

FASHION CALENDAR

MONDAY, FEB. 9
Emanuel Ungaro
 Emanuel Ungaro spring '98 special-order collection through Tuesday, Feb. 10, in Designer Salon, second floor, at Saks Fifth Avenue at the Somerset Collection in Troy.

THURSDAY, FEB. 12
Bill Bliss
 Bill Bliss spring '98 special-order collection through Friday, Feb. 13, in Designer Salon, second floor, at Saks Fifth Avenue at the Somerset Collection in Troy.

Hino and Malce
 Hino and Malce spring/summer-collection trunk show with representative Elaine Louie through Saturday, Feb. 14, at Roz & Shorn at Bloomfield Plaza in Bloomfield Hills.

MONDAY, FEB. 16
SFA International
 SFA International spring '98 stock and special-order collection through Thursday, Feb. 19, in Designer Salon, second floor, at Saks Fifth Avenue at the Somerset Collection in Troy.

TUESDAY, FEB. 17
Danna Karan
 Danna Karan trunk show, spring '98 collection, 10 a.m. to 4 p.m., with informal modeling 11 a.m. to 3 p.m., in Designer Sportswear at Neiman Marcus at the Somerset Collection in Troy.

FRIDAY, FEB. 20
Carol Peretz
 Carol Peretz spring/summer collection trunk show with personal appearances by Carol Peretz through Saturday, Feb. 21, at Roz & Shorn at Bloomfield Plaza in Bloomfield Township.

MONDAY, FEB. 23
Chanel
 Chanel spring '98 accessories collection in Designer Salon, second floor, at Saks Fifth Avenue at the Somerset Collection in Troy.

WEDNESDAY, FEB. 25
Badgley Mischka
 Badgley Mischka spring '98 special order collection in Designer Salon, second floor, at Saks Fifth Avenue at the Somerset Collection in Troy.

THURSDAY, FEB. 26
Helen Hau
 Entire Helen Hau knit trunk show for spring/summer through Saturday, Feb. 28, at Roz & Shorn at Bloomfield Plaza in Bloomfield Township.

Walking speed affects health goals

Post-menopausal women who walk for exercise may achieve different health goals depending on their walking speeds, according to a pilot study from the University of Michigan Division of Kinesiology.

"Most people, including health care providers, have assumed that if a woman is in reasonably good health, the harder or faster she exercises, the better off she will be," said Katarina T. Borer, professor of kinesiology and principal investigator on the study. "However, the clinical patterns in our preliminary findings suggest that women who walk for exercise may achieve their individual health goals more effectively by walking at a targeted pace that triggers a particular physiological response."

"The study sample was small and more research is required, but our findings to date are intriguing and of interest to professionals in women's health," she added.

The eight-month study included nine women, ages 50-65, who were in good health but sedentary before the study began. Their average weight was 165 pounds.

The women walked three miles a day for a total of 16 miles a week for eight months. Insulin and growth hormone levels were measured at the beginning, midpoint and end of the study, along with body fat and total weight.

Borer found that after eight months, those who walked at a slower, 16-20 minutes-a-mile pace became more insulin-sensitive — good news for those at risk for diabetes. The sensitivity to insulin tapered off. However, as walking speed increased among the brisk, 15 minutes-a-mile walkers, bad news for those at risk for diabetes.

"On the other hand," Borer said, "the brisk walkers secreted more pulsatile growth hormone, or GH. Growth hormone, which declines as we age, promotes bone and tissue formation and helps reduce the effects of aging."

The GH secretion levels of the slower, relaxed walkers declined over the course of the study. With GH, evidently, women must exercise at higher intensities or lose GH as they age."

The brisk walkers lost slightly more weight overall than the slower walkers but the difference was minimal, Borer added. More notably, the slower walkers lost slightly more body fat compared with the brisk walkers.

Why did the slower walkers lose more body fat? "Because they were walking at an aerobic pace where, after the first 20 minutes, muscles, with the help of oxygen, oxidize fat as well as carbohydrates," Borer explained.

"The brisk walkers were moving at a speedy, anaerobic pace, where muscles are not getting enough oxygen to oxidize fat and must therefore rely on metabolizing carbohydrates."



Picture perfect: Pat Deibert shows off the family portrait of her five children, done in Birmingham by Portraits by Sayles, in a photographic style resembling an oil painting.

