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THE WEEK AHEAD

MONDAY

Study session: Westland City Council will hold a study session on pensions for city officials at 6:30 p.m. on the second floor of City Hall, Ford Road west of Wayne Road.

TUESDAY

Chamber luncheon: The Westland Chamber of Commerce's business luncheon will be at 11:30 a.m. Tuesday at Joy Manor on Joy Road in Westland. The luncheon will feature a panel of chamber members who will explain the cost-saving benefits the chamber offers.

Friends of Library: The annual meeting of the Friends of the Westland public library will be held at 7 p.m. Tuesday in the Community Meeting Room. Election of officers will be held at this meeting. This meeting is open to the public and all are invited to attend.

Cooper School: Livonia school administrators meet at 6:30 p.m. with the Cooper-at-Whittier community and school PTA members to unveil a proposal for the Cooper school site. The meeting is at Cooper-at-Whittier, 28550 Ann Arbor Trail, Westland.

FRIDAY

76 trombones: The Westland All Stars Youth Drama Troupe will perform Meredith Wilson's "The Music Man" beginning at 7 p.m. Friday at Wayne Memorial High School Stockmeyer Performing Arts Center, 3001 Fourth in Wayne. Tickets are \$5. For details, call (734) 722-7620.

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Strikers, company trade blame

No new talks had been scheduled Friday, three days after 275 workers walked off the job at Howard Ternes Packaging Co. to protest company positions on hourly wages - currently \$8 - and health benefits.

 BY DARRELL CLEM
 STAFF WRITER

Striking hourly workers and company officials blamed each other for tense, sometimes-violent clashes that erupted last week outside a Westland automotive packaging plant.

No new talks had been scheduled Friday, three days after 275 workers

walked off the job at Howard Ternes Packaging Co. to protest company positions on hourly wages - currently \$8 - and health benefits.

Teamsters Local 247 spokesman Tom Aloisio accused company officials of stirring violence by calling in Westland police officers to keep picketers from blocking entrance gates.

"They're bringing in the police to push us around with their riot gear and let scabs go in there and take our jobs," Aloisio said. "They're bringing in temporary people for \$5.25 an hour to take our jobs, and the police are helping them."

Chuck Ross, president of the Redford-based company, pointed blame at striking workers outside the plant on Manufacturers Drive, in an industrial park near Cherry Hill and Newburgh.

"They are throwing rocks and screaming obscenities at people and trucks that are crossing the picket line," he said. "They are threatening

salared employees. They are creating the aggressive situation. All we're doing is peacefully crossing the picket line."

Tuesday's strike followed negotiations that have deteriorated since the last three-year contract expired Nov. 8.

Ross said salaried employees are working 24 hours a day to maintain production at the plant, which packages automotive parts. The company is 48 years old and has facilities in Westland, Redford and Monroe.

Aloisio raised allegations of police

Please see STRIKE, A4



Family-run businesses are a staple of our local economy. More than 50 percent of corporate entities in North America are family-owned, and produce more than half the gross national product.

Today's Observer takes a look at local families who continue to foster the entrepreneurial spirit that makes America great.

The families featured today also represent those who have beaten the odds and made it to at least the second generation. Many analysts believe the success rate for family businesses ends with the first generation.

"Seven out of 10 family businesses fail to get to the second generation," said Scott Friedman, an attorney and co-author of "How To Run a Family Business." "That figure can be attributed to the business dissolving, family conflict or the business spinning off. Of those remaining, only one of every 10 makes it to the third generation."

Family business have their share of successes and problems. Inside today's paper, experts offer tips and information on how to handle those problems unique to the small family-owned business.

We hope you enjoy reading about the families that make up the fabric of our local hometown business community.

—Susan Rosiek,
 managing editor



STAFF PHOTO BY BRIAN MITCHELL

Family effort: James North (center) is chairman of North Bros. Ford while sons Doug (right) and Tom are president and vice president, respectively. Tom started his automotive career after attending the University of Utah. He worked in other dealerships before joining his father.

Customer is king at North Bros.

 BY MEGAN SWOYER
 SPECIAL WRITER

One of the most talked about car dealership scenes from recent movies has to be the one from Fargo. Clad in a loud jacket, a stereotypical car salesman lies his way through a sale, working in dozens of crazy lines to satisfy his skeptical customers.

With visions of zany plaid jackets filling his head, Doug North laughs when people bring up the scene. The 40-year-old president of North Brothers Ford in Westland knows better than anyone what a tired cliché that is.

"That kind of movie reflects badly on the car dealership business," said North, dressed in an expensive golf sweater and conservative slacks.

"But perhaps some of those generalizations may have been customer-demanded," he said of the movie's script, citing that moviegoers probably enjoy stereotypes.

Service is key

There he goes again, talking about the customer. But that's North. Customers drive his successful dealership.

Whatever a client wants is pretty much the way North and his family have been running their business since 1936.

The dealership, filled with customer service recognition awards, may be one of the friendliest in the metropolitan area. In fact, North says they've made a concerted attempt - especially during the last nine years - to establish great customer service as their constant philosophy. The effort is paying off.

They've garnered three Chairman awards, which is Ford Motor Company's highest customer service honor. Every year, some 120 dealerships out of 6,100 win the award. The honor is based on customer surveys.

The dealership also experienced its

Please see NORTH, A2



Long history: James North, son of founding North brother, Raymond, is chairman of North Bros. Ford, which moved to its current location on Ford Road in Westland in 1969.

Experts tell how to work with family

 BY MEGAN SWOYER
 SPECIAL WRITER

Conflicts within family businesses are inevitable. Many a former employee who quit his or her job has shared numerous stories about how he or she couldn't watch the company soap opera one more day.

There was the boss' son who hurled a stapler across the room at his inept receptionist, who happened to be his father's fiancée. Then there was the co-owner mother who never saw anything the same way as her co-owner husband did.

Various tiffs and spats are bound to arise within the family and around it.

But it's not all bad. In fact, says Charles Soberman, a lecturer at Wayne State University's Department of Management and Organizational Sciences, it's quite wonderful to work with your family.

"Seeing your children blossom in their career and to have the opportunity to work with your father or mother is great," he said.

Jim Vermeulen, the 39-year-old president of Vermeulen Funeral

Please see EXPERTS, A2

Westland man convicted in wife's stabbing

 BY DARRELL CLEM
 STAFF WRITER

A Westland man who plunged a butcher knife through a bathroom door, stabbing his wife as she struggled to keep him out, has been convicted on a felony assault charge.

Ronald Fitzgerald Brown, 34, was found guilty Tuesday of assault with intent to do great bodily harm for attacking his 25-year-old wife during a July 11 incident in the 28900 block of Powers, on Westland's southeast side.

The victim, who now lives out of state, returned to testify boldly against her longtime abusive husband, Westland police Sgt. Jon Handzlik said.

"She got quite emotional. All those years of abuse.

'She got quite emotional. All those years of abuse just finally boiled over, She just sat on the stand and stared him down as she testified. He had his back to her.'

 Sgt. Jon Handzlik
 —Westland police

just finally boiled over," Handzlik said. "She just sat on the stand and stared him down as she testified. He had his back to her."

Brown stood trial for assault with intent to murder,

but Wayne County Circuit Judge Bruce Morrow convicted him on the lesser felony assault charge during a one-day bench trial Tuesday.

Brown could face up to 10 years in prison when Morrow sentences him Jan. 22.

The incident occurred on the night of July 11 while the couple was staying with the defendant's mother, who made the phone call to police for help.

Brown had earlier become "enraged" when his wife suggested that her two children, ages 5 and 6, should be allowed visitation by their father - a man from a previous relationship, police said at the time.

The couple had argued in a car, but when they arrived at the Powers residence Brown began to beat

Please see STABBING, A7

Appeal filed against incinerator project

BY BETH SUNDRLA JACHMAN
STAFF WRITER

An appeal has been filed against a permit for a planned waste-to-energy incinerator project that serves Westland and Garden City.

But the project manager says he doesn't think this will mean a delay in the project. He also questions whether the appeal was filed in time.

Sandra Yerman of Romulus filed an appeal of the plan to convert the Central Wayne incinerator to a waste-to-energy facility with the Environmental Appeals Board of the U.S. Environmental Protection Agency, postmarked on Dec. 29.

It was received by the board in Washington, D.C., on Monday, Jan. 5, according to Eurika Stubbs, a clerk of the board.

The appeal was sent on to Russell J. Harding, director of the Michigan Department of Environmental Quality, Stubbs said.

MDEQ has until Feb. 23 to send a response to the Environmental Appeals Board and Yerman, Stubbs said. Then the board will review both the appeal and MDEQ's response, she said.

The incinerator, located in Dearborn Heights, currently is only a waste-burning incinerator, but plans are to convert it to a waste-to-energy operation. (See related story.)

The appeal means the permit to make that conversion is not effective yet, according to Lynn Fiedler, supervisor of the Thermal Process Unit in the permit section at MDEQ in Lansing.

MDEQ has until Feb. 23 to send a response.

But it's too early to tell if this will mean a delay in the project, according to Thomas Barnett, project manager for the private-public partnership for the incinerator known as the Central Wayne Energy Recovery Limited Partnership.

He also questions whether the appeal was filed on time. "We believe that deadline was much earlier," he said. He said he believes the appeal had to be received by Dec. 29.

"We're going ahead full speed to complete financing," Barnett said. That way the project can go forward as quickly as possible, he said.

The plan is for the plant to shut down for a minimum 18 months for construction.

The timetable is for construction to begin late in the first quarter of this year provided the appeal doesn't delay it, Barnett said.

The start of construction would have to wait until after the weather breaks anyway, he said.

The appeal also does not appear to bring up any new concerns, Barnett said. "It really raises a lot of issues that have already been addressed," he said.

Yerman, a member of Romulus Environmentalists Care About People and the Sierra Club, was surprised to find that she was the only one to file an appeal.

She described herself as an "individual citizen" and said her concern stems from when her grandson attended Federal School which is near the incinerator site. He no longer attends school there, she said.

Her appeal is based on her concern about mercury contamination and that the incinerator project will pollute Lake St. Clair.

She cited newspaper articles and a recently released eight-volume report on mercury contamination from electric power plants and waste incinerators.

Mercury contamination of the lake and of the fish concerns Yerman, who said she took a common sense approach in her appeal. "Why aren't officials coming out against it? I don't understand it," she said.

Yerman, who grew up in Clinton Township near Lake St. Clair, said she has been told that Newburgh Lake, Belleville Lake and Orchard Lake would be more impacted, but she said she isn't convinced.

As for Barnett's contention that these concerns have already been addressed, she said "absolutely not."

She said she's not satisfied with MDEQ's response. "They haven't gone into depth with their responses," she said.

She would like to see the eight-volume report on mercury applied to this project.

MDEQ's Fiedler said it was too early to respond to Yerman's appeal since her office hadn't received it yet.

But MDEQ will respond by the deadline, she said.

When construction starts, plant to close for 18 months

BY TONY BRUSCATO
STAFF WRITER

The plan is for the incinerator plant, which serves Westland and Garden City, to shut down for a minimum 18 months for construction.

The incinerator is located in Dearborn Heights, but is owned by a consortium, which also includes the cities of Westland, Garden City, Inkster and Wayne. It currently is only a waste-burning incinerator, but will soon begin improvements to make it a waste-to-energy operation.

"We will be restoring the third unit, which has been dormant since 1982, to increase the incinerator's capacity to its original 800-tons per day," said Thomas Barnett, project manager for the private-public partnership for the incinerator known as the Central Wayne Energy Recovery Limited Partnership. "We'll be adding energy recovery equipment ... three boilers and a steam turbine generator. We'll also be taking out the old air pollution control equipment and putting in new equipment."

The new fixtures will allow the facility to burn trash, produce steam as a by-product, which will then be used to generate electricity that will be sold to Detroit Edison.

Barnett, whose private partnership has a billion dollars of investments in 25 projects throughout the United States and Latin America, currently operates five other waste-to-energy projects.

The improvements at the Dearborn Heights incinerator are expected to cost \$105 million. That's \$5-million more than the last estimate, mainly because of the delays involved with the appeals process.

The private-public partnership has a 35-year agreement with the consortium to operate the facility.

While the partnership will be attempting to contract with communities and private companies to

dump their trash at the incinerator in order to make money, the consortium also hopes to come out ahead with this project.

"The Sanitation Authority will get a million dollars up front when the partnership closes on its financial agreements for the project," said Steve Aynes, acting executive director of the Central Wayne County Sanitation Authority, which is operated by the five cities.

However, Aynes said it hasn't been decided if the money will be divided among the cities, or if it will go back to the authority to offset other expenses.

Barnett tells the Observer the five communities will probably "share about \$1-million a year in revenues from the incinerator once it gets going."

However, it's not been determined how the shares will be divided, although Barnett believed the money will probably be divided based on population.

"The only guarantee the five cities gave the partnership was that we will dump all waste at the incinerator that can't be recycled," said Aynes.

Under the terms of the permit, recycling centers must be established in the communities served by the incinerator.

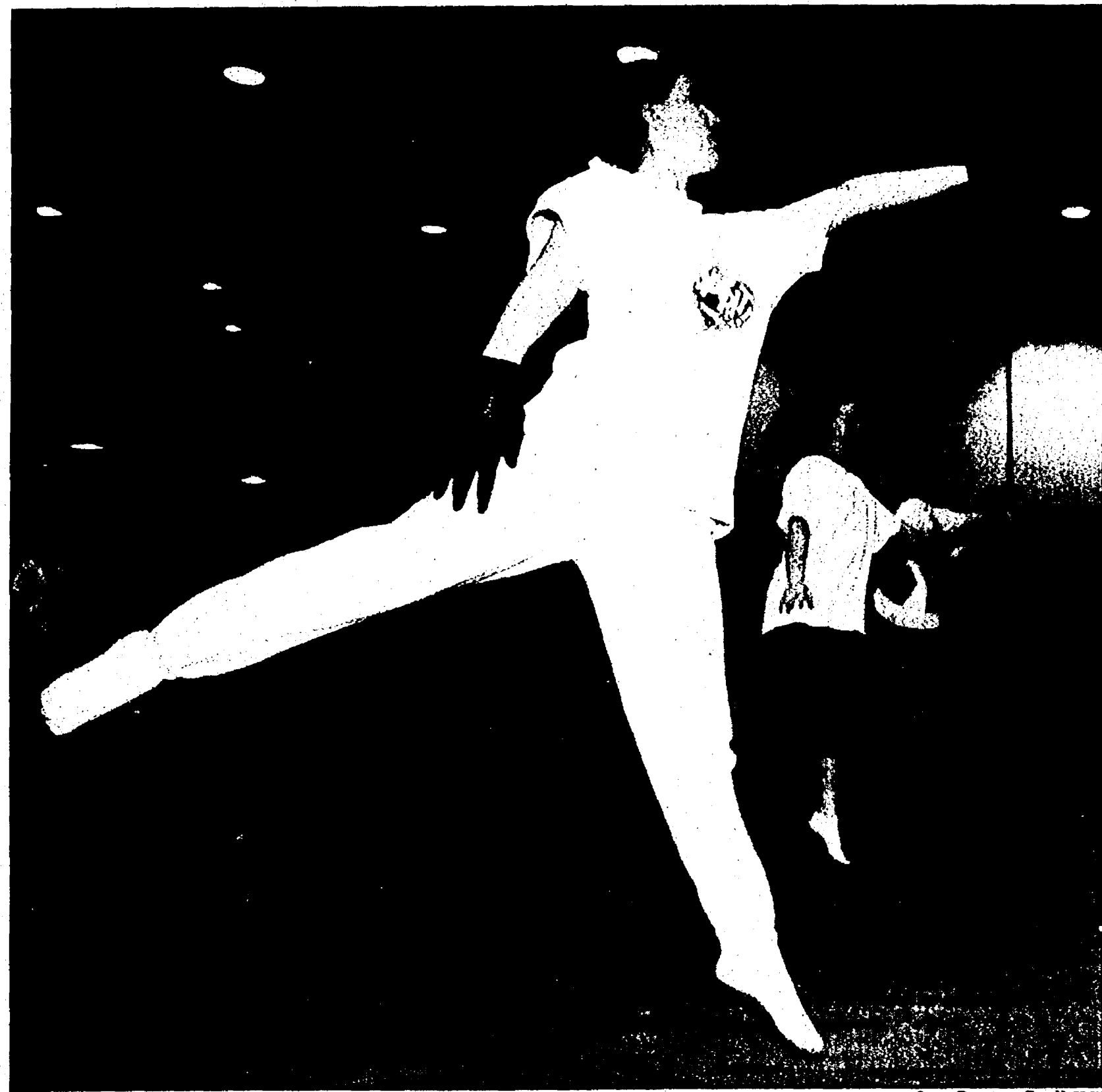
Westland and Garden City are among the communities that already have recycling centers.

A coalition of opponents, led by the Sierra Club, pointed to air quality issues and increasing costs as reasons for their opposition. Plus, they don't believe there will be enough garbage generated by the communities to keep the incinerator operating full time.

The Michigan Department of Environmental Quality added tighter controls and lower emission limits to original proposals for the permit.

Those changes were in response to environmentalists and residents who raised concerns about potential health risks.

With grace: Krystal Wilhelmi practices jazz runs showing poise and grace.



STAFF PHOTOS BY TOM HAWLEY



Fun with flags

Practice makes perfect: Members of the John Glenn Winterguard practice at the Bailey Center over their holiday vacation. At far left, Anne-Marie James, Crystal Bray, and Michelle Noel practice with the flags. The 24-member team called Rocket Explosion will compete in a state competition in March. At near left, Kristy Goen works on strength with the flag.

Grand openings held

Westland has been the site of several grand openings recently.

The grand opening of Bill Skotanis' second Olympic Coney Island in the western suburbs was held on Wednesday, Nov. 12.

The new Olympic Coney Island is at 7011 N. Wayne Road, just south of the Warren Road intersection on the west side of the road. The first Olympic is in Canton Township.

Haddad Jewelers opened in its new location in Westland, at 35241 Warren, just across the street from Westland Shopping Center.

Relocated from Canton Township, Haddad Jewelers, owned by Fouad Haddad, specializes in custom mountings and watch repair.

The grand opening was held in November.

A grand opening was held in December for Office Depot.

Located at 34600 Warren Road, Office Depot replaces the

vacated Marshall's store in the Westland Crossing shopping plaza.

Office Depot specializes in serving small to mid-size businesses with office supplies and equipment, according to store manager Tony Andrews.

The products vary from hand-held calculators to printers and monitors and computer equipment.

The grand opening of Woven Hearts of Westland is scheduled for 10 a.m. Jan. 14.

The new assisted living facility is at 32111 Cherry Hill Road between Venoy and Merriman, adjacent to Presbyterian Village of Westland.

Another grand opening has been announced for International Minute Press.

The ribbon cutting ceremony and reception will be held at 10 a.m. Thursday, Jan. 29, at 6252 Hix Road, just north of Ford Road.

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Family-owned businesses thriving here

BY TONY BRUSCATO
STAFF WRITER

Family-run businesses are a staple of the American economy, with thousands of new ones opening every year.

In fact, more than 50 percent of corporate entities in North America are family-owned, and produce more than half the gross national product.

