

Malls & Mainstreets

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Health events unite shopping and fitness



Both Northland Center and Nordstrom used last Saturday morning to combine shopping with lessons on good health. The mall hosted an osteoporosis walk, the department store a program on breast cancer.

By SUSAN DEMAGGIO
EDITOR

The Northland Pacers proved they have both mind and heart, turning out 600 strong for the first-ever mall-sponsored osteoporosis walk.

America Walks For Strong Women got under foot Saturday, Oct. 18 at 9 a.m. inside the Southfield shopping center, raising \$15,000 for the National Osteoporosis Foundation.

Meanwhile, over at Nordstrom in the Somerset Collection North in Troy, a sold-out crowd gathered for breakfast, a fashion show, and panel discussion on breast cancer with leading specialists at the microphones.

Northland Center was one of eight ERE Yarmouth-owned shopping centers across the nation to host the walk - and the top producing. (Total revenue from the event was a \$600,000 boost for the National Osteoporosis Foundation.)

"We will make this walk a major event for the city," said John Bemis, Northland's general manager. "Next year we hope to have 10 or 12 centers participating. In 1999, we're shooting for 18. It's such an important cause. One-in-three women, and one-in-eight men in the U.S., suffers from osteoporosis. It's not a killer, but many die from its complications and side effects."

Bemis said his company was proud to be a sponsor of America Walks For Strong Women to give something back to the community which supports the mall. Other sponsors included Prevention Magazine, Eli Lilly Pharmaceuticals and Caltrate. Mall marketing director Linda Brown pointed out that more than 800,000 Michigan women suffer from osteoporosis, a debilitating bone disease. The mall, with the nation's largest walking club (Northland Pacers number 1,200) was a natural to launch the event.

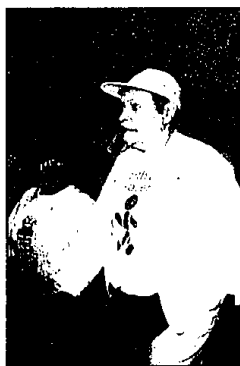
"Our walkers, joined by shoppers and community leaders, gave up a Saturday morning to participate and that makes you feel really good inside," Bemis said. "I can see this evolving into a major event for the city."

Walkers contributed \$10 to participate, enjoying refreshments, entertainment, gifts and prizes, mall discount coupons and a health fair staffed by medical professionals.

National walk chairwomen included actresses Debbie Reynolds, Robin Strasser and Rita and daughter Fernanda, Moreno. In addition to raising revenue for the foundation, the walk's mission was to encourage people to begin a daily exercise routine and learn about prevention, diagnosis and treatment of osteoporosis.

For more information about the National Osteoporosis Foundation call 1-800-231-4222.

The message from Nordstrom was that October is Breast Cancer Awareness month and women at risk are urged to have annual mammograms and understand more about the disease.



PHOTOS COURTESY OF NORTHLAND CENTER

Walk this way: (Top, above) It was not a race, but the chance to celebrate strong bones and keeping fit. "America Walks for Strong Women" got off to a crowded start, taking participants around the parameters of Northland Center in Southfield, three times for a total of three miles.

Bone up on the facts

Certain people are more likely to develop osteoporosis than others. These factors come into play:

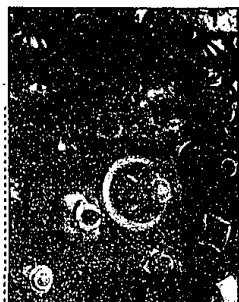
- A thin, small bone frame
- Family history of osteoporosis
- Early menopause
- A diet low in calcium
- Excessive alcohol intake
- Use of certain medications
- Low testosterone levels in men
- A sedentary lifestyle
- Cigarette smoking

Building strong bones, especially before age 30, can be the best defense against developing osteoporosis.

A comprehensive program that can help prevent osteoporosis includes a balanced diet rich in calcium and vitamin D, weight-bearing exercises, a healthy lifestyle with no smoking and limited alcohol intake, and medication when appropriate.

Specialized tests called bone density tests can measure bone density in various sites of the body. Bone mass measurement is a simple, painless test and can be helpful in detecting osteoporosis before a fracture occurs, predicting the chances of fracturing in the future and monitoring the effects of treatment.

As yet is no cure for osteoporosis. Patients should discuss treatment options with their doctor.



Knob decor: These 2" jewels by artist Susan Goldstick are mini works of art, from \$17 at Bellissima in Rochester.

