

Suburban Life

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Good Enough

Community center's volunteers have a new cookbook for sale

By Lorraine McClellan
staff writer

PREMIER TIME FOR "The Good Enough Cookbook" is 1-3 p.m. Monday, Sept. 15, in Farmington Community Center.

That's the time for the center's open house this fall and the time when the 400 recipes that have been collected over the past two years and bound up into a published edition will go on sale.

The cookbook's title is a fanciful play on words, taken from Luman Goodenough (pronounced good-eh-no) who built the Georgian mansion at 24705 Farmington Road, which is now being used as a cultural center and meeting place for residents in the sister cities.

The cookbook was compiled by a committee of the center's Volunteer Guild, headed by Diane Paul, Rachel Shuler and Jerry Tobin. Proceeds from the cookbook sales, the same as all the fund-raising projects spearheaded by the guild, will be used to maintain the center and perpetuate the activities there.

The committee had a lot of help in pulling all of the facets of publishing the book together.

PROBABLY THE most obvious of the help offered is the original drawing of the book's cover that will be framed and hanging over the fireplace in the center's dining room in time for open house guests to see it.

The drawing, given as a gift, is the work of John Davenport, recently retired head of the art department on Oakland Community College's Orchard Ridge campus, and winner of Farmington Area Art Commission's "Service to the Arts" award in 1986.

In addition to the cover, Davenport also furnished the drawings that mark the cookbook's eight sections.

Phyllis Welsh served the committee as its author, and contributed a short history of the center for the cookbook.

"The response to our original appeal for good recipes, out-of-the-way recipes, old-family-favorite recipes was overwhelming," Tobin said, who started the solicitation through an article in the Farmington Observer.

"We talked to everybody we knew, friends and family, friends of friends, anybody who knew anybody that was known to be a good cook," Paul said.

"Then came the sifting, some testing, and the development of what we call our celebrity recipes," Shuler said, who rattled off the names of Paula Blanchard, Ernie Harwell, 47th District Judge Margaret Schaefer and Martha Griffiths as a few who contributed to the "celebrity section."

One of the fun things solicited came from Leola Calms who brought recipes, some dating back more than 100 years ago, which her family had gathered and kept from the time they exchanged recipes with their neighbors in the later part of the 19th century.

TOBIN STRESSES "these recipes were included just for fun. They certainly give a good history of what the food, the meals, the cooking methods were like a century ago, but I wouldn't recommend anyone trying them today. I don't think you could even get all the ingredients for many of them. They just make good reading."

One of the 100-year-old recipes is called "Ritz a L'Imperatrice," assumed to come from the French settlers here. Another is called "General Satisfaction," another "Mousseline Pudding" and another "Cecils." Ways to make taffy, gingersnaps,

corn muffins and carrot plum pudding the way they were made four and five generations ago are spelled out.

The recipe for baked tapioca pudding was taken from a cookbook published in 1871.

It reads: "A small teaspoonful of tapioca, one quart of milk, six eggs, a piece of butter of the size of a chestnut, a teaspoonful of sugar, a teaspoonful of salt, rosewater, essence of lemon or nutmeg, as you prefer."

"The lump tapioca is the best and if it is white it should not be washed, as the powder which is the best part, will be washed away. Pick it over very carefully, soak it overnight in a part of the milk. If you have omitted to do this and need the pudding for dinner it will soak in water in two or three hours."

"Put barely enough to swell it thoroughly. Boil it in the milk, stirring it often. Beat the eggs some time with the sugar in them. Stir them and all other ingredients into the milk while it is yet hot. If the pudding is put immediately in the oven it will bake in three quarters of an hour, or a little less."

"Three eggs to a quart of milk will make a very good tapioca or sago pudding. Tapioca is very nice soaked in water and boiled in milk (about a pint to a coffee-cup of tapioca) with grated lemon peel and a little essence of lemon and eaten with cream and sugar."

"THE GOOD ENOUGH Cookbook" will sell for \$9.50 a copy.

Other Volunteer Guild members on the cookbook committee were Lou Burke, Betty Bates, Margaret Kerman, Gail Perrin, Marge Perry, Marge Sartin, Dorothy Sauter and Greta Tierman.

The guild has about 200 members who work on many projects simultaneously to raise money for the center's general operating fund.



RANDY BORST/staff photographer

Jerry Tobin (above left) and Rachel Shuler watch as the cake comes out of the oven, then is cut for serving and sampling by Diane Paul (at right). The women are testing a recipe submitted

by Farmington Community Center Volunteer Guild member Penny Sage for blueberry cake, one of 400 recipes in "The Good Enough Cookbook."

All food is good food

Weight losers balance food calories with everyday exercise

A new concept in weight reduction, that all food is good food, that all calories are good, comes from Medical Weight Management (MWM) in Farmington Hills.

The weight loss is achieved, while maintaining proper nutrition, by balancing caloric values of food against caloric values of simple everyday exercises such as walking and housework.

