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MONDAY
May 20, 1991

Volume 36
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Two Sections
12 Pages plus Supplements

the NOVI NEWS

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Feds wrap up impact report on Haggerty

By JAN JEFFRES
Staff Writer

One of the major roadblocks in the path of the Haggerty Connector was taken down May 13, when the Federal Highway Administration reached a consensus with the Michigan Department of Transportation on an environmental impact statement (EIS) for the \$80 million thoroughfare.

"They are saying they feel we have met what's necessary for the document to be printed and all their questions have been solved, signaling they are a part of the environmental impact statement," said Hank Lotoszinski, project planner for the Michigan Department of Transportation (MDOT).

"It's the main step toward the conclusion of this process." At the absolute earliest, the project could be under way by this fall or next spring, he added.

The controversial Haggerty project will be administered by the Federal Highway Authority.

After an initial review of the statement submitted by MDOT in January, the highway authority sent it back to the state in April with some suggestions for modifications. Since then, some minor editorial changes were made to firm up the document, according to Jim Kirschensteiner, a program engi-

neer at the authority's Lansing office.

The follow-up step now is printing an announcement that the EIS is available in the "Federal Register," an official U.S. government publication distributed nationwide at major libraries and elsewhere. Lotoszinski said this will probably happen in June. After this, a 30-day period for review and comments will ensue.

The inch-and-a-half thick document will soon be mass printed and sent to all interested federal and state government agencies — including the state department of natural resources (DNR) and the U.S. Environmental Protection Agency (EPA) — as well as citizens on MDOT's mailing list for the project. Information on its final contents will not be released until then.

"The Federal Highway Administration will then make the judgement of whether or not it's an appropriate project. The worst-case scenario is if there is a stalemate among the resource agencies and the EPA," Lotoszinski said.

In that event, the Haggerty Connector would go before the Council on Environmental Quality — a quasi-governmental agency — for a final ruling, Kirschensteiner explained.

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Photo by BRYAN MITCHELL

Splish-splash

It was a hot, humid week in Novi last week, with temperatures here peaking in the 80s and even occasionally hitting the 90s. That left Novi residents looking for ways to cool down,

and the children seem to like the more active methods. Above, Patrick Powers, 11, gets his cool by slipping to the end of a plastic water slide in the yard. Related photo on page 4.

City slates tour of Novi wetlands

By JAN JEFFRES
Staff Writer

"Soggy trails to you" could be the theme song of a guided tour Friday of Novi's swampest corners — all in celebration of American Wetlands Month.

Novi is only one of five local governments nationwide officially sponsoring the May event saluting national bogs, marshes and swamps. They are joined by groups, governments and agencies as diverse as the Izaak Walton League of America, the National Audubon Society, the Sierra Club, the states of Louisiana, Oregon, South Carolina and Delaware, the National Park Service, the Environmental Protection Agency, Ducks Unlimited and Trout Unlimited.

Mayor Matthew Quinn officially proclaimed the city's support of the celebration during the May 13 city council meeting.

The purpose of American Wetlands Month is to recognize, protect, preserve and restore these

vital ecosystems. Crucial to water quality control, wetlands are also home to waterfowl, fish, shellfish and other wildlife.

Possibly one of the best ways to participate is to don waterproof boots and join environmental specialist Susan Keast at the Thornton Basin at 2 p.m. Friday for a free tour of one of Novi's loveliest spots. The basin — part of the city's stormwater detention basin system — is east of Beck Road between Nine and Ten Mile roads.

Keast, who works for the city's consulting engineers JCK & Associates, said the spot may be one of the loveliest in Novi.

Happy hikers will walk in about a quarter-mile from the road to see a natural spring surrounded by plants in bloom, including iris and dogwood. She advises participants to bring binoculars, because the area is home to local wildlife including songbirds, kingfishers and muskrats.

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Schools budget may yet be cut

By SUZANNE HOLLYER
Staff Writer

School taxes will rise as much as earlier proposals had suggested, according to truth-in-taxation hearings that will be held by Novi schools.

But the board may choose to lower the millage rate before all is said and done. Board members will discuss the budget for the Novi Community School District May 23.

At budget discussions held Thursday board members voted to accept the administration's proposal to levy 27.73 mills for the district's operating budget, at least until next week.

That figure could still be lowered. The 27.73-mill levy is 1.333 mills higher than the current levy. An additional 3.35 mills will be levied for the debt retirement fund bringing the total proposed levy to 31.08.

Board members, concerned with increasing losses to state attempts to cut property taxes and equalize state funding of schools, discussed trimming the budget and beefing up the district's fund equity.

Board President Robert Schram asked the administration to bring a budget proposal to the next meeting including:

- Removal of an expected \$70,000 expense

"We all have our personal opinions, but I'm not sure any of us has a good pulse on what the voters think. I'm talking about maybe we should set a new (millage rate) ceiling."

Raymond Byers
Novi Schools trustee

from the general fund for moving an office at Novi Woods Elementary.

- Removal of a proposal to add a strings program.
- Removal of a proposal to add Japanese unless the language can replace a less popular course.
- Cutting a proposed addition of one secretary.

"I don't necessarily want the millage cut. It's the fund equity," Schram said.

The fund equity was proposed to be restored back to 5 percent of the district's budget following a state "recapture" of aid that drained the fund.

Fears about future recaptures and uncertainties over pending school-related legislation, led board members to discuss increasing the fund equity and tightening the remainder of the budget.

Vice President Stephen Hitchcock asked that the administration specifically look at finding approximately \$400,000 that can be cut from the budget before the next meeting.

Trustee Michael Meyer asked for information regarding several specific line items.

"Quickly, I'm seeing the strings program disappear," Meyer said.

