

THE WEEK AHEAD

MONDAY

City Hall: The Westland City Council will meet 7 p.m. May 1 in council chambers of Westland City Hall, on Ford near Carlson. There will be a closed 6:30 p.m. study sessions on potential purchase of a local right-of-way which is vacated.

TUESDAY

Online: Internet 101: An Introduction to the Internet will be offered 7-8 p.m. May 2 at the Westland library, on Central City Parkway between Warren and Ford. Participants will learn the basics of the Internet and how to navigate and find information. Internet computers will be reserved for student practice for one hour after class. There is no fee; registration isn't required, but class size is limited. For information, call (734) 326-6123.

SATURDAY

Start them young: A Babytime Storytime is scheduled for 11-11:20 a.m. May 6 at the Westland library. It is for children 6-18 months (with a caregiver). There is no fee or advance registration. For more information, call (734) 326-6123.

INDEX

- | | |
|------------------|------------------|
| Apartments/E7 | Malls/C6 |
| Arts/C1 | Movies/C4 |
| Automotive/M4 | New Homes/E1 |
| Classified/E,Q,H | Obituaries/A4 |
| Crossword | Real Estate/E3 |
| puzzle/E5 | Service Guide/M2 |
| Health/D4 | Sports/B1 |
| Jobs/Q1 | Taste/D1 |

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Griffin lashes out at his rivals

Charles "Trav" Griffin, Westland City Council president, is irked that recall organizers went to a Romulus City Council meeting, where Westland Councilman David Cox works. Cox was also displeased.

BY JULIE BROWN
STAFF WRITER
jbrown@oe.homecomm.net

Westland City Council President Charles "Trav" Griffin is displeased that recall organizers in Westland went to a Romulus City Council meeting last week.

Westland Councilman David Cox works for the city of Romulus as assis-

tant to the mayor and was targeted at that meeting.

"It's out of bounds," Griffin said Wednesday. He said he was appalled by attempts to destroy careers and families.

"They've crossed over the line," Griffin said. "That's just out of bounds."

Recall organizers have to understand there are consequences to their actions,

he said. Consequences would be "whatever is appropriate," looking at all options.

Griffin said he has never taken such action in his lengthy political career. He compared it to going to a person's private job and criticizing.

"And it's not right," he said. "It's not to be tolerated."

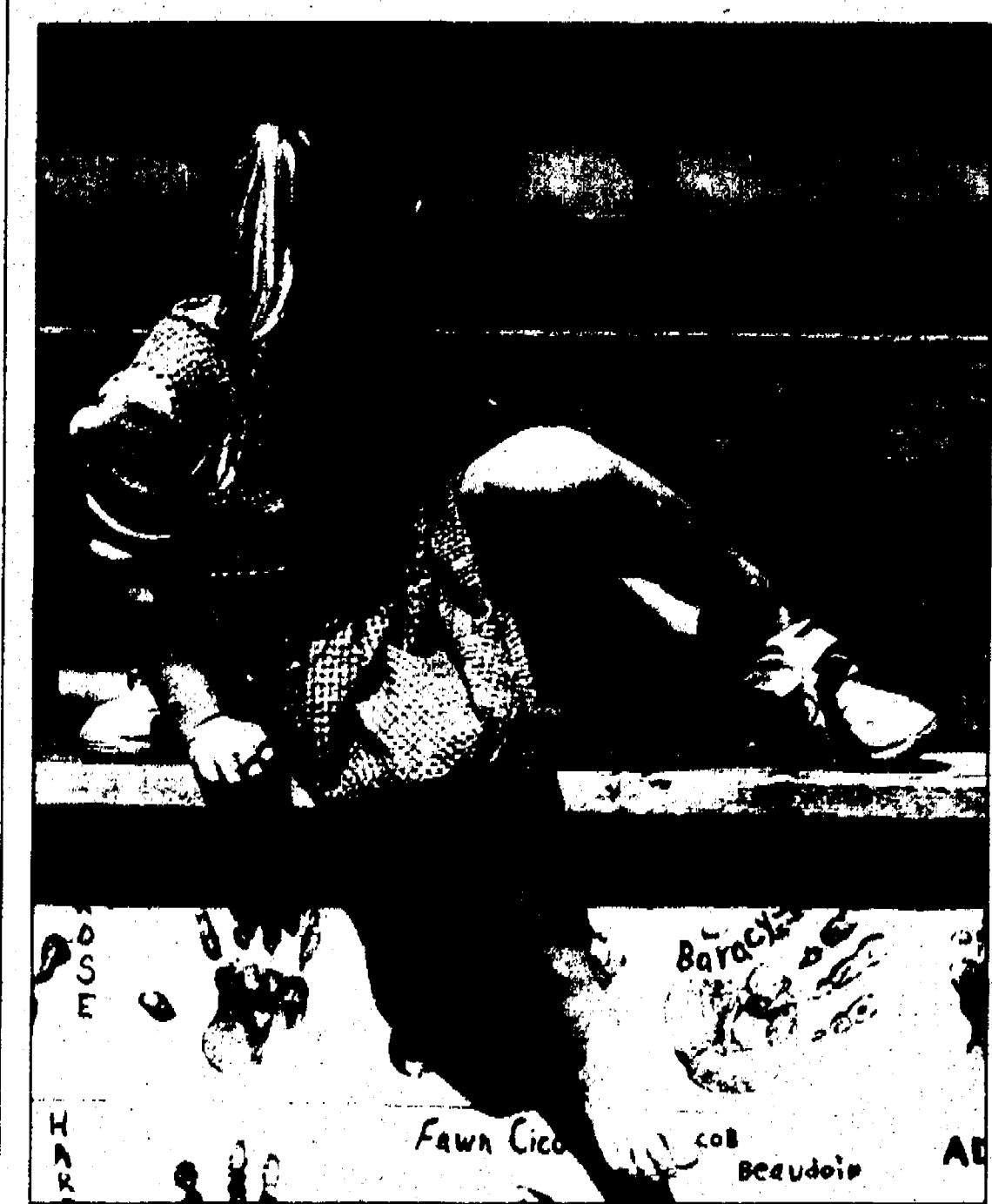
Cox had earlier criticized the appearance of Westland recall organizers at the Romulus meeting. Recall organizer Brenda Gracin has said she and others simply want to learn more about issues such as whether Cox should legally be living in Romulus.

The Westland City Council will meet 7 p.m. Monday at Westland City Hall.

GOVERNMENT

Councilwoman Sharon Scott has been targeted for recall, with signatures being collected. Colleagues Griffin, Cox and David James are protected from recall during their first six months in office.

The outcry began in January with the firing of City Clerk Patricia Gibbons. The foursome, who voted not to reappoint Gibbons, cited concerns about her job performance. Council members Sandra Cicirelli, Richard LeBlanc and Glenn Anderson voted to keep Gibbons on the job.



It's spring! Destinee Sanders, 4, of Westland puts her shoes back on by the hand and feet print tiles at the Westland playscape.

Break time beckons

BY JULIE BROWN
STAFF WRITER
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Wayne-Westland and Livonia students joined many of their counterparts this past week on spring break. School doors open Monday, and students appreciated the time away from the halls of learning.

"It's nice to get another break from school," said Joshua Brist, 10, a fifth grader at Madison Elementary School in Westland.

Josh, as he's known, played hockey and basketball with his friends.

"It's at the right time for us," he said of spring break. "The kind of look-



Family affair: Katelyn Dabelstein, 9 months old, climbs on her mother, Amber, of Westland outside the playscape in Westland this past week. Enjoying the weather also were son Leo, 7, and Rachael, 4, who were playing on the playscape.



Your turn: Shannon Kirtley, 11, of Westland gets a ride in the tire, swinging from friend Stacy Green, 11, of South Lyon at the Westland playscape.

Seniors facing opportunity to give fitness a boost

BY LAURIE HUMPHREY
STAFF WRITER
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Wednesday, May 31, marks the fifth annual National Senior Health and Fitness Day in Westland.

"It should be a day where seniors can exercise a little, eat a little, learn a little, have a little fun," said Barbara Schimmel-Marcum, the deputy director

of the Westland Senior Resources Department.

Activities for the day begin at 9 a.m. at the Friendship Center with a 1.9-mile walk or a chair exercise program, followed by one-on-one meetings with professionals from different health areas and a luncheon.

"This year, we're doing things a little different," said Schimmel-Marcum. "In

addition to the walk, we're doing a chair exercise program for somebody who may not be able physically to hike a couple of miles."

The newest exercise program will allow participants to exercise without the bouncing motion or constant pressure on their joints.

Following the exercise portion seniors will receive a map of the

Friendship Center indicating the locations of booths staffed by health professionals. Seniors will be encouraged to visit a variety of booths in search of information from a pharmacist, physical therapist, massage therapist, mental health specialist and more.

"We'll allow them to go to whatever

Please see FITNESS, A5

Civitan's laud Toarmina for giving to community

BY DIANE GALE ANDREASINI
SPECIAL WRITER

Lou Toarmina doesn't like to talk a lot about his volunteer work. He'd rather point out the things other people do.

But members of the Westland Civitan Club didn't let him deflect accolades Wednesday night during an awards ceremony that named him their Citizen of the Year. The award recognizes someone who has "gone above and beyond many, many times to provide us with a better community," explained Westland Civitan President

Margaret Martin.

"What hasn't he done?" asked Martin, a Westland Parks and Recreation therapeutic and program supervisor. "At every large special event, he has been an integral part, either providing food or support. We've noticed that he has done so much for the community that it is time he is recognized. The thing that is most amazing about him is that he doesn't know he's amazing. He always says, 'Shouldn't everybody be doing this?'"

Recently, Toarmina showed how hard he was willing to work during a community-wide "Turn Off the Vio-

lence Night." Toarmina helped serve 36 super size pizzas, brought the serving tables to serve them from and borrowed a Salvation Army van and shuttled people back and forth from a homeless shelter.

When asked about his volunteer work, Toarmina quickly explained that his wife, Gina, and the owners of the three Westland Toarmina Pizza franchises, Craig and Debra Lowery, Patty and Jeff Randolph and Jack Shoko, are just as committed to helping local organizations.

Lou and Gina Toarmina are the franchise owners of 17 stores in Michigan

and Ohio.

"We like to be able to help other organizations that are making real life changes in the community," Toarmina said. "There are such good causes through organizations like the Civitan Club."

One of his favorite volunteer groups is the Good News Gang Soup Providers, which taps people in the suburbs to fill the financial needs of inner-city families.

A lot of kids who are getting birth defects are from the Good News Gang.

Please see TOARMINA, A5



Poverty: Haitian children live in the poorest country in the Western Hemisphere.

Desire to give leads them to Haiti

BY LAURIE HUMPHREY
STAFF WRITER
lhumphrey@oe.homecomm.net

Different people use different methods to measure success.

For Ronaele and Hugh Bowman, success is measured by how many people they help. The husband-wife team just returned from a goodwill trip to Haiti, the poorest country in the Western Hemisphere. They signed up for the trip to help restore a 50-year-old Catholic church, but found themselves also restoring hope to some people.

The process, however, was emotionally draining for Ronaele, director of Westland Youth Assistance.

"When I first came back, I went through a depression and this feeling of helplessness," said the Livonia woman, who admitted at first she doubted whether she could ever return. "Now after re-evaluating, I realize we can't change life for all people in Haiti, but we certainly helped some people."

During their eight-day visit to the Caribbean country, the pair was able to spend some time teaching natives how to help themselves in Petite-Riviere de L'Arbitonite.

Hugh, a design engineer for Ford Motor Co., shared his knowledge of masonry, electronics and construction with locals

who helped in the church restoration. Ronaele taught native children life skills such as teamwork. She also modeled courage for those youngsters receiving immunizations and those which needed further medical attention.

Expectations

The Bowmans are both very familiar with the Caribbean. That is where they met in 1964.

Ronaele was involved in another goodwill effort through the Catholic church, while Hugh, a native of St. Vincent and the Grenadines, lived there. Despite their familiarity with the area, they were both unprepared for the extreme poverty they would find during their recent trip.

"I didn't expect it to be so widespread," said Ronaele. "There was no sanitary drinking water. The people washed their clothes and bathed in the same water."

Those same rivers provided natives with their drinking water and animals with an area to cool down.

"And the roads are awful," Ronaele added. "You cannot drive a car on them."

Bicycle, donkey and Tap-Taps (open buses) are the main forms of transportation for towns outside the capital of Port-au-Prince. Few people are wealthy



Gift: Ronaele Bowman works with Haitian children.

enough to have their own 4-wheel-drive Jeep. Those who own their own vehicles are the same ones who own sprawling estates with armed guards at the gate.

The people

The character of the natives also made an impression on the Bowmans.

"Everybody there wanted to help us," said Hugh, referring to locals who had gathered at the church during the restoration project.

Ronaele, on the other hand, was impressed with the maturity of children. During the walk back from a field trip, students from the church school and the chaperones stopped to eat lunch.

"Some of the students had sandwiches, some of them had beans and rice and some of them just had these little things of water. Their families couldn't afford lunch," she said.

Not one child complained about their lack of food, but Ronaele still felt compelled to help them. She found a woman who was cooking beans and rice for sale on the side of the road and

made a purchase.

"For \$10 U.S., I got her to feed 35 children," said Ronaele. The youngsters were so happy to be eating lunch, they didn't even mind sharing plates and spoons. There were about three students to a plate.

"We take so much for granted here," she said with a sigh. "Here were these little kids, and they weren't going to be eating."

The trip to Haiti took almost a year to plan, but there were four separate church groups involved: St. Gerard Catholic and St. Leo Catholic of Detroit, St. David's Episcopal of Southfield and St. Blaise Catholic of Sterling Heights. The Bowmans, members of St. Gerard, joined the 30-member goodwill team for personal reasons.

"We went because we wanted to give something back to society," said Hugh.

Ronaele added, "and society is more than just our community. Society is the world."

They are already planning a return trip to Haiti next year. This time, they will bring extra shoes, clothing and food as gifts.

Different life: Hugh Bowman pauses on a Haitian street.



May 4 seminar to help those who grieve

Marquette House assisted living will sponsor a "Bereavement and Spiritual Care" seminar beginning at 2 p.m. Thursday, May 4.

The free program is open to everyone, but preregistration is required. The event will last about an hour.

Ruth Favor, a nationally certified bereavement facilitator and presenter, said these programs are important for three reasons.

"First, people need to know that it is O.K. to grieve," she said.

She compared the process of grieving 30 years ago to today saying "back then, people were not given permission to grieve. They

were expected to just get on with their lives." Calling that unhealthy, Favor explained that people can only learn to lead a full life after they have mourned the loss of a loved one.

"Second, there are many norms in the grieving process," she said.

She hopes to dispel the myth that everyone who has experienced a loss of a loved one should act a certain way. "There are no expectations," she emphasized.

"Third, they need to talk about it," she said.

She contends that the sharing process will allow people to open up and discuss their

pain, which is the first step toward healing. For her, the ultimate goal for these programs is to help people feel that they can go on with life, that life is worth living.

In her seminars, she stresses that "life will never be the same, but they can go on."

The seminar is the third in a series of educational workshops. Reservations should be made with Kathleen Waldo at 334-3373, ext. 3637.

Marquette House is located at 3800 Campus Drive in Westland, across from John Glenn High School.

Gardening program: Butterflies are free

With summer just around the corner, one can expect to see a greater variety of butterflies.

To increase your chances, Barson's Greenhouse in Westland will offer tips on "Butterfly Gardening With the Environment in Mind" 7-8 p.m. Thursday, May 11. This free program is part of a city effort to educate residents about environmental protection, extending to the Rouge River.

The Rouge River forms a greenway corridor through Wayne County communities

'Unfortunately, butterfly habitat continues to disappear and Michigan has lost some of the winged jewels that are part of the natural environment.'

Lillian Dean

which attract birds, butterflies and other insects.

"Unfortunately, butterfly habitat continues to disappear and Michigan has lost some of the winged jewels that are part of the natural environment. By planting the right plants in our

plants and larval plants for butterflies, residents can contribute to environmental protection and attract butterflies in their own backyards," said Lillian Dean, Rouge River education consultant.

Featured speaker, Marty

Fitzley, Observer & Eccentricist, garden writer, will offer residents practical advice for planning and planting their own backyards and butterfly gardens. In addition, participants will receive a folder of fact sheets about healthy lawns, gardens, trees, as well as butterfly gardening.

This event is co-sponsored by Westland-Rouge River Public Education Project and Barson's Greenhouse, located at 644 N. Meridian. For more information or directions, call 334-3373.

