

retirement mermos
Margaret Miller

The punnier the better for stories on my list

Those who know me also know my fascination with the pun and the unusual use of language. So maybe they and others will bear with me as I put into print a list I've been compiling for the last few retirement years.

Its components are appropriately named small businesses. I think I once noted in this space signs I had seen in Michigan. I started keeping track again in our home city of Sarasota, and the list has lengthened as we traveled a bit around Florida and this summer to Maine and the Pacific Northwest.

So here we go, with as many names as my notebook holds, or at least as many as I can fit into allotted inches.

BEAUTY SHOPS. I've decided, come up with the greatest variety of names of tickle the funnybone. Maybe it's because the word "hair" lends itself so well to puns.

Anyway, how about Hairport, Hair Affair, Hair Apparent? Getting away from hair, there's Heads South, Mane Attraction, the Upper Cut, Prime Cut, Shear Madness and Permanent Waves (seen in a bench community). And, getting away from heads, I submit a manœuvre specialist, Get Nailed.

I also enjoy names plucked by resale and consignment stores. I've written down Daisies Don't Fall, Second Impressions, Nice Twice, Doja Yu, Encore and Nu-to-U. But I think my favorite is the one with the big sign that says Stuff.

Antique stores are sort of in the same category. Some I've noted are Elderly Things, Better Days, Richard's Relics, Mathuslah's and Now and then.

Then you have restaurants. Around here we have a Melting Pot for fondue, a No Baloney sandwich shop, and Luv & Quiches for the obvious and A Dog House near the greyhound track, to mention just a few. On our travels, I liked As You Like It in Oregon's Shakespeare country.

IN THE NATION'S northeastern-most state, lots of businesses showed in their names that they were Maine-y something or other. I thought the best use of the state name was The Maine Stream, a store selling fishing equipment. And in Florence, Ore., on the sandy Pacific coast, camel rides were advertised by Lawrence of Florence.

And other miscellaneous businesses I listed:

Once a Tree, a store with articles made of wood. Plain Jane's, a photo studio. The Bride's Maid, wedding consultants. Lost Horizons, travel agents. Wear Else, accessories. Be Seated, furniture. The Little Red Greenhouse, plants, of course. Gift shops named Little Bo-tique and No Necessities. A fish store called The Mad Haddock. Food Forthought, a catering service. Terry-a-White, a beach resort. Bach and Rock for tapes and records. ZAP Electric.

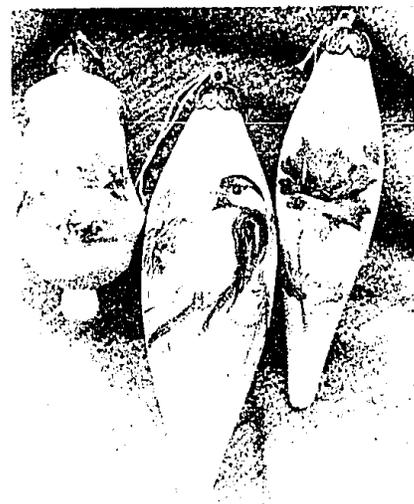
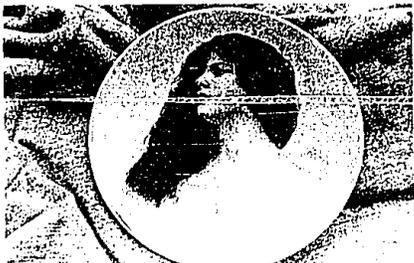
I have no idea how all these businesses are doing. But if operational methods are as creative as names, they should at least be in the black.

Margaret Miller was Suburban Life editor for Observer-Newsweek for 16 years. She and her husband Joe have retired to Florida, where she writes Retirement Memos.



Painting on porcelain

The vase, Christmas ornaments and decorative plate are all the work of porcelain painter Dolores Pelachenko, who will join about 80 artisans for Farmington Community Center's Arts and Crafts Show from 10 a.m. to 5 p.m. Saturday, Oct. 18. The Farmington Hills resident has studied her art for about 32 years and will display and sell a large range of items for the home and for gift giving. Admission to the show is \$1. Visitors are asked to park in Ten Mile Community School's parking lot, on 10 Mile east of Farmington Road, and ride the free shuttle bus to the center.



