

Happy Mother's Day

**SPECIAL SECTION**

In shape and loving it: Read about two healthy, fit families in the Observer's annual Family Health & Fitness section inside.

**THE WEEK AHEAD**

**MONDAY**

**Touring:** The Wayne-Westland school board is not meeting but they will be taking a bus tour of the district's technology and building renovations from 6 to 8 p.m. Members of the bond committee will also be on hand.

**Meeting:** The City Council will meet in regular session at city hall in council chambers starting at 7 p.m.

**CLARIFICATION**

**Names:** A story about storm damage in Thursday's issue of the Westland Observer should have listed Fred Schaffer's daughters as Bethany, Anna Marie and Sarah, ages 3 to 10.

**INDEX**

- Apartments/E9
- Arts/C1
- Automotive/H6
- Classified/E,G,H
- Classified
- Index/E3
- Crossword
- Puzzle/E5
- Jobs/G1
- Malls/C8
- Movies/C4
- New Homes/E1
- Obituaries/A4
- Real Estate/E1
- Service Guide/H3
- Sports/B1
- Taste/D1
- Travel/C8

**HomeTown Classifieds WORK!**

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

—Lori J. Canton



6 63174 10011 6

## Fired clerk will run for House



A new dimension was added Friday to the controversy surrounding the firing of ex-city clerk Patricia Gibbons and subsequent effort to recall part of the city council. Gibbons announced she's running for the state House.

BY DARRELL CLEM  
STAFF WRITER  
dclem@oe.hometown.net

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

Gibbons, 53, confirmed her Republi-

can candidacy amid a small group of friends, family members and GOP state legislators who gathered outside her Westland house.

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

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

Gibbons, a 23-year city employee and 17-month clerk, has become the only Republican contender after former candidate Georga Conant withdrew from the Aug. 8 primary race.

Only one Democrat, veteran Westland Councilman Glenn Anderson, has declared his candidacy, although other hopefuls still could beat a 4 p.m. Tuesday filing deadline at Wayne County election offices.

Incumbent state Rep. Eileen DeHart,

Please see GIBBONS, A2



Patricia Gibbons: Runs for House.

"I think people want to go to work and feel that their children are safe in their schools and getting a good education."

**Absolutely fabulous**



Students of the new lighted sign (from left to right) are first graders Skyler McKinney and Malik Scott, and kindergartners Logan Hoffman and Vincent Malone at the Madison Elementary School sign dedication ceremony.



PTA president Fred Weaver and board members Sue Hanlon and Chris Kaske cut the ribbon.

### Madison School gets a better sign

The Madison Elementary Parent-Teachers Association in Westland, through fund-raisers and projects, raised \$4,200 dollars to purchase a new sign.

The school sign dedication ceremony was Tuesday afternoon in front of the school on Carlson in Westland. School principal is Mary Goedert.



## Recall complaint dismissed by state

BY DARRELL CLEM  
STAFF WRITER  
dclem@oe.hometown.net

A state investigation has found no evidence that recall leader Marian Greenfield violated Michigan campaign finance laws in her effort to oust West-

land City Councilwoman Sharon Scott. "I'm very happy," Greenfield said Friday afternoon. "I really didn't think I did anything wrong in the first place."

Scott's attorney, Gene Farber, named Greenfield in a complaint alleg-

ing that recall workers may have spent several hundred dollars and should be registered as a political committee.

Greenfield and other recall workers want to oust Scott for her role in firing former City Clerk Patricia Gibbons on

See COMPLAINT, A4

## Storm forces court to move to city hall for a day

BY DOUG JOHNSON  
STAFF WRITER

A lack of power following Tuesday night's storm caused the 18th District Court to move some trial matters to the Westland City Council chamber Thursday.

And city crews will work seven days a week to clean up storm damage.

Court administrator David Wiacek reports that the mayor and city clerk were very cooperative when the court building staff found themselves without power Wednesday and Thursday.

On Wednesday the court stayed open until noon and granted adjournments, postponements and issued new court dates to those who appeared or called in.

Thursday, however, is usually the day court judges Gail McKnight and Charles Bokos must hear the more serious felony cases where a statutory deadline must be met.

So Thursday McKnight held trials in council chambers, papers, forms, stamps and court reporting equipment had to be hauled over to the City Hall in order for the makeshift court

to work. Judge Bokos was on scheduled holiday. "We also were able to have increased security in City Hall. We hand-wanded (metal detected) people as they entered court," Wiacek said.

The court also used the hallways in the court building for the magistrate cases (traffic tickets, for example) where a court record is not required. Enough light was coming in doors and windows to hold these more informal hearings.

The court also kept probation appointments and the work program was not halted.

Please see STORMY, A3

HomeTown News... it's all about you!

# Westland Observer

## HOW TO REACH US

**Susan Roalek, Publisher**  
(734) 953-2100  
sroalek@oe.homecomm.net

**Hugh Gallagher, Managing Editor**  
(734) 953-2149  
hgallagher@oe.homecomm.net

**Julie Brown, Editor**  
(734) 953-2126  
jbrown@oe.homecomm.net

**Darrell Clem, Reporter**  
(734) 953-2110  
dclem@oe.homecomm.net

**Brad Emons, Sports Editor**  
(734) 953-2123  
bemons@oe.homecomm.net

**Tom Hawley, Photographer**  
(734) 953-2132  
thawley@oe.homecomm.net

**Bryan Mitchell, Photographer**  
(734) 953-2132  
bmitchell@oe.homecomm.net

**athy Benson, Representative**  
(734) 953-2174  
abenson@oe.homecomm.net

**Kim Mortson, Community Life Editor**  
(734) 953-2131  
kmortson@oe.homecomm.net

**Heldi Hamill, Home Delivery Manager**  
(734) 953-2144

## HOW TO REACH US

Circulation Nightline	734-953-2008
Classified Advertising	734-591-0900
Display Advertising	734-591-2300
Home Delivery	734-591-0500
Newsroom FAX	734-591-7279
Newsroom	734-958-2104
O&E Online * www.observereccentric.com	248-801-4716
Photo Reprints **	734-591-0500
Reader Comment Line	734-953-2040
Sports Nightline	734-953-2104

\* Online — www.observereccentric.com — can be accessed with just about any communications software: PC or Macintosh. You are able to send and receive unlimited e-mail, access all features of the Internet, read electronic editions of The Westland Observer and other Observer & Eccentric Newspapers and chat with users across town or across the country.

\*\* Photo orders must be for pictures that have been taken by our staff photographers. Please provide publication date, page number and description of the picture, which must have been published within the past six months. Prints are \$20 for the first print, \$7.50 for each additional print. Payment is in advance (check or credit card).

HomeTown News... it's all about you!

# Westland Observer

A HomeTown Communications Network™ publication  
36251 Schoolcraft, Livonia, MI 48150  
(SE corner of Schoolcraft, I-96 and Levan)

### SUBSCRIPTION RATES:

CARRIER DELIVERY		MAIL DELIVERY	
Six months	\$23.70	One year	\$55.00
One year	\$47.40	One year (Sr. Citizen)	\$44.00
One year (Sr. Citizen)	\$38.00	One year (out of County)	\$66.00
Newstand	75¢ per copy	One year (out of State)	\$80.00

Advertising published in the Westland Observer is subject to the conditions stated in the applicable rate card, copies of which are available from the advertising department. The Westland Observer, 36251 Schoolcraft, Livonia, MI 48150, (734) 953-2300. The Westland Observer reserves the right not to accept an advertiser's order. Observer & Eccentric publishers have no authority to bind this newspaper and any publication of an advertisement shall constitute their acceptance of the advertised order.



# Westland hearing care business sponsors information day for seniors

Although it affects more than 25 million Americans of all ages, hearing loss can be the forgotten disability.

Many hearing-impaired individuals who could benefit from help do not get it, often due to lack of information.

To raise awareness of hearing disorders and their solutions, Personalized Hearing Care, 35337 Warren Rd., Westland, is sponsoring Better Hearing Day from 10 a.m. to 2 p.m. on Saturday, May 20, at Marquette House in Westland.

Free to the public, hearing day includes informative presentations, hands-on displays and a wealth of hearing-related

resources.

Audiologists and assistive technology experts will be present, along with members of SHHH (Self Help for Hard of Hearing People), an international support group.

Presentations include:

- "Assistive Hearing Technologies," where visitors will learn about the wide range of assistive hearing products that can be used with or without hearing aids to enhance the quality of life for hearing-impaired persons.
- Presenter is Nan Asher, certified hearing technology resource specialist and owner of Hearing Technology Resources LLC.
- "Developing a Wellness

Lifestyle," where Dr. Kim Shunkwiler presents natural approaches to health and hearing based on chiropractic kinesiology, nutritional counseling and homeopathic remedies.

■ "Tinnitus Therapy" where certified audiologist Barbara J. Douglas, M.A., CCC, explains tinnitus retraining therapy. This relatively new clinical approach offers significant improvement over traditional masking and coping strategies. Tinnitus, also known as "ringing in the ears," affects about 44 million Americans.

Attendees at the event will be able to try out firsthand a variety of hearing devices, such as

amplified telephones, personal listening systems, smoke detectors, vibrating alarm clocks, doorbells and baby monitors. Information on numerous hearing resources will be available and visitors can speak with members of the Beyond Hearing of western Wayne County SHHH support group.

Marquette House is located at 36000 Campus Drive between Wayne and Newburgh roads across from John Glenn High School.

For more information on Better Hearing Day, please contact Personalized Hearing Care of Westland at (734) 467-5100 or (800) 411-7847.

## Stormy from page A1

"I thank the city for their cooperation. There were a few snags but we'll work on those next time. This was good practice for us," Wiacek said.

Wiacek added that he will seek an emergency generator for the court. He estimated they lose power about once a year. "It's time for us to have one." The police department has one.

Wiacek said that he will ask city council for a budget addendum for the generator.

Judge McKnight issued a statement in support of the need for an alternate power source and thanked the staff for carrying on despite the storm.

"The two-day power outage resulted in city-wide cooperation which reaffirmed my long held belief that the various factions of our city government and judiciary can indeed work together to accomplish what needs to be done. This is especially impor-

tant to note in a year when our city has received so much unflattering press.

"While the city offices and the police department have generators for such situations, the court does not and we are literally in the dark without our power. We are grateful to mayor (Robert) Thomas, the police department and fire department, and their many staff members, all of whom assisted in our holding court on the second floor of the city offices. Our operations were anything but "business as usual."

"Nonetheless we were able to process many cases, including our entire felony docket. We also appreciate city council allowing us to use their chambers.

"Finally, an expression of my gratitude would not be complete without mention of the court's wonderful staff who for two days worked at folding tables by

flashlight in the middle of the courthouse hallways, making sure that people with business at the court were minimally inconvenienced. Our dedicated administrator David Wiacek did a commendable job coordinating our entire operation so that everything went as smoothly as it did."

■ Westland's public service director Richard Dittmar said crews would work seven days a week the next three weeks or more to pick up limbs from curbside.

"We'll work until the city is clean," he said.

Dittmar said it was not necessary to call the city; everything from the storm that is on the curb by Monday will be picked up.

"We'll sweep through every block of every street," Dittmar said. He said residents can call if limbs were hanging or lying in

the street.

Residents are responsible for tree removal from their own yards, but the city will pick up anything at curbside by Monday. Small items and leaves can be placed in compost bags.

By early Wednesday a.m. there were no closed streets in the city, Dittmar said.

■ All Wayne-Westland schools were shut down Wednesday but reopened Thursday.

Stevenson High experienced a power problem Thursday and students were sent home about 1 p.m. All schools were open Friday.

■ The city police traffic bureau said there were no serious accidents but the traffic lights were out at Ford and Wayne and at Ford and Wildwood until Thursday night. Portable stop signs helped the situation. The police station ran on generator power until Thursday night as well.

## Gibbons from page A1

D-Westland, faces term limits and can't seek re-election to the 18th District seat that represents most of Westland and a small portion of Canton Township.

In a curious twist, a Gibbons-Anderson race would pit the former city clerk against one of her most ardent council supporters. Anderson voted against firing Gibbons and strongly defended her job performance.

Councilwoman Sharon Scott, who voted to fire Gibbons, has been widely rumored as an 18th

District Democratic candidate, but she confirmed Thursday she will not enter the race. Unless she is recalled, Scott said she will serve out the remaining 19 months of her council term.

"I am going to look forward to retirement," she said.

On Friday, Gibbons cited improving education and making schools safer as two of her top priorities as a state House candidate.

"I think people want to go to work and feel that their children are safe in their schools and get-

ting a good education," she said.

Gibbons described herself as "an independent thinker" and said, "I will listen to the people of the 18th District."

She said she hopes to restore honesty and integrity to Westland government, which has suffered tumultuous times since Gibbons was fired. Hundreds of Gibbons supporters blamed her dismissal on politics, but a council majority said her job performance was lacking.

"Despite what is happening in the city of Westland, the people who live here truly know what Westland is about," Gibbons said Friday. "It is about good, decent people who work hard, want the very best for their families and would do anything to help a friend or neighbor. Westland is the place to be."

Gibbons fought back tears as she reflected on her firing.

"I was brought up with the principle that if you work hard, you won't get fired," she said, adding later, "It just brings me to tears every time I think about how great the people of Westland are. I'm just an average, everyday person, and I hope that people will identify with me."

In a show of support, state Sen. Loren Bennett and state Rep. Bruce Patterson, both Canton Republicans, attended Gibbons' press conference Friday.

Bennett praised Gibbons' job as city clerk and said, "It's good people like that — professional people who know their job and have the best interest of the people at heart — that I want to support for office."

Bennett said he has put in a "strong recommendation" that the state GOP pump money into Gibbons' campaign.

"I believe we have a very strong opportunity to take the seat," he said. "There's absolutely no reason why she can't win it."

Patterson commended Gibbons for remaining "composed and articulate" during a job firing many considered unfair.

"I have marveled at how she handled herself," he said. "I believe she will go to Lansing to do her part to serve the people and to work hard at cleaning things up."

Gibbons and her husband, Michael, have lived in Westland for 30 years. They have three adult children and three grandchildren.

Gibbons has worked in the city assessor's office, parks and recreation department and the clerk's office. She is a former union employee and has participated in the Westland Summer Festival, the Mayor's Exchange Day and the Michigan Sesquicentennial Quilting Project.

**Hands & Hearts Around the World**  
CHILD CARE / LEARNING CENTER

**10% OFF 1st 30 DAYS TUITION**

WE OFFER: • COMPUTER INTEGRATED LEARNING  
• PRE-SCHOOL GYM CLASS  
• MULTI-LANGUAGE ACQUISITION  
• PRE-K MATH AND PHONIC SKILLS

OPEN 'TIL MIDNIGHT STARTING JULY 1st!

29830 Ford Road • Garden City • (734) 525-9800

**LIVONIA PUBLIC SCHOOLS**  
15125 FARMINGTON ROAD  
LIVONIA, MI 48154

The Livonia Public Schools Board of Education, Livonia, Michigan hereby invites the submission of sealed bids for:

**GRASSHOPPERS MODEL GEMINI®28SD LAWN MOWERS**

Bid forms and specifications are available in the Purchasing Department, 15125 Farmington Road, Livonia, MI.

All questions regarding this bid may be directed to Tim Kohut, Maintenance Supervisor at (734) 523-9160.

Bids will be received until 11:00 a.m. on the 30th of May, 2000 at the Board of Education Maintenance Department, 15125 Farmington Road, Livonia, Michigan. At this time and place all bids will be publicly opened and read. Vendors are encouraged to attend.

The Board of Education reserves the right to reject any or all bids in whole or in part in the interests of uniformity, design, equipment, delivery time or preference, to waive any informalities and to award to other than the low bidder, with rationale to support such a decision.

Publish: May 11 & 14, 2000

**LIVONIA PUBLIC SCHOOLS**  
15126 Farmington Road  
Livonia, MI 48154

The Livonia Public Schools Board of Education, Livonia, Michigan, hereby invites the submission of sealed bids for:

**MISCELLANEOUS "AS NEEDED" BASIS GLASS REQUIREMENTS FOR THE 2000-2001 SCHOOL YEAR**

Bids will be received until 3:00 P.M. on the 26th day of May, 2000 at the office of the Board of Education Purchasing Department, 15125 Farmington Road, Livonia, MI. At this time and place all bids will be publicly opened and read. Vendors are encouraged to attend.

Bid specifications and forms are available in the Purchasing Department, 15125 Farmington Road, Livonia, MI.

The Board of Education reserves the right to reject any or all bids in whole or in part in the interests of uniformity, design, equipment, delivery time or preference, to waive any informalities and to award to other than low bidder, with rationale to support such a decision.

Any bid submitted will be binding for (90) days subsequent to the date of bid opening.

Any questions regarding this bid may be directed to Timothy Kohut, Maintenance Supervisor at 734-523-9160.

Publish: May 14 and 18, 2000

**WEST VILLAGE ACADEMY**  
Located at 3530 Westwood in West Dearborn  
Announces...

**Open Registration**  
May 1- 31, 2000 • Grades K-7th

West Village Academy is a charter school which offers an enriched curriculum including foreign languages, and culture. Character Education, Art, Music, Physical Education and Computers are integral parts of our program. Block scheduling allows immersion in critical learning areas. Full day Kindergarten available.

For more information call:  
**(313) 274-9200**

# Helping hands

## Literacy Corps marches on to help grade schoolers

BY DOUG JOHNSON  
STAFF WRITER

"I want to work side-by-side with kids forever," writes Tinkham Literacy Corps student Jenny Potter.

What she's so happy about is her experience as a reading tutor.

Potter and several others like her, and their teachers, were part of a presentation to the Wayne-Westland school board at their meeting last Monday night.

Literacy Corps teams high school students from Tinkham Alternative School on Venoy Road, and from Wayne Memorial, with second- and third-graders at Lincoln, Jefferson-Barns and Roosevelt-McGrath elementaries.

The teachers and many of the students were present Monday and told the board of their experiences.

Potter read a short poem thanking her teacher from Tinkham, Jennifer Martin.

"Ms. Martin has taught me so many things; she really is a wonderful human being," Potter wrote. "The kids are so sweet, sometimes I think they are from up above."

Finally, Potter told the board she wanted to go to college to learn a profession "where I can use this knowledge."

Literacy Corps involves training high school students to teach or tutor reading or social studies; it takes six to eight weeks to get the student tutors ready to face their young pupils. When they travel to the elementary school they are prepared with lesson plans, books, markers, a journal and a binder full of "how to" information. Once under way they visit the schools three times a week.

It is a way for the high school students to earn credit and a way for the grade schoolers to get individualized help.

But it's the ongoing relationship between the high schoolers and the young children that makes the program a success, according to Lynn Malinoff, a safe and drug-free schools coordinator at Tinkham.

"We focus on building student resiliency, improving their achievement in other classes, helping them to begin to make better decisions. They also learn (by seeing the young children)

about their own behavior."

The following is the current Literacy Corps configuration:

■ Jennifer Martin's students at Tinkham go to Lincoln Elementary School and teach third graders language arts and reading.

■ Teacher Diane Cook students at Tinkham teach geography and culture to second-grade students at Jefferson-Barns.

■ Teacher Carole Bischoff from Wayne Memorial has two sets of tutors teaching language arts and reading to second- and third-grade students at Roosevelt-McGrath.

On the receiving end, the elementary teachers are happy to have the help. Lincoln teacher Nicole Amburgey explains:

"Nine of my students struggle with reading on a daily basis. Now three times a week these students are able to get double instruction. These students often feel stupid and out of place in class because they are unable to read with the fluency of an average third-grader. Lately, I see a difference in their willingness to try."

Amburgey said the high schoolers become heroes for the kids and provide positive role models.

Many of the Literacy Corps students thanked the board of trustees at the meeting Monday, including Wally Wheble of Wayne Memorial. "I thank the board for letting me have this opportunity to have influence in a child's life."

Teachers of this type of "service learning" often cite educational research that shows the high schoolers can improve their grades and attendance in such a program.

It is difficult to tell a young child his or her new-found friend, the high school reading tutor, isn't coming that day. It makes the high schoolers think twice about skipping school, Malinoff said.

Also, there is long-standing research that shows you learn best what you must teach others.

Literacy Corps is supported by grants obtained by the district. The corps at Tinkham are supported by three groups: the National Service Learning Corporation and Quest International; Safe and Drug Free Communities; and Wayne County RESA's (Regional Educational



Happy to help: Corps student Ann Stokes, teacher Diane Cook, students Jennifer Darrell, Stephanie Deyo and Stacey Holloway are part of one group.



Mentors: Literacy Corps students Lori Louk, Jenny Potter, Catherine Mijal (in back); and Jolene Wagganer and teacher Jennifer Martin are part of the other group at Tinkham.

Service Agency) special education prevention initiative.

The Wayne Memorial corps is supported by PALS, Partnership in the Academic Learning through Service, from the University of Michigan.

One of the biggest costs is busing the students to the schools so they can do their tutoring.

Tinkham student Patricia Martin sums it up: "I like Literacy Corps mainly because of the kids. The kids in Literacy Corps are so cute and eager to learn what you are trying to teach them. When I am at Lincoln teaching my 'tutee' it reminds me of when I was little. I used to work with a mentor when I was little. I personally like being a mentor because it feels good when you have somebody looking up to you."

Wayne-Westland school Superintendent Greg Baracy pointed out that the literacy classes require lots of extra work from the teachers.

"The students' and teachers' commitment and dedication is very special, very unique. The program has tremendous benefits for both the students and the elementary children. There is no question these mentors are doing a wonderful job and you can see it in the expressions on the little kids' faces when their 'big brother' or 'big sister' come in."

## Students bridge global gaps to understand each other better

BY LARRY O'CONNOR  
STAFF WRITER  
loconnor@oe.homecomm.net

When the linguistically challenged cross paths with the career driven, the ensuing collision does not leave mangled tongues or wrecked resumes.

If anything, both leave the scene a little richer.

"I don't know where they sell sushi," said Melissa Weigand, a Churchill High senior to May Lam, who is a beginning student in Livonia schools' English as a Second Language course.

Weigand does not have an affinity for the raw fish dish, but adds, "My dad likes sushi, though."

May Lam smiles and nods her head. They exchange information on their respective families.

When Weigand starts talking about her five siblings - a high number by American standards - May Lam is hardly bowled over. May Lam has nine brothers and sisters.

"She's got me beat," Weigand said.

Students are armed with teddy bears, photos or anything else to jump start the tenuous conversation in a bilingual education room at Dickinson Center, Franklin High student Timi Kufel even pulls out his driver's license to prod Japanese native Mizuho Yokouchi and Marco Veragata, who is from Chile, into a chat.

Benefits of the exchange are mutual, organizers say.

Students in the Career Intern Program have to connect with a diverse speaking population, which they are more likely to encounter later in college and business.

In turn, those with a fleeting grasp of English get a chance to showcase newly obtained conversational skills.

The district's ESL program includes beginning and advanced courses.

Natives of Japan, China, Mexico, Portugal, Chile and Brazil



Laugh in: Students like Churchill High senior Kristen Struss brought in photos, trinkets and other items to spark conversation with ESL students. Struss shares a laugh with Mexico native Aracely Garcia and Terumi Kondo, who is from Japan.

are some of those filling its ranks. Their ages range from 15 to 75.

"So it's an intergenerational experience as well," said Lois Rice, Adult ESL supervisor.

Students in the Career Intern Program are high school seniors who are interested in one or more occupations.

Along with classroom work, they fill a number of apprentice-type positions at a variety of workplaces, including Ford Motor, the Wayne County Sheriff's Department and General Motors Power Train. One student, Franklin High's Leslie Douglas, has an internship with the Detroit Opera House.

Students must maintain a 3.0 grade-point average, need three letters of recommendation and must pass a personal interview to be accepted.

How the disparate groups connect is a bit of a fluke.

A career intern student happened to visit an ESL class and shared her story with Mary Couillard, a program supervisor.

The girl thought she taught an ESL student the meaning of the word "cool." Her achievement unraveled when the student later sneezed and said, "I think I

### Livonia schools

have a cool."

Couillard arranged a visit for her students in January, uncertain how the exchange would turn out.

"I couldn't get my kids out of here," Couillard said. "Some of them came back to visit later."

Those in the ESL classes appreciate such interest and a chance to get the party going on their new home.

Once the carry-over topics are covered, May Lam starts quizzing Weigand about things wearing make-up and teenage smoking.

"Do I smoke?" Oh no, Weigand said.

During a larger presentation before advanced ESL students, career interns told a variety of out stories.

One older ESL student wants to know what common phrases Americans tend to hear from foreigners.

"Because I said so," said Churchill High's Ryan Cantor. "That's all the explanation they give you."

Cantor's response drew laughter, proving the language of parenting is universal.

## Selection and Style for the Season



We Have Southeast Michigan's Largest Selection of Quality Patio Furniture!

Come In and be Surprised

- Patio Furniture
- Patio Accessories
- Swimming Pools
- Pool Accessories



OUR 38th YEAR!

Cornwell Pool & Patio carries the nation's most elegant brands and models of outdoor furniture like Winston, Homecrest, Hatteras, Wicker, wrought iron, Lloyd, Benders, wicker and aluminum and more!

**CORNWELL**  
pool & patio

ANN ARBOR  
3500 Pontiac Trail  
(734) 662-3117

PLYMOUTH  
874 W. Ann Arbor Road  
(734) 459-7410

# Summer stroll will benefit epilepsy fund

Summer is just a few weeks away and that means it's time to think about lacing up those tennis shoes for the Epilepsy Foundation's annual Summer Stroll for Epilepsy.

This year's stroll is scheduled for Saturday, June 3, at Kensington Metropark. Foundation supporters from throughout the area and the state will converge on the park between 8:30 a.m. and noon to honor their loved ones, friends and co-workers who have epilepsy.

"We are very excited about this year's stroll," said Arlene Gorelick, president of the Epilepsy Foundation of Michigan. "With the help of all of our supporters and the community, this could be one of the largest strolls in the country."

The Summer Stroll for Epilepsy

is held at 40 locations around the country by local affiliates to raise money in order to generate awareness and understanding of the disorder that affects more than 2.5 million Americans, including 98,000 individuals in Michigan.

The money raised by the stroll is used to provide free school education programs, family activity days, statewide information and referral services, counseling, advocacy services, support groups and individual and family support network.

People can participate as an individual stroller or member of a team. For more information about the Summer Stroll, call the foundation at (800) 377-6226, Ext. 218.

# Mercury from page A1

free of any mercury," Wayne Westland Superintendent Greg Baracy said.

A pea-sized drop of mercury, found Thursday morning inside a boys bathroom, was cleaned up without officials having to dismiss school.

School officials confirmed that four students are under investigation for possible involvement in bringing the mercury to school, hoping the building would be shut down.

The students could face disciplinary action as serious as expulsion.

"Some students don't really recognize the seriousness of

playing around with mercury," Carignan said. "They trivialize it."

Chief Neal asked that any newly suspected mercury spills be reported by calling (734) 467-3262.

Authorities believe the same group of teenagers that poured mercury onto a cement block in a wooded area near Glenn High may be responsible for dumping more at Rotary Park.

It wasn't known Friday whether criminal charges may result from the incidents.

Authorities couldn't say with certainty that all the mercury had been recovered.

"It's almost impossible to say," Carignan said. "There could be some out there that we don't know about."

Neal said mercury levels are "very, very low" in one Westland house where teenagers played with the substance. He said the biggest health threat comes from vapors breathed in confined spaces.

Carignan said the scare started about 7:30 a.m., and investigations continued late Friday afternoon.

Westland police Officer John Hoak said the mercury made its way to Westland after a 19-year-old man found it on the job. He

works for a hauling and debris-removal company that was cleaning out the garage of a Canton man who had died.

The 19-year-old worker found a 100-pound container of mercury and brought it home, eventually pouring a small amount into a separate Gatorade container, Hoak said. The man showed the mercury to some friends and family members, then placed both containers on a front porch.

He told authorities he noticed the Gatorade container missing in recent days, but he denied knowing who took it.

# Complaint from page A1

Jan. 18.

Recall workers denied Farber's allegations, and David Murley of the Secretary of State's Compliance and Rules Division said in a letter, received Friday by Farber, that the complaint had been dismissed.

Murley wrote that his office could neither prove that Greenfield, 70, was part of a formal recall committee nor that she had spent more than \$100 of her own money on the effort.

"Because the evidence failed to establish a violation of the Michigan Campaign Finance Act, we must dismiss the com-

plaint," Murley concluded.

He noted that Farber still may submit any new evidence that could establish wrongdoing.

Farber described himself as "disappointed" by the state ruling but said he respected the office and its findings.

Greenfield's attorney, Lyle Dickson, hadn't received his copy, but he commended the decision.

"I think that's the appropriate action that should have been taken," he said, adding that Farber's complaint "was meant to do nothing but harass my client."

Farber has said he filed the

complaint not to be mean-spirited but to learn whether the recall committee should be registered with the county.

In a new development, Dickson said he now plans to file a complaint claiming that Farber has tried to influence the recall effort "in a negative manner" and should be filed with county election offices.

Farber denied the accusations. "I was retained by Sharon Scott. She has paid me for my services, and I'm acting as her attorney. I have not individually spent any money on this," Far-

ber said.

"I can't imagine what action I have taken that would bring me under the purview of the law," he said.

Meanwhile, Farber had earlier raised questions about whether Dickson provided legal services to Greenfield that, although free, should be reported as "in-kind" contributions.

Dickson disagreed but said Friday that he decided to file a statement with the county, anyway, indicating he may have made contributions of more than \$100.

### ADVERTISEMENT FOR BIDS ATHLETIC ANNEX BUILDINGS LIVONIA PUBLIC SCHOOLS

The Livonia Schools Board of Education will receive firm subcontractor and material suppliers bids for Fencing at Stevenson, Franklin, and Churchill High Schools located within the Livonia School District.

The bidding documents consist of plans and specifications. Documents may be obtained with a \$25.00 per set refundable deposit payable to Livonia Public Schools, at the office of the Construction Manager, George W. Auch Company, 735 South Paddock Street, Pontiac, MI 48341, 248.334.2000, on or after May 8, 2000. A pre-bid meeting will be held on May 12, 2000 at 12:00 noon at Livonia Public Schools Business office, 15125 Farmington Road, Livonia, MI 48150.

The envelope bearing your proposal must identify the proposal being bid and addressed to the attention of Mr. David L. Watson, Director of Operations. It shall be delivered to the Livonia Public Schools Business Office, 15125 Farmington Road, Livonia, MI 48154, or to the office of George W. Auch Co., 735 S. Paddock St., Pontiac, MI 48343, but must be delivered no later than noon, May 19, 2000. Each proposal must be submitted on the forms furnished by the Construction Manager and must be completed in full. Each proposal shall be identified and sealed in an opaque envelope and marked with the name of the bidder and the proposal(s) being bid. A bid bond executed by a Treasury listed surety company acceptable to the Livonia Public Schools, or a cashier's check in the amount of at least 5% of the sum of the proposal payable to Livonia Public Schools shall be submitted with each proposal over \$16,127.

All proposals shall be firm for a period of sixty (60) days.

Bids will be publicly opened and read at a meeting convened at the Livonia Public Schools Business Office starting at 2:00 p.m., May 19, 2000.

Successful bidders whose proposals are \$50,000 or more will be required to furnish a Treasury listed Performance and Payment Bond in the amount of 100% of their bid. The cost of the Bond shall be included in each proposal.

The Board of Education reserves the right to reject any and/or all bids in whole, or in part and to waive any informalities therein. Livonia Public School District reserves the right to accept that bid which in its opinion, is in the best interest of the Owner.

PATRICK D. NAILEY  
Secretary  
Board of Education  
Livonia Public Schools

Publish: May 11 and 14, 2000

**CITY OF GARDEN CITY  
SPECIAL MEETING  
MINUTES  
APRIL 29, 2000**

The Mayor and Council of the City of Garden City met in Special Session on April 29, 2000, at 8:30 a.m., at Maplewood Community Center, IMC Room, 31735 Maplewood, Garden City, Michigan.

**SPECIAL MEETING**

Present were Mayor Showalter, Councilmembers Wiacek, Dodge, Lynch, Briscoe, and Gora. Absent was Councilmember Kaledas.

Also present were City Manager Kocisz, Treasurer/City Clerk Bettis, Deputy Treasurer Smith, Building Official Dodson, Department of Public Service, Director Barnes, Buildings and Grounds Supervisor Miller, Fire Chief's Todd and Hines, Community Center Supervisor McKarge, Senior Adult Program Coordinator Stepanian, Youth Assistance Program Coordinator Fulton, Parks and Recreation Director Whitson, Personnel Director Blitz, and Police Chief Harvey.

The Mayor and Council were given an overview of the proposed FY2000/2001 Budget. After the overview a General Fund Review by Department was presented. Council and staff then had a lunch break. After lunch the General Fund Review by Department was completed with a question and answer period following.

There being no further business, the meeting was then adjourned at 2:35 p.m.

ALLYSON M. BETTIS  
Treasurer/City Clerk

Publish: May 14, 2000

## OBITUARIES

**RALPH K. SMITH**  
Private services for Ralph Smith, 79, of Westland were held recently, with burial at White Chapel Memorial Cemetery, Troy.

Mr. Smith was born July 6, 1920, in Pontiac and died May 9 in Westland. He worked in maintenance and repair.

Surviving are his wife, Bernice; brother, Russel Smith; and many nieces and nephews. Arrangements were made by John N. Santeiu & Son Funeral Home.

**FREDERICK COFFIN JR.**  
Services for former Westland

resident Frederick Coffin Jr., 75, of Vienna, Mich., were May 11 in Uht Funeral Home with burial at Cadillac Memorial Gardens West, Westland. Officiating was The Rev. Roy Forsyth.

Mr. Coffin was born Sept. 4, 1924, and died May 8 in Northern Michigan Hospital. He was a meat cutter.

Surviving are his wife, Cecelia; sons, Frederick (Cindy) and Gary (Betty); daughter, Carol (Don) Vineyard; sister, Dorothy Lawson; and five grandchildren.

Mr. Coffin was preceded in death by his sisters, Alma Redman and Vivian Jones.

**CITY OF GARDEN CITY  
PUBLIC HEARING & REGULAR MEETING  
MINUTES  
MAY 1, 2000**

**PUBLIC HEARING AT 7:30 P.M.**

Present were Mayor Showalter, Councilmembers Kaledas, Wiacek, Dodge, Lynch, Briscoe and Gora. Absent none.

◆ Ordinance Amend - Rezone 29111 Maplewood.

There being no comments from the public, the public hearing was closed.

**REGULAR MEETING**

Present were Mayor Showalter, Councilmembers Kaledas, Wiacek, Dodge, Lynch, Briscoe and Gora. Absent none.

Also present were City Manager Kocisz, Treasurer, City Clerk Bettis, City Attorney Salamone and DDA Executive Director Couch.

The Mayor announced it was time for Public Comments for items not on the agenda.

- Ervin Petty, of Garden City, requested information on upkeep of the Commons and information on the process for placing modular homes.
- Jim Klimek, of Garden City, requested information of Kathryn Street roadwork between Inkster and Arcola.
- William Murray, of Temperance, Michigan, voiced concerns regarding his arrest last year.
- Gary Sammons, of the U. S. Census Bureau, Dearborn Office, apprised Council that they will be going door-to-door throughout Garden City until July 7, 2000.
- Mr. and Mrs. Stevens, of Garden City, discussed Zoning Ordinance changes supported in light of the modular home on Kathryn.

◆ Item 05-00-131  
Moved by Kaledas; supported by Lynch: RESOLVED: To approve the minutes of the Regular Meeting of April 17, 2000 and of the Special Workshop of April 24, 2000. AYES: Unanimous. ABSENT: None.

◆ Item 05-00-132  
Moved by Briscoe; supported by Dodge: RESOLVED: To approve the Accounts Payable, as listed. AYES: Unanimous. ABSENT: None.

The Mayor announced it was time to receive communications from Boards and/or Commissions.

No communications from Boards and/or Commissions were received.

◆ Item 05-00-133  
Moved by Dodge; supported by Gora: RESOLVED: To approve the following proclamation to declare May 15, 2000 as Police Memorial Day in Garden City:

**PROCLAMATION FOR POLICE MEMORIAL DAY  
CITY OF GARDEN CITY, MICHIGAN**

**WHEREAS**, the unselfish commitment to protect our families, our homes, and our communities, and the courageous effort put forth by all members of our law enforcement agency are to be commended - for it is the dedicated men and women of this agency who have faithfully served our City; and

**WHEREAS**, their unwavering courage in preserving civil order and in the enforcement of our laws and ordinances is certainly respected, and the self-sacrifices and risks that are made by our law enforcement officers on a daily basis to protect and serve the public deserves our recognition and appreciation; and

**WHEREAS**, danger is commonplace in upholding the law, and many police officers have fallen in the line of duty; through their defending the citizens of our city, our State, and our Nation against crime and disaster, many have made the ultimate sacrifice; the City of Garden City extends its deepest respect to the courageous officers who have sacrificed their lives and health; we must never forget them, nor their families and loved ones, for the debt society owes; and

**WHEREAS**, more than thirty years ago, President John F. Kennedy declared May 15th as National Police Officers' Memorial Day; law enforcement officers in our community and throughout Michigan

will observe this day by wearing a small black band on their badge to remember and honor their fellow comrades who have been killed in the line of duty; and

**NOW, THEREFORE**, We, the Mayor and City Council of the City of Garden City, do hereby declare May 15, 2000, as Police Memorial Day in Garden City. We urge all citizens to remember the brave men and women who have made the ultimate sacrifice in the name of law enforcement, and to show our support for all law enforcement officers as they continue to risk their lives in order to protect our families and communities. AYES: Unanimous. ABSENT: None.

◆ Item 05-00-134  
Moved by Lynch; supported by Dodge: RESOLVED: To approve the following Ordinance Amendment to reclassify 20111 Maplewood from R-3, Multiple Family Residential to R-1, Single Family Residential on the City of Garden City Zoning Map:

**ORDINANCE NO. 99-047**

**AN ORDINANCE TO AMEND ORDINANCE NO. 92-005, KNOWN AS THE ZONING ORDINANCE FOR THE CITY OF GARDEN CITY SPECIFICALLY THE ZONING MAP OF THE CITY, WITH RESPECT TO THE ZONING CLASSIFICATION OF THE EAST 110 FEET OF LOT 27 AND 28, EXCEPT THE EAST 30 FEET OF LOT 27 AND 28, ALSO EXCEPT THE NORTH 43 FEET OF LOT 28, ASSESSOR'S FOLKERS LITTLE FARMS SUBDIVISION, DESCRIBED AS PARCEL I.D. #010-01-0027-003 FROM R-3 TO R-1.**

THE CITY OF GARDEN CITY HEREBY ORDAINS:

THAT ORDINANCE NO. 92-005, THE ZONING ORDINANCE FOR THE CITY OF GARDEN CITY, SPECIFICALLY THE ZONING MAP OF THE CITY, WITH RESPECT TO THE ZONING CLASSIFICATION OF THE EAST 110 FEET OF LOT 27 AND 28, EXCEPT THE EAST 30 FEET OF LOT 27 AND 28, ALSO EXCEPT THE NORTH 43 FEET OF LOT 28, ASSESSOR'S FOLKERS LITTLE FARMS SUBDIVISION, DESCRIBED AS PARCEL I.D. #010-01-0027-003 FROM R-3, MULTIPLE FAMILY RESIDENTIAL TO R-1, SINGLE FAMILY RESIDENTIAL.

**REPEAL**

The Zoning Ordinance of the City of Garden City, specifically the zoning map of the City, as said map relates to the zoning classification of the East 110 feet of Lot 27 and 28, except the east 30 feet of Lot 27 and 28, also except the North 43 feet of Lot 28, Assessor's Folkers Little Farms Subdivision, described as PARCEL I.D. #010-01-0027-003, FROM R-3 TO R-1 as previously adopted by the City, shall be repealed on the effective date of this Ordinance. The repeal of this zoning classification with respect to said parcel does not affect or impair any act done, offense committed or right accruing, accrued, or acquired, or any liability, penalty, forfeiture or punishment incurred prior to the time enforced, prosecuted or inflicted.

All ordinances or parts of other ordinances in conflict herewith be and the same hereby are repealed.

**PUBLIC PURPOSE**

This Ordinance is declared necessary for the preservation of the public peace, health, safety and welfare of the people of the City of Garden City, and is given immediate effect upon its publication.

**SEVERABILITY**

This Ordinance and the various parts, sentences, paragraphs, sections and clauses it contains are hereby declared to be severable. Should any part, sentence, paragraph, section or clause be adjudged unconstitutional or invalid by any court for any reason, such judgment shall not affect the validity of this Ordinance as a whole or any part thereof, other than the part so declared to be unconstitutional or invalid.

Furthermore, should the application of any provision of this Ordinance to a particular property, building, or structure be adjudged invalid by any court, such judgment shall not affect the application of said provision to any other property, building, or structure in the City, unless otherwise stated in the judgment.

**Effective Date**

Made and passed by the City Council of the City of Garden City, Wayne County, Michigan on this 1st day of May 2000, and effective upon publication as required by law.

This Ordinance shall be in full force and effect from and after its passage and publication according to law. AYES: Unanimous ABSENT None

The Council as a Whole discussed the following items:

1. Housing Rehab Case #7321
  - a. Siding and Restoration Trim.
  - b. Roof and Front Step Replacement.
  - c. Trim Portion.
2. DDA:
  - a. Illuminated Street signs - Ford and Middlebelt.
  - b. Parking Improvements and special Assessment Contract, 2020 Middlebelt.
  - c. Facade Improvement and special Assessment Contract, 29517 & 29521 Ford Road.
  - d. Facade Improvement and special Assessment Contract, 29525 Ford Road.
3. Computers.
4. Metricom.

◆ Item 05-00-135  
Moved by Dodge; supported by Wiacek: RESOLVED: To award the bid for Housing Rehab Case #7321 to Reconstruction, Inc. for the siding and restoration trim portion of the project at a cost of \$7,650.00 and \$1,350.00. AYES: Unanimous. ABSENT: None.

◆ Item 05-00-136  
Moved by Kaledas; supported by Lynch: RESOLVED: To award the bid for Housing Rehab Case #7321 to Complete Construction Services, Inc. for the roof and front step replacement portion of the contract for \$5,610.00 and \$400.00. AYES: Unanimous. ABSENT: None.

◆ Item 05-00-137  
Moved by Dodge; supported by Gora: RESOLVED: to Award the bid for Housing Rehab Case #7321 to Manzara Construction Company, Inc. for the trim portion of the project at a cost of \$7,308.25. AYES: Unanimous. ABSENT: None.

◆ Item 05-00-138  
Moved by Dodge; supported by Lynch: RESOLVED: To approve the installation of illuminated street signs for the corner of Middlebelt and Ford Roads to Wayne County. AYES: Unanimous. ABSENT: None.

◆ Item 05-00-139  
Moved by Lynch; supported by Wiacek: RESOLVED: To accept the Resolution and special Assessment contract for parking improvements at 2020 Middlebelt and establish a special assessment in the amount of \$30,826.00 for the address. AYES: Unanimous. ABSENT: None.

◆ Item 05-00-140  
Moved by Kaledas; supported by Dodge: RESOLVED: To accept the Resolution and special Assessment contract for facade improvement located at 29517 and 29521 Ford Road and establish a special assessment in the amount of \$67,000.00 for that address. AYES: Mayor Showalter, Councilmembers Kaledas, Wiacek, Dodge, Lynch and Gora. ABSTAIN: Councilmember Briscoe. ABSENT: None.

**Motion passed.**

◆ Item 05-00-141  
Moved by Wiacek; supported by Lynch: RESOLVED: To accept the Resolution and Special Assessment contract for facade improvement at 29525 Ford Road and establish a special assessment in the amount of \$33,500.00 for that address. AYES: Mayor Showalter, Councilmembers Kaledas, Wiacek, Dodge, Lynch and Gora. ABSTAIN: Councilmember Briscoe. ABSENT: None.

**Motion passed.**

◆ Item 05-00-142  
Moved by Lynch; supported by Briscoe: RESOLVED: To approve the purchase of 36 personal computers with monitors, and two (2) laser printers from ED8 pursuant to the State of Michigan contract price. PC \$1,089.00, 15" monitor \$108.00, 17" monitor \$294.00, mid-size printers (4050T) \$1,498.37. AYES: Unanimous. ABSENT: None.

◆ Item 05-00-143  
Moved by Kaledas; supported by Gora: RESOLVED: To approve the revised contract with Metricom, Inc. with the understanding that Metricom will not install their equipment on any current or future ornamental poles. AYES: Unanimous. ABSENT: None.

The meeting was then adjourned.

ALLYSON M. BETTIS  
Treasurer/City Clerk

Publish: May 14, 2000

# Board candidates start dropping big names

BY LARRY O'CONNOR  
STAFF WRITER  
loconnor@oe.homecomm.net

Names of mayors, council members and other politicians are being held up like largemouth bass in the hands of anglers in this year's Livonia school board race.

The question is: Do their endorsements have any lure for voters in a school board race, which is supposed to be bereft of political and partisan hooks and bait?

Challenger Larry Naser thinks they do have sway, to some extent.

Otherwise, he would not be listing U.S. Sen. Spencer Abraham, state Rep. Laura Toy and a majority of Livonia City Council members as those in his corner. Current school board members are also endorsing him, Naser said.

**■ Students living in the northern end of Westland attend Livonia Public Schools. This is one in a series of articles about the Livonia school board election.**

Naser is one of four candidates seeking two open Livonia school board seats in the June 10 election.

"I think endorsements are important because they acknowledge a person's contributions to the community," Naser said. "Most of them are people I told I was thinking about running. They said, 'Absolutely.'"

"These are people who are involved and know the day-to-day business in the community, and go 'Wow. You're really involved.'"

In last year's race, Naser had the backing of both Livonia and Westland mayors. Naser lives in a section of Westland that includes part of the Livonia school district.

He still finished third behind eventual winners Frank Kokenakes and Kirsten Gaika.

Naser, whose campaign ad featured a photo of him lodged between Westland Mayor Robert Thomas and Livonia's Jack Kirksey, may have started a trend.

Challengers Alicia Douglas and Kevin White-

## LIVONIA SCHOOLS

head are also touting endorsements from elected officials.

Whitehead counts Kirksey in the fold as well as former school boards Carol Strom and Pat Tancill.

Whitehead notes his endorsements are from the school community. The mayor is a former school administrator and takes an active interest in education, Whitehead said.

"I don't know how important the names are in a school board race, but I think they exemplify the type of people who want to work with me," Whitehead said.

Livonia Councilwoman Val Vandersloot is working with Alicia Douglas on her campaign. Douglas also includes council members John Walsh and John Pastor in her camp.

She didn't seek them out for their status, Douglas said.

"I'm being endorsed by my friends," Douglas said. "They were my friends before they had political positions."

"Is it important to have my friends endorse me? Yes."

Douglas said she won't curry favor with elected officials just because they carry political clout.

"I have to know them," she said.

Candidate Cliff Thompson, a retired Southfield school teacher, is not seeking endorsements.

"I do think some voters are influenced by endorsements; I think that is unfortunate," Thompson said. "Education is too political already."

"It should focus on children's learning, not the politics."

Naser doesn't believe endorsements turn school board races into political or partisan affairs. He cited his photo with Kirksey and Thomas, who are opposites on the political spectrum. Kirksey was a Republican state House representative, while Thomas is well-known in Democratic circles.

"This is not about partisan politics," Naser said.

"Although the endorsements are almost 'a reward in themselves,' Naser doesn't expect them to vault him to the front in voter's eyes.

"They are going to look at the facts: Who is Larry Naser? What has he done in the school district?" he said. "The facts are going to speak for themselves."

## Card sharks relaxing



STAFF PHOTO BY MATTHEW TAPFINGER  
**Whose deal:** Members of the John Glenn track squad, from left, Matt Billingsley, Jeff Albrecht, Joe Giovanni, and Kameron Sleep play a game of cards under the bleachers at the Obseverland Relays held last Saturday at Churchill High School.

Haytham A. Fares, D.D.S., P.C.

22190 Garrison • Suite 200 • Dearborn  
(Formerly the office of Kenneth Maurer, D.D.S.)

- Family Dentistry
- Proactive, Gentle Dentistry
- Cosmetic Dentistry

Creating Beautiful Smiles!

Haytham A. Fares, D.D.S., P.C.

Call... (313) 561-7070

Gentle  
Dental  
Care

Read Brad Emons every issue  
in Observer Sports



# Get the picture!

Order a photo reprint

Send us your order for a picture that has appeared in your hometown newspaper.

It's easy.

Just tear the page on which the picture appears out of your newspaper, fill in the form below and send us both along with your check or credit card information.

Note: Request will take three to four weeks to process and the photo must have been taken by one of our "staff photographers" within the last six months.

### CUSTOMER INFORMATION

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

DAYTIME PHONE \_\_\_\_\_

### REPRINT INFORMATION

EDITION NAME (Which Observer or Eccentric) \_\_\_\_\_

EDITION DATE \_\_\_\_\_

SECTION AND PAGE NUMBER \_\_\_\_\_

DESCRIPTION OF PHOTO \_\_\_\_\_

### PAYMENT INFORMATION

ONE PHOTO REPRINT @ \$0.50 \_\_\_\_\_ \$

ADDITIONAL REPRINTS @ \$0.75 EACH \_\_\_\_\_ \$

TOTAL AMOUNT OF ORDER \_\_\_\_\_ \$



Charge Card # \_\_\_\_\_ Exp. Date \_\_\_\_\_

Mail to  
**Observer & Eccentric**  
Attention: CUSTOMER SERVICE  
36251 Schoolcraft Road, Livonia, MI 48150

Join Us For  
**Mother's Day Brunch**  
May 14th • 10 am-2 pm • All-You-Can-Eat

Carved Roast of Beef, Carved Turkey, Chicken Amaretto, Lemon Crusted Fish, Pizza, Omelette Station, Scrambled Eggs, French Toast Sticks, Waffle Station, Biscuits & Gravy, Sautéed Mushrooms & Onions, Crisp Bacon, Link Sausage, Hash Brown Potatoes, Corned Beef Hash, California Trio, Stuffed Potatoes, Pierogies, Salad Bar, Fresh Fruit, Bread Pudding, Banana Pudding, Braided Buns, Pastries, Peach Cobbler, Jello, Mousse, Assorted Chilled Juices, Coffee, Tea, Dairy Milk.

