

SUBURBAN LIFE

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THE SCENE



GRETCHEN HITCH

Jazz sounds fill city's downtown

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Hot jazz, cool jazz, live jazz — last weekend in Birmingham at Jazzfest '93, Thursday, Friday and Saturday evenings, jazzing-around was on full blast in downtown Birmingham.

Dale Dawkins, who thought up the idea which Dawn Russell turned into a major event, opened festivities at The Community House's Bates Street Cafe on Thursday with David Myles and the Mylestones. The group's dynamic vocalist Kimmie Horna produced audience interaction when she got Susan Keough and Susan Hall up to boogie with her.

Enjoying the jamming scene and having a rip-roaring good time were a lively table of the younger crowd: Gregg and Lauron Fisher, Tom and Molly Pulte, Missy Christie and Zip Harlan, Alia Diets, Len and Christine Short, Denise Bettle and Frits Carlson.

People coming from the free concert by the Metropolitan Jazz Orchestra in Shain Park paused on the sidewalk to take in The Community House scene before strolling on to the Rugby Room at the Townsend Hotel or Norman's, the Ocean Grille, Old Woodward Grill, the Midtown, Peabody's, Phoenixis, Alban's, Max & Erma's or the Birmingham Tavern.

At 220 Merrill, Otto Haensler, general manager of the Townsend, chatted in German with visiting German Dr. Rainer Denzel, who had met festival committee members Carolyn Kitz and Carol Lewis.

On Friday night, after stopping at different restaurants with entertainment by various jazz musicians, Jazzfest patrons gathered at the Machus Sly Fox, where Hans von Bernthal and his Mystic Knights of Jazz had played earlier to a full house. Jack Brokenaha was holding forth in Sally's Saloon at the Sly Fox while patrons convened in the adjacent Machus dining room for desserts and champagne hosted by the Machuses.

Bob and Nina Machus glowed and greeted the crowd jamming in from their night on the town. When we arrived about 9:30 p.m., we met Royall and Mary Anne Wilson. On our right in a booth were Elliott and Patti Trumbull. Next to us was Freddie Grzeszyk and his wife Diane, with Nick and Lou Martin, Marv and Alice Gillum, and Diane's dad, Ralph Dalley. Grzeszyk said, "Next year, our Brandy's will be part of this festival." At the bar, we spotted Fred Erb talking with Bob and Jackie Hamill. At another table were Larry Finn and Jim Graham.

Trumbull said, "This is the best thing to happen to Birmingham. It ranks in there with the art fair. The Community House will have to do it again next year." That sentiment was echoed over and over.

Birmingham Mayor Sandy Dofebaugh said, "It's fabulous. I've just come from downtown, I've never seen it so crowded." Nina Machus said, "The jazzfest is wonderful for the restaurant business. July is usually quiet." Bob Machus arrived from Machus 160 Maple to report that folks love the new decor of the 50-year-old cafe on Maple. The jazz musicians were richer by approximately \$40,000, as each restaurant hired and paid their jazz group.

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GRETCHEN HITCH

Machus enterprises: Nina and Bob Machus welcome patrons at 10 p.m. Friday for the Jazzfest '93 patron party at their Sly Fox restaurant in Birmingham.



Blessed event can trouble new moms

For mothers who suffer from postpartum depression, help is available from many sources, including a support group founded and directed by registered nurse Kathie O'Donohue of Farmington Hills.

BY VALERIE OLANDER
STAFF WRITER



Many women will say having a baby is the most wonderful and natural bonding experience of their life, but for a handful of others who suffer from postpartum depression it is the complete opposite. A bouncing bundle of joy can wreak emotional havoc for new mothers months after giving birth.

"It was harder for me to have a baby than to lose my (dying) mother who I was very close to," said Nina Cedar of Farmington Hills.

About one week after the birth of her first child nine years ago, Cedar began feeling "totally overwhelmed and almost in the state of panic." It wasn't until some time later that Cedar discovered her anxiety was so severe that she was suffering from panic attacks, one of many symptoms related to PPD.

"I just had this feeling of impending doom and no understanding of what was wrong," she said.

Unable to explain her severe depression, Cedar and her husband, who was working long hours at the time, sought help from her father. The young couple and their newborn daughter moved into his house for several weeks until Cedar was stable enough to do it on her own.

Her doctor had suggested that she go immediately to the University of Michigan for a psychological evaluation before she caused irreparable damage to the baby. Then, a psychiatrist determined that her only problem was simply that she was too dependent on her family.

