

Making the new year one of good health, 1C



In the gym, 1B

How residents cope with winter's blast, 3A

Plymouth Observer

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HEALTHY OFFER: Visitors to the Plymouth Ice Sculpture Spectacular are welcome to come in out of the cold (hopefully) for hot cider and folk music from 11 a.m. to 5 p.m. Saturday and Sunday, Jan. 10, 11, at Arbor Health Building, 990 Ann Arbor Trail at Harvey.

Musicians Chris and Bill Barton of Ann Arbor will provide Irish and American traditional and contemporary folk music on a variety of instruments, including a hammered dulcimer, banjo, fiddle, recorder, lap dulcimer and guitar. The Bartons have performed numerous times at The Ark. Bill is a member of Footloose and Chris is one of the Song Sisters. This month marks the second anniversary of the Arbor Health Building in Plymouth. The ice spectacular runs from Jan. 8-18.

RESOLVING: If you ate too much over the holidays and included weight loss among your New Year's Resolutions, you may be interested in one (or all) of a variety of Weight Watchers activities being offered in this area.

Vicki Spisak, exercise coordinator for WWers, will be speaking at the Plymouth Cultural Center beginning at 9:30 a.m. Tuesday, Jan. 20. Spisak, who earned a BS in physical education, health, and dance from Kent State University, has had four years experience as physical education director of the Jewish Community Center of Metropolitan Detroit as well as positions as a health club instructor and a weight control assistant.

Linda Valmassoi, a member of WWer's chef staff after losing 30 pounds, will be preparing southern recipes and/or low-cal sweet treats beginning at 6:30 p.m. Thursday, Jan. 22, at the Cultural Center. Also, an exercise demonstration will be held beginning at 9:30 a.m. Monday, Jan. 13, in the Cultural Center which is at 525 Farmer at Theodore in Plymouth.

SCHOLARIZED: Ted Hanosh, a student at Plymouth Salem High School, was awarded a competitive scholarship to attend Siena Heights College in Adrian. Hanosh, who won second place in the competition in November 1986, will receive \$3,400 in scholarship money over a four-year period to attend Siena Heights.

Ice sculptors showcase talents

By Doug Funke
staff writer

The Plymouth Ice Sculpture Spectacular, an extravaganza showcasing more than 200 works of art, begins an 11-day run in downtown Plymouth Thursday and continues through Jan. 18.

The fifth anniversary show — free to all — features competition among professional chefs from throughout the United States as well as student chefs from the metropolitan area.

Ice statues will fill Kellogg Park and line sidewalks along Main Street, Ann Arbor Trail and Penniman Avenue.

Six Japanese chef/sculptors have been flown here by Northwest Airlines to again carve many of the figures. They have been working for nearly a week.

A SPECIAL exhibit — "Symphony on Ice," carvings of musicians on stage accented by color lighting and taped music — will be displayed in Kellogg Park.

That exhibit is partially funded by a state grant to help commemorate Michigan's 150th anniversary of statehood.

Organizers expect upwards of 500,000 people to visit the show. The spectacular has been listed as a must-see event by travel associations.

"It's free, it's unique," said Scott Lorenz, co-chairman of the spectacular and general manager of the Mayflower Hotel.

"Let's face it — cabin fever is beginning to set in. It's a good excuse to get out.

"It's good for all ages — adults, children, senior citizens and everyone in between," Lorenz said.

Sculptures will be displayed by Thursday. Cranes and forklifts will be used to hoist the 400-pound blocks into position.

THE BEST time to watch carvers in action, organizers say, is 10 a.m. to 2 p.m. Jan. 17 as sculpture competition among professionals takes place in The Gathering adjacent to Kellogg Park. More than 100 statues are expected to be created with chain saws and chisels during that time.

Carvers also will be at work and available to answer questions 11 a.m. to dusk Jan. 18, the last formal date of the show.

On the first weekend, the student competition will be 10 a.m. to 2 p.m. Jan. 10 at The Gathering.

Several other events will be wrapped around the ice spectacular.

The Plymouth Winter Antique Show will be held 11 a.m. to 9 p.m. Jan. 8-9 at the Plymouth Cultural Center, 525 Farmer. Admission is \$1.50.

The "Ice Caper" — a dance featuring a cash bar and music to '50s band Benny and the Jets — has been scheduled for 8 p.m. Jan. 9-10 and 16-17 at the Mayflower Meeting House.

Admission is \$5. Because a cash bar will be available, partygoers there must be at least 21 years of age.

All guests may scoop for diamonds provided by Delta Diamond Setters in a fountain of chipped ice.

PARKING will be hard to come by downtown, especially on weekends.



Mitsuyuki Koya, chief art ice sculptor for the Sapporo Park Hotel in Sapporo, Japan, arrived in the United States Wednesday, and Friday was busy at work on the loading dock

at Midwest Ice Co. in Detroit sculpting for this week's Plymouth Ice Sculpture Spectacular which opens Thursday.

New labor pact for firefighters isn't

By Doug Funke
staff writer

A tentative labor agreement between the Plymouth Township firefighters union and the administration has fallen apart and a union leader blames Supervisor Maurice Breen.

"We had a tentative agreement. Time passed and the supervisor, on his own authority I guess, made changes," said Mark Wendel, outgoing president of the Plymouth Township Firefighters Association.

Especially objectionable, he said, were unilateral changes in callback

provisions.

"What that would do, from our perspective, was eliminate overtime. As of now, we're back to square one," Wendel said.

Breen was out of town last week and unavailable for comment.

HOWEVER Charles Bokas, whose law firm negotiated for the township, confirmed that Breen's written draft of the tentative agreement contained some changes.

Firefighters had ratified the agreement prior to receiving that draft. The pact expired March 31, 1986.

"There were some additional things the supervisor felt were important to be negotiated. The union found them to be unsatisfactory," Bokas said.

"It could have all been worked out in due time. Unfortunately, it got out of hand and didn't work out."

Wendel said the 13 firefighters represented by the union are frustrated, especially considering that they agreed to a wage freeze in 1985 to help promote a tax increase for police and fire services.

"We gave in on a lot of things," Wendel said. "It was basically a township contract."

THE TENTATIVE agreement, Wendel said, called for wage increases totaling 10 percent over three years and a lower wage scale for new firefighters.

The union also agreed to some callback concessions that would have reduced overtime, he said.

The administration went into contract talks concerned about overtime costs.

Most firefighters earned a base salary of \$28,604 last year. However during calendar year 1985 all but one firefighter collected at least \$5,000 in overtime pay.

Firefighters have 24 hours on duty, 24 off, 24 on, 24 off, 24 on, 24 off, then four days off in succession.

No new bargaining sessions have been scheduled.

Firefighters, by state law, are forbidden to strike. However, bargaining impasses may be taken to binding arbitration.

The last contract between the two sides went to arbitration.

"I don't look to arbitrate anything," Wendel said. "I believe contracts can be resolved if reasonable people sit down with reasonable demands."

Emergency disaster plan in balance?

By M.B. Dillon
staff writer

If a feisty Ol' Man Winter decides to pelt Plymouth Township tomorrow with a severe snowstorm, it probably won't immobilize the community for long.

But more serious emergencies present a question in the township, where a disaster plan has been collecting dust since April. That's when the township staffer who had been working on the federally mandated plan took another job.

Township trustees at their Jan. 13 meeting will be asked to get in or get out of the disaster program, said Charles VanVleck, formerly deputy director of the township's Office of Emergency Preparedness.

"I shudder to try and use this plan now, it's so out of date," said VanVleck, now township ordinance enforcement officer.

"It's like having to stop a machine that's just getting up to speed and then trying to start it up again."

Until last year, VanVleck was a township firefighter. In that job he had time to assist Fire Chief Larry Groth in updating the plan — a hefty document explaining how to react in emergencies ranging from floods to accidents at Edison's Fermi II nuclear plant.

"I'd be tickled to death someday to retire, never having opened it during a disaster," said VanVleck.

"But the program is something we need, need to expand and keep planning. I know with the flight patterns of Willow Run and Metropolitan air-

ports, the railroads and roads, that it's only a matter of time.

"If John Q. Public had any idea how much hazardous material is being shipped through this town by road and rail each day, he'd be

amazed. If you've ever sat at a railroad crossing and cursed the engineer while watching those tank cars, you've probably seen how many of them say 'Propane,'" he added.

"Just one of those cars, if it ex-

ploded in a derailment, could flatten the entire township and everything around it."

"MANY OFFICIALS in the public sector frequently forget that one of

the basic purposes of government is to protect the life and property of citizens in time of an emergency or disaster," said Michigan State Police Sgt. James Hostutler, who has helped the township develop its plan.

"Citizens must be able to rely on their local government for a timely, coordinated and comprehensive response."

Local, state and federal laws direct communities to write emergency plans. State aid is available to disaster-stricken municipalities whose plans are deemed "current and adequate" by state police. The state accredited Plymouth Township's plan some time ago.

"If local officials are not prepared to act quickly and decisively or do not have up-to-date emergency management plans, both lives and property may be unnecessarily lost," said Hostutler, who with VanVleck and Groth briefly addressed the township board at its last meeting.

Fire Chief Groth is the township's emergency preparedness coordinator. But given his workload, he says he has little time to wear his second hat.

"Plymouth Township has prepared for fire by providing our citizens with a fire department. We have prepared for criminals and protecting our citizens by establishing a police department. In turn, we should also provide for that emergency which could or has turned into a disaster," Groth said.



Propane gas is one of the chemicals transported by train regularly in the Plymouth community which could pose a threat and,

therefore, must be taken into account in emergency preparedness plans.

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Plymouth in 1916: 'Michigan's biggest little town'

(Part I)

"It is the object of this little review to put forward a few things that has helped to make Plymouth what it is today, the biggest little town in Michigan."

That's from the front page of the Plymouth Mail on March 3, 1916, the year Woodrow Wilson was re-elected president of the United States. The 34-page special issue, called "Plymouth of Today and the Interests That Make It," was intended to give readers "a little better acquaintance with the people and business interests of Plymouth" and to review the important facts of our grand prosperity.

