

50¢

MONDAY
March 2, 1999

Volume 3
Number 8
Two Sections
12 Pages plus Supplements

the NOVI NEWS

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Photo by HAL GOULD

On ice

Fisherman A. David Waidecker was pulling bluegills out of Walled Lake relatively easily last Thursday, apparently unconcerned with the effects warming weather might have on the condition of the ice. Sgt. Anthony Valet, of the Oakland County Sheriff's Department Marine Division, said last week that the early arrival of spring-like weather this year has made the ice on area lakes unsafe and he recommends that people

stay off it. Only one incident has occurred in Oakland since the weather warmed, he said. A truck fell through the ice on White Lake in White Township. But he still suggested that those who do go out on the ice should first check the thickness and wear lifejackets. Waidecker reported the ice on Walled Lake was approximately 15 inches thick.

Power lines to be buried, council says

By JAN JEFFRES
Staff Writer

A series of electrical blackouts has Novi officials looking for ways to encourage — or require — Detroit Edison to bury more lines underground.

The City Council and Planning Commission in a joint meeting Wednesday directed the city attorney to investigate whether Novi could legislate the burial of lines along roadways.

Current ordinances enable the city to call for underground power lines as part of the site plans for new subdivisions. But areas outside of the property included in the site plan are not regulated.

"It would be great if we could have them put underground so we when we have the ice storm, power isn't going out — or when a neighbor forgets to pay the bill or a bird sits on the line, which is how it seems in the older areas," Lakes Area Residents Association President Sarah Phelps told the city officials.

Edison agrees that underground lines are 70 percent less likely to have power disruptions. Since 1970, new subdivisions have been served by underground distribution lines, Edison spokesperson Scott Simons said. Burying existing lines could cost billions of dollars, the company estimates, which would then be passed on to consumers.

*Any new subdivision if they

"It would be great if we could have them put underground so we when we have the ice storm, power isn't going out — or when a neighbor forgets to pay the bill or a bird sits on the line, which is how it seems in the older areas."

Sarah Phelps
President of LARA

have a line along the arterial (road), that would have to be done to it," Planning Commissioner Ernest Aruffo said explaining how a city ordinance might require burial of lines.

Simons doesn't think that is likely to happen.

"Those probably would not be buried. It would be 10 times the costs to bury them. The costs would be transferred to people who bought property in that subdivision," Simons said.

Edison is currently locked in negotiations with Farmington Hills and Oakland Community College,

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Strain stands mute in his arraignment

By SUZANNE HOLLYER
Staff Writer

Judge Terrance Boyle will accept motions from the prosecutor and defense until April 10 in a second degree criminal sexual conduct case against Novi High School's former band director.

Craig Strain stood mute last week to the felony charges before Judge Harvey Tennen in the Frank Murphy Hall of Justice in Detroit. The case was assigned to Boyle for a trial.

Any plea bargain offers will have to be made before April 24 when all motions will be argued, said assistant Wayne County prosecutor Ralph Elzondo, Elzondo, who works with the child abuse unit in the Wayne County Prosecutor's Office, said no offers have been made for Strain to plead guilty to a lesser charge.

The court also will decide on April 25 whether Strain will be tried before a jury or a judge, Elzondo said. But the prosecution can require that the case be tried before a jury.

Strain resigned from his position as band director and teacher at Novi High School after a student accused him of sexual misconduct. He received \$25,000 and retired on Jan. 9 as part of the settlement.

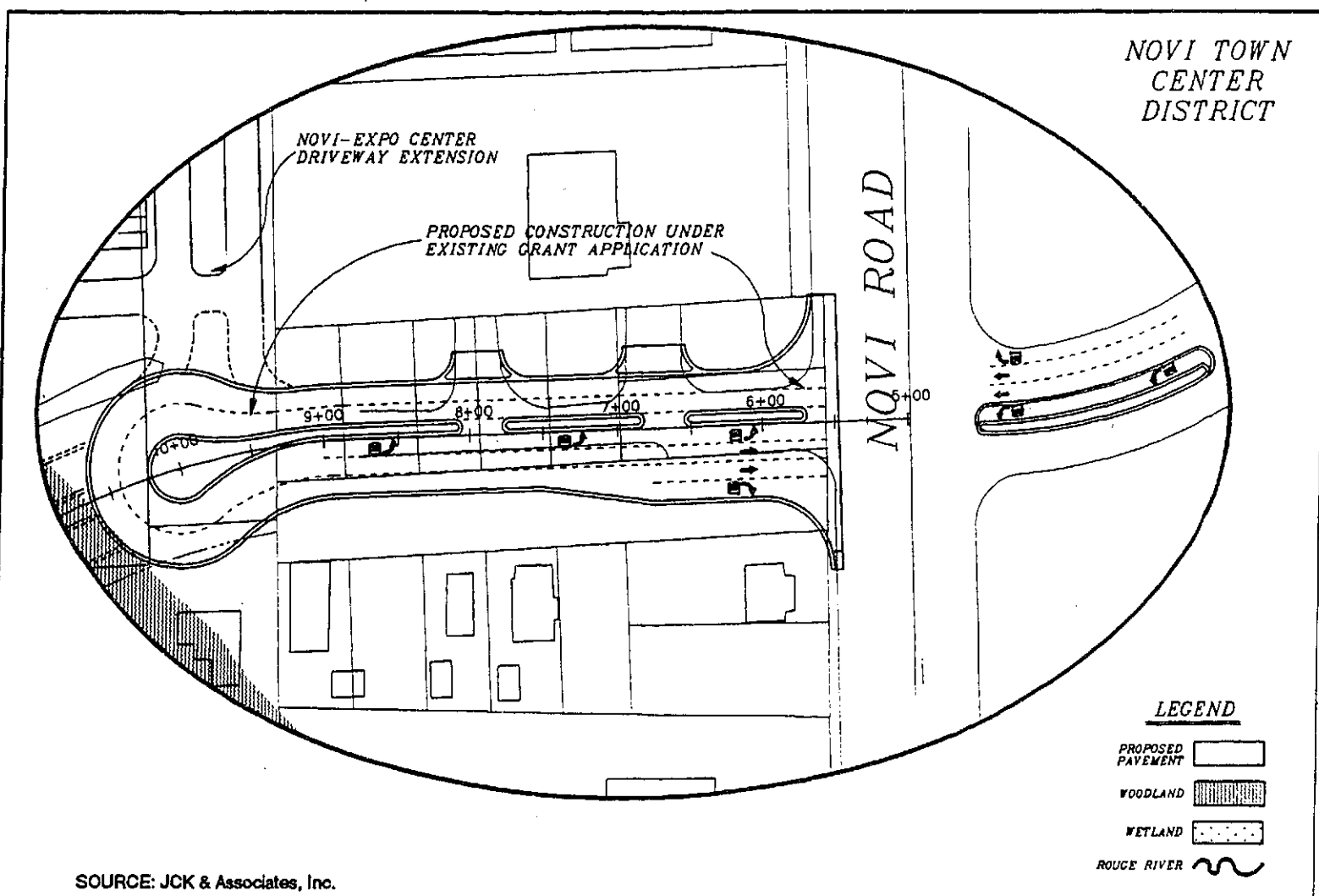
Criminal charges brought against Strain were investigated by the Novi Police Department and later by Livonia officers. The charge of second degree criminal sexual conduct is a felony punishable by 15 years in prison.

The alleged victim in Strain's case told the court she went to Strain's home, which was in Livonia at the time, after a football game in September 1989. At the time the girl was 15 years old and performed in the pep band, which was under Strain's direction.

The alleged criminal sexual conduct occurred at Strain's home. The victim alleged at a preliminary exam that Strain was "imitating a sexual act on (her) leg."

The girl said she and Strain had their clothes on during the encounter. She also said Strain

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SOURCE: JCK & Associates, Inc.

Plans for improvements to the Novi Expo Center's entrance road.

State awards Novi Expo road grant

By JAN JEFFRES
Staff Writer

The future contribution of the Motorsports Museum and Hall of Fame to Novi tourism took the city to the finish line in a 1991 round of state grants, winning a half a million dollar "trophy" for road improvements.

The money will rebuild Fonda Drive, a small street running west from Novi Road to the Novi Expo Center, into a four-lane extension of Crescent Boulevard.

As the next step in the city's plans for a ring road to circumvent the Grand River Avenue/Novi Road intersection, the \$489,255 Michigan Transportation Economic Development Fund grant will turn into concrete another piece of the dream of a downtown Novi.

The state transportation commission determined that while the Novi Expo Center is a com-

mercial venture — and therefore not one of the target industries permitted under the Category A guidelines — tourism in the form of the Motorsports Museum is.

"I think it's great. When we have the showplace, access to visitors is going to be very important. If they can get in and get out of there easily, that will make their experience much more enjoyable," Ron Watson, Executive Director of the Motorsports Museum said.

Novi was the only community in Oakland County to win a grant, Sam Wallace, transportation planner for the Office of Economic Development said Friday.