Meyer has been an advocate of the strings program in the past, but he said he would be willing "to write it off" for two years as a result of uncertainties at the state level.

Trustee Raymond Byers suggested an election might be wise in determining what the school board should do with the budget.

The district could levy up to 29.72 mills without an election because none of the approved mills are due to expire.

"We all have our personal opinions, but I'm not sure any of us has a good pulse on what the voters think," Byers said. "I'm talking about maybe we should set a new ceiling."

Byers said he was only "throwing this out for discussion."

Don't change band, boosters urge

By SUZANNE HOLLYER
Staff Writer

Novi band supporters packed a school board meeting Thursday professing their devotion for the high school instrumental music program.

They attended in response to rumors that a school board member sought an administrative investigation into alleged discrepancies between the band's attendance policy and a verbal report given by the band director at an April 15 meeting. Fearing changes in the program, boosters turned out in droves.

Band director Craig Strain said attendance at summer band practices is "strongly encouraged." He said attendance at after-school and weekend practices are mandatory as defined by school district guidelines for regular classes.

But Strain added that "nothing is really mandatory. I have a problem with that word. How can

you make someone come to something?"

Apparently, school board Secretary Sandra Thornton's request for more information regarding the band's attendance policy had many parents and students concerned that the board was considering drastically revamping the music program.

The issue first arose at an April 15 meeting when Strain gave a presentation to the board on band activities that occur outside of school.

Parent Ginger Barrons voiced concern at the April meeting that the band program was focusing too much on competitions and not enough on musical education.

At the same meeting, Thornton questioned the band director about attendance requirements of the band.

Music teacher Paula Joyner-Clinard said a class is available at the high school titled "begin-

ning music" that students may take if they are unable to dedicate time to the band after school, and on the weekends.

Barrons said the option was not helpful for advanced students or students interested in daily musical instruction.

At a May 2 meeting, Thornton distributed a letter written to a Novi band parent whose son or daughter had been failed in the marching band class for not attending a competition.

A second letter to the parent in question was obtained by the Novi News informing the parent that their son or daughter would receive a B grade in the class after consideration of the situation.

Thornton distributed a memo at the May 2 meeting asking the administration to investigate certain policies listed in the Band Rules and Reg-

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Feature stories, columns, and complete program listings — all that inside today's paper in "Suburban Cable Weekly," your guide to television. The TV listings are keyed to the actual channel numbers on the local MetroVision cable system.

Community Calendar

Today, May 20

Boosters board meeting: The board of the Novi High Band Boosters will meet at 7 p.m. in the band room of the high school. Immediately following, at 8 p.m., will be a general membership meeting in Auditorium A of the school. In that meeting, there will be an election of board members and information will be provided about a proposed trip for the band next year. All band parents are being encouraged to attend.

Town meeting: Walled Lake Schools will host a Citizens' Town Meeting to discuss the topic of school finance with legislators at 7:30 p.m. in the Walled Lake Western High School auditorium. The school is located at 800 Beck Road, just north of Pontiac Trail. All citizens are being urged to attend. The meeting will focus on two issues: the state recapture of funds from out-of-formula school districts and, secondly, the 1992 property tax freeze, which will cost the school district an estimated \$3.5 million. Superintendent James Geslar will explain the project. Negative effects. Legislators scheduled to hear citizen input including Sen. David Honigman, Sen. Jack Faxon, Rep. Barbara Dobb, Rep. Jan Dolan and Rep. Claude Trim.

Support group: The monthly bereavement support group meeting conducted by Dr. Michael Meyer will be held at 7:30 p.m. in the Novi Civic Center. The topic: "Why Me?" will be discussed with prayerful reflection by the Rev. Jim Russell of the First Presbyterian Church of Northville. There is no fee and all are welcome.

Tuesday, May 21

AAUW: The Northville-Novi branch of the American Association of University Women will meet for its annual Education Foundation Dinner at 6 p.m. in the faculty room of Northville High School. At this time, the group will meet the student awarded the AAUW scholarship. Any graduate of an accredited college or university is eligible for membership in this organization. For more information, call Paula Rivard, 344-9843.

Thursday, May 23

Spring Festival of the Arts: Some very special robots are going to be paying a visit to Novi High School during the Spring Festival of the Arts. The robots can be seen in the Fuerst Auditorium lobby as a part of the arts festival. All were made by third and fourth grade classes at Novi Woods as a part of a science fiction reading assignment. Other selected artwork created by students at each school in the district will be on display.

play at the festival from 6 to 9 p.m. At 7 p.m., awards for the high school art competition will be announced. Following the awards, a spring choral concert featuring student singing groups from Orchard Hills, Novi Meadows and Novi High School will perform. There is no admission fee for the event.

Spring concert: Our Lady of Victory Church will host its annual spring concert at 7:30 p.m. The program includes diverse repertoire and instrumentalists of the church's 5 p.m. Contemporary Ensemble, the two Handbell Choirs, the 9 a.m. Folk Group and the Adult Choir. Of special interest will be Our Lady of Victory's newly formed Children's Choir which will perform selections from the musical "100 Percent Chance of Rain." This evening of entertainment is free.

Support group: A support group for manic-depressive and depressive individuals will meet at Providence Hospital-Novi, at Ten Mile and Haggerty roads, at 7 p.m. in the Allergy waiting room. The Manic Depressive and Depressive Association of Metropolitan Detroit offers hope, education and support to individuals with these illnesses. For more information, contact Judy at 473-5649.

Monday, May 27

Memorial Day: City offices will be closed this Monday. The Novi Public Library and Novi schools will also be closed for the day. Novi's annual Memorial Day parade is scheduled to begin at 10 a.m.

