

## Meet the Candidates

You are invited to attend a Candidates Night for the 2000 Plymouth-Canton Board of Education election, sponsored by the Plymouth and Canton Observers and the Livonia League of Women Voters, which includes the Plymouth and Canton community.

**FORUM**

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 Mardigan, and newcomers James Donahue, Kathleen Payne and Carl Battishill.

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

Call the Observer at 459-2700 for more information.

## THE WEEK

# AHEAD

## WEDNESDAY

**Life at Willow Run:** The Canton Historical Society will meet at 7 p.m. at Cherry Hill School, Cherry 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 Summit.

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# 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  
STAFF WRITER  
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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 jail.

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 happened."

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 her.

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 township 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  
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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, however.

"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  
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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 again.

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



STAFF PHOTOS BY SHARON LEMIEUX

**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

BY BRAD KADRICH  
STAFF WRITER  
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In 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 of joy.

"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."

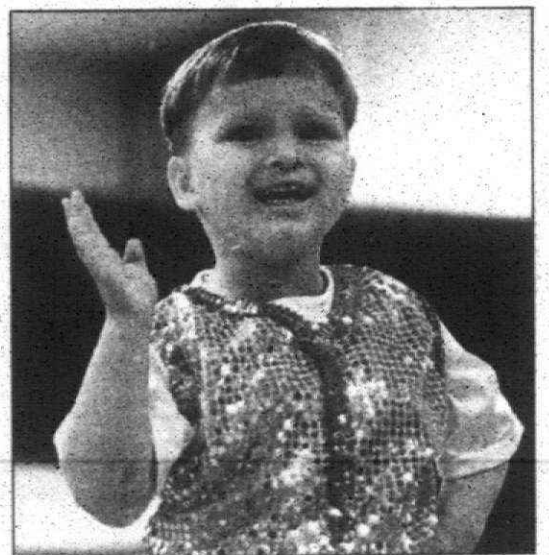
Palmer got the idea after watching two of the children with whom she works.

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."

## Woodby gets 10 years in roadway shooting

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

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 with intent to commit murder in exchange for several felony firearm charges being dropped.

"He prayed about it," father David Woodby said. "He felt that was what 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 15.

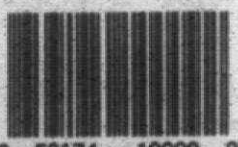
Davis was driving west on Palmer

Please see SENTENCING, A4

## HomeTown Classifieds WORK!

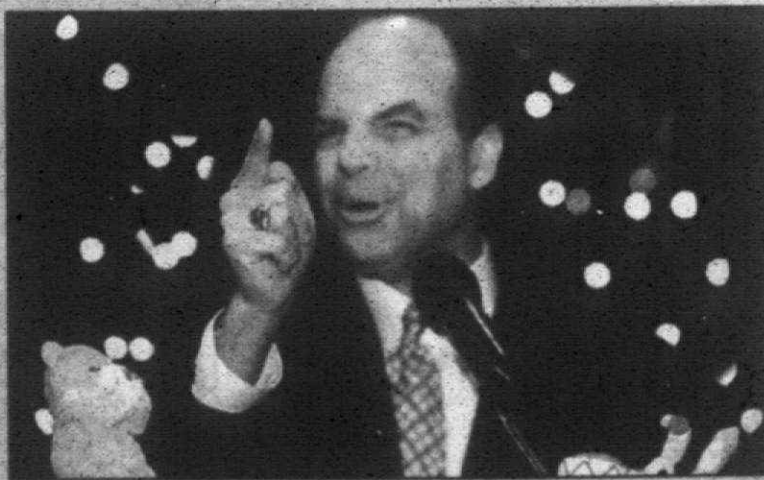
"We were very pleased with the results we got from our Observer classified ad. We sold all the household goods we advertised."

—Lori J. Canton



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## Using Beanies to make a point



STAFF PHOTO BY PAUL HERSCHMANN

**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.







# Chamber chief

work to find a replacement. The chamber received nearly 100 resumes.

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 management background," he said. "The board feels her depth and her experience will prove to be valuable assets for the chamber."

Cojei interviewed with two separate committees that included board members Sally Bailey, Clarice Killian, Matt Adams, Niki Wilson, Jim Demmer, Judi Fleischaker and Phyllis Redfern.

In addition, the chamber used an Ann Arbor human resource firm, Career Directions, recently employed by the township to

**I've worked as an assistant for so long that I'd like to do something where I'm the decision-maker.**

*-Dianne Cojei,  
new Canton Chamber of Commerce executive director*

help find its leisure services director. Her profile and background search from the firm "came back with no negatives," Griffin said.

Cojei, who'll start on June 12, was offered the job on Monday and accepted Wednesday. Her salary will be between \$40,000-\$45,000, said Griffin.

She comes to the chamber with five years of experience as executive assistant to the Dearborn Chamber of Commerce.

Coordinating festivals, golf outings, fund-raisers and other special events were just a few of her duties in Dearborn, Cojei said. She said she's ready for bigger challenges.

"I've worked as an assistant for so long, Cojei said, "that I'd like to do something where I'm the decision-maker."

She also worked in the newspaper business for nearly two decades. Cojei served as an advertising director with Heritage Newspapers and also worked for the Dearborn Press and Guide.

As for her new job, Cojei is a little nervous.

"But I'm more excited than anything," she said.

Her immediate job will be to focus on the chamber's membership. Cojei said she wants to increase and retain membership. She thinks networking is a key.

"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 live here."

Griffin believes she has excellent ideas.

"She has extremely good vision," he commented.

He also likes the fact that Cojei lives in town.

"It gives her a little personal interest in seeing how the community grows," said Griffin, who's confident in Cojei's abilities.

"I think we'll see a chamber and a chamber office that promotes team spirit with a new leader as our executive director," he said.

# Union

*from page A1*

mending to its membership they re-elected incumbent Liz Givens, who is seeking her second four-year term on the board, and Carl Battishill of Plymouth, who teaches music in the West Bloomfield school district.

"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 Mardigan because of issues surrounding the new high school.

"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 unacceptable 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. I think I have very positive relationships with many of their members," said Mardigan. "But, I'll continue to press on with my campaign. I've had sustained involvement in the

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 block.

Last year, the MEA 2A Coordinating 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 places.

"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 terms are James Donahue and Kathleen Payne.

# Sentencing

*from page A1*

when she approached a flashing red light at Sheldon. Standing just off of the road to the south, Woody and Boster opened fire using several types of rifles.

The Canton resident managed to get out of her car and avoid major injury. One round did graze Davis' lower leg. She also suffered minor cuts from flying glass.

Woody and Boster then fled the scene. Township police were able to apprehend the duo minutes later after a short car chase.

"Davis said it was by 'mere chance' that she wasn't killed. While physical scars healed

quickly, the shooting left her with many emotional issues, she said.

Only recently has Davis been able to resume normal activities.

"I'm getting ready to go back to school," said Davis, who's relieved the ordeal is almost over. "I feel like the stress is being lifted off of me. Now I have better things to look forward to."

She spoke with Woody's family after sentencing. His parents apologized to Davis.

"It was totally out of character for Zack," David Woody said of his son. "He's not a bad person. The shooting was a big shock to

everyone."

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

"We were already in the process of moving when this happened," he said.

While little good could come from a shooting, Woody is pleased that both his son and Davis' faith have been strengthened.

"It's a genuine conversion for him," he commented.

# Clinic set for Kids Day

The offices of Michigan Specific Chiropractic in Canton will join other chiropractic clinics nationwide in marking Kids Day America/International on Saturday, May 20.

The event is designed to promote a healthy, safe environment for families, according to Alex Tomko of Michigan Specific Chiropractic. It coincides with the Canton clinic's grand opening.

The clinic, 7276 N. Sheldon, will be open from noon-3 p.m. with lots of family activities planned, said Tomko.

The Canton Police Department will be on hand to provide fingerprinting for all children and handouts will be available

on child safety and health issues.

A special appearance by "McGruff the Crime Dog" is scheduled and a police K-9 unit will be on hand for a demonstration. Special police and fire vehicles will also be on the premises.

High school students will help out with face painting and other activities and there will be free balloons, T-shirts, snacks and prize drawings.

Tomko and his staff will offer free computerized spinal and scoliosis screening to all children who attend.

All activities are free. Donations will be collected for the Canton Police D.A.R.E. program. For information call the clinic, (734) 416-2442.

# OBITUARIES

**CHARLES A. TRUAX**

Services for Charles A. Truax, 73, of Plymouth were held May 9 at the Schrader-Howell Funeral Home, Plymouth, with Mr. Sanford Burr officiating. Burial was in Riverside Cemetery, Plymouth.

He was born April 22, 1927, in Cadillac, Mich., and died May 5 in Plymouth. He was self-employed from 1951 to 1997 doing painting and wallpapering. He was an expert in his field and was respected by those he worked for.

Mr. Truax was born in Cadillac and moved to Plymouth in 1929. He spent the rest of his life in Plymouth among family and friends. He was a member of First United Methodist Church in Plymouth and was a life member of V.F.W. Post 6695 in Plymouth. He served in the U.S. Coast Guard during World War II. He enjoyed doing wood working in his shop next to his garage. He enjoyed hunting and fishing with his sons.

Survivors include his wife, Avis K. Truax of Plymouth; four children, Brad Truax of Plymouth, Claudia (Larry) Krueger of Unionville, Mich., Blenda (Dale) Chmielewski of Warren and Brian (Vicki) Truax of Plymouth; two brothers, George (Alvina) Truax of Onondaga, Mich., and Sylvester Truax of Wyandotte, Mich.; and seven grandchildren, Michael, Sarah, Matthew, Charles Andrew, Daniel, Clinton and Jon Paul.

Memorials may be made to Arbor Hospice or the V.F.W. Post No. 6695, Plymouth.

**JAMES BOYD RICHARDSON JR.**

Services for James Boyd Richardson Jr., 72, of Brooklyn were held May 9 at St. Rita's Catholic Church with Fr. Lahr

Barkenquest officiating. Burial was in St. Joseph Shrine Cemetery.

He was born Sept. 19, 1927, in Lincoln Park and died May 7. He retired from Ford Motor Co. in 1986. He was a member of St. Rita's Catholic Church and the K of C St. Rita's Council. He was a veteran of the U.S. Navy serving during WW II.

Survivors include his wife, Mary; seven sons, James Boyd Richardson III of Garden City, Patrick M. (Kathleen) Richardson of Brooklyn, Paul W. (Wanda) Richardson of Brooklyn, William (Susan) Richardson of Perry, Mich., Robert (Julie) Richardson of Brooklyn, John (Amy) Richardson of Brooklyn and Daniel (Suzanne) Richardson of Cemet City, Mich.; Mary Frances Benjamin of Brooklyn, Janice (Fred) Crissey of Plymouth, Joyce (Rick) Eathorne of South Lyon and Joan (Mike) Herman of Marshall; two sisters, Joyce Lee and Virginia Bauer; one brother, Wayne (Connie) Richardson; 11 grandsons; 11 granddaughters; and one great-grandchild.

Memorials may be made to the Karmanos Cancer Institute.

# MARGARET B. CARLEY

Services for Margaret B. Carley, 96, of Plymouth were held May 13 at the Schrader-Howell Funeral Home, Plymouth, with the Rev. Dean Klump officiating. Burial was in Oakview Cemetery, Royal Oak.

Mrs. Carley was born Oct. 29, 1903, in Plymouth and died May 10 in Westland. She and her husband, Raymond, owned and operated Plymouth Secretarial Service for more than 31 years in Plymouth. She was a life-long resident and a member of the First United Methodist Church of Plymouth.

Survivors include her son, James Boyd Richardson Jr., 72, of Brooklyn; two daughters, Mary Frances Benjamin of Brooklyn, Janice (Fred) Crissey of Plymouth, Joyce (Rick) Eathorne of South Lyon and Joan (Mike) Herman of Marshall; two sisters, Joyce Lee and Virginia Bauer; one brother, Wayne (Connie) Richardson; 11 grandsons; 11 granddaughters; and one great-grandchild.

Memorials may be made to the Karmanos Cancer Institute.

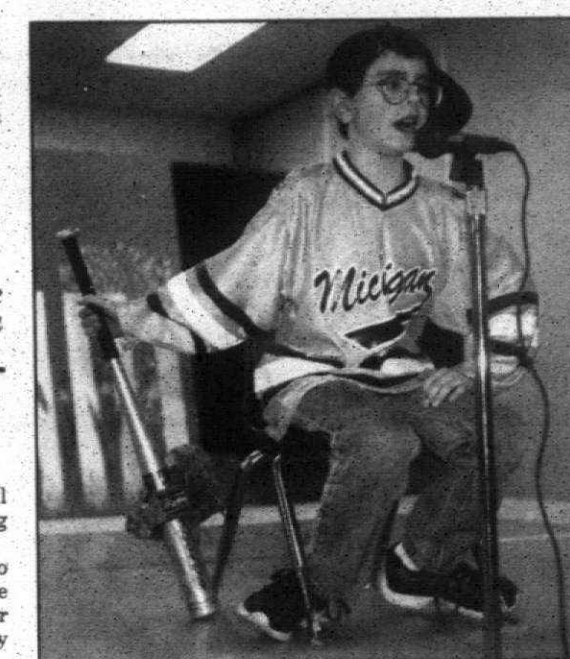
# Moment

*from page A1*

kids have their moment took root, as did the theme: "Twinkle, Twinkle Little Star." She sounded out the church, and parents began signing up. Seeking help to choreograph a musical number, they turned to Joanne Zavisa, who turned to the students in their dance school.

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

"Our kids are always there to help," said Zavisa. "They were very good about donating their Saturdays. They're just really good kids."



STAFF PHOTO BY SHARON LAMBERT

**Pure poetry:** Alan Paigut of Plymouth recites a couple of Shel Silverstein poems (from memory).

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# Democrats say Metro audit demands smack of politics

BY MIKE MALOTT  
HOMETOWN NEWS SERVICE  
mmalott@homecomm.net

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 contracts.

The state's Detroit Metropolitan Airport Joint Select Committee issued that directive Wednesday,

May 10, after hearing complaints from auditors that the procedure for getting documents — requesting them through the airport director's office — was too slow and cumbersome.

But, according to one member of the panel, it smacks of politics.

"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

the airport is with the Wayne County Board of Commissioners, 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 them."

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

"If we tell them we don't want to give them the records, that would be another headline,"

Basham said. As big as Wayne County is, it becomes an easy target for critics. "Wayne County don't want any more bad press," he said.

In fact, the entire airport investigation is partisan politics, according to Basham — the result of a personal vendetta between state House Speaker Chuck Perrone and Wayne County Executive Ed McNamara. It all began with a heated exchange between the two at the Leadership Conference on Mackinac Island one year ago. Now, Basham contends, state Republicans are using the airport committee to dig up dirt, intended to embarrass McNamara for his management of the facility.

Not so, says Mike Murray, communications director for Sen. Glenn Steil, R-Grand Rapids, a member of the committee. He said the review is a response to complaints about the airport from its users. The "final straw"

were the complaints resulting from the back-up at Metro Airport during the major snowstorm early last year, leaving travelers stranded on the runways for hours.