\$14.95... Adult  
\$12.95... Senior Citizens  
\$8.95... Children 12 & Under  
We Accept Visa & Master Card

734-525-0411  
Call Mon.-Sat. 9-5 for Reservations...

**HELLENIC CULTURAL CENTER**  
36375 Joy Road (E. of Newburgh) • Westland • 734-525-3550

# Dynamic.

Every Sunday and Thursday, we bring you the latest information on what's for sale and what's available in the job market.

Our classifieds are a dynamic source for whatever you need.

**Observer & Eccentric**  
HOMETOWN CLASSIFIEDS

Part of Hometown Classifieds Network

Oakland County 248-614-1070  
Wayne County 734-991-0000  
Rochester, Rochester Hills 248-866-2000  
Clarkston, Lake Orion, Oxford 248-477-4100

Visit our website: [www.oeccentric.com](http://www.oeccentric.com)

# Democrats say Metro audit demands smack of politics

BY MIKE MALOTT  
HOMETOWN NEWS SERVICE  
mmalott@homecomm.net

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

The state's Detroit Metropolitan Airport Joint Select Committee issued that directive Wednesday, May 10, after hearing complaints from auditors that the procedure for getting documents - requesting them through the airport director's office - was too slow and cumbersome.

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

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

the airport is with the Wayne County Board of Commissioners, not the state and if Wayne County wanted to be difficult about it, they could go to court and they might get a judge to agree with them."

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

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

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

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

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

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

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

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

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

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

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

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

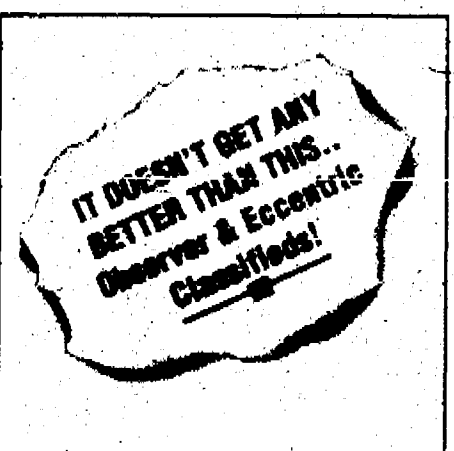
At least one airport official expressed indignation at the direction the review is taking - with auditors now asking for access to employees and files.

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

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

Besides, he said, Robinson "is

See AIRPORT, A7



**PRETTY TILE, UGLY GROUT?**  
(THE STUFF BETWEEN THE TILES)  
Tired of moldy, missing, dirty, cracked grout? We clean, seal, repair, regROUT & stain/change color!  
**FREE ESTIMATES**  
**The Grout Doctor**  
248-358-7383

**Ben Paull**  
HEATING & COOLING Since 1962  
  
• We Remove  
• Dust  
• Mold  
• Mildew  
• Hair  
• Animal Odors  
**1-888-BEN-PAUL (236-7285)**  
or 1-734-262-8824

Everything we know about telecommunications is now located at 43241 Ford Rd.



COME TO THE GRAND OPENING OF THE AT&T STORE IN CANTON.

The first 10 people to sign up on calling plans of \$49.99 and higher this Saturday will receive two tickets to the Detroit Tigers vs. St. Louis Cardinals series June 9-11.\*

But at our new store, you won't just find ways to save money. You'll find answers. About everything from going wireless to getting on the Internet and much more. All backed with 128 years of telecommunications experience that you could only expect from AT&T. Which probably makes us the oldest new kids ever to show up on your block.

Get 200 extra anytime minutes plus \$50 cash back when you sign up for any AT&T Digital One Rate™ plan.

AT&T Digital One Rate™ Plans			
\$59.99	300	200	500
\$89.99	600	200	800
\$119.99	1000	200	1200
\$149.99	1400	200	1600

www.att.com/wireless/  
PHONES BY NOKIA  
CONNECTING PEOPLE



AT&T Wireless Services Stores and Kiosks

<b>Ann Arbor</b> 926 W Eisenhower Pkwy. 248 372-7901	<b>Birmingham</b> 34200 Woodward Ave. 248 372-7939	<b>Dearborn</b> 22137 Michigan Ave 248 372-7991	<b>Lathrup Village</b> 27631 Southfield Rd 248 372-7921	<b>Roseville</b> 31902 Gratiot 248 372-7911	<b>Business Sales Office</b> 26877 Northwestern Hwy. Suite 340 888 839-4650
<b>Auburn Hills</b> 3922 Baldwin Rd. 248 745-3806	<b>Canton</b> 43241 Ford Rd 734 981-2107	<b>Detroit</b> 2660 E. Jefferson 313 961-5424	<b>Novi</b> 43267 Novi Rd 248 372-7981	<b>Utica</b> 13307 Hall Rd 248 372-7931	

© 2000 AT&T. Credit approval and \$25 activation fee required. AT&T Digital One Rate™ calling plans require annual contract, an early termination fee of up to \$120, a Digital multi-network phone and subscription to AT&T Wireless Services long distance. End user's principal residence must be within an eligible AT&T Wireless digital network. Rates not available outside the 50 US or when calls require a credit card or may apply. Coverage available in most areas. Digital PCS features not available in all areas. Full terms and conditions are contained in the AT&T Wireless Service Guide, Rate Sheet or Calling Plan brochures. Anniversary promotion is available for six months following activation to new and existing customers on AT&T Digital One Rate Calling Plans. The Anniversary Promotion (200 additional minutes) is available when you agree to a new 12-month contract starting on the day you accept the promotion. Included and promotional minutes cannot be carried over to any other month. May not be available with other promotional offers. Other restrictions apply. \$50 cash back is available as a mail-in rebate. Only available to new activations on a qualified plan. Not available with any other dollar based promotional credits. Void where prohibited. See rebate coupon for full details. These promotions expire June 30, 2000. \*Tickets available to the first 10 subscribers on calling plans of \$49.99 or more on 5/20/00 only. Limit one pair of tickets per person. Tickets good for one game during the 6/9-6/11/00 series, date and time not negotiable.

# Paving millionaire builds roads to future for deserving students

BY RICHARD PEARL  
STAFF WRITER  
rpearl@oe.homecomm.net

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

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

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

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

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

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

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

## Bridge the divides

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

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

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

"There's a huge separation between haves and have-nots and it could lead to disaster," he said during an interview last week. "If we can help in some way to bring back folks in danger of dropping off the edge — to me, that's what education is."

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

Being able to earn \$13-15 per hour and more — or having the means to get the education to do so — "just changes a person's life," he said.

Why Schoolcraft? "We believe in Schoolcraft and in Dick (McDowell) and how he operates," said Thompson.

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

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

Besides the foundation, which operates a few yards from Thompson-McCully's headquarters on Belleville Road, Thompson is serving as adviser to the company's new owners and operators.

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

"I used to have a fear of having to retire," he said. "Knock on wood, that hasn't happened."

Said Schoolcraft's McDowell: "We need more Bob Thompsons."



STAFF PHOTO BY BRYAN MITCHELL

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

THINKING ABOUT  
CENTRAL  
AIR CONDITIONING  
COMFORTING  
NOX.  
FREE ESTIMATES  
(734) 515-1930  
UNITED TEMPERATURE  
8919 MIDDLEBELT • LIVONIA

**WANTED**  
Residential Homes To Enjoy Our New Advanced Swimming Pool  
FREE INSTALLATION  
TOP CONSIDERATION GIVEN FOR RIGHT PHYSICAL LOCATION  
FREE SOLAR COVER  
FREE WINTER COVER  
Pool Prices & Other Fees From \$3000

Rainbow  
32450 DeQuandro • Warren  
1-800-898-7727

**How Much Is Your Jewelry Worth?**  
Suburban Jewelry Appraisal Services  
Appraisals Done While You Wait  
Jewelry Repair Service Available  
Betty T. Buski, OCTOBER (GIA) Accredited Appraiser (ISA)  
Hours by Appointment  
26150 Five Mile Rd. Wren Bldg., Ste. 36 Redford, MI 313-937-0191 313-207-8227

Announcing Dunleavy's...  
**Mother's Day Brunch**  
Sun., May 14\* • 11 am - 6 pm  
A Full Buffet Including:  
Ham, Prime Rib, Turkey, Salmon, Potatoes, Fresh Veggies, Salads, Eggs, French Toast, Bacon, Sausage, Crossants, Cheese Cakes, Cake, and much, much more.  
Adults: \$19.95  
Children: (ages 5 to 12) \$9.95  
Now Open Sundays!  
340 N. Main St. • Plymouth 734-455-3700

## Airport from page A6

pledging cooperation with them," said Conway.

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

Hoffman, R-Horton. Democrats include Basham and Sen. Burton Leland, D-Detroit.

Murray said the hope is that the committee will complete its review this summer, and will then make recommendations for improvements in airport operations.

Basham contended the real

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

(Staff writer Richard Pearl contributed to this report.)

CASINO WINDSOR™ GIVES YOU  
**MORE!**  
25  
**MORE CHANCES TO WIN!**  
With the U.S. exchange rate \$1<sup>US</sup> = \$1.45<sup>CA</sup>\*,  
More cash means more play time and more chances to win!  
**MORE ENTERTAINMENT!**  
Our Showtime™ Lounge brings you the stars you grew up with, up close and personal!  
**MORE COMFORT & CONVENIENCE!**  
Our exceptional customer service and location in beautiful downtown Windsor means you'll simply have a MORE enjoyable time.  
Is this & MORE worth a quick trip across the border?  
**YOU BET IT IS!**  
For more information call Casino Marketing at 1-800-991-7777.  
CASINO WINDSOR™  
You'll love this place!

Every Day is  
Mother's Day at  
Sunrise Assisted Living.

A home-like quality care alternative for seniors...  
even frail seniors...and a special Reminiscence Neighborhood for those with memory impairment.

Wellness program supervised by licensed nursing staff  
24-hour caregiving staff and security  
Individualized service plans to meet specific care needs of residents  
Incontinence management program • Three delicious meals a day and snacks  
Activities, social programs and weekly excursions  
Scheduled transportation • Weekly housekeeping and laundry service

**SUNRISE**  
ASSISTED LIVING™

Ann Arbor / 734-327-1350  
Ann Arbor North / 734-741-9500  
Farmington Hills North / 248-538-9200  
Northville / 734-420-4000  
Rochester / 248-601-9000  
West Bloomfield / 248-738-8101  
(Opens Summer 2000)  
Website: www.sunriseassistedliving.com

# Race track protest spoils Big-4 8 Mile lovefest

BY PAT MURPHY  
STAFF WRITER  
pmurphy@oe.homecomm.net

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

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

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

The luncheon is normally a



STAFF PHOTO BY BILL BEASLER

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

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

But the auto race track controversy upstaged everything.

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

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

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

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

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

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

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

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

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

Carla A. Gribbs, chairwoman

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

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

some offensive adult entertainment establishments, according to Mayor Archer.

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

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

**Is It Time For A Fur Makeover?**  
Is your fur too short, too shapeless, or too shaped?

Ugh

Does it need a few minor repairs, a new lining, or perhaps a whole new look?

**We've Cut The Cost On Repairs & Remodels**  
**Save 20% On Labor**

Excludes Cleaning

Wow!

Let our fur experts show you an economical way to renew your fur.

**SAVE OVER \$30**  
On Dittrich's 7-Step Fur Garment Package And Receive A **Free Tote Bag**

**Dittrich**  
Since 1888

Detroit: (313) 873-8300 • 7373 Third Ave. (West of Fisher Bldg.)  
Bloomfield Hills: (248) 642-3000 • 1515 N. Woodward Ave. (South of Long Lake Rd.)  
www.dittrichfurs.com

**Now Open in Canton!**

**Pathways Home**

- Metaphysical Books & Supplies
- Stones • Candles • Incense
- Jewelry • Native American Items and More!

We carry phenomeNews  
Come share your journey with us.

8685 N. Lilley • Just S. of Joy • Canton  
Open Tues. - Sunday  
**734•207•8583**

**Great Gifts for Mom**

**ROSES • ROSES • ROSES**  
Thousands to choose from  
**\$2.00 OFF**  
5-11-00 to 5-14-00

- Climbers
- Tree Roses
- Shrub Roses
- Carpet Roses and more

**"MIX and MATCH" ANNUALS**  
Vegetable Plants  
"MORE THAN YOU CAN IMAGINE"  
**\$7.19** a tray  
**\$11.49** flat of 12 trays

**GERANIUMS \$15.99** flat of 24  
**\$1.49** a tray  
larger Sizes Too

**PERENNIALS**  
Hundreds to Choose  
**\$5.99** 1 gallon and up  
"Great Selection of Smaller Sizes Too"

**GARDEN ART**  
• Bird Baths • Statuary  
• Gazing Balls  
• and more!

**1 Year Warranty**

**CLYDE SMITH & SONS**

Open Mon-Sat 8-9 • Sun 8-7 (734) 425-1434

## 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 dates 4/20/00-9/28/00



# Sports & Recreation

The Observer

INSIDE:  
Prep baseball, B4  
Outdoor column, B3

L/W Page 1, Section B

Brad Emons, Editor 734 953 2123, bemons@cc.homecomm.net on the web: http://observer-eccentric.com

Sunday, May 14, 2000

## OBSERVER SPORTS SCENE

### All-WHAC baseball

The selections for the all-Wolverine-Hoosier Athletic Conference baseball team have been made, and a pair of Madonna University players were chosen.

Senior outfielder Derick Wolfe, from Tecumseh, and senior shortstop Todd Miller, from Farmington Hills (Birmingham Brother Rice HS), were Crusaders named to the team.

Wolfe led Madonna in batting average (.411), hits (60), doubles (16), triples (five), home runs (six), runs scored (48), walks (21), slugging percentage (.712) and on-base percentage (.509).

Miller hit .369 with a team-best 36 RBI. He had 11 doubles, 34 runs scored and committed just 12 errors in 48 games.

Honorable mention selections included junior pitcher Ryan Andrzejewski (Plymouth Salem HS), who was 5-2 with a 5.44 ERA; senior pitcher Mitch Jabczynski, who was 4-4 with a 4.21 ERA; freshman first baseman Eric Lightle (Livonia Churchill), who hit .360 with three homers and 20 RBI; and junior outfielder Neil Wildfong (Plymouth Canton HS), who batted .360 with 20 RBI.

### All-WHAC softball

Madonna University senior catcher Vicki Malkowski (Royal Oak Kimball) and junior shortstop Kristy McDonald (Redford Thurston) were both named first-team All-Wolverine-Hoosier Athletic Conference in women's softball.

Malkowski led the Lady Crusaders (31-24) with a .339 average, including 19 doubles, 34 RBI and a .520 slugging percentage. She also posted a .984 fielding average and appeared in all 55 games.

McDonald finished second on the team in batting (.335), while leading the Crusaders in homers (5). She also had 32 RBI and a .532 slugging percentage.

Freshman pitcher Jennifer Tenyer (Marine City), who led MU with 14 wins and posted an earned run average of 1.45, made honorable mention All-WHAC. She appeared in 30 games and pitched 159.2 innings.

Junior first baseman Angie Litwin (Plymouth Canton) earned All-Academic in the WHAC. The Criminal Justice major posted a 3.83 grade-point average.

### Indians rule Braves

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

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

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

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

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

### Wolves runner-up

The Wayne-Ford Civic League 11-and-under Wolves reached the finals of the 30-team May Day Classic, losing to the Rochester Rockies, 4-1, May 7 in Dearborn.

The Wolves posted wins over Livonia Travel (10-0), Flint Powerstrokes (17-6), Birmingham Red Sox (9-3) and the Michigan Indians (10-3).

Wolves named to the All-Tournament team include Josh Brewer, Mike Broughton, Alex Cowart, Anthony Savone and Jamell Terry.

Rounding out the Wolves roster: Aaron Dolkowski, Jacob Greene, Elliott Hall, Billy Hardin, Nathan King, Will Lewis, Toby Matchulat, Chris Holcomb, Byron Glenn and J.J. Pierce.

## Illinois' best bests Spartans

BY KURT KUBAN  
STAFF WRITER

Livonia Stevenson came up just short in its Friday night soccer showdown with visiting St. Charles, Ill. By about the length of a finger or two.

The Spartans suffered their first defeat of the season, falling 1-0 to the four-time defending Illinois state champions.

With a constant 25 m.p.h. wind blowing in from the southwest, the north goal was tough to defend.

Stevenson had that task in the first half, and was on its heels for much of the period.

St. Charles senior midfielder Sara Beebe utilized the whipping wind, booming a free kick just above the reach of Stevenson junior goalie Lesley Hooker at the 19:59 mark of the first half.

In the second half, the Spartans (8-1-2) had the wind at their backs and they were able to muster a few more offensive chances.

About midway through the half, Spartan junior forward Lindsay Gusick, the team's leading scorer, utilized the strong wind at her back, blasting a rocket from about 30-yards out.

It was almost identical to the Beebe score, but St. Charles goalie Mary Carpenter stretched just enough to get her fingertips on the ball, deflecting it over the cross-bar.

"The wind was unfortunate, but both teams had to deal with it for a half," Stevenson head coach Jim Kimble said.

"It comes down to quality scoring chances. Both teams had one. They were able to score, and we couldn't."

In addition to her near-miss, Gusick was able to muster a few other scoring opportunities in the second half, but she was never able to gain enough separation from defenders to get off any clean shots.

"I had a couple chances, but I didn't get the ball as much as I needed to," Gusick said. "They played great defense on me all night."

Other than getting beat by Beebe, Hooker played outstanding in goal and made several huge saves, especially in the first half when the wind was playing havoc with the ball.

Her best save came with about three minutes remaining in the first half on a breakaway by St. Charles forward Patrice Feulner, who was the Gatorade Circle of Champions Illinois Player-of-the-Year in 1999.

Despite tasting defeat for the first time, Kimble said the game was a good tune-up for the state tournament,



STAFF PHOTO BY BRYAN MITCHELL

**Watch It:** Carly Wadsworth of Livonia Stevenson is being checked very closely by Andrea Ridgeway of the St. Charles (Ill.) Saints, who defeated the Spartans, 1-0, Friday night. Andi Sied is ready and waiting as she contemplates which way to go for her shot at the ball.

which gets underway after Memorial Day.

"This was a game between two similar teams," Kimble said. "The difference is that they are incredible playing the ball out of the air, and they are tougher than we are."

"They showed us the level we need to be at when we get into the state tournament."

Gusick is hoping the team reacts

similarly to the way it did after losing to St. Charles last year. After that 3-1 loss, the Spartans went on to finish second in the state.

"St. Charles is the best team we've played all year by far," Gusick said.

"After we played them last year, we became a tougher team. So this game should really help us in the same way and make us a better tournament team."

The game was the second of the night at Stevenson.

In the earlier game, Waukesha Catholic Memorial (Wis.) dominated Madison Heights Bishop Foley, 2-0. Catholic Memorial, ranked No. 4 in the nation, upped its record to 17-0-1.

On Saturday, the action moved to Bishop Foley with Stevenson squaring off against Catholic Memorial and Bishop Foley battling St. Charles.

### Hanging on



STAFF PHOTO BY BRYAN MITCHELL

**Clarenceville catcher Ray Gutierrez shows the ball to the umpire after making a tag play at the plate against Harper Woods on Friday. For more on area baseball action, please see page B4.**

## Whalers take 3-2 lead with OT win

BY ED WRIGHT  
STAFF WRITER

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

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

Series against Barrie.

A fluke goal against them.

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

Instead of knocking the wind out of

the Whalers, the unorthodox goal seemed to give them a boost.

Twenty-nine seconds after Down's goal, Plymouth forward Randy Fitzgerald deposited a pass from George Nistas into the net to give the Whalers a 2-1 lead.

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

Please see WHALERS, B2

# Whalers from page B1

**Six at Barrie.**  
 Tomas Kurka sealed the game for Plymouth with an empty-netter with just 49 seconds to go.  
 "Of the five games that have been played in this series, three of them have been three of the best games I've ever seen in my seven years of junior hockey," Plymouth coach Pete DeBoer said. "I thought it was fitting that Randy Fitzgerald scored the game-winning goal since he has been at the right place at the right time for us all season."  
 Zepp was brilliant in net for the Whalers, turning back 27 shots. He almost single-handedly kept the Whalers in it during the

first two periods when the Colts outshot Plymouth 24-14.  
 "Even after they scored that fluke goal, I was confident that we were going to win," Zepp said. "We were taking it to them the entire period, so I was sure we were going to get one back."  
 Plymouth outshot Barrie 14-4 in the final 20 minutes.  
 "Rob was outstanding for us again," DeBoer beamed. "He was our most valuable player without a doubt. He's so good so often that it's hard not to take him for granted sometimes."  
 The Whalers didn't muster a shot on goal until the 16:10 mark of the first period, but it

was well worth the wait. Seconds after Finley kicked away Damien Surma's shot — the Whalers' first of the contest — George Nistas pounced on the rebound and shoveled it past a diving Finley at the 16:05 mark. Justin Williams and Surma were credited with assists on the goal.  
 "We are a very confident team right now," Nistas said. "All four of our lines are playing well."  
 Barrie outshot Plymouth 8-5 in the penalty-free first period.  
 Plymouth's penalty-killing units excelled throughout the game, shutting out all four Colt power-play opportunities. The most-crucial one came at the

14:13 mark of the third period after Whaler forward Jamie LaLonde was sent to the box for an unsportsmanlike infraction.  
 During the two minutes LaLonde was in the box, the Whalers outshot Barrie, 3-1.  
 Plymouth has shut down Barrie's leading scorers: Ryan O'Keefe and Ryan Barnes throughout the series.  
 "If they do it again tonight, there won't be a game seven Tuesday night at Compuware Arena," said Barrie interim head coach Bud Stefanski.  
 "There's no doubt we have to get our big guns going," he said. "They got us this far and they're

the ones that are going to have to keep us alive (Sunday night)."  
**Game 4 to Colts**  
 On Wednesday, a sold-out Barrie Molson Center crowd helped Barrie stave off Plymouth to post a 6-3 victory in Game Four of the Ontario Hockey League Championship Finals.  
 Denis Shvidki and Ryan Barnes staked Barrie to a 2-0 lead in the first period. Plymouth's Tomas Kurka narrowed that gap to 2-1 with a power-play goal just 8:10 into the period, with Kris Vernarsky and Shaun Fisher assisting.  
 Barnes and Mike Henderson

scored for the Colts in the second period to increase their lead to 4-1 and hasten the departure of goalie Rob Zepp, who was replaced in the third period by Bill Ruggiero.  
 Two goals by Damien Surma, the first unassisted and the second from Justin Williams and Fisher, pulled the Whalers to within 4-3. But Barrie pulled away with goals by Mike Christian and Sheldon Keefe, the latter into an empty net. It was the first of the series for Keefe, the OHL's regular-season scoring leader.  
 Barrie outshot Plymouth, 32-29.

# It's no breeze, but No. 1 Brighton tops Churchill

To be tough and play tough you have to play the tough teams.  
 That's what Chad Campau believes and that's how he schedules his Livonia Churchill soccer teams.  
 So Friday night Churchill journeyed to Brighton to play the top-ranked Bulldogs. Brighton scored a goal in each half and shut Churchill out, 2-0.  
 "I thought we played well," Campau said, "considering the situation. We had two starters on a band field trip. We had another bench player who hasn't played in a couple games."  
 "And we had a couple of starters nursing injuries. So I

was happy with the way our team played."  
 Brighton broke the scoreless tie some 20 minutes into the first half and added its insurance goal some 15 minutes into the second.  
 "I thought our defenders played well," Campau said.  
 Standouts included Karen Kramer, Jamie Zimmer and Amy Sanders as the Chargers dropped to 7-4-1 and the Bulldogs improved to 13-0.  
 "I'm happy with the way we've played against a lot of the tough teams we played," Campau said. "We believe in playing one of the toughest schedules in the state and our girls show up to play

every night."  
**CANTON 1, CHURCHILL 0:** Plymouth Canton (11-1-1, 5-0) clinched the Western Lakes championship game (May 25 vs. Lakes Division champ) by capturing the Western Division crown Wednesday against Livonia Churchill (7-3-1, 3-1).  
 Junior Annie Morrell's goal from sister Abi Morrell midway through the first half stood up as the game-winner.  
 Goalkeeper Amy Dorogi made nine saves to preserve the shutout.  
 Jennifer Gabon was in the nets for Churchill.  
 "The girls played with heart and intensity," Churchill coach Chad Campau said. "I thought we played very well and it was an even match."  
 "We hit the crossbar twice and another shot was cleared off the line by one

of their defenders."  
 Senior Karen Kramer had the task of shadowing Morrell.  
 "Karen had help from just about everybody else when Morrell stepped out," Campau said. "We did a good of limiting her (Morrell) to four shots."  
**WAYNE 10, LINCOLN PARK 1:** The Zebras remained unbeaten in the Michigan Mega Conference's Blue Division with the Thursday victory on the Rail-splitters' home turf.  
 Alana Green scored four goals for Wayne Memorial and Kristina McCahill had three goals plus an assist. Liz Beckert scored two goals and Katie Brothers one.  
 Also getting assists for Coach Larry Brenner's team were Amanda Bledsoe, Kristal Swope, Tiffany Mishoney and

Tina Bradley.  
**SALEM 10, FRANKLIN 0:** Jeannine Edwards had two goals and two assists Wednesday as Lakes Division co-leader Plymouth Salem (12-0-1) blanked Livonia Franklin (1-10-1) in a mercy rule-shortened game.  
 Jenny Fitchett had the shutout, while Kellie Mullin chipped in with two goals and two assists.  
**MERCY 3, LADYWOOD 0:** Carrie Kluska tallied all three goals Thursday as host Farmington-Hills Mercy (7-4-3, 5-2-2) blanked rival Livonia Ladywood (3-9-1, 2-6-1) in a Catholic League Central Division encounter.  
 The game was halted 30 minutes by rain.  
 Carrie Denton contributed two assists for the victorious Marlins, who

led 2-0 at intermission.  
 Mercy goalkeeper Kristin Pimlott, who made 11 saves, posted the shutout.  
 Liz Obrecht was in goal for the Blazers, who played Harper Woods Bishop Gallagher on Monday before embarking on their first Catholic League semifinal game in 10 years on Tuesday.  
**LUTH. WESTLAND 6, AQUINAS 1:** The Warriors broke free from a 1-1 half-time tie to knock off the visiting Raiders.  
 Lindsey Bowman made the start in goal and only faced three shots as her teammates were peppering Southgate Aquinas with 20.  
 Krissy Rose scored three goals, Angie Matthews two and Cali Heins one for Lutheran High Westland (5-5-2).

# Crusader baseball team playing it day by day

It was a long first day for Madonna University at the NIAA Region VIII Baseball Tournament.  
 The Fighting Crusaders

opened the four-team, double-elimination tournament, hosted by Indiana Wesleyan University in Marion, Ind., by losing to Marion (Ind.) College 9-5. A six-

run fifth inning doomed Madonna, although it did get back to within 6-5 entering the bottom of the sixth.  
 That put the Crusaders, facing elimination, up against Huntington College, which fell to Indiana Tech earlier Friday. This game took 12 innings before Madonna emerged with a 7-5 victory.  
 The game-winning rally against Huntington in the top of the 12th inning started with a Derick Wolfe lead-off single. After Neil Wildfong (Plymouth Canton HS) struck out, Todd Miller (Farmington/Birmingham Brother Rice) singled with Wolfe advancing to third.  
 The Crusaders then pulled off a double-steal, Wolfe scoring the

go-ahead run and Miller reaching third on an error by Huntington's second baseman. A single by Eric Lightle (Livonia Churchill) scored Miller with an insurance run.  
 Mitch Jabczynski went all 12 innings on the mound for Madonna to earn the victory; he gave up five earned runs on 13 hits and one walk, striking out five.  
 Lightle finished with three hits, including a double, and three runs batted in, with run-producing singles in the first and seventh innings. Wildfong also had three hits (one a double), scoring three runs and knocking in another, and Miller added three hits.

Wolfe had two hits and two runs scored, and Bob Hamp had two hits and an RBI as the top five batters in Madonna's order accounted for all 13 hits.  
 In the first game against Marion, the Crusaders led briefly and continued to battle back thanks to Wolfe, who homered twice. They scored twice in the top half of the fifth on Wolfe's lead-off home run, back-to-back singles by Wildfong and Miller, and a sacrifice fly by Lightle.  
 But Marion pushed across six in the bottom of the inning to take control. Madonna answered with a three-run sixth, all scoring on Wolfe's second home run of the game.  
 Wolfe's two homers and four

RBI paced the Crusaders, who also got three hits from Miller and two apiece from Wildfong and Mario D'Herin (Livonia/Catholic Central HS).  
 The pitching loss went to Jeremy Stevens, who allowed seven runs (two earned) on seven hits and one walk, with two strikeouts, in five innings. Ryan Andrzejewski (Plymouth Salem) pitched the final three innings, allowing two runs on three hits and two walks, striking out one.  
 The Crusaders faced Wolverine-Hoosier Athletic Conference rival Indiana Tech at 1 p.m. Saturday at Indiana Wesleyan in regional elimination game. The winner played unbeaten Marion at 3 p.m.

**WAYNE COUNTY COMMISSION NOTICE OF PUBLIC HEARING**

The Wayne County Commission will hold a public hearing on proposed amendments to the Enhanced 9-1-1 final service plans for:

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

The Conference of Eastern Wayne District which includes the cities of Grosse Pointe, Grosse Pointe Park, Grosse Pointe Woods, Grosse Pointe Farms, and Harper Woods, and the village of Grosse Pointe Shores;

The Conference of Western Wayne District which includes the cities of Livonia, Northville, Plymouth, Westland, Inkster, Garden City, Wayne, Dearborn, Dearborn Heights, Canton, Romulus, and Belleville, and the Townships of Redford, Northville, Plymouth, Huron, Sumpter, and Van Buren;

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

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

The hearing will be held:

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

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

Publish May 14, 2000

**WAYNE COUNTY COMMISSION NOTICE OF MEETING**

The Committee on Ways and Means of the Wayne County Commission will hold a meeting to discuss the following:

- 1) An Ordinance to create a Department of Rapid Transport; and to authorize the Chief Executive Officer to conduct studies and to take an assertive role in negotiating with surrounding counties, the state and federal governments toward the construction and operation of a regional intra-modal mass transportation system.
- 2) Mass Transportation Plan.
- 3) Economic Development Bonds.
- 4) A Resolution to place on the ballot a vote for the Metropolitan Region Council name to be changed as incorporation papers are introduced, which shall have the power to provide funding to Regional Cultural institutions from a 0.5 mill ad valorem tax on the taxable value of the taxable property of the County. (2000-69-008)

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

Additional information may be obtained by contacting the Commission Clerk's Office, 406 Wayne County Building, 600 Randolph, Detroit, MI 48226 (313) 224-0903.

Publish May 14, 2000

**TRU TEMP HEATING & COOLING**  
 734-427-6612 1-800-956-TEMP  
**FREE ESTIMATES**

**CARRIER AC UNIT \$1285**  
 Not valid with any other offer or coupon. Coupon may not be combined with any other offer. Must present coupon at time of purchase. Expires 5-30-00.

**AC Clean & Check \$59.95**  
 Not valid with any other offer or coupon. Coupon may not be combined with any other offer. Must present coupon at time of purchase. Expires 5-30-00.

CUSTOM MADE WINDOW TREATMENTS  
 Covering all of Western Wayne & Oakland County.

**OHL FINALS**

**GAME 7**  
 (IF NECESSARY)  
**TUESDAY, MAY 16TH @ 7:30**

VIP \$15 EXECUTIVE RESERVED \$10  
**CHARGE BY PHONE AT (734) 453-8400**  
 OR STOP BY THE WHALERS BOX OFFICE

**COMPUWARE SPORTS ARENA**  
 14900 BECK ROAD • PLYMOUTH  
 www.plymouthwhalers.com

**TRI-KOR GOLF AND DRIVING RANGE**

Chip & Saw Any Medium or Large  
**\$1.50 OFF BUCKET OF BALLS**  
 Not good with any other offer.

New Food Counter Daily Lunch Specials  
**453-7280**  
 5984 Gottfredson Rd.  
 OPEN 7 DAYS  
 Ping Golf Clubs at Incredible Prices  
 NEW GRIPS INSTALLED

**Salute that special graduate in your own special way!**  
 ON SUNDAY, MAY 14, 2000

Say Congratulations to your special graduate in your hometown newspaper for the first time! Select a picture of your graduate when he was a little person, or a send a current picture by Monday, May 15, 2000. Indicate whether you'd like your message to appear in The Observer or Eccentric newspapers.

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

**THE Observer & Eccentric**  
 NEWSPAPERS  
 38251 Schoolcraft, Livonia, MI 48150  
 Attention: "Graduate"

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

# State stresses life jackets to launch National Safe Boating Week

State officials are launching National Safe Boating Week with a focus on wearing life jackets. The week is being held from May 14-20, 2000.

## OUTDOOR INSIGHTS



BILL PARKER

Last year 28 people died in boating-related accidents and 25 of them were not wearing a life jacket. "If life jackets had been worn, it's possible that 25 of these Michigan boaters may still be alive today," said Van Thider, president of the Livonia-based Michigan Boating Industries Association. The fatal accidents weren't

limited to large pleasure boats either. Twenty-one of the 27 boats involved in fatal accidents were 16 feet or less in length. Ten of the 27 did not have a motor and 14 of them were kayaks, canoes, rowboats, paddleboats and/or personal watercrafts.

The theme for this year's National Safe Boating Week is "Wear Your Life Jacket - Boat Smart from the Start," which pretty much sums it up. Michigan law mandates that every boat must have at least one Coast Guard approved life jacket, in the appropriate size, on board for every passenger. If your boat is 16 feet in length or greater you must also have a throwable flotation device. In addition, life jackets must be worn by water skiers, people riding personal watercrafts, and children under age six.

Boating has a \$3 billion impact annually on Michigan's economy according to the MIBA. The state boasts 1,408 public access sites, 500 marinas, 800 marine dealers, 115 boat manufacturers, 181 trailer and accessory manufacturers and 86 Great Lakes Recreational Harbors. If you're in the market for a new or used boat, or are simply interested in seeing what's on the market plan a trip to Metro Beach Metropark in Mount Clemens for the annual Spring Boat Show, the unofficial kick-off to the boating season.

**Boat show on tap**  
Sponsored by Boat Show USA, the event features hundreds of boats, trailers and boating accessories. Show hours are noon-8 p.m. each day. Admission is \$5 for adults and children under age 12 will be

admitted free. If you're planning an outing to one of Michigan's 11,000 inland lakes or, especially, to one of the Great Lakes, it's a good idea to call ahead to see if the particular ramp you plan to use is in operation. Dozens of private facilities have already closed up shop and 10 state-run boat ramps on the Great Lakes are restricted to small boats only. Ramps in Chippewa, Delta, Emmet, Grand Traverse, Huron, Manistee, and Leelanau counties have restrictions in place and the DNR has removed the skid piers from these sites.

To check if a state-run facility is open to all boats or not call the DNR's Parks and Recreation Division at 517-375-9900, or visit the DNR Web site at [www.dnr.state.mi.us](http://www.dnr.state.mi.us).

**Salmon Stakes results**  
The 22nd annual River Crab

admitted free. If you're planning an outing to one of Michigan's 11,000 inland lakes or, especially, to one of the Great Lakes, it's a good idea to call ahead to see if the particular ramp you plan to use is in operation. Dozens of private facilities have already closed up shop and 10 state-run boat ramps on the Great Lakes are restricted to small boats only. Ramps in Chippewa, Delta, Emmet, Grand Traverse, Huron, Manistee, and Leelanau counties have restrictions in place and the DNR has removed the skid piers from these sites.

**NAWA Tournay results**  
Kelsey Howard of Garden City and Ryan Leason of Woodland teamed up to place sixth in the recent North American Walleye Anglers Team Tournament on Lake Erie. The two local anglers were fishless on the first day of the

admitted free. If you're planning an outing to one of Michigan's 11,000 inland lakes or, especially, to one of the Great Lakes, it's a good idea to call ahead to see if the particular ramp you plan to use is in operation. Dozens of private facilities have already closed up shop and 10 state-run boat ramps on the Great Lakes are restricted to small boats only. Ramps in Chippewa, Delta, Emmet, Grand Traverse, Huron, Manistee, and Leelanau counties have restrictions in place and the DNR has removed the skid piers from these sites.

## SPORTS ROUNDUP

**LIVONIA 50 FUN RUN-WALK**  
The Livonia Family YMCA and City of Livonia will stage a 50th birthday celebration fun run/walk Sunday, May 21 (runs start at W. Drive behind City Hall).

The one-mile walk-run starts at 8:30 a.m. followed by the three-mile at 9 a.m. The cost is \$8 per participant (includes pancake breakfast and T-shirt). The breakfast will be at Civic Park Senior Center, Five Mile and Farmington roads. Additional breakfast tickets are \$4 with children under-3 free. For more information, call (734) 261-0888.

**LIGHTNING STRIKE**  
The Livonia Lightning, a U-9 girls recreational soccer team sponsored by the Livonia YMCA, recently won their division in the spring session at the Novi Soccer Zone with a 7-1 record.

The Lightning outscored their opposition, 64-18. The team was coached by David Schroeder, Dana Knochel and Bill Rock. The indoor roster included Renee Berger, Cara Corp, Joanna Klotz, Brooke Knochel, Sarah Laberge, Alisha and Amanda Linstrom, Molly McConnell, Lindsay McMullen, Samantha

Meeker, Ariel Rock, Julia Schroeder, Rachel Simari, Chelsea Shrewsbury and Logan Watson.

**CLARENCEVILLE BENEFIT**  
The Livonia Clarenceville baseball team and coaches will play a softball game May 19 against the Livonia Police Department to benefit the school's SADD (Students Against Drunk Driving) and baseball programs.

Tickets purchased in advance are \$2, with cost for walk-up admissions set at \$2.50. The game will be played on the Clarenceville softball diamond. For more information, call (248) 473-8926.

**CATHOLIC LEAGUE DINNER**  
The 73rd Catholic Coaches Association and Catholic League Hall of Fame golf outing and anniversary party will be Monday June 12 at Maple Lane Golf Course in Warren (14 Mile and Hoover) and Warren Chateau (dinner).

Open tee times for golf will be at 7 a.m. and 1 p.m. (unlimited play until 3 p.m.). The golf package is \$45 (includes continental breakfast, buffet lunch and use of shower facilities).

Single tickets for the dinner only are \$35 (\$60 per couple). The full hall of fame cost is \$70.

Among the 2000 inductees are officials Mike Hessen and Lamont Simpson, along with Mike Jolly (Warren DeLaSalle), George Porritt (Orchard Lake St. Mary's), Nancy Malinowski (Farmington Hills Mercy) and the late Rich Madera (Southgate Aquinas).

The eighth legend of the Catholic League is Msgr. Stanley Milewski of St. Mary's. Dick Kennedy will be inducted as the Ed Laurer Person of the Year.

Athletes of the year include: Amy Buhl, Mercy (University of Chicago); Colleen Bates, Cardinal Mooney (Bowling Green); Carrie Carpenter, Divine Child (Michigan State); Matt Handzo, DeLaSalle (Hope College); Diallo Johnson, St. Mary's Prep (Michigan); Dion Johnson, East Catholic (Kansas); Matthew Malek, University of Detroit-Jesuit (Villanova); Paula Slingerland, Waterford Our Lady (Eastern Michigan); and Jocelyn Trapani, Riverview Gabriel Richard (U-D Mercy). For more information, call (313) 237-5960.

## You Can SUCCESSFULLY SELL YOUR HOME YOURSELF.

Learn everything you need to know to sell your home successfully and profitably. We'll show you how to:

- Set your asking price
- Get maximum exposure for your home
- Prepare your home for showing
- Pre-qualify potential buyers
- Handle purchase agreements and closings
- Easily deal with the legal aspects of selling by owner
- No cost or obligation. Attend and save.

Attending one of our seminars may be one of the smartest and most profitable decisions you'll ever make.

NOVI

Wednesday, May 17  
7-9pm, Novi Hilton

TROY

Monday, May 22  
7-9pm, Troy Hilton

For More Information  
**248-347-2295**



HomeNetworkOnline.com

Sponsored by HomeNetworkOnline.com and Blue Water Tide Company

of you  
her  
them.

**GLEN EDEN**  
MEMORIAL PARK

Owned and Operated by a Community of Lutheran Churches

## The Annual Glen Eden Memorial Day Observance

Sunday, May 21, 2000  
3:00 pm

Please join us for an afternoon of remembrance, reflection, song and prayer - as we honor the lives of our loved ones who sacrificed so much for their country and its hallowed tradition of liberty.

35667 W. Fair Mile Rd.  
one mile west of Farmington Rd.  
Livonia, MI 48152  
**248-477-4460**

[www.glenedenmemorialpark.org](http://www.glenedenmemorialpark.org)

**FORD**  
THINK FORD FIRST!  
Metro Detroit Ford Dealers

**WJR**  
AM 760

PRESENT  
**High School**

**ATHLETE OF THE WEEK**

sponsored by  
THE  
**Observer & Eccentric**  
NEWSPAPERS  
*HomeTown News... it's all about you!*

★  
LAST WEEK'S WINNER  
**Lisa Rosemary**  
Farmington Hills  
Harrison High School  
Presented by  
**Royal Oak Ford**

Tune in **WJR 760 AM** each Friday at 7:40 a.m. and hear the Athlete of the Week announced on Paul W. Smith's morning show

To submit your nomination for the High School Athlete of the Week:

1. Send us up to one page of information about the athlete's involvement in sports, community, academic achievements and any awards he/she has received. Include the name of the high school and a picture of the athlete.
2. Include your name and daytime phone number.
3. Send your nomination to:

**WJR 760 AM**  
2100 Fisher Building, Detroit, MI 48202  
Attention: Athlete of the Week  
or  
FAX to: 313-875-1988

Tune in to **WJR 760 AM** Friday morning to hear the winner announced!



SPORTS AND RECREATION

TV bowling brings out the stars

TEN PIN ALLEY
I watch TV when pro-bowling is on, but lately it is hard to keep up with the ladies LPBT schedule...

Better to check your Weekly TV guide for ESPN2. Last Monday night there was the Ladies Tour from San Diego...

Norris was recently honored as one of the top 20 bowlers of the 20th century. Now at the age of 92, Norris still looks great...

Ladewig of Grand Rapids was just a superior talent, often averaging more than the men in tournament competition.

Most other women bowlers just did not stand a chance against her, she was so much better than the rest.

The Western Wayne Youth Traveling Classic League held its annual banquet at the Wayne Community Center last Sunday...

Members receiving accolades included Jackie Haner, Brent Kossick, Bill Collins, Pat Barter, Steve Engelbreton, Roy Hixson, Amber Henn, Scott Clemons, Kim Trumbull, David and Mike

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

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

He gets my vote, easily. Nice photo, SI. The Bowling Writers Association of America have chosen Earl Anthony and Marion Ladewig as the top male and female bowlers of the past century.

Dick Weber and Don Carter finished second and third in the voting. Lisa Wagner and local favorite Sill were the second and third vote-getters on the women's side.

Anthony was a true master of the game and captured more titles than anyone else, 41 on the regular tour plus seven senior titles.

Ladewig of Grand Rapids was just a superior talent, often averaging more than the men in tournament competition.



Ageless wonder: Jarvis Woehleke (third from left) receives his gold 300 ring at Mayflower Lanes in Redford. Taking part are (from left) Jack Dahlstrom, GDBA Executive Director Mark Martin and Ron Lancaster.

Jacobs, Steve Reitzel, Luke Watkins, Dan and Ken Paczas, Tim Moncrieff, Derek Paquin and Jon Robison.

Some of the trophies were a carryover from the Y.A.B.A. Banquet, held a day earlier in Warren.

The W.W.Y.T.C. had a grand year, and many of the bowlers made much progress developing into fine players.

The league champion Colonial Lanes team included Niki Moore, Ryan Mortensen, Luke Watkins, Roy Hixson and Scotty Clemons.

Members of the Wayne Bowl runner-up squad included Trey

Raines, Natasha Martin, Dale Moore, Matt Fochler and Ray Perusse.

Guys high series was by Luke Watkins with 814, while Jackie Haner was the winner for girls high game and series with 300/789.

Bill Collins and Brent Kossick shared boys high-game honors, each posting a 300 game. Collins and Philicia Anderson were tops in doubles with 1,304, while Ken Bazman and Natasha Martin took second with 1256.

High average for boys went to Steve Engsbretson (207). Haner led the girls (195).

There are teams made up and

ready to bowl against the Detroit area's two other top youth traveling leagues in the annual Team Challenge, Sunday, June 4 at Ypsi-Arbor Lanes. The Sunday Youth Classic League and the Yards Youth Traveling League will also participate.

The mini-camp is scheduled for Saturday-Sunday, Aug. 12-13 at Wayne Bowl.

The mini-camp serves as a try-out venue for aspiring youth bowlers who would like to join the league, and also an instructional format for just about anyone at any age who would like some coaching help with their game.

The Livonia Parks & Recreation youth bowling program had their championships on May 3 at Merri Bowl with 250 youngsters competing in three age divisions — bantams (ages 6-8), preps (9-11) and juniors (12-up).

Teams competing included four Livonia bowling centers — Cloverlanes, Wonderland Lanes, Merri Bowl and Woodland Lanes.

Among the championship teams in each division:

Juniors — the Cloverlanes team of Daryl Rayen, Dave Furtak, Adam Woodward (158 average, 174-204), Joshua Truax (167 average, 234-197) and Scott Jones (147 average, 203-165).

Bantam — the Merri Bowl team of Alex Manetti, Austin Marchio, Andrew Szczepaniak and Julie Kuebler.

Preps — the Woodland Lanes team of Dianna Brda, Justin Fultz, Joe Celano, Keith Choma (average 76, 144-178) and John Karasinski.

Black and white advertisement for a youth bowling tournament. It lists the date (Saturday, May 27), location (Stony Creek Metropark), and provides contact information for the Nature Center (810-781-4621). It also lists several participating teams and their members.

Red admiral leads in butterfly appearances

NATURE NOTES
This is the spring of the red admiral butterfly. Several times this spring, at various locations, I've seen not just one red admiral, but several.

A contender for the most frequently seen spring butterfly this year is the spring azure. There seem to be more around this spring than in past years.

Where are they this spring? Red admirals are a medium sized butterfly, about the size of the all white cabbage butterfly frequently seen early in spring.

Prominent reddish-orange bands across the front and hind wings are the field marks to look for in this species. They contrast strikingly with the black background and white spots near the tips of the front wings. Their undersides are vermiculated and camouflaged.

All the red admiral butterflies I've seen in southeastern Michigan did not emerge this spring here in our state. Early spring individuals moved northward from the southern states where they spent the winter. They are residents in Georgia and Florida and breed

all year. In spring, red admirals begin moving northward. By April they have reached Michigan.

Those individuals I've seen thus far may be on their way farther north. Along the way males and females will mate and lay their eggs on nettles.

Armored with stout spines, the caterpillars are safe from many predators. During the summer fresh new adults will be emerging in southeastern Michigan.

When fall arrives, all adult red admiral butterflies will begin moving southward. No caterpillars, eggs or chrysalises will spend the winter in Michigan.

But, depending on how prolific the adults are during the winter, will deter-

mine how many individuals we will see next spring.

Some years we see more red admirals than other years. In 1990, the State of New York had a major influx of red admirals. Over the history of the annual butterfly count at Heritage Park in Farmington Hills, the most individuals recorded was in 1994.

It will be interesting to see when we have another peak in their numbers. Maybe this will be the year? It's hard to say what allows more butterflies to survive one year and not the next. Extended cold periods in winter could cause the death of some eggs or chrysalises here in Michigan.

That would not apply to this past winter, except for a period of time with

snow and cold temperatures, we had a mild winter. So this idea cannot explain why I have not seen a red-spotted purple yet.

Butterflies do need moisture and adequate plant growth so that caterpillars will emerge and have plenty to eat.

Maybe last summer caterpillars of the red-spotted purple were unable to find adequate food and thus perished. Fewer caterpillars means fewer adults to emerge in spring.

Each year brings a different set of conditions and various numbers of individuals for each species.

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

OUTDOORS CALENDAR

CLASSES / CLINICS

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

FLY TYING
River Bend Sport Shop in Southfield offers fly tying classes for beginners, intermediate and advanced tyers. Classes will be held at various times. For more information and to register call (248) 350-8484 or (248) 591-3474.

FLY TYING
Westbank Anglers, located in the Bloomfield Plaza at Telegraph and Maple roads, offers fly tying clinics (beginning, advanced, Atlantic salmon, and fly tying round table). All clinics will be conducted at the store and will cover tying tools, tool uses, and understanding of materials. All classes are limited to six students. Call (248) 538-3474 for specific times, dates, fees, and registration information.

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

The Oakland County Sportsman Club in Clarkston offers a Junior Olympic Archery Development Program beginning at 1 p.m. on Sundays. Call (248) 623-0444 for more information.

ACTIVITIES

DETROIT AREA STEELHEADERS
Detroit Area Steelheaders, Inc., membership meetings are held the last Tuesday of each month at Knights of Columbus, St. Pius X, 6177 Chicago Road, in Warren. The public is welcome. More information can be obtained by calling Ed Wilczek at (810) 757-7365 or club President Ray Barbary at (810) 598-0310.

DETROIT ARCHERS OF WEST BLOOMFIELD
Open shoot hours are from 1-5 p.m. Saturday and Sunday and 6-10 p.m. Thursday. For more information, call (313) 825-2110.

