

neighbors on cable

CHANNEL 8
MONDAY (April 14)
5 p.m. ... Tell Me A Story — Gina talks about the letter "W" and the numeral "1," discusses the seasons, and reads a story about rainstorms.
5:30 p.m. ... Healthercise — A program about exercising your arms, legs, and other parts to get in shape.
6 p.m. ... Masters of Dance — This week's program takes a look at competition routines.
6:30 p.m. ... The Food Chain — Debi Silverman talks about sodium.
7 p.m. ... Come Craft With Me — Host Kay Micallef welcomes Dian Smith who demonstrates machine and hand applique techniques.
7:30 p.m. ... High School Sports — The spring season opens with Plymouth Salem baseball as the Rocks go against the Thurston

Eagles. Next up is girls soccer with Plymouth Canton Chiefs playing conference rival Walled Lake Western.
9:30 p.m. ... Single Touch (live) — J.P. McCarthy takes calls and talks about upcoming events for singles in the area.
10 p.m. ... Videotunes (live) — Hosts Jimi Ray and Dr. Z with a special hour of videotunes of local bands, such as Dave Murphy, Mike Leanord, and Big Randy.
TUESDAY (April 15)
5 p.m. ... Cinematique — Hosts David Daniele and John Martin review movies to be shown on Family Home Theater.
5:30 p.m. ... Economic Club of Detroit — Joseph Califano, former secretary of Health, Education and Welfare, speaks about the rising frustrations in health care.
WEDNESDAY (April 16)
... (Programming today is the

same as shown on Channel 8 on Monday.)
CHANNEL 15
MONDAY (April 14)
Noon ... Total Fitness — Jackie Starr works with aerobics.
12:30 p.m. ... For Your Health — Host Pat Sciberras talks with Lois Burroughs about health issues in prisons and jails.
1 p.m. ... Cooking With Cas — Cas cooks squash and chicken breast.
1:30 p.m. ... Michelle's Craft Show.
2 p.m. ... Women In Politics — "The Gender Gap and The Future" presented by Wayne County N.O.W. working towards equality.
3 p.m. ... Human Images — Students at Plymouth Centennial Educational Park discuss questions related to family life styles, growing up in today's society, peer pressures, drugs, etc.
3:30 p.m. ... The Sandy Show — Host Sandy Preblich talks with Wayne County Executive William Lucas.
4 p.m. ... What's a DJ If He Can't Scratch?
5 p.m. ... 1st Presbyterian Church of Northville Presents: A Celebration. Sermon title is "The Seven Last Words of Christ."
6 p.m. ... MESC Job Show — Local job listings with Jeff Tressler of the Canton MESC and career opportunities in the field of architecture.

6:30 p.m. ... Investor News — Host Jim Lanzi of Prescott, Ball & Turben discusses various investment possibilities.
7 p.m. ... Beyond the Moon — Host Mike Best talks about Draco the Dragon and Ursa Minor. Also Part II of the movie from NASA "The Fourth Planet," Mars.
7:30 p.m. ... Canton Book Bowl — Students are quizzed on their literary knowledge in this fast-moving competition.
8:30 p.m. ... Plymouth Optimists Speech Contest — Plymouth-Canton middle school students compete against each other in an oral speech contest.
9:30 p.m. ... Single Touch — J.P. McCarthy and co-host talk with area singles about issues of concern.
WEDNESDAY (April 16)
... (Programming today is the

same as shown on Channel 8 on Monday.)
6:30 p.m. ... '85 Fall Workshop — The fall workshop students produce some extraordinary videos.
7 p.m. ... Legislative Floor Debate — Information about what's going on in Lansing as it relates to Plymouth and Canton. This week state Rep. James Kosteva, D-Canton, discusses legislation dealing with a worker's right to know about toxic hazards in the workplace and about disposal sites.
7:30 p.m. ... Legislative Report.
8 p.m. ... Carron's School of Dance Concert — "It's A Small World," a dance recital including tap, jazz, ballet, breakdancing, modern and ethnic dances.
TUESDAY (April 15)
Noon ... Hamtramck Rotary.
12:30 p.m. ... Psychic Sciences — Ellie talks about astrology.
1 p.m. ... St. Florian Close Up.
1:30 p.m. ... Canton Update — Canton Township Supervisor James Poole and Sandy Preblich talk about what's happening in Canton.
2 p.m. ... Thank You France — Students at Smith Elementary have a special message to some foreign exchange students.
3 p.m. ... Canton Science Fair — Repeated by request.
3:30 p.m. ... Omnicon Game of Week — Girls soccer leads off spring season as Northville Mustangs host the Plymouth Canton Chiefs.
5 p.m. ... Idle Chatter — Bob Cwierniewicz talks with Ham-

