph of West

A mini cassette tape-recorder from the 1960's-1970's for

The book Shell Seeker in hard cover (good condition) for Mrs.

Plante of Redford Township A Sony reel to reel self-contained tape recorder (tweed suit-

case, portable with built in speakers) for a Nathan a professional musician who resides in Redford An old Washtenaw Dairy glass milk bottle for Shirley of Gar-

Givenchy Balancing Mist cosmetic for Sharon. - A person to translate Russian script for Michelle of Westland:

A 40-inch wide electric stove in almond, brown or stainless steel, any brand in good condition for Leanore who resides in Bloom-

The game Dog Fight for John. A replica of the Oscar award statue for Linda of Lake Orion.

\$1.50 Off Large Square Pizza

Barbs Pasties 10% Off When You Buy 4 Pasties

Beehive Family Dining ... 20% Off Any Order

ffee Cafe Inc

Deli Delite 15% Off Purchase of \$10 or More

McDonald's 5625 Sashabaw Rd... Buy One Big Mac, Get One Free

McDonald's 220 N. Ann Arbor Rd.

Buy Any Sandwich, Get One Free

McDonald's 40241 Michigan Buy Any Sandwich, Get One Free

Mitch Houseys Schoolcraft/Middlebell Live 10% Off Your Bill - Lunch or Dinner 734-425-5520

O'Malley's Bar & Grill 15231 Farmington & FiveLivonia 15% Discount after 8 p.m. except Holidays

Paynes ... 10% Off Total Food Bill With \$10 Purchase or More ... Clawsor

Wayne Restaurant & Coney 3209 Metro Place Center ... W. 10% Discount Excluding Specials 734-326-6099

McDonald's 2450 Dixie Hwy.

McDonald's 44900 Ford Rd.

New King Lima 248-474-2781

\$1.00 Off Any Footlong Sub

Marquette House 36000 Campus Drive 10% Off First Month Rent

Buy One Dinner and get \$1 OFF Second Dinner

Hard Ice Cream Cafe on Farmington S of Plymouth Livonia 10% Off Any Item including Sanders Cakes

\$1.00 Off Any Flavored Latte

Dairy Queen of Royal Oak 10% Off Total Bill

Wayne Faym-us Chicken & Ribs

\$ Restaurants

A store that sells screens for a storm door with no frame for - A company that can repair wooden kitchen chair legs for Flo of Redford.

- A store that sells a cabinet with grow lights for Doris, who .

-Compiled by Sandi Jarackas

- The crochet pattern "Indian Trail" for Norine

dryer hair (white package) for Carmel.

clothing for Mrs. Sutliss of Rochester Hills.

- A new/used Murphy bed for Linda of Canton.

ian Americans for Mark.

roaster with lid for Ralph.

purchased for Virginia of Beverly Hills.

Would you know what to do, for Ann

chased for Connie, who resides in Rochester.

USA) for Ed.

A store that sells men's Cross Trainer gym shoes made in

- The Norman Rockwell print The Runaway for Nancy of Com-

- A store that sells Alberto VO5 conditioner to use with a blow

- The 1989 book The People from North American, The Croat-

- A 1980 Bentley High School yearbook for Kathleen of Livo-

- A store that sells Misses/Women's Allison Smith women's

- A Company that will make a quilt/cover for a pool table with

- A store where cold air return registers, 32x34 long, 2 inches

- A store that sells a 14x9x3 Mirro/Wearever all aluminum

- A store where sheer curtains sizes 40x48, 49x62, 48x72 can be

- A store where Chipwich ice cream sandwiches can be pur-

- A store where Almay eye cream can be purchased for Gladys.

A store that sells Health Tech socks for men (black with white

A videotape of the March 15, 2000, Oprah Winfrey show

embroidered logo's from old bowling shirts for Jean, who resides

A store that sells covers for the Ironrite mangle for Jean.

Great Discounts when you present your HomeTown Savings Card to these area businesses! Observer & Eccentric Home Town LOOK FOR OUR DECAL IN THE WINDOW!

SAVINGS CARD

Ferndale S Retail A Shady Business 10% Off Any Lamp Purchase

Hersheys Shoes 29522 Ford Road

10% Off Reg. Price Shrubs & Perennials

10% Off Regularly Priced Merchandise

J & K Trophy & Engraving 248-473-7871 10% Off All Awards Signs & Gift Items

Looking Glass Antiques 15% Off Any Item \$25.00 or More

Four Seasons Garden Center

Frentz & Sons Hardware

Jans Dance Connection 313-562-1203 Kirby Vacuum Sales, Service & Supplies ... 10% Off Supplies ... Reyal Oak
Mail Boxes Etc 7 Mile next to Joes Produce
10% Off Shipping Fed-Ex or UPS Men on The Move. 20% Off Boxes and Packing Supplies Border Outlet 3500 Lilley 734-397-6326 10% Off In-Stock Only Observer & Eccentric Newspapers.
FREE Attention Getter with Your Classified (\$5 Value, private party ads only) 1-809-57 Champions Cellular Warehouse 10% Discount Singer Service Center 10% Off Sewing Machine Repairs Suburban Appraisals 313-937-0191. 15% Discount Off Jewelry Appraisals Dalley Carpet 8 Mile W of Merriman... 10% Off Any Reg. Priced Merchandin Royal Oak The Dance Connection 734-379-9755 50% Off Registration Fee Berkley Tuffy Auto Service Plymouth Rid W of Middlebelt. Livonia 10% Off Parts & 5% Off Discount Prices Royal Oak Express Photo 6 Mile 20% Off Processing 25% Off Enlargements

World Explorers Travel 877-391-4414.... \$ Sports & Recreation

Ambassador Roller Rink ion - Get One Free (Sat. Only Buy One Adm Bionanza Lanes Warren 25c Off Ea Gami Deltine Weekses, 50c Off Ea Game Nightline & Weekends Al De-Garden City

Electric Stick

Ray's Bowling Pro Shop Inc.

Universal Lanes

K&S Pro Bowling Supply 45100 Ford Rd.
Total Sales of \$50 or more 10% Discount, Locate Mistys Cards & Gifts 734-421-1066. Merri-Bowl 25¢ Off Ea. Game Devime Weekdays, 50¢ Off Ex. Game Nighttone & Weekends 49 Day Once Upon A Child 5804 N Sheldon 10% Off Any Purchase 734-459-666 Canton | Plum Hollow | 75c Off Fs. Game-Davifme Weekstaux, 50c Off Fs. Game Notiffine & Weekstak 48 Dis

Pascha Books & Gifts 6 Mile 10% Off Purchase of \$50 or More

Mr. Milles Coney Island 7255 Nankin Ad. across from Westland Mail. Westland

20% Off Art, Merchandise erapeutic Books 965 N Mill 734-453-4950Phymouth Save 10% on all books

Berkley/Femdale 8III & Rod's Appliance 734-425-2504 \$10 Off In-Home Appliance Repairs

onter Wayne
6-6099
6-6090
S30/4 Rooms, Insured, Bonded, \$5 Each Extra Room,
Ricyal Oak
or More
Community Federal.
Pree Checks with New Accounts & 1/4% off Loans

Corrie Lyn Htx - Vocalist 8612 Dians Ct 313-729-8450 ... Westland emily Heating & Cooling 734-422-8080 ... Garden Cl Recommended by Joe Gagnon Appliance Dr WJR Radio International Minute Press 734-729-5401 Westland 10% Off Printing - 20% Off Wedding Invitations

or information on becoming a participating busines Call 734-953-2153 in Wayne County or 248-901-2500 in Oakland County

25g Off Ea. Game Davrime Weeledovs, 50g Off Ex. Game Nightlime & Weekends All O

Westland Municipal Golf Course 500 S. Merriman. Westland Pay \$6.00 Between 12 p.m. & 3 p.m. Mon.-Fn. 9 holes walking

Wonderland Lanes 28455 Plymouth Rd.... Buy One Game, Get One Free

To subscribe or renew a one-year subscription and receive your HomeTown Savings Card, call 734-591-0500 in Wayne County or 248-901-4716 in Oakland County

Family amusements

Ohio parks offer thrilling ways to spend a day

hen the kids start to moan and groan about how "bored" they are with summertime, consider some family-friendly options south of the border - the Ohio border.

Here's a peek at our neighbor's four theme parks:

Paramount's Kings Island

Journey into the Buckeye State's southwestern corner. Here you'll discover Paramount's Kings Island - a combo of 12 coasters, a 30-acre water park, hundreds of rides, attractions and live shows.

"I remember Kings Island as a very clean place," said Maggie Cytacki, who has visited the park with her husband and two sons. "It's a great family getaway. We made it a weekend trip.

The Livonia family especially enjoyed the water park. "It was a refreshing break in the middle of a very hot day," said Cytacki.

Of course, coasters are an integral part of the adventure. This season, Kings Island introduces Son of Beast, the only looping wooden roller coaster.

The ride is an offspring of The Beast, the longest wooden roller coaster in the world.

If golf is more your bag, bring your clubs. The Golf Center is one of the park's alternatives to scream machines and water

Sea World

"If you sit in the first eight to 10 rows, you'll get wet," blared the voice coming from the loud speaker. "In fact - you will be soaked!"

Wiggles and squeals of delight erupted from the front rows in the outdoor theater. No one moved. It was show time at SeaIf you go:

Paramount's Kings Island is north of Cincinnati, off Interstate 71 at exit 25. Call (800) 288-0808 or visit www.pki.com. Open weekends; daily beginning Friday, May 26.

Admission: For persons over 48-inches tall \$38.99; ages 3-6 and seniors over 60, \$19.50; children under 3 free.

Estimated drive time from metro Detroit: Approximately four hours SeaWorld is in Aurora, between Cleveland and Akron. For information, call (800) 63-SHAMU or click and go to www.seaworld.com. Opening Saturday, May 20, for weekends; Saturday, May 27, daily,

Admission: \$35,88 ages 12 and older; \$27.68 ages 3-11; younger than age 3, free.

Estimated drive time: Approximately 3% hours

Cedar Point is situated in Sandusky on a Lake Erie peninsula. It's midway between Cleveland and Toledo. Call (419) 626-0830 or visit online at www.cedarpoint.com. Open daily through Labor Day. Admission: One-day and two-day passes available. One-day pass, \$38 ages 4-59, ages 3 and younger free; \$10 for those age 4 and older, who are less than 48 inches tall; \$22, age 60 and older. Estimated drive time: Approximately two hours

Six Flags is in Aurora between Cleveland and Akron. It's adjacent to Sea World. Call (330) 562-8303 or check the Web site www.sixflags.com. Open weekends, daily beginning Friday, May 26. Admission: Persons over 48-inches tall, \$30.99; persons under 48inches tall, \$15.50; kids age 2 and younger, free.

Estimated drive time: Approximately 31/2 hours Be sure to check for discount tickets before you leave for the parks. AAA, credit unions, grocery stores and other places of business offer discounted rates.

World's Shamu Stadium - featuring killer whales Shamu and Namu

The gates opened slowly as Shamu emerged to perform center stage. He whizzed through the pool creating whale-size rip-

Cameras flashed. The crowd, hysterical with joy, clapped and waved. And, as the performance drew to a close, everyone in the Splash Zone was drenched - and loved it.

By far, the killer whales are a favorite with SeaWorld visitors. Be forewarned: Crowds wander into the stadium 30 minutes or more before scheduled perfor-

After the whale show, options

are plentiful.

Slip into the Penguin Encounter to gaze at the morethan-100 polar penguins.

Or, visit the Shark Encounter. The moving walkway inside this exhibit provides fabulous underwater views (be sure to look up) of the sleek, gray-skinned sharks, as they circle their tank.

New this year at SeaWorld is a virtual adventure in a yellow submarine to the bottom of the ocean to explore the Bermuda Triangle. It's called - Mission: Bermuda Triangle.

Guests can take advantage of special evening shows and savings during SeaWorld's New Orleans Nights evening entertainment package June 10



splash: The killer whale performance at SeaWorld is a favorite with visitors.

through Aug. 27. A parade begins each evening's festivities, transporting guests to Sea-World's version of Bourbon

Cedar Point

Once again, Cedar Point has made coaster headlines. And Margaret Day of Livonia plans to see what all the fuss is about.

"I love roller coasters!" said the sophomore at the University of Detroit Mercy. "Several weeks ago, I drove past Cedar Point and saw it!"

"It" is Millennium Force - a 'giga-coaster" with a top speed of 92 mph and a nearly vertical 300-foot drop at an 80-degree angle. Fasten your seat belt and hold on tight.

Millennium Force, the park's 14th coaster, is touted as the tallest and fastest roller coaster in the world.

The Raptor, one of Day's favorite coaster rides, turns its victims upside down as their feet dangle. "Riders get a rush when

they go on it," she said. Modern-day scream machines

are a far cry from Cedar Point's first coaster. In 1892, the Switchback Railway towered 25 feet high and traveled about 10

Not too keen on wind-in-yourface, tummy-churning rides?

No problem. Watch a stage show or marine-life presentation, cool off at the water park or the beach, play miniature golf or ride a go-cart.

Six Flags

After an absence of almost 20 years, I returned to a place once called Geauga Lake. I was impressed. The park glowed, obviously the result of an extensive overhaul by new ownership - Six Flags.

For starters, an entrance with a majestic clock tower and a spouting water fountain greeted

The thrill-seekers in the group immediately headed for the coaster with the twisted-steel track that rolls over, dives, and spins - and then reverses itself. It's called the Mind Eraser. Reliable sources informed me that it promises an adrenaline rush.

Four new coasters will be ready for riding on May 19 including Batman Knight Flight, the billed as the world's longest "floorless" coaster.

If a twisty, curvy, river-raft ride piques your interest, check out the Grizzly Run. This whitewater adventure in the water park will be up and running on May 27.

Six Flags, a mix of more than 100 rides and attractions, manages nicely to blend some classic entertainment with high-tech

Mary Quinley is a Livonia resident and author of "52 Ohio Weekends." She writes about travel and dining for the Observer & Eccentric New Spapers.



Wayne RESA Art Fair

Saturday, May 20, 11:00 am - 7:00 pm

RESA Annex Grounds 5454 Venoy Road, Wayne, Michigan

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Wayne RESA provides educational services and programs to Wayne County's 34 school districts, more than 60 public school academ and 169 private schools – meeting the aducational needs of the more than one-half million children of Wayne County. The Wayne RESA Board of Education Boyd W. Arthurs, James S. Berl, Mary E. Blackmon, Kathleen M. Chorbagian, James Patric. County Superintendent Mike Flanagan 10 pc. Jumbo FRIED SHRIMP and Great FILET MIGNON! **Enjoy** our FREE Soup Bar





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(11)

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Health & Fitness

Page 1, Section D

Sunday, May 14, 2000



Michigan morel mania mushrooms

pril showers bring May flowers, and for many chefs, morel mushrooms.

These prized mushrooms, once served exclusively in sophisticated clubs and French style restaurants, have become more readily available. Picking wild Michigan morel mushrooms has become a popular spring

Flashy fungi have come to be a mainstay in Michigan dining. In addition to beef, restaurants are serving veggie burgers made with giant "Beef Steak" portabello mushrooms and grilled onions. Portabellos are often referred to as a vegetarian steak.

