

Happy  
Mother's  
Day

### Meet the Candidates

You are invited to attend a Candidates Night for the 2000 Plymouth-Canton Board of Education election, sponsored by the Plymouth and Canton Observers and the Livonia League of Women Voters, which includes the Plymouth and Canton community.

FOR  
M  
FORUM

The forum will be conducted from 7 to 8:30 p.m. Thursday, May 25, at the Plymouth District Library, 223 S. Main.

Candidates seeking election to two four-year terms include incumbents Liz Givens and Judy Mardigian, and newcomers James Donahue, Kathleen Payne and Carl Battishill.

The forum will be moderated by Anne Marie Graham-Hudak of Canton, a member of the League of Women Voters.

Call the Observer at 459-2700 for more information.

## Plymouth readies for 2000 Showcase

Four Plymouth-Canton students and 25 local volunteers will be the big winners when the Plymouth Community Chamber of Commerce hosts its 12th-annual Showcase Plymouth event Tuesday.

The showcase happens at Plymouth Manor 5:30-7:30 p.m. The public is welcome.

The showcase is designed, according to chamber director Fran Toney, for "the best of Plymouth to come together to spotlight their products and services, both to other local business people and to the community."

Among the highlights:

■ Aaron Reeder of Canton High School will receive a scholarship from the chamber; Tim Merenda (Afternoon Plymouth Rotary), Jessica Lobenherz (Plymouth Kiwanis) and Stephanie Watson (Morning Plymouth Rotary), all of Salem, are the other scholarship winners.

■ The chamber will honor 25 of Plymouth's Service Club Volunteers of the Year.

■ The products and services of more than 50 area businesses will be displayed.

Admission is \$2. Proceeds will go to the scholarships awarded the high school students. For more information, call Toney at 453-1540.

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—Lori J. Canton



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## Blast from the Past



**Bubble-icious:** Molly Innes of Canton, 13, blows a bubble with her gum while watching the Hula Hoopers.



**Say cheese:** Teacher Sally Yentz snaps a photo of Stephanie Knight (from left), Kim Towne and Alysa Johnson, all 13 from Canton, in front of a backdrop with a "50s" sign.

## English class takes students back 50 years

BY BRAD KADRICH  
STAFF WRITER  
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For roughly 220 students at Pioneer Middle School, the recently completed English unit was a sign of the times.

Just not *their* times.

A sock hop at the school Friday completed a unit on the 1950s, designed to use distinctions between then and now as reasons to write, according to the teacher who led the group back in time.

"For instance, we wrote comparative essays on families back then compared to families now," said English teacher Sally Yentz. "We looked at Dr. Seuss books. We actually assigned roles to students — scholars, disc jockeys, congressmen — and they wrote letters back and forth in which they practiced letter writing and taking a point of view."

Please see FIFTIES, A4



**Multi-dimensional:** Pioneer Middle School students watch the Alfred Hitchcock classic, "Dial 'M' for Murder," in 3-D Tuesday at the Penn Theater.

## Cops hand out annual honors

BY SUE BUCK  
STAFF WRITER  
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Jamie Senkbeil, the Plymouth Township Police Department's first community resource officer, has worked for the department since 1985 as a road patrol officer and a D.A.R.E. instructor at the elementary school level.

On Monday, her 15 years with the department will be recognized with one of the department's highest honors when Senkbeil receives the department's Police Officer of the Year award in a ceremony at 7 p.m. at the VFW Hall in Plymouth.

"She is the department's first crime prevention officer," said Plymouth Town-

ship Police Chief Larry Carey, who selected Senkbeil for the award. Senkbeil also serves as the public information officer.

"Every time the department or I have asked you to work on a project or focus on a possible problem, you have stepped up to the challenge and tackled the problem enthusiastically," wrote Carey in his commendation letter. "Most importantly, you have addressed problems and developed crime prevention programs on your own initiative. Your professional attitude and work ethic makes my job easier and, more importantly, improves the department crime prevention function."

Please see OFFICER, A3

## Record keeper named 'Civilian Employee of Year'

BY SUE BUCK  
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Ann DeGhetto, who is responsible for reporting Plymouth Township crime statistics to the state of Michigan, is this year's non-sworn Plymouth Township Police Department Civilian Employee of the Year.

"We do it on a daily basis," DeGhetto said. "Some departments do it monthly. When the officers write the reports they put all the coding down and I enter the data by computer."

This aids criminal history building."

DeGhetto, who has worked in the Plymouth Township records section for almost five years, will receive the award at 7 p.m. May 15 at the VFW Hall at 1426 S. Mill in Plymouth.

The award selection was made by Plymouth Township Police Chief Larry Carey.

DeGhetto, the senior records clerk, trains clerical personnel in uniform crime reporting classification and

Please see CIVILIAN, A2

## Teachers' union taps Givens, challenger

BY TONY BRUSCATO  
STAFF WRITER  
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The group which represents nearly 1,200 union employees of the Plymouth-Canton school district is recommending to its members they vote for one of two incumbents in the June 12 school board elections, and a former board member who is running once again.

The Michigan Education Association 2A Coordinating Council, which represents paraprofessionals, custodians and the 1,000-member Plymouth-Canton Education Association, is recommending to its membership they reelect incumbent Liz Givens, who is seeking her second four-year term on the board, and Carl Battishill of Plymouth, who teaches music in the West Bloomfield school district.

"Carl will bring a different perspective to the Board of Education," said Joanne Gustafson, chairwoman of the MEA 2A Coordinating Council. "He's a school employee, and he'll bring an understanding of education to the table. We like his vision on increased funding for the district."

"Liz brings a lot of experience and has a way of dealing with problems," added Gustafson. "She listens to all the facts before making a decision. We're pleased with her commitment to the labor-management process. She has the interest of students and school employees at heart."

Gustafson said the Coordinating Council decided against endorsing incumbent Judy Mardigian because of issues surrounding the new high school.

Please see ELECTION, A3

## 35th Court hopefuls file suit vs. state

BY TONY BRUSCATO  
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Two local attorneys are going to court in an effort to force the State of Michigan to accept their petitions to run for 35th District Court judge, despite the fact both failed to get the required number of signatures.

William Selinsky of Northville Township and Peter Bec of Plymouth Township say the Board of Elections gave them misinformation concerning how many petition signatures were needed to put their names on the August primary ballot.

And, lending credence to their claims, state officials admit to making a mistake, but say they can't rectify the situation unless forced by a court ruling.

"I didn't have any other choice, there's no other way to get on the ballot," said Selinsky, who filed suit against Secretary of State Candice Miller, Director of Elections Chris Thomas, and the Board of State Canvassers. "I was encouraged we received a show cause hearing in Wayne County Circuit Court, and I'm hopeful we'll get a positive response at the May 23 hearing."

Bec said he planned to file his lawsuit by Monday, and is hoping for the same results.

"I agree, this is the only remedy."

Please see LAWSUIT, A4

## Filing deadline looms for potential candidates

BY TRACEY BIRKENHAUER  
STAFF WRITER

You have two business days. If you aspire to run for Plymouth Township elected office, you have until 4 p.m. Tuesday to drop off your nominating petition at the township clerk's office, 42350 Ann Arbor Road, Building 3.

Open positions include township supervisor, treasurer, clerk and four trustee seats, all carrying four-year terms. To run, you must file a nominating petition signed by at least 20, but no more than 50, registered voters.

The supervisor makes \$74,520 a year, the clerk and treasurer both get \$57,456 a year and trustees collect \$5,616 annually.

Most incumbents have filed, except trustee K.C. Mueller, who announced she won't seek re-election. So far, no one has challenged supervisor Kathleen Keen McCarthy, clerk Marilyn Massengill or treasurer Ron Edwards.

But the trustee positions are hot. As of Friday afternoon, seven contenders were vying for four positions, including incumbents Ron Griffith, Charles Curmi and Kay Arnold. Jerry Trumpka, John Morrison, Charlene Helen Berry and

Abe Muntakh also have filed. Trustees attend about 20 board meetings and 17 work sessions a year.

The Aug. 8 primary likely will determine the outcome of November's election, according to clerk Massengill.

"We haven't had a Democrat run since I can remember," she said. "So in August, voters are really electing the people who will run the township because this township is so Republican. Democrats have little chance to win anyway."

In 1996, the primary attracted only 35 percent of potential voters.

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**Civilian** from page A1

data entry. She acts as the records management liaison to the Wayne County Justice Information System, attending monthly meetings in Dearborn. Wayne County is working on a county-wide information sharing system via computer, she said.

Through a grant, Plymouth Township will soon be able to do automatic mug shot imaging and live-scan fingerprinting. DeGhetto will ensure that fingerprint records get to the state. Officers will take fingerprints by computer screen rather than taking them with ink on a card as done now. "I anticipate that it will make things better," she said.

The mug shot/live scan computer system will be interfaced with the Court and Law Enforcement Management Information System (CLEMIS).

Keeping up with technology and laws is challenging for DeGhetto. "It changes so frequently," she said. "A lot of laws have changed and our procedures have changed. The legislators may make the laws but we have to rearrange everything to make sure we are doing everything we are supposed to do as far as record keeping."

DeGhetto worked both as an Inkster police officer for 10 years and a Novi dispatcher for two years before coming to Plymouth Township.

"I wanted to stay in law enforcement but I didn't want to ride around in a car anymore," DeGhetto said. "As an officer you write all this stuff but have

nothing to do with it afterward. Having been an officer helped me."

DeGhetto doesn't spend all her time indoors poring over records. She also assisted Jamie Senkbeil, Plymouth Township community resource officer, in National Night Out, an annual community get-together and crime prevention event designed to help neighbors get to know each other. Senkbeil is this year's Police Officer of the Year.

"We had it at different sites and had to make sure there was enough food and paper goods," DeGhetto said.

DeGhetto submitted a book for consideration to the National Association of Town Watch that earned the Plymouth Township Police Department an award two years in a row.

Others speak highly of her. "Ann's performance in her position as record's lead person has been outstanding since her promotion in March 1999," said Herbert Rockwell, communications supervisor, who nominated her. "Her conscientious application to the accuracy of the Plymouth Township Police Department records has been outstanding. Due to her thoroughness, the department was awarded the 'Excellent' rating from the state of Michigan from last year's 1999 audit."

Besides being senior records clerk, DeGhetto is also the LEIN terminal agency coordinator, which means she is versed and knowledgeable in rules, regulations, applications, and the oper-



STAFF PHOTO BY PAUL HURSCHEMANN  
**Top civilian: Ann DeGhetto, who works in the department's records section, was named Civilian of the Year.**

ation of LEIN, the Law Enforcement Information Network. "All police departments use it to see if somebody has warrants or if licenses are valid," DeGhetto said.

LEIN formats went through changes this year due to Y2K and new legislation. The sex offender registration and repeat offender laws are examples of laws prompting changes in LEIN formats and procedures, police said.

Plymouth Township Police Chief Larry Carey commended DeGhetto in writing for stepping up to each challenge, addressing problems, and developing records procedures with her own

initiative. "DeGhetto's professional attitude and work ethic makes my job easier and, more importantly, improves the department records function and service to our officers and citizens," Carey said.

Through DeGhetto's suggestion, the clerical staff spent several months putting together personal care packets that were donated to First Step, a Plymouth Township organization that helps abused and battered women who need to leave their homes quickly and seek shelter.

DeGhetto, who is single, is a fitness buff who enjoys kickboxing.

**Penn to debut comedy shows, liquor**

BY TONY BRUSCATO  
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It's been more than a year since Penn Theatre owner Ron Cook expressed an interest in selling beer and wine to moviegoers and establishing a comedy theater at the Penn on the weekends.

Following the current two-week shutdown for renovations, it appears Cook is finally ready to implement his long-awaited ideas.

"We are putting in a new granite foyer, new carpeting and replacing a lot of the dry wall and molding," said Cook, who noted renovations will cost \$75,000. "We hope to have the bar areas ready to go when work is completed this coming week."

After a lot of legal wrangling with the state Liquor Control Commission, Cook said he finally

got his beer and wine license two weeks ago, and plans to begin selling alcohol during movies and comedy shows, which are slated to begin June 2-3.

"We're going to have comedy the first Friday and Saturday of every month," said Cook. "All the comedians will be booked by Mark Ridley and will be national acts."

Ridley owns his own comedy club in Royal Oak, and has said before that Plymouth will be a good place for comedy shows on a limited basis.

"Plymouth is a perfect venue for comedy acts," said Ridley. "I've also talked with (co-owner) Jim Courtney about putting on some variety, magic and music shows. We'll find out what people like, and make some of the shows family-oriented."

Ridley's first booking is come-

dian John Bowman, originally from northern lower Michigan, who Ridley said "has appeared on the Tonight Show and is a great storyteller."

Cook said comedy show times will start at 8 p.m. and 10 p.m. each night, with tickets \$10 in advance and \$12 at the door. Patrons will have to be 21 to enter the comedy club.

When comedy acts are scheduled, Cook said the latest afternoon movie will start about 5:30 p.m., to give staff enough time to clean up before the comedy shows.

Meanwhile, Cook said plans for an estimated \$12 million office and condominium complex to be built above the Penn Theatre and The Gathering are moving full speed ahead. Original plans called for the expansion to also be constructed over the building which houses Repeat the Beat music shop; however, Cook said the owner of the building didn't want to sell.

"We're looking at adding one floor for office space, with possibly a restaurant overlooking Kellogg Park," said Cook. "We've had several people who have well-known eating establishments express interest in open-

ing a restaurant." Cook said two additional floors would house 12-18 condos, depending on size. The 1,300-to-3,500-square-foot condos are expected to range in price from \$400,000 to \$750,000.

"We would like to tear down the current Gathering and build one that looks like a European market place," said Cook. "We're also talking to the city about building a parking deck behind The Gathering."

Cook hinted the city may build a parking deck, with his group buying a number of the parking spaces to fulfill its own parking requirements for the new development.

"I've had some communications with Mr. Cook," admitted City Manager David Rich. "I told him to put together his proposal and I would help him with the process of going through the planning commission and the city commission."

Rich said a new parking deck would "help us with our needs" pertaining to the lack of parking in downtown Plymouth.

Cook said if all goes well and he gets approval, he could be ready to begin his multi-million dollar project next spring.

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**Family fun:** Rosita Smith of Plymouth (from left), Julie Grant of Plymouth and her mother, Carol Stephenson of Farmington Hills, look through a family scrapbook at Smith's home. The two Plymouth residents discovered that they are related after researching their respective family trees.



**Top officer:** Plymouth Township Police Officer Jamie Senkbeil, the department's public information officer, was named Officer of the Year.

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and improves the quality of life of our citizens." Senkbeil started her job as community resource officer in June 1998. She was interviewed and asked to write a paper on what she could do for the position.

"What interested me even more than crime prevention was contact with the public, working with the people to solve problems," Senkbeil said. "Initiative is important in this position."

Through Senkbeil's efforts, the National Association of Town Watch honored the department with an award two years in a row for National Night Out, a community get-together and crime prevention event designed to encourage neighbors to meet each other. "Our clerical staff has assisted me a lot," she said.

Senkbeil worked to go beyond her job description. "You really have to be flexible in this job," she said. "It's always something different. That's why I like my job."

She's taught baby-sitting and personal safety classes to teens and women's safety awareness and self-defense classes to sororities and church groups. "We had girls who never throw a punch," Senkbeil said. "We had to cover basics."

Among her many achievements, Senkbeil:

- Taught Halloween safety and gun safety classes to children.
- Developed brochures on construction site security.
- Helped develop a seminar with other police departments for financial institutions that trained bank tellers on how they should respond during a hold-up and what they can expect from the police department.
- Sent letters to area party stores informing them of a planned sting and included important dates of school celebrations that could trigger illegal drinking.
- Helped develop an elementary and middle school crisis plan.
- Responded to traffic complaints on Northern Street via letter to citizens and Tom Bohlander, the owner of Sunshine Honda, located on Ann Arbor Road.
- Created a business list of faxes for banks, party stores, and auto dealerships so they can be warned of crimes in the area. Senkbeil will be in charge of Community Watch, a program that will relay information by telephone to specific groups within the township.
- Plans to organize information and a program for senior citizens to warn of telemarketing scams.
- Participated in cooperative training for apartment managers on safely showing apartments. This was a combined effort with the West Bloomfield, Novi, Southfield and Farmington Hills police departments.

# Spanning the globe

## E-mail search for family leads back home

BY SUE BUCK  
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Julie Grant, a Plymouth Township resident who lives on Provincetown Street, e-mailed people throughout the world, searching as far as Australia to chart her family tree.

Grant combed the Internet looking for information about her Lefebvre family relatives.

Bryan Lefebvre, a Melbourne, Australia, relative, soon e-mailed her back, pointing Grant and Carol Stephenson, her mother, in the direction of that information.

She discovered that Rosita Smith, her cousin, lived just two miles away on Fairground in Plymouth.

"He referred her to me, the family historian, who lives right in the same city as her," said Smith, who serves on the Plymouth City Planning Commission.

Lefebvre had visited with Smith during a 1987 visit to the United States.



**Family man:** A portrait of Louis Lefebvre, c. 1880.

"It's funny we had to travel halfway around the world via e-mail to find that you live down the street," wrote Grant to Smith in her first message on March 11.

The two researched their French-Canadian history. "If you go way back, you will find that you are distantly related to just about everybody around," Smith said.

Grant recalled her study. "I was doing a lot of searching on

the Internet," Grant said. "Rosita had a lot of the family history that was handed down."

Stephenson whetted Grant's interest by giving her Family Tree Maker, a software program that helps genealogists find and record data about family members.

"Coincidentally, the family research she was looking for was already done by me," Smith said. "I had her ancestry done completely as a sideline to my own ancestry. So now, she has the whole line back to France in the early 1600s. There's quite a list of names."

Poring over their photos, they found similar relatives, Smith said.

They unearthed skeletons, also. They discovered that Louis Lefebvre, a French uncle who went to Australia to find his fortune, wasn't lost at sea, as family members reported. "He married a bar maid and the family disowned him,"

Stephenson said. The women roared with laughter about this earlier and different time. Louis married Phoebe, his second wife, a 25-year-old barmaid. Though Louis was 70 at the time, he told Phoebe he was only 50, according to Bryan Lefebvre, the Australian relative.

"I found out later that there was a serious family upheaval after Louis married Phoebe, and that my grandmother and grandfather, especially my grandmother, refused to speak to either of them again and she didn't," he wrote Stephenson.

There were sweet love letters, too, that Stephenson's great-grandfather, John Maxim Lefebvre, sent her great-grandmother, Jane Elizabeth Fick, in the 1800s, a flowery proposal insisting that Fick's hand in marriage would make him "the happiest man in Christendom."

A little bit here and a little bit there, the pieces of the puzzle fit.

# Motion to free Islam denied

BY TONY BRUSCATO  
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A Wayne County Circuit Court judge has refused to dismiss charges against a Plymouth man accused in the murder and dismemberment of his wife last December.

Judge Patricia Frosard did not agree with defense attorney Michael Schwartz, who in court proceedings Friday claimed there isn't enough evidence to charge Azizul Islam with first degree murder and mutilation of a body in connection with the death of his estranged wife, Tracy Islam.

"They don't have a case. They don't know where she died, or how she died," said Schwartz. "There's no evidence to show who dismembered her. On what basis is he bound over for trial?"

Schwartz said he'll file his objections with the Michigan Court of Appeals next week in hopes of

overturning the circuit court decision. "The denial of the motion to quash was expected," said Assistant Wayne County Prosecutor Mike Lehto. "We were confident the judge would deny the motion because we have enough evidence to convict."

Meanwhile, another hearing is scheduled for June 2 on a motion to suppress statements made by Islam to police while he was in custody.

"Mr. Islam was arrested Jan. 7, before police even had evidence that Tracy Islam was dead," said Schwartz. "If they didn't have probable cause to arrest him, then everything he said should be suppressed."

During Friday's hearing, Frosard also set Sept. 7 as the date for Islam's murder trial. Police believe he killed Tracy, then dismembered her body, dumping her arms and legs in a restaurant Dumpster in Dearborn and her torso in a field in northeast Ohio.

# Election

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"We weren't pleased about the mandate they made administrators sign concerning high school curriculum in exchange for moving the new school closer to the present campus," said Gustafson. "It was unconvincing and unprofessional."

"With three new schools set to open, it's an important time in the district and it's important what direction is set by the board," she said.

"I certainly would love to have had their endorsement. I think I

have very positive relationships with many of their members," said Mardigan. "But, I'll continue to press on with my campaign. I've had sustained involvement in the district since 1994 and I think that will be an asset to me."

The unions have become a force in recent school board elections. With less than 3,000 voters casting ballots in most years, the union's 1,500 members who live in the district have become a huge voting block.

Last year, the MEA 2X Coordinating Council set its sights on defeating two incumbent board president Mike Melton and trustee Carrie Blamer. The unions were instrumental in electing Steve Guile and Mark Slavens to take their places.

"I have no reason to believe that we won't work as hard again this year," said Gustafson.

The other hopefuls running for the two, four-year terms are James Donahue and Kathleen Payne.

# New Morning golf outing nears

Less than a week remains before the New Morning School 5th Annual Golf Outing. Friends of the school, parents, community members and celebrity chairman, Wayne County Executive Edward H. McNamara, tee off beginning at 8 a.m. May 19.

A non-profit, parent cooperative school located in Plymouth for children in grade pre-K through grade eight, New Morning School is hoping to attract dozens of horseshoes and individuals interested in hitting the greens for a worthy cause.

According to George Davinich, NMS development director, the golf outing has progressively grown in appeal and attendance since 1995.

"This is a friendly outing that's very well attended," said Davinich. "We are honored to have Mr. McNamara chairing the event. He has been involved in a very hands-on capacity."

Foursomes will tee off at 8 a.m. May 19 at the Warren Valley Golf Course in Dearborn Heights. A

banquet is set for 2 p.m. to include a catered meal, trophies and prizes for those who participated. Central Distributors of Beer Inc. of Romulus is the corporate event sponsor and co-chairs include CDOB president Karen Wilson, NMS board member, Betty Jean Awrey of Awrey Bakeries and Wayne County Commissioner Lyn Rankins.

Proceeds from the event will support operating expenses and future expansions at the 8,500 square foot facility on Haggerty Road. Elaine Yngelb, executive director of New Morning School, said the school serves approximately 110 students, 85 families within a 20 mile radius of their location encompassing 15 communities.

Reservations for the outing will be accepted up until the event. The cost of the event is \$500 per foursome or \$125 per individual. To participate call New Morning School, 734-420-4333, or e-mail new.morning@media.nm.net.

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# 8th graders get crash course in books

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

A group of Frost Middle School eighth graders is getting a crash course in the book business.

What they are learning is that reading them is perhaps the easiest part. The actual marketing and selling of bound editions is a much tougher task.

As part of an ongoing project, the middle school crew is designing and expanding a multicultural selection in a fictitious book store's children section. A grant from TRW is helping pay for the project.

On Wednesday, eighth graders visited the Barnes & Noble bookstore on Haggerty and Six Mile.

Mary Millington, manager of Little Book Shoppe on the Park in Plymouth, also stopped by Frost to offer insight to the book

world, especially what it is like operating an independent store.

"Most people think you just unpack a box of books and put them on the shelves," said Millington, who hand picks many selections in the downtown Plymouth store.

A lot of care and thought goes into designing children's sections, Millington explained.

For instance, a bookstore will try to link the kid's area with titles on parenting. Book sellers will use cartoon characters and photos to appeal to the younger set.

Such areas need to be accessible for stressors.

A children's section is also positioned where it is most difficult for young readers to wander to where more mature books are shelved, Millington said.

As part of the exercise, stu-

dents will also design a newspaper ad featuring some new titles. A speaker from Graphic Vision will speak to eighth graders this week.

Frost teacher Linda Minsterman got the idea from an online course she completed recently.

The language arts teacher became the first educator in the country to pass the "Analyze and Apply" software course, which provides real life problem-solving based projects.

"I stay out of it pretty much. I just give them materials," Minsterman said. "They have to problem solve their way through this."

"It's fun to watch them research and discover all these cultures out there."

Four classrooms of 109 students combined are involved in the project, which culminates with a presentation in June.

Students in the Middle School Alternative Classrooms for the Academically Talents program are also taking part.

"They had a lot of good questions," said Amy Decker, Barnes & Noble assistant manager. "I was impressed with how concerned they were. They were really excited."

Decker and Millington will be among those judging student presentations.

"I'm sure if they have some good ideas," Decker said, "we're going to use them."



Jumping for Joy: Tja Page of Canton, 13 (from left), Jenna Hilderley of Plymouth, 14, and Chelsea Walsh of Canton, 13, jump rope together in front of the school.

STAFF PHOTO BY PAUL HURSCHEMAN

## Fifties from page A1

Things the students did during the unit included Friday's sock hop, learning how to swing dance and the role playing. Kids got to experience the hula hoop and tiddly winks.

Earlier this week, they also got to experience another phenomenon of the times: 3-D movies. The Penn Theater hosted the students for a special viewing of *Dial M for Murder*, wearing 3-D glasses donated by the theater.

"People think of the '50s as this glossy, fun time," Yentz said. "It was good for the kids to see it. They've enjoyed it."

After watching the movie, Yentz said, "we'll follow up with a unit on mysteries."

The students themselves, many of whom dressed the part for the movie and the sock hop, enjoyed the unit.

"It's interesting to learn what it was like back then," said 13-year-old Kristen Koehler of Ply-

mouth. "We learned about when TV started, and about technology."

While some kids liked the letter writing and the dancing, others enjoyed the role playing.

"We had so much fun dressing up," said Mozhdeh Rajaei, 14 of Canton. "It was a fun time."

"It was really cool to see what life was like in the '50s," said Camille Slomp, a 13-year-old eighth grader. "Dressing up for the movie was cool."

## Lawsuit from page A1

said Bec. "The only relief we'll get is if the court intercedes."

Both Selinsky and Bec said the Board of Elections told them a mistake was made, and will admit that in court.

"We would admit to making a

mistake, and would live with the results of a judge," said Thomas.

Selinsky was told he only needed 40 petition signatures to get his name on the ballot. Bec was told the same thing, but when he re-checked his informa-

tion was told by another clerk he needed at least 100 signatures.

In reality, both candidates needed to collect at least 600 valid petition signatures. However, they were told of the discrepancy on May 2, only hours before the deadline to turn in petitions.

State officials learned of the mistake when sitting Judge Ron Lowe called the Board of Elections to inquire about the number of signatures needed.

"I was in communication with another judge talking about the number of signatures required for filing, and thought our number was a bit low compared to other court districts," said Lowe. "When I called the Secretary of State's office to inquire, I discovered they listed the 35th District Court as including only the cities of Plymouth and Northville."

Since the number of required signatures is based on population, adding the townships of Canton, Plymouth and Northville increased the signature requirement to 600.

"I apologized to the Secretary of State's office for making it an issue," said Lowe. "I think it's unfortunate they (Selinsky and Bec) didn't get the required number of signatures."

"It is interesting that the elections bureau had first been made aware that the number of signatures required for nominating petitions was too low when it received a call from Judge Lowe on the filing date," said Selinsky in a prepared release. "The effect of his call has been to eliminate all other candidates from the ballot..."

If Selinsky and Bec are allowed to join the August primary, Lowe will be the first sitting 35th District Court judge to have a challenger for re-election.

"This has been frustrating because it limits my ability to conduct a campaign," said Selinsky. "It puts me a bit behind."

Selinsky and Bec said if they win their court battles, they will concentrate on other issues in the upcoming campaign.

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All bids must be submitted in a sealed envelope clearly marked with the name, address and telephone number of the company/person submitting the bid, bid opening date and time. Questions should be directed to Kerry K. Erdman, Court Administrator at (734) 459-4575 or at the above Court address. Specifications are available at the 35th District Court.

KERRY K. ERDMAN  
Court Administrator

Publish: May 14, 2000

**CHARTER TOWNSHIP OF CANTON**  
NOTICE OF PUBLIC HEARING  
CONSIDERATION OF LIQUOR LICENSE FOR SNEAKY'S, INC.

NOTICE IS HEREBY GIVEN pursuant to Act 184 of the Public Acts of 1943 of the State of Michigan, as amended, and pursuant to Liquor License Ordinance Number 114 of the Charter Township of Canton that the Board of Trustees of the Charter Township of Canton will hold a Public Hearing on Tuesday, May 23, 2000, in the First Floor Meeting Room of the Canton Township Administration Building, 1150 S. Canton Center Road at 7:00 p.m. for the following purpose:

To hear and take testimony to consider and recommend an action to the Michigan Liquor License Commission of the request of Gregory B. Krystallia, Sneaky's, Inc. for issuance of a Class C Liquor License with a Dance and Entertainment permit to be located at 8663 N. Lilley Road in the Golden Gate Shopping Center, south of Joy Rd.

All interested citizens are encouraged to attend and will be offered an opportunity at said hearing to voice any comments they may have regarding this request. Written comments may also be submitted to the Township Clerk's Office prior to the hearing date.

TERRY G. BENNETT  
Clerk

Publish: May 14, 2000

**PLYMOUTH-CANTON COMMUNITY SCHOOLS**  
NOTICE TO BIDDERS

The Board of Education of the Plymouth-Canton Community Schools invites all interested and qualified companies to submit a bid for the **District-Wide World, U.S., and State Maps**. Specifications and bid forms are available at the front desk of the E. J. McClendon Educational Center located on 464 S. Harvey, Plymouth, MI or by contacting Dan Phillips in the PCCS Purchasing Department at (734) 416-2746. For additional information, please contact Penny Joy of the Curriculum Department at (734) 416-3020. Sealed bids are due on or before 3:00 p.m., Wednesday, May 17, 2000. The Board of Education reserves the right to accept and/or reject all bids, as they judge to be in the best interest of the school district.

JUDY L. MARDIGIAN, Secretary  
Board of Education  
Plymouth-Canton Community Schools

Bid Opening: Wednesday, May 17, 2000 @ 2:00 p.m.  
Board Review: Tuesday, May 23, 2000

Publish: May 7 & 14, 2000

**PLYMOUTH-CANTON COMMUNITY SCHOOLS**  
NOTICE TO BIDDERS

The Board of Education of the Plymouth-Canton Community Schools invites all interested and qualified companies to submit a bid for **District-Wide Elevator Maintenance**. Specifications and bid forms are available at the front desk of the E. J. McClendon Educational Center located on 464 S. Harvey, Plymouth, MI or by contacting Dan Phillips in the PCCS Purchasing Department at (734) 416-2746. For technical information, please contact Brian Goby, Procurement & Project Analysis Coordinator, in the Maintenance Department at (734) 416-2953. Sealed bids are due on or before 4:00 p.m., Tuesday, May 16, 2000. The Board of Education reserves the right to accept and/or reject all bids, as they judge to be in the best interest of the school district.

JUDY L. MARDIGIAN, Secretary  
Board of Education  
Plymouth-Canton Community Schools

Bid Opening: Tuesday, May 16, 2000 @ 4:00 p.m.  
Board Review: Tuesday, May 23, 2000

Publish: May 7 and 14, 2000

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# Local men arraigned for pit bull fight

BY SCOTT DANIEL  
STAFF WRITER  
sdaniel@oe.homecomm.net

Two local men are facing felony charges in connection with a Pit Bull fighting event Saturday in the township's southern end.

Ronald J. Wroble, 33, of Canton and Jeffrey D. Pepper, 36, of Belleville were arraigned on charges of animals attending a fight and animal fighting Monday at 35th District Court in Plymouth.

Both counts are four-year felonies. Wroble and Pepper each posted a \$4,000 bond and were released pending a preliminary examination on May 15.

As many as 20 people attended the dog fights on Lotz Road south of Michigan Avenue, according to Canton Police Sgt. Charles Raycraft. He said charges could be brought against several more participants.

Police raided a home in the 4000 block of Lotz shortly before 10 p.m. Saturday. Raycraft said

## CANTON TWP.

an anonymous phone call tipped the department off to the fights.

Police reports said 15 to 20 people took off running into woods adjacent to the home when officers arrived. Officers were only able to apprehend Wroble and Pepper. Numerous vehicles were towed from the home, reports indicated.

Inside the home, police found a "Florida"-type room where the dogs fights were held, said Raycraft. The room's floor and walls were carpeted and bloody, he added.

"It appeared as if several flights had taken place," said Raycraft, "and that there was going to be a series of fights."

A dozen Pit Bulls were removed from the home and taken to an area animal shelter. One dog was in very bad shape, Raycraft said, and had lost a lot of blood.

Other animals had visible

wounds and scars, he said. Six of the dogs taken belonged to Pepper, Raycraft said.

"We're trying to determine owners for the rest," he added.

It's the first incident of dog fighting in Canton Raycraft could remember.

Michigan Humane Society Cruelty Investigator Deborah MacDonald said it's not an uncommon practice in the suburbs, however. She has worked on cases in Dearborn, Belleville, Wayne and Sumpter Township, she said.

Three types of Pit Bull fighting exist in metropolitan Detroit, MacDonald said.

"Street" fighting generally involves young dog owners and is done out in the open. Typically, Pit Bulls are not bred or trained for fighting, MacDonald said.

"We see more street fighting in Detroit," she added.

Mid-level fighting is usually done at the same place with some dogs that are trained for fighting. MacDonald described the highest level as "contract" fighting.

