

## Veterans honor our fallen heroes



Veterans join forces Monday in remembrance of our fallen American heroes. The annual Memorial Day parade begins early this year - at 7:30 a.m. at Theodore and Main, then heads south to Kellogg Park.

By TONY BRUSCATO  
 STAFF WRITER  
 tbruscato@ee.homecomm.net

Originally called Decoration Day at the end of the Civil War, Memorial Day has been a day for Americans to remember those who lost their lives in service of their country. It's believed Memorial Day began when two Civil War veterans saw a

woman and her two children decorate the grave of a fallen soldier with flowers. Doris Seisser of Livonia is a veteran of the Army Nurse Corps, having joined when she was 22, serving from 1944-1946. A member of the Veterans of Foreign Wars Mayflower-Lt. Gamble Post 6685

Please see VETERANS, A4



Honor: Plymouth Veterans of Foreign Wars Ladies Auxiliary place flags on the grave sites of former members in Riverside Cemetery.

Staff Photo by Paul Hirschman

### AWAY

#### MONDAY

Meet the candidates: A forum featuring four candidates vying for two seats in the June 14 Plymouth-Canton school board election will be cablecast at 2 p.m. on MediaOne, channel 25. The forum was sponsored by the Plymouth Observer and the League of Women Voters.

#### MONDAY

Memorial Day: A parade honoring our fallen heroes begins 7:30 a.m. at Theodore and Main, then heads south to Kellogg Park for a ceremony.

#### TUESDAY

School meeting: The Plymouth-Canton Board of education meets at 7 p.m. at the E.J. McClendon Educational Center, 454 S. Harvey.

Cheerleading: Tryouts for the Plymouth Salem Co-Ed Cheerleading begins today from 7-9 p.m. Also, Wednesday, Thursday and Saturday from 8 a.m. to noon in the Salem gym.

#### WEDNESDAY

Stressed out?: Drop-in Hatha Yoga for adults and teens from 7-8:30 p.m. at the Joanne Winkelman Center for the Arts, 774 N. Sheldon. Cost is \$12 per session of \$50 for five or more sessions. Hours also 7-8:30 p.m. Monday and 9:30-11 a.m. Saturday. Call 416-4ART for more information.

### INDEX

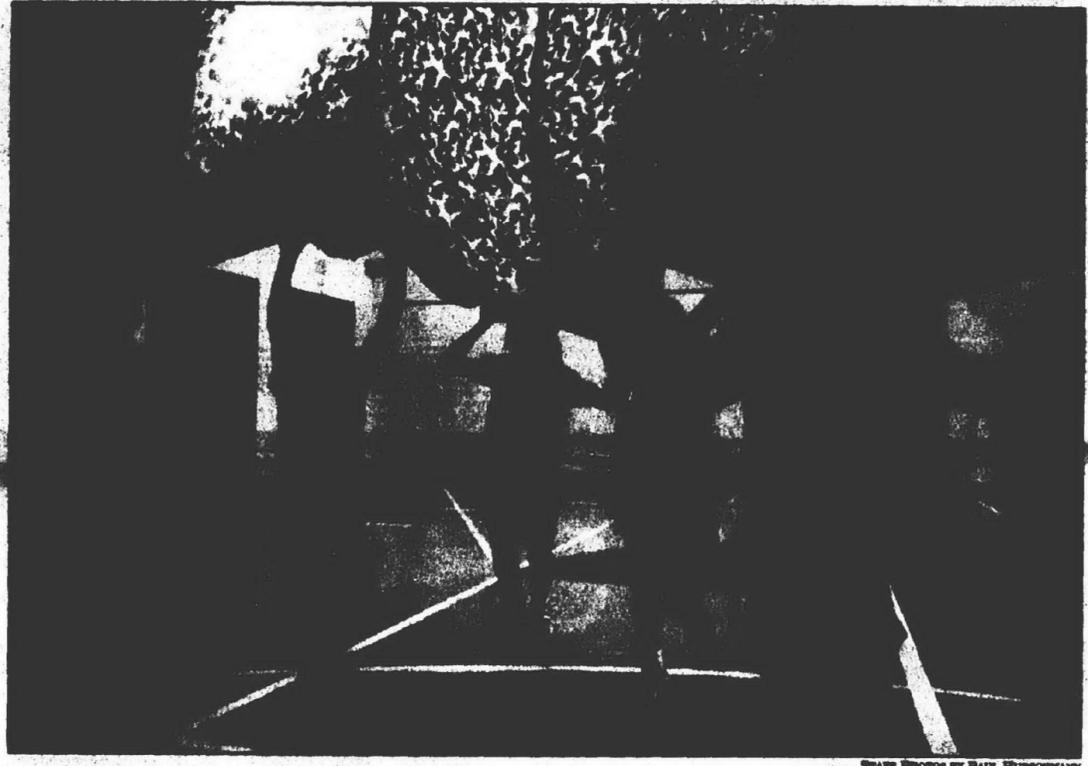
Classified Index	E4
Real Estate	E1
Crossword	E6
Jobs	G1
Home & Service	H2
Automotive	H6
Taste	B1
Health & Fitness	B4
Arts & Leisure	C1
Sports & Recreation	D1

### HOW TO REACH US

Newsroom: 734-488-2700  
 Newsroom Fax: 734-488-4324  
 Email: vplender@ee.homecomm.net  
 Nights/Sports: 734-998-2164  
 Reader Comment Line: 734-998-3044  
 Classified Advertising: 734-998-0000  
 Display Advertising: 734-998-3300  
 News Delivery: 734-998-0000

### PHYSICAL EDUCATION:

## An essential component to a healthy lifestyle



STAFF PHOTOS BY PAUL HIRSCHMAN

Coordination: First and second graders in Ron Callison's Physical Education class at Gallimore Elementary perform fun exercises with a parachute. Callison said that in addition to enhancing motor skills within a group, the parachute works nearly all of the muscles in the body and provides a fun method of teaching and learning.

### School district promotes lifelong exercise

By TONY BRUSCATO  
 STAFF WRITER  
 tbruscato@ee.homecomm.net

Michigan children are some of the most obese in the country, according to several recent studies. That's attributed, in great part, to the lack of physical activity in their lives. It's really no wonder. Michigan is one of eight states in the country that have guidelines, instead of mandates, for time spent by students in physical education classes. In the Plymouth-Canton school dis-

trict, administrative emphasis has been placed more on core curriculum than physical education, forcing students to get only an introduction to physical skills and lifestyle choices. "Because of the lack of time available for physical education, our goal is to introduce students to a number of activities and skills," said Brian Wolcott, district athletic director. "Especially at the elementary level, it's hard to develop skills in one period a week. "What we're hoping to do is show kids the standard motor skills and get

them interested enough to further develop them through a recreation program or with their parents." In kindergarten through fifth grades, students get one 40-minute physical education class per week. In the middle schools, sixth-eighth grades, students may take from zero to 40 weeks of gym classes. At the high school level, students are required to take one year of physical education plus one semester of health.

Please see EXERCISE, A8

By KIMBERLY A. MORTSON  
 STAFF WRITER  
 kmortson@ee.homecomm.net

Maintaining a healthy body weight throughout the period prior to and during puberty can be a challenge for young people. With the advent of the Internet, other technology related entertainment and an average decline in physical activity by school-age children, the result has led to a significant number of sedentary adolescent.

Nationally the prevalence for overweight youth is increasing. Experts have determined that a natural predictor of adult obesity is childhood obesity — underscoring the importance of maintaining a sensible, well-balanced diet and routine exercise program. According to the American Heart Association, inactivity contributes to risk factors such as obesity, high blood pressure, respiratory disorder, diabetes, elevated blood cholesterol and early heart disease.

KEEPING KIDS FIT

Local public school districts, acquainted with the current health status of its youth have taken active steps to encourage healthy eating and exercise habits in school, as a hobby and in the home-setting. A curriculum developed in the fall of 1998 under the guidance of Governor John Engler's Council on Physical Fitness, Health and Sports and a consortium of Michigan colleges and universities, provides physical education teachers with tools to develop young students (K-2) both physically and intellectually on the way to life-long learning and fitness.

Unfortunately, Michigan is one of eight states with no mandated time for physical education which creates an opportunity for students to substitute interscholastic athletic, band or unrelated non-aerobic activities for physical education.

"New findings show that the risk factors associated with cardiovascular disease in adults, high blood pressure, obesity, high cholesterol levels and insulin resistance, might be mitigated by slowing the rate of weight gain during childhood and adolescence," as reported in *Circulation: Journal of the American Heart Association* by Alan R.

Please see LIFESTYLE, A6

## Slavens is concerned with the district's future



Name: Mark Slavens  
 Age: 44  
 Residence: Canton  
 Occupation: Attorney  
 Family: Slavens and wife, Diane, have three children.  
 Degree: Graduate of Central High School, and State University of New York.  
 Education: Bachelor's degree in Law from State University of New York.  
 Organizations: Chairman of Canton School District Citizens for Fairness in Public School Funding, Chairman of Canton School District Citizens for Fairness in Public School Funding, Chairman of Canton School District Citizens for Fairness in Public School Funding.

By TONY BRUSCATO  
 STAFF WRITER  
 tbruscato@ee.homecomm.net

Mark Slavens said his concern about the future of the Plymouth-Canton school district is the main reason he wants a seat on the Board of Education.

Slavens, 44, of Canton, is running for one of two four-year seats on the board in the June 14 election.

"I'm concerned where we'll be at in the near future," said Slavens. "We're starting to hit the financial problems that have hit us from the changes in state funding."

Slavens is the chairman of Michigan Citizens for Fairness in Public School Funding, a group which is lobbying the state legislature for fair and equitable funding.

"I don't think we can continue to compete with the surrounding districts if we have less money," said Slavens,

the father of two elementary students and a Canton High School graduate. "The school board needs to take an active role with state legislators, contacting them to assist the school district with funding. Not only per pupil, but in areas where the state mandates programs without funding them."

While Slavens said he wants to maneuver the state for more funding, he also believes the private sector needs to do its share in helping schools.

"It's important we get the business community involved with the school district," added Slavens. "I repeatedly hear that we have kids coming out of high school that aren't adequately trained for the workforce. I would like to get the business community involved in the process ... and help the teachers with incorporating those ideas in the

Please see SLAVENS, A4

# Panel reduces Y2K worries

**By Susan K. Wynn**  
**Observer Staff Writer**

A panel of experts from the City of Plymouth, Michigan, and the Wayne County Fire Department, met Wednesday to discuss the possibility of a presentation addressing the potential Y2K problem in or with respect to the city's water system.

"As residents of the City of Plymouth, I can guarantee that on Jan. 1, 2000, you will be able to receive a water bill and you will be able to receive a water bill and you will be able to receive a parking ticket," said Tom Alexander, information systems manager for the City of Plymouth.

Along with Alexander, representatives from Plymouth Township, the Plymouth Community Fire Department, Wayne County, Detroit Water and Sewerage Commission, Peoples State Bank, Detroit Edison and Consumers Power spoke at the Town Hall meeting, sponsored by the First Presbyterian and First United Methodist churches of Plymouth.

Every speaker offered an encouraging response to citizens' concerns, ensuring all who attended that proper steps are being taken to prevent any disruptions with the millennium change. About 50 residents came to the First United Methodist Church to learn about each speaker's plan.

Charles VanVleck, Plymouth Emergency Preparedness Manager for the Plymouth Communi-



ty Fire Department, said that his impression of whether government and businesses have made the right adjustments in recent months has improved. "I have been pretty well assured by the utility companies that our 911 system is going to work," he said. "A few months ago, I couldn't have said that and mean it because I didn't know."

VanVleck urged citizens to prepare the same way that they would for a winter storm ... stocking water, "ready-to-eat" foods, a first aid kit, prescription drugs, blankets or sleeping bags, etc.

"I strongly urge you to be prepared for any emergency, not just Y2K," said VanVleck. "Y2K to me is like an ice storm. The difference is that we can have a meeting like this to discuss Y2K. We don't know when we're going to have a storm."

Sue Hanson, representing Wayne County, said that one objective she is trying to address is to calm the hysteria that surrounds the Y2K problem.

"One thing that we're trying to do is to get out and talk to people like you," she said. "We want to get a handle on all of the rumors and the hearsay."

Hanson added that the county has been working on addressing the Y2K problem throughout the area, including Metro Airport and county jail.

Dave Baker from Detroit Edison and Bill Pike from Consumers Energy both said that their companies have been deal-

ing with the Y2K bug for several years and assured those in attendance that everything will be ready months before the end of the year.

"We've been dealing with this since early 1996," said Baker. "I expect all of our systems to be sold and in the year 2000, we'll be there."

Pike agreed, saying that the utility companies know how to handle things if there is a problem.

"We aren't taking the foolish stance that everything is OK ... we're in the emergency business," he said. "Not a day goes by when we don't have a broken power line or gas main."

Perhaps VanVleck summed things up the best, quoting Franklin Delano Roosevelt: "All we have to fear is fear itself."

# Ex-rec director gives up civil suit against Westland

**By Barbara Clark**  
**Observer Staff Writer**

Charles Skene apparently won't challenge a judge's decision to dismiss a wrongful firing lawsuit he filed after being ousted as Westland parks and recreation director.

"As far as I know, there is not going to be an appeal," Skene attorney Stephen Boak said Wednesday.

The decision means that Skene won't receive any city money even though he was fired April 23, 1997, amid an embroiling probe that ended with a jury finding him innocent.

"There will be no (financial) recovery for all the nonsense," Boak said.

He estimated that Skene lost \$100,000 in wages - aside from pension and reputation damages from an ordeal "that will always dog him."

Skene has worked in newspaper advertising for the last two years and hasn't been able to restart his parks and recreation career. He formerly served as Plymouth's recreation director.

Skene was cleared of embezzling charges in February 1998 by a Wayne County Circuit Court jury that ruled he didn't embezzle thousands of dollars from his department.

Prosecutors portrayed Skene as a gambling addict who stole money from his department to support his habit, but Skene maintained his innocence all along.

Circuit Judge Pamela Harwood issued an April 16 opinion dismissing Skene's wrongful firing lawsuit that he filed against the city and five officials: Mayor Robert Thomas, Deputy Mayor George Gillies, Budget Director Elizabeth Duggan, Westland police Lt. Gary Skorski and former Finance Director Michael Gorman.

On Wednesday, Mayor Thomas welcomed news that

Skene would not appeal the decision.

"I'm not surprised by the decision not to appeal," he said, adding that he believed the city would've prevailed, anyway.

"I'm just glad to get it behind us," Thomas said of the two-year ordeal. "I wish Chuck well in whatever he decides to do."

"I'm not going to hold any grudges or ill feelings," the mayor added. "He obviously went through the system, and this is the way it ends up."

Thomas still maintained that he acted properly in firing Skene - a dismissal that the mayor has attributed to poor job performance.

He said he would make the same decision "if I had it to do all over again."

Boak has called it unfair that Westland officials escaped prosecution in Skene's suit because of an immunity issue that he said wouldn't apply to average people.

"It's just difficult to get around the immunity issue, I guess," he said Wednesday. "We would have to show that the trial judge abused her discretion in dismissing the case. And there was, in my opinion, sufficient justification in the opinion that she rendered that it would be extremely difficult to get the Court of Appeals to rule that she had abused her discretion."

Thomas, meanwhile, commended Harwood's decision and said he is glad to have long-awaited closure in Skene's case.

"I think the judge made the right decision," he said.

**Hands On Center**  
**UPDATE**  
 Presented by  
**Hands On Center for Physical Therapy**

**TREATMENT FOR TENNIS ELBOW**

Tennis elbow is inflammation of the tendon on the outside of the elbow due to over use (Not necessarily due to playing tennis). Even chronic tennis elbows can still be successfully treated with cross fiber friction massage, ultrasound and other advanced techniques. In addition to the massage, stretch and repetitive motion exercise are essential in the treatment plan. Restoring all physical activities normally occurs within two to six weeks of treatment.

If you've been injured, have undergone surgery, or are seeking your physician for a referral to the HANDS ON CENTER FOR PHYSICAL THERAPY. We offer open, state-of-the-art facilities (all therapy is provided in closed rooms to ensure comfort and privacy), and our Hands On therapists include both physical and massage therapists. To learn more, please call (734) 489-8878. Our center is located at 470 Palmat Avenue, Suite 20, in Plymouth, MI.

**Plymouth Observer**

Published every Sunday and Thursday by Observer & Economic Newspapers, 8851 Schoolcraft, Livonia, MI 48150. Periodical postage paid at Livonia, MI 48150. Address all mail (subscription, change of address, Form 3529) to P.O. Box 8804, Livonia, MI 48151. Telephone 891-0800.

CARRIER DELIVERY		MAIL DELIVERY	
Monthly	\$3.00	One year	\$36.00
One year	\$36.00	One year (St. Clair)	\$44.00
One year (St. Clair)	\$38.00	One year (Out of State)	\$68.00
Nonmember	per copy 75¢	One year (Out of State)	\$68.00

All advertising published in the Plymouth Observer is subject to the conditions stated in the applicable rate card. Copies of which are available from the advertising department, Plymouth Observer, 8851 Schoolcraft, Livonia, MI 48150. (734) 489-8878. The Plymouth Observer reserves the right not to accept an advertiser's offer. Copying & reprinting of any article in this newspaper is prohibited without the express written permission of the publisher.

**bread!**

**Cherry-Walnut**

This is great toast!

**STONE HOUSE BREAD**

Inside Holiday Market, Lilley Road & Cherry Hill  
 734.844.2200

**CHAMPAGNE BRUNCH BUFFET**  
 - SUNDAY - \$18.95  
 Noon until 5 PM

- Monday Night -  
 All the King Crab You Can Eat - \$26.95

7-Days A Week  
 Live Maine Lobster Dinner \$14.95

Both Specials include:  
 • Bread  
 • Homemade Potatoes  
 • Butter

\$2.00 off Any Dinner Entree  
 including Maine Lobster Dinner  
 With Coupon • Exp. June 15

**Steamers**  
 On 12 Mile at Orchard Lake Rd.  
 Farmington Hills  
 (248) 442-2051

Plymouth Observer carriers wanted. Call (734) 416-9400 for more information.

**READER SERVICES**

**Observer Newsroom E-Mail**

Readers can submit story suggestions, reactions to stories, letters to the editor or make general comments to any member of our news staff through E-Mail via the Internet at the following address:  
 newsroom@oeonline.com.

**HomeLine: 734-953-2020**

Open houses and new developments in your area.  
 Free real estate seminar information.  
 Current mortgage rates.

**Classified After Hours: 734-591-0900**

Place classified ads at your convenience.

**Circulation Department: 734-591-0500**

If you have a question about home delivery or if you did not receive your paper, please call one of our customer service representatives during the following hours:  
 Sunday: 8 a.m. - Noon  
 Monday through Friday: 8:30 a.m. - 5:30 p.m.

**O&E On-Line**

You can access On-Line with just about any communications software - PC or Macintosh. On-Line users can:  
 • Send and receive unlimited e-mail.  
 • Access all features of the Internet - Telnet, Gopher, WWW and more.  
 • Read electronic editions of the Observer & Economic newspapers.  
 • Chat with users across town or across the country.

**On-Line Hotline: 734-953-2266**

If you need help, call the On-Line Hotline at the number above.

**Photo Services: 734-991-8346**

Order service of photos that have been taken by our staff photographers.  
 Provide the photographer with your name and description of the picture, which must have been taken by our staff photographers.  
 Send us the fee plus \$1.00 for each additional print plus shipping. Check or credit card.

**THE Observer**

**CHARTER TOWNSHIP OF CANTON SPECIAL JOINT PROCEEDINGS SYNOPSIS**

A Special Joint Meeting of the Board of Trustees and the Planning Commission of the Charter Township of Canton was held May 17 - 19, 1999 at Cherry Hill School, 80440 Cherry Hill Rd., Canton, MI at 8:30 A.M.

**BOARD OF TRUSTEES:**  
 Members Present: Bennett, Kirchgatter, LaJoy, McLaughlin, Shefferly, Yack  
 Members Absent: Burdick  
 Non-Voting Observers: C. Johnson  
 Members Present: C. Johnson, Gundersen, Lieberman, McLaughlin, Sullivan, Wade, Yack  
 Staff Present: Representatives from Biltmore Properties, Canton Observer & Economic, The Community Crier, Central Business Association, LIFE-Nashville, Gibbs Planning Group and Downtown Special Associates

The purpose of the Special Proceedings was to conduct a market survey for the Charter Township of Canton and to provide recommendations for participation in the development of a comprehensive plan for the Charter and adjoining areas. The meeting was held in three sessions. The first session was held on May 17, 1999 at 8:30 A.M. at the Cherry Hill School. The second session was held on May 18, 1999 at 8:30 A.M. at the Cherry Hill School. The third session was held on May 19, 1999 at 8:30 A.M. at the Cherry Hill School.

The Charter Township of Canton and the Planning Commission of the Charter Township of Canton are pleased to announce the results of the market survey for the Charter and adjoining areas. The results of the survey are as follows:

The Charter Township of Canton and the Planning Commission of the Charter Township of Canton are pleased to announce the results of the market survey for the Charter and adjoining areas. The results of the survey are as follows:

**CANTON 6**

MOVIE GUIDE

11:30 AM  
 1:30 PM  
 3:30 PM  
 5:30 PM  
 7:30 PM  
 9:30 PM

**Say it with Flowers**

by Steve Mansfield

**COMBINING LINE AND MASS**

In the early part of this century, it became popular to create floral arrangements that combined the concepts of Oriental-inspired line arrangements and traditional European mass arrangements. The resultant line-mass designs are defined primarily by their lines, but the lines are fleshed out with flowers and foliage to create an overall form that falls in between line and mass. While the line-mass triangles so popular some decades ago have fallen out of favor, such geometric shapes as crescents, columns, and S-curves remain popular. Combining line and mass is embraced particularly by those who prefer a contemporary feel. A typical design that they might find appealing may consist of colorful yellow and slender stems of bellflower set in a tall vase to create the strong linear element in a contemporary line-mass arrangement.

Since 1950, a Presidential Proclamation has been issued each year to proclaim Memorial Day as a day of prayer for permanent peace. This year, Memorial Day is observed on May 31st. The staff of **HEART'S FLOWERS & GIFTS**, 998 W. Ann Arbor Trail, Plymouth (483-8140) wishes you and your family a peaceful day.

HEART'S Flowers examples of line-mass designs, such as pussy willow, gladiolus, and iris.



# OLGC boy expelled for knife

By TONY BRUCATO  
Staff Writer  
tbrucato@ecomm.com

A 12-year-old Plymouth Township boy has been expelled from Our Lady of Good Counsel school in Plymouth for carrying knives. According to Plymouth police Lt. Wayne Carroll, the seventh grader was showing the weapons on the bus while on the way to school Tuesday.

"One was a camping-style folding knife, the other a serrated

"The student made a poor choice, but the policy here is pretty clear, expulsion."

**Ted Behen**  
principal

combat-style knife," said Carroll. "Both were over three inches long, which is the threshold to be considered a dangerous weapon."

OLGC principal Ted Behen said the knives were found in the student's book bag after he arrived at school.

"The student made a poor choice, but the policy here is pretty clear, expulsion," said Behen. "In light of what's happening around the U.S., anything with weapons is a serious charge."

Carroll said the youth was ticketed and will be processed through juvenile court.

## ROADS



Work continues on the City of Plymouth's Street Paving Program in the Old Village area along Starkweather, Liberty and Spring Streets.

The upcoming schedule of work for the week is as follows (subject to change by weather and other factors):

**Tuesday:** Starkweather and related streets, clean up and prep for first course paving.

**Wednesday through Friday:** Starkweather and related streets, first course paving Old Village area. Please note that once the first course of asphalt is laid, crews will need to come back, break out the asphalt around the manholes to allow crews to come to reinforce the manhole structure and raise it to the final grade of the road.

**Wednesday through Thursday:** Arthur, William, Church and Harvey streets, Pavement milling on these streets starting on Arthur from William to Pennington. This is the old pavement removal process. There will be significant noise from equipment and trucks.

If you have any questions regarding this report contact the Municipal Services Office at 453-7737.

# Habitat for Humanity finds shelter at new Volunteer Center

The Plymouth Volunteer Center, 638 Starkweather in Old Village, has announced that arrangements have been made to provide office space for Habitat for Humanity. The local branch of Habitat for Humanity covers all of western Wayne County west of Telegraph.

"We are most excited that this volunteer intensive organization has chosen our center to house their administrative offices. It is a natural fit. We provide opportunities for volunteers to seek out service to their community and Habitat for Humanity is performing services for the community. They are building homes and we are building community," said Bill Steiner, president of the Plymouth Community Foundation, the sponsoring organization of the Volunteer Center.

"Decent shelter is a basic human need. The future is brighter for thousands of people worldwide who have been helped by Habitat for Humanity's effort to meet that need. Habitat for Humanity of Western Wayne County is fulfilling the need in our community. We have developed partnerships among diverse individuals and groups that help revitalize our neighborhoods.

**Starting in June any community resident wishing to be a part of Habitat for Humanity need only call the Volunteer Center at 453-2920.**

This partnership with the Volunteer Center in Plymouth will continue our goal of brightening the future for families here in western Wayne County," states Richard Sheffield, president of Habitat for Humanity of Western Wayne County.

Starting in June any community resident wishing to be a part of Habitat for Humanity need only call the Volunteer Center at 453-2920. A grand opening of the Habitat office is scheduled for Thursday, June 10.

"Plymouth historically has been a caring community, rich with volunteer opportunities. We are determined to make Plymouth into the volunteerism epicenter for western Wayne County," adds Steiner.



**Editor's Note:** This is part of an ongoing series about the life of a high school senior. The Plymouth Observer has been chronicling Carrie Hayes' life since September.

Without giving away too much, the photo above shows Carrie Hayes, above, and her boyfriend Sam Walton embracing her mom, Ruth, before leaving for dinner prior to the prom at Laurel Manor in Livonia. At left, she and Sam share an intimate moment during a slow dance. A week before the prom Carrie participated in the "Money for Life" benefit for the American Cancer Society at Canton's Heritage Park as captured below as friends Emily Knott, from left, Elise Thornell, Bob Schmitt (standing), Matt Ouspitan and Thomas Knotts try to stay dry under a tent. Below right, Carrie reacts to an assignment with teacher Julie Gross in her Health Occupations class April 23. Although, the class wasn't all bad as she laughs with friends Ben Ferguson of Plymouth, 17, left, and Michelle Allen of Canton, 17.



# GOLF SPECIAL

## Wayne County Golf

### 54 HOLES OF EXCITEMENT!



WARREN VALLEY  
GOLF CLUB



INKSTER VALLEY  
GOLF CLUB

Donald Ross's  
**WARREN VALLEY GOLF CLUB**  
and  
Introducing...  
Metro Detroit's  
Newest Challenge  
**INKSTER VALLEY GOLF CLUB**

**WARREN VALLEY GOLF CLUB**  
26116 WARREN RD. • DEARBORN HTS., MI 48127  
(313) 561-1040

**2 FOR 1**

9 OR 18 HOLES  
CART REQUIRED  
CALL FOR RESERVATIONS  
VALID  
10:00AM - 1:00PM WEEKDAYS  
AFTER 4:00 WEEKENDS  
OFFER GOOD JUNE 1, 1999 THROUGH JUNE 14, 1999

COUPON

**INKSTER VALLEY GOLF CLUB**  
2150 MIDDLEBELT RD. • INKSTER, MI 48141  
(734) 722-8020

**2 FOR 1**

9 OR 18 HOLES  
CART REQUIRED  
CALL FOR RESERVATIONS  
VALID  
6:30AM - 8:00AM WEEKDAYS  
11:00AM - 2:00PM WEEKDAYS  
AFTER 4:00 WEEKENDS  
OFFER GOOD JUNE 1, 1999 THROUGH JUNE 14, 1999

COUPON

from page A1

Slavens is a firm believer that parental involvement is a deterrent to violence in the schools.

Slavens said the best way to prepare for charter schools is to improve the quality of Plymouth-Canton schools.

If elected to the school board, Slavens would be part of the group which will eventually select a new school superintendent to replace Chuck Little.

"I want a superintendent who is a leader," said Slavens. "I would like to see someone who can communicate with the staff and community, has an ability to express themselves and listen, and someone with experience in curriculum and academics."

"I've met with a group of parents and a group of administrators and principals at the high schools to discuss getting more parental involvement at the high school," he added.

### Veterans from page A1

in Plymouth, Seisser has tears well up in her eyes when thinking of those who never came back from fighting.

"I think about the men who were killed," said Seisser, 77. "We never got to tell them they did a good job."

"We have a lot to thank our GIs for ... what they did then and what they do now," she added.

Seisser said she saw things she never saw in civilian nursing.

"Wounds that were so gross that we had to change dressings three or four times a day," she remembered. "I also worked at a veteran's hospital where there were many paraplegics from the war. Many of them would never go back home."

This year's Memorial Day parade in Plymouth is being organized by the Vietnam Veterans of America chapter. Seisser doesn't believe the vets from that conflict got what they deserved.

"It wasn't a popular war, and they didn't get treated right," added Seisser. "I blame

I would propose a workshop every six months with teachers, union leaders and administrators to talk about issues in the district."

**Mark Slavens**  
school board candidate

"That's for both safety reasons and so parents can see what goes on."

Slavens said he's met with teachers and staff who say they're frustrated by not having contact with the school board.

"I would propose a workshop every six months with teachers, union leaders and administrators to talk about issues in the district," said Slavens. "My feeling is they don't feel they have that input at this time. We should also do the same thing with parents."

Slavens' position on the new high school is to leave it where it was proposed.

"Based on the representations that were given to voters, it would have to be built at Beck and Joy," said Slavens. "If it's not, there could potentially be some legal challenges that could hold up construction another few years. I don't want to go through that again."

"However, teachers and staff should have a lot of input on how to run the programs at the new high school."

Slavens believes he can bring a broader viewpoint the present school board.

"Sometimes the board has a tendency to look at the trees and lose sight of the forest."

the citizens of the United States for that."

Seisser said she's written her elected officials in Washington, telling them she's not in favor of U.S. troops in Kosovo.

"I hope we get our boys home soon," said Seisser. "I hope they don't have to get into a ground war."

