

Fashion from page 1C

In his leisure time, Kuhn works some room downstairs. He has completed the downstairs bathroom and now is building a computer room and an exercise room. An old-car buff, who uses a techie auto mechanic, he has '79 and '89 big Lincoln Collector series cars in his garage. He did some of the body work restoring the '79 model.

After retirement

Kuhn spent 37 years working at the post office, retiring from his job in Gary, Ind., in 1987. He came to the City of Southfield as an aide to the director of public safety, then became administrative assistant to the city administrator and was promoted to executive assistant in 1990.

He is active on the board of directors for Goodwill, serves on the

board of education, and belongs to the City Managers Association. These affiliations, and city events, give him some opportunities to wear his tuxedo.

Besides wearing black tie to local parties, he also takes his tuxedo on trips that include nighttime gatherings. That way, his evening attire is simplified. Traveling with a tux: "To me, that's the easiest way for a man. You can take two or three shirts, and you're all set," Kuhn said.

Off the Cuff is an occasional feature that focuses on ordinary people with extraordinary flair for fashion. If you know an Observer & Eccentric area resident — man, woman or child — with a distinctive clothing sense, be it classic, trendy, harem-pun or outrageous, give us a call at 644-1100, Ext. 243.

His second career follows retirement



PRIME TIME
ROSE WEBER

When Bill Bones retired from the computer business almost three years ago, he had no trouble deciding what to do with his spare time. He had already started a second career.

"I was very fortunate to grow up with the computer business and it has been absolutely fascinating. I enjoyed almost every minute of it. But I decided before retirement that I wanted to become much more involved in the church. Both Martha, my wife, and I have been very active at St. James (Episcopal) church in Birmingham as long as we've lived here. We grew up there and it is very special to us," Bones said.

He has been a Eucharistic minister at the church for 20 years, and from there it was a small step to deciding to become an ordained deacon. Deacons in the Episcopal church help with the liturgy and marry and bury people. They prepare the communion table and serve the wine but do not present

the entire communion service within the church.

"But the main point is, we work out in the community and identify areas where the church can help. For instance, I work at the Lightboxes in Tonawanda primarily with the elderly, paying bills, shopping, distributing tons of food and clothing," Bones said.

He enrolled in the Episcopal church's Whitaker School of Theology in the program for future deacons. "This includes many, many things. It is nonstop school, seminars, retreats and classes and so forth."

Bones is accustomed to juggling "many, many things." In addition to almost nonstop traveling as a deacon, "this" includes many work, he is father and stepfather to nine children.

When he married Martha 26 years ago, he had two boys and a girl, and she had five boys and a girl.

"My first husband died when my children were still young. And it wasn't like the television show 'The Brady Bunch' at first. It was a trial. But it works fine now. They are all very good friends," she said.

Both of them are proud of her third oldest son, who is known as

Tim Allen of the ABC-TV show "Home Improvement." They recall he was a good student at Seaholm High School, who loved to talk, was a little disruptive in class, was always performing, always had a funny comeback and was quick with a quip.

"People always ask if his show is taken from his life, and he gets a lot of the program ideas from his nephews and niece, with some from his own life, although he is handler with tools than on the program. But his life is different now. He can't be the same son he was before the program became so popular. The television people schedule so much of his time that his free time is limited," she said.

ABC announced filming a segment for a Mother's Day program at their home in West Bloomfield, with Allen and his mother, on the same day Bill was to receive a Governors Award for volunteer work at the Lightboxes.

"I really want to go with Bill for the award, but I might not be able to reschedule the filming because of the television schedule," she said.

Juggling events has become second nature to the Bones family since Bill began his Clinical Pastoral Education at Beaumont Hospital in Royal Oak. The Whitaker program requires at least one term of CPE training. Bill chose to take a second CPE term at Beaumont Hospital.