Mushrooms are finding their way into everything. In fact, just a couple of weeks ago I had some exotic mushrooms scrambled with eggs and goat cheese for breakfast - yum!

Mushroom folklore

under the cap)

Do not rinse

ackaged

avoid airtight

M Gently wipe

mushrooms with a damp cloth or soft

Ancient Egyptians believed mushrooms were a magical source of immortality. Egyptian pharaohs, intrigued by the delicious flavor of mushrooms, decreed them food for royalty.

The Romans thought mushrooms were delivered by the gods through bolts of lightning cast to the earth during a storm. Many people believed mushrooms had properties that could produce super-human strength, help in finding lost objects and lead the soul to the realm of the gods.

Good health

In addition to being a prized part of most any meat dish, mushrooms have been valued for centuries as an alternative to meat. Many vegetarian and vegan-based diets are loaded with wild mushrooms

Mushrooms are low in calories. high in vegetable proteins, iron. zinc, fiber, vitamins, and minerals. They are also high in vitamin B, phosphorus and potassium. A handful of domestic button mush-

12 you need for a day. There are estimates of over 20,000 species of mushrooms. Approximately 2,000 are nutritious and edible. Of the edible mushrooms, 300 are known to have medicinal properties.

rooms will supply all the vitamin B-

Mushrooms have been a vital part of mythology and medical practice for 40 centuries. Studies suggest that mushrooms help strengthen our bodies and boost immunities.

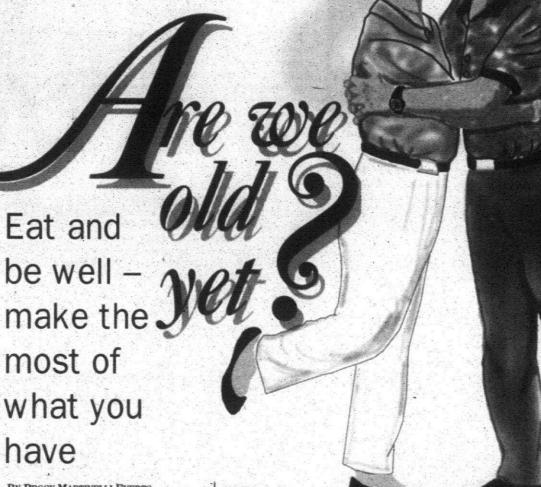
For flavor, health and dinner diversity, seek out wild mushrooms for your next cooking adventure.

Chef Kelli L. Lewton is owner of 2 Unique Caterers and Event Planners in Bloomfield Hills. A graduate of Schoolcraft College's Culinary Arts program, Kelli is a part-time instructor at the college. Look for her column in Taste on the second Sunday of the month. See recipes inside.

LOOKING AHEAD

What to watch for in Taste next week:

- Beef on the grill
- Focus on Wine



By PEGGY MARTINELLI-EVERTS SPECIAL WRITER

here is an old Italian saying, "mangia bene, vivi bene," and it means, "eat well, be well." Aging successfully can better be accomplished by following this adage.

The general makeup of the U.S. population is shifting and greater numbers of Americans are entering their senior years. The "graying of America" has been called the "failure of success," meaning that more and more of us are reaching old age, but don't necessarily have a desirable quality of life.

Healthy body

Optimistic seniors work for a sound mind and healthy body. Many are involved in activities that stimulate their minds and bodies. They understand their physical limitations and work at advancing their abilities to improve their quality of life. This is what I call "successful aging."

Our body systems change as we age and, unfortunately, there isn't much we can do about it. Just as we can't prevent the onset of puberty or the natural course of aging. But that doesn't mean we can't make the most of what we have. Learning to alter eating habits and modify menus can help us maintain optimum health and wellbeing as we age.

There is a normal and progressive decline in the sense of taste and smell with advancing age. This can lead to decreased salivation and decreased enzymes and hormones, which can affect digestion. Be sure food is flavorful and well seasoned. Watch out for salty seasonings if you have high blood pressure. Experiment and seek out new flavors.

Sense of thirst

The sense of thirst is also blunted as we age. Drinking only when we are thirsty may not meet body fluid needs. Keep a large container of water handy throughout the day and drink even if you don't feel thirsty. This is good advice for everyone, regardless of age.

The percentage of body muscle tissue, bone mineral and lung capacity decreases with age. Body fat increases and is stored in internal organs such as the liver, heart and kidneys. This can

seniors to feel weak. breathless and tired. Remember, food

is fuel! Be sure to eat foods rich in high quality protein such as meat, poultry, seafood, eggs, cheese, and legumes. Include dairy foods or calcium-fortified

foods to keep bones dense. Make sure you are comfortable when eating and take your time. Digestion slows way down as we age and many seniors are prone to constipation and other digestive problems. Include foods high in fiber and drink lots of fluids to keep your body running smoothly.

Prescriptions

Older Americans consume a disproportionate share of prescription and over-the-counter drugs. Many drugs can impact nutrients, and many foods can affect the bioavailability of drugs. Even herbal medicines and "natural" supplements can have pharmacological effects in the body. Be sure to read all the product literature from the pharmacy, or ask the pharmacist for a recommendation on a book about potential drug and food interactions.

Beware of "miracle" drugs and unnecessary supplements. Remember that the companies which make these

Fiber intake

Here's a quick method to check your fiber intake:

Servings of fruit (not juice) x

1.5 grams =

■ Servings of vegetables x 1.5 grams =

Servings of refined grains x 1.0

grams = Servings of whole grains x 2.5

grams =

■ Servings of legumes x 4.0 grams =

Total Shoot for a goal of 20-30 grams of fiber each day. Also, be sure to drink plenty of water.

products and the people who work in health food stores are there to sell the products and make money. They should not be confused with health care providers who diagnose disease and recommend treatment options.

ILEN FURCEAN / STAFF ARTIST

Depression

Depression is not a normal part of aging but affects 30-40 percent of older Americans. With aging comes a series of losses - loss of loved ones, loss of income, abilities and status, and a sense of purpose. This can lead to symptoms of depression, which can be difficult to identify or distinguish, because they can look like other symptoms associated with aging.

· Don't be afraid to ask for help if you need it. A change in appetite or a loss of appetite may be an early sign that something is wrong. Pay attention to your body signals. Eat to stay healthy.

Cooking for one

Seniors who live alone may be at risk for malnutrition because of a low quality diet. Cooking for one can seem like more bother than it's worth. Treat yourself as you would a special

guest and get out your best dishes and silverware. Be sure to have small-sized pans, multipurpose cooking utensils and containers to store leftovers. Buy foods in season. Buy only what you carry, store and use without waste

Store foods to preserve quality and flavor and use older foods first. Try new foods. Eating properly makes us more alert, improves our outlook, and makes us less likely to get sick.

Three meals a day may not suit your needs or lifestyle. If possible, eat your largest meal at midday. Or, you may prefer smaller meals spaced out during the day. Use the Food Guide Pyramid as a goal for how much from each food group to eat. Focus on the foods that are the most nutrient dense and eat chips, cake, cookies, pie and candy only if you're still hungry.

Eating out If you eat in restaurants, choose

steamed, grilled, roasted, stir-fried or baked foods. Limit the amount of foods

Food Guide Pyramid for the over 50 crowd

The Food Guide Pyramid for older adults is designed to help healthy older adults stay healthy longer and improve their quality If you or someone you care for

has an illness that requires a spe-

cialized diet, then it is important to follow the recommended guidelines from your health care ■ Eat sparingly - fats, oils and sweets. Examples: jelly, candy,

- gelatin, mayonnaise, salad dressing, margarine/butter, gravies, cream sauces, cake, pie, cookies and pastries.
- Eat 2-3 servings daily milk, cheese and yogurt. Examples: 1 cup milk, 1 cup yogurt, 1 cup pud-ding, 1 cup milk shake, 1 1/2 cups ice cream, 1 1/2 ounces Swiss cheese, 2 cups cottage cheese.
- Eat 2-3 servings daily meat, poultry, fish, eggs, dry beans, nuts. Examples: 1/2 cup tuna, 2 ounces meat loaf, chicken leg/thigh, 2 fish sticks, 2 eggs, 1 cup baked beans, 4 tablespoons peanut butter.
- Eat 3-5 servings daily vegetables. Examples: 1/2 cup corn, 1/2 cup carrots, 2 spears broccoli, 1 cup salad greens, 1/2 cup vegetable juice, 1/2 cup mashed pota-
- Eat 2-4 servings daily fruit. Examples: 1 orange, 1 banana, 3/4 cup fruit juice, 1/2 cup apple sauce, 5 prunes, 1/2 cup fruit. cocktail, 1/2 cup strawberries, 1 cup watermelon.
- Eat 6-11 servings daily bread, cereal, rice and pasta. Examples: 1/2 bagel, 1/2 cup cooked rice, 1/2 cup cooked hot cereal, 1 dinner roll, 1 small muffin, 1/2 English muffin, 1/2 cup cooked noodles, 1 slice bread, 2-3 graham crackers, 1 ounce readyto-eat cereal.

What about water? Adults need six to eight 8-ounce cups of water or liquid a day. Sources of liquid, in addition to water, are fruit and vegetable juices and milk. Caffeine-free coffees and teas and herbal teas are also good sources.

that are fried, or served in a heavy

Choose fruits, vegetables and salads; ask for dressings on the side. Watch out for foods high in sodium such as barbecued, pickled, smoked and marinated items. Choose skim or low-fat milk rather than soda or coffee Eat what you can and take the rest home to enjoy at another meal.

Am I old yet? Perhaps eating well will help to keep us healthy and younger than our chronological age. It would be great if the only reminders of getting older would be a first grandchild or a senior citizen discount!

Remember, "eat well, be well." Written in loving memory of my father, Mario Martinelli.

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 and consulting company, specializing in food service management for hospitals, longterm care facilities, businesses, private clubs and private schools. HDS Services has approximately 230 management accounts throughout the United States and Japan. See recipe inside.

Sweet and sour works with chicken, shrimp or pork



If you're looking for a versatile quick fix dinner dish, include this sauce in your recipe repertoire. It can be used with cooked chicken, cooked shrimp, or even rinsed, drained and chunked tuna. Leftover strips of pork or turkey work well,

The sauce has a distinct Chinese restaurant flavor due to the soy sauce. My favorite sodium-reduced soy sauce doesn't come ready prepared in a bottle. I make one by mixing equal parts of inexpensive dry sherry and Tamari. This is Japanese soy sauce that

is thicker and richer than Chinese soy. Though I've used green peppers, pea pods, bok choy

or other oriental vegetables can add interesting variety. I like to serve it with Chinese Lo-Mein noodles, not the fried ones in a can. They cook quickly and

add 5 grams of fiber to your daily intake instead of the one gram from American style noodles.

Look for Main Dish Miracle on the second Sunday of the month in Taste. Muriel G. Wagner is a registered dietitian and nutrition therapist with an office in Southfield. She publishes "Eating Younger," a quarterly newsletter with recipes and nutrition tips. To subscribe, send a check for \$13.50 to "Eating Younger," P.O. Box 69021, Pleasant Ridge, MI 48069.

SWEET AND SOUR CHICKEN

- 12 ounces cooked, skinned chicken breasts, cut in
- 3 green bell peppers, cut in squares
- 1 medium onion, chopped 1 (16-ounce) can, pineapple chunks (drained, but save juice)

- 1/4 cup water
- 1 tablespoon cornstarch 1/2 cup orange juice
- 1/2 cup reserved pineapple juice (from pineapple chunks)
- 2 tablespoons tomato paste
- 2 tablespoons cider vinegar
- 1/4 cup brown sugar or honey 2 teaspoons sodium-reduced soy sauce

For sauce, mix water and cornstarch. Combine remaining sauce ingredients. Blend well and heat until thickened.

To prepare dish, spray skillet with nonstick spray. Saute pepper and onion until tender crisp. Add chicken, pineapple chunks and the sauce.

Nutritional information per serving: Calories,

258; total fat, 2.5 grams; saturated fat, 0.2 g.; chol., 73 milligrams, and sodium, 134 mg.

Risotto primavera: Besides the right rice, a good risotto

requires only a bit of oil or butter, wine, hot stock and

some patience. This dish features asparagus and a car-

Plan pork for next meal

Boneless pork can be a meal-

planner's blessing. It is nutri-

tious, low in fat, quick to pre-

pare, adaptable to many cooking

A whole loin can be oven- or

PORK MEDALLIONS WITH

SAUTEED APPLES

1 pound trimmed pork tender-

3/4 teaspoon paprika

black pepper

leaves

3/4 teaspoon dried thyme

1/4 cup apple cider or juice

Preheat broiler or ridged grill

inch-thick slices. With the heel of

your hand, press meat into 1/2-

inch-thick medallions. Combine

salt, paprika, thyme and pepper

ions. Coat pork with cooking

spray. Broil 4 inches from heat

ource 4 minutes per side or until

cooked through. Or cook in a grill

Meanwhile, coat a large non-

Add shallots; saute over medium

heat 3 minutes. Add apples; saute

2 minutes. Combine broth and

cornstarch; mix well. Add to pan

with cider. Simmer uncovered.

stirring occasionally, 5 minutes or

until apples are tender and sauce

thickens. Place pork on warmed

Nutritional information per

serving: 279 cal., 8 g fat, 35 g pro.,

16 g carbo., 107 chol., 2 mg iron,

All about herbs

Peter Stark of Renaissance

Acres and the M-Fit Culi-

nary Team will demonstrate

recipes on how to incorpo-

rate herbs and spices into

favorite foods 6-8 p.m.

Wednesday, May 31, and

Wednesday, June 7, at the

East Ann Arbor Health Cen-

ter, 4260 Plymouth Road in

Ann Arbor. Call Nicole

Govarts at (734) 975-4387,

Ext. 236, to pre-register.

Class fee is \$20 for individu-

plates; top with apple mixture

Makes 4 servings.

582 mg sodium

stick skillet with cooking spray.

pan over medium heat about 4

minutes per side.

sprinkle over both sides of medal-

pan. Cut pork crosswise into 1-

Volunteer for annual **TasteFest**

Hundreds of volunteers are needed for the 12th annual Comerica Michigan TasteFest, which takes place in Detroit's New Center on the Fourth of July weekend - Friday, June 30, through Tuesday, July 4.

Volunteers can work information booths, beverage booths, monitoring stage entertainment and help in the children's activity areas. In appreciation for their efforts, volunteers will receive a special souvenir T-

One of the state's premier outdoor culinary and entertainment events, the TasteFest fills the Fisher Building on West Grand Boulevard between Woodward Each year more than 250,000

Hayes, Taj Mahal and his Phantom Blues Band, jazz artist Norman Brown, classic rockers 38 Special, Latin DJ Cisco and others including alternative, jazz and funk artists filling 75 free shows on four stages

The Nationwide Insurance KidKorner will provide hands-on activities including a petting farm, Flumpe the Treefrog, and puppet-making workshops. Famand watching the magic acts and puppet shows at the State Farm Insurance KidShows adjacent to Edy's Ice Cream Social. Both KidKorner and KidShows are open Saturday, July 1, to Tues-

ecialties.

duced by the New Center Council, which uses the proceeds to support summer youth programs and the maintenance of the New Center's outdoor public spaces.

