

Taste

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FOCUS ON WINE



RAY & ELEANOR HEALD

Affordable French wines can be found

Are prices of top French wines soaring? For the first time in many years, the over-fueled prices of 1996 classified Bordeaux wines kept us out of this market.

Because top-ranked Bordeaux chateaux get all the hype and lots of wine magazine ink, you may think that's what Bordeaux is all about. Not true. The top classified Bordeaux chateaux produce less than 5 percent of the wine. However, in dollars, depending on the vintage, they can make up to 15 percent of sales.

What about 95 percent of the wine that's not from classified Bordeaux chateaux? It often comes from what are referred to as *petits chateaux*. It can also be produced in "satellite" regions surrounding the top-ranked vineyards.

Expensive land

With modern grape farming methods and state-of-the-art winemaking equipment, *petits chateaux* are turning out some dynamite wines. Many of these properties have been family-owned for generations and land costs are low. The problem with

Wine Picks

■ **Pick of the Pack:** 1997 Rosemount Estate Pinot Noir, South East Australia \$10. At this price, you can't beat this pinot noir from anywhere in the world. It's dynamite with grilled salmon.

■ **For lighter fish** such as perch or white fish, try a well-priced Sauvignon Blanc, 1997 Beringer Sauvignon Blanc, Napa Valley \$11 and 1997 Silverado Sauvignon Blanc, Napa Valley \$12.

■ **Wine Coast:** Reserve Chardonnays are pricey, but you can't find this kind of rich fruit with balanced oak anywhere else in the world. Try: 1996 Chateau St. Michelle Reserve Chardonnay, Columbia Valley, WA \$29; 1997 Silverado Chardonnay Limited Reserve, Napa Valley \$38.

■ **Zinfandels** are great with heartier autumn dishes: Bayliss & Fortune Zinfandel, Mendocino \$14 (new brand in our market); 1996 Ramey Zinfandel, Dry Creek Valley \$14; and 1996 Benziger Zinfandel, Sonoma County \$18.

■ **1995 Chateau Greysac** \$16, 1995 Chateau La Cardonne \$16 and 1995 Chateau Larose-Trintaudon \$18.

Bargains

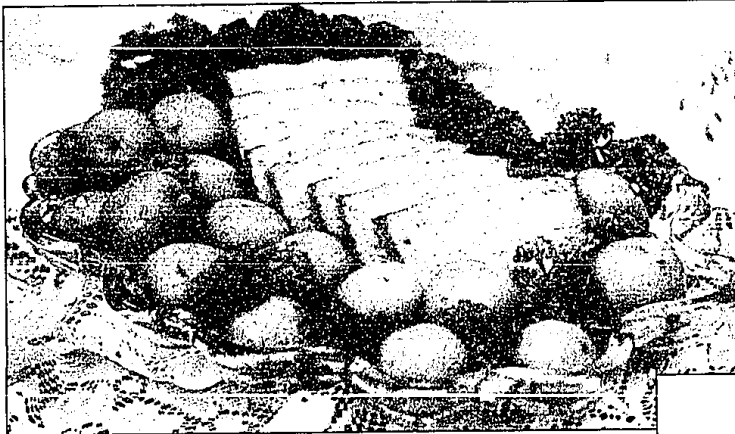
Since then, we've been on the hunt and have found some more bargains from Bordeaux and other regions of France. We believe that the importer's reputation plays a significant role in finding the best quality to price ratio.

Please see WINES, B2

LOOKING AHEAD

What to watch for in Taste next week:

- 2 Unique
- Main Dish Miracle



STAFF PHOTOS BY PAUL HIRSCHMANN

Festive holiday meals... without meat

BY SANDRA DALKA-PRYSBY • SPECIAL WRITER

What? No big juicy bird for the center of the holiday dinner table? How can anyone possibly celebrate without this traditional food fare? For a growing number of individuals, meatless meals are a way of life, not only everyday, but also on holidays.