Wednesday, May 29

Senior honors: Novi High School graduating senior honors night is scheduled for 7:30 p.m. in Fuerst Auditorium of the high school.

Thursday, May 30

Blood drive: The students of Novi High will be holding a student blood drive from 7:30 a.m. to 2 p.m. in Room 634 of the high school.

Friday, May 31

Last day for licenses: Since dog license fees are scheduled to go up June 1, Friday will be the last day to get tags before the price rises.

To get your event listed in the Community Calendar, send information regarding the event, activities to be included, who is sponsoring it, location, time and date, ticket information and the purpose to which any proceeds will be put to the Novi News at 104 Main Street, Northville, 48167.

Capital renovation won't be blocked

By TIM RICHARD
Staff Writer

The Michigan Senate beat down yet another Democratic effort to halt renovation of the State Capitol Building in favor of social services.

Senators rejected, 10 yes to 18 no, an amendment to a prison renovation bill that would have stopped the \$50 million third phase renovation of the 112-year-old Capitol.

The money bill was passed earlier by the House and goes to Gov. John Engler for his signature.

"We shouldn't have a Capitol that's torn up in perpetuity," said Sen. John J.H. Schwarz, R-Battle Creek, chair of the renovation committee.

Schwarz said the Capitol has no structural steel, the dome's cast iron supports are rusting, there are lead water pipes, a wall is in danger of falling down, and arches supporting the floors have bricks falling from them.

Sen. Joe Conroy, D-Flint, a frequent attacker of the project, tried to lack an amendment halting Capitol work onto the prison bill.

Supporting Conroy was Sen. Lana Pollack, D-Ann Arbor.

Opposed were Republicans Fred Dillingham of Fowlerville, Robert Geake of Northville and David Honigman of West Bloomfield.

Sen. Jack Faxon, D-Farmington Hills, whose district includes Novi, missed the roll call, the equivalent of voting no.

Schwarz said that inspection of the structure showed it so unsound that the original estimate of \$45 million was raised by \$12 million or more.

"I don't think anyone is to blame. But this building is so far out of code compliance it's hard to believe," Schwarz said.

In earlier phases, the House and Senate chambers and fourth floor committee rooms were restored. Currently, legislative offices, the governor's office and the dome are being restored.

Conroy objected that "we're spending \$50 million on 11 legislative offices."

"I've heard these scare stories from the start," he said, noting that a two-year-old vote tally board that costs \$250,000 was ripped out in favor of a more expensive board that is less functional.

Added Lana Pollack, D-Ann Arbor: "If the governor had not gone to extremes—cutting off water, cutting off toilets (to welfare recipients)—I would have said the state can make the sacrifice (in favor of restoration)."

She referred to a Department of Social Services decision not to pay water bills of welfare recipients directly.

Sen. Debbie Stabenow, D-Lansing, supported continuing the project, saying it would cost \$3 million to pull off work crews and remove scaffolding, so the project should continue.

"This bill is for a psychiatric prison hospital," said Appropriations Committee chair Harry Gast, R-St. Joseph. "The (Conroy) amendment has nothing to do with it."

Gast said U.S. District Judge Richard Ensten ordered the state to improve psychiatric hospital conditions. The state is paying \$10,000 a day in fines for contempt of court for its delay so far, he added.

Instead of building a new facility for \$60 million or more, Gast said, the state will renovate the Huron Valley women's facility near Ypsilanti for only \$35 million.

The bill was approved 30 to 4 on final passage. Among area senators, only Honigman voted no.

Pollack praised the prison hospital project, calling it "an excellent response" to the court order. "It impacts heavily on my district. It's a plan I endorse."

