



Wayne Jackson came in full ceremonial dress to talk about his heritage, and then invited members of the audience to learn a few traditional steps one might do at a pow-wow. The Cherokee Choctaw chose Eugenia Zielinski as his partner when he was guest speaker for ElderMed's "Tea and Talk."



SHARON LEWIEUX/staff photographer

# Cherokee Choctaw tells of his heritage

Wayne Jackson danced, talked about his Cherokee Choctaw heritage, told the significance of every detail in the ceremonial dress he wore, and answered almost an hour's worth of questions from his full-house audience in Botsford General Hospital's Administration and Education Building.

The event was a session in the Tea and Talk series, one of three educational or informative ongoing series sponsored by the hospital's ElderMed.

The Cherokee Choctaw, a southeast Woodland tribe that originally stemmed from North Carolina, Kentucky and Tennessee, is the tribe that was forced to walk the "Trail of

Tears" that left 4,000 dead. Even so, the heart of the Indian was so strong that within a year it had again made itself self-sufficient.

The Cherokee Choctaw migrated from a Woodland tribe to a Plains tribe during that trek and became the stereotype had-guy Plains Indian depicted in early movies. As to later-day movies Jackson called "Dances With Wolves" "the most authentic you have probably ever seen on film."

"For one thing," he said with humor, "the producers used real Indians to play those roles. In the early movies they used real Italians."

Jackson talk was filled with poignancy, as he recalled his tribe's history of disappointments, but he sprin-

kled it with much humor for his captive audience.

He invited members of the audience to learn a dance, and told about the Pow-Pow, much like a family reunion. He talked of war paint and scalping and crafts and peace pipes and the tribe's matrilineal society long after time ran out.

"TEA AND TALK" offers a once a month program on topics of a non-medical nature. It is an afternoon for fun, socialization and learning.

"Table Topics" is a monthly lecture series that addresses issues of concern to the older population.

"Coffee With..." features medical professionals who talk about

such topics as cardiac care, nutrition or caregiving.

ElderMed is a free, lifetime membership for older adults. Members are kept informed through a newsletter of current and things-to-come happenings.

They receive discounts on such things as eye care, hearing aids, travel and prescription medications. They have access to discounted health education classes through Botsford's Health Development Network.

Botsford is a 336-bed teaching hospital which serves Farmington Hills and the surrounding communities. It is affiliated with Michigan State University College of Osteopathic Medicine.

# State director invites seniors to meet with her

Nancy Crandall, director of the Michigan Office of Services to the Aging, has announced public office hours in Lansing, Tuesdays 11 a.m. to noon.

Crandall said the hours have been scheduled in response to Governor John Engler's call for state government to be open and accessible to the citizens of Michigan.

"I am looking forward to meeting Michigan's older adults and professionals who work either directly or indirectly in the field of aging," said Crandall. "I am anxious to hear about ways in which we can improve the aging network's responsiveness to meeting the needs of seniors and any other concerns or ideas persons may wish to share relative to our role as advocates for Michigan's elderly."

Appointments can be made by calling (517) 373-7876 or writing the

Michigan Office of Services to the Aging, Public Office hours, P.O. Box 30026, Lansing 48909.

Crandall said she realizes transportation may present difficulties for many older adults wishing to meet with her. To that end, she indicates those with such problems should not feel confined to the Tuesday schedule, but feel free to arrange a meeting with her any time her work day will permit.

Also, the director said she will be traveling throughout Michigan over the next several months, and those unable to make the trip to Lansing would be advised to check her schedule for the possibility that a meeting be arranged closer to their locale.

The Office of Services to the Aging is on the third floor of North Ottawa Tower at 611 W. Ottawa in downtown Lansing at the corner of Pine and Ottawa Streets.

# Fitness show debuts

PASS Cable TV Sports Station presents "Peter's Principles," starring Peter Nielsen, an international world-class bodybuilder as host of the half hour health and fitness show.

His co-host is Fred McLeod, sports caster for PASS. The show is aired 10 p.m. Wednesdays. The show's concept reinforces Nielsen's philosophy, "Nothing is impossible including better health," which started when Nielsen regained his health after learning he had a debilitating handicap called Crohn's Disease.

He is now the international spokesman for the National Crohn's Foundation.

Nielsen conducts lectures and seminars all over the world on health, nutrition, and weight loss. National corporations, aerobic children as well as handicapped and abused children, have all benefited from his inspirational messages.