Like professional boxers, Pit Bulls in these events are specially bred and trained for fighting. A "show," or series of arraigned fights, is promoted to take place at secret locations.

MacDonald said referees and rules are often used. Dogs don't always fight to the death, she added.

Large purses are also involved. MacDonald said \$5,000 to \$10,000 per match is typical but can range all the way up to \$50,000.

She believes the Canton bust was a contract event. It's probably not the first event held at the location, MacDonald said.

"I wouldn't be surprised if it wasn't the first," she said.

# Phone scam gets Bennett

BY SCOTT DANIEL  
STAFF WRITER  
sdaniel@oe.homecomm.net

State Sen. Loren Bennett was the victim of an apparent phone scam earlier this week.

The Canton Republican's name was used in calls to several township residents Monday. The calls indicated each had won tickets for a cruise vacation and would be entered into a weekly sweepstakes for \$1,000 cash.

The catch came when the caller asked for a \$35 check for

"handling" fees.

"Evidently," said Bennett, "to make their claim sound more credible, the caller is saying that I am a 'co-chair' of the organization awarding the prize."

He said he has absolutely no connection with the telemarketing firm or whoever is making the calls.

"People are being cheated," Bennett said. "That's why I've worked so hard to communicate that this is a scam."

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# Democrats say Metro audit demands smack of politics

BY MIKE MALOTT  
HOMETOWN NEWS SERVICE  
mmalott@homecomm.net

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Besides, he said, Robinson "is

See AIRPORT, A7

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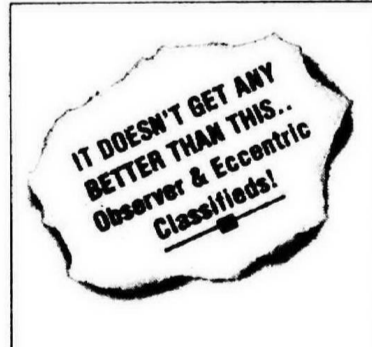
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# Paving millionaire builds roads to future for deserving students

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

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

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

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

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

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

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

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

## Bridge the divides

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

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

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

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

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

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

Why Schoolcraft?

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

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

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

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

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

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

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



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

STAFF PHOTO BY BETAN MITCHELL

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## Airport from page A6

pledging cooperation with them," said Conway.

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

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

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

Basham contended the real

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

(Staff writer Richard Pearl contributed to this report.)

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# Race track protest spoils Big-4 8 Mile lovefest

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



STAFF PHOTO BY BILL BREWSTER

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

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

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

The luncheon is normally a

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

But the auto race track controversy upstaged everything.

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

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

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

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

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

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

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

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

Carla A. Gribbs, chairwoman

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

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

some offensive adult entertainment establishments, according to Mayor Archer.

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

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

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# Sports & Recreation

The Observer

INSIDE:  
Softball, B2  
Soccer, B3

P/C Page 1, Section B  
Sunday, May 14, 2000

C. J. Risak, Editor 734 953 2108, cjriskak@home.com.net on the web: http://observer.eccentric.com

## OBSERVER SPORTS SCENE

### Indians rule Braves

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

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

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

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

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

On June 2-4, the Indians will host an AAU Qualifier at Massey Field and Central Middle School, also in Plymouth. The tournament winner advances to the AAU World Series Tournament at Disney's Wide World of Sports in Orlando, Fla., in August.

### All-League

Jason Whalen, a senior at Albion College from Plymouth (Walled Lake Central HS), was named to the all-Michigan Intercollegiate Athletic Association boys track team. It was Whalen's second time earning a berth on the squad.

Whalen repeated as champion in the javelin at the MIAA's Field Day with a toss of 199-feet, 10-inches. His Albion team placed second to Calvin at Field Day.

### Canton baseball camp

The Plymouth Canton baseball coaching staff and players is sponsoring the Canton Chiefs Baseball Camp for kids 7-14 years old. The camp is scheduled for 9:30 a.m.-1:30 p.m. June 19-23 at Canton's varsity baseball diamond.

The camp will focus on both group and individual instruction in all phases of the game: throwing, hitting, pitching, fielding, base-running.

Cost is \$85 if received before June 10. At-the-gate registration is \$90. Included is a T-shirt and lunch. The camp is limited to the first 125 players, so early registration is encouraged.

In addition: A one-day camp for eighth-graders will be at 9:30 a.m.-1 p.m. Saturday, June 24 at Canton's field. Cost is \$15 and lunch will be included.

For further information, call Sharon Hanson at (734) 459-8477, Linda Wall at (734) 455-6285, or Carole Reddy at (734) 451-2084.

### Girls hoop camp

The 2000 Canton-Salem Summer Girls Basketball Camp will feature two sessions throughout June and July.

For girls entering fourth through seventh grades, there will be two choices, both from 1-3 p.m.: June 19-22 and June 26-29.

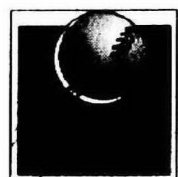
For girls entering eighth and ninth grades this fall, choices are July 5-7 and July 10-13, both from 1-3 p.m.

Cost is \$65 per session. Checks should be made payable to Plymouth-Canton Community Schools and mailed to the Plymouth-Canton Community Education Department, Starkweather Center, 550 N. Holbrook, Plymouth, MI, 48170. With the payment, include the grade your child is entering, her age, height and shirt size.

For more information, call Bob Blohm at (734) 414-8156 or Fred Thomann at (734) 459-7315.

Anyone interested in submitting items to Sports Scene or Sports Roundup may send them to sports editor C. J. Risak, 36251 Schoolcraft, Livonia, MI, 48150, or may FAX them to (734) 591-7279.

## Johnson carries Canton past Western



Seems to have been a week for long balls. On Friday, Jon Johnson's homer in the sixth got a win for Canton. Last Wednesday, Salem set a school record by clubbing five homers in a win over Livonia Franklin.

Jon Johnson did it all for Plymouth Canton's baseball team Friday at Walled Lake Western.

The senior pitcher stopped the Warriors on four hits, then slugged a game-winning solo home run in the top of the sixth to lead the Chiefs to a 3-2 triumph.

The win makes Canton 14-5 overall, 5-1 in the Western Lakes Activities Association's Western Division. Western is 0-6 in the division.

Johnson was a one-man demolition team against Western; he went 3-for-3 at the plate, starting Canton's two-run rally in the second inning with a double.

Jay Sofen's single scored Johnson. After Jason Evans reached base on an error, Sofen scored on Mike Jopps' fielder's choice.

Sofen and Jimmy Reddy had two hits apiece for the Chiefs.

On the mound, Johnson surrendered two earned runs on four hits and one walk, striking out nine. Rob Pisha took the loss for Western, in relief of brother Mike Pisha.

It was an important win for Canton, particularly going into this week. The Chiefs host Northville Monday — they haven't beaten the Mustangs in two years — then, after traveling to Walled

Lake Central Wednesday, play a double-header at Farmington Harrison Thursday.

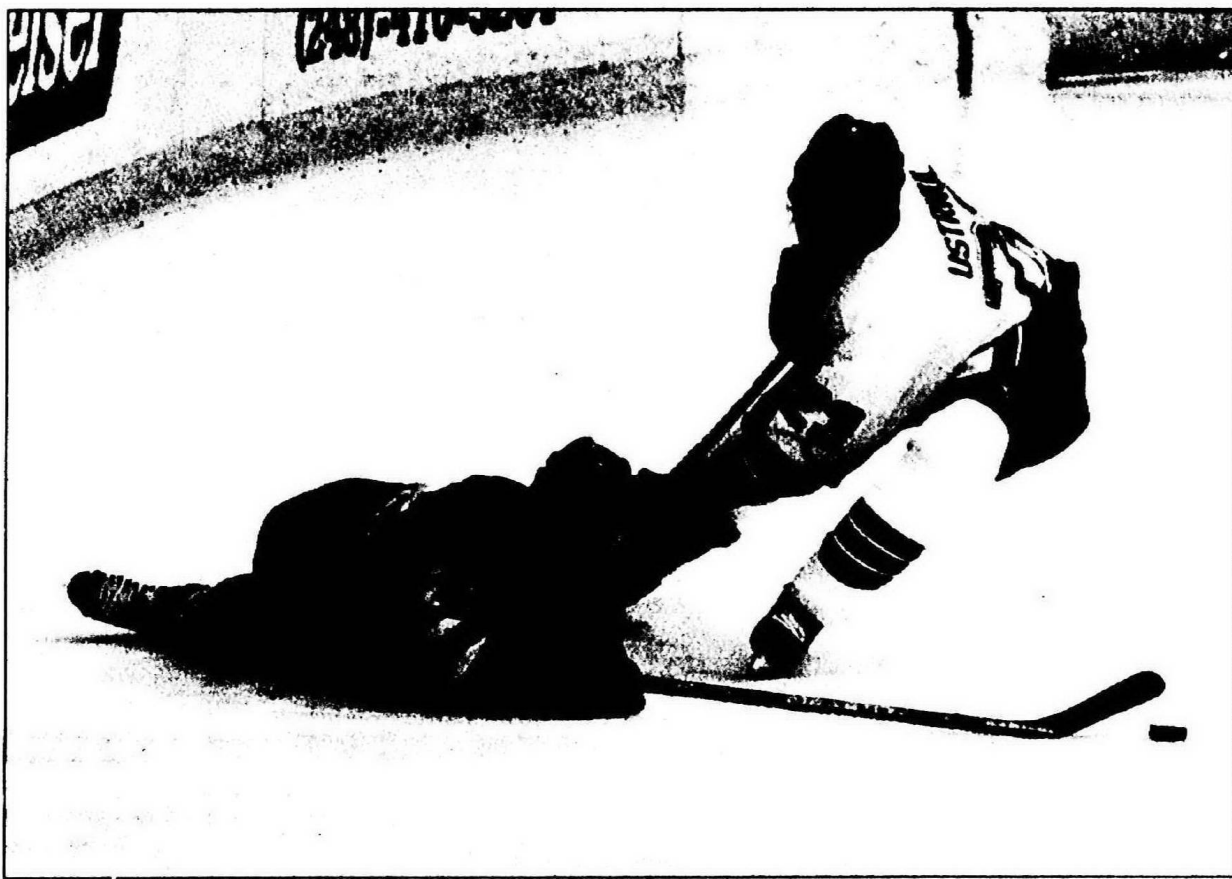
Northville, Harrison and Canton are all vying for the division championship.

**Salem 15, Franklin 6:** On Wednesday at Salem, the Rocks set a school record for home runs in game by slugging five of them in a rout of Livonia Franklin.

The game was scheduled to be played at Franklin, but the Patriots' field was flooded by the previous day's rain, prompting it to be relocated.

Please see BASEBALL, B4

## Closing in



Down — and almost out: A dramatic third-period win Friday put the Whalers within one victory of an OHL title. The Whaler defense has been instrumental in the title run, keeping the league's top scorer, Sheldon Keefe (28), from doing much damage — as illustrated by Libor Ustrnul (23).

FILE PHOTO BY PAUL HURSHMANN

## Whalers a win away from crown

BY ED WRIGHT  
STAFF WRITER

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

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

A fluke goal against them.

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

Instead of knocking the wind out of the Whalers, the unorthodox goal seemed to give them a boost.

Twenty-nine seconds after Down's goal,

### GAME FIVE

Plymouth forward Randy Fitzgerald deposited a pass from George Nistas into the net to give the Whalers a 2-1 lead.

Tomas Kurka sealed the game for Plymouth with an empty-netter with just 49 seconds to go.

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

"Of the five games that have been played in this series, three of them have been three of the best games I've ever seen in my seven years of junior hockey," Plymouth coach Pete DeBoer said. "I thought it was fitting that Randy Fitzgerald scored the game-winning goal since he has been at the right place at the right time for us all season."

Zepp was brilliant in net for the

Whalers, turning back 27 shots. He almost single-handedly kept the Whalers in the contest during the first two periods when the Colts outshot Plymouth 24-14.

"Even after they scored that fluke goal, I was confident that we were going to win," Zepp said. "We were taking it to them the entire period, so I was sure we were going to get one back."

Plymouth outshot Barrie 14-4 in the final 20 minutes.

"Rob was outstanding for us again," DeBoer beamed. "He was our most valuable player without a doubt. He's so good so often that it's hard not to take him for granted sometimes."

The Whalers didn't muster a shot on goal until the 16:10 mark of the first period, but it was well worth the wait. Seconds after Finley kicked away Dami-

Please see WHALERS, B4

### BASEBALL

## Madonna region run still alive

It was a long first day for Madonna University at the NAIA Region VIII Baseball Tournament.

The Fighting Crusaders opened the four-team, double-elimination tournament, hosted by Indiana Wesleyan University in Marion, Ind., by losing to Marion (Ind.) College 9-5. A six-run fifth inning doomed Madonna, although it did get back to within 6-5 entering the bottom of the sixth.

That put the Crusaders, facing elimination, up against Huntington College, which fell to Indiana Tech earlier Friday. This game took 12 innings before Madonna emerged with a 7-5 victory and life for another day.

The game-winning rally against Huntington in the top of the 12th inning started with a Derick Wolfe lead-off single. After Neil Wildfong (Plymouth Canton HS) struck out, Todd Miller (Farmington/Birmingham Brother Rice) singled with Wolfe advancing to third.

The Crusaders then pulled off a double-steal, Wolfe scoring the go-ahead run and Miller reaching third on an error by Huntington's second baseman. A single by Eric Lightle (Livonia Churchill) scored Miller with an insurance run.

Mitch Jabczenski went all 12 innings on the mound for Madonna to earn the victory; he gave up five earned runs on 13 hits and one walk, striking out five.

Lightle finished with three hits, including a double, and three runs batted in, with run-producing sin-

Please see MADONNA, B3

## Rocks rule Chiefs

Two of four singles flights in Friday's Plymouth Salem vs. Plymouth Canton tennis meet went the three set distance, with tie-breakers playing a decisive role in both. Canton won one of those. Salem won the other.

So ended the drama of this cross-campus rivalry, due to the Rocks' dominance in every other flight — all of which they won, giving them a 7-1 triumph.

Salem completes its WAAA campaign with an 8-2-1 mark in dual meets.

No. 1 singles provided perhaps the best action of the meet, with Salem's Faraaz Siddiqui outdueling Canton's Matt Nagy 2-6, 7-6, 6-3.

At No. 3 singles, it was Canton sophomore Kyle Andrews who hung on against Salem's Jon Machnacki for a 4-6, 7-6, 7-6 triumph.

It wasn't as dramatic anywhere else. At No. 2 singles, Salem's Ben Bartlett defeated Chris Foss

Please see TENNIS, B4



Falling short: After winning the first set, Matt Nagy, Canton's No. 1 singles, lost two tough sets to Salem's Faraaz Siddiqui.



Something to smile about: Salem's No. 1 doubles team of Todd Schmalhurst (left) and Jason Meininger won in straight sets over Matt Schmidt and Erik Durance.

# North's rallies doom Salem

A three-run rally in the 10th inning boosted North Farmington to a 6-3 triumph over Plymouth Salem in a Western Lakes Activities Association Lakes Division softball game Friday.

Salem had a 3-2 lead going into the seventh, and it should have been more, according to coach Bonnie Southerland.

"The girls hit really well, they just didn't string them together," she said. "We had the bases loaded twice (in the sixth and ninth innings) and didn't score."

"We had the opportunities, but luck wasn't on our side today. It was one of those games you've got to win. We had 'em."

But the Rocks couldn't put the Raiders away. Salem answered a two-run North surge in the top of the first by scoring two of its own, with Kelly Jaskot and Amy Szawara each getting run-scoring singles.

Salem took a 3-2 lead on an RBI single by Dawn Allen in the fifth, but the Raiders bounced back to tie it in the seventh on a double by Samantha McComb and an RBI single by Chrissy King.

In the 10th, North strung together five-straight hits to put the victory away. Alyssa Stanbridge doubled in two runs and Kristy Reinhardt singled in another.

"It was a good game," said Southerland, noting the 13 Salem baserunners left on base. "We've just got to capitalize when we have runners on base."

## SOFTBALL

Szawara had a good day at the plate for the Rocks, going 4-for-5 with three singles and a double. Jacqui Sledobnick had two hits and Katie Kelly had two hits and scored two runs.

Liz Dekarske took the loss for Salem, allowing five earned runs on 11 hits and four walks, with seven strikeouts, in nine innings. Sledobnick took over with the bases loaded in the 10th.

The win went to Beth Danielewicz, who gave up two earned runs in 10 innings on 14 hits and two walks with nine strikeouts.

**Salem 3, Franklin 0:** It might not have seemed like a big deal, this WLAA crossover played Wednesday at Livonia Franklin (because Salem's field was unplayable). But don't tell Liz Dekarske that.

The senior hurler remembered Salem's opening game at the Taylor Kennedy Tournament April 14 against Franklin, when she started strongly but then gave up three runs in the latter stages as the Rocks lost 3-1.

"She really wanted this game because she lost to them in Taylor," said Salem coach Bonnie Southerland.

Dekarske got what she wanted, shutting out the Patriots on three hits; she walked

one and struck out seven. Tara Muchow took the loss for Franklin, she surrendered three runs on six hits without a walk, fanning five.

Kelly Jaskot led the Rocks with two hits, one of them a run-scoring single in the first inning. Dekarske also had two hits, and Jen Allen drove in two runs on a fielder's choice in the fifth.

Salem's defense certainly played a part in the victory. The Rocks committed one error; Franklin had three.

"My infield is just superb right now," said Southerland. "Our defense is playing well behind Liz."

The loss left Franklin at 7-7 overall.

**Canton 5, John Glenn 3:** Laura Stewart was working on a shutout until the seventh inning, when Westland John Glenn struck for three runs in a game played Thursday (after Wednesday's postponement) at Glenn.

It could be said that Stewart, whose strikeout total is among the best in the state (186 in 112 innings), won this game with her bat. In the bottom of the sixth, with Canton clinging to a 3-0 lead, Stewart smacked a two-run triple — delivering the runs that proved to be the game-winners.

On the mound, Stewart allowed three runs on four hits and two walks, striking out 11.

Jonelle Brown added two hits and an RBI to Canton's attack.

# Canton can't keep pace with Western

In a Western Lakes Activities Association dual meet, Plymouth Canton lost to Western Lakes Thursday in falling 5-0.

The Rocks fell short with a lead of two runs at the top of the seventh when both the home team's 7-incher and pitcher (5-0) she also finished second in the high jump (4-8).

Sarah McCormack and Meredith Fox both collected a first and a second for Canton. McCormack won the 1,600-meter (6:50.0) and placed second in the 400 (2:37.0).

Fox got a victory at the wire with a season-best in the 400 (1:49.8) and took a second in the 100 (13.6).

Other records for Canton went to Pam Reuser in the 1,600 (6:05.0); Mary Maloney in the 8,200 (18:11.0); and Deanna Mullins in the discus (80-9 3/4).

Several dual meets were washed out by the lightning storms that ravaged the area Thursday, including Plymouth Salem's meet against Walled Lake Central. If — and when — they'll be made up is uncertain.

Both Salem and Canton compete in the Division I state regional at Redford Union Friday.

## Tennis camp

Plymouth Salem tennis coach Tom Kimball will offer a summer tennis camp for kids 10-18 years through the Plymouth Canton Community Education Department, starting in June.

Students interested in taking the camp will be offered 12 lessons on the following dates: June 21, 22 and 26-29, and July 5, 6 and 10-13. No make-up dates are scheduled unless more than two of the dates are cancelled. Registration fee is \$60.

Beginners (ages 10-14) will meet from 9-10 a.m.; beginners (ages 14-18) meet from 10-11 a.m.; and intermediate/advanced

(ages 12-18) meet 11 a.m.-noon. For sign-up information, contact the Community Ed department at (734) 416-4900.

## Girls softball clinic

A clinic in the fundamentals of softball will be conducted by the Plymouth Canton girls softball varsity team and coaches from noon-4 p.m. Saturday, May 20 at the Canton softball field.

The clinic is for interested girls ages seven and over. Cost is \$25 per player.

Register with the Plymouth Canton Softball Parent's Club, 39601 Mayville, Plymouth, MI, 48170-4710.

## THE WEEK AHEAD

<p><b>PREP BASEBALL</b> Monday, May 15</p> <p>Northville at Canton, 4 p.m. Salem vs. W.L. Central (at W.L. Western), 4 p.m. Franklin at Churchill, 4 p.m. Stevenson at Farmington, 4 p.m. N. Farmington at John Glenn, 4 p.m. Wayne at Allen Park, 4 p.m.</p> <p><b>Tuesday, May 16</b></p> <p>B.H. Roeper at PCA, 4:30 p.m. Bethesda at Huron Valley (2), 4 p.m. Madison Hts. at Cville, 4:30 p.m.</p> <p><b>Wednesday, May 17</b></p> <p>Canton vs. W.L. Central (at W.L. Western), 4 p.m. Churchill at Salem, 4 p.m. Franklin at Farmington, 4 p.m. Harrison at Stevenson, 4 p.m. W.L. Western at John Glenn, 4 p.m. Woodhaven at Wayne, 4 p.m.</p> <p><b>Thursday, May 18</b></p> <p>Canton at Harrison (2), 4 p.m. Farmington at Salem, 4 p.m. PCA at S field, Christian, 4:30 p.m. Wayne at Trenton, 4 p.m. Franklin Rd. at Huron Valley, 4:30 p.m.</p> <p><b>Friday, May 19</b></p> <p>A.A. Greenhills at PCA (2), 4:30 p.m. Churchill at W.L. Western, 4 p.m. Northville at Franklin, 4 p.m. Stevenson at N. Farmington, 4 p.m. W.L. Central at John Glenn, 4 p.m.</p> <p><b>Saturday, May 20</b></p> <p>Taylor Kennedy Invitational, 10 a.m. Huron Valley at Fairlane, noon.</p>	<p>(Liv. City Tourney at Ford Field)</p> <p>Churchill vs. Stevenson, 10 a.m. Franklin vs. Cville, 1 p.m. Championship final, 3:30 p.m. Consolation at Franklin, 3:30 p.m.</p> <p><b>GIRLS SOFTBALL</b> Monday, May 15</p> <p>Canton at Northville, 4 p.m. W.L. Central at Salem, 4 p.m. Churchill at Franklin, 4 p.m. Farmington at Stevenson, 4 p.m. John Glenn at N. Farmington, 4 p.m. Allen Park at Wayne, 4 p.m.</p> <p><b>Tuesday, May 16</b></p> <p>A.A. Gabriel Richard at PCA, 4:30 p.m. Huron Valley at Bethesda (2), 4 p.m. Luth. W. side at Allen Park, 4 p.m.</p> <p><b>Wednesday, May 17</b></p> <p>Salem at Churchill, 4 p.m. W.L. Central at Canton, 4 p.m. Stevenson at Harrison, 4 p.m. John Glenn at W.L. Western, 4 p.m. Wayne at Woodhaven, 4 p.m.</p> <p><b>Thursday, May 18</b></p> <p>Harrison at Canton (2), 4 p.m. Salem at Farmington, 4 p.m. PCA at S field, Christian, 4:30 p.m. Trenton at Wayne, 4 p.m. Country Day at Churchill (2), 4 p.m. Franklin Rd. at Huron Valley, 4:30 p.m.</p> <p><b>Friday, May 19</b></p> <p>W.L. Western at Churchill, 4 p.m. Franklin at Northville, 4 p.m. N. Farmington at Stevenson, 4 p.m. John Glenn at W.L. Central, 4 p.m.</p> <p><b>Saturday, May 20</b></p>	<p>Salem Invitational PCA at Huron Valley, 11 a.m. John Glenn at Dearborn (2), 11 a.m. Madonna Tournament at Canton Softball Ctr., TBA</p> <p>(Liv. City Tourney at Ford Field)</p> <p>Churchill vs. Stevenson, 10 a.m. Franklin vs. Cville, 1 p.m. Championship final, 3:30 p.m. Consolation at Franklin, 3:30 p.m.</p> <p><b>BOYS TRACK</b> Monday, May 15</p> <p>Redford CC vs. Brother Rice at Liv. Ladywood H.S., 4 p.m.</p> <p><b>Tuesday, May 16</b></p> <p>Farmington at Salem, 3:30 p.m. Canton at Franklin, 3:30 p.m. PCA at MIAC meet, TBA</p> <p>W.L. Western at Churchill, 3:30 p.m. W.L. Central at Stevenson, 3:30 p.m. John Glenn at N. Farmington, 3:30 p.m. Wayne at Belleville, 3:30 p.m. Luth. Westland, Clarenceville at Macomb Lutheran North, 4:30 p.m.</p> <p><b>Friday, May 19</b></p> <p>Division I Regional at RU, 2 p.m. PCA at S field, Christian, 4:30 p.m.</p> <p><b>GIRLS TRACK</b> Tuesday, May 16</p> <p>Franklin at Canton, 3:30 p.m. Salem at Farmington, 3:30 p.m. PCA at MIAC meet, TBA</p> <p>Churchill at W.L. Western, 3:30 p.m. Stevenson at W.L. Central, 3:30 p.m. N. Farmington at John Glenn, 3:30 p.m. Lutheran Westland, Clarenceville at Macomb Lutheran North, 4:30 p.m.</p>	<p><b>Friday, May 19</b></p> <p>Division I regional at RU, 2 p.m.</p> <p><b>Saturday, May 20</b></p> <p>Division II regional at Algonquin, TBA</p> <p><b>GIRLS SOCCER</b> Monday, May 15</p> <p>Canton vs. Salem, 7 p.m. Wayne at Southgate, 4 p.m. Luth. W. side at Harper Was., 4:30 p.m. N. Farmington at John Glenn, 5:30 p.m. W.L. Western at Churchill, 7 p.m. Stevenson at Farmington, 7 p.m.</p> <p><b>Wednesday, May 17</b></p> <p>Canton at W.L. Western, 4:30 p.m. W.L. Central at Salem, 7 p.m. Ypsilanti at Wayne, 4 p.m. Liggett at Luth. W. side, 4:30 p.m. Churchill at Stevenson, 7 p.m. Franklin at W.L. Central, 7 p.m. John Glenn at Harrison, 7 p.m.</p> <p><b>Thursday, May 18</b></p> <p>N.B. Huron at Luth. W. side, 4:30 p.m.</p> <p><b>Friday, May 19</b></p> <p>River Rouge at Wayne, 4 p.m. Garden City at John Glenn, 5:30 p.m. Rochester at Churchill, 7 p.m.</p> <p><b>Saturday, May 20</b></p> <p>Stevenson at Troy Athens, 11 a.m.</p> <p><b>OHL CHAMPIONSHIP FINALS</b> Sunday, May 14</p> <p>Whalers at Barrie, Ont., 9 a.m.</p> <p><b>Tuesday, May 16</b></p> <p>Barrie (Ont.) vs. Whalers at Plymouth Compuware, 7:30 p.m. (if necessary)</p> <p>TBA To Be Announced</p>
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## WAYNE COUNTY COMMISSION NOTICE OF PUBLIC HEARING

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

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

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

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

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

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

The hearing will be held:

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

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

Publish: May 14, 2000

## WAYNE COUNTY COMMISSION NOTICE OF MEETING

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

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

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

Publish: May 14, 2000

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ON SUNDAY, MAY 21, 2000

Say Congratulations to your special graduate in your hometown newspaper for just \$20. Select a picture of your graduate when he or she was a little person, or a send a current picture by Monday, May 15, 2000. Indicate whether you'd like your message to appear in The Observer or Eccentric newspapers.

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

**THE Observer & Eccentric**  
NEWSPAPERS  
36251 Schoolcraft, Livonia, MI 48150  
Attention: "Graduate"

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

Hey Kevin, You finally made it! and we couldn't be prouder. The world awaits your talent and sunny disposition.

Love, Mom, Dad, Aunt Sarah and Pogo.

Acutal size of your message

Julie, Who says beauty and brains don't come in the same body. You're living proof they're all wrong! Congratulations to our beautiful honor student!

Love, Mom, Dad, and Andy

Season to remember



**Trophy time:** The PC Jaws of the Plymouth-Canton Hockey Association had a lot to show for their recently-completed PeeWee season, including six trophies (above). The Jaws posted a 46-14-2 overall record, a 15-2-1 league record, and were Little Caesars Division 9 champions and MAHA District Four finalists. They were first at the Ice Mountain Invitational and the Detroit Extravaganza and were finalists at the Farmington Hills Holiday and Birch Run Spring Thaw tournaments. Team members are (first row): Mohammad Shahid, Brian Phillips, Ben Underwood, Bob Reilly, Kyle Kowalski, David Leslie; (middle row) John Sudia, Keith Jourdan, Tony Hulko, Brandon DeMars, Troy Thorne, Rob Dew, Kyle Blakely, Nick Foster, Ben Laurin, Ryan Stamm; (back row) assistant coach Rick Thorne, head coach Keith Laurin, assistant coach Bill Stamm.

**Madonna** from page B1

gles in the first and seventh innings. Wildfong also had three hits (one a double), scoring three runs and knocking in another, and Miller added three hits. Wolfe had two hits and two runs scored, and Bob Hamp had two hits and an RBI as the top five batters in Madonna's order accounted for all 13 hits.

In the first game against Marion, the Crusaders led briefly and continued to battle back thanks to Wolfe, who homered twice. They scored twice in the top half of the fifth on Wolfe's lead off

home run, back-to-back singles by Wildfong and Miller, and a sacrifice fly by Lightle.

But Marion pushed across six in the bottom of the inning to take control. Madonna answered with a three-run sixth, all scoring on Wolfe's second home run of the game.

Wolfe's two homers and four RBI paced the Crusaders, who also got three hits from Miller and two apiece from Wildfong and Mario D'Herin (Livonia/Catholic Central HS).

The pitching loss went to Jere-

my Stevens, who allowed seven runs (two earned) on seven hits and one walk, with two strikeouts, in five innings. Ryan Andrzejewski (Plymouth Salem) pitched the final three innings, allowing two runs on three hits and two walks, striking out one.

The Crusaders faced Wolverine Hoosier Athletic Conference rival Indiana Tech at 1 p.m. Saturday at Indiana Wesleyan in regional elimination game. The winner played unbeaten Marion at 3 p.m.

**Title shot**

**Canton wins Western Division**

The title in the Western Division of the Western Lakes Activities Association was clinched by Plymouth Canton Wednesday when the Chiefs edged Livonia Churchill 1-0 at Canton.

The win allowed Canton to conclude division play with a perfect 5-0 record. Churchill fell to 7-3-1 overall, 3-1 in the division.

Anne Morrell accounted for the game's only goal, on an assist from sister Abi Morrell, scored with 18 minutes left in the first half.

Amy Dorogi was in goal for the shutout, making nine saves.

"She played an outstanding game today," said Canton coach Don Smith of Dorogi's performance. "Churchill had a couple of good scoring opportunities, but so did we. They hit the post a couple of times."

The Chiefs are now assured of a berth in the WLAAs champi-

onship game. And who they will play is definitely in their own hands.

In the Lakes Division, Plymouth Salem and Livonia Stevenson played to a 1-1 tie earlier this season, the only blemish on either team's Lakes record. Which means the Lakes Division representative will be decided the tiebreaker — how each did against the Western Division teams.

Canton and Stevenson played earlier this season to a 1-1 tie. Salem is thus far perfect against Western teams. However, Salem meets Canton at 7 p.m. Monday.

The outcome of that game should decide who plays in the WLAAs title match.

**Canton 5, A.A. Huron 0:** Amy Dorogi posted her third-straight shutout in goal for Plymouth Canton, blanking Ann Arbor Huron in a non-league match

Friday at Huron.

The goals came from five different sources. Abi Morrell had a goal and two assists to lead the Chiefs, who led 2-0 at the half.

Anne Morrell, Amanda Lentz and Nicole Schilk each had a goal and an assist.

The win pushed Canton's overall record to 12-1-1.

**Salem 10, Franklin 0:** Here's one that should have been stopped by halftime.

Plymouth Salem remained undefeated with this lopsided WLAAs match, improving its overall record to 12-0-1. Franklin fell to 1-10-1.

Kellee Mullin and Jeannine Edwards each scored a pair of goals for the Rocks. Edwards also assisted on two others, while Mullin had one assist.

Jenny Fitchett was in goal for the Salem shutout.

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

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

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

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

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

# North's rallies doom Salem

A three-run rally in the 10th inning boosted North Farmington to a 6-3 triumph over Plymouth Salem in a Western Lakes Activities Association Lakes Division softball game Friday.

Salem had a 3-2 lead going into the seventh, and it should have been more, according to coach Bonnie Southerland.

"The girls hit really well, they just didn't string them together," she said. "We had the bases loaded twice (in the sixth and ninth innings) and didn't score."

"We had the opportunities, but luck wasn't on our side today. It was one of those games you've got to win. We had 'em."

But the Rocks couldn't put the Raiders away. Salem answered a two-run North surge in the top of the first by scoring two of its own, with Kelly Jaskot and Amy Szawara each getting run-scoring singles.

Salem took a 3-2 lead on an RBI single by Dawn Allen in the fifth, but the Raiders bounced back to tie it in the seventh on a double by Samantha McComb and an RBI single by Chrissy King.

In the 10th, North strung together five-straight hits to put the victory away. Alyssa Stanbridge doubled in two runs and Kristy Reinhardt singled in another.