The museum is expected to create 40 jobs here, including its own staff and crews in support services such as restaurants. That, and the fact that road design seemed "reasonable" in light of existing and future traffic flow at Novi Road was the kicker in handing over the funds,

Wallace said.

The total cost of project is \$655,009. The grant covers construction and part of the engineering costs. Additional contributions will come from the city for engineering and the Expo Center and the Motorsports Museum for the road right-of-way.

Crescent Boulevard today curves around Novi Town Center, ending near the Wyndham Garden Hotel.

Improvements will be made to the intersection of Crescent Boulevard and Novi Road. Blair Bowman, director of the Novi Expo Center, predicts the road improvements will ease traffic congestion in the area.

"That is really going to make the intersection operate at an acceptable level. Even at a peak period, that intersection will be operating," he said.

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Community Calendar

Today, March 2

VOICE: The regular monthly meeting of the Village Oaks VOICE organization will take place at 7:30 p.m. in the library of the elementary school building.

City Council: Novi City Council meets in the civic center at 8 p.m.

Senior Parents: Senior Parents will meet in Room 107 of Novi High School at 7 p.m.

Choir Boosters: The Choir Boosters will meet in the Novi High School library at 7 p.m.

Tuesday, March 3

Center Seniors: Novi Center Seniors will hold their general meeting at 11 a.m. in the Novi Civic Center.

Board of appeals: The Novi Zoning Board of Appeals will meet in the Civic Center at 7:30 p.m.

Jaycees: The Novi Jaycees will hold a membership meeting in the Novi Civic Center at 7:30 p.m.

Novi Woods PTO: The PTO of Novi Woods Elementary School will meet in the community room of the school building at 12:30 p.m.

Middle School PTO: The members of the PTO of Novi Middle School will meet at 7:30 p.m. in the school building.

Orchard Hills PTO: The members of the PTO of Orchard Hills Elementary school will meet at 7:30 p.m. in the school building.

Parent conferences: Parent-teacher conferences will be held in Novi High School in the Commons from 6-9 p.m.

Wednesday, March 4

Parent conferences: Parent-teacher conferences will be held in Novi High School in the Commons from 6-9 p.m.

Planning: The Novi City Planning Commission will meet in the Novi Civic Center at 7 p.m.

Board of review: This is the last day to submit petitions for appointments to appear before the Novi board of review to appeal this year's property tax assessments. The deadline is 5 p.m.

Novi Players: The Novi Players will present "Shay" in the Novi Circle Theater in the Expo Center on Mohawk Drive.

Thursday, March 5

Board of education: The Novi board of education will meet at 7:30 p.m. in the Educational Services Building on Taft Road.

Boosters rescheduled: The regular meeting of the Novi High School Athletic Boosters Club has been rescheduled for today at 7 p.m. in room 107 of Novi High School. The high school athletic boosters normally meet on the first Wednesday of each month.

Band concert: The Novi Meadows/Middle School band will hold a concert in the Fuerst Auditorium in the Novi High School building at 7:30 p.m.

Friday, March 6

Half day of school: Students of Novi High School will be dismissed from school after third hour at 10:25 a.m.

Saturday, March 7

Dance for Heart: The Third Annual Dance for Heart Aerobic-thon will be held in the Novi Civic Center from 8:30-11:30 a.m. The event will be limited to 100 participants. The event is a three-hour fund-raiser for the American Heart Association of Michigan. The event consists of warm-up exercises, an aerobic workout, muscle repetitions and a cool-down with floor stretches. Those interested may pick up pledge sheets at the Novi Parks and Recreation office in the Civic Center prior to March 7. For more information, call 347-0400 or 349-2193.

Novi Players: The Novi Players will present "Shay" in the Novi Circle Theater in the Expo Center on Mohawk Drive.

Bluebird workshops: Learn how to bring the bluebird back to Michigan at a 4-H Bluebird Workshop at 1 p.m. in the Novi Public Library. The workshop will discuss why bluebirds have fled the state and how these birds can be brought back to Michigan. Bluebird house kits will be available for \$4.50. To register, contact the Oakland County 4-H office at 858-0889 by March 6. For more information, contact the Oakland County 4-H office at 858-0889.

Sunday, March 8

Novi Players: The Novi Players will present "Shay" in the Novi Circle Theater in the Expo Center on Mohawk Drive.

Monday, March 9

Community education: The Novi Community Education Advisory Committee will meet at 7 p.m. in the Educational Services Building on Taft Road.

Debate boosters: The Novi High School Debate Boosters will meet in the library of the high school building at 7:30 p.m.

Tuesday, March 10

Kindergarten Roundup: Kindergarten roundups for youngsters to register for kindergarten next year will be held at Novi Woods Elementary school at 7 p.m. and at Parkview Elementary school at 7:30 p.m.

Camera Club: The Novi Camera Club, sponsored by the Novi Arts

Council, meets on the second Tuesday of every month in the Novi Civic Center at 7:30 p.m.

Wednesday, March 11

Talent show: Novi Meadows Elementary school will hold its talent show in the Fuerst Auditorium in the Novi High School Building at 7 p.m.

Monday, March 16

Kindergarten Roundup: Kindergarten roundups for youngsters to register for kindergarten next year will be held at Orchard Hills Elementary school at 7 p.m. and at Village Oaks Elementary school at 7:30 p.m.

Non-critical parenting: Judith Cox of Wise Mothers Inc. will conduct a parenting workshop entitled "Becoming a Non-critical Parent" from 7-9 p.m. in the cafeteria of Novi Wood Elementary School. The program is sponsored by the PTOs of Novi Woods, Orchard Hills, and Parkview elementary schools. The purpose of the program is to teach parents how to recognize critical statements and replace them with productive praise. The program is free.

Tuesday, March 17

School concert: Novi High School and the Novi Middle School will hold a concert in Fuerst Auditorium in the high school building at 7 p.m.

Meadows PTO: Members of the Novi Meadows PTO will meet at 7:30 p.m. in the elementary school building.

Wednesday, March 18

Parent-teacher conferences: Parents of Novi Middle School students will be able to meet with their teachers from 6-9 p.m. in the cafeteria of the middle school.

Thursday, March 19

Parent-teacher conferences: Parents of Novi Middle School students will be able to meet with their teachers from 6-9 p.m. in the cafeteria of the middle school.

Friday, March 20

Career day: Students of Novi Middle School will have an opportunity to explore a variety of career options during Career Day at the school.

Thursday, March 26

Board of education: The Novi schools board of education will meet in regular session at 7:30 p.m. in the Novi Woods Elementary school building.

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.

Simplified contract includes \$106,000 salary

By SUZANNE HOLLYER
Staff Writer

The school board advertised for a new superintendent last year offering a pay rate starting in the \$90,000 range. "We knew we weren't going to be able to hire anyone for \$90,000," Hitchcock said. "We were setting a floor."

The contract binds Lippe to the Novi school district through the 1994-95 school year, but his \$106,000 salary can be increased after June 30, 1993, with school board approval.

Under the contract, Lippe is required to "attend and participate in a reasonable amount of school district functions or other civic activities having relation to the school district's interest within the Novi community." Lippe's attendance at school district meetings and activities is included in his salary and he will receive no additional pay.

The contract prohibits Lippe from writing, lecturing or working as a consultant for more than 25 hours during his first two years with the district. After two years, Lippe can use vacation time or time outside of his regular work hours to participate in outside activities.

"We wanted to make sure [Lippe] immersed himself in the community," Hitchcock said.

The contract lists four professional organizations that Lippe may join at the expense of the school district. Lippe

Lippe's \$106,000 salary sounds higher than Piwko's salary at first glance. Piwko retired last June with a \$96,500 reported salary. But Piwko had a much more financially detailed contract, said board President Stephen Hitchcock.

Hitchcock said the school board will know how much time Lippe is spending in the district. If the superintendent participates in an unapproved conference, he will need school board approval in advance.