A review of services at the airport, flight delays and problems with baggage handling has led the state to send four to six members of the state Auditor General's office to Metro Airport to review its relations with contractors.

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, Lester 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.

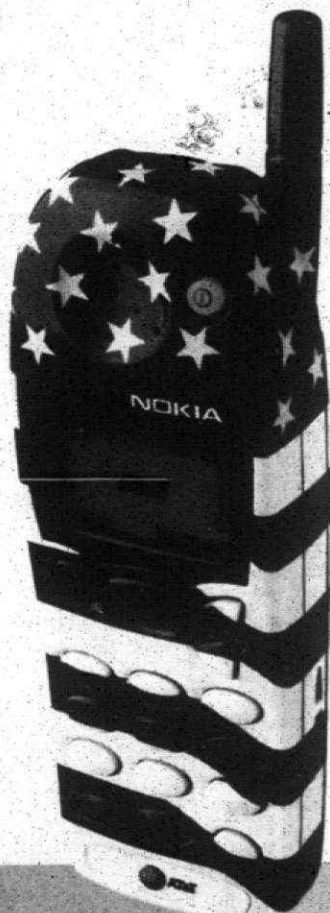
"It's starting to get pretty irritating when they start challenging the qualifications of people having years and years of experience" in running the airport, said Michael Conway, county airports public information director.

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.homecomm.net

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 of opportunity for deserving, but less fortunate, people who 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 Schoolcraft.

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 re-entering the work force. Each award will average \$1,500, Thomas said.

## Airport from page A6

pledging cooperation with them," said Conway.

The vote to order quicker access to records followed partisan lines. Republicans on the committee include Mortimer; Rep. James Koetje, R-Grandville; Sen. Glenn Steil, R-Grand Rapids; and Sen. Phil

"We are trying to get people to Schoolcraft from areas" such as the inner cities which lack "the opportunities Schoolcraft could provide," she said. It is hoped the students will continue and earn four-year degrees, she added.

### Bridge the divides

Richard McDowell, Schoolcraft president, said Bob and Ellen Thompson 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 Thompson.

"We are terribly concerned," said Thompson, a tall, soft-spoken 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 said during an interview last week. "If we can help in some way to bring back folks in danger of dropping off the edge — to me, that's what education is."

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

Hoffman, R-Horton. Democrats include Basham and Sen. Burton Leland, D-Detroit. Murray said the hope is that the committee will complete its review this summer, and will then make recommendations for improvements in airport operations. Basham contended the real

conclusion will be that Republicans will take credit for the improvements in facilities and services already taking place at the airport, when in fact those improvements have been years in the making.

(Staff writer Richard Pearl contributed to this report.)

Being able to earn \$13-15 per hour and more — or having 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.

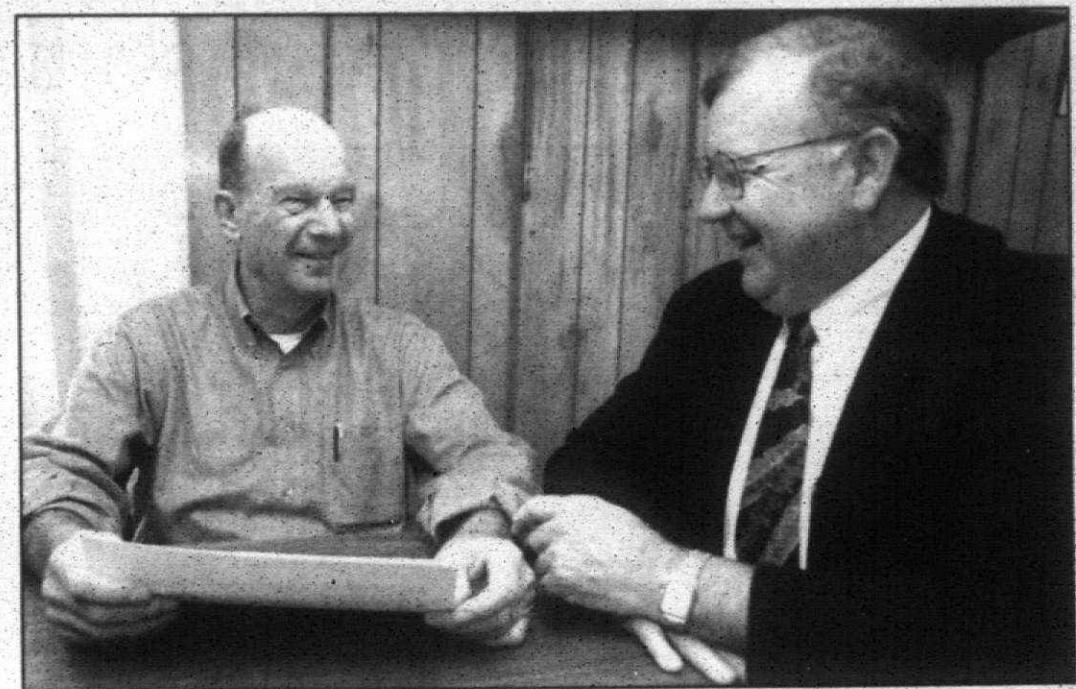
The Thompson-McCully Foundation, the outgrowth of the \$450 million which the longtime Plymouth residents received for their company two years ago, additionally has funded 100 scholarships at Michigan Technological University and also is working with the Cornerstone Schools, said Thompson.

The Thompsons' near-legendary regard for people — particularly 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 headquarters on Belleville Road, Thompson is serving as adviser to the company's new owners and operators.

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 to retire," he said. "Knock on wood, that hasn't happened." Said Schoolcraft's McDowell: "We need more Bob Thompsons."



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  
pmurphy@oe.hometown.com

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.

The luncheon is normally a



STAFF PHOTO BY BILL BRESLER

**Friendly exchange:** Wayne County Executive Ed McNamara reacts to a few pithy comments from Oakland County Executive L. Brooks Patterson.

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 said.

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.

festive, ceremonial occasion, with much of the actual work of improving Eight Mile falling to individual committees and the volunteers they recruit, according to members.

But the auto race track controversy upstaged everything.

"I thought it was a good meeting," said Kevin F. Kelley, Redford Township supervisor and a member of the association's board of directors. "It's a controversial topic, and people wanted to know what the political leaders had to say."

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.

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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 Titans 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.

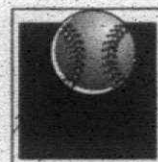
For girls entering eighth and ninth grades this fall, choices are July 5-7 and July 10-13, both from 1-3 p.m.

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 Jopp's 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.

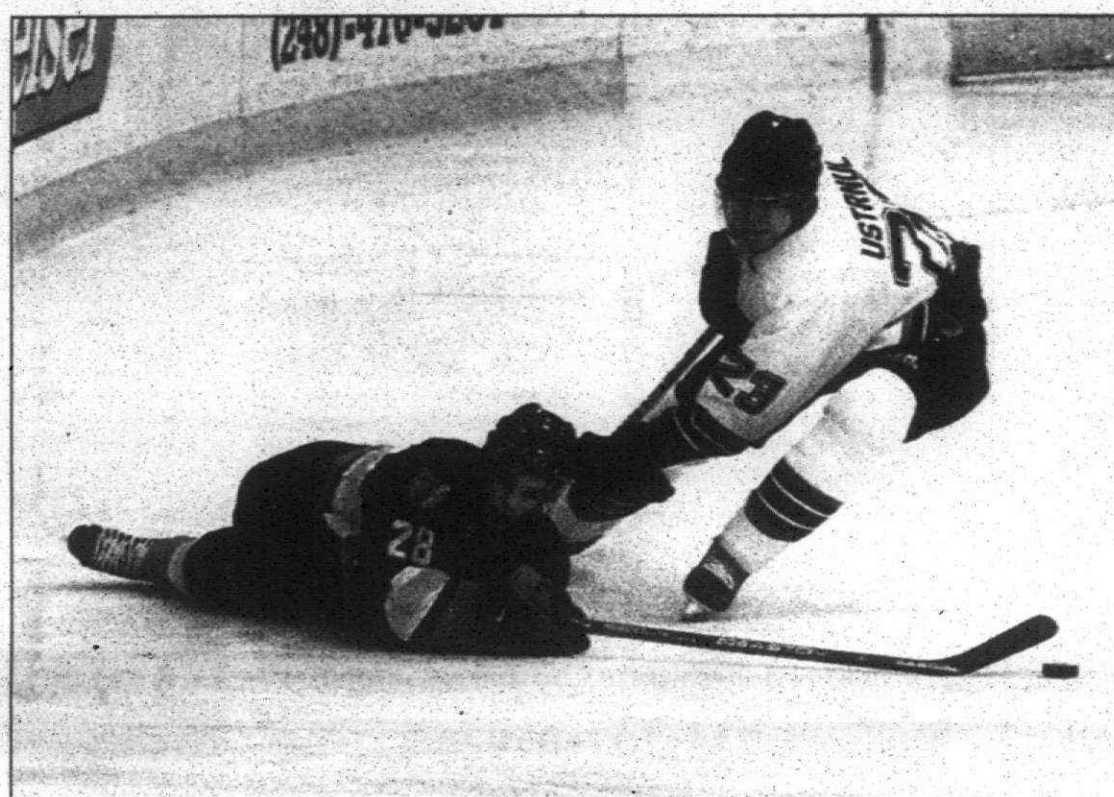
Northville, Harrison and Canton are all vying for the division championship.

**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, Sheldon Keefe (28), from doing much damage — as illustrated by Libor Ustrnul (23).

FILE PHOTO BY PAUL HURCHMANN

## Whalers a win away from crown

BY ED WRIGHT  
STAFF WRITER

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 unorthodox 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.

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.

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 Jabczynski 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**

## 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, 6-3.

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.



Falling short: After winning the first set, Matt Nagy, Canton's No. 1 singles, lost two tough sets to Salem's Faraaz Siddiqui.

STAFF PHOTO BY PAUL HURCHMANN



# North's rallies doom Salem

A three-run rally in the 10th inning boosted North Farmington to a 6-3 triumph over Plymouth Salem in a Western Lakes Activities Association Lakes Division softball game Friday.

Salem had a 3-2 lead on the 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 five straight hits to put the victory away. Alyssa Stanbridge doubled in two runs and Kristy Reinhardt singled in another.

"It was a good game," said Southerland, noting the 13 Salem baserunners left on base. "We've got to capitalize when we have runners on base."

## SOFTBALL

Sawara had a good day at the plate for the Rocks, going 4-for-5 with three singles and a double. Jacqui Siebendick had two hits and Katie Kelly had two hits and scored two runs.

Liz Dekarske took the loss for Salem, allowing five earned runs on 11 hits and four walks, with seven strikeouts, in nine innings. Siebendick took over with the bases loaded in the 10th.

The win went to Beth Danielewicz, who gave up two earned runs in 10 innings on 14 hits and two walks with nine strikeouts.

**Salem 3, Franklin 0:** It might not have seemed like a big deal, this WLAAC 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 runs on six hits without a walk, fanning five.

Kelly Jaskot led the Rocks with two hits, 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 in 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 Southerland. "Our defense is playing well behind Liz."

The loss left Franklin at 7-7 overall.

**Canton 5, John Glenn 3:** Laura Stewart was working on a shutout until the seventh inning, when Westland John Glenn struck for three runs in a game played Thursday (after Wednesday's postponement at Glenn).

It could be said that Stewart, whose strike-out total is among the best in the state (186 in 112 innings), won this game with her bat. In the bottom of the sixth, with Canton clinging to a 3-0 lead, Stewart smacked a two-run triple — delivering the runs that proved to be the game-winners.

On the mound, Stewart allowed three runs on four hits and two walks, striking out 11. Jonelle Brown added two hits and an RBI to Canton's attack.

# Canton can't keep pace with Western

## GIRLS TRACK

In a Western Lakes Activities Association dual meet interrupted several times by lightning, Plymouth Canton's girls track team couldn't keep pace with host Walled Lake Western Thursday in falling 82-55.

The Chiefs did come out with a half-dozen firsts, two of them by Amy Driscoll, who won both the long jump (15-feet, 7-inches) and pole vault (8-6); she also finished second in the high jump (4-5).

Sarah McCormack and Meredith Fox both collected a first and a second for Canton. McCormack won the 1,600 meters (5:50.0) and placed second in the 800 (2:37.0).

Fox got a victory at the wire with a season-best in the 400 (1:00.8) and took a second in the 100 (13.6).

Both Salem and Canton compete in the Division I state regional at Redford Union Friday.

## 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 innings. Wildfong also had three hits (one a double), scoring three runs and knocking in another, and Miller added three hits.

Wolfe had two hits and two runs scored, and Bob Hamp had two hits and an RBI as the top five batters in Madonna's order accounted for all 13 hits.

home run, back-to-back singles by Wildfong and Miller, and a sacrifice fly by Lightle.

But Marion pushed across six in the bottom of the inning to take control. Madonna answered with a three-run sixth, all scoring on Wolfe's second home run of the game.

Wolfe's two homers and four RBIs paced the Crusaders, who also got three hits from Miller and two apiece from Wildfong and Mario D'Ileri (Livonia/Catholic Central HS).

The Crusaders faced Wolverine-Hoosier Athletic Conference rival Indiana Tech at 1 p.m. Saturday at Indiana Wesleyan in regional elimination game. The winner played unbeaten Marion at 3 p.m.

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# Title shot

## Canton wins Western Division

The title in the Western Division of the Western Lakes Activities Association was clinched by Plymouth Canton Wednesday when the Chiefs edged Livonia Stevenson 1-0 at Canton.

The win allowed Canton to conclude division play with a perfect 5-0 record. Churchill fell to 7-3-1 overall, 3-1 in the division.

Anne Morrell accounted for the game's only goal, on an assist from sister Abi Morrell, scored with 18 minutes left in the first half.

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

"She played an incredible 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 a berth in the WLAAC championship game. And who they will play is definitely in their own hands.

In the Lakes Division, Plymouth Salem and Livonia Stevenson played to a 1-1 tie earlier this season, the only blemish on either team's Lakes record. Which means the Lakes Division representative will be decided the tiebreaker — how each did against the Western Division teams.

Canton and Stevenson played 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.

The outcome of that game should decide who plays in the WLAAC title match.

**Canton 5, A.A. Huron 0:** Amy Dorogi posted her third-straight shutout in goal for Plymouth Canton, blanking Ann Arbor Huron in a non-league match

Friday at Huron. 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 WLAAC 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.

## SPORTS ROUNDUP

### Tennis camp

Plymouth Salem tennis coach Tom Kimball will offer a summer tennis camp for kids 10-15 years through the Plymouth Canton Community Education Department, 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 cancelled. 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, 48170-4710.

### WAYNE COUNTY COMMISSION NOTICE OF PUBLIC HEARING

The Wayne County Commission will hold a public hearing on proposed amendments to the Enhanced 9-1-1 final service plans for: 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 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 Buren; 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 and the townships of Brownstown and Grosse Ile.

These amendments recognize and provide for the distribution and use of additional revenue resulting from fees charged under State law to users of cellular telephones for emergency telephone operations.

