

Women's juggling act gets aid while they balance many roles

Women are taking on many new responsibilities.

As they do, though, they rarely shed the old obligations.

Trying to help working women with families cope is the goal of "Keeping Your Balance," a program to be offered March 15 by the Continuum Center for Adult Counseling and Leadership Training.

The one-day Saturday session will be from 9:30 a.m. to 4 p.m. in the Holiday Inn, 26555 Telegraph. The fee is \$25, including lunch and materials.

"As women add so much to their lives, they still have the old responsibilities," explained Jane Goodman, assistant director and Coordinator of the Career Project.

"We're balancing many roles," said the Detroit woman. "And it seems everyone around us does so easily."

Leading the program will be Judy Hoppin of Beverly Hills, a private therapist and Continuum Center counselor. A panel of professionals will be on hand to talk about trying to balance career and family or school and family.

"Women with two jobs, inside and outside the home, often put unrealistic demands upon themselves because they don't establish priorities," Mrs. Hoppin said.

"They work at the office, then at home. Only after all that is done do they give leftover time to themselves, if they can find any such time. They end up exhausted and resentful."

Ms. Goodman said the biggest goal of the program is for participants to leave with the understanding that Keeping Your Balance is a difficult thing to do.

"It's not that they are inadequate," she explained.

This involves changing a person's attitudes and expectations of others.

The workshop will help individual's identify specific goals obstacles which keep them from meeting those goals, and how to get around them.

Also on the agenda is how to communicate goals to family members.

"Pioneering women felt they had to pretend to be superwomen. Now it's more acceptable to say 'This is hard,'" said Ms. Goodman. "There are too

many of us out there now to keep pretending."

Mrs. Hoppin said it took her three years to get her balance.

"I've given up unrealistic expectations of myself and my family. When I first went back to school and then to work, I announced that I wouldn't be a slave to my family anymore, but that wasn't really productive," she added.

"I worked through my angry feelings, and now I approach them differently. It's not so much a question of them taking over as it is of my giving certain things up."

"I lost my 'guilties,' or most of them anyway."

For information and advance registration, contact the Continuum Center at Oakland University, Avon Township or call 377-3033.

Musicians win scholarships

Two young pianists and a clarinetist are the top \$100 Scholarship winners from the Birmingham Musicale Junior Clubs competition.

They will appear on the 1 p.m. Thursday program entitled "The Young Virtuosi" at The Community House, 380 S. Bates, Birmingham.

Julie Gatrest, pianist, is a senior at Andover High School where she is a member of the Hills. She is a student of Collette Rosner and will be attending the University of Michigan school of music in the fall. Her selection will be "Rondo Capriccioso" by Mendelssohn.

Seaholm sophomore Angela Moy, pianist, plays clarinet in the symphonic band. A student of Sheila Stevenson, she also plays the flute. She will play Sonata Opus 13 No. 1 in C major by Kabalevsky.

Marion Green, clarinetist, a sophomore at Seaholm High School plays in the band. Her other instruments are saxophone and piano. She will present Sonata for Clarinet Opus 167 by Saint-Saens. Other scholarship winners were Masako Hayashi, Janet Murphy, Sue Hixon, Maria Castedo, and Carey Halappa.

Two members of Birmingham Musical will also perform on Thursday's program. Sara Chason, soprano,

received her bachelor of music from the University of Michigan school of music. She is a soloist with the Gilbert and Sullivan Society. She is presently in the music therapy program at Wayne State University and is a soloist at Unity Church in Pontiac. Mrs. Chason will sing "Clair de Lune," "Je t'aime," and "Chanson d'Amour," by Faure, and "Romance," and "Beau Soir" by Debussy. She will be accompanied on piano by Martha Welton.

Cathy Sav, pianist, is a graduate of the University of Michigan school of music. She is a student of Flavio Varani at Oakland University where she is enrolled in the master of music program. Ms. Sav teaches piano in the Southfield, Birmingham area. She will present excerpts from Fantasia Stucke Opus 12 by Schumann, and Schubert's Sonata in D major Opus 55 Allegro Vivace.

Chairman of the day for this program is Mrs. Daniel C. De Graff. The public is invited to these programs. A \$2 donation is collected at the door. Birmingham Musicale is a member of the National and Michigan Federation of Music Clubs. More information about the Junior Music Clubs may be obtained by calling Margaret Snyder, 626-5765.



wine
Richard
Watson

Live adventurously, break the old rules

Probably no topic in the lore of wine receives more journalistic attention than the marriage of wine with food.

The question of which wine goes with which food is of interest to us all. Most writers attempt to deal with this subject in extremely absolute terms.

The consumer looks for the rules — but there are no rules. One simple principle, if followed, will at least avoid bad marriages and at times produce spectacularly good ones.

Of the three kinds of wine (sparkling, fortified and table) only the last presents a problem. Most sparkling wines go with any food. Particulary no fortified wine (sherry, port, madeira) goes with any food.

Table wine, as the name implies, is complex and subtle because of the great differences in type — some are

rich, some thin, some fruity, some dry, some hearty and some subtle, etc.

To determine which wine to serve with a dinner (or better, to select a food to go with a preferred wine) one thing must be kept in mind. One shouldn't dominate the other with respect to brawn or flavor. Tasted against each other, one must not be so prominent that the taste of the other is lost. Both, presumably, taste good and shouldn't be lost in the competition.

BECAUSE RED WINES TEND to be of a bigger substance than whites and roses, they are usually assigned the role of supplementing red meat meals.

But what of a delicate Beaujolais (perhaps Fleurie or Morgon) and what of a White Burgundy with its mouth-filling woodiness? Certainly the latter would better stand up to a pork roast than the delicate and subtle Beaujolais.

The trick is to know the size and character of the wine before selection. And then comes the courage to break away from the simplistic admonition of "red with meat, white with fish and fowl." Experiment a bit.

Try Zinfandel, a Burgundy, or a Cote Rotie with turkey. Try Tavel or Cabernet Rose with salmon, Chardonnay with veal, and champagne with hamburgers. Some combinations will work for you taste, others will not.

But it will be a bit more exciting and the attempts will be more on the order of an adventure. The rules are those of common sense leading to balance between, hopefully, compatible taste sensations.

Professional touch put to needlepoint

A two-session workshop for needlepointers who want to learn how to put a professional finishing touch on their handiwork will run from 1-3 p.m. Mondays, March 17 and 24, in Farmington Community Center.

Peggy Freeman leads the sessions on blocking and finishing. Reservations are requested by calling the center, 477-8404.

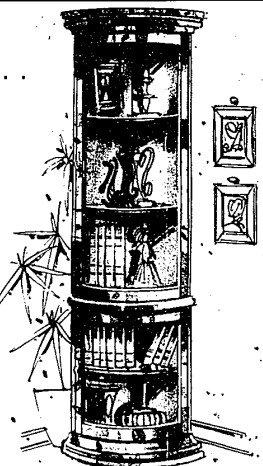
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