

SCC readies new tabloid

Suburban Communications Corp., a Livonia-based publisher of 41 community newspapers, has entered into an agreement with the Renaissance Center Partnership to begin a new tabloid about downtown Detroit.

The first issue will be published on Oct. 20 and be called "The Renaissance Scene," replacing a monthly newsletter by the same name that has promoted Renaissance Center events since 1978.

The new publication will be biweekly with a 24-page magazine format. It will have a large, easy-to-read type, bold design and emphasize photography. It will also include retail and classified advertising.

"The publication's objective will be broader than that of the newsletter," said Richard Agninin, president of Suburban Communications Corp. "We will focus not only on activities at Renaissance Center, but we will provide information about events, services and people of interest to employees in, and visitors to, downtown Detroit."

"We intend to tell these stories through the eyes of people working and serving the Renaissance Center and the downtown area, and to tell how their efforts are helping create Detroit's renaissance."

Wayne S. Doran, president of Detroit Downtown Development Corp., said, "We are pleased to have an organization with the community expertise of Suburban Communications Corp. handling the Renaissance Scene."

Agninin added, "We see this as a business opportunity to draw upon and extend our management experience in the community newspaper field. As the cities of America rebuild themselves, new definitions of community are being created. It is our opinion that the Renaissance Center development has created a new type of urban community with special needs for communication."

The initial press run of the new tabloid will be 20,000 copies. Complimentary copies will be distributed to all Renaissance Center office tenants. Detroit Plaza Hotel guests will be given a complimentary copy as they register. Additional copies will be made available in the Detroit Plaza Hotel elevator lobbies. With the occupancy of two new 19-story office towers and additional retail space now under construction, distribution will be expanded.

Suburban Communications Corp. will open a Renaissance Center office in Suite 1700 of Tower 200 and announce its staff for the new publication in September.



Two-story story

The first patent taken out on a carousel in the United States was far from simple.

Issued July 25, 1871, to Wilhelm Schneider of Davenport, Iowa, Patent No. 117,336 was for a two-story carousel with more than 50 animal figures to ride.

Unfortunately, the two-story version was neither practical nor successful.

Greenfield Village offers visitors a chance to ride on a 1913 Herschell Spillman Carousel, complete with frog, chicken and accompanying music from a 1916 Warlitzer band organ.

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Will carbohydrates boost an athlete's endurance?

Question: As a marathon runner, I am curious about the dietary practice called "carbohydrate loading" to improve performance.

Why is stored carbohydrate (glycogen) so important to sustained high-intensity performance? How does one maximally increase muscle glycogen stores prior to competition?

Are there any detrimental health effects related to this procedure?

J.K., West Bloomfield

Sports medicine studies generally support the contention that increased carbohydrate intake (sugars and starches) results in improved athletic performance — particularly in prolonged endurance events.

The athlete with adequate muscle glycogen stores will be able to perform for a longer duration at a higher intensity or pace.

You rely on fat as your major fuel source for mild exercise, but as you increase your running speed or exercise intensity, your body relies increasingly on carbohydrates. This is primarily because carbohydrates provide the greatest energy yield.

During prolonged exercise (e.g., marathon running), your body may use up all of its limited carbohydrate reserves. While you may be able to continue exercising, you will have to decrease your running speed.

Trying to run at faster speeds while burning fat, a low intensity exercise fuel, will simply result in fatigue and muscular exhaustion.

To achieve the highest pre-race level of muscle glycogen, scientists recommend you first deplete your glycogen store through an exhaustive bout of prolonged exercise. This should be done about one



week before competition.

For the next four days, you should maintain these low glycogen stores by continued training and a diet composed almost exclusively of fat and protein. The three days before the race should be reserved for a carbohydrate-rich diet with only mild workouts.

This regimen will produce an "overshoot phenomenon," creating the greatest possible glycogen storage in the muscles.

SOME PHYSICIANS have expressed concern over the potential medical risks associated with carbohydrate loading. Frequent high protein and high fat diets may have adverse effects on metabolism and increase blood fats.

Chest pain has been reported among athletes who have used this diet. In one case, this was associated with an abnormal electrocardiogram.

Finally, it should be noted that increasing the level of glycogen stores too much may be somewhat disadvantageous to performance. Since glycogen is stored with water, the resulting water retention increases body weight and decreases physical fitness.

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— SEPTEMBER —

TEMPTATIONS OF FRUIT DESSERTS:

Marcia Sikarskie, popular food authority, teaches methods of preparing pear Charlotte with brandy sauce, apple strudel, peach, walnut tart and more. Join us.

Tuesday, September 15 **Somerset** — 10 a.m. and 1 p.m.
Wednesday, September 16 **Farmington** — 1 p.m. and 7 p.m.
Thursday, September 17 **Rochester** — 1 p.m. and 7 p.m.
Friday, September 18 **Redford** — 1 p.m. and 7 p.m.

SPECIAL OF THE WEEK:

FILO/STRUDEL DOUGH — 20% off

ARTISTRY OF VEGETABLE CARVING

Marilyn Danko cuts her way through radishes, carrots, turnips and comes up with vegetable garnishes and bouquets of vegetable flowers. With a twist of the wrist you'll learn how too!

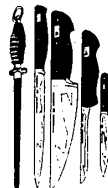
Wednesday, September 23 **Farmington** — 1 p.m. and 7 p.m.
Thursday, September 24 **Rochester** — 1 p.m. and 7 p.m.
Friday, September 25 **Redford** — 1 p.m. and 7 p.m.
Monday, September 28 **Somerset** — 1 p.m. and 7 p.m.

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537-1300

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Fri. 9:30 am - 9 pm
Sat. 9:30 am - 6 pm

ROCHESTER
Great Oaks Mall
(Livernois & Walton/University)
652-0402

Mon. Tues. Wed. Sat. 10 am - 6 pm
Thurs. Fri. 10 am - 9 pm

TROY

Somerset Mall
(Big Beaver & Coolidge)
643-7430

Mon. Thurs. Fri. 10 am - 9 pm
Tues. Wed. Sat. 10 am - 6 pm

FARMINGTON HILLS

Hunters Square
(14 Mile & Orchard Lake Rd.)
855-4466

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Wednesday, 10 am - 9 pm



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