To receive information about volunteering at TasteFest, call (313) 872-0188 or visit the Comerica Michigan TasteFest website at www.tastefest.org and email the volunteer coordinator.

streets adjacent to the historic rot to celebrate spring vegetables, Italian style. Avenue and the Lodge Freeway. people enjoy TasteFest.

Entertainers include Isaac

styles and complementary to pan-roasted with potatoes, carrots and onions. It can be sliced and sauteed with fruit or vegetalies can enjoy singing, dancing bles and herbs, as this dish from the May issue of Health magaday, July 4.

Forty of Michigan's great esteries will sell "tastes" of their Michigan TasteFest is pro-

1/4 teaspoon freshly ground Garlic-flavored cooking spray 1/4 cup sliced shallots 2 medfum red apples,

> unpeeled, cored and cut into 1/4-inch wedges 2/3 cup fat free, low-sodium chicken broth

Read Arts & Leisure



Celebrate Italian style with risotto primavera

Primavera, a traditional Italian dish, celebrates spring's arrival.

As with pasta, risotto should be just slightly resistant to the teeth - "al dente," as Italians

Making a perfect risotto is easy. These days, most supermarkets sell Arborio rice, the fat, shortgrained Italian rice that is ideal. This rice is also grown in the United States, but the American version doesn't produce a risotto as creamy and smooth. Besides the right rice, a good risotto requires only a bit of oil or butter, wine, hot stock and some patience.

The process for making it is simple.

Heat the oil, stir in the rice to open its pores, add the acidic wine (or lemon juice) and, when it boils off, start adding the stock, no more than half a cup at a time. Add more liquid only when the previous amount is almost absorbed, stirring frequently. This slow absorption and stirring is what makes the risotto creamy. Add the vegetables, seafood or whatever additional ingredients you

wish toward the end of the cooking process. Finally, when the grains of rice no longer have a white "pearl" in the center and are "al dente," mix in grated, good quality, imported Parmesan cheese and serve the risotto immediately.

RISOTTO PRIMAVERA

3 cups defatted chicken stock or broth 1 small green zucchini squash

6 thin asparagus stalks, cut in 1/2-inch pieces,

tips reserved 1 medium carrot, halved lengthwise and thinly sliced

1 tablespoon extra-virgin olive oil 1/4 cup finely chopped Spanish onion

1 cup Arborio rice

1/2 cup fresh or frozen baby green peas

1/4 cup chopped flatleaf parsley 1 tablespoon low fat yogurt 2 tablespoons grated Parmigiano-Reggiano

Salt and freshly ground pepper

Heat the chicken stock to boiling. Set it aside. Halve the squash lengthwise. Scoop out the seeds with the tip of a teaspoon. Cut the squash into 1/2inch pieces. Place in a bowl. Add the sliced asparagus

Heat the oil in a deep saucepan over medium high heat. Add the onion and sauté until it is translucent, about 2 minutes. Mix in the rice until it is coated with oil and opaque, about 1 minute. Add the lemon juice, stirring until the rice is almost dry, less than 1 minute. Mix in the garlic, and half the chopped vegetables, setting the rest aside. Cook one minute.

Begin adding the hot broth, a half-cup at a time. Stir well after each addition. Cook until the rice is almost dry before adding more broth.

When most of the broth has been used and the rice is almost done but still has a hard core, which takes about 15-18 minutes, add the rest of the reserved vegetables and parsley. Make the final addition of broth and cook until the rice is al dente, 3-4 minutes. Remove the pot from the heat.

Stir in the vogurt and grated cheese. Season to taste with salt and pepper. Serve immediately. Nutritional information: Makes 4 servings, each

containing 323 calories and 5 grams of fat.

Recipe courtesy of Dana Jacobi for the American Institute for Cancer Research. AICR offers the AICR Nutrition Hotline (1-800-843-8114). Open 9 a.m. to 5 p.m., Monday-Friday, this free service allows you to ask a registered dietitian questions regarding diet, nutrition and cancer. AICR's Internet Web address is http://www.aicr.org.

Layer roasted vegetables, feta cheese over crust of wheat germ and couscous

roasted vegetables and feta cheese atop a crust of to 15 minutes, or until vegetables are soft and lightly wheat germ and couscous.

FETA AND ROASTED VEGETABLE GRATIN

1 medium zucchini, unpeeled and sliced 1 cup sliced mushrooms

1/2 cup coarsely chopped onion

1/2 cup chopped red bell pepper 2 tablespoons balsamic vinegar

1 3/4 cups water 1/3 cup dried tomatoes (not packed in oil).

snipped into small pieces

1/2 teaspoon salt

3/4 cup uncooked couscous

1/2 cup toasted wheat germ, divided

4 ounces crumbled feta cheese, divided

3 egg whites, lightly beaten 1 teaspoon dried basil or Italian seasoning blend

Preheat oven to 425° F. Spray rimmed baking sheet

and 9-inch pie plate with cooking spray. In large bowl, combine zucchini, mushrooms, onion

and pepper; sprinkle with vinegar and mix well. For a meatless entree with robust flavor, layer Arrange in single layer on baking sheet and bake 12 browned around the edges. Remove from oven and

Reduce oven temperature to 350° F.

While vegetables are cooking, bring water to boil in a medium saucepan. Add dried tomatoes and salt and simmer for 5 minutes, stirring occasionally. Stir in couscous. Remove from heat, cover and let stand 5 minutes. Stir in 1/4 cup wheat germ and mix well. Spoon the mixture into pie plate and pat it onto the bottom and sides of the dish. Sprinkle with 1/2 cup cheese; top with roasted vegetables and egg whites. In small bowl, combine remaining wheat germ, cheese and basil. Sprinkle evenly over vegetables.

Bake 20 to 25 minutes or until golden brown. Cut into wedges to serve.

Makes 6 main dish servings.

demonstrated at Schoolcraft garden greens, fruits and

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College in a two-day class pastas. offered through Continuing

unique and flavorful mari- for information.

Nutrition information per serving: 190 cal (50 cal from fat), 5 g total fat (3 g sat), 15 mg chol, 540 mg sodium, 12 g pro, 29 g carbo, 4 g fiber. Recipe from: Kretschmer Wheat Germ.

The class is scheduled

from 5 to 10 p.m. for Wednes-

Read Sports

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WHAT'S COOKING

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Exploring Spring Vegetables

vegetables and new ideas for old avorites at Schoolcraft College in a two-day course offered Tuesday. May 16, and Thursday, May 18. You will learn how to identify, purchase and properly care for fresh vegetables along with recipes and techniques from instructors Traci

Bahlman and Laura Wood-Romito.

3 Portabello mushroom caps

1/4 cup diced roasted pepper

2 tablespoons fresh chopped basil

1 cup fresh bread crumbs or 3/4 cup dry

Mix all ingredients. Clean and stem 3 large porta-

Top with bread crumb mixture and bake at 350° F

MUSHROOM NAPOLEON

Clean and slice mushrooms into thin strips.

minutes. Deglaze with cream and sherry and cook

COCA-

COLA

PRODUCTS

ONE DOZEN

LARGE

EGGS

FROZEN

POPSICLES

MELODY FARMS

Limit 1 with additional \$50 purchase.

Melt butter in sauté pan. Sauté mushrooms 2-3

bello mushrooms (with a spoon, scrape and remove

Mix chevre, egg white, basil and diced pepper.

for 18-20 minutes until golden brown. Cut into

3/4 cup chevre cheese

Salt and pepper (to taste)

1/4 cup Parmesan cheese

2 tablespoons melted butter

1 tablespoon chopped herbs

Spread mixture evenly into caps.

1 cup Shitake mushrooms (caps)

1 cup portabello mushrooms (caps)

1 cup button mushrooms (whole)

1/2 cup grated Parmesan cheese

2 tablespoons whole butter

1/4 cup crumbled chevre

1/2 cup heavy cream

4 sheets puff pastry

Salt and pepper

wedges of six. Serves 18 pieces.

1/4 cup sherry

2 eggs

gills from underside of cap).

Bread crumb mixture:

1 egg white

stroganoff. See related column on Taste front.

PORTABELLO PIZZAS

Schoolcraft College's Continuing Education Service program, For information, call (734) 462-4448 Hands-On Cooking - This twoday course offered through

Schoolcraft College's Continuing Education Services will instruct in the art of roasting, braising, sauteing and grilling meat, fish and poultry. The course is scheduled for 5:30-9:30 p.m. Wednesday, May 17, and Thursday, May 18. Call (734) 462-4448 for information. Wine-Tasting benefit - Wine afi-

cionados can taste wine and help

(along with other mushrooms, too)

lo pizzas, mushrooms napoleon and morel pepper and set aside to cool.

Here are recipes from Kelli Lewton for portabel- down until mushrooms are dry. Season with salt and

into chevre egg mixture.

non-stick spray.

domly with a fork.

prepared pastry.

20-25 minutes.

Make 24-36 pieces.

2 tablespoons olive oil

3 tablespoons brandy

3/4 cup beef stock

1/4 cup sour cream

utes, remove from pan.

2 shallots, finely chopped

1 teaspoon Dijon mustard

2 tablespoons fresh parsley

stock and simmer until tender.

broad egg noodles. Serves 4.

ALL MEAT

BALL PARK

FRANKS

C FLAVORITE

HOT DOG

BUNS

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Look What a \$50 Purchase Will Get You at Mike's ...

All These Items For Only 34¢!!!

16 oz. Package

Salt and pepper

halved

groups at A Toast to Canton Wine-Tasting 7-9 p.m. on Friday, May 19, at the Summit on the

The event will help the Leadership Canton Alumni Scholarship Fund, the Canton Goodfellows, the Canton Place Helping Hands Fund, Character Counts and the Community Literacy Council. Tickets are \$30 in advance and \$35 at the door. They can be bought at the Canton Chamber of Commerce, 5820 Canton Center, or at Holiday Market. For information, call the chamber at 453-4040 or call (734) 844-2200.

Combine remaining ingredients. Fold mushrooms

Prepare 1/2 sheet tray with a generous coating of

Take 2 sheets of puff pastry and roll together to

make 1 sheet to fit into a 1/2 sheet tray. Dock ran-

Pour mushroom mixture and spread evenly over

try, and dock. Place second pastry sheet on top of

mushroom mixture, egg wash and bake at 350°F for

Cut into desired size square or diamond shapes.

NORTHERN MICHIGAN MOREL STROGANOFF

Heat 1 tablespoon oil and sauté meat 2-3 min-

Pour brandy in hot pan. Tilt pan toward flame

or ignite with a match) to burn off liquor. After

flame goes out, pour over cooked meat already set

In same pan, add remaining oil and sauté mush-

rooms and shallots 3-4 minutes to soften. Add

Add sour cream, parsley and beef and season to

taste. Serve over 1 pound cooked and buttered

1 pound filet or rump steak, cut into thin strips

2 cups fresh Michigan morels, cleaned and

Repeat rolling step for the next two sheets puff pas-

Recipes have strong morel values

Michigan's wild about its wild morel mushrooms and has the events and festivals feting the tasty fungus to prove it, says AAA Michigan.

"Some estimates are that Michigan's morel hunting season adds more to the state's economy than deer and duck hunters combined," said Larry Dickens, director of Vendor Relations for AAA Travel Agency. "Mushroom hunters often camp for days in the woods across Michigan, not only purchasing food and fuel but attending our festivals built around the morel."

served atop a steak or souped up in a creamy soup,

This spring, at least three major morel festivals will pop up in May. Mesick's Mushroom Festival, now through May 14, includes hunts in the woods surrounding this northwest Lower Peninsula town, a parade May 13 and carnival May 12-14.

For more information on the Mesick Festival, call (231) 885-2679.

Boyne City's 40th annual National Morel Mushoom Festival runs May 18-21. Fun includes guided mushroom hunts, seminars on wild edibles, morel hunting contests and a carnival with rides and games. For more information, call (231) 582-In Lewiston, located in eastern Michigan, the

Mushroom Celebration May 19-20 features mushroom food tasting on Friday, and a bus ride Saturday to a guided mushroom hunt with a contest. plus food, arts and crafts sales in the city park.

Whether they're breaded, sautéed in butter, This spring, at least three major morel festivals will pop up in May.

For more, call (800) 654-0330. According to professor Robert Fogel, curator of fungi for the University of Michigan herbarium and U-M professor of biology, a good crop depends on the right conditions, which include optimum soil temperatures and moisture.

When you find morels, Fogel recommends the following tips: ■ Cut or pinch off the mushroom to leave its

underground system intact. Use a paper bag or orange sack to gather mushrooms, never plastic bags. Plastic bags promote bacteria growth, which can cause quality to

deteriorate quickly. Going on your first mushroom trip? Go with an experienced hunter. Make sure mushroom caps are pitted, not smooth or wrinkled. Some false morels with smooth or wrinkled or saddle-shaped caps are poisonous.

Carry a compass. Tell friends where you'll be and when you should return.

Learn to identify morels by taking classes offered by mushroom clubs, local botanical gardens or continuing education programs. Learn more about morels and other mushrooms on the Internet at www.herb.lsa. umich.edu/kidpage/ factindx.htm

Veggie cheese chowder cooks while you're away

It's the time of the season for festivals

See related story on Taste front. Jeanne Skilton of West Bloomfield makes this 2 cups frozen com

oup in her Crock-Pot and then freezes it in small 1/4 cup flour ntainers. Jeanne takes the chowder to her dad 2/3 cup fat-free milk who lives by himself in Madison, Wis. 1/2 cup Cheese Whiz Light

We adjusted Jeanne's original recipe to lower the sodium content. It can be lowered further by leaving out the bacon

VEGETABLE CHEESE CHOWDER 10 to 12 servings

1/2 pound shrimp

8 slices bacon, crisply cooked, diced 3 carrots, diced

5 stalks celery, diced 6 small potatoes, diced

1-2 onions, diced

1/2 cup green pepper, diced

3 cups water

Remove about 1/2 cup of broth and let it cool. In a separate container, whisk the flour, broth and mushroom juice together and then stir into the pot.

3-4 hours on high. Add the mushrooms and corn.

1 (4-ounce) can mushrooms, reserve liquid

Add the Cheese Whiz and milk, cook on low until ready to serve. Nutrition information per 1 cup serving: calories 205, protein, 13 grams; fat, 3 g.; sodium, 802 milligrams, carbohydrates, 32 grams, and percent of

Cook on high until slightly thickened, about 1/2 hour

Combine first 9 ingredients in Crock-Pot. Cook for

calories from fat. 12. Recipe compliments of Jeanne Skilton, adapted by HDS Services.



