

6,000 converge on Lansing in show of 'senior power'

(Continued from Page 1C)

leader Lloyd Morgan. "Ninety-five percent of you people are gonna die in bed. So quit putting down exercise and stay out of bed."

BUT THIS YEAR Senior Power Day was less festive than usual. Concern over the economy — and possible cutbacks affecting basic services to older citizens — ran through all the speeches.

Gov. William G. Milliken called on

his audience for help in dealing with the statewide economic crunch.

"More than ever before we in state government are feeling the same squeeze as our senior citizens," said Milliken, saying the rest of the nation is in a recession, Michigan is in a "full-fledged depression."

"It is you who can help us meet the challenges of today. You who survived the Great Depression. You can provide us much in the way of encouragement, innovation and ideas."

Milliken assured the group the state will maintain basic services so they can "live in their own homes as long as possible. I know of nothing more important."

Ms. Hollister, whose husband Rep. David C. Hollister of Lansing chairs the Joint House-Senate Committee on Aging, said the event is becoming more serious each year.

"Seniors are starting to realize the power they have. They're more aware. And we're talking about an economic decline in this state. We're trying to avert budget cuts."

WHILE THERE were some complaints about the \$9 it cost to get by bus to Lansing and the four hours of sitting,

the seniors were encouraged by the large turnout.

"They're very impressed by seeing all the people and knowing the strength in these numbers," said Loretta Conway, senior adult supervisor for Farmington Hills.

She said the economic downturn is "scary" for seniors. "They lived through the Depression and are more attuned than younger people. They know what happened once could happen again."

Rose Etkos, concerned that her Southfield apartment will be turned into a condominium, said the ideas presented at Senior Power Day were "good."

"I just hope the politicians will do some of what they say. For us, time is running out. We're frightened."

Eunice White of Baldwin was pleased seniors had a chance to express themselves. "At least the legislators know what we would like to have. Whether we get it or not, at least they know."

Harold Meissner, who toured the state Legislature with his Avon Township group, plans to attend Senior Power Day again next year.

"It brings seniors together as a group. It shows people there is the power."



Growing vegetables, a bushel of fun

Each year in early spring the push is on to control family food expenditures by having a generous vegetable garden. If you have a bevy of hungry, eager school-age children, you will find the family garden gives them prestige among their peers.

Early planning is important whether we are talking about a vegetable garden, a trip to Disneyland or a picnic.

Location for a vegetable garden is important, too. You might have to sac-

rific some of your lawn to assure sufficient sunlight. When planning the choice of vegetables try to forsake the rut we often get into by thinking only in terms of tomatoes, carrots and onions.

PLANT SWEET PEAS early. When it is time to harvest have the junior members of the family pick the pods. Teach them the joy of picking a pod, popping it open with the thumb and eating the sweet morsels. You will be

building memories.

Another morsel which beguiles the taste right in the vegetable patch is kohlrabi. The edible portion is a greenish-white bulb above the ground. When the diameter is about two inches, wash the circular vegetable and slice it with your paring knife. Yummy. I bet it will be a first for you.

Here comes another vegetable to whet your appetite, the oyster plant or salafy.

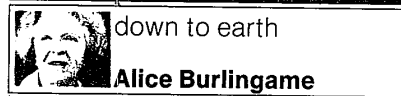
With this vegetable you eat the root after scraping the surface like you would to prepare a potato for boiling.

The roots will grow to be about eight inches long. After preparing them, slice into one-quarter inch cuts. Boil until tender in water. Serve in a well-flavored white sauce or you may want to roll them in flour and fry them.

Those not consumed will winter and can be used for early spring meals.

PEPPERS ARE fun to grow. I always feel like I am going to the chicken's nest looking for eggs when I stoop over, raise the leaves and look for peppers ready to harvest.

Recently in Africa, I enjoyed green



down to earth

Alice Burlingame

peppers every day as a relish, sliced very thin, combined with green onions and fine cut carrots. The prepared vegetable mix was tossed in a dressing of olive oil, vinegar and additional seasonings.

With the current accent on cooking with a Chinese wok, you may want to plant snow peas. Harvest them early when they are stringless, brittle and

succulent. They taste so good stir-fried.

Along with the fun of being a vegetable gardener, you can be the family hero as you produce good food. Don't bypass the dividend of obligating your neighbor after you send over your shared wealth of vegetables.

Maybe the neighbor will send you over a homemade apple pie. Choose your recipient carefully.

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