

Westland Observer

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Westland, Michigan

52 Pages

Twenty-five cents

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Franklin High mourns 2 athletes

By Marie Chestney
staff writer

Two best friends, both athletes and both seniors at Livonia Franklin High, died early Saturday morning while on their Easter break in Florida after being struck by a hit-and-run driver who apparently had been drinking.

Members of the basketball and football teams as well as the Franklin student body were shocked Saturday to learn of the deaths of John Shea, tri-captain of the basketball team, and Craig Allard, co-captain

News hits at teacher's funeral, Page 2A

of the football team. Both live in Westland.

"They were two fine boys, and both were excellent athletes," said Joanne Goode, Franklin assistant principal. "Everybody is shocked and saddened."

A 31-YEAR-OLD Altamonte Springs, Fla., man has been charged with two counts of manslaughter while driving under the influence of alcohol in the deaths of Shea and Allard.

Along with three other Franklin students, both teens were crossing a major highway in Orlando at 1:20 a.m. when struck by a car. The other three teens were not injured.

A Florida Highway Patrol spokeswoman said the car was speeding and was being driven recklessly.

Florida police said the car drove away after the two students were run over. Using information supplied by witnesses, Florida police arrested Francisco Canales at 5:30 a.m. Saturday.

IN ADDITION to manslaughter while drinking and driving, Canales

has been charged with leaving the scene of a fatality and driving while his license was revoked. He now is in Orange County Jail.

The three other teens, juniors Dean Vendal and Tad Dennis and senior John Moldovan, were scheduled to fly back to Livonia Saturday. All three are members of the Franklin football team.

"They told me they were crossing the road to get to the entrance of an amusement park," said Franklin football coach Armand Vigna. "They thought they had plenty of time. One of the boys said he had just gotten out of the way when they saw the car

strike the other two."

ONE HOUR after the accident, Allard was pronounced dead at Orlando Regional Medical Center. It could not be determined Saturday to which medical facility Shea was taken.

Funeral arrangements for both boys are being handled by the Griffin Funeral Home. Shea's funeral will be at 10 a.m. Friday at St. Bernardine of Siena Church in Westland. Allard's funeral will be 10 a.m. Thursday at St. Robert Bellarmine in Redford Township.

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ART EMANUELE/staff photographer

Seeing red

John Glenn High School principal James Myers (left) and student Rusty Hanorta helped the school donate 192 pints of blood Wednesday during a Red Cross-sponsored blood drive. Rusty recruited 24 donors. As-

stant principal Larry Wood said the donations were higher than last year's 183 pints. The school activity was a community service project, he said.

Crowding in jail concerns police

By C. L. Rugenstein
staff writer

Crowded conditions in the Wayne County Jail are a continuing concern for area police chiefs.

The ways suburban police departments handle the problem were outlined in interviews with top police officials.

Executive Lt. Michael Frayer of Westland said prisoners who've been tried and sentenced are sent to northern county jails when Wayne County can't accept them.

Female prisoners are a special problem for all local jails, Frayer said, because there are no provisions for them in local lock-ups.

Frayer said sending these prisoners to other counties is a matter of economics as well.

"We're charged for every day the county holds these people," Frayer said.

WHEN SUBURBAN police officials convene, the problem of crowded jail or lockup space is a major topic of discussion.

"It's all the chiefs talk about when

we get together — alternative housing for prisoners," said David Parker, Redford's police chief.

Parker's problem is that the Redford jail is just a lock-up.

Lock-ups are temporary holding facilities for suspects until they can be arraigned. A prisoner who has to be held until the trial date has to be transferred to a jail with exercise and medical facilities, like Wayne County's.

WAYNE COUNTY Jail, Parker said, won't even take suspects in misdemeanor crimes.

"It's getting so that sometimes they won't take felonies. We have people in our jail here who are felons, and we can't keep them more than 72 hours."

A lot of judges are doing that because of "cramped" conditions in the jail, Parker said.

This is intimidating to crime victims, Parker said.

Though Livonia has no problems with that, they do have a problem with sending prisoners to the Wayne

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Study on Eloise site use under way

By Ted Schneider
staff writer

The long-awaited feasibility study for future development of Eloise, the former county hospital site at Michigan Avenue and Merriman, is under way.

The Arthur D. Little Co., a Cambridge, Mass., consulting firm, has been collecting preliminary data for the last week, said Tim Schroeder, the city's economic development director. "They've been talking to people at other airports around the country to get a feel for what kind of development surrounds those facilities," Schroeder said.

He said consultants are scheduled to meet with Westland officials Wednesday, April 5, to brief them on the project.

The study, which will take into account property in several communities surrounding Detroit Metropolitan Airport, was commissioned last spring by city officials in Westland, Wayne, Inkster, Romulus and Taylor.

Canton Township, Huron Township and Van Buren Township are "non-paying" supporters of the project, according to Schroeder.

The contract with the consultants was signed last month, Schroeder said. He said money problems contributed to the delay in getting the project off the ground.

THE STUDY was to cost \$75,000, paid for with a combination of private and public funds and a \$25,000 state grant. It has been scaled back to \$65,000, Schroeder said.

"We lost one of our private contributors and (Wayne) county had to kick in some money," Schroeder said.

Schroeder said he expected the study to be complete by July. It will give Westland officials a better idea of how to market the 200-acre Eloise site to attract commercial or industrial development, he said.

"The idea is to capitalize on the site's proximity to the airport," Schroeder said.

Westland has been trying for years to attract major developers to the site, one of the last large pieces of available land in the area.

An Eloise Task Force was formed in 1986 by members of the city's Economic Development Advisory Council. In 1987, the task force decided to link development efforts to the ongoing expansion of the airport.

The Eloise site is also under consideration by county officials as a possible location for a medium-security prison. A millage to pay for construction of the jail was approved last year by county voters.

Trip game plan hits tangle for hockey team

By Leonard Poger
staff writer

Westland and Garden City hockey players were scheduled to leave for exhibition games in Finland and the Soviet Union this afternoon despite questions over how the trip was presented to community leaders in January.

The Stingers, coach Bob Valeri, players' parents and several Westland public officials were to fly to New York City and then to Helsinki, Finland, for the first of a series of games, most of which will be in the Soviet Union.

The trip climaxes two months of efforts to raise most of the \$28,000 needed for the trip.

But a last-minute dispute surfaced Thursday afternoon on how the trip was presented to Westland city officials and community leaders.

Center of the controversy was the coach, Valeri, whom the Observer was unable to contact. A St. Clair Shores resident, he has an unlisted telephone number. Westland Mayor Charles Griffin decided Friday after a meeting with city officials that "the bottom line" was the players and their parents who raised the money.

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Her goal: more local TV shows

By Leonard Poger
editor

Westland's cable TV viewers may see more programs on local personalities and talk shows on community topics.

Those are two goals of Nancy Meledosian, recently promoted to Continental Cablevision's program director for Westland and Dearborn Heights.

Meledosian, 29, replaces Tom Fry, who resigned several months ago.

The new director will be in charge of local programming, which are shows originated by the Continental staff, and public access, which has local residents and groups trained in how to use cable TV equipment and producing their own programs.

"I plan to focus heavily on local community programming," said Meledosian, who was previously Continental's access coordinator.

"VIEWERS WILL see more diverse programming — programming you don't see on the networks."

The new program director said that new focus will mean more shows on local personalities, more local sports, both live and prerecorded, and the start of a new talk show, "City Windows," which will concentrate on local topics and issues.

"Maybe we'll jazz up and change the look on Channel 11, the local origination channel," she said.

The new director will have a staff of eight, with two vacancies to be filled soon.

Meledosian, who was born in Allen Park and graduated from Melvindale High School, has a psychology degree from the University of Michigan and a telecommunications degree from Eastern Michigan University. She joined Continental 3½ years ago.



the photo

Nancy Meledosian, Continental Cablevision's new program director, previously worked with volunteers like Keith Snell to train them to use cable TV equipment.

Seniors, children share Easter

Fifty youngsters at a local Kinder Care Learning Center bridged the generation gap Wednesday to help retirees celebrate Easter.

The children, between 2 and 6 years of age, visited their neighbors at the new Abington Manor complex for the elderly on Joy west of Newburgh.

The youngsters presented gifts to the Abington Manor residents, received a holiday gift basket, and heard an educational talk by Christie Newland, a rabbit breeder from Canton who brought along live bunnies.

The holiday spirit was also boosted by a visit by the Easter bunny.

Elsa Hendryx, Kinder Care director, said the Easter visit Wednesday was part of an ongoing program in



ART EMANUELE/staff photographer

A handmade corsage is pinned on Abington Manor resident Elsa Scott by Carrie Griffin, mother of a Kinder Care Learning Center youngster.

which youngsters visit the apartment complex on holidays.

For Halloween, the children went trick-or-treating with the youngsters presenting gifts to the residents just before Christmas.

The Easter gifts included handmade corsages and boutonnieres and handkerchiefs in baskets made by the

children.

On hand to make sure things ran smoothly were Hendryx, several mothers of Kinder Care children, Barbara Barr, Abington manager, Wanda Main, assistant manager, Jo Ann Selik, marketing director, and other employees.

Trip game plan hits tangle

Continued from Page 1

But "there may have been some misrepresentations" from the coach, who led officials to believe that the team was invited by the Soviet Union government after winning a gold medal in a Canadian tournament, the mayor said.

City attorney C. Charles Bokos told the Observer Saturday he strongly suspected Valeri was just responding to a hockey newspaper travel ad from an airline that specializes in sports teams' trips.

THE TEAM DID receive an invitation from a Soviet Union hockey association inviting the Westland team to play in that country, Griffin said.

But there was no invitation from government officials, as local leaders were led to believe, he added.

Valeri told the city council in January that the Soviet Union had invited hockey teams before for games but not teams of teenagers.

Griffin and Bokos both agreed that the trip should be allowed to continue because of the plans made by Westland's Sam Corrado to have articles exchanged among the team and the mayors of Helsinki and Len-

ingrad and that the team have the chance to play.

The city is paying the expenses of city council president Kenneth Mehl. The community relations/cable TV budget is paying for the expenses for Corrado and Paula Freshel, cable TV producer. They are going to film the trip and games for later broadcast.

GRIFFIN INITIATED a drafting of administrative guidelines two weeks ago covering the city's support of private organizations asking for public help, he said.

The drafting of those guidelines will be accelerated because of the problem that surfaced about the Stingers' trip. The guidelines are being drafted by George Gillies, recreation director, and Dennis Fassett, community relations/cable TV director.

The city frequently received requests from groups for public support, Griffin said. The guidelines will require at least that the group asking for support be a local organization, have amateur status and have the sanction of the appropriate state association for verification.

Tell us about your event

When submitting a press release about your club's event, please provide the Observer with the name and telephone number of a person with whom we can verify the information.

Send the information to the Observer Newspapers, 36251 Schoolcraft, Livonia 48160 at least two weeks in advance of the event.

If you are submitting a photo for our consideration, please keep in mind that black and white pictures reproduce the best. Snapshots of large groups don't reproduce well and aren't considered suitable for publication. As a rule we don't publish photographs depicting the presentation of checks or plaques.