"It was a good game," said Southerland, noting the 13 Salem baserunners left on base. "We've just got to capitalize when we have runners on base."

## SOFTBALL

Szawara had a good day at the plate for the Rocks, going 4-for-5 with three singles and a double. Jacqui Slobodnick had two hits and Katie Kelly had two hits and scored two runs.

Liz Dekarske took the loss for Salem, allowing five earned runs on 11 hits and four walks, with seven strikeouts, in nine innings. Slobodnick took over with the bases loaded in the 10th.

The win went to Beth Danielewicz, who gave up two earned runs in 10 innings on 14 hits and two walks with nine strikeouts.

**Salem 3, Franklin 0:** It might not have seemed like a big deal, this WLAA crossover played Wednesday at Livonia Franklin (because Salem's field was unplayable). But don't tell Liz Dekarske that.

The senior hurler remembered Salem's opening game at the Taylor Kennedy Tournament April 14 against Franklin, when she started strongly but then gave up three runs in the latter stages as the Rocks lost 3-1.

"She really wanted this game because she lost to them in Taylor," said Salem coach Bonnie Southerland.

Dekarske got what she wanted, shutting out the Patriots on three hits; she walked

one and struck out seven. Tara Muchow took the loss for Franklin, she surrendered three runs on six hits without a walk, fanning five.

Kelly Jaskot led the Rocks with two hits, one of them a run-scoring single in the first inning. Dekarske also had two hits, and Jen Allen drove in two runs on a fielder's choice in the fifth.

Salem's defense certainly played a part in the victory. The Rocks committed one error; Franklin had three.

"My infield is just superb right now," said Southerland. "Our defense is playing well behind Liz."

The loss left Franklin at 7-7 overall.

**Canton 5, John Glenn 3:** Laura Stewart was working on a shutout until the seventh inning, when Westland John Glenn struck for three runs in a game played Thursday (after Wednesday's postponement) at Glenn.

It could be said that Stewart, whose strike-out total is among the best in the state (186 in 112 innings), won this game with her bat. In the bottom of the sixth, with Canton clinging to a 3-0 lead, Stewart smacked a two-run triple — delivering the runs that proved to be the game-winners.

On the mound, Stewart allowed three runs on four hits and two walks, striking out 11.

Jonelle Brown added two hits and an RBI to Canton's attack.

# Canton can't keep pace with Western

In a Western Lakes Activities Association dual event, Plymouth Canton's girls' softball team couldn't keep pace with host Walled Lake Western Thursday in falling 8-2.

Kim Foster got a hit in the eighth (2-2) and Michelle Klockner was first in the stack post (2-4 2B).

The game also came out with a half-inning. One of them by Amy... was both the... (7-inches) and... (8-6); she also finished second in the high...

Other seconds for Canton went to Pam Kesser in the 1,600 (8:05.0); Mary Maloney in the 3,200 (13:11.0); and Deanna Mullins in the discus (80-6 3/4).

Several dual meets were... the lightning

## Tennis camp

Plymouth Salem tennis coach Tom Kimball will offer a summer tennis camp for kids 10-18 years through the Plymouth Canton Community Education Department, starting in June.

Students interested in taking the camp will be offered 12 lessons on the following dates: June 21, 22 and 26-29, and July 5, 6 and 10-13. No make-up dates are scheduled unless more than two of the dates are cancelled. Registration fee is \$60.

Beginners (ages 10-14) will meet from 9-10 a.m., beginners (ages 14-18) meet from 10-11 a.m., and intermediate/advanced

(ages 12-18) meet 11 a.m.-noon. For sign-up information, contact the Community Ed department at (734) 416-4900.

## Girls softball clinic

A clinic in the fundamentals of softball will be conducted by the Plymouth Canton girls softball varsity team and coaches from noon-4 p.m. Saturday, May 20 at the Canton softball field.

The clinic is for interested girls ages seven and over. Cost is \$25 per player.

Register with the Plymouth Canton Softball Parent's Club, 39601 Mayville, Plymouth, MI. 48170-4710.

## THE WEB

### PREP BASEBALL

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Franklin at Churchill, 4 p.m.  
Stevenson at Farmington, 4 p.m.  
N. Farmington at John Glenn, 4 p.m.  
Wayne at Allen Park, 4 p.m.

#### Tuesday, May 16

B.H. Hooper at PCA, 4:30 p.m.  
Bethesda at Huron Valley (2), 4 p.m.  
Madison Hts. at C.ville, 4:30 p.m.

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PCA at S. field, Christian, 4:30 p.m.  
Wayne at Trenton, 4 p.m.

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Stevenson at N. Farmington, 4 p.m.  
W.L. Central at John Glenn, 4 p.m.

#### Saturday, May 20

Taylor Kennedy Invitational, 10 a.m.  
Huron Valley at Fairlane, noon

### (Liv. City Tourney at Ford Field)

Churchill vs. Stevenson, 10 a.m.  
Franklin vs. C.ville, 1 p.m.  
Championship final, 3:30 p.m.  
Consolation at Franklin, 3:30 p.m.

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Franklin Rd. at Huron Valley, 4:30 p.m.

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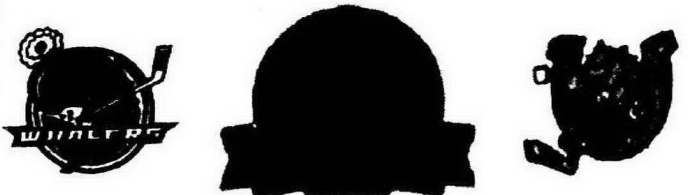
The hearing will be held:

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

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

Publish May 14, 2000

# OHL FINALS



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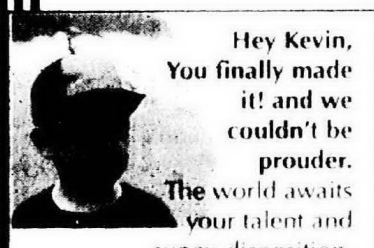
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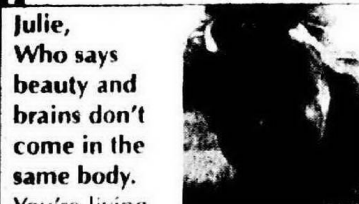
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Hey Kevin, You finally made it! and we couldn't be prouder. The world awaits your talent and sunny disposition.

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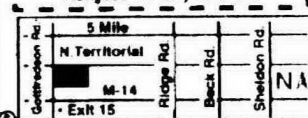


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# North's rallies doom Salem

A three-run rally in the 10th inning boosted North Farmington to a 6-3 triumph over Plymouth Salem in a Western Lakes Activities Association Lakes Division softball game Friday.

Salem had a 3-2 lead going into the seventh, and it should have been more, according to coach Bonnie Southerland.

"The girls hit really well, they just didn't string them together," she said. "We had the bases loaded twice (in the sixth and ninth innings) and didn't score."

"We had the opportunities, but luck wasn't on our side today. It was one of those games you've got to win. We had 'em."

But the Rocks couldn't put the Raiders away. Salem answered a two-run North surge in the top of the first by scoring two of its own, with Kelly Jaskot and Amy Szawara each getting run-scoring singles.

Salem took a 3-2 lead on an RBI single by Dawn Allen in the fifth, but the Raiders bounced back to tie it in the seventh on a double by Samantha McComb and an RBI single by Chrissy King.

In the 10th, North strung together five-straight hits to put the victory away. Alyssa Stambidge doubled in two runs and Kristy Reinhardt singled in another.

"It was a good game," said Southerland, noting the 13 Salem baserunners left on base. "We've just got to capitalize when we have runners on base."

## SOFTBALL

Szawara had a good day at the plate for the Rocks, going 4-for-5 with three singles and a double. Jacqui Sledobnick had two hits and Katie Kelly had two hits and scored two runs.

Liz Dekarske took the loss for Salem, allowing five earned runs on 11 hits and four walks, with seven strikeouts, in nine innings. Sledobnick took over with the bases loaded in the 10th.

The win went to Beth Danielewicz, who gave up two earned runs in 10 innings on 14 hits and two walks with nine strikeouts.

**Salem 3, Franklin 0:** It might not have seemed like a big deal, this WLAA crossover played Wednesday at Livonia Franklin (because Salem's field was unplayable). But don't tell Liz Dekarske that.

The senior hurler remembered Salem's opening game at the Taylor Kennedy Tournament April 14 against Franklin, when she started strongly but then gave up three runs in the latter stages as the Rocks lost 3-1.

"She really wanted this game because she lost to them in Taylor," said Salem coach Bonnie Southerland.

Dekarske got what she wanted, shutting out the Patriots on three hits; she walked

one and struck out seven. Tara Muchow took the loss for Franklin; she surrendered three runs on six hits without a walk, fanning five.

Kelly Jaskot led the Rocks with two hits, one of them a run-scoring single in the first inning. Dekarske also had two hits, and Jen Allen drove in two runs on a fielder's choice in the fifth.

Salem's defense certainly played a part in the victory. The Rocks committed one error; Franklin had three.

"My infield is just superb right now," said Southerland. "Our defense is playing well behind Liz."

The loss left Franklin at 7-7 overall.

**Canton 5, John Glenn 3:** Laura Stewart was working on a shutout until the seventh inning, when Westland John Glenn struck for three runs in a game played Thursday (after Wednesday's postponement) at Glenn.

It could be said that Stewart, whose strikeout total is among the best in the state (186 in 112 innings), won this game with her bat. In the bottom of the sixth, with Canton clinging to a 3-0 lead, Stewart smacked a two-run triple — delivering the runs that proved to be the game-winners.

On the mound, Stewart allowed three runs on four hits and two walks, striking out 11.

Jonelle Brown added two hits and an RBI to Canton's attack.

# Canton can't keep pace with Western

In a Western Lakes Activities Association dual meet, Plymouth Canton lost to Western Lakes Western Thursday in falling 88-82.

The Rocks were out with a lead of 10-0 in the first, but they were both the 1,600-meter (8:50.0) and placed second in the 500 (2:37.0).

Sarah McCormack and Marveth Fox both collected a first and a second for Canton. McCormack won the 1,600-meter (8:50.0) and placed second in the 500 (2:37.0).

Fox got a victory at the wire with a season-best in the 400 (1:00.5) and took a second in the 100 (13.5).

Other records for Canton went to Pam Leaver in the 1,600 (8:05.0); Mary Maloney in the 5,000 (13:11.0); and Deanna Mullina in the discus (80-6 3/4).

Several dual meets were washed out by the lightning storms that ravaged the area Thursday, including Plymouth Salem's meet against Walled Lake Central. If — and when — they'll be made up is uncertain.

Both Salem and Canton compete in the Division I state regional at Redford Union Friday.

## Tennis camp

Plymouth Salem tennis coach Tom Kimball will offer a summer tennis camp for kids 10-18 years through the Plymouth Canton Community Education Department, starting in June.

Students interested in taking the camp will be offered 12 lessons on the following dates: June 21, 22 and 26-29, and July 5, 6 and 10-13. No make-up dates are scheduled unless more than two of the dates are cancelled. Registration fee is \$60.

Beginners (ages 10-14) will meet from 9-10 a.m.; beginners (ages 14-18) meet from 10-11 a.m.; and intermediate/advanced

(ages 12-18) meet 11 a.m.-noon. For sign-up information, contact the Community Ed department at (734) 416-4900.

## Girls softball clinic

A clinic in the fundamentals of softball will be conducted by the Plymouth Canton girls softball varsity team and coaches from noon-4 p.m. Saturday, May 20 at the Canton softball field.

The clinic is for interested girls ages seven and over. Cost is \$25 per player.

Register with the Plymouth Canton Softball Parent's Club, 39601 Mayville, Plymouth, MI, 48170-4710.

## THE WEEK AHEAD

<p><b>PREP BASEBALL</b> <b>Monday, May 15</b> Northville at Canton, 4 p.m. Salem vs. W.L. Central (at W.L. Western), 4 p.m. Franklin at Churchill, 4 p.m. Stevenson at Farmington, 4 p.m. N. Farmington at John Glenn, 4 p.m. Wayne at Allen Park, 4 p.m. <b>Tuesday, May 16</b> B.H. Roper at PCA, 4:30 p.m. Bethesda at Huron Valley (2), 4 p.m. Madison Hts. at Cville, 4:30 p.m. <b>Wednesday, May 17</b> Canton vs. W.L. Central (at W.L. Western), 4 p.m. Churchill at Salem, 4 p.m. Franklin at Farmington, 4 p.m. Harrison at Stevenson, 4 p.m. W.L. Western at John Glenn, 4 p.m. Woodhaven at Wayne, 4 p.m. <b>Thursday, May 18</b> Canton at Harrison (2), 4 p.m. Farmington at Salem, 4 p.m. PCA at Sfield Christian, 4:30 p.m. Wayne at Trenton, 4 p.m. Franklin Rd. at Huron Valley, 4:30 p.m. <b>Friday, May 19</b> A.A. Greenhills at PCA (2), 4:30 p.m. Churchill at W.L. Western, 4 p.m. Northville at Franklin, 4 p.m. Stevenson at N. Farmington, 4 p.m. W.L. Central at John Glenn, 4 p.m. <b>Saturday, May 20</b> Taylor Kennedy Invitational, 10 a.m. Huron Valley at Fairlane, noon</p>	<p>(Liv. City Tourney at Ford Field) Churchill vs. Stevenson, 10 a.m. Franklin vs. Cville, 1 p.m. Championship final, 3:30 p.m. Consolation at Franklin, 3:30 p.m. <b>GIRLS SOFTBALL</b> <b>Monday, May 15</b> Canton at Northville, 4 p.m. W.L. Central at Salem, 4 p.m. Churchill at Franklin, 4 p.m. Farmington at Stevenson, 4 p.m. John Glenn at N. Farmington, 4 p.m. Allen Park at Wayne, 4 p.m. <b>Tuesday, May 16</b> A.A. Gabriel Richard at PCA, 4:30 p.m. Huron Valley at Bethesda (2), 4 p.m. Luth. W'sid at Allen Park, 4 p.m. <b>Wednesday, May 17</b> Salem at Churchill, 4 p.m. W.L. Central at Canton, 4 p.m. Stevenson at Harrison, 4 p.m. John Glenn at W.L. Western, 4 p.m. Wayne at Woodhaven, 4 p.m. <b>Thursday, May 18</b> Harrison at Canton (2), 4 p.m. Salem at Farmington, 4 p.m. PCA at Sfield Christian, 4:30 p.m. Trenton at Wayne, 4 p.m. Country Day at Churchill (2), 4 p.m. Franklin Rd. at Huron Valley, 4:30 p.m. <b>Friday, May 19</b> W.L. Western at Churchill, 4 p.m. Franklin at Northville, 4 p.m. N. Farmington at Stevenson, 4 p.m. John Glenn at W.L. Central, 4 p.m. <b>Saturday, May 20</b></p>	<p>Salem Invitational PCA at Huron Valley, 11 a.m. John Glenn at Dearborn (2), 11 a.m. Madonna Tournament at Canton Softball Ctr., TBA (Liv. City Tourney at Ford Field) Churchill vs. Stevenson, 10 a.m. Franklin vs. Cville, 1 p.m. Championship final, 3:30 p.m. Consolation at Franklin, 3:30 p.m. <b>BOYS TRACK</b> <b>Monday, May 15</b> Redford CC vs. Brother Rice at Liv. Ladywood H.S., 4 p.m. <b>Tuesday, May 16</b> Farmington at Salem, 3:30 p.m. Canton at Franklin, 3:30 p.m. PCA at MIAC meet, TBA W.L. Western at Churchill, 3:30 p.m. W.L. Central at Stevenson, 3:30 p.m. John Glenn at N. Farmington, 3:30 p.m. Wayne at Belleville, 3:30 p.m. Luth. Westland, Clarenceville at Macomb Lutheran North, 4:30 p.m. <b>Friday, May 19</b> Division I Regional at RU, 2 p.m. <b>GIRLS TRACK</b> <b>Tuesday, May 16</b> Franklin at Canton, 5:30 p.m. Salem at Farmington, 3:30 p.m. PCA at MIAC meet, TBA Churchill at W.L. Western, 3:30 p.m. Stevenson at W.L. Central, 3:30 p.m. N. Farmington at John Glenn, 3:30 p.m. Lutheran Westland, Clarenceville at Macomb Lutheran North, 4:30 p.m.</p>	<p><b>Friday, May 19</b> Division I regional at RU, 2 p.m. <b>Saturday, May 20</b> Division II regional at Algonia, TBA <b>GIRLS SOCCER</b> <b>Monday, May 15</b> Canton vs. Salem, 7 p.m. Wayne at Southgate, 4 p.m. Luth. W'sid at Harper W's., 4:30 p.m. N. Farmington at John Glenn, 5:30 p.m. W.L. Western at Churchill, 7 p.m. Stevenson at Farmington, 7 p.m. <b>Wednesday, May 17</b> Canton at W.L. Western, 7 p.m. W.L. Central at Salem, 7 p.m. Ypsilanti at Wayne, 4 p.m. Liggett at Luth. W'sid, 4:30 p.m. Churchill at Stevenson, 7 p.m. Franklin at W.L. Central, 7 p.m. John Glenn at Harrison, 7 p.m. <b>Thursday, May 18</b> N.B. Huron at Luth. W'sid, 4:30 p.m. <b>Friday, May 19</b> River Rouge at Wayne, 4 p.m. Garden City at John Glenn, 5:30 p.m. Rochester at Churchill, 7 p.m. <b>Saturday, May 20</b> Stevenson at Troy Athens, 11 a.m. <b>OHL CHAMPIONSHIP FINALS</b> <b>Sunday, May 14</b> Whalers at Barrie (Ont.), 6 p.m. <b>Tuesday, May 16</b> Barrie (Ont.) vs. Whalers at Plymouth Compuware, 7:30 p.m. (if necessary) TBA To Be Announced</p>
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### WAYNE COUNTY COMMISSION NOTICE OF PUBLIC HEARING

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

- The Detroit Emergency Telephone District, which includes the cities of Detroit, Hamtramck, and Highland Park; and
- The Conference of Eastern Wayne District which includes the cities of Grosse Pointe, Grosse Pointe Park, Grosse Pointe Woods, Grosse Pointe Farms, and Harper Woods, and the village of Grosse Pointe Shores;
- The Conference of Western Wayne District which includes the cities of Livonia, Northville, Plymouth, Westland, Inkster, Garden City, Wayne, Dearborn, Dearborn Heights, Canton, Romulus, and Belleville, and the Townships of Redford, Northville, Plymouth, Huron, Sumpter, and Van Buren;
- The Downriver Mutual Aid District which includes the cities of Ecorse, River Rouge, Melvindale, Lincoln Park, Allen Park, Southgate, Wyandotte, Gibraltar, Flat Rock, Riverview, Trenton, Woodhaven, Taylor, and Rockwood and the townships of Brownstown and Grosse Ile.

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

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

Copies of the above item may be obtained or reviewed at the Commission Clerk's Office, 406 Wayne County Building, 600 Randolph, Detroit 48226 (813) 224-0903.

Publish May 14, 2000

### WAYNE COUNTY COMMISSION NOTICE OF MEETING

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

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

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

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

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Season to remember



**Trophy time:** The PC Jaws of the Plymouth-Canton Hockey Association had a lot to show for their recently-completed PeeWee season, including six trophies (above). The Jaws posted a 46-14-2 overall record, a 15-2-1 league record, and were Little Caesars Division 9 champions and MAHA District Four finalists. They were first at the Ice Mountain Invitational and the Detroit Extravaganza and were finalists at the Farmington Hills Holiday and Birch Run Spring Thaw tournaments. Team members are (first row): Mohammad Shahid, Brian Phillips, Ben Underwood, Bob Reilly, Kyle Kowalski, David Leslie; (middle row) John Sudia, Keith Jourdan, Tony Hulko, Brandon DeMars, Troy Thorne, Rob Dew, Kyle Blakey, Nick Foster, Ben Laurin, Ryan Stamm; (back row) assistant coach Rick Thorne, head coach Keith Laurin, assistant coach Bill Stamm.

**Madonna** from page B1

gles in the first and seventh innings. Wildfong also had three hits (one a double), scoring three runs and knocking in another, and Miller added three hits.

Wolfe had two hits and two runs scored, and Bob Hamp had two hits and an RBI as the top five batters in Madonna's order accounted for all 13 hits.

In the first game against Marion, the Crusaders led briefly and continued to battle back thanks to Wolfe, who homered twice. They scored twice in the top half of the fifth on Wolfe's lead off

home run, back-to-back singles by Wildfong and Miller, and a sacrifice fly by Lightle.

But Marion pushed across six in the bottom of the inning to take control. Madonna answered with a three-run sixth, all scoring on Wolfe's second home run of the game.

Wolfe's two homers and four RBI paced the Crusaders, who also got three hits from Miller and two apiece from Wildfong and Mario D'Herin (Livonia/Catholic Central HS).

The pitching loss went to Jer-

my Stevens, who allowed seven runs (two earned) on seven hits and one walk, with two strikeouts, in five innings. Ryan Andrzejewski (Plymouth Salem) pitched the final three innings, allowing two runs on three hits and two walks, striking out one.

The Crusaders faced Wolverine-Hoosier Athletic Conference rival Indiana Tech at 1 p.m. Saturday at Indiana Wesleyan in regional elimination game. The winner played unbeaten Marion at 3 p.m.

**Title shot**

**Canton wins Western Division**

The title in the Western Division of the Western Lakes Activities Association was clinched by Plymouth Canton Wednesday when the Chiefs edged Livonia Churchill 1-0 at Canton.

The win allowed Canton to conclude division play with a perfect 5-0 record. Churchill fell to 7-3-1 overall, 3-1 in the division.

Anne Morrell accounted for the game's only goal, on an assist from sister Abi Morrell, scored with 18 minutes left in the first half.

Amy Dorogi was in goal for the shutout, making nine saves.

"She played an outstanding game today," said Canton coach Don Smith of Dorogi's performance. "Churchill had a couple of good scoring opportunities, but so did we. They hit the post a couple of times."

The Chiefs are now assured of a berth in the WLAAs champi-

onship game. And who they will play is definitely in their own hands.

In the Lakes Division, Plymouth Salem and Livonia Stevenson played to a 1-1 tie earlier this season, the only blemish on either team's Lakes record. Which means the Lakes Division representative will be decided the tiebreaker — how each did against the Western Division teams.

Canton and Stevenson played earlier this season to a 1-1 tie; Salem is thus far perfect against Western teams. However, Salem meets Canton at 7 p.m. Monday.

The outcome of that game should decide who plays in the WLAAs title match.

**Canton 5, A.A. Huron 0:** Amy Dorogi posted her third-straight shutout in goal for Plymouth Canton, blanking Ann Arbor Huron in a non-league match

Friday at Huron.

The goals came from five different sources. Abi Morrell had a goal and two assists to lead the Chiefs, who led 2-0 at the half.

Anne Morrell, Amanda Lentz and Nicole Schilk each had a goal and an assist.

The win pushed Canton's overall record to 12-1-1.

**Salem 10, Franklin 0:** Here's one that should have been stopped by halftime.

Plymouth Salem remained undefeated with this lopsided WLAAs match, improving its overall record to 12-0-1. Franklin fell to 1-10-1.

Kellee Mullin and Jeannine Edwards each scored a pair of goals for the Rocks. Edwards also assisted on two others, while Mullin had one assist.

Jenny Fitchett was in goal for the Salem shutout.

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

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

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

# Whalers from page B1

As Burma's shot — the Whalers first of the contest — George Nistas pounced on the rebound and shoveled it past a diving Finley at the 16:05 mark. Justin Williams and Burma were credited with assists on the goal.

"We are a very confident team right now," Nistas said. "All four of our lines are playing well."

Barrie outshot Plymouth 8-5 in the penalty-free opening period.

Plymouth's penalty-killing units excelled throughout the game, shutting out all four Colt power-play opportunities.

The most-crucial one came at the 14:13 mark of the third

period after Whaler forward Jamie LaLonde was sent to the box for an unsportsmanlike infraction.

During the two minutes LaLonde was in the box, the Whalers outshot Barrie, 3-1.

Plymouth has shut down Barrie's leading scorers Ryan O'Keefe and Ryan Barnes throughout the series.

If they do it again tonight, there won't be a Game Seven Tuesday night at Compuware Arena, said Barrie interim head coach Bud Stefanaki.

"There's no doubt we have to get our big guns going," he confirmed. "They got us this far and they're the ones that are going to have to keep us alive (Sunday night)."

# Tennis from page B1

6-0, 6-4, and at No. 4, Andy Fenton beat Andrew Wagner 6-0, 6-2.

In doubles play, it was all Salem. Jason Meininger and Todd Schmalhurst defeated Matt Schmidt and Erik Duranee 7-5, 6-0 at No. 1; Yigo Ling and Jason Schamberger bested Kevin Nuttall and Brian Balfour 6-3, 6-4 at No. 2; Scott Peruski and Evan Roller topped Brad Kreger and Adam Landy 6-3, 6-3 at No. 3; and Jon Neal and Mark Coates scored a 6-0, 6-4 triumph over Chris Slupek and Mike Han at No. 4.

Next on the agenda for both Salem and Canton is the WLAA Tournament, which begins Tuesday at Livonia Stevenson.

## Rocks wreck Franklin

Nary a set was lost Wednesday when Plymouth Salem rolled past host Livonia Franklin 8-0.

Indeed, the four singles players for the Rocks lost a total of just 12 games. At No. 1, Faraaz Sidiqui beat Franklin's Matt Clearman 6-0, 6-3; at No. 2, Ben Bartlett defeated Jeff Beydoun 6-0, 6-3; at No. 3, it was Jon Machnacki overwhelming Vimesh Shukla 6-1, 6-2; and at No. 4, Dave Daigneau bested the Patriots' Corey Clearman 6-2, 6-1.

Doubles play was much the same, with the Rocks ruling every set. At No. 1, Jason Meininger and Todd Schmalhurst beat Scott Gomez and

Adam Koppin 6-0, 6-2; at No. 2, Jason Schamberger and Andy Fenton defeated Chris Dorr and Chris Harris 6-1, 6-4; at No. 3, Kyle Jose and Evan Roller topped Rob Shaffer and Mike Dumouchelle 6-3, 6-4; and at No. 4, Dave Wallen and Jon Neal clipped Jason Hudy and Matt Nelson 6-0, 7-5.

The loss left Franklin at 4-6-1 overall, 2-6-1 in the WLAA.

## Salem stops Harrison

One of the state's best singles players filled the No. 1 flight for Farmington Harrison Monday when Plymouth Salem hosted the Hawks. But after that, the Rocks ruled in posting a 7-1 victory.

At No. 1, Salem's Faraaz Sid-

diqui lost to Harrison's Ryan Shade 6-2, 6-0. After that, it was all Salem.

At No. 2, Ben Bartlett defeated Tim Kupferer 7-5, 6-4; at No. 3, John Machnacki beat Dan Price 6-1, 6-4; at No. 4, it was Andy Fenton over John Kluka 6-1, 6-1.

In doubles play, the Rocks' Jason Meininger and Todd Schmalhurst bettered Rob Platt and Rahul Boipally 6-3, 6-2 at No. 1; Yigo Ling and Jason Schamberger defeated Brandon Laczkowski and Ralph Plumley 3-6, 6-1, 7-6 at No. 2; Scott Peruski and Evan Roller topped Rob Taylor and Matt Pelletiere 6-4, 6-4 at No. 3; and Jon Neal and Mark Coates were winners over Brian Studer and Charles Lublinat No. 4 doubles.

# Baseball from page B1

Although the final score doesn't indicate it, the game was close until the sixth inning. Franklin scored three runs in the first and trailed by just one, 4-3, entering the sixth — when the Rocks struck for 11 runs.

Eight of those were accounted for by homers. Salem had gotten a solo homer from Steve Gordon in the second inning and a two-run shot from Mike Thackaberry in the fourth.

In the sixth, the Rocks loaded the bases and Ian Winter promptly unloaded them with a grand-slam homer. Gordon followed with his second solo homer of the game, and Jason Lukasik then sent a three-run shot over the fence, his seventh homer of the season.

"I've been around here for a while, and I don't remember having four in a game before," said Salem coach Dale Rumberger of the home-run barrage, which covered the entire spectrum: solo, two-run, three-run

and grand slam. "We certainly never had one of each kind in a game before."

Gordon finished with three hits in the game, while Thackaberry had two. Jason Furr collected two singles and an RBI and Steve Stiles had a single and an RBI.

Ryan Tracy had two singles and an RBI for Franklin.

Gordon went the distance on the mound for Salem, allowing three earned runs on eight hits and a walk, with eight strikeouts. Joe Ruggiero took the loss for the Patriots.

"Hopefully, our pitching will hold up," said Rumberger as the final two weeks of the regular season approached. "We've been pitching better, when we have the right pitchers on the mound."

**Salem 5, Stevenson 3:** It was a much-needed victory. On Monday, the Rocks edged

Livonia Stevenson at Stevenson to force a three-way tie for first in the WLAA's Lakes Division. Salem and Stevenson split their home-and-away series this year.

Jason Lukasik was the winning pitcher for Salem, allowing three runs (one earned) on three hits and five walks, striking out six in 6 1/3 innings. Chris Hardy came on to pitch the final 2/3 of an inning and get the save; he did not allow a baserunner, striking out two.

Stevenson led 1-0 after three innings, but Salem struck for three runs in the fourth and added two more in the fifth. Lukasik had two hits including a solo home run, Ian Winter had two doubles, Chris Trott had a two-run single, Mike Thackaberry had a run-scoring double, and Adam Kolb had a hit and an RBI.

**Stevenson 4, John Glenn 2:** Livonia Stevenson is doing its best to stay on top of the West-

ern Lakes Activities Association's Lakes Division.

Stevenson improved to 5-1 in the division by keeping Westland John Glenn winless Friday with a 4-2 victory on the Spartans' home field.

The Spartans are 9-7 overall while the Rockets are 5-14, six of them WLAA contests.

Brad Buckler picked up the victory with a four-hitter in which he struck out seven and walked five.

Jeff Mitchell took the loss for John Glenn as Stevenson collected 10 hits in the game.

Pete Pinto went 2-for-4 and drove in two runs, Brian Campbell and Dan Ross each went 2-for-2 and Ronnie Williams made his only hit a two-run home run in the fifth.

The Spartans clung to a 1-0 lead until the Rockets tied it in the fourth. Stevenson immediately regained the lead with a run in its fourth and added two in the fifth.

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SPORTS AND RECREATION

# TV bowling brings out the stars

TEN PIN ALLEY



AL HARRISON

I watch TV when pro bowling is on, but lately it is hard to keep up with the ladies LPBT schedule, as they have varied the days and times.

Better to check your TV Weekly guide for ESPN2

Last Monday night there was the Ladies Tour from San Diego at 9 p.m. and there was more than just the bowling, as one of front row spectators was none other than Joe Norris, one of the all-time greats from Detroit.

Norris was recently honored as one of the top 20 bowlers of the 20th century.

Now at the age of 92, Norris still looks great and we all hope to see him here in August, as he has always flown in from San Diego to bowl in the annual John P. Gavie Memorial Tournament.

It was Kim Adler rolling to victory in the San Diego Open, winning the final match over Michelle Feldman.

A strong contingent from our area on the tour includes Aleta Sill, Marianne DiRupo, Cheryl Daniels and Lisa Bishop.

Sill is the first and only lady bowler to top the \$1 million on the tour.

Look for the current issue of Sports Illustrated magazine (May 15, 2000, page 39) for a clip on Jarvis Woehlke, the senior wonder, who at age 86 has bowled two 300 games in one

season (1999-2000).

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

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

He gets my vote, easily. Nice photo, SI.

The Bowling Writers Association of America have chosen Earl Anthony and Marion Ladewig as the top male and female bowlers of the past century.

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

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

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

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

The Western Wayne Youth Traveling Classic League held its annual banquet at the Wayne Community Center last Sunday and a lot of awards were given out based on performance.

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



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

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

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

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

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

Members of the Wayne Bowl runner-up squad included Trey

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

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

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

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

There are teams made up and

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

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

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

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

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

Among the championship teams in each division:

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

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

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

223-2077/0631  
 Jeff Thomas  
 Lenhardt, 224  
 Lenhardt, 224  
 210; Alex Way, 211; Daniel Wynn, 222.

# Red admiral leads in butterfly appearances

NATURE NOTES



TIM NOWICKI

This is the spring of the red admiral butterfly.

Several times this spring, at various locations, I've seen not just one red admiral, but several.

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

years. On the flip side, I have not seen a red-spotted purple yet. Usually I see them in the early spring on the gravel roads.

Where are they this spring?

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

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

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

all year.

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

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

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

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

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

mine how many individuals we will see next spring.

Some years we see more red admirals than other years.

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

It will be interesting to see when we have another peak in their numbers. Maybe this will be the year?

It's hard to say what allows more butterflies to survive one year and not the next. Extended cold periods in winter could cause the death of some eggs or chrysalises here in Michigan.

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

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

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

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

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

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

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

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

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

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

JUNIOR OLYMPICS

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

### ACTIVITIES

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

**DETROIT ARCHERS OF WEST BLOOMFIELD**  
Open shoot hours are from 1.5 p.m. Saturday and Sunday and 6:10 p.m. Thursday. For more information, call (313) 825-2110.