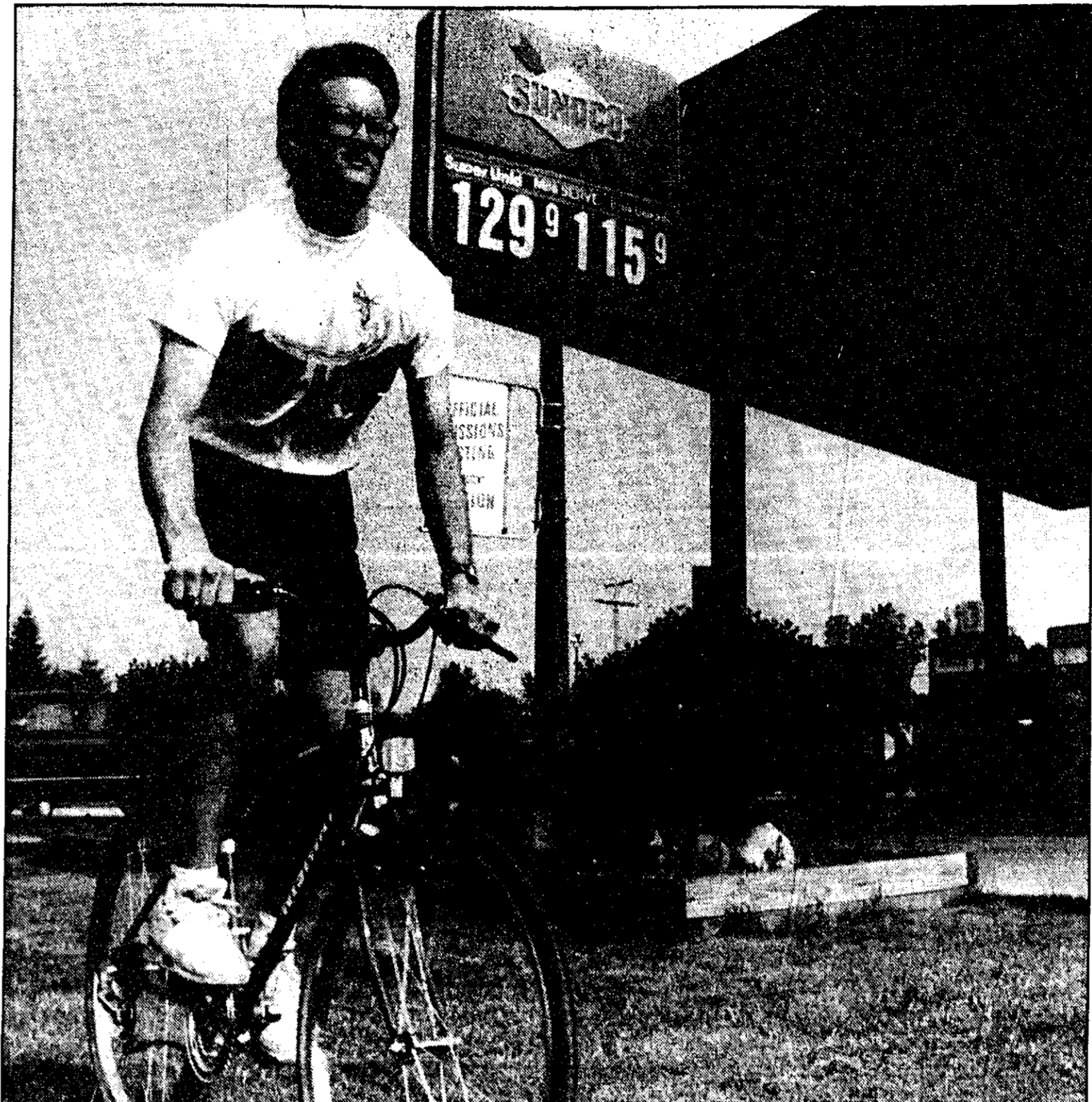


Photo by BRYAN MITCHELL

Ride for the prize

The second annual scouts ride for the St. Jukes Childrens Research Hospital has been scheduled for June 1, from 9 a.m. to 3 p.m., at the Novi Middle School. Scouts from four packs and two troops will take pledges and ride to raise money for the hospital in that event. Riders who bring in the most money during the event in two age categories (6 to 10 and 11 to 17) will be awarded

bicycles for their efforts. Above, Brian Hess of the Town and Country Bike Shop in Northville shows off both the bike his shop donated as a prize and the t-shirts all riders will receive. Dan West, of R & G Office Interiors, donated the second prize bike. Sovel's Sunoco, shown in background, is also a sponsor in the event and assisted in the donation of the bikes.

Police wrap up shooting review

By SCOTT DANIEL
Staff Writer

The investigation into last month's fatal shooting of a Westland man reported to have been a "sizable" drug dealer in Novi, has been completed.

Ronald J. Melnyk, 33, of Westland, was fatally shot by police officers on April 18 in the parking lot of the Northville Township Meijer store. The incident occurred after an attempted buy-bust by officers from the Oakland County Narcotics Enforcement Team (NET).

According to Michigan State Police Det. Sgt. Dean Sanderson, who acted as chief investigator in the matter, the report was presented to the Wayne County Prosecutor's office Monday. He said it will be up to that office to determine if Melnyk's shooting was justified.

"I think it's a complete and thorough investigation," Sanderson said. "I don't suspect that it will take the prosecutor's office a long time to make a decision."

Sanderson said the prosecutor's office would likely take at least a week to make a ruling on the shooting. Charges, if any, will be determined by that office.

"I, personally, don't see that happening," Sanderson said.

The case will be reviewed by two senior Wayne County assistant prosecutors before a ruling is made, he said. After they review the case, Sanderson said, he would likely sit down

with the assistants to go over the case.

The Novi News has filed a Freedom of Information request with the state police for a copy of the investigative report.

Police shot Melnyk once through the chest after he reportedly struck a police officer with his car and attempted to flee the scene. Two undercover officers were treated for minor injuries and released the following day, police said.

Melnyk was the target of a narcotics sting conducted by federal, state and Wayne and Oakland County law enforcement teams, said state police investigator Joe Koenig.

Police were attempting to buy seven ounces of cocaine from Melnyk, when for an unknown reason, he decided to leave the scene. The bust was originally planned at a Novi restaurant, but Melnyk moved the buy across Eight Mile Road to the Meijer store.

According to NET Supervisor Dorothy McAllen, Melnyk was a "sizable dealer for Novi." She said NET had been conducting an investigation into the Westland man for nearly two months before the shooting.

McAllen added that they had made several cocaine purchases from Melnyk.

Northville's Michigan State Police was assigned to investigate the shooting. Delays in gathering records and other information hindered completion of the report for nearly a month.

Aid payments to local units delayed by state

State payments to local governments, schools and community colleges will be delayed, State Treasurer Douglas B. Roberts said.

He blamed the "deteriorating cash position of the state operating funds."

R-12 school aid payments of \$343.9 million due June 3 will be paid 50 percent on June 3 and 50 percent on June 24.

Community colleges will get half of their June payments on July 15.

"Because of the recent Court of Appeals decision on the single business tax (SBT) which reduced business

taxes by \$500 million and the fact that the Legislature has not taken action to rectify the statutory problem caused by that decision, the April 30 SBT estimated payments were \$100 million less than expected," Roberts said.

Although the state borrowed \$500 million in March, the projected cash deficit in the general and school aid funds would peak in early June without implementing the payment delays. "There is simply not enough money in the other usable funds to manage without delaying payments," Roberts said.