Albert Stanwood of Plymouth Township is a decorated veteran, joining the Army Air Corps when he was 21. As a result of his stint as a fighter pilot, Stanwood earned 10 medals for his service in the Southwest Pacific from 1940-1946.

At age 80, Stanwood is a bit disappointed in today's society, which he believes doesn't properly honor veterans.

"Some people just see Memorial Day as a three-day holiday," said Stanwood. "Many today don't have respect for the flag or their country."

This year's Memorial Day parade in Plymouth begins earlier than usual. It's a 7:30 a.m. start at Theodore and Main, and heads south to Kellogg Park for ceremonies.



## Rotary Club ... windows, too!

The Plymouth A.M. Rotary Club spent a Saturday helping a number of senior citizens and spruce up their homes. We helped seniors with spring cleaning duties, work, washing windows, and a little painting," said Larry ... Plymouth Township ... a member of the club ... hold positions in the Plymouth community, and it was a way to extend our community service. "This was a hands-on project that we all enjoyed participating in," said Carey. "And we hope that those we helped really enjoyed it."

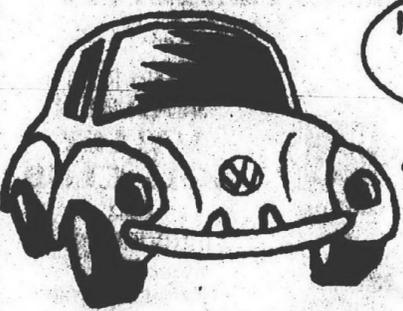


In addition to helping with spring clean, the Plymouth A.M. Rotary Club recently received the High Archer Project Excellence Award during the district's annual conference at the Grand Hotel at Mackinac Island, Mich.

Police Chief and ... at the home of ... Rotary Club ... of senior citizens ... spring sprucing up.

The preschooler has a walking disability, and the bike helps in strengthening his leg muscles.

## A Groovy Way to Finance Your Dream Car!



No money down for qualified borrowers

New vehicle rates as low as 7.25% APR. Up to 60 months

Used vehicle rates as low as 7.50% APR. Rates and terms vary depending on year of vehicle

Call today for a customized payment. Then apply over the phone! 734 453-1200

Family Owned and Operated SINCE 1989

# Everyday Competitive Pricing

## ACCURATE FLOOR COVERING

"The Flooring Store for the Next Millennium"

Visit our newly remodeled showroom.

Receive up to 7 gardening mats " or our mats

Carpet Vinyl Wood LAMINATE

**MOHAWK** LOGSCAPES

• Canton (734) 454-4140

• Tues. & Fri. 10-5 • Sat. 10-5

8 Months Same as Cash

C  
li  
o  
Cano  
on the  
burgh  
The  
canoe  
day, an  
Monda  
sion at  
each w  
Monda  
p.m.  
The  
Livery  
betwe  
Road i  
are \$10  
mum t  
canoe  
both r  
additi  
\$20 de  
canoe  
Two  
availa  
The  
burgh  
Nanki  
impou  
branc  
Parks  
travel  
Canoe  
from t  
Lake)  
will r  
rooms  
availa  
of the  
The  
Nank  
Road,  
matel  
time i  
will b  
launc  
Lake  
ported  
the co  
"We  
in our  
Roug  
Coun  
McNa  
excel  
enjoy  
Le  
we  
wi  
Nat  
learn  
lands  
Wildl  
Satur  
Marsh  
Par  
the b  
and a  
mars  
learn  
obser  
Mate  
provi  
All  
the o  
the ar  
Sui  
cost  
advan  
This  
possib  
erty t  
Par  
scre  
Marsh  
corner  
leton  
Sump  
Fo  
261-1  
TH  
CE  
U  
89

# Canoe livery opens

Canoeing began this weekend on the Rouge River near Newburgh Lake.

The Wayne County Parks canoe concession opened Saturday, and will be open today and Monday. Next week the concession starts a five-day schedule each week, Thursdays through Mondays, from noon until 8 p.m.

The Wayne County Parks Livery is located on Hines Drive between Joy Road and Stark Road in Livonia. Canoe rates are \$10 per canoe for the maximum two-hour rental for each canoe route, \$15 per canoe for both routes and \$4 for each additional half hour. There is a \$20 deposit required for each canoe rented.

Two canoe routes will be available.

The first route starts at Newburgh Lake and finishes at Nankin Lake, both of which are impoundments of the middle branch of the Rouge River. Parks officials estimate the travel time at 90 minutes. Canoeists will be transported from the canoe livery (Nankin Lake) to Newburgh Lake and will row back to the livery. Rest rooms and a picnic area will be available at the halfway point of the journey.

The second route runs from Nankin Lake to Merriman Road. This route is approximately 1 1/2 miles and travel time is 90 minutes. Canoeists will be transported back to the launch area, east of the Nankin Lake Dam, picked up and transported back to their vehicle at the completion of the journey.

"We have made great strides in our efforts to clean up the Rouge River," said Wayne County Executive Edward McNamara. "Canoeing is an excellent way for people to enjoy it."

## Learn about wetlands wildlife

Nature lovers of all ages can learn about creatures of the wetlands at Scoping Out Wetland Wildlife from 10 a.m. to noon Saturday, June 5, at Crosswinds Marsh in Sumpter Township.

Participants will learn about the birds, mammals, reptiles and amphibians that inhabit the marsh. In addition, they can learn to make aqua scopes to observe underwater creatures. Materials for the scopes will be provided.

All are encouraged to dress for the outdoors and bring boots as the area may be muddy.

Suitable for ages 6 and up, the cost is \$2 per person and advance registration is required. This program has been made possible through the parks property tax.

Participants will meet at the screened pavilion at Crosswinds Marsh, which is located at the corner of Haggerty and Will Carleton/Oakville Waltz Road in Sumpter Township.

For information, call (734) 261-1890.

# County to take over Head Start program

Wayne County will take over Head Start from Wayne County Regional Educational Services Agency starting Sept. 1.

Wayne County will serve more than 8,700 low-income, 3- and 4-year-olds. The U.S. Department of Health and Human Services notified Wayne County that it was awarded \$20.6 million with \$16 million in federal funds, the balance in in-kind services from schools, social service

agencies and other programs.

County officials announced the change at a press conference Tuesday.

When RESA officials decided they did not want to operate the program any longer last year, the federal government sent out a notice asking any qualified organization to bid on running the programs. Wayne County was selected from a pool of nearly 12 parties.

Children attending Head

Start programs receive assistance with education, health, nutrition and literacy concerns. Ten percent of enrollees must be diagnosed with disabilities.

County Executive Edward McNamara called the switch a "momentous occasion" for the county and for thousands of children and family members that Head Start serves.

"Having the responsibility for this vital, early childhood development program means

Wayne County has yet another way to enhance many lives and communities."

County officials said Head Start not only serves its young clients, but assists the families of children.

"If a Head Start parent needs a service such as health care, or employment or even housing assistance, Head Start staff are trained to either provide that service or refer them to the right agency," said Carolyn

Gray, Wayne County's director of children and family services, the office that will oversee operations for the county.

"When you add in parents and other family members, our program actually will assist a total of 10,000 people."

Gray stressed that Head Start will not just be a preschool or day care center. "School systems love Head Start because it helps children

— Please see NEWS STORY, A7

**SAVE 40-60% DURING OUR DRESS SPECTACULAR**

Misses • Petites • Parisian Woman  
Maggie London • Finity • Depeche • ABS • Laundry  
AKS • Kasper • Jessica Howard • Positive Attitude

Save on a large selection of dresses and suits during Dress Spectacular.

Choose from an array of dress styles including:  
**Casual • Career • Social**

**P.A.R.I.S.I.A.**

**Expert Bathtub Liners**  
Serving S.E. Mich. Since 1974

CALL NOW! SPRING SALE!  
Toll 1-8-TubLiners  
Free 1-800-254-6377

THINKING ABOUT CENTRAL AIR CONDITIONING?

**NOX**

FREE ESTIMATES  
(734) 521-1930  
UNITED AIR CONDITIONING  
8919 MIDDLEBURY • LIVONIA

Sorry, we can't make price adjustments to previously purchased merchandise.

Call 1-800-424-8185 TO ORDER ANYTIME. SPECIAL STORE HOURS: Laurel Park Place open Sun. 12-6, Mon. 10-5, Tue.-Sat. 10-9.  
FOR INFORMATION call 953-7500. CHARGE IT: Parisian Credit Card, MasterCard, Visa, the American Express Card or Discover®.

LOCATED AT LAUREL PARK PLACE IN LIVONIA, ON THE CORNER OF NEWBURGH ROAD AND SIX MILE ROAD (TAKE THE SIX MILE ROAD EXIT OFF INTERSTATE 275)



## Local agencies team up to stop speeding drivers

Law enforcement agencies in 18 communities have launched the Greyhound Blitz, a special enforcement and public awareness initiative aimed at stopping speeding drivers.

During the Greyhound Blitz, which extends through June 1, 100 officers will patrol interstates, highways, city streets and rural roadways, looking for people who speed," said Executive Lt. Maggie Casnick, project director of Drive Michigan Safely in Wayne County. "With that many officers on the road, speeders should expect to be stopped and ticketed."

The Greyhound Blitz will focus its efforts in Wayne County on Six, Seven and Eight Mile Roads, I-275, I-75, I-96 and I-94. Officers will target speeders on Ford Road, Inkster Road, Merriam Road, Michigan Avenue, Middlebelt Road, Telegraph Road, Wayne Road and other roads.

The Blitz is designed to motivate motorists to adopt safe driving habits. Speed is a factor in

30 percent of all fatal crashes, Casnick said.

The chances of death or serious injury double for every 10 miles per hour over 50 mph a vehicle travels, according to the Michigan Office of Highway Safety Planning. For vehicles traveling 10 miles per hour above or below the average speed, crash involvement rates are almost six times those for vehicles traveling within 10 miles per hour of the average speed.

Casnick said speeding 45 mph instead of 35 mph saves less than two minutes off the arrival time. Increasing speed from 55 mph to 65 mph saves slightly more than four minutes on a trip of 25 miles.

Drive Michigan Safely is a statewide traffic enforcement and public awareness program coordinated by the Michigan Office of Highway Safety Planning under a grant from the National Highway Traffic Safety Administration.

## McDowell wins praise, contract extension

BY KEN ABRAHAM  
Staff Writer  
kabrham@sun.com

The Schoolcraft Board of Trustees gave college President Dick McDowell high marks again for his job for the 1998-99 school year.

Trustees said McDowell's enthusiasm and commitment to excellence "continue to be remarkable."

"He hasn't wavered in his ability to move the college forward," said Patricia Watson, board chairwoman.

McDowell, now in his 18th year at the college, exhibits "strong financial, marketing and planning skills," according to a statement issued by the seven members of the board after they conducted his evaluation in a closed session. After that session McDowell then received a contract extension through 2002 with a pay raise for the 1999-2000

fiscal year of 3.25 percent, the same the raise the college's four unions received for this year, to place McDowell's salary at \$114,000.

Board members said McDowell's strengths include his fiscal management skills.

"The college remains debt-free and has managed to keep tuition cost competitive. The increase in grant revenue is indicative of the college's efforts to 'tap' any and all available state and federal dollars."

Trustees also said McDowell maintains an "open, direct and honest" working relationship with the board.

"He continues to develop innovative programs which are not typically attempted by community colleges," Watson said.

Watson said enrollment had declined in recent years at other community colleges, but

McDowell had developed benchmarks and objectives for enrollment credit management. Last year the number of credit hours increased by 2.22 percent, or about 2.9 percent per student, Watson said.

Continuing education class enrollment increased by 13 percent. "I thought it was very ambitious on his part to establish an objective in this area," Watson said. "It's crucial for us financially, and I've never seen anyone do this."

The board will receive a list of objectives from McDowell by the next meeting in late June, Watson said. One concern raised was the college's relationship with the K-12 districts, but overall McDowell received accolades from the board.

"We're pleased to have him at the college," Watson said.



High marks: Schoolcraft College President Dick McDowell, now in his 18th year at the college, received a 3.25 percent raise and contract extension through 2002.

## Head Start from page A5

become emotionally and socially ready to learn."

Head Start also helps parents to become more self-sufficient, officials say. They, with the governing board and administrative staff, set policy for their own Head Start programs. Parents also can earn a GED degree or child development associate certification by being involved with Head Start.

Wayne County will contract with three nonprofit agencies to operate the Head Start program: Dawnriver Guidance Clinic in

Southgate, Starfish Family Services in Inkster and Wayne-Metropolitan Community Services Agency in Ecorse.

Head Start programs will continue to be located in 16 Wayne County communities, including the western Wayne communities of Canton, Garden City, Livonia, Plymouth, Redford and Westland.

With 30,000 eligible children in Wayne County, one of the county's goals is to increase enrollment.



Senior Citizens Day

Shop at Parisian and enjoy these special privileges\*:

STOREWIDE SAVINGS

TUESDAY, JUNE 1

- Savings of 15% for customers aged 55-59
- Savings of 20% for customers aged 60-69
- Savings of 25% for customers age 70 and over
- Door open at 9am
- Free shopping bags
- Register for your Parisian Generations Card

\*Applies only to Senior Citizens Day and purchases made on that day, including sale priced and clearance merchandise. Normal exclusions apply. See store for details.

# P.A.R.I.S.I.A.N.

Sorry, we can't make price adjustments to previously purchased merchandise.

Call 1-800-424-6186 TO ORDER ANYTIME. SPECIAL STORE HOURS: Laurel Park Place open Sun. 12-6, Mon. 10-6, Tues.-Sat. 10-6. FOR INFORMATION call 953-7800. CHARGE IT! Parisian Credit Card, MasterCard, Visa, the American Express Card® or Discover®. LOCATED AT LAUREL PARK PLACE IN LIVONIA, ON THE CORNER OF NEWBURN ROAD AND SIX MILE ROAD (TAKE THE SIX MILE ROAD EXIT OFF INTERSTATE 275)

**INTENTIONAL WRONGS**

Apart from seeking to recover damages resulting from another person's negligence, injured parties may also seek to hold wrongdoers liable for their intentional acts, which typically include libel and slander of reputations, assault and battery, false imprisonment, or intentionally inflicting mental distress. In all such cases, the wrongdoer intentionally causes injury. And, while certain type of these torts (such as assault and battery) may also constitute criminal activity, aggrieved parties seeking to legally address these wrongs in civil court do so with the intention of being compensated for their injuries. Recent cases have brought national attention to the fact that a person can be found not guilty of an act in criminal court, but still be found responsible in civil court.

HINT: Loss of consortium is an element of damages that can be recovered in a wrongful death case brought by a surviving spouse.

**MARK SLAVENS, P.C.**  
10611 Farmington Rd. • Livonia • (734) 421-5210

**Flowers**  
Hanging  
**BASKETS**  
\$200 off  
Thru 5-31-99

**"In bud & bloom"**  
**POTTED ROSES**  
\$200 off  
• Climbers  
• English Roses  
• Miniatures  
• Tree Roses  
Thru 5-31-99

**"Plant of the Week"**  
**GERANIUMS**  
\$10 OFF flat  
of 24 Plants  
New \$13.99  
4 1/2" pot  
Buy 12  
GET ONE FREE  
reg. \$2.99 ea.  
\$28.99 doz.

**SHADE TREE SALE**  
\$500 off  
• MAPLES (6 Kinds)  
• Ash  
• Linden  
• Oaks  
Thru 5-31-99

**POTTERY SALE**  
**20% Off**  
All Clay, Plastic and Ceramic Pots  
Thru 5-31-99

**"Sun Loving"**  
**Annuals**  
and vegetable plants  
\$10.99 Flat  
More varieties than you can imagine.

**NURSERY STOCK**  
• Healthy • Quality • Ready to Plant •  
• Evergreens • Fruit Trees • Berry Plants •  
• Shade Trees • Grapes • Vines •  
• Ornamental Trees •  
• Flowering Shrubs •

**Clyde Smith & Sons**  
Greenhouses & Garden Center

# Exercise from page A1

Students can substitute some extra-curricular activities for a half credit of the physical education requirement.

John Demasick has been an elementary school physical education teacher for 24 years in the Plymouth-Canton district.

"It's very frustrating for all the elementary teachers to know we can't run a full program the way we like," said Demasick. "But, we can give kids exposure to a lot of things and give them a few skills they can learn along the way."

"If I can be a fitness teacher and encourage the kids, they can take advantage of recess and after-school activities a little more," added Demasick.

Demasick, Canton High School's wrestling coach, also isn't pleased that physical education can be substituted at the high-school level.

"I'm unhappy that students can substitute sports or marching band for phys ed," added Demasick. "I would like to see students learning about the body in physical education classes."

"We want to promote lifetime skills so when they grow and join aerobics or fitness classes, they'll get more involved," said Demasick.

Two years ago, Demasick went to the school board, voicing his displeasure that physical education at the elementary level was cut by five minutes because of budget problems. His efforts

helped: In the 2000-2001 school year the lost five minutes per class will be reinstated.

While that doesn't seem like much time, Demasick disagrees. "You're going to gain 11 percent of your program. I'll have five more minutes to go over essential skills," he said. "And, if it's for a child whose only physical activity is at school, that's five important minutes."

Demasick is also quick to point to a California study that shows taking physical education every day increases MEAP scores.

"While it takes away from some of the other areas of learning, the time students are in these classes is thinking and making better decisions."

However, do people in the Plymouth-Canton community want changes in the physical education program? So far, there hasn't been a cry for a change.

"I haven't received any interest on the part of parents or the community to make a change in physical education requirements," said Verna Amble, director of instruction. "Of course, there would have to be a trade-off because it would affect the budget. An increase in physical education opportunities would mean a decrease in some other area of the curriculum."



Read Observer Arts and Entertainment every Thursday

**NEED AIR CONDITIONING?**

6 Months No Interest No Payments

**Janet's Back at C.J.'s HAIR Etc.**

...and she's anxious to see past customers and looks forward to meeting new ones. Janet is an experienced stylist. She's creative, professional and very personable. She has a great eye for color and can give you the look you've always wanted. Call or stop in.

AVAILABLE MON., TUES. & WED. EVENINGS 4-8 p.m.

281 N. Main St. • Plymouth  
734-459-7350

Open Evenings Walk-ins Welcome

Open Mon. 12-8; Tues. - Th. 9-8; Fri. - Sat. 9-4

I am pleased to announce the opening of my new Internal Medicine practice.

**Robert Vartabedian, MD**

I am fully committed to providing for your health care needs with emphasis on preventative medicine. I offer personalized patient care to ensure total satisfaction and improve your quality of life.

**New Patients Welcome!**

990 W. Ann Arbor Trail, Suite 200 • Plymouth, MI 48170  
**734-414-1099**

I will be accepting most major insurance carriers such as Care Choices, M-Care, Blue Care Network, HAP, and SelectCare.

## Community Hospice to offer home health care services

Community Hospice & Home Care Services Inc. of Westland and Plymouth will now offer home care services. Maureen Butrico, executive director of CHCS, made the announcement last week.

For 18 years the agency has provided hospice care to patients with a limited life expectancy. Responding to community need, CHCS will now provide care to patients who are homebound

and recovering or disabled by illness or injury or are chronically ill. Home care services include diagnostic, treatment, monitoring, rehabilitation and psychosocial support provided through skilled nursing, home health aides, medical social work and physical, occupational or speech therapy.

For more information, call (734) 522-4244.

**NOW EVERYONE GETS A SUMMER BREAK.**

Sign up today with a two-year service agreement and monthly access is only \$9.99 a month. We'll even throw in a free phone. It comes with six simple promises to help you do what you need to do while doing more of what you want to do.

**ANN ARBOR CELLULAR**  
Wireless Technologies

(734) 287-8400  
FAX 287-8444  
500 Corporate Pk.  
Ypsilanti, MI 48197  
Hours: M-F 9:00-7:00  
Sat. 11-5; Sun. 11-4

(734) 486-3200  
FAX 486-3301  
606 Main Street  
Plymouth, MI 48170  
Hours: M-F 10-5  
Sat. 10-3

**Ann Arbor Cellular**

**Good Service, good coverage, good price ...**

*That's State Farm Insurance.*

See one of these good neighbor agents:

Cindy Fletcher 9329 Haggerty Rd. Plymouth (734) 459-2023	Michael Kovach 259 N. Main Plymouth (734) 453-3640	Tom Lehnis 43271 Ford Rd. Canton (734) 981-5710
Kelly Frakes 1313 W. Ann Arbor Rd. Plymouth (734) 459-0100	Nell Anchill 8557 N. Lilley Rd. Canton (734) 459-8810	Frank McMurray 5773 Canton Ctr. Rd. Canton (734) 455-3200

**Like a good neighbor, State Farm is there.®**

State Farm Insurance Companies  
Home Offices: Bloomington, Illinois

The Digital viewing experience is so intense,

**MediaOne Digital NexTV.**

Movies are all about putting yourself in another time and place. Just imagine how much better it can be when you hear more, see more and ultimately feel more. MediaOne Digital NexTV brings the kind of sound and picture quality you'd get at a theater. It's the future of television. Here today.

And now you can get installation for as low as \$2.99 on Digital NexTV. Call now for details.

**MediaOne Digital NexTV**

Canton, Northville, Plymouth • 734-459-7300  
Roseville • 810-497-7916  
Dearborn Heights • 313-274-4799  
Westland • 734-336-8819  
Southfield • 248-359-9999  
Hazel Park, Madison Heights • 248-983-1399



LOUIS THILLEKE

## Be bold, invite 'herb' into your home and life

**H**erbs are a wonderful fat-free, salt-free way to add flavor and zest to your meals. Be creative and bold with new seasonings in your favorite dishes.

Many herbs can be purchased fresh year-round. If you have a choice, use fresh herbs. One tablespoon of fresh herbs is equal to one-third to one-half teaspoon crushed or dried herbs.

Dried herbs have more concentrated flavor than fresh. If you are unfamiliar with the flavor of a certain herb use a small amount, you can always add more later.

Herbs are generally added toward the end of the cooking time. For soups or stews, add herbs the last 45 minutes of cooking. Extended cooking destroys the taste of many herbs. For cold foods, add herbs several hours before serving to allow flavors to blend.

### Strong flavors

There are strong or dominate flavored herbs. These flavors really stand out so handle them with care. Bay, cardamom, curry, ginger, hot pepper, mustard, pepper, rosemary and sage are all strong flavors.

Here are some ways to try some of these herbs:

- **Bay** - beets, carrots, potatoes, tomatoes, fish, meats
- **Cardamom** - poached apples, curries, rice pilaf, stews, sweet potatoes
- **Curry** - chutney, chicken, fish, soups, mayonnaise
- **Ginger** - beets, carrots, squash, meats
- **Mustard** - chicken, pot roast, snap beans, Brussels sprouts
- **Rosemary** - turnips, potatoes, beef and pork roasts, oranges
- **Sage** - peas, Brussels sprouts, chowders, meats

### Medium flavors

Medium flavored herbs are basil, celery seed and leaves, cumin, dill, fennel, French tarragon, garlic, marjoram, mint, oregano, winter and summer savory and thyme.

- **Basil** - potatoes, spinach, eggs, pasta, fish
- **Celery seed** - tomatoes, cabbage, meat stock
- **Cumin** - sauerkraut, beans and rice, tomato sauce
- **Dill** - broccoli, potatoes, fish, cheese dishes
- **Fennel** - bread, salad, squash, rice
- **Tarragon** - lima beans, cauliflower, fish, meats
- **Marjoram** - carrots, spinach, potatoes, fish
- **Oregano** - beans, potatoes, tomatoes, salad dressings
- **Savory** - peas, stews, meats, lentil soup
- **Thyme** - lima beans, beets, carrots, chicken

### Delicate flavors

Delicate flavored herbs are used in larger quantity or combined with other herbs. These include burnet, chervil, chives and parsley.

- **Burnet** - salads (has a delicate cucumber flavor)
- **Chervil** - emulsion, chicken, veal
- **Chives** - salads, potatoes, salmon
- **Parsley** - Use on almost anything

When using herbs with meats, work the herbs into the meat by rubbing them on with your hands. The flavors will penetrate better. If you accidentally "over herb" a dish, add a peeled raw potato to the dish. It will help absorb excess flavor.

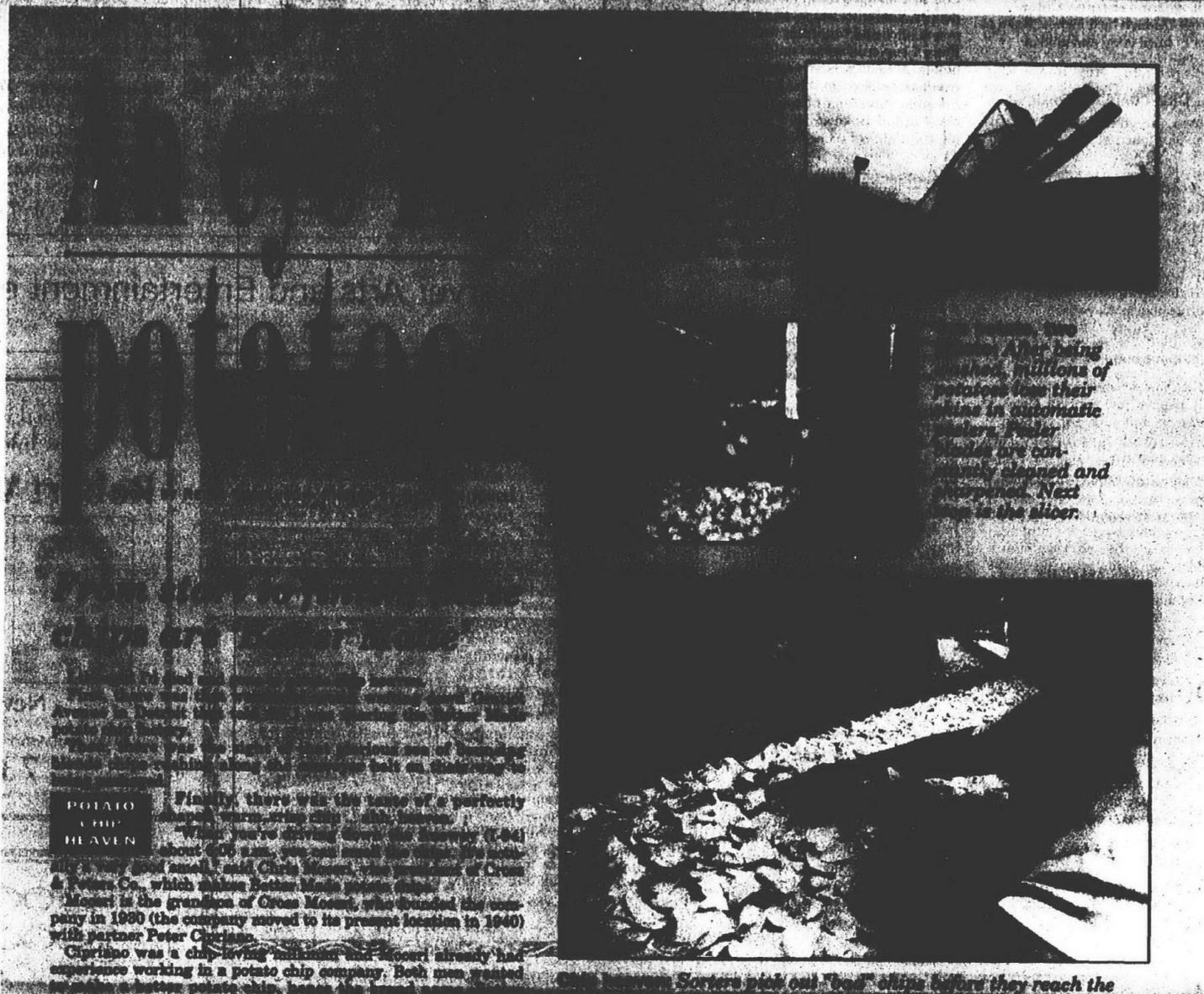
Fresh herbs are perishable so use them shortly after purchase. Fresh herbs can be stored in a container of water (like flowers) except cover the whole container with a plastic bag secured with a rubber band.

Please see page B1

## LEANS AHEAD

What to watch for in fitness news

Living with obesity



POTATO CHIP HEAVEN

Finally, there was the taste of a perfectly crisp, salty potato chip. After years of trying, the company has finally perfected the recipe. The secret is in the oil used for frying. The company uses a special blend of oils that gives the chips a unique flavor. The chips are also made from a special variety of potato that is grown in the mountains of Idaho.

Chip maker Laura Scudder of Montgomery Park, Calif., invents the first potato chip bag by ironing sheets of wax paper into bags. She fills the bags with chips and irons them shut. Before this, retailers kept chips in cracker barrels or glass displays.

Chip maker Laura Scudder picks out "best" chips before they reach the store.



### Potato Chip History

- **1853** - Potato chips are created. Railroad magnate Commodore Cornelius Vanderbilt, dining at a resort in Saratoga Springs, N.Y., didn't like the fried potatoes he ordered for dinner. He sent them back to the kitchen, complaining they were too thick. Taking offense, chef George Crum sliced more potatoes paper thin, fried them to a crisp in boiling oil, and salted them. Vanderbilt loved the "crunch potato slices," and "Saratoga Chips" became a restaurant fad with the resort's socialite patrons.
- **1898** - William Tappenden of Cleveland starts delivering his homemade chips to neighborhood stores in a horse-drawn wagon. Orders increase, and his barn becomes the first potato chip factory.
- **1936** - Chip-maker Laura Scudder of Montgomery Park, Calif., invents the first potato chip bag by ironing sheets of wax paper into bags. She fills the bags with chips and irons them shut. Before this, retailers kept chips in cracker barrels or glass displays.
- **1967** - The National Potato Chip Institute (now the Snack Food Association) is founded to educate retailers and consumers on the proper use of potato chips. They can't be used like soap chips to wash clothes. They are not good poured into a bowl with sugar and cream.
- **1945** - During World War II, production of potato chips continues but ingredients are firmly rationed.
- **1948** - Fifteen-year-old Dorthes Fagnano of Yonkers, N.Y., is crowned the first Potato Chip Queen for her "Potato Chips a la Gorton" casserole made with potato chips, carrots, onions and chicken.
- **1949** - The Vincent Lopez Orchestra and the Martin Sisters record a song for the National Potato Chip Institute titled "Potato Chips," which aired along with tunes like "Rum and Coca Cola" and "The Popcorn Polka."
- **1979** - Potato chip sales reach \$1 billion.
- **1978** - Chip industry takes a beating as prices for gas, used to fire their cookers, soar. Potato prices also go through the roof after a bad growing season.
- **1988** - Thicker, ridged chips made especially for dipping are introduced.
- **1995** - Low- and no-fat potato chips sales increase.