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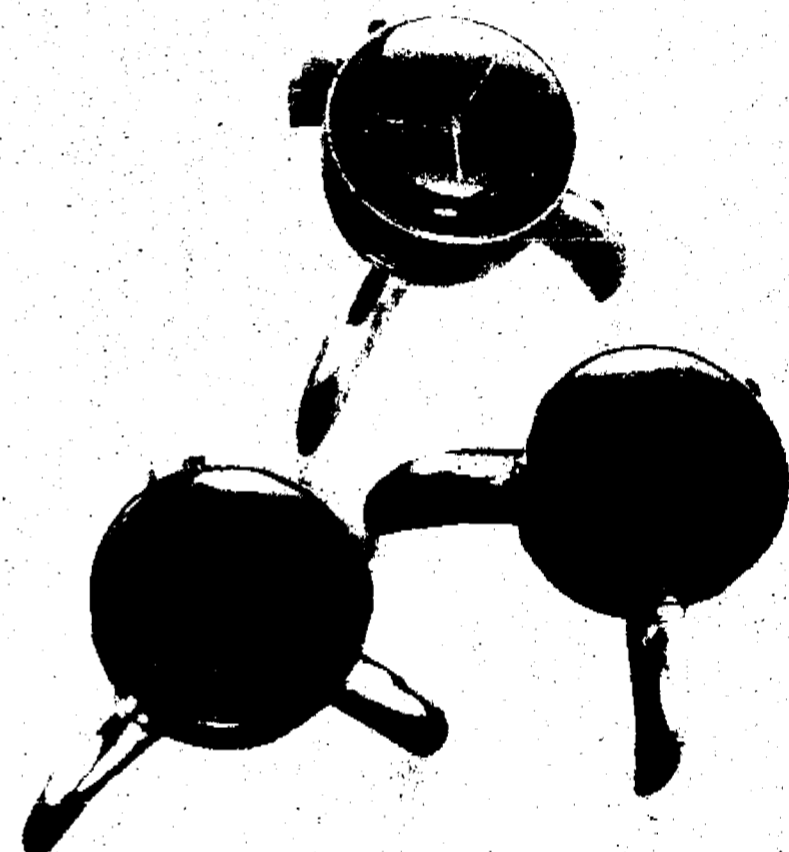
Look at the time. Man's watch with unique horizontal number placement and brushed silver finish. Imported. Whimsically gift-packaged in a tin can. #65. In Men's Furnishings.

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School board member recognized

Mathew McCusker, Wayne-Westland school board vice president, will be honored by the Michigan Association of School Boards May 9.

McCusker is one of two school

board members in the state to earn the President's Award of Recognition, the MASB highest-level award. The award requires more than 1,500 MASB education credits. He will be recog-

nized at the MASB Regional Meeting and Awards Ceremony at Lincoln Parks Schools. The reception starts at 5 p.m. and the awards ceremony will follow a legislative update and dinner.

Stamps help in breast cancer war

A nationwide campaign is under way to raise funds for breast cancer research by encouraging the use of a special fund-raising stamp.

The Breast Cancer Research "semipostal" stamp is the first in U.S. history to have its net proceeds above the cost of postage

earmarked for research organizations. If the entire print run of 280 million stamps is sold out, up to an estimated \$20 million will be raised for breast cancer research. The stamp is available now and will go off sale July 29. The 40-cent stamp is valid for postage at the 33-cent first-class

letter rate. Seventy percent of net proceeds above the cost of postage is given to the National Institutes of Health. Thirty percent goes to the Medical Research Program of the Department of Defense.

Stamps are available toll-free at (800) STAMP-24.

Firefighters: Golf, giveaway on tap

The Westland Firefighters Public Awareness Committee has planned its Children's Fire Safety Golf Classic for 8 a.m. Thursday, June 1, at Faulkwood Golf Course in Howell.

The scramble golf tournament will take place to benefit fire safety education. Price of \$100

per person includes 18 holes of golf, hot dogs at the turn, refreshments and a steak dinner afterward.

The committee is a charitable organization, founded to promote fire safety in Westland. For information on the golf tournament, or on fairway sponsor-

ships, call Bob Fields, chairman, at (734) 467-3182.

The Westland Fire Department will also give away smoke detectors to the hearing impaired during May. This is part of Better Hearing and Speech Month in Westland.

The department, through a grant from Blue Cross/Blue Shield, is able to offer a limited number of detectors for the hearing impaired in Westland. Contact the Westland Fire Department at (734) 467-3182.

MARGARET NOVAK

Services for Margaret Novak, 90, of Westland will take place 10 a.m. Monday, May 1, in Sacred Heart Byzantine Church, 29125 W. Six Mile, Livonia, with burial at St. Hedwig Cemetery in Dearborn Heights. Officiating will be the Rev. Nicholas Ivan. Visitation is noon to 9 p.m. today, April 30, in John N. Santeiu & Son Funeral Home, 1139 Inkster Road, between Ford and Cherry Hill, Garden City.

Mrs. Novak was born Nov. 16, 1909, in Johnsonberg, Pa., and died April 26 in Westland. She was a baker.

Surviving are her son, Robert (Virginia) Novak; brother, Joseph Trosko; sisters, Mary Zofchak and Helen Velez; eight grandchildren; and 14 great-grandchildren.

Mrs. Novak was preceded in death by her husband, Michael; son, Thomas; brothers, Fred, John and Peter Trosko; and sister, Vera Webber.

CAROL ANN OLDS

Carol Olds, 65, of Westland died April 14 in Ann Arbor. She was born Dec. 12, 1934. She was a manager.

Mrs. Olds donated her body to the University of Michigan Medical School, Ann Arbor.

Surviving are her sons, Charles (Lynn) Defresne and Ryan Olds; daughters, Cheryl (David) Waterman and Colleen

OBITUARIES

(Michael) Allstead; 15 grandchildren; and five great-grandchildren.

Mrs. Olds was preceded in death by her husband, George. Arrangements were made to Uht Funeral Home.

NORMAN R. GRADEN

Services for Norman Graden, 68, of Westland were held April 28 in Uht Funeral Home with burial at Cadillac Memorial Gardens West, Westland. Officiating was the Rev. Drex Morton.

Mr. Graden was born Feb. 27, 1932, and died April 25 in Garden City. He was a tool and die maker.

Surviving are his daughters, Judy (Richard) Nothnagle and Wendy (Wayne) Goldzweig; grandchildren, Brian Nothnagle, Kevin Nothnagle, Mike Goldzweig and Heather Goldzweig; several nieces and nephews.

Mr. Graden was preceded in death by his sister, Janet Mark.

JACK W. HARRIS

Services for Jack Harris, 61, of Westland were held April 27 in R.G. & G.R. Harris Funeral Home in Garden City with burial at Michigan Memorial Park. Officiating was the Rev. Danny Tackett. An American Legion service took place April 26.

Mr. Harris was born April 23, 1939, in Trenton, Tenn., and

died April 24 at his home in Westland. He lived in this area 40 years. He was a laborer at the Ford Motor Co. Livonia Transmission Plant. He was a member of the American Legion in Livonia.

Surviving are his lifelong companion, Mary Harris; children, David, Cheryl Deskins and Jack Scott; seven grandchildren; one great-grandchild; and one sister.

MILDRED M. NELSON

Services for Mildred Nelson, 86, of Livonia were held April 27 in John N. Santeiu & Son Funeral Home with burial at Parkview Memorial Cemetery, Livonia. Officiating was the Rev. Donald Demmer from St. Dunstan Catholic Church.

Mrs. Nelson was born Dec. 13, 1913, in Hamilton, Ohio, and died April 25 in Livonia. She was a homemaker.

Surviving are her nieces, Patricia Rebentisch and Kathryn Towns of Westland, and nephew, Dennis Boatman.

Mrs. Nelson was preceded in death by her husband, Walter.

To submit obituaries, write to the Observer at 36251 Schoolcraft, Livonia, MI 48150 or fax to (734) 591-7279. Obituaries are normally submitted through funeral homes, but may also be submitted by families of the deceased.

NOTICE OF LAST DAY OF REGISTRATION OF THE QUALIFIED ELECTORS SCHOOL DISTRICT OF THE CITY OF GARDEN CITY COUNTY OF WAYNE, MICHIGAN FOR THE ANNUAL ELECTION TO BE HELD ON MONDAY, JUNE 12, 2000

TO THE QUALIFIED ELECTORS OF SAID SCHOOL DISTRICT: PLEASE TAKE NOTICE that the annual election for School District of the City of Garden City will be held in said School District on Monday, June 12, 2000.

Act 451, Public Acts of Michigan, 1976, as amended, provides in part as follows:

The inspectors of election at an annual or special election shall not receive the vote of a person residing in a registration school district whose name is not registered as an elector in the city or township in which the person resides.

The last day for receiving registrations for the annual election will be Monday, May 15, 2000. Persons residing in said School District registering after 5:00 p.m., on Monday, May 15, 2000, will not be eligible to vote at the annual election. The City Clerk's Office will be open Saturday, May 13th between the hours of 8:00 a.m.-2:00 p.m.

Under the provisions of Act 451, Public Acts of Michigan, 1976, as amended, registrations will not be taken by school officials, and only persons who have registered as general electors with the appropriate Clerk of the City or Township in which they reside, or through registration at a Secretary of State drivers license bureau, are registered school electors.

Members for the Board of Education of School District of the City of Garden City will be elected.

This Notice is given by order of the Board of Education of School District of the City of Garden City, County of Wayne, Michigan.

PATRICIA RUHLAND
Secretary, Board of Education
School District of the City of Garden City

Dated: April 10, 2000
Publish: April 30 and May 4, 2000

LIVONIA PUBLIC SCHOOL DISTRICT LAST DAY OF REGISTRATION SCHOOL ELECTION NOTICE OF LAST DAY OF REGISTRATION OF THE ELECTORS OF LIVONIA PUBLIC SCHOOLS SCHOOL DISTRICT WAYNE COUNTY, MICHIGAN

TO THE ELECTORS OF THE SCHOOL DISTRICT: Please Take Notice that the regular school election of the school district will be held on Monday, June 12, 2000.

THE LAST DAY ON WHICH PERSONS MAY REGISTER IN ORDER TO BE ELIGIBLE TO VOTE AT THE REGULAR SCHOOL ELECTION CALLED TO BE HELD ON MONDAY, JUNE 12, 2000, IS MONDAY, MAY 15, 2000. PERSONS REGISTERING AFTER 5 O'CLOCK IN THE EVENING ON MONDAY, MAY 15, 2000, ARE NOT ELIGIBLE TO VOTE AT THE REGULAR SCHOOL ELECTION.

To register, visit any Secretary of State branch office or your county, city or township clerk's office. Persons planning to register with the respective county, city or township clerks must ascertain the days and hours on which the clerks' offices are open for registration.

This Notice is given by order of the Board of Education of Livonia Public Schools School District, Wayne County, Michigan.

PATRICK D. NALLEY, Secretary
Livonia Board of Education

Publish: April 30 and May 11, 2000

LAST DAY OF REGISTRATION SCHOOL ELECTION NOTICE OF LAST DAY OF REGISTRATION OF THE ELECTORS OF WAYNE-WESTLAND COMMUNITY SCHOOLS WAYNE COUNTY, MICHIGAN

TO THE ELECTORS OF THE SCHOOL DISTRICT: Please Take Notice that the regular school election of the school district will be held on Monday, June 12, 2000.

THE LAST DAY ON WHICH PERSONS MAY REGISTER IN ORDER TO BE ELIGIBLE TO VOTE AT THE REGULAR SCHOOL ELECTION CALLED TO BE HELD ON MONDAY, JUNE 12, 2000, IS MONDAY, MAY 15, 2000. PERSONS REGISTERING AFTER 5 O'CLOCK IN THE EVENING ON MONDAY, MAY 15, 2000, ARE NOT ELIGIBLE TO VOTE AT THE REGULAR SCHOOL ELECTION.

To register, visit any Secretary of State branch office or your county, city or township clerk's office. Persons planning to register with the respective county, city or township clerks must ascertain the days and hours on which the clerks' offices are open for registration.

This Notice is given by order of the board of education.

MARTHA PITSENBARGER
Secretary, Board of Education

Publish: April 30 and May 11, 2000

Two great reasons to have a GARAGE, YARD, OR PORCH SALE!

1. It's an easy way to put more money in your budget and
2. we will put the name of everyone* placing an ad for a garage, yard, or porch sale into a drawing for a \$50 gift certificate at Meijer!

There'll be a winner every week through September 28.

So, grab a pencil and make a list of all the things you want to sell.

Place your ad for as low as \$22.50* and who knows?— you could be one of our weekly winners!

Observer & Eccentric
HomeTown Classifieds

MEIJER

Oakland County: 248-644-1100 Wayne County: 734-591-0900

Rochester/Rochester Hills: 248-852-3222 Clarkston, Lake Orion, Oxford, Waterford: 248-475-4595

* Some Restrictions Apply Contest ends 4/2/00-9/28/00

81/673

Fitness from page A1

area they want to go to," said Schimmel-Marcum.

The purpose of the annual National Senior Health and Fitness Day is simple, according to Schimmel-Marcum.

"Knowledge is power," she said. "Knowledge gives us more power in deciding our care."

She explained that everyone can count on natural changes occurring in their body as they age. She is hoping to take some of the fear out of the process by

providing seniors with access to health care professionals and time to get their questions answered.

Interested individuals must pre-register at the Friendship Center in person or through the mail. The fee is \$5 for members, \$10 for non-members and entitles each participant to the luncheon and a T-shirt. Those registering through the mail are asked to specify their T-shirt size.

Checks should be made out to Treasurer, City of Westland, and mailed to the Friendship Center, 1119 N. Newburgh, Westland, MI 48185.

According to Schimmel-Marcum, more than 800 organizations participate in National Senior Health and Fitness Day, making it the largest annual health promotion event for older adults in the nation.

Toarmina from page A1

Gang are getting their first birthday present," Toarmina said of his work through Rotary.

"I get a good feeling from helping. It's a happy feeling inside of you when you do that kind of work."

'I get a good feeling from helping. It's a happy feeling inside of you when you do that kind of work.'

*Lou Toarmina
—Civitan award recipient*

The 38 members of the Civitans should be applauded for their dedication and selfless commitment to helping others, Toarmina stressed.

"They feel how good it feels to help others," he added.

Toarmina is a lifetime resident of Westland and is also a member of the Westland Rotary Club and sits on the Salvation Army Advisory Council. He graduated from Wayne Memorial High School in 1980 and has three children, Zach, Jacob and Sarah.

"When you meet him, he's sort of quiet," Martin said. "He's not a big rah-rah cheerleader type. He goes and gets the work done. He sees the need and just does it. He always says I'm not doing anything special. He's a very humble, quiet, very nice man. I've never met anyone who didn't have something nice to say about him."

Toarmina was also recognized

as the Businessman of the Year for 2000 by the Westland Youth Assistance program.

Toarmina shared the spotlight at the ceremony Wednesday with Shavondee Wright, a John Glenn High School senior who was given a \$500 scholarship by the Westland Civitans. Wright has been accepted at the University of Michigan in Ann Arbor and plans to study pharmacology or physical therapy.

"We set up a scholarship for a high school student who not only had good grades, but who did a lot of community service — and she does a lot of community service," Martin said.

Wright is involved in many school activities, church work and is a Junior Civitan.

April is Civitan Awareness Month. The club has been in

existence since the early 1900s and got its start in the U.S. South. The idea was to provide people with opportunities to serve their communities and to especially come to the aid of people with impairments.

The Westland Civitans averages between two and three community activities monthly.

"Sometimes, we're helping other groups and sometimes we're doing our own," Martin said.

Activities the local group is involved with include visiting nursing home residents during holidays, helping with Special Olympics on local and state levels and hosting a "Big Heart" banquet in honor of an outstanding Special Olympics participant.

Emissions pact reached

U.S. Environmental Protection Agency Region 5 and the U.S. Department of Justice have recently reached agreement with Ford Motor Co. on alleged violations of the Clean Air Act at three Detroit-area assembly plants.

The plants are Wayne Assembly, 37625 Michigan Ave., and Michigan Truck Assembly, 38303 Michigan Ave., both in Wayne, and Dearborn Assembly, 3001 Miller, Dearborn.

The agreement, which includes a \$1.1 million penalty and an environmental project expected to cost more than \$12 million, resolves a complaint issued at the same time alleging that Ford failed to comply with permit requirements and emission limits for volatile organic compounds — precursors of ground-level ozone (smog) — at all three assembly plants.

Ford must pay one-third of the \$1.1 million penalty to the United States, one-third to the Michigan general fund, and one-third to Wayne County.

The consent decree incorporates Ford's plan to close its existing Dearborn Assembly plant by Oct. 31 and to move its assembly operations to a new plant being built next to the existing plant. In addition, at its Wayne Assembly and Michigan Truck Assembly plants, Ford undertook actions necessary to comply with air regulations, including obtaining the required permits and installing air pollution control equipment.


