

## THE WEEK AHEAD MONDAY

**Council:** The Westland City Council will have a 6:30 p.m. study session on voting equipment. It will be in the council chambers, City Hall, Ford near Carlson.

**School board:** The Wayne-Westland Board of Education will meet at 7 p.m. at the school board office, on Marquette east of Newburgh.

## TUESDAY

**Chamber:** The Westland Chamber of Commerce will host a Business Luncheon 11:30 a.m. to 1:30 p.m. at Joy Manor, on Joy east of Middlebelt in Westland. The speaker will be Ron Howard of VR Metro Malls, discussing the Internet. Price is \$15. For reservations, call the chamber at (734) 326-7222 by noon Monday.

## SATURDAY

**St. Pat's:** The Eighth Annual St. Patrick's Dinner Dance & Auction 6:30 p.m. March 18 will benefit Community Hospice & Home Care Services. It will be held at the St. Mary Cultural Center, 18100 Merriman in Livonia. Former Detroit Tiger Dave Rozema will appear. For ticket information on the event, call (734) 522-4244.

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# Mayor's vision for city changes



Westland Mayor Robert Thomas, in a surprise move, has announced his desire to cancel a May 9 incinerator tax election and put long-sought city projects on the back burner.

BY DARRELL CLEM  
STAFF WRITER  
dclem@oc.hometown.com

Mayor Robert Thomas, in a major policy shift, has unveiled plans to eliminate a local incinerator tax, reduce water-sewer rates and abandon proposals for a new recreation complex and City Hall.

"I had some sleepless nights over this

one," he said Friday, "but I decided it was time to shift gears."

Thomas, in a three-page letter to Westland City Council members, announced a startling departure from his earlier vision for Westland.

"This is just a sea of change," Councilman Glenn Anderson, a Thomas critic, said.

Thomas, renewing his pledge to give

residents "the best service possible at the lowest cost," has proposed the following:

- Canceling a special May 9 election for a 1-mill incinerator tax renewal. The tax would expire in June 2001, returning \$60 a year to the owner of an average \$120,000 home.

- Reducing water-sewer rates - currently \$4.46 per 1,000 gallons - by an estimated 5 cents up to 20 cents. The city would swallow any rate hike from Detroit this year, rather than passing it to residents.

- Ending a special taxing district, or Tax Increment Finance Authority, north of Ford Road. This move would

free up \$1 million a year in combined general operating and sanitation revenues, helping to compensate for \$1.2 million in losses from the incinerator tax.

- Shelving plans for a new recreation center and City Hall, leaving those projects to "the great thinkers of tomorrow."

- Placing more emphasis on road improvements, including this summer's resurfacing of Wayne Road from Glenwood to just north of Nankin Boulevard. Thomas also touted the reconstruction of Donna Street between Ann

Please see CITY, A4



Man's best friend: Penny, a 1½-year-old Brittany spaniel, looks for a treat as owner Mike Nailor of Westland gives a command to lay down.

STAFF PHOTO BY TOM HAWLEY

## Dogs learn everyday etiquette

BY DIANE GALE ANDREASSI  
SPECIAL WRITER

Don't expect Henry, Chelsey and their classmates taking a manners course at the Bailey Center to say "please" and "thank you" at the end of their seven-week course.

But they'll likely learn skills the people they live with will appreciate much more. These "students" are canines who

will understand that when friends come to call, it's not polite to jump all over the visitors. Biting is definitely out of the question. And going for walks doesn't mean dragging the two-legged person on the other end of

Please see DOGS, A3

## Technicolor moving operations from Westland site

BY MATT JACHMAN  
STAFF WRITER  
mjachman@oc.hometown.com

A major manufacturer of videotaped feature films is expanding its operations in Livonia.

Technicolor Packaged Media Group plans to move its area warehousing and distribution arm - and between 600 and 700 employees - to the new

Livonia Corporate Center in April, said Michael Wang, vice president for distribution.

Called Technicolor Distribution Services, the operation will take most of the 752,000-square-foot Building 3 at Livonia Corporate Center, the industrial side of Millennium Park, which is being built at the site of the former Ladbroke Detroit Race Course at Mid-

dlebelt and Schoolcraft Road.

The company already has a manufacturing facility. Technicolor Video Services, on Seven Mile in Livonia. About 200 million tapes - titles such as "Saving Private Ryan" and the latest "Austin Powers" movie - are produced there each year, Wang said. By volume, it is the largest video duplication plant in the world, he said.

The move to Livonia Corporate Center is a consolidation of warehousing and distribution operations now located at Newburgh and Palmer in Westland and at the Gateway Industrial Center, near I-96 and the Southfield Freeway, in Detroit. A packaging assembly line will remain in Detroit.

No jobs will be lost because of the

Please see TECHNICOLOR, A4



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### Junior Miss

Two Wayne-Westland high school seniors are competing in Alpena, Mich., for the title of Michigan's Junior Miss.

Brooke Robertson from John Glenn High School, Wayne-Westland's Junior Miss, and Melissa Jennings from Glenn, first runner-up, are representing the community. They leave soon to begin interviews and rehearsals, with the main event March 25.

The winner of the Michigan Junior Miss title competes in America's Junior Miss National Finals in Mobile, Ala., in June. The program includes competition in talent, scholastic achievement, physical fitness, interview skills and overall presence. Twenty-one high school seniors from around the state are vying for more than \$10,000 in cash scholarships and more than \$200,000 in college scholarships.

Robertson will perform a cheer monologue for her talent presentation. Jennings a tap routine. Throughout the week, the teens will meet with

### PLACES & FACES

Alpena dignitaries and community groups.

Michigan's Junior Miss Courtney Cagnon captured the honors last year and will be on hand in Alpena to pass on the title.

Those who would like tickets should call Pat Hermetz, (734) 721-5220. Information on next year's Wayne-Westland Junior Miss program is available in school offices.

### Spring Ball

The Westland Community Foundation will present its fourth annual Spring Ball Friday, March 24, at the Hellenic Cultural Center, 36375 Joy, Westland.

It will feature an open bar, dinner and dancing.

Dress will be casually elegant/black tie optional. Dinner/dance tickets are \$75 per person, with raffle tickets \$25 per ticket. The prize will be a Hawaiian trip for two.

For reservations or information, call (734) 595-7727.

### Golf fun

The Westland Rotary Charities Golf Outing will be held Thursday, May 18, at Golden Fox, west of Plymouth. Participants will play 18 holes of golf, with registration 8:30-10:30 a.m. and an 11 a.m. shotgun start. There will be a continental breakfast, lunch and beverages at the turn, and a filet mignon dinner/banquet. Registration forms will be mailed in early April. For information, call Kim Shunkwiler, (734) 728-5533, Tom North, (734) 421-1300, John Foye, (734) 729-FOYE, Ken Bolanger, (734) 721-1810, or Dick Isham, (734) 729-5401.

# Westland Observer

## HOW TO REACH US

**Susan Roelik,**  
Publisher  
(734) 953-2100  
srosiek@oe.homecomm.net

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

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

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

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

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

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

**Kathy Benson,**  
Representative  
(734) 953-2174  
kbenson@oe.homecomm.net

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

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

## HOW TO REACH US

Circulation Nightline	734-953-2008
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# Feeling proud

## Teamwork helps them solve lots of cases

BY LEANNE ROGERS  
STAFF WRITER  
lrogers@oe.homecomm.net

One thing about working for the Metro Street Enforcement Team — there's a lot of variety in their cases over the course of a year.

During 1999, MSET officers investigated robberies, racketeering, helped track down a murder suspect who had fled the state and completed a case that led to the closing of an adult theater — a closure that brought in \$1 million in forfeiture money.

"We had a pretty good year. We had 166 arrests; that's a record year," said Westland police Lt. Gary Sikorski, who supervises MSET.

With officers assigned by Garden City, Westland, Inkster, Wayne and the Wayne County Sheriff's Department, MSET handles their own cases and assists their member departments as needed.

By being able to jump in to help on a case, Sikorski said MSET brings additional manpower along with some specialized investigative tools.

In one high-profile case, MSET officers executed search warrants on banks and telephone services at the home and business owned by murder victim Veronica Kuclo-Raub and her husband, Peter, who was sought as a suspect.

"Our officers have very specialized investigative techniques — some tricks of the trade," said Sikorski. "Like in the Raub case. They did an outstanding job tracking him cross-country. If the areas of the investigation aren't local anymore, we'll go statewide and nationwide. We don't hesitate."

Raub was traced to Chicago where MSET officers assisted Garden City detectives in canvassing the area where his van had been abandoned. Initially heading to Las Vegas, Raub was eventually located in Los Angeles. He's currently in the Wayne County Jail awaiting trial.

"We're prepared to handle homicides, but when they get more complicated and we have to track someone out of state, I can't staff a bureau for that," said Garden City Police Chief David Harvey. "MSET did a lot of cases and has been a good tool for us."

Thanks to MSET's investigation into lewd behavior complaints and the resulting prosecutions, the Melody Theater in Inkster was closed. Part of the settlement with the owners resulted in the building being demolished, the property deeded to the City of Inkster and \$1 million being forfeited.

"This was the first continuing criminal enterprise case we did and we had no idea it would be so large," said Sikorski. "It just kept getting bigger as it went along. We had targeted the theater with the idea of shut-

ting it down."

The difference this time was that the investigation focused on the owners of the theater, not just the patrons.

"We're real happy with them. The most horrendous case we had was a murder, but we've had other cases," said Harvey. "The Melody Theater affected us. It wasn't just people from Inkster who were arrested there."

Another change during 1999 was the addition of a Wayne County Sheriff's deputy to MSET and participation in the federal Southeast Michigan High Intensity Drug Trafficking Area program.

A federal program, HITA provides funding to task forces for different levels of drug enforcement. Working as part of the street-level enforcement efforts, MSET has received money for overtime, vehicles and other equipment.

Due to participation in HITA, Detroit police and federal law enforcement agencies, all the MSET officers are now sworn county deputies and U.S. marshals.

"We're entering the second year of our joint effort. It's been excellent. It's worked out extremely well," said Sikorski. "We'll have bigger joint operations."

## They take financial incentive out of crime

BY LEANNE ROGERS  
STAFF WRITER  
lrogers@oe.homecomm.net

Here are some other noteworthy efforts by the Metro Street Enforcement Team during 1999:

■ Two days before Thanksgiving, the owner of a Wayne Party Store was robbed of \$55,000 in cash while leaving a credit union at Palmer and Newburgh roads in Westland. The money was to be used to cash checks for Ford plant workers.

"We got the case and in 14 hours we had one robber in custody," said Westland police Lt. Gary Sikorski, who supervises MSET. "Initially, there were very few leads, but MSET continued to work it and assist the Westland Detective Bureau."

The suspects abandoned a van shortly after the robbery, Sikorski said, which had only a paper license plate. Officers traced the paper temporary plate to an auto dealership, but it had a false name and two bad addresses.

At the dealership, however, Sikorski said a former employee was identified as someone who might have been responsible for the improper temporary plate.

"He was picked out of a photo lineup as an armed robbery suspect," said Sikorski. "We got a home address in southwest Detroit and he was under arrest that evening."

It turned out that the suspect had a minor role in the robbery, he said, although his arrest and confession led to the arrest of three other suspects.

"It was dogged police work. It's a multiplication of manpower," Sikorski said. "MSET has no other investigative duties (like

the detective bureaus). The officers can be creative and resourceful. They are a very bright bunch of guys. They are willing to stick with it day or night."

■ In December, MSET officers assisted Garden City police in investigating a strong-arm robbery which began as a pigeon drop. The victim, an elderly woman, resisted giving the suspects \$12,000 in cash which she had withdrawn from the bank.

"MSET heard the information on the radio and got the registration on the car," said Sikorski. "They went to Detroit and set up surveillance."

Two suspects were arrested and about \$5,400 of the missing money was recovered.

■ In a racketeering case involving counterfeit logos on T-shirts, hats, pants and other

items, MSET raided Cherry Hill Beauty Supply in Inkster, a second store in Oak Park and a home in Farmington Hills. More than 1,700 items of counterfeit clothing and \$28,000 in forfeiture money were seized.

■ The forfeiture relating to the Melody Theater case totaled \$1 million — 10 percent to the Wayne County Prosecutor's Office and the balance divided evenly among the four municipalities.

"Criminal investigation is our main purpose. We became self-sufficient on smaller forfeitures," said Sikorski. "I'd rather err on the side of the individual. Forfeiture is a very effective tool. You take the financial incentive out of criminal activity."

"I wouldn't want to lose that."

## OBITUARIES

### HAZEL M. BISSETT

Services for Hazel Bissett, 87, of Westland were March 6 in Uht Funeral Home. Officiating was the Rev. Robert McDonald.

Mrs. Bissett was born Sept. 4, 1912, and died March 3 in Livonia. She was a homemaker.

Surviving are her son, Edwin Jr.; daughter, Phyllis Taylor; 13 grandchildren; 24 great-grandchildren; and 14 great-great-grandchildren.

Mrs. Bissett was preceded in death by her husband, Edwin, and daughter, Leora Cope.

### TERRI J. LIPKE

Services for Terri Lipke, 41, of Wayne were March 10 in Uht Funeral Home. Officiating was the Rev. Jack Baker.

Mrs. Lipke was born June 4, 1958, and died March 6 at her residence in Wayne. She was a waitress at Rex's in Wayne.

Surviving are her husband, Paul; sons, Ryan and Derrick;

mother, June Derby of Westland; brothers, Ted (Donna) Gagnon, Gene Derby and Carl (Jennie) Kuehnel; sisters, Linda (Ray) Dillon and Toni Anderle.

### WILLIAM J. VERES


Former Livonia resident William Veres, 75, of Charleston, S.C., died March 7. He died at his home in Charleston after a one-year battle with cancer.

He was an Air Force veteran and served during World War II.

Surviving are his wife, Jeane; son, Russell (Fedel) Veres, formerly of Honolulu, Hawaii; daughters, Cynthia (Zack) Nichols of Big Pine Key, Fla., and Beverly (Steve) Lovelly of Westland; and three grandchildren, Jason, Brandy and Billy.

Mr. Veres has surviving family living in Clinton Township, Mount Clemens, Shelby Township, Sterling Heights, Belleville, Roseville and Rochester.

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# Dogs from page A1

**Listening:** Owner Lorna Johnson of Westland has her dog, Tremor, a bull-mastiff, sit at the class. Not pictured with Lorna Johnson is her husband, Arnold. The Johnsons, active with the Pet-A-Pet organization, volunteer their time taking their pets to visit nursing homes, hospitals and assisted living facilities.



STAFF PHOTOS BY TOM HAWLEY

the leash. That's especially true of Penny, who likes to pull her owners, Marianne Nailor, her husband, Mike, and two children, Susanna, 16, and Joshua, 5, down the street. The whole family attended the class.

"She takes us for a walk for the most part," said Marianne Nailor, explaining that she also hopes to teach Penny not to run away every chance she gets.

Last Wednesday was the first day of school for the 15 pups enrolled in "Manners for Life," which is geared for dogs at least 5 months old. Based on positive reinforcement techniques, there were a lot of sweet bribes passed out during the one-hour class as instructor Linda Thomas described what she expected the dogs to do.

"This week, we see what the dogs are really like and week after week we see improvement after improvement," Thomas said.

Owners, like Cheryl Messer of Westland, weren't expecting the type of behavior that would get their names in the "Guinness Book of Records."

"She goes out in front and I just want her to listen," Messer said.

### Simple measures

The same was true for the Darany family of Dearborn. They weren't looking to teach their pooch, Oliver, any fancy tricks.

"We want him to come when you call him to come and we want him to stay when he's supposed to stay," George Darany said. His wife, Maria, and children, Adam, 14, Leah, 12, and Madelaine, 8, were also on hand to pick up ideas.

In fact, Oliver owes his life to the Daranys, because they saved him moments before he was to be euthanized at the Humane Society.

Tom and June Holdsworth of Westland adopted their dog from the Humane Society, too. Taking the class was the logical next step. Tom Holdsworth explained.

"We think it's a good idea to have a well-behaved dog," he said. "We think the world of the program the Humane Society runs."

Danielle Sollars sat in the corner

of the room with her father, Dan, and puppy, Socha. The Livonia residents want their 10-month-old Doberman pinscher to stop jumping on family and friends when they come to their door.

As far as Jill and Victor West are concerned, their puppy, Buddy, couldn't be cuter and a lot of people seem to agree. In fact, his appearance in the window of their business - Vanessa's Flower Shop in downtown Plymouth - has increased foot traffic by 20 percent. They want to make sure his behavior is the best it can be since he's in the shop a lot.

If Buddy is a working dog, it's nothing like the schedule Tremor, whose registered name is Actions on the Richter scale, keeps. This bull-mastiff's owners, Arnold and Lorna Johnson of Westland, are members of the Pet-A-Pet organization. The Johnsons volunteer their time taking their pets to visit nursing homes, hospitals and assisted living facilities.

In fact, Lorna Johnson tells a story about how one of her dogs was visiting a nursing home and a woman walked by and told the canine to get out of her way. Johnson later learned that these were the first words spoken by the woman during her stay at the facility. In fact, it was considered quite a breakthrough.

Tremor's date book next week included being taken to visit a second-grade class on Tuesday and a psychiatric ward on Wednesday.

### 'Feel special'

Across the room, Laura Major fed her dog, Henry, a few treats and explained that she enrolled him in the class, because she wanted to make him "feel special." If he learns to listen to her commands and turns into a well-mannered dog, that would be great too, according to the Livonia resident.

Sitting next to each other, Brian and Megan Williams of Westland and Dan McManus of Canton simply hoped their pets would settle down at the end of six weeks.

The classes are provided by the Michigan Humane Society through Westland Parks and Recreation at

the Bailey Center in Westland for \$100 if the dog was adopted from the Humane Society or any other shelter. Otherwise, the cost is \$120.

"English is a second language for dogs," explained Lori Kane, Michigan Humane Society director of animal behavior and training.

"Their first language is body language - they key off your body language, because that's what they do with other dogs," she said. "It's amazing how quickly they catch on considering that we don't always teach it consistently. In one hour, we can't train your dog for you, but in one hour we can train you to teach your dog at home."

Other classes offered by the Humane Society include "Puppy Classes" for dogs under 5 months. Instruction focuses on socializing puppies with other dogs and people, encouraging environmental confidence and addressing other common puppy problems, like house training and inappropriate chewing.

"K9 Kollege" builds on basic and advanced obedience commands, like coming when called.

"Tricks for Treats" is a fun class," Kane said, teaching dogs how to shake, wave, give a high-five and crawl. The class includes playing games, like "Lassie Says," to reinforce basic obedience skills, like sitting, down, stay and recalls.

Private consultations, that usually take about two hours and cost \$120, are recommended to deal with more serious concerns, like aggression and separation anxiety.

"I want a dog that's good to be around. No one wants a dog that's annoying," explained Livonia resident Lorraine Borovsky who was with her dog, Archimedes.

The Humane Society classes are available in Westland, Farmington Hills and at the Michigan Humane Society pet education center in Rochester Hills. For more information, call (248) 650-1059.

**Calm:** Brian Williams of Westland gives his dog, Sadie, a treat at the class. Behind is Brian's wife, Megan. The couple said they want to take the class to calm their golden retriever down.



**■ The Humane Society classes are available in Westland, Farmington Hills and at the Michigan Humane Society pet education center in Rochester Hills. For more information, call (248) 650-1059.**

## City provides reminders on trash, recycling topics

The City of Westland Rubbish Transfer Site, 37137 Marquette, will be available for use by Westland residents starting Friday, April 7, until Saturday, Nov. 4. The city will have free dump days Friday and Saturday, April 7-8.

Hours will be 9 a.m. to 4 p.m. Fridays and Saturdays. No commercial vehicles or contractors will be allowed. Identification is required.

The fee paid will be based on the type of vehicle items are brought in, with \$13 charged for cars or minivans, \$23 for a small pickup or van, \$31 for a standard pickup or 4 X 6 trailer, and more for larger trailers.

Regular garbage picked up at the curb will not be accepted at the site. Car or truck parts will not be accepted at the site. To schedule removal of household items from the curb, call the Department of Public Service, (734) 728-1770.

Tree branches, shrubs, stumps, dirt and roof shingles will not be accepted. Used motor oil will only be accepted Friday and Saturday by an attendant on duty.

### In other developments:

■ Westland will begin the Department of Public Service compost season Monday, April 3, and continuing through Friday, Dec. 15. Compost will be picked up the same day as regular trash.

Compost must be in cans or brown paper bags specifically designed for yard waste. Leaves and other yard waste put in plastic bags will not be picked up.

Compost should be separated by at least 10 feet from regular trash. All brush or limbs must be in bundles of three-foot lengths and cannot weigh more than 40 pounds. Cardboard boxes containing compost will not be picked up.

■ Westland will begin chipping trees Monday, April 3. Scheduling will begin Monday, March 27. To use the service, call (734) 728-1770. The last call will be taken Friday, Sept. 29, for chipping Friday, Oct. 6.

■ Beginning Saturday, April 1, through Tues-

day, Oct. 31, summer hours for the City of Westland Recyclable Materials Drop-off Center will be 7:30 a.m. to 6 p.m. Monday through Friday, 9 a.m. to 4 p.m. Saturday.

Items accepted include glass bottles and jars, newspapers, aluminum (metal that won't stick to a magnet), metal/steel that will stick to a magnet, plastics, batteries and used motor oil.

Bottles and jars should be washed, with lids and metal rings removed and put in the metal bin. No plate glass is accepted, as are no ceramics, Pyrex cookware, dirty containers or mirrors.

Newspapers should be neatly stacked at approximately 6-15 inches. They should be tied with twine or packed into paper bags. Newspapers must be dry and have no mold. No junk mail, catalogs, phone books, magazines, office/computer paper or cardboard will be accepted.

Cans only are accepted, no scrap metal. Out-of-state beverage cans with no Michigan deposit are accepted, although foil and foil containers are not.

Cans should be rinsed, with the labels removed, ends removed and flattened. No paint or aerosol cans are accepted.

Plastic drink jugs and colored laundry detergent-type jugs, cleaned, are accepted. Lids, plastic bags, caustic material containers (such as drain cleaner) and oil/antifreeze containers are not accepted.

Batteries (flashlight-type, dry cell, watch, camera, hearing aid and others) are accepted. Battery receptacles are at City Hall, the Friendship Center, Westland library, Dorsey Center and cable TV facility.

No medical waste is accepted.

For information on curbside recycling, call (313) 561-0303. Hazardous waste should not be disposed of until you contact either Painter & Ruthenberg at (313) 561-0303 or the Department of Environmental Quality at (800) 662-9278. In addition, the Central Wayne County Sanitation Authority periodically offers a site for hazardous materials disposal. The number is (313) 292-8877.

## Summit to boost business know-how

The Livonia Chamber of Commerce's Livonia Economic Development Partnership and the Michigan Manufacturing Technology Center (MMTC) are co-sponsoring The Work Smart Summit on April 13 at Laurel Manor in Livonia.

The summit is designed to help companies learn more about integrated business and process management systems, and how to use continuous improvement for sustaining growth and increasing profit margins. It runs from 8 a.m. to 4 p.m. and features four tracks on Smart Planning, Smart Business,

Smart Manufacturing and Smart People. Each session runs 45 minutes.

The keynote speaker is Jack Tyson, director of quality and continuous improvement at Lear Corp. He will share his experiences and discuss the keys to continuous improvement for enhancing business operations. The luncheon speaker is Dwight Carlson, founder, chairman and former president of Perceptron Inc. Carlson will provide his perspective and experience on empowering and mentoring for teamwork.

The registration fee is \$95 per

person, or \$80 for two more people from one company, which includes breakfast, lunch and networking reception. Livonia Chamber members receive a special discounted fee.

For information or to register, call Marva Bartell at (1-888) 414-6682, Ext. 4058, or visit the Web site at [www.mmtc.org/summit](http://www.mmtc.org/summit).

A not-for-profit organization, the MMTC is a member of a state and national manufacturing extension partnership dedicated to helping companies with management and technology issues.

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# Local leaders oppose Motor Carrier Bills

BY LAURIE HUMPHREY  
STAFF WRITER  
lhumphrey@oe.homecomm.net

Eighteen Wayne County community leaders came together with a strong message for Lansing.

"The public policy being proposed is so bad, so ill-founded...it seriously compromises the best interest of the citizens in this state," said Jack Kirksey, Livonia mayor and chairman of the Conference of Western Wayne. CWW is an organization of the elected leaders of Western Wayne County, with 750,000 constituents.

CWW representatives argue that House Bills 4927-4932, also known as the Motor Carrier Bills, will endanger the lives of people who drive on local roads and will lead to the deterioration of our roads.

The Motor Carrier Bills, which have already passed in the House of Representatives, deny local governments the opportunity to enforce safety and weight regulations for the trucking industry within community limits.

Enforcement will become the responsibility of the State Police.

Additionally, the money collected in fines will no longer go to local governments for local amenities, but will be directed to three specific areas: County libraries will receive 40 percent, county courts will receive 30 percent and local governments will receive 30 percent to be used only for road repair. The bills restrict local governments from using any of the money to fund the expenses involved in safety road inspections.

Implications of the bills will be far-reaching according to Kirksey.

"Local governments, with the passage of these bills, will no longer have the funds to be able to provide this essential citizen safety service. This diverting of

**'This is another example of unnecessary and inappropriate involvement of the state into local matters.'**

*Jack Kirksey*  
Mayor of Livonia

local fines will significantly reduce local motor carrier enforcement," he said.

The legislation originated with a state representative from a rural area of northern Michigan. Sponsored by Rick Johnson (R-LeRoy), the Motor Carrier Bills are now before the Senate and could be voted on as early as next week.

Wayne County Commissioner Kay Beard, (D-Westland) does not support the bills. She contends that if the bills pass, there will be less enforcement, which could encourage some trucking companies to load more cargo on the trucks. The heavier the truck, the more room they need to come to a stop before hitting whatever is in front of them.

"I've been concerned that these larger vehicles cannot stop in time. It's something all of us on the Commission are wary of," she said. "We need to be vigilant on the safety factor."

The legislation was proposed after trucking companies complained about being unfairly targeted in certain communities. Some truckers claimed to have been ticketed in more than one city on the same route for the same problem.

Kirksey countered, "If there are communities who are irresponsibly enforcing motor carrier operations, deal with them directly. Don't attempt to change the system to correct the actions of a few government units."

He alleged that this proposal is "designed to benefit the trucking industry" at the expense of residents welfare. "The resulting

reduction of highway safety would be an unacceptable price to pay."

Canton Township Supervisor Tom Yack said that Michigan already has the most liberal weight restriction truck laws in America. He shared this information as well as many other statistics with senators who are now considering the bills.

"Instead of discussing carrier enforcement, this committee should be looking at reducing truck weights and improving truck safety inspection programs," he said.

Yack has a large stake in the passage of these bills. Canton is divided by Interstate-275, and has portions of Ford Road and Michigan Avenue in its boundaries.

"We are also home to an active landfill. Trucks from Canada, Michigan municipalities and private waste firms deliver waste to this landfill via I-275, Michigan Avenue and Wayne County roads," he said. "To my knowledge, no state motor carrier officer has ever been seen enforcing the state of Michigan weight or safety regulations on these roads."

## Larger fight

These bills are part of a larger fight between local government and Lansing. If these bills become law, they will be another example of Lansing taking control of local issues from local officials.

"This is another example of

unnecessary and inappropriate involvement of the state into local matters," said Kirksey.

This on-going argument has inspired some municipal leaders to support a ballot initiative which would amend the state Constitution. The Michigan Municipal League is actively seeking signatures to put the amendment question before voters in November. About 80,000 signatures have been collected, but 325,000 are needed by July 10.

The MML is proposing an increase in the amount of support needed at the State level to make a bill a law. The Constitution currently requires a simple majority vote, but the amendment would require support from two-thirds of each house in the legislature. The CWW will vote on supporting the ballot initiative, called Let Local Votes Count, at their meeting next month.

**Opposes bills:** Livonia Mayor Jack Kirksey, as chairman of the Council of Western Wayne County, has taken an active role in opposing the Motor Carrier Bills, which he calls a danger to the public.

## Task force holds hearing on senior long-term care

A special legislative task force studying ways to make it easier for senior citizens to receive long-term care and stay in their homes longer will be holding a public hearing 9-11:30 a.m. Monday, March 20, at the Thomas F. Taylor Towers, 36500 Marquette, Westland, said state Rep. Eileen DeHart, D-Westland, co-chair of the task force.