Family portrait isn't done in oils

Former Birmingham resident Pat Deibert of Tempe, Ariz., was visiting her parents, Ed and Katie Mielock of Birmingham last summer and stopped in at Portraits by Sayles to inquire about having a portrait painted of her five children to give her husband.

Deibert was delighted to learn that the portraits she thought were oils were really photographs, expertly done to look like traditional oil paintings — at more affordable prices.

When Deibert was unable to get her children together in Birmingham at the same time for a sitting, she searched for portrait photography in Phoenix with the same look.

Unable to find anything like what she had seen in Sayles' studio, she flew Sayles to Arizona to photograph the young people. Sayles packed his camera and lights, plus a backdrop to duplicate his studio, in the Deibert home.

Deibert was one of nine Mielock children who grew up in Birmingham. She graduated from Groves High School and the University of Michigan, where she received bachelor of science and master of science degrees. Her husband is Dr. Glenn R. Deibert, formerly of Northville.

Sayles says he combines the newest photographic technology with the artistic technique of the old masters to create his distinctive style of wall portrait. "It has the grand manner look — and is timeless," he said.

Sayles knows of only two other portrait artists in the country doing this type of work. One is in Texas and one in California.

Portraits by Sayles is in the Merrillwood Collection across from the Birmingham Theatre. Prices range from \$300 to \$4,800.

Local rabbis taking part in Jewish Unity series

Area rabbis will participate when the Institute for Reform Professionals takes an in-depth look at Jewish Unity in a short-term series at the Jewish Community Center, 15110 W. 10 Mile Road, Oak Park.

The free series, coordinated by Julius Harwood, will be held 10:30 a.m. to noon Fridays, Feb. 6 to March 27. For registration, call the IRP office at (248) 987-4030. Programs scheduled are:

- Feb. 6 "Overview of Concept of Unity," Julius Harwood.
- Feb. 13 "Orthodoxy and Unity Issues," Rabbi Weil of Young Israel of Oak Park.
- Feb. 20 "Conservative Ideology and Unity Issues" Rabbi Weiss of Shaary Zedek.
- Feb. 27 "Reform Movement and Unity Issues," Rabbi Klein of Temple Emanuel-El.
- March 6 "Humanistic Judaism and Unity Issues," Rabbi Wine of Birmingham Temple.
- March 13 "Unity Issues in Jewish Education," Howard Deibert, director of Agency for Jewish Education.
- March 20 "Unity and Community Viewpoints," a panel discussion led by Michael Tryston, past chairman of the Unity Committee of the Jewish Community Council; Jeannie Wiener, past president of the Jewish Community Council; and Shalom Shapiro, executive director of the American Jewish Committee.
- March 27 "Israel and the U.S.," Yael Waxman, Community Shlichah, Michigan/Israel Connection.

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Frank H. Boos Gallery
 AUCTIONEERS & APPRAISERS

AUCTION: featuring large collections of perfume bottles, peace medals and Oriental carpets; reproduction and antique furniture, including a pine armchair and an American Renaissance bedroom suite; a 1994 Cadillac sedan DeVille; a Merry Makers in mouse band; jewelry, including a lady's platinum and diamond Patek Philippe wristwatch, a platinum and diamond circle pin containing 5 carats of diamonds and a 34 carat blue star sapphire and 3.7 carat diamond ring; silver, including a Tiffany and Co. flatware service in the "Audubon" pattern; a selection of Russian silver gilt and enamel objects d'art, including Fabergé; art pottery, including a large collection of Rosenthal; Orientalia, including a 19th century Japanese lacquered helmet and neckpiece; a taxidermied elk head; art glass, including a rare Steuben aurene vase; an American Arts and Crafts copper and mica table lamp attributed to Dirk Van Erp; a very large selection of bronzes; paintings and drawings, including works by Ted, Olive Black, Beardon, Gruppe, Erie, Burchfield, Blumner, Henri, Nickerson, Gauvreau, Robert Wilbert and many others; graphics by Renoir, Chagall, Beardon, Francis, Hassam, Cassatt and others; porcelain; clocks and a huge selection of collectibles and decorative objects.

PREVIEW
 Thursday, February 5 • Noon-8 p.m.
 Friday, February 6 • Noon-5 p.m.
 Monday, February 9 • 10 a.m.-5 p.m.

AUCTION
 Thursday, February 10 • 6 p.m.
 Wednesday, February 11 • 6 p.m.
 Thursday, February 12 • 6 p.m.

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