LIVONIA RANGE
The Livonia Archery Range is open to the public. The range features seven field lanes and one broadhead lane and is open 10 a.m. to 4 p.m. on Saturdays and Sundays. The range is also open Tuesdays and Thursdays by appointment only through the end of November. Cost is \$4 for adults and \$2 for children. Livonia residents shoot free of charge. The range is located on Glendale Ave., east of Farmington Road. Call (734) 466-2410 for more information.

BASS TOURNAMENT
The 2000 Top Bass Tournament will be held at various sites throughout the summer months. The schedule is as follows: Saginaw Bay, May 27, Lake St. Helen, June 3, Wixom Lake, June 24, Sanford Lake, July 8, Wixom Lake, July 22, Labdell Lake, Aug. 5, Lake St. Helen, Aug. 19, and Wixom Lake, Aug. 26-27. Guaranteed payouts will

be awarded with amounts determined by the number of entries. For more information, call (734) 729-1762 or (734) 422-5813.

CLINTON VALLEY BASS
Clinton Valley Bass Anglers club is seeking new members (boaters and non-boaters are welcome). The club meets monthly at Gander Mountain in Waterford. Call Mike Daly at (248) 666-8910 for more information.

METRO-WEST STEELHEADERS
Metro-West Steelheaders meets at 7:30 p.m. on the first Tuesday of each month in the cafeteria at Garden City High School, Call Dominic Liparoto at (248) 476-5027 for more information.

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

FOUR SEASONS
The Four Seasons Fishing Club meets 7:30-9:30 p.m. the first Wednesday of each month at the Civic Park Senior Center, 15218 Farmington Road, in Livonia. Call Jim Kuder at (734) 591-0843 for information.

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

HURON VALLEY STEELHEADERS
The Huron Valley Steelheaders meets the third Thursday of each month at the Knights of Columbus Hall, 27600 Hall Rd., Elletts Rock. Call Carroll White at (734) 285-0843 for more information.

The Downriver Bass Association, a non-tournament bass club, meets at 6:30 p.m. the fourth Tuesday of every month at the Gander Mountain in Taylor. Call (734) 676-2863 for more information.

SOLAR
The School for Outdoor Leadership, Adventure and Recreation (SOLAR), a non-profit organization interested in promoting the appreciation of outdoor activities, meets at 7:30 p.m. on the first Tuesday of each month at the Colony Hall in Southfield. Call (248) 988-0675 for more information.

SHOOTING RANGES

BALD MOUNTAIN
Bald Mountain is located at North in Lake Orion. It has both indoor (skeet & trap) and outdoor (rifle) shooting ranges. Hours of operation are Monday through Friday, 10 a.m. to 5 p.m. Saturdays and Sundays, 9 a.m. to 5 p.m. Call (248) 814-9193 for more information.

PONTIAC LAKE
Pontiac Lake Recreation Area in Waterford is the only shooting range and archery range. It has indoor (skeet & trap) and outdoor (rifle) shooting ranges. Hours of operation are Monday through Friday, 10 a.m. to 5 p.m. Saturdays and Sundays, 9 a.m. to 5 p.m. Call (248) 285-0843 for more information.

ORTONVILLE RECREATION
Ortonville Recreation Area in Ortonville has rifle, pistol and shotgun shooting facilities. Range hours are noon-5 p.m. Thursday through Sunday. The Ortonville Recreation Area is located at 5779-Halley Rd. Call (248) 693-6767 for information.

Ortonville Recreation Area in Ortonville has rifle, pistol and shotgun shooting facilities. Range hours are noon-5 p.m. Thursday through Sunday. The Ortonville Recreation Area is located at 5779-Halley Rd. Call (248) 693-6767 for information.

METROPARKS

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

2000 PERMITS
The 2000 Region Clinton Metropark annual vehicle entry permits, and boat launching permits are on sale at all Metropark offices. Vehicle entry permits are \$15-\$5 for senior citizens. The annual boat launching permits are \$18-\$9 for senior citizens. Call 1-800-477-PARKS for more information.

SPRING BOAT SHOW
More than 1,000 of the finest new and used boats will be displayed at the Spring Boat Show May 18-21 at Metro Beach Metropark near Mount Clemens. Large boats, ski boats, cruisers, sailboats, jet skis, dinghies, marine equipment and more will be exhibited on the shore and in the water. Boat show hours are 12 p.m. - 8 p.m. each day. Admission is \$5 for adults, children under the age of 12 are admitted free. Metro Beach is located at the east of Metropolitan Park way, three miles east of I-94.

CANOEING
Advanced Canoe Day is scheduled for Saturday, May 27 from 11 a.m. - 4 p.m. at Stony Creek Metropark near the Rochester/Utica area. Learn about the French fur trade and its impact on the Great Lakes. Participants must be at least six years of age. Pre registration is required. Meet at the Mount Vernon Picnic Area. For additional information or to register, contact the Nature Center at 810-781-4621.

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

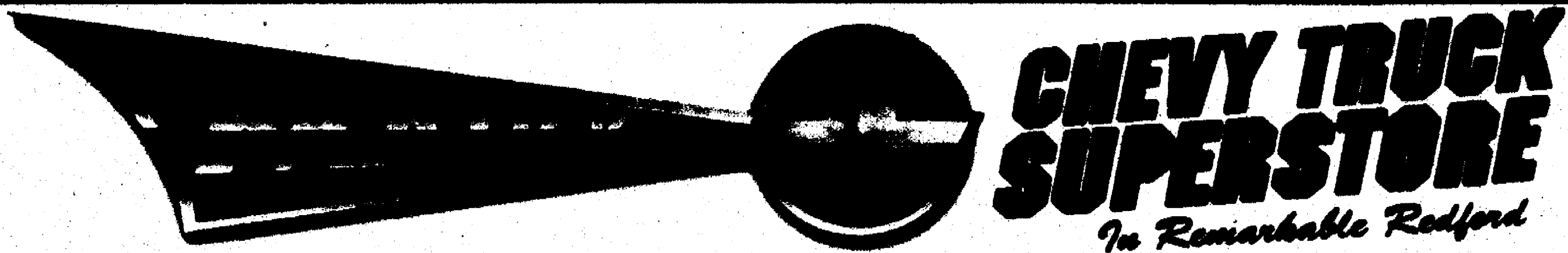
STATE PARKS

STATE PARK REQUIREMENTS
Maybury State Park, Proud Lake Recreation Area, Bald Mountain Recreation Area, Highland Recreation Area, and Island Lake Recreation Area offer nature interpretive programs throughout the year. A state park motor vehicle permit is required for entry into all state parks and state recreation areas. For registration and additional information on the programs at Maybury call (810) 348-8390. For programs at Bald Mountain call (810) 693-6767. For programs at Proud Lake and Highland call (810) 685-2187. For programs at Island Lake call (810) 229-7067.

WAYNE COUNTY PARKS

COUNTY PARK REQUIREMENTS
Wayne County Parks offers nature interpretive programs throughout the year. Advanced registration is required. Call (734) 261-1990 to register and for more information.

The subscription to a consideration in the Observer & Eccentric's Outdoor Calendar send information to: Outdoor, 805 E. Maple, Farmington Hills, MI 48019, fax information to (248) 644-1314.



# CHEVY TRUCK SUPERSTORE

In Remarkable Redford

I-96 & Telegraph ■ 313-531-7100

## GM EMPLOYEE HEADQUARTERS

**NEW 2000 TAHOE LIMITED**  
Stock #TY573

**30 Available**

**G M S L E A S E**

**\$339\* mo.** *Only 24 Months*

24 mo. lease • \$1813 due at signing • GM Employee or Eligible Family Member

**NEW 2000 TAHOE 4X4 Z-71**  
Stock #TY621

**25 Available**

**G M S L E A S E**

**\$415\* mo.**

36 mo. lease • \$1969 due at signing • GM Employee or Eligible Family Member

**\$500<sup>00</sup> More On Every Trade-In!** What do GM employees want? More Money for their trades - A LOT MORE! In 1999 hundreds of GM employees and their family members traded in their used cars and trucks at Matick Chevrolet. The reason is that Matick Chevrolet gives you more for each and every trade-in. As a GM employee you owe it to yourself to have your vehicle appraised at Matick Chevrolet BEFORE you buy.

**NEW 2000 SILVERADO**  
Stock #TY750

**50 Available**

**G M S L E A S E**

**\$198\* mo.**

36 mo. lease • \$2097 due at signing • GM Employee or Eligible Family Member

**NEW 2000 CHEVY BLAZER**  
Stock #TY758

**70 Available**

**G M S L E A S E**

**\$251\* mo.**

36 mo. lease • \$1650 due at signing • GM Employee or Eligible Family Member

**NEW 2000 VENTURE VAN**  
Stock #TY838

**60 Available**

**G M S L E A S E**

**\$269\* mo.**

36 mo. lease • \$1694 due at signing • GM Employee or Eligible Family Member

**2000 SILVERADO LS**  
Stock #TY317  
Extended Cab 4x4

**50 Available**

**G M S L E A S E**

**\$299\* mo.**

36 mo. lease • \$3231 due at signing • GM Employee or eligible family members

### Metro Detroit's Fastest Growing Chevrolet Dealer!!

**NEW 2000 S-10 EXT CAB PICKUP**

**100 Available**

**G M S L E A S E**

**\$162\* mo.**

36 mo. lease • \$1441 due at signing • GM Employee or Eligible Family Member

**NEW 2000 MALIBU**  
Stock #CY341

**75 Available**

**G M S L E A S E**

**\$194\* mo.**

36 mo. lease • \$1510 due at signing • GM Employee or Eligible Family Member

**NEW 2000 IMPALA**  
Stock #CY021

**40 Available**

**G M S L E A S E**

**\$246\* mo.**

36 mo. lease • \$1845 due at signing • GM Employee or Eligible Family Member

**NEW 2000 CAVALIER**

**100 Available**

**G M S L E A S E**

**\$176\* mo.**

\$1316 due at signing • GM Employee or Eligible Family Member

**NEW 2000 MONTE CARLO**  
Stock #CY284

**20 Available**

**G M S L E A S E**

**\$254\* mo.**

36 mo. lease • \$1621 due at signing • GM Employee or Eligible Family Member

**NEW 2000 PRIZM**  
Stock #CY033

**20 Available**

**G M S L E A S E**

**\$153\* mo.**

36 mo. lease • \$1475 due at signing • GM Employee or Eligible Family Member

## GM CERTIFIED USED VEHICLES!

**CARS**

'96 Escort Stock # AP2947	\$5,995
'98 Sentra	\$9,995
'98 Lumina Stock # P2775	\$9,995
'97 Lumina Stock # P2930 Low miles	\$11,995
'97 Malibu LS Stock # P2901	\$12,495
'97 Malibu LS Stock # P2903	\$12,495
'98 Malibu LS Stock # P2874	\$13,995
'98 Malibu LS Stock # P2927	\$13,995
'98 Grand Prix Stock # P2952	\$13,995
'99 Lumina Stock # P2873	\$14,995
'98 Malibu Stock # P2987	\$14,995
'98 Grand AM SE Stock # P2908	\$14,995
'98 Malibu LS Stock # P2876	\$14,995
'98 Monte Carlo Stock # P2857	\$14,995

**SUV'S**

'97 Crown Victoria Stock # P2880	\$15,995
'00 Lumina Stock # P2978 Low miles	\$16,495
'99 Cougar Stock # P2912	\$16,995
'99 Cougar Stock # P2925	\$16,995
'99 1/2 VW Jetta GL Stock # P2915	\$17,995
'97 Firebird Stock # P2922	\$17,995
'95 Blazer 4X4 LT Stock # P2839	\$14,995
'97 Blazer 4X4 LT Stock # P2923	\$17,995
'98 Blazer ZR2 4X4 Stock # P2872	\$18,995
'98 Blazer Stock # P2943	\$18,995
'98 GMC Yukon 4X4 Stock # P2936	\$21,995

**TRUCKS**

'98 S-10 Extended Cab	\$9,995
-----------------------	---------

**VANS**

'98 Suzuki Sidekick Stock # P2970	\$12,995
'00 S-10 4X4	\$17,295
'98 GMC Sierra X-Cab Stock # P2853	\$18,995
'98 Z-71 4X4 Ext Cab Stock # A1309	\$22,995
'99 F-250 XLT X-Cab 4X4 Stock # P2916	\$24,995
'95 Villager Stock # P2961	\$9,995
'96 Lumina Van Stock # P2906	\$10,995
'98 Venture Stock # P2823	\$14,995
'97 Caravan Stock # P29406	\$14,295
'97 Venture Stock # P2966A	\$14,995
'96 Town & Country	\$14,995
'98 Astro Cargo Stock # P2954	\$16,495
'97 Astro Conversion	\$16,995

**1st Time Buyer Program**

- REPOS
- POOR CREDIT
- BANKRUPTCY
- JUDGMENTS

\*36 month lease (24 mos. Tahoe Limited) for qualified GM employees & eligible family members. Plus tax, title, license - any rebates to dealer. 12,000 miles per year. 20¢ per mile over 36,000. Amount due at signing shown above. With approved credit. Expires 5/31/00.

**CHEVY TRUCK SUPERSTORE**  
In Remarkable Redford

I-96 & Telegraph ■ 313-531-7100

ARTISTIC EXPRESSIONS



LINDA ANN CHOMIN

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

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

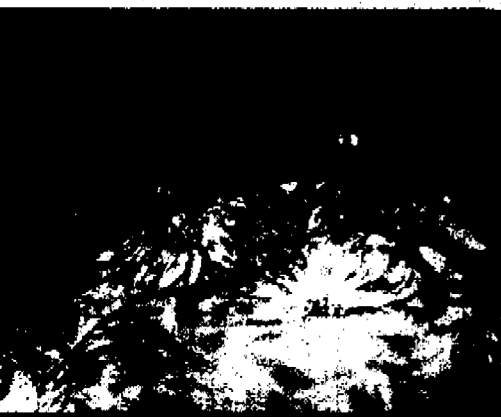
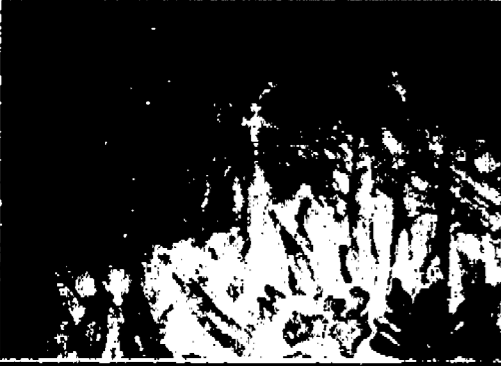
More than 100 years after his death van Gogh and his work are still making an impact on the world. Even though the Dutch painter remained relatively unknown in his day, *Van Gogh: Face to Face*, an exhibit of the artist's portraiture, continues to draw sell-out crowds to the Detroit Institute of Arts.

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

### Uniting people

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

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



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

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

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

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

### Van Gogh Gold

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

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

Please see EXPRESSIONS, C1



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

# Artrageous

## 3-day art event returns to the streets of Plymouth

BY LINDA ANN CHOMIN

• STAFF WRITER •

PHOTOS BY PAUL HURSCHMANN



Look for the yellow and red balloons hung outside Plymouth businesses Friday-Sunday, May 19-21 - that's where the artists will be.

Plymouth is Artrageous returns with dozens of artists and music playing on the streets as the three-day event kicks off Friday evening. Eleven participating businesses will host receptions complete with hors d'oeuvres, refreshments and opportunities to meet the artists.

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

of Artrageous with Scott Smith of Penniman Gallery. Horn is co-owner of Native West Gallery. "It's a coming together of community. Non-art related businesses can host artists. Every year we try to make this a fun event. Visitors will be walking on chalk art created by students and we have more musicians than we've ever had. When people are leaving the stores they'll be hearing music immediately."

"Plymouth is still Artrageous," continued Horn. "The kick-off is exciting with about 18 Plymouth Symphony Orchestra musicians playing on Penniman by the symphony office at 6 p.m. And at 5:45 p.m. we'll give a free Plymouth poster away to the first 100 people."

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

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

### Memories

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

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

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

with her family.

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

Horn can't wait for the arts extravaganza to begin even if the Mayflower, located two doors down from Native West, is nothing but a hole in ground. She'll showcase the beaded work of Gwen Fedor in addition to the usual jewelry, painting and home accessories stocked at the gallery featuring Southwest American Indian art. Fedor, who earned her bachelor's of fine arts degree at Eastern Michigan University, beads reproductions of Sioux dress and amulets as they existed in the 1800s. Hundreds of seed beads and uncounted hours of labor went into the smoked tanned hide ceremonial dress on display at the gallery.

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

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

Additional participating art walk businesses, nearly all of which will feature demonstrations:

■ Plymouth Beading - Lori Grbs and Pam Nichols exhibit jewelry and decorative objects made from glass and handmade beads. Livonia bead maker Don Miller demonstrates glass bead making Sunday, May 21.

■ Frameworks - A bonanza of artists including Judith Braun, Stacy Dumas, Steve Martin, Jeffrey St. John, Marissa Lanert, and Rachel Siggins exhibit

Please see ARTRAGEOUS, C1



Indian inspired: A Sioux umbrella and fringed dress of smoke-tanned hide and fully-beaded Chief's vest of flour bags by artist Gwen Fedor at Native West.

## CONCERT

# MOT joins with youth choirs to bring Broadway home

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

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

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

The MOT artists will perform selections from Stephen Sondheim's

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

"It was most enjoyable to see the fun the kids had and their responsiveness to his directions," said Lindquist, director of the children's music ministry at Our Lady of Good Counsel. "And it was surprising how quickly they brought it to life. You always have to give children a model to look to. To have them stand on stage with performers of the caliber of MOT is wonderful. It raises their whole expectation and raises themselves in all that they do. The high school kids love having the opportunity to act as well as sing in these roles."

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

rehearsal with Vondrak. After all, their vocal abilities have already won them invitations to sing at Carnegie Hall, the EPCOT Center, and the International Children's Choir Festival in London and Paris in August. Lindquist's biggest challenge was funding the concert until Johnson Controls Inc. stepped in to pay for the MOT community program.

### Community bound

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



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

Please see MOT, C2

# Polk Art Competition features innovative, unpredictable works

BY ALICE RHEIN  
STAFF WRITER

arhein@oe.homecomm.net

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

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

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

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

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

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

## Educating the masses

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

The absence of direct refer-

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

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

"My professor once joked to me saying, 'One of your artworks just hit me.' I like to say that I'm showing around the country," he said.

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

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

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

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

What is rare, however, is for

companies to sponsor a competition with substantial prize money for the winners, and then purchase a number of the works for their own collection.

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

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

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

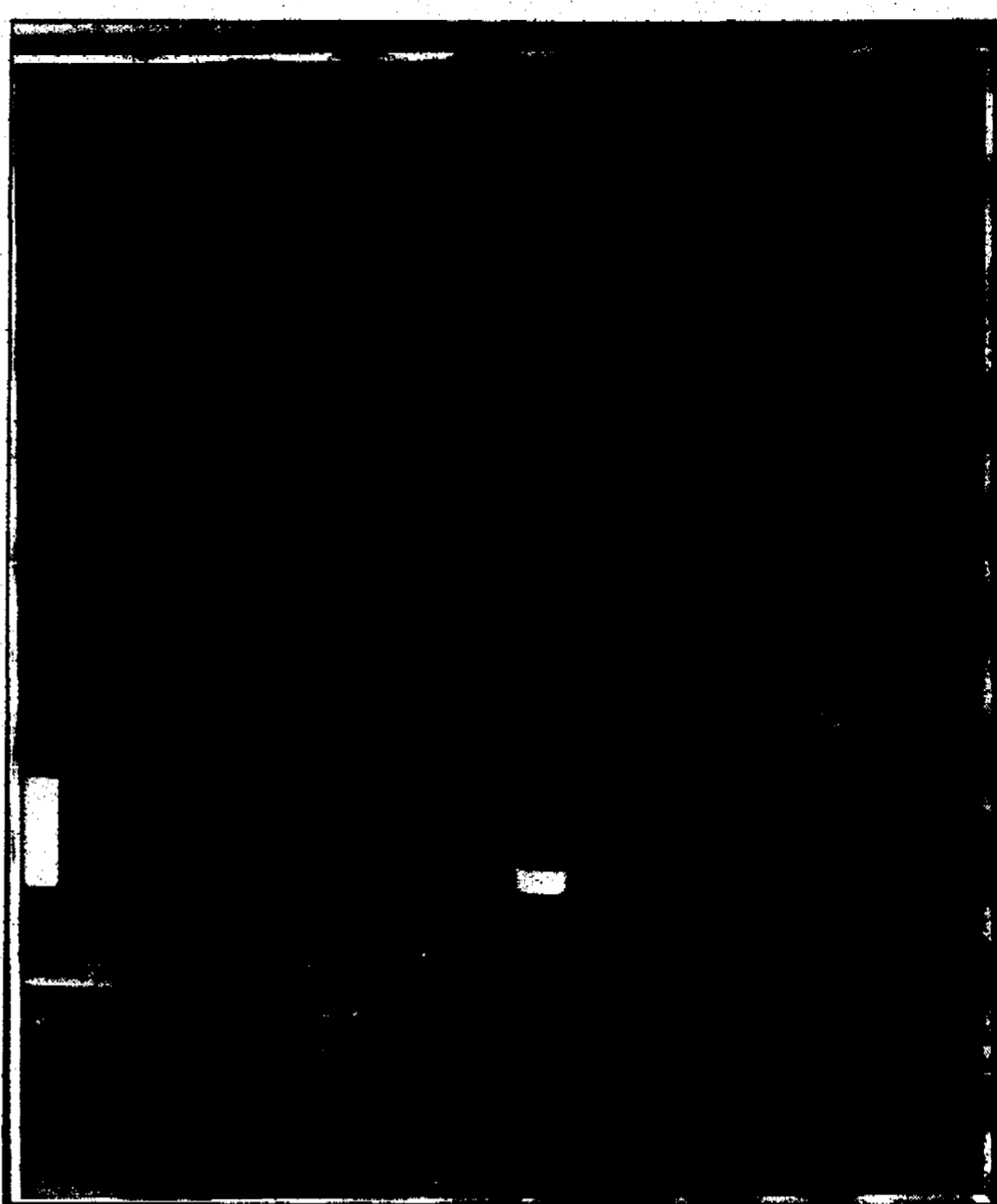
"It's a great competition, one of the few in the nation that supports both students and professors," he said. "It's promoting technology in a lot of different areas, from traditional landscapes to kinetic works of sculpture."

## Notable jurors

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

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

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



Shadow play:  
Ferndale  
artist  
Stephen  
Magsig's oil  
painting "54  
White Street."

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

Every year, hundreds of artists

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

"When we looked at who we

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

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

## Expressions from page C1

Nykorak, a Warren resident, "He has a lot of movement in his flowers. They're not just straight up and down. Doing the scarves also made me more aware of color. Van Gogh's colors are more intense. Suddenly, I'm painting more intensely because of his influence."

Nykorak visited the exhibit, *Van Gogh: Face to Face*, to research the artist's palette and technique before sitting down to design the scarves.

"The portraits of peasants were dark then he went to Paris and he brightened up," said Nykorak. "You can see the

change in the colors from the brooding to the bright. What's so sad is he'll never know how his art influenced other artists and that his work is on exhibit everywhere."

*Van Gogh: Face to Face* continues through Sunday, June 4 at the Detroit Institute of Arts,

5200 Woodward. For tickets, call (248) 433-8444 or the Van Gogh Hot Line at (313) 833-8499.

Joseph Rishel, senior curator of European painting and sculpture before 1900 at the Philadel-

phia Museum of Art, discusses van Gogh's legacy and his influence on each successive generation of artists from Matisse and Picasso to Chuck Close and Andy Warhol 2 p.m. Sunday,

May 14, in the Lecture Hall at the Detroit Institute of Arts.

Have an interesting idea for a story? Call Linda Ann Chomin at (734) 953-2145.

## Artrageous from page C1

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

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

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

## MOT from page C1

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

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


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

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

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

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

## Tired of paying top dollar?



Send in your yearly payment for your membership in our mutual fund paper and receive a money-saving HomeTown Savings Card that you can use at participating merchants like these:

- North Brothers Ford Westland**  
10% off parts and/or service bill of \$100 or more
- Westland Car Care Westland**  
10% off any service of \$100 or more
- Eclipse Window Tint Redford**  
10% off \$200 or more
- Jim Fresard Pontiac-Buick Royal Oak**  
10% off parts and service

Fill in the coupon or call 734-591-0500 or 248-901-4711

### Arthritis Today

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

#### LEG PAIN

It is fortunate that most leg pain clears itself. For the physician tracking down the cause and recommending a treatment is difficult. The reason most leg pain resolves is that a muscle or tendon strain is the cause. The physician finds such problems vexing because unlike leg problems involving joints, arteries or nerves, pains coming from tendon and muscle strains are elusive to identify.

Joint pain in the leg characteristically becomes worse on walking and is relieved by rest. At least early on, your sleep is not disrupted by night pain. Problems with clogged arteries in the leg have similar features, except the pain comes on soon after walking, and is relieved by a short rest, only to start up again after a brief walk.

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

Muscle and tendon pain can be presented both when you are at rest or in movement. Only a part of the muscle or tendon may have injury or inflammation causing pain, so the precise location anatomically is obscure. Furthermore, the pain can vary, and be gone just when you want to show your doctor where it is and where it goes.

Muscle and tendon pain can last for months. Usually it will disappear as mysteriously as it came on and generally it does not return. In the interim, you can only do as your body directs best eases the discomfort.

## JOB SEARCH Tip Of The Day

WPON AM Radio 1460  
www.WPON.com  
Monday - Friday at 5:45 p.m.

Thinking of switching careers?  
Looking to move up the corporate ladder?  
Returning to the workforce, New college grad?  
Downsized, Laid-off, Unemployed?

**CUSTOMIZED RESUMES (\$59 - \$89)**  
Satisfaction Guaranteed  
Call Job Coach Larry Goldsmith  
(248) 569-5377  
email: carneli@sol.com www.bestjobsecurity.com

Follow Us on Facebook, MySpace, and YouTube



# Noteworthy

## Gallery exhibits, art shows, classical concerts

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

### ART SHOWS

**ART SCAPES**  
The South Oakland Art Association presents the annual spring art show through May 19 at the American Center Building, 27777 Franklin, Southfield. (248) 546-7850.

**BIRMINGHAM FINE ART FESTIVAL**  
The festival takes place May 14 in Shain Park.

**GREEKTOWN ARTS FESTIVAL**  
The festival dates are 5-10 p.m. Friday, May 19; 11 a.m.-10 p.m. Saturday, May 20 and noon-6 p.m. Sunday, May 21 on Monroe, Beaubien and St. Antoine in Greektown, Detroit. 1-877-GREEK-TOWN.

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

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

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

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

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

### AUDITIONS & CALL FOR ARTISTS

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

**PAINT CREEK CENTER FOR THE ARTS**  
Accepting entries for Celebrate Michigan Artists 2000 fine arts exhibition. The slide deadline is June 30 at 5 p.m. Curator this year is Helga Pakasaar, curator at the Art Gallery of Windsor, Canada. To receive an application, send a self-addressed stamped envelope to PCCA/Celebrate Michigan Artists, 407 Pine, Rochester, MI 48307. PCCA is also accepting entries for the Student, Faculty and Staff Art Show that will open on June 2. It is open to students and faculty of all ages who have taken or taught classes at PCCA from June 1999 to June 2000. For more information contact Exhibition Director John Cynar at (248) 651-4110.

**MEADOW BROOK THEATRE**  
Intern auditions May 22-24 for stage management, lights, sound, props, costumes, marketing/PR, casting, etc. For information call (248) 370-3310.

### CLASSES

**CENTER FOR CREATIVE STUDIES**  
Summer continuing and community education classes begin June 19 at the CCS campus in Detroit and at the Civic Center in Novi. For a schedule of classes or more information, call (313) 664-7456.

**DETROIT BALLET**  
Classes in child and adult classical ballet, tap and jazz. Adult beginners welcomed. Classes offered at the Betty Johnston Dance Studio in Farmington Hills at Folsom and Novi Mts., 748-474-3124.

**EISENHOWER DANCE ENSEMBLE**  
All levels of classes for recreational and professional students, including modern, ballet, pointe, tap and jazz for children ages 3 and older. 1441 W. Hamlin, between Crooks and Livonias, Rochester Hills. (248) 850-5850.

**JEWISH COMMUNITY CENTER**  
Adult art classes 9 a.m. to 12 p.m. every Monday, Wednesday and Friday. Woodcarving classes at 9 a.m. Monday-Friday. 15110 West Ten Mile, Oak Park. (248) 967-4030.

**KAMMUELE DANCE CLASSES**  
Advanced and professional classes in ballet program. 9-11 a.m. Mondays, Friday, Saturdays, 11-11:30 a.m. Tuesdays, Thursdays, 11-11:30 a.m. 9926 W. Drake, Westland. (734) 248-9432-8000.

**PAINT CREEK CENTER FOR THE ARTS**  
Open registration for classes May 21 through June 4. Classes include: Watercolor, Oil, Acrylic, Drawing, Printmaking, Photography, Sculpture, and more. 248-651-4110.

brochure call (248) 651-4110.

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

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

**YMCA WRITER'S VOICE**  
A six-week Creative Writing Workshop for screenwriting, fiction, poetry, healing poetry, performance art, creative non-fiction and Gonzo-Investigative Journalism is held at the Scarab Club and area YMCA branches. Cost is \$40 for members and \$50 for non-members. Financial aid available. Call (313) 267-5300, ext. 338.

### CONCERTS

**BIRMINGHAM TEMPLE**  
Presents the Merling Trio at 7:30 p.m. Sunday, May 21 at the Temple, 28611 West 12 Mile, Farmington Hills. (248) 788-9338.

**CHAMBER MUSIC SOCIETY**  
Presents Kalichstein-Laredo-Robinson Trio at 8 p.m. Saturday, May 20 at Seligman Family Performing Arts Center in Beverly Hills. (248) 737-9980.

**CREATIVE ARTS COLLECTIVE**  
Presents Dave Young, Marchus Belgrave and Spencer Barefield May 18-20 at the Harlequin Cafe in Detroit historic Indian Village. (313) 331-0922.

**DETROIT SYMPHONY ORCHESTRA**  
Intro to the Classics is at 3 p.m. Sunday, May 14. The Classical Series May 19-21 features works by American composer John Adams. Detroit Symphony Orchestra Hall, Detroit. (313) 576-5111.

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

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

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

**MACOMB SYMPHONY ORCHESTRA**  
Presents an all-Brahms concert at 8 p.m. Friday, May 19 at the Macomb Center for the Performing Arts, Garfield at Hall Road, Clinton Township. (810) 286-2222.

**MOTOR CITY BRASS BAND**  
Performs at 3 p.m. Sunday, May 14, at the Southfield Center for the Arts, 24350 Southfield. (248) 788-6618.

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

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

**TEMPLE BETH EL CELEBRATION**  
A musical revue marking 150 years of Beth El will be 2:30 p.m. Sunday, May 14 at Wayne State, Bonstelle on Woodward Ave. in Detroit. Tickets: (248) 865-6618, press 2.

### DINNER THEATER

**BACI THEATRE**  
Join in Tuna's Wedding, 7:30 p.m. Thursday-Friday, 4:30 p.m. and 8 p.m. Saturdays, and 2 p.m. and 6:30 p.m. Sundays. 40 W. Park, Pontiac. (248) 748-8688, 248-649-6666.

**ICE COMPANY SHOW**  
Five Les Girls will take place at 2 p.m. Sunday, May 14 at the Southfield Sports Arena, 26000 Evergreen, Southfield. (248) 844-9487.

**MEADOW BROOK HALL**  
Mother's Day Dinner at Oakland University's Meadow Brook Hall at 4 p.m. and 6:30 p.m. on Sunday, May 14. (248) 470-0140.

**FOR KIDS**

**DETROIT SYMPHONY ORCHESTRA**  
Toy Tots Series titled Destination Saturns 11 a.m. Saturday, May 20 at the Seligman Family Performing Arts Center in Beverly Hills. 22,400 W. 14 Mile, Livonia. Tickets are \$10 general admission, \$20 for children. (734) 455-9517.

**KINDERMUSIK**  
Private and public classes for 3-6 year olds to prepare for school. Classes are held at the Birmingham Bloomfield Art Center. (248) 644-0866.

### EVENTS

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

**PUPPET LADY**  
Betty Appleton of Birmingham will perform *The Fire Children* at the Detroit Institute of Arts in the African Galleries at 2 p.m. Saturday, May 20.

**WEST BLOOMFIELD COMMUNITY EDUCATION**  
Rita's songs and puppets for ages birth to 4 years. Classes are at the Sports Club, Farmington Road, West Bloomfield. Register at (248) 539-2290.

Kroll, 2966 Bridge, Wyandotte. (734) 285-6544.

**CASS CAFE**  
Through June 9 — Paintings by Dana Alfa and James Padigam. 4620 Cass, Detroit. (313) 831-1400.

**CREATIVE RESOURCE GALLERY**  
Through May 29 — John Stockwell. Contemporary Landscapes. 162 North Old Woodward, Birmingham. (248) 647-3658.

**JANICE CHARACH EPSTEIN GALLERY**  
Through June 22 — *Eleven*. Aboutafair. *And the Birds Still Sing*. 6600 West Maple, West Bloomfield. (248) 651-7641.

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

**HABITAT GALLERIES**  
Through May 14 — *The 26th Annual International Glass Invitational*. 7 N. Saginaw, Pontiac. (248) 333-2060.

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

### GALLERY EXHIBITS (OPENING)

**BIRMINGHAM BLOOMFIELD ART CENTER**  
Opens Sunday, May 14 — Poik Art Competition featuring work of the theme Art & Technology through May 27. Reception 1-4 p.m. Sunday, May 21. Opens Monday, May 15 — Pontiac Student Art Program through,

759-3200.

**OAKLAND COUNTY GALLERIA**  
Through June 9 — *Voces*, an exhibit by the Birmingham Society of Women Painters. The Galleria is located on the second floor of the Oakland County Executive Office Building, 1200 North Telegraph in Pontiac. Call (248) 858-0415.

**PAINT CREEK CENTER FOR THE ARTS**  
Through May 20 — *Process*: 25 works in collage and assemblage. Through June 17 — Eric Mesko: *Mixed Media Constructions*. 407 Pine, Rochester. (248) 651-4110.

**PALETTE AND BRUSH CLUB**  
Through June 16 — a juried exhibit of the club's paintings at the BPS Corporate Conference Center, 31301 Evergreen, Beverly Hills. (248) 646-7033.

**PEWABIC POTTERY**  
Through June 3 — *Animals: Vessels & Sculpture*. Pewabic Pottery, E. Jefferson, Detroit.

Through June 3 — *The Many Moods of Wooden People* by sculptor Chris Duxinely. Through June 17 — *Howard Borg: Photographs*. 215 East Washington, Ann Arbor. (734) 761-2287.

**ZEITGEIST GALLERY**  
Through May — *Altered Landscapes* (three Canadian perspectives) by James Gordoner, Jeremy Gordaneer and John Clirminhage. 2661 Michigan, Detroit.

### LECTURES

**BBAC ANNUAL MEETING**  
John McCulloch, chairman of the Oakland County Board of Commissioners will lecture on the future of arts and culture in Southeastern Michigan at 7:15 p.m. Tuesday, May 16 at the Art Center, 1516 S. Cranbrook, Birmingham. (248) 644-0566.

**BROWN BAG LECTURE**  
Bob Gaylor, curator of Rare Books at Oakland University, hosts a Brown Bag Lecture that asks Is There Gold in Your Attic? at noon, Thursday, May 18. Brown Bag lectures are held in the Information Technology Auditorium, on the west side of the county campus in Waterford. For more information, call the Office of Arts, Culture and Film at (248) 858-0415.

### LITERARY

**AGBU MANOGGAN SCHOOL**  
ArtServe Michigan's Creative Writers in Schools program, funded by the Michigan Council for Arts & Cultural Affairs, is having a project for fourth through 10th graders from May 8-12. Call Judith Kadr, Upper School Head Teacher, at (248) 569-2868.

**BOOK SALE**  
The Friends of the Southfield Library are hosting the Semi-Annual Book Sale May 17-21 with a preview night from 6-9:30 p.m. Wednesday, May 17, 28300 Evergreen, Southfield. (248) 945-0470.

### MUSEUMS

**CRANBROOK INSTITUTE OF SCIENCE**  
The Sunday Brush lecture is Science in the Service of Art is 11 a.m. Sunday, May 14. Through June 4 — Cranbrook Institute of Science. *Planetarium* presents *Planet Alignment 2000* Saturday and Sunday, 12:30 p.m. and 3 p.m. Laser Swing is 2 and 4 p.m. Saturday and Sunday, and *Field Trip to Earth*. Through September 4 — *Young Stargazers Skygazing* is 11:30 a.m. Saturday and Sunday. N. Woodward, Bloomfield Hills. 1-877-80-CRANBROOK.

**DETROIT INSTITUTE OF ARTS**  
Through May 21 — Detroit Field Studies Series: *Eye on the Field*. *History of the American Landscape*. *Portraits of the American Landscape*. Through June 4 — *Van Gogh: Paint to Touch*. Through May 31 — *Glass: Glass Days From the DIA Collection*. Through June 3 — *Masterworks Drawings and Related Prints*. 6200 Woodward, Detroit. (313) 466-1000.

### THEATER

**CLARKSTON VILLAGE PLAYERS**  
Presents *The 400 Blows* for 4 weeks. May 18-20, 24-26 at the Detroit Center for the Performing Arts. (248) 850-5850.

**GEM THEATER**  
Presents *The 400 Blows* for 4 weeks. May 18-20, 24-26 at the Detroit Center for the Performing Arts. (248) 850-5850.

**MEADOW BROOK THEATRE**  
Presents *The 400 Blows* for 4 weeks. May 18-20, 24-26 at the Detroit Center for the Performing Arts. (248) 850-5850.

**PLYMOUTH ARTS COUNCIL**  
Presents *The 400 Blows* for 4 weeks. May 18-20, 24-26 at the Detroit Center for the Performing Arts. (248) 850-5850.

**STUDIO THEATRE**  
Presents *The 400 Blows* for 4 weeks. May 18-20, 24-26 at the Detroit Center for the Performing Arts. (248) 850-5850.

**VILLAGE PLAYERS**  
Presents *The 400 Blows* for 4 weeks. May 18-20, 24-26 at the Detroit Center for the Performing Arts. (248) 850-5850.

### Spanish sounds



Guitarist: Romerito de Huelva plays with *Flamenco Without Boundaries* in the 12th annual International Festival of World Music and Dance at 8 p.m. Friday, May 19, at Smith Theatre on the Orchard Ridge campus of Oakland Community College. Call (248) 522-3667.

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

**HONEY B GALLERY**  
Painting by Carole Master will be on display during a reception 7-10 p.m. Thursday, May 18. 32731 Franklin Road, Franklin. (248) 538-1693.

**SUSANNE HILBERRY GALLERY**  
Opens Tuesday, May 16, 10 a.m. - 5 p.m. Showroom clothing through May 27. Closing party is 6-9 p.m. Friday, May 26 with a live performance at 8 p.m. 355 S. Oak 014 Woodward, Birmingham. (248) 642-5850.

### GALLERY EXHIBITS (ON-GOING)

**A.C.T. GALLERY**  
Through May 14 — *Chicago East Side*. 400 East Main, Ann Arbor. (734) 443-3100.

**ALLEY CULTURE**  
Through May 14 — *Chicago East Side*. 400 East Main, Ann Arbor. (734) 443-3100.

**ANDERSON GALLERY**  
Through June 1 — *Chicago East Side*. 400 East Main, Ann Arbor. (734) 443-3100.

**ANGEL'S GALLERY**  
Through June 1 — *Chicago East Side*. 400 East Main, Ann Arbor. (734) 443-3100.

**BIRMINGHAM BLOOMFIELD ART CENTER**  
Through May 27 — *Poik Art Competition*. 1516 S. Cranbrook, Birmingham. (248) 644-0866.

**CREATIVE RESOURCE GALLERY**  
Through May 29 — *John Stockwell*. Contemporary Landscapes. 162 North Old Woodward, Birmingham. (248) 647-3658.

**EPSTEIN GALLERY**  
Through June 22 — *Eleven*. Aboutafair. *And the Birds Still Sing*. 6600 West Maple, West Bloomfield. (248) 651-7641.

**HABITAT GALLERIES**  
Through May 14 — *The 26th Annual International Glass Invitational*. 7 N. Saginaw, Pontiac. (248) 333-2060.

**JANICE CHARACH EPSTEIN GALLERY**  
Through June 22 — *Eleven*. Aboutafair. *And the Birds Still Sing*. 6600 West Maple, West Bloomfield. (248) 651-7641.

**MAJESTIC CAFE**  
Through June 9 — *Voces*. An exhibit by the Birmingham Society of Women Painters. 4620 Cass, Detroit. (313) 831-1400.

**MANISCALCO GALLERY**  
Through June 9 — *Voces*. An exhibit by the Birmingham Society of Women Painters. 4620 Cass, Detroit. (313) 831-1400.

**MEADOW BROOK ART GALLERY**  
Through June 9 — *Voces*. An exhibit by the Birmingham Society of Women Painters. 4620 Cass, Detroit. (313) 831-1400.

**METROPOLITAN CENTER FOR THE CREATIVE ARTS**  
Through June 9 — *Voces*. An exhibit by the Birmingham Society of Women Painters. 4620 Cass, Detroit. (313) 831-1400.

**CARIBBEAN COLORS**  
Through May 27 — *Megan Parry*. Paintings and clothing by Gyan. 2966 Bridge, Wyandotte. (734) 285-6544.

**ELAINE JACOB GALLERY**  
Through May 19 — *Chicago East Side*. 400 East Main, Ann Arbor. (734) 443-3100.

**DAVID KLEIN GALLERY**  
Through May 19 — *Chicago East Side*. 400 East Main, Ann Arbor. (734) 443-3100.

**LEMBERG GALLERY**  
Through May 19 — *Chicago East Side*. 400 East Main, Ann Arbor. (734) 443-3100.

**LIVONIA ARTS COMMISSION**  
Through May 19 — *Chicago East Side*. 400 East Main, Ann Arbor. (734) 443-3100.

**PLYMOUTH COMMUNITY ARTS COUNCIL**  
Through May 19 — *Chicago East Side*. 400 East Main, Ann Arbor. (734) 443-3100.

**POSA GALLERY**  
Through May 19 — *Chicago East Side*. 400 East Main, Ann Arbor. (734) 443-3100.

**PRINT GALLERY**  
Through May 19 — *Chicago East Side*. 400 East Main, Ann Arbor. (734) 443-3100.

**REVOLUTION**  
Through May 19 — *Chicago East Side*. 400 East Main, Ann Arbor. (734) 443-3100.

**SMALL WORLD CAFE**  
Through May 19 — *Chicago East Side*. 400 East Main, Ann Arbor. (734) 443-3100.

**SOUTHFIELD CENTER FOR THE ARTS**  
Through May 19 — *Chicago East Side*. 400 East Main, Ann Arbor. (734) 443-3100.

**SOUTHFIELD PUBLIC LIBRARY**  
Through May 19 — *Chicago East Side*. 400 East Main, Ann Arbor. (734) 443-3100.

**SWORDS INTO PLOWSHARES GALLERY**  
Through May 19 — *Chicago East Side*. 400 East Main, Ann Arbor. (734) 443-3100.

**STRASIS GALLERY**  
Through May 19 — *Chicago East Side*. 400 East Main, Ann Arbor. (734) 443-3100.

**WASHINGTON SQUARE GALLERY**  
Through May 19 — *Chicago East Side*. 400 East Main, Ann Arbor. (734) 443-3100.

# GUIDE TO THE MOVIES

**National Amusements Showcase Cinemas**

**Showings**  
Andrew Little 1-14  
2150 N. Opdyke Rd.  
Between University & Walton Blvd.  
248-373-2648

Bargain Matinees Daily  
All Shows until 6 pm  
Continuous Shows Daily  
Late Shows Fri & Sat  
THRU THURSDAY  
NP DENOTES NO PASS

**NP GLADIATOR (R)**  
12:45, 1:15, 1:45, 3:45, 4:15, 4:45,  
6:50, 7:20, 9:50

**NP I DREAMED OF AFRICA (PG-13)**  
10:10

**FREQUENCY (PG-13)**  
1:50, 4:25, 7:55, 9:35

**FLINTSTONES IN VIVA ROCK VEGAS (PG)**  
12:40, 2:45, 4:45, 6:30, 9:20

**THE ROAD TO EL DORADO (PG)**  
12:30

**LOVE AND BASKETBALL (PG-13)**  
1:35, 4:05, 5:40, 9:10  
U-571 (PG-13)

1:20, 3:50, 5:20, 9:00  
**NP BATTLEFIELD EARTH (PG-13)**  
1:15, 7:45, 4:00, 4:30, 7:30, 9:30,  
9:40, 10:10

**NP HELD UP (PG-13)**  
1:10, 3:15, 5:20, 7:35, 9:45

**NP SCREENED (PG-13)**  
12:50, 3:00, 5:10, 7:15, 9:30

**NP CENTER STAGE (PG-13)**  
1:30, 4:20, 7:10, 10:00

**FINAL DESTINATION (R)**  
1:00, 3:20, 5:35, 7:40, 9:55

**EDH BROCKOVICH (R)**  
2:10, 4:35, 7:00

**Showings Dearborn 1-8**  
Michigan & Telegraph  
313-561-3449

Bargain Matinees Daily  
All Shows until 6 pm  
Continuous Shows Daily  
Late Shows Fri & Sat  
THRU THURSDAY  
NP DENOTES NO PASS

**NP GLADIATOR (R)**  
12:45, 1:15, 1:45, 3:50, 4:20, 4:50,  
7:00, 7:30, 8:00, 10:10

**NP FLINTSTONES IN VIVA ROCK VEGAS (PG)**  
12:40, 2:45, 4:45, 6:30, 9:30

**LOVE AND BASKETBALL (PG-13)**  
12:30, 2:45, 5:00, 7:30, 9:45

**U-571 (PG-13)**  
12:50, 4:00, 7:30, 9:35

**NP BATTLEFIELD EARTH (PG-13)**  
1:15, 4:15, 7:15, 9:55

**NP HELD UP (PG-13)**  
1:30, 3:45, 6:15, 10:15

**FINAL DESTINATION (R)**  
6:45, 10:20

**Showings Pontiac 1-5**  
Telegraph St. Lake Rd. S. Side of  
Telegraph  
248-333-0241

Bargain Matinees Daily  
All Shows until 6 pm  
Continuous Shows Daily  
Late Shows Fri & Sat  
THRU THURSDAY  
NP DENOTES NO PASS

**NP GLADIATOR (R)**  
12:45, 1:15, 1:45, 3:45, 4:20, 4:50,  
6:50, 7:25, 9:55, 9:50

**FREQUENCY (PG-13)**  
1:30, 4:00, 7:00, 9:30

**NP SCREENED (PG-13)**  
1:00, 3:00, 5:05, 7:10, 9:15

**Showings Pontiac 6-12**  
2405 Telegraph Rd. East side of  
Telegraph  
248-334-6777

Bargain Matinees Daily  
All Shows until 6 pm  
Continuous Shows Daily  
Late Shows Fri & Sat  
THRU THURSDAY  
NP DENOTES NO PASS

**I DREAMED OF AFRICA (PG-13)**  
12:15, 10:20

**FLINTSTONES IN VIVA ROCK VEGAS (PG)**  
12:35, 2:45, 4:45, 6:30

**LOVE AND BASKETBALL (PG-13)**  
1:20, 4:20, 7:30, 10:00

**NP HELD UP (PG-13)**  
2:20, 4:05, 6:50, 7:45, 9:45

**NP CENTER STAGE (PG-13)**  
1:00, 3:50, 7:25, 9:50

**NP BATTLEFIELD EARTH (PG-13)**  
1:15, 4:15, 7:15, 9:55

**KEEPING THE FAITH (PG-13)**  
1:30, 4:10, 6:50, 9:30

**U-571 (PG-13)**  
1:40, 4:30, 7:10, 9:40

**Omni Theaters**  
Warren & Wayne Aids  
313-425-7700

Bargain Matinees Daily  
All Shows until 6 pm  
Continuous Shows Daily  
LATE SHOWS FRIDAY & SATURDAY  
THRU THURSDAY  
NP DENOTES NO PASS

**NP BATTLEFIELD EARTH (PG-13)**  
1:15, 1:45, 4:00, 4:30, 7:30, 9:30,  
9:40, 10:10

**NP HELD UP (PG-13)**  
1:10, 3:15, 5:20, 7:30, 9:45

**LOVE AND BASKETBALL (PG-13)**  
1:30, 4:10, 6:50, 9:30

**FINAL DESTINATION (R)**  
1:00, 3:05, 5:10, 7:20, 9:25

**NP SCREENED (PG-13)**  
1:00, 3:00, 5:00, 7:10, 9:15

**Starline**

**Starline 1-3**  
6800 Wayne Rd.  
One Block S. of Warren Rd.  
313-729-1060

Bargain Matinees Daily  
All Shows until 6 pm  
Continuous Shows Daily  
Late Shows Fri & Sat  
THRU THURSDAY  
NP DENOTES NO PASS

**NP GLADIATOR (R)**  
12:45, 1:15, 1:45, 3:50, 4:20, 4:50,  
7:00, 7:30, 8:00, 10:10

**NP I DREAMED OF AFRICA (PG-13)**  
6:40, 10:15

**FREQUENCY (PG-13)**  
1:40, 4:40, 7:20, 9:45

**FLINTSTONES IN VIVA ROCK VEGAS (PG)**  
12:30, 2:00, 2:30, 4:00, 4:30, 6:30,  
9:00

**NP CENTER STAGE (PG-13)**  
U-571 (PG-13)

**NP SCREENED (PG-13)**  
1:30, 3:55, 6:50, 9:20

**NP THE GLADIATOR (R)**  
11:50, 12:30, 1:10, 1:50, 2:30, 3:10,  
3:50, 4:30, 5:10, 5:50, 6:30, 7:10,  
7:50, 8:30, 9:10, 9:45