"Senior citizens in our community have made it clear that they would prefer to stay in their homes as long as possible, and not go to a nursing home," said Rep. DeHart. "This task force is studying how we can help make that possible for Michigan seniors because they deserve a secure retirement."

The task force will examine proposed tax credits for families who care for elderly relatives at home, expanding the Michigan Emergency Prescription Pro-

gram, providing coverage for in-home and emergency prescription fees, legislation to require criminal background checks on home health care workers, and having state-required training for in-home health care workers.

"The task force is interested in hearing the community's thoughts on these issues, as well as any ideas residents have to help seniors stay in their own homes longer," said Rep. DeHart. "My colleagues and I are interested in any proposal that makes it easier for families to take care of elderly relatives at home."

The task force is in the midst of a statewide tour to listen to Michigan residents concerned about long-term care for senior citizens. The task force will make specific legislative recommendations later in the year.

## Schoolcraft hosts college reps on bachelor degree programs

That bachelor's degree you have always wanted isn't a dream. Area colleges offer accelerated bachelor degree programs for motivated adults with work experience and well-developed writing skills. Find out about these programs Saturday, March 18, at a special forum at Schoolcraft College.

The seminar will feature presentations and meetings with representatives from the following institutions: Central Michigan University, Cleary College, Concordia College, Detroit College of Business, Northwood University, Rochester College, Saint Mary's College, Siena Heights College, Spring Arbor College, University of Detroit Mercy, the University of Phoenix, William Tyndale College and Wayne State University.

The programs, in fields such

as business and health administration, trade skills and industrial professions, offer upper division courses during the evening and weekends. Students may receive as much as one year of credit for work experience or training and life activity.

Each institution's programs are different, so it is advisable to listen to all presentations. There will be time to ask questions, browse, collect materials and speak with program representatives. The seminar is free and open to the public, but reservations are required. Presentations begin at 10 a.m. in room 200 of the McDowell Center.

For information or to make reservations, contact the Schoolcraft Counseling Center at 734-462-4400, ext. 5213. Schoolcraft College is at 18600 Haggerty Road, between Six and Seven Mile Road just west of I-275.

## Meeting on vouchers Monday

The Western Wayne County Republican Club will host an informational meeting on the pros and cons of Kids First Yes! school vouchers ballot issue 7 p.m. Monday, March 13 at the Golden Plate Restaurant, 670

Wayne Road, Westland (across from the YMCA).

Participants can order dinner from the menu.

For more information, call Val Wolf at 734-722-0467 or Ida Shelby at 734-722-8848.

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## Virgil Smith announces he'll run for prosecutor

BY KURT KUBAN  
STAFF WRITER

State Sen. Virgil Smith formally announced his candidacy for Wayne County prosecutor Thursday.

The announcement from the longtime Detroit lawmaker, who is trying to succeed the retiring John O'Hair, was widely expected.

Smith, 52, who has represented the Second Senatorial District for the past 12 years, ran against O'Hair in the 1992 and 1997 elections, and was narrowly defeated each time.

Even without O'Hair in the running, this year's election promises to be a difficult one with Livonia's Michael Duggan and Plymouth's George Ward expected to be Smith's main opponents.

All three men have powerful backers in the political world.

Duggan, who has already announced his candidacy, has the support of Wayne County Executive Ed McNamara.

Ward, who has said he will officially announce his candidacy on March 20, has been an assistant in the prosecutor's office for 14 years. O'Hair has endorsed Ward to be his successor.

Smith, who also spent 12 years as a state representative prior to being in the Senate, has secured the backing of Detroit Mayor Dennis Archer and former Attorney General Frank Kelley.

"I want to fight for our children, for those who are trying to do the right thing and for those who have lost their way," said Smith, who made his announcement at Detroit's Dave Miller UAW Retirees Building.

"I want to ensure that our children, youth, and seniors feel safe to live, work, play and worship in their own neighborhoods."

Prospective candidates still have until May 16 to file their candidacy for the office.

## Schoolcraft sets April 9 open house

Learn how to apply for college, choose classes, get financial aid and find a program that fits your career plans at Schoolcraft College's College Expo, Sunday, April 9.

Visitors can drop in from noon to 3 p.m., tour the campus, talk with current students and explore the range of programs available to lifelong learners.

The College's various divisions will present information for graduating high school seniors, adults who have not attended college or have some college but have not earned a degree, for those seeking personal enrichment classes, and for parents interested in summer enrichment courses for their children.

Prospective students can learn about admissions, financial aid, scholarships, career planning, tutoring, student activities, athletics, distance learning and Continuing Education Services.

The event includes free materials, a lab with computer-based course sampling, and faculty members available to answer any questions. Public safety will

display the police, fire and EMT vehicles. Culinary arts will have a table display. Computer assisted drafting and electronics will demonstrate software, and computer graphics technology will host a hands-on workshop. Biology will demonstrate techniques used in DNA fingerprinting, and Continuing Education Services will have materials available on its program for gifted and talented children. A group of students from communications arts will provide storytelling for younger visitors.

Schoolcraft offers the first two years of a university education, as well as one and two-year programs leading to a specific career.

Students will find small classes of fewer than 30 students.

tuition that is approximately half that of a four-year university and the option to live at home and maintain a job while earning a college degree.

For information, call the Office of Admissions at (734) 462-4426.

## Seminar focuses on mental health and substance abuse

Madonna University will offer a substance abuse course this spring. "Dual Diagnosis: Substance Abuse and Mental Health" will be held 6-10 p.m. Friday and 8:30-5:30 p.m. Saturday, April 7-8. This is an introductory class to understanding the assessment and treatment of individuals who have a dual disorder of mental illness and chemical dependency. The non-

credit fee is \$100. Students can earn 1.5 continuing education units.

Madonna University is at I-96 and Levan Road in Livonia. Students may register by mail, fax and in person. These courses are also available for degree credit, even if you are not an admitted student at Madonna University.

For information, call (734) 432-5731 or fax (734) 432-5364.

For Entertainment News  
See Thursday's Observer

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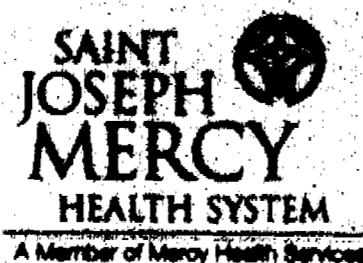
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Kingsley Inn 1:30 P.M. - 4:00 P.M. Long Lake & Woodward Ave. Bloomfield Hills, MI	Townsend Hotel 7:00 P.M. - 9:30 P.M. S. of Maple, W. of Old Woodward Birmingham, MI	Kingsley Inn 1:30 P.M. - 4:00 P.M. Long Lake & Woodward Ave. Bloomfield Hills, MI	Kingsley Inn 7:00 P.M. - 9:30 P.M. Long Lake & Woodward Ave. Bloomfield Hills, MI

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# Airport awards runway job to two Macomb contractors

By KURT KUBAN  
STAFF WRITER

Last week Metro Airport officials accepted a \$44.77 million bid for the construction contract of the main 4-22 runway, a key component of the massive Midfield Terminal project.

The low bid was proposed by the joint venture of Dan's Excavating and Ajax Paving, both Macomb County-based contractors.

The 10,000-foot-by-150-foot project will account for 95 percent of the take-offs and landings at the new mile-long terminal that has a price-tag of \$1.2 billion.

"This runway is going to give us a superior airfield and make us very competitive with other major airports," said Michael Conway, Metro's information director. "It is the piece of the puzzle that is going to guarantee the success of this airport."

Although signatures are still needed from the county's purchasing department and executive office before it becomes official, Metro officials and representatives from Dan's and Ajax expect to begin construction on the runway sometime in April. It is scheduled to be completed in December, 2001, the same month the entire Midfield project is expected to be finished.

However, the bidding process has not been without its share of controversy. Claiming they had miscalculated the breadth of the project, county officials rejected a previous round of bids made last November.

John Carlo Inc., a Mt. Clemens-based contractor, which had presented the previous lowest bid of \$66 million, challenged the legality of the re-bidding process.

Noting the county had the legal right to reject all bids, Wayne County Circuit Judge Kathleen Macdonald threw out the challenge in early February. That decision opened the way for the county to accept the new bid.

Metro officials believe their decision to reject the previous round of bids was fair because an entire taxiway was eliminated and the building materials were overestimated.

"We felt the scope of the project changed significantly enough that the prudent thing was to re-bid it," said Conway.

Attorney Sam Damron, who represents John Carlo, said the company is waiting for the county to make an official announcement on the new bid and may take further legal action at that time.

In the meantime, representatives for Dan's and Ajax are

happy about getting the contract and are ready to get moving on the work.

"It is unfortunate the way the bidding process went," said John Otto, vice president of Dan's Excavating, which had also proposed a bid last November. "Wayne County probably could have handled the situation a little better, but this is the type of project we excel at and we're excited about moving forward."

The \$44.77 million contract is only one part of the larger \$119 million runway project, which also calls for property acquisition, drainage, wetlands mitigation and road relocation.

The construction of the runway will disturb 168 acres of existing wetlands. Because of Michigan Department of Environmental Quality requirements, the airport replaced them by adding 277 acres of wetlands to the Crosswinds Marsh Wetland Interpretive Preserve in Sumpter Township.

The new runway will also force the county to relocate portions of both Wayne and Goddard Roads, which will be moved at separate times to minimize traffic problems.

"We will be building the new runway and doing road relocation at the same time," Conway said.

# Airport recommends vendors

Metro Airport officials presented their recommendations for the new Midfield Terminal's 80 retail and restaurant operators to the county's Commission on Roads, Airports and Public Services.

The presentation took place Thursday at the county's Warren Valley Golf Club.

While the list of recommended vendors included many familiar names, such as Burger King, Olga's Kitchen, and a PGA Tour Shop, there are also those of a

more local flavor, including The Motown Bar & Grill and Henry Ford Museum.

County officials believe the airport's revenue will nearly double because of the new retail shops and restaurants.

"Revenue from retail earns approximately \$19 million for the airport today," said Wayne County Executive Ed McNamara. "The midfield concessions alone are estimated to earn in excess of \$22 million."

Officials also boasted that

nearly half of the new shops are owned by either minorities or women.

"The percentage of minority, disadvantaged and women owned participation, we believe, will lead all U.S. airports," McNamara said.

The commission is expected to make a decision soon.

For more information and a complete list of the vendors, check the airport's website at [www.metroairport.com](http://www.metroairport.com)

# Schoolcraft designated small business center

Schoolcraft College has earned the designation Small Business Development Center Satellite Center from the Michigan SBDC Network. The College's Business Development Center provides entrepreneurial and export business assistance to small and medium-size businesses.

Among the programs available at Schoolcraft are:

- government contracting assistance
  - customized training programs
  - apprentice training
  - organizational performance consulting
- The Michigan SBDC Network, a program of the U.S. Small

Business Administration and Wayne State University, provides small business with counseling, training, research and advocacy for existing and emerging small businesses in all of Michigan's 83 counties. The organization seeks to improve profitability and reduce failures among small businesses, the most important job-creating sector of Michigan's economy.

For more information, please contact the Business Development Center at 734-462-4438 or [bidc@schoolcraft.cc.mi.us](mailto:bidc@schoolcraft.cc.mi.us).

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## Dr. Lanore Najor joins our Canton health care team!

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**Lanore Najor, DO**

Formerly a senior physician of the Henry Ford Medical Group and a registered nurse at Harper Hospital, Dr. Najor brings ten years of experience

and a track record of exceptional patient care to our practice. With IHA since 1998, a warm and caring approach characterizes all her interactions. Dr. Najor is currently accepting new patients beginning at age fourteen.



**Gary Peppin, MD**

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# Sports & Recreation

The Observer

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Sunday, March 12, 2000

## OBSERVER SPORTS SCENE

### Knights rule tourney

The Livonia Knights, a Pee Wee AA travel hockey team, defeated Belle Tire, 3-1, to capture the Michigan Amateur Hockey Association championship March 5 at Port Huron's Glacier Pointe Arena.

The Knights beat the Copper County Cougars (6-1), Monroe Hawks (5-1), Sault Ste. Marie (6-1) and the Port Huron Flags (3-2) en route to the finals.

Members of the Knights, who advance to Oswego, N.Y. for the nationals, include: Matt Fortier, Garrett Radford, Sean Sachau, Adam Stoner, Steve Slivovski, Chris Fairbanks, David McGrorty, Craig Dulman, Chris Barczuk, Jim Nawrocki, Kevin Horal, Tony Swarthout, Jeff Paison, Zac MacVoy, Justin Bolla and Steve Mnich.

Coaches include Pat Fairbanks, Doug Blanz, John Swarthout and Kevin Fairbanks. The team manager is Jim Radford.

### Coaches honor Howton

Former Wayne Memorial football coach Chuck Howton is among 20 honorees at the Michigan High School Football Coaches Association Hall of Fame banquet Saturday, April 15 at Crisler Arena in Ann Arbor.

Howton, who retired two years ago, finished with a 60-57 varsity record with the Zebras in 13 seasons, including one state playoff berth (1992).

Cocktails will be served at 5:30 p.m. followed by dinner at 6:30 p.m. The program starts at 7:30 p.m.

Featured speaker for the Hall of Fame banquet is University of Michigan coach Lloyd Carr.

Tickets are \$20 per person. Checks should be made payable to the MHSFCA and sent by Friday, April 7 to: Ivan Muhlenkamp, Ticket Chairman, Hall of Fame Banquet, 21000 Lakeview Avenue, St. Joseph, Mi. 49085.

For more information, call Don Lessner at (734) 671-6072.

### Football conference

The Michigan High School Football Coaches Association will stage its Team Leadership Conference 2000 Saturday, July 29 at Michigan State University's Wilson and Holden halls.

Registration is from 8-9 a.m. followed by the conference for high school players and coaches from 9 a.m. to 1 p.m. The purpose of the conference is to provide leadership skills for both players and coaches to enhance their programs.

Pre-registration is \$40 (if post-marked by Saturday, July 15 or \$50 a the door. No phone registrations will be accepted. Included in the cost is continental breakfast, lunch, T-shirt, resource materials, ticket and program for the MHSFCA All-Star Game at Spartan Stadium.

To register, mail to: Fred Davis, 794 Fairway Court, Gaylord, Mi. 49735. Checks should be made payable to the MHSFCA.

For more information, call (616) 546-3205.

### Stampede of Races

The second annual U-M Heart Care/Domino's Stampede of Races will be Saturday, April 8 at Domino's Farms in Ann Arbor.

The first entry deadline is March 13. Fees are \$15 for the 20- and 10-kilometer races, along with the 5K run/walk. Cost is \$5 for the Mitral Mile and Mini-Mitral (400 meters).

Entires may be printed off the event web site at [www.AthleticVentures.com](http://www.AthleticVentures.com) or enter online with a credit card.

For more information, call (734) 332-3981.

### Youth baseball tryouts

Tryouts for the Westland Federation Wildcats, a 12-year-old Little Caesars travel baseball team, will be at 6:30 p.m. Tuesday, March 14 and Friday, March 17 at the John Glenn High School gymnasium.

For more information, call Shawn Dunford at (734) 595-3496.

To submit items for the Observer Sports Scene, write to: Brad Emons, 36251 Schoolcraft Road, Livonia, Mi. 48150, or send via fax to (734) 591-7279.

# Franklin falls prey in regional

## Rocks solid; Pats ousted

BY BRAD EMONS  
SPORTS WRITER  
bemons@oe.homecom.net

There was happiness on one end of Joy Road, sadness on the other end.

Plymouth Salem proved the fourth time could be a charm, repeating as Class A regional volleyball champions Saturday at Saline with a 15-8, 15-12 victory over Western Lakes Activities Association nemesis Livonia Franklin.

The Patriots, who beat Salem three times during the regular season, bow out at 45-8-2 overall and regional runner-up to the Rocks for the second straight year.

Meanwhile, Salem, 44-11-1 overall, advances to the state quarterfinals, 7:30 p.m. Tuesday at Eastern Michigan University's new Convocation Center. The opponent will be the Temperance Bedford regional champion.

Salem did in the Patriots with soft serves just over the net, stellar digging and well-placed tips.

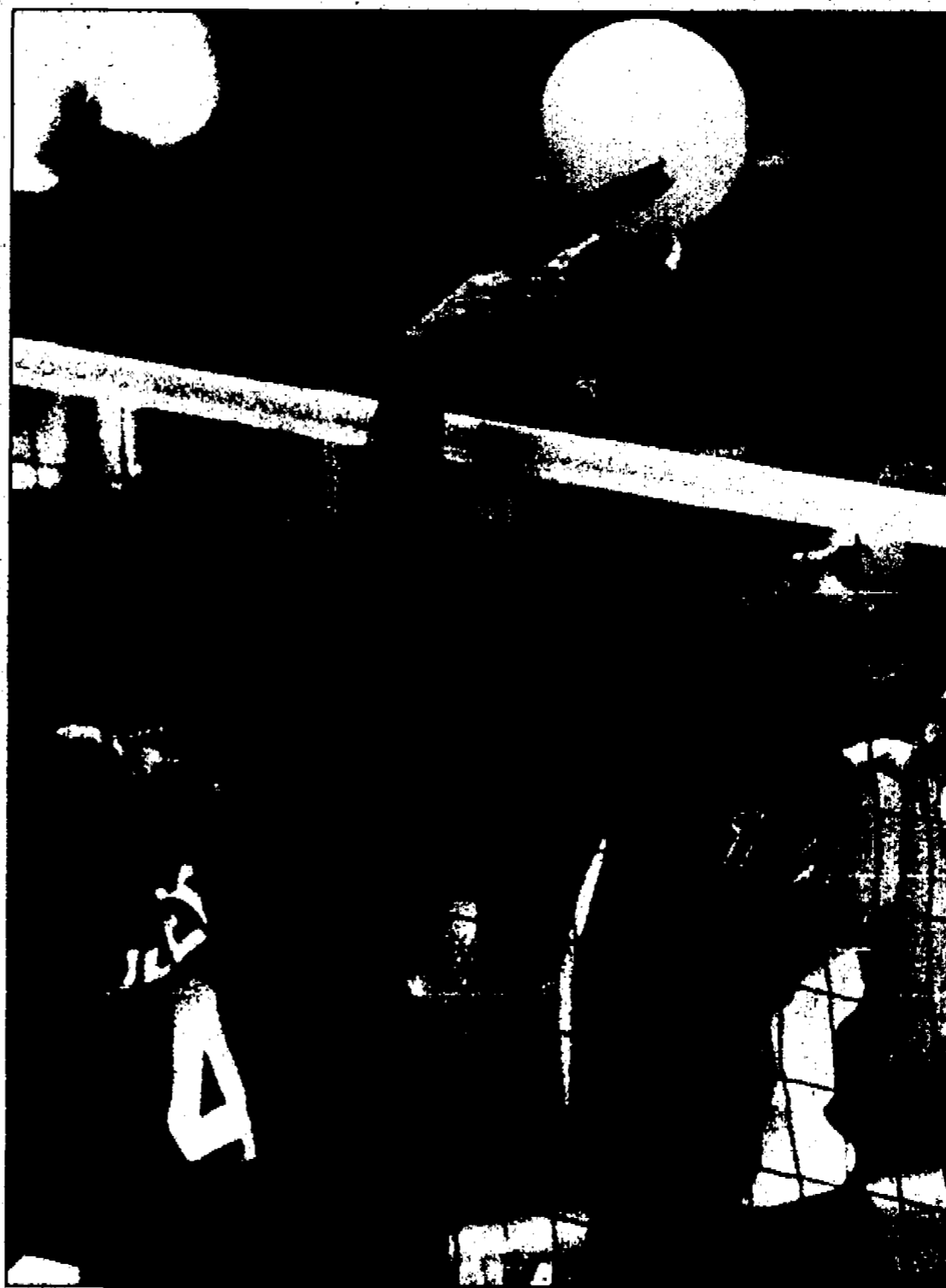
Senior Amanda Suder led the Salem hitting attack with 12 kills, 21 digs and five ace serves. Denise Philips added eight kills, while setter Jill Dombrowski had 25 assist-to-kills.

Franklin's senior hitting tandem of Tera Morrill (eight kills) and Andrea Kmet (nine kills) were often neutralized by the off-speed shots and the serving of Suder and Kelly Jaskot.

"We were trying to pull their hitters up to the net and get their weaker passers involved," Teeters said of his strategy to beat the Patriots. "Tera is not only their best hitter, but she's also one of their best passers. We also decided to put Amanda (Suder) against their setter Lyndsay (Sopko) because it was a better matchup. We didn't block Tera, instead we had Amanda digging against her."

"We knew the matchup was not 'Suds' versus Tera because we knew Lyndsay liked to get Tera the ball."

Jaskot got on a roll in the first game, serving at one point eight straight points. She also had a five-point run in the second game to help overcome an 8-1 deficit.



STAFF PHOTO BY TOM HAWLEY

**Effective placements:** Plymouth Salem's Amanda Suder (left) tips the ball past Livonia Franklin setter Lyndsay Sopko.

"The frustrating aspect of their game plan is that we had prepared for it," Franklin second-year coach Mary Helen Diegel said. "We were aware of it as far as the different tactics, as well as their offenses and defenses."

"They could not be more prepared, but in tense situations like this you have to play with experience and from motor memory."

"Salem had an 'on' day and we just didn't execute."

In the morning semifinals, the Rocks had a difficult time disposing a scrappy Adrian team for the second time this season, 13-15, 15-9, 16-14 (capped by two Jaskot ace serves at 14-11).

The Maples, who lost to Salem in three games at the Bedford Tourney, were led by 5-foot-11 junior Catherine

# Shamrocks reach state finals again

BY KURT KUBAN  
STAFF WRITER

Dominating every aspect of the game, Redford Catholic Central trounced Troy 6-1 in a Division 1 semifinal game Friday at Flint's IMA Sports Arena.

The victory moved CC (25-2) within one win of clinching its second consecutive state title, and fourth in seven years.

Led by senior Dave Moss's hat trick and a punishing defense, the Shamrocks opened the game up with a four-goal second period, giving them a 5-1 lead and crushing Troy's spirit.

Despite being outshot 14-3 in the first period, Troy was able to keep heavily-favored CC in check. Troy goalie Jim Geldhof made several good saves in the period, but Moss was finally able to break the spell with a 4-on-3 power-play goal at the 12:45 mark.

However, Troy bounced right back on a goal by Kyle VanderBuesche with 18 seconds left in the period. The goal seemed to give the Black Hawks the momentum going into the dressing room.

"They played well in the first period,"

## PREP HOCKEY

said Moss, who also had an assist. "We couldn't get anything by Geldhof."

Whatever Geldhof had been able to do to them in the first period, the Shamrocks solved the problem in the second.

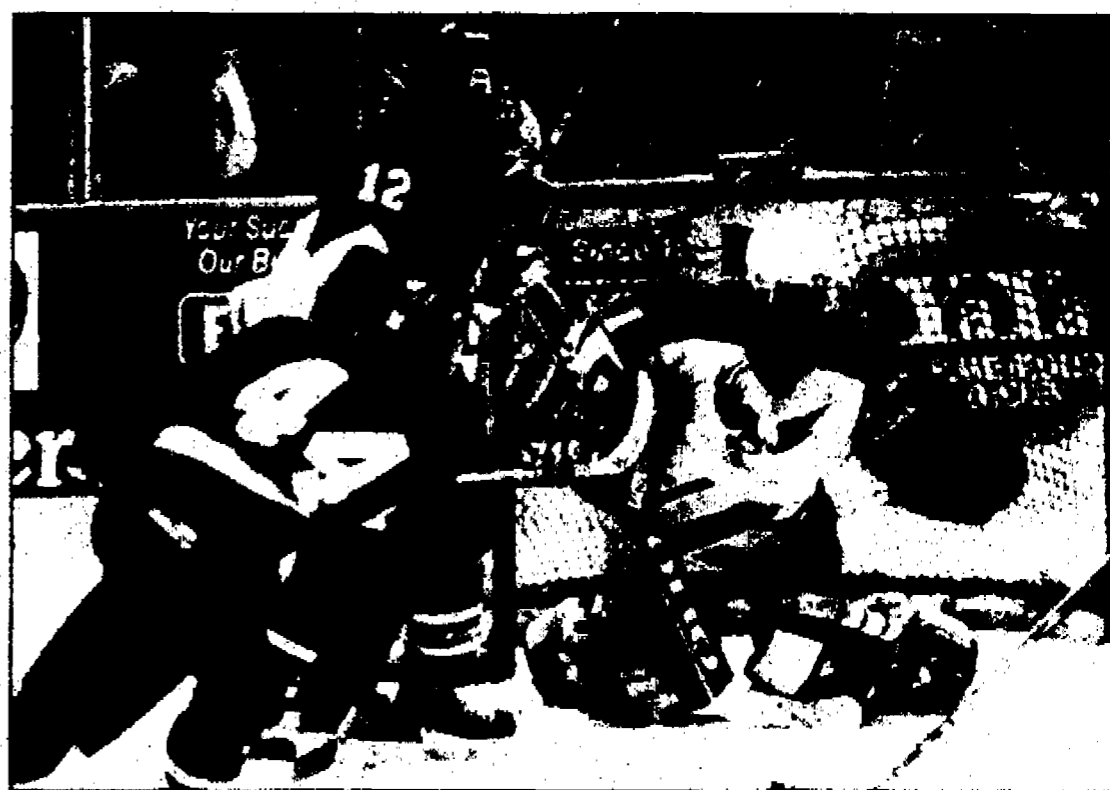
Right from the opening face-off, they turned up the pressure. Brett John scored at the 6:25 mark, and Moss scored less than 70 seconds later.

At the same time, CC totally stifled Troy's offense. For much of the game CC goalie Ben Dunne saw little action. The Shamrocks held Troy to just five shots in the second period, and Dunne didn't face a shot until less than a minute remained in the third.

For the game, CC which also got goals from captain Brandon Kaleniecki and Mike Ratigan, outshot Troy 37-9.

The Black Hawks finished the season with a 18-6-4 record.

"We wore them down. There's no question about that," CC coach Gordon St. John said. "We were able to get the puck down low, and we hammered it well."



STAFF PHOTO BY BRYAN MITCHELL

**Shamrocks goal:** Catholic Central's Dave Moss (No. 44) fires the first of his three goals past Troy Unified netminder Jim Geldhof as CC's Jim Spiewak (No. 12) jockey for position.

Troy's frustration began to show as they were skating off after the second period, when Geldhof shattered his stick against the boards. It continued into the third when Derek Cox and Ryan VanderBuesche were sent to the dressing room early after drawing game misconduct penalties for their rough play.

"This is not the way we wanted to finish the season," Troy coach Todd

Whitelaw said. "I think we were a little starstruck, and got caught watching them too much. We were too wound up, and took ourselves out of the game."

Despite the impressive victory, the Shamrocks, who play Alpena in Saturday's final, downplayed its significance.

"We still haven't won anything yet," Moss said.

**Editor's Note:** Saturday's state final will appear in Thursday's Observer.

# Schoolcraft's Brown, Bigby hailed

Schoolcraft College's Robert Brown collected several post-season honors, including nomination for NJCAA All-American honors.

A 6-foot-4 sophomore forward from Oak Park, Brown was named to the NJCAA Division I All-Region 13 team, the All-Michigan Community College Athletic Association team and first-team All-Eastern Conference.

The Central Michigan University transfer led SC in scoring, averaging 18.9 points per game, and rebounding, at 11.2 per contest. He connected on 122-of-339 floor shots (65.5 percent) and had 3.3 assists a game.

## MEN'S COLLEGE HOOPS

Several other Ocelots collected honors as well. Lamar Bigby, a 6-5 sophomore guard, collected All-region, All-State and All-Eastern Conference honors as well. The Detroit Northern product averaged 16.7 points, 5.7 boards and 3.4 assists per game.

Gilbert Mitchell, a 6-4 sophomore guard from Detroit Cody, earned All-region and All-Eastern Conference honors. Mitchell averaged 13.3 points a game, making a team-best 73 three-pointers (hit-

ting 40.8 percent). Last but hardly least, SC coach Carlos Briggs was named Eastern Conference Coach of the Year after guiding the Ocelots to a 24-7 record and a conference championship.

### Ocelots' Kirkland commits to WSU

Reggie Kirkland chose to stay close to home when he committed last week to attend Wayne State University.

A 6-foot-3 sophomore guard from Romulus High averaged 6.0 points and 3.8 assists per game, making 24-of-59 of his triple tries (40.7 percent).