A subhead indicated that it was a "Booster Edition." Editor Lawrence Samsen had no way of knowing that a young author from Sauk Center, Minn., named Sinclair Lewis would make "booster" a term of derision only six years later when he published his satiric and sarcastic novel, "Babbitt."

LAWRENCE SAMSEN had been editing the Mail since 1915, the year

he took over from his father, F.W. Samsen.

The elder Samsen had come here from Saginaw to buy the paper in 1899. The Samsens were to own the Mail until the tailend of 1930 when they sold it to Elton Eaton.

When the Booster Edition appeared in the spring of 1916, Britain and its allies had been fighting World War I for the preceding two years. America was not to declare war on Germany until the spring of 1917.

Plymouth had a population of only 2,500 in 1916, but the presence in the community of the Daisy and the Markham air rifle factories, the Hamilton 22-calibre rifle factory, and the Alter Motor Car plant — and the number of advertisements placed in the issue by local merchants, including real estate firms — indicates that the village was a bustling place, belying its size in terms of population.

A few weeks after the special edition of the Mail appeared, Plymouth High School was destroyed by fire, putting a dent in the pocketbooks of local taxpayers. And in the following year, many youths of the village would be drafted for combat in foreign lands, some never to return. At the time the special issue appeared, however, everything seemed rosy.



past and present

Sam Hudson

AS THE MAIL pointed out, "the preceding ten years had marked the greatest growth and prosperity in the history of the village."

Plymouth was connected with Detroit, Pontiac, Ypsilanti, Ann Arbor and Northville by electric railway — the Detroit United line. That trolley provided hourly service. In addition, transportation was available through use of the Saginaw, Grand Rapids and Toledo divisions of the Pere Marquette Railroad.

Ten passenger trains a day stopped at the Plymouth station, making the village readily accessible from Detroit, and offering "attractive advantages and inducements as a suburban home for Detroiters who are beginning to realize that they can have their business in the city and reside in Plymouth."

The Plymouth Telephone Co. had been established 16 years earlier. The village-owned electric light plant, that had brightened things up

since 1903 was giving over to Detroit Edison which, in 1916, was given the right to transmit and distribute electricity in the village. And the village was "blessed with one of the finest water works systems in the country."

Main Street had been paved with brick from Ann Arbor Trail to Mill Street and S. Main paved with concrete from Ann Arbor Trail to the village limits on the south. The town had a well-organized volunteer fire department consisting of three hose companies, one chemical company and one hook and ladder company.

ANOTHER INDICATION of the town's growth and prosperity was demonstrated in post office receipts.

For the year closing in July they were more than \$10,000. Under postal regulations that achievement entitled Plymouth to free mail delivery. The matter had been taken up with postal authorities. Houses had been numbered and street signs augment-

ed to comply with government regulations. There was little doubt that Plymouth would see free delivery of mail in the near future.

In addition to the bricking of Main Street, Penniman Avenue had been paved with concrete from Main to Harvey, and the same had been done to Liberty Street from Starkweather Avenue to Mill Street. Steps were being taken to pave Union and Depot Streets at the urging of the Daisy Manufacturing Co.

Steps were also to be taken to open Forest Avenue to the south off Ann Arbor Trail (then called Street). And William Sutherland was beginning work on his big subdivision which was to run from Ann Arbor Road on the south to a point just south of Linden Street on the North.

To all these signs of what most people called progress but Mark Twain called "all the modern inconveniences," add the impact of the au-

tomobile on Plymouth during the first two decades of the 20th century. Sixteen years earlier all of the hard-surfaced roads in the entire nation would not have connected Boston to New York.

By 1916, however, roads and the production of cars had reached a stage where the automotive industry was showing phenomenal gains. Output increased by 3,500 percent from 1900 to 1910.

The first automobile owner in Plymouth was Clarence Hamilton, the watch-repairman who invented the Daisy Air Rifle. Hamilton bought a Haynes-Apperson in 1902. The second car here, a Stanley White Steamer, was owned by Will Allen. Ed Hough had bought a Maxwell in 1904. And Charley Rauch also had a White Steamer, or "tea-kettle" as the wags called it.

(To be continued)

obituaries

DOROTHY E. KEEGAN

Funeral services for Mrs. Keegan, 78, of Plymouth were held recently in Our Lady of Mt. Carmel Church in Emmett, Mich., with burial at Our Lady of Mt. Carmel Cemetery, Emmett. Officiating was the Rev. Raymond Donahue with arrangements made by Lambert-Vermeulen Funeral Home in Plymouth.

Mrs. Keegan, who died Dec. 29 in University Hospital, Ann Arbor, was a homemaker. Survivors include: sons, Wilford of Cincinnati, James of Hartland; daughter, Janet Buswinka of Plymouth; six grandchildren and one great-grandchild.

GRACE M. HUTEK

Funeral services for Mrs. Hutek, 93, of Plymouth were held recently at Schrader Funeral Home in Plymouth with burial at Parkview Memorial Cemetery, Livonia. Officiating was the Rev. Headley Thweatt.

Mrs. Hutek, who died Dec. 27 in Plymouth, was born in Orlinda, Tenn., and moved to Plymouth from Detroit in the 1970s. A homemaker, she was a member of the Main Street Baptist Church. She is survived by two nieces.

medical briefs/helpline

ALZHEIMER'S SUPPORT

The Alzheimer's Evening Support Group will meet 7-9 p.m. Monday, Jan. 5, and the Day Support Group 1-3 p.m. Wednesday, Jan. 7, at Arbor Health Building, Ann Arbor Trail at Harvey in Plymouth. These groups are open to families and friends of individuals with Alzheimer's Disease, a disorder characterized by significant memory lapses and states of confusion, most common among the elderly.

QUIT SMOKING

Dr. Arthur Weaver, professor of surgery at Wayne State University, and his Better Living Seminars will be conducting a Breathe-Free Stop-Smoking Clinic in the Little Theater of Plymouth Canton High School, 8415 Canton Center just south of Joy in Canton. The program consists of: one session on Preparing to Quit on Jan. 8, plus six Stop-Smoking sessions (Jan. 12-16, Jan. 21) 7:30-9:30 p.m. Cost is by donation, no reservation necessary. For information, call 882-7348.

STROKE INFORMATION

A free program on how "Healthy Habits Prevent Stroke" will be presented by Catherine McAuley Health Center from 1-2 p.m. Monday, Jan. 12, at Arbor Health Building, 990 Ann Arbor Trail at Harvey, Plymouth. Dr. Willard DenHouter of Plymouth, an internist at St. Joseph Mercy Hospital in Ann Arbor, will discuss the factors leading to a stroke and how to prevent a stroke. He also will discuss stroke symptoms and diagnostic procedures. DenHouter has an office at McAuley Health Building-Canton, 42180 Ford near Lilley.

SMOKE STOPPERS

Free introductory Smoke Stoppers sessions will be offered from 7:30-9 p.m. Monday, Jan. 12, and Tuesday, Jan. 13, at the Arbor Health Building, Ann Arbor Trail at Harvey, Plymouth. The sessions will illustrate a comprehensive approach to controlling smoking, focusing on techniques to manage eating, stress and other factors directly linked to the smoking habit. Participants can register for the comprehensive five-day Smoke Stoppers program at the introductory class or by calling 572-3675.

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Status of emergency plan uncertain

Continued from Page 1

THERE IS NO operating budget for emergency management for 1987, said township Supervisor Maurice Breen.

Breen views the issue as "a matter of how much money the township wants to assign to this and whether we ought to have an operating manager."

"There are legitimate differences of opinion as to the extent of emergency management (we ought to

have," he said.

The township received nearly \$10,000 in federal revenue sharing to coordinate its disaster plan in 1986. Aid Plymouth Township receives via the federal Emergency Management Assistance Program is intended to cover half the salaries of a part-time emergency preparedness deputy director and secretary.

In the last five years, government aid and local efforts have combined to net some progress in emergency

management. Warning sirens are in place. Businesses and schools have township-inspected tornado shelters. Plymouth Township also has a radio warning system.

But to "scratch the surface of what must be done to ensure adequate response to the needs of the people of our community during an emergency," the following must be done, say Groth and VanVleck:

- Update and improve the emergency preparedness plan.
- Train township department heads and personnel.
- Recruit and train volunteers to assist in emergencies.
- Take care of pending requests for storm shelter inspections.
- Test the emergency plan in a "table-top" exercise.
- Enter Mutual Aid Pacts with

area governments and industries.

• Expand the emergency notification and information plan.

A full-time director or deputy and a half-time secretary would be necessary to accomplish all those goals, they said.

At present, though, "we're not ready for a full-time director," said VanVleck. "We do need half of a week's time just to keep us current and to maintain what we have."

"What we're looking for at this point is a decision on whether we want to commit the necessary time resources and personnel to expand the program."

New Year's holiday quiet in city, township

City and township police in Plymouth experienced a relatively quiet transition between 1986 and 1987 last week.

The first incident report in each community after the stroke of midnight involved traffic.

In the township, Officer Jack Carrier ticketed a motorist at 12:15 a.m. for driving with a suspended license.

The last township incident of '86 — number 26,699 — was a ticket issued by Officer Dale Tamsen at 11:46 p.m. to a driver for operating a vehicle with an expired plate.

It wasn't until 1:49 a.m. that Offi-

cer Kevin Chumney logged the first report of the new year by city police — a citation to a motorist for driving with an expired plate.

The last city report for '86 — number 8,507 — also made by Chumney — was a drunk driving arrest at 9:52 p.m.

Only one drunk driving arrest was reported by both city and township police from 6 p.m. New Year's Eve to midnight Jan. 2.

Chefs carve ice

Continued from Page 1

To help alleviate the anticipated crunch, a shuttle bus service will run continuously noon to 6 p.m. Jan. 10-11 and 17-18 from the Ford Motor Co. Sheldon Road Plant just north of M-14.

Round-trip fee is 50 cents per person with a maximum fee of \$2 per family.

The shuttle service is sponsored by the University of Michigan M-CARE Health Center on Lilley just south of Ann Arbor Road in Plymouth. Proceeds will be donated to a Culinary

Arts Scholarship Fund.

Perhaps the best times to avoid crowds is during daylight hours weekdays and late at night weekends. The downtown area is well lighted.

