

HOME SENSE



LOIS THIELEKE

Eating well best prescription for good health

At an apple for rosy cheeks, use cucumbers for toning, an apricot mask for firming and carrots for clear eyes. A poor diet can have devastating effects on your body, health and how you look.

If you're on an "iffy" fat diet, or seldom eat fruits or vegetables, you may want to change a few of those habits. Granted, there are a million beauty and hair products with vitamins added, but eating nutrient rich foods is a better idea.

It is still not known if these vitamin enriched beauty products can penetrate the skin enough to do any good. We do know that eating nutritious foods will help you look and feel good.

Iron deficiency

An iron deficiency can result in a pale and itchy complexion. Iron deficiency is usually called "fired blood" however, your blood is not fired, you are. Generally, the iron from animal foods is better absorbed than iron from vegetables. Eating a vitamin C rich fruit or vegetable, along with foods containing iron, help your body absorb iron better. For example, serve an iron enriched cereal with a glass of orange juice. Excellent sources of iron are red meats, egg yolk, green leafy vegetables, dried fruits (apricots, prunes and raisins), dried beans, potatoes, enriched and whole grain cereals.

Zinc

A zinc shortage can make your skin dry, flaky and rash prone. A zinc deficiency also delays wound healing. Sources for zinc are meat, liver, eggs, poultry, seafood, milk and whole grains.

Not having enough riboflavin or vitamin B2 will cause cracks in the skin at the corners of the mouth, inflamed lips or a sore tongue. Sealy skin around the nose and ears can also be a symptom of this deficiency. Milk, cheese, fish, poultry and green vegetables are great sources of vitamin B2.

A vitamin D, calcium and phosphorus deficiency, will slowly make your bones dissolve or break easily. The loss of bone that supports your teeth will eventually account for tooth loss. Foods that are rich in these nutrients include milk, yogurt, sardines and canned salmon (with the bones), colored greens and spinach.

Niacin

Niacin is essential for healthy tissues. A niacin deficiency may cause many skin ailments. Food sources for niacin are liver, yeast, lean meats, whole grain and enriched breads and cereals.

Biotin is essential for strong hair, nails and healthy skin. Sources are egg yolk, peanut butter, liver and most fresh vegetables.

Vitamin C helps form collagen, the protein that holds tissues together and gives you healthy teeth and bones. Lack of vitamin C can cause sore gums and bleeding under the skin. Cantaloupe, citrus fruits, raw cabbage, strawberries and tomatoes are all good sources of vitamin C.

Vitamin A helps keep your skin from being dry and flaky. It also helps your eyes function. Night blindness is an early symptom of a vitamin A deficiency. Eggs, butter and liver provide this vitamin. Cantaloupe, carrots, sweet potatoes, green and yellow vegetables contain carotene, which the body converts into vitamin A.

Essential fatty acids help keep your skin moist and supple. These essential fatty acids come from "soaking oils" such as corn, olive or safflower.

Water

Don't forget to drink water, it keeps your body hydrated, and your skin

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LOOKING AHEAD

What to watch for in Taste next week:

- Focus on Wine
- Eating Better Sensibly



Culinary art: James Oppat of Troy (left to right), Wes Holton and Ami Galafaro of Plymouth learn by doing in the culinary arts kitchen at Schoolcraft College. Chef Kevin Gawronski and Jean Paul LePage (below) at work in the culinary kitchen.



WHAT'S COOKING AT SCHOOLCRAFT

An appetite for learning

Editor's note: This is the first of an ongoing series of articles about local culinary arts programs. Next month we'll visit Oakland Community College.

By KEELY WYGONIK
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No bones about it, Schoolcraft College in Livonia has one of the finest culinary arts programs in the country. When he talks about it, Certified Master Chef Kevin Gawronski doesn't mince words. "If you take all the years of knowledge and experience of our staff it's insurmountable," said Gawronski who has managed the culinary arts program for the past four years. "We change our menu to meet market needs. So far we feel we've been ahead of the industry."

With five American Culinary Federation Certified Master Chefs on staff, and others like graduate Kallie Lewton who operates her own business — 2 Unique catering and event planning, the culinary arts

program offers students many of the ingredients they need to be successful in the restaurant/hospitality industry.

"There are few schools that can compare to our quality," said Gawronski. At this year's Plymouth Ice Spectacular Tajana Raukar won two gold medals — in individual and team competition.

