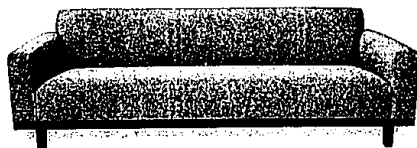
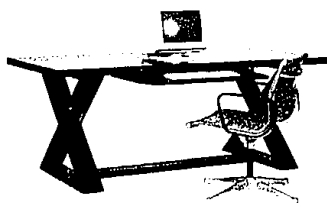
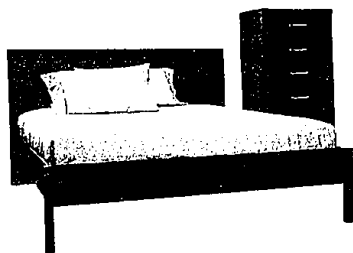
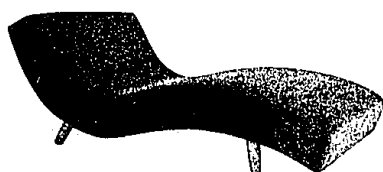
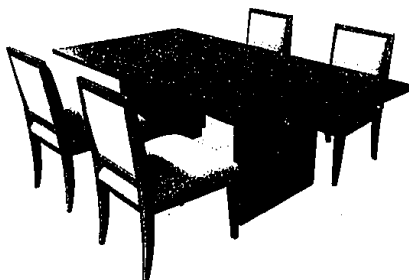


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FURNITURE TO COME HOME TO

Healthy appetizers you'll want to serve

CRAB CIRCLES

2 packages (8 ounces each) low-fat cream cheese, softened
1/3 cup low-fat mayonnaise
1/4 cup red onion, finely minced
1/4 cup red bell pepper, finely minced
1 tablespoon Dijon mustard
1 can (6 ounce) crab meat
3/4 cup low-fat cheddar cheese, finely shredded
4 large whole wheat tortillas

In bowl, combine cream cheese, mayonnaise, onion, pepper and mustard. Place crab meat with a fork. Add crab and cheddar cheese to mixture. Combine well.

Spread 1/4 of mixture on each tortilla. Tightly roll each tortilla. Wrap individual rolls in plastic or foil. Refrigerate for at least 4 hours. Prior to serving, cut each roll into 12 diagonal slices. Makes 48 circles.

CUCUMBER SANDWICHES

4 large cucumbers, peeled and thinly sliced

1 teaspoon reduced-sodium salt
2 cups low-fat cream cheese, softened
6 tablespoons dill
Freshly ground pepper to taste
2 packages Pepperidge Farms white party bread

In bowl with air-tight lid, place cucumber slices. Sprinkle with salt. Cover and gently shake to mix. Refrigerate 1 hour. In another bowl, combine remaining ingredients, except bread slices. Mix well. Spread equal portions on 20 bread slices. Drain moisture from cucumbers and arrange slices on top of cheese spread. Top with 20 remaining bread slices. Carefully cut off crusts. Makes 20 sandwiches

MUSHROOM CAPS

2 tablespoons lite margarine
1 cup green onions, finely chopped
1 teaspoon minced garlic
1 pound fresh mushrooms, finely chopped
1/2 cup dry white wine
Freshly ground pepper to taste

24 wonton cups

In non-stick skillet, melt margarine over medium-high heat. Add onions and garlic. Sauté 3 minutes, stirring constantly. Add mushrooms and wine. Add pepper and mix. Spoon equal portions into wonton cups (found in freezer section). Makes 24 cups
Per cup: Calories, 33; fat grams, 0.5

SHRIMP CUPS

2 tablespoons olive oil
1 cup onion, finely chopped
1 teaspoon minced garlic
1 pound shrimp, deveined, cooked and finely chopped
1/4 cup chili sauce
1 teaspoon prepared horseradish
24 wonton cups

In non-stick skillet, heat oil over medium-high heat. Add onion and garlic. Sauté until onion is tender. Add remaining ingredients, except wonton cups. Stir well.

Cook until heated. Spoon equal portions into wonton cups. Makes 24 cups Per cup: Calories, 51; fat grams, 1.3

HEALTHY

FROM PAGE B1

appropriate. This way you'll have something to eat for yourself and to share with others.

■ For women: Wear something tight undergarments (control top panty hose are a good choice); for men: Tighten your belt. The small discomfort you feel will remind you not to overeat and of your desire to be successful.

■ Stay away from the food table. If you don't see what you're missing, you won't miss it. Also, move away from (or move them away from you) all those little dishes filled with peanuts or chocolate candies and other tempting snacks. Just a few can lead to a handful, which can add up to lots of calories (1/2 cup of dry-roasted peanuts are more than 400 calories; 1/2 cup of candy-coat-

ed chocolates, almost 500 calories).

■ Send your spouse or a trusted friend to check out the food choices. After he or she reports back, send this helper to get you a plate of healthy food. Again, what you don't see, won't tempt you!

IF YOU'RE THE HOST OR HOSTESS

Don't just think about your guests when you plan a festive event.

Think about your needs, too, by having variety and lots of healthy food choices, you'll be doing everyone a favor.

■ Plan your menu around less-fat and less-calorie foods.

These days there is a wealth of prepared healthy foods, as well as an abundance of recipes available in books and magazines that will provide you guests with elegant and appetizing selections.