## Ex-North American players saluted on 25-year-old team

The North American Hockey League has named its all-time all-star team, dating from the league's inception in 1975. Seventeen former NAHLers have gone on to play in the National Hockey League.

Of the 18 players on the all-time squad, several have local ties. The most recent is David Legwand, the Plymouth Whaler standout who is cur-

rently playing with the Nashville Predators.

Others named to the team are defenseman Don McSween, a Plymouth native who played at Michigan State and for the NHL's Anaheim Mighty Ducks, and goalie Brent Johnson, a Farmington native who played for Owen Sound in the Ontario Hockey League and the NHL's St. Louis Blues.

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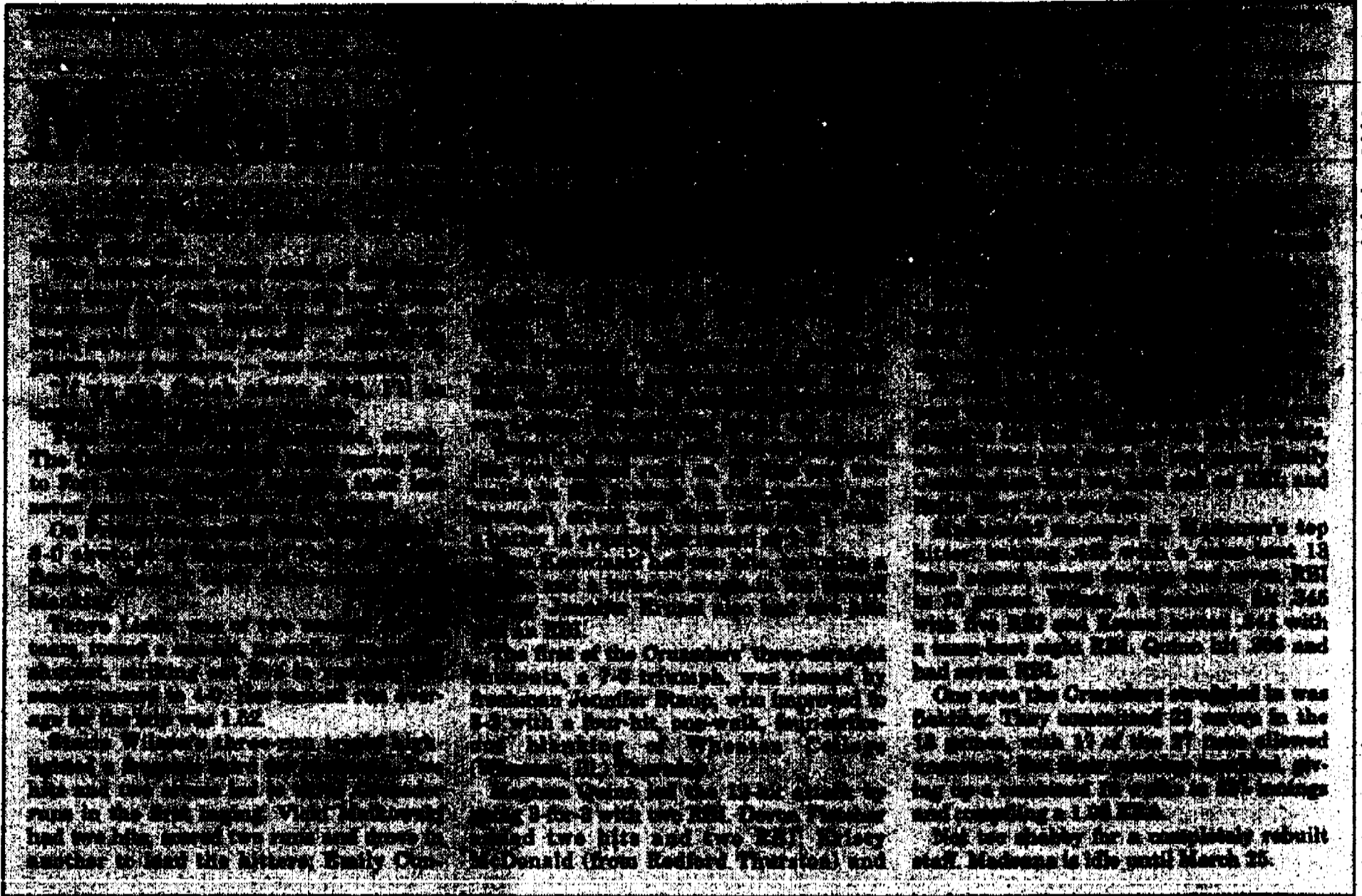



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## Crusaders show success on Florida swing

Madonna University was in the process of winding up a very productive spring baseball trip in Cocoa Beach, Fla. The Crusaders defeated Way-

nesburg (Pa.) College, 4-3, Friday to improve their spring mark to 10-3-1. Earlier in the day Madonna played a seven-inning, 10-10 tie with West Liberty State.

Nick Newman got the win in the second game, hurling two innings in relief of starter Jeremy Stevens. He gave up two hits, including and walked three but the three runs he allowed on a three-run home run were unearned.

Madonna had taken a 4-0 lead after he came in to pitch. Newman was 2-0 with a 3.27 overall.

Roy Rabe (Livonia Stevenson) and Bob Hamp had two hits apiece for the Crusaders while catcher Lance Siegwald stroked three. Rabe and Eric Lightle (Livonia Churchill) had the only two RBI by Madonna.

Ryan Andrzejewski (Plymouth Salem) worked 5 1/3 innings against West Liberty State,

### BASEBALL

allowing 13 hits, walking two and fanning two. He was touched for seven runs, two unearned.

James O'Connor (Redford Catholic Central) worked an inning and gave up an unearned run while Derick Wolfe and Rabe each got an out.

The Crusaders scored a run in the bottom of the seventh to create the 10-10 tie.

Neil Wildfong (Plymouth Canton), Todd Miller, Wolfe, Jason Brooks and Lightle had two hits apiece for Madonna.

Nick Dedeluk (Redford Thurston) drove in three runs while Wolfe and Rabe had two RBI apiece.

Through 13 games, Rabe was the squad's leading hitter at .462 among those with 10 or more at-

bats. Dedeluk was next at .429 while Brooks had a .410 average.


The team was batting .339 but only had two home runs, one by Dedeluk. Brooks and Todd Miller led the team with 10 RBI apiece.

O'Connor had a 1.80 ERA to lead pitchers with 10 or more innings pitched. He was 0-1.

Mitch Jabczynski was 1-1 with a 2.13 ERA and Stevens had a 2-0 mark with a 2.57 ERA. The staff ERA was 3.10.

Highlights from earlier in the trip included a three-hit five-inning shutout by Westland John Glenn's Dale Hayes (one walk, one strikeout) in a 16-0 thrashing of Columbia Union.

Marfo D'Herin (Redford CC) had four RB in a 12-8 victory over Columbia Union and Jabczynski allowed five hits in seven innings of a 4-1 win over Bethel (Ind.) College.



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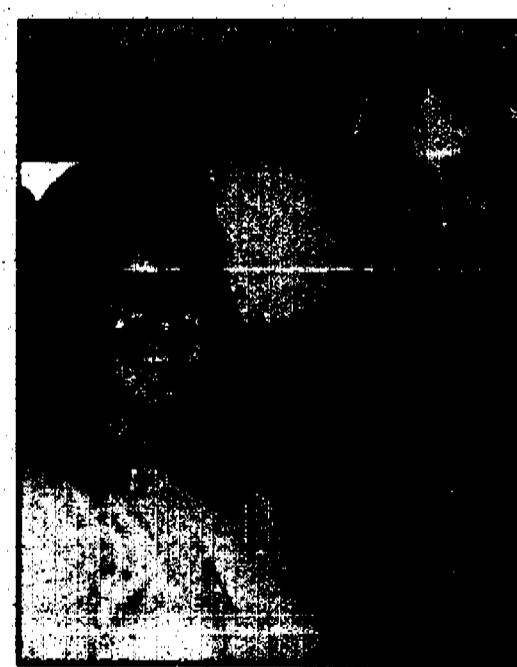
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# Borgess prevails in finals

BY RICHARD L. SHOOK  
STAFF WRITER

Redford Bishop Borgess is on its way to the regionals. Detroit Benedictine took the long way home.

Bishop Borgess tumbled Benedictine, 62-51, Friday night to capture the District 75 title in the Class C segment of the state high school basketball tournament.

The next task for the Spartans will be in the Riverview Gabriel Richard regional against the winner of Saturday's night's district final at Flat Rock between the host team and Gabriel Richard.

"We told the kids that the road doesn't do anything but get harder from here," coach Charles Albright of the Spartans said. "This was just one piece of the puzzle and we've got two pieces ahead of us."

Also in the Gabriel Richard regional is Detroit St. Martin de Porres, a chief Class C contender and always a favored rival of the Spartans (10-12). It's not unthinkable to forecast a Borgess-de Porres regional final.

"This is the way it is every year," Albright said. "It seems like we always run into de Porres. We look forward to it."

"But at this stage of the season you have to take it one game at a time and take it from there."

The game turned late in the second quarter when Benedictine (13-8) watched a 22-14 lead unravel.

The Ravens missed their last eight shots of the quarter and six free throws in a row before finally hitting one with no time showing on the clock.

Albright scolded his team about its lax rebounding at one point and the Spartans immediately picked it up. They were outboarded, 14-4, in the first period and 50-33 for the game but from the mid-point of the second quarter on it was fairly even.

"The first half they were really killing us on the boards," Albright said. "The second half, we got a few key rebounds."

Donald Didlake made two free throws and a three-point play and Khalil Mims closed a 15-1 run with four straight free throws to help Borgess regain the lead, 29-23, entering the third period.

A key factor for the Spartans was the play of 6-foot-2 junior Jose Kincannon, who played both ends of the court at 150 percent of speed.

"He brought us back," Albright said. "He just plays hard. He gives us so many extra possessions."

"He's relentless. Sometimes we have to tell him to slow down. He plays too fast and too hard."

Kincannon scored nine points, third high on his team. Kendrick Jones scored 14 and Didlake led with 22.

Angelo Bell led the Ravens with 18 points, including a bundle of key hoops while scoring nine points in the third quarter. Junior Brandon Proby was next with 13.

Bell made a basket with 4:58 left in the third quarter, making it 34-29, and got into what looked to be an edgy but friendly smack-talking contest with Didlake before completing his three-point play with a free throw.

Bell got another three-point play to cut the deficit to 34-33 but Didlake answered with a critical triple from the right wing to stabilize his team.

"I knew we were in trouble," Albright said, "when I looked up in the stands and saw my mother telling me what to do."

Benedictine got within two, 37-35, with 3:10 left in the third quarter but Borgess made 4-of-6 free throws and Jones hit two baskets to send the Spartans into the final period with a 47-39 lead.

"We had to settle down," Albright said. "There was a lot of emotion in this game."

"A lot of these kids went to grade school together, live in the same neighborhood and just know each other real well. The biggest part of this game was setting everybody down."

Free throws played a big part. Borgess was sharp at the line until the final two minutes, making 21-of-34 overall.

Missing six free throws in a row in the second half of the second quarter hurt the Ravens and going 12-for-32 from the line in the game wasn't helpful either.

# Lahser nips Falcons for district title

BY DAN O'MEARA  
STAFF WRITER  
domeara@oe.hometown.net

Pressure? No problem for Bloomfield Hills Lahser junior James Mathis, who scored the last point at the free throw line Friday to give the Knights a thrilling, 48-47 win over Farmington.

His three-point play in the final seconds enabled Lahser (17-5) to win its first district championship in boys basketball since 1996.

The Knights will play either Southfield-Lathrup or Birmingham Groves in a regional tournament game 7 p.m. Wednesday at Lathrup.

"The beauty of it is we didn't do anything different than we did the other 21," Lahser coach Chris Drogosch said. "I told the kids we had a good shot at winning, and we just had to keep playing hard."

Farmington's C.J. Whitfield had just made two free throws with 20 seconds left to give the Falcons a 47-45 lead.

On the ensuing possession, Lahser senior Brandon Cassar spotted Mathis open underneath the basket and delivered the ball from the wing.

Mathis made the layup and was fouled with 5.2 seconds on the clock. After a Farmington timeout, he converted the free throw for the winning point.

"Fortunately, I think two (Farmington) guys fell down and James was wide open," Cassar said. "I was surprised he was that wide open. I just tried to get it to him as quick as I could, and he finished beautifully."

"I was thankful my teammate

was able to give me the ball in that situation," Mathis said. "I knew I had to go out there and be a captain and sink the free throw."

That was the first of two big plays for Lahser at crunch time. The first was a three-pointer by Cassar with 1:37 to play that tied the score at 45.

"It was supposed to be a pick and roll for (senior) Joe (Finland) or James," said Cassar, who shot the ball from the same spot he later passed to Mathis.

"I was spotting up on the block. My man got caught in a double pick, and I was wide open. When I let it go I thought it was way right, but it edged in."

"Those were two of the set plays we've run all year," Drogosch said, adding Finland set screens on both. "They're nothing I drew up special. Joe, James and Brandon executed so well."

Following Cassar's three, Farmington made a turnover and Lahser decided to play for the last shot, but Whitfield stole the ball and was fouled going to the hoop.

After Mathis' three-point play and a Farmington timeout, Whitfield dribbled up court and was fouled on the floor with 1.7 seconds left. The Falcons attempted to inbound the ball, but Finland knocked it away as time ran out.

Mathis and Finland scored 12 points and had 13 rebounds apiece to lead the Knights, who also had 11 from Cassar. Junior Ryan Cassar tossed in five.

Senior Justin Milus scored a game-high 16 points for the Falcons (17-6). Junior Matt Mikel

had 13 (all in the second half) and Whitfield 10. Senior Chad Seaborn added six.

The Falcons took a 38-30 lead into the fourth quarter, but the Knights closed to 39-35 when Finland made three of four free throws — the last two on a technical foul.

He missed the first but was given another two-shot opportunity when a Farmington player raised his arms while Finland was shooting. That's when Farmington coach Denny Mikel received the T for being out of the coach's box.

"I was trying to get an explanation from the official why they were giving the shooter two more shots," Mikel said. "Usually they warn you or tell you to back up (when the coach is out of the box), but he didn't do that in that situation."

A 6-0 run on baskets by Finland, David Kemsley and Mathis tied the score at 41, but Milus and Whitfield answered with ducous to give the Falcons a four-point lead with 2:45 remaining. Another Finland free throw made it 45-42.

"We stayed with man and probably should have gone zone," Mikel said. "We didn't want to give them any open shots on the perimeter, but they ended up dumping it inside."

Lahser played well in the first half, leading by eight late, while Farmington seemed to struggle. But the Falcons got within two at halftime, 23-21, as Milus (four) and Whitfield combined for the final six points.

"We just didn't seem to get in sync," Mikel said. "We were hoping to get up on Lahser and have

them play catchup. We never did and weren't able to use some strategy."

"We would've liked to use more zone but were afraid to. We stayed with man and, for the most part, the kids did a good job."

The Falcons turned it around in the third quarter, hitting seven of nine shots (78 percent) and outscoring the Knights, 17-7. Matt Mikel had 11 points, including three triples, in that period.

"I felt pretty good when we were up by eight," Mikel said. "We were playing better and had momentum going our way. To their credit, the Knights came back and played us tough."

"In a game like that, whoever gets the breaks at the end is going to end up winning the game. The kid hit the foul shot, that was a big-time free throw."

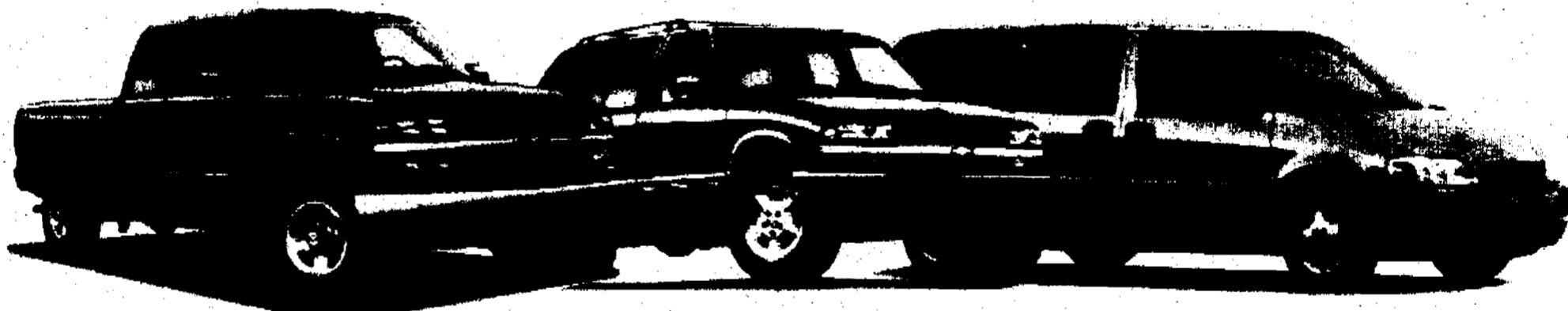
"When we got down 10, we took a timeout and said we knew we were going to face some adversity," Drogosch said. "We said 'Let's put that behind us,' and the kids responded very well."

The last time the Knights, Division 3 champions in the Oakland Activities Association, won league and district titles in the same year was 1976.

"Other years we lost to West Bloomfield in the first round," Cassar said. "After we got by Harrison, we knew we had a chance."

"After the last four years, I think we turned a lot of peoples heads this year. We played Lathrup and Groves this year, and I think that's a very winnable game."

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CLASS B DISTRICT BASKETBALL FINAL

Top-rated St. Mary's Prep rolls by Redford Thurston

Redford Thurston basketball coach Brian Bates knew Orchard Lake St. Mary was arguably the best team in the state.

host Eaglets were Friday night as OLSM cruised to an easy 75-42 win in the Class B district final.

why they're the best," said Bates. "Personally, I think they were at the top of their game tonight. They hardly missed any shots. They must have shot 70 percent tonight. When they did miss, they got the rebounds.

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"Our tallest player (Jesse Dooley) was shorter than their shortest player." St. Mary (23-0) turned a 26-6 advantage after the first quarter into a 55-19 rout by halftime.

"We went right in against them and drove the lane and took our shots," said Bates, "but we didn't hit them early and kind of got down a little mentally. We were scrapping and we boxed out, but we were just undersized."

Dooley and Joe Wilson led the Eagles with nine points each, while Jared Kazmierczak added eight. Kazmierczak and Dooley also had six rebounds each.

Maurice Searight led OLSM with 24 points, while Jermaine Gonzalez had 13.

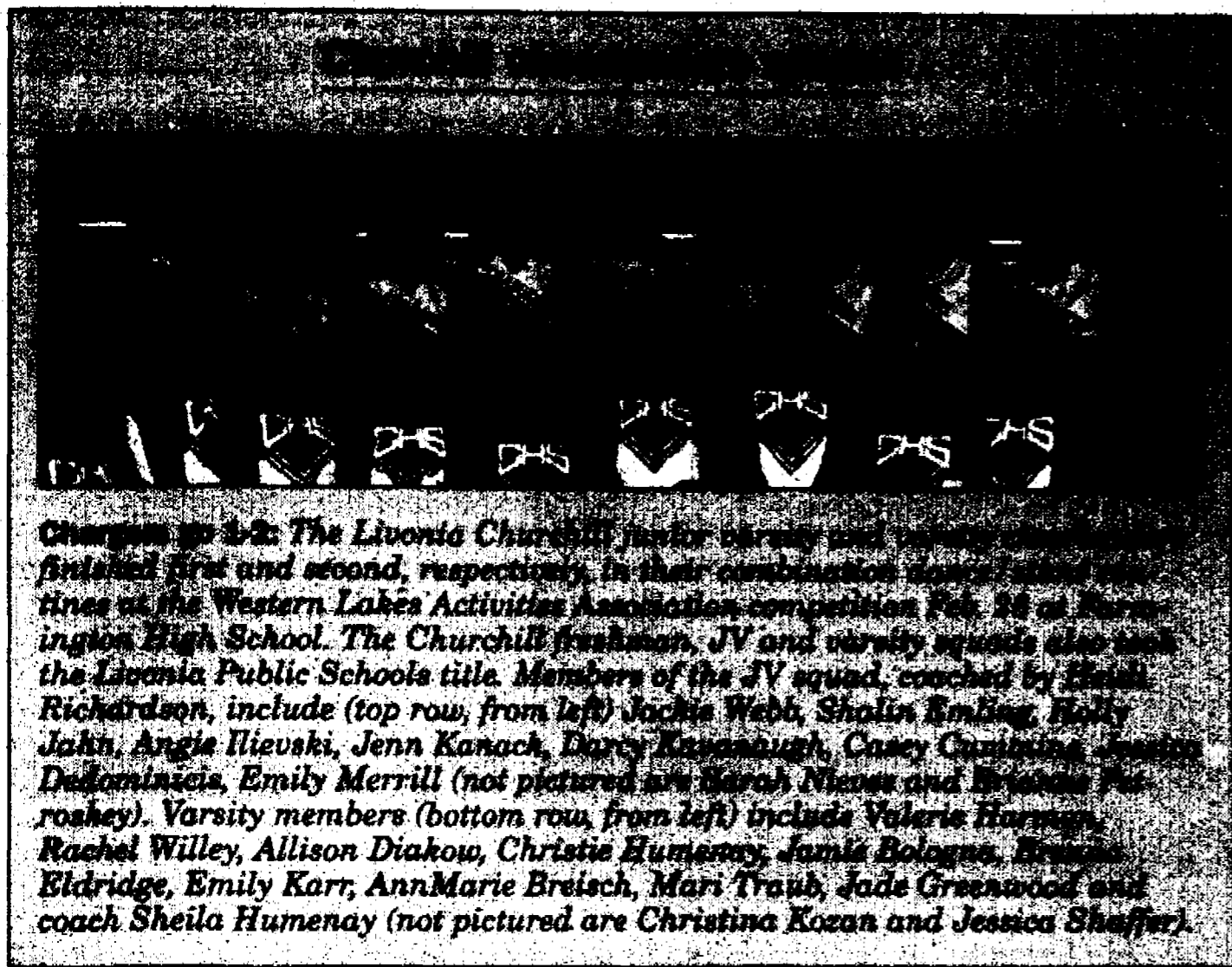
"We got a lot of open looks, we just couldn't knock down our shots," said Bates after his team ended its season at 11-11. "Maybe we were a little intimidated. There were a lot of nerves there; we'd never played that type of competition."

"We played hard, but it was a combination of their quickness and their caliber of play."

PCA coach Doug Taylor... The 51-point winning margin... The most revealing stat from the game... The district title was the second consecutive for the Eaglets... Thursday's win was the final home game for nine PCA seniors... Jackson Christian coach Bob Stanton was not about to disagree with that assessment.

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**CHAMPIONS 1-2:** The Livonia Church Junior varsity girls basketball team finished first and second, respectively, in their combined appearances in the Area of the Western Lakes Activities Association competition Feb. 28 at Farmington High School. The Churchill freshmen, JV and varsity squads also won the Livonia Public Schools title. Members of the JV squad, coached by Heidi Richardson, include (top row, from left) Jackie Webb, Shalin Embury, Holly Jahn, Angie Ilievski, Jenn Kanack, Darcy Kavanagh, Casey Cummings, Jessica Dedominais, Emily Merrill (not pictured are Sarah Moses and Melissa Piroshkey). Varsity members (bottom row, from left) include Valeria Harman, Rachel Willey, Allison Diakow, Christie Humenay, Jamie Bologna, Brooke Eldridge, Emily Karr, AnnMarie Breisch, Mari Traub, Jade Greenwood and coach Sheila Humenay (not pictured are Christina Kozan and Jessica Sheffer).

**SPORTS ROUNDUP**

**STING SIGNS REDFORD CC ICERS**

Two current members of Redford Catholic Central's hockey team have signed tender agreements to play next season with the St. Louis Sting of the North American Hockey League.

Senior forwards Brandon Kaleniecki and Dave Moss will play for the Sting, coached by former Detroit Red Wing Rick Zombo in 2000-01.

Through 24 games this year, Kaleniecki had 24 goals and 29 assists while Moss had 12 goals and 23 assists.

**PISTONS/SHOCK CLINIC**

Members of the Detroit Pistons and Detroit Shock will put on a basketball clinic Saturday at Ward Presbyterian Church, located at 40000 Six Mile (west of Haggerty) in Northville.

Boys and girls in the third-to-eighth grades are encouraged to attend. Cost is \$15.

Session I (grades 3-5) will run from 2:30-4:15 p.m. Session II (grades 6-8) will run from 4:45-6:30 p.m.

Arrive 15 minutes early to register, or pre-register at the Ward Presbyterian Church by Friday. Parents are invited to attend

(no additional charge). The clinic includes five follow-up Saturdays of open basketball practice, from 11 a.m.-2 p.m.

Fundamental basketball skills will be emphasized (ball-handling, passing, shooting, defense and rebounding).

For further information, call (248) 374-5937.

**SPRING HOCKEY SIGN-UP**

Registration is now underway for adult spring recreational hockey leagues.

The Rockets (over 21 years) will play Sundays and Thursdays at the Artic Pond Arena in Plymouth.

Meanwhile, the Plymouth Masters (over 40) will play Sundays and Wednesdays at the Plymouth Cultural Center.

The Golden Eagles (over 49) will play Sunday and Wednesday nights at the Artic Pond.

The season runs April 2-May 11.

To register, call or FAX name and address to John Wilson at (248) 471-0658, or E-mail him at: john@rspi.net

**WESTLAND JAYCEES SOFTBALL**

The Westland Jaycees are seeking participants for its adult 21-and-over women's and men's

softball leagues.

Practices will start within a month. There will be one game per week.

For more information, call (734) 480-4984.

**ALL STAR GYMNASTICS**

All Star Gymnastics will hold auditions for two competitive cheerleading squads.

Girls in grades 6-9 and both girls and boys in grades 10-12 may audition.

Tryouts will be at 8 a.m. Sunday, March 10 at All Star Gymnastics, 235 E. Main Street, in Northville.

For more information, call (248) 380-5330.

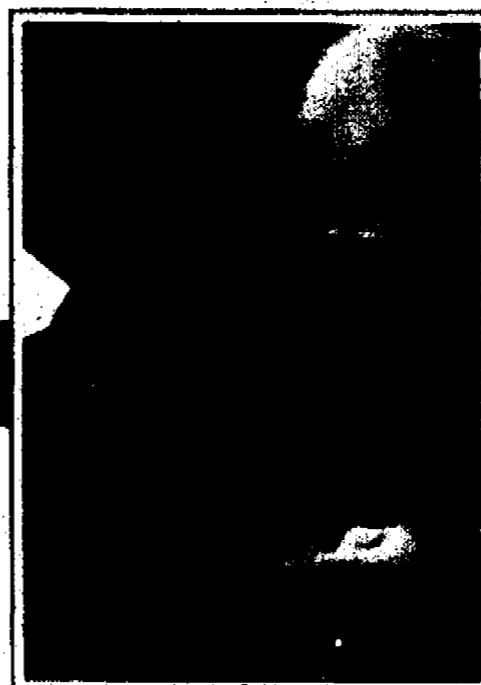
**HARRIER COACH WANTED**

The Plymouth Salem girls cross country team is seeking an assistant volunteer coach for the fall 2000 season.

The job includes knowledge of distance running and ability to convey that experience to high school athletes.

Financial compensation will be worked out upon hiring.

Those interested should contact Salem varsity coach Dave Gerlach at (734) 416-7708.



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Larry Goldsmith, The Job Coach, will be on hand to help you with your resumé and give you valuable interview advice.

Mark your calendar and plan to be in Burton Manor on the 29th!

