

Creative Living

Corinne Abatt editor/644-1100



Monday, November 20, 1989 O&E

(O11E)

exhibitions

- DETROIT INSTITUTE OF ARTS**
Tuesday, Nov. 21 — "Holy Image, Holy Space: Icons and Frescoes from Greece" continues through Jan. 28. Included is one of the finest examples of Christian medieval painting, a 12th century bilateral icon from northern Greece. Hours are 9:30 a.m. to 5:30 p.m. Tuesday-Sunday, 5200 Woodward, Detroit.
- MEADOW BROOK ART GALLERY**
Sunday, Nov. 26 — "Friends of Meadow Brook II" includes works by outstanding area artists who participated in Plein on the Grass and auctions to benefit the gallery. Reception 3-5 p.m. Sunday. Hours are 1-5 p.m. Tuesday-Friday, 2-6:30 p.m. Saturday, Sunday and 7 p.m. to first intermission when there is a theater performance, Oakland University campus, Rochester.
- BIRMINGHAM BLOOMFIELD ART ASSOCIATION**
Sunday, Nov. 26 — Holiday Sales Show opens with a 2-5 p.m. preview and continues Sunday, Dec. 9. Hours are 10 a.m. to 9 p.m. Monday-Friday, until 4 p.m. Saturday and Sunday. Admission charge for preview only, 1516 S. Cranbrook, Birmingham.
- TROY ART GALLERY**
Monday, Nov. 27 — "Holiday Time" continues through Jan. 8. Reception Monday, Nov. 27, noon to 7 p.m. Gallery hours through December are 11 a.m. to 5:30 p.m. Monday-Friday, until 4 p.m. Saturday, Suite 131, 755 W. Big Beaver, Troy.
- G.R. N'NAMDI GALLERY**
"Dreamings," Aboriginal Art of Australia by three artists continues through December. Hours are 11 a.m. to 5:30 p.m. Tuesday-Saturday, 161 Townsend, Birmingham.
- HILL GALLERY**
Sculpture by Ellen Driscoll continues on display through Dec. 14. Hours are 11 a.m. to 5 p.m. Tuesday-Saturday, 163 Townsend, Birmingham.
- ARTSPACE**
Works by Warhol, Miro, Natkin, Held, Soyer and Motherwell are currently part of this resale gallery's inventory. Hours are 11 a.m. to 5:30 p.m. Tuesday-Saturday, 574 N. Woodward, Birmingham.
- DETROIT SCIENCE CENTER**
Photographs by award-winning Michigan photographer Marjil Silk are on display through January. Hours are 9:30 a.m. to 4 p.m. Tuesday-Friday, 10 a.m. to 6 p.m. Saturday and noon to 6 p.m. Sunday. The exhibit is on the theater level, 5020 John R, Detroit.
- DETROIT FOCUS**
Landscape paintings by Lynn Galbreath and Connie Samaras are on display through Dec. 23. Closed Thanksgiving weekend. Regular hours are noon to 6 p.m. Wednesday-Saturday, 743 Beaubien, Detroit.
- DETROIT GALLERY OF CONTEMPORARY CRAFTS**
Annual holiday show continues through December and includes jewelry and jewelry boxes, clothing, glass, ceramics and furniture. Hours are 10 a.m. to 6 p.m. Monday and until 8 p.m. Tuesday-Saturday. The new address is 104 Fisher Building, Detroit.
- PAINT CREEK CENTER FOR THE ARTS**
"Aids and Art: 'A Day Without Art,'" is a response to the aids crisis by 28 area artists. Opening reception is 7-9 p.m. Friday, Dec. 1. Holiday show in the first-floor gallery continues through Dec. 22. Hours are 10 a.m. to 5 p.m. Tuesday-Saturday, 407 Pine, Rochester.
- FOUR WINDS GALLERY**
Lithographs by Earl Bley, Larry Fodor, Elaine Hood, Frank Howell and Kevin Reddler are on display through November. Hours are 10 a.m. to 5:30 p.m. Monday-Friday, until 8 p.m. Thursday, 340 E. Maple, Birmingham.
- CENTER GALLERIES — UNDERGROUND 245**