While names like Saxton's Garden Center, Bon Ton Shoppes, Trapp Doors and Santeiu Funeral Home are well-known local family businesses, other names like Ford Motor Company, WalMart, and Anheuser-Busch are all recognizable family-owned enterprises.

"As long as people can get up in the morning, there will be those who believe they can have a family-owned business and do something better," said David Bork, founder of the Aspen Family Business Group in Aspen, Colo., an international consultant to family businesses. "It's the entrepreneurial spirit, and it's worldwide."

Many analysts believe the success rate for family businesses ends with the first generation.

"Seven out of 10 family businesses fail to get to the second generation," said Scott Friedman, a Buffalo, N.Y., attorney and co-author of "How To Run a Family Business." "That figure can be attributed to the business dissolving, family conflict or the business spinning off. Of those remaining, only one of every 10 makes it to the third genera-

tion."

Business life

Friedman believes the average life expectancy of a family-owned business is 24 years, which runs about the same amount of time the founder of the company is around to oversee the business.

"Decisions are not likely to be challenged when the founder is around," Friedman said. "However, when the founder is gone, there is no one with the same degree of influence in the business, and therefore more disagreements."

Bork doesn't subscribe to the numbers theory of Friedman, and many like him.

"What we really need to look at is how much the assets have compounded over generations," said Bork. "The most important issue is the economic continuity of the family. If a third generation decides it doesn't want the business, but sells it for a profit which allows them to do something else, then would you call it a failure?"

However, what both do agree on is that without a plan, conflict and turmoil will undermine the success of a family-run business.

"The chance of conflict goes up as the number of family members in the decision process increases," said Friedman. "Not only do they fight over getting rid of the business and suing each other, they fight over such things as titles, money, control and vacation time."



STAFF PHOTO BY JIM JACOFELD

Family effort: The George W. Trapp Co. of Redford Township is a family-owned business that's been in operation for 68 years. Family members active in the company are George W. Trapp, company founder, (second from left) and his son, Dick Trapp of Orchard Lake. Also pictured are Dick Trapp's adult children Bill Trapp of Plymouth (left); and Darby Trapp Eland of Redford.

Communication is key

"To avoid conflict, family members need to improve communication so everyone knows what decisions are being made, and why they are good for everyone," Friedman said. "Put everything

in writing, from who can own stock to how decisions are made. That way, when conflict erupts, there will already be a dispute resolution process in place to achieve amicable settlements."

Bork also believes profession-

alism is the key for future generations.

"Over the generations, there must be an increased level of professionalism," said Bork. "There needs to be a clarification of the business structure for decision-making. Ownership may be a birthright, but the business opportunity has to be earned."

Bork suggests that while you are accepted unconditionally in a family situation, you should be judged by competence when it comes to running the family business. He believes family members earn that credibility by working outside the family business and proving themselves.

"Without the outside work experience, many family members miss out on the lessons of running a business," said Bork. "Oftentimes, family members don't have the complete package, so the family business doesn't survive."

Friedman also suggests that "besides working outside the family business, make sure you have a good education. Smaller children should work in junior positions and earn their way up. The businesses that have the best shot are run like large corporations."

Generally, after the first generation, there are more family members who come in contact with the business. Sons and daughters get married, have children, adding more people who may be making decisions. One big mistake, according to

Bork, is the idea that everyone in the family gets a position in the business.

"It's a big mistake to believe the family-run business is a place for all family members," Bork said. "If the business has rules to operate, then only the competent should be allowed to participate. Otherwise, it's just an accident waiting to happen."

Avoid conflicts

Both Bork and Friedman agree there may have to be outside directors, or a governing structure, to avoid family conflicts.

"The family-run business, especially when it gets to a second generation with more people involved, may need a board of directors to help run the business and make good decisions," said Friedman. "Family members look at many decisions from their own perspective, with many biases. An outside director lends good credibility."

Scott Friedman, co-author of "How To Run a Family Business," has a new book coming out soon titled "The Successful Family Business." David Bork is co-author of "Working with Family Businesses-A Guide for Professionals," and author of "Family Business, Risky Business-How To Make It Work."

Michigan: A good place to operate, find resources for small business

BY MEGAN SWOYER
SPECIAL WRITER

If you are operating a small or home-based business, or thinking about starting one, you'll be glad to know that two years ago, the Detroit area ranked second in Entrepreneur magazine's 30 best cities for small businesses.

The magazine cited Michigan's overall economy as a prime reason. In particular, the article highlighted the role of small high-tech firms and a growing retail sector. Other pluses included Detroit's proximity to Canada and a new trade zone.

To help understand and stay up to date on current small-business opportunities, roadblocks, legislative happenings and general economic factors, the following list of resources may be helpful:

■ Looking for information on how your new business may impact your family? Everything from child care tips to bookkeeping system ideas is available on the Internet at this University of Missouri Web site: <http://etcs.ext.missouri.edu/hes/business.htm>.

■ The University of Detroit-Mercy operates a Small Business Development Center headed by

■ Wayne State University operates a Small Business Development Center headed by B. Kevin Lauderdale. (313) 577-4850. E-mail address: lauder@bizserve.com.

■ The state-funded Michigan Small Business Development Center located on Wayne State University's campus can be reached at (313) 963-1798. E-mail: ron@misbdc.wayne.edu.

■ Lansing Community College's Small Business Development Center can be reached at (517) 483-1921. Deleski (Dee) Smith is its regional director. His e-mail address is ds1921@lois.lansing.cc.mi.us.

■ Lawrence Technological University in Southfield offers a Small Business Development Center for Oakland County. (248) 204-4056. E-mail: belknap@bizserve.com.

■ The Michigan Manufacturers Association, the "voice of Michigan industry," can be reached at <http://www.mmanet.org/>. Or contact Debra

McGuire at (517) 487-8543. Her e-mail address is mcguire@mmanet.org.

■ If you type in this address (<http://sun.falcon.edu/gdl/michigan.htm>) on the Internet, you'll find information on Michigan employment statistics, maps and small-business start-up information, organizations such as the Small Business Association of Michigan, the National Center for Manufacturing Sciences and lots of other interesting material. The University of Michigan Community Assistance Director's mission is to enhance life and business for Michigan. You can learn more about that at this address as well.

■ Also on the Internet is <http://www.einet.net/galaxy/Business-and-Commerce.html>. Type that in and a world of business information will greet you. Thinking about starting a business based on video production and conversion? You can read all about it at this site. Or how about a business for wedding planners? That, too, is available at this site.

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Katz to take over operation of county airports

BY KEN ABRAMCZYK
STAFF WRITER

A longtime aide to Wayne County Executive Edward McNamara was named by McNamara to lead Detroit Metro and Willow Run airports.

David Katz, McNamara's chief of staff, will lead the county's Department of Airports, replacing Ben Braun, who is leaving to undertake "entrepreneurial interests," said a spokeswoman for McNamara.

Katz, 39, will oversee daily operations of the two airports and manage the \$1.6 billion expansion of Metro with Wilbourne Kelley, assistant county executive for airports and public services.

"Over the past 11 years, Dave Katz has been the county's point man on every major project," McNamara said. "He knows how to put together high caliber work teams and how to lead big projects through the quagmire of

financial, bureaucratic, legal and logistic processes.

"The airport expansion is by far the biggest project this county will see for many years to come and Dave Katz is the best person to get the job done right, on time and on budget."

Katz joined the county executive's staff in 1987 after McNamara's election as county executive and has coordinated policy development and administration for eight executive departments with a budget of \$1.9 billion and over 5,000 employees.

McNamara said Katz was instrumental in lobbying the federal government for over \$200 million in grant funds for airport projects including the \$65 million grant to build the south access road and the \$150 million needed to complete the midfield terminal financing package.

Katz grew up in Livonia and is a 1977 graduate of Livonia Stevenson High School. He later



graduated from the University of Michigan.

Katz worked with McNamara while McNamara was mayor of Livonia. Katz worked with the city of Livonia, starting with the city's youth assistance program in 1982. He was appointed

David Katz, 39, will oversee daily operations of the two airports and manage the \$1.6 billion expansion of Metro. He joined the county executive's staff in 1987. He grew up in Livonia and is a 1977 graduate of Livonia Stevenson High School and the University of Michigan.

administrative assistant to McNamara in 1984 and joined him downtown after McNamara's election in 1987. Katz has worked as McNamara's chief of staff since 1991.

McNamara called Katz a "hands-on" person who worked to "make things happen."

"He's a quick study and a detail person," McNamara said about Katz. McNamara said Katz was instrumental in McNamara's success during McNamara's mayoral tenure in Livonia.

McNamara said Katz also drove the efforts to build the county's new \$14 million medical examiner's office, the \$70 million Dickerson Jail, the \$4 million Warren Valley Clubhouse and completed the \$30 million restoration of the Wayne County Building. All of these projects were completed under budget, which drew compliments from McNamara.

"Just try to find a community that wants a jail. That in and of itself was a major project. He oversaw the financing, building and design work."

As executive director of the Wayne County Building Authority, Katz is spearheading the construction of the new Wayne County Juvenile Detention Facility.

The new \$42 million facility is

scheduled to open later this year and has been designed to give youths an environment where they can have positive "work and learn" interaction with their peers and child care workers.

Katz sits on the boards of the Detroit/Wayne County Stadium Authority, Wings over Wayne, Friends of Wayne County Parks and the McNamara Scholarship Fund.

He is also active in a number of community organizations including Detroit Goodfellows, University of Michigan-Dearborn Citizens Advisory Committee, Detroit Chamber of Commerce and the Democratic Leadership Council.

Katz's appointment as airport director will be submitted to the Wayne County Commission for approval within the next several weeks. McNamara expects to name a new chief of staff within 10 days.

Katz lives in Grosse Pointe Woods with his wife, Patricia Leonard.

SC board to interview 10 candidates for trustee

BY KEN ABRAMCZYK
STAFF WRITER

Applicants seeking a vacancy on the Schoolcraft Board of Trustees face 20-minute interviews with the six board members on Jan. 17 and 24.

The board decided Wednesday to schedule six of the candidates for Saturday, Jan. 17, starting at 8 a.m. The following Saturday, Jan. 24, four candidates will be scheduled.

Trustees plan to approve a final candidate on Jan. 28.

The board also voted, 4-2, to disallow the application from Sean FitzGerald, a Plymouth resident and assistant general counsel at Wayne State University.

While some board members believed FitzGerald would be a qualified candidate, they were concerned about a candidate who was late for the deadline.

He submitted his application at 4:15 p.m. on Dec. 16, about 15 minutes after the deadline set by trustees.

The trustee vacancy was created by the resignation of John Walsh, who was elected in November to the Livonia City Council.

Board President Patricia Watson, and Trustees Mary Breen, Steve Ragan and Carol Strom voted not to consider FitzGerald's application, while trustees Brian Broderick and Richard DeVries supported considering him.

FitzGerald could not be reached for comment Friday.

Strom raised the issue about the deadline and asked trustees if they extended the deadline for one candidate 15 minutes, then why should the board not extend the deadline a day for others.

College President Richard McDowell told the board FitzGerald was "very apologetic" about missing the 4 p.m. deadline. Ragan said he did not want to eliminate a candidate who would be a good trustee, but added that he agreed with Strom.

Candidates will have two minutes for an opening statement, 10 minutes for formal questions, six or seven minutes for follow up questions and a one-minute closing statement.

The final applicants are:

■ From Canton, Bryan Amann, an attorney and former county commissioner, and Susan Kopinski, deputy chief financial officer at Detroit's Metro Airport.

■ From Livonia, Harry Greenleaf, director of transfer college programs in the College of Engineering and Science at the University of Detroit-Mercy and a former Schoolcraft trustee; Ken Harb, an investment advisor with Prudential Securities; Donald Knapp Jr., a research attorney for a Wayne County circuit judge; and Neil Weiner, a counselor at Mackenzie High School.

■ From Northville, Greg Stempien, an attorney.

■ From Plymouth, John Lynch, a retired consultant for the community and business relations division at Washtenaw Community College, and Robert Omilian, a finance manager at Ford Motor Co.

■ From Westland, Michael Novak, a police officer in Livonia.

The replacement will serve through June 30, 1999.

Board members must reside in the college district and be a registered voter. The college district includes the Plymouth-Canton, Livonia, Garden City, Clarenceville, Northville and part of the Novi school districts.

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knowledge

Lutheran High honor roll listed

The following students was named to the honor roll at Lutheran High School Westland.

High Honors 4.0 - 3.80. They and their grade-levels are: Anthony Adamczyk 9, Erin Bahr 9, Nicole Bartos 9, Brian Block 10, Jennifer Bohn 9, Joseph Bossard 9, Phillip Bossard 12, Mary Ann Boyer 9, Brett Braun 9, Kellie Buczek 10, Jonathan Burkee 9, Sarah Burkee 11, Heather Chisolm 12, Jason Davis 10, Holly Foreman 9, Andrew Glieman 10, Jessica Gomułka 10, Elizabeth Graham 10, Sarah Habitz 11, Thomas Habitz Jr. 11, Heather Haller 10, Carly Higgins 10, Sarah Hintz 9, Rebekah Hoffmeier 11, Sarah Hoffmeier 12, Chad Janetzke 12, Christopher Jung 10, Jennifer Kamin 10, Ellen Kimmel 11, Mary Klosterman 12, Ian R. Mackenzie 10, Melanie Marshall 11, Alicia Martin 9, Steven McFall 10, Joshua Meyer 10, James Molnar 9, David Moore 9, Melissa Morgan 10, Robert Murdock 9, Christopher O'Brien 12, Renee O'Brien 10, Christen Rae 12, Emily Reinke 9, Bryan Richard 9, Stephen Richert 9, Anna Rolf, 10, Brian Rose 11, Amanda Sales 10, Ellen Schaut 12, Deborah Schott 11, David Schultz 10, Carolyn Schulz 9, Anna Schwede 11, Andrea Silva 9, Christopher Szarek 12, Elizabeth Unger 10, Sarah Vetting 10, Aimee Weber 12, Bradley Woehlike 12, Lisa Woodford 10 and Megan Zehel 12.

Honors 3.79-3.50. They are: Jessica Anthony 11, Karie Azzopardi, Michael Baltz 12, John Baseley 9, Michael S. Bordach 9, Jessalyn Bowman 12, Lindsey Bowman 9, Beth Buehler 9, Amylee Chiasson 10, Brent Chisolm 9, Kelly Clark 9, Caleen Crandell 10, Farrah Davis 12, Bridgett Doherty 10, Kevin Ellis 12, Brandon Engel 9, Eric Falkenberg 12, Sarah Fish 9, Michael Fisher 12, Erica Ford 11, Michael Foster 12, Robert Fox 12, Erich Fritz 9, Andrea Gadowski 10, Carrie Gergely 12, Sharon Greer 11, Natalie Hansen 9, Jake Hatten 12, Katie Heiden 11, Sarah Hermann 10, Julie Hoyer 12, Lisa Hunsaker 10, Kathryn Janetzke 11, David Jordan 9, Emily Kamrath 9, Jonathan Kissinger 9, Nicholas Krywy 9, Andrew Lakin 9, Jennifer Linville 12, Adam Long 9, Stephanie Lynch 11, Emily McGuigan 10, Andrew McHalpine 9, Matthew Meyer 12, Joshua Moldenhauer 10, Stacey Mosser 10, Sarah Nagy 12, Ryan Ollinger 11, Kevin Packard 9, Cheryl Polkinghorne, Timothy Pollitt 12, Matthew Rae 9, Stephanie Reister 12, Michael Ripke 12, Chelsea Romero 10, Melanie Rosa 10, Kristine Rose 9, Nicholas Ruest 12, Rebecca Salo-Matyas 9, Jessica Sassewitch 12, Lindsay Smith 12, Brandyn Taipalus 9, Phillip Timm 12 and Samuel Zuke 9.

Honorable Mention 3.49 - 3.0. They are: Alyssa Bandyk 9, Derek Bias 9, Tera Bias 12, Michael Boyer 11, William Brackett 10, Jennifer Bryant 9, Dustin Campbell 12, Brian Clark 10, Ingabritt Daniels 12, Jennifer Dash 10, Kierra Decker 12, Mark DeFrank 10, Kevin Devries 12, Kyle Difatta 12, Andrew Ebendick 12, Mary Ebendick 9, Sarah Edwards 9, Scott Ellis 11, Gordon Engel 11, Christopher Ericson 12, Justin Ericson 10, Christopher Fabris 11, Jeremy Fabris 9, Ernest Fackler 9, Seth Faerber 10, Aaron Fant 10, Ian Ferrell 10, Drew Gerdz 9, Rachel Gergely 9, Monica Gyorke 10, Adam Haller 9, Jeremy Haney 12, Benjamin Hieden 12, Charles Hoefft 10, Paul Ikonen 11, Kristen Kamin 11, Stephanie Kamrath 11, Brandon Karsen 10, Heidi Kaye 10, Diane Kelly 9, Jillian Kemp 9, Krysta Killmar 10, Michelle Kitzinger 11, Ashleigh Klehm 10, David Kostelnik 9, Christopher Latimer 12, Jessica Lebeau 9, Scott Lonsdale 10, Kimberly Lowell 9, Troia Lyles 11, Kimberly Lynch 9, Sarah Marody 10, Aaron McDowell 10, Jason McFall, Andrew McLaughlin, Renee Meyer 11, Jessica Montgomery 10, Michael Moser 10, Ryan Moser, Bradley Nollar 9, Christopher Okon 10, Kathryn Prieb 10, Deborah Priskorn 12, Troy Pugliese 12, Rachael Rembo 12, Daniel Richert 12, Nicholas Sapkiewicz 12, Koki Sato 11, Amber Schalk 12, Christoph Schauwecker 10, Kristen Schonsheck 9, Amanda Schumacher 10, Kathryn Shields 12, Randolph Spencer 12, Brett Thurman 11, Michelle Tierman 10, Deborah Unger 12, Sarah Voigt 12, Ronald Watkins 10, Michelle Wiersig 12, Brian Woehlike 9, Courtney Zagrodnick 10 and Christine Zink 10.

As space permits, the Observer & Eccentric Newspapers print, without charge, announcements of class reunions. Send the information to Reunions, Observer & Eccentric Newspapers, 36251 Schoolcraft, Livonia 48150. Please include the date of the reunion and the first and last name of at least one contact person, and a telephone number.