Frozen dinners made in your kitchen

Making your own frozen dinners can bring savings to your pocketbook and you don't need much in the way of special equipment. All you need to have are some freezer bags and/or freezer paper, small aluminum tins, strong tape, and a marking pencil for labeling. With these few items you can put together many frozen dinners in just a few hours.

The suggestions from Cooperative Extension Service will help you in successfully preparing your own frozen dinners.

- To retain crispness and prevent overcooking upon reheating, undercook dishes slightly before freezing.
- Try to get rid of as much air as possible from plastic freezer bags before sealing; it helps the food stay fresh.

- Don't place aluminum foil directly over foods containing items such as tomatoes or fruit juices. The acidity can eat through the foil resulting in freezer burn.
- Use arrowroot or cornstarch for thickening. That will make sauces less likely to separate.

- Since certain spices, such as oregano, thyme, and parsley may intensify in flavor during freezing, it's better to err on the side of underseasoning before freezing. You can season to taste before serving.
- Stock your freezer with chicken or beef stock frozen in ice cube trays. Bread crumbs and grated cheese can also be frozen and sprinkled onto dishes as they finish cooking.
- Be creative in your use of

freezer containers. Aluminum tart shells can hold entire dinners of minisoufflés and vegetable purees.

For other information, contact Oakland County Cooperative Extension Service at 858-0504.

Brighton's Education series continues Oct. 7

Brighton Hospital's Community Education Program on chemical dependency continues at 7 p.m. Tuesday, Oct. 7, with a discussion of how alcoholism and drug abuse affect the entire family. The free program begins with a film "Alcoholism & the Family." After the film a trained counselor will answer questions from the audience and explain how family members can obtain help for a loved one who is abusing alcohol and other drugs.

"This evening's program will be very helpful to those who are concerned about the drinking habits of a parent, a child, or another family member," said Ellen Ayers, director

of Counseling Services at Brighton Hospital. According to Ayers, many people who attend the monthly education series realize that a loved one has a problem with alcohol or other drugs but are not sure how to get help.

The Community Education Program is given the first Tuesday evening of each month and concentrates on providing family members with basic information about alcoholism and related chemical dependency.

Brighton Hospital is on East Grand River, off Exit 151 of the I-96 freeway. For additional information and a schedule of upcoming programs, contact the hospital at 227-1211, Ext. 276.

Aerobics offered

"Aerobics through Dance" is a low-impact, high-energy class that continues in three locations each week. Participants have a total of eight different options for times, dates and registration payments. In addition, participants can attend any one of the three locations.

Classes are led by PACHS (Professional Associates in Community Health Services) in cooperation with three sister parishes: in Christ Our Savior Church in Livonia, in Hosanna Taber in Redford, and in St. Paul Lutheran Church in Farmington Hills.

Registration information is given by Victoria Bonom, 543-0960.

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CATARACTS

Most patients have the misconception that a cataract is a film growing across the eye. Some patients believe that a cataract is a growth, like a tumor. None of these beliefs are true. A cataract is a clouding or a discoloration of the normally clear lens that nature put in our eye. Just as a camera must have a clear lens to take a good picture, the lens in our eye must be clear for us to see properly. As we grow older, chemical changes in the lens cause discoloration or clouding. Light rays that enter the eye are obstructed, and vision seems blurred. You feel like you are in a haze or a bit of smoke in your way. To date there is no medication to treat or prevent cataracts.

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To remove the cataract, you must actually remove the lens of the eye. So a substitute lens must be put in its place. Remember the camera? Without a lens, a camera cannot take a clear picture, and an eye without a lens cannot see clearly. Patients who have had cataracts removed have several options. They can use thick spectacles (corrective lenses), or a contact lens, or an intraocular lens.

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