tramck Mayor Robert Kozaren and EDC Director Jerry Detloff. Plus cooking tips, entertainment update, and Hamtramck news.
6 p.m. ... 1985 Hot Air Balloon Festival.
7 p.m. ... Lunch With Officer Tanner — Canton Chamber of Commerce hosts Canton police officer Eddie Tanner who talks about shoplifting.
7:30 p.m. ... Live Call-in With Christeens Cable Talk — Christian music videos and a talk with Art Grace, a local concert promoter.
8:30 p.m. ... Focus on South Africa — Speaker is Sonny Venkatratham, an ex-political prisoner.
9:30 p.m. ... Youth View — A Jews For Jesus presentation of "Christ in the Passover."
WEDNESDAY (April 16)
Noon ... First Presbyterian Church of Northville Presents: A Celebration.
1 p.m. ... MESC Job Show.
1:30 p.m. ... '85 Fall Workshop.
2 p.m. ... Legislative Floor Debate.
2:30 p.m. ... Legislative Report.
3 p.m. ... Carrons Dance Concert.
5 p.m. ... Total Fitness — Exercise with Jackie Starr.
5:30 p.m. ... For Your Health — Host Pat Sciberras.
6 p.m. ... Cooking With Cas.
6:30 p.m. ... Michelle's Craft Show.
7 p.m. ... Women In Politics.
8 p.m. ... Human Images.

WSDP / 88.1

WSDP-FM 88.1 is the student-operated radio station at Plymouth Centennial Educational Park.

PROGRAM HIGHLIGHTS

MONDAY (April 14)
4:05 p.m. ... This Day In History.
5:05 p.m. ... Family Health.
6:10 p.m. ... Business Beat — Host Noelle Torrace hosts with Matt Nowak of Silver Shears of Canton.
TUESDAY (April 15)
4:05 p.m. ... This Day In History.
5:05 p.m. ... Family Health.
6:10 p.m. ... Family Report — Adopt-a-friend.

WEDNESDAY (April 16)
4:05 p.m. ... This Day In History.
5:06 p.m. ... Family Health.
6:10 p.m. ... Community Focus — Noelle Torrace hosts with an important person from Plymouth or Canton.
THURSDAY (April 17)
4:05 p.m. ... This Day In History — Report on historical events by CEP students.
5:05 p.m. ... Family Health — Health issues are discussed by Dr. Frank Meyers.
6 p.m. ... News File At Six — Host Tani Secunda.

FRIDAY (April 18)
4:05 p.m. ... This Day In History.
5:05 p.m. ... Family Health.
6:10 p.m. ... CEP Sports Weekly — Host Dan Johnston with CEP sports news.

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MONDAY (April 21)
4:05 p.m. ... This Day In History.
5:05 p.m. ... Family Health.
6:10 p.m. ... Business Beat — Host Noelle Torrace hosts with Matt Nowak of Silver Shears of Canton.
TUESDAY (April 22)
4:05 p.m. ... This Day In History.
5:05 p.m. ... Family Health.
6:10 p.m. ... Family Report — Trust funds for the disabled.
WEDNESDAY (April 23)
4:05 p.m. ... This Day In History.
5:05 p.m. ... Family Health.
6:10 p.m. ... Community Focus — Noelle Torrace hosts with an interesting person from the Plymouth-Canton community.
THURSDAY (April 24)
4:05 p.m. ... This Day In History.
5:05 p.m. ... Family Health.

6:10 p.m. ... Chamber Chatter — Host Tani Secunda with Canton Chamber of Commerce news.
FRIDAY (April 25)
4:05 p.m. ... This Day In History.
5:05 p.m. ... Family Health.
6:10 p.m. ... CEP Sports Weekly.

MONDAY (April 28)
4:05 p.m. ... This Day In History.
5:05 p.m. ... Family Health.
6:10 p.m. ... Business Beat.

TUESDAY (April 29)
4:05 p.m. ... This Day In History.
5:05 p.m. ... Family Health.
6:10 p.m. ... Family Report — Neighbors network.

WEDNESDAY (April 30)
4:05 p.m. ... This Day In History.
5:05 p.m. ... Family Health.
6:10 p.m. ... Community Focus.

