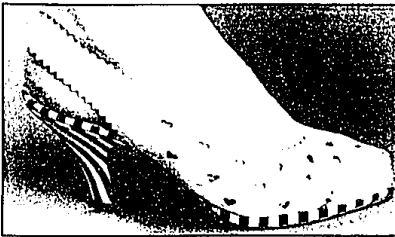


STREET WISE

street seen Charlene Mitchell



Street Seen reporter Charlene Mitchell is always looking for the unusual and the unique. She welcomes comments and suggestions from readers and enterprising entrepreneurs. Write her in care of this newspaper, 36251 Schoolcraft, Livonia 48150, or call 591-2300, Ext. 313.

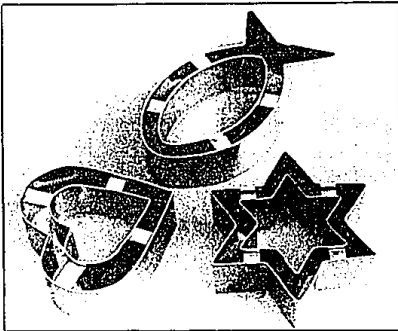


On a higher plane

Need a fashion lift? Try platform shoes now enjoying a comeback after scoring a big hit in Paris last fall. Now they've marched their way back into fashion here in the U.S. of A. If you're short, this style will add a good two inches to your height. Heart-shaped cutouts and open toe accent this slingback pump and a thicker, curvier heel distinguishes this '88 version from the ones popular a decade or so ago. \$220. Sandilar, In Applegate Square, Southfield.

Small charge

Charge it, please. You're never too young to have good shopping taste and it helps to be prepared if there's something out that prompts some drooling. A pint-sized takeoff on another "Express" credit card, this one has junior carrying his/hers in the plastic opening on the front of this bib. It'll bring smiles, but the real joke is on parents because betcha it won't take long for the little one to find out how the real cards work. \$10. R. G. Crumbanatcher, Birmingham.



Shapely additions

Whether you're a novice in the kitchen or an experienced cook, using these puff pastry cutters for fancy snacks or desserts will bring you applause from your guests. Sold individually, select from star, heart, flower or seashell shape. \$6 each. Kitchen Glamour, Redford and West Bloomfield.



Dynamic duo

With Mickey on the right hand and his steady mate Minnie Mouse on the left, this dynamic duo not only keep your hands warm, but lets the world know that you have the fashion trends well covered. Warm cashmere with glints of sequins, the gloves have another Mickey touch—a black satin bow tie centered with chunky rhinestone at the cuff line. Mickey always did have a touch of class. \$160. LaRocca Bella In Piccadilly Courtyard, 385 Woodward, in downtown Birmingham.

Jazzy highlights

The Marcus Belgrave Ensemble will perform highlights from "Detroit Jazz Dance Opera No. 1" by Lawrence Williams on Thursday, Feb. 18, at the International Institute of Metropolitan Detroit.

This concert is the third in a series of four celebrating Black History Month. It is sponsored by the International Institute and the Jazz Resurgence Society, under the leadership of master trumpet-player Marcus Belgrave.

Also, the roots of jazz will be explored this evening in a performance by the Omowale African Dancers and Drummers.

The concert begins at 7:30 p.m. Tickets are \$12.50 a couple, \$7 a person, \$4 for college students and \$3 for seniors.

(The International Institute is at 111 E. Kirby in Detroit's Cultural Center. For tickets, call 361-3594 or 331-2106.)

Pulitzer play

"The Crucible," Arthur Miller's Pulitzer Prize winning play, will be presented Friday, Feb. 19, at the Smith Performing Arts Theatre on the Orchard Ridge Campus of Oakland Community College.

The play will be presented at 8 p.m. Feb. 19-20 and Feb. 24-27. There will be a 2 p.m. matinee on Saturday, Feb. 27.

"The Crucible" is based on the historical facts of the 1692 witch trials in Salem, Mass., when 39 women were hung. The play is being performed by members of the community and students from OCC. The play is directed by Sandra Sutherland, English and philosophy faculty member at OCC.

(The Wallace Smith Performing Arts Theatre is at 27055 Orchard Lake Road, Farmington Hills. For ticket information, call 471-7700.)

Sticky business

March might be a few weeks off yet, but your sweet tooth can start making plans. The Cranbrook Institute of Science will have its 15th annual Maple Syrup Festival to be celebrated from 1-5 p.m. Saturdays and Sundays, March 5-20.

One-hour tours, which will take place every half-hour 1:43-3 p.m., include a slide presentation about the syruping process, a walk through Cranbrook's sugar trails and watching as trees are tapped and sap flows through spiles.

The highlight of each afternoon is the evaporation and syrup produc-

tion, which takes place in the New England-style sugar house. After sap is boiled and converted into syrup, the sweet results can be tested or bought in bottles.

Demonstrations, included in the museum admission of \$3 for adults and \$2 for students and senior citizens, will also feature a question-answer period with a Cranbrook naturalist.

Also offered during the Maple Syrup Festival will be planetarium demonstrations focusing on astronomy and photography and the laser/light concert "Rocking in Space."

(The Cranbrook Institute of Science is at 500 Lone Pine Road, Bloomfield Hills. For more information, call 645-3230.)

Olympic skate

Didn't get an invitation to join Team USA in Calgary? Well, don't fret.

You can still skate with a member of the 1980 U.S. Olympics gold medal-winning hockey team, Mark Wells, Saturday, Feb. 20, at the Redford Ice Arena. Wells' gold medal from the 1980 games will be on display. People will be able to take pic-

tures and get autographs from U.S. Olympic team.