**NP VIRGIN SUICIDE (R)**  
11:55, 1:55, 4:00, 6:10, 8:20

**NP SCREENED (PG-13)**  
11:55, 1:55, 4:00, 6:10, 8:20

**NP CENTER STAGE (PG-13)**  
11:45, 1:20, 4:50, 7:20, 9:50

**NP HELD UP (PG-13)**  
12:25, 2:50, 5:00, 7:15, 9:25

**NP BATTLEFIELD EARTH (PG-13)**  
12:10, 12:50, 2:00, 3:00, 3:40, 5:30,  
5:20, 7:30, 8:10, 9:00, 10:00

**NP I DREAMED OF AFRICA (PG-13)**  
2:10, 5:05, 7:35

**THE FLINTSTONES IN VIVA ROCK VEGAS (PG)**  
12:00, 2:05, 4:15, 6:35, 8:50

**WHERE THE HEART IS (PG-13)**  
1:45, 4:25, 7:05, 9:55

**FREQUENCY (PG-13)**  
1:40, 4:20, 7:00, 9:30

**U-571 (PG-13)**  
1:30, 4:10, 5:20, 6:50, 8:00, 9:20

**NP HELD UP (PG-13)**  
1:00, 3:45, 6:00, 5:55

**KEEPING THE FAITH (PG-13)**  
12:35, 3:20, 6:00, 8:55

**RETURN TO ME (PG)**  
2:25, 7:45

**THE ROAD TO EL DORADO (PG)**  
12:45, 2:45, 4:45

**28 DAYS (PG-13)**  
6:55, 9:15

**HIGH FIDELITY (R)**  
11:50, 5:15

**EDH BROCKOVICH (R)**  
12:05, 2:15, 4:35, 6:45, 9:05

**ADRENALINE DIVE (NR)**  
12:20, 2:40

**RULES OF ENGAGEMENT (R)**  
11:55, 3:55, 7:40

**Starline 2**  
32289 Iroquois Road  
248-585-2870

CALL FOR SATURDAY SHOWTIMES  
No one under age 6 admitted for  
PG-13 & R rated films after 6 pm

**NP BATTLEFIELD EARTH (PG-13)**  
12:30, 1:20, 2:10, 3:00, 3:50, 4:40,  
5:30, 6:20, 7:10, 8:00, 8:50, 9:40

**NP SCREENED (PG-13)**  
11:50, 1:50, 4:00, 6:10, 8:20

**NP GLADIATOR (R)**  
12:00, 12:50, 1:40, 2:30, 3:20, 4:10,  
5:00, 6:00, 6:50, 7:40, 8:30, 9:20

**NP I DREAMED OF AFRICA (PG-13)**  
3:10, 9:30

**NO V.I.P. TICKETS**

**WHERE THE HEART IS (PG-13)**  
11:55, 2:50, 5:50, 8:40

**FREQUENCY (PG-13)**  
1:10, 3:40, 6:40, 9:10

**U-571 (PG-13)**  
12:10, 2:40, 5:10, 7:30, 10:00

**RULES OF ENGAGEMENT (R)**  
12:40, 2:40, 7:30, 9:50

**RETURN TO ME (PG)**  
8:10-NO SHOW MAY 17

**THE ROAD TO EL DORADO (PG)**  
12:15, 2:20, 4:30

**EDH BROCKOVICH (R)**  
12:40, 3:30, 6:30, 9:30

**28 DAYS (PG-13)**  
12:20, 6:35

**Starline 3**  
200 Barclay Circle  
248-883-2200

SUNDAY THRU THURSDAY  
No one under age 6 admitted for PG  
13 & R rated films after 6 pm

**Starline 4**

**Starline 4**  
12 Mile between Telegraph and  
Northwestern off I-96  
248-353-STAR

No one under age 6 admitted for  
PG-13 & R rated films after 6 pm  
FOR SHOWTIMES AND TO PURCHASE  
TICKETS BY PHONE  
CALL 248-372-2222

**www.STAR.SOUTHFIELD.com**  
NP FEATURES: SORRY NO V.I.P.  
DISCOUNT TICKETS ACCEPTED

**NP BATTLEFIELD EARTH (PG-13)**  
SUN: 11:30, 12:15, 1:30, 2:20, 3:15,  
4:20, 5:20, 6:30, 7:15, 8:30, 9:30,  
10:20; MON-THURS 12:15, 1:30,  
2:20, 3:15, 4:20, 5:20, 6:30, 7:15,  
8:30, 9:30, 10:20

**NP SCREENED (PG-13)**  
12:20, 2:40, 5:00, 7:20, 9:40

**NP CENTER STAGE (PG-13)**  
1:10, 4:10, 7:10, 10:10

**NP GLADIATOR (R)**  
SUN: 11:15, 12:00, 12:30, 1:15, 2:00,  
2:45, 3:30, 4:00, 4:45, 5:30, 6:15,  
7:00, 7:30, 8:15, 9:00, 9:45, 10:30

**MON-THURS 12:00, 12:30, 1:15,  
2:00, 2:45, 3:30, 4:00, 4:45, 5:30,  
6:15, 7:00, 7:30, 8:15, 9:00, 9:45,  
10:30**

**NO V.I.P. TICKETS**

**NP I DREAMED OF AFRICA (PG-13)**  
12:10, 6:20

**NO V.I.P. TICKETS**

**WHERE THE HEART IS (PG-13)**  
1:10, 4:10, 7:10, 10:05

**LOVE AND BASKETBALL (PG-13)**  
1:30, 4:00, 7:00, 9:00, 10:30

**FLINTSTONES IN VIVA ROCK VEGAS (PG)**  
12:00, 2:30, 5:10, 7:45, 10:15

**FREQUENCY (PG-13)**  
1:20, 4:20, 7:30, 10:20

**U-571 (PG-13)**  
1:45, 4:30, 7:20, 10:10

**28 DAYS (PG-13)**  
12:50

**KEEPING THE FAITH (PG-13)**  
3:50, 6:50, 9:50

**RULES OF ENGAGEMENT (R)**  
12:00, 3:00, 6:00, 8:50

**THE ROAD TO EL DORADO (PG)**  
12:10, 2:30, 4:40, 6:40

**EDH BROCKOVICH (R)**  
3:10, 9:20

**FINAL DESTINATION (R)**  
12:30, 3:00, 5:30, 8:00, 10:30

**United Artists Theaters**  
Bargain Matinees Daily for all shows  
starting before 6:00 PM  
Same day advance tickets available.  
NO V.I.P. tickets accepted

**United Artists West Street**  
10 Mile  
One Block West of Middlebelt  
248-788-6872  
ALL TIMES SUN-THURS

**BATTLEFIELD EARTH (PG-13) NV**  
12:50, 3:50, 7:00, 9:40

**CENTER STAGE (PG-13) NV**  
12:10, 2:15, 5:00, 7:35, 10:15

**HELPS UP (PG-13) NV**  
12:20, 2:30, 4:45, 6:55, 9:10

**GLADIATOR (R) NV**  
12:00, 3:15, 6:45, 10:00

**I DREAMED OF AFRICA (PG-13) NV**  
12:15

**WHERE THE HEART IS (PG-13) NV**  
1:00, 4:00, 6:50, 9:35

**FLINTSTONES IN VIVA ROCK VEGAS (PG) NV**  
12:25, 2:40, 4:55, 7:10, 9:30

**FREQUENCY (PG-13) NV**  
1:15, 4:10, 7:20, 10:05

**U-571 (PG-13)**  
5:20, 7:45, 10:10

**LOVE AND BASKETBALL (PG-13) NV**  
1:30, 4:20, 7:15, 9:55

**United Artists Commerce 14**  
3330 Springdale Drive  
Adjacent to Home Depot  
North of the intersection of 14 Mile &  
Haggerty  
248-908-8801

Bargain Matinees Daily for All Shows  
starting before 6 pm  
Same Day Advance Tickets Available  
NO V.I.P. Tickets Accepted

**BATTLEFIELD EARTH (PG-13)**  
10:45, 11:25, 1:20, 2:10, 4:00, 5:00,  
6:40, 7:40, 9:20, 10:20

**CENTER STAGE (PG-13) NV**  
10:55, 1:35, 4:25, 7:20, 10:00

**SCREENED (PG-13) NV**  
11:15, 1:50, 3:55, 6:10, 8:05, 10:05

**GLADIATOR (R) NV**  
10:30, 11:30, 12:30, 1:40, 2:40, 3:45,  
4:55, 6:05, 7:00, 8:15, 9:15, 10:15

**I DREAMED OF AFRICA (PG-13) NV**  
11:25, 4:10, 9:40

**WHERE THE HEART IS (PG-13) NV**  
11:20, 2:00, 4:45, 7:35, 10:20

**FLINTSTONES IN VIVA ROCK VEGAS (PG) NV**  
10:30, 12:35, 2:35, 4:40, 6:45

**FREQUENCY (PG-13) NV**  
11:10, 1:45, 4:35, 7:15, 9:50

**U-571 (PG-13) NV**  
11:45, 2:30, 5:15, 7:55, 10:30

**Richard 2 Cinemas, LLC**

**Richard 2 Cinemas, LLC**  
Downtown Oxford  
Laper Rd. (M-24)  
(248) 428-7701  
Fax (248) 428-1300

**NOV OPEN**

**AMC, Livonia 20**  
Haggerty & 7 Mile  
754-542-9909

Call theatre for Features and Times.

**\$1.00 Ford Td \$1.50**  
313-561-7200

**AFFORDABLE FAMILY PRICES**  
\$1.00 Tr 6 pm After 6 pm \$1.50  
Ample Parking - Telford Center  
Free Refill on Drinks & Popcorn  
(SUN: No children under 6 after 6  
pm except on G or PG rate films)

**MATINEES DAILY**  
YOUR BEST \$1.00 AND  
\$1.50 MOVIE BUY

**SCREEN 3 (R)**  
SUN: 12:00, 2:30, 5:00, 7:30, 9:45

**MON-THURS 5:00, 7:30, 9:45**

**TOY STORY 2 (G)**  
SUN: 11:15, 1:15, 3:15, 5:15

**MON-THURS 5:15**

**AMERICAN BEAUTY (R)**  
7:15, 9:45

**MJR Theaters**  
Brighton - Chelsea 2  
136 East Grand River  
810-221-4700  
Call 77-Film Ext. 548

**NP BATTLEFIELD EARTH (PG-13)**  
1:10 (4:15 @ \$4.00) 7:10, 9:45

**NP GLADIATOR (R)**

# Financial gifts to DSO symbolize hope for future

BY FRANK PROVENZANO  
STAFF WRITER

fprovenzano@oe.homecomm.net

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

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

To-date, the campaign has raised about \$90 million with the remaining \$35 million expected within the next three years.

"This is a clear sign that Detroit is on the rebound," said Emil Kang, interim president of the DSO. "Many civic supporters believe that the health of the cultural institutions is inseparable from

**'This is a clear sign that Detroit is on the rebound. Many civic supporters believe that the health of the cultural institutions is inseparable from the quality of life of our region.'**

**Emil Kang**

*Interim president, Detroit Symphony Orchestra*

the quality of life of our region."

Among the individual contributors are Sam and Jean Frankel, Bernard and Marilyn Pincus, Max and Marjorie Fisher, and Bob and Maggie Allesee, all of whom are from Bloomfield Hills. In total, 21 donors contributed \$1 million or more to the recent \$28 million gift to the DSO.

"This is a community of survivors and strong-willed people," said Kang, a Birmingham resident who joined the DSO last year after a stint with the Seattle Symphony Orchestra.

The three-phase Orchestra Place pro-

ject includes the building of administrative offices (completed in 1997), the construction of a high school for the performing arts (currently under construction), and renovation and expansion of Orchestra Hall, the acoustical gem of a venue that is home to the DSO. Improvements to the hall are expected to be finished in 2003.

The new 550-seat multi-purpose hall, an atrium lobby and the music education center named after the late Jacob Bernard Pincus, will be known collectively as part of the Max M. Fisher Center for the Performing Arts.

With the second venue, the DSO plans to offer a broader selection of jazz and pops programming.

Meanwhile, the 2,000-seat Orchestra Hall will receive new heating, ventilation and lighting systems along with elevators and an expanded lobby and backstage.

Currently, musicians file into five trailers that are attached to the back of the hall.

Renovations will commence this summer, said Kang. From June through August the DSO conducts its concert schedule at Meadow Brook Festival in Rochester Hills.

In the last decade, symphony orchestras in Baltimore, Chicago, Cleveland, Dallas and Seattle have either built or renovated their existing halls, said Kang.

Fund-raising doesn't end when the renovations and new construction are completed. The DSO must raise approximately \$10 million of its annual \$25



**Philanthropists:** The generous donations of Sam Frankel (left) and Max Fisher, among others, will help transform the Detroit Symphony Orchestra.

million budget through grants and donations.

*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.*

**INTERNATIONAL FESTIVAL**

Farmington Hills musician Peter Soave is one of the performers in the 12th annual International Festival of World Music and Dance 8 p.m. Friday, May 19 in Smith Theater at Oakland Community College in Farmington Hills.

Tickets are \$16, \$20 reserved. Call (248) 522-3667.

"Flamenco Sin Fronteras (Flamenco without Frontiers)" features Cuban guitarist Jorge Luis Perez, dancer Lea LaGreca, flutist Ginka Ortega, a jazz quartet, and Soave on bandleone. Soave is currently performing in an Off-Broadway musical, *Eurydice - Legend of Lovers*, at the Studio Theater on 46th Street. Soave created all of the music for the show and will be the sole musician. *Eurydice* continues to June 3. For tickets, call (800) 965-4827.

**ART FAIR**

Aspiring performing and visual art students in Wayne County

will exhibit their talent at the 3rd Annual Wayne Regional Educational Service Agency (Wayne RESA) Art Fair 11 a.m. to 7 p.m. Saturday, May 20 at 5454 Venoy Road, Wayne. For directions, visit the Website at [www.resa.net](http://www.resa.net).

The fair showcases artwork, performances and demonstrations by students representing more than 60 schools in 21 school districts in Wayne County. More than 30 professional artists will also exhibit and sell their work which includes caricatures by William Tyus, Jr. Tyus, Jr. and his son Hasani have had their work published in a book about great African Americans.

A free concert by Alexander Zonjic & Friends begins at 3 p.m. Live entertainment will be provided by 17 local schools throughout the day.

**INTERIM DIRECTOR APPOINTED**

The Plymouth Symphony Orchestra has appointed William Hulsker to serve as interim executive director while the search continues for a new director. Hulsker is a member of the orchestra as well as its personnel manager. He is a past president of the orchestra's board and recently retired from his position as music librarian at

Wayne State University after 36 years.

Hulsker will join with other orchestra members to give a free concert during Plymouth is Artrageous 6 p.m. Friday, May 19 on Penniman. The orchestra also performs 7 p.m. Sunday, May 21 for St. John Neumann's 25th anniversary concert at the church, 44800 Warren, west of Sheldun, Canton. The concert is free to the public.

**PET PORTRAITS**

Watercolor artist Kristine Dumm will display several of her cat portraits at the Mid-Michigan Cat Fanciers Show Saturday-Sunday, May 20-21 at the Allen Park Civic Center.

Dumm, a Redford resident, specializes in commissioned watercolor portraits of pets painted from photographs. For more information, call Dumm at (313) 541-7425.

**TEEN PRODUCTION**

The teen drama club at the Plymouth Community Arts Council is presenting Moliere's timeless farce, *Tartuffe* 8 p.m. Friday, May 19 at the Joanne Winkelman Hulec Center for the Arts, 774 N. Sheldon at Junction, Plymouth.

Admission is by donation. All

proceeds benefit the teen drama club. For more information, call (734) 416-4ART.

Initially controversial in 1664 when it was written by Moliere, the play attacks religious bigots in France.

**DAY OF PERCUSSION**

Plymouth-Canton High School is hosting the Michigan Percussion Arts Society's Day of Percussion beginning at 9 a.m. Saturday, May 20.

Registration for the clinics is at 8:30 a.m. in the Plymouth-Salem High School Cafeteria. No percussion skill is necessary, only an interest in the percussive arts. All skill levels from elementary to college are encouraged.

A 7:30 p.m. concert will feature the Plymouth Percussion Ensemble directed by Gregg Rinehart, the Mott Middle College Steel Band under the direction of James Coviak, and the Trinity (Pennsylvania) High School Percussion Ensemble directed by Shawn Galvin.

The cost is \$10 for the entire day or \$7 (\$5 students) for the concert only.

**ARTISTS WANTED**

Canton Township is still looking for artists to exhibit in their

9th annual Fine Art and Fine Craft Show 10 a.m. to 9 p.m. Saturday, June 24 and 11 a.m. to 5 p.m. Sunday, June 25 in Heritage Park during Liberty Fest 2000.

Artists can display their work under "the big tents" or can bring their own tent. The show is juried and each artist is required to submit slides of their work from the approved categories of painting, prints, sculpture, ceramics, jewelry, drawings, pastel, and selected fine crafts.

For information, call Sharon Dillenbeck at D & M Studios (734) 453-3710.

**ART CLASSES**

Canton artist Kay Rowe will teach watercolor classes 6-9 p.m. Tuesdays June 6-27 at The Art Gallery/Studio, 29948 Ford Road, Garden City.

Portraiture classes in any medium with individualized instruction by Detroit artist Lin Baum will run June 1-22. A model is provided.

Supply list and for a suggested supply list, call (734) 261-0379 or (734) 513-4044.

The Plymouth Community Arts Council begins seven weeks of watercolor classes with Westland artist Sandra Weed May

**ART BEAT**

17. The beginning level runs 9:30 a.m. to 12:30 p.m. Wednesdays, advanced 1-4 p.m. Wednesdays.

A Drop-In Studio continues 1:30-3 p.m. Mondays, and 7:15-8:45 p.m. Wednesdays.

For more information or to register, call (734) 416-4ART.

**MOTHER'S DAY CONCERT**

"Measure for Measure," the men's choral group based in Ann Arbor, gives a Mother's Day concert 4 p.m. Sunday, May 14 in Hill Auditorium at the University of Michigan, Ann Arbor.

"Measure for Measure" will be joined by the Ann Arbor Huron High School A Cappella Choir. Tickets are \$12, \$8 students. Call (734) 483-9336.

**AUDITIONS**

Try out for *The Who's Tommy*, a rock opera to be presented by Jack-In-The-Box Productions, 6:45 p.m. registration, 7:30 p.m. auditions, May 23-24, at the Livonia Civic Center Library, off Five Mile Road between Merriam and Farmington roads. Prepare 16 bars of a rock pop song in your range and wear comfortable clothes for moving. Call (734) 797-JACK for information or visit <http://jackintheboxproductions.com>.

# Got stuff?

Stuff you don't need anymore. Stuff that's been piling up in the garage, in the basement or the attic. Get rid of it with with a classified ad in your hometown newspaper. We're so sure you'll be able to sell your stuff with three ads, that if you don't, we'll run your ad three more times free.

That's right—

***Sell it in three or we'll run it for free—  
three more times!***

How can you beat that?

You can't!

So, what you do is this:

Tell us you want our special three-ad deal, then if, heaven forbid, your stuff is still sitting around after the first three have run, call us and let us know and we'll run your ad absolutely free in the next three editions of your

THE  
**Observer & Eccentric**  
NEWSPAPERS  
**HOMETOWN CLASSIFIEDS**

*Home Town News is all about you*

Oakland County: 248-644-1010, Wayne County: 313-591-0100  
Rochester: Rochester Hills: 248-852-6222, Clark: Lake: 248-852-6222, East: 248-852-6222

Offer does not apply to Real Estate Apartments, Family, and Insurance Sales ads. Participants must post their ads, although they take only one week to sell the items advertised.

# Malls & Mainstreets

Sharon Dargay, Editor 248 901 2530 sdargay@oe-home.com on the web: http://observer.eccentric.com

Sunday, May 14, 2000

## Bargains in Bad Axe



For a mere \$9.99 I am walking tall. I couldn't resist buying Rocket Dog brand leather shoes with three-inch platform rubber heels and ivory-colored sneaker-like styling during my last shopping trip to

Bad Axe. The over-sized treasures weigh like anvils on my feet, but they give my image that little something extra — the way monster truck tires do on a tricycle.

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

Never mind the gas and time it took get them, as well as \$58 worth of other bargains I brought home one recent Saturday afternoon. The two-hour trip to the near tip of Michigan's thumb is as much a pleasant excursion as it is a shopping trip.

As Van Dyke becomes M-53, the suburban landscape gives way to cornfield, cows and quaint downtowns.

M-53 is no Rodeo Drive and Bad Axe, no Beverly Hills. But if you're looking for a pair of Keds sneakers, polyester pants, Levi denim shirts, camouflage hunting jackets and snowmobile suits all under one roof, your search ends at Norman's in Bad Axe, where bargains are serious business.

The store, one of five in the "up north" retail chain, is a neon green welcome mat on Bad Axe's southwest side, greeting motorists as M-53 curves east into the city outskirts.

The store exterior looks like one big continuous sidewalk sale.

Depending on the season, you might find athletic bags, soft nylon luggage, Spartan and Wolverine sweatshirts, inflatable rafts and all order of blindingly bright orange hunting gear stacked and hanging along the store facade.

Walk inside, look around and then tilt your head back. Yep, that's merchandise up there at a height only a stilt-walker would love.

Norman's supplies hooked poles at every aisle for extricating fashion from the packed, ceiling-high racks. Try hooking a piece from a group of blouses or shirts before moving on to heavier items. It may feel awkward at first. You'll probably dump a few extra on the floor or nearly KABONK a fellow shopper, but practice on a few and you'll be a pro in no time.

Shoes and boots are an easy search, arrayed within reach or by step ladder. I passed on the Take Ten embroidered pink tennis shoes and snatched up a pair of cushy, fur-lined Skandia boots in winter white for about \$20.

Rocket Dogs in cream color won out over black.

The women's department is a mix of contemporary sportswear and the stuff of memory lane. I found myself exclaiming, "Gosh, I remember polyester pantsuits," and "Gee, I used to fit into size 8 mini skirts."

Norman's stocks lots of novelty tee-shirts, athletic team sweatshirts, blue jeans, sporty skirts, blouses, sportswear sets and nightwear. Sporty describes the men's and children's merchandise, too.

Bulky women's novelty sweaters ranged from \$4.99 to \$9.99. Levi denim shirts were a steal at \$5.99 and ski pants were worth the \$19 price tag.

I bought a white embroidered spring skirt and matching black tee-shirt top set for \$9.99 and a pleated denim skirt for about \$6.

I added a pair of winter gloves (\$1.99) and heavy snowmobile mittens (about \$5) to my cart.

The overnight bag in burgundy nylon was a last-minute, impulse buy. It cost around \$7. I couldn't resist.

I checked out with about \$68 worth of merchandise and waited for my brother-in-law — a diehard Norman's fan — to finish shopping for wool socks and other basics.

My parents, who came along for the ride, make Norman's a twice annual pilgrimage. We can't resist. Like the sign says, *Lowest Every Day Prices.*

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

The Bad Axe store is open from 9 a.m. to 9 p.m., Monday through Saturday and from 10 a.m. to 9 p.m., on Sundays. Call 517-269-9222.

—by Sharon Dargay



Staff Photos By Jerry Zolynsky

Checking out stores: A shopper strolls along "gallery row" at the north end of Old Woodward, in downtown Birmingham.

## Merchants on Birmingham's gallery row celebrate spring

BY SHARON DARGAY  
STAFF WRITER

Elizabeth Stone and her neighbors along North Old Woodward are a little like orphans in Birmingham's downtown.

Sure, they're a part of the principal shopping district's retail family, but without an Old Woodward or Maple address they feel distanced from their downtown cousins.

"For people who come to the galleries and shops here, it's a destination. People come here for a reason. You don't get a lot of browsers," says Stone, who sells children's books and original book illustrations from her 10-year-old store. "Being in the uptown area, we need the exposure because we're in such a separate location."

Stone and other merchants along "gallery row," are throwing a party next weekend to lure shoppers and neighboring homeowners to the retail strip south of Oak.

Story tellers, face-painters and information peddlers will set up shop from noon to 5 p.m., on May 20 in Booth Park at Harmon and North Old Woodward.

The Birmingham school district's Evergreen Singers will perform and Toty Viola will serenade customers at Salvatore Scallopini. Southeast Oakland County Resource Recovery Authority will lead Rouge River nature walks from 2-4 p.m.

Spring Celebration also will include:

- A strolling children's fashion show, Lego contest, mini manicures and balloon animals at Annie Dauphinee Youngwear.

- An art exhibition and book signing by children's book authors and illustrators, including Denise Brennan-Nelson, Michael Monroe, Matt Faulkner, Cyd Moore, John Sandford, Brenda Shannon Yee, Wendy Anderson Halperin, Lynne Rae Perkins, Rhonda Gowler Greene, Kim Marie Wood, Franziska Schoenfeld and Janie Bynum.

- Drawings for gift certificates at Farrell Reis Salon and Gallery Nikko.

- Storyteller Judy Sima spinning yarns from 1-3 p.m., in Booth Park, sponsored by Greenstones Jewelers.

- Free lemonade and snacks, coloring books and crayons at Salvatore Scallopini.

- Arts and crafts in Booth Park, sponsored by Metro Parent Magazine.

Stone and John Heiney, Birmingham's Principal Shopping District director, hope shoppers continue to visit the area long after the hoopla's over.

"My contention is that they are in downtown Birmingham, but there's a gap in the retail

between our core downtown and here," explained Heiney, whose PSD office is located in the North Old Woodward gallery row, about a block from Stone's shop.

"It's a beautiful walk between the two. By big city standards it's nothing, but Birmingham being a small town, it may feel like a long way."

### In Plymouth

Melanie Purcell, Plymouth's Downtown Development Director, knows the feeling.

Plymouth's Old Village shopping district is located about a half-mile from the central business area, but it's not a part of the Plymouth DDA. Old Village shops and stores located even closer to DDA boundaries, don't benefit from DDA-funded improvements to central business district parking lots, lighting and landscape improvements.

And they can't participate in Plymouth's PSD marketing and promotional events. DDA and PSD boundaries coincide in the western Wayne County community.

"It's frustrating for them," Purcell said. "There's no formal organization or separate funding for Old Village. We've tried to do some joint (but separate) projects."

Halloween is a good example. The Plymouth PSD sponsored a store-to-store trick or treat event on Devil's Night last year. Old Village closed its streets for *Monster Mash*, an outdoor dance, the following day.

"I can't close streets in the downtown without causing a major impact," Purcell explained. "It worked out well. Halloween is a good example of how we try to play off of each other so that no one is left out."

The PSD also works closely with the local Chamber of Commerce because its membership includes Old Village shops and stores outside the DDA.

"The more participation the better," Purcell said.

### Rochester merchants

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

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

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

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

"During sidewalk sales we offer stores on the side streets a chance to move up to Main street," she added. Offices and merchants who don't participate in the outdoor sale make space for neighboring businesses that do.

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

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

"The next thing we're working on is the park. They're (the city) going to remove the ugly fence there. We're supposed to get more trees and flower beds and the neighborhood association wants to do an ice rink," she said.

"This is a revival."



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

Retail, style and special store events are listed in this calendar. Please send information to: *Malls & Mainstreets*, c/o *Observer & Eccentric Newspapers*, 805 East Maple, Birmingham, MI 48009. Fax: (248) 644-1314. Information must be received by 5 p.m. Monday for publication the following Sunday.

### WEDNESDAY, MAY 17

**MAKEUP ARTIST**  
Chanel National Makeup artist Conrad Sanchez visits the cosmetics department at Jacobson's in Birmingham from noon to 7 p.m. Call (248) 644-6900 for details.

### THURSDAY, MAY 18

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

## ADDED ATTRACTIONS

**BIRMINGHAM.** The clothing will be on display from 10 a.m. to 8 p.m., today, 10 a.m. to 6 p.m., Friday and Saturday and from noon to 5 p.m., Sunday. Call Fibres at (248)723-2880.

### LAFAYETTE 148

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

### FRIDAY, MAY 19

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

show at Wonderland Mall in Livonia through Sunday. The free event includes an appearance by World Series Champ Mickey Lolich from 1-3 p.m. on Saturday, May 20.

### HAVEN BENEFIT

Don't miss the reservation deadline for Brunch with Chanel, a fashion show to benefit The Haven on May 23 at Saks Fifth Avenue in The Somerset Collection, Troy. Tickets are \$50 and include a brunch at 11 a.m. and fashion show of Chanel's fall and winter ready-to-wear clothing, at 11:30 a.m. Call The Haven at (248) 334-2343, ext. 131.

### SATURDAY, MAY 20

#### FUN FOR KIDS

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

# WHERE CAN I FIND?

This interactive feature is dedicated to helping readers locate merchandise that's difficult to find through reader feedback. If you've seen or are looking for an item, call (248) 901-2555 and leave a message with your name and phone number. We publish readers' requests for merchandise twice. If you don't hear from us or see information about the item within a few weeks, we were unable to locate it. When we find an item owned by another reader, rather than for sale at a store, we will call you. But, please, be patient; we handle an overwhelming number of requests each week.

## WHAT WE FOUND:

- Penny Brit paste can be purchased through Ed Aghajanian, Inc., P.O. Box 40025, Cleveland, OH 44140, (440) 871-7817.
- The Loop Amusement Company, 20224 Van Born Road in Dearborn Heights, (734) 562-8033 may be able to repair the Seeburg Jukebox.
- Detroit and suburbs street guide can be purchased at Barnes and Noble and major bookstores. It comes in a hard cover spiral book.
- Little Tyke's playhouse can be purchased at all Toys R Us stores.
- Almay deodorant is sold at Rite-Aid on Six-mile and Newburgh roads.
- The following are used bookstores in the Livonia area: Book Connection 19043 Middlebelt, Livonia, (248) 471-4742, The Village at Joy and Inkster roads, Books Abound at Seven mile and Middlebelt (next to MC Sporting Goods), Paper Backs and Things 8044 N. Wayne road in Westland, (734) 522-8018.
- Royal Radio Sales & Services on 612 N. Main street, Royal Oak, (248) 548-8711, will repair the arm on a stereo.
- Call Corning/Revere Consumer Information Center (800) 999-3436, to order a glass top for a percolator or for a catalog.
- The Master Piece game is sold at Toys R Us stores.
- The Triangular strainer for a sink can be purchased at Bed Bath & Beyond. It also comes in stainless.
- A reader suggests using plastic cookie bags sold at Kitchen Glamour in Rochester to use for the 4x6-recipe card. She uses them and it works very well.
- For odd shaped glass for picture frames try Henderson glass.
- A reader has one copy of the Song of the South.
- The monkey sock kits can be purchased at the following stores: Joanne Fabrics, the Discovery store at Twelve Oaks Mall.
- The Transfer Zone in Oak Park, transfers old movies to videos (248) 548-7580.
- Buffalo Hot Dogs can be ordered from 1-800-BUY-BUFF.
- A reader has Redford Stuckey Elementary School memorabilia.
- A reader suggests a look in the want ads under Cameras for film projectors, any pawn shop, or the Adray Arena in Dearborn, which is having a camera show in the next few weeks.
- Silk ribbon embroidery kits can be purchased at Michael's, Joanne Fabrics, Mary Maxim's in Port Huron.

- We found the following items: Master Piece game, super 8 projector, and Sunbeam Mixmaster beaters, A large ell skin purse, WRIF Baby bumper sticker, turntable, Ashton Drake doll, stainless square electric fry pan, 1943 Fordson High School yearbook.
- For Shellacked bread try the Pier One store on Telegraph near Summit Place Mall in Pontiac.
- For Ziploc veggie bags call (800) 428-4796 for information on where to buy them in your area.

## FIND & SEARCH NOTES:

- Chuckles Easter bunny candy is no longer manufactured.
- The alphabet and number ice cube trays are not sold at Bed, Bath & Beyond.
- The telephone number for Things you never knew existed was incorrect. We do not have the correct number.
- The Livonia Public Libraries take used books for their used book sales; monies go to the libraries, (734) 466-2491.
- A teacher wants encyclopedias.
- The Song of the South video was never released in the United States.
- For miscellaneous parts to beaters, coffee pots, pots and pans try Culinary Parts Unlimited (800) 543-7549.

## WHAT WE'RE LOOKING FOR:

- A Smith Corona Coronamatic 2500 electric typewriter or a similar one for Dorothy.
- A pattern to make a poodle and coat hangar from rug yarn for Betty.
- A mini cassette tape-recorder from the 1960's-1970's for Audrey.
- The book Shell Seeker in hard cover (good condition) for Mrs. Plante of Redford Township.
- A Sony reel to reel self-contained tape recorder (tweed suitcase, portable with built in speakers) for a Nathan a professional musician who resides in Redford.
- An old Washtenaw Dairy glass milk bottle for Shirley of Garden City.
- Givenchy Balancing Mist cosmetic for Sharon.
- A person to translate Russian script for Michelle of Westland.
- A 40-inch wide electric stove in almond, brown or stainless steel, any brand in good condition for Leamore who resides in Bloomfield.
- The game Dog Fight for John.
- A replica of the Oscar award statue for Linda of Lake Orion.
- A store that sells screens for a storm door with no frame for Debbie.
- A company that can repair wooden kitchen chair legs for Flo of Redford.
- A store that sells a cabinet with grow lights for Doris, who resides in Plymouth.

- The crochet pattern "Indian Trail" for Norine.
- A store that sells men's Cross Trainer gym shoes made in USA) for Ed.
- The Norman Rockwell print The Runaway for Nancy of Commerce.
- A 1943, 1944, 1945 Dearborn Fordson High School yearbook for Frances.
- A store that sells Alberto VO6 conditioner to use with a blow dryer hair (white package) for Carmel.
- A store that sells covers for the Ironrite mangle for Jean.
- The 1989 book The People from North American, The Croatian Americans for Mark.
- A 1980 Bentley High School yearbook for Kathleen of Livonia.
- A store that sells Misses/Women's Allison Smith women's clothing for Mrs. Sutliss of Rochester Hills.
- A Company that will make a quilt/cover for a pool table with embroidered logo's from old bowling shirts for Jean, who resides in Farmington.
- A new/used Murphy bed for Linda of Canton.
- A store where cold air return registers, 32x34 long, 2 inches wide at floor, 7x8 inches high can be purchased for Ralph of West Bloomfield.
- A store that sells a 14x9x3 Mirro/Wearever all aluminum roaster with lid for Ralph.
- A store where sheer curtains sizes 40x48, 49x62, 48x72 can be purchased for Virginia of Beverly Hills.
- A store where Chipwich ice cream sandwiches can be purchased for Connie, who resides in Rochester.
- A store where Almay eye cream can be purchased for Gladys.
- A store that sells Health Tech socks for men (black with white feet) for Dorothy.
- A videotape of the March 15, 2000, Oprah Winfrey show. Would you know what to do, for Ann.

—Compiled by Sandi Jarackas

Great Discounts when you present your HomeTown Savings Card to these area businesses!

LOOK FOR OUR DECAL IN THE WINDOW!

S Automotive	S Entertainment	S Retail	S Services
<p><b>11 Mile/Henley Marathon</b> Berkley Oil Change only \$15.95 (with full-up)</p> <p><b>American Power Wash (734) 722-7278</b> Westland 1251 S. Wayne Rd. 20% Discount over \$120.00</p> <p><b>August Auto Body Collision</b> Clawson Free Exterior Wax/Polish With Any Repair</p> <p><b>Battery Solutions Inc. 36580 Michigan Ave</b> Wayne 10% Off New &amp; Remanufactured Batteries</p> <p><b>Don's Don-Rite Auto Wash</b> Berkley \$1 Off Car Wash "Best Wash and Dry"</p> <p><b>Eclipse Window Tint, 9206 Telegraph</b> Redford 10% Off Purchase Over \$200</p> <p><b>Goodyear Automotive Center 19424 Middlebelt, N of 7 Mile Rd</b> Livonia \$12.95 Oil Change. Free Maintenance Inspection</p> <p><b>Henk's Auto Restorations (313) 291-3075</b> Westland Rusted Alor? We restore your old car.</p> <p><b>JM Freeland Pontiac Buick</b> Royal Oak 10% Off Parts and Service</p> <p><b>North Brothers Ford 33300 Ford Road</b> Westland 10% Off Parts and/or Service. Purchases of \$100 or more</p> <p><b>Tom Halbeson Goodyear</b> Birmingham/Royal Oak 10% Off All Services</p> <p><b>Westland Car Care</b> Westland 10% Off Any Service of \$100.00 or More</p> <p><b>Westgate Auto Parts 156 S. Newburgh</b> Westland 50% Discount</p>	<p><b>Detroit Zoological Society</b> Royal Oak 10% Off All Membership Packages</p> <p><b>James B. Williams, CFP</b> Livonia 50% Financial Plan + Inv. Fees</p> <p><b>Kozak Consulting Co., Inc.</b> Westland 10% Discount Off 1999 Income Tax Prep</p> <p><b>Tax Time</b> Westland Free Electronic Filing with Paid Return</p> <p><b>Mary Jane Flowers</b> Royal Oak \$5.00 Off Any Purchase Over \$10.00</p> <p><b>Steve Codens Flowers</b> Southfield Free Delivery in Metro Detroit Area</p> <p><b>The Green Bee</b> Royal Oak 10% Off Purchase over \$10</p> <p><b>ABC Plumbing</b> Clawson \$20.00 Off Service or \$25.00 SNR</p> <p><b>American Blind and Wallpaper Factory</b> Plymouth 10% Off Order \$50 Min. Mention Code HE10</p> <p><b>Bergstroms Inc Plumbing &amp; Heating</b> Livonia \$15.00 Off Service Calls 734-522-1350</p> <p><b>Burton &amp; Sons</b> Garden City \$15.00 Off Service Call 734-427-3070</p> <p><b>Burton Plumbing &amp; Heating</b> Wayne 10% Off All Materials Service/Store</p> <p><b>Carouse Building and Painting</b> Westland 10% off All Labor. 15% Seniors</p> <p><b>Coach's Carpet Care</b> Ypsanti 10% Reg. Scheduled Services. Carpet Uphol. Ducts</p> <p><b>Colby's Decorating Center 968 Newburgh</b> Westland 10% Off All In Stock Merchandise</p> <p><b>Horton Plumbing</b> Plymouth Free Laundry Tub &amp; Faucet with Repairs</p> <p><b>I Do Windows 313-927-4990</b> Redford First Clean Free with Pre-Paid Service</p> <p><b>Kroll Window</b> Garden City \$300 Off 3 or More Windows</p> <p><b>Livonia Home Improvement 27790 Joy Road</b> Livonia In business since 1961. Windows, siding &amp; roofs. Best Prices</p> <p><b>New Beginnings LLC 734-513-0755</b> Livonia 10% Off Painting Two or More Rooms</p> <p><b>On the Spot Roofing &amp; Home Improvement 26010 Van Born</b> Westland 15% off Labor. 15% off Seniors 734-729-7110</p> <p><b>United Temperature</b> Westland Furnace Cleaning &amp; Inspection \$57.00</p>	<p><b>A Sturdy Business</b> Walled Lake 10% Off Any Lamp Purchase</p> <p><b>Alexanders Framing</b> Royal Oak 15% Off Any Purchase</p> <p><b>Aitas Greenfield Market</b> Southfield 5% Off Any Meat or Produce Purchase</p> <p><b>Border Outlet 3500 Lileky 734-397-6326</b> Canton 10% Off In-Stock Only</p> <p><b>Champion Cellular Warehouse</b> Southfield 10% Discount</p> <p><b>Chris Furniture Farmington Plymouth Rd</b> Livonia 40% Off All End Tables</p> <p><b>Delley Carpet 6 Mile W of Merriman</b> Livonia 10% Off Any Carpet. Free Estimates. Labor.</p> <p><b>Dinutrie Upholstering</b> Royal Oak 10% Off Complete Order</p> <p><b>Doll Hospital 3947 W 12 Mile</b> Berkley 10-80% Off Selected Dolls &amp; Bears</p> <p><b>Dolls and Trains</b> Lathrup Village 10% Off Selected Dolls</p> <p><b>Express Photo 6 Mile</b> Livonia 20% Off Processing 25% Off Enlargements</p> <p><b>F &amp; N Floor Covering 16 &amp; Dequindre</b> Troy 15% Off All Carpet &amp; Pad. Showroom Price</p> <p><b>Floors in Style 27800 Joy Rd 2 books w/ installer</b> Livonia 20% Off All Carpet and Vinyl Floors</p> <p><b>Four Seasons Garden Center</b> Oak Park 10% Off Reg. Price Shrubs &amp; Perennials (not w/ discount)</p> <p><b>Frenz &amp; Sons Hardware</b> Royal Oak 10% Off Purchase</p> <p><b>Henderson Glass</b> Berkley 10% Off Any Purchase excluding sale items</p> <p><b>Henshery Shoes 29522 Ford Road</b> Garden City 10% Off Regularly Priced Merchandise</p> <p><b>Independent Carpet One</b> Westland 10% Off Labor</p> <p><b>J &amp; K Trophy &amp; Engraving 248-473-7871</b> Livonia 10% Off All Awards Signs &amp; Gift Items</p> <p><b>Looking Glass Antiques</b> Plymouth 15% Off Any Item \$25.00 or More</p> <p><b>Marcys Groom-A-Pal</b> Birmingham 10% Off Retail Supplies (does not include grooming)</p> <p><b>Matras King</b> Pleasant Ridge/Madison Heights/Troy 10% Off Any Purchase</p> <p><b>Matras Cards &amp; Gifts 734-421-1066</b> Garden City 10% Off Regularly Priced Items</p> <p><b>Nicole's Revival</b> www.nicolesrevival.com 10% Off Entire Purchase with Card</p> <p><b>Once Upon A Child 5804 N. Sheldon</b> Canton 10% Off Any Purchase 734-458-6666</p> <p><b>Paesha Books &amp; Gifts \$100</b> Livonia 10% Off Purchase of \$20 or More</p> <p><b>Rendy's Ell of Troy</b> Troy 15% Off Any Reg. Priced Merchandise (not w/ discount)</p> <p><b>Remo Collectibles 42835 Ford 734-981-7500</b> Canton 20% Off Storewide</p> <p><b>Red Wing Shoes</b> Jackson Twp \$20.00 Off Any Regular Price Shoe/Buy One</p> <p><b>Talking Book World</b> Lathrup Village 10% Off Toward \$10 Purchase in Retail (not w/ discount)</p> <p><b>The Framery &amp; Gallery</b> Troy 20% Off Art Merchandise (including Framing Orders)</p> <p><b>Therapeutic Books 965 N. W. 734-453-4950</b> Plymouth Save 10% off all books</p> <p><b>Training Effect Fitness Store</b> Birmingham 10% Off Reg. Purchase 25% Off All Accessories</p> <p><b>Village Peddler</b> Plymouth 10% Off Storewide</p>	<p><b>Jane Dance Connection 313-862-1203</b> Dearborn 50% Off Registration Fee</p> <p><b>Kirby Vacuum Sales, Service &amp; Supplies</b> Westland 10% Off Supplies</p> <p><b>Mail Boxes Etc 7 Mile West to Jost, Produce</b> Livonia 10% Off Shopping Fed-Ex or UPS</p> <p><b>Men on the Move</b> Westland 20% Off Boxes and Packing Supplies</p> <p><b>Observer &amp; Eccentric Newspapers</b> Plymouth FREE Attention Center with Your Classified Ad. \$5 Value private party ads only. 1-800-579-SELL</p> <p><b>Singer Service Center</b> Clawson 10% Off Sewing Machine Repairs</p> <p><b>Suburban Appraisals 313-837-0191</b> Redford 15% Discount Off Jewelry Appraisals</p> <p><b>The Dance Connection 734-379-8796</b> Canton 50% Off Registration Fee</p> <p><b>Tuffy Auto Service Plymouth Rd W of Middlebelt</b> Livonia 10% Off Parts &amp; 5% Off Discount Prices</p> <p><b>Val's Catering Inc. 734-728-0647</b> Westland 10% on Parties over 50 People</p> <p><b>Visions of Joy Graphic Designs</b> Westland 10% Discount on Typesetting Over \$35</p> <p><b>World Explorers Travel 877-381-4414</b> Lake Orion Wave Services Fees on Air &amp; Vacation. Price Toll Free</p>
<p><b>S Beauty &amp; Health Care Professionals</b></p> <p><b>Allison Tanning Salon</b> Clawson 10% Off Any Reg. Priced Membership or package</p> <p><b>Better Health Store</b> Walled Lake 10% Off On All Supplies</p> <p><b>Checker Drugs 190 S. Wayne Road</b> Westland All Vitamins \$1.00 Off</p> <p><b>Dulac Hair Fashions</b> Farmington Hills 10% Off Reg. Price Cuts &amp; Rusk Products</p> <p><b>Farrall Hair</b> Birmingham \$5 Off Any Hair Service</p> <p><b>Family Dental Center 734-427-9300</b> Livonia 10% Off First Visit &amp; Free consultation</p> <p><b>Medical Center Pediatrics DMC</b> W. Bloom. Ring Farms Special Offer for New Patients. Call for Details</p> <p><b>Partners Salon 478-2848</b> Farmington Hills 10% Off Color Services. 10% Off Massage. Haircut</p> <p><b>Orthodontics - Drs. Shaw &amp; Ginster 248-471-1555</b> Livonia Free Consultation. a \$225 Value</p> <p><b>Personalized Hearing 35337 Warren</b> Westland Save 10% on 2 Digital Hearing Aids</p> <p><b>Ph.D. Psychologist 734-595-8077</b> Westland 50% Off 3 Visits. No Ins. with Disc. \$65 each</p> <p><b>Posh Salon</b> Southfield 20% Off All Services</p> <p><b>Shear Radiance Sheridan Square</b> Garden City 10% Off First Service</p> <p><b>Mr. Davids Hair Salon</b> Westland 20% Off of Hair &amp; Tanning Products</p> <p><b>Spunkys Womens Gym</b> Clawson 15% Off Any Membership</p>	<p><b>S Coffee, Bagnels &amp; Bakeries</b></p> <p><b>Mary Dinning's Cakes</b> Westland 10% Off Special Order Cakes</p>	<p><b>S Day Care</b></p> <p><b>Harris &amp; Harris Around the World</b> Garden City 10% Off 1st Months Tuition</p>	<p><b>S Dry Cleaners &amp; Laundry</b></p> <p><b>J.S. Prestige Cleaners on 5 Mile</b> Livonia 20% Off Dry Cleaning (No Other Coupons)</p> <p><b>Mel Kai Cleaners</b> All Locations Free Stealer or Paint W/ \$9.99 Incoming Washing</p> <p><b>Par Ave \$1.79 Cleaners 844-5091</b> Canton \$1.50 Per Item for Dry Cleaning</p> <p><b>Reps to Rhoads Cleaners</b> Clawson 15% Off Dry Cleaning (Only Min. \$25 Order)</p> <p><b>Touch of Clean</b> Plymouth 15% Off All Dry Cleaned Garments</p>
<p><b>S Landscaping &amp; Maintenance</b></p> <p><b>Billie Outdoor Care</b> Canton Commercial Snowplowing Contract 10% Off</p> <p><b>D. A. Alexander &amp; Co</b> Livonia 10% Off Fun Store Co</p> <p><b>Outdoor Fun Store Co</b> Wayne 10% Off Purchase of Any Outdoor Product</p> <p><b>OV &amp; Landscaping 734-729-8030</b> Westland \$150 OFF Sprinkler System over \$1500</p> <p><b>Sextons Garden Center</b> Plymouth 10% Off All Hand Garden Tools</p>	<p><b>S Jewelers</b></p> <p><b>Bright Jewelers 44344 Cherry Hill 734-864-2404</b> Canton 50% Off 14K Gold Chains</p> <p><b>Chinn Jewelry</b> Royal Oak We Will Pay Your Sales Tax Excluding Loose Diamonds</p> <p><b>Doble Jewelers</b> Ben. Bym/Farm. Cawhurn Woods/P. Ridge/Royal Oak 12 Off Ring Sizing (excluding platinum)</p> <p><b>O &amp; D Bush Jewelers 734-455-3030</b> Plymouth 50% Off All Silver Jewelry</p>	<p><b>S Pizzas</b></p> <p><b>Cottage Inn Pizzas</b> Birmingham 2 Large Pizzas W/ One Item \$12.99</p> <p><b>Marisa Deli &amp; Pizzeria 734-981-1200</b> Canton \$5.00 Off a \$50.00 Purchase (excluding Nibbles &amp; Alcohol)</p> <p><b>Papa Romonos</b> Ferndale \$1.00 Off Bannock Bread with any purchase</p>	<p><b>S Rentals Apts. Housing-Seniors</b></p> <p><b>Marquette House 35000 Campus Drive</b> Westland 10% Off First Month Rent</p> <p><b>Westland Condo/Convent Center 36137 W. Warren</b> Westland 10% Off First Month Private Pay</p>

To subscribe or renew a one-year subscription and receive your HomeTown Savings Card, call 734-591-0500 in Wayne County or 248-901-4716 in Oakland County

# Family amusements

## Ohio parks offer thrilling ways to spend a day

BY MARY QUINLEY  
SPECIAL WRITER

**W**hen the kids start to moan and groan about how "bored" they are with summertime, consider some family-friendly options south of the border — the Ohio border.

Here's a peek at our neighbor's four theme parks:

### Paramount's Kings Island

Journey into the Buckeye State's southwestern corner. Here you'll discover Paramount's Kings Island — a combo of 12 coasters, a 30-acre water park, hundreds of rides, attractions and live shows.

"I remember Kings Island as a very clean place," said Maggie Cytacki, who has visited the park with her husband and two sons. "It's a great family getaway. We made it a weekend trip."

The Livonia family especially enjoyed the water park. "It was a refreshing break in the middle of a very hot day," said Cytacki.