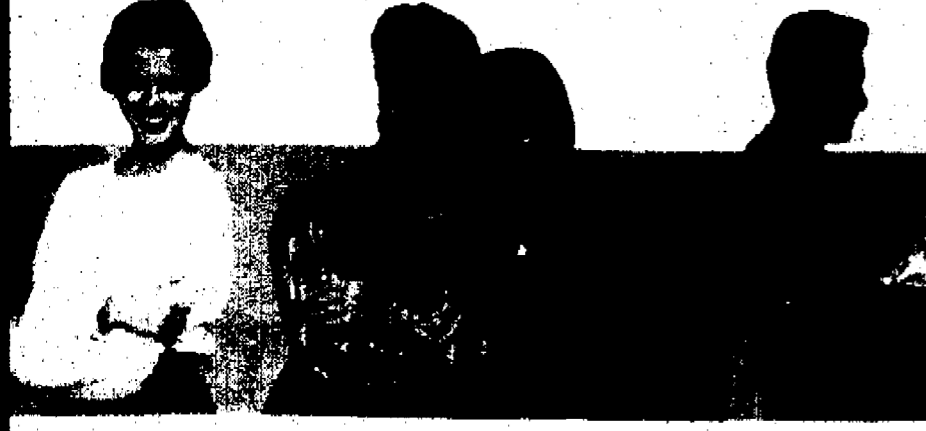
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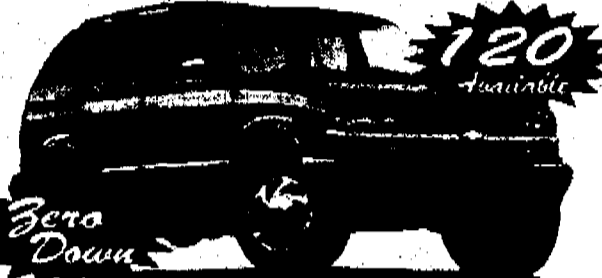


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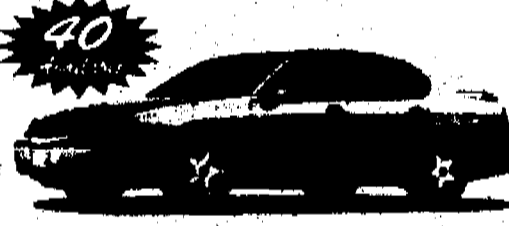


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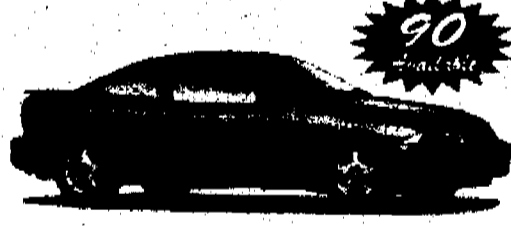


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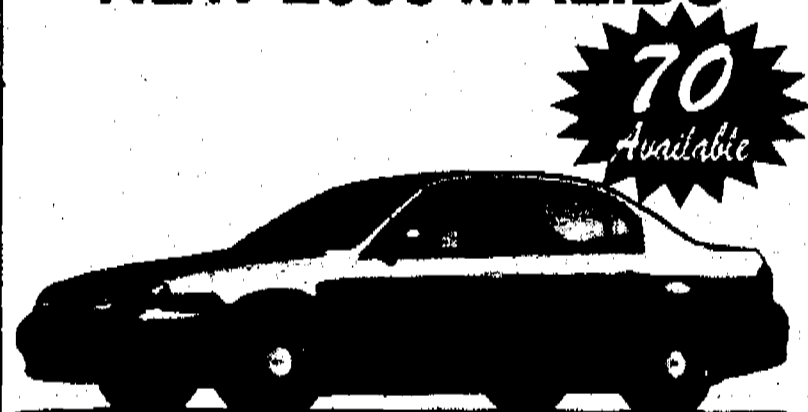


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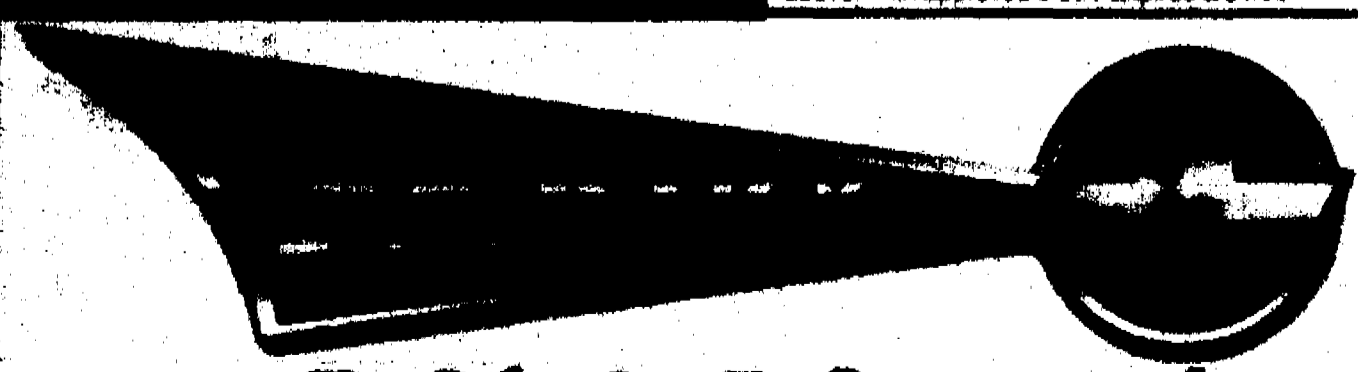
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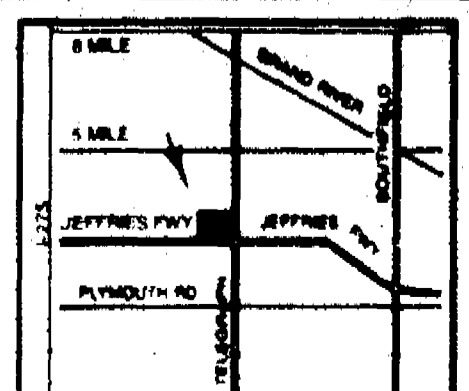
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ARTISTIC EXPRESSIONS



LINDA ANN CHOMIN

## Master class features former CAPA student

Gal Mack had tickets to see "Fosse" long before she knew her former student, Greg Reuter, was one of six principal dancers in the production, which continues through March 19 at the Fisher Theatre. Mack frequently goes to see shows at the Fisher, Gem and Fox to stay on top of her job as director of the Creative and Performing Arts program at Churchill High School in Livonia. But she never would have had the opportunity to coordinate a March 2 master dance class with Reuter if it hadn't been for Mary Murphy.

It was during a November class trip to Chicago to see "Fosse" that the CAPA dance instructor discovered Reuter doing some of the same steps he'd done in the CAPA production of "Sweet Charity."

Still, students weren't expecting Mack to begin the master class by reminiscing about how Reuter locked students in a props cabinet when a substitute teacher was filling in for one of her theater classes in the 1980s. Reuter's come a long way since his days in the CAPA program. This year the program is training 150 Livonia high school students in theater, dance and music.

### Sharing experiences

"I think it's wonderful that students who've gone on to success come back to share their experience," said Mack. "For the dancers in CAPA it gives them the chance to dance with professionals and find out what's involved. For theater students, it exposes them to dance and musical theater."

After a brief introduction, a video of the production featuring "Big Spender" and "Mein Herr" was shown. Reuter and cast members Linda Bowen and Jennifer Savelli then led 40 CAPA students through a combination of steps from "Bye, Bye Blackbird." Afterward, during a question and answer session, students had the opportunity to find out what it takes to become a professional performer.

Did Reuter have a degree in theater? Yes, he earned a bachelor of fine arts in musical theater performance at Western Michigan University. Bowen, originally from Maryland, has a degree in dance and choreography. Savelli went straight from high school to performing with a ballet company.

How did they survive while auditioning in New York City? Bowen worked as a waitress on Second Avenue before she got a break. Reuter advised students to get a job and save money before leaving Michigan.

### Getting the job

How did they get the job dancing in the production that showcases the works of legendary choreographer Bob Fosse? Through open calls. Before

Please see EXPRESSIONS, C2



STAFF PHOTO BY PAUL BURNHAM

**Stoppin' out:** Greg Reuter shows CAPA students at Churchill High School a few dance steps from the musical "Fosse."



# Dance Fest

## WSU hosts Great Lakes regional festival

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

Linda Simmons is a little nervous, but nonetheless thrilled about the Great Lakes Region American College Dance Festival coming to Wayne State University March 15-18. More than 700 students and faculty members from 16 universities throughout the Midwest and Canada are participating in the event that exposes dancers to the latest techniques and choreography in master classes, lectures and performances. A faculty concert, Michigan Choreographers Concert and Gala Concert cap the festivities.

This is the first time WSU is hosting the event founded in 1973 to support

and affirm the role of dance in higher education.

### An honor

"This is an honor for us," said Simmons, the WSU dance professor coordinating the festival. "We're excited about showing off the dance department at Wayne and all the great artists in the area. With our Michigan Choreographers Concert we wanted to showcase Michigan and show them our very best."

Simmons, and the staff of the university's dance department, invited established companies such as Eisenhower Dance Ensemble, Rochester Hills, Peter Sparling Dance Company, Ann Arbor; Detroit Dance Collective and Onyx Dance Company of Detroit to present the best of Michigan dance

on Friday, March 17 at the Detroit Opera House. Ann Arbor based-Bichini Bia Congo Dance Theater will add cultural diversity to the concert with its Congolese-flavored fare.

During the festival, faculty and student dance companies will present two choreographed pieces from each of the schools for judging by Luke Kahlich, dance professor at Temple University in Philadelphia; Gina Gibney, director of the all-female ensemble Gina Gibney Dance in New York; and legendary dance/choreographer Carmen DeLavallade.

The best of the student and faculty choreography will be presented at a Gala Concert on Saturday, March 18 at the Bonstelle Theatre on the WSU campus. Several of these companies will go on to compete in the national festival in Maryland in May.

Wayne State's dance department will perform "Sand People of the" by faculty member Erica Wilson-Perkins, and the student choreographed piece "Her," by Megan Brunke of West Bloomfield.

### Preview

On Friday, March 17 the Peter Sparling company will preview the first section of "Possible Dances" which is scheduled to premier June 30 at the Ann Arbor Summer Festival in the Power Center. Set to poems written by Sparling and a score by Paul Epstein, the work features dancers moving to the sounds of nature. Sparling, who spent his teen years in Plymouth, will read the text for this multi-media piece.

"Every poem is a dance in a way," said Sparling, a University of Michigan dance professor who for the last couple of years has been working on his poetry during a summer writers retreat at Cranbrook Educational Park in Bloomfield Hills. "It's through imagery and the flow that a poem comes alive."

Tim Smola, a member of the Peter Sparling Dance Company, is looking forward

Please see DANCE, C2



PHOTO BY DAVID SMITH

**Multi-media:** Peter Sparling Dance Company previews the first section of "Possible Dances."

### Great Lakes Region American College Dance Festival

■ Faculty concert 8 p.m. Thursday, March 16, at Bonstelle Theatre, 3424 Woodward Ave., Detroit.  
■ Michigan Choreographers Concert 8 p.m. Friday, March 17, at Detroit Opera House, 350 Madison Ave.  
■ Festival Gala Concert, 8 p.m. Saturday, March 18, at Bonstelle Theatre.  
Tickets: \$15-\$20 for individual concerts, \$40 for all 3 concerts. Call (313) 577-4273.



PHOTO BY TOM KRAKER

**Passing Through:** The Detroit Dance Collective performs a work by Barbara Selinger.

## CONCERT

# Jazz musicians ready to wail and do battle

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

Midge Ellis remembers a time in the '40s and '50s when jazz greats such as Gene Krupa, Oscar Peterson and Ella Fitzgerald traveled all over the world just to play in a Battle of the Bands. Perched on a revolving stage that individually showcased each group, the hands would lay down licks, one as hot as the next.

On Sunday, March 19, Ellis is sounding the battle cry as a fund-raiser for the Michigan Jazz Festival at Schoolcraft College. Larry Nozero, Matt

Michaels with Johnny Trudell, and Tom Saunders' Detroit Jazz All Stars will go horn to horn playing everything from be-bop to swing and Dixieland in a Battle of the Bands at Clarenceville High School in Livonia.

Ed Love, WDET jazz DJ and newly-named programming director for the Montreux Detroit Jazz Festival, will emcee the battle.

"We're trying to bring that idea back," said Ellis of Livonia. "It was just the most fun. They would take turns wailing. It's a lesson in improvisation, and that's the mission of the Michigan Jazz Festival—to educate."

Matt Michaels remembers those days too. He and his trio with guest trumpeter Johnny Trudell will play jazz in the swing style. The trio, with various guest artists, can be heard every Wednesday night at Ron's Fireside Inn in Garden City.

"We're offering a choice of what they like," said Michaels, a Southfield resident and instructor at Wayne State University. "Guy Lombardo, Harry James, they all would engage in these. There'll be three different styles Tom

Saunders has quite a large following for Dixieland."

Saunders began playing coronet 54 years ago. For more than 20 years the jazz veteran's Surfside Six band was a staple in clubs around the Detroit area. It was during this time, Saunders met the legendary Wild Bill Davison, the musician who most influenced his style. Saunders went on to tour Germany, Switzerland, Ireland and England with Davison. He returns to Germany for a week of performances this summer after touring Switzerland for three weeks as leader of the Wild Bill Davison Legacy band.

But before he leaves, Saunders and Detroit Jazz All Stars Al Winters, trombone, Bob Pinterch, drums, Bill Meyer, piano, Don Bayberry, bass, and clarinetist Jim Wyse of Livonia will battle it out with Michaels and Nozero.

"We all know each other so it'll be fun," said Saunders. "Each band will play a main set and then their version of one specific song. I got hooked on Dixieland as a little kid. My brother played it. It was in the house all the time. I like it because it's happy music."

## Festival debuts avant-garde productions

BY FRANK PROVENZANO  
STAFF WRITER  
fprovenzano@oe.homecomm.net

Nearly everything about the Ann Arbor Film Festival is avant-garde—from the defiant sensibilities of the films to the actual location of the screening room, where an annual media preview of the entries is held.

Clearly, Ann Arbor isn't Sundance. Festival organizers loathe notions of commercial popularity or mainstream



**Film spectrum:** Over six nights, 114 experimental films will be shown at the Michigan Theater. Shown above is a scene from "The Bottomless Cup."

acceptance. The intent is to prod, provoke and challenge.

Experimental isn't just a concept used by filmmakers. It's the operating philosophy followed by festival director Vicky Honeyman, who graduated in film studies from the University of Michigan in the late 1960s, and maintains the fervent idealism of the counter culture.

By day, Honeyman is a hair stylist. Every other waking moment she gives

shape and style to the longest running experimental film competition in the country, held this Tuesday through Sunday at the 1,700-seat Michigan Theater in downtown Ann Arbor.

### Against the current

Last year's preview venue was in the back room of Honeyman's hair salon a few blocks east of Main Street, which, by any standard, is a

bit cramped. Certainly, there's been an in-your-face hipness to previewing films in a room where you can also get your roots retouched and a few inches taken off the sides.

This year's preview was held next

Please see FILM, C2



**Hot jazz:** Tom Saunders and his Detroit Jazz Allstars put their Dixieland music on the line in a "Battle of the Bands."

# Expressions from page C1

they reached the stage however, dancers spent eight hours a day, six days a week in rehearsal with Fosse protégés Ann Reinking and Gwen Verdon. When students asked if he had to give up his social life Reuter replied, "there are sacrifices and you have to take care of yourself." While on the road, dancers work six nights a week with one day off. But Reuter never discouraged students. He told them if they're serious about a career in theater to go for it. That his "biggest lesson is that there's room for everybody in this business."

"These kids are great and it brought back a lot of memories," said Reuter afterward. "We wanted to give them exposure to the material so they could get a taste of what Fosse is all about."

Mack and Murphy were beaming with pride at the speed with which students caught on to the

**'I really enjoyed the master class. I learned I like this type of dancing.'**

*Meghan Dolan  
CAPA student*

steps. Reuter said he was exposed to different dance styles by Murphy who was excited by his visit. She said, it was a feather in the cap of the dance program which brings in guest artists several times a year.

Murphy was most pleased to hear Reuter's answer to the importance of ballet in becoming a dancer on Broadway. The CAPA dance program is based on ballet with explorations of modern dance, jazz and tap.

"I'm thrilled for my students,"

said Murphy, who directs CAPA students in their Jazz Blowout dance concert Friday-Saturday, March 17-18 at Churchill. For tickets, call the CAPA office at (734) 523-8841. (CAPA will present "David and Lisa" at the Theatre Guild of Livonia-Redford May 11-14.) "He offered them hope of being able to obtain a dream whether it's in dance or theater."

Junior Meghan Dolan was one of the CAPA students who saw the production in Chicago and had the opportunity to work with Reuter on stage in the dance session.

"I really enjoyed the master class," said Dolan who began tap lessons at age three. "I learned I like this type of dancing."

Jessica Reschke, a second year CAPA student, thought the information was something she'll eventually be able to use. A dance student for 14 years,

Reschke's goal is to one day dance on Broadway.

"I liked it because it was like an audition and gave me a feel for what I'm up against," said Reschke.

Leah Trzcinski, now in her fourth year of CAPA, echoed Mack's sentiments about Reuter's visit.

"It's really good to see CAPA-trained kids come back and give to the program."

"Fosse" continues through Sunday, March 19 at the Fisher Theater, Detroit. Tickets are \$37.50-\$65.50 for Friday-Saturday, \$35-\$62.50 Tuesday-Thursday and Sunday evenings. Call (248) 645-6666.

Have an interesting idea for a story? Call arts reporter Linda Ann Chomin at (734) 953-2145 or send e-mail to lchomin@oe.homecom.net



STAFF PHOTO BY PAUL HIRSCHMANN

All That Jazz: "Fosse" cast members Jennifer Savelli (right), Greg Reuter and Linda Bowen answered questions after a master dance class at Churchill High School.

# Dance from page C1

to returning to the festival he participated in as a University of Michigan student. Smola's senior thesis was presented during the festival at Northern Illinois University two years ago.

"I enjoy the festivals a lot," said Smola, a Garden City resident. "There's a wide range with so many different colleges participating. You get to see what kinds of pieces other colleges are doing."

Like Smola, Anne Bak had her work chosen to be performed at the festival held at Oakland University in Rochester in 1993. This year, she's back as a member of the Eisenhower Dance Ensemble to perform "Catharsis," a dance choreographed by company founder Laurie Eisenhower. The large ensemble work is set to music by Phillip Glass with Brian Eno and David Bowie.

"Not only does it give you the opportunity to take classes from dancers around the region but also to have adjudication and a gala concert that shows the best," said Bak, a Lake Orion resident who's also associate manager of Eisenhower Dance Ensemble.

Paula Kramer is excited about the Detroit Dance Collective previewing Barbara Selinger's "Passing Through" at the Michigan Choreographer's Concert. The work premieres at an April 8 Music Hall concert which celebrates the company's 20th anniversary. Founded at the Midwest Dance Center in 1981, the company was in residence for 14 years at Oakland Community College in Royal Oak before moving to Detroit's theater district three years ago.

"It's fast paced with intricate patterns and set to the music of J.S. Bach," said Kramer, co-artistic director of the company with Selinger, a Farmington Hills resident. "It's a full-out moving piece that shows off technical skills."

Kramer and Selinger will be teaching several of the 40 master classes being given each day during the festival.

"The level of dance at colleges is getting close to professional," said Kramer. "The fun of the festival is the young people joining together. When that happens there's sparks flying everywhere."

# Film from page C1

door to Honeyman's salon in a relatively spacious converted storage room with well-preserved hardwood floors. A screen was hung above a steam radiator that defied any attempts to be regulated.

Several armchairs were placed randomly in the room. Apparently, publicity agents and Hollywood producers weren't notified. Two years ago, Honeyman recalled, no one even showed for the screenings. This year, there wasn't enough press for a eucyre game.

A tepid media response hardly deters festival organizers, most of whom are volunteers with a passion for film and an against-the-current sensibility.

Longtime volunteer Michael Woodruff, who takes pride in the title "festival handyman," is a performance artist whose work can be seen in and around the Michigan Theater during the six-day festival.

A Birmingham Seaholm graduate of 1983, Woodruff considers avant-garde film a breeding ground for ideas that eventually make their way into the mainstream.

"A lot of the hip stuff you see

# Experimentally intriguing

Notable films in this year's Ann Arbor Film Festival include:

- "Zyklon Portrait by Elida Schogt" — A chilling account of how the Nazis used Zyklon B in gas chambers. The clinical tone presents an eerie resonance of the rationalization of those who committed genocide.
- "The Light in Our Lizard Bellies" by Sarah Abbott — Follows a highly erotic dancer. Shot in black and white to the rhythm of breathing and chanting.
- "Sunday Afternoon" by Paul Charney and Marc Vogel — A comical dialogue based on the intention of language.
- "The Bottomless Cup" by Paul Bonner — A Kafkaesque/Twilight Zone story about a man who stops at a roadside diner for a wake-up cup of coffee and never leaves.
- "Grace" by Lorelei Pepi — Looking at the electric energy fields of the body in a highly-sensual exploration of the body.
- "The Day Stashi Ran Out of Honey" by Sonia Bridge — An allegory of the subtle relationship between the mundane of daily life and the bombardment caused by war.
- "Edgeways" by Sandra Gibson — A highly-experimental exploration of color and sound utilizing hand-painted cells.
- "Abandoned Dolls" by Karl Staven — A Toy Story with a seedy edge. Dolls with missing and broken parts appear forlorn amid abandoned urban setting.

— Frank Provenzano, Staff Writer

four-person review committee that watched each of the 350 submitted films.

This year, to broaden audience appeal, a screening room at the Michigan Theatre will feature documentaries, animated works and narrative films. In addition, four hours of film will be available for viewing at universities around the country.

All entries have been shot, edited or transferred to 16-millimeter film, which is probably most recognized as used in newsreels. The type of film is about half as wide as the 35-millimeter film used in feature movies. The choice of 16-millimeter film is also a practical consideration since it is relatively affordable for student filmmakers, said Honeyman.

### Idea is the art

Over nearly four decades, the festival has persevered despite operating on a shoestring budget. This year's festival is funded largely by a \$12,000 National Endowment for the Arts and \$24,000 state grants and corporate support. Last year's main corporate sponsor, Absolut, dropped out, leaving the festival to rely more heavily on support from the metro Detroit film/video production community.

What's strikingly absent in the festival is flashy, high-tech polished imagery. Of course, that's hardly the point. Clearly, the festival isn't enamored by technology, nor is it looking to find further derivations of a popular theme.

For 38 years, the Ann Arbor Film Festival has been a place where the idea is the art. In an age of blockbuster movies and multi-million-dollar marketing budgets, focusing on the possibilities of film as an artform may be the most defiant act of all.

on MTV, commercials and (wide-distribution) films originated in the work of experimental filmmakers," he said.

A list of past entries in the festival read as a Who's Who of American Film, including Brian DePalma, Andy Warhol, Gus Van Sant and George Lucas.

Over six nights and 24 viewing hours, 114 films will be shown, ranging in length from one minute to two hours. The films cover a range of topics and explore the elements of film similar to how abstract painters express the elements of their art.

Generally, the films in the festival push the boundaries of genre and medium.

Some films fit into distinct genres, such as narrative, documentary or animation. Other films defy pigeonholing and can be best described as "visual paintings," said festival director Honeyman, who served on a

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Local bands get a shot at major Michigan entertainment venues

Local musicians, it's time to shine.
Palace Sports & Entertainment, Inc. is gearing up for its second annual Opening Act Contest, which gives local, unsigned and local-label bands a shot at warming up some of the hot summer shows scheduled for Pine Knob Music Theatre and Meadow Brook Music Festival in Rochester Hills. According to a press statement from Tom Wilson, president of PS&E: "Most local musicians rarely get the opportunity to perform in front of a crowd the size of one found at Meadow Brook or Pine Knob."
Last year, more than 300 artists entered the contest. Winners included Sister Seed, The Atomic Numbers, Jimi Rutherford and Keri Noble. To be eligible for this year's competition, musicians must enter before Friday, March 31.

BOOK HAPPENINGS

Book Happenings features events at suburban bookstores, libraries and literary gatherings.
Send news leads to Keely Wygonik, Observer & Eccentric Newspapers, 36251 Schoolcraft, Livonia, MI 48150, or fax them to (734) 591-7279 or e-mail to kwygonik@oe.homecomm.net.
By the author of the book "The Damnation of Theron Ware" will not be returned.
All submissions must be postmarked no later than March 31. Send it to: Opening Act Contest, The Palace, Two Championship Drive, Auburn Hills, MI 48326. Do not call.
Finalists will be announced May 1.
The competition between eight finalists will be held Wednesday, May 24 at Meadow Brook Music Festival. Each finalist will perform a 10-minute live set. A panel of judges from the local entertainment scene will then choose three winners to open for various artists throughout the 2000 concert season. Those national artists are yet to be determined.
Enter today, and good luck.

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You could be a lucky winner of four tickets to the Indoor Super Fair at the Pontiac Silverdome. Each ticket is good for one complimentary unlimited ride pass. Here's how to enter: send a postcard with your name, phone number and address to: Super Fair c/o Observer & Eccentric Newspapers, 36251 Schoolcraft, Livonia, MI 48150. (one entry, please).
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**Art Beat** features various happenings in the suburban art world. Send Wayne County arts news leads to Art Beat, Observer Newspapers, 36251 Schoolcraft, Livonia MI 48150, or fax them to (313) 591-7279.

**FREE CONCERT**

Brazilian guitarist Fabio Zanon will perform Scarlatti sonatas and music by Sor, Brouwer and Miranda noon Wednesday, March 22 during a concert in the Forum Recital Hall at Schoolcraft College, 18600 Schoolcraft, between Six and Seven Mile Roads, Livonia. For more information, call (734) 462-4403.

Zanon made his orchestral debut with the London Philharmonic in 1998. In 1999, he recorded the soundtrack of the French film "Les Enfants du Sicle" and premiered new works in the Czech Republic and Lon-

don. His CD of Villa-Lobos' guitar works was hailed as a reference recording and his debut recital CD was chosen as the best CD of 1998 by Gramophone Magazine.

**OPEN AUDITIONS**

The Theatre Guild of Livonia Redford is holding open auditions for singers, dancers and specialty acts 10 a.m. to 3 p.m. Saturday, March 25 at the theater, 15138 Beech Daly, Redford.

Performers should have at least 2-3 minutes of prepared material. All types of performers are encouraged to audition for this fund-raising event. Performance dates are May 5-6. Call (313) 531-0554.

**GLASS BEADMAKERS WANTED**

The Michigan Glass Beadmaker's Guild will hold an organizational meeting noon to 3 p.m. Sunday, March 26 in Room 251

of the Science Building at the University of Michigan-Dearborn, Evergreen Road, between Ford Road and Michigan Avenue.

The program includes a bead-making demonstration by Plymouth glass artist Don Schneider in addition to the organizational meeting.

If you can't attend and would like to be notified of future meetings/events, call Anne Sheppard at (734) 261-2150 or Don Miller at (313) 593-5262 or e-mail him at drMiller@umich.edu.

**HONORS RECITAL DEADLINE APPROACHES**

Students of voice, piano and all bands and orchestral instruments are encouraged to audition for the 2000 Honors Recitals sponsored by the Schoolcraft College music department. Deadline for application is Sunday, March

19. The competition culminates in performances on April 9 for cash prizes. The recitals are designed to encourage excellence in performance and teaching in the Detroit-Ann Arbor area. Students in elementary through high school are eligible for the piano competition, students in grades 5-12 for the instrumental division, and students grades 9-12 for the vocal category.

Auditions for the piano recital are Friday, March 31. Piano, instrumental and vocal auditions continue through Saturday, April 1. All auditions and honors performances will take place in the college's Forum Recital Hall. For information and an application, call (734) 462-4403.

**PHOTO SEMINAR**

Canton photographer Ted Nelson is one of the presenters at

the 37th annual Photo Seminar Friday-Sunday, March 24-26 at Henry Ford Community College, 5101 Evergreen at Ford Road, Dearborn.

Advanced registration is suggested and will be accepted through Monday, March 20. For more information, call (248) 474-6509 or (810) 775-3165.

Nelson will talk about the "Nature of Kensington." Nearly 3 million people visit Kensington Metropark every year but only a few see what Nelson has captured on film - sandhill cranes poking through dewy fields at daybreak and the rising sun filtered through the wings of a damselfly. Nelson will also share his experiences of self-publishing his recent book "The Nature of Kensington."

**ART PROGRAM**

The Ann Arbor Women

Painters presents its third "Can We Talk?" program 7 p.m. Monday, March 20 at the Ann Arbor Public Library on Fifth Avenue at William, Ann Arbor. A panel of artists from the Ann Arbor Women Artists will talk about art related issues ranging from how-to-do-it to current art issues.

The public is welcome. Call (734) 998-1123 for information.

**WRITERS WANTED**

Writers of all ages are invited to join the Plymouth Writer's Club which meets 7:30-8:30 p.m. on the second and fourth Thursdays of the month at the Plymouth District Library, 223 S. Main

Aspiring writers of all experience levels are welcome to share their work. For more information, call Brian Anderson at (734) 416-0418.