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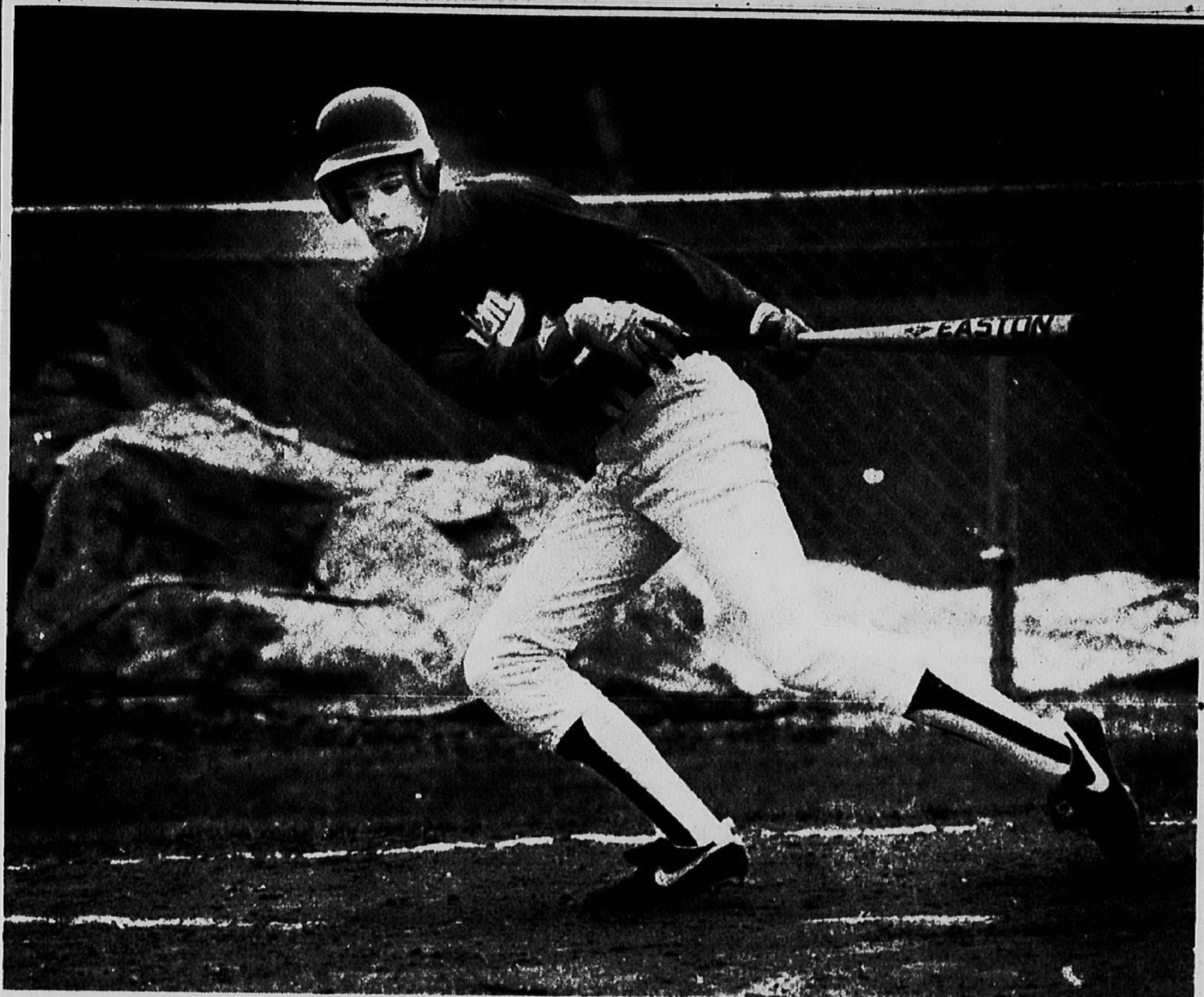
Sports

Chris McCosky, Brad Emons editors/591-2312

Monday, April 14, 1986 O&E



(P. C)8A



BILL BRESLER/staff photographer

Tim Dowd, a speedy junior, attempts a drag bunt against Redford Thurston in Salem's home opener Wednesday. The Rocks won 3-1.

Juniors propel Rocks' victory

If Plymouth Salem baseball coach John Gravlin was losing sleep over how his junior class would perform for him this season, Wednesday's 3-1 home victory against Redford Thurston served as a sedative.

Junior Jerry Sumner broke up Thurston pitcher Chris Kloc's bid for a no-hitter in the fifth inning.

Junior Tim Dowd singled home the game-winning run in the fifth. The starting pitcher, junior Shane Smith, was effective for three innings before giving way to left-hander Fideil Cashero. Junior Todd Robinson singled home the third run.

"It was just a classic pitchers' duel," Gravlin said. "We didn't use

Chris Davis (Salem's No. 1 pitcher) because he was sore. The three other guys really came through."

Indeed, Thurston managed just one hit — a hit-and-run double in the first by Kloc that scored Art George from first base. Cashero, a sophomore, fanned five batters and walked one in three innings of no-hit work. Senior John Storm retired

the side in the seventh inning to earn a save.

BUT SALEM'S bats weren't exactly booming, either. Kloc, victimized by some shaky defense, gave up just two runs and three hits in five innings. He fanned four.