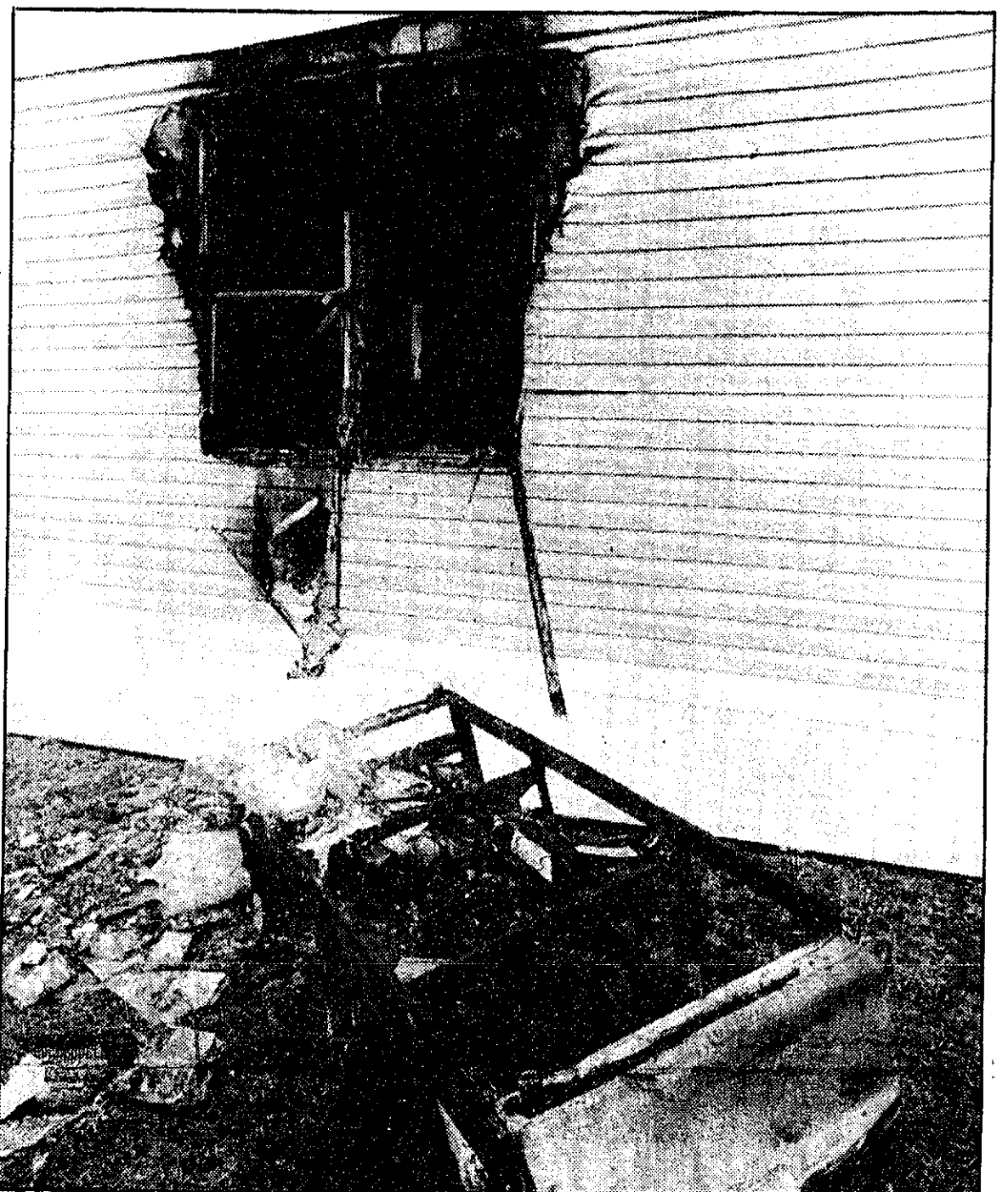
Although Piwko left Novi schools in June, 1991, the former superintendent was on the district's payroll until September. Piwko used accumulated vacation days to move up his actual departure date.

Lippe will be limited to 20 vacation days per year, not including legal holidays. Lippe must use his vacation time by the end of the school year, although he may carry over or accumulate up to 10 days to be used the next year.

Lippe can maintain his position if he sustains a disability for not more than 270 days. The new superintendent also will earn 15 sick days per year, which he can accumulate up to 185 days. He also gets three personal days a year, which cannot be accumulated from year to year.

Lippe will receive life insurance equal to four times his current salary up to a maximum of a half million dollars. But the new superintendent will not receive health insurance. Hitchcock said Lippe's wife is a teacher who has insurance that covers herself and Lippe.

"There was no need to duplicate that," Hitchcock said.



The remains of a fire at 30253 Celeste, probably started by a short in a lamp cord that caught the couch on fire, according to one neighbor.

Fire hits two mobile homes

By JAN JEFFRIES and CRISTINA FERRIER
Staff Writers

A mobile home in Old Dutch Farms and another in Chateau Estates were devastated by fire last week.

The residence on Mariga Street in Old Dutch Farms was nearly a total loss. Fire Chief Arthur Lenaghan said.

The fire broke out Feb. 22 at 12:30 p.m. at the Mariga home, destroying \$30,000 worth of property. No one was at home and the cause is undetermined, Lenaghan said.

According to a Novi police report, Margaret Kathleen Johnston was living in the mobile home. Her boyfriend, Brian Andrews of New Hudson, told police that he had left the residence that morning around 8 a.m. and everything was fine. He said he returned shortly after 12:30 p.m. to find it in flames.

Andrews told police that, when he arrived, several other people were already standing in front of the trailer watching it burn.

Both Johnston and Andrews told police that they had been having electrical problems in the mobile home during the previous days. They said that, beginning two days earlier, they had lost half of their electrical power and could not restore it.

They said a representative from Detroit Edison checked the power up to the meter and found everything to be in order. They then called an electrician, they said, who told them that one of the wires in the outside electrical box was "disconnected and burned at the end."

They told police that when the electrician hooked the wire back up, full power was restored.

A firefighter suffered an eye injury from ceiling material while fighting the blaze, and was treated and released by Providence Hospital Novi Center.

On Feb. 24 at 8:13 p.m., a Celeste Court home in Chateau Estates was left with \$18,000 worth of devastation to the dining and living rooms, along with smoke and water damage throughout. The flames broke out in a couch. Though the exact cause remains undetermined, investigators believe a cigarette may have sparked the fire.

The owner, Jeffrey Spaight, was at home at the time but was uninjured, Lenaghan said.

Ten years ago, there was a "spate" of mobile home fires in Novi — which has more of this type of housing than any other Oakland County community — but this had slowed down over the past two years.

He added that mobile homes are not more prone to fires than any other type. "I don't now if it's any different than any place else. It seems to be the way it runs."



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MT. CLEMENS	1216 S. GRATIOT 1/2 mile North of 16 Mile	463-2620
SUGAR LOAF SKI AREA	18 miles NW of Traverse City	616-228-6700
TRAVERSE CITY	107 E. FRONT ST. (Bay Side Entrance)	616-841-1939
GRAND RAPIDS	2355 28th St. S.E. bet. Byron & Kalamazoo	973-9340
ANN ARBOR	3338 WASHTEWAW West of U.S. 23	616-452-1199
FLINT	4261 MILLER RD. across from Ganesse Valley Mall	313-732-5560
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Local officials get their shot at school aid

By SUZANNE HOLLYER
and TIM RICHARD
Staff Writers

Local school officials and the public will have their first shot at Gov. John Engler's school aid proposal Tuesday before a state Senate panel, and the interests of the Novi Community School District will be represented.

The \$3.5 billion spending plan has Engler's fingerprints all over it: ending categorical aids like Social Security and a special Detroit program, increasing the general aid pot, adding money for "schools of choice."

The hearing will begin at 1:30 p.m. in Room 301 of the Capitol. Sen. Dan DeGrow, R-Port Huron, set a second hearing for early April and plans to have the bill before the full Senate later in April.

Novi Community Schools may be represented directly by Superintendent William Barr. But Barr said on Friday that if he cannot make the session, the district will be represented by the Michigan Out-of-Formula District Association.

DeGrow chairs the K-12 appropriations subcommittee that handles school aid. Other members are Jack Faxon, D-Farmington Hills, and John Schwarz, R-Battle Creek.

The bill, which senators studied for the first time Tuesday, impacts all districts, even those which get nothing from the state aid formula.

Reason: Engler proposes to shift the state's burden of \$442 million in Social Security payments to local districts. He would put all that money into the state aid pot. The 70 percent of districts that get state aid would get the pot.

The 30 percent out-of-formula would have to pay for Social Security themselves out of local property tax revenues. That includes Novi and most suburban area districts.

Barr said school districts like Novi "screamed to high heaven" when the state began reimbursing school districts for Social Security payments about five years ago rather than making the payments directly to the federal government.

"That was the beginning of taking away (money used to

make Social Security payments from school districts)," Barr said.

In return, Engler proposes to:

- Abolish the tax-base sharing law passed last year at the urging of DeGrow and Schwarz, and bitterly opposed by Faxon. The "Robin Hood" law requires richer districts to share half the growth of their business tax base with poorer districts. Novi will lose about \$400,000 to the tax-base sharing law this year.

- Quit "recapturing" categorical aid money from richer districts to the tune of \$60 million. Categorical aid covers special education, transportation, bilingual, pregnant teen and other specialized programs.

Here are other major changes, according to a Senate staff analysis:

- The school aid formula would be raised to assure an average district (levying 34 mills) \$3,810 per student, 7 percent more than the current \$3,544.

- A \$20 million "municipal overburden" program aiding Detroit would be killed. The program was hatched in the 1970s to help schools in cities with extremely high city tax loads.

- \$20 million is allocated for transportation for "schools of choice" programs. Under these, parents could elect to send their children to any school in a district and, in some cases, within an intermediate district. Purpose is to encourage specialized programs and competition. The "choice" program would continue to get \$600,000.