■ Put sauces and salad dressings in separate dishes instead of in or on top of the food. This way, you and your guests can add the amount you/they want. Also, have no-fat and lite salad dressings available.

■ Include fresh fruits and vegetables in your menu. For a more festive touch, choose exotic varieties (for fruits: Choose kiwis, mangoes and papayas) or more colorful choices (for vegetables: All the different bell peppers).

■ Send leftover desserts and other high-calorie, high-fat foods home with your guests. If they decline your offer (they, too, may be planning a healthier 2003), dispose of these foods. Adding to the garbage is better than adding to your hips!

Sandra Dalka-Prybyl is a Beverly Hills resident and writes about food and nutrition for the Observer & Eccentric Newspapers.

DRINKS

FROM PAGE B1

FROZEN STOP-N-GO

6 cups ice
3 cups sugar
3 lemons, juice and zest
3 cups pineapple, medium diced
3 cups water, juice and zest
3 cups strawberries, medium diced
4 cups kiwi, medium diced

Dice fresh fruit and freeze each in an individual container for several hours.

In a sauce pot mix water, lemon juice and orange juice.

Simmer low on stove until small bubbles appear. Add sugar to make a simple syrup and set aside.

In a blender, combine three-quarter of the kiwi fruit from the freezer, one cup of ice and one cup of simple syrup.

Pulse for 30-45 seconds; pour into glass.
Source: Embassy Suites Hotels

MOCK SANGRIA

1 cup lemonade
1 cup frozen grape juice
1/2 cup Grenadine syrup
1 liter orange soda
1 liter club soda

Mix lemonade, grape juice (do not dilute with water as the can reads). Add Grenadine. Add orange soda and club soda. Pour into punch bowl. Place in freezer for two-three hours until slushy; then serve.
Source: Holiday Inn

STRAWBERRY REINDEER DAIQUIRI

5 large frozen strawberries
5 ounces Tom Collins mix
Dash Grenadine syrup

Rim a martini glass with lemon and dip into sugar to coat. Mix ingredients in a blender and pour over crushed ice, garnish with strawberries lightly coated in powdered sugar and speared.

HOLIDAY PUNCH

1 large jar cran-grape juice

1 liter bottle ginger ale
1 container orange sherbet
1 cup whole cranberries

Combine juice and ginger ale. Add sherbet by small scoops. Top with whole cranberries.

MILD-EYED MARGARITA

2 cups lemon or lime soda
2 tablespoons sugar
Juice of 1/2 lime
Salt

6 cups crushed ice
Pour soda into ice cube tray or shallow pan, freeze. Place frozen soda in blender, add lime juice and sugar. Blend until well-mixed. Rub lime around rim of glass and then dip glass into salt. Pour mixture over crushed ice and then into salted-rimmed glasses. Garnish with lime slices.
Source: www.mochasola.com

PEACH FUZZ

1 cup peach daiquiri mix
12 cups 7-Up
2 tablespoons lemon juice

Add ingredients and ice cubes, blend on high for 15 seconds.
Source: www.madd.org

HEADS

FROM PAGE B1

professor. "It's common for professors to form a community of colleagues," he said. "We'd get together and discuss wine."

When Camden left academia to become an advertising agency president, he began sharing his wine passion with agency employees. "It seemed natural to me," he remarked. "I now know the red wine fanatics at Kelly Services and we get together. My wife Julie and I invite them to a tasting of rare wines from our personal cellar." Because the Camdens read this column, they thought we'd enjoy tasting the wines of Chateau Margaux and Chateau Palmer with them and some Kelly Services employees. We found the camaraderie and genuine wine passion as impressive as the wines.

Would corporate America be a more satisfying place to work if wine passion became a part? It couldn't hurt to put it to the test in the Kelly Services model.

YOUR WINE STYLE

Do you really know the style

WINE PICKS FOR NEW YEAR'S

Celebrate the New Year with the "hottest" varietal, syrah, or as the Australian's call it, shiraz.

- 1999 Joseph Phelps Syrah, Napa Valley \$40
- 2000 Spice Route Flagship Syrah, South Africa \$35
- 1999 Bonterra Syrah \$22 (from certified organically-grown grapes)
- 2000 Wolf Blass Presidents Selection Shiraz, Australia \$20
- 2000 Geyser Peak Winery Shiraz \$17
- 2001 McWilliam's Hanwood Estate Shiraz, Australia \$11
- 2001 Clovelly Queensland Series Shiraz \$11, the first entry into the U.S. market from Queensland, Australia
- 2000 Bulletin Place Shiraz, Australia \$8
- 2001 Lindemans Bin 50 Shiraz \$8

All wines mentioned are available in the metro-Detroit area. If a retailer does not stock a specific wine, ask that it be ordered from the distributor.

of wine you prefer? If not, let the folks behind YUMYUK.com help you. Log on to the Web site and have some fun answering the "taste interview" to learn which style of wine you prefer.

It's important that you answer the questions based on what tastes good to you, not what you actually consume due

to health, diet, mood, season, place, company, or anything else. We know the folks who created this site and it's legit.

The Heads are Troy residents who write about wine, spirits, food, and restaurants for the Observer & Eccentric Newspapers. To leave them a voice mail message, dial (734) 953-2047, mailbox 18648.