BOB'S PREMIUM POULTRY

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wiss Cheese \$ 7 29

Skinless Dogs

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18 April Cons \$ 999 Tax & Day & Day & Day Vernor's \$ 699 · 24 Poch Case

TYS . TOP QUALITY PIZZAS

Sandwich Spread

Budweiser & Bud Lite

Modradouradouradouradour

POTATO Limit 1 pkg. with additional \$50 purchase . Limit 1 bag with additional \$50 purchase

Limit 1 pkg. with additional \$50 purchase \$ Mode Mode Mode Mode Mode Mode C CALIFORNIA C

propertion requiremental resources

Page 4, Section D

lay, May 14, 2000

BRIEFS

Holistic medicine

Saint Joseph Mercy Health System will present "Navigating Health, Wellness and Disease: The Mind-Body Connection," a lecture on holistic medicine 7-8:30 p.m. Monday, May 22 at St. Joseph Mercy Hospital, 5301 East Huron River Drive, Ann Arbor.

The presenter is Dr. Mehmet Oz. a prominent heart surgeon from Columbia-Presbyterian Medical Center in New York and a leader in holistic medicine. Dr. Oz is the author of Healing From the Heart and has appeared on CBS Evening News, The Today Show, Good Morning America, Dateline and the Oprah Winfrey Show. He also has been featured in The New York Times, Readers' Digest and Good

Housekeeping. To register, please call Saint Joseph Mercy HealthLine at (800) 231-2211.

What did you say?

Although hearing loss affects more than 25 million Americans of all ages, many hearing-impaired people do not get the proper help.

Marquette House, 36000 Campus Drive, between Wayne Road and Newburg in Westland will sponsor a "Better Hearing Day" 10 a.m. to 2 p.m. Saturday, May 20. Audiologists and assistive technology experts will be on hand, along with members of Self Help for Hard of Hearing People (SHHH), an international support group.

Presentations include information on assistive hearing products, tinnitus therapy and developing a wellness lifestyle.

For more information, call Personalized Hearing Care at (734) 467-5100 or (800) 411-7847.

Stroke awareness

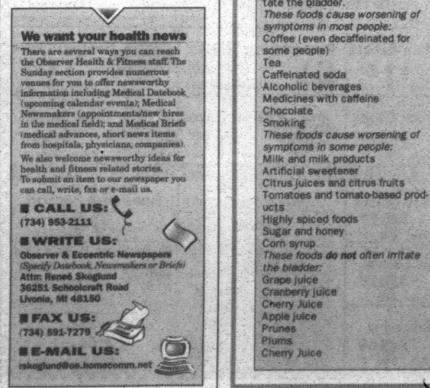
Many people never give stroke a second though until it is too late. In the United States, someone suffers a stroke every 53 seconds.

Life Line Screening, a national provider of preventative health screenings, will offer stroke screen ings at two locations: Tuesday, May 16 at the Summit on the Park, 46000 Summit Parkway in Canton and Wednesday, May 17 at the Civic park Senior Center, 15218 Farmington Road in Livonia.

The stroke screening consists of three primary tests to detect the risk of stroke and vascular disease: carotid artery screening test, abdominal aortic aneurysm test. and an ankle brachial index. Bone density screening for early detection of osteoporosis also will be available for women.

A board-certified physician reviews the results of each test to ensure accuracy before the findings are mailed to each individual. Individuals whose screenings suggest further evaluation are encouraged to seek appropriate follow-up care with their own physician.

The tests are offered for \$35 each. Anyone interested in either the vascular or osteoporosis screenings must register at least 24 hours in advance. Call 1-800-407-4557.



THE SILENT SHAME

WOMEN DEFER ASKING DOCTORS ABOUT INCONTINENCE

BY RENÉE SKOGLUND

ders, ladies. Or, to put it more discreetly, female incontinence. Simply put, urinary incontinence is the involuntary release of urine at a

It's time to talk about leaky blad-

socially unacceptable time. It affects more than 11 million women in the United States. Although it most often manifest itself in the middle to later years, it affects all ages. "Incontinence could be described as

an epidemic," said Dr. Denise Howard, a specialist who treats incontinent woman in the University of Michigan's Obstetrics and Gynecology Department. "About 35 percent of all women have some form of urinary incontinence, and as many as one in nine of those women undergo surgery for it."

"It is a quality of life issue. It affects your dignity, how you see yourself in the world," said Dr. Veronica Mallett, a subspecialist in urogynecology with the Oakwood Healthcare System.

Yet, most women don't talk about urinary incontinence in spite of acute and cessation of physical activities. In fact, most women wait two- and-ahalf years after the onset of symptoms before consulting a doctor, said Mallett.

"No one wants to talk about this because it's not sexy."

Treatment options

That's a shame, because there are several treatment options: exercise and physical therapy, medications, and surgery. Mallet currently is one of the few physicians in the state to perform a new procedure called the Tension-Free Vaginal Tape System for women with stress urinary incontinence, the most common form of

The procedure allows for placement of a mesh tape close to the high-pressure zone of the urethra, providing tension-free support of the nner urethra and bladder neck. It is done on an outpatient basis under local anesthesia with sedation and takes about 30 minutes to perform.

(Traditional vaginal sling surgeries are performed under general anesthesia and require a hospital stay.)

"It has the advantage over the traditional sling of the patient being able to urinate right away, whereas the traditional sling patient may not urinate for several weeks. And unlike previous synthetic slings, the TBT sling doesn't erode through the vaginal skin," said Mallett.

urinary incontinence and its possible what it is ... and isn't. While many women don't manifest

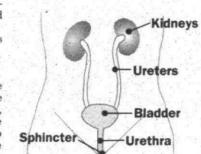
symptoms until their mid-40s, incontinence is not about aging. Young women involved in strenuous activities such as weightlifting, during which they bear down to the pelvic floor muscles, can develop stress

Bladder irritants

rge incontinence, the urgent need to empty the bladder frequently, is often worsened by foods that irri-



Providing help: St. Mary Hospital physical therapist Archana Uppal shows a patient how the strength of pelvic floor muscle embarrassment, curtailment of sex contractions are measured through surface electrodes placed near the perianal region.



The urinary tract

problem can increase with age, it should not be considered a normal part of aging. There is help available," said Howard.

Incontinence is a problem of the urinary system, which consists of two kidneys, two ureters, a bladder and a urethra. The kidneys remove waste products from the blood and produce urine, which travels to the bladder through the ureters. The bladder stores the urine until it flows out of the body through the urethra.

The sphincter, a circular muscle that controls the activity of the urethra, is not part of the urinary system but can play a role in inconti-

Many conditions act as precursors to incontinence: weak pelvic floor muscles: previous bladder or vaginal Understanding incontinence surgeries; pregnancy and childbirth; Before women start talking about menopausal loss of estrogen, which treatments, they must understand ens vaginal muscles; urinary tract abnormalities; brain and spinal cord injuries: and diseases such as dia-

betes, MS and Parkinson's. There are several forms of urinary

Stress urinary incontinence - The most common form, SUI causes women to lose urine when they laugh, sneeze or cough; walk or exer-"In fact, while the severity of this cise; or get up from a seated or lying

position. SUI has two basic causes weak pelvic muscles that don't hold the urethra in place and dysfunction al sphincter muscles that fail to hold the urethra closed.

■ Urge incontinence - Unlike SUI, arge incontinence results from overactive bladder muscles rather than weak pelvic muscles. A woman may feel she can't get to the bathroom in time. This can be more devastating than SUI since women can lose the entire contents of their bladder, said

Mixed incontinence - A combination of stress and urge incontinence.

■ Overflow incontinence - Women with overflow incontinence feel as if their bladder is never completely empty. The nerves to the bladder are no longer working, and the bladder spills over. This condition may be due to neurological diseases such as MS or Parkinson's.

Treatments

According to the National Association for Continence, urinary incontinence has an approximately 80-percent cure or improvement rate. In addition to X-rays and cystoscopic examinations, special diagnostic tests to determine bladder capacity, sphincter condition, urethral pressure, and the amount of urine left in bladder may be required.

There are three major treatment categories: behavioral/muscle therapy, pharmocologic and surgical. How ever, surgery - and there are many types, including the new Tension Free Vaginal Tape System - should be considered only after all non-surgical procedures have been tried.

Archana Uppal, a physical therapist with St. Mary Hospital's Physical Medicine and Rehabilation Department, specializes in treating incontinence. Most of her female patients are 65-85 years old. Some

Jppal suggests her patients practice "Kegels" - exercises that contract the pelvic floor muscles. "Normally, in about six to eight weeks most patients improve. Sometimes patients have been cured complete-

For stress urinary incontinence,

To get results, Uppal recommends 10 sets of eight to 10 repetitions a day. "A muscle doesn't strengthen overnight. It takes a few weeks. Patients are so motivated when they see results after they have worked

In addition to pelvic floor muscle exercises, Uppal uses other behavioral treatments, including bladder retraining, vaginal weights, biofeedack (externally placed electrodes that measure muscle contraction strength), and electrical stimulation of pelvic floor muscles.

While stress urinary incontinence does not usually respond to medica-. tion, SUI associated with estrogen deficiency may be treated with hormone replacement therapy, such as vaginal cream or estrogen patches. Medications also are used to treat infection, stop abnormal bladder muscle contractions or to tighten sphincter muscles

Caution

Uppal cautions women not to bear lown strenously when lifting. Learning to contract or pull the pelvic floor muscles upward (kegels) while lifting can be a helpful countermove.

However, perhaps the best advice is seeking help when the first symptoms of urinary incontinence appear. Unfortunately, although obesity is a risk factor for incontinence, many doctors will advise an overweight woman to "lose 20 pounds and than come back," said Mallett. "I think that's so unfair," she said.

"That person is seeking care. That's unfortunate because there may be things we can do from a physical

Mallett's greatest reward as a physician comes in helping women who have severely altered their lifestyle because of urinary incontinence. "I like the idea of putting things back into place," she said. " like restoring function and the quality of life.

10 warning signs

of bladder problems

Pain related to filling the bladder and/or pain related to urination (in the absence of a bladder infection).

stream with or without a feeling of Incomplete bladder emptying.

10. Abnormal urination or changes in rination related to a nervous system normality (stroke, spinal cord injury, MS,

Leakage of urine preventing activities. Leakage of urine causing 3. Leakage of urine that began or continued after an operation, hysterectomy, Caesarean section, prostate

Inability to urinate (retention of urine). 5. Urinating more frequently than usual 6. Needing to rush to the bathroom and/or

Frequent bladder infections. Progressive weakness of the urinary

Kegel exercises

the same muscle group, the rectal

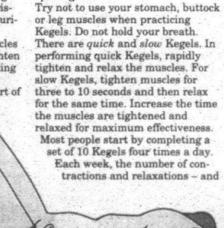
cles located around the bladder

muscles always work with the mus-

Identify the muscles located around the bladder opening by starting and stopping your urine stream. Use this technique only for identifying the muscles used for Kegel exercises. Do not perform Kegels while uri-

nating. back gas or completing a bowel

Another way to identify the muscles used for Kegel exercises is to tighten the rectal muscles (as when holding movement). Because they are part of

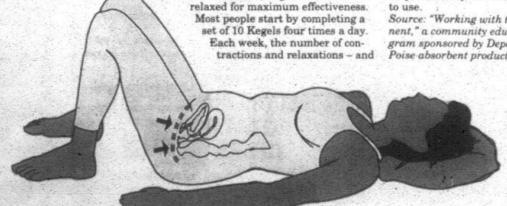


the length of time contractions are held - are increased. Kegel exercises may be done with other activities, such as watching television, ironing or when relaxing Because it may take several weeks to notice an improvement, it is important to continue doing the

If your symptoms do not improve, ask your physician, nurse or therapist to help you. Many individuals need a healthcare professional's help to identify the correct muscles

exercises.

Source: "Working with the Incontinent," a community education program sponsored by Depend and Poise absorbent products.



Bosses now monitoring your instant messages we all employee types whether logged relationships across the country. The shrinks concluded the shrinks conc



there's snooping allows employ-

more and more

companies have

been monitoring

Web surfing.

ers to eavesdrop

on workers who use instant messaging programs to keep in touch with friends and sivity discussed a new study that associates while logged on to the shows 15 percent of Internet company network. The software users visit online sex chat rooms mated average. is appropriately called Little- or pornographic sites. Almost 9 Brother 4.0 (www.little brother.com), and it's an Internet access filtering program that 11 hours a week surfing for erotlets network administrators ic content. keep track of who is using Instant messaging on company time and to fine-tune individual

access to Internet features. Used in conjunction with another program called Investigator (www.winwhat where.com/ literally every keystroke an

Addictive cybersex treated seriously and requires Maybe one reason bosses are the same type of therapy as eatmonitoring computer users is ing or personality disorders.

that their employees are cybermail usage and sex addicts.

Cybersex is changing the definition of sexual compulsion "like crack cocaine changed the field software that of substance abuse," says a cations says commercial e-mail group of psychologists.

> percent of people who use the Internet for sex spend more than The numbers were nearly

that an overwhelming majority The study said that the grow-

Junk e-mail increases If you've had it with Spam. you haven't seen anything yet. A

new study by Jupiter Communiwill increase dramatically over Meeting in Atlanta last week- the next several years until, by end, the National Council on 2005, the average Internet user Sexual Addiction and Compul- will be getting 1,600 a year, compared to 40 today. That's a 40fold increase and that's the esti-

Many will get much more. And that's on top of the aver- will examine the recording age 4,000 personal and non-marketing e-mails the average Internet user will get, up from 1,750 last year. The danger, concedes equal for men and women, counthe Jupiter marketing company, tering the widely accepted view is that the sheer volume of e-filed by record labels and artists. mail received will strain conof cybersex participants are men. sumers' attention span and is out of the barn and isn't going make them less likely to respond back. ing numbers of online sex to commercial e-mail. But online invest.htm), bosses now have the addicts are hooked on a new mailers are forging ahead anycapability of getting a report on form of "hypersexuality" - a com- way because e-mail is cheaper tion abilities of the Internet have (www.lucianne.com), a Web site pulsive need for cybersex - and and faster and often more effec- made middlemen obsolete, and that runs with any story - the that is destroying marriages and tive than direct snail-mail deliv- like it or not, they say, the music more sensational the better -

organs. Presented by Macro Val

THUR, MAY 18

immunization event from 4-7

n.m. at 37595 Seven Mile Road

in Livonia. Cost is \$5 per child

tion records. Call (877) 345-5500

IMMUNIZATION CLINIC

All this is being vigorously pricing is going to have to gets on board. fought by a volunteer anti-spam group called CAUCE, for Coalition Against Unsolicited Commercial E-Mail (www.cauce.org). They're pushing for legislative controls on junk e-mail before it

ruins the Internet. copyright laws. On the Net

Congress gets involved Congress will hold hearings later this month on the growing mess involving online users who swap their favorite MP3 music files online through various Internet trading sites like Napster (www.napster.com). The House Committee on

Small Business says the hearing

the multi-state drawing's official industry's claim that online Web site (www.theofficial music swapping is piracy and biggame.com). You can read threatens to destroy the industry. The swirling controversy is what past winners have done bringing a blizzard of lawsuits with their prizes and how their lives have changed. Have you seen Lucianne? Ever But Napster fans say the horse wondered where Matt Drudge. Rush Limbaugh and others get New music compression tech- their hot gossip and inside stonology and the instant distribu- ries? Check out Lucianne.com

sides. Amazing.

the Big Game Lotto jackpot on

industry with its outrageous long before traditional media

The recording industry is PC Mike seminar fighting back. Besides more law-

Mark down Saturday, June 3, suits, it's spending a lot of from 9:30 a.m. to noon for the money wining, dining and lobbynext PC Mike Internet 101 semiing lawmakers to strengthen nar. Sponsored by TalkRadio 1270, WXYT, the free seminar will teach you what you need to Check out the provocative 360know to use the Internet sucdegree movie (www.atom cessfully. It will take place at films.com) that debuted on the The Community House of Birm-Net this week. You control the ingham, 380 S. Bates, in Birmcamera as the movie plays. It ingham. The seminar is totally works like your head. Swivel free but you need to get a reseraround to see the action from all vation. Call (248) 455-7343. Follow all the excitement of

Till next week everybody

Mike Wendland covers the Internet for NBC-TV Newschannel stations across the country. He is the author of a series of Internet books. You can reach him through his Web site at www.pcmike. com and hear him Monday through Friday at 6:26 p.m. on NewsRadio 950, WWJ, and on Saturdays and Sundays 4-6 p.m. on TalkRadio 1270,

32500 Seven Mile, will present a

discussion on "Stress Manage-

ment: Emotions of Caregiving,"

6-7:30 p.m. in the community

center. Call Nanette Cooper or

and includes all vaccines your

child needs except chicken pox.