- \$6 million would go for pilot "extended school year" programs — adding several days to the current 180-day school year.

- \$2 million would go for "charter" schools. Under this Engler plan, a faculty of certified teachers would contract with an elected school board to set up a specialized school. It's a management variation of the "schools of choice" plan.

Under Michigan's complex financial system, K-12 schools would get a total of \$3.5 billion from Lansing — up 4 percent.

The breakdown: \$2.36 billion from the school aid fund, which includes allocated taxes and the lottery; \$1.03 billion from the general fund; and \$80 million in federal aid.



Photo by HAL GOULD

Ron Watson and Blair Bowman inspect the current entrance road to the Novi Expo Center and the Motorsports Museum and Hall of Fame. The road will be improved with a recently approved state grant.

Expo entrance grant approved

Continued from Page 1

Originally, Novi asked for \$2.149 million, hoping to extend the new road over the Rouge River all the way to Grand River Avenue. State officials suggested the scaled-down plans after visits to the site.

"In the future, we'd like it (the ring road) to go all the way to Grand River and swing it around through the southeast and southwest sectors," said Mike Csapo, Novi's Assistant Director of Community Development.

At this time, no projects are proposed for the south end of the town center which might qualify

for additional state funding, he added.

The grant was written by members of the Community Development Department.

Comparisons of the Motorsports Museum to the Pro Football Hall of Fame in Canton, Ohio, and the Baseball Hall of Fame, in Cooperstown, New York, apparently seemed a touch "pie in the sky" to grant evaluators at this stage of the game.

"We thought that some of the estimates they made for the Hall of Fame were optimistic, so we cut the numbers down some," Wallace said.

"We felt initially the museum will not probably attract as many people as those facilities that have been in place for decades."

Announcement of the application's success was met with applause at the joint city council/planning commission meeting Wednesday.

City Manager Edward Kriewall said the roadwork is expected to be completed by mid-summer.

Twenty-seven grants totalling \$26.8 million were given out by the state transportation commission. The number was whittled down from an original 52 applications.

A 1987 hike in driver's license and vehicle registration fees was created to build up the fund, which targets transportation improvements to spur economic growth.

Bill would expand job training

By TIM RICHARD
Staff Writer

The key words are "Business must..." Educators and business should provide vastly expanded job training to prepare high school students for the world of work — "a seamless transition from high school to further education or the world of work."

The proposal comes from state Rep. William Keith of Garden City and the top State Capitol Democrat, House Speaker Lewis Dodak of Birch Run. Keith led Dodak's Blue Ribbon Commission on Career-Technical Education, which submitted its recommendations recently.

They blister high schools' "general" track as useless, equating it with dropping out. They advocate preparing every student — girls, too — for the world of work, a change that will require "redefining the purpose of education."

Keith, a trade school graduate, is a former school board president and 19-year legislator. Keith admires Germany's vocational-ed system, in which industries give students paid hands-on experience half the week. They go to class the other half. The report says:

"As a major consumer of the educational product, business must invest in the educational system by helping to develop new models which expand the concept of apprentice/internship programs, assist in teacher training and furnishing ongoing information on the transformations in the workplace."

While many corporations — notably General Motors — have extensive training programs, Keith complains that they're not part of an overall system available to every student.

Without such a system, Keith said, "our standard of living, individual earning power and economic stability may fall behind that of other countries."

The report mentions House Bill 4165, which calls for expanded vocational training. Co-sponsors are Keith and Rep. Glenn Oxender, R-Sturgis.

A longer school year — 200 days versus the current 180 — should be in store for Michigan students, the report says. It echoes the recommendation that Donald Bemis, former superintendent of public instruction, to add five days a year for four years.

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"In Japan, high school students attend school 242 days a year, 41.5 hours a week and some 30 days of teacher in-service is required over and above the 242-day school year. In the U.S., our students attend school 180 days a year, 26.2 hours a week."

No cost figures were included — deliberately.

"Funding cannot be addressed without understanding what exists today and what will be needed in the future," says a key recommendation. A state cabinet — appointed by the governor and legislative leaders — first must determine what job skills are needed and how well existing programs meet the need before new costs can be determined.

Educators, union leaders and industrialists were represented on the committee. Among other members were Betty Ong, Royal Oak vocational ed teacher; Renee Lerche, manager of education planning for Ford Motor Co., and Bruce Stine, AFL-CIO.

Phil Power, chairperson of Suburban Communications Corp. and a University of Michigan regent, put his stamp on the report: "The focus of education must be on the achievement of 'competencies' and 'mastery of skills' that students will need in the 21st century. We can no longer afford to graduate students based on 'seat-time.'"

Classroom spanking bill proposed

By TIM RICHARD
Staff Writer

Teachers will have limited authority to use force to maintain classroom order under a bill on its way to Gov. John Engler.

A gallery packed with members of the Michigan Education Association applauded as the House of Representatives Thursday gave 82-15 approval to Senate Bill 338.

"That's what the people want. The very first goal is a disciplined environment for learning — 86 percent said that," said House Education Committee chair William Keith, D-Garden City, citing a state Department of Education survey.

The bill, which generated more and more opposition as it wound through legislative corridors, allows teachers, other school personnel and

contractors to use necessary force to maintain order in classrooms, buses and school functions.

Among area representatives voting yes were Clark Harder, D-Owosso; Georgina Goss, R-Northville; and Barbara Dobb, R-West Bloomfield. None of the no-votes came from area representatives. Willis Bullard, R-Highland, had an excused absence, and Susan Munsell, R-Howell, did not vote.

Here is how area senators voted a day earlier when the Senate adopted it 32-4:

YES — Fred Dillingham, R-Fowlerville, Robert Geake, R-Northville, Jack Faxon, D-Farmington Hills, NO — David Honigman, R-West Bloomfield, and Lana Pollack, D-Ann Arbor.

Pollack, the only area senator to speak, was sponsor of the original

no-spank law. She blistered teachers' unions for "a campaign of misrepresentation... with repeated charges of hardship on teachers, charges that were never documented, a campaign that showed all the reasons that the big money interests in Lansing have gotten out of control."

But a supporter, Sen. Nick Smith, R-Hillsdale, said Pollack's original law never should have been passed in the first place.

"Within a few months, teachers... were calling me and saying, 'Nick, this is a mistake. Students are now testing teachers to see what the limits are.' I agree."

The sticking point for many was a section telling adjudicating authorities — such as the school board and court — to give deference to a teacher's word when it conflicts with

a student's.

"That bothers me," said Rep. Lyn Jondahl, D-Okemos. "Not even in law enforcement do we do that. We don't give deference in child abuse cases. We don't give deference in spouse abuse cases."

Not so, replied Keith, citing a 1984 law telling state courts to defer to federal rulings in anti-trust cases.

"Our professional staffs need this clarification to maintain order and control in the classroom." He said the bill clearly prohibits use of force as a method of punishment.

Keith said the bill asks the state Department of Education to draw up a "model list of alternatives" to the use of force.

The session had to be gavelled to order several times as members buzzed over their first glimpses of reapportionment maps.

Planners reject grill's request for Haggerty access

By SUZANNE HOLLYER
Staff Writer

The bottom line was money. Developers of the proposed Romano's Macaroni Grill Restaurant said they need access to their eatery off Haggerty Road to ensure the restaurant's financial success.

But the Novi Planning Commission said 4-2 that other concerns were more important than the financial success of the Macaroni Grill developers.

City traffic consultant Rodney Arroyo said the restaurant's proposed Haggerty Road access just north of Chili's Restaurant would create a traffic hazard when the remaining vacant land on Haggerty is developed as an office complex. Macaroni Grill would face Haggerty and sit south of the Novi Hilton.

The proposed office complex is on hold due to the economy, planning consultant Brandon Rogers said. But when it was first proposed, the plan did not include a Haggerty Road access point.

Commission Secretary Timothy Gilberg said he is tough on health and safety issues.

"Introducing another curb cut on Haggerty does not meet my standards," Gilberg said.

"It's up to the commission to ensure harmony and proper function, and all I see is dysfunction."

Commissioner Ernest Aruffo said the final decision should be up to the City Council. Aruffo suggested approving the plan contingent on council approval of the Haggerty Road entrance.

In the final vote, Aruffo and Commissioner Judith Johnson were the sole supporters of approving the project.

Commissioner Kathleen McLallen voted against the plan.

"Our ordinance does not address your economic needs," McLallen said.

The plan failed 4-2, with Macaroni Grill developers planning to appeal the decision to the City Council. But assistant city attorney Dennis Watson said that the only avenue to council in this case is through positive commission approval.

Commissioners Lodia Richards, Gilberg, Steven Gorgas and McLallen voted against the plan and refused to give Macaroni Grill permission to appeal to council.

Council wants Edison to bury power lines

Continued from Page 1

which are demanding the sinking of a new distribution line to be extended along Interstate 696. Edison contends that's cost prohibitive.