# Campaign aims to 'de-snob' culture, build regional cooperation

BY FRANK PROVENZANO  
STAFF WRITER  
FPROVENZANO@HOME.COMM.NET

After years of political squabbling about the futility of regional cooperation and the cantankerous "Detroit versus suburbs" hogwash, the southeastern Michigan cultural scene is about to undergo a long-overdue makeover.

Stand up and take notice. Here's the first glimpse at the changing metro-area cultural scene of the 21st century.

Talk of culture will have to be expanded beyond the tired political rhetoric and typical jabbering about auto industry trends and box scores.

Success also means the push for regional funding for the arts will be given a huge boost. Currently, the discussion to assess a half-mill tax on property owners in Wayne and Oakland counties has been at a logjam.

**"Enrich Your Life"**

On Tuesday, 14 of the area's most recognized and attended cultural institutions will unveil a new, provocative advertising campaign aimed at transforming public perception about the array of cultural offerings of the

**OPINION**

region. The bold initiative, optimistically entitled "Enrich Your Life," is a comprehensive multimedia campaign that will begin airing within the next week or two on TV and radio and run in newspaper and magazine ads.

The campaign is expected to run at least a year.

Developed pro-bono by Doner Co. of Southfield, "Enrich Your Life" has a contemporary, edgy tone.

Heavy on humor and filled with irreverence, the campaign goes a long way to deflate highfalutin' notions of what is "art."

And, more importantly, the campaign makes an appeal that the arts (and cultural experiences) are for everyone, not just for the wealthy or "informed."

Hopefully, the ad campaign won't drip with the sappiness of the "It's a Good Time In Detroit" mantra intended to reinvigorate the perception of Motown as a happy place.

Rather, the focus of "Enrich Your Life" should be on making a compelling case for the

strength of the region's culture, from exhibits at Cranbrook and the Detroit Institute of Arts to Detroit Symphony concerts to plays at Meadow Brook and lavish productions at the Detroit Opera House.

After years of self-doubt and poor self-esteem about the area's cultural offerings, it'd be unfortunate if the campaign message sounded desperate or too flippant.

Too much is at stake.

**Follow the cue**

For the moment, consider that the campaign will have the typical Doner magic.

What's needed for actual change in public attitudes?

First, the regional media must air and print the ads as public service announcements. That means local media must be committed to supporting the initiative.

Of course, that means they give as much attention to the public service commitment as they give to titillating special reports during ratings month.

Second, business and governmental leaders must follow the cue, and step up to the plate.

Now is the time to raise the

level of debate about culture.

It's not enough to enjoy the humor of the ads. Nor will any worthwhile change occur if the catchy slogan does nothing to convince people of the deeper message.

**Raise level of debate**

Frankly, promoting the arts and culture isn't simply hyping exhibits and concerts. Promoting the value of culture is a means to stand up for a higher quality of life and a more humane society.

Ironically, with the proliferation of the suburbs over the last five decades, the notion of a shared regional culture has diminished.

An ad campaign can't change reality. But it can get everyone talking.

And talk in southeastern Michigan hasn't always come

easily.

Frank Provenzano is an arts reporter for the Eccentric News.

papers. He can be reached at (248) 901-2557.

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— All Weekend With Us! —

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**Canton** (734) 844-3060  
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# Malls & Mainstreets

Nicole Stafford, Editor 248-901-2567 nstafford@home.com.net on the web http://observer.eccentric.com

Sunday, March 12, 2000

## How do you define shopping?

### SHOP TALK



NICOLE STAFFORD

I've been waiting for a reason to write about my participation in a Gallup Poll survey on Internet shopping.

Since this section is called "Malls & Mainstreets," it's difficult to justify writing about shopping in cyberspace. (By the way, I'd like to hear from readers who have feelings one way

or the other about seeing Internet shopping information here. Send me an e-mail, drop me a note or give me a phone call.)

Anyway, there was a deluge of shoppers in downtown Birmingham earlier this week, apparently brought on by the unseasonably warm weather. Such an occurrence seemed to me to drive home the point shopping isn't just about buying or looking around for merchandise. Often, shopping is simply entertainment.

Anyway, a few days before Christmas, I received a telephone call from a guy at the Gallup Poll.

He asked about 10 questions. When was the last time I used the Internet? When was the last time I looked for merchandise on the Internet? Did I have Internet access at home?

He then asked whether I'd be willing to participate in a larger survey on web shopping. I said yes and listened to his instructions. He told me I would fill out the survey on the Internet. Written instructions and a pin number to access the survey would arrive in a few days, he said.

Since I regularly rely on the Internet for information about retailers and new merchandise for my job, I decided I was an excellent candidate for the survey. I probably knew things about retail cyberspace most people didn't.

Shortly after beginning the survey, I realized my knowledge about what retail offer on the Internet was unimportant to the Gallup Poll.

The survey was divided into retail categories, such as books, airline tickets, clothing, house wares and so forth. Each section began with the question: "Which of the following descriptions best fits your behavior when you shop on-line for ...?"

■ "I'm usually just browsing, not really in the market to buy at that time."

■ "I'm usually getting information so that I can make my purchase elsewhere."

■ "I'm shopping and may or may not make my purchase on-line."

■ "I'm usually intending to make my purchase on-line."

Following was a list of web sites and a series of boxes that were to be checked based on whether I had shopped or purchased there within the last two weeks or last two months.

In other words, the survey taps into how different people define shopping.

Is it merely browsing or a process of gathering information, comparing products and price tags? Or is it a more complex decision-making process? Is it pulling out the credit card and buying something? Perhaps it is a combination of these actions?

Of course everybody defines shopping differently, and I'm fairly certain most of us don't really think about these distinctions. I mean who has time for a semantics debate concerning something as trivial as shopping?

But obviously, there are people - probably the executives who head up apparel companies and publishing houses and so forth - who care tremendously about these distinctions.

Interestingly enough, after completing the survey, I concluded I didn't actually shop on the Internet. Even when I was in the market to buy, I was merely gathering information. I decided, "Thus, shopping on the Internet isn't shopping from my point of view."

On the other hand, heading to downtown Birmingham to walk the streets, enjoy the unseasonable weather, browse store windows and perhaps buy something, is shopping in my opinion.

It's often said that shopping malls and real stores with employees aren't too business to the Internet and encourage someone to come in to touch and feel merchandise before they buy. However, when the atmosphere is warm, having stores, interesting store displays and the like.

Nonetheless, I have a feeling I won't be the only one who is shopping and profiting merchants on the Internet in the near future.

## Sweet times

### Teens and retailers prepare for prom season



STAFF PHOTO BY GARY MAJERLA

**Good fit:** Rochester Adams High School juniors Keely Gramling and Katie Potter try on prom dresses at Hudson's at Summit Place Mall in Waterford. Both young ladies are participating in Prom Gala 2000, a program sponsored by Mothers Against Drunk Driving and Healthy People, Healthy Oakland. Through the program area teens pledge to stay substance-free through prom season and appear in a prom fashion show and dance performance at an area mall.

That all-important night in a young girl's life - prom - is approaching quickly.

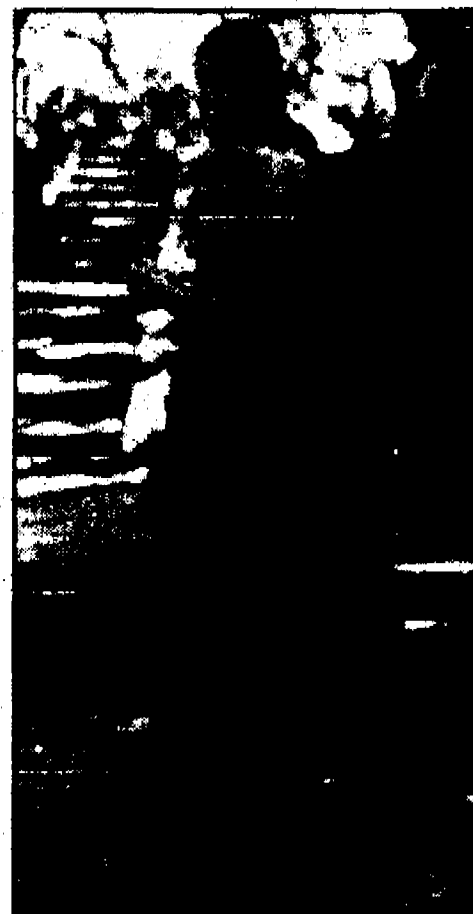
And both retailers and teenage girls are in the throws of preparing for the event.

Several prom fashion shows are slated at area stores and malls, including Prom Gala 2000, a runway presentation of prom attire and a dance performance featuring both guys and girls from local high schools who have committed to stay substance-free through prom season.

The program is being sponsored by Mothers Against Drunk Driving and Healthy People, Healthy Oakland and culminates in a fashion and dance presentation at 1 p.m. today (Sunday, March 12) on the stage at Oakland Mall in Troy.

For those who can't make the show, Jacobson's will highlight trends in prom attire at 2 p.m. Saturday, March 18 in the Ms. J department at their stores in downtown Birmingham, Rochester Hills and Laurel Park Place in Livonia.

The season's prom attire promises a substantial dose of color, especially different shades of pink. Bare shoulders, midriffs and backs that are discreet enough to keep parents happy also are in abundance, said Beverly Rice, Jacobson's senior vice president, fashion and merchandising. Separates, such as full skirts with cotton camisoles, and use of tulle are other promising trends, she said. "They're dressing up, you know," said Rice. "They're not slouching around. ... It's a big occasion for most young people, and they want to dress up."



**Sweet styles:** Bare midriffs, shoulders and backs, feminine details and separates sweep prom looks, \$132-156 all at Jacobson's.

## Pop singer Brandy visits Hudson's at Northland

**Brandy style:** Pop singer and television star Brandy is slated to visit the Northland Center Hudson's store in Southfield on March 18 to promote DKNY's new junior jeans line.



Jeans, teenagers and a role model. Gather them together at the mall, and you have a winning event.

That's why DKNY, which is launching a collection of junior jeans, is following in the footsteps of other apparel companies who have targeted the youth market, and bringing pop singer and television star Brandy Norwood to the area.

Brandy, a Grammy Award-winning, pop R&B star with Atlantic Records, has been chosen to appear in the company's advertisements for the clothing collection and participate in their marketing campaigns, which means retail appearances across the country.

She'll visit metropolitan Detroit shoppers and teens at noon Saturday, March 18 at the DKNY Junior Jeans shop at Hudson's Northland Center store in Southfield.

Brandy is slated to spend about an hour signing autographs, shaking hands, conversing with fans and

talking about DKNY's junior collection.

The denim line is a new junior girls division for DKNY that targets teenagers, age 14 to 18, and seeks to appeal to the groups' urban and independent sensibilities.

The jeans, original styles designed specifically for a teenager's body and lifestyle, are available in different colors with a variety of embellishments. The label, which is accented with neon pink, says: "DKNY//Jeans."

Coordinates for the collection are a mix of sexy and sweet: tie-dye halters, hook 'n eye ribbed tanks, plaid tops, nylon surfer shorts, lace-edged white Capri pants and other trendy pieces.

For additional information about Brandy's appearance, call Hudson's at Northland Center, (248) 443-6000.

Retail, style and special store events are listed in this calendar. Please send information to: Malls & Mainstreets, c/o Observer & Eccentric Newspapers, 805 East Maple, Birmingham, MI 48009. Fax: (248) 844-1314. Information must be received by 5 p.m. Monday for publication the following Sunday.

### SUNDAY, MARCH 12

**AMERICAN BEAUTY WEEK**  
Rochester Hills Avenue, the Somerset Collection in Troy, presents American Beauty Week, a week of special events and gift-with-purchase promotions at their Somerset store through March 18. Cosmetics & Fragrances, Sun Show. For more information, call (248) 242-2000.

### FRIDAY, MARCH 17

**WOMEN'S FASHION SHOW**  
View the spring collection of Gianfranco Ferré for women at Saks Fifth Avenue, the Somerset Collection in Troy. Trunk show: 10 a.m.-4 p.m., and informal modeling: 4-8 p.m., Saks Z Collections, 2224 Saks. For more information, call (248) 242-2000.

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## ADDED ATTRACTIONS

ham, presents a trunk show of spring suiting and separates by Renfrew through March 19, 10 a.m.-8 p.m. on Thursday, 10 a.m.-6 p.m. on Friday and Saturday and noon-5 p.m. on Sunday. For details, call (248) 723-2890.

**MEYER'S TRUNK SHOWS**  
Jacobson's in Rochester Hills hosts two trunk shows for men, the Hart Marx Collection, Men's Department, and the Johnston & Murphy Collection, Men's Shoes, 4-8 p.m. For details, call (248) 651-6000.

### FRIDAY, MARCH 17

**CAROL PERETZ TRUNK SHOW**  
Ros & Sberna, 6536 Telegraph Road in Bloomfield Township, presents a trunk show of spring and summer evening gowns by Carol Peretz with an appearance by the designer through March 18, 10 a.m.-6 p.m. For details, call (248) 855-8855.

### SATURDAY, MARCH 18

**TADASHI TRUNK SHOW**

View the spring collection of evening gowns by Tadashi at Neiman Marcus, the Somerset Collection in Troy, 10 a.m.-4 p.m., Galleria, third floor. For additional information, call (248) 643-3300.

### DERBY EVENT

Wonderland Mall in Livonia hosts the Livonia Family YMCA's Indian Guides Pinewood Derby, 8 a.m.-4 p.m., Food Court. For details, call (734) 522-4100.

### CRAIG TAYLOR APPEARANCE

Shirt designer Craig Taylor visits Jacobson's in downtown Birmingham, 11 a.m.-4 p.m., Women's Sportswear. For additional information, call (248) 644-6900.

### JEWELRY TRUNK SHOW

Neiman Marcus, the Somerset Collection in Troy, hosts a trunk show of the most recent jewelry collection by Robin Rotenier, 10 a.m.-4 p.m., Designer Jewelry, first floor. For more information, call (248) 643-3300.

### SUNDAY, MARCH 19

### CHILDREN'S MAGIC SHOW

Livonia Mall, at 7 Mile Road, hosts a children's magic show that teaches social skills and strategies, 1 p.m. Value City Court. For more information, call (248) 476-1160.

# WHERE CAN I FIND?

This interactive feature is dedicated to helping readers locate merchandise that's difficult to find through reader feedback. If you've seen or are looking for an item, call (248) 901-2555 and leave a message with your name and phone number. We publish readers' requests for merchandise twice. If you don't hear from us or see information about the item within a few weeks, we were unable to locate it. When we find an item owned by another reader, rather than for sale at a store, we will call you. But, please, be patient; we handle an overwhelming number of requests each week.

## WHAT WE FOUND:

- Corn Huskers hand lotion can be bought at most Rite Aid, CVS, F&M, and Meijer stores.  
- The Beauty Boutique catalog carries some Adrienne Arpel cosmetics. (800) 497-7463.

- The game Michigan Rummy, also known as Tripoli, can be bought at Toys R Us stores and at some Target and Kmart stores.

- The perfume KL by Lagerfeld can be purchased at the Fragrant outlet at Birch Run. (517) 624-0134.

## FIND & SEARCH NOTES:

- We did not find a company that will repair a Seeberg jukebox, so we are still looking for one.

- We are no longer looking for an iron mangle; we had several readers with one available.

- We have had many requests for Hudson's millennium Santa bears, but those readers with the bears no longer have any available.

- Jungle Gardenia perfume by Tuvache is no longer manufactured.

- Sutherland's restaurant served halibut not cod.

## WHAT WE'RE LOOKING FOR:

- A company or person to appraise a small ceramic Chinese dog for Margaret of Canton.

- A store that will repair a glass dish holding a prism for a lamp for Julia, who lives in Westland.

- A 1998 "Muffy Bear" Sugar Plum Fairy for Diane.

- A used 32-volt Delco sys-

tem generator for Walter.  
- A Farberware or Revere stove-top percolator that is not electric.

- A store that sells Carter's all-cotton Spanky pants with a band leg.

- The 1930-40 Time/Life book series for Evelyn of Livonia.

- A store where single serving salad dressing packets can be bought for Elaine, a resident of Garden City.

- A store where Angel Soft & Gentle floral/colored toilet tissue is available for Kathy of Redford.

- A Samsonite metal card table chair in yellow and gray for children for Mary.

- A videotape copy of a television program aired on WDIV-Channel 4 on Thursday, Jan. 24, 2000 about events and influential people of the century.

- Barney software by Microsoft called "Barney Under the Sea," "Barney Goes to the Circus," and "Fun on the Farm," for Colleen.

- A store that has a whistling tea kettle that shuts off when it reaches boiling point for Barbara of Troy.

- A Detroit Brady Elementary School book containing poems and photos (1944-45) for Florence, who lives in Southfield.

- The game Scotland Yard for Debbie.

- British Sterling men's stick deodorant for Shirley of Livonia.

- A store that sells FINESSE hair brushes for Judy.

- New or used "Moon Glow" curtains, sheets, drapes and scarves made by Drapery Boutique for Debbie, a resident of Canton.

- A gasket for a 4-quart Mirromatic pressure cooker for Agatha of Livonia.

- Two Millennium Barbie dolls for Nancy, a Livonia resident.

- Waterford's 1999 "Twelve Days of Christmas" ornament series for Helen of Livonia.

- Coty's 24-hour cream lipstick in "Redstone" for Lois,

who lives in Livonia.

- A June, 1950 Grosse Pointe High School yearbook.

- AGZALELAND lavender-water after-shave for men for Mike of Plymouth.

- The front page or a section from the June 18, 1998 edition of The Detroit News & Free Press for Carol, a resident of Troy.

- An antique library-style dictionary stand for Joanne, a Bloomfield Township resident.

- The book "Alphie, the Christmas Tree," by John Denver for Cyndie.

- A store where a heating coil for use in a cigarette lighter that warms coffee can be bought for Regina, a Commerce Township resident.

- A 1939 Commerce High School yearbook for Grace, a resident of Livonia.

- A store where "Wibbles that Wobble" are sold for Marge of Canton.

- A 6 or 8-ounce Vernor's ginger ale glass used for ice cream floats for John.

- A store where bed sheets for a 3/4 antique bed can be bought for Janet, who resides in Clarkston.

- A Foley pastry cloth.

- Solo soprano music for "Dancing Doll" by E. Poldini for Gail of Dearborn.

- A 1934 Ferndale Lincoln High School yearbook for Catherine, a resident of Novi.

- A video tape of the movie "Bus Top" for Heidi of Bloomfield Hills.

- A store that carries products from the Super Guard II Ideal Security Hardware Corporation, based in St. Paul, Minn. for Christine of Ortonville.

- A store where homemade, tightly-wrapped pizza rolls with a generous amount of cheese and pepperoni are sold for Kim of Livonia.

- A store where standard mattress sheets without elastic around the entire sheet are sold for Marie, who lives in Canton.

- A store where a battery-operated flour sifter can be bought for Sandra, who lives in Sterling Heights.

Compiled by Sandi Jaruckas

## a la carte

### STUFF WE CRAVE

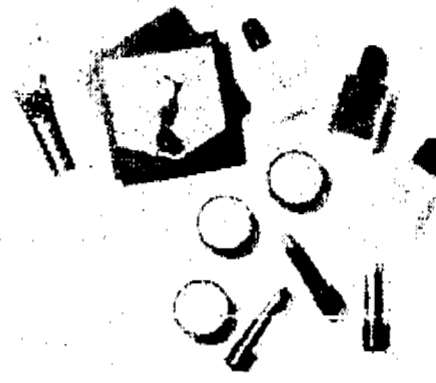
**Just friends:** Friendship rings can symbolize the innocence of new romance, a special closeness between two friends or a promise made between two lovers. Whatever their purpose, they've recently gained in popularity, so Cartier has created an indulgent one complete with a 0.21 carat diamond and 18 karat white gold, \$1,750-2,575 at Cartier.



**Simply luxurious:** Neiman Marcus has launched an updated private label collection of goodies for the bath, including body lotion, shower gel and bath, guest and hand soaps. Look for new fragrances like tuberose, verbena, lavender and frangipani, \$15-32 at Neiman Marcus.



**Tropical punch:** The beautiful, vibrant colors of fruit are informing cosmetics collection this spring, as well as fashion. Stila's lineup includes extremely sheer eye color in shades of guava, kiwi and mango. Look for hues of melon, nectarine and raspberry in Stila's Lip Color lipsticks, Nail Shimmer nail polish and other products, \$12-17 at department stores.



## Oakland Mall offers certificates on-line

Sure, merchandise can be purchased on the Internet.

But what about a gift certificate for a friend or family member who'd rather shop than unwrap a package?

Actually, several local shopping venues offer on-line gift certificate programs, including Oakland Mall - the latest to extend the service to customers.

The Birmingham Principal Shopping District, the Somerset Collection in Troy and The Village shopping district in Grosse Pointe also sell gift certificates on-line.

Oakland Mall's certificates are redeemable at any of the center's stores and can be purchased

with a credit card for between \$5 and \$50 in increments of \$5 by visiting the center's web site at [www.oaklandmall.com](http://www.oaklandmall.com).

The shopping mall is located at I-75 and 14 Mile Road in Troy.

The certificates, which have a one-year expiration date, also bear a personalized message from the purchaser. Mailing and handling costs are paid for by the purchaser.

The service is being provided through an agreement between Oakland Mall and Isiah.com.

Gift certificates for use in downtown Birmingham, Birmingham Principal Shopping District and the Somerset Collection in Troy can be purchased on the Internet at [Isiah.com](http://Isiah.com).

# Catch This Golden Offer!

For a limited time only, we're offering a Golden Anniversary 18-month fixed rate Share Certificate. These certificates offer great rates, are compounded and paid quarterly, and are federally insured by the NCUA. For more information on these share certificates, stop by one of our branch locations or call a member services representative at (888) 836-2100. Don't wait too long; this golden opportunity won't last forever!



\$2,500 - \$24,999 6.50% APY  
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## Zero hassle. Zero haggle.

### Zero due at lease signing on SL1.

No security deposit required.  
Tax, title, license and registration are extra.

Here's the amount due at signing:	\$0	\$995	\$1,495
Here's what you pay per month for a 39-month lease:	\$199	\$172	\$158

People like choices. That's why this lease is designed to be flexible. Either way, you won't get hassled. Instead, you'll get things like air conditioning, automatic transmission, CD player and dent-resistant panels. Because along with choices, people also like features.

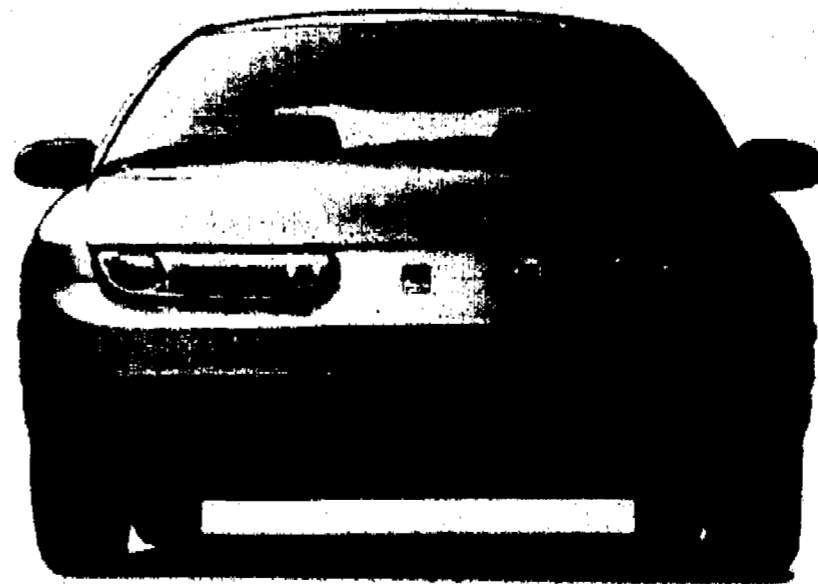
### \$199/month

39-month lease, 38 monthly payments  
\$0 due at lease signing.  
No security deposit required.  
Tax, title, license and registration are extra.

Payments based on 2000 Saturn SL1 and an MSRP of \$14,035. Thirty-eight monthly payments total \$7,562. Option to purchase at lease-end for an amount to be determined at lease signing. Primary lending source must approve lease. Delivery must be taken from participating retailer by 2/29/00. Mileage charge of \$0.20 per mile over 39,000 miles. Lessee pays for excess wear. Payments may be higher in some states. ©2000 Saturn Corporation.



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# Couple's travels lead them into Michigan's past

Down the dusty washboard road and across the river brings you past a canoe livery and the remains of the old wooden bridge jutting out of the water. A few old deserted cabins, barely visible in the overgrown brush, lie behind a fenced off area on the other side of the river. Is that where the past is?

—from "Towns at the Turn" by Gene Scott



**Gene Scott:** The author is flanked by Painesdale residents Ruth Katalin (left) and Debra Pindral (right). Last July the little town celebrated its centennial.

By DOUG JOHNSON  
STAFF WRITER

"Nothing in history stands still but it sure seems like it when you get there," explains Gene Scott, Livonia writer and author of a new paperback book, "Towns at the Turn."

The "there" is any of nearly three dozen towns, villages and mere crossroads in Michigan that are 100 years old.

Visiting them, researching their history and turning the information into a book was a labor of love for Scott, a retired reporter, editor, educator and public relations employee for the city of Detroit. His constant companion for travel and research is his wife, Barbara.

The writing/retirement project began in 1998. In May of 1999 the couple logged several thousand miles as they traveled around the state.

**Goal**

Their goal: talk to at least one person in every 100-year-old Michigan town. In one town they sat on a front porch and talked with three generations of people. As they reminisced, out of the barn came the family's patriarch

— a fourth-generation individual. The family had run the same farm since 1906, according to Scott.

In another town they met a woman who offered to drive them around to point out the places of historical interest.

The project included trips to the Michigan Room of the Library of Michigan and to the famous Burton Collection at the Detroit Main Library, where there are massive genealogical records. The local Livonia library helped, too.

Scott also talked to county and township people, postmasters, and local historical society members.

"Towns" takes the reader to 32 out-of-the-way places, many of them in the far reaches of the

**Upper Peninsula.**

"I got interested in this some time ago when I was working on my masters degree. I researched how eight Michigan towns worked." Also, Scott said, since he is involved in the Detroit 300 anniversary project and as a resident is aware of Livonia's 50 birthday as a city this month, he wondered about towns "in between."

Scott is quick to point out this book is not academic; it is, rather, a layman's effort to have some fun, some "nostalgic enjoyment."

Most of the surviving towns from the turn of the century were once logging towns or copper mining villages. Some were farming or even resort communities.

**Criteria**

The book provides vignettes of 32 locations. Also included are lists of ghost towns, and towns long gone from Michigan maps. To be in this book, Scott set several criteria:

- The place still had to be on the map.
- The county engineers decide what stays on a map and what goes. These towns had stayed.
- There were road signs to the location.

Some places are small indeed. One town, Northport Point on the Leelanau Peninsula, only has seven families.

The Scotts' favorite Lower Peninsula town is Bentheim, where they spent time talking with Maurice and Henrietta Heck, descendants of Germans who came to the area south of



**Prosper didn't prosper:** The Prosper Christian Reformed Church near Lake City apparently gave the tiny village its name.

Holland to farm. The couple delighted the Scotts when they rolled a 83-year-old Chevy soft-top out of the barn and started it up. "We spent an hour and a half talking to the couple. They took us through one barn that had been built in the 1880s," Scott said.

Their favorite Upper Peninsula town is Ralph. Yes, the city limits sign says "Welcome to Ralph."

