

MALLS & MAINSTREETS

SHOPPING CENTERED



LINDA BACHRACH

It's snuggle weather, get some warm cozies

A chill is in the air — the time of year when we often wake up to darkness, anticipate a cold, dreary day and yearn for the luxury of a few more hours of uninterrupted, dreamless sleep.

The urge to snuggle under a quilt or down comforter and sink into the coolness of soft pillows, is one that we should occasionally indulge. Give in to your body's plea for rest and relaxation. Take a day to unwind, renew and gain a better appreciation of yourself and your life.

Now that you have an excuse to call in sick tomorrow, I have some ideas to help you create the proper atmosphere for R & R. This is, after all, January — traditional White Sale month. If you spend a whole day in bed, your personal nest should be whaled in linens that are cozy and irresistible.

Why not wrap yourself in warmth with soft flannel sheets and pillowcases from the Eddie Bauer Home Collection in Three Oaks mall? Blue Garden is an exclusive floral design that will brighten the coldest winter day, and this is flannel with a noticeable difference in quality and a softness that gets more inviting with each washing.

Nothing is more inviting in a bedroom than a hand-stitched comfy cotton quilt. The appliqued crib quilt we picture (\$295) is a Judi Boisson design from A Touch of Lace Lacy, 555 S. Woodward in Birmingham. This alphabet quilt, a future heirloom, is crib size but is also available for twin beds. The matching pillow is \$52. A Touch of Lace carries an entire line of Boisson quilts in playful patterns for kids and more traditional designs for adults. Not to miss — the western-theme quilt that hangs in the window. Those cowpokes are really Mickey and Minnie!

There seems to be a renewed passion for quilts, those uniquely American textiles that are an everlasting part of our heritage and that evoke memories of a simpler time. A well-worn vintage quilt is a comforting fixture at the foot of my bed — I miss it when I'm away from home.

Cocooning anyone? From the simple to the sublime — for a truly elegant indulgence, A Touch of Lace offers this silken Cocoon. The lap blanket (\$1,616) is fashioned of spun silk and lined with a plush, fuzzy material. Available in tailored and fancy designs, the one we picture is pale rose with delicate blue smocking. The Cocoon is sure to be a cherished possession and provides the ultimate sensual pleasure. It can be special ordered in all bed sizes. "Expensive but worth it," says store owner Linda Weissman.

The sheer beauty of this exquisite linen shop invites you to linger and savor the pleasures within. These include fine bed and bath linens, extraordinary tablecloths, custom baby linens and an exclusive iron crib, vintage pillows and probably the best selection of handkerchiefs in the state (\$7-\$200).

If you do opt to remain in bed, a hand-painted breakfast tray might be on your list of special needs. My favorite at A Touch of Lace is the one decorated with a blue china tea service and a three-dimensional Wall Street Journal (\$60).

What could be more pleasant on a winter's morning than time alone, abed in a toasty of soft, cozy linens? Relax and enjoy. Next week I'll bring the outside in with some ideas that will turn your thoughts to spring.

Linda Bachrach is a Birmingham resident. To give her column ideas, call 953-2047, Ext. 1889 from a touch-tone phone.



Relief for shin pain: Sara Struve (right) of WalkSport America shows members of the Northland Pacers Club how to draw the alphabet with their toes to condition shin muscles before walking.

GET A LEG UP ON FITNESS

Take a hike through malls, mainstreets

If barking dogs, dangerous ice patches and crooked sidewalks keep you from a morning stroll, the malls offer a solution. The larger malls and mainstreets host walking clubs — complete with refreshments, guest speakers and group warm-ups.

If you're interested, call the mall management offices to get details about the different walking programs. Some malls require walkers to sign a liability waiver, others require a note from a physician. Hours vary. There are designated early morning entrances for walkers.

Walk downtowns, too
Some downtown shopping districts have walking groups too.

By SUSAN DEMAGGIO
STAFF WRITER

"It's all about burning fat and strengthening your heart," nurse and fitness walker Sara Struve of St. Paul, Minn., told the Northland Pacers Club. "In order to start working your heart and losing weight, you must walk briskly, aerobically."

