

Reversing those depressing holiday blues

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sode of "Community Update." Levick's episode — "Teens of Divorce" — was successful enough that he and cable producers Sharon McDonald and Denise Swope got together to discuss the possibility of doing a similar show once a month.

"There is such a need for people to ask questions," Levick said. "We dis-

cussed different issues and how we planned to go about it. We thought it would be a real nice program for the community."

Entertainment and information are the show's two major purposes. But Levick cautions the audience not to take the show's discussions of mental, emotional and social issues as a final answer. The shows are designed to encourage people to ask questions and

think.

"Right now, we are shooting for good quality," Levick said. "The topics are out there."

TO BE sure, Levick is no novice to the television camera. He has been a guest on WXYZ Channel 7's Kelly & Co. as well as radio talk shows. "I'm a ham. I enjoy it. I enjoy being in front of a television camera," Levick said.

Levick's monthly show also will be part of the entire "Community Update" program that will be picked up by the Catholic Archdiocese of Detroit, said Lark Samouelian, SWOCC executive director. The show will be aired on the archdiocese's public access Channel 15.

"It is an honor for a show to be picked up and shown elsewhere," Samouelian said.

A visit with historic Botsford's innkeeper

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year, Anhut received two offers to buy the inn, but he refused both.

OF ANHUT's three daughters and two sons, both sons have shown an interest in hotel management as a career. Son Jerry works evenings at the Botsford, while son Jim works with a national suite-style motor inn

chain. Anhut would like to leave his business — his love — to his family, if they want it.

This self-styled Detroit native had a youthful dream of being a sports writer, which never materialized as he went on through the University of Detroit Law School for his degree.

Anhut's father was a lawyer, and

as the oldest son, he followed the educational tradition but has never practiced law. While attending U-D, he managed a hotel in Detroit and has since invested his life in hotels and the time needed to manage them.

"I've always had an open-door policy," he said. "I guess I never learned how to say no," which accounts for the many business hours

spent and the numerous boards on which he serves and chairs.

Leisure activities are a rare thing for Anhut, who considers three golf outings per year a lot. During the holiday season, Anhut spends 80-plus hours each week at the 149-year-old Botsford Inn. A series of community events is scheduled for 1986 to mark the inn's sesquicentennial.

Ordinance is broadened

By Joanne Maliszewski
staff writer

Now that the Farmington Hills snow and ice removal ordinance is in effect, city officials have added to its requirements.

Farmington Hills City Council last week introduced an ordinance amendment that holds homeowner associations responsible for snow and ice removal on sidewalks adjacent to rear lot lines in single-family subdivisions.

The new ordinance — effective Nov. 19 — requires Farmington Hills property owners and occupants to remove snow and ice on sidewalks abutting their property within 24 hours of a snowfall. The ordinance covers all sidewalks in the cities.

City officials proposed an amendment to the ordinance because some subdivisions, such as along Drake, between 12 and 13 Mile, have sidewalks along the roadway completely or partially circling the neighborhood.

Failure to comply with the ordinance will result in maximum \$500 fine. Each

day, the property owner or occupant is in violation of the ordinance is considered an additional violation and fine. City officials may also have sidewalks cleared at a property owner's expense or expense.

COUNCIL'S DECISION to adopt a snow and ice removal ordinance in late October came as a result of complaints and inquiries about snow and ice-covered sidewalks. Some property owners have also complained about others who have not been cleaning sidewalks.

City staff will be preparing notices that warn property owners and occupants that they are in violation of the snow and ice removal ordinance. The notices will be placed on a property owner's or occupant's door when sidewalks have not been cleaned.

Adding more fiber to diets

The discovery that President Reagan had cancer of the colon generated new concern and interest in measures of prevention and detection.

The American Cancer Society estimates that 96,000 new cases of colon cancer will be diagnosed this year, and 51,600 people will die of the disease. It is second in deaths from cancer only to lung cancer.

While there are no certain means of prevention known, recent studies indicate that dietary fiber promotes the development of cancer and that dietary fiber is an inhibitor.

How this occurs is not fully understood. The inhibitory activity of some types of dietary fiber may be connected with their ability to absorb and remove toxic substances that have been deposited in the intestines, thus

decreasing the time these substances are in the colon.

Although these theories are not yet proven, there are many additional reasons for adopting a high-fiber diet, dietary experts say.

THE INCLUSION of fiber can prevent constipation and has been credited with relieving a host of digestion-related disorders, including diverticulosis, hemorrhoids, and irritable bowel syndrome.

Most experts agree that many Americans would have to double or triple their intake of fiber to get an optimal level. Because American diets are made up mostly of highly processed, low-fiber foods, it is necessary to make a conscious effort to get into the high-fiber habit.

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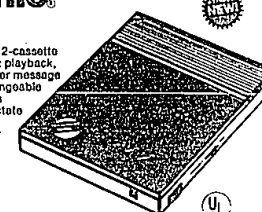
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