Of course, coasters are an integral part of the adventure. This season, Kings Island introduces Son of Beast, the only looping wooden roller coaster.

The ride is an offspring of The Beast, the longest wooden roller coaster in the world.

If golf is more your bag, bring your clubs. The Golf Center is one of the park's alternatives to scream machines and water rides.

### Sea World

"If you sit in the first eight to 10 rows, you'll get wet," blared the voice coming from the loud speaker. "In fact — you will be soaked!"

Wiggles and squeals of delight erupted from the front rows in the outdoor theater. No one moved. It was show time at Sea-

### If you go:

■ **Paramount's Kings Island** is north of Cincinnati, off Interstate 71 at exit 25. Call (800) 288-0808 or visit [www.pki.com](http://www.pki.com). Open weekends; daily beginning Friday, May 26.

**Admission:** For persons over 48-inches tall \$38.99; ages 3-6 and seniors over 60, \$19.50; children under 3 free.

**Estimated drive time from metro Detroit:** Approximately four hours.

■ **SeaWorld** is in Aurora, between Cleveland and Akron. For information, call (800) 63-SHAMU or click and go to [www.seaworld.com](http://www.seaworld.com). Opening Saturday, May 20, for weekends; Saturday, May 27, daily.

**Admission:** \$35.88 ages 12 and older; \$27.68 ages 3-11; younger than age 3, free.

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

■ **Cedar Point** is situated in Sandusky on a Lake Erie peninsula. It's midway between Cleveland and Toledo. Call (419) 626-0830 or visit online at [www.cedarpoint.com](http://www.cedarpoint.com). Open daily through Labor Day.

**Admission:** One-day and two-day passes available. One-day pass, \$38 ages 4-59, ages 3 and younger free; \$10 for those age 4 and older, who are less than 48-inches tall; \$22, age 60 and older.

**Estimated drive time:** Approximately two hours.

■ **Six Flags** is in Aurora between Cleveland and Akron. It's adjacent to Sea World. Call (330) 562-8303 or check the Web site [www.sixflags.com](http://www.sixflags.com). Open weekends, daily beginning Friday, May 26.

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

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

*Be sure to check for discount tickets before you leave for the parks. AAA, credit unions, grocery stores and other places of business offer discounted rates.*

World's Shamu Stadium — featuring killer whales Shamu and Namu!

The gates opened slowly as Shamu emerged to perform center stage. He whizzed through the pool creating whale-size ripples.

Cameras flashed. The crowd, hysterical with joy, clapped and waved. And, as the performance drew to a close, everyone in the Splash Zone was drenched — and loved it.

By far, the killer whales are a favorite with SeaWorld visitors. Be forewarned: Crowds wander into the stadium 30 minutes or more before scheduled performances.

After the whale show, options

are plentiful.

Slip into the Penguin Encounter to gaze at the more-than-100 polar penguins.

Or, visit the Shark Encounter. The moving walkway inside this exhibit provides fabulous underwater views (be sure to look up) of the sleek, gray-skinned sharks, as they circle their tank.

New this year at SeaWorld is a virtual adventure in a yellow submarine to the bottom of the ocean to explore the Bermuda Triangle. It's called — *Mission: Bermuda Triangle*.

Guests can take advantage of special evening shows and savings during SeaWorld's *New Orleans Nights* evening entertainment package June 10



**Making a splash:** The killer whale performance at SeaWorld is a favorite with visitors.

through Aug. 27. A parade begins each evening's festivities, transporting guests to SeaWorld's version of Bourbon Street.

### Cedar Point

Once again, Cedar Point has made coaster headlines. And Margaret Day of Livonia plans to see what all the fuss is about.

"I love roller coasters!" said the sophomore at the University of Detroit Mercy. "Several weeks ago, I drove past Cedar Point and saw it!"

"It" is Millennium Force — a "giga-coaster" with a top speed of 92 mph and a nearly vertical 300-foot drop at an 80-degree angle. Fasten your seat belt and hold on tight.

Millennium Force, the park's 14th coaster, is touted as the tallest and fastest roller coaster in the world.

The Raptor, one of Day's favorite coaster rides, turns its victims upside down as their feet dangle. "Riders get a rush when they go on it," she said.

Modern-day scream machines

are a far cry from Cedar Point's first coaster. In 1892, the Switchback Railway towered 25 feet high and traveled about 10 mph.

Not too keen on wind-in-your-face, tummy-churning rides?

No problem. Watch a stage show or marine-life presentation, cool off at the water park or the beach, play miniature golf or ride a go-cart.

### Six Flags

After an absence of almost 20 years, I returned to a place once called Geauga Lake. I was impressed. The park glowed, obviously the result of an extensive overhaul by new ownership — Six Flags.

For starters, an entrance with a majestic clock tower and a spouting water fountain greeted us.

The thrill-seekers in the group immediately headed for the coaster with the twisted-steel track that rolls over, dives, and spins — and then reverses itself. It's called the Mind Eraser. "Reliable sources informed me that it

promises an adrenaline rush.

Four new coasters will be ready for riding on May 19 including Batman Knight Flight, the billed as the world's longest "floorless" coaster.

If a twisty, curvy, river-raft ride piques your interest, check out the Grizzly Run. This white-water adventure in the water park will be up and running on May 27.

Six Flags, a mix of more than 100 rides and attractions, manages nicely to blend some classic entertainment with high-tech thrills.

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

## Art rules.

Plug them into something other than video games.

## Wayne RESA Art Fair

Saturday, May 20, 11:00 am - 7:00 pm

RESA Annex Grounds

5454 Venoy Road, Wayne, Michigan

- Outdoor concert with Alexander Zonjic & Friends at 3 pm
- Student artwork and performances
- Over 30 professional Detroit-area artists
- Free Admission & Parking

For more information, visit [www.resa.org](http://www.resa.org) or call 734.334.1300



Wayne RESA provides educational services and programs to Wayne County's 34 school districts, more than 80 public school academies and 188 private schools — meeting the educational needs of the more than one-half million children of Wayne County.

The Wayne RESA Board of Education Boyd W. Arthur, James S. Ben, Mary E. Blackman, Kathleen M. Chorpagan, James Pierre, County Superintendent Mike Hanagan

## MONTANA'S

### Steak & Seafood House

#### MONDAY-THURSDAY SPECIALS!

3oz PRIME RIB \$9.99

1/2 lb NY STRIP STEAK \$9.99

All Entrees Include: Salad, Bread, Choice of Potato and Soup Bar (with 6 Homemade Varieties to Choose From)

We also serve...

### 10 pc. Jumbo FRIED SHRIMP and Great FILET MIGNON!

Catch SPORTING EVENTS on one of our 6 TV's!  
Open Daily at 4 p.m. and Sunday at 2 p.m.

Enjoy our FREE Soup Bar with all entrees!

34290 FORD RD. • WESTLAND (734) 728-7490

## "FOR THE HOUSE & GARDEN"

Ceramic works by Pewabic Pottery and selected artists will be displayed in a beautiful outdoor, tented setting at the Birmingham Community House, 380 S. Bates in Birmingham, MI

May 19, 20 & 21 - 10 am to 5 pm  
Admission \$5  
Free to Pewabic Society Members  
Memberships available at the door  
Membership discounts on purchases

Buy 10 or more for FREE!

### FAMILY FUN DAY

Sunday, May 21  
Family activities include: Tile Pressing, Tile Rhythmic Throwing, Demonstrations, Face Painting, Children 12 and under Free

### SPECIAL BENEFIT PREVIEW PARTY

Thursday, May 18, 2000  
6:30 to 9:30 pm  
Tickets begin at \$75 RSVP Required

For information and reservations Please Call Pewabic Pottery at 313.822.0954  
Monday through Saturday 10:00 a.m. - 5:00 p.m.

## Hilton has plenty

Enjoy a BounceBack Weekend® at Hilton and relax for less. When was the last time you did absolutely nothing? Enjoyed pampering that made a few days feel like a vacation? A Hilton BounceBack Weekend provides everything you need to rest and revive. Plus receive a free Continental breakfast or credit towards a full breakfast at Hilton Suites you'll receive a full American breakfast and evening beverage reception! For reservations visit [www.hilton.com](http://www.hilton.com) Or call your professional travel agent: 1-800-HILTONS or one of the Hiltons listed below.

### It happens

Hilton Suites Auburn Hills 248-334-2222 8100  
Hilton Suites Detroit Metro Airport 734-728-9200 888  
Hilton Grand Rapids Airport 616-957-0100 888  
Hilton Garden Inn® Detroit Metro Airport 734-727-6000 888  
Hilton Garden Inn® Plymouth 734-420-0001 888  
Hilton Inn Southfield 248-357-1100 888  
Hilton Toledo 419-391-6800 878-888  
Hilton Windsor 519-971-5555 8C128-8C148

Rates are valid now through 12/30/00. They are subject to availability and may vary by hotel. Rates subject to change without notice. Early check-out subject to payment of higher rate or early departure fee. Late check-out subject to payment of late checkout fee. Beverage and other incidentals in suite price, subject to state and local laws. Limited availability. Advance booking required. Rates exclude taxes and gratuities and do not apply to groups. © 2000 Hilton Hotels Corporation.

# Taste

Ken Abramczyk, Editor 734 953 2112, k.abramczyk@oe.homecomm.net

## 2 UNIQUE



KELLI LEWTON

### Michigan morel mania mushrooms

**A**pril showers bring May flowers, and for many chefs, morel mushrooms.

These prized mushrooms, once served exclusively in sophisticated clubs and French style restaurants, have become more readily available. Picking wild Michigan morel mushrooms has become a popular spring pastime.

Flashy fungi have come to be a mainstay in Michigan dining. In addition to beef, restaurants are serving veggie burgers made with giant "Beef Steak" portabello mushrooms and grilled onions. Portabellos are often referred to as a vegetarian steak.

Mushrooms are finding their way into everything. In fact, just a couple of weeks ago I had some exotic mushrooms scrambled with eggs and goat cheese for breakfast - yum!

#### Mushroom folklore

Ancient Egyptians believed mushrooms were a magical source of immortality. Egyptian pharaohs, intrigued by the delicious flavor of mushrooms, decreed them food for royalty.

The Romans thought mushrooms were delivered by the gods through bolts of lightning cast to the earth during a storm. Many people believed mushrooms had properties that could produce super-human strength, help in finding lost objects and lead the soul to the realm of the gods.

#### Good health

In addition to being a prized part of most any meat dish, mushrooms have been valued for centuries as an alternative to meat. Many vegetarian and vegan-based diets are loaded with wild mushrooms.

Mushrooms are low in calories, high in vegetable proteins, iron, zinc, fiber, vitamins, and minerals. They are also high in vitamin B, phosphorus and potassium. A handful of domestic button mushrooms will supply all the vitamin B-12 you need for a day.

There are estimates of over 20,000 species of mushrooms. Approximately 2,000 are nutritious and edible. Of the edible mushrooms, 300 are known to have medicinal properties.

Mushrooms have been a vital part of mythology and medical practice for 40 centuries. Studies suggest that mushrooms help strengthen our bodies and boost immunities.

For flavor, health and dinner diversity, seek out wild mushrooms for your next cooking adventure.

*Chef Kelli L. Lewton is owner of 2 Unique Caterers and Event Planners in Bloomfield Hills. A graduate of Schoolcraft College's Culinary Arts program, Kelli is a part-time instructor at the college. Look for her column in Taste on the second Sunday of the month. See recipes inside.*

### LOOKING AHEAD

What to watch for in Taste next week:

- Beef on the grill
- Focus on Wine

# Are we old yet?

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

BY PEGGY MARTINELLI-EVERTS  
SPECIAL WRITER

**T**here is an old Italian saying, "mangia bene, vivi bene," and it means, "eat well, be well." Aging successfully can better be accomplished by following this adage.

The general makeup of the U.S. population is shifting and greater numbers of Americans are entering their senior years. The "graying of America" has been called the "failure of success," meaning that more and more of us are reaching old age, but don't necessarily have a desirable quality of life.

#### Healthy body

Optimistic seniors work for a sound mind and healthy body. Many are involved in activities that stimulate their minds and bodies. They understand their physical limitations and work at advancing their abilities to improve their quality of life. This is what I call "successful aging."

Our body systems change as we age and, unfortunately, there isn't much we can do about it. Just as we can't prevent the onset of puberty or the natural course of aging. But that doesn't mean we can't make the most of what we have. Learning to alter eating habits and modify menus can help us maintain optimum health and well-being as we age.

There is a normal and progressive decline in the sense of taste and smell with advancing age. This can lead to decreased salivation and decreased enzymes and hormones, which can affect digestion. Be sure food is flavorful and well seasoned. Watch out for salty seasonings if you have high blood pressure. Experiment and seek out new flavors.

#### Sense of thirst

The sense of thirst is also blunted as we age. Drinking only when we are thirsty may not meet body fluid needs. Keep a large container of water handy throughout the day and drink even if you don't feel thirsty. This is good advice for everyone, regardless of age.

The percentage of body muscle tissue, bone mineral and lung capacity decreases with age. Body fat increases and is stored in internal organs such as the liver, heart and kidneys. This can

cause seniors to feel weak, breathless and tired. Remember, food is fuel!

Be sure to eat foods rich in high quality protein such as meat, poultry, seafood, eggs, cheese, and legumes. Include dairy foods or calcium-fortified foods to keep bones dense.

Make sure you are comfortable when eating and take your time. Digestion slows way down as we age and many seniors are prone to constipation and other digestive problems. Include foods high in fiber and drink lots of fluids to keep your body running smoothly.

#### Prescriptions

Older Americans consume a disproportionate share of prescription and over-the-counter drugs. Many drugs can impact nutrients, and many foods can affect the bioavailability of drugs. Even herbal medicines and "natural" supplements can have pharmacological effects in the body. Be sure to read all the product literature from the pharmacy, or ask the pharmacist for a recommendation on a book about potential drug and food interactions.

Beware of "miracle" drugs and unnecessary supplements. Remember that the companies which make these

products and the people who work in health food stores are there to sell the products and make money. They should not be confused with health care providers who diagnose disease and recommend treatment options.

#### Depression

Depression is not a normal part of aging but affects 30-40 percent of older Americans. With aging comes a series of losses - loss of loved ones, loss of income, abilities and status, and a sense of purpose. This can lead to symptoms of depression, which can be difficult to identify or distinguish, because they can look like other symptoms associated with aging.

Don't be afraid to ask for help if you need it. A change in appetite or a loss of appetite may be an early sign that something is wrong. Pay attention to your body signals. Eat to stay healthy.

#### Cooking for one

Seniors who live alone may be at risk for malnutrition because of a low quality diet. Cooking for one can seem like more bother than it's worth.

Treat yourself as you would a special guest and get out your best dishes and silverware. Be sure to have small-sized pans, multipurpose cooking utensils and containers to store leftovers. Buy foods in season. Buy only what you can carry, store and use without waste.

Store foods to preserve quality and flavor and use older foods first. Try new foods. Eating properly makes us more alert, improves our outlook, and makes us less likely to get sick.

Three meals a day may not suit your needs or lifestyle. If possible, eat your largest meal at midday. Or, you may prefer smaller meals spaced out during the day. Use the Food Guide Pyramid as a goal for how much from each food group to eat. Focus on the foods that are the most nutrient dense and eat chips, cake, cookies, pie and candy only if you're still hungry.

#### Eating out

If you eat in restaurants, choose steamed, grilled, roasted, stir-fried or baked foods. Limit the amount of foods

### Fiber intake

Here's a quick method to check your fiber intake:

- Servings of fruit (not juice) x 1.5 grams = \_\_\_\_\_
  - Servings of vegetables x 1.5 grams = \_\_\_\_\_
  - Servings of refined grains x 1.0 grams = \_\_\_\_\_
  - Servings of whole grains x 2.5 grams = \_\_\_\_\_
  - Servings of legumes x 4.0 grams = \_\_\_\_\_
  - Total = \_\_\_\_\_
- Shoot for a goal of 20-30 grams of fiber each day. Also, be sure to drink plenty of water.

### Food Guide Pyramid for the over 50 crowd

The Food Guide Pyramid for older adults is designed to help healthy older adults stay healthy longer and improve their quality of life.

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

■ Eat sparingly - fats, oils and sweets. Examples: jelly, candy, gelatin, mayonnaise, salad dressing, margarine/butter, gravies, cream sauces, cake, pie, cookies and pastries.

■ Eat 2-3 servings daily - milk, cheese and yogurt. Examples: 1 cup milk, 1 cup yogurt, 1 cup pudding, 1 cup milk shake, 1 1/2 cups ice cream, 1 1/2 ounces Swiss cheese, 2 cups cottage cheese.

■ Eat 2-3 servings daily - meat, poultry, fish, eggs, dry beans, nuts. Examples: 1/2 cup tuna, 2 ounces meat loaf, chicken leg/thigh, 2 fish sticks, 2 eggs, 1 cup baked beans, 4 tablespoons peanut butter.

■ Eat 3-5 servings daily - vegetables. Examples: 1/2 cup corn, 1/2 cup carrots, 2 spears broccoli, 1 cup salad greens, 1/2 cup vegetable juice, 1/2 cup mashed potatoes.

■ Eat 2-4 servings daily - fruit. Examples: 1 orange, 1 banana, 3/4 cup fruit juice, 1/2 cup apple sauce, 5 prunes, 1/2 cup fruit cocktail, 1/2 cup strawberries, 1 cup watermelon.

■ Eat 6-11 servings daily - bread, cereal, rice and pasta. Examples: 1/2 bagel, 1/2 cup cooked rice, 1/2 cup cooked hot cereal, 1 dinner roll, 1 small muffin, 1/2 English muffin, 1/2 cup cooked noodles, 1 slice bread, 2-3 graham crackers, 1 ounce ready-to-eat cereal.

What about water? Adults need six to eight 8-ounce cups of water or liquid a day. Sources of liquid, in addition to water, are fruit and vegetable juices and milk. Caffeine-free coffees and teas and herbal teas are also good sources.

that are fried, or served in a heavy sauce.

Choose fruits, vegetables and salads; ask for dressings on the side. Watch out for foods high in sodium such as barbecued, pickled, smoked and marinated items. Choose skim or low-fat milk rather than soda or coffee. Eat what you can and take the rest home to enjoy at another meal.

Am I old yet? Perhaps eating well will help to keep us healthy and younger than our chronological age. It would be great if the only reminders of getting older would be a first grandchild or a senior citizen discount!

Remember, "eat well, be well."

Written in loving memory of my father, Mario Martinelli.

Peggy Martinelli-Everts of Clarkston is a registered dietitian and director of clinical operations for HDS Services, a Farmington-Hills based food service and hospitality management and consulting company, specializing in food service management for hospitals, long-term care facilities, businesses, private clubs and private schools. HDS Services has approximately 230 management accounts throughout the United States and Japan. See recipe inside.

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

### MAIN DISH MIRACLE



MURIEL WAGNER

If you're looking for a versatile quick fix dinner dish, include this sauce in your recipe repertoire. It can be used with cooked chicken, cooked shrimp, or even rinsed, drained and chunked tuna. Leftover strips of pork or turkey work well, too.

The sauce has a distinct Chinese restaurant flavor due to the soy sauce. My favorite sodium-reduced soy sauce doesn't come ready prepared in a bottle. I make one by mixing equal parts of inexpensive dry sherry and Tamari. This is Japanese soy sauce that is thicker and richer than Chinese soy.

Though I've used green peppers, pea pods, bok choy or other oriental vegetables can add interesting variety. I like to serve it with Chinese Lo-Mein noodles, not the fried ones in a can. They cook quickly and

add 5 grams of fiber to your daily intake instead of the one gram from American style noodles

Look for Main Dish Miracle on the second Sunday of the month in Taste. Muriel G. Wagner is a registered dietitian and nutrition therapist with an office in Southfield. She publishes "Eating Younger," a quarterly newsletter with recipes and nutrition tips. To subscribe, send a check for \$13.50 to "Eating Younger," P.O. Box 69021, Pleasant Ridge, MI 48069.

### SWEET AND SOUR CHICKEN

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

#### Sauce:

- 1/4 cup water
- 1 tablespoon cornstarch
- 1/2 cup orange juice
- 1/2 cup reserved pineapple juice (save pineapple chunks)
- 2 tablespoons tomato paste
- 2 tablespoons cider vinegar
- 1/4 cup brown sugar or honey
- 2 teaspoons sodium-reduced soy sauce

For sauce, mix water and cornstarch. Combine remaining sauce ingredients. Blend well and heat until thickened.

To prepare dish, spray skillet with nonstick spray. Sauté pepper and onion until tender crisp. Add chicken, pineapple chunks and the sauce.

**Nutritional information per serving:** Calories, 258; total fat, 2.5 grams; saturated fat, 0.2 g; chol, 73 milligrams; and sodium, 134 mg.

## Volunteer for annual TasteFest

Hundreds of volunteers are needed for the 12th annual Comerica Michigan TasteFest, which takes place in Detroit's New Center on the Fourth of July weekend — Friday, June 30, through Tuesday, July 4.

Volunteers can work information booths, beverage booths, monitoring stage entertainment and help in the children's activity areas. In appreciation for their efforts, volunteers will receive a special souvenir T-shirt.

One of the state's premier outdoor culinary and entertainment events, the TasteFest fills the streets adjacent to the historic Fisher Building on West Grand Boulevard between Woodward Avenue and the Lodge Freeway. Each year more than 250,000 people enjoy TasteFest.

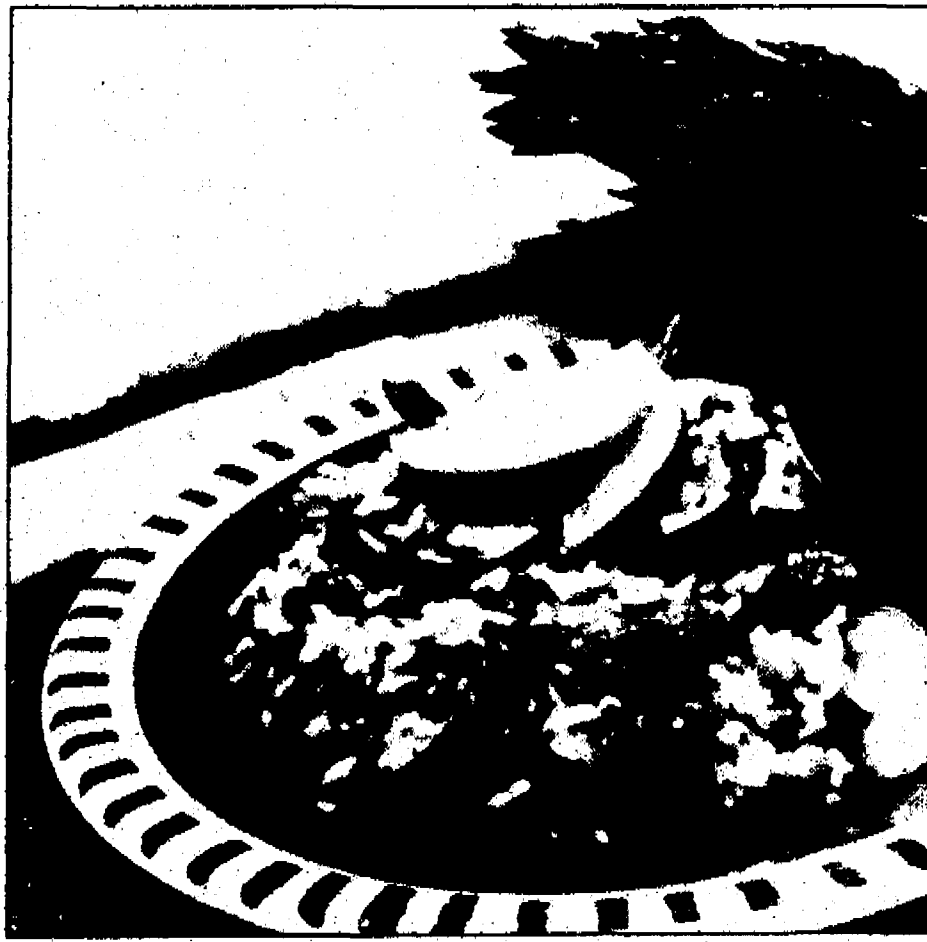
Entertainers include Isaac Hayes, Taj Mahal and his Phantom Blues Band, jazz artist Norman Brown, classic rockers 38 Special, Latin DJ Cisco and others including alternative, jazz and funk artists filling 75 free shows on four stages.

The Nationwide Insurance KidKorner will provide hands-on activities including a petting farm, Flumpe the Treefrog, and puppet-making workshops. Families can enjoy singing, dancing and watching the magic acts and puppet shows at the State Farm Insurance KidShows adjacent to Edy's Ice Cream Social. Both KidKorner and KidShows are open Saturday, July 1, to Tuesday, July 4.

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

Michigan TasteFest is produced by the New Center Council, which uses the proceeds to support summer youth programs and the maintenance of the New Center's outdoor public spaces.

To receive information about volunteering at TasteFest, call (313) 872-0188 or visit the Comerica Michigan TasteFest website at [www.tastefest.org](http://www.tastefest.org) and e-mail the volunteer coordinator.



**Risotto primavera:** Besides the right rice, a good risotto requires only a bit of oil or butter, wine, hot stock and some patience. This dish features asparagus and a carrot to celebrate spring vegetables, Italian style.

## Plan pork for next meal

BY THE ASSOCIATED PRESS

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

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

### PORK MEDALLIONS WITH SAUTEED APPLES

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

1/4 cup apple cider or juice

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

Meanwhile, coat a large non-stick skillet with cooking spray. Add shallots; saute over medium heat 3 minutes. Add apples; saute 2 minutes. Combine broth and cornstarch; mix well. Add to pan with cider. Simmer uncovered, stirring occasionally, 5 minutes or until apples are tender and sauce thickens. Place pork on warmed plates; top with apple mixture. Makes 4 servings.

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

### All about herbs

Peter Stark of Renaissance Acres and the M-Fit Culinary Team will demonstrate recipes on how to incorporate herbs and spices into favorite foods 6-8 p.m. Wednesday, May 31, and Wednesday, June 7, at the East Ann Arbor Health Center, 4260 Plymouth Road in Ann Arbor. Call Nicole Goyarts at (734) 975-4387. Ext. 236, to pre-register. Class fee is \$20 for individuals, \$35 for couples.

# Celebrate Italian style with risotto primavera

"Primavera" means spring in Italian, and Pasta Primavera, a traditional Italian dish, celebrates spring's arrival.

As with pasta, risotto should be just slightly resistant to the teeth — "al dente," as Italians would say.

Making a perfect risotto is easy. These days, most supermarkets sell Arborio rice, the fat, short-grained Italian rice that is ideal. This rice is also grown in the United States, but the American version doesn't produce a risotto as creamy and smooth. Besides the right rice, a good risotto requires only a bit of oil or butter, wine, hot stock and some patience.

The process for making it is simple. Heat the oil, stir in the rice to open its pores, add the acidic wine (or lemon juice) and, when it boils off, start adding the stock, no more than half a cup at a time. Add more liquid only when the previous amount is almost absorbed, stirring frequently. This slow absorption and stirring is what makes the risotto creamy. Add the vegetables, seafood or whatever additional ingredients you wish toward the end of the cooking process.

Finally, when the grains of rice no longer have a white "pearl" in the center and are "al dente," mix in grated, good quality, imported Parmesan cheese and serve the risotto immediately.

### RISOTTO PRIMAVERA

- 3 cups defatted chicken stock or broth
- 1 small green zucchini squash
- 6 thin asparagus stalks, cut in 1/2-inch pieces, tips reserved
- 1 medium carrot, halved lengthwise and thinly sliced
- 1 tablespoon extra-virgin olive oil
- 1/4 cup finely chopped Spanish onion
- 1 cup Arborio rice
- Juice of 1/2 lemon

- 1 small garlic clove, minced
- 1/2 cup fresh or frozen baby green peas
- 1/4 cup chopped flatleaf parsley
- 1 tablespoon low fat yogurt
- 2 tablespoons grated Parmigiano-Reggiano cheese

Salt and freshly ground pepper

Heat the chicken stock to boiling. Set it aside.

Halve the squash lengthwise. Scoop out the seeds with the tip of a teaspoon. Cut the squash into 1/2-inch pieces. Place in a bowl. Add the sliced asparagus and carrot.

Heat the oil in a deep saucepan over medium high heat. Add the onion and saute until it is translucent, about 2 minutes. Mix in the rice until it is coated with oil and opaque, about 1 minute. Add the lemon juice, stirring until the rice is almost dry, less than 1 minute. Mix in the garlic, and half the chopped vegetables, setting the rest aside. Cook one minute.

Begin adding the hot broth, a half-cup at a time. Stir well after each addition. Cook until the rice is almost dry before adding more broth.

When most of the broth has been used and the rice is almost done but still has a hard core, which takes about 15-18 minutes, add the rest of the reserved vegetables and parsley. Make the final addition of broth and cook until the rice is al dente, 3-4 minutes. Remove the pot from the heat.

Stir in the yogurt and grated cheese. Season to taste with salt and pepper. Serve immediately.

**Nutritional information:** Makes 4 servings, each containing 323 calories and 5 grams of fat.

*Recipe courtesy of Dana Jacobi from the American Institute for Cancer Research. AICR offers the AICR Nutrition Hotline (1-800-843-8114). Open 9 a.m. to 5 p.m., Monday-Friday, this free service allows you to ask a registered dietitian questions regarding diet, nutrition and cancer. AICR's Internet Web address is <http://www.aicr.org>.*

## Layer roasted vegetables, feta cheese over crust of wheat germ and couscous

BY THE ASSOCIATED PRESS

For a meatless entree with robust flavor, layer roasted vegetables and feta cheese atop a crust of wheat germ and couscous.

### FETA AND ROASTED VEGETABLE GRATIN

- 1 medium zucchini, unpeeled and sliced
  - 1 cup sliced mushrooms
  - 1/2 cup coarsely chopped onion
  - 1/2 cup chopped red bell pepper
  - 2 tablespoons balsamic vinegar
  - 1 3/4 cups water
  - 1/3 cup dried tomatoes (not packed in oil), snipped into small pieces
  - 1/2 teaspoon salt
  - 3/4 cup uncooked couscous
  - 1/2 cup toasted wheat germ, divided
  - 4 ounces crumbled feta cheese, divided
  - 3 egg whites, lightly beaten
  - 1 teaspoon dried basil or Italian seasoning blend
- Preheat oven to 425° F. Spray rimmed baking sheet and 9-inch pie plate with cooking spray.
- In large bowl, combine zucchini, mushrooms, onion

and pepper; sprinkle with vinegar and mix well. Arrange in single layer on baking sheet and bake 12 to 15 minutes, or until vegetables are soft and lightly browned around the edges. Remove from oven and cool for 5 minutes.

Reduce oven temperature to 350° F.

While vegetables are cooking, bring water to boil in a medium saucepan. Add dried tomatoes and salt and simmer for 5 minutes, stirring occasionally. Stir in couscous. Remove from heat, cover and let stand 5 minutes. Stir in 1/4 cup wheat germ and mix well. Spoon the mixture into pie plate and pat it onto the bottom and sides of the dish. Sprinkle with 1/2 cup cheese; top with roasted vegetables and egg whites. In small bowl, combine remaining wheat germ, cheese and basil. Sprinkle evenly over vegetables.

Bake 20 to 25 minutes or until golden brown. Cut into wedges to serve.

Makes 6 main dish servings.

*Nutrition information per serving: 190 cal (50 cal from fat), 5 g total fat (3 g sat), 15 mg chol, 540 mg sodium, 12 g pro, 29 g carbo, 4 g fiber.*

Recipe from: Kretschmer Wheat Germ.

## Read Arts & Leisure

it's the **ONE** rebate

Save \$5 with mail-in rebate on

Pratt & Lambert Accolade — the best formulated 100% acrylic paint available.

\$24.86 Gal. with Rebate\*  
Light colors only

or save \$2

PRATT & LAMBERT PAINTS

YOU ALWAYS LOOK BETTER WITH PRATT & LAMBERT™

\$25.45 Gal. with Rebate\*  
Light colors only

PAINTERS SUPPLY & EQUIPMENT CO

## Read Sports

## Play Hard. Play Free.

Call Today!

### Free Tennis Lesson

Just call one of these locations near you to sign-up!

<b>CLARKSTON</b> Deer Lake Athletic Club 248 625-8686 Independence Parks & Rec 248 625-8223 Waterford Oaks 248-625-2447	<b>WEST BLOOMFIELD</b> Novi Park & Rec 248 347-0400 West Bloomfield Parks & Rec 248 738-2500 Bloomfield Parks & Rec	Livonia Parks & Recreation 734 466-2410 Huron Valley Tennis Club 734 662-5514
<b>ROCHESTER</b> Rochester Hills Tennis & Swim 248 852-1500 Rochester Parks & Rec 248 856-8308	<b>SOUTHFIELD</b> Beverly Hills Club 248 642-8500 Franklin Racquet Club 248 352-8000 Southfield Parks & Rec 248 354-9510	<b>CANTON</b> Canton Parks & Recreation 734 397-5110 Huron Valley Tennis Club 734 662-5514
<b>TROY</b> Troy Parks & Recreation 248 824-3484	<b>FARMINGTON</b> Farmington Tennis Club 248 476-3246 Novi Parks & Recreation 248 347-0400	<b>HOMETOWN</b> Novi Parks & Recreation 734 347-0400 Brighton Athletic Club 610 229-2722
<b>BIRMINGHAM</b> Birmingham Community Tennis 248 643-8500 Birmingham Racquet Club 248 644-8883 Royal Oak Parks & Rec 248 344-8880	<b>LIVONIA</b> Livonia Family YMCA 734 261-2161	<b>MERRIOTT</b> Royal Oak Parks & Rec 248 347-0400 Birmingham Community Tennis 248 642-8500 Birmingham Racquet Club 248 644-8883 Huntington Woods Park & Rec 248 541-3030

May is USA Tennis Month — look for special savings on select tennis merchandise

It's the fun way to meet people and get fit. And it's easy to learn. The sooner you start the faster the fun begins! Call today to sign up for a free beginning lesson for players of all ages. It's free and it's fun!

## Grilling tips offered in class

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

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

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

## Inventory Blowout SALE

We'd rather sell it than count it

Save up to 80% off\* on a great selection of cookies & crackers thru 5/29/00.

BAKERY THRIFT STORES

"WHERE SAVING MONEY IS ALWAYS IN GOOD TASTE"

"BONUS VALUE" STORE COUPON

late Pudge Layer Cake 19.6oz.

FREE with additional 10.00 purchase

Limit 1 cookie per coupon

Limit 1 coupon per customer

Expires 5/29/00

\*UP TO 80% OFF MANUFACTURERS SUGGESTED RETAIL PRICE

<b>LIVONIA</b> 29115 Eight Mile Rd. (248) 477-2046	<b>WIXOM</b> 29788 S. Wixom Rd. (248) 688-8097	<b>STERLING HEIGHTS</b> 2183 17 Mile Rd. at Dequindre (810) 264-3096
--	--	--



**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.homecomm.net*

**Exploring Spring Vegetables** — Learn about lesser-known spring vegetables and new ideas for old favorites at Schoolcraft College in a two-day course offered Tuesday, May 16, and Thursday, May 18. You will learn how to identify, purchase and properly care for fresh vegetables along with recipes and techniques from instructors Traci Bahlman and Laura Wood-Romito. The course is offered through

Schoolcraft College's Continuing Education Service program. For information, call (734) 462-4448. **Hands-On Cooking** — This two-day course offered through Schoolcraft College's Continuing Education Services will instruct in the art of roasting, braising, sautéing and grilling meat, fish and poultry. The course is scheduled for 5:30-9:30 p.m. Wednesday, May 17, and Thursday, May 18. Call (734) 462-4448 for information. **Wine-Tasting benefit** — Wine aficionados can taste wine and help benefit scholarships and other

groups at A Toast to Canton Wine-Tasting 7-9 p.m. on Friday, May 19, at the Summit on the Park. The event will help the Leadership Canton Alumni Scholarship Fund, the Canton Goodfellows, the Canton Place Helping Hands Fund, Character Counts and the Community Literacy Council. Tickets are \$30 in advance and \$35 at the door. They can be bought at the Canton Chamber of Commerce, 5820 Canton Center, or at Holiday Market. For information, call the chamber at 453-4040 or call (734) 844-2200.

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

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

**PORTABELLO PIZZAS**

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

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

Mix chevre, egg white, basil and diced pepper.

Spread mixture evenly into caps.

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

**MUSHROOM NAPOLEON**

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

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

Combine remaining ingredients. Fold mushrooms into chevre egg mixture.

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

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

Pour mushroom mixture and spread evenly over prepared pastry.

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

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

**NORTHERN MICHIGAN MOREL STROGANOFF**

- 1 pound filet or rump steak, cut into thin strips
  - 2 tablespoons olive oil
  - Salt and pepper
  - 3 tablespoons brandy
  - 2 shallots, finely chopped
  - 2 cups fresh Michigan morels, cleaned and halved
  - 3/4 cup beef stock
  - 1/4 cup sour cream
  - 1 teaspoon Dijon mustard
  - 2 tablespoons fresh parsley
- Heat 1 tablespoon oil and sauté meat 2-3 minutes, remove from pan. Pour brandy in hot pan. Tilt pan toward flame (or ignite with a match) to burn off liquor. After flame goes out, pour over cooked meat already set aside. In same pan, add remaining oil and sauté mushrooms and shallots 3-4 minutes to soften. Add stock and simmer until tender. Add sour cream, parsley and beef and season to taste. Serve over 1 pound cooked and buttered broad egg noodles. Serves 4.

## It's the time of the season for festivals

**This spring, at least three major morel festivals will pop up in May.**

Whether they're breaded, sautéed in butter, served atop a steak or souped up in a creamy soup, Michigan's wild about its wild morel mushrooms and has the events and festivals feting the tasty fungus to prove it, says AAA Michigan.

"Some estimates are that Michigan's morel hunting season adds more to the state's economy than deer and duck hunters combined," said Larry Dickens, director of Vendor Relations for AAA Travel Agency. "Mushroom hunters often camp for days in the woods across Michigan, not only purchasing food and fuel but attending our festivals built around the morel."

This spring, at least three major morel festivals will pop up in May. Mesick's Mushroom Festival, now through May 14, includes hunts in the woods surrounding this northwest Lower Peninsula town, a parade May 13 and carnival May 12-14.

For more information on the Mesick Festival, call (231) 885-2679.

Boyer City's 40th annual National Morel Mushroom Festival runs May 18-21. Fun includes guided mushroom hunts, seminars on wild edibles, morel hunting contests and a carnival with rides and games. For more information, call (231) 582-6222.

In Lewiston, located in eastern Michigan, the Mushroom Celebration May 19-20 features mushroom food tasting on Friday, and a bus ride Saturday to a guided mushroom hunt with a contest, plus food, arts and crafts sales in the city park.

For more, call (800) 654-0330.

According to professor Robert Fogel, curator of fungi for the University of Michigan herbarium and U-M professor of biology, a good crop depends on the right conditions, which include optimum soil temperatures and moisture.

When you find morels, Fogel recommends the following tips:

■ Cut or pinch off the mushroom to leave its underground system intact.

■ Use a paper bag or orange sack to gather mushrooms, never plastic bags. Plastic bags promote bacteria growth, which can cause quality to deteriorate quickly.

■ Going on your first mushroom trip? Go with an experienced hunter. Make sure mushroom caps are pitted, not smooth or wrinkled. Some false morels with smooth or wrinkled or saddle-shaped caps are poisonous.

■ Carry a compass. Tell friends where you'll be and when you should return.

Learn to identify morels by taking classes offered by mushroom clubs, local botanical gardens or continuing education programs. Learn more about morels and other mushrooms on the Internet at [www.herb.lsa.umich.edu/kidpage/factindx.htm](http://www.herb.lsa.umich.edu/kidpage/factindx.htm)

## Veggie cheese chowder cooks while you're away

See related story on Taste front.

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

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

- 1 (4-ounce) can mushrooms, reserve liquid
- 2 cups frozen corn
- 1/4 cup flour
- 2/3 cup fat-free milk
- 1/2 cup Cheese Whiz Light

Combine first 9 ingredients in Crock-Pot. Cook for 3-4 hours on high. Add the mushrooms and corn. Remove about 1/2 cup of broth and let it cool.

In a separate container, whisk the flour, broth and mushroom juice together and then stir into the pot. Cook on high until slightly thickened, about 1/2 hour. Add the Cheese Whiz and milk, cook on low until ready to serve.

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

Recipe compliments of Jeanne Skilton, adapted by HDS Services.

**VEGETABLE CHEESE CHOWDER**

- 10 to 12 servings
- 1/2 pound shrimp
- 8 slices bacon, crisply cooked, diced
- 3 carrots, diced
- 5 stalks celery, diced
- 6 small potatoes, diced
- 1-2 onions, diced
- 1/2 cup green pepper, diced
- 3 cups water
- 2 cups low-sodium chicken broth

**Mike's Marketplace**

YOUR MEAT & DELI SUPERMARKET

38000 Ann Arbor Road • Livonia • 734-464-0330

**2<sup>nd</sup> Anniversary 2¢ Sale**

Look What a \$50 Purchase Will Get You at Mike's...  
All These Items For Only 34¢!!!

<p>Fresh Grade A • 10 lb. Bag</p> <p><b>WHOLE CHICKEN LEG QUARTERS</b> 2¢ lb.</p> <p>Limit 1 bag with additional \$50 purchase</p>	<p>16 oz. Package</p> <p><b>ALL MEAT BALL PARK FRANKS</b> 2¢ ea.</p> <p>Limit 1 pkg. with additional \$50 purchase</p>
<p>2 Liter Bottle</p> <p><b>COCA-COLA PRODUCTS</b> 2¢ ea.</p> <p>Limit 1 with additional \$50 purchase</p>	<p>8 ct. Package</p> <p><b>FLAVORITE HOT DOG BUNS</b> 2¢ ea.</p> <p>Limit 1 pkg. with additional \$50 purchase</p>
<p>Fresh Grade A</p> <p><b>ONE DOZEN LARGE EGGS</b> 2¢ doz.</p> <p>Limit 1 doz. with additional \$50 purchase</p>	<p>Fresh</p> <p><b>CALIFORNIA HEAD LETTUCE</b> 2¢ ea.</p> <p>Limit 1 with additional \$50 purchase</p>
<p>6 ct. Package</p> <p><b>MELODY FARMS FROZEN POPSICLES</b> 2¢ ea.</p> <p>Limit 1 pkg. with additional \$50 purchase</p>	<p>16 oz. Bag</p> <p><b>BETTER MADE POTATO CHIPS</b> 2¢ ea.</p> <p>Limit 1 bag with additional \$50 purchase</p>

**BOB'S OF CANTON**

31210 W. Warren at Merriman  
(734) 522-3357

Hours: Mon-Sat 9-8, Sun 10-6  
We Accept Food Stamps

Prices Good May 15th-21st

<p><b>BOB'S PREMIUM PORK</b></p> <p>Boneless PORK COUNTRY RIBS</p> <p>\$1.99 lb.</p> <p>Made from Pork Sirloins <b>Save 80¢</b></p>	<p><b>BOB'S GROUND BEEF</b></p> <p>GROUND ROUND</p> <p>\$1.79 lb.</p> <p>Family Pac 5-10#</p>	<p><b>BOB'S PREMIUM BEEF</b></p> <p>Boneless - Lean ENGLISH CHUCK ROAST</p> <p>\$1.79 lb.</p> <p>Extra Lean BONELESS STEW MEAT \$1.99 lb.</p>
<p><b>BOB'S PREMIUM POULTRY</b></p> <p>Bone-in-Split CHICKEN BREASTS</p> <p>99¢ lb.</p> <p>WHOLE FRYERS 69¢ lb.</p>	<p><b>BOB'S PREMIUM BEEF</b></p> <p>T-BONE STEAKS \$5.09</p> <p>PORTERHOUSE STEAKS \$5.39</p>	<p><b>BOB'S PREMIUM BEEF</b></p> <p>Rib Eye DELMONICO STEAKS</p> <p>\$5.79 lb.</p> <p>Save 11¢</p>

**WE HAVE ALL YOUR B-B-Q FAVORITES!**

**Picnic Basket MARKET PLACE**  
49471 Ann Arbor Rd. (W. of Ridge) 459-2227

Prices effective Mon. May 15 - Sun. May 21

Food Stamps & All Major Credit Cards Accepted

<p><b>Chicken Breast</b></p> <p>\$1.99 lb.</p> <p>Only</p>	<p><b>Porterhouse Steaks</b></p> <p>\$5.49 lb.</p> <p>Only</p>	<p><b>Ground Chuck</b></p> <p>\$1.19 lb.</p> <p>Only</p>
<p><b>Pork Chops</b></p> <p>\$2.99 lb.</p> <p>Only</p>	<p><b>Platter Bacon</b></p> <p>\$1.99 lb.</p> <p>Only</p>	<p><b>Cube Steaks</b></p> <p>\$2.39 lb.</p> <p>Only</p>

**WORLD'S BEST PARTY SUBS • CATERING • PARTY TRAYS • TOP QUALITY PIZZAS**

<p><b>Turkey Breast</b></p> <p>\$2.99 lb.</p> <p>Only</p>	<p><b>Tuna Pasta Salad</b></p> <p>\$2.39 lb.</p> <p>Only</p>	<p><b>Sandwich Spread</b></p> <p>99¢ lb.</p> <p>Only</p>
<p><b>Hard Salami</b></p> <p>\$2.79 lb.</p> <p>Only</p>	<p><b>Swiss Cheese</b></p> <p>\$3.29 lb.</p> <p>Only</p>	<p><b>Budweiser &amp; Bud Lite</b></p> <p>\$9.99</p> <p>18 Pack 1.5L</p>
<p><b>Meunster</b></p> <p>\$2.69 lb.</p> <p>Only</p>	<p><b>Skinnless Hot Dogs</b></p> <p>\$2.39 lb.</p> <p>Only</p>	<p><b>Vernor's</b></p> <p>\$6.99</p> <p>12 Pack 1.5L</p>

# Volunteer for annual TasteFest

Hundreds of volunteers are needed for the 12th annual Comerica Michigan TasteFest, which takes place in Detroit's New Center on the Fourth of July weekend — Friday, June 30, through Tuesday, July 4.

Volunteers can work information booths, beverage booths, monitoring stage entertainment and help in the children's activity areas. In appreciation for their efforts, volunteers will receive a special souvenir T-shirt.

One of the state's premier outdoor culinary and entertainment events, the TasteFest fills the streets adjacent to the historic Fisher Building on West Grand Boulevard between Woodward Avenue and the Lodge Freeway. Each year more than 250,000 people enjoy TasteFest.

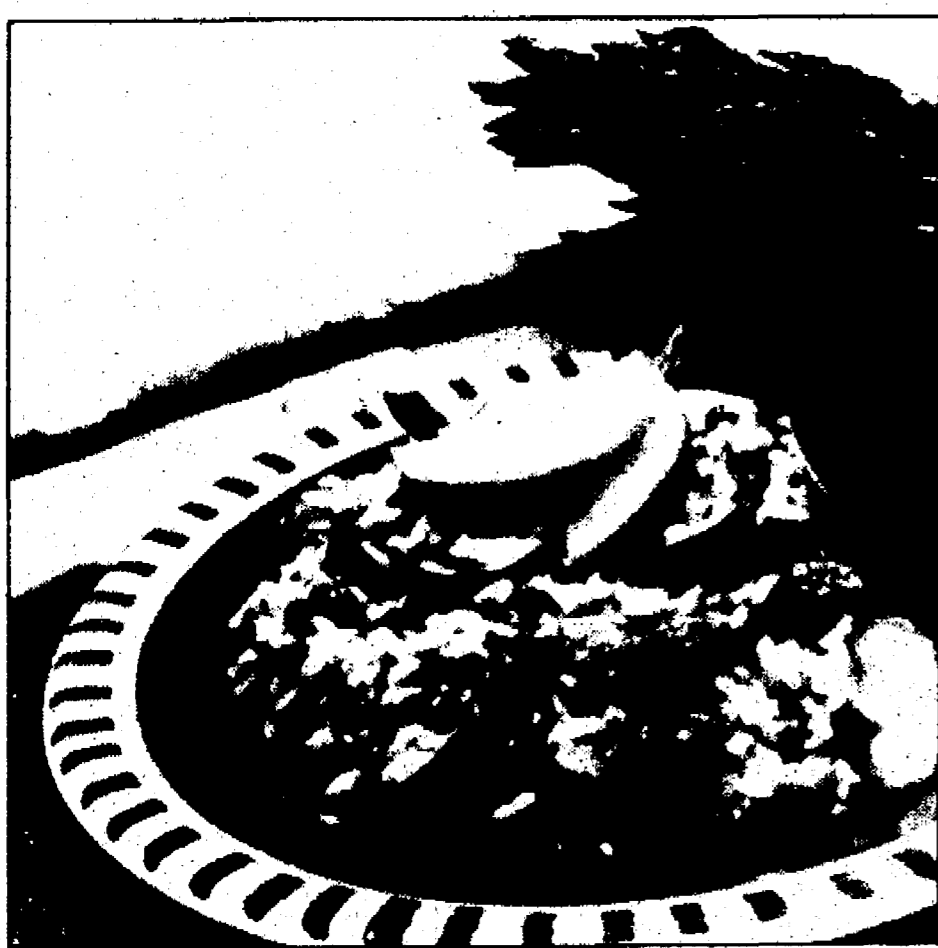
Entertainers include Isaac Hayes, Taj Mahal and his Phantom Blues Band, jazz artist Norman Brown, classic rockers 38 Special, Latin DJ Cisco and others including alternative, jazz and funk artists filling 75 free shows on four stages.

The Nationwide Insurance KidKorner will provide hands-on activities including a petting farm, Flump the Treefrog, and puppet-making workshops. Families can enjoy singing, dancing and watching the magic acts and puppet shows at the State Farm Insurance KidShows adjacent to Edy's Ice Cream Social. Both KidKorner and KidShows are open Saturday, July 1, to Tuesday, July 4.

