

street seen

Charlene Mitchell



Street Scene reporter Charlene Mitchell is always looking for the unusual and the unique. She welcomes comments and suggestions from readers and entrepreneurs. Write her in care of this newspaper, 36251 Schoolcraft, Livonia 48150, or call 591-2300, Ext. 313.



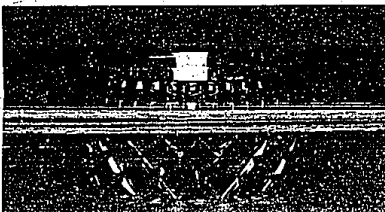
Bright outlook

Revive dull, lifeless jewelry inexpensively at home with a new non-toxic formula that plates and replates pure gold over gold, goldplate, sterling silver, silverplate, nickel, brass, copper and bronze. By a patented process of molecular plating, the 24K gold liquid works with the natural electrochemical forces within the metals themselves work the magic. A goldplated shine will appear that will not chip, flake, peel or damage precious or semiprecious stones, pearls or settings. Easy to use, too. \$29.95 for a 5.1 fl. oz. jar. Jacobson stores.



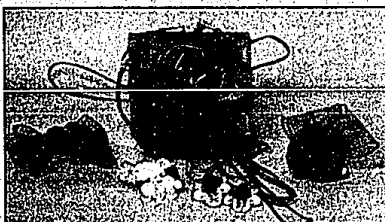
It's a gas

If you're tired of your hands getting cold when you pump your own gas during the winter months, these thin yet warm gloves are perfect for keeping in the car with you. Because they aren't bulky, you can easily maneuver the pump. Glove comes with carry pouch. \$10. Crowley's.



Doggie dining

Here's a perfect gift for your pure breed bilon frise. After all, your special pooch should never be seen dining from anything less than the very best. This heavy lead crystal feeding or water bowl can't be tipped over and can go into the dishwasher. \$39. Roz & Sherm Gift Gallery, Birmingham.



Flower power

Some fashion experts predicted that flowers wouldn't bloom again this fashion season but they were wrong. Roses, orchids and other blooming pretties are on all kinds of accessories, including purses, pins, earrings, hair bows and barrettes. Dazzle to your heart's content. Handbag is a genuine exotica skin accented with satin and net. The jewelry is onyx and crystal. All at Quintessence at LaMirage, Northwestern Highway, Southfield.



Richly deserving

You'll fool 'em every time with these very authentic looking faux jeweled bracelets set in 14K gold-plate. Sparkling look-alike gems are in a variety of exquisite settings. You don't have to be rich to look rich. From \$99 to \$345. Roz & Sherm, Bloomfield Plaza, Birmingham.

It's a secret

Twenty young wizards of the future will be inducted into the secret society of the conjuring, better known as the magical arts, at Halfway Down the Stairs Bookstore in Rochester Saturday.

Magician Bernie Stevens will be at the bookstore, 114 E. Fourth St., at 11 a.m. to teach a 30-minute class to youngsters ages 6 to 11 feats of prestidigitation.

The youngsters will learn how to make objects appear and vanish, how to imbue life into inanimate objects, how to defy the laws of gravity, learn the "con games" of the street hustlers of New York City, learn to pass solid objects through one another and how to create a balloon sculpture.

The class is free, but due to limited space, reservations are neces-

sary. To reserve a spot, call 652-6066.

Oh, by the way. Don't be late for the class or... "poof," you'll miss the magic.

It's a goal

Soccer is coming to the Michigan State Fairgrounds Coliseum at Woodward and Eight Mile Road in Detroit in an international way.

After four warmup games, the Michigan Express, an elite team of outstanding college and regional soccer players, coached by former Detroit Express coach Klaus De Boer, will tangle with the Moscow Locomotive, one of Russia's top first division teams.

The kickoff will be at 9 p.m. Friday, Jan. 27. Tickets cost \$12 for reserved seating and \$8 for general admission.

For ticket information call 693-KICK or write Express Soccer at the State Fair, Michigan State Fairgrounds, Detroit 48203.

Ladies only

The men have to stay home for this one — the third annual women's ski seminar at the Hidden Valley Resort in Gaylord.

Two two-day seminars are being offered Jan. 18-20 and Feb. 15-17. They are designed specifically to teach women how to ski or to refine a woman's skiing skills without the self-consciousness often associated with co-ed classes.

Class size is limited to six to eight women; video taping will be offered as part of the program.

This year's seminars will empha-

size skiing as a fitness sport, teaching women exercises that help prevent injuries on the slopes, and enhancing skiing skills. Good nutrition, including high-energy, low-calorie menus, will be a part of the program.

The cost is \$210 (double occupancy) or \$240 (single occupancy) for two nights' lodging, two daily lift/trail passes, a Wednesday welcome reception and dinner, continental breakfast, lunch and dinner on Thursday, continental breakfast and lunch on Friday and two days of instruction.

Or you can find your own place to stay and pay \$148 per person for two daily lift/trail passes, lunch on Thursday and Friday and two days of instruction.

For more information, call Peg Herrick at (517) 732-3651, Jane Carlin at 682-6283, or Hidden Valley Resort at (517) 732-5181.

Dieters shun fads to shed weight

Continued from Page 1

planning and shopping accordingly.