2 deaths mar teacher's funeral

By Marie Chestney staff writer

News of the death of two Franklin High School seniors came the day students, teachers and administrators had gathered to mourn the death of a Franklin social studies teacher, Jane Michel.

Michel had collapsed in her classroom in front of her students and had been hospitalized after suffering two strokes. Her funeral was Saturday noon, at the time word of the deaths of football co-captain Chris Allard and basketball captain John "Jack" Shea was spreading among Franklin teachers, students and parents.

"This is an awful lot for these students to bear," said assistant principal Joanne Goodie. "We came to say goodbye to Jane, and we found ourselves talking about the two boys."

teachers picked up their telephones Saturday morning and heard the news: Two of the school's more popular students were dead.

"I got so mad I started punching walls," said Roy Hall, one of the three captains of Franklin's basketball team. "We were just talking about him (Shea) Friday night as we watched a college basketball game. John and Craig are real popular. They're two kids everyone knows."

Greg Panzel, who co-captained the football team with Allard, said: "He was strong, a leader, someone to look up to. I know I did."

Shea, a guard and forward, had been courted by three Michigan schools and was leaning toward Adrian College, where he would attend school with one of the Franklin



Allard Shea basketball team's tri-captains, Mark Donahue.

ALLARD, a quarterback, had won a football scholarship to Hillsdale College.

"Football was his major love," said Franklin football coach Armand Vigna. "He was going to be an option quarterback at Hillsdale. He had a talent for that type of offense. You

can't find kids today who can do it, but he was exceptional at it.

"I saw Craig mature, grow up. He had come a long way."

Today, the Franklin Choir is scheduled to go to Florida.

Goodie said many of the students just don't have the heart to go anymore. "There's been so much, so fast. This is a sad time for Franklin."

Athletes mourned

Continued from Page 1

The two 18 year olds died during spring vacation break, when many Franklin High School administrators and students also were in Florida, many in Daytona. Franklin basketball coach Rod Hanne also was in Florida and could not be reached.

Vigna said the five youths had

driven to Daytona and had taken a side trip to Orlando.

Shea's parents, Thomas and Vera Shea of Westland, apparently were on their way to Florida to join their son when he was killed.

Allard's parents are Robert and Darlene Hodges, also of Westland.

Jail overcrowding raises concerns

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County Jail, according to Lt. John McDonald of the Livonia Police Department.

One solution to the problem is to send prisoners to jails in other counties like Huron and Shiawassee.

Wayne County charges \$60 per day for a prisoner, while some counties up north charge \$35-40, Frayer said.

Building another jail in the county is not the answer to the problem, either, said several police officials.

Funds for an 840-bed, medium security jail were approved by Wayne County voters last fall. The jail will be built on one of several as yet to be determined sites in the county outside Detroit.

"Detroit's probably going to fill that jail up as quickly as it's built,

and we'll still be without a place for our prisoners," said Parker.

"They should build it out here for out-county prisoners," said Roger Wilkes, Garden City police commander. "We are just as important as any Detroit department."

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NOTICE OF PUBLIC HEARING
April 3, 1989
CITY OF GARDEN CITY

NOTICE IS HEREBY GIVEN that the Mayor and Council of Garden City will hold a Public Hearing on Monday, April 3, 1989, at 7:00 P.M., in the Council Chambers, at the Civic Center, 6000 Middlebelt Road, Garden City, Michigan.

- On soliciting Public comments on the Resolution of Necessity for District II of the Sidewalk Repair Program located North of Ford Road between Merriman and Middlebelt Roads.

RONALD D. SHOWALTER,
City Clerk-Treasurer

Posted: March 21, 1989
Publish: March 27, 1989

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CITY OF GARDEN CITY
REGULAR COUNCIL MEETING
March 6, 1989

PUBLIC HEARING at 7:20 P.M.

Present were Mayor Fordell and Councilmembers Plakas, Schildberg, Majka, Nunneley, Boehringer and McNulty. Absent none.

- On solicitation of Public comments on the vacation of the portion of South Log Cabin Road which is located on the land proposed to be sold to the United States Postal Service.

PUBLIC HEARING at 7:25 P.M.

Present were Mayor Fordell and Councilmembers Plakas, Schildberg, Majka, Nunneley, Boehringer and McNulty. Absent none.

- On solicitation of Public comments on the determination of use of the 1989 Community Development Block Grant Funds.

REGULAR COUNCIL MEETING at 7:30 P.M.

Present were Mayor Fordell and Councilmembers Plakas, Schildberg, Majka, Munneley, Boehringer and McNulty. Absent none.

Also present were City Manager Austin, City Clerk-Treasurer Showalter, City Attorney Mack, Police Analyst Sundstrom, and Assistant to the City Manager Myers.

Moved by McNulty; supported by Majka: **RESOLVED:** To approve the minutes of the Regular Council Meeting held February 20, 1989 and the Special Council Meeting held February 23, 1989, as presented. **YEAS:** Unanimous

Moved by Schildberg; supported by McNulty: **RESOLVED:** To approve the Accounts Payable, as listed. **YEAS:** Unanimous

Moved by Plakas; supported by Majka: **RESOLVED:** To approve the Consent Agenda, as presented: a. To grant permission to the American Cancer Society to conduct the annual Residential Crusade from April 29, through May 8, 1989. b. To approve the proclamation supporting the Moslem Shrine Hospital Fund Drive Days on June 9-10, 1989. c. To approve the Mayoral appointment of David Ray Keith to the Cable Communications Commission, through July 1, 1990. d. To confirm the Mayoral appointment of Gerald Harpster to the Planning Commission, through March 31, 1992. e. To approve the resolution extending an invitation, to Imazu, Shiga Prefecture, Japan, to participate in the Sister Cities "People-to-People" Program. **YEAS:** Unanimous

Moved by Boehringer; supported by Schildberg: **RESOLVED:** To approve vacation of the portion of South Log Cabin Road which is located on the land proposed to be sold to the United States Postal Service. **YEAS:** Unanimous

Moved by Plakas; supported by Nunneley: **RESOLVED:** To approve the proposed determination of use for the 1989 Community Development Block Grant Funds, as recommended by the Administration. **YEAS:** Unanimous

Moved by Majka; supported by Schildberg: **RESOLVED:** To adopt the 1989-90 City Goal Plan, as recommended by the Administration. **YEAS:** Unanimous

Moved by McNulty; supported by Boehringer: **RESOLVED:** To approve cancelling the Special Council Meeting scheduled for March 20, 1989, to discuss State Government legislation and regulations. **YEAS:** Unanimous

Moved by Nunneley; supported by Boehringer: **RESOLVED:** To award the contract for wiring for the Enhanced 9-1-1 System to Rowe Electric, Inc., the low bidder, in the amount of \$1,789.00, as recommended by the Administration. **YEAS:** Unanimous

Moved by Plakas; supported by Majka: **RESOLVED:** To call a Public Hearing on March 20, 1989, at 7:05 P.M. on amending the Salary Ordinance concerning the Clerk/Dispatchers' Bargaining Unit. **YEAS:** Unanimous

Moved by Schildberg; supported by Majka: **RESOLVED:** To call a Public Hearing on March 20, 1989, at 6:30 P.M. on the Resolution of Necessity for the Mid-Lathers Street Improvement Project. **YEAS:** Unanimous

Moved by McNulty; supported by Nunneley: **RESOLVED:** To authorize the signing of the contract for the 1989 Garden City Community Festival. **YEAS:** Unanimous

Moved by Majka; supported by Plakas: **RESOLVED:** To confirm the action taken in Closed Session on February 20, 1989 concerning the settlement offer to Richard Lang, Sr. **YEAS:** Unanimous

Moved by Boehringer; supported by Majka: **RESOLVED:** To confirm the action taken in Closed Session on February 20, 1989, concerning the tentative agreement with the Clerk/Dispatchers' Bargaining unit. **YEAS:** Unanimous

Moved by Plakas; supported by Nunneley: **RESOLVED:** To confirm the City Manager's termination of D.P.S. Director Don Hallowell. **YEAS:** Unanimous

Moved by Majka; supported by McNulty: **RESOLVED:** To approve going into Closed Session to discuss labor negotiations. **YEAS:** Unanimous

RONALD D. SHOWALTER,
City Clerk-Treasurer

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CITY OF GARDEN CITY
RESIDENTIAL REHABILITATION PROGRAM
INVITATION TO BID

Proposals will be received in the City Clerk's Office, City Hall, 6000 Middlebelt Road, Garden City, Michigan 48135 on or before 3:00 p.m. on Tuesday, April 11, 1989 in individually sealed envelopes marked "SEALED BID FOR RESIDENTIAL REHABILITATION PROGRAM - CASE # _____". Proposals must be on forms furnished by the City of Garden City. Proposals will be publicly opened and bid prices read. All successful bidders must be registered with the City of Garden City prior to the start of work.

198% Labor and Material, Performance, and Maintenance Bonds will be required for a one year period by successful bidders. The City reserves the right to reject any and all bids, in whole or in part. For bid packages and further information contact the Office of Community Development at 615-8432.

RONALD D. SHOWALTER,
City Clerk-Treasurer

Published: March 27, 1989

CITY OF GARDEN CITY
ORDINANCE NO. 66-035 B

AN ORDINANCE TO AMEND SECTION 61.33 OF THE CODE OF THE CITY OF GARDEN CITY

THE CITY OF GARDEN CITY HEREBY ORDAINS:

THAT SECTION 61.33, ENTITLED, RESTRICTIONS ON DRAINAGE OF THIS CODE OF THE CITY OF GARDEN CITY IS AMENDED TO READ AS FOLLOWS:

SECTION 61.33 RESTRICTIONS ON DRAINAGE

It shall be unlawful for any owner, lessee, or occupant of any building in the City to

(a) introduce any inflow resources to the separate sanitary sewer system; (b) construct any combined sewers except for replacement of existing combined sewers where no present combined sewer exists; and also that (c) all new construction tributary to the combined sewer system is designed to minimize inflow contribution to the combined sewer system and (d) that any new building sanitary sewer connection to a separate sanitary sewer, shall not contain footing drains and/or roof leader wastewater connections.

Penalty, see §1.09.

Except as herein modified, said ordinance shall remain in full force and effect. This amendatory ordinance is declared to be effective upon publication as required by law.

VINCENT J. FORDSELL, Mayor
RONALD D. SHOWALTER, City Clerk

Adopted: October 17, 1988
Resolution No. 19-96-248

Published: March 27, 1989



photos by ART EMANUELE/staff photographer

Natalie Harrison learns how to connect a switch in the building trades class.



Instructor Emil Nelson tells Kristin Douigherty, 8, how to plaster wallboard.



Liz Alton (left) and Sherry Jahn watch the progress of Bradly Sandulwich as he tries his hand at word processing at the Livonia Skill Center.

Lessons that work

Young students visit area career center

STUDENTS IN the Wayne-Westland and Livonia school districts have put a high priority on urging students to look at a variety of career options before graduating from high school.

