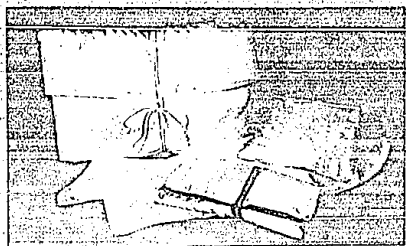


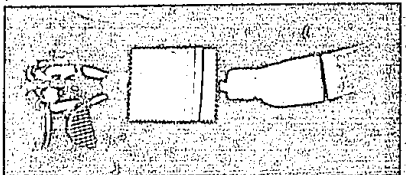
street seen

Our intrepid Street Scene reporter is always looking for the unusual and welcomes comments and suggestions from readers and entrepreneurs. Send those to this column in care of this newspaper, 36251 Schoolcraft, Livonia 48150, or call 591-2300, Ext. 313.



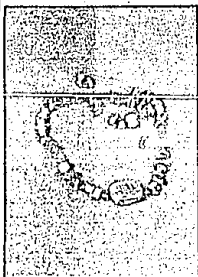
Travel pals

Travel accessories sometimes tend to all look alike, but these hand-painted silk pieces are cool and machine washable but still distinctive. Artist Joanne Bollet of JB Designs will custom make jewelry rolls, scarves and lingerie bags, or makeup eyeglass cases. Items come in a wide range of colors from pale southwestern pastels to hot neons. Special orders accepted, but plenty of items in stock to create your own color combinations. \$45-\$60. Call 651-6359.



Hanging loose

Belts are back in style after a couple of years on the outs. But that doesn't mean you have to have a toony waistline to wear one. Loose belts — like this one with velcro adjustable closure — is decorated with colorful dice. \$60. Bogadim, The Boardwalk, West Bloomfield.

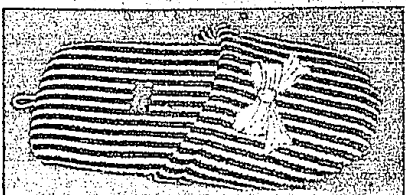
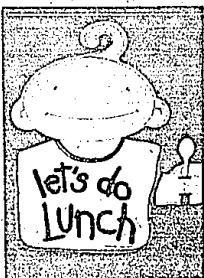


Knows no season

This lovely and versatile necktie is a combination of Egyptian and Chinese. Fifteenth century trading beads are teamed with a scarab, turquoise and amber. The look is non-seasonal and sure to bring compliments. Diana M. Birmingham.

Slobbering message

A novel infant bib for your favorite slobberer carries trendy message. This one says "Let's Do Lunch." Also available are "Dinner on Me" and "Things Taste Better at Grandma's." Comes with hanger, complete with spoon. \$8. The Paper Place, Applegate Square, Southfield.



'Big Foot' lives

It looks like "Big Foot" but this two-foot long terrycloth slipper is actually a hanging bag that is great for stuffing any of your toiletries or holiday info. Who wouldn't have guessed, eh?

Let 'voice' be your guide

Dear Barbara,
I am a 45-year-old woman who has been married for more than 10 years. When younger, I was physically attractive. Since my children were born, I have been sedentary. My weight has been constant at about 60 pounds overweight. My health is being affected, but I can't seem to change my eating or exercise habits.

I never talk to anyone about this because of the embarrassment I feel. My friends are of normal weight.

Recently, I saw a Gerald Rivera show in which fat women and their normal weight husbands talked about acceptance and even enjoyment of their size. It would ease my anxiety about my weight to believe that I was beautiful, healthy and sexy this way, but a little voice says that this is a lie.

Where do I start to change? I am depressed because of this problem. Overweight Woman

Dear O.W.,

Your ability to be realistic about your current situation is a first step in starting to change. You must allow, and indeed insure, that the "little voice" inside of you becomes so loud that you will not be able to hide from it or rationalize it away. With this constant motivation, some of the further guidelines I am going to give you have a better chance of being followed.

The reasons for being overweight are legion. From the small amount of background you have given, exercise is one area that has changed as you have grown older.

A lack of exercise is one of the reasons we become fatter. Begin by walking, outside or on a treadmill, at least five half-hour sessions a week, but preferably five one-hour sessions a week.

I can already hear you saying you don't have the time. If becoming healthy is a priority, you will make the time. Be sure to have a physical

first and, if you need support, find an exercise consultant to set up a program that will be safe and effective. Next, begin to cut fats and refined sugars out of your diet. There are many good books about how to approach this. I particularly like books by Jane Brody.

Now try some psychological support. Put pictures of yourself — fat or thin, whichever you would find motivating — on your refrigerator. Fantasize yourself at thinner, more ideal weights. Find motivational tapes and really listen to them. Join or form a group so that you will be responsible to someone else for being successful.

Most importantly, keep trying new approaches and don't give up. If you need to, make yourself an expert on this subject. The more involved you are at every level, the greater your chances of success.