The weather is the only element of uncertainty, Lorenz said.

Last year, unseasonably high temperatures in the low 40s followed a period of bitter cold causing several statues to have a premature demise.

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DATE OF HEARING: Wednesday, January 7, 1987
TIME OF HEARING: 7:30 P.M.
PLACE OF HEARING: 42350 Ann Arbor Road, Plymouth, Michigan 48170

NOTICE IS HEREBY GIVEN that the Plymouth Charter Township Planning Commission does, on its own volition, propose to amend Article 21, Sign Regulations of Plymouth Township Zoning Ordinance No. 83. The proposed amendment involves modification of location permitted, size, height, and area regulations related to outdoor advertising signs and flag poles.

NOTICE IS FURTHER GIVEN that the tentative text of the proposed amendment to Article 21, of Plymouth Township Zoning Ordinance No. 83, may be examined at the Township Hall, Planning/Building Department, 42350 Ann Arbor Road, Plymouth, Michigan 48170, during regular business hours of 8:30 a.m. to 5:00 p.m.

At the Public hearing, the Planning Commission will review the proposed amendment and make a recommendation to the Plymouth Township Board of Trustees for adoption on an amendment to the Plymouth Township Zoning Ordinance No. 83.

Published: December 8, 1986 and January 5, 1987

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Church move will take 7 years

By Tom Henderson
staff writer

Though it has been a year since Temple Baptist Church bought land for a new site in Northville Township, the 8,000-member church will remain in Redford Township for at least seven years, said its pastor, Rev. Truman Dollar.

Dollar said that although 64 acres of land has been purchased for more than \$2 million, an architect hasn't been hired and there is no timetable for moving to a new facility.

Dollar said a new church was so early in the planning stages that it hasn't even been decided if it will retain the columns that have become a trademark of the church, at the former site on Grand River in Detroit and the current site on West Chicago, just east of Telegraph.

"It will be seven or eight years before we move, and that's the soonest," said Dollar last week.

THE CHURCH'S land-search committee studied three locations before deciding to buy land adjacent to the site of the new Ward Evangelical Presbyterian Church at Six Mile and Haggerty, according to Dollar.

Ward, with 4,500 members, is currently located at Six Mile and Farmington in Livonia. Groundbreaking for the new Ward church is expected to take place late this year on a \$20 million sanctuary, classroom building and conference center.

Temple Baptist considered buying land at Eight Mile and Novi in Novi Township and at Newburgh and Seven Mile in Livonia before selecting the Northville property.

"It was the best buy and was more strategically located," said Dollar. "The current property is too small for our needs. And our people have moved. We did a demographic survey and it showed that our members had moved west and north of us."

Dollar said that the church also will be able to consolidate with its 475-member parochial school, with grades K through 12, which is now in Inkster.

WARD LEADERS have drawn up a master plan that places their proposed senior citizen complex next to Temple Baptist's property, so that if Temple also builds a seniors' complex, the two could share support facilities.

Dollar said the churches have held preliminary discussions with Ward officials but that Temple has no concrete plans to build a seniors' center. "I don't know that it will even be possible, considering the marketplace," said Dollar, whose previous church in Kansas City had built more than 350 units for the elderly.

"I have great respect for those people and for our relationship," said Dollar of the Ward congregation.

Dollar denied that any move by Temple was racially motivated. Church members, in an emotional and much publicized meeting, voted in September by a 3-1 margin to end an unwritten policy barring black members.



ART EMANUELE/staff photographer

Moving day for the 8,000-member church presided over by Rev. Truman Dollar (above) is at least seven years away. But Redford Township's Temple Baptist Church is making long-range plans to eventually move its congregation to Northville Township.



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neighbors on cable

CHANNEL 8
MONDAY (Jan. 5)

4 p.m. Healthercise - An exercise show

4:30 p.m. Ice Spectacular - Ice skating from the Plymouth Cultural Center

6 p.m. Little Red Riding Hood - A puppet show

6:30 p.m. Masters of Dance - A look at the world of jazz

7 p.m. Beyond the Moon - Host Mike Best discusses the constellation Draco the Dragon and Ursa Minor

7:30 p.m. Omni-Report - Local news, community events, business briefs, sports and government news

8 p.m. Economic Club of Detroit - Speaker is Ivan Boesky, investment trader

9 p.m. Darlene Myers Show - An interview with residents

9:30 p.m. Omnicon Videotunes Live - Host Dave Daniele and Jim Leinbach. Call 459-7391 to request your favorite local band video

TUESDAY (Jan. 6)

4 p.m. Northville Bluegrass Music - Performers are "The Song Sisters"

4:30 p.m. Made With Pride in Michigan - The Fashion Group, Inc., sponsors a clothing show featuring Michigan designers

and manufacturers

5:30 p.m. BPW Presents - Computers and the future workplace for women

6:30 p.m. Postal Inspector - Postal Inspector Mike Willis discusses various forms of mail fraud

7 p.m. Sports View - Hosts are radio sports personalities Ron Cameron and Bob Page

7:30 p.m. High School Sports - High school wrestling from the Plymouth Wrestling Invitational

9:30 p.m. Cross Triv - Contestants compete for prizes in this baseball trivia, crossword challenge

WEDNESDAY (Jan. 7)
(Programming the same as Monday except that "Winter Storms" will be shown at 9 p.m. instead of the "Darlene Myers Show")

CHANNEL 15
MONDAY (Jan. 5)

Noon Cooking With Cas - Cas prepares "chic-a-bob" on an outdoor grill

12:30 p.m. Healthy Horizons - Host Suzanne Maithe discusses alcohol and drug abuse

1 p.m. Klass Akt Breakers

1:30 p.m. Out to Lunch - A discussion with local TV celebrity Puka Jasiv

2 p.m. Free For All

2:30 p.m. Psychic Sciences - Elie talks with members of Michigan Metaphysical Society

3 p.m. Mustang Monthly

3:30 p.m. Game of Week - "The King and his Court" perform at Canton Softball Center

5 p.m. Is Your Child Listening? - A social worker from the Institute of Behavioral Development lectures parents on managing child behavior

5:30 p.m. Sports at the SAL - Basketball action

6:30 p.m. MESC Job Show - A discussion of skilled trade apprenticeships with Tom Flynn, state director of the Bureau of Apprenticeship Training. Also job listings in the state and local areas

8 p.m. Community Upbeat - Produced by Sharon McDonald, school teacher for Plymouth-Canton Community Schools, and Denise Swope of Canton

8:30 p.m. The Sandy Show - Host Sandy Preblich interviews Mary Monte of Kelly Services

9 p.m. Human Images - Students at Plymouth Centennial Educational Park discuss the movie "Rambo," its strengths and weaknesses and how it has spawned a toy gun craze

9:30 p.m. Issues For a Nuclear Age - Individuals concerned about our nuclear fate discuss various aspects of the issue

TUESDAY (Jan. 6)

noon Legislative Report - A public affairs program, which takes a look at issues in Michigan. Presented by the House of Representatives

12:30 p.m. Canton Update - Canton Township Supervisor James Poole and Sandy Preblich talk about what's happening in Canton

brevities

DEADLINES

Announcements for Brevities should be submitted by noon Monday for the Thursday issue and by noon Thursday for the Monday issue. Bring in or mail announcements to the Observer, 489 S. Main, Plymouth 48170.

LIBRARY STORYTIMES

Monday, Tuesday, Jan. 5-6 - Plymouth District Library is holding registration for its storytimes, both of which will begin the week after registration and run for four weeks. Registration for the toddler program for ages 2-3 1/2 will be at 10 a.m. Monday, Jan. 5, and for the preschool program for ages 3 1/2-5 at 10 a.m. Tuesday, Jan. 6, in the library. The toddler program will last 20-25 minutes. The preschool storytime will run 30-35 minutes and mothers must remain somewhere in the library.

FATHERS FOR EQUAL RIGHTS

Tuesday, Jan. 6 - The Western Wayne County Committee of Fathers for Equal Rights will meet at 7:30 p.m. in the Livonia Public Library, 32901 Plymouth Road one block east of Farmington Road.

CEP PARENT COFFEE

Thursday, Jan. 8 - A CEP Parent Coffee will begin at 9:30 a.m. in the conference room of Plymouth-Canton High School. Hosts will be Canton principal Tom Tattan, Salem principal Gerald Ostoin and area coordinator Ethel Hazelwood. Parents of high school students at the CEP are encouraged to attend.

WINTER ANTIQUE SHOW

Friday-Sunday, Jan. 9-11 - City of Plymouth Parks and Recreation in cooperation with the Plymouth Symphony League will hold a Winter Antique Show at the Plymouth Cultural Center. There will be 21 dealers at the show from 11 a.m. to 9 p.m. Friday and Saturday, and noon-8 p.m. Sunday. There will be a donation charge of \$1.50.

CANTON CRICKETS

Saturday, Jan. 10 - Registration will begin at 8 a.m. in the lower level of the Canton Township Township Administration Building for the Canton Crickets preschool program for ages 3 and 4. Times for the state-licensed program are 9:30-11:30 a.m. Mondays through Fridays and 1-3 p.m. Tuesdays and Thursdays for 19 weeks from Feb. 2 to June 12. The charge is \$60 per child for one day session. Class is limited to Canton residents only and to 13 preschoolers per class. Activities will include crafts, low-organized games, story time, special events, field trips and snack. Parents are assigned snack times. For information, call 397-1000.

COFFEE CONCERT

Friday, Jan. 16 - Canton Seniors are sponsoring a trip to the Detroit Symphony Coffee Concert. The bus will depart 8:30 a.m. from the Canton Recreation Center, Michigan Avenue at Sheldon. The charge of \$11.50 per person includes transportation, coffee and donut, and ticket. Lunch is on your own at the Summit in the Ren Cen. Register by Jan. 2 by calling Canton Seniors at 397-1000, Ext. 278.

HANSEL & GRETEL

Saturday, Jan. 17 - "Hansel and Gretel," Englebert Humperdinck's fairy-tale opera, will be presented by the Michigan Opera Theatre at 3 p.m. in the Activities Center of Madonna College, Jeffries at Levan Road. Admission is \$2 for adults, \$1 for senior citizens and children younger than 12.

