

Ballroom dancers make a feverish effort

They're going to appear on TV



Ralph Dumo of Farmington and Anita Fraley of Troy practice in front of the mirror at the Arthur Murray Dance Studio in Lathrup Village.

photos by JERRY ZOLYNSKY/staff photographer



'Ballroom (dancing) is coming back but a lot of people don't understand it. It's good exercise. A lot of people see it and say, 'Oh, that's pretty!'

— Anita Fraley, ballroom dancer

By Sharon Dargay
staff writer

BROADWAY IT WASN'T. For semi-professional ballroom dancers Anita Fraley and Ralph Dumo, an appearance on the "Dance Fever" television program last summer was something of a cross between a glamorous vacation and the neighborhood talent show.

"I was hoping we'd win and when I found out who was judging I thought we might. Older people are good when you're doing ballroom dancing," Fraley said.

The "guy who played Chester Tait" on the television comedy "Soap," liked the Michigan couple so well, he awarded the pair an \$9 for their dramatic footwork.

Isabel Sanford, actress from "The Jeffersons," admired Fraley's spike heels and ball gown, scoring 84 points for nice costumes.

"THE PILOT on 'Magnum PI' only gave us an 80. I guess he didn't appreciate what we did at all," said an undaunted Fraley.

The celebrities awarded first place to cloggers.

Dumo, Farmington Hills, returned to his landscaping job and Fraley, Troy, went back to waitressing part time in her uncle's restaurant.

The pair lost all chances of winning \$1,000 and repeat performances on the show, but went home with a "nice stereo system" and an air date.

"I was happy with what we did. I look forward to seeing what we looked like when it's aired," Fraley said.

FRIENDS, RELATIVES and ballroom dance fans will tune into WDIV-TV Channel 4 at 7:30 p.m., on Sept. 28 to watch the couple strut their way through the half-hour program.

The couple met two years ago when Fraley began teaching part time at an Arthur Murray dance studio near her uncle's restaurant. Dumo, already teaching full time, made a perfect dance partner for Fraley, whose slender 5-foot-7-inch frame (without spikes) dwarfed most male ballroom dancers.

Dumo reluctantly agreed to audition with Fraley, now his fiancée, for a local "Dance Fever" talent search last spring.

"You should have heard the snide remarks we got when we won," Fraley recalled. "We won because of our style of dancing."

Their graceful ballroom moves won out over the slick, acrobatic styles of break-dancing contestants, sending the pair to a television taping in California.

WITH A portable tape recorder inadvertently left at home, the couple went without rehearsals for two days before

the taping. They made one trial run on a slippery, plastic-covered stage before cameras started rolling.

"Competition was the farthest thing from my mind," Fraley recalled. "Before we started they told us they weren't necessarily looking for the best dancers or costumes. They're looking for entertainment and a television show."

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Fraley hopes the experience encourages the couple to continue competing in ballroom dance contests.

"You can't stay away from it," said Dumo, who devotes most of his time to landscaping. "My grandmother taught me some ballroom when I was young. I kept my interest."

"I ANSWERED an ad in the newspaper for teachers and went to the studio. I figured 'I can do that,'" he recalled.

Fraley studied tap and jazz dance as a youngster, learning most of her ballroom moves on the job.

Both prefer expressive Latin dances to the graceful waltz and foxtrot. All are considered ballroom styles.

"I like ballroom so much better than jazz. Each dance has a different character. You have to do a lot of acting," she said, adding "for us that's easy because we like each other."

Pep talk

Health buff wows audience

By Lisa Simon
staff writer

With a slick tongue and an enviable figure, health writer Jane Brody charmed the crowd of National Jewish Council for Women (NJCW) members who gathered at Adat Shalom, Farmington Hills, Tuesday.

She spoke about "Living Your Life and Enjoying Every Minute Of It."

Brody's Brooklyn accent and peppy, aggressive jargon are comparable to that of comedienne Joan Rivers — yet her target population is quite different.