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

Michigan TasteFest is produced by the New Center Council, which uses the proceeds to support summer youth programs and the maintenance of the New Center's outdoor public spaces.

To receive information about volunteering at TasteFest, call (313) 872-0188 or visit the Comerica Michigan TasteFest website at [www.tastefest.org](http://www.tastefest.org) and e-mail the volunteer coordinator.



**Risotto primavera:** Besides the right rice, a good risotto requires only a bit of oil or butter, wine, hot stock and some patience. This dish features asparagus and a carrot to celebrate spring vegetables, Italian style.

# Celebrate Italian style with risotto primavera

"Primavera" means spring in Italian, and Pasta Primavera, a traditional Italian dish, celebrates spring's arrival.

As with pasta, risotto should be just slightly resistant to the teeth — "al dente," as Italians would say.

Making a perfect risotto is easy. These days, most supermarkets sell Arborio rice, the fat, short-grained Italian rice that is ideal. This rice is also grown in the United States, but the American version doesn't produce a risotto as creamy and smooth. Besides the right rice, a good risotto requires only a bit of oil or butter, wine, hot stock and some patience.

The process for making it is simple. Heat the oil, stir in the rice to open its pores, add the acidic wine (or lemon juice) and, when it boils off, start adding the stock, no more than half a cup at a time. Add more liquid only when the previous amount is almost absorbed, stirring frequently. This slow absorption and stirring is what makes the risotto creamy. Add the vegetables, seafood or whatever additional ingredients you wish toward the end of the cooking process.

Finally, when the grains of rice no longer have a white "pearl" in the center and are "al dente," mix in grated, good quality, imported Parmesan cheese and serve the risotto immediately.

- 1 small garlic clove, minced
- 1/2 cup fresh or frozen baby green peas
- 1/4 cup chopped flatleaf parsley
- 1 tablespoon low fat yogurt
- 2 tablespoons grated Parmigiano-Reggiano cheese

Salt and freshly ground pepper

Heat the chicken stock to boiling. Set it aside.

Halve the squash lengthwise. Scoop out the seeds with the tip of a teaspoon. Cut the squash into 1/2-inch pieces. Place in a bowl. Add the sliced asparagus and carrot.

Heat the oil in a deep saucepan over medium high heat. Add the onion and sauté until it is translucent, about 2 minutes. Mix in the rice until it is coated with oil and opaque, about 1 minute. Add the lemon juice, stirring until the rice is almost dry, less than 1 minute. Mix in the garlic, and half the chopped vegetables, setting the rest aside. Cook one minute.

Begin adding the stock, a half-cup at a time.

## Plan pork for next meal

BY THE ASSOCIATED PRESS

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

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

**PORK MEDALLIONS WITH SAUTEED APPLES**

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

1/4 cup apple cider or juice

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

Meanwhile, coat a large non-stick skillet with cooking spray. Add shallots; sauté over medium heat 3 minutes. Add apples; sauté 2 minutes. Combine broth and cornstarch; mix well. Add to pan with cider. Simmer uncovered, stirring occasionally, 5 minutes or until apples are tender and sauce thickens. Place pork on warmed plates; top with apple mixture. Makes 4 servings.

*Nutritional information per serving: 279 cal., 8 g fat, 35 g pro., 16 g carb., 107 chol., 2 mg iron, 52 mg sodium.*

**All about herbs**

Peter Stark of Renaissance Acres and the M-Fit Culinary Team will demonstrate recipes on how to incorporate herbs and spices into favorite foods 6-8 p.m. Wednesday, May 31, and Wednesday, June 7, at the East Ann Arbor Health Center, 4260 Plymouth Road in Ann Arbor. Call Nicole Goyarts at (734) 975-4387, Ext. 236, to pre-register. Class fee is \$20 for individuals, \$35 for couples.

### RISOTTO PRIMAVERA

- 3 cups defatted chicken stock or broth
- 1 small green zucchini squash
- 6 thin asparagus stalks, cut in 1/2-inch pieces, tips reserved
- 1 medium carrot, halved lengthwise and thinly sliced
- 1 tablespoon extra-virgin olive oil
- 1/4 cup finely chopped Spanish onion
- 1 cup Arborio rice
- Juice of 1/2 lemon

Layer roasted vegetables over crust of wheat

BY THE ASSOCIATED PRESS

For a meatless entree with robust flavor, layer roasted vegetables and feta cheese atop a crust of wheat germ and couscous.

**FETA AND ROASTED VEGETABLE GRATIN**

- 1 medium zucchini, unpeeled and sliced
- 1 cup sliced mushrooms
- 1/2 cup coarsely chopped onion
- 1/2 cup chopped red bell pepper
- 2 tablespoons balsamic vinegar
- 1 3/4 cups water
- 1/3 cup dried tomatoes (not packed in oil), snipped into small pieces
- 1/2 teaspoon salt
- 3/4 cup uncooked couscous
- 1/2 cup toasted wheat germ, divided
- 4 ounces crumbled feta cheese, divided
- 3 egg whites, lightly beaten
- 1 teaspoon dried basil or Italian seasoning blend

Preheat oven to 425° F. Spray rimmed baking sheet and 9-inch pie plate with cooking spray.

In large bowl, combine zucchini, mushrooms, onion

- 1 small garlic clove, minced
- 1/2 cup fresh or frozen baby green peas
- 1/4 cup chopped flatleaf parsley
- 1 tablespoon low fat yogurt
- 2 tablespoons grated Parmigiano-Reggiano cheese

Salt and freshly ground pepper

Heat the chicken stock to boiling. Set it aside.

Halve the squash lengthwise. Scoop out the seeds with the tip of a teaspoon. Cut the squash into 1/2-inch pieces. Place in a bowl. Add the sliced asparagus and carrot.

Heat the oil in a deep saucepan over medium high heat. Add the onion and sauté until it is translucent, about 2 minutes. Mix in the rice until it is coated with oil and opaque, about 1 minute. Add the lemon juice, stirring until the rice is almost dry, less than 1 minute. Mix in the garlic, and half the chopped vegetables, setting the rest aside. Cook one minute.

Begin adding the stock, a half-cup at a time.

## 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@home.com](mailto:kabramczyk@home.com).

**■ Exploring Spring Vegetables** — Learn about lesser-known spring vegetables and new ideas for old favorites at Schoolcraft College in a two-day course offered Tuesday, May 16, and Thursday, May 18. You will learn how to identify, purchase and properly care for fresh vegetables along with recipes and techniques from instructors Traci Bahlan and Laura Wood-Romito. The course is offered through

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

**■ Hands-On Cooking** — This two-day course offered through Schoolcraft College's Continuing Education Services will instruct in the art of roasting, braising, sautéing and grilling meat, fish and poultry. The course is scheduled for 5:30-9:30 p.m. Wednesday, May 17, and Thursday, May 18. Call (734) 462-4448 for information.

**■ Wine-Tasting benefit** — Wine aficionados can taste wine and help benefit scholarships and other groups at A Toast to Canton Wine-Tasting 7-9 p.m. on Friday, May 19, at the Summit on the Park.

The event will help the Leadership Canton Alumni Scholarship Fund, the Canton Goodfellow's, the Canton Place Helping Hands Fund, Character Counts and the Community Literacy Council. Tickets are \$30 in advance and \$35 at the door. They can be bought at the Canton Chamber of Commerce, 5820 Canton Center, or at Holiday Market. For information, call the chamber at 453-4040 or call (734) 844-2200.

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

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

### PORTABELLO PIZZAS

- 3 Portabello mushroom caps
- 1 egg white

down until mushrooms are dry. Season with salt and pepper and set aside to cool. Combine remaining ingredients. Fold mushrooms into cheese egg mixture. Prepare 1/2 sheet tray with a generous coating of non-stick spray. Take 2 sheets of puff pastry and roll together to a 1/2 sheet tray. Dock mixture and spread evenly over

for the next two sheets puff pasty sheet on top of egg wash and bake at 350° for

ze square or diamond shapes.

### HIGAN MOREL STROGANOFF

- on steak, cut into thin strips
- e oil
- ndy
- opped
- igan morels, cleaned and
- k
- m
- ustard
- sh parsley

in oil and sauté meat 2-3 minutes. Tilt pan toward flame to burn off liquor. After or over cooked meat already set

remaining oil and sauté mushrooms 3-4 minutes to soften. Add parsley and beef and season to 1 pound cooked and buttered Serves 4.

# It's the time of the season for festivals

Whether they're breaded, sautéed in butter, served atop a steak or souped up in a creamy soup, Michigan's wild about its wild morel mushrooms and has the events and festivals letting the tasty fungus to prove it, says AAA Michigan.

"Some estimates are that Michigan's morel hunting season adds more to the state's economy than deer and duck hunters combined," said Larry Dickens, director of Vendor Relations for AAA Travel Agency. "Mushroom hunters often camp for weeks in the woods across Michigan, not only purchasing food and fuel but attending our festivals built around the morel."

This spring, at least three major morel festivals will pop up in May. Mesick's Mushroom Festival, now through May 14, includes hunts in the woods surrounding this northwest Lower Peninsula town, a parade May 13 and carnival May 12-14.

For more information on the Mesick Festival, call (231) 885-2679. Boyne City's 40th annual National Morel Mushroom Festival runs May 18-21. Fun includes guided mushroom hunts, seminars on wild edibles, morel hunting contests and a carnival with rides and games. For more information, call (231) 582-6222.

In Lewiston, located in eastern Michigan, the Mushroom Celebration May 19-20 features mushroom food tasting on Friday, and a bus ride Saturday to a guided mushroom hunt with a contest, plus food, arts and crafts sales in the city park.

**■ This spring, at least three major morel festivals will pop up in May.**

For more, call (800) 654-0330. According to professor Robert Fogel, curator of fungi for the University of Michigan herbarium and U-M professor of biology, a good crop depends on the right conditions, which include optimum soil temperatures and moisture.

When you find morels, Fogel recommends the following tips: ■ Cut or pinch off the mushroom to leave its underground system intact.

■ Use a paper bag or orange sack to gather mushrooms, never plastic bags. Plastic bags promote bacteria growth, which can cause quality to deteriorate quickly.

■ Going on your first mushroom trip? Go with an experienced hunter. Make sure mushroom caps are pitted, not smooth or wrinkled. Some false morels with smooth or wrinkled or saddle-shaped caps are poisonous.

■ Carry a compass. Tell friends where you'll be and when you should return. Learn to identify morels by taking classes offered by mushroom clubs, local botanical gardens or continuing education programs. Learn more about morels and other mushrooms on the Internet at [www.herb.lsa.umich.edu/kidpage/factindx.htm](http://www.herb.lsa.umich.edu/kidpage/factindx.htm).

## Veggie cheese chowder cooks while you're away

See related story on Taste front.

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

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

### VEGETABLE CHEESE CHOWDER

- 10 to 12 servings
- 2 cups frozen corn
- 1/4 cup flour
- 2/3 cup fat-free milk
- 1/2 cup Cheese Whiz Light
- Combine first 9 ingredients in Crock-Pot. Cook for 3-4 hours on high. Add the mushrooms and corn. Remove about 1/2 cup of broth and let it cool.
- In a separate container, whisk the flour, broth and mushroom juice together and then stir into the pot. Cook on high until slightly thickened, about 1/2 hour. Add the Cheese Whiz and milk, cook on low until ready to serve.

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

Recipe compliments of Jeanne Skilton, adapted by HDS Services.

## Read Arts & Leisure

it's the **one rebate**

Save \$5 with mail-in rebate on

Pratt & Lambert Accolade — the best formulated 100% acrylic paint available. \$24.86 Gal. with Rebate\* Light colors only

PAINTERS SUPPLY & EQUIPMENT CO.

**All about herbs**

Peter Stark of Renaissance Acres and the M-Fit Culinary Team will demonstrate recipes on how to incorporate herbs and spices into favorite foods 6-8 p.m. Wednesday, May 31, and Wednesday, June 7, at the East Ann Arbor Health Center, 4260 Plymouth Road in Ann Arbor. Call Nicole Goyarts at (734) 975-4387, Ext. 236, to pre-register. Class fee is \$20 for individuals, \$35 for couples.

**Read Sports**

**Grill**

The secret grilling of and vegetable demonstration offered through Education Services. Learn to use oils and unique an

**Play Hard. Play Free.**

Call Today!

**Free Tennis Lesson**

Just call one of these locations near you to sign-up!

<b>CLARKSTON</b> Deer Lake Athletic Club 248 625-8686 Independence Parks & Rec 248 625-9223 Waterford Oaks 248-625-2447	<b>WEST BLOOMFIELD</b> Novi Park & Rec 248 347-0400 West Bloomfield Parks & Rec 248 332-8000 Bloomfield Parks & Rec 248 354-9510	<b>LIVONIA</b> Livonia Parks & Recreation 734 466-2410 Huron Valley Tennis Club 734 862-5514
<b>ROCHESTER</b> Rochester Hills Tennis & Swim 248 852-1500 Rochester Parks & Rec 248 858-8308	<b>SOUTHFIELD</b> Beverly Hills Club 248 842-8500 Franklin Racquet Club 248 352-8000 Southfield Parks & Rec 248 354-9510	<b>CANTON</b> Canton Parks & Recreation 734 397-5110 Huron Valley Tennis Club 734 862-5514
<b>TROY</b> Troy Parks & Recreation 248 574-3484	<b>FARMINGTON</b> Farmington Tennis Club 248 476-3246 Novi Parks & Recreation 248 347-0400	<b>HOMETOWN</b> Novi Parks & Recreation 734 347-0400 Bingham Athletic Club 810 229-2722
<b>BIRMINGHAM</b> Birmingham Community Tennis 248 842-8500 Birmingham Racquet Club 248 844-5883 Royal Oak Parks & Rec 248 544-6880	<b>MIRROR</b> Royal Oak Parks & Rec 248 544-6880 Birmingham Community Tennis 248 842-8500	<b>BIRMINGHAM</b> Birmingham Racquet Club 248 844-5883 Huntington Woods Park & Rec 248 541-3030

May is USA Tennis Month... look for special savings on select tennis merchandise

**USA TENNIS**

Tennis is the fun way to meet people and get fit. And it's easy to learn. The sooner you start the faster the fun begins! Call today to sign up for a free beginning lesson for players of all ages. It's free and it's fun!

Graphic Sciences

**RETAKE OF PRECEDING DOCUMENT**

2¢ ea

at Mike's... 34-0330

**EAT PARK IKS** 2¢ ea

with additional \$50 purchase

**WRITE HOT DOG BUNS** 2¢ ea

with additional \$50 purchase

**COLA PRODUCTS** 2¢ ea

with additional \$50 purchase

**ONE DOZEN LARGE EGGS** 2¢ doz

with additional \$50 purchase

**CALIFORNIA HEAD LETTUCE** 2¢ ea

with additional \$50 purchase

**MELODY FARMS FROZEN POPSICLES** 2¢ ea

with additional \$50 purchase

**BETTER MADE POTATO CHIPS** 2¢ ea

with additional \$50 purchase

**Inventory Blowout SALE**

We'd rather sell it than count it!

Save up to 80% off\* on a great selection of cookies & crackers thru 5/29/00.

**PEPPERIDGE FARM**

**BAKERY THRIFT STORES**

"WHERE SAVING MONEY IS ALWAYS IN GOOD TASTE"

**"BONUS VALUE" STORE COUPON**

late Pudge Layer Cake 19.6oz.

**FREE** with additional 10.00 purchase

Limit 1 coupon per customer Expires 5/29/00

Good only at Pepperidge Farm Thrift Stores

\*UP TO 80% OFF MANUFACTURER'S SUGGESTED RETAIL PRICE. EXcludes special priced items.

<b>LIVONIA</b> 29115 Eight Mile Rd. (248) 477-2044	<b>WIXOM</b> 2778 S. Whom Rd. (248) 869-6097	<b>STERLING HEIGHTS</b> 2183 17 Mile Rd. at Dequindre (810) 264-3096
--	--	--

**BOB'S PREMIUM PORK**

Boneless PORK COUNTRY RIBS \$1.99 lb.

**BOB'S OF CANTON**

31210 W. Warren at Merriman (734) 522-3357

Hours: Mon-Sat 9-8 Sun 10-6 We Accept Food Stamps Prices Good May 15th-21st

**BOB'S PREMIUM BEEF**

Boneless - Lean ENGLISH CHUCK ROAST \$1.79 lb.

**BOB'S GROUND BEEF**

GROUND ROUND \$1.79 lb.

**BOB'S PREMIUM POULTRY**

Bone-in-Split CHICKEN BREASTS 99¢ lb.

WHOLE FRYERS 69¢ lb.

**BOB'S PREMIUM BEEF**

T-BONE STEAKS \$5.09

PORTERHOUSE STEAKS \$5.39

**BOB'S PREMIUM BEEF**

TURKEY TENDERS \$2.79 lb.

**BOB'S PREMIUM BEEF**

Rib Eye DELMONICO STEAKS \$5.79 lb.

**Picnic Basket**

We Have All Your B-B-Q Favorites!

**VINTAGE MARKET**

29501 Ann Arbor Trail (Just W. of Middlebelt) 422-0160

Prices effective Mon. May 15 - Sun. May 21

Chicken Breast \$1.99	Porterhouse Steaks \$5.49	Ground Chuck \$1.19
Park Chops \$2.99	Platter Bacon \$1.99	Cube Steaks \$2.39
Turkey Breast \$2.99	Tuna Pasta Salad \$2.39	Sandwich Spread 99¢
Hard Salami \$2.79	Swiss Cheese \$3.29	Skinless Hot Dogs \$2.39
Meunster \$2.69		Budweiser & Bud Lite \$9.99
		Vernor's \$6.99

Food Stamps & All Major Credit Cards Accepted

## Volunteer for annual TasteFest

Hundreds of volunteers are needed for the 12th annual Comerica Michigan TasteFest, which takes place in Detroit's New Center on the Fourth of July weekend — Friday, June 30, through Tuesday, July 4.

Volunteers can work information booths, beverage booths, monitoring stage entertainment and help in the children's activity areas. In appreciation for their efforts, volunteers will receive a special souvenir T-shirt.

One of the state's premier outdoor culinary and entertainment events, the TasteFest fills the streets adjacent to the historic Fisher Building on West Grand Boulevard between Woodward Avenue and the Lodge Freeway. Each year more than 250,000 people enjoy TasteFest.

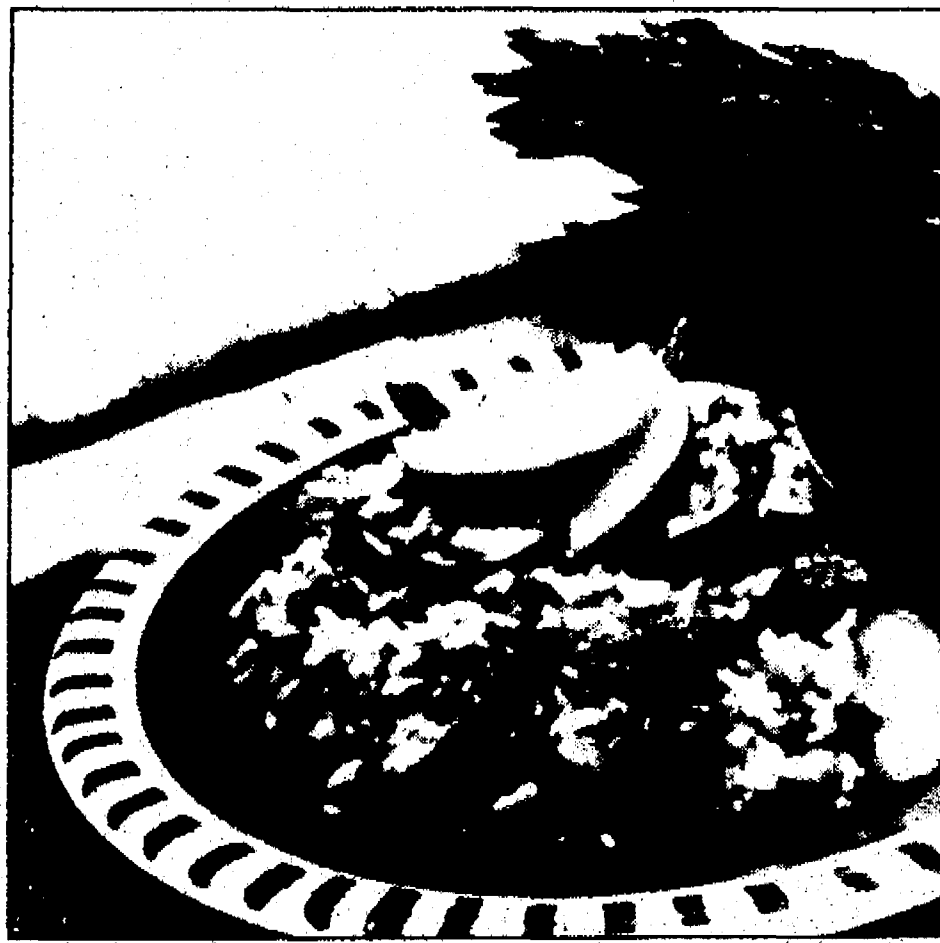
Entertainers include Isaac Hayes, Taj Mahal and his Phantom Blues Band, jazz artist Norman Brown, classic rockers 38 Special, Latin DJ Cisco and others including alternative, jazz and funk artists filling 75 free shows on four stages.

The Nationwide Insurance KidKorner will provide hands-on activities including a petting farm, Flumpe the Treefrog, and puppet-making workshops. Families can enjoy singing, dancing and watching the magic acts and puppet shows at the State Farm Insurance KidShows adjacent to Edy's Ice Cream Social. Both KidKorner and KidShows are open Saturday, July 1, to Tuesday, July 4.

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

Michigan TasteFest is produced by the New Center Council, which uses the proceeds to support summer youth programs and the maintenance of the New Center's outdoor public spaces.

To receive information about volunteering at TasteFest, call (313) 872-0188 or visit the Comerica Michigan TasteFest website at [www.tastefest.org](http://www.tastefest.org) and e-mail the volunteer coordinator.



**Risotto primavera:** Besides the right rice, a good risotto requires only a bit of oil or butter, wine, hot stock and some patience. This dish features asparagus and a carrot to celebrate spring vegetables, Italian style.

## Plan pork for next meal

BY THE ASSOCIATED PRESS

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

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

### PORK MEDALLIONS WITH SAUTEED APPLES

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

1/4 cup apple cider or juice

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

Meanwhile, coat a large non-stick skillet with cooking spray. Add shallots; saute over medium heat 3 minutes. Add apples; saute 2 minutes. Combine broth and cornstarch; mix well. Add to pan with cider. Simmer uncovered, stirring occasionally, 5 minutes or until apples are tender and sauce thickens. Place pork on warmed plates; top with apple mixture. Makes 4 servings.

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

### All about herbs

Peter Stark of Renaissance Acres and the M-Fit Culinary Team will demonstrate recipes on how to incorporate herbs and spices into favorite foods 6-8 p.m. Wednesday, May 31, and Wednesday, June 7, at the East Ann Arbor Health Center, 4260 Plymouth Road in Ann Arbor. Call Nicole Goyarts at (734) 975-4387. Ext. 236, to pre-register. Class fee is \$20 for individuals, \$35 for couples.

# Celebrate Italian style with risotto primavera

"Primavera" means spring in Italian, and Pasta Primavera, a traditional Italian dish, celebrates spring's arrival.

As with pasta, risotto should be just slightly resistant to the teeth — "al dente," as Italians would say.

Making a perfect risotto is easy. These days, most supermarkets sell Arborio rice, the fat, short-grained Italian rice that is ideal. This rice is also grown in the United States, but the American version doesn't produce a risotto as creamy and smooth. Besides the right rice, a good risotto requires only a bit of oil or butter, wine, hot stock and some patience.

The process for making it is simple. Heat the oil, stir in the rice to open its pores, add the acidic wine (or lemon juice) and, when it boils off, start adding the stock, no more than half a cup at a time. Add more liquid only when the previous amount is almost absorbed, stirring frequently. This slow absorption and stirring is what makes the risotto creamy. Add the vegetables, seafood or whatever additional ingredients you wish toward the end of the cooking process.

Finally, when the grains of rice no longer have a white "pearl" in the center and are "al dente," mix in grated, good quality, imported Parmesan cheese and serve the risotto immediately.

### RISOTTO PRIMAVERA

- 3 cups defatted chicken stock or broth
- 1 small green zucchini squash
- 6 thin asparagus stalks, cut in 1/2-inch pieces, tips reserved
- 1 medium carrot, halved lengthwise and thinly sliced
- 1 tablespoon extra-virgin olive oil
- 1/4 cup finely chopped Spanish onion
- 1 cup Arborio rice
- Juice of 1/2 lemon

## Layer roasted vegetables, feta cheese over crust of wheat germ and couscous

BY THE ASSOCIATED PRESS

For a meatless entree with robust flavor, layer roasted vegetables and feta cheese atop a crust of wheat germ and couscous.

### FETA AND ROASTED VEGETABLE GRATIN

- 1 medium zucchini, unpeeled and sliced
  - 1 cup sliced mushrooms
  - 1/2 cup coarsely chopped onion
  - 1/2 cup chopped red bell pepper
  - 2 tablespoons balsamic vinegar
  - 1 3/4 cups water
  - 1/3 cup dried tomatoes (not packed in oil), snipped into small pieces
  - 1/2 teaspoon salt
  - 3/4 cup uncooked couscous
  - 1/2 cup toasted wheat germ, divided
  - 4 ounces crumbled feta cheese, divided
  - 3 egg whites, lightly beaten
  - 1 teaspoon dried basil or Italian seasoning blend
- Preheat oven to 425° F. Spray rimmed baking sheet and 9-inch pie plate with cooking spray.
- In large bowl, combine zucchini, mushrooms, onion

- 1 small garlic clove, minced
- 1/2 cup fresh or frozen baby green peas
- 1/4 cup chopped flatleaf parsley
- 1 tablespoon low fat yogurt
- 2 tablespoons grated Parmigiano-Reggiano cheese

Salt and freshly ground pepper

Heat the chicken stock to boiling. Set it aside.

Halve the squash lengthwise. Scoop out the seeds with the tip of a teaspoon. Cut the squash into 1/2-inch pieces. Place in a bowl. Add the sliced asparagus and carrot.

Heat the oil in a deep saucepan over medium high heat. Add the onion and sauté until it is translucent, about 2 minutes. Mix in the rice until it is coated with oil and opaque, about 1 minute. Add the lemon juice, stirring until the rice is almost dry, less than 1 minute. Mix in the garlic, and half the chopped vegetables, setting the rest aside. Cook one minute.

Begin adding the hot broth, a half-cup at a time. Stir well after each addition. Cook until the rice is almost dry before adding more broth.

When most of the broth has been used and the rice is almost done but still has a hard core, which takes about 15-18 minutes; add the rest of the reserved vegetables and parsley. Make the final addition of broth and cook until the rice is al dente, 3-4 minutes. Remove the pot from the heat.

Stir in the yogurt and grated cheese. Season to taste with salt and pepper. Serve immediately.

**Nutritional information:** Makes 4 servings, each containing 323 calories and 5 grams of fat.

Recipe courtesy of Dana Jacobi for the American Institute for Cancer Research. AICR offers the AICR Nutrition Hotline (1-800-843-8114). Open 9 a.m. to 5 p.m., Monday-Friday, this free service allows you to ask a registered dietitian questions regarding diet, nutrition and cancer. AICR's Internet Web address is <http://www.aicr.org>.

and pepper; sprinkle with vinegar and mix well. Arrange in single layer on baking sheet and bake 12 to 15 minutes, or until vegetables are soft and lightly browned around the edges. Remove from oven and cool for 5 minutes.

Reduce oven temperature to 350° F.

While vegetables are cooking, bring water to boil in a medium saucepan. Add dried tomatoes and salt and simmer for 5 minutes, stirring occasionally. Stir in couscous. Remove from heat, cover and let stand 5 minutes. Stir in 1/4 cup wheat germ and mix well. Spoon the mixture into pie plate and pat it onto the bottom and sides of the dish. Sprinkle with 1/2 cup cheese; top with roasted vegetables and egg whites. In small bowl, combine remaining wheat germ, cheese and basil. Sprinkle evenly over vegetables.

Bake 20 to 25 minutes or until golden brown. Cut into wedges to serve.

Makes 6 main dish servings.

Nutritional information per serving: 190 cal (50 cal from fat), 5 g total fat (3 g sat), 15 mg chol, 540 mg sodium, 12 g pro, 29 g carbo, 4 g fiber. Recipe from: Kretschmer Wheat Germ.

## Read Arts & Leisure

it's the **one** rebate

Save \$5 with mail-in rebate on

Pratt & Lambert Accolade

— the best formulated 100% acrylic paint available.

\$24.86 Gal. with Rebate\* Light colors only



or save \$2



YOU ALWAYS LOOK BETTER WITH PRATT & LAMBERT™

\$25.45 Gal. with Rebate\* Light colors only

PAINTERS SUPPLY & EQUIPMENT CO.

## Play Hard. Play Free.



### Free Tennis Lesson

Just call one of these locations near you to sign-up!

- |  |  |   |
|--|--|---|
| <b>CLARKSTON</b><br>Deer Lake Athletic Club<br>248 625-8686<br>Independence Parks & Rec<br>248 625-8223<br>Waterford Oaks<br>248-625-2447            | <b>WEST BLOOMFIELD</b><br>Novi Park & Rec<br>248 347-0400<br>West Bloomfield Parks & Rec<br>248 738-2500<br>Bloomfield Parks & Rec         | Livonia Parks & Recreation<br>734 466-2410<br>Huron Valley Tennis Club<br>734 662-5514  |
| <b>ROCHESTER</b><br>Rochester Hills Tennis & Swim<br>248 652-1500<br>Rochester Parks & Rec<br>248 656-8308   | <b>SOUTHFIELD</b><br>Beverly Hills Club<br>248 642-8500<br>Franklin Racquet Club<br>248 352-8000<br>Southfield Parks & Rec<br>248 354-9510 | <b>CANTON</b><br>Canton Parks & Recreation<br>734 397-5110<br>Huron Valley Tennis Club<br>734 662-5514  |
| <b>TROY</b><br>Troy Parks & Recreation<br>248 524-3484   | <b>FARMINGTON</b><br>Farmington Tennis Club<br>248 476-3246<br>Novi Parks & Recreation<br>248 347-0400                                     | <b>HOMETOWN</b><br>Novi Parks & Recreation<br>734 347-0400<br>Brighton Athletic Club<br>810 229-2722  |
| <b>BIRMINGHAM</b><br>Birmingham Community Tennis<br>248 642-8500<br>Birmingham Racquet Club<br>248 644-5683<br>Royal Oak Parks & Rec<br>248 544-6680 | <b>LIVONIA</b><br>Livonia Family YMCA<br>734 241-2161  | <b>MIRROR</b><br>Royal Oak Parks & Rec<br>248 544-6680<br>Birmingham Community Tennis<br>248 642-8500<br>Birmingham Racquet Club<br>248 644-5683<br>Huntington Woods Park & Rec<br>248 541-3030 |

May is USA Tennis Month... look for special savings on select tennis merchandise



Tennis is the fun way to meet people and get fit. And it's easy to learn. The sooner you start the faster the fun begins! Call today to sign up for a free beginning lesson for players of all ages. It's free and it's fun!

## Read Sports

## Grilling tips offered in class

The secrets of successful grilling of poultry, seafood and vegetables will be demonstrated at Schoolcraft College in a two-day class offered through Continuing Education Services. Learn to infuse your own oils and vinegars to prepare unique and flavorful mari-

nades and salad dressing. A variety of salad dishes will be demonstrated using mixed garden greens, fruits and pastas.

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

## Inventory Blowout SALE

We'd rather sell it than count it!

Save up to 80% off\* on a great selection of cookies & crackers thru 5/29/00.



### BAKERY THRIFT STORES

"WHERE SAVING MONEY IS ALWAYS IN GOOD TASTE"

"BONUS VALUE" STORE COUPON

late Pudge Layer Cake 19.60z.

FREE with additional 10.00 purchase

1.00oz 1 cake per coupon

1.00oz 1 coupon per customer

Expires 5/29/00

\*Good only at Peppridge Farm Thrift Stores

UP TO 80% OFF MANUFACTURER'S SUGGESTED RETAIL PRICE

- |  |   |  |
|--|---|--|
| <b>LIVONIA</b><br>29115 Eight Mile Rd.<br>(248) 477-2048 | <b>WIXOM</b><br>29758 S. Wilcox Rd.<br>(248) 669-8097 | <b>STERLING HEIGHTS</b><br>2183 17 Mile Rd. at Dequindre<br>(810) 284-3098 |
|--|---|--|

**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.homecomm.net

**Exploring Spring Vegetables**  
Learn about lesser-known spring vegetables and new ideas for old favorites at Schoolcraft College in a two-day course offered Tuesday, May 16, and Thursday, May 18. You will learn how to identify, purchase and properly care for fresh vegetables along with recipes and techniques from instructors Traci Bahman and Laura Wood-Romito. The course is offered through

Schoolcraft College's Continuing Education Service program. For information, call (734) 462-4448.  
**Hands-On Cooking** - This two-day course offered through Schoolcraft College's Continuing Education Services will instruct in the art of roasting, braising, sautéing and grilling meat, fish and poultry. The course is scheduled for 5:30-9:30 p.m. Wednesday, May 17, and Thursday, May 18. Call (734) 462-4448 for information.  
**Wine-Tasting benefit** - Wine aficionados can taste wine and help benefit scholarships and other

groups at A Toast to Canton Wine Tasting 7-9 p.m. on Friday, May 19, at the Summit on the Park. The event will help the Leadership Canton Alumni Scholarship Fund, the Canton Goodfellows, the Canton Place Helping Hands Fund, Character Counts and the Community Literacy Council. Tickets are \$30 in advance and \$35 at the door. They can be bought at the Canton Chamber of Commerce, 5820 Canton Center, or at Holiday Market. For information, call the chamber at 453-4040 or call (734) 844-2200.

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

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

**PORTABELLO PIZZAS**

- 3 Portabello mushroom caps
  - 1 egg white
  - 3/4 cup chevre cheese
  - 1/4 cup diced roasted pepper
  - 2 tablespoons fresh chopped basil
  - Salt and pepper (to taste)
  - Bread crumb mixture:**
  - 1 cup fresh bread crumbs or 3/4 cup dry
  - 1/4 cup Parmesan cheese
  - 2 tablespoons melted butter
  - 1 tablespoon chopped herbs
- Mix all ingredients. Clean and stem 3 large portabello mushrooms (with a spoon, scrape and remove gills from underside of cap).
- Mix chevre, egg white, basil and diced pepper. Spread mixture evenly into caps.
- Top with bread crumb mixture and bake at 350° F for 18-20 minutes until golden brown. Cut into wedges of six. Serves 18 pieces.

**MUSHROOM NAPOLEON**

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

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

Combine remaining ingredients. Fold mushrooms into chevre egg mixture.

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

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

Pour mushroom mixture and spread evenly over prepared pastry.

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

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

**NORTHERN MICHIGAN MOREL STROGANOFF**

- 1 pound filet or rump steak: cut into thin strips
  - 2 tablespoons olive oil
  - Salt and pepper
  - 3 tablespoons brandy
  - 2 shallots, finely chopped
  - 2 cups fresh Michigan morels, cleaned and halved
  - 3/4 cup beef stock
  - 1/4 cup sour cream
  - 1 teaspoon Dijon mustard
  - 2 tablespoons fresh parsley
- Heat 1 tablespoon oil and sauté meat 2-3 minutes, remove from pan.
- Pour brandy in hot pan. Tilt pan toward flame (or ignite with a match) to burn off liquor. After flame goes out, pour over cooked meat already set aside.
- In same pan, add remaining oil and sauté mushrooms and shallots 3-4 minutes to soften. Add stock and simmer until tender.
- Add sour cream, parsley and beef and season to taste. Serve over 1 pound cooked and buttered broad egg noodles. Serves 4.

*It's the time of the season for festivals*

Whether they're breaded, sautéed in butter, served atop a steak or souped up in a creamy soup, Michigan's wild about its wild morel mushrooms and has the events and festivals feting the tasty fungus to prove it, says AAA Michigan.

"Some estimates are that Michigan's morel hunting season adds more to the state's economy than deer and duck hunters combined," said Larry Dickens, director of Vendor Relations for AAA Travel Agency. "Mushroom hunters often camp for days in the woods across Michigan, not only purchasing food and fuel but attending our festivals, built around the morel."

This spring, at least three major morel festivals will pop up in May. Mesick's Mushroom Festival, now through May 14, includes hunts in the woods surrounding this northwest Lower Peninsula town, a parade May 13 and carnival May 12-14.

For more information on the Mesick Festival, call (231) 885-2679.

Boyer City's 40th annual National Morel Mushroom Festival runs May 18-21. Fun includes guided mushroom hunts, seminars on wild edibles, morel hunting contests and a carnival with rides and games. For more information, call (231) 582-6222.

In Lewiston, located in eastern Michigan, the Mushroom Celebration May 19-20 features mushroom food tasting on Friday, and a bus ride Saturday to a guided mushroom hunt with a contest, plus food, arts and crafts sales in the city park.

**This spring, at least three major morel festivals will pop up in May.**

For more, call (800) 654-0330. According to professor Robert Fogel, curator of fungi for the University of Michigan herbarium and U-M professor of biology, a good crop depends on the right conditions, which include optimum soil temperatures and moisture.

When you find morels, Fogel recommends the following tips:

- Cut or pinch off the mushroom to leave its underground system intact.
  - Use a paper bag or orange sack to gather mushrooms, never plastic bags. Plastic bags promote bacteria growth, which can cause quality to deteriorate quickly.
  - Going on your first mushroom trip? Go with an experienced hunter. Make sure mushroom caps are pitted, not smooth or wrinkled. Some false morels with smooth or wrinkled or saddle-shaped caps are poisonous.
  - Carry a compass. Tell friends where you'll be and when you should return.
- Learn to identify morels by taking classes offered by mushroom clubs, local botanical gardens or continuing education programs. Learn more about morels and other mushrooms on the Internet at [www.herb.lsa.umich.edu/kidpage/factindx.htm](http://www.herb.lsa.umich.edu/kidpage/factindx.htm)

**Veggie cheese chowder cooks while you're away**

See related story on Taste front.

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

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

- 1 (4 ounce) can mushrooms, reserve liquid
- 2 cups frozen corn
- 1/4 cup flour
- 2/3 cup fat-free milk
- 1/2 cup Cheese Whiz Light

Combine first 9 ingredients in Crock-Pot. Cook for 3-4 hours on high. Add the mushrooms and corn. Remove about 1/2 cup of broth and let it cool.

In a separate container, whisk the flour, broth and mushroom juice together and then stir into the pot. Cook on high until slightly thickened, about 1/2 hour. Add the Cheese Whiz and milk, cook on low until ready to serve.

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

Recipe compliments of Jeanne Skilton, adapted by HDS Services.

**VEGETABLE CHEESE CHOWDER**

- 10 to 12 servings
- 1/2 pound shrimp
- 8 slices bacon, crisply cooked, diced
- 3 carrots, diced
- 5 stalks celery, diced
- 6 small potatoes, diced
- 1-2 onions, diced
- 1/2 cup green pepper, diced
- 3 cups water
- 2 cups low-sodium chicken broth

**Mike's Marketplace**

YOUR MEAT & DELI SUPERMARKET  
38000 Ann Arbor Road • Livonia • 734-464-0330

**2<sup>nd</sup> Anniversary 2¢ Sale**

Look What a \$50 Purchase Will Get You at Mike's...  
All These Items For Only 34¢!!!

Fresh Grade A • 10 lb. Bag <b>WHOLE CHICKEN LEG QUARTERS</b> 2¢ lb. Limit 1 bag with additional \$50 purchase	16 oz. Package <b>ALL MEAT BALL PARK FRANKS</b> 2¢ ea. Limit 1 pkg. with additional \$50 purchase
2 Liter Bottle <b>COCA-COLA PRODUCTS</b> 2¢ ea. Limit 1 with additional \$50 purchase	8 ct. Package <b>FLAVORITE HOT DOG BUNS</b> 2¢ ea. Limit 1 pkg. with additional \$50 purchase
Fresh Grade A <b>ONE DOZEN LARGE EGGS</b> 2¢ doz. Limit 1 doz. with additional \$50 purchase	Fresh <b>CALIFORNIA HEAD LETTUCE</b> 2¢ ea. Limit 1 with additional \$50 purchase
6 ct. Package <b>MELODY FARMS FROZEN POPSICLES</b> 2¢ ea. Limit 1 pkg. with additional \$50 purchase	16 oz. Bag <b>BETTER MADE POTATO CHIPS</b> 2¢ ea. Limit 1 bag with additional \$50 purchase

**BOB'S OF CANTON**  
31210 W. Warren at Merriman  
(734) 522-3357  
Hours: Mon-Sat 9-8 Sun 10-6  
We Accept Food Stamps  
Prices Good May 15th-21st

<b>BOB'S PREMIUM PORK</b> Boneless PORK COUNTRY RIBS \$1.99 lb. Made from Pork Sirloins Save 80¢	<b>BOB'S GROUND BEEF</b> Ground Round \$1.79 lb. Family Pack \$10.99	<b>BOB'S PREMIUM BEEF</b> Boneless - Lean ENGLISH CHUCK ROAST \$1.79 lb. Extra Lean BONELESS STEW MEAT \$1.99 lb.
<b>BOB'S PREMIUM POULTRY</b> Bone-in-Split CHICKEN BREASTS 99¢ lb. WHOLE FRYERS 69¢ lb.	<b>BOB'S PREMIUM BEEF</b> T-BONE STEAKS \$5.09 PORTERHOUSE STEAKS \$5.39 lb.	<b>BOB'S PREMIUM BEEF</b> Rib Eye DELMONICO STEAKS \$5.79 lb.

**PIENIC BASKET MARKET PLACE**  
49471 Ann Arbor Rd. (W. of Ridge)  
459-2227

We Have All Your B-B-Q Favorites!

**VINTAGE MARKET**  
29501 Ann Arbor Trail (Just W. of Middlebelt)  
422-0160  
We now carry U.S. Grade A Amesh Chicken

Prices effective Mon. May 15 - Sun. May 21 Food Stamps & All Major Credit Cards Accepted

Chicken Breast \$1.99 lb. Only	Porterhouse Steaks \$5.49 lb. Only	Hamburger \$1.19 lb. Only
Pork Chops \$2.99 lb. Only	Platter Bacon \$1.99 lb. Only	Cube Steaks \$2.39 lb. Only
<b>WORLD'S BEST PARTY SUBS • CATERING • PARTY TRAYS • TOP QUALITY PIZZAS</b>	Turkey Breast \$2.99 lb. Only	Tuna Pasta Salad \$2.39 lb. Only
Hard Salami \$2.79 lb. Only	Swiss Cheese \$3.29 lb. Only	Skinless Hot Dogs \$2.39 lb. Only
Meunster \$2.69 lb. Only	Budweiser & Bud Lite \$9.99 18 Pack Cans	Vernor's \$6.99 12 Pack Cans

## MEDICAL BRIEFS

### Holistic medicine

Saint Joseph Mercy Health System will present "Navigating Health, Wellness and Disease: The Mind-Body Connection," a lecture on holistic medicine 7-8:30 p.m. Monday, May 22 at St. Joseph Mercy Hospital, 5301 East Huron River Drive, Ann Arbor.

The presenter is Dr. Mehmet Oz, a prominent heart surgeon from Columbia-Presbyterian Medical Center in New York and a leader in holistic medicine. Dr. Oz is the author of *Healing From the Heart* and has appeared on CBS Evening News, The Today Show, Good Morning America, Dateline and the Oprah Winfrey Show. He also has been featured in The New York Times, Readers' Digest and Good Housekeeping.

To register, please call Saint Joseph Mercy HealthLine at (800) 231-2211.

### What did you say?

Although hearing loss affects more than 25 million Americans of all ages, many hearing-impaired people do not get the proper help.

Marquette House, 36000 Campus Drive, between Wayne Road and Newburg in Westland will sponsor a "Better Hearing Day" 10 a.m. to 2 p.m. Saturday, May 20. Audiologists and assistive technology experts will be on hand, along with members of Self Help for Hard of Hearing People (SHHH), an international support group.

Presentations include information on assistive hearing products, tinnitus therapy and developing a wellness lifestyle.

For more information, call Personalized Hearing Care at (734) 467-5100 or (800) 411-7847.

### Stroke awareness

Many people never give stroke a second thought until it is too late. In the United States, someone suffers a stroke every 53 seconds.

Life Line Screening, a national provider of preventative health screenings, will offer stroke screenings at two locations: Tuesday, May 16 at the Summit on the Park, 46000 Summit Parkway in Canton and Wednesday, May 17 at the Civic Park Senior Center, 15218 Farmington Road in Livonia.

The stroke screening consists of three primary tests to detect the risk of stroke and vascular disease: carotid artery screening test, abdominal aortic aneurysm test, and an ankle brachial index. Bone density screening for early detection of osteoporosis also will be available for women.

A board-certified physician reviews the results of each test to ensure accuracy before the findings are mailed to each individual. Individuals whose screenings suggest further evaluation are encouraged to seek appropriate follow-up care with their own physician.

The tests are offered for \$35 each. Anyone interested in either the vascular or osteoporosis screenings must register at least 24 hours in advance. Call 1-800-407-4557.

# THE SILENT SHAME

## WOMEN DEFER ASKING DOCTORS ABOUT INCONTINENCE

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

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

Simply put, urinary incontinence is the involuntary release of urine at a socially unacceptable time. It affects more than 11 million women in the United States. Although it most often manifest itself in the middle to later years, it affects all ages.

"Incontinence could be described as an epidemic," said Dr. Denise Howard, a specialist who treats incontinent women in the University of Michigan's Obstetrics and Gynecology Department. "About 35 percent of all women have some form of urinary incontinence, and as many as one in nine of those women undergo surgery for it."

"It is a quality of life issue. It affects your dignity, how you see yourself in the world," said Dr. Veronica Mallett, a subspecialist in urogynecology with the Oakwood Healthcare System.

Yet, most women don't talk about urinary incontinence in spite of acute embarrassment, curtailment of sex and cessation of physical activities. In fact, most women wait two- and-a-half years after the onset of symptoms before consulting a doctor, said Mallett.

"No one wants to talk about this because it's not sexy."

### Treatment options

That's a shame, because there are several treatment options: exercise and physical therapy, medications, and surgery. Mallett currently is one of the few physicians in the state to perform a new procedure called the Tension-Free Vaginal Tape System for women with stress urinary incontinence, the most common form of incontinence.

The procedure allows for placement of a mesh tape close to the high-pressure zone of the urethra, providing tension-free support of the inner urethra and bladder neck. It is done on an outpatient basis under local anesthesia with sedation and takes about 30 minutes to perform.

"Traditional vaginal sling surgeries are performed under general anesthesia and require a hospital stay."

"It has the advantage over the traditional sling of the patient being able to urinate right away, whereas the traditional sling patient may not urinate for several weeks. And unlike previous synthetic slings, the TBT sling doesn't erode through the vaginal skin," said Mallett.

### Understanding incontinence

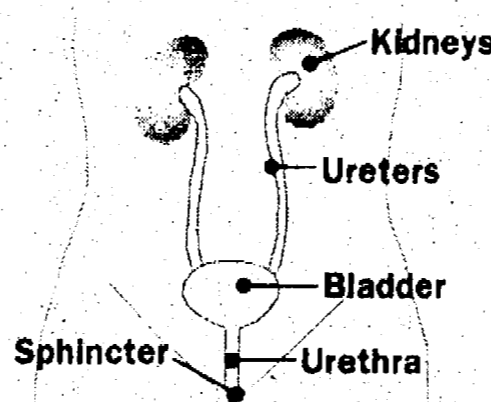
Before women start talking about urinary incontinence and its possible treatments, they must understand what it is ... and isn't.

While many women don't manifest symptoms until their mid-40s, incontinence is not about aging. Young women involved in strenuous activities such as weightlifting, during which they bear down to the pelvic floor muscles, can develop stress incontinence.

"In fact, while the severity of this



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



The urinary tract

problem can increase with age, it should not be considered a normal part of aging. There is help available," said Howard.

Incontinence is a problem of the urinary system, which consists of two kidneys, two ureters, a bladder and a urethra. The kidneys remove waste products from the blood and produce urine, which travels to the bladder through the ureters. The bladder stores the urine until it flows out of the body through the urethra.

The sphincter, a circular muscle that controls the activity of the urethra, is not part of the urinary system but can play a role in incontinence.

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

There are several forms of urinary incontinence:

■ **Stress urinary incontinence** - The most common form, SUI causes women to lose urine when they laugh, sneeze or cough; walk or exercise; or get up from a seated or lying

position. SUI has two basic causes: weak pelvic muscles that don't hold the urethra in place and dysfunctional sphincter muscles that fail to hold the urethra closed.

■ **Urge incontinence** - Unlike SUI, urge incontinence results from overactive bladder muscles rather than weak pelvic muscles. A woman may feel she can't get to the bathroom in time. This can be more devastating than SUI since women can lose the entire contents of their bladder, said Mallett.

■ **Mixed incontinence** - A combination of stress and urge incontinence.

■ **Overflow incontinence** - Women with overflow incontinence feel as if their bladder is never completely empty. The nerves to the bladder are no longer working, and the bladder spills over. This condition may be due to neurological diseases such as MS or Parkinson's.

### Treatments

According to the National Association for Continence, urinary incontinence has an approximately 80-percent cure or improvement rate. In addition to X-rays and cystoscopic examinations, special diagnostic tests to determine bladder capacity, sphincter condition, urethral pressure, and the amount of urine left in bladder may be required.

There are three major treatment categories: behavioral/muscle therapy, pharmacologic and surgical. However, surgery - and there are many types, including the new Tension-Free Vaginal Tape System - should be considered only after all non-surgical procedures have been tried.