ANNUAL FUND MEETING

Tuesday, Jan. 20 - The annual meeting of Plymouth Community Fund/United Way will be held at 8 p.m. in the Plymouth Community Cultural Center, 525 Farmer at Theodore. Four directors will be elected, and officers will be selected for the following year. A complete financial report will be given as well as plans for 1987. Meeting is open to the public. Refreshments will be served at the end of the meeting.

Arthritis Today
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Phone: 478-7860

LEG PAIN THAT IS NOT ARTHRITIS

Pain in the legs can occur for a reason other than arthritis.

An elderly person notes hip and knee pain, and dismisses it as being an arthritis accompanying old age. Really the problem is that the blood supply to the legs is partially blocked. The pain comes from circulatory insufficiency, similar to chest pain that accompanies blockage of the coronary arteries.

Like arthritis, poor arterial circulation in the legs begins with pain on walking. However, the pain stops and starts more quickly than arthritis pain and is in the thigh and calf and not the joints. A physician, examining the legs, will see that the pain is out of proportion to arthritis existing in the hips or knees. Additional examination will bring out the presence of impaired arterial circulation. Identifying the presence of arterial insufficiency is important as specific treatment is available.

People should not accept leg pains as the arthritis of old age, but should check their impressions against a physician's evaluation.

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PLANNING COMMISSION NOTICE
CITY OF PLYMOUTH, MICHIGAN

A regular meeting of the Planning Commission will be held on Wednesday, January 14, 1987 at 7:30 p.m. in the Commission Chambers of City Hall to consider the following:

NR-87-1 - Site plan approval for building addition located on the south side of Fralick Ave. across from Joseph's Salon, 880 Fralick. Property zoned B-2 Central Business.

NR-87-2 - Site plan approval for 494 N. Mill for change of use from first floor retail to professional office. Property zoned B-2 Central Business.

NR-87-3 - Site plan approval for 630 S. Mill, change of use from existing engine repair shop to convenience store. Property zoned I-1 Light Industrial.

NR-87-4 - Site plan approval for 6 unit apartment building at 711 Holbrook. Property zoned RM-2 Multiple Family.

NR-87-5 - Site plan approval for conversion of existing garage to office at 693 Maple Street. Property zoned B-3 General Business.

All interested persons are invited to attend this meeting.
GORDON G. LIMBURG
City Clerk

Publish January 5, 1987

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- 15-18 Winter Carnival Sale
- 24 "Magic of Michigan" - 1 PM Birthday Party

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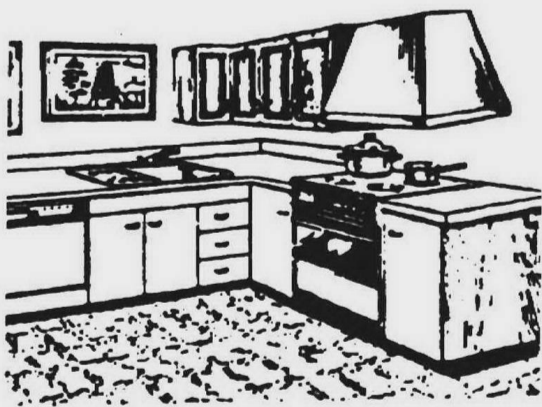
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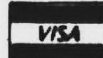


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State fields tuition plan telephone calls

A temporary telephone hotline has been established for Michigan parents interested in information about the state's new college-guaranteed tuition plan.

Operators will answer questions about the Michigan Education Trust program at 517-373-8435.

"We have been swamped with requests for information about the guaranteed tuition plan, and we

had to dedicate personnel to answer all the questions," said State Treasurer Robert Bowman.

Treasury staff is assuring callers that everyone who wants to participate in the guaranteed tuition plan will have an equal chance to take part. Names may have to be randomly drawn if the demand exceeds the program's capacity during the program's introductory years.

State tax forms mailed

More than 43 million state income tax forms are arriving through the mail to Michigan taxpayers.

"This is the first time we have mailed income tax forms directly to each taxpayer by name and address," State Treasurer Robert A. Bowman said. "The mailing should make filing individual state income

tax returns more convenient."

Deadline to file 1986 Michigan income tax returns is April 15. Last year, all who sent in error-free income tax returns by April 15 received refunds by June 1, a six week turnaround that saved Michigan millions of dollars in interest costs.

For calcium, try fortified foods

Q. How can I get enough calcium in my diet without taking calcium supplements? Most calcium-rich foods are also high in calories.

A. For a lot of calorie-conscious Americans, it's not easy to get enough calcium in the daily diet and still maintain a diet. Recommended daily allowances suggest eating three dairy foods or two dairy foods plus a serving from a non-dairy calcium-rich source, such as broccoli or salmon.

As a result, calcium supplements have exploded on the market as "the" answer to this problem. However, these supplements are not the answer for everyone.

Calcium carbonate can cause constipation in some people, and calcium lactate tablets must be swallowed by the handful to be effective.

THERE'S ANOTHER alternative — calcium fortified foods. What's interesting about these foods is that some are not foods you'd expect to be calcium enriched. (See below.)

These foods contain 10 to 100 per-



consumer mailbag

Terry Glbb

cent of the RDA for calcium while costing only slightly more than the non-fortified version.

Before you rush out to stock up on these new products, here are a few tips to keep in mind:

- Current research indicates that calcium is equally well absorbed whether it's joined with phosphate, sulfate, carbonate or any other substance.

- Excessive doses of any form of calcium can cause kidney stones in susceptible people. Excessive doses of calcium carbonate can cause a condition called milk-alkali syndrome which damages the kidneys.

- Read the labels. While increasing the calcium, some also increase

the sodium, fat or sugar that you might not want to include to get the extra calcium.

SOME FORTIFIED foods include:
Flour — Both Gold Medal and Pillsbury are manufacturing a calcium-fortified variety. It's available in white flour only. This flour provides 10 percent more calcium than regular flour at about the same price.

Cereal — Post's Dairy Crisp cereal provides 850 milligrams of calcium per serving. When added with milk, 100 percent of the daily calcium is absorbed. On the negative side, it contains one teaspoon of fat per serving. Most cereals contain no fat.

Bread — Hollywood Special For-

mula offers both a light and dark variety which provides twice as much calcium as regular bread. In addition, the dark bread gives almost triple the amount of dietary fiber than the white.

Beverages — Tab is test marketing on the West Coast a 10 percent calcium enriched soda pop in a 12-ounce serving. General Foods Supra Drink offers 30 percent of daily calcium needs. These drinks are both sweetened with Nutrasweet which may be a drawback for some people.

ECO-TIP: For a free sheet illustrating what foods provide which vitamins and minerals, send for "Know Your Sources." It's free from Concern. Please include a self-addressed, stamped envelope with your request and mail it to the address below.

The Consumer Mailbag answers your questions. Address mail to the Consumer Mailbag, Concern Detroit, 1025 Shelby, Detroit, 48226.

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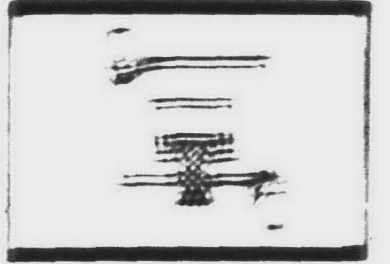
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The chase is on

North Farmington has dominated the Observerland gymnastics scene for nearly a decade winning nine consecutive league titles. Among those hoping to dethrone the Raiders in 1987 are the two Centennial Educational Park contingents. Aprii Mosakowski (right) is one of several talented juniors hoisting Plymouth Canton's hopes. The return of coach Kathi Kinsella and keep your fingers crossed a healthy Jackie Huff have Plymouth Salem among the Western Lakes contenders for the first straight season. Here's a peek at who's who and who has what in the Observerland gym circuit in 1987.



Who can send North tumbling?

By Chris McCosky and Brad Emons staff writers

ON THE SURFACE, the 1987 Observerland gymnastics scene looks the same as it has for the last three seasons.

Like the last three seasons, a group of three or four good teams will desperately attempt to knock powerful North Farmington off its throne. The Raiders have won nine consecutive league championships.

In 1984 Plymouth Canton scored an impressive 25.00 points in the Western Lakes conference meet. North Farmington scored 23.00. In 1985 Farmington, Harrison and Walled Lake Western scored 25.00 points. North scored 22. In 1986 North scored 26.00 points. North scored 26.00.

gymnastics

The scene continues in 1987. North Farmington, with its powerful team again led by coach Harrison, leads the Western Lakes circuit with the Western Lakes title in the Western Lakes for the last two seasons.

Indeed, North has again dominated the Western Lakes circuit. In 1984 Harrison scored 25.00 points in the Western Lakes circuit. In 1985 Harrison scored 25.00 points. In 1986 Harrison scored 26.00 points. In 1987 Harrison scored 26.00 points.

For the first time in three years, North Farmington will not be the only team to score 26.00 points in the Western Lakes circuit.

North Farmington's success is due to a combination of factors. First, the team has a strong coach, Harrison, who has led the team to nine consecutive league titles. Second, the team has a strong roster of athletes, including several national-level performers.

One of the key players on the team is Jackie Huff, a sophomore who has been a consistent performer. Huff's return to the team is a major factor in North's success.

Another key player is Aprii Mosakowski, a junior who has also been a consistent performer. Mosakowski's return to the team is also a major factor in North's success.

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APRII MOSAKOWSKI, JUNIOR, HOISTS PLYMOUTH CANTON'S HOPES.



JACKIE HUFF, SOPHOMORE, IS APPARENTLY FREE OF INJURY.

Jackie Huff is apparently free of injury after the first time since her sophomore season. She is crucial to North's title hopes.

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3-point shots burn Schoolcraft cagers

Schoolcraft sports

Schoolcraft's basketball team... (faded text) ...

Schoolcraft sports

Schoolcraft's basketball team... (faded text) ...

points coming from the free throw line... (faded text) ...

