

taste buds

chef Larry Janes



Kids learn by helping in kitchen

I've had the honor of learning about food and cooking from some of the best cooks in the world. Pasta from Giuliano Bugialli, technique from Julia Childs, wild game from Chef Milos Chielka, sausage-making from Bruce Aidells; a very impressive list of Mentors, indeed. But when people ask me who taught me the most, the hands down award belongs solely to momma.

It was my momma who always allowed me to feel the pie crust with my fingers til just the right consistency was achieved. It was momma who always slathered a roast or leg of lamb with fresh garlic, or thickened turkey drippings with just the proper balance of milk and flour.

When momma shared her knowledge of food and cooking, it was never tutelage, but instead an opportunity to learn. Momma never knew why yeast made bread rise, but her ability to incorporate it in perfect amounts never ceased to amaze.

As I stand in my own kitchen today and reminisce the days of dumping making and picture perfect German Chocolate cakes, I realize now that she was teaching far more than simple cooking.

TO THIS day, she will never fully realize that by making me add ¼ of this and ½ of those my math abilities were being fine honed. Momma never knew that her making a monstrous pan of lasagne would present an introduction to foreign languages. I can remember the day I first sampled her beet soup, never fully appreciating the fact that it was indeed a geographical Russian borscht.

I never realized then that as far as I'm concerned, the term "momma" and "teacher" should be synonymous. But then again, cooking in Wyandotte was never intended to be a lesson, but instead an expression of creativity that was meant simply to fortify and strengthen.

I know now that the foods children eat affect their growth, development, behavior and their ability to learn. How children eat is equally as important.

The presentation of food in a comfortable and relaxed atmosphere together with love, care and eye appeal can greatly affect the way children feel about themselves and those around them. Early experiences with food may lay the foundation for lifelong eating habits.

KIDS LEARN most by being actively involved. It only makes sense that children at home and at school be encouraged to be interested in, and involved in the preparation of their food. Creating something beautiful and tasty with food is indeed a rewarding experience for anyone.

Big deal, you say? Other than making a royal mess of the kitchen and chowing down on over-kneaded bread, what can a child learn through working with food?

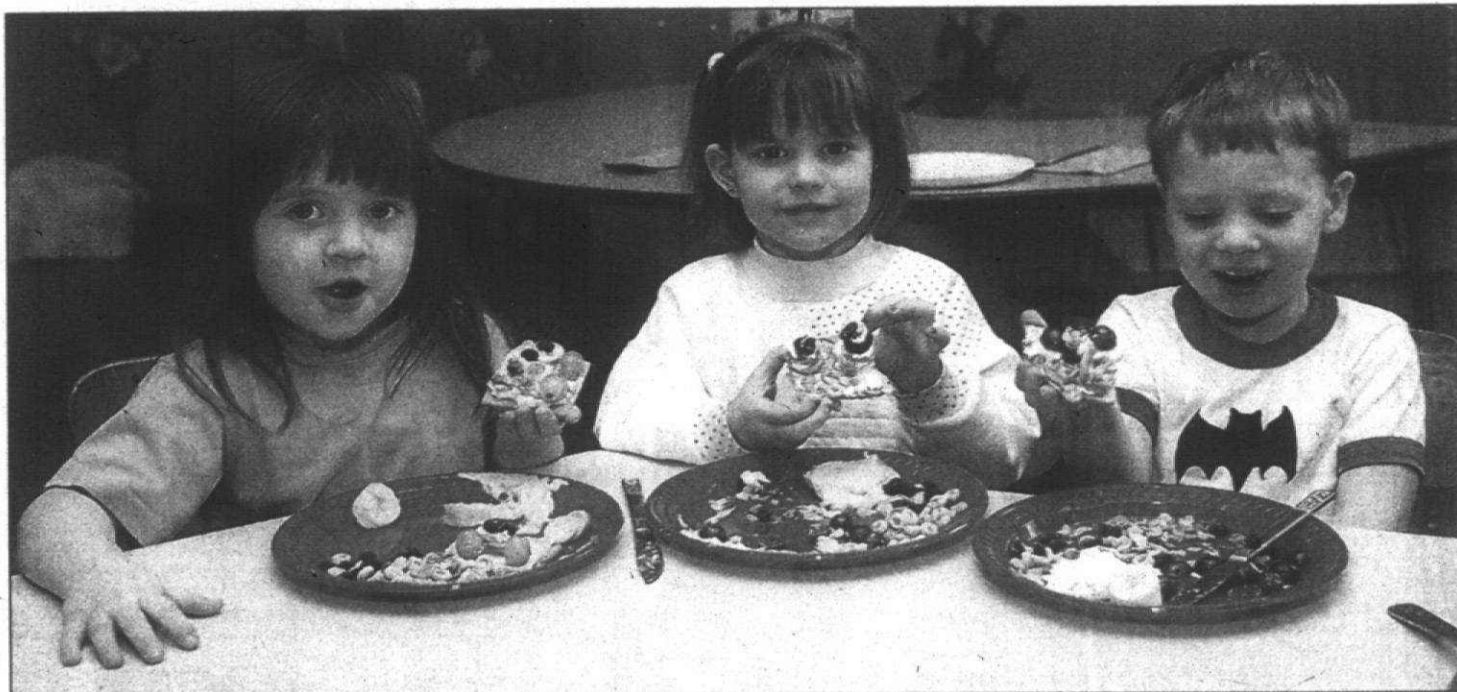
Food comforts, food nourishes. Food has always been an excellent vehicle for human communication. Learning the skills necessary for cooking helps one to develop a sense of independence. There are many opportunities for children to learn new concepts and language skills while they prepare and eat food.

Planning, buying, preparing and serving food calls for the development of a sense of quantity and measurement. Money, recipe measurements and timing, the dividing of portions and even the setting of the table involve mathematics. Food can awaken the artist or the creative genius by enabling us to notice colors, shapes and textures.

You can make creative food experiences simple enough for a toddler and stimulating enough for a teen. All it takes is a little patience and a lot of love.

See recipes inside.

Rachel Jachym, 3 (left), Chelsea Miller, 4 and Larry Peterson, 4 show off their culinary creations — Night Owl Snack, peanut butter spread on a cracker, decorated with banana slices and raisins to look like an owl.



JIM JAGDFELD/staff photographer

Preschoolers practice art of cooking

By Arlene Funke
special writer

IT IS 10 A.M., Monday, and Jeremy Rust is wearing an apron, ready to make a Night Owl Snack.

Jeremy, a 4-year-old Garden City resident, attends a class called "Pooh's Pantry," through the Garden City Public Schools enrichment program.

"Children at this age learn by imitation," said Michele Kramarz, who teaches the class. "We talk about healthy eating habits."

What's a Night Owl Snack? It's peanut butter on a cracker, decorated to look like an owl.

THE ONCE-WEEKLY class is geared to children aged 3 to 5 years. During the 8-week session, they learn how to make simple, tasty snacks.

This class, held at the Cambridge Center in Garden City, is one of several similar local kiddie classes.

At Temple Beth El Nursery School in West Bloomfield, preschoolers have learned to make pancakes, cookies and individual pizzas, using bagels or English muffins.

"It's definitely hands-on," said Joy Kaplan, director of the nursery school.

Preschoolers need close supervi-

sion and lots of help. Classes are small, usually around 10 students.

Children from Birmingham, Bloomfield, Farmington and Southfield attend the Temple Beth El classes. The Garden City program draws from Westland, Belleville and Dearborn Heights, as well as Garden City.

A treat called "Ants on a Log" might sound pretty creepy. But the small fry like to make this concoction — celery sticks spread with peanut butter and dotted with raisins. The celery is the "log," and the raisins are "ants."

Today, the Pooh's Pantry gang will build an elaborate snack, using crackers, peanut butter or cream cheese and a variety of toppings.

"We're going to stick things on a cracker and make it look like an owl," Kramarz said.