That's the case for Jeanie Weaver and her family. Weaver is the chairperson of annual Vegetarian Holiday Tasting at Metropolitan Seventh-day Adventist School in Plymouth, and has been for the 11 years since its inception.

The granddaughter of a beef cattle rancher became a vegetarian in high school due partly to her religious convictions but primarily because of the health benefits that come from eating a diet of fruits, vegetables and plant-based protein. "I went to a church-sponsored boarding school, and little by little I moved toward a vegetarian lifestyle," she said. Her interest in a healthy, nutritional way of life grew into a career as a certified physical education and fitness instructor. "And the more I studied, the more I learned that eliminating meat from my diet was definitely the healthiest way

to go."

Weaver not only shares her recipes and healthy beliefs with church and community members, but also with her three children, Justin, 15, Jeremy, 12 and Jessica, 10. Her husband, Robert, is life-long vegetarian.

"I don't believe in pushing my beliefs on anyone, including my children," she said. "Following a vegetarian lifestyle is a personal choice. God has respected us enough to let us do what we want to do. I respect others' opinions. However, if someone asks why I'm a vegetarian, I am happy to share how scientific research is discovering more and more that eliminating meat and poultry from the diet and adding more fruits, vegetables, seeds and nuts is the better choice for healthy living."

"Everyone knows how animal fat clogs arteries and can lead to heart disease," she said. "What many people do not know is that meat proteins take a very long time to digest, thereby causing an extra burden on the body."

In addition, according to Weaver, a vegetarian

11th Annual Vegetarian Holiday Tasting Extravaganza

When: 11 a.m. to 4:30 p.m. Sunday, Nov. 15. Choice of three sessions: 11 a.m. to 12:30 p.m.; 12:30 p.m. to 2:30 p.m.; or 2:30 p.m. to 4:30 p.m. Where: Metropolitan Seventh-day Adventist School, 15555 Haggerty Road (just north of Five Mile Road), Plymouth. Cost: \$8 adults, \$3 children (ages 6-12). Tickets required, call (734) 455-0702 for information.

Highlights:
■ Over 50 vegetarian creations to taste. Choose from dairy, non-dairy, and prepared meat substitute entrees.
■ Holiday garnishing ideas.
■ Registered dietitian on hand for informal questions.
■ Holiday caroling presented for your enjoyment.

All Vegetarians are Not Equal
There are three types of vegetarians. All three eat fruits, nuts, grains, seeds, and vegetables. This diet is total vegetarian. Lacto-ovo vegetarians also eat eggs and milk products. Lacto-vegetarians eat milk products but no eggs.



diet helps partakers stay trim, healthy and full of energy.

"Those individuals interested in converting to a vegetarian lifestyle - and these days the movement has become increasingly popular - would do best to make changes gradually, such as choosing two meatless meals a week. Little by little meatless meals can replace all meat-centered meals."

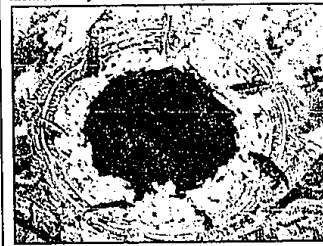
She explained that it is often hard to replace the taste and texture in meats all at once. "For many this is a shock. However, making the change little by little guarantees success. Gradually your taste buds will change."

"Many people think there is little taste and excitement in a vegetarian menu, especially when it comes to special meals such as a holiday fare. It was this common attitude that led to the Holiday Tasting Extravaganza. Vegetarian cooks prepare wonderful and extremely tasty dishes to share with the hundreds who flock to this popular event."

Lorraine Lane of Livonia is one of those cooks who, for a number of years, has introduced Holiday Tasting Extravaganza participants to her tasty creations suitable for the holidays.