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Novi Community Schools Spring Festival of the Arts featuring the Youth Art Show and Spring Choral Concert Thursday, May 23, 1991 Fuerst Auditorium, Novi High School

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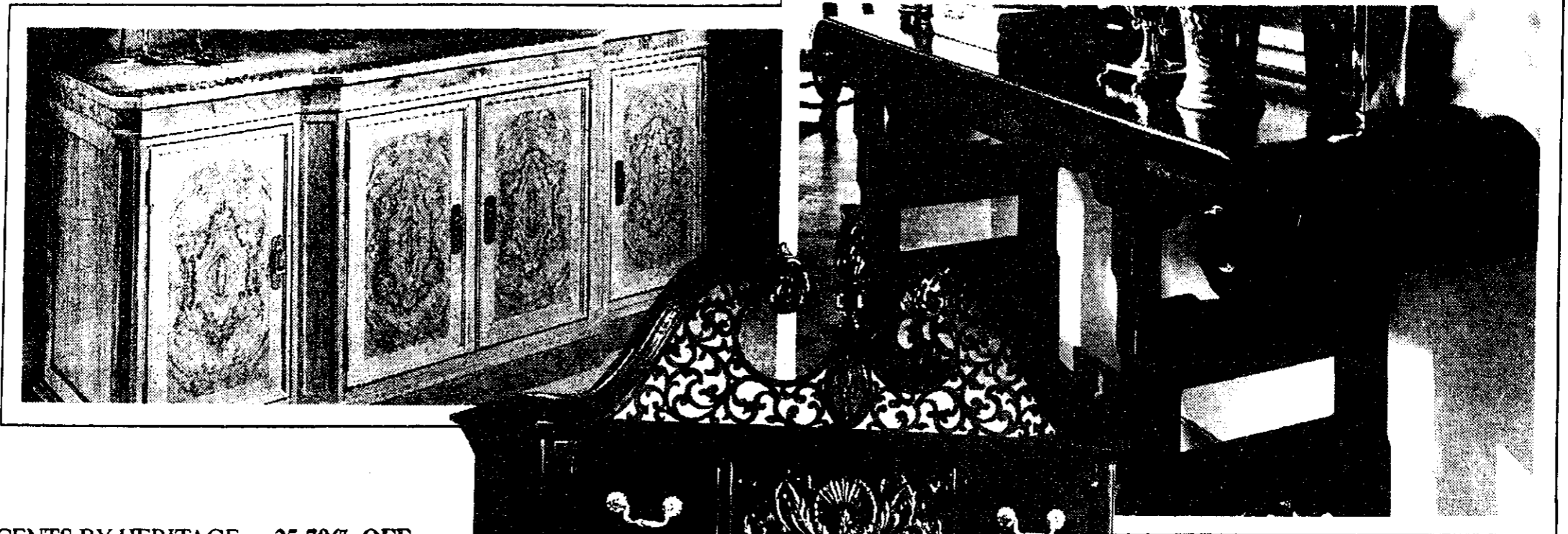
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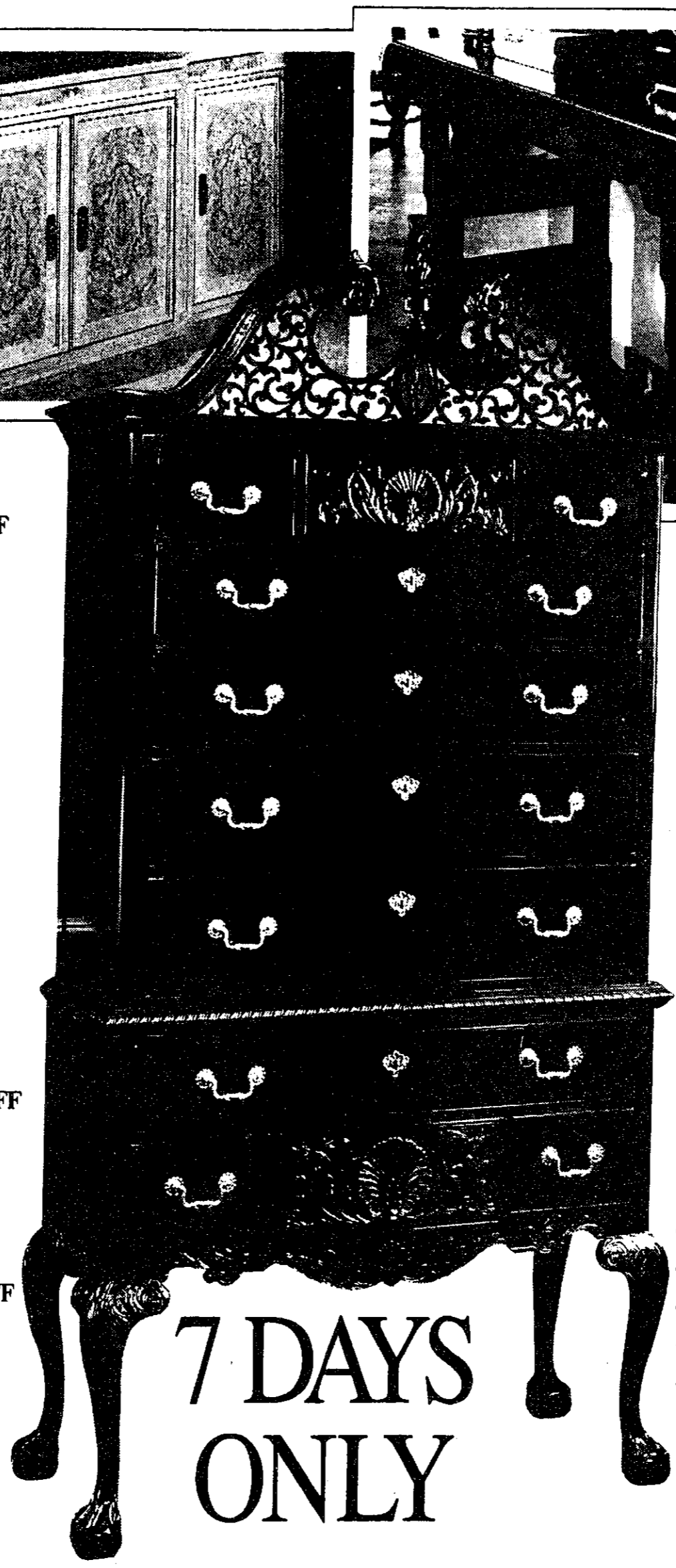
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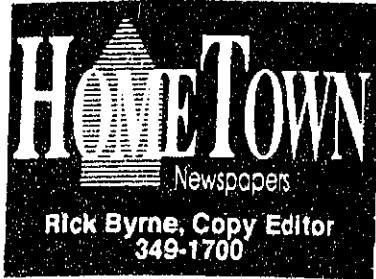
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FOOD