JOINING JEREMY around a table are Chelsea Miller, 4, Garden City; Nora Tykoski, 3, of Westland; and Rachel Jachym, 3, Belleville.

The supplies include graham crackers, bowls of sweetened cereal bits, peanut butter and cream cheese, grapes and banana slices.

Larry Peterson, 4, of Inkster, didn't like the banana bread the class made recently. This snack holds promise.

The children get down to business.

Little fingers laboriously spread cream cheese onto crackers. Raisins dribble onto the floor. Slowly, bananas are chopped into small pieces.

While having fun, the kids are developing prereading and premath skills, Kramarz said.

Cracking eggs, stirring batter and spreading cream cheese help develop manual dexterity.

"Children enjoy food better if they prepare it themselves," Kramarz said. "They may even try new foods."

Confidence blossoms, according to Kaplan.

"It makes the kids feel good about themselves," Kaplan said. "It's the 'I can do it' concept."

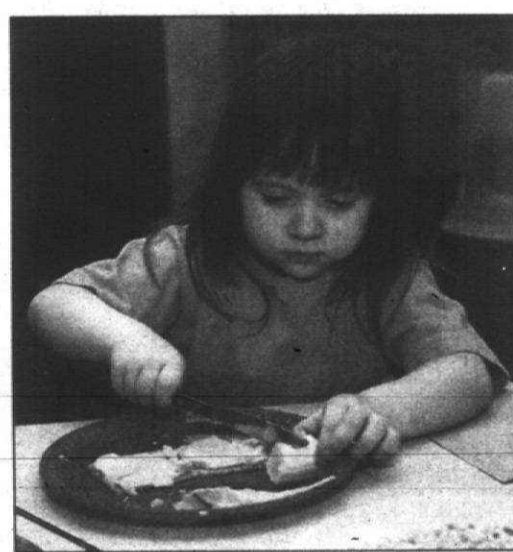
OFTEN, THE recipes selected are tied into an art project, or the theme from a book.

For example, the Garden City group prepared scrambled eggs, tinted with green food coloring, after reading the Dr. Seuss book, "Green Eggs and Ham."

Cooking or baking is done in a microwave or toaster oven. Kramarz prepares a mimeographed recipe book for each student.

Apparently, many of these kids have had a head start before landing in the class.

Lisa Yount, 3½ of Garden City,



Rachel Jachym carefully cuts a banana to make eyes for her Night Owl Snack.

JIM JAGDFELD/staff photographer

likes to help her mom. "She likes to break the egg," said Roxanne Yount, 34, of her daughter. "She uses the hand mixer to mix pancakes."

Larry Peterson has a play stove at home. But he also helps his mom, Carol Peterson, 32, whip up batches of macaroni and cheese and box

cakes. Kramarz likes to talk about choices with her young pupils.

"The fun thing about food is, we like to try different things — to experiment," Kramarz said. "That's why it's nice that there are so many things to eat."

See recipes inside.



STEPHEN CANTRELL/staff photographer

Beth Yocca (left) and Carol Joliat put their heads together to create a healthy Winner Dinner of low-fat vegetarian lasagna, crunchy tossed salad, Persian sesame bread and fruit salad.

Friends exercise healthy habits

family tested winner dinner

Betsy Brethen

but the ways in which we cook, eat, exercise and grocery shop play a major role in whether we are tight and toned or soft and flabby.

Fit for life or fat for life? The choice is, of course, one's own, with genes and lifestyle being the most powerful shapers of the human body.

There isn't a whole lot we can do about our genes

Like it or not, we look like we live, and the only permanent way to get rid of excess body fat is to get rid of the habits that caused the problem in the first place.

ONE GLANCE at this week's Winner Dinner Winners, Carol Joliat and Beth Yocca, reveals instantly that they have opted to be fit for life.

Friends for over four years, they met at the Workout Company in Birmingham, where both are aerobics instructors.

Believing that regular exercise and a healthy diet go hand in hand,

they recently put their heads together and submitted one of their favorite low-fat, high fiber menus. It includes a delicious recipe for vegetarian lasagna.

Married and the mother of three boys, Joliat knows what she is talking about when it comes to personal fitness. She teaches aerobics classes five or six times a week and jogs regularly.

At home, she works hard at planning healthy, low-fat meals for her family and tries to make her chil-

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OBSERVER & ECCENTRIC

WINNER DINNER

Recipes

HEALTHY LOW-FAT VEGETARIAN LASAGNA

Chock-full of lots of healthy vegetables, this lasagna makes a great family dinner. It can be made in advance and frozen and serves six to eight.

- 1 box whole wheat lasagna noodles, boiled
- 1 container low-fat or non-fat cottage cheese, 8 ounce size
- 1 container low-fat or non-fat ricotta cheese, 6 ounce size
- 1 medium onion, finely chopped
- 1½ teaspoons fresh parsley, finely chopped
- 1 teaspoon oregano
- 1 teaspoon basil
- 1 can tomato puree, 6 ounce size
- 1 jar Classico pasta sauce, either tomato basil or olive mushroom, 28 ounce size
- ¾ cup broccoli, cut up
- ¾ cup mushrooms, sliced
- ¼ cup carrots, finely chopped
- 1 medium summer squash, diced
- 1 medium zucchini, diced
- 1 clove garlic, finely chopped
- 1 tablespoon olive oil
- Parmesan cheese
- Low-fat mozzarella cheese

Cook lasagna until just tender. Drain, rinse and let stand in cold water. After combining the two cheeses, refrigerate. Chop up all the vegetables and lightly saute them in 1 tablespoon of olive oil until they are crisp tender.

Combine the can of tomato puree with the jar of tomato sauce. Layer the lasagna noodles in the bottom of a 9 x 13 inch baking dish. Add a layer of cheese, then vegetables, and the sauce. Place another layer of noodles and repeat the process until all the noodles and vegetables are used.

Add the remaining sauce around the perimeter of the noodles.

Top with 2 or 3 tablespoons of Parmesan cheese. Other suggestions for toppings are low fat mozzarella cheese or Alpine Lace cheese. Bake at 400 degrees for 30-35 minutes.

CRUNCHY TOSSED SALAD

- 1 bottle Kraft Free Italian salad dressing
 - 1 head Radicchio lettuce
 - 1 head Bibb lettuce
 - 1 head Romaine lettuce
 - ½ cup Michigan dried cherries
 - ½ cup pine nuts
- Wash, dry and tear the lettuces into bite-sized pieces. Add the cherries and nuts and stir gently to mix well. Add desired amount of dressing, toss well and serve.

PERSIAN SESAME BREAD

This tasty bread is delicious when sprinkled with a little bit of Parmesan cheese and broiled in the oven just before serving. It can be found at Strawberry Hill in West Bloomfield.

HEALTHY FRUIT

Combine your choice of different fruits like melon, blueberries, raspberries, strawberries and bananas, and sprinkle with a little bit of fat-free granola made by Healthy Valley, available in most health food stores or in the health food section of your grocery store.

Treat your children to Sesame Street treats

See Larry Jones' column on Taste from The Sesame Street Cookbook, written by Pat Thornburg, (copyright 1978, Platt and Munk, Publishers.)

Prarie Dawn's Popcorn Fritling
 2 1/2 quarts of popped corn
 4 cups milk, scalded
 1 egg, lightly beaten
 1/2 cup sugar
 1/2 teaspoon each nutmeg, cinnamon and allspice

Crush the popcorn into small crumbs using a rolling pin. Place popcorn crumbs and milk in a large bowl. Cover and allow to set for 2 hours. Stir in remaining ingredients, then pour into a lightly greased baking dish and bake at 300 degrees for 1 hour. Serve with ice cream or cold applesauce.

Chef Larry's secret: "I tried this and substituted 1 cup of honey for the sugar and increased the eggs to 2 and had excellent results. Sunflower seeds are great additions, too!"