Denise Mannion for reservations

MEDICAL DATEBOOK

Items for Medical Datebook are cian referral required. Call (734) welcome from all hospitals, 458-4330 to register. physicians, companies and residents active in the Observerarea medical community. Items should be sent to: Medical Datebook, c/o The Observer Newspapers, 36251 Schoolcraft, Livonia 48150, e-mail rskoglund@oe. homecomm.net

ONGOING

OVEREATERS Overeater Anonymous meets TUES, MAY 16

or faxed to (734) 591-7279.

every Sunday 7-8:30 p.m. through June in the St. Mary Hospital Pavilion, Conference Room A, 36475 Five Mile, Livonia. Another group meets every Thursday evening 7:30-9 p.m. in Unity Church, 28660 Five Mile. Call Kathleen at (734) 427-8612.

AA & ALANON

Alcoholics Anonymous & Alanon meet Wednesdays and Sundays 8:30-9:30 p.m. at Garden City Hospital North Entrance, 5254 Inkster Road, Contact (248) 541-6565 or (734) 776-3415. Everyone's welcome. Alanon meeting Sunday only.

BLOOD PRESSURE SCREENINGS Marquette House, a residentia assisted living facility at 36000 Campus Drive in Westland (across from John Glenn High School), holds blood pressure screenings every fourth Tuesday.

Open to the public 11 a.m. to

noon. Call (734) 326-6537.

The Impotent Anonymous Support Group meets 8 p.m. the last Wednesday of each month at St. Mary Hospital Marian Professional Building, 14555 Levan Road, Livonia (Pavilion Confer ence Room A). For information, call (734) 462-5858.

MON, MAY 15

DIABETES EDUCATION Garden City Hospital will spon sor "Live Well With Diabetes," a five-week series that begins May 15, 18 and 22. Sessions will cover hypoglycemia, hyperglycemia, foot care, meal plans and glucose monitoring. Physi-

How.

RESTLESS LEG SYNDROME

The Restless Leg Syndrome Support Group will meet at 7 p.m. at Henry Ford OptimEyes, 35184 Central City Parkway in Westland to discuss medications and exercises. The meeting will feature a video by California-based physician Dr. Vuchfuhrer. For more information, call Jan Prentice at (734) 453-4847.

SPIRITUALITY AND HEALTH

LYME DISEASE The Lyme Disease Support

Group will sponsor a "Lyme Disease Education Night" at 7 p.m. at the First United Methodist Church, Wayne. Call Connie at (734) 326-3502 for more informa-

Henry Ford Medical Center-Fairlane will sponsor a free lec

EXERCISE ture, "Spirituality, Health & Healing," 11 a.m. to 12:30 p.m. Tuesday, May 16, at the medical center, 19401 Hubbard Drive in Dearborn. Call (313) 982-8384.

WED, MAY 17 DYSLEXIA SUPPORT

The Michigan Dyslexia Institute Detroit Metro Center will host a meeting on the Section 504 of the Rehabilitation Act of 1973 as related to accommodations for students/adults with dyslexia. Parents, advocates, professionals and students encouraged to attend. Meets at 6:45 p.m. at the MD Institute, 30230 Orchard Lake Road in Farmington Hills, Suite 130.

CAVE-DWELLERS' DIET

Answer the following questions based on the last 2 weeks or more.

3. I have trouble sleeping (either too much or too little)

4. I have trouble concentrating, or my mind goes "blank"

If you answered "yes" to 3 or more statements, you may be suffering from an arciety disorder

a serious condition affecting millions of Americans. The Institute for Health Studies is

currently looking for individuals experiencing the above symptoms to participate in a research

study of investigational medication for arciety. If you are selected, all research related care

and study medication are provided at no cost. Get answers and information about atwiety:

INSTITUTE FOR HEALTH STUDIES

(517) 349-5505 1 (800) 682-6663

Robert J. Bielski, M.D.

1. I feel keyed up, on edge or restless

2.1 feel stressed most of the time

5. I feel irritable; I can't relax

. 6. I notice my heart beating rapidly

7. I feel worried, anxious and fearful

It's better to eat like cavedwellers. Learn how your body lets you know what it needs nutritionally through muscle testing. Dr. Darren Schmidt pre sents a free workshop 708:15 p.m. Wednesday, May 17 at the Canton Center Chiropractic Clinic, Call (734) 455-6767.

HEALTHY FOOD Learn how the energy of food can Garden City. Call (734) 261-

help strengthen your internal

WED, MAY 31 6-8 p.m., 30561 Krauter, Apt. 3C, Garden City. No cost. Com-BLOOD DRIVE plimentary dessert and tea. Call (734) 261-2856

the Canton Hindu Temple 8 n m Wednesday May 31. For Providence Mission Health Medical Center-Livonia will host an

and includes all vaccines your child needs except chicken pox. Don't forget to bring immuniza-

for information. RREASTFEEDING The La Leche League of Livonia will meet 7 p.m. For location and information, call Theresa (784) 261-6814. Michele (734) 591-7071, Vicki (734) 937-3011 or Claudia (734) 422-6669. Babies

and children welcome.

Oakland Physical Therapy, PC., will present "Fit After Fifty" p.m. at the Providence Medical Center, 47601 Grand River Avenue, Suite B124, Novi (inter section of Grand River and Beck Road). No charge. Reservations required. Call (248) 380-3550.

TUES, MAY 23

RESTLESS LEG SYNDROME The Restless Leg Syndrome will meet at 2 p.m. at Henry Ford OptimEyes, 35184 Central City Parkway in Westland to discuss medications and exercises. Garden City Hospital nurse Marilyn Armberage will be the feature speaker. For more information call Jan Prentice at (734) 453-

MAY 24-JUNE 14

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The American Red Cross will hold a blood drive sponsored by (44955 Cherry Hill Road) from 2 information call (734) 981-8730

JUNE 3 & 7 STOP SMOKING

Providence Hospital will present smoking cessation programs 10 a.m. to noon Saturday, June 3, Novi Park: Providence Medical Center-Providence Park 47601 Grand River (Beck Road entrance), Novi; and 6:30-8:30 p.m. Wednesday, June 7, Providence Medical Center-Livonia: Mission Health Medical Center 37595 Seven Mile (at Newburgh). Livonia. For reserva-

THUR, JUNE 4

urvivors Day sponsored by St

Mary Hospital of Livonia 2-4

p.m. To preregister, call (734)

Charge of Living with Diabeter

class meets 7-9 p.m. Tuesdays

and Thursdays for four weeks

tions, call 1-877-345-5500.

CANCER SURVIVOR DAY Cancer survivors are invited to participate in National Cancer

655-1100.

JUNE 6-29 DIABETES St. Mary Hospital's "Taking

WED, JUNE 7

Call (734) 655-8940

MENOPAUSE

The Menopause Support Group at St. Mary Hospital in Livonia meets 7-9 p.m. Discussion will offer tips on protecting your back from stress and strain, including proper lifting techniques. Call

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Street No. 205 in Plymouth. Call The Multiple Chemical Sensitivi-(734) 207-0557 to register. ty Friends support group meets 2-5 p.m. at Calgary Presbyterian CAREGIVING STRESS Church, 2727 Fernwood, Ann Alterra-Clare Bridge of Livonia,

SAT, JUNE 10 CARDIAC LIFE SUPPORT

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Arbor (west of U.S. 23, between

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munity.mlive.com/cc/thyroid

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miprove posture. Bring a "Touch

book stores. Class runs Tuesday,

TOUCH FOR HEALTH

(248) 428-7055. Prerequisite for initial training: proof of current Health Care Provider BLS card. Retraining: THUR, JUNE 15 proof of current Health Care Provider BLS card and current IMMUNIZATION CLINIC ACLS certification. Class is Providence Mission Health Medoffered Saturday and Sunday. June 10 and 11, from 8 a.m. to 5 ical Center-Livonia will host an p.m. St. Joseph Mercy Hospiimmunization event from 4-7 tal/Michigan Heart & Vascular p.m. at 37595 Seven Mile Road Institute (734) 712-2948 in Livonia. Cost is \$5 per child

MON, JUNE 12 Don't forget to bring immuniza-THYROID DISORDERS tion records. Call (877) 345-5500 The Michigan Thyroid Disorder

for information. Support Group will meet at 6:30 in the Plymouth Library, 223 S Main Street. For more informa-THUR, JULY 20 tion, call Tracy Green at (734) 453-7945. Web site http://com-**IMMUNIZATION CLINIC**

Providence Mission Health Med ical Center-Livonia will host an The Michigan Thyroid Disorder immunization event from 4-7 Support Group meets 6:30-9 p.m. p.m. at 37595 Seven Mile Road at the Plymouth Library, 223 S. Main, Plymouth. Dr. Ng of The in Livonia. Cost is \$5 per child Center for Holistic Medicine in and includes all vaccines your child needs except chicken pox. natural hormones and diet. Call Don't forget to bring immuniza-Tracy Green at (734) 453-7945.

for information.

MON. SEPT. 11 THYROID DISORDERS The Michigan Thyroid Disorder

tion records. Call (877) 345-5500

Support Group will meet at 6:30 in the Plymouth Library, 223 S. Main Street. For more information, call Tracy Green at (734) 453-7945. Web site http://community.mlive.com/cc/thyroid



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PAMILY HEALTH

FITTESS

- **Kickboxing Rocks**
- What's in your medicine cabinet?
- Meet two fit families
- Are vitamins worthwhile?



SUNDAY MAY 14, 2000

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FAMILY MEDICINE CABINET



When stocking your nedicine cabinet, conside you need is right there." the needs of both your ousehold and your guests.

says Ann Laginess, a staff clinical pharmacist at Henry Ford Hospital. Do not keep medications beyond their expiration date and throw out prescriptions that are no longer needed. Outdated medicine *may very well have broken down and won't be effective," she warns. Also, holding on to old antidepressants creates the risk of an overdose for a family member going through hard times.

including grandchildren.

Keep all medicines in their original containers, which indicate dosage and expiration date, and store them in a cool, dry, dark place out of children's reach. "A humid, small bathroom is not the place. Neither is the top of the refrigerator," says Laginess.

Laginess compiled a list of medications and supplies - some by trademark brands that every family should keep on hand. Generics work just as well.

TOPICAL MEDICATIONS

- . Triple antibiotic ointment, such as Neosporin or Mycitracin with added pain reliever. Neosporin also comes in convenient packets.
- · Bactine Good antiseptic spray for first-
- · Afterbite Neutralizes insect bite venom · Hydrocortisone cream - Relieves itching from insect bites and skin irritations.
- · Calamine lotion Dries and relieves itching. "When kids see the pink medication. they think it's working," said Laginess.
- . Bug spray (keep extra in your golf bag).
- . Sun block, including one for the lips.
- . Aloe cream or gel.

- . Band-Aids All sizes, including large for knees and elbows.
- · Cotton balls and tissue
- · Hot water bottle Great for back strains
- · Adhesive tape
- · Safety pins, tweezers and scissors · Alcohol wipes
- · Elastic bandage
- . Flashlight and moleskin Great for a
- . First-aid kit Keep outside when enter-

taining guests on your patio. "Everything.

ORAL MEDICATIONS

- Tylenol Headaches, sunburn, fever and
- Ibuprofen (such as Motrin) "Good for fever in children who don't respond to other things." Anti-inflammatory for back strain and sports injuries.
- Aspirin "Do not use in children or teen with the flu or chicken pox." Recommended for heart attack victims waiting for the ambulance.
- . Benedril Relieves itching of insect bites or poison ivy. Stock the liquid and 25 mg. tablets.
- · Chlortrimeton Antihistamine not as drowsy-inducing as Benedril. If allergic to dogs or cats, take one-half hour before
- · Kaopectate Grabs on to toxins, but does not impedé elimination. Good for kids and adults.
- · Immodium Stops diarrhea. Causes the gut to slow down and quit eliminating. Best for adults. Keep in a travel kit.

SPECIAL NEEDS

- · Cough medicine Keep things simple. If it's just a cough, buy something with just the "DM" ingredient. Stock both a daytime and nighttime Triaminic
- . Syrup of Ipecac "Never give without the instruction of the Poison Control Center. Some medications cause as much trouble coming up and going down."
- · An extra-strength antacid with an anti-gas ingredient.
- · Sore throat spray and anestheti
- dren and Gatorade for teens. Prevents dehydration when ill.
- Epinephrine Injections Used for people allergic to bee stings. Comes in a pen that can be jammed into the leg. "It could save your life."
- Mylicon Anti-gas drops for gassy-babies Warning: Keep the number of the Poison Control Center at Children's Hospital in Detroit posted near your phone (1-800-POI-SON 1, or 1-800-764-7661) and know the weight of your children or grandchildren. Antidote dosages are determined by weight.

Also many over-the-counter medications do not indicate dosages for children under age 6. Don't guess, Contact your local hospital's pediatric department pharmacy

On the cover

The Covert family of Canton in the top photo is into Tae Kwan Do. The Ryktarsyk family of Livonia in the bottom photo spends a lot of time in the YMCA pool. Find out how these families stay fit and healthy on page 8.

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	Vitamins	Page 4
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	Three fit families	Page 8-9
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It's never too late

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Not all vitamins are created equal



your family take vitamin and mineral supplements to maintain or enhance health?

There are vehement advocates on both sides of this issue. Some people spend hundreds of dollars a year on sup-

plements. Others swear that taking vitamins only gives you the most expensive urine in town.

