

Monday, January 3, 1983 O&E



Jack McCarthy, looking like a man who enjoys good food, watches as Gus Skarvelakes, cook at Dimitri's Restaurant in Southfield, loads a plate full of ethnic food.

Staff photograph by Mindy Saunders

Radio, TV newsman culls recipes for print

By Shirlee Rose Iden
staff writer

People do judge cookbooks by their cover. And by their binding and illustrations.

So says Jack McCarthy, television personality, who just published "Jack McCarthy's Restaurant Recipes" an enterprise that took four years.

"When it comes to cookbooks, people want more than information," McCarthy said. "Many folks collect cookbooks. I'm going to be seeing a lot of those people so I don't want mine to fall apart."

The Grinch that stole Christmas almost purloined McCarthy's gift to his waiting fans when publication of the spiral bound, color-illustrated publication was delayed past holiday "prime" time. But the collection is now in the stores.

Originally, McCarthy intended to circulate the book only by mail, but it is now available at Jacobson's, Hudson's and Pages and Pages at Hunter's Square. It can also be ordered by mail from Box 473, Franklin, Mich. 48025 at \$5.95.

"One week after the first books went into the mail, we began to get repeat orders from Texas, Florida and California, as well as local fans," he said.

THE AFFABLE McCarthy, a freelance television reporter at Channel 7 in Southfield, is the host of "Friday Feasts," a show that features food and restaurants. His connection with food predates his work as a newsman.

He's logged 27 years in radio and television, but his career in kitchens began at age 4.

Born in Louisiana, McCarthy said his mother cooked with "vigor and spices." "Cooking is a real hobby for me," he said. "My mom really encouraged me all my life."

"When I was in the fourth grade, mom got the mumps. My dad can't fry eggs, but I could. I had a little footstool to stand on and I made pork chops,

corn, mashed potatoes and gravy. I'll never forget that menu."

"Like every other kid, I can remember hiding the brussel sprouts, but now I love them."

McCarthy lived in Panama and six states before starting first grade, but grew up in Canton, Ill., where his folks still live.

"I didn't know what I wanted to do, except be a pilot, until I got into radio during high school," McCarthy said.

THE DAUGHTER of his high-school principal had a 15 minute radio program playing the piano. Her father was the announcer. "I offered to do the announcing sometime, and they took me up on it a few times. I was always a ham."

Those few pinch-hitting roles landed the teen-ager a part-time radio job.

"I had no illusions about being part of the media, because I made 50 cents an hour for the radio work and the same pay for being the morning janitor at the station."

In his 27 years in the business, McCarthy estimates he's had three or four Christmases off and has covered many tough stories, including the 1967 Detroit riots when he became a target as well as a reporter.

He insists the work of a television reporter is far more difficult than it appears.

Early in the 1960s, he worked in television with John Kelly in Peoria. It was then he met Carol, his wife of 17 years, who was an Ozark Airlines stewardess.

The couple now live in Bloomfield Township and have two sons: Brett, 16, and Sean, 12.

"They don't consider their dad being on television much of a big deal," McCarthy said.

In 1965, Channel 2 hired John Kelly to come to Detroit while McCarthy was scouting a job in Denver. "Kelly told me they were looking for a reporter in Detroit," he said.

"Salaries depend on the size of the

market, Detroit was important. I came here and was hired."

"JOE WEAVER was the lone reporter at Channel 2 and I was second," McCarthy said.

He worked at the station for more than five years and was the first on-camera person to leave for Channel 7. "Then Marilyn Turner left and the exodus began."

McCarthy's Friday evening visits to restaurants and kitchens of interest have a big following in the area. "All kinds of people watch it, but the people who respond by calling or writing in are working class people," he said.

Students in a Milan, Mich. high school have been printing the recipes McCarthy featured on his Friday Feast show for distribution to fans, certainly an incentive toward doing the book.

"Several people claim credit for urging me to do the book so it's hard to pinpoint it's godparent, but we had to do the show two years just to get enough recipes at 52 each year."

McCarthy said some are flamboyant recipes by top chefs, others are simple creations of talented home cooks. To him, the true stars of the publication are the cooks and chefs who opened their kitchens and shared their recipes.

INCLUDED are soups, seafoods, breads, poultry and meat dishes from restaurants such as Dimitri's, the Golden Mushroom, The Chamberlin, Excelsior, The Meeting Place, El Nibble Nook, the Toll Gate and Kingsley Inn to name just a few.

Jack McCarthy's Restaurant Recipes" is being sold by several local charities who receive \$1.25 per sale to help their causes.

Channel 7 gave permission for the book but it is an independent project through Jack McCarthy Enterprises in Birmingham, a public relations firm he operates.

McCarthy set high standards for his first book and doesn't deny if sales go well he may have another out sometime in 1983.

Center registration opens for winter term

In-person registration for all classes, workshops, and special events offered in Farmington Community Center for the winter season runs from 6-8 p.m. Tuesday, Jan. 4 in the center.

Emphasis for the season is on personal health and self improvement.

While most classes begin the week of Jan. 17, the center's staff points to a couple that begin early in the month.