Bert's Best Breakfast Oatmeal Burgers
 1 cup leftover cooked oatmeal
 1/2 cup bread crumbs
 1/2 teaspoon butter or margarine

Take the bowl of leftover oatmeal from the refrigerator. With a large, rounded spoon, spoon out patties about 2 inches wide and 1/2 inch thick. Then, with clean hands, place them on a plate covered with bread crumbs. Turn them over once so that the sides are covered with crumbs.

Next, for each oatmeal burger, place 1/2 teaspoon butter or margarine in a frying pan. Fry the oatmeal burgers until they are golden brown and crispy on both sides. Enjoy with milk, syrup or apple butter, if desired.

SNUFFLE-LOAF IN A SPAGHETTI NEST
 1 pound chopped meat
 1 whole egg
 1/2 cup bread crumbs
 2 tablespoons of milk
 2 tablespoons of onion flakes
 2 teaspoons salt

1/2 teaspoon dry mustard
 1 small piece of hard boiled egg
 1 black olive

Place all the ingredients except egg white and olive in a big bowl. Mix them with clean hands until they are blended together. Then shape the mixture with your hands to look like a snuffle-upagus. Place snuffly's tail and trunk close to his body so they don't overcook. Bake the loaf in the oven at 400 degrees for 50 minutes. When the loaf is cooked, with your scissors, cut little pieces of the egg

white and the olive to make eyes. Fasten the olive and egg white with the length of a toothpick. Remember not to let anyone eat the toothpick!

To make a spaghetti nest, cook an 8 ounce box of spaghetti just the way the box tells you. Drain the water and stir in 3 tablespoons butter or margarine. On a large, round platter, arrange the spaghetti in a ring, leaving a space in the center large enough to hold your snuffly-loaf. Place the snuffly-loaf carefully in the nest and have a snuffly-upagus for dinner!

Easy to make dishes help kids learn how to cook

See related story on Taste front.

NIGHT OWL SNACK
 Peanut butter or soft-style cream cheese

Saline or graham crackers
 Rich round or wheat crackers
 Banana slices
 Raisins or cereal bits

For the owl's head, spread peanut

butter on saline. To make eyes, place two smaller crackers and two banana slices on top of the cracker. Add two spoonfuls of cream cheese and top with two raisins. For the

beak, use half of a banana slice. For eyebrows, use cereal, if desired.

(Beter Homes and Gardens, Day and Night, Fun Projects for Kids to Do, Copyright 1989, Meredith Corp., Des Moines, Iowa)

MINI PIZZA
 English muffin, split in two halves
 Pizza sauce
 Shredded mozzarella cheese

Spread pizza sauce on each English muffin half. Top each muffin with shredded mozzarella. With help of a growup, broil until cheese

Aerobics teachers workout healthy menu

Continued from Page 1

dren understand the correlation between good eating habits and exercise.

Joliat also gets a lot of good ideas about healthy living from her cousin, Randi Skaug, who lives in Oslo, Norway where being fit is a normal part of life.

This dynamic duo is available for diet and exercise consultation. If you are interested in more information, please call 855-1033.

Submit recipes to be considered for publication, to Winner Dinner, P.O. Box 3503, Birmingham, MI 48012.

All submissions become the property of the Observer and Eccentric Newspapers. Each winner receives an apron with the words "Winner Dinner Winner" on it.

an aerobics instructor as well as a personal trainer for the Workout Company, she recently received her master's degree in exercise physiology from Oakland University.

As a part of her education, Yocca worked as an intern and went through a six-week Pritikin program where she learned about behavior modification.

She is looking for a full-time job that will offer her the opportunity to write about, and promote health-related and disease prevention issues.

GREEN EGGS AND HAM
 1 egg
 1 teaspoon milk

Crack egg into bowl. Beat well with fork or whisk. Add milk and 2 drops of green food coloring, if desired. Pour into styrofoam cup. Gently add cheese and ham, cut into small pieces, if desired. Place in microwave on a small plate. Microwave on high for 1 1/2 minutes. Check. Microwave an additional 30 seconds if egg is too runny. Serve with orange smiles (slices of orange).

(Pook's Pantry Recipe Book, winter session, 1991-92)

CANDY APPLE DIP
 8 oz. cream cheese, softened
 1/2 cup brown sugar
 1/4 cup white sugar
 1 tsp. vanilla

Combine ingredients. Beat until smooth. Serve with 1/4-inch apple slices dipped into mixture.

(Pook's Pantry Recipe Book, fall session 1991)

VOCCA FINDS that regular exercise makes everything she does easier and more pleasant. Single and

Twice-baked potatoes low in calories

AP — How's this for a skinny side dish? Twice-baked potatoes, with only 190 calories per serving! The secret: use 1 cup non-fat yogurt in place of 1 cup sour cream. You'll save 366 calories, or about 92 calories per serving.

Cut a thin lengthwise slice from each potato, scoop out potato, leaving a thin shell.

Mash potatoes until no lumps remain. Beat in remaining ingredients except paprika until fluffy. Sprinkle with paprika. Place shells on unpotato mixture. Bake uncovered in a 400-degree F oven about 20 minutes or until filling is golden brown. Makes 4 servings.

TWICE-BAKED POTATOES
 4 medium baking potatoes (about 1 1/2 pounds)

Heat oven to 400 degrees F. Bake potatoes about 1 hour or until tender.

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WineFest 92 to benefit arts

What's the appeal of wine auctions? We suspect it's the drama because at the best of them, you rarely find a bargain.

"At least that's what the organizers of WineFest 92 are hoping. Saturday, April 11, marks the 10th anniversary of WineFest, an auction sponsored by the Ann Arbor Art Association to raise money for art programs designed for senior citizens and underprivileged children exhibiting art talent.

With the cutback in state funding to the arts, WineFest 92 revenues will go a long way in keeping the Art Association's programs afloat for the coming year.

focus on wine

Eleanor and Ray Heald

WINE SELECTIONS OF THE WEEK
 1990 Beringer Vineyards Sauvignon Blanc (\$10) was modeled after Chateau Haut Brion Blanc, revealed winery spokesman Tom Kenward. If imitation is the best form

ACCORDING to the February 1992 issue of Connoisseur, in 1990, at Sotheby's London, the Romanov imperial cellars were finally auctioned, 75 years after Czar Nicholas II and his family were murdered by the Bolsheviks.

Approximately 13,000 bottles were sold for a total of \$1,074,544. Those who garnered highest bids included a Swiss who paid a record \$12,705 for three bottles of 1891 Port. Why?

A link with history, perhaps. Tasting something remarkable? That could be since this bottling was fit for a king.

While the Ann Arbor WineFest can't promise wines of this stature, they do contend that some of the area's finest wine collectors have dug deep into their cellars for some rare bottlings to keep the paddles raised at this year's event.

Ed Sbragia, Beringer Vineyard's winemaker is the 1992 auction honorary chairman. WineFest attendees will have the opportunity to meet Sbragia and to sample an array of Beringer wines.

Over the past several years, we've recommended many of Beringer's Knights Valley wines as Wine Selections of the Week. Recently, we had the opportunity to sample a vertical of Beringer Knights Valley Cabernets from the 1980s and were impressed at their ageability given their modest release price — modest that is, by current Napa Valley cabernet sauvignon prices from many producers.

KNIGHTS VALLEY is a small appellation 17 miles north of the Beringer Winery in St. Helena. Flanked by Alexander Valley to the north, this small area is widely recognized for premium cabernet sauvignon and sauvignon blanc because the fine climate and "gravelly soils" are ideally suited to the varieties.

Although the Beringer family planted grapes in Knights Valley in 1965, the region's name didn't appear on a Beringer label until 1974. The winery was so enamored with the fruit emerging from this region that it, in concert with other growers in the region, petitioned for the establishment of a new appellation. Knights Valley was granted this status in 1982.