Please turn to Page 10

Married Capnerhurst still swinging hot stick

By C.J. Rieak
staff writer

Take away what a man loves and watch what happens. He may adjust, he may deal with it for a while, but sooner or later it'll burn through that resolve like acid through metal.

Which is what Bryan Capnerhurst found out a year ago. The Plymouth Canton graduate surrendered the game he lived for to make another commitment. Capnerhurst gave up baseball to get married.

The decision was a difficult one, but not the choice. Capnerhurst, in the middle of his sophomore year at Morehead State University in Morehead, Ky., wanted to get married and decided to sacrifice baseball — for a while, anyway.

"We had money problems, so I had to take last spring semester off," he said. At the same time, however, he knew he'd be back.

"Gosh," he said, "I couldn't do that. I couldn't give up baseball."

HE DIDN'T — to the relief of MSU coach Steve Hamilton and Eagle baseball fans. Remember, this was the same Bryan Capnerhurst who electrified the school by slugging 14 homers as a freshman. He batted .344, driving in 35 runs.

Like any talented athlete, Capnerhurst has pro aspirations. Giving up the game for a year was difficult, but he always knew he'd be back.

During his time away from school, Capnerhurst worked construction, lifted weights and made trips to the batting cage. Until May. That's when his baseball career, already side-tracked, took another jolt.

A 90-pound panel fell on his left hand at work, inflicting a compound fracture.

THE INJURY still bothers him, subduing a comeback he had looked forward to since he decided to give up the game. Still, Capnerhurst, the Eagles' first baseman, isn't doing too badly: a .339 average, with three homers and 18 runs batted in, includ-

ing three game-winners.

He was named MSU co-player of the week after hitting .308, driving in four runs and getting the game-winning hit against West Virginia Tech March 28.

Capnerhurst thinks he should be doing much better. His hand injury has slowed him somewhat.

"I don't feel I'm driving the ball with power," he said. "I'm hitting line drives like I always could, but I'm not driving the ball."

"I felt good coming out of fall ball. I didn't think I'd have any problem, but the faster pitching has bothered me. I can't get around on the ball because my top (batting) hand gives me some trouble."

IT WAS hard enough for Capnerhurst to sacrifice a year of baseball, but his slow start has frustrated him even further. "I came back with a lot more determination," he said. "I don't know, maybe that's what's wrong. Maybe I'm pressing a bit too hard."

Capnerhurst has set lofty goals for both himself and MSU (15-10 thus far, 3-2 in the OVC) this season, because "you always have to have goals, you have to have something to shoot for."

"I'd like the team to win the OVC (Ohio Valley Conference) and I'd like to make all-OVC. I'd like to bat .400, too."

What about the school single-season home run record of 19, which he had a shot at as a freshman until taling off at the end of the campaign? "I'd really like to get that," he admitted.

Whether he can regain his home run stroke or not remains to be seen. A year without baseball and a hand injury can make a player pay a high price in lost ability.

"I don't know," said Capnerhurst when asked if layoff would hurt him. "You can never tell. Let me put it this way: I'm not going to let it slow me down any."



Bryan Capnerhurst sat out last season with a smashed hand, got married, and is now back to lead the Morehead State baseball team.

U-M coach sees NCAA mat title for Dameron

By Chris McCosky
staff writer

"You know, you see all the tears, you see the sweat, and you wonder if it'll all pay off. Looking at it now, I guess it all paid off."

The payoff for Nora Morrell and her son, Dave Dameron, was a full-ride wrestling scholarship from the University of Michigan.

The scholarship was hand delivered to the Morrell household Wednesday morning by U-M head coach Dale Barr — tough to figure, though, who was happier, Dameron or Barr.

"It's great," Dameron said. "I've wanted to go to Michigan since I was a little kid."

Said Barr: "The three biggest things we look for in a recruit, given that he has a good track record, are a good work ethic, a big heart and excellent strength. Those are the things that stand out about Dave."

THERE ARE other things that stand out about Dameron. Like the fact he won the state Class A championship at 126 pounds for Ron Krueger's Plymouth Salem team this winter. Or his 148-34 high school record (50-1 last year). Or his 986 career points. Or his 79 career pins (41 last season).

"Of course his track record was good," Barr said. "We normally go after kids who are three- and four-time state champions. We don't usually pursue someone with just one. But his determination is so strong, we think he'll work himself into an excellent collegiate wrestler because he wants it so bad."

Dameron is one of several blue-chip recruits Barr is after. Zac Pease, 150-pounder from Bay City Western, and Sam Amine, two-time state champ from Warren Lincoln, have already signed with the Wolverines. Mike Murdoch, four-time state champ from Montrose "was 95 percent sure" he was coming to Michigan according to Barr, and Livonia

Churchill's Salem Yaffai was also offered a scholarship.