The Wayne-Westland district planned its comprehensive Ford Vocational/Technical Center from scratch more than 10 years ago while the Livonia district converted a former elementary school into a career center.

But not all the focus is on high

school students.

The Livonia Career Center, which serves the northern section of Westland, provided elementary students with insights on educational and lifetime training opportunities last week.

The youngsters spent part of the day working with center students in the areas of fashion merchandising, word processing, building trades and architectural drafting/engineering.

Anna Herrman at Grant Elementary and Al Herrmann at the Career

Center organized fellow teachers Emil Nelson, Janet Haas, Joanne Glance and Karen Gunsaulus to help create this opportunity for both the elementary and Career Center students.

The third grade students were involved in identifying occupations relative to the Livonia area, becoming familiar with their community and its schools, becoming familiar with computer uses and being able to complete forms.

Specific tasks were taught by ca-

reer center students in vocational areas.

Developing vocational awareness at an early age makes it an unusual project, said Haas.

"Lifelong learning is included in the mission statement of the school district. We as a concerned group of professionals would like to implement the process."

The Career Center is on Newburgh just north of Joy, opposite Churchill High.

community calendar

BASEBALL SIGNUP

Saturday, April 1 and 8 — The Westland Federation Baseball Club will register players for the spring season 10 a.m. to noon at the GLA Bingo Hall, on the southwest corner of Merriman and Cherry Hill.

TAX SERVICE

Through April 11 — Free income tax service will be offered to low-income seniors Mondays and Tuesdays 12-3 p.m. at the Friendship Center, 1119 N. Newburgh, West-

land. For more information, call 722-7628.

MORE TAX SERVICE

Through April 13 — Free income tax service will be offered to low-income seniors Tuesdays and Wednesdays 10 a.m. to 1:30 p.m. at the Maplewood Center, on Maplewood west of Merriman, Garden City. For appointments, call 525-8848.

REPUBLICANS

Tuesday, March 28 — The Garden City Republican Club will meet at

7:30 p.m. in Room 5, Maplewood Community Center, Maplewood west of Merriman. The meeting will focus on forecasting the 1990 elections.

HEALTH CARE

Wednesday, March 29 — A discussion on new health care services will be sponsored by Friendship Center and United Care, 11:15 a.m. at St. Theodore Church Activity Hall, 8200 N. Wayne Road. Maureen Camps, director of community relations for United Care, will lead the question and answer group.

obituaries

JOHN CHRISTIAN JENSEN

Services for Mr. Jensen, 66, of Westland were held March 19 from the Vermeulen Memorial Funeral Home, Westland, with the Rev. James Severance of the Palmer Road Baptist Church officiating.

Mr. Jensen died March 17 in his home.

He was a manufacturing sales engineer.

Survivors are three sons, John of

Livonia, James of Livonia and Chris of Farmington Hills; two daughters, Joyce of Westland and Diane of Canton; three brothers, Robert, William and James, all of Pennsylvania; and sister, Helen, also of Pennsylvania.

EDITH L. DONNELLY

Services for Mrs. Donnelly, 80, of Wayne were held March 20 from St. Theodore Catholic Church, Westland, with the Rev. Robert Goodrow offi-

ciating. Burial was in St. Hedwig Cemetery, Dearborn Heights.

Mrs. Donnelly died March 16 in Wayne Living Center. A homemaker, she was born in Johnston, Pa.

Survivors are two sons, Donald of Westland and Ronald of Dearborn; six grandchildren; four great-grandchildren; sister, Evelyn Amershek of Livonia; and brother, Gomer Kemmerer of California.

Arrangements were by the Vermeulen Funeral Home, Westland.



5 promoted

The Westland fire department last week pinned badges on five members in the largest promotion ceremony in recent years, said Chief Larry Lane. The five actually began their new duties in January or February but the ceremony was held after the new badges were delivered. The five are Battalion Chief Michael Reddy (left), Capt. Pat

Harder and Kurt Kindred, and Sgt./driver engineers Dennis Wysocki and Ronald Francis. Following recent retirements and promotions, the department plans to hire two firefighters by May 1, Lane said. The badge-pinning took place at the Westland City Council session.

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or dig in uncomfortably? Do the cups wrinkle,
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Marshmallows drop from the sky



The Easter Bunny is greeted with smiles by (left) Heather Riddle, 2, of Garden City, and Sydney Hudson, 2, of Westland. That's Sydney's dad, Dave Hudson, holding the youngsters at last week's marshmallow drop in Hines Park.

Kids trade their finds for prizes

It was a sunny Good Friday so the white stuff falling from the skies wasn't snow. Instead, it was hundreds of pounds of marshmallows.

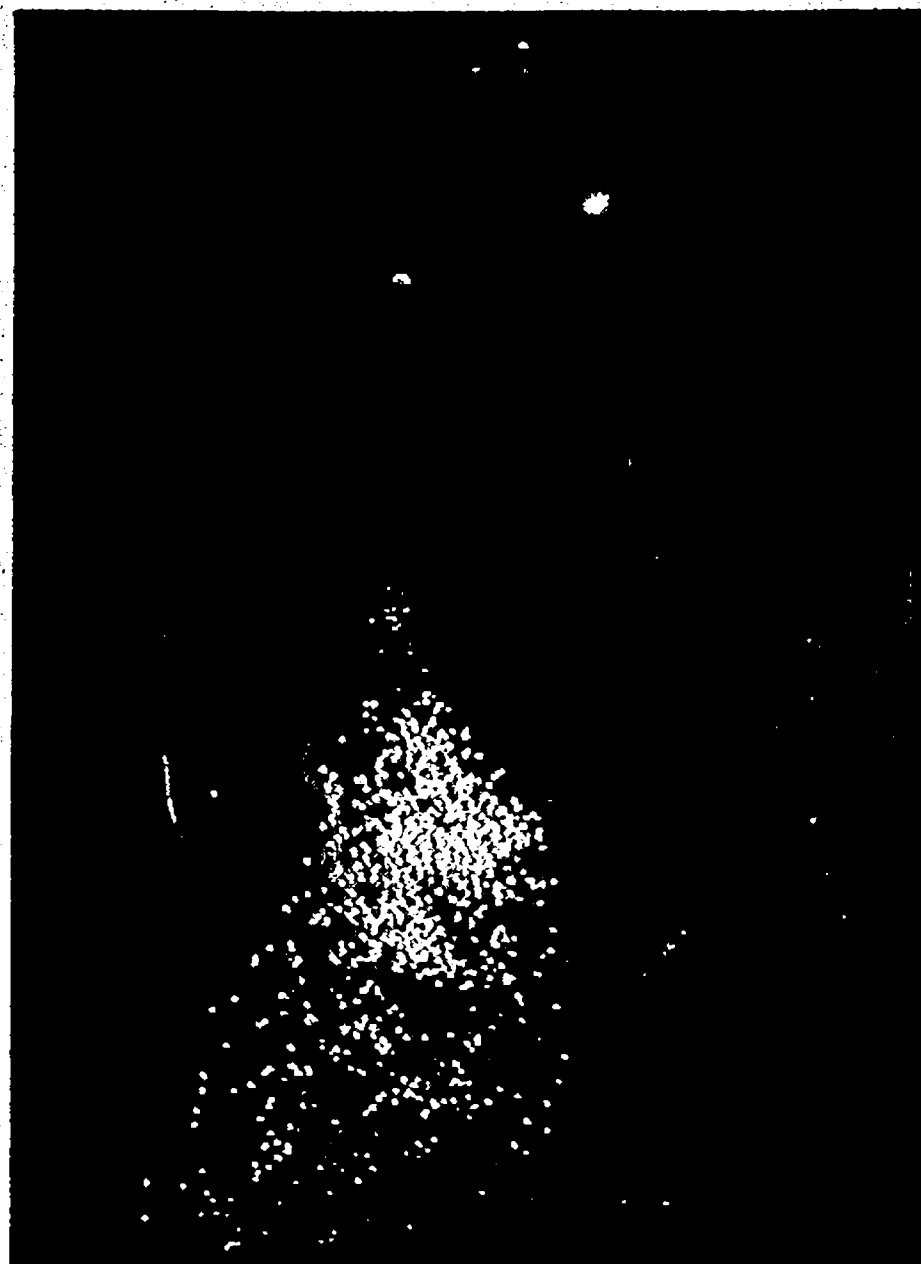
Wayne County Parks' annual "Great Marshmallow Drop" was a success again this year as dozens of area youngsters scrambled for treats.

Each year, the event puts a spin on traditional Easter egg hunts.

Egged on by the Easter Bunny, marshmallows were dropped from a helicopter hovering over Hines Park. Children who gathered the marshmallows exchanged them for a prize-filled Easter egg.

Youngsters were divided into age groups, allowing each child a fair chance at obtaining marshmallows. Some youngsters still looked for an edge. At least one child was spotted with a fishing net to aid in marshmallow-gathering.

Others carried plastic shopping bags in order to collect the treats.



Thousands of marshmallows fell from the sky as the helicopter flew over the park depositing the sugary treats to the anxious youngsters on the ground.

Staff photos by Jim Jagdfeld



Hundreds of youngsters turned out for this year's marshmallow drop. Youngsters retrieved the marshmallows and then exchanged them for prize-filled Easter eggs.

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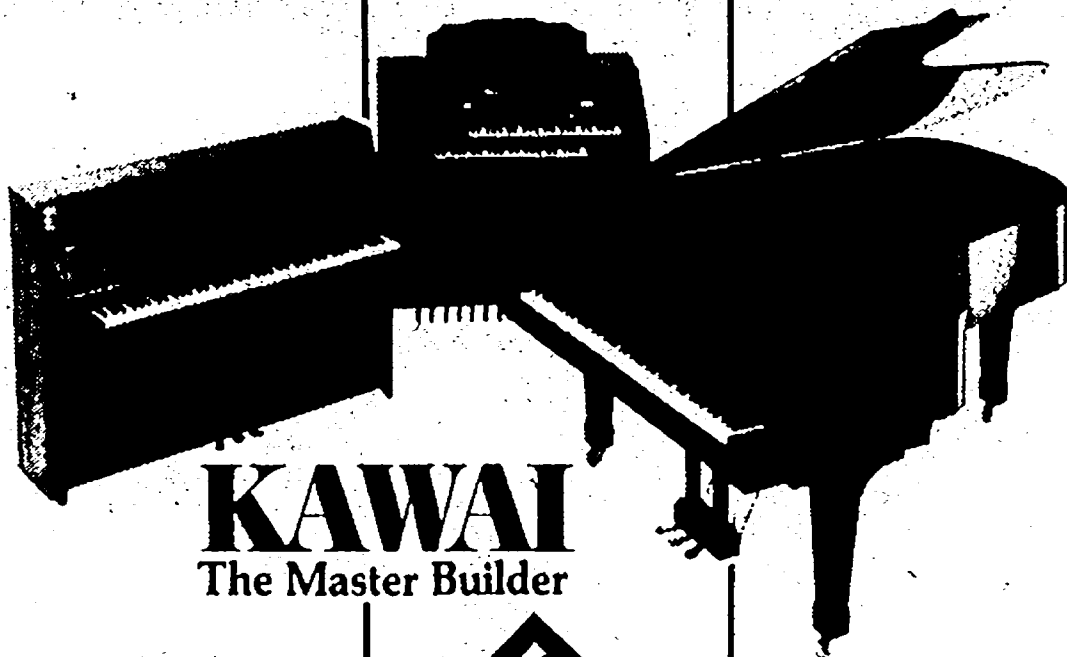
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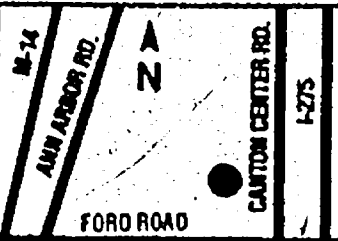
Our annual spring sale is going on now. We've marked down everything in our stores to give you incredible saving values.