Another diet tip she offers is drinking water to equal one third of your body weight in ounces daily. For a 120-pound woman, that translates to five eight-ounce glasses of water every day.

"It's so basic but people don't drink it," she said. "Those who don't drink water have high concentrations of salts and sugar in their bodies. The body needs water to break everything down."

More than 60 million Americans, more than a third of the population, have a weight problem, according to statistics compiled by the American Institute for Preventive Medicine.

One of the institute's programs is WeightNoMore, which works on the principle of behavior modification, attacking the reasons for overeating,

like boredom, stress and habit, as opposed to seeking simple solutions.

"WE WORK through hospitals and corporations," said spokeswoman Mary Mercante. "It's a 10-week program and on average (participants) lose 1.6 pounds a week. Fifty percent of the people keep the weight off six months to a year after the program ends."

Likewise St. Mary Hospital in Livonia offers an Eating Disorders Recovery Center, bringing a structured approach to the treatment of disorders like anorexia, bulimia and compulsive overeating. The clinic treats the disorders as illness, providing follow-up care when counseling is completed.

According to the National Center for Health Statistics, seven of the top 10 causes of death have a nutritional

association. In addition, more than 50 percent of all adult Americans are overweight and 55 percent have elevated cholesterol levels.

"Things are starting to turn around, people are becoming more health conscious," said Lori Fryor, owner of the Fitness Factory in Southfield.

Prior over sees 250 aerobics instructors, who offer classes in schools, churches and businesses throughout the metro area. "Aerobics is not a fad. We've been in business seven years and just keep on growing," she said.

The classes range from low impact/low bounce to high intensity.

"It's great for the cardiovascular system," she said. "Aerobic activity, which includes jogging and swimming, is the only way to burn body fat."

VISITORS to California Toning of Plymouth get a complimentary workout of four minutes on each of seven toning tables and one motorized bike. A treadmill will be added in the next month.

"We're a lot busier from January to June when there is less outdoor activity," said the owner.

The 20-month-old club has 360 members primarily from Canton and Plymouth.

At Fitness USA in Westland, the manager said clients run the gamut from dieters to toners to muscle builders.

"We also have (clients) interested in strengthening muscles after knee or hip surgery."

The 32-year-old club has \$500,000 in workout equipment, runs aerobics classes and promises individually designed programs.

Continued from Page 1

LUXEMBOURG City has all the scenes we associate with western Europe. There are large city squares, edged with flower stalls and sidewalk cafes, ancient historic buildings like the 16th century Grand Ducal Palace and the 17th century Holy Ghost Citadel and ramparts high above the Petrusse and Alzette Rivers.

The city began in 963 and this powerful kingdom had built three levels of fortification, with dozens of forts, a network of underground tunnels and miles of underground cuniculi before the Treaty of London forced them to dismantle the bulwarks in 1667.

Only 10 percent of the original fortifications remain, but people have walked the ramparts for generations. The newest attraction is a 45-minute tour aboard a two-coach train that follows the ravines past the old fortress walls, below the Bock Casements and the Corniche Walk area in the oldest section of the city.

You can sip the inexpensive Luxembourg white wine in a sidewalk cafe in the city, but I highly recommend the short drive to the Luxembourg side of the Moselle River, where you can try the light dry rieslings that are seldom exported overseas.

The Moselle River winds between green hills covered with vineyards from the French border north past Remich, Ehren and Grevenmacher to Wasserbillig, where it turns east into Germany at Trier. Drive uphill through narrow village streets for the stunning views from the top.

HAVE A fine meal at Hotel Simmer in Ehren and ask to see the Golden Book — it holds the names of all the famous people who have dined there. Don't miss the wine museum next door or the many wineries that offer tours and tasting rooms. If you have time, spend a day across the German border in the city of Trier. Drive north to the Ardennes mountains and Vianden.

The streets of Vianden wrap around the base of a forested mountain that rises like a pedestal from the valley floor. At the top, master of the town, the valley and all it surveys, is the castle of Vianden, an impressive spread of slate rooftops and stone walls that has been sitting high above the world since the first Count of Vianden built it in the 10th century.

Vianden is the grandest castle in Luxembourg, one of the finest medieval castles in Europe. The Knights Templar rode off to the Crusades from there. The Germans occupied the castle ruins during World War II. It has been restored and is now used for concerts, seminars and other public gatherings.

Those mountains hold many memorials to American soldiers, such as the G.I. boy stands in bronze above the city of Clerveaux, or the monuments and museums of Wiltz, the only non-American city that raises the Stars and Stripes every morning.

The American Military Cemetery and Memorial, known in Luxembourg as Hamm Cemetery, is an easy drive from Luxembourg City. If you are lucky, Albert Wagner will still be clipping the grass around the 5,076 white marble crosses. He runs "the grand machine" between the crosses, within 30 centimeters of the crosses, on Wednesdays. He cuts the grass around General Patton's grave on Thursdays and the green carpet around the chapel and memorial on Fridays.

HAMM CEMETERY is close to the Luxembourg Airport, so it may be your last stop before a 20th century plane flies you out of this fairy tale country. It is a tiny country, not much bigger than the surroundings of Detroit, but big things sometimes come in small packages.

For more information, contact a travel agent or the Luxembourg National Tourist Office, 801 Second

Ave., New York, N.Y. 10017.

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