As its environmental project, Ford will install a waterborne primer system at the new Dearborn Assembly plant that will replace a previously permitted solvent-based primer system in the guide-coat booth.

The waterborne primer system will significantly cut VOC emissions at the new Dearborn Assembly plant. Ford has also agreed to take lower VOC emission limits in its permit for the new Dearborn Assembly plant. This will be one of the first high-volume, light-duty truck facilities in the United States to use waterborne primer.

VOC's combine in the air on warm, sunny days with other chemicals to form ground-level ozone, or smog. Smog can cause breathing problems, reduced lung function, eye irritation, stuffy nose, and reduced resistance to colds and other infections.

Ozone can aggravate asthma and may speed up aging of lung tissue. Children, the elderly and people with heart and lung diseases are the most sensitive.


"The Detroit area achieved the health-based standard for ozone in March 1995 after being out of compliance since the 1970s," said Bharat Mathur, director of the regional Air and Radiation Division. "EPA's goal is to ensure that Detroit continues to have air quality that meets this health-based standard."



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Philanthropist, TV newsman keynote Schoolcraft graduations

Robert Thompson, philanthropic former owner of Michigan's largest road-paving firm, and television news anchorman Rich Fisher will be keynote speakers next weekend at Schoolcraft College's 35th commencement exercises.

More than 1,000 students, including 125 from the public safety program, will be graduated during the 7:30 p.m. Friday, May 5, and 6 p.m. Saturday, May 6, ceremonies in the physical education building.

In addition, Schoolcraft will confer honorary degrees and recognize a distinguished alumnus during Saturday's main commencement.

Eugene Bossart, its artist-in-residence; John Blackwell III, president of Blackwell Ford Inc.; and Hazen J. and Margaret S. Wilson, Schoolcraft College Foundation supporters, all will receive the degrees. The Rev. George Shalhoub of St. Mary Antiochian Orthodox Church in Livonia is the distinguished alumnus.

Thompson, the Plymouth resident who gained world renown last year when he shared with employees \$128 million of the more than \$450 million he got

for his paving company, will speak Saturday.

This year, the Thompson-McCully Foundation pledged \$500,000 to the Schoolcraft College Foundation for special-needs scholarships.

Fisher, an Emmy Award-winner who since 1980 has covered every major political convention, will address the college's public safety graduation Friday.

Bossart, described as "oozing musicality," came to Schoolcraft in 1989 to teach after having created and then directed for 30 years the University of Michigan music school's accompanying and chamber music program.

A former Metropolitan Opera accompanist, Bossart still is sought worldwide by singers, pianists and musicians.

Blackwell, who has operated the family car dealership since 1983 and who won Ford Motor Co.'s highest honor for customer service in 1998, joined the Schoolcraft Foundation in 1996, serving in 1998-99 as president.

A Foundation supporter both in terms of time and corporate and personal financial contributions, Blackwell also has established an endowment to help meet the educational needs of

Blackwell Ford staffers.

The Wilsons are longtime supporters of the Foundation and the college's mission who in 1996 — after several years of contributing to Schoolcraft — established the Hazen J. and Margaret S. Wilson Endowment. Its earnings support student scholarships.

Hazen Wilson, retired as public relations director for Ameritech, remains active in community affairs and is a consistent supporter of educational institutions.

Shalhoub, a 1974 Schoolcraft graduate who holds a doctorate from the University of Notre Dame, has led St. Mary Antiochian Orthodox Church to prominence in metro Detroit during his 28 years as pastor. He also is heading development of its cultural center.

A Madonna University faculty member and writer of numerous articles, Shalhoub also is a spokesman for the metro area's Arabic community.

He devotes much time to personal and family counseling and also helps organize inner-city food banks. He is a member of various national, state and local anti-discrimination and counseling associations.

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Tin Can sailors gather to remember USS Indianapolis

BY RICHARD PEARL
STAFF WRITER
rpearl@oe.com

The nightmarish story of the USS Indianapolis, the last American warship to be sunk in the Pacific Theater during World War II, is the theme of this year's Tin Can Sailors regional Bull Session.

Among those expected to attend the Saturday, May 6, annual gathering in Livonia of crew members and officers who have served aboard destroyers — nicknamed "tin cans" for their thin hulls — is Richard P. Thelen of Lansing, who survived the sinking in shark-infested waters that night in 1945.

The Indianapolis secretly had just delivered the atomic bomb that was to be dropped on Japan when it was torpedoed by a Japanese submarine. Of its crew of 1,100, just 317 survived the five days in the water before rescuers arrived.

Thelen is one of 10 such survivors reportedly living in Michigan, according to Lloyd Borsveld of Westland, this year's Tin Can organizer.

The informal Bull Session at the Laurel Park Holiday Inn on Six Mile in Livonia is a gathering of ex-sailors and officers from across Michigan and surrounding states who reminisce about serving aboard the speedy, heavily-armed and highly maneuverable warships that escort troop ships and aircraft carriers. Spouses, family and friends are invited.

Starting at 11 a.m. and concluding with a 6 p.m. supper (tickets are \$30 each), this year's event again will have a ship's store selling books, artwork, Tin Can ball caps, shirts and patches relating to destroyer history.

Artwork will include paintings by a former Navy staff artist who designed the USS Indianapolis memorial being dedicated this year in Colorado.

The Bull Session will also, for the first time, have a separate hospitality room.

About 80 servicemen and others from across Michigan, Ohio, Indiana and Illinois attended last year, said Borsveld, a retired school custodian who was a machinist's mate during the Korean War.

He said the Michigan Bull Session also aims to raise funds to

bring the state its first permanently docked, decommissioned destroyer.

The USS Charles F. Adams, designated for the Saginaw River at Bay City, is a guided-missile destroyer built in 1959 that would be used as a floating museum open to the public. About \$1 million is needed to prepare it and bring it in, said Borsveld.

Although such destroyer museums exist elsewhere in the country, the only modern naval ship exhibit in Michigan is a submarine docked in Muskegon.

Though the Indianapolis sank 55 years ago, it continues to make headlines: The commander of the Japanese submarine that sank it asked the U.S. government last year to clear the American ship's captain, who committed

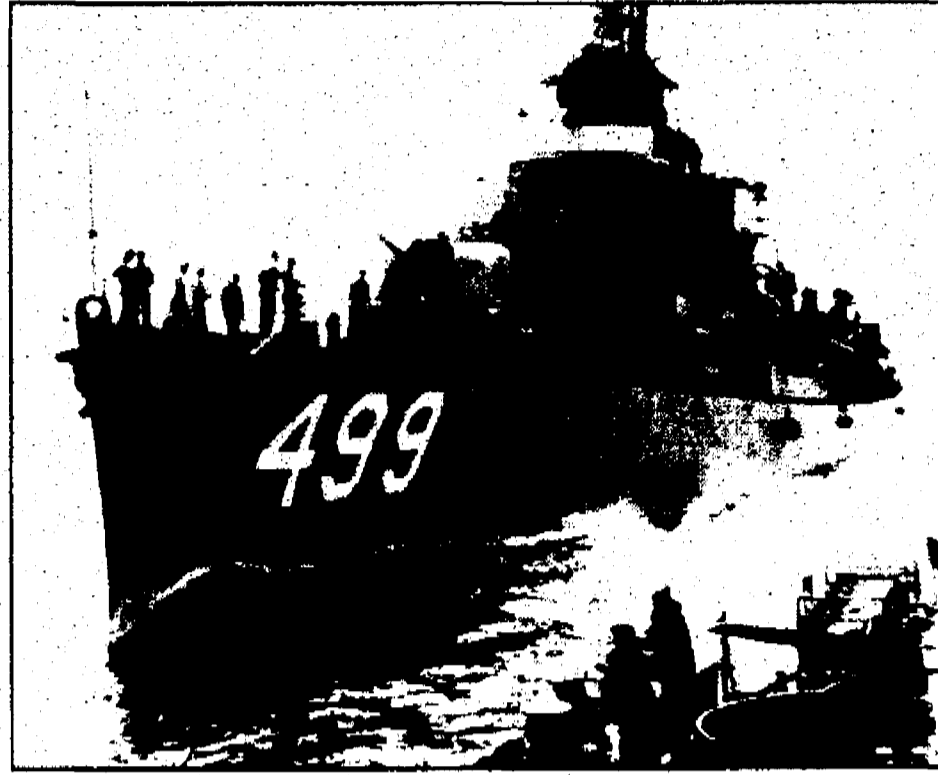
suicide after being court-martialed for not maneuvering his ship properly.

The sub commander said he would have sunk the Indy anyhow.

Borsveld also has a spot in

U.S. Navy history: The Detroit native, who served aboard the USS Renshaw, was among those witnessing the first hydrogen bomb tested in the Pacific.

For information, call Borsveld at (734) 728-4004.



Full speed ahead: Michigan Bull Session organizer Lloyd Borsveld pulled duty aboard the USS Renshaw and witnessed the first hydrogen bomb test in the Pacific.

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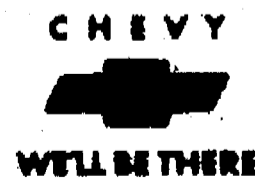
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Former Plymouth chief Berry challenges Lynn Rivers

BY TONY BRUSCATO
STAFF WRITER
tbruscato@oe.homecomm.net

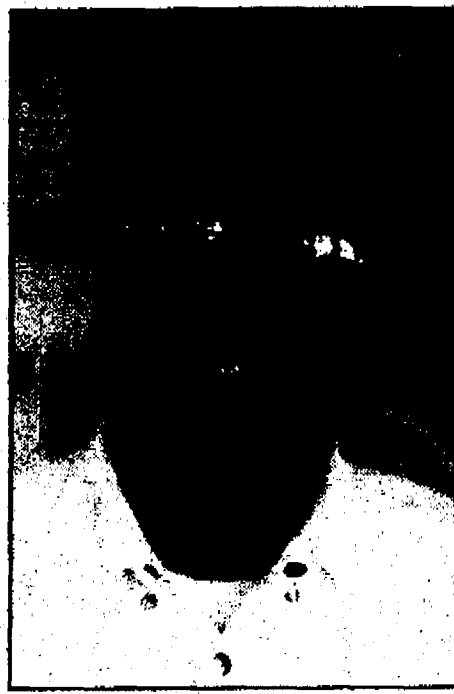
Former Plymouth and Plymouth Township Police Chief Carl Berry has thrown his hat into the political ring, taking out petitions to challenge U.S. Rep. Lynn Rivers, D-Ann Arbor, for the 13th Congressional District race this fall.

The 13th District includes Plymouth, Plymouth Township, Canton Township, Livonia, Northville, Northville Township, Garden City and Ann Arbor, among other areas.

"It's a challenge, and I think there are issues that need to be brought out," said Berry, 60, who is also the 13th District Republican chairman. "This area needs to be better represented. It's not getting all the representation we need and deserve."

"I'm a strong believer of involvement," he added. "Sitting back and complaining about the government and not getting involved and doing something is wrong."

Among the issues high on Berry's list are:



Carl Berry

■ Taxes. "The tax codes are burdensome to everyone. Being a Republican, I'm in favor of tax cuts, real tax cuts, not a pay-as-you-go system."

■ Local control issues.

■ Gun control.

■ The economy. "We need to look at how the federal govern-

ment can help the local communities in being better prepared for the economic downturn. We know it's coming, we just don't know when."

■ Foreign policy.

■ Education. "Education is high on my agenda. I'm very much involved in the charter school issue. The more choices people have, the more opportunities we have to improve our educational process for our young people."

Berry, who is well known for 35 years in law enforcement and is no stranger to controversy, believes his name recognition will help him garner the support he needs.

"I think I'm well known," Berry said with a laugh. "If it's name recognition, I think I've got it. I'm well known in Ann Arbor, too, but not to the extent as here."

In the past, Rivers has garnered much of her support from the Ann Arbor area, which is where Berry plans to spend a lot of time campaigning.

"I think I can switch their vote," he said. "You've got to give people a plan and tell them where their tax dollars will go."

While Berry has been politically involved for years, his only stints in office were on the Plymouth-Canton Board of Education, being appointed twice to fill unexpired terms in 1972-73 and 1974-75.

"I've been campaigning all my life," said Berry, who noted his congressional campaign will consist mainly of walking neighborhoods. "I have an opinion on everything, and I'm not afraid to express it."

Berry said one thing he'll keep to himself is anything that appears to be an attack on Rivers.

"I'm not looking to bring out her weaknesses, I'm going to carry my message," he said. "I'll challenge her, but I won't attack her. She can carry her message, and whichever comes out in the fall will be the best message."

"Lynn Rivers has done what she believes is the right thing to

'I'm not looking to bring out her weaknesses. I'm going to carry my message. I'll challenge her, but I won't attack her. She can carry her message, and whichever comes out in the fall will be the best message.'

Carl Berry

Former Plymouth-Plymouth Township police chief

do, and I just don't happen to agree with it," he said. "Every candidate is beatable. But, when you have a strong incumbent it makes it that much harder to do. I won't say it will be an easy race."

Berry said he expects to have some challengers for the August primary, but is confident he'll be the Republican nominee to face Rivers, who has held the 13th Congressional seat since 1995.

"I'm not totally surprised he's running, considering my last challenger, Tom Hickey, was also a 13th District Republican

chairman," said Rivers. "I don't know a lot about Carl, but the few times we've met he's been cordial."

Rivers expects to campaign on issues pertaining to education, the environment, protection of workers' rights and high-tech research, "as well as my record."

When asked if she would be willing to debate Berry, Rivers said, "I expect that to be part of the fall agenda."

"Absolutely, I will debate her," said Berry. "It will be interesting because she's on the inside and I'm on the outside."

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Madonna divides twinbill

There's this timeless adage — invented by some Australian as a clever reference to his boomerang — that promises, "What goes around, comes around."

Madonna University's softball team discovered just that Thursday in its Wolverine-Hoosier Athletic Conference double-header at Indiana Tech. The Lady

COLLEGE SOFTBALL

Crusaders routed Tech 11-3 in the first game, pounding out 12 hits and taking advantage of four errors.

But in the second, Tech got its revenge, ripping Madonna by the same 11-3 margin. This time it was the Crusaders — who were errorless in the opener — that had the faulty gloves, committing five errors.

The split left Madonna with a 29-20 overall record; they are 14-12 in the WHAC.

Indiana Tech is 16-30 overall, 7-19 in the WHAC.

Jenny Tenyer was on the mound for the first-game victory. She surrendered three earned runs on seven hits and one walk, striking out three to improve to 12-7. The loss went to Danielle Archer.

Kristy McDonald (from Redford Thurston) was one of Madonna's hitting heroes, collecting two hits, including a triple, with two runs batted in and two runs scored.

Meghan Quinn also had two hits and two runs scored, Devon Fletcher added two hits and a

run scored, and Stacie Wilson contributed a hit and three RBI, scoring twice. Tanya Liske, Erika Keys, Jennifer Kruzal and Pam Kowinski each had a hit and an RBI, with Kruzal scoring twice.

In the second game, Madonna managed just five hits off winning pitcher Robin Stillwell, who did not walk a batter and struck out four.

Jennifer Staup started and absorbed the defeat for the Crusaders, lasting five innings; she gave up eight runs (five earned) on eight hits and two walks, falling to 12-7.

Things started well for Madonna. Keys opened the game with a single and, with one out, scored on Vicki Malkowski's triple. McDonald followed with another triple, scoring a second run, and Kruzal then doubled to deliver a third.

But that was it, as the Crusaders managed just one more hit.

Madonna has non-league games at Saginaw Valley State and Hillsdale this week, then travels to the WHAC Tournament May 8-9.

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Smith from page B1

boxer himself. "He (Smith) can switch from standard to southpaw (stance), which is kind of rare."

"He's also an excellent person, that's why I'm interested. He's a good listener."

Smith could have run afoul of the law in the tough South Central area of L.A., but he planned a different route.

"I stayed in sports and I stayed out of trouble," Smith said. "It can be a nice place (South Central) if you stay disciplined and stay in the right places."

Fikes likes Smith's work ethic and his immense potential.

"I've been pushing him," the trainer said. "I expect him to do very well (in the Gloves) because he has a lot of talent. I think he'll shock some people. The sky's the limit."

Despite losing three close decisions, Smith has already posted some impressive amateur wins including a victory over the Canadian National Champion and the Michigan Amateur Boxing Federation runner-up. He also downed the Pan American Games bronze medalist from Canada recently in a tournament held in Ontario.

A typical training day for Smith is up at 6:30 a.m. doing roadwork in Garden City Park followed

by his daily ritual of eating oatmeal. After some rest, he heads to Kronk for round-after-round on the pads, speed bags, shadow boxing and sparring, not to mention countless stretching and exercising.