Her Thanksgiving table at home looks similar to those found across America - there's corn, cranber-

Please see HOLIDAY, B2



LIVING BETTER SENSIBLY



BEVERLY PRICE

Up until the Spring of 1988, I considered myself phenomenally healthy. I ran three to five miles daily, bench pressed half my weight, led an active social life, and was budding into my career as a dietitian. My health, however, took a turn for the worst at age 27 when "strange things" started happening to my body. I embarked going from "good" to "bad" in a matter of 24 hours.

In the late fall of 1988, I had a routine blood test at my physician's office. The results indicated an early detection of an autoimmune disorder. At that point, I thought that I'd better pursue medical help as I was planning a trip to Moscow and Leningrad to present my nutrition study at the Soviet-American Nutrition Conference. Needless to say, my physician canceled the trip, and relinquished me to no work and no exercise for eight weeks. My Thanksgiving was spent pondering the future.

Diagnosis

After a few years of trial and error with medications and diagnoses, I was officially diagnosed with scleroderma and polymyositis in 1991. Scleroderma literally means "hard skin." It is an autoimmune disorder which causes hardening of the skin and multiple organs. When too much collagen is deposited in the skin or other organs such as the esophagus, kidneys, lungs, intestines, or heart, the result is damage to the involved organ. Scleroderma can range from a minor lesion to a debilitating and fatal disease.

Polymyositis is an inflammation of the muscle which can cause damage.

Autoimmune conditions cross many different medical specialties such as rheumatology, endocrinology, neurology, cardiology, gastroenterology, and dermatology. They affect women 75 percent of the time and tend to strike in early to mid-adulthood. Autoimmune conditions also include lupus, fibromyalgia, and multiple sclerosis to name a few.

Getting a proper diagnosis is very difficult as many individuals are sent from specialist to specialist and forced to undergo a battery of tests before a correct diagnosis can be made. This can take years and individuals with autoimmune diseases, in most cases, appear to be healthy on the surface.

Healer

So, although initially I was treated by a medical doctor for my condition. I went one step further and consulted a well known (and the only) naturopath in the area, Dr. Joel Casman. What Dr. Casman did for me, I cannot put into words. He is in the true sense a "healer." As a naturopath, he recommended a vegan diet (no meat, dairy or eggs), exercise, herbs, vitamins, minerals, homeopathic remedies, yoga, and a positive attitude. My condition has been stable since I began initiating this therapy from Dr. Casman.

In addition to a vegetarian diet, my daily regimen consists of aerobic exercise for 30-45 minutes. I take multi vitamin/mineral supplements, two homeopathic remedies, a Chinese herbal formula consisting of over 20 herbs, specific to my condition, and a minimal amount of medication prescribed by my rheumatologist.

Recently, my mother-in-law, Esther Price, heard

Dr. David Trentham, a rheumatologist at Harvard Medical School, on the Gabe Mirkin talk show. Dr. Trentham's theory is that many autoimmune conditions are caused by a virus or infection in childhood that lies dormant, resurfaces later in life, and affects the immune system. He has reportedly cured six Scleroderma patients using minocycline, an antibiotic. My naturopath was aware of this and encouraged me to pursue minocycline treatment with my rheumatologist. I have been on the minocycline for over one month and have noticed an improvement in my skin and have even more energy. As I finish this article, I am preparing for a one-day trip to Boston to see Dr. Trentham in person. After ten years, I am very excited and anxious to put this condition behind me.

Taking control

The direction your health takes is your decision. Our body is a delicate ecosystem. You can help keep it balanced by eating healthy food and practicing healthy behaviors. It is important to know your body, ask your medical professional questions, and seek options that you think will work best for you. You are your own best advocate. I am thankful for the choices I have made, and have a lot to be thankful for this Thanksgiving.

Beverly Price is a registered dietitian and exercise physiologist. She operates Living Better Sensibly, a private nutrition practice in Farmington Hills that offers programs for individuals and corporations. She is the co-author of "Nutrition Secrets for Optimal Health," Tall Tree Publishing Company. Visit her website at www.nutritionsecrets.com. Look for her column on the first Sunday of each month in Taste. See recipes inside.

Count your blessings for good health on Thanksgiving