"It was a nun from Catholic Social Services who helped me get through it. I saw her once a week for a month and she kept telling me, 'Yes, you're going through a hard time right now and, yes, having a baby isn't easy,'" Cedar said.

It took about a year before Cedar felt like herself. No one at the time ever mentioned that she was suffering from PPD. They called it a "hard time," she said. Nine years ago, not much was known about PPD.

Today, more is being learned about the temporary mental disorder. A national group known as Depression After Delivery or D.A.D. opened a crisis line at 1-800-944-4PPD, and directs new mothers to support groups in their area.

Kathie O'Donohue of Farmington Hills formed a local group two years ago after suffering from PPD for the fourth time. The group meets 7:30-9 p.m. at the Providence Medical Building in Southfield the first and third Tuesday of the month and in Novi the second Tuesday of the month, also at the Providence Medical Center.

"For me, I lost all the feelings I had for the people around me. I had no feeling for my child, my other children or my husband," O'Donohue said. "I wasn't sleeping or eating and wanted nothing to do with the baby. I was confused. I couldn't think straight. I couldn't remember. . . I just felt emotionally isolated and really alone. I felt like no one else ever went through this."

She said, "I wished I could have just run away. I wished I was dead. I had no plans, but a lot of women with PPD think of suicide."

Some 60 to 80 percent of new mothers will have an emotional letdown or the "baby blues" after giving birth. They become sensitive, tearful and moody, although such feelings disappear within a few weeks. However, others — about 8 to 12 percent — suffer from PPD. Some have suffered so severely they have actually killed their newborn child.

Antidepressants such as Prozac, Zoloft and Lithium have been used by doctors to help relieve the depression and anxiety new mothers are experiencing from PPD.

"(Prozac) made me function again. It was a lifesaver for me," said O'Donohue, who took the medication for 10 months after the birth of her last child.

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Kids in the swim keep entire family involved

BY VALERIE OLANDER
STAFF WRITER

There's nothing more relaxing than being poolside in the summer months. For many metropolitan youths and parents — their local swim club is a great place to socialize, and meet new friends and neighbors.

Troy resident Kate Larkin, president of the Northwest Suburban Swim League, remembers the fun days of summer while growing up in Grosse Pointe. Much time was spent at the Country Club of Detroit in Grosse Pointe Farms where she swam competitively in clubs all over the tri-county area.

The tradition now has been passed down to her four children who swim for the Beachwood Recreation Association at Troy, only three miles from their house. The club offers a playground area and tennis courts. Next door is an elementary school where the kids play in an open field when they aren't splashing around in the pool.

Fractious for the kids who swim competitively are six days a week for several hours a day — a demanding schedule, but for many of these kids it isn't enough.

Danny Knipper, 21, of Farmington

Hills said he and his friends from the Orchard Valley Swim Club in West Bloomfield would go to practice every morning at the club, walk to a nearby restaurant for lunch afterwards and then back to the club to play around in the pool during open swimming for the rest of the day.

"There were about eight of us. We were very close (growing up)," Knipper said. "It's a great place to meet a lot of friends. It's automatically guaranteed. You're with these people every day. They tend to be good friends for a while."

Knipper now is a manager of the Woodbrooke Hills Swim and Tennis Club in Farmington Hills.

Swim clubs began about 30 years ago when many recreation areas were being built inside new subdivisions. However, other clubs were developed by a group of interested people who formed nonprofit memberships, said Art Hiscox of the Bloomfield Surf Club.

All members of BSC own the facility by paying annual fees. They, therefore, can set up their own guidelines. The waiting list to join BSC is several years long, he said. Heart of the Hills Swim Club in Rochester Hills, the only one in the city, has a seven-year

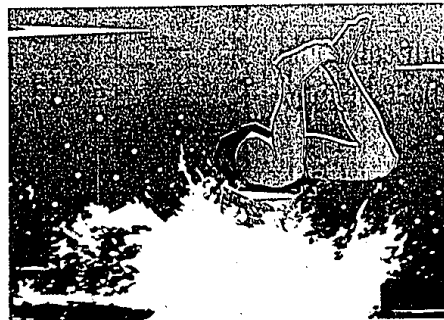
waiting list.

"It's a chance for people to give their children a facility without worrying where they are at," Hiscox said. "In some ways, it's a day care center, there's lifeguards on duty. . . Most kids live there in the summer."

Many parents are almost as visible

as their children and can be found nearby socializing with friends while keeping an eye on their youngsters. There's also much time spent by the parents shuttling the kids to various swim meets.

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TAMMIE GRAY/STAFF ARTIST