He works part-time, three days a week, at Metro Airport with the Airlines Parking Shuttle service.

But boxing takes up most of his time.

"The other day he got in there with Scotty Buck, the pro state champion and Curtis more than held his own," Fikes said. "He's the one who is going to be giving the lessons."

The finals for the Golden Gloves National Championships, sponsored by the U.S. Army, will be at 7:30 p.m. Saturday at Joe Louis.

Five days of preliminary matches begin Monday at the Detroit Marriott.

The single-elimination tournament features 360 amateurs fighters from 30 regional teams in 12 different weight classes. The finals will be broadcast on Fox Sports Net.

Finals tickets can be purchased at the Joe Louis Arena or Fox Theatre box offices, along with all Ticketmaster locations.

Ticket prices are \$10, \$15, \$35, \$75 and \$150. For more information, call (313) 983-6606.

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Trade-ins are welcome

Detroit Country Day rally sinks Catholic Central, 6-4

BY PAUL BEAUDRY
STAFF WRITER
pbeaudry@oe.homecomm.net

PREP BASEBALL

To call Thursday's baseball game between Redford Catholic Central and Detroit Country Day ugly would be an insult to ugly.

At one point in the late innings the two teams had combined for more hit batters than hits.

But it was one key hit that broke the ice and gave the Yellowjackets a 6-4 comeback win over host CC.

"It wasn't the prettiest game in the world, but it was a great competitive game," said Country Day coach Frank Orlando. "We played a great game against Troy and lost 1-0 because we didn't execute. This one we did."

CC (10-3) took a 4-2 lead into the top of the sixth, holding the Yellowjackets (7-1) to just two hits but only able to muster three of its own.

Country Day manufactured its first run in the sixth with walks to David Barkholz and Matt Collins with reliever Ryan Rogowski (2-1). Sean Gallagher advanced the runners with a sacrifice bunt. With Mike McGavin up, the runners moved up on a passed ball to cut the lead to 4-3.

Then McGavin drilled a shot to left-center field that froze CC outfielder Brian Williams. The ball took two hops and disappeared into the trees beyond the fence. Williams held up one hand, and most thought it was a ground-rule double that would have merely tied the score. But the umpires called it a home run, giving the Yellowjackets a 5-4 lead.

"It was a tough call with a shorter fence," said CC coach John Salter, whose protest went for naught. "But that didn't lose the game for us. We had two walks to start the inning and we had an opportunity to score and didn't."

The lost opportunity came in the bottom half of the fifth inning. Williams led off with a single but was out at third on a fielder's choice. Still, another fielder's choice and a walk left runners at second and third with two outs.

Matt Lorigas struck out, but the ball got past

Country Day catcher Joe McCarthy and Lorigas got to first. And yet neither CC runner advanced on the play, despite Salter telling them to run, and Country Day wound up getting out of the inning.

"We messed that up," said Salter. "We should have had someone get in."

The scoring in the sixth was a far cry from the first half of the contest, when Barkholz and CC's Adam Kline didn't give up many hits but walks, hit batters, wild pitches and passed balls accounted for the scoring.

For example, CC opened the scoring in the first with Dave Tovey leading off by being hit with a pitch, taking second on a fielder's choice and scoring on two passed balls.

The Shamrocks grabbed three more runs in the third on only two hits — the big one a two-run single by Kline, with John Hill adding an RBI single. They got the runners on base with an error and two walks, with a wild pitch thrown in for good measure. But CC also left the bases loaded in the inning.

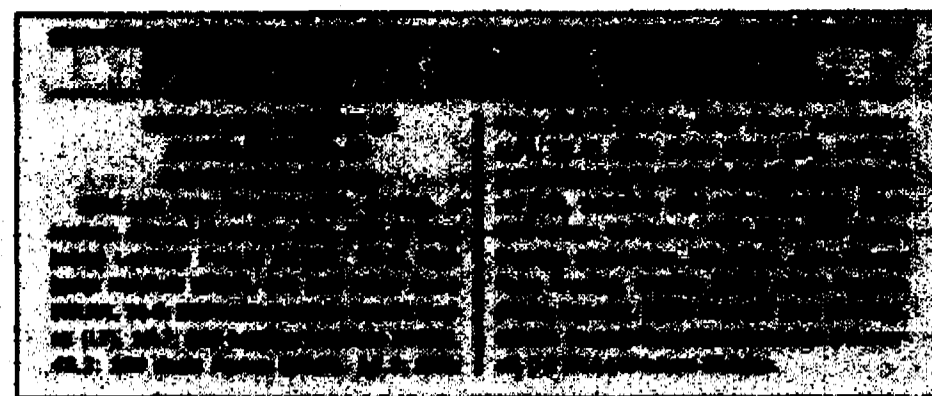
"Sometimes (Barkholz) starts out that way," said Orlando. "He just wasn't too fluid at the start. But once he got settled down, he got into it."

Country Day manufactured its first two runs. Jason Probert led off the fourth with a single for the Yellowjackets' first hit, took second when Barkholz was hit by a pitch, went to third on a fielder's choice and scored on a passed ball.

It was a similar situation the next inning when Brian Haveri reached on an error, took second on a fielder's choice, got to third on another error and scored on a single by Andrew Stein.

All three pitchers — Kline, Rogowski and Barkholz — suffered from the passed ball/wild pitch syndrome, with seven in the game.

"Still, I thought (Kline) threw a good game," said Salter of his pitcher, who gave up two hits, two runs and a hit batter, with four strikeouts. "He gave us some good innings."



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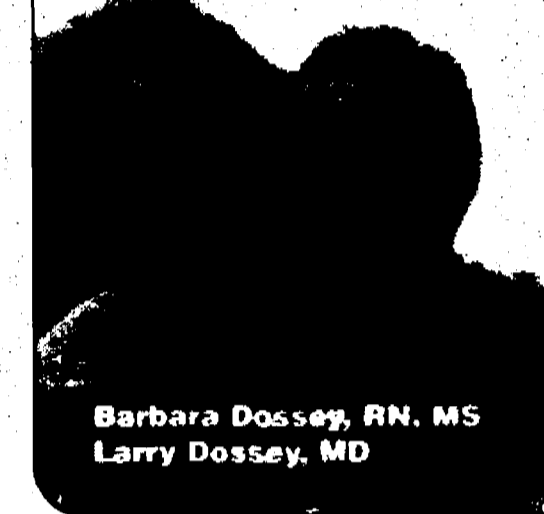
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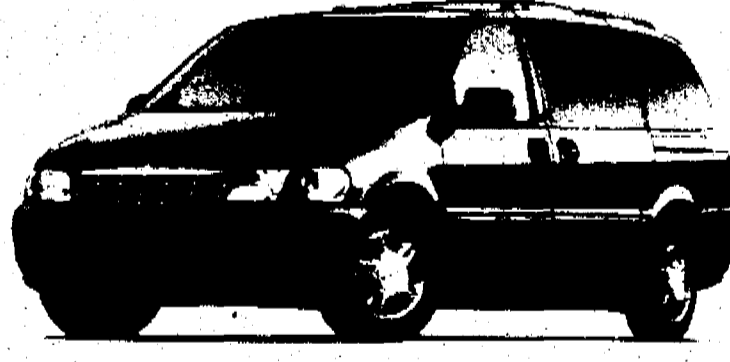
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For more information or to register call: (734) 763-5283 or go online <http://www2.med.umich.edu/sgn/EdProgram/valldate1.cfm>

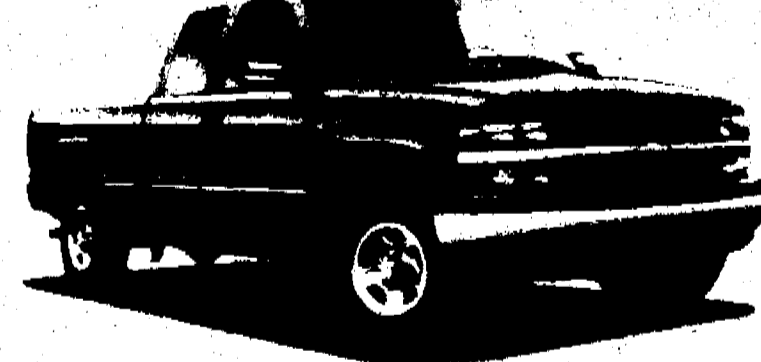


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Baseball
Friday, May 5
Detroit CC vs. North Haven at N.W. Lutheran East, 4 p.m.
Tuesday, May 2
John Glenn at Wayne, 3:30 p.m.
Clarendonville, Harper Woods at N.W. Lutheran East, 4:30 p.m.
Hartbarack, Lutheran Northwest at Lutheran Westland, 4:30 p.m.
Thursday, May 4
Churchill at Canton, 3:30 p.m.
Franklin at Northville, 3:30 p.m.
Salton at Stevenson, 3:30 p.m.
John Glenn at Farmington, 3:30 p.m.
Wayne at Dearborn, 4 p.m.
Saturday, May 6
Flat Rock Ramblers, 10 a.m.
Clarendonville Royals at Churchill, 3:30 & 4:30 p.m.
SUNDAY YOUTH
Tuesday, May 2
John Glenn at Wayne, 3:30 p.m.
Clarendonville, Harper Woods at N.W. Lutheran East, 4:30 p.m.
Hartbarack, Lutheran Northwest at Lutheran Westland, 4:30 p.m.
Wednesday, May 3
Ladywood at Regina, 4 p.m.
Thursday, May 4
Northville at Franklin, 3:30 p.m.
Canton at Churchill, 3:30 p.m.
Stevenson at Salton, 3:30 p.m.
Farmington at John Glenn, 3:30 p.m.
Allen Park at Wayne, 4 p.m.
Saturday, May 6
Algonac Invitational Classic, 9 a.m.
Troy Clark Memorial, 9:00 a.m.
Stevenson Invitational, 10 a.m.
Flat Rock Ramblers, 10 a.m.
SUNDAY YOUTH
Monday, May 1
Luth. West at Ligon, 4:30 p.m.
Farmington at John Glenn, 4:30 p.m.
Churchill at Northville, 7 p.m.
N. Farmington at Franklin, 7 p.m.
Stevenson at Salton (CIP), 7 p.m.
Wednesday, May 3
Luth. North at Luth. West, 4:30 p.m.
John Glenn at Churchill, 7 p.m.
Franklin at Northville, 7 p.m.
W.L. Central at Stevenson, 7 p.m.
Wayne at River Rouge, 7 p.m.
Friday, May 5
Franklin at Wayne, 4 p.m.
Luth. West at Luth. East, 4:30 p.m.
Saturday, May 6
Churchill at Troy, 12:30 p.m.
SUNDAY YOUTH
Sunday, April 30
Madonna at St. Francis (M.), 11 a.m.
Saturday, May 6
Madonna at Immaculate Conception, 2 p.m.
Friday, May 5
Madonna at St. Xavier (M.), 1 p.m.
Saturday, May 6
Madonna at St. Xavier (M.), 11 a.m.
WEDNESDAY EVENING FOOTBALL
(All non-subsidiaries)
Tuesday, May 2
Madonna at Brighton Valley, 4 p.m.
Wednesday, May 3
Madonna at Franklin, 4 p.m.

ART BEAT

Art Beat features various happenings in the suburban art world. Send Wayne County arts news leads to Art Beat, Observer Newspapers, 36251 Schoolcraft, Livonia MI 48150, or fax them to (313) 591-7279.

FINAL CALL

Celebrate Indian culture at the Arts of India Festival featuring dance, poetry readings, roundtable discussions, yoga lecture and demonstrations, and a dinner Friday-Saturday, May 12-13 at Schoolcraft College, 18600 Haggerty, between Six and Seven Mile roads, Livonia.

Admission is \$70 for all events, or \$25 conference, \$15 concert/dance recital (Friday), \$40 Indian buffet dinner/dance recital (Saturday). For more information or to register, call Rebekah Weber at (734) 462-4400, Ext. 5641. Deadline to register is Monday, May 1.

ARTS MEETING

Three Cities Art Club meets 7 p.m. Monday, May 1 at the Plymouth Township Clerk's Office at Ann Arbor Road and Lilley. For information, call Annalee Davis at (734) 427-6524.

Bring a sample of your work. A ribbon will be awarded to the most popular painting as determined by a vote. You need not be a member to win.

May's program features Canton artist Kay Rowe who owns Village Artists Studio in Plymouth. Rowe demonstrates watercolor techniques including overlapping images and layering with transparent glazes.

IRISH MUSIC

The Detroit/Ann Arbor Grupai Ceol, which won first place in the Midwest Irish Band Competition and second in the All Ireland Competition last year, will give a concert 8 p.m. Saturday, May 6 at the Gaelic League, 2086 Michigan Avenue, Detroit.

Tickets are \$7 at the door. Proceeds will help fund the group's return to the All Ireland Competition. For more information, call Sean Gavin at (313) 537-3489.

VOCAL COMPETITION

The finals of the sixth annual Italian Songs and Arias Vocal Competition for Michigan high school students takes place 4 p.m. Sunday, May 7 at the Italian American Cultural Center in Warren.

Tickets are \$7, \$5 seniors/high school students. Call (734) 455-



Ancient art: Dance is one of the traditions being celebrated in the Arts of India Festival at Schoolcraft College.

8895 or (810) 751-2855 for information.

Sponsored by the Verdi Opera Theatre of Michigan in cooperation with the Italian American Cultural Society, the competition features 10 finalists. Each will receive a cash prize ranging from \$50 to \$1,000.

ART EXHIBIT

The Garden City Fine Arts Association holds its annual spring exhibit and sale Monday-Saturday, May 8-13 at the Garden City Library, 2012 Middlebelt, south of Ford Road.

A reception and awards ceremony takes place 7 p.m. Monday, May 8 at the library. The public is invited. Meet the artists and enjoy the exhibit and refreshments.

Hours are Monday-Thursday, 10 a.m. to 9 p.m. and 10 a.m. to 4 p.m. Closed Friday.

FESTIVAL FUN

Don't miss out on all the fun at the Farmington Festival of the Arts continuing through Sunday, May 7 at the Wm. Costick Center, 28600 Eleven Mile (gate four), Farmington Hills.

Farmington community arts organizations present exhibits, concerts, theater, dance, poetry readings, and hands-on activities. Events are free except for Farmington Community Chorus concert and Farmington Players production of *Kiss Me Kate*.

Hours are 11 a.m. to 8 p.m.

Sunday-Friday, April 30-May 5, until 5 p.m. Saturday-Sunday, May 6-7. For more information, call (248) 473-1816.

IMPRESSIONIST LECTURES

The Plymouth Community Arts Council hosts a lecture on the French Impressionists noon Tuesday, May 9 at the Joanne Winkleman Hulce Center for the Arts, 774 N. Sheldon at Junction, Plymouth.

The brown bag lecture will be presented by a docent from the Detroit Institute of Arts.

Admission is \$3. Call (734) 416-4ART for more information.

If you miss this lecture, later in the day Hope Palmer will talk about Post-Impressionism at 7:30 p.m. in the Wm. Costick Activities Center, Farmington Hills. Tickets are \$10. Call (248) 473-1816.

Palmer, an associate professor of humanities at Oakland Community College, and art department chair at North Farmington High School will lead the audience on a journey through Paris when it sizzled in the 1880s.

SPRING ART FAIR

The 22nd Ann Arbor Spring Art Fair comes to town 10 a.m. to 6 p.m. Saturday, May 6 and 11 a.m. to 5 p.m. Sunday, May 7 at the Washtenaw Farm Council Grounds, 5055 Ann Arbor-Saline Road, Ann Arbor. Admission is \$3.