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

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

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

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

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

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

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

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

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

BASS ASSOCIATION

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

**SOLAR**  
The School for Outdoor Leadership, Adventure and Recreation (SOLAR), a non-profit organization interested in promoting the appreciation of outdoor activities, meets at 7:30 p.m. on the first Tuesday of each month at the Colony Hall in Southfield. Call 248-988-0658 for more information.

### SHOOTING RANGES

**BALD MOUNTAIN**  
Bald Mountain Recreation Area in Lake Orion has shotgun, skeet & trap, sporting clays, 5 stand, rifle, pistol and archery shooting facilities. Hours for archery and clay target shooting are noon to sunset Mondays and Tuesdays, 10 a.m. to sunset Wednesdays, and 10 a.m. to 6 p.m. Saturdays and Sundays. Rifle range hours are 10 a.m. to sunset Mondays and Tuesdays, 10 a.m. to sunset Wednesdays, and 10 a.m. to 6 p.m. Saturdays and Sundays. Call (248) 814-9199 for more information.

**PONTIAC LAKE**  
Pontiac Lake Recreation Area in Waterford has rifle, pistol, shotgun, and archery ranges. Range hours are 10 a.m. to 5 p.m. Fridays through Sundays. Pontiac Lake Recreation Area is located at 7800 Gale Rd. Call (248) 666-1020 for more information.

ORTONVILLE RECREATION

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

### METROPARKS

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

**2000 PERMITS**  
The 2000 Huron-Clinton Metroparks annual vehicle entry permits and boat launching permits are on sale at all Metropark offices. Vehicle entry permits are \$15-\$85 for senior citizens. The annual boat launching permits are \$18-\$9 for senior citizens. Call 1-800-477-PARKS for more information.

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

**CANOEING**  
"Voyageur Canoe Day" is sched-

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

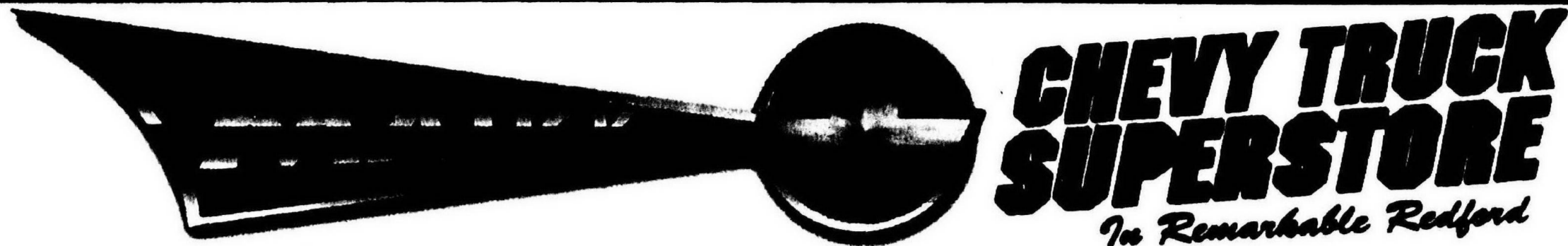
### STATE PARKS

**STATE PARK REQUIREMENTS**  
Maybury State Park, Proud Lake Recreation Area, Bald Mountain Recreation Area, Highland Recreation Area, and Island Lake Recreation Area offer nature interpretive programs throughout the year. A state park motor vehicle permit is required for entry into all state parks and state recreation areas. For registration and additional information on the programs at Maybury call (810) 349-8390. For programs at Bald Mountain call (810) 693-6767. For programs at Proud Lake and Highland call (810) 685-2187. For programs at Island Lake call (810) 229-7067.

### WAYNE COUNTY PARKS

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

To submit items for consideration in the Observer & Eccentric's Outdoor Calendar send information to: Outdoors, 805 E. Maple, Birmingham, MI 48009, fax information to (248) 644-1314.



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# Arts & Leisure

Keely Wygonik, Editor 313 953 2105, kwygonik@oe.homecomm.net on the web: http://observer.eccentric.com

Sunday, May 14, 2000

## ARTISTIC EXPRESSIONS



LINDA ANN CHOMIN

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

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

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

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

### Uniting people

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

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



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

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

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

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

### Van Gogh Gold

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

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

Please see EXPRESSIONS, C3



# Artrageous

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

BY LINDA ANN CHOMIN

• STAFF WRITER •

PHOTOS BY PAUL HURSCHMANN

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



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

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

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

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

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

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

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

### Memories

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

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

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

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

Horn can't wait for the arts extravaganza to begin even if the Mayflower, located two doors down from Native West, is nothing but a hole in ground. She'll showcase the beaded work of Gwen Fedor in addition to the usual jewelry, painting and home accessories stocked at the gallery.

featuring Southwest American Indian art. Fedor, who earned her bachelor's of fine arts degree at Eastern Michigan University, beads reproductions of Sioux dress and amulets as they existed in the 1800s. Hundreds of seed beads and uncounted hours of labor went into the smoked tanned hide ceremonial dress on display at the gallery.

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

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

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

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

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

Please see ARTRAGEOUS, C2



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

## CONCERT

# MOT joins with youth choirs to bring Broadway home

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

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

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

The MOT artists will perform selections from Stephen Sondheim's

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

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

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

**What:** "Coming Home: A Celebration of Community" concert features Michigan Opera Theatre artists and the children's choirs and youth chorale at Our Lady of Good Counsel Church. **When:** 7:30 p.m. Wednesday, May 17. **Where:** Our Lady of Good Counsel Church, 1160 Pennington, Plymouth. For more information, call (734) 453-4530/326.

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

### Community bound

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



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

Please see MOT, C2

# Polk Art Competition features innovative, unpredictable works

BY ALICE RHEIN  
STAFF WRITER  
arhein@oe.homecomm.net

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

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

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

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

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

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

## Educating the masses

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

The absence of direct refer-

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

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

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

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

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

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

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

What is rare, however, is for

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

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

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

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

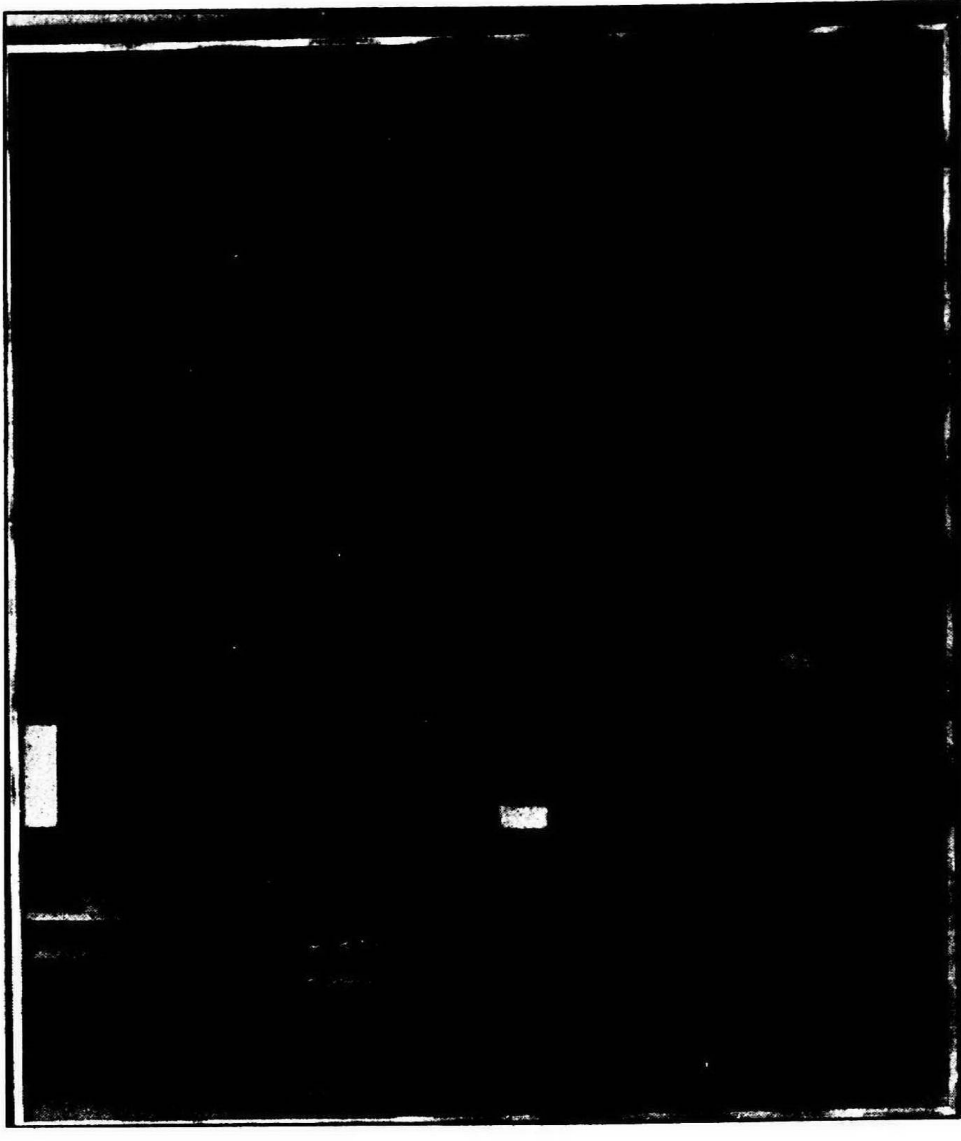
"It's a great competition, one of the few in the nation that supports both students and professors," he said. "It's promoting technology in a lot of different areas, from traditional landscapes to kinetic works of sculpture."

## Notable jurors

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

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

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



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

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

Every year, hundreds of artists

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

"When we looked at who we

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

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

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

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

## Expressions from page C1

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

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

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

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

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

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

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

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

## Artrageous from page C1


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

Slezak, Ray Prokopp, Kris Rowe, George Pozan, and Michael Fill exhibit glass art.

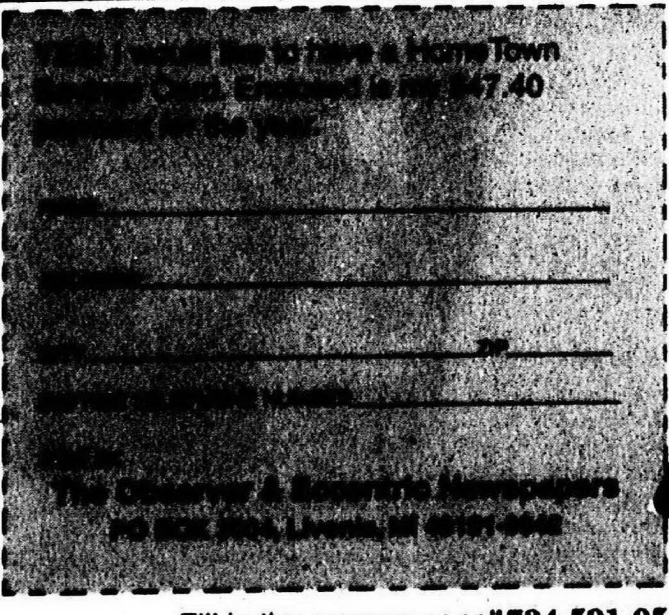
■ Delta Diamond Setters & Jewelers - Designer Deborah Piotrowski-Lobb demonstrates wax carving, the first step in jewelry making.

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

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**LEG PAIN**


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

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

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

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

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



## JOB SEARCH Tip Of The Day

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

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

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

**Future Trends for Employment Practitioners**  
Presenter: Larry Goldsmith & Panel  
May 16, Southfield Ramada Inn  
Sponsor: MI Employment Counseling Association  
Sponsor: The Southfield Career Center  
Workshop registration \$22 (248) 476-0291

## MOT from page C1

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

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

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

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

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

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



GUIDE TO THE MOVIES

Set aside time daily to 'Change Your Life'

Change Your Life: Achieve a Healthy Body, Heal Relationships and Connect with God by Becky Tirabassi (G.P. Putnam Sons; January 2000, \$19.95)



have to make your New Year's resolutions 365 days a year. The same resolve. The same determination. The same commitment. And do it on a daily basis.

Tirabassi believes God has a plan for everyone, and the only way to find out what it is is to listen and read his word in the Bible.

"You can get truths by reading this book," she said referring to the Bible. "You will hear God's voice. You can make decisions on your life based on this. It hasn't changed, and that's a good thing. It will change your life for the better."

"I have found that the best way for me to find peace in difficult situations is to immediately write down all of my thoughts, anxieties and fears and share them with the Lord. I don't always receive immediate solutions, but I always sense that God hears me, is involved in my life, has a plan that will unfold, is always present, and desires to meet me."

Her journal has four components - physical, "eat right and exercise regularly"; emotional, "forgive and give"; spiritual, "talk to God and listen to God"; and mental, "detail your day and define your dream."

You can purchase the journal she designed or make your own; the important thing is to set time aside every day to do it.

"I really see the cheerleader in me able to motivate people on a daily basis," she said.

"Change your Life is not a quick read. You'll want to sit down with a highlighter so you can mark passages that are especially meaningful."

Visit her inspirational Web site www.changeyourlifedaily.com for encouragement, and information about the "Change Your Life Bible and Daily Journal."

If you want to keep getting out of life what you're getting, keep doing what you're doing. But, if you're sick and tired of being sick and tired, and ready to do something about it, Becky Tirabassi might be able to help you Change Your Life: Achieve a Healthy Body, Heal Relationships and Connect with God.

On Feb. 18, 1984, she made a conscious decision to spend one hour a day every day for the rest of her life having a two-way conversation with God. "You can be in a relationship with God," she said. "He'll meet you right where you're at. It is a relationship where you can write to him and he will answer you."

Sound implausible? Not really. Tirabassi has a system that harnesses the power of prayer, and gives you the tools to make positive, lasting changes in your life. "If you are stuck in unhealthy relationships, a mediocre job, a poor financial position, or you repeat harmful or self-destructive behavior, it is time to change," said Tirabassi, a nationally renowned speaker and author.

But, you must first admit "the reality" of your problem, decide that you "want" to change, and "develop an action plan."

The plan Tirabassi has a plan - the "Change Your Life Daily Journal" - and if you follow it, you'll be successful, she believes.

Author helps investors get 'Serious' about their money

Serious Money: Straight Talk about Investing for Retirement, by Richard A. Ferri (Portfolio Solutions, LLC, Troy; \$26.95)

BY KEELY WYGONIK STAFF WRITER kwygonik@oe.homecomm.net

Serious Money is what you'll need if you ever want to retire, and if you've been looking for some "straight talk about investing for retirement," Richard Ferri might be able to help.

"I want to help people understand what's going on. I want to do my part to give them the facts and figures," said Ferri, a chartered financial analyst who started his own investment firm, Portfolio Solutions LLC in Troy, after working 11 years for two major Wall Street firms.

Ferri argues a lot of what you read about the stock market is hype that puts money in someone else's pocket, not yours. "When I began in this business I believed stockbrokers were skilled professionals who knew the market inside and out," he said. "I soon realized that I was being asked to recommend investments to clients solely to churn out commissions. I was

amazed at how many so-called 'professionals' lost their clients' money while enriching themselves."

Ferri holds a master of science degree in finance from Walsh College, and serves as an adjunct professor at the college. He self-published Serious Money because, "I didn't have any choice. You can't get published unless you get published."

The best advice on investing, he says, can be found in the academic community, but "it's difficult for a professor on a budget to effectively argue against the marketing clout of large Wall Street firms."

Ferri, a fighter pilot for the Marine Corps Reserves, gives it his best shot offering information in easy to digest pieces that help readers understand the hidden costs of investing. A true educator, Ferri summarizes key points at the end of every chapter, and uses informative charts and graphs to further illustrate key points.

His message is simple: Take time to define your investment goals, select an appropriate asset allocation strategy, plan a tax strategy, and make a long term

commitment to low-cost investing."

Look for mutual funds with the lowest fees and expenses, no-load "index" funds. Consider taking a class. "The classroom is a great place to obtain less biased investment information."

But first of all, get organized. Many people have an IRA. You might have a few if you've changed jobs.

"Putting all this information in one place and analyzing it as one portfolio is a beginning step toward increasing your investment results," he writes. His book provides a lot of information you can't get anywhere. The response to his book has been good, and he's looking for a publisher to publish an updated version of Serious Money that includes more information. Serious Money is available locally at Barnes & Noble and the Walsh College bookstore in Troy. You can also request it online at amazon.com.

Ferri will be signing books, and giving a 30-45 minute presentation about Serious Money at Barnes & Noble in Ann Arbor - 7:30 p.m. Friday, May 19.

BOOK HAPPENINGS

FICTION GROUP A succession of conversations and episodic introspection set in a pancake house. Donald Antrim's newest book promises to be a startling and thought-provoking conversation starter. The discussion is set for 7:30 p.m. Wednesday, May 17, at the Northville Barnes & Noble, Six Mile at Haggerty. For information, contact the group facilitator, Jason Coats, at the store (248) 348-0696.

CREATIVE WRITING WORKSHOP Be a part of the exciting popular group of budding writers at Borders Books & Music in Farmington Hills, 30995 Orchard Lake Road. This continuing monthly series of events is designed to help develop writing skills and creativity. All ages are welcome. This month's session is set for 7:30 p.m. Thursday, May 25. Call (248) 737-0110.

GARDENING DISCUSSION GROUP Learn how to turn your back yard into a natural habitat for wildlife. Master gardener Peggy Malnati, an advocate of organic gardening, will provide you with extensive information on creating a haven for wildlife. Malnati will also discuss the Backyard Habitat Program from the National Wildlife Federation and how you can get your own back yard certified. The event is set for 7 p.m. Monday, May 22, at the Farmington Hills Borders Books & Music, 30995 Orchard Lake Rd. Call (248) 737-0004.

BOOK SIGNINGS Farmington Observer staff reporter and Livonia resident Timothy Smith will be signing copies of his book, Miracle Birth Stories of Very Premature Babies - Little Thumbs Up! at the following bookstores: 7 p.m. Thursday, May 18, Borders, 3527 Washtenaw, Ann Arbor, (734) 677-6948. 7 p.m. Friday, May 19,

Waldenbooks, 30200 Plymouth Road, Livonia, (734) 261-7811. Smith can be reached at (248) 477-5450.

Devin Scillian, WDIV-TV anchor man and author of Fibbiestax, a children's book illustrated by Kathryn Darnell, will sign copies of his book 10 a.m. Monday, May 22, at the Barnes & Noble in Bloomfield Hills.

George and Michele Zavatsky, authors of Kids Love Michigan, will appear and sign copies of their book at the Livonia Waldenbooks, 30200 Plymouth Rd., Livonia. The signing runs from 1:30 to 2:30 p.m. Saturday, May 20.

George and Michael Zavatsky, authors of Kids Love Michigan, will sign copies of their book from 1:30 to 2:30 p.m. Saturday, May 20, at Waldenbooks, 30200 Plymouth Road, Livonia, (734) 261-7811.

National Amusements Showcase Cinemas

Shoreline Auburn Hills 1-14 2150 N. Dixie Rd. 248-373-2660

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# Financial gifts to DSO symbolize hope for future

BY FRANK PROVENZANO  
STAFF WRITER  
fprovenzano@oe.homecomm.net

An influx of millions of dollars may not be the panacea for suddenly transforming the region's culture. There's little doubt, however, that last week's \$28-million in gifts to the Detroit Symphony Orchestra symbolize the prevailing optimism about the region's cultural future.

On Tuesday, the DSO announced financial gifts from corporate, foundation and individual donors as part of the \$125-million campaign to finance the expansion of Orchestra Place and contribute to the orchestra's endowment.

To-date, the campaign has raised about \$90 million with the remaining \$35 million expected within the next three years.

"This is a clear sign that Detroit is on the rebound," said Emil Kang, interim president of the DSO. "Many civic supporters believe that the health of the cultural institutions is inseparable from

**'This is a clear sign that Detroit is on the rebound. Many civic supporters believe that the health of the cultural institutions is inseparable from the quality of life of our region.'**

**Emil Kang**

*Interim president, Detroit Symphony Orchestra*

the quality of life of our region."

Among the individual contributors are Sam and Jean Frankel, Bernard and Marilyn Pincus, Max and Marjorie Fisher, and Bob and Maggie Allee, all of whom are from Bloomfield Hills. In total, 21 donors contributed \$1 million or more to the recent \$28 million gift to the DSO.

"This is a community of survivors and strong-willed people," said Kang, a Birmingham resident who joined the DSO last year after a stint with the Seattle Symphony Orchestra.

The three-phase Orchestra Place pro-

ject includes the building of administrative offices (completed in 1997), the construction of a high school for the performing arts (currently under construction), and renovation and expansion of Orchestra Hall, the acoustical gem of a venue that is home to the DSO. Improvements to the hall are expected to be finished in 2003.

The new 550-seat multi-purpose hall, an atrium lobby and the music education center named after the late Jacob Bernard Pincus, will be known collectively as part of the Max M. Fisher Center for the Performing Arts.

With the second venue, the DSO plans to offer a broader selection of jazz and pops programming.

Meanwhile, the 2,000-seat Orchestra Hall will receive new heating, ventilation and lighting systems along with elevators and an expanded lobby and backstage.

Currently, musicians file into five trailers that are attached to the back of the hall.

Renovations will commence this summer, said Kang. From June through August the DSO conducts its concert schedule at Meadow Brook Festival in Rochester Hills.

In the last decade, symphony orchestras in Baltimore, Chicago, Cleveland, Dallas and Seattle have either built or renovated their existing halls, said Kang.

Fund-raising doesn't end when the renovations and new construction are completed. The DSO must raise approximately \$10 million of its annual \$25



**Philanthropists:** The generous donations of Sam Frankel (left) and Max Fisher, among others, will help transform the Detroit Symphony Orchestra.

million budget through grants and donations.

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

**INTERNATIONAL FESTIVAL**

Farmington Hills musician Peter Soave is one of the performers in the 12th annual International Festival of World Music and Dance 8 p.m. Friday, May 19 in Smith Theater at Oakland Community College in Farmington Hills.

Tickets are \$16, \$20 reserved. Call (248) 522-3667.

"Flamenco Sin Fronteras (Flamenco without Frontiers)" features Cuban guitarist Jorge Luis Perez, dancer Lea LaGreca, flutist Ginka Ortega, a jazz quartet, and Soave on bandoneon. Soave is currently performing in an Off-Broadway musical, *Eurydice - Legend of Lovers*, at the Studio Theater on 46th Street. Soave created all of the music for the show and will be the sole musician. *Eurydice* continues to June 3. For tickets, call (800) 965-4827.

**ART FAIR**

Aspiring performing and visual art students in Wayne County

will exhibit their talent at the 3rd Annual Wayne Regional Educational Service Agency (Wayne RESA) Art Fair 11 a.m. to 7 p.m. Saturday, May 20 at 5454 Venoy Road, Wayne. For directions, visit the Website at www.resa.net.

The fair showcases artwork, performances and demonstrations by students representing more than 60 schools in 21 school districts in Wayne County. More than 30 professional artists will also exhibit and sell their work which includes caricatures by William Tyus, Jr. Tyus, Jr. and his son Hasani have had their work published in a book about great African Americans.

A free concert by Alexander Zoupi & Friends begins at 3 p.m. Live entertainment will be provided by 17 local schools throughout the day.

**INTERIM DIRECTOR APPOINTED**

The Plymouth Symphony Orchestra has appointed William Hulsker to serve as interim executive director while the search continues for a new director. Hulsker is a member of the orchestra as well as its personnel manager. He is a past president of the orchestra's board and recently retired from his position as music librarian at

Wayne State University after 36 years.

Hulsker will join with other orchestra members to give a free concert during Plymouth is Artrageous 6 p.m. Friday, May 19 on Penniman. The orchestra also performs 7 p.m. Sunday, May 21 for St. John Neumann's 25th anniversary concert at the church, 44800 Warren, west of Sheldon, Canton. The concert is free to the public.

**PET PORTRAITS**

Watercolor artist Kristine Dumm will display several of her cat portraits at the Mid-Michigan Cat Fanciers Show Saturday-Sunday, May 20-21 at the Allen Park Civic Center.

Dumm, a Redford resident, specializes in commissioned watercolor portraits of pets painted from photographs. For more information, call Dumm at (313) 541-7425.

**TEEN PRODUCTION**

The teen drama club at the Plymouth Community Arts Council is presenting Moliere's timeless farce, *Tartuffe* 8 p.m. Friday, May 19 at the Joanne Winkleman Hulce Center for the Arts, 774 N. Sheldon at Junction, Plymouth.

Admission is by donation. All

proceeds benefit the teen drama club. For more information, call (734) 416-4ART.

Initially controversial in 1664 when it was written by Moliere, the play attacks religious bigots in France.

**DAY OF PERCUSSION**

Plymouth-Canton High School is hosting the Michigan Percussive Arts Society's Day of Percussion beginning at 9 a.m. Saturday, May 20.

Registration for the clinics is at 8:30 a.m. in the Plymouth-Salem High School Cafeteria. No percussion skill is necessary, only an interest in the percussive arts. All skill levels from elementary to college are encouraged.

A 7:30 p.m. Concert will feature the Plymouth Percussion Ensemble directed by Gregg Rinehart, the Mott Middle College Steel Band under the direction of James Coviak, and the Trinity (Pennsylvania) High School Percussion Ensemble directed by Shawn Galvin.

The cost is \$10 for the entire day or \$7 (\$5 students) for the concert only.

**ARTISTS WANTED**

Canton Township is still looking for artists to exhibit in their

9th annual Fine Art and Fine Craft Show 10 a.m. to 9 p.m. Saturday, June 24 and 11 a.m. to 5 p.m. Sunday, June 25 in Heritage Park during Liberty Fest 2000.

Artists can display their work under "the big tents" or can bring their own tent. The show is juried and each artist is required to submit slides of their work from the approved categories of painting, prints, sculpture, ceramics, jewelry, drawing, pastel, and selected fine crafts.

For information, call Sharon Dillenbeck at D & M Studios 734-453-3710.

**ART CLASSES**

Canton artist Kay Rowe will teach watercolor classes 6-9 p.m. Tuesdays June 6-27 at The Art Gallery/Studio, 29948 Ford Road, Garden City.

Portraiture classes in any medium with individualized instruction by Detroit artist Lan Baum will run June 1-22. A model is provided.

To register and for a suggested supply list, call (734) 261-0379 or (734) 513-4044.

The Plymouth Community Arts Council begins seven weeks of watercolor classes with Westland artist Sandra Weed May

**ART BEAT**

17. The beginning level runs 9:30 a.m. to 12:30 p.m. Wednesdays, advanced 1-4 p.m. Wednesdays.

A Drop-In Studio continues 1:30-3 p.m. Mondays, and 7:15-8:45 p.m. Wednesdays.

For more information or to register, call (734) 416-4ART.

**MOTHER'S DAY CONCERT**

"Measure for Measure" the men's choral group based in Ann Arbor, gives a Mother's Day concert 4 p.m. Sunday, May 14 in Hill Auditorium at the University of Michigan, Ann Arbor.

"Measure for Measure" will be joined by the Ann Arbor Huron High School A Cappella Choir.

Tickets are \$12, \$8 students. Call (734) 483-9336.

**AUDITIONS**

Try out for *The Who's Tommy*, a rock opera to be presented by Jack-In-The-Box Productions, 6:45 p.m. registration, 7:30 p.m. auditions, May 23-24, at the Livonia Civic Center Library, off Five Mile Road between Merriam and Farmington roads. Prepare 16 bars of a rock pop song in your range and wear comfortable clothes for moving. Call (734) 797-JACK for information or visit <http://jackintheboxprod.tripod.com>.

# Got stuff?

Stuff you don't need anymore. Stuff that's been piling up in the garage, or the basement or the attic. Get rid of it with with a classified ad in your hometown newspaper. We're so sure you'll be able to sell your stuff with three ads, that if you don't, we'll run your ad three more times free.

That's right—

**Sell it in three or we'll run it for free—  
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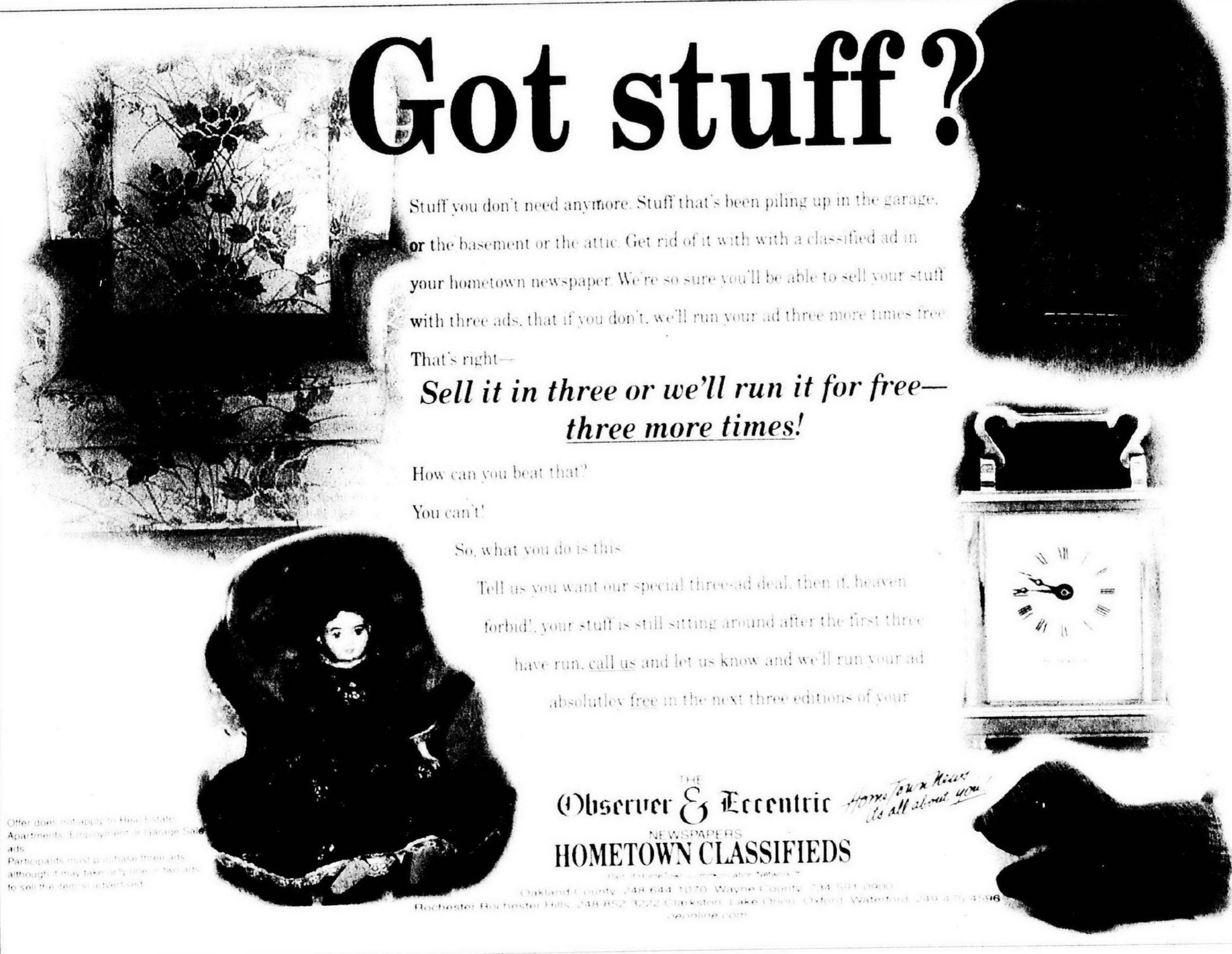
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# Malls & Mainstreets

The Observer

Page 6, Section C

Sharon Dargay, Editor 248 901 2530 sdargay@oe.homecomm.net on the web: http://observer.eccentric.com

Sunday, May 14, 2000

## Bargains in Bad Axe



For a mere \$9.99 I am walking tall. I couldn't resist buying Rocket Dog brand leather shoes with three-inch platform rubber heels and ivory-colored sneaker-like styling during my last shopping trip to

### Bad Axe.

The over-sized treasures weigh like anvils on my feet, but they give my image that little something extra — the way monster truck tires do on a tricycle.

Even if I wear them only once, the shoes will be worth every penny I spent.

Never mind the gas and time it took get them, as well as \$58 worth of other bargains I brought home one recent Saturday afternoon. The two-hour trip to the near tip of Michigan's thumb is as much a pleasant excursion as it is a shopping trip.

As Van Dyke becomes M-53, the suburban landscape gives way to cornfield, cows and quaint downtowns.

M-53 is no Rodeo Drive and Bad Axe, no Beverly Hills. But if you're looking for a pair of Keds sneakers, polyester pants, Levi denim shirts, camouflage hunting jackets and snowmobile suits all under one roof, your search ends at Norman's in Bad Axe, where bargains are serious business.

The store, one of five in the "up north" retail chain, is a neon green welcome mat on Bad Axe's southwest side, greeting motorists as M-53 curves east into the city outskirts.

The store exterior looks like one big continuous sidewalk sale.

