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floor motionless with his right arm extended like a snail to be cut with a mug of beer. Carbone points to the fellow's twisted wrist, pointing out he could just as easily break the guy's arm. He won't, though.

Instead, Carbone applies a few good natured smacks to the back of the head and dispatches the mock assailant. Any more takers?

Probably not.

During the course of training, students will work with batons, knives and other weapons at these sessions — this one at Livonia Bentley High School. Carbone contends his form of training is more realistic in these days of high crime and violence.

"How many people do you see start a fight like this?" said Carbone, taking a karate stance seen in many a B-movie.

More likely, the confrontation is face-to-face. And, increasingly probable, there will be a weapon of some type involved.

The ability to defend one's self brings people to his classes, which are taught in community education and parks and recreation programs throughout the area. At Livonia Bentley, students range from 5-8 year olds to adults.

Carbone was the victim of a serious beating that left him in the hospital for five days when he was in his 20s. As a result, his martial arts training became more intensified.

Only recently, though, have the self-defense methods he employs been brought to light.

"I decided to let the cat out of the bag," said Carbone, who is the Michigan Director of the Police Self Defense Instructors International.

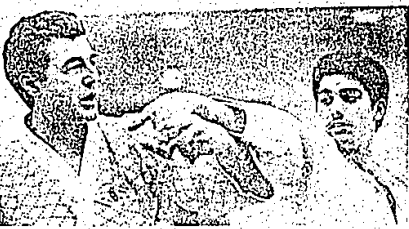
The secret, he said, was kept in far Eastern families for 800 years with self-defense taught only to the first son in a warrior's clan.

Carbone traveled to Okinawa, Japan, in March to train for the sixth time with Master Ito, the person considered the foremost authority on Jishu-ryu karate. Ito, in turn, visited and taught Carbone's classes here May 1-5.

The self-defense may be the initial lure, but students readily speak of other benefits such as self-discipline, fitness and the ability to focus on tasks at hand.



Warming up: Dawn Polk, 26, of Southfield goes through the proper technique to prepare herself for another instruction session in Carbone's class.



Finger play: Shihan Carbone demonstrates how to fend off an attacker, using Ken Andonizio of West Bloomfield to illustrate his point.

For women, too

Lizette Light of Farmington Hills started in Carbone's class five years ago because she became bored

working out with Jane Fonda tapes. Today, she holds a black belt and is an instructor.

Helping larger women to stand tall, feel good

By SHIRLEY ROSE IDEM
STAFF WRITER

Three years ago, Cynthia de Wolfe expanded her vision and graduated to designing clothes for the larger woman.

Recently, her designs were shown in a day-long, one-designer trunk showing at Valentini's, a specialty store in Appleton Square.

"My venture into designing for this market was purely an accident," said the Farmington Hills resident. "But when I realized that there's a great market for larger sizes, I found it easy to make the transition."

Previously, de Wolfe worked in Chicago and New York where she was the head designer for Christian Dior Furs. "I was out of furs before I got into this new area of design," she said.

De Wolfe said she called retailer Lynne Portnoy to say she had some interesting fabric and the result was she designed a number of suits for Portnoy's store.

The designer studied fashion design at Washington University in St. Louis which has a notable design department. "Carolyn Roehm (well-known designer) was two years behind me at Washington," she said.

"They still have a good program," De Wolfe, who is married, has designed for children, has created upscale sportswear, and the furs.

"There was really a lot of opportunity in furs," she said.

While working in New York, she lived in a New Jersey suburb "because the lifestyle was entirely different in the city," she said.

"I love living in this area. I've

been active with the Farmington Players and in other groups and I wouldn't want to leave."

The trunk show in the Southfield store was her first collaboration with Valentini's. "Someone saw one of my garments and asked for it," she explained.

De Wolfe's designs are sold all over the country, many with Furlong's Woman.