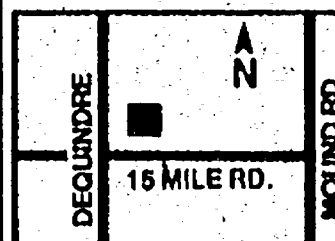
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The good news is that this sale is going on now through Saturday, April 1st. The bad news is that it, like spring, comes but once a year.

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Sheriff will get his day in court on jail

By Wayne Peal
staff writer

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

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

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

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

sue an opinion as expeditiously as possible." A court spokeswoman said it was possible the court could issue its ruling well before the 80 day time period expired.

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

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

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

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

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

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

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

Earlier this month, the appeals court rejected Ficano's initial motion for a stay blocking the jail take over. The sheriff subsequently appealed to the state Supreme Court.

The high court declined to hear the Ficano's appeal. Instead, it sent mat-

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

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

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

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

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



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

— Robert Ficano
Wayne County sheriff

Tanana to speak at prayer breakfast

Detroit Tigers pitching star Frank Tanana will be the keynote speaker during the 15th annual Livonia Prayer Breakfast, 7:30 a.m. Wednesday, May 24 in Roma's of Michigan.

Tickets are \$6 and are available at Livonia City Hall, the Livonia Chamber of Commerce office, 16th Dis-

trict Court and the Schoolcraft College special events office.

Tanana, a Detroit native, has been a member of the Tigers since 1985. Club owner Tom Monaghan was last year's speaker.

Roma's is at 27777 Schoolcraft, west of Inkster.

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Variety highlights S'craft offerings

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

Poetry reading

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

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

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

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

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

Bowling benefit

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

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

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

Learn to kayak

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

The class provides students with the skills to navigate in open water. More information is available by calling 462-4413.

Hunter education

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

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

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

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

by calling 462-4413.

Swimming classes

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

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

The class is designed to teach toddlers and young children to swim. There must be one parent registered for each child attending the class. Enrollment is limited to the first 16 parents and children registered.

More information is available by calling 462-4413.



New counsel named

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

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4. Be moderate in consumption of salt-cured, smoked, and nitrite-cured foods.
5. Cut down on total fat intake from animal sources and fats and oils.
6. Avoid obesity.
7. Be moderate in consumption of alcoholic beverages.

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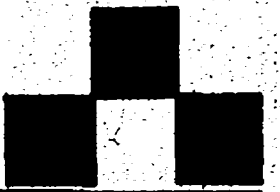
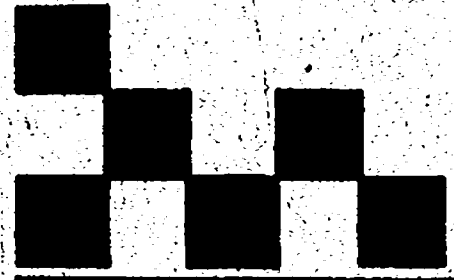
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taste buds chef Larry Janes



Catfish aren't funny

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

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

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

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

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

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

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

What's the difference, you ask?

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

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

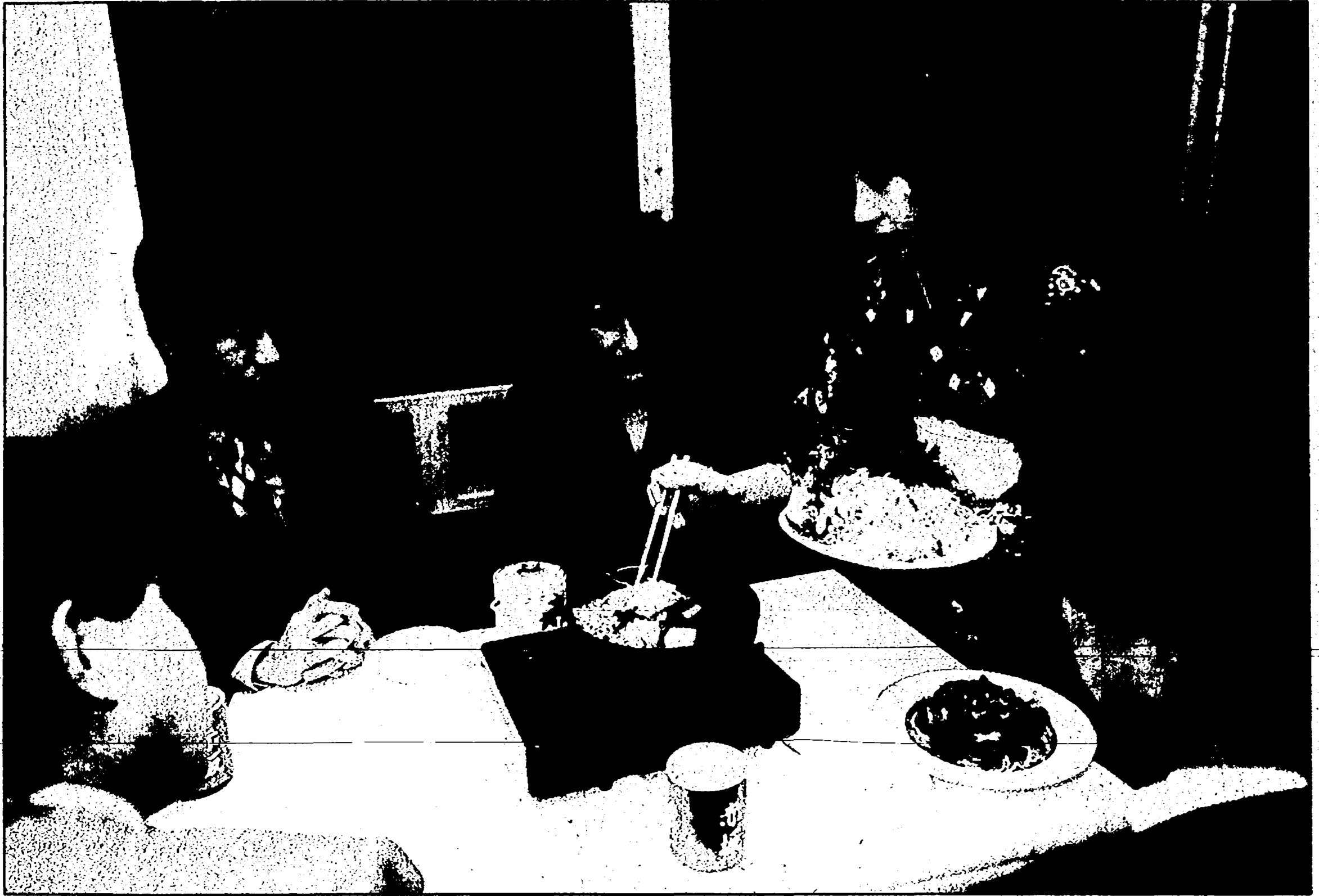
This natural feeding, in addition to the cleanliness of the ponds, makes for a fish that is sweeter and, as this writer can attest after purchasing some in his favorite grocery, has relatively no fish odor. (What will they think of next?)

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

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

Restaurants to be reviewed

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



JIM JAGDFELD/staff photographer

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

Do it yourself Cook the meal when dining out

By Janice Brunson
staff writer

Imagine dining in a restaurant and cooking the food yourself.

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

But look again.

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

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

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

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

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

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

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



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

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

Please turn to Page 3

Japanese meal in pot

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

NABEMONO: One-Pot Cookery

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

Please turn to Page 3

Fanciest desserts come easy

By Arlene Funke
special writer

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

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

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

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

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

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

Please turn to Page 4



BILL BRUEHLER/staff photographer

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

Pringle's Pastries gives its recipe for shortbread

SCOTCH SHORTBREAD

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

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

TART SHELLS (Bite-Size Shortbread Tarts)

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

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

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

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

CARAMEL PECAN FILLING

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

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

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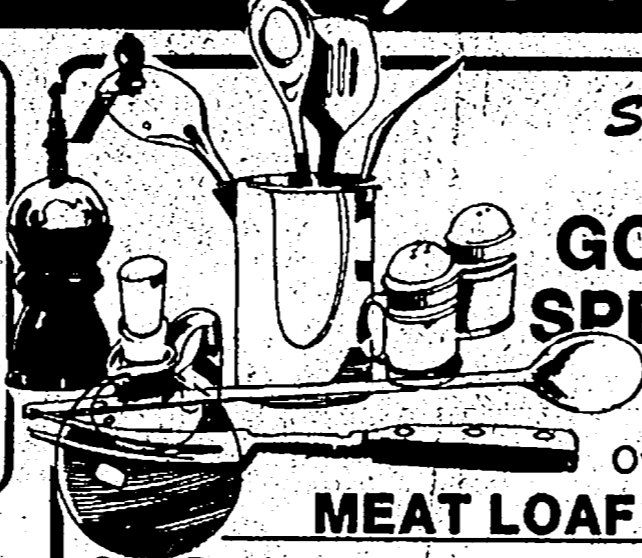


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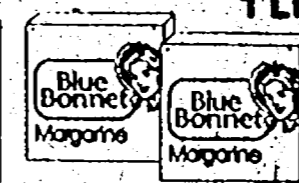
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Fanciest desserts come easy to baker

Continued from Page 1

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

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

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

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

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

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

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

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

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

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

"I can tell the difference," she said.

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

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

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

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

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

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

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

THE CAKES, which serve several people, range in price from around \$9 to around \$25 each. Some choices have smaller, less costly versions. Cakes also are available by the slice.

"I make a lot of different things that aren't on the menu," Davis said. "People come in on Saturday morning, and they find out what I have."

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

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

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

"We also make oatmeal and chocolate chip cookies," Davis said. "That's what the men want."

Pringle's Pastries of Old Village is at 795 N. Mill, Plymouth. Hours are 9:30 a.m. to 6 p.m. Tuesdays-Saturdays. Phone: 453-4226.