Information from the Snack Food Association, snfa.com on the Web

### Save some chips for these delicious recipes

Recipes compliments of Better Made potato chips. From "Prize Winning recipes starring potato chips," published by Potato Chip International, Cleveland.

#### GUPPY CHEESE STRAWS

- 1 package pie crust mix
- 2/3 cup grated sharp Cheddar cheese
- 1 cup finely crushed potato chips
- 1 egg white
- Salt and cayenne pepper

Prepare pie crust according to package directions and roll very thin in a square shape. Combine cheese with potato chips and

Please see GUPPY, B1

# Chips

from page B1

minutes half of mixture over half of dough. Fold over. Spinach remaining mixture on the half of folded dough. Fold again. Roll out to the desired thickness. Roll with corn and paprika. Cut in strips 1/8-inch by 3 inches. Bake at 400°F until crisp and golden brown.

## Chip-Orange Dressing

- 1 1/2 cups finely crushed potato chips
- 1 teaspoon salt (may omit salt)
- 1/4 teaspoon paprika
- Dash of onion
- 2 to 3 dashes sugar (add in pieces)
- 2 eggs, slightly beaten
- 1/4 cup milk
- 1/4 cup butter or margarine

Combine crushed potato chips, salt, pepper, and paprika. Combine eggs and milk. Dip chicken first in egg and milk mixture, then in chip mixture.

Melt butter in baking dish. Add chicken (do not stack) and bake at 325°F for 45 minutes or until tender.

## Tuna Casserole

- 3 tablespoons chopped onions
- 3 tablespoons chopped green pepper
- 1 tablespoon melted butter or margarine
- 2 tablespoons diced pimiento
- 1 can cream of chicken soup
- 1 can cream of celery soup (can substitute cream of spinach or cream of asparagus soup)
- 2/3 cup milk
- 1 tablespoon lemon juice
- 2 cans (7-ounce each) tuna, drained and flaked

2 cups freshly crushed potato chips

Sauté onion and green pepper in butter or margarine about 5 minutes. Add remaining ingredients. Combine mixture with the green pepper, potatoes, sugar, salt, lemon juice and milk. Roll well. Place 1 cup crushed potato chips in bottom of lightly buttered 1 1/2-quart casserole; add tuna mixture. Spinach remaining 1 cup of potato chips on top. Bake at 350°F for 30 minutes. Makes six servings.

## Barbecued Chip Dressing

- 1 pound ground beef
- 1 can condensed milk
- 1 package onion soup mix
- 1/2 cup barbecue sauce
- 1/2 cup finely crushed potato chips
- Barbecue sauce for basting

Combine all ingredients and shape into 1-inch thick patties. Place on grill about 2 inches from flame. Baste with barbecue sauce.

## Magic Potato Chip Cookies

- 1 1/3 cups sweetened condensed milk
- 2 cups crushed potato chips
- 1/2 cup peanut butter
- 1 cup finely crushed potato chips

Mix condensed milk and peanut butter. Add the coconut and potato chips. Drop the mixture by spoonfuls on greased baking pan. Bake at 375°F for about 15 minutes.

## Savory Chipper Loaf

- 2 pounds ground beef
- 1 egg, slightly beaten
- 1/4 cup minced onion
- 1/4 teaspoon pepper
- 1 can condensed vegetable soup
- 2 cups crushed potato chips

Combine all ingredients in a bowl. Blend together. Shape into a loaf and bake uncovered in a shallow pan at 350°F for 1 1/2 hours. Serves 6-8.

# Better

from page B1

Made. But that's history. The real story remains the process by which potato chips are made, the journey from field to bag of chips.

## Spends to chips

Everything starts when a truck carrying 45,000 to 55,000 pounds of potatoes arrives at Better Made and backs onto a lift. The lift raises up the entire truck at an angle, allowing the potatoes to tumble into a conveyor, which shakes off excess dirt.

The conveyor then feeds the potatoes into storage vats that hold up to 50,000 pounds. From the vats, it's a short ride on a hopper to the water-filled "destoner." All stones and field debris are then removed.

From the destoner, the potatoes head to the peeler, where they're stripped of their skins by 28 abrasive rollers. Once peeled, the "red" potatoes are picked off by inspectors.

Next comes the revolving slicer, followed by a wash in a rotating drum to remove most of

the starch. Afterward, the slices are blown dry and ready to be fried. The oil (50,000 pounds a week) is pumped into the fryer through overhead tubing from huge storage vats in an adjoining room.

"We use nothing but cottonseed oil. It's the most expensive now because of the draught in Texas, but we refuse to change our formula," said Mocerri.

After a short fry, the chips are salted and whisked along a vibrating conveyor belt under sharp eyes of a chip inspector to the final bagging process.

The entire frying process, from peeler to salting, takes seven minutes, said Mocerri. A truckload of potatoes can be transformed into chips in just 25 minutes.

## Lots of potatoes

Better Made processes 200,000 pounds of potatoes a day, or 40 million pounds a year. The potatoes are specially grown varieties, like Atlantic's or Snowden's. "More solid, less sugar, which keeps them nice and white," said Mocerri.

In the spring and summer, Better Made gets their potatoes from Florida and other southern states. For the rest of year, it's Michigan goods.

Although most of Better Made's potato chips fry up a nice pale yellow, a few fry up brown. But don't dare call them "burnt." Those dark brown chips, called "rainbows," result from a more sugary potato, not overfrying. Rainbows have their own devoted following.

Bob Maffacino, general manager, said chip-lovers in his home state of New Jersey prefer a browner chip. Not so in Michigan. "They tell me to bring it back and fry it. For Michigan, it's a snow-white chip. They judge by color."

No matter what the color, it takes a lot of potatoes to produce a bag of chips. One hundred pounds of potatoes produces just 21 pounds of chips.

## Best chips

Redford resident Margaret Cartier, 60, who grew up near Gratiot, remembers bringing many of her 11 siblings (Archie,

Otto, Johnny, Virgie, Billy, etc.) to Better Made for five bags of broken chips.

Later, she and her future husband would pick up a fresh bag of chips and head out to Detroit City Airport for some munching and kissing.

"They were the best," Cartier said about the chips. "They were wonderful. They're nice people. We've always bought Better Made chips. I need to like the curlier ones."

Chips produced from Memorial Day through December have the best taste, said Mocerri. However, peak taste occurs in August, when Michigan potatoes are harvested.

Mocerri doesn't like chips with dark brown spots, from bruised potatoes, or chips tinged with green, the result of the sun directly hitting the potato's skin while in the field.

"I like a chip with a little color," he said. In other words, he likes the rainbows.

Curly or flat, light yellow or toasty brown, the perfect chip is always in the eye and mouth of the beholder.

# Herb

from page B1

Besides flavoring foods, many herbs have medicinal value. Eating rosemary, basil and parsley may reduce lung cancer. Ginger fights nausea and motion sickness. Because it fights inflammation, ginger helps arthritis patients. It may also help thin the blood preventing blood clots.

Sage, dill, anise and fennel help prevent intestinal gas and aid digestion. The menthol in peppermint can be a soothing muscle relaxant.

Herbs can be grown on your window sill. They need a lot of light so place pots in a south or west window. Herbs don't take up a lot space and don't require a lot of care.

The fragrance of fresh of herbs in the house is wonderful. Water the soil when the pot begins to dry out, you may want to fertilize your herbs once a month.

The advantages of having "herb" in your life continue to add up. They give food flavor, require little space or care, and their health benefits cannot be denied.

Lois M. Thieleke of Birmingham is an Extension Home Economist for the Michigan State University Extension — Oakland County.

For answers to food questions, call the hot-line (248) 858-0904.

# Stir-fry combines veggies, pork

AP — A serving of Vegetable Pork Stir-Fry contains only about 6 grams of fat.

## VEGETABLE PORK STIR-FRY

- 1 pound lean boneless center-cut pork loin
- 2 teaspoons vegetable oil
- 2 1/2 tablespoons soy sauce
- 1 clove garlic, minced
- 1 tablespoon grated fresh ginger root
- 2 teaspoons wine vinegar
- 1 teaspoon cornstarch
- 1/4 teaspoon pepper
- 2 carrots, peeled and cut diagonally into 1/2-inch pieces
- 1 sweet red or green pepper, cut into 1/4-inch strips
- 2 small yellow squash, sliced
- 2 small zucchini, cut into julienne strips
- 1/2 cup sliced green onions
- 6 ounces fresh or thawed frozen Chinese pea pods
- 2 cups broccoli flowerets
- 2/3 cup beef bouillon
- 1/3 cup dry white wine
- 1 tablespoon cornstarch
- 1/2 teaspoon sugar

Hot cooked rice (optional)

Freeze pork for 30 to 45 minutes for ease in slicing; cut across grain into 1/4-inch strips.

Combine 2 tablespoons soy sauce, garlic, ginger, vinegar, 1 teaspoon cornstarch and pepper; mix well and pour over pork. Cover and marinate in refrigerator 4 hours or overnight. Pour oil around top and sides of preheated wok; heat for about 2 minutes at medium-high. Add marinated pork (undrained) to wok; stir-fry for 3 minutes.

Add carrots and red pepper; stir-fry for 2 minutes. Add yellow squash, zucchini and green onions; stir-fry for 3 minutes. Add Chinese pea pods and broccoli and continue stir-frying for 2 minutes. Combine beef bouillon, wine, 1 tablespoon cornstarch, remaining 1/2 tablespoon soy sauce and sugar; pour over vegetables and pork. Stir-fry over medium heat for 3 to 5 minutes until sauce is thickened and bubbly. Serve immediately over hot cooked rice, if desired.

Recipe from: Smithfield Lean Generation Pork.

## REDEFINING RETIREMENT LIVING



# WALTONWOOD

Redefining Retirement Living

**Your Choice for today...**

Luxurious apartments for active Independent seniors.

**... and for tomorrow!**

Gracious congenial & assisted living for older adults who need assistance with personal care.

(734) 844-3060 • Canton, Michigan

SINGH - A tradition of excellence  
Waltonwood Services L.L.C.

## FREE "LIVING TRUST" SEMINAR

Find Out How to Transfer Your Assets To Your Family Quickly — Without Probate Fees

ATTENDING ONE OF THESE SEMINARS IS FREE

DATE: **FRIDAY, JUNE 5, 7:00 PM - 8:30 PM**

LOCATION: **Waltonwood Services L.L.C., 10000 Canton Road, Canton, Michigan 48105**

REGISTRATION: **FREE**

SEMINAR TOPICS: **How to transfer assets to your family quickly without probate fees, how to avoid probate, how to avoid the expense of a lawyer, how to avoid the expense of a court, how to avoid the expense of a judge, how to avoid the expense of a jury, how to avoid the expense of a trial, how to avoid the expense of an appeal, how to avoid the expense of a bankruptcy, how to avoid the expense of a foreclosure, how to avoid the expense of a divorce, how to avoid the expense of a child support, how to avoid the expense of a custody battle, how to avoid the expense of a will, how to avoid the expense of a trust, how to avoid the expense of a power of attorney, how to avoid the expense of a health care proxy, how to avoid the expense of a living will, how to avoid the expense of a durable power of attorney, how to avoid the expense of a revocable trust, how to avoid the expense of an irrevocable trust, how to avoid the expense of a charitable trust, how to avoid the expense of a special use valuation, how to avoid the expense of a capital gains tax, how to avoid the expense of a gift tax, how to avoid the expense of an estate tax, how to avoid the expense of a federal estate tax, how to avoid the expense of a state estate tax, how to avoid the expense of a state inheritance tax, how to avoid the expense of a state gift tax, how to avoid the expense of a state income tax, how to avoid the expense of a state sales tax, how to avoid the expense of a state property tax, how to avoid the expense of a state unemployment tax, how to avoid the expense of a state workers compensation, how to avoid the expense of a state disability, how to avoid the expense of a state pension, how to avoid the expense of a state annuity, how to avoid the expense of a state bond, how to avoid the expense of a state stock, how to avoid the expense of a state real estate, how to avoid the expense of a state business, how to avoid the expense of a state partnership, how to avoid the expense of a state corporation, how to avoid the expense of a state limited liability company, how to avoid the expense of a state trust, how to avoid the expense of a state will, how to avoid the expense of a state trust, how to avoid the expense of a state power of attorney, how to avoid the expense of a state health care proxy, how to avoid the expense of a state living will, how to avoid the expense of a state durable power of attorney, how to avoid the expense of a state revocable trust, how to avoid the expense of a state irrevocable trust, how to avoid the expense of a state charitable trust, how to avoid the expense of a state special use valuation, how to avoid the expense of a state capital gains tax, how to avoid the expense of a state gift tax, how to avoid the expense of a state estate tax, how to avoid the expense of a state federal estate tax, how to avoid the expense of a state state estate tax, how to avoid the expense of a state inheritance tax, how to avoid the expense of a state gift tax, how to avoid the expense of a state income tax, how to avoid the expense of a state sales tax, how to avoid the expense of a state property tax, how to avoid the expense of a state unemployment tax, how to avoid the expense of a state workers compensation, how to avoid the expense of a state disability, how to avoid the expense of a state pension, how to avoid the expense of a state annuity, how to avoid the expense of a state bond, how to avoid the expense of a state stock, how to avoid the expense of a state real estate, how to avoid the expense of a state business, how to avoid the expense of a state partnership, how to avoid the expense of a state corporation, how to avoid the expense of a state limited liability company, how to avoid the expense of a state trust, how to avoid the expense of a state will, how to avoid the expense of a state trust, how to avoid the expense of a state power of attorney, how to avoid the expense of a state health care proxy, how to avoid the expense of a state living will, how to avoid the expense of a state durable power of attorney, how to avoid the expense of a state revocable trust, how to avoid the expense of a state irrevocable trust, how to avoid the expense of a state charitable trust, how to avoid the expense of a state special use valuation, how to avoid the expense of a state capital gains tax, how to avoid the expense of a state gift tax, how to avoid the expense of a state estate tax, how to avoid the expense of a state federal estate tax, how to avoid the expense of a state state estate tax, how to avoid the expense of a state inheritance tax, how to avoid the expense of a state gift tax, how to avoid the expense of a state income tax, how to avoid the expense of a state sales tax, how to avoid the expense of a state property tax, how to avoid the expense of a state unemployment tax, how to avoid the expense of a state workers compensation, how to avoid the expense of a state disability, how to avoid the expense of a state pension, how to avoid the expense of a state annuity, how to avoid the expense of a state bond, how to avoid the expense of a state stock, how to avoid the expense of a state real estate, how to avoid the expense of a state business, how to avoid the expense of a state partnership, how to avoid the expense of a state corporation, how to avoid the expense of a state limited liability company, how to avoid the expense of a state trust, how to avoid the expense of a state will, how to avoid the expense of a state trust, how to avoid the expense of a state power of attorney, how to avoid the expense of a state health care proxy, how to avoid the expense of a state living will, how to avoid the expense of a state durable power of attorney, how to avoid the expense of a state revocable trust, how to avoid the expense of a state irrevocable trust, how to avoid the expense of a state charitable trust, how to avoid the expense of a state special use valuation, how to avoid the expense of a state capital gains tax, how to avoid the expense of a state gift tax, how to avoid the expense of a state estate tax, how to avoid the expense of a state federal estate tax, how to avoid the expense of a state state estate tax, how to avoid the expense of a state inheritance tax, how to avoid the expense of a state gift tax, how to avoid the expense of a state income tax, how to avoid the expense of a state sales tax, how to avoid the expense of a state property tax, how to avoid the expense of a state unemployment tax, how to avoid the expense of a state workers compensation, how to avoid the expense of a state disability, how to avoid the expense of a state pension, how to avoid the expense of a state annuity, how to avoid the expense of a state bond, how to avoid the expense of a state stock, how to avoid the expense of a state real estate, how to avoid the expense of a state business, how to avoid the expense of a state partnership, how to avoid the expense of a state corporation, how to avoid the expense of a state limited liability company, how to avoid the expense of a state trust, how to avoid the expense of a state will, how to avoid the expense of a state trust, how to avoid the expense of a state power of attorney, how to avoid the expense of a state health care proxy, how to avoid the expense of a state living will, how to avoid the expense of a state durable power of attorney, how to avoid the expense of a state revocable trust, how to avoid the expense of a state irrevocable trust, how to avoid the expense of a state charitable trust, how to avoid the expense of a state special use valuation, how to avoid the expense of a state capital gains tax, how to avoid the expense of a state gift tax, how to avoid the expense of a state estate tax, how to avoid the expense of a state federal estate tax, how to avoid the expense of a state state estate tax, how to avoid the expense of a state inheritance tax, how to avoid the expense of a state gift tax, how to avoid the expense of a state income tax, how to avoid the expense of a state sales tax, how to avoid the expense of a state property tax, how to avoid the expense of a state unemployment tax, how to avoid the expense of a state workers compensation, how to avoid the expense of a state disability, how to avoid the expense of a state pension, how to avoid the expense of a state annuity, how to avoid the expense of a state bond, how to avoid the expense of a state stock, how to avoid the expense of a state real estate, how to avoid the expense of a state business, how to avoid the expense of a state partnership, how to avoid the expense of a state corporation, how to avoid the expense of a state limited liability company, how to avoid the expense of a state trust, how to avoid the expense of a state will, how to avoid the expense of a state trust, how to avoid the expense of a state power of attorney, how to avoid the expense of a state health care proxy, how to avoid the expense of a state living will, how to avoid the expense of a state durable power of attorney, how to avoid the expense of a state revocable trust, how to avoid the expense of a state irrevocable trust, how to avoid the expense of a state charitable trust, how to avoid the expense of a state special use valuation, how to avoid the expense of a state capital gains tax, how to avoid the expense of a state gift tax, how to avoid the expense of a state estate tax, how to avoid the expense of a state federal estate tax, how to avoid the expense of a state state estate tax, how to avoid the expense of a state inheritance tax, how to avoid the expense of a state gift tax, how to avoid the expense of a state income tax, how to avoid the expense of a state sales tax, how to avoid the expense of a state property tax, how to avoid the expense of a state unemployment tax, how to avoid the expense of a state workers compensation, how to avoid the expense of a state disability, how to avoid the expense of a state pension, how to avoid the expense of a state annuity, how to avoid the expense of a state bond, how to avoid the expense of a state stock, how to avoid the expense of a state real estate, how to avoid the expense of a state business, how to avoid the expense of a state partnership, how to avoid the expense of a state corporation, how to avoid the expense of a state limited liability company, how to avoid the expense of a state trust, how to avoid the expense of a state will, how to avoid the expense of a state trust, how to avoid the expense of a state power of attorney, how to avoid the expense of a state health care proxy, how to avoid the expense of a state living will, how to avoid the expense of a state durable power of attorney, how to avoid the expense of a state revocable trust, how to avoid the expense of a state irrevocable trust, how to avoid the expense of a state charitable trust, how to avoid the expense of a state special use valuation, how to avoid the expense of a state capital gains tax, how to avoid the expense of a state gift tax, how to avoid the expense of a state estate tax, how to avoid the expense of a state federal estate tax, how to avoid the expense of a state state estate tax, how to avoid the expense of a state inheritance tax, how to avoid the expense of a state gift tax, how to avoid the expense of a state income tax, how to avoid the expense of a state sales tax, how to avoid the expense of a state property tax, how to avoid the expense of a state unemployment tax, how to avoid the expense of a state workers compensation, how to avoid the expense of a state disability, how to avoid the expense of a state pension, how to avoid the expense of a state annuity, how to avoid the expense of a state bond, how to avoid the expense of a state stock, how to avoid the expense of a state real estate, how to avoid the expense of a state business, how to avoid the expense of a state partnership, how to avoid the expense of a state corporation, how to avoid the expense of a state limited liability company, how to avoid the expense of a state trust, how to avoid the expense of a state will, how to avoid the expense of a state trust, how to avoid the expense of a state power of attorney, how to avoid the expense of a state health care proxy, how to avoid the expense of a state living will, how to avoid the expense of a state durable power of attorney, how to avoid the expense of a state revocable trust, how to avoid the expense of a state irrevocable trust, how to avoid the expense of a state charitable trust, how to avoid the expense of a state special use valuation, how to avoid the expense of a state capital gains tax, how to avoid the expense of a state gift tax, how to avoid the expense of a state estate tax, how to avoid the expense of a state federal estate tax, how to avoid the expense of a state state estate tax, how to avoid the expense of a state inheritance tax, how to avoid the expense of a state gift tax, how to avoid the expense of a state income tax, how to avoid the expense of a state sales tax, how to avoid the expense of a state property tax, how to avoid the expense of a state unemployment tax, how to avoid the expense of a state workers compensation, how to avoid the expense of a state disability, how to avoid the expense of a state pension, how to avoid the expense of a state annuity, how to avoid the expense of a state bond, how to avoid the expense of a state stock, how to avoid the expense of a state real estate, how to avoid the expense of a state business, how to avoid the expense of a state partnership, how to avoid the expense of a state corporation, how to avoid the expense of a state limited liability company, how to avoid the expense of a state trust, how to avoid the expense of a state will, how to avoid the expense of a state trust, how to avoid the expense of a state power of attorney, how to avoid the expense of a state health care proxy, how to avoid the expense of a state living will, how to avoid the expense of a state durable power of attorney, how to avoid the expense of a state revocable trust, how to avoid the expense of a state irrevocable trust, how to avoid the expense of a state charitable trust, how to avoid the expense of a state special use valuation, how to avoid the expense of a state capital gains tax, how to avoid the expense of a state gift tax, how to avoid the expense of a state estate tax, how to avoid the expense of a state federal estate tax, how to avoid the expense of a state state estate tax, how to avoid the expense of a state inheritance tax, how to avoid the expense of a state gift tax, how to avoid the expense of a state income tax, how to avoid the expense of a state sales tax, how to avoid the expense of a state property tax, how to avoid the expense of a state unemployment tax, how to avoid the expense of a state workers compensation, how to avoid the expense of a state disability, how to avoid the expense of a state pension, how to avoid the expense of a state annuity, how to avoid the expense of a state bond, how to avoid the expense of a state stock, how to avoid the expense of a state real estate, how to avoid the expense of a state business, how to avoid the expense of a state partnership, how to avoid the expense of a state corporation, how to avoid the expense of a state limited liability company, how to avoid the expense of a state trust, how to avoid the expense of a state will, how to avoid the expense of a state trust, how to avoid the expense of a state power of attorney, how to avoid the expense of a state health care proxy, how to avoid the expense of a state living will, how to avoid the expense of a state durable power of attorney, how to avoid the expense of a state revocable trust, how to avoid the expense of a state irrevocable trust, how to avoid the expense of a state charitable trust, how to avoid the expense of a state special use valuation, how to avoid the expense of a state capital gains tax, how to avoid the expense of a state gift tax, how to avoid the expense of a state estate tax, how to avoid the expense of a state federal estate tax, how to avoid the expense of a state state estate tax, how to avoid the expense of a state inheritance tax, how to avoid the expense of a state gift tax, how to avoid the expense of a state income tax, how to avoid the expense of a state sales tax, how to avoid the expense of a state property tax, how to avoid the expense of a state unemployment tax, how to avoid the expense of a state workers compensation, how to avoid the expense of a state disability, how to avoid the expense of a state pension, how to avoid the expense of a state annuity, how to avoid the expense of a state bond, how to avoid the expense of a state stock, how to avoid the expense of a state real estate, how to avoid the expense of a state business, how to avoid the expense of a state partnership, how to avoid the expense of a state corporation, how to avoid the expense of a state limited liability company, how to avoid the expense of a state trust, how to avoid the expense of a state will, how to avoid the expense of a state trust, how to avoid the expense of a state power of attorney, how to avoid the expense of a state health care proxy, how to avoid the expense of a state living will, how to avoid the expense of a state durable power of attorney, how to avoid the expense of a state revocable trust, how to avoid the expense of a state irrevocable trust, how to avoid the expense of a state charitable trust, how to avoid the expense of a state special use valuation, how to avoid the expense of a state capital gains tax, how to avoid the expense of a state gift tax, how to avoid the expense of a state estate tax, how to avoid the expense of a state federal estate tax, how to avoid the expense of a state state estate tax, how to avoid the expense of a state inheritance tax, how to avoid the expense of a state gift tax, how to avoid the expense of a state income tax, how to avoid the expense of a state sales tax, how to avoid the expense of a state property tax, how to avoid the expense of a state unemployment tax, how to avoid the expense of a state workers compensation, how to avoid the expense of a state disability, how to avoid the expense of a state pension, how to avoid the expense of a state annuity, how to avoid the expense of a state bond, how to avoid the expense of a state stock, how to avoid the expense of a state real estate, how to avoid the expense of a state business, how to avoid the expense of a state partnership, how to avoid the expense of a state corporation, how to avoid the expense of a state limited liability company, how to avoid the expense of a state trust, how to avoid the expense of a state will, how to avoid the expense of a state trust, how to avoid the expense of a state power of attorney, how to avoid the expense of a state health care proxy, how to avoid the expense of a state living will, how to avoid the expense of a state durable power of attorney, how to avoid the expense of a state revocable trust, how to avoid the expense of a state irrevocable trust, how to avoid the expense of a state charitable trust, how to avoid the expense of a state special use valuation, how to avoid the expense of a state capital gains tax, how to avoid the expense of a state gift tax, how to avoid the expense of a state estate tax, how to avoid the expense of a state federal estate tax, how to avoid the expense of a state state estate tax, how to avoid the expense of a state inheritance tax, how to avoid the expense of a state gift tax, how to avoid the expense of a state income tax, how to avoid the expense of a state sales tax, how to avoid the expense of a state property tax, how to avoid the expense of a state unemployment tax, how to avoid the expense of a state workers compensation, how to avoid the expense of a state disability, how to avoid the expense of a state pension, how to avoid the expense of a state annuity, how to avoid the expense of a state bond, how to avoid the expense of a state stock, how to avoid the expense of a state real estate, how to avoid the expense of a state business, how to avoid the expense of a state partnership, how to avoid the expense of a state corporation, how to avoid the expense of a state limited liability company, how to avoid the expense of a state trust, how to avoid the expense of a state will, how to avoid the expense of a state trust, how to avoid the expense of a state power of attorney, how to avoid the expense of a state health care proxy, how to avoid the expense of a state living will, how to avoid the expense of a state durable power of attorney, how to avoid the expense of a state revocable trust, how to avoid the expense of a state irrevocable trust, how to avoid the expense of a state charitable trust, how to avoid the expense of a state special use valuation, how to avoid the expense of a state capital gains tax, how to avoid the expense of a state gift tax, how to avoid the expense of a state estate tax, how to avoid the expense of a state federal estate tax, how to avoid the expense of a state state estate tax, how to avoid the expense of a state inheritance tax, how to avoid the expense of a state gift tax, how to avoid the expense of a state income tax, how to avoid the expense of a state sales tax, how to avoid the expense of a state property tax, how to avoid the expense of a state unemployment tax, how to avoid the expense of a state workers compensation, how to avoid the expense of a state disability, how to avoid the expense of a state pension, how to avoid the expense of a state annuity, how to avoid the expense of a state bond, how to avoid the expense of a state stock, how to avoid the expense of a state real estate, how to avoid the expense of a state business, how to avoid the expense of a state partnership, how to avoid the expense of a state corporation, how to avoid the expense of a state limited liability company, how to avoid the expense of a state trust, how to avoid the expense of a state will, how to avoid the expense of a state trust, how to avoid the expense of a state power of attorney, how to avoid the expense of a state health care proxy, how to avoid the expense of a state living will, how to avoid the expense of a state durable power of attorney, how to avoid the expense of a state revocable trust, how to avoid the expense of a state irrevocable trust, how to avoid the expense of a state charitable trust, how to avoid the expense of a state special use valuation, how to avoid the expense of a state capital gains tax, how to avoid the expense of a state gift tax, how to avoid the expense of a state estate tax, how to avoid the expense of a state federal estate tax, how to avoid the expense of a state state estate tax, how to avoid the expense of a state inheritance tax, how to avoid the expense of a state gift tax, how to avoid the expense of a state income tax, how to avoid the expense of a state sales tax, how to avoid the expense of a state property tax, how to avoid the expense of a state unemployment tax, how to avoid the expense of a state workers compensation, how to avoid the expense of a state disability, how to avoid the expense of a state pension, how to avoid the expense of a state annuity, how to avoid the expense of a state bond, how to avoid the expense of a state stock, how to avoid the expense of a state real estate, how to avoid the expense of a state business, how to avoid the expense of a state partnership, how to avoid the expense of a state corporation, how to avoid the expense of a state limited liability company, how to avoid the expense of a state trust, how to avoid the expense of a state will, how to avoid the expense of a state trust, how to avoid the expense of a state power of attorney, how to avoid the expense of a state health care proxy, how to avoid the expense of a state living will, how to avoid the expense of a state durable power of attorney, how to avoid the expense of a state revocable trust, how to avoid the expense of a state irrevocable trust, how to avoid the expense of a state charitable trust, how to avoid the expense of a state special use valuation, how to avoid the expense of a state capital gains tax, how to avoid the expense of a state gift tax, how to avoid the expense of a state estate tax, how to avoid the expense of a state federal estate tax, how to avoid the expense of a state state estate tax, how to avoid the expense of a state inheritance tax, how to avoid the expense of a state gift tax, how to avoid the expense of a state income tax, how to avoid the expense of a state sales tax, how to avoid the expense of a state property tax, how to avoid the expense of a state unemployment tax, how to avoid the expense of a state workers compensation, how to avoid the expense of a state disability, how to avoid the expense of a state pension, how to avoid the expense of a state annuity, how to avoid the expense of a state bond, how to avoid the expense of a state stock, how to avoid the expense of a state real estate, how to avoid the expense of a state business, how to avoid the expense of a state partnership, how to avoid the expense of a state corporation, how to avoid the expense of a state limited liability company, how to avoid the expense of a state trust, how to avoid the expense of a state will, how to avoid the expense of a state trust, how to avoid the expense of a state power of attorney, how to avoid the expense of a state health care proxy, how to avoid the expense of a state living will, how to avoid the expense of a state durable power of attorney, how to avoid the expense of a state revocable trust, how to avoid the expense of a state irrevocable trust, how to avoid the expense of a state charitable trust, how to avoid the expense of a state special use valuation, how to avoid the expense of a state capital gains tax, how to avoid the expense of a state gift tax, how to avoid the expense of a state estate tax, how to avoid the expense of a state federal estate tax, how to avoid the expense of a state state estate tax, how to avoid the expense of a state inheritance tax, how to avoid the expense of a state gift tax, how to avoid the expense of a state income tax, how to avoid the expense of a state sales tax, how to avoid the expense of a state property tax, how to avoid the expense of a state unemployment tax, how to avoid the expense of a state workers compensation, how to avoid the expense of a state disability, how to avoid the expense of a state pension, how to avoid the expense of a state annuity, how to avoid the expense of a state bond, how to avoid the expense of a state stock, how to avoid the expense of a state real estate, how to avoid the expense of a state business, how to avoid the expense of a state partnership, how to avoid the expense of a state corporation, how to avoid the expense of a state limited liability company, how to avoid the expense of a state trust, how to avoid the expense of a state will, how to avoid the expense of a state trust, how to avoid the expense of a state power of attorney, how to avoid the expense of a state health care proxy, how to avoid the expense of a state living will, how to avoid the expense of a state durable power of attorney, how to avoid the expense of a state revocable trust, how to avoid the expense of a state irrevocable trust, how to avoid the expense of a state charitable trust, how to avoid the expense of a state special use valuation, how to avoid the expense of a state capital gains tax, how to avoid the expense of a state gift tax, how to avoid the expense of a state estate tax, how to avoid the expense of a state federal estate tax, how to avoid the expense of a state state estate tax, how to avoid the expense of a state inheritance tax, how to avoid the expense of a state gift tax, how to avoid the expense of a state income tax, how to avoid the expense of a state sales tax, how to avoid the expense of a state property tax, how to avoid the expense of a state unemployment tax, how to avoid the expense of a state workers compensation, how to avoid the expense of a state disability, how to avoid the expense of a state pension, how to avoid the expense of a state annuity, how to avoid the expense of a state bond, how to avoid the expense of a state stock, how to avoid the expense of a state real estate, how to avoid the expense of a state business, how to avoid the expense of a state partnership, how to avoid the expense of a state corporation, how to avoid the expense of a state limited liability company, how to avoid the expense of a state trust, how to avoid the expense of a state will, how to avoid the expense of a state trust, how to avoid the expense of a state power of attorney, how to avoid the expense of a state health care proxy, how to avoid the expense of a state living will, how to avoid the expense of a state durable power of attorney, how to avoid the expense of a state revocable trust, how to avoid the expense of a state irrevocable trust, how to avoid the expense of a state charitable trust, how to avoid the expense of a state special use valuation, how to avoid the expense of a state capital gains tax, how to avoid the expense of a state gift tax, how to avoid the expense of a state estate tax, how to avoid the expense of a state federal estate tax, how to avoid the expense of a state state estate tax, how to avoid the expense of a state inheritance tax, how to avoid the expense of a state gift tax, how to avoid the expense of a state income tax, how to avoid the expense of a state sales tax, how to avoid the expense of a state property tax, how to avoid the expense of a state unemployment tax, how to avoid the expense of a state workers compensation, how to avoid the expense of a state disability, how to avoid the expense of a state pension, how to avoid the expense of a state annuity, how to avoid the expense of a state bond, how to avoid the expense of a state stock, how to avoid the expense of a state real estate, how to avoid the expense of a state business, how to avoid the expense of a state partnership, how to avoid the expense of a state corporation, how to avoid the expense of a state limited liability company, how to avoid the expense of a state trust, how to avoid the expense of a state will, how to avoid the expense of a state trust, how to avoid the expense of a state power of attorney, how to avoid the expense of a state health care proxy, how to avoid the expense of a state living will, how to avoid the expense of a state durable power of attorney, how to avoid the expense of a state revocable trust, how to avoid the expense of a state irrevocable trust, how to avoid the expense of a state charitable trust, how to avoid the expense of a state special use valuation, how to avoid the expense of a state capital gains tax, how to avoid the expense of a state gift tax, how to avoid the expense of a state estate tax, how to avoid the expense of a state federal estate tax, how to avoid the expense of a state state estate tax, how to avoid the expense of a state inheritance tax, how to avoid the expense of a state gift tax, how to avoid the expense of a state income tax, how to avoid the expense of a state sales tax, how**