BELLEVILLE
Class of 1988
A reunion is planned for Sept. 19.
(800) 677-7800

BLOOMFIELD HILLS LAHSER
Class of 1987
March 21 at Doubletree Guest Suites, Southfield.
(248) 360-7004, press 2
Class of 1978
Aug. 1 at Somerset Inn, Troy.
(248) 366-9493, press 3

CHERRY HILL
Class of 1983
Reunion and alumni family picnic is planned for August.
(734) 729-6783

DETROIT CASS TECH
Class of 1968
Looking for classmates for a reunion.
Pam Yee Gianola, 1243 Smith Road, Beulah, Mich., 49617-9493 or e-mail at mie-nai@attis.com
Class of 1988
Is looking for names and addresses of classmates.
(313) 896-0736, (313) 859-0261 or (313) 882-1632
Class of 1978
Is planning a reunion.
(248) 442-9320, by fax at (248) 442-8830 or Sharon Law-Williamson, 28479 W. Seven Mile Road, Livonia 48152

DETROIT KETERING
Class of 1978
Is planning a reunion.
Send name, address and tele-

phone number to Chrystal Esaw, 27930 Berkshire Dr., Southfield 48076, or call (248) 358-5236, (313) 626-8667, (313) 839-9858 or (313) 372-3169

DETROIT PERSHING
Classes of 1949-53
Are planning a reunion.
(248) 471-5609 or P.O. Box 530-244, Livonia 48153-0244
January-June classes of 1952
A fall reunion is being planned

CLASS REUNIONS

A reunion is planned for Aug. 8.
(800) 677-7800

HAZEL PARK
Class of 1978
Is planning a reunion.
(800) 677-7800

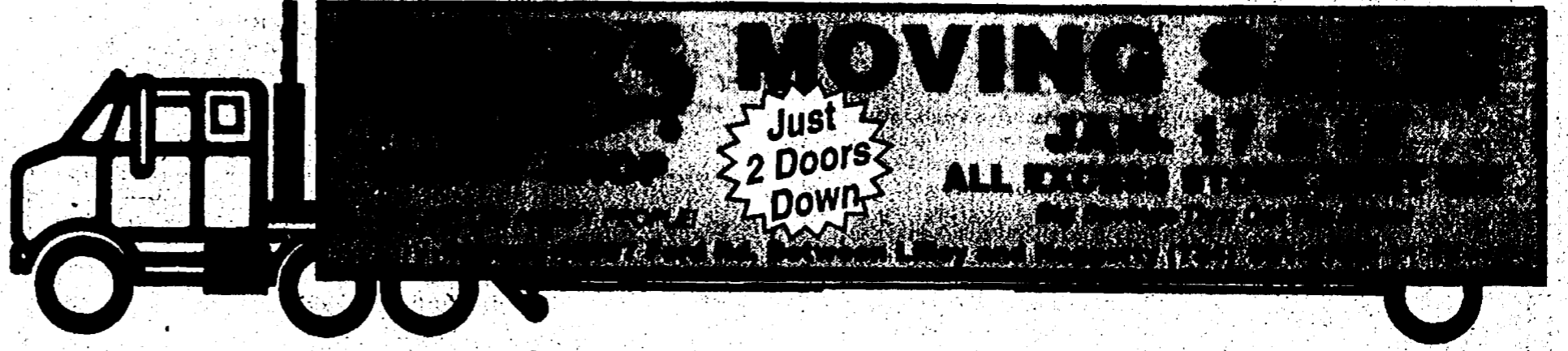
HIGHLAND PARK
Class of 1969
Is planning a reunion.
(313) 864-5943, (313) 583-5418 or (313) 867-3201
Class of 1978
Is planning a reunion for July.

Fax info to C. Jones (313) 836-5302 or write to HPCBS reunion committee, c/o P.O. Box 760484 Lathrup Village, MI 48076.

MADISON
Class of 1948
Is planning a reunion.
(248) 548-5470 or (310) 264-9191

OAK PARK
Classes of 1957-59
Is planning a reunion for November.
(248) 559-1746 or (248) 354-0092

PLYMOUTH CANTON/SALEM
Classes of 1988
A joint reunion is planned for June 20.
CEP Class of '88, P.O. Box 5356, Plymouth 48170
ST. ALPHONSE
Class of 1958
A reunion is being planned.
(513) 878-7483 or (734) 455-1277
ST. HEDWIG HIGH
Class of 1958
Is planning a reunion.
(734) 953-1011



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The Standard for Quality of Life in Assisted Living

SPOTLIGHT ON Orthodontics by Josephine Finazzo, D.M.D. SEEING IS BELIEVING. While it is generally recommended that children see an orthodontist beginning at about age seven... The American Association of Orthodontists recommends that every child visit an orthodontist by age 7 or earlier...

CITY OF GARDEN CITY. PLEASE TAKE NOTICE that at a Special Council Meeting of Monday, January 5, 1998, The City Council of the City of Garden City did adopt the following: NOTICE OF ADOPTION RESOLUTION #12-97-508 SCHEDULE OF REGULAR COUNCIL MEETINGS FOR THE CITY OF GARDEN CITY 1998

VIC'S DINER FAMILY RESTAURANT. 5662 Middlebelt • Garden City. 1 Block North of Ford Road (734) 427-5338. Open Mon.-Sat. 7a.m.-10p.m.; Sun. 7a.m.-3p.m. Look for our NEW specials! BEST FOOD IN TOWN! LUNCH SPECIAL: Any sandwich on our menu (includes Soup Bar...2 soups daily!) only... \$2.99. DINNER SPECIAL: 7 Different Complete Dinners to choose from: Stuffed Cabbage • Veal Cutlet • Meat Loaf • Fish & Chips • Shrimp & Chips • Liver & Onions • Chicken Kabob. (includes Soup Bar...2 soups daily!) only... \$3.99.

2 UNIQUE



KELLI LEWTON

Let's spill the beans about coffee

Swiss mocha, raspberry, vanilla fantasia, double nut fudge, almond bliss, Hawaiian rhapsody, hazelnut, chocolate, chocolate caramel just to name a few. What could all these flavors have in common? Ice cream? Let me give you more lingo ... single, double, cap, with a hat, diablo, mothers helper, joe, java ... all AKA coffee.

Those little brown beans seem to be going through a metamorphosis. You could be sipping your latte in a rustic Vail-like ski lodge surroundings with stone, wood and a fireplace without ever leaving town at Caribou Coffee. Perhaps you enjoy sipping your joe while surfing the net at the Cyber Cafe or a good book and good company can be enjoyed 24 hours at the Lone Star. For a great decaf cappuccino on a comfy couch and a little jazz to add to the experience, try the Coffee Beanery.

Yep, I'm talking about the coffee shops of downtown Birmingham. Just when you thought, how many bean shops can one small town support? The largest U.S. coffee chain is moving into town ... Starbucks! Not only is there the traditional shops in the neighborhood, you can also pick up cappuccino at the Mobil station or drive through the newly opened "Joe to Go," of unique design, neighboring Birmingham on the west side of Woodward to get your favorite brewed drink of choice. Wow, so many choices! We're coffee crazy!

On an average, a regular house coffee (i.e. brew of the day without any modifications) will start around \$1.35. A cup of specialty coffee of cappuccino will start around \$2.25 and depending on what you add to it, such as flavored syrup, etc. can go as high as \$4. The Specialty Coffee Association reports there are more than 7,200 coffee outlets in the United States. The morning drink of yesterday has become an American ritual of unique concoctions, experiences and romance. We have become informed consumers that are looking for great quality, freshness and taste. In some ways it parallels the microbreweries presence of the past decade. We seem to have a hankering for the rich European tastes of the past vs. the stamped out, mass-produced products of today.

History

As rich as coffee is in taste, it is also rich in history. Historians have traced its discovery to the 10th century and even believe cultivation may have begun as early as AD 575. One of the earliest recorded legends report that a young Abyssian goat shepherd witnessed his goats eating these green colored berries which seemed to cause the goats to "dance" or frolic about. Actual coffee cultivation was rare until the 16th or 17th century when extensive planting of the tree occurred in the Yemen region of Arabia. Coffee consumption increased in the 17th century with Dutch colonies and the French transplanting to the island of Martinique in the West Indies, which was the genesis of the great coffee plantation of Latin America.

The soil in which coffee is grown must be rich, moist and absorbent enough to accept water readily but sufficiently loose to allow rapid drainage of excess water. The best soil is composed of leaf mold, other organic matter and disintegrated volcanic rock. Although coffee trees are damaged easily by frost, they are cultivated in cooler regions where temperatures range from 13 degrees to 26 degrees Celsius. Coffee plantations are usually maintained at sea level to the tropical frost level at about 1,800

Please see 2 UNIQUE, B2

LOOKING AHEAD

What to watch for in Taste next week:

- Focus on Wine
- Meat loaf

One size fits all

BY PEGGY MARTINELLI-EVERTS
SPECIAL WRITER

"To lengthen thy life, lessen thy meals" - Benjamin Franklin

Obesity is an epidemic of alarming proportions and contributes to a number of serious health risks. One out of three Americans is considered overweight and the numbers keep growing. Sad but true, our children are growing up fat, too. The most dangerous aspect is that they will grow up fat and have a shorter life span, not to mention the psychological problems for overweight kids.

The new year brings new opportunities and goals. But really, how much new diet advice can you stand. Weight loss is the subject of literally hundreds of books, and stories about losing weight appear regularly on television, and in newspapers and magazines.

Overweight refers to an excess of total body weight including fat, bone and muscle. A football player or weight lifter would probably be considered overweight though not necessarily obese. Obesity refers specifically to an excess of body fat. Americans eat less calories today than we did at the turn of the century, but due to labor saving devices, we are fatter because we're less active.

At least 25 percent of us have a sedentary job, do no heavy house or yard work, do not pursue any sport or fitness program and avoid physical activity during the day. We take elevators whenever possible and drive to the corner store. Weight gain seems inevitable.

Are you overweight? The pounds can add up over the years and before we know it, we're risking our health with unneeded weight. An easy way to tell if you're in the "safe" zone is to test your Body Mass Index.

Multiply your weight in pounds by 705. Divide this number by your height in inches and divide this again by your height in inches. The number you will get will be somewhere in the 20s unless

you're extremely over or underweight. The higher your BMI, the higher the risk. The lowest death rates are for people with BMIs of 27 or lower.

Some say a BMI of 25 or lower for those under 35 and 27 for those over 35. However, this implies that it is OK to gain weight as we age, which is not necessarily healthy.

The idea that obesity is linked to illness was confirmed in 1959 when Metropolitan Life Insurance Co. of Chicago published the "Metropolitan Life Standards" on its baseline weight table. The company concluded that the fatter the person, the more likely that person will die prematurely.

Today, the generally accepted standard for appropriate weight is the 1983 Metropolitan Life Table, which allows for more weight gain than the standards of 1959. However, research shows that the lowest mortality rates are found in the 1959 table with the lower body weights.

Body fat distribution concentrated in your abdominal region, the so called "apple shape" is associated with higher risks of heart disease and diabetes and is worse for you than "pear" shaped fat concentration. No matter what your fat pattern distribution, excess body weight is unhealthy.

Analyzing the situation

Looking at various methods of weight loss and weight control can be as confusing and intimidating as setting up a financial plan. But, because obesity is a major epidemic and contributes to alarming health risks, it is worthwhile to take an "academic" approach to weight management.

Consider the following:

- There are many weight-loss programs. From do-it-yourself books and work site programs, to

commercially franchised programs to licensed professionals. No matter which program you chose, you should have a good understanding of the program components and what to expect from any maintenance phase.

Evaluate the program with regard to its approaches to diet, exercise, behavior modification and use of drugs or surgery as treatment. Decide whether the time is right for you to devote your attention and effort to succeed.

■ Drug therapy, if used, must be continued long term to work. However, many drugs have side effects that some people are not willing to endure. Drugs should only be used with people who are medically at risk for other health programs.

■ Focus your efforts on weight management, and not just weight loss. If weight management is the goal, then good health will be achieved.

■ Some of the best predictors of success at weight loss or weight maintenance include:

- High initial body weight
- Regular and consistent loss early in the program
- Having positive social support
- Having a positive, problem solving attitude toward life's stresses
- Engaging in regular physical activity
- Regular eating patterns with control of calories
- Ongoing self-monitoring (of intake, weight, etc.) and other behavior modification techniques
- Confidence that you can achieve a goal

Time for a lifestyle checkup

Benjamin Franklin was right when he said - "To lengthen thy life, lessen thy meals." It is a simple truth but something that is much easier said than done. As the new year gets under way, many of us make resolutions.

We will eat healthier, lose weight, spend less money, devote more time to family and friends, take time to relax, etc. I suggest

that instead of making resolutions that are difficult if not impossible to keep, we should strive to make lifestyle changes that will benefit us this year, and throughout our lives.

If we are overweight, it is time to change our eating habits. Sometimes that means making lifestyle changes that affect not only our food intake but the way we spend our time and money as well.

Joe Sarafa, president of the Associated Food Dealers of Michigan, has some simple suggestions that may inspire you. And, as you might expect, they all begin at the supermarket.

■ Eat healthier and lose weight - Sarafa says it's time to eat more meals at home. He's right, it is easier to eat correctly when you prepare the food yourself. After all, when was the last time you saw a grapefruit on the menu at a fast food drive-in window? If you or anyone in your family falls into the danger zone on the BMI test, then weight loss should be a priority.

Eating at home, or at least preparing your meals at home and packing them (for school or work) can help. When we make our own sandwiches, salads and main courses we take charge of what we eat.

■ Devote more time to family - Adding structure to our chaotic lives is a priority of many people. Planning and making meals together with other family members can help. Sarafa suggests getting everyone involved. Include children in menu selection; ask them to find interesting recipes in magazines and cookbooks; let everyone into the kitchen during meal preparation time. Teaching children about good nutrition with hands-on kitchen experience will set them up for a lifetime of healthy eating habits.

■ Spend less money - If you eat less, you will probably spend less money. However, I suggest you take this a step further. Look at

Please see **SIZE**, B2

'Cuddle' foods comfort, warm on cold nights

MAIN DISH MIRACLE



MURIEL WAGNER

When the thermometer sinks below freezing, my food fancies turn to all the "cuddle" foods - soup, stews and chilies. These are foods that warm the long, cold nights and seem to add sunshine to cloudy winter days. My patients always ask how to prepare these one-dish meals the "Eating Younger" way.

I picked this recipe to share with you because of its flavor, nutrition values and freezer friendliness. It's an adaptation of a Julia Child recipe. Need I say more about the taste?

I reduced the fat and saturated fat by substituting a well-trimmed cut of top round of beef for the chuck cut in the original. I'm sure you know that those fatty streaks in the meat muscle, known as "marbling," determine tenderness. The more streaks, the moister and more tender the cut, but also the higher the fat. To overcome the lack of fat, this lean cut of meat is cooked for a long time in wine and broth which will

act as both tenderizer and flavor enhancer. (I cut up my own meat for stew because I like to serve recognizable meat pieces. When I use the ready-cut stew beef, it seems to disintegrate into unrecognizable shreds.)

Stew has other health advantages. The delicious gravy in this recipe makes the recommended 3-ounce portion seem much larger, especially if it's served with a pilaf - like the accompanying Barley Pilaf. Did you know that barley has more soluble fiber than almost any other grain? There's a quick-cooking variety that makes it easier to prepare than rice or potatoes. The barley is cooked in broth so that you don't need fat for flavor and the sliced water chestnuts add the crunch of nuts without the fat.

In the original recipe you discarded the vegetables after they were cooked. I found that pureeing them and adding them back to the cooking liquid added additional flavor, not to mention nutrition values.

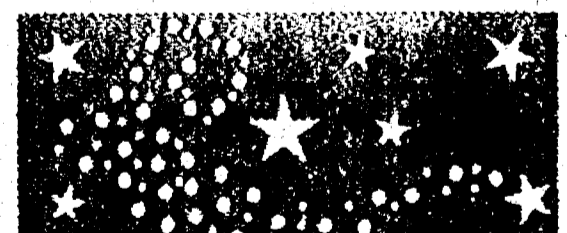
The Red Zinfandel wine imparts a distinct flavor to the recipe. This is a fruity red wine, not too expensive. It's worth a trip to a specialty store if it's not available at your regular market. If

wine isn't part of your diet, substitute more of the beef broth with a dash of apple juice.

This recipe is one of my favorite company dishes. While it takes a long time to cook initially, I can arrange to cook it at my leisure and freeze it. It's a snap to defrost and prepare the seasonings for the gravy. It makes a perfect company main dish because you can keep it on simmer almost forever. What a super dish for a Super Bowl party.

BEEF ZINFANDEL

- 4 pounds boneless round steak, 1-1/2-inch thick
- Cooking oil
- 3 cups low-sodium beef broth
- 2 cups sliced onions
- 2/3 cup sliced carrots
- 16 ounce can whole plum tomatoes
- 3 cups Red Zinfandel wine
- 1 teaspoon thyme
- Cornstarch (1 tablespoon of cornstarch per cup of cooking juice)
- 2 large heads of garlic
- 1/2 cup white wine of your choice
- 1/2 cup low-sodium beef broth



Trim beef of remaining fat. Cut beef into 1-1/2-inch by 2-inch cubes. Dry thoroughly. Coat a skillet with an oiled paper towel. Brown meat on all sides, adding beef broth to prevent sticking. Remove meat to a 4-quart casserole dish. Add onions and carrots to skillet and brown lightly. Add to meat. Cover beef with tomatoes, red wine, bouillon and thyme. Bring to a slow simmer on top of stove or in oven at 325 degrees F. for 1-2 hours until fork tender, basting the meat. Pour contents, except for meat, into a colander set over a sauce pan. Press juices out of vegetables. Puree the remains in a blender or processor. Add puree to juices. Add to rest of the cooking liquid and cook until slightly thickened. Pour over the beef. Stew may be frozen at this point.

To flavor the gravy: Separate and

Please see **CUDDLE**, B2

Pizza – New ways to enjoy an old favorite

Faced with the hypothetical fate of "life on a desert island" with just one type of food, many Americans would pick pizza. Adorned with its traditional toppings of cheese, sausage and pepperoni, pizza is not widely recognized as a wholesome food, but it does hold potential. Specialty pizza restaurants, not to mention homemade pizza chefs, have developed a wide variety of pizzas that are both delicious and nutritious.

Whether you make the dough yourself or choose refrigerated or frozen dough, packaged mixes or pre-baked crusts, it's what you put on top that makes the pizza. Making sauces and toppings with a limited amount of oil is a good start.

Keep high-fat cheese to a minimum, sprinkling the crust lightly with part-skim mozzarella for low-fat soy cheese. Use plenty of low-fat toppings including fresh vegetables, lean poultry or shellfish and beans.

You can make a Mexican pizza with black, kidney or pinto beans. Brown the pizza crust and spread with a spicy tomato sauce or even a chunky salsa. Top with beans, grated, reduced-fat Cheddar cheese and chopped cilantro before baking. Create a Tuscan chicken pizza using bite-sized pieces of chicken breast, finely chopped green onions, roasted red peppers and small amounts of grated Parmesan and part-skim mozzarella cheese.

You'll never think of salad the same way once you've had a Caesar pizza. Lightly brown a pizza crust and sprinkle it lightly with grated Romano cheese. Bake until the crust is hot and well-browned. Remove from the oven, and spread with a tossed mixture of lettuce pieces, diced tomato, light Caesar dressing. Sprinkle with Parmesan cheese and serve at once.

Don't be afraid to experiment with new pizza varieties. Use roasted red, green and yellow pepper strips, along with red onion slices, to create a boldly flavored, eye-catching pizza. Go wild with a mushroom pizza that includes shiitake, portobello and oyster varieties. Chunks of eggplant and onions cooked with garlic and ginger bring Asian flavor to a pizza crust topped with a low-fat black bean sauce and sprinkled with cilantro.