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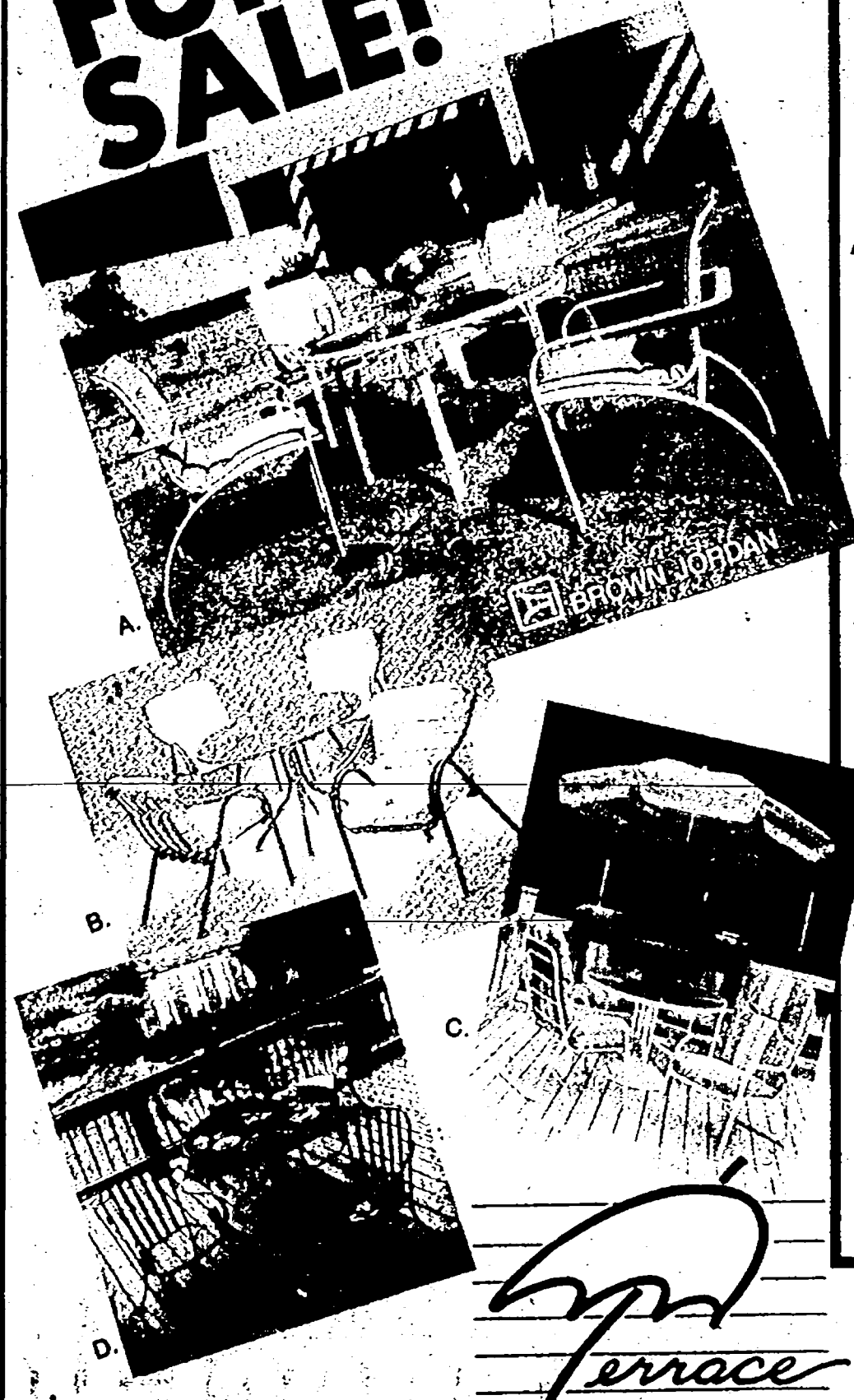
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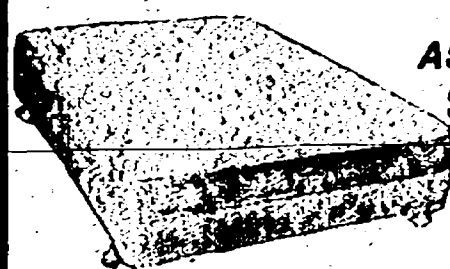
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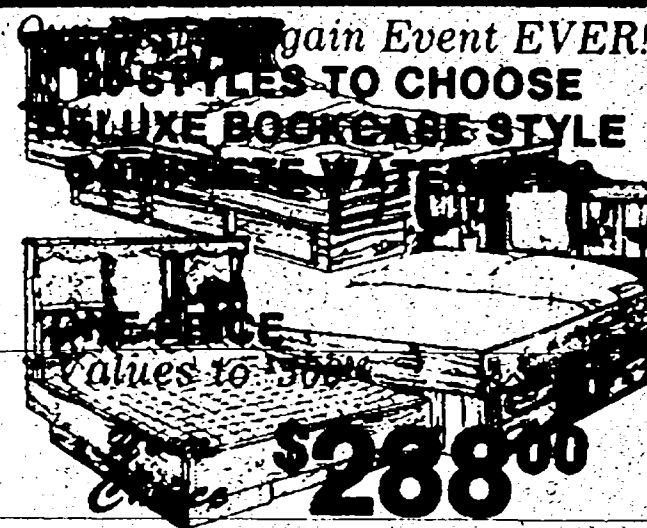
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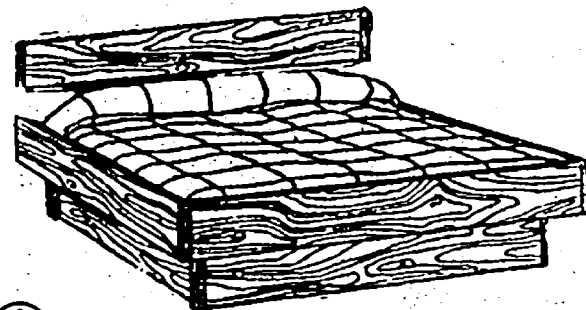
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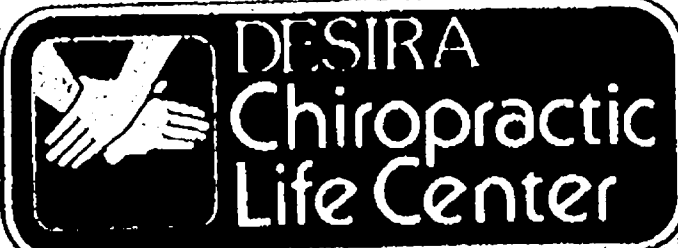
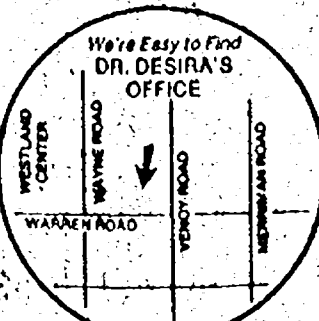
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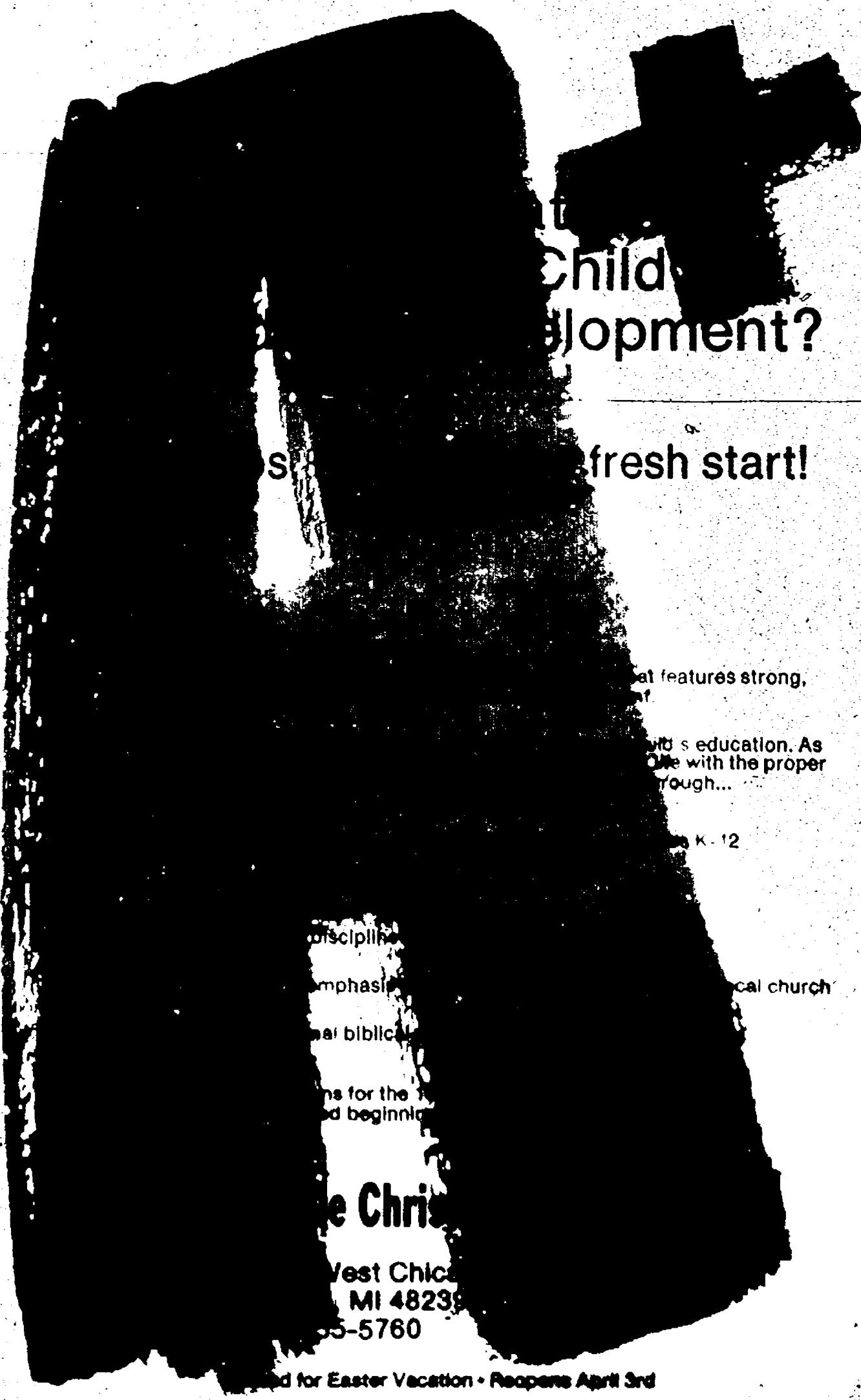
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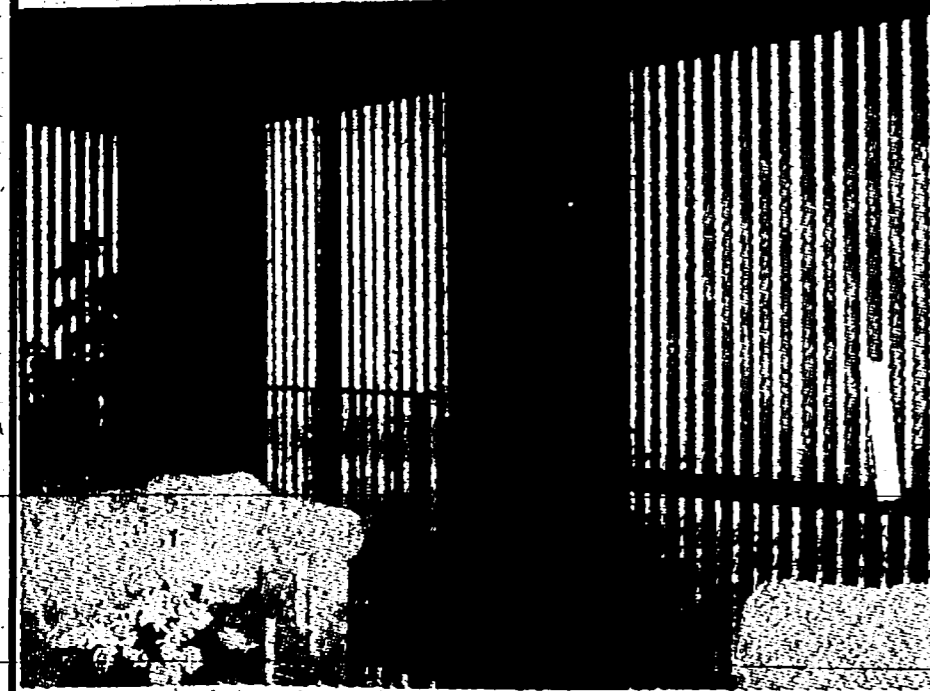
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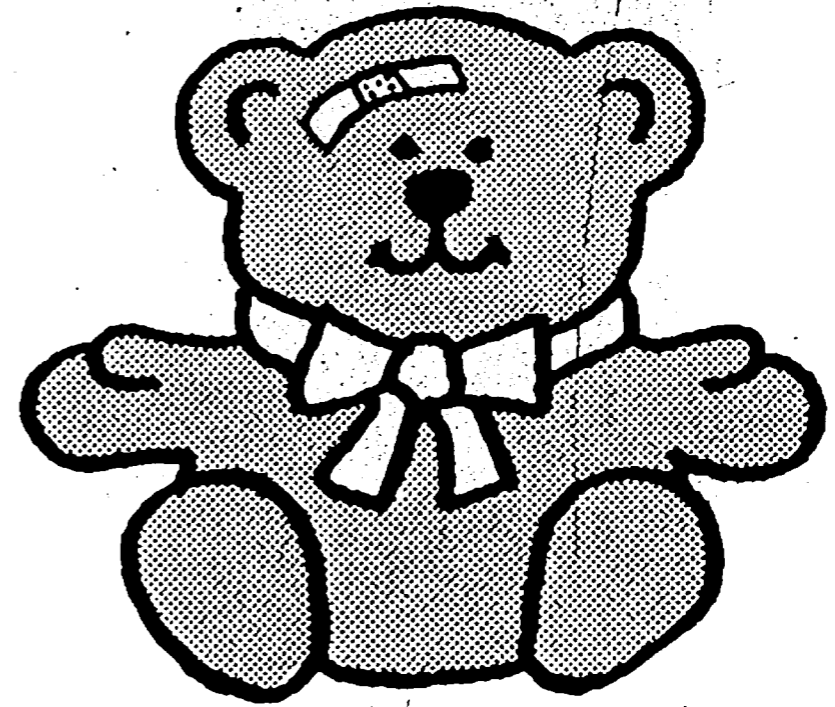
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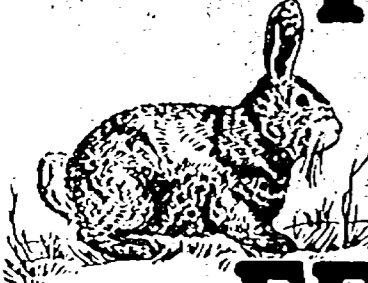