THE REASON U-M is attracting the blue-chippers is Barr's recent success. Last year, competing without top scorer John Fisher, U-M was ranked No. 10 in the nation and third in the Big 10. Two years ago, the Wolverines were fifth in the nation.

"I expect by the end of next season to have three or four NCAA champions, and I'd put Dave in that category," Barr said. "If he wants it bad enough he could do it, he has the physical strength, the ability and the agility to be that good. We look at Dave as just starting his rise. He has great potential."

Barr had the best freshman 126-pounder in the country, Doug Wylund, on his team this season. Wylund was 35-14. But Barr expects Dameron to move Wylund down to the 118-pound class.

"Doug is shorter than Dave and would probably be better suited at 118," Barr said. "We're looking for Dave to force Doug down."

BUT DAMERON still has a lot of work to do before he can fulfill Barr's expectations.

"He has got to learn how to attack the legs," Barr said. "Andy McNaughton was a kid who knew how to stay on his feet and because of that he was able to pick Dave apart (handing Dameron his only defeat last season). We'll be working with him to develop a better leg attack."

Last Tuesday, Barr visited Dameron at his house. It was the first time he had met with Nora Morrell and the first time he talked seriously about a scholarship offer. Barr left that night knowing he'd return the next morning to sign his man.

After Barr left, Dave Dameron went into his bedroom and lit a candle — a U-M candle he had had for many years. When Nora asked what he was doing, Dave replied: "I'm a Wolverine. Mom, I'm celebrating."

Soccer Salem kickers get tie

Plymouth Salem's soccer team beat Northville in every category save one Wednesday night. The Rocks outshot the Mustangs 25-15 and had numerous scoring opportunities, but the game ended in a 0-0 tie.

"We had the wind at our backs in the first half and we should've been up 3-0," said Salem coach Ken Johnson. "In the second half I was surprised because we were still getting good chances to score, against the wind."

But the difference in the game was Northville's all-state goalie Tricia Ducker. Ducker made 25 saves, many of which were spectacular.

"She's terrific," Johnson said. "She robbed Julie Tortora and Jill Estey — great plays."

Salem goalie, sophomore Ellen Schmechel, played well herself stopping all 15 of Northville's shots. Schmechel was making her first appearance in goal after playing full-back a year ago.

NORTH FARMINGTON soccer team typically opens its season against area power Livonia Stevenson. This season, the Raiders drew fledgling Walled Lake Western and enjoyed a 2-3 romp last Wednesday.

McO'Brien led the Raider attack with three goals and an assist. Jon Anlover scored two goals and added an assist while Kris McMiller tallied twice.

Beth Charico and Terry Kaita each scored once for North.

North raced to a 3-0 halftime lead but slowed up considerably in the second half.

Shopping Cart

classifieds inside

Monday, April 14, 1986 O&E

★ 18

MEAT NUTRI-FACTS

SHOPPING FOR NUTRITION AT THE MEAT COUNTER

For most Americans the answer to "what's for dinner?" is probably a combination of what tastes best, what's priced right, and what's most nutritious. But for an increasing number of consumers—nearly one-third of the U.S. population—nutrition and health reasons are major factors in deciding what food to buy and serve to their families.

Consumers Get Meat Facts

That's why the meat industry is providing meat retailers with a nutrition information program called "Meat Nutri-Facts." While more consumers are choosing leaner cuts, many shoppers have a difficult time deciding which meat cuts actually offer the best nutrient buys. The Meat Nutri-Facts program helps supermarket shoppers select meat cuts, according to their specific nutrient needs, by providing them with a nutrient profile of red meat products in a simple, straightforward way—right at the meat case.

The voluntary Meat Nutri-Facts program is provided to meat retailers because they are the people shoppers turn to with their questions on meat. The meat retailers will be provided with all the latest nutrient composition data in an easy-to-understand graph format on beef, pork and lamb cuts. Then, in turn, they can pass this information along to their customers.

The new Meat Nutri-Facts program was developed jointly by the National Live Stock and Meat Board, the American Meat Institute and the Food Marketing Institute. The program is unique because it offers nutritional information that other programs don't, and it offers it on a cut-by-cut basis. Cholesterol, total fat or saturated fat, for example, are not listed on the nutritional labels of many products. But the Meat Nutri-Facts program lists them on a graph right along

with other nutrients because consumers want this kind of information.

Before Meat Nutri-Facts was introduced nationwide it was tested by stores in four cities—Syracuse, Seattle, Minneapolis and Wooster, Ohio. The 90-store P & C Food Market chain in Syracuse—one of the test stores—found that consumers responded well to materials in their stores during the test period. The number-one benefit shoppers identified about Meat Nutri-Facts was receiving direct information on calories. The second most important benefit cited was that it provided nutrition information; third was fat information.