# Use fresh herbs to bring out the flavor of foods

## MELANIE POLK SPECIAL WRITER

When health experts recommend that we eat more plant foods, they don't mean just fruits, vegetables and grains. Herbs are also an important source of phytochemicals, those substances in plants that are not vitamins or minerals, but possess a wealth of health-protective benefits.

Herbs have always been prized for a variety of healing properties, and in recent years cancer prevention has been added to the list of potential benefits. The compounds that produce flavor in rosemary and sage, for example, possess strong antioxidants which help fight cancer. Chives, along with garlic and onions, belong to the Allium family and are rich in sulfides and other cancer-protective substances. Using herbs to bring out the flavor in recipes is also a great way to reduce your use of fat for flavoring.

When purchasing fresh herbs, look for unblemished leaves and avoid those that are wilted, bruised or discolored. Store sturdy herbs like rosemary, thyme, sorrel, marjoram or sage wrapped in paper towels inside a plastic bag in the refrigerator.

More delicate herbs, including basil, chervil, tarragon or mint, can be stored in the refrigerator

### CRACKED WHEAT AND BASIL PILAF

- 1 cup cracked wheat or bulgur
- 1 tablespoon oil
- 1 large onion, finely chopped
- 2 garlic cloves, chopped
- 1 1/2 cups thinly sliced mushrooms
- 1 large tomato, seeded and diced, or 1 Tbs. each tomato puree and water
- 8 tablespoons chopped fresh basil
- 4 tablespoons sliced almonds

- 1/2 teaspoon salt
- Freshly ground pepper to taste

Prepare cracked wheat or bulgur according to package directions.

In heavy frying pan, heat oil. Add onion and cook, stirring, over medium heat until tender. Stir in garlic and mushrooms and cook until mushrooms are tender, about 2 minutes.

Stir in tomato, cracked wheat, basil, almonds, salt, and pepper to taste; stir until mixed and heated through.

Nutrition information: Each of the 6 servings contains 172 calories and 6 grams of fat.

in a glass of water, stems down like flowers to keep them a little longer.

In cooking, use two to three times the quantity of fresh herbs when substituting for dried herbs, since their flavor is much more subtle. Most cooking calls for herb leaves, but cut stems usually have the strongest flavor. Robust herbs retain their flavor even if cooked for a long time, but fine herbs should be added to dishes just before serving.

Basil's mildly peppery flavor is delicious in tomato sauces, salad dressings or grains. Chervil's

part-anise, part-parsley taste makes a delicious addition to cottage cheese or green beans. The mild, sweet onion taste of chives is perfect for salads or potatoes. Fennel's flavor is a nutty anise/celery blend that is excellent in soups, salads and breads. Marjoram, with a mild oregano taste, can be used with lamb, eggplant or squash. Mint is a cool, sweet addition to tea, yogurt, fruit, carrots or peas, while sage's lemony zest is pleasant in breads, potatoes and pork dishes. Sorrel also has a lemony taste that complements spinach, cabbage and fish.



Savory side dish: Cracked wheat and basil pilaf is a delicious way to enjoy basil.

Melanie Polk is Director of Nutrition Education for the American Institute for Cancer Research.

## Try a taste of the Middle East

AP — Falafel is a Middle Eastern tradition, as popular in many countries as hamburgers and hot dogs in the United States. And the dish, breaded garbanzo bean croquettes, is a favorite of many vegetarians.

Today, more and more Americans are discovering the delights of such once-exotic foods from other countries. Falafel is already on menus in restaurants other than those devoted to ethnic specialties. In cities, it's a familiar

offering on fast-food carts patronized by sidewalk diners.

The following version of Falafel has only 4 grams of fat per serving.

ing. It goes well with a tangy Tomato Cucumber Relish (recipe follows), and with pita bread as an optional extra.

### FALAFEL

- 15-ounce can garbanzo beans, rinsed, drained
- 1 medium onion, coarsely chopped
- 1/4 cup packed parsley leaves
- 2 cloves garlic, minced
- 1/2 teaspoon ground cumin
- 3/4 teaspoon dried oregano leaves
- 2 to 3 teaspoons lemon juice
- Salt and pepper to taste
- 1 cup dry plain bread crumbs
- 1/4 cup chopped raisins
- 1 egg yolk
- Olive oil cooking spray

Process garbanzo beans, onion, parsley, garlic, cumin and oregano in food processor until smooth; season to taste with lemon juice, salt and pepper. Stir in 1/2 cup bread crumbs, raisins and egg yolk. Form bean mixture into 16 patties, using about 1 1/2 tablespoons for each. Coat patties with remaining 1/2 cup bread crumbs. Spray large skillet with cooking spray; heat over medium heat until hot. Cook falafel until browned on the bottom, 2 to 3 minutes. Spray tops of falafel with cooking spray and turn; cook until browned on the bottom, 2 to 3 minutes. Arrange 4 falafel on each plate; serve with Tomato-Cucumber Relish. Makes 4 servings.

### TOMATO CUCUMBER RELISH

- 1/2 cup chopped tomato
- 1/2 cup chopped cucumber
- 1/3 cup fat-free plain yogurt
- 1/2 teaspoon dried mint leaves (optional)
- Salt and pepper, to taste

Combine tomato, cucumber, yogurt and mint leaves in small bowl; season to taste with salt and pepper.

Nutrition facts per serving: 311 cal., 4 g fat, 58 g carbo., 575 mg sodium, 12 g pro., 7 g dietary fiber, 54 mg chol.

Recipe from: Bean Education & Awareness Network.

**CLIP & SAVE**

**DISCOUNT POP & BEER**

<b>Coke,</b> Squirt, Sprite, Dr. Pepper, Minute Maid <b>\$4.99</b> <small>24-12 oz. Plus Deposit (Limit 2)</small>	<b>Coke,</b> Squirt, Sprite, Dr. Pepper, Minute Maid <b>99¢</b> <small>2-Liter Plus Deposit (Limit 1)</small>	<b>7-UP,</b> Canada Dry, Sunbelt, Hawthorn Punch <b>\$4.99</b> <small>24-12 oz. Plus Deposit (Limit 2)</small>	<b>Coke,</b> Diet Coke, Sprite, Dr. Pepper, Squirt <b>\$2.49</b> <small>8-20 oz. Plus Deposit (Limit 2)</small>
--	---	--	---

Good June 1 - June 30, 1999  
POP CANS FOR OFFICE OR SHOP - CALL FOR INFO  
154348 MIDDLEBELT - N. of 5 Mile - (734) 421-5670

**CLIP & SAVE**

**Sealtest MILK**  
**\$1.99**  
Reg., Lo-Fat, 2% Skim Gal.

**N.Y. STRIP STEAKS**  
**\$4.59** Lb.  
**Boneless, Tender SIRLOIN STEAKS**  
**\$2.99** Lb.

**U.S. #1 "Your Choice" PEPPERS, CUKES, GREEN ONIONS**  
**3/99¢**

**FRESH TOMATOES ON THE VINE**  
**79¢** Lb.

**Genuine Idaho BAKING POTATOES 10# Bag**  
**\$1.99** Ea.

**Extra Lean BEEF STEW MEAT**  
**\$1.89** Lb.

**Marinade • Try on the Grill BONELESS ENGLISH CUT ROAST**  
**\$1.59** Lb.

**MEMORIAL DAY SAVINGS from BOB'S OF CANTON**  
31210 W. Warren at Merriman  
(734) 522-3357

*Drive Safe Open Memorial Day 9-5*

**We Accept Food Stamps**

**Hours: M-SAT 9-8 • SUN 10-6**  
Prices good June 1st thru June 8th

**"Pork Loin Sale" CENTER CUT RIB CHOPS**  
**\$1.99** Lb.

**LOIN CUT CHOPS**  
**\$2.19** Lb.

**WESTERN RIBS..... \$1.89** Lb.  
Bone In

**COUNTRY RIBS..... \$1.49** Lb.

**Boneless, Skinless CHICKEN BREASTS**  
**\$2.39** Lb.  
Our Breasts Are Never Frozen

**Ground Fresh - Hourly! GROUND BEEF** Made From Ground Round  
**\$1.59** Lb.  
Family Pac 5-10# Pkg.

**Land-O-Lakes All Varieties 1/2 Gal. ICE CREAM**  
**2/\$5.00**

**Looking for a Great Roast for the Grill? - Try These!**

**Boneless TOP SIRLOIN ROAST**  
**\$2.79** Lb.

**Boneless PORK LOIN ROAST**  
**\$1.89** Lb.

**Graduations Mean Party Trays, Subs, Veggie Trays! - Call Marv -**

**Krakus POLISH HAM**  
**\$3.29** Lb.

**Eckrich Meat-or-Beef BOLOGNA**  
**\$2.29** Lb.

**Lipari Creamy MUISTEN CHEESE..... \$2.69** Lb.

**Amish Country LAYER BACON OR Dearborn Sausage BREAKFAST LINKS**

**Your Choice \$1.99** Lb.

**FREE Tennis Lesson**

**Absolutely free!**

- For Beginners & Former Players
- Adults, Kids, Families Welcome
- Loaner Racquets Available

*... it's fun!!!*

**Just call one of these locations nearest you to sign-up!**

Auburn Hills Parks & Recreation 248-370-9353 Beverly Hill Athletic Club 248-642-8500 Birmingham Comm. Tennis Assoc. 248-644-5683 (wheelchair site) Bloomfield Parks & Recreation 248-433-0885 Canton Parks & Recreation 724-947-5110 Deer Lake Athletic Club 248-625-8888 Farmington Tennis Club 248-476-3246 Franklin Racquet Club 248-352-8000 Huntington Woods Parks & Rec 248-541-3030 Independence Parks & Rec 248-625-8223 Livonia Family YMCA 734-261-2161 Livonia Parks & Rec 734-466-2413 Northwest YMCA 313-537-2644	Oak Park 248-691-7666 Oxford Parks & Recreation 248-628-1720 Rochester Hills Tennis & Swim 248-652-1500 Rochester Parks & Recreation 248-656-8308 Royal Oak Parks & Recreation 248-644-8888 Southfield Park & Recreation 248-364-8510 Springfield Parks & Recreation 248-634-0412 Square Lake Racquet Club 248-332-9221 Troy Parks & Recreation 248-524-3484 Waterford Oaks Park 248-625-2447 West Bloomfield Parks & Rec 248-738-2500
--	--

sponsored by **SPORTS**

**WALTONWOOD**

*Assisted Living Residence*

**Gracious living & supportive care**

**Waltonwood of Royal Oak**

3450 W. Thirteen Mile Road  
across from William Beaumont Hospital

Experience the finest in assisted living at Waltonwood of Royal Oak. Our elegant apartments provide an ideal setting for personalized care and quality services. Visit our new community in the heart of the city. Check out these benefits:

- Private studio and one-bedroom furnished apartments
- Professional, courteous staff to assist with personal needs
- Nutritious meals served in an elegant dining room
- Housekeeping and linens
- Beauty shop, gift shop and inviting common areas
- Activities, outings, scheduled transportation and more.

For more information, call (248) 549-6400.

Waltonwood communities offer the finest in independent living and assisted living.

Call today for a personal tour:

Rochester Hills (248) 375-2500	New at Twelve Oaks (248) 735-1500 (opening soon)	Canton (734) 844-3060
--------------------------------	--	-----------------------

**SUNSHINE** Licensed home for the aged.

**Clip and Save**

- Pepsi
- Mountain Dew
- Pepsi Free • Diet Pepsi
- Free • Vernors • A&W
- Slice • Lipton Tea

2 Liter Bottle..... **88¢** dep. (Limit 4)  
24 - 12 oz. Cans... **\$4.99** dep. (Limit 1)

**DISCOUNT POP**

154348 Middlebelt N. of 5 Mile  
(734) 421-5670

**Clip and Save**

# Health & Fitness

## BRIEFS

### Chemical sensitive

**Multiple Chemical Sensitivity Friends**, a support group for anyone who is hypersensitive to chemical environmental irritants such as smoke, fragrances, pesticides, cleaning supplies, new construction materials. The next meeting is from 2-5 p.m. Sunday June 6 at Inland Lake State Park (exit 151 off I-96 near Kensington Lake). For a newsletter or information call, (248) 349-4972.

### Health inside/out

Henry Ford OptimEyes will host a Health Inside & Out program from 9 a.m. to 12 p.m. at the Westland Supervision Center, 35184 Central City Parkway. Free blood pressure checks, body fat analysis, "Brown bagging your medications: Ask the Pharmacist," and guest speakers from Henry Ford will discuss dermatology and nutrition.

### Market nutrition

During two sessions, participants will team to make wise food choices, find low-fat alternatives to favorite foods and read food labels. Second session scheduled at Kroger in Westland (31900 Michigan Ave.). Classes are from 7-8:30 p.m. June 8 and 15.

### Host casual day

Get Casual for a Cause, is United Cerebral Palsy of Metropolitan Detroit's Eighth Annual Casual Day. Monday, June 21 is a suggested date but UCP will help your company host a Casual Day on any business day between June 21 and July 16. Employees are asked to make a voluntary contribution of \$5 to UCP. Participants will receive a button, discuss topics at Harmony House and a raffle ticket for a drawing to include a Las Vegas vacation, Mongolian BBQ dinner, \$100 gift certificate to Harmony House, etc. For information call (248) 657-5070.

### Menopause support

"Food is good. Food tastes good. We need food to live and grow. Stop hating food and stop hating your body!" For more information or to register, call the Marian Women's Center, (734) 655-1100. Free of charge. The Marian Women's Center Menopause Support Group will meet from 7-9 p.m. at St. Mary Hospital in Livonia in the West Addition Conference Room B. There is no charge to attend the meeting but registration is required, call 655-1100 or (800) 494-1615.

### Scleroderma event

Magic, an auction and an ice cream social are all part of the Walk and Auction for Scleroderma on Sunday, June 13, 1999 to raise funds to support patient services and medical research. Registration begins at 12:30 p.m. on the lawn of the Royal Oak Library. T-shirts, sweatshirts and other awards will be given to persons raising money. For a brochure, information, and to pre-register, call the Scleroderma Foundation office, (248) 349-2899.

# 'INSIDIOUS' DISEASE

## Support group helps members unmask thyroid symptoms

BY KIMBERLY A. MORTON  
Staff Writer  
kimort@freemove.com

Tracy Green of Plymouth initiated a thyroid support group after her circle of friends and acquaintances consisted of several women who were also being treated for thyroid disorders and whose symptoms sounded all too familiar to her.

"A neighbor and one of my best friends also have thyroid problems," said Green. "I thought there were probably a number of other people out there who could benefit from knowing their problems weren't in their head as a lot of us have been told at one time or another."

Green's support group, numbering approximately 30 members, some traveling from as far as Rochester Hills, Hartland and Ann Arbor, meets monthly at the Plymouth District Library. Each session includes a discussion from a guest speaker such as an endocrinologist, nutritionist or chiropractor. The next meeting is scheduled at 7 p.m. Monday, June 7, at the library.

"I think I offer a lot to the group," said Deborah Allgeier, 49. "I've had every treatment possible and I've been dealing with this disease for more than 30 years."

Running the gamut of symptoms for a hyperactive thyroid, Allgeier, a Plymouth resident, started to think there was something psychologically wrong with her at the age of 15 when she lost a significant amount of weight, had trouble sleeping and an excessively fast heart rate.

"My doctor told me it was adolescence," said Allgeier, "and it was psychological."

Several months passed before she was diagnosed with a hyperactive thyroid and began to take oral medication to control her hormone levels.

After a few years the Plymouth resident says she was weaned off the medication but began to experience symptoms again while she was in college.

"My symptoms came back in full force. I was down to about 98 pounds, couldn't sleep and so on. My doctor prescribed what they call the atomic cocktail — you drink radioactive iodine — and that took care of things for about 20 years."

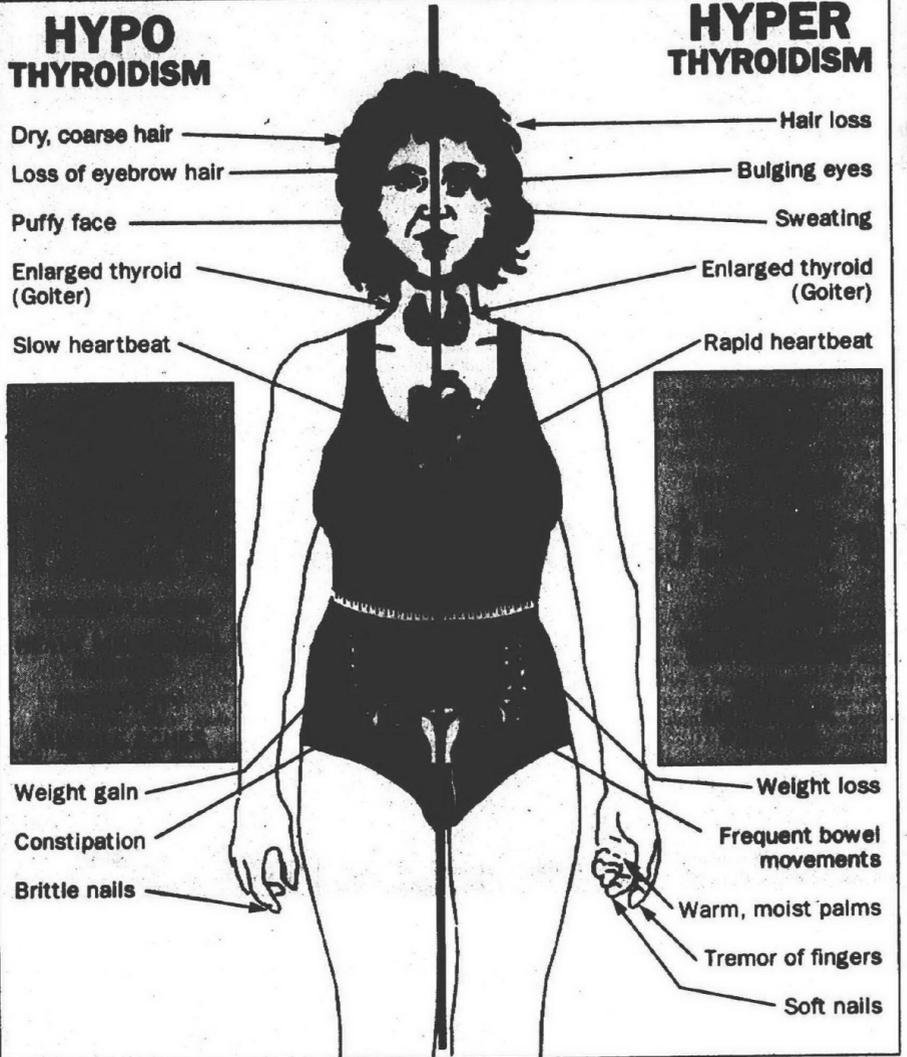
Allgeier refers to thyroid disorders as "insidious" diseases because the symptoms mask themselves as "all kinds of other things," and are often more dangerous than seems evident.

"I don't think thyroid problems are taken as seriously as they should be," said Allgeier, who found it difficult dealing with doctors and hospitals who wanted to blame the source of her symptoms on something psychological or stress-related.

Approximately three years ago Allgeier's hyperactive thyroid developed into an underactive thyroid and she began to experience weight gain, hives, fatigue, and significant sweating. Last year her TSH (Thyroid Stimulating Hormones) levels were "out of control" and she was diagnosed with Graves disease. Finally she opted to have a thyroidectomy (surgical removal of the thyroid gland) in October 1998.

"I feel so much better and haven't had a hive since. I'm just too fat now, but I know once the medication gets regulated that will change."

Graves disease causes your thyroid to produce an overabundance of thyroid hormone and you become hyperthyroid. One classic symptom is a goiter, or an enlarged thyroid gland that can be detected by pressing or palpating the region of



your neck where your thyroid is located.

Thyroid disorders are also believed to be hereditary. Allgeier says numerous women on both her mother's and father's sides of the family suffer from thyroid problems. "Your chances of developing a thyroid disorder are significantly higher if members of your family such as a parent, aunt and uncle or sibling have also been diagnosed," said Green.

Allgeier says you have to keep your sense of humor about you or the disease, and its symptoms, can take over your life.

"I have four different sizes of clothing in my closet," laughed the Plymouth resident. "I won't have to go shopping for a while."

### Source of support

Green says the Internet also offers a wealth of information and should be used as both a resource and as a support system for those sufferers who frequent chat rooms and sites maintained by thyroid patients.

The Plymouth resident warns, however, that the information and advice gleaned online should not take the place of a visit to your physician or

endocrinologist.

Here is a list of suggested sites including the address of a Web site maintained by Green.

- Endocrine Web  
[www.endocrineweb.org](http://www.endocrineweb.org)
- Gland Central  
[www.glandcentral.com](http://www.glandcentral.com)
- The American Association of Clinical Endocrinologists  
[www.aace.org](http://www.aace.org)
- The American Thyroid Association, Inc.  
[www.thyroid.org](http://www.thyroid.org)
- Thyroid Foundation of America  
[www.tfaweb.org/pub/dfa](http://www.tfaweb.org/pub/dfa)
- National Graves Disease Foundation  
[www.ngdf.org/](http://www.ngdf.org/)
- The Endocrinology Society  
[www.endo-society.org](http://www.endo-society.org)
- Tracy Green's Web site  
<http://community.mlive.com/cc/thyroid>

BY KIMBERLY A. MORTON  
Staff Writer  
kimort@freemove.com

Approximately 14 million Americans, predominantly women, suffer from an under (hypothyroidism) or over active (hyperthyroidism) thyroid. The disorder can be challenging to diagnose based on the wide variety of symptoms sufferers report.

The thyroid gland, which governs our metabolism, sends every cell in the body messages to control energy levels. Variations in hormone production can have significant repercussions on a person's health. Symptoms include weight gain or loss, fatigue, depression, dry skin, low blood pressure, muscle tightening and hair loss. The final diagnosis was Hashimoto's Disease — a condition in which the immune system attacks the thyroid gland.

Similarly, infections are fought by a person's immune system as it makes the distinction between the body's own cells and those carried by viruses and bacteria.

disorders and suggested to her physician that he test her hormone levels while he was drawing blood for a cholesterol screening.

"My thyroid was so underactive the doctor said he was surprised I wasn't in a coma," said Green.

Green's blood work also indicated an elevated cholesterol level. In the past she also experienced depression, dry skin, low blood pressure, muscle tightening and hair loss. The final diagnosis was Hashimoto's Disease — a condition in which the immune system attacks the thyroid gland.

Similarly, infections are fought by a person's immune system as it makes the distinction between the body's own cells and those carried by viruses and bacteria.

Antibodies and receptor cells are sent to the thyroid gland to tell the body to produce more thyroid hormone. They also tell the immune system to attack the thyroid gland. The thyroid gland then produces more thyroid hormone to fight the infection.

According to Knoll Pharmaceutical Company, the manufacturer of a thyroid medication, "This is called autoimmune condition, which simply means that your immune system is attacking your own cells. In an autoimmune condition, the immune system continues to act just like it's fighting something foreign and it produces protector cells against the thyroid cells."

### Not alone

Peggy Kremer of Plymouth said several physicians she saw were also quick to blame her busy lifestyle and the stress associated with raising three children on her physical problems that included extreme fatigue, thinning hair, muscle aches, digestive problems, depression and anxiety.

"Some people have more physical problems relating to their thyroid ... mine are more mentally terrible," said Kremer. "The whole last year has been really bad."

The 39-year-old Plymouth resident says she was diagnosed in 1999 with

hypothyroidism and has been struggling to maintain regular hormone levels through oral medications. A blood test confirmed high levels of TSH and low levels of thyroid hormones after Kremer gave birth to her third child.

"I was getting more and more tired and I noticed my thyroid gland was swollen. It even bothered me to wear a turtle neck. No matter how loose it was it felt like it was choking me."

An important detail in Green and Kremer's treatment has been the pursuit of a physician who will take their symptoms and their treatment seriously.

"Don't give up even if you're frustrated," said Kremer. "Find someone that you're comfortable with and that will listen to you. Some doctors are too quick to write a prescription and send you on your way. It's a way you can challenge your doctors if you're not getting the answers you want. I think the peace of mind in knowing what's going on with you helps more than anything."

**MEDICAL DATEBOOK**

**Names for Medical Datebook**  
 are welcome from all hospitals, doctors, companies and residents active in the Observer-Eccentric community. Items should be sent to: Medical Datebook, c/o The Observer Newspapers, 36251 Schoolcraft, Livonia 48150. E-mail: [kmortson@cc.homecomm.net](mailto:kmortson@cc.homecomm.net) or faxed to (734) 691-7279.

**TUE, JUNE 1**

**GRIEF RECOVERY SERIES**  
 Hospices of Westland will begin their next five-week Grief Recovery Series from 7-8:30 p.m. at the Hospice office in Ann Arbor. Participants are encouraged to attend all five sessions and preregistration is required. (734) 927-8405.

**WED, JUNE 2**

**DIABETES SUPPORT**  
 Meets the first Wednesday of each month at 2:30 p.m. and 7 p.m. at the Hospice office in Ann Arbor. Participants are encouraged to attend all five sessions and preregistration is required. (734) 927-8405.

**ALCOHOLICS ANONYMOUS**  
 An Alcoholics Anonymous meeting is held every Wednesday beginning at noon at the Livonia Mission Health Medical Center, 37595 Seven Mile Road, Livonia. Call (734) 953-1188.

**CANCER SUPPORT**  
 "Focus On Living," a self-help group for cancer patients and their families, meets the first Wednesday of each month at St. Mary Hospital from 7-8:30 p.m. in the hospital auditorium.