Depending on the season, you might find athletic bags, soft nylon luggage, Spartan and Wolverine sweatshirts, inflatable rafts and all order of blindingly bright orange hunting gear stacked and hanging along the store facade.

Walk inside, look around and then tilt your head back. Yep, that's merchandise up there at a height only a stilt-walker would love.

Norman's supplies hooked poles at every aisle for extricating fashion from the packed, ceiling-high racks. Try hooking a piece from a group of blouses or shirts before moving on to heavier items. It may feel awkward at first. You'll probably dump a few extra on the floor or nearby KABONK a fellow shopper, but practice on a few and you'll be a pro in no time.

Shoes and boots are an easy search, arrayed within reach or by step ladder. I passed on the Take Ten embroidered pink tennis shoes and snatched up a pair of cushy, fur-lined Skandia boots in winter white for about \$20.

Rocket Dogs in cream color won out over black.

The women's department is a mix of contemporary sportswear and the stuff of memory lane. I found myself exclaiming, "Gosh, I remember polyester pantsuits," and "Gee, I used to fit into size 8 mini skirts."

Norman's stocks lots of novelty tee-shirts, athletic team sweatshirts, blue jeans, sporty skirts, blouses, sportswear sets and nightwear. Sporty describes the men's and children's merchandise, too.

Bulky women's novelty sweaters ranged from \$4.99 to \$9.99. Levi denim shirts were a steal at \$5.99 and ski pants were worth the \$19 price tag.

I bought a white embroidered spring skirt and matching black tee-shirt top set for \$9.99 and a pleated denim skirt for about \$6.

I added a pair of winter gloves (\$1.99) and heavy snowmobile mittens (about \$5) to my cart.

The overnight bag in burgundy nylon was a last-minute, impulse buy. It cost around \$7. I couldn't resist.

I checked out with about \$68 worth of merchandise and waited for my brother-in-law — a diehard Norman's fan — to finish shopping for wool socks and other basics.

My parents, who came along for the ride, make Norman's a twice annual pilgrimage. We can't resist. Like the sign says, *Lowest Every Day Prices.*

Norman's also has stores in Bay City, Gaylord, East Tawas and Standish.

The Bad Axe store is open from 9 a.m. to 9 p.m., Monday through Saturday and from 10 a.m. to 9 p.m., on Sundays. Call 517-269-9222.

—by Sharon Dargay



Staff Photos By Jerry Zolynsky

Checking out stores: A shopper strolls along "gallery row" at the north end of Old Woodward, in downtown Birmingham.

## Merchants on Birmingham's gallery row celebrate spring

BY SHARON DARGAY  
STAFF WRITER

Elizabeth Stone and her neighbors along North Old Woodward are a little like orphans in Birmingham's downtown.

Sure, they're a part of the principal shopping district's retail family, but without an Old Woodward or Maple address they feel distanced from their downtown cousins.

"For people who come to the galleries and shops here, it's a destination. People come here for a reason. You don't get a lot of browsers," says Stone, who sells children's books and original book illustrations from her 10-year-old store. "Being in the uptown area, we need the exposure because we're in such a separate location."

Stone and other merchants along "gallery row," are throwing a party next weekend to lure shoppers and neighboring homeowners to the retail strip south of Oak.

Story tellers, face-painters and information peddlers will set up shop from noon to 5 p.m., on May 20 in Booth Park at Harmon and North Old Woodward.

The Birmingham school district's Evergreen Singers will perform and Toty Viola will serenade customers at Salvatore Scallopini. Southeast Oakland County Resource Recovery Authority will lead Rouge River nature walks from 2-4 p.m.

Spring Celebration will include:

- A strolling children's fashion show, Lego contest, mini manieures and balloon animals at Annie Dauphinee Youngwear.

- An art exhibition and book signing by children's book authors and illustrators, including Denise Brennan-Nelson, Michael Monroe, Matt Faulkner, Cyd Moore, John Sandford, Brenda Shannon Yee, Wendy Anderson Halperin, Lynne Rae Perkins, Rhonda Gowler Greene, Kim Marie Wood, Franziska Schoenfeld and Jamie Bynum.

- Drawings for gift certificates at Farrell Reis Salon and Gallery Nikko.

- Storyteller Judy Sima spinning yarns from 1-3 p.m., in Booth Park, sponsored by Greenstones Jewelers.

- Free lemonade and snacks, coloring books and crayons at Salvatore Scallopini.

- Arts and crafts in Booth Park, sponsored by Metro Parent Magazine.

Stone and John Heiney, Birmingham's Principal Shopping District director, hope shoppers continue to visit the area long after the hoopla's over.

"My contention is that they are in downtown Birmingham, but there's a gap in the retail

between our core downtown and here," explained Heiney, whose PSD office is located in the North Old Woodward gallery row, about a block from Stone's shop.

"It's a beautiful walk between the two. By big city standards it's nothing, but Birmingham being a small town, it may feel like a long way."

### In Plymouth

Melanie Purcell, Plymouth's Downtown Development Director, knows the feeling.

Plymouth's Old Village shopping district is located about a half-mile from the central business area, but it's not a part of the Plymouth DDA. Old Village shops and stores located even closer to DDA boundaries, don't benefit from DDA-funded improvements to central business district parking lots, lighting and landscape improvements.

And they can't participate in Plymouth's PSD marketing and promotional events. DDA and PSD boundaries coincide in the western Wayne County community.

"It's frustrating for them," Purcell said. "There's no formal organization or separate funding for Old Village. We've tried to do some joint (but separate) projects."

Halloween is a good example. The Plymouth PSD sponsored a store-to-store trick or treat event on Devil's Night last year. Old Village closed its streets for *Monster Mash*, an outdoor dance, the following day.

"I can't close streets in the downtown without causing a major impact," Purcell explained. "It worked out well. Halloween is a good example of how we try to play off of each other so that no one is left out."

The PSD also works closely with the local Chamber of Commerce because its membership includes Old Village shops and stores outside the DDA.

"The more participation the better," Purcell said.

### Rochester merchants

Kristi Trevarrow, special events coordinator for the Rochester Downtown Development Authority, tries hard to keep all 350 DDA businesses happy and within the fold.

"You find there are some businesses that don't feel as included as others," Trevarrow noted.

That includes some merchants with stores on Walnut or Water street, just a block either side of Main, and on Main north of University.

Trevarrow includes them in the events calendar, in stories and on front and back covers of the DDA's twice annual magazine, *In Town*.

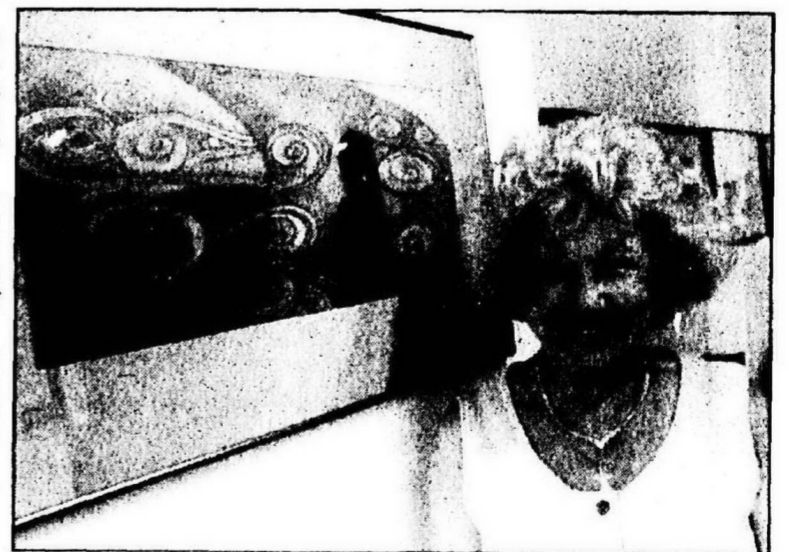
"During sidewalk sales we offer stores on the side streets a chance to move up to Main street," she added. Offices and merchants who don't participate in the outdoor sale make space for neighboring businesses that do.

Trevarrow also hopes the city's new Farmer's Market, which assembles every Saturday in a parking lot east of Main, will bring attention to downtown and neighboring shops.

Stone says park improvements and a new traffic-slowing device on North Old Woodward will do the same for gallery row in Birmingham.

"The next thing we're working on is the park. They're (the city) going to remove the ugly fence there. We're supposed to get more trees and flower beds and the neighborhood association wants to do an ice rink," she said.

"This is a revival."



Event coordinator: Elizabeth Stone, owner of Elizabeth Stone Gallery, stands near Debra Reid Jenkins' creation *I Feel the Wind With Its Whispy Tail*. The children's book illustrator will be on hand during for Spring Celebration, an event Stone devised to bring more shoppers to North Old Woodward stores.

Retail, style and special store events are listed in this calendar. Please send information to: *Malls & Mainstreets*, c/o *Observer & Eccentric Newspapers*, 805 East Maple, Birmingham, MI 48009. Fax: (248) 644-1314. Information must be received by 5 p.m. Monday for publication the following Sunday.

### WEDNESDAY, MAY 17

**MAKEUP ARTIST**  
Chanel National Makeup artist Conrad Sanchez visits the cosmetics department at Jacobson's in Birmingham from noon to 7 p.m. Call (248) 644-6900 for details.

### THURSDAY, MAY 18

**CONTEMPORARY SPORTSWEAR**  
WOMYN, a division of Garfield and Marks, will show its collection of functional fashion at Fibres in

## ADDED ATTRACTIONS

Birmingham. The clothing will be on display from 10 a.m. to 8 p.m., today, 10 a.m. to 6 p.m., Friday and Saturday and from noon to 5 p.m., Sunday. Call Fibres at (248) 723-2880.

### LAFAYETTE 148

Roz & Sherm shows off Lafayette 148 suits, separates, dresses and scarves in a trunk show that starts today and runs through Saturday, May 20. Roz & Sherm is located in the Bloomfield Plaza, 6536 Telegraph, Bloomfield Hills. Call (248) 855-8877.

### FRIDAY, MAY 19

**CARDS AND COINS**  
Check out the card, coin, stamp, and collectibles

show at Wonderland Mall in Livonia through Sunday. The free event includes an appearance by World Series Champ Mickey Lohch from 1-3 p.m., on Saturday, May 20.

### HAVEN BENEFIT

Don't miss the reservation deadline for Brunch with Chanel, a fashion show to benefit The Haven on May 23 at Saks Fifth Avenue in The Somerset Collection, Troy. Tickets are \$50 and include a brunch at 11 a.m. and fashion show of Chanel's fall and winter ready-to-wear clothing at 1-3 p.m. Call The Haven at (248) 334-2343, ext 131.

### SATURDAY, MAY 20

#### FUN FOR KIDS

Olde World Canterbury Village in Lake Orion will offer a weekend of fun, including a Lego building competition, a yo-yo competition, face painting and caricatures. Call 248-391-5700 for details.

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# WHERE CAN I FIND?

This interactive feature is dedicated to helping readers locate merchandise that's difficult to find through reader feedback. If you've seen or are looking for an item, call (248) 901-2555 and leave a message with your name and phone number. We publish readers' requests for merchandise twice. If you don't hear from us or see information about the item within a few weeks, we were unable to locate it. When we find an item owned by another reader, rather than for sale at a store, we will call you. But, please, be patient; we handle an overwhelming number of requests each week.

**WHAT WE FOUND:**

- Penny Brit paste can be purchased through Ed Aghajanian, Inc., P.O. Box 40025, Cleveland, OH 44140, (440) 871-7817.
- The Loop Amusement Company, 20224 Van Born Road in Dearborn Heights, (734) 562-8033 may be able to repair the Seeborg jukebox.
- Detroit and suburbs street guide can be purchased at Barnes and Noble and major bookstores. It comes in a hard cover spiral book.
- Little Tyke's playhouse can be purchased at all Toys R Us stores.
- Almay deodorant is sold at Rite-Aid on Six-mile and Newburgh roads.
- The following are used bookstores in the Livonia area: Book Connection 19043 Middlebelt, Livonia, (248) 471-4742, The Village at Joy and Inkster roads, Books Abound at Seven mile and Middlebelt (next to MC Sporting Goods), Paper Backs and Things 8044 N. Wayne road in Westland, (734) 522-8018.
- Royal Radio Sales & Service on 612 N. Main street, Royal Oak, (248) 548-8711, will repair the arm on a stereo.
- Call Corning/Revere Consumer Information Center (800) 999-3436, to order a glass top for a percolator or for a catalog.
- The Master Piece game is sold at Toys R Us stores.
- The Triangular strainer for a sink can be purchased at Bed Bath & Beyond. It also comes in stainless.
- A reader suggests using plastic cookie bags sold at Kitchen Glamour in Rochester to use for the 4x6-recipe card. She uses them and it works very well.
- For odd shaped glass for picture frames try Henderson glass.
- A reader has one copy of the Song of the South.
- The monkey sock kits can be purchased at the following stores: Joanne Fabrics, the Discovery store at Twelve Oaks Mall.
- The Transfer Zone in Oak Park, transfers old movies to videos (248) 548-7580.
- Buffalo Hot Dogs can be ordered from 1-800-BUY-BUFF.
- A reader has Redford Stuckey Elementary School memorabilia.
- A reader suggests a look in the want ads under Cameras for film projectors, any pawn shop, or the Adray Arena in Dearborn, which is having a camera show in the next few weeks.
- Silk ribbon embroidery kits can be purchased at Michael's, Joanne Fabrics, Mary Maxim's in Port Huron.

- We found the following items: Master Piece game, super 8 projector, and Sunbeam Mixmaster beaters, A large ell skin purse, WRIF Baby bumper sticker, turntable, Ashton Drake doll, stainless square electric fry pan, 1943 Fordson High School yearbook.
- For Shellacked bread try the Pier One store on Telegraph near Summit Place Mall in Pontiac.
- For Ziploc veggie bags call (800) 428-4795 for information on where to buy them in your area.

**FIND & SEARCH NOTES:**

- Chuckles Easter bunny candy is no longer manufactured.
- The alphabet and number ice cube trays are not sold at Bed, Bath & Beyond.
- The telephone number for Things you never knew existed was incorrect. We do not have the correct number.
- The Livonia Public Libraries take used books for their used book sales; monies go to the libraries, (734) 466-2491.
- A teacher wants encyclopedias.
- The Song of the South video was never released in the United States.
- For miscellaneous parts to beaters, coffee pots, pots and pans try Culinary Parts Unlimited (800) 543-7549.

**WHAT WE'RE LOOKING FOR:**

- A Smith Corona Coronamatic 2500 electric typewriter or a similar one for Dorothy.
- A pattern to make a poodle and coat hangar from rug yarn for Betty.
- A mini cassette tape-recorder from the 1960's-1970's for Audrey.
- The book Shell Seeker in hard cover (good condition) for Mrs. Plante of Redford Township.
- A Sony reel to reel self-contained tape recorder (tweed suitcase, portable with built in speakers) for a Nathan a professional musician who resides in Redford.
- An old Washtenaw Dairy glass milk bottle for Shirley of Garden City.
- Givenchy Balancing Mist cosmetic for Sharon.
- A person to translate Russian script for Michelle of Westland.
- A 40-inch wide electric stove in almond, brown or stainless steel, any brand in good condition for Leanne who resides in Bloomfield.
- The game Dog Fight for John.
- A replica of the Oscar award statue for Linda of Lake Orion.
- A store that sells screens for a storm door with no frame for Debbie.
- A company that can repair wooden kitchen chair legs for Flo of Redford.
- A store that sells a cabinet with grow lights for Doris, who resides in Plymouth.

- The crochet pattern "Indian Trail" for Norine.
- A store that sells men's Cross Trainer gym shoes made in USA for Ed.
- The Norman Rockwell print The Runaway for Nancy of Commerce.
- A 1943, 1944, 1945 Dearborn Fordson High School yearbook for Frances.
- A store that sells Alberto VO5 conditioner to use with a blow dryer hair (white package) for Carmel.
- A store that sells covers for the Ironrite mangle for Jean.
- The 1989 book The People from North American, The Croatian Americans for Mark.
- A 1980 Bentley High School yearbook for Kathleen of Livonia.
- A store that sells Misses/Women's Allison Smith women's clothing for Mrs. Sutliss of Rochester Hills.
- A Company that will make a quilt/cover for a pool table with embroidered logo's from old bowling shirts for Jean, who resides in Farmington.
- A new/used Murphy bed for Linda of Canton.
- A store where cold air return registers, 32x34 long, 2 inches wide at floor, 7x8 inches high can be purchased for Ralph of West Bloomfield.
- A store that sells a 14x9x3 Mirro/Wearever all aluminum roaster with lid for Ralph.
- A store where sheer curtains sizes 40x48, 49x62, 48x72 can be purchased for Virginia of Beverly Hills.
- A store where Chipwich ice cream sandwiches can be purchased for Connie, who resides in Rochester.
- A store where Almay eye cream can be purchased for Gladys.
- A store that sells Health Tech socks for men (black with white feet) for Dorothy.
- A videotape of the March 15, 2000, Oprah Winfrey show. Would you know what to do, for Ann.

—Compiled by Sandi Jurackas

Great Discounts when you present your HomeTown Savings Card to these area businesses!

LOOK FOR OUR DECAL IN THE WINDOW!




<p><b>Automotive</b></p> <p>11 Mile/Henley Marathon Oil Change only \$15.95 (with full-up) Westland</p> <p>American Power Wash (734) 722-7276 1251 S. Wayne Rd. 20% Discount over \$120.00 Clawson</p> <p>Augers Auto Body Collision Free Exterior Wax/Polish With Any Repair Wayne</p> <p>Battery Solutions Inc. 38680 Michigan Ave. 10% Off New &amp; Blom Automotive Batteries Berkeley</p> <p>Don's Done-Rite Auto Wash \$1 Off Our #3 Best Wash and Dry Redford</p> <p>Eclipse Window Tint, 9206 Telegraph 10% Off Purchase Over \$200 Livonia</p> <p>Goodyear Automotive Center 19424 Middlebelt N. 3 1/2 Mile Rd. \$12.95 Oil Change. Free Maintenance Inspection Westland</p> <p>Hank's Auto Restorations (313) 291-3075 Rusted Auto? We restore your old car! Royal Oak</p> <p>Jim Freear Pontiac Buick 10% Off Parts and Service Westland</p> <p>North Brothers Ford 33300 Ford Road 10% Off Parts and/or Service. Purchases of \$100 or more Birmingham/Royal Oak</p> <p>Tom Halbeson Goodyear 10% Off All Services Westland</p> <p>Westland Car Care 10% Off Any Service of \$100.00 or More Westland</p> <p>Westgate Auto Parts 156 S. Newburgh 10% Discount Westland</p>	<p><b>Entertainment</b></p> <p>Detroit Zoological Society 10% Off All Membership Packages Royal Oak</p> <p><b>Financial Services</b></p> <p>James B. Williams, CFP 50% Financial Plan + Inv. Fees Livonia</p> <p>Kozak Consulting Co., Inc. 10% Discount Off 1999 Income Tax Prep Westland</p> <p>Tax Time Free Electronic Filing with Paid Return Westland</p> <p><b>Florists &amp; Gifts</b></p> <p>Mary Jane Flowers \$5.00 Off Any Purchase Over \$10.00 Southfield</p> <p>Steve Codens Flowers Free Delivery in Metro Detroit Area Royal Oak</p> <p>The Green Bee 10% Off Purchase over \$10 Clawson</p> <p><b>Home Improvement</b></p> <p>ABC Plumbing \$20 Off Service or \$25 Off SNR Plymouth</p> <p>American Blind and Wallpaper Factory 10% Off Order \$100 Min. Mention Code HE10 Livonia</p> <p>Bergstroms Inc Plumbing &amp; Heating \$15 Off Service Calls 734-522-1350 Garden City</p> <p>Burton &amp; Sons \$15 Off Service Call 734-427-3070 Wayne</p> <p>Burton Plumbing &amp; Heating 10% Off All Materials Service Store Westland</p> <p>Carousal Building and Painting 10% on All Labor. 15% Seniors Livonia</p> <p>Coachs Carpet Care 10% Reg. Scheduled Services. Carpet UPH Livonia</p> <p>Colby's Decorating Center 968 Newburgh 10% Off ALL In-Stock Merchandise Plymouth</p> <p>Horton Plumbing Free Laundry Tub &amp; Faucet with Repipe Redford</p> <p>I Do Windows 313-927-4990 First Clean Free with Pre-Paid Service Garden City</p> <p>Krot Window \$300 Off 3 or More Windows Livonia</p> <p>Livonia Home Improvement 27790 Joy Road In business since 1951. Windows, siding &amp; roofs. Best Prices Livonia</p> <p>New Beginnings LLC 734-513-0755 10% Off Painting. 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# Family amusements

## Ohio parks offer thrilling ways to spend a day

BY MARY QUINLEY  
SPECIAL WRITER

When the kids start to moan and groan about how "bored" they are with summertime, consider some family-friendly options south of the border — the Ohio border.

Here's a peek at our neighbor's four theme parks:

### Paramount's Kings Island

Journey into the Buckeye State's southwestern corner. Here you'll discover Paramount's Kings Island — a combo of 12 coasters, a 30-acre water park, hundreds of rides, attractions and live shows.

"I remember Kings Island as a very clean place," said Maggie Cytacki, who has visited the park with her husband and two sons. "It's a great family getaway. We made it a weekend trip."

The Livonia family especially enjoyed the water park. "It was a refreshing break in the middle of a very hot day," said Cytacki.

Of course, coasters are an integral part of the adventure. This season, Kings Island introduces Son of Beast, the only looping wooden roller coaster.

The ride is an offspring of The Beast, the longest wooden roller coaster in the world.

If golf is more your bag, bring your clubs. The Golf Center is one of the park's alternatives to scream machines and water rides.

### Sea World

"If you sit in the first eight to 10 rows, you'll get wet," blared the voice coming from the loud speaker. "In fact — you will be soaked!"

Wiggles and squeals of delight erupted from the front rows in the outdoor theater. No one moved. It was show time at Sea-

### If you go:

■ **Paramount's Kings Island** is north of Cincinnati, off Interstate 71 at exit 25. Call (800) 288-0808 or visit [www.pki.com](http://www.pki.com). Open weekends; daily beginning Friday, May 26.

**Admission:** For persons over 48-inches tall \$38.99; ages 3-6 and seniors over 60, \$19.50; children under 3 free.

**Estimated drive time from metro Detroit:** Approximately four hours.

■ **SeaWorld** is in Aurora, between Cleveland and Akron. For information, call (800) 63-SHAMU or click and go to [www.seaworld.com](http://www.seaworld.com). Opening Saturday, May 20, for weekends; Saturday, May 27, daily.

**Admission:** \$35.88 ages 12 and older; \$27.68 ages 3-11; younger than age 3, free.

**Estimated drive time:** Approximately 3½ hours

■ **Cedar Point** is situated in Sandusky on a Lake Erie peninsula. It's midway between Cleveland and Toledo. Call (419) 626-0830 or visit online at [www.cedarpoint.com](http://www.cedarpoint.com). Open daily through Labor Day.

**Admission:** One-day and two-day passes available. One-day pass, \$38 ages 4-59, ages 3 and younger free; \$10 for those age 4 and older, who are less than 48-inches tall; \$22, age 60 and older.

**Estimated drive time:** Approximately two hours

■ **Six Flags** is in Aurora between Cleveland and Akron. It's adjacent to Sea World. Call (330) 562-8303 or check the Web site [www.sixflags.com](http://www.sixflags.com). Open weekends, daily beginning Friday, May 26.

**Admission:** Persons over 48-inches tall, \$30.99; persons under 48-inches tall, \$15.50; kids age 2 and younger, free.

**Estimated drive time:** Approximately 3½ hours

Be sure to check for discount tickets before you leave for the parks. AAA, credit unions, grocery stores and other places of business offer discounted rates.

World's Shamu Stadium — featuring killer whales Shamu and Namu!

The gates opened slowly as Shamu emerged to perform center stage. He whizzed through the pool creating whale-size ripples.

Cameras flashed. The crowd, hysterical with joy, clapped and waved. And, as the performance drew to a close, everyone in the Splash Zone was drenched — and loved it.

By far, the killer whales are a favorite with SeaWorld visitors. Be forewarned: Crowds wander into the stadium 30 minutes or more before scheduled performances.

After the whale show, options

are plentiful.

Slip into the Penguin Encounter to gaze at the more-than-100 polar penguins.

Or, visit the Shark Encounter. The moving walkway inside this exhibit provides fabulous underwater views (be sure to look up) of the sleek, gray-skinned sharks, as they circle their tank.

New this year at SeaWorld is a virtual adventure in a yellow submarine to the bottom of the ocean to explore the Bermuda Triangle. It's called — *Mission: Bermuda Triangle*.

Guests can take advantage of special evening shows and savings during SeaWorld's *New Orleans Nights* evening entertainment package June 10



Making a splash: The killer whale performance at SeaWorld is a favorite with visitors.

through Aug. 27. A parade begins each evening's festivities, transporting guests to SeaWorld's version of Bourbon Street.

### Cedar Point

Once again, Cedar Point has made coaster headlines. And Margaret Day of Livonia plans to see what all the fuss is about.

"I love roller coasters!" said the sophomore at the University of Detroit Mercy. "Several weeks ago, I drove past Cedar Point and saw it!"

"It" is Millennium Force — a "giga-coaster" with a top speed of 92 mph and a nearly vertical 300-foot drop at an 80-degree angle. Fasten your seat belt and hold on tight.

Millennium Force, the park's 14th coaster, is touted as the tallest and fastest roller coaster in the world.

The Raptor, one of Day's favorite coaster rides, turns its victims upside down as their feet dangle. "Riders get a rush when they go on it," she said.

Modern-day scream machines

are a far cry from Cedar Point's first coaster. In 1892, the Switchback Railway towered 25 feet high and traveled about 10 mph.

Not too keen on wind-in-your-face, tummy-churning rides?

No problem. Watch a stage show or marine-life presentation, cool off at the water park or the beach, play miniature golf or ride a go-cart.

### Six Flags

After an absence of almost 20 years, I returned to a place once called Geauga Lake. I was impressed. The park glowed, obviously the result of an extensive overhaul by new ownership — Six Flags.

For starters, an entrance with a majestic clock tower and a spouting water fountain greeted us.

The thrill-seekers in the group immediately headed for the coaster with the twisted-steel track that rolls over, dives, and spins — and then reverses itself. It's called the Mind Eraser. Reliable sources informed me that it

promises an adrenaline rush.

Four new coasters will be ready for riding on May 19 including Batman Knight Flight, the billed as the world's longest "floorless" coaster.

If a twisty, curvy, river-raft ride piques your interest, check out the Grizzly Run. This white-water adventure in the water park will be up and running on May 27.

Six Flags, a mix of more than 100 rides and attractions, manages nicely to blend some classic entertainment with high-tech thrills.

Mary Quinley is a Livonia resident and author of "52 Ohio Weekends." She writes about travel and dining for the Observer & Eccentric Newspapers.

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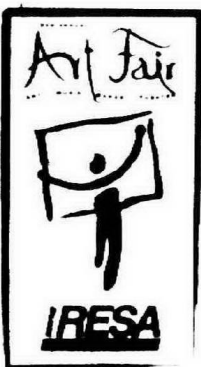
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2 UNIQUE



KELLI LEWTON

## Michigan morel mania mushrooms

April showers bring May flowers, and for many chefs, morel mushrooms.

These prized mushrooms, once served exclusively in sophisticated clubs and French style restaurants, have become more readily available. Picking wild Michigan morel mushrooms has become a popular spring pastime.

Flashy fungi have come to be a mainstay in Michigan dining. In addition to beef, restaurants are serving veggie burgers made with giant "Beef Steak" portabello mushrooms and grilled onions. Portobellos are often referred to as a vegetarian steak.

Mushrooms are finding their way into everything. In fact, just a couple of weeks ago I had some exotic mushrooms scrambled with eggs and goat cheese for breakfast - yum!

### Mushroom folklore

Ancient Egyptians believed mushrooms were a magical source of immortality. Egyptian pharaohs, intrigued by the delicious flavor of mushrooms, decreed them food for royalty.

The Romans thought mushrooms were delivered by the gods through bolts of lightning cast to the earth during a storm. Many people believed mushrooms had properties that could produce super-human strength, help in finding lost objects and lead the soul to the realm of the gods.

### Good health

In addition to being a prized part of most any meat dish, mushrooms have been valued for centuries as an alternative to meat. Many vegetarian and vegan-based diets are loaded with wild mushrooms.

Mushrooms are low in calories, high in vegetable proteins, iron, zinc, fiber, vitamins, and minerals. They are also high in vitamin B, phosphorus and potassium. A handful of domestic button mushrooms will supply all the vitamin B-12 you need for a day.

There are estimates of over 20,000 species of mushrooms. Approximately 2,000 are nutritious and edible. Of the edible mushrooms, 300 are known to have medicinal properties.

Mushrooms have been a vital part of mythology and medical practice for 40 centuries. Studies suggest that mushrooms help strengthen our bodies and boost immunities.

For flavor, health and dinner diversity, seek out wild mushrooms for your next cooking adventure.

Chef Kelli L. Lewton is owner of 2 Unique Caterers and Event Planners in Bloomfield Hills. A graduate of Schoolcraft College's Culinary Arts program, Kelli is a part-time instructor at the college. Look for her column in Taste on the second Sunday of the month. See recipes inside.

## LOOKING AHEAD

What to watch for in Taste next week:

- Beef on the grill
- Focus on Wine

# Are we old yet?

Eat and be well - make the most of what you have

BY PEGGY MARTINELLI-EVERTS  
SPECIAL WRITER

There is an old Italian saying, "mangia bene, vivi bene," and it means, "eat well, be well." Aging successfully can better be accomplished by following this adage.

The general makeup of the U.S. population is shifting and greater numbers of Americans are entering their senior years. The "graying of America" has been called the "failure of success," meaning that more and more of us are reaching old age, but don't necessarily have a desirable quality of life.

### Healthy body

Optimistic seniors work for a sound mind and healthy body. Many are involved in activities that stimulate their minds and bodies. They understand their physical limitations and work at advancing their abilities to improve their quality of life. This is what I call "successful aging."

Our body systems change as we age and, unfortunately, there isn't much we can do about it. Just as we can't prevent the onset of puberty or the natural course of aging. But that doesn't mean we can't make the most of what we have. Learning to alter eating habits and modify menus can help us maintain optimum health and well-being as we age.

There is a normal and progressive decline in the sense of taste and smell with advancing age. This can lead to decreased salivation and decreased enzymes and hormones, which can affect digestion. Be sure food is flavorful and well seasoned. Watch out for salty seasonings if you have high blood pressure. Experiment and seek out new flavors.

### Sense of thirst

The sense of thirst is also blunted as we age. Drinking only when we are thirsty may not meet body fluid needs. Keep a large container of water handy throughout the day and drink even if you don't feel thirsty. This is good advice for everyone, regardless of age.

The percentage of body muscle tissue, bone mineral and lung capacity decreases with age. Body fat increases and is stored in internal organs such as the liver, heart and kidneys. This can

cause seniors to feel weak, breathless and tired. Remember, food is fuel!

Be sure to eat foods rich in high quality protein such as meat, poultry, seafood, eggs, cheese, and legumes. Include dairy foods or calcium-fortified foods to keep bones dense.

Make sure you are comfortable when eating and take your time. Digestion slows way down as we age and many seniors are prone to constipation and other digestive problems. Include foods high in fiber and drink lots of fluids to keep your body running smoothly.

### Prescriptions

Older Americans consume a disproportionate share of prescription and over-the-counter drugs. Many drugs can impact nutrients, and many foods can affect the bioavailability of drugs. Even herbal medicines and "natural" supplements can have pharmacological effects in the body. Be sure to read all the product literature from the pharmacy, or ask the pharmacist for a recommendation on a book about potential drug and food interactions.

Beware of "miracle" drugs and unnecessary supplements. Remember that the companies which make these

products and the people who work in health food stores are there to sell the products and make money. They should not be confused with health care providers who diagnose disease and recommend treatment options.

### Depression

Depression is not a normal part of aging but affects 30-40 percent of older Americans. With aging comes a series of losses - loss of loved ones, loss of income, abilities and status, and a sense of purpose. This can lead to symptoms of depression, which can be difficult to identify or distinguish, because they can look like other symptoms associated with aging.

Don't be afraid to ask for help if you need it. A change in appetite or a loss of appetite may be an early sign that something is wrong. Pay attention to your body signals. Eat to stay healthy.

### Cooking for one

Seniors who live alone may be at risk for malnutrition because of a low quality diet. Cooking for one can seem like more bother than it's worth. Treat yourself as you would a special guest and get out your best dishes and silverware. Be sure to have small-sized pans, multipurpose cooking utensils and containers to store leftovers. Buy foods in season. Buy only what you can carry, store and use without waste.

Store foods to preserve quality and flavor and use older foods first. Try new foods. Eating properly makes us more alert, improves our outlook, and makes us less likely to get sick.

Three meals a day may not suit your needs or lifestyle. If possible, eat your largest meal at midday. Or, you may prefer smaller meals spaced out during the day. Use the Food Guide Pyramid as a goal for how much from each food group to eat. Focus on the foods that are the most nutrient dense and eat chips, cake, cookies, pie and candy only if you're still hungry.

