

Magic pans

She's cooking without meat

By SUZIE MARKS

Dressing in white from head to toe constantly reminds her of womanly graciousness. The turban wrapped around her hair keeps gravity above so her energy is abundant. She wears descendingly narrow churda (pants), a loose fitting kurta (shirt) and teaches cooking class in West Bloomfield.

Sat Kaur Khalsa, 21, educates local men and women to cook creatively without meat each Thursday night.

As part of the Enrichment & Recreation program offered by the West Bloomfield Community Education Department, the young woman shares her knowledge by showing others how they can be healthy and stay happy when practicing good nutrition.

"I start by giving the class the basic food staples and how to put together proteins. Then I show them what utensils to use and basic practical entrees they can serve to their families," she says.

Whole wheat, or unbleached flour, tamar (soy sauce) used as a salt replacement, help to spice derived from seaweed, agar, another seaweed product and yogurt are the basic staples for vegetarian cooking," she adds.

"Yogurt is used everyday. I even take a bath in it," the smiling instructor explains.

Forbidden foods includes ice cream, that she says contains so many chemicals if people knew it they would never touch it again, and white sugar because it destroys the vitamin B in the system and has too many preservatives. Honey is used as a sweetener instead.

A WELL BALANCED meal says Sat Kaur Khalsa, has two protein entrees, a green and yellow vegetable, help for iodine and a beverage, usually water or fruit juice.

"We never drink during a meal because it is bad for the digestive system. We may have herbal tea afterward and never any alcoholic beverages because it destroys the liver and we don't take any unnatural stimulants," she adds.

Originally from Farmington Hills, Sat Kaur Khalsa gained her knowledge in vegetarian cooking through her affiliation with the 3HO Foundation, which stands for Healthy, Happy, Holy Organization.

When she was 17, and taking yoga classes at Oakland Community College, she decided to attend a tantric course, which teaches a special kind of yoga that cleanses the mind.

Becoming aware of body cleansing, the former Elizabeth wanted to change her name and become a member of the 3HO Foundation.

The name Sat Kaur Khalsa, given to her by the Foundation's master, designates her life's goal.

"Sat means truth and Kaur means princess so as Sat Kaur I have to strive to be a true princess who tells whole truths," she adds.

By always wearing white she is totally aware of her actions because the conspicuous garb is recognized easily in a crowd.

BY CHOICE she moved out of her parents home into an ashram (living center) in Beverly Hills, where she resides with nine others.

"We learn to respect and live together. In case there is a shortage of homes, we will already be disciplined and ready to live together," she explained.

What about old friends and relatives that knew Elizabeth four years ago, how do they react to her new lifestyle?

"A lot of my old friends are awed by it and relate to me like a counselor. Others back away because they don't understand. My family doesn't object because they see we're not doing drugs or premarital sex, but they aren't enthused about it," she explained articulately.

Through her association with the Foundation, Sat Kaur Khalsa became a cooking teacher determined to spread her good word about protein and nutrition.

Her ten students gather once a week at Orchard Lake Middle School to exchange recipes and learn diverse ways of keeping their families healthy by cooking without meat.

Marlene Reider says she took the class because she is always searching for new cooking ideas. "My husband and I are vegetarians and I need new recipes," she said.

The Reiders began refraining from eating meat when they heard about its chemical contamination.

Sheet metal worker Barry Burrell, 29, enrolled in the class because he is changing his diet to become a vegetarian. He admits he doesn't cook much and sometimes is forced to eat meat at a friend's house but believes the class will teach him variations for preparing food.

THE VEGETARIAN COOKS appear confident about their good health. Some say they must prepare separate meals for other family members. Shopping for the basic herbs takes longer than conventional shopping but they don't seem to mind.



TOP LEFT: Cyd Reich (left) and Diane Levin measure out honey as a substitute for sugar in a community education class that draws students from the West Bloomfield and Farmington areas. ABOVE: Ann Dzibus (left) and Sandy Trosien take pride in making granola. LEFT: Teacher Sat Kaur, teacher of the cooking without meat class, shows Cyd Reich (middle) and Judy Glazer (right) the finer points of cooking. Sat Kaur is a former resident of Farmington Hills.