Consumers Want Nutrition Information

Previous market research also found that consumers want nutrition information presented in a useful and informative form. The overwhelming choice was a graph which gives a visual picture of a meat cut's nutrient content. It gives all of the nutrient data needed to help shoppers decide, "what's for dinner?"

The nutrition information included on the graph includes total calories, total fat (with a breakdown of saturated, monounsaturated and polyunsaturated fats), cholesterol, sodium, protein, iron, zinc, thiamin, niacin and vitamin B-12. This information is based on a cooked, trimmed, three ounce serving of each meat cut. Because the type of cooking method may change the nutrient content, the charts also specify which cooking method was used. For example, the beef sirloin steak chart displays, "185 calories per 3 ounce broiled, trimmed serving."

Because calorie information is important to consumers, it is highlighted in the Meat Nutri-Facts chart, and is listed first on the graph. Shoppers may be surprised to find that 22 meat cuts contain **less than 200 calories** per three ounce cooked, trimmed serving.

This includes cuts like beef round steak (160 calories); beef tenderloin (183 calories); pork center loin (196 calories); boneless ham, 11% fat (151 calories); lamb sirloin roast (173 calories); and lamb blade chops (195 calories). This is convincing evidence that beef, pork and lamb are leaner.

At the Meat Counter

Meat retailers can place the Meat Nutri-Facts charts right where the shopper needs this information the most—at the meat counter. For example, when shoppers approach the meat case where the beef sirloin steaks are located, they may find a chart telling them that a three ounce serving of a broiled, trimmed beef sirloin steak has 185 calories.

Then, if they look in the fresh pork section, they may see a chart for pork center loin chops that shows how much of each nutrient is in this cut. Shoppers will notice that the bar graph for thiamin in pork center loin chops is longer than any of the other nutrients. One, three ounce serving of this pork cut meets 65 percent of the U.S. RDA requirements for thiamin, as shown in the graph.

As shoppers continue to move along the meat counter they may also find a graph placed by lamb loin chops. With several of these charts at the meat case, shoppers can compare nutrient data, and decide which meat cuts meet their needs best.

Making Informed Meat Purchases

Another advantage of the Meat Nutri-Facts program is that it allows consumers to make more informed meat purchases. If someone is on a fat-modified diet, for example, he'll be able to find the beef, pork or lamb cut that fits that diet. A person looking for something else in the way of calories or nutri-

ents need only consult a nearby chart and select the appropriate cut.

If, for example, someone is on a 1500 calorie diet, how can they find out which red meat cuts could be included as part of their diet? A look at the Meat Nutri-Facts chart will show the calorie content of a particular meat cut, according to a particular cooking method. Cuts listed under 200 calories are good candidates for the calorie-conscious shopper.

Because of the variety of available lean cuts, individuals can make their diet work by selecting low-calorie cuts. If someone prefers lamb, they can choose a three ounce serving of a broiled, lamb blade chop for just 195 calories. However, if they crave a tender meat cut, like the tenderloin, they can select a three ounce broiled beef tenderloin steak at 183 calories or a roasted pork tenderloin at 141 calories.

Additional Materials

Retailers may also provide their customers with an assortment of consumer publications. One pamphlet explains the Meat Nutri-Facts program. A second pamphlet provides consumer tips on how to cut calories in cooking; meat storage and handling guidelines; and basic cooking instructions. Two additional consumer pamphlets contain recipes—one on beef and the other on pork. Each of the recipes has a Meat Nutri-Facts graph providing consumers with complete nutrient data on the entire recipe.

For more information on this new nutrient information program, send a self-addressed, stamped, business-size envelope to Meat Nutri-Facts, Dept. TK, Meat Board, 444 N. Michigan Ave., Chicago, IL 60611. Allow six to eight weeks for delivery.



MEAT NUTRI-FACTS Beef Sirloin Steak 185 calories

PER 3 OUNCE BROILED, TRIMMED SERVING

NUTRITION INFORMATION PER COOKED SERVING		TOTAL RECOMMENDED DIETARY INTAKE			
		%	0%	50%	100%
•CALORIES	185	9	[Bar chart]		
•TOTAL FAT	8.3g	12	[Bar chart]		
Saturated Fat, 3.3 Monounsaturated Fat, 3.6 Polyunsaturated Fat, 4					
•CHOLESTEROL	75mg	25	[Bar chart]		
•SODIUM	56mg	2	[Bar chart]		
*PROTEIN	26g	57	[Bar chart]		
*IRON	2.9mg	16	[Bar chart]		
*ZINC	5.5mg	37	[Bar chart]		
*THIAMIN	.11mg	7	[Bar chart]		
*NIACIN	3.6mg	18	[Bar chart]		
*B-12	2.4mcg	40	[Bar chart]		

Data based on USDA research. Photo: Three ounces cooked beef top sirloin strips (3), 5 x 1 1/2 x 1/4 inches.