Personally, I spend about \$200 a year on supplements. I've taken vitamins and minerals daily since 1982 and have observed no visible effect in many cases.

My mainstay is a multi-vitamin and mineral I buy mail order from Bronson Pharmaceuticals. I have no idea just how much of these nutrients I absorb and can't point to a specific improvement that they've brought and vary less in quality. about. But I've taken three a day for 18 years.

I've dabbled with more focused supplements, usually without visible

Recently I discovered something called methyl sulfonyl methane, or MSM, that has almost entirely cleared up my problem with repetitive strain injury, or carpal tunnel

Another supplement that gets results for me is flax seed oil. Chiropractor Jim Perkins started me on this stuff to treat the repetitive strain injury, but I continue to take it because it prevents dry skin and chapped lips.

I asked Clara Adams, who runs Zerbo's Health Foods of Livonia, to explain why some supplements don't seem to work.

She said synthetic vitamins like I've been taking have a lower "bioavailability" than vitamins that are developed directly from plants. So, in tion, since whole foods provide not the good sources of folate. Most

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Dr. Salib is a member of the following medical associations:

percent of the nutrients in the syn- and phytochemicals (plant subthetic vitamins instead of the 98 percent I'd absorb from "food-matrixed"

Adams recommends food-matrixed vitamins for almost everyone for this reason. They're more effective. "No one can go wrong this way," she said, holding up a jar.

However, she concedes that a person who eats right won't necessarily see a huge benefit in taking supplements. Food is the primary source of nutrition, she said, but supplements for weaknesses in one's individual

On the other hand, Jeff Caudill, general manager of the Vitamin Outlet, said synthetic vitamins have a 30-80 percent absorption rate, are Too much homocysteine can double cheaper than food-matrix vitamins

Tina Miller, a registered dietitian with the Kroger Co. of Michigan, said bio-absorption can be measured by dropping your multi-vitamin in a bowl of vinegar. "If the vitamin is mostly dissolved (after two hours), then you know your body is able to break the vitamin down to get the nutrients," she said. "If it doesn't dissolve, change brands."

Caudill argues that everyone should take a multi-vitamin because meals nowadays contains fewer nutri-. ents than they did years ago. A multivitamin thrice a day "will balance your system out."

Can you eat all the wrong things and make up for it with supplements? My experts say no. Burgers, fries, doughnuts and so on can do more damage than supplements can make

Nutritionist Miller said food should be your first source of nutri-

313-832-4818

her opinion, I've been absorbing 10-15 just vitamins but essential minerals daily as a "nutrition insurance policy" stances that boost immunity and prevent disease).

Miller recommends taking a multivitamin and mineral supplement

Should your kids take supple-

Please see VITAMINS, 13

Don't skimp on the folic acid

folate, has been shown to protect cornmeal, corn grits, pasta, rice and against neural tube defects such as farina - must be fortified with folic spina bifida (a birth defect in which the spinal cord is not completely encased in bone) and anencephaly (a lethal defect can be chosen selectively to make up in which part of the brain never devel-

> It may also prevent oral birth defects such as cleft palate.

Folic acid may also help protect against heart disease by reducing the amount of homocysteine in your blood. your risk of heart attack, stroke or peripheral vascular disease.

Folic acid may play a role in prevention of several types of cancer, including cervical, colon and rectal cancer. And recent research shows it may help reduce the incidence of certain types of

How much do we need?

A blue-ribbon-plan advisory panel formed by the National Academy of Sciences urged all adults, especially newly pregnant women, to get at least 400 micrograms of folic acid in their daily diets. Just 32 percent of all American adults are getting enough folate.

Adding folate to your diet

Begin your day with a cup of orange juice (110 micrograms). Eat one cup of whole-wheat cereal such as Wheaties for another 100 micrograms. A banana would add 24 micrograms. Lunch on a chicken Caesar salad (dressing on the side) for another 76 micrograms per cup of romaine lettuce. A 1/2-cup of kidney, white Northern or black beans in soup provides about 100 micrograms.

Where to find folate

Leafy vegetables, dried beans, some fruits, liver, yeast breads, wheat germ and some fortified cereals are among

Folic acid, a B vitamin also known as enriched grain products - bread, flour, acid, according to law.

To get more folic acid, eat plenty of beans, fruits and vegetables - preferably raw or lightly cooked. Half the folic acid in foods can be lost in cooking.

Sources of folate: Lentils (1 cup cooked), 358 micro-

Black-eyed peas, dried (1 cup cooked), 350 micrograms.

Pinto beans, 294 micrograms.

Kidney beans (1 cup cooked) 229 Garbanzo beans (1 cup cooked) 282

Sunflower seeds, dry-roasted (1/2 cup), 135 micrograms.

Okra (1/2 cup cooked), 135 micro-

Asparagus (five spears), 110 micro-

Black beans (1 cup cooked), 256 micrograms. Most ready-to-eat breakfast cereals.

100 to 400 micrograms. (read labels). Spinach, boiled (1/2 cup) 130 micro-

Collards, frozen (1/2 cup), 65 micro-

Grapefruit juice (1 cup), 55 micro-

Navy beans, boiled (1/2 cup), 125 Wheat germ (1/4 cup), 80 micro-

Avocado (1/2 cup), 55 micrograms. Orange (medium), 45 micrograms. Orange juice (1 cup), 109 micrograms.

Source: Nutritional values from "Bowes & Church's Food Values of Portions Commonly Used" by Jean A.T.

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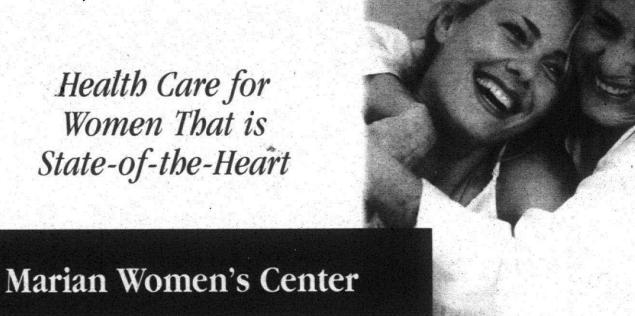
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FAMILY FOOTSIES

The mighty foot! Almost all sports involve

running and jumping, the trauma of which is absorbed primarily by the foot. A 150-pound athlete hits the ground with about 300-450 pounds of force. In an hour's workout, an athlete's foot is subjected to approximately five million pounds of force – enough force to move a

five-story building! ■ Corns burt? Storm's coming!

There is certainly a sound basis for the old wives 'tale that people with corns can predict an upcoming storm. Often an underlying bursa is associated with a corn. These balloon-like sacs fill up with fluid to further cushion the underlying bones. When the barometer drops, the atmospheric pressure decreases, which causes the fluid in the bursa below a corn to expand, thus making the corn even more painful.

■ Behold the foot!

Leonardo da Vinci described the foot as "a masterpiece of engineering and a work of art." No wonder. Each foot contains 26 bones, 33 joints, and 19 muscles and tendons. They average person takes 8,000-10,000 steps a day. That adds up to about 115,000 miles in a lifetime, more than four times the circumferene of the globe.

AMILI TOOTOIL

Foot odor results from excessive perspiration from the more than 250,000 sweat glands in the foot. Daily hygiene is essential: Change your shoes daily to let each pair air out, and change your socks, perhaps even more frequently than daily. Foot powders and antiperspirants, and soaking in vinegar and water, can help lessen odor.

Baby's Feet

When the child first begins to walk, shoes are not necessary indoors. Allowing the youngster to go barefoot or to wear just socks helps the foot to grow normally and to develop its musculature and strength, as well as the grasping action of toes. Of course, when walking outside or on rough surfaces, babies' feet should be protected in lightweight, flexible footwear made of natural materials:

surce: American Podiatric Medical Association

Toenail trimming

Trim toenails straight across, but not too short. Be careful not to cut nails in corners or on the sides; it can lead to ingrown toenails. Persons with diabetes, poor circulation or heart problems should not treat their own feet because they are more prone to infection.

Source: American Podiatric Medical Association

Ice packs with a soft touch

Buy a colorful math mitt and keep in in the refrigerator. When an ice pack is needed, fill the mitt with a plastic bag of ice. Or, buy "Boo Boo Bunny," a little rabbit with a big heart and a special freezable, plastic square. When your child gets a bump, get Boo Boo Bunny.



We Build Strong Kids... Strong Families... Strong Communities On Stark Road (just N. of I-96 and just W. of Farmington Road)

Don't wither away... drink while exercising

BY RENÉE SKOGLUND STAFF WRITER rskoglund@oe.bomecomm.net

Exercising in hot weather greatly increases your need for water. A logical assumption but often ignored.

"I've been to many races in the summer where a couple of runners go down. They tend to grab the water and pour it on their heads," said René Johnston, an exercise physiologist in the cardiology department at St Mary Hospital in Livonia.

And joggers, forget about a quick jaunt through the neighbor's sprinkler. "It might cool you down a little bit, but that's not the same as rehydrating,"

We need lots of water, at least eight 8-ounce glasses a day. And for every 10-15 pounds we're overweight, we need another 8 ounces. It's easy to lose 15-20 ounces of water through perspiration during a one-hour exercise session. "By the time you get thirsty, the dehydration process has begun, said Johnson.

In a survey conducted at the American Society of Exercise Physiologists' annual meeting, members overwhelmingly (97 percent) agreed that mild dehydration can impair athletic performance and a vast majority (94 percent) said Americans should drink water before, during and after exercise. When asked about the best source for hydration, 77 percent ranked water No. 1, with sports drinks a distant second (24 percent).

Exercise professionals also weighed in on how much water exercisers should drink. Nine out of 10 of these professionals said that exercisers should drink at least eight ounces of water immediately before exercising, Association

and 87 percent said they should drink at least eight ounces of water for every 20 minutes of moderate exercise.

For every 20 minutes of strenuous exercise, every exercise professional surveyed (100 percent) agreed that exercisers should drink at least an additional eight ounces of water, and for every pound lost during exercise, 93 percent said that exercisers should drink at least 12 ounces of water.

We also need water to sweat, said Johnston. Sweat acts as a body coolant, lowering the core body temperature. "If you're not rehydrating, you won't have enough water to sweat, and your coolant system will be off,"

To avoid dehydration, she suggests:

Fill your water bottle and sip as you exercise. It's better than filling up your water tank before or after an exercise session.

Do not drink caffeine or alcohol

Make your own sports drink by adding a teaspoon of sugar and a pinch of salt to a gallon of water.

Avoid exercising outdoors during the hottest period of the day. Exercise indoors in a controlled environment on hot and humid days.

n Wear clothing made of polypropylene fabric, which draws the sweat away from the skin. Cotton tends to absorb sweat but then lays against the skin, preventing evaporation.

And don't worry that drinking all that water will make you you know what a lot, said Johnston. "At first the water will increase your need to use the bathroom, but after awhile your body adjusts to it."

Source: International Bottled Water Association

Water, water everywhere

Depending on age, sex and body type, water makes up 40-70 percent of an individual's body mass. Sixty-five to 70 percent of muscle weight is water, and 50 percent of body fat weight is water.

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Kickboxing: Simple moves, hard work

BY RENÉE SKOGLUND STAFF WRITER rskoglund@oe homecomm.net

Cardio-kickboxing has been packing a real punch with exercise enthusiasts these past few years.

"The reason it's so popular is the moves are very simple. You're learning how to punch. You're holding your body such that your abdominal muscles are constantly engaged," said Alern, a fitness coordinator and personal trainer at Summit on the Parkin Canton.

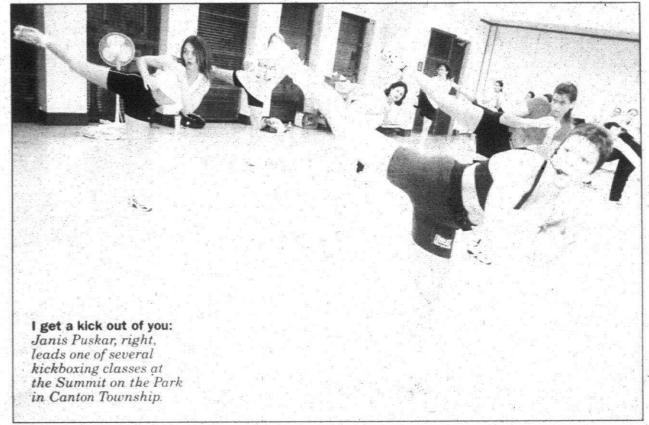
It's a great way to improve balance and stability, said Ahern. "When you're kicking forward or punching, you have to use your abdominals – the biggest muscle group in the body – in order to maintain balance."

Cardio-kickboxing burns up 800 calories per hour, more than aerobic dancing at 350 calories (for a 150-pound person), basketball at 565, or cycling at 10 mph with 410 calories.

It's the "dynamic tension" that eats up the calories," said Bobbie White, who teaches cardio-kickboxing/karate at Schoolcraft College, Novi High School and the Ypsilanti Community Center.

Kickboxing also builds confidence. "When it's taught by a karate instructor, you're actually doing moves you

Please see KICK, 10



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Fun & fit families

Meet the Coverts ...

BY RALPH R. ECHTINAW

Canton residents Christopher and Laura Covert believe their business, a Tae Kwan Do school in Garden City, brings their family and the families of their students closer together.

A martial arts practitioner since graduating from Wayne Memorial High School in 1977. Chris Covert founded the Olympian Chung Do Kwan school in 1983 and is now among the few martial arts instructors who make a living at it.

He met Laura in 1988 when she visited the school to see her nephew take a class. They were married two years later, and Alexander. the first of two sons, appeared in 1991.

Forget day care

Laura was prepared to put the boy in day care and return to work as a secretary. However, the nurses "put Alex in my arms, and I said, 'I don't think so. I'm staying home," she

The new stay-at-home mom soon began helping to run the Tae Kwan Do business. She tired of not being able to answer students' questions about workouts, and she wanted to drop her baby weight, so she learned Tae

Once you start martial arts it's very addicting. There's always another goal to reach.'

> Laura Covert -active mother

Kwan Do and is now a black belt like her hus-

"Once you start martial arts it's very addicting," she said, "There's always another goal to reach.

Son Alex started getting involved at age 3. He wanted to learn Tae Kwan Do, but no class was designed for kids his age. So his parents

It's called the "mini rangers" program and has grown to be a regular staple of the Coverts' course offerings.

Alex, now 8 years old, does more chin ups than any child at Hoben Elementary, does 100 push-ups on his knuckles and terrorizes opponents on the soccer field. "He doesn't understand why the other kids aren't like that," Laura said.

Austin came along three years after Alex

Please see COVERTS, 9



son: Austin runs through his routine while dad Christopher Covert leads. the class at the Summit on the Park in Canton.

Coverts from page 8

and also started taking Tae Kwan Do lessons from mom and dad at age 3. He and Alex are still taking lessons from their parents, who now give instruction at the Summit on the Park community. center in Canton in addition to their school in Garden City.