Council Member Joseph Toth had a local solution — assess Detroit Edison property as "improved" when the lines are up and "unimproved" when they are below ground. The firm is a major landholder in Novi.

"You're hitting them in the pocketbook. I think in the long run Edison has an awful lot of property so it would behoove them to stick it underground," Toth said.

Assistant City Attorney Dennis Watson questioned the legality of such a requirement, as the city assessor must follow state guidelines.

The July 1991 electrical storm — which hit Novi hard — cast a harsh

light on the power outage problem. But as early as April 1990, Novi attorneys were researching the underground lines issue for the city.

Health and safety issues are leading the city to push the issue.

"We have some (lines), I believe, that represent imminent danger. There was a home in Novi that was activated by a fallen line," Planning Commissioner Tim Gilberg said.

"I don't think it would be difficult to argue that the line was in an awkward position and presents a hazard and should be buried."

In Meadowbrook Glens on Park Ridge Court, the Bealor home was hit by a fallen high-voltage line in both March and July 1991. Over \$30,000 in damages were done to the residence. No one was injured, but family members are frightened by the proximity of the power line to the house.

Obituary

Arthur W. Seiler

Arthur W. Seiler, age 72, of Northville died Feb. 25 at St. Mary's Hospital, Livonia. He was born July 15, 1919, in Detroit to the late John and Mary Seiler.

Mr. Seiler was an Army Air Corps Sergeant in World War II. He graduated from Wayne State University in Detroit. The Seiler family moved to the Northville area in 1971 from Novi.

Arthur was a bench hand with Lamina Tool and Die Company in Oak Park until his retirement in 1984, after 30 years of service.

Survivors include his daughters Patricia (Christopher) Brzozowski of Center Line; Lawrie (Jeffery) Parker of Sumner, Va.; Sharon (Philip) Catlett of Virginia Beach, Va.; his brother Judge John (Caro) Seiler of Prescott, Ariz.; his sister Marie (Charles) Wickham of Dearborn Heights and nine grandchildren.

Services for Mr. Seiler were Feb. 29 from St. Paul Lutheran Church in Northville. Pastor Kinne officiated the service.

Memorials to the St. Paul Lutheran Church would be appreciated by the family.

Volunteer Notes

Cancer Society Lock Up: The American Cancer Society is seeking volunteers to help implement the Great American Lock Up, March 3-6, at the Sheraton Oaks Hotel in Novi. The Sheraton Oaks is one of 14 sites in the metro Detroit area involved in the event.

Volunteers will not only have the chance to help in an event which raises funds for cancer research, education and service programs, but they will also be able to act as dispatchers, bailiffs, clerks, jail-keepers or even judges.

For \$25 a friend or foe can be sent to the "slammer" at one of 14 Lock Up sites in the metro Detroit area, where they will be sentenced to raise ball in the form of pledges to the Society.

For more information, contact Karen Rose at the American Cancer Society at 557-5353

Eleanor & Ray Heald/Wine

Ruffino seeks to make its Chianti classy

For well over 100 years, the House of Ruffino has maintained and nurtured its position at the forefront of the Italian wine industry. Founded by cousins Ilario and Leopoldo Ruffino in 1877, the young company set up headquarters in the Tuscan village of Pontassieve, 10 miles from the city of Florence.

Ruffino grew rapidly, acquiring vineyards yielding top quality grapes and expanding throughout Italy and other parts of Europe. They became official purveyors to the Italian and Swedish Royal Houses as well as the Vatican.

In 1913, the Ruffino name and wineries were purchased by the Folonari family. From the beginning, they had a 20th century approach to both viticulture and marketing. Ruffino was the first firm to market chianti worldwide before World War I.

Today, third-generation Ambrogio Folonari oversees all facets of the family's wine business. In fact, the Folonaris are largely responsible for a proactive role in seeking a deservedly serious image for chianti, the wine many Americans still equate with old-style pizza parlors.

As a wine-producing company, Ruffino realized that the picturesque straw-covered bottle detracted from perception of chianti as a well-made, serious yet versatile wine. In 1975, they were the first producer to introduce chianti in a new, stylish Florentine bottle.

Production and warehouse facilities are thoroughly modern. However, original 18th century cellars are still in use since they offer optimum wine aging conditions.

With 3,000 vineyard acres in the Tuscan hills, the heart of Chianti Classico, Ruffino is one of the largest land holders within this appellation. Here they have their Montemasso and Zano estates, the origin of most of the limited supply of Ruffino's flagship brand Chianti Classico Reserve Ducale.

Prior to 1957, when it was first launched in the U.S. wine market, it was the wine reserved for the private use of the Duke of Aosta who, during his frequent journeys to visit the pope, would travel through the Ruffino estates. The wine became his favorite, hence the name Riserva Ducale, the "Duke's Reserve."

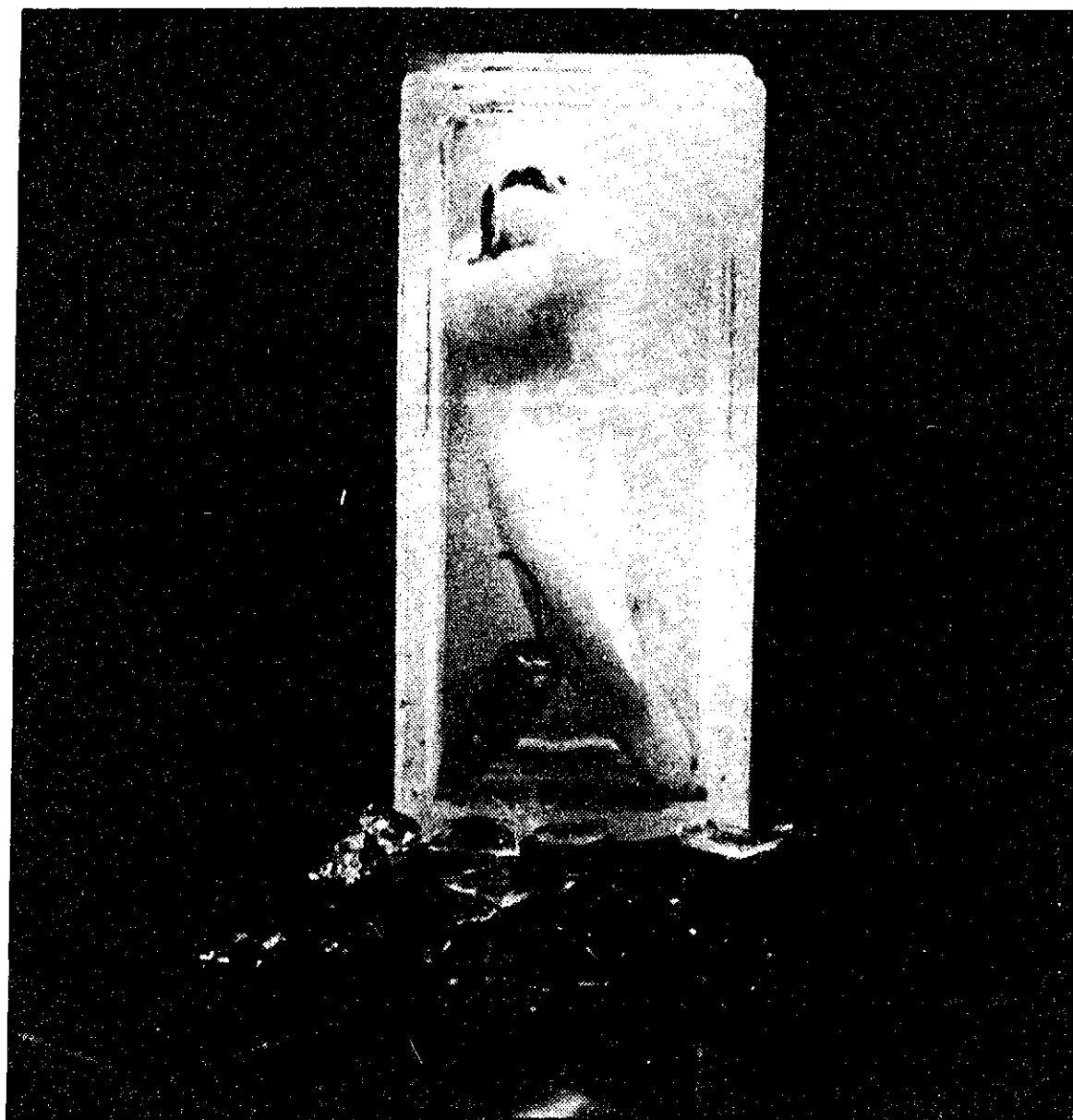
This classically made Chianti Classico with its handsome gold label is produced only in the finest vintages and showcases elegant fruit maturity with a soft, appealing finish. It is 90 percent sangiovese, 7 percent canaiolo and 3 percent trebbiano.

