Black out

County GOP balks at station boycott

Republicans on the Oakland County Board of Commissioners have blacked out a Democratic proposal to boycott WJBK-TV, the television station embroiled in a labor dispute with its unionized workers.

By a lopsided 15-5 vote along party lines, commissioners defeated a resolution calling for the board topycott Channel 2 to show support for unionized workers. The resolution, introduced by Lawrence II, Perance 1987, George Cillett, owner of Cilliett Communications, purchased WJBK, which had had a successful collective bergalin ing relationship for more than 30 years.

But in subsequent negotiations with Local 43 of the National Association of Broadcast Engineers and Technicians management has demanded dozens of contract "lakeaways." the resolution said, including wage scale reductions up to 30 percent.

Democrats wanted the resolution show that commissioners support

board, including Lillian Jaffe Oaks of Southfield.

It was defeated, however, after John P. Calandro, R-Novi, argued that county commissioners should concern themselves with county issues.

"We had our doubts" about the measure passing, said Pernick. "But we thought commissioners would want to make a statement on behalf of working people."

At least one other legislative body — the Detroit Common Council — has afready adopted a similar proposal backing unionized workers at Channel 2, he said.

consumer mailbag

Q. Is microwaving a nutritious form of cooking?

form of cooking?

A. According to Nutrition Action in Washington, D.C., yes. Foods in a microwave oven retain more vitamines and minerals than those cooked by conventional methods. This is due, probably, because microwave cooking times are shorter and less water is used.

Most of the vegetables and fruits that have been tested retained more Vitamin C. Spinach (both fresh and frozen), frozen broccoll and frozen green beans retain more folle acid. Tolators keep more fron.

Thiamine (B-1) retention in meats, potaces and peas is similar in both microwave and stovetop cooking methods.

When it comes to reheating foods, the microwave has a definite edge. Meats and vegetables don't lose any additional nutrients during reheating. One caution: If you're microwaving chicken or other poultry.

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be sure to turn the poultry or rear-range the pleces AT LEAST ONCE during cooking. Microwave ovens have a tendency to heat unevenly and undercooked spoultry may har-bor some illness-causing bacteria, such as salmonella. By turning or rearranging the position of poultry halfway through the cooking time you'll help insure that all parts are heated evenly and thoroughly.

Q. Is lead still used in the seams of food cans? How can these cans be identified?

A. Based on 1987 Industary infor-

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mation, lead solder is used in about 20 percent of all cans used in the United States. That's down from 90 percent use 10 years ago. There is no information on use for imported

cans.
Lead soldered cans are usually made by crimping or overlapping the scam edges and filling the joint with lead solder. Lead-free cans have either no seam or a smooth seam — not messy like lead soldered

seam — not messy like lead soldered seams.

Run your finger down the can seam. If you feel unevenness through the labels, it probably is a lead seam. Remove food from these cans as soon as they are opened. Tests have shown that the lead content of aeldic foods (such as fruil julces and fornatoes) increases when they are stored in open lead-seamed cans.

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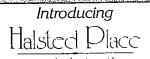
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