The following is a sampling from our tasting notes referring to Beringer Vineyard's Knights Valley Cabernet Sauvignon produced as a 100 percent varietal.

1982: "Inherent to all Knights Valley cabernet sauvignons is a rich, ripe berry flavor — almost reminiscent of raspberries," commented Winemaker Sbragia. We agree. Age has added a significant bottle bouquet and aromas of black cherries, blackberries with fragrant spicy oak. Almost 10 years after the vintage, the wine is hanging in there with abundant soft fruit and good balance.

1985: "The Knights Valley vineyard is characterized by low-yielding, rocky soils producing fruit of

flattery, then this wine has done it well. The 25 percent semillon in the blend together with barrel fermentation and barrel aging yielded a wine with generous fruit and elegant balance exquisitely designed to accompany seafood.

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cooking calendar

KITCHEN GLAMOR
 "Cooking For Friends" visits Kitchen Glamor's West Bloomfield Kitchen, 11:30 a.m. Wednesday, April 1.

Giuliano Bugialli visits Kitchen Glamor's West Bloomfield kitchen with his "classic techniques" of Italian cooking, 6:30 p.m. Monday, April 6. Tuesday, April 7 and Wednesday, April 8. He will prepare three regional Italian menus. Cost is \$80 a class, \$225 for three-part series.

Nancy Bayer of Gourmet Connection in Birmingham teaches step-by-step techniques for perfect results when working with phyllo dough, 7 p.m. Tuesday, March 24, at Novi store, 7 p.m. Wednesday, March 25, March 26, at West Bloomfield store, and 7 p.m. Friday, March 27, at Rochester store. Fee is \$3. For information, call 537-1300.

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new products

R.I.K.'S
 R.I.K.'s, an Italian restaurant in West Bloomfield, is offering seven take-home dishes at Nino Salvaggio's Strawberry Hill fruit and vegetable market, 14 Mile and Middlebelt in West Bloomfield. The Heart Smart dishes are reviewed and approved by nutritionists at Henry Ford Hospital for calories, fat, cholesterol, and sodium content. Grocery shoppers at Strawberry Hill can now take home these dishes: grilled vegetable pasta, baked whitefish with tomatoes and pesto, baked scrod with rice pilaf, shrimp with orzo and vegetables, eggplant rolls, Ribollita Soup and Marinara Sauce. One dish, a hearty portion, is about \$7 and can be found in the deli section. Ribollita Soup and Marinara Sauce are available by the quart. R.I.K.'s The Restaurant is at 15 Mile and Orchard Lake in West Bloomfield.

OLD ENGLISH RECIPES
 Lesley Elizabeth Inc. of Metamora has created a new line of products to aid busy cooks. Their "Savoury Spreads" and "Spoon Treats" are now on the shelves of local gourmet food stores including Merchant of Food, Jacobson's, R.I.K.'s, the Red Wagon, and Quorton Market. The spreads can be used with pasta and salad, mixed with cream cheese, yogurt or mayonnaise. The spoon treats, enhance cookies, cakes and ice cream. Each product is named for a family member of a bygone generation: "Great Granny's Toffee Fudge Spoon Treat" and "Twinkles' Ted's Capers and Dill Savoury Spread" to name two.

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First lady visits Schoolcraft kitchens

There's been a lot of excitement in the Schoolcraft College culinary arts department lately. Two faculty members, Joseph Decker and Kevin Gawronski, were recently chosen to compete on the Michigan Culinary Team in the 1992 World Culinary Olympics in Frankfurt, Germany. The team is practicing at the college.

But you could say first lady Barbara Bush's March 16 visit to the culinary arts program kitchens in Livonia was the "frosting on the cake."

THE FIRST LADY DIDN'T just shake hands and smile during her 20 minute visit, she helped department manager Certified Master Chef Jeffrey Gabriel make a salmon dish, and frosted a cake with pastry chef Decker.

"She's very, very personable," said Gabriel. "It was very exciting for the students and faculty."

Congratulations to the winners in the 19th Annual National Art Salon held March 15 at the Hyatt Regency in Dearborn. The Salon, sponsored by the Michigan Restaurant Association and the Michigan Chefs de Cuisine, drew over 200 entrants in four divisions — high school, college, apprentice, and professional.

Displays were entered in various categories including hot and cold food entrees, pastry displays and ar-

sthetic centerpiece displays. Local winners of the special awards included high school student, Leanne Reed, Oakland Technical Center, Judge's Special Award, Martha Dittel, Oakland Community College, Judge's Special Award, Tracie Kipp, Oakland Community College, best pastry; and Brian Henson, Schoolcraft College, "Angie"/Detroit News Award.

APPRENTICE PATRICIA Beckford, Oakland Community College won the Judge's Special Award; Randall Smith, Golden Mushroom, Best Pastry and Best of Show.

In the professional category, Sylvia Hayes, Schoolcraft College, Judge's Special Award; and Susan Miller, Golden Mushroom, Best Pastry.

If you like Middle Eastern cuisine, you'll love the new cookbook published by St. George Antiochian Orthodox Church in Detroit. Proceeds will go into the church building fund. Parishioners, who hail from Southfield, Bloomfield Hills, West Bloomfield, Redford, and Livonia, are raising money to build a new church in Troy.

"Eighty percent of our parishioners live in the northern suburbs," said cookbook coordinator Sally Ruffin. "The land at John R. and Maple was purchased last year."

About 50 people were involved in



tidbits
Keely Wygonik

the cookbook project, said Ruffin. "For years we've sold other people's cookbooks at our events, and thought it was time we wrote our own. The book is a 4 1/2 year project."

Every recipe was tested, and the instructions are easy to understand. The book also contains information about herbs and spices, and eight pages of helpful hints. This is a cookbook with a heart. Many of the recipes are time-tested family favorites, passed down generation to generation.

You'll find recipes for all your favorite Middle Eastern dishes in this book including — Baba Gannough, Hummus Bi-Tahini, Fatoush Salad, Tabouley Salad, Kibbee, raw and baked, Shish Tawook, Falafel, Baklava, meat and spinach pies, and Syrian bread.

The book costs \$10, plus \$2 for handling and shipping by mail. It's also available at Borders' Book Store. To order by mail, send check for \$12 to St. George Antiochian Orthodox Church, 2760 East Grand Boulevard, Detroit, MI 48211.

For information, call 874-2959. Here are some recipes from the book.

FATOOSH SALAD
(Syrian Bread Salad)
2 loaves flat Syrian bread or pita bread
1/2 bunch green onions, finely chopped
1/2 bunch parsley, finely chopped
1 cucumber, coarsely chopped
1/2 bunch fresh pepper, chopped, or 2 tablespoons dried mint, crushed
4 tomatoes, chopped.

4 radishes, thinly sliced
1 clove garlic, minced
1/4 cup olive oil or vegetable oil
juice of two lemons
2 tablespoons thyme
salt and pepper to taste
black Greek olives to garnish

Toast bread on a cookie sheet and break into bite-sized pieces into a bowl and set aside. Place all the rest of the ingredients into a large salad bowl and toss gently. Adjust seasonings to taste. To keep toasted bread crisp, add to the salad just before serving.

FALAFEL, SYRIAN
(Vegetable Patty)
1 pound dry (garbanzo beans)
1 medium onion
1/2 stalk celery, chopped
1/2 bunch parsley, washed and chopped, fine
1 teaspoon garlic powder
1 teaspoon cumin, ground
3 teaspoons coriander, ground
2 teaspoons baking soda
1 teaspoon salt
1 teaspoon black pepper
1 teaspoon paprika or red pepper
1 teaspoon flour

Put garbanzo beans into large bowl, cover with water and soak overnight until soft. Drain any remaining water. Place all ingredients in food processor and process until completely ground, adding a little water if necessary. Be sure the mixture is thick enough to form patties the size of a small hamburger or a half dollar.

