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(F18)

They're rolling in dough

Two young entrepreneurs bring pasties into the fast lane

By Sue Mason
staff writer

Donald Trump they may not be, but Regan Quaal and Paul Lochinski say they have a good grasp on success. They're literally rolling in dough. Not the green kind, mind you, but the pastry kind.

These budding entrepreneurs are busy serving up Upper Peninsula style pasties from three stores they've opened in Westland, Livonia and Garden City.

Not bad, considering the blush of college life hasn't quite left their youthful cheeks.

"We work very, very hard and we worked very, very hard when we first opened," said Quaal, 24. "But it's very self-satisfying."

Quaal and Lochinski, 25, are partners in Albie's, a budding business that along with submarine sandwiches and salads, serves up four kinds of pasties.

For the "uneducated," pasties are the original pocketbook sandwich. While many people presume pasties are native to the U.P., their origin can be traced back to Cornwall, England, where miners carried them to work each day.

The original pasty includes beef, potatoes, rutabaga and onions hidden inside a pastry crust. But the duo have updated the pasty to offer customers not only the original beef, but beef and cheese, chicken and vegetarian versions.

QUAAL and Lochinski, both residents of Farmington Hills, got the idea for their business while managing Sawmill Al's in Livonia, strictly

a pasties place. They left the eatery in September 1988 and spent the winter putting together their business plans.

They got "good advice" and help on the financial end of it from Quaal's father, who had been in business for himself. They latched onto the pasty recipe from a good friend of Quaal's who had managed the U.P. string of Madeline Pasty shops popular 10 to 15 years ago, Quaal said.

The pair started out with one store in September 1987 and have slowly expanded. The latest addition is their Garden City store and hopes are to open a fourth store next spring.

"Our attitude right now is one at a time," Quaal said. "We'll know when we're ready to open our next store. Our hope is to build Albie's into a small chain."

Quaal, a native of Ishpeming, met Lochinski while they were students at Michigan State University. He was majoring in business, Lochinski in communications.

Quaal admits that his professors didn't touch on owning your own business too much in class. Their focus was more of how to succeed in the corporate world. But those professors who did had an important message — do what needs to be done to succeed.

"That's the attitude we take," Quaal said.

On the average, they work from 70 to 80 hours a week, not in three-piece business suits, but in aprons and green Albie T-shirts. They're in the kitchen, working with the 18 to 20



JIM JAGOFF/staff photographer

Employee Diane Bohmwagner (left) works in Albie's kitchen with young entrepreneurs Paul Lochinski and Regan Quaal. The

partners, both 25-year-old Farmington Hills residents, own and operate three shops specializing in pasties.

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Bringing comfort

Her hosuecalls help ease the burden put on care-givers of the homebound

By Susan Buck
staff writer

Only 5 percent of people over 65 will ever end up in a nursing home.

That's a comforting statistic for America's aging population who continue to live longer, healthier and more productive lives, but worry more and more about the quality and direction of their lives.

Penny Conn, a geriatric counselor for Farmington Hills Counseling Service, Inc., takes comfort in that statistic.

No wonder; she is a comfort giver. This fall, Conn, a Farmington Hills resident, plans to lead two instructional sessions for care-givers — the catchword of the future that many of today's young adults, especially women, will fall into.

"Women care for their elderly relatives longer than they care for their own children," said Conn.

ONE OF Conn's classes is a free and open-to-the-public session on Sept. 19 at the Farmington Hills Inn, a supervised-living facility on 12 Mile. Registration can be made at any time, 851-9840.

The other is expected to be a four-week class offering at Oakland Community College-Oakland Ridge Campus (OCC) this fall entitled Family Care Givers. This course is a program for care-givers who are seeking information, resources and skills for dealing with aging persons and homebound ill people. The physical, emotional, social and financial problems incurred by care-givers will be addressed. Each participant will develop a plan for his own situation. For more information, ask for short courses, 471-7550. Cost is approximately \$40.

Conn also makes house calls as part of the Home Environment Therapy Program.



"In one two-hour visit I can usually tell what is needed. I may be the only counselor in the area who makes private calls."

— Penny Conn

"In one two-hour visit, I can usually tell what is needed," said Conn. "I may be the only counselor in the area who makes private calls."

Conn is also able to connect people with a nationwide network of people who do similar work for the elderly.

Today's elderly, because they are living healthier and longer lives, often must be taught or given permission to redesign their lifestyle.

"Just because somebody is going to a nursing home doesn't mean that they are being condemned or abandoned by their family," said Marga-

ret Cotter, a social worker who works with Conn and is scheduled to be a guest speaker during the OCC classes. "What it is, is the next stage of living in comfort. If their quality of life is lessened by staying at home, we have to ask ourselves, 'Who are we really trying to satisfy?'"

AS PEOPLE age, they go through many stages. During these stages they may need various kinds of living arrangements — totally independent living, assisted living and total care.

Ideally, say Conn and Cotter, the elderly should stay in their homes for as long as possible and there are ways to assist the elderly and homebound individuals through special arrangements like live-in companions, transportation aid to stores and medical offices, among others.

Each case is individual and must also be tailored to financial means.

Family decisions are often best made together in a "refereed environment" such as provided in a geriatric services and counseling program that allows each family individual to look at the problem objectively, said Cotter.

This can prevent the senior citizen from feeling battered about in a tense family tug-of-war.

The goal should be achieving the highest quality of life available at this stage in their life, said Cotter.

"People don't get depressed because they get old," said Cotter. "They get depressed because their dignity is removed by all these people trying to justify some societal guilt that they have."

Right now, 30 million people in the United States are 65 and older, according to Conn.

In 2010, that number will be 39 million. By 2030, that number will jump to 65 million," said Conn.

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Seminar set for the happily married

Ald Association for Lutherans (AAL) Branch 3418, presents ENCORE: Shared Growth in Marriage at Antioch Lutheran Church, 33300 W. Thirteen Mile Road in Farmington Hills. The two-day seminar begins at 6 p.m. Friday, Sept. 16, and ends at 8:30 p.m. Saturday, Sept. 16. Trained ENCORE leaders Randy

and Carol Zielinski of Livonia will lead the session. ENCORE is a marriage growth opportunity for couples who are pleased with their marriages. It is a pleasant experience that provides an opportunity to renew a marriage by building on strengths. ENCORE activities include discussions, leader presenta-

tions and guided activities for the group and for individual couples.

The cost of the ENCORE presentation is \$10 per couple, which includes Saturday's lunch and other refreshments. To register or for more information call the church office at 626-7908.