Time to create special effects

By DONNA MULCAHY
Special Writer

Home remodeling is one of America's favorite pastimes and according to the National Association of Home Builders (NAHB), kitchen and bathroom projects add the most resale value to a home.

On average, a homeowner can recoup 90 to 94 percent of the cost of a kitchen remodeling project, about 90 percent of the cost of a bathroom addition, and about 77 percent of the cost of a bathroom remodeling job when the home is sold.

If you're looking for ways to spruce up your kitchen or bathroom, here are some ideas I got when I visited the 5th Annual Fall Remodeling Show, held at the Novi Expo Center in September and sponsored by the Building Industry Association of Southeastern Michigan.

If your kitchen looks old and dated, and you'd like to fix it up but don't have a lot of money, why not paint the walls and cabinets and put new knobs and handles on the doors? You might be surprised at what a big difference these relatively minor repairs make.

There are a lot of national paint brands on the market. But before making your buying decision, you might want to visit Stricker Paint Products in Novi. This family-owned company has been manufacturing paint since 1957. For more information, call (248) 949-0733.

You can find cabinet knobs and drawer pulls at just about any hardware store. But if you're looking for something out of the ordinary, visit Classic Hardware in Livonia, (313) 642-9940.

Bellissima in downtown Rochester, (248) 850-0557.

Classic Hardware has three shades of cabinet hardware, including: hand-painted ceramic knobs in a variety of whimsical designs (such as animal and food shapes), made by Nifty Nob of California; and antique-finish metallic knobs and pulls that look like finely crafted pins, earrings and other jewelry, made by Emence of New York.

Bellissima carries jeweled knobs and curtain tie-backs by commissioned artist Susan Goldstick of San Francisco. They come in a wide variety of looks, from Byzantine to space-age, and some of the tie-backs remind me of Jeannie's bottle in the show "I Dream of Jeannie."

Nifty Nobs and Emence knobs cost about \$11 or \$12 each, and Knobs by Susan Goldstick start at \$17.95, so they're not for everybody. To keep the cost down, you could mix and match, using the decorative pulls on one or two cabinets and less expensive ones on the rest.

More quick fixes
If your bathtub is chipped and stained, and if the ceramic tile around it is cracked, then you might be tempted to have it all torn out and replaced.

But a quicker and less costly alternative is to have a Re-Bath Bathtub Liner and Wall Surround installed. They're available from Bathtub Liners of Michigan in Troy, 1-800-353-3884, or 248-577-0047. Made of durable, high-gloss acrylic, they're custom made to fit over your existing wall tile and bathtub or shower base.

If you do decide to re-tile in the bathroom, Tom Foell of Virginia Tile Co., Troy (248) 648-4422 and Farmington Hills, said the current trend is wall and floor tiles in natural stone colors and matte finishes, plus decorative tiles that look like they're made of pebbles, sea shells and fossilized items.

Retailers fight 'unfair' tax

By SUSAN DEMAGGIO
EDITOR

Retailers fed up with a 1993 Michigan law that requires them to prepay their sales and use taxes monthly, are lining up behind a bill introduced by Rep. Penny Crissman, R-Rochester, to abolish the practice.

At a Monday morning press conference at Damman Hardware store in the Bloomfield Plaza at Maple and Telegraph, Rick Damman, CEO of the family chain, said he represented hundreds of merchants who must contend with the "discriminatory law."

The law requires retailers with annual sales above \$12 million, to estimate what their businesses will owe in state taxes the following month, and pre-pay the state treasury.

Underestimates result in a penalty, overestimates lead to a credit.

Many retailers have had to borrow money to pay their pre-sales tax, and others resent the amount of time spent each month figuring out their tax bill, according to Crissman.

She said she introduced House Bill 4942, asking the governor to abandon the law, at the urging of retail accountants.

"It's blatantly unfair," she said. "And it's not a matter of cost to the state. If it is repealed, it will simply be a one-time adjustment in cash flow."

Crissman said she sponsored the bill on behalf of big retailers like Kmart and Meijer's, but also to family-owned businesses like Bruce Bordine's garden centers and Nudway Plumbing.

It is backed by the Michigan Retailer's Association. The House tax policy committee is reviewing the bill.

SUNDAY, OCT. 26
Black history exhibit
An exhibit that chronicles the dedicated men and women who brought education to African Americans despite danger and difficulty, is set up next to Saks Fifth Avenue on the upper level of Fairlane through Nov. 15. Presented by the African American Media Archives Society, the exhibit includes more than 200 images from national archives.