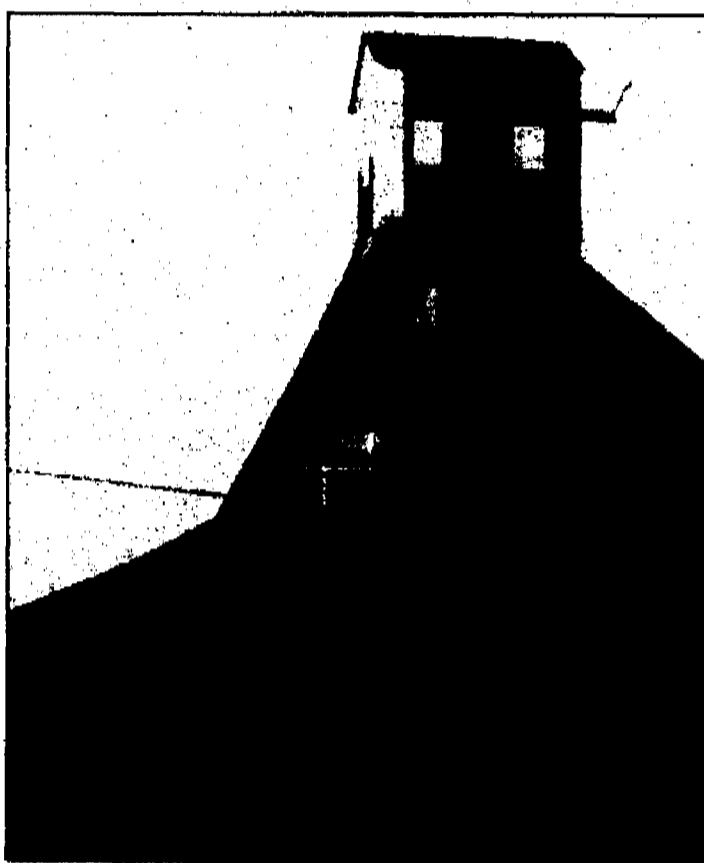
"Ralph is about 15 miles from Iron Mountain, Scott said. "Out on an old Federal highway."

Hardest to find was Leota on dirt roads in Clare County northwest of Harrison. "It was all unpaved roads in and out," Scott said.

The book is illustrated with many vintage maps of the areas, and 63 photographs.

An audio-visual presentation (slides and sound) is available for community and service groups, presented free by Scott. The show takes about 30 minutes followed by time for questions.

"People are interested in the



**Painesdale:** One of the bigger "Towns at the Turn" is near Houghton and features this copper mining shaft-house.

method of research," Scott said. "More than the material itself. There is a lot of interest in genealogy."

The book is available from Scott at 8861 Utah, Livonia, MI 48150. Send \$10, which covers all costs. Phone (734) 523-7844.



**Still running:** The author's wife, Barbara Scott (in car), talks with farm wife Henrietta Heck. The Chevy is 83 years old and still runs.



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**It happens**

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- Hilton Grand Rapids Airport 616-967-0100 \$89
- Hilton Garden Inn<sup>SM</sup> Plymouth 734-420-0001 \$85
- Hilton Inn Southfield 248-357-1100 \$89
- Hilton Toledo 419-381-6900 \$76-\$88
- Hilton Windsor 519-973-5555 \$C129-\$C149

Rates are valid now through 12/30/00. 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 with parents or grandparents, room. Roomage in restaurants set in suite price, subject to state and local laws. Limited availability, advance booking required. Rates exclusive of tax and other charges and subject to change. Groups or other offers. Other restrictions apply. ©2000 Hilton Hotels Corp.

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**OPENS IN THEATRES EVERYWHERE MARCH 31**



**2 UNIQUE**



KELLI LEWTON

## Use Internet as essential cooking tool

The Internet is fast becoming a chef's best friend. With the click of a mouse I can find recipes, nutritional information, compare vendor food prices, look at equipment, and place food orders.

The Internet has also proven to be an essential teaching tool.

Students with Internet access can jump on their favorite search engine to do research instead of driving to a library. Anyone with an appetite for information about food can satisfy their hunger for knowledge on the Internet. How about an afternoon chat regarding dinner menus with someone in California, Florida or even Europe? The latest and greatest fads, recipes and other food related items are a keystroke away.

### Be proactive

With quick access to information we can be more proactive about protecting our food sources. You can be an avid activist without ever leaving your PC.

Parents can easily access nutritional information and be assured their family is eating balanced meals. You can also learn the latest and greatest news about all those good-for-you and bad-for-you foods.

The Internet has also spawned many home food endeavors from canning to bottling micro beer. My neighbors started roasting their own coffee beans after learning how from sources they found online.

How about morel mushrooms or unique, hard-to-find spices delivered to your home in a day? You can order lots of food items online. The Internet has expanded the options for people who have a passion for cooking, and are searching for hard-to-find ingredients.

### Appetizing stops

■ **Starchefs.com** - Is an interesting and informative site for food novices and professionals. Starchefs.com offers information on a variety of topics including healthy cooking, tea, quick meals, Sunday dinners, and holiday baking.

I spoke with Ann Brody at Starchefs and she is confident they will be expanding to offer restaurant reservations, culinary tours and more. Guest chefs share secrets and tricks of the trade; Ann encourages all to stop by anytime, no reservations required.

■ **Breadrecipe.com** - Features a new recipe everyday. You can build your own bakery cookbook a day at a time.

■ **Foodtv.com** - If you are looking for recipes from your favorite cooking show, you can always hop online to find them.

■ **Epicuria.fr/anglais/index.htm** - Here's where you'll find enchanting French recipes and some interesting ideas for wild game.

■ **Nutribase.com** - This site will help you find, calculate and convert various recipes to meet the nutritional needs of you and your family.

■ **Gourmetspantry.com** - Visit this site for help locating those hard to find food items.

■ **Wholefoods.com** - Whole Foods is a national chain with numerous stores right here in our area. They always have great, helpful, healthful hints on food and exciting recipes.

■ **Foodstuff.com** - You'll find everything from mountain teas to cheese importers here, and you can even send someone a veggie greeting card.

■ **Foodweb.com** - Just about anything you can imagine relating to food can be found here.

■ **Allrecipes.com** - This is an awesome Web site for anyone looking for a recipe. You can search for

Please see UNIQUE, D2

## LOOKING AHEAD

What to watch for in Taste next week:

- Cooking across cultures
- Recipes from readers

# Breaking the fast

## Healthy eating starts with the first meal of the day

By PEGGY MARTINELLI-EVERTS  
SPECIAL WRITER

March is National Nutrition Month! Eating healthy foods and staying physically active contribute tremendously to your quality of life.

There are no secrets as to what it means to eat healthy. The best advice can still be summed up in three words: balance, variety and moderation.

Healthy eating starts with your first meal of the day when you "break the fast." It gives your body the fuel it needs to function throughout the day. It's no surprise to me that National School Breakfast Week (March 6-10) also fell during March, the month we dedicate to nutrition awareness.

Children and adults who skip breakfast tend to overcompensate and eat more over the course of the day. It is especially important for parents to eat a good breakfast because they are role models for their children.

Children who eat breakfast are less likely to miss school, be overweight or get sick. Breakfast eaters score higher on tests and have better concentration and muscle coordination.

Eating breakfast as a family provides a good opportunity to spend quality time together. If you're not used to eating breakfast, you can acquire the breakfast habit in progressive stages. Start with a glass of milk, juice or a piece of fruit. Have a little something more - maybe a piece of toast or a hard-boiled egg - a few hours later so that you complete your breakfast by mid-morning.

Then as the days go by, add other breakfast foods to the early morning menu. You will soon have a healthy routine to start your day. Since no single food contains all of the 40 or so nutrients your body needs every day, it's important to eat a variety of foods.

### Breakfast pleasers

The few minutes it takes to fix breakfast can result in several hours of greater efficiency and a better frame of mind in the morning. Chances are those extra few minutes of sleep will not benefit you as much as a good breakfast. Here are some quick and easy breakfast ideas to keep you going all morning:

- Ready-to-eat cereal with fruit and milk
- Toasted bagel with cheese
- Fruit-filled breakfast bar and yogurt
- Toasted waffle topped with fruit and yogurt
- Fruit smoothie (fruit and milk whirled in a blender)
- Peanut butter on toast
- Scrambled eggs and Canadian bacon on an English muffin
- Ricotta or cottage cheese mixed with cinnamon and served with canned peaches
- French toast with ham and canned pineapple

### Breakfast and sugar

Watch any children's TV program and you'll see commercials for sweetened breakfast cereals, breakfast bars, toaster pastries and other sweet breakfast treats. We're a grab-and-go society that loves our sweets! From a young age, our children learn to prefer sweet tastes over others.

For most people, sugar in moderation is fine. Just remember that sweets are at the top of the Food Guide Pyramid and are really intended to be eaten in small quantities.

## Breakfast around the world

Eating breakfast refuels your body with energy, vitamins, minerals and fiber. After eight hours of sleep and a "fast" (since last night's dinner was eaten some 12 hours before), adults need energy to help them function properly throughout the morning hours. Children need breakfast for the same reasons and to help them grow.

All over the globe, youngsters eat breakfast. Here are some examples of breakfasts around the world, which may be very different from what you eat - or maybe not:

- China: Rice, dried pork, pickles and soybean juice - eaten with chopsticks.
- England: Grilled kidneys, tomatoes, sausages and eggs.
- Italy: Fresh rolls with chocolate butter spread, hot milk with a little coffee in it, blood oranges and yogurt.
- Japan: Roasted seaweed dipped in soy sauce, boiled rice, pickled radishes and salted plums.
- United States: Cereal, milk, juice, toast (is this close to what you ate today?)



HELEN FURUEAN / STAFF ARTIST

If your young child is over the 95th percentile for his/her age for weight on the growth chart and is having sweetened cereal for breakfast, then that cereal might be the only sweet that should be consumed that day.

Encourage kids to eat a variety of foods at breakfast. If you have time, make the "Egg Eyeballs" recipe inside today's Taste section. Arrange egg halves on a plate to make eyes. Complete the face with a half of a banana for a nose and an orange slice to make a smiling mouth. Toast quarters make good ears.

For those of us on the run, a healthy breakfast can be quick and easy with a little planning.

Try the breakfast sandwich recipe also inside today's Taste. We call it "The Count" because it is adapted from a recipe for Monte Christo sandwiches.

You can make a bunch of these in advance and freeze them. Pop one in the microwave to heat through and you've got a healthy sandwich to eat on the run.

Another quick breakfast idea is to make pancakes in advance and freeze in individual portions. Then just microwave and top with fruit.

The important thing is to eat a good breakfast to get your motor running, keep you healthy and maximize your potential all day long!

Peggy Martinelli-Everts, R.D., a Clarkston resident, is a registered dietitian and director of clinical operations for HDS Services, a 34-year-old Farmington Hills-based food service and hospitality management and consulting company, specializing in foodservice management for hospitals, long-term care facilities, businesses, private clubs and private schools. HDS Services has approximately 230 management accounts throughout the United States and Japan. See recipes inside.

## Here's some trivia to munch on

Since it is National Nutrition Month, here is a little nutrition trivia to munch on while you're eating your breakfast.

■ A food that is labeled 98 percent fat-free doesn't necessarily contain only 2 percent fat, the 98 percent fat-free claim refers to the weight of the food, not its calories.

If a food is labeled fat-free, it contains three grams of fat or less per serving. Read the Nutrition Facts label for grams of fat per serving.

■ It is not true that fresh fruits and vegetables contain more nutrients than canned or frozen. Whether canned, fresh or frozen, they contain about the same amount of nutrients. Canned and frozen produce is generally processed at their peak and may contain more nutrients than fresh produce.

However, canned or frozen produce may have added sugar or salt, which something to consider when purchasing these items.

■ People are not born with a preference for salty foods. It is learned. If you slowly cut down sodium intake, your desire for salt will decrease.

■ Your stomach does not shrink when you eat less. It expands to handle large amounts of food. As the food moves through your digestive system, your stomach returns to its normal size and stays there until your next meal.

■ Brown bread does not necessarily have more fiber than white bread. If the bread ingredient list states it contains whole wheat or other whole grains, then it probably has fiber. The brown color is likely from caramel coloring found in the ingredient list. Check the Nutrition Facts label for the number of grams of fiber per serving.

■ If you're looking for calcium-rich foods, cottage cheese is not a good source. A half cup of cottage cheese supplies only 65 mg calcium. On the other hand, eight ounces of milk or yogurt contains 300 mg calcium and one ounce of cheddar cheese contains 200 mg calcium.

■ The myth, "Feed a cold, starve a fever" or is it starve a cold, feed a fever? has no health benefit. To fight infection, your body needs a supply of nutrients, plenty of fluids and extra rest. A day's eating plan with variety and balance are as important as ever.

## EATING HEALTHY

# Wrap cube steak around a delicious veggie

### MAIN DISH RECIPE



MURIEL WAGNER

Everyone knows vegetables are good for you, but getting your family to eat them can be a chore.

Here's a welcome remedy - a dish that disguises the vegetables with meat and a well-seasoned sauce. The dish is simple and quick and made with cubed steak. It cooks so quickly you need to watch that it's not overcooked. A 3-ounce portion looks large because it's wrapped around a veggie filling.

The veggies I chose for the filling are mild flavored - tomatoes, carrots and spinach, all excellent sources of vitamin C and iron. These vegetables also contain cancer-fighting antioxidants like lutein, lycopene and beta-carotene.

Serve Stuffed Cube Steaks with my Super Fried Potatoes.

Muriel Wagner is a registered dietitian who holds a doctorate. She will be profiled in the 2000 edition of "Marquis Who's Who in Medicine and Healthcare" to be published in June. She has practiced in Southfield since 1980, and specializes in smart eating, not dieting. Look for her column in Taste on the second

Sunday of every month. Wagner publishes "Eating Younger," a quarterly newsletter with recipes and nutrition tips. To subscribe, send a check for \$13.50 to "Eating Younger," P.O. Box 69021, Pleasant Ridge, MI 48069.

### EATING YOUNGER SUPER FRIED POTATOES

1 (1 pound, 4 ounce) Simply Potatoes (refrigerated potato wedges found in the dairy case at your supermarket)

1 Tablespoon olive oil or canola oil

Preheat oven to 450 degrees F. Pat potatoes dry with paper towel. Spray a shallow baking pan jelly roll pan with nonstick spray. Spread potatoes in a single layer on the pan. Brush potatoes with oil using a pastry brush.

Bake at 450 degrees F until the potatoes are brown and crisp, stirring occasionally to prevent burning and insure even browning (about 15-20 minutes). Serves 4.

**Food values per serving:** Calories 115, fat 3g, Sat. Fat 0.4g, Sodium 15mg, Cholesterol 0mg

**Food Exchanges:** 1 1/2 starches, 1/2 fat

### STUFFED CUBE STEAKS

- 4 beef cube steaks (1/4 pound each)
- 1/4 cup fat free Italian dressing
- 1 (8 1/4 ounce) can sliced carrots
- 1 (10 ounce) package frozen chopped spinach, defrosted

- 1 large tomato (seeded and chopped)
- 1 small onion, finely chopped
- 1 (15 ounce can) tomato sauce (garlic and herb flavored)

Brush steaks on both sides with Italian dressing. Mix carrots, spinach, onion, tomato and 1/2 cup of tomato sauce.

Place one quarter of the vegetable mixture on each steak. Roll up, jelly roll style, secure with wooden tooth picks. Spray a nonstick skillet. Place meat rolls in skillet. Pour remaining sauce over meat. Simmer, covered until tender, about 15-20 minutes. Serve topped with remaining sauce. Serves 4.

**Food values per serving:** Calories 228, Fat 6.1g, Sat. Fat 2.4g, Sodium 530mg, Cholesterol 82mg

**Food exchanges:** 3 lean meat, 2 vegetables

## Here's minestrone minus the fat of beef

BY THE ASSOCIATED PRESS

Beans are both vegetable and protein, the only food that falls into two groups on the USDA Food Guide Pyramid. They're low in fat and calories and rich in vitamins and minerals.

Minestrone Verde is a meatless soup with fresh green veggies. It is both quick and nutritious.

### MINISTRONE VERDE

- 6 cups reduced-sodium vegetable broth
- 1 large onion, sliced
- 1/2 cup small or medium pasta shells
- 15-ounce can kidney beans, or 1 1/2 cups cooked, dry-packaged kidney beans, rinsed, drained
- 15-ounce can Great Northern beans, or 1 1/2 cups cooked, dry-packaged Great Northern beans, rinsed, drained
- 2 cups sliced zucchini

- 1 1/2 cups small broccoli florets
- 1 1/2 cups cut asparagus (1-inch pieces)
- 3 tablespoons chopped fresh parsley
- 2 tablespoons chopped fresh basil, or 2 teaspoons dried basil leaves
- 1 tablespoon chopped fresh rosemary, or 1 teaspoon dried rosemary leaves
- 2 cloves garlic, minced
- Salt and pepper, to taste
- Shredded Parmesan cheese, as garnish

Heat vegetable broth and onion to boiling in large saucepan. Add pasta, reduce heat and simmer, covered, 5 minutes.

Add beans and vegetables to saucepan; simmer, covered, until broccoli is tender, 6 to 8 minutes. Stir in herbs and garlic; season to taste with salt and pepper. Serve in bowls; sprinkle lightly with cheese. Makes 8 servings of about 1 1/2 cups each.

## Break your nightly 'fast' with these easy recipes

Here's a kid-pleasing recipe, followed by a breakfast sandwich. See related story on Taste front.

### EGG EYEBALLS

- For each serving, use:
- 1 egg, hard boiled, shell removed
  - 1 turkey sausage patty (we used the Turkey Store patties)

Preheat oven to 375° F. Wrap sausage patty around egg so that it completely covers the egg. Place eggs in baking dish and bake for approximately 30 minutes, until sausage is browned and cooked through.

Remove from oven. Place on paper towel to drain. Slice in half and position on plate with yoke side up as two eyeballs.

**Nutritional information per serving:** Calories, 162; protein, 11.5 grams, fat, 12 g, sodium, 271 mg, carbohydrates, 1 g. Percentage of calories from fat: 68.

### THE "COUNT"

(AN ADAPTATION OF THE MONTE CRISTO SANDWICH)

- 4 slices whole wheat bread (we used Healthy Choice Soft Honey Wheat)

- 1 egg
- 4 slices Canadian Bacon (or sliced ham or turkey)
- 2 slices Kraft Free American Singles Cheese

Olive oil spray  
Peel crust off of bread slices. Beat egg in a shallow bowl. Heat a non-stick griddle to medium and spray with olive oil. Lay two of the slices of bread on a plate and place a piece of cheese and two slices of Canadian bacon on each. Cover each sandwich with the other slices of bread. Using a fork, crimp edges together so that the slices are sealed with the cheese and bacon inside.

Dip the sandwiches in the egg to coat both sides. Then place on griddle until browned. Flip and brown the other side. Serve immediately. Makes two sandwiches.

Note: You can freeze sandwiches and microwave one minute on high for an individual meal on the run. We suggest turning the sandwich pocket every 15 seconds during cooking and making certain the egg is thoroughly cooked.

**Nutritional information per serving:** Calories, 193; protein, 18 grams; fat, 6 g; sodium, 811 mg, carbohydrates, 19 g. percentage of calories from fat, 26.

Recipes courtesy of HDS Services.

## Veggie burgers feature lentils and wheat germ

BY THE ASSOCIATED PRESS

They grew up as food opposites, these British Columbians. Tanya Barnard believed meat was fuel for a strong body. Sarah Kramer didn't taste meat until she was 13.

Barnard and Kramer were sharing a house with some other people when the two women decided to take the plunge into veganism - no dairy, no eggs, no meat.

"Turning vegan was a much harder decision than becoming vegetarian because there were so many unanswered questions," Barnard says. "For example, if I didn't drink milk, where would I get my calcium? And what about iron and protein?" She also had to persuade her family to accept her decision as a healthy one.

It was an easier transition for Kramer, who grew up with a lot of vegetarian dishes, including Big Ben's Lentil Burgers. The recipe is in their cookbook, "How It All Vegan" (Arsenal Pulp Press, \$15.95 paper). The subtitle? "Irresistible Recipes for an Animal Free Diet."

As for this entree, Kramer says, "We called them Big Ben's burgers because my younger brother Ben was a miniature human garbage disposal with a big appetite. This was his favorite meal as a kid."

### BIG BEN'S LENTIL BURGERS

- 3/4 cup wheat germ
- 2 cups cooked or canned lentils
- 1 cup bread crumbs
- 1/4 cup chopped onions
- 3 tablespoons olive oil
- 1/2 teaspoon salt
- 1/2 teaspoon pepper

On a small plate, set aside 2 tablespoons of wheat germ for coating. In a medium bowl, stir together the remaining wheat germ, lentils, bread crumbs, onions, oil, salt and pepper. Divide and shape into 4 patties. Lay each in wheat germ, coating each side.

In a lightly oiled frying pan on medium-high heat, cook the burgers for 5 to 10 minutes, flipping occasionally. Serve like a bun with condiments of choice.

Makes 4 patties.

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## ST. PATRICK'S DAY SPECIALS

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## Try these potato recipes on St. Patrick's Day

See related 2 Unique column on Taste front.

### TRUFFLED YUKON GOLD MASHED POTATOES

- 4 Yukon Gold potatoes (cut into quarters)
- 2 Idaho potatoes (cut into quarters)
- 1/2 cup milk
- 1 pound butter
- 1 tablespoon salt
- 1 teaspoon pepper (freshly ground)
- 1 tablespoon truffle oil (available in specialty stores)

Rinse potatoes well before cutting. Place potatoes in pot and cover with water. (Water should be 4 inches above potatoes).

Cook potatoes until a knife inserted easily slides out.

Drain potatoes, place on a cookie sheet and roast in the oven for 5 minutes. (This keeps the potatoes from being runny!)

Place potatoes in mixer with a paddle attachment. Mix until smooth, slowly adding heated milk and butter.

Season with salt, pepper and truffle oil. (Amount of truffle oil added will be dependent on your personal taste.)

### ST. PADDY'S POTATO SALMON CROQUETTES

- 2 large peeled Idaho potatoes
- 1 egg yolk
- 2 tablespoons heavy cream
- 2 tablespoons butter
- 1 teaspoon minced fresh chives
- Salt and pepper to taste
- 1 4-ounce fillet cooked salmon
- 1/2 cup flour
- 2 whole eggs (beaten)

## Unique from page D1

recipes by category, such as dessert, snack, breakfast, international, main dishes, side dishes, condiments, soups, salads, sandwiches, special diets and dinner in an instant.

■ **Foodweb.com** - Offers a variety of recipes and information about special interest topics associated with food, drink and eating.

■ **Gourmetguides.com** - Opens a window to domestic and international fare of many flavors.

■ **Dean-deluca.com** - Is one of my favorite online specialty stores.

■ **Farmacopia.com** - Meet farmers online who share information with consumers including tips and recipes.

*Chef Kelli L. Lewton is owner of 2 Unique Caterers and Event Planners in Bloomfield Hills. A graduate of Schoolcraft College's Culinary Arts program, Kelli is a part-time instructor at the college. Look for her column in Taste on the second Sunday of the month. See recipes inside.*

## Benefit slated for tonight for Red Wings

Join the entire Red Wings team at the Hockeystown Cafe, tonight from 6-9 p.m. for an elegant evening of wine-tasting to benefit the family funds of Vladimir Konstantinov and Sergei Mnatsakanov.

The Toast of Hockeystown will feature a sampling of fine wines, cigars and a strolling buffet. Red Wings forward Igor Larionov serves as the honorary chairman of the event and Wings' television broadcaster Ken Daniels will be the master of ceremonies.

Guests will also have an opportunity to bid on an array of unique sports memorabilia. In addition to sports collectibles, fans may bid on priceless, one-of-a-kind Red Wings opportunities such as:

■ Ultimate Road Trip (March 26 and 27 vs. New York Rangers).

■ Ultimate Home Game Package (April 2 vs. Washington Capitals).

Tickets are priced at \$175 per person and are available by calling (313) 396-7575. Guests must be at least 21 years of age.

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**Apfelfannkuchen:** Eating this Apfelfannkuchen, a German apple-filled pancake, is like enjoying a buttery baked apple, an airy soufflé and an egg custard, all at once.

# Apple sweetens this pancake

The Apfelfannkuchen is a German apple-filled pancake that puffs up like a pillow. This huge pancake is cooked on top of the stove in a deep, cast iron skillet.

Turning it can be hard without practice. To eliminate this challenge, this version is made starting on top of the stove, then finished in the oven, so turning it is not necessary. Eating it is like enjoying a buttery baked apple, an airy soufflé and an egg custard, all at once.

### "APFELFANNKUCHEN"— PUFFED APPLE PANCAKE

- 2 Golden Delicious apples, peeled, cored and sliced
- 1 tablespoon fresh lemon juice
- 6 tablespoons sugar, divided
- 1 tablespoon apple juice or water

- 2 eggs
- 1/2 cup reduced fat (2 percent) milk
- 1/2 cup flour
- 1/2 teaspoon vanilla
- 1 tablespoon unsalted butter
- 2 teaspoons confectioners' sugar

Preheat the oven to 425° F. In a bowl, toss the apple slices with the lemon juice.

Spray a medium cast iron skillet or other heavy, oven-proof pan generously with cooking spray. Place 2 tablespoons of the sugar, the apple juice and apples in the pan and set it over medium-high heat. Cook the apples, stirring occasionally, until they are slightly softened and caramelized in places, about 7 minutes. Set aside.

In a medium bowl, whisk together the eggs, milk, remaining 4 tablespoons sugar, flour and the

vanilla. The batter will be slightly lumpy. Mix in the warm apple slices.

Add the butter to the skillet. Heat until the butter melts. Swirl the pan to evenly coat the bottom with butter. Pour in the apple batter and let cook for 1 minute over medium-high heat without disturbing it.

Place the skillet in the oven. Bake until the pancake is slightly puffed. When done, it will be dark brown around the edges and pale but dry in the center. Sprinkle the pancake with the confectioners' sugar. Cut into wedges and serve.

Each of the six servings contains 128 calories and 4 grams of fat.

Recipe courtesy of Dana Jacobs for the American Institute for Cancer Research. AICR's Internet Web address is <http://www.aicr.org>

## WHAT'S COOKING

Send items for consideration in Cooking Class Calendar to Ken Abramczyk, Observer Newspapers, 36251 Schoolcraft, Livonia, MI 48150, or e-mail [kabramczyk@e.homecomm.net](mailto:kabramczyk@e.homecomm.net).

**Vegetarian Cooking** - Lenore Yalisoive Baum, author of Lenore's Natural Cuisine, Your Essential Guide to Wholesome Vegetarian Cooking, conducts vegetarian cooking classes and has scheduled a session on soups for Wednesday, March 29 at Lenore's Natural Cuisine, 22899 Inkster, Farmington Hills. The class fee is \$35. Call (248) 478-4455.

**Pasta Tips** - Chef Dave Martinico will show how easy it is to make your own pasta and ravioli at 1:30 p.m. Saturday, March 25, at the Traffic Jam & Snug Restaurant, 511 West Canfield, two blocks west of Woodward at the corner of Second, near Wayne State University in Detroit. Recipes, lunch and a glass of wine are included in the \$50 class fee. Credit cards accepted. Call (313) 831-9470.

**Pressure Cooking** - Toula Patsalis, author of The Pressure Cooking Cookbook, will provide information on how to handle, operate and cook with a pressure cooker, including how to prepare vegetable soup with sausage bits, chicken with arborio rice and peppers and South Pacific bread pudding with pineapple sauce. Sessions are scheduled for the

Kitchen Glamor stores at 6:30 p.m. Tuesday, March 14, at the Novi Town Center (southeast of the Novi Road exit at I-96), and 1 p.m., Wednesday March 15, at 26770 Grand River, in Redford. Call 1-800-641-1252 for information.

**Culinary Recipes** - Chef Dave Schneider, instructor from the Macomb Community College culinary arts program, joins the Kitchen Glamor stores to share tips and techniques about the Culinary Arts Olympics to be held in Europe. Schneider will teach how to prepare roasted garlic potato leek soup, roast pork loin with gorgonzola and walnut crust, duchess potatoes with shiitake mushrooms. Sessions are scheduled for 6:30 p.m., Tuesday, March 21, at the Novi Town Center (southeast of the Novi Road exit at I-96); Wednesday, March 22, at 26770 Grand River in Redford, and Thursday, March 23, at the Orchard Mall northeast corner of Maple and Orchard Lake Road in West Bloomfield. Call 1-800-641-1252 for information.

**Crostini and Pasta** - Joanne Weir, former chef of the famed Chez Panisse and author of "Weir Cooking," will appear at 1 p.m. Wednesday, March 22 at the Kitchen Glamor store at the Novi Town Center (southeast of the Novi Road exit at I-96), to show how to prepare crostini with feta and hot red pepper, farfalle pasta with

olives, capers, tomatoes and mozzarella, and chewy chocolate walnut tart.