Fry patties in hot vegetable oil un-



Pastry chef Joe Decker helps first lady Barbara Bush put finishing touches on a cake at Schoolcraft College in Livonia.

til browned on both sides, 2-3 minutes. Drain on paper towel. Makes 30-40 patties.

To serve: Cut fresh pita pocket in half. Fill with 3-4 falafel patties, shredded lettuce, chopped tomato and drizzle with Tahini sauce (sesame paste).

Betty Crocker tip of the week: If a recipe calls for cooked shrimp, buy twice as much raw shrimp by weight. After cooking and peeling the shrimp, you'll have the right amount.

STREET SCENE

The Observer & Eccentric Newspapers

Allen: Strong vision, sound

By Larry O'Connor
staff writer

Johnny Allen already has his album of "Desperate Years." The singer is quick to add he's still desperate. While in this state of perpetual frenzy — toiling night after night in smoky nightclubs around the area and investing every last cent into a fleeting dream — count on Allen to keep chronicling this enduring pursuit for rock'n'roll prosperity.

"Change the World," the eight-song follow up to the 1988 release "Desperate Years," is not an anthem. It is a cry into the vast, indifferent world. Rather, the black-leather jacket clad singer finds himself exploring the seeds of discontentment as opposed to bemoaning the constant struggle.

"There's times when I'm broke. All my money is invested in my equipment. The career chooses you," said Allen sanguinely while sipping a soft drink in a Detroit pub. "I think I have a real strong vision and I'm stubborn enough to keep my sights set on what I want."

There's no real riddle to what Allen wants. Anyone who's witnessed one of his sweat-drenched testimonials to the rock'n'roll dream in one of many countless clubs know.

SO DO those who've listened to "Desperate Years," a musical document whose release is in itself an achievement. He's bought into the belief of the spiritual, intrinsic powers of rock'n'roll with no questions asked.

Allen would like the usual things: to get signed to a record contract and have the artistic respect associated with such endeavors. However, the dire in Allen as evidenced in live shows and in recording seems to transcend such cursory goals.

Allen's uncompromising in this pursuit. He mentions he's let go those in his band he doesn't feel share in the same commitment. A suggestion such a regimen might make him difficult to work with draws a bit of laugh.

"It might," he said. "I think it's

got its good side. It gets things done. If I want to get something done, I achieve it."

Allen may be a task master, but not an ogre. In fact, he's grateful for those who've lent inspiration and perspiration to his cause.

"Change the World" is filled with a list of musicians, bands, clubs, promoters and journalists who merited a "special thanks."

The album itself is a stripped-down gauntlet of rock'n'roll. The lyrics are personal but, as Allen hastens to add with bemusement, "embellished."

A realm of emotions are covered — lust, deceit, upheaval and, of course, personal yearning — many resonant from his experiences of constantly "being in the public domain. He's asked if such personal musings leave him a bit exposed.

"A LITTLE BIT, but that's where the fun is," he said. "It's exciting to

open yourself up in front of an audience. It's gutsy."

Johnny Allen and his band will perform Wednesday, March 25, at the Studio Lounge, 6921 Wayne Road, south of Warren Road, Westland. For information, call 729-2540. Also, he will perform Friday, March 27, at The Tap Room, 14915 Charlevoix, east of Aiter, Detroit. For information, call 331-6164.

reflect the taut, tenuous feeling throughout. There's no room for compromise as in "I'm Yours."

Sings Moore, "Sewn up my heart with a delicate touch/I never knew love could be used as a crutch. He doesn't sound like he's going to wait around for the answer."

Overall, perhaps this release could do with a few less growls. Crossed Wire demand and deserve attention.

— Larry O'Connor



Johnny Allen covers a variety of emotions in his new release, "Change the World," many resonant from his experiences of constantly being in the public domain.

REVIEWS

CAUGHT IN THE CURRENT — Crossed Wire

Bought with conviction and sold with acoustic-driven passion, Crossed Wire's "Caught in the Current" means business from the get-go. Singer and guitarist Chris Moore chews off the end of his lyrics like they were gristle in the way of expressing his next point on this buoyant 11-song effort. He grows incessantly. Even the backup vocals are wrought to the point of raw throat gurgling.

His rhythm section of bassist and former Beer on the Penguin member Cary Marsh and drummer Bud Burcar pound out a furious pace, lighting one end of this effort and watching it burn through to the other side.

So quick does this release consume itself in its rolling presentation, another listen is immediately required.

While many outfits tear through such releases, once stripped away there is little substance behind the unbridled zeal. Crossed Wire has something more than just a core of energy.

It takes a certain amount of savvy to milk a vocal line, leaving one exposed as Moore does in the heartfelt renderings of "Far Away Place" or the musical dexterity to drastically change the mood of the release as they do in the chestnut "Reflection" and in the jaunty musings of the title track. "Caught in the Current." Such adroitness sustains this effort overall.

The lyrical quotient of "Caught in the Current"

is personal but, as Allen hastens to add with bemusement, "embellished."

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— Larry O'Connor

STREET SENSE

Therapy has its success stories



Barbara Schiff

Dear Readers,

In my last column I answered a letter that requested information about therapy. The woman who wrote shared with us a traumatic experience and was cynical that she could be helped, least of all by psychotherapy. I answered by telling her how and why I believed psychotherapy could help.

Today's column is the second part of that series. I hope it will give my readers an even deeper understanding.

The following poem and homily were written by two different women, both of whom wanted to express their therapeutic experience.

I hope others of you will be moved to write on this topic. Your views and opinions would be instructional,

both for myself and for my readers.

Barbara

The following is from a grateful patient who wanted to put on paper the words of wisdom learned from her therapy.

If you like things just the way they are, just keep doing what you are doing.

There are three choices when confronted with a situation you cannot accept:

- (1) Walk away from it, leave it behind for something new.
- (2) Change yourself to be able to accept the situation.
- (3) Don't change, don't accept the situation and pay the price.

If you can find and follow your heart of hearts the above choices are always reduced to one. You can

change very little about others (as if you have any right to), and accordingly, beware of the fool's megalomania and self-righteousness.

If you don't value time, you don't value yourself.

For every shameful deed or awful person you have followed in your life, ask what that says about yourself.

Never underestimate your enemies.

Remember, you were born without an awareness of beaujolais nouveau or wind chill. See how far you've come unconsciously; imagine what might be possible with effort.

A change in character requires that you find some. Change is not for cowards, pain on the other hand . . .

Please turn to Page 6

Tips for choosing, storing turkey cuts

AP — The phrase "let's talk turkey" has taken on a whole new meaning. No longer relegated to the once-a-year holiday table, turkey is now available in handy small portions, perfect for quick family meals any time of the year. Because all of these smaller turkey cuts need names, there's a whole new glossary of turkey terms to learn. To make sure you're buying the right cut for your recipe, read through these descriptions:

Turkey Breast Tenderloin is the whole muscle on the inside of the breast. Each one weighs about 8 ounces.

Turkey Breast Tenderloin Steaks are cut lengthwise from the tenderloin. They are usually 1 1/4-inch thick and resemble a fish fillet.

Turkey Breast Steaks are cut crosswise from the breast. They are usually 1/4-to 1-inch thick. They are interchangeable with boned, skinless chicken breast halves of the same weight.

Turkey Breast Slices or Cutlets are also cut crosswise from the breast but are thinner than the steaks (usually 1/4 to 1/2-inch thick). They can be used in recipes that call for pounded skinless, boneless, chicken breast halves.

Ground Turkey usually combines white and dark meat and may include some skin and fat. Because no official standards exist for the amount of fat in ground turkey, read the label before you buy.

Buying and Storage Tips: Look for ground turkey that's at least 90 percent lean by weight. In some areas, you can buy ground turkey breast, which is generally more than 90 percent lean. If there's no label, look at the meat. Lots of little white specks indicate that fat and skin were ground up with the turkey meat, which increases the fat content.