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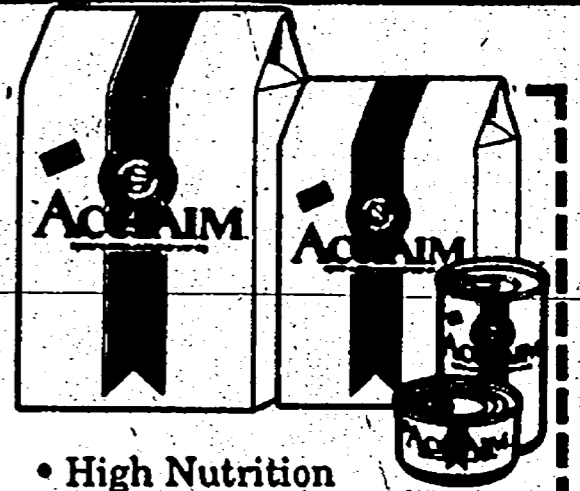
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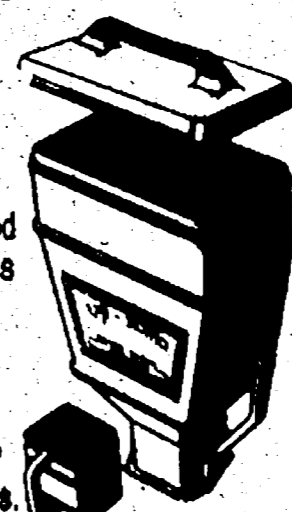
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Schoolcraft eyes tuition increase

By Wayne Peal
staff writer

Schoolcraft College is considering raising tuition for the second time in two years.

Preliminary 1989-90 college budget figures are based upon an assumption that tuition would increase \$1.50 per credit hour for students living within the Schoolcraft community college district, \$2 per credit hour for other Michigan students and \$3 per credit hour for out-of-state students.

A college representative, however, said the assumption didn't guarantee a tuition increase would occur.

"It was one of the assumptions in our budget projections," Schoolcraft representative Sandra Florek said. "But we've made that assumption before without raising tuition."

Other factors, including greater

than expected state aid, as well as the amount of tax assessment relief granted area homeowners during recent board of review sessions, could eliminate the potential tuition increase.

SCHOOLCRAFT TRUSTEES began preliminary discussion on the budget Wednesday night. The budget is expected to be adopted before June 1.

One year ago, Schoolcraft raised tuition to \$31 per credit hour for students living within its district — a 75-cent increase.

Tuition was also raised to \$43 per credit hour for other Michigan students, a \$1.50 increase. It was raised to \$62 per credit hour for out-of-state students, a \$2 increase.

IN OTHER budget news, the col-

lege proposes levying the same initial millage rate for the coming school year. Rising property tax assessments, however, are expected to cause the millage rate to be rolled back under the Headlee Tax Limitation Amendment.

One year ago, the college proposed levying 2.27 mills for operations, though the figure was rolled back to 2.114.

The Headlee Amendment rolls back millage rates under a complex formula that also involves the Consumer Price Index inflation rate and property tax assessment increases.

Average assessment increases in western Wayne County ranged from 8.2 in Garden City to 17.4 in Plymouth Township before last week's board of review sessions, according to county statistics.

THE COLLEGE tax is applied in

the community college district including the Livonia, Garden City, Plymouth-Canton, Clarenceville and Northville public school districts, as well as in a small portion of the Novi Schools.

Initial projections show maintaining the current rate would help the college raise nearly \$24.5 million in revenue for the 1989-90 school year — a 5.26-percent increase over this year's revenue.

Trustees are expected to hold a workshop on the budget Wednesday, May 3. A truth-in-taxation hearing on the millage rate is scheduled for 8 p.m. Wednesday, May 17, at the Schoolcraft board meeting room, Grote Administration Center, 18600 Haggerty, Livonia.

A public hearing on the budget will be held Wednesday, May 24, at the same time and place.

Zoo curator will teach conservation

Detroit Zoo director Steve Graham announced that Lori

Canterbury has been named curator of education.

She moved to this area from Cincinnati, with a degree from Purdue University. Canterbury will work with the Detroit Zoo in Royal Oak,

Belle Isle Zoo and Belle Isle Aquarium.

Previously she was coordinator of interpretative programs and education assistant for the Cincinnati Zoo and Botanical Garden and the Binder Park Zoo. Canterbury recruited and trained volunteers to present educational outreach programs to

members of the zoo society and public.

The education division will plan a variety of programs for the public in the near future. Graham said it is the intent of the zoo to give visitors an opportunity to learn more about conservation efforts through a recreational and participatory experience.

"I'm eager to spread the word that even at home in Michigan, we can increase the chance for such endan-

gered species as the piping plover and gray wolf to survive in the wild," said Canterbury. "If we can make a difference in the future of animal species half a world away, imagine what we can do locally."

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There are several reasons to decline the advice. First, adding a second drug increases the cost of care. Second, the additional drug creates its own side effects. For example, the antacid, used to prevent ulcer, can bring on intractable diarrhea.

Third, another drug complicates the patient's medication schedule. The elderly are particularly prone to such confusion: Is it three tablets of the grey aspirin, and four of the white antacid pill, or is it the other way around?

Fourth, the second drug brings on a risk of drug interactions. Antacid may interfere with the proper absorption of aspirin, and so prevent the occurrence of aspirin side effects. Unfortunately, the same drug-drug intervention destroys aspirin's therapeutic effect.

Usually, there is an alternative to using a medicine that requires an off-setting drug. Particularly in elderly patients, it may be better to choose a drug that may be less effective, but is of greater safety.

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Strictly mom and pop

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

The Observer & Eccentric Newspapers

Monday, March 27, 1989 O&E

★1D

STREET SCENE



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

STEPHEN CANTRELL/staff photographer

Art to wear or hang on a wall

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



PAM JABLOWSKI

By Debbie Sklar
special writer

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

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

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

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

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

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

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

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

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

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

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

Please turn to Page 8

Warp Factor

Karlos Barney



Karlos Barney ©1989

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

Is there a doctor in the house?

By Iris Sanderson Jones
contributing travel editor

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

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

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

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

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

with my photographer/husband Micky Jones.

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

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

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

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



MICKY JONES

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

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

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

Clients make office appointments at Interhealth either be-

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street seen

Charlene Mitchell



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



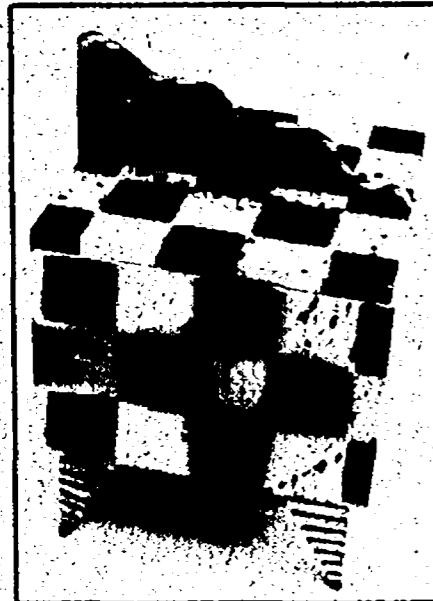
Palsy-walsy

It's the latest in home decor — "table top art" and it includes the "Fat People," Italian, signed ceramics at \$90 per person. It's all part of a collection at the Linda Hayman Gallery in Southfield. Hayman also offers a tip card on how to buy art, free simply by sending a SASE to Art Tips, Art Poster Co., 29555 Northwestern Highway, Southfield 48034.