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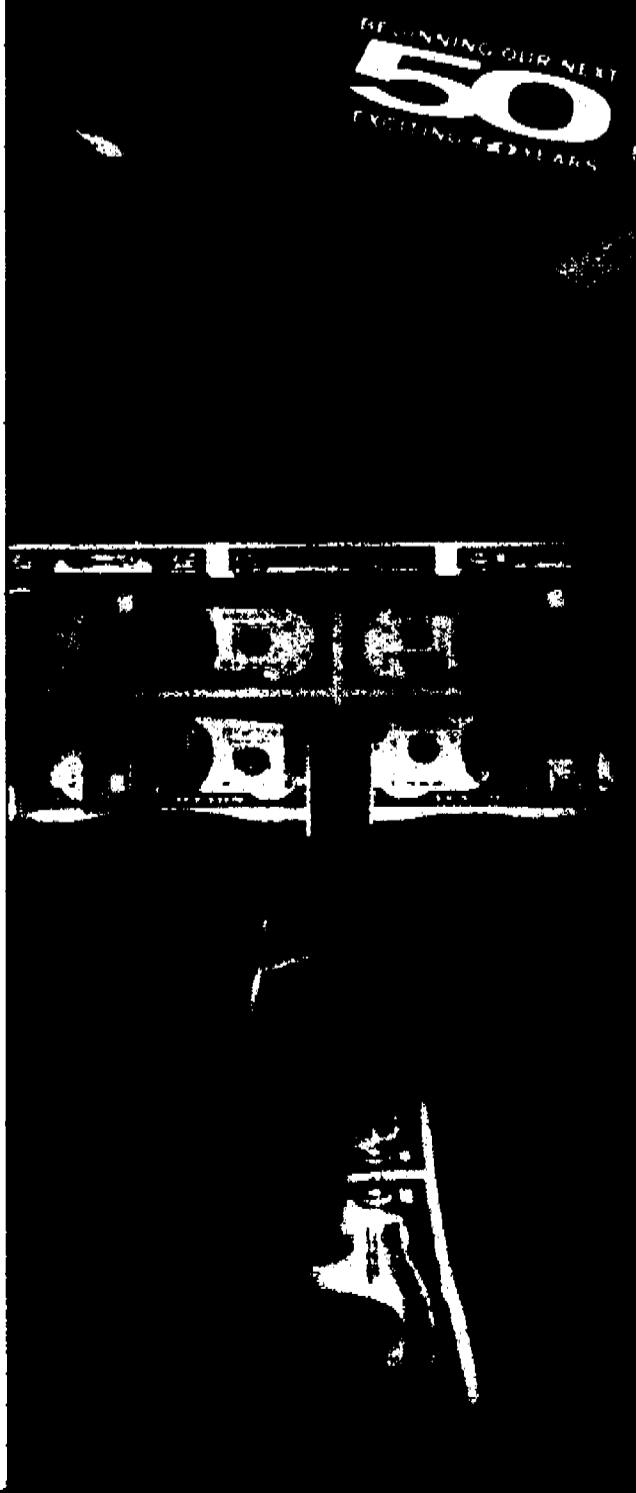
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Colorado's canyons provide ideal vacation

BY DOUG JOHNSON
STAFF WRITER

Writer Kent Haruf describes Colorado's Front Range as a "faint jagged blue line low on the horizon a hundred miles farther away" in his recent best-seller, *Plainsong*.

He's talking about that first glimpse of the Rocky Mountains as you come in from the east on I-70 or I-76. The Front Range is the destination that drove Zebulon Pike and, inspired *America The Beautiful*. These purple mountain majesties are what the *Rocky Mountain News* describes as Colorado's "boon and bane."

If you haven't visited the area recently, you will be amazed at the growth. The populations of about eight Livonias have moved into the Denver-Boulder area since 1980. They joke that in 20 years you will be able to walk on rooftops from Fort Collins in the north to Pueblo in the south.

Even with the population boom it's not hard to find quiet spots just moments away from the urban areas.

Take US 285 and drive to the Pine Junction turnoff, go to Deckers (it's just a single store, no gas) and turn either left or right and travel along the south fork of the Platte River. As the crow flies, you are a few minutes from Denver. But in location and in spirit you are far away, behind the first wall of the Rockies, traveling along a dirt road, the Platte roaring beside you. You pass a ranch or two, some trout fishermen, and a handful of college kids up for a picnic. At one point the road narrows; the river runs deeper because a boulder the size of a house blocks a stream. No population boom here.

It's these places that draw you to the mountains.

If you stay in Boulder to avoid the traffic and noise of Denver, it's the jumping off point for trips up one of several canyons: Coal Creek up to Nederland; Boulder Canyon where locals inner tube, hike and cool off in the spray from easy-to-reach Boulder Falls; or up South Saint Vrain Canyon or Big Thompson Canyon to Estes Park and Rocky Mountain National Park just

If you go

- A great source for information on Colorado is *The Colorado Guide* by Bruce Caughey and Dean Winstanley.
- Four-wheeler guides like Charles Wells' *Guide to Colorado Backroads and 4-Wheel-Drive Trails* offer useful maps and sound advice. Also Peter Massey-Jeanne Wilson's *4WD Adventures-Colorado*.
- A November 1996 issue of *National Geographic* has a detailed article on the problems and the lure of Front Range communities.
- Boulder Web sites include www.ci.boulder.co.us/comm/tyi/index Also: www.m1e.com/bic.html#Visitor
- The Royal Gorge train number is (888) Rails4U.
- The NORAD Web page offers many details if you wish to visit: www.cheyennemountain.af.mil/cmoc/cmocout.htm
- *The Denver Post*, *Rocky Mountain News*, *Boulder Daily Camera* and *Colorado Springs Gazette* all run very good Web sites for detailed, up-to-date information.

beyond.

Big Thompson is spectacular and famous. In 1976, 139 died and many were injured in a rain-induced flash flood. When you see the sheer rock walls and the river, you'll see how eight inches of rain produced the disaster. Now signs warn you to seek higher ground. If you look up, you'll see mountain goats, which is what you would want to be in a flood.

Boulder

Boulder often makes the "best places to live" top 10 lists. This month, *Modern Maturity* magazine called Boulder the best "clean and green" city for retirees. Home of the University of Colorado and the National Center for Atmospheric Research, as well as computer companies such as IBM, Boulder is like Ann Arbor. Two-thirds of the population holds some kind of college degree. Smaller companies such as Celestial Seasonings Tea make Boulder their home.

The city's plan for outdoor recreation should be the model for the nation. A local sales tax has allowed the city to surround itself with huge tracts of open space lands that cannot be touched by developers.

Most people living in Boulder can look out one of their windows and see the Front Range and the low Flatirons. Municipal water comes from the city-owned glacier. Downtown is easy to reach, highlighted by the tree-lined Pearl Street mall, full of shops and places to eat. Just

blocks from downtown you can hike mountain trails.

No wonder the residents have built a green enclave with open spaces, spending more than \$100 million to gain control of 30,000 acres.

North of Boulder out of Fort Collins is Cache la Poudre River, a designated Wild and Scenic River. The rocky canyon goes on for miles and miles deep into the Front Range. The Forest Service has been refurbishing the extensive string of picnic areas, turnouts, campgrounds and fishing bridges along the river. Kayakers enjoy the white water, and trout fishermen have many choice spots to cast a line.

The canyon is quiet during the week but gets busy starting Friday afternoon. Locals like the Mishiwaka Inn on the Canyon Highway at supper time, watching the river for bighorn sheep looking for fresh water.

The Poudre is the last unblocked river along the Front Range, hence the bumper stickers: "Don't Damn the Poudre." The intense force of the white water rushing along side the road for miles can best be felt if you drive slowly with the windows down.

South along the front range many people end up at Colorado Springs, drawn by Pikes Peak, the Air Force Academy and several other tourist destinations.

Some of the recent changes in this area include a new visitor center at the Garden of the Gods opened in the mid-Nineties and the end of tours at Cheyenne Mountain.

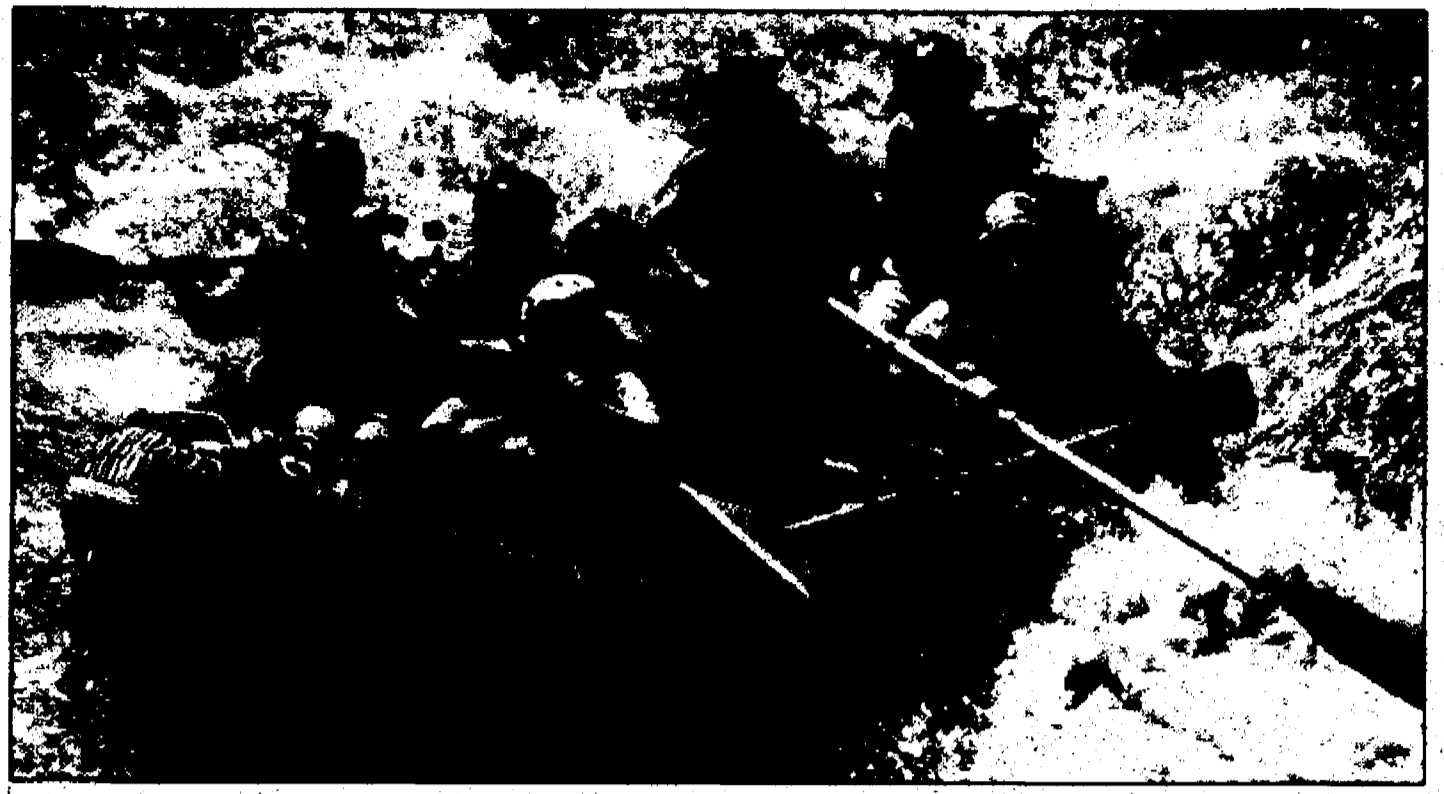


PHOTO BY DOUG JOHNSON

In the soup: Whitewater rafters tackle the Arkansas River in Colorado's Royal Gorge near Canon City.

The government used to take visitors into the mountain to see the North American Aerospace Defense Command (NORAD), made famous in the movie "War Games."

Last April the Air Force stopped the tours; you can still hear a hour-long presentation given outside the mountain in a building nearby. "Briefings" are Fridays only; call (719) 474-2238 two months in advance. There are many rules and regulations, and you will want to review them by looking at the NORAD Web site.

Garden of the Gods

The Garden of the Gods is the neatest city park (it's owned by Colorado Springs) in America. You get a great view of Pikes Peak from the balcony of the visitors center. Another Front Range community, Canon City, is the setting for a new tourism venture launched last May. For the first time in almost 35 years, you can take a train ride into the Royal Gorge, the 1,000-foot-deep canyon of the Arkansas River.

Riding the Canon City and

Royal Gorge Railroad takes about two hours for a round-trip into the canyon, including a trip over a hanging bridge that is secured to the granite walls. The only other way to see this section of the Front Range is by raft or kayak on the churning Arkansas.

The other big draw in Canon City - besides the 13 correctional institutions - is the Royal Gorge Bridge, where you can get a view on a suspension bridge above the gorge. The bridge, aerial tram, incline railcars, restaurants and children's attractions are all part of a commercial venture, and it costs to enter the bridge area; you can walk over or go by car. The view is spectacular and perfect, but you will have to decide whether the admission charges are worth it, especially for a large family.

North of Canon City you can visit Cripple Creek, one of the towns in the mountains that offers casinos. The trip to Cripple Creek can be made several ways, including High Park Road, a normal route, or up two ominous-sounding roads: Phantom

Canyon Road, or Shelf Road. Both contain narrow sections of gravel-only surfaces. Last summer Shelf Road was closed, but it reopened this spring, according to the Canon City Chamber of Commerce office.

Check locally to see if the vehicle you are driving and your expertise behind the wheel are suitable for these roads.

That's what it is like up and down the Front Range.

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Doug Johnson, a Colorado native, is a retired Livonia teacher who lives with his wife in Plymouth. Their son Tom, a 1988 grad of Plymouth Salem, works as a research chemist for Amgen, a biotech firm in Boulder.

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HOME SENSE



LOIS THIELEKE

Table for one? Adjusting recipes for meals is easy

Eating alone? That's not unusual, many people do. Single people (young or old), men or women who work late or eat early to get to work; teenagers whose school activities keep them late at school; or young children who are too messy to eat with the rest of the family, are all reasons for eating alone.

A nice quiet meal alone may be a real pleasure for some people, but very lonely for others. Research shows that eating without the company of others may put people at risk of consuming a poor diet.

If you prepare meals for a large family, it takes planning. The same is true when cooking for one person. Plan quick, easy nutritious meals for yourself. There are many cookbooks on the market with recipes for one, two or three servings, if you do not want to adjust one of your own recipes.

Dining alone

Most recipes are planned to serve four to six people. Many recipes can be reduced to one-half to one-third to serve two people, but it is more advantageous to cut the recipe in half rather than thirds. Remember, the

Most cookbooks contain a page of equivalents, so the measurements are easy to figure.

cooking time may need to be adjusted because of the smaller quantity. When you divide a recipe, translate the amounts into equivalent measures. For example, one-third cup can be divided easily if you know that it equals five tablespoons plus one teaspoon or 16 teaspoons; half of this would be two tablespoons plus two teaspoons or eight teaspoons.

When you figure these equivalents, rewrite the recipe or make notes in the margins for future reference. Most cookbooks contain a page of equivalents, so the measurements are easy to figure.

Egg-stra portion

One problem in division is how do you halve an egg. You can either use a very small egg or break a large egg into a cup, beat slightly, then divide in half for your recipe. Cover the remainder and store in refrigerator for another dish. Depending on the size of the egg, one egg usually yields about four tablespoons. A little more egg than called for in the recipe will not generally do harm to the dish.

Buy carefully to avoid waste, save storage space and make small-scale cooking and serving easy. As a quick-buying guide for meat and poultry with lots of bones, you should figure one pound equals two servings. One pound of fish filets or meat with a little bone makes three servings. One pound of boneless meat will make four servings. Instead of a large beef roast, buy a thick steak, roll and tie for roasting.

Make it fresh

When you buy fresh cabbage, cauliflower, broccoli and Brussels sprouts, cut off or separate enough for one meal, cover and refrigerate the remainder to cook within a day or two. Larger size bags of frozen vegetables are excellent for one or more persons, pour out enough for one meal and return the rest to the freezer.