GREEK PIZZA

1 pound turkey cutlets, cut into thin strips

Quick quesadillas

To spice up your winter and energize your body, turn to main-course grain dishes like Caramelized Onion Quesadillas. Ready in about 30 minutes, this dish is lower in fat than traditional Southwestern flare and high in complex carbohydrates – a perfect combination for zapping away winter doldrums.

CARAMELIZED ONION QUESADILLAS

1 tablespoon olive oil
1 medium red onion, thinly sliced
4 green onions, sliced
2 cloves garlic, chopped
1 teaspoon cumin
1/2 teaspoon cayenne powder
1/4 teaspoon dried oregano
1 tablespoon lime juice
Four large (10-inch) tortillas
2 cups reduced-fat shredded cheese (combination of Cheddar, jalapeno, Monterey jack or other spicy cheese)
Optional: Salsa, guacamole and sour cream

Heat oil in skillet over medium heat and saute onions and garlic until softened, stirring occasionally, about 10 minutes. Stir in cumin, cayenne and oregano. Remove from heat and stir in lime juice. Place two tortillas on a baking sheet. Spread the onion mixture equally on the two. Sprinkle with equal amounts of cheese. Top with remaining tortillas and bake at 400 degrees F for about 8 minutes until the edges are golden. Let stand 5 minutes and cut each into sixths with a pizza cutter. Garnish with salsa, guacamole and a teaspoon of sour cream if desired. Makes 4 servings.

Nutrition facts per serving: 220 cal., 26 g carbo., 8 g fat, 18 g pro., 3 g fiber, 190 mg sodium.

Recipe from: Wheat Foods Council

2 cups thinly sliced onion
1/4 cup chopped fresh parsley
1 teaspoon lemon pepper
1 teaspoon minced garlic
1 teaspoon dried oregano
2 teaspoons olive oil
1 package frozen bread dough (or 12-inch thin crust Italian bread shell)
1 cup chopped tomatoes
6 Kalamata olives, pitted and sliced
6 ounces feta cheese, crumbled

In a large bowl, combine turkey strips, onion, parsley, lemon pepper, garlic and oregano.

In a large non-stick skillet, over medium-high heat, saute mixture in oil 5 to 7 minutes or until turkey is lightly-browned and no longer pink in the center. Place pizza shell on a large baking sheet. Top with turkey mixture, tomatoes, olives and cheese.

Bake at 450 degrees F. for 10 to 12 minutes, until the crust is heated through and the cheese is

slightly melted.

Nutrition Information: Each of the 6 servings contains 328 calories and 11 grams of fat. Information for this article was provided by the American Institute for Cancer Research.

For a free brochure with recipes from around the world that can help you create meals to lower your risk for cancer, send a self-addressed, stamped (65 cents postage), business-sized envelope to the American Institute for

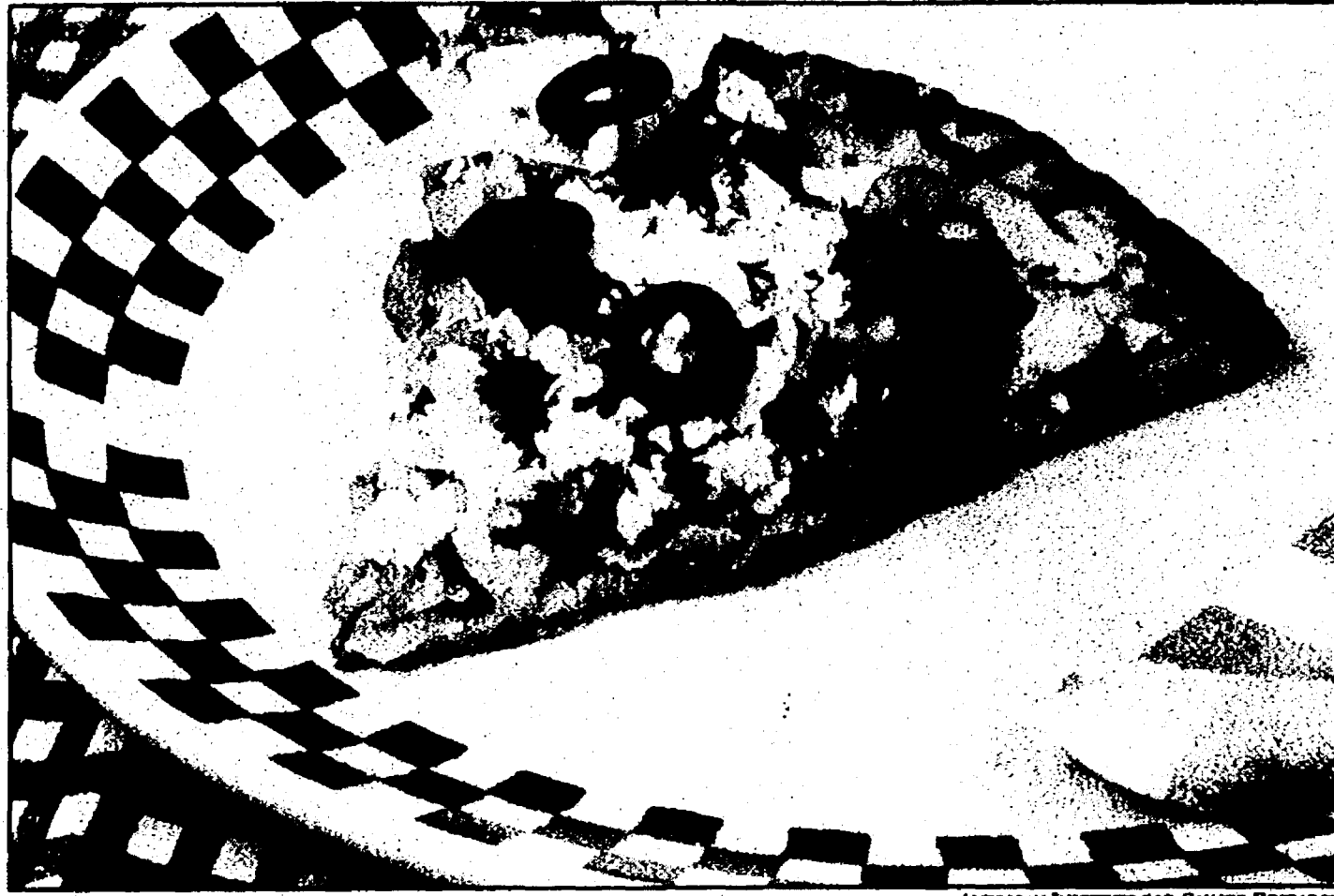
Cancer Research, Dept. AW, P.O. Box 97167, Washington, DC 20090-7167.

The material in "Good Food/Good Health" is reviewed by Melanie Polk, MMSC, R.D., L.D., F.A.D.A., Director of Nutrition Education, American Institute for Cancer Research

The American Institute for Cancer Research is the only major cancer charity focusing exclusively on the link between

diet, nutrition and cancer. The institute provides a wide range of consumer education programs that have helped millions of Americans learn to make changes for lower cancer risk. AICR also supports innovative research in cancer prevention and treatment at universities, hospitals and research centers across the U.S.

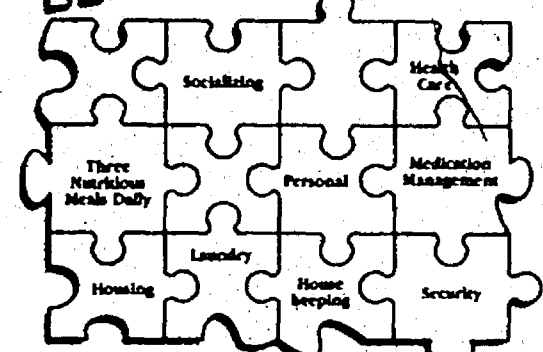
The institute has provided almost \$42 million in funding for research in diet, nutrition and cancer. AICR's Internet Web address is <http://www.aicr.org>



Family favorite: Greek Pizza uses lean turkey, along with the sunny Mediterranean flavors of tomatoes, olives, lemon and feta cheese to produce a meal your whole family will enjoy.

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- Livonia Health Center
2027 Farmington Road

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- Plymouth Health Center
33000 Plymouth Road

World Wide Web

- www.umh.org

Where can I find?

This feature is dedicated to helping readers locate sources for hard-to-find merchandise in the marketplace. If you've seen any of the items in your retail travels (or basement) please call Where Can I Find? (248) 901-2555. Slowly and clearly, leave your name, number and message, and you should see your input in the following Sunday's column.

What we found:

- A silver Christmas tree and revolving color wheel for Sally. Also KLS Electronic on Schoolcraft in Livonia sells the color wheel.
- Bottom Better Diaper rash cream can be found at Lytle Pharmacy in downtown Rochester or Meijer's in Canton.
- Video transfer box is sold at ABC Warehouse and Adray Appliance in Dearborn.
- The recording of Little Drummer Boy by Bing Crosby and David Bowie is on a CD "Edge of Christmas." OGLIO records is the producer.
- The game Tric Trax is made in Sweden by Brio Company. It can be ordered through Muriel Doll House in Plymouth.
- A brown haired Barbie for Linda of Troy was spotted at J.C. Penney, Summit Place mall in Waterford.
- Jil Sanders cologne for women is sold at Saka Fifth Avenue at Somerset Collection South. Try there also for the men's cologne.
- Karen has offered a suggestion to Myron: her grandmother taught her to darn socks by using a burned out light bulb. Stretch sock over light bulb and darn. Or try Greenfield Village or Huckleberry Railroad, they have them on display and might sell them. Or try the Royal Oak market on Sundays, one of the booths might have them.
- We found two people who can crochet a sombrero for a Tabasco bottle!
- The person who wanted the A&P dishes please call, Candy has a set.
- Found mens denim bib overalls in J.C. Penney's Big & Tall catalog.

We're still looking for:

- A store that sells Christmas card address and record books for Mickey.
- Men's one- or two-piece pajamas with a seat for Carol of Westland.
- For Linda, nail products called Mavala found in drug stores.
- Barby is looking for a 1953 McCalls Giant Golden Make-It books and a game Survivorshot.
- Bodycology Cool Blue Eye Gel for Chris.
- Fine crochet cotton size 30, 40 or 50 for Gerri.
- A 3 or 4 foot Raggedy Ann doll reasonably priced for Nancy.
- Cheryl is looking for a 1960 board game WA-HOO, similar to the game Trouble, it has an Indian theme.
- Replacement blades for hair wares.
- Pat is looking for four dark green and four raspberry cloth napkins by Vera, there is an one-half inch row of holes from the edges - and a white Hummel nativity set, Madonna, shepherd and the animals.
- John is looking for the hilarious song that J.P. McCarthy used to play on his radio show. It was called "Charge of the Lite Brigade and the Bugler." He'd be willing to donate to the J.P. Foundation.
- Linelle is looking for the game of Pit.
- Barbara is looking for Shiny Sinks Plus.
- Patricia is looking for Anucci perfume; it was a Neiman Marcus line.
- Need a pattern for a Red Wings afghan.
- Laura would like Uncle Dan's Potato Chips. She used to get them at a party store in Livonia.
- Sharon would like Night Spice cologne by Old Spice.
- Edna wants the starter kit for Amish Friendship bread.
- Still looking for card game Hotel, Kismet dice.
- A Mrs. Beasley doll for Shannon of Garden City.
- Janet would like dresses named Chez; they were carried at SYS on Southfield Road but they are no longer in business.
- A microwave turntable that comes apart for cleaning for Shirley.
- Edwin Jeans for girls and Big Ben jeans for boys for Karen.
- Kathy needs all solid color borders including black. She saw them on display but can't remember where.
- Looking for a book and record from the late 60's called Shy Trunky, it's about an elephant.
- The correct address for E.J. Danish modern chair cushions.
- Debbie is looking for a Mary Mag power doll hour from the early-mid 60s on magnetic stilts in its entirety.

SHORT ON CASH?

- \$20-30 hr.
 - ASTHMATIC adults between the ages of 18-45
 - Participate in a GM study evaluating the effects of air bag effluents!
- Interested? Call Terrie at 810-986-6470.

Dentistry in the 90s

by Herbert M. Gardner, D.D.S. & Martha P. Zinderman, R.N., D.D.S.

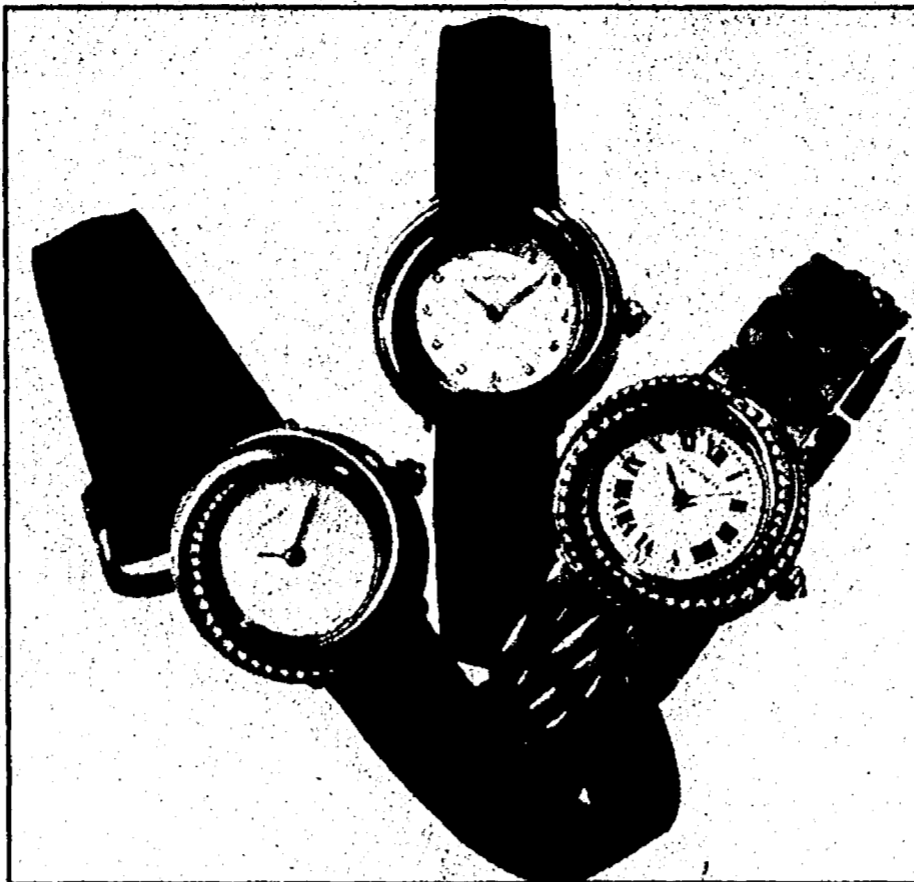
DIGITAL RADIOGRAPHY

The new technology known as digital radiography uses a radiation detector to form an electronic image of a patient's teeth. This image, received by a television camera, is transmitted to a computer in digital form or stored in the computer memory. Thus, the images can be viewed immediately on a monitor, or they can be recalled at a later time. This digital information can also be manipulated. Subtraction radiology uses digital imaging to subtract an earlier image from one taken later. This provides the dentist with a useful tool in the detection of periodontal disease. Digital radiography also provides the advantage of being able to be taken either from within, or outside, the mouth.

Modern medicine is called that because of the remarkable treatments now possible from advances in technology. Presently, there is an avalanche of new technical advances for dental care. That offers more tooth containing approaches than ever before. At LIVONIA VILLAGE DENTAL ASSOCIATES, our office is the future of dentistry today. We're located at 19171 Merriman Road, where we are happy to show you our technology and explain what it means to your dental health and wellness. Please call 478-2110 to schedule an appointment. Smiles are our business.

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P.S. Subtraction radiographs can help identify bone loss in the avicular bone surrounding tooth roots.



Trinity by Cartier: This design, created to commemorate Cartier's 150 year in 1997, features a new interpretation of the Cartier rolling ring of three different golds, interwoven to symbolize love, fidelity and friendship. It's available at 21 U.S. Cartier boutiques

Survey reveals shopping 'averages'

How "average" are you and your family when it comes to shopping?

A recent poll of 22,000 shoppers by the New York-based International Council of Shopping Centers revealed these surprising statistics:

- Consumers make an average of 39 shopping trips annually.
- Average mall visits now last about 76 minutes.
- Teens are among the malls' most fervent shoppers, spending \$40 on average, during each visit.
- Teens top the list of most-frequent shoppers with 54 mall visits per year; followed by senior citizens with 50 visits and Hispanics with 47 visits. The least frequent shoppers are folks ages 25-34 with 33 visits.
- Teens stay the longest (90 minutes) followed by Asians (82 minutes vs 69 minutes for Afro Americans. Females stay longer than men (81 minutes vs 66 minutes.)
- Shoppers spend an average of \$59.25 per visit. The biggest winners are department stores which take in \$28.50 of that sum. Food courts ring in \$3.20 of that dollar amount. Mall shops do well with \$27.50.
- Malls ring the most sales from 18-54 year olds (\$29 to \$32).
- Department stores have the highest sales per person among shoppers ages 35-64 at \$34-\$40.

-Courtesy of Northland Center, in Southfield

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Gift plans

Why men feel good about buying ladies watches

BY DENISE RODGERS
SPECIAL WRITER

Men like to buy their women watches. This is one of the truths I discovered during the years I worked in my family's jewelry store. It makes a certain amount of sense. A man knows that his wife or girlfriend would like a gift of jewelry. After all, jewelry is the perfect gift to show commitment and adoration. What woman alive doesn't want to be adored by a committed significant other?

But the man comes into the store ready to buy a watch because he has a complete lack of belief in the value of fine jewelry. To many men — certainly not all of them, but a vast number of Tim Allen-types — jewelry is an overrated and highly expensive gift form.

went to the jewelry store to purchase a gift.

If the sales help is savvy, they'll recognize a way to be of help — and increase their sales at the same time. They will cautiously and helpfully introduce the man, who might be as thrilled about shopping in a jewelry store as he would be at the lingerie counter, to jewelry.

They might explain the over 3,000-year old veneration of gold and precious gems, appealing to his sense of history and value. They might explain that gold is so rare that only an estimated 102,000 tons have been taken from the earth by man so far, according to the World Gold Council. (According to these figures, more molten steel is poured in one hour than gold has been poured since the beginning of recorded time.)

It's useless, serving no function beside depleting his checkbook balance. It is the cause of one of those men from Mars-women from Venus splits. Women want jewelry and some men just can't understand why.

Enter the watch. It has function as well as form. It does something: it tells time! And some of the fancier models tell the day and date and may even have a stop watch (though those gizmo-heavy models aren't likely to have much appeal to the typical woman).

The male gift-buyer is in heaven. He can purchase a gift at the jewelry store that appeals to his sense of the practical.

Depending on his choice, the watch may be a successful gift. Like jewelry, watches reflect a wide range of personal style — sporty and durable, fashionable and delicate, bold, formal, dressy, casual, stylish — you name it. Some women like to change their watches daily to match a particular outfit.

To these women, watches are like a piece of jewelry that happen to tell time. So a gift watch, if they like the style, would be an appropriate — and appreciated — gift.