We got so far down then we battled back to get the lead. Wetzel said. We made three or four poor decisions that hurt us late in the game. In close games you can't make poor decisions. We weren't into the game mentally from the beginning. Wetzel said. And we didn't make enough key plays at the end. Nazareth's Dan Snyder put on a shooting clinic in the first half, scoring 25 points in the first 20 minutes including seven three-pointers. But in the second half Snyder was shut out thanks to hawking defense by Skeets Mike Simpson and Phil Weiss. Snyder finished with 29 points, all four of his second-half

points coming from the free throw line. "WE CHANGED OUR defense at the half. Wetzel said. We wanted to make some of their other kids beat us and they did. Schoolcraft was led in scoring by Brown who poured in 20 points including an impressive 10 of 11 shooting from the free throw line. Steele added 16 points and Don Edwards contributed 15. Nazareth head coach Buddy Hanna was impressed with Schoolcraft's comeback. I have to give Schoolcraft a lot of credit, Hanna said. We had them down by 10 and they fought back and didn't quit.

The good, the bad

Individual honors don't ease Yarema's pain

The individual honors... (faded text) ...



C.J. Risak



Dave Yarema chats with Michigan State coach George Perles during the 1986 season - a season of disappointment for both Yarema and the Spartan program.

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'Platoon' shows grim reality of Vietnam War

Politicians, diplomats, generals, colonels and anyone else contemplating military action ought to watch "Platoon" (R). The film should convince everyone to search for alternatives to the horrors of combat.

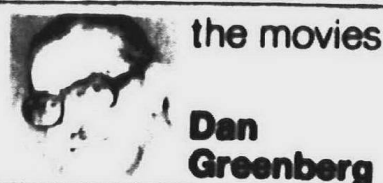
Scripted and directed by Oliver Stone — billed as the only man in Hollywood with a Purple Heart and an Oscar (script for "Midnight Express"), "Platoon" is based on his Vietnam War experience.

It's a grim, unpleasant but realistic look at our Vietnam tragedy, a film that deals with the daily existence of an infantry rifle platoon in late '67-early '68 combat. It's the tale of men mired in gruesome jungle warfare and forgotten by their own world.

The men in this film's platoon are led by Sergeants Barnes (Tom Berenger) and Elias (Willem DaFoe). Pfc. Chris Taylor (Charlie Sheen) is assigned to their command. He's a college boy who volunteered for combat, something that the black soldiers can't fathom. They have no choice — but a smart honky who could have stayed in college?

An effective drama lets the story make its point while avoiding annoying, overzealous preaching. So often, scenarists with "something to say" write terribly dull scripts.

To "Platoon's" great credit, the story of Pfc. Taylor makes the crucial point that American blacks suffered disproportionately in Vietnam because they were poor and couldn't afford college and the student deferments that came with a "C" aver-



the movies

Dan Greenberg

'Platoon' pulls no punches in depicting the cruelty of war and the terrible acts men commit in the heat of battle.

age. That point is made as a matter-of-fact conclusion to plot and action.

"PLATOON" PULLS no punches in depicting the cruelty of war and the terrible acts men commit in the heat of battle. Most distressing, however, is the film's clear lesson that atrocities perpetrated under stress soon become normal, accepted behavior.

Despite its realistic horror and unpleasant presentation of jungle warfare, every high school student in this country should see "Platoon" and participate in rigorous class discussions about Vietnam War issues, problems that are still with us.

It wouldn't be a bad idea, as well, for adults to see this film. Vietnam was a terrible tragedy, one we commit anew each day when we forget. In the words of Pfc. Taylor, " . . .

we were fighting ourselves . . . not the enemy."

SINCE OUR MEDIA contain so much violence, "Platoon" should not offend. But if you prefer your violence as entertainment, "The Morning After" (R) is a pretty slick, well-paced murder mystery with Jane Fonda as an alcoholic actress on the downside of her career. She awakes in a drunken stupor one morning in bed with the corpse of a well-known L.A. pornographer.

Raul Julia, who shared William Hurt's cell in "The Kiss of the Spider Woman," is the husband from whom she's long been separated. Jeff Bridges is a bigoted ex-cop who befriends Jane in her time of troubles.

What's appealing about this film? It's well-written, nicely designed and convincingly acted. Each time you get it all figured out, there's a new twist to keep things moving.

But if you just want to have fun, try Eddie Murphy's latest, "The Golden Child" (PG-13). Here is Murphy at his best, combining his particularly sharp and sarcastic view of the world with just the right amount of mystery, fantasy and comic spirit.

Murphy is Chandler, "the Chosen One." Chosen for what? you may well ask. To rescue "the Golden Child" (J. L. Reate) from the forces of evil, a weird collection of perversely appealing characters is led by Sardo (Charles Dance). Giving



Charlie Sheen is Chris Taylor, an innocent new recruit, and Keith David is King, an expert in the art of survival, in "Platoon," based upon writer-director Oliver Stone's real-life experiences in Vietnam.

Murphy a big assist is a Tibetan judo-lady, Kee Nang (Charlotte Lewis).

There's a tremendous amount of humor and very effective film production behind that simple storyline. It's not the story as much as the clever way in which Michael Ritchie directs it and the polish in every department. The special effects alone are worth the price of admission, as Lucasfilm's Industrial Light and Magic once more demonstrates its expertise.

BUT WHAT really makes "The Golden Child" work so well is Eddie Murphy's ability to mix his personal-

ity with Chandler's character so that neither intrudes on the other. Both are extremely entertaining.

At the other end of the spectrum, there can be only one nomination for Idiot-Movie-of-the-Year: "Wisdom" (R), a film that has none. It is so improbable and inconsistent that everyone's credulity should snap before the film is half done. It certainly

is half-baked. Never have so many suffered so much stupidity for no reason as John Wisdom (Emilio Estevez) and his gal Friday, Karen Simmons (Demi Moore), go on a criminal rampage for the good of mankind. No kidding, honest, that's the story. Avoid it! Don't waste two hours on this insanity. It'll drive you nuts.



Eddie Murphy and Charlotte Lewis cross a Tibetan lake, seeking a sacred dagger at a monastery, in "The Golden Child."

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WINNING MENUS

Cold winter weekends are meant for inviting a crew of friends over to watch a football bowl game or trying out the latest board game. Here are two menus that score winning points for easy, hearty entertaining.

ITALIAN SAUSAGE WITH PEPPERS AND ONIONS MARINATED BEAN SALAD GRAPE AND PEAR CRISP

Savory Italian sausage adds international flavor to this classic combination of bright red peppers and sliced onion. Equally at home on a crusty French roll or served with eggs for Sunday brunch, it adds Italian pizzazz to American fun.

Continue the Italian theme with a marinated bean salad. Beans are fast becoming a premier choice for flavor, economy and health. Choose canned beans for super easy preparation or start with dry beans. See below for soaking and cooking directions.

And give a prize to whoever guesses the secret ingredient in crunchy, satisfying Grape and Pear Crisp, still warm from the oven. Grapes bake into sweet, juicy morsels that have a tang and texture all their own.

* * * * *

Keep this menu on the sidelines for those last minute decisions to have friends over after work. Whether you watch sports or a favorite classic movie on the VCR, you won't have to miss a minute with this almost instant meal.

PARTY SAUSAGE TRAY BARBECUED BEAN CASSEROLE CHOICE OF BREADS CONDIMENTS: MUSTARD, MAYONNAISE, OLIVES, PICKLES FRESH GRAPES

What could be simpler than an attractive plate of cold cuts? Stop at a deli or supermarket on the way home and choose from the wide variety available: bologna, salami, ham, pepper loaf, ham and cheese loaf, beerwurst and mortadella. Put out a few interesting mustards, olives and a selection of pickles for guests to sample as they assemble their own sandwiches.

Keeping cans of cooked beans in the pantry guarantees speedy meal preparation. Pinto or kidney beans bake for 1-1 1/2 hours with a quickly assembled spicy sweet-sour sauce that complements the menu.

Finish with a bowl of some of the eight varieties of ripe California grapes available. They make great grape-by-grape snacking, and satisfy the inevitable case of the "munchies" and the thirst of play-by-play excitement.

How To Cook Dry Beans

Soaking Tips

Preferred Method: Wash one pound dry beans. Add 10 cups hot water; boil 2 minutes. Remove from heat; cover and soak 4 to 12 hours or overnight. * Drain, rinse and cook.

Quick Method

Wash one pound dry beans. Add 10 cups hot water; boil 2 to 3 minutes. Cover and set aside 1 to 4 hours. Drain, rinse and cook.

Cooking Tips

Drain and rinse soaked beans; put into large kettle. For each pound of beans add 6 cups hot water, 1 to 2 tablespoons shortening or vegetable oil and 2 teaspoons salt. Boil gently with lid tilted until tender.

*Beans are more digestible when soaked for a longer period of time.

Italian Sausage With Peppers And Onions

- 2 large (about 1 pound) red peppers
- 1 medium (about 8 ounces) Spanish onion
- 2 tablespoons olive oil
- 1 clove garlic, minced
- 3/4 teaspoon dried thyme leaves
- 6 fresh Italian sausage links (about 1-1 1/2 pounds)
- 1/2 cup water
- 1/2 cup dry white wine

Cut peppers in twelve wedges. Cut onion into 1/2-inch slices; separate into rings. Cook peppers in olive oil in large frying pan over medium heat 10 minutes, stirring frequently. Add onion, garlic and thyme and continue cooking 18 minutes, stirring frequently. Meanwhile place Italian sausage and water in another frying pan. Cover tightly and cook over medium heat 10 to 12 minutes, turning once. Remove cover and continue cooking 15 to 18 minutes or until cooked through and browned, turning occasionally. Remove sausage from frying pan. Pour off drippings. Increase heat to medium-high; add wine to deglaze pan, scraping up brown pieces. Add vegetables and return sausage to frying pan, stirring to coat with sauce. Continue cooking 2 to 3 minutes or until sauce is slightly reduced and thickened. Makes 6 servings.

Note: One and one-half pounds continuous link Italian sausage may be cut into 6 pieces and substituted for the Italian sausage links.

Party Sausage Tray

- 1-1 1/2 pounds assorted sliced deli meats (bologna, cotto salami, old fashioned loaf, smoked ham, mortadella, hard salami)
- 6 ounces thinly sliced Swiss cheese
- 6 ounces thinly sliced colby cheese
- 3 tomatoes, thinly sliced
- 1 medium red onion, cut into 1/8-inch slices
- Assorted breads, sliced

Arrange sliced deli meats, sliced cheeses, tomatoes and onion on large serving platter. Serve with assorted breads. Makes 8 servings.