Kick it out: Austin, 5, and Alexander, 8, spar while parents

Christopher and Laura Covert watch following class at the Sum-

Chris considers himself lucky that Laura likes Tae Kwan Do. "There are a lot of martial artists whose spouses won't even walk into the school," he cheese and eggs than soda and pud-

students, and before long the brothers. grandmother, are taking classes

"Our whole school is all families.".

They eat right, too

'As you might expect, the Covert family also eats sensibly. "We eat wheat bread, and our children-have never known any different," Laura said. At. restaurants, if Alex and Austin get white bread by mistake they send it

The boys still get fast food now and then, but the Covert refrigerator is to do so. If I didn't enjoy it I wouldn't cauliflower, carrots, chicken, fish; to stay together as a family unit.

Chris Covert -active father

There are a lot of martial

artists whose spouses

won't even walk into the

The Coverts believe their situation Chris and Laura Covert each enjoyed influences the families of their young a rather athletic childhood. Chris had

the added advantage of an athletic sisters, parents, and in one case a father who played for a company base ball team. Chris ran track in high school and played on the football and baseball teams. His brother played baseball, basketball and ran track. His sister was a synchronized swimmer.

Laura's parents weren't athletic, but she played volleyball and ran track at John Glenn High School, graduating in 1978. Her two older brothers played

She believes that she got involved in Tae Kwan Do out of necessity but enjoys it because it's in her personality more likely to contain broccoli, be there," she said "It has allowed us

Martial arts a hit with this family, too

The Sopko family of Canton Township also qualifies as particularly about what they eat. They take vita-

two children, Eric, 7, and Rachael, 6.

mins, minerals and drink herbal tea. Father Stephen Sopko is a martial. No alcohol or tobacco, "We don't have arts instructor with his own business, time for that," Karen said." "When we Asian Martial Arts, and several stu- were in college we were pretty radical, dents, including wife Karen and their but we're parents now. "We had to grow

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... and the Ryktarsyks

BY RENÉE SKOGLUND

When it comes to healthy lifestyles, the Ryktarsyk family of Livonia makes quite a splash.

Georgie Ryktarsyk - mother of Bradley, 8, Alex, 6, and Olivia, 22 months - teaches swimming classes several days a week at the ivonia Bentley Center. In fact, she taught right up to the week before she delivered Olivia.

"I felt great. My students said she'll be born swimming.

Olivia shows all the signs of becoming a real pool puppy. However, according to Bradley, mom remains the best swimmer in the family. "Then me, then Alex, then dad, then Olivia," he says.

"I can swim, I just can't float," says David Ryktarsyk. "I have a buoyancy problem in my behind."

For the Ryktarsyks, exercise is like breathing. They don't think about it; they just do it. "We build it into our schedule," says Georgie." We don't say now we're exercising now. We just do it."

Bradley and Alex swim and play soccer and baseball. Bradley is getting ready for baseball tryouts and hopes to be a pitcher. When asked what he wants to do when he grows up, he quickly says, "A professional swimmer."

"What happened to archeolo-

"I can swim, I just can't float. I have a buoyancy problem in my

David Ryktarsyk -active father

Although David doesn't work out regularly, he makes sure he spends time with his family Famly time includes walking and biking through Hines Park as well as around their Rosedale Gardens neighborhood.

"It's important to be with all of them," he says. "We do everything together. The boys and I are in Indian Guides. We're national chiefs. We spend weekends shooting bows and arrows, doing craft projects, skating."

And as soon as Olivia is old enough, David will do special activities with her. "The plans are already set. She's going into Indian princesses," he says.

Last July, Georgie and David and their kids went on a 50th anniversary cruise to Alaska with her parents. They hiked up Mount Robert in Juneau several times. David carried Olivia up, and Georgie carried her down. "We wanted to hike far enough to see the snow," says Georgie.

"We saw a bear," says Alex, who wants to be a "pet person".when he grows up.

Georgie is not a fanatic about fat. Her children get cookies, and the family eats fast food occasionally. However, they eat lots of fruits and vegetables. "The kids are as likely to have an apple or carrot as they are a piece of

Alex loves carrots, and his parents tease him about turning orange because he eats so many. In fact, he did turn orange one time. When he was a baby, Georgie served him squash, sweet potatoes and carrots all in one day. They next day he got the left-

The result? "He had an orange cast to him," says Georgie, laugh-

Most of all, the Ryktarsyks want their family to live a balanced lifestyle that includes exercise, good food and good times "We like to go to Eastern Market and the Detroit Zoo. We try to get them to the theater. They saw 'Cats' and the 'Rockettes,' and Bradley has gone to the symphony and the Institute of Arts. We try to give them a touch of every-

And if that isn't enough, there's always chasing after Olivia, says Georgie. "She keeps me physically fit, just keeping after her.

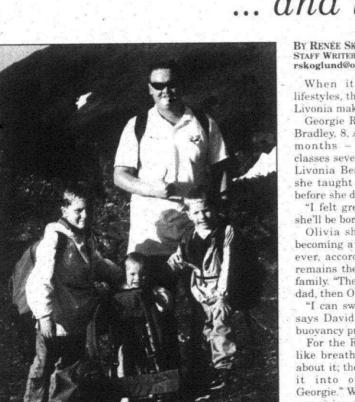


PHOTO BY GEORGIE RYKTARSYK

Long walk: When they're not in the pool the Ryktarsyks like to go hiking. This photo was taken of David and the kids in Alaska.

Kick from page 7

'grapevine to the right, grapevine to the left," said White.

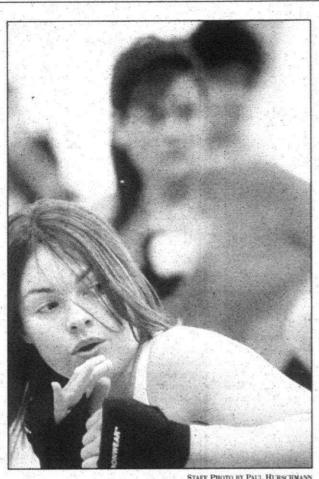
Older adults enjoy it because they can control the moves, she added They can put less tension in it and take the kicks lower."

White, who also teaches cardio-kickboxing with her father, Bob White, to the mentally and physically disabled at Our Lady of Providence Center in Plymouth as a volunteer, said kickboxing is an inclusive exercise. Her students include the yet-to-get-in-shape 300-pounders to the "little gym-goer

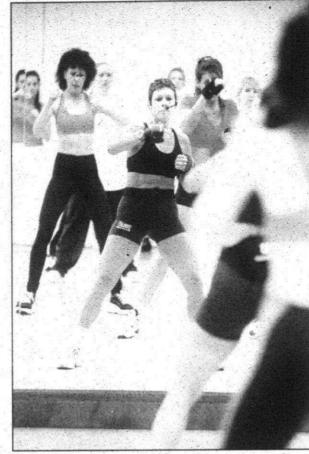
"There are so many people who don't like the dancy aerobics," she said. We've reached an untapped group of people who have not experienced the lovs of working out.



PHOTO COURTESY OF BARBIE WHITE Busy gal: Barbie White teaches cardio-kickboxing.



Don't mess with her: Sherry Lockhart of Canton works out in the "Kick, Jab and Jive" exercise.



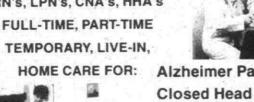
Leadership qualities: Janis Puskar, center (in black with microphone) leads the class.



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Don't forget the sunscreen, folks

cers occur on parts of the body exposed to the sun. In fact, the face, neck, ears, forearms and hands are the most common places for skin cancer to develop.

Although sunscreens are not perfect, they help protect the skin from longterm damage and skin cancer, says Kevin Gaffney, a dermatologist at Henry Ford Medical Center - Fairlane.

"Any sun exposure you get is basically like a bank where you can only make deposits and never make withdrawals. Damage to the skin during childhood and teenage years doesn't just disap-

manifested later in life in the form of skin cancer. That's why it is important to start using sunscreens early - as tips young as 6 months old.'

Before heading outdoors, even on cloudy days, it is recommended that adults and children apply at least a No. 15 sunscreen. For individuals who burn easily, a sunblock of 30+ is suggested.

People don't typically apply the proper amount of sunscreen when they go outdoors, so they're actually getting protection.

of people, repeated exposure will be slather on your SPF 15, it becomes more like SPF 7 or 8," says Gaffney.

He offers the following sun safety

- Minimize sun exposure between 10 a.m. and 3 p.m.
- Use a sunscreen with a minimum SPF of 15 and reapply every two hours, even on cloudy days.
- Wear tightly woven protective clothing, a broad-brimmed hat and sunglasses with certified UVA and UVB.

Protect your eyes with sunglasses

summer sports is more than just a ties: fashion statement. It is essential to preserving your eye health, according to David Bogorad, an ophthalmologist with Henry Ford Health System.

"The sun's ultraviolet rays can damage the surface layer of cells on the cornea, causing temporary blindness." Bogorad says. "UV rays also promote cataracts and may be a cause of macular degeneration. Depending on the sport you play, your eyes may require special protection.

Bogorad offers this advice to protect

Water sports - The suns rays are intensified when they reflect off the water's surface. For activities on the water, such as sailing, jet skiing or fishing, your eyes need extra protection. Polarized lenses with UV protection reduce glare and actually enhance clar-

Golf - Spending hours on a sunny golf course can lead to eye strain and fatigue. It also exposes your eyes to potentially damaging UV rays. Dedicated golf sunglasses have a wraparound

Wearing sunglasses while playing your eyes during the following activi- design to reduce wind and glare They're also rimless, so the field of vision is unobstructed. The lenses should offer UV protection and typically are neutral gray to maintain a player's depth and color perception.

Cycling - Special "sportshields" have been developed to protect the eyes of serious cyclists. Because cyclists can sustain injuries from gravel and other projectile objects, the sportshield is larger than traditional sunglasses and has a polycarbonate lens, which is more impact-resistant. Purchase sportshields with UV protection



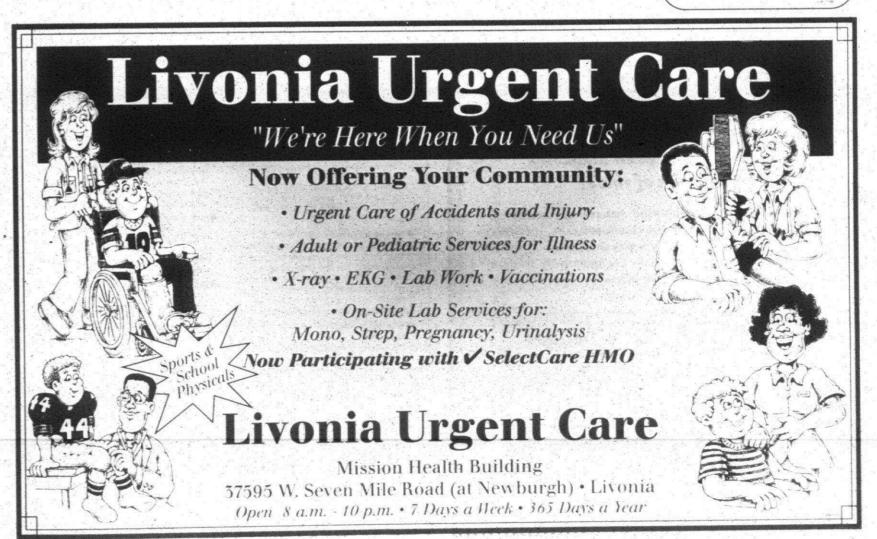
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Dr. Ellen Mady is on staff at Garden City Osteopathic Hospital and U of M Surgical Center in Livonia

Until then, supplement takers

should stick with the companies that

don't skimp on nutrients. Adams

mentioned Country Life, Twin Labs,

Lifetime, Naturally, Nature's Life

and Nature's Way as good companies

Caudill recommends Solaray and

Nature's Plus along with American

Health for its multi-vitamin, called

More than a Multiple. "Give it a week

and you'll feel like a new person," he

Miller advises shoppers to look for

the United States Pharmacopoeia

seal, which indicates that the vita-

min is regulated for quality and puri-

plements is that you won't get the

most out of them unless you educate

vourself - by reading or talking to

experts - on what they will and won't

Ralph R. Echtinaw is the special

projects editor of the Observer News-

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Run, Rover, run

Keep your furry friends fit

Spring is usually the time when we start thinking about getting back into shape. It's the perfect time to pick up the pace of that tired old exercise routine, and with the mild weather we've been having lately, there's almost no excuse for not getting out there.

There's no excuse for your dog not getting exercise either. The next time you head out for a little fresh air, grab a leash and bring your buddy with you. He's the perfect exercise companion, and he'll thank you for it later.

Our canine friends benefit from physical exercise in exactly the same ways that we do Movement helps animals stay healthy and maintain good muscle tone. It's also a crucial component in controlling obesity.

What's interesting to note is that dogs who get regular exercise are generally happier and exhibit fewer behavioral problems, such as destructiveness, than their sedentary counterparts especially in breeds prone to those

Veterinarian Matt Monica of Oakland Animal Hospital in Rochester, says that weimaraners and other highintensity breeds require more exercise than other breeds. "They're like a coiled spring. If they don't get that energy release several times a day they can

develop anxieties which could potentially lead to all kinds of behavior difficulties," he says.

If your workout involves walking or running, you've already got the perfect dog-friendly activity in place. Longlegged working and sporting breeds, such as German shenherds and Labrador retrievers are well suited for running and brisk walking because it's what their biology tells them to do. Smaller breeds do best with walking.

The age of your dog must be taken into account when embarking on an exercise routine. Starting too early can cause injury to a young dog's developing bones: therefore it's best to engage him in more playful forms of exercise until he's reached an appropriate age and maturity level. Short walks, chasing balls or any other type of free play will help a puppy develop coordination and strengthen growing bones.

As a rule of thumb, dogs weighing 45-95 pounds at maturity should begin consistent, high-level running or walking after age 1. Breeds weighing more than 100 pounds should wait until age 1.5. Breeds weighing less than 25 pounds should wait until 8 months of

Dr. Monica says it's wise to have your dog examined by a veterinarian before

· Aug.

Please see PETS, 13

PET PEEVES

Dr. Dick Kirchgatter of the Parkway Veterinarian Clinic in Canton has been a veteri narian for over 30 years. He offers the follow tips for pet care:

Should Fido eat grass?

"It's not unusual to chew on grass, It's a fairly normal thing. Often after they have chewed up the grass they'll vomit and you'll see little clumps of hair. They were getting rid of some junk in their stom-

Why does Fluffy shed so much?

"They're going to shed all year long but a little more in the spring and fall. They're preparing for the dramatic season change." When you're complaining about all the excessive hair around the house. remember that sick cats don't shed. If Fluffy sheds, she's probably healthy.

Why is it important to comb or brush Fido

"Their body temperature is better maintained. Unmatted hair allows better insulation in the winter and more air circulation in the summer.

Why do Fido's ears smell?

Generally speaking, there may be an infection going on, and the dog should be seen by a veterinarian. After the infection is cleared up, it's good to follow up with a cleansing agent once a week." Kirchgatter recommends purchasing a dog ear wash from your veterinarian. If Fide has just a waxy build-up with no infection, a cotton swab dipped in alcohol may be fine for cleaning.