The hearing will be held: THURSDAY, MAY 18, 2000, 10:00 A.M. COMMISSION CHAMBERS ROOM 400 WAYNE COUNTY BUILDING 600 RANDOLPH STREET DETROIT, MICHIGAN 48226

Copies of the above item may be obtained or reviewed at the Commission Clerk's Office, 406 Wayne County Building, 600 Randolph, Detroit 48226. (313) 224-0903.

Public: May 14, 2000

## OHL FINALS



## GAME 7

(IF NECESSARY)

TUESDAY, MAY 16TH @ 7:30

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

OR STOP BY THE WHALERS BOX OFFICE

COMPUWARE SPORTS ARENA

14900 BECK ROAD • PLYMOUTH

www.plymouthwhalers.com

## THE WEEK AHEAD

### PREP BASEBALL

**Monday, May 15**  
Northville at Canton, 4 p.m.  
Salem vs. W.L. Central (at W.L. Western), 4 p.m.  
Franklin at Churchill, 4 p.m.

**Tuesday, May 16**  
Stevenson at Farmington, 4 p.m.  
N. Farmington at John Glenn, 4 p.m.  
Wayne at Allen Park, 4 p.m.

**Wednesday, May 17**  
B.H. Roper at PCA, 4:30 p.m.  
Bethesda at Huron Valley (2), 4 p.m.  
Madison Hts. at Cville, 4:30 p.m.

**Thursday, May 18**  
Canton vs. W.L. Central (at W.L. Western), 4 p.m.  
Churchill at Salem, 4 p.m.

**Friday, May 19**  
Franklin at Farmington, 4 p.m.  
Harrison at Stevenson, 4 p.m.  
W.L. Western at John Glenn, 4 p.m.

**Saturday, May 20**  
Taylor Kennedy Invitational, 10 a.m.  
Huron Valley at Fairlane, noon.

### 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.

**Tuesday, May 16**  
Farmington at Stevenson, 4 p.m.  
John Glenn at N. Farmington, 4 p.m.  
Allen Park at Wayne, 4 p.m.

**Wednesday, May 17**  
A.A. Gabriel Richard at PCA, 4:30 p.m.  
Huron Valley at Bethesda (2), 4 p.m.  
Luth. Wld at Allen Park, 4 p.m.

**Thursday, May 18**  
Salem at Churchill, 4 p.m.  
Stevenson at Harrison, 4 p.m.  
John Glenn at W.L. Western, 4 p.m.

**Friday, May 19**  
Franklin at Canton, 4 p.m.  
Salem at Farmington, 4 p.m.  
PCA at S'Field, 4:30 p.m.

**Saturday, May 20**  
Trenton at Wayne, 4 p.m.  
Country Day at Churchill (2), 4 p.m.  
Franklin Rd. at Huron Valley, 4:30 p.m.

### BOYS TRACK

**Monday, May 15**  
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.

**Wednesday, May 17**  
W.L. Western at Churchill, 3:30 p.m.  
Churchill at Stevenson, 3:30 p.m.  
John Glenn at Harrison, 7 p.m.

**Thursday, May 18**  
N.B. Huron at Luth. Wld, 3:30 p.m.  
River Rouge at Wayne, 4 p.m.  
Garden City at John Glenn, 5:30 p.m.

**Friday, May 19**  
Rochester at Churchill, 7 p.m.  
Stevenson at Troy Athens, 11 a.m.

**Saturday, May 20**  
Whalers at Barrie (Ont.), 6 p.m.  
Barrie (Ont.) vs. Whalers at Plymouth Compuser, 7:30 p.m. (if necessary)

**Sunday, May 21**  
TBA To Be Announced

**Monday, May 22**  
Division I regional at RU, 2 p.m.

**Tuesday, May 23**  
Franklin at Canton, 5:30 p.m.  
Salem at Farmington, 3:30 p.m.  
PCA at MIAC meet, TBA.

**Wednesday, May 24**  
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.

**Thursday, May 25**  
Lutheran Westland, Clarendville at Macomb Lutheran North, 4:30 p.m.

**Friday, May 26**  
Division I regional at RU, 2 p.m.

**Saturday, May 27**  
Franklin at Canton, 5:30 p.m.  
Salem at Farmington, 3:30 p.m.  
PCA at MIAC meet, TBA.

**Sunday, May 28**  
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.

**Monday, May 29**  
Lutheran Westland, Clarendville at Macomb Lutheran North, 4:30 p.m.

**Tuesday, May 30**  
Division I regional at RU, 2 p.m.

**Wednesday, May 31**  
Franklin at Canton, 5:30 p.m.  
Salem at Farmington, 3:30 p.m.  
PCA at MIAC meet, TBA.

**Thursday, May 31**  
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.

**Friday, May 31**  
Lutheran Westland, Clarendville at Macomb Lutheran North, 4:30 p.m.

**Saturday, May 31**  
Division I regional at RU, 2 p.m.

**Sunday, May 31**  
Franklin at Canton, 5:30 p.m.  
Salem at Farmington, 3:30 p.m.  
PCA at MIAC meet, TBA.

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**Thursday, May 31**



## Whalers from page B1

an, Surma's shot — the Whalers' first of the contest — George Nistas pounced on the rebound and shoveled it past a diving Finley at the 16:05 mark. Justin Williams and Surma were credited with assists on the goal.

"We are a very confident team right now," Nistas said. "All four of our lines are playing well."

Barrie outshot Plymouth 8-5 in the penalty-free opening period.

Plymouth's penalty-killing units excelled throughout the game, shutting out all four Colt power-play opportunities.

The most-crucial one came at the 14:13 mark of the third

period after Whaler forward Jamie LaLonde was sent to the box for an unsportsmanlike infraction.

During the two minutes LaLonde was in the box, the Whalers outshot Barrie, 3-1.

Plymouth has shut down Barrie's leading scorers Ryan O'Keefe and Ryan Barnes throughout the series.

If they do it again tonight, there won't be a Game Seven Tuesday night at Compuware Arena, said Barrie interim head coach Bud Stefanski.

"There's no doubt we have to get our big guns going," he affirmed. "They got us this far and they're the ones that are going to have to keep us alive (Sunday night)."

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## Tennis from page B1

6-0, 6-4, and at No. 4, Andy Fenton beat Andrew Wagner 6-0, 6-2.

In doubles play, it was all 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.

## Baseball from page B1

Although the final scored doesn't indicate it, the game was 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 two-run shot from Mike Thackaberry in the fourth.

In the sixth, the Rocks loaded the bases and Ian Winter promptly unloaded them with a grand-slam homer. Gordon followed with his second solo homer of the game, and Jason Lukasik then sent a three-run shot over the fence, his seventh homer of the season.

"I've been around here for a while, and I don't remember 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

### Rocks wreck Franklin

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, Faraz Siddiqui 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 Vimesh Shukla 6-1, 6-2; and at No. 4, Dave Daigneau bested the Patriots' Corey Clearman 6-2, 6-1.

Doubles play was much the same, with the Rocks ruling every set. At No. 1, Jason Meininger and Todd Schmalhurst beat Scott Gomez and

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 Dumouchelle 6-3, 6-4; and at No. 4, Dave Wallen and Jon Neal clipped Jason Hudy and Matt Nelson 6-0, 7-5.

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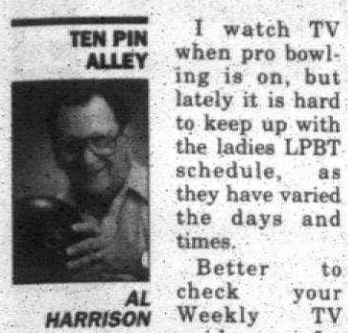
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# TV bowling brings out the stars



**TEN PIN ALLEY**

I watch TV when bowling is on, but lately it is hard to keep up with the ladies LPBT schedule, as they have varied the days and times.

Better to check your TV guide for ESPN2.

Last Monday night there was the Ladies Tour from San Diego at 9 p.m. and there was more than just the bowling, as one of front row spectators was none other than Joe Norris, one of the all-time greats from Detroit.

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 victory in the San Diego Open, winning the final match over Michelle Feldman.

A strong contingent from our area on the tour includes Alea Sill, Marianne DiRupo, Cheryl Daniels and Lisa Bishop.

Sill is the first and only lady bowler to top the \$1 million on the tour.

Look for the current issue of Sports Illustrated magazine (May 15, 2000, page 39) for a clip on Jarvis Woehlke, the senior wonder, who at age 86 has bowled two 300 games in one

season (1999-2000).

He is the only person in the 105-year history of the American Bowling Congress to have performed such a feat in his or her 80s, the third oldest in the nation with a 300 game — ever.

Jarvis will be up for election to the Greater Detroit Hall of Fame later this summer.

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## ARTISTIC EXPRESSIONS



LINDA ANN CHOMIN

### Van Gogh's impact felt more than 100 years later

Vincent 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 Place.

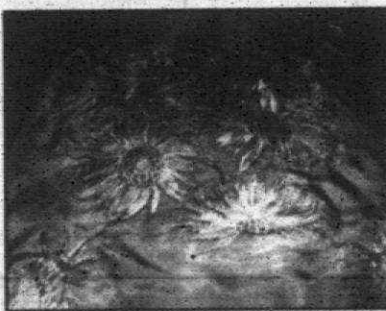
More than 100 years after his death van Gogh and his work are still making an impact on the world. Even though the Dutch painter remained relatively unknown in his day, *Van Gogh: Face to Face*, an exhibit of the artist's portraiture, continues to draw sell-out crowds to the Detroit Institute of Arts.

"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 batik 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 Gogh.

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, C3



**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.

Look for the yellow and red balloons hung outside 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 three-day event kicks off Friday evening. Eleven participating businesses will host receptions complete with hors d'oeuvres, refreshments and opportunities to meet the artists.

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



**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.

of Artrageous with Scott Smith of Pennington 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 p.m. we'll give a free Plymouth poster away to the 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 Co.

"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 accessories stocked at the gallery.

featuring 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 Siggins exhibit

Please see ARTRAGEOUS, C2

## CONCERT

### MOT joins with youth choirs to bring Broadway home

BY LINDA ANN CHOMIN  
STAFF WRITER  
lchomin@oe.homecomm.net

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 Cimorelli and Betsey 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 rehearsal for the finale, an 18-minute 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 surprising 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

**What:** "Coming Home: A Celebration of Community" concert features Michigan Opera Theatre artists and the children's choirs and youth chorale at Our Lady of Good Counsel Church. **When:** 7:30 p.m. Wednesday, May 17 **Where:** Our Lady of Good Counsel Church, 1160 Penniman, Plymouth. For more information, call (734) 453-4532

rehearsal with Vondrak. After all, their vocal abilities have already won them invitations to sing at Carnegie Hall, the EPCOT Center, and the International Children's 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 community program.

#### Community bound

Thanks to Johnson Controls' generosity the students in the Junior (third grade) and Senior Singers (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



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

Please see MOT, C2



FINE ARTS

# Polk Art Competition features innovative, unpredictable works

BY ALICE RHEIN  
STAFF WRITER

arhein@oe.homedomain.net

In the three years that the Polk Company has sponsored Art & Technology, entries have included 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, Polk'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 technology.

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 projection 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 Neward 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? Technology 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 spark plug or razor.

The absence of direct refer-

**What:** Third-annual Polk Competition: Art & Technology  
**When:** Sunday, May 14-Saturday, 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 commentary 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 said.

The idea for the Polk Art Competition came when the 78-year-old family-owned consumer marketing firm was merging its offices to one location on North-western 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 coming together.

"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

companies to sponsor a competition 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 point 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 projection.

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 sculpture."

## Notable jurors

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

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;



Shadow play:  
Ferdale artist  
Stephen  
Magsis's oil  
painting "4  
White Street."

Joseph Wesner, professor of art at the Center for Creative Studies; Maryann Wilkinson, curator of 20th century art at the Detroit Institute of Arts; and Gregory Wittkopf, director of the Cranbrook Art Museum.

Every year, hundreds of artists

submit their work, and the jury selects up to 50 artists for the exhibition. Nelson said the Polk Company then purchases 10 works for its permanent collection based on the jurors' recommendations.

"When we looked at who we

are as a company and what we try to project, we are more state-of-the-art, but also a family-owned company interested in the arts," said Nelson.

"This is the kind of thing we can do to support the community."

May 14, in the Lecture Hall at the Detroit Institute of Arts.  
Have an interesting idea for a story? Call Linda Ann Chomin at (734) 953-2145.

## Artrageous from page C1

it a variety of media.  
■ Penniman Gallery - Cathy Dyer, mandalas.  
■ Gabriela's - Painter Dorian Sopher.  
■ Creative Framing & Gallery - Artist Suzanne Lawrence.  
■ Linden Art Glass - Joe

Slezak, Ray Prokopp, Kris Rowe, George Pozan, and Michael Fill exhibit glass art.  
■ Delta Diamond Setters & Jewelers - Designer Deborah Piotrowski-Lobb demonstrates wax carving, the first step in jewelry making.

Hands on Leather & Jewelry - Ken Wright demonstrates the techniques used to make drums that explore the culture and spiritual traditions of California Native American tribes.

## MOT from page C1

regardless of where they live or 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 Detroit.

"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 perform. And early this fall we'll be dedicating the new church."

Vondrak understands the importance 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 install a love of theater in children. It's an opportunity to get the students involved," said Vondrak.

"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 musical theater."

## ART SHOWS

**ART SCAPES**  
The South Oakland Art Association 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-GREEKTOWN.

**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 Plymouth, 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 canvases with lush plants and garden accessories from 7 a.m. to 5 p.m. Friday, 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 Torno, 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 exhibition. The side deadline is June 30 at 5 p.m. Curator this year is Heiga Pakasara, curator at the Art Gallery of Windsor, Canada. To receive an application, send a self-addressed stamped envelope to:

PCCA/Celebrate Michigan Artists, 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 Exhibition Director John Cynar at (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) 370-3310.

**TEMPLE BETH EL CELEBRATION**  
A musical revue marking 150 years of Beth El will be 2-30 p.m. Sunday, May 14 at Wayne State, Bonstelle on Woodward Ave. in Detroit. Tickets (248) 865-0616, press 2.

**MUSIC VIVA**  
The 12th annual international Festival of World Music and Dance featuring Flamenco without Boundaries, 8 p.m. Friday, May 19 at the Smith Theatre, Oakland Community College/Orchard Ridge campus, Farmington Hills. (248) 522-3667.

**STOMP**  
The energetic production is May 14 at the Macomb Center for the Performing Arts at Hall Road and Garfield, Clinton Twp. (810) 286-2141.

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## CLASSES

**CENTER FOR CREATIVE STUDIES**  
Summer continuing and community 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.

**ESSENHOWER DANCE ENSEMBLE**  
All levels of classes for recreational and professional students, including modern, ballet, pointe, tap and jazz for children ages 3 and older. 1541 W. Hamlin, between Crooks and Livernois, Rochester Hills. (248) 852-5850.

**JEWISH COMMUNITY CENTER**  
Adult art classes 9 a.m. to noon every Monday, Wednesday and Friday. Woodworking classes at 9 a.m. Monday-Friday. 15110 West Ten Mile, Oak Park. (248) 967-4030.