Owner and president of Peter Nielsen's Eye of the Tiger Total Fitness Center and Aerobic Connection in Farmington and author of "Growing Up Strong," he periodically appears on Channel 7's Kelly and Company. He is also WJBK Channel 2's health and fitness guru seen on the evening new.

Under President Bush's direction in April 1990 Nielsen told the national "All-Star Say No to Drugs" half hour special, which ran live on every TV channel.

Since 1984 Nielsen continues to visit 50 schools a year promoting health and nutrition inspiring and motivating a positive outlook on life to the nation's youth.

Nielsen has programmed himself to overcome obstacles and reach his goals.

Nielsen can be reached 24 hours a day by faxing his health and fitness tip line at 1-800-958-5152, ext. 145. For any further information call Fax of the Tiger 478-3393.

# Life of fiery preacher enacted in 1-man show

Craig Mason has spent the past few months wearing the robes of the fiery Baptist preacher of the 1920s and '30s, Harry Emerson Fosdick. Mason will be wearing the robes once again at 7:30 p.m. Thursday, April 4, in United Church of Christ, 33424 Oakland Avenue.

"Dangerous Preaching: The Life of Harry Emerson Fosdick" will be brought to life in a 75 minute one-man dramatization.

Mason is a former actor who has performed on Broadway and television. He holds a law degree from New York University and degrees in philosophy and psychology from

Yale University.

After receiving a master of divinity degree from Union Theological Seminary in Manhattan, Mason turned his research on Fosdick's life into his show.

**WEAVING TOGETHER** excerpts from Fosdick's sermons, letters and diaries, Mason has created a humorous and poignant story.

Fosdick was born in Buffalo, N.Y., in 1878. He graduated from Union Theological Seminary in 1904 and became minister of First Baptist Church, Montclair, N.J., serving until 1915.

He was a military chaplain in World War I and strongly endorsed the war, but in the 1920s reversed his position and became a leader of the antiwar movement.

AFTER THE war, he became pastor of First Presbyterian Church of New York City. Fosdick was an outspoken leader against fundamentalism, a movement that gained momentum in the 1920s.

Fosdick left the Presbyterian pulpit in 1923 when fundamentalists, under the leadership of Graham Smith and William Jennings Bryan, gained control of the church.

In 1926 he became pastor of Riverside Church, New York City, built by John D. Rockefeller. He preached weekly to the congregation and to the nation via weekly radio broadcasts until 1946 when he retired. He died in 1969.

Martin Luther King called Fosdick "the greatest preacher and foremost prophet of the century, a Christian saint."

audience that Fosdick's words are so contemporary, Mason said.

He expressed bold views on violence, economic justice, racism, sexism, fundamentalism and Jewish-Arab relations that are stunning in their power for Christians today," Mason said.

"I think they strike a chord with intelligent Christians who want to reclaim their heritage, and I hope to keep spreading Fosdick's example as long as people respond so positively."

A reception will follow the performance.

An offering will be received.

# Women helped win war

The Revolutionary War years exhausted all female talents, their sweat and devotion helped win the Revolution. Women cooked, nursed thousands of sick and wounded soldiers and turned their homes into hospitals. They organized spinning and sewing societies to clothe the army. They raised money for supplies. It was not uncommon for women and children to do all the

farm work, planting, harvesting, milking the cows, chopping wood, raising pigs. Many a man died for his country, being enough to kill for their father and protect their homes. The Quakerwomen Chapter, Daughters of the American Revolution encourages the study of the brave women during the Revolutionary War.

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# Building your own home taught in 8 week class

The Michigan Builders Institute, in cooperation with Farmington Community Education will offer a 24-hour, eight-session seminar on how to build your own home beginning Monday, April 8, in Farmington School Center, 30415 Shawwassee.

The course is designed for people who want to build their own homes or who want to work more effectively with a contractor. Classes cover the home-building process from start to finish. Subjects include buying property, site planning, financing, building codes and permits, and the basics of concrete, masonry, wood frame construction, roofing, plumbing, electrical, insulation and ventilation and dealing with subcontractors.

The cost of the seminar is \$150 and includes all materials.

Pre-registration is required no later than Thursday, March 28, to Farmington Adult Community Education. Those interested should call 489-3333 to register during school office hours.

The course instructor is a licensed builder with extensive experience teaching builders' classes. With personal experience as the owner of a residential building company, the instructor will be able to answer questions related to all facets of home building.

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