MEAT NUTRI-FACTS Pork Center Loin Chop 196 calories

PER 3 OUNCE BROILED, TRIMMED SERVING

NUTRITION INFORMATION PER COOKED SERVING		TOTAL RECOMMENDED DIETARY INTAKE			
		%	0%	50%	100%
•CALORIES	196	10	[Bar chart]		
•TOTAL FAT	8.9g	13	[Bar chart]		
Saturated Fat, 3.1 Monounsaturated Fat, 4.0 Polyunsaturated Fat, 1.1					
•CHOLESTEROL	83mg	28	[Bar chart]		
•SODIUM	66mg	2	[Bar chart]		
*PROTEIN	27g	60	[Bar chart]		
*IRON	0.8mg	4	[Bar chart]		
*ZINC	1.9mg	13	[Bar chart]		
*THIAMIN	.98mg	65	[Bar chart]		
*NIACIN	4.7mg	24	[Bar chart]		
*B-12	0.6mcg	10	[Bar chart]		

Data based on USDA Handbook 8-10. Photo: Raw pork center loin chop (1), 8 ounces, 1 inch thick.

MEAT NUTRI-FACTS Lamb Loin Chop 188 calories

PER 3 OUNCE BROILED, TRIMMED SERVING

NUTRITION INFORMATION PER COOKED SERVING		TOTAL RECOMMENDED DIETARY INTAKE			
		%	0%	50%	100%
•CALORIES	188	9	[Bar chart]		
•TOTAL FAT	8.9g	13	[Bar chart]		
Saturated Fat, 3.3 Monounsaturated Fat, 4.1 Polyunsaturated Fat, 5					
•CHOLESTEROL	82mg	27	[Bar chart]		
•SODIUM	71mg	2	[Bar chart]		
*PROTEIN	25g	56	[Bar chart]		
*IRON	1.5mg	8	[Bar chart]		
*ZINC	3.3mg	22	[Bar chart]		
*THIAMIN	.09mg	6	[Bar chart]		
*NIACIN	5.9mg	29	[Bar chart]		
*B-12	1.9mcg	31	[Bar chart]		

Data based on Journal of Food Science; 49(85): 1233-1239 and 1257. Photo: Raw lamb center loin chops (2), 4 1/2 ounces each, 3/4 inch thick.

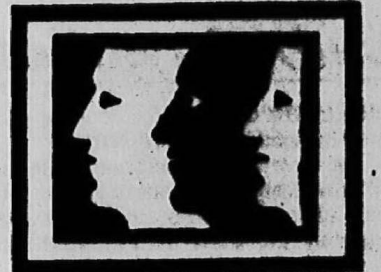
2000 calories per day is the midpoint of the recommendation by the National Academy of Science for women ages 23-51. National Academy of Science also recommends a maximum of 3300 mg of sodium per day. The American Heart Association recommends not more than 30% of calories from fat and no more than 300 mg of cholesterol per day.

• Based on standards of comparison.

* Based on % U.S. Recommended Daily Allowances.

Suburban Life

Julie Brown editor/459-2700



Monday, April 14, 1986 O&E

(P.058)

Working together to fight illiteracy

By Julie Brown
staff writer

JOB APPLICATIONS, tax forms, medicine bottles, restaurant menus, newspapers and street signs are just a few of the things they have trouble with.

For adults who can't read, the printed word — in all of its various forms — is a constant reminder that they're different.

"When you can read, it's hard to imagine what it's like not to be able to read," said Mary Kay Frey, adult basic education teacher for Plymouth-Canton Community Education, a service of the Plymouth-Canton Community Schools. "We just take it for granted."

Frey, who has a master's degree in reading from Purdue University in Indiana, is student-tutor coordinator for the Community Literacy Council. That role involves serving as the liaison between the Literacy Council and the Plymouth-Canton community.

The Literacy Council was formed last fall. Its purpose is to help non-reading adults develop reading skills.

Since the Literacy Council's formation last September, some 35 people have gone through training and are now working as tutors on a one-on-one basis.

LAST WEDNESDAY night, those who were instrumental in the formation of the Literacy Council met with community representatives at the Starkweather Center in Plymouth. Those attending watched part of a film on illiteracy, "Don't Call Me Stupid," and also reviewed figures on illiteracy problems at the local level.

According to 1980 U.S. census statistics, the Plymouth-Canton community's total population of 81,630 includes 5,296 people with eight years or less of formal education. For an additional 5,440 Plymouth-Canton residents who are 18 or older, English is a second language.