CREATIVE DINING

B

MONDAY
May 20, 1991

Eleanor & Ray Heald/Wine

Elusive Quivara is now found in Michigan stores

Are you aware that as a metro Detroit wine consumer you have among the largest possible wine selections available to you? Wine lovers in Los Angeles, San Francisco, New York or Chicago do not have bragging rights.

Occasionally, a few brands with small production are unavailable in Michigan. Until now, this was the case with the estate-grown wines from Quivira (pronounced kee-veer-a) Vineyards in Sonoma County's Dry Creek Valley.

Just making their introduction are the wines from a winery taking its name from a legendary kingdom of great wealth, believed by early explorers to have been in Northern California, in the area now known as Sonoma County.

Nobody relates the legend better than Quivira Vineyards owner Henry Wendt. "About 1540, the Spanish explorer Coronado on the expedition that discovered the Grand Canyon, befriended a wily Indian who described the extraordinary virtues of his homeland Quivira," he narrates. "Coronado spent the better part of a year searching in vain for the riches of Quivira. Eventually, under torture, the Indian admitted that the story was fabricated.

"Even after the confession, the legend of Quivira was in wide circulation in Europe. It remained an enticing mystery for nearly two centuries. To the attraction of a wealthy and civilized people was added the belief that a rich and active trade between China and Quivira existed. The belief stimulated the search for a northwest passage since the citizens of Quivira would certainly provide directions to China.

"The story inspired many explorers of the West Coast of America and was immortalized by all the great cartographers of the Age of Discovery."

The Quivira of today is a 90-acre wine estate founded in 1981 by international health care corporate executive Henry Wendt and his wife, Holly.

"We are developing a premium wine business from the vineyard up to the bottle on the shelf," Wendt maintains. "The California wine business is evolving toward regional specialization. The Europeans have understood this notion for centuries. In California, regions such as Cameros and Dry Creek Valley will find themselves, with respect to variety, vineyard practice and management. We would like Quivira to be at the vanguard of this trend."

"Quivira wines are a reflection of the estate vineyards that set the tone and distinguish the wines," winemaker Grady Wann contends. "Sound, ripe fruit with intensity and depth of varietal flavor is at the core of all Quivira wines. My goal in making these wines is to preserve the depth and character of the fruit."

Wann came to Quivira after six years at Sonoma-Cutrer Winery. At Quivira he is responsible for production of sauvignon blanc, zinfandel, cabernet sauvignon and a grenache-based wine.

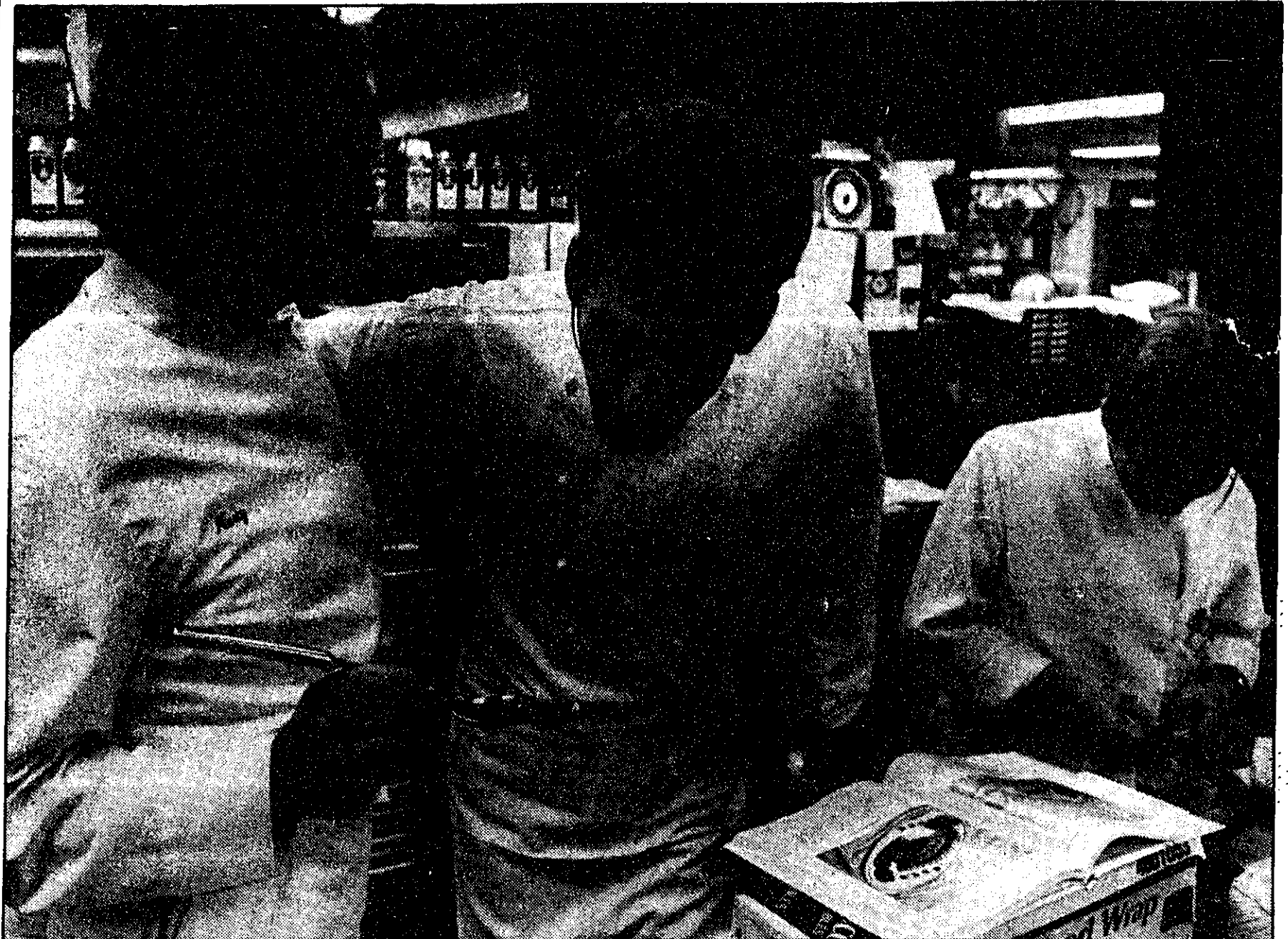
Since he made only chardonnay at Sonoma-Cutrer, Wann has spent his spare moments at home fermenting and blending red wines in his garage, conferring and tasting with other enologists.