■ Do Fido and Fluffy need their teeth

"In more recent years, it's become popular to do so. It's beneficial for cats and

dogs that will allow you to brush their teeth. However, they don't often go for the taste of human food. You can buy beef-flavored pet toothpaste." Want to avoid doggie breath? Keep Fido's teeth free of tartar and don't feed him any food with garlic.

How can I protect my pet's paws?

"Don't walk your dog on an extremely hot day. They can easily get overheated and have heat stroke. And remember, blacktop gets very hot. It can cause blisters. Walk your dog on the grass or in a park.

■ Do I need to cut Fido's and Fluffy's nails? "Dogs tend to wear their nails down on the cement. However, older dogs tend to need their nails trimmed more often. Cats that use a good scratching post may not need their nails trimmed as often. When you cut your pet's nails, leave a little of the white. Don't cut into the quick, the pink triangle."

How often should I bath Fido?

"Once a month is often enough for most dogs. It depends on how dirty they get and how clean you want them to be

How do I avoid a fat cat?

"Don't allow them to eat free choice. Determine what they need and set out a bowl of food. When it's gone, that's all they're going to get." Dogs get fat from overeating and lack of exercise. They also get upset tummies from grazing around the summer barbeque pit. Keep them away from bones and fatty meats.

Vitamins from page 4

ments? Adams said they only benefit "sometimes." Caudill recommends that all kids take vitamins. He has his 4-year-old daughter on a lowpotency multi-vitamin called "Yummy Bears."

One of the good things (and bad things) about supplements is that they aren't heavily regulated by government. But the quality of supplements varies from manufacturer to manufacturer because no one has to meet any meaningful standards.

For a couple years I got MSM dirt cheap from a mail order company. Then one day I got a batch of MSM that was completely ineffective. All my symptoms returned.

Adams said this is typical of discounters. They sell a 500-mg capsule that has as much filler material in it as it does the supplement. Although she's not sure she wants the government in the supplement-regulation business, Adams allows that it would be nice if supplement manufacturers were required to give detailed descriptions of what's inside the tablets and capsules.

Pets from page 12

you get started. "There are certain con-

ditions, such as hip dysplasia, that

might prevent a dog from running, but

he needs. If you have a fenced-in area,

Dr. Monica suggests a daily game of

fetch. "It's good for them and reinforces

Dogs love water. If you have access to

a lake, he'll enjoy the swim and stay

cool at the same time. Like running

and fetching, swimming comes natural-

Have you ever noticed how curious

dogs are about other dogs? They love to

play with each other and it's a good

way to get exercise without even try-

Plan play dates with fellow dog own-

ers, or think about owning more than

one dog. They'll be good company for

If you do plan on running with your

dog, the following common sense rules

walking 10-15 minutes once or twice

In warm weather, head out early

in the morning or late in the evening

when the sun is less intense and tem-

■ Bring drinking water for both of

you, or make sure you go by places

Pay attention to the surface that

you're traveling on. Asphalt and con-

crete are hard surfaces that can cause

damage to the pads of a dog's feet.

They also become very hot in the sum-

will apply to both of you:

perature has cooled:

where there is water.

what they're born to do.'

ly to most dogs.

each other.

overall, exercise is good for most dogs."

tv standards.

■ Be sure to travel against traffic when running in the street and keep your dog on the inside next to the curb.

■ When running at night, wear If running or walking is not an option for you, there are still ways to reflective clothing and attach illuminated strips to your dog's collar. ensure that your dog gets the exercise

Pay attention to your dog's pace and breathing. If he seems tired, slow

Indoor cats also benefit from regular exercise, but getting that fat cat moving isn't going to be easy.

"Cats present one of the most difficult challenges of veterinary medicine," says Dr. Monica, who points out that cats aren't particularly fond of playing Frisbee or long walks on a leash. "Cats are prone to obesity, which predisposes them to arthritis. That's why it's important to get them interested in toys which stimulate them, both physically and mentally, and to make sure you don't overfeed them.

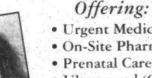
With a few common household items and a little creativity on your part, you ■ Start on a moderate program of can exercise your cat (and entertain yourself) for hours on end. Flashlights for flashlight tag), crumpled paper balls, paper bags, cardboard boxes. socks and string are all toys to your

> Just be sure to avoid small objects that can be swallowed or choked on, or those with loose or sharp objects. Experts say that you can tell if your cat is enjoying a game by checking his pupils. If they're dilated, he likes it.

One last bit of advice: Schedule rou tine check-ups with your vet and stay up-to-date on vaccinations. It's the best mer. Dirt and grass are better for your way to keep your pet healthy.

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Paul Wassle

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mills at the

the tread-

Livonia

YMCA.

OCC Healthcare Programs for the New Millennium

The Highland Lakes Campus of Oakland Community College (OCC) is situated on 160 acres of gently rolling hills southwest of Pontiac. This career development-oriented campus has three innovative degree and certificate programs that will help students prepare for a bright future in the Allied Health fields of Massage Therapy, Exercise Science and Technology, and Medical Assisting. These unique programs work together, providing interdisciplinary course work that allows students to acquire multiple skills for greater marketability.

Massage Therapy Program Coordinator Janine McKay says the OCC program offers a medically and scientifically-based curriculum that enables graduates career opportunities in this growing healthcare field. This program has approximately 300 hours of "hands-on" practical experience on and off campus. This enables students in the program the



Left to Right, Janine McKay, Vicki Kloosterhouse

opportunity to work in settings where message therapy is used. Graduates from this program easily fit into physical therapy clinics, hospital settings, chiropractic offices, nursing homes, or sports medicine clinics. Students are able to btain a certificate in Massage Therapy or a 2. year Associate Degree in Applied Science.

Exercise Science and Technology (EST) prepares students to enter a health/fitness profession in a setting that uses exercise therapeutically. This science-based program provides a wide variety of experiences, in the lab and through internships in the field. EST also provides two extended degree options in Gerontology and Business. The Gerontology emphasis will allow students to work in senior adult services and the Business concentration will prepare the student for more eurial endeavors

Karen Kittle, the coordinator of the Medical Assisting (MDA) program states that the 1 year certification or 2 year degree curriculum helps students become proficient in both administrative and clinical skills in the allied health field. According to the AAMA, medical assistants are multi-skilled practitioners who can perform a wide range of

roles in physician's clinics, hospitals, insurance billing agencies, medical transcription agencies, and others. Kittle tresses that this program is CAAHEP accredited, which enables students to apply for the AAMA certification exam. In today's job market, time and money are at a remium so the MDA department offers several options for acquiring marketable skills in less than a These options include ninistrative Medical Assistant, Clinical Medical Assistant, Insurance/Coding Specialist, EKG Technician, and Phlebotomy Technician. With additional classes

and/or training the medical assistant may move into other allied health occupations such as Ophthalmology Assistant (also offered by this department).

For more information about these exciting new opportunities in the healthcare field, visit the OCC web site at http://www.occ.cc.mi.us or call the numbers indicated in the display ad

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Hospitals, Clinics, Professional Athletic Teams, Health Clubs

Essential Facts To Know

Certificate program or xtended Associate Degree in Applied Science; Prerequisite courses-BIO 163 & BIO 164, prior o admission to program



Medical Assisting Program

Potential Employment Opportunities

Private Practice, Hospitals

Essential Facts To Know

No Selection Process

No Prerequisites, No Waiting Lists; CAAHEP accredited gram prepares students for AAMA/CMA

certification exam



For more information, call:

Exercise Science & Tech. — Vicki Kloosterhouse, (248) 942-3224 Massage Therapy — Janine McKay, (248) 942-3034 Medical Assisting — Karen Kittle, (248) 942-3068

High-carbohydrate diet yields high performance

A classic never goes out of style, and so it is with a high-carbohydrate diet for optimal fitness and athletic performance. Current research continues to support the decades-old recommendation for a diet rich in complex carbohydrates with moderate levels of protein and fat

The formula for a high-carbohydrate diet has evolved over time to include 60 percent of calories from carbohydrates, 20 percent from protein, and 20 percent from fat (with 7 percent or less from saturated and trans fats). For someone eating 2 000 calories a day this equates to 300g carbohydrates, 100g protein, and 45g fat (16g or less saturated and

Carbohydrates provide an immediate source of fuel (glucose), as well as a reserve (glycogen) stored in muscle tis sue. Much like premium gas, carbohydrates burn clean, producing the fewest amount of by-products that cause muscle fatigue. Whole grains, legumes, and antioxidant-rich vegetables and fruits are the best carbohydrate sources.

Protein provides the necessary tools to build lean muscle mass and for replacement and repair of muscle cells broken down during intense exercise. Emphasize low-fat protein sources in meats and sov products.

Some fat's OK

We've become experts at reducing fat in our diets, counting every fat gram and feeling good about it. However, fat is an essential nutrient for the production of hormones, nervous system tissues and transportation of fat-soluble

vitamins. The healthiest fats include monounsaturated olive and canola oils. omega-3 fatty acids found in fish and some nuts, and polyunsaturated fats ound in vegetable oils.

Limit saturated fats found in animal products and trans fats found in hydrogenated margarine and many snack foods. Saturated and trans fats, when consumed in excess, increase risk for neart disease and some forms of cancer.

Dehydration can seriously hinder athletic performance and stamina durng exercise. Water is a key nutrient for dy temperature regulation, preventng heat stroke during those hot summer workouts. To maintain fluid balance, drink 64 ounces of water (and caffeine-free, sugarless beverages) every day. Sports drinks, which contain electrolytes and small amounts of carbohydrates, can be beneficial during periods intense exercise of long duration.

What about supplements? For good health, a daily multi-vitamin and mineral supplement is recommended. Current research also suggests that moderate supplementation of creatine for serious body builders can increase protein (muscle) stores.

Beta-carotene may modestly improve performance for distance runners and possibly cyclists. Good sources of betayour diet such as fish, poultry, lean carotene include orange and yellow fruits and vegetables such as winter squash, sweet potatoes, peaches, apricots, cantaloupe, and dark green vegetables such as broccoli.

Tina Miller, a registered dietitian, is a nutritionist for the Kroger Co. of Michigan. If you have questions about nutrition, call her at (800) Krogers or e-

Take time out to bake a batch of these carbohydrate-rich muffins. The pumpkin adds flavor and beta-carotene as a bonus

WHOLE WHEAT PUMPKIN MUFFINS

- 1 cup all-purpose flour
- 3/4 cup whole wheat flour
- 3 Tablespoons sugar
- 2 teaspoons baking powder 1 teaspoon pumpkin pie spice
- 1/4 teaspoon baking soda
- 1/8 teaspoon sait
- 1 egg, beaten
- 3/4 cup skim milk
- 2 Tablespoons butter or margarine, melted
- 1/2 cup canned pumpkin

Preheat oven to 375 degrees. Spray a standard muffin pan with non-stick cooking spray or line with paper liners. Set aside:

In a small mixing bowl, stir together egg, milk and melted butter or margarine. Stir in pumpkin. In a separate large bowl, stir together flours, sugar, baking powder, pumpkin pie spice, baking soda and salt. Make a well in the center of the dry its and add egg mixture all at once.

Using a fork, stir just until moistened (batter will be lumpy). Spoon batter into muffin cups, filling 2/3 full. Bake for 18 to 20 minutes or until toothpick inserted in center comes out clean. Cool for 5 minutes then remove from pan. Makes one

Per muffin: 180 calories, 6g protein, 34g carbohydrate, 2.5g fat Source: Tina Miller, nutritionist with the Kroger Co. of Michigan.

Seasoned citizens keep life interesting by staying active

BY RENÉE SKOGLUND

These are not rocking chair seniors. They're treadmill-walking, lap-swim ming, aerobics-loving seniors who work out at the Livonia YMCA several days a week as part of the Silver Sneakers, a Health Alliance Plan-sponsored fitness club for HAP's Senior Plus members.

Paul and Triani Wassle of Canton have been Silver Sneakers for more than a year. "It was the best thing we ever did," says Paul, 72, as he logs in the miles on a treadmill. He nods toward his wife, who's logging in almost an equal number of miles on a treadmill next to him. "The doctor wanted to operate on her knees, but now that she's come here, she's OK."

Triani, age 69, agrees. "Now I can move, " she says.

Paul, who underwent bypass surgery last year, says he and his wife have completely changed their lifestyles. They eat better and exercise more. As a

'Now I can move.

Triani Wassle seasoned citizen

result, their cholesterol levels have dropped. "The doctor is very happy. The last time l saw him, he said, I don't want to see you for another year."

David Hawkins of Detroit, 71, has the physique of a basketball player. He jogs every day and can't imagine life without exercise. As he heads into the Livonia Ys chair aerobics class, towel draped around his neck, he looks around and says,

You've got some healthy seniors here. The chair aerobics class is very popular with the Silver Sneakers seniors. said Carol Watkins, the Livonia Y's wellness director. "Socially and emotionally, they get a lot of fun out of it."

The class is a "book" she says. "The



benefit is you get this class, but you also get the whole run of the place." Currently HAP provides a paid membership for 500 of its Senior Plus members, of whom 230 come on a regular

Romaine Leshuk, 69, of Redford seldom misses a beat in her chair aerobics workout. No wonder She plays softball,

walks two miles a day and goes cross country snowshoeing. She eats lots of chicken, fish, fresh vegetables and fruits and very little red meat. "There's not much recycling at my house I don't eat canned things," she says.

She credits exercise for giving her an active life. "I have more energy to go places and do things

Personalized Hearing Care

"Take Care of Your Ears, They Connect You to the World" Better Hearing Day

> Saturday, May 20 10 a.m. to 2 p.m. Marquette House, Westland

Here's a rare opportunity to gather important and practical information on hearing loss and hearing care! Exciting Presentations...

"Assistive Hearing Technologies"

Learn about today's hearing technology from Nan Asher. Certified Hearing Technology Resource Specialist.

"Developing a Wellness Lifestyle"

Discover natural approaches to health and hearing with. Dr. Kim Shunkwiler.

Door Prize & Giveaways! Win a popular amplified telephone!

Informative Displays & Demonstrations!

•Try assistive devices & talk to a specialist about your needs! ·Hearing-related resources

•SHHH hearing support group

This Better Hearing and Speech Month Event

Personalized Hearing Care 35337 W. Warren Westland May "Better Hearing and Speech Month

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Our Thanks to the cities of Westland: Garden City. Plymouth, and Dearborn Heights for proclaiming

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"Tinnitus Therapy"

Barbara Douglas, Certified

Audiologist, discusses

insument of finnitus

Botsford Health Care Continuum

We've grown to care for you.





Our corporate family of affiliates is working together as the Botsford Health Care Continuum to provide whole person care. The Continuum has grown to meet the evolving health care needs in our community. It has been built upon the simple enduring cornerstones of our mission to offer quality medical care in a sensitive, concerned manner. To us, that means treating you not simply as a patient, but as a member of our own family. We believe our continuum of services have resulted in, and will continue to result in, a healthier community.



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Reaching Out to the People of Our Community

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