As you can see, this is not a bad thing. The giver and the receiver are both happy. And another thing has happened. The man

If his eyes don't glaze over after the history spiel, a good salesperson would then explain the enduring value of jewelry compared to other gift favorites, say cut flowers and fine chocolates. Because gold does not rust, tarnish or corrode, it lasts through generations — and yet is an affordable gift. This concept of enduring value — and affordability — might motivate the man who sees jewelry as a waste of money to change his gift-buying ways.

While not all men fit this stereotype, it does represent a rather large cross section of the testosterone set. After all, do a majority of men feel more at home shopping in a hardware store than at their local jewelers? The honest answer is probably a resounding YES! (Perhaps someone with an entrepreneurial noggin might set up a jewelry gift counter adjacent to the power tool section.)

And if not, take heart. It's the '90s. More and more women have stopped waiting for gifts from their men and are buying fine jewelry for themselves. Non-watch items, even.

In fact, women are buying themselves just about everything short of engagement rings, and I'm sure there are some exceptions to that rule, too.

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Seamstress lectures



Seminar set: Peggy Sagers, nationally recognized designer and pattern-drafting expert, of Dallas, Texas, comes to town to share her expertise for two lecture/demonstrations Jan. 17-18 at Haberman's Fabrics in Royal Oak. There is a fee for each lecture, topics include factory short-cuts, fitting slacks, pattern conversion. Reservations required at (248) 541-0010.

Brief facts from Fruit of the Loom

Fruit of the Loom put out a redesigned brief recently, along with these fun facts:

- An American man, on average, will own 450 pairs of underwear in his lifetime.
- What fruits are in the Fruit of the Loom logo? (An apple, grapes and gooseberries.)
- On average a man wears white briefs 4.4 times a week.
- A typical pair of FL's new briefs is expected to last 2-3 years.

RETAIL DETAILS

Retail Details features news briefs from the Malls & Mainstreets. For inclusion, send information to: Retail Details, c/o The Observer & Eccentric Newspapers 805 E. Maple, Birmingham, MI 48009, or fax to (248) 644-1314.

Sweater drive under way

Detroit Public Television teamed up with C.O.T.S. (Coalition on Temporary Shelter) to participate in the Mr. Roger's Neighborhood Sweater Drive, through Jan. 18 at the WTVS Stores of Knowledge at Somerset North, Troy; Lakeside Mall in Sterling Heights; and Briarwood Mall, Ann Arbor.

Shoppers are asked to donate sweaters they no longer need to those less fortunate. For more details call Jill Silver at (313) 876-8358.

Which way do you go?

In its winter bulletin, the Fashion Group International reports that 80 to 90 percent of shoppers turn to the right when they enter a store.

"The reason for this is that we receive and compute information from the left to the right side of our brains according to marketing authority Peter Drucker, quoted in the article.

Crepes anyone?

Plymouth residents have fallen in love with a new eatery in town, The Cafe Giverny at 370 S. Main. Owner Neb Brankovic said the cafe specializes in crepes and soups and is open daily from 9 a.m. to 9:30 p.m. Closed Mondays. For more details call (734) 453-6998.

Thousands view Hudson's annual holiday exhibit

More than 150,000 shoppers passed through A Christmas Carol, the animated walk-through exhibit hosted by Summit Place mall during Novem-

ber-December according to Hudson's spokeswoman Michelle Shulman.

"That's about 20-percent less visitors than last year," she said. "Regrettably, we didn't have as many student-filled busses as in the past. For Holiday 1998 we're planning a more contemporary holiday story and that might be more appealing."

The complimentary exhibit is Hudson's gift to the community, created by set and costume designers from the Guthrie Theatre in Minneapolis.

New catalog appeals to larger sizes

Junonia Ltd., markets active clothing for women who wear size 14 and up. The new quarterly publication features bodywear from Dansk Plus and Gilda Marx, swimsuits, sports bras, downhill and cross country skiwear, tennis skirts, padded bicycle shorts and golf clothing.

President Anne Kelly said "our goal is to make the smaller women jealous."

The name of the St. Paul-based catalog comes from the Roman deity, Juno, protectress of women. "In art she is depicted as a goddess of large, majestic proportion," according to Kelly, who added, "to receive a catalog call 1-800-JUNONIA (686-6642)."

New bridal store opens in downtown Birmingham

Roma Sposa, is now selling exclusive European designs for the bride, according to owner Anna Castaldi Roselli, at 722 N. Old Woodward in Birmingham.

Castaldi previously owned a bridal shop in Rome. A gown can take up to a year to make in the Old World style. They are priced from \$1,800 to \$4,500.

Current gowns-of-choice are made from a dazzling array of fine fabrics and silks including Gazar, Mikado, Georgette, Chif-



A sample of a Roma Sposa gown

fon, Duchesse and crystalline organza lace. For more details or a personal appointment call (248) 723-4300.

The shop will host a trunk show of Peter Langer creations, Jan. 29-31. Reservations are suggested.

Coffee on the run

Joe, To Go, a traditional gourmet coffee shop with an unconventional drive-thru service, is open on Woodward, one block south of 14 Mile, in Royal Oak next to Spango's Coney Island at 32889 Woodward. Joe offers its own line of pre-

mium house blends, cappuccinos, lattes and expresso along with other hot and cold beverages: bagels, scones, muffins and cookies from area bakeries. Owner Susan Vert said she's open 6 a.m. to 6 p.m. Monday-Friday, and 8 a.m. to 4 p.m. weekends.

Mall hosts winter sport collectibles show

A sports coin and stamp show runs Jan. 16-18 at Livonia Mall, Seven Mile/Middlebelt during regular mall hours. Fun for the family as visitors buy, sell and trade. Meet former Tiger Sid Monge who pitched for the team 1984-1985, Saturday, Jan. 17 from 1-3 p.m. on stage near Crowley's. Call the mall for more details at (248) 476-1160.

Magnetic jewelry out

Foes of body piercing who still like the look will want to check out a variety of styles of studs, spirals, stones, stars and spikes that let anyone have the pierced look for an hour or a day without the permanence and holes of the actual procedure.

"No Holes" Magnetic Jewelry from Gravity Free Factory, New York, has taken "piercing" mainstream. Powerful rare-earth backing magnets in the nose, behind the ear or between the lip and gum hold the jewelry securely to the desired spot.

More than a million pieces of the jewelry have been produced and sold in the past two years, according to Paige Eshelman, Gravity Free Factory's co-founder and marketing director. The line's growing popularity has led the company to more than quadruple the space of its production facility in downtown New York's TriBeCa district. The Web address is www.noholes.com, and the toll-free phone order number for consumers is 800-529-5511.

Westland Shopping Center's Sidewalk Sale - Wednesday, Jan. 14 - Monday, Jan. 19.



Come **SAVE** big bucks on a great selection of Fall and Winter merchandise **SIX** days only at Westland Shopping Center's Sidewalk Sale. These **DAYS** are ones you won't want to miss! Remember... the best buys of the season are on sale

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(Bloomfield closed Jan. 13-19)

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ARTISTIC EXPRESSIONS



LINDA ANN CHOMIN

Art heats up winter sales

More and more local development authorities and shopping districts are looking to ice carving as a way to draw customers into stores. This year alone Birmingham, Royal Oak, Rochester, and Plymouth will host events varying from simple showcases of the art to competitions with demonstrations by carvers.

Sponsored by the Birmingham Principal Shopping District, Winterfest is an exhibition of ice sculptures including a 10-block Victorian house. It takes place Thursday, Feb. 5, to Sunday, Feb. 8, in two locations: the Triangle area where Woodward and Old Woodward converge, and Shain Park, north of Merrill, east of Bates in downtown Birmingham. For more information, call (248) 433-3550.

"The idea is to bring people into the downtown area," said Dawn Booker, special events coordinator for the Birmingham Principal Shopping District. "This is our 14th year. It started off as a family fun event by The Community House. At one time it was a competition that evolved into a spectator sport which is now tied in with merchants in a sales event."

The Rochester Downtown Development Authority is gambling their first ice carving event, "No Ordinary Sale," will bring customers into the area 10 a.m. to 9 p.m. Friday, Jan. 30, and until 6 p.m. Saturday, Jan. 31. For more information, call (248) 656-0060.

"We'd talked for several years about doing something involving ice at the beginning of the year when sales are slow," said Kristina Trevarrow, Rochester DDA promotions and marketing coordinator. "We're starting small with sculptures in front of the businesses and five major pieces scattered throughout the site. If it's well accepted we'll talk about expanding it next year."

Carver J. R. Lorentz, with his partner Alison Edwards, is producing the sculptures for the Rochester event. The 35-year-old Garden City resident is rare among carvers in that he pays his bills with his skills. Lorentz works full time in a Plymouth studio creating everything from custom carvings to company logos. The majority of carvers work as chefs and instructors and carve to supplement their income.

"I like to say I've got the coolest job around," said Lorentz. "A lot of people tend to do it as a hobby or as a money maker on the side, but I love it so much I do it full time. I work together with catering companies frequently but compete against the floral market. But with an endless variety of subjects and the different ways I can light a carving, it can be a focal point for any occasion. They also can be functional as well as aesthetic."

Weddings, bridal showers, anniversaries, banquets, parties, Lorentz can

Please see EXPRESSIONS, D2



Cold as ice: J.R. Lorentz of Garden City runs a full-time ice carving business, not an easy task. He's pictured here competing in the nationals competition in Fairbanks, Alaska, last year.



Winter time cure: The Plymouth International Ice Sculpture Spectacular chases away the winter blues Jan. 14-19 as hundreds of carvers compete for \$10,000 in cash prizes and scholarships with sculptures spanning a wide variety of subject matter.

VANISHING SCULPTURE

ICE ART WARMS HEARTS OF VIEWERS

BY LINDA ANN CHOMIN
STAFF WRITER

Visitors might think they're at the 1998 Winter Olympic Games in Nagano, Japan, when they arrive at the Plymouth International Ice Sculpture Spectacular Jan. 14-19.

Aaron Costic's 20-foot-long by 15-foot-high carving of the interlocking rings, however, were meant only to commemorate the fact that five out of eight American carvers invited to the Winter Olympics will be testing their skills in Plymouth. Of those carvers, 1996 world champions Ted Wakar of Canton and Jim Bur Jr., an Eastpointe resident who grew up in Livonia and graduated from Churchill High School, will compete in the professional individual category (see accompanying story).

Michael and Sandra Watts have been working out at the gym for the last few months to prepare for the six grueling days when they coordinate the competitions making sure each of the 400,000 pounds of ice are in place and ready to carve. More than 500,000 visitors are expected to attend the event featuring professional, amateur and student carvers. Recognized as the oldest and largest ice carving event in North America, the Spectacular includes competitions, a 24-hour light show, a Family Warming Center to provide respite from the cold and hunger, and a Fantasyland of animal ice carvings including a 16-foot tall giraffe by John Fitzer of Westland.

"It's kind of an Olympic training camp for ice carvers," said

Michael Watts, who's excited by the fact Plymouth's reputation as a world-class event is growing. "This is the best crew of carvers we've had. This is the event to carve in."

Teams and individuals from across North America and Japan

will compete for more than \$10,000 in cash prizes and scholarships. For the first time in a major competition, the American Culinary Federation and the National Ice Carving Association will both sanction the events. Certified Master Chefs Milos

Cihelka, a Bloomfield Hills resident who retired from the Golden Mushroom; Dan Hugeliger, an instructor at Schoolcraft College; and Austrian born Helmut Holzer from Atlanta are among two teams of judges awarding artistic and technical points to carvers.

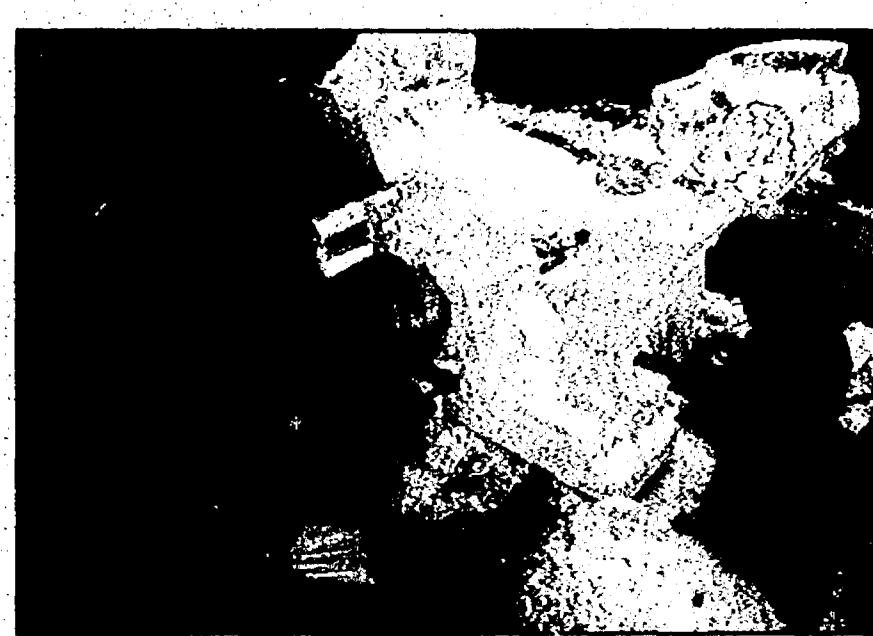
Students and instructors from Oakland Community College in Farmington Hills, Schoolcraft College, Livonia; Henry Ford Community College, Dearborn; Macomb and Monroe community colleges as well as Plymouth, Romulus and Catholic Central High School in Redford look forward to learning from the masters.

As educational coordinator for the Spectacular, Richard Teeple will assist college and high school students with their pieces at the time of competition. Teeple, a chef instructor at Henry Ford Community College, along with his students will carve one of the major displays in The Gathering. The 40 blocks of ice will feature characters Subzero and Motaro from Mortal Kombat video game and films.

"The event is an opportunity to educate the community about ice carving that it's more than just finished pieces," said Teeple, a Plymouth resident competing in Frankenmuth Feb. 6-7. "But it's also a place for amateur carvers to learn. It's a theater to study everyone else's talents."

Even though Oakland Community College students will not compete, chef instructor Dan Rowilson also believes the Plymouth event is an opportunity to expand ice carving skills. A team

Please see CARVERS, D2



STAFF PHOTO BY BILL BRESLER

Olympic hopefuls: Ted Wakar and Jim Bur Jr. will compete against ice carving teams from around the world in two separate championships in Japan.

Sculptors go for the cold

LINDA ANN CHOMIN
STAFF WRITER

For the last six weeks, award-winning ice carvers Ted Wakar and Jim Bur Jr. have spent hundreds of hours drawing, constructing models and practicing for the Plymouth International Ice

Sculpture Spectacular, Jan. 14-19, and for two contests in Japan.

Wakar, an executive chef employed by Marriott Management at Ford Motor Co., and Bur, a product informa-

Please see SCULPTORS, D2

AT THE GALLERY

Thewes comes up from the underground

BY FRANK PROVENZANO
STAFF WRITER

On his drive to teach an art history class to a group of junior high students, an indelible image came to Tom Thewes.

In a busy world that he describes as "filled with noise," driving often allows Thewes the time to find a quiet moment whereby he can recite the rosary. A practice, said Thewes, that reflects his desire for certainty rather than strict religious devotion.

During the drive to his teaching assignment, it became apparent to Thewes - a painter inspired by cubism and comic books - that a wreath of syringes would be the modern-day equivalent to a crown of thorns pinned to Jesus' head.

In his Royal Oak studio, Thewes points to the result of the epiphany: a painting that depicts Jesus with syringes stuck into his head, and through his hands and feet. If some Christians find it sacrilegious, anarchistic or Kevorkian-like, then they might not be looking deep enough, he said.

Provoking viewers of his art to "look deeper" has become Thewes' most pressing challenge.

Working with an airbrush and a range of media, including wood panels, sandpaper and canvas, Thewes' most recent edgy portraits, "Sandpaper Sally," are currently exhibited at C Pop Gallery in Royal Oak.

Although associated with low-brow underground

Please see THEWES, D2



STAFF PHOTO BY DAN DEAN

Cutting edge: Tom Thewes combines found-objects, cubist-style painting and computer-enhanced images in his art.

Carvers from page D1

of 24 students will create a 25-block scene from "Little Mermaid." Rowison expects the students to spend four days carving the commissioned piece.

"It's an opportunity to practice team work," said Rowison, a Farmington Hills resident and coordinator of the Winterfest ice sculpture event in Birmingham Feb. 5-8. "There's so much ice

out there, they're not intimidated by it. It's a positive learning experience. I suggest to my students that they become one with the ice."

"Plymouth is probably more well known for the Ice Spectacular than for being the site of the Daisy BB gun factory," said Watts. "We get calls from around the world asking about it. We

had a call from the Townsend Hotel in Birmingham asking when the show was because they've had calls from people who stayed there last year while attending the event." "I'd just like the weather to chill down and get the ground frozen," said Watts, in an interview on a 50-degree January day.

Sculptors from page D1

tion manager at Bozell Worldwide Inc., a Southfield advertising agency, will compete as part of pregame cultural programs held in Nagano, Japan, prior to the 1998 Winter Olympic Games opening ceremonies Feb. 7.

They will be competing in the individual category at the Plymouth International Ice Sculpture Spectacular.

"Time wise it wasn't practical for us to compete as a team in Plymouth, which we consider one of the major North American events," said Wakar of Canton, who is married to Bur's sister Theresa.

"It's a matter of time and preparation. The drawing, layout and practice needed for an event like Plymouth is extensive. We felt it would be too taxing for us the week before we go over to Japan."

In addition to competing in Nagano, Wakar and Bur will once again compete in the World Ice Sculptors Competition Feb. 5-7 in Asahikawa, Japan.

The brothers-in-law were the first U.S. team ever to win the competition when they captured the title in 1996 at the 37th annual event.

ing after one of the figures collapsed as they neared the final stages.

Since the theme of the 1998 Winter Olympic Games is peace, their sculpture will consist of two female children, hands clasped in front of them. Usually, these sketches are shown to no one so as to protect their ideas from other carvers until the time of execution.

"We're still working out the kinks in the design," said Bur, Jr. "The idea was that without the other, one falls over. We like the figures because of the playfulness, the hair blowing in the wind. There's a fluid motion going on. Their hair and apparel says movement. The base, which we'll be working on in Plymouth, has movement as well. When you're doing an ice carving you have to create a scene, it isn't just a figure or a bird by itself. There has to be a beauty and peacefulness to it, a strength of design, making it more than just a couple of carvings in front of your face and that's difficult to do."

planning each and every event to lead them to the Olympics. Most of the competitions they've been involved with were chosen in order "to see other carvers art works and to see what judges were accepting."

They competed in high exposure events like the nationals in Fairbanks, Alaska, and the world championships in Asahikawa to match their skills to high level competitors. After Japan, they would like to compete in other international events including one in China.

"I'm excited about sharing the experience with my family," said Wakar, who's looking for businesses and individuals who have an appreciation or enthusiasm for ice carving to sponsor the team.

Expressions from page D1

carve something appropriate from the one-block sculptures weighing in at 250 pounds and standing four feet tall for just about any occasion. The cost ranges from \$175 to \$225.

And how long does a carving usually last before turning into a puddle? Lorentz estimates six to eight hours depending on conditions.

