

20 years from page 8A

alone at night.

We'll keep free gift wrapping at Gala Hallmark for any mall purchase accompanied by a receipt. And Fairlane, along with Lakeside and Twelve Oaks, is a sponsor of the Be True To Your School receipt program.

M&M: Concerns have been raised lately about a youth loitering problem at Fairlane, especially on the weekends. Was the anniversary idea to close the mall early the next 20 Saturday nights conceived to address such a problem?

McFee: Every mall must deal with teens hanging out. The Fairlane closings does mitigate the issue, but it's not the real reason for the action. In order for these events to be successful for the organizations, Saturday night assured the greatest attendance, and Saturday nights weren't the busiest for retail sales.

M&M: What organizations will benefit from Fairlane's 20th anniversary celebration?

McFee: To name a few, the Detroit Urban League, Henry Ford Community College, the Salvation Army, United Negro College

Fund, Oakwood Hospital, Mothers Against Drunk Driving, the North American Indian Association of Detroit.

M&M: Will Fairlane shoppers see any new stores this year?

McFee: Next month a new family restaurant will open called Southern Connections. It'll be located on the upper level near Penney's. Recently Phoenix II opened which features entertainment on the weekends.

M & M: Will Fairlane continue its Walking Program?

McFee: There have been rumors Fairlane is cancelling the walking program but that's not so. What's happening is that the Oakwood Health Center at the mall is closing and it coordinates the walking program. But the center's doors will remain open early for those interested in mall walking.

M&M: Will the Storybook Sunday program co-sponsored by the mall and WNIC radio be offered again this year?

McFee: Plans are for this week-long program to be presented monthly and expanded.

Fairlane Facts

- Michigan's second largest shopping center, with 1.5 million square feet of retail space, is second only to Northland in Southfield.
- Boasts "the most stores in the state of Michigan."
- 200 specialty shops, plus Saks Fifth Avenue, Hudson's, Sears, Lord & Taylor, JC Penney and Sears.
- Located west of Southfield Freeway and north of Michigan Avenue in Dearborn.
- People Mover closed four years ago.



JERRY ZOLYANSKY/STAFF PHOTOGRAPHER

Fitness friend: Kathy Kaehler told Neiman Marcus shoppers to skip the exercise resolutions and "Just Do It." Look for her new book "Prime Time Bodies" in bookstores the end of January.

Hydration is important to fitness because 65 percent of the body is water. . . . Drinking water helps the kidneys do their job of removing toxins from the body and also forces metabolism to increase. Plus, you need to replace the water that evaporates when you perspire during exercise and through all the occasions for dryness in the winter.'

Kathy Kaehler
fitness expert

Fitness from page 8A

you need to know."

Kaehler blasted fad diets (like all-protein and grapefruit) to lose weight, insisting that people "eat real food."

"We're all mesmerized by no-fat and fat-free labels on foods, but that doesn't mean these things have no calories," she advised. "People should eat three meals a day, but take most of their calories in the breakfast and lunch meals — not at dinner when there's less activity afterward."

Moderation is the key, she insisted. So is the consumption of water.

"Hydration is important to fitness because 65-percent of the body is water," Kaehler pointed out. "Drinking water helps the kidneys do their job of removing toxins from the body and also forces metabolism to increase."

Plus, you need to replace the water that evaporates when you perspire during exercise and through all the occasions for dryness in the winter."

Kaehler cautioned against setting unrealistic exercise and diet goals that put you under big pressure and make you feel a failure when you can't follow through.

"Even 10 minutes a week to start is good," she said. "I never make fitness resolutions."

In addition to the week-long fitness promotion, Neiman Marcus presents golf specialist Janina Parrott Jacobs and her crew of experts, noon to 2 p.m. In the Cosmetics Department, Jacobs will share tips, anecdotes and advice on golf etiquette, course knowledge, protocol and instruction.

Shiffer's workout series of four tapes will be available for \$15.

Malls from page 8A

feeling the holiday shopping started early this year. We also had a lot of mall traffic the week between Christmas and New Year's. The shopping went on and on."

The International Council of Shopping Centers, based in New York City, reported that holiday sales at the nation's regional malls were up 4.7-percent over 1994, pointing out that in 1994, malls recorded a 5.5-percent gain for the same period, Nov. 24 to Dec. 24.

The ICSC also agreed that 11th-hour shopping spree accounted for a 19-percent gain on the final week before Christmas compared to the final week in 1994.

"This increase was larger than expected, even when taking into account that there were seven shopping days in the Christmas week this year compared to six last year," said Mark Schoifet of the ICSC. "It seems everyone waited until the last minute to buy gifts."

Most of the last-minute sales increases came from four retail categories: Cards/Gifts/Books 22.6 percent; Jewelry 21.6 percent; Food/Coffee/Food Courts 19.2 percent; Footwear 19 percent.