**MENOPAUSE SUPPORT GROUP**  
 "Food is good. Food tastes good. We need food to live and grow. Stop hating food and stop hating your body!" For more information or to register, call (734) 655-1100. Free of charge. The Marian Women's Center Menopause Support Group will meet from 7-9 p.m. at St. Mary Hospital in the West Addition Conference Room B. The support group provides in-depth information, education and

emotional support to help women lead fuller lives during their mid-life years.

**EMERGENCY**  
 Classes monthly at 6 p.m. Infant/child resuscitation and obstructed airway techniques are taught in the three-hour class, approved by the American Heart Association. Call Garden City Hospital, (734) 458-4930.

**THUR, JUNE 3**

**LUPUS SUPPORT**  
 The Northwest Suburban Lupus Chapter will gather at 7:30 p.m. at the Farmington Library, 28500 Liberty St., Farmington. Parveen Qazi, M.D., rheumatologist will discuss "Lupus and overlapping diseases that mimic lupus," such as fibromyalgia, chronic fatigue, Epstein Barr, RA. Call Andrea Gray (734) 261-6714 for more information.

**PRE-MARITAL COUNSELING**  
 The Marian Women's Center at St. Mary Hospital will offer a Premarital Counseling Class from 7-8 p.m. in West Addition Conference Room A. Those who wish to marry in Michigan are required to receive information about sexually transmitted diseases such as HIV/AIDS before applying for a marriage license. Certificates are valid for 60 days. Registration is required. Cost is \$15 per person or \$25 per couple. Call (734) 655-1100.

**SAT, JUNE 5**

**PITUITARY SUPPORT**  
 The next Pituitary Disorders Education and Support Group Meeting will be held in West Bloomfield, Michigan, at the Henry Ford Medical Center on 6777 West Maple Rd from 10:30 a.m. to 1 p.m. Meeting will be held in the lower level conference rooms. The Topic will be "Drug interactions for medications commonly prescribed for patients with pituitary tumors." Feel free to attend and bring your family or friends. Dr. Jack Rock will be at each meeting for questions.

**Names for Medical Newsletters**  
 are welcome from all professionals active in the Observer-area medical community. Items should be sent to: Medical Newsletters, c/o The Observer Newspapers, 36251 Schoolcraft, Livonia 48150. E-mail: [kmortson@cc.homecomm.net](mailto:kmortson@cc.homecomm.net) or faxed to (734) 691-7279.

**New administrators**  
 St. Mary Hospital recently announced the addition of three new members to the hospital administration. They include Michael DeRubeis, vice president, Finance, Chief Financial Officer; Judith Johnson, vice president, Patient Care Services/Chief Nurse Executive; and Kathleen Kittle, vice president, Network and Continuum Development.

DeRubeis, previously from William Beaumont Hospital, has been Chief Financial Officer of St. Mary Hospital for the past five years. DeRubeis' responsibilities include overseeing Financial Services, Information Sys-

tems, Medical Information Services, Materials Management and Patient Support Services. In his new position, DeRubeis oversees hospital management in developing plans and programs to insure financial viability for St. Mary Hospital.

Johnson's responsibilities include overseeing the Laboratory Case Management, Cardiac, Anesthesia, Perioperative Services, Radiology, Nuclear Medicine, Radiation Oncology, Pharmacy, Performance Improvement, Behavior Medicine, Emergency Center, Women's Center, Medical-Surgical and Critical Care Services. In her new position she plans to focus on service line development and continuum of care in the areas of women's health, oncology, orthopedics and pulmonary services.

Kittle's responsibilities include overseeing Community Relations, Physician Services, Managed Care, Planning, Marketing,

Physical Medicine and Rehabilitation, and Home Health. In addition to the development and implementation of specific services to enhance the continuum of care provided by St. Mary Hospital, Kittle will provide strategic focus and leadership in managed care strategy and network growth opportunities.

**High-tech health**  
 A new addition to the Livonia area is "Vita-Market," a health food store that gives customers the unique opportunity to use a computer-based research program that offers non-biased and detailed information regarding specific use of herbs, vitamins and minerals.

A purchase is not necessary to use the computer and assistance is available if you have questions. The store also offers ayurvedic and homeopathic medicine, hard to find items can be ordered, a full-line of vitamins, herbs, speciality teas, healthy snacks, grocery items and cosmetics. The store is located at

2850 Midland Road, in the Mid-Point, between Jay and Plymouth Roads. For information call (734) 458-4930. Twenty percent off products through June 30.

**Accreditation**  
 St. Mary Hospital has achieved accreditation from the Joint Commission on Accreditation of Healthcare Organizations (JCAHO) after the process in March. The Hospital received a score of 94 out of 100 from the Joint Commission representatives who evaluated standards pertaining to the governing body, administration, medical staff and hospital departments.

**Chiropractor honored**  
 Dr. John O'Connor of Livonia was presented with the Waldon S. Derfield, D.C. "Pioneer Award" at the recent Michigan Chiropractic Society (MCS) convention. The MCS honored O'Connor for the hundreds of hours he has unselfishly given to improve his profession over the years. "He has been a pioneer for the profession by serving in many different capacities in his state association."

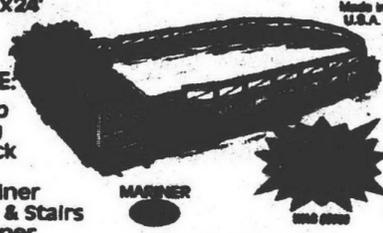
**WALTONWOOD**

at Twelve Oaks Mall  
 Redefining Retirement Living  
**INFORMATION CENTER**  
**OPEN DAILY & WEEKENDS**  
 27475 HURON CIRCLE  
 (S.E. Corner of Novi Rd. & 12 Mile)  
**(248) 735-1500**

SINGH  
 Waltonwood Service LLC

**POOL FACTORY CLOSEOUT**  
 Limited offer! Below Mfg. cost!

MARINER O.D. 16'x31'  
 SWIM AREA 15'x24'  
 Made in U.S.A.  
**ALL MARINER POOLS INCLUDE:**  
 • Filter & Pump  
 • Steel Bracing  
 • Huge Sundeck  
 • Pool Ladder  
 • Set-in Vinyl Liner  
 • Safety Fence & Stairs  
 • Vacuum Cleaner  
**BLUE WATER SUNSHINE POOLS**  
 FULL FINANCING ARRANGED  
**1-800-754-0050**  
 ECONOMICAL • SAFE • BEAUTIFUL



The girl at the beach.



The girl at the beach after you have laser vision correction.

**Laser vision correction. It could change your life.**

At our state-of-the-art facility in Farmington Hills off I-996, you'll be treated by experienced surgeons using the most advanced technology available. All for just \$1000 per eye — including a pre-operative consultation, an eye exam, a painless laser procedure and complete follow-up care. To schedule an appointment, call 1-800-943-2244.



# Computers in space offer convenient, portable links to Earth

The first thing you notice about the launch of the International Space Station is that as soon as the rocket leaves the launch pad a lot faster than it appears on television.

The second thing you notice is the noise of the rockets. It's awesome. It hits you like a wave and it's so loud that, I swear, the bones in my chest rattled for a good 30 seconds. Very cool.

On TV, the powerful cameras zoom in and follow the rocket as it climbs into the sky. It seems to take forever to disappear from view. In person, it doesn't "climb." That's too lame a word. It leaps into the clouds and is gone from the naked eye in just a couple of seconds. Really, as I watched the launch of Discovery from America's Space Port Thursday, I thought that it was like a bottle rocket. That's how fast it goes when you see it up close and personal.

Up close is about three miles away. That's as near as the NASA officials will let anyone be to the launch pad. Three miles is still in the official blast zone, which, we were told, means there's a bit of danger. It seems a powdery residue from the solid rocket booster exhaust is composed partially of hydrogen chloride. And, in combination from moisture, it can form droplets of hydrochloric acid.

Thus, under certain weather conditions and if the wind is just right, we journalists watching from the Complex 39 Press Site could have been covered with the stuff. We were told that we should be prepared to run into a nearby building or our vehicles if warned.

That, fortunately, didn't happen Thursday.

Instead, I was able to witness the launch of what NASA calls STS-67, a 30-day supply mission by the Space Shuttle Discovery to the still-under-assembly International Space Station, 250 miles above the earth.

The reason I was there this week was to learn about the use of computers in space.

For in the 5,000 pounds of gear and material brought up to the International Space Station by the seven-member crew are a whole bunch of laptop PCs.

You'd think that the NASA space engineers would be implementing all sorts of sophisticated, powerful and very secret proprietary computer systems. Instead, I was surprised to learn, that they're taking up a bunch of IBM ThinkPads ... the same kind of PCs many of us lug back and forth from the office to the home.

Personal computers are now so powerful and sophisticated that it's easier and more cost-effective for us to do just what the consumer does, order them up from a PC vendor," says Andy Klausman, an engineer with United Space Alliance, the main contractor for the NASA Space Shuttle program. "I don't think the average PC user realizes how powerful today's machines really are."

The shuttle crew plans to

leave five ThinkPads on the International Space Station for use next year by the crew that will eventually move in and conduct the orbiting extraterrestrial base camp.

Around the Discovery shuttle vehicle right now, the crew is using a variety of computers, including the IBM ThinkPads. They're used for everything from managing command and control systems to sending e-mail back to their families on earth and NASA engineers in Houston.

in his Houston office in the ThinkPad. The laptop is used for everything from managing command and control systems to sending e-mail back to their families on earth and NASA engineers in Houston.

The laptops in space have actually replaced the typical cockpit-mounted "rack" computers that we used to use on our spacecraft. The ThinkPads are used by the crew for all sorts of functions, from managing command and control systems to sending e-mail back to their families on earth and NASA engineers in Houston.

In one of the more unusual applications, when the robotic space arm is extended from Discovery to do some welding work on the International Space

Station, the exterior camera is plugged into a ThinkPad and the operation is monitored by the Shuttle crew inside Discovery on the laptop screen.

"These laptops just make everything more efficient," said Klausman. "They're all networked together and hooked up by the communications system to the NASA system back on earth."

When the crew sleeps, the laptops are awake. They're much a part of the mission the radio and telemetry system.

is happening up there in space, visit the Kennedy Space Center Web site at [www.ksc.nasa.gov](http://www.ksc.nasa.gov).

This weekend, I'll be talking about the use of computers in space on my PC Talk Radio Show on Talkradio 1270, WKYY.

Thanks to the people of a company called AltTalk, you can now listen to my radio show on the Internet at [www.pcmike.com](http://www.pcmike.com). I hope you'll be able to hear that incredible blast off

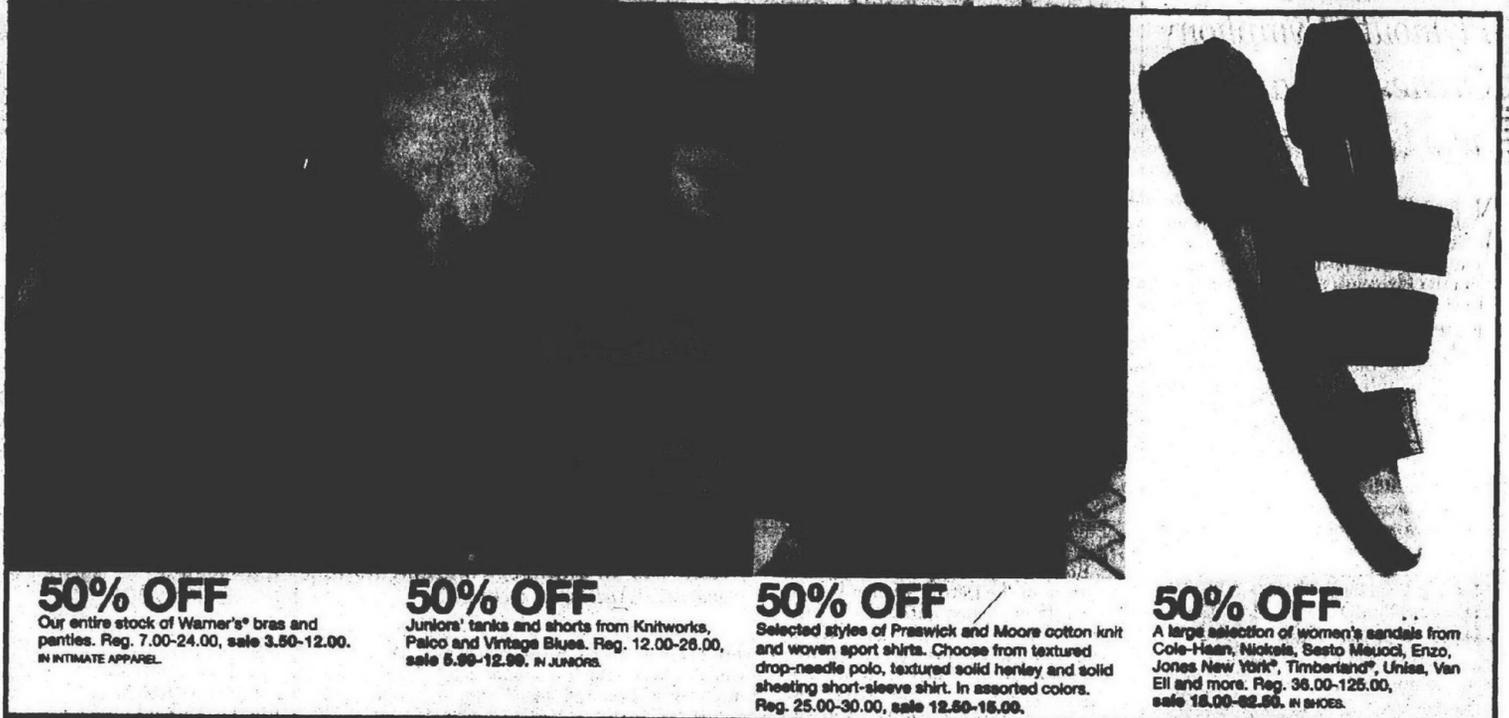
through his Web site at [www.pcmike.com](http://www.pcmike.com).

is happening up there in space, visit the Kennedy Space Center Web site at [www.ksc.nasa.gov](http://www.ksc.nasa.gov).

This weekend, I'll be talking about the use of computers in space on my PC Talk Radio Show on Talkradio 1270, WKYY.

Thanks to the people of a company called AltTalk, you can now listen to my radio show on the Internet at [www.pcmike.com](http://www.pcmike.com). I hope you'll be able to hear that incredible blast off

through his Web site at [www.pcmike.com](http://www.pcmike.com).



**50% OFF**  
Our entire stock of Warner's® bras and panties. Reg. 7.00-24.00, sale 3.50-12.00. IN INTIMATE APPAREL.

**50% OFF**  
Juniors' tanks and shorts from Knitworks, Paico and Vintage Blues. Reg. 12.00-26.00, sale 5.99-12.99. IN JUNIORS.

**50% OFF**  
Selected styles of Fraewick and Moore cotton knit and woven sport shirts. Choose from textured drop-needle polo, textured solid henley and solid sheeting short-sleeve shirt. In assorted colors. Reg. 25.00-30.00, sale 12.50-15.00.

**50% OFF**  
A large selection of women's sandals from Cole-Haan, Nickels, Sesto Mucco, Enzo, Jones New York, Timberland, Unisa, Van Ell and more. Reg. 36.00-125.00, sale 18.00-62.50. IN SHOES.

## BUSINESS NEWS

### President honored

Bank One President Walter C. Watkins Jr., a graduate of Wayne State University, was recently honored by the University for his business achievements. Watkins, a Livonia resident, earned an MBA degree from WSU in 1977. In addition to the duties of president, Watkins is responsible for the corporation's small business strategy in Michigan, Indiana and Illinois.

In our Sears May 30<sup>th</sup> insert, we inadvertently omitted the sale dates for the items on pages 34 and 35. The actual sale dates are 5/30 & 5/31. We apologize for any inconvenience this may cause our customers.

Sorry, we can't make price adjustments to previously purchased merchandise.  
 Call 1-800-494-6186 TO ORDER ANYTIME. SPECIAL STORE HOURS: Laurel Park Place open Sun. 12-6, Mon. 10-5, Tues.-Sat. 10-9.  
 FOR INFORMATION call 563-7900. CHARGE IT! Parcelon Credit Card, MasterCard, Visa, the American Express Card® or Discover®.  
 LOCATED AT LAUREL PARK PLACE IN LIVONIA, ON THE CORNER OF NEWBURGH ROAD AND SIX MILE ROAD (TAKE THE SIX MILE ROAD EXIT OFF INTERSTATE 75)

## Jazz lovers to gather for brunch

BY LINDA ANN CHOMIN  
STAFF WRITER  
lchomin@oc.homedomain.net

Larry Nozero's memory of his father playing clarinet around the house from the time he was a child is a powerful one. Nozero, a saxophonist with 40 years in the music business, never learned to play the Italian folk songs of his father's native country. But he did learn to love music.

Nozero is bringing his jazz quartet and guest trumpeter Johnny Trudell to the Father's Day Brunch at Schoolcraft College in Livonia. The brunch is a benefit for the July 18 Michigan Jazz Festival which has been moved this year from the Botsford Inn to Schoolcraft College.

"My father was a natural player. There was always music around the house," said Nozero. "He taught me the basic reasons for being a musician. He taught me about expression. That it's a way to express your feelings."

The first jazz record he heard, by Benny Goodman, hooked Nozero for life. Before long, he

was listening to Art Pepper and Charlie Parker, and finally his own career took off. In the early years, he toured with a number of legendary jazz musicians including Stan Kenton, Dizzy Gillespie, Ella Fitzgerald, and Henry Mancini. Nozero's own group was the first American quartet to play the Montreux Jazz Festival in Switzerland when it originated 19 years ago. In 1997, he was inducted into the Legends of Jazz International Hall of Fame. In December he was a featured guest with the Birmingham

**Father's Day Brunch**  
What: A fund-raising gourmet brunch featuring the music of the Larry Nozero Quartet with guest trumpeter Johnny Trudell.  
When: Noon to 3 p.m. Sunday, June 20 (brunch served noon to 1 p.m.).  
Where: Upper Waterman, Schoolcraft College, 18600 Haggerty, (between Six and Seven Mile Roads), Livonia.  
Tickets: \$25, call (248) 476-2720 or (734) 459-2454. No tickets will be sold at the door. Proceeds help offset costs of the admission-free Michigan Jazz Festival to be held Sunday, July 18 at Schoolcraft College.

Please see JAZZ, C3



Fund-raiser: Larry Nozero and his quartet will be joined by guest trumpeter Johnny Trudell at a Father's Day brunch to benefit the Michigan Jazz Festival.



### "Authors On Stage"

What: Cranbrook Writers Guild and the Birmingham Village Players present works from the Detroit Women Writers recently published anthology, "Clarity of Voice."  
When: Sunday, June 20, 7:30 p.m.  
Where: Upper Waterman Village Players Theater, 752 Chestnut, Birmingham.  
Tickets: \$25, \$50 (sponsors), \$100 (patron), \$150 (benefactor). Call (248) 644-0658. Proceeds to benefit the Cranbrook Writers Guild and the Birmingham Village Players.



## Plymouth Symphony Orchestra names new conductor

Nan Washburn said it may be hard to believe, but her decision to leave sunny California for a conductor/music director position with the Plymouth Symphony Orchestra was an easy one. She'll be unpacking boxes of music scores the first week of August in time for the first rehearsal for the 1999-2000 season.

"I'm really excited about the new position," said Washburn during an interview from her home in Pacifica. "The skill of this orchestra puts it up to a semi-professional or professional orchestra. When I was here to audition in November, I talked with the orchestra and they think of themselves as a family."



## New ideas: Nan Washburn has been appointed as the music director/conductor of the Plymouth Symphony Orchestra.

Washburn, who prefers the term community-based orchestra to community orchestra, will ease her way into the position. There'll be no drastic changes in the orchestra led by conductor/music director Russell Reed for the last 12 years. Reed retired in April to pursue his love of travel, golf and woodworking.

"The first year is a little challenging because I need to get to know the orchestra and they need to get to know me and then we can begin working on increasing performance skill," said Washburn.

The announcement of Washburn as new conductor/music director signals an exciting time for the Plymouth Symphony Orchestra as well. One of the reasons Washburn was chosen for the position is because of her innovative programming. Winner of 13 ASCAP awards for adventuresome programming from the American Symphony Orchestra League, Washburn began studying past Plymouth Symphony programs last year to get a handle on the type of repertoire favored by area audiences.

Washburn plans to introduce composers who are not household names especially women and others from multi-cultural backgrounds. She'd also like the composers to attend the concert. In the works for the new season is an accordion concerto by Janica Vanderfelde, Washburn premiered the work, "Cafes of Melbourne" in March 1998 and would like to bring it to Plymouth for the 1999-2000 season. Washburn is also hoping to program Harold Farberman's work for a jazz drummer. It would be part an all-jazz program.

Familiar works will not be left behind. Themes will play a big part because Washburn believes they put the music in context.

### Expanding education

Washburn's interest in expanding education and concerts for kids was another reason the orchestra chose her from the final two candidates. Washburn applauds board president Don Souzen's initiative to bring the orchestra into public and private schools in Plymouth and Canton. Last fall, he and his wife Colleen funded a \$40,000 grant to introduce third and fourth grade students to the wonders of Chopin and Shostakovich over a two-year period.

"It's a wonderful opportunity to link with the community," said Washburn. "I'd like to see us get into more family

## OPERA

# Bloomfield Hills resident stars in MOT's 'Samson & Delilah'

BY FRANK PROVENZANO  
STAFF WRITER  
fprovenzano@oc.homedomain.net

On an unexpectedly cool, blustery afternoon in late May, Irina Mishura sits demurely in the Madison Lounge on the first floor of the Detroit Opera House. Rehearsal has ended early, and the mezzo-soprano whose passionate performances in "Carmen," "Aida" and "Madame Butterfly" won her international critical praise settles in to a reflective mood.

There is little hint of the defiant conductress, Delilah, who Mishura will portray in Michigan Opera Theatre's "Samson & Delilah," opening this Saturday.

Not long ago, Mishura may have been content to just sit in the lobby of any opera house and talk about her aspiration for the stage.

For the last three years, the Bloomfield Hills resident has strapped her career to a rocket headed to



Hair today, gone tomorrow: Irina Mishura, (left), performs the role of Delilah in all six performances of MOT's "Samson and Delilah." The role of the long-haired Samson will be performed by Mark Lundberg, (right), and Ian Denolfo.

the operatic stratosphere, performing in opera houses in San Francisco, Toronto, Vienna, Lisbon and Brussels. Next fall, Mishura will make her debut at the Met.

Ask her about her schedule for the next six months, and in her heavy Russian accent with near-perfect English diction, she'll explain that she'll have to get back to you.

Busy? There's probably an itinerary just to schedule the itinerary. Mishura has just returned from trips to Helsinki and Munich. After her upcoming Detroit Opera House performances, she'll head to Lisbon to perform "Aida."

For the moment, however, Mishura is content to be home — both in Bloomfield Hills and the Detroit Opera House, where she initially performed three years ago at the gala opening celebration, which fea-

tured Luciano Pavarotti.

"That was one of the most amazing moments of my life," she said. "Watching Pavarotti sing, I had tears rolling down my face."

Wait until you hear Mishura.

### A bad-hair day

In February of last year, Mishura first performed the role of Delilah in Tel Aviv as part of the 50th-year celebration of the state of Israel. She has also performed the role earlier this year at the New Orleans Opera.

The allegory of Samson is ideally suited for the extravagant spectacle of opera. The myth, mystery and passion finds a seductive expression in Camille Saint-Saens' opera, first performed in France in 1890.

As the curtain rises, the Philistines in Gaza are forcing the Israelites to

What: "Samson and Delilah," a three-act opera presented by the Michigan Opera Theatre. Music by Camille Saint-Saens, conducted by Christian Badea, directed by Dejan Milandinovic.  
When: 8 p.m. Saturday, June 5, Wednesday, June 9, Friday-Saturday, June 11-12, and 2 p.m. Sunday, June 6 and June 13  
Where: Detroit Opera House, 1526 Broadway (one block east of Woodward Ave.), Detroit  
Tickets: \$18-995, call (313) 237-5100 or (248) 645-6000

Please see OPERA, C3



# Noteworthy

## Gallery exhibits, art shows, classical concerts

**MAKING CONTACT:** Please submit items for publication to Frank Provenzano, The Eccentric Newspapers, 805 E. Maple, Birmingham, MI 48009 or fax (248) 644-1314

### ART FAIRS

**ANN ARBOR ARTISANS' MARKET**  
Features fine arts and handmade crafts by 50 Michigan artists. Open every Sunday through December at Farmers' Market at Kerrytown, 315 Detroit, Ann Arbor.

#### ART ON THE AVENUE

More than 120 artists, a classic car show, music and a children's area at this 13th annual event, June 5-6 in Dearborn's West Village.

#### ART OVER THE INTERSTATE

A fine arts & crafts fair in Charlotte M. Rothstein Park over I-896 in Oak Park. May 31, 10 a.m. - 6 p.m.

#### CANTON FINE ART & CRAFT SHOW

More than 90 artists featured at the 8th annual show, June 19-20. Heritage Park, Canton Township.

### AUDITIONS / CALL FOR ARTISTS & SCHOLARSHIPS

#### CALL FOR ENTRIES

The Plymouth Community Arts Council is seeking artists to participate in their Sept. 11-12 show at Central Middle High School in Plymouth. For an application call (734) 416-4278.

#### DANCE AUDITIONS

Michigan Theater and Dance Troupe holds auditions for 16-year-old and older dancers on Saturdays through August. Appointment only. Call (248) 552-5001.

Auditions for the Marygrove College 30th annual Summer School for the Performing Arts Festival of Dance are June 6, 1 p.m. The festival is June 20-Aug. 20. 8425 West McNichols, Detroit; (313) 927-1306.

#### DOCUMENT USA

The Museum of Contemporary Art seeks artists to participate in an archival exhibit. Deadline is Aug. 1. 7 North Saginaw, Pontiac; (248) 334-6038.

#### EISENHOWER DANCE AUDITIONS

Audition for the Eisenhower Dance Ensemble on June 12, 1 p.m. at EDE Center for Dance, 1541 W. Hamlin in Rochester. Call (248) 370-3024.

#### EXHIBITORS NEEDED

"A Fair to Remember" on Oct 16-17 at St. George Orthodox Church, 2160 East Maple, Troy is seeking exhibitors for an arts and crafts show. Call (248) 932-5636.

#### FRANKLIN ARTS COUNCIL

Applications available for artists interested in exhibition fine arts or crafts at Franklin's Juried "Art on the Green," held Sept. 6. Send application and slides to: Franklin Arts Council, P.O. Box 250683, Franklin, MI 48025. Call (248) 851-5438.

#### KIWANIS KAVALIERS

Canadian drum & bugle corps seeks performers ages 14-21 for summer tour. Call (416) 241-2968.

#### METROPOLITAN SINGERS OF SOUTHFIELD

An adult choir of mixed voices is looking for new singers, especially men, to sing blues, pops, hit tunes and folk tunes. Choir meets Mondays, 7:30 p.m., Birney Middle School vocal room, 27000 Evergreen Rd., Southfield.

#### "MUSIC MAN" AUDITIONS

Dinner theatre performances Oct 29-30. Auditions June 13, 12-2 p.m. Franklin Community Church, 26425 Wellington, Franklin; (248) 626-6606, voice mail #30.

#### "OUR TOWN" CALL FOR ARTISTS

Michigan artists invited to submit work for jurying in the 1999 "Our Town Art Exhibit and Sale," held Oct. 13-17. All work must be submitted on slides by July 30. For application: The Community House, 380 S. Bates Street, Birmingham, MI 48009; (248) 594-6403.

#### REVOLUTION GALLERY

Seeks artists to design the gallery's outdoor public billboard. Proposals must be received by Sept. 30. 23257 Woodward, Ferndale; (248) 541-3444.

#### TRANSFORMING VISIONS

Swords into Plowshares Gallery is seeking entries for its 7th juried exhibit in the fall. 33 E. Adams, Detroit; (313) 965-5422.

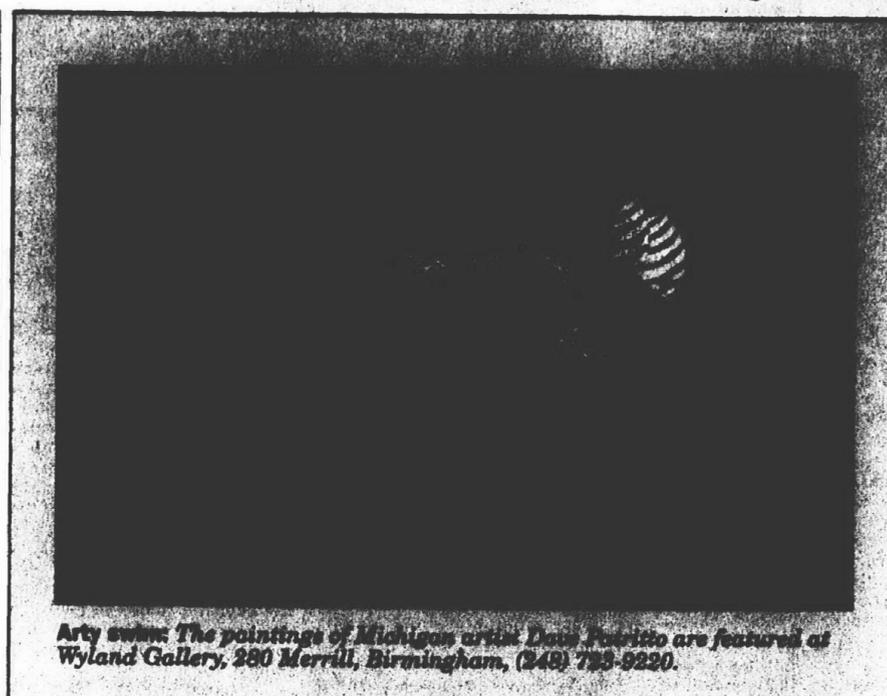
### CLASSES

#### ART MUSEUM PROJECT/UM DEARBORN

Non-credit studio art classes and workshops through March. Programs led by instructors from the area, including Bill Girard, Grace Serra, Mary Stephenson, Donna Vogelheim. For information, (734) 593-5058.