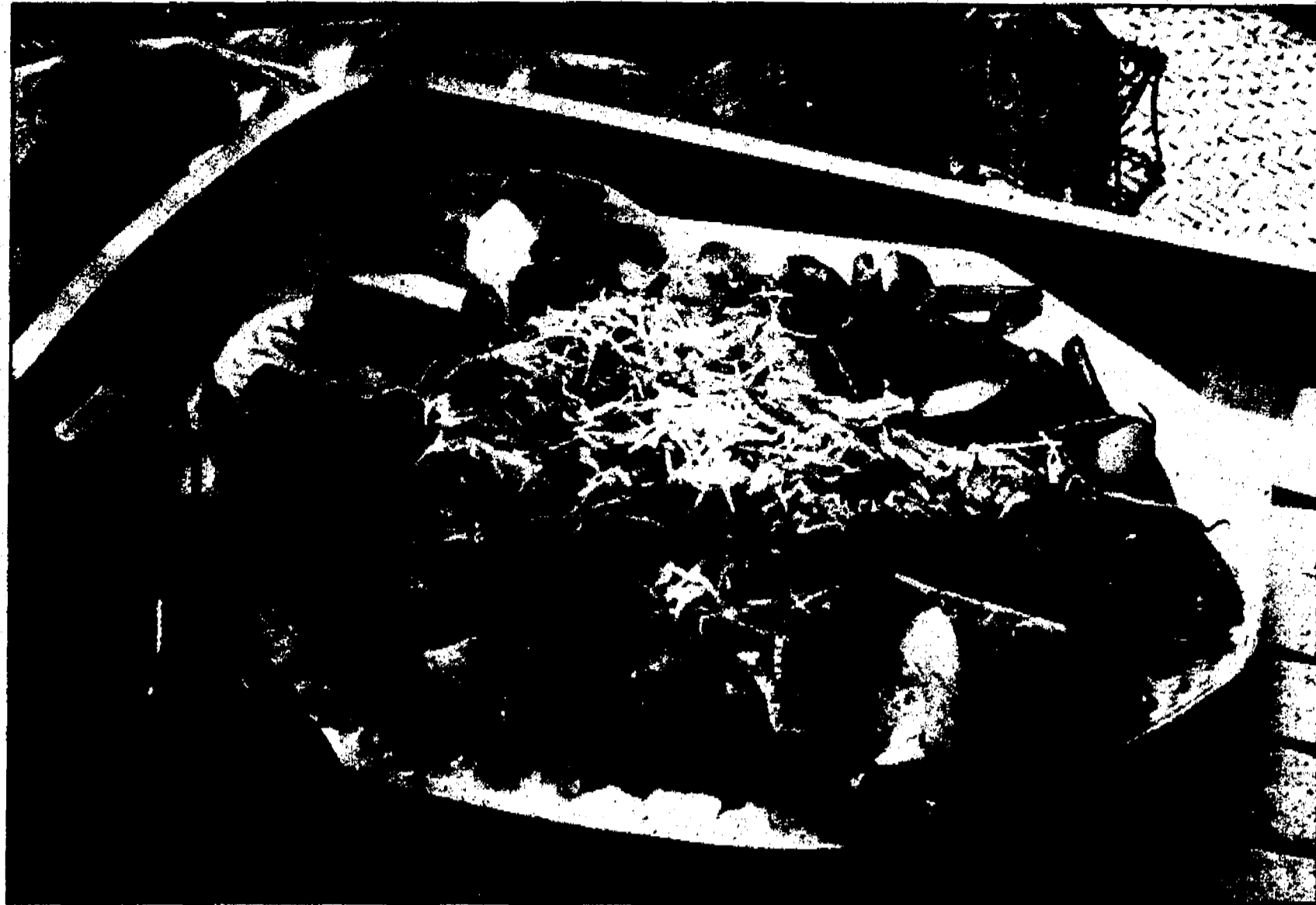
Leftovers can be a problem when cooking for one. Many recipes can be made in full amounts and leftovers reheated for several days. Freeze leftover meat and casseroles in individual containers for convenient cooking later. Stir a few tablespoons of sour cream into heated leftover gravy to give it new zest or use a dash of curry.

Please see HOME SENSE, D1

LOOKING AHEAD

What to watch for in Taste next week:

- A special Mother's Day
- Focus on Wine



IT'S SPRING ~

Let's party!

By Ken Abramczyk • Staff Writer

The sun shines. The tulips are bursting with yellow and pink. People walk with a little more kick in their steps. Of course, the sun stays out longer and taking the dog out is easier because you don't need that winter overcoat.

Spring has arrived. With it, so have spring parties.

You may have just celebrated Easter or Passover, but you soon face a barrage of spring activities — Mother's Day brunches, baby or wedding showers, weddings, graduations — or just plain old get-togethers with family and friends to snuff winter out for a few months.

Good riddance, too, because spring's arrival brings an entourage of spring produce from asparagus to radishes, artichokes to peas.

"The weather has turned, people have more energy and they are ready to taste fruits and vegetables," said Gail Posner, dietitian with Healthy Ways Nutrition Counseling of West Bloomfield. "Strawberries will be arriving soon, and the tomatoes start to taste better again."

Toula Patsalis, co-owner of Kitchen Glamor stores, said spring gatherings generally are more casual than the Christmas or Thanksgiving holidays.

"We want to entertain, but we want to do it healthfully," Patsalis said.

Spring gatherings not only bring the traditional baby and wedding showers or graduations, but people also entertain with children and relatives who they haven't seen in several months.

"People are more apt to have people over," said Angie Bournias, spokes-

woman for Farmer Jack supermarkets. "They want to entertain for events or even to have people over to watch a championship game on TV."

Eat your veggies

When you are preparing to entertain this spring, have a game plan. Posner recommends including healthy foods for your parties.

"Be sure to serve some fresh vegetables for people to fill up on," Posner said. "You can dress up rice and pasta by adding chopped broccoli, mushrooms or tomatoes to it."

Posner starts distributing her gazpacho recipe at this time of year because it is fat-free and made without oil.

Patsalis said party hosts who want to spend more time with guests should prepare favorite recipes that only need to be re-warmed.

"You should never do anything new," Patsalis said. "Test it first. You want to make sure if you reheat it, that the flavors still are appealing and it isn't a dried-up piece of meat."

If you are serving in chafing dishes and a buffet, it is important to keep the foods the right temperatures — canned fuels such as Sterno should remain lit under the chafing dishes, while cold salads should remain iced, Patsalis said.

Patsalis likes to prepare casserole dishes and salads for parties. For example, she prepared baklava weeks ago that she pulled out of the freezer for a recent gathering.

Hosts should not forget fruits on their menus. Soon new items will fill store shelves, including apricots, plums and nectarines — a break from the usual apples we've seen the past several months.

"Now that we've had a global economy, we have produce year-round, and

now we're just starting to see American produce instead of the imported," Posner said.

An important aspect of the parties is that consumers can buy food that is ready to serve, Bournias said. "It's something consumers love. They can buy a platter of vegetables and dips, platters of cheese and lunch meat, shrimp or chicken and ribs. It's wonderful."

Those trays can be bought at local supermarkets.

Don't go hungry

Whether you attend or throw a spring party (or, for that matter, at any other time of year), you should not attend the party hungry. "Eat a lunch," Posner advises as a pre-party instruction.

"Often appetizers have a lot of fat in them," Posner said. "You should have a low-fat option. Shrimp is good, because it is so low in calories. You should look out for high fat. Beware of the candy dishes and the nut dishes."

Also alternate between non-alcoholic and alcoholic drinks, starting with the non-alcoholic beverage such as Perrier or soda before imbibing.

"Alcohol for some people acts as a trigger for people not to pay attention to what they are eating," Posner said.

For Luciano DelSignore, owner of Fonte d'Amore restaurant and Laurel Manor Banquet and Conference Center in Livonia, springtime represents a great time of year for parties, whether it is a baby or wedding shower or graduation.

"It's just the weather at this time of year," he said. "The flowers are blooming, it's getting warmer and people want to get out."

"People are happy."

See recipes inside Taste.

- ### SPRING PARTY TIPS
- Be generous. There are rarely any leftovers, and abundance adds to that celebratory feeling.
 - People eat more in cold weather and drink more in hot weather.
 - For more guests, make more food, of course, but guests at larger parties generally consume fewer hors d'oeuvres per person.
 - Dips and spreads are convenient, but finger food is more festive.
 - Have nuts, pitted olives, and good cheese stocked in case you run low on other foods.
 - Pass a platter or two yourself to circulate among your guests and encourage eating.
 - Have a "quiet code" to signal vegetarian friends which hors d'oeuvres they can eat. (Garnish those platters with watercress, for instance.)
 - If you expect more than 10 guests, ask a friend to assist with refills.
 - Gradually increase the supply of food as the party grows during the evening.
 - For long parties or large buffets, offer a small sweet (try Lemon Meringue Bites or Chocolate Caramel Diamonds).
 - If you tolerate smokers, provide ashtrays and matches.
- Source: Epicurious.com



Warming up: (Top photo) Spring traditionally features many family gatherings that you can serve signature salads, such as *Salad Nicoise*, *Monterey Jack* and *cheddar* cheeses are combined with *red potatoes*, *green beans*, *hard-cooked eggs*, *Boston or leaf lettuce*, *canned white albacore tuna* and *nicoise olives*. (Photo above) If you have a brunch scheduled for *Mother's Day*, you can create a *Cheddar Breakfast Strata* for your family or guests.

Grapes are glorious in this cookbook

BY KEN ABRAMCZYK
STAFF WRITER
k.abramczyk@oe.homecomm.net

You probably knew the United States exported the most fruit in the world. During the winter months, many American markets import from Chile. As a result, fruit fills the shelves constantly at local supermarkets.

But the country that was the center of a product boycott by the United

States in the late 1980s and early 1990s for its apartheid government — South Africa — has now expanded its fruit products into American supermarkets.

Since South Africans ended apartheid, South African fruit burst onto the American marketplace just like its grapes ripening on a vine.

The nation's location in the southern hemisphere lends South African produce well to the change in seasons here. While

we await for the last frost in May before planting vegetables in our gardens and hope for rain so crops will be plentiful for local farmers, South African farmers and growers are reaping crops there.

That timing assists CAPE, the largest fruit grower in South Africa, with selling grapes, pears and apples to American supermarkets like Farmer Jack and Me-

Please see GRAPES, D2

Home Sense from page D1

in gravy for a new tasty treat. Herbs and spices offer a low-sodium way to season and make ordinary food taste extraordinary.

Preparing extra is a good way to always have food "ready to go." Rice, potato or pasta can be frozen for use later. When there is a night when you are just too tired or too rushed to cook, have some homemade dinners made from leftovers ready to microwave.

If you don't enjoy eating solo, invite a friend or neighbor over at mealtime on a regular basis. Create interest in meals by using attractive placemats or trays. Choose a pleasant spot to eat, perhaps by a window. Pay attention to how the food looks

If you don't enjoy eating solo, invite a friend or neighbor over at mealtime on a regular basis.

on the plate. Whether you are cooking for one, two or 10, food tastes better if it looks good.

Eating alone doesn't have to mean you're eating poorly.

Lois M. Thieleke of Birmingham is an Extension Home Economist for the Michigan State University Extension — Oakland County. For answers to food questions, call the hot-line (248) 858-0904.



Versatile basil: The aromatic leaves of this healthful herb can be used with fresh and cooked vegetables, in salads, soups and breads, and for seasoning vinegars and oils. This Warm Italian Salad features basil and tomatoes, a natural mix for the herb and vegetable.

Basil sharpens vegetables

Hints of mint, anise and pepper come to mind with the sharp, refreshing flavor of basil, a favorite seasoning for Italian foods and many other ethnic cuisines. The aromatic leaves of this healthful herb can be used with fresh and cooked vegetables, in salads, in soups and breads, and for seasoning vinegars and oils.

Native to India, basil reached the Mediterranean region in ancient times. Basil inherits its name from the Greek word for king, and in France it is still known as "herbe royale." The warming properties of basil were prized as a remedy for coughs, sore throats and head colds.

Perhaps best known as a basic ingredient in Italian pesto, as well as the related pistou of southern France, basil combines well with garlic and olive oil. The herb has a natural affinity with tomatoes and is sensational in pepper, zucchini and eggplant dishes, as well as recipes for pasta, potatoes, beans, rice and other grains. Basil is also a popular herb in Thai cooking and is used in curries, stir-fries, fish and chicken dishes.

Tearing rather than chopping the leaves helps bring out basil's flavor. Since the aromatic basil

oil vanishes rapidly when exposed to heat, it's best to use only a little basil during cooking, then add more at the very last minute to a dish.

WARM ITALIAN SALAD

- 3 medium tomatoes, cut into thin wedges
- 1 small red onion, thinly sliced
- 1 roasted red pepper, cut into thin strips
- 10 pitted black olives, sliced
- 1/2 cup fat-free Italian dressing
- 4 whole grain rolls or 8 Italian bread slices
- 1/4 cup shredded reduced-fat mozzarella
- 1/4 cup shredded fresh basil

Preheat the broiler. In a medium bowl, combine tomatoes, onion, red pepper and olives. Add dressing; toss well to coat. Let stand for 20 minutes. Spoon tomato mixture evenly onto rolls. Place sandwiches on a baking sheet. Sprinkle with mozzarella. Broil 4 inches from heat, until cheese melts and edges of rolls are golden, about 2 minutes. Sprinkle with basil and serve immediately.

Recipe courtesy of the American Institute for Cancer Research.

Grapes can be used for meals, salads

Here are recipes from "Glorious Grapes and Other Fabulous Fruit Recipes" by Barbara Burman. See related story on Taste front.

LIME AND HONEY-ROASTED CHICKEN WITH GRAPES

- 6 assorted chicken pieces (legs and breasts)
- Grated rind and juice of one large lime
- 2 cloves of garlic, minced
- Salt and pepper
- 2 cups black grapes (halved and seeded)
- 1/4 cup honey
- 1/4 cup soy sauce
- 1 tablespoon sesame seeds

Place chicken pieces in a large non-reactive bowl. Combine lime rind, juice and garlic. Pour mixture over chicken and let marinate in refrigerator for one hour, or overnight.

Arrange chicken pieces in large shallow roasting pan or dish in a single layer. Season with salt and pepper to taste. Roast, uncovered, in a 375° F oven for 45 minutes. Remove chicken from oven and pour off pan juices. Add grapes to dish.

Combine honey and soy sauce. Spoon sauce over chicken pieces and sprinkle with sesame seeds. Return to oven, basting occasionally with sauce for 15 minutes more, or until chicken is nicely glazed. Makes 6 servings.

WARM BACON-SPINACH SALAD WITH GRAPES

- 1 large bunch spinach, washed and stemmed (8 cups packed)
- 6 slices bacon
- 1 small red onion
- 2 cloves garlic, minced
- 1/4 cup olive oil
- 2 tablespoons cider vinegar
- 1 tablespoon Dijon mustard
- 1 cup black grapes, halved and seeded
- 3/4 cup aged cheddar cheese, cut into small cubes
- Salt and black pepper

Place spinach in a large salad bowl and set aside. Cook bacon in a large skillet over medium heat until crisp. Place on paper towels to drain. When cool, crumble and reserve. Drain all but one tablespoon of bacon drippings from skillet.

Return skillet to heat and add onion and garlic. Cook, stirring, for 2 minutes or until softened. Remove from heat.

Combine oil, vinegar and mustard until smooth. Add to skillet and return to heat. Cook, stirring, until almost boiling. Immediately pour over spinach and toss.

Add grapes, reserved bacon bits and cheddar cubes. Season with salt, if necessary, and generous amount of pepper to taste. Gently toss. Divide among salad plates and serve immediately. Makes 4 servings.

Fix a dish that's special: French toast

BY THE ASSOCIATED PRESS

A family breakfast or brunch is a relaxed time to savor at weekends, a time to cook up something rather special.

Honey Custard French Toast will serve 6, but can still be prepared in about 25 minutes — and will probably be eaten up in even less time. The toast is flavored with a touch of cinnamon and a sprinkling of chopped pecans.

HONEY CUSTARD FRENCH TOAST

- 1/2 cup honey
- 1 cup milk
- 6 eggs
- 1 1/2 teaspoons cinnamon
- 1/8 teaspoon salt
- 12 slices French bread, each 3/4-inch thick
- Butter
- Honey and toasted pecan pieces for garnish, as desired

In a large bowl, beat together honey, milk, eggs, cinnamon and salt. Dip bread slices in egg mixture, turning to coat.

Melt a little butter in a large skillet over medium heat and brown soaked slices, turning once to brown second side.

Serve with additional honey and sprinkle with pecans, as desired. Makes 6 servings.

Nutritional information per serving (2 slices): 447 cal., 16 g fat, 226 mg chol., 621 mg sodium, 64 g carbs., 3 g dietary fiber, 14 g pro. Recipe from National Honey Board.

Grapes from page D1

jer. "It's the only way to get freshly picked grapes in the wintertime," said Barbara Burman, spokeswoman for the grower.

Grapes glorified

Burman has written "Glorious Grapes and Other Fabulous Fruit Recipes" to extol the virtues of grapes.

"Dark grapes contain a host of vitamins and minerals," Burman said. Purple and black grapes contain antioxidants, which protect humans by neutralizing cell-damaging molecules known as free radicals. Free radicals, if left unchecked, are responsible for very early cell changes that lead to diseases

such as cancer and heart disease.

Researchers are studying grapes for their flavonoids, namely proanthocyanidin, reported to be at least 20 times more potent an antioxidant than vitamins C or E, according to the cookbook.

Grapes contain vitamin C, potassium and iron.

Burman said she loves to cook, creating the cookbook after looking through her collection of recipes. "If they looked good and were easy to do, I put them in the book," Burman said.

She enjoys her Lime and Honey-Roasted Chicken with Grapes, which she calls "absolutely stupendous." The

chicken is marinated overnight in lime rind, juice and garlic, then the chicken is baked. After 45 minutes, grapes are added with a honey and soy sauce and sesame seeds, and the dish is baked for 15 more minutes.

Others include a Warm Bacon-Spinach Salad with Grapes and a Grape Creme Brulee. Burman likes the salad for lunch.

Readers who wish to purchase the cookbook can send a check for \$3.50 to cover postage and handling to Fisher Capespan at CAPE Fruit, P.O. Box 1044, Grand Rapids, MN 55745-1044. See recipes inside.