What she likes best about her instructors at Schoolcraft is the encouragement and support they offer.

"They give me space to work on my ideas and incorporate what I learned," she said. "They are very nice in how they explain things."

On Feb. 13, Schoolcraft students will compete in the ACF Junior Hot Foods Competition against students from Macomb and Oakland Community College. The winner will advance to regional competition in Wichita, Kansas in March. Who ever wins the competition will represent the Midcentral region, which includes Michigan, at the

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Chop, chop: Students learn basics, such as how to chop green onions.

Schoolcraft College

WHERE: 18600 Haggerty Road, (between Six and Seven Mile Roads) Livonia.

American Harvest — Restaurant operated by Schoolcraft College's Culinary Arts Department in the Waterman Center on the north end of the campus. Open for lunch 11:45 a.m. to 1 p.m. Tuesday-Friday, call (734) 462-4488 for reservations.

The Professor's Pantry — Fresh bread, pastries, soups, pasta, holiday treats and other items, prepared by culinary arts students, are offered for sale 11:30 a.m. to 2 p.m. Tuesday-Friday. The Professor's Pantry is also located in the Waterman Center. Call (734) 462-4400, Ext. 5380 for information.

International Dinners — Enjoy a gourmet five-course meal prepared by second-year culinary arts students in the International Cuisine class in the American Harvest Restaurant. Courses are prepared from five different regions under the instruction of award-winning chefs. Wine is served with each meal and there is a brief explanation of the wine's origins. Dinner is served at 6:45 p.m. The cost is \$26.95 per person, plus tax. Call (734) 462-4488 for reservations. Upcoming dinners include: Authentic Mexican, Thursday, Feb. 4; French Thursday, Feb. 11; Regional American, Thursday, Feb. 18; and Italian, Thursday, Feb. 25.

Grading Nights — Enjoy dishes prepared by culinary arts students. Mingle in the Culinary Arts kitchen in the Waterman Center where this fare was created under the guidance of Master Chef Jeffrey Gabriel — 6:45 p.m. Wednesday, Feb. 3, Feb. 10, March 17, March 24 and April 21. The cost is \$15, payable at the door. Call (734) 462-4423 for your reservation.

Continuing Education — Schoolcraft offers a variety of cooking classes including European Bread Making, and Pasta Cookery. Call (734) 462-4488 for information.

She fought to lose weight 'Slow But Sure'

By KEELY WYGONIK
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Over the past five years, I've watched my friend Sandra Dalka-Prsby shrink in some ways, and grow in others.

She's half the person she was when we met in 1993, but still a huge presence in my life. Prsby is a good friend to have. She's funny, supportive, a good listener but also a good talker.

It took my friend nearly five years to lose 170 pounds reducing the weight on her 5-foot 7-inch frame from 325 pounds to 155 pounds. She's kept the weight off for almost two years. It wasn't easy, but she did it, "Slow But Sure," the title of her newly published book by Doubleday.

"I'm just an ordinary woman, a busy wife and mother of three," she said. "If I could take control of my life and make healthy changes, so can others. That's why I wrote 'Slow But Sure.' I wanted to share my weight-loss, get fit journey

A writer, always in search of a good story, Prsby knew in her heart that she had one to tell and share.

with others so they, too, can be successful."

Prsby's journey was a painful one that began May 26, 1989, when she decided once and for all to lose weight. "No longer was I overweight," she wrote. "I was obese, an awful word in anybody's vocabulary!"

Prsby was depressed and worried about a family trip to Washington, D.C. "My excess weight was restricting my movements in my home," she wrote. "How could I walk around the nation's capital and visit all the monuments. It would wreck the family's vacation."

A writer, always in search of a good story, Prsby knew in her heart that she had one to tell and share.

She wrote to the editors of "Family Circle," one of her favorite magazines, and pitched this idea:

"I propose 'Family Circle' help a 48-year-old mother of three children share her life. This woman, an active and popular suburban at-home mom, is 150 pounds overweight and smokes up to three packs of cigarettes a day. She has spent more than 35 years on reducing diets — some successful for a while, some not. This woman is 1-1/2 years away from her 50th birthday and knows if she doesn't do something now, she may not have another chance. I propose that 'Family Circle' provide her with a nutritionist, a diet plan, a smoke-ending program and, more important, a medium to tell her story and struggle and provide her with someone (your readers) to whom she is accountable. I am this woman. I am the one who needs help, and I'm despair-

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