Some Chianti prices have gone through the roof, but priced at \$14.50, the 1987 Chianti Classico Riserva Ducale is a price winner highlighted by dark cherry aromas and flavors.

Continued on 2

WINE SELECTIONS OF THE WEEK

1990 Ruffino Chianti (\$9) presents a younger, fruitier bottling than the Riserva Ducale. It's produced from the three traditional chianti grapes in roughly the same percentages as the Riserva Ducale. It's stylish, with spicy, red berry characters and a hint of violets in the aroma. The soft tannins in the finish make it an ideal accompaniment to any red meat, game birds or medium-flavored cheeses.



Fresh red, yellow and green peppers add a trendy touch to your recipes

Plentiful Peppers
Exotic varieties hit mainstream

By RICK BYRNE
Copy Editor

Peppers are hot. But then, you already knew that if you're a fan of the fiery chili and pungent jalapeno varieties.

What we're talking about are peppers of all varieties, and we're talking about hot, as in trendy.

Once considered exotic, red bell peppers are now as plentiful in most grocery stores and supermarkets as their green brothers. The yellow, purple, orange and brown varieties, once only found in out-of-the-way gourmet groceries, can be found at Kroger and Meijer. They even go on special occasionally.

But before you go stocking your crisper with this shiny vegetable, it might help to know your pepper nomenclature.

Indeed the word pepper itself is confusing. Sweet peppers — also known as bell peppers — are botanically related to chilis, but vary in their usage.

Sweet peppers can be the centerpiece of a dish, as in stuffed peppers. Drying a sweet red pepper and grinding it up gives you fresh paprika.

Chilies, on the other hand, are prized for their hot, spicy qualities. The potent ground cayenne pepper is made from dried, ground chilies.

A friend of ours once said, "If you want your guests to think yours is the best salad they've ever eaten, dice up some red bell pepper in it."

In truth, there's nothing quite so magical about red peppers. They're simply matured green peppers. They are left on the vine longer, and in the process of turning bright, fire-engine

red, they acquire a sweeter, milder taste.

All the other colors have been grown for their color only, and have no appreciable taste difference. The possible exception here is the golden variety, which is supposed to be the sweetest of all.

Since we eat with our eyes, though, most stores command a premium for the colored peppers — two, three, even four times as much as the green variety.

Chili peppers are another story, though.

"Chili peppers differ in flavor and spiciness, depending on type," says Sylvia Treitman, home economist with the Oakland County Cooperative Extension Service. "The more mature the chili, the hotter it is. If you don't want ones that are really hot, pick ones that aren't as developed."

Treitman adds that all peppers are rich in Vitamin C. Red peppers are a good source of Vitamin A as well.

All peppers are also low in calories. A whole green or yellow bell pepper has just 35 calories, while a large red bell pepper has about 50. The long, thin, green chili peppers pack about 21 calories apiece, while it would take about four little jalapenos to equal that number.

Treitman advises shopping for peppers carefully.

"Basically, they should be bright and glassy and firm and well-shaped," she says. "There should be no soft spots, gashes or visible decay. If peppers are spoiled, they will show black, gray or soft indications."

"Also, get one that is heavy for its size rather than light for the same

size. With more flesh it will be meatier.

"You should avoid anything that looks shriveled up."

Peppers also freeze well, according to Treitman.

"They're one of the few vegetables you can freeze without blanching," she says. "You can cut them up and put them in the freezer and they'll do fine."

The popularity of Southwestern and Tex-Mex styles of cooking have also introduced us to the option of roasted peppers. This technique, often used by gourmet chefs, is easily imitated at home for a chic snack, and works with all varieties and colors of pepper. Chef Mary Brady of Northville uses it in dishes at her restaurant, Diamond Jim Brady's.

"At the restaurant, we roast any peppers that we're not going to cook any further," she says. "We have a goat cheese appetizer that uses roasted peppers."

"The reason you're roasting the peppers is to take off the skin. You couldn't peel a pepper unless you roasted it. It intensifies the flavor, and some caramelizing occurs."

The best way to roast peppers, Chef Brady advises, is to put the whole peppers under a broiler. Keep turning them until all the skin is black, and then remove them to a brown paper bag. In the bag, they will continue to steam so that the skin peels off with ease.

Another pointer when roasting and peeling peppers: as you take off the skin, do so on a dish or in a bowl so as to collect the juice that runs off. It makes a sweet and tasty ingredient for marinades (see recipes, page 2B).

Chef Mary Brady

Sophisticated cooks need class



chefs seminar at Schoolcraft. This is the fourth year it is being held. It was hard to make a choice and suggest one over the other. Each chef is celebrated in his or her own right.

Ellie, a regular customer and high school culinary arts instructor, called me over to ask my recommendation.

It wasn't for food. She was already done with dinner. Instead, she wanted to know who she should sign up for on the upcoming

Detroit is one of the most famous "Chef Towns" in the nation. The state is honored to be the home of seven master chefs. That is almost one quarter of those certified in the country. These men are the maestros of cooking.

What I admire about each of them is their unselfish sharing of knowledge. Also, they still have the desire to learn. Last week, while attending a Culinary Olympic Team meeting at school, I had the opportunity to watch Chef Leopold work. He was teaching an international cooking class. What a delight. He can work many of the younger people under the table, and he is "retired." What a wonderful role model for our profession.

As chefs, we need to be teachers on a daily basis. Our kitchens are our classrooms. If we nurture our "students," they

will one day do the same for the next generation, only with their own little twists and shortcuts. Although it is important to let them experiment, the basics must always be adhered to. The classical methods will never die. There may be variance, but the fundamentals won't change.

Cooking in a restaurant is no different than at home, only it's on a larger scale. Recipes must be followed, quality products purchased and proper procedures observed. Consistency is so important. If your family likes your meatloaf one day, and the next time you make it you leave an ingredient out, chances are they'll notice. The same goes for a commercial kitchen. The equipment is bigger, but it does the same job. Pots and pans must still be washed, the dishwasher loaded. Some

things never change.

Monday, March 9, is an opportunity to learn from some of these innovative chefs. They will share their skills in the established art of food preparation. Eight chefs will teach, of which students may choose any four. Each of the eight chefs has his or her own style and area of expertise.

All are expert cooks, and have tremendous knowledge in all areas of culinary arts. They have been educators of food science for years, and can share what they have had to learn through trial and error. Give yourself a treat and spend a day at school.

Northville resident Mary Brady is a certified executive chef and co-owner of Diamond Jim Brady's.

Registrations are being accepted for Schoolcraft College's fourth annual Chef's Seminar for Sophisticated Cooks, 8:30 a.m. to 4:30 p.m. Monday, March 9. Star-quality chefs will be present to share their culinary talents. Eight workshops are offered in the day-long seminar, with registrants selecting four workshops of their choice. The \$150 fee includes seminars, and a luncheon.

SESSION 1: Carolyn Haskins, CEC, Townsend Hotel; or Keith Famic, Les Auteurs.

SESSION 2: Edward Janos, CEC, Too Chez; or Elwin Greenwald, Elwin's Tu-Co.

SESSION 3: Rick Halberg, R.I.K.'s; or Marcus Haight, The Lark.

SESSION 4: Peter Loren, Opus One; or Matthew Prentice, Unique Restaurant Corp.

For more details on Monday's program, or for registration information, call 462-4448. Schoolcraft College is at 18600 Haggerty Road between Six and Seven Mile Roads in Livonia.

The Refrigerator Door

NEW FEATURE: A new feature is appearing in the Creative Dining section of this paper. Known as HomeTown Cooking, it will feature recipes contributed by readers. With that in mind, we'd like to take this time to ask that anyone with a recipe that they'd like to share with all their neighbors in the Northville/Novi area please send it, along with your name, address, and phone number, to HomeTown Cooking, 104 W. Main St., Northville, MI 48167.

Any recipe will do. Perhaps you have a dinner-time favorite, or a recipe for bread that's been passed down through your family for generations, or maybe just a good, fast work-night cost-cutter. Send it in, and we'll feature it on these pages.

CLASSES AT SCHOOLCRAFT: Schoolcraft College's award-winning Culinary Arts Department is offering several classes this winter and spring:

Wines of the West Coast and Great Lakes: Participate in comparative wine tasting and learn how the 700 wineries on the West Coast and Great Lakes region are impacting the international marketplace and the local consumer. Current developments, contributions to the wine industry, and the history of the regional wineries will be discussed. The five-week course will meet Monday evenings from 7-10:10 p.m. beginning March 6. The fee is \$89.

Pastries for Everyone will offer practical demonstrations of elegant yet simple desserts. Use of pastry creams, fresh fruit, chocolate, pastry doughs and unique serving suggestions will be included, as well as ideas for individual plated desserts. The five week course will begin Wednesday, March 18 and meet from 6-8:30 p.m. The fee is \$90.

