

BEVERAGE TAKE OUT	30	MUFFINS	250
COFFEE/TEA	80	MUFFINS	50
Orange Juice	60	BROWNIES	50
SOFT DRINKS	75	JUMBO COOKIES	50
MILK	45	MAGAROOONS	1.80
COFFEE	80	COOKIES	70
PREPARED ICE TEA	1.39	TAKE OUT SOUP, CUP	1.05
TRIMMED REFILL		BOYD	
PIZZAS DO NOT INCLUDE TAXES			



Priscilla and Carlos Velasquez, Catholics who fled tyranny in Chile, now own one of three kosher doughnut stores in this country in South-

field where they live. Hanukkah decorations blend well with those of Christmas, but the place and the food are strictly kosher.

By Shirlee Rose Iden staff writer

WHAT'S ROUND, sweet, fresh, and unique in 48 different ways?

Why, a kosher doughnut from the Dunkin' Donut Plaza of Carlos Velasquez, a native Chilean and Roman Catholic.

His fresh baked dunkers and other treats, all strictly kosher, are a significant gift to the Orthodox Jewish community. Most traditional adherents to the dietary laws never ate a doughnut in their lives until the Southfield shop, on Northwestern Highway, became kosher almost two years ago.

At this time of the year, when the Festival of Hanukkah is celebrated, the doughnuts take on even more importance. Along with potato latkes, dreidels and menorahs, jelly-filled cakes are a symbol of the eight-day holiday that begins at sundown, Dec. 18.

Rabbi Jack Goldman, director of a group of 12 rabbis, who oversees kosher practice in companies all over the Midwest and other areas, says the doughnut and Hanukkah are essential to one another.

"In key battles between the Jewish Maccabees and the Syrian Greeks centuries ago, the Jews were terribly outnumbered. Extraordinary efforts were necessary. Judith, the sister of the Maccabees, went to the Syrian camp, disguised as a harlot," the rabbi recounts.

"SHE PITCHED an attractive tent and waited. The Syrian general saw her and offered to buy her favors. She gave him jelly doughnuts which made him thirsty and then wine which caused him to fall into a stupor."

Judith took his own sword and beheaded him and, carrying it by his hair, she showed it to his soldiers. They were so demoralized that the Syrians lost the battle and the Maccabees won, thus preserving Judaism.

Velasquez, whose spanking clean shop also offers a limited menu including milk-based soups, today makes it easier for observant Jews to continue to preserve their tradition since there are virtually no restaurants in which they may eat in the entire metro area.

"Visitors who come here from New

York and Toronto come in for doughnuts and take home boxes full for their freezer," he said.

Since the shop is open 24 hours a day, seven days a week, it is mandatory that none of the help be Jewish. "If a Jew works on the Sabbath, that would make the product unkosher," Goldman said.

Velasquez says the place is strictly kosher, no one brings in outside food, ever.

EDUCATED as a chemical engineer in Chile, Velasquez came to this country in 1977. He left behind a "fast-lane" regime in a flight not unlike that made by many Jews.

He settled in Connecticut where he "did any kind of work."

"I trained as a doughnut baker, worked for Clairol which paid my way through college, and worked as a chemical engineer for a big company."

The doughnut business, however, intrigued him as he watched the store in Fairfield become number one in the country. When Velasquez moved here with his wife, Priscilla, also a chemical engineer and their daughter, Tanya, 3, he decided he would like being his own boss.

"Here in Southfield, many customers are Jewish and a few began to tease me by asking 'are these donuts kosher?' I didn't even know what kosher meant, but I called the Jewish News and told them I wanted to make kosher

doughnuts. They didn't believe me."

Goldman, however, supported the idea. The West Bloomfield rabbi supervised the process of making Velasquez's shop unquestionably kosher.

"He had to get new utensils, kosher the oven, use kosher bread, tea, coffee, apple cider, everything. But he agreed, and on March 1, 1983, Dunkin' Donut Plaza became kosher," Goldman said.

THE CONVERSION made the place only the third doughnut shop in the country that is acceptably kosher.

"It cost a lot of money," Velasquez said. "I have to discriminate and not hire Jewish workers because they would be working on the Sabbath."

"But the most fascinating of all has been the Dunkin' Donut Company. They fought me, although it is a Jewish company. Now that I am kosher, they have no control over me. I must buy independently so all supplies are kosher."

"Velasquez has a total of 18 employees, many who have been with him through the conversion. They work four shifts of six hours each, seven days a week, making 48 different kinds of doughnuts and munchkins, tiny doughnut hole confections.

"When Sabbath ends, many very Orthodox people come here. Some are so observant, they will eat doughnuts"

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Diet, cancer link growing, says researcher

Several organizations have now concluded that scientific data on the relationship between diet and cancer are strong enough to warrant the development of dietary guidelines to lower cancer risk, according to Dr. T. Collin Campbell, senior science adviser to American Institute for Cancer Research.

To date, the available data "strongly suggest that a diet enriched in plant

products reduces cancer risks," said Campbell, a cancer researcher and professor of nutritional biochemistry at Cornell University. "Cancer risk increases with high intake of dietary fat and protein, and low intakes of food rich in vitamin C, vitamin A, vitamin E and dietary fiber."

Dr. Campbell's status report on diet, nutrition and cancer summarized the studies that have been undertaken

since the first major conference on the subject in 1975. One of the most exhaustive of the studies, completed by the U.S. National Academy of Sciences in 1982, found enough of a link to "formulate interim dietary guidelines that are both consistent with good nutritional practices and likely to reduce the risk of cancer," said Campbell, who served on the NAS committee responsible for the report.

Among the research activities funded by the Institute and other organizations are studies on vitamins A, C, and E and the trace mineral selenium on various population groups, a survey of hypotheses on the relationships between lifestyle factors and cancer inci-

dence and a study of the affect of multiple dietary risk factors on selected cancers in the People's Republic of China.

At this point there appears to be consistent evidence within various studies indicating a positive relationship between nutrition and cancer. "It is hoped that within the coming decade, conclusive data will enable the American public to make the appropriate modifications in their dietary practices with confidence to reduce cancer risk," he said.

Delta Zeta sets meeting

Members of the Western Wayne Chapter of Delta Zeta sorority will hold their annual Christmas social and gift exchange at 8 p.m. on Thursday, Dec. 13, at the home of Anne Massey of Plymouth. Cathy Williams of Wayne and Peggy Butler of Farmington Hills are co-hostesses.

Members are asked to bring a Christmas tree decoration to exchange. A special game is being planned for the social evening to learn more about the members.

Members interested in attending should call Audrey Ashley at 635-0159.

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