Archana Uppal, a physical therapist with St. Mary Hospital's Physical Medicine and Rehabilitation Department, specializes in treating incontinence. Most of her female patients are 65-85 years old. Some are as young as 20.

For stress urinary incontinence, Uppal suggests her patients practice "Kegels" - exercises that contract the pelvic floor muscles. "Normally, in about six to eight weeks most patients improve. Sometimes patients have been cured completely."

To get results, Uppal recommends 10 sets of eight to 10 repetitions a day. "A muscle doesn't strengthen overnight. It takes a few weeks. Patients are so motivated when they see results after they have worked hard."

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

While stress urinary incontinence does not usually respond to medication, SUI associated with estrogen deficiency may be treated with hormone replacement therapy, such as vaginal cream or estrogen patches. Medications also are used to treat infection, stop abnormal bladder muscle contractions or to tighten sphincter muscles.

### Caution

Uppal cautions women not to bear down strenuously when lifting. Learning to contract or pull the pelvic floor muscles upward (kegels) while lifting can be a helpful countermove.

However, perhaps the best advice is seeking help when the first symptoms of urinary incontinence appear. Unfortunately, although obesity is a risk factor for incontinence, many doctors will advise an overweight woman to "lose 20 pounds and then come back," said Mallett.

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

Mallett's greatest reward as a physician comes in helping women who have severely altered their lifestyle because of urinary incontinence. "I like the idea of putting things back into place," she said. "I like restoring function and the quality of life."

### 10 warning signs of bladder problems

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

### Bladder Irritants

Urge incontinence, the urgent need to empty the bladder frequently, is often worsened by foods that irritate the bladder.

These foods cause worsening of symptoms in most people:  
Coffee (even decaffeinated for some people)  
Tea

Caffeinated soda  
Alcoholic beverages  
Medicines with caffeine  
Chocolate  
Smoking

These foods cause worsening of symptoms in some people:  
Milk and milk products  
Artificial sweetener

Citrus juices and citrus fruits  
Tomatoes and tomato-based products  
Onions  
Fatty spicy foods  
Sugar and honey  
Corn Syrup  
Cranberry  
Fruit Juices  
Canned soups  
Canned meats  
Canned fish  
Canned soups  
Canned meats  
Canned fish

## Kegel exercises

Identify the muscles located around the bladder, opening by starting and stopping your urine stream. Use this technique only for identifying the muscles used for Kegel exercises. Do not perform Kegels while urinating.

Another way to identify the muscles used for Kegel exercises is to tighten the rectal muscles (as when holding back gas or completing a bowel movement). Because they are part of

the same muscle group, the rectal muscles always work with the muscles located around the bladder opening.

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

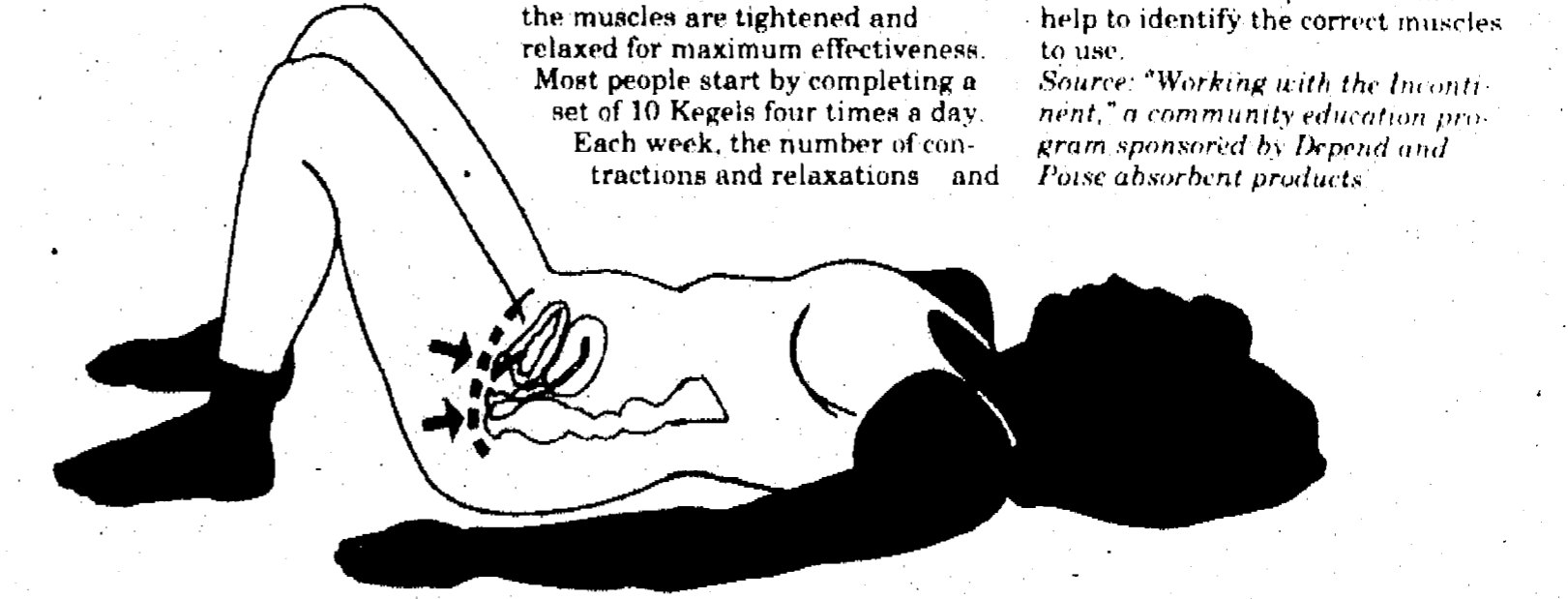
Most people start by completing a set of 10 Kegels four times a day. Each week, the number of contractions and relaxations and

the length of time contractions are held - are increased.

Kegel exercises may be done with other activities, such as watching television, ironing or when relaxing. Because it may take several weeks to notice an improvement, it is important to continue doing the exercises.

If your symptoms do not improve, ask your physician, nurse or therapist to help you. Many individuals need a healthcare professional's help to identify the correct muscles to use.

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



**We want your health news**

There are several ways you can reach the Observer Health & Fitness staff. The Sunday section provides information for you to offer news-worthy information including Medical Database (upcoming scientific events), Medical Research, and Health News. We also feature news-worthy items for health and fitness related events. Please contact us if you have any news or want to be featured in our Health & Fitness section.

**CONTACT US:**

Phone: (734) 953-2128  
Fax: (734) 953-2128  
E-mail: rskoglund@oe.homecomm.net

# Bosses now monitoring your instant messages



MIKE WENDLAND

**W**e all know that more and more companies have been monitoring their workers' e-mail usage and Web surfing. But now there's snooping software that allows employers to eavesdrop on workers who use instant messaging programs to keep in touch with friends and associates while logged on to the company network. The software is appropriately called Little Brother 4.0 (www.littlebrother.com), and it's an Internet access filtering program that lets network administrators keep track of who is using instant messaging on company time and to fine-tune individual access to Internet features. Used in conjunction with another program called Investigator (www.winwhatwhere.com/invest.htm), bosses now have the capability of getting a report on literally every keystroke an

employee types whether logged on to the Internet or not.

## Addictive cybersex

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

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

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

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

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

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

## Junk e-mail increases

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

Many will get much more.

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

ered by the U.S. Postal Service.

All this is being vigorously fought by a volunteer anti-spam group called CAUCE, for Coalition Against Unsolicited Commercial E-Mail (www.cauce.org). They're pushing for legislative controls on junk e-mail before it ruins the Internet.

## Congress gets involved

Congress will hold hearings later this month on the growing mess involving online users who swap their favorite MP3 music files online through various Internet trading sites like Napster (www.napster.com).

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

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

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

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

## On the Net

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

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

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

long before traditional media gets on board.

## PC Mike seminar

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

Till next week everybody ... 73.

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

## MEDICAL DATEBOOK

Items for Medical Datebook are welcome from all hospitals, physicians, companies and residents active in the Observer-area medical community. Items should be sent to: Medical Datebook, c/o The Observer Newspapers, 36251 Schoolcraft, Livonia 48150, e-mail rskoglund@oe.homecomm.net or faxed to (734) 591-7279.

## ONGOING

**OVEREATERS**  
Overeater Anonymous meets every Sunday 7-8:30 p.m. through June in the St. Mary Hospital Pavilion, Conference Room A, 36475 Five Mile, Livonia. Another group meets every Thursday evening 7:30-9 p.m. in Unity Church, 28660 Five Mile. Call Kathleen at (734) 427-8612.

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

**BLOOD PRESSURE SCREENINGS**  
Marquette House, a residential assisted living facility at 36000 Campus Drive in Westland (across from John Glenn High School), holds blood pressure screenings every fourth Tuesday. Open to the public 11 a.m. to noon. Call (734) 326-6537.

**IMPOTENT**  
The Impotent Anonymous Support Group meets 8 p.m. the last Wednesday of each month at St. Mary Hospital, Marian Professional Building, 14555 Levan Road, Livonia (Pavilion Conference Room A). For information, call (734) 462-5858.

## MON, MAY 15

**DIABETES EDUCATION**  
Garden City Hospital will sponsor "Live Well With Diabetes," a five-week series that begins May 15, 18 and 22. Sessions will cover hypoglycemia, hyperglycemia, foot care, meal plans and glucose monitoring. Physi-

cian referral required. Call (734) 458-4330 to register.

**RESTLESS LEG SYNDROME**  
The Restless Leg Syndrome Support Group will meet at 7 p.m. at Henry Ford OptimEyes, 35184 Central City Parkway in Westland to discuss medications and exercises. The meeting will feature a video by California-based physician Dr. Vuchfuhner. For more information, call Jan Prentice at (734) 453-4847.

## TUES, MAY 16

**LYME DISEASE**  
The Lyme Disease Support Group will sponsor a "Lyme Disease Education Night" at 7 p.m. at the First United Methodist Church, Wayne. Call Connie at (734) 326-3502 for more information.

**SPIRITUALITY AND HEALTH**  
Henry Ford Medical Center-Fairlane will sponsor a free lecture, "Spirituality, Health & Healing," 11 a.m. to 12:30 p.m. Tuesday, May 16, at the medical center, 19401 Hubbard Drive in Dearborn. Call (313) 982-8384.

## WED, MAY 17

**DYSLEXIA SUPPORT**  
The Michigan Dyslexia Institute - Detroit Metro Center will host a meeting on the Section 504 of the Rehabilitation Act of 1973 as related to accommodations for students/adults with dyslexia. Parents, advocates, professionals and students encouraged to attend. Meets at 6:45 p.m. at the MD Institute, 30230 Orchard Lake Road in Farmington Hills, Suite 130.

**CAVE-DWELLERS' DIET**  
It's better to eat like cave-dwellers. Learn how your body lets you know what it needs nutritionally through muscle testing. Dr. Darren Schmidt presents a free workshop 7:08-15 p.m. Wednesday, May 17 at the Canton Center Chiropractic Clinic. Call (734) 455-6767.

**HEALTHY FOOD**  
Learn how the energy of food can help strengthen your internal

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

## THUR, MAY 18

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

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

**EXERCISE**  
Oakland Physical Therapy, PC, will present "Fit After Fifty" 7 p.m. at the Providence Medical Center, 47601 Grand River Avenue, Suite B124, Novi (intersection of Grand River and Beck Road). No charge. Reservations required. Call (248) 380-3550.

## TUES, MAY 23

**RESTLESS LEG SYNDROME**  
The Restless Leg Syndrome will meet at 2 p.m. at Henry Ford OptimEyes, 35184 Central City Parkway in Westland to discuss medications and exercises. Garden City Hospital nurse Marilyn Armerage will be the featured speaker. For more information, call Jan Prentice at (734) 453-4847.

## MAY 24-JUNE 14

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

## WED, MAY 31

**BLOOD DRIVE**  
The American Red Cross will hold a blood drive sponsored by the Canton Hindu Temple (44955 Cherry Hill Road) from 2-5 p.m. Wednesday, May 31. For information call (734) 981-8730.

## JUNE 3 & 7

**STOP SMOKING**  
Providence Hospital will present smoking cessation programs 10 a.m. to noon Saturday, June 3, Novi Park; Providence Medical Center-Providence Park 47601 Grand River (Beck Road entrance), Novi; and 6:30-8:30 p.m. Wednesday, June 7, Providence Medical Center-Livonia; Mission Health Medical Center, 37595 Seven Mile (at Newburgh), Livonia. For reservations, call 1-877-345-5500.

## THUR, JUNE 4

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

## JUNE 6-29

**DIABETES**  
St. Mary Hospital's "Taking Charge of Living with Diabetes" class meets 7-9 p.m. Tuesdays and Thursdays for four weeks. Call (734) 655-8410.

## WED, JUNE 7

**MENOPAUSE**  
The Menopause Support Group at St. Mary Hospital in Livonia meets 7-9 p.m. Discussion will offer tips on protecting your back from stress and strain, including proper lifting techniques. Call (734) 655-1100.

## FRI, JUNE 9

**CHEMICAL SENSITIVITY**

The Multiple Chemical Sensitivity Friends support group meets 2-5 p.m. at Calgary Presbyterian Church, 2727 Fernwood, Ann Arbor (west of U.S. 23, between Washtenaw and Packard). Call (248) 349-4972.

## SAT, JUNE 10

**CARDIAC LIFE SUPPORT**  
Prerequisite for initial training: proof of current Health Care Provider BLS card. Retraining: proof of current Health Care Provider BLS card and current ACLS certification. Class is offered Saturday and Sunday, June 10 and 11, from 8 a.m. to 5 p.m. St. Joseph Mercy Hospital/Michigan Heart & Vascular Institute (734) 712-2948.

## MON, JUNE 12

**THYROID DISORDERS**  
The Michigan Thyroid Disorder Support Group will meet at 6:30 p.m. in the Plymouth Library, 223 S. Main Street. For more information, call Tracy Green at (734) 453-7945. Web site: http://community.mlive.com/ce/thyroid

**THYROID**  
The Michigan Thyroid Disorder Support Group meets 6:30-9 p.m. at the Plymouth Library, 223 S. Main, Plymouth. Dr. Ng of The Center for Holistic Medicine in West Bloomfield will discuss natural hormones and diet. Call Tracy Green at (734) 453-7945.

## TUE, JUNE 13

**TOUCH FOR HEALTH**  
Learn to use muscle testing techniques, neuromuscular massage, cupressure to strengthen weaknesses, relieve pain, and improve posture. Bring a "Touch for Health" book, available at book stores. Class runs Tuesday, June 13-July 25, from 6-9 p.m. Cost is \$225. The Healing Arts Clinic is located at 340 N. Main

Street No. 205 in Plymouth. Call (734) 207-0557 to register.

**CAREGIVING STRESS**  
Alterra-Clare Bridge of Livonia, 32500 Seven Mile, will present a discussion on "Stress Management: Emotions of Caregiving," 6-7:30 p.m. in the community center. Call Nanette Cooper or Denise Mannion for reservations (248) 428-7055.

## THUR, JUNE 15

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

## THUR, JULY 20

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

## MON, SEPT. 11

**THYROID DISORDERS**  
The Michigan Thyroid Disorder Support Group will meet at 6:30 p.m. in the Plymouth Library, 223 S. Main Street. For more information, call Tracy Green at (734) 453-7945. Web site: http://community.mlive.com/ce/thyroid

### How Anxious Are You?

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

YES	NO
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>

If you answered "yes" to four or more statements, you may be suffering from an anxiety disorder, a serious condition affecting millions of Americans. The Institute for Health Studies is currently looking for individuals experiencing the above symptoms to participate in a research study of investigational medication for anxiety. If you are selected, all research-related costs and study medication are provided at no cost. Get answers and information about anxiety.

**INSTITUTE FOR HEALTH STUDIES**  
(517) 349-5505 • 1 (800) 682-6663  
Robert I. Bielcki, M.D.

### Personal Scene

IT'S ALL-NEW!

PLACE YOUR FREE AD TODAY!

- FREE ads
- FREE Voice Greeting
- 24 hours/day, 7 days/week Live and Automated Ad Taking
- Guaranteed Voice Greeting with every ad
- FREE news adaptation

1-888-829-6359

FREE Personal Scene Sunday and Thursday

### CONSIDERING COSMETIC SURGERY

Come to a free seminar presented by our plastic surgeons to learn more about the latest cosmetic surgery procedures to improve your appearance from head to toe.

Tuesday, May 16, 5:30 to 7 pm  
St. Joseph Mercy-Canton Health Building, 1800 S. Canton Center Road, Canton

Complimentary refreshments

www.cprs-aa.com  
For a seminar schedule or call for a complimentary consultation

Dr. Robert J. Kasper, M.D.  
Dr. Robert J. Kasper, M.D.  
Dr. Robert J. Kasper, M.D.

THE OBSERVER & ECCENTRIC PRESENTS

Personal Scene

has a call 1-800-256-4449



Call 1-900-454-5566 \$2.19 per min.

GIVE ME A CALL

21 yr old, intelligent, attractive, up beat down to earth, single, white female with blonde hair and blue eyes. Seeking a single male with similar qualities. BOX 12581

FRIENDS AND MORE

38 yr old, single female with blonde hair and blue eyes. I enjoy the outdoors, children, animals and cooking. Looking for a male for friendship and more. BOX 12834

GIVE ME A CALL

53 yr old, 140 lb, non-smoking, single female who enjoys traveling and outdoor activities. Looking for a single male to share good times in our future. I am more than willing if you are, too. BOX 12858

THE MORE TO LOVE

42 yr old, divorced, 5'6", long blonde hair, pretty blue eyes, a large framed lady, likes camping, dining out, gardening, flowers, the outdoors, crafts, dancing, music, concepts, theater. She is Christian and old fashioned. Seeking a single or divorced white male to pursue a relationship. BOX 12688

LONELY HEART

Single brunette female, 36, 5'7", enjoys traveling, fishing, art, and flea markets. Looking for a single male, 30 to 50, who enjoys life, is a treat of doing it alone. BOX 12329

SEEKS SPECIAL SOME 1

Single Hispanic female, black hair, petite, enjoys dancing, swimming, bike riding, walks in the woods and more. Looking for a single male who is similar interests, for friendship and more. BOX 13010

ENJOYABLE TIMES

Single lady, 122 lb, 5'5", blonde hair, blue eyes, social drinker, enjoys having fun. Looking for a single male, for friendship and more. BOX 13011

ROMANCE 101

Single white mother of three, 39, 5'7", blonde with green eyes, medium built, employed, enjoys long walks, camping, going to the beach and more. Looking for a single male, 33 to 43, 5'10" and above, non-smoker with similar interests, for friendship and more. BOX 13031

RIDE OF YOUR LIFE!

Single white female, 36, 5'9", 120 lbs, romantic, fun loving, down to earth, who likes riding on Harley's, long walks, boating, camping, music and good company. Seeking a single white male, tall, 36 to 45, who's caring, affectionate, with similar interests, for friendship and possible long term relationship. BOX 13058

HATES COUNTRY MUSIC

Single white female, 40 something, 5'4", medium build, long brown hair, green eyes, smoker and social drinker, likes movies, dining out, shopping, pool, television, rock. On rock, quiet times at home. Seeking a single white male, 30's to 40's for a loving relationship. BOX 13734

LOOKING FOR LOVE

Single white female, smoker, 40's, who is serious, interested and affectionate. Enjoys movies, rock n roll, shopping, pool and quiet times at home. Looking for a single male, 35 to 40, for friendship and more. BOX 13099

ROMANCE IS THE KEY

Single white female, 44, hard working, non-smoker, financially secure, looking for a single male who is romantic, charming, honest, easy going and has a good sense of humor. BOX 18116

IF INTERESTED, CALL

Supersedate, senior lady educated who enjoys cooking, traveling, and dancing. Looking for a single white male, 55 to 65, who is honest and enjoys female companionship. BOX 16146

WANT TO KNOW MORE?

38 yr old single white female who needs to be spoiled but spoils in return. BOX 16283

LONG TERM LOVE

30 yr old single female with blonde hair and blue eyes who goes to college and works full time. Looking for a single male who is ready to settle down. BOX 16339

ARE YOU OUT THERE?

Single white female, 58, blonde with brown eyes, medium built, easy going, enjoys children, bring and just having a good time. Looking for a single male with similar interests, for friendship and more. BOX 16484

SEEKS RELATIONSHIP

Single mother of one, blonde hair, green eyes, student enjoys the outdoors and is looking for a single male, for friendship, dating and a possible companionship. BOX 16488

FRIENDSHIP FIRST

26 yr old, single white female, 120 lb, 5'3", honest, caring, and open minded, enjoys good conversation, romance, the outdoors, camping, movies and more. Looking for a single male, 30 to 45, with similar interests, for friendship and possibly more. BOX 18518

LOOKING FOR THAT SPECIAL 1

Single female, loving, caring, active, fun, romantic, loves to be outside on the couch with my biggest and warmest special. Seeking a single white male, 33 to 36, employed, stable, loving, caring, and knows how to treat a lady. BOX 33116

COLLEGE EDUCATED...

36 yr old, 5'7", single mother of one with light brown hair and hazel eyes. Seeking a college educated, single, white male who's honest and has a sense of humor. BOX 13164

PRETTY ENTREPRENEUR

54 yr old, comfortable from Levis to a floor length gown, 5'4", lot of fun, curly, beautiful, brown hair and eyes, and spirited. Enjoys movies, plays, opera, concerts, ballet, boating and swimming. Looking for a Caucasian single, 48 to 75, successful, sincere and kind to complete my life. BOX 36097

DANCE WITH ME

Single white female, 24, likes sports, dancing and the outdoors. Seeking a single male for friendship first and more later on. BOX 16667

SHOOTING STAR

Divorced, white, professional female, 55, 125 lbs, brown/black hair and eyes, dimples, looks minus 40 and stable. Seeking a divorced, white male, 55 to 60, attractive, 6' stable and a good sense of humor. BOX 31913

GREEN EYED BLONDE

Single white female, 40, 5'6", weight proportionate, pretty romantic at heart. Enjoys arts, flea markets and horseback riding. Looking for an attractive professional male with a good sense of humor and similar interests. BOX 36077

TRUE LOVE WAITS

21 yr old, single mother of one attractive, easy going, seeking single white male, 21 to 30, who enjoys dining out, movies, football, and other sports, for friendship possible relationship. BOX 16469

HAVE ME SMILE

Divorced white Christian mother of two, 37, 5'4", 145 lb, self employed. Enjoys theater, walks, museums and keeping up with my children. Seeking intelligent, emotionally fit, non-smoking, non-drinking, male with a healthy attitude, good sense of humor. Must value honesty and be goal oriented. BOX 31976

JUST THE TWO OF US!

58 yr old, 5', white female with blonde hair and green eyes who is new to the area, enjoys dining out, movies, traveling, and caring with evening and much more. Seeking a single male, 45 to 60, to share good times, friendship and maybe more. BOX 16546

HARD TO FIND

60 yr old, white widowed female, 5'3", brown hair and eyes, non-smoker, non-drinker, enjoys riding, long walks, bike riding, movies, going to church, and much more. Looking for a single white male, 55 to 62 who enjoys life, is a treat of doing it alone. BOX 12334

SOMEONE SPECIAL

44 yr old single black woman, fun loving and outgoing, likes gardening, cooking, walking, concerts and traveling. Seeking a black male, 43 to 53, who's outgoing, down to earth and sincere, for friendship first and possibly more. BOX 31923

WANTED, A GOOD MAN

Single white female, 46, full figured, casual smoker, casual drinker. Seeking a single white male, 46 to 55, to share dinners, movies, concerts and good times. Serious minded men only. BOX 31937

SEEKING COMMITMENT

35 yr divorced white female, mother of one, 5'3", blonde hair, blue eyes, about size 18. Been told I am pretty and have a good personality. Smoker, non-drinker, no drugs. Enjoys movies, camping. Seeking a marriage minded man that doesn't ask us to upgrade. Down river area. BOX 31940

YOUTHFUL THINKING

Single female, sophisticated, shy, 135 lbs likes traveling, boating the outdoors and more. Looking for a single male, 25 to 45, who's sweet for friendship and spending. BOX 16304

GOING UP NORTH?

Pretty blonde haired, blue eyed, single white female, 48, petite, romantic, enjoys boating, movies, dining out, music, and more. Looking for a single white male, 40 to 50, with similar interests, for possible relationship. Children are welcomed. BOX 16361

NEED MY COMPANY?

46 yr old, full figured, Born Again Christian, black male, 40, 160 lbs, who is happy, knows what he wants, enjoys the rain, beaches, mountains and more. BOX 16364

WORTH IS DISAPPOINTED

Single white female, 31, 5'4", blonde with green eyes, enjoyed enjoys candlelight dinners, movies, walks and sports. Seeking a single male of any race, 35 to 54, non-drinker or smoker, to pamper, cuddle and give all my love to. BOX 12993

LIFE'S TOO SHORT

Affectionate, slim, petite, attractive, creative, spiritual, divorced, white female, 48, seeking an honest, thoughtful, sincere, intelligent, non-smoker, divorced white male, with a sense of humor and love of life, who enjoys the arts, theater, music, dining, home and family and travel. BOX 36055

LARGE FEMINE WARM

Single white female, 47, 270 lbs, attractive, searching for a single male, 45 to 54, non-smoking, with a good sense of humor, honesty and values. I enjoy music, movies, dancing and travel. Waterford area. BOX 35905

SINCERE

Pretty petite, thin, divorced white female with a passion for life and love seeks a tall, clean cut, handsome, financially secure, physically fit, romantic gentleman, 55 to 65, to share life's pleasures, and enjoy outdoor activities, dancing, dining, theater and much more. BOX 35910

LOTS OF ENERGY

I'm a nice, cute, young looking, physically fit package with lots of energy. Seeking a single white male, 37 to 43, who is attractive, active and is interested in a possible relationship. I enjoy working out, watching sports, outdoor activities, cuddling, music and much more. BOX 21990

NEW BEGINNINGS

Divorced white female, red hair, blue eyes, weight proportionate to size. Seeking a single male, 40 to 55, who enjoys movies, dining and having fun, for a possible long term relationship. BOX 32882

HONESTY IS THE KEY

Single white female, young 40 plus, 5'8", blue eyes, brown hair, medium build, smoker, non-drinker, with old fashioned values, enjoys music, dining out, trips up North, movies and animals. Seeking a single white male, who's sincere, honest, social drinker, with a good sense of humor, for friendship first. Down River Area. BOX 31953

CLASSIC ROMANCE

50 yr old, single female, 5', believes in romance, likes music, dancing, classic cars, country life and simple pleasures. Seeking a kind, sincere, single or divorced male, 42 to 60, non-smoker with similar interests for a long term monogamous relationship. Down River area. BOX 14471

WORTHY OF YOUR LOVE

Single white female, young 40 plus, 5'10", seeking life partner who enjoys church, dancing, fellowship, and ready to be fully blessed with a good woman. BOX 33640

REV YOUR ENIGMAS

Attractive, independent female, 37, 5'6", 140 lbs, looking for a single male, 35 to 45, who is a social or non-drinker and enjoys cars, art, show and likes to go dancing. BOX 33647

GOLFERS WHERE ARE U

Single white female, 56, young looking active, down river area, loves to golf, but not ready for the tour. Lots of interests, new adventures. Seeking a single white male, 51" or taller, between 50 and 60, for conversation, friendship and more. BOX 33652

EXTREMELY ENERGETIC

Single white female, 53, 5'11, big blonde and hazel eyes. I am looking for a sincere, romantic, non-smoking, white male, 45 to 55, who loves dancing, traveling, and eating out. Start with friendship and see what happens. BOX 31910

LOOKING FOR YOU

Youthful, 53 yr old, single white female, 125 lbs, blonde hair, blue eyes, medium build, smoker, good sense of humor, athletic to muscular build. Likes horseback riding, bowling, long walks in the park. Looking for a fun loving black or Caucasian male, 45 plus, for fun times and possible relationship. BOX 31912

TAKE A CHANCE!

35 yr old, divorced white mother of one, 5'3", blonde hair, blue eyes, medium build, smoker, non-drinker, enjoys movies and camping. Looking for a marriage minded male who doesn't drink or do drugs. Down River area. BOX 12334

WANTED, A GOOD MAN

Single white female, 46, full figured, casual smoker, casual drinker. Seeking a single white male, 46 to 55, to share dinners, movies, concerts and good times. Serious minded men only. BOX 31937

SEEKING COMMITMENT

35 yr divorced white female, mother of one, 5'3", blonde hair, blue eyes, about size 18. Been told I am pretty and have a good personality. Smoker, non-drinker, no drugs. Enjoys movies, camping. Seeking a marriage minded man that doesn't ask us to upgrade. Down river area. BOX 31940

YOUTHFUL THINKING

Single female, sophisticated, shy, 135 lbs likes traveling, boating the outdoors and more. Looking for a single male, 25 to 45, who's sweet for friendship and spending. BOX 16304

GOING UP NORTH?

Pretty blonde haired, blue eyed, single white female, 48, petite, romantic, enjoys boating, movies, dining out, music, and more. Looking for a single white male, 40 to 50, with similar interests, for possible relationship. Children are welcomed. BOX 16361

NEED MY COMPANY?

46 yr old, full figured, Born Again Christian, black male, 40, 160 lbs, who is happy, knows what he wants, enjoys the rain, beaches, mountains and more. BOX 16364

WORTH IS DISAPPOINTED

Single white female, 31, 5'4", blonde with green eyes, enjoyed enjoys candlelight dinners, movies, walks and sports. Seeking a single male of any race, 35 to 54, non-drinker or smoker, to pamper, cuddle and give all my love to. BOX 12993

LIFE'S TOO SHORT

Affectionate, slim, petite, attractive, creative, spiritual, divorced, white female, 48, seeking an honest, thoughtful, sincere, intelligent, non-smoker, divorced white male, with a sense of humor and love of life, who enjoys the arts, theater, music, dining, home and family and travel. BOX 36055

LARGE FEMINE WARM

Single white female, 47, 270 lbs, attractive, searching for a single male, 45 to 54, non-smoking, with a good sense of humor, honesty and values. I enjoy music, movies, dancing and travel. Waterford area. BOX 35905

SINCERE

Pretty petite, thin, divorced white female with a passion for life and love seeks a tall, clean cut, handsome, financially secure, physically fit, romantic gentleman, 55 to 65, to share life's pleasures, and enjoy outdoor activities, dancing, dining, theater and much more. BOX 35910

LOTS OF ENERGY

I'm a nice, cute, young looking, physically fit package with lots of energy. Seeking a single white male, 37 to 43, who is attractive, active and is interested in a possible relationship. I enjoy working out, watching sports, outdoor activities, cuddling, music and much more. BOX 21990

NEW BEGINNINGS

Divorced white female, red hair, blue eyes, weight proportionate to size. Seeking a single male, 40 to 55, who enjoys movies, dining and having fun, for a possible long term relationship. BOX 32882

GIVE ME A CHANCE

26 yr old, single white male, looking for a white female, 18 to 26, for friendship and possibly more. BOX 12880

LET'S SEE WHAT COMES

23 yr old, 5'8", 160 lb, single white male who enjoys sports, clubbing and having fun. Looking for a single female, 20 to 25, 5'2" to 5'5", for friendship and possibly more if it is agreeable to the both of us. BOX 12899

SEEKING BEST FRIEND

41 yr old, 5'8", 175 lb, single white male with blonde hair and blue eyes. I like the outdoors, animals, working out and being romantic. Looking for a single female, for friendship and more. BOX 12910

ARE YOU THE ONE?

Single white male, 22, 6'5", 195 lb, looking for a single, attractive female, for friendship and a possible relationship. BOX 12914

TILL DEATH DO US...

Part, 28 yr old single white male, 5'8", 200 lbs, wears glasses, non-smoker, social drinker, likes camping, four-wheeling, country music. Seeking an attractive, single female, 26 to 30, non-smoker, for friendship, companionship, and eventually get married and have a family. BOX 12959

LET'S GET TOGETHER

Single white male, 6'11", 170 lbs, brown hair, blue eyes, enjoys sports activities, clubs, music, movies and more. Looking for a single, warm, caring, loving female with similar interests. BOX 13027

WITH OPEN ARMS

Single white male, 39, 6'3", 210 lbs, brown hair and eyes, looking for a single female, 5'10 to 5'4", who likes to have fun, sports, travel and more. If interested, give me a call. BOX 13028

LOOKING FOR YOU

Youthful, 53 yr old, single white female, 125 lbs, blonde hair, blue eyes, medium build, smoker, good sense of humor, athletic to muscular build. Likes horseback riding, bowling, long walks in the park. Looking for a fun loving black or Caucasian male, 45 plus, for fun times and possible relationship. BOX 31912

TAKE A CHANCE!

35 yr old, divorced white mother of one, 5'3", blonde hair, blue eyes, medium build, smoker, non-drinker, enjoys movies and camping. Looking for a marriage minded male who doesn't drink or do drugs. Down River area. BOX 12334

WANTED, A GOOD MAN

Single white female, 46, full figured, casual smoker, casual drinker. Seeking a single white male, 46 to 55, to share dinners, movies, concerts and good times. Serious minded men only. BOX 31937

SEEKING COMMITMENT

35 yr divorced white female, mother of one, 5'3", blonde hair, blue eyes, about size 18. Been told I am pretty and have a good personality. Smoker, non-drinker, no drugs. Enjoys movies, camping. Seeking a marriage minded man that doesn't ask us to upgrade. Down river area. BOX 31940

YOUTHFUL THINKING

Single female, sophisticated, shy, 135 lbs likes traveling, boating the outdoors and more. Looking for a single male, 25 to 45, who's sweet for friendship and spending. BOX 16304

GOING UP NORTH?

Pretty blonde haired, blue eyed, single white female, 48, petite, romantic, enjoys boating, movies, dining out, music, and more. Looking for a single white male, 40 to 50, with similar interests, for possible relationship. Children are welcomed. BOX 16361

NEED MY COMPANY?

46 yr old, full figured, Born Again Christian, black male, 40, 160 lbs, who is happy, knows what he wants, enjoys the rain, beaches, mountains and more. BOX 16364

WORTH IS DISAPPOINTED

Single white female, 31, 5'4", blonde with green eyes, enjoyed enjoys candlelight dinners, movies, walks and sports. Seeking a single male of any race, 35 to 54, non-drinker or smoker, to pamper, cuddle and give all my love to. BOX 12993

LIFE'S TOO SHORT

Affectionate, slim, petite, attractive, creative, spiritual, divorced, white female, 48, seeking an honest, thoughtful, sincere, intelligent, non-smoker, divorced white male, with a sense of humor and love of life, who enjoys the arts, theater, music, dining, home and family and travel. BOX 36055

LARGE FEMINE WARM

Single white female, 47, 270 lbs, attractive, searching for a single male, 45 to 54, non-smoking, with a good sense of humor, honesty and values. I enjoy music, movies, dancing and travel. Waterford area. BOX 35905

SINCERE

Pretty petite, thin, divorced white female with a passion for life and love seeks a tall, clean cut, handsome, financially secure, physically fit, romantic gentleman, 55 to 65, to share life's pleasures, and enjoy outdoor activities, dancing, dining, theater and much more. BOX 35910

LOTS OF ENERGY

I'm a nice, cute, young looking, physically fit package with lots of energy. Seeking a single white male, 37 to 43, who is attractive, active and is interested in a possible relationship. I enjoy working out, watching sports, outdoor activities, cuddling, music and much more. BOX 21990

NEW BEGINNINGS

Divorced white female, red hair, blue eyes, weight proportionate to size. Seeking a single male, 40 to 55, who enjoys movies, dining and having fun, for a possible long term relationship. BOX 32882

SOMEONE SPECIAL

27 yr old, single white male, 5'11, 230 lbs, seeking a single white female, 21 to 29, who likes hockey, football, the outdoors, clubbing, biking, movies and just relaxing for friendship and maybe more. BOX 13109

BEST TIME TO CALL

Sensitive, caring, divorced, white female, 38, 5'10", brown hair and eyes, family oriented, smoker, social drinker. Enjoys all sports, movies and dancing. Seeking a single or divorced white female, 26 to 40, for friendship and possibly more. No head games. Children are okay. BOX 15379

VERY NICE GUY!!!

54 yr old, white male, good conversationalist, non-smoker, moderate drinker, I enjoy movies, varied music, baseball, photography, traveling, good laugh and dancing. Looking for a single female, for friendship and possibly more. BOX 16471

EVERYTHING IS SAID

25 yr old, single male, thoughtful and outgoing. Seeking a single female, 18 to 25, height and weight proportionate, with similar interests, for a possible relationship. BOX 16491

WANT TO MEET ME?

39 yr old, divorced white male, brown hair, blue eyes, 5'11", 185 lbs, who enjoys baseball, is looking for a single female, with similar interests, for friendship and maybe more. BOX 16496

BEACHES, PARKS & MORE

40 yr old, white male, 6', 200 lbs, good shape, no gym, social drinker, smoker, honest, up front and honest. Looking for a single white female, who's height and weight proportionate, 35 to 45, enjoys various interests, for friendship and maybe more. BOX 16516

CONSTRUCTION WORKER

27 yr old, 6'2, 235 lb divorced father with brown hair and hazel eyes. I like working out, the outdoors, sports, and spending time at home. Looking for a single female, 25 to 35, with similar interests. BOX 16278

A NEW ROMANCE

40 yr old, 5'8", 190 lb, smoker, single male with brown hair and blue eyes. Looking for a female, slim to medium built, 30 to 55, with a wide variety of interests. BOX 16501

CARING AND HONEST

37 yr old, single white father of two, caring and honest who enjoys gardening is seeking a single white female, with similar interests and children for friendship and a possible relationship. BOX 16593

The Observer

# FAMILY HEALTH & FITNESS

*Kickboxing Rocks*

*What's in your medicine cabinet?*

*Meet two fit families*

*Are vitamins worthwhile?*



COMMUNICATIONS  
BY TONY

SUNDAY, MAY 14, 2000



# Saint Joseph Mercy Health System Health & Wellness Programs



## We'd rather see you when you're well!

**Children** Kids learn about healthy eating, exercise and fitness through fun-filled nutrition and weight management programs like *NutriTots*, *ShapeDown* and *Kids Cook!*

**Athletes** Learn to enhance your training and performance with care from *SportsNet*.

**Women** Obtain valuable information on women's health topics like menopause, body image, mid-life health, gender differences and more.

**Men and Women** Improve overall health and well-being through programs like *Life Lessons*, nutrition and weight management programs like *Nutricare* and *Healthy Solutions*, cardiovascular exercise programs and much more.

**Seniors** Feel better longer with a full range of exercise, nutrition and health awareness programs designed just for older adults.

For more information, call:  
(734) 827-3777

**A**t Saint Joseph Mercy Health System, we're committed to improving the health of our community. That's why we offer a full range of exciting health and wellness programs to keep you fit throughout life.

We provide excellent, compassionate health care whenever you need us. But we also take great care to see that you don't. For all your health and wellness needs, turn to Saint Joseph Mercy Health System.

SAINT  
JOSEPH  
MERCY  
HEALTH SYSTEM

A Member of Mercy Health Services

**FREE Weight Management Seminar**  
Learn more about  
Healthy Solutions, our  
medically-directed weight  
management program which  
makes weight loss healthier  
and easier. Call the Health Stop  
at Briarwood Mall.  
(734) 827-3777

**FAMILY MEDICINE CABINET**



When stocking your medicine cabinet, consider the needs of both your household and your guests, including grandchildren, says Ann Laginess, a staff

clinical pharmacist at Henry Ford Hospital. Do not keep medications beyond their expiration date and throw out prescriptions that are no longer needed. Outdated medicine "may very well have broken down and won't be effective," she warns. Also, holding on to old antidepressants creates the risk of an overdose for a family member going through hard times.

Keep all medicines in their original containers, which indicate dosage and expiration date, and store them in a cool, dry, dark place out of children's reach. "A humid, small bathroom is not the place. Neither is the top of the refrigerator," says Laginess.

Laginess compiled a list of medications and supplies — some by trademark brands — that every family should keep on hand. Generics work just as well.

**TOPICAL MEDICATIONS**

- **Triple antibiotic ointment**, such as Neosporin or Mycitracin with added pain reliever. Neosporin also comes in convenient packets.
- **Bactine** — Good antiseptic spray for first-aid kit.
- **Afterbite** — Neutralizes insect bite venom.
- **Hydrocortisone cream** — Relieves itching from insect bites and skin irritations.
- **Calamine lotion** — Dries and relieves itching. "When kids see the pink medication, they think it's working," said Laginess.
- **Bug spray** (keep extra in your golf bag).
- **Sun block**, including one for the lips.
- **Aloe cream or gel**.

**SUPPLIES**

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

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

• **First-aid book.**

**ORAL MEDICATIONS**

- **Tylenol** — Headaches, sunburn, fever and flu.
- **Ibuprofen** (such as Motrin) — "Good for fever in children who don't respond to other things." Anti-inflammatory for back strain and sports injuries.
- **Aspirin** — "Do not use in children or teens with the flu or chicken pox." Recommended for heart attack victims waiting for the ambulance.
- **Benedril** — Relieves itching of insect bites or poison ivy. Stock the liquid and 25 mg. tablets.
- **Chlortrimeton** — Antihistamine not as drowsy-inducing as Benedril. If allergic to dogs or cats, take one half hour before exposure.
- **Kaopectate** — Grabs on to toxins, but does not impede elimination. Good for kids and adults.
- **Immodium** — Stops diarrhea. Causes the gut to slow down and quit eliminating. Best for adults. Keep in a travel kit.

**SPECIAL NEEDS**

- **Cough medicine** — Keep things simple. If it's just a cough, buy something with just the "DM" ingredient. Stock both a daytime and nighttime Triaminic.
- **Syrup of Ipecac** — "Never give without the instruction of the Poison Control Center. Some medications cause as much trouble coming up and going down."
- **An extra-strength antacid** with an anti-gas ingredient.
- **Sore throat spray and anesthetic lozenges**.
- **Electrolyte replacement solution** for children and Gatorade for teens. Prevents dehydration when ill.
- **Epinephrine injections** — Used for people allergic to bee stings. Comes in a pen that can be jammed into the leg. "It could save your life."
- **Mylicon** — Anti-gas drops for gassy babies.

**Warning:** Keep the number of the Poison Control Center at Children's Hospital in Detroit posted near your phone (1 500 POISON 1, or 1-800-764-7661) and know the weight of your children or grandchildren. Antidote dosages are determined by weight. Also, many over-the-counter medications do not indicate dosages for children under age 6. Don't guess. Contact your local hospital's pediatric department pharmacy.

**Tired of Being Alone?**



Find a new beginning at Presbyterian Village with new friends and relationships.

**All Units Include:**

- Evening Meal 7 Days a Week
- Bi-Weekly Housekeeping
- Free Local Phone Calls
- Free Laundry Facilities
- Free Scheduled Transportation
- Free Pharmaceutical Delivery
- Emergency Call System

**We Feature:**

- Garden Apartments
- Full Kitchens
- Spacious Floor Plans
- Two Crafts Rooms
- 24-Hour Security
- Social/Recreational Events
- 2 Libraries & Exercise Room

**Optional Services Available:**

- Additional Housekeeping
- Lunches
- Screened Porch
- Beauty/Barber Shop
- Carport
- Laundry Service



**Presbyterian Village**

An affordable alternative for enjoyable retirement living!  
32001 Cherry Hill Road (just W. of Merriman)  
Westland



(734) 728-5222

**On the cover**

The Covert family of Canton in the top photo is into Tae Kwan Do. The Ryktarsyk family of Livonia in the bottom photo spends a lot of time in the YMCA pool. Find out how these families stay fit and healthy on page 8.

**TABLE OF CONTENTS**

■ Vitamins	Page 4
■ Dehydration	Page 6
■ Kick it out	Page 7
■ Three fit families	Page 8-9
■ No fun in the sun	Page 11
■ Get your dog off his butt	Page 12
■ Eat carbohydrates	Page 14
■ It's never too late	Page 15

**CREDITS**

**Advertising coordinator:**

Feg Knoespei

**Cover photos:**

Paul Hurschmann (top),

Tom Hawley (bottom)

**Cover:**

Glenny Merrillat

**Contributor:**

Renée Skoglund

**Editor:**

Ralph R. Echtenaw

**Graphics:**

Tammie Graves

**Ad placement coordinator:**

Sheryl Labon

# Not all vitamins are created equal



**RALPH  
ECHTINAW**

Should you and your family take vitamin and mineral supplements to maintain or enhance health?

There are vehement advocates on both sides of this issue. Some people spend hundreds of dollars a year on supplements. Others swear that taking vitamins only gives you the most expensive urine in town.

Personally, I spend about \$200 a year on supplements. I've taken vitamins and minerals daily since 1982 and have observed no visible effect in many cases.

My mainstay is a multi-vitamin and mineral I buy mail order from Bronson Pharmaceuticals. I have no idea just how much of these nutrients I absorb and can't point to a specific improvement that they've brought about. But I've taken three a day for 18 years.

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

Recently I discovered something called methyl sulfonyl methane, or MSM, that has almost entirely cleared up my problem with repetitive strain injury, or carpal tunnel syndrome.

Another supplement that gets results for me is flax seed oil. Chiropractor Jim Perkins started me on this stuff to treat the repetitive strain injury, but I continue to take it because it prevents dry skin and chapped lips.

I asked Clara Adams, who runs Zerbo's Health Foods of Livonia, to explain why some supplements don't seem to work.

She said synthetic vitamins like I've been taking have a lower "bio-availability" than vitamins that are developed directly from plants. So, in

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

Adams recommends food-matrixed vitamins for almost everyone for this reason. They're more effective. "No one can go wrong this way," she said, holding up a jar.

However, she concedes that a person who eats right won't necessarily see a huge benefit in taking supplements. Food is the primary source of nutrition, she said, but supplements can be chosen selectively to make up for weaknesses in one's individual metabolism.

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

Tina Miller, a registered dietitian with the Kroger Co. of Michigan, said bio-absorption can be measured by dropping your multi-vitamin in a bowl of vinegar. "If the vitamin is mostly dissolved (after two hours), then you know your body is able to break the vitamin down to get the nutrients," she said. "If it doesn't dissolve, change brands."

Caudill argues that everyone should take a multi-vitamin because meals nowadays contains fewer nutrients than they did years ago. A multi-vitamin thrice a day "will balance your system out."

Can you eat all the wrong things and make up for it with supplements? My experts say no. Burgers, fries, doughnuts and so on can do more damage than supplements can make up for, Adams said.

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

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

Miller recommends taking a multi-vitamin and mineral supplement

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

Should your kids take supple-

Please see **VITAMINS**, 13

## Don't skimp on the folic acid

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

It may also prevent oral birth defects such as cleft palate.

Folic acid may also help protect against heart disease by reducing the amount of homocysteine in your blood. Too much homocysteine can double your risk of heart attack, stroke or peripheral vascular disease.

Folic acid may play a role in prevention of several types of cancer, including cervical, colon and rectal cancer. And recent research shows it may help reduce the incidence of certain types of depression.

How much do we need?

A blue-ribbon-plan advisory panel formed by the National Academy of Sciences urged all adults, especially newly pregnant women, to get at least 400 micrograms of folic acid in their daily diets. Just 32 percent of all American adults are getting enough folate.

Adding folate to your diet

Begin your day with a cup of orange juice (110 micrograms). Eat one cup of whole-wheat cereal such as Wheaties for another 100 micrograms. A banana would add 24 micrograms. Lunch on a chicken Caesar salad (dressing on the side) for another 76 micrograms per cup of romaine lettuce. A 1/2-cup of kidney, white Northern or black beans in soup provides about 100 micrograms.

Where to find folate

Leafy vegetables, dried beans, some fruits, liver, yeast breads, wheat germ and some fortified cereals are among the good sources of folate. Most

enriched grain products - bread, flour, cornmeal, corn grits, pasta, rice and farina - must be fortified with folic acid, according to law.

To get more folic acid, eat plenty of beans, fruits and vegetables - preferably raw or lightly cooked. Half the folic acid in foods can be lost in cooking.

Sources of folate:

Lentils (1 cup cooked), 358 micrograms.

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

Pinto beans, 294 micrograms.

Kidney beans (1 cup cooked) 229 micrograms.

Garbanzo beans (1 cup cooked) 282 micrograms.

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

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

Asparagus (five spears), 110 micrograms.

Black beans (1 cup cooked), 256 micrograms.

Most ready-to-eat breakfast cereals, 100 to 400 micrograms (read labels).

Spinach, boiled (1/2 cup), 130 micrograms.

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

Grapefruit juice (1 cup), 55 micrograms.

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

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

Avocado (1/2 cup), 55 micrograms.

Orange (medium), 45 micrograms.

Orange juice (1 cup), 109 micrograms.

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

### Dr. Marcella Salib, MD/MBA Internal Medicine/Special Interest:

- Chronic Illness • Preventative Medicine • Arthritis • Obesity
- Hypertensive Cardiovascular Diseases • Diabetes

Dr. Salib is concerned about your ongoing physical and emotional health care. She establishes a continuing and caring relationship with each patient and this is why she has been chosen by many patients as their primary physician.

Dr. Salib is a member of the following medical associations:

- American Medical Association
- Michigan State Medical Society
- American Society of Internal Medicine
- Wayne County Medical Society

Practicing at St. Mary Hospital and Harper Hospital

Accepting Most Insurances

#### LIVONIA

Pinebrook Office Park  
20244 Farmington (S. of 8 Mile)  
**248-476-0980**

#### 24-hour

answering service

**313-396-0617**

#### DETROIT

Harper Professional Bldg  
4160 John R/#817

**313-832-4818**

A Provider of  
**Juice PLUS+**  
The Ultimate  
Health Plan  
Call for Details



## Aging is NOT Inevitable!!

- Natural Hormone Replacement
- Alternative Medicine

Pamela W. Smith, M.D.

The Center for Healthy Living & Longevity  
St. Joseph Mercy Health Care Center • Canton

**(734) 398-7522**

*Health Care for  
Women That is  
State-of-the-Heart*



## Marian Women's Center

*T*he Marian Women's Center at St. Mary Hospital is dedicated to keeping women healthy. Women of all ages can receive health care services, health education and support in a warm, caring environment close to home.