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These recipes celebrate spring

See related story *Taste front*.
Toula Patsalis, co-owner of Kitchen Glamour stores with her husband Chris, likes appetizers, salads and casseroles for spring gatherings.

These recipes are from "The Joy of Greek Cooking with an American Accent"

"Salads should be prepared the day before, adding the dressing at the last minute," Patsalis said. Casseroles can be made and frozen for up to three weeks. Defrost two days before in the refrigerator and warm, if desired, in a 300° F oven for 25 to 30 minutes.

Also Gail Posner, a dietician from Healthy Ways Nutrition Counseling in West Bloomfield, pitches in with a gazpacho recipe, which she says tastes "even better" the next day after it is prepared.

The following recipes can be used for spring entertaining or early summer gatherings:

THREE-PEPPER PASTA WITH GRATED FONTANELLA AND PARMESANO CHEESE

- 1 pound spaghetti, cooked and drained
- 1 green pepper, sliced thin lengthwise
- 1 red pepper, sliced thin lengthwise
- 1 yellow pepper, slice thin lengthwise
- 3 leeks, washed, trimmed and sliced thin
- 2 cloves garlic, chopped
- 1/4 cup olive oil
- 4 tablespoons fresh chopped basil
- 1/4 teaspoon salt
- Fresh ground pepper
- 1/4 teaspoon ground fennel
- 1 tablespoon oregano
- 1/4 pound imported Parmesan cheese, grated
- 1/4 pound imported Fontanelle cheese, grated

In a large skillet, saute leeks over gentle heat until cooked, about five minutes. Add sliced peppers and increase heat, stirring until well incorporated. Reduce heat the medium and cook, stirring occasionally, until peppers are almost soft.

Add chopped garlic, basil, salt, pepper, fennel and oregano. Stir and cook for four minutes or so. Toss pepper mixture into spaghetti in a large pasta bowl and toss until incorporated. Mix Fontanelle and Parmesan cheeses and sprinkle over top. Serve.

Recipe courtesy of Toula Patsalis.

STUFFED CABBAGE ROLLS

- 1/4 cup vegetable oil
- 1/4 cup olive oil
- 2 cloves garlic, chopped fine

WHAT'S COOKING

Send items for consideration in *What's Cooking* to Ken Abramczyk, *Observer Newspapers*, 36251 Schoolcraft, Livonia MI 48150, or e-mail kabramczyk@oe.homecom.net

Battling Hunger - Taste of the Nation Detroit will help raise money for nonprofit organizations to battle hunger and poverty. The event is scheduled from 6-9:30 p.m. Sunday, May 7, at the Somerset Collection in Troy. It features the area's 50 best restaurants, caterers and purveyors. Tickets are \$75. About 70 percent of the proceeds will go to Gleaners Community Food Bank, The Food Bank of Oakland County, Fort Greene Harvest and Detroit Entrepreneurship Institute. For information or to purchase tickets call Gleaners Community Food Bank at (313) 923-3535.

Wine-Tasting benefit - Wine aficionados can taste wine and help benefit scholarship and other groups at A Toast to Canton Wine-Tasting 7-9 p.m. on Friday, May 19 at the Summit on the Park. Tickets are \$30 in advance and \$35 at the door. For information, call the Canton Chamber of Commerce at 453-4040.

- 2 cups onion, chopped fine
- 2 pounds ground round
- 1 cup uncooked rice
- 1 12-ounce can crushed tomatoes
- 1/2 cup fresh dill
- 1 tablespoon salt
- 1/4 teaspoon sugar
- 1 large head cabbage
- 1 teaspoon salt

In a large pan, mix olive oil and vegetable oil. Add 2 cloves of garlic and 2 cups onion; saute on medium-high heat for about 5 to 10 minutes. Add 2 pounds of ground beef, crumbled in small pieces; brown well. Add 1 cup uncooked rice and stir in.

Add 1 can crushed tomatoes, 1/2 cup fresh dill, 1 tablespoon salt, and 1/4 teaspoon sugar. Mix together well, then cook over medium low heat for 20 to 25 minutes.

While filling is cooking, remove the core of the cabbage so that the leaves can be removed easily. Steam cabbage in large pot of water with 1/4 teaspoon salt. After steaming for about 10 minutes, the leaves should be ready to be removed. Cover and repeat until cabbage leaves are too small to use.

Place filling in center of cabbage leaves and shape into rolls by folding side in and rolling from bottom. Place in large pot (4 quarts) in layers then top with 1 cup tomato sauce, 1/4 cup fresh dill, 1/2 teaspoon salt and 1/4 teaspoon sugar. Pour this over cabbage rolls. Shake the pot so sauce flows to bottom of it. Bring cabbage rolls to boil, then turn heat down to medium low to cook for one hour until cabbage rolls are tender. Serves 8 to 10.

Recipe courtesy of Toula Patsalis.

GAZPACHO

- 6 cups tomato juice
- 5 beef bouillon cubes, dissolved in a little water
- 2 (28-ounce) cans of tomatoes, chopped with juice
- 3 medium cucumbers, seeds removed, then cucumbers chopped
- 4 medium onions, chopped
- 8 stalks celery, chopped
- 1/2 cup plus 2 tablespoons wine vinegar
- 1 tablespoon Worcestershire sauce
- Red pepper sauce (to taste)
- Parmesan cheese (to garnish)

Combine all ingredients except garnish. Refrigerate for several hours. Serve with garnish on top.

Recipe courtesy of Gail Posner.

Salads, breakfast dish enhanced with cheese

SALAD NICOISE

- 4 medium potatoes
- 1/4 pound fresh green beans, cut into 1 1/2 inch pieces
- hard-cooked egg, quartered
- 6 cups packed torn Boston or leaf lettuce
- 1 1/2 cups Sargento Salad Creations with Monterey Jack and Cheddar cheeses, divided
- 1/2 cup Italian or red wine vinaigrette salad dressing, divided
- 2 teaspoons Dijon mustard
- 1 can (6 1/2 ounce) white albacore tuna in water, drained, broken into chunks
- 12 nicoise or calamata olives

Scrub potatoes, but do not dry them. Place wet potatoes in an 8-inch square baking dish or microwave-safe casserole. Cover with vented plastic wrap. Microwave on high for 3 minutes. Add green beans to potatoes in dish; cover with vented plastic wrap. Microwave at high for 4 or 5 minutes until vegetables are tender. Transfer to sink and fill with cold water. Drain water and fill again with cold water to stop cooking and cool the vegetables. Let stand while preparing salad.

In large bowl, combine lettuce and 1 cup cheese. Combine dressing and mustard. Add 1/4 cup of the dressing to lettuce mixture; toss well. Arrange on four serving plates. Top with tuna and olives. Drain vegetables. Cut potatoes into quarters; arrange around edges of salad. Arrange green beans over salads. Chop egg and sprinkle over

salad. Top with remaining 1/2 cup cheese and drizzle remaining 1/4 cup dressing over salads. Serve with freshly ground pepper, if desired.

CHEDDAR BREAKFAST STRATA

- 6 slices whole wheat bread
- 1/2 pound bacon, cut into 1-inch pieces
- 8 ounces fresh mushrooms, sliced
- 1 cup chopped broccoli florets
- 1 teaspoon thyme
- 4 eggs
- 2 cups milk
- 2 teaspoons Worcestershire sauce
- 1 cup (4 ounces) mild cheddar cheese, shredded
- 1/2 cup (2 ounces) shredded Swiss cheese

Arrange bread in bottom of lightly greased 13-by-9 inch baking dish. Cook bacon in skillet on medium-high heat until browned; drain on paper towel. Place evenly on bread.

In same skillet, cook mushrooms about 3 minutes on medium heat; drain. Layer mushrooms over bacon. Add broccoli and sprinkle with thyme.

In medium mixing bowl, combine eggs, milk and Worcestershire sauce. Pour evenly over vegetables. Sprinkle cheeses on top. Bake at 350° F 35 to 40 minutes or until puffed and golden brown.

See related story and photos on *Taste front*.
Recipes courtesy of Sargento Foods.

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May 6 & 7 from 10:00AM to 4:00PM

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Lorraine Chien



Carol Kirby

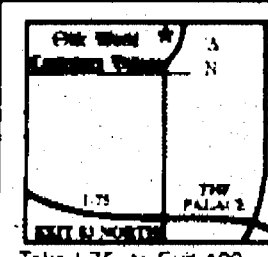
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ANGUS BEEF

MEDICAL BRIEFS

Restless legs

Do your legs develop a mind of their own come bedtime? Do they want to jump, jab and jive when the rest of you wants to sleep? You may have restless leg syndrome, often described as "the creepy crawlies."

The Restless Leg Syndrome Support Group will hold two meetings in May at Henry Ford OptimEyes, 35184 Central City Parkway in Westland. The first meeting, scheduled 7 p.m. Tuesday, May 15, will feature a video by California-based physician Dr. Vuchfuhner. The second meeting, scheduled 2 p.m. Tuesday, May 23, will feature Garden City Hospital nurse Marilyn Armberage as the featured speaker.

For more information, call Jan Frent at (734) 453-4847.

Hot flash!

There's more to getting through menopause than battling your hormones. There's humor and there's art.

Jennifer Tobin, executive director of the Plymouth Community Arts Council will discuss "Creating a Healthy Life Through the Arts" at St. Mary Hospital's Menopause Support Group, which meets 7-9 p.m. Wednesday, May 3 in the West Addition Conference Room B, Marion Women's Center, 36475 Five Mile Road, Livonia.

The group meets the first Wednesday of the month. There is no charge. For more information, call 734-655-1100.

Prostate screening

Botsford General Hospital will host a free lecture on prostate cancer 7 p.m. Monday, May 1, in the Zieger Center on the Botsford General Hospital campus, 28050 Grand River. Dr. Steven Roth, a staff urologist, will be the speaker. An interpreter of American Sign Language will be present.

The hospital will also sponsor free prostate screening from 9 a.m. to 6:30 p.m. Friday, May 12. Registration for the lecture and the screen are required. For information, call Botsford's Health Development Network at (248) 477-6100.

Free MS programs and services

Local residents with multiple sclerosis can receive a wide array of free, direct support services that range from information to therapeutic equipment through the Multiple Sclerosis Association of America.

- MSAA services include:
- Educational literature
 - A national lending library program that exceeds 100 titles
 - No-cost MRIs for people suspected of having MS
 - Cool suits to help reduce symptoms
 - Wheelchairs and scooters
 - Support groups and programs designed to link clients together via mail, phone, or computer.
- For more information, contact MSAA at 1-800 LEARN MS or access www.msaa.com

AROMA 'THERAPY'

Olfactory study shows effects of scent on physical performance

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

Attention, athletes and fitness buffs. Want to get more out of your workout or sports performance? Start with your nose!

A study sponsored by the Olfactory Research Fund, whose sponsors include several international fragrance companies — such as The Dial Corporation, Avon Products and Christian Dior Parfums — showed that scent has consistent and reliable effects on a person's mental condition during exercise.

Dr. Bryan Raudenbush, assistant professor of psychology at Wheeling Jesuit University in Wheeling, W. Va., recently completed a study on the "Effects of Odors on Objective and Subjective Measures of Physical Performance." Forty male and female undergraduates from sports teams at Wheeling were the subjects.

Participants spent 15 minutes walking on a treadmill with speed and grade increasing every three minutes. The exercise was performed four times, each time under a different odor condition. The overwhelming response? Peppermint odor was associated with lower ratings of physical workload and demand.

Participants found the exercise easier and more slow-paced with peppermint, compared to no odor or unpleasant odor. The peppermint odor also produced a significant reduction in perceptions of frustration that many of us associate with exercise.

Pene Murdoch, a nationally certified massage therapist with Healing Arts Massage Therapy Center in Plymouth, uses essential oils in her practice. Peppermint oil, besides being an anti-inflammatory, is a great "pick-up" scent, she said. She uses it with clients to combat headache and fatigue.

"I sell bottles of peppermint oil and tell clients to keep it in their purse."

Smell power

As humans, we "see" the world mostly through our eyes and ears. We give little importance to the sense of smell within the dynamics of our daily lives. Yet, smells move us in profound ways — consider fresh baked bread, a roast browning in garlic and butter, a particular perfume, or the smell of a new car — and instantly memories and emotions come calling from the past.

"Eyes have a limited range of color and taste can only identify four things — sweet, sour, salt and bitter — but scent can detect more than 10,000 odors," said Murdoch. "The sense of smell is the first one to develop in the womb. Older adults who lose their sense of smell have more problems with depression."

Simply put, smells both anchor us to the present and connect us to the past. When our nose is blocked by a cold, suddenly the

whole world becomes bland.

The National Association for Holistic Aromatherapy defines the effect of inhalation of essential oils as such:

"When inhaled, essential oil component molecules enter the nasal passages where they stimulate the olfactory nerve, sending messages directly into the limbic system of the brain. The limbic system is the seat of memory, learning and emotion. The inhalation of essential oils triggers changes within the limbic system, which in turn can stimulate physiological responses with the body via the nervous, endocrine or immune systems.

"For example, if the aroma of cinnamon is reminiscent to a particular individual of traditional hot apple pie baking in the oven, an emotional response such as comfort, warmth and security may therefore accompany the inhalation of cinnamon zeylanicum essential oil. This emotional response, triggered by a mental association, creates a relaxed and comforted response from the body."

Even if we have no memory or association with the scent of certain essential oils, they can still produce a relaxed, stimulated or soothed state, according to the NAHA.

When Murdoch feared nodding off in class during her college years, she enlisted the help of rosemary oil. "I'd coat the tops of the nages I was working on, and it worked. I got great grades," she said.

Oils and emotions

In the September 1995 edition of "Advertising Age," author Pat Sloan wrote that Dr. Alan Hirsch, neurological director of the Smell & Taste Treatment & Research Foundation



HELEN FURCEAN / STAFF ARTIST

in Chicago, discovered a link between environmental scenting and the inclination to spend money. His experiments showed that people bought more Nike shoes in a floral scented room than in an unscented room and inserted more money into scented slot machines in Las Vegas than in scent-free ones.

The Olfactory Research Fund has coined the term "aroma-ology" to refer to the collecting of systematic, scientific data under controlled conditions to establish a relationship between psychology and fragrance technology's ability to transmit through odor a variety of specific feelings — relaxation, exhilaration, sensuality, happiness and achievement.

On the other hand, the Olfactory Research Fund defines aromatherapy as a concept based on anecdotal individual case studies and folklore.

Aromatherapy prescribes the use of natural essential oils and herbs for the treatment of various mental and physical disorders. It is generally used in combination with body massage.

Murdoch uses a variety of essential oils in her massage practice. She claims that many oils, because their molecules are so small, are absorbed directly into the bloodstream through the skin.

"You can actually rub garlic on the soles of your feet and taste it a half hour later," said Murdoch.

Uses

The following are some of oils Murdoch uses for specific purposes:

- Lavender — Antidepressant, antibiotic. Helps heal burns and wounds. Induces sleep.
- Peppermint — Anti-inflammatory. Good for headaches and fatigue. Improves accuracy and alertness.

■ Chamomile — Calming. Good for asthma, hay fever and nervousness. Strong scent. Murdoch mixes it with a lotion. Needs to be diluted.

■ Sandalwood — Soothes people in distress or grief. Helps people keep their emotions from over-expressing. Needs to be diluted.

■ Eucalyptus — Great for colds, coughs and sunburn. Combined with peppermint, "it will clear a head really fast," said Murdoch. Needs to be diluted.

■ Rose — Good for people going through a divorce or break-up. Evokes feelings of comfort and love. Very expensive. Best diluted.

■ Y-lang y-lang — A "high floral" scent. Associated with euphoria and considered an aphrodisiac. A little goes a long way.

■ Clove — Acts as an analgesic. Best diluted.

■ Geranium — Pain-reliever. Helps stomach aches and sore throats. May soothe the discomfort of endometriosis.

■ Rosemary — Stimulant. Helps with memory loss and depression.

■ Tea tree — Medicinal, anti-fungal. Good for athletes foot, acne, toothache and sunburn.

■ Citrus (orange, tangerine, lemon and grapefruit) — Improves children's moods. Keeps adult's energy levels up.

■ Vanilla — Relaxing and calming. Men love it. "It evokes memories of mother. You go into the florals, and it starts to smell like a lover. Vanilla smells like the kitchen," said Murdoch.

Used topically and properly diluted, essential oils have endless applications for health, beauty and well-being, recommends the NAHA. Keep in mind, however, that no two people are affected by the same oil in the same way. And Murdoch stresses that essential oils don't cure everything that ails us, but they assist.

Contact Pene Murdoch at Healing Arts Massage Therapy, 383 Starkweather, Plymouth, (734) 542-1460.

