

Artist suggests:

A fun way to go for those who have an itch to draw

By LORAIN McCLISH

A Farmington Hills artist has written a book so he could share his love of pen and ink sketching with others.

Frank Lohan's "Pen & Ink Techniques" has been published by Contemporary Books and is now available in most bookstores in the metropolitan area. It is also carried by some art supply stores, one of which is the Art Alcove in Farmington.

Lohan has been teaching the art for about four years to adult students in classes in Farmington, Bloomfield Hills, Southfield and Cherry Hill.

His target, he says, "is to find those who have an itch but can't scratch."

When he was able to sell people who had that itch to draw that maybe they might be able to, his students never stopped coming in numbers.

"First I discerned that the discipline of a class would be a big benefit to these people as opposed to getting around to painting or drawing when you get around to doing it," he said.

"Pen and ink is a natural to get started on. So much easier to be able to pull the cap off a pen rather than getting the easel set up."

LOHAN'S BOOK is the sum total of all of the notes he made over the past four years preparing for his classes.

He advises the beginner to us read it chronologically. The pen and ink sketcher with some experience can use it as a source book, he says.



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'There is trial and error in the doing and in the teaching. There is no one standard lesson plan. My students kept pushing me, and so in turn I could keep pushing them.'

— Frank Lohan

The book begins with the many kinds of papers and pens that can be used to create different effects. It continues with the principles of the medium, then what the author calls "wrist training" so hand and pen can produce what's in the mind.

This is followed with an inventory of techniques, "and now you are ready to create," Lohan says.

The artist's pen and ink sketching began when he was a child, in the form of what he called "doodling." He still doodles, on 3x5 cards, he says, while waiting in a doctor's office, for example, and finds it a both a pleasurable form of recreation as well as relaxation.

The self-taught artist says, "I strove for technique for my own satisfaction because all of my enjoyment came

from developing my own creativity."

He believes artists and would-be artists at all levels of achievement can experience that same gratification coming from the individual's unique and personal artistic vision.

"Pen and pencil is the cleanest, simplest and least expensive artistic medium there is," he said.

LOHAN is an industrial electronics engineer who dropped out of the business world for five years to draw and paint in both acrylics and watercolor, teach art and write his book.

He returned to the world of advanced technology jet engine development, at Williams Research Corp. in Wall Lake, recently, but says of his full-time dedication to art, "That sure was a heck of an enjoyable spell."

Of his many students, he said, "I loved the raw beginners, the ones with great interest but not much ability; it was beautiful to watch them finishing up their first sketch."

"It was great pulling that creative itch out of the ones who were feeling inferior, reluctant to have their ignorance surface, and being able to give them a new fun way of creating."

During his classes, while he was "calming down the eager ones and seeing art work become as individualized as his students' own handwriting, which was his greatest satisfaction."

Lohan doesn't pretend to have all the answers.

"There is trial and error in the doing and in the teaching," he said. "There is no one standard lesson plan. My students kept pushing me, and so in turn I could keep pushing them."

LOHAN is a member of the Farmington Artists Club, a group he recommends for all newcomers to the field.

The Farmington artists, especially with the great number of truly fine artists in that group, is a challenge as well as an inspiration to all young art students," he said.

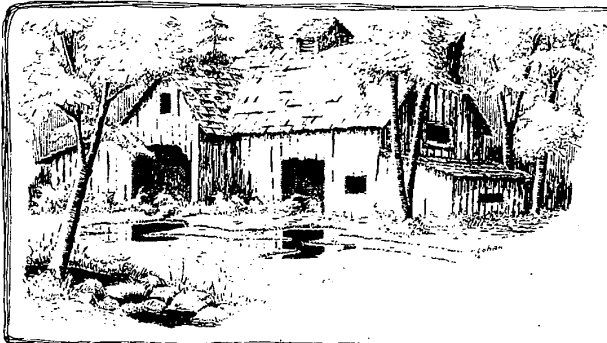
Some of the work Lohan completed on his stay away from industry is signed and reprinted in limited editions, available through Gallery Art Center in Berkeley.

Currently he is working overtime in the quality assurance engineering divi-

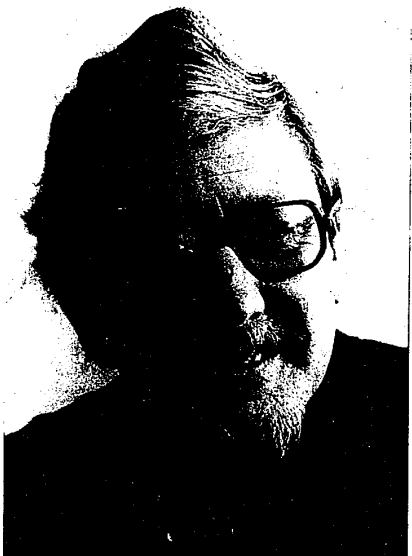
sion at Williams Research, but says of his art work, "It has not been dropped, just curtailed."



Faces are not easy to draw, the artist believes, and those done close-up are more difficult. The drawing of the Asian woman, as all drawings in "Pen and Ink Techniques," are the work of the author.



Lohan shows the same scene, above and below, in two different ways, to bring home his point that there is no one correct way to sketch anything. He advocates copying the work of different artists so the novice will come to see how each achieved particular effects because each has a value of its own.