The Wendts call their 18-acre sauvignon blanc vineyard Fig Tree Vineyard. In reference to a 30-year-old fig tree amid the vines and also to an interesting flavor component found in the ripe fruit. The entire vineyard is on the floor of Dry Creek Valley, in well-drained soils.

WINE SELECTION OF THE WEEK

1989 Quivira Sauvignon Blanc (\$10) has attractive apple, apple blossom, spice and herbal aromas with a nice touch of flinty, mineral elements in the style of a Pouilly Fume. The clean, crisp, fresh fruit flavors are complementary to oysters, soft shell crabs or grilled white fish.

1989 Quivira Zinfandel (\$12.75) is highlighted by blackberry, black cherry and spicy black pepper aromas. It is generously extracted with a full, complex, lengthy finish. Serve it with grilled meats for a hit at your next outdoor barbecue.



Chef Dan Hugelier (center) works on some details with Chef Martin Baity (left) and Jeff Condit

Photo by BRYAN MITCHELL

In pursuit of excellence

Competition teaches important lessons

By RICK BYRNE
Copy Editor

Just as the student-athlete learns things on the field of competition that might not be learned in the classroom, so it is with the student-chef.

At Schoolcraft College, a group of students in the culinary arts department is competing today in the 21st Annual Culinary Arts Salon of the National Restaurant Association in Chicago. More than 200 chefs, apprentices and students are expected to compete in the event.

Schoolcraft cooking teams have fared well in competition at the regional, national and international levels, and sport numerous gold medals.

But according to Chef Dan Hugelier, one of the coaches of the team, gold medals aren't the real goal for these students.

"We're not trying to get the students to meet the judges standards," said Hugelier. "What we're shooting for, when they put together a food platter, is for them to say, 'Would I like to eat it.' For instance, if we put a garnish on there, we want it to be one that makes sense. You wouldn't put raspberries with chicken or roast beef because they don't go together."

It may seem like an oversimplification to say that contest food should be created to be eaten. But the popu-

"(Judges) want good, unadulterated food. It hasn't always been that way. For a while there were these overconstructed, overdone things that you would look at but wouldn't want to eat. The creativity sometimes exceeded the practicality."

Chef Dan Hugelier
Coach, Schoolcraft Salon Team

lar trend in competition hasn't always been to create what is tasty and enticing.

"There's a trend in contests to go back to proper cooking," said Hugelier. "They want good, unadulterated food. It hasn't always been that way. For a while there were these overconstructed, overdone things that you would look at but wouldn't want to eat. The creativity sometimes exceeded the practicality."

And the lessons of the Schoolcraft staff haven't been lost on the students. Helen Orloff of Northville, part of the team in competition, explained her own choices of mainly seafood in preparing a cold buffet platter for 8-10 persons. (Others on the team were Chef Martin Baity, Christopher Carl, Jeffrey Condit and Sylvia Hayes).

"American cuisine has changed,"

she said. "Instead of big, chunky pieces of meat, it's become lighter and more nutritious."