"The Nature of Form," by nine student artists includes sculpture as well as two-dimensional works. Hours are 10 a.m. to 6 p.m. Tues-
- day-Friday, until 4 p.m. Saturday, 15 East Kirby, Detroit.
- DETROIT ARTISTS MARKET**
"Window Shopping," is the theme of the holiday gift show which continues through Dec. 23. Hours are 11 a.m. to 5 p.m. Tuesday-Saturday, 1452 Randolph, Detroit.
- JOY EMERY GALLERY**
"Image and Object," works by contemporary artists continues through December. Hours are 11 a.m. to 6 p.m. Tuesday-Saturday, until 8 p.m. Thursday, 151 Kercheval, Grosse Pointe Farms.
- CRANBROOK ACADEMY OF ART MUSEUM**
"The Aesthetics of Power," paintings by Leon Golub (to Jan. 7); "Keith Sennier: Neon," (to Dec. 31); "Designs for Furniture: Recent Acquisitions" (to Jan. 7); and "Bradbury Thompson Design" (to Dec. 3) all are all there at the same time. Hours are 1-5 p.m. Tuesday-Sunday, 500 Lone Pine, Bloomfield Hills.
- ARTPACK SERVICES INC.**
Janis Wetman Collection presents a holiday show, a collection from the '30s and '50s through Dec. 22. Hours are 3-7 p.m. Thursday, 1-5 p.m. Friday and Saturday, 31505 Grand River, Door No. 10, Farmington.
- DONNA JACOBS GALLERY**
Holiday show of ancient art continues through December. Hours are 11 a.m. to 5:30 p.m. Tuesday-Saturday, 574 N. Woodward, Birmingham.
- WATERFORD FRIENDS OF THE ARTS GALLERY**
"Aids and Art" and Crafts Show continues through Dec. 14, day, S.E. corner of Crescent Lake Road and M-59, Waterford.
- SISSON GALLERY**
Tom Paul Fitzgerald — Form Light Color Sculpture. Continues through Dec. 15. Hours are 10 a.m. to 4 p.m. daily, until 8 p.m. Tuesday-Thursday, MacKenzie Fine Arts Building, Henry Ford Community College, 5101 Evergreen, Dearborn.
- SWIDLER GALLERY**
Pottery by Jeff Restreich and David Shamer will be on display through Dec. 16. Treich will give a lecture at 1 p.m. Hours are 10 a.m. to 6 p.m. Tuesday-Thursday, until 9 p.m. Friday and 5 p.m. Saturday, 308 W. Fourth, Royal Oak.
- LINDA HAYMAN GALLERY**
Floerolts/wall hangings by Fran Rubenstein of Wisconsin Contemporary are on display through Nov. 28. Hours are 10 a.m. to 6 p.m. Monday-Friday, until 8 p.m. Thursday and until 5 p.m. Saturday, 33500 Northwestern, Farmington Hills.
- CENTER FOR CREATIVE STUDIES**
"Brian Buczak: A Memorial Exhibition" continues through Dec. 15. Hours are 10 a.m. to 5 p.m. Tuesday-Friday, until 4 p.m. Saturday-Sunday, 15 E. Kirby, Detroit.
- ILONA AND GALLERY**
"Coast to Coast and Around the World," features works by artists from the U.S. and Europe, continues through January. Holiday hours begin Nov. 29 — 10 a.m. to 9 p.m. Monday-Friday, until 5:30 p.m. Saturday and noon to 5 p.m. Sunday, Hunters Square Mall, Orchard Lake and 14 Mile, Farmington Hills.
- OAKLAND COMMUNITY COLLEGE**
Eight annual Helen DeRoy Competition exhibition continues through Nov. 27 in the Smith Theater Gallery. Hours are 9 a.m. to 3 p.m. Monday-Friday, Oakland Community College, Orchard Ridge campus, Farmington Hills.
- ART LOFT GALLERY**
"New Images," color Xerox collage by Laurie Hirsch-Tenent continues on display through Dec. 10. This is the debut show for this second floor gallery in downtown Birmingham. Hours are 10 a.m. to 6:30 p.m. Monday-Saturday, until 9 p.m. Thursday, 124 S. Woodward, Birmingham.