To ensure that you have the leanest ground turkey, you can grind your own or have your butcher grind it for you. Start with a turkey breast. (Avoid the self-basting kind, because they're frequently injected with sat-

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<p>Armour HARD SALAMI \$1.99 LB.</p>	<p>All Beef Hamburger from GROUND CHUCK \$1.37 5-6 LB. BAG</p>	<p>Fresh • Crisp Florida CABBAGE 19¢ LB.</p>
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TRAVEL

O&E Monday, March 23, 1992

10A (O) (8B*)

New Zealand's quaint cove



photos courtesy of New Zealand Tourism Board

New Zealand's picturesque harbor is circled by houses and quaint commercial architecture spilling down rolling slopes to the shore.

Retirees enjoy going through Oregon's only rustic gristmill

By Gene and Adele Malott
special writer

Peter Crandall, 70, and his wife Cora bought Oregon's only gristmill — the Butte Creek Mill — in 1972. It took Crandall just two days to close the deal.

He had been a mechanical engineer in southern California when he visited Oregon, heard the mill was for sale and decided to buy it and retire.

Now he says, "I have never regretted doing it. I'm where I want to be, doing what I want to do."

Crandall's Butte Creek Mill — in Eagle Point, Ore., just north of Medford, Ore., on U.S. Highway 62 — is a favorite stop for mature travelers on the road to Oregon's spectacular Crater Lake area.

Inside the weathered four-story water-powered mill, a miller uses the same 1,400-pound stones that were brought to Eagle Point more than 100 years ago to grind wheat, rye and corn into flours, meals and cereals.

Today the structure, which first opened in 1872, is on the National Register of Historic Places.

The Crandalls also run the General Store Museum, which is part of the mill complex. They have filled the museum with items that piqued their interest during the past 50 years: patent-medicine bottles, old advertisements, a turn-of-the-century phonograph, an antique coffee grinder and potbellied stove.

The Crandalls are typical of southern Oregon's new wave of retirees who come to vacation and decide to stay.

Most who visit this area will make their way north and east on U.S. Highway 62, perhaps stopping at Natural Bridge Viewpoint about 50 miles past Eagle Point for a stroll across the Rogue River before continuing to Crater Lake.

Medford is central to the area — a good place to camp for day-trips into the rest of the region.

Across the wide road from Crandall's establishment is Rita's Towne & Country Parlor, a tiny shop filled



photo courtesy of GEM Publishing Group

Peter Crandall, 70, owns Oregon's only gristmill, a popular stop for mature travelers checking out the area as a possible retirement spot.

with sunshine and handcrafted gifts made by the owner, Rita Turner, who loves to chat with the artists, fishermen and retired people who stop in.

Another Oregon retiree is Jack Heald, who collects and displays antique tractors at the Fordson Home Hostel, an American Youth Hostel he runs near Cave Junction, Ore.

Heald acts as an unofficial guide for mature travelers in the quiet valley just west of Medford.

"It's the best-kept tourism secret in America," Heald tells visitors, referring to Oregon's fishing, hunting, hiking, golf and six months of 90-degree days.

Despite the "youth" in its name, Heald's American Youth Hostel is a haven for mature travelers. It's possible to spend a few days or stay a while longer while looking over the area as a possible place to retire. Accommodations are \$7 a night per person.

For more information contact Heald at 250 Robinson Road, Cave Junction, Ore. 97523 or call him at (503) 592-3203.

For information on visiting southwest Oregon, as well as details on the region's Shakespeare Festival, Crater Lake area and other attractions, contact the Southwestern Oregon Visitors Association, 88 E. Stewart Ave., Medford, Ore. 97501 or call (503) 779-4691.

'I have never regretted doing it. I'm where I want to be, doing what I want to do.'

— Peter Crandall

TAKE A WALK THROUGH Wellington

Travelers often miss New Zealand's most urban city

By Carole Van Grondelle
New York Times Syndicate

In a nation brimful of scenic wonders, New Zealand's capital city of Wellington, situated at the southernmost tip of the North Island, is often bypassed in the tourist stampede from Auckland to Queenstown.

Yet New Zealand's first organized European settlement has evolved into the country's most intensely urban city. It is arguably the intellectual and cultural center of New Zealand.

The setting is stunning: a fine, deep harbor set in a natural amphitheater of densely wooded hills. Clinging tenaciously to the hillsides is a colorful pastiche of timber houses, many dating to colonial times.

A narrow crescent of flat land supports a cluster of tall commercial buildings focused around the Civic Center, which forms a new nucleus for the city's cultural amenities.

A large open-air plaza, which was completed in late November, provides an urban meeting place for outdoor concerts and events. Enclosing this space is an ensemble of new, older and refurbished buildings.

Dominating one end of the Civic Center is the polished armature of the Michael Fowler Center, the city's principal concert venue.

Among new buildings is the three-story Wellington Public Library, which opened in December, presenting an undulating facade to the plaza and lining the street with a colonnade of giant steel "nikau palms."

Beneath the plaza is Capital Discovery Place, a hands-on children's museum scheduled to open in September. Refurbished buildings include the Town Hall, of Edwardian classicist design, and

the Early Modern civic administration building.

The former city library, an imposing striped classical edifice, is being remodeled as the new City Art Gallery and will open in early 1993. Beyond the central city, to the south and east, are a series of rocky bays and sandy inlets connected by narrow and winding roads.

Despite its dramatic topography, Wellington is easily negotiated on foot. From the north it takes just two hours to stroll from the pioneer cottages of the Thorndon neighborhood, past the Parliament buildings, along the bustling storefronts of Lambton Quay and south to the Mediterranean-style promenade of Oriental Parade.

For energetic visitors there are several signposted walkways into the city's hills. These trails combine panoramic views and discreet glimpses into private gardens.

A word of caution: The price Wellington pays for its peninsula location and lush green vegetation is a brisk sea breeze and changeable weather.

WHAT TO DO

Historic Wellington has a 150-year heritage of European settlement.

The Wellington Information Center, on the corner of Wakefield and Victoria streets, P.O. Box 2199, offers the "Thorndon Walk" (80 cents) and "Historic Wellington" (\$1.35) brochures, which outline sightseeing tours. For more information call 801-4000.

One spot is the Katherine Mansfield Birthplace, at 25 Tinakori Road, where New Zealand's most gifted writer was born in 1888. It is open from 10 a.m. to 4 p.m.; closed Monday.

Admission is \$2.15. For more information call 473-7268.

Farther up Tinakora Road, onto Glenervie Terrace and Ascot Street, are tiny 1870s cottages.

Among other old places of interest are the Parliament buildings lining Molesworth Street, which include the old Parliament House, built in 1912 and considered a fine example of Edwardian Classicism, and the Gothic Revival General Assembly Library, built in 1899, as well as the modern executive wing of Parliament, known as the Beehive for its conical shape.

St. Paul's Cathedral, a block away on Mulgrave Street, is a splendid example of 19th-century timber Gothic architecture.

In the newly completed National Archives Building, at 10 Mulgrave Street, you can visit the Constitution room to view the original Treaty of Waitangi, the most important document in New Zealand's constitutional history. It was signed in 1840 by representatives of the British government and many of the country's Maori tribal groups.

The National Archives Building is open from 9 a.m. to 5 p.m.; Saturday from 9 a.m. to 1 p.m. Admission is free. For more information call 499-5595.

At the National Museum and Art Gallery, at Buckle Street, is Taonga Maori, a display of rare Maori cultural artifacts assembled for a recent Australian tour. It is open daily from 9 a.m. to 5 p.m. For more information call 385-9609.

From Cable Car Lane off Lambton Quay you can take the Kelburn cable car to the top of the Wellington Botanic Gardens (free admission) to admire the view, then walk down through the verdant bush. At the Lady Norwood Rose Garden 100-plus types of roses, arranged in formal geometric design, are in full bloom throughout the summer months.