An interesting note: According to a survey by Levinson Associates of Los Angeles, music retailers saw a three-percent drop in holiday sales from 1994 when they gained sales of 9.6 percent.

"For many dealers, especially the small independents, the pricing policies of the mass mer-

chants made it almost impossible for them to compete," said researcher Macey Lipman. "A growing number said they began to rely more on the sale of related merchandise, such as T-shirts, blank tapes, CD/cassette holders and movies."

"The picture might have been gloomier," he continued, "but, was saved by the Beatles 'Anthology' release and Mariah Carey's 'Daydream' album which outsold the Beatles in the last week of the year."

Your passport to the World
(WIDE WEB)

Call 313-853-2038

One FREE In-Home Work-Out

TOTAL FITNESS & BODY MANAGEMENT

- PERSONAL TRAINING
- "There's Always A Way - If You're Committed"
- Fitness Center Personal Training
- American Council of Exercise Certified
- References Available

Call Today! Terry Pratt (313) 459-2715

We Supply Equipment In-Home

NORTHERN BELLE CASINO

Over **800 hot slots**

Play on aboard Windsor's newest gaming experience, the Northern Belle Casino, an authentic Mississippi riverboat casino. Enjoy the hot action on all four decks, each with a unique New Orleans theme and slots and reward hot slots.

OBSERVER & ECCENTRIC

On-Line!

INTERNET ADDRESS DIRECTORY

THESE ADVERTISERS HAVE AN ADDRESS ON THE INTERNET THROUGH OBSERVER & ECCENTRIC On-Line!

Automotive Related Training The High Performance Group, Inc. http://oeonline.com/~hpg Business News Insider Business Journal http://oeonline.com/~ibj Coming Soon! Chambers of Commerce Livonia Chamber of Commerce http://oeonline.com/~lvoniacchamber Coming Soon! City Pages City of Livonia http://oeonline.com/~lvonia Computer Hardware/Software Stardock Systems http://oeonline.com/~stardock OS/2 Software Computer Training/Support http://oeonline.com/~pschitree Unique Business Systems Peachtree Support & Sales Coming Soon! Fundraising Coast to Coast Marketing http://oeonline.com/~hawk/coast.html Printed Products/Monogramming Monograms Plus http://oeonline.com/~monoplus Coming Soon! Industrial Filters Elxair Corporation http://oeonline.com/~elxair Coming Soon! Mortgage Companies First Alliance Mortgage http://oeonline.com/~firstalliance Coming Soon! Village Mortgage http://oeonline.com/~village Coming Soon! Radio Stations WLZ http://oeonline.com/~wlz Coming Soon! Real Estate REALnet http://oeonline.com/~realnet.html Century 21 at the Lakes http://oeonline.com/~realnet.html Century 21 Town & Country Rochester http://oeonline.com/~realnet.html Chamberlain Real Estate http://oeonline.com/~realnet.html ERA Griffith Realty http://oeonline.com/~griffith Coming Soon!	Hall & Hunter Realtors http://oeonline.com/~hallhunter Heritage Real Estate http://oeonline.com/~realnet.html Better Homes and Gardens The Michigan Group http://oeonline.com/~realnet.html Livonia http://oeonline.com/~realnet.html West Bloomfield http://oeonline.com/~realnet.html Ralph Manuel Associates http://oeonline.com/~realnet.html Birmingham (Real Estate One) Farmington Hills http://oeonline.com/~realnet.html Re/Max Elite http://oeonline.com/~realnet.html Re/Max on the Trail http://oeonline.com/~realnet.html Restaurants Inn Season Cafe http://oeonline.com/~innseason/ 220 Morn http://oeonline.com/~dineout/220.html Alban's http://oeonline.com/~dineout/albans.html City Grill http://oeonline.com/~dineout/citygrill.html The Community House http://oeonline.com/~dineout/communityhouse.html Midtown Cafe http://oeonline.com/~dineout/midtowncafe.html Norman's Elton Street Station http://oeonline.com/~dineout/eltonstreet.html Ocean Grille http://oeonline.com/~dineout/oceangrille.html Old Woodward Grill http://oeonline.com/~dineout/owg.html Peabody's http://oeonline.com/~dineout/peabody.html Phoenixia http://oeonline.com/~dineout/phoenixia.html Rugby Grille http://oeonline.com/~dineout/rugbygrille.html Streetside Seafood http://oeonline.com/~dineout/streetside.html Services Perry Johnson, Inc. http://oeonline.com/~perry.html Shopping Birmingham Principal Shopping District http://oeonline.com/~birmingham Coming Soon! Specialty Performance Automobiles SLP Engineering http://oeonline.com/~slp Coming Soon!
--	--

Get Your Business
On-Line! call 313-953-2038

Observer & Eccentric
NEW PAGES