**KAMMUELL & DANCE CLASSES**  
Advanced and professional classical ballet program. 9-30 a.m. Monday-Friday, intermediate level. 11-30 a.m. Tuesdays, Thursdays and Fridays. 5526 W. Drake, West Bloomfield. (248) 932-9699.

**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

# Noteworthy

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

brochure call (248) 651-4110.

**SHARON ZEDER**  
Mozart, Mommy and Me, the individualized play-based multi-sensory approach to caregiver/child interaction for preschoolers, will continue spring programs at Sharyn Zeder in Southfield. Summer classes begin in Birmingham in June. Call (248) 642-7933 for information.

**VISUAL ART ASSOCIATION OF LIVONIA**  
Classes in watercolor, figurative drawing and painting; workshops in batik and watercolor monotypes at the Jefferson Center, Room 16, 9501 Henry Ruff, Livonia. (734) 455-9517.

**YMCA WRITERS' VOICE**  
A six-week Creative Writing 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 branches. Cost is \$40 for members and \$50 for non-members. Financial aid available. Call (313) 267-5300, ext. 338.

## GALLERY EXHIBITS (OPENING)

**BIRMINGHAM BLOOMFIELD ART CENTER**  
Opens Sunday, May 14 — Polk Art 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

May 19, 1516 S. Cranbrook, Birmingham. (248) 644-0866.

**CASS CAFE**  
Through June — Paintings by Diana Alva and James Puntigam. 4620 Cass, Detroit. (313) 831-1400.

**CREATIVE RESOURCE GALLERY**  
Through May 29 — John Stockwell: Contemporary Landscapes. 162 North Old Woodward, Birmingham. (248) 647-3688.

**JANICE CHABACH EPSTEIN GALLERY**  
Through June 22 — Eileen Aboulafia: And the Birds Still Sing. 6600 West Maple, West Bloomfield. (248) 661-7641.

**GALLERY 212**  
Through May 14 — Endangered Planet, an all media juried exhibition. 212 S. Main, Ann Arbor. (734) 665-8224.

**HABATAT GALLERIES**  
Through May 14 — The 28th Annual International Glass Invitational. 7 P. Seguin, Pontiac. (248) 333-2060.

**SUSANNE HILBERRY GALLERY**  
Through May 27 — Megan Parry paintings and clothing by Gyan

Kroll. 2966 Biddle, Wyandotte. (734) 265-8544.

**DETROIT SYMPHONY ORCHESTRA**  
Intro to the Classics is at 3 p.m. Sunday, May 14. The Classical Series May 14-21 features works by American composer John Adams. Detroit Symphony Orchestra Hall, Detroit. (313) 576-5111.

**FOLK VESPER**  
Dee Dee McNeil and the Bill Dowdy Jazz Trio perform from 6-8 p.m. on Sunday, May 21 at the First Baptist Church, Willis and Bates Streets in Birmingham. (248) 644-0550.

**ISRAEL MEMORIAL CONCERT**  
The Jewish Community Center presents artists from the Michigan Opera Theatre at 1 p.m. Monday, May 15 in Handelman Auditorium, 15110 West Ten Mile, Oak Park. (248) 967-4030.

**JEWISH COMMUNITY CENTER**  
A Mother's Day luncheon and concert is at noon Monday, May 15 at 15110 West Ten Mile, Oak Park. (248) 967-4030.

**MACOMB SYMPHONY ORCHESTRA**  
Presents an all Brahms concert at 8 p.m. Friday, May 19 at the Macomb Center for the Performing Arts. Gateway at Hall Road, Clinton Township. (810) 286-2141.

**MOTOR CITY BRASS BAND**  
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**DINNER THEATRE**  
Tony '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 p.m. Sundays. 40 W. Pike, Pontiac. (248) 745-8668/(248) 645-6666.

**EVENTS**  
**ICE COMPANY SHOW**  
Vive Les Girls will take place at 2 p.m. Sunday, May 14 at the Southfield Sports Arena, 26000 Evergreen, Southfield. (248) 354-9357.

**MEADOW BROOK HALL**  
Mother's Day Dinner at Oakland University Meadow Brook Hall is at 4 p.m. and 6:30 p.m. on Sunday, May 14. (248) 370-3140.

**DETROIT SYMPHONY ORCHESTRA**  
Tiny Tots Series titled *Destination Spain* is 11 a.m. Saturday, May 20 at the Seigman 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 newborns to age 7. Parents participate in classes for children under 3. Classes

are held at the First Baptist Church of Plymouth, 45000 N. Territorial, Plymouth. Call Lori at (734) 354-9109.

**PUPPET LADY**  
Betty Appleton of Birmingham will perform *The First Children* at the Detroit Institute of Arts in the African Galleries at 2 p.m. Saturday, May 20. North Old Woodward, Birmingham. (248) 647-3688.

**RITA'S SONGS AND PUPPETS**  
Rita's songs and puppets for ages birth to 4 years. Classes are at the Sports Club, Farmington Road, West Bloomfield. Register at (248) 539-2290.

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**GALLERY EXHIBITS (ON-GOING)**  
**A.C.T. GALLERY**  
Through May 19 — Go! Figure. 35 East Grand River, Detroit. (313) 961-4336.

**ALLEY CULTURE**  
Through May 27 — *Curvas*, dedicated to Ann Mikodovska. Alle between Trumbull and Lincoln. Red Building south of Willis, Detroit.

**ANDERSON GALLERY**  
Through June 3 — Sonya Clark: Walk Talk. 135 Pierce, Birmingham. (248) 593-6892.

**ANGEL'S GALLERY**  
A Spring 2000 Exhibition, featuring the works of Bulgarian born artist Udia Simeonova, continues through June 30. She will be on hand to greet visitors from 1 p.m. to 6 p.m. Sunday, May 7. Call (248) 547-8383.

**BIRMINGHAM BLOOMFIELD ART CENTER**  
Art Awards 2000: BBAC High School Competition. Through May 27 — Joe Zagal: Vitreous ideas. Art of a New Century, sculptures by members of the Sculptors Guild of Michigan. 1516 Cranbrook, Birmingham. (248) 644-0866.

**CARIBBEAN COLORS**  
Through May 21 — Island Life by Lee

Shroobee. 555 S. Old Woodward, Birmingham. (248) 642-8250.

**ELAINE JACOB GALLERY**  
Through May 19 — *Modernism and Post Modernism: Russian Art at the End of the Millennium*. 1480 W. Hancock, Wayne State University. (313) 993-7813.

**DAVID KLEIN GALLERY**  
Through May 27 — *Dreams and Reflections* by California artist Brad Duran, and works on paper by American modernist Joseph Stella. 163 Townsend, Birmingham.

**LEMBERG GALLERY**  
Through May 27 — New works by Jennifer Barry and Joseph Smith. 538 N. Old Woodward, Birmingham. (248) 642-6623.

**LIVONIA ARTS COMMISSION**  
Through June 1 — In the Livonia Civic Center Library, the students of Glenview School present their artwork. 32777 Five Mile, Livonia. In the Livonia City Hall Lobby is an exhibit by Visual Arts Association of Livonia. 33000 Civic Center Drive, Livonia. (734) 466-2540.

**MAJESTIC CAFE**  
Through June 1 — art show featuring Martin Hirsch. 4120 Woodward, Detroit. (313) 833-9700.

**MANISCALCO GALLERY**  
Mother's Day Sale, 11 a.m. to 3 p.m. Sunday, May 14 with poetry, music and monologues. Through June 3 — *Reconstruction* featuring John Lockard and Willis Davis. Through June 10 — *Grosse Pointe Art Association</*



The Observer & Eccentric! Sunday, May 14, 2000

# BOOKS

## Set aside time daily to 'Change Your Life'

**Change Your Life: Achieve a Healthy Body, Heal Relationships and Connect with God** by Becky Tirabassi (G.P. Putnam Sons; January 2000, \$19.95)

By KEELY WYGONIK  
STAFF WRITER  
kwygonik@ee.homecomm.net

If you want to keep getting out of life what you're getting, keep doing what you're doing.

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 you *Change Your Life: Achieve a Healthy Body, Heal Relationships and Connect with God*.

On Feb. 18, 1984, she made a conscious decision to spend one hour a day every day for the rest of her life having a two-way conversation with God.

"You can be in a relationship with God," she said. "He'll meet you right where you're at. It is a relationship where you can write to him and he will answer you."

Sound implausible? Not really. Tirabassi has a system that harnesses the power of prayer, and gives you the tools to make positive, lasting changes in your life.

"If you are stuck in unhealthy relationships, a mediocre job, a poor financial position, or you repeat harmful or self-destructive 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 be successful, she believes.

Through the daily process of journaling, you will see changes in your life as a result of turning your good intentions into a practical, daily action plan," she said.

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 said.

Quoting basketball coach Rick Pitino, she writes, "I have found that to achieve your goals 'you

have to make your New Year's resolutions 365 days a year. The same resolve. The same determination. 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 listen and read his word in the Bible.

"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 has changed, and that's a good thing. It will change your life for the better."

"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 meet me."

### Message

Tirabassi speaks from experience. She has overcome alcoholism and drug addiction, 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 especially meaningful.

Visit her inspirational Web site [www.changeyourlifedaily.com](http://www.changeyourlifedaily.com) for encouragement, and information about the "Change Your Life Bible and Daily Journal."

## Author helps investors get 'Serious' about their money

**Serious Money: Straight Talk about Investing for Retirement**, by Kelley J. Ferri (Portfolio Investments, LLC, Troy; \$26.95)

By KEELY WYGONIK  
STAFF WRITER  
kwygonik@ee.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 believed stockbrokers were skilled professionals who knew the market inside and out," he said. "I soon realized that I was being asked to recommend investments to clients solely to churn out commissions. I was

amazed at how many so-called 'professionals' lost their clients' money while enriching themselves."

Ferri holds a master's degree in finance from Walsh College, and serves as an 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 budget 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 and graphs to further illustrate key points.

His message is simple: Take time to define your investment goals, select an appropriate asset allocation strategy, plan a tax strategy, and make a long-term

commitment to low-cost investing."

Look for mutual funds with the lowest fees and expenses — no-load "index" funds. Consider taking a class. "The classroom is a great place to obtain less biased investment information."

But first of all, get organized. Many people have an IRA. You might have a few if you've changed jobs.

"Putting all this information in one place and analyzing it as one portfolio is a beginning step toward increasing your investment results," he writes.

His book provides a lot of information you can't get anywhere. 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](http://amazon.com).

Ferri will be signing books and giving a 30-45 minute presentation about *Serious Money* at Barnes & Noble in Ann Arbor — 7:30 p.m. Friday, May 19

### BOOK HAPPENINGS

#### FICTION GROUP

A succession of conversations 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.

#### 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

Into a natural habitat for wildlife. Master gardener Peggy Malnati, 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 certified. 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.

#### BOOK SIGNINGS

■ 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 following bookstores:

- 7 p.m. Thursday, May 18, at TROT (Theatre, Reading, and

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 *Fables&f*, 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 Zvatsky, 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, May 20.

■ George and Michael Zvatsky, authors of *Kids Love Michigan!*, will sign copies of their book from 1:30 to 2:30 p.m. Saturday, May 20.

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## Bargains in Bad Axe



For a mere \$9.99 I am walking tall. I couldn't resist buying Rocket Dog brand leather shoes with three-inch platform 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 tri-cycle.

Even if I wear them only once, the shoes will be worth every penny I spent.

Never mind the gas and time it took to get them, as well as \$58 worth of other bargains I brought home one recent Saturday afternoon. The two-hour 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 downtowns.

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 business.

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 still-walker would love.

Norman's supplies hooked poles at every aisle for extracting fashions 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 K-A-BONK a fellow shopper, but practice on a few and you'll be a pro in no time.

Shoes and boots are an easy search, arrayed within reach or by step ladder. I passed on the Take Ten embroidered 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 6 mini skirts."

Norman's stocks lots of novelty tees, athletic team sweatshirts, blue jeans, sporty skirts, blouses, sportswear sets and nightwear. Sporty describes the men's and children'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 mittens (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 socks and other basics.

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*. Norman's also has stores in Bay City, Gaylord, East Tawas and Standish.

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



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

STAFF WRITER

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 sequestered 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 Woodward.

The Birmingham school district's Evergreen Singers will perform and Taty Viola will serenade customers at Salvatore Scallapini. 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 contest, 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, Cud 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 yarns from 1-3 p.m., in Booth Park, sponsored by Greenstones Jewelers.

■ Free lemonade and snacks, coloring books and crayons at Salvatore Scallapini.

■ 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 Stone's shop.

"It's a beautiful walk between the two. By big city standards it's nothing, but Birmingham being a 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 community.

"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-to-store 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 DDA.

"The more participation the better," Purcell said.

Rochester merchants

Kristi Trevarrow, special events coordinator for the Rochester Downtown Development Authority, tries hard to keep all 350 DDA businesses happy and within the fold.

"You find there are some businesses that don't feel as included as others," Trevarrow noted.

That includes some merchants with stores on Walnut or Water street, just a block either side of Main, and on Main north of University.

Trevarrow includes them in the events calendar, in stories and on front and back covers of the DDA's twice annual magazine, *In Town*.

"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 businesses that do.

Trevarrow also hopes the city's new Farmer's Market, which assembles every Saturday in a parking lot east of Main, will bring attention to downtown and neighboring shops.

Stone says park improvements and a new traffic-slowing device on North Old Woodward will do the same for gallery row in Birmingham.

"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 an ice rink," she said.

"This is a revival."



Event coordinator: Elizabeth Stone, owner of Elizabeth Stone Gallery, stands near Debra Reid Jenkins' creation *I Feel the Wind With Its Whispers Tail*. The children's book illustrator will be on hand during Spring Celebration, an event Stone devised to bring more shoppers to North Old Woodward stores.

## ADDED ATTRACTIONS

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**  
Rox & Sherm shows off Lafayette 148 suits, separates, dresses and scarves in a trunk show that starts today and runs through Saturday, May 20. Rox & Sherm is located in the Bloomfield Plaza, 6536 Telegraph, Bloomfield Hills. Call (248) 855-8877.

**WOMYN, a division of Garfield and Marks**, will show its collection of functional fashion at Fibres in

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.

**HAVEN BENEFIT**  
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 1:30 a.m. Call The Haven at (248) 334-2343, ext 131.

**FUN FOR KIDS**  
Oldie World Canterbury Village in Lake Orion will offer a weekend of fun, including a Lego building competition, a yo-yo competition, face painting and caricatures. Call 248-391-5700 for details.

**CARDS AND COINS**  
Check out the card, coin, stamp and collectibles

## 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 Seeborg jukebox.

- Detroit and suburbs street guide can be purchased at Barnes and Noble and major bookstores. It comes in a hard cover spiral book.

- Little Tyke's playhouse can be purchased at all Toys R Us stores.

- Airmay deodorant is sold at Rite-Aid on Six-mile and Newburgh roads.

- 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 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 videos (248) 548-7580.

- Buffalo Hot Dogs can be ordered from 1-800-BUY-BUFF.

- A reader has Redford Stuckey Elementary School memorabilia.

- A reader suggests a look in the want ads under Cameras for film projectors, any pawn shop, or the Adray Arena in Dearborn, 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.

- We found the following items: Master Piece game, super 8 projector, and Sunbeam Mixmaster beaters. A large old 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 where to buy them in your area.