The center's answer to smokers who made quitting one of their resolutions for the new year is "Smoke No More" which begins Wednesday, Jan. 5. Phyllis Zieve Friedman leads the seven evening sessions.

"Post Natal Exercise and Baby Massage," is a 10 week session, new on the center's roster, that begins Jan. 11. Now mothers meet twice a week to help relieve stress and regain their figures, while at the same time begin their baby on an exercise program through massage.

Horseback riding classes sponsored by the center in cooperation with Haverrill Farms also start early in the month.

A lot of the old and popular favorite art and cooking classes are on the agenda this season, but roughly half of the 80 options are new offerings.

WORKSHOPS for both young people and adults who are facing the S.A.T. college exam are scheduled during the day and in the evening. Beverly Hammett will show how to reduce test anxiety and give a practice test.

"Winter Nature Exploration" is new this season for both adults and young people. "So is "Winter Music and Movement" and "Weight Control and Physical Fitness" for teens.

The center's staff points to three offerings that are new to the community they are particularly pleased to have

in the line-up this season: "Making Ends More Than Meet," "Once Around the Life Cycle" and "You and Your Aging Parent."

"Making Ends More Than Meet" is for women only, whether single, married, widowed or divorced. It is led by Janet Heam, an investment manager.

"Once Around the Life Cycle" is a seven-session course led by seven persons, all who hold doctorates, who will help participants learn more about themselves. Each stage of life is discussed as participants learn how it relates to them as an individual and as a family member.

"You and Your Aging Parent" is team taught by Jeff Dalley and Mary Lou Stone, counselors with Oakland University's Continuum Center.

The class is recommended for middle-aged children who want to help their parents face the changes of growing older while at the same time learn-

ing skills for blanching their needs with those of their parents.

SESSIONS on miniature dolls, short-cut tailoring, tatting, video, candlewicking embroidery and "Living With Chronic Pain" are all new.

In the cooking department, using the microwave oven for advanced students and the basics of creative cooking are both new.

Other newcomers are sessions in learning to cut men's hair, hair styling, "Normal Adolescent Development," "Faces, Figures and Fashions," and "Growth Through Goals."

The center is located at 24705 Farmington Road.

Mail registrations will be processed on a first-come-first-served basis beginning the morning of Jan. 1.

Inquiries are taken by calling the center, 477-8404.

5-day stop-smoking clinic begins Jan. 3

Smokers who want to start the year by quitting smoking will have their chance at a five-day stop-smoking clinic that runs Jan. 3-7. The sessions begin at 7:30 p.m. each evening in Franklin High School, 31000 Joy Road, Livonia. The clinic is led by Dr. Arthur Weaver and John Swanson, who operate

ate Better Living Seminars.

Weaver is a Wayne State University professor of surgery, active in Wayne County Council on Smoking and Health. Swanson, his associate, is a health education specialist and program coordinator for Better Living Seminars,

which educates in the fields of nutrition, exercise and health. Together they have helped more than 60,000 smokers quit smoking in the Detroit area.

The clinic consists of lectures, audiovisuals and group therapy. Each participant receives a personal "control booklet" with instructions and encour-

agement programmed for each day of the withdrawal process.

All programs offered through Better Living Seminars are given as a community service. There is no registration. A donation will be taken to cover expenses.

Prayer Breakfast marks National Jaycee Week

Farmington Area Jaycees host their annual Community Prayer Breakfast at 7:30 a.m. Tuesday, Jan. 18 in Botsford Inn.

The event is the chapter's highlight in the celebration of National Jaycee Week (Jan. 16-21) when Michigan Supreme Court Justice James Ryan will

be the guest speaker.

The breakfast is open to all residents of the sister communities. Reservations are necessary by calling Michael Lewis, 474-3113, or Howard Aldrich, 478-0712.

National Jaycee Week marks the organization's 63rd birthday. The week is

staged immediately after the U.S. Jaycees Congress of America's 10 Outstanding Young Men are announced (Jan. 14-15).

Much of what Jaycees do adds up to making future leaders. In-house seminars are coupled with taking on service projects, which offers members a

chance to try something they might not get the opportunity to try otherwise.

Fund-raisers are staged to give amusement or entertainment to area residents, with all proceeds earmarked for donations or services back into the community.

Natural Family Planning 4-part series to begin

Couple to Couple League hosts its next Natural Family Planning series beginning at 2 p.m. Sunday, Jan. 9 in Our Lady of Victory Church, 770 Thayer, Northville. The four-part series continues at the same time and place on Sun-

days, Feb. 6, March 6 and March 27.

Natural Family Planning is a syncretic method of birth control, not to be mistaken for the calendar-rhythm method.

It is described as a modern system of

gathering, recording and interpreting facts about what is happening within a woman's body as she becomes fertile and infertile. By recognizing these signs, the properly informed couple can plan, delay or avoid a pregnancy with a

high level of effectiveness.

A re-stated teaching couple instructs the series and will give private counseling if that is requested.

Registrations and inquiries are taken by Fred or Mary Syk, 649-0808.

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Sale ends Sunday, March 6