Our highly trained, caring staff offers:

- Mammography
- Breast Health Clinic
- Radiology
- Ultrasound
- Bone Density Testing
- Health Screenings & Classes
- Women's Lectures
- Resource Library
- Support Groups

And, of course, the complete family services that you've come to expect from us such as prenatal classes, lactation consultants, sibling classes and mother-baby support groups.

St. Mary Hospital's Marian Women's Center. Health care for women that's state-of-the-*heart*.



**St. Mary Hospital**

36475 Five Mile Road  
Livonia, MI 48154

[www.stmaryhospital.org](http://www.stmaryhospital.org)

Marian Women's Center

1-800-494-1615

**Physician Referral Service 1-888-464-WELL**

**FAMILY FOOTIES**

■ **The mighty foot!**

Almost all sports involve running and jumping, the trauma of which is absorbed primarily by the foot. A 150-pound athlete hits the ground with about 300-450 pounds of force. In an hour's workout, an athlete's foot is subjected to approximately five million pounds of force - enough force to move a five-story building!



■ **Corns hurt? Storm's coming!**

There is certainly a sound basis for the old wives' tale that people with corns can predict an upcoming storm. Often an underlying bursa is associated with a corn. These balloon-like sacs fill up with fluid to further cushion the underlying bones. When the barometer drops, the atmospheric pressure decreases, which causes the fluid in the bursa below a corn to expand, thus making the corn even more painful.

■ **Behold the foot!**

Leonardo da Vinci described the foot as "a masterpiece of engineering and a work of art." No wonder. Each foot contains 26 bones, 33 joints, and 19 muscles and tendons. They average person takes 8,000-10,000 steps a day. That adds up to about 115,000 miles in a lifetime, more than four times the circumference of the globe.

Source: American Podiatric Medical Association

■ **Stinky feet!**

Foot odor results from excessive perspiration from the more than 250,000 sweat glands in the foot. Daily hygiene is essential. Change your shoes daily to let each pair air out, and change your socks, perhaps even more frequently than daily. Foot powders and antiperspirants, and soaking in vinegar and water, can help lessen odor.

Source: American Podiatric Medical Association

■ **Baby's Feet**

When the child first begins to walk, shoes are not necessary indoors. Allowing the youngster to go barefoot or to wear just socks helps the foot to grow normally and to develop its musculature and strength, as well as the grasping action of toes. Of course, when walking outside or on rough surfaces, babies' feet should be protected in lightweight, flexible footwear made of natural materials.

Source: American Podiatric Medical Association

■ **Toenail trimming**

Trim toenails straight across, but not too short. Be careful not to cut nails in corners or on the sides; it can lead to ingrown toenails. Persons with diabetes, poor circulation or heart problems should not treat their own feet because they are more prone to infection.

Source: American Podiatric Medical Association

**Ice packs with a soft touch**

Buy a colorful math mitt and keep in in the refrigerator. When an ice pack is needed, fill the mitt with a plastic bag of ice. Or, buy "Boo Boo Bunny," a little rabbit with a big heart and a special freezable, plastic square. When your child gets a bump, get Boo Boo Bunny.

*Don't wither away...  
drink while exercising*

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

Exercising in hot weather greatly increases your need for water. A logical assumption but often ignored.

"I've been to many races in the summer where a couple of runners go down. They tend to grab the water and pour it on their heads," said René Johnston, an exercise physiologist in the cardiology department at St. Mary Hospital in Livonia.

And joggers, forget about a quick jaunt through the neighbor's sprinkler. "It might cool you down a little bit, but that's not the same as rehydrating," said Johnston.

We need lots of water, at least eight 8-ounce glasses a day. And for every 10-15 pounds we're overweight, we need another 8 ounces. It's easy to lose 15-20 ounces of water through perspiration during a one-hour exercise session. "By the time you get thirsty, the dehydration process has begun," said Johnson.

In a survey conducted at the American Society of Exercise Physiologists' annual meeting, members overwhelmingly (97 percent) agreed that mild dehydration can impair athletic performance and a vast majority (94 percent) said Americans should drink water before, during and after exercise. When asked about the best source for hydration, 77 percent ranked water No. 1, with sports drinks a distant second (24 percent).

Exercise professionals also weighed in on how much water exercisers should drink. Nine out of 10 of these professionals said that exercisers should drink at least eight ounces of water immediately before exercising,

and 87 percent said they should drink at least eight ounces of water for every 20 minutes of moderate exercise.

For every 20 minutes of strenuous exercise, every exercise professional surveyed (100 percent) agreed that exercisers should drink at least an additional eight ounces of water, and for every pound lost during exercise, 93 percent said that exercisers should drink at least 12 ounces of water.

We also need water to sweat, said Johnston. Sweat acts as a body coolant, lowering the core body temperature. "If you're not rehydrating, you won't have enough water to sweat, and your coolant system will be off."

To avoid dehydration, she suggests:  
■ Fill your water bottle and sip as you exercise. It's better than filling up your water tank before or after an exercise session.

■ Do not drink caffeine or alcohol.  
■ Make your own sports drink by adding a teaspoon of sugar and a pinch of salt to a gallon of water.

■ Avoid exercising outdoors during the hottest period of the day. Exercise indoors in a controlled environment on hot and humid days.

■ Wear clothing made of polypropylene fabric, which draws the sweat away from the skin. Cotton tends to absorb sweat but then lays against the skin, preventing evaporation.

And don't worry that drinking all that water will make you you-know-what a lot, said Johnston. "At first the water will increase your need to use the bathroom, but after awhile your body adjusts to it."

Source: International Bottled Water Association

**Water, water everywhere**

Depending on age, sex and body type, water makes up 40-70 percent of an individual's body mass. Sixty-five to 70 percent of muscle weight is water, and 50 percent of body fat weight is water.

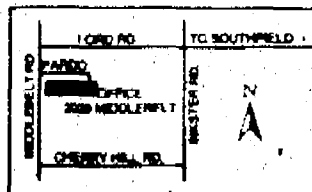
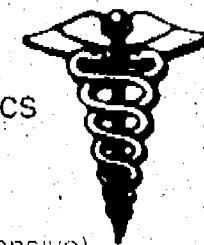
**GARDEN CITY MEDICAL CENTER, P.C.**  
Walk-In Clinic

**ACCEPTING NEW PATIENTS**

- Urgent Care •Family Practice •Pediatrics
- Affordable •Convenient

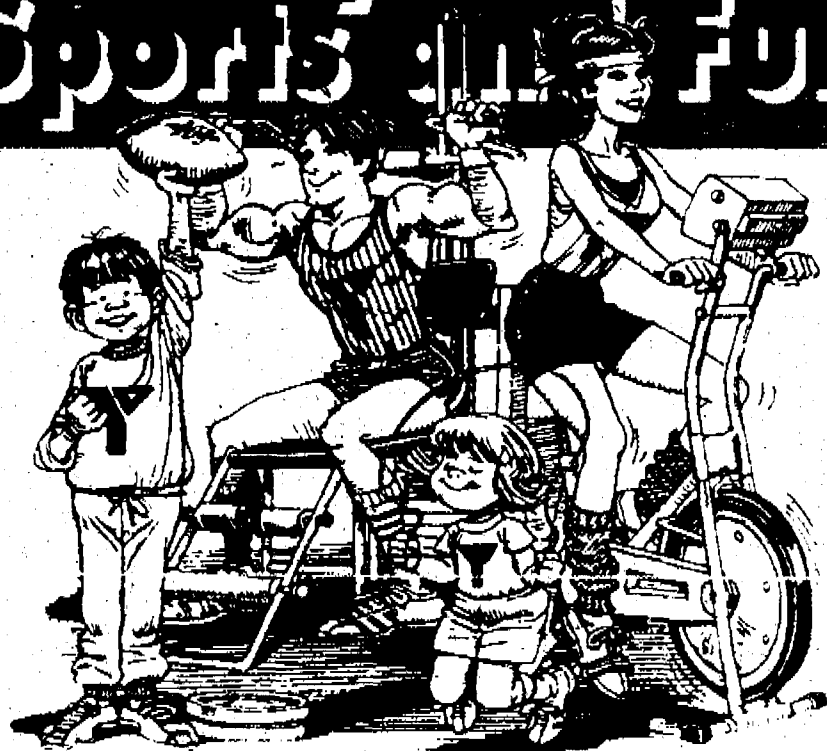
**SERVICES INCLUDE:**

- Minor Emergencies •Physicals (Brief & Extensive)
- Common Illnesses •Lab Test, X-Ray, Lung Test, EKG
- Work/Sport Related Injuries



**INSURANCES ACCEPTED:**  
HAP • Select Care • M-Care • Cigna • BC PPO  
Community Blue • Aetna PPO • PPOM • Medicaid  
Medicaid • Care Choices And Many More  
*Prompt Care When You Need It*  
**(734) 522-3770**  
2020 Middlebelt • Garden City

**Family Fitness,  
Sports and Fun!**



You can count on your Livonia Family Y for a variety of fitness, sports and fun...including:

- Two Swimming Pools • Racquetball Courts
- Tennis Courts • Fitness Center • Fitness Classes
- Youth Sports • Family Programs • Senior Programs

For more info call... **734-261-2161**

**Livonia Family YMCA**

*We Build Strong Kids... Strong Families... Strong Communities*  
On Stark Road (just N. of I-96 and just W. of Farmington Road)



# Kickboxing: Simple moves, hard work

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

Cardio-kickboxing has been packing a real punch with exercise enthusiasts these past few years.

"The reason it's so popular is the moves are very simple. You're learning how to punch. You're holding your body such that your abdominal muscles are constantly engaged," said Alice Ahern, a fitness coordinator and personal trainer at Summit on the Park in Canton.

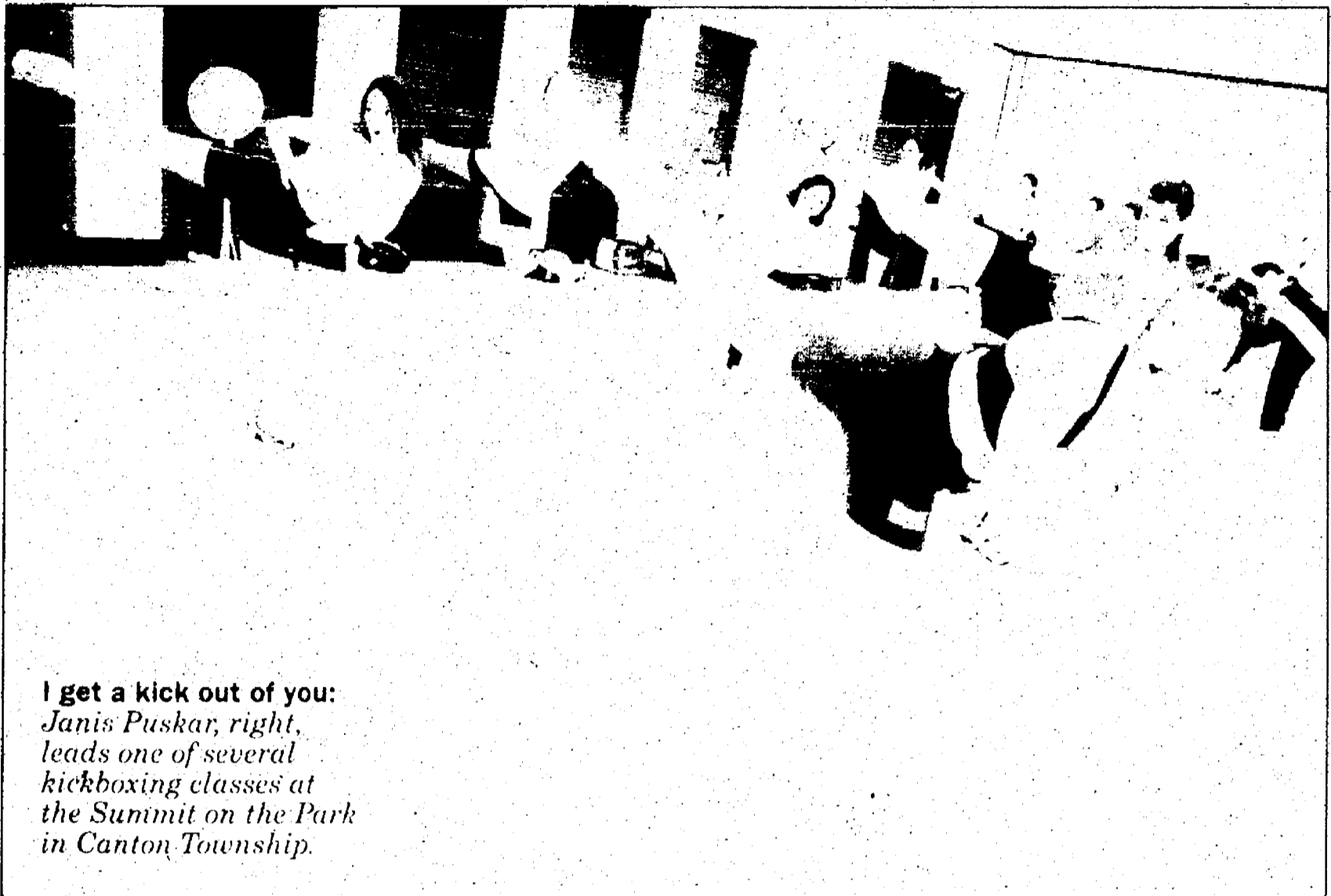
It's a great way to improve balance and stability, said Ahern. "When you're kicking forward or punching, you have to use your abdominals -- the biggest muscle group in the body -- in order to maintain balance."

Cardio-kickboxing burns up 800 calories per hour, more than aerobic dancing at 350 calories (for a 150-pound person), basketball at 565, or cycling at 10 mph with 410 calories.

It's the "dynamic tension" that eats up the calories," said Bobbie White, who teaches cardio-kickboxing/karate at Schoolcraft College, Novi High School and the Ypsilanti Community Center.

Kickboxing also builds confidence. "When it's taught by a karate instructor, you're actually doing moves you

Please see **KICK**, 10



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

STAFF PHOTO BY PAUL HESBANS

## CARDIO-KICKBOXING

*Mondays - May 22nd - June 26th*



6:30 p.m.

**\$36<sup>00</sup>**

## KARATE CLASSES

*Introductory Offer*

*Get in Shape!  
Have Fun!  
Learn Self Defense!*

**Only \$19<sup>95</sup>**

*Includes 3 Classes and a Uniform!*

## DEFENSIVE TACTICS SYSTEMS

7349 Middlebelt • N. of Warren • Westland  
734-422-5000

## WANT TO GET IN SHAPE

but embarrassed about your condition?

*Do what the pros do,  
train with supplemental oxygen.*

We have testimonials on file from people who say "they work out twice as long and still feel great."

- You will get in shape faster
  - You will feel better doing it
- OR YOU PAY NOTHING!  
GUARANTEED!**

We will give you three days' free use of great exercise equipment and **UNLIMITED SUPPLEMENTAL OXYGEN ABSOLUTELY FREE!**

**CALL (313) 535-1111 TODAY**

Copyright 2000 Oxy-Gator Inc.

# Fun & fit families

## Meet the Coverts ...

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

Canton residents Christopher and Laura Covert believe their business, a Tae Kwan Do school in Garden City, brings their family and the families of their students closer together.

A martial arts practitioner since graduating from Wayne Memorial High School in 1977, Chris Covert founded the Olympian Chung Do Kwan school in 1983 and is now among the few martial arts instructors who make a living at it.

He met Laura in 1988 when she visited the school to see her nephew take a class. They were married two years later, and Alexander, the first of two sons, appeared in 1991.

### Forget day care

Laura was prepared to put the boy in day care and return to work as a secretary. However, the nurses "put Alex in my arms, and I said, 'I don't think so. I'm staying home,'" she said.

The new stay-at-home mom soon began helping to run the Tae Kwan Do business. She tired of not being able to answer students' questions about workouts, and she wanted to drop her baby weight, so she learned Tae

■ **'Once you start martial arts it's very addicting. There's always another goal to reach.'**

*Laura Covert*  
—active mother

Kwan Do and is now a black belt like her husband.

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

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

It's called the "mini rangers" program and has grown to be a regular staple of the Coverts' course offerings.

Alex, now 8 years old, does more chin ups than any child at Hoben Elementary, does 100 push-ups on his knuckles and terrorizes opponents on the soccer field. "He doesn't understand why the other kids aren't like that," Laura said.

Austin came along three years after Alex

Please see **COVERTS**, 9



STAFF PHOTO BY PAUL HIRSCHMANN

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

## ... and the Ryktarsyks



PHOTO BY GEORGIE RYKTARSYK

**Long walk:** When they're not in the pool the Ryktarsyks like to go hiking. This photo was taken of David and the kids in Alaska.

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

When it comes to healthy lifestyles, the Ryktarsyk family of Livonia makes quite a splash.

Georgie Ryktarsyk — mother of Bradley, 8, Alex, 6, and Olivia, 22 months — teaches swimming classes several days a week at the Livonia Bentley Center. In fact, she taught right up to the week before she delivered Olivia.

"I felt great. My students said she'll be born swimming."

Olivia shows all the signs of becoming a real pool puppy. However, according to Bradley, mom remains the best swimmer in the family. "Then me, then Alex, then dad, then Olivia," he says.

"I can swim, I just can't float," says David Ryktarsyk. "I have a buoyancy problem in my behind."

For the Ryktarsyks, exercise is like breathing. They don't think about it; they just do it. "We build it into our schedule," says Georgie. "We don't say now we're exercising now. We just do it."

Bradley and Alex swim and play soccer and baseball. Bradley is getting ready for baseball tryouts and hopes to be a pitcher. When asked what he wants to do when he grows up, he quickly says, "A professional swimmer."

"What happened to archeolo-

■ **'I can swim, I just can't float. I have a buoyancy problem in my behind.'**

*David Ryktarsyk*  
—active father

gist?" asks David.

Although David doesn't work out regularly, he makes sure he spends time with his family. Family time includes walking and biking through Hines Park as well as around their Rosedale Gardens neighborhood.

"It's important to be with all of them," he says. "We do everything together. The boys and I are in Indian Guides. We're national chiefs. We spend weekends shooting bows and arrows, doing craft projects, skating."

And as soon as Olivia is old enough, David will do special activities with her. "The plans are already set. She's going into Indian princesses," he says.

Last July, Georgie and David and their kids went on a 50th anniversary cruise to Alaska with her parents. They hiked up Mount Robert in Juneau several times. David carried Olivia up, and Georgie carried her down. "We wanted to hike far enough to see the snow," says Georgie.

"We saw a bear," says Alex, who wants to be a "pet person" when he grows up.

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

Alex loves carrots, and his parents tease him about turning orange because he eats so many. In fact, he did turn orange one time. When he was a baby, Georgie served him squash, sweet potatoes and carrots all in one day. They next day he got the leftovers.

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

Most of all, the Ryktarsyks want their family to live a balanced lifestyle that includes exercise, good food and good times. "We like to go to Eastern Market and the Detroit Zoo. We try to get them to the theater. They saw 'Cats' and the 'Rockettes,' and Bradley has gone to the symphony and the Institute of Arts. We try to give them a touch of everything."

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



STAFF PHOTO BY PAUL HURSHMAN

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

## Coverts from page 8

and also started taking Tae Kwan Do lessons from mom and dad at age 3. He and Alex are still taking lessons from their parents, who now give instruction at the Summit on the Park community center in Canton in addition to their school in Garden City.

Chris considers himself lucky that Laura likes Tae Kwan Do. "There are a lot of martial artists whose spouses won't even walk into the school," he said.

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

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

### They eat right, too

As you might expect, the Covert family also eats sensibly. "We eat wheat bread, and our children have never known any different," Laura said. At restaurants, if Alex and Austin get white bread by mistake they send it back.

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

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

*Chris Covert,  
active father*

cheese and eggs than soda and pudding.

Chris and Laura Covert each enjoyed a rather athletic childhood. Chris had the added advantage of an athletic father who played for a company baseball team. Chris ran track in high school and played on the football and baseball teams. His brother played baseball, basketball and ran track. His sister was a synchronized swimmer.

Laura's parents weren't athletic, but she played volleyball and ran track at John Glenn High School, graduating in 1978. Her two older brothers played baseball.

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

## Martial arts a hit with this family, too

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

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

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

Come see why they call Power Peel...

# The Lunch-Time Facelift!



If beauty is only skin deep, then why not be beautiful?

Why not get rid of acne or acne scars?

Why not get rid of lines, wrinkles and sun damage?

Why not reduce stretch marks and age spots?

The Power Peel Micro Dermabrasion Skin Care System can take years off your face without acids, lasers and with virtually no pain and no long recovery time! You can have your Power Peel treatment on your lunch hour (or any time) then get right back to your busy day! You'll see and feel the difference right away as Power Peel removes old dead skin and stimulates the production of collagen. And Power Peel is safe for all types and colors of skin, women or men, and is ideal for sensitive skin.

Why not show the world your best face!

**Power Peel®**

MICRO DERMABRASION

Now available at...

**\$50 off**

**Your First Power Peel Session**

Now thru June

**The Laser Associates**

24430 Ford Road • Dearborn Heights • 313-278-5669



# Kick *from page 7*

can use to defend yourself. It's not 'grapevine to the right, grapevine to the left,'" said White.

Older adults enjoy it because they can control the moves, she added. "They can put less tension in it and take the kicks lower."

White, who also teaches cardio-kickboxing with her father, Bob White, to the mentally and physically disabled at Our Lady of Providence Center in Plymouth as a volunteer, said kickboxing is an inclusive exercise. Her students include the yet-to-get-in-shape 300-pounders to the "little gym-goer people."

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



PHOTO COURTESY OF BARBIE WHITE

**Busy gal:** Barbie White teaches cardio-kickboxing.



STAFF PHOTO BY PAUL HIRSCHMANN

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



STAFF PHOTO BY PAUL HIRSCHMANN

**Leadership qualities:** Janis Puskar, center (in black with microphone) leads the class.



Dr. Ellen Mady

## FEET HURT?

Do you have painful  
or fallen arches?  
Arthritic Feet?  
Sore Heels?

Put some spring in your step with our

**SPRING ORTHOTIC SPECIAL:**

**Custom Orthotics... \$199 /pair**

*Evaluation and x-rays (if necessary) not included.*

Call today for an evaluation. Find out if custom fit orthotic shoe inserts could solve your foot pain problems! Call:

**(248) 478-FEET (3338)**

### FEET FIRST PODIATRY

Freeway Professional Plaza, 38215 W. 10 Mile Rd., Suite 8  
Farmington Hills (Between Wendy's & Human Palace)

*Dr. Ellen Mady is on staff at Garden City Osteopathic Hospital  
and U of M Surgical Center in Livonia*

## HealthCall®

Home Health Care Specialists

Our Commitment...Caring for your loved one when they need it most.

### CARE PROVIDERS:

RN's, LPN's, CNA's, HHA's

FULL-TIME, PART-TIME

TEMPORARY, LIVE-IN,

HOME CARE FOR:

Alzheimer Patients,  
Closed Head and Spinal  
Cord Injured Patients,  
Ventilator Dependent  
Patients,  
Convalescing Patients,  
Facility Staffing:

- Foster Homes
- Medical Facilities

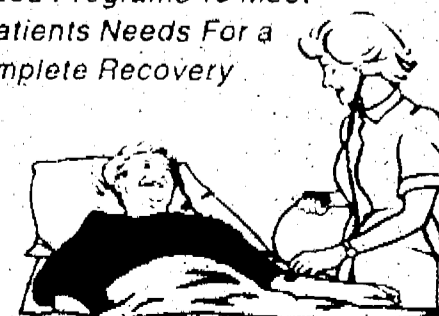
*Customized Programs To Meet  
The Patients Needs For a  
Complete Recovery*



Most  
Insurances  
Accepted

Call Today... Toll Free

**HealthCall®**  
**1-800-991-9933**



# Don't forget the sunscreen, folks

More than 90 percent of all skin cancers occur on parts of the body exposed to the sun. In fact, the face, neck, ears, forearms and hands are the most common places for skin cancer to develop.

Although sunscreens are not perfect, they help protect the skin from long-term damage and skin cancer, says Kevin Gaffney, a dermatologist at Henry Ford Medical Center - Fairlane.

"Any sun exposure you get is basically like a bank where you can only make deposits and never make withdrawals. Damage to the skin during childhood and teenage years doesn't just disap-

pear when the burn heals. For millions of people, repeated exposure will be manifested later in life in the form of skin cancer. That's why it is important to start using sunscreens early - as young as 6 months old."

Before heading outdoors, even on cloudy days, it is recommended that adults and children apply at least a No. 15 sunscreen. For individuals who burn easily, a sunblock of 30+ is suggested.

People don't typically apply the proper amount of sunscreen when they go outdoors, so they're actually getting

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

He offers the following sun safety tips:

- Minimize sun exposure between 10 a.m. and 3 p.m.
- Use a sunscreen with a minimum SPF of 15 and reapply every two hours, even on cloudy days.
- Wear tightly woven protective clothing, a broad-brimmed hat and sunglasses with certified UVA and UVB protection.

# Protect your eyes with sunglasses

Wearing sunglasses while playing summer sports is more than just a fashion statement. It is essential to preserving your eye health, according to David Bogorad, an ophthalmologist with Henry Ford Health System.

"The sun's ultraviolet rays can damage the surface layer of cells on the cornea, causing temporary blindness," Bogorad says. "UV rays also promote cataracts and may be a cause of macular degeneration. Depending on the sport you play, your eyes may require special protection."

Bogorad offers this advice to protect

your eyes during the following activities:

**Water sports** - The sun's rays are intensified when they reflect off the water's surface. For activities on the water, such as sailing, jet skiing or fishing, your eyes need extra protection. Polarized lenses with UV protection reduce glare and actually enhance clarity of vision.

**Golf** - Spending hours on a sunny golf course can lead to eye strain and fatigue. It also exposes your eyes to potentially damaging UV rays. Dedicated golf sunglasses have a wraparound

design to reduce wind and glare. They're also rimless, so the field of vision is unobstructed. The lenses should offer UV protection and typically are neutral gray to maintain a player's depth and color perception.

**Cycling** - Special "sportshields" have been developed to protect the eyes of serious cyclists. Because cyclists can sustain injuries from gravel and other projectile objects, the sportshield is larger than traditional sunglasses and has a polycarbonate lens, which is more impact-resistant. Purchase sportshields with UV protection.



M · O · S · A

Medical & Surgical  
Treatment of Diseases  
of the Ear-Nose-Throat  
&  
Complete Diagnostic  
Audiological and  
Hearing Aid Services

5333 McAuley Drive  
Reichert Health Building  
Suites R-2017 & R-2016  
Ann Arbor, MI 48106

Satellite offices:  
Canton & Plymouth

1-800-851-6672

# Livonia Urgent Care

"We're Here When You Need Us"

Now Offering Your Community:

- Urgent Care of Accidents and Injury
- Adult or Pediatric Services for Illness
- X-ray • EKG • Lab Work • Vaccinations

• On-Site Lab Services for:

Mono, Strep, Pregnancy, Urinalysis

Now Participating with ✓ SelectCare HMO

# Livonia Urgent Care

Mission Health Building

57595 W. Seven Mile Road (at Newburgh) • Livonia

Open 8 a.m. - 10 p.m. • 7 Days a Week • 365 Days a Year



Sports & School Physicals



# Quit Smoking OR Lose Weight

AFTER ONE  
HYPNOTIC  
SESSION

These highly effective seminars provide all the proven tools you need to succeed: our powerful seminar, audio tape, behavior modification booklet, plus free hypnosis repetitions if needed.

- \$59 one-time, lifetime fee
- Sponsored by over 50 hospitals
- First 45 minutes is a FREE orientation
- For TOLL-FREE reservations call 1-877-345-5500

*"After 43 years, I am free. I cannot believe how miraculous your program is! Eternal thanks!!"*

Elvira A. Varun

*"I can't believe it! Like a dream come true. The weight comes off easily and effortlessly. No more snacking or overeating"*

Lutisha Powell



## Quit Smoking:

Providence Medical Center  
Livonia

Wednesday, June 7th, 6:30-8:30 pm  
37595 Seven Mile Rd (at Newburgh)

Novi Park: Providence Medical  
Center-Providence Park

Saturday, June 3rd, 10 am - Noon,  
47601 Grand River Avenue  
(Beck Road entrance), Novi.

## Southfield:

Providence Hospital

Saturday, June 10th, 10 am - Noon,  
22250 Providence Dr., Southfield,  
Medical Building. FREE PARKING  
in Med. Bldg. parking lot with ad.

## Weight Loss:

Providence Medical Center  
Livonia

Thursday, June 8th, 3-5pm or 6:30-8:30pm  
37595 Seven Mile Rd (at Newburgh).

Novi Park: Providence Medical  
Center-Providence Park

Saturday, June 3rd, 1:00 - 3:00 pm  
47601 Grand River Avenue  
(Beck Road entrance), Novi.

## Southfield:

Providence Hospital

Saturday, June 10th, 1:00 - 3:00pm  
22250 Providence Dr., Southfield,  
Medical Building. FREE PARKING  
in Med. Bldg. parking lot with ad.



Rena Greenberg, Director  
Wellness Seminars 800-848-2822

# Run, Rover, run

## Keep your furry friends fit

BY ANNE FARRIS  
SPECIAL WRITER

Spring is usually the time when we start thinking about getting back into shape. It's the perfect time to pick up the pace of that tired old exercise routine, and with the mild weather we've been having lately, there's almost no excuse for not getting out there.

There's no excuse for your dog not getting exercise either. The next time you head out for a little fresh air, grab a leash and bring your buddy with you. He's the perfect exercise companion, and he'll thank you for it later.

Our canine friends benefit from physical exercise in exactly the same ways that we do. Movement helps animals stay healthy and maintain good muscle tone. It's also a crucial component in controlling obesity.

What's interesting to note is that dogs who get regular exercise are generally happier and exhibit fewer behavioral problems, such as destructiveness, than their sedentary counterparts — especially in breeds prone to those problems.

Veterinarian Matt Monica of Oakland Animal Hospital in Rochester, says that weimaraners and other high-intensity breeds require more exercise than other breeds. "They're like a coiled spring. If they don't get that energy release several times a day they can

develop anxieties which could potentially lead to all kinds of behavior difficulties," he says.

If your workout involves walking or running, you've already got the perfect dog-friendly activity in place. Long-legged working and sporting breeds, such as German shepherds and Labrador retrievers, are well suited for running and brisk walking because it's what their biology tells them to do. Smaller breeds do best with walking.

The age of your dog must be taken into account when embarking on an exercise routine. Starting too early can cause injury to a young dog's developing bones; therefore it's best to engage him in more playful forms of exercise until he's reached an appropriate age and maturity level. Short walks, chasing balls or any other type of free play will help a puppy develop coordination and strengthen growing bones.

As a rule of thumb, dogs weighing 45-95 pounds at maturity should begin consistent, high-level running or walking after age 1. Breeds weighing more than 100 pounds should wait until age 1.5. Breeds weighing less than 25 pounds should wait until 8 months of age.

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

Please see PETS, 13

## "A.D.D." "L.D." "READING DIFFICULTIES" "DYSLEXIA" "LEARNING DISORDERS"

Has your child been diagnosed  
with one of these?

These terms simply describe behavioral conditions. They do not tell you why the conditions exist. It is very possible that your child has a visual learning or visual perceptual deficiency, this does not necessarily mean a need for glasses. These deficiencies can often be effectively treated with vision therapy.

Please come to a  
**FREE SEMINAR** at our office on  
May 25, 2000 at 4:30 p.m.  
to learn more about it.

Due to limited seating, please call in advance  
to let us know you will be attending.

Randy G. Hardek, O.D.



38979 Cherry Hill Road • Westland, MI 48186  
734-326-2160

### PET PEEVES



Dr. Dick Kirchgatter of the Parkway Veterinarian Clinic in Canton has been a veterinarian for over 30 years. He offers the follow tips for pet care:

#### ■ Should Fido eat grass?

"It's not unusual to chew on grass. It's a fairly normal thing. Often after they have chewed up the grass they'll vomit and you'll see little clumps of hair. They were getting rid of some junk in their stomach."

#### ■ Why does Fluffy shed so much?

"They're going to shed all year long but a little more in the spring and fall. They're preparing for the dramatic season change." When you're complaining about all the excessive hair around the house, remember that sick cats don't shed. If Fluffy sheds, she's probably healthy.

#### ■ Why is it important to comb or brush Fido and Fluffy?

"Their body temperature is better maintained. Unmatted hair allows better insulation in the winter and more air circulation in the summer."

#### ■ Why do Fido's ears smell?

"Generally speaking, there may be an infection going on, and the dog should be seen by a veterinarian. After the infection is cleared up, it's good to follow up with a cleansing agent once a week. Kirchgatter recommends purchasing a dog ear wash from your veterinarian. If Fido has just a waxy build-up with no infection, a cotton swab dipped in alcohol may be fine for cleaning."

#### ■ Do Fido and Fluffy need their teeth brushed?

"In more recent years, it's become popular to do so. It's beneficial for cats and dogs that will allow you to brush their teeth. However, they don't often go for the taste of human food. You can buy beef-flavored pet toothpaste." Want to avoid doggie breath? Keep Fido's teeth free of tartar and don't feed him any food with garlic.

#### ■ How can I protect my pet's paws?

"Don't walk your dog on an extremely hot day. They can easily get overheated and have heat stroke. And remember, black-top gets very hot. It can cause blisters. Walk your dog on the grass or in a park."

#### ■ Do I need to cut Fido's and Fluffy's nails?

"Dogs tend to wear their nails down on the cement. However, older dogs tend to need their nails trimmed more often. Cats that use a good scratching post may not need their nails trimmed as often. When you cut your pet's nails, leave a little of the white. Don't cut into the quick, the pink triangle."

#### ■ How often should I bath Fido?

"Once a month is often enough for most dogs. It depends on how dirty they get and how clean you want them to be."

#### ■ How do I avoid a fat cat?

"Don't allow them to eat free choice. Determine what they need and set out a bowl of food. When it's gone, that's all they're going to get." Dogs get fat from overeating and lack of exercise. They also get upset tummies from grazing around the summer barbecue pit. Keep them away from bones and fatty meats.

# Vitamins from page 4

ments? Adams said they only benefit "sometimes." Caudill recommends that all kids take vitamins. He has his 4-year-old daughter on a low-potency multi-vitamin called "Yummy Bears."

One of the good things (and bad things) about supplements is that they aren't heavily regulated by government. But the quality of supplements varies from manufacturer to manufacturer because no one has to meet any meaningful standards.

For a couple years I got MSM dirt cheap from a mail order company. Then one day I got a batch of MSM that was completely ineffective. All my symptoms returned.

Adams said this is typical of discounters. They sell a 500-mg capsule that has as much filler material in it as it does the supplement. Although she's not sure she wants the government in the supplement-regulation business, Adams allows that it would be nice if supplement manufacturers were required to give detailed descriptions of what's inside the tablets and capsules.

Until then, supplement takers should stick with the companies that don't skimp on nutrients. Adams mentioned Country Life, Twin Labs, Lifetime, Naturally, Nature's Life and Nature's Way as good companies to buy from.

Caudill recommends Solaray and Nature's Plus along with American Health for its multi-vitamin, called More than a Multiple. "Give it a week and you'll feel like a new person," he said.

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

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

*Ralph R. Echtenaw is the special projects editor of the Observer Newspapers.*

# Pets from page 12

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

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

Dogs love water. If you have access to a lake, he'll enjoy the swim and stay cool at the same time. Like running and fetching, swimming comes naturally to most dogs.

Have you ever noticed how curious dogs are about other dogs? They love to play with each other and it's a good way to get exercise without even trying.

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

If you do play on running with your dog, the following common-sense rules will apply to both of you.

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

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

- Bring drinking water for both of you, or make sure you're in places where there is water.

- Pay attention to the surface you're traveling on. Asphalt and concrete are hard on a dog's joints and can lead to injury.

They also should be protected from

dog.

- Be sure to travel against traffic when running in the street and keep your dog on the inside next to the curb.

- When running at night, wear reflective clothing and attach illuminated strips to your dog's collar.

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

## Cats

Indoor cats also benefit from regular exercise, but getting that fat cat moving isn't going to be easy.

"Cats present one of the most difficult challenges of veterinary medicine," says Dr. Monica, who points out that cats aren't particularly fond of playing Frisbee or long walks on a leash. "Cats are prone to obesity, which predisposes them to arthritis. That's why it's important to get them interested in toys which stimulate them, both physically and mentally, and to make sure you don't overfeed them."

With a few common household items and a little creativity on your part, you can exercise your cat and entertain yourself, too. For James and Irida, highlights for this night include crumpled paper balls, paper bags, cardboard boxes, bags and string attached toys to your cat.

It's also a good idea to have plants and furniture that your cat can climb on. This will give your cat a sense of security and a place to rest.

Dr. Monica also suggests that you have a few toys that your cat can play with when you're not home. This will help to keep your cat entertained and happy.

They also should be protected from

# Modern Health Care for Women

The offices of  
**Drs. Hrozencik, Caron, Jones and Sabharwal** are accepting new patients for Obstetric and Gynecology Care. Hospital privileges are at St. Joseph Mercy, University of Michigan and Chelsea Community.

## Offering:

- Urgent Medical Care
- On-Site Pharmacy
- Prenatal Care
- Ultrasound (Canton Only)
- "Well-woman" Services (Pap screening, breast exams)
- Hormone Replacement Therapy for Menopause or Perimenopause
- Diagnosis and Treatment for Cervical Abnormalities
- On-Site Leep and Cryotherapy
- Blue Care Network Approved Lab Services On Premises

*We accept most insurances. Serving the community for over 10 years.*



Canton Obstetrics & Gynecology  
 Serving You in 2 Locations:

Livonia  
 Mission Health Bldg.  
 3795 W. 7 Mile  
 Suite 300

Canton  
 Canton Health Bldg.  
 100 S. Canton Rd.

313-398-7588



Donna Hrozencik, M.D.



Monica Caron, M.D.



Sandra Jones, M.D.



## OCC Healthcare Programs for the New Millennium

The Highland Lakes Campus of Oakland Community College (OCC) is situated on 160 acres of gently rolling hills southwest of Pontiac. This career development-oriented campus has three innovative degree and certificate programs that will help students prepare for a bright future in the Allied Health fields of Massage Therapy, Exercise Science and Technology, and Medical Assisting. These unique programs work together, providing interdisciplinary course work that allows students to acquire multiple skills for greater marketability.

Massage Therapy Program Coordinator Janine McKay says the OCC program offers a medically and scientifically-based curriculum that enables graduates career opportunities in this growing healthcare field. This program has approximately 300 hours of "hands-on" practical experience on and off campus. This enables students in the program the



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

opportunity to work in settings where message therapy is used. Graduates from this program easily fit into physical therapy clinics, hospital settings, chiropractic offices, nursing homes, or sports medicine clinics. Students are able to obtain a certificate in Massage Therapy or a 2 year Associate Degree in Applied Science.

Exercise Science and Technology (EST) prepares students to enter a health/fitness profession in a setting that uses exercise therapeutically. This science-based program provides a wide variety of experiences, in the lab and through internships in the field. EST also provides two extended degree options in Gerontology and Business. The Gerontology emphasis will allow students to work in senior adult services and the Business concentration will prepare the student for more entrepreneurial endeavors.

Karen Kittle, the coordinator of the Medical Assisting (MDA) program states that the 1 year certification or 2 year, degree, curriculum helps students become proficient in both administrative and clinical skills in the allied health field. According to the AAMA, medical assistants are multi-skilled practitioners who can perform a wide range of roles in physician's clinics, hospitals, insurance billing agencies, medical transcription agencies, and others. Kittle stresses that this program is CAAHEP accredited, which enables students to apply for the AAMA certification exam. In today's job market, time and money are at a premium so the MDA department offers several options for acquiring marketable skills in less than a year. These options include Administrative Medical Assistant, Clinical Medical Assistant, Insurance/Coding Specialist, EKG Technician, and Phlebotomy Technician. With additional classes and/or training the medical

assistant may move into other allied health occupations such as Ophthalmology Assistant (also offered by this department).

For more information about these exciting new opportunities in the healthcare field, visit the OCC web site at <http://www.occ.cc.mi.us> or call the numbers indicated in the display ad below.

## High-carbohydrate diet yields high performance

BY TINA MILLER  
SPECIAL WRITER

A classic never goes out of style, and so it is with a high-carbohydrate diet for optimal fitness and athletic performance. Current research continues to support the decades-old recommendation for a diet rich in complex carbohydrates with moderate levels of protein and fat.

The formula for a high-carbohydrate diet has evolved over time to include 60 percent of calories from carbohydrates, 20 percent from protein, and 20 percent from fat (with 7 percent or less from saturated and trans fats). For someone eating 2,000 calories a day this equates to 300g carbohydrates, 100g protein, and 45g fat (16g or less saturated and trans fats).

### Food fuel

Carbohydrates provide an immediate source of fuel (glucose), as well as a reserve (glycogen) stored in muscle tissue. Much like premium gas, carbohydrates burn clean, producing the fewest amount of by-products that cause muscle fatigue. Whole grains, legumes, and antioxidant-rich vegetables and fruits are the best carbohydrate sources.

Protein provides the necessary tools to build lean muscle mass and for replacement and repair of muscle cells broken down during intense exercise. Emphasize low-fat protein sources in your diet such as fish, poultry, lean meats and soy products.

### Some fat's OK

We've become experts at reducing fat in our diets, counting every fat gram and feeling good about it. However, fat is an essential nutrient for the production of hormones, nervous system tissues and transportation of fat-soluble

vitamins. The healthiest fats include monounsaturated olive and canola oils, omega-3 fatty acids found in fish and some nuts, and polyunsaturated fats found in vegetable oils.

Limit saturated fats found in animal products and trans fats found in hydrogenated margarine and many snack foods. Saturated and trans fats, when consumed in excess, increase risk for heart disease and some forms of cancer.

### Lots of water

Dehydration can seriously hinder athletic performance and stamina during exercise. Water is a key nutrient for body temperature regulation, preventing heat stroke during those hot summer workouts. To maintain fluid balance, drink 64 ounces of water (and caffeine-free, sugarless beverages) every day. Sports drinks, which contain electrolytes and small amounts of carbohydrates, can be beneficial during periods of intense exercise of long duration.

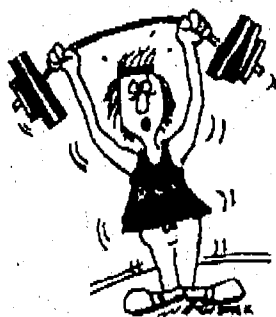
### Supplements

What about supplements? For good health, a daily multi-vitamin and mineral supplement is recommended. Current research also suggests that moderate supplementation of creatine for serious body builders can increase protein (muscle) stores.

Beta-carotene may modestly improve performance for distance runners and possibly cyclists. Good sources of beta-carotene include orange and yellow fruits and vegetables such as winter squash, sweet potatoes, peaches, apricots, cantaloupe, and dark green vegetables such as broccoli.

Tina Miller, a registered dietitian, is a nutritionist for the Kroger Co. of Michigan. If you have questions about nutrition, call her at (800) Krogers or e-

## Get Prepared For An Exciting Career At Oakland Community College!



### Exercise Science & Technology Program

#### Potential Employment Opportunities

Personal Trainer, Health Clubs, Stress Testing Technician, Corporate Sites, Rehabilitation & Fitness Facilities

#### Essential Facts To Know

1-year certificate program or 2-year Associate Degree; extended Associate Degree options offered



### Massage Therapy Program

#### Potential Employment Opportunities

Hospitals, Clinics, Professional Athletic Teams, Health Clubs

#### Essential Facts To Know

Certificate program or extended Associate Degree in Applied Science; Prerequisite courses: BIO 163 & BIO 164, prior to admission to program



### Medical Assisting Program

#### Potential Employment Opportunities

Private Practice, Hospitals, Clinics

#### Essential Facts To Know

No Selection Process, No Prerequisites, No Waiting Lists; CAAHEP accredited program prepares students for AAMA/CMA certification exam



OAKLAND  
COMMUNITY  
COLLEGE

For more information, call:

Exercise Science & Tech. — Vicki Kloosterhouse, (248) 942-3224

Massage Therapy — Janine McKay, (248) 942-3034

Medical Assisting — Karen Kittle, (248) 942-3068

Take time out to bake a batch of these carbohydrate-rich muffins: The pumpkin adds flavor and beta-carotene as a bonus.

### WHOLE WHEAT PUMPKIN MUFFINS

- 1 cup all-purpose flour
- 3/4 cup whole wheat flour
- 3 Tablespoons sugar
- 2 teaspoons baking powder
- 1 teaspoon pumpkin pie spice
- 1/4 teaspoon baking soda
- 1/8 teaspoon salt
- 1 egg, beaten
- 3/4 cup skim milk
- 2 Tablespoons butter or margarine, melted
- 1/2 cup canned pumpkin

Preheat oven to 375 degrees. Spray a standard muffin pan with non-stick cooking spray or line with paper liners. Set aside.

In a small mixing bowl, stir together egg, milk and melted butter or margarine. Stir in pumpkin. In a separate large bowl, stir together flours, sugar, baking powder, pumpkin pie spice, baking soda and salt. Make a well in the center of the dry ingredients and add egg mixture all at once.

Using a fork, stir just until combined (batter will be lumpy). Spoon batter into muffin cups, filling 3/4 full. Bake for 18 to 20 minutes or until toothpick inserted in center comes out clean. Cool for 5 minutes then remove from pan. Makes one dozen.

Per muffin: 180 calories, 8g protein, 34g carbohydrate, 2.5g fat  
Source: Tina Miller, nutritionist with the Kroger Co. of Michigan.

# Seasoned citizens keep life interesting by staying active

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

These are not rocking chair seniors. They're treadmill-walking, lap-swimming, aerobics-loving seniors who work out at the Livonia YMCA several days a week as part of the Silver Sneakers, a Health Alliance Plan-sponsored fitness club for HAP's Senior Plus members.

Paul and Triani Wasse of Canton have been Silver Sneakers for more than a year. "It was the best thing we ever did," says Paul, 72, as he logs in the miles on a treadmill. He nods toward his wife, who's logging in almost an equal number of miles on a treadmill next to him. "The doctor wanted to operate on her knees, but now that she's come here, she's OK."

Triani, age 69, agrees. "Now I can move," she says.

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

■ **'Now I can move.'**  
*Triani Wasse*  
—seasoned citizen

result, their cholesterol levels have dropped. "The doctor is very happy. The last time I saw him, he said, 'I don't want to see you for another year.'"

David Hawkins of Detroit, 71, has the physique of a basketball player. He jogs every day and can't imagine life without exercise. As he heads into the Livonia Y's chair aerobics class, towel draped around his neck, he looks around and says, "You've got some healthy seniors here."

The chair aerobics class is very popular with the Silver Sneakers seniors, said Carol Watkins, the Livonia Y's wellness director. "Socially and emotionally, they get a lot of fun out of it."

The class is a "hook," she says. "The



STAFF PHOTO BY TOM BAWLEN

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

benefit is you get this class, but you also get the whole run of the place." Currently HAP provides a paid membership for 500 of its Senior Plus members, of whom 230 come on a regular basis.

Romaine Leshuk, 69, of Redford seldom misses a beat in her chair aerobics workout. No wonder. She plays softball,

walks two miles a day and goes cross-country snowshoeing. She eats lots of chicken, fish, fresh vegetables and fruits and very little red meat. "There's not much recycling at my house. I don't eat canned things," she says.

She credits exercise for giving her an active life. "I have more energy to go places and do things."

Personalized Hearing Care presents...

## Better Hearing Day

Saturday, May 20 10 a.m. to 2 p.m.  
Marquette House, Westland

Here's a rare opportunity to gather important and practical information on hearing loss and hearing care! Exciting Presentations...

"Assistive Hearing Technologies"

Learn about today's hearing technology from Nan Asher, Certified Hearing Technology Resource Specialist.

"Developing a Wellness Lifestyle"

Discover natural approaches to health and hearing with Dr. Kim Shunkwiler.

"Tinnitus Therapy"

Barbara Douglas, Certified Audiologist, discusses treatment of tinnitus.

Door Prize & Giveaways!  
Win a popular amplified telephone!

Informative Displays & Demonstrations!

- Try assistive devices & talk to a specialist about your needs!
- Hearing-related resources
- SHHH hearing support group

This Better Hearing and Speech Month Event is sponsored by

Personalized Hearing Care  
35337 W. Warren  
Westland

For more information, call  
(734) 467-5100

Our Thanks to the cities of Westland, Garden City, Plymouth, and Dearborn Heights for proclaiming May "Better Hearing and Speech Month"

Marquette House  
36000 Campus Drive  
- Westland

(Between Wayne and Newburgh across from John Glenn High School)



# Botsford Health Care Continuum

We've grown to care for you.



Our corporate family of affiliates is working together as the Botsford Health Care Continuum to provide whole person care. The Continuum has grown to meet the evolving health care needs in our community. It has been built upon the simple enduring cornerstones of our mission to offer quality medical care in a sensitive, concerned manner. To us, that means treating you not simply as a patient, but as a member of our own family. We believe our continuum of services have resulted in, and will continue to result in, a healthier community.



- BOTSFORD GENERAL HOSPITAL
- BOTSFORD CENTER FOR HEALTH IMPROVEMENT
- BOTSFORD COMMONS
- BOTSFORD CONTINUING HEALTH CENTER
- BOTSFORD FAMILY SERVICES
- BOTSFORD KIDNEY CENTER
- BOTSFORD PHYSICIAN NETWORK
- COMMUNITY EMERGENCY MEDICAL SERVICE



**Botsford**  
HEALTH CARE CONTINUUM

Reaching Out to the People of Our Community.

28050 Grand River Avenue • Farmington Hills, MI • (248) 442-7986 • <http://www.botsfordsystem.org>