

Duchess from page B1

12," she said. "My mom was in Argentina, and my dad worked seven days a week. I was raised by the housekeeper. I ate to fill the void."

She weighed 210 pounds on her 28th birthday just after Beatrice was born. She joined Weight Watchers when she was 19, but didn't stick with it. Last June she joined again and found something that worked - 1243 Success Plan. "I believe I will always do it," she said. "I can do it with my busy schedule."

Keeping weight off is a continuing battle. "I really have to watch it," she said. "I want the croissant, sometimes I really need it. I learned you don't have to beat yourself up over it, which I used to. Weight Watchers is about common sense."

There are times when even the duchess loses control. During the press conference she said she told her driver "I really need to

stop at a greasy spoon. That's like a sandwich shop. I wanted a fat roll with salted butter, and cheese, and a can of Coca Cola. Not diet."

After she ate it, she asked herself, "what's going on here? I rang Sarah from Weight Watchers and realized it was because I was leaving my children for 10 days to work. It was sadness."

In January, 1997, the duchess was named U.S. spokesperson for Weight Watchers International, but she says "it's not a job. I will stand up here and talk about Weight Watchers because I believe in it."

"People talk about losing weight, but I always found it," said Rao who was honored at the press conference with three other women including Lohmeyer at WW headquarters. Later that day during a Weight Watchers rally at Twelve Oaks Mall in Novi, Rao was one of 32 men and

women from Michigan, Ohio and Canada honored for losing 100 pounds in 1997.

As she walked to the podium, the duchess reached out her hand to Joan to congratulate her and said, "that's incredible, 101 pounds."

Florine Mark has lost 50 pounds and kept it off for 26 years. "The most important thing is to keep trying. Don't quit. Learn to like yourself no matter what weight you are. Zero in on your good points. Get out there and do a little exercise everyday."

Rao joined Weight Watchers before, but in May 1996 she joined again after deciding to get serious about weight loss.

"I've been overweight most of my life," she said. "I have tried every diet. They always worked, but I had trouble keeping the weight off. When I wasn't working, I was sitting and eating. It

kept me from doing things. I came to realize that I had trouble walking. You don't feel comfortable in movie seats, or airplane seats, you don't fit anywhere."

At Weight Watchers Rao said she received the support, inspiration, motivation and guidance she needed to successfully lose excess pounds forever.

"My goal was to not do this again," she said. "I don't want to be a yo-yo. The 1243 plan is so wonderful. I can eat anything as long as I plan my meals. I learned what a serving size is. You can't just fill up a bowl with cereal. You need to know how much is in there."

Chips are a red light food for her, and Rao knows if she eats them, she'll want more. "I enjoy popcorn more than I used to," she said. Fitting exercise into her schedule also made a big difference.

"I never in my life exercised, except to chase my three kids," she said. "I have three grown sons. Exercise is time for me, I make time for it, because it's important to me. I bought a treadmill and walk on it 40 minutes, I also walk my puppy 40-45 minutes twice a day. The dog is a great motivator. He loves to be outside, and won't take no for an answer."

Besides exercise, Rao said the biggest change is she enjoys meals more, and is cooking a lot more vegetarian meals. "My husband, Nippani, has high blood pressure so it's good for him too," she said. "Nothing is fried anymore, and I'm using different spices. We don't keep junk food in the house anymore. I used to have Twinkies for the kids, but I'd eat more than them."

The challenge is to not fall into old habits - not exercising, not writing down what you eat. The

thought of always keeping track of what you eat and having to write it down is depressing to some people.

"If you're true to yourself, and know you have to write it down, maybe you'll eat one cookie instead of four," Rao said. "I say, 'maybe I won't have to do this the rest of my life.'"

The duchess doesn't cook. "I never have," she said. "I'm not really interested in it. But I know what tastes and looks good," she said promoting her recently published cookbook, "Dining with the Duchess."

Gregg Markowski of Clarkson created the menu and cooked dinner for the duchess on Thursday night at Florine Mark's house. He also prepared breakfast at the press conference. "She was very nice, and got up from the table and shook my hand," he said.

See recipes inside.

Wine from page B1

farmers to take a look at organic grape farming."

The relatively quiet trend toward organic farming has witnessed steady growth. Small and large premium and budget-priced wineries have traded pesticides for predator birds, and have abandoned chemical fertilizers and herbicides in favor of composted grape seeds and cover crops.

Brown-Forman Corp., based in Louisville, Ky., purchased Fetzer from family members in 1992. But the Fetzers (11 brothers and sisters) continue to grow California Certified Organic Farmers-approved grapes for Fetzer under an exclusive contract.

Goal

"The Fetzer goal is to be growing or buying 100 percent organically grown grapes by the year 2000," Blue added.