People can skate with Wells from 5:30-6:30 p.m. Saturday. Cost is \$4 from 6:30-7:30 p.m., people have their picture taken with Wells (The Redford Ice Arena is at 12400 Beech-Daly, Redford Township. For more information, call 837-0913.)

Suburbia setting

Meadow Brook Theatre in Rochester will present Alan Ayckbourn "Absent Friends," Thursday, Feb. 25, through Sunday, March 20. "Absent Friends" is an observational manners and morals in modern suburbia.

"Absent Friends" replaces "Ber factors," the previously announced play. Non-subscribers tickets for "Benefactors" may be used for all presentation, or tickets can be returned for a refund.

Ayckbourn comedies, "How I Other Half Loves," "Relative Speaking" and "Taking Steps" has played to sold-out houses at Meadow Brook.

(For more information, call ticket box office at 377-3300.)

Massage therapy gains popularity

Continued from Page 1

Professional singer Charlotte Nelson is another convert.

"Massage therapy has increased my lung capacity by helping to open up the muscles directly connected to breathing, including my diaphragm," she said. "The end result has been more ease in singing and increased size of the voice."

"Massage helps me feel more confident and open to people and situations," added Nelson, a music professor.

MAURA CADY, a talk show producer with WXYT in Southfield, said "the combination of stroking and

acupressure helps to revitalize my body and mind."

"As a producer, there are a lot of deadlines to be met and this can be mentally as well as physically draining. Massage therapy is a way for me to relieve that stress," he said.

Cindy Barber, 30, is a national class runner who began getting massages due to nagging aches and pains.

"Eventually, I began to notice other benefits," said Barber, a recreation administrator at the Lincoln Park YWCA. "The next day I felt more energetic, more relaxed, and was running better. Massage therapy helps prevent injury by keeping the flexibility and joint mobility."

Runners aren't the only ones making massage a habit. Long accepted by Soviet athletes, massage is being used more and more by American boxers, professional football teams, skaters and tennis players.

This wouldn't surprise Hippocrates, the father of medicine, the renowned Roman naturalist Pliny, or Julius Caesar.

In the 16th century, Hippocrates said: "The physician must be experienced in many things, but assuredly in rubbing for rubbing can bind a joint that is too loose and loosen a joint that is too rigid."

PLINY WAS "regularly rubbed to

relieve his asthma. Caesar, who suffered from epilepsy, was also pinched all over to ease his neuralgia and headaches," say massage analysts.

Hamilton and Mueller are graduates of the Health Enrichment Center School of Massage Therapy Lapeer. The massage school is the only one in Michigan approved by the American Massage Therapy Association.

They charge \$30 for a 30-minute session, \$40 for an hour's massage and \$50 for a 90-minute massage.

Also available are classes for individuals and couples, gift certificate nutrition and exercise guidance.

Massage therapy can improve attitudes

Continued from Page 1

tainment," he said. "At first, everyone stood around, wondering if my massage chair was a chiropractor's chair."

"There were some jokes about it, but after I got started and a few people got a massage, they were all for it."

"Corporate massage" is a 15- to 20-minute treatment of the hands, neck, shoulders and back done over clothing.

"It relaxes as well as stimulates the person getting the massage," said Townsend. "It works out the kinks people get from sitting at a typewriter typing in a contorted position."

"Sitting is very hard on people. Having a little bit of soreness over a prolonged period of time causes some real stress. It hasn't been proven empirically, but massage therapy has been found to improve productivity in the workplace."

Townsend is one of Michigan's 220 certified massage therapists.

AMONG THOSE who've offered such employee perk-ups are Merrill Lynch, Vanderbilt University, the New York Times and Apple Computer.

"The most important thing massage does is stimulate the circulatory system to carry way toxins and nourish all the cells," said Townsend. "It improves healing and digestion. Massage isn't for everyone, he cautioned.

"There are some conditions massage cannot help. People with circulatory problems have to be very careful about massage, so do people with cancer."

And while expectant moms have learned that prenatal massage can alleviate low back pain and swelling, some gynecologists don't recommend it. Checking with your doctor

before trying something new is a good idea.

Townsend, who with fellow therapists does sports massage for free at bike races and road races, has found his practice "extremely rewarding."

"Some people come into the office, and they can't raise their arm above the shoulder level," he said. "When they leave, they can raise it above their head. When people say thank you, it makes you feel pretty good."

Townsend treats ice skaters, waitresses, people going through di-

vorce and all sorts of others on an ongoing basis.

"Stresses build up; they accumulate," Townsend said. "Just like stress is cumulative, so are the effects of massage. One might make you feel good, but as you continue getting massages, you find your attitude will change a little."

"MASSAGE GIVES you really good body awareness. You start to understand your body a little better and know where your back is."

Why is massage enjoying a sudden

surge in status?

"Because of people's interest in health and their bodies," said Townsend. "Massage therapists are coming to the rescue. We realize it there is a need, so people are getting involved."

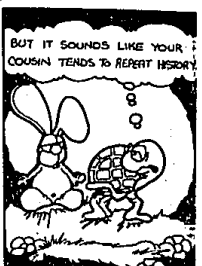
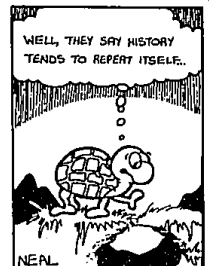
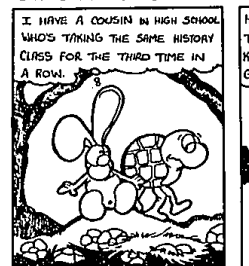
Townsend makes available to an interested list of certified massage therapists all over metropolitan Detroit. To receive one, send a stamped, stamped envelope to J East Maple, Suite 277, Birmingham 48011.

Outlying Areas

a continuing story



Grumblecord



by Neal Levir