"I try to be abreast of the trends, but I like to do year-round garments that are not expensive, but well made," she said.

"I try to do classic things. I want

to catch the eye of that woman who needs one or two good suits for dressier occasions.

Valentini's specializes in upscale larger women for sizes 14 and up.

According to Arlene Greer, store manager, the heartbeat of Valentini's is the personal service and wide range of prices and quality. She said the vital for the larger woman to be able to stand tall and feel good about herself.

Valentini's is owned by Marvin Stollhoff who has several Southfield stores.

Hotlines to phone for helping seniors

Here's a list of toll free numbers that may be of help and interest to older adults and their families. These toll free hotlines may be able to assist the callers in finding the information they require.

Social Security Assistance
1-800-225-0292
Hospice
1-800-331-1620
Energy Assistance
1-800-292-5650
Cancer Information Center
1-800-422-6237
Arthritis Foundation
1-800-283-7800
Taxpayers Information (Federal)
1-800-829-1040
Taxpayers Assistance (State)
1-800-487-7000

American Council for the Blind
1-800-424-8666
American Diabetes Association
1-800-232-3472
American Paralysis Association
1-800-225-0292
American Parkinson's Disease Association
1-800-223-2732
Auto Repair Complaints
1-800-292-4204
Alzheimer's & Related Disorders Center
1-800-472-3900
Citizens for Better Care
1-800-292-7852

The phone numbers above are provided by Renee Mahler, who writes the On Aging column for the Observer & Eccentric.



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Ceci's Short Shorts 1/2 OFF	R. Grumet Men's European Clothing storewide sale 20% - 50% OFF
Steven Franklin Optics Up to 30% OFF frames with purchase of prescription lenses	Mr. Alan's \$110 Pierre Cardin Driving Shoes Now only \$39! \$85 Original Sperry Topiders Now only \$49!
Expecting the Best 25% OFF entire stock of Maternity Wear sale merchandise excluded	Stage & Co. Deli and Drinks
Hersh's Up to 50% OFF women's spring/summer sportswear	Chico's Casual Clothing Runaway with 1 Get a Bag - FREE!
Sundance 20% - 30% OFF ENTIRE spring/summer shoe collections	Charterhouse Hair Shop 25% OFF ALL products
Chantel Gifts 30% OFF ALL Villeroy and Boch crystal 40% OFF on other selected crystal	Lufinos Hair Salon \$10 OFF any hair service with Rachelle just visit only



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Lodge fetes father, son

The 20th annual Oakland Century Lodge "Spirit of 'Nai Birth and Scholarship Awards" will be presented at 8 p.m. Wednesday at the Southfield Marriott.

Oakland Century Lodge will honor Jack Cochran and Gary Cochran, who are affiliated with Beau Jack's restaurant in Bloomfield Township. The Cochrans, father Jack and son Gary, will be honored for their conscientious support for humanitarian causes.

The awards were announced by Seymour Schwartz, president, and Harold Summels, program chairman.

The program will include the award of \$500 scholarships to Jewish students whose academic and social achievements indicate future commitment to the community. Speaker will be Dr. Mark Finkelstein, Michigan State University.

Hillel director, whose subject is "MSU Hillel: State of the Campus."

A dessert buffet will follow the

program. There is a nominal charge. For more information call co-chairmen Nathan Rubenstein at 357-5555 or Ralph Miller at 357-0630.

Couple to receive Cyrus Adler award

The American Jewish Committee, Detroit Chapter, will present its Cyrus Adler Distinguished Jewish Community Service Award to Saul and Miriam Saulson at 7 p.m. Sunday at Congregation Shaare Zedek in Southfield.

The Saulsons will be recognized for their outstanding contributions

to the Jewish community, to interfaith relations and to the civic community.

A dessert reception will precede the evening's program. The cost is \$85 per person. Proceeds benefit the Institute of Human Relations, the American Jewish Committee, for reservations call 646-7086.

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