Using essential oils

Bath — Fill your tub with warm water then add about 10-15 drops of essential oil. Soak at least 20 minutes for the therapeutic benefits. You can mix essential oils with sea salt then add to water. For children and the elderly, add essential oils to 1/4 cup milk before adding to tub.

Inhalants — Fill a large glass bowl with boiling water. Add five drops of essential oil. Breathe gently under a large towel. Add more drops after five minutes. This benefits sinusitis, cold, lung problems, etc. Have tissues ready!

Compresses — Add five drops of the appropriate blend of oil to a bowl of water. Soak wash and squeeze out excess. Apply to area, such as an abscess, for menstrual cramps and relief for headaches.

Salves — Mix two ounces of vegetable oil to 25-30 drops of essential oil, depending on odor intensity. Let your nose guide you.

Author: Barbara M. Goguen, certified aromatherapist and holistic health practitioner. She is in private practice in Rossmore, Mass. (910) 727-4042.

MS oral drug study at Wayne State University

For people living with relapsing-remitting multiple sclerosis, the only treatment options available today involve regular injections with a needle. The landmark Coral Study will investigate whether a new medication could change that.

The Coral Study is the first global clinical study for an oral MS therapy. It spans five continents, 18 countries and will involve 178 study sites. Researchers are seeking to recruit 1,300 participants worldwide, including 600-700 Americans.

Wayne State University, the only comprehensive research center for MS in Michigan, is one of 67 sites in the United States.

The study's purpose is to assess the efficacy, safety and tolerability of an oral formulation of COPAXONE (glatiramer acetate for injection) in people with relapsing-remitting MS.

"An oral therapy is a significant development. Many people are uncomfortable self-injecting, so finding alternative methods of delivery is critical," said Dr. Jerry S. Wolinsky, chairman of the Coral

Study's North American Clinical Steering Committee and director of the Multiple Sclerosis Research Group at The University of Texas-Houston Health Science Center.

Locally, the study is spearheaded by Dr. Omar Khan at the Wayne State University Health Center. He emphasized the significance of an oral MS medication in drawing into treatment many more MS patients.

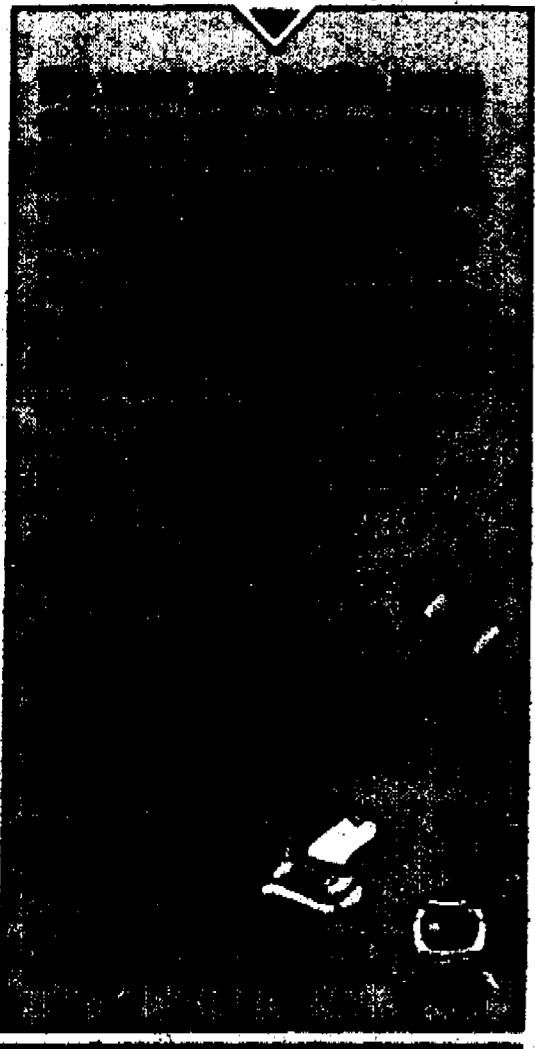
"There are still thousands who are not interested in treatment because of the injections. Some people have needle phobia," he said.

The Coral Study is a randomized, double-blind, placebo-controlled study. Participants will receive a daily dose of one of the following: 50 mg or oral glatiramer acetate, 5 mg of oral glatiramer acetate, or a matching placebo.

The Coral Study is a Phase III clinical study. Phase III studies follow years of extensive research and are often the final step before a request is made to the Food and Drug Administration for approval to market a drug.

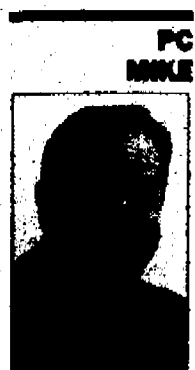
The study will last 56 weeks; enrollment is expected to last at least six months. Teva Marion Partners along with Teva Pharmaceutical Industries Ltd., the marketers and manufacturer of COPAXONE respectively, are sponsoring the study.

People with a confirmed diagnosis of relapsing-remitting MS who are interested in participating in the Coral Study should call the Wayne State University Multiple Sclerosis Center at (313) 745-4220. They may also call toll-free 1-877-31CORAL (312-0725) for a pre-screening.



AOL-Time Warner

Backlash is brewing about a possible merger



MIKE WENDLAND

There's a strong backlash brewing over the proposed deal that would have America Online buy the immense media world of Time Warner.

A growing number of consumer groups and technology firms are registering formal objections with the Federal Communications Commission, saying the planned AOL merger would harm consumers by concentrating an unprecedented amount of media power in the hands of one voice.

If the deal goes through, AOL

would dominate not just the online world through America Online, CompuServe and Netscape, but also the Cable News Network, the magazine industry, the recording industry and the broadband Internet market.

A Time Warner spokesman says the deal will be good for consumers, bringing them more convenience.

The critics say AOL is already trying to crush competitors through ruthless marketing techniques, and the proposed merger will make it all but impossible for anyone to stand its way. Among the consumer groups objecting to the merger are the Consumers Union, the Media Access Project, the Consumer Federation of America and the Center for Media Educa-

tion.

Marketing manners

What kind of ruthless marketing does AOL do, you ask? Consider AOL's most recent software, Version 5.0.

There's hardly a day that goes by that I don't get an e-mail or telephone call from somebody complaining about the way the upgrade takes over the network settings of Windows-based PCs.

During the installation process, one of the AOL on-screen instruction boxes asks if the user wants AOL to be the user's primary Internet connection. "No" is the default choice. Clicking "Yes," however, invites AOL to move in and re-write the settings so that the computer connects to AOL whenever the user wants to browse the Web, send or receive e-mail or do any other

online activities.

At the same time, however, it disables the network configurations needed to gain access to the Internet through other service providers. Some users have told me it's all but impossible to get rid of AOL 5.0, even by uninstalling it.

For some, the only solution was to reformat, or completely erase the hard drive. A class action lawsuit has been filed over the AOL upgrade; something AOL has labeled as "without merit." Meantime, my advice is ... leave 5.0 alone.

Lawsuit

AOL is facing a class action lawsuit because of these and other problems. Then there's the mess at CompuServe, also owned by America Online.

CompuServe is also the object of a class action suit (www.web-access.net/~cscact/index.html) and is under investigation by officials in New York, California, and Florida for not delivering on promised \$100 to \$400 rebates promised to people who signed up for long-term CompuServe accounts when they bought new computers.

What's most amazing to me is how the Clinton Administration's Department of Justice is so seemingly indifferent to the AOL problems and the implications of the proposed merger with Time Warner.

In view of the governmental attack on Microsoft's monopoly, you'd think that Clinton's Justice Department persecutors would be all over this.

I wonder. Do you suppose one

reason why the administration has turned its back on the AOL complaints is because one of the entities AOL will soon control will be CNN? After all, there are a lot of people who think CNN stands for Clinton News Network.

Just asking.

Until next week.... 73 every body.

Mike Wendland covers the Internet for NBC-TV Newschannel stations across the country. He is the author of a series of Internet books. You can reach him through his Web site at <http://www.pcmike.com> and hear him Monday through Friday at 6:26PM on NewsRadio 950, WWJ, and on Saturdays and Sundays from 4-6 p.m. on TalkRadio 1270, WXYT.

BUSINESS NEWSMAKERS

Ilitch Holdings

Scott Fisher of Plymouth has been promoted to vice president of Finance/Administration for Ilitch Holdings, Inc. This is a new position within the company.

Fisher began his career with the Detroit Red Wings in 1986 and moved to the Detroit Tigers as the club's chief accountant and administrator in 1992. He joined the holding company in 1997. In his new position, Fisher will oversee all aspects of finance for all the companies under Ilitch Holdings, which includes Little Caesars, the Detroit Red Wings and



Fisher

Olympia Entertainment.

National City

Kimberly Goethe of Canton recently joined National City as vice president and relationship manager of treasury management. She will be responsible for managing customer municipality accounts in southeast Michigan.



Goethe

Goethe previously held a vice president position in treasury management at Bank One, where she was employed for 20 years. Her business office is located at the National City Center in Birmingham.

Financial rep

The financial services firm Edward Jones has hired **Penny Pennington** as the new investment representative for the company's Livonia branch office.



Pennington

Prior to joining Edward Jones, Pennington was managing director of corporate finance with Comerica Bank. She is a member of Livonia Rotary and is a vice president of Livonia Jaycees.

Accountants Connection

L. Travis Furlow has been named senior personnel consultant for Accountants Connection

Inc., a Livonia-based staffing service that provides temporary and permanent placement of accounting and financial professionals. He can be reached at (734) 513-7800.

Grace & Wild

Chris Wickell has joined Grace & Wild Digital Studios in Farmington Hills as Avid editor. He previously worked as an associate editor at Griot Editorial. "Since joining us, Chris has handled rough cuts for several national and regional commercials and our clients have been very pleased with his work," said Paul DeMars, commercial post-production manager.

Wickell is a graduate of the Specs Howard School of Broadcast Arts and a former freelance photographer.

MORPACE International, Inc.

Charles Haffey has been promoted to vice president of finance at MORPACE International, Inc. in Farmington Hills. He has been with the company for three years and is a member of the Executive Committee. Formerly, he was president of T.P.S. Inc., a chain of retail stores based in Livonia.

Louise Kier Zirretta has been named the company's group vice president. She previously worked in the behavioral health-care industry. She recently was named to the "Who's Who of International Business Professionals" and was the keynote speaker at the Chicago Health Care Disease Management Congress.

Real Estate president

Henry C. Moses is the new president of **Barry M. Klein**

Real Estate, Inc. in Farmington Hills. A 13-year veteran of the commercial real estate brokerage and development company, Moses previously served as executive vice president.

Johnston Controls

Michael F. Johnston has been elected president E-business for **Johnston Controls, Inc.** in most recently was president, North America and Asia/Pacific for the company's Automotive Systems Group. He joined the company in 1989.

"Mike has been a great contributor to the success of Johnston Controls, and we believe his experience, leadership and energy will enable Johnston controls to lead in the E-business arena as well," said James H. Keyes, chairman and CEO.

Michigan Chamber of Commerce gets wired

The Michigan Chamber of Commerce has launched itself into the business world of the 21st century, announcing today that it has signed on as a charter member of a new national Internet network called ChamberBiz, the ultimate small business resource on the Internet.

"We're bringing Main Street to e-Street," said Michigan Chamber President & CEO Jim Barrett. "To serve our members best, we want to stay on the cutting-edge - and that means that we need to move with the rest of the business world online and do whatever we can to help keep our members on top of technology."

ChamberBiz is a small business Internet "portal" that links Chambers of Commerce from across the country.

A joint venture between the U.S. Chamber of Commerce and Telcom Ventures, the Web site is designed to draw current and future small business owners with its information services, creating the ultimate resource for small business owners and giving them greater ability to network.

find tools to meet their daily problems, and use the Internet to grow their businesses.

With more than half of all U.S. small businesses connected to the Internet, and the rest looking to do so, the Internet has fast become the most dominant, defining force in business today.

"We're excited to get this project going," said Barrett, who will lead the Michigan Chamber in the nationwide dialogue facilitated by ChamberBiz.

ChamberBiz can be accessed through the Michigan Chamber's Web site at www.michamber.com.

The Michigan Chamber of Commerce is a statewide business organization representing approximately 7,000 employers, trade associations and local chambers of commerce.

The Michigan Chamber of Commerce was established in 1959 to be an advocate for Michigan's job providers in the legislative, political and legal process.

County helps you spring into fitness

Grab your blades and bikes to celebrate National Fitness Month and "Saturday in the Park" at Wayne County's Family Fun and Fitness Day 9 a.m. to 1 p.m. Saturday, May 6, at Hines Park-Nankin Mills Area in Westland. Admission is free.

Families from across the county will have the opportunity to take part in various activities promoting physical fitness and good health, including: fitness walking; in-line skating lessons; bicycle inspections and new safe-

ty gear; exhibits featuring health, fitness and safety-related organizations; and lots of information about parks and recreation departments in Wayne County.

In addition, there will be live entertainment, inflatable rides for children, and a free T-shirt to the first 1,000 people.

"May is National Fitness Month, and this event was designed to offer an opportunity for our residents to learn more about the importance of how

physical fitness, health and recreation can positively impact their families," said Wayne County Executive Ed McNamara.

The event is sponsored by Wayne County Parks and Recreation, The Groove 105.1-FM, Detroit Inline Skate/Rollerblade School, Westland Parks and Recreation, Livonia Parks and Recreation, Get Active Detroit, and the Leukemia & Lymphoma Society Team in Training.

The Saturday in the Park pro-

gram begins May 6 and runs through Sept. 30. The program closes six miles of Hines Drive for the public of all ages to run, walk, skate or cycle safely.

The Hines Park-Nankin Mills Area is located on Hines Drive just east of Ann Arbor Trail in Westland. Parking is available off of Hines Drive and can be reached even if the road is barricaded for flooding. For more information, call Wayne County Parks and Recreation at (734) 261-1990.

Valassis has plans to offer online coupon service soon

Valassis Communications, Inc. recently announced it has formed a strategic alliance with Coupons.com. Valassis will market the Coupons.com service to its packaged goods and franchise customers, offering cus-

tomers another Internet marketing tool and providing Coupons.com with expanded content. In addition, Valassis has acquired a minority interest in Coupons.com, with an option to increase the investment during

the company's next round of financing. Valassis will also utilize its proprietary two-dimensional barcode (Aztec Code) with Coupons.com to create secure,

web-based, home printed coupons.

Valassis plans to begin providing content for Coupons.com as of the third quarter of 2000.

Arthritis Today
JOSEPH J. WEISS, M.D. RHEUMATOLOGY
18829 Farmington Road
Livonia, Michigan 48152
Phone: (248) 478-7860

DISTINGUISHING ARTHRITIS FROM IT STRAIN

Physicians face a problem when treating you for a long term arthritis such as rheumatoid or osteoarthritis. Medicines abound if one doesn't work, another beckons.

In rheumatoid arthritis, the physician's incentive for change is great as the medical literature supports bringing on medicines to therapies not presently working. It is appropriate to add Elixire Arava or possibly Remicade to a maximum dose of Methotrexate if that drug alone does not suffice to control joint pain and swelling.

However, choosing a new medicine and adding more medicines brings you both expense and risk. Before your physician decides the present regimen is not enough, he must be sure that your present pain and disability comes from uncontrolled inflammation. He must ascertain that what you experience in your hands, knees or shoulders is not the residue of past arthritis.

It is as if your car engine is not performing properly. If the cause is bad gas, then you should break the expense and upgrade your fuel. If the cause is worn out spark plugs, then the money put into higher-octane gas is wasted.

Your physician makes his determination by asking when the joint pain is worse, what brings on the pain, and by examining the joints for the presence of fluid or reversible deformities.

Doctors realize that you come to the appointment with the expectation that other medicines you have heard about will now come to you, and often the most difficult decision he makes is how to break the news to you that these drugs will not help you.

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Do you experience Severe PMS symptoms, such as:

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- Sadness
- Moodiness
- Bloating

It may be PMDD (Premenstrual Dysphoric Disorder)

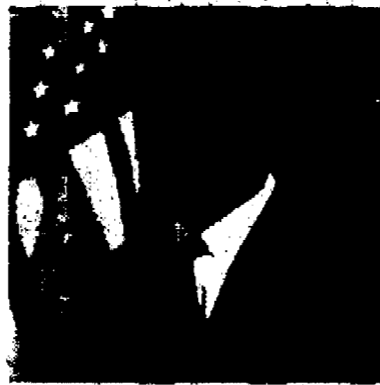
If you suffer from severe PMS and are between the ages of 18-45, call for more information about participation in a research study of an investigational medication. All research study medication is provided at no cost to those who qualify.

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