#### BIRMINGHAM BLOOMFIELD ART CENTER

Offers a range of art classes. Spring term through June 19. New offerings: beginning drama for youth, oil lacquer miniature painting class, stone sculpture design. "The Artist's Way," "A History of Women in the Visual Arts," and "Go Forth Further." 1516 S. Cranbrook Road, Birmingham. Call for more information, (248) 644-0866.



Arty swim: The paintings of Michigan artist Dana Pasotto are featured at Wyland Gallery, 280 Merrill, Birmingham, (248) 783-9220.

#### CRANBROOK CHAMBER MUSIC ACADEMY

Adults, June 14-18; High school/college, June 21-25. Entrance based on taped audition. Deadline for application is May 14. 1221 N. Woodward, Bloomfield Hills; (248) 645-3678.

#### DETROIT INSTITUTE OF ARTS

Classes for adults, educators and youth. Call for details, (313) 833-4249. 5200 Woodward Ave., Detroit.

#### EISENHOWER DANCE ENSEMBLE

Classes for age 3 and up. All levels of classes for recreational and professional students, including modern, ballet, pointe, tap and jazz. 1541 W. Hamlin Road, between Crooks and Livernois, Rochester Hills; (248) 852-5850.

#### GEIGER CLASSIC BALLET ACADEMY

Newly refurbished dance studio opening for new enrollment. 782 Denison Court, Bloomfield Hills. (248) 334-1300.

#### KAMMUELLER DANCE CLASSES

Advanced and professional classical ballet program, 9:30 a.m. Monday-Friday; intermediate level Tuesday, Thursday & Fridays at 11:30 a.m. 5526 W. Drake, West Bloomfield, (248) 932-8699.

#### METRO DANCE

Preschool and adult classes, 541 S. Mill, Plymouth, (734) 207-8970.

#### MACOMB CENTER FOR THE PERFORMING ARTS

Three summer workshops: Drama Workshop for Youth, July 19-23. Register by June 25; Annual Show Choir Workshop, July 25-31, register by May 28; 15th Annual Piano Workshop, Aug. 1-6, register by June 1. Call (810) 286-2017.

#### PAINT CREEK CENTER

Summer semester runs July 19 through August 20. Classes for preschoolers to adults. 407 Pine Street, Rochester; For a brochure, call (248) 651-4110.

#### PLYMOUTH COMMUNITY ARTS COUNCIL

Classes & workshops for all ages. Live model session 9:30 a.m.-noon, every third Tuesday of the month. 774 N. Sheldon Road. For schedule, call (734) 416-4278.

#### VISUAL ART ASSOCIATION OF LIVONIA

Classes in watercolor, figurative drawing and painting; workshops in batik, watercolor monotypes beginning June 1. Jefferson Center. Room 16, 9501 Henry Ruff, Livonia; (734) 455-9517.

### CONCERTS

#### BEL CANTO CHORAL GROUP

June 3, 8 p.m. Spring Concert, main sanctuary of Temple Emanu-El, 14460 W. 10 Mile Road, Oak Park. No charge.

#### CARILLON SERIES

May 23, 10 a.m. and noon. Rededication service or the Kirk Carillon. Kirk in the Hills, Bloomfield Hills.

#### DETROIT SYMPHONY ORCHESTRA

June 4-5, Horacio Gutierrez performs Beethoven with the DSO. Orchestra Hall, 3711 Woodward Avenue, Detroit; (313) 576-5111.

#### DETROIT ORATORIO SOCIETY

June 4, 8 p.m. DOS performs works of Estonian composer Arvo Part. Kirk in the Hills Rectory in Bloomfield Hills; (248) 650-2655.

#### MUSICA VIVA

12th annual International Festival of World Music and Dance, June 4, 8 p.m. at Oakland Community College, Orchard Ridge campus, Farmington Hills; (248) 471-7667.

#### NORTH CONGREGATIONAL CHURCH

June 6, 3 p.m., pianist Kazimierz Brzozowski performs music of Chopin, Liszt and Rachmaninoff. 36520 W. Twelve Mile, Farmington Hills; (248) 669-0272.

#### SPRING VOCAL MUSIC CONCERT

June 3, 7 p.m. Vocal concert with music teacher of the year Robert A. Martin. Southfield Lathrup Senior High School, 19301 W. 12 Mile, Lathrup Village; (248) 746-7294.

#### UNISYS AFRICAN AMERICAN COMPOSERS' READINGS

Detroit Symphony Orchestra presents the annual Unisys African American Emerging Composer's Readings 1-3:30 p.m. Sunday, May 30 at Orchestra Hall, 3711 Woodward Ave., Detroit. Admission free, open seating. Call (313) 576-5167 for information. Reception follows readings.

### FOR KIDS

#### CAMP BORDERS

The Farmington Hills location presents sing-along with Bob Miller June 6, 2 p.m. 30995 Orchard Lake Road; (248) 737-0110.

#### CLAYTON ACADEMY OF DANCE

Summer school in ballet, jazz, tap, hip-hop and ballroom dance, July 12-August 19 in Troy; (248) 828-4080.

#### EXHIBIT MUSEUM OF NATURAL HISTORY

June 19-20, June 26-27, "Don't Duck, Look Up!" planetarium show designed for youngsters up to second grade. 1109 Geddes Avenue, Ann Arbor; (734) 764-0478.

#### GET UP AND MOVE CAMP

June 6-27 at the Southfield Centre for the Arts for children 4-10 years old. Tues. and Thurs. 10-11:30 a.m. Dance, music, arts and crafts; (248) 661-6640.

#### JINGLE BEL, INC.

Summer camps in the performing and fine arts for children ages 3-12. Rochester/Avon Recreation Authority, 1551 East Auburn Road; (248) 375-9027.

#### MUSEUM DAY CAMPS

The Rochester Hills Museum at Van Hoosen Farm sponsors "Summer on the Farm Day Camps" (ages 9-11) from July 12-16 and July 26-30, and "Archaeology Day Camp" (ages 12-15) from June 23-25. 1005 Van Hoosen Road, Rochester Hills; (248) 656-4663.

#### ROYAL OAK GOES BUGGY

Children's insect art show and special events through the month of June. Downtown Royal Oak galleries and merchants.

#### SUMMER ART CAMP

"Circus! Circus! Under the Big Top" is the theme for D&M studios' 33 camps in three locations in Plymouth and Canton. Five day camps available for children 3-16; (734) 453-3710.

#### SUMMER ORCHESTRA CAMP

Detroit Symphony Orchestra Summer Institute at Meadow Brook, July 26-August 8. For information, contact the DSO Education Department at (313) 576-5167.

#### TINDERBOX ART CAMP

Grades 1-12 Performing Arts Summer Camp July 19-30, 9-4 p.m. Latch-key available. Placement auditions June 6 & 27, 1-4 p.m. Masonic Temple, Detroit; (313) 535-8962.

#### VFW - CALL FOR ARTISTS

Young American Creative Patriotic Art Awards, open to high school students, grades 9-12. Grand prize \$3000. For applications contact VFW Post 2645, 24222 W. Nine Mile Road, Southfield, MI 48034; (248) 226-4679.

#### EXHIBIT MUSEUM OF NATURAL HISTORY

Planetarium shows, June 5-6, 12-13 "Stars of Spring"; June 5-6, 12-13, "The Loneliness Factor"; June 19-20, 26-27, "Through the Looking Glass: The Current Night Sky, 1109 Geddes Avenue, Ann Arbor; (734) 764-0478.

#### U OF M MUSEUM OF ART

Through July 3 - "Seeing It Through: Faculty Artists from the School of Art & Design," 525 South State, Ann Arbor; (734) 764-0395.

### OPERA

#### MICHIGAN OPERA THEATRE

Semson and Delilah, June 5-6, 9, 11-13, matinee and evening performances, 1526 Broadway, Detroit; (313) 237-5190.

#### NEW MUSIC SOCIETY

"The State of the Tibetan Nation: A Madrigal Opera by Philip Glass," June 3-6, 1515 Broadway, Detroit; (313) 965-1515.

### GALLERY EXHIBITS (OPENINGS)

#### A.C.T. GALLERY

June 4 - "Numeric Expressions," works of artists Suzanne Andersen, Jeanne Bieri, Mark Esse, Sherry Moore and Alan Watson through July 24. 35 East Grand River, Detroit; (313) 961-4336.

#### GALERIE BLU

June 4 - Artist Jef Bourgeois' "Tahiti Show" through June 24. Opening reception June 4, 7-10 p.m. 7 N. Saginaw, Pontiac; (248) 454-7797.

#### SUSANNE HILBERRY GALLERY

June 4 - Works of emerging New York artist Melissa McGill through July 17. 555 South Old Woodward, Birmingham; (248) 642-8250.

#### ROBERT KIDD GALLERY

June 4 - Exhibition of new paintings by Peter Gooch and John Michaels and sculpture by Julius Schmidt through June 29. Opening reception June 4, 6-8 p.m. 107 Townsend, Birmingham; (248) 642-3909.

#### LAWRENCE STREET GALLERY

June 4 - "Have a Cuppa" clay competition incorporating a cup and saucer theme through July 9. Opening reception June 4, 7-10 p.m. 6 N. Saginaw, Pontiac; (248) 334-6716.

#### LIVONIA ARTS COMMISSION

June 1 - Watercolor exhibit by Marge Masek in the Fine Arts Gallery; P.J. Freer presents mixed media works in the Livonia City Hall Lobby through June 30. 33000 Civic Center Drive, Livonia; (734) 466-2540.

#### MUSEUM OF CONTEMPORARY ART

June 4 - Masami Teraoka's "The Lovers combines woodblock with pop art through June 26. Opening reception June 4, 7-10 p.m. 7 North Saginaw, Pontiac; (248) 334-6038.

#### NETWORK

June 4 - "Incomplete Notebooks," functional art created by Cranbrook Academy of Art alumni and students through August 21. Opening reception June 4, 7-10 p.m. 7 North Saginaw, Pontiac; (248) 334-3911.

#### SOUTHFIELD CENTER FOR THE ARTS

June 1 - Group exhibition of art created by the Colored Pencil Society of America through June 25. 26000 Evergreen, Southfield; (248) 424-9022.

#### WSU COMMUNITY ARTS GALLERY

June 3 - The only U.S. showing of "Contemporary Japanese Crafts" curated by Shiraiishi Masami of the Tokyo National Museum of Modern

Art, through June 14. 5600 Gullen Mall, WSU campus, Detroit; (313) 577-2423.

#### ZETZBERG GALLERY

June 4 - "Maestros' Touch" art from students of Eric Meeks and Vito Valdez, 2881 Michigan Ave., Detroit; (313) 965-9192.

### GALLERY EXHIBITS (ON-GOING)

#### ALFRED BRONKOWITZ GALLERY

Through June 27 - Glass: Its Substance & Attributes by Michigan Artists. University of Michigan-Dearborn, 4001 Evergreen, Dearborn; (313) 563-8068.

#### BIRMINGHAM BLOOMFIELD ART CENTER

Through June 25 - The 52nd annual Watercolor Society exhibition, 1516 South Cranbrook Road, Birmingham. BIRMINGHAM UNIVERSAL GALLERY

Through June 13 - Solo exhibition of retrospective works by Lillian Mitchell, 651 N. Woodward, Bloomfield Hills; (248) 626-5022.

#### BOOKBEAT

Through June 30 - Children's author and illustrator Wong Herbert Yang, 26010 Greenfield, Oak Park; (248) 968-1190.

#### CARY GALLERY

New paintings by Mary Aro, 226 Walnut Blvd., Rochester; (248) 851-3656.

#### CENTER FOR CREATIVE STUDIES

Through May 30 - Annual student exhibition, 201 East Kirby, Detroit; (313) 872-3118.

#### CREATIVE REBOUNCE FINE ART GALLERY

Through June 13 - Exhibition of Ukrainian-born artist Anatoly Dverin, 162 North Old Woodward, Birmingham; (248) 647-3688.

#### CUNIFF STUDIO-GALLERY

Exhibition of Works by Henry James LaVergne, 11 South Broadway, Lake Orion; (248) 693-3632.

#### DETROIT ARTISTS MARKET

Through July 16 - "Containers of Memory," 300 River Place, Detroit; (313) 393-1770.

#### ELAINE L. JACOB GALLERY

Through June 4 - "Self Portraits" by Suzanne Coffey, Daniel Leary and Susan Hauptman, 480 W. Hancock, Detroit; (313) 993-7813.

#### ELIZABETH STONE GALLERY

Through June 30 - "Tenth Anniversary Celebration," featuring nine Michigan artists, 536 N. Old Woodward, Birmingham; (248) 647-7040.

#### FORD GALLERY ART DEPARTMENT

Through June 30 - MFA thesis exhibitions featuring Hamil Ma, 114 Ford Hall, Ypsilanti; (734) 487-1268.

#### JRAINEY GALLERY

Through May 31 - "Icons of the Vanguard" by Sengor Reid, 1440 Gratiot, Detroit; (313) 259-2257.

#### ARNOLD KLEIN GALLERY

Through June 19 - "In Honor of Water," a group exhibit, 32782 Woodward Avenue, Royal Oak; (248) 647-7709.

#### DAVID KLEIN GALLERY

Through June 12 - Features works by Vivian Springford and New York painter Philip Smith, 163 Townsend, Birmingham; (248) 433-3700.

#### G.R. N'NAMDI GALLERY

All Loving "Elegant Ideas," an exhibit of geometric abstractions, 161 Townsend, Birmingham; (248) 642-2700.

#### OAKLAND COUNTY GALLERIA

Through June 18 - "Please Touch," an unusual exhibit for all your senses, 1200 North Telegraph, Pontiac; (248) 858-0415.

#### PARK WEST GALLERY

An exhibition and sale of works by Salvatore Dali, 29469 Northwestern, Southfield; (248) 354-2343.

#### POGA GALLERY

Through June 3 - Featured artist Rose Huotari, Summit Mall, Waterford; (248) 683-8779.

#### POBNER GALLERY

Through June 30 - Group exhibition featuring the trompe l'oeil works of Gail Rosenbloom Kaplan, 523 N. Old Woodward, Birmingham; (248) 647-2552.

#### PEWABIC POTTERY

Through June 5 - Exhibit with works by Kathy Dambach, Anat Shifan and Arnold Zimmerman, 10125 East Jefferson, Detroit; (313) 882-0954.

#### REVOLUTION

Through June 26 - John Gill: Recent Teapots, Vases, Platters and Chutney Bowls and David Chapman: New Furniture. Artists' reception June 5, 6-8 p.m. 23257 Woodward, Ferndale; (248) 541-1914.

#### SYBARRS GALLERY

Through June 5 - Basketry by Lissa Hunter, and Jewelry by David Damkoehler, 202 E. Third Street, Royal Oak; (248) 544-3388.</

GUIDE TO THE THEATRES

'Lucky Man, Lucky Woman' tells a heart-wrenching story

Lucky Man, Lucky Woman By Jack Driscoll (Fiction)



Victoria Diaz

Marcia, once an innocent... tells a heart-wrenching story of love, loss and human limitations.

...telling to costly shots of a fertility drug administered by...

anyone. He can't really let go of the war and, like so many characters in 'Lucky Man, Lucky Woman,' seems, in a sense, to be caught in a time warp.

'Lucky Man, Lucky Woman' in the Traverse City area. At the center of the novel is New London County parole officer Perry LaFond.

Though their failure to have children has certainly imposed a painful pressure on their marriage, other problems are beginning to emerge in the couple's relationship.

Winner of the Editor's Book Award from Pushcart Press, 'Lucky Man, Lucky Woman' is, by turns, breathtakingly effective and slightly disappointing.

Now, as he approaches middle-age, he finds himself thinking about Janine's death through the hideous nightmares he suffers. 'Lucky Man, Lucky Woman' is not merely a look at Perry's past, however.

Having met on the UM campus, Perry and his wife, Marcia, have been married 14 years. Their marriage has produced no children, a fact that has come to lend an aura of sadness to their lives.

But Driscoll's insight into the human condition and his often powerful way with words ultimately lifts this work of fiction out of the ordinary and make it into something special.

BOOK HAPPENINGS

Book Happenings features various events at suburban bookstores, libraries and literary gatherings. Send news leads to Hugh Gallagher, Observer & Eccentric Newspapers Inc., 36251 Schoolcraft, Livonia, MI 48150, or fax them to (734) 591-7279 or e-mail to hgallagher@oe.homecomm.net

Thursday, June 3; Jason Magee performs 8 p.m. Friday, June 4; Celebration of River Day with Lisa Hunter's Eco-Campfire, 1 p.m.

612 Liberty St., (734) 668-7652. BOOK SIGNINGS Farmington Observer reporter and Livonia resident Tim Smith will sign copies of his new book, 'Miracle Birth Stories of Very Premature Babies - Little Thumbs Up!' at the following locations:

Shakespearean Revival... Shakespearean Revival... Shakespearean Revival...

Star Theatre... Star Theatre... Star Theatre...

Shakespearean Revival... Shakespearean Revival... Shakespearean Revival...

Star Theatre... Star Theatre... Star Theatre...

Shakespearean Revival... Shakespearean Revival... Shakespearean Revival...

Star Theatre... Star Theatre... Star Theatre...

STAR GREAT LAKES CROSSING GRAND OPENING! Enter to Win Only at MICHIGAN'S BIGGEST THEATRE! 200 GRAND PRIZES: HIMMY BUFFETT TICKETS JUNE 8TH AT PINE KNOB 1,000 FIRST PRIZES: STAR MOVIE PASSES FOR 2



## Engrave jewelry for a sentimental Father's Day gift



**Dear Jewelry Lady,**  
I'm stumped. I don't know what to get my dad this Father's Day. I don't think he needs another tie and he already has every gadget under the sun. Furthermore, he obviously doesn't wear as much jewelry as my mother does. Do you have any suggestions?  
Stumped

**Dear Stumped,**

Dads do create a gift-giving dilemma because, unlike moms, a new charm or a bunch of flowers just won't do it for them. If you're looking to your jeweler to find the right gift for dad this year, think luxury. If your dad is typical, you'll probably be getting him something he would never buy for himself, and that's a good thing. Does he have a money clip? How about one of those fine writing instruments (code words for pens over \$50), or a new tie tack for all those ties you've given him? What about a new watch? They're a great gift for dads since they have gadget appeal but are, essentially, jewelry. For a special touch, choose something you can have engraved. Dad might be more sentimental than he lets on. If those ideas don't appeal to you, stop by your jeweler and poke around a little bit. Chances are, the sales clerks will have a slew of Father's Day gift possibilities to show you.

**Dear Jewelry Lady,**

Cartier put out a cigar-band ring approximately 20 years ago. Would you know where I could purchase one in this area?

**Cigar Aficionado**

**Dear Cigar Aficionado,**

With all the new smoke shops around town and plethora of cigar smoking these days, you would think The Jewelry Lady would have the answer at her fingertips. But, alas, her search was to no avail. Worse yet, jewelers at Cartier at The Somerset Collection informed her there was no such ring currently available. On the other hand, Cartier would be delighted to special order the ring. (The Jewelry Lady's search, including one on the Internet, also failed to yield information about finding a similar ring. So, if there are jewelers out there who can help the Cigar Aficionado, please contact The Jewelry Lady.)

**Dear Jewelry Lady,**

I have some costume jewelry that is older than me, 39, and I would like to find out its worth, and where to sell it. I also have pieces of religious jewelry that I would be interested in having appraised. Can you help?

**Faux but Beautiful**

**Dear Faux,**

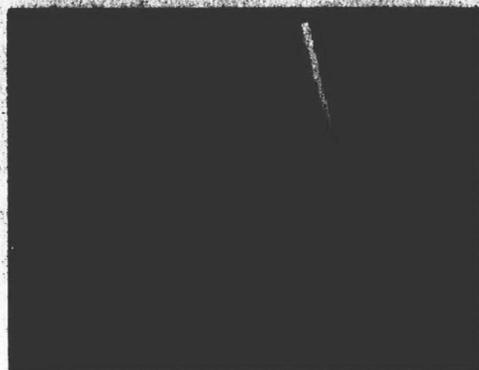
Costume jewelry is an entirely different animal than fine jewelry, and The Jewelry Lady is not as knowledgeable about it as she is about fine and precious baubles. However, she does know that unless costume jewelry has antique or collectible value, it won't be worth much. Most antique dealers buy and sell it - how else would they get new stock? - and there are several antique dealers in the metropolitan Detroit area. Visit at least three dealers for an appraisal. They may offer to buy your jewelry or to sell it on consignment. If your religious jewelry is 14K gold, go through the same process with jewelry stores that carry estate jewelry.

**Consider pink jewelry, too**

Think pink, says The Jewelry Lady. Beige, black or white, especially compared to the colorful pearls making their way down fashion runways this season. Pink gems, like pink tourmaline and pink pearls, are in vogue this season but so is, you guessed it, pink gold. Consider what's new in the United States, pink gold is quite popular in Europe, but owing to regulations, it's a precious metal of choice here.

Send your questions to The Jewelry Lady, c/o The Observer, 2000 Woodward Ave., Detroit, MI 48202. The Jewelry Lady will answer questions in this column. Send photos to: The Jewelry Lady, c/o The Observer, 2000 Woodward Ave., Detroit, MI 48202.

## Gifts for graduates



**Cool and collected:** The Sharper Image's Palm V electronic organizer fits in the palm of your hand and tracks schedules, to-do lists, e-mail messages and more, \$449.

## High-tech gadgets enhance college days

**BY LARRY RUEHLEN**  
STAFF WRITER

For parents of children who like hi-tech gadgets, graduation gift ideas abound.

To begin with, what college-bound student wouldn't like a wireless phone with distinctive style. Nokia has teamed up with AirTouch Cellular to offer phones in radical colors for students.

Each lightweight model has 75 memory locations, up to 2 hours and 45 minutes of talking time or 40 hours of standby time, dedicated voice mail key for one-touch retrieval and caller identification capabilities. Retail price of the phones is \$129, but Air Touch often runs promotions that are tied to service contracts so interested parties should call 1-800-AIR-TOUCH to find the best deal.

The Sharper Image at The Somerset Collection in Troy has several high-tech products well-suited for high school graduates who plan to continue their studies.

Just about every college-bound student should have, for example, a capable micro-cassette recorder. Sharper Image offers a Sony version for \$76. It is equipped with an especially sensitive, voice-activated microphone capable of capturing lectures from long distances for up to 19 hours on

two AA batteries.

Sharper Image also offers a way for students to organize their schedules, addresses, to-do-lists, expense accounts and e-mail messages. The device, which fits in the palm of the hand, is called the Palm V and retails for \$449. The sleek, battery-operated organizer also allows students to exchange information with home personal computers.

An optional modem, for \$169, adds e-mail capabilities. The Palm V's rechargeable batteries last up to a month, and information can also be

beamed to other Palm platform devices using the unit's infra-red port.

Another nifty gadget for students comes from A. T. Cross Pens, which recently introduced the first portable digital notepad.

The CrossPad bridges the gap between paper and personal computer by allowing users to write in ink on a standard pad and then upload handwritten notes directly on to a computer.

Once transferred to a computer, handwritten notes can be filed, reorganized, faxed, e-mailed and even

searched by keyword or date.

Available at major retail computer stores including Staples and Comp USA, the CrossPad retails for about \$299.

For students who like to sing in the shower, Sharper Image suggests their new waterproof compact disc player with AM/FM radio.

The CD Shower Companion runs on four C batteries in the shower or with a \$9.95 optional AC adapter. It comes with a countertop stand and hanging hooks and a wall-mount bracket for the shower.

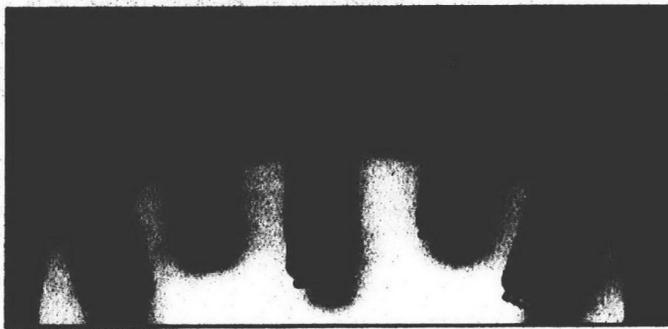
Radio features include 10 preset buttons and the ability to play broadcast television stations. The retail price is \$189.

Small dorm rooms often prevent students from taking their home stereos with them to college. But most students simply want something that sounds good, is compact and looks like it belongs in the next millennium.

Fisher has come up with such a product, the Fisher Slim Stereo, which is available for \$199 at Sharper Image. Only 19 inches wide, 14 inches high and 3 inches thick, the stereo mounts on a wall, looks good and delivers quality CD and AM/FM radio sound.

It also has a SUREWAKE alarm, which is designed to rouse even the sleepest student in time for exams.

**Shower power:** For singing in the shower, the CD Shower Companion has an AM/FM radio with 10 preset buttons as well as a waterproof compact disc player, \$189 with a \$9.95 optional AC adapter, The Sharper Image, The Somerset Collection in Troy.



**Cellular style:** Lightweight, sleek and colorful, these cellular phones by Nokia and AirTouch Cellular retail for \$129.

## Somerset hosts first Art With A Heart event

The Somerset Collection in Troy was built for shopping, but it's about to become an art gallery, too.

Art work created by more than 150 children from 65 metropolitan Detroit schools will be displayed and available for purchase through a silent auction June 5 and 6 at the Somerset Collection North to benefit the Ronald McDonald House of Detroit.

The mall's first Art With A Heart event recognizes the 20th anniversary of the Ronald McDonald House of Detroit, a home away from home for families of sick children. About 1,000 families annually stay at the house on Beaubien Street near Children's Hospital of Michigan.

Among local students who submitted artwork are 11-year-old Birmingham student Courtney Young.

Courtney's mother and brother stayed at a Ronald McDonald House in Minneapolis when their brother was undergoing treatment for a serious illness. Their sibling did not survive, and, since Courtney was never able to meet her uncle, she decided to create a painting for Art With A Heart in his honor.

Walled Lake Elementary School student Haley Mitchell, who recently lost her father, also conveyed personal feelings in her painting. Haley's classmates

raised money to have a tree planted in Israel in honor of Haley's father. Although Haley has difficulty talking about her loss, her painting of a girl sitting underneath a newly planted tree is clearly an expression of her feelings.

Art With A Heart will culminate in a free, carnival-style celebration from 6 p.m. to 8 p.m. June 6 in the North Grand Court of The Somerset Collection.

Also, three pieces from the art exhibit have been selected for reproduction on an outdoor mural at the Ronald McDonald House.

-By Special Editor Nicole Stafford

## ADDED ATTRACTIONS

View Armani's Fall/Winter 1998 collection for women at Neiman Marcus, The Somerset Collection in Troy, 10 a.m.-4 p.m. with informal modeling 11 a.m.-3 p.m., Galleria, third floor.

**FRIDAY, JUNE 4**

SOON BEAR YOUR SNOW Boots Company, 5145 Telegraph Road in Bloomfield Township, hosts a trunk show of Jenne Maag's Fall 1998 collection through June 5, Friday, 10 a.m.-8 p.m. and Saturday, 10 a.m.-5 p.m.

LEATHER FURNITURE SHOW The Art Van Furniture hosts founder of Giovanni's, c/o The Somerset Collection, presents a trunk show of Italian leather furniture with presentations by experts who will answer questions, 1-3 p.m., all stores.

available, 11 a.m.-5 p.m., Cosmetics Department. For an appointment, call (248) 644-6900.

**LINDA BERGMAN APPEARANCE** Meet jewelry designer Linda Bergman and view her latest collection, featuring Tahitian, South Sea and cultured pearls at Neiman Marcus, The Somerset Collection in Troy, 11 a.m.-4 p.m., Designer Jewelry, first floor.

**SATURDAY, JUNE 5**

**SOON HOP** Wonderland Mall in Livonia holds a sock hop with Design Intent as part of its Dine & Dance series, 5-9 p.m., Food Court.

**SUNDAY, JUNE 6**

**LEATHER FURNITURE SHOW** Art Van Furniture presents a trunk show of Italian leather furniture with presentations by experts who will answer questions, 1-3 p.m., all stores.

# Wanted

This feature is dedicated to helping readers find merchandise that's difficult to find. If you've seen or are looking for an item, call (800) 342-2332 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.

**Clarification:** reasonably priced maternity clothes are available at Sever's on Wayne Road between Warren and Ford roads in Westland.

**Alexandra DeMarkoff** products are carried at the Fairlane Lord & Taylor.

Both Yardley English Lavender products and Almay Makeup Renew can be purchased through the Beauty Boutique catalog, (440) 828-3008.

Matrix Amplified root lifter is carried by Bobbie Salome in Michigan.

Monica Lewinsky wore a lipstick by Club Monaco Cosmetics called "Glaze" with a lip pencil called "Bare." To order, call (888) 580-5084. Also, Sephora, a new store at Lakeside Mall, carries Club Monaco products.

Sam's Club stores carries Dundee's grilling seasoning.

The company Wearvor Aluminum is now called Mirro Company, (800) 342-2876.

The school library or the central office of Highland Park schools (ask for Greg) might be able to provide school yearbooks.

Frank's Nursery and the Solution catalog, (800) 342-9988, carries pantry moth traps. Call DDS Dymont,

(800) 342-4000, to obtain a Jeep Wagoneer owner's manual (the cost is \$6.00 plus shipping).

We found: a 1984 World's Fair ashtray, a Fisher Price dollhouse and garage, lyrics and music of the "50 Nifty United States" and a Detroit Tigers 1984 World Series flag.

**WINE CRAVE LOOKING FOR:** Terese is looking for Alexander Julian perfume and powder and Oriano makeup.

Henrietta would like to find folding Jaylie plastic draperies made in 1970.

Liz wants Shiara cologne in cherry vanilla.

Joyce is looking for the Wacoal Bra, as advertised on the Oprah Winfrey Show, and a Barbison cotton batiste nightgown.

Veda is looking for a video tape of Elton John's "The One."

Sharon is looking for Chanel nail polish in "Iridescent" and Revlon refillable eyebrow pencil in "Black" or "Charcoal."