Known for saying what no one else has the nerve to say about movie stars, models and millionaires, Brody's unerring comments were pointed at the average lazy middle American.

Once one third larger than she is today, Brody, 44, is full of advice for the overweight, the under-exercised, the lethargic and the stressed people of this world.

The author of two books, "Jane Brody's Nutrition Book" and the bestseller "The New York Times Guide to Personal Health," Brody's health-minded advice is also piped throughout the country in a syndicated column. A third book, "Jane Brody's Good Food Book," is scheduled to hit book stores next month.

TO LIVE your life and enjoy every minute of it, you better be healthy, according to Brody. "Health is a given that only someone else can take away," she said.

A short quiz warmed up the audience after Brody's opening remarks. Questions like, do you think most joggers are masochists who hate what they're doing? Do you diet because you want to and because you feel you should? Does sexual activity decline as you grow older?

Brody's answer to every question was no. The point of the quiz was to expose common misconceptions about health and exercise. American health care is a major part of the picture, according to Brody.

The American health care industry, a \$3 billion business is geared primarily for helping the sick, Brody maintained. "Doctors patch us up when something goes wrong. Care is not curative, it's palliative," Brody said. "Most doctors are bored by healthy people."

"THERE IS an excessive trust in health care and not in ourselves," Brody said. "We treat our doctors as if they were gods, yet doctors work very few lifesaving miracles," Brody continued. "Eighty percent of the people who go to see doctors, don't gain anything."

"Increasing the quality of life is what we can do," Brody stressed. "People are born healthy, but they don't die that way."

"My goal is what the Greeks said, 'To die young as late in life as possible,'" Brody said. "The secret lies in how we live our lives."

The way one eats, exercises, and deals with stress are the three most important factors, ac-



Jane Brody: "Health is a given that only someone else can take away."

ording to Brody. Knowing how and when to take advantage of modern medicine is just as important.

Brody predicts that in the future the role of health-care professionals will decrease while the role of health-care consumer's will increase.

CHANGING HARMFUL lifestyles is the hope for health in the future, Brody said. Brody reviewed the hazards and long-range harm connected with smoking and unhealthy eating, including a piece on nutrition, calories, proteins and vitamins.

"Of the 80 million people who are at least 20 pounds overweight in this country, 20 million are on diets, and 20 million are planning to go on diets," Brody said. She quoted columnist Art Buchwald who said, "The word diet comes from the verb to die."

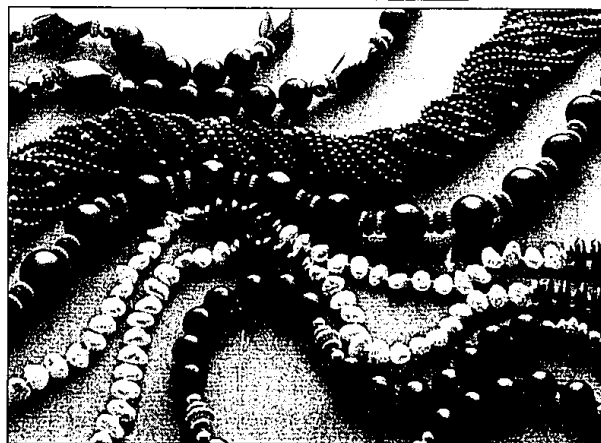
The only way to lose weight and keep it off, is by having an eating and exercising management plan that one goes on and stays on for the rest of his life, Brody said. A system with "no deprivation, no self-starving, and no binging," is the ticket to good health, according to Brody.

"There's no point in being thin and dead," Brody said. "The trick is to be slim and healthy."

"Throw away your scales, they're meaningless," she said. "Take a look at yourself asked in the mirror." Feeling good and looking good are more important than actual weight in pounds.

A shapely inspirational woman who never takes an elevator, Brody prefers to walk up stairs. As she put it: "Exercise is the best overall tonic for body and mind ever discovered."

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