

FOCUS ON WINE



RAY & ELEANOR HEALD

Getting that special bottle of wine

Why can't wine be shipped direct to you from a California winery? Why can't you be a member of a California winery wine club and have special bottlings shipped?

The simple answer is that Michigan is not a reciprocal state. And with that, we open up the great wine shipping debate.

In 1933, when Congress passed the 21st amendment repealing Prohibition, it gave each state the right to set up its own rules regarding distribution and sales of alcohol. All but 13 states require that wineries sell through a three-tier system, first selling wine to a distributor who then sells to restaurants and retailers. Customers who purchase from these sources form the third tier. Michigan follows this system.

Unfortunately, most states, like Michigan, still have Prohibition-era laws governing wine distribution and sales which forbid interstate wine shipping. Fines, shipment confiscation, or in some states (not Michigan), a felony await a winery attempting to ship wine to customers in one of these markets.

Yes, we know it's embarrassing to stand in a Napa Valley tasting room and have your host say, "Oh, sorry, you're from Michigan. We can't direct ship to you!" If you disagree with laws governing direct wine shipment to Michigan, we urge you to contact state legislators and let your position be known.

A way out

Windsor Vineyards, along the Russian River in the heart of Sonoma County, offers a way to get wine, not available through any Michigan retail outlet or restaurant. Windsor is unique among wineries in that the wines are only available through its telephone wine consultants, catalog or tasting room and it's legal in Michigan.

In 1998, Windsor Vineyards was named the most award-winning winery by *California Wine Winners*, an annual publication tracking the results from nine major U.S. wine competitions. We've just tasted through a number of Windsor Vineyards wines from 1994 through recently released 1997. Made by winemaker Carol Shelton, a former *Bon Appetit* magazine winemaker of the year, they all received high marks from us.

We've also been privileged to be part of a wine judging panel with Shelton. Her palate is superior and it shows in the Windsor wines, particularly the Winemaker's Signature wines. In 1997, the Signature Pinot

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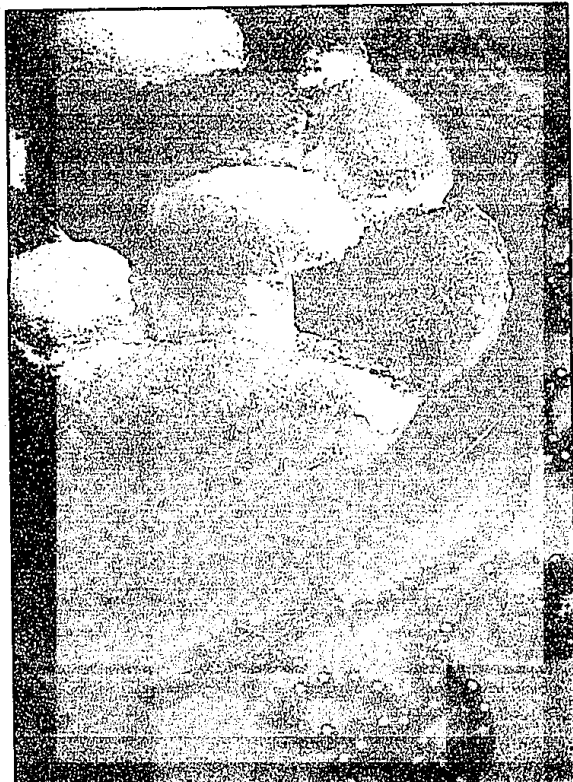
Wine Picks

- With Valentine's Day coming, think Italian for lovers. Some new and excellent choices are: 1995 Biondi Santi Brunello di Montalcino \$125; 1994 Castello di Vinciguerra Chianti Classico Riserva Petri \$23; 1995 Ruffino Cabernet Il Borgo \$36; and 1993 Ruffino Riserva Ducale Gold \$38.
- Porto is special for Valentine's Day. We're developing an affection for Rozes, not a household word among port lovers. But then, that's where you find something interesting at a good price. The 1987 Rozes Vintage Porto \$52, with lots of chocolate notes, is ready to drink. Other Rozes portos range \$20-\$40.
- Hill that cab — especially from the 1995 vintage before they're gone! Among the best still available: Beger Reserve Cabernet Sauvignon \$35 and William Hill Reserve \$27.
- Best buys at \$10 and under: 1996 Monterey Syrah \$10; 1997 Delicato Merlot \$6; 1997 Platão Sangiovese di Romagna \$5; and 1997 Torre Siveva Castel del Monte \$8.

LOOKING AHEAD

What to watch for in Taste next week:

- Mein Diah Miracle
- Celebrate Black History Month



Holiday delicacy: A braided cinnamon-flavored cake sprinkled with colored sugars: purple for justice, green for faith and gold for power. Tradition dictates that a plastic miniature toy baby is baked into the King Cake.

EAT & BE MERRY CELEBRATE



BY KEELY WYAGONIK
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There's one day of the year when it's OK to be fat — the Tuesday before Lent, which this year is Feb. 16. From coast to coast, Fat Tuesday is cause for celebration whether you're Catholic or not.

While there is no comparison between King Cake and Paczki, they both have this in common — "tradition, history, and energy, which creates excitement," said Carl Richardson of Rochester, chairman of the Retailer's Bakery Association National Paczki Committee.

You don't have to be Polish to eat Paczki or travel to New Orleans to enjoy King Cake.