### FIND & SEARCH NOTES:

- 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 incorrect. We do not have the correct number.

- The Livonia Public Libraries take used books for their used book 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 States.

- For miscellaneous parts to beaters, coffee pots, pots and pans try Culinary Parts Unlimited (800) 543-7549.

### WHAT 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 hanger from rug yarn for Betty.

- A mini cassette tape-recorder from the 1960's-1970's for Audrey.

- 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 suitcase, portable with built in speakers) for a Nathan a professional musician who resides in Redford.

- An old Washenaw Dairy glass milk bottle for Shirley of Garden City.

- Glycerich 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 Leanne who resides in Bloomfield.

- The game *Dog Fight* for John.

- A replica of the Oscar award statue for Linda of Lake Orion.

- A store that sells screens for a storm door with no frame for Debbie.

- 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 resides in Plymouth.

- The crochet pattern "Indian Trail" for Norine.

- A store that sells men's Cross Trainer gym shoes made in USA) for Ed.

- The Norman Rockwell print *The Runaway* for Nancy of Commerce.

- A 1943, 1944, 1945 Dearborn Fordson High School yearbook for Frances.

- A store that sells Alberto VO5 conditioner to use with a blow dryer hair (white package) for Carmel.

- A store that sells covers for the Ironrite mangle for Jean.

- The 1989 book *The People from North American, The Croatian Americans* for Mark.

- A 1980 Bentley High School yearbook for Kathleen of Livonia.

- A store that sells Misses/Women's Allison Smith women's clothing for Mrs. Sutliss of Rochester Hills.

- A company that will make a quilt/cover for a pool table with embroidered logo's from old bowling shirts for Jean, who resides in Farmington.

- A new/used Murphy bed for Linda of Canton.

- A store where cold air return registers, 32x34 long, 2 inches wide at floor, 7x8 inches high can be purchased for Ralph of West Bloomfield.

- A store that sells a 14x9x3 Mirro/Weaver all aluminum roaster with lid for Ralph.

- A store where sheer curtains sizes 40x48, 49x62, 48x72 can be purchased for Virginia of Beverly Hills.

- A store where Chipwich ice cream sandwiches can be purchased for Connie, who resides in Rochester.

- A store where Almay eye cream can be purchased for Gladys.

- A store that sells Health Tech socks for men (black with white feet) for Dorothy.

- A videotape of the March 15, 2000, Oprah Winfrey show. Would you know what to do, for Ann.

—Compiled by Sandi Jarachas

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Buy One Big Mac, Get One Free McDonald's 40241 Michigan Buy One Sandwich, Get One Free Max & Erma's Buy One Sandwich, Get One Free Mick Housey's Schoolcraft/Middlebelt Buy One Big Mac, Get One Free Mick Housey's Schoolcraft/Middlebelt Buy One Big Mac, Get One Free Mick Housey's Schoolcraft/Middlebelt Buy One Big Mac, Get One Free Mick Housey's Schoolcraft/Middlebelt Buy One Big Mac, Get One Free	<b>\$ Entertainment</b> Detroit Zoological Society 10% Off All Membership Packages \$1.50 Off Large Square Pizza Vizz's Pizzeria - We Deliver 722-3333 Buy One Large Square Pizza with 1 Item & Jumbo Bread \$1.75 Alexander's Great 10% Off Entire - Not Valid on Specials Bates Parties 10% Off When You Buy 4 Pasties Burger King 120 S. Mearns Rd. Buy One Large Cheese Burger w/any purchase Burger King 237 S. Wayne Rd. 99c Double Cheese Burger w/any purchase Family Dining \$1.00 Off Any Favorite Latte Dairy Queen of Royal Oak 10% Off Total Bill Deli Deli 10% Purchase of \$10 or More Denny's Buy One Regular Priced Breakfast, Get One FREE Not valid with other coupons or offers. Not valid on holidays or Weekends. Fry's Buy One Regular Priced Breakfast, Get One FREE Buy One Big Mac, Get One Free Buy One Big Mac, Get One Free McDonald's 2450 Dine Hwy Buy One Big Mac, Get One Free McDonald's 141 N. Telegraph Buy One Big Mac, Get One Free McDonald's 220 N. Ann Arbor Rd. Buy One Big Mac, Get One Free McDonald's 45510 Michigan Buy One Sandwich, Get One Free McDonald's 49800 Ford Rd. Buy One Big Mac, Get One Free McDonald's 40241 Michigan Buy One Sandwich, Get One Free Max & Erma's Buy One Sandwich, Get One Free Mick Housey's Schoolcraft/Middlebelt Buy One Big Mac, Get One Free Mick Housey's Schoolcraft/Middlebelt Buy One Big Mac, Get One Free Mick Housey's Schoolcraft/Middlebelt Buy One Big Mac, Get One Free	<b>\$ Retail</b> A Shady Business 10% Off Any Lamp Purchase Alcove Art 10% Off Any Purchase Alta Greenfield Market 5% Off Any Made in America Purchase Border Outlet 3500 Livonia 734-397-6326 10% Off In-Stock Only Champion Cellular Warehouse 10% Discount Chris Furniture Farmington/Plymouth Rd. 40% Off All Furniture Daley Carpet 8 Mile W of Mearns 10% Off Any Rug, Carpet, Upholstery (Excludes Labor) Dine Upstairs 10% Off Complete Order Don't Hospital 347 W 12 10-60% Off Selected Dots & Beers Dolls and Trains 10% Off on Select Items Express Photo 6 Mile F & H Photo 10% Off All Processing & 2nd Off Enlargements F & H Photo 10% Off All Processing & 2nd Off Enlargements Floors in Time 27800 Jay Rd 2 blocks W of I-75 20% Off In-Stock Carpet & Vinyl Floor Four Seasons Garden Center 10% Off Reg. 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TRAVEL

# Family amusements

## Ohio parks offer thrilling ways to spend a day

BY MARY QUINLEY  
SPECIAL WRITER

When 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 rides.

### 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 Sea-

### If 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](http://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](http://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 3½ 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](http://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](http://www.sixflags.com). Open weekends, daily beginning Friday, May 26.

**Admission:** Persons over 48-inches tall, \$30.99; persons under 48-inches tall, \$15.50; kids age 2 and younger, free.

**Estimated drive time:** Approximately 3½ 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 ripples.

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 performances.

After the whale show, options

are plentiful.

Slip into the Penguin Encounter to gaze at the more-than-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



**Making a 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 SeaWorld's version of Bourbon Street.

### 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 mph.

Not too keen on wind-in-your-face, 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 us.

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 white-water 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 thrills.

Mary Quinley is a Livonia resident and author of "52 Ohio Weekends." She writes about travel and dining for the Observer & Eccentric Newspapers.

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other than video games.

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## 2 UNIQUE



KELLI LEWTON

### Michigan morel mania mushrooms

**A**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 pastime.

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

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 mushrooms will supply all the vitamin B-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.

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

Eat and be well - make the most of what you have

BY PEGGY MARTINELLI-EVERTS  
SPECIAL WRITER

**T**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 well-being 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

cause 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

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.

#### 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 can 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

## 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.

## Sweet and sour works with chicken, shrimp or pork

### MAIN DISH MIRACLE



MURIEL WAGNER

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, too.

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 strips
- 3 green bell peppers, cut in squares
- 1 medium onion, chopped
- 1 (16-ounce) can, pineapple chunks (drained, but save juice)

### Sauce:

- 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. Sauté 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.

## 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 of life.

If you or someone you care for has an illness that requires a specialized diet, then it is important to follow the recommended guidelines from your health care provider.

■ 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 pudding, 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 potatoes.

■ 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 ready-to-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 sauce.

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, long-term care facilities, businesses, private clubs and private schools. HDS Services has approximately 230 management accounts throughout the United States and Japan. See recipe inside.



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-shirt.

One of the state's premier outdoor culinary and entertainment events, the TasteFest fills the streets adjacent to the historic Fisher Building on West Grand Boulevard between Woodward Avenue and the Lodge Freeway.

Each year more than 250,000 people enjoy TasteFest.

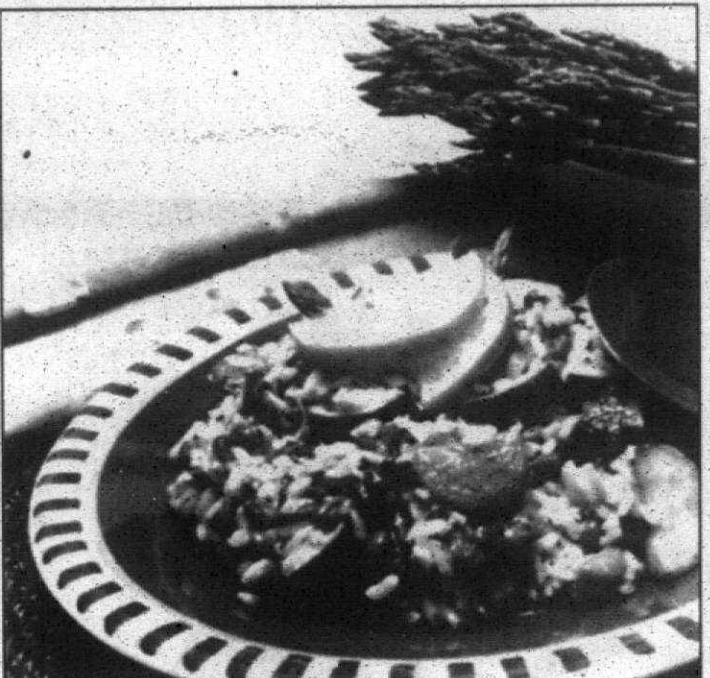
Entertainers include Isaac Hayes, Taj Mahal and his Phantom Blues Band, jazz artist Norman Brown, classic rockers 38 Special, Latin DJ Cisco and others including alternative, jazz and funk artists filling 75 free shows on four stages.

The Nationwide Insurance KidKorner will provide hands-on activities including a petting farm, Flumpe the Treefrog, and puppet-making workshops. Families can enjoy singing, dancing and 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 Tuesday, July 4.

Forty of Michigan's great eateries will sell "tastes" of their specialties.

Michigan TasteFest is produced 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](http://www.tastefest.org) and e-mail the volunteer coordinator.



**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 carrot to celebrate spring vegetables, Italian style.

Plan pork for next meal

**BY THE ASSOCIATED PRESS**  
Boneless pork can be a meal-planner's blessing. It is nutritious, low in fat, quick to prepare, adaptable to many cooking styles and complementary to many seasonings.

A whole loin can be oven- or pan-roasted with potatoes, carrots and onions. It can be sliced and sautéed with fruit or vegetables and herbs, as this dish from the May issue of Health magazine.

**PORK MEDALLIONS WITH SAUTÉED APPLES**

- 1 pound trimmed pork tenderloin
- 3/4 teaspoon salt
- 3/4 teaspoon paprika
- 3/4 teaspoon dried thyme leaves
- 1/4 teaspoon freshly ground black pepper
- Garlic-flavored cooking spray
- 1/4 cup sliced shallots
- 2 medium red apples, unpeeled, cored and cut into 1/4-inch wedges
- 2/3 cup fat-free, low-sodium chicken broth
- 2 teaspoons cornstarch

Preheat broiler or ridged grill pan. Cut pork crosswise into 1-inch-thick slices. With the heel of your hand, press meat into 1/2-inch-thick medallions. Combine salt, paprika, thyme and pepper; sprinkle over both sides of medallions. Coat pork with cooking spray. Broil 4 inches from heat source 4 minutes per side or until cooked through. Or cook in a grill pan over medium heat about 4 minutes per side.

Meanwhile, coat a large non-stick skillet with cooking spray. Add shallots; sauté over medium heat 3 minutes. Add apples; sauté 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 plates; top with apple mixture. Makes 4 servings.

*Nutritional information per serving: 279 cal., 8 g fat, 35 g pro., 16 g carb., 107 chol., 2 mg iron, 582 mg sodium.*

**All about herbs**

Peter Stark of Renaissance Acres and the M-Fit Culinary Team will demonstrate recipes on how to incorporate herbs and spices into favorite foods 6-8 p.m. Wednesday, June 31, and Wednesday, June 7, at the East Ann Arbor Health Center, 4260 Plymouth Road in Ann Arbor. Call Nicole Goyarts at (734) 975-4387, Ext. 238, to pre-register. Class fee is \$20 for individuals, \$35 for couples.

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Celebrate Italian style with risotto primavera

"Primavera" means spring in Italian, and Pasta 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 would say.

Making a perfect risotto is easy. These days, most supermarkets sell Arborio rice, the fat, short-grained 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, 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
- Juice of 1/2 lemon

- 1 small garlic clove, minced
- 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 cheese
- 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 1/2-inch pieces. Place in a bowl. Add the sliced asparagus and carrot.

Heat the oil in a deep sauté pan 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 yogurt 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

**BY THE ASSOCIATED PRESS**  
For a meatless entree with robust flavor, layer roasted vegetables and feta cheese atop a crust of 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
- 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. Arrange in single layer on baking sheet and bake 12 to 15 minutes, or until vegetables are soft and lightly browned around the edges. Remove from oven and cool for 5 minutes.

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.

*Nutritional 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 carb, 4 g fiber.*

Recipe from: Kretschmer Wheat Germ.

Read Sports

Grilling tips offered in class

The secrets of successful grilling of poultry, seafood and vegetables will be demonstrated at Schoolcraft College in a two-day class offered through Continuing Education Services.

Learn to infuse your own oils and vinegars to prepare unique and flavorful marinades and salad dressing. A variety of salad dishes will be demonstrated using mixed garden greens, fruits and pastas.

The class is scheduled from 5 to 10 p.m. for Wednesday and Thursday, May 24 and 25. Call (734) 462-4448 for information.

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WHAT'S COOKING

Send items for consideration in What's Cooking to Ken Abramczyk, Observer Newspapers, 36251 Schoolcraft, Livonia MI 48150, or e-mail [kabramczyk@homecom.net](mailto:kabramczyk@homecom.net)

**Exploring Spring Vegetables** — Learn about lesser-known spring vegetables and new ideas for old favorites 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. The course is offered through

Schoolcraft College's Continuing Education Service program. For information, call (734) 462-4448.

**Hands-On Cooking** — This two-day course offered through Schoolcraft College's Continuing Education Services will instruct in the art of roasting, braising, sautéing 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 aficionados can taste wine and help benefit scholarships and other

groups at A Toast to Canton Wine-Tasting 7-9 p.m. on Friday, May 19, at the Summit on the Park.

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.

Recipes have strong morel values (along with other mushrooms, too)

Here are recipes from Kelli Lewton for portabello pizzas, mushrooms napoleon and morel stroganoff. See related column on Taste front.

**PORTABELLO PIZZAS**

- 3 Portabello mushroom caps
  - 1 egg white
  - 3/4 cup cheddar cheese
  - 1/4 cup diced roasted pepper
  - 2 tablespoons fresh chopped basil
  - Salt and pepper (to taste)
- Bread crumb mixture:**
- 1 cup fresh bread crumbs or 3/4 cup dry
  - 1/4 cup Parmesan cheese
  - 2 tablespoons melted butter
  - 1 tablespoon chopped herbs

Mix all ingredients. Clean and stem 3 large portabello mushrooms (with a spoon, scrape and remove gills from underside of cap).

