

GREAT ESCAPES

"Great Escapes features various travel news items. Send news leads to Hugh Gallagher, assistant managing editor, Observer & Eccentric Newspapers, Inc., 36251 Schoolcraft, Livonia, MI 48150, or fax them to (313) 691-7279.

TELL US YOUR STORY
We want to hear from you! Have you been someplace interesting? Have you had a special adventure? Is there a quiet island you'd like to recommend or a highly promoted place you'd like to warn against? Do you have special tips for other travelers to make their journeys easier? Have you met some interesting people in other countries that you'd like others to know

about? We want to share your stories and your color pictures on our travel page. Call Hugh Gallagher at 734-953-2118, or fax him at 734-591-7279 or e-mail him at hgallagher@oe.homecomm.net

INTERLOCHEN SCHEDULE
Bonnie Raitt, Vince Gill, Boston Pops Esplanade, Bill Cosby, Joan Baez, The Temptations and The Four Tops, Patty Loveless, Kenny Loggins, Tony Bennett, Art Garfunkel, Collin Raye and Trace Adkins, Bela Fleck, Ray Charles, Peter, Paul and Mary and the Detroit Symphony Orchestra are among the array of guest artists who will make the Interlochen Arts Festival

val, "A Summer to Remember." The 1998 summer season includes more than 35 guest artists and runs from June 17 through Aug. 29. Ticket order forms may be dropped off, faxed or mailed to the Interlochen Box Office.

The Box Office telephone lines and ticket windows open Monday, May 11. To get on Interlochen's mailing list, call the Box Office at (616)276-6230, write the Interlochen Box Office at P.O. Box 199, Interlochen, MI 49643-0199 or fax (616)276-7444. Provide your name and address.

The Interlochen Arts Festival 1998 season opens with comedian Bob Newhart and the Glenn Miller Orchestra, June 17.

13-17, in Boyne City, features guided morel mushroom hunts, seminars on wild edibles and a celebration of Michigan foods including wild locks and wild asparagus.

The highlight of the weekend is the morel hunting championship, where hundreds will comb the woods for the greatest number of morels. There is also a carnival with rides and games for children. For more information, contact the Potoskey-Harbor Springs-Boyne Country Visitors Bureau at 1-800-845-2828.

FOUR SEASON PLANNER
In a newly released 1998 Four Seasons Travel Planner, Upper Peninsula Travel & Recreation Association provides information on a numerous travel destinations.

With vivid colors and pictures throughout, the Travel Planner leads off with a friendly introduction, followed by information

pages from all at counties. New sites can be found in the Finest Attractions guide with 63 listings.

To order the Travel planner, call Upper Peninsula Travel & Recreation at 800-562-7134.

LIGHTHOUSE CRUISE
The Great Lakes Lighthouse Keepers Association is hosting a Detroit to Toledo lighthouse excursion aboard the Diamond Jack on Sunday, Aug. 23. The full day of cruising will provide views of the Grosse Ile, Boblo, Detroit River and Toledo Harbor lighthouses plus other maritime sites. Three light meals are included, \$78 per person. Deadline is June 20.

Write to: GLKA, Henry Ford Estate, 4901 Evergreen, Dearborn, MI 48128. Phone 313-436-9160 or fax 313-436-9143. GLKA is a non-profit organization dedicated to lighthouse preservation and education.

WHITEFISH ON THE BEACH

The fourth annual "Whitefish on the Beach" event will be held along downtown Harbor Springs waterfront on Memorial Day Weekend, Sunday, May 24. Serving hours will be noon until 3 p.m. Chef Roy Hall of the Little Traverse Bay Golf Club and Frank Blair or Stafford's Perry For more information, call the Harbor Springs Chamber of Commerce at 616-528-7959.

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Upper Elementary Open House
Wednesday, May 13, 9:00-10:30AM
Open house for students in grades 2-5 and their parents. Students will be paired with a NMS student and participate in classroom activities. Parents will meet with the director to learn about the individualized, child-centered curriculum.
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Arthritis Today
JOSEPH J. WEISS, M.D., RHEUMATOLOGY
18626 Farmington Road
Livonia, Michigan 48152
Phone: (248) 478-7860
REACTIVE ARTHRITIS
"The knee is not the fault, nor the back is the strong, but time and chance happeneth to them as it." That phrase from the bible holds true if you develop reactive arthritis.
In the condition, you start from a state of good health. You and those with you come down with a mild current after eating food that was not properly washed or cooked. Everyone who develops a few uncomfortable days, but you do not.
Instead, you begin feeling unwell, fatigued, coming from work too tired to eat, taking exhausted and a prolonged sleep only to awake the next day, still aching and fatigued. Then you develop fevers at night and finally the aching in your legs turns to frank arthritis with swollen knee and ankle joints.
What happened was bad luck. Your immune system and your body of the intestinal infection you caught from the food. However, the antibodies produced cross-reacted to the cells that line your joints. The fatigue, fever and joint aches result from the inflammation on this infection. Why the immune system would act this way is chance, not the result of any bad habits on your part.
Treatment for reactive arthritis includes removing food from advanced parts and taking anti-inflammatory drugs. If your doctor can identify a bacterial cause for the diarrhea, then a short course of an antibiotic appropriate for that bacteria is in order.
Fortunately treatment and time resolve most cases of reactive arthritis.

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