Struve, founder of WalkSport America, discussed different kinds of walking before an audience of 1,400 walkers who regularly stroll the Northland Center before the mall opens. Struve said she's been touring the country "on a mission to get America walking."

"Maybe the streets will become safe again if kids, parents, whole neighborhoods are out walking," she said to a burst of applause.

Struve founded WalkSport in 1989 when she discovered that running and aerobics were hurting her back and knees, she said.

"I met a 78-year-old man, former mayor of St. Paul, who taught me how to race walk," she said. "He had hip replacement surgery and found race walking beneficial. It works for me, too. And it's fun."

She described race walking, as walking as if on a straight line. The hips swing slightly. Elbows are bent at a 90-degree angle, arms never below the waist.

When walking, the crooked arms move back and forth along the sides, but not across the body. Since the speed of the walk is based on each individual's target heart rate, Struve passed out a small card chart which every walker used to determine his ideal walking pace.

"Walking with your arms bent instead of down at your side eliminates puffing hands, lower back stress, and exercises the upper arms and abdominal muscles," she said. "Ankle and wrist weights are totally unnecessary."

Other malls with active walking groups include Lakeside Mall in Sterling Heights, 247-1744; Somerset Collection in Troy, 643-6366; Twelve Oaks Mall in Novi, 349-8438; the Livonia Mall, 476-1166; Westland Center, 425-6001; Summit Place Mall in Waterford, 682-0238; Oakland Mall in Troy, 585-6000; Wonderland Mall in Livonia, 622-4100; Laurel Park Place in Livonia, 462-1100; Southland Mall in Taylor, 374-2800; Meadowbrook Village Mall in Rochester 376-9451; Tel-Twelve Mall in Southfield, 353-4111; and the Fairlane Town Center in Dearborn, 593-3330.

Some people prefer to walk outdoors, thinking indoors is boring," said Jeanne Rosinski of the Urban Walker teams on Maple between Five and Southfield in Birmingham. She leads walkers from the store each morning at 8:30 a.m.

In downtown Rochester, local historian Merritt Romaine periodically hosts walking tours around the city. In the summer, the Older Persons Commission organizes a downtown walking group.

RULES ARE MADE FOR WALKING

- Exercise walking can condition the heart and lungs if performed at the proper intensity for 20-30 minutes at a time at least three times a week.
- To condition the heart and lungs by walking, the heart rate must be brought to a certain point called the target rate. You find your heart rate by taking your pulse.
- To determine your personal target heart rate, subtract your age from 220. This is your maximum heart rate. Multiply this number by 60 to 75 percent to find your target heart-rate zone.
- To measure your pulse, place the tips of two fingers on your neck (carotid arteries) located left and right of your Adam's Apple. Count your pulse for 10 seconds and multiply by six.
- Use walking shoes with thick, flexible soles that cushion and absorb shock.
- Always warm up before a walking session and cool down afterward by walking slowly and stretching for five minutes.
- As your cardiopulmonary system improves, you may be able to walk faster and still maintain your target heart rate.
- Physicians from Botsford General Hospital in Farmington Hills, who helped Laurel Park Place establish its walking club, say if you're thinking about a walking program, consult your doctor first.

Modern books and movies maul malls

By SUSAN DEMAGGIO
STAFF WRITER

If you think only shopping goes on at the malls, you haven't read *Secrets of the Shopping Mall* by Richard Peck . . .

Or viewed *Scenes From A Mall* by Paul Mazursky, with Woody Allen and Bette Midler . . . Or watched the Twilight Zone episode where the mannequins come alive after the stores close each night . . .

Malls make the perfect setting for madcap mystery, mayhem and murder. And modern writers can't resist.

In *The Mall* by Richie Coe, "Trieh likes working at the mall. But she doesn't realize a murderer is tracking her down! Can anyone save her?"

In *Mall Mania* by Betsy Haynes, "Beth uses Shawmie's credit card to buy new clothes to wear on Wakeman Junior High School's new cable TV show. But soon her debt becomes larger than ever!"

Clinical psychologist Dr. Anthony Wolf offers advice for the parents of today's teens in his new book, *Get Out Of My Life*, but first, could you drive me and Cheryl to the mall?