Mix cheddar, egg white, basil and diced pepper.

Spread mixture evenly into caps.

Top with bread crumb mixture and bake at 350° F for 18-20 minutes until golden brown. Cut into wedges of six. Serves 18 pieces.

**MUSHROOM NAPOLEON**

- 1 cup Shitake mushrooms (caps)
  - 1 cup portabello mushrooms (caps)
  - 1 cup button mushrooms (whole)
  - 1/4 cup sherry
  - 2 tablespoons whole butter
  - 1/2 cup grated Parmesan cheese
  - 1/4 cup crumbled cheddar
  - 2 eggs
  - 1/2 cup heavy cream
  - Salt and pepper
  - 4 sheets puff pastry
- Clean and slice mushrooms into thin strips.
- Melt butter in sauté pan. Sauté mushrooms 2-3 minutes. Deglaze with cream and sherry and cook

down until mushrooms are dry. Season with salt and pepper and set aside to cool.

Combine remaining ingredients. Fold mushrooms into cheddar egg mixture.

Prepare 1/2 sheet tray with a generous coating of non-stick spray.

Take 2 sheets of puff pastry and roll together to make 1 sheet to fit into a 1/2 sheet tray. Dock randomly with a fork.

Pour mushroom mixture and spread evenly over prepared pastry.

Repeat rolling step for the next two sheets puff pastry, and dock. Place second pastry sheet on top of mushroom mixture, egg wash and bake at 350° F for 20-25 minutes.

Cut into desired size square or diamond shapes. Make 24-36 pieces.

**NORTHERN MICHIGAN MOREL STROGANOFF**

- 1 pound filet or rump steak, cut into thin strips
- 2 tablespoons olive oil
- Salt and pepper
- 3 tablespoons brandy
- 2 shallots, finely chopped
- 2 cups fresh Michigan morels, cleaned and halved
- 3/4 cup beef stock
- 1/4 cup sour cream
- 1 teaspoon Dijon mustard
- 2 tablespoons fresh parsley

Heat 1 tablespoon oil and sauté meat 2-3 minutes, remove from pan.

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 aside.

In same pan, add remaining oil and sauté mushrooms and shallots 3-4 minutes to soften. Add stock and simmer until tender.

Add sour cream, parsley and beef and season to taste. Serve over 1 pound cooked and buttered broad egg noodles. Serves 4.

It's the time of the season for festivals

Whether they're breaded, sautéed in butter, served atop a steak or souped up in a creamy soup, 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 hunting 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."

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](http://www.herb.lsa.umich.edu/kidpage/factindx.htm)

Boyne City's 40th annual National Morel Mushroom 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) 582-6222.

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.

Veggie cheese chowder cooks while you're away

See related story on Taste front.

Jeanne Skilton of West Bloomfield makes this soup in her Crock-Pot and then freezes it in small containers. Jeanne takes the chowder to her dad who lives by himself in Madison, Wis.

We adjusted Jeanne's original recipe to lower the sodium content. It can be lowered further by leaving out the bacon.

- 1 (4-ounce) can mushrooms, reserve liquid
  - 2 cups frozen corn
  - 1/4 cup flour
  - 2/3 cup fat-free milk
  - 1/2 cup Cheese Whiz Light
- Combine first 9 ingredients in Crock-Pot. Cook for 3-4 hours on high. Add the mushrooms and corn. 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. Cook on high until slightly thickened, about 1/2 hour. Add the Cheese Whiz and milk, cook on low until ready to serve.

**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
- 2 cups low-sodium chicken broth

*Nutrition information per 1 cup serving: calories 205, protein, 13 grams; fat, 3 g; sodium, 802 milligrams, carbohydrates, 32 grams, and percent of calories from fat, 12.*

Recipe compliments of Jeanne Skilton, adapted by HDS Services.

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## MEDICAL 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) 411-7447.

### Stroke awareness

Many people never give stroke a second thought 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 screenings 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 RENEE SKOGLUND  
STAFF WRITER  
rskoglund@oe.homecomm.net

It's time to talk about leaky bladders, ladies. Or, to put it more directly, female incontinence.

Simply put, urinary incontinence is the involuntary release of urine at a socially unacceptable time. It affects more than 11 million women in the United States. Although it most often manifests 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 women 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 embarrassment, curtailment of sex and cessation of physical activities. In fact, most women wait two-and-a-half 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. Mallett 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 incontinence.

The procedure allows for placement of a mesh tape close to the high-pressure zone of the urethra, providing tension-free support of the inner 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.

#### Understanding incontinence

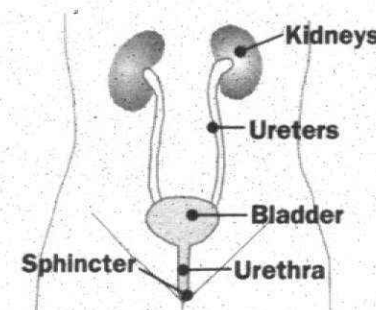
Before women start talking about urinary incontinence and its possible treatments, they must understand what it is ... and isn't.

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 incontinence.

"In fact, while the severity of this



Providing help: St. Mary Hospital physical therapist Archana Uppal shows a patient how the strength of pelvic floor muscle contractions are measured through surface electrodes placed near the perineal 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 incontinence.

Many conditions act as precursors to incontinence: weak pelvic floor muscles; previous bladder or vaginal surgeries; pregnancy and childbirth; menopause; loss of estrogen, which affects mucus membranes and weakens vaginal muscles; urinary tract abnormalities; brain and spinal cord injuries; and diseases such as diabetes, MS and Parkinson's.

There are several forms of urinary incontinence:

- **Stress urinary incontinence** - The most common form. SUI causes women to lose urine when they laugh, sneeze or cough; walk or exercise; 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 dysfunctional sphincter muscles that fail to hold the urethra closed.

- **Urge incontinence** - Unlike SUI, urge 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 Mallett.

- **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.

There are three major treatment categories: behavioral/muscle therapy, pharmacologic and surgical. However, 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 Rehabilitation Department, specializes in treating incontinence. Most of her female patients are 65-85 years old. Some are as young as 20.

For stress urinary incontinence, Uppal 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 completely."

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 hard."

In addition to pelvic floor muscle exercises, Uppal uses other behavioral treatments, including bladder retraining, vaginal weights, biofeedback (externally placed electrodes that measure muscle contraction strength), and electrical stimulation of pelvic floor muscles.

While stress urinary incontinence does not usually respond to medication, 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 down strenuously when lifting. Learning to contract or pull the pelvic floor muscles upward (kegels) while lifting can be a helpful countermeasure.

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 then come back," said Mallett.

"I think that's so unfair," she said. "That person is seeking care. They're unfortunate because there may be things we can do from a physical therapy standpoint."

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. "I like restoring function and the quality of life."

#### 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, pharmacologic and surgical. However, 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 Rehabilitation Department, specializes in treating incontinence. Most of her female patients are 65-85 years old. Some are as young as 20.

#### 10 warning signs of bladder problems

1. Leakage of urine causing embarrassment.
2. Leakage of urine that began or continued after an operation.
3. Leakage of urine that began or continued after hysterectomy, Caesarean section, prostate surgery, etc.
4. Inability to urinate (retention of urine).
5. Urinating more frequently than usual without a proven bladder infection.
6. Needing to rush to the bathroom and/or losing urine if you do not arrive on time.
7. Pain related to filling the bladder and/or pain related to urination (in the absence of a bladder infection).
8. Frequent bladder infections.
9. Progressive weakness of the urinary stream with or without a feeling of incomplete bladder emptying.
10. Abnormal urination or changes in urination related to a nervous system abnormality (stroke, spinal cord injury, MS, etc.).

Reprinted with permission from the National Association for Continence.

## Kegel exercises

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 urinating.

Another way to identify the muscles used for Kegel exercises is to tighten the rectal muscles (as when holding back gas or completing a bowel movement). Because they are part of the same muscle group, the rectal muscles always work with the muscles located around the bladder opening.

Try not to use your stomach, buttock or leg muscles when practicing Kegels. Do not hold your breath. There are quick and slow Kegels. In performing quick Kegels, rapidly tighten and relax the muscles. For slow Kegels, tighten muscles for three to 10 seconds and then relax for the same time. Increase the time the muscles are tightened and relaxed for maximum effectiveness.

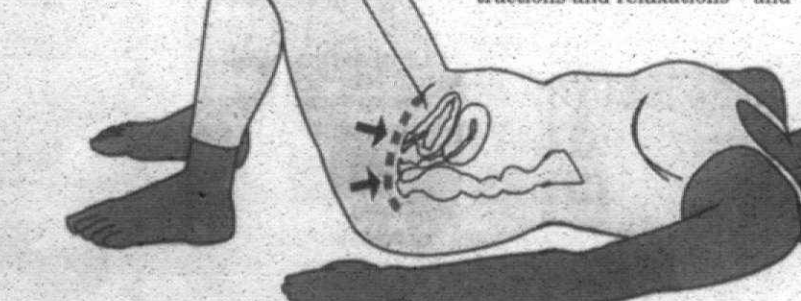
Most people start by completing a set of 10 Kegels four times a day. Each week, the number of contractions and relaxations - and

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 exercises.

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 to use.

Source: "Working with the Incontinent," a community education program sponsored by Depend and Poise absorbent products.



## Bosses now monitoring your instant messages



PC MIKE WENDLAND

We all know what more and more companies have been monitoring their workers' e-mail usage and Web surfing.

But now there's snooping software that allows employers to eavesdrop on workers who use instant messaging programs to keep in touch with friends and associates while logged on to the company network. The software is appropriately called Little-*Brother* 4.0 (www.littlebrother.com), and it's an Internet access filtering program that lets network administrators 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.winwhatwhere.com/invest.htm), bosses now have the capability of getting a report on literally every keystroke an

employee types whether logged on to the Internet or not.

#### Addictive cybersex

Maybe one reason bosses are monitoring computer users is that their employees are cybersex addicts.

Cybersex is changing the definition of sexual compulsion. "Like crack cocaine changed the field of substance abuse," says a group of psychologists.

Meeting in Atlanta last weekend, the National Council on Sexual Addiction and Compulsivity discussed a new study that shows 15 percent of Internet users visit online sex chat rooms or pornography sites. Almost 9 percent of people who use the Internet for sex spend more than 11 hours a week surfing for erotic content.

The numbers were nearly equal for men and women, countering the widely accepted view that an overwhelming majority of cybersex participants are men.

The study said that the growing numbers of online sex addicts are hooked on a new form of "hypersexuality" - a compulsive need for cybersex - and that is destroying marriages and

relationships across the country. The shrinks concluded that cybersex addiction needs to be treated seriously and requires the same type of therapy as eating or personality disorders.

#### Junk e-mail increases

If you've had it with Spam, you haven't seen anything yet. A new study by Jupiter Communications says commercial e-mail will increase dramatically over the next several years until, by 2005, the average Internet user will be getting 1,600 a year, compared to 40 today. That's a 40-fold increase and that's the estimated average.

Many will get much more. And that's on top of the average 4,000 personal and non-marketing e-mails the average Internet user will get, up from 1,750 last year. The danger, concedes the Jupiter marketing company, is that the sheer volume of e-mail received will strain consumers' attention spans and make them less likely to respond to commercial e-mail. But online marketers are forging ahead anyway because e-mail is cheaper and faster and often more effective than direct snail-mail delivery.

ed by the U.S. Postal Service. All this is being vigorously 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.

#### 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 will examine the recording industry's claim that online music swapping is piracy and threatens to destroy the industry. The swirling controversy is bringing a blizzard of lawsuits filed by record labels and artists. But Napster fans say the horse is out of the barn and isn't going back.

New music compression technology and the instant distribution abilities of the Internet have made middlemen obsolete, and like it or not, they say, the music

industry with its outrageous pricing is going to have to change.

The recording industry is fighting back. Besides more lawsuits, it's spending a lot of money wining, dining and lobbying lawmakers to strengthen copyright laws.

#### On the Net

Check out the provocative 360-degree movie (www.atomfilms.com) that debuted on the Net this week. You control the camera as the movie plays. It works like your head. Swivel around to see the action from all sides. Amazing.

Follow all the excitement of the Big Game Lotto jackpot on the multi-state drawing's official Web site (www.theofficialbiggame.com). You can read what past winners have done with their prizes and how their lives have changed.

Have you seen Lucianne? Ever wondered where Matt Drudge, Rush Limbaugh and others get their hot gossip and inside stories? Check out Lucianne.com (www.lucianne.com), a Web site that runs with any story - the more sensational the better -

long before traditional media gets on board.

#### PC Mike seminar

Mark down Saturday, June 3, from 9:30 a.m. to noon for the next PC Mike Internet 101 seminar. Sponsored by TalkRadio 1270, WXYT, the free seminar will teach you what you need to know to use the Internet successfully. It will take place at The Community House of Birmingham, 380 S. Bates, in Birmingham. The seminar is totally free but you need to get a reservation. Call (248) 455-7343.

Till next week everybody ... 73.

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](http://www.pcmike.com) and hear him Monday through Friday at 6:26 p.m. on NewsRadio 950, WJZ, and on Saturdays and Sundays 4-6 p.m. on TalkRadio 1270, WXYT.

## MEDICAL DATEBOOK

### WED, MAY 31

#### BLOOD DRIVE

The American Red Cross will hold a blood drive sponsored by the Canton Hindu Temple (44955 Cherry Hill Road) from 2-8 p.m. Wednesday, May 31. For 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 reservations, call 1-877-345-5500.

### THUR, JUNE 4

**CANCER SURVIVOR DAY**  
Cancer survivors are invited to participate in National Cancer Survivors Day sponsored by St. Mary Hospital of Livonia 2-4 p.m. To preregister, call (734) 655-1100.

### JUNE 6-29

#### DIABETES

St. Mary Hospital's "Taking Charge of Living with Diabetes" class meets 7-9 p.m. Tuesdays and Thursdays for four weeks. Call (734) 655-8940.

### WED, JUNE 7

#### 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 (734) 655-1100.

### FRI, JUNE 9

#### CHEMICAL SENSITIVITY

organs. Presented by Macro Val 6-8 p.m., 30561 Krauter, Apt. 3C, Garden City. No cost. Complimentary dessert and tea. Call (734) 261-2856.

### THUR, MAY 18

#### IMMUNIZATION CLINIC

Providence Mission Health Medical Center-Livonia will host an immunization event from 4-7 p.m. at 37595 Seven Mile Road in Livonia. Cost is \$5 per child and includes all vaccines your child needs except chicken pox. Don't forget to bring immunization records. Call (877) 345-5500 for information.

#### BREASTFEEDING

The La Leche League of Livonia will meet 7 p.m. For location and information, call Theresa (734) 261-6814, Michele (734) 591-7071, Vicki (734) 937-3011 or Claudia (734) 422-6669. Babies and children welcome.

#### EXERCISE

Oakland Physical Therapy, PC, will present "Fit After Fifty" 7 p.m. at the Providence Medical Center, 47601 Grand River Avenue, Suite B124, Novi (intersection 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 Armerage will be the featured speaker. For more information, call Jan Prentice at (734) 453-4847.