Marinated Bean Salad

- 3-1/3 cups drained, cooked great northern beans, navy or small white beans*
- 1/4 cup chopped green pepper
- 2 green onions, thinly sliced
- 1/3 cup olive oil
- 2 tablespoons each white wine vinegar and lemon juice
- 1 clove garlic, minced
- 1/2 teaspoon salt
- 1/4 teaspoon freshly ground black pepper
- Dash bottled hot pepper sauce
- 2 tablespoons minced parsley

Combine beans, green pepper and onion; set aside. Combine oil, vinegar, lemon juice, garlic, salt, pepper and hot pepper sauce; blend well. Pour over bean mixture. Marinate at least 1 hour or overnight. Serve at room temperature if made ahead and chilled. Add parsley just before serving. Makes 4 to 6 servings.

*Two cans (about 16 ounces each) great northern, navy or small white beans may be substituted.

Grape And Pear Crisp

- 3 cups grapes, halved and seeded if necessary
- 1 can (29 ounces) pear slices, drained
- 2 tablespoons flour
- 1 tablespoon packed brown sugar
- 1 tablespoon lemon juice
- 1 teaspoon grated lemon peel
- Oatmeal Streusel Topping
- Sweetened whipped cream

Toss grapes, pears, flour, brown sugar, lemon juice and peel until fruit is well coated. Spoon mixture into 6 (6 ounces each) individual soufflé or custard cups. Top with Oatmeal Streusel Topping. Bake at 375° F. 20 minutes or until topping browns. Serve with whipped cream. Makes 6 servings.

Oatmeal Streusel Topping: Combine 3/4 cup uncooked old-fashioned oats, 1/3 cup each flour and packed brown sugar, 3/4 teaspoon ground cinnamon and 1/8 teaspoon salt; mix well. Cut 1/3 cup butter or margarine into oatmeal mixture; stir in 1/2 cup chopped nuts. Makes about 2-1/2 cups.

Barbecued Bean Casserole

- 1 large onion, chopped
- 2 cloves garlic, minced
- 1 tablespoon vegetable oil
- 3-1/3 cups drained, cooked pinto, pink, red or kidney beans*
- 1 can (about 16 ounces) tomatoes
- 1 can (8 ounces) tomato sauce
- 2 tablespoons cider vinegar
- 2 tablespoons each packed brown sugar and prepared mustard
- 2 tablespoons chopped chiles
- Generous dash cayenne pepper

Saute onion and garlic in oil. Add beans, tomatoes, tomato sauce, vinegar, sugar, mustard, chiles and cayenne; mix thoroughly. Pour into 2-quart baking dish, cover and bake at 350° F. 1-1 1/2 hours. Makes 10 to 12 servings.

*Two cans (about 16 ounces each) pinto, red or kidney beans can be substituted.

Nutritious ideas to cure brown bag boredom

Lunch in a brown bag can certainly lose its appeal when it consists of a dry sandwich, bruised apple and crumbly cookies day after day.

The packed lunch is subject to some limitations, but it can be creative, interesting and nutritious as well as safe. It is estimated that 80 million Americans carry a lunch daily, so if you're having problems being creative, you're not alone.

Why the surge in brown bag lunches? The reasons are many: time, money, convenience and an increased interest in health and good nutrition. Lunches are packed for dieters, fitness fans who exercise at noon, picky kids and adults as well as hard-eating hard hats. Brown bag lunches can be hearty or low-cal, special diet or special taste, simple or fancy.

Even when refrigeration is not available, many sandwich fillings will travel and keep well throughout the morning. Nonperishable sandwich choices include dried meats, fully cooked meats such as bologna or salami, cheeses and cheese spreads.

Vary the garnishes on these sandwiches — try pickle, cucumber or green pepper slices. Liven up the old



Lois Thieleke
home economist, Cooperative Extension Service

favorite standby — peanut butter — by replacing the jelly with mashed or sliced banana, apple slices, apple butter, dried fruit or grated carrots. Try some mashed baked beans for a different sandwich spread.

Sandwiches can be made from many perishable foods, such as sliced chicken, turkey and leftover meat, and frozen ahead. Remove from the freezer in the morning and they will thaw in time for lunch.

Some items that don't freeze well are mayonnaise, egg salad, jelly, tomatoes and lettuce. Substitute salad dressing for mayonnaise if you are freezing the sandwich. If you start with frozen bread, it will keep the filling cool and be thawed by noon and safe to eat. If you are packing sandwiches in plastic bags, be sure to gently press out all the air before closing. This helps sandwiches stay fresh and moist.

The key to a good sandwich that isn't soggy is to spread bread slices with softened margarine to "seal" them. Cream cheese, processed cheese spreads and peanut butter are other spreads that seal bread. Spread evenly and all the way to the edges.

Another way to introduce variety into the brown bag lunch is to vary the types of bread used. Two slices of white bread becomes boring — so try one slice of white and one of whole grain or oatmeal, pumpernickel, rye or pocket (pita) bread. Instead of a bread sandwich, include a bagel or English muffin, hamburger bun or use a hot dog bun to make a reuben sandwich.

Make an "unsandwich" by packing a container of sandwich filling and add some crackers. Cheese and crackers, graham crackers spread with peanut butter, or nut or fruit

bread spread with cream cheese add variety to lunches.

Encourage children to eat their sandwich at noon instead of waiting until the bus ride home. This will ensure a safer lunch. If they want to save something for the afternoon, suggest it be the fruit or vegetable.

Fruits and vegetables are easy to include in a brown bag lunch. Raw vegetables such as carrots, green pepper, broccoli, cauliflower, celery and radishes can add texture and color. A little container of sour cream with onion soup or a creamy salad dressing or yogurt can be included as a dip for the veggies. A tossed salad can be packed into a plastic container.

Try slicing an apple, spread each slice with peanut butter or cheese and rebuild the apple in original shape, wrap in foil. If you are putting an orange into a lunch bag, peel it for a child. Most children do not like to "waste" time on that task.

Freeze fruit juice, cider, orange juice, lemonade, etc., into plastic containers to drink, especially if milk is not available. Keeping these in the box or bag will also help keep the other foods cool. Don't send

canned soda with children to school!

Many of the individually wrapped "treats" become very expensive to include if you are making lots of lunches. Homemade cookies are generally more nutritious than the kind you purchase. Instead of potato chips, make a toasted mix with cereal, a few pretzels, peanuts and dried fruits. Freeze yogurt, it will be thawed by noon, but still cool.

If you are dieting and carrying a brown bag lunch, lunch needn't be dull.

Bread has approximately 60 calories per slice, and provides important nutrients including protein, complex carbohydrates, vitamins, minerals and dietary fiber. Bread itself is not fattening — it's the company it keeps.

Save calories by using diet margarine. Substitute other ingredients for the higher calorie mayonnaise-type dressings. Low calorie foods make great sandwich filling for dieters. Ricotta cheese is a rich-tasting cream cheese replacement, low or reduced fat cheddar, mozzarella or processed cheeses contain few calo-

ries but still have good flavor. Hard-cooked eggs have only 80 calories each. Plain yogurt is a good substitute for mayonnaise or salad dressing.

Water packed tuna, cooked chicken or turkey give a mountain of nutrition for a molehill of calories.

Sliced cucumbers, zucchini, chopped raw or cooked broccoli and mushrooms, sliced or chopped tomatoes or any vegetable raw or cooked can add flavor to a sandwich or a salad.

Make a "greens" sandwich with pita bread by filling the cavity with sprouts, spinach, lettuce or shredded cabbage. This can make a big and satisfying sandwich for very few calories.

Now that the holidays are over and everyone is getting back to a normal routine and lunch is again served in a bag, make them creative and interesting and avoid brown bag boredom.

Lois Thieleke is a home economist with the Oakland County Cooperative Extension Service. Watch for her next column, "Meals in Minutes."

Soup season

Hot and sour recipe brings taste of the Far East to your kitchen

When temperatures outdoors start to tumble "soup season" can't be far behind. So take out your favorite soup tureen and ladle and get ready to sample a steaming bowl of your favorite soup.

Soup cookery methods are the same the world around, but the seasonings and ingredients may vary. Use a moist heat method — cooking in liquid — and try a taste from the Far East by preparing Oriental-Style Hot and Sour Soup.

Start with an economical meat cut like beef chuck arm pot roast. Choose a boneless portion of meat. You'll find you have less waste and the job of cutting the meat into strips will be much easier. This less tender meat cut becomes tender as it simmers slowly in liquid.

Soup making is a very convenient process today. To hasten cooking time eliminate several of the meat browning steps. All you do is put the beef, seasonings and liquid in a large cooking utensil. Cover the utensil and simmer slowly until the meat is tender.

To provide an Oriental flavor to the Hot and Sour Soup, add mushrooms, bamboo shoots and tofu. One traditional method in Oriental soup making is to add a beaten egg slowly to the soup right before serving. This gives the appearance of fine shreds. The end result is a satisfying soup that's easy on your waistline. A sin-

gle three-ounce serving is under 300 calories. Serve this flavorful soup with crackers or a warm loaf of crusty bread.

ORIENTAL-STYLE HOT AND SOUR SOUP

Preparation time: 30 minutes
Cooking time: 1 hour 15 minutes

- 1 1/2 pounds boneless beef chuck arm pot roast
- 1/4 cup light soy sauce
- 4 1/2 cups water
- 1 tbsp. instant beef bouillon granules
- 1/4 pound sliced fresh mushrooms*
- 1 can (8 ounces) sliced bamboo shoots, drained and cut into thin strips

- 3 tbsp. red wine vinegar
- 1/4 tsp. crushed red pepper pods
- 1/2 cup cold water
- 2 tbsp. cornstarch
- 1 egg, well beaten
- 4 ounces firm tofu (bean curd), cut into thin strips (if desired)
- 2 tsp. sesame oil
- 2 green onions, thinly sliced on the diagonal

Cut beef chuck arm pot roast across the grain into 2x1/2x1/4-inch strips. Pour soy sauce over beef strips, stirring lightly to coat. Bring water and bouillon granules to a boil in Dutch oven. Add beef mixture. Reduce heat; cover tightly and cook slowly 1 hour or until tender. Stir in mushrooms, bamboo shoots, vinegar and red pepper. Simmer, uncovered,

10 minutes. Combine water and cornstarch; gradually stir into soup and continue cooking until slightly thickened. Slowly pour egg into soup in a thin stream, stirring constantly to make fine shreds. Add tofu; heat through. Remove from heat. Stir in sesame oil. Garnish with green onions. Makes 6 servings.