Participants learn that a plain doughnut has more calories than a jelly filled donut; salad dressing has more calories than hot fudge; orange juice has more calories than beer.

Then they balance that off by learning that softball play burns up no more calories than gardening; volleyball play equals mowing the lawn; aerobics are about equal in caloric burn-up to a brisk walk.

The program is designed exclusively for the obese, which means anyone who is at least 20 percent overweight. To date, about 11 per-

cent of those who have entered the program have been able to return to lose again, and that figure is opposed to a traditional 97 percent who try and have to start all over again.

The success rate is credited to teaching how to make food choices, rather than telling the participant what and what not to eat.

MEDICAL SUPERVISION for the dieters comes from two osteopathic physicians, Dr. Kenneth Pink, who is the program director and Dr. Andrew R. Elias who is the medical supervisor. Behavioral counseling is handled by psychologist Keith Levick and nutritional counseling by registered dietitians.

The MWM program has four phases. The first is a clinical evaluation which includes a physical examination, blood and urine tests, electrocardiogram, and other tests if deemed necessary.

In the second phase the partici-

pant begins to fast for rapid weight loss and starts taking a fasting supplement developed by Health Management Resources, a national organization affiliated with MWM. The supplement has been tested on more than 25,000 patients and is used by Cedars-Sinai Hospital in Los Angeles and the University of Kentucky.

All during the second phase weekly office visits are mandatory to allow careful monitoring, lab tests, physicians visits, behavioral and dietary counseling and exercise guidance.

In the third phase, which begins when the dieter approaches the goal weight, food is gradually reintroduced while the supplement is reduced and finally discontinued.

In the fourth phase, which begins when the goal weight is achieved, the participant is given instructions on the way to maintain proper weight for a lifetime. Monitoring continues to the end of the program.

ALTHOUGH THE four-phase program is the format, Debbie Ignasi, of MWM, said there are variables for individual needs.

She invites newcomers to call her at 478-1622 about any facet of the program, and said newcomers could be invited to sit in on weekly lectures that are otherwise available only to the program participants. The lecture series has topics such as "The Business Guide to Maintaining Weight Despite Business Lun-

cheons," "Problem Solving" and "The Failure Syndrome."

Pink is a graduate of Wayne State University and got his doctorate at Michigan State University. He was in private practice for a year at Livonia Doctors Clinic and has had his own office in Farmington for the past eight years.

Elias is a graduate of Wayne State University and Chicago College of Osteopathic Medicine. He is also a diplomate of the national board of examiners for Osteopathic Physicians and Surgeons. He has been assistant clinical professor at Michigan State University College of Osteopathic Medicine and adjunct clinical assistant of medicine at New York College of Osteopathic Medi-

cine.

Levick is a graduate of Wayne State University and is currently a doctoral candidate at the university's department of counseling education. He has worked as clinical consultant for Bi-County Hospital Group Therapy and a caseworker for Methodist Children's Home. His private practice is in Jensen Counseling Clinic, Farmington Hills.

Levick is author of "Privileged Communication," published in 1981. He is a member of Certified Social Workers, American Association of Professional Hypnotists and Michigan Society for Clinical Social Work.

Medical Weight Management is at 24160 Drake Road.



RANDY BORST/staff photographer

Invited to Montreaux

Harrison High School's Jazz Band will be taking part in the Montreaux Jazz Festival on Detroit's Hart Plaza Labor Day. The musicians playing under the direction of Mark Phillips (far left) earned their invitation from the Montreaux Committee by earning an unusual number of winning credits in various jazz

competitions in the last couple of years. The band also brought home the highest rating given in an international competition last summer. The teens meet for practice all year at the high school. Show time for the band is from 5:30-8:30 p.m. Monday, Sept. 1 in the festival's showmobile.

Series offered free for cancer patients and their families

"Life — Make It Count," a series of education and discussion sessions, is being offered by Sinai Hospital to cancer patients and their families. The series will begin at 7 p.m. Wednesday, Sept. 3, and run for four consecutive Wednesdays in the East Conference Room of Sinai's Zuckerman Conference Center.

The series is designed to help cancer patients and their families and friends understand the disease. The programs are straightforward and address the medical, social, physical and psychological aspects of cancer.

At the first session, "Ask the Doctor," Leopoldo Eisenberg, a Sinai hematologist-oncologist will provide an overview of cancer and its treatment. There will be ample time to ask questions.

The second session, "Where Do I Go From Here?" will be led by Lin-

da Diaz, a Sinai social worker who specializes in the care of oncology patients. Diaz will discuss the impact of cancer on emotional health and review the community resources available to cancer patients.

Marilyn Mitchell, clinical nurse specialist in oncology, will speak about chemotherapy at the third session.

The final session, "My Circuits are Overloaded," will be led by Mary Cramp. She will focus on dealing with stress related to the disease and provide some coping, relaxation and imagery techniques.

The Zuckerman Conference Center is on the west side of the hospital on West Outer Drive between Greenfield and Hubbell. Free lighted parking is available in the Shapiro Institute parking lot just west of the hospital.