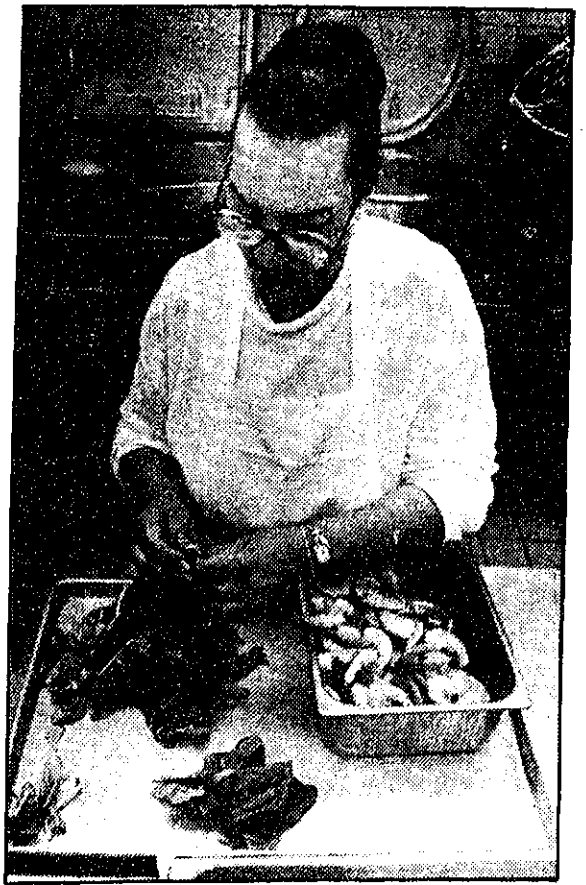
"There are more pastel colors," she added, showing a cross-section of a smoked salmon terrine, pale pink with flecks of yellow pepper.

Hugelier pointed out that colors shouldn't be there for their own sake. "You shouldn't look at a dish and say, well it could use something red or something yellow," he said.

And therein lies just one challenge for the students: making food that is colorful, and appealing to the eye, while also making it taste good. Orloff said the skills used are at a higher level than those used in, say, decorating a living room.

"We try to use the correct combi-

Continued on 2



Sylvia Hayes prepares shrimp

Chef Mary Brady

One dish meals meet modern needs

In this hectic world it is important to find short cuts to allow time with friends and family, not to mention time for ourselves.

One-dish meals are attractive for all of the obvious reasons and then some. Many families must have two breadwinners to make ends meet. One-parent households are common, and, as a result, time is limited for cooking. One-dish meals offer a variety of cooking methods, easy cleanup, easy on the checkbook, great-tasting and nutritious nourishment.

The fundamental rules are elementary: a protein, starch, greens and/or fruit, minimal utensils and time. The object is to streamline cooking to allow for enjoyable, leisurely meals. It is important that when families sit down to eat together quality time may be spent. One-dish meals get back to basic, homey fare.

They can be simple or elegant enough for company. As a general rule they are much more reasonable and nutritious than a frozen entree or trip to the corner fast-food chain. The options are incredibly

varied and range from soup, salad, casseroles, sandwiches, pizzas, pastas, and stews. Assorted cooking methods and utensils may be employed: crock pots, pressure cookers, woks, microwaves and ovens.

When planning a one-dish meal choose as many fresh ingredients as possible. Although convenience foods are an important part of saving time, they are often expensive for what you get. For instance, a two-pound bag of white rice is one-fifth the cost of a boxed rice mix.

Another point to bring up is the additives and high salt content of prepared foods. There is a place for prepared foods and it is wise to have some on hand, but spend a few extra minutes when shopping to read labels and compare prices. I like to plan my meals for a week and then go shopping. The fewer trips to the store and less lines I wait in, the happier I am.

Most fruits and vegetables will last at least a week if stored properly. Celery, onions, carrots and peppers are staples in my crisper. Ground turkey or beef, a chicken,

soup and fish bones, and reasonable cuts of meat that can be slow cooked stock the refrigerator and freezer. Dried beans (kidney, black and northern), rice, different pastas, tuna and good quality tomatoes fill the pantry.

Watch for bargains. Recently, uncooked turkey breast was on sale and, after pulling out my handy wallet calculator, I found it to be half the price of luncheon meat. A turkey requires little attention while cooking, is much more nutritious than prepared meats, supplies a soup carcass and is a treat in the lunch box. I bought two.

The moral of the story is to pre-plan and save money, time and supply a higher quality nutritional meal.

After the grocery trip has been handled, the other half of the war is ready to be waged. The cooking.

It is so important to be organized. If you are making extra chili, pre-soak the beans overnight. Make extra and freeze for a future meal. Determine what will be served as an accompaniment. Homemade cornbread and a simple green salad would

round out the meal. Fresh fruit salad for dessert, maybe with a bit of yogurt for dessert.

Have the proper utensils. If soups are a favorite, have an appropriate-sized stock pot. It can double as a pasta cooker. Casserole dishes are invaluable. Pull out the crock pot that is stored and start to use it again. Pressure cooking is seeing a revival, and justly so.

If considering purchasing pots and pans choose sizes suitable to your family size and favored cooking styles. A large wok doubles as a steamer when a basket and cover are used.

An excellent source of recipes, I've found, is 365 *Easy One-Dish Meals* by Natalie Haughton. It is available at the Kitchen Witch here in Northville, and at Kitchen Glamour stores and Borders bookstores as well. So, fill the pot and unwind — dinner is taking care of itself.

Northville resident Mary Brady is a certified executive chef.

EGGPLANT PARMESAN

2 medium eggplants washed, stem end removed
2 eggs or 3 egg whites mixed with ¼ cup water
1 cup Italian bread crumbs, purchased or homemade
1 large can canned tomatoes, crushed
½ teaspoon each oregano, basil, thyme salt and pepper to taste
1 cup parmesan cheese, freshly grated preferable
Slice eggplant lengthwise into ¼ inch slices. Dip in egg white, then bread crumbs. Broil on a cookie sheet until crisp and brown on both sides. Mix tomatoes and spices. Taste and adjust seasonings. Layer eggplant to cover bottom of casserole, sprinkle with parmesan and cover with sauce. Continue layering until ingredients are used. Finish with any remaining sauce. Cover and bake for one hour at 350 degrees. Serves four.

NOTE: A caesar salad and garlic toast is possible accompaniments. The only fat in this recipe is from the cheese and that is minimal. Approximate preparation time is 20 minutes.