Jim needs three posts and six rails for a two-rail split fence.

Pam is looking for a "Graduation Barbie" doll, preferably wearing orange and blue school colors.

Roberta is looking for Soft & Dry cool breeze deodorant.

Grace wants a 1989 Detroit Commerce High School yearbook.

Mona would like to find blackberry wine vinegar for salads.

Katy is looking for five pairs of red Adidas Gazelle tennis shoes in size 9 1/2 and larger.

Barbara is looking for Décor Plus bathroom accessories.

Ruth is looking for His-

toric American dishes by Hancock House of Boston and Johnson Brothers of England. Hudson's carried them in 1969.

Wendy is looking for a handbag made of crocheted, not plastic, fabric in the back and with two pockets.

Wanda is looking for Fantasy Glass Christmas ornaments made about 10 years ago.

Tolly is searching for Clinique Touch Base eye shadow in "Brown Candy."

Janet is looking for Victoria Secret's Raspberry Glass lotion.

Betty needs piano sheet music for "I Dream of Lilac Time." Marilyn wants a 1960 Central High School yearbook.

Lori would like to find 1997 Stanley Cup baseball caps in black with beige leather bills.

Lois is looking for a decorator Scotch tape dispenser but not with a Walt Disney or Warner Brothers motif.

Faye wants a 1953 Central High yearbook. Pamela is looking for a washable Quartrine couch at a bargain price.

Julia is looking for a blue Millstream gravy boat.

Elaine would like to find Moondrops lipstick in "Little Red Red."

Judy is looking for Revlon lipstick in "Suitably Ruby."

Mrs. Hamilton is still looking for Scaletric model cars on tracks.

Evelyn is looking for a 1968 Dearborn Fordson yearbook.

Mike would like to find 1968 and 1969 Clarenceville yearbooks.

Nancy is looking for a product that stops children's thumb-sucking.

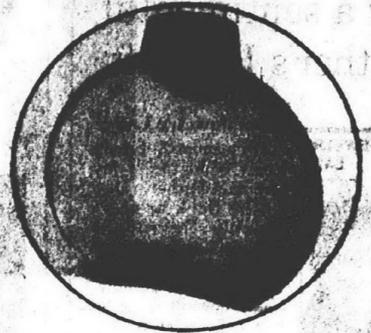
— Compiled by Sandi Jarackas

## a la carte

### STUFF WE CRAVE



**Beaded charm:** Simple in design and high on style, nikki b's beaded jewelry is available exclusively at Tender in Birmingham, \$35-110.



**New in town:** Beauty retailer Sephora has opened a store at Lakeside Mall in Sterling Heights and has plans to open another location later this summer at The Somerset Collection in Troy. Sephora not only carries Monica Lewinsky's famous Club Monaco "Glaze" lipstick but also tenders a full line of skin, cosmetic and bath products in a unique hands-on, self-serve retail environment. Sephora's own "Note Rose" bath gel, \$10.

**Outdoor elements:** Weathered-looking J-boats are made of hand-carved mahogany and topped with tea-dipped canvas sails, \$209 to \$399, New England Home store, Great Lakes Crossing in Auburn Park Hills and Laurel Park Place in Livonia.



# Earn up to \$100 without



## spending a dime.

Here's the deal. For a limited time we are offering **FREE** three-line want ads for folks who have things to sell for a few bucks (\$100 or less).

So, say you want to get rid of that old exercise thing, and that fairly new trimming thing, and that thing that could be great if it were fixed up a little. And say that your whole pile of household things that you don't want anymore totals an asking price of \$80. We'll put your ad in the next two issues of your hometown newspaper and it won't cost you a thing!—nothing, nada, zip, zero, zilch.

Then sit back and wait for the phone to ring.

There are a few exclusions to this offer: Dealers, collectibles, pets and garage sales. Other than those four your home **FREE**.

There are only three ways you can submit your **FREE** ad: You can **FAX** us at 734-953-2332, or you can e-mail it to [mulfig@oe.homecomm.net](mailto:mulfig@oe.homecomm.net), or you can fill in the thing there at the right, and mail it to us.

So, go for it!

#### I know a good deal when I see one.

Run my three-line ad in the next two issues of my hometown newspaper's classified section under Merchandise For Sale (#700—#799 with the exception of Garage Sales).

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_ ZIP: \_\_\_\_\_

DAY TIME PHONE: \_\_\_\_\_

#### MY 3-LINE AD

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

We reserve the right to edit your ad to fit three lines.

MAIL TO:

**Observer & Eccentric**  
NEWSPAPERS

36251 SCHOOLCRAFT, LIVONIA MI 48150  
Attention: Free Classified Ad Offer

# Writer spends Christmas with Antarctica's penguins

*Editor's note: This is the first of a two-part story on an unusual Christmas vacation this past year to Antarctica. Chris Lillesand lives in Rochester Hills.*

BY CHRIS LILLESAND  
SPECIAL WRITER

**Dec. 19:** It was 64 degrees in Detroit. Hardly felt like Christmas was coming! I headed for Detroit Metro for my 3-hour flight to Miami. I was met at the gate by a Clipper Cruise Line representative and directed to a courtesy lounge with refreshments until my 8-hour American Airlines flight to Buenos Aires, Argentina.

**Dec. 20:** We landed about 10:45 AM and boarded buses for the hotel. The English-speaking guides gave us an overview tour of the city as we drove.

The official city tour was in the afternoon. Sundays are pretty quiet in Buenos Aires, so we were able to tour around without much traffic.

**Dec. 21:** We drove to Susannah ranch. The owners were very welcoming as we toured their Estancia (home), admired their 50 horses, watched their equestrian skills during carrera de sortijas (a gaucho horse display where two teams gallop at full tilt, under a goal post, and try to pass a pin through a small ring hanging from the arch), and ate their authentic Argentinean delicacies.

**Dec. 22:** We were up bright and early for our flight to Ushuaia, the world's southernmost city. After a rainy tour of the National Park, we embarked the Clipper Adventurer. Our thoughts went back to the previous passengers that we had seen



**Adorable antics:** Chinstrap penguins get their name from a little black line that runs under their chin.

through the Plexiglas partition at Ushuaia Airport. They were all making rolling wave motions with their arms while laughing uncontrollably. It wasn't clear to me what their actions meant until around 10 p.m. as we entered the Drake Passage. I will just summarize that portion of the trip this way. Take plenty of anti-motion medication and don't look out the window.

**Dec. 23:** A last day in bed.

**Dec. 24:** Finally! Normalcy. I made it upstairs for the lecture on Antarctica explorers and marveled at their fortitude. Here I was on a cruise ship and I could hardly stand! The Captain soon announced the sighting of finback whales (also known as razorback whales. The second largest whale, these were about

50 feet in length) playing around the ship. He was able to slow down so we could get a better look. That's the beauty of small cruise ship travel.

When we came back inside, our free red parkas were distributed. Red is easy to see against the landscape so our expedition staff can keep track of the wanderers. Even though it is the austral summer, temperatures are expected to be 30-40 degrees and there is always a wind-chill.

The captain had a Christmas Eve welcome dinner, which allowed us to get dressed in our Christmas finery.

In the evening, we watched the first two parts of the BBC series "Life in the Frozen Complete with popcorn."

**Dec. 25, Christmas Day:** We are finally in the Antarctica. The Antarctica peninsula is where we spend the majority of our time used to be an extension of the Andes Mountains! Scientists have found fossils 200 million years old which lends weight to the theory that Australia, Africa, South America, India, New Zealand, and Antarctica once made up a single land mass referred to as Gondwanaland. Ten million years later, Gondwanaland began breaking up into the continents and islands that we recognize today. The Drake Passage opened, and Antarctica became its own continent. Forty five million years ago, Antarctica began to cool dramatically.

The Antarctica Treaty governs the Antarctica. This treaty states that the land can only be used for peaceful purposes, it can't be claimed by any country, scientific research can take place but is under the auspices of each respective government, nuclear explosions can not occur, and the treaty will be reviewed in 30 years. That time frame has occurred (1991), and the treaty has been renewed. Some countries claim to have ownership, but it's not true, yet.

Antarctica's winter population is around 1,200 people; about a third are scientists and the rest are support personnel. During the winter months, there are approximately 44 stations operated by 18 countries doing research. In the summer, the population increases seven-fold.

During breakfast, the captain slowly made his way through some ice patches to Hannah

Point on Livingston Island, our first landing site. We donned our knee-high black rubber boots (for wet landings), red parka, waterproof pants, sunblock, life vests and other assorted winter gear and went to the landing site. The Zodiacs arrived on the beach and deposited us into the wondrous world of Gentoo, Macaroni and Chinstrap penguins. They were everywhere. I didn't know where to point the cameras (video and regular). I hoped my 36 rolls of film would be enough (it was).

The penguins were nesting for the most part. Some chicks had hatched, some were still in their eggs. The harsh reality of the Antarctic to light when we landed that the penguin chicks that weren't born within the week were not going to survive. Chinstrap penguins are very abundant in this area and breed farther north than the rest of the penguins. The Chinstraps are so named because of the little black line that runs under their chins, like a chinstrap.

The Gentoos are identified by the white patch on their heads and their bright coral bill. Penguin diets are 50 percent krill and 50 percent fish. The four Macaroni penguins that we saw were actually out of their natural element. They weren't supposed to be this far south, but lucky for us they were. Macaronies weigh about 8.8 pounds.

As we walked along the rocky terrain, we were careful to adhere to the 15-foot rule. We weren't, if possible, to come within 15 feet of the penguins. If they, however, decided to come near us, it was OK. And many did. What a thrill that was.

Farther down our path we could hear the most amazing cacophony of sounds, like musical belching. A group of elephant seals were grouped together, sunbathing. They are like pack animals, trying to keep warm and commune with each other. One of our lecturers called them blubber seals and it was easy to see why. Elephant seals are the world's largest seal. The bulls can weigh up to 3 tons



**A chilly dip:** Chris Lillesand, in pink swimsuit, and her cruise mates enjoy a Christmas Day swim in heated waters.

and reach 12-15 feet long. Their blubber is at least 6 inches thick. When they crawl, you can see the ripples of blubber the whole length of their bodies.

When we got back to the Clipper, we cleaned up for our Christmas brunch.

The captain moved the Clipper down four miles, while we were eating our cookies, to Pendulum Cove, still on Deception Island. Actually, the harbor is the collapsed cone of the volcano. There used to be a Chilean research station here but the volcano destroyed it in 1967. We came here to do what Jason (expedition staff) calls STTTD (stupid touristy things to do). It has become a tourist tradition to don one's swimming suit and sit in the Antarctica waters in that small-defined area where the hot meets the cold. And when I say

hot, I mean hot. I had water shoes on and I stepped too far into the hot water and it was scalding. We found the right spot to sit and gently swirled the waters together to form a quite lovely spa scenario. I truly expected to have a blue body from the cold and chattering teeth during and after this experience, but I never felt cold! The water was lovely. I would say about 20 people got in, guys and girls, and actually sat and communed for quite a while! Clipper provided us with towels and when we returned to the Clipper, hot apple cider was waiting for us. Those brave souls who swam got a Clipper diploma.

The Clipper crew provided us with the most wonderful home-spun Christmas show after dinner. What a unique way to spend the holidays.

## Tell us about your Up North

Every summer, regular as the season's turn, residents of southeast Michigan head Up North for recreation, relaxation and inspiration.

We'd like to know where you go when you go Up North. Tell us about your favorite Up North spot. Is it a beach house on Lake Michigan, a resort around Traverse City, a cabin in the deep woods, a river cottage near Lake Huron, a bed and breakfast on Mackinac Island or a hideaway in the UP? Do you enjoy boating on the Great Lakes, golfing on the designer courses, hiking the rugged trails, biking the back roads, antique hunting, fudge eating or simply watching the sunset on a beautiful beach?

Tell us in 50-75 words about your favorite Up North place and if you have a photograph send it along for a travel story about Michigan's special paradise.

Send your stories and pictures to Hugh Gallagher at the Observer & Eccentric, 36251 Schoolcraft, Livonia, MI 48150. Or e-mail your comments to hgallagher@oe.homecomm.net.



Enjoy a BounceBack Weekend<sup>SM</sup> at Hilton and relax for less. When was the last time you did absolutely nothing? Enjoyed pampering that made a few days feel like a vacation? A Hilton BounceBack Weekend provides everything you need to rest and revive. Plus receive a free Continental breakfast or credit towards a full breakfast (at Hilton Suites you'll receive a full American breakfast and evening beverage reception). You can make your BounceBack Weekend reservations at [www.hilton.com/bounceback](http://www.hilton.com/bounceback) or call your professional travel agent, 1-800-HILTONS, or one of the Detroit area Hiltons listed.

- Hilton Garden Inn<sup>SM</sup> Plymouth 248-420-0001 888
- Hilton Grand Rapids Airport 616-967-0100 888
- Hilton Inn Southfield 248-357-1100 876-888
- Hilton Northfield 248-879-2100 888
- Hilton Novi 248-349-4000 888-888
- Hilton Suites Auburn Hills 248-334-2222 888
- Hilton Suites Detroit Metro Airport 734-728-9200 878
- Hilton Toledo 216-447-1300 874
- Hilton Toronto 416-609-3456 8188-8188 (Canadian)
- Hilton Toronto Airport 905-877-9900 8116 (Canadian)
- Hilton Windsor 519-873-6565 8128-8128 (Canadian)

Reservations made through 1-800-888-8888. Day of week availability and stay requirements vary by hotel. Rates subject to change without notice. Early check-in subject to payment of higher rate or early departure fee. Kids 18 and under stay free in their parents' or grandparents' room. Beverage/reception not included. Taxes, subject to state and local laws. Limited availability; advance booking required. Rates exclusive of tax and gratuities and do not apply to other special offers. Other restrictions apply. ©1999 Hilton Hotels.

**Ameritech**

**Friday, June 4**  
Gates open 3:30 P.M.  
Kimmie Horne,  
Alexander Zonjic  
& Friends

**Ameritech**

**FREE FRIDAY TICKET REQUIRED LISTEN TO V98.7 FOR DETAILS**

**Transitions** **VERSACE** **BV.** **AVIS FORD**  
"The Automobile with a Heart"

**June 4 . 5 . 6**  
**SOUTHFIELD CIVIC CENTER**  
Southfield City Centre  
ON THE VILLAGE GREEN  
between I-696 & the Lodge Frey

**Spyro Gyra** **Larry Carlton**

**Sunday, June 6**  
Gates open Noon  
An Evening of Guitars & Saxes Featuring

**Straight Ahead** **Brian Bromberg**

**Marc Antoine Kirk Whalum Peter White Everette Harp**

**SATURDAY AND SUNDAY:**  
**\$18 FOR ONE DAY**  
**\$28 FOR BOTH DAYS**

**THE WESTIN** **Hilton** **EVENT WILL TAKE PLACE RAIN OR SHINE**  
SOUTHFIELD DETROIT 1-800-317-3000 **WebSite** [www.westin.com](http://www.westin.com)

# Sports & Recreation

The Observer

Tournament draws, D3  
Recreation, D5

P/C Page 1, Section D

## SPORTS SCENE

### Rampage run rampant

The Canton Rampage, an under-14 girls premier soccer team, rolled to their division title at the Sidney Mayer Soccer Tournament May 24-26, winning their first three games by scores of 6-0, 4-0 and 3-0. In the final, the Rampage blasted the Lady Trojans, from Ashland, Ohio, 5-0 to claim the championship.

Team members are Michele Boothroyd, Janae Bucks, Ellen Capps, Katie Cooper, Meghan Depp, Danna DeRoo, Diana Karp, Kristal Kilgore, Katelyn Lee, Kara Marsh, Shannon McTear, Lindsay Miglio, Janelle Miller, Alyssa Montalvo, Danielle Shepard, Shana Smith and Ashley Wilson. The Rampage is coached by Dale Garrish, Ernie Bucks and Phil Smith.

### Cheerleading tryouts

The Plymouth Salem co-ed cheerleading team will conduct tryouts for all male and female students who will attend Salem in the fall. Tryouts will be 7-9 p.m. Tuesday, Wednesday and Thursday and 8 a.m.-noon on Saturday. All tryouts will be in Salem's gymnasium.

The squad performs co-ed partner stunting, so candidates must be strong and athletic. This past year, the Salem team finished 12th in the nation at the National High School Cheerleading Championships in Orlando, Fla.

### Soccer tryouts

The following is a list of tryout information for the Northville Premier Football Club, which has a new director in Pete Alexander, currently the Madonna University men's soccer coach.

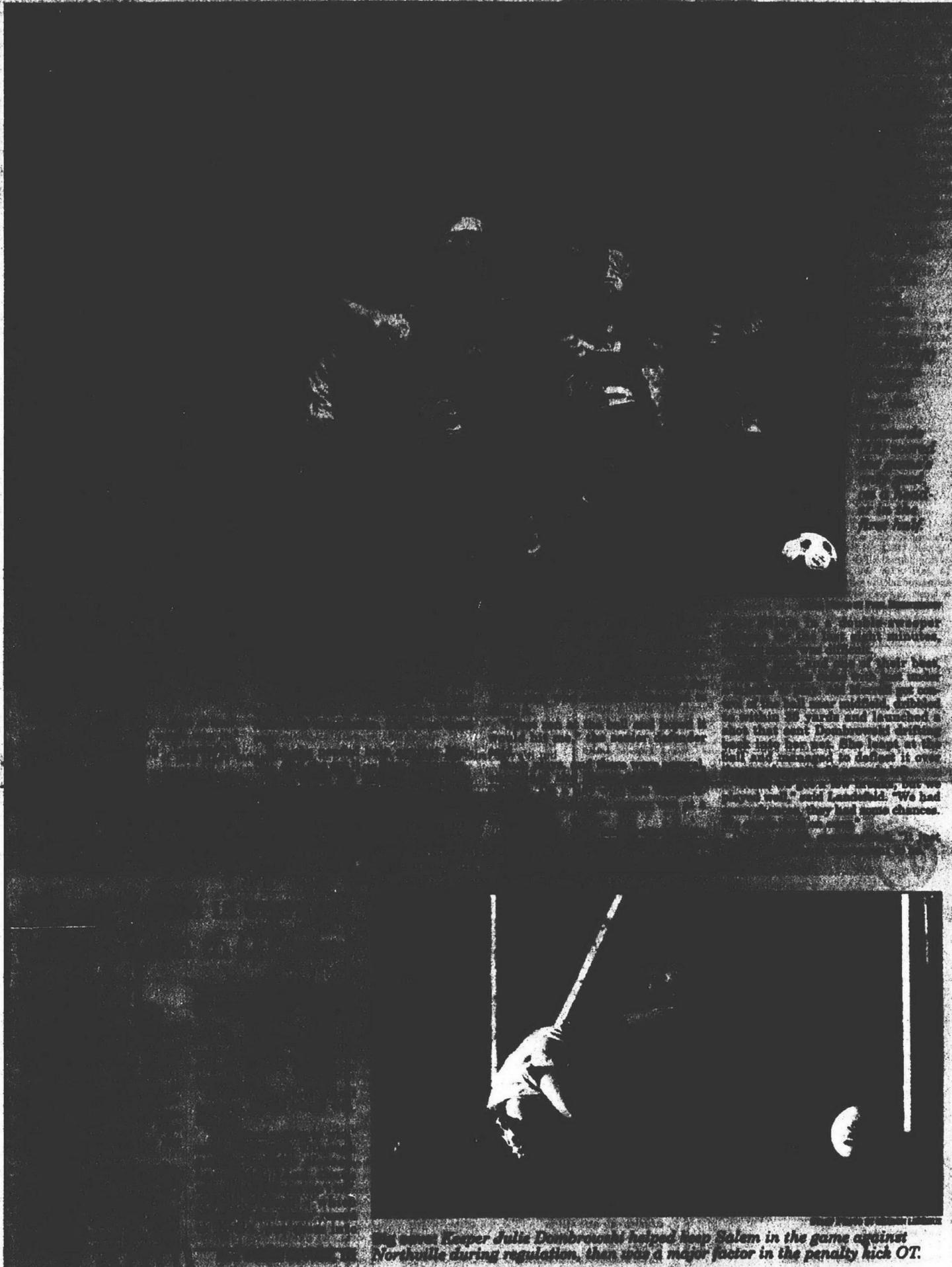
#### Boys teams

- Under 9 (two teams; birthdate after Aug. 1, 1990): 5:30-7:30 p.m. June 16 and 18 at Northville Downs Race Track;
- Under 10 (two teams; birthdate after Aug. 1, 1991): 6-8 p.m. June 17 and 18 at Northville Downs;
- Under 11 (two teams; birthdate after Aug. 1, 1992): 6-8 p.m. June 15 and 16 at Northville Downs;
- Under 12 (two teams; birthdate after Aug. 1, 1993): 5:30-7:30 p.m. June 16 and 18 at Northville Community Park;
- Under 13 Sting (birthdate after Aug. 1, 1994): 5:30-7:30 p.m. June 15 and 16 at Northville Community Park;
- Under 13 Thunder (birthdate after Aug. 1, 1994): 6-8 p.m. June 16 and 17 at Northville Community Park;
- Under 14 Sting (birthdate after Aug. 1, 1995): 5-6:30 p.m. June 15 and 17 at Northville Downs;
- Under 14 Thunder (birthdate after Aug. 1, 1995): 6-8 p.m. June 16 and 17 at Northville Downs;
- Under 15 Sting (birthdate after Aug. 1, 1996): 6-8 p.m. June 18 and 19 at Northville Community Park;
- Under 15 Thunder (birthdate after Aug. 1, 1996): 6-8 p.m. June 18 and 19 at Northville Community Park;
- Under 17 Sting (birthdate after Aug. 1, 1998): 6:30-8:30 p.m. June 15 at Northville Community Park;
- Under 17 Thunder (birthdate after Aug. 1, 1998): 6:30-8:30 p.m. June 15 and 16 at Northville Community Park.

#### Girls teams

- Under 9 (two teams; birthdate after Aug. 1, 1990): 5:30-7:30 p.m. June 15 and 16 at Northville Downs;
- Under 10 Sting (birthdate after Aug. 1, 1991): 6-8 p.m. June 15 and 17 at Northville Downs;
- Under 11 Sting (birthdate after Aug. 1, 1992): 6-8 p.m. June 15 and 17 at Northville Downs;
- Under 12 Sting (birthdate after Aug. 1, 1993): 6:30-8:30 p.m. June 15 and 17 at Northville Downs;
- Under 13 Sting (birthdate after Aug. 1, 1994): 6:30-8:30 p.m. June 16 and 18 at Northville Community Park;
- Under 14 Sting (birthdate after Aug. 1, 1995): 6:30-8:30 p.m. June 15 and 17 at Northville Community Park;
- Under 15 Sting (birthdate after Aug. 1, 1996): 6-8 p.m. June 22 and 23 at Northville Community Park;
- Under 16 Sting (birthdate after Aug. 1, 1997): 6-8 p.m. June 22 and 27 at Northville Community Park.

Northville Downs is located on Sheldon Road, corner Street, north of Down Mill; Northville Community Park is on the east side of Five Mile. For more information, call Alexander at (734) 882-2807.



Big game keeper Julia Dombrowski helped keep Salem in the game against Northville during regulation, then was a major factor in the penalty kick OT.

## A determined effort takes Salem to the top

BY C.J. RIBAK  
SPORTS EDITOR  
cjr@oh.com

It's really not out of the ordinary. Nothing too surprising. Livonia Stevenson was the better girls track team at the Class A state regional. Plymouth Salem ruled the Western Lakes Activities Association championships. Last season, the story was nearly identical. The Spartans won the regional, Salem won the league. The only difference this season: The Rocks beat Stevenson in their dual meet. One surprise from Wednesday's meet, co-hosted by Salem and Plymouth Canton, was the point totals. The Rocks won rather easily, piling up 140.5 points to runner-up Stevenson's 106. Last season, the meet was decided by just two points. Walled Lake Western was a distant third (74.5), with Westland John Glenn fourth (69) and Walled Lake Central fifth (65). See statistical summary.

"I think it was a combination of two things," said Salem coach Mark Gregor after his team had collected its third-straight WLAA title, and fifth in eight years. "No. 1 is, the athletes who really extend themselves in the regional have a hard time coming back in another big meet a few days later. I think that's what happened to Stevenson. "We experienced that two years ago. We won the regional, then we really struggled at the league meet. We were fortunate then that we had enough depth to pull it out. Last year we were fairly close but lost to Stevenson at the regional, then came back and had a great league meet and won it." No. 2 had to do with the Detroit Cass Tech factor. At regional, Cass hurt the Rocks — whose strength has



Strong contributor: Salem's Aisha Chappell was fourth in the 100 hurdles and fifth in the 300s.

**State rally**  
**at the Rocks**  
**Chappell**

Please see WLAA NEWS, D4

# Baseball from page D1

on Steve Leach's two-run single in the third inning.

Joe Ryan's two-run double in the fourth inning was the game's first home run.

Corey Whelan and Chris Lescage opened the seventh for Salem with singles. Steve Salas followed with the game-winning RBI single. Jason Leback added an RBI sacrifice fly and Mike Hoban also brought home a run with a single.

on three hits in the third inning. Leback struck the final two innings on the win.

Leback's RBI sacrifice fly in the seventh inning followed two hits.

PGA 24, Salem Park 8. When the final out was recorded, the game was over. The final score is 24-8. The game was played at Taylor Baptist Park.

in they finish 1-1 in the regular season. The team is currently in the bottom of the league. Steve Leback's RBI sacrifice fly in the seventh inning followed two hits.

PGA 24, Salem Park 8. When the final out was recorded, the game was over. The final score is 24-8. The game was played at Taylor Baptist Park.

Most of the offensive damage was done by PGA power from the bottom of the lineup. Steve Leback's RBI sacrifice fly in the seventh inning followed two hits.

PGA 24, Salem Park 8. When the final out was recorded, the game was over. The final score is 24-8. The game was played at Taylor Baptist Park.

Power started on the mound but was pulled after three innings due to a slight injury. He allowed two runs on three hits and four walks, striking out six. Scott Maddock took over and pitched the next 2 2/3 innings, getting the decision, allowing seven runs on nine hits and three walks, with eight strikeouts. Bill Kiesel got the game's final out.

The Rocks have two games scheduled this week, at Lutheran Westland Tuesday and at Hamtramck Wednesday. The game on Wednesday is a doubleheader with the first game starting at 7:00 p.m. and the second game starting at 8:00 p.m.

Salem cut-hit the Chicks, 11-3. Ben Tucker, who pitched six innings for Canton before giving way to David Winter, was the losing pitcher. Tucker is now 7-3. Salem used three pitchers.

Chris Trout started and did not allow a hit over two innings. Brandon Bray gave up two runs

Plymouth Christian Academy made great work of the Wildcats, scoring nine runs in the opening inning to set an early victory. It was the eighth straight win for the Eagles and raised their record to 18-

Saturday's district final against Plymouth Canton. Northville ends its season at 10-4-1.

"You can't let Salem have three-ins deep in your end of the field," said Mustang coach Doug Lyon. "It'll cost you. But our players played well. We just had that one bad stretch."

ball hit the far goal post and bounced into the net, putting Northville up 1-0 with 21:38 left in the first half.

"We didn't play well," said Leback. "They were all over us in the first half. We were lucky we were only down by one."

What's hurt the Rocks throughout the season isn't getting into scoring position — they've done that often enough. But all too often they've failed to get off a solid shot.

Five minutes into the second half, Salem's Jeanine Edwards intercepted a pass and started a counter that went deep into Northville's end. When Jami Coyle's advance was halted, she pivoted and sent a pass back to Kristina Seniuch. Seniuch's shot from 20 yards out was on target, and with 34:26 left in the half it was 1-1.

head and had to exit. She returned with just over 20 minutes to play and her team still trailing.

With the pressure mounting for an equalizer, Edwards set up a great opportunity, centering a pass into Towne with 18:18 left. But she misfired badly, putting the ball over the goal.

**STATE OF MICHIGAN DEPARTMENT OF ENVIRONMENTAL QUALITY**  
**FO BOX 3000 LANSING, MICHIGAN 48206**  
**NOTICE OF PUBLIC HEARING**

TAKE NOTICE, that the Land and Water Management Division of the Michigan Department of Environmental Quality will hold a public hearing on Tuesday, June 15, 1999 at 7:00 p.m. at the Livonia Civic Center Library Meeting Rooms A & B, 25777 Five Mile Road, Livonia, Michigan. The purpose of this hearing is to receive the views of interested persons concerning the following application for permit:

Application for permit 99-10-0187 under Part 303, Wetland Protection, of the Natural Resources and Environmental Act, 1994 PA 451, as amended, by Pleasant Land Development Corp, 3300 Northwestern Highway, Suite 145, Farmington Hills, Michigan, 48334, to place approximately 25,00 cubic yards of clean, inert fill material in 6.86 acres of pine/straw forested and scrub-shrub habitat disturbed wetland area. The purpose of the project is for the construction of a planned neighborhood community consisting of 9.55 acres of commercial and specialty retail and 11.85 acres of residential town homes. Four sites have been examined for migration potential. The project is located in T18, R9E, Section 27, City of Livonia, Wayne County, Michigan.

The application may be reviewed in the Land and Water Management Division, DEQ, SE MI District, 38980 Seven Mile, Livonia, Michigan 48152, during normal office hours. The public hearing record will remain open for 15 days after the public hearing date. Any written comments to be submitted for the public hearing record must be received at this address on or before the close of the hearing.

The hearing will be held pursuant to Section 30307 of the cited statute. The hearing will not be a court-type proceeding; witnesses will not be sworn, and there will be no cross-examination. Public hearings are primarily informal and are held to encourage the expression of views and presentation of facts.

The Michigan Department of Environmental Quality will, upon written request, provide a copy of the Department's decision on this application.

**MICHIGAN DEPARTMENT OF ENVIRONMENTAL QUALITY**  
 LES THOMAS  
 Permit Consolidation Unit  
 Land and Water Management Division

Date: April 12, 1999

Note: Persons with disabilities needing accommodations for effective participation in any of the meetings noted should communicate with meeting contacts, as listed, a week in advance to request mobility, visual, hearing, or other assistance.