### Eating out

If you eat in restaurants, choose steamed, grilled, roasted, stir-fried or baked foods. Limit the amount of foods

## Food Guide Pyramid for the over 50 crowd

The Food Guide Pyramid for older adults is designed to help healthy older adults stay healthy longer and improve their quality of life.

If you or someone you care for has an illness that requires a specialized diet, then it is important to follow the recommended guidelines from your health care provider.

■ Eat sparingly - fats, oils and sweets. Examples: jelly, candy, gelatin, mayonnaise, salad dressing, margarine/butter, gravies, cream sauces, cake, pie, cookies and pastries.

■ Eat 2-3 servings daily - milk, cheese and yogurt. Examples: 1 cup milk, 1 cup yogurt, 1 cup pudding, 1 cup milk shake, 1 1/2 cups ice cream, 1 1/2 ounces Swiss cheese, 2 cups cottage cheese.

■ Eat 2-3 servings daily - meat, poultry, fish, eggs, dry beans, nuts. Examples: 1/2 cup tuna, 2 ounces meat loaf, chicken leg/thigh, 2 fish sticks, 2 eggs, 1 cup baked beans, 4 tablespoons peanut butter.

■ Eat 3-5 servings daily - vegetables. Examples: 1/2 cup corn, 1/2 cup carrots, 2 spears broccoli, 1 cup salad greens, 1/2 cup vegetable juice, 1/2 cup mashed potatoes.

■ Eat 2-4 servings daily - fruit. Examples: 1 orange, 1 banana, 3/4 cup fruit juice, 1/2 cup apple sauce, 5 prunes, 1/2 cup fruit cocktail, 1/2 cup strawberries, 1 cup watermelon.

■ Eat 6-11 servings daily - bread, cereal, rice and pasta. Examples: 1/2 bagel, 1/2 cup cooked rice, 1/2 cup cooked hot cereal, 1 dinner roll, 1 small muffin, 1/2 English muffin, 1/2 cup cooked noodles, 1 slice bread, 2-3 graham crackers, 1 ounce ready-to-eat cereal.

What about water? Adults need six to eight 8-ounce cups of water or liquid a day. Sources of liquid, in addition to water, are fruit and vegetable juices and milk. Caffeine-free coffees and teas and herbal teas are also good sources.

that are fried, or served in a heavy sauce.

Choose fruits, vegetables and salads. Ask for dressings on the side. Watch out for foods high in sodium such as barbecued, pickled, smoked and marinated items. Choose skim or low-fat milk rather than soda or coffee. Eat what you can and take the rest home to enjoy at another meal.

Am I old yet? Perhaps eating well will help to keep us healthy and younger than our chronological age. It would be great if the only reminders of getting older would be a first grandchild or a senior citizen discount!

Remember, "eat well, be well!"

Written in loving memory of my father, Mario Martinelli.

Peggy Martinelli Everts of Clarkston is a registered dietitian and director of clinical operations for HDS Services, a Farmington Hills based food service and hospitality management and consulting company, specializing in food service management for hospitals, long term care facilities, businesses, private clubs and private schools. HDS Services has approximately 230 management accounts throughout the United States and Japan. See recipe inside.

## Fiber intake

Here's a quick method to check your fiber intake:

■ Servings of fruit (not juice) x

1.5 grams = \_\_\_\_\_

■ Servings of vegetables x 1.5

grams = \_\_\_\_\_

■ Servings of refined grains x 1.0

grams = \_\_\_\_\_

■ Servings of whole grains x 2.5

grams = \_\_\_\_\_

■ Servings of legumes x 4.0

grams = \_\_\_\_\_

Total = \_\_\_\_\_

Shoot for a goal of 20-30 grams of fiber each day. Also, be sure to drink plenty of water.

### MAIN DISH MIRACLE



MURIEL WAGNER

If you're looking for a versatile quick fix dinner dish, include this sauce in your recipe repertoire. It can be used with cooked chicken, cooked shrimp, or even rinsed, drained and chunked tuna. Leftover strips of pork or turkey work well, too.

The sauce has a distinct Chinese restaurant flavor due to the soy sauce. My favorite sodium reduced soy sauce doesn't come ready prepared in a bottle. I make one by mixing equal parts of inexpensive dry sherry and Tamari. This is Japanese soy sauce that is thicker and richer than Chinese soy.

Though I've used green peppers, pea pods, bok choy or other oriental vegetables can add interesting variety. I like to serve it with Chinese Lo-Mein noodles, not the fried ones in a can. They cook quickly and

add 5 grams of fiber to your daily intake instead of the one gram from American style noodles.

Look for Main Dish Miracle on the second Sunday of the month in Taste. Muriel G. Wagner is a registered dietitian and nutrition therapist with an office in Southfield. She publishes "Eating Younger," a quarterly newsletter with recipes and nutrition tips. To subscribe, send a check for \$13.50 to "Eating Younger," P.O. Box 69021, Pleasant Ridge, MI 48069.

### SWEET AND SOUR CHICKEN

- 12 ounces cooked, skinned chicken breasts, cut in strips
- 3 green bell peppers, cut in squares
- 1 medium onion, chopped
- 1 (16 ounce) can, pineapple chunks (drained, but save juice)

### Sauce:

- 1/4 cup water
- 1 tablespoon cornstarch
- 1/2 cup orange juice
- 1/2 cup reserved pineapple juice (from pineapple chunks)
- 2 tablespoons tomato paste
- 2 tablespoons cider vinegar
- 1/4 cup brown sugar or honey
- 2 teaspoons sodium reduced soy sauce

For sauce, mix water and cornstarch. Combine remaining sauce ingredients. Blend well and heat until thickened.

To prepare dish, spray skillet with nonstick spray. Sauté pepper and onion until tender crisp. Add chicken, pineapple chunks and the sauce.

**Nutritional information per serving:** Calories, 258; total fat, 2.5 grams; saturated fat, 0.2 g; chol., 73 milligrams; and sodium, 134 mg.

## Sweet and sour works with chicken, shrimp or pork

## Volunteer for annual TasteFest

Hundreds of volunteers are needed for the 12th annual Comerica Michigan TasteFest, which takes place in Detroit's New Center on the Fourth of July weekend — Friday, June 30, through Tuesday, July 4.

Volunteers can work information booths, beverage booths, monitoring stage entertainment and help in the children's activity areas. In appreciation for their efforts, volunteers will receive a special souvenir T-shirt.

One of the state's premier outdoor culinary and entertainment events, the TasteFest fills the streets adjacent to the historic Fisher Building on West Grand Boulevard between Woodward Avenue and the Lodge Freeway. Each year more than 250,000 people enjoy TasteFest.

Entertainers include Isaac Hayes, Taj Mahal and his Phantom Blues Band, jazz artist Norman Brown, classic rockers 38 Special, Latin DJ Cisco and others including alternative, jazz and funk artists filling 75 free shows on four stages.

The Nationwide Insurance KidKorner will provide hands-on activities including a petting farm, Flumpe the Treefrog, and puppet-making workshops. Families can enjoy singing, dancing and watching the magic acts and puppet shows at the State Farm Insurance KidShows adjacent to Edy's Ice Cream Social. Both KidKorner and KidShows are open Saturday, July 1, to Tuesday, July 4.

Forty of Michigan's great eateries will sell "tastes" of their specialties.

Michigan TasteFest is produced by the New Center Council, which uses the proceeds to support summer youth programs and the maintenance of the New Center's outdoor public spaces.

To receive information about volunteering at TasteFest, call (313) 872-0188 or visit the Comerica Michigan TasteFest website at [www.tastefest.org](http://www.tastefest.org) and e-mail the volunteer coordinator.



**Risotto primavera:** Besides the right rice, a good risotto requires only a bit of oil or butter, wine, hot stock and some patience. This dish features asparagus and a carrot to celebrate spring vegetables, Italian style.

## Plan pork for next meal

BY THE ASSOCIATED PRESS

Boneless pork can be a meal-planner's blessing. It is nutritious, low in fat, quick to prepare, adaptable to many cooking styles and complementary to many seasonings.

A whole loin can be oven- or pan-roasted with potatoes, carrots and onions. It can be sliced and sauteed with fruit or vegetables and herbs, as this dish from the May issue of Health magazine.

### PORK MEDALLIONS WITH SAUTEED APPLES

- 1 pound trimmed pork tenderloin
- 3/4 teaspoon salt
- 3/4 teaspoon paprika
- 3/4 teaspoon dried thyme leaves
- 1/4 teaspoon freshly ground black pepper
- Garlic-flavored cooking spray
- 1/4 cup sliced shallots
- 2 medium red apples, unpeeled, cored and cut into 1/4-inch wedges
- 2/3 cup fat-free, low-sodium chicken broth
- 2 teaspoons cornstarch

1/4 cup apple cider or juice

Preheat broiler or ridged grill pan. Cut pork crosswise into 1-inch-thick slices. With the heel of your hand, press meat into 1/2-inch-thick medallions. Combine salt, paprika, thyme and pepper, sprinkle over both sides of medallions. Coat pork with cooking spray. Broil 4 inches from heat source 4 minutes per side or until cooked through. Or cook in a grill pan over medium heat about 4 minutes per side.

Meanwhile, coat a large non-stick skillet with cooking spray. Add shallots; saute over medium heat 3 minutes. Add apples; saute 2 minutes. Combine broth and cornstarch; mix well. Add to pan with cider. Simmer uncovered, stirring occasionally, 5 minutes or until apples are tender and sauce thickens. Place pork on warmed plates; top with apple mixture. Makes 4 servings.

*Nutritional information per serving: 279 cal., 8 g fat, 35 g pro., 16 g carbo., 107 chol., 2 mg iron, 582 mg sodium.*

### All about herbs

Peter Stark of Renaissance Acres and the M-Fit Culinary Team will demonstrate recipes on how to incorporate herbs and spices into favorite foods 6-8 p.m. Wednesday, May 31, and Wednesday, June 7, at the East Ann Arbor Health Center, 4260 Plymouth Road in Ann Arbor. Call Nicole Goyarts at (734) 975-4387, Ext. 236, to pre-register. Class fee is \$20 for individuals, \$35 for couples.

# Celebrate Italian style with risotto primavera

"Primavera" means spring in Italian, and Pasta Primavera, a traditional Italian dish, celebrates spring's arrival.

As with pasta, risotto should be just slightly resistant to the teeth — "al dente," as Italians would say.

Making a perfect risotto is easy. These days, most supermarkets sell Arborio rice, the fat, short-grained Italian rice that is ideal. This rice is also grown in the United States, but the American version doesn't produce a risotto as creamy and smooth. Besides the right rice, a good risotto requires only a bit of oil or butter, wine, hot stock and some patience.

The process for making it is simple. Heat the oil, stir in the rice to open its pores, add the acidic wine (or lemon juice) and, when it boils off, start adding the stock, no more than half a cup at a time. Add more liquid only when the previous amount is almost absorbed, stirring frequently. This slow absorption and stirring is what makes the risotto creamy. Add the vegetables, seafood or whatever additional ingredients you wish toward the end of the cooking process.

Finally, when the grains of rice no longer have a white "pearl" in the center and are "al dente," mix in grated, good quality, imported Parmesan cheese and serve the risotto immediately.

### RISOTTO PRIMAVERA

- 3 cups defatted chicken stock or broth
- 1 small green zucchini squash
- 6 thin asparagus stalks, cut in 1/2-inch pieces, tips reserved
- 1 medium carrot, halved lengthwise and thinly sliced
- 1 tablespoon extra virgin olive oil
- 1/4 cup finely chopped Spanish onion
- 1 cup Arborio rice
- Juice of 1/2 lemon

## Layer roasted vegetables, feta cheese over crust of wheat germ and couscous

BY THE ASSOCIATED PRESS

For a meatless entree with robust flavor, layer roasted vegetables and feta cheese atop a crust of wheat germ and couscous.

### FETA AND ROASTED VEGETABLE GRATIN

- 1 medium zucchini, unpeeled and sliced
- 1 cup sliced mushrooms
- 1/2 cup coarsely chopped onion
- 1/2 cup chopped red bell pepper
- 2 tablespoons balsamic vinegar
- 1 3/4 cups water
- 1/3 cup dried tomatoes (not packed in oil), snipped into small pieces
- 1/2 teaspoon salt
- 3/4 cup uncooked couscous
- 1/2 cup toasted wheat germ, divided
- 4 ounces crumbled feta cheese, divided
- 3 egg whites, lightly beaten
- 1 teaspoon dried basil or Italian seasoning blend

Preheat oven to 425° F. Spray rimmed baking sheet and 9-inch pie plate with cooking spray.

In large bowl, combine zucchini, mushrooms, onion

- 1 small garlic clove, minced
- 1/2 cup fresh or frozen baby green peas
- 1/4 cup chopped flatleaf parsley
- 1 tablespoon low fat yogurt
- 2 tablespoons grated Parmigiano Reggiano cheese

Salt and freshly ground pepper

Heat the chicken stock to boiling. Set it aside.

Halve the squash lengthwise. Scoop out the seeds with the tip of a teaspoon. Cut the squash into 1/2-inch pieces. Place in a bowl. Add the sliced asparagus and carrot.

Heat the oil in a deep saucepan over medium high heat. Add the onion and saute until it is translucent, about 2 minutes. Mix in the rice until it is coated with oil and opaque, about 1 minute. Add the lemon juice, stirring until the rice is almost dry, less than 1 minute. Mix in the garlic, and half the chopped vegetables, setting the rest aside. Cook one minute.

Begin adding the hot broth, a half-cup at a time. Stir well after each addition. Cook until the rice is almost dry before adding more broth.

When most of the broth has been used and the rice is almost done but still has a hard core, which takes about 15-18 minutes, add the rest of the reserved vegetables and parsley. Make the final addition of broth and cook until the rice is al dente, 3-4 minutes. Remove the pot from the heat.

Stir in the yogurt and grated cheese. Season to taste with salt and pepper. Serve immediately.

**Nutritional information:** Makes 4 servings, each containing 323 calories and 5 grams of fat.

*Recipe courtesy of Dana Jacobi for the American Institute for Cancer Research. AICR offers the AICR Nutrition Hotline (1-800-843-8114). Open 9 a.m. to 5 p.m., Monday-Friday, this free service allows you to ask a registered dietitian questions regarding diet, nutrition and cancer. AICR's Internet Web address is <http://www.aicr.org>*

and pepper, sprinkle with vinegar and mix well. Arrange in single layer on baking sheet and bake 12 to 15 minutes, or until vegetables are soft and lightly browned around the edges. Remove from oven and cool for 5 minutes.

Reduce oven temperature to 350° F.

While vegetables are cooking, bring water to boil in a medium saucepan. Add dried tomatoes and salt and simmer for 5 minutes, stirring occasionally. Stir in couscous. Remove from heat, cover and let stand 5 minutes. Stir in 1/4 cup wheat germ and mix well. Spoon the mixture into pie plate and pat it onto the bottom and sides of the dish. Sprinkle with 1/2 cup cheese, top with roasted vegetables and egg whites. In small bowl, combine remaining wheat germ, cheese and basil. Sprinkle evenly over vegetables.

Bake 20 to 25 minutes or until golden brown. Cut into wedges to serve.

Makes 6 main dish servings.

*Nutrition information per serving: 190 cal (50 cal from fat), 5 g total fat (3 g sat), 15 mg chol, 540 mg sodium, 12 g pro, 29 g carbo, 4 g fiber.*

Recipe from: Kretschmer Wheat Germ.

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May is USA Tennis Month... look for special savings on select tennis merchandise

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## Grilling tips offered in class

The secrets of successful grilling of poultry, seafood and vegetables will be demonstrated at Schoolcraft College in a two-day class offered through Continuing Education Services.

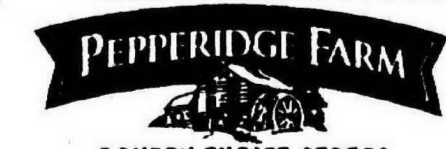
Learn to infuse your own oils and vinegars to prepare unique and flavorful marinades and salad dressing. A variety of salad dishes will be demonstrated using mixed garden greens, fruits and pastas.

The class is scheduled from 5 to 10 p.m. for Wednesday and Thursday, May 24 and 25. Call (734) 462-4448 for information.

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**WHAT'S COOKING**

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

**■ Exploring Spring Vegetables** — Learn about lesser known spring vegetables and new ideas for old favorites at Schoolcraft College in a two-day course offered Tuesday, May 16, and Thursday, May 18. You will learn how to identify, purchase and properly care for fresh vegetables along with recipes and techniques from instructors Traci Bahiman and Laura Wood Romito. The course is offered through

Schoolcraft College's Continuing Education Service program. For information, call (734) 462-4448.  
**■ Hands-On Cooking** — This two-day course offered through Schoolcraft College's Continuing Education Services will instruct in the art of roasting, braising, sautéing and grilling meat, fish and poultry. The course is scheduled for 5:30-9:30 p.m. Wednesday, May 17, and Thursday, May 18. Call (734) 462-4448 for information.  
**■ Wine-Tasting benefit** — Wine aficionados can taste wine and help benefit scholarships and other

groups at A Toast to Canton Wine Tasting 7-9 p.m. on Friday, May 19, at the Summit on the Park. The event will help the Leadership Canton Alumni Scholarship Fund, the Canton Goodfellows, the Canton Place Helping Hands Fund, Character Counts and the Community Literacy Council. Tickets are \$30 in advance and \$35 at the door. They can be bought at the Canton Chamber of Commerce, 5820 Canton Center, or at Holiday Market. For information, call the chamber at 453-4040 or call (734) 844-2200.

**Recipes have strong morel values (along with other mushrooms, too)**

Here are recipes from Kelli Lewton for portable pizzas, mushrooms napoleon and morel stroganoff. See related column on Taste front.

**PORTABELLO PIZZAS**

- 3 Portabello mushroom caps
- 1 egg white
- 3/4 cup chevre cheese
- 1/4 cup diced roasted pepper
- 2 tablespoons fresh chopped basil
- Salt and pepper (to taste)
- Bread crumb mixture:**
- 1 cup fresh bread crumbs or 3/4 cup dry
- 1/4 cup Parmesan cheese
- 2 tablespoons melted butter
- 1 tablespoon chopped herbs

Mix all ingredients. Clean and stem 3 large portabello mushrooms (with a spoon, scrape and remove gills from underside of cap).

Mix chevre, egg white, basil and diced pepper. Spread mixture evenly into caps.

Top with bread crumb mixture and bake at 350° F for 18-20 minutes until golden brown. Cut into wedges of six. Serves 18 pieces.

**MUSHROOM NAPOLEON**

- 1 cup Shiitake mushrooms (caps)
  - 1 cup portabello mushrooms (caps)
  - 1 cup button mushrooms (whole)
  - 1/4 cup sherry
  - 2 tablespoons whole butter
  - 1/2 cup grated Parmesan cheese
  - 1/4 cup crumbled chevre
  - 2 eggs
  - 1/2 cup heavy cream
  - Salt and pepper
  - 4 sheets puff pastry
- Clean and slice mushrooms into thin strips. Melt butter in saute pan. Sauté mushrooms 2-3 minutes. Deglaze with cream and sherry and cook

down until mushrooms are dry. Season with salt and pepper and set aside to cool.

Combine remaining ingredients. Fold mushrooms into chevre egg mixture.

Prepare 1/2 sheet tray with a generous coating of non-stick spray. Take 2 sheets of puff pastry and roll together to make 1 sheet to fit into a 1/2 sheet tray. Dock randomly with a fork.

Pour mushroom mixture and spread evenly over prepared pastry.

Repeat rolling step for the next two sheets puff pastry, and dock. Place second pastry sheet on top of mushroom mixture, egg wash and bake at 350° F for 20-25 minutes.

Cut into desired size square or diamond shapes. Make 24-36 pieces.

**NORTHERN MICHIGAN MOREL STROGANOFF**

- 1 pound filet or rump steak, cut into thin strips
- 2 tablespoons olive oil
- Salt and pepper
- 3 tablespoons brandy
- 2 shallots, finely chopped
- 2 cups fresh Michigan morels, cleaned and halved
- 3/4 cup beef stock
- 1/4 cup sour cream
- 1 teaspoon Dijon mustard
- 2 tablespoons fresh parsley

Heat 1 tablespoon oil and saute meat 2-3 minutes, remove from pan.

Pour brandy in hot pan. Tilt pan toward flame (or ignite with a match) to burn off liquor. After flame goes out, pour over cooked meat already set aside.

In same pan, add remaining oil and saute mushrooms and shallots 3-4 minutes to soften. Add stock and simmer until tender.

Add sour cream, parsley and beef and season to taste. Serve over 1 pound cooked and buttered broad egg noodles. Serves 4.

*It's the time of the season for festivals*

**■ This spring, at least three major morel festivals will pop up in May.**

Whether they're breaded, sautéed in butter, served atop a steak or souped up in a creamy soup, Michigan's wild about its wild morel mushrooms and has the events and festivals feting the tasty fungus to prove it, says AAA Michigan.

"Some estimates are that Michigan's morel hunting season adds more to the state's economy than deer and duck hunters combined," said Larry Dickens, director of Vendor Relations for AAA Travel Agency. "Mushroom hunters often camp for days in the woods across Michigan, not only purchasing food and fuel but attending our festivals built around the morel."

This spring, at least three major morel festivals will pop up in May. Mesick's Mushroom Festival, now through May 14, includes hunts in the woods surrounding this northwest Lower Peninsula town, a parade May 13 and carnival May 12-14.

For more information on the Mesick Festival, call (231) 885-2679.

Boyerne City's 40th annual National Morel Mushroom Festival runs May 18-21. Fun includes guided mushroom hunts, seminars on wild edibles, morel hunting contests and a carnival with rides and games. For more information, call (231) 582-6222.

In Lewiston, located in eastern Michigan, the Mushroom Celebration May 19-20 features mushroom food tasting on Friday, and a bus ride Saturday to a guided mushroom hunt with a contest, plus food, arts and crafts sales in the city park.

For more, call (800) 654-0330.

According to professor Robert Fogel, curator of fungi for the University of Michigan herbarium and U-M professor of biology, a good crop depends on the right conditions, which include optimum soil temperatures and moisture.

When you find morels, Fogel recommends the following tips:

■ Cut or pinch off the mushroom to leave its underground system intact.

■ Use a paper bag or orange sack to gather mushrooms, never plastic bags. Plastic bags promote bacteria growth, which can cause quality to deteriorate quickly.

■ Going on your first mushroom trip? Go with an experienced hunter. Make sure mushroom caps are pitted, not smooth or wrinkled. Some false morels with smooth or wrinkled or saddle-shaped caps are poisonous.

■ Carry a compass. Tell friends where you'll be and when you should return.

Learn to identify morels by taking classes offered by mushroom clubs, local botanical gardens or continuing education programs. Learn more about morels and other mushrooms on the Internet at [www.herb.lsa.umich.edu/kidpage/factindx.htm](http://www.herb.lsa.umich.edu/kidpage/factindx.htm)

**Veggie cheese chowder cooks while you're away**

See related story on Taste front. Jeanne Skilton of West Bloomfield makes this soup in her Crock-Pot and then freezes it in small containers. Jeanne takes the chowder to her dad who lives by himself in Madison, Wis.

We adjusted Jeanne's original recipe to lower the sodium content. It can be lowered further by leaving out the bacon.

- 1 (4-ounce) can mushrooms, reserve liquid
- 2 cups frozen corn
- 1/4 cup flour
- 2/3 cup fat-free milk
- 1/2 cup Cheese Whiz Light

Combine first 9 ingredients in Crock-Pot. Cook for 3-4 hours on high. Add the mushrooms and corn. Remove about 1/2 cup of broth and let it cool.

In a separate container, whisk the flour, broth and mushroom juice together and then stir into the pot. Cook on high until slightly thickened, about 1/2 hour. Add the Cheese Whiz and milk, cook on low until ready to serve.

**Nutrition information per 1 cup serving:** calories 205, protein 13 grams, fat 3 g, sodium 892 milligrams, carbohydrates 32 grams, and percent of calories from fat, 12.

Recipe compliments of Jeanne Skilton, adapted by HDS Services.

**VEGETABLE CHEESE CHOWDER**

- 10 to 12 servings
- 1/2 pound shrimp
- 8 slices bacon, crisply cooked, diced
- 3 carrots, diced
- 5 stalks celery, diced
- 6 small potatoes, diced
- 12 onions, diced
- 1/2 cup green pepper, diced
- 3 cups water
- 2 cups low sodium chicken broth

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<p>Fresh Grade A</p> <p><b>ONE DOZEN LARGE EGGS</b> <b>2¢</b> doz.</p> <p><small>Limit 1 doz. with additional \$50 purchase</small></p>	<p>Fresh</p> <p><b>CALIFORNIA HEAD LETTUCE</b> <b>2¢</b> ea.</p> <p><small>Limit 1 with additional \$50 purchase</small></p>
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<p><b>Pork Chops</b></p> <p><b>\$2.99</b> lb.</p>	<p><b>Platter Bacon</b></p> <p><b>\$1.99</b> lb.</p>	<p><b>Cube Steaks</b></p> <p><b>\$2.39</b> lb.</p>
<p><b>Turkey Breast</b></p> <p><b>\$2.99</b> lb.</p>	<p><b>Tuna Pasta Salad</b></p> <p><b>\$2.39</b> lb.</p>	<p><b>Sandwich Spread</b></p> <p><b>99¢</b> lb.</p>
<p><b>Hard Salami</b></p> <p><b>\$2.79</b> lb.</p>	<p><b>Swiss Cheese</b></p> <p><b>\$3.29</b> lb.</p>	<p><b>Budweiser &amp; Bud Lite</b></p> <p><b>\$9.99</b> 12 Pack Case</p>
<p><b>Meunster</b></p> <p><b>\$2.69</b> lb.</p>	<p><b>Skinless Hot Dogs</b></p> <p><b>\$2.39</b> lb.</p>	<p><b>Vernor's</b></p> <p><b>\$6.99</b> 24 Pack Case</p>

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## MEDICAL BRIEFS

### Holistic medicine

Saint Joseph Mercy Health System will present "Navigating Health, Wellness and Disease: The Mind-Body Connection," a lecture on holistic medicine 7-8:30 p.m. Monday, May 22 at St. Joseph Mercy Hospital, 5301 East Huron River Drive, Ann Arbor.

The presenter is Dr. Mehmet Oz, a prominent heart surgeon from Columbia-Presbyterian Medical Center in New York and a leader in holistic medicine. Dr. Oz is the author of *Healing From the Heart* and has appeared on CBS Evening News, The Today Show, Good Morning America, Dateline and the Oprah Winfrey Show. He also has been featured in The New York Times, Readers' Digest and Good Housekeeping.

To register, please call Saint Joseph Mercy HealthLine at (800) 231-2211.

### What did you say?

Although hearing loss affects more than 25 million Americans of all ages, many hearing-impaired people do not get the proper help.

Marquette House, 36000 Campus Drive, between Wayne Road and Newburg in Westland will sponsor a "Better Hearing Day" 10 a.m. to 2 p.m. Saturday, May 20. Audiologists and assistive technology experts will be on hand, along with members of Self Help for Hard of Hearing People (SHHH), an international support group.

Presentations include information on assistive hearing products, tinnitus therapy and developing a wellness lifestyle.

For more information, call Personalized Hearing Care at (734) 467-5100 or (800) 411-7847.

### Stroke awareness

Many people never give stroke a second thought until it is too late. In the United States, someone suffers a stroke every 53 seconds.

Life Line Screening, a national provider of preventative health screenings, will offer stroke screenings at two locations: Tuesday, May 16 at the Summit on the Park, 46000 Summit Parkway in Canton and Wednesday, May 17 at the Civic park Senior Center, 15218 Farmington Road in Livonia.

The stroke screening consists of three primary tests to detect the risk of stroke and vascular disease: carotid artery screening test, abdominal aortic aneurysm test, and an ankle brachial index. Bone density screening for early detection of osteoporosis also will be available for women.

A board-certified physician reviews the results of each test to ensure accuracy before the findings are mailed to each individual. Individuals whose screenings suggest further evaluation are encouraged to seek appropriate follow-up care with their own physician.

The tests are offered for \$35 each. Anyone interested in either the vascular or osteoporosis screenings must register at least 24 hours in advance. Call 1-800-407-4557.

### We want your health news

There are several ways you can reach the Observer Health & Fitness staff. The Sunday section provides numerous venues for you to offer newsworthy information including Medical Datebook (upcoming calendar events); Medical Newsmakers (appointments/new hires in the medical field); and Medical Briefs (medical advances, short news items from hospitals, physicians, companies).

We also welcome newsworthy ideas for health and fitness related stories. To submit an item to our newspaper you can call, write, fax or e-mail us.

CALL US: (734) 953-2111

WRITE US: Observer & Eclectic Newspapers (Specify Datebook, Newsmakers or Briefs) Attn: Renee Skoglund 36281 Schoolcraft Road Livonia, MI 48150

FAX US: (734) 953-7275

E-MAIL US: rskoglund@oe.homecomm.net

# THE SILENT SHAME

## WOMEN DEFER ASKING DOCTORS ABOUT INCONTINENCE

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

It's time to talk about leaky bladders, ladies. Or, to put it more discreetly, female incontinence.

Simply put, urinary incontinence is the involuntary release of urine at a socially unacceptable time. It affects more than 11 million women in the United States. Although it most often manifests itself in the middle to later years, it affects all ages.

"Incontinence could be described as an epidemic," said Dr. Denise Howard, a specialist who treats incontinent women in the University of Michigan's Obstetrics and Gynecology Department. "About 35 percent of all women have some form of urinary incontinence, and as many as one in nine of those women undergo surgery for it."

"It is a quality of life issue. It affects your dignity, how you see yourself in the world," said Dr. Veronica Mallett, a subspecialist in urogynecology with the Oakwood Healthcare System.

Yet, most women don't talk about urinary incontinence in spite of acute embarrassment, curtailment of sex and cessation of physical activities. In fact, most women wait two- and-a-half years after the onset of symptoms before consulting a doctor, said Mallett.

"No one wants to talk about this because it's not sexy."

### Treatment options

That's a shame, because there are several treatment options: exercise and physical therapy, medications, and surgery. Mallett currently is one of the few physicians in the state to perform a new procedure called the Tension-Free Vaginal Tape System for women with stress urinary incontinence, the most common form of incontinence.

The procedure allows for placement of a mesh tape close to the high-pressure zone of the urethra, providing tension-free support of the inner urethra and bladder neck. It is done on an outpatient basis under local anesthesia with sedation and takes about 30 minutes to perform.

"Traditional vaginal sling surgeries are performed under general anesthesia and require a hospital stay."

"It has the advantage over the traditional sling of the patient being able to urinate right away, whereas the traditional sling patient may not urinate for several weeks. And unlike previous synthetic slings, the TBT sling doesn't erode through the vaginal skin," said Mallett.

### Understanding incontinence

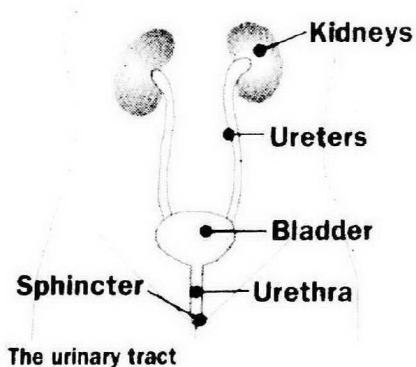
Before women start talking about urinary incontinence and its possible treatments, they must understand what it is... and isn't.

While many women don't manifest symptoms until their mid-40s, incontinence is not about aging. Young women involved in strenuous activities such as weightlifting, during which they bear down to the pelvic floor muscles, can develop stress incontinence.

"In fact, while the severity of this



Providing help: St. Mary Hospital physical therapist Archana Uppal shows a patient how the strength of pelvic floor muscle contractions are measured through surface electrodes placed near the perianal region.



The urinary tract

problem can increase with age, it should not be considered a normal part of aging. There is help available," said Howard.

Incontinence is a problem of the urinary system, which consists of two kidneys, two ureters, a bladder and a urethra. The kidneys remove waste products from the blood and produce urine, which travels to the bladder through the ureters. The bladder stores the urine until it flows out of the body through the urethra.

The sphincter, a circular muscle that controls the activity of the urethra, is not part of the urinary system but can play a role in incontinence.

Many conditions act as precursors to incontinence: weak pelvic floor muscles; previous bladder or vaginal surgeries; pregnancy and childbirth; menopausal loss of estrogen, which affects mucus membranes and weakens vaginal muscles; urinary tract abnormalities; brain and spinal cord injuries; and diseases such as diabetes, MS and Parkinson's.

There are several forms of urinary incontinence:

■ **Stress urinary incontinence** - The most common form, SUI causes women to lose urine when they laugh, sneeze or cough, walk or exercise, or get up from a seated or lying

position. SUI has two basic causes: weak pelvic muscles that don't hold the urethra in place and dysfunctional sphincter muscles that fail to hold the urethra closed.

■ **Urge incontinence** - Unlike SUI, urge incontinence results from overactive bladder muscles rather than weak pelvic muscles. A woman may feel she can't get to the bathroom in time. This can be more devastating than SUI since women can lose the entire contents of their bladder, said Mallett.

■ **Mixed incontinence** - A combination of stress and urge incontinence.