The Kelburn cable car, which costs 80 cents, operates from 7 a.m. to 10 p.m. Monday to Friday, 9 a.m. to 6 p.m. Saturday and 10 a.m. to 6 p.m. Sunday. For more information call 472-2199.

For a view of the city skyline from the opposite side of the bay visitors can take the Wellington Harbor Ferry across to Day's Bay, a popular picnic spot. Departure from Queen's Wharf is \$12 for a round-trip ticket. Visitors stroll around the beach to Eastbourne and browse in the shops and galleries.

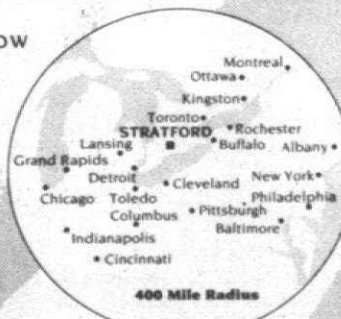
Returning to Queen's Wharf, one can follow the waterfront to Oriental Parade, which sweeps around the sheltered southeast arm of the harbor in a broad serpentine, lined with Norfolk pines. Until late evening the promenade attracts a steady stream of joggers, swimmers, windsurfers, cyclists, fishermen and dog lovers.



The "Beehive" or executive wing of New Zealand Parliament buildings, was the result of a design sketched on a napkin and inspired by the motif on a box of "Beehive" matches.

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1978 Buick Wildcat, excellent condition. \$1,500. 525-7176

822 Trucks For Sale
FORD 1988 F-150 Pickup, Durahull, 15,000 miles. \$7,900. 525-7176
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FORD 1988 F-150 Pickup, Durahull, 15,000 miles. \$7,900. 525-7176

823 Vans
AEROSTAR 1987, Blazer, Conv. van, loaded with many options. \$4,999. 525-7176
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AEROSTAR 1987, Blazer, Conv. van, loaded with many options. \$4,999. 525-7176

824 Jeeps & Other 4-Wheel Drives
DODGE 1988 CARAVAN, All black beauty, deep red interior. TIME 1000 miles. \$11,900. 525-7176
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DODGE 1988 CARAVAN, All black beauty, deep red interior. TIME 1000 miles. \$11,900. 525-7176

825 Sports & Imported Cars
AUDI 5000, 1988, 22,000 miles. Excellent condition. \$4,900. 525-7176
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AUDI 5000, 1988, 22,000 miles. Excellent condition. \$4,900. 525-7176

826 Chevrolet
CAMARO 1977, Blue steel Blue interior, clean black interior. \$1,900. 525-7176
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CAMARO 1977, Blue steel Blue interior, clean black interior. \$1,900. 525-7176

827 Dodge
CHARGER 1987, Automatic, power steering, power brakes, stereo, low miles. \$2,900. 525-7176
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CHARGER 1987, Automatic, power steering, power brakes, stereo, low miles. \$2,900. 525-7176

828 Ford
ESCORT 1989 GT, Red, loaded, excellent condition. \$2,900. 525-7176
ESCORT 1989 GT, Red, loaded, excellent condition. \$2,900. 525-7176
ESCORT 1989 GT, Red, loaded, excellent condition. \$2,900. 525-7176

829 Ford
MUSTANG 1988, Automatic, air, low miles. \$2,900. 525-7176
MUSTANG 1988, Automatic, air, low miles. \$2,900. 525-7176
MUSTANG 1988, Automatic, air, low miles. \$2,900. 525-7176

812 Motorcycles
HONDA CBX 1800, 1981, 10,000 miles. \$1,500. 525-7176
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HONDA CBX 1800, 1981, 10,000 miles. \$1,500. 525-7176

820 Autos Wanted
ABSOLUTELY HIGHEST DOLLAR PAID FOR QUALITY AUTOMOBILES. We will buy condition, we buy with integrity. Please call Jeff Benson. 525-7171

821 Junk Cars Wanted
WANTED: 1980-1990 cars, trucks, vans, minivans, SUVs, etc. \$100-\$1,000. 525-7176
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TOP DOLLAR PAID! For Clean, Low Mileage Cars And Trucks. Any Make Or Model. 525-7176

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830 Chevrolet
CAMARO 1977, Blue steel Blue interior, clean black interior. \$1,900. 525-7176
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831 Dodge
CHARGER 1987, Automatic, power steering, power brakes, stereo, low miles. \$2,900. 525-7176
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CHARGER 1987, Automatic, power steering, power brakes, stereo, low miles. \$2,900. 525-7176

832 Ford
ESCORT 1989 GT, Red, loaded, excellent condition. \$2,900. 525-7176
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325iA \$399 Per Month
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PRICE INCLUDES:
- Automatic Transmission
- New M-50 engine (189 hp)
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- Leather Interior
- Heated 10-way power seats
- Power windows & sunroof
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*Based on 48 month closed end lease with 15,000 miles per year. \$2,000 non-refundable down payment, 1st payment, \$450 security deposit, plus tax and title at delivery. \$2,500 available miles left to 15 cents per mile over limit. Option to purchase at end of lease for \$15,122. Total payments equal to \$499 plus 4% taxes. Expires 3/31/92.

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CAMARO 1988 2-DR, excellent condition, low miles, \$100. 989-3774
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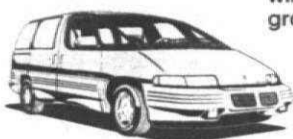
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1992 Trans Sport SE

Stock #920499
Air, rear defogger, 7 passenger, power windows, power locks, tilt, cruise, lamp group.



List Price \$18,680
Sale Price \$16,289*
Lease for \$289¹⁷** month

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Pontiac dealer for customer satisfaction for a second consecutive Model Year Masters Level I

1992 Sonoma Pickup

Stock #924086



Bench seat, air, 3.42 rear axle, heavy duty rear springs, cruise control, 2.8 V6, 5 speed, power steering, AM/FM cassette with equalizer, painted rear step bumper, SLE trim, intermittent wipers, tilt, power locks, power windows, sport suspension.

College Grad Discount \$500
College Grad Price \$9194
Sale Price \$9684
Lease for \$197** month

GMC Lease Special Loaded

1991 Grand AM LE 2 Door "Drivers Ed Special"

Stock #920544
Air, rear defogger, power windows, power locks, cast wheels, tilt, cruise, split rear seat, AM/FM cassette.

List Price \$14,103
Sale Price \$11,399*
DTB Discount -400
FTB Sale Price \$10,999

1991 Grand Prix SE 2 Door

Stock #910204
Air conditioning, power steering, power brakes, 55/45 split seat, full covers, cloth trim, AM/FM stereo.

List Price \$15,539
Sale Price \$11,899*
Lease for \$239⁰⁶** month

1991 Full Size Sierra Pickup

Stock #913300
Bench seat, air, 3.42 rear axle, 5.7 V-8 EFI, 4 speed, automatic, auxiliary light, AM/FM cassette with equalizer, tachometer, rear step bumper, P235/75R15 tires, full size spare, SL equipment, power locks, power windows, tilt, cruise.
College Grad Discount \$500
List Price \$17,330
Discount \$3666 College Grad Price \$13,164
GM OPT II Less \$836.75
Sale Price \$13,664*

1992 Safari Passenger Van

Stock #924104
Deep tinted glass, power locks, 4.3 V6, 4 speed automatic, AM/FM, air, cassette, cruise, tilt.

Sale Price \$14,997*
Lease for \$254** month
College Grad Discount \$500
College Grad Price \$14,497

1992 All New Bonneville SE Sedan

Stock #920117
Defogger, power locks, power windows, monotone paint, 15" wheels, AM/FM cassette, cruise, gauges and much more.

List Price \$19,907
Sale Price \$17,133*
Lease for \$329⁷⁴** month

1992 Sunbird LE Coupe

Stock #920156
Anti-lock brakes, power steering, power brakes, cloth buckets, full cloth covers, AM/FM stereo and more!

