

Monday, July 19, 1982 O&E

(F58)

Junior Women hit first goal

Opportunity Farmington on sale at the festival

By Lorraine McClish
staff writer

Farmington Hills Junior Women's Club, which initiated its most ambitious project to date with the promotion of Opportunity Farmington, will have the Monopoly-type game board on sale during Founders Festival.

The women are on target for the first goal they set for themselves last spring when they set out to sell area merchants on the idea of buying squares on the board game as a fund-raiser for local agencies and projects. The time schedule called for the game to be manufactured and ready for its debut by the end of July.

Next goal is to sell so many that it



Sandy Donlon

'The cover of the game is designed with etchings of Farmington historical sites. The variety of businesses who are backing us by being placed on the board represent the area's growth. It's a capsule look at the community's past and present.'

— Sandy Donlon

will be re-ordered from the manufacturer for the Christmas trade.

Sandy Donlon, president of the club, describes Opportunity Farmington "as a fun-filled game designed to challenge the players' business and money-making skills."

Players buy, manage and sell community businesses and properties. But instead of landing on Park Place or Boardwalk, they might land on Kendallwood Swim Club, Thompson Brown Developers, Roman Terrace or Village Mall.

Real Estate One, 23603 Farmington Road, and Drakeshire Lanes, at Grand River and Drake, whose logos both occupy a square on the board, also will be selling the game to promote the sister cities as well as the fund-raiser.

OPPORTUNITY Farmington sells for \$10 and will be available for sale at the Founders Festival booth, manned jointly by Farmington Hills Junior Women and volunteers for Farmington

Community Center, July 29-31 in Downtown Farmington Shopping Center.

The game also goes on sale in Farmington YMCA and Farmington Area Advisory Council (FAAC) at 23550 Middlebelt Road.

Proceeds will go to benefit FAAC, the community center and The Gathering Place. Another portion of the proceeds is earmarked for a special book collection in the two libraries and fine arts scholarships to be given to area teens.

The major emphasis is on aid to FAAC in conjunction with the club's involvement in a statewide campaign to tackle the problems of alcohol abuse and the increased deaths caused by drunk driving.

For their project club members got support from Mario Max, West Bloomfield Schwinn, Great Scott, Contemporary Awards and Jean's Hardware.

Others whose names appear on the board are Robert L. Lussenden, Sanctu-

ary Shops, Abbey Road, Honey Tree, Betsford Inn, Farmington Muffler and the Farmington Y.

Players also will find the names of Jerry's Shell Stations, Executive Office Supply, DuQuet Jewelers, Record Outlet and Crowley's on the board.

"METROPOLITAN Bank of Farmington, Bill Cope for Buick, Farmington Gymnastics Center and Alexander Hamilton Insurance started us off," Donlon said speaking for the women who began selling the squares to area merchants late in April.

By the second week in June club members gave themselves a celebration party when the last square was sold, which turned their plan into a reality.

Opportunity Farmington is manufactured by Amerigame Corp. in Troy. Its facsimiles, used in other Michigan cities as a fund-raiser, has also been used in several high schools as a tool to teach the free enterprise system.

Donlon says she can see no reason why it will not generate \$10,000 here in sales.

McFrock's Saloon, Randolph Fence and Supply, Grand Market Square, PIP Printing, Video Rama, Farmer John's Greenhouse and Longacre Elementary School are also backers of the project.

"The cover of the game is designed with etchings of Farmington historical sites. The variety of businesses who are backing us by being placed on the board represent the area's growth," Donlon said. "It's a capsule look at the

community's past and present."

Bob Saks Olds and Bob Saks Toyota are represented on the board with

Metro Vision Cable TV, Terrace Shoppe, Diamond Boutique, Civic Theater, Brown Drugs and Country Lanes.

Opportunity Farmington Game order form

I wish to order ☐ games at \$10 each. The ☐ total is enclosed.

I will pick up my game at the location circled:

- YMCA (Farmington Road north of 12 Mile)
- Drakeshire Lanes (Grand River and Drake)
- Real Estate One (23603 Farmington Road)
- Farmington Area Advisory Council 9 a.m. to 5 p.m. (23450 Middlebelt)

Please print clearly.

Name _____

Address _____

Phone _____

Make check or money order payable to Farmington Hills Junior Women's Club

Please send your check or money order and this order form to:
Opportunity Farmington
34466 Mayfair Court
Farmington Hills 48018

Allow two weeks for delivery to location circled above

Thin delights

Gourmet doesn't mean fattening to Weight Watchers chef

By Kathy Parrish
staff writer

Larry Janes, a chef with talents in calorie counting and working with the retarded, is back with Weight Watchers as top banana in the cooking department.

Janes, a member of the organized dieters since high school days, served as Weight Watchers executive chef from 1971 to 1973.

Then he managed the Calorie Gallery in Livonia, a food service program for special education students in the Wayne Intermediate School District, and later opened Gourmet Gallery, his own shop and cooking in Plymouth.

Most recently, he was manager at Cambridge Club, a restaurant opened earlier this year by the Association for Retarded Citizens/Northwest Communities in Garden City's Cambridge Center.

Two months ago he went back to Weight Watchers. Again he is executive chef. And in that capacity he prepares recipes and dieting plans for the 1,000 classes the organization based in Lathrup Village.

