

Christian Singles Network™

Dedicated to bringing Christians together

For more information, see our full page ad in every Monday and Thursday classified section of the Observer & Eccentric Newspapers!

Nails by Carlotta

All forms of Nail & Hand Care including Nail Art

- Gels
- Wraps
- Manicures
- Acrylic
- Tips
- Pedicures

Monthly Specials - Wedding Specials
Will make local area house calls
(810) 375-5730

Celebration of Spring Craft Show



Saturday, March 25
Adams High School
Adams & Tienken
10 a.m. to 4 p.m.
Admission \$2.00
No strollers please!

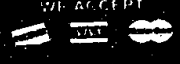
ORCHARD-10

Corner of Orchard Lake Road & Ten Mile in Farmington 476-0974



 Mixed PORK CHOPS \$1.18 lb.	 Boneless • Skinless CHICKEN BREAST \$1.99 lb.
 Imperial MARGARINE QUARTERS Reg. & Light 2/\$1.00 1 lb. Pkg.	 Genuine IDAHO POTATOES \$1.49 10 lb. bag
 Pride or Guilt Free ICE CREAM 2/\$5.00 1/2 gal. Round	 Star-Kist TUNA in Oil or Water 59¢
 ORANGE JUICE \$1.88 gal.	 PEPSI 2-liter bottles 88¢ + dep.

WE ACCEPT



DOUBLE COUPONS 50¢

Meatout

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people this year. Many are meat eaters.

"It's a lot of ordinary people with families," said Melville, a vegetarian since 1986. "The people who come are not necessarily vegetarians. They're just ordinary, run-of-the-mill people."

There will be large quantities of food, but much of it won't be fancy. It will be provided by food manufacturers who support the event. The volunteer organizers are limited by time and budget, so they keep the food simple but tasty, Melville said.

"We don't go in for gourmet dishes where people have to spend three hours preparing the ingredients," Melville said.

But there will be entrees, soups, salads and desserts. Local health food retailer, The Good Food Company, will be there, as will the Royal Oak restaurant, Inn Season.

"People's plates are just piled high," he said.

The food will be vegan, meaning meatless and free of dairy products like milk and cheese.

Drinking too much?

"A balance is moderation you decide"

- Brief education program for problem drinkers
- Effective and cost efficient approach
- Emphasis on client choice and health
- Discounts available to M-CARE members

DRINK WISE

UAI Medical Center
327 E. Liberty Ave. Arbor 313-477-9473

Be A Participant In Our...

20th Annual
OFFICE • INDUSTRIAL • APARTMENT • SHOPPING CENTER •
TRADE SHOW
MARCH 29, 1995
10:00 A.M. - 6:00 P.M.
BURTON MANOR
27777 Schoolcraft • Livonia, Michigan

Featuring:

- PRODUCTS AND SERVICES • Visit to the Real Estate Division/Property Management Division
- EDUCATIONAL SEMINARS • Scheduled throughout the day
- FREE ADMISSION • COFFEE • REFRESHMENTS • FOOD

Special Events:

- NUTRITION FAIR • Criterium Hospital, 1101 W. University Dr., Rochester, 8:30 a.m. to 3 p.m. Thursday, March 23. Free event in celebration of National Nutrition Month. Nutrition displays, food samples, games, contests. (810) 652-5630
- CLASSES • JUDY ANTILMI • Easy and Elegant Appetizers, 7:30-9:30 p.m. Tuesday, April 4, Longacre House, 24700 Farmington Road. Fee is \$15 per person.

Melville said vegetarianism is growing in popularity in the United States because people see such a diet as healthier. Some vegetarians are motivated by what they consider to be a "less violent" and more environmentally friendly diet.

HARE member Hilma Ruby of Rochester Hills, said she gradually stopped eating meat five years ago while seeking to lower her cholesterol level of 359. She stopped eating red meat, then poultry and dairy products. She said high cholesterol runs in her family. Her cholesterol level is now 222.

Part of the problem is that avoiding meat leaves a void in diet.