A graduate of Garden City West High School, Lorentz came to ice carving after working in the collision business for more than 10 years. It was then he

decided to go for an associate degree in culinary arts at Henry Ford Community College in Dearborn where he was president of the Ice Carving Club. Lorentz graduated in 1995. Two years ago, he founded J.R.'s Ice Sculptures, a full-service company which supplies sculptures, ice punchbowls, and carving blocks in the tri-county area.

Over the last year, Lorentz won several professional competitions including third place in the Plymouth Ice Spectacular with team mate Matt Cooper of

Fenton. On Friday, Feb. 6, Lorentz will defend the first place he took in the Great Lakes Ice Carving Competition in Frankenmuth. Lorentz and Jim Bur Jr. won the title as a team in 1997. Lorentz's dream is to compete in the 2002 Winter Olympics Ice Sculpting Competition just as carvers Ted Wakar of Canton and Bur, an Eastpointe resident who grew up in Livonia and graduated from Churchill High School, will do this year in Nagano, Japan.

They said individual competitions and carving 76 street sculptures for the Plymouth event will help them prepare physically and mentally for lifting 300 pound blocks of ice in below zero temperatures in Japan.

"As we get closer to Japan, we'll be going down to the ice house to stack our piece for the Olympics," said Bur. Seeing it on paper, and then seeing it life-size on the wall, and then in ice - it's a totally different perspective."

Wakar and Bur have spent hundreds of hours preparing for the competitions in Japan. Every day they fine tune the design for their sculptures. Before a chainsaw touches the ice, hours of strategizing, drawing and planning go into creating a world-class sculpture. Dozens of sketches lie on the drawing board and desk of Wakar's Frozen Images studio in Plymouth. Ten hours of practice in mid-December led to more draw-

ing after one of the figures collapsed as they neared the final stages.

So what makes an ice carving good? Universally, the criteria for "good art" cuts across mediums. Movement is important to an award-winning piece but so are a number of other elements like originality in subject matter, a high quality of craftsmanship and artistic achievement, and the ability to draw the eye in and around the three dimensional piece.

"You have to find favor with the judges and they like figures. You can't fake it; your fundamental art skills have to be solid," said Wakar.

Working as a team is no easy task either. An endurance as well as a dangerous sport, each must know exactly where the other is and what he's doing.

"It's a challenge," said Wakar, who's making his fourth trip to the World Competitions in Japan. "We've learned how to balance our different ways of carving. We think out a flight plan ahead of time to orchestrate our movements."

Wakar and Bur, Jr. have worked more than three years

planning each and every event to lead them to the Olympics. Most of the competitions they've been involved with were chosen in order "to see other carvers art works and to see what judges were accepting."

They competed in high exposure events like the nationals in Fairbanks, Alaska, and the world championships in Asahikawa to match their skills to high level competitors. After Japan, they would like to compete in other international events including one in China.

"I'm excited about sharing the experience with my family," said Wakar, who's looking for businesses and individuals who have an appreciation or enthusiasm for ice carving to sponsor the team.

The medals, plaques and cups filling the shelves and walls of the Frozen Images office won't pay for the trip estimated at \$10,000 for each family. Airline tickets alone are \$1,400 each. They've approached chainsaw companies but the only response was "people will recognize our tools by the colors." According to Wakar, it's difficult for sponsors to view ice carving as more than a cute awan decorating a banquet table.

"It's what we represent, artistic endeavors," said Wakar. "We're creating in rugged conditions, striving for the highest level of art."

"There will be half a million Japanese alone seeing their product overseas," added Bur. "Whether it's wearing their product or their name, we see that as a positive to represent U.S. and Michigan companies."

Wakar and Bur hope to compete in the 2002 Olympic Games as well when they expect ice carving to be declared an official sport. The road to becoming a sport in the Olympics is not as direct as one might think.

To qualify as a sport, ice sculpting must be demonstrated for two consecutive games. Ice carving could finally receive qualification as sport as the 2002 Winter Olympic Games. When that happens Wakar and Bur want to be there.

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artists because of the earth-tone pallet and dark thematic currents in his work, Thewes' paintings are not so much shocking as revealing.

Arguably, his work reflects a growing trend that blurs the lines among graphic art, computer-enhanced imagery and fine art.

Break out

Thewes' dazzling use of form, dramatic tension and his futuristic composition just might lead to breaking out from the "underground artist" label, said Rick Manore, C Pop Gallery owner whose aggressive promotion style has helped to elevate local artists Glenn Barr and Niagara to international attention.

"There's an intellectual intercourse in Tom's work," said Manore. "He doesn't have to resort to shock to get people's attention. He's got something to say about the world."

Unlike Thewes' underground artistic brethren infatuated with perverse imagery and versions of the impending apocalypse, much of his work is layered with meaning, rather than self-absorption.

It's a perspective Thewes

attributes to his Catholic upbringing and the belief that there must be lasting moral values in the vortex of American culture.

"I look around, there's such a lack of faith in everything," said Thewes, a graduate of Birmingham Brother Rice and Center for Creative Studies in 1989.

"People are searching for something to believe in," he said.

Search for 'the real'

In the retro style of the '90s and Information Age, the resurrection of cubism and futurism seems like natural timing for an artist like Thewes, who has an ability to combine found-objects and computer technology in his paintings.

The contradiction of working with the refuse of post-industrialism and the latest software is strikingly similar to the cubists' response to the profound industrial changes occurring a century ago.

The angularity that distinguishes cubism evolved in response to the modern technical world of the early 1900s. Early cubist artists such as Picasso and Braque contended that the innovative form of painting represented a closer equation between art and "the real."

A century later, artists continue to struggle with reflecting "what is real." In today's world, the task facing artists inevitably requires addressing issues of rapid societal change, the integration of new and old techniques, use of popular imagery and technology, and ultimately, accepting or rejecting the role of faith.

In many ways, Thewes seems to be a conduit for those currents.

"Everyone is caught up with computers and the Internet, and in Detroit there's still this hardcore smelting mentality," he said. "This is the home of the post-industrial society."

And Thewes contends the creative energy reflects the struggle to come to grips with a high-tech culture where innovation is often a step ahead of comprehension.

In Thewes' studio, where the walls are covered in thick plastic sheets, a disassembled typewriter is strewn on the floor, not far from a large metal box of tools and other "found objects," collected at refuse sites. He's used a range of objects, including tin,

wire bed frames, warped boards and a miniature trampoline in his work.

In the front of the studio, Thewes has placed two video arcade games, which he readily invites visitors to play, as he says, "to pass the time."

Like his paintings, Thewes' studio is a place where industrial grittiness meets virtual reality.

"My approach is to look at 'art' more as communication than something about ego," he said.

Meanwhile, in the back room, Thewes has assembled a state-of-the-art computer system where he scans, manipulates and prints illustrations and other images.

Manore calls Thewes one of the most sought-after commercial illustrators working on a computer in the region. Several weeks ago, he was called by Levi Strauss Co. to submit illustrative ideas for their new image campaign. He was given 24 hours. He made the deadline because he said he knew "it was important to show that I'm a team player."

That's an unusual admission from an artist.

While many artists draw a sharp line between commercial art and art that reflects their personal vision, Thewes strives for a seamlessness between the two.

Thewes doesn't lead on that he could have easily, taken another path. While some artists cringe at the sight of a computer, Thewes finds it as natural as clicking a remote. It runs in the family.

His father, Tom Thewes Sr., was one of the three founders of Compuware, a billion-dollar software services company of Farmington Hills.

For a while, Thewes worked in the graphics department at Compuware. But, eventually, he decided he had to go his own way.

It was just a matter of faith.

Thewes from page D1

Art on Display
What: "Sandpaper Sally," new works by Tom Thewes
When: Through Sunday, Feb. 8.
Where: C Pop Gallery, 515 S. Lafayette, Royal Oak; (248) 398-9999



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<p>General Cinema Bargain Matinee daily plus \$3.25 (Two-Lite) Show daily</p> <p>Carlson 6 Ford Rd., 1 1/4 west of I-275 • (313)981-1900 Advanced same-day tickets available *Denotes VIP restrictions</p> <p>GIFT BOOKS NOW ON SALE</p> <p>AS GOOD AS IT GETS (PG13) 1:30, (4:00 @ \$3.50) 7:00, 9:50 WAG THE DOG (R) 2:50 (4:20 @ \$3.50) 7:20, 9:40 GOOD WILL HUNTING (R) 1:30, (4:15 @ \$3.50) 7:15, 10:00 TITANIC (PG13) 1:00 (5:00 @ \$3.50) 9:00 SCREAM 2 (R) 7:10, 9:45</p> <p>TOMORROW NEVER DIES (PG13) 2:20 (4:50 @ \$3.50) 7:30, 10:00 FOR RICHER OR POORER (PG13) 2:15 (4:40 @ \$3.50)</p>	<p>Showcase Pavilion 1-5 Telegraph Sq. Lake Rd. W Side of Telegraph 810-332-8241 Bargain Matinee Daily • All Shows Until 6 pm Continuous Shows Daily Late Shows Fri. & Sat. THRU THURSDAY</p> <p>THE BOXER (R) 1:40, 4:30, 7:20, 9:30 GOOD WILL HUNTING (R) 1:00, 1:30, 4:10, 4:40, 7:10, 7:40, 9:40, 10:10</p> <p>TOMORROW NEVER DIES (PG13) 1:20, 4:20, 7:30, 10:00 AS GOOD AS IT GETS (PG13) 1:10, 4:00, 7:00, 9:50</p>	<p>Star Rochester Hills 200 Barclay Circle 853-2360 SUNDAY THRU THURSDAY No one under age 6 admitted for PG 13 & R rated films after 6 pm</p> <p>MP GOOD WILL HUNTING (R) 11:15, 2:00, 4:45, 7:45, 10:45 NO VP TICKETS</p> <p>MP WAG THE DOG (R) 12:30, 2:45, 5:00, 7:30, 10:45 NO VP TICKETS</p> <p>MP THE BOXER (R) 1:15, 3:45, 6:30, 9:00 NO VP TICKETS</p> <p>MP AS GOOD AS IT GETS (PG13) 10:50, 1:00, 2:20, 4:00, 5:15, 7:00, 8:30, 10:30</p> <p>NO VP TICKETS</p> <p>MP JACKIE BROWN (R) 11:45, 3:00, 6:15, 9:30 NO VP TICKETS</p> <p>TITANIC (PG13) 11:30, 1:30, 3:30, 6:00, 8:00, 10:00 NO VP TICKETS</p> <p>TOMORROW NEVER DIES (PG13) 11:00, 1:45, 4:30, 7:15, 10:15 AMSTAD (R) 12:15, 5:30, 8:45</p>	<p>United Artists Oakland Inside Oakland Mall 810-583-7941 ALL TIMES SUN-THURS</p> <p>FIRESTORM (R) (R) 12:30, 2:45, 5:10, 7:30, 10:00 GOOD WILL HUNTING (R) 1:00, 4:00, 6:30, 9:30 & 1:00, 4:00, 8:00 MR. MAGOO (PG) 12:15, 2:30, 5:00, 7:30, 9:15 SCREAM 2 (R) (R) 1:15, 3:45, 6:45, 9:45</p>	<p>Waterford Cinema 11 7501 Highland Rd. S.E. corner M-59 & Williams Lake Rd. 24 Hour Movie Line (810) 664-7990 CALL 77 FILMS \$5.51 Stadium Seating and Digital Sound Mixes for the Best Movie Experience in Oakland County \$3.25 (TWO-LITE) SHOWS DAILY</p> <p>FIRESTORM (R) 2:00, (5:15 @ \$3.25) 7:40, 9:40 GOOD WILL HUNTING (R) 1:30, (4:40 @ \$3.25) 7:10, 9:50 WAG THE DOG (R) 1:40 (4:45 @ \$3.25) 7:15, 9:40</p> <p>AMASTASA (R) 1:30 FLURBER (PG) 1:20, 3:30, (5:30 @ \$3.25) 7:30 HOUSEHUNT (PG) 1:10, 3:15, (5:20 @ \$3.25) 7:20, 9:20 AN AMERICAN WEREWOLF IN PARIS (R) 9:30</p> <p>AS GOOD AS IT GETS (PG13) 1:10, (4:10 @ \$3.25) 7:00, 9:45 JACKIE BROWN (R) 1:00 (4:00 @ \$3.25) 6:50, 9:55 HOME ALONE 3 (PG) 1:45, 9:45 (5:15 @ \$3.25) THE POSTMAN (R) 6:30 SCREAM 2 (R) 10:00</p> <p>TOMORROW NEVER DIES (PG13) 1:45 (4:30 @ \$3.25) 7:15, 9:55 TITANIC (PG13) 1:00 (4:00 @ \$3.25) 6:00, 8:00, 9:00</p> <p>Use & Mastercard Accepted</p>	<p>Terrace Cinema 3040 Plymouth Rd. 313-261-3330</p> <p>All Shows 11 Except shows after 6 p.m. on Friday & Saturday & 7:15 all shows Tuesday.</p> <p>SUNDAY - THURSDAY Box Office opens at 4:00 pm Monday - Friday only.</p> <p>Call Theatre for Features and Times</p> <p>LD required for "R" rated shows</p>
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BOOKS

Storyteller's collection invites communication

Seeds From Our Past: Planting For The Future
Ed. by Corinne Stavish
B'nai B'rith Center for Jewish Identity, 1997, \$9



ESTHER LITTMANN

at Borders Books and Music, at the Detroit Institute of Art and at events sponsored by the Jewish community have delighted local audiences for years. Now, in her new role as editor, Ms. Stavish provides us with a compilation of 31 stories drawn from a variety of sources, including "101 Jewish Stories" and "A Treasury of Jewish Folklore." A short story entitled "Forbidden Friendship," in which two small boys - one Arab and the other Israeli - become friends despite the hostility of their elders, is authored by Ms. Stavish herself.

In an age when consumers of mass entertainment demand super-slick productions and state-of-the-art technology, we may wonder why storytelling has once more come into its own.

With hundreds of superb performances to her credit, 3 audiocassette tapes that have drawn applause for style and material, plus numerous stories and articles in print, M. Stavish's new publication is yet another example of her creativity and professionalism. "Seeds From Our Past," a slender 95-page book replete with charming woodcuts to delight the eye, is a marvelous tool for parents and teachers. It lifts our appreciation of literature from the passive role of enjoyment to the active one of involvement.

How is it that folk tales, the storyteller's stock in trade, can capture our imagination with little more than the raconteur's dramatic art? The answer lies in the performer's skill, of course, but also in the material. By addressing eternal human conflicts, folk tales reveal basic truths about ourselves, such as our longing for order and justice. Although the protagonist confronts obstacles and often endures great suffering, goodness and courage are rewarded in the end. Resolutions are seldom ambiguous. Loved by children and adults alike, folk tales build a sound bridge that connects one generation to another.

Divided into 14 thematic groups such as Honesty/Dishonesty, Self Respect, and Drinking/Drugs, each one or two-page narrative touches on an issue that is both current and timeless. Her Discussion Guide in the appendix instructs parents, teachers, and facilitators in techniques that encourage the sharing of ideas and attitudes. Favoring the Socratic method, Ms. Stavish cautions against preaching and moralizing or telling "someone what the story means."

Nationally acclaimed storyteller Corinne Stavish strengthens that continuity with her recent publication of "Seeds From Our Past: Planting For The Future." Her performances

Drawing a moral, however, will not be difficult. Each tale is

'Balancing Act' story anthology draws on rich ethnic heritage

Balancing Act
By Pearl Kastron Ahnen
(Legna Press, \$14.95)

This slim volume of short stories and poems is about human confrontations, small epiphanies closely observed. Ahnen is a sensitive writer who obviously cares deeply about her characters, though some stories don't ring true. Ahnen sets several of her stories in Detroit and lets the city and its reputation stand symbolically - in a story about an old man's confrontation with young toughs, about a nephew who rejects his uncle's hardheartedness at a downtown coney island, about a domestic confrontation that leaves an abusive father dead.

Some stories draw on Ahnen's Greek-American background, especially the title story which deals with a young girl's efforts to honor her parents' wishes while avoiding an overly friendly uncle.

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1/8/98 - no 7:00 and last show at 9:45 instead of 9:30
THE WINGS OF THE DOVE (R)
1:30, 4:00, 7:00, 9:40

It is the small observations and insights into character that are the rewards of these stories. In the title story Ahnen lets you feel the delicate maneuvers Eleni must make to show "sevas" (respect) to someone she loathes. The story set in the coney island raises the struggle of young ideals opposed to the concerns of an older generation for money.

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Some stories are too blunt and the end is telegraphed too soon. Some stories also seem drawn from news accounts and popular culture rather than from the rich vein of ethnic stories that Ahnen

GREAT ESCAPES

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

Tom and Dave Gardner authors of "The Motley Fools Investment Guide," 7 p.m. Monday, Jan 12; gay/lesbian discussion group 7:30 p.m. Monday, Jan. 12; Financial Independence for today's woman, 7:30 p.m. Tuesday, Jan. 13; mystery discussion of "A Morbid Taste for Bones," 7:30 p.m. Tuesday, Jan. 13; Caroline Myss author of "Why People Don't Heal & How They Can," Wednesday, Jan. 14; Elmore Leonard Day reception and book signing 7 p.m. Friday, Jan. 16; science discovery "Homeward Bound," 11 a.m. Saturday, Jan. 17; meet Zoe Kopolowitz author of "The Winning Spirit," 1 p.m. Saturday, Jan. 17 at the store 34300 Woodward, (248)203-0005.

TELL US YOUR STORY
We want to hear from you? Have you been someplace interesting this past year? Have you had a special adventure? Is there a quiet island you'd like to recommend or a highly promoted place you'd like to warn against? Do you have special tips for other travelers to make their journeys easier? Have you met some interesting people in other countries that you'd like others

BORDERS (ROCHESTER HILLS)
Charles Robinson signs "The North American Experience," 7:30 p.m. Monday, Jan. 12; "How to Plan the Retirement of Your Dreams," 7:30 p.m. Wednesday, Jan. 14; Jake Reichbart performs on guitar, 8 p.m. Friday, Jan. 16; Medieval Faerie Tales, 12:30 p.m. Saturday, Jan. 17 at the store 1122 Rochester Road, Rochester Hills (248)652-0558.

BORDERS (BIRMINGHAM)
Tom and Dave Gardner authors of "The Motley Fools Investment Guide," 7 p.m. Monday, Jan 12; gay/lesbian discussion group 7:30 p.m. Monday, Jan. 12; Financial Independence for today's woman, 7:30 p.m. Tuesday, Jan. 13; mystery discussion of "A Morbid Taste for Bones," 7:30 p.m. Tuesday, Jan. 13; Caroline Myss author of "Why People Don't Heal & How They Can," Wednesday, Jan. 14; Elmore Leonard Day reception and book signing 7 p.m. Friday, Jan. 16; science discovery "Homeward Bound," 11 a.m. Saturday, Jan. 17; meet Zoe Kopolowitz author of "The Winning Spirit," 1 p.m. Saturday, Jan. 17 at the store 34300 Woodward, (248)203-0005.