IT'S A JOB that suits him well because he's traveled the way of the dieter, he told a Weight Watcher group in Troy.

"Ever stand in front of the freezer eating around the edges of the ice cream? And the center started getting soft, so you had to eat that too?" Janes asked.

"Well, I've been hired to show you that you can eat good, gourmet and healthy even on a diet."

Recalling what life was like before he lost 66 1/2 pounds on the Weight Watchers plan 11 years ago is a big part of the Plymouth resident's new job.

And the 6-foot, 7-inch chef doesn't mind mentioning that he weighed 311 pounds when he went to his first Weight Watcher meeting.

He said his most important assignment is inspiring dieters. He believes are really the only ones who can take the weight off.

"I was the one who lost that weight. Weight Watchers helped me accomplish it, but I said 'no' to food at the parties," explained Janes.

"I believe in the people out there — and inspiring them. You could give them 1,000 recipes, but unless they want to lose weight they won't."

TO HELP DIETERS, Janes always relates his own long battle with bad eating habits. It's a struggle that led him back to Weight Watchers classes 11 times before giving up his bedtime "snack" of two peanut butter sandwiches, a can of shoestring potatoes and coke.

"I love rejoins. They're wonderful!" kidded the chef, asking how many in the Troywood Shopping Center audience returned to the group after dropping out.

"My name was on the scale because I paid so many rejoin fees."

The Wyandotte native grew up in a Polish-German family that loved rich food and "didn't have a bottle of diet pop in the house."

"We weren't fat; just good healthy Polish kids," recalled Janes, who learned cooking basics from his mother.

THROUGH HIGH SCHOOL, he worked at local restaurants before landing a job as night chef for Grosse Ile Golf and Country Club.

He studied liberal arts and a little cooking at Schoolcraft College, Livonia. At the Culinary Institute in Hyde Park, N.Y., he learned the "techniques of quality cooking."

A lifetime member of Weight Watchers, Janes met his wife Diane in one of the organization's classes.

He said he's glad to be back with Weight Watchers, which never filled his job.

He believes in low-calorie cooking, demonstrating how to stir-fry vegetables in a wok, cook "plain adulterated fresh fish" and prepare an egg-less egg salad made from protein-filled tofu.

MANY PEOPLE think if you're into tofu you've got to live in Ann Arbor," he kidded, adding green onions to the processed soy bean curd.

"Mama always adds green onions to her egg salad, and so do I," he explained. "Americans eat with their eyes. So you have to have your egg salad look like egg salad."

While pointing out how high in protein the dish is, he also appeals to the dieters desire "for more food." A lady can eat 8 ounces of this," he said.

"I know people with fat minds — how we like to get more than we're allowed."

He also offers tips to benefit any cook — dieting or not. "The best thing to do with your garlic press is to put play dough in it and make hair for your Christmas ornaments. Forget the garlic press."

ALTHOUGH TRAINED in fancy cooking, he deliberately plays down the "gourmet biz" for his dieting audience.

"They get intimidated by it," said Janes, who teaches "normal" eating and cooking.

But he stresses that the newest trend in French cooking — Cuisine Nouvelle — is actually low calorie.

"It uses many of the same techniques dieters do."



Executive Chef Larry Janes joined Weight Watchers 11 times before he lost more than 85 pounds and began insinuating dieters with his own low-calorie dishes.

Runners find themselves in win-lose situation

A Farmington Hills runner who has put together a winning running team was stopped in her tracks when the runners found themselves in a win-lose situation. They won a regional meet but are now faced with a money problem — How to get to the next step in competition.

Judy Kleist, who has been running since she was 16 years old, would like to bring the team to California for the national meet. But she said the cost would be too much for each of the members to pay for one weekend.

"We paid our own way to Chicago and tied for first place with the Leo Burnett team," Kleist said, speaking of Runner's World Corporate Cup's Midwest regionals. "Pretty good for the first time out."

Kleist is a product design engineer with the automatic overdrive transmission group in Ford's Livonia plant.

She recruited runners for the Corporate Cup run where she could find them. Some she had known from other runs she'd entered. Some were members of her softball team she coaxed into shaping up for the spring event. She got one over-40 member on the team for no other reason than to make the team qualify for the competition.

"We were even a bit surprised ourselves at how well we did," she said of the 26 teams her group faced coming from 21 companies in five different states.

KLEIST STARTED running in high school track and never stopped.

"It just makes me feel good. Whatever is going wrong in the world, it gets better when I run," she said. "I was running long before it was a fashionable thing to do."

Running competitively started about

five years ago for her. She enters most of the fun runs in the metropolitan area, "and all of the charitable ones," she said.

Currently she's running six miles a day working up to the Detroit Free Press Marathon scheduled for the fall, but is having a hard time getting the national Corporate Cup off her mind.

"It's hard to come up with a winning combination, then watch it hang in limbo. We're going to need a lot of money before the end of July in order to get to California," she said. "But most of us still have hopes we'll get it somewhere."

The 10-member team is headed by premiere runner Doug Kurits, who is taking calls and contributions from sponsors by calling him at 322-4956. Kleist can be reached by calling 523-4980.



Judy Kleist