The Nutrition Cuisine for Health and Fitness seminar will explore innovative cuisine for the '90s. Instructed by Certified Chefs Gabriel and N. Mercer, meal preparation will be supported by lectures on nutrition and its relation to heart disease, cholesterol levels and body metabolism. Ten hours of independent study are required. The five-week course will begin Saturday, April 11, meeting from 8 a.m. to noon. The fee is \$200.

To register or obtain further information, contact Continuing Education Services at 462-4448. Schoolcraft College is located at 18600 Haggerty Road, between Six and Seven Mile Roads in Livonia.

MICHIGAN CULINARY TEAM PRACTICE: Before the Michigan Culinary Team enters the World Culinary Art Salon in Frankfurt, Germany, next October, it will have to hold some practice sessions. As such, chefs on the team will host practices, and display and discuss them with guests. The practices are open to the public at a cost of \$30 per person, or \$25 per person when purchasing four or more tickets. Cocktails and hors d'oeuvres will be served. The proceeds will be used to raise funds to send the team to Frankfurt.

Sessions will be from 6:30-8:30 p.m. on the following schedule:

- Monday, March 16, Sterling Inn, Sterling Heights. Chef Ramon Hollingsworth.
- Monday, May 4, Diamond Jim Brady's, Novi. Chef Mary Brady.
- Monday, July 20, Miesel/Sycco, Canton. Chef Kelli L. Lewton.
- Tuesday, Nov. 10, Victory Celebration, St. Joseph Mercy Hospital, Pontiac. Chef Mario Elemad.

To purchase tickets, contact the manager or hostess at the above locations.

AMERICAN HARVEST OPEN: Schoolcraft College's American Harvest Restaurant, featuring gourmet specialties prepared by Schoolcraft's Master Chefs and Culinary Arts students, is now open for lunch, Tuesday through Friday from 11:30 a.m. to 1:30 p.m. A variety of entrees are offered, with prices ranging from \$6 to \$10. On Fridays, a gourmet buffet is offered for \$8.25. Reservations can be made by calling 462-4448.

American Harvest is displaying artwork of painter Sandra Weed and 13 of her watercolors and those of painting students. Weed is an art instructor in the College's Continuing Education Services division. Her students have created landscapes, still lifes and fantasy art. The artwork can be purchased by calling the Office of Institutional Advancement at 462-4417. Schoolcraft College is located at 18600 Haggerty Road between Six and Seven Mile Roads in Livonia.

"The Refrigerator Door" is a list of coming events and short notes about food and drink. If you have an event planned or a brief announcement you would like included here, send it care of this newspaper, 104 W. Main Street, Northville, Mich., 48167. Photos or other artwork welcome.

Colorful peppers sweeten any pot

MARINATED ROASTED PEPPERS

2 green, 2 red, 1 yellow pepper
1/2 cup olive oil
1/2 cup balsamic vinegar
4 cloves of garlic, finely minced
2 tablespoons chopped fresh herbs (mix and match your favorites from among parsley, basil, rosemary, thyme, chives or whatever)
6 chopped shallots

Roast peppers, then remove skin and seeds, saving juice. Julienne roasted peppers, then mix with remaining ingredients and pepper juice. Let marinate overnight.

Serve cold or at room temperature with a loaf of good french bread, spread with goat cheese or your favorite soft cheese. Make a meal out of it. Roasted mushrooms also make a good addition, too.

Source: Chef Mary Brady.

PEPPERONATA

5 medium tomatoes
5 sweet bell peppers (green and red, or red and yellow)

2 medium onions, thinly sliced

1/2 cup extra virgin olive oil
1 tablespoon tomato paste
salt
fresh black pepper
1/4 cup red wine vinegar

Chop tomatoes. Seed and cut peppers into strips. Slice onions thinly.

Heat oil in a large, heavy skillet. Add onions and peppers. Sauté over medium heat until onions are light gold and peppers have softened, mixing occasionally.

Add tomatoes, tomato paste and salt and fresh pepper. Cover and cook over medium heat 30 to 35 minutes, stirring occasionally. Add vinegar and mix well. Cook, uncovered, 10 minutes longer. Mixture will become thick. Taste and adjust for seasoning. Serve hot or at room temperature with mixed boiled meats, or over pasta. Yields 3 1/2 to 4 cups, or 8 to 10 servings.

Source: "Northern Italian Cooking" by Bibba Caggiano (Piche, Stern).

CUMIN RICE WITH PEPPERS

4 bunches scallions, or enough

to make about 1 1/2 cups chopped

1 each red, yellow and green bell pepper
2 tablespoons butter or margarine
2 garlic cloves, minced
2 cups long-grain rice
2 teaspoons cumin
1 teaspoon oregano
3/4 cups chicken broth

Chop scallions. Have, core, seed and coarsely dice peppers into 1/4- to 1/2-inch pieces. Melt butter in a large saucepan. Add onions, peppers and garlic and sauté, stirring for about 4 minutes. Add rice, cumin and oregano. Stir to coat rice well. Pour in chicken broth. Bring to a boil. Reduce heat to very low, cover and cook for 20 minutes, or until all liquid is absorbed.

Yields 12 side dish servings. Mix together oil and chopped garlic. Brush onto each trout. In a bowl, beat together egg and milk. In a separate bowl, mix together blue cornmeal, salt, pepper and red chili powder. Dredge each trout first in egg and milk mixture, then in dry mixture so that each is thoroughly coated. In a large skillet over moderate heat, melt butter and add dried red chilies and garlic halves. Sauté 1 minute. Add fish. Sauté fish 3 minutes, flip over and sauté another 3 minutes until golden brown.

PAN-FRIED TROUT WITH BLUE CORNMEAL, RED CHILIES AND GARLIC

1 tablespoon vegetable oil
2 garlic cloves, finely chopped
6 whole trout, 10 to 12 ounces each
1 egg
1/2 cup milk

Source: San Diego Union.

1/2 cup blue cornmeal

1 teaspoon salt
1/2 teaspoon black pepper
1/2 cup red chili powder
4 tablespoons (1/2 stick) unsalted butter
2 dried red chilies, seeded, stemmed and cut into 2-inch strips
6 garlic cloves, halved

Mix together oil and chopped garlic. Brush onto each trout. In a bowl, beat together egg and milk. In a separate bowl, mix together blue cornmeal, salt, pepper and red chili powder. Dredge each trout first in egg and milk mixture, then in dry mixture so that each is thoroughly coated. In a large skillet over moderate heat, melt butter and add dried red chilies and garlic halves. Sauté 1 minute. Add fish. Sauté fish 3 minutes, flip over and sauté another 3 minutes until golden brown.

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1990S MAC 'N CHEESE

2 tablespoons margarine
1/2 cup finely chopped onion
1/2 cup flour

Source: San Diego Union.

Comfort foods meet '90s style

Delicious and soothing, comfort foods bring back memories of the cozy childhood meals mom made. And for the past few years, cooks have delighted in finding their way home to these friendly, nostalgic favorites.

Why all this yearning for basic, home-style cooking? Some trend-watchers see it as an antidote to our fast-paced, frenzied lifestyles. Others point to the economy, the mini baby boom with its stay-at-home tendencies, or even the weather.

Whatever the reason, the outcome is the same: comfort foods speak to the soul to reassure and soothe us at any age.

Today, heirloom recipes are being retrieved from recipe files and old cookbooks and updated so they are less time-consuming to prepare and lower in fat.

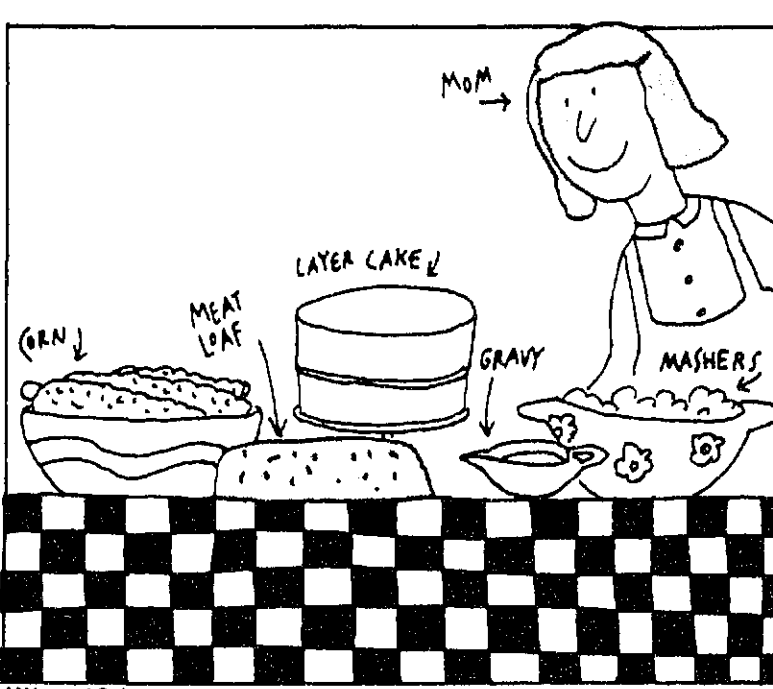
Few foods are as soothingly rich as macaroni and cheese. 1990s Mac 'n Cheese, developed in the Quaker Kitchens, still has the requisite creamy cheese sauce but contains less fat and more fiber than the classic.