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BYZANTIUM LECTURE
Viata World Cruises is sponsoring a lecture presentation 7:30 p.m. Tuesday, Jan. 20, about Byzantium at the Troy Library. "The Byzantium Empire," said Theo G. Zachartos, president of Viata World Cruises, "constitutes one of the most important elements of Greek History through the ages." The presentation will feature a video featuring Byzantine scholar Sir Steven Runci-

To order "Seeds From Our Past: Planting For The Future," call (248) 356-8721, or send \$11 to B'nai B'rith Center for Jewish Identity, 1640 Rhode Island Ave. N.W., Washington, D.C. 20036

Esther Littmann is a resident of Bloomfield Township. She is a private tutor with Una Duorkin and Associates. You can leave her a message from a touch-tone phone at (313) 953-2047, mailbox number 1893. Her fax number is (248) 644-1314.

TRAVEL

Bass fishing on the Amazon: too good not to repeat

BY HUGH GALLAGHER
STAFF WRITER

At the ASAP Machine Shop in Plymouth, Mark Swain has posted the "Amazon Rules."

"It's - hot. The fish are rude. I'm going back."

A display of pictures, colorful fish scales and a pirana's skull also decorate the shop.

Swain's fishing trip on the Amazon with his brother, Rick, was supposed to be a "once-in-a-lifetime" opportunity. But as Rick had already discovered, once isn't enough.

"After you've gone down there, it can't be a once-in-a-lifetime trip. You have to go back there, the fish are so incredible," Swain said.

Rick, who works for Jack Roush Racing and lives in West-

land, had taken the trip a year before and invited Mark to come along.

"He read about it in Bass Master magazine," Mark said.

Mark, 44, owner of ASAP Machine and a Plymouth resident, took the bait this October and signed up with Ron Speed Adventures to join his brother to fish the Amazon and its tributaries for peacock bass. He said he's been a serious bass fisher for five years.

"We fished a tributary of the Amazon, the Uatuma, in an area near Manaus in central Brazil," Swain said.

Manaus is one of Brazil's largest inland cities and in the late 1800s one of its richest

when rubber trees brought in a fortune. It is famous for its opera house.

"You stay in an air-conditioned river boat all week. Two boats go along together, one for the guides and support people and one for the fishermen," Swain said.

Fourteen American fishermen were aboard in late October, coming from Texas, Oklahoma, California and Michigan.

A head guide speaks English, but most of the guides speak Portuguese and only a little English. Each day the fishermen would go out in pairs with a guide on an aluminum 17-foot bass boat.

"The daily routine was to get up in the morning, breakfast would be laid out for you. You grab what you want and as soon as you and your partner are ready, Gilberto (the guide in charge) calls over for a guide," Swain said. "Every day you have a different guide. Your tackle is already there. He takes you fishing. Your lunch is laid out and then you go out after lunch and come back for dinner, which is already laid out."

After dinner it's time for fish stories.

"The fish were really yanking me around," Swain said. "They put up a fight."

A peacock bass can reach a top weight of 28 pounds. Swain said he used a 7-foot heavy rod with 100-pound braided line. He said even a 4-pound peacock bass will give "everything you can handle."

Swain was enthusiastic about the provisioning by Ron Speed.

"It was a first-class operation," he said. "There are cheaper ways to go down there, with lesser houseboats and lesser fishing boats."

The trip costs about \$3,500 from Miami. It includes a night in a luxury hotel in Manaus.

Swain said the cook, Velma, provided great and sometimes exotic meals. In addition to cooking some of the peacock bass, Velma also served up some "pretty tasty" crocodile.



Dropping a line: Rick Swain tries his luck fishing a small inlet on the Amazon.



Caught one: Mark Swain displays his 10 pound peacock bass catch with his guide Samuel.

"Well, I won't say it tasted like chicken. It's not a red meat, but it has the texture of beef and the taste of fish," Swain said.

Crocodiles made their presence known but generally stayed clear of the boats. The exotic pirarucu fish, herons, parakeets, howling monkeys and piranas were also evident, either because they could be seen or heard.

Swain said one boat encountered a shore fight between a monkey and a wild dog.

The human population along the river was sparse. Swain said the primitive Indian tribes often shown on the Discovery Channel live deeper into the Amazon. There were lone cabins along the river, built on stilts in anticipation of floods.

The guides knew their way along the river and knew what was needed to catch fish.

"All the guides were friendly, always smiling, very helpful about what tackle you have to

buy," Swain said. Each day the guides competed for a kitty raised by the fishermen. Winnings were given for the boat that caught the most fish and the boat that landed the biggest fish.

Swain said he saw some of the notorious fires that have been burning out the rubber plantations to make way for development.

Swain said he had never fished in such an exotic or exciting location and is looking forward to going again.

Anyone interested in finding out more about fishing on the Amazon can call Swain at ASAP Machine, (313)459-2447.



River dwellers: Natives along the Amazon and its tributaries live in still houses to protect against the rising river.

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2. Write your name, age and address on the entry blank and mail the crossword puzzle and the entry blank to: 1-2-3 Imagine, c/o Observer & Eccentric, 36251 Schoolcraft Rd., Livonia, MI 48150.
3. Only one entry per child.
4. 15 winners will be selected at random and each winner will receive four free tickets to **SESAME STREET LIVE's** production of 1-2-3 Imagine when it appears at the Fox Theatre at 7 p.m. on Thursday, January 22, 1998. Plus: four lucky winners will be selected to go backstage to meet one of the Sesame Street Live Muppet Characters!
5. All entries must be received by 12 noon Friday, January 16, 1998.
6. Winners will be contacted by phone on Friday, January 16, 1998 between 1 p.m. and 5 p.m., and all winners will be announced in the paper on Sunday, January 18, 1998 in the Classifieds section.

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Prep hockey, E3
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L/W Page 1, Section E

Brad Emons, Editor 313-953-2123

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Sunday, January 11, 1998

OBSERVER SPORTS SCENE

Collegiate notes

•Schoolcraft College women's volleyball coach Tom Teeters recently announced the signing of 5-foot-8 outside hitter Margaret Smith of Ypsilanti Lincoln.

Smith, a left-hander, has played the past two years for the SOVA AAU volleyball club.

Schoolcraft is coming off a 19-20 season.

•Mo Drabicki (Livonia Stevenson) scored 19 points in 30 minutes of action Thursday as the Valparaiso University women's basketball team defeated host Southern Utah, 86-82, in a Mid-Continent Conference game. Valparaiso is 10-4 overall and 5-0 in the MCC.

Drabicki, a senior guard, also had four rebounds, four steals and two assists. She was five-for-five shooting from the free throw line.

•Yalonda Holt (Wayne Memorial) scored a career-high 10 points to help the Bowling Green University women's basketball team post a 103-69 win (Jan. 3) over visiting Western Michigan.

Bowling Green is 7-3 overall and 2-0 in the Mid-American Conference.

Indoor soccer champs

The Birmingham Blazer '82 girls soccer team, posting a 6-1-1 record, recently captured the High School Division title at the Oakland Yard Indoor Soccer Complex in Waterford.

Members of the Blazer '82 squad include: Susan Bear, Deanna McGrath and Michele Vettrano, all of Livonia; Marie Lentz, Farmington Hills; Andrea Carone, Heather Menzies and Jessica Schmehl, Troy; Becky Danielewicz, Megan Haugh, Karen Holmquist, Jennifer Knudson and Elaine Tsakalkis, Birmingham; Kerry Doman and Kristin Neff, Bloomfield Hills; Danielle Trelor, West Bloomfield; Kimber Raetz, Rochester Hills; Sarita Singleton, Southfield.

Open hockey clinic

Limited space is available for Suburban Hockey Schools' "Shoot to Score" clinic Monday, Jan. 19, at Devon-Aire Arena in Livonia.

The cost is \$40 per player.

Classes are open to all ages emphasizing proper shooting technique on various shots. Shooting drills will be performed and each player will receive on-ice video analysis.

For more information, call (248) 478-1600.

Winter racquetball

Canton Parks and Recreation is sponsoring a 14-week men's winter racquetball league at 6:30 p.m. and 7:30 p.m. Wednesdays beginning Jan. 14, at Body Rocks Racquetball in Livonia.

The cost is \$100 per person (includes all league court time and awards). There is no residency requirements. Players will be placed into divisions base on ability level.

For more information, call (313) 397-5110.

Floor hockey league

The Detroit College of Business Athletic Booster Club has openings for teams to play in its Sunday afternoon adult floor hockey league.

Team fee is \$550, which includes expenses for a 10-game season plus playoffs. Included are referee fees, gym rental and trophies.

Games are played at the Sheridan Recreation Center on Pardee, south of Goddard in Taylor.

For more information, call Kevin Brazell at (313) 581-4400, ext. 389, or call (313) 562-5033.

Individuals without a team may also call about possible placement.

Soccer coach wanted

Madonna University is seeking an assistant women's soccer coach.

Interested candidates should contact Madonna head coach Rick Larson at (313) 432-5882.

To submit items for the Observer Sports Scene, write to: Brad Emons, 36251 Schoolcraft Road, Livonia, MI 48150; or send via fax to (313) 591-7279.

Rouge needs OT to stop Wayne

Pesky Zebras can't hold off 6-8 pivotman

BY BRAD EMONS
STAFF WRITER

River Rouge, voted the state's pre-season No. 1 boys basketball team for all classes, continues to find out that the Mega Conference Red Division isn't any cake course.

The Panthers, newcomers to the Mega Red, had to scratch and claw their way to a 54-50 overtime victory Friday over host Wayne Memorial.

Charles Kage, a 6-foot-8 senior center, scored seven of his game-high 26 points during the four-minute OT period to lift Rouge (7-1 overall) to the victory.

Wayne, which dropped its fourth straight, falls to 2-4 and 0-2 in the Mega Red. The undersized Zebras, who nearly played giant killer against Rouge's 6-8, 6-7 and 6-6 front line, have lost four games by a total of 11 points.

"We had our chances," Wayne coach Chuck Henry said. "Under different circumstances I'd feel better, but not when you lose four in a row. If we had been 5-0 and lost to a team like Rouge, I'd feel a lot better."

Rouge, upset before the holiday break by Mega-Red foe Romulus, never could shake the pesky Zebras until the final minute of overtime.

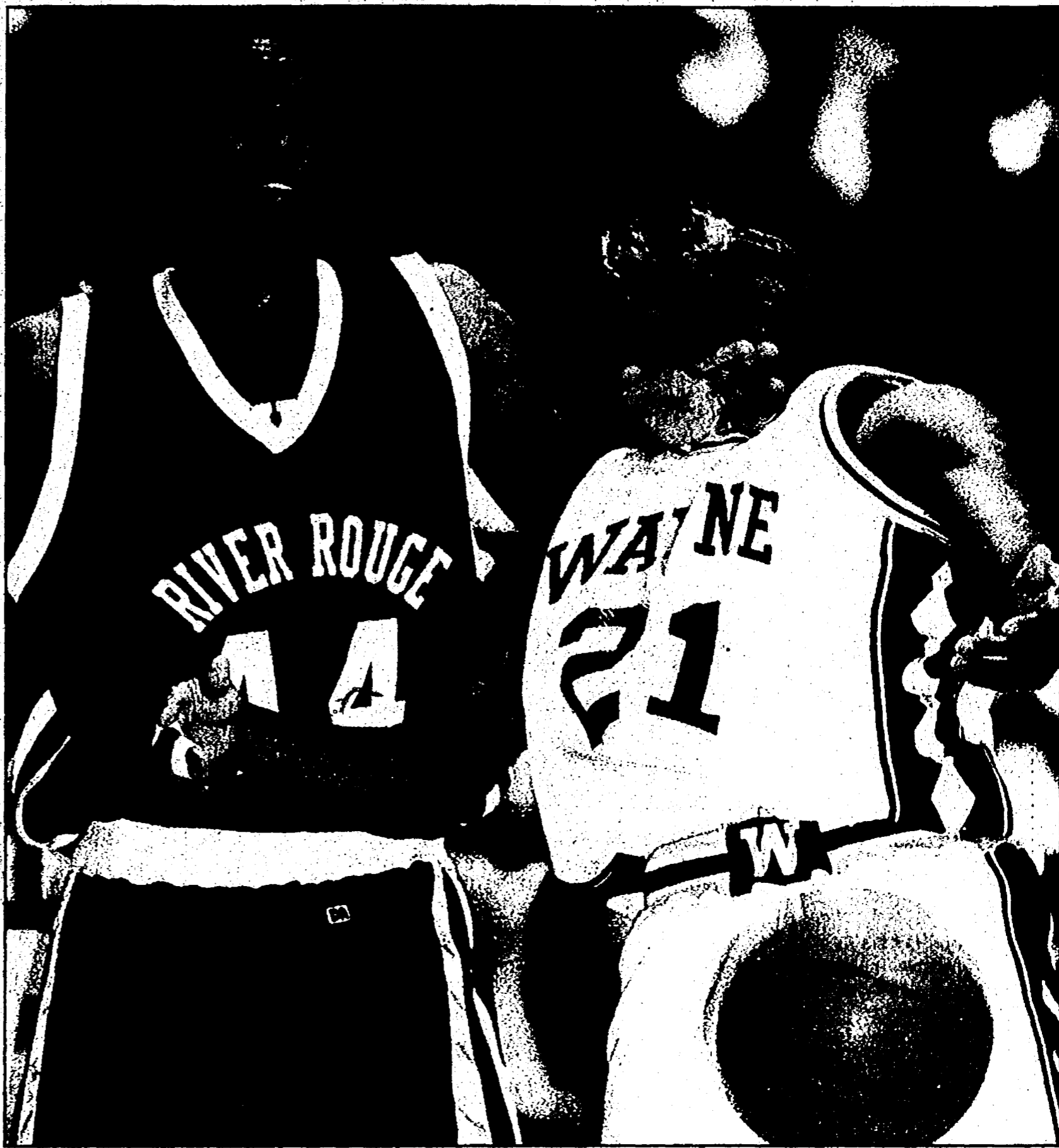
Iowa-bound Duez Henderson, who seemed frustrated most of the evening by Wayne's quick man-to-man defensive tactics, scored on a finger-roll layup with 44 seconds left in OT to give the Panthers a 49-46 advantage.

A layup by Brett Darby, two free throws by Kage, and another free throw by Darby with just three seconds left secured the win for Rouge, now 1-1 in the Mega-Red.

"We're the new kids in this league and we're finding out they play a different style that we're not accustomed to," Rouge coach LaMonta Stone said. "It's going to take a few games to get accustomed to the style. You have to be tougher mentally. And this league is a lot more physical."

Wayne, controlling the tempo and the pace of the game, led 10-8 after one quarter and by as many as seven during the second period before Rouge sliced the deficit to 22-19 at halftime.

Kage, whose play on the boards was pivotal, had eight third-quarter points, including an alley-oop dunk off a feed



STAFF PHOTO BY JIM JAGGELD

Let's get physical: Duez Henderson (left) of River Rouge practices some Karate on Wayne Memorial's Alf Williams during Friday's Mega Conference-Red Division encounter.

from Rodney Hughes, as the Panthers stayed close.

Wayne, however, led 31-29 at the end of the third period on a layup with one second to play by 5-8 sophomore guard Shane Nowak.

With 2:18 left in regulation, Darby made a shot in the lane for a 40-36 Rouge lead, but Wayne answered on a basket by Jamar Davis and two free throws by Brian Williams (with 1:30 to

go) to even the count at 40-all.

Kage then scored inside with 54 seconds left to put the Panthers ahead again, 42-40. He was fouled on the play, but missed the free throw.

Wayne's Shomari Dunn was pushed trying to grab miss. He calmly stepped to the line on the other end of the floor and sank a pair of free throws to even the game again at 42.

Rouge then missed two shots to win

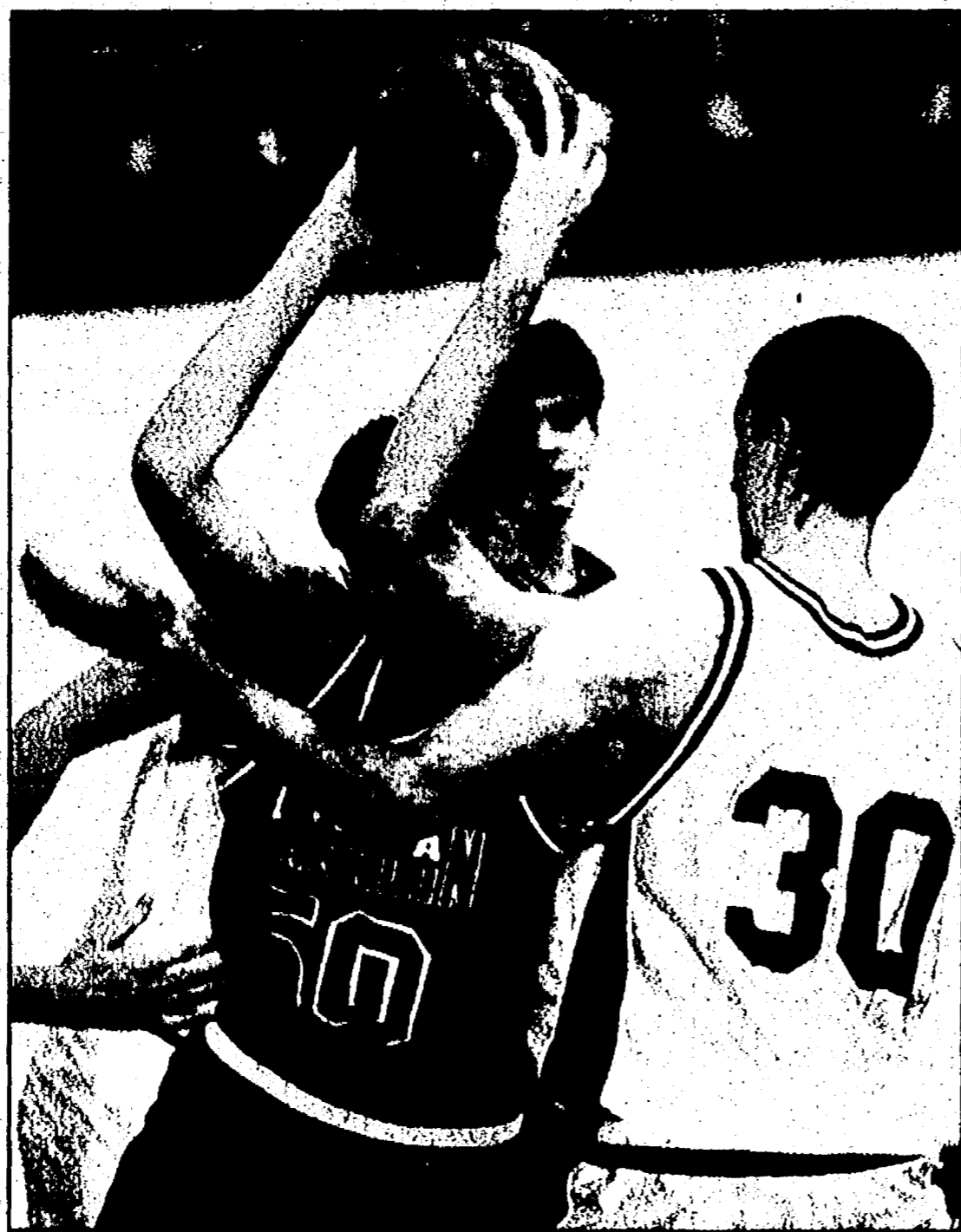
it. Kage was rejected by 6-7 Wayne center Quentin Turner and Darby's three-point try as time expired rattled in-and-out.