*Half of a 1 ounce package of dried shiitake mushrooms may be substituted for fresh mushrooms. To prepare shiitake mushrooms, soak in warm water and cover about 30 minutes. Discard stems and slice into strips.



January is Soup Month — a good time to sample a new recipe like Oriental-Style Hot and Sour Soup.

GET OUT OF THE DARK.

Open your eyes and see just how many subjects are covered in the new edition of the Consumer Information Catalog. It's free just for the asking and so are nearly half of the 200 federal publications described inside. Booklets on subjects like financial and career planning, eating right, exercising, and staying healthy, housing and child care, federal benefit programs. Just about everything you would need to know. Write today. We'll send you the latest edition of the Consumer Information Catalog, which is updated and published quarterly. It'll be a great help, you'll see. Just write.

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class reunions

As space permits, the *Observer & Eccentric Newspapers* will print announcements of class reunions. Send the information to Reunions, *Observer & Eccentric Newspapers*, 36251 Schoolcraft, Livonia 48150. The date of the reunion must be included in the announcement, along with the first and last name of at least one contact person and a telephone number.

- ADAMS**
 The class of 1977 is planning a 10-year reunion for July 4. For more information, call 651-5508.
- ATHENS**
 The Troy Athens class of 1977 will have a 10-year class reunion March 28. Help is needed in locating former classmates. For more information, call Joyce at 652-0268.
- BARN THEATER**
 The Barn Theater Performing Arts Group of Oakland University will have a 20-year inclusive reunion on July 31. For more information, call Class Reunions at 469-1410.
- BERKLEY**
 The class of June 1946 is looking for class members for a reunion tentatively set for June. For more information, call 282-8717, 548-3847 or 546-3332.
 The classes of January and June 1961 and January 1962 will have a reunion March 28. For more information, call Class Reunions at 469-1410.
- CLARENCEVILLE**
 The Clarenceville School District is looking for former district students and employees to add to the sesquicentennial invitation list. A four-day celebration is planned for June. For more information, call 473-8905.
- CODY**
 The class of January 1967 is planning a 20-year reunion for March 14, at the Karas House, 23632 Plymouth, Redford Township. For more information, call Camille at 879-6547 or Linda at 292-9748.
 The class of 1977 will have a 10-year reunion July 11. For more information, call Joan Kutylowski at 565-8322.
- COOLEY**
 The class of 1957 plans a 30-year reunion. For more information, call Sue at 274-1629 or Linda at 645-9599.
 The class of 1962 is planning a 25-year reunion. For more information, call 553-7363 or 471-3896.
- CRESTWOOD**
 The class of 1967 will have a 20-year reunion in October. For more information, call Class Reunions at 469-1410.
- DENBY**
 The January and June classes of 1937 are planning a 50-year reunion. Graduates of 1936 and 1938 also may attend. For more information, call Millie (Tobin) Harrison at 886-6457 or Bill Albus at 535-2192.
 The classes of January and June 1948 are planning a class reunion. For more information, call Norinne (Gabbana) Manzoni at 777-1310 or Marianne (Singer) Smith at 773-1009. Information may be sent to Norinne Manzoni at 17938 Nine Mile, East Detroit 48021.
- DETROIT EASTERN**
 Detroit Eastern High School class of 1941 is looking for classmates for a reunion. Write to P.O. Box 1362, Berkley, Mich 48072.
 The classes of 1955-57 will have a reunion May 1. For more information, call Class Reunions at 469-1410.
- EAST DETROIT**
 The class of 1967 will have a 20-year reunion July 11. For more information, write East Detroit High School Class of 1967 Reunion c/o Kimberly Jewelers, 775 Big Beaver Road West, Suite 113, Troy 48084. Or call 362-0202.
- EDSEL FORD**
 The class of January 1966 will have a 21-year reunion. For more information, call Pam Brundage-Stonepainter at 288-3980.
- FERNDALE LINCOLN**
 The class of 1937 is planning a 50-year reunion. For more information, call Pat (Price) Newton at 681-0963, Dorothy (Bone) Ager at 545-1233, Ruth (Kotowski) Kuxhaus at 542-4168 or Winnie (Hunt) Findlay at 643-7444.
- HAZEL PARK**
 The class of 1942 is planning a 45-year reunion. Send information to Bill Gibson, Hoover Elementary School, 2372 Hoover, Hazel Park 48030. Or call Roberta (Cook) Baran at 547-8780 or Emma (Skinner) Makinen at 553-2156.
- MACKENZIE**
 The class of 1938 (January and June) is planning a 50-year reunion. For more information, contact Marion (Teclu) Brodie at 3668 S. Shimmers Circle, Auburn Hills 48057. Or call 373-8414. Or call Vera Korphe

Rowden at 532-6375. Shirley Craig Young at 255-9824 or Margaret Humm (Kasenow) at 532-7395.
 Anyone from the class of 1939 interested in getting together for a class reunion may call Aaron Friedman at 549-4400.
 The January and June classes of 1959 will have a reunion in the spring. For more information, call Virginia Fine Vahbusch at 591-1987.

- MOTHER OF OUR SAVIOR**
 The grade school class of 1970 and the high school class of 1974 are planning a reunion for the summer. For more information, call 474-8205 or 541-0525.
- NORTHVILLE**
 The class of 1938 is planning a 50-year reunion. For more information, call Gwen Marburger at 349-0524 or Leona Leavenworth at 455-2523.
 Members of the class of 1967 are needed in order to plan a 20-year reunion. For more information, call Elaine (McLean) Hawkins at 477-0711 or Pat (Moase) Monson at 421-6489.
- PLYMOUTH**
 The class of 1967 is looking for classmates' addresses. For more information, call Mary at 453-3695 or Pat at 459-0436. Or write to Class of '67, 134 N. Holbrook, Plymouth 48170.
- PONTIAC**
 The January and June classes of 1947 are planning a 40-year reunion for Sept. 12. Names and addresses of

class members are needed. Send to Class of 1947, P.O. Box 313, Pontiac 48056.
REDFORD
 The classes of January and June 1937 are planning a 50-year reunion for the fall. For more information, call Jack Livingstone at 532-1121 or Hurst Wulf at 464-4443 or 822-3968.
REDFORD UNION
 The June class of 1937 needs help in locating Doris Dorr, Rose Vajda and Orthabelle Detweiler. Call Marge Bentley Randolph at 476-9375.

- ROYAL OAK**
 The class of 1937 will have a 50-year reunion Sept. 26. For more information, call reunion chairwoman Bette Bush at 549-4670 or write her at 4032 Auburn, Royal Oak 48072.
- ROYAL OAK KIMBALL**
 The class of 1967 will have a 20-year reunion Aug. 8, at the Northfield Hilton. For more information, call Kathy (Malloy) Stesney at 375-0755, Jo Anna (Peltz) Slivka at 522-3736 or Linda (Cantrell) Maldegen at 563-4018.



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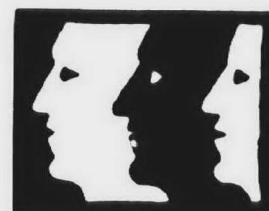
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Julie Brown

Making the new year a healthy one

By Julie Brown
staff writer

Good health is a common topic for discussion this time of year.

The arrival of a new year presents an opportunity to examine everyday habits that contribute to personal health. Whether it's exercising more often, eating more nutritious foods or quitting smoking, many of us resolve to do better for ourselves this time of year.

Losing weight and quitting smoking are the two major resolutions that Cheryl Hodges-Selden, a Plymouth resident, sees people make at this time of year. Hodges-Selden is a registered nurse in ambulatory care at the Catherine McAuley Health Center in Ann Arbor.

"Unfortunately, it's easier said than done," she said of people's good intentions at the beginning of the year.

People often resolve to improve their health habits after the holidays, Hodges-Selden said. They feel guilty about overindulging during the holidays and are determined to mend their ways.

For smokers, a variety of structured stop-smoking programs are available, Hodges-Selden said. Physicians can also prescribe nicotine gum, designed to help smokers gradually kick the habit.

SHE RECOMMENDS that those trying to improve their health habits treat themselves kindly, working gradually to change their ways.

"Any cutting back is helpful. Try to gradually cut back on it."

Gradually changing one's ways gives better long-term results, she said. Setting attainable goals each week allows people to monitor their progress.

"I find that the patients do better with that. They get positive reinforcement."

Those who "go off the wagon" — smoking or eating too much — shouldn't berate themselves, Hodges-Selden said.

"Be gentle on yourself." It's best after such an overindulgence to get back on the right track.

"Don't quit if you have a binge. If it happens, don't panic."

Those trying to lose weight can also take advantage of structured weight loss programs. The reinforcement provided by a group of fellow dieters will help, the registered nurse said.

Those looking for a weight loss program should be sure it's based on sound nutritional principles, she said.

It's important to avoid fad diets and to concentrate instead on establishing sensible eating habits. A good diet should include all food groups in sensible proportions.

DIETERS ALSO shouldn't try to lose too much weight right from the start, Hodges-Selden said. It's

According to registered nurse Cheryl Hodges-Selden, gradually changing one's ways gives better long-term results. Setting attainable goals each week allows people to monitor their progress.

best to lose a small amount each week rather than trying to lose all excess weight at once.

"That kind of unrealistic goal makes people cheat, too."

Exercise is also an important component in losing weight.

"It doesn't have to be marathon sessions," Hodges-Selden said. Vigorous exercise three times a week for a half hour each time will help people lose weight.

Plymouth Township resident Ann Tai agrees. Tai, an occupational therapist, teaches health enhancement classes through the Plymouth Community Family YMCA.