"We do have that situation in a community like Plymouth-Canton," Sharon Streaun, assistant director of Plymouth-Canton Community Education, told those at Wednesday's meeting. "So the statistics are telling us we have a lot to do in a community like this."

Streaun and Frey were involved in the formation of the Literacy Council last fall, along with Dodie Beckman, who teaches English as a second language to Community Education students, and Carolyn Burns, a Canton resident who has been involved in literacy efforts for a number of years.

"She's given us all kinds of help in starting the council," Streaun said of Burns.

THE TUTORIAL program offers free one-on-one reading assistance for adults. Students and tutors set up their own schedules, working around job and family commitments.

So far, more men than women have sought the reading help locally, Frey said. Those participating range in age from their late teens on up.

"We have a lady who's 76," Frey said. "She hasn't been in school for 68 years."

The tutors come from all walks of life, Community Education's Streaun said. Although some are educators, others do not have formal training in teaching.

"Many, many of our tutors have come from the churches," she said. "They are a really important group of support to us."

Those involved in the local effort would like to have much of the groundwork done by this fall. At that time, the ABC and PBS television networks plan to broadcast documentaries on illiteracy. The documentaries and other related programming are part of Project Literacy U.S. (PLUS), a campaign designed to help illiterate and semilliterate adults.

"I'd like the delivery system in Plymouth-Canton to be in place" by then, Streaun said.

The local organization would also like to expand its efforts to help those for whom English is a second language.

"**THEY HAVE** special needs," Streaun said. "It's a whole series of communication skills."

The Literacy Council would like to become more of a community-based program, Streaun told those at the meeting last Wednesday. Those at the meeting represented local government, libraries, business, the clergy, the press and others.

Getting the word out about the ef-



Reviewing letter sounds is a part of learning to read for Don McIntosh, who is working with Mary Greene. A number of local tutors have gone through training and are now working as volunteers, teaching area residents reading skills. Tutors and students set up their own schedules, working around job and family commitments.

Staff photos
by Bill Bresler

forts involves reaching three groups, according to Burns. Potential students need to know about the help available, potential tutors need to be recruited, and sources of financial help need to be identified.

"Financially, we need support," she said. Although the tutors work as volunteers, the materials they use need to be purchased. There are a number of beginning-level readers available for adults, "but we have to buy them."

The council received a \$500 grant last fall from B. Dalton Booksellers, as part of Dalton's ongoing efforts to fight adult illiteracy. Streaun is also in the process of writing a grant application for the Gannett Foundation, seeking financial support for a coordinator position.

Those involved in the effort to fight illiteracy at the local level have been pleased with the progress made so far.

"The community support has been just outstanding," Streaun said.

(Plans are to hold another training session for tutors in the late summer. Those who would like to know more about tutoring, or who would like to learn about the help available to non-readers, should call 451-6856.)



The library's shelves of books are essentially off limits to adults who lack reading skills.

Giving reading a try

Don McIntosh sat down with tutor Mary Greene recently to work on the letter D. Together, the two went over words that begin with D.

The two have been working together on reading skills for approximately one month.

"I didn't have nothing to do," McIntosh said, pausing briefly from the work session at the Starkweather Center in Plymouth. He recently retired from the Ford Motor Co., where he had worked for 30 years.

"And I decided to give it a try. It's worth a try."

McIntosh is glad he decided to give reading a try.

"I'm enjoying it, yeah." He would like to be able to read the newspaper and to write songs.

A VARIETY of factors keeps some adults from learning to read in their younger years, according to Mary Kay Frey, adult basic education teacher for Plymouth-Canton Community Education, a service of the Plymouth-Canton Community Schools.

Some may not have had the educational opportunities needed to learn to read.

"People move a lot and they have no continuity in their education," Frey said. Some non-readers may have left school in their younger years to work on the farm, or to get jobs and contribute to the family income.

Some adults may have had learning disabilities that kept them from learning to read. For others, health problems may have interrupted or ended their formal education. Some women left school when they became pregnant.

"Primarily, it's leaving school," Frey said. Some adults may hold high school diplomas, but still lack adequate reading skills.

When they reach adulthood, many non-readers and poor readers develop ways to mask their lack of reading skills.

THEY MAY say they've forgotten their glasses and can't read for that reason. Some may rely on trusted co-workers to do their reading for them. In restaurants, they may order whatever their fellow diners choose.

"They're at the mercy of other people," Frey said.

Getting those non-reading adults to come in for help can be difficult. Embarrassment keeps many from seeking reading assistance.

"A lot of people will not come to a class, because they feel dumb," she said. "They often see themselves as less than everybody else is."

Frey has found, however, that the adults who come in for help from Community Education and the Community Literacy Council are eager to learn.

"They're really highly motivated. They're here because they want to learn to read."

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