"Rachel and her mother were shopping in a mall. Rachel's mother saw a couple of Rachel's friends ahead of them. Next thing Rachel heard disappeared. She found her hiding behind a display in a toy store."

"Are they gone, Mom?" "Not only do teenagers see their parents as grossly flawed, they also find them outright embarrassing," especially if seen with them anywhere outside the home."

In *The Shopping Mall High School* by Arthur Powell, the author explores the American practice of attempting to graduate every student who passes through high school.

Several modern horror films are set in shopping centers.

In *Shopping Mall*, high-tech robots designed to act as security guards in a posh California shopping mall malfunction during an electrical storm and go berserk. They attack a group of teenage employees who decide to stay in the mall after hours to party.

Believe it or not, there is also a *Shopping Mall 2*.

In *Phantom of the Mall: Eric's Revenge*, phantom Eric plots a fiendish revenge against the unscrupulous land developers who murder him, burn down his home, and destroy his land to build a new shopping mall.

In *Dawn of the Dead* to escape the zombie menace, four people hole up in a fabulous shopping mall. Sensing familiar surroundings, brain-dead zombies head there too, followed by murderous bikers.

Several feature films set a scene or two in shopping malls. Remember when the komodo dragon gets loose and heads for a mall fountain in *The Freshman*?

When *The Blues Brothers* launch a high-speed chase away from the police, their route takes them crashing through a Chicago shopping mall.

MONDAY, JAN. 11

BRIDAL FAIR
Tickets on sale now through day of the event, Saturday, Jan. 23, 10 a.m. to 4 p.m. Hudson's Northland and Southfield Pavilions. Fashion shows, brunch, communications seminar, bridal registry consultations. Entertainment. Gift. Tickets \$12.50 per person. Reservations required. Northland Mall, Eight Mile/Greenfield, 443-6332.

MALL WALKING
Join a group or walk alone. Most malls open for walkers between 8-10 a.m. Walk with a partner to make walking more enjoyable and help you stick with your program. See related story on this page for locations and phone numbers.

THURSDAY, JAN. 14

HOME & GARDEN SHOW
Features products, services, demonstrations on home security and improvement. Through Jan. 17. World Book Encyclopedia will distribute seed packets to first 2,000 customers as part of "Plant a Seed in a Child's Mind" program. Shoppers can non-

ADDED ATTRACTIONS

Inate a needy family for a free set of reference books. JoAnn Fabrics will demonstrate flower arranging and crafts 7 p.m. in Little Caesar's Court. A second demonstration is set for Saturday, Jan. 16 at 3 p.m. WXTV's radio handyman, Glenn Haage, will host question/answer program 6:30-8:30 p.m. Livonia Mall, Seven Mile/Middlebelt, 476-1166.

SIDEWALK SALES
Winter clearance. Now through Jan. 17. Westland Center, Wayne/Warren, 425-5001.

PIANO CONCERT
Glen McBeth performs hits of the 1940s-1960s by Gertrude, Cole Porter and more. 6-8 p.m. No charge. Center court. Laurel Park Place, Six Mile/Newburgh, 462-1100.

BROWN BAG SALES
Now through Jan. 18. Mall-wide clearance. Special family entertainment Saturday, Jan. 16, 11:30 a.m. to 1:30 p.m. Magic acts, clowns, free balloons. Meadowbrook Village Mall, Warren/Adams, 375-9451.

SATURDAY, JAN. 16

JAZZ CONCERT
Chuck Robinette Trio, plus latest fashions from Eleganza Boutique and Donna Sacs. 1-2:30 p.m. Free. Laurel Park Place, Six Mile/Newburgh, 462-1100.

STORYBOOK HOUR
Sesame Street Level Characters tell stories and pose for photos. 1 p.m. Repeated Sunday, Jan. 24. Fairlane Town Center, Michigan/Southfield Freeway, 593-3330.

BRUNCH WITH CLASSICS
Co-sponsored by WQRS. Noon-2 p.m. Menu prepared by Sebastian's Grill. \$20 per person. Benefits Detroit Institute of Arts, youth programs. Reservations collected. Tickets at concierge desk. Somerset Collection, Big Beaver/Coolidge, 643-6360.

SUNDAY, JAN. 17