Wine

from page 1B

skins to ferment all of Sterling's wines. In winemaking, this is called uninoculated fermentation.

"It's a easy to over-attribute quality to a given technique," Dyer contends. "I feel very uncomfortable saying, 'wonderful things happen, the wine is transformed.' It all goes back to a winery's grape source and what the winemaker can do with it. I have excellent fruit with which to work."

Dyer maintains that a winemaker friend accused him of fed winemaking because he has stopped inoculating fermentations. He keeps that in mind, but recalls that in about 8,000 years of winemaking, most of it was done uninoculated.

"I resist the idea that this is a fact," he said.

Sterling Vineyards produces a splendid array of wines, many of which we have been recommended as Wine Selections of the Week over the years. Our current favorites are:

- 1991 Sterling Reserve (\$32) — a blend of cabernet sauvignon, merlot, cabernet franc and petite verdot showcasing great structure and fruit harmony.
- 1993 Chardonnay (\$16) — which is very Burgundian and elegant.

Mark your calendar to meet

COOKING CALENDAR

(810) 477-8404

GOOD FOOD CO. WEST
Spring healing with Macrobiotics, 6-8:30 p.m. March 20. Introduction to Acupuncture, 7-8:30 p.m. March 27. Classes at the Good Food Company, southwest corner of Ford Road and Liberty, Canton. (313) 981-8100

LEONOR'S NATURAL CUISINE
Cooking school, natural cuisine, step-by-step instruction, recipe hand-outs, 22899 Inland Road, Farmington Hills. (810) 478-4455

SOUTHFIELD PUBLIC SCHOOLS
Chef Mike of the Golden Mushroom is offering a series of classes 6:30-9:30 p.m. on Tuesdays at the Community Ed Center, 18575 W. Nine Mile, Southfield. Cost \$40 per session, \$150 for series of four. Upcoming classes include: Fancy Desserts, March 21, and Exciting Seafood, March 28. (313) 537-1300

May 2, (810) 746-8700

FEEDING YOUR WHOLE SELF
Ten basic and intermediate whole foods, vegetarian cooking classes are being offered 6:30-9:30 p.m. Thursdays from March to June at the Daily Grind in Ann Arbor. Vegetables Land and Sea is the March 23 topic. The cost is \$45. (313) 996-0761

Cooking demonstrations
KITCHEN GLAMOR
Sweet and Savory Philly and Puff Pastry with home economist Jean Sarna, 6:30 p.m. Tuesday, March 21. Nont, 6:30 p.m. Thursday, March 23. W. Bloomfield and 6:30 p.m. March 24, Rochester. There is a \$3 fee. Chef Series features Brian Polyn of Acadia, 12:30 Sunday, April 2, West Bloomfield Kitchen. The cost is \$40. (313) 537-1300



Senior Discount Days
Monday & Wednesday
Take An Additional 10% Off

Where You'll Find Up To 50% Off Suggested Retail Price Everyday

A Really Big Coupon For A Really Big Sale!

Take and additional 25% OFF

Our Everyday Discount Prices On Everything In Our Store
March 24, 25, 26

One coupon per purchase.
May not be combined with any other offer or discount.

LIVONIA
29115 Eight Mile Rd.
(810) 477-2046



1950 Southfield
Birmingham, MI
(810) 642-4242

Store Hours: M-F 9-6, Sat. 9-5:30, Sun. 11-4

*This denotes products returned unopened by distributor or producer and meeting our high standards for food quality.

etc. Vegetarians have to learn to cook differently and with different ingredients. The Meat Out helps to educate people about alternative foods.

"If people are serious about getting off meat and dairy, there are some very good alternatives," said Ruby, 68, a registered nurse. These include wheat- and soy-based products like Fakin' Bacon and meatless bologna, ham and ribs.

"We don't miss out on the summer barbecue," said Ruby. "When my grandson was here, he didn't even know he wasn't eating a meat hot dog."

For more information on the Meat Out, call (810) 478-0197.