Karl Calloway hit four of five free throws for Wayne in the overtime, but the Zebras couldn't get over the hump.

Kage's free throw with 1:50 to go in

Please see MEGA BATTLE, E2

Salem Rocks crush Patriots, 61-30



STAFF PHOTO BY BILL BRESLER

Tight squeeze: Livonia Franklin's Nick Miller (with ball) is sandwiched by Plymouth Salem's Mike Korduba

BY C.J. RISAK
SPORTS WRITER

Timing, timing, timing.

For Plymouth Salem's basketball team, it couldn't have been better — starting the Western Lakes Activities Association season at home Friday against a team that beat the Rocks twice last year, Livonia Franklin.

For Franklin, it couldn't have been worse. The Patriots had been struggling, having trouble finding their form since their three-week holiday break. Starting the WLAA season in a hostile gym, against a team that had lost twice to them last season — that's trouble.

And that's what Franklin got. Salem scored the game's first eight points, withstood a short-lived Patriot rally and used their superior defense and rebounding to pound out a 61-30 victory.

"We've been struggling the last couple of games, especially on offense," said Franklin coach Dan Robinson, his team now 2-3 overall and 0-1 in the WLAA. "Granted, Salem played some good defense, but we couldn't make even the basic plays to penetrate it."

"We had to execute offensively, and we didn't."

Salem had a lapse or two, but for the most part the Rocks were on their game. By the second half, the Patriots were relegated to perimeter shooting; whenever they tried to pass it inside, there was a turnover or the ensuing shot was contested and/or blocked.

"The kids came out mentally prepared," said Salem coach Bob Brodie, his Rocks now riding a five-game winning streak at 5-2. "If they do that, they're a good team. They can't get complacent."

There was never any sign of complacency in this game. After Salem opened up a 10-2 lead with 3:42 left in the

opening quarter, Franklin scored seven points in a row to narrow the gap to 10-9.

A three-pointer by Aaron Rypkowski with 42 seconds left in the period ended a three-minute scoreless streak for the Rocks and pushed their lead to 13-9. By the end of the quarter, it was 14-9 — and it would never be that close again.

Indeed, Franklin could not match that number of points in any of the following quarters. The Rocks had a 16-7 scoring advantage in the second period, giving them a 29-16 lead at the half, and a 15-6 third-quarter spurt to go up 44-22 after three.

"I thought, as the game wore on, we improved," said Brodie. "They took a lot of time on offense, working their patterns. I have to give our kids credit for hanging in there (defensively)."

Team shooting percentages weren't terribly different: Franklin hit 34.3 percent to Salem's 40 percent. But the number of shots — Franklin took just 35, making 12, while Salem was 24-of-60.

The Patriots' performance at the free-throw line didn't help. They converted just 4-of-15 (26.7 percent) to the Rocks' 10-of-17 (58.9 percent).

Scoring totals followed the pattern. Salem had nine players score, with Jeff McKian's 12 points leading. Rypkowski added 10 and Mike Korduba had 8. Nick Mongeau topped Franklin with eight points; Eddie Wallace contributed six.

The Rocks won't have time to relish the victory. After Tuesday's bye, they'll travel to Farmington Harrison to take on one of the WLAA favorites, the unbeaten Hawks.

"It's a key game this early in the conference," said Brodie.

THE WEEK AHEAD

BOYS BASKETBALL
Monday, Jan. 12
Macomb at Canton Agape, 6 p.m.
Tuesday, Jan. 13
Wayne at Willow Run, 7 p.m.

Monday, Jan. 12
Whalers vs. Windsor Spitfires at CompuServe Arena, 8:30 p.m.
WEDNESDAY
Wednesday, Jan. 14
Churchill vs. Ft. Milan Marthens, Franklin vs. Okemos at Edgar Arena, 6 & 8 p.m.

Churchill, Glenn earn WLAA wins

Livonia Churchill beating North Farmington in boys basketball was a long shot — some 40 to 45 feet long.
Lamarr Smith's jump shot from just inside the half-court line with two seconds to play Friday night let Churchill come home from North Farmington with a 52-50 Western Lakes Activities Association victory.

BOYS BASKETBALL

The Chargers made 17-of-25 free throws to 6-of-14 shooting by the Raiders.
HARRISON 68, STEVENSON 39: The visiting Hawks were up by 12 at the half, then came out and held the Spartans scoreless while scoring 18 points in the third quarter to remove all doubt.

The Warriors are 3-1 in the Metro Conference, though, to the Cranes' 2-2 league mark.
Brad Woehike scored 17 points to lead Lutheran Westland, Jake Hatten added 16. Adam Partridge paced Cranbrook with 13.

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NOTICE OF PUBLIC HEARING
The Wayne County Commission will hold a public hearing on a proposed ordinance to compel the Wayne County Executive to appoint at least one Wayne County Commissioner to the Detroit-Wayne County Community Mental Health Board. The hearing will be held:
THURSDAY, JANUARY 15, 1998, 10:00 a.m.
Wayne County Commission Chambers, Room 400
600 Randolph, Detroit, MI

Mega battle from page E1

the OT put Rouge ahead to stay, 47-46. (Turner fouled out on the play.)
"Whenever we needed a big bucket, Charles delivered," Stone said. "And we'll ride him the rest of the season because he can rise to the occasion."

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Melson lifts Ocelots past Delta

Kevin Melson's 34 points paced Schoolcraft College to a 74-70 men's basketball victory Wednesday night over host Delta College.
Delta, 1-2 in the Eastern Conference and 4-9 overall, gave Schoolcraft a scare when it held a 31-30 halftime lead.

MEN'S COLLEGE HOOPS

Madonna University's men's basketball team.
Cornerstone College of Grand Rapids hammered Madonna, 99-63, Thursday night in the visiting Crusaders' first game ever in the league. Madonna was admitted for play in the WHAC this season.

Cushman shoots Lady Crusaders to victory

The Wolverine-Hoosier Athletic Conference season has started so it must be time for the Madonna University women's basketball team to get serious.
Madonna opened its WHAC campaign Thursday night with an 80-69 drubbing of Cornerstone College.

WOMEN'S HOOPS

The Crusaders only led by four, 41-37, at the half before pulling away to the win.
Murray had seven rebounds and substitute Jenifer Jacek got six. Angie Negri led her team with six assists and Dawn Pelc added four.

HIGH SCHOOL WRESTLING RESULTS

Table with wrestling results: LIVONIA CLARENCEVILLE 37 HARPER WOODS NOTRE DAME 36 Jan. 7 at Clarenceville
103 pounds: Danny Tondreau (C'ville) pinned Roger Jump, 2:35; 113: Tim Van Deusen (ND) won by default; 125: Double void; 135: Eric Tondreau (C'ville) defeated Brandon Halfield, 10:2; 150: Jesse Giarak (C'ville) won by default; 170: Dave Lemmon (C'ville) dec. Mark Gieski, 9:4; 190: Scott Walter (ND) p. Dan LeClere, 1:00; 215: Scott Cameron (ND) p. Matt Agar, 0:19; 235: Pat Galeski (ND) p. George Gostias, 1:38; 260: Tony Rachora (C'ville) p. Ryan Pickford, 1:54; 285: Adam Marcum (C'ville) p. Dan Green, 1:54; 315: Walter Ragland (C'ville) won by default; 340: John Lucido (ND) won by default; heavyweight: Bryan Cruciano (ND) p. Josh Rose, 0:52.

MEDICAL BRIEFS

Medical thermology

Heart attacks, strokes and breast cancer are the typical end-stage manifestations of a degenerative process. There are many techniques used to detect degenerative diseases at a stage when treatment can reverse their effects. Among non-invasive techniques, thermology, has been demonstrated to be the most reliable having little or no risk of complications. To learn more about thermology and how this technique can save lives through early detection, attend SANT's Jan. 19 lecture when Dr. Philip Hoekstra will speak on medical thermology. The meeting begins at 7:30 p.m. at the Sinnott Holistic Health Center in Livonia, located at 29200 Vassar in the Livonia Pavilion, Suite 140, across the street (Middlebelt) from Sears at Livonia Mall. Admission is \$5. For more information call, (313) 274-4971 or (313) 837-2647.

Lupus support group

The Northwest Suburban Lupus Chapter will hold a rap session, Monday, Jan. 12 beginning at 7:30 p.m. at the Farmington Library conference room, 23500 Liberty Street (one block west of Farmington Road and one block south of Grand River). March 12, Anthony A. Emmer, D.O. neurologist, will host a session on "Lupus and CNS Involvement - myths and facts." For more information (313) 261-6714 ask for Andrea Gray. A meeting is scheduled for May 3.

Surviving cancer

A support group for young adults (ages 20-40) who are facing cancer, treatments and recovery will be hosted at the Barbara Ann Karmanos Cancer Institute (Lathrup Village Office) from 6-7:30 p.m. The group will meet the first and third Tuesday of each month beginning Jan. 6. The Institute is located at 18831 West 12 Mile Road (west of Southfield Road). For information, call Barbara Bicking, volunteer coordinator, (810) 294-4432 or Karen Ruwoldt, ACSW, (810) 543-6330. Refreshments will be served.

Birth rate increases

Women seeking treatment for infertility will find that their "take home baby rate" with in vitro fertilization (IVF) is one of the best in the nation at Henry Ford Center for Reproductive Medicine in Troy. "Our 1996 figures show that we are one of the best clinics in the United States in helping couples bring home a baby," said Michael Mersol-Barg, M.D., the medical director for the center. Mersol-Barg said 43.5 percent of women under age 35 and 33 percent of women between the ages of 35-39 brought home a baby after IVF treatment at the Henry Ford Center.

Grief support seminar

Angela Hospice will be offering a grief support workshop free of charge on Tue., Jan. 13 and Jan. 27 at 1 and 6:30 p.m. both days. Call (734) 464-7810 for more information.

Hospice SE Michigan

Hospice of Southeastern Michigan community relations manager, Dan Layman, will speak at St. Paul's Presbyterian Church, Sunday, Jan. 18 at 9:45 a.m. in an effort to reach out to the community and inform others about the care Hospice provides to those with a life-limiting illness and their families. Hospice aims to enhance the quality of life by controlling symptoms such as physical pain and to help deal with the emotional, social and spiritual issues that arise at the end of life. St. Paul's Presbyterian Church is located at 27475 Five Mile Road, Livonia. For information, call (313) 422-1470.

Items for Medical Briefs are welcome from all hospitals, physicians, colleges and residents active in the Observer area. Please send items to the Editor, 313-953-2111. Items should be typed, double-spaced and sent to:

Kim Mortson
313-953-2111
313-953-2111
313-953-2111

READ BEFORE EATING

MANY FOODS HAVE HIDDEN DANGERS

BY KIMBERLY A. MORTSON
STAFF WRITER

Food plays a major role in our lives and is the highlight of most social occasions. For some, however, eating can be a terrifying experience if you are allergic to a food that has the potential to kill you.

Logic would tell you not to consume the life-threatening allergen, but when it comes to peanuts, determining whether the legume is an ingredient in your egg roll or brown gravy can be very difficult. Peanuts, found in the legume food family, (kidney beans, licorice, alfalfa, lentils) aren't something you would expect to find in things such as chili, spaghetti sauce, enriched cocoa and pie crusts, but they are commonly used as fillers in processed foods and lunch meats, sources of protein in prepackaged foods, ground up as flour in cakes/cookies and thickening agents in gravies and sauces.

Unreliability of ingredient lists on commercial food products, a lack of understanding, and accidental exposure have led to rising incidents of peanut allergy deaths as a result of anaphylactic shock.

Unlike common food allergies such as milk, eggs, wheat and soy, peanut and shellfish allergies are considered lifelong. Medical experts say people often lose their sensitivity to other allergens - insects, animals, medication, mold, dust and latex.

The peanut threat to an allergy sufferer can include severe hives, difficulty breathing, swelling, throat closing/tightness and loss of consciousness.

No cure yet

Currently, there is no preventive medication or cure for peanut allergies other than avoidance. And with hidden ingredients and a lack of education, it's not easy for a family or child to maintain a sense of security in settings such as schools, restaurants and even their own home.

"Eating at a restaurant is like Russian roulette for my family," said Nancy Waterbury of Livonia, whose two young boys have food allergies. "There's no margin of error when it comes to peanut allergies so we just don't take the chance. The risk of exposure is too great."



Reading labels: Jimmy Waterbury, 9, (left) and his brother Mark, 7, (right) are learning to read the labels on foods, like the fruit snacks they enjoy after school, before eating them in case they were to include peanuts or other allergens.

In reality, it's less challenging to be peanut-safe than it is peanut-free due to a high level of cross-contamination in the food industry and the relative ease of exposure from inhalation and physical contact as minimal as peanut residue.

Although food allergies are not new, medical professionals link the food industry's use of more and more protein additives in processed foods as a determining factor in the rise of allergic persons having near-fatal and fatal reactions.

Waterbury's sons, Jimmy, 9, and Mark, 7, both strictly monitor their diets and are learning to read food labels in hopes of avoiding a physical reaction to their allergens. Jimmy cannot consume nuts and peanuts while Mark is allergic to eggs, peanuts, nuts, chocolate and all dairy products (milk, cheese, ice cream).

Jimmy has had two major anaphylactic responses from peanuts - first from a spoonful of a breakfast cereal and the second from a bite of cake cut with the same knife that was used to slice a cake containing nuts, said Waterbury. Neither were swallowed but still caused serious side effects.

"We're very careful and we read everything," said Waterbury.

The Livonia mother said food is such an important part of our social occasions that the boys sometimes feel alienated from their classmates because of

Please see DANGERS, E5

Teacher, classmates join to protect students

BY KIMBERLY A. MORTSON
STAFF WRITER

Sending a food allergic child to school for the first time can be a stressful and anxious occasion for the student, parents and school administration.

Eriksson Elementary school in the Plymouth-Canton district was challenged with educating two kindergarten students with life threatening peanut allergies in August 1995.

Creating a safe learning environment for Brooke Graham and Colin Beney would need to be more involved than filling out an emergency medical card and storing their medication in the front office. With the cooperation of the children's parents, school nurse Mary Huber, RN, the Eriksson staff and principal Judy Ireson a comprehensive plan was initiated in March, six months prior to the kindergartners arrival.

"Judy and myself had experience with a student, 12 years prior, that was allergic to fish," said Huber, a Plymouth-Canton school nurse. "The potential for exposure in a school setting involving peanuts is significantly greater than that of fish, so we knew we had to plan ahead and be prepared for every possible scenario involving peanuts."

"We were given the problem and ran with it," said Ireson. "The preparations were time consuming but we collaboratively came up with a very workable plan. Brooke and Colin's parents were very willing to work with us and approached the situation not asking for unreasonable things."

Common goals

Through team planning a decision was made not to designate the entire school peanut-free in an effort to avoid a "sense of complacency," said Ireson. "We couldn't insure the all-out elimination of peanuts in a building with a population of some 570 students and nearly 60 staff members."

To date, Eriksson maintains a single peanut-free classroom and has only had two instances since 1995 when exposure might have been a possibility, but was avoided due to the keen foresight of the Canton elementary school staff.

The 1995-96 school year for both students was deemed more manageable than first grade was expected to be, due to the ability to eliminate food in a 2.5 hour day with an emphasis on awareness. The added pressure ensued the following year when the concentration had to shift to the lunch hour.

"And we had to be sensitive to the needs of all the children in school," said Ireson.

Again, several months before the start of the first grade, Eriksson staff members put their heads together and tried to anticipate any situation Brooke and Colin might encounter on a day-to-day basis relating to food.

Life saving suggestions

Ireson said it was input from a custodial staff member and the physical education teacher that led

Please see CLASSMATES, E5

First-graders: Brooke Graham and Colin Beney eat lunch in a peanut-free classroom at Eriksson Elementary School in Canton.



STAFF PHOTO BY BILL BRESLER

Peanuts can cause deadly response

BY KIMBERLY A. MORTSON
STAFF WRITER

Persons who suffer from allergies to peanuts fear the anaphylactic reaction or "allergic shock" they experience from even the most minimal exposure to the allergen.

Anaphylaxis is a rapid and potentially deadly response triggered by skin exposure, inhalation or consumption of an allergen such as peanuts, shellfish, tree nuts (almonds, cashews, walnuts) and fish.

Imagine the anxiety a 7-year-old may after biting into a cookie, with no known peanut ingredient, only seconds later to begin itching, having their lips and tongue swell up and experience difficulty breathing as their throat begins to close.

This is not an uncommon scenario for a school-aged child with peanut allergies. Exposure to any form of the allergen such as an art project containing peanut shells, the residue left on a lunch table where a peanut butter sandwich was eaten or the breath of another child who had just eaten a peanut butter cookie.

While airborne or skin exposure may cause a more mild allergic reaction than physical consumption, the response can be equally tragic if not treated seriously. The reaction occurs when the body's immune system perceives the protein response as a threat and therefore overproduces histamine and other natural chemicals to fend off the danger.

If the response to full-blown anaphylaxis is unhurried or the injection of epinephrine does not occur within minutes, the results can be fatal.

Epinephrine administered through an auto-injection device called an EpiPen® buys the child time to be transported to a hospital for medical treatment.

Epinephrine, also known as adrenaline, is a hormone which the body instinctively pro-

HOW TO READ A LABEL FOR A PEANUT-FREE DIET

- Avoid foods that contain any of these ingredients: Peanut flour, peanut butter, Nu-Nuts® flavored nuts, peanuts.
- Foods which may indicate the presence of peanut protein: Baked goods, candy, chili, Chinese/Thai dishes, egg rolls, Marzipan, soups, gravy.
- Peanuts are very allergenic and can cause an anaphylactic (general body) reaction. Common warning signs of anaphylaxis: Tingling, Itchiness or metallic taste in the mouth and throat, vomiting, diarrhea, difficulty breathing, hives, cramping, drop in blood pressure, loss of consciousness feeling of doom, swelling of mouth and throat.

If you have any of these symptoms - act fast! Administer epinephrine (in the form of an Epi-Pen® or Ana Kit®) and call 911.

TREE NUT-FREE ALLERGY

Avoid foods that contain nuts or any of these ingredients:

- Almonds, brazil nuts, cashews, chestnuts, filbert/hazelnuts, glanduja (a creamy mixture of chocolate and chopped toasted chocolate), hickory nuts, macadamia nuts, marzipan/almond paste, cashew butter, nut oil, pecans, pine nuts, pistachios, walnuts.

Keep the following:

- NuNuts® artificial nuts are peanuts that have been deflawored and re-flavored with a nut, like pecan or walnut.
- Filberts are also hazelnuts.
- Avoid natural extracts (pure almond extract, natural wintergreen)
- Use imitation or artificial flavored extracts.

Obtained from the Food Allergy Network, (703) 691-3179.



STAFF PHOTO BY BILL BRESLER

Lunch buddies: Brooke Graham and Colin Beney (in background) spend their lunch time with lunch buddies Nicole Spino and Jonathan Giove.

Please see PEANUTS, E5