**Kids in the Kitchen** - Home economist Dana Reynolds will instruct parents and grandparents with their children or grandchildren (aged 7-12) about the enjoyment of cooking. You and your child will learn how to wrap and roll phyllo pastry filled with berries and topped with ice cream and chicken fingers, southwest style, wrapped in tortilla and served with a variety of sauces. Class is scheduled for 11 a.m. Saturday, March 25, at the Kitchen Glamor, at the Novi Town Center (southeast of the Novi Road exit at I-96). Call 1-800-641-1252 for information.

**Tea Party** - Instructor Linda Kay Drysdale will take participants to the wonderful world of tea. She will offer suggestions for tea sandwiches, petit fours and mini fruit tarts at Kitchen Glamor stores. Sessions are scheduled for 6:30 p.m. Tuesday, March 28, at the Novi Town Center (southeast of the Novi Road exit at I-96), and Wednesday, March 29, at 26770 Grand River in Redford.

**Easter Eggs** - Learn how to make panoramic Easter eggs with sugar, royal icing and an egg mold with Audrey Edwards at a three-hour class at 11 a.m. Saturday, April 1, at the Kitchen Glamor, at the Novi Town Center (southeast of the Novi Road exit at I-96). Call 1-800-641-1252 for information.

<b>Picnic Basket MARKET PLACE</b> 49471 Ann Arbor Rd. (W. of Ridge) 488-2227		<b>VINTAGE MARKET</b> 29501 Ann Arbor Trail (Just W. of Middlebelt) 422-0160	
Happy St. Patty's Day!			
U.S.D.A. GRADE A FRESH BONELESS, SKINLESS <b>Chicken Breast</b> Only \$1.99 LB.	DETROIT'S FINEST EASTERN MARKET BROADWAY <b>Comed Beef Flats</b> Only \$2.69 LB.	FISH LENTEN SPECIAL <b>Orange Roughy</b> Only \$6.99 LB.	
U.S.D.A. WHOLE <b>Beef Tenderloins</b> Only \$5.19 LB.	U.S.D.A. RIB AND CLUB <b>RIB and CLUB Steaks</b> Only \$4.79 LB.	COOKED <b>Jumbo Shrimp</b> Only \$9.69 LB.	
WORLD'S BEST PARTY SUBS • CATERING • PARTY TRAYS • TOP QUALITY PIZZAS			
KOWALSKI IMPORTED <b>Polish Ham</b> Only \$3.49 LB.	HEALTHY CHOICE <b>Honey Turkey or Ham</b> Only \$3.99 LB.	MELODY FARMS ALL NATURAL ASSORTED FLAVORS <b>Ice Cream</b> 2 Half Gallons / \$6.00	
OUR OILY SLOW ROASTED <b>Rotisserie Roast Beef</b> Only \$4.29 LB.	UPPATI REAL DOMESTIC <b>Swiss Cheese</b> Only \$2.99 LB.	OUR FAMOUS <b>Tuna Noodle Salad</b> Only \$2.59 LB.	
GABEL'S <b>Corned Beef</b> Only \$4.29 LB.	18 Pack Cans <b>Michelob &amp; Michelob Light</b> \$10.99 + Tax & Deposit		
30 Pack Cans <b>Strohs Beer</b> Only \$11.49 + Tax & Deposit			

**ST. PATRICK'S DAY SPECIALS**

Texas <b>Green Cabbage</b> 19¢ lb.	Florida <b>New Crop Red Potatoes</b> 49¢ lb.
Canadian Hydroponically Grown <b>Large Lettuce Cakes</b> 99¢	Crisp & Sweet <b>Cluster Cherry Tomatoes</b> 99¢ bag
<b>Imported Lemons</b> \$3.99 lb.	<b>Garden Salads Made Fresh Daily</b> \$1.99 lb.

Prices Good Through March 18, 2000

**SHOP JOE'S PRODUCE**  
for the freshest variety of fruits and vegetables

**33152 W. Seven Mile  
Livonia, Michigan 48152  
(248) 477-4333**

# WESTBORN MARKET

**HOOK INTO THESE GREAT CATCHES!**

Fresh Canadian Water <b>WHITEFISH FILLETS</b> \$4.99 lb. <b>SAVE \$2.00 lb.</b>	From the Cold, Clear Water of Alaska <b>COD FILLETS</b> \$4.99 lb. <b>SAVE \$2.00 lb.</b>
U.S.D.A. Choice <b>DELMONICO STEAKS</b> \$5.99 lb. <b>SAVE \$2.00 lb.</b>	Boneless <b>CHICKEN BREAST</b> \$1.99 lb. <b>SAVE \$1.00 lb.</b>
Fresh <b>ROMAINE LETTUCE</b> 69¢ lb.	Sweet, Seedless <b>NAVEL ORANGES</b> 12 for \$1.99
<b>TULIPS</b> \$4.99 Bunch	Tropicana <b>ORANGE JUICE</b> 2 1/2 gallons for \$6.00
Bareman's <b>MILK</b> \$1.89 Gal. Swiss Chocolate	Garlic <b>PASTA</b> \$3.99 lb.

Prices good thru March 17, 2000

**WESTBORN MARKET**

## MEDICAL BRIEFS

### Women's health

U.S. Representative Lynn Rivers and Congressman John Dingell will host "Women's Health and Life Forum" 8:30 a.m. to 12:30 p.m. Saturday, March 18, at the University of Michigan, Dearborn Campus, School of Management lecture hall, 4901 Evergreen, Dearborn.

Topics include: financial planning, interpersonal violence, consumer protection safety, heart disease and healthy cooking, cancer, stress and depression, and caring for children and aging adults.

Keynote speakers include Florine Mark, president of Weight Watchers, and a news anchor from Fox 2 News.

Classes are limited to 50. Participants may register for two classes. To RSVP, please call Rivers' office at (734) 485-3741.

### Holistic health fair

The association of Michigan Myomassologists Inc. will present its annual Holistic Health Fair 10 a.m. to 6 p.m. Saturday, March 18, and 10 a.m. to 5 p.m. Sunday, March 19, at the Livonia Holiday Inn, 17123 N. Laurel Park Drive.

The fair features massage therapists performing free 15-minute modified massages and special massage for the physically challenged. The fair's roster includes aura photographs, chiropractic spinal screenings, allergy elimination techniques and astrological profiles. Vendors will sell preventative health care products. Saturday's lectures, scheduled from 11 a.m. to 5 p.m., feature reflexology, aromatherapy and natural approaches to menopause.

The health fair cost is \$5 to the general public and free to IMP members. For information, contact Kathy Grogan at (248) 569-4263.

### Food for thought

St. Mary Hospital in Livonia is offering a class on emotional eating as part of the "Food for Thought" nutrition education program 7-8 p.m. Wednesday, March 15, at the Bentley Center, 15100 Hubbard, Five Mile Road, Livonia. Participants will learn how to identify emotional eating and how to cope with it.

Cost to attend is \$6, \$5 for those over 55. Registration is requested. Please call (734) 655-8940.

### Kidney transplant on Web

In conjunction with National Kidney Month, WebMD will Webcast a kidney transplant at [www.WebMD.com](http://www.WebMD.com) at noon Wednesday, March 15, from the University of Michigan Hospital in Ann Arbor. Dr. J. Stuart Wolf, Jr., director, Michigan Center for Minimally Invasive Urology in the U-M Health System, will perform the kidney removal, a less invasive, "hand assisted" laparoscopic donor nephrectomy.

Immediately afterwards, Dr. Darrell A. Campbell, Jr., head of U-M's Division of Transplantation, will perform the transplant of the kidney into the patient. Dr. Walter Larimore of The Health Network will provide commentary during the operation. Additionally, Dr. Jeffrey D. Punch of U-M's Division of Transplantation, will host a live chat at [www.WebMD.com](http://www.WebMD.com).

# Nutrition

## CLIMB THE FOOD GUIDE PYRAMID TO GOOD HEALTH

BY RENÉE SKOGLUND  
STAFF WRITER  
rskoglund@oe.homecomm.net

Americans suffer from a nutritional paradox: They know the value of nutrition and exercise in maintaining a healthy lifestyle, yet their levels of obesity are at epidemic proportions.

"We have a national epidemic in obesity," said Dr. Diane Howlin, assistant professor of internal medicine in the U-M Health System. "In fact, within the last decade, the obesity rate has risen roughly 50 percent in the United States. This is a very serious problem, especially in Michigan."

Simply put, Americans don't practice what they preach.

According to a recent nationwide survey by the American Dietetic Association, a whopping 85 percent of Americans believe diet and nutrition are important, and 84 percent say exercise and physical activity are equally important.

So what's the problem?

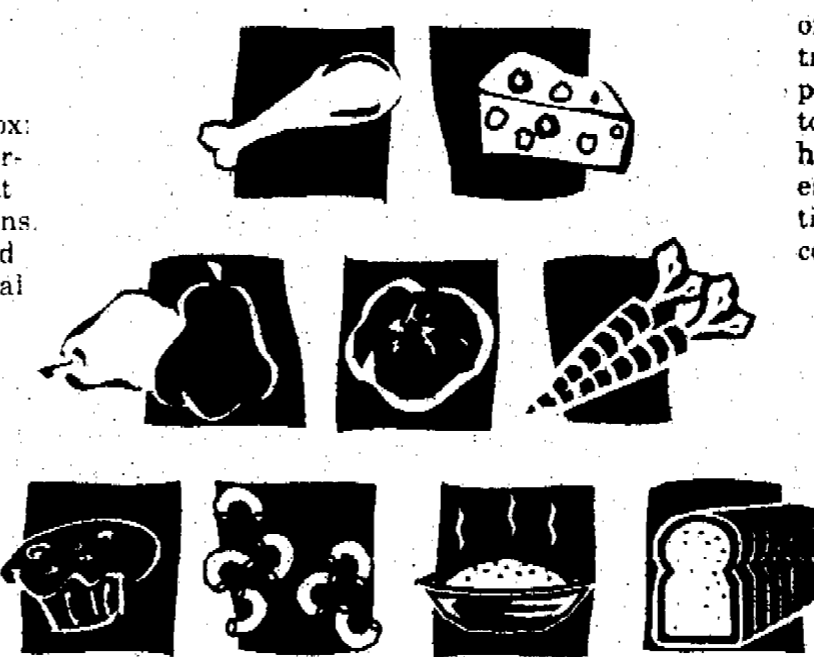
"The problem is we are sending dual messages. One is eat healthy and exercise, and the other is sit in front of the TV or computer and buy fast food and supersize it," said Linda Devore, a registered dietitian and certified diabetes educator for St. Mary Hospital's Community Outreach Program in Livonia.

Forty-four percent of the participants in the ADA survey said they didn't want to give up foods they like, and 38 percent claimed it took too much time to plan and practice a healthy diet.

The good news is we can have our cake and eat it, too ... but in smaller portions.

"Americans seem to suffer from portion distortion," said Boston-based registered dietitian and ADA spokeswoman Elizabeth Ward. "A portion size isn't a plate full of pasta, 32 ounces of soda, or a 10-ounce steak. People need to realize that when it comes to weight control, they can eat any food they want, as long as they control the portion and get regular physical activity, too."

Another example is muffins. A USDA standard-size muffin weighs one ounce and has approximately 100 calories. "I weighed the muffins at Costco. They were 7 ounces, and I know people who eat the whole muffin," said Beth Thayer, a registered dietitian with the Henry Ford Heart and Vascular Institute.



### Diet destruction

Our culture constantly sabotages healthy diets. At supermarkets, the bigger package of cookies is often available for few cents more, and the two-for-one specials are seductive. "It's never two apples for one price; it's two gallons of ice cream for one price. You're paying with your health," said Devore.

And in elementary school - a time when children are most receptive to adopting healthy eating habits - students are often rushed through lunch. "It takes longer to eat an apple than a bag of chips," said Devore. Even toddlers aren't exempt, she added. They're encouraged to collect their favorite TV character figures, which are sold at fast food restaurants.

Americans are their worst enemy when it comes to adopting a healthy diet, said Devore. "They expect to do it perfectly and evenly. You have to have moderation and restraint rather than omission. If you 'fail' than mentally it takes a toll, and you feel guilty."

In addition to good food and smaller portions sizes, exercise is the third component of healthy nutrition. In an article on the prevention of chronic disease through exercise that appeared in the February issue of *Journal of Applied Physiology*, the authors wrote:

"... a strong association exists between the increase in physical inactivity and the emergence

of modern chronic diseases in 20th century industrialized societies. Approximately 250,000 deaths per year in the United States are premature due to physical inactivity ... Epidemiological data have established that physical inactivity increases the incidence of at least 17 unhealthy conditions, almost all of which are chronic diseases or considered risk factors for chronic diseases."

### Common sense

It's time for Americans to start making healthy food selections. The produce section is a treasure trove of vitamins and minerals. "It has everything you need," said Devore.

Good breads are out there, but you must read the labels, said Thayer. "Make sure the first ingredient is a whole grain. Usually the wheat bread is just a colored white bread. Even with something like a 7-grain bread, the first ingredient still might be white flour and the next ingredients may be in small amounts."

Breakfast remains the most important meal, Thayer emphasized. "It gets your metabolism going, especially if you're trying to lose weight. And it provides the brain with glucose for thinking." She suggests "breakfast on the run" - a small muffin, sandwich or yogurt - for people who don't usually eat breakfast.

Dietitians agree that most healthy people do not need food supplements. While research indicates certain vitamins, minerals and herbs may be beneficial, the dietary supplement industry is not regulated. What's more, some supplements, like omega-3 fatty acids, may interact with medications. Omega-3 could compound the effect of blood thinners and raise the risk of a bleeding stroke.

In other words, if you want to take a supplement, absolutely ask your doctor.

Changing bad nutritional habits to good ones is not easy. Both the body and the spirit may be willing. It's a matter of practice and adhering to the golden rule of a healthy lifestyle: Eat less, move more.

For food and nutrition information and a referral to a registered dietitian in your area, call the American Dietetic Association's Consumer Nutrition Hot Line at 800/366-1655. For customized answers to your nutrition questions, call 900/CALL AN RD (900/225-5267). The cost of the call will be \$1.95 for the first minute and \$ .95 for each additional minute.

## Adult fat phobia bad for kids' diets

Fat-free butter, fat-free mayonnaise, fat-free cookies. By stocking kitchens with fat-free products, many parents may unknowingly put their children's health at risk.

"Meal time for a child should not mean fat-free spaghetti with fat-free meatless sauce, served with fat-free bread and a tossed salad with fat-free salad dressing," says Heart Smart registered dietitian Beth Thayer of the Henry Ford Heart and Vascular Institute.

"Many moms buy fat-free products, often because they want to limit their own fat intake or because they mistakenly think 'fat-free' means 'healthier' for their family. The problem is that they may deprive their children of necessary fat."

Fat is an important nutrient for growing children. It plays a key role in the development of nerves. Fat also is necessary for the absorption of essential vitamins A, D, E, and K. In the most extreme situation, the absence of fat can retard growth or cause diarrhea, sores on the scalp and extremely dry skin.

Thayer emphasizes that unsaturated fat found naturally in fish, vegetable oil such as canola and olive, and in whole grains, fruits and vegetables provides the essential fatty acids necessary for children's growth and development.

According to the American Dietetic Association, there should not be a fat restriction for children under the age of two. Children 2 to 11 need about 30 percent of their daily calories from fat.

Thayer suggests parents take the focus off fat and follow these steps to ensure their children are eating a healthy diet:

- Buy lean meat.
- Serve low-fat (not fat-free) dairy products.
- Cook with canola oil or olive oil.
- Serve fish several times a week because it provides plenty of essential fatty acids that protect against heart disease.

More importantly, instead of saying "no" to certain foods, allow children to pick and choose what they like so eating is a positive experience. Offer a variety of fruits and vegetables and whole wheat grains such as whole wheat bread, oatmeal and cereal.

Thayer notes, however, children with specific health concerns or a genetic predisposition to high cholesterol or heart disease may need certain fat restrictions.

Do you need supplements?



Take the following quiz to rate your eating habits. For questions 1-5, give yourself three points for every "yes" answer; for questions 6 and 7, give yourself three points for a "no" answer.

On most days, do you:

1. Eat six to 11 servings of grains (breads, cereal, rice, pasta, and other grain foods)? One serving equals one slice of bread, 1/2 cup of rice or pasta, 1 ounce of cereal or half a bagel.
2. Eat at least two servings of fruit? One serving equals one piece of fruit; 1/2 cup of chopped, cooked or canned fruit; or 3/4 cup of fruit juice.
3. Eat at least three servings of vegetables each day? One serving equals 1/2 cup of cooked or chopped vegetables; 1 cup of raw, leafy vegetables; or 3/4 cup of vegetable juice.
4. Eat two or more servings of dairy foods, such as milk, cheese and yogurt each day? One serving equals 1 cup milk or yogurt, 1 1/2 ounces of natural cheese or 2 ounces of processed cheese.
5. Eat two to three servings of lean meat, poultry, fish, dry beans, eggs or nuts every day? One serving equals 2-3 ounces of cooked lean meat, poultry or fish. One egg, 1/2 cup of cooked beans, or 2 tablespoons of peanut butter count as 1 ounce of meat.
6. Generally eat the same foods every day?
7. Frequently skip meals or miss out one or more food groups for the entire day?

Score:

15 points or more: Food Guide Pyramid expert. You know how to make wise food choices and the variety of foods important for a healthy eating plan.

9-14 points: You're on your way. You could be getting more nutrients by fine-tuning your food selections. For example, if you fall short in the grains group, try including at least one more serving.

6-8 points: Keep trying! By making small changes, you can gradually improve your eating pattern. Focus on one food group at a time and aim to eat the minimum number of servings each day.

While nutrition experts agree that following the Food Guide Pyramid is the best way to obtain vitamins, minerals and other nutrients, you may benefit from a multivitamin/mineral supplement - if you're unable to eat from all the food groups.

However, consult your doctor before taking supplements.

Source: National Center for Nutrition and Dietetics

### Portion guide

Many people struggle in their pocket-size portion sizes. Here's a guide to help you determine a healthy portion size for your family.

■ **Grains:** 1/2 cup of cooked rice, pasta or cereal; 1 slice of bread; 1/2 cup of cereal or half a bagel.

■ **Protein:** 1/2 cup of cooked meat, poultry or fish; 1/2 cup of beans; 1/2 cup of tofu; 1/2 cup of nuts or seeds.

■ **Vegetables:** 1/2 cup of cooked or chopped vegetables; 1 cup of raw, leafy vegetables; or 3/4 cup of vegetable juice.

■ **Fruit:** 1/2 cup of chopped, cooked or canned fruit; or 3/4 cup of fruit juice.

■ **Dairy:** 1 cup of milk or yogurt; 1 1/2 ounces of natural cheese; or 2 ounces of processed cheese.

■ **Meat:** 2-3 ounces of cooked lean meat, poultry or fish.

■ **Other:** 1 egg; 1/2 cup of cooked beans; or 2 tablespoons of peanut butter count as 1 ounce of meat.

■ **General:** 1/2 cup of cooked or chopped vegetables; 1 slice of bread; 1/2 cup of cereal or half a bagel.

■ **Portion size:** The size of a portion should be about the size of your thumb.

**MEDICAL DATEBOOK**

Items for Medical Datebook are welcome from all hospitals, physicians, companies and residents active in the Observer-area medical community. Items should be sent to: Medical Datebook, c/o The Observer Newspapers, 36251 Schoolcraft, Livonia 48150, e-mail rskoglund@oe.homecomm.net or faxed to (734) 591-7279.

**ONGOING**

**ADULT CHILDREN OF ALCOHOLICS**  
Adult Children of Alcoholics and dysfunctional families gather everyday for 12 step support group meetings in the metro area. To find a meeting near you call (248) 988-0873 or write: ACA, P.O. Box 401483, Redford, MI 48240-9489, for information.

**AA & ALANON**  
Alcoholics Anonymous & Alanon meeting meets Wednesday and Sunday from 8:30-9:30 p.m. at Garden City Hospital North Entrance (5254 Inkster Road) at Garden City. Contact (248) 541-6565 or (734) 776-3415. Everyone's welcome. "Alanon meeting" Sunday ONLY.

**BLOOD PRESSURE SCREENINGS**  
Marquette House, a residential assisted living facility in Westland, will hold blood pressure screenings every fourth Tuesday in conjunction with Visiting Nurse Association. Screenings are open to the public from 11 a.m. to noon at the Marquette House, 36000 Campus Drive (across from John Glenn High School). Call (734) 326-6537 for information.

**TUE, MARCH 14**

**MESSAGE III (BODYWORK)**  
Advanced techniques that provide long-term results. Techniques include strain-counter-strain, trigger point therapy, myofascial release techniques. Class runs Tuesday, March 14 April 4, from 6-9 p.m. Cost is \$150. Healing Arts Clinic is located at 340 N. Main Street #205 in Plymouth. Call (734) 207-0557 to register.

**HOSPICE CARE**  
Alterra-Clare Bridge of Livonia, 32500 Seven Mile, will feature a discussion on "Hospice 101" given by a speaker from Heartland Home Health Care & Hospice 6-7:30 p.m. in the community center. No charge. Call

Nanette Cooper or Denise Manion for reservations at (248) 428-7055.

**MULTIPLE CHEMICAL SENSITIVITY**  
Multiple Chemical Sensitivity Friends, a support group for anyone hypersensitive to chemical or environmental irritants, will meet from 2-5 p.m. at the First Congregational Church in Wayne (across from the library at Wayne Road and Michigan Ave.) For more information, call (348-349-4972).

**THYROID DISORDER**  
The Michigan Thyroid Disorder Support Group will meet at 6:30 in the Plymouth Library, 223 S. Main Street. For more information, call Tracy Green at (734) 453-7945. Web site http://community.mlive.com/cc/thyroid

**WED, MARCH 15**

**DYSLEXIA SUPPORT**  
The Michigan Dyslexia Institute of Detroit Metro Center will meet from 7-9 p.m. at MDI, 30230 Orchard Lake Road (Suite #130) in Farmington Hills. The topic will be "Dyslexia: What is it, how is it treated and how important is early intervention?" The presenter will be Ann L. Beatty, director, a Fellow from the Academy of Orton-Gillingham Practitioners and Educators.

**VEGETARIAN NUTRITION**  
Menu planning tips and resources for individuals of all ages who are already vegetarian and those who are leaning in that direction. Includes hands-on cooking demonstrations. Class runs from 4-5:30 p.m. at St. Joseph Mercy Hospital - Ann Arbor/Briarwood Mall Health Stop (620 Briarwood Circle). Call (734) 827-3777.

**YOUNG MOTHER'S SUPPORT**  
The Young Mother's Assistance Program (Y-MAP) will host their December support group from 6-8 p.m. at Newburg United Methodist Church (36500 Ann Arbor Trail) in Livonia. For information call (734) 513-7598. Meetings are always held on the second Monday of each month. Y-MAP provides moms an opportunity to meet with other young parents and share feelings and experiences with each other. Speakers are invited to share topics of interest including positive parenting, substance abuse, job search, education and more.

Child care is provided by licensed care givers at no charge. A light dinner and refreshments will also be available.

**VEGETARIAN COOKING**  
Macro Val will teach how to cook with soy from 6-9 p.m. at 30561 Krauter, Apt. 3 C, Garden City. For more information, call (734) 261-2856.

**ADD AND HYPERACTIVITY**  
Canton Center Chiropractic Clinic will sponsor a free workshop on Attention Deficit Disorder and hyperactivity 7-8:15 p.m. Non-drug solutions will be discussed. Call (734) 455-6767.

**THUR, MARCH 16**

**BABY BUILDING**  
Learn the building blocks for healthy nutrition before and during pregnancy and during breastfeeding. Topics covered include the foods you should eat, rating your own diet, common food-related discomforts of pregnancy, hints for cooking and shopping and nutritious recipes. Class runs from 7-8:30 p.m. Ann Arbor/Briarwood Mall's Health Stop of St. Joseph Mercy Hospital, 620 Briarwood Circle. Call (734) 827-3777.

**IMMUNIZATION CLINIC**  
Providence Mission Health Medical Center - Livonia will host an immunization from 4-7 p.m. at 37595 Seven Mile Road in Livonia. Cost is \$5 per child and includes all vaccines your child needs except chicken pox. Don't forget to bring immunization records. Call (877) 345-5500 for information.

**SAT, MARCH 18**

**PREGNANCY PLANNER**  
If you're thinking about having a baby or are newly pregnant, come to this pregnancy planning seminar. Presentations will cover a range of topics, including deciding if it is time to start a family, preparing for pregnancy, birthing options and parenthood realities. Optional tour of St. Joseph Mercy Family Birth Center. Class from 9 a.m. to 12:30 p.m. St. Joseph Mercy Hospital Education Center, 5301 E. Huron River Drive, Ann Arbor. Call (734) 712-3456.

**WED, MARCH 22**

**ARTHRITIS SELF-HELP**  
St. Mary Hospital and the Arthritis Foundation (Michigan Chapter) are sponsoring an Arthritis Self-Help Course, Wednesday, March 22, March 29 and April 5 from 1 to 3 p.m. in West Addition Conference Room B, St. Mary Hospital. This course provides arthritis education and skill building to help participants take a more active part in their arthritis care. People with arthritis or related diseases such as lupus, fibromyalgia, or scleroderma will benefit from this course. The cost is \$20 per person and registration is required. Classes are limited. St. Mary Hospital is located at Five Mile and Levan in Livonia. For more information or to register, please call (734) 655-8940.

**VEGETARIAN COOKING**  
Learn to cook a healthy breakfast, including tofu sausage and miso tea with "Macro Val" from 6-9 p.m. at 30561 Krauter, Apt. 3 C, Garden City. For more information, call (734) 261-2856.

**THUR, MARCH 23**

**STRONG DAUGHTERS**  
Parents of pre-adolescent girls age 5 and up can develop practical strategies to help their daughter achieve and maintain high self-esteem. Learn strategies to counter limiting cultural stereotypes in this six-hour program. Calls runs from March 23 through April 13 from 7-8:30 p.m. at St. Joseph Mercy Canton Health Center - 1600 S. Canton Center Road. Call (734) 398-7557.

**HIV/AIDS SUPPORT GROUP**  
HIV/AIDS heterosexual support group and family is sponsored by Friends Alliance and meets the second and fourth Thursday of each month. Aldersgate United Methodist Church, 10000 Beech Daly, between Plymouth and W. Chicago in Redford. More information call Kathleen (800) 350-7927.

**SAT, MARCH 25**

**GIRLS IN SPORTS**  
Event is for girls ages 11-18 who are active in sports, their parents and coaches. Learn ways to reduce girls' risk of bone, joint and muscle injuries while improving strength and flexibility.

ty. Don't miss a special talk by swimmer and Olympic gold medalist Annette Salmeen. Includes breakfast snack and lunch. Call to register. Program runs from 8:30 a.m. to 3:15 p.m. St. Joseph Mercy Hospital Education Center, 5301 E. Huron River Drive. Call (734) 712-3456.

**WED, MARCH 29**

**RESTLESS LEG SYNDROME**  
Do you or someone you know suffer from restless leg syndrome? There is support available and a wealth of new information. A Restless Leg Support group meets every other month at OptimEyes in Westland (across from Westland Shopping Center) on Central City Parkway. An area dietitian will speak and a video will be shown at 2 p.m. in the OptimEyes community meeting room. For information call Jan Prentice at (734) 453-4847.

**VEGETARIAN COOKING**  
Learn to cook for your sweetie - hot and spicy peanut butter tofu stir-fry, sweet potato chips - with "Macro Val" from 6-9 p.m. at 30561 Krauter, Apt. 3C, Garden City. For more information, call (734) 261-2856.

**MON, APRIL 10**

**THYROID DISORDER**  
The Michigan Thyroid Disorder Support Group will meet at 6:30 in the Plymouth Library, 223 S. Main Street. For more information, call Tracy Green at (734) 453-7945. Web site http://community.mlive.com/cc/thyroid

**TUE, APRIL 11 & 18**

**SHIATSU**  
Learn the traditional Japanese method of balancing body energy. Done on the floor over the clothing, this energizing treatment promotes health and well-being. Bring a mat and dress comfortably. Class runs Tuesday, April 11 and 18, from 6-9 p.m. Cost is \$75. Healing Arts Clinic is located at 340 N. Main Street #205 in Plymouth. Call (734) 207-0557 to register.

**WED, APRIL 12**

**YOGA**  
A series of graceful, slow motion movements for increasing flexibility and tone, improving health and mental outlook. Good for relief from muscular tension and mental stress. Dress comfortable and bring a mat. Your instructor is a certified fitness instructor and personal trainer with 16 years of teaching experience. Classes run from 6-7 p.m. and 7:15-8:15 p.m. April 12 - May 17. Cost is \$48 for 6 week class; drop-in rate per class is \$10. Healing Arts Clinic is located at 340 N. Main Street #205 in Plymouth. Call (734) 207-0557 to register.