Fat busters include substituting reduced fat cheddar cheese and skim milk, and decreasing the amount of cheese and margarine. Wheat germ stirred into the sauce and sprinkled on top before baking boosts the amount of fiber.

Wheat germ also is naturally low in saturated fat, sodium-free and a source of eight essential vitamins and minerals.

Easy-to-make, this dish needs little more than a salad or vegetable and fruit dessert. Let lovers retreat well in the microwave oven.

Like macaroni and cheese, bread pudding has comforted young and old for generations. Pear, Raisin & Walnut Bread Pudding is more convenient because it's prepared in one



MH-CN(5)

1990S MAC 'N CHEESE

2 tablespoons margarine
1/2 cup finely chopped onion
1/2 cup flour

2 cups skim milk
1 cup low-fat cheddar cheese
2 tablespoons Parmesan cheese
1/2 teaspoon hot pepper sauce
1/2 cup wheat germ, any flavor
2 cups cooked macaroni
3 tablespoons wheat germ, any flavor

Heat oven to 350 degrees F. Lightly spray 1 1/2 quart casserole with non-stick cooking spray. Combine bread cubes, wheat germ, pears, raisins and walnuts in casserole. Combine milk, brown sugar, egg whites, vanilla and 1 teaspoon cinnamon; mix well. Pour milk mixture evenly over bread mixture.

Bake on center oven rack 40 to 45 minutes or until knife inserted in center comes out clean. Combine yogurt and 1/2 teaspoon cinnamon. Serve yogurt sauce with warm bread pudding. 5 Servings.

Source: San Diego Union.

PEAR, RAISIN & WALNUT BREAD PUDDING

1 1/2 cups toasted whole wheat bread cubes (2-3 slices coarse textured bread)
1/2 cup wheat germ, any flavor
1 1/2 cups diced fresh pears
3 tablespoons raisins
2 tablespoons finely chopped walnuts

1/4 cup skim milk
1/2 cup firmly packed brown sugar
3 egg whites, slightly beaten
1 teaspoon vanilla
1 teaspoon ground cinnamon
1/2 cup low-fat vanilla yogurt
1/2 teaspoon ground cinnamon

Heat oven to 350 degrees F. Lightly spray 1 1/2 quart casserole with non-stick cooking spray. Combine bread cubes, wheat germ, pears, raisins and walnuts in casserole. Combine milk, brown sugar, egg whites, vanilla and 1 teaspoon cinnamon; mix well. Pour milk mixture evenly over bread mixture.

Bake on center oven rack 40 to 45 minutes or until knife inserted in center comes out clean. Combine yogurt and 1/2 teaspoon cinnamon. Serve yogurt sauce with warm bread pudding. 5 Servings.

Source: San Diego Union.

HEALTHY CHICKEN SALAD

2 cups cooked chicken
1/2 cup mayonnaise
1/2 cup celery
1/2 cup carrots
1/2 cup onions
1/2 cup lettuce

Source: San Diego Union.

Nutrition Information Per Serving:

410 Calories, 24 g Protein, 42g Carbohydrate, 15g Total Fat, 25mg Cholesterol, 4g Dietary Fiber, 400mg Sodium. Percent of calories from fat: 33 percent.

PEAR, RAISIN & WALNUT BREAD PUDDING

1 1/2 cups toasted whole wheat bread cubes (2-3 slices coarse textured bread)
1/2 cup wheat germ, any flavor
1 1/2 cups diced fresh pears
3 tablespoons raisins
2 tablespoons finely chopped walnuts

1/4 cup skim milk
1/2 cup firmly packed brown sugar
3 egg whites, slightly beaten
1 teaspoon vanilla
1 teaspoon ground cinnamon
1/2 cup low-fat vanilla yogurt
1/2 teaspoon ground cinnamon

Source: San Diego Union.

HEALTHY CHICKEN SALAD

2 cups cooked chicken
1/2 cup mayonnaise
1/2 cup celery
1/2 cup carrots
1/2 cup onions
1/2 cup lettuce

Source: San Diego Union.

Nutrition Information Per Serving:

270 Calories, 13g Protein, 46g Carbohydrate, 5g Total Fat, 0mg Cholesterol, 4g Dietary Fiber, 150mg Sodium. Percent of calories from fat: 17 percent.

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Chianti isn't just for pizza parlors anymore

Continued from 1

To produce this wine, Ruffino uses the traditional "governo" method which involves adding juice obtained from selected grapes previously dried

on racks. This addition produces a secondary fermentation which adds not only softness, but enhanced body to the wine which is complexed by a nine-month oak aging period.

With its substantial body, it is excellent with dry and medium range

cheeses, such as Parmesan or sharp, aged cheddar. Rabbit in wine sauce, stewed veal preparations and lamb or light beef dishes pair deliciously.

Following a tasting of this wine, it's easy to understand that after Chianti, Ambrogio Polonari's favorite wine is red Burgundy. "I attempt to emulate the velvety softness of Burgundian pinot noir in the Chianti Classico Riserva Ducale," he said.

Source: San Diego Union.

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Wed: 10 a.m.
Thur: 10 a.m., 6 p.m. ♦
Fri: 7:30 a.m. ♦
Sat: 9:30 a.m.

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Wed: 5:30 p.m. ♦, 7 p.m.

MILFORD UNITED METHODIST CHURCH
1200 Atlantic
Mon: 10 a.m.

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SNOWTIME is slow time DRIVE SAFELY

Let the microwave zap cholesterol from your diet

Many of us are more careful about cholesterol these days, and that's smart. Yet your body does need some cholesterol to function properly, so it's not a total villain.

Cholesterol is a waxy substance that your body produces in small amounts to aid in digestion and other functions. A healthy body produces enough cholesterol on its own, but you can end up with excess cholesterol from the foods you eat — animal products like whole eggs, poultry, meat, butter.

As excess cholesterol is carried through the bloodstream it can form deposits (plaque) along the interiors of artery walls, increasing your chances of heart disease.

Americans tend to eat lots of saturated animal fats high in cholesterol — it's estimated that the average American diet consists of 40 percent fat. Many of us begin building up excess cholesterol even in childhood, and after we reach age 30, most of us have well-developed plaque deposits inside our artery walls.

Heart disease is the number one cause of death in this country — more than half of all deaths are related to heart disease. But this is one of the most preventable of health problems, and you can reduce your risk by getting regular exercise, maintaining your ideal weight, not smoking and controlling your diet.

Cholesterol travels through the bloodstream by attaching to lipoproteins LDL and

HDL. LDL helps circulate and deposit cholesterol where you don't want it: along artery walls.

Some foods tend to raise LDL levels and increase deposits of "bad" cholesterol: organ meats (like liver and kidney); lobster, shrimp and sardines; bacon and sausage; luncheon meats; "prime" and other heavily marbled and fatty cuts.

Instead of these, choose fish, lean meats and lean poultry (skin removed). Substitute ground turkey for ground beef. Or use tofu and textured soy products in place of meat.

While LDL contributes to plaque buildup in the arteries, HDL works to carry cholesterol from artery walls to the liver, where it can be processed and removed from the body.

"Good" cholesterol, the kind that promotes a high HDL level, is found in fatty fish like salmon, trout and herring — foods you'll want to eat more of.

And here's good news for garlic lovers: Garlic has been found to raise levels of HDL and thus reduce levels of blood cholesterol.

Cut down on foods prepared with butter, whole eggs, refined sugar. Avoid hydrogenated fats and oils like palm and coconut oils, which can raise blood cholesterol levels. Instead, use monounsaturated oils like olive and canola, or polyunsaturated oils like corn, sunflower, safflower.

Use low-fat (1 percent milk products, especially fermented ones like yogurt, and substitute egg whites for whole eggs or egg yolks. Eat plenty of fresh fruits and vegetables, raw or lightly cooked — microwave steaming is a particularly easy and healthy method. And remember to roast, stir-fry or microwave instead of frying.

Your microwave can help steer you on the road to a healthy heart. Microwaving brings out the natural flavor in foods, retains vital nutrients, is ideal for cooking vegetables (which you want to eat more of).

Microwaving actually draws out more fat from meats that do other methods of cooking. Moreover, many foods that conventionally require fat for cooking can be microwaved with no additional fat at all.

The following recipes are "heart-smart" — easy to prepare and guaranteed to please your palate, too.

Recipes in this column are tested in 625- to 700-watt microwave ovens.

Micro-tip of the week

If you love microwaved popcorn, you can still include it in a heart-smart diet. But packaged, pre-bagged popcorn is often quite high in fat and salt. The solution: Buy yourself an inexpensive V-shaped microwave-safe popper and pop your own from scratch (follow manufacturer's instructions carefully).