John Furbush, general manager of Fishbone's Rhythm Kitchen Cafe in Southfield moved to Detroit from New Orleans in October.

He doesn't know what a Paczki is but knows a lot about King Cake. "It's a big round cake, very sugary, very tasty," he said.

Fishbone's will be making King Cake in their bakery to serve customers on Fat Tuesday, but if you can't wait, Furbush says it's easy enough to obtain.

He gave me the number of Gambino's, an award-winning bakery in New Orleans 1-(800) 426-2466 or www.gambinos.com on the Internet. You can call or log-on for more information.

In New Orleans, the party begins two weeks before Fat Tuesday with parades, formal balls and concerts. "They're interactive parades," said Furbush who is originally from Detroit. "People throw things at you like beads, people really go after those beads. Most

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Sell-outs are expected for most of these events. Call now for reservations and information.

Fishbone's Rhythm Kitchen Cafe
New Orleans "Mardi Gras Masquerade Party" 8 p.m. to midnight, Tuesday, Feb. 16, 400 Monroe St., Detroit. Cash prizes for best costumes including a \$1,500 first prize, \$1,000 second prize and \$500 third prize. Live entertainment by a New Orleans Jazz Band, complimentary hors d'oeuvres. Call (313) 965-4600 for more information.

Jack's Waterfront Restaurant
Mardi Gras party 8 p.m. Tuesday, Feb. 16, 24214 Jefferson (north of Nine Mile Road), St. Clair Shores, New Orleans. Dixieland jazz band, prizes for best costume, grand march, and other surprises. Call (810) 445-8080 for reservations/information.



Seasonal treat: This tray of freshly made paczki is ready to fry. Paczki are rich Polish-style jelly filled doughnuts that are made on Fat Tuesday before Lent begins.

Fat Tuesday Celebration
7-10 p.m. Tuesday, Feb. 16, Too Chee, 27155 Sheraton Dr., Novi. Chef Greg Upshur draws upon his Polish heritage to recreate his grandfather's recipes. Entertainment by the Art Wise Polka Band. Cost \$28 per person, excluding beverage, tax and gratuity. Call (248) 348-5655 for more information.

Menopause is something to talk about, not ignore

LIVING BETTER SENSIBLY



BEVERLY PRICE

has been attributed to the loss of estrogen. Although this theory has merit, it is also possible that iron levels in women accumulate over decades and catch up with them at menopause. Excess iron, accumulated over the years by eating too much red meat and taking unnecessary iron supplements, may work together with cholesterol in the development of atherosclerosis in women.

Recently, it has been discovered that women, especially those in their early to mid-40s who hold power positions in the workforce, or who are simply trying to make ends meet by holding down a job and raising a family, have an increased risk for heart disease.

But let's go back to menopause. According to former State Rep. Maxine Berman,

"there is not enough discussion going on about menopause. The biggest problem is that women are not talking to their health care provider, spouses or families about this issue."

Action team

The Michigan Menopause Action Team was created by Berman to help women in Michigan have a healthy menopause. Other goals are to make sure insurance coverage is available for all reputable menopause treatments such as EKG, hormone replacement therapies and bone density scans.

The team is made up of women health professionals of varying disciplines, including myself. With help of Brogan and Partners, we surveyed women 40-70 years of age who are perimenopausal, going through menopause, or have been post menopausal for the last 15 years.

The team asked women questions about their general health and menopausal symptoms. Different areas of the state and income levels were reflected in the survey. The results indicated that more than one-third of the respondents had no discussions with their health professionals about menopause. Those who did had to initiate the discussion.

Berman, who was instrumental in spearheading breast cancer legislation

related to informed consent, insurance and accreditation of mammography facilities, believes the topic of menopause today is similar to the topic of breast cancer 20 years ago — no one talked about it.

Berman, along with the Michigan Menopause Action Team, whose slogan is "Now we're talking!" created these 10 questions that you can ask your health care provider about menopause.

Questions

- What health risks will menopause trigger? Osteoporosis? Heart attack? Cancer?
- How often should I have tests to assess my risk levels—mammogram, Pap test/cervical exam, EKG, bone density test, sigmoidoscopy?
- How do I know if the process is beginning? What are the symptoms?
- How can I relieve the symptoms of menopause, such as hot flashes, sleep disturbances, vaginal dryness, discomfort during sex, etc.?
- What are the advantages and disadvantages of hormone replacement therapy?
- With my personal and/or family history, are there any reasons to use or not use hormone replacement therapy?
- If hormone replacement therapy is appropriate for me, when should I

start it and how long will I be on it?

What types of alternatives to hormone replacement therapy are there for coping with immediate menopause symptoms and long-term menopause effects?

What can I do before menopause to help insure my good health as I grow older?

Where can I get more information regarding perimenopause, menopause and postmenopause?

"If your health professional won't talk to you or is not interested in discussing your menopausal concerns with you, find a health professional who will," said Berman.

Of course, eating nutritional foods is an important component of a healthy menopause to prevent heart disease and osteoporosis, and relieve the discomfort of menopause.

Beverly Price is a registered dietitian and exercise physiologist. She operates *Living Better Sensibly*, a private nutrition practice in Farmington Hills that offers programs for individuals and corporations. She is also the co-author of "Nutrition Secrets for Optimal Health," Tall Tree Publishing Company. Visit her website at www.nutritionsecrets.com. Look for her column on the first Sunday of each month in Taste. See recipes inside.