JIM JAGOFFEL/staff photographer

Botsford tradition continues

Historic Botsford Inn completes its 21st year of presenting quality antique shows by holding its annual holiday show during the Thanksgiving weekend. This year's show will be Saturday, Nov. 25, from noon to 8 p.m. and Sunday from noon to 6 p.m. Admission is \$1. It will feature everything from furniture to jewelry, to glassware and Christmas ornaments. Shown here, Redford resident Paul Sculpholm reads an antique sled that he and his wife, Lois, will offer for sale in their exhibit. Botsford Inn is at Grand River and Eight Mile in Farmington Hills.

Figure out why you delay work

Q. What's the difference between procrastination and delaying work for good reason?

A: I think you answered your own question, but let me elaborate. The reasons we procrastinate often blend into a gray area, and sorting it out may not be easy.

I recently wrote about a man in my seminar series who had placed a set of incomplete forms into a low priority action file. Those forms were less important than other work on his desk and now he felt in control — that he would get his higher priority work done without forgetting the forms.

On the last night he said he had, indeed, been focusing on and accomplishing more of his important work, but confessed those forms were still not done. After discussing why he was delaying them, he vowed to



organizing
Dorothy Lehmkuhl

complete the forms and to "report back" the following Monday. In that call he said:

"In the beginning I really didn't have time because I was moving. Then I wasn't sure what my boss wanted so I began delaying them. As time passed, I began to blow the job up in my mind, thinking it was a bigger project than it was. Finally I blew the whole thing out of proportion, and developed a real fear of doing them. It wasn't until I began talking about it that I realized what

a big deal I had made out of it in my mind. At that point it wasn't so hard to get started. I found it wasn't that difficult and didn't take as much time as I had thought. Now I finally have that gorilla off my back. Not only that, but once that was done I got ambitious and cleared off a lot of other things that needed doing, too."

A woman in my class once confessed she had never written thank you notes for her wedding gifts, received two years earlier. As time passed she suffered more and more intensely from guilt for not having acknowledged those presents. As we talked she explained, almost in tears, that she had married into a well-to-do family with equally affluent friends. She felt those people were "above" her and she was embarrassed or uncomfortable writing to them, perhaps feeling her message might be inadequate. She had actually written

about half the notes, but had never mailed them. She, too, vowed to finish them. Unfortunately she never returned to class.

I have always felt bad for her. I suspect she was a perfectionist who had difficulty believing it's better to write a thank you note, regardless of how short, late or inadequate, than delaying or not doing it at all.

Making mountains out of mole hills will muddle your mind, create guilt, lower your self-esteem and prevent clear thinking. By analyzing why you delay work, you can evaluate if you are making good use of your time or if you are using avoidance behavior.

Dorothy Lehmkuhl is owner of Organizing Techniques in Birmingham. She does In-House seminars, speaking and consulting on any aspect of time management and organizing.

Redecorate to signal start of new life

Q. It's been one year since my wife died, and I've finally come around to the idea that I should redecorate the interior of our house. It had fallen into disrepair during my wife's long illness. Previously she had always taken care of these matters, and the children are of no help because they want everything left the way it was when she died. Although the furniture is of good quality, even I can recognize the color scheme is out of date. The carpets are in seafoam green, the furniture upholstery is in a rose beige and gold. What do you suggest?

A. I encourage you to redecorate to signal the end of your mourning and the beginning of a new life for you. Your children will be most likely to understand that you will always retain a loving memory of their mother but now you are taking full control of all decisions, including redecorating.

However, since changes such as these are always stressful, I would recommend proceeding slowly, phasing out the old while adding the new.

The first step is to decide on the overall look you would like without anyone else's influence. Part of this



all about color
Helen Diane Vincent

is recognizing what colors you prefer and gently dislike. Without quite realizing it, you may have been living in a female environment and that your natural preferences may be unexpectedly different.