Three weekly exercise sessions of sufficient intensity and duration to work up a sweat are best, she said. It's preferable to alternate days, rather than making fitness activities a weekend happening.

"They just overdo it and then Monday they're in pain."

It's best to concentrate on aerobic activity that contributes to improved cardiovascular health, she said. Brisk walking, jogging, swimming and aerobic dancing are some of the exercise options.

"Just so they'll work up a sweat."

SOME ACTIVITIES, such as weightlifting, help strengthen muscles, but don't contribute to overall health in the way that continuous aerobic activity does, Tai said.

An exercise class can provide the kind of structure to keep a person on the right track, she said. Participants in such a class can encourage each other and can share ideas about what works best.

Weekend sports activities can also be a part of an exercise plan, Tai said. Increased walking and stair climbing can also be incorporated into daily life with a bit of advance planning. Parking the car an increased distance from your destination or using the stairs at work can help contribute to improved fitness.

The Plymouth Community Family YMCA will offer an exercise class during the lunch hour, sched-



BILL BRESLER/staff photographer

Keeping those feet moving during an exercise session is important. Those starting exercise programs should begin grad-

ually; a doctor's approval is a good idea, particularly for middle-aged and older people and for those who are out of shape.

uled to begin this month, Tai said. The YMCA will also offer a low-level exercise class ideal for beginning exercisers, in addition to a variety of other fitness classes. (For additional information, call the YMCA, 453-2904.)

By setting realistic goals and losing weight gradually, it's more likely those excess pounds will stay off, Tai said. Establishing a regular aerobic exercise program is a gift that keeps on giving.

"Your metabolism changes so that you burn a lot more calories." Both women agree that it can be difficult to change bad health habits that have been years in the making.

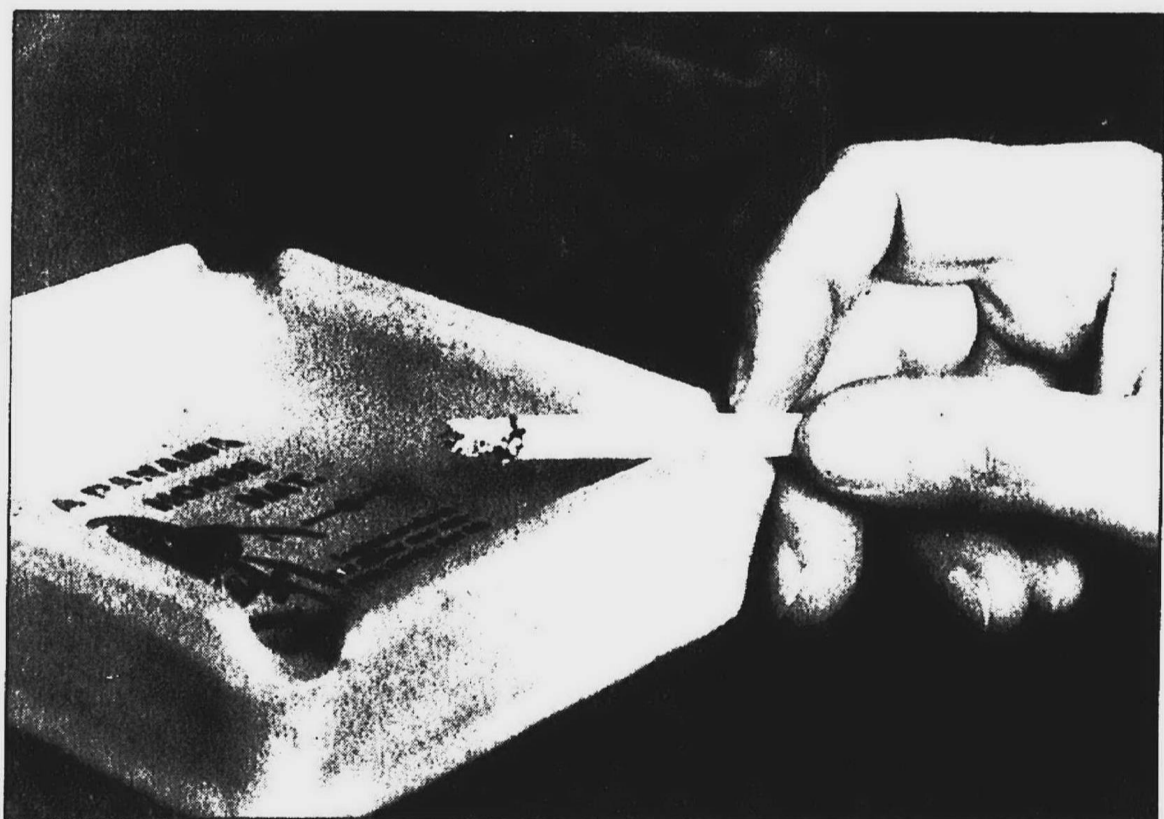
Tai has resolved to lose the extra bit of weight left from when she had a baby approximately 19 months ago.

"I'm 36 this year, so it's harder to lose it."

Hodges-Selden sees the difficulty people have in keeping their good health resolutions throughout the year.

"It's always difficult to keep those resolutions," she said. Making lifestyle changes is difficult.

"It is difficult, but it can be done and we see the success stories all the time."



ART EMANUELE/staff photographer

Quitting smoking is a common New Year's resolution.

clubs in action

• THREE CITIES

The Three Cities Art Club will meet 7:30 p.m. Monday, Jan. 5, at the meeting room of Plymouth Township Hall, 42350 E. Ann Arbor Road at Lilley. Plymouth Slides on impressionists Renoir and Gauguin will be shown. The theme for the painting competition is "Best Winter Pastime." Guests may attend. For additional information, call Dorothy Kolba, club president, 455-5159.

• CHORUS AUDITIONS

The Plymouth Community Chorus will hold auditions for its 1987 spring season 8 p.m. Tuesday, Jan. 6, at East Middle School, Lilley Road between Ann Arbor Road and Ann Arbor Trail in Plymouth. For additional information, call 455-4080.

• CANTON NEWCOMERS

The Canton Newcomers will meet Wednesday, Jan. 7, at Faith Community Church, 46001 Warren Road, Canton. Hospitality hour will be at 7 p.m.; the meeting at 7:30 p.m. The

guest speaker will be Tim Yoe of Sutherland and Yoe in Plymouth. He will discuss tax law changes. Husbands of members may attend. For reservations or additional information, call Julia, 459-8039.

• LA LECHE

The La Leche League will meet 7:30 p.m. Thursday, Jan. 8, at 709 Provincetown Lane, Plymouth. "Are There Foods I Should Avoid If I Breastfeed My Baby?" will be the topic. The discussion will include suggestions on nutrition for nursing mothers and their families, along with information on weaning the breastfed baby. For additional information, call Johanne, 453-9171.

• LOCAL NOW

The Western Wayne County Chapter, National Organization for Women, will meet 7:30 p.m. Thursday, Jan. 8, at Room 5 of Emerson Junior High School, 29100 West Chicago, east of Middlebelt in Livonia. Three films on different aspects of wom-

en's lives will be shown. Maureen Stapleton portrays a homemaker who questions the meaning of her life in "Does Anyone Need Me?" Elaine Noble, Massachusetts state representative, discusses social and political issues in "A Woman's Place Is in the House." "Fat and Proud of It" presents the views of heavy women who have accepted themselves as they are. For additional information, call 591-9344.

• LOCAL HISTORY

The Plymouth Historical Society will meet 7:30 p.m. Thursday, Jan. 8, at the Plymouth Historical Museum, Main and Church in Plymouth. The monthly meeting will be followed by the "Greenmead Ambassador Program," a slide presentation tracing the development of Greenmead, the Hill House Museum and Historical Village in Livonia. Guests may attend. For additional information, call 455-8940.

• NEWCOMERS MEET

The Plymouth Newcomers will

meet Thursday, Jan. 8, at Charley's of Northville. Hospitality hour will be at 11:30 a.m.; lunch at noon. The program on "Keeping Humor in Your Marriage" will be presented by Barbara Schumard, a clinical social worker. Deadline for reservations is noon Monday, Jan. 5. Price is \$9.50. For reservations, call 459-8858 or 453-0745.

• LEGAL TOPICS

A panel of three attorneys will discuss legal topics of interest to women at the Friday, Jan. 9, meeting of the Professional Women's Network of Farmington. The meeting will be at the Farmington Community Center, 24705 Farmington Road, Farmington Hills. Topics to be covered are: wills, probate, domestic relations and employment rights. The organization holds 7:15 a.m. breakfast meetings the second Friday of each month. Reservations and advance payment must be received at the Farmington Community Center by Wednesday, Jan. 7. Price is \$5 for

members, \$6 for non-members. For reservations or additional information, call the Farmington Community Center, 477-8404.

• WOMAN'S CLUB

The Woman's Club of Plymouth will meet 12:30 p.m. Friday, Jan. 9, at the First Presbyterian Church, 701 W. Church St., Plymouth. Guests may attend the monthly meeting. The program, "Kids on the Block," will feature life-size child-like puppets.

• SPEAK UP

A new Toastmasters Club is being organized by Toastmasters International, a world leader in developing public speaking communication skills. The club will meet weekly on Saturdays for breakfast. The first meeting is scheduled for 8:30 a.m. Saturday, Jan. 10, at the Elias Brothers Big Boy restaurant on Wayne Road in Westland. For reservations or additional information, call Phyllis K. Sullivan, 455-1635.

• SWIM PROGRAM

Walk-in registration for a swim program will be held 9:30-11 a.m. Saturday, Jan. 10, at Central Middle School in Plymouth. The Senior Girl Scout Swim Program is for girls and boys age 4 to 14. Price is \$15 for registered Girl Scouts, \$18 for non-registered Scouts and boys. There is a group rate for three or more children from the same family; the price will be \$45 for all participants. Those attending the walk-in registration should enter through the school's rear door off the parking lot. Classes meet Saturday mornings, Jan. 17-March 21. There will be no classes Feb. 21 or Feb. 28. A registered water safety instructor will be on deck at all times. Lesson times are 9:45 a.m., 9:45-10:30 a.m. and 10:30-11:15 a.m. For additional information, call Holly Tucker, 420-0773.

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