ourban Life

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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 Qual and Paul Lochonski 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 pastles from three stores they we opened in Westland, Livonia and Garden Civi.

Nos bad, considering the blush of worked very, very hard and we worked very, very hard and we worked very, very hard and we worked very, very hard when we first opened," anid Quaal, 24. "But it's very self-salistying."

Quani and Lochinski, 25, are partners in Albeis, a budding business that along with submarine sandwiches and salads, serves up four kinds of pastles.

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

The original pastry includes beef, polatoes, rulabaga and onloss hidden inside a pastry crust. But the dionave updated the pastry to offer custors and only the original beef, but beef and checkee, chicken and vego-tarian versions.

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

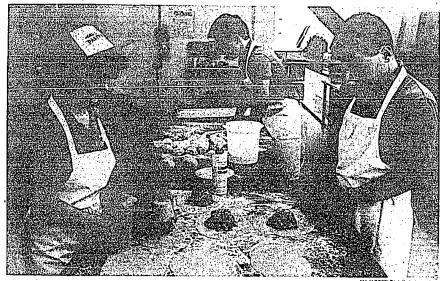
a pastles place. They left the eatery in September 1986 and spent the winter putting together their bustness plans.

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

The pale stanted out with one store.

O.P. string of nataenine Patys soops popular 10 to 15 years ago, Quani said.

The pair started out with one store in September 1937 and have slowly expanded. The latest addition is their Gurden City store and hopes are to open a fourth store next spirit of the part of t



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

Bringing comfort

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

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, healther 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, Ioc., takes comfort in that statistic.

No wonder, she is a comfort giver.

statistic.

No wonder; ahe 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, 531-9840.

any time, 851-9840.
The other is expected to be a four-week class offering at Oakland Community Colleges-Orchard Ridgo Campus (OCC) this fall entitled Family Care Givers. This course is a prolly Care Givers. This course is a program for care ejvers who are seeking information, resources and shills 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, 471-7500. Cost is approximately 443.



can usually tell what is needed. I may be the only counselor in the area who makes private calls."

"In one two-hour visit, I can usually tell what is needed," said Conn. "I may be the only counselor in the care 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 the they are being condemned or abandoned by their family," said Marga-

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 liv-ing arrangements — totally inde-pendent living, assisted living and total care.

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ording to Conn.

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

Seminar set for the happily married

Ald Association for Lutherans and Carol Zielinski of Lironia will can be reasoned 3448, presents ENCORE: Shared Growth in Marriago at Antioch Littheran Church, 3350 who are pleased with their marriage.

W. Thirteen Mile Road in Farmings who are pleased with their marriage.

It is a pleasant experience, that provides an opportunity to renow the action is \$10 per couple, which indicates a \$10 pm. Friday, Sept. 15, and each at \$150 pm. Saturday, Sept. 16.

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