■ **Overflow incontinence** - Women with overflow incontinence feel as if their bladder is never completely empty. The nerves to the bladder are no longer working, and the bladder spills over. This condition may be due to neurological diseases such as MS or Parkinson's.

### Treatments

According to the National Association for Continence, urinary incontinence has an approximately 80-percent cure or improvement rate. In addition to X-rays and cystoscopic examinations, special diagnostic tests to determine bladder capacity, sphincter condition, urethral pressure, and the amount of urine left in bladder may be required.

There are three major treatment categories: behavioral/muscle therapy, pharmacologic and surgical. However, surgery - and there are many types, including the new Tension-Free Vaginal Tape System - should be considered only after all non-surgical procedures have been tried.

Archana Uppal, a physical therapist with St. Mary Hospital's Physical Medicine and Rehabilitation Department, specializes in treating incontinence. Most of her female patients are 65-85 years old. Some are as young as 20.

For stress urinary incontinence, Uppal suggests her patients practice "Kegels" - exercises that contract the pelvic floor muscles. "Normally, in about six to eight weeks most patients improve. Sometimes patients have been cured completely."

To get results, Uppal recommends 10 sets of eight to 10 repetitions a day. "A muscle doesn't strengthen overnight. It takes a few weeks. Patients are so motivated when they see results after they have worked hard."

In addition to pelvic floor muscle exercises, Uppal uses other behavioral treatments, including bladder retraining, vaginal weights, biofeedback (externally placed electrodes that measure muscle contraction strength), and electrical stimulation of pelvic floor muscles.

While stress urinary incontinence does not usually respond to medication, SUI associated with estrogen deficiency may be treated with hormone replacement therapy, such as vaginal cream or estrogen patches. Medications also are used to treat infection, stop abnormal bladder muscle contractions or to tighten sphincter muscles.

### Caution

Uppal cautions women not to bear down strenuously when lifting. Learning to contract or pull the pelvic floor muscles upward (kegels) while lifting can be a helpful countermove.

However, perhaps the best advice is seeking help when the first symptoms of urinary incontinence appear. Unfortunately, although obesity is a risk factor for incontinence, many doctors will advise an overweight woman to "lose 20 pounds and than come back," said Mallett.

"I think that's so unfair," she said. "That person is seeking care. That's unfortunate because there may be things we can do from a physical therapy standpoint."

Mallett's greatest reward as a physician comes in helping women who have severely altered their lifestyle because of urinary incontinence. "I like the idea of putting things back into place," she said. "I like restoring function and the quality of life."

### 10 warning signs of bladder problems

1. Leakage of urine preventing activities.
2. Leakage of urine causing embarrassment.
3. Leakage of urine that began or continued after an operation, hysterectomy, Caesarean section, prostate surgery, etc.
4. Inability to urinate (retention of urine).
5. Urinating more frequently than usual without a proven bladder infection.
6. Needing to rush to the bathroom and/or losing urine if you do not arrive on time.
7. Pain related to filling the bladder and/or pain related to urination (in the absence of a bladder infection).
8. Frequent bladder infections.
9. Progressive weakness of the urinary stream with or without a feeling of incomplete bladder emptying.
10. Abnormal urination or changes in urination related to a nervous system abnormality (stroke, spinal cord injury, MS, etc.).

Reprinted with permission from the National Association for Continence.

### Bladder irritants

Urge incontinence, the urgent need to empty the bladder frequently, is often worsened by foods that irritate the bladder.

These foods cause worsening of symptoms in most people:  
Coffee (even decaffeinated for some people)  
Tea

Caffeinated soda  
Alcoholic beverages  
Medicines with caffeine  
Chocolate  
Smoking

These foods cause worsening of symptoms in some people:

Milk and milk products  
Artificial sweetener  
Citrus juices and citrus fruits  
Tomatoes and tomato-based products  
Highly spiced foods  
Sugar and honey  
Corn syrup  
These foods do not often irritate the bladder:  
Grape juice  
Cranberry juice  
Cherry juice  
Apple juice  
Prunes  
Plums  
Cherry Juice

## Kegel exercises

Identify the muscles located around the bladder opening by starting and stopping your urine stream. Use this technique only for identifying the muscles used for Kegel exercises. Do not perform Kegels while urinating.

Another way to identify the muscles used for Kegel exercises is to tighten the rectal muscles (as when holding back gas or completing a bowel movement). Because they are part of

the same muscle group, the rectal muscles always work with the muscles located around the bladder opening.

Try not to use your stomach, buttock or leg muscles when practicing Kegels. Do not hold your breath. There are *quick* and *slow* Kegels. In performing quick Kegels, rapidly tighten and relax the muscles. For slow Kegels, tighten muscles for three to 10 seconds and then relax for the same time. Increase the time the muscles are tightened and relaxed for maximum effectiveness.

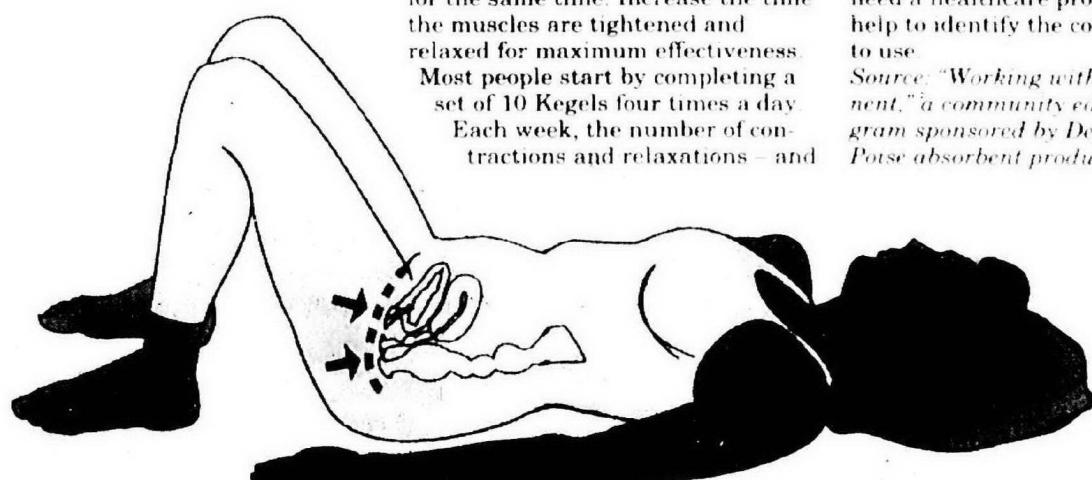
Most people start by completing a set of 10 Kegels four times a day. Each week, the number of contractions and relaxations - and

the length of time contractions are held - are increased.

Kegel exercises may be done with other activities, such as watching television, ironing or when relaxing. Because it may take several weeks to notice an improvement, it is important to continue doing the exercises.

If your symptoms do not improve, ask your physician, nurse or therapist to help you. Many individuals need a healthcare professional's help to identify the correct muscles to use.

Source: "Working with the Incontinent," a community education program sponsored by Depend and Pose absorbent products.



# Bosses now monitoring your instant messages



**PC MIKE**  
**MIKE WENDLAND**

**W**e all know that more and more companies have been monitoring their workers' e-mail usage and Web surfing.

But now there's snooping software that allows employers to eavesdrop on workers who use instant messaging programs to keep in touch with friends and associates while logged on to the company network. The software is appropriately called Little Brother 4.0 ([www.littlebrother.com](http://www.littlebrother.com)), and it's an Internet access filtering program that lets network administrators keep track of who is using instant messaging on company time and to fine-tune individual access to Internet features.

Used in conjunction with another program called Investigator ([www.winwhatwhere.com/invest.htm](http://www.winwhatwhere.com/invest.htm)), bosses now have the capability of getting a report on literally every keystroke an

employee types whether logged on to the Internet or not.

## Addictive cybersex

Maybe one reason bosses are monitoring computer users is that their employees are cybersex addicts.

Cybersex is changing the definition of sexual compulsion "like crack cocaine changed the field of substance abuse," says a group of psychologists.

Meeting in Atlanta last weekend, the National Council on Sexual Addiction and Compulsivity discussed a new study that shows 15 percent of Internet users visit online sex chat rooms or pornographic sites. Almost 9 percent of people who use the Internet for sex spend more than 11 hours a week surfing for erotic content.

The numbers were nearly equal for men and women, countering the widely accepted view that an overwhelming majority of cybersex participants are men.

The study said that the growing numbers of online sex addicts are hooked on a new form of "hypersexuality" — a compulsive need for cybersex — and that is destroying marriages and

relationships across the country. The shrinks concluded that cybersex addiction needs to be treated seriously and requires the same type of therapy as eating or personality disorders.

## Junk e-mail increases

If you've had it with Spam, you haven't seen anything yet. A new study by Jupiter Communications says commercial e-mail will increase dramatically over the next several years until, by 2005, the average Internet user will be getting 1,600 a year, compared to 40 today. That's a 40-fold increase and that's the estimated average.

Many will get much more.

And that's on top of the average 4,000 personal and non-marketing e-mails the average Internet user will get, up from 1,750 last year. The danger, concedes the Jupiter marketing company, is that the sheer volume of e-mail received will strain consumers' attention span and make them less likely to respond to commercial e-mail. But online mailers are forging ahead anyway because e-mail is cheaper and faster and often more effective than direct snail-mail deliv-

ered by the U.S. Postal Service.

All this is being vigorously fought by a volunteer anti-spam group called CAUCE, for Coalition Against Unsolicited Commercial E-Mail ([www.cauce.org](http://www.cauce.org)). They're pushing for legislative controls on junk e-mail before it ruins the Internet.

## Congress gets involved

Congress will hold hearings later this month on the growing mess involving online users who swap their favorite MP3 music files online through various Internet trading sites like Napster ([www.napster.com](http://www.napster.com)).

The House Committee on Small Business says the hearing will examine the recording industry's claim that online music swapping is piracy and threatens to destroy the industry. The swirling controversy is bringing a blizzard of lawsuits filed by record labels and artists. But Napster fans say the horse is out of the barn and isn't going back.

New music compression technology and the instant distribution abilities of the Internet have made middlemen obsolete, and like it or not, they say, the music

industry with its outrageous pricing is going to have to change.

The recording industry is fighting back. Besides more lawsuits, it's spending a lot of money wining, dining and lobbying lawmakers to strengthen copyright laws.

## On the Net

Check out the provocative 360-degree movie ([www.atomfilms.com](http://www.atomfilms.com)) that debuted on the Net this week. You control the camera as the movie plays. It works like your head. Swivel around to see the action from all sides. Amazing.

Follow all the excitement of the Big Game Lotto jackpot on the multi-state drawing's official Web site ([www.theofficialbiggame.com](http://www.theofficialbiggame.com)). You can read what past winners have done with their prizes and how their lives have changed.

Have you seen Lucianne? Ever wondered where Matt Drudge, Rush Limbaugh and others get their hot gossip and inside stories? Check out Lucianne.com ([www.lucianne.com](http://www.lucianne.com)), a Web site that runs with any story — the more sensational the better —

long before traditional media gets on board.

## PC Mike seminar

Mark down Saturday, June 3, from 9:30 a.m. to noon for the next PC Mike Internet 101 seminar. Sponsored by TalkRadio 1270, WXYT, the free seminar will teach you what you need to know to use the Internet successfully. It will take place at The Community House of Birmingham, 380 S. Bates, in Birmingham. The seminar is totally free but you need to get a reservation. Call (248) 455-7343.

Till next week everybody ... 73.

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

## MEDICAL DATEBOOK

Items for Medical Datebook are welcome from all hospitals, physicians, companies and residents active in the Observer-area medical community. Items should be sent to: Medical Datebook, c/o The Observer Newspapers, 36251 Schoolcraft, Livonia 48150, e-mail [rskoglund@oe.homecomm.net](mailto:rskoglund@oe.homecomm.net) or faxed to (734) 591-7279.

## ONGOING

### OVEREATERS

Overeater Anonymous meets every Sunday 7-8:30 p.m. through June in the St. Mary Hospital Pavilion, Conference Room A, 36475 Five Mile, Livonia. Another group meets every Thursday evening 7:30-9 p.m. in Unity Church, 28660 Five Mile. Call Kathleen at (734) 427-8612.

### AA & ALANON

Alcoholics Anonymous & Alanon meet Wednesdays and Sundays 8:30-9:30 p.m. at Garden City Hospital North Entrance, 5254 Inkster Road. Contact (248) 541-6565 or (734) 776-3415. Everyone's welcome. Alanon meeting Sunday only.

### BLOOD PRESSURE SCREENINGS

Marquette House, a residential assisted living facility at 36000 Campus Drive in Westland (across from John Glenn High School), holds blood pressure screenings every fourth Tuesday. Open to the public 11 a.m. to noon. Call (734) 326-6537.

### IMPOTENT

The Impotent Anonymous Support Group meets 8 p.m. the last Wednesday of each month at St. Mary Hospital, Marian Professional Building, 14555 Levan Road, Livonia (Pavilion Conference Room A). For information, call (734) 462-5858.

## MON, MAY 15

### DIABETES EDUCATION

Garden City Hospital will sponsor "Live Well With Diabetes," a five-week series that begins May 15, 18 and 22. Sessions will cover hypoglycemia, hyperglycemia, foot care, meal plans and glucose monitoring. Physi-

cian referral required. Call (734) 458-4330 to register.

### RESTLESS LEG SYNDROME

The Restless Leg Syndrome Support Group will meet at 7 p.m. at Henry Ford OptimEyes, 35184 Central City Parkway in Westland to discuss medications and exercises. The meeting will feature a video by California-based physician Dr. Vuchfuhner. For more information, call Jan Prentice at (734) 453-4847.

## TUES, MAY 16

### LYME DISEASE

The Lyme Disease Support Group will sponsor a "Lyme Disease Education Night" at 7 p.m. at the First United Methodist Church, Wayne. Call Connie at (734) 326-3502 for more information.

### SPIRITUALITY AND HEALTH

Henry Ford Medical Center. Fairlane will sponsor a free lecture, "Spirituality, Health & Healing," 11 a.m. to 12:30 p.m. Tuesday, May 16, at the medical center, 19401 Hubbard Drive in Dearborn. Call (313) 982-8384.

## WED, MAY 17

### DYSLEXIA SUPPORT

The Michigan Dyslexia Institute - Detroit Metro Center will host a meeting on the Section 504 of the Rehabilitation Act of 1973 as related to accommodations for students/adults with dyslexia. Parents, advocates, professionals and students encouraged to attend. Meets at 6:45 p.m. at the MD Institute, 30230 Orchard Lake Road in Farmington Hills, Suite 130.

### CAVE-DWELLERS' DIET

It's better to eat like cave-dwellers. Learn how your body lets you know what it needs nutritionally through muscle testing. Dr. Darren Schmidt presents a free workshop 7:08-15 p.m. Wednesday, May 17 at the Canton Center Chiropractic Clinic. Call (734) 455-6767.

### HEALTHY FOOD

Learn how the energy of food can help strengthen your internal

organs. Presented by Macro Val 6-8 p.m., 30561 Krauter, Apt. 3C, Garden City. No cost. Complimentary dessert and tea. Call (734) 261-2856.

## THUR, MAY 18

### IMMUNIZATION CLINIC

Providence Mission Health Medical Center-Livonia will host an immunization event from 4-7 p.m. at 37595 Seven Mile Road in Livonia. Cost is \$5 per child and includes all vaccines your child needs except chicken pox. Don't forget to bring immunization records. Call (877) 345-5500 for information.

### BREASTFEEDING

The La Leche League of Livonia will meet 7 p.m. For location and information, call Theresa (734) 261-6814, Michele (734) 591-7071, Vicki (734) 937-3011 or Claudia (734) 422-6669. Babies and children welcome.

### EXERCISE

Oakland Physical Therapy, PC, will present "Fit After Fifty" 7 p.m. at the Providence Medical Center, 47601 Grand River Avenue, Suite B124, Novi (inter-section of Grand River and Beck Road). No charge. Reservations required. Call (248) 380-3550.

## TUES, MAY 23

### RESTLESS LEG SYNDROME

The Restless Leg Syndrome will meet at 2 p.m. at Henry Ford OptimEyes, 35184 Central City Parkway in Westland to discuss medications and exercises. Garden City Hospital nurse Marilyn Armerberg will be the featured speaker. For more information, call Jan Prentice at (734) 453-4847.

## MAY 24-JUNE 14

### HEALTHY EATING

Learn to cook whole grains, beans, tofu, tempeh, sugar-free desserts and lots more in a four-week cooking series by Macro Val, 30561 Krauter, Apt. 3C, Garden City. Call (734) 261-2856.

## WED, MAY 31

### BLOOD DRIVE

The American Red Cross will hold a blood drive sponsored by the Canton Hindu Temple (44955 Cherry Hill Road) from 2-8 p.m. Wednesday, May 31. For information call (734) 981-8730.

## JUNE 3 & 7

### STOP SMOKING

Providence Hospital will present smoking cessation programs 10 a.m. to noon Saturday, June 3, Novi Park Providence Medical Center-Providence Park 47601 Grand River/Beck Road entrance, Novi; and 6:30-8:30 p.m. Wednesday, June 7, Providence Medical Center-Livonia Mission Health Medical Center, 37595 Seven Mile at Novi (burgh), Livonia. For reservations, call 1-877-345-5500.

## THUR, JUNE 4

### CANCER SURVIVOR DAY

Cancer survivors are invited to participate in National Cancer Survivor's Day sponsored by St. Mary Hospital of Livonia 2-4 p.m. To preregister, call (734) 655-1100.

## JUNE 6-29

### DIABETES

St. Mary Hospital's Taking Charge of Living with Diabetes class meets 7-9 p.m. Tuesdays and Thursdays for four weeks. Call (734) 655-8940.

## WED, JUNE 7

### MENOPAUSE

The Menopause Support Group at St. Mary Hospital in Livonia meets 7-9 p.m. Discussion will offer tips on protecting your back from stress and strain, including proper lifting techniques. Call (734) 655-1100.

## FRI, JUNE 9

### CHEMICAL SENSITIVITY

The Multiple Chemical Sensitivity Friends support group meets 2-5 p.m. at Calgary Presbyterian Church, 2727 Fernwood, Ann Arbor (west of U.S. 23, between Washtenaw and Packard). Call (248) 349-4972.

## SAT, JUNE 10

### CARDIAC LIFE SUPPORT

Prerequisite for initial training: proof of current Health Care Provider BLS card. Retraining: proof of current Health Care Provider BLS card and current ACLS certification. Class is offered Saturday and Sunday, June 10 and 11, from 8 a.m. to 5 p.m. St. Joseph Mercy Hospital/Michigan Heart & Vascular Institute (734) 712-2948.

## MON, JUNE 12

### THYROID DISORDERS

The Michigan Thyroid Disorder Support Group will meet at 6:30 p.m. in the Plymouth Library, 223 S. Main Street. For more information, call Tracy Green at (734) 453-7945. Web site <http://community.mlive.com/cc/thyroid>

### THYROID

The Michigan Thyroid Disorder Support Group meets 6:30-9 p.m. at the Plymouth Library, 223 S. Main, Plymouth. Dr. Ng of The Center for Holistic Medicine in West Bloomfield will discuss natural hormones and diet. Call Tracy Green at (734) 453-7945.

## TUE, JUNE 13

### TOUCH FOR HEALTH

Learn to use muscle testing techniques, neurolymphatic massage, acupressure to strengthen weaknesses, relieve pain, and improve posture. Bring a "Touch for Health" book, available at book stores. Class runs Tuesday, June 13-July 25, from 6-9 p.m. Cost is \$225. The Healing Arts Clinic is located at 340 N. Main

Street No. 205 in Plymouth. Call (734) 207-0557 to register.

### CAREGIVING STRESS

Alterra-Clare Bridge of Livonia, 32500 Seven Mile, will present a discussion on "Stress Management: Emotions of Caregiving," 6-7:30 p.m. in the community center. Call Nanette Cooper or Denise Mannion for reservations (248) 428-7055.

## THUR, JUNE 15

### IMMUNIZATION CLINIC

Providence Mission Health Medical Center-Livonia will host an immunization event from 4-7 p.m. at 37595 Seven Mile Road in Livonia. Cost is \$5 per child and includes all vaccines your child needs except chicken pox. Don't forget to bring immunization records. Call (877) 345-5500 for information.

## THUR, JULY 20

### IMMUNIZATION CLINIC

Providence Mission Health Medical Center-Livonia will host an immunization event from 4-7 p.m. at 37595 Seven Mile Road in Livonia. Cost is \$5 per child and includes all vaccines your child needs except chicken pox. Don't forget to bring immunization records. Call (877) 345-5500 for information.

## MON, SEPT. 11

### THYROID DISORDERS

The Michigan Thyroid Disorder Support Group will meet at 6:30 p.m. in the Plymouth Library, 223 S. Main Street. For more information, call Tracy Green at (734) 453-7945. Web site <http://community.mlive.com/cc/thyroid>

## How Anxious Are You?

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YES	NO	
<input type="checkbox"/>	<input type="checkbox"/>	1. I feel keyed up, on edge or restless.
<input type="checkbox"/>	<input type="checkbox"/>	2. I feel stressed most of the time.
<input type="checkbox"/>	<input type="checkbox"/>	3. I have trouble sleeping (either too much or too little).
<input type="checkbox"/>	<input type="checkbox"/>	4. I have trouble concentrating, or my mind goes "blank."
<input type="checkbox"/>	<input type="checkbox"/>	5. I feel irritable. I can't relax.
<input type="checkbox"/>	<input type="checkbox"/>	6. I notice my heart beating rapidly.
<input type="checkbox"/>	<input type="checkbox"/>	7. I feel worried, anxious and fearful.

If you answered "yes" to 3 or more statements, you may be suffering from an anxiety disorder, a serious condition affecting millions of Americans. The Institute for Health Studies is currently looking for individuals experiencing the above symptoms to participate in a research study of investigational medication for anxiety. If you are selected, all research-related care and study medication are provided at no cost. Get answers and information about anxiety.

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*Kickboxing Rocks*

*What's in your medicine cabinet?*

*Meet two fit families*

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### FAMILY MEDICINE CABINET



When stocking your medicine cabinet, consider the needs of both your household and your guests, including grandchildren, says Ann Lagness, a staff clinical pharmacist at Henry Ford Hospital.

Do not keep medications beyond their expiration date and throw out prescriptions that are no longer needed. Outdated medicine "may very well have broken down and won't be effective," she warns. Also, holding on to old antidepressants creates the risk of an overdose for a family member going through hard times.

Keep all medicines in their original containers, which indicate dosage and expiration date, and store them in a cool, dry, dark place out of children's reach. "A humid, small bathroom is not the place. Neither is the top of the refrigerator," says Lagness.

Lagness compiled a list of medications and supplies — some by trademark brands — that every family should keep on hand. Generics work just as well.

#### TOPICAL MEDICATIONS

- **Triple antibiotic ointment**, such as Neosporin or Mycitracin with added pain reliever. Neosporin also comes in convenient packets.
- **Bactine** — Good antiseptic spray for first aid kit.
- **Afterbite** — Neutralizes insect bite venom.
- **Hydrocortisone cream** — Relieves itching from insect bites and skin irritations.
- **Calamine lotion** — Dries and relieves itching. "When kids see the pink medication, they think it's working," said Lagness.
- **Bug spray** (keep extra in your golf bag).
- **Sun block**, including one for the lips.
- **Aloe cream or gel**.

#### SUPPLIES

- **Band-Aids** — All sizes, including large for knees and elbows.
- **Cotton balls and tissue**
- **Hot water bottle** — Great for back strains and tired feet.
- **Adhesive tape**
- **Safety pins, tweezers and scissors**.
- **Alcohol wipes**
- **Thermometer**
- **Elastic bandage**
- **Flashlight and moleskin** — Great for a camping kit.
- **First-aid kit** — Keep outside when winter

taining guests on your patio. "Everything you need is right there."

#### • First-aid book

#### ORAL MEDICATIONS

- **Tylenol** — Headaches, sunburn, fever and flu.
- **Ibuprofen** (such as Motrin) — "Good for fever in children who don't respond to other things." Anti-inflammatory for back strain and sports injuries.
- **Aspirin** — "Do not use in children or teens with the flu or chicken pox." Recommended for heart attack victims waiting for the ambulance.
- **Benedril** — Relieves itching of insect bites or poison ivy. Stock the liquid and 25 mg tablets.
- **Chlortrimeton** — Antihistamine not as drowsy inducing as Benedril. If allergic to dogs or cats, take one-half hour before exposure.
- **Kaopectate** — Grabs on to toxins, but does not impede elimination. Good for kids and adults.
- **Immodium** — Stops diarrhea. Causes the gut to slow down and quit eliminating. Best for adults. Keep in a travel kit.

#### SPECIAL NEEDS

- **Cough medicine** — Keep things simple. If it's just a cough, buy something with just the "DM" ingredient. Stock both a day-time and nighttime Triaminic.
  - **Syrup of Ipecac** — "Never give without the instruction of the Poison Control Center. Some medications cause as much trouble coming up and going down."
  - **An extra-strength antacid** with an anti-gas ingredient.
  - **Sore throat spray and anesthetic lozenges**
  - **Electrolyte replacement solution** for children and Gatorade for teens. Prevents dehydration when ill.
  - **Epinephrine injections** — Used for people allergic to bee stings. Comes in a pen that can be jammed into the leg. "It could save your life."
  - **Mylcon** — Anti-gas drops for gassy babies.
- Warning:** Keep the number of the Poison Control Center at Children's Hospital in Detroit posted near your phone: (313) 800-FOR-SON 1 or 1-800-764-7661 and know the weight of your children or grandchildren. Antidote dosages are determined by weight. Also, many over-the-counter medications do not indicate dosages for children under age 6. Don't guess; contact your local hospital's pediatric department pharmacy.

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## On the cover

The Covert family of Canton in the top photo is into Tae Kwan Do. The Ryktersyk family of Livonia in the bottom photo spends a lot of time in the YMCA pool. Find out how these families stay fit and healthy on page 8.

### CREDITS

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# Not all vitamins are created equal



RALPH ECHTINAW

Should you and your family take vitamin and mineral supplements to maintain or enhance health?

There are vehement advocates on both sides of this issue. Some people spend hundreds of dollars a year on supplements. Others swear that taking vitamins only gives you the most expensive urine in town.

Personally, I spend about \$200 a year on supplements. I've taken vitamins and minerals daily since 1982 and have observed no visible effect in many cases.

My mainstay is a multi-vitamin and mineral I buy mail order from Bronson Pharmaceuticals. I have no idea just how much of these nutrients I absorb and can't point to a specific improvement that they've brought about. But I've taken three a day for 18 years.

I've dabbled with more focused supplements, usually without visible effect.

Recently I discovered something called methyl sulfonyl methane, or MSM, that has almost entirely cleared up my problem with repetitive strain injury, or carpal tunnel syndrome.

Another supplement that gets results for me is flax seed oil. Chiropractor Jim Perkins started me on this stuff to treat the repetitive strain injury, but I continue to take it because it prevents dry skin and chapped lips.

I asked Clara Adams, who runs Zerbo's Health Foods of Livonia, to explain why some supplements don't seem to work.

She said synthetic vitamins like I've been taking have a lower "bio-availability" than vitamins that are developed directly from plants. So, in

her opinion, I've been absorbing 10-15 percent of the nutrients in the synthetic vitamins instead of the 98 percent I'd absorb from "food-matrixed" vitamins.

Adams recommends food-matrixed vitamins for almost everyone for this reason. They're more effective. "No one can go wrong this way," she said, holding up a jar.

However, she concedes that a person who eats right won't necessarily see a huge benefit in taking supplements. Food is the primary source of nutrition, she said, but supplements can be chosen selectively to make up for weaknesses in one's individual metabolism.

On the other hand, Jeff Caudill, general manager of the Vitamin Outlet, said synthetic vitamins have a 30-80 percent absorption rate, are cheaper than food-matrix vitamins and vary less in quality.

Tina Miller, a registered dietitian with the Kroger Co. of Michigan, said bio-absorption can be measured by dropping your multi-vitamin in a bowl of vinegar. "If the vitamin is mostly dissolved (after two hours), then you know your body is able to break the vitamin down to get the nutrients," she said. "If it doesn't dissolve, change brands."

Caudill argues that everyone should take a multi-vitamin because meals nowadays contains fewer nutrients than they did years ago. A multi-vitamin thrice a day "will balance your system out."

Can you eat all the wrong things and make up for it with supplements? My experts say no. Burgers, fries, doughnuts and so on can do more damage than supplements can make up for, Adams said.

Nutritionist Miller said food should be your first source of nutrition, since whole foods provide not

just vitamins but essential minerals and phytochemicals (plant substances that boost immunity and prevent disease).

Miller recommends taking a multi-vitamin and mineral supplement

daily as a "nutrition insurance policy" but not as a substitute for a healthy diet.

Should your kids take supplements?

Please see **VITAMINS**, 13

## Don't skimp on the folic acid

Folic acid, a B vitamin also known as folate, has been shown to protect against neural tube defects such as spina bifida (a birth defect in which the spinal cord is not completely encased in bone) and anencephaly (a lethal defect in which part of the brain never develops).

It may also prevent oral birth defects such as cleft palate.

Folic acid may also help protect against heart disease by reducing the amount of homocysteine in your blood. Too much homocysteine can double your risk of heart attack, stroke or peripheral vascular disease.

Folic acid may play a role in prevention of several types of cancer, including cervical, colon and rectal cancer. And recent research shows it may help reduce the incidence of certain types of depression.

How much do we need?

A blue-ribbon-plan advisory panel formed by the National Academy of Sciences urged all adults, especially newly pregnant women, to get at least 400 micrograms of folic acid in their daily diets. Just 32 percent of all American adults are getting enough folate.

Adding folate to your diet

Begin your day with a cup of orange juice (110 micrograms). Eat one cup of whole-wheat cereal such as Wheaties for another 100 micrograms. A banana would add 24 micrograms. Lunch on a chicken Caesar salad (dressing on the side) for another 76 micrograms per cup of romaine lettuce. A 1/2 cup of kidney, white Northern or black beans in soup provides about 100 micrograms.

Where to find folate

Leafy vegetables, dried beans, some fruits, liver, yeast breads, wheat germ and some fortified cereals are among the good sources of folate. Most

enriched grain products — bread, flour, cornmeal, corn grits, pasta, rice and farina — must be fortified with folic acid, according to law.

To get more folic acid, eat plenty of beans, fruits and vegetables — preferably raw or lightly cooked. Half the folic acid in foods can be lost in cooking.

Sources of folate:

Lentils (1 cup cooked), 358 micrograms.

Black-eyed peas, dried (1 cup cooked), 350 micrograms.

Pinto beans, 294 micrograms.

Kidney beans (1 cup cooked), 229 micrograms.

Garbanzo beans (1 cup cooked), 282 micrograms.

Sunflower seeds, dry-roasted (1/2 cup), 135 micrograms.

Okra (1/2 cup cooked), 135 micrograms.

Asparagus (five spears), 110 micrograms.

Black beans (1 cup cooked), 256 micrograms.

Most ready-to-eat breakfast cereals, 100 to 400 micrograms (read labels).

Spinach, boiled (1/2 cup), 130 micrograms.

Collards, frozen (1/2 cup), 65 micrograms.

Grapefruit juice (1 cup), 55 micrograms.

Navy beans, boiled (1/2 cup), 125 micrograms.

Wheat germ (1/4 cup), 80 micrograms.

Avocado (1/2 cup), 55 micrograms.

Orange (medium), 45 micrograms.

Orange juice (1 cup), 109 micrograms.

Source: *Nutritional Values from "Bones & Church's Food Values of Portions Commonly Used" by Jean A. Pennington.*

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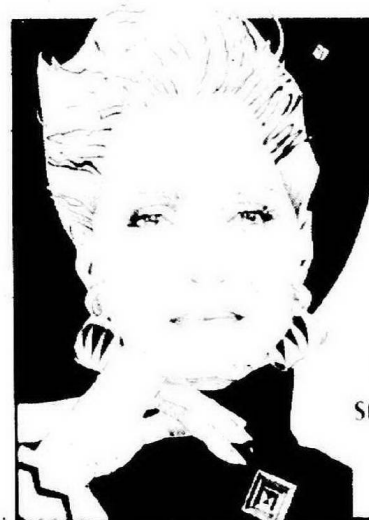
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**FAMILY FOOTIES**

**■ The mighty foot!**  
Almost all sports involve running and jumping, the trauma of which is absorbed primarily by the foot. A 150-pound athlete hits the ground with about 300-450 pounds of force. In an hour's workout, an athlete's foot is subjected to approximately five million pounds of force - enough force to move a five-story building!