### MAY 24-JUNE 14

#### HEALTHY EATING

Learn to cook whole grains, beans, tofu, tempeh, sugar-free desserts and lots more in a four-week cooking series by Micro Val, 30561 Krauter, Apt. 3C, Garden City. Call (734) 261-2856.

### TUES, MAY 16

#### 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 information.

#### AA & ALANON

Aleoholics Anonymous & Alanon meet Wednesdays and Sundays 8:30-9:30 p.m. at Garden City Hospital North Entrance, 5254 Inkster Road, Canton (248) 541-6565 or (734) 776-3415. Everyone's welcome. Alanon meeting Sunday only.

#### BLOOD PRESSURE SCREENINGS

Marquette House, a residential 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.

#### IMPOTENT

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 Conference Room A). For information, call (734) 462-5858.

### MON, MAY 15

#### DIABETES EDUCATION

Garden City Hospital will sponsor "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 Anxious Are You?

Answer the following questions based on the last 2 weeks or more.

- | YES                      | NO                       |  |
|--------------------------|--------------------------|--|
| <input type="checkbox"/> | <input type="checkbox"/> | 1. I feel keyed up, on edge or restless                    |
| <input type="checkbox"/> | <input type="checkbox"/> | 2. I feel stressed most of the time                        |
| <input type="checkbox"/> | <input type="checkbox"/> | 3. I have trouble sleeping (either too much or too little) |
| <input type="checkbox"/> | <input type="checkbox"/> | 4. I have trouble concentrating, or my mind goes "blank"   |
| <input type="checkbox"/> | <input type="checkbox"/> | 5. I feel irritable; I can't relax                         |
| <input type="checkbox"/> | <input type="checkbox"/> | 6. I notice my heart beating rapidly                       |
| <input type="checkbox"/> | <input type="checkbox"/> | 7. I feel worried, anxious and fearful                     |

If you answered "yes" to 3 or more statements, you may be suffering from an anxiety 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 medications for anxiety. If you are selected, all research-related costs and study medication are provided at no cost. Get answers and information about anxiety.

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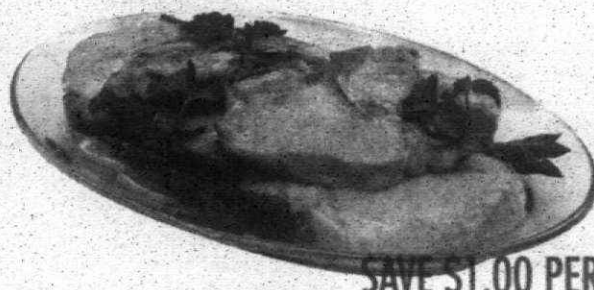
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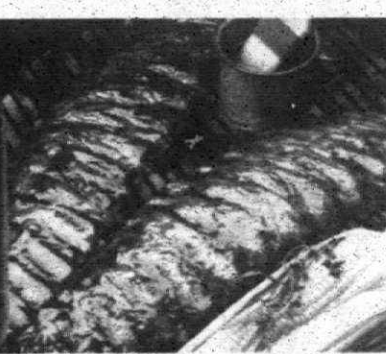
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### FAMILY MEDICINE CABINET



When stocking your medicine cabinet, consider the needs of both your household and your guests, including grandchildren, 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.

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-aid kit.
- **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**.

#### SUPPLIES

- **Band-Aids** — All sizes, including large for knees and elbows.
- **Cotton balls and tissue**.
- **Hot water bottle** — Great for back strains and tired feet.
- **Adhesive tape**.
- **Safety pins, tweezers and scissors**.
- **Alcohol wipes**.
- **Thermometer**.
- **Elastic bandage**.
- **Flashlight and moleskin** — Great for a camping kit.
- **First-aid kit** — Keep outside when enter-

taining guests on your patio. "Everything you need is right there."

#### First-aid book.

#### ORAL MEDICATIONS

- **Tylenol** — Headaches, sunburn, fever and flu.
- **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 teens 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.
- **Chloritrimeton** — Antihistamine not as drowsy-inducing as Benedril. If allergic to dogs or cats, take one-half hour before exposure.
- **Kaopectate** — Grabs on to toxins, but does not impede 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 anesthetic lozenges**.
  - **Electrolyte replacement solution** for children 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-POISON 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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# Not all vitamins are created equal



RALPH  
ECHTINAW

Should you and 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 supplements. 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 about. But I've taken three a day for 18 years.

I've dabbled with more focused supplements, usually without visible effect.

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 syndrome.

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 "bio-availability" than vitamins that are developed directly from plants. So, in

her opinion, I've been absorbing 10-15 percent of the nutrients in the synthetic vitamins instead of the 98 percent I'd absorb from "food-matrixed" vitamins.

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 can be chosen selectively to make up for weaknesses in one's individual metabolism.

On the other hand, Jeff Caudill, general manager of the Vitamin Outlet, said synthetic vitamins have a 30-80 percent absorption rate, are cheaper than food-matrix vitamins and vary less in quality.

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 nutrients than they did years ago. A multi-vitamin 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 up for, Adams said.

Nutritionist Miller said food should be your first source of nutrition, since whole foods provide not

just vitamins but essential minerals and phytochemicals (plant substances that boost immunity and prevent disease).

Miller recommends taking a multi-vitamin and mineral supplement

daily as a "nutrition insurance policy" but not as a substitute for a healthy diet.

Should your kids take supplements?

Please see **VITAMINS**, 13

## Don't skimp on the folic acid

Folic acid, a B vitamin also known as folate, has been shown to protect against neural tube defects such as spina bifida (a birth defect in which the spinal cord is not completely encased in bone) and anencephaly (a lethal defect in which part of the brain never develops).

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. Too much homocysteine can double 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 depression.

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 the good sources of folate. Most

enriched grain products — bread, flour, cornmeal, corn grits, pasta, rice and farina — must be fortified with folic 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 micrograms.

Black-eyed peas, dried (1 cup cooked), 350 micrograms.

Pinto beans, 294 micrograms.

Kidney beans (1 cup cooked) 229 micrograms.

Garbanzo beans (1 cup cooked) 282 micrograms.

Sunflower seeds, dry-roasted (1/2 cup), 135 micrograms.

Okra (1/2 cup cooked), 135 micrograms.

Asparagus (five spears), 110 micrograms.

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 micrograms.

Collards, frozen (1/2 cup), 65 micrograms.

Grapefruit juice (1 cup), 55 micrograms.

Navy beans, boiled (1/2 cup), 125 micrograms.

Wheat germ (1/4 cup), 80 micrograms.

Avocado (1/2 cup), 55 micrograms.

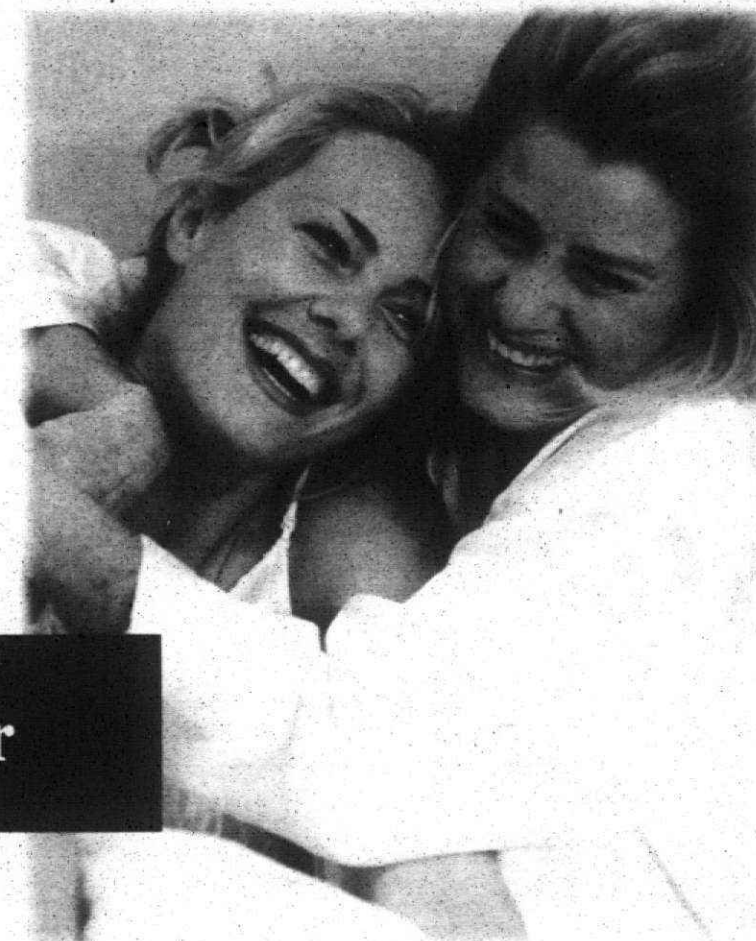
Orange (medium), 45 micrograms.

Orange juice (1 cup), 109 micrograms.

Source: Nutritional values from "Bowes & Church's Food Values of Portions Commonly Used" by Jean A.T. Pennington.

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## FAMILY FOOTIES

## ■ 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 hurt? 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 circumference of the globe.

Source: American Podiatric Medical Association

## ■ Stinky feet!

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.

Source: American Podiatric Medical Association

## ■ 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.

Source: 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.

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Don't wither away...  
drink while exercising

BY RENÉE SKOGLUND  
STAFF WRITER  
rskoglund@oe.homecomm.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," said Johnston.

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 Johnston.

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,

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.

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.

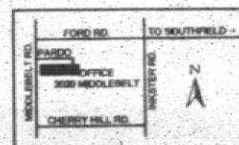
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## Kickboxing: Simple moves, hard work

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 Alice Ahern, a fitness coordinator and personal trainer at Summit on the Park in Canton.

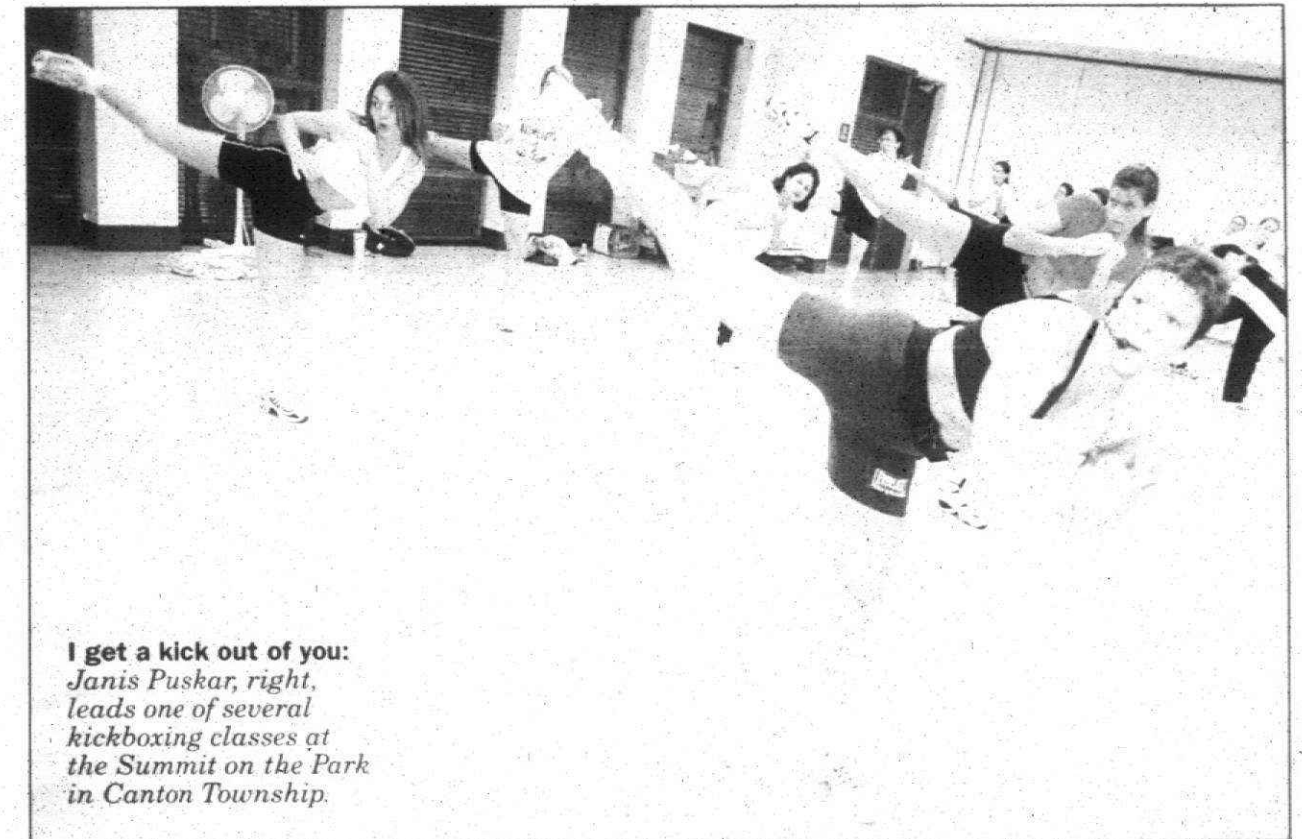
It's a great way to improve balance and stability, said Ahern. "When you're kicking forward or punching, you have to use your abdominals — the biggest muscle group in the body — in order to maintain balance."

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



I get a kick out of you:  
Janis Puskar, right,  
leads one of several  
kickboxing classes at  
the Summit on the Park  
in Canton Township.

STAFF PHOTO BY PAUL HIRSCHMANN

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## Fun & fit families

### Meet the Coverts ...

BY RALPH R. ECHTINAW  
STAFF WRITER  
rechtinaw@oe.homecomm.net

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 said.

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 husband.

"Once you start martial arts it's very addicting," she said. "There's always another goal to reach."

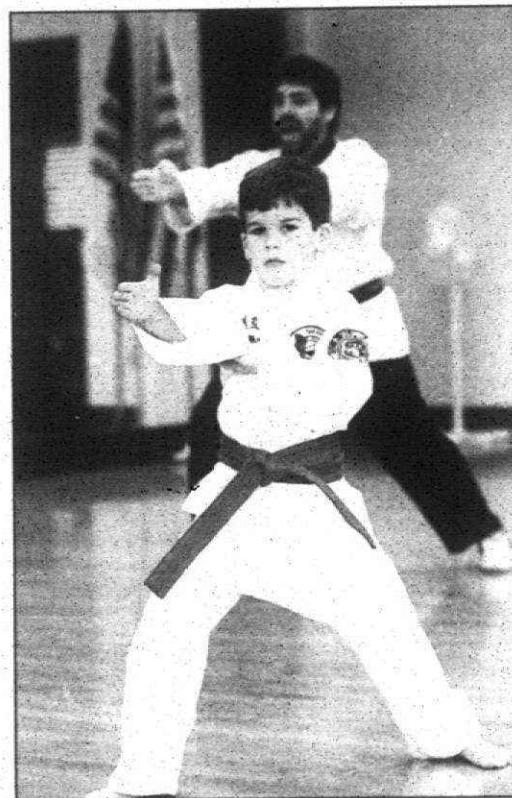
Son Alex started getting involved at age 3. He wanted to learn Tae Kwan Do, but no class was designed for kids his age. So his parents invented one.