And the taste or organic wines? The word delicious

comes to mind for starters. The 1996 Bonterra Chardonnay \$13 is alive with apple and tropical fruit notes with hints of citrus. Subtle vanilla flavors from barrel fermentation and oak aging are a stylish taste complement.

Cherry and raspberry aromas and flavors of the 1995 Bonterra Cabernet Sauvignon \$16 are accented with peppery spice notes. While drinking well now, if properly stored, this wine will get better with a few years of aging. The layered richness of the 1995 Bonterra Syrah \$28 with dominant blueberry flavors, balanced by a toasty vanilla finish, creates a very stylish wine. It is excellent with grilled lamb well-seasoned with rosemary and garlic.

Since Bonterra wines fit into the philosophy of products now sold at Merchant of Vino/Whole Food stores, you will most-likely

find them there at the quoted prices.

Notable pours

■ **Ahoy port lovers:** After a 15-year absence, Delaforte Curious and Ancient 20-year-old Tawny Port about \$40, has been re-launched in the United States. It is a complex, nutty, delicious after-dinner pour.

■ **Tanqueray Malacen Gin \$18** makes a fantastic martini and adds a unique taste twist to a gin and tonic. Refreshing lime and citrus zest aromas and flavors, accented with spice and dried herbs, are distinctive.

Look for Focus on Wine on the first and third Sunday of the month in Taste. To leave a voice mail message for the Healds, dial (734) 953-2047 on a touch-tone phone, mailbox 1864.

been available in large quantities for distribution to North America until now.

She understands why people might be a little cautious about trying this new uppy pear.

"They felt the same way about Granny Smith Apples," she said. Nobody heard about Granny Smith Apples when they were first introduced to the U.S. by Cape Fruit.

CAPE, the premier brand name of the deciduous fruit growers of South Africa, has been exporting fruit to North America for nearly 40 years. It began with shipments of Barlinka grapes in the early 1960s, but CAPE is best known for introducing North Americans to Granny Smith Apples.

"Thirty years ago nobody would eat them because they

Pears from page B1

were green. It's a great apple, but we had to tell people about them."

Burman's on the road visiting 22 cities to tell people about Packham's. Lansing, was her first stop, metro Detroit her second. She stayed at the Townsend Hotel in Birmingham. "It's like being in Europe," said Burman who left Wednesday for Cleveland.

Salad and pork with pears perfect for spring

See story on Taste front. Recipes compliments of Cape Fruit.

- PEAR AND PECAN SALAD**
- 2 ounces blue cheese, such as Roquefort or Gorgonzola, or herb goat cheese
 - 1/3 cup buttermilk or light cream
 - 2 tablespoons olive oil
 - 1 tablespoon red wine vinegar
 - 1/4 teaspoon salt and freshly ground black pepper
 - 8 cups mesclun or mixed salad greens
 - 4 medium Cape Packham pears
 - 2/3 cup pecans, lightly toasted, coarsely chopped

In bowl, using a fork, mash cheese and buttermilk to make a smooth paste. Whisk in oil, vinegar, salt and pepper until creamy.

To serve, divide salad greens among individual salad plates. Peel pears, if desired, cut into quarters and remove cores. Cut into thin lengthwise slices. Arrange over salad greens. Drizzle with dressing and sprinkle with pecans. Serve immediately. Makes 6 servings.

- PORK WITH PEARS, THYME AND HONEY**
- 1 tablespoon vegetable oil
 - 1 pound thin boneless pork loin chops (about 8)
 - 2 large Cape Packham pears, peeled, cored and thinly sliced
 - 3 green onions, chopped

- 1 tablespoon honey
 - 1/2 teaspoon dried thyme
 - 1/2 cup chicken stock
 - 1 tablespoon cider vinegar
 - 1 teaspoon cornstarch
 - 1/4 teaspoon each salt and pepper
- In large nonstick skillet, heat oil over medium-high heat; cook pork 2 minutes per side or until browned. Remove to a plate; keep warm.
- Add pears, green onions, honey and thyme to skillet; cook, stirring, for 3 minutes or until pears are softened.
- In bowl, combine stock, vinegar, cornstarch, salt and pepper until smooth. Add to skillet; cook, stirring, for 1 minute or until slightly thickened. Return pork to skillet; cook 1 minute or until heated through. Makes 4 servings.

IGA

Corner of Orchard Lake Rd. and Ten Mile in Farmington

476-0974

NOTES:
Get your card filled today!
Our Win With IGA promotion ends May 9, 1998
Every card is a winner! There are many big awards yet to be redeemed.