Lastly, there is one important thing not to do. Do not go on a diet that is under 1,000 calories a day. Lasting success is achieved in only



Barbara Schiff

five percent of those who lose weight on such diets and most become fatter than they were before. Slow and steady is your best chance for health and beauty.

Barbara
If you have a question for Barbara Schiff, a certified therapist and experienced counselor, send it to Street Sense at 36251 Schoolcraft, Livonia 48150.

Trail leads to Savannah

Continued from Page 1

1-75, with weekday rates from one to three bedrooms ranging from \$35 to \$55 a night (\$10 surcharge on weekends). Telephone toll-free (800) 56A-1ARK.

Exit at Dalton for the 25-mile run to Fort Mountain State Park, (15 cottages) or for the nearby Cohutta Lodge, a rustic hilltop lodge with lots of outdoor activities. Rates are \$30 to \$55 double, \$10 to \$20 more for suites and efficiencies.

If you prefer antebellum, the pink marble Tate House is 40 east miles 1-75 at Tate, Ga., and offers bed and breakfast for \$70 to \$140 a couple. The county is dry, so BYOB. Phone (404) 735-3122.

If you want to linger in Atlanta, remember that you can ride rapid transit called MARTA into the city. Ride it to Underground Atlanta, which recently reopened. This huge complex of shops, restaurants, bars and night clubs is now mostly above ground and is an attractive place to spend an afternoon or evening.

TAKE A 45-minute tour of Ted Turner's CNN studios in the CNN Center (formerly Omni Center). Or get off at the Five Points MARTA station for lunch at the upscale City

Grill, in an old high-ceiling bank at 50 Hurt Plaza.

An alternative — snack any time in a 1940s-style Darnell's Restaurant, in a solid house at 1077 Juniper St. in midtown. The menu reads Shrimp Burgers, Picket Fence Chicken, Dixieland Trio, Scarlett O and Eye Waterin' Chili. Wash it down with coffee drinks called Sweet Magnolia, Johnny Reb, Dixie Whistler and Rhett Butler.

You could also skip Atlanta and do the Magnolia Trail near Macon, a sure winner for people who like historic houses.

By the time you turn on I-16 at Macon, you'll be eager to get to Savannah. People who like interesting historic accommodations should definitely stay in one of Savannah's terrific assortment of historic inns and bed-and-breakfast places.

If you like them hotel-sized and moderately expensive, you'll love the Mulberry Inn built in an old 1860 livery stable near the river (\$125 to \$150 for two, plus 10 percent state tax, and add \$39 per person, if you want breakfast and dinner at the inn.)

I highly recommend one of the historic inns or guest houses, which often come with carriage house apartments overlooking walled gardens. Top of the price line (more than \$60,

and some can run to \$200 for a suite), are places like the Ballstone Inn, Foley House, Eliza Thompson House and Gastonian.

THE GASTONIAN has 13 rooms, and the intimate feeling of places run by the owners. (They serve a full breakfast.) I also like the Barrister House, but they tend to take long-term guests, so it may not be available.

The Magnolia Place Inn, has verandas overlooking Forsythe

Park. The 16-room Presidents' Quarters has high tea and bicycles for rent. Liberty Inn has more modern accommodations in an old house setting. Or you can stay in the restored riverfront streets of Factors Walk at a place called Olde Harbour Inn.

The Bed & Breakfast Inn is moderately priced at "under \$80" and has seven upstairs rooms with shared bath as well as garden suites. The man who owns and runs the Haslam/Fort House also runs a service called R.S.V.P., which will find you accommodations up and down the Atlantic coast. Call (912) 232-7787 for R.S.V.P. or call the Savannah Visitors Center toll-free at (800) 444-2427 and ask for a list of places to stay and things to do.

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Island life is natives' cup of tea

Continued from Page 1

Art Champion, Bryson's grandfather, built the ferry in 1837. The ferry runs continuously between the mainland and the island.

Jacob Harsens, the island's first settler, did his trading with the Indians in the early 1800s. The Champion family, considered one of the island's first families, came to the island in the 1850s.

Bryson has a lot of counterparts.

"There are so many of us who grew up on the island, left for college and then turned right around and came back to live here," he said.

When Bryson's restaurant opens, it will be called "The Boat" because, he said, "That's what everybody has called it ever since I docked it here."

BRYSON ESTIMATES the summer population of the island to be 5,000 and the year-round population about 1,500.

"There was a time when it was almost 90 percent summer cottages," Bryson said, "but that has changed steadily as land values went up. There is probably more construction going on now than I can ever remember at any other one time, and they are all year-round homes."

A minuscule sign in San Souci's Delta Hardware identifies Nick Sarzynski as a real estate agent.

"As soon as a house goes on the market, it's sold," said Sarzynski, who has a long waiting list of potential buyers.

As for the price of houses on the island, Josh Sarzynski told about one incident that happened early this spring.

"The asking price for the house was \$100,000. I do not know if that is what it sold for, but when it was sold, it was torn down and the land was used to start an entirely new construction," she said.

Observer & Eccentric Newspapers

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