If you really prefer to live in soft, greyed colors, then you could build on some of the existing colors, such as the seafoam carpeting. Because the most recent trends are coming full circle to the point where you and your wife had originally decorated, you will soon find variations on your color scheme in the stores, such as golds and the never-rare beige.

However, if you feel a need for a more substantial change, the best place to start the phase out is with the bedroom, then move on into the living room, leaving the dining room last.

You might want to experiment with the dark, Victorian study look that is very masculine for the bed-

room because I'm sure it's in marked contrast to what you've had. Once you've adjusted to the deep reds, blues and greens, you can move on as you hopefully will be doing with your life.

Q. We want to transform a dark and gloomy basement into a livable area suitable for entertaining. Could you give us some guidelines on the best color and design approach to use?

A. You have a number of options that will transform your basement space effectively if you adhere to certain overall principles:

Make sure you use of the materials and colors you use have a high reflectancy value to compensate for the lack of natural daylight and the closed-in look of most basements. Pure white, of course, has the highest reflectancy as a color. It reflects 85 percent of light, while black reflects only 3 1/2 percent. But too much white isn't recommended except for ceilings, because it usually results in a sterile look.

Try to use beige and light pastels which usually fall into the 60 percent to 70 percent range. Make your darkest color light oak paneling that has a 38 percent reflectancy. If you

go down into the typical or cherry finish, you will be in the 17 percent range — and much too dark for your project.

You can select almost any color within a light range, but try to avoid bright yellows and oranges if you think they will convey the impression of a sunny and cheerful day. Unless these colors are particular favorites of yours, they will soon look very contrived and become a source of agitation. This is, in fact why some food chains use these types of colors to keep their customers on the move.

Make sure you have ambient, or overall lighting throughout the basement, but reserve dramatic downlight accents for the bar and perhaps a special gaming table.

Your furniture should be light and open in scale, such as upholstered rattan. Keep the flooring light, but add a bright rug to relieve the monotony.

And finally remember that it will be the contrast of texture as much as the color that will help to enliven and lighten the area. Be bold in the use of contrasting smooth brass, mirror, and glass with the texture of rugs, textiles and graining in the paneling.

Growing tropical plants from seeds

weeder's guide

Earl Aronson

turist with the Missouri Cooperative Extension Service. He advises filling off a small area on the side of the seed to permit faster water absorption and germination, which could take six months.

KEEP SEEDS IN a warm — near 80 degrees F — moist place. Put the pot into a plastic bag and tie it shut after the seeds are planted. This will help keep them moist. Use a mix of half peat moss and sand to start tropical fruit seeds.

Nutmeg, a citrus, can make an attractive foliage plant. Citrus seeds do not need a dormancy period be-

fore planting and should germinate in a few weeks. Seeds may be injudiciously allowed to dry, so plant promptly after removal from ripe fruit. Use a sand-peat mixture, covering seeds lightly, and keep at normal room temperature for germination.

Grapefruit, orange, lemon, lime and other citrus may be grown from seeds in the same way. They may flower indoors, but rarely will produce fruit under home conditions. If you want fruit, Rothenberger says, some of the smaller growing ornamental citrus will actually make better house plants. These include the Calamondin orange, mandarin orange, Fenderson lemon and Meyer lemon. If these citrus do bloom indoors, they will require hand-pollination to get fruits to set.

Pomegranate seeds should be planted directly after removal from the fruit. Sow seeds in the sand-peat mix and keep them moist and warm.

As plants mature, they produce attractive orange-red flowers. Plants grow rather thin and leggy, and will need to be trimmed to develop a good shape indoors. They also produce bushy shoots, most of which should be removed.

Growing a coconut is more difficult — you have to plant the entire nut. Nuts available in the store are best for planting, but there is no guarantee they will grow, Rothenberger says.

Plant the coconut in a large container of sand-peat and keep it constantly moist and warm. Lay the nut on its side; keep the stem end, where the "eyes" appear, slightly raised. The nut need only be half-covered. A sprout will emerge through the eye at the longest side of the triangular nut. This may take a month or two.

Earl Aronson is the Associated Press gardening writer.