**TUES, APRIL 18**

**BONE DENSITY**  
Alterra-Clare Bridge of Livonia, 32500 Seven Mile, will feature a discussion on "Osteoporosis and Bone Density" 6-7:30 p.m. in the community center. Bone density screen available. Call either Nanette Cooper or Denise Manion for reservations at (248) 428-7055.

**THUR, APRIL 20**

**IMMUNIZATION CLINIC**  
Providence Mission Health Medical Center - Livonia will host an immunization from 4-7 p.m. at 37595 Seven Mile Road in Livonia. Cost is \$5 per child and includes all vaccines your child needs except chicken pox. Don't forget to bring immunization records. Call (877) 345-5500 for information.

**TUE, MAY 2-16**

**BIOKINESIOLOGY**  
Learn to use muscle testing techniques to determine which vitamins, herbs, foods are best for you. Cost is \$115. Class runs Tuesday, May 2-16, from 6-9 p.m. Healing Arts Clinic is located at 340 N. Main Street #205 in Plymouth. Call (734) 207-0557 to register.

**25th ANNUAL TRADE SHOW**  
Office • Industrial • Residential • Retail  
Wednesday, March 22nd  
10 a.m. to 5:30 p.m.  
at Burton Manor  
27777 Schoolcraft, Livonia  
(south of I-96 west of Inkster)  
For more information or  
to make reservations, contact  
Bea King, IREM Michigan Chapter #5  
(248) 615-3885  
or  
Cary Lardell, IREM #1248, 353-2990  
See and meet... Hundreds of Exhibitors Serving the Real Estate Industry  
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**Arthritis Today**  
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Livonia, Michigan 48152  
Phone: (248) 478-7860

**MAINTENANCE**  
You should give yourself the same consideration you would give to your car. If your vehicle has over 50,000 miles on it, you expect to spend more time and money on maintenance.  
So with yourself, and particularly so with your moving parts.  
In the care of your body, time is more important than money. For your joints, the best way to preserve them is to use them. The exercise need not be strenuous, but it should be done at least 30 minutes a day, 5-6 days in the week. Walking is fine if your arthritis is in the legs and hips and ambulating, then swimming or exercises in a pool are excellent substitutes. Using a stationary bike or treadmill is appropriate if weather or other conditions make walking in your neighborhood inappropriate.  
The second aspect of maintenance is diet. You need to make sure you include milk or cheese that you limit your meals with meat, and increase the fat in your diet. Use fruits and vegetables with abandon and stop the habit of competing your meal with a slice of cake or pie.  
You need not spend extra time or money, or food, just be thoughtful in what you select.  
The third aspect of personal maintenance is rest. You may not need more than 8 hours a day, but it is possible that going to bed with the intent of arising 8 hours later is no longer appropriate. If your schedule permits, consider resting 8-9 hours at night, with additional time from 20 minutes to an hour taken as a nap during the day.  
Remember, personal maintenance is both to repair wear and prevent it.



**HEART ATTACK. STROKE. HIGH BLOOD PRESSURE. DON'T YOU THINK THERE ARE SOME FAMILY TRADITIONS YOU SHOULD DO WITHOUT?**

Families share a lot more than a last name. However, the things they have in common aren't always that obvious. Like their blood pressure. High blood pressure has been strongly linked to heredity, so it tends to run in families. There are no symptoms, so it can easily go unnoticed. And left untreated, high blood pressure can lead to a heart attack, stroke, or kidney failure. But the good news is that it's easily checked and readily treated. So maybe it's time to start a new family tradition. Call for an appointment to get your blood pressure checked today. To find a University of Michigan physician near you, simply call 1-800-241-8181. We accept a variety of health care plans, including **MECARE**™.

UNIVERSITY OF MICHIGAN  
**MD Health Centers**  
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Ann Arbor • Ypsilanti • Chelsea • Saline • Dexter • Jackson • Stockbridge • Howell • Brighton • Canton • Novi • Livonia • Monroe • Plymouth • Farmington Hills

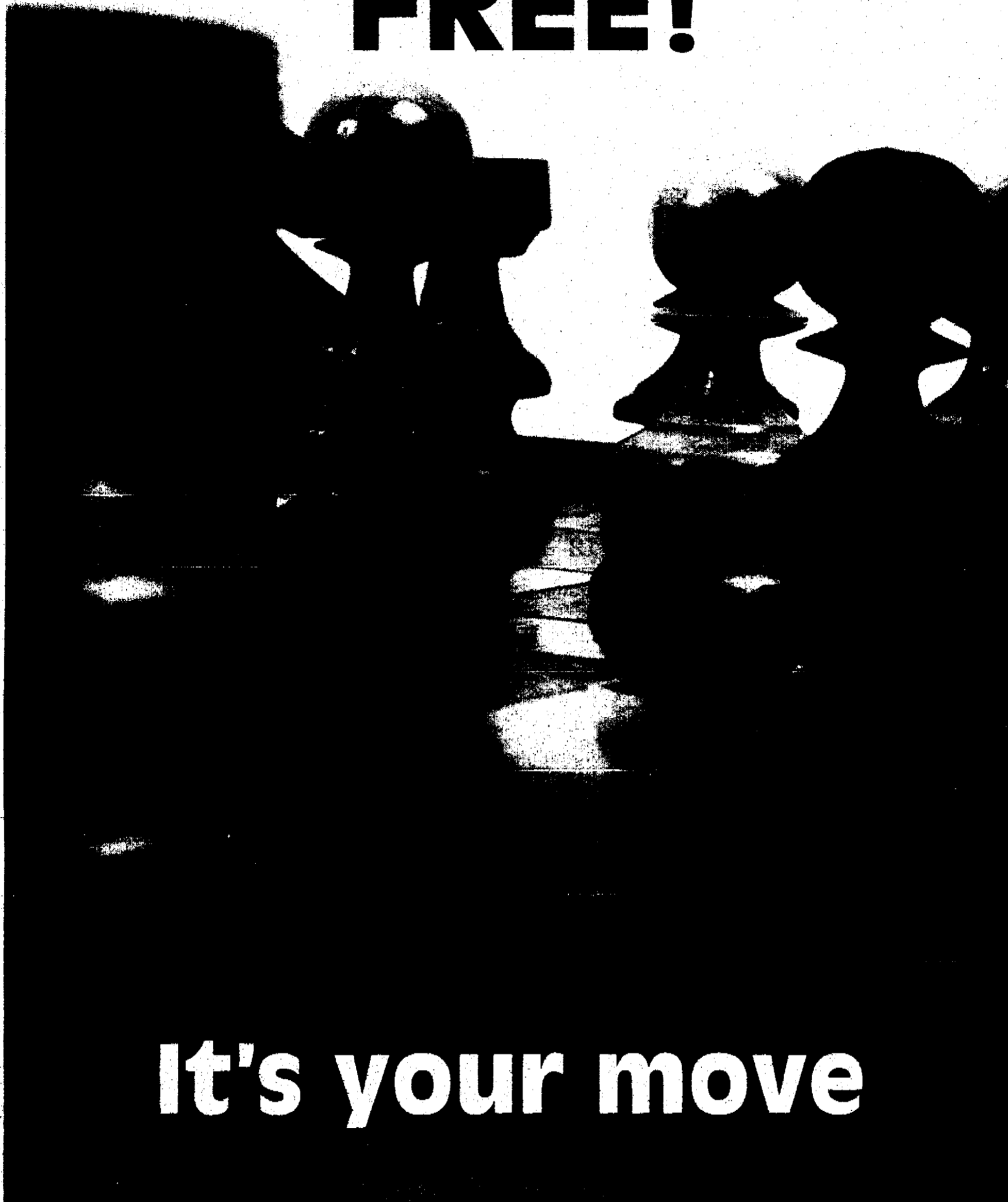
**Are You Depressed?**  
Answer the following questions based on the last 2 weeks or more.

YES	NO
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>

If you answered "yes" to 3 or more statements, you may be suffering from depression, a serious condition affecting millions of Americans. The Institute for Health Studies is currently looking for individuals experiencing the above symptoms to participate in a research study of integrative medical care for depression. If you are selected, all research-related care and study medication are provided at no cost. Get answers and information about depression.

**INSTITUTE FOR HEALTH STUDIES**  
(517) 349-5505 • 1 (800) 682-6663  
Robert I. Bielecki, M.D.

# Your next three-line classified ad is **FREE!**



## It's your move

We have a really great offer going on right now.

### FREE ADS.

Yes, you read that right. When you place an ad for merchandise that has a total asking price of under \$100, your three-line ad is totally free!

In fact, we'll run your ad in two issues of your hometown newspaper—FREE!

The exceptions to this incredible offer are dealers, collectibles, pets and garage sales. Everything else in our Merchandise classification (#700-#799) is fair game.

So look around your house, garage, basement or attic. Select an item or collect a pile of stuff—remember you can't ask more than \$100— and make your move.

Actually, you have a choice of three moves:

1. Fax your ad to us: 734-953-2232 or
2. e-mail it: [muffg@oe.homecomm.net](mailto:muffg@oe.homecomm.net)
3. or fill in the form at the right and send it to:

THE  
**Observer & Eccentric**  
 NEWSPAPERS

30251 SCHOOLCRAFT, LIVONIA MI 48150  
 Attention: Free Classified Ad Offer

Here's my three-line FREE ad please run it 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 \_\_\_\_\_

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

MY 3-LINE AD

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

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

# Debate continues: Turn it off or keep it on?



MIKE WENDLAND

**PC MIKE**  
Should you turn it off or leave it on?

I've been deluged with e-mails and calls to my WXYT weekend PC Talk radio show from people who have strong but differing views on the relative merits of keeping your computer turned on all the time, or turning it off at night or when you weren't using it.

The votes have been about split. Some users said power surges, power brownouts and nearby lightning strikes during thunderstorms had harmed their computers when left on and taught them a valuable lesson about turning it off and unplugging it.

Others say the wear and tear of turning on and off the equipment and thus heating up and cooling off the components unnecessarily shortened their lifespan.

For the record, I did some cost checking. Based on an Energy Cost Calculator at a utility Web

site (<http://www.snopud.com/infouse/enercal2.htm#auto>), it would cost about \$7.11 a month to keep a typical home computer on 24 hours a day. If your printer is kept on all the time, too, add another \$5.33 to the cost.

Run the calculations yourself based on hours on and power drain and you'll see, there indeed is a cost savings to only turning your computer on when you need it. As far as component wear and tear, that's pretty hard to measure.

What prompted all this discussion was my coming home the other day from a week-long, out-of-town trip to find my computer room filled with the smell of burning wires. Sure enough, a power supply transformer on one of my servers burned out. Fortunately, the PC just shut down without causing any fire or damage.

But it was a good reminder to be sure and have a smoke detector in your computer room. And as for me, when I'm around, my PC's are on all the time. When I'm away from home for extended periods of time, they're off.

And all my equipment is protected by an Uninterruptible Power Supply unit. For info on power protection, check out the Web site (<http://www.apcc.com>)

run by American Power Conversions.

## Keystroke cops

Ever since the Wall Street Journal and MSNBC ran a story on surveillance software this past week, I've been deluged with e-mails asking if this is really true. The answer, as I've been warning here for months, is yes.

More and more employers are investing in surveillance software that lets them monitor or eavesdrop on everything their employees type on their computers, be it e-mail, Web site surfing or even word processing. Everything. Every keystroke, every deletion, every punctuation mark.

The most popular software out there is called "Investigator" (<http://www.winwhatwhere.com/invest.htm>) and it costs just \$99. Spouses are buying it to see if their husbands or wives are having cybersex with someone else. Parents are buying it to monitor their children's Internet activities and employers, by the score, are installing it to see how employees are spending their time on the office computer.

So far, over 5,000 customers, including many major corporations, have bought the software, and more and more companies

**■ ... It was a good reminder to be sure and have a smoke detector in your computer room. And as for me, when I'm around, my PC's are on all the time. When I'm away from home for extended periods of time, they're off.**

are making similar applications. Bottom line is that you must assume that everything you do on your work computer can be read by your boss.

## Check's in the mail

I've been pointing out how dubious some of those so-called "Free PC" offers that give you a computer at greatly reduced costs after an "Internet rebate." Besides the barrage of ads and Spam e-mail you'll get, besides the problem of being stuck with long-term dial-up contracts, there's another potentially more serious issue.

Some of these alleged rebates are apparently not being paid in a timely manner. That's according to a little-publicized class action suit filed last week

against CompuServe. The suit claims that CompuServe failed to promptly remit rebate checks to consumers who purchased computers in expectation of \$100 or \$400 rebates. As many as 150,000 consumers may be affected. No comment from CompuServe. A special website (<http://www.web-access.net/~csact/index.html>) has been set up to provide details of the suit.

## Virus spreading fast

I'm not big on virus warnings but a virulent one called "Pretty Park" is really spreading fast. There are reports that dozens of government and corporate mail servers have been infected. I've already received eight e-mails infected with it. Some readers have written me saying they're getting even more.

The virus is really a Trojan Horse, and while it apparently does no real damage to a computer, it sends a copy of itself to everyone in the victim's e-mail address book every 30 minutes. It typically arrives in an e-mail from someone you know. The telltale sign is the e-mail contains the subject line "CA Cool- Progs\Pretty Park.exe."

There's an attachment. If you open it, you may see a picture of Kyle, one of the "South Park" TV

series cartoon characters. But then if you do open it, it's too late. It starts sending everyone in your e-mail address book a copy of the virus. And because the e-mail seems to be sent by someone you know, many people are being tricked into opening the file.

If you get it, immediately trash the whole e-mail message without opening the attachment. Most anti-virus programs will eradicate it but, to be sure, don't open any e-mail attachments with any variation of the name "Pretty Park." Just send them to the trash. If you feel you already have the Pretty Park virus, you can find a removal program at <http://www.web-access.net/>

Until next week, "73" everybody.

PC Mike Wendland

*Mike Wendland reports about computers and the Internet for NBC-television stations coast-to-coast. His radio show is heard every weekend on TalkRadio 1270. WXYT. You can reach Mike through his website at [www.pcmike.com](http://www.pcmike.com)*

## BUSINESS MARKETPLACE

**Items for Business Marketplace are welcome from all companies and residents active in the Observer-area business community. Items should be typed or legibly written and sent to: Business Marketplace, c/o The Observer Newspapers, 36251 Schoolcraft, Livonia, 48150.**

### Summer registration

Summer registration for Walsh College is March 20-24 at any of the four campuses: Troy, Novi, University Center in Clinton Township and Port Huron. Summer 2000 classes begin Monday, May 1 for 11- and 14-week semesters.

Walsh offers junior- and senior-level course work toward bachelor's degrees in accounting and business administration, as well as a master's degree in business administration and master's of science degrees in finance, accounting, management, taxation, and information management and communication. The web address is [www.walshcollege.edu](http://www.walshcollege.edu)

### Women executives

**Executive Women International**, a business women's organization dedicated to the professional development of its members, is seeking new members. EWI helps members build professional relationships with career women and promote their business or company. In addition, EWI fosters community participation through scholarship programs, literacy efforts and philanthropic projects. For more information, contact Detroit-Windsor Chapter president Madeleine Philips at 313-921-1200, or e-mail: [mphilips@pvchemicals.com](mailto:mphilips@pvchemicals.com)

### Prestigious award

President Bill Clinton recently awarded the 1999 Malcolm Baldrige National Quality Award to STMicroelectronics. The award represents the highest level of national recognition for quality that a U.S. company can receive. The award ceremony

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Care Choices HMO is proud to partner with Oakwood Healthcare System and its physician partners in your community. Considered one of the leading healthcare systems,

Oakwood provides services to more than 1.2 million people in 35 Southeast Michigan communities. Having Oakwood as part of our network means that Care Choices HMO now serves you with 39 hospitals and more than 5,000 physicians.

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Oakwood

Care Choices HMO

**ROBERT C. HALL, Attorney, 24500 Ford Road, Dearborn Heights, MI 48127 Telephone Number (313) 474-0064**  
STATE OF MICHIGAN PROBATE COURT COUNTY OF WAYNE FILE NO. 2000-01262-01  
**NOTICE OF ADMINISTRATION**  
Independent Probate  
Estate of ROBERT C. HALL, Deceased  
Social Security Number 151-34-0884  
TO ALL INTERESTED PERSONS:  
Your attention is directed to the fact that the undersigned has been appointed by the probate court to administer the estate of the above named decedent. The decedent died on December 11, 1999. The probate court held a hearing on December 15, 1999, and the undersigned was appointed administrator of the estate on December 15, 1999. The undersigned has taken possession of the decedent's assets and is now in the process of inventorying them. Creditors of the decedent are required to file claims against the estate on or before March 15, 2000. The undersigned will distribute the assets of the estate to the beneficiaries of the estate after the expiration of the time for filing claims against the estate. If you are a creditor of the decedent, you should file a claim against the estate as soon as possible. If you are a beneficiary of the estate, you should contact the undersigned as soon as possible. The undersigned's office is located at 24500 Ford Road, Dearborn Heights, Michigan 48127. Telephone Number (313) 474-0064. Robert C. Hall, Attorney  
Patricia M. Hall, Attorney

## BUSINESS NEWSMAKERS

Items for Business Newsmakers are welcome from all companies and residents active in the Observer-area business community. Items should be typed or legibly written and sent to: Business Newsmakers, c/o The Observer Newspapers, 36251 Schoolcraft, Livonia 48150. Fax: (734) 591-7279 or rskoglund@oe.homecomm.net

### Accounting promotion

Rehmann Robson, P.C. announced the promotion of **Thomas E. Jurewicz**, CPA to Principal. Jurewicz, who works out of the Farmington Hills office, specializes in tax planning and compliance services for corporations and individuals. He is a member of the American Institute of Certified Public Accountants, Michigan Association of Certified Public Accountants, Urban Land Institute and Construction Innovation Forum.



Jurewicz

### International manager

The Detroit Regional Chamber has named **Yanina Vega** of Westland international trade development manager. She will promote the Detroit region in both the NAFTA and U.S. markets. She has a bachelor's degree in Spanish and business administration from Madonna University.



Vega

### Valassis Communications

Valassis Communications announced the promotion of **Aaron Trager** to plant manager of the company's Livonia facility. Trager started at Valassis in 1973 as pressroom material handler. "Aaron's strong manufacturing background and personal relationship skills will enable him to lead the Livonia Printing Division to great successes," said Ron Goolsby, vice president of FSI and Internet/e-commerce operations at Valassis.

### Marketing promotions

Grace & Wild, Inc. of Farmington Hills announced the addition of **Jama Fenstermaker** to the company's marketing department and the promotion of **Amy Weishuhn** to lead marketing coordinator.



Weishuhn

Weishuhn holds bachelor's degree in applied arts from Central Michigan University. Fenstermaker will now assist in advertising and promotional development. She also holds a bachelor's degree in applied arts from Central Michigan University.



Fenstermaker

### Visual effects director

Steven D. Wild, president of Grace & Wild, Inc. of Farmington Hills announced the promotion of **Kevin Gillespie** to director of Design and Visual Effects Services for the company's three divisions: Postique, Grace & Wild Digital Studios and Division X. "While we've always recognized the excellent artistic talent within our post-production divisions, Kevin's experience and understanding of this area of business will help us continue to recruit the highest caliber of talent," said Wild.



Gillespie

## Marketplace

from page D7

by took place in Washington, D.C.

BTMicroelectronics, Inc. Automotive Business Unit of Livonia joined the company's 3,300 employees in viewing the event in specially designed viewing rooms.

Items from the Observerland area for the Business Calendar can be sent to: Observer Newspaper, 36251 Schoolcraft Road, Livonia, MI 48150 attention: Business Calendar.

### WED, MARCH 15

**INTERNATIONAL BUSINESS FORUM**  
John L. Pepper, associate business editor and columnist for The Detroit News, will speak about "Business and Borders" at the International Business Forum 11:45 a.m. to 1:30 p.m. at the Fairlane Club, 5000 Fairlane Woods Drive, Dearborn. Cost is \$20 including lunch. For reservations, call Vanessa at (734) 479-2345 or e-mail ibf@wtcdw.com. Confirmation given.

### BUSINESS NETWORK INTERNATIONAL

Laurel Park Chapter meets 7:30 a.m. at Archie's Restaurant, 30471 Plymouth Road, Livonia. Call BNI regional office at (810) 323-3800.

### THUR, MARCH 16

**SERVICE CORPS OF RETIRED EXECUTIVES MEETING**  
Business Plan Workshop from 8:45 a.m. to noon at One Stop Capital Shop, 2051 Rosa Parks Blvd., Detroit. Topics include planning process overview, financial statements and management and marketing questions. Cost: \$40. To register, contact SCORE at (313) 226-7947 between 10 a.m. and 3 p.m. weekdays.

### INVESTORS RECEPTION

The Livonia Economic Develop-

ment Partnership's "Third Annual Investors Reception" takes place 6-8 p.m. at the Livonia Marriott, 17100 N. Laurel Park Drive (off Six Mile Road between Newburgh and I-275). Please respond by March 13. Call (734) 427-2122 or fax (734) 427-6055.

### FRI, MARCH 17

#### BUSINESS NETWORK INTERNATIONAL

Livonia Chapter meets 7-8:30 a.m. at the Senate Koney Island on Plymouth Road near Stark. Call the BNI regional office at (810) 323-3800.

Sat, March 18

#### SERVICE CORPS OF RETIRED EXECUTIVES MEETING

Pre-Business Workshop from 8:30 a.m. to 1 p.m. at Wayne State University-McGregor Conference Center, 495 W. Ferry, Detroit. Topics include analyzing opportunities, marketing and advertising, and business planning. Cost: \$40. To register, contact SCORE at (313) 226-7947 between 10 a.m. and 3 p.m. weekdays.

### MARCH 21

#### NATIONAL ASSOCIATION OF CAREER WOMEN

The West Suburban Chapter of the National Association of Career Women will meet at 11:45 a.m. at Ernesto's Restaurant, 41661 Plymouth Road, Plymouth. Etiquette consultant Patricia Warner will discuss "Minding Your P's and Q's in the Workplace." Cost: \$18 for members and \$22 for non-members.

## BUSINESS CALENDAR

To make reservations, call Tracey Huff (248) 347-3355.

### MARCH 30

**SERVICE CORPS OF RETIRED EXECUTIVES MEETING**  
Marketing Plan Workshop from 8:30 a.m. to noon, Executive Office Building of Oakland County, 1200 N. Telegraph, Pontiac. Topics include diagnosing marketing problems, market targeting, and advertising and publicity. Cost: \$40. To register, contact SCORE at (313) 226-7947 10 a.m. to 3 p.m. weekdays.

### WED, APRIL 5

**WOMEN'S CONFERENCE**  
The Michigan Business and Professional Association will sponsor the 4th annual Women's Leadership Conference and Distinguished Service Awards Luncheon Wednesday, April 5 at Burton Manor in Livonia. Registration begins at 7:30 a.m. Conference is scheduled from 8:30 a.m. to 2 p.m. Two workshops are planned: "How to Build a Successful Personal Strategic Plan" followed by "Is Your Busi-

ness Checklist in-Order?" The total cost is \$50; cost for luncheon only is \$25. For information about attending, co-sponsoring or advertising, contact MBPA at (810) 979-6322.

### FRIDAY, APRIL 14

#### BUSINESS IN CHINA

Oakland University's Professional Development and Education Outreach, School of Education and Human Services (SEHS) will present "Opening Doors in the 21st Century, Creating Business Opportunities in China after WTO." The seminar will be held from 8 a.m. to 4 p.m. Friday, April 14 in Oakland University's Meadow Brook Ballroom. Co-sponsors include: The Detroit Regional Chamber, Pontiac Export Assistance Center - U.S. Department of Commerce, Michigan Economic Development Corporation, and Leonard Woodcock Legacy. The seminar is an introductory course for individuals and organizations interested in developing or expanding markets in China. Jerome D. Hill, J.D., Ph.D. and Ledong Li will share their exper-

tise on expanding interests and overcoming the challenges of doing business in China. Cost is \$295 and includes a Chinese luncheon and handout material. The registration deadline is Wednesday, April 5. Enrollment is limited. Contact the Professional Development office at (248) 370-3033 for a brochure or to register for the seminar. Fax registration with VISA or MasterCard payment is accepted at (248) 370-3137.

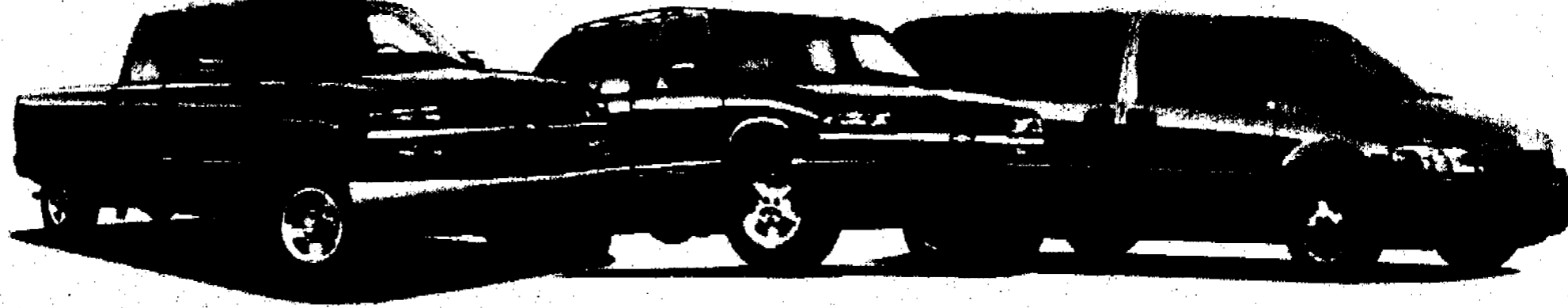
### FRI, MAY 12

#### Fiesta Hispana Ball

The Michigan Hispanic Chamber of Commerce hosts its 11th Anniversary Fiesta Hispana Ball at the Ritz Carlton in Dearborn. The VIP reception begins at 6:30 p.m. followed by dinner and dancing at 7:30 p.m. Mr. Bo Andersson, executive in charge of worldwide purchasing for General Motors Corp., is event chairman. The ball provides an opportunity to network with business representatives and meet corporate sponsors. For tickets, contact MHCC at (248) 208-9915.

The Super Fair  
at  
The Pontiac Silverdome  
March 17 - March 26  
5pm-11pm M-F Noon-11pm Sat., Noon-10pm Sun  
Carnival Rides, Food,, Free Parking  
Ride All Day Weekdays \$10, Weekends \$12  
Special Prices for non-riding parents  
Check out our ad in the Entertainment Section

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Up to 60 months. That's  
a savings of over \$4,800.

\*For Cash Back: You must take retail delivery from participating dealer stock by 7/10/00. Not available with GMAC finance or lease offers. †Silverado example: 36 months at \$29.48 per month per \$1,000 financed. Venture example: 60 months at \$18.83 per month per \$1,000 financed. 0.0% down payment. Savings compare 3.9% APR on Silverado and 0.9% APR on Venture to a Bankrate.com national average bank loan rate. Bank Rate Monitor and National Index are marks owned by Bankrate.com, a division of llf.com, Inc., N. Palm Beach, FL 33408. Length of finance contract is limited. GMAC must approve. Available only to residents of MI, MN, WI and select counties in IL, IN, IA, KY, MO, NE, NY, ND, OH, PA, SD and WV. You must take retail delivery from participating dealer stock by 4/3/00. Dealer financial participation may affect consumer cost. Not available with customer cash offers. \*\*Example based on survey. Each dealer sets its own price. Your payments may vary. Blazer payments are for 2000 Chevrolet Blazer 4-Door 4WD with MSRP of \$28,570. 36 monthly payments total \$10,764. Option to purchase at lease end for an amount to be determined at lease signing. GMAC must approve lease. Available only to residents of MI, MN, WI and select counties in IL, IN, IA, KY, MO, NE, NY, ND, OH, PA, SD and WV. You must take retail delivery from participating dealer stock by 4/3/00. Mileage charge of \$.20/mile over 36,000 miles. Lessee pays for maintenance, repair and excess wear. If lease terminates early, lessee is liable for all unpaid monthly payments. Payments may be higher in some states. Not available with customer cash offers. ©2000 GM Corp. Buckle up, America! 1-800-950-2438 or www.chevrolet.com