Now (h)ear this

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



Whatchamacallit

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



Painting the Perfect Picture THE UNIVERSITY OF MICHIGAN

Alternative 'Go Blue'

A modern black M, inspired by the modern art posters of today, is the result of a contest held last year in Michigan's Art School and won by Nicole Nagel, now a junior. The colorful graphic design was then produced by another M student, Brad Keywell of West Bloomfield, through his company Key Creations. Said Nagel: It symbolizes the spirit of the ever-changing university and the 'perfect picture' is the black M, which is large and bold, yet subtle within the painting. The full-color lithograph is a limited edition. A percentage of the profits have been pledged to C. S. Mott Children's Hospital of Ann Arbor "Art for Kids" fund. \$12. It is available by writing Key Creations, PO Box 700, Franklin 48025.

STREET SENSE

Too much love spoils relationship

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

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

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

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

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

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

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

Needing a Man

Dear Needing a Man,

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

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

Do you think you could change? Barbara

Dear Barbara,

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



Barbara Schiff

and knew that he had a problem. We then went to his girlfriend's home and confronted her and her husband.

I don't know what to do now. He's not sure he can make a commitment that includes fidelity. Should I consider an open marriage?

Sally Livonia

Dear Sally,

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

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

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

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

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

Barbara

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

Travel Ills: Don't worry, you can cope

Continued from Page 1

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

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

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

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

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

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

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

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

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

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

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

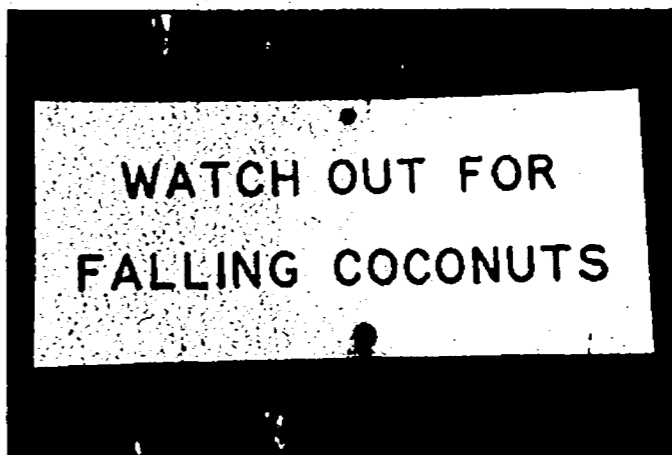
IAMAT was founded by Dr. Vincenzo Marcolongo, who has since died, so the organization may not be quite as active and up-to-date as it

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

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

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

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



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

MICKY JONES

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

Most of all, don't spend too much time worrying. Use your common sense and if you need help ask for it.

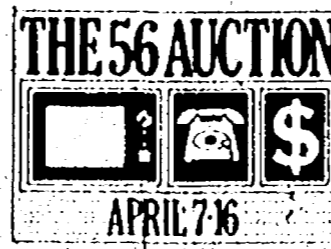
If you have a travel question for Iris Sanderson Jones, write her at 36251 Schoolcraft, Livonia 48150.

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

'Rain Man' has the ingredients to be best film

By Dan Greenberg
staff writer

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

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

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

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

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

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

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

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

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

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

Which brings us to the big two.

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

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

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

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

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

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

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

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

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

Continued from Page 1

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Wearable art Creations to cover from head to toe



RANDY BORST/HMT PHOTOGRAPHER

Gloria del Piano has come up with a hand-painted line of scarves in a choice of imported silks and evening wraps and stoles made from fine fabrics like silk, velvets and taffetas.



DAN DEAN/staff photographer

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

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

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

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

The line also includes wool fashion scarves and more moderately priced

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

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

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

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

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

— Deborah Kashdan

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

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

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

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

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

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MAR 27

Health and Fitness

Monday, March 27, 1989

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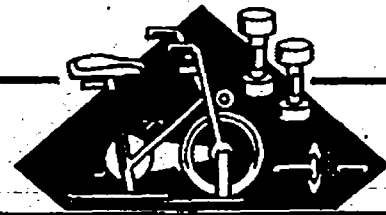


SHRIMP AND TOFU ORIENTAL

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

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

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



Ridicule of tofu turns to praise

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

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

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

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

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

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

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

zen food entree company, offered the following recipe:

STIR-FRIED TOFU WITH BROWN RICE AND VEGETABLES

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

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

Serves 4.

May be reheated.

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

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

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

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

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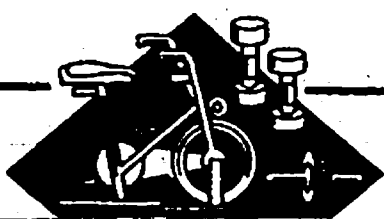
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Exercising

Putting muscles to their test . . .

By Noreen Flack
special writer

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

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

Aerobics instructor Lois "Cookie"

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

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

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

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

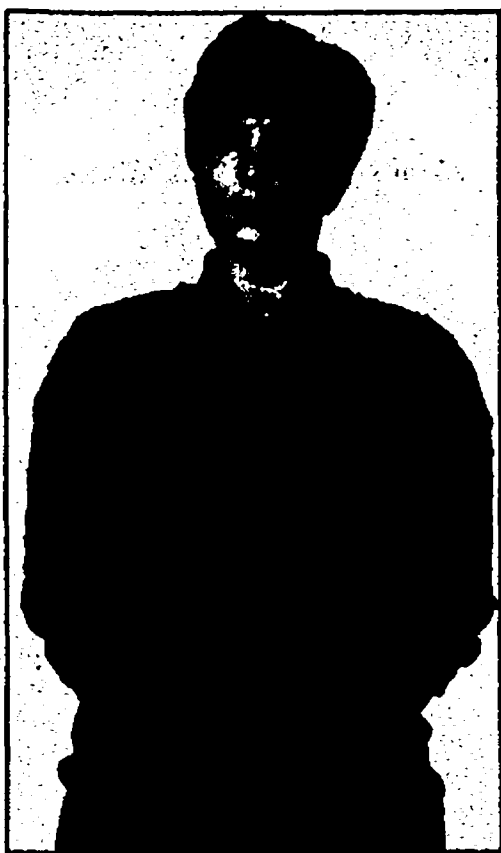
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Treva LaBelle is spotting for Loretta Koehnke in a weight-lifting exercise at the Plymouth Fitness Studio.

BILL BRESLER/Staff photographer

. . . or challenging the mind



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

— Karen Farkas

By Susan Buck
staff writer

UNWIND AND you'll have a balanced mind.

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

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

Children savor the present in their play.

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

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

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

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

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

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

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

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

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

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

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

from Wayne State University.

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

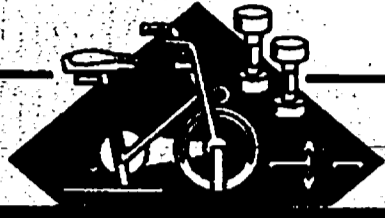
"The word Vipassana means insight or wisdom," said Farkas. "It has no religious connotations at all. The only object of this Buddhist meditation technique is to learn how to live in the present moment. Most of us spend 99 percent of our waking time either in the past or the future. We're either worrying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

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

Some exercises are helpful to get to that point.

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

Please turn to Page 7



Adult-ed aerobics

Low key approach with high impact effect

By Cathie Breidenbach
special writer

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

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

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

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

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

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

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

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

"A lot of people want an aerobics

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

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

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

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

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

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

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

How to treat minor strains and sprains

With the trend toward more participation in sports and other physical activity showing no slowdown, it is only natural that more minor strains and sprains are being reported. Quick treatment often speeds up the healing process and prevents such injuries from becoming severe or recurring problems.

Many physicians recommend a method of treatment identified as the RICE Therapy: Rest, Ice, Compression, Elevation. When initiated immediately following injury, RICE treatment can help control inflammation, reduce swelling, relieve pain and speed the healing process after sprains, strains, tendinitis and many other injuries.

- **Rest:** Do not exercise until pain and swelling have subsided. After several days, you should be able to start moving and exercising the joint, helping to strengthen the muscles and heal the ligaments.

- **Ice:** Apply cold compresses as soon as possible after the injury occurs. An Ace Reusable Cold Compress is recommended for approximately 30 minutes at a time with 30 minutes between applications.

Please turn to Page 7



"Diet Center helped me look like a million."

Susan Saint James
Susan Saint James, actress, mother and Diet Center success story.

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

DAN DEAN/staff photographer

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

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

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

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

MIXED-AGE CLASSES work well because instructors allow participants

to create their own pace, slowing down when their heart rates climb too high, or when the intensity level makes them breathless, according to Knollenberg.

In her own classes, Knollenberg first warms up with a brisk Sousa march then launches into combo dance routines to keep the heart rates within target zones for at least 20 minutes in

order to reap the well-publicized benefits of cardio vascular exercise. At regular three or more times a week exercise program reduces the risk of heart attack by improving heart and lung efficiency, lowering resting heart rate, and increasing HDLs (the good cholesterol in the blood).

Most people stick with an exercise program only partly because they know good things are happening internally, Knollenberg said. "Looking good" provides the real motivator that keeps people coming. Aerobic exercise rewards effort by burning calories and toning muscles so people look better.



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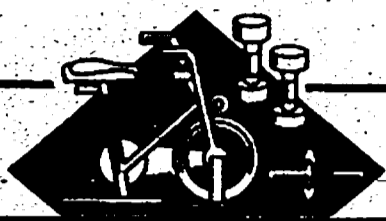
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Gymees — where it all comes together

By Cathie Breidenbach
special writer

Gymees, a new exercise and fitness store at Twelve Oaks Mall in Novi, celebrates muscles — how to build them and how to keep them firm and fit.

Black and white overhead photographs lining the walls of the store glorify the hilly topography of strong, sinewy bodies with bulging biceps and massive quadriceps.

A couple of ceiling-mounted TVs play videos of Mr. Olympia contestants rippling their glistening muscles.

Barrie O'Brien, store manager, says Gymees combines under one roof what the exercise enthusiast previously had to shop for at three separate stores — workout clothing, bodybuilding and aerobic exercise equipment, and food and vitamin supplements. Gymees aims to be "The Fitness Store," the one-stop store for all exercise needs.

The store, located on the lower level of the Sears corridor of the mall, carries a wide variety of men's and women's exercise clothing by major manufacturers. Stretch nylon leotards in assorted combinations for women and workout clothes for men crowd racks lining one full wall of the store.

Clothes range from utilitarian grey sweats and classic solid colors that fit the dress codes of some area health clubs to outfits in electric hues made from sleek, body-hugging fabrics.

FOR THE VERY DARING, Gymees stocks workout clothes with leopard spots and snakeskin patterns to create a wild, untamed look. The new fitness outlet carries clothes bearing popular logos including Reebok, Nike and a full line of Powerhouse Gym apparel.

Except for shoes, which O'Brien explains would require extensive on-site stocking space, Gymees carries nearly everything the well-dressed body builder or aerobic exerciser needs.