List Price \$10,095
Sale Price \$8745*
Lease for \$176⁰⁴** month
First Time Buyer Discount \$400
First Time Buyer Amount to Finance \$8345

1991 Sonoma Pickup

Stock #913131
Long bed, bench seat, heavy duty heater, body strip, 4.3 V6 EFI, 4 speed, automatic, power steering, AM/FM radio, step bumper, rally wheels.

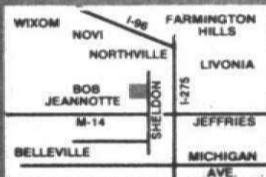
List Price \$12,551
Discount \$3629
College Grad Discount \$500
College Grad Price \$8422
GM OPT II Less \$614.10
Sale Price \$8922*

1991 Vandura 3/4 Ton Santa Fe Conversion

Stock #913265
Loaded, 5.7 V8, 4 speed automatic, rally wheels, AM/FM cassette with equalizer, power locks, power windows, cruise, tilt, 7 passenger, running boards, front and rear air and heat, fold down sofa, deluxe mats, must see.

List \$22,286
Discount -4602
College Grad Discount \$500
College Grad Price \$17,684
GM OPT II Less \$841
Lease for \$359 mo. Sale Price \$17,684***

BOB JEANNOTTE PONTIAC-GMC TRUCK



14949 Sheldon Road, Plymouth (Just North of M-14, Jeffries Freeway)

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453-2500



GM Employees Option I - Option II Suppliers Welcome
PEP PLAN HEADQUARTERS

*Plus tax & title applied where applicable. **Lease based on 48 month closed end lease, \$1500 down, 1st month payment and security deposit (each due rounded off to nearest \$25 increment over monthly payment) plus license fees required at lease inception, 6% min. size tax incl. in pymt. Mileage limitation of 15,000 per year with charge of 10¢ over the limit per mile. To get total payments multiply monthly payment x 48. Lessee subject to credit approval and responsible for any excess wear and tear. Lessee also subject to liability. Lessee has the option to purchase at lease end at the price of formula to be negotiated at lease inception with dealer. Features applied where applicable.

2nd Big Anniversary Sale 2nd Big Week



1992 ESCORT LX

PEP 302A, power steering, light convenience group, light group, cup tray, dual electrical remote mirrors, REM fuel door/decklid release, rear window defrost, 1.9 liter, SEFI 4 cylinder engine, 5 speed manual, P175/70R13 BSW TRS, clearcoat paint, manual air, AM/FM stereo with cassette. Stock #13266.

List Price \$11,183
Sale Price \$8948*
\$500 Rebate on 2.9% APR Financing**



1992 EXPLORER 2 DOOR

PEP 931A, sport trim, air, power equipment group, 4.0 liter EFI V6 engine, automatic overdrive, P235 owl all terrain, 3.27 ratio reg axle, speed control, tilt, radio electrical premium with cassette/clock, cloth captain chairs. Stock #17564.

List Price \$22,591
Sale Price \$18,395*

Up to \$1500 rebates on select models

Sale Ends March 31, 1992

1992 PROBE GL
PEP 251A, rear window defroster, tilt cluster column, dual illuminated visor mirrors, tinted glass, convenience group I, 2.2 liter EFI engine, 5 speed manual, P195/70HR14 BSW A/S, manual air, AM/FM stereo - premium with cassette/clock, aluminum wheels. Stock #11542.
List Price \$14,897
Sale Price \$11,372*
\$1500 Rebate on 2.9% APR Financing**

1992 THUNDERBIRD
PEP 151A, 6-way power driver seat, luxury group, speed control, tilt wheel, dual electric mirrors, cast aluminum wheels, rear window defroster, AM/FM stereo cassette, 3.8 liter EFI V-6 engine, automatic overdrive, P215/70R15 BSW tires, power lock group. Stock #10986.
List Price \$18,563
Sale Price \$14,594*
\$750 Rebate or 7.9% APR Financing**
12 Available at this price

1992 AEROSTAR XL WAGON
PEP 401A, XL trim, 7 passenger with dual captain chairs, air, privacy glass, speed control, tilt, 3.0 liter engine, automatic overdrive, P215/70R14SL BSW all season, 3.73 ratio reg axle, clearcoat paint, rear window defroster, AM/FM stereo/cassette/clock, power convenience group. Stock #16662.
List Price \$19,003
Sale Price \$14,090*
\$1000 Rebate or 7.9% APR Financing**

1992 F-150
PEP 496A, custom trim, headlin/insulation package, AM/FM stereo/clock, deluxe argent styled wheels, 4.9 liter engine, EFI, 5 speed manual with overdrive, P235/75PR15XL BSW all season, 2.73 ratio reg axle, 203 #1 P/L 1533 GVWR 5250 lbs., single fuel tank. Stock #18624.
List Price \$11,511
Sale Price \$9395*
\$400 Rebate or 7.9% APR Financing**

1992 CROWN VICTORIA
Rear window defroster, illuminated entry, light/decor group, power lock group, AM/FM stereo with cassette, remote release fuel door, spare tire cover, speed control, leather wrapped steering wheel, 4.6 liter OHC SEFI V-8, automatic overdrive, P215/70R15 BSW tires, front floor mats, rear floor mats. Stock #10565.
List Price \$21,473
Sale Price \$17,498*
\$500 Rebate or 7.9% APR Financing**

1992 TAURUS "L" STATION WAGON
PEP 203A, manual, rear window defroster, 3.0 liter engine, EFI V-6, automatic overdrive, P205/70R14 BSW tires. Stock #15635.
List Price \$17,514
Sale Price \$14,248*
\$500 Rebate or 7.9% APR Financing**

1992 RANGER 114" WB
PEP 864A, XLT trim, AM/FM stereo/cassette, clock, power steering, sliding rear window, lower accent tape stripe, chrome rear step bumper, 2.3 liter EFI I-4 engine, 5 speed manual overdrive, P215 steel OWL all season tires, 3.45 ratio reg axle, cloth 60/40 split, bench seat, regular SVR, cast aluminum deep. Stock #19578.
List Price \$13,570
Sale Price \$9510*
\$750 Rebate or 7.9% Financing**

ECONOLINE VAN
Standard trim, front passenger bucket seat, engine 4.9 liter, EFI, electronic 4 speed, automatic, P235/75PR15XL BSW all season, 3.06 ratio reg axle, trailer towing package, light duty, 201 #1 946/5500 LBS. GVWR, clearcoat paint, fixed side/rear glass, electronic AM radio with clock, handling package. Stock #18585.
List Price \$16,444
Sale Price \$13,996*
Attn: Business Owners Get \$1000 Rebate**

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1987 AEROSTAR XL Automatic, air, stereo cassette, tilt, cruise and much more, 2 tone blue. \$6788	1987 COUGAR LS Automatic, air, full power, tilt, cruise, tan and brown, 2 tone, extra clean. \$5488	1988 TAURUS LX 4 DOOR Automatic, air, full power, tilt, cruise, stereo, snow white, clean. \$5988	1989 PROBE GT 5 Speed, air, full power, tilt & cruise, bright red, sharp. \$7988	1990 ESCORT 2 DOOR Automatic, air, stereo, power steering, power brakes and more, 16,900 actual miles, bright red. \$6988
1989 RANGER XLT 4 cylinder, standard transmission, power steering & brakes, 29,000 actual miles, bright red. \$5988	1987 REGAL LTD 2 DOOR Jet black, with all the extras, hurry for this one, 34,700 actual miles. \$5988	1989 TOPAZ 4 DOOR Automatic, 5 speed, air, full power, tilt & cruise, jet black, nice. \$5488	1990 TEMPO 4 DOOR Automatic, air, stereo, power steering, power brakes and much more, 18,000 actual miles, honey beige. \$6988	1991 RANGER 4X4 XLT 5 Speed, air, stereo/cassette, sky gray, save big on this one. \$9988

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