"I had no idea of the commitment required the first term. It is a 30-week course with two full 8 a.m. to 5 p.m. days, and all told some 18 papers you have to write and a Monday night class you can't miss because no make-up classes are offered. It is just an incredible commitment. You are assigned a portion of the hospital and you are the chaplain and your responsibilities include getting to know the staff and the patients. You certainly gain a great appreciation for the people who work every day on the floor (of the hospital)," Bones said.

In the course of the 30 weeks he makes a thousand patient visits. The floor assignment changes periodically to give a wide variety of experiences.

Rose Weber is a freelance writer covering items of interest to and about seniors. You may leave a message for her, from a Touch-Tone phone, by calling 853-2047, Ext. 1887, or write the Observer & Eccentric, 805 E. Maple, Birmingham 48009.

Baby from page 1C

Litt said she knows a lot of women who tried to breast-feed but gave up, probably too soon. Some women who have no problem breast-feeding go to extremes in talking about the subject. They like to brag about it," she said. But Litt stressed, "I want to succeed at this."

Litt's husband Richard (Rick) is an orthodontist. "He really promotes breast-feeding. It's better for jaw development," she said. Glassman pointed out, "Breast-fed babies have less ear infections, less incidence of respiratory infections and are less prone to allergies."

Litt went in at 9 p.m. Sunday night (to Troy Beaumont) and was out Tuesday morning.

Pamphlets as well as personal instruction are available from Glassman on Bathing Your Baby, "Survival" Tips for the first few weeks, and Pumping and Milk Collection. Feeding and safety are other topics she tackles. In addition, she teaches home prenatal classes.

"I also rent the Medela breast pump to working moms," Glassman said. "Pumping will stimulate the milk supply." Mothers can pump the breast milk to bottle feed their babies later. "It's a way to continue the bond with the mother," she said.

But not all mothers who call Glassman because they are having problems with breast-feeding elect to continue. Staci Midgal of West Bloomfield said, "She was helpful in figuring that out."

Midgal said Glassman helped her in other ways too. "She told me how to bathe the baby, diaper, hold, what to look for when baby's crying. She came over three or four times. I called her at the slightest question and she was very good about that. I'd definitely use her again."

Sherrí Glassman, registered nurse and certified lactation consultant, may be reached at Professional Perinatal Home Care, Inc., by calling 855-BABY.

Glassman is still an employee of Sluol Hospital in Detroit, where she works in the postpartum nursery in couple care, for mother and child. "Mothers were so appreciative. I realized there was such a need for this information," she said about why she started her own business last November.

She charges a flat fee for each home visit, assisting in a variety of situations that confront new mothers. "She goes way beyond the call of duty," Litt said. I was getting a call every night. We kept logs of his feeding."

Glassman said in the hospital, "We used to give a lot of education to new moms." But hospital stays for mothers that used to range from three to four days now last 24 to 48 hours instead. Litt

More than 285 public television stations nationwide, including WFUM-TV in Flint, are airing a new 13-week series hosted by Birmingham resident Shay Penderay.

The half-hour shows feature Penderay in the second season of "The Embroidery Studio," a how-to program for stitching enthusiasts. The series began April 8 on the Flint station, Channel 28, and will be presented 1 p.m. Tuesdays through June 29.

The show's first 13-week season was so successful that its producer, WKPC public TV in

Louisville, Ky., plans to tape several more series. The goal is a continuous feature, such as "This Old House."

Crafts hobbyists are represented in 76 percent of all American homes, said Joan Cravens, editor of Treasure Magazine, published by Better Homes and Gardens.

Fifty-two percent of those hobbyists are devoted to cross-stitch embroidery, Cravens said.

The new how-to series explores canvas embroidery and techniques such as appliques and embellishing a painted canvas. Each program highlights a stitch to be

used on an heirloom-quality sampler, the program's continuing theme.

The highlighted stitch is designed to be used on a separate project, such as a Victorian fan, a wedding pillow, an evening purse or a "tote-a-must" bag.

Penderay is a teacher, author and lecturer, known nationwide for her skill. She has a degree from Michigan State University and has studied at the Glasgow (Scotland) School of Fine Art and the Kurenai School of Japan. She is the owner of Needle Arts Inc., 2211 Monroe in Dearborn.