Artist and author Frank Lohan believes pen and ink drawing is the cleanest, simplest and least expensive artistic medium there is—a natural for budding artists.

Pure foods is topic for new class

By LORAIN McCLISH

Since Bonnie Briedenbach began eating natural foods, she claims her face cleared up, she suffers no menstrual cramps, headaches, indigestion or tiredness.

"I don't use an alarm clock anymore and I don't require a lot of sleep," she said.

Ms. Briedenbach changed her eating habits about eight years ago when she began her study of natural foods and nutrition.

Her pursuit of the subject led her to take courses both here and abroad. After that her interest led to the development of her own set of classes that Ms. Briedenbach teaches locally.

She's been teaching "Cooking With Natural Foods" for about four years and brings her know-how to the Farmington Community Center for the first time this month.

She offers a nine-session course on Tuesday evenings beginning Jan. 23, plus three separate Saturday workshops, each zeroing in on one specific topic.

The course combines lecture and a demonstration of how to prepare the dishes from soup to dessert.

MS. BRIEDENBACH's emphasizes pure foods and helping class participants become aware of what they put in their bodies.

"What to buy, what to have on hand, planning menus, reading labels will all be covered," she said.

"Health food stores are convenient, but expensive," she added. "I make sure my students know they can't do all their shopping in a super market if they know what to look for and what to avoid."

The high school teacher turned natural food instructor says she is not a vegetarian, but she does draw the line at pork.

"Even though my own typical American illnesses (headaches, tiredness) are gone, I don't give prescriptions or come to any medical decisions. I just lay out all the basics," she said.

She is sure in her own mind, however, that some former students have had physical problems relieved as a direct result of their new awareness to nutrition.

She calls "Cooking with Natural Foods" a well constructed class where the participants are sure to get their money's worth.

The course fee is \$40 and includes all materials.

"This is not a class for those who have nothing better to do on a Tuesday evening. They'll be surprised at how much they have learned," she said.

HER CLASSES always wind up with a pollack dinner, and "more often than not, I'm invited back to give an intermediate and advanced class," she said. Ms. Briedenbach's Natural Food Workshops will run from 10 a.m. to 4 p.m. on Jan. 20, Feb. 10, and Feb. 24.

She begins with a test-tasting demonstration and introduction this Saturday.

This is followed by "Approaching Beauty Naturally," which concerns homemade cosmetics.

The third workshop is called "Kids Cookery," for all persons over eight years of age.

All workshops include lunch, and guests may leave with recipes of all dishes served.

Registrations are being taken now by calling the center at 477-8404.



Bonnie Briedenbach, who received great physical benefits after she changed her diet to natural foods, shares her knowledge on foods and nutrition in a nine-session course and three Saturday workshops in Farmington Community Center this winter.

Players in rehearsal for Oscar Wilde spoof

"The Importance of Being Earnest," Oscar Wilde's spoof on upper class life in Victorian England, is being rehearsed now by Farmington Players in preparation for its opening on Feb. 16.

Performances will be given Feb. 16-18, 22-25 and March 1-3. Tickets are priced from \$3 to \$4 and are available through the box office, 477-1066.

Performances are at 8:30 p.m. Thursday through Saturday and at 7:30 p.m. Sunday.

Ralph Rosati is making his directing debut with the Players. Previous directing credits include, "Play It Again, Sam" for the Rosedale Players and "The Man Who Came to Dinner" for North Rosedale.

He will also appear in "The Importance of Being Earnest" as the fuddled country minister, Rev. Canon Chausable.

Jack Grulke of Birmingham and C. M. Noves III of Detroit take the roles of John Worthing and Algernon Moncrieff. The two discover how important it is to be named Earnest when they pursue two very proper, but very determined young Victorian ladies.

The young ladies are Gwendolyn Fairfax and Cecily Cardew, played by Sandra Sutherland of Southfield and Barbara Nixon of Farmington Hills.

Overseeing their romantic escapades is the formidable society matron, Lady Bracknell, played by Anne Burton of Farmington Hills.

The cast also includes Tom Dougall of Farmington Hills, Kathleen Monticello of Redford and Phil Hadley of Westland.

The Farmington Players barn is located at 32332 Twelve Mile, Farmington Hills.

'Exotic Brazil' next in travel film series

With the holidays over, the Novi Adventure Travel Series returns Wednesday, Jan. 17, with a film trip to Brazil.

"Exotic Brazil" begins at 8 p.m. in Novi High School Furst Auditorium, on the corner of Ten Mile and Taft. Tickets are \$3 and will be available at the door.

Yale educated freelance writer William Stockdale narrates the 90 minute journey through the home of 95 million people. In his narration, he quotes the late John Kennedy, who described Brazil as "the only country in the western hemisphere capable of becoming a world power."

This is the fourth stop on the travel series, which was booked and arranged by world traveler George Pierrot.

The series is sponsored by Novi Lions Club. Proceeds will be used to fund Lion projects to assist the blind.

Season tickets for the last six shows are \$15 and still available. On the agenda are shows featuring California, Mexico, Germany, Hawaii and western Canada.

Season tickets may be purchased at the door, Hudsons, or at Travel Masters, 43546 Grand River, Novi.