

Perinoff runs for more than county office now

By MICHAEL MATUSZEWSKI

Alex Perinoff does a lot of walking these days—at least four miles a day. He's even thinking of jogging. These days, that's not unusual for many 66-year-old men. For the man who represents part of the City of Southfield on Oakland County's Board of Commissioners it's extraordinary. "I used to not be able to walk three blocks, let alone three miles," he said. Perinoff had been suffering from ischemic heart disease—a combination of hardening of the arteries and blockage of the major arteries supplying the heart with oxygen-rich blood. Any activity straining the heart used to have Perinoff "popping nitroglycerine pills like candy."

THAT WAS BEFORE a recent month-long visit to the Longevity

Institute in Santa Barbara, Cal. The institute has been the focus of media and medical attention across the country. CBS's news show "Sixty Minutes" spotlighted the West Coast rehabilitation center last year. It was after the "Sixty Minutes" presentation and a medical decision not to go ahead with an artery bypass operation that Perinoff decided to try the Longevity Institute.

"LORD KNOWS, I didn't have anything to lose," said the man who spent his boyhood days playing baseball in the Forest-Chene area of Detroit's east side.

After overcoming the opposition of his doctor, who along with countless other M.D.s argued that the disease could neither be stopped nor forced to subside, Perinoff took off for 28 days of intensive dieting and walking. At the end of the four weeks, he was



ALEX PERINOFF

up to walking seven miles a day and had lost nearly 40 pounds. "I've even tossed by nitros," he said.

WHILE PERINOFF's descriptions of



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the institute's diets and menus may not sound appetizing, he swears by their methods, defending them zealously.

It was a high-carbohydrate, no-salt diet which cut across everybody's daily allotment of eight "meals" a day. "Their meal," he adds quickly, "was different from a normal meal."

One item—soup, fruit, salad—constituted a meal. "Their main courses were terrible. There were some concoctions that were really bad," he says, shaking his head while muttering "dried aardvark dung."

"That's what we called one of the entrees," he says.

IN SPITE OF THE "terrible" food, Perinoff came back from California looking so good his wife didn't recognize him at the airport. Perinoff made his return to the Oakland County board amid a standing ovation from his 26 colleagues.

Always a feisty, fiery orator, he lost little time in jumping into the debate over the board's most controversial

decision—the withdrawal from the Southeastern Michigan Transportation Authority (SEMTA).

Perinoff, the product of a Macedonian-Polish marriage, leveled a blistering attack on the board's decision and Commissioner James Lanni (R-Royal Oak), who led the fight to pull Oakland from SEMTA.

"After 16 months on the board, Mr. Lanni thinks he knows all the answers. His solution to everything is to withdraw. Maybe he should withdraw from the human race."

"We should not whimper and snivel and say 'I don't like the way you're playing so I'm going to pick up my marbles and go home,'" he said.

"SOMETIMES I GET carried away," he conceded. "I didn't mean to belittle Lanni. And I don't mean to say that just because he's only been with the board 16 months he doesn't know anything. I've been here 16 years and I don't know a lot of things."

In the 16 years, including one year as board chairman, Perinoff says he has learned that people "think governments are lousy."

"People want something that's tangible," he said. "Too often politicians are talking about getting more money from this guy and getting more money for that guy. Where's the darn taxpayer?" he asked.



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Old city homes attractive to young suburbanites

"Young couples, unable to afford high-priced homes in the suburbs, are buying older homes in the city," Prof. Karl Pearson says. "They are close to work and save on commutation costs. They can take advantage of urban rehabilitation programs offering low-interest mortgage loans. They tend to defer parenthood, and therefore are not troubled by school problems in the cities."

Pearson, U-M director of real estate education, described a recent study by the New York Citizens Housing Council which showed 38 per cent of those who move into renovated houses in the city come from the suburbs.

"Their average age is 34," he said. "Many have become disenchanted with suburban living and what they call its standardized sterility. They are particularly interested in historic districts and in old homes. These old buildings are usually not expensive to acquire."

"Recycling (old houses) cost less than new construction, saves the energy costs of new construction, utility lookups are already provided, and environmental impact statements and local opposition to new developments are avoided."

Pearson said historic neighborhoods with unusual architectural styles preferred by many new urban dwellers may be designated as historic districts and placed on the National Register of Historic Places by the Federal Department of the Interior. This may qualify them for tax relief and for federal

grants for up to 50 per cent of a project.

"A principal problem with preservation and restoration is getting financing from lending institutions," Pearson said. "They tend to look upon this movement with a jaundiced eye. This problem is in part overcome by grants, subsidies, tax abatements, and community development block grants."

"Historic preservation has been accused of displacement of poor people. It is charged that the poor are being squeezed out of old neighborhoods that the white middle class now desires. The speed at which homes in older neighborhoods have shifted from minority rental units to rehabilitation projects has become an issue in local elections. It is said that as whites move back in, blacks have no place to go."

Federal land book free for the asking

To help answer questions about land owned by the federal government, the U.S. Department of the Interior's Bureau of Land Management has published a new pamphlet, "Can I Really Get Free of Cheap Public Land?"

According to the department, by 1976, Americans had been granted or sold 267 million acres of public land under the Homestead Act of 1862. For a free copy of the pamphlet, send a postcard to the Consumer Information Center, Dept. 6782, Pueblo, Colo. 81009.



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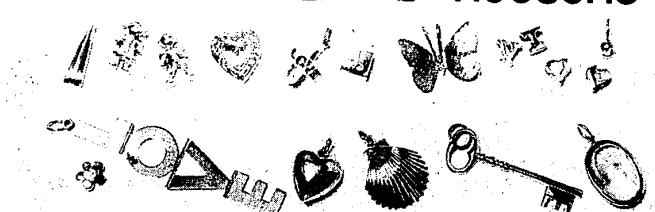
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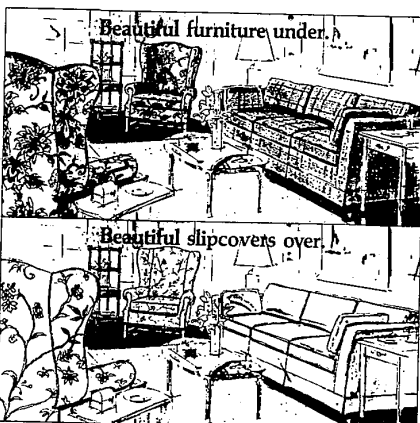


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