Published: May 30, 1999

**TRIKOR GOLF DRIVING RANGE**

25% OFF ALL DAY LONG  
 \$1.50 OFF ALL DAY LONG

NEW WITH "ALL NEW LOOK"  
 • Sandtrap and Chipping Green

453-7200  
 9924 Colford Rd. OPEN 7 DAYS

NEW GRPS INSTALLED

**Correction Notice**

In our May 30th insert, we advertised a Memorial Day Sale which pictured a top-mount side-by-side refrigerator (model RT180KXW) for \$379.92. The pictured item and brand name are incorrect.

The offered product is actually a Super top-mount refrigerator for \$379.92. All other advertised information about this product is correct.

We apologize for any confusion or inconvenience this may have caused.

©1999 by

head and had to exit. She returned with just over 20 minutes to play and her team still trailing.

With the pressure mounting for an equalizer, Edwards set up a great opportunity, centering a pass into Towne with 18:18 left. But she misfired badly, putting the ball over the goal.

Perseverance pays, however. With less than eight minutes left in regulation, the Rocks continued to apply the pressure. Seniuch won a ball in the corner to the left of the Northville net and sent a cross into the box. Towne was at the end of it, heading the ball into the goal to knot it at 2-2 with 7:45 to play.

Although each team had chances in the sudden-death OTs, neither could cash in. Northville's Lariss Fill launched a dangerous shot from 25 yards out that got over Dombrowski, but hit the crossbar with 8:10 left in the second OT.

Which meant penalty kicks — and in this best-of-five scenario, it was Salem that dominated. Towne scored on the Rocks' first attempt, and they never trailed. Dombrowski had a lot to do with that, stopping Fill with a diving save with the Rocks up 2-1. Salem failed to open up a two-goal lead when Kelle Mullin's shot sailed over the goal, and when Bowdell converted, it was tied again at 2-2 with the fourth shooters coming up.

Edwards buried her chance into the left corner to give Salem a one-shot advantage; when Northville's Lindsay Dunnead put her shot off the crossbar, the game was in Shull's hands.

Which was appropriate. And, for the Rocks, fortunate.

**INTERNET ADDRESS DIRECTORY**

of these sites on the World Wide Web - Brought to you by the services of O&E On Line! To get your business On Line! call 734 953 2038

**ACCOUNTING**  
 Ebsco, Inc. — www.ebsco.com  
 Ebsco & Associates PC — www.ebscopc.com  
 Ebsco, Data, Finance, Mail & Register, PC — http://ebsco.com  
 Ebsco's Online Accounting — www.ebsco.com  
 Ebsco's Online Accounting — www.ebsco.com  
 Ebsco's Online Accounting — www.ebsco.com

**ADVERTISING**  
 AdMedia, Inc. — www.admedia.com  
 AdMedia, Inc. — www.admedia.com  
 AdMedia, Inc. — www.admedia.com

**AGRICULTURE**  
 AgriSource, Inc. — www.agri-source.com  
 AgriSource, Inc. — www.agri-source.com  
 AgriSource, Inc. — www.agri-source.com

**ARTS & CRAFTS**  
 Art & Craft, Inc. — www.artandcraft.com  
 Art & Craft, Inc. — www.artandcraft.com  
 Art & Craft, Inc. — www.artandcraft.com

**ASSOCIATION OF REALTORS**  
 Century 21 Town & Country — www.century21towncountry.com  
 Corwell & Bush Real Estate — www.michiganhome.com/corwell  
 Detroit Association of Realtors — www.detroitrealtors.com  
 Hall & Hunter Realtors — http://eo.oelonline.com/hallhunter  
 Langard Realtors — www.langard.com  
 Max Brook, Inc. — www.maxbrook.com  
 Moore Development — www.moore.com  
 Northern Michigan Realty — http://nmhcrealty.com  
 Real Estate One — www.realestateone.com  
 REMAX in the Village — www.1stvirginiaestate.com  
 Sellers First Choice — www.sellersfirst.com

**REAL ESTATE AGENTS**  
 Marla Gies — http://eo.oelonline.com/gies.html  
 Fred Glaysher — http://www.fredglaysher.com  
 Claudia Murawski — http://www.claudia.com  
 Bob Taylor — www.bobtaylor.com  
 Sandy Smith — www.sandy.com

**REAL ESTATE APPRAISAL**  
 BRSOAR Appraisers Committee — http://justlisted.com/appraisal  
**REAL ESTATE EDUCATION**  
 Real Estate Alumni of Michigan — www.reamadvantage.org  
**REAL ESTATE - HOME INSPECTIONS**  
 AmeriSpec Property & Environmental Inspectors — http://inspect1.com  
**REAL ESTATE SOFTWARE**  
 Envision Real Estate Software — www.ensivision-res.com  
**RELOCATION**  
 Conquest Corporation — www.conquest-corp.com  
 Keeler & Company — www.keelerandcompany.com  
**REPRODUCTIVE HEALTH**  
 Aegher Aaser, M.D. — www.gyndoc.com  
 Midwest Fertility and Sex Selection Center — www.miss.com  
**RESTAURANTS**  
 Albans Restaurant — www.albans.com  
**RETIREMENT COMMUNITIES**  
 American House — www.american-house.com  
 Presbyterian Villages of Michigan — www.pvm.org  
 Woodhaven Retirement Community — www.woodhaven-retirement.com

**SHOPPING**  
 Birmingham Principal Shopping District — http://oelonline.com/birmingham  
**SURPLUS FOAM**  
 McCullough Corporation — www.mccullough.com  
**SURPLUS PRODUCTS**  
 McCullough Corporation — www.mccullough.com  
**THEATER**  
 NJ Theatre — www.njtheatre.com  
**TOYS**  
 Toy Wonders of the World — www.toywonders.com  
**TRAINING AND CONFERENCE CENTER**  
 Ina Corporate Training & Conference Center — www.ina.com  
**TRAVEL AGENCY**  
 Cruise Selections, Inc. — www.cruiseselections.com  
 Royal International Travel Service — www.royalint.com  
**WEB SITE DEVELOPMENT**  
 Observer & Economist Newspapers — oelonline.com/webpage.html  
**WEDDING SERVICES**  
 Rocks and Branches — www.retdplace.com  
**WOMEN'S HEALTH**  
 The Health Connection — www.healthconnection.com  
 The Health Connection — www.healthconnection.com  
 The Health Connection — www.healthconnection.com

### FINISHING TOURNAMENTS

**THE BASSMENS BASS CLUB** will hold its 13th annual Lake St. Clair Open two-person bass tournament beginning at 6 a.m. Saturday, June 19. Team entry fee is \$80 if paid by May 20; \$90 at the boat launch. To register and for more information call Roger Haylip at (734) 753-5341, Steve Taraszkiewicz at (313) 538-1202 or Jeff Mangrum at (313) 937-2190.

### CLASSES

**BACKPACKING ESSENTIALS I**  
The first of a two-part course introducing beginner backpackers to the joys and essentials of backpacking, begins at 7 p.m. Wednesday, June 2, at REI in Northville. Participants will learn how to plan a trip and how to choose the right gear. Call (248) 347-2100 for more information.

**BACKPACKING ESSENTIALS II**  
The second of a two-part course introducing beginner backpackers to the joys and essentials of backpacking, begins at 7 p.m. Wednesday, June 9, at REI in Northville. Call (248) 347-2100 for more information.

**FLY FISHING SCHOOL**  
The Riverbend Sports Shop in Southfield is sponsoring several fly fishing schools in the upcoming months. Held at the Huntsman Hunt Club in Dryden and Hunters Creek Hunt Club in Metamora, the schools include lessons in basic fly fishing techniques including casting, knot tying, reading the water, playing, landing and releasing fish, entomology and fly selection and more. Classes are scheduled for June 6 and 19, July 11 and 25, Aug. 15 and 29, and Sept. 12. Class size is limited. Call (248) 350-8484 or (248) 591-3474 to register and for more information.

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

**CLIMBING CLASS**  
An introductory climbing course for the novice and first-time climber is offered at various times at REI in Northville. The class covers basic indoor climbing safety, technique, equipment and terminology. The course is free and available to adults and children. Call (248) 347-2100 for current schedules and additional information.

### ACTIVITIES

**COMMUNITY CLASS**  
REI is recruiting volunteers for the ninth annual National Trails Day community service project. Volunteers will maintain the hiking trails at Maybury State Park beginning at 10 a.m. Saturday, June 5. Call (248) 347-2100 for details and to volunteer.

### SEASON/DATES

**BASS SEASON**  
The season opens Saturday, June 19, on Lake St. Clair and the St. Clair and Detroit rivers.

**FREE FISHING**  
Michigan's annual Free Fishing Weekend will be held June 12-13.

### CLUBS

**FLY TYING**  
The River Bend Sports Shop Fly Tying Club meets every other week in Southfield. Call (248) 350-8484 or (248) 591-3474 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. There will be a salmon fishing seminar, covering trolling, dodgers, spoons, down-riggers, Loran and GPS units at the June 1 meeting. Call Dominic Liparoto at (248) 476-5027 for more information.

**MICHIGAN FLY FISHING**  
The Michigan Fly Fishing Club meets at 7 p.m. the first and third Wednesdays of each month at Livonia Clarenceville Junior High School. 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. Visitors are invited and refreshments will be served. Call Jim Kudej at (734) 591-0843 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) 988-6658 for more information.

### ARCHERY

**LIVONIA RANGE**  
The newly renovated Livonia Archery Range is open to the public. The range features seven field lanes and one broadhead lane and is open 10 a.m.-4 p.m. on Saturdays and Sundays. Cost

is \$4 for adults and \$3 for children. Livonia residents shoot free of charge. The range is located on Glendale Ave., east of Farmington Road. Call (734) 468-2410 for more information.

**JUNIOR ARCHERS**  
A weekly program for junior archers begins at 9 a.m. Saturdays at Detroit Archers in West Bloomfield. Call (248) 661-9610 or (313) 835-2110 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 3 p.m. to sunset Mondays and Tuesdays; 10 a.m. to sunset Wednesdays; and 10 a.m. to 6 p.m. Saturdays and Sundays. Bald Mountain is located at 1330 Greenshield Rd., which is three miles north of the Palace of Auburn Hills off M-24. Call (248) 814-9193 for more information.

**PONTIAC LAKE**  
Pontiac Lake Recreation Area in Waterford has rifle, pistol, shotgun, and archery ranges. Range hours are 10 a.m.-5 p.m. Wednesdays through Sundays. Pontiac Lake Recreation Area is located at 7800 Gale Road. 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 Road. Call (248) 693-6767 for more information.

### OAKLAND COUNTY PARKS

**COUNTY PARK REQUIREMENTS**  
Advanced registration is required for all nature programs at Oakland County Parks. Call (810) 625-6473 to register or for more information.

**WONDROUS WATERSHEDS**  
Take a "stomp in the swamp" and discover the Clinton River watershed in celebration of River Day 99, during this program, which begins at 10 a.m. Saturday, June 5, at Independence Oaks.

**AMAZING ANTS**  
Search for ants on the trail and learn more about this amazing insect during this program, which begins at 1:30 p.m. June

12 at Independence Oaks.

### STATE PARKS

**STATE PARK REQUIREMENTS**  
Maybury State Park, Froid Lake Recreation Area, Bald Mountain Recreation Area, Highland Lake 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 Froid Lake and Highland call (810) 695-2187. For programs at Island Lake call (810) 228-7067.

**BIRD IDENTIFICATION**  
A naturalist-led hike in search of resident birds begins at 8 a.m. Wednesday, June 2, at Maybury.

**FARM STORIES**  
Join a park naturalist for a session of farm stories during this program, which begins at 11 a.m. Saturday, June 5, and at 3 p.m. Sunday, June 6, at Maybury.

**TRAIL DAY**  
In association with SOLAR and REI, volunteers are needed to maintain the hiking trails at Maybury State Park beginning at 10 a.m. Saturday, June 5.

### 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.

**1999 PERMITS**  
The 1999 Huron-Clinton Metroparks annual vehicle entry permits and boat launching permits are on sale at all Metropark offices. Vehicle entry permits are \$15 (\$8 for senior citizens). The annual boat launching permits are \$18 (\$9 for senior citizens). Call 1-800-47-PARKS for more information.

**STATE TOURNAMENT DISTRICT SEMIFINALS**

**DIVISION I**  
at GARDEN CITY  
Tuesday, June 2: Livonia Stevenson vs. Dearborn Bishop Borgess, 8:30 p.m.; Taylor Bishop vs. Dearborn Heights Robichaud, 9 p.m.  
Wednesday, June 9 at Johnson's Island Field vs. Redford regional champion.)

**DIVISION II**  
at LIVONIA LADYWOOD  
Tuesday, June 2: Livonia Ladywood district champion vs. Macomb Jefferson district champion, 8:30 p.m.  
Wednesday, June 9 at Tecumseh district champion vs. Fenton district champion, 8:30 p.m.  
Saturday, June 5: Championship final, noon. (Winner advances to the state semifinals Wednesday, June 9 at Fenton High School vs. Bloomfield Hills Andover regional champion.)

**DIVISION III**  
at PLYMOUTH CANTON/SALEM  
Tuesday, June 2: (A) Livonia Stevenson vs. (B) Farmington at Canton, 4 p.m.  
Saturday, June 5: North Farmington vs. A-B winner at Canton, 11 a.m.; Plymouth Canton at Plymouth Salem, 11 a.m.  
Championship final: 1 p.m. at Salem. (Winner advances to the Brighton regional semifinal Saturday, June 12 vs. South Lyon district champion.)

**DIVISION IV**  
at GARDEN CITY  
Tuesday, June 2: (A) Westland John Glenn vs. (B) Garden City, 5 p.m.  
Saturday, June 5: Livonia Churchill vs. Wayne Memorial, 8:45 a.m.; Livonia Franklin vs. A-B winner, 11 a.m.  
Championship final: Approximately 1:30 p.m. (Winner advances to the Southgate Anderson regional semifinal Saturday, June 12 vs. Southgate Anderson district champion.)

**DIVISION V**  
at LIVONIA LADYWOOD  
Saturday, June 5: (A) Livonia Ladywood vs. (B) Detroit Redford, noon.  
Championship final: Detroit Cooley vs. A-B winner, 2 p.m. (Winner advances to the Southgate Anderson regional semifinal Saturday, June 12 vs. Taylor Kennedy district champion.)

**DIVISION VI**  
at BIRCH RUN  
Friday, June 4: (A) Lutheran High Westland vs. (B) Dearborn Heights Robichaud, 11 a.m.  
Championship final: Livonia Clarenceville vs. A-B winner, approximately 20 minutes after first game. (Winner advances to the Erie-Mason regional semifinal Saturday, June 12 vs. Erie-Mason district champion.)

**DIVISION VII**  
at GRIFFIN PARK  
Tuesday, June 2: (A) Westland Huron Valley Lutheran at (B) Redford St. Agatha, 4 p.m.  
Saturday, June 5: Plymouth Christian Academy vs. Redford Bishop Borgess, 10 a.m.; Dearborn St. Alphonsus vs. A-B winner, noon.  
Championship final: 2 p.m. (Winner advances to the Whitmore Lake regional semifinal Saturday, June 12 vs. Grass Lake district champion.)

**1999 OPENING NIGHT: THURSDAY, JUNE 17**

**WNBA**

**OPENING NIGHT FESTIVITIES**

**MTV NIGHT**  
5:30 PM: SHOCKFEST

- INTERACTIVE GAMES IN THE PARKING LOT
- BUNGEE RUN
- FANTASY PLAY-BY-PLAY
- MAKE YOUR OWN BASKETBALL CARD
- SHOOTING CONTESTS AND MUCH MORE!

7:15 PM: LIGHTS OUT INTRODUCTIONS

7:30 PM: DETROIT SHOCK VS. ORLANDO MIRACLE

- SCHEDULE MAGNET GIVEAWAY TO FIRST 5,000 FANS COURTESY OF **BUDLIGHT**
- FIRST 1,200 FANS 18 AND UNDER AT SHOCKFEST WILL BE INVITED TO A POSTGAME AUTOGRAPH SESSION

**WE GOT GAME**

**TICKETS AS LOW AS \$8.00**

**248.377.0100**

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

**WJR**  
AM 760

PRESENT

**High School**

**ATHLETE of the WEEK**

sponsored by  
THE  
**Observer & Eccentric**  
NEWSPAPERS

**LAST WEEK'S WINNER**

**RYAN JURY**  
MARINE CITY H.S.  
Presented by  
**RUSS MILNE FORD**

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

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

- 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.
- Include your name and daytime phone number.
- 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!



# Big year ahead

## Plans in motion for major tournament

The Greater Detroit Bowling Association recently held its annual meeting and the full slate of officers was elected for the 1999-2000 season.

Anita Marvel was named Director of the Year.

With the Michigan State Tournament next season being held in the Detroit area, the association plans to be involved, working toward a goal of getting 3,000 teams to compete in it — or, they dubbed it, "3000 in 2000".

The rest of the meeting was pretty much routine, with league delegates in attendance being kept up-to-date on GDBA functions, events and financial status.

Sunday's meeting followed Saturday night's Wayne-Westland Men's Bowling Association annual banquet and dance, in which awards were presented.

Bill Peacock got the President's Award for outstanding service and Wes Klocke took the Bud Mach Award for director of the year.

The city championship at Vision Lanes in Westland was won by the Val's Catering team with a 3,179 total by Michael Kirby, Ronald Wagner, Sr., Donald and Claude Warrington.

James Smith and Tony Loechle won the doubles crown with 1,581, while Lee Salingus took singles with a 775. The all-events went to Ken Paczas (2,244).

The 17th annual 700 Singles Tournament, with a field of 464 bowlers, was won by Daniel G. Wilson.

Red Holman Pontiac and D.B.T. Awards & Graphics were event co-sponsors.

Bowler of the Month awards went to Mr. October, Michael Udall (Super Bowl); November, William Paul (Town 'n' Country); December, Brandon Cherry (Super Bowl); January, Robert Dorsey, (Westland Bowl); February, Robert Dobransky (Westland Bowl); and March, David Lethbridge (Super Bowl).

The association recorded 160 300 games, sixty-seven 200 games, twenty-one 298 games and forty-three 800 series this past season.

Association team high game was 1,368 rolled on Feb. 5 at Town 'n' Coun-

try Lanes by the Lodge Pro Shop Team No. 1 with Bob Pittaway scoring a 277, Don Jewell, 267; Pat Engstrom, 267; Gary Duard, 279; and Aaron Staples, 267.

The high average in the association was by Mitch Jabenski with 237, not bad for a guy who uses a 14-pound ball.

There even were two occasions where association bowlers converted the dreaded 7-10 split, so don't say it can't be done.

"The meeting and elections weren't the only highlights of the GDBA annual gathering.

Guest speaker Bob Jarlenski, president of Creative Marketing Specialists (CMS), gave an uplifting talk on alternative systems of sanctioned league play.

Jarlenski, who lives in Fort Myers, Fla., said that the traditional format has flaws and also is not always competitive or motivating to all league bowlers.

His plan: the Ultimate Bowling League (UBL) format, which he believes can make any league, small or large, more interesting and also will help leagues to better retain their bowlers.

It follows closely the schedule used by most major professional and amateur sports around the world:

Divide leagues into two or more conferences, then sub-divide those into divisions, with the 32-week season divided into four quarters of eight weeks each in duration, featuring a playoff at the end of each quarter.

Thus is created a structure for a playoff system at the end of the regular season. The same scheduling system as in the past would be used, but now there would be several teams in contention all through the season.

The traditional league champions are almost always the teams with the better bowlers: They are guaranteed a mathematical advantage, due to the length of the season.

No one can dispute that the team that generally wins a scratch tourney has the best bowlers. This also holds true in 70-percent, 80-percent and 90-percent handicap leagues as well.

The UBL format is not for everyone, but leagues suffering shrinkage from dropouts likely would benefit the most.

This format has been tried and tested successfully in many parts of the coun-

try and it has proven beneficial, even in leagues with as few as six teams.

For some, it is a means of survival. And when applied according to format, it means more bowlers having more fun, with better attendance, new members and better competition.

There are many variations of the UBL format; it has several different options.

The GDBA is probably going to be part of a local committee to work on this project jointly with the national committee.

But it is also up to the proprietors to pursue it, if they want to be more creative. Meanwhile, any league can choose, before the start of the new season, to use this method.

It is time to break away from the old traditional system and put new life into league bowling. For more information, call (810) 778-6350, or e-mail Jarlenski at BowlBob@AOL.com.

"In case anyone missed the story that ran a couple weeks ago in Matt Fiorio's column: Five Detroit-area bowlers set an all-time record for high series in a three-game set, shooting a 3,970 in the Shammy Burt Tournament in Toledo.

The feat focused nationwide attention on the Just Us Tree Service team of captain Earl Justice (792), Verlin Terry (738), David Boyd (774), Steve Bradley (761) and Carleton Chambers (805). Their score edged past Hurst Bowling Supplies' 3,868 in 1994.

Before that, the honor belonged to the fabled 1958 Budweiser team of St. Louis with a 3,856 — a team that consisted of American Bowling Congress hall of famers Dick Weber, Don Carter, Ray Bluth, Tom Hennessy and Pat Patterson. Their record stood for nearly 36 years.

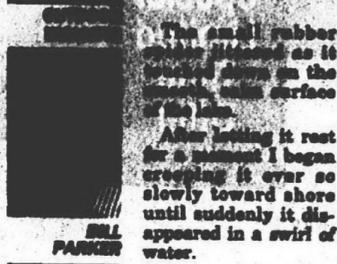
"I attended the induction ceremonies for the Michigan Sports Hall of Fame May 19 at Cobo Hall and had a chance to see all the greats.

But I also was able to renew acquaintances with the legendary Eddie Lubanski — one of only three bowlers ever inducted into the state hall. The others are Marion Ladewig and George Young.

Really, there are many more who should qualify — if not now, then sometime soon.

At any rate, Lubanski promises to give my readers a good pro bowling tip soon.

# Temperatures are up, so blue gill are biting



BILL PARKER

The small rubber worm is as effective as it is simple. The worm is placed on the surface of the water and the fish will bite it.

After setting the hook with a quick snap of my wrist a truculent battle ensued with a fat, feisty blue gill.

With warm weather infiltrating southeastern Michigan, the water temperature on local inland lakes is rising and the best blue gill bite of the season appears to be hitting stride.

Throughout the months of May and June, depending on the arrival of spring-like weather, shallow water along the shore of nearly all inland lakes gets overrun with nesting (bedding) blue gills. The males show up first and each will fan out a circular nest (bed) in the sand or gravel bottom.

After making the nest the male waits around in anticipation of the arrival of a female, who will deposit eggs in the nest then disappear back into deeper water. The aggressive male then fertilizes the eggs and stands watchful guard over the nest for the next few weeks.

Blue gill are the bread and butter fish of most inland lakes in the state.

Some lakes are so overrun with them that the fish are actually stunted and never reach more than five or six inches in length. In other lakes, with a healthy predator/prey ratio, gills can reach in excess of 10 inches in length and sometimes weigh over a pound.

The secret to catching spawning blue gills is to be cautious in your approach. Gills are easily spooked while bedding in the shallows. Whether fishing from shore or from a boat, be exceptionally quiet and light-footed as you approach the shoreline.

Don't cast your shadow on the water either, as it will surely scare the fish. Small rubber spiders, flies, poppers and the old reliable hook and worm are top producers at this time of year.

If you're surface fishing, let your

offering rest for a minute or two before a slow, jerky retrieve. The fish will rise on the surface of the water to take a nibble to a hungry blue gill.

Hook and weight should rest on the bait float to the bottom, then drag it through the nesting area.

If the fish seem reluctant to bite, drop your worm right in the middle of a nest. The male standing guard will immediately remove the intruder. Your drops tipped with a wiggler or a worm are also deadly in the spring.

Big fish, little fish

The smaller fish will bed in shallow water (two to four feet) while the big ger fish will be bedded in slightly deeper or water (four to eight feet).

If you've had a notion to pick up the sport of fly fishing, but haven't quite taken the plunge, this spring fishery provides a great opportunity to give it a try.

It's also a great time to take a child fishing. Action is often sizzling and you don't need any fancy, special equipment. Any medium to light - or better yet ultra light - spinning combo will work.

A long cane pole is even effective at this time of year as long as the angler using it can remain quiet and not spook the fish while getting bait into the water.

The lighter the line the better. Four-pound test will work, but I prefer two-pound test so I don't spook the fish.

A friend of mine swears by one-pound test, which isn't much more than sewing thread, and always catches his fill.

I prefer to tie my hook directly to the line, bypassing a snap swivel. This allows me to offer my bait with a more natural presentation.

Although the daily creel limit is 25 you don't have to fill your bucket each time you go out.

Don't overharvest the fish. You'll only hurt the fishery for years to come. Instead, keep just enough fish for a meal or two and return the rest to swim another day, especially if you catch a fat, spawning female.

(Anglers and hunters are urged to report your success. Questions and comments are also encouraged. Send information to: Outdoors, 805 E. Maple, Birmingham, MI 48009. Fax information to (248) 644-1314. Send e-mail to bparker@oe.homecomm.net or call Bill Parker evenings at (248) 901-2573.)

# Information, please: discoveries on the rise



TIM NOWICKI

As more and more people explore the natural world, new species will be discovered, new populations of a rare or extirpated species may be found, or new behaviors may be noted.

In order to know what is new, we have to know what is usual, or common.

Our information oriented world has allowed more people to become familiar with species of plants or animals that may be encountered in a particular area. Field guides and local lists generated by special interest groups can be very helpful.

What adds more excitement to discoveries is that they can be made in familiar areas, like Belle Isle.

Not long ago a naturalist on the island was exploring the wet woods and discovered a healthy population of pumpkin ash trees.

According to Edward Voss, it was not until 1992 that this tree was first discovered in Michigan.

The first population was found in Hilldale County and later another population was discovered in Berrien County. Wet woods are difficult to explore, so these trees went unnoticed until just recently.

Michigan is north of where pumpkin ash usually grows.

Typically found along the Atlantic and gulf coasts, and in the southern Illinois area, Belle Isle is not where botanists would have expected to find pumpkin ash.

That is one feature that makes it an exciting discovery.

A more widespread and common oak to the south, the Shumard oak was also discovered on the island.

It, too, prefers to grow in wet woodlands and was not discovered because of its inaccessibility, though it had been growing for an estimated 200 years.

This species hybridizes with other oaks and may have been easily dismissed as another red oak. Qualified botanists have verified the identification of both tree species.

In the birding community there is a committee that rules on the validity of rare bird sightings.

Since birds are mobile and infrequently caught, allowing close, careful verification, photos, videos and written descriptions of the circumstances which are all used in the judges' determination.

Without material documentation it is harder for the judges to decide if the sighting is valid.

Recently, two new birds were added to the list of birds seen in the state throughout the years.

The boat-tailed/great-tailed grackle was added to the list after review by the committee.

They were not able to distinguish if it was the boat-tailed grackle, or the great-tailed grackle because they are so similar, but they acknowledged that the bird seen at Whitefish Point in the Upper Peninsula was one of these two species.

A Brewer's sparrow, also seen at Whitefish Point, was another new species for the state.

After these two additions, the state list stands at 409 different species of birds.

Undoubtedly more new birds will be seen in the state, as well as, new species of plants, insects, fish, snails and other groups.

It will continue as long as observant people look carefully while enjoying the natural world.

# Getting better ball action

BY AL HARRISON  
SPECIAL WRITER

Roland Snodgrass, owner of Roland's Bowling Pro Shop and immediate past-president of the Greater Detroit Bowling Association, has some advice for any bowler needing to power-up the ball.

Roland, whose shop is in Fairlanes Bowl on Stephenson Highway, between 12 and 13 Mile roads, is an excellent bowler as well as an expert on setting-up and drilling balls.

He says that some bowlers who are perhaps older or who are slightly built may not be generating enough power in their shot.

"They seem to be hitting the pocket a lot, but not getting many strikes," he says. "It may be the seven or the ten pin usually, or both. These bowlers are not getting the rotation or turn on the ball that they should."

Question: What can be done about it?

"The first thing I look at is how the ball fits. I would make sure

that your hand fits the ball properly so you can get the roll and turn on the ball.

"Secondly, I would get you out on the lane and look for axis rotation and axis tilt. That means to look for the positive axis-point on the ball to see how much it rotates and where the break-point occurs. This tells me how much the ball will flip when it gets to the back-end of the lane. By setting it up by pin position, I can set up a different reaction to incorporate the fit, the turn and the rotation that you need in order to carry."

Q: What can you do for older bowlers?

"If you are a senior, one of the things I look at is ball-weight. Personally, at my age of 56, I have gone to a 14-pound ball, and I get much more turn, better speed on the ball and I can bowl many more games without losing energy. Those are the first things I would look for to help somebody who is not getting the ball to finish and is leaving a lot of corner pins."

Q: What else do you recom-



Roland Snodgrass  
GDBA past president

through the pins, or does the ball fade?

"Secondly, read the pins. Do they lay in the gutter and die? Or do they go in the air?"

"This brings you back to the lanes. Where is the break-point on the lane? If the ball is breaking too late, we get a lot of 7-pins or 10-pins because of entry angle. This is where you should be able to read the ball and the pins to see what is happening."

Q: Do you have a specific purpose in mind when you drill balls?

"My philosophy - and I have been drilling-up balls since the

ment?

"I suggest that you learn to read the ball and read the pins. See what the ball does when it hits the pins. Does the ball drive

early '80s - is to match the ball's pin-position along with the cover-stock. The ball can be set up to be more aggressive according to the pin position. It can be drilled to delay the energy of the ball. You can get the ball to roll longer and have a much-later flip-point.

"This way, you are saving the energy over the first 50 feet or so, then the ball has more power at the back-end when it hits. If the ball starts to hook at 30 or 35 feet, you may not have any energy left for the pins."

Q: What does using a lighter ball accomplish?

"If you use a light ball, you can push the pin out further, have more speed and a ball that will have back-end power - more carry on the corners, more strikes.

"By dropping a pound, you are gaining speed and rotation, which will more than make up for the loss of the pound."

Roland Snodgrass will be glad to answer questions at (248) 543-9203. His summer hours are Monday and Wednesday, 6 a.m. to 8 p.m.