Staff photos by
Charlie Kidd

State senate candidate discloses finances

Doug Ross, state senate candidate who will oppose Sen. Daniel Cooper in the 15th District Democratic primary this summer, recently filed a financial disclosure statement.

"It's the best insurance of straight-forward public service for the public and a candidate that I can imagine," Ross said, in filing both he and his wife's personal financial status.

"The public can review my positions on public issues and my personal finances to assure themselves that there are no inappropriate conflicts of interest. A candidate also is protected from any rumor, accusation, or suspicion that his own personal finances affect his decisions on public issues."

State Rep. Joseph Forbes (D-Oak Park) introduced a bill last winter to give Michigan a tough conflict of interest law, one which Ross supports.

House Bill 5797 would prohibit public officials from participating in decisions in which they have a personal financial stake. It also requires state officials to disclose their outside financial interests.

TO INSURE that the legislation is enforced, the bill establishes an independent Political Ethics Commission. Candidates for public office also would be required to disclose their outside financial interests before an election under the proposed bill.

"I support the bill and hope it becomes law," Ross said. "That's why I'm publically and voluntarily disclosing my outside financial interests as though it were law."

"The question of strong ethics legislation has three parts: instructing elected officials about inappropriate behavior in office; requiring personal financial disclosure for public review; and strong oversight enforcement."

Ross filed his disclosures with the municipal clerk of the 15th District, which includes Farmington and Southfield.

"I hope other candidates in the state will do the same," he added.

The statement reveals that Ross was associated with the Ross Chemical Co. of Detroit as assistant secretary and assistant treasurer without pay during 1977. His wife Carol was a part-time market researcher for United Sales and Marketing in Southfield and a teacher in the City School of Detroit, a private school.

The name, address and nature of business of persons from whom \$1,000 or more income was received during the year and the nature of services rendered also is required.

Ross served as co-director of the Michigan Citizen's Lobby, a non-profit citizen's group in Southfield. He also served as executive director of the Citizens to Save Small Business, a non-profit coalition of small businesses and consumers in Southfield.

In the following areas the Rosses listed "none" for the response: name and address of any entity in which the individual or a member of the individual's immediate family was a trustee; description of all real property in the state worth \$1,000 or more; and the name and address of any creditors of more than \$1,000. The last category excludes accounts payable, loans from financial institutions, retail installment transactions, and loans from relatives.

Five wedding gifts were listed under the category requiring name, address and occupation or business of a person from whom a gift of \$100 or more was received.

Marines promote

Marine Lance Cpl. Thomas Kelsch, son of Mr. and Mrs. Austin R. Kelsch of 21053 Laurelwood, Farmington, has been promoted to his present rank while serving at the Marine Corps Air Station, Cherry Point, N.C.

He is a 1976 graduate of Farmington High School. He joined the Marine Corps in November 1976.

Hawkins ends class

Marine Pvt. Michael D. Hawkins, son of Mr. and Mrs. Donald A. Hawkins of 20741 Tuck, Farmington, has completed a motor vehicle operator's course.



Mary Beth Brincat will be conferred with a bachelor of science in art education degree from Western Michigan University this month. She is the daughter of Mr. and Mrs. J.S. Brincat of Farmington Hills.

Parks board readies next move

By SUZIE MARKS

Discontented about the status of negotiations for the sale of its Drake Hotel Community Center, the West Bloomfield Parks and Recreation Commission decided Thursday to investigate possibilities of bargaining with the Presbytery of Detroit, which leases the building and 10-acre facility to the commission.

Parks Director Michael Teichman proposed various options for the commission to consider.

"Are we interested in signing a new lease or should we check our bank account and see if we can make an offer ourselves?" he asked the commissioners.

"We can't borrow beyond the expiration of the millage which is in 1979," parks chairman Rolf

Weeks said.

"We should stay here as long as we can," countered Commissioner Richard Richards.

"We should see what type of lease the new tenant will take," added Treasurer Ellen Judd.

Commissioner Ed Stakoe apparently had the answer that satisfied his fellow commissioners.

"We don't know what to consider until we know what the church is doing. Let's find that out first. I'm sure they're civil and will talk to us," Stakoe said.

"OKAY, ED, YOU call them," one commissioner said.

So Stakoe will call the presbytery and inquire about the status of the building and its possible sale.

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