In addition to basic workout clothes, the store sells accessories such as sweat bands, weighted belts and vests, hand and ankle weights and exercise mats. Hand held electronic massagers vibrate away soreness on back and shoulder muscles after strenuous workouts. An electronic pulse meter allows exercisers to monitor pulse rate during workouts to keep the rate within safe limits.

Jog meters record miles traveled and an electronic pedometer registers miles walked for those who want to log daily mileage of their workouts. Many walkers or runners like companionship for the long, lonely miles they spend on the road. For them, Gymees recommends a compact Walkman radio.

The new store also stocks videos and popular magazines for the body-

aware consumer. O'Brien says the store will be increasing its stock of exercise videos which include aerobic exercise tapes such as the Jane Fonda Workout tapes.

WITH TITLES LIKE "Beef It" and "Flex," bodybuilding magazine names may seem a bit humorous, but muscular hunks on the covers show that the publications mean business. "Shape" an exercise magazine for women balances the beefcake on the magazine rack with a cover showing a svelte and shapely woman.

The back of the store is devoted to the chrome and black color scheme of hard core body building machines including heavy benches. Treadmills, exercise bikes, and rowers for the cardiovascular exerciser cluster nearby in Gymees demonstration area.

O'Brien says Gymees stocks 10 or 12 different styles of bikes including a wind bike, which uses wind resistance rather than friction to create a smooth

ride. The wind bike blows a cooling breeze at the rider — a bit like the wind a biker feels if he were pedalling along an open road on a real 10-speed. Gymees bikes begin at \$150 and models range upward to \$2,500 for bikes with elaborate electronic settings. A mid range bike costs between \$300 and \$400. For additional charge, Gymees will deliver and assemble equipment bought at the store. The stock room at the Twelve Oaks mall store is limited, but Gymees' local warehouse holds ample supplies of heavy equipment.

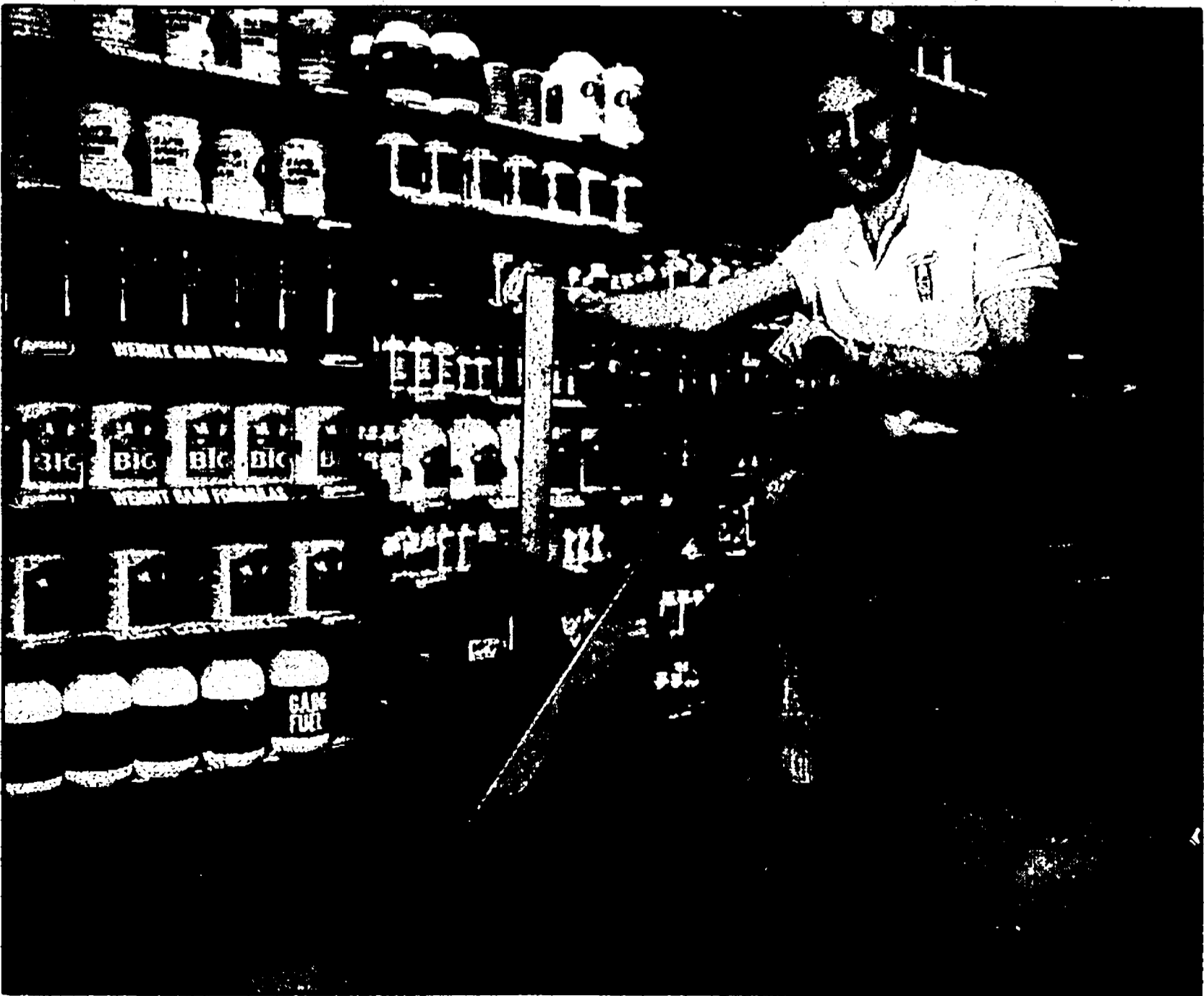
IN ADDITION TO clothing and equipment, Gymees also carries food supplements for exercisers interested in sports nutrition. Canisters of powdered high calorie supplements as well as protein supplements and jars of vitamins line shelves in Gymees' Sport Nutrition section. O'Brien says the supplements are all "safe steroid alternatives."

Often body builders need to increase calorie intake to compensate for a

heavy workout schedule and to give the body the protein it needs to increase muscle bulk or to speed recovery of damaged tissue. Sports medicine recognizes the benefits of "carbohydrate loading" for marathoners, cross country skiers or anybody who takes part in a sport that demands endurance.

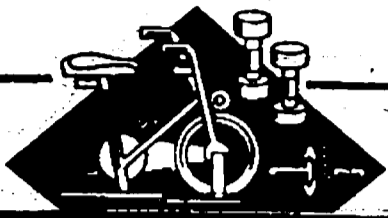
Gymees sells carbohydrate supplements to exercisers interested in increasing their stamina. The store also stocks an assortment of vitamins as well as nutritionally balanced liquid meals which are an easy, convenient and low calorie meal substitute for people on diets.

Gymees is a spinoff from the General Nutrition Corp., a chain of stores which sells vitamins and food supplements. General Nutrition has for years run a store in the Twelve Oaks Mall. When it pioneered the concept of "The Fitness Source," the company decided the Novi Mall would be an excellent location for the store.



ART EMANUELE/staff photographer

Gymees manager Barrie O'Brien sits on the latest biking favorite with exercise enthusiasts — the Wyntone which uses wind resistance rather than friction to create a smooth ride. A spinoff of General Nutrition Corp, the store also carries a complete line of sports nutrition products.



Quick application of Ace cold therapy relieves the pain and swelling of strains and sprains.

How to treat minor sprains

Continued from Page 4

- **Compression:** Apply compression with an Ace Elastic Bandage to help reduce swelling. Compression should be used simultaneously with cold compresses.

- **Elevation:** Elevate the injured part, if possible, to help drain excess fluid from the area.

The key to this treatment is the use of cold. The application of cold reduces the flow of blood and other fluids through that area, and therefore helps to reduce local swelling. In addition, cold also helps to relieve pain in the area by reducing the sensitivity of the local nerve endings. When away from

home, the Ace Instant Cold Compress can provide immediate cold therapy without refrigeration.

Heat should never be used when first treating an injury because it increases swelling and tends to immobilize the joint. After 24-48 hours, when swelling has been reduced, alternating heat compresses with the cold compresses will help circulate blood to the injured area, and speed up the healing process.

If pain is severe or persistent, or the area feels extremely tender, see a doctor immediately. There is always the chance that it is a severe strain, sprain or even a fracture. Recurring injuries also should be checked by a physician.

Meditation can offer wellness of the mind

Continued from Page 3
operate on automatic pilot."

Farkas recommends a simple exercise before bed:

- Inhale, exhale and say to yourself the number one.

- Repeat and say the number two. The object is to get to the number five without an outside thought entering in. If it does, go back to the beginning and start again.

"The problem is that you won't be able to get to five without practice. The exercise can be extremely relax-

ing and useful in helping you get to sleep," said Farkas.

As another aid, she also teaches her meditation students to breathe and walk consciously.

Farkas claims success. At least two students, a customer service rep-

resentative and a furniture repairman are now more relaxed in their occupations, said Farkas.

For further information from Farkas, write to Meditation, Box 320, In care of the Observer Newspapers, 36251 Schoolcraft, Livonia 48150.

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Working out is no beauty contest here

Continued from Page 3

use the machines and free weights. We re-educate these gals for strength and flexibility."

The studio offers a childcare area from 9-11 a.m. Monday through Saturday for children to play with a babysitter while mom works out.

"We have nothing against men," Harwood said. "But it can be intimidating to have the guys observe you working out. To have that fear does not allow you to get a good workout. The ladies can't be themselves."

THE STUDIO DOES offer co-ed aerobics class Monday nights and co-ed yoga classes Wednesday's at 8 p.m. taught by Margaret "Marney" Sutton. A masseuse is also available by appointment for men and women interested in a professional massage.

Unlike some larger facilities, the studio claims to maintain a personal interest in each of their some 400



BILL BRESLER/staff photographer

Aerobics instructor Lois "Cookie" Kinhead — better known as the drill sergeant — uses a chinning bar.

members. Members will not be abandoned once they have joined, Harwood said.

"The emphasis is not on sales," member Debrah Borge, 34, of Canton said. "Most spas are worried about getting the dollar figure in the

door and then you're on your own. Here, the people stick by you. No matter how long it takes, they want you to get the exercise right."

Mary Starr, 25, of Plymouth, an original member of the studio, said inspiration from staff members has

helped her stay in shape.

"If I haven't been in for a week or two, they call me to make sure I'm not sick or something," Starr said. "They just want to make sure I'm just busy and I'll be in as soon as I can."

"IF SHE WALKS in that door, you know she is already motivated," Harwood said. "Now it is up to us to keep her motivation going."

The Motivator, a computerized body scan, is used to monitor a person's percentage of body fat to lean body muscle. The scan offers ways to convert that body fat into lean muscle and increase energy level.

The sauna and whirlpool area is for relaxing after a tough workout and is kept by Harwood's insistence on cleanliness.

"The clientele appreciate cleanliness" Harwood said. "They act according to the surroundings. They don't mistreat the facility because they like it that way."

Harwood said she has had many requests from local businessmen to open a facility for men. She hopes to open a studio called Plymouth Fitness Studio for Gentlemen geared toward older men interested in keeping in shape.

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