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



Father and son: Austin runs through his routine while dad Christopher Covert leads the class at the Summit on the Park in Canton.

STAFF PHOTO BY PAUL HIRSCHMANN

### ... and the Ryktarsyks

BY RENÉE SKOGLUND  
STAFF WRITER  
rskoglund@oe.homecomm.net

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 Livonia 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 try-outs 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 behind.'**

*David Ryktarsyk*

—active father

gist?" asks David.

Although David doesn't work out regularly, he makes sure he spends time with his family. Family 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.

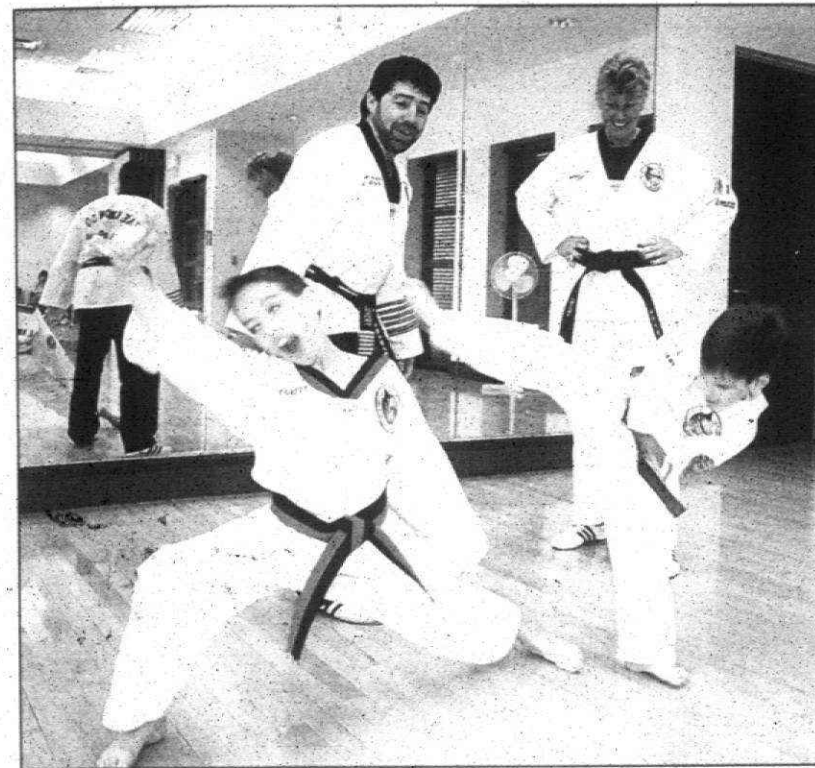
Georgie is not a fanatic about fat. Her children get cookies, and the family eats fast food occasionally. However, they eat lots of fruits and vegetables. "The kids are as likely to have an apple or carrot as they are a piece of candy."

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-overs.

The result? "He had an orange cast to him," says Georgie, laughing.

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 everything."

And if that isn't enough, there's always chasing after Olivia, says Georgie. "She keeps me physically fit, just keeping after her."



STAFF PHOTO BY PAUL HIRSCHMANN

Kick it out: Austin, 5, and Alexander, 8, spar while parents Christopher and Laura Covert watch following class at the Summit.

### 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.

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 said.

The Coverts believe their situation influences the families of their young students, and before long the brothers, sisters, parents, and in one case a grandmother, are taking classes.

"Our whole school is all families," Chris said.

#### 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 back."

The boys still get fast food now and then, but the Covert refrigerator is more likely to contain broccoli, cauliflower, carrots, chicken, fish,

■ **'There are a lot of martial artists whose spouses won't even walk into the school.'**

*Chris Covert*

—active father

cheese and eggs than soda and pudding.

Chris and Laura Covert each enjoyed a rather athletic childhood. Chris had the added advantage of an athletic father who played for a company baseball 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 baseball.

She believes that she got involved in Tae Kwan Do out of necessity but enjoys it because it's in her personality to do so. "If I didn't enjoy it I wouldn't be there," she said. "It has allowed us to stay together as a family unit."

### Martial arts a hit with this family, too

The Sopko family of Canton Township also qualifies as particularly healthy and fit.

Father Stephen Sopko is a martial arts instructor with his own business, Asian Martial Arts, and several students, including wife Karen and their two children, Eric, 7, and Rachael, 6.

The Sopkos are likewise careful about what they eat. They take vitamins, minerals and drink herbal tea. No alcohol or tobacco. "We don't have time for that," Karen said. "When we were in college we were pretty radical, but we're parents now. We had to grow up."

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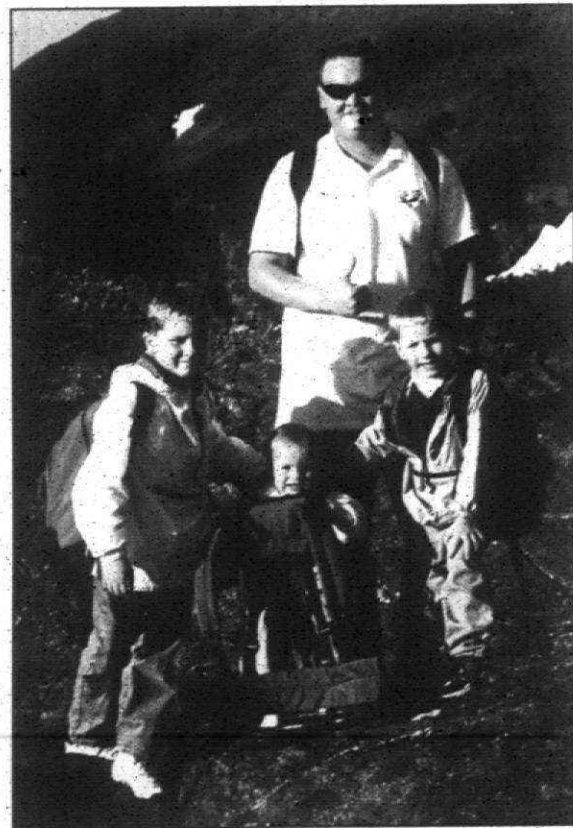


PHOTO BY GEORGIE RYKTARSKYK

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

can use to defend yourself. It's not '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 people."

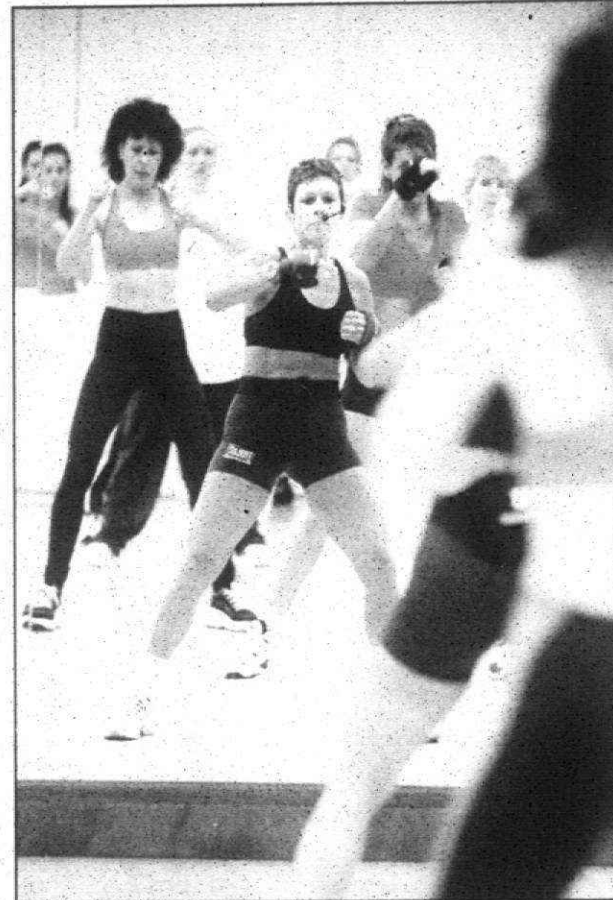
"There are so many people who don't like the fancy aerobics," she said. "We've reached an untapped group of people who have not experienced the joys of working out."



PHOTO COURTESY OF BARBIE WHITE  
**Busy gal:** Barbie White teaches cardio-kickboxing.



STAFF PHOTO BY PAUL HURSCHEMANN  
**Don't mess with her:** Sherry Lockhart of Canton works out in the "Kick, Jab and Jive" exercise.



STAFF PHOTO BY PAUL HURSCHEMANN  
**Leadership qualities:** Janis Puskar, center (in black with microphone) leads the class.



Dr. Ellen Mady

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## Don't forget the sunscreen, folks

More than 90 percent of all skin cancers 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 long-term 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-

pear when the burn heals. For millions of people, repeated exposure will be manifested later in life in the form of skin cancer. That's why it is important to start using sunscreens early - as 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

less SPF than they think. "If you don't slather on your SPF 15, it becomes more like SPF 7 or 8," says Gaffney.

He offers the following sun safety tips:

■ 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 protection.

## Protect your eyes with sunglasses

Wearing sunglasses while playing summer sports is more than just a 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

your eyes during the following activities:

**Water sports** - The sun's 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 clarity of vision.

**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

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 "sports" shields 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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# Run, Rover, run Keep your furry friends fit

BY ANNE FARRIS  
SPECIAL WRITER

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 problems.

Veterinarian Matt Monica of Oakland Animal Hospital in Rochester, says that weimaraners and other high-intensity 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. Long-legged working and sporting breeds, such as German shepherds 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 age.

Dr. Monica says it's wise to have your dog examined by a veterinarian before

Please see PETS, 13

# 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 low-potency 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.

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 to buy from.

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 said.

Miller advises shoppers to look for the United States Pharmacopoeia seal, which indicates that the vitamin is regulated for quality and purity standards.

The thing to remember with supplements is that you won't get the most out of them unless you educate yourself — by reading or talking to experts — on what they will and won't do.

Ralph R. Echinaw is the special projects editor of the Observer Newspapers.

# Pets from page 12

you get started. "There are certain conditions, such as hip dysplasia, that might prevent a dog from running, but overall, exercise is good for most dogs."

If running or walking is not an option for you, there are still ways to ensure that your dog gets the exercise he needs. If you have a fenced-in area, Dr. Monica suggests a daily game of fetch. "It's good for them and reinforces what they're born to do."

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 naturally to most dogs.

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 trying.

Plan play dates with fellow dog owners, or think about owning more than one dog. They'll be good company for each other.

If you do plan on running with your dog, the following common sense rules will apply to both of you:

■ Start on a moderate program of walking 10-15 minutes once or twice per day.

■ In warm weather, head out early in the morning or late in the evening when the sun is less intense and temperature has cooled.

■ Bring drinking water for both of you, or make sure you go by places where there is water.

■ Pay attention to the surface that you're traveling on. Asphalt and concrete are hard surfaces that can cause damage to the pads of a dog's feet. They also become very hot in the summer. Dirt and grass are better for your

dog.

■ 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 reflective clothing and attach illuminated strips to your dog's collar.

■ Pay attention to your dog's pace and breathing. If he seems tired, slow down.

## Cats

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 can exercise your cat (and entertain yourself) for hours on end. Flashlights (or flashlight tag), crumpled paper balls, paper bags, cardboard boxes, socks and string are all toys to your cat.

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 routine check-ups with your vet and stay up-to-date on vaccinations. It's the best way to keep your pet healthy.

# Modern Health Care for Women

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## PET PEEVES



Dr. Dick Kirchgatter of the Parkway Veterinary Clinic in Canton has been a veterinarian for over 30 years. He offers the following 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 stomach."

### ■ 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 and Fluffy?

"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 Fido 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 brushed?

"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, black-top 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 barbecue pit. Keep them away from bones and fatty meats.



## 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

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 entrepreneurial 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



Left to Right, Janine McKay, Vicki Kloosterhouse and Karen Kittle

opportunity to work in settings where massage 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 obtain a certificate in Massage Therapy or a 2 year Associate Degree in Applied Science.

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.mi.us> or call the numbers indicated in the display ad below.

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**Essential Facts To Know**  
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### Medical Assisting Program

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## High-carbohydrate diet yields high performance

BY TINA MILLER  
SPECIAL WRITER

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 trans fats).

### Food fuel

Carbohydrates provide an immediate source of fuel (glucose), as well as a reserve (glycogen) stored in muscle tissue. 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 your diet such as fish, poultry, lean meats and soy 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 found 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 heart disease and some forms of cancer.

### Lots of water

Dehydration can seriously hinder athletic performance and stamina during exercise. Water is a key nutrient for body temperature regulation, preventing 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 of intense exercise of long duration.

### Supplements

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 beta-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 salt
- 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 ingredients 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 dozen.

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 RENEE SKOGLUND  
STAFF WRITER  
rskoglund@oe.homecomm.net

### ■ 'Now I can move.'

Triani Wassle

—seasoned citizen

These are not rocking chair seniors. They're treadmill-walking, lap-swimming, 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.

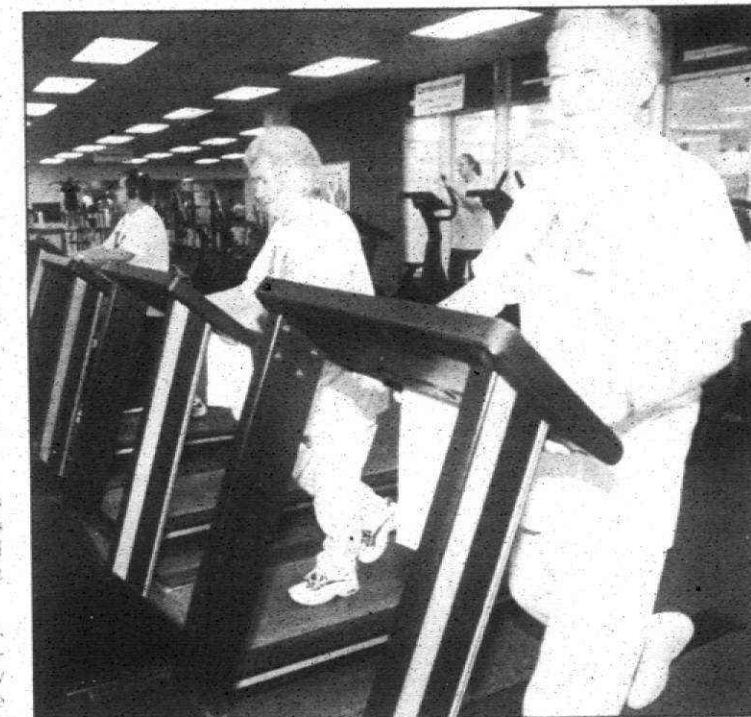
Paul, who underwent bypass surgery last year, says he and his wife have completely changed their lifestyles. They eat better and exercise more. As a

result, their cholesterol levels have dropped. "The doctor is very happy. The last time I 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 Y's 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 "hook," she says. "The



STAFF PHOTO BY TOM HAWLEY

Miles to go: Triani and Paul Wassle like to use the treadmills at the Livonia YMCA.

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 basis.

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."

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