<p>Boneless, Skinless CHICKEN BREASTS</p> <p>\$1.99 LB.</p>	<p>Boneless, Beef SIRLOIN TIP ROAST</p> <p>\$1.99 LB.</p>
<p>Sweet Red STRAWBERRIES</p> <p>99¢ LB.</p>	<p>From Our Deli RIVERSIDE TURKEY</p> <p>\$1.99 LB. Sliced to Order</p>
<p>COCA COLA PRODUCTS</p> <p>3/\$7.00 +Dep. LIMIT "3" 12 Oz. 12 Pak Cans</p>	<p>Regular or LoFat ICE CREAM</p> <p>2/\$5.00 1/2 Gallon Square</p>

WE ACCEPT

DOUBLE Manufacturer's COUPONS
See Store For Details

UP TO **50¢**

Prices & Items good Sun. 5-4 to Sun. 8-10
Check Sale Items in Store Paper

ADVERTISED ITEM PRICES ARE THE BEST AVAILABLE AT THE TIME OF PRINTING. SOME OF THESE ADVERTISED ITEMS ARE SUBJECT TO BE RECALLY AVAILABLE FOR SALE. IF SO, NO RUN OUT OF AN ADVERTISED ITEM, WE WILL OFFER YOU YOUR CHOICE OF A COMPARABLE OR SUPERIOR ITEM, WHEN AVAILABLE, REFLECTING THE SAME SAVINGS OR A CASH FRACTION WHICH WILL AND YOU TO PURCHASE THE ADVERTISED ITEM AT THE ADVERTISED PRICE WITHIN 30 DAYS. ONLY ONE VOUCHER COUPON WILL BE ACCEPTED PER ITEM. NO CASH TO CASH.

Pasta Day

THE AMERICAN DINER

Home Cooking

33000 Grand River Expressway Farmington MI 48335

PASTA DAY is everyday
All You Get \$5.99

Daily Dinner Specials
\$5.00

FELDBRO
Fresh Fish Co.

- EVERYDAY SPECIALS
- FRESH FLORIDA SWORDFISH
- FRESH SUSHI QUALITY TUNA
- FRESH BONELESS PICKEREL

This Week's Special

Fresh ALASKAN HALIBUT
\$5.99 LB. (was \$7.99)

- HOME DELIVERY AVAILABLE -
Corner of 14 Mile & Middlebelt Farmington Hills
(248) 626-4636 Fax: (248) 626-5972

Check out What's Cooking at Vic's For May

Come have a fun evening out and learn something along the way...

Wednesday, May 13th at 7 pm - Veely Good Mushrooms - Cooking with a variety of world and cultivated Mushrooms and Veal - Chef David F. Schneider - Department head - Macomb Culinary Arts Department.

Tuesday, May 19th at 7pm - Cooking Cajun Cuisine with Chef Justin Wise.

Tuesday, May 26th at 7pm - Fabulous Fish - Techniques and great tastes with Chef Michael Fayer.

All classes are \$25.00 per person and include wine and lots to eat. For reservations call:

248-305-7333
X 130

<p>Brunch Buffet 10:30 am-1:30 pm Carved Steamship of Ham Carved Steamship of Beef Whitefish Siciliana Turkey Mashed Potatoes and Gravy Farmers Potatoes Green Beans Almondine Omelette Station Scrambled Eggs Cheese Biscuits & Fruit Topping Lettuce, Eggs, Capers & Onions Bacon & sausage Hightown Bolognaise Penne Palmitina Potato Salad Pasta Salad Casserole Salad Grilled Vegetable Salad Cold Slaw Tomato & Onion Salad Assorted Cheeses Bread, Biscuits & Muffins Fresh Fruits Pastry Table with: Pumpkin Pie Pecan Pie Apple Pie Mini Cannoli Mini Eclair Carrot and Assorted Cakes Cheese Cake Torte Chocolate Mousse Coffee, Tea, Milk, Juice</p>	<p>ANDIAMO ITALIA WEST</p> <p><i>Pronty Pronto</i></p> <p>Mother's Day Extravaganza May 10, 1998</p> <p>Call for Reservations (248) 865-9300</p> <p>Andiamo Italia West Telegraph Road, south of Maple in Bloomfield Hills.</p>	<p>Dinner Buffet 2:00 pm-6:00 pm Carved Steamship of Ham Carved Steamship of Beef Whitefish Siciliana Chicken Picquet Roasted Peppers and Sausages Turkey Mashed Potatoes and Gravy Sweet Potatoes Green Beans Almondine Pignoloni Bolognaise Penne Palmitina Assorted Salads: Potato Salad Pasta Salad Casserole Salad Grilled Vegetable Salad Cold Slaw Tomato & Onion Salad Assorted Cheeses Torte Fresh Fruits Pastry Table with: Pumpkin Pie Pecan Pie Apple Pie Mini Cannoli Mini Eclair Carrot and Assorted Cakes Cheese Cake Torte Chocolate Mousse Coffee, Tea, Milk, Juice</p>
--	--	---