Fairlane Town Center, Michigan/Southfield Fwy. (313) 693-1370.

Halloween Party
FAO Schwarz Toys hosts afternoon of seasonal fun with face-painting, story teller, tattoos, games and more, noon to 2 p.m. First 100 children to arrive in costume win a special treat and chance to win creepy prize.

Somerset Collection South.
Big Beaver/Coolidge. Troy.
(248) 643-4554.

Pumpkinfest
Old World Canterbury Village hosts 5th annual party with seasonal fun for the family. Don't miss a trip to the Always Christmas store, an inspiration for holiday decorators.

1-75 exit 833. Off Joelyn. Lake Orion.
(248) 391-5700.

Monday Night Football
Some of the Detroit Lions will sign autographs

credit.

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ADDED ATTRACTIONS

from 6-8 p.m. in the H-Court area of the mall. Event tickets are \$4 available at Pitch, Hit and Run.
Livonia Mall, Seven Mile/Middlebelt.
(248) 474-4266.

WEDNESDAY, OCT. 23

Golf show
Through Nov. 2 shop for savings on golf equipment and related merchandise throughout the mall.
Drawing for golf prizes, enter at Information Booth.
Livonia Mall, Seven Mile/Middlebelt.
(248) 476-1160.

THURSDAY, OCT. 30

Kids holiday fun
Jacobson's hosts costume parade beginning in the Children's Department from 8:30-8 p.m. Children receive a pumpkin with each garment purchase.

Laurel Park Place store only.
Six Mile/Neuburg. Livonia.
(313) 691-7696.

Halloween extravaganza
Borders presents scary Celtic stories, songs and magic with Irishman Jim Perkins from 6-7 p.m. The Organization for Bats presents "Michigan Bats" from 7-8 p.m. Free program.

34300 Woodward, Birmingham.
(248) 203-0005.

Antique Show
Mall hosts Jeanne Fishman production with local and regional dealers exhibiting through Nov. 2. Puppet show for the kids "Peter Rabbit" daily at 7 p.m. Saturday: 11 a.m. 1 and 3 p.m. Sunday: 1 and 3 p.m.

Many malls welcome trick or treaters!

Little beggars in costume and their parents with cameras are welcome at the following shopping centers which will hand out treats store to store:

- Twelve Oaks. 6-8 p.m. 12 Mile/Novi. Novi. (248) 348-9438.
- Meadowbrook Village Mall. 6:30-8 p.m. Adams/University. Rochester Hills. (248) 875-9451.
- Oakland Mall. 6-8 p.m. 14 Mile/John R. Troy. (248) 685-6000. (At a special Oakland Family Services table in the mall, kids have the chance to donate some of their "loot" to underprivileged kids.)
- Universal Mall. 3-6 p.m. 12 Mile/Dequindre. (81) 751-3161.
- Lakeside. 6-8 p.m. M-59/Schoenherr. 1-800-334-LKSD.
- Wonderland Mall. 6-8 p.m. Plymouth/Middlebelt. (313) 522-4100.
- Tel-Twelve Mall. 6 p.m. Musical presentation. Begging follows throughout the center. 12 Mile/Telegraph. (248) 353-4111.
- Summit Place. 5-8 p.m. Elizabeth Lake/Telegraph. (248) 682-0123.

(There is NO trick or treating at Westland Center, The Somerset Collection, Fairlane Town Center, Laurel Park Place.)

Meadowbrook Village Mall.
Adams/University, Rochester Hills.
(248) 375-9451.

FRIDAY, OCT. 31 HAPPY HALLOWEEN!

Trick or treating
See the story above for a complete list of local malls open for "begging" to children in costume.

Scary slumber party
Borders invites kids, ages 5 and up, to come in costume and bring a treat bag to enjoy scary movies and stories by Judy Sima beginning at 7:30 p.m.

Face painting.
34300 Woodward, Birmingham.
(248) 203-0005.

SATURDAY, NOV. 1

Little boxes event
La Belle Provence hosts its 8th annual Limoges Trunk Show with hundreds of miniature porcelain collectible boxes on display, plus a visit from Francois Sochet, president of the import company. 11 a.m. to 3 p.m. He will personalize purchases.

185 West Maple, Birmingham.
(248) 540-3876.

SUNDAY, NOV. 2

Designer visits
Meet Patricia Breen 2:30-5 p.m. at Raphael's Magnificent Possessions. She will sign up to two ornaments per customer. Her designs are sold in only 40 stores in the world and have been featured in national museums.

1799 Coolidge, Berkley.
(248) 646-0194.