Viewers can buy a sampler and stitch along with the host. "Embroidery Studio" kits containing everything needed to make the sampler are available through Needle Arts at 278-0298, or by calling 1-800-848-9572. Price is \$24.95, plus \$4 shipping and handling.

Also offered is a video of the stitching techniques used (\$24.95) and "The Embroidery Studio" Design Book (\$21.95) with instructions for the 13 projects demonstrated. A video of the entire 13 shows is \$59.95.

Birmingham woman hosts stitching show

Summer, speech rehab program open to youngsters

"Speaking Easy," a six-week speech therapy program for 10-15 year olds, is being offered by Kenny Rehab Physical Therapy and Rehabilitation Center in Rochester Hills.

The six-week program fee is \$175. For registration call Kenny

Rehab at 853-7330.

Throughout the "Speaking Easy" program, children participate in group activities structured to improve listening and verbal language skills such as attention, vocabulary and clarity of speech. The program is designed to bene-

fit children experiencing speech and language problems.

An initial interview and screening by a certified speech and language pathologist will determine the appropriateness for placement in the program. Sessions will last 45 minutes, two times a week,

with groups of two to four children, according to the age and needs of each child.

Screenings will be offered on two Saturdays: May 22 and June 5, for a fee of \$25. The program will be held Tuesday and Thursday mornings, beginning June 22.

Seminars accent health

Area F&M stores are offering special programs as part of the "F&M Health & Beauty Days," a month-long event.

A free health information seminar will be presented at 1 p.m. Saturday at two locations: the Bloomfield Hills F&M store at 2105 S. Telegraph Road and the Farmington Hills store at 31005 Orchard Lake Road. Parents will have the opportunity to attend the seminar entitled "Kids & Drugs: What a Parent Needs to Know," presented by Maplegrove Community Education.

At the same Farmington Hills location, a seminar at 10:30 a.m. Saturday will feature Laura

Parents will have the opportunity to attend the seminar called "Kids & Drugs: What a Parent Needs to Know."

Manix, R.N., from the Henry Ford IVP America Program, discussing "Infertility Treatments — The Facts." Another seminar, "Urgent Care Tips," with a medical professional from Metro Medical Group, will be given at noon Saturday at the F&M store at 30100 Grand River Ave. in Farmington Hills.

Beaumont Hospital to begin diabetics research study

William Beaumont Hospital's Division of Preventive and Nutritional Medicine is seeking volunteers for diabetic research studies.

Volunteers with adult-onset diabetes and high blood pressure,

30 years of age or older, are needed for a research study of an approved drug that lowers blood pressure. Participants must be willing to visit Beaumont's Preventive and Nutritional Medicine

Clinic in Birmingham 12 times over a four-month period.

For more information or to volunteer, call 646-6500.

Volunteers with adult-onset, non-insulin-requiring diabetes, who are between the ages of 30 and 80 years of age, also are needed for a research study of a new oral medication to lower blood sugar.

Participants in this research

trial, approved by the federal Food and Drug Administration, will see a registered dietitian, be placed on a diabetic diet and take an oral medication for one year.

Volunteers will receive a medical history and physical examination, including an EKG and laboratory testing. All treatment, examinations, medications and testing are free.

Selling your car?

The Reassemblies of Farmington Hills want. They placed an ad in their Observer & Eccentric classified section and sold theirs on the first day the ad ran. You can, too.

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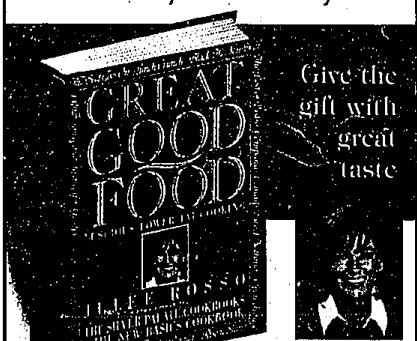
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