**■ Stinky feet!**  
Foot odor results from excessive perspiration from the more than 250,000 sweat glands in the foot. Daily hygiene is essential. Change your shoes daily to let each pair air out, and change your socks, perhaps even more frequently than daily. Foot powders and antiperspirants, and soaking in vinegar and water, can help lessen odor.  
Source: American Podiatric Medical Association

**■ Baby's Feet**  
When the child first begins to walk, shoes are not necessary indoors. Allowing the youngster to go barefoot or to wear just socks helps the foot to grow normally and to develop its musculature and strength, as well as the grasping action of toes. Of course, when walking outside or on rough surfaces, babies' feet should be protected in lightweight, flexible footwear made of natural materials.  
Source: American Podiatric Medical Association

**■ Behold the foot!**  
Leonardo da Vinci described the foot as "a masterpiece of engineering and a work of art." No wonder. Each foot contains 26 bones, 33 joints, and 19 muscles and tendons. They average person takes 8,000-10,000 steps a day. That adds up to about 115,000 miles in a lifetime, more than four times the circumference of the globe.  
Source: American Podiatric Medical Association

**■ Toenail trimming**  
Trim toenails straight across, but not too short. Be careful not to cut nails in corners or on the sides; it can lead to ingrown toenails. Persons with diabetes, poor circulation or heart problems should not treat their own feet because they are more prone to infection.  
Source: American Podiatric Medical Association

# Don't wither away... drink while exercising

BY RENÉE SKOGLUND  
STAFF WRITER  
rskoglund@oc.homecomm.net

Exercising in hot weather greatly increases your need for water. A logical assumption but often ignored.

"I've been to many races in the summer where a couple of runners go down. They tend to grab the water and pour it on their heads," said Rene Johnston, an exercise physiologist in the cardiology department at St. Mary Hospital in Livonia.

And joggers, forget about a quick jaunt through the neighbor's sprinkler. "It might cool you down a little bit, but that's not the same as rehydrating," said Johnston.

We need lots of water, at least eight 8-ounce glasses a day. And for every 10-15 pounds we're overweight, we need another 8 ounces. It's easy to lose 15-20 ounces of water through perspiration during a one-hour exercise session. "By the time you get thirsty, the dehydration process has begun," said Johnston.

In a survey conducted at the American Society of Exercise Physiologists' annual meeting, members overwhelmingly (97 percent) agreed that mild dehydration can impair athletic performance and a vast majority (94 percent) said Americans should drink water before, during and after exercise. When asked about the best source for hydration, 77 percent ranked water No. 1, with sports drinks a distant second (24 percent).

Exercise professionals also weighed in on how much water exercisers should drink. Nine out of 10 of these professionals said that exercisers should drink at least eight ounces of water immediately before exercising,

and 87 percent said they should drink at least eight ounces of water for every 20 minutes of moderate exercise.

For every 20 minutes of strenuous exercise, every exercise professional surveyed (100 percent) agreed that exercisers should drink at least an additional eight ounces of water, and for every pound lost during exercise, 93 percent said that exercisers should drink at least 12 ounces of water.

We also need water to sweat, said Johnston. Sweat acts as a body coolant, lowering the core body temperature. "If you're not rehydrating, you won't have enough water to sweat, and your coolant system will be off."

To avoid dehydration, she suggests:

- Fill your water bottle and sip as you exercise. It's better than filling up your water tank before or after an exercise session.
- Do not drink caffeine or alcohol.
- Make your own sports drink by adding a teaspoon of sugar and a pinch of salt to a gallon of water.
- Avoid exercising outdoors during the hottest period of the day. Exercise indoors in a controlled environment on hot and humid days.

Wear clothing made of polypropylene fabric, which draws the sweat away from the skin. Cotton tends to absorb sweat but then lays against the skin, preventing evaporation.

And don't worry that drinking all that water will make you "know what a lot," said Johnston. "At first the water will increase your need to use the bathroom, but after awhile your body adjusts to it."

Source: International Bottled Water Association

## Water, water everywhere

Depending on age, sex and body type, water makes up 40-70 percent of an individual's body mass. Sixty-five to 70 percent of muscle weight is water, and 50 percent of body fat weight is water.

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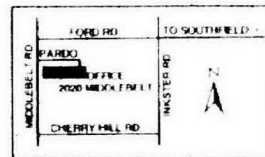


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# Kickboxing: Simple moves, hard work

BY RENÉE SKOGLUND  
STAFF WRITER  
rskoglund@oc.homecomm.net

Cardio kickboxing has been packing a real punch with exercise enthusiasts these past few years.

"The reason it's so popular is the moves are very simple. You're learning how to punch. You're holding your body such that your abdominal muscles are constantly engaged," said Alice Ahern, a fitness coordinator and personal trainer at Summit on the Park in Canton.

It's a great way to improve balance and stability, said Ahern. "When you're kicking forward or punching, you have to use your abdominals - the biggest muscle group in the body - in order to maintain balance."

Cardio kickboxing burns up 800 calories per hour, more than aerobic dancing at 450 calories, for a 150-pound person; basketball at 565, or cycling at 10 mph with 410 calories.

It's the "dynamic tension" that out-puts the calories," said Bobbie White, who teaches cardio kickboxing karate at Schoolcraft College, Novi High School and the Ypsilanti Community Center.

Kickboxing also builds confidence. When it's taught by a karate instructor, you're actually doing moves you



I get a kick out of you:  
Janis Puskar, right,  
leads one of several  
kickboxing classes at  
the Summit on the Park  
in Canton Township.

Please see KICK, 10

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# Fun & fit families

## Meet the Coverts ...

BY RALPH R. ECHINAW  
STAFF WRITER  
rechtnaw@oc.homedomain.net

Canton residents Christopher and Laura Covert believe their business, a Tae Kwan Do school in Garden City, brings their family and the families of their students closer together.

A martial arts practitioner since graduating from Wayne Memorial High School in 1977, Chris Covert founded the Olympian Chung Do Kwan school in 1983 and is now among the few martial arts instructors who make a living at it.

He met Laura in 1988 when she visited the school to see her nephew take a class. They were married two years later, and Alexander, the first of two sons, appeared in 1991.

### Forget day care

Laura was prepared to put the boy in day care and return to work as a secretary. However, the nurses "put Alex in my arms, and I said, 'I don't think so. I'm staying home,'" she said.

The new stay-at-home mom soon began helping to run the Tae Kwan Do business. She tired of not being able to answer students' questions about workouts, and she wanted to drop her baby weight, so she learned Tae

■ 'Once you start martial arts it's very addicting. There's always another goal to reach.'

Laura Covert  
active mother

Kwan Do and is now a black belt like her husband.

"Once you start martial arts it's very addicting," she said. "There's always another goal to reach."

Son Alex started getting involved at age 3. He wanted to learn Tae Kwan Do, but no class was designed for kids his age. So his parents invented one.

It's called the "mini rangers" program and has grown to be a regular staple of the Coverts' course offerings.

Alex, now 8 years old, does more chin ups than any child at Hoban Elementary, does 100 push-ups on his knuckles and terrorizes opponents on the soccer field. "He doesn't understand why the other kids aren't like that," Laura said.

Austin came along three years after Alex.



Father and son: Austin runs through his routine while dad Christopher Covert leads the class at the Summit on the Park in Canton.

STAFF PHOTO BY PAUL HERSHMAN

Please see COVERTS, 9

## ... and the Ryktarsyks

BY RENEE SKOGLUND  
STAFF WRITER  
rskoglund@oc.homedomain.net

When it comes to healthy lifestyles, the Ryktarsyk family of Livonia makes quite a splash.

George Ryktarsyk — mother of Bradley, 8, Alex, 6, and Olivia, 22 months — teaches swimming classes several days a week at the Livonia Bentley Center. In fact, she taught right up to the week before she delivered Olivia.

"I felt great. My students said she'll be born swimming."

Olivia shows all the signs of becoming a real pool puppy. However, according to Bradley, mom remains the best swimmer in the family. "Then me, then Alex, then dad, then Olivia," he says.

"I can swim, I just can't float," says David Ryktarsyk. "I have a buoyancy problem in my behind."

For the Ryktarsyks, exercise is like breathing. They don't think about it; they just do it. "We build it into our schedule," says George. "We don't say now we're exercising now. We just do it."

Bradley and Alex swim and play soccer and baseball. Bradley is getting ready for baseball try-outs and hopes to be a pitcher. When asked what he wants to do when he grows up, he quickly says, "A professional swimmer."

"What happened to archeolo-

■ 'I can swim, I just can't float. I have a buoyancy problem in my behind.'

David Ryktarsyk  
active father

gist?" asks David.

Although David doesn't work out regularly, he makes sure he spends time with his family. Family time includes walking and biking through Hines Park as well as around their Rosedale Gardens neighborhood.

"It's important to be with all of them," he says. "We do everything together. The boys and I are in Indian Guides. We're national chiefs. We spend weekends shooting bows and arrows, doing craft projects, skating."

And as soon as Olivia is old enough, David will do special activities with her. "The plans are already set. She's going into Indian princesses," he says.

Last July, George and David and their kids went on a 50th anniversary cruise to Alaska with her parents. They hiked up Mount Robert in Juneau several times. David carried Olivia up, and George carried her down. "We wanted to hike far enough to see the snow," says George.

"We saw a bear," says Alex, who wants to be a "pet person" when he grows up.

George is not a fanatic about fat. Her children get cookies, and the family eats fast food occasionally. However, they eat lots of fruits and vegetables. "The kids are as likely to have an apple or carrot as they are a piece of candy."

Alex loves carrots, and his parents tease him about turning orange because he eats so many. In fact, he did turn orange one time. When he was a baby, George served him squash, sweet potatoes, and carrots all in one day. They next day he got the left-overs.

"The result?" He had an orange cast to him," says George, laughing.

Most of all, the Ryktarsyks want their family to live a balanced lifestyle that includes exercise, good food and good times. "We like to go to Eastern Market and the Detroit Zoo. We try to send them to the theater. They saw 'Cats' and the 'Rockettes,' and Bradley has gone to the symphony and the Institute of Art. We try to give them a touch of everything."

And if that isn't enough, there's always chasing after Olivia, says George. "She keeps me physically fit, just keeping after her."



PHOTO BY GEORGE RYKTARSYK

Long walk: When they're not in the pool the Ryktarsyks like to go hiking. This photo was taken of David and the kids in Alaska.



STAFF PHOTO BY PAUL HERSHMAN

Kick it out: Austin, 5, and Alexander, 8, spar while parents Christopher and Laura Covert watch following class at the Summit.

## Coverts from page 8

and also started taking Tae Kwan Do lessons from mom and dad at age 3. He and Alex are still taking lessons from their parents, who now give instruction at the Summit on the Park community center in Canton in addition to their school in Garden City.

Chris considers himself lucky that Laura likes Tae Kwan Do. "There are a lot of martial artists whose spouses won't even walk into the school," he said.

The Coverts believe their situation influences the families of their young students, and before long the brothers, sisters, parents, and in one case a grandmother are taking classes.

"Our whole school is all families," Chris said.

### They eat right, too

As you might expect, the Covert family also eats sensibly. "We eat whole bread, and our children have never known any different," Laura said. "At restaurants, at Alex and Austin get white bread by mistake they send it back."

The boys still get fast food now and then, but the Covert refrigerator is more likely to contain broccoli, cauliflower, carrots, chicken, fish,

■ 'There are a lot of martial artists whose spouses won't even walk into the school.'

Chris Covert  
active father

cheese and eggs than soda and pudding.

Chris and Laura Covert each enjoyed a rather athletic childhood. Chris had the added advantage of an athletic father who played for a company baseball team. Chris ran track in high school and played on the football and baseball teams. His brother played baseball, basketball and ran track. His sister was a synchronized swimmer.

Laura's parents weren't athletic, but she played volleyball and ran track at John Glenn High School, graduating in 1978. Her two older brothers played football.

"She believes that she got involved in Tae Kwan Do out of necessity, but comes to her sense it's in her personality to do so. 'If I didn't enjoy it I wouldn't be there,' she said. 'It has allowed us to stay together as a family unit.'

## Martial arts a hit with this family, too

The Sopko family of Canton Township also qualifies as particularly healthy and fit.

Father Stephen Sopko is a martial arts instructor with his own business, Asian Martial Arts, and several students, including wife Karen and their two children, Eric, 7, and Richard, 6.

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# Kick from page 7

can use to defend yourself. It's not grapevine to the right, grapevine to the left," said White.

Older adults enjoy it because they can control the moves, she added. "They can put less tension in it and take the kicks lower."

White, who also teaches cardio-kickboxing with her father, Bob White, to the mentally and physically disabled at Our Lady of Providence Center in Plymouth as a volunteer, said kickboxing is an inclusive exercise. Her students include the vet-to-get-in-shape 300 pounders to the "little gym-goer people."

"There are so many people who don't like the dance aerobics," she said. "We've reached an untapped group of people who have not experienced the joys of working out."



PHOTO COURTESY OF BARBIE WHITE

Busy gal: Barbie White teaches cardio-kickboxing.



STAFF PHOTO BY PAUL HERSHOMAN

Don't mess with her: Sherry Lockhart of Canton works out in the "Kick, Jab and Jive" exercise.



STAFF PHOTO BY PAUL HERSHOMAN

Leadership qualities: Janis Puskar, center (in black with microphone) leads the class.

# Don't forget the sunscreen, folks

More than 90 percent of all skin cancers occur on parts of the body exposed to the sun. In fact, the face, neck, ears, forearms and hands are the most common places for skin cancer to develop.

Although sunscreens are not perfect, they help protect the skin from long-term damage and skin cancer, says Kevin Gaffney, a dermatologist at Henry Ford Medical Center - Fairlane.

"Any sun exposure you get is basically like a bank where you can only make deposits and never make withdrawals. Damage to the skin during childhood and teenage years doesn't just disap-

pear when the burn heals. For millions of people, repeated exposure will be manifested later in life in the form of skin cancer. That's why it is important to start using sunscreens early - as young as 6 months old."

Before heading outdoors, even on cloudy days, it is recommended that adults and children apply at least a No. 15 sunscreen. For individuals who burn easily, a sunblock of 30+ is suggested.

People don't typically apply the proper amount of sunscreen when they go outdoors, so they're actually getting

less SPF than they think. "If you don't slather on your SPF 15, it becomes more like SPF 7 or 8," says Gaffney.

He offers the following sun safety tips:

- Minimize sun exposure between 10 a.m. and 3 p.m.
- Use a sunscreen with a minimum SPF of 15 and reapply every two hours, even on cloudy days.
- Wear tightly woven protective clothing, a broad-brimmed hat and sunglasses with certified UVA and UVB protection.

# Protect your eyes with sunglasses

Wearing sunglasses while playing summer sports is more than just a fashion statement. It is essential to preserving your eye health, according to David Bogorad, an ophthalmologist with Henry Ford Health System.

"The sun's ultraviolet rays can damage the surface layer of cells on the cornea, causing temporary blindness," Bogorad says. "UV rays also promote cataracts and may be a cause of macular degeneration. Depending on the sport you play, your eyes may require special protection."

Bogorad offers this advice to protect

your eyes during the following activities:

**Water sports** - The sun's rays are intensified when they reflect off the water's surface. For activities on the water, such as sailing, jet skiing or fishing, your eyes need extra protection. Polarized lenses with UV protection reduce glare and actually enhance clarity of vision.

**Golf** - Spending hours on a sunny golf course can lead to eye strain and fatigue. It also exposes your eyes to potentially damaging UV rays. Dedicated golf sunglasses have a wraparound

design to reduce wind and glare. They're also rimless, so the field of vision is unobstructed. The lenses should offer UV protection and typically are neutral gray to maintain a player's depth and color perception.

**Cycling** - Special "sportshields" have been developed to protect the eyes of serious cyclists. Because cyclists can sustain injuries from gravel and other projectile objects, the sportshield is larger than traditional sunglasses and has a polycarbonate lens, which is more impact-resistant. Purchase sportshields with UV protection.



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47601 Grand River Avenue  
(Beck Road entrance), Novi.

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# Run, Rover, run

## Keep your furry friends fit

BY ANNE FARRIS  
SPECIAL WRITER

Spring is usually the time when we start thinking about getting back into shape. It's the perfect time to pick up the pace of that tired old exercise routine, and with the mild weather we've been having lately, there's almost no excuse for not getting out there.

There's no excuse for your dog not getting exercise either. The next time you head out for a little fresh air, grab a leash and bring your buddy with you. He's the perfect exercise companion, and he'll thank you for it later.

Your canine friends benefit from physical exercise in exactly the same ways that we do. Movement helps animals stay healthy and maintain good muscle tone. It's also a crucial component in controlling obesity.

What's interesting to note is that dogs who get regular exercise are generally happier and exhibit fewer behavioral problems, such as destructiveness, than their sedentary counterparts—especially in breeds prone to those problems.

Veterinarian Matt Monica of Oakland Animal Hospital in Rochester, says that weaners and other high-intensity breeds require more exercise than other breeds. "They're like a coiled spring. If they don't get that energy release several times a day they can

develop anxieties which could potentially lead to all kinds of behavior difficulties," he says.

If your workout involves walking or running, you've already got the perfect dog-friendly activity in place. Long-legged working and sporting breeds, such as German shepherds and Labrador retrievers, are well suited for running and brisk walking because it's what their biology tells them to do. Smaller breeds do best with walking.

The age of your dog must be taken into account when embarking on an exercise routine. Starting too early can cause injury to a young dog's developing bones; therefore it's best to engage him in more playful forms of exercise until he's reached an appropriate age and maturity level. Short walks, chasing balls or any other type of free play will help a puppy develop coordination and strengthen growing bones.

As a rule of thumb, dogs weighing 45-95 pounds at maturity should begin consistent, high-level running or walking after age 1. Breeds weighing more than 100 pounds should wait until age 1.5. Breeds weighing less than 25 pounds should wait until 8 months of age.

Dr. Monica says it's wise to have your dog examined by a veterinarian before

Please see PETS, 13

# Vitamins from page 4

ments? Adams said they only benefit "sometimes." Caudill recommends that all kids take vitamins. He has his 4-year-old daughter on a low-potency multi-vitamin called "Yummy Bears."

One of the good things (and bad things) about supplements is that they aren't heavily regulated by government. But the quality of supplements varies from manufacturer to manufacturer because no one has to meet any meaningful standards.

For a couple years I got MSM dirt cheap from a mail order company. Then one day I got a batch of MSM that was completely ineffective. All my symptoms returned.

Adams said this is typical of discounters. They sell a 500-mg capsule that has as much filler material in it as it does the supplement. Although she's not sure she wants the government in the supplement-regulation business, Adams allows that it would be nice if supplement manufacturers were required to give detailed descriptions of what's inside the tablets and capsules.

Until then, supplement takers should stick with the companies that don't skimp on nutrients. Adams mentioned Country Life, Twin Labs, Lifetime, Naturally, Nature's Life and Nature's Way as good companies to buy from.

Caudill recommends Solaray and Nature's Plus along with American Health for its multi-vitamin, called More than a Multiple. "Give it a week and you'll feel like a new person," he said.

Miller advises shoppers to look for the United States Pharmacopoeia seal, which indicates that the vitamin is regulated for quality and purity standards.

The thing to remember with supplements is that you won't get the most out of them unless you educate yourself—by reading or talking to experts—on what they will and won't do.

Ralph R. Echtenaw is the special projects editor of the Observer Newspapers.

# Pets from page 12

you get started. "There are certain conditions, such as hip dysplasia, that might prevent a dog from running, but overall, exercise is good for most dogs."

If running or walking is not an option for you, there are still ways to ensure that your dog gets the exercise he needs. If you have a fenced-in area, Dr. Monica suggests a daily game of fetch. "It's good for them and reinforces what they're born to do."

Dogs love water. If you have access to a lake, he'll enjoy the swim and stay cool at the same time. Like running and fetching, swimming comes naturally to most dogs.

Have you ever noticed how curious dogs are about other dogs? They love to play with each other and it's a good way to get exercise without even trying.

Plan play dates with fellow dog owners, or think about owning more than one dog. They'll be good company for each other.

If you do plan on running with your dog, the following common sense rules will apply to both of you.

- Start on a moderate program of walking 10-15 minutes once or twice per day.
- In warm weather, head out early in the morning or late in the evening when the sun is less intense and temperature has cooled.
- Bring drinking water for both of you, or make sure you go by places where there is water.
- Pay attention to the surface that you're traveling on. Asphalt and concrete are hard surfaces that can cause damage to the pads of a dog's feet. They also become very hot in the summer. Dirt and grass are better for your

dog.

- Be sure to travel against traffic when running in the street and keep your dog on the inside next to the curb.

- When running at night, wear reflective clothing and attach illuminated strips to your dog's collar.

- Pay attention to your dog's pace and breathing. If he seems tired, slow down.

## Cats

Indoor cats also benefit from regular exercise, but getting that fat cat moving isn't going to be easy.

"Cats present one of the most difficult challenges of veterinary medicine," says Dr. Monica, who points out that cats aren't particularly fond of playing Frisbee or long walks on a leash. "Cats are prone to obesity, which predisposes them to arthritis. That's why it's important to get them interested in toys which stimulate them, both physically and mentally, and to make sure you don't overfeed them."

With a few simple household items and a little creativity on your part, you can exercise your cat—and entertain yourself—for hours on end. Flashlights (or flashlight tags), crumpled paper balls, paper bags, cardboard boxes, socks and string are all toys to your cat.

Just be sure to avoid small objects that can be swallowed or choked on, or those with loose or sharp parts. Experts say that you can tell if your cat is enjoying a game by checking his pupils. If they're dilated, he likes it.

One last bit of advice: Schedule routine checkups with your vet and stay up-to-date on vaccinations. It's the best way to keep your pet healthy.

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## PET PEEVES



Dr. Dick Kirchgatter of the Parkway Veterinarian Clinic in Canton has been a veterinarian for over 30 years. He offers the following tips for pet care.

- **Should Fido eat grass?**  
"It's not unusual to chew on grass. It's a fairly normal thing. Often after they have chewed up the grass they'll vomit and you'll see little clumps of hair. They were getting rid of some junk in their stomach."
- **Why does Fluffy shed so much?**  
"They're going to shed all year long but a little more in the spring and fall. They're preparing for the dramatic season change." When you're complaining about all the excessive hair around the house, remember that sick cats don't shed. If Fluffy sheds, she's probably healthy.
- **Why is it important to comb or brush Fido and Fluffy?**  
"Their body temperature is better maintained. Unmatted hair allows better insulation in the winter and more air circulation in the summer."
- **Why do Fido's ears smell?**  
"Generally speaking, there may be an infection going on, and the dog should be seen by a veterinarian. After the infection is cleared up, it's good to follow up with a cleansing agent once a week." Kirchgatter recommends purchasing a dog ear wash from your veterinarian. If Fido has just a waxy build up with no infection, a cotton swab dipped in alcohol may be fine for cleaning.

- **Do Fido and Fluffy need their teeth brushed?**  
"In more recent years, it's become popular to do so. It's beneficial for cats and dogs that will allow you to brush their teeth. However, they don't often go for the taste of human food. You can buy beef-flavored pet toothpaste." Want to avoid doggie breath? Keep Fido's teeth free of tartar and don't feed him any food with garlic.
- **How can I protect my pet's paws?**  
"Don't walk your dog on an extremely hot day. They can easily get overheated and have heat stroke. And remember, black-top gets very hot. It can cause blisters. Walk your dog on the grass or in a park."
- **Do I need to cut Fido's and Fluffy's nails?**  
"Dogs tend to wear their nails down on the cement. However, older dogs tend to need their nails trimmed more often. Cats that use a good scratching post may not need their nails trimmed as often. When you cut your pet's nails, leave a little of the white. Don't cut into the pink triangle."
- **How often should I bath Fido?**  
"Once a month is often enough for most dogs. It depends on how dirty they get and how clean you want them to be."
- **How do I avoid a fat cat?**  
"Don't allow them to eat free choice. Determine what they need and set out a bowl of food. When it's gone, that's all they're going to get." Dogs get fat from overeating and lack of exercise. They also get upset tummies from grazing around the summer barbecue pit. Keep them away from bones and fatty meats.

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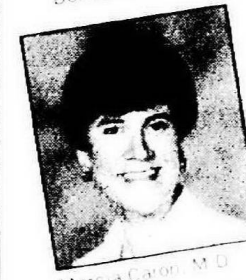
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### OCC Healthcare Programs for the New Millennium

The Highland Lakes Campus of Oakland Community College (OCC) is situated on 160 acres of gently rolling hills southwest of Pontiac. This career development-oriented campus has three innovative degree and certificate programs that will help students prepare for a bright future in the Allied Health fields of Massage Therapy, Exercise Science and Technology, and Medical Assisting. These unique programs work together, providing interdisciplinary course work that allows students to acquire multiple skills for greater marketability.

Massage Therapy Program Coordinator Janine McKay says the OCC program offers a medically and scientifically-based curriculum that enables graduates career opportunities in this growing healthcare field. This program has approximately 300 hours of "hands-on" practical experience on and off campus. This enables students in the program the

Exercise Science and Technology (EST) prepares students to enter a health/fitness profession in a setting that uses exercise therapeutically. This science-based program provides a wide variety of experiences, in the lab and through internships in the field. EST also provides two extended degree options in Gerontology and Business. The Gerontology emphasis will allow students to work in senior adult services and the Business concentration will prepare the student for more entrepreneurial endeavors.

Karen Kittle, the coordinator of the Medical Assisting (MDA) program states that the 1 year certification or 2 year degree curriculum helps students become proficient in both administrative and clinical skills in the allied health field. According to the AAMA, medical assistants are multi-skilled practitioners who can perform a wide range of roles in physician's clinics, hospitals, insurance billing agencies, medical transcription agencies, and others. Kittle stresses that this program is CAAHEP accredited, which enables students to apply for the AAMA certification exam. In today's job market, time and money are at a premium so the MDA department offers several options for acquiring marketable skills in less than a year. These options include Administrative Medical Assistant, Clinical Medical Assistant, Insurance/Coding Specialist, EKG Technician, and Phlebotomy Technician. With additional classes and/or training the medical



Left to Right, Janine McKay, Vicki Kloosterhouse and Karen Kittle

assistant may move into other allied health occupations such as Ophthalmology Assistant (also offered by this department). For more information about these exciting new opportunities in the healthcare field, visit the OCC web site at <http://www.occc.mi.us> or call the numbers indicated in the display ad below.

opportunity to work in settings where message therapy is used. Graduates from this program easily fit into physical therapy clinics, hospital settings, chiropractic offices, nursing homes, or sports medicine clinics. Students are able to obtain a certificate in Massage Therapy or a 2 year Associate Degree in Applied Science.

### Get Prepared For An Exciting Career At Oakland Community College!



**Exercise Science & Technology Program**

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**Essential Facts To Know**  
1 year certificate program or 2-year Associate Degree; extended Associate Degree options offered



**Massage Therapy Program**

**Potential Employment Opportunities**

Hospitals, Clinics, Professional Athletic Teams, Health Clubs

**Essential Facts To Know**  
Certificate program or extended Associate Degree in Applied Science; Prerequisite courses: BIO 163 & BIO 164, prior to admission to program



**Medical Assisting Program**

**Potential Employment Opportunities**

Private Practice, Hospitals, Clinics

**Essential Facts To Know**  
No Selection Process; No Prerequisites; No Waiting Lists; CAAHEP accredited program prepares students for AAMA/CMA certification exam



For more information, call:

**Exercise Science & Tech.** — Vicki Kloosterhouse, (248) 942-3224  
**Massage Therapy** — Janine McKay, (248) 942-3034  
**Medical Assisting** — Karen Kittle, (248) 942-3068

## High-carbohydrate diet yields high performance

BY TINA MILLER  
SPECIAL WRITER

A classic never goes out of style, and so it is with a high-carbohydrate diet for optimal fitness and athletic performance. Current research continues to support the decades-old recommendation for a diet rich in complex carbohydrates with moderate levels of protein and fat.

The formula for a high-carbohydrate diet has evolved over time to include 60 percent of calories from carbohydrates, 20 percent from protein, and 20 percent from fat (with 7 percent or less from saturated and trans fats). For someone eating 2,000 calories a day this equates to 300g carbohydrates, 100g protein, and 45g fat (16g or less saturated and trans fats).

### Food fuel

Carbohydrates provide an immediate source of fuel (glucose), as well as a reserve (glycogen) stored in muscle tissue. Much like premium gas, carbohydrates burn clean, producing the fewest amount of by-products that cause muscle fatigue. Whole grains, legumes, and antioxidant-rich vegetables and fruits are the best carbohydrate sources.

Protein provides the necessary tools to build lean muscle mass and for replacement and repair of muscle cells broken down during intense exercise. Emphasize low-fat protein sources in your diet such as fish, poultry, lean meats and soy products.

### Some fat's OK

We've become experts at reducing fat in our diets, counting every fat gram and feeling good about it. However, fat is an essential nutrient for the production of hormones, nervous system tissues and transportation of fat-soluble

vitamins. The healthiest fats include monounsaturated olive and canola oils, omega-3 fatty acids found in fish and some nuts, and polyunsaturated fats found in vegetable oils.

Limit saturated fats found in animal products and trans fats found in hydrogenated margarine and many snack foods. Saturated and trans fats, when consumed in excess, increase risk for heart disease and some forms of cancer.

### Lots of water

Dehydration can seriously hinder athletic performance and stamina during exercise. Water is a key nutrient for body temperature regulation, preventing heat stroke during those hot summer workouts. To maintain fluid balance, drink 64 ounces of water (and caffeine-free, sugarless beverages) every day. Sports drinks, which contain electrolytes and small amounts of carbohydrates, can be beneficial during periods of intense exercise of long duration.

### Supplements

What about supplements? For good health, a daily multi-vitamin and mineral supplement is recommended. Current research also suggests that moderate supplementation of creatine for serious body builders can increase protein (muscle) stores.

Beta-carotene may modestly improve performance for distance runners and possibly cyclists. Good sources of beta-carotene include orange and yellow fruits and vegetables such as winter squash, sweet potatoes, peaches, apricots, cantaloupe, and dark green vegetables such as broccoli.

Tina Miller, a registered dietitian, is a nutritionist for the Kroger Co. of Michigan. If you have questions about nutrition, call her at (800) Krogers or e-mail [tina@kroger.com](mailto:tina@kroger.com)

Take time out to bake a batch of these carbohydrate-rich muffins. The pumpkin adds flavor and beta-carotene as a bonus.

#### WHOLE WHEAT PUMPKIN MUFFINS

- 1 cup all-purpose flour
- 3/4 cup whole wheat flour
- 3 Tablespoons sugar
- 2 teaspoons baking powder
- 1 teaspoon pumpkin pie spice
- 1/4 teaspoon baking soda
- 1/8 teaspoon salt
- 1 egg, beaten
- 3/4 cup skim milk
- 2 Tablespoons butter or margarine, melted
- 1/2 cup canned pumpkin

Preheat oven to 375 degrees. Spray a standard muffin pan with non-stick cooking spray or line with paper liners. Set aside.

In a small mixing bowl, stir together egg, milk and melted butter or margarine. Stir in pumpkin. In a separate large bowl, stir together flours, sugar, baking powder, pumpkin pie spice, baking soda and salt. Make a well in the center of the dry ingredients and add egg mixture all at once.

Using a fork, stir just until moistened (batter will be lumpy). Spoon batter into muffin cups, filling 2/3 full. Bake for 18 to 20 minutes or until toothpick inserted in center comes out clean. Cool for 5 minutes then remove from pan. Makes one dozen.

Per muffin: 180 calories, 6g protein, 34g carbohydrate, 2.5g fat  
Source: Tina Miller, nutritionist with the Kroger Co. of Michigan.

## Seasoned citizens keep life interesting by staying active

BY RENEE SKOGLUND  
STAFF WRITER  
[rskoglund@home.com.net](mailto:rskoglund@home.com.net)

### ■ 'Now I can move.'

Triani Wastle

Senior Citizen

These are not rocking chair seniors. They're treadmill walking, lap swimming, aerobics-loving seniors who work out at the Livonia YMCA several days a week as part of the Silver Sneakers, a Health Alliance Plan-sponsored fitness club for HAP's Senior Plus members.

Paul and Triani Wastle of Canton have been Silver Sneakers for more than a year. "It was the best thing we ever did," says Paul, 72, as he logs in the miles on a treadmill. He nods toward his wife, who's logging in almost an equal number of miles on a treadmill next to him. "The doctor wanted to operate on her knees, but now that she's come here, she's OK."

Triani, age 69, agrees. "Now I can move," she says.

Paul, who underwent bypass surgery last year, says he and his wife have completely changed their life-styles. They eat better and exercise more. As a

result, their cholesterol levels have dropped. "The doctor is very happy. The last time I saw him, he said, 'I don't want to see you for another year.'"

David Hawkins of Detroit, 71, has the physique of a basketball player. He jogs every day and can't imagine life without exercise. As he heads into the Livonia Y's chair aerobics class, towel draped around his neck, he looks around and says, "You've got some healthy seniors here."

The chair aerobics class is very popular with the Silver Sneakers seniors, said Carol Watkins, the Livonia Y's wellness director. "Socially and emotionally they get a lot of fun out of it."

The loss is a "buck," she says. "The



Staff Photo by Tom Howley

benefit is you get this class, but you also get the whole run of the place." Currently HAP provides a paid membership for 500 of its Senior Plus members, of whom 230 come on a regular basis.

Romana Loshuk, 69, of Redford seldom misses a beat in her chair aerobics workout. No wonder. She plays softball,

walks two miles a day and does cross-country snow-shoeing. She eats lots of chicken, fish, fresh vegetables and fruits and very little red meat. "There's not much recycling at my house. I don't eat canned things," she says.

She credits exercise for giving her a great life. "I have more energy, more places and do things."

